

FCA SPORTS CO-ED ULTIMATE FRISBEE RULES

I. PURPOSE

The Ultimate Frisbee program is an integral and vital part of FCA SPORTS. It is designed to provide good and wholesome fun as well as minister to the participant's needs. In all that we do, we strive to bring others to know about the salvation that is ours through Jesus Christ.

II. GENERAL

1. The co-ed league will be open to all men and women – 18 years old and above
2. No participants may be admitted into the league once season play has begun unless approved by the FCA Staff.
3. Whenever possible, a captain should be a church member. In all cases, the captain should be a Christian.

III. CONDUCT

1. All actions of players and spectators are expected to be in accordance with Christian spirit and principles.
2. No smoking, vaping or tobacco use of any kind will be allowed on property.
3. ABSOLUTELY NO FIGHTING OR FOUL LANGUAGE WILL BE PERMITTED. Any such cases will be handled by the FCA Director and/or the field supervisor and will result in expulsion from the game and possible suspension from the league.
4. Players resolve their own disputes over foul calls but must be done in a mature, Christ-like manner. Any player that makes any inappropriate comment to another player about his/her call will be immediately expelled from the game. The field supervisor has the authority to enforce this. If this occurs more than once during the entire season, you will be suspended from the league.
5. 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.
5. Any player that is ejected from a game will automatically be suspended from all activity concerning the team until a review can be made by the staff.

IV. GAMES

1. Both teams will position on the closest sideline of the ultimate field. Home team on the left side while away team is on the right side. The home team will be listed second on the playing schedule.
2. If this is available, an equal amount of time for warm-up will be given. In all cases, spectators or players will not be permitted on the field when other teams are playing.
3. Each game will begin with a prayer conducted at mid field. The captain or a player of the home team will be responsible for the prayer. A short 3–5-minute devotion will be held at halftime. The home team is also responsible for the devotion.
4. A game will be forfeited if either team is not present five (5) minutes after the scheduled starting time. This rule applies to only the first game of evening. All others must be ready to play at game time. A team must be able to field at least six (6) players in order to start a game.
5. 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 game has seven players per team on the field.
6. Each time the offense completes a pass in the defense's end zone, the offense scores a point. Play is initiated after each score.
7. 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.
8. 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.
9. Players not in the game may replace players in the game after a score or during a timeout. Each team is allowed two (2) one-minute timeouts per half.
10. No physical contact is allowed between players. Picks and screens are also prohibited. A foul occurs when contact is made.
11. When a player initiates contact with 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.
12. Players are responsible for their own foul and line calls.
13. There will be a one-hour time limit for each game. Each game shall consist of 22 minutes per half with the clock stopping only on timeouts and injuries. The field supervisor will be the official timekeeper.
14. If a game is tied at the end of regulation, one overtime period of 3 minutes will

be added. If scores are the same at the end of overtime, the game results in a tie.

15. Each player is guaranteed to play a minimum of 22 minutes per game if they desire.
16. Any player that arrives after the start of the game forfeits his right to mandatory playing time.
17. The captain shall always be responsible for the team's conduct and observance of the rules
18. A field supervisor will be in charge of the field at all times to deal with problems, rule interpretations, and injuries. THE FIELD SUPERVISOR IS NOT A REFEREE.
19. Rain-outs will be made-up when possible.

V. Tournament Seeding

Seeding for tournament games will be determined as follows:

1. Overall record
2. Head-to-head record
3. Fewest goals allowed
4. Coin toss