

1. **FIELD POLICIES**

- a. Must wear closed toe athletic shoes and proper athletic attire. NO BARE FEET ALLOWED.
  - b. No food
  - c. No drinks, except water
  - d. No tobacco, drugs, or alcohol
  - e. No bikes inside the fence or on the turf stadium area.
  - f. No pets inside the fence or on the turf stadium area.
  - g. Spectators may not come onto the turf during a game.
2. A TEAM FORFEITING ONE GAME THEY WILL BE REMOVED FROM THE LEAGUE.
3. A player may play on only ONE (1) MEN'S or ONE (1) WOMEN'S team and/or ONE (1) CO-REC team. No exceptions. Players caught playing on more than one team will not be allowed to play for the remaining portion of that session.
4. **EACH PLAYER MUST PRESENT THEIR WITTENBERG ID CARD TO PLAY & MUST SIGN IN ON THE GAME SHEET AT THE SCORER'S TABLE.** Only those players present at the start of the game should be listed on the game sheet—late arrivals may be added.
5. **ALL TEAM MEMBERS SHOULD WEAR THE SAME COLOR SHIRTS.** If the teams cannot be easily identified by the officials they will be asked to wear pinnies.
6. Teams must be ready to play at the scheduled starting time. A team will forfeit the game if they do not have three (3) eligible players on the court. Failure to do so will result in a forfeit of the match.
7. A regulation game has seven players per team. Co-ed teams must have a minimum of three females on the field at all times.
8. **A REFEREE'S DECISION IS FINAL. ARGUING A DECISION WILL RESULT IN IMMEDIATE EJECTION FROM THE CONTEST.**
9. Self-Refereeing -- Players are responsible for their own foul and line calls. Officials will resolve disputes and score the game.
10. Non-contact -- No physical contact is allowed between players. Picks and screens are also prohibited. A foul occurs when contact is made.
11. Fouls -- When a player initiates contact on 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. The Field -- A rectangular shape with endzones at each end. A regulation field is 70 yards by 40 yards, with endzones 25 yards deep.



13. Initiate Play -- Each point begins with both teams lining up on the front of their respective endzone line. The defense throws ("pulls") the disc to the offense.
14. Scoring -- Each time the offense completes a pass in the defense's endzone, the offense scores a point. Play is initiated after each score.
15. Movement of the Disc -- 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.
16. Change of possession -- When a pass is not completed (e.g. out of bounds, drop, block, interception), the defense immediately takes possession of the disc and becomes the offense.
17. Substitutions -- Players not in the game may replace players in the game after a score and during an injury timeout.
18. Spirit of the Game -- 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.