

# **CITY OF MONTEREY**

## **Adult Ultimate Frisbee League**



## **RULES AND REGULATIONS**

It is the responsibility of each team manager to thoroughly cover all Rules & Regulations with their team members before league play begins.

The following rules shall govern all adult teams and leagues playing under the jurisdiction of the City of Monterey Recreation Division (MRD).

## Section 1 – Playing Field and Equipment

1. The field is 90 yards long and 30 yards wide, and consists of a 60-yard playing field and two 15-yard end zones.
2. Discs are provided by MRD. Teams must use a provided MRD Disc for all scheduled games.
3. Players must wear closed toe shoes. Cleats are allowed, however no metal spikes are allowed.
4. **Uniforms** – All teams must wear assigned colored shirts as shown on game schedule. **Dark** shirts are considered Black or Navy Blue, **Light** shirts are considered White or Ash Grey. Players must remove all watches and jewelry before play begins.

## Section 2 – Team Rosters

1. Team rosters will consist of 16 active players.
2. Players may be added or dropped from rosters through the last game of league play. Any players who have not participated in at least one (1) game of regular league play will be ineligible to participate in the playoffs.
3. Games will be played with 7 players on the field for each team. A minimum of five (5) players are required on the field at all times.
4. All players in the MRD Adult Ultimate Frisbee League must be listed on the roster of the team they are playing for. Failure to do so will result in a forfeiture of all games played by the illegal player.
5. Players may play on one team only during league and tournament play. Players will be dropped from all other teams other than the one in which they can legally play. Once dropped, their roster spot can become available for another eligible player to occupy.
6. All players must sign the roster or register online before playing their first game of the season. It is the team captain's responsibility to verify that each player has signed the roster and waiver form before any game is played. Players who have not signed the roster may not play until doing so. Any player, who has not played a regular season game and has not signed the roster at the conclusion of the regular season, will not be eligible for the playoffs.
7. Any player playing under an assumed name or AKA is illegal. Any player violating this rule will be immediately suspended for the remainder of the season and all games being forfeited in which the illegal player participated in.
8. All players must be eighteen (18) years of age or older on the day league play begins. The scorekeeper and/or referee have the right to ask any player for proof of age by requiring them to submit their ID before they play.
9. Individuals participating in the activities sponsored by the MRD do so at their own risk. The MRD cannot be held liable for any personal injury or property loss/damage.

## Section 3 – Observer

1. The MRD will provide an official observer and scorekeeper for each scheduled game.
2. Observers and scorekeepers are representatives of the MRD, as such they are authorized and required to enforce all applicable rules and regulations without contestation.

## Section 4 – League/Game Rules

1. All players must check in with the scorekeeper prior to the start of each game in order to be added onto the team line-up.
2. Teams must have at least five (5) players ready to play five (5) minutes after the official start of the game. If games are running late, then players must be ready to play five (5) minutes following the end of the previous game. Failure to comply with these provisions may result in a forfeit. Should a team forfeit two (2) games during the course of the season, they may be dropped from league play depending upon the circumstances surrounding the forfeiture. Teams with two forfeitures who continue to play will be ineligible for the playoffs.
3. The Home team for each game is listed second on the game schedule and will be given the option to receive the disc at the start of the game or the start of the second half.
4. Halves will start with a designated team throwing the disc from within their own end zone. All players must remain in the teams' end zone (behind the goal line) until the disc has been thrown. If a player crosses the goal line prior to the disc being thrown they are considered off-sides. 2 offside penalties in a game will result with the receiving team starting with the disc at mid field.

4b. The receiving team must start with all of their players in their own end zone. All players must remain in the teams' end zone (behind the goal line) until the disc has been thrown. If a player crosses the goal line prior to the disc being thrown they are considered off-sides. 2 offside penalties in a game will result with the throwing team starting with the disc at their goal line.

5. Players on the throwing team may not touch the disc in the air before a member of the receiving team touches it. If this occurs, a re-throw will be issued.
6. Any time a disc makes contact with the ground or travels out of bounds, it will result in a turnover and change of possession.
7. If a receiving player touches the disc before it hits the ground and the disc then hits the ground, it is considered a dropped disc and results in a turnover.
8. Substitutions can be made any time a team scores a goal, at half time or when a timeout is called.
9. **Game Time** – Games will consist of two (2) 25-minute running halves.  
The clock will only stop when:
  - Either team uses one of its time-outs, or when a goal is scored in the last 2 minutes of each half.
  - In the last 2 minutes of a half, the clock will not start until the Frisbee has been put into play.The Official has the right to stop the clock, or not to do so, if deemed necessary or appropriate.
10. Halftime is five (5) minutes long.
11. Games will be finalized when the time runs out at the end of the second half.
12. **Time-Outs** – Each team is allowed two (2) time-outs per half. Time out durations are one (1) minute each. Teams may call a time-out only when they are in possession of the disc. Unused time-outs will not rollover.
13. **Scoring** – A goal will be worth 1 point. The final score at the end of the second half will determine the winner.
  - Tied games will stand during regular season games. Tie games at the end of the time limit will be recorded as 1/2 win and 1/2 loss for each team.

- For playoff games; if the score is tied at the end of the time limit, teams will play overtime. Receiving team will be determined by a coin flip and both teams will have a minimum of one (1) offensive possession. If the receiving team scores first, the opposing team will have a chance to score on their possession. After this, the next team to score wins. If the receiving team fails to score on their first possession, the next team to score will win.
  - A 15-point Mercy rule will be in effect for all regular season games. Teams may continue playing out the remaining time on the clock once the 15 point lead has been met. However, the score will stand at a 15-point advantage and there will be a running clock for the remainder of the game (no stoppage).
14. **In & Out of Bounds** –The entire field is in bounds. The perimeter lines are not part of the playing field and are out-of-bounds. Any player who comes in contact with the perimeter lines is considered out-of-bounds. The following exception applies:
- If momentum carries a player out-of-bounds after landing in-bounds with possession of an in-bound disc, the player is considered in-bounds. For this exception to apply, the player’s first point of ground contact with any area must be completely in-bounds.
15. A player is considered in-bounds if their first point of contact is in-bounds while having complete control of the disc.
16. All discs that travel out-of-bounds will be put back into play at the spot in which the disc went out-of-bounds.

**Offense –**

17. An offensive team may begin their attack once they have received the disc from the “throw off.”
18. After catching a pass, a player is required to come to a stop as quickly as possible and establish a single pivot foot. Players may not advance the disc by running, walking or jumping in any direction once they have gained possession of the disc.
19. If a player catches the disc while running or jumping the player may release a pass without attempting to stop and without setting a pivot, provided that:
- The player does not change direction or increase speed while in possession of the disc; and
  - The pass is released before three additional points of contact with the ground are made after possession has been established.
20. If offensive and defensive players catch the disc simultaneously, the offense retains possession.
21. A player may bobble the disc in order to gain control of it, but purposefully bobbling; including tipping, delaying or guiding the disc to one’s self in order to advance the disc in any direction from where it initially was contacted is considered traveling.
22. If the person with possession of the disc is being marked by a defender, the offensive player will be given 10 seconds to release the disc. The observer will be the official counter and will determine whether or not a player is being marked. Failure to release the disc within 10 second will result in a turnover.
23. There is no blocking or picking by any offensive players. Any attempt to block or set a pick on a defensive player anywhere on the field will be considered a penalty. This includes running routes directly into the defensive players. This will result in the Frisbee going back to the original spot of the throw.
24. A goal is scored when an in-bounds player catches any legal pass in the end zone of attack, and retains possession of the disc.

**Defense -**

25. Defensive players may intercept, deflect or knock down any disc in flight as long as they do not foul a player of the offensive team.
26. A defensive player marking the offensive player with possession of the disc must remain a minimum of 1 foot away from the offensive player and give them a "throwing lane." They are also prohibited from blocking the vision of the thrower.
27. If a turnover results in a team gaining possession in the end zone that they are defending, the player in possession may start the offensive attack from the spot of the turnover, or, may advance the disc to the goal line before beginning their offensive attack.

## **Section 5 – Penalties**

1. Any time a penalty is called, play stops and the disc will be placed at the spot of the foul. An "uncontested" foul occurring in the end-zone will result in a score for the offense. A "contested" foul occurring in the end-zone will result in the Frisbee being placed at the goal line. The official will always have the final judgement call.
2. A foul will be called any time a player on either team hits, trips, pushes, holds, or makes any form of contact with the opposing player that is determined to be unnecessary, excessive or unsportsmanlike.
3. A foul made by an offensive player will result in the disc returning to the offensive team at the spot of the original throw.
4. Blocks or picks by the offensive team may be called by the defensive player however the observer will have the final say in all foul calls.
5. Slapping the disc out of the hand of a player who has possession of the disc is considered a penalty.
6. If the defensive team commits a penalty but the offensive team proceeds to catch the thrown disc, the offensive team will be given the option to ignore the penalty and continue play from the spot in which the player caught the disc.
7. A penalty will be called if the thrower catches a disc thrown by his or her self. However, it is not a penalty if another player touches the disc during flight and the thrower catches the deflection.

## **Section 6 – Protests**

1. Protests based on a judgment call from an referee WILL NOT be considered. Protests must be based on official USA Ultimate 11<sup>th</sup> addition rules/regulations, or an official ground rule interpretation.
2. Whenever a matter of protest arises during a game, the manager or his/her designated representative, must immediately notify the referee, the opposing manager, and the official scorekeeper of the intent to protest before the play. Formal protests must include the date, time, and location of the game as well as the name of the referee, scorekeeper, and managers. Protests must refer to a specific citation and be delivered to the MRD by 12:00 noon the following day. Protests involving the eligibility of players will be decided by the MRD. Protests will not be accepted on the field nor will they be accepted after the last game. In all eligibility protests, the burden of proof lies with the protesting manager.

## **Section 7 – Cancellations**

1. Only the MRD may make changes to the league schedule. Any team that foresees a conflict with their schedule is to notify the MRD forty-eight (48) hours prior to the start

of the game so that the MRD can notify the scheduled opponent. Failure to notify within the specified time will result in a forfeit.

2. All forfeited games will result in a 10-0 score. Any team that forfeits 2 or more games may be removed from the league at the league coordinators discretion.

## **Section 8 – Playoffs**

1. Each team will play a minimum 6 game guaranteed regular season. With an end of the season playoffs awarded to the top 4 teams.
2. League games and playoff formats will be determined before league play begins and will be stated on the league schedule. League games and playoffs will be in the interest of all teams.
3. Players on the roster who have not played at least one (1) game; and signed the waiver, will not be eligible for the playoffs.
4. Each Division winner will receive a Sponsor's Award and all players will receive individual awards.
5. In the event a winner is not declared by overall record, the following will be used to decide all ties; 1) Head to head competition during league play; 2) Total goals GIVEN UP during season; 3) Total goals SCORED during season; 4) Single elimination playoff. Home team will be determined by the higher seeded team during the playoffs.

**The MRD reserves the right to add or delete any rules of the game, which the department deems necessary for the good of the program, before, during or after the completion of the season.**

## **Section 9 – Player Conduct Rules**

1. The manager or his/her designee is the official representative of the team. As such, they are responsible for the eligibility, conduct, and sportsmanship of all players on the roster.
2. Smoking is prohibited in all City parks and playgrounds.
3. Alcoholic beverages are prohibited at all times on City owned facilities. Failure to comply with this provision will result in forfeiture of the game and possible suspension from the league.
4. There will be zero tolerance for any unsportsmanlike conduct, including trash talk, verbal abuse and rough play. Offending players may be ejected from game and/or league play.
5. Any player who commits multiple penalties throughout the course of the game may be ejected from the game and/or league play.
6. Players/teams may be suspended and/or ejected from game field any time before, during or after game. Suspended players/teams must leave the facility upon ejection and are not allowed to attend any games in which they are suspended from.
7. A player who is ejected from (2) two games during the course of a season will be suspended for the remainder of the season.
8. No player or manager shall at any time lay a hand upon, shove, or strike an official. It is a felony to do so. Officials are required to immediately suspend a player from further play and report such player to the MRD Sports Coordinator. Any player violating this rule will be banned for life from participating in City sponsored recreation leagues.
9. No player shall refuse to abide by an official's decision. Any player not abiding by this rule will be immediately suspended from further play and reported to the MRD Sports

Coordinator. Suspended players MAY NOT resume play until a disposition has been rendered by the MRD. Players face a minimum of probation for the remainder of the season and a maximum of a two game suspension in addition to the probationary period.

10. All players and managers are expected to treat officials with dignity and respect. Any inflammatory, degrading, or otherwise offensive remark will result in an immediate removal from the game. Second guessing or questioning an official's decision will not be tolerated. Players and/or managers not abiding by this rule may be placed on probation for the remainder of the season or suspended depending on the severity of the infraction.
11. All players and managers are expected to conduct themselves in a manner consistent with the principles of good sportsmanship. Offensive body language, profanity, or any other unsportsmanlike conduct will result in an immediate removal from the game. A two game suspension and season long probation may also be issued by the MRD.
12. At no time will players or managers verbally or physically accost other players, managers, or spectators. Any player or manager violating this rule will be immediately suspended and reported to the MRD Sports Coordinator. Any player suspended will remain so until a disposition has been reached by the MRD.
13. Under no circumstances will any player or manager appear on the field of play while under the influence of alcohol/drugs. The presence of alcohol on one's person will also not be tolerated. Players taking prescription medications that alter one's ability to think and react clearly should not play. Any violation of this rule must be reported to the MRD Sports Coordinator immediately. Players violating this rule will receive a minimum of a two game suspension with season long probation, or a maximum of season long suspension.
14. Any player ejected during a post season game will automatically be suspended for the remainder of the season in progress.

**NOTE: 1) Any player being placed on probation for the remainder of the season and reported again for violating the "Code of Conduct" or any other applicable rule will be suspended for the remainder of the season; 2) any player being suspended at the end of the season must complete the suspension at the beginning of the next season the player participates in; 3) any player removed from a game must leave the facility immediately. Failure to do so will result in the suspension for the remainder of the season and forfeiture of the game in progress; 4) Players being placed on suspension will be suspended from ALL MRD leagues; 5) City Ordinance No. 1722 C, prohibits alcoholic beverages in or on facilities in which the Monterey Recreation and Community Services Department programs are held; 6) Health and Safety Code sec. 104495 prohibits smoking in all City parks and playgrounds.**