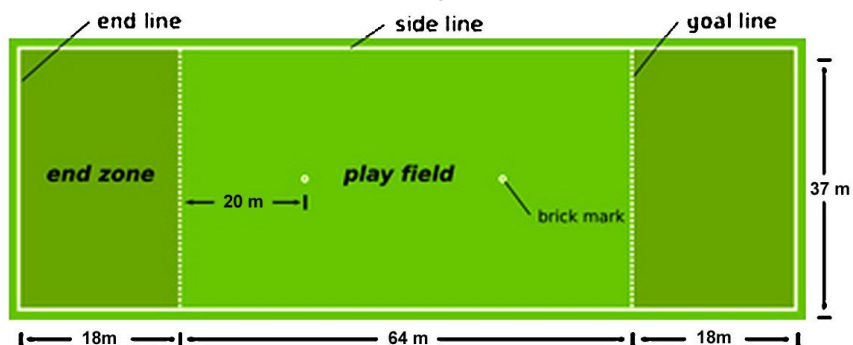


How to play Ultimate Frisbee:

1. Set up the pitch to scale (marking the endzone corners), and divide into two teams of 7 or less players.



2. Each team begins the point in their own endzone, one team 'pulls' the disc to the other to initiate play.

- Score a point by catching a pass in your opponent's endzone.
- The disc may be advanced in any direction by completing a pass to a teammate.
- Players may not run with the disc, and must pass within 10 seconds (if counted by a marker).
- Possession changes to the other team when the disc is intercepted, blocked, caught out of bounds, dropped, or thrown to ground. The other team picks it up and is then trying to score in their opponent's endzone.
- Switch ends after each point; raise a hand in the air to signal you are ready for the 'pull'.
- No contact; a foul occurs when a player initiates contact with another player, as called by the player fouled.
- Spirit of the Game: 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 self-refereed sport.
- Advanced: Run, jump, dive, intercept, and catch the disc for big plays which will help your team to victory.

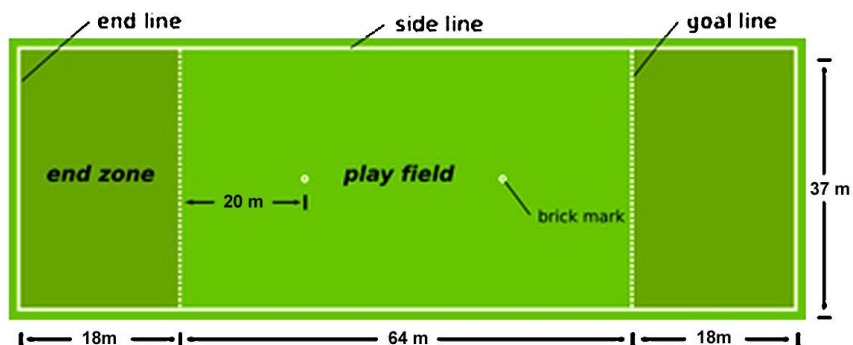
To learn more about Ultimate and the opportunities to play competitively or socially in Brighton, visit

<http://www.brightonultimate.co.uk>

Come along to beginner sessions & take part in the 2009 Summer League beginning in July!

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