

GREEN MERIT

Ultimate Frisbee

Requirements *Malaysia* 



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| 1. Write a 300-word essay on the origins of Ultimate Frisbee. | Leader's Initials _____
Date _____ |
| 2. Draw a diagram of the Ultimate Frisbee field and label the important parts including the measurements of the playing field, end zone and brick marks. | Leader's Initials _____
Date _____ |
| 3. Provide 10 rules implemented in this sport. | Leader's Initials _____
Date _____ |
| 4. What is the weight of an official frisbee disc used in tournaments? | Leader's Initials _____
Date _____ |
| 5. Demonstrate the following ways of throwing a frisbee disc:
a. Backhand throw
b. Forehand throw
c. Hammer throw | Leader's Initials _____
Date _____ |
| 6. Define the following roles and commonly used terms in a game of frisbee:
a. Handler
b. Mid
c. Deep
d. Break Call
e. Callahan
f. Contest
g. Double Team
h. Fast Stall
i. Hard Cap
j. Universal Point | Leader's Initials _____
Date _____ |

<p>7. The following are commonly used tactics when playing a game of Ultimate Frisbee:</p> <ul style="list-style-type: none"> • Vertical stack • Horizontal stack • The Cup • Zone <p>a. List down and explain the advantages and disadvantages of using these tactics in a game.</p> <p>b. Explain the roles of the players while using these tactics. <i>Provide visual aids to support your explanation.</i></p>	<p>Leader's Initials _____</p> <p>Date _____</p>
<p>8. List down 5 differences between Indoor Ultimate and Outdoor Ultimate.</p>	<p>Leader's Initials _____</p>
<p>9. Name 5 local club teams in Malaysia.</p>	<p>Date _____</p>
<p>10. Define the term "Spirit of the Game" and explain its importance in Ultimate Frisbee in 150 words.</p>	<p>Leader's Initials _____</p>
<p>11. Provide a certificate of participation in an Ultimate Frisbee competition (tournament/hat).</p>	<p>Date _____</p>
<p>12. Run a basic training drill in your respective outpost.</p>	<p>Leader's Initials _____</p>
<p></p>	<p>Date _____</p>