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## Norms, Practices, and Ethos of Ultimate Frisbee in Mindanao

*Wednesday, October 1, 2025 5:00 PM (15 minutes)*

This study aimed to explore and describe the norms, practices, and the ethos known as the “Spirit of the Game” in Ultimate Frisbee, based on narratives from players in Mindanao, Philippines. Using three research questions, the study examined these elements along with participants’ perceptions of the sport’s unique ethos.

An exploratory descriptive qualitative design was used, with data collected through semi-structured interviews and unstructured non-participant observations of selected players. Ellickson’s model of order without law framed the analysis, explaining how players regulate conduct through informal norms rather than formal refereeing, resolving conflicts through mutual negotiation.

Findings were organized into three themes: norms and practices, Spirit of the Game, and distinct features. Participants highlighted key elements such as team dynamics, bargains and negotiations, and conflict resolution as central to the sport’s informal system of norms. The “Spirit of the Game” was described as both knowledge of the rules and adherence to moral values. Distinct features noted included a community of players, mixed gender interaction, absence of cash prizes, and social events—factors seen as promoting the sport despite its lack of formal recognition.

This study contributes to the limited local literature on Ultimate Frisbee, particularly in its social-psychological dimensions. To ensure reliability, the researcher applied various qualitative strategies: a pilot study, triangulation (method, data, theory), member checking, transferability, audit trail, and bracketing.

**Keywords:** Distinct Features of Ultimate Frisbee, Norms and Practices in Ultimate Frisbee, Spirit of the Game

**Author:** Mr RATERTA, ALEJANDRO III (MSU-IIT IDS)

**Presenter:** Mr RATERTA, ALEJANDRO III (MSU-IIT IDS)

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