



# Nampa Co-ed Ultimate Frisbee

## League Rules and Guidelines

The goal of the Nampa Recreation Department is to provide opportunities for physical exercise, socialization, and healthy competition for adults through sports programs. Please remember that regardless of the league or caliber of competition, the main goal of the program is to have fun and provide physical activity. Keep this in mind before you get mad at yourself, team members, referees, or the other team.

### Fees

Fees are set to cover the direct expenses of the program. Players' fees are additional fees used for improvements in parks and recreation facilities. Players' fees are not refundable or transferable. **All league fees and players' fees must be paid in FULL by the first game. If ALL fees are NOT paid in full, games will result in forfeits until fees are paid.**

### Player Eligibility:

1. The minimum age for a player is 15 years old with a parent signature.
2. All players are eligible for roster moves. However, only two players moving from an upper division team CAN move to the same lower division team.
3. If a player plays in a game and is not on the team roster, and/or has not paid all applicable fees, the game will be forfeited.
4. Any player participating under a false name will result in an automatic suspension from the league.
5. Players may be asked to show I.D. by the game supervisor to verify eligibility.
6. The Nampa Recreation Department will have the final decision concerning player eligibility. A player must participate in at least two regular season games to be eligible for the end of the season tournament.

### League Play/Schedule:

This league will have NO officials but will have a site supervisor. Players are required to make their own calls. **Honesty is expected by all players on all teams.** If teams cannot determine on what call is appropriate, the play will resume from point on the field where the last pass had been thrown or where the issue arose.

All teams will play 8 games during the regular season. All regular season games will be scheduled based on the amount of space available. Game discs will be furnished by the Nampa Recreation Department.

Teams will be responsible to notify the site supervisor the final score and which team won.

League standings will be updated weekly and are available on the Nampa Parks and Recreation website, [www.nampaparksandrecreation.org](http://www.nampaparksandrecreation.org)

No games will be rescheduled except for games that are canceled due to weather issue. **To hear a recording on game decisions, call 250-5670 to hear a recorded message regarding your game's status.**

The end of the season will be followed by a double elimination tournament.

All games will be played on Saturday mornings starting April 17 at Liberty Park.

### **Uniforms:**

To keep play organized, teams need to color coordinate with one another and wear the same color as their teammates. Shoes are also required for games.

### **Game Structure:**

1. Game time is start time.
2. Games will be played for two 20min. running clock halves with a 5min. half time. The last min. of each half, the clock will be stopped for the next pull after each score.
  - a. If there is a tie at the end of regulation a 5-minute overtime will be played. If there is still a tie at the end of the 5-minute period, teams continue play and enter a sudden death scenario where the next score wins. **This will apply to playoffs as well.** No additional timeouts will be rewarded for an overtime period.
3. Each team will be given two-time outs per half. Time outs can only be called by the offense, officials for injury timeouts, or either team after a score.
4. Games will be played in a 7 on 7 format.
  - a. If a team cannot field two girls, they will be permitted to play with 5 males the duration of the game.
  - b. If only 2 girls are available a team can choose to play 5 males and 1 female with their remaining female as a sub for their in-field female.
  - c. Games can be played with a minimum of 5 players at the start of the game.
    - i. A 5-min. grace period will be allotted for teams that do not have 5 players at game time. If the remaining players have not arrived, the game will be forfeited.

5. Substitutions are to be made after a team scores, during a time out, or in the event of an injury.
6. Players can not play on two separate teams unless they are in two separate divisions.
7. On defense, players may choose to start a ten second stall count on the offensive player they are guarding to prevent stalling. The defense must be near player with the Frisbee to initiate and carry the count. Count is made by calling out “Stalling 1, Stalling 2,.” etc. to a total of a ten second count. If the offense has been stalled, then the handler will place the Frisbee on the ground and the possession will switch. The teams will acknowledge the change of possession with a disc check and play will resume.
8. Defensive players must stay within a Frisbee space from the handler’s chest. To demonstrate the space, the handler must stand with their feet parallel from each other and place their Frisbee on their chest.

**Please Note:** Players defending must do their best to keep space as they attempt to defend their opponent. Offense recognizes that movement such as pivoting will make this harder to keep consistent. Also, defenders keeping count need to be consistent on how they count (speed) if the offense feels that the count is counting to fast, they can notify the defense and have them begin again.

### **Rules of the Pull/Out of Bounds Play**

1. At the start of each half and after each point scored, play will resume with a “pull”. Both teams must acknowledge the readiness of the other team before initiating the pull, and line up on the respective goal line.
2. The Pull is played from where it lands on the field (including the end zone) unless it ends movement out of bounds.
3. If the receiving attempts to catch the pull and drops the disc, the result is a turnover to the pulling team.
4. If the Frisbee rolls after landing and ends inbounds, play it as it lies, if the Frisbee rolls out of bounds, play it at the sideline from where it went out.
5. If the pull is thrown out of bounds, out the end zone or out the back of the end zone, the offense can bring the Frisbee to the middle of the field where the Frisbee went out

also known as the “brick”. The Brick is 10 yards in front of the end zone in the middle of the field.

6. If the pull goes out of bounds before the Brick point, the offense can bring the disc in to the middle of the field, parallel to where it went out of bounds.
7. If the Frisbee is thrown out of bounds in normal play, the Frisbee is to be brought to the sideline where it went out, is checked back in, and play resumes from there.
8. Pivoting throwers non-pivot foot can be touch out of bounds if the pivot foot is in bounds.
9. Throws that go out of bounds and come back into the boundaries are legal to be played so long as the player catches the Frisbee in bounds.

### **Traveling**

1. Once a Frisbee is caught, players are permitted two steps in stride to stop and take position to throw. If a player takes more than two steps, they must back track to the approximate place they took their second step.
2. Players with the Frisbee are not permitted to move with the Frisbee except for pivoting. Once a pivot foot has been established, it must remain in contact with the ground.
3. If a player’s pivot moves from its initial pivot placement, the defense may call travel.
4. If the pass is completed after a travel or violation has been called, the Frisbee will go to the point where the Frisbee was thrown to be replayed.
5. If a violation is called after a throw and the pass is incomplete, then play will resume.

### **Fouls**

1. Players are expected to call their own fouls.
2. Players have the right to respectfully disagree and discuss why no foul occurred.
3. Either player involved has the right to retract the original call or their objection.
4. If a player calls a foul while attempting to make a catch, and both sides agree, play will resume as if the Frisbee was caught where the foul occurred.
5. If players cannot agree, the disc will go back to the position of the last throw.

### **Sportsmanship/Player & Fan Conduct**

1. Profanity will not be tolerated from players or spectators; profanity will be interpreted by the judgment of the league supervisor/scorekeeper and could lead to immediate ejection from the game. This includes cussing at yourself or your teammates.
2. Spectators and players who do not cooperate with directions to leave the field after being ejected will forfeit their team's game.
3. Any player(s), coach, or spectator who assaults a City of Nampa employee may face criminal charges.
4. Any player, coach, or spectator that throws a punch in any activity associated with the City of Nampa is automatically suspended for one year from all NRD sponsored activities.
5. Team captains are responsible for the conduct of their players and fans. Children are the responsibility of their parents, not the league supervisor.
6. Your children **MUST** be closely supervised always during games by an adult **NOT PARTICIPATING** in the game.

**Other Information:**

1. Team Captains are responsible for the player's knowledge of rules and regulation of the league.
2. The City of Nampa does not provide accident insurance to cover individuals who may be injured while participating.
3. There will be a prize for the team who wins the tournament.
4. If a disc is caught by both offense and defense at the same time, the disc goes to the offense.
5. Discs can be thrown before establishing the pivot foot so long as the thrower does not speed up, change direction, and releases the disc before their 3<sup>rd</sup> step.

For any questions, comments, or concerns please contact Elmer Williams the league coordinator at [Williamse@cityofnampa.us](mailto:Williamse@cityofnampa.us) or 208-468-5858



# Ultimate in 10 Simple Rules of Play

by *Steve Courlang and Neal Dambra*

The most current USAU rules and guidelines will be enforced in any other situation not addressed on this rules document.

1. **The Field:** A rectangular shape with end zones at each end. A regulation field is 70 yards by 40 yards, with end zones 25 yards deep.
2. **Initiate Play:** Each point begins with both teams lining up on the front of their respective end zone line. The defense throws ("pulls") the disc to the offense. A regulation game has seven players per team.
3. **Scoring:** Each time the offense completes a pass in the defense's end zone, the offense scores a point. Play is initiated after each score.
4. **Movement of the Disc:** The disc may be advanced in any direction by completing a pass to a teammate. Players may not run with the disc. The person with the disc ("thrower") has ten seconds to throw the disc. The defender guarding the thrower ("marker") counts out the stall count.
5. **Change of Possession:** When a pass is not completed (e.g. out of bounds, drop, block, interception, stalled), the defense immediately takes possession of the disc and becomes the offense.
6. **Substitutions:** Players not in the game may replace players in the game after a score and during an injury timeout.
7. **Non-contact:** No physical contact is allowed between players. Picks and screens are also prohibited. A foul occurs when contact is made.

8. **Fouls:** When a player initiates contact on another player a foul occurs. When a foul disrupts possession, the play resumes as if the possession was retained. If the player committing the foul disagrees with the foul call, the play is redone.
9. **Self-Officiating:** Players are responsible for their own foul and line calls. Players resolve their own disputes.

**Spirit of the Game:** Ultimate stresses sportsmanship and fair play. Competitive play is encouraged, but never at the expense of respect between players, adherence to the rules, and the basic joy of play.