



The Carbon Flip - Background

In an effort to promote sustainable practices within our league – such as car pooling and bicycling to games – the Peterborough Ultimate League (PUL) introduced the Carbon Flip (CF) to its summer league in 2008 as an alternative to the traditional pre-game flip. We consider it a simple, easy to learn, easier to implement practice that appropriately reflects the spirit of Ultimate. It also serves as a reminder of how small measures within our communities can inspire positive, progressive actions that benefit all of us.

The Carbon Flip Rule

The team with the fewest motorized vehicles at the field at game time wins the carbon flip and gains the traditional advantages associated with winning the flip. If the number of motor vehicles is equal, each team counts half a CF point in the standings and the captains revert to the standard flip process.

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, reliable result. Cars arriving later do not figure into the count (these players are missing out on playing time, which is their loss). Types of motorized vehicles or distances travelled don't matter either.

Award Points

The Peterborough Ultimate League tracks the CF winner by game. Captains submit CF results along with their game result. Standings are maintained and teams with the highest CF rating at the end of the season are appropriately rewarded. For our inaugural CF season, team members were awarded bike light sets.

Final Considerations

Should cars with kids inside or players driving opposing players only count for a half a car? That's for 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.

More Info

Check it out at www.pultimate.ca/carbonflip

PUL wishes to acknowledge the support of Creemore Springs Brewery in satisfying the thirsts and supporting the efforts of our league.

