



## Adult Indoor Ultimate Frisbee Rules & Regulations

### USA Ultimate Rules

The adult indoor ultimate league abides by the standard USA ultimate rules. See link below.

[https://www.usultimate.org/resources/officiating/rules/11th\\_edition\\_rules.aspx](https://www.usultimate.org/resources/officiating/rules/11th_edition_rules.aspx)

### Modifications

While the standard USA ultimate rules apply including the “contact call”, the following modifications take precedence.

- 1) “Make it, take it” - i.e. play never stops, therefore you must...
- 2) Substitute on the fly - as in Hockey or Lacrosse. Substitutions should only happen when the disc is live, not during non-injury calls. The player coming off should high five the player coming on towards mid-court.
- 3) Stall count starts at stalling 6 (still ends at first utterance of 10). Resuming stall counts: Contested stalls come in at 8, but any other off-disc calls come in at 6.
- 4) Ceiling, walls and lights are Out of Bounds (O.B.).
- 5) Basketball backboards within the cube of play are inbounds.
- 6) An O.B. disc that goes out through the end zone is put in play at the nearest line, NOT at the front goal line.
- 7) “Out'n in.” If your team recovers the disc within the end zone that you are now attacking, you must pass it out and back in to score (ie. No Callahans!).

### League Structure

- 4v4 league play
- Gender ratio = 3 males/1 female
- More than one female may play at any point and captains may elect to play 2/2 if both captains agree.
- Each team will have one match a week. A match consists of a timed game (two 20 minute halves with five minute half-time) and a score keeper.
- The game clock will start running at your assigned game start time, so show up early!
- No timeouts.
- If a game is tied at the end of regulation, an un-timed game-to-five will be played to decide the winner.

## Conduct Policy

All league participants are subject to the [Conduct Policy](#) for the Washington Area Frisbee Club. Players are expected to behave in a manner consistent with the ideals and vision of the "Spirit of the Game" of Ultimate Frisbee, which emphasizes sportsmanship and mutual respect:

*Spirit of the Game refers to how 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.*

Players who violate this policy are subject to review and possible sanction in accordance to WAFC's Conduct Policy.

## Inclement Weather Policy

When Montgomery County Recreation must close or cancel programs due to inclement weather or other circumstances related to participant and staff safety the first notification is made through Montgomery County's emergency notification system, [Alert Montgomery](#). Alert Montgomery provides accurate, immediate emergency notifications from Montgomery County to your cell, work or home phone, via text, email or voice message.

Real-time emergency updates can also be accessed at:

- [Recreation Website](#)
- 240-777-6889
- [Facebook](#)
- [Twitter](#)
- by calling the facilities directly.

Given that participants and employees often travel distances and weather conditions may vary considerably across the county, residents are advised to exercise caution and consider personal safety as the first priority.