

## Redeemer CEFC Ultimate Frisbee

### *Who and What:*

Redeemer Chinese Evangelical Free Church is running weekly Ultimate Frisbee games this summer and is extending an open invitation to you and your friends to join us! Players of all skill levels are welcome! If you have never played before, we're more than happy to teach you! Below is a quick summary of the game of Ultimate (see Rules of the Game). More instruction will be given at the games.

### *When:*

The games will be running every Sunday from July 6<sup>th</sup> to August 17<sup>th</sup>, 2014 from 2:30PM to 5:00PM. **Summer camping will be August 22<sup>nd</sup>-24<sup>th</sup>, 2014. Therefore, there will not be ultimate Frisbee on Sunday August 24<sup>th</sup>, 2014.** There will not be set teams for the summer, instead, new teams will be made each week. **Note: In the event of rain or other unsuitable weather conditions, we will decide on Saturday morning whether or not to cancel Ultimate Frisbee. The announcement will be posted on our Facebook page, and emailed out.**

### *Where:*

The games will take place at North Bridlewood Park, located in between Warden Ave. and Pharmacy Ave., south of Finch Ave E. There is no access to washrooms, water fountains, or change rooms at the park.

Please bring **lots of water** to stay hydrated and dress appropriately for the occasion. We recommend t-shirts, shorts, and running shoes or cleats that you can run comfortably in. Discs will be provided but we encourage you to bring your own if you own some already! Be aware of the weather as well and be sure to bring sunscreen!

Even though Ultimate Frisbee is a non-contact sport, accidental contact may occur and other risks related to physical activity are involved. Everyone is required to sign a waiver before participating. **For those under 18 years of age, please read through the attached waiver with your parent or guardian. Please have them sign it and bring it to game. Only one signed waiver is needed for the entire summer.**

## Redeemer CEFC Participation Policy

Redeemer Chinese Evangelical Free Church greatly values relationship building and works to create an environment that encourages the physical and emotional well-being of those in the community. The purpose of this Policy is allow properly supervised participation and to prevent participation where there is potential exposure to overly physical play or inappropriate language.

## General Rules, and Safety and Concerns

1. No swearing or putdowns. We're looking to encourage people and to enjoy a Sunday afternoon together!
2. No rough-housing or intentional contact. Ultimate is a non-contact sport.
3. **Bring lots of water** to stay hydrated!
4. Wear loose clothing as it can get very humid and stuffy in the summer.
5. Bring a hat and sunscreen to avoid sunstroke.

## **Rules of the Game**

10 Simple Rules to Ultimate Frisbee

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1. **The Field** -- A rectangular shape with endzones at each end. A regulation field is 70 yards by 40 yards, with endzones 25 yards deep.
2. **Initiate Play** -- Each point begins with both teams lining up on the front of their respective endzone line. The defense throws ("pulls") the disc to the offense. A regulation game has seven players per team.
3. **Scoring** -- Each time the offense completes a pass in the defense's endzone, the offense scores a point. Play is initiated after each score.
4. **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. The person with the disc ("thrower") has ten seconds to throw the disc. The defender guarding the thrower ("marker") counts out the stall count.
5. **Change of possession** -- When a pass is not completed (e.g. out of bounds, drop, block, interception), the defense immediately takes possession of the disc and becomes the offense.
6. **Substitutions** -- Players not in the game may replace players in the game after a score and during an injury timeout.
7. **Non-contact** -- No physical contact is allowed between players. Picks and screens are also prohibited. A foul occurs when contact is made.
8. **Fouls** -- When a player initiates contact on another player a foul occurs. When a foul disrupts possession, the play resumes as if the possession was retained. If the player committing the foul disagrees with the foul call, the play is redone.
9. **Self-Refereeing** -- Players are responsible for their own foul and line calls. Players resolve their own disputes.
10. **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.