

League Specific Rules for Carrboro Fall Ultimate League 2009 version

Regular season league games will be to 15, win by 2. The score required to win is subject to a soft cap and hard cap, after 80 minutes and 90 minutes of play, respectively.

After 80 minutes of play, the official will announce, "Soft Cap," resetting the number of points required to win the game and eliminating the win-by-two requirement. The Soft Cap is set at two more than the higher score if the game is tied or if the higher score is 13 or less; it is set at one more than the higher score if the higher score is 14 or more and the game is not tied. If a point is in progress, teams will complete it before the Soft Cap is calculated and takes effect. (A point is "in progress" at any time after the pull but before the score.)

After 90 minutes of play, the official will announce, "Hard Cap." Teams will complete the point in progress. If, once the point is completed, the game is not tied, then the game is over, with the leading team the victor. If the point in progress results in a tie, one additional point will be played to determine the winner.

If possible, tournament games will entail longer playing times.

Half-time will occur when 8 points is achieved by either team and will last 5 minutes. If both teams' captains agree, half-time can be shortened.

Games are to start at the time specified, or 5 minutes after the completion of the prior game, whichever is later. If one team is not ready to play at the scheduled start time for the game, point penalties will be assessed, 1 point for every 5 minutes. Teams may play with a reduced roster as opposed to waiting on additional players.

The gender ratio is dictated by the offense as either 5:2 or 6:1 (males:females). The defending team may choose to play more females than the offense, but not less. If a team has fewer than 2 female players for the game and cannot match up on a given defensive point, that team will play a person or persons short. Other options (such as playing 4:3 or picking up female players) must be agreed upon by both teams' captains.

During the regular season, captains and players on both teams are encouraged to make arrangements when there is low turnout to ensure teams have equal numbers of women and sufficient players so that no one plays more than he/she wants. Further, captains and players on each team are encouraged to ensure all players on a team get roughly equal playing time, unless a player desires less.

Captains will have at least one extra shirt assigned and shall bring it to every game. Players must wear a league-issued shirt in their team's color. Before league-issued shirts are available, players shall bring a white and a dark shirt to each game, and the color to be used by each team will be agreed on by captains.

Picking up players is strongly discouraged, but can be allowed if captains from both teams agree with prior email or phone approval. However, per Recreation & Parks

Department policy, all players must be officially registered and paid through the Department. Therefore, only players currently registered in the league may be picked up by other teams. Picking up players may only occur during the regular season.

Each team will have 1 time-out per half, plus one "floater" to be used in either half (3 total time-outs per team per game). Time-outs last 1 minute.

Once the soft cap is in effect, no time-outs may be called. (Note UPA *Rules* 11th Ed. VI.B.6: "If the disc is live or in play and the thrower attempts to call a time-out when the team in possession has no time-outs remaining, it is a turnover and play stops.")

Once a game has begun, the official will monitor and call time violations on the pull, with the penalties as specified in UPA *Rules* 11th Ed. VIII.C.4.

Initial possession will be determined by a coin flip or disc flip. The team winning the flip will decide whether to receive the pull at the start of the game or after half-time. The team losing the flip decides which endzone it will defend at the start of the game. After half-time, the teams will "mirror" the beginning of the game, with teams assuming opposite sides of the field and reversing offensive/defensive roles.

Captains will be responsible for keeping the level of play and any talk on the field fun and friendly. Any actions or words by a player on either team that are inappropriate to this atmosphere should be pointed out by players, captains, or the official and acted on if necessary. Examples are aggressive and dangerous play, rude actions/words, and any conduct not befitting the "Spirit of the Game." Additionally, all players are expected to conform to the Carrboro Recreation & Parks *Code of Conduct*. (Violations of the code of conduct may lead to suspension from play by the Recreation & Parks Department. A captain's recourse may include asking an offending player to sit out for a point.)

Disagreements on the field (e.g., disputing a call) shall not last longer than 15 seconds. If after 15 seconds, any two players continue to argue or are unwilling to resume play as outlined in the UPA *Rules*, they will be asked to leave the field and be substituted for.

A dropped pull (any pull that comes in contact with a member of the receiving team and then comes in contact with the ground) is a TURN-OVER. Likewise, all rules determining method of putting the disc into play after a pull will follow the guidelines of UPA *Rules* 11th Ed. VIII.B.

A Carrboro Recreation & Parks staff person (the "official") will be responsible for providing cones, setting up the field, announcing the beginning and the end of each half and of the game, instituting the coin-flip, noting possession as it will occur after half-time, keeping track of time-outs, monitoring time violations surrounding the pull, announcing the soft cap and the hard cap, and recording final scores.

For rules not specified above, please refer to the UPA *Official Rules of Ultimate* (11th Edition). These are available online at http://www.upa.org/ultimate/rules/11th_links

The Carrboro Recreation & Parks *Code of Conduct* is available online at <http://www.townofcarrboro.org/rp/PDFs/Rules/CodeofConduct.pdf>