

MEMORANDUM FOR PROGRAM PARTICIPANTS

SUBJECT: Fort Bragg Sports Program, 2021 Commander's Cup Ultimate Frisbee Tournament

1. Reference. Army Regulation 215-1, 24 September 2014, Military Morale, Welfare, and Recreation Programs and Nonappropriated Fund Instrumentalities.

2. Purpose. To provide policies and procedures for the implementation of the Fort Bragg 2021 Commander's Cup Ultimate Frisbee League Tournament to be conducted September 7th-9th, 2021 Hedrick Stadium.

3. General.

a. Player eligibility.

(1) Only military ID cards are eligible to participate. Participants will be required to present their ID card prior to participating.

(2) If a protest results from the alleged use of an illegal player, and the protest is upheld, the offending team will be eliminated from the tournament. All protests will be filed and adjudicated by Sports Office and if necessary unit sports representative and chain of command.

(3) Once a player starts with a team, he/she must remain with that team during the entire tournament.

b. Team rosters.

(1) In order to participate, personnel must be identified on the team roster. Use of a non-listed player will be considered use of an illegal player and therefore constitute team elimination from the tournament.

(b) Team rosters are due prior to the first tournament game and rosters are limited to 12 members. Teams will be allowed to revise their roster throughout the tournament.

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#### 4. Rules.

##### a. Introduction

(1) **Description:** USA Ultimate Rules and Fort Bragg Sports by-laws will govern our league. Rules can be found at [https://www.usultimate.org/resources/officiating/rules/2020\\_2021rules.aspx](https://www.usultimate.org/resources/officiating/rules/2020_2021rules.aspx)

(2) Ultimate is a non-contact disc sport played by teams of seven players with the objective of scoring goals. A goal is scored when a player catches the disc in the end zone for which his/her team is attacking.

(2) This tournament will be self-officiated. Participants will be responsible for making their own infraction and boundary (including scoring) calls. A Fort Bragg Sports Specialist will be on hand to assist with any issues or concerns and will provide oversight to clear up rules violations and infractions.

(3) An attempt to unfairly disadvantage an opponent through physical contact is a foul.

(4) A player may not run while holding the disc. The disc is advanced by passing it to other team members. The disc may be passed in any direction. If a pass is incomplete (i.e., hits the ground, is caught out-of-bounds, or is intercepted by a defensive player), a turnover occurs, resulting in an immediate change of the team in possession of the disc.

b. Playing Field. The field is a rectangle, 120 yards x 40 yards including an end zone at each end. The distance from goal line to goal line is 80 yards and each end zone will be 20 yards deep.

##### c. Equipment.

(1) Rubber and molded cleats, turf shoes, or running shoes may be worn. No metal cleats.

(2) Players must remove all jewelry and teams must wear shirts or jerseys of matching color.

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(4) Any disc that is acceptable to both teams may be used. MWR Sports will have 170-175 gram competition discs available for play.

d. Players.

(1) A team consists of seven (7) players. Teams may, however, begin a game with as few as five (5) players.

(2) The league will be gender neutral. Teams may be comprised of both male and female players and there will be no requirement for both teams to play with same number of female players.

e. The Game.

(1) The game will consist of two 18-minute halves (running clock) with a 4-minute half time rest period.

(2) The clock will only be stopped for injuries and time outs. Each team will be given one time out (not to exceed 1-minute) per half.

(3) A coin toss will determine which team will receive the initial pull.

(4) Game time is forfeit time.

f. The Pull

(1) Play begins at the beginning of each half and after each goal with a "pull". A player on the pulling team throws the disc toward the opposite goal line. On a pull, players must remain in their end zone (not cross the goal line) until the disc is released.

(2) After the disc is released, all players may move in any direction.

(3) No player on the pulling team may touch the pull in the air before a member of the receiving team touches it.

(4) If a member of the receiving team catches the pull on the playing field, that player must put the disc into play from that spot.

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(5) If the receiving team allows the disc to fall untouched to the ground, and the disc initially lands inbounds, the receiving team gains possession of the disc where it stops if in-bounds or at the point on the playing field, excluding the end zone, nearest to where it crossed the out-of-bounds line.

(6) If the pull lands out-of-bounds the receiving team puts the disc into play at the point on the playing field, excluding the end zone, nearest to where it crossed the out-of-bounds line.

g. The Thrower.

(1) Any member of the offensive team may take possession of the disc.

(2) The thrower must establish a pivot foot and may not change that pivot foot until the throw is released.

(3) The thrower may pivot in any direction, but once the marker has established a legal defensive position, the thrower may not pivot into him/her.

h. The Marker.

(1) Only one player may guard the thrower at any one time; that player is called the "marker."

(2) The marker may not straddle the pivot foot of the thrower.

(3) There must be at least one disc's diameter between the bodies of the thrower and the marker at all times.

(4) The marker cannot position his/her arms in such a manner as to restrict the thrower from pivoting.

i. The Receiver.

(1) After catching a pass, the receiver may take only the fewest number of steps required to come to a stop and establish a pivot foot.

(2) If offensive and defensive players catch the disc simultaneously, the offense will retain possession.

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Exception: If the receiver catches the disc while running, he/she may throw a pass without coming to a stop, but only so long as he/she releases the disc before the third ground contact after catching the disc.

j. Stall count – refers to the period of time within which a thrower must release a throw.

(1) A player in possession of the disc has 10 seconds to release a throw.

(2) The marker must be within 10 feet of the person possessing the disc before beginning the stall count.

(3) The stall count consists of the marker counting to 10 audibly at one second intervals.

(4) If the thrower has not released the disc by the count of 10, a turnover results. If this call is disputed, the thrower gets the disc back with the stall count starting at 8.

(5) If the defense switches markers, the new marker must restart the count at one.

k. Turnovers.

(1) A turnover occurs when a pass is incomplete (dropped, hits the ground, is caught out of bounds, blocked, or intercepted). A receiver must retain possession of the disc throughout all ground contact related to the catch (if a player falls to the ground during a catch and drops the disc, it is incomplete).

(2) A turnover also occurs when the marker's count reaches the maximum number (10) before the throw is released.

(3) When a turnover has occurred, any member of the offensive team may take possession of the disc.

(4) To initiate play after a turnover, the person picking up the disc must put it into play at the spot of the turnover. If the disc landed out of bounds, the offensive player puts the disc into play at the point where it crossed the out-of-bounds line.

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I. In and Out-of-Bounds

(a) The perimeter lines are out-of-bounds.

(b) A disc is out-of-bounds when it first contacts an out-of-bounds area or any object/person which is positioned out-of-bounds.

(c) For a receiver to be considered in-bounds after gaining possession of the disc, the first point of contact with the ground must be completely in-bounds. If any portion of the first point of contact is out-of-bounds, the player will be considered out-of-bounds.

(d) If a player makes a catch in-bounds and momentum then carries him/her out-of-bounds, the player will be considered in-bounds. To continue play, the player will carry the disc to the point where he/she went out-of-bounds and puts the disc into play at that point.

(e) The thrower may pivot in and out-of-bounds, provided that the pivot foot is in-bounds.

m. Scoring.

(1) A goal is scored when an in-bounds player catches a pass in the end zone of attack.

(2) Each time a goal is scored, the teams switch their direction of attack and the team that scored pulls to the opposing team.

(3) The team with the most goals at the end of the game is declared the winner.

(4) If the score is tied at the end of regulation, a sudden death overtime period will be employed until one team scores. To begin an overtime period, teams must follow the requirements for starting the game.

(5) Following a score, play must re-convene within 90 seconds.

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n. Time-outs.

(1) Each team has one 1-minute time-out per half.

(2) Teams must be in possession of the disc to call time-out. Also, any team may call time-out immediately following a score.

(3) There will be no time-outs during the overtime period.

o. **Substitutions** may take place at any point during the game, however, for all substitutions made while play is proceeding, the outgoing player must touch hands with the incoming at midfield along the sideline. This exchange is not a requirement if substitutions are made following a goal or other stoppage in play (i.e., following an injury)

p. Fouls and Violations. A foul is the result of physical contact between opposing players; a violation generally is any other infraction of the rules. When an infraction (a foul or violation) occurs:

(1) The offending player loudly calls out the infraction (e.g., "Travel," "Foul," etc.).

(2) A player called for an infraction may contest that call (by loudly calling "contest"), if that player believes that he/she did not commit the infraction.

(3) After a call, play stops and players remain stationary until the parties involved have resolved the call.

(4) If a call is not disputed, play resumes in a way simulating what most likely would have occurred without the infraction. For example, if a thrower was fouled while throwing and the pass was incomplete, the thrower gets the disc back with a new stall count, or if a receiver is fouled on a reception attempt and the pass is incomplete, the receiver gets the disc at the point that the foul occurred.

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(5) If a call is disputed and the players cannot come to a resolution, the play is redone with each player returning to the position he/she occupied when the disputed infraction allegedly occurred.

(6) Infractions include:

(a) Foul: Contact between opposing players.

(b) Fast count: When the marker counts at intervals of less than one second.

(c) Double-team: When more than one defensive player is guarding the thrower within 10 feet.

(d) Disc space: If the marker touches or is less than one disc diameter away from the thrower.

(e) Travel: When a thrower fails to establish a pivot foot at the appropriate spot on the field, and/or to keep in contact with that spot until the throw is released.

(f) Strip: When a defensive player knocks the disc out of a thrower's hands.

(g) Pick: Obstructing the movement of a player on the opposing team.

q. Positioning.

(1) Each player is entitled to occupy any position on the field not occupied by another player.

(2) Picks: No player may establish a position, or move in such a manner, so as to obstruct the movement of any player on the opposing team; to do so is a pick.

(3) When the disc is in the air, players must play the disc, not the opponent.

(4) Each player has the right to the space immediately above him/her. A player who has jumped is entitled to land at the same point of take off without hindrance by opponents.



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5. Teams can register online at [www.fortbraggmwr.com/sports/](http://www.fortbraggmwr.com/sports/).

6. **The coaches meeting will be held Thursday, 29 July, 1800, Hedrick Stadium.**

7. Awards. Sports Branch will provide a team champion award and individual awards for members of the first and second place teams.

8. Please contact the sports office for more information or details at 910-396-1217/1218.