

**ADVENTURE RANGERS | GREEN MERIT**  
**ULTIMATE FRISBEE MERIT**

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- (1) Write a 300-word essay on the origins of Ultimate Frisbee.
- (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.
- (3) Provide 10 rules implemented in this sport.
- (4) What is the weight of an official frisbee disc used in tournaments?
- (5) Demonstrate the following ways of throwing a frisbee disc:
  - a. Backhand throw
  - b. Forehand throw
  - c. Hammer throw
- (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
- (7) The following are commonly used tactics when playing a game of Ultimate Frisbee:
  - Vertical stack
  - Horizontal stack
  - The Cup
  - Zone
  - a. List down and explain the advantages and disadvantages of using these tactics in a game.
  - b. Explain the roles of the players while using these tactics.  
*Provide visual aids to support your explanation.*
- (8) List down 5 differences between indoor ultimate and outdoor ultimate.
- (9) Name 5 local club teams in Malaysia.
- (10) Define the term “Spirit of the Game” and explain its importance in Ultimate Frisbee in 150 words.
- (11) Provide a certificate of participation in an Ultimate Frisbee competition (tournament/hat)
- (12) Run a basic training drill in your respective outpost.