

Introduction to Ultimate

Ultimate Australia Community Coach Course
Dan Rule

Overview

By the end of this module, you will:

- Have an understanding of the basic rules of Ultimate
- Be able to start a game of Ultimate
- Understand Spirit of the Game (SOTG) and self-refereeing



HOW TO PLAY
ULTIMATE FRISBEE

Starting a game of Ultimate

1. Separate two teams
2. **Explain and demonstrate simple rules**
3. Show teams of 7 (or less) to their goal line
4. Explain the 'pull'
5. Play a point (coach assists with rules)
6. **Answer any rules questions and have the teams swap ends**
7. Play another point

Explaining Simple Rules of Ultimate

1. Show the players the field
2. Score by catching in the end zone
3. No running with the disc, advance by passing
4. Turnovers occur when:
 - Disc hits ground (dropped / blocked / thrown into ground)
 - Disc is intercepted by defender
 - Disc goes out of bounds
1. Spirit of the Game
 - Integrity / Respect / Safe play

Helping new players learn the rules

Reinforce what you already explained, THEN some of the next rules to introduce are:

- **Marking**
 - Closest defender 1m from thrower
 - Only one defender marking thrower
 - Defender can 'stall count' to 10
- **Where to play the disc from**
 - Sideline where it went out of bounds
 - Goal line if turnover in the end zone
 - Where it stops rolling if on the field

Spirit of the Game (SOTG)

The first rule of Ultimate:

1.1. Ultimate is a non-contact, self-refereed sport. All players are responsible for administering and adhering to the rules. Ultimate relies upon a Spirit of the Game that places the responsibility for fair play on every player.

SOTG on Day One

Basics for a coach to apply DURING a game at first Ultimate session:

- Encourage good sportsmanship
- Highlight when a foul should be called and stop play
- Encourage players to explain their perspective and listen to other perspectives
- Encourage players to decide the most fair outcome and resume play

SOTG on Day One (cont.)

Basics for a coach to apply AFTER a game at first Ultimate session:

- Form a spirit circle
- Captains share thoughts from the game relating to game play and spirit
- Three cheers for opponents

Can progress to undertaking spirit scoring in future sessions.

Spirit Rules and Scoring

Players rate the other team on five fundamentals of SOTG:

1. Did they know and abide by the rules?
2. Did they avoid body contact?
3. Were they fair-minded?
4. Did they show self-control and a positive attitude?
5. Did they communicate properly and respectfully?

Spirit Score Sheet

Day _____

Your Team Name (division) _____

SPIRIT OF THE GAME SCORE SHEET

Opponent _____

Your whole team should be involved in rating the other team! Circle one box in each of the five lines and sum up the points to determine the SOTG score for the other team.

Poor	Not Good	Good	Very Good	Excellent
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1. Rules Knowledge and Use

Examples: They did not purposefully misinterpret the rules. They kept to time limits. When they didn't know the rules they showed a real willingness to learn

0*	1	2	3	4*
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2. Fouls and Body Contact

Examples: They avoided fouling, contact, and dangerous plays.

0*	1	2	3	4*
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3. Fair-Mindedness

Examples: They apologized in situations where it was appropriate, informed teammates about wrong/unnecessary calls. Only called significant breaches

0*	1	2	3	4*
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4. Positive Attitude and Self-Control

Examples: They were polite. They played with appropriate intensity irrespective of the score. They left an overall positive impression during and after the game.

0*	1	2	3	4*
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5. Communication

Examples: They communicated respectfully. They listened. They kept to discussion time limits.

0*	1	2	3	4*
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II

Summing the results

Sum the results of every category to a final number and write it into these boxes (the end result should be between 0 and 20).

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Spirit Score Total

*Comment Box

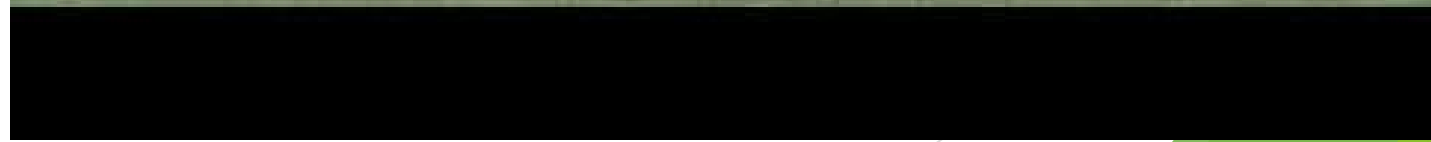
If you have selected 0* or 4* in any category, please explain in few words what happened. Compliments as well as negative feedback will be passed to the teams in the appropriate manner.

84	Germany	9
	Czech Republic	12

fanseat



SPIRIT OF THE GAME:
BE
FAIR-MINDED



Summary

- Keep the rules simple and slowly add new rules
- Encourage good spirit as an integral part of participation in Ultimate
- The coach's role is to facilitate the players' understanding of the rules and Spirit of the Game
- Explore the links in the 'Useful resources' document