Ultimate – School Games: Event Details & Game Rules

**Who:** – Year 5 or 6 who do not usually take part in PE or School Sport

**Number:** – Up to 8 pupils in a squad – 2 boys and 2 girls playing at a time

Please note, this is an approximate pitch size (can be adapted for space and numbers):

A picture containing table

Description automatically generated

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## Game Rules:

* 4 players on the pitch at any time (2 girls, 2 boys).
* At the start of the game a representative from each team will come together and flip a disc each. One of the players calls whether they think the discs will land the ‘same’ way up or ‘different’. If correct, they choose whether or not to play offence first, or whether they want to choose an end to start at. The other team gets to choose the other.
* Every point starts with both teams lined up at the front of opposite endzones. The team with the disc will ‘pull’ (throw) the disc to the other team to start play (mid-game the team that just scored will ‘pull’ the disc to start the next point. REMEMBER the scoring endzone for each team switches every point). The receiving team can catch the disc or pick it up and play from wherever it comes to rest. If it lands out of bounds within the central zone, the disc is played from the nearest sideline; if it lands beyond the endzone it is played from the front of the endzone. The receiving team keeps possession even if they fail in their attempt to catch the pull (this is the only pass that can be dropped and offensive possession maintained).
* Points are scored by catching a throw in the other team’s endzone. To score, the first point of contact must be over the line (i.e. if a foot is on the line it is ‘out’; if both feet land simultaneously, straddling the line, it is ‘out’).
* Substitutions can happen at any time by ‘high fiving’ a player of the same gender at the side of the pitch. In higher levels of competition substitutions can only take place after a point has been scored or if there is an injury.
* Players cannot move when they have the disc, but they can ‘pivot’ on one leg. If a player is identified as moving (‘travelling’), they must move back to where they started, but they maintain possession.
* Possession changes whenever a throw is incomplete causing a turnover (if the disc hits the floor, is intercepted by the opposition, lands or is caught out of the pitch).
* The game is non-contact. Any contact that affects a player’s ability to make a catch or throw is a ‘foul’. Play resumes as if the foul had not occurred (e.g. a fouled catcher gets possession of the disc, a fouled thrower gets another throw).
* If the person committing the foul disagrees with the call, they can ‘contest’. It is ok if the players disagree, the disc goes back to the thrower and play restarts there.
* Only one player from the opposing team is allowed to stand very close to the thrower and mark them whilst they’re holding the disc. All other opponents must stay 3m away unless actively marking another player in that space.
* A marker must allow the thrower enough space to pivot.

## Spirit of the Game Scoring:

After every game, both teams will form a circle, alternating players from each team. A representative from each team will comment on how the teams played, and the Spirit shown.

Following this, each team will privately score their opponents from 0-4 on the following five categories:

* **Rules Knowledge & Use**
* **Fouls & Body Contact**
* **Fair-mindedness**
* **Positive Attitude & Self Control**
* **Communication**

The ‘Most Spirited’ (highest scoring) team is announced at the end of the event. Details on how to score are outlined in the table below. Remember that a score of 2 is considered to be ‘good’ or ‘as expected’. A score of 4 means that they did something REALLY, REALLY well!

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
|  | **Score** | | | | |
|  | **0 Poor** | **1 Not so good** | **2 Good (normal)** | **3 Very good** | **4 Excellent** |
| **Rules knowledge and use** | They repeatedly broke the rules or weren’t  willing to learn. | They didn’t  know all the  main rules and didn’t try to  learn. | They had good knowledge of  the rules or  were willing to learn. | They knew  advanced rules and helped us to understand. | They knew  advanced rules and clearly  explained if we didn’t. |
| **Fouls and Body Contact** | They repeatedly fouled or played dangerously. | There was a bit too much body contact. | There was very little or no body contact. | They actively tried to avoid  body contact. | They changed their  movements to avoid body  contact. |
| **Fair mindedness** | They made  several calls that were unfair and never listened to our points of  view. | They made a couple of calls that seemed  unfair and  didn’t always  listen to us. | They only  made fair calls and listened to our points of  view. | They were  willing to  accept that  they were  wrong and  support our  views. | They often  supported our calls and  accepted our  opinions. |
| **Positive attitude and self control** | They were often rude or  aggressive  towards us or  each other. | They were rude or aggressive  towards us or  each other at  times. | They were  generally  friendly, and  positive during and after the  game. | They were very friendly and  didn’t get  angry when  things didn’t  go well for  them. | They were very friendly and  celebrated with us when we did something  well. |
| **Communication** | They refused to discuss calls or  got angry in  discussions. | They didn’t  listen to us  when  discussing  calls. | They clearly  explained their point of view  and listened  when we  spoke. | They were  polite during  calls and gave examples to  help us to  understand  their point of  view. | They were very polite during  calls and  helped us if we were  struggling to  explain  ourselves. |

\*Revised from original WFDF document for use at Schools Games Events.