

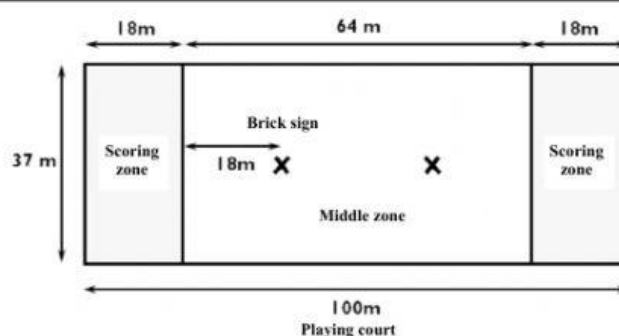
ULTIMATE FRISBEE



Ultimate Frisbee is a non-contact sport that comes from the game of flying disc. **Flying disc** was born in 1946, when few young Americans, after eating some cakes made by “Frisbie Pie Company” were playing throwing the base of the cakes. Then, Walter Freferick Morrison registered the first flying disc known as “Plutto Platter”, but this broke into small pieces when it fell down.

Then, the first plastic discs were made in 1950 and the rules of this game were regulated. In 1960, some games about discs were born, as well as the “Frisbee International Association” (FIA).

PLAYING AREA: Two teams of seven players compete in a playing area similar to a football field, with less space between side lines. In both sides, we can find a scoring zone, also called “**endzone**”. Each team defends its own zone and each team score one goal if they catch the disc inside the opposite team’s zone.



BASIC RULES:

- **Pull:** each point starts with a throwing to the opposite team.
- **Turnover:** when the disc goes out of the sidelines and now it belongs to the opposite team.
- **10 seconds’ rule:** players have 10 seconds to throw the disc. The defender can stay in front and count to 10.
- **Goal:** players score a goal when they catch the disc in the “endzone”.
- **Spirit of the game (SOTG):** mindset of “fair play”, sportsmanship and be a good player. There are no referees, so players must respect the rules and call the violations of the regulations when they happen. Referees take part when teams disagree.



NOT ALLOWED ACTIONS

- Players can not run with the disc in their hands.
- Players must avoid physical contact to the opposite team.
- Players can not be defended by more than 1 player (double team foul).

MATERIALS:

THE FLYING DISC: we play Ultimate with a plastic disc. It weighs 175 g. and it must be approved by the official organization. Some of the most popular discs are the UltraStar of Discraft and the Pulsar of Innova.



SOME REFEREE SIGNALS (when needed)



Foul (contact)



Goal



Out of bounds



Fallen disc



Travel

Name:

Surname:

Group:

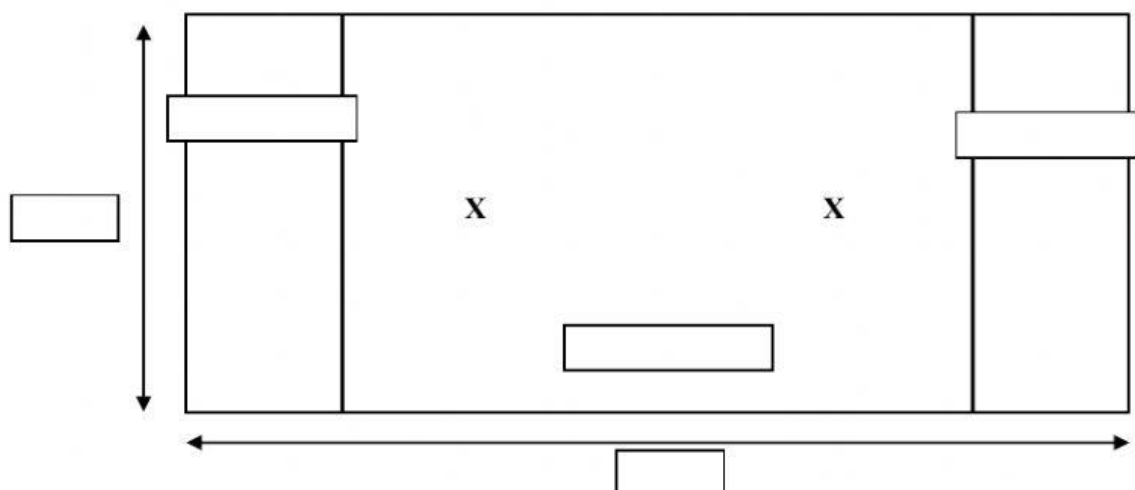
Activity 1: complete the blank spaces.

Ultimate Frisbee is a _____ sport played with a _____. The team scores a goal when one of the players _____ the disc inside the opposite teams' "_____".

Now, write True (T) or False (F) according to the following sentences. Look for information if necessary.

- Flying disc was born in 1947.
- The base of a cake was the first flying disc.
- Walter F. Morrison registered the first disc known as "Mars Platter".
- We play Ultimate with a heavy disc made out of iron.
- You can not run with the disc in your hands.
- The game starts throwing the disc to the opposite team.
- The scoring zone is also called "friendzone".
- Players just can have the disc 10 seconds in their hands.
- Players score a goal throwing the disc to the sideline.
- Players can be defended by more than 1 player at the same time.

Activity 2: complete the playing area with the missing words and distances.



Activity 3: Which of these options is linked to "SOTG" philosophy. Pick one.

"SOGT" means "Spirit Of Great Teams" and it is an organization where the best Ultimate Frisbee's teams join to receive prizes.

"SOTG" means "System Of Teaching Games" and consists of teaching this sports worldwide and make a great community.

"SOTG" means "Spirit Of The Game" and it is considered as the mindset of Ultimate Frisbee. The players respect the rules and call the violations.

"SOTG" means "Spirit Of The Game", which says that referees are the most important participants during the games.