

## Ultimate

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### **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.