

"ultimate Frisbee"

- 2 Teams, 1 Frisbee, 2 End zones

↳ the two teams stand in their end zones

• one player throws the frisbee into the direction of the end zone of the other team

• at the point where the frisbee lands the game starts

↳ the players must throw the frisbee to the other players

↳ meanwhile the other team must try to get the frisbee

! the game ends as soon as one team has 15 points or after 100 minutes

↳ your team gets a point, when your team's member catches the frisbee while standing in the endzone