

ULTIMATE FRISBEE ULTIMATE

Quick introduction

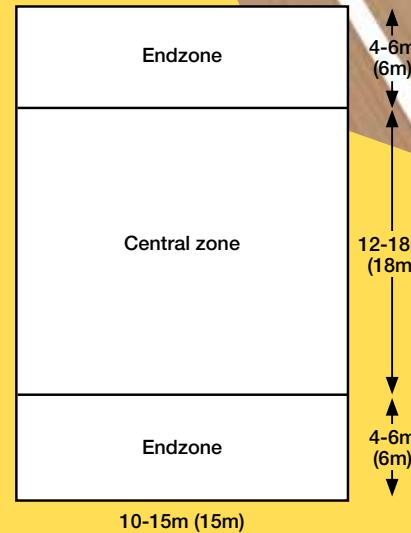
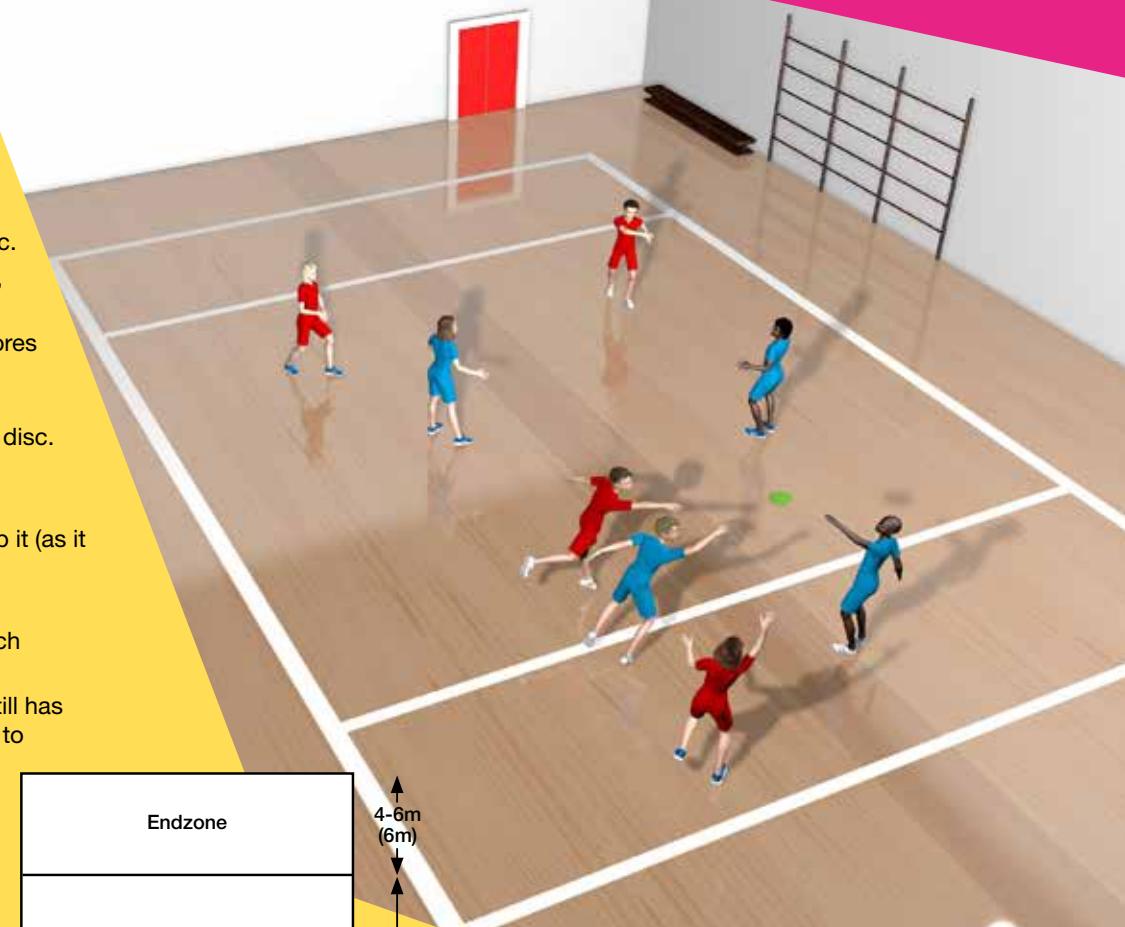
A 4-on-4, mixed-gender, non-contact sport played with a disc. Teams score by completing passes into an endzone, but players cannot move while holding the disc.

Getting started

- Set up a pitch as shown. Each pitch will need eight collapsible cones and a ‘Frisbee’-style disc.
- The game, and each new point, starts with the two teams lining up on opposite endzone lines, before one team throws the disc to the other.
- A team scores when they complete a pass into the other team’s endzone. The team which scores keeps the disc and stays at the scoring endzone. Both teams line up at the front of their new endzone as they did at the start of the point.
- The disc can be passed in any direction to any team-mate. The thrower cannot move with the disc.
- Possession changes whenever a throw is incomplete (hits the floor, caught by the other team, knocked to the floor by the other team).
- If the disc is knocked to the ground/out of bounds by the defending team, they still get to keep it (as it was the other team’s throw which went wrong).
- Players can replace others in the game at any time by tagging hands on the perimeter line.
- Players must avoid making contact with each other – a foul occurs when contact is made which affects play or safety.
- When a foul causes the disc to be dropped, play restarts so that the team which was fouled still has the disc. If there is a disagreement between players as to what happened, the disc goes back to where it was before the foul occurred.
- Players are responsible for their own calls (such as a foul or in/out of bounds calls).
- Players resolve disputes and find a fair outcome using the rules and Spirit of the Game.

Spirit Scoring

- Following each game, the two teams should form a circle with players from each team alternating as far as possible. A representative from each team then talks about the game, including how both teams played, the ‘Spirit’ each team demonstrated (in line with the principles of Spirit of the Game) and any suggestions to the other team to develop further.
- Between games, each team should complete a Spirit Score Sheet, rating the other team on the five areas of ‘Rules Knowledge & Use’, ‘Fouls & Body Contact’, ‘Fairmindedness’, ‘Positive Attitude & Self Control’ and ‘Communication’. The scores should be collected and the team receiving the highest average score across the competition should receive a prize.
- In order to allow players to complete the Spirit Circle and Spirit Scoring process, a gap of at least 5 minutes should be included between games.



Keep it safe

- The game is non-contact. Look out for other players when moving and try not to bump into them, especially when looking up at a disc.
- Look out for flying discs, even when off the pitch.
- Be careful near walls and other obstacles.

ULTIMATE FRISBEE – ULTIMATE

SCHOOL GAMES

Think Tactics (Mix it Up!)

- Teams can try throwing long passes to score quickly, or take lots of shorter, safer throws to get there. Players need to think about the types of throws they can throw most accurately and which are easiest to catch. Working hard to find space when off the disc makes it easier for the thrower to throw the disc to you. Defensive players can play person-to-person defence, where they focus on chasing just one opponent.
- Use both ‘backhand’ and ‘forehand’ throws.

Organising the game session

- If players are taking too long to throw, the person closest to them can count to 10 in seconds. The thrower must throw before the time is up.
- Teams should wear different coloured shirts/bibs.

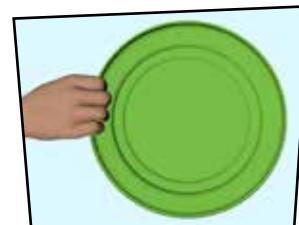
Officiating/Leadership

- Non-players could act as score keepers/recorders.
- Though the game should remain self-refereed, non-players could act as ‘rules assistants’, unable to make any decisions on events, but able to clarify the rules should any player be uncertain as to how to proceed.
- Young Leaders can take responsibility for collecting and analysing the Spirit Scores submitted by teams throughout the event to find a winner.

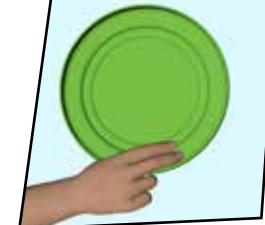
Think Inclusively!

- Walking version can be used for those of limited mobility.
- Less experienced groups can play with a rule where the disc is considered to be caught if it hits a player’s hand, even if it is dropped.
- If played indoors on a hard court, a wheelchair version would be possible.

WWW.YOURSCHOOLGAMES.COM



Backhand



Forehand

Keeping it fun

- Each team should consist of just 3-4 boys and 3-4 girls, with two of each on the pitch at a time.
- Substitutions can be made at any time by high-fiving a teammate of the same gender on the sideline.
- To encourage involvement of all players on the pitch, the following adjusted rules could be used:
- A catch in the endzone is worth two points if the final throw is male-to-female or female-to-male.
- Every player on the team must touch the disc (catch or throw) before a point can be scored. If the disc is caught in the endzone before then, the player brings the disc to the front of the endzone and continues play.
- The first point each player scores in a game is worth 2/3/5 points.
- For inexperienced players/in difficult wind conditions, game can be modified to allow a team to keep possession if the disc hits their hands, even if they don’t catch it.

Big ideas

- Where possible, games should be played on sand/a beach. This is a very popular format of the game internationally.
- All of the players in the game are responsible for refereeing their own games. They should make their own foul calls and engage in discussions to resolve any disputes. Copies of the rules are available online and in numerous mobile phone apps which players can refer to if they are unsure of any rules.
- There are a number of mobile phone apps available which allow players off the pitch to track game events and player performance throughout the game.
- Some pupils may be able to create online forms and spreadsheets to allow teams to submit their spirit scores online/through their phones and to automate the calculation of the winner.

Young people statements

“It’s a really fun game to play.”
Isabelle (St Peter’s School)

“Everyone is fair.”
Niku (Bridgemary School)

“I love learning new skills and rising to the challenge in a game.”
Marcus (Windsor Boys School)

Sporting ME Spirit of the Games

Excellence through competition



Honesty: Self-refereeing requires players to be honest with each other, even if the other team benefits from it.