

# What is Ultimate?

Ultimate is a fast-paced, self-refereed, non-contact sport played with a flying disc or 'frisbee'. Players may not run with the disc, but pass it among teammates until one of them catches it in the endzone to score a point. If the disc is dropped or intercepted at any time the other team gains possession and immediately begins attempting to score in the opposite endzone.

## Why should your school start an Ultimate club?

- **Spirit of the Game**

- Ultimate is self-refereed by one basic, underlying principle: Spirit of the Game. Spirit of the Game sets Ultimate apart from other competitive team sports. In Ultimate, the honour system works

- **Easy to start playing**

- We work to ensure that all levels of players have the ability to, learn, play, and have a great experience competing

- **Little to no cost**

- Only need some cleats or running shoes and a disc to play
- We provide playing opportunities at low cost
- We can provide certified coaches at no cost



[WWW.EUPA.CA](http://WWW.EUPA.CA)





## **What the Edmonton Ultimate Players Association can offer?**

- **Certified coaches for your club with the flexibility to meet your school and club's needs**
- **On site clinics for staff and students**
  - Work with teachers to provide a better understanding of the sport
  - Work with students to teach basic to advanced skills and strategy
- **Coaching resources**
- **Opportunities for students to compete**
  - Tournaments: Currently EUPA organizes and runs two yearly tournaments (Fall & Spring) for Junior High and High School players and has plans to add more tournaments in the future.
  - We can help put you in touch with nearby School Clubs to arrange more playing opportunities.

**Contact us at [juniors@eupa.ca](mailto:juniors@eupa.ca) or 587.523.3543**

