**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