



Plan:

- When will you play this game?
- Where will you play this game?
- Who will bring the disc?
- How will you make teams?
- What rules will you play with?

Do:

- Play ultimate!

Review:

- What do you know now that you did not know before?
- What did you most enjoy about this game?
- What strategy did your team use?
- If you were to play this game again, what would you do differently?

Safety Note:

- What should all the players wear on their feet?
- How can you make sure your play area is safe?

Online Resources:

- [11th Edition Rules](#)
- [The Rules of Ultimate Frisbee](#)
- [How To Throw A Forehand](#)

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Ultimate!

BRUCE TRAIL
Active & Healthy Living



The Adventure:

Ultimate is a game played with a flying disc (also known by the brand name, Frisbee®). The game is played on a rectangular field with few stoppages. After a toss of the disc, the team that wins the toss will decide if it wants to pull (like a kick-off in football) or receive. The teams line up at their goal lines, and one team throws the disc to the other.

The team with the disc then tries to make passes between its players. The player holding the disc has to stand in place, and the player defending that person counts "stalls" aloud (like counting steamboats). A pass must be attempted before 10 stalls are counted. To score a point, a team must make a successful pass into an end zone. The defending team must try to prevent this by intercepting a pass, catching the disc or knocking it to the ground.

You can play either for a set amount of time or play to a predetermined winning score—for example, the first team to score 10 points wins. There are many variations to this game, and you can even make up your own to make the game even more fun for your Troop!



It starts with Scouts.



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