**Ultimate/KanJam**

* **History**

**KanJam** was created in the 1980s by Charles Sciandra and Paul Swisher in Buffalo, New York, originally being called "Garbage Can Frisbee". The game was started just by the two friends messing around, and throwing a disc into a can.

* **General Rules**
1. Players must remain behind the goal when throwing. No points are awarded if the player crosses the line.
2. No points are awarded if a throw hits the ground before striking the goal.
3. No score will result if deflector double-hits, catches, or carries the disc.
4. Three points will be awarded to throwing team if an opponent interferes with play to defend the goal. If the score is 19 or 20, 1 or 2 points are awarded.
5. A team must reach an exact score of 21 points to win. If a given throw results in points that raise a team's total score above 21, the points from that play are deducted from their current score and play continues. For Example, if a team has 20 points and scores a "Bucket" (3 points), their score is reduced to 17.
6. Teams must complete an equal number of turns before the game is over except, when an "Instant Win" occurs. Choosing to throw last (The Hammer) is generally considered to be an advantage, similar to having "last bats" in baseball.
7. In the event of a tie game, the winner is decided in an overtime round. Each team completes one round and the team with the most points wins. Overtime rounds continue until the tie is broken
* **Scoring**
	1. point - Also known as a "dinger", this is scored by a redirected hit from the deflector. It just hits the kan in some way. (Not going in the top of the kan)
	2. point - This is also known as a "deuce", this is scored by a direct hit to the can from the thrower.
	3. point - Sometimes called a "bucket", this is when the deflector has a slam dunk on the Frisbee into the top of the kan.

Instant Win - This is when the thrower tosses the Frisbee right into the front slot on the kan.

* **Field set-up**

The kans are first set up 50 feet across from each other with the teams located behind both sides

* **Throwing**

**Backhand-** (probably most commonly used throw and natural way to throw a frisbee). Grip- Thumb on top, index on rim, and other three fingers underneath Frisbee. Face target with dominant shoulder. Bring Frisbee to be shoulder and weight should be on the back leg. Elbow starts the throw transferring weight from back to front. Snap wrist and release pointing fingers toward your target in the follow through. Make sure Frisbee is horizontal during the release. **Forehand-** Grip- thumb on top, index and middle finger are on the inside of the Frisbee underneath and the ring and pinky make a tight fist.Face target with non-dominant side. Hold Frisbee vertical then tilt diagonal and draw back. Weight should be on the back foot. When going into the release go to a low to high motion and follow through. **Underhand-**Grip- thumb on top and the rest are underneath the Frisbee.

Shoulders be square to the target and feet in an athletic position. Hold the Frisbee vertically when getting ready to throw. Frisbee should be thrown in an underhand motion. Transfer weight from back to front.

* **Hitting/Tipping-** Wait for Frisbee to get close to the Kan and hit using both hands and/or one. Make sure needs are bent and line up behind the Frisbee.

* **Alternative Game**

Ultimate Kan Jam

Similar to Ultimate Frisbee, but with a Kan Jam twist. To play, goals are created approximately 30 yards apart with a designated 10 foot scoring zone, where only the deflector can enter. Many teachers will use a 30-foot rope to establish the 10-foot scoring zone around the goal. - Create teams of at least 4 students apiece - Teams pass the Kan Jam disc to each other without taking more than 3-steps while in possession of the disc - As the team advances toward scoring zone, the opposing team can play NO CONTACT defense - The defensive team can intercept or deflect passes, as long as they do not enter the opposing team’s scoring zone - Any time the disc hits the ground on offense, possession changes to the other team - The game is played up to 21 points with the team on offense scoring by throwing the disc toward the goal where the deflector is in the scoring zone - Anytime an offensive player, besides the deflector, enters the scoring zone, possession changes to the other team and any points scored on that shot are nullified - Anytime a defensive player enters the scoring zone, that team receives an automatic 2-point penalty.