**ULTIMATE WORKSHEET**

1. Ultimate Frisbee is the combination of what two sports?

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

2. The game was invented in 1968 by a student from:

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

3. The object of the game is to score points by \_\_\_\_\_\_\_\_\_\_\_\_ the disc in the end zone.

4. What are the five transitions?

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

5. The defender covering the opposing player that has the flying disc is called the \_\_\_\_\_\_\_\_\_\_\_\_\_.

6. A traditional game, each team is trying to reach what point total before the other team?

\_\_\_\_\_\_\_\_\_\_\_\_\_\_

7. A “kick off” in Ultimate is called a \_\_\_\_\_\_\_\_\_\_

8. An official Ultimate field is \_\_\_\_\_\_yards long from goal line to goal line and \_\_\_\_\_yards wide.

9. The end zones on an official Ultimate field are \_\_\_\_\_yards deep.

10. Normally a game of Ultimate is played with \_\_\_\_ players on each team?

11. The first college nationals were held in \_\_\_\_\_\_\_\_\_\_\_,\_\_\_\_\_\_\_ in the year of \_\_\_\_\_\_\_.

12. Ultimate has a saying which means good sportsmanship, respect for other players, fair play, and having fun. This saying is “\_\_\_\_\_\_\_\_\_\_\_\_ \_\_\_ \_\_\_\_ \_\_\_\_\_\_\_\_\_\_\_\_”.

13. A team pulls the disc from their own \_\_\_\_\_\_\_\_\_ \_\_\_\_\_\_\_\_\_.

14. What is it called when the offense goes to defense and the defense goes to offense?

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

15. The three major components to the game of Ultimate are:

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

16. In the fall of \_\_\_\_\_\_\_, \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_, a student of Columbia \_\_\_\_\_\_\_ \_\_\_\_\_\_\_\_ in Maplewood, New Jersey proposed a school Frisbee team to the student council on a whim.

17. The first national exposure of Ultimate Frisbee came on the 4th of July weekend of \_\_\_\_\_ when a group of Frisbee players from \_\_\_\_\_\_\_\_\_\_\_\_ calling themselves \_\_\_\_\_\_\_\_ \_\_\_\_\_\_\_ \_\_\_\_\_\_\_\_.

18. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ University won the first College Nationals in \_\_\_\_\_\_.

19. The flying disc is \_\_\_\_\_\_grams.

20. Ultimate is a \_\_\_\_\_\_\_ -refereed game.