

关于飞盘精神的十项须知
Ten Things You Should Know About Spirit of the Game
(Rules of Ultimate UPA 11th Edition, UPA规则第十一版)

关于飞盘精神的十项须知：

1. 黄金原则——推己及人：想要别人怎么对待你，你就去怎么对待别人。
飞盘精神基于对手间的互相尊重。对于对手的行为要往好处想，推己及人。但是如果你觉得自己是“厚脸皮”，不能设想对手会和你一样。你也可以把这条原则当做“你期待你的对手如何对待你的亲人那就如何对待你的对手”。
2. 克己：飞盘精神需要真正的努力。
每位选手坚持的飞盘精神并不仅仅是一个虚设的准则，然后不通过努力去维持它就可以让比赛流畅的进行。较难判断的违例经常出现在激烈比赛中，有时候比赛中也会出现严重的犯规。而飞盘精神要求我们在压力之下控制好自己：控制情绪，心平气和，降低声调。如果你对飞盘精神的破坏有触发或者促进作用，那么飞盘精神将土崩瓦解。如果你用第一条须知善意地去解决（或者至少不去激化当时情况），那么比赛将会很快恢复正常。
3. 起哄与嘲讽是两码事。
极限飞盘有个很久远的传统，那就是无恶意的起哄。起哄是友好的调侃，特别典型的是场边的观众的调侃。起哄可使人充满乐趣，但嘲讽则是没有飞盘精神、错误的表现。对对手喊犯规或者在势均力敌的情况下的言语骚扰，并不是起哄，而是带有恶意的语言攻击，会导致令人不快的比赛，以及让激烈的争议逐渐升级。
4. 飞盘精神适用于任何比赛。
因为比赛的利害关系而去摒弃飞盘精神是一种谬论。事实证明，一些优秀的队伍和选手已经充分展示了在没有牺牲比赛的公平或尊重对手的情况下，将充满竞技性和对抗的激情投入于比赛中。
5. 不能“针锋相对”。
没有所谓的“以牙还牙，以眼还眼”。如果你受到伤害了，你不能伤害他人来施以报复。如果在一个极端情况下，你可以向队长或者赛事组织者，甚至向管理机构申诉。如果你以同样方式回敬，则也会收到同样的控诉。再次提及第一点须知：推己及人。最重要的是，你要为自己的行为负责。
6. 心平气和，深呼吸。
当遇到严重犯规或者较难判断的争议时，后退一步，暂缓一下，深呼吸，因为情绪会随着比赛的激烈程度上升。给自己一点时间、空间，让自己客观看待争议，快速冷静下来，

集中于事实(她有没有出界?你有没有打到他的手或者飞盘?那个阻挡真的有影响到比赛吗?)。你的克制会让你的对手也冷静下来,让你以平常心继续比赛。

7. 言行为善,人尽皆知。

当你忍气吞声时,你知道你已经做了问心无愧的正确选择。你也许不会听到赞扬,也不会收到掌声,但是人们会注意到你。最终他们会更加尊重你,更加欣赏你和这场比赛。

8. 不吝于赞美别人。

给予对手精彩表现的称赞,告知队友你很欣赏他示意自己出界的诚实,在赛后握手时直视对方眼睛并给予祝福。这些小举动都将促进飞盘精神的发扬。

9. 津津乐道,历历在目。

克己,以正确的态度对待错误的行为的你,不仅给人留下深刻的印象,而且会激励更好的行为举止。“老盘友”们很享受与那些第一次在场上的相遇相识的盘友相聚,回想起当时发生的情景,并津津乐道。初次的好态度将会给可塑性高的年轻盘友带来积极的正面影响。

10. 乐在其中。

在同等条件下,和谐的比赛往往更加充满乐趣。倾情投入,公平竞争,乐在其中。

Ten Things You Should Know About Spirit of the Game

1. The golden rule: treat others as you would want to be treated. Spirited games result from mutual respect among opponents. Assume the best of your opponent. Give him or her the benefit of a doubt. You would want the same for yourself. But if you are thick-skinned, do not assume that your opponent is. Maybe you should think of this rule as, “treat others as you would have them treat your mother.”

2. Control: SOTG takes real effort. SOTG is not just some abstract principle that everyone adopts and then games run smoothly without effort. Close calls are made in tight games. Hard fouls are committed. SOTG is about how you handle yourself under pressure: how you contain your emotionality, tame your temper, and modulate your voice. If you initiate or contribute to the unraveling of spirit, the concept falls apart quickly. If you act to mend things (or at least not exacerbate the situation) by following point 1, the game heals itself.

3. Heckling and taunting are different. Ultimate has a long tradition of good-natured heckling. Heckles are friendly barbs, typically from non-playing spectators. Heckling can be fun, but taunting is unspirited and wrong. Harassing remarks after an opponent's foul

call or close play are NOT heckling: they are abusive taunts which create unpleasant playing conditions and often escalate to acrimonious disputes.

4. SOTG is compatible with championship play. It is a fallacy to argue that the stakes are so important that some aspect of SOTG can be cast aside. Time and again, great teams and star players have shown that you can bring all your competitive and athletic zeal to a game without sacrificing fair play or respect for your opponent.

5. Don't "give as you got." There is no "eye for an eye." If you are wronged, you have no right to wrong someone in return. In the extreme case where you were severely mistreated, you may bring the issue up with a captain, tournament director, or even lodge a complaint with the governing body. If you retaliate in kind, however, a complaint may be filed against you. We recall point 1: treat others as you would have them treat you, not as they have treated you. In the end, you are responsible for you.

6. Breathe. After a hard foul, close call, or disputed play, take a step back, pause, and take a deep breath. In the heat of competition, emotions run high. By giving yourself just a bit of time and space, you will gain enough perspective to compose yourself and concentrate on the facts involved in the dispute (was she in or out; did you hit his hand or the disc; did that pick affect the play). Your restraint will induce a more restrained response from your opponent. Conflagration averted, you may resume business as usual.

7. When you do the right thing, people notice. When you turn the other cheek, you know you've done the right thing. You may not hear praise, there may be no standing ovation, but people do notice. Eventually, their respect for you and their appreciation of the game will grow.

8. Be generous with praise. Compliment an opponent on her good catch. Remark to a teammate that you admire his honesty in calling himself out-of-bounds. Look players in the eye and congratulate them when you shake their hands after a game. These small acts boost spirit greatly, a large payoff for little time and effort.

9. Impressions linger. Not only does the realization that your actions will be remembered for a long time serve to curb poor behavior, it can also inspire better conduct. Many old-timers enjoy the experience of meeting an elite player who remembers their first rendezvous on the field and recalls the event in detail. A good first encounter with an impressionable young player can have considerable long-term positive impact.

10. Have fun. All other things being equal, games are far more fun without the antipathy. Go hard. Play fair. Have fun.