

WHY ULTIMATE FRISBEE?

SCHOOL
GAMES

What are the benefits of playing my sport?

Ultimate is a mixed-gender, self-refereed, team sport involving a disc. It requires a different skill set to traditional sports. Players work with team mates and opponents to implement the rules.



TOP Tips!

1. Ultimate has a strong appeal with the 'less sporty' due to its numerous differences to traditional sports. As a disc sport, players aren't deterred from 'giving it a go' by past negative experiences of playing sports with a ball.
2. With all players acting as referees, players report that the game is fairer as everyone has an equal voice.
3. After games, both teams form a 'Spirit Circle' by gathering together with players from each team. A representative from each team gives the other feedback on the game, including how each team played and the 'Spirit' shown. This process of giving and receiving face-to-face feedback supports the development of these skills in players, whilst also helping them to reflect and empathise with each other. Hearing about how their play met the principles of 'Spirit of the Game' helps players to improve this for future games.

Spirit of the Games: Excellence through competition.

How does your sport exemplify these values?



Ultimate is founded on the principle that competitive play is encouraged, but not at the expense of mutual respect between players or the basic joy of play.



As a mixed-gender team sport, Ultimate encourages players to not only work together, but to recognise how the strengths of others come together to bring success.



With no single point of authority, all Ultimate players recognise that their individual views are all equally valid, and learn to respect the views of others alongside their own.



As a self-refereed sport, the responsibility is on players to be fair and honest when making and discussing calls.



This sport uses a disc and not a ball, so players can learn new skills and see themselves getting better with practice, while having fun.



A thrown disc is highly susceptible to weather conditions, with wind presenting a particular challenge. Frequently in games, players are required to continually focus on adapting, adjusting and improving their technique to handle the conditions they face and ensure success.

Priority competitions:

Name of the competition: 4-on-4 Ultimate

Age group: Mixed (two male, two female), three age categories: Yr5/6, Yr7/8, Yr9/10/11

Level / location: Inter School Competition (Level 2)

Who runs it: SGO, Young Leader, or young person

How to enter: Via SGO

When: If winter, recommend indoors.

If summer, recommend beach/grass

Next steps: County Final - Inter School Competition (Level 3)

Name of the competition: Throwing Golf

Age group: Mixed (individuals or teams), three age categories: Reception, Yr1/Yr2, Yr3/Yr4

Level / location: Inter School Competition (Level 2)

Who runs it: SGO, Young Leader, young person

How to enter: Via SGO or via teacher

When: If winter, recommend indoors.

If summer, recommend grass

Next steps: County Final Inter School (Level 3) for older age groups

Young leader/officials courses/qualifications available

Sports Leader Award – aimed at KS4-KS5 students with some/no Ultimate experience. Teaches coaching/leadership skills, alongside ideas for coaching Ultimate.

Where do young people go next (from school to club/community)?

Schools' National Championship events held by UK Ultimate.

A number of clubs across the country are currently set up to accept Junior players at training sessions. UK Ultimate are actively growing this number and developing capacity at existing clubs.

The GB development programme welcomes keen players of all levels (aged 12+).

Signposted competitions:

1. Schools' Women's Indoor Nationals

- Female (5-a-side), two age categories: Yr7/Yr8, Yr9/Yr10/Yr11
- National event
- Organised by UK Ultimate
- Via NGB website www.ukultimate.com
- October/November
- Final step

2. Schools' Open Indoor Nationals

- Mixed (5-a-side, no restrictions on gender split), two age categories: Yr7/Yr8, Yr9/Yr10/Yr11
- National Event
- Organised by UK Ultimate
- Via NGB website www.ukultimate.com
- January/February
- Final step

3. Schools' Open Outdoor Nationals

- Mixed (5-a-side, no restrictions on gender split), two age categories: Yr7/Yr8, Yr9/Yr10/Yr11
- National event
- Organised by UK Ultimate
- Via NGB website www.ukultimate.com
- June/July
- Final step

Relevant web links

To access resources to support School Games events (including Spirit scoring sheets), or to find out more about the sport, its rules, coaching qualifications and local clubs who may be able to support/advise on events and coaching, visit www.ukultimate.com or email admin@ukultimate.com.

Embracing the School Games Vision

Development competitions provide an opportunity to engage all young people.

Utilising the NGB format, consider:

- Identifying targeted participant groups (i.e. gender, physical activity levels, impairment groups).
- Using the STEP principles to condition activities.
- Consider how to reward success – what does it look like?

Competition card 1

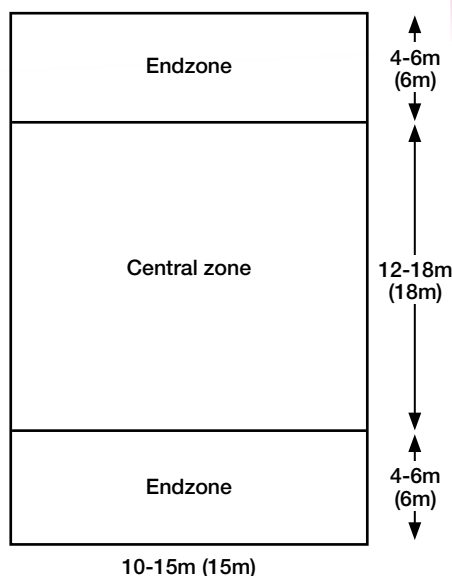
Primary or Secondary:
Primary and Secondary

Name of competition:
Inter-School Ultimate

Age Group:
Yr5/Yr6, Yr7/Yr8 & Yr9/Yr10/Yr11

How to enter:
Via SGO

Relevant web links
www.ukultimate.com
email admin@ukultimate.com



Simple rules:

- 4-a-side (squads of 6-8)
- Mixed (two female, two male on pitch at any time)
- Per pitch: 8 x 9" collapsible safety cones, 1 x soft, flexible 'Frisbee'-style disc.
- Players must wear shirts which make the teams easily identifiable as separate, but they do not need to be identical in design
- Scoring is by catching the disc in the opponent's endzone; players must not move while in possession, only pivot on the spot; non-contact sport with possession changing whenever a throw is incomplete (hits the floor, caught by other team, knocked to the floor by other team)
- Following each game, the two teams should form a circle with players from each team alternating as far as possible. A representative from each team then talks about the game, including how both teams played, the 'Spirit' each team demonstrated (in line with the principles of Spirit of the Game) and any suggestions to the other team to develop further.
- Between games, each team should complete a Spirit Score Sheet, rating the other team on the five areas of 'Rules Knowledge & Use', 'Fouls & Body Contact', 'Fairmindedness', 'Positive Attitude & Self Control' and 'Communication'. The scores should be collected and the team receiving the highest average score across the competition should receive a prize.
- In order to allow players to complete the Spirit Circle and Spirit Scoring process, a gap of at least 5 minutes should be included between games.
- Indoors: 3G: sports hall – autumn/winter
Outdoors: Beach/sand (preferred); grass – spring/summer.

Recommended pitch size is shown to the left but this can be adapted to space available.

Think Inclusively!

Format welcomes players of both genders to play the sport. Disc sports require different skills to ball sports.

Can be adapted to skill/understanding level e.g.

- Disc hitting hands counts as a catch even if dropped.
- Shorter pitches/bigger endzones.

For those with limited mobility, walking format is possible. Suggest switching to target-hitting 'skill based' game (see other competition card) for those with more complex mobility/understanding difficulties.

To encourage involvement of all players on the pitch, the following adjusted rules could be used:

- A catch in the endzone is worth two points if the final throw is male-to-female or female-to-male.
- Every player on the team must touch the disc (catch or throw) before a point can be scored. If the disc is caught in the endzone before then, the player brings the disc to the front of the endzone and continues play.
- The first point each player scores in a game is worth 2/3/5 points.

Roles for young people:

Young people could be employed as:

- Timekeepers.
- Pitch Managers.
- Score Collectors.

The players act as referees/officials. However, UK Ultimate are working on a formal certificate of rules knowledge to allow young people to act as Rules Assistants, without power to make calls or decisions, but responsibility to provide clarity on the rules of the game if asked by players.

How can regularity be achieved?

- League format can be used.
- At a multi-team tournament, every place is 'played out' to ensure that all teams have the same number of games.
- County Final – Inter School Competition (Level 3) event could be tiered, with County-level tournaments running for top 8/16, second 8/16, third 8/16, etc.
- Both indoor and outdoor events could be run at different times of year.

How can depth in competition through extra teams be achieved?

- Running multi-team tournaments (as is preferred format) allows schools to bring all teams to an event together, reducing the burden on staff time and transport resources (as compared to head-to-head league games at multiple venues).
- 'Playing out' all positions ensures that B and C teams don't get knocked out early and have to wait for advanced teams to finish the competition.
- The mixed format requires that players of both genders take a significant role on pitch. This also (based on feedback) makes for a more welcoming social atmosphere on pitch, encouraging those typically put off by the pressures of competitive sport.

The route from here to County Final - Inter School Competition (Level 3)

County Final – Inter School Competition (Level 3) occur following Inter School Competition (Level 2) in a county/region. Format should be the same as for Inter School Competition (Level 2) Recommend 'tiered' event, so that B, C, etc. teams can attend in a 'Division 2/3'.

Competition card 2

Primary or Secondary:

Primary

Name of competition:

Inter-School Ultimate

Age Group:

Reception, Yr1/Yr2, Yr3/Yr4

How to enter:

Via SGO

Tournament format:

In line with local need.

One day multi-team format preferred.

Relevant web links

www.ukultimate.com

email admin@ukultimate.com



Simple rules:

- Play as either singles or mixed doubles.
- Mark out a course with a series of starting points and targets to be reached by throwing a disc ('holes'). Targets could be buckets/baskets/goals to be thrown into or trees/posts to be thrown at.
- Use existing structures as obstacles for the course (e.g. corners of buildings to be thrown around, trees to be thrown between, crossbars to be thrown over).
- For younger ages, it may just be a single large target (e.g. football/hockey goal, box marked on the floor, large basket) for them to throw towards, counting their throws until they manage to throw/place it in.
- Each player should have a soft, flexible 'Frisbee'-style disc. Ideally, each team's disc will be a different colour/design.
- Players take it in turn to throw from the starting point of each 'hole'. They then take their next throw from where their disc came to rest. If playing mixed doubles, both players take their next throw from the 'best' of their first throws.
- Keep a total of the total number of throws required to reach all of the targets. The winner is the player/team who requires fewest.
- For younger ages, players should have multiple rounds on the 'holes', trying to beat their previous best score each time.
- Indoors: sports hall – autumn/winter
Outdoors: grass – spring/summer

Roles for young people:

Young people could be employed as:

- Scorekeepers.
- Course managers (setting up the course).

May require some monitoring for younger ages to ensure that scoring is done correctly.

Think Inclusively!

Format welcomes players of both genders to play the sport. Disc sports require different skills to ball sports.

Can be adapted to skill/understanding level e.g.

- Distance to the targets can be changed.
- Size of targets can be changed.
- Presence and nature of obstacles can be varied.

For those with limited mobility, a seated version could be used.

How can regularity be achieved?

For older age groups:

- League format could be used, with two to four schools competing on a single course every week. Teams can earn league points dependent on their finishing position (out of the teams involved in the game) or by carrying forward the total points scored.
- At a multi-team tournament, each team should play multiple matches over the event, either multiple times around the same course or across a series of different courses (depending on the size of the venue and event). The overall winner could be determined by total number of throws over the weekend, number of games won (all playing together) or via a series of head-to-head games in the form of a bracket.
- County Final – Inter School Competition (Level 3) event could be tiered, with County-level tournaments running for top 8/16, second 8/16, third 8/16, etc.

For younger age groups:

- Players should play multiple rounds at all events, trying to beat their previous best score. This could be achieved as small weekly events with just a small number of 'holes', or as part of a larger event, with an increased number of 'holes' and some time dedicated to providing some additional skills coaching.
- Both indoor and outdoor events could be run at different times of year.

How can depth in competition through extra teams be achieved?

- Running multi-team tournaments (as is preferred format) allows schools to bring all teams to an event together, reducing the burden on staff time and transport resources (as compared to head-to-head league games at multiple venues).
- All teams should play the same number of rounds (rather than getting 'knocked out'), to ensure that B and C teams don't have to wait for advanced teams to finish their weekend.
- The Mixed Doubles format requires that both genders are encouraged to take part in the sport and have an equal contribution to the success of the team.

The route from here to County Final - Inter School Competition (Level 3)

County Final – Inter School Competition (Level 3) occurs for older age groups, following Level 2s in a county/region. Format should be the same as for Level 2. Recommend 'tiered' event, so that B, C, etc. teams can attend in a 'Division 2/3' and still aspire to win their division.