**Ultimate Frisbee Throwing and Catching Rubric**

\*Must be dressed out to participate Name\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
\*Must show 90% of the time to get credit for each cue

**Throwing- Backhand (each worth 2 points)**
\_\_\_\_\_Holds the Frisbee with the thumb on top, index finger to the side, and three fingers curled underneath
\_\_\_\_\_ Curls the disc across the body and keeps the disc level
\_\_\_\_\_ Throwing arm extends and snaps at the wrist, keeping the disc level
\_\_\_\_\_ Steps with the same foot as the side of the body that holds the disc

Points \_\_\_\_\_/ 8

**Throwing- Forehand (each worth 2 points)**
\_\_\_\_\_ Makes a peace sign and palm is faced up-thumb on top, two fingers tucked under, rest of fingers curled in
\_\_\_\_\_Elbow is tucked in, close to your body
\_\_\_\_\_ Step toward target with opposite foot
\_\_\_\_\_ Wrist is snapped and palm is kept up through the throw

Points \_\_\_\_\_/8

**Catching (each worth 4)**
\_\_\_\_\_ Properly displays a pancake (2 handed catch) with palms facing each other, enclosing the disc between both palms
\_\_\_\_\_ Properly gets body in front of the Frisbee

Points \_\_\_\_\_/8