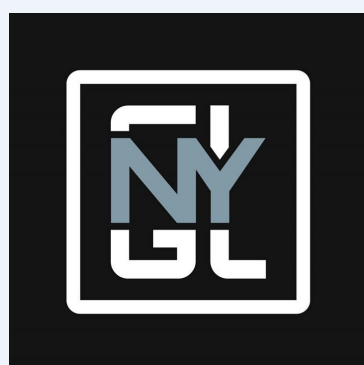


ATLANTA SOUL

SATURDAY, JUNE 8 6:30PM
ST. PIUS X

— V S —



ATLANTA SOUL

CAROLINE TAYLOR #3
MARISSA HICKS #4
INDIA STUBBS #8
ANRAYA PALMER #9
MADDY FREY #16
MEGAN REEVES #17
SAMMIE DAUGHERTY #18
KAYLA EMRICK #19
LIZZIE JONES #23
KATE TRAVAGLINI #24

CATE WOODHURST #26
KATIE FRANCHOT #29
KATHERINE YOST #30
OLLIE PETERSON #33
LEAH TSINAJINNIE #41
SAMANTHA HILL #44
ERYNN SCHROEDER #52
SHANYE CRAWFORD #83
JIN-MI MATSUNAGA #91
MARIE PERIVIER # 99

COACHES: AILEEN THOMAS/ MEREDITH LEAHY
CONSULTANTS: MIRANDA KNOWLES/ DAVID BERENDES



GENNY DE JESUS #00
BRITTANY KAPLAN #2
JUDY JARVIS #3
NASTASIA TANGHERLINI #4
LINDSAY MCKENNA #5
LUISA NEVES #7
KELLY HYLAND #8
SARAH JOHNSON #9
TRICIA SMIT #10
AMY ZHOU #12
BECCA TUCKER #13
TULSA DOUGLAS #14
ABBEY NEWSOME #16

KRISTIE KELLY #17
WEI GAO #18
LINDA MORSE #21
LAUREN WOODS #22
ANDREA DESABATO #23
CHELSEA LEEDER #26
LAUREN DOYLE #32
LAUREN PIONTEK #33
SYDNEY DOBKIN #39
CASSIE WONG #71
NIKKI HAIR #88
VERONICA KOLEGUE-SPALARIS #99

GAME RULES

Players and teams are expected to uphold Spirit of the Game and respect one another and the Observers as well as keep the action of the game moving. Adjustments to USAU 11th edition will be followed unless specified.

Game Length - Regulation Time

- 4 quarters
- 12 minutes per quarter
- 2 minutes in between quarters
- 10 minute halftime

Coin Flip

Winner of pre-game coin flip chooses either to receive the disc at the start of Quarters 1 and 3 or defer to receiving the disc at the start of Quarters 2 and 4. The other team chooses starting endzone position. At start of Quarters 2 and 4, teams retain endzone orientation of Quarters 1 and 3, respectively, but switch possession.

Timeouts

- 2 timeouts per half
- 70 seconds per timeout
- The player holding the disc may call a timeout or One person on the Offense - either a coach or a designated sideline person may call a timeout WHILE a player on the Offense is holding the disc.

Clock

- The clock stops after each point is scored.
- 70 seconds between a goal and pull.
- Receiving team must signal readiness at 50 seconds.

In the last 2 minutes of the 4th quarter only, the clock will stop after goal and restart when pull is put in play as during the rest of the game, but will also stop on every call and out of bounds turnover.

At the end of the 1st, 2nd, and 3rd quarters, once clock expires, play ends with the conclusion of the current possession. That is, the offense gets one final chance to score. Once there is a turn, the quarter is over.

At the end of the game (4th quarter), once the clock shows 00:00.0, at the buzzer, play ends when the result of the throw is determined. If the game is tied at that point, the OT sequence is activated.

Delay of Game

This happens when a team does not comply with time limits. There is no warning, just the immediate penalty Delay of game by the receiving team will result in them starting with the disc 10 yards back in their end zone. Delay of game by the pulling team will result in the receiving team starting with the disc at midfield.

Picks

Picks will be actively called by the players A defender must be within 2 yards of their offensive player to call a pick.

Travels

Travels actively called by players on the field. Disc goes back and play resumes Observer may immediately overrule a travel and play/disc stays at the continuation point.

Stall Counting

10 second pre-stall, to be counted by the Observers. 10 second stall, to be counted by the mark. If a disc goes out of bounds, grab another game disc to minimize delay

Foul Calls

Players call their own fouls (Marking and throwing fouls as stated in USAU 11th edition; Receiving and positioning fouls as stated in WFDF)

FULL PUL RULES CAN BE FOUND HERE:

[https://
www.premierultimateleague.com/rules](https://www.premierultimateleague.com/rules)

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WFDF Hand Signals for Ultimate 2017



1. Foul
"Foul"

Hold one arm straight out and chop the other forearm across the straight arm



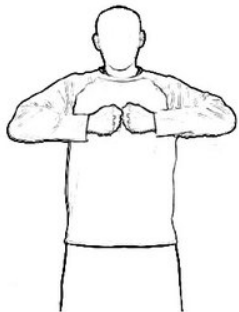
2. Violation
"Violation"

Hands above head forming a V, closed fists



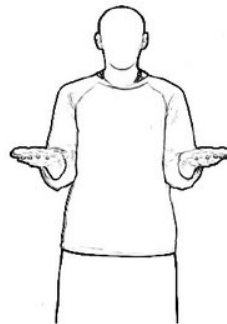
3. Goal
"Goal"

Raise both arms, fully extended, straight up, palms facing inward



4. Contest
"Contest"

Two fists bumped together in front of chest, back of hands facing outward



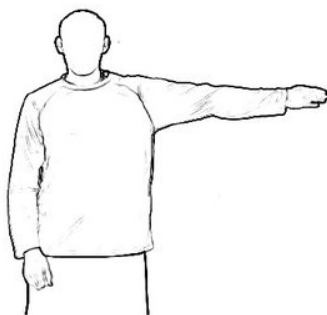
5. Uncontested
"Uncontested"

Forearms extended in front of body, elbows tight against torso with palms facing upwards



6. Retracted/Play On
"Retracted" "Play On"

Sweeping crossover motion with both arms extended down in front of body



7. In/Out-of-bounds –
Out of end zone
"In" "Out"

Point with one arm extended, flat palm, thumb parallel to fingers, towards playing field (in) or away from playing field (out).



8. Disc down

"Down"

Index finger straight arm pointing down at 45 degree



9. Disc up

"Up"

Elbow down forearm vertical index finger pointing upward



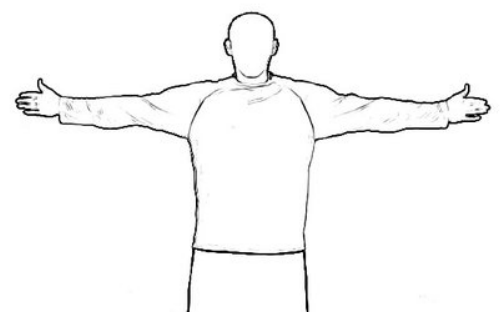
10. Pick
"Pick"

Arms raised, elbows bent, fists facing head



11. Travel
"Travel"

Closed fists, rotate wrists around in a vertical circle



12. Marking Infraction
"Fast Count" "Straddle" "Disc Space" "Wrapping" "Double Team" "Vision"

Arms extended to side, palms facing front

Instead of the national anthem, we will be listening to the Negro National Anthem. It feels more inclusive to us and provides acknowledgement of ALL people (in addition to our own incredible service people!) working toward freedom and liberation everywhere.

Lift every voice and sing,
Till earth and heaven ring,
Ring with the harmonies of Liberty;
Let our rejoicing rise
High as the list'ning skies,
Let it resound loud as the rolling sea.
Sing a song full of the faith that the dark
past has taught us,
Sing a song full of the hope that the
present has brought us;
Facing the rising sun of our new day
begun,
Let us march on till victory is won.

Stony the road we trod,
Bitter the chast'ning rod,
Felt in the days when hope unborn had
died;
Yet with a steady beat,
Have not our weary feet
Come to the place for which our fathers
sighed?
We have come over a way that with tears
has been watered.
We have come, treading our path through
the blood of the slaughtered,
Out from the gloomy past,
Till now we stand at last
Where the white gleam of our bright star is
cast.