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Activity Instructions

Equipment

- 2 Ultimania™ Goals (1 Red, 1 Yellow)
- 2 Ultimania™ Discs (1 Red, 1 Yellow)
- 2 Ultimania™ Foam Balls (1 Red, 1 Yellow)

1. Ultimania™ Challenge

Objective. Be the first team to score 15 points or the team with the most points after a predetermined amount of time.

Setup.

- Use the play area available; a basketball court indoors and soccer field outdoors are recommended. Adjust the boundaries and size of the playing area according to the age/ability of the students.
- Place 1 Ultimania™ goal at each end of the playing area.
- Choose one disc (either red or yellow).
- Divide class into 2 equal teams. Designate one team as offense and opposite team as defense.

Game Play.

- Each team lines up in front of its respective goal. Defense will have possession of the disc. At the signal, defense throws the disc to the offense.
- Once the disc has been thrown, defense advances toward the offense in an attempt to intercept the disc.
- Offense attempts to advance the disc toward the defense's goal by passing the disc between teammates anywhere in the play area, there is no out-of-bounds area.
- Once a player has possession of the disc, that player can only hold possession of the disc for 10 seconds. The defender counts out the ten second stall-count. If the player holds on to the disc for more than 10 seconds without making a pass, this is considered a turnover. The disc is dropped, and defense now has possession.
- There are no goalies allowed as each defender must guard someone from the opposing team and not the goal itself.
- No physical contact is allowed between players. If a player is fouled, the team of the fouled player receives possession.
- When a point is scored, defense becomes offense and teams reset (line up in front of their respective goals).

Scoring. The first team to score 15 points or the team with the most points after the predetermined amount of time wins. Points are scored when the disc successfully makes it through the goal. Point values are based on how the player scores:

- Player scores from the front of the goal = 1 point.
- Player scores from the back of the goal = 2 points.

Options.

- Have two discs in play at the same time.
- Defense must complete a predetermined exercise (jumping jacks, lap around the court, etc.) when a point is scored.

- For younger students, substitute the disc with a ball.
- Mark out of bounds lines. If an offensive player steps out of bounds, the ball is turned over.
- Players are not limited to holding possession of the disc for only 10 seconds before passing.

2. Ultmania™ Madness

Objective. Be the first team to score 20 points or the team with the most points after a predetermined amount of time.

Setup.

- Use the play area available; a basketball court indoors and soccer field outdoors are recommended. Adjust the boundaries and size of the playing area according to the age/ability of the students.
- Place 1 Ultmania™ goal at each end of the playing area.
- Divide class into 2 equal teams. Designate one team as offense and other team as defense.
- Assign and designate each team a color (red or yellow). Each team starts with its designated color ball and disc.

Game Play.

- Each team lines up in front of its respective goal with its disc and ball. At the signal, play begins.
- Both teams attempt to advance the disc and ball toward the opponent's goal by passing them between teammates and scoring on the other team's goal.
- There are no goalies allowed as each defender must guard someone from the opposing team and not the goal itself.
- When one team scores both their disc and ball, the teams reset (line up in front of their respective goals).

Scoring. The first team to score 20 points or the team with the most points after the predetermined amount of time wins. Points are scored when the disc or ball successfully makes it through the goal. Point values are based on how the player scores:

- Player scores from the front of the goal with a ball = 1 point.
- Player scores from the front of the goal with a disc = 2 points.
- Player scores from the back of the goal with a ball = 2 points.
- Player scores from the back of the goal with a disc = 3 points.

Options.

- Defense must perform a predetermined exercise (jumping jacks, lap around the playing area, etc.) when both the ball and disc are scored.
- Allow students to only use one hand to catch and throw the disc.
- Only use the discs to play.
- Only use the balls to play.