



COBB COUNTY PARKS DEPARTMENT

ULTIMATE FRISBEE LEAGUE

CONSTITUTION AND BY-LAWS

(Revised 12/9/24)

***Highlighted rules denote revisions made since the previous season. ***

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I. GAMES ORGANIZATION

- A. Cobb County PARKS Department is the governing body of this league.
- B. USA Ultimate rules will be used for this league and shall be adhered to unless contrary to the following Cobb County rules and regulations.
- C. All leagues are subject to doubleheaders.
- D. Each team is responsible for checking www.quickscores.com/cobbcounty for schedules, standings, and make-up game information. We will post this information to this website as soon as it becomes available.
- E. Description: Ultimate is a non-contact disc sport played by two teams of seven players. The object of the game is to score goals. A goal is scored when a player catches any legal pass in the end zone that the player is attacking. A player may not run while holding the disc. The disc is advanced by passing it to other players. The disc may be passed in any direction. Any time a pass is incomplete, a turnover occurs, resulting in an immediate change of the team in possession of the disc.
- F. Spirit of the Game: Ultimate relies upon a spirit of sportsmanship that 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. Protection of these vital elements serves to eliminate unsportsmanlike conduct from the Ultimate field. Such actions as taunting opposing players, dangerous aggression, belligerent intimidation, intentional infractions, or other win-at-all-costs behavior are contrary to the spirit of the game and must be avoided by all players.
- G. Captain's Clause: A game may be played under any variation of the rules agreed upon by the captains of the teams involved. In tournament play, variations are subject to approval by the event organizer. Such things as game length, field dimensions, number of players, and stall count can easily be altered to suit the level of play. Before a game starts, each team designates one captain to represent them in disagreements and arbitration.
- H. Event Organizer: The event organizer may modify rules relating to game logistics to suit the event. Examples include game length (game total), upper score limits (caps), time of game limits (time caps), halftime length, number of time-outs, starting time point assessments, uniform requirements, and observer operations. Any such change must be established before the competition starts.



II. 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. (Will use as close to dimensions as possible).
2. **Initiate Play:** Each point begins with both teams lining up in 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. The Stall count consists of announcing "stalling" and counting from one to ten loudly enough for the thrower to hear. The interval between each number should be at least one second.
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 with 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.

III. FIELD, EQUIPMENT, & UNIFORM

- A. A rectangular shape with end zones at each end. A regulation field is 70 yards by 40 yards, with end zones 20 yards deep. (Will use as close to dimensions as possible)



- B. Any disc acceptable to both team captains may be used.
- C. Athletic shoes are required. Metal cleats are not allowed.
- D. Players may wear any soft clothing that does not endanger the safety of other players or provide an unfair advantage.
- E. All players should wear similarly colored shirts distinguishing them from the other team.

IV. REFEREE/STAFF

- A. No referee will be provided. Players are responsible for their own foul and line calls. Players resolve their own disputes.
- B. Cobb County will have a supervisor on site. The supervisor will keep score, resolve any issues or disputes, and oversee all logistics of the league.

V. GAMEPLAY

- A. A ten (10) minute grace period is allowed on the first game of the night. The grace period is considered part of the game time. If a team cannot field a minimum of 5 players by game time it will result in a forfeit.
- B. Games will be played with 7 players on each team. 5 males and 2 females. (The captain's clause can be used to alter the number of players and the male-to-female ratio). The minimum number to start a game is 5 players. 1 of the 5 players must be female.
- C. Regulation games may be 1 hour, 1 hour 15 minutes, or 1 hour 30 minutes. Halftime will last 3 minutes. The time limit will be determined after registration closes and will depend on the total number of teams in the league.
- D. Caps are maximum score limits imposed before or during a game to limit the time required to declare a winner. The game ends when one team's score first reaches the cap. 1-hour games will be played to 13 points. 1 hour and 15-minute games will be played to 15. 1 hour and 30-minute games will be played to 17 points.
- E. Games played to 13 will have halftime when one team reaches 7 points. Games played to 15 will have halftime when one team reaches 8 points. Games played to 17 will have halftime when one team reaches 9 points.
- F. Hard time cap at 5 minutes before the end of the round. Hard cap: Finish the point in progress, the game ends unless the score is tied. If so, play will resume until the tie is broken. The clock will be set to 5 minutes short of the full game time at the start of the game, when the clock hits 0 then teams will be in their hard cap.



- G. If a game is shortened due to rain or other externalities, it will be ruled an official game once halftime is reached. If halftime is not reached, the game will be rescheduled and started over.
- H. If a player begins bleeding during the game, an injury timeout will be called, and the player must leave the game. The player may only return once the bleeding has stopped completely.
- I. Player substitutions can be completed only:
 - a. After a goal and before the substituting team has signaled readiness.
 - b. To replace injured players, replace players with illegal equipment, to resolve an incorrect personnel violation, or to replace a player removed due to misconduct.
- J. Each team will receive one timeout per half. Timeouts will last for 1 minute.
- K. **Championship games:** Will be played with no time limit. The first to the score limit wins the championship game. The win-by-two rules will not be in effect.

VI. PLAYING ROSTER

- A. Team rosters must consist of only players drafted by team managers. If a player joins a team late, they must be approved by the commissioner. Once approved, the commissioner will add them to the playing roster.
 - 1. Must be 16 years old or older to be eligible to play.
 - 2. A team will not be allowed to carry more than 20 players on its roster at one time.
 - 3. No new player may be added to the team's roster after the **last game of the regular season.** Players not on your roster by the last game of the regular season will not be allowed to play in the playoffs.
 - 4. A player cannot be a member of 2 teams within the same league. Teams may pick up players on another team, **ONLY** if they are short the full starting lineup. Teams may not pick up players as subs from another team. If a team's late arriving players arrive, then the players picked up must leave the game. Once the playoffs start, teams may only use players that are on their team/roster. In the playoffs, if a team does not have enough players to start the game, they will forfeit their game.



XII. PLAYER CONDUCT

- A. Abusive profanity directed toward county representatives, players, or spectators will not be allowed by players who are either on the bench or on the field. Offenders are subject to ejection from the playing area and the league.
- B. If a player or coach touches an umpire or county representative in anger, or threatens to do bodily harm, before, during or after a game, he will be barred from the league indefinitely. The length of the suspension will be determined by Cobb Recreation Department staff. **(MINIMUM SUSPENSION IS FOR 1 CALENDAR YEAR IN ALL CCPRCAD ADULT ATHLETIC PROGRAMS).**
- C. Any player or coach ejected from a game may not play or coach at a minimum in his team's next 2 league games. A player ejected for the second time during a season will be suspended for the remainder of that season. If a player or coach participates in a game while ineligible due to suspension, the game shall be declared a forfeit and the player or coach will be suspended for the remainder of the season. **NOTE: Scorekeepers are not required to notify said player prior to the start of the game concerning ejections. Failure to do so shall not affect a player's ejection for the season.**
- D. Fighting among players, coaches, and spectators, or other conduct judged inappropriate by Recreation Department staff may result in an ejection of the individuals or teams involved. If the suspension is warranted, Recreation Department staff will determine the length of the suspension. **(MINIMUM SUSPENSION IS 2 ADDITIONAL GAMES)**
- E. Under no circumstances will audio or visual recordings be accepted for the review of any Incident or protest.

XIII. THE SEASON

- A. The number of games will be announced at registration.
- B. If a team forfeits two games during the season, the Cobb Recreation Department reserves the right to drop that team from the league with no entry fee refund.
- C. If a team is scheduled to play a double header and forfeits the first game of the double header without notifying the league commissioners, the second game will be automatically forfeited as well.
- D. After the schedule is complete, **there will be no changes or refunds.** Schedules will be found at <https://www.quickscores.com/cobbcounty>.



- E. Rain-out games and playoff games will be scheduled based on available days not according to the specific days of the week on which participating teams may have played. All playoff games will be scheduled as soon as possible after the regular season ends.
- F. **WE ENCOURAGE ALL PLAYERS TO REGISTER FOR FIELD CLOSURE ALERTS. To receive automated alerts about field closures, please visit rainoutline.com. In the search bar on the home page type in Cobb County Parks. Click on Cobb County Parks and then click email & text alerts. Follow the prompts and choose up to three different methods to receive updates on field conditions (mobile app, email, or text). Make sure to check which locations you would like to subscribe to for rainout alerts.**

XIV. PARK RULES

- A. Drinking alcoholic beverages will not be tolerated. A player determined to be under the influence of intoxicants will be immediately removed from the playing area and suspended from the Cobb Recreation Department softball program for 1 year. Cobb County law prohibits possession of alcohol in the county parks system, including parking lots.
- B. Smoking in county-owned or maintained parks, smoking or vaping shall be prohibited within the boundaries of any park, sports complex, recreation area, or facility owned, leased, or operated by Cobb County, including any open area within such park, sports complex, recreation area or facility.
- C. Unattended or unleashed dogs are not allowed in the parks. Dogs are not allowed on athletic fields.

XIV TIE-BREAKER

The following procedures will be used to determine the first-place finisher or to break ties for other places.

A) TWO-WAY TIE:

- 1) **Head-to-Head** - If two teams are tied with identical records, the winner is the team that won the game when the two teams played.
- 2) **Point Differential** - If two teams split their games during the season, the winner is the team who has the most total points when the scores from the teams' head-to-head games are combined.
- 3) **Disc Flip** - If a tie still remains, discs should be flipped to determine the winner. The two captains should each flip a disc into the air simultaneously (like a coin, end over end), with one captain calling either "same" or "different" while the discs are heading upward. After the discs have come to a complete rest on the ground (either "up" or "down"), the captain who makes the call wins if their call matches the outcome.



B) THREE-WAY OR MORE TIE:

1) **Head-to-Head** - If three or more teams have identical records, the team with the best record counting only their head-to-head matchups is the winner.

2) **Point Differential** - If there is not a clear winner in the head-to-head matchups, the winner is determined by calculating the total point differential from the teams' head-to-head games. For example, if a team won one game by three (+3) and lost one game by two (-2), their total point differential is +1. The winner is the team with the highest point differential.

NOTE* Forfeit games will be recorded as a 7-0 score. This score can be used except when a disadvantage would occur to a winning team, or an advantage would occur for a losing team.