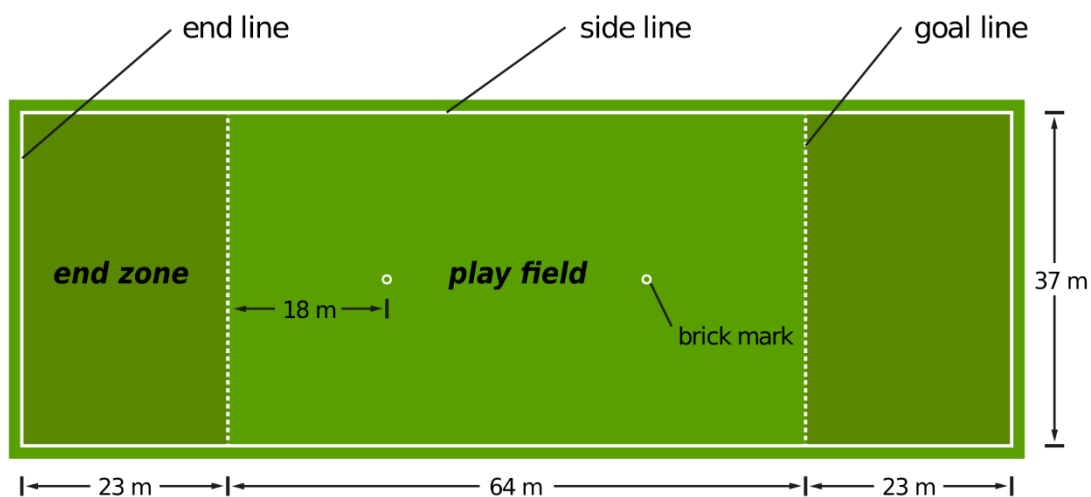


ULTIMATE FRISBEE

1. What is Ultimate Frisbee?

Ultimate Frisbee is a non-contact, self-arbitrating team sport played with a frisbee. Two teams of seven players compete on a playing field approximately the same length as a football field, but narrower. At each end of the playing field there is a goal zone, and each team must defend theirs. To score a goal the attacking players must make passes until they receive the frisbee inside the opponent's goal zone.



2. What is the objective of Ultimate Frisbee?

The objective of the game is to get the frisbee into the opponent's zone by scoring a point, reaching the target score before the opponent (17 points) or being the team with the most goals scored at the end of the time (90 minutes).



3. The spirit of the game.

The differentiating element of this sport is the spirit of the game. This is very important as it is a self-arbitrated game, so any situation is resolved between the players. The aim is to work on empathy, tolerance, and respect, as well as not seeking physical contact.

In fact, at the end of the matches, an evaluation is made of the spirit of the game from 0 to 4 between the two teams based on the use and knowledge of the rules, physical contact, positive attitude, and self-control and finally communication.

4.0	<ul style="list-style-type: none"> • Always respectful to officials and opposing team. • Does not argue or complain with or about the officials. • Does not comment about officials' calls.
3.0	<ul style="list-style-type: none"> • Usually respectful to officials and opposing team. • Minimal arguing/complaining about officials' calls. • One yellow sportsmanship card issued.
2.0	<ul style="list-style-type: none"> • Disrespectful to officials and opposing team (i.e., taunting, profanity, etc.). • Several instances of arguing or complaining. • Multiple yellow sportsmanship cards or one red sportsmanship card issued. • One ejected player.
1.0	<ul style="list-style-type: none"> • Excessive arguing or complaining. • Any contact or provocation of officials or opposing team members. • Multiple red sportsmanship cards issued. • Any player involved in a fight.
0.0	<ul style="list-style-type: none"> • Team and/or players are out of control. • Multiple persons on team fighting. • Very disrespectful to officials. • Destruction or abuse of UC property. • A team that receives a "0" rating will be suspended from competition until its captain meets with the Assistant Director or Coordinator of Intramural Sports. The team may be removed from competition.

4. What is the history of Ultimate Frisbee?

The sport was born on the US universities in the 1960s. By 1976, dozens of universities had teams, and in April of the same year the players organized the first Ultimate Tournament, held at Yale. In Europe it was introduced in the early 1980s. Worldwide there are some 369,963 players in approximately 5,000 teams.

The governing body is the World Flying Disc Federation (WFDF), founded in 1985, which is in charge of events such as world championships, regulations, rules of the game and the standardization of world records.



5. Which are the rules of Ultimate Frisbee?

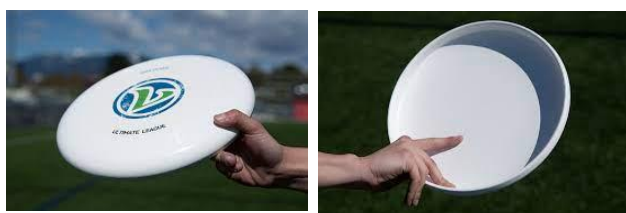
- In this sport there are unlimited changes.
- The player cannot run with the frisbee but can pivot.
- There is a maximum of 10 seconds to release the frisbee.
- The defending team gains possession of the frisbee if a player from the attacking team does not catch a teammate's pass or if the frisbee is intercepted in the air.
- At the spot where the disc hits the ground the receiving team gains possession of the disc and becomes the attacking team; the other team is the defending team.
- Duration: The game lasts 90 minutes or 17 points, whichever comes first. In addition, there is a half-time at 8/9 points or 45 minutes of play, whichever occurs first.
- Clothes: must be different from the opposing team and varies depending on whether the field is synthetic or natural (grass or beach).
- There are 3 categories. Male, female and mixed, with 3 players of one gender and 4 of the other.
- Before a match takes place, a member of each team draws lots to decide which team will attack, defend and which side of the court. In the case of mixed matches, the gender of the majority of the starting players is also decided.
- An initial throw or pull is made after at the start of the match or after each point. This throw is made by the defending team to the attacking team, and the aim is to throw the disc as far as possible without it going out of bounds.

6. Types of throwing and catching

Backhand: fingers under the disc and the big toe on top.



Forehand: two fingers below the disc and the big toe on top. Faster throw, the most used in the game.




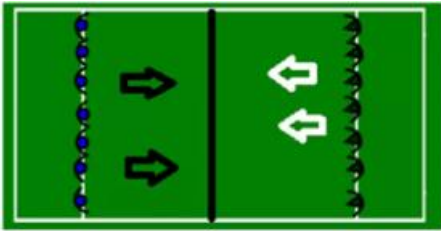
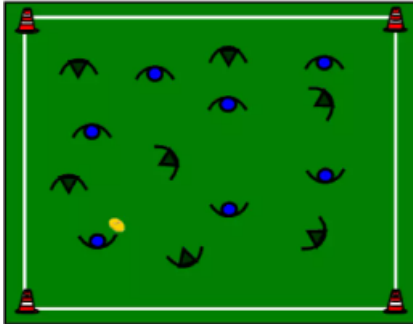

Hammer: same grip as forehand but above the head. More complicated throw, useful to get out of the opponent's defence.



Reception: two-handed, one-handed, and trap reception (both hands, one placed on top of the other).

7. Class Plan

Exercises	Explanation	Time
1	<p><u>Warm-up.</u></p> <ul style="list-style-type: none"> - Jogging. - Jogging with heels back. - Jogging with knees up. - Jogging and jogging backwards in the middle of the field. - Jogging and midfield sprint. - Jogging and one-legged squat. - Lateral jogging changing sides. - Jogging moving arms up and down. - Jogging moving arms sideways. - Hip rotation jogging. - Skipping on the line and sprinting. - Forward and backward skipping and sprinting. 	5 min

2	<p><u>Game of catch.</u> A student catches and must touch another player so that the roles are reversed. They are saved if they receive the frisbee (collaboration) before getting touched. The game is played in half court and the student who catches the others has to wear a differentiating element.</p>	10 min
3	<p><u>Passes.</u> In pairs throw the disc practicing the different types of reception, launch, and from various heights and distances.</p> 	15 min
4	<p><u>Conservation of frisbee.</u> Making passes by trying out the throws and receptions explained.</p> 	15 min
5	<p><u>Match.</u> Full-field game with all the rules included and with the contents learned so far.</p> 	15 min