



## SPRING WOMENS ULTIMATE LEAGUE

**Mondays, 3rd Oct - 19 Dec 2011, 6.30pm-7.10pm**

Auckland Rugby League – Cornwall Park, Puriri Dr, Greenlane

### **RULES**

- Teams are 5 a-side with substitutions from a larger squad allowed between points. We recommend about 8-10 players per team – you may need more if there are going to be players away for some weeks.
- **All teams must have 5 women on the field at all times.**
- Uniforms – Participants to have a light AND dark shirt, with team colours decided before play
- A standard 175g Ultrastar disc will be used.
- Footwear – cleats (football boots) or cross-trainers. No metal studs and no barefeet!
- Games will be self-refereed as per the standard rules of Ultimate.

### **COST**

Team entry is \$300 per team. This is payable to: Auckland Ultimate Incorporated. Westpac 03 0195 0256099 000. Use your TEAM NAME and SPRING WOMENS as your reference. Payment is required in advance – no pay, no play.

### **CONTACTS**

For any queries, contact:

Auckland Ultimate [auleague.register@gmail.com](mailto:auleague.register@gmail.com)

Or visit our website <http://www.aucklandultimate.org.nz/>

## SOME SIMPLE RULES FOR PEOPLE NEW TO ULTIMATE

1. **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.
2. **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. A regulation game has seven players per team.
3. **Scoring** -- Each time the offense completes a pass in the defense's endzone, 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), 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-Refereeing** -- Players are responsible for their own foul and line calls. Players resolve their own disputes.
10. **Marking** -- a marker counts in second intervals up to 10 on the thrower, after which it is a turnover if the thrower is still holding the disc.

Ultimate is a self refereeing sport, so it is important to know the rules. If you have questions about the rules or gameplay, ask your teammates or refer to the complete rules of Ultimate found here:

<http://www.wfdf.org/index.php?page=rules/index.htm>