



Ready to try something new?

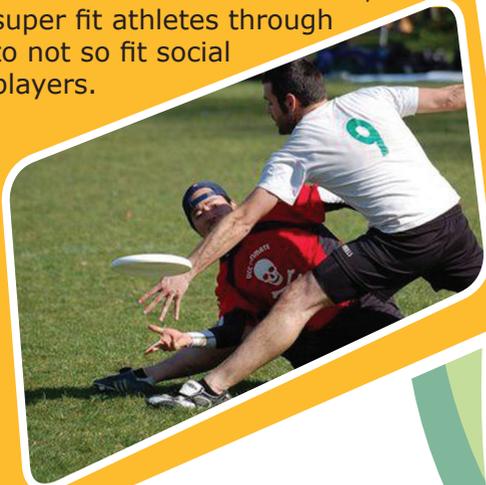
Interested in getting some exercise alongside good natured, fun loving men and women? Have you considered Ultimate?

What is ultimate?

A non-contact sport with mixed teams played with a disc or Frisbee. But that's not the weirdest part - there's no ref! Players call their own fouls, even at the highest level.

Played all over Ireland (and the world), ultimate challenges you to throw, catch, run, jump and dive.

From weekly leagues to weekend long competitions, ultimate caters for all levels, super fit athletes through to not so fit social players.



Who can play?

Anyone, male or female, young or old, can get into ultimate. Since it's with a disc instead of a ball, it's a new skill set to almost everybody. With the games being mixed, there's always space for one more.



How to play?

Take a rectangular pitch with endzones at each end. One team goes from left to right, passing the disc between teammates and catches in the endzone to score a point. All the while a second team is trying to stop them by making it difficult to throw or catch. If they succeed, they immediately take the disc and start going from right to left with the first team trying to stop them. Simple as that really.



No refs? Ever?

That's right, none. Players call their own fouls and sort things out between themselves. Ultimate relies on 'Spirit of the Game' - everyone is encouraged to play hard and give their all but also play fair and never disrespect the rules or their opponent.

It's sport for the joy of sport - and it works!



Interested?

To find out more about ultimate in Ireland, where you can play, and what clubs are in your area, visit **www.irishultimate.com**. Come give it a try, what have you got to lose?

