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GENERAL BACKGROUND

STATE OF THE ART

The World Flying Disc Federation (WFDF) is the international sports federation responsible for world governance of flying disc (frisbee) sports, which includes: Ultimate, Beach Ultimate, Disc Golf, Freestyle, Guts, and Individual Events (WFDF, 2020).

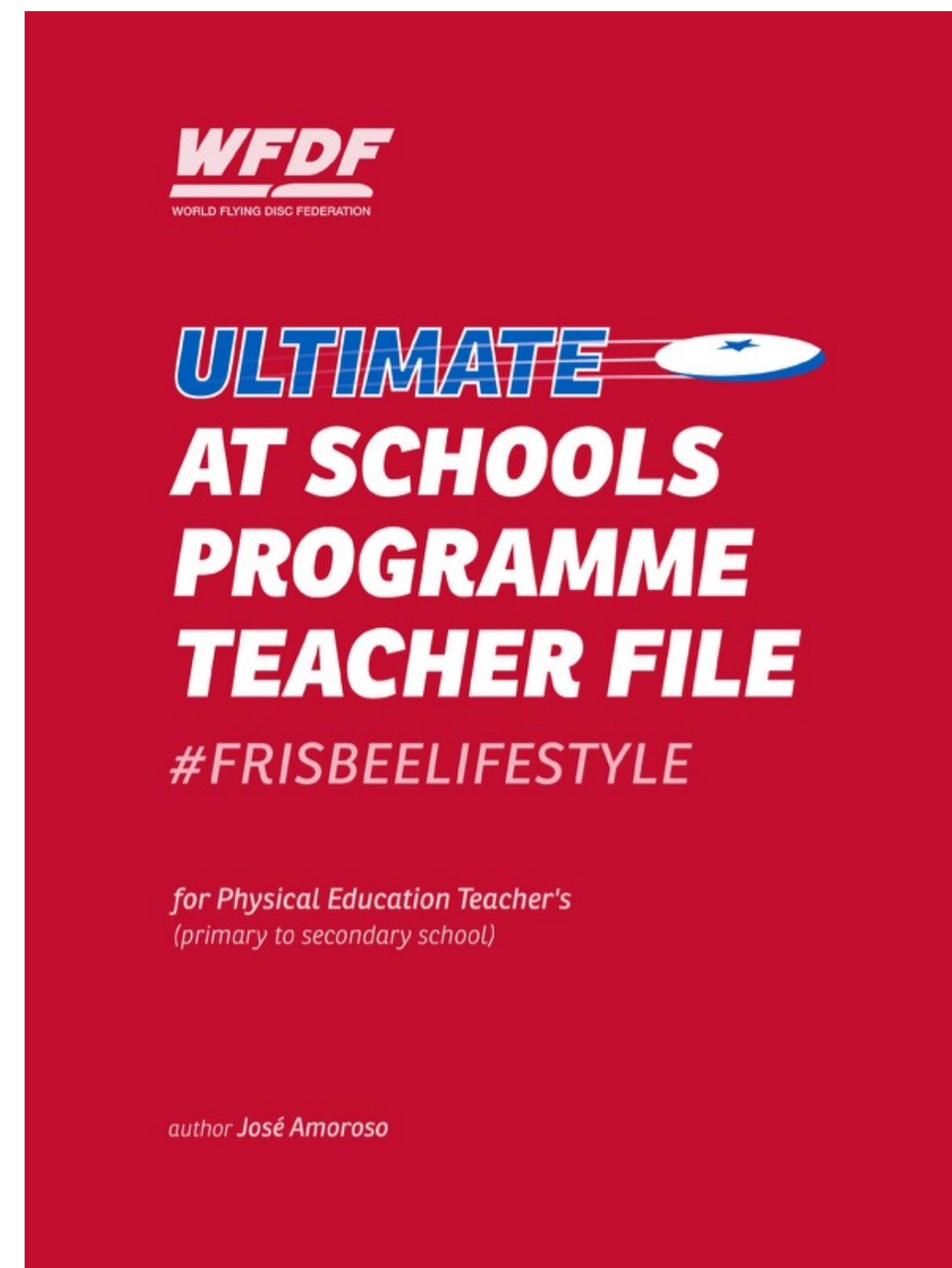


Fig 1. E-book / #frisbeelifestyle.

The 84 member associations reported 162,000 members in 2018 annual census. The largest national Member is the USA, followed by Canada, Australia, Germany, Great Britain, and Japan; 37.8% of the total players are women (WFDF, 2020).

Disc sports continuum, spirit of the game, passion, community and inclusiveness are the values of WFDF (WFDF, 2020).

Literature regarding Ultimate Frisbee focused on biomechanics of the throwing movement (Sasakawa et al., 2018), physiological responses during UF matches (Weatherwax et al., 2015), sociological impact (Leicht et al., 2019), coach education and coaching models (Crocker, 2018), psychological characteristics (Griggs, 2009), and Spirit of the Game (SOTG) (Piepiora et al., 2020). However, very little is known about the real impact specific leadership behaviors not only on performance but other important group dynamic variables such as collective efficacy, leader training to improve intrateam communication and the SOTG in Ultimate Frisbee (UF).

OBJECTIVES

- To review the trends of research regarding UF and correlated psychological domains, surrounding the environment of the game.
- To measure competitive UF players' achievement goal orientations.
- To study the hypothesis of a positive link between the SOTG and high task orientation of competitive UF players.

COMPREHENSIVE REVIEW OF THE LITERATURE

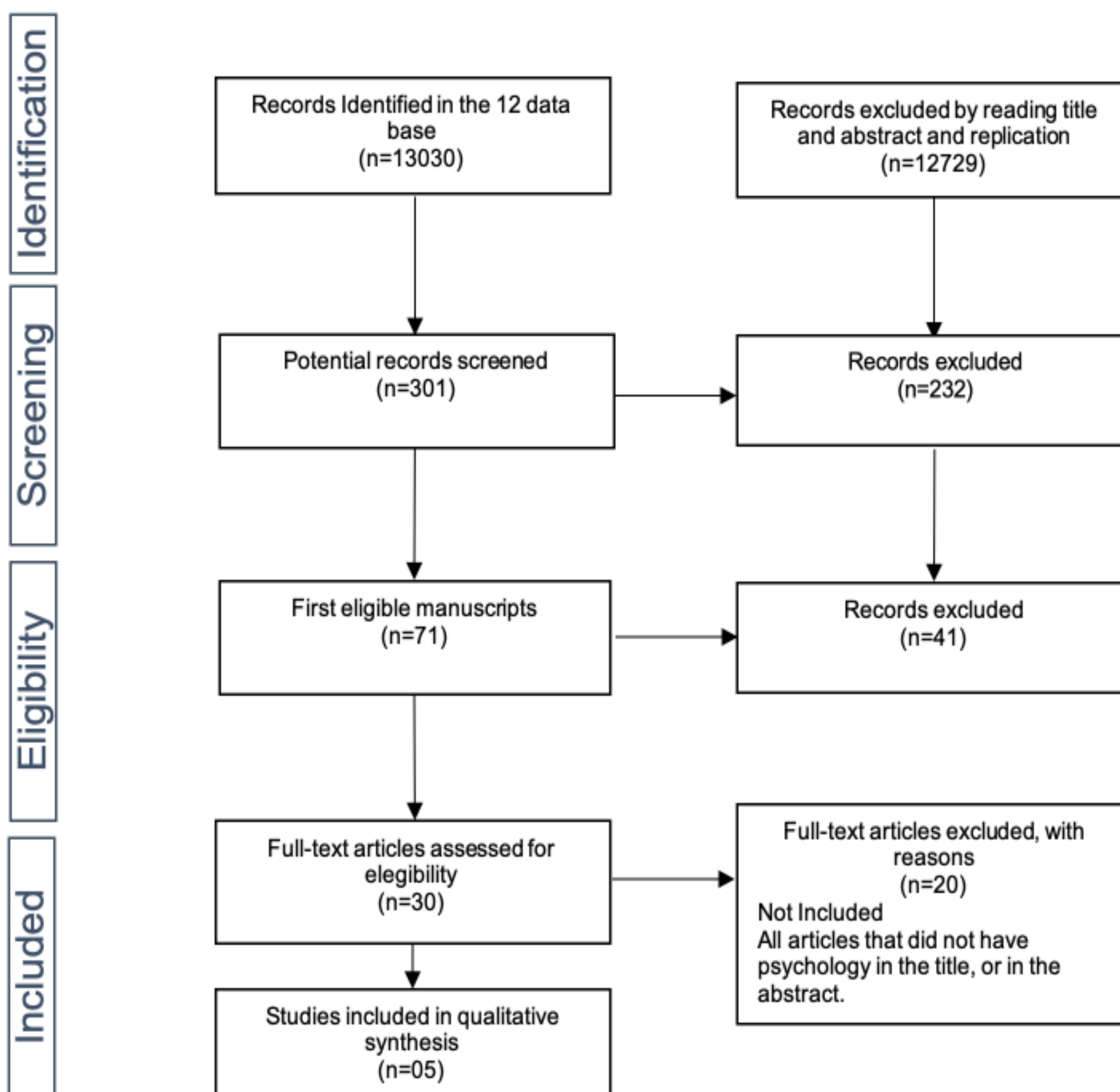


Fig 2. Flowchart of studies included following PRISMA guidelines.

METHODS

The protocol was submitted to PROSPERO database, including every relevant information that will be implemented in the CSR process. In this way, CRD42020169294 is the identification protocol number of the present CSR. During a pilot search, possible additional terms that could be accessed in search assistants were also checked.

The research procedures were carried out between 1st of June to 30th of June 2020 by JPA, guided by the GF, who coordinated the systematic search. The terms selected for systematic search were "frisbee", "flying disc", "frisbee" OR "flying disc", "frisbee" OR "Flying disc" OR "disco voador", "frisbee" OR "Flying disc" AND "sports". "ultimate frisbee"

A measurement tool for the assessment of multiple systematic reviews (AMSTAR) was used. The tool consists of 11 items and has good face and content validity for measuring the methodological quality of systematic reviews (Shea et al., 2007).

RESULTS

A total of 13030 references were identified through all database searching. Out of these 12729 references were excluded after reading title and abstract and replication, leaving 71 articles to be assessed in the first eligibility. After a full-text articles assessed for eligibility we stayed with 30 in the final eligibility process. Of these, only 4 were found to be eligible for inclusion.

Table 1. Summary of reviewed studies.

| Author | Sample | Age |
|-------------------------------------|--|---|
| 1. Callow et al. (2009) | 309 club standard ultimate Frisbee players in the United Kingdom | (mean age of the sample = 24.30 years, SD = 3.90) |
| 2. Smith et al. (2013) | 199 university level ultimate frisbee players (199 participants (male 110, female 89)) | (mean age of the sample = 20.77 years, SD = 2.03) |
| 3. Méndez-Giménez, A. et al. (2015) | 295 Secondary school students | (mean age of the sample = 14.2 years, SD = 1.68) |
| 4. Latinjak et al. (2017) | 32 novice Ultimate Frisbee players | (mean age of the sample = 22.88, SD = 9.71) |

CROSS-SECTIONAL STUDY

METHODS

The sample comprised 512 Players. Participants were recruited, through invitation to all National Teams that are members of the WFDF and that participated in the European Beach Ultimate Championship (EBUC) 2019. The EBUC 2019 hosted 90 teams from 23 Nations that registered to participate in a total of 8 divisions.

The championship was held in Portimão, Portugal on May 6-11. The Mixed division is the largest with 18 teams, followed by the Men's and Master Men's divisions, with 14 teams. The Master Mixed division included 12 teams. Grand Master Men's had 10 registered teams, and both Women's and Great Grand Master Men's had eight. The smallest division was Master Women's, with six registered teams.

The Perception of Success Questionnaire (POSQ) and Task and Ego Orientation in Sport Questionnaire (TEOSQ) were applied during the EBUC.

All athletes received consent forms to participate in the study. To none of the athletes permission was denied to participate in the study.

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