



ULTIMATE IN 10 SIMPLE RULES

1. **The Field:** A rectangular shape with end zones at each end. Our field is 60 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 VAVi game has eight players per team. A dropped pull remains in the possession of the receiving team.
3. **Scoring:** Each time the offense completes a pass in the defense's end zone, the offense scores a goal. 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. There can be only one defender guarding a thrower ... no double teaming.
5. **Change of Possession:** When a pass is not completed (e.g. out of bounds, drop, block, interception), the defense immediately takes possession of the disc and becomes the offense. A dropped pull remains in the possession of the receiving team.
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. A VAVi coordinator will make a ruling, if players are unable to resolve their own disputes.
10. **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.

VAVi Ultimate follows the guidelines of the Ultimate Player's Association 11th Edition Rules. Please visit <http://www.upa.org/ultimate/rules> for an entire list of the rules. The following are the major points of the official rules with the following exceptions for our league:



HONESTY POLICY

The Official Rules of Ultimate 11th Edition describes how the game is played. It is assumed that no player will intentionally violate the rules; thus there are no harsh penalties for inadvertent infractions, but rather a method for resuming play in a manner that simulates what most likely would have occurred absent the infraction. In Ultimate, an intentional infraction is considered cheating and a gross offense against the spirit of sportsmanship. Often a player is in a position to gain an advantage by committing an infraction, but that player is morally bound to abide by the rules. The integrity of Ultimate depends on each player's responsibility to uphold the Spirit of the Game™, and this responsibility should remain paramount.

DESCRIPTION

Ultimate is a non-contact disc sport played by two teams of 7 players. The object of the game is to score points. A point is scored when a player catches any legal pass 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. Any time a pass is incomplete, a turnover occurs, resulting in an immediate change of the team in possession of the disc.

DEFINITIONS

Foul: Non-incident contact between opposing players. In general, the player initiating the contact has committed the foul. Fouls are called by the person who is fouled (normally the offense). Good sportsmanship should be used at all times. If you know you fouled some, you are obligated to call a foul on yourself (normally the defense).

Pivot: After a catch, the offensive player may pivot on one foot (as in basketball) to avoid the defender, but may not run with the disc.

Pull: The throw from one team to the other that starts play at the beginning of a half or after a point. It is not a legal pass for scoring. The player on the pulling team who possesses the disc and signals readiness is the puller. A dropped pull remains in the possession of the receiving team.

EQUIPMENT

VAVi will provide discs for this competition.

LENGTH OF GAME

Two 20 minute running halves will be played. Each team has two 30 second timeouts per game and may only call it after a score. There will be a 5 minute half time between halves. Because there is a time limit, teams may be inclined to "stall" when they get a lead. This is not in the spirit of the game. It is at the discretion of the coordinator to call a delay of game violation resulting in a turnover. In the event of a tie, a sudden death score will decide the game. The team with possession at the end of half time will receive the pull to start overtime.



PLAYERS

7 players from each team compete on the field.

- A normal game is 4 men and 3 women.
- If a team does not have 3 women present:
 - The opposing captain may choose to play 5 men and 2 women on the field (this game will count as a normal game)
 - The opposing captain may choose to play 4 men and 2 women on the field (this game will count as a normal game)
 - The opposing captain may choose to play 4 men and 3 women as normal. In this case the first team must play 4 men and 2 women (short one player and this game will count as a normal game).
- If a team does not have at least 2 women, the game will be declared a forfeit.

SUBSTITUTIONS

Players may substitute only after a score or during an injury timeout. There are no restrictions on substitutes as long as there are always at least 3 women playing.

SELF-OFFICIATING

Although there will be a coordinator available to discuss disputed calls, these games are self-officiated. The person who is fouled must audibly call a foul ... and is always given benefit of the doubt. Play resumes from the spot of the infraction. If the opponent strongly believes it was not an infraction, he/she may dispute the call and play is resumed from the play before the infraction ... yep, do-over ... just like elementary school! Players should resolve their own disputes. Play nice! If an agreement can't be reached, the coordinator will determine the fairest solution at his/her sole discretion. When in doubt the offense keeps possession or the point is counted.

PICKS

Picks are illegal. Offensive players may not intentionally disrupt a defensive player from guarding an opponent. They must give them freedom of movement.

COORDINATOR

There will be a coordinator whose primary job is timing and resolving disputes that arise.

ETIQUETTE

Always remember the spirit of the game. If you commit a foul, let your opponent know. If you think you were fouled, don't be afraid to call it. If there are disputes, resolve them quickly ... when in doubt the offense keeps possession. If a dispute can not be resolved ask the coordinator for help.

WIN THE GAME

The team with the most points at the end of regulation play is the winner. If there is a tie at the end of regulation, the team in possession receives the pull to start overtime and the first team to score wins the game (sudden death ... oh yeah).



PLAYOFFS

Top 4 teams make the playoffs. Seeds are determined by season standings.

TIE BREAKERS

In the event of a two-way tie, the following tiebreaker system will be used:

- Head-to-head match up
- If there is still a tie or if both teams played each other twice and both have a 1-1 record we will move on to Head-to-head point differential (Head-to-head points scored minus points scored against)
- Overall season point differential (Overall season points scored minus overall points scored against)
- If no clear winner is established a flip of the coin will establish the winner.

In the event of a three-way tie, the following tiebreaker system will be used:

- Head-to-head match up
- If the winner of the head-to-head match up can't be determined (ie. 2 teams played each other twice or each team has a 1-1 record), then the head-to-head point differential will be used and compared for all 3 teams. (ie. Average Points scored minus average points scored against). Whoever has the highest average point differential will take the higher playoff seed.

Average point differential will be used when two tied teams in the three-way tie played each other twice. If Team A and Team B played each other twice and Team C only played each team once, we will use the average score for Team A and Team B's two games. To determine this, we will add up the points scored for both teams in both games and subtract the points scored against. This number will then be divided by 2 to determine the average.

- Overall season point differential (Overall season points scored minus overall points scored against)
- If no clear winner is established a flip of the coin will establish the winner.

If one of these teams in the tiebreaker forfeits anytime during the season, that game will be counted as a 7-0 loss for the forfeiting team.

All other playoff scenarios that occur will be treated on a case-by-case basis by the Sports Director. The Sports Director has the final say on any disputes and will treat each situation in the fairest and most logical way.