

ULTIMATE ORIGINATED IN THE UNITED STATES



MAP OF THE U.S.A

ULTIMATE IS A NON-CONTACT,
SELF-REFEREED TEAM SPORT
PLAYED WITH A FLYING DISC
(OR FRISBEE™)

Description of the Game

Two teams of seven players compete on a playing field roughly the same length as a football field, but narrower. At each end of the playing field there is an end zone. Each team defends one end zone. A goal is scored if a player catches a disc in the opposite end zone. The player holding the disc cannot move, but only one foot must be stationary.



The World Games
2022 BIRMINGHAM, USA

FLYING DISC

EQUIPMENT NEEDED

DISC | CONES



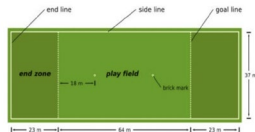
Object of Flying Disc

The object of the game is to score points by passing the disc to a team member in the opposing team's end zone.

Basic Rules

- Contact should not be made between players.
- Players should not move with the disc. Keep one foot stationary.
- Receiver of the disc is allowed to take a minimum number of steps to stop moving.
- If the disc is caught by the offensive and defensive player, the offensive player retains possession.

FLYING DISC PLAYING FIELD AND BOUNDARIES



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LEARNING ACTIVITIES

- Practice tossing and catching to yourself.
- Throw the disc to designated spots at different distances.
- Trace or mark a line on the field and throw the disc as close to the line as possible.
- Catch the disc in different forms:
 1. "Alligator Catch" (i.e. bring the palms of your hands together).
 2. "Crab Claws Catch" (i.e. form a c with your hands and bring the thumb closer to the fingers when catching).



WORLD FLYING DISC FEDERATION



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FLYING DISC



**PLAYER CATCHING A DISC
AGAINST TWO DEFENDERS**



**A WHEELCHAIR ATHLETE
THROWING A DISC TO
ANOTHER WHEELCHAIR
ATHLETE**

STRATEGIES FOR INCLUSION

- Use a disc launcher that allows the user to throw a Disc Golf disc with less effort (i.e. Folf Club). The Folf Club is ideal for people with less coordination or decreased upper body mobility.
- Use bigger and brightly colored discs and hoops.
- Use bigger and brightly colored sports markers.
- Reduce the perimeter of the playing area.
- Allow the students to score by touching a flying disc instead of catching it.
- Allow the students to use a light basket to catch the flying disc instead of catching it with only their hands.
- Allow students to hand the flying disc instead of throwing it on tag games.
- Allow the students to tip objects with the disc in their hand instead of throwing the disc towards the objects.
- Use a foam disc.

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