



PARKS AND RECREATION

5-ON-5 INDOOR ULTIMATE FRISBEE

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Contact Information

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Facilities Use/Regulations:

Gym time and space is provided by the Boise School System. Continued use of these facilities requires that we abide by the rules and regulations set by Boise Schools:

1. After the last game of the evening, participants must leave the school five minutes after completion of the game to allow for the custodians to clean the gym.
2. Parents - your children MUST be closely supervised always during games by an adult not participating in the program. They must remain seated in the gym. If a child is unattended, the player responsible for the child will be removed from the game to supervise the child.
3. Enter and exit the gym from the main entrance only. For the first game, please enter no earlier than ten minutes prior to scheduled time and not before. Participants must remain in the gym and spectators must always remain seated in the bleachers. Do not warm up in the hallways!
4. Park in approved areas. Illegally parked cars may be towed away at owner's expense.
5. No glass containers are allowed in the gym.
6. No eating or drinking inside the school or gym. (Exception: water either from the fountains or brought to the gym in a plastic container.)
7. No alcohol or illegal substances are allowed inside the school or on the school grounds.
8. No colored-soled shoes that scuff or mark the floors are allowed in the gym. This includes running shoes, street shoes, or boots on the court at any time, including before and after the game.
9. Be considerate of groups using the facility before or after your scheduled game time.
10. **CLOSED GYM:** If your gym is closed on your team's scheduled time and date, your team must wait 15 minutes before leaving. Unfortunately, sometimes our office is not notified of closures. The game will be rescheduled at the earliest available time slot(s)

Gym Locations

TIMBERLINE HIGH SCHOOL - 701 E Boise Ave – Apple St & Boise Ave

EAST JR HIGH – 5600 E Warm Springs Ave (Located on Harris Ranch)

LES BOIS JR HIGH - (Columbia Village) from 1-84 South go East on Gowen Rd, past Federal Way, then left on Grand Forest Drive follow to the school

League Structure:

CLASSIFICATION: In order to make the leagues competitive, the Boise Parks and Recreation Office has established guidelines for teams to follow when selecting players to play in specific classifications. The Boise Parks and Recreation League Director reserves the right to make the final determination regarding players playing in classifications below their ability level.

COED DIVISION(s):

1. CU1 Advanced/Elite: Played for several years of league, club, or collegiate Ultimate. Can confidently make most throws, understands advanced defensive strategies, and is comfortable in various offensive positions. Looking for a competitive division where players play hard and push their skills.
2. CU2 Intermediate/Competitive: Played in league in some form before and feel comfortable throwing. Understands key offensive and defensive concepts such as marking and force. I know the game well but prefer to play in a more casual, less competitive division.
3. CU3 Beginner/Recreational: Brand new to Ultimate Frisbee and am still learning the basics. Working on developing both forehand and backhand throws, understanding defensive force, and learning offensive positioning.

NOTE: All classifications are subject to change at the discretion of the League Director, if deemed necessary. Also, any teams that have misclassified themselves are subject to be reclassified by the Boise Parks and Recreation League Director, if deemed necessary. Teams may be subject to forfeiture of games played.

Player Eligibility:

1. Age Requirements: Players must be **16 years of age** as of the date of the first game.
2. Players can play on more than one team under the following conditions: A player cannot play on more than one team in the same division unless the divisions were combined. A player cannot play more than 1 divisions lower than their highest level of play. Players must register on all teams and pay any fees required.
3. Ex-college players are encouraged to play at a higher level that meets their ability.
4. New Players. Additions may be made to team rosters by the new player or team captain by emailing the league coordinator from 8:30 a.m. to 5:00 p.m. weekdays and submitting the roster addition via the add/delete player form on team sideline. New players are eligible to play the same day they register. Deadline to add players to roster is 2 weeks prior to the first round of playoffs.
5. Hardship. When a team's (active) roster is reduced to below five players for some unforeseen reasons, the team captain may claim hardship. The team captain may then request to add players after the new player registration deadline by submitting a written report detailing the events and reasons leading to the request. Such reports must include the names of players no longer with the team and reasons for leaving.

PLAYER NOT ON ROSTER.

Players not on a roster are ineligible to participate. The opposing team captain **must protest** an illegal player by notifying the official that they are protesting and who. Officials will notify the other team. The protested player must provide photo ID. Protests must be written in scorebook and on score sheet and signed by the official, scorekeeper and team captains and will be reviewed the next business day by the league director.

ELIGIBILITY VIOLATIONS.

The following penalties will be assessed for eligibility violations:

- a. League Play - Ineligible player and team captain will be suspended (See 3rd degree violations under conduct). This will include all teams the ineligible player is registered on.
- b. Tournament Play - A team using an ineligible player(s) will be automatically disqualified from the tournament.

Team Composition:

As administrator of the team, the team captain is the official contact between team members and Parks and Recreation. Current address and phone number of the team captain must be designated on the roster and any changes should be reported to Parks and Recreation immediately.

1. Team captains are expected to attend all program-related meetings and clinics to be able to transmit current information to their teams. Only the team captain that attends the pre-season meeting will have the privilege of direct communication with the Officials Coordinator. Team captains must be available to receive email and phone calls from Parks and Recreation during the season. Information such as rescheduled games and tournament deadlines/schedules may be transmitted by phone or e-mail. Email not returned to Parks and Recreation will be assumed to have reached the team captain.
2. Team Captains are responsible for distributing schedules to players on their rosters. Game time is the noted time on the schedule.
3. Game-related Responsibilities. The Team Captain is responsible for their players conduct immediately before, during and after each game. If the Team Captain cannot control the behavior of his/her players, he/she may be suspended for a minimum of one game to maximum of one year, provided sufficient warning has been given.
4. Team Captains must be identified to the site supervisor prior to the start of the game.
5. Teams may have up to ten (10) players on a roster that meet the minimum age requirement and league classification requirements. (5 Males/5 Females)
6. **ONLY THE TEAM CAPTAIN/FLOOR CAPTAIN MAY SPEAK TO THE SITE SUPERVISOR.** Therefore, team captains should be the individual to meet for all the pre-game meeting.

Equipment/Uniforms:

1. Teams are not required to wear matching uniforms. Players are required to bring a dark and light color shirt or a reversible jersey with a light/dark side.
2. Game discs are provided by the Parks and Recreation Department. However, selection of game disc will be made between the team captains if they choose to not use the program issued disc. Teams are encouraged to provide a quality game disc. If an agreement cannot be made on a game disc, teams will flip a coin to decide.
3. Participants must wear court-approved shoes. Black or blue-soled running shoes, street shoes, hiking boots, or any shoe that marks the court surface are not allowed on the court. No player will be allowed to wear socks without shoes or go barefoot.
4. Wearing of exposed jewelry will not be allowed during play. Exposed jewelry includes wrist watches, earrings, bracelets, necklaces, and rings, hard items on head such as bobby pins, barrettes, etc.
5. Ice packs, tape and first aid kits are the responsibility of the team and not provided by Parks and Recreation.
6. Any player wearing any type of injury-related brace must have the brace covered or padded if a sharp edge or point is exposed, to protect themselves and the opposing team's players from injury.

Rules of the Game:

To keep the integrity of the program and make it a fair ultimate league for all teams: All teams need to respect each other and play by the basic rules of the game. Do not trash talk and please be civil to each other. This program is set up for good honest competition with respect to each other's' playing abilities and the rules.

Each team will receive a copy of the league rules. Players and Team Captains are responsible for knowing these rules. (The Rules and Regulations are subject to revision at the discretion of the Program Coordinator).

Please honor the following rules: (Check in with the site supervisor when you arrive):

1) Game Format

- Teams will play coed 5-on-5 with an on-court gender ratio of 3:2. This may be three males and two females, or three females and two males. To begin a game, each team must have a minimum of two males and two female players available.
- Before play starts, team captains will meet to determine the gender ratio for the game based off player availability and come to an agreement. Ratios may be adjusted between sets if both captains agree. Team captains will play rock-paper-scissors to determine first pull with the winning captain choosing whether their team will receive or throw the first pull. Pulls will alternate for remaining sets (Example: Team one wins R-P-S and will receive the pull for sets 1 and 3. Team two will receive the pull for set 2).

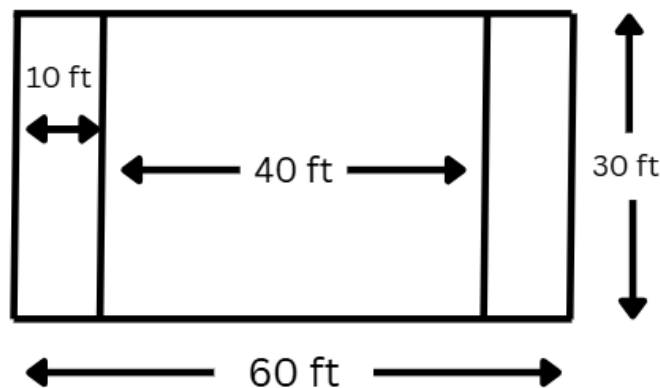
- If an agreement IS NOT met pregame, team captains will play rock-paper-scissors to decide gender ratio. The winner will determine gender ratio for sets 1 and 3. The loser will decide the ratio for set 2 and decide either they want to receive or throw the first pull.
- **For Advanced/Elite teams, a "GenZone" can be created by team captains agreeing at the start of games to determine ratio between points**
- Each set will start with a "Pull" which is like a kickoff in football. All pulls must be thrown upside down, (E.g., Hammer, Scoober, or upside down backhand)

2) Clock/Game Structure

- Games will be 45-minutes in length with three 15 minutes sets played consecutively.
- Each set will be 15 minutes in length.
- The winner of each set will be the team that has the most points after the 15 minutes expires.
- If the set is tied, there will be a sudden death possession with the first team to score a point winning the set.
- The winner of the game will be the team who wins the most sets at the end of the three sets.
- Each team is allotted 1 timeout per set that will be no longer than 1 minute in length. Game clock will continue to run during timeouts. No timeouts may be taken with under 3 minutes to go on the game clock during any particular set.

3) Court/Field Dimensions

- All games will be played indoors on a basketball court. The "field of play" will measure 60 ft long and 30ft wide with two 10ft endzones.(Modifications may be necessary depending on available gym space)



4) Scoring and Restarts

- After each point within the set, the scoring team used the "Make It, Drop It" rule:
- The scoring team drops the disc on the goal-line of the endzone they just scored in and immediately begins defending the opposite endzone.
- The opposing team may immediately pick up the disc and begin play to continue the set.
- After each set, there is a brief pause to reset the clock/substitute/adjust team ratios.

5) Stall Counts

- The stall count stipulates how long a player may hold the disc without passing
- The stall count is 7 seconds
- The stall count will be counted by the marking defender within 10ft of the player with the disc
- Count will be initiated but counting out loud verbally once the player possesses the disc.

6) Substitutions

- There will be unlimited "Hot subbing" substitutions at anytime during play by touching hands with the teammate they are replacing.
- Incoming players must touch the hand of the outgoing player before entering the field of play
- Substitutions may also occur after each point, but the opposing team is not required to pause play
- It is recommended that subbing be done on offense when in possession of the disc.

7) Fouls and Violations

- Calls will be made according to [Section 17](#) of the USA Ultimate Rules, Which outlines procedures for fouls, violations, and play stoppages with any exceptions listed above. Any rules listed above will supersede the rules listed in Section 17 specifically the stall counts.
- Fouls are self-officiated, and the defending team may contest a foul call if they feel their actions did not affect the offensive players ability to make their cut or play on the disc.

Common Fouls

1) Contact Foul

What it is: Physical contact that affects the play.

Example: Hitting the thrower's arm or bumping a cutter mid-cut.

2) Strip

What it is: A defender knocks the disc out of the thrower's hands during possession.

3) Force-out Foul

What it is: Pushing a player out of bounds while they're attempting to catch the disc.

4) Dangerous Play

What it is: Any reckless action (e.g., jumping into someone) regardless of contact.

Note: Often results in a foul even if no contact is made.

5) Pick Foul

What it is: A defender is blocked or impeded by another player.

Note: A pick does not have to be intentional.

Any time a defensive player is in a legal guarding position (within 10 ft of the player they are marking) and they have to avoid another player to make a play on a disc, or to continue to guard their person, they may call a pick.

Common Violations (Non-Contact Infractions)

1) Travel

What it is: The thrower moves their pivot foot while in possession of the disc, or runs with the disc.

2) Double Team

What it is: Two defenders guarding the thrower within 10 feet.

3) Fast Count

What it is: The marker counts too quickly (less than one second between numbers). When a fast count is called, the marking defender will drop their count by 2 and continue with the stall count.

If the defending player does not drop the stall count, the offensive player may call violation, which results in a stoppage of play and the stall count resetting to 0.

4) Disc Space

What it is: The marker is less than a disc's diameter (about 1 foot) from the thrower.

Note: Applies even with no contact.

5) Offside (for pull: start of new set)

What it is: A player crosses the goal line before the disc is released.

POST-SEASON TOURNAMENT PLAY- Tournament starts 1st week of March

(Single elimination with the best team seeded against the lowest team.)