



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

PLAY HARD
WORK BETTER
LIVE WELL
First Coast Games

ULTIMATE FRISBEE TOURNAMENT DETAILS

Tournament: Monday, May 21st – Friday 24th at 6:30 PM

Location: 9A Baymeadows Regional Park

Address: 8000 Baymeadows Cir E, Jacksonville, FL 32256

Event Director: Carlianne Nawrocki / cnawrocki@fcymca.org

Event Format: Competitive and Recreational

ROSTERS

Twenty (20) is the maximum number of players on a roster – seven total field players and thirteen substitutes. All teams must have a minimum of two (2) females on the field at all times. All players must sign a First Coast Games waiver to be eligible to play.

UNIFORMS

All teams are required to wear the First Coast Games t-shirt that is provided. There is no rule on the color of shorts. Shorts must be an appropriate length and must be worn properly. It is the tournament director's discretion to hold a player out of a game for inappropriate uniforms. No metal cleats will be allowed.

COACHES

Each team is allowed to have one person not in uniform in the bench area. That individual is not eligible to play in the game and must remain on the sideline during play.

SPECTATORS

Spectators will be asked to stay on the sideline opposite the players. First Coast Games staff asks that spectators stay at least 10 feet away from the sideline to avoid injury to themselves or the players.

Ultimate in 10 Simple Rules

1. **The Field:** A rectangular shape with end zones at each end. A regulation field is 70 yards by 40 yards, with end zones 20 yards deep.
2. **Initiate Play:** 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.
3. **Scoring:** Each time the offense completes a pass in the defense's end zone, the offense scores a point. Play is initiated after each score.
4. **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.
5. **Change of Possession:** 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.
6. **Substitutions:** Players not in the game may replace players in the game after a score and during an injury timeout.
7. **Non-contact:** No physical contact is allowed between players. Picks and screens are also prohibited. A foul occurs when contact is made.
8. **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.
9. **Self-Officiating:** Players are responsible for their own foul and line calls. Players resolve their own disputes.
10. **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.