ALTERNATIVE SPORTS

Definition: Alternative sports are new sports introduced in our country in the 90's. These sports are very rich and varied but not as well know as the usual (or traditional) sports.

Characteristics:

- Their rules and the required materials are not as strict as in traditional sports.
- There are also more possibilities of playing with mixed teams.
- There are no official federations to stipulate the sports regulations.
- Their main objective is the recreation, instead of competition.

Some of these sports are:



OMNIKIN (KIN-BALL)



KORF-BALL



FRISBEE

⇨ IMPORTANT: Some of these sports might be traditional sports from other countries, but they are not so well known here in Spain.

SPORT FEDERATION

A sport federation is a union of some **sport associations** whose objective is to establish the sport regulations and to organize and control official sport competitions.

Olympic sports and traditional sports have worldwide federations. Thanks to these federations, the sport rules are the same regardless of the country where you are playing the sport. For example: FIBA (International Basketball Association Federation).

In the case of alternative sports, there are not official federations. That is why their rules are not so strict. In some cases, like Frisbee or Indiaca, an international federation has been recently created.

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FRISBEE

HISTORY OF FRISBEE



Frisbee is an alternative sport that comes from the **United States**.

In the XIX century, William Russel Frisbee was the owner of a big cake factory. One day, the workers of the factory had the idea of playing with the cakes' base made of cardboard as a flying disk. This is why we call this game Frisbee (like the surname of the cake's factory owner).

THE DISC OR FRISBEE



It consists of a plastic disc with a diameter between 20 and 25 cm. Its special shape allows it to fly by generating lift as it spins through the air.

FRISBEE THROWING TECHNIQUE

There are many different ways of throwing a Frisbee. You can try some of them and chose your favorite. For example:

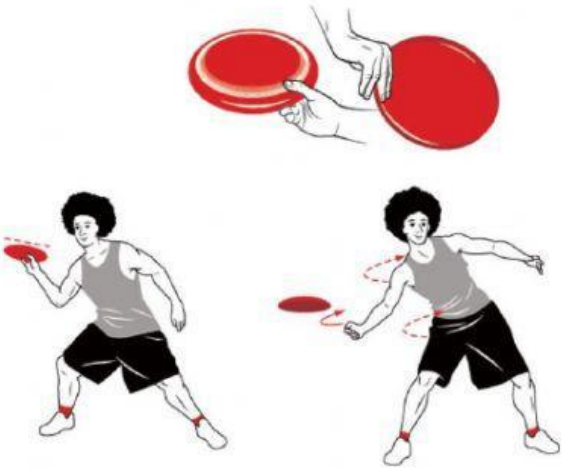
- "Right-way grab throwing (backhand)": put your thumb on top of the frisbee, your middle finger must be under the frisbee and support the edge from inside, and your index finger along the edge of the disc too. Step forward with your right foot and using this position, throw the Frisbee with your right hand.





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- "Forehand throwing (flick)": put your thumb on top of the frisbee, your index finger and middle finger are extended and laid along the rim of the disc (or you can also separate them, with the index finger pointing towards the center to provide more stability). The wrist is extended back and, when you throw it, you should snap your wrist to help you to throw it farher. If you throw using your right hand, then you must step forward with your left foot before throwing.



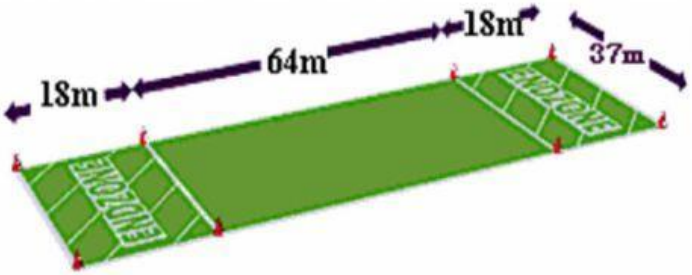
- "Thumb (beach) throwing": the thumb is located under the inner edge, with the palm of the hand looking up, and the rest of the fingers must be on the surface of the frisbee. Now, put your left foot in front of you and throw with the right hand.



FRISBEE GAMES: ULTIMATE

Ultimate is played between two teams of seven players on a large rectangular pitch. There are two "end-zones" (like in American Football). These are the goal-scoring areas. A goal is scored when a team completes a pass to a player standing (or more likely running) in the end-zone they are attacking. The team that gets 21 points first wins.

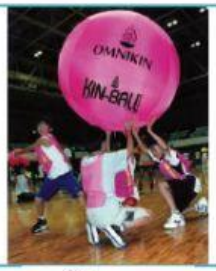
Basic rules:



- Players must not take any steps while holding the disc.
- Interceptions and incomplete passes (when the frisbee touched the floor) are turnovers (the Frisbee goes to the opposite team).
- When a player catches the Frisbee, there is a 10 seconds limit to throw it again.
- If the Frisbee goes out of bounds, the last player who threw must turn it over to the opposite team from the place it went out of the court lines.
- Players cannot touch each other. Defenders must keep at least 1 meter distance from the player holding the frisbee.
- Players can move freely along the entire court, even inside the goal zones.

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⇨ **Activity 1: Look for information** on the Internet about different alternative games and sports. **Complete** the empty spaces in the table with the right answers.

Sport name	Country of origin	Material you need to play	Picture of the material
Frisbee			
	Brazil		
Kin-ball		Big ball (1,5 m diameter)	
Korf-ball			
			



LIVEWORKSHEETS