

Ultimate Disc, Category 1



1. Know the 10 simple rules of Ultimate Disc and how the game is played.
2. Define and explain “spirit of the game” .
3. Explain why the name “Frisbee” was dropped from the name of the game.
4. Identify and be able to throw the disk:
 - a. Forehand
 - b. Backhand
5. Define or explain the following game terms:
 - a. Stacking & Cutting
 - b. Clearing Out
 - c. Stall Count
 - d. Non-Contact
 - e. Violation vs. Foul
 - f. Hold the line
6. Explain the following calls or rules:
 - a. No referees/player resolution
 - b. Foul calls at the disc
 - c. Foul calls away from the disc
 - d. Traveling
 - e. Pivot
7. As a team or individual, develop a plan to practice outreach while completing the requirements for this honor. Possible options could include the following:
 - a. Invite at least one friend, not from your church, to play a game.
 - b. Have prayer before or after each game.
 - c. Exhibit “spirit of the game” both on and off the field.
8. Play six (6) Pathfinder pick-up games to twelve (12) points and demonstrate reasonable understanding of disc handling, throwing, catching, scoring, and defending.
9. Write a one-page report or provide an oral report to the Pathfinder leader on how the concept of “spirit of the game” is applied to Ultimate Disc and outside the sport as a Christian role model to others. Discuss why the concept is important in fair play and in reducing the desire to win at any cost.

Skill Level 1

Original Honor 2011

Ultimate Disc, Category 2

1. Earn the Ultimate Disc 1 honor.
2. Read and understand the newest USA Ultimate sanctioned rules and regulations.
3. Display a proficiency and understanding of both offensive and defensive positions for playing Ultimate Disc.
4. Define and play all positions in a zone defense and understand how to break a zone:
 - a. Cup
 - b. Mids
 - c. Deeps
5. Demonstrate proficiency in throwing the disc:
 - a. Bounce pass
 - b. Shovel pass
 - c. Hammer
6. Define the dimensions of a regulation playing field and end zones, and demonstrate an ability to set up markers and cones.
7. Define the following terms and playing circumstances:
 - a. Laying out
 - b. Strip
 - c. Brick
 - d. Pull
 - e. Handler
 - f. Turnover
8. As a team or individual, develop a plan to practice outreach while completing the requirements for this honor. Possible options should include the following:
 - a. Post notes on bulletin boards and online, and place classifieds in newspapers inviting community participation.
 - b. Have prayer before and/or after each game.
 - c. Exhibit “spirit of the game” both on and off the field.
 - d. Encourage healthy lifestyle choices both on and off the field, and encourage appropriate behavior and language.
9. Practice throwing/catching and offensive/defensive drills and learn how to play smaller scale versions of the game, as practice, with fewer players, including “Hot Box.”
10. Play three (3) collegiate pick-up games or a sanctioned USA Ultimate league game.
11. Become a member of the Ultimate Player’s Association, <http://www.usultimate.org/membership/default.aspx>, or compete in a USA Ultimate-sanctioned tournament.

Skill Level 2

Original Honor 2011