

Competition Guidelines

1. Participants are required to watch the introductory videos and the demonstration video found on Youtube. These videos are found at this link: www.ultimatemalaysia.com/pertandingan
2. After watching these videos, participants need to practice throwing the disc with the backhand and forehand techniques with another individual.
3. For the competition video, participants are required to record a video of themselves throwing a disc. Make sure the participant and both targets (chairs) are always visible in the video recording.
4. For the preliminary round, participants are required to place two chairs at a distance of 6 meters facing each other. For the semi-final round and the final round, participants are required to place two chairs at a distance of 7 meters face to face.



5. Participants need to record evidence that the chairs are at a distance of 6 meters or 7 meters using a measuring tape prior to starting the competition of throwing the disc.



6. Participants must stand next to one of the chairs and throw the disc using a backhand or forehand throw towards the opposite facing chair. Para peserta hendaklah berdiri di sebelah salah satu kerusi dan melempar cakera secara *backhand* atau *forehand* ke arah kerusi yang bertentangan. Participants are not allowed to stand in front of the chair. The timer will start once the participant makes the first throw.



7. The objective of the competition is to ensure that the participant throws the disc correctly towards the upper target area or lower target area of the chair. If the disc goes through the top or bottom target without hitting a portion of the chair, respective points will still be awarded. Please refer to Rubrik Pemarkahan (scoring rubric). The values listed in the rubrik are dependent on successfully hitting the target area.



8. After the student has thrown the disc, he/she runs to retrieve the disc and then throws the disc back towards the first chair.



9. The student then repeats this as many times as possible during the allotted time.

- a. Preliminary Round: 35 sec (6-Meter Throwing Challenge)
- b. Semi-final Round: 35 sec (7-Meter Throwing Challenge)
- c. Final Round: 60 sec (7-Meter Throwing Challenge)

10. The goal is to hit the target area as many times as possible during the allotted time. Once the participant is satisfied with the video, the participant uploads the video on Youtube, then fills out the Google Form and adds the link for the video to the Google Form. The *Google Form* link is found here: www.ultimatemalaysia.com/pertandingan

11. Editing of the video is not allowed. If there is any evidence of possible editing, the participant will be notified. The participant will then have 24 hours to submit a new video.