



DOCTORAL SCHOOL NAME  
LABORATORY NAME

# THÈSE DE DOCTORAT

Présentée en vue de l'obtention du grade de  
**Docteur en Physique**  
d'University

par  
Name

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**TITLE**

**SUBTITLE**

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Dirigée par Director

Soutenue le PhDefense date

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*Dedication*



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# REMERCIEMENTS

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Acknowledgment. I have heard that it is what everybody read, so it is might better to not do it to much in a rush.



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# FOREWORD

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Don't have to do that I wanted to write something intelligible by everybody (to encourage readers).

## **Main results of this Ph.D. thesis**

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Don't have to put that, but it might guide some reader



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# INTRODUCTION

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Ultimate is a seven-a-side team sport played with a flying disc. It is played on a rectangular field, about half the width of a football field, with an end zone at each end. The objective of each team is to score a goal by having a player catch a pass in the end zone that they are attacking. A thrower may not run with the disc, but may pass the disc in any direction to any team-mate. Any time a pass is incomplete, a turnover occurs, and the other team shall take possession and attempt to score in the opposite end zone. Games are typically played to 15 goals and last around 100 minutes. Ultimate is self-refereed and non-contact. The Spirit of the Game guides how players referee the game and conduct themselves on the field. Many of these rules are general in nature and cover most situations, however some rules cover specific situations and override the general case.



**———— PART ONE ————**

**TITLE PART ONE**



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## CHAPTER WITH RANDOM CONTENT

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### 1 RANDOM SECTION

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1.1. Ultimate is a non-contact, self-refereed sport. All players are responsible for administering and adhering to the rules. Ultimate relies upon a Spirit of the Game that places the responsibility for fair play on every player. 1.2. It is trusted that no player will intentionally break the rules; thus there are no harsh penalties for inadvertent breaches, but rather a method for resuming play in a manner which simulates what would most likely have occurred had there been no breach. 1.3. Players should be mindful of the fact that they are acting as referees in any arbitration between teams. Players must: 1.3.1. know the rules; 1.3.2. be fair-minded and objective; 1.3.3. be truthful; 1.3.4. explain their viewpoint clearly and briefly; 1.3.5. allow opponents a reasonable chance to speak; 1.3.6. resolve disputes as quickly as possible, using respectful language; 1.3.7. make calls in a consistent manner throughout the game; and 1.3.8. only make a call where a breach is significant enough to make a difference to the outcome of the action. 1.4. Highly competitive play is encouraged, but should never sacrifice the mutual respect between players, adherence to the agreed-upon rules of the game, or the basic joy of play. 1.5. The following actions are examples of good spirit: 1.5.1. informing a team-mate if they have made a wrong or unnecessary call or caused a foul or violation; 1.5.2. retracting a call when you no longer believe the call was necessary; 1.5.3. complimenting an opponent for good play or spirit; 1.5.4. introducing yourself to your opponent; and 1.5.5. reacting calmly towards disagreement or provocation. 1.6. The following actions are clear violations of the spirit of the game and must be avoided by all participants: 1.6.1. dangerous play and aggressive behaviour; 1.6.2. intentional fouling or other intentional rule violations; 1.6.3. taunting or intimidating opposing players; 1.6.4. disrespectful celebration after scoring; 1.6.5. making calls in retaliation to an opponent's call; and 1.6.6. calling for a pass from an opposition player. 1.7. Teams are guardians of the Spirit of the Game, and must: 1.7.1. take responsibility for teaching their

players the rules and good spirit; 1.7.2. discipline players who display poor spirit; and 1.7.3. provide constructive feedback to other teams about how to improve their adherence to the Spirit of the Game. 1.8. In the case where a novice player commits a breach out of ignorance of the rules, experienced players are obliged to explain the breach.

## **2 ANOTHER RANDOM SECTION**

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1.9. An experienced player, who offers advice on rules and guides on-field arbitration, may supervise games involving beginners or younger players. 1.10. Rules should be interpreted by the players directly involved in the play, or by players who had the best perspective on the play. Non-players, apart from the captain, should refrain from getting involved. However players may seek the perspective of non-players to clarify the rules, and to assist players to make the appropriate call. 1.11. Players and captains are solely responsible for making all calls. 21.12. If after discussion players cannot agree, or it is unclear: 1.12.1. what occurred in a play, or 1.12.2. what would most likely have occurred in a play, the disc must be returned to the last non-disputed thrower.



## CHAPTER II

# NAME2

2.1. The playing field is a rectangle area with dimensions and zones as shown on Figure 1 and should be essentially flat, free of obstructions and afford reasonable player safety. 2.2. The perimeter lines surround the playing field and consist of two (2) sidelines along the length and two (2) endlines along the width. 2.3. The perimeter lines are not part of the playing field. 2.4. The goal lines are the lines that separate the central zone from the end zones and are part of the central zone. 2.5. The brick mark is the intersection of two (2) crossed one (1) metre lines in the central zone set eighteen(18) metres from each goal line, midway between the sidelines. 2.6. Eight brightly-coloured, flexible objects (such as plastic cones) mark the corners of the central zone and the end zones. 2.7. The immediate surroundings of the playing field shall be kept clear of movable objects. If play is obstructed by non-players or objects within three (3) metres of the perimeter line, any obstructed player or thrower in possession may call “Violation”. Figure 1

## 1 NAME

3. Equipment 3.1. Any flying disc acceptable to both captains may be used. 3.2. WFDF may maintain a list of approved discs recommended for use. 3.3. Each player must wear a uniform that distinguishes their team. 3.4. No player may wear items of clothing or equipment that reasonably could harm the wearer or other players, or impede an opponent’s ability to play. 4. Point, Goal and Game 4.1. A game consists of a number of points. Each point ends with the scoring of a goal. 4.2. A game is finished and won by the first team to score fifteen (15) goals. 4.3. A game is separated into two (2) periods of play, called halves. Half time occurs when a team first scores eight (8) goals. 34.4. The first point of each half starts when the half starts. 4.5. After a goal is scored, and the game has not been won or half time has not been reached: 4.5.1. the next point starts immediately; 4.5.2. the teams switch the end zone that they are defending;

and 4.5.3. the team that scored becomes defence and pulls next. 4.6. A variation of the basic structure may be used to accommodate special competitions, number of players, age of players or available space. 5. Teams

## **1.1 Name**

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5.1. Each team will put a maximum of seven (7) players and a minimum of five (5) players on the field during each point. 5.2. A team may make (unlimited) substitutions after a goal is scored and before the team signals readiness for the pull. 5.3. Each team will nominate a captain to represent the team. 6. Starting a Game 6.1. Representatives of the two teams fairly determine which team first chooses either: 6.1.1. whether to receive or throw the initial pull; or 6.1.2. which end zone they will initially defend. 6.2. The other team is given the remaining choice. 6.3. At the start of the second half, these initial selections are switched.

### **1.1.a Name**

7. The Pull 7.1. At the start of the game, after half-time or after a score, play commences with a throw-off, called a pull. 7.1.1. Teams must prepare for the pull without unreasonable delay. 7.2. The pull may be made only after both teams have signalled their readiness by having the puller and a player on offence raise a hand above their head. 7.3. After signalling readiness all offensive players must stand with one foot on their defending goal line without changing location relative to one another until the pull is released. 7.4. After signalling readiness all defensive players must keep their feet entirely behind the vertical plane of the goal line until the pull is released. 7.5. If a team breaches 7.3 or 7.4 the opposing team may call a violation (“offside”). This must be called before the receiving team touches the disc and the pull must be repeated as quickly as possible. 7.6. As soon as the disc is released, all players may move in any direction. 7.7. No player on the defensive team may touch the disc after a pull until a member of the offensive team contacts the disc or the disc contacts the ground. 7.8. If an offensive player, in-bounds or out-of-bounds, touches the disc before it hits the ground, and the offensive team fails to catch it, that is a turnover (a “dropped pull”). 7.9. If an offensive player catches the pull they must establish a pivot at the point on the playing field nearest to where it was caught, even if that point is in their defending end zone. 7.10. If the disc initially contacts the playing field and never becomes out-of-bounds, the thrower must establish the pivot where the disc stops, even if that point is in their defending end zone. 7.11. If the disc initially contacts the playing field and then becomes out-of-bounds without contacting an offensive player, the thrower must establish the pivot where the disc first crossed the perimeter line, or the nearest point in the central zone if that point would be in the defending end zone. 7.11.1. If the disc does contact an offensive player before it becomes out-of-bounds the thrower must establish the pivot where the disc first crossed the perimeter line, even if that point is in their defending end zone. 7.12. If the disc contacts the out-of-bounds area without first touching the playing field or an offensive player, the thrower may establish the pivot either at the brick mark closest to their defending end zone, or at the spot on the central zone closest to where the disc went out-of-bounds (Section 11.7). The binding brick option must be signalled before the disc is picked up, by any offensive player fully extending one arm overhead and calling “brick”. 8. Status of the Disc 8.1. The disc is dead, and no turnover is possible: 8.1.1. After the start of a point, until the pull is released; 8.1.2. After the pull or after a turnover when the disc must be carried to the location of the correct pivot point, until a pivot is established; or 8.1.3. After a call which stops the play or any

other stoppage, until the disc is checked in. 8.2. A disc that is not dead is live. 8.3. The thrower may not transfer possession of a dead disc to another player. 8.4. Any player may attempt to stop a disc from rolling or sliding after it has hit the ground. 8.4.1. If, in attempting to stop such a disc, a player significantly alters the disc's position, the opposition may request that the pivot be established at the location where the disc was contacted. 8.5. After a turnover, and after the pull, the team that has gained possession of the disc must continue play without delay. 8.5.1. An offensive player must move at walking pace or faster to directly retrieve the disc and establish a pivot. 8.5.2. In addition to 8.5.1, after a turnover the offence must put the disc into play within the following time limits, if the disc did not become out-of-bounds, and the disc's location is: 8.5.2.1. in the central zone – within ten (10) seconds of the disc coming to rest. 8.5.2.2. in an end zone - within twenty (20) seconds of the disc coming to rest. 8.5.3. If the offence breaches 8.5 the defence may give a verbal warning ("Delay of Game") or may call a "Violation". 8.5.4. If an offensive player is within three (3) metres of the pivot point and, after the verbal warning, the offence continues to breach 8.5 the marker may commence the stall count.



# **PART TWO**

## **TITLE PART TWO**



## 2 NAME

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For information on how to teach improvisation, or to get a team ready for a tournament, please visit [improv.ca](http://improv.ca) or contact your Regional Director to receive a training package. The purpose of the rules outlined below are to ensure tournament consistency across Canada. The rules included in this document pertain to any night of Canadian Improv Games play that serves to determine which teams advance to the National Finals. Nights of play that have no bearing on a tournament's outcome nor a team's ranking, such as a night of exhibition play, may have exceptions to the rules below set by the Regional Director.

### 2.1 Name

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**TEAM COMPOSITION** This applies to any team that participates in a Canadian Improv Games night of play where they can advance to represent their region or that bears an impact on that team's ranking when it comes to the Regional Tournament. 1.1. Teams can have up to eight (8) players and no fewer than two (2). 1.1.1. Participating teams in a Canadian Improv Games tournament perform representing their school. 1.1.1.1. A student is only allowed to participate if they are enrolled and are in good standing (i.e.: not under suspension) at their school. 1.1.1.2. All team members must be enrolled in the same school. 1.1.1.3. Homeschooled, Community Centre or Theatre clubs outside of the school system cannot compete in a Regional Tournament. 1.1.1.4. At the discretion of The Regional Director, teams or individuals that do not fit the competitive criteria may be permitted to participate in other





**CHAPTER III**

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**NAME2**

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# **APPENDIXES**



# RÉSUMÉ

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Résumé

**Mots-clés :** Résumé, attention à la limite de mot souvent imposé (les deux résumés doivent faire une page pas plus)

# ABSTRACT

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Abstract (Try to print that on the back of your manuscript (on the hard cover)

**Keywords:**