

## FREDERICTON ULTIMATE (FU) LEAGUE RULES FOR 2010 LEAGUE

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The purpose of FU's summer co-ed league is to provide players of all abilities with a fun, safe and spirited experience playing ultimate. The following rules should be observed at all times during games. Failure to observe these rules or poor sportsmanship in general may result in players being expelled from the league. If you feel that a player or team within the league is not observing the rules or is exhibiting poor sportsmanship please inform the league coordinators of the situation so we can address it.

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**Rules of the game** All team captains are expected to know the basic rules of the game and the definitions of calls; and to set an example of Spirit Of The Game (SOTG). If you are unsure of the rules please visit the Ultimate Players Association website ([www.upa.org](http://www.upa.org)) for a detailed list of the rules.

If a call is disputed (foul, pick, line, etc.) the players involved must try to resolve it within 30 seconds to avoid delaying the game. If the players involved aren't sure of the definition of the call they can ask their captains for assistance. If consensus can't be reached about a call within 30 seconds the disc will move back to the previous play.

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**Player etiquette** Players will avoid unnecessary roughness or intentional contact during games. Unintentional or incidental contact may sometimes occur when two players bid for a disc. When this happens players must show respect to their opponents and observe the appropriate rules regarding contact (fouls, picks, strips, etc.) Players will refrain from yelling, profanity or otherwise rude behaviour when making or contesting a call.

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**Appropriate footwear** Players will wear appropriate athletic footwear, i.e. sneakers or cleats, during games. No sandals or bare feet. Players who do not have the appropriate footwear at game time will not be allowed to play. The captains of both teams must ensure that the players on their teams are wearing appropriate footwear at all times. Please inform the league coordinators if a player refuses to don proper footwear. *This is a safety issue and is non-negotiable.*

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**Game start times** If a team is not ready to start their game within 10 minutes of the scheduled start times (unless the captains agree to start a few minutes late), the late team forfeits the game.

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**Game end times** Games are one hour in length or 13 points, whichever comes first.

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**Gender ratio**

The gender ratio for all games must be 4 men/3 women at all times. This means the **minimum** number of women on the field at any time must be **3**; and the maximum number of men allowed on the field at any time is **4**. This rule applies throughout the summer, including playoffs, no exceptions. If a team cannot field 3 women on the line at all times the team will either: 1) Default their game; or 2) Play with one less player so as not to exceed the 4-men maximum. For example, if a team has only 2 women, then they can play 4 men and 2 women. The minimum number of players required for any game is 6 players, 2 of which must be women. **Anything less is an automatic default.** The teams can agree to play anyway for fun, however the default stands regardless.

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**Pickups/  
new players**

All new/extra players must be approved by the league coordinators. The coordinators will assign new players or pickups to teams according to need and/or the individual's preference (i.e. wants to play on a friend's team). The coordinators reserve the right to refuse a team's request for a pickup or late addition to the team (i.e. during playoffs).

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**Foot blocks**

Foot blocks while marking the disc are not allowed. If a player foot blocks another player he/she is marking it is an uncontested foul.

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**Zones**

Zone defence is not allowed in the first 3 weeks of games. Once the tiers have been set it is between the captains to decide before the game start if they are allowing zone or not.

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**Poaching**

Players may not poach during man-on-man defence points. **NO EXCEPTIONS.** If a player is observed poaching he/she will be given a warning, then suspended for the remainder of the game (or from his/her next game if the poaching occurred during the last point of the game). "Poaching" on defence means leaving your mark during man-on defence in order to cover an area of the field.

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**Safety**

Captains should take the time to point out any hazards near the playing fields, i.e. sudden drop-off on one side of a field, goal posts, etc. If players are chasing a disc near a hazard captains should tell the player to stop to avoid a collision – common sense.

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**Thank you and have a great season !**

