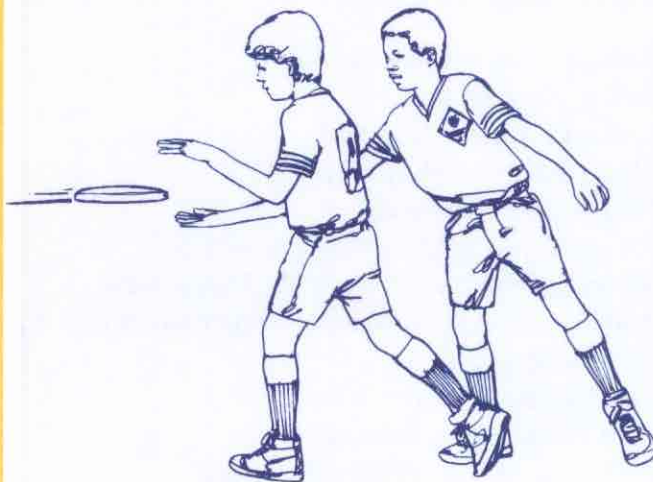


# Cub Scout Sports: Ultimate



## 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 to your leader or adult partner.
- \_\_\_\_\_ 2. Spend at least 30 minutes practicing ultimate skills.
- \_\_\_\_\_ 3. Participate in an ultimate game.

### Sports Pin

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

- \_\_\_\_\_ 1. Compete in a pack or community ultimate tournament.
- \_\_\_\_\_ 2. Demonstrate effective pivoting while throwing. Use the following throwing styles: backhand pass, sidearm pass, and upside-down pass.

- \_\_\_\_\_ 3. Demonstrate skill in the following catching techniques: one-handed, clapping, and sandwich.
- \_\_\_\_\_ 4. Spend a total of 90 minutes in practice developing individual defensive skills for the positions of marker and defender. Keep track of your time on a chart.
- \_\_\_\_\_ 5. Explain the flight dynamics of the ultimate disk. Draw a diagram if needed.
- \_\_\_\_\_ 6. Accurately lay out an ultimate playing field, including end zones.
- \_\_\_\_\_ 7. Play five games of ultimate.
- \_\_\_\_\_ 8. Participate in an ultimate skills development clinic.
- \_\_\_\_\_ 9. Explain the history of ultimate and how it became a sport.

## Resources

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

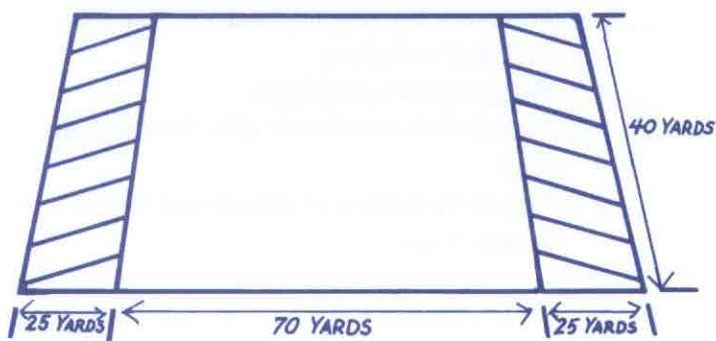
### Ultimate Players Association

3595 E. Fountain Blvd., Suite J2  
Colorado Springs, CO, 80910  
Phone: 800-872-4384; Fax: 719-591-2461  
Web site: <http://www.upa.org>

A nonprofit organization that serves as the governing body for ultimate in the United States. A teaching package is available for purchase from UPA that includes

- Teaching video
- *Teaching Kids Ultimate* booklet
- "How to Start a High School Club"
- UPA rules book
- Ultimate stuff merchandise sheet
- UPA contact list
- Two disks
- Ultimate teaching curriculum
- *Skills and Drills* manual
- "10 Simple Rules of Ultimate"
- Poster blanks
- UPA newsletter

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."



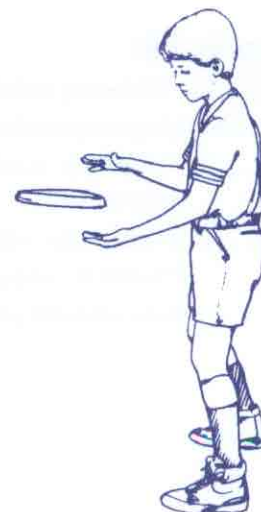
**Ultimate playing field**

## Ultimate Rules

- Play with two seven-person teams.
- Start play with teams lining up on their end zone lines. One player throws the disk 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 disk. The person who has the disk (the "thrower") has 10 seconds to throw it.
- Whenever a pass is incomplete, intercepted, knocked down, or flies out of bounds, possession of the disk changes.
- Physical contact is not allowed between players. Any physical contact is a foul. A fouled player gets the disk 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."



**Clapping**



**Sandwich**