

# Team Sports 1

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## Ultimate

### History

David Leiwant stood in the Columbia High School parking lot watching the younger players throw, chase, and catch the disc under the bright white lights and the cover of a summer night. That year, staff members of the school's newspaper, The Colombian, and its Student Council developed an entirely new sport as a gag and an activity for their high school nights. Led by Joel Silver the willful, if somewhat arrogant, member of the Council and the newspaper the students adapted the rules of Frisbee Football and ultimately invented the fast-moving team sport we know today as the sport of Ultimate. Ultimate Frisbee is now called 'Ultimate' as Frisbee is a registered trademark. Ultimate was originally created by Joel Silver of Columbia High School in New Jersey in 1968. He made a proposition to the School Council regarding the creation of an Ultimate Frisbee team. Silver admitted that he only said this as something of a joke and he certainly did not foresee the sport's popularity taking off like it did. The first game of Ultimate Frisbee took place between the School Council and The Colombian Newspaper in 1968 which was won by the newspaper by a score of 11-7.

### Equipment

- Ultimate Disc

### Rules

- There are 2 teams of each
- Game begins with a throw-off determined by a coin toss
- Games consist of 2-24 minute halves
- Goals are worth 1 point
- A goal is scored by advancing the disc past the goal line
- Change of possession each time a team scores
- Ball advances by passing the disc from player to player
- The game is won by the team with the most points after time has expired

### Safety Concerns

- In a regulation game of Ultimate players need to wear athletic shoes and clothing
- Players need to be aware of all surroundings making sure to not come in contact with another player
- Make sure Ultimate field is free of debris
- Practice proper communication, for example, speaking loud enough for teammates to hear offensive or defensive strategies.

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### **Resources:**

Ultimate HSRF

Ultimate Power Point

Ultimate Vocabulary

Ultimate Lesson Overview