

UCSSAL Official Rules

Ultimate

Ultimate Spirit of the Game

- All teams that wish to compete in the UCSSAL Ultimate Tournament are required to understand and abide by the following “Spirit of the Game” information. All players, coaches, administrators, spectators and others are expected to uphold the Spirit of the Game & the UCSSAL Code of Conduct at all times.
- From www.usultimate.org

"The integrity of Ultimate depends on each player's responsibility to uphold the Spirit of the Game, and this responsibility should remain paramount."

"Spirit of the Game. 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."

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.

Most Ultimate players care deeply about Spirit of the Game. The organizational challenge for USA Ultimate is to foster an environment where the challenge does not become, "to see what I can get away with". Rather than dictate what Spirit of the Game is or should be, it is up to each player to do so for him or herself within the context of the teams he or she plays with and against.

1. The golden rule: treat others as you would want to be treated.

Spirited games result from mutual respect among opponents. Assume the best of your opponent. Give him or her the benefit of a doubt. You would want the same for yourself. But if you are thick-skinned, do not assume that your opponent is. Maybe you should think of this rule as, "treat others as you would have them treat your mother."

2. Control: SOTG takes real effort.

SOTG is not just some abstract principle that everyone adopts and then games run smoothly without effort. Close calls are made in tight games. Hard fouls are committed. SOTG is about how you handle yourself under pressure: how you contain your emotionality, tame your temper, and modulate your voice. If you initiate or contribute to the unraveling of spirit, the concept falls apart quickly. If you act to mend things (or at least not exacerbate the situation) by following (1) above, the game heals itself.

3. Heckling and taunting are different.

Ultimate has a long tradition of good-natured heckling. Heckles are friendly barbs, typically from non-playing spectators. Heckling can be fun, but taunting is unspirited and wrong. Harassing remarks after an opponent's foul call or close play are NOT heckling: they are abusive taunts which create unpleasant playing conditions and often escalate to acrimonious disputes.

4. SOTG is compatible with championship play.

It is a fallacy to argue that the stakes are so important that some aspect of SOTG can be cast aside. Time and again, great teams and star players have shown that you can bring all your competitive and athletic zeal to a game without sacrificing fair play or respect for your opponent.

5. Don't "give as you got."

There is no "eye for an eye." If you are wronged, you have no right to wrong someone in return. In the extreme case where you were severely mistreated, you may bring the issue up with a captain, tournament director, or even lodge a complaint with the governing body. If you retaliate in kind, however, a complaint may be filed against you. We recall point (1): treat others as you would have them treat you, not as they have treated you. In the end, you are responsible for you.

6. Breathe.

After a hard foul, close call, or disputed play, take a step back, pause, and take a deep breath. In the heat of competition, emotions run high. By giving yourself just a bit of time and space, you will gain enough perspective to compose yourself and concentrate on the facts involved in the dispute (was she in or out; did you hit his hand or the disc; did that pick affect the play). Your restraint will induce a more restrained response from your opponent. Conflagration averted, you may resume business as usual.

7. When you do the right thing, people notice.

When you turn the other cheek, you know you've done the right thing. You may not hear praise, there may be no standing ovation, but people do notice. Eventually, their respect for you and their appreciation of the game will grow.

8. Be generous with praise.

Compliment an opponent on her good catch. Remark to a teammate that you admire his honesty in calling himself out of bounds. Look players in the eye and congratulate them when you shake their hands after a game. These small acts boost spirit greatly, a large payoff for little time and effort.

9. Impressions linger.

Not only does the realization that your actions will be remembered for a long time serve to curb poor behavior, it can also inspire better conduct. Many old-timers enjoy the experience of meeting an elite player who remembers their first rendezvous on the field and recalls the event in detail. A good first encounter with an impressionable young player can have considerable long term positive impact.

10. Have fun.

All other things being equal, games are far more fun without the antipathy. Go hard. Play fair. Have fun.

UCSSAL Ultimate Basic Rules

1. The field: We will compete on a field that is level, and *close to* 70 yards by 40 yards, with endzones 25 yards deep. The field will be marked with cones or painted lines.
2. Initiate Play: Each point begins with each team lining up on the front of their respective end zone line. The defense throws ("pulls") the disc to the offense.
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 ("marker") the thrower 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. Coaches are required to act as field monitors to assist athletes in self-officiating and resolving 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.

Additional UCSSAL Ultimate Rules

1. A regulation game has 7 players on the field per team. Each team roster in the UCSSAL cannot exceed 15 players. Complete rosters must be submitted to a UCSSAL director 7 days before the first day of the tournament.
2. Teams are Coed. Each team must have a minimum of 3 girls playing on the field at all times. If there are not 3 girls available to play, those positions must remain empty on the field.
3. Only players in 6, 7, 8, or 9th grade and enrolled at the school of the team they are playing on are eligible to participate.
4. No more than four 9th graders on the same team may play on the field at the same time.
5. If a school competes with multiple teams, their rosters must be 100% separate. There cannot be any individuals competing on multiple teams.

6. Games will consist of two 20 minute halves, running clock. 5 minute half time. Teams will switch field halves at halftime.
7. First "pull" will be decided by a coin (or frisbee) toss between the two coaches, the "pull" will switch to the other team at the start of the second half.
8. Players must have matching uniforms/shirts that identify them as a team.
9. Cleats with non-metal spikes are allowed, but not required.
10. The UCSSAL Code of Conduct must be followed at all times by players, coaches, administrators, spectators, and all others.
11. Aggressive play is not tolerated. Aggressive play includes (but may not be limited to): swearing, taunting, pushing, shoving, hitting, kicking, tackling, holding, tripping, fighting, etc.
12. Aggressive play will result in the offender being removed from the game, without the option of returning to play in the game. UCSSAL representatives will be present to help coaches enforce aggressive play. Warnings may or may not be given prior to removal at the league's discretion.
13. UCSSAL decisions on matches, fouls, aggressive play, disqualifications, ejections, and all other issues are final and cannot be reversed after the conclusion of any game.

*See the league website for tournament date, location, times, seeding, etc.

*No refunds for this event will be given for any reason.

*At this time, the league does not put any stipulation on try-outs or practices for Ultimate.

*Trophies will be awarded to 3rd, 2nd, and 1st place teams.