



ULTIMATE

Rules

USA Ultimate (USAU) 11th Edition rules will apply. As always, Spirit of the Game should prevail for both players and spectators. Teams are responsible for their spectators. The Ultimate director and committee reserve the right to eject teams and/or their spectators if they do not follow the Spirit of the Game.

Roster

A player may play on only one team. A minimum of 7 players and maximum of 20 players allowed per team. There is no gender requirement. New players and/or replacement players must sign the waiver. The waiver must be signed by a parent or legal guardian for any athlete under the age of 18. For replacement players, please indicate which player they are replacing. No roster changes will be allowed in the Iowa Games office after July 27. On-site roster additions will be accepted just prior to the team's first game. On-site roster additions are not guaranteed a T-shirt.

Uniforms

Similar colored shirts are required. Numbers are encouraged but not required.

Equipment

Teams are required to supply their own disc (Discraft 175 gram disc required). No metal cleats will be allowed, but athletes may wear plastic cleats.

Eligibility

All athletes must be 15 years of age or older on the date of competition.

Schedules/Rules

Schedules and Rules will be posted 7 days prior to competition.
NO SCHEDULES WILL BE MAILED!