READY, STEADY, GAME ON!

NEW TYPES OF SPORT

- **Sport does not stay in one place. New types of sport appear every year. Sometimes weird ones. They are beginning to attract a group of followers and players.**

- **Sports such as Ultimate, bandy and kabaddi are becoming popular around the world and not just in the countries where they started. All three sports are about speed, agility and thrills and spills, and can be played by both men and women.**

- **Ultimate was first played in universities in the 1960s. It is played by two teams of seven and the aim of the game is to score by getting the disc into the endzone. This is done by throwing the disc to own players, while the other team try to intercept it. The only thing the players need is a plastic disc to throw.**

- **Ultimate is a non-contact sport. Players must not touch each other. When a player touches an opponent it is a foul. Only in Ultimate do both sexes play in the same team and against each other.**

Bandy has been played in Russia since the early 18th century as it is often regarded as the national sport. Nowadays it is played in many countries around the world with international competitions taking place every year.

The game is played on ice and is similar to ice-hockey, although a round ball is used. Players try to score by putting the ball into their opponents' net. They can move the ball using their stick or any part of their body. The only player without a stick is a goalkeeper. Two teams with eleven players in each team play the game.

Kabaddi originated in India and the name is a combination of two Indian words- *kai* meaning 'hand' and *pidi* meaning 'catch'. It is a physical sport.

Two teams are made up of seven players and the aim of the game is to tag opponents. A team sends a raider into the other team's half. This player holds their breath and must try to get back to their own half before breathing again. Kabaddi is now a part of the Asian Games and countries from Asia regularly compete against each other.

- **Headis is a new game that is played by young people now. It is the game, which people play hitting a ball with heads through a tennis table. Or another hobby is called “Grass skiing” – people ski on grass. Even International Olympiad Committee has added 5 new types of sport to the list of disciplines of Olympiad-2020 in Japan: surfing, baseball, karate, face climbing and skateboarding.**