



SAFE ULTIMATE FRISBEE GUIDE

Think Safe. Play Safe. Stay Safe.

Sport
SINGAPORE

LIVE BETTER THROUGH SPORTS

A Sports Safe Singapore

Sport Singapore (SportSG) recognises that safety must be a fundamental component of our sporting culture and a prerequisite for every healthy lifestyle. Therefore, SportSG has set a corporate goal of zero injuries, in belief that all accidents are preventable. Emphasising the need for personal accountability, SportSG also urges people to be responsible for the safety of others. It is tasked to promote safety throughout Singapore's sporting community and to inculcate a safety-first mentality in the minds of every stakeholder. For more information, please visit sportsingapore.gov.sg/sports-education/sports-safety

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Ultimate Players Association of Singapore
www.singaporeultimate.com

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Another initiative by the Safety Management Division, ActiveSG

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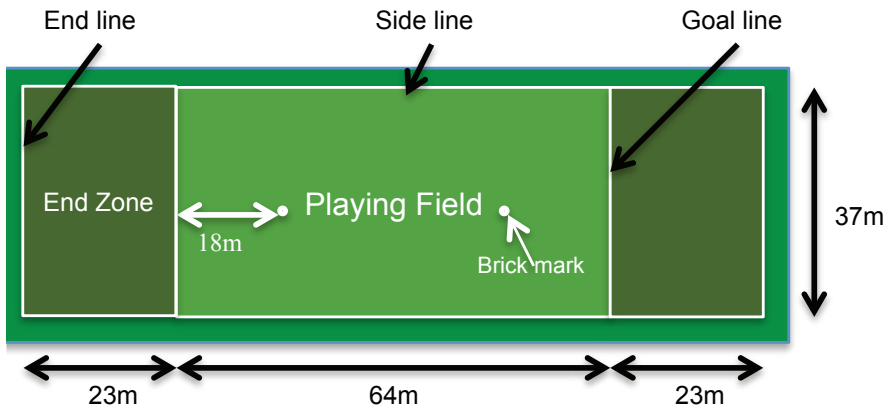
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INTRODUCTION

Ultimate is a non-contact, self-refereeing team sport played with a flying disc (or Frisbee™).

Two teams of seven players compete on a playing field. There is an end zone at each end of the playing field. The diagram below shows the dimensions of the Ultimate Frisbee playing field.



Each team defends the end zone that they start the point in. They score a goal if one of their players catches the disc in the opposite end zone.

The player with the disc is called the thrower. The thrower may not run with the disc. Instead they move the disc by passing to team-mates in any direction.

The defensive team gains possession of the disc if a player on the offensive team does not catch the disc. The defensive team then becomes the offensive team and can attempt to score in the opposite end zone.

THE SPIRIT OF THE GAME

Spirit of the Game is one of the core elements in Ultimate Frisbee. It is similar to fair play and sportsmanship, but there is a much higher emphasis put on it in Ultimate. It is summarised in this preamble to the rules of play:

“All players are responsible for administering and adhering to the rules. Ultimate relies upon a Spirit of the Game that places the responsibility for fair play on every player. It is trusted that no player will intentionally break the rules; thus there are no harsh penalties for breaches, but rather a method for resuming play in a manner which simulates what would most likely have occurred had there been no breach.

Highly competitive play is encouraged, but should never sacrifice the mutual respect between players, adherence to the agreed-upon rules of the game, or the basic joy of play”.

Ultimate relies upon a Spirit of the Game that places the responsibility for fair play on every player. There are no referees; the players are solely responsible for following and enforcing the rules, even at the World Championship.

Spirit of the Game is the mindful behaviour practiced by players worldwide prior to, during and after a game. It encompasses attitudes and skills such as good knowledge and application of the rules, fair-mindedness, safe play, and spatial awareness, clear and calm communication, and positive and respectful attitude towards teammates, fans, and opponents, in a mutual effort to protect the basic joy of play. More specifically, safe play means one does not take any risks during game play. Having

spatial awareness means being aware of one self in space; either personal space or public space, and understanding the relationships of the different objects and self in these spaces when they change position.



Photo by Adrian Seetho

ENVIRONMENT AND CONDITIONS

Even though Ultimate is a non-contact sport, it is still considered a high risk sport. Players are allowed to enjoy the sport without risk of injury if necessary precautions are put in place and players' awareness of safety is heightened. The playing environment and equipment that need to be checked before training or playing are:

1. The Playing Surface

The sport is played on a field, beach or hard court. Care should be taken to ensure that it is level and sufficiently lit. Remove any exposed sprinkler heads, broken glass, rubbish or stones that may be present on the field and beach. Check that the hard court surface is dry before playing. The hard floor can cause injuries when players dive or fall over.



2. Equipment

The equipment should be suited for the age and experience of the players. Ensure that discs do not have any sharp edges.

Be aware of obstacles and dangerous objects on the field. As the playing area and endzone are marked by cones or markers, they are potential hazards that could trip you when playing at speed.



3. Weather

Check the weather forecast before playing. Hot weather may lead to heat-related illnesses like heat exhaustion, heat stroke and dehydration. All players should don clothes appropriate for outdoor weather conditions (for example, caps and sleeves for protection from the sun). Cancel or postpone a sports activity or training sessions if there are signs of heavy downpour or lightning and seek shelter if you are caught in stormy weather. Use of sunblock is also encouraged.



COMMON INJURIES

Due to the highly physical nature of the sport, sprains, bruises, abrasions, and other joint injuries are common among Ultimate players. Most of these injuries occur during collision, running, layout (diving) and jumping.

Serious injuries such as fractures and concussions can occur if there is a lack of precautionary measures or awareness of the possible causes of injuries. Never try to play through any form of pain in your body as pain is your body's way of indicating the presence of a possible problem or overexertion.

If a player reports or sustains an injury during the game, teammates and coaches are encouraged to advise the player to stop playing and seek assessment from an on-site medical personnel. Some common injuries encountered in Ultimate include:

1. Soft Tissue Injuries

Soft tissue injuries are the most common injury in Ultimate and include injuries to the muscles, tendons and ligaments. Injury to muscles, tendons and ligaments in our body is usually caused by contusion (bruising) or the overuse of a particular body part. Minor forms of soft tissue injuries include strains and sprains while major forms include torn ligaments.

Ways to Prevent Soft Tissue Injuries:

- Warming up, stretching and cooling down
- Undertaking training prior to a competition to ensure match-readiness
- Gradually increasing the intensity and duration of training so that muscles become accustomed to the effort
- Wearing appropriate and well-fitted footwear that provides adequate support and traction
- Allowing adequate recovery time between training, playing or completion sessions

2. Joint Dislocations

When a joint encounters an impact in a compromised position, it may be displaced. In some cases, soft tissues stabilising the joint may also be injured or torn.

Ways to prevent joint dislocations

- Don appropriate safety gear (eg, ankle brace, taping)

GENERAL TIPS FOR PREVENTING INJURIES IN ULTIMATE

Prior to participating in games, players are encouraged to answer the Pre-Activity Readiness Questionnaire (PAR-Q, see Appendix 1).

1. Preparing Before the Games and Conditioning

- Develop a conditioning programme at least 6 – 8 weeks before a match to ensure that the body is accustomed to the sport
- A conditioning programme should address specific muscles and joints that are frequently engaged during play. Strengthening the muscles and joints over the course of a conditioning programme will help in preventing injuries
- It is important to do the exercises with correct form. Be sure to warm-up and cool-down after the programme. Do not have a maximum of 2 rest days per week to allow for adequate recovery
- A sample of a conditioning programme can be as follows:
 - 3 sets of 4 exercises
 - 1) 20 repetitions of push-ups
 - 2) 20 repetitions of sit-ups
 - 3) 20 repetitions of bodyweight squats
 - 4) 10 repetitions of forward lunges (per leg)

30 seconds of rest in between exercises, 3 minutes of rest in between sets.
- Warm up, stretch and cool down before and after playing

2. Practicing Throws

- Be mindful of the path of the disc when practicing your throws and ensure that the coast is clear before attempting any throws, especially if you are trying out a new throw
- Verbalise, make eye contact or give a hand signal before throwing to your partner. Do not throw to someone who is not looking at you

3. Preventing Injuries during the Game

- Take frequent short breaks during practices and games
- Learn to “read” the flight of the disc and familiarise yourself with the flight of the disc to avoid running into players who are running for the disc

- When you are keeping an eye on the flying disc, keep a look out for the other players around you chasing after the disc
- Wear cleats or boots when playing on the field. The studs of the cleats or boots provide friction and grip on the soil when running and making cuts, reducing the risks of falling as compared to wearing running shoes. When playing indoors, wear court shoes to prevent slips and falls
- Do not dive or “layout” at players in your attempt to catch the disc. Players at the high level are trained, prepared and conditioned to dive for the disc. Diving might seem intuitive when you’re attempting to catch a disc or preventing another player from catching it. However, this may result in both minor and serious injuries. It is better to play safely, than recklessly

4. Nutrition and Hydration

- Maintaining a healthy diet will be able to provide the sufficient energy and nutrients needed to support the body in daily function
- Stay hydrated. Water is essential to the normal body function. During exercise, water will be lost through perspiration. To avoid heat injuries and decrease in performance, this water loss must be replaced during games or training. Drink before, during and after exercise. Do not wait until you are thirsty before drinking. By then, you would be too dehydrated to perform at your best
- Consuming food and fluids at three timings (i.e. Before Exercise, During Exercise, After Exercise) would be a helpful strategy in meeting daily nutritional needs and supporting activity
 - a) Before Exercise: A pre-exercise meal should be high in carbohydrates and moderate protein. In order to minimise any stomach discomfort and to promote good digestion, the meal should also contain small amounts of fat and dietary fibre. Such examples include rice, pasta, starchy vegetables, lean meat, and sports drinks. Aim to drink about 500ml of water at least half an hour before exercise.
 - b) During Exercise: Supplementing the body with sufficient fluids and electrolytes will ensure that the body remains hydrated and replace any electrolytes lost in sweat. Sports drinks that contain sodium and potassium would help in maintaining a good electrolyte balance. Aim to drink 250-500ml of water every half an hour during activity.

- c) After Exercise: A post-exercise meal that contains a mixture of carbohydrates, protein and fat is helpful in replenishing glycogen stores in the body and to build and repair muscle tissue. Aim to drink up to 1.5 litres for every kilogram of body mass lost during exercise.

5. Responding to Opponents during the Game

- Speak up; if at any point in time during a game, you feel a player on your own team or an opponent is playing too aggressively, approach them to discuss how this could be improved in order to reduce risk of injury to themselves or other players. (All players have the responsibility of ensuring the safety of their opponents and their own safety)
- Keep your emotions and aggression in check during the game. Keep your cool at all times, know your rules and SOTG and respond calmly to any calls made against you and your team



WARM UP, COOL DOWN AND STRETCH



The warm up is often part of the start of a physical activity session. The warm up aims to:

- Prepare the mind and body for the activity
- Increase body temperature
- Increase heart rate
- Increase breathing rate

The warm up routine should include activities that use the same movement patterns as the activities to be performed during the session. Warm up exercises should begin at a low intensity and gradually increase to the level required for the activity. Warm up exercises help participants to mentally and physically prepare themselves for the sport while cool down exercises assist in recovery.

Participants should include a cool down routine at the end of every activity session, consisting of:

- Activity of significantly reduced intensity, such as 2-3 minutes of easy jogging or walking
- 5 minutes of gentle, dynamic stretching exercises

Stretching activities should move the muscles through a full range of movements and include all muscle groups involved in the main activity. Stretching can be performed in different ways but there is evidence for youths that dynamic stretching (moving slowly through a full stretch) is better than static stretching (holding one angle for more than a few seconds).

APPENDIX 1



Do your PAR-Q before you exercise 运动前请完成你的PAR-Q问卷

Common Sense is your best guide when you answer these questions. Please read the questions carefully and answer each one honestly: Check YES or NO.
请仔细阅读下列问题，然后据实回答：「是」或「否」。

- | | YES
是 | NO
否 |
|--|--------------------------|--------------------------|
| 1. Has your doctor ever said that you have a heart condition and that you should only do physical activity recommended by a doctor?
医生是否曾说过你的心脏有问题，并且只可进行医生推荐的体能活动？ | <input type="checkbox"/> | <input type="checkbox"/> |
| 2. Do you feel pain in your chest when you do physical activity?
你进行体能活动时是否会感到胸口疼痛？ | <input type="checkbox"/> | <input type="checkbox"/> |
| 3. In the past month, have you had chest pain when you were not doing physical activity?
过去一个月内，你是否在没有进行体能活动时也感到胸口疼痛？ | <input type="checkbox"/> | <input type="checkbox"/> |
| 4. Did you ever lose your balance because of dizziness or consciousness?
你是否因感到晕眩而失去平衡或知觉？ | <input type="checkbox"/> | <input type="checkbox"/> |
| 5. Do you have a bone or joint problem (eg. back, knee or hip) that could be made worse by a change in your physical activity?
改变体能活动方式，会不会恶化你的骨骼或关节（例如背脊、膝盖或髋骨）？ | <input type="checkbox"/> | <input type="checkbox"/> |
| 6. Is your doctor currently prescribing drugs (eg. water pills) for your blood pressure or heart condition?
医生目前是否有开血压或心脏药物（例如water pills）给你服用？ | <input type="checkbox"/> | <input type="checkbox"/> |
| 7. Do you know of any other reason why you should not do physical activity?
你是否有其他原因不能进行体能活动？ | <input type="checkbox"/> | <input type="checkbox"/> |



If you are between the ages of 15 and 69, the PAR-Q will tell you if you should check with your doctor before you start. If you are over 69 years of age and you are not used to being very active, check with your doctor.

如果你介于15至69岁之间，这份体能活动适应能力问卷会告诉你应否征询医生的意见。如果你超过69岁及没有定期运动，请征询医生的意见。

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