



# *Texas, Ultimate!*

Ultimate is a non-contact, highly aerobic, self-regulated team sport, played with a flying disc.

<http://www.UltimateSpirit.org>

**Boys and Girls aged 9-14 are invited to the  
Fabulous FIVES Ultimate Tournament  
that will be held from 9am-2pm on  
Saturday, March 27, 2010 at Travis High School.**

**Please wear your school colors as a team jersey. Also, bring a refillable water bottle and a snack. It is recommended that players wear soccer cleats. It will be a long day of physical activity; a change of clothing is recommended (especially a change of socks).**

Tentative Schedule: **9:00am** Players will gather, turn in rosters and player registrations. **9:30am** Warm-up Activities; **10:15pm** Pool and Field Assignments; **10:30pm** Game 1; **11:00pm** Game 2; **11:30pm** Game 3; **12:00pm** Lunch Break; **12:45pm** Game 4; **1:15pm** AWARDS; **1:30pm** Game 5 **2:00pm** Closure and Dismissal.

## **Tournament Rules**

- Games will be played to FIVE points.
- Each team will play FIVE games.
- Teams will have rosters of FIVE players.
- Four will play on the field at a time.
- Subbing will follow regular Ultimate rules, at the end of a point.
- Team captains will flip for side, shirt color, and to pull or receive.
- There will be no halftime.
- Games will be played on fields that are 40 yards x 30 yards with 10 - yard end zones

**Ultimate!** *Play the Game...Live the Spirit.*