

2026 Carrboro Spring Ultimate League Rules

For rules not specified below, please refer to the Official Rules of Ultimate (2024-25), available online at <https://usultimate.org/rules/>

A Carrboro Recreation, Parks & Cultural Resources staff person (the "**official**") is responsible for providing cones, setting up the field, announcing the beginning and the end of each half and of the game, instituting the disc-flip, noting possession as it will occur after half-time, keeping track of time-outs, monitoring time violations surrounding the pull, announcing the soft cap and the hard cap, and recording final scores. The official will also register player attendance (to determine eligibility to play in the tournament), record substitute players (pick-ups), postpone or cancel games in dangerous weather (or, with agreement from the captains of both teams involved, adjust the length of a game that would otherwise be cancelled), and remove players who violate the Carrboro Recreation, Parks & Cultural Resources *Code of Conduct*.

A volunteer league commissioner ("the **commissioner**") is responsible for coordinating the league in cooperation with Carrboro Recreation & Parks.

Starting and Stopping Play

Game length: Regular season league games will be to 15, win by 2. The score required to win is subject to a soft cap and hard cap, after 80 minutes and 90 minutes of play, respectively. (If possible, tournament games will entail longer playing times.)

Soft cap: After 80 minutes of play, the official will sound the horn one time to announce that a soft cap will be in effect immediately following the end of the point in progress. The soft cap resets the number of points required to win the game and eliminates the win-by-two requirement. The soft cap is set at the higher score plus two if the game is tied or if the higher score is 13 or less; otherwise, it is set at the higher score plus one.

Hard cap: After 90 minutes of play, the official will sound the horn two times to announce the hard cap. Teams will complete the point in progress. If the point in progress results in a tie, one additional point will be played to determine the winner. If the point in progress does not result in a tie, then the game is over, with the leading team the victor.

Half-time: Half-time will occur when 8 points is achieved by either team, and it will last 5 minutes. If both teams' captains agree, half-time can be shortened.

Time outs: Each team will have 1 time-out per half, plus one "floater" to be used in either half (3 total time-outs per team per game). Time-outs last one minute. Once the soft cap is in effect, no time-outs may be called. (Note Rules of Ultimate (2024-25) 7.B.5: "If the disc is live or in play and the thrower attempts to call a timeout when the team in possession has no timeouts remaining, play is stopped. The marker resumes the stall count with the number last uttered before the call plus three (e.g., if the timeout was called after a stall count of two, play would resume on a stall count of five). If this results in a stall count of ten or above, this is a turnover.")

Initial possession: A disc flip will determine initial possession. The captain winning the flip may elect to pull, receive the pull, or choose the goal line at which to start. The loser of the flip chooses next from the two remaining options. After half-time, the teams will "mirror" the beginning of the game, with teams assuming opposite sides of the field and reversing offensive/defensive roles.

Late start penalty: Games are to start at the time specified, or 10 minutes after the completion of the prior game, whichever is later. If one team is not ready to play at the scheduled start time, point penalties will be assessed, 1 point for every 5 minutes. Teams may choose to play with a reduced roster instead of waiting for players.

Pulls

Time violations on the pull: Once a game has begun, the official will monitor and call time violations on the pull, with the penalties as specified in Rules of Ultimate (2024-25) 9.B.

Dropped pulls: A dropped pull (any pull that comes in contact with a member of the receiving team and then comes in contact with the ground) is a TURN-OVER, as specified in the Rules of Ultimate (2024-25) 9.B.8.

Gender Ratio, Equal Playing Time, and Substitute Players

Gender ratio: Offense dictates the gender ratio of either 5:2 or 4:3 (Males: Females) unless an agreement between the two teams to allow other gender ratios is made (such as 3:4 and/or 6:1). The gender ratios 5:2 and 4:3 are always permitted. With a majority of the female team members present for his or her team (excluding subs picked up for the game under the Substitute players rule), a team captain may agree to allow other gender ratios. When the two teams' captains reach such an agreement, they must inform the official together. The captain of either team may rescind such an agreement at any time by informing the official and the opposing captain. If a team has too few female players to field the minimum number of women on an offensive point or to match up on a given defensive point, that team will play a player or players short. The defending team may choose to play more females than the offense.

Equal playing time: Captains and players on each team are encouraged to ensure all players on a team get roughly equal playing time, unless a player desires less. During the regular season, captains and players on both teams are encouraged to make arrangements when there is low turnout to ensure teams have equal numbers of women and sufficient players so that no one plays more than he/she wants.

Substitute players (pick-ups): When a team is short on players due to injuries or schedule conflicts, picking up players is encouraged during regular season play. Captains from both teams must agree to the substitution(s) prior to game time, preferably by email with copies to the commissioner, and, before the game begins, must give notice to the official, who will record the names of all substitute players for each team. The team making a substitution must provide the sub with a league-issued shirt in the team's color. Once a sub is allowed, the sub may play the entire game so long as that does not prevent regular players on the substituting team from playing as much as they want. Per Recreation & Parks Department policy, all players must be officially registered and paid through the Department. Therefore, only players currently registered in the league may be picked up by other teams. Picking up players is not allowed during the tournament. (The rationale for allowing subs is that every team wants its own players to get as much playing time and experience as possible, and wants the best possible competition in order to develop and improve. Be lenient: allow your opponents to sub as necessary. Be careful: Don't use a sub when your team has players on hand who want the playing time. Don't sub a really strong player in when that takes away from your players' opportunities to learn.)

Other Rules

League-issued Shirts required: Captains will have at least one extra shirt assigned and shall bring it to every game. Players must wear a league-issued shirt in their team's color. Before league-issued shirts are available, players shall bring a white and a dark shirt to each game, and the color to be used by each team will be agreed on by captains.

Regular season participation required to play in tourney: Players (other than late-season replacement players) must attend no less than three (3) of their team's regular season games to be eligible to play in the tournament. Players should check in with the official as early as possible in each of their first three regular season games so their attendance is registered. A player who shows up for a game and checks in with the official but cannot play due to injury is counted as attending. A rained-out game counts as attendance for the purpose of tournament eligibility only if the official is present at the field when the player shows up.

Captain required: A team without a captain present during a game should designate one.

No lengthy arguments: Disagreements on the field (e.g., disputing a call) shall not last longer than 15 seconds. If after 15 seconds, a player or players continues to argue or are unwilling to resume play as outlined in the Rules, they will be asked to leave the field and will be replaced for the remainder of the point.

Spirit of the Game: Captains, players, the commissioner, and the official are responsible for keeping the level of play and any talk on the field fun and friendly. They should call attention to aggressive and dangerous play, rude actions or words, and conduct not befitting the "Spirit of the Game." Captains may require an offending player on their team to sit out for a point.

Code of Conduct: Additionally, all players must conform to the Carrboro Recreation, Parks & Cultural Resources *Code of Conduct*. Violation of the *Code* may lead to suspension from play. The Code of Conduct is listed below.

CARRBORO RECREATION AND PARKS DEPARTMENT RULES OF CONDUCT

Revised 11/88 - Adopted by Carrboro Recreation and Parks Department, May 11, 1989

The following RULES OF CONDUCT are sportsmanship guidelines utilized to maintain a positive atmosphere in recreational athletics sponsored by the Carrboro Recreation and Parks Department. These rules will be applied to all sports/athletic programs in all age groups. Each registered team will be provided with this information and it is the responsibility of the team manager/coach to inform his/her participants. Ignorance of these rules will not be considered as an acceptable excuse for violations.

GENERAL INFORMATION

- The RULES OF CONDUCT will be in effect before; during and after each game/match/practice beginning with departmental sponsored pre-season practices and continuing through the conclusion of league/tournament play. All athletic special events will be governed by these rules. These guidelines will apply to all events conducted by the department regardless of whether these events are on city owned property or rental facilities.
- Each league in each sport will have league rules to meet requirements of that particular sport. These league rules will not be considered separate from the RULES OF CONDUCT and violations of league rules can result in suspension.
- Team(s) and/or individuals suspended, as a result of infractions of the RULES OF CONDUCT will not be given refunds for team or individual fees.
- Participant - Any of the following: player, coach or assistant coach, spectator, team, team follower or an official.
- Official - Any of the following: umpire, referee, supervisor, scorekeeper, or any other Recreation and Parks Department staff person.
- Any departmental official has the authority to eject a participant from a Recreation and Parks Department event or property.
- Participants ejected from a game/match/practice must leave the facility in an expedient manner (2 minutes and less is considered expedient). Failure to do so will result in a forfeited ball game.
- Repeated violations by team(s) or individuals will result in more severe penalties being applied.
- Violations of the RULES OF CONDUCT at the conclusion of seasonal play may result in a penalty application in succeeding programs and/or seasons.
- Penalties applied for any situation or circumstance not specifically covered in these RULES OF CONDUCT will be left to the discretion of the Recreation Administrator.

RULES OF CONDUCT

1. All participants must abide by an official's decision.
2. All participants must refrain from all objectionable demonstrations of dissent at an official's decision (i.e. kicking or throwing a ball, bat or equipment, speaking loudly to an official, making any gesture toward an official, etc.)
3. During the course of a game/match, only one coach or one captain per team will be allowed to discuss decisions reached by an official with that official.
4. All participants must refrain from using unnecessary roughness against the body and person of an opposing player during the course of play.
5. All participants must refrain from using profane, obscene, or vulgar language.
6. Taunting, mocking, and/or harassment of participants or officials will not be allowed.

-----**PENALTY**-----

The participant will be ejected from the game/match and subject to the possible suspension of one (minimum) to three (maximum) games.

The length of the suspension will depend largely on: The action that warranted the ejection and the action displayed after the ejection occurred.

-
7. Profane, obscene, or vulgar language used maliciously towards another participant, or official will not be allowed.
 8. Verbal abuse and/or harassment of participants or officials will not be allowed.
 9. Participants must refrain from pushing, shoving, striking, laying a hand on, or threatening any of these actions to another participant or official.
 10. The drinking or possession of alcoholic beverages or illegal drugs will not be allowed at Carrboro Recreation and Parks Department events or property.
 11. Participants must refrain from any form of physical attack as an aggressor upon another participant or official.
 12. Firearms, knives, or other weapons are not allowed at Carrboro Parks and Recreation Department's events or property.

-----**PENALTY**-----

The participant will be ejected from the game/match and suspended for the remainder of the season, or if circumstances warrant, be suspended from any further competitive programs offered by the Carrboro Recreation and Parks Department. For violations of the above laws, legal authorities will be contacted.

APPLICATION OF THE RULES OF CONDUCT

- Upon receipt of a written report describing a violation, the Athletic Program Supervisor or designee will investigate the report and will in turn apply the appropriate penalty in compliance with the RULES OF CONDUCT.
- The violator will be mailed a form letter describing the violation and appropriate penalty. Additional copies of this letter will be issued to the team coach/manager, league supervisor, officials, etc. as needed. Parent/guardian will be mailed this letter for youth violators.
- Penalties will begin immediately following the determination/notification of the penalty.
- Participants suspended from a program are suspended from attending any game/match (same program) sponsored by the Carrboro Recreation and Parks Department during the period of suspension. Same program is defined by major program category such as youth athletic programs, adult softball, etc. For example, a parent suspended because of actions at a pee wee baseball game would be allowed to participate in adult softball, but could not attend a mite baseball game or any other program in the youth athletic league for the duration of the suspension.

APPEAL OF SUSPENSIONS

A formal appeal process is available for those desiring a review of any sanctions issued.