

7th Annual Nova Scotia High School Ultimate Championships

Skills Competition

Welcome to the inaugural Nova Scotia High School skills competition event. We have set up three events to test players in key aspects of the game of ultimate; speed, accuracy and distance.

There will be prizes for individual winners of each event and you will also have the chance to take home the first ever Skills Competition Trophy for your school. Although only the winner of each event will receive individual prizes points will be awarded for first, second and third (3,2 and 1 respectively) in each event. The school that collects the most points will win the overall Skills Competition. In the event of a tie, those schools will compete in a special tie breaker event.

A player may not enter multiple events (except for the tie breaker event).

Speed Competition

This is a relay event and teams must consist of two males and two females. Only one entry per team is allowed. Cones will be set up at distances of 10, 20, 30, and 40 yards. One player from the team will run to the first distance marker and back to the start line where they will tag the next teammate who will run the next distance. All teams will compete at once. The first team to pass the start/finish line after the 40 yard leg wins.

Accuracy Competition

Teams may enter one male and one female.

Using 10 discs, players will have to hit the targets using both forehands and backhands. Targets are set up at distances of 10, 20, and 30 yards. A point is gained for each target hit (only one point per target). The player with the most points wins. To decide a tie, players will participate in a "shoot out". Players will alternate throws at the furthest target, using any throw they wish, until one player hits the target and the other does not.

Huck Competition

Teams may enter one male and one female.

Using any throw they wish players will release the disc before the end zone line and the furthest throw that stays inbounds wins.