

## Wednesday Afternoons

2:45 pm – 4:15 pm

Feb 15, 2012–March 29, 2012

*\*no work-out on March 15<sup>th</sup>. Take a disc to the beach for break!*

MEETING ON THE Zilker PLAYGROUND

*Texas, Ultimate!*



### Rules of Ultimate

**The Field:** A rectangular shape with end zones at each end. **Initiate Play:** Both teams line up on their end zone line. The defense throws ("pulls") the disc to the offense. **Scoring:** When offense completes a pass in the defense's end zone, a point is scored. Play is initiated after each score in the opposite end zone.

**Movement of the Disc:** The disc may be advanced in any direction by completing a pass to a teammate. Players may not run with the disc.

**Possession:** When a pass is not completed (e.g. out of bounds, interception, drop, block), the defense becomes offense. **Substitutions:** A regulation game has seven players per team. Players may enter the game after a score or on an injury. **Non-contact:** No physical contact is allowed between players. Picks and screens are also prohibited. **Self-Officiating:** Players are responsible for their own foul and line calls. Players resolve their own disputes. **Fouls:** When a foul disrupts possession, the play is redone. If the foul does not disrupt possession, play is continued. Discussion is limited to "contest". **Spirit of the Game:** Ultimate stresses sportsmanship and fair play. Competitive play is encouraged, but never at the expense of respect between players, adherence to the rules, and the basic joy of play.

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

*Please consult our website for registration and more information*

<http://www.UltimateSpirit.org>



### The Spirit of the Game

A unique feature of Ultimate is self-refereeing. A high priority is placed on sportsmanship and fair play. Players are responsible for their own foul and line calls. This element, "The Spirit of the Game," is greatly valued by players because it creates an etiquette and camaraderie not found in other sports.

It is important that players learn the rules, respect the rules of the game, and respect their opponents while engaged in play. This form of self-empowerment on the field of play is the central governing principle of Ultimate. Engrained in the basic philosophy of the sport, playing by the 'Spirit of the Game' is written into the rules and is practiced at all levels of play.

# Ultimate!

*Play the Game...Live the Spirit.*