**DESCRIPTION**

Download the requirements for the Ultimate Disc honor by clicking on the download link above.

**Ultimate Disc, Category 1**

1. Know the 10 simple rules of Ultimate Disc and how the game is played.  
2. Define and explain “spirit of the game” .  
3. Explain why the name “Frisbee” was dropped from the name of the game.  
4. Identify and be able to throw the disk:

1. Forehand
2. Backhand

5. Define or explain the following game terms:

1. Stacking & Cutting
2. Clearing Out
3. Stall Count
4. Non-Contact
5. Violation vs. Foul
6. Hold the line

6. Explain the following calls or rules:

1. No referees/player resolution
2. Foul calls at the disc
3. Foul calls away from the disc
4. Traveling
5. Pivot

7. As a team or individual, develop a plan to practice outreach while completing the requirements for this honor. Possible options could include the following:

1. Invite at least one friend, not from your church, to play a game.
2. Have prayer before or after each game.
3. Exhibit “spirit of the game” both on and off the field.

8. Play six (6) Pathfinder pick-up games to twelve (12) points and demonstrate reasonable understanding of disc handling, throwing, catching, scoring, and defending.  
9. Write a one-page report or provide an oral report to the Pathfinder leader on how the concept of “spirit of the game” is applied to Ultimate Disc and outside the sport as a Christian role model to others. Discuss why the concept is important in fair play and in reducing the desire to win at any cost.

**Skill Level 1**  
**Original Honor 2011**