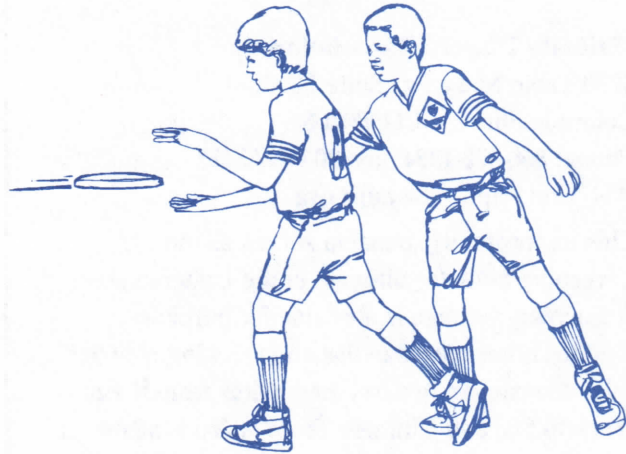
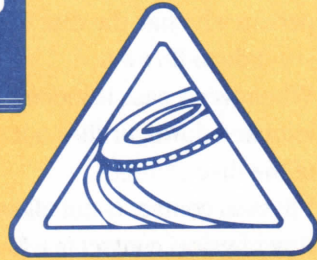


Cub Scout Sports: Ultimate



REQUIREMENTS

Tiger Cubs, Cub Scouts, and Webelos Scouts may complete requirements in a family, den, pack, school, or community environment. Tiger Cubs must work with their parents or adult partners. Parents and partners do not earn loops or pins.

Belt Loop

Complete these three requirements:

- _____ 1. Explain the rules of ultimate or disc golf to your leader or adult partner.
- _____ 2. Spend at least 30 minutes practicing ultimate or disc golf skills.
- _____ 3. Participate in a game of ultimate or disc golf.

Sports Pin

Earn the Ultimate belt loop and complete five of the following requirements:

- _____ 1. Compete in a pack or community ultimate or disc golf tournament.
- _____ 2. Demonstrate effective pivoting while throwing. Use some of the following throwing styles: backhand pass, sidearm pass, and upside-down pass, and/or roller throw.
- _____ 3. Demonstrate skill in the following catching techniques: one-handed, clapping, and sandwich.
- _____ 4. On three different occasions, practice 20 minutes of ultimate or disc golf. Keep track of your time on a chart.
- _____ 5. Explain the flight dynamics of the flying disc. Draw a diagram if needed.
- _____ 6. Accurately lay out an ultimate playing field or diagram three typical disc golf holes.
- _____ 7. Play five games of ultimate or disc golf.
- _____ 8. Participate in an ultimate skills or disc golf skills development clinic.
- _____ 9. Explain the history of ultimate or disc golf and how it became a sport.
- _____ 10. Explain the differences between ultimate and golf discs.

Resources

You can obtain information on local ultimate resources from your local parks and recreation department, community library, or university or college athletic department.

Ultimate Players Association

4730 Table Mesa Dr., Suite I-200C
 Colorado Springs, CO, 80305
 Phone: 800-872-4384; fax: 303-447-3483
 Web site: <http://www.upa.org>

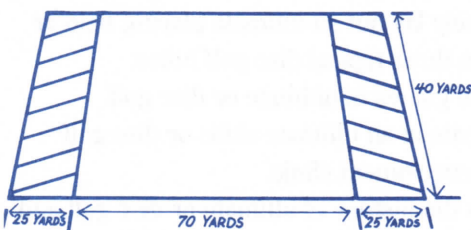
This nonprofit organization serves as the governing body for ultimate in the United States. A teaching package is available for purchase. Besides other merchandise and teaching aids for sale, you can get two free pamphlets from them: "How to Start an Ultimate Team" (also available at <ftp://ftp.upa.org/pub/ultimate/articles/start.html>) and "How to Start a Summer League."

Disc Golf Association Inc.

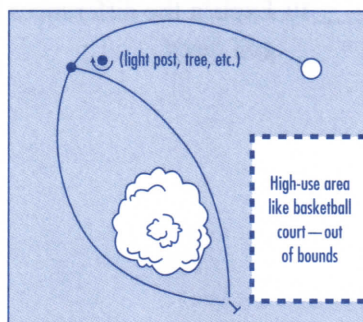
2608 San Juan Road
 Aromas, CA 95004
 Phone: 831-722-6037; fax: 831-722-8176
 Web site: <http://www.discgolfassoc.com>

PDGA (Professional Disc Golf Association)

Wildwood Park
 3828 Dogwood Lane
 Appling, GA 30802
 Phone: 706-261-6342
 Web site: <http://www.pdga.com>



Ultimate playing field



Disc Golf Sample Layout

Ultimate Rules

- Play with two seven-person teams.
- Start play with teams lining up on their end zone lines. One player throws the disc to the opponents. If it goes out of bounds, the receiving team can start where it went out or ask for another throw.
- Play proceeds downfield to the end zone at the opposite end of the field. Players can go anywhere on the field at any time and can throw in any direction. Players may not run with the disc. The person who has the disc (the "thrower") has 10 seconds to throw it.
- Whenever a pass is incomplete, intercepted, knocked down, or flies out of bounds, possession of the disc changes.
- Physical contact is not allowed between players. Any physical contact is a foul. A fouled player gets the disc where the call was made. Players are responsible for their own foul calls and resolve their own disputes.
- When the offense completes a pass in the defense's end zone, it gets a point.
- Follow this final rule from the Ultimate Players Association: "**Spirit of the Game**—Ultimate stresses sportsmanship and fair play. Competitive play is encouraged, but never at the expense of respect between players, adherence to the rules, and the basic joy of play."

Disc Golf

The rules for disc golf are similar to the rules used in the game of golf but, of course, you are using a flying disc instead of a ball and clubs.

Dens and packs can be creative in determining what to use for pole holes and they can make up different types of courses and games.

Clapping



Sandwich

