



# Birmingham Ultimate Frisbee Coed League

## What is ultimate frisbee?

Ultimate Frisbee is a 7 on 7, **non-contact** sport. Each point starts with one team **pulling** to the other, (similar to a kickoff in football). You pass the disc between your teammates with the goal of catching in the opposing team's **end zone**. Once you catch the frisbee, you cannot run, you must **pivot** (similar to basketball). Ultimate frisbee is unique because there are no referees, it is **self governed**. If there is a foul, travel, pick or strip on the field, play stops, all players on the field stand still, and the involved players talk it out (like adults). Once the dispute is resolved, the disc is "tapped in" and play resumes.

## Spirit of the Game

"Spirit of the Game is a set of principles which 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. All players are responsible for knowing, administering, and adhering to the rules. The integrity of ultimate depends on each player's responsibility to uphold the Spirit of the Game, and this responsibility should remain paramount."

– USA Ultimate

## Our Goal

This league is deliberately meant to increase exposure of ultimate frisbee in the tri-county area. We are relying on key veterans in the ultimate frisbee community to participate in order to best show off how cool ultimate is.

## Rules & Guidelines:

- Field Size: 70 x 40 yards with 20 yard end zones.
- 7 v. 7
- **Stall 10**
- Two 40 minute halves. 10 minute half time.
- Games to 15. Half at 7, or half cap at 40 minutes.
- Every game starts with a disc **flip** between captains: (up/down). Pick O/D then/or pick side.



- **Gen Zone** and **Gender Ratio** are decided by the FMPs (Female Matching Players) before the game starts. FMPs control ratio. All ratios are okay ratios! Team Compromise! (6:1)(5:2)(4:3)(3:4)
- **Rule of Cool**
- Slap Hands/GGs at the end of every game!
- If a pull is dropped, it is technically a turn, but I will leave it up to the defense' discretion.
- **Self Governed:** When someone on the field makes a call, all play stops! Their defender can agree with the call (**uncontest**) or they can disagree with the call (**contest**). If they agree, play continues as is. If they disagree, the disc goes back to where it came from.
  - **Stall:** When a thrower holds the disc for longer than 10 seconds (The "t" in "ten").
  - **Foul on a thrower:** If someone hits your wrist/hand that prevents/effects your throw.
  - **Foul on a receiver:** If someone comes into contact with you which prevents your arm/hand from catching the disc.
  - **Pick:** If someone uses other players as obstacles to lose their defender. (Pick only can be called if you are within 10ft of the person you are defending).
  - **Strip:** If two people grab the disc at the same time, offense keeps possession. (A strip can only be called if the offense stops rotation of the disc).
  - **Dangerous Play:** a play that is purposely avoided because of potential dangerous contact by another player. For example: being blindsided by an opponent.

Full Rule Book Link: [Rules of Ultimate | USA Ultimate](#)

## How to Play Videos:

[How to Play \(6:46\)](#)

[What is a Mark/Force? \(5:22\)](#)



## **Offensive Strategy Videos:**

[Vertical Stack Offense \(2:24\)](#)

[Horizontal Stack Offense \(2:39\)](#)

## **Highlight Videos:**

[2024 Club Nationals Highlights](#)

[2022 Club Championships Highlights](#)

[2023 Con10ent Tour NY](#)

[D1 College Nationals Pool Play Highlights](#)