



*We are privileged to play Ultimate in Toronto and we reciprocate this honour through stewardship in the community. We welcome all residents and visitors to be a part of our success.*

### **The Carbon Flip – Background**

In an effort to 'BE ULTIMATE!' and show stewardship towards our community and environment, TUC introduces the 'Carbon Flip' program. This program was introduced to TUC by our friends from the Peterborough Ultimate League (PUL) who successfully implemented the Carbon Flip (CF) into their summer leagues in 2008. The program is an easy to learn and easy to administer practice that appropriately reflects the Spirit of Ultimate and the progressive green thinking that benefits us all.

### **The Carbon Flip Rule (optional)**

When the captains meet prior to their game they can choose whether to do the traditional disc flip or do the carbon flip. Both captains have to agree on the CF, although if one captain asks to do so and the other captain is undecided, Spirit of the Game dictates that the other captain should agree to do so. The team with the fewest motorized vehicles at the field at game time wins the CF and gains the traditional advantages associated with winning the flip. If the number of motor vehicles is equal, the captains revert to the traditional flip method.

The Carbon Flip is OPTIONAL. That said, we strongly encourage teams to try it and implement as much as possible. Whether you win or lose the flip will not determine victory (yes we know wind is a factor, but players win games, not the wind). So why not try it? Why not BE ULTIMATE?

### **Keep It Simple**

Simplicity is the key to the CF's success. Captains survey their team and do a straight car count, which yields a quick and reliable result. Cars arriving later do not figure into the count, and types of motorized vehicles or distances travelled do not factor into the equation.

### **Final Considerations**

Should cars with kids inside or players driving opposing players only count for half a car? That's up to you to decide. The principle of the idea is clear and, if it engages debate, then you are making players think about their actions. Just remember that the act shouldn't impact the integrity of the game. So practice it, play it, and pass it on.... BE ULTIMATE!

**Brought to You By:**

