

Pasco Ultimate League

Spirit of the Game: Spirit of the Game sets Ultimate apart from other competitive team sports. For over 30 years, Ultimate has flourished, reaching a highly competitive level, without the use of referees. In Ultimate, the honor system works. Sure, human nature rears its ugly head from time to time - just as in any sport, just as in life. Yet, one of the many beauties of Ultimate is how, even amid the most difficult of situations, utmost graciousness is allowed to meet that challenge head on. Through this balance, Ultimate players are free to demonstrate the most honorable and the most joyous sides of human nature in sport.

Ultimate relies upon a spirit of sportsmanship that places the responsibility for fair play on the player. Highly competitive play is encouraged, but never at the expense of mutual respect among competitors, adherence to the agreed upon rules, or the basic joy of play. Protection of these vital elements serves to eliminate unsportsmanlike conduct from the Ultimate field. Such actions as taunting opposing players, dangerous aggression, belligerent intimidation, intentional infractions, or other 'win-at-all-costs' behavior are contrary to the Spirit of the Game and must be avoided by all players."

1. Introduction

a. Ultimate is a non-contact disc sport played by two teams of seven players with the objective of scoring goals. A goal is scored when a player catches the disc in the end zone that player is attacking. A player may not run while holding the disc. The disc is advanced by passing it to other players. The disc may be passed in any direction. If a pass is incomplete (i.e., hits the ground, is caught out-of-bounds, or is intercepted by a defensive player), a turnover occurs, resulting in an immediate change of the team in possession of the disc. An attempt to unfairly disadvantage an opponent through physical contact is a foul. Ultimate is self-officiated – there are no referees; players are responsible for making their own infraction and boundary (including scoring) calls.

2. Playing Field

- a. The field is a rectangle with an end zone at each end. An official regulation-sized field is 110x40 yards, with a playing field length of 70 yards and 20-yard end zones.
- b. The playing field and surrounds should be essentially flat, free of obstructions and afford reasonable player safety.
- c. The corners of the playing field proper and the end zones are marked by brightly colored, flexible cones.

3. Number of Players & Roster Size

a. A team consists of seven players. Five players are required by game time to prevent a forfeit. (Co-Rec, one woman would need to be on the field at all times and minimum of 5 participants is required to avoid a forfeit. If the Coed team does not have a woman playing they will have to play one person down. (Example, a team with 7 men and no women, they would have to play the game with only 6 players instead of 7). A total of twenty players are allowed per roster.

4. Length of Game

- a. The game consists of two 20-minute halves with a 5-minute half time. Time is continuous for each half. When time is called for end of half or end of regulation, play continues until point is concluded.
- b. Overtime
 - i. If at the end of regulation (after the final point has concluded), the score is tied, a single point of overtime will be conducted. This is called Universe Point. The pull will be thrown by the last team to score, as if this point is an extension of the regular game, and the next team to score will win.
- c. Timeouts
 - i. Each team is permitted one time-out per half, and one per overtime. Each time-out lasts up to one minute. A time-out may be called by either team after goal, before the ensuring throw-off and during possession.
- d. Injury time-out
 - i. An injury time-out can be called by any player.
 - ii. If a player had possession when an injury time-out was called, play is restarted by a check back to the thrower who was in possession at the time of the injury.
 - iii. If the disc was in the air, play continues until possession is gained.
 - iv. An injury time-out is not charged to either team.

5. Equipment

- a. Any flying disc may be used as long as it is acceptable to both team captains.
- b. Individual players may wear any soft protective clothing as long as it does not endanger the safety of any other player.
- c. Shoes must be worn by all players. Shoes with metal cleats or cleats that screw onto a post on the shoe are not allowed.

6. Starting and Restarting Play

- a. Start of periods of play
 - i. A fair method, such as a coin or disc toss before the game, will be conducted by representatives of the two teams. The winner chooses to either receive the initial pull, or select the end zone they wish to defend. The other team is given the remaining choice.
 - ii. After a point ends, it is recommended that players begin the next point within 90 seconds.
 - iii. After a turnover, a player on the team becoming offense may immediately pick up the disc and put it back in to play by establishing a pivot foot in-bound.
 - iv. The second half begins with an automatic reversal of the initial choices.
- b. Throw-off “pull”
 - i. Positioning prior to the throw-off “Pull”. The players on the throwing team are free to move anywhere in their defending end zone, but may not cross the goal line until the disc is released. The players on the receiving team must stand with one foot on their defending goal line without changing position relative to one another.
 - ii. Each time a goal is scored, the teams switch their direction of attack and the team that scored pulls to the opposing team.
 - iii. A pull may not be made until a player on the receiving team indicates readiness to play by raising a hand.

- iv. If a member of the receiving team catches the throw-off on the playing field, that player must put the disc into play from that spot.
- v. If a member of the receiving team touches the disc during flight of the throw-off (whether in- or out-of-bounds) and the receiving team fails to catch it, the team which threw-off gains possession of the disc where it stops.
- vi. If the receiving team allows the throw-off to fall untouched to the ground, and the disc initially lands in-bounds, the receiving team gains possession of the disc where it stops.
- vii. If the throw-off lands out-of-bounds, the receiving team, before touching the disc, makes a choice of: 1) Putting the disc into play at the point where it crossed the perimeter line (in the center of the field); or 2) Put the disc into play at a point 15 yards into the field from the end zone in the middle of the sidelines.

7. Out of Bounds

- a. Any area not on the playing field is out of bounds. The perimeter lines themselves are out of bounds.
- b. A disc is out-of-bounds when it first contacts an out-of-bounds area or contacts anything which is out-of-bounds.
- c. The disc may fly outside a perimeter line and return to the playing field, and defensive players may go out-of-bounds in order to make a play on the disc.
- d. For a receiver to be considered in-bounds after gaining possession of the disc, the first point of contact with the ground must be completely in-bounds.
- e. Should the momentum of a player carry him/her out-of-bounds after making a catch and landing in-bounds, the player is considered in-bounds. The player carries the disc to the point where he/she went out-of-bounds and puts the disc into play at that point.
- f. To restart play after the disc has gone out-of-bounds, a member of the team gaining possession of the disc must carry the disc to the point on the playing field where the disc went out-of-bounds, and put the disc into play at that point.

8. End Zones

- a. If a team gains possession in the end zone which it is defending, the player taking possession must make the immediate decision to either: 1) Put the disc into play from that spot. Or 2) Carry it directly to the closest point on the goal line and put it into play from there. If this option is chosen, the player taking possession may not throw a pass during the approach.

9. Scoring

- a. A goal is scored when an in-bounds player catches a pass in the end zone of attack.
- b. A player cannot score by running into the end zone with the disc. Should a receiver's momentum carry him/her into the end zone after gaining possession, he/she must carry the disc back to the closest point on the goal line and put the disc into play from there.
- c. If the score is tied at the end of regulation, play stops and overtime procedures are as follows:
 - i. Regular Season Games: A 3-minute overtime period is played with a sudden death format. To begin an overtime period, teams must flip a coin to see who receives the pull and who defends. If no one has scored after the overtime, the game will be determined a tie.
 - ii. Playoffs: The overtime sudden-death period will continue until the first team scores.

10. Turnovers

- a. A turnover occurs when:
 - i. A pass is incomplete (dropped, hits the ground, is caught out of bounds, blocked, intercepted). A receiver must retain possession of the disc throughout all ground contact related to the catch (if a player falls to the ground during a catch and drops the disc, it is incomplete).
 - ii. The marker's count reaches the maximum number (10) before the throw is released.
 - iii. When a turnover has occurred, any member of the team becoming offense may take possession of the disc.
 - iv. To initiate play after a turnover, the person picking up the disc must put it into play at the spot of the turnover. If the disc landed out of bounds, the offensive player puts the disc into play at the point where it crossed the out-of-bounds line.

11. Substitutions

- a. Substitutions can be made only
 - i. After a goal and before the throw off
 - ii. Before the beginning of a period of play
 - iii. To replace an injured player(s)

12. The Marker

- a. Only one defensive player may guard the thrower at any one time; that player is the marker.
- b. There must be at least one disc's diameter between the upper bodies of the thrower and the marker at all times. It is the mutual responsibility of both players to respect each other's position and not encroach into this area once it has been established.
- c. Stalling
 - i. Once a marker has established a set guarding stance on the thrower, he/she may initiate a count.
 - ii. The count consists of the marker calling "Stalling" or "Counting" and counting at one-second intervals from one to ten loudly enough for the thrower to hear.
 - iii. If the thrower does not throw the disc within the 10 second count, the result is a turnover.

13. The Receiver

- a. After catching a pass, the receiver is only allowed the fewest number of steps required to come to a stop and establish a pivot foot.
- b. If the disc is caught simultaneously by offensive and defensive players, the offense retains possession.
- c. If a pass arrives in such a manner that it is unclear whether a catch was made before the disc contacted the ground (grass is considered part of the ground), the player(s) with the best perspective makes the call (usually the receiver).
- d. If it is ever unclear whether a receiver was in- or out-of-bounds at the point of making a catch, the player(s) with the best perspective makes the call.
- e. There shall be no contact with the receiver and the defender during a catch.

14. Violations

- a. Traveling
 - i. The thrower must keep one foot in contact with the ground when making a pass.
 - ii. If the receiver obviously takes more steps than are required to stop after catching a pass, that player has traveled.
- b. Strip
 - i. No defensive player may touch the disc while it is in the hands of the thrower. If a defensive player does so, causing the thrower to drop the disc, the thrower calls "Strip".
- c. Double team
 - i. Only one marker is permitted to guard the thrower.
- d. Fast Count
 - i. When the marker counts at intervals of less than one second.
 - e. If a call is disputed and the players cannot come to a resolution, the play is redone with each player returning to the position s/he occupied when the disputed infraction allegedly occurred.
 - f. Reckless disregard for the safety of fellow players or other dangerously aggressive behavior (such as significantly colliding into a stationary opponent), regardless of whether or when the disc arrives or when contact occurs is considered dangerous play and is treated as a foul.

15. Positioning

- a. When the disc is in the air, players must play the disc, not the opponent.
- b. Each player is entitled to occupy any position on the field not occupied by another player.

16. Forfeits

- a. If one team does not have the minimum of players present (5). That game shall be considered a forfeit by the team with the less than minimum players.
- b. If neither team is able to field a team, a double forfeit will be declared.

17. Etiquette

- a. It is the responsibility of both teams to minimize the time taken between each goal and the ensuing take-off.
- b. Should a dispute or confusion arise on the field, it should be common practice to stop play, and resume play when the matter is resolved.
- c. In the case where a novice player commits a violation out of sincere ignorance of the rules, it is common practice to stop play and explain the violation.

18. Eligibility

- a. Player must be 18 years of age and out of high school.