



Pathfinder's Name

Ultimate Disc, Category 1

1. Know the 10 simple rules of Ultimate Disc and how the game is played.

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____
7. _____
8. _____
9. _____
10. _____

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

Date completed _____

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.

Date completed _____

8. Play six (6) Pathfinder pick-up games to twelve (12) points and demonstrate reasonable understanding of disc handling, throwing, catching, scoring, and defending.

Date completed _____

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.

Date completed _____

Ultimate Disc, Category 2

- 1. Have the Ultimate Disc honor.
- 2. Read and understand the newest USA Ultimate sanctioned rules and regulations.
Date completed _____
- 3. Display a proficiency and understanding of both offensive and defensive positions for playing Ultimate Disc.
Date completed _____
- 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. HammerDate completed _____
- 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.

Date completed _____

- 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.”

Date completed _____

- 10. Play three (3) collegiate pick-up games or a sanctioned USA Ultimate league game.

Date completed _____

- 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.

Date completed _____