



"**Ultimate** is a sport played with a 175 grams flying disc. The object of the game is to score points by passing the disc to a player in the opposing end zone, similar to an end zone in American football. Players may not run with the disc, and may only move one foot (pivot) while holding the disc." - Wikipedia

**We want to** set up a group that practices and plays Ultimate Frisbee together. Our training is friendly, relaxed, without violence and competition but with a lot of activity and fun. Both men and women of all ages can play Ultimate Frisbee. All you need is comfortable clothes and shoes....or barefoot!! Ultimate Frisbee relies on sportsmanship and Fairplay. Competitive play is encouraged but never at the expense of respect between players, adherence to the rules and the basic joy of play.

If you want to come and play with us, you can contact us: