

#YEGCORPCHALL ULTIMATE FRISBEE RULES



TEAM ROSTER (Minimum 5 members per game)

Team rosters consist of 5 to 15 players, 10 players are recommended.

5 players will be on the field at all times, a minimum of 2 per gender is required. Teams cannot play more than the maximum number of players allowed (15 players).

REGISTRATION

NO ID - NO PLAY - NO EXCEPTIONS!!

Team Captains (or designate) will be responsible for bringing completed & signed team rosters to the registration with the minimum team required for your division. Roster & Registration information will be included in the Schedule Book distributed in May.

Team Captains are responsible to see that each athlete registers with photo ID and proof of employment (i.e. Human Resource letter or Pay stub). It is the responsibility of each participant to have the proper ID.

Players must register together as a team.

EQUIPMENT

Rubber or molded cleats, turf shoes, or running shoes may be worn. NO metal cleats.

Rubber cleats are recommended to help with movement on the field and avoid any falls due to low traction.

All games will take place outdoors. Players should be sure to dress according to the weather and be sure to bring enough water and food to keep them fueled through their games.

All other necessary game equipment, including a regulation size disc, shall be provided.

OVERVIEW

Ultimate is a non-contact disc sport played by two teams with the objective of scoring goals by catching the disc in the opposing team's end zone. A player may not run while holding the disc.

The disc is advanced by passing it to other players, and may be passed in any direction. If a pass is incomplete, a turnover occurs, resulting in an immediate change of the team in possession of the disc. Ultimate is self-officiated – Game Coordinators will be present to assist the flow of the game, however, players will be responsible for making their own infraction and boundary calls.

SPIRIT OF THE GAME - SPORTSMANSHIP GUIDELINES & EXPECTATIONS

TEAMS ARE EXPECTED, AT ALL TIMES, TO KNOW THE RULES, SELF-OFFICIATE THEIR OWN BEHAVIOUR, AND MAINTAIN THE HIGHEST LEVEL OF FAIR PLAY.

Spirit of the Game: Ultimate relies upon spirit of sportsmanship that places the responsibility of

fair play on the players. Competitive play is encouraged, but never at the expense of mutual respect among competitors, adherence to the rules, or the basic joy of play.

It is assumed that no player will intentionally violate the rules; thus, there are no harsh penalties for inadvertent infractions, but rather a method to resume play simulating what most likely would have occurred absent the infraction. In Ultimate, an intentional infraction of the rules is considered cheating and an offence against the spirit of sportsmanship. Players are responsible for their own foul and boundary calls and should resolve their own disputes. Each player is responsible for upholding the Spirit of the Game and this is their most important responsibility, on the field.

All teams should shake hands and cheer for their opponents at the end of each game in the spirit of fair play.

GAME COORDINATORS

A Game Coordinator will be present at each field and will be responsible for keeping track of the time and score. These individuals will also be responsible for stepping in to help resolve any rule confusion or disputes in order to keep the game moving. Players are to respect the authority of the game coordinators and should accept their instruction without dispute. Captains should meet with the Game Coordinator prior to the start at each game and should feel comfortable to approach them with any questions or concerns they may have.

PLAYING FIELD

The Field - A rectangular shape with end zones at each end. Orange cones will be used to mark the sideline with triangular cones used to mark the end zone. Anytime the disc is caught in the end zone, behind the end zone line, a point is scored.

GAME LENGTH

Games consist of two 20-minute halves with a 5-minute half time. Time is continuous and will be kept the by the Game Coordinator.

1-horn blast will be used to signal the start of the game

i. Games should begin immediate following this horn blast 1-horn blast will be used to signal the start of half-time

i. Players should complete the current point in play. The 5-minute half-time will commence at the end of the current point and will be tracked by the Game Coordinator.

2-horn blast will be used to signal the end of the game

i. Players should complete the point in the play. The team with the most goals at the end of this point is declared the winner.

ii. If teams are tied at the end of this point, the teams will play one more point. The final point will start immediately, just as any other point, with the team that just scored pulling to the other team.

The team that scores this point will be declared the winner.

GAME RULES

A. Starting and Restarting Play

1. Prior to the start of the game, both teams should send a representative to meet with the Game Coordinator and take part in a flip of the disc. The winner chooses to either receive the initial "pull",

or select the end zone they wish to defend first. The other team is given the remaining choice.

i. The second half begins with an automatic reversal of the initial choices.

ii. If the score is tied at the end of regulation, a secondary flip will be used.

2. After a point ends, players should begin the next point within 60 seconds.

3. After a turnover, a player on the team becoming offense may immediately pick up the disc and put it back into play by establishing a pivot foot in-bounds.

B. Pull

1. Play starts at the beginning of each half and after each goal with a "pull" - a player on the pulling team throws the disc toward the opposite goal line to begin play.

i. On a pull, players must remain in their end zone (not cross the goal line) until the disc is released.

ii. A pull may not be made until both teams indicate readiness by raising a hand.

iii. After the disc is released, all players may move in any direction.

2. No player on the pulling team may touch the disc (either in the air or on the ground) before a member of the receiving team touches it.

3. For the team receiving the pull:

i. If a member of the receiving team catches the pull on the playing field, that player must put the disc into play from that spot.

ii. If the receiving team allows the disc to fall untouched to the ground, and the disc initially lands inbounds:

a) if the disc stays in bounds the receiving team gains possession where it stops on the field

b) if the disc stops in the end zone, the receiving team gains possession on at the front of end zone in line with where the disc stops

c) if the disc lands on the field and rolls out of bounds the receiving team gains possession at the point nearest to where it crossed the out-of-bounds line.

iii. If the pull lands out-of-bounds the receiving team puts the disc into play in the middle of the field in line with the point on the playing field, excluding the end zone, nearest to where it crossed the out-of-bounds line.

4. Each time a goal is scored, the teams switch their direction of attack and the team that scored pulls to the opposing team.

C. Scoring

1. A 1-point goal is scored every time an in-bounds player catches a pass in the opposing teams' end zone.

i. The disc must be caught in the end zone before taking any steps. The end zone line does not count as part of the end zone, therefore the player must be past this line in order for the goal to count.

ii. The team that scores the point remains at that end zone, while the other team must walk to the opposite end zone to receive the 'pull'.

D. In and Out-of-Bounds

1. The perimeter lines themselves are out-of-bounds.

2. A disc is out-of-bounds when it first contacts an out-of-bounds area or anything which is out-of-bounds.

i. If the disc floats out of bounds but comes back into the field of play without touching anything, it is live and play carries on.

3. 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.

i. If a player makes a catch in-bounds and momentum then carries him/her out-of-bounds, the player is considered in-bounds (to continue play, the player carries the disc to the point where s/he went out-of-bounds and puts the disc into play at that point).

ii. A player who jumps from out of bounds to catch the disc is out of bounds, whether or not he lands inbounds.

4. The thrower may pivot in and out-of-bounds, provided that the pivot foot is in-bounds.

E. Turnovers

1. 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, the pass is incomplete).

ii. The marker's stall count reaches ten (10) before the throw is released.

2. When a turnover has occurred, the defence immediately takes possession of the disc and becomes the offence.

i. To initiate play after a turnover, the person picking up the disc must put it into play at the spot of the turnover (where the disc lies on the field). 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.

F. The Thrower

1. The thrower must establish a pivot foot and may not change that pivot foot until the throw is released.

2. The thrower may pivot in any direction, but once the marker has established a legal defensive position, the thrower may not pivot into him/her.

3. The thrower may advance the disc in any direction by completing a pass to a teammate.

G. The Marker

1. Only one player may guard the thrower at any one time; that player is the "marker."

2. There must be at least one disc's diameter between the bodies of the thrower and the marker at all times.

i. The marker may not straddle the pivot foot of the thrower.

ii. The marker cannot position his/her arms in such a manner as to restrict the thrower from pivoting.

3. The marker may not make contact with the disc when it is in the thrower's hand and may never use their feet to block a throw.

4. Stall count: The period of time within which a thrower must release a throw.

i. A player in possession of the disc has 10 seconds to release a throw.

ii. The marker must be within 10 feet of the person with the disc before beginning the stall count.

iii. The stall count consists of the marker counting to 10 audibly at one second intervals (e.g. "stall one, stall two, stall three...") The count should be loud enough so that the thrower can easily hear, but does not have to be so loud that the whole field can hear.

iv.If the thrower has not released the disc by the count of 10, a turnover results. If this call is disputed, the thrower gets the disc back with the stall count coming in at “stalling 8.”

v.If the defense switches markers, the new marker must restart the count at one.

H.The Receiver

1.After catching a pass, the receiver must come to a stop as quickly as possible and establish a pivot foot.

2.If offensive and defensive players catch the disc simultaneously, the offense retains possession.

I.Positioning

1.Each player is entitled to occupy any position on the field not occupied by another player.

2.Picks: No player may establish a position, or move in such a manner, so as to obstruct the movement of any player on the opposing team; to do so is a pick.

3.When the disc is in the air, players must play the disc, not the opponent.

4.Each player has the right to the space immediately above him/her. A player who has jumped is entitled to land at the same point of take off without hindrance by opponents.

J.Fouls and Violations

A foul is the result of physical contact between opposing players; a violation generally is any other infraction of the rules. When an infraction (a foul or violation) occurs:

1.Making a call:

i.If a player is involved with an infraction, they loudly call out the infraction (e.g., “Travel,” “Foul,” “Fast Count”, etc.) so that all players on the field can hear.

ii.After a call, play stops and players remain stationary until the parties involved have resolved the call.

2.Resolving a call:

i.A player called for an infraction may either acknowledge that the call is correct by saying “no contest”, or dispute the call by saying “contest” if that player believes that s/he did not commit the infraction.

If after discussing a call the player who made the call realizes that they were incorrect and that no violation occurred, this player may retract their call.

ii.If a call is not disputed, play resumes in a way simulating what most likely would have occurred without the infraction. i.e. 1) If a thrower was fouled while throwing and the pass was incomplete, the thrower gets the disc back with a new stall count, or 2) If a receiver is fouled while attempting a catch and the pass is incomplete, the receiver gets the disc at the point that the foul occurred.

iii.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. iv.

Game Coordinators have the authority to step in to help resolve calls by clarifying any rule confusion and will help with establishing disc and player position before resuming play when unclear. If a call is not resolved within 30-seconds of play being stopped, Game Coordinators will approach to help keep the game moving.

3.Violations include:

i.Foul: Contact between opposing players.

It is the responsibility of all players to avoid contact in any way possible. Dangerous behaviour/impact or reckless disregard for the safety of fellow players is always a foul in Ultimate

and must be strictly avoided.

A foul can only be called by the player who has been fouled and must be announced by calling the word "Foul!" loudly and immediately after the foul has occurred.

A certain amount of incidental contact may occur during the game, contact that does not affect the outcome of the play is not a foul (ie. light bumping shoulders after making a catch, or when changing direction). The fact that contact was accidental has no bearing on whether it was a foul.

The question is whether the contact impacted the play

No defensive player may touch the disc while it is in the hands of another player. If a defensive player does so causing the player to drop the disc, the player calls "Strip!", this may happen when a thrower is holding the disc or when a player is attempting to make a catch.

ii. Pick: Obstructing the movement of a player on the opposing team.

The obstructed player must immediately call "Pick!" loudly; play then stops, and it is resumed after the defensive player has caught up their distance and the disc is checked back into play.

Picks may happen accidentally when a defender is following a receiver and they have to stop or change their path because another offensive or defensive player crosses their path.

iii. Fast count: Called by the thrower when the marker counts at intervals of less than one second.

The marker should drop their count by one and adjust the speed of their count before they continue counting stalls.

Play does not stop for this call.

iv. Double-team: Called by the thrower when more than one defensive player is guarding the thrower within 10 feet.

The marker should drop their count by one and the secondary player within 10 feet must adjust their position to a legal distance before the marker can continue counting stalls.

Play does not stop for this call.

v. Disc space: Called by the thrower when if the marker is less than one disc diameter away from the thrower.

The marker should drop their count by one and should adjust their position to a legal distance before they can continue counting stalls.

Play does not stop for this call.

vi. Travel: When a thrower fails to establish a pivot foot at the appropriate spot on the field, and/or to keep in contact with that spot until the throw is released.

May be called by any player on the field who observes the travel happening.

If a player is called on a travel while in possession of the disc, play stops and that player must return to their position before the travel before play resumes.

If the player is called on a travel while in the act of throwing and the pass was completed. The disc is returned to the player who travelled and play is redone. If the pass was not completed it is a turnover.

K. Time-outs

1. Each team has one 2-minute time-out per half, this time will be kept by the Game Coordinator.

2. Time-out may be called only by the team in possession of the disc, except that either team may call time-out between points (after a goal, but before the ensuing pull).

3. No time-outs during overtime.

L.Substitutions

Players not in the game can only replace players in the game between points or during an injury timeout. There are no changes “on the fly”.

1.In the event of an injury on the field, “Injury” should be called out loudly and play comes to a stop and all players should remain in their position (unless helping the injured player). The injured player will then take a sub and the new player will start in the position of the player they are replacing. Once the substitution is complete, all players are back in position, and both team are ready play may resume.

INFRACTIONS - WARNINGS AND PENALTIES

Infractions in Corporate Challenge Ultimate are plays that may or may not be intentional, but are dangerous and/or unsportsmanlike and are considered to be serious offenses.

In minor cases, the player will be made aware of the infraction, should apologize and play continues

The Game Coordinator may eliminate any player from a game that they feel is continually abusing the rules and the spirit of the game.

The Game Coordinator may choose to sit or eject a player from a game for a single infraction depending on the severity of the offense.

The Sport Coordinator (s) and ECC will review these rulings for potential future action.

Corporate Challenge does reserve the right to review each situation on a case-by-case basis and if further action is warranted, it will be taken.

DEFAULTS

At game time any teams not meeting the minimum player requirements when the horn blows to begin the game will default the game. Defaults are recorded as 8-0.

POOL PLAY

No games will end in a tie. If the game is tied at the end of regular time, the teams will play one final point.

POOL PLAY TIE BREAKER:

In the event that there is a tie after pool play, the team that advances to the medal round is the team with the best record against the other team(s) involved in the tie.

Example: With four teams in a pool A vs. B = A Wins

A vs. C = A Wins A vs. D = D Wins C vs. D = C Wins

B vs. D = B Wins B vs. C = C Wins

In this case both teams A and C win two matches while B and D win one. In the game between team A and team C, team A won over team C so team A advances out of the pool.

If there is a three way tie where the records of the teams do not determine an outcome we will use a formula of Total Points For / Total Points For and Against with best average (percentage) advancing to the medal round. Only teams in the tie will be included in the calculations.

PLAYOFF TIE BREAKER

No games will end in a tie. If the game is tied at the end of regular time, the teams will play one final point.

TEAM CANCELLATION / NO SHOW PENALTY

Cancellations must be in writing either emailed or faxed to the Corporate Challenge office. If a team must cancel their participation in a sport, the Penalties are as follows:

LAST MINUTE CANCELLATION: (Within 48 hours of your event start time)

Teams that provide written notification (by email or fax) that they are canceling out of an event within 48 hours of the start of the event will be penalized 5 points. A company with participants who register at the event but are unable to register an eligible team will be considered a cancellation and the penalty will apply.

NO SHOWS: (No notification of cancellation)

A No Show will result in a 10-point deduction and disqualification from that sport for the following year. A NO SHOW is a team that has not provided any notification that their team is not participating in an event prior to start time of the event.

MISSING A GAME:

A company missing two (2) games throughout the tournament will be considered a Cancellation or No Show and the penalty will apply. PLEASE BE COURTEOUS, if you think your team will miss any games, please call the Corporate Challenge office with at least 24 hours notice so that we can inform the challenging team.

TEAM MEDALS

There will be a maximum of 10 medals awarded to each winning team. Extra medals are available for a fee after completion of the Games.