

City of Lewiston Parks & Recreation

Adult Ultimate Frisbee Rules

PHILOSOPHY:

Lewiston Parks & Recreation provides this activity for those who enjoy ultimate frisbee and are interested in participating on an organized level. **This is a recreation program and good sportsmanship is expected from those who participate.**

MISSION

The mission of the Lewiston Parks & Recreation Adult Ultimate Frisbee League is to ensure a fun and safe environment to players, managers, scorekeepers and spectators. Those who fail to abide by these standards may be asked to leave the premises. We want to provide a family fun atmosphere to all our participants and spectators, please help us strive towards our mission.

Code of Sportsmanship:

1. Ultimate Frisbee is a self-regulated game that relies on the Honor System. If a foul occurs, you are expected to call it as such.
2. Field Supervisors are there to rule on unclear plays, settle disputes, keep the game moving and ensure player safety.
3. Players must treat their fellow frisbee players, field supervisors, and spectators with respect and courtesy. Personal and malicious remarks directed at anybody in the frisbee community, obscene or otherwise, at any time, have no place in the League.
4. Team managers must be the only players that address concerns to field supervisors and league officials. They are expected to do so in a courteous and respectful manner, and to confine their discussions to interpretations of the rules and not challenge decisions regarding judgment.
5. Players are expected to comply with the intent and spirit of the rules. Deliberately attempting to violate the rules is unacceptable.

General Game Rules:

1. Playing Field

- a. The field will consist of a rectangular shape and its dimensions will be 110x40 yards. The playing field will be the length of 70 yards with 20 yard end zones.

2. Number of Players

- a. A full team consists of seven players. Teams are open and can consist of any amount of any gender.

3. 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 the end of half or end of regulation, play continues until possession is concluded.
- b. Overtime

- i. If at the end of regulation and the score is tied, a single point of overtime will be conducted. The pull will be thrown by the last team to have possession 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 their possession.
 - d. Injury time-out
 - i. An injury time-out can be called by any player or the field supervisor.
 - 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.

4. 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. Rubber and molded cleats are allowed.

5. Starting and Restarting Play

- a. Start of periods of play
 - i. A coin or disc flip 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 that's becoming the offense may immediately pick up the disc and put it back in to play by establishing a pivot foot inbound.
 - 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 while still in-bounds and 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.
- viii. The throwing team may not touch the disc while in flight. If this violation occurs a re-pull will occur.

6. *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.

7. *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.

8. *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. Team with the last possession will begin the overtime period as the throwing team. 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.

9. 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 the 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.

10. 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)

11. The Marker (Defender)

- 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 doesn't throw the disc within the 10 second count, the result is a turnover.

12. 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.
- 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 purposeful contact with the receiver and the defender during a catch.

13. 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

14. 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.

Game Personnel and Their Duties:

1. Teams and players are responsible for calling their own fouls during play.

2. Field Supervisor's primary responsibilities are to serve as an arbitrator for difficult calls, start and maintain game flow, ensure the safety of all participants and spectators, and enforce the Sportsmanship Code. It is the PLAYERS' responsibility to identify fouls when they occur.
3. Field Supervisors have the authority to eject anyone before, during and immediately after any game if they feel it is warranted.
4. All decisions made by field supervisors are final.

Forfeits:

1. Teams must have a minimum of 5 players to start a game. If a team does not have the minimum number of players present 5 minutes after the designated start time, the game will be forfeited.
 - a. If you know in advance that your team is going to need to forfeit a match, we encourage you to contact us as soon as possible. We require at least a 24-hour notification during regular business hours. We will do everything that we can to reschedule your match, but this cannot be guaranteed.
 - b. If asking for a rescheduled game that is to take place on a Monday, teams must notify the Park and Rec department by 12:00pm Friday for a game to be considered a reschedule, if notified after 12:00pm Friday games will be considered forfeited.
2. Each team is allowed ***ONE*** reschedule game

Weather Info:

In the event of bad weather call Lewiston Parks and Recreation @ (208) 746-2313. These games will be moved to an alternative date and cannot be rescheduled.

Standings/Playoffs

1. All teams will have 8 regular season games. Teams will play up to 2 games each week.
2. The league will conclude with a league tournament. The regular season record will seed teams for the postseason. If a tie occurs the tie breaker will be determined in the following order:
 - a. Record of head to head matchup
 - b. Overall points against
 - c. If a tie still occurs, then a coin flip will be done.
 - d. ****If a team has a forfeit, then they are out of the tie breaker and will get the lower seed.**

SUB/Pickup Players

1. During the regular season it is ok for team managers to ask players from other teams to "Sub or Fill In" open slots on game day, to avoid forfeit.
2. During the playoffs, teams can **ONLY** play with people on their roster. If a player is found playing on a different team in the playoffs any game is subject to forfeit.

Alcohol/Smoking

Alcohol or smoking is NOT permitted in the parks. Any teams that bring alcohol into the park will be asked to remove it from the facility. Failure to do so will result in a forfeit of the game and possible league suspension.

Any rule or situation not contained herein becomes the sole discretion of the Recreation Coordinator. All games will be governed by the Recreation Coordinator. The Recreation Coordinator will have final judgement on all problems, issues and penalties.

<p>Raymond Pedrina Recreation Coordinator rpedrina@cityoflewiston.org O:(208)746-2313 ext. 6107 C:(208)791-9604 Email: rpedrina@cityoflewiston.org</p>
--