

**ROPSSAA ULTIMATE FRISBEE**

**PLAYING REGULATIONS**

1. **DATE**

(a) **Season**

The Ultimate Frisbee league will run in the spring. The length of the season shall be determined by the dates set out by the co-curricular schedule.

(b) **Starting times**

Double Header: 2:00 p.m. and 3:30 p.m.  
Single Game: 3:30 p.m.

2. **LOCATION**

(a) League games will be scheduled with an attempt to make the number of home and away games equal.

(b) Site(s) for playoff games will be determined at the preseason meeting and approved by the ROPSSAA Council. The number of games per day for playoffs will not exceed two.

3. **ELIGIBILITY**

(a) All competitors must meet the eligibility requirements as per Article X of the ROPSSAA Constitution.

(b) A participant shall not have attained their 19<sup>th</sup> birthday by January 1<sup>st</sup> prior to the start of the school year in which the competition is held (for the 2023 – 2024 school year, born in 2004 or later).

(c) All competitors must initial their acknowledgement of the Code of Conduct.

(d) **Team Eligibility**

(i) Individuals are eligible for 1 level of competition only.

(ii) For team sports, individuals must have participated in at least 50% of their team's league games to be eligible for playoffs and OFSAA competition. Players missing games due to injury (INJ), or awaiting transfer approval (ATA), must appear so designated on a game sheet to maintain their eligibility. Games missed due to injury are subject to review of a doctor's note. Players under game or school suspension may not have their name included on a game sheet for participation percentages.

(iii) All game sheets/rosters are to include the name of all those in the bench area (players, coaches, managers). In order to be in the bench area an individual's name must appear on the eligibility sheet. Players under game or school suspension may not sit in the bench area.

- (iv) Individuals are deemed to have played if their name appears on a game sheet. Individuals must be present at a game to be included on a game sheet.
- (v) A staff member must be present in the bench area from the start of the warm-up until the last competitor has left the area.

#### 4. OPERATING STRUCTURE

##### (a) League Games

Teams may be divided into geographic conferences where numbers warrant.

##### (b) Ties in League Standings between 2 teams

- (i) the result of the league game between the two
- (ii) point differential between the tied teams
- (iii) point differential in all games played
- (iv) the team with the higher spirit point total
- (v) fewer points against in all games played
- (vi) coin toss

##### (c) Ties in League Standings between 3 or more teams

- (i) the result of the league game(s) between the teams
- (ii) point differential in the games between the tied teams
- (iii) the team with the higher spirit point total
- (iv) point differential in all games played
- (v) fewer points against in all games played
- (vi) coin toss

**Note:** These criteria will be used to determine all positions.

##### (d) Playoff Structure

- (i) Playoff structure to be decided upon confirmation of teams and divisions and approved by the ROPSSAA Executive.
- (ii) The ROPSSAA Championship game will be played to fifteen (15) points or hard time capped at 75 minutes. Half time will occur when the first team reaches eight (8) points or 40 minutes (whichever comes first).

(e) Scheduled Games

- (i) Coaches are responsible for reviewing final league game schedules and playoff schedules as to locations, dates, and times to ensure their attendance.
- (ii) Failure to attend at the scheduled time will result in forfeiture of the game and/or loss of opportunity to compete. Failure to attend at the scheduled time will result in forfeiture of the game and/or loss of opportunity to compete. The defaulting team will cover all cost associated with the game as determined by ROPSSAA Council.
- (iii) Failure to fulfill game requirements leading to the abandonment of a game will result in a loss for that team. An incident report must be completed and submitted to the ROPSSAA Athletic office by the abandoning team within 24 hours of the game. No scores shall be entered until after a Board of Inquiry. A team abandoning a game may be required to cover any costs incurred as determined by ROPSSAA Council.
- (iv)
  - a) Schools must bring their own warm-up equipment and first aid kit.
  - b)
    - i) Schools must endeavor to arrive no earlier than 60 minutes before game time. Teams arriving earlier than this must be supervised by the head coach in an area where students from the home school do not congregate. Schools with team members who do not travel with the head coach (in taxis, cars, on foot, etc.) must inform players that they must wait for their head coach and should ensure that the head coach is the first to arrive at the host school.
    - ii) Schools arriving for an away game between 30 and 60 minutes before game time must accompany the head coach to the competition area and liaise with the host school. The visiting team will be provided a safe waiting area and change room during this time and the visiting head coach must provide supervision of his/her players. Visiting athletes must bring all belongings with them to the competition area.
    - iii) Visiting schools are entitled access to the competition area at the same time as the host school, and no later than 30 minutes before the game time (pertains to the first game).
    - iv) Visiting schools are entitled access to a safe waiting area and change room at the completion of the competition.

5. ENTRIES

- (a) Each school may enter one team.
- (b) Eligibility sheets must be in the hands of the Athletic Convenor by the deadline stated at the pre-season meeting. Late forms will be subject to a \$25.00 fee.
- (c) A team may dress an unlimited number of players.

6. EXPENSES

- (a) Schools are responsible for covering their own transportation costs.

7. RULES AND OFFICIALS

The current USA Ultimate Rules (11<sup>th</sup> edition) will be in effect with the following exceptions/additions:

(a) Field

- (i) The standard field of play may be modified by the coaches according to the size of the field available, with a minimum rectangular area thirty metres wide and ninety metres long (includes fifteen metre end-zones on either end) and a maximum area 37 metres wide and 64 metres long (not including end zones).
- (ii) The Brick Mark should be 15 meters from each end-zone, midway between the sidelines. If necessary, the brick mark could be shortened to 10 meters dependent on field size.

(b) Defaulted/Abandoned Games

- (i) A team will default if they are not prepared to play within 15 minutes after the scheduled starting time.
- (ii) A team can start a game with six (6) people, as long as both genders are equally represented.
- (iii) In the case of hail or lightning the game will be stopped. Teams will wait for up to 30 minutes for the weather to clear for play to resume. If a game cannot continue the results of the game will stand if the game has reached the second half (8 points or 40 minutes). This is the ONLY time a game can end in a tie. Games abandoned in the first half will be rescheduled.

(c) Rules of Play

- (i) The team receiving a pull will establish the 4-3 gender ratio. The pulling team must match this ratio.
- (ii) No foot blocks will be allowed.
- (iii) In the event of a dispute on the field to which there is not timely resolution, both coaches are expected to be role models and facilitate/mediate a timely resolution. The responsibility of making/enforcing the decision on the field lies strictly in the hand of the competitors on the field.

(iv) Sideline Expectations

- a) *Player benches must be on the same side of the playing field. Spectator areas will be on the opposite side of the players' benches. Where this cannot physically be possible, the players' bench areas must be clearly defined and spectator areas are not to be in those areas. Players on the sideline must stay in their bench area (3m back from the sideline and on their half of the field)*
- b) Coaches may roam the sideline, even in front of the other team's bench, to give instructions
- c) Sideline players and coaches must refrain from making or suggesting any violation, foul or in/out calls. These calls can be made by on-field players only.
- d) Sideline players may not inform on-field players as to the rules. This is the coaches' job only when they are asked by on-field players.

- (v) Regular season games will be played to 15 points or hard time capped at seventy-five (75) minutes. Half time will occur when the first team reaches 8 points or 40 minutes whichever happens first. At the 40<sup>th</sup> minute mark the point is played out and the clock keeps running. The total game time is still 75 minutes. Half time will be five (5) minutes long. Coaches may agree to shorten this amount of time. The game clock will stop during half time.

- (vi) a) Coaches/captains need to synchronize watches and to continue to monitor the time throughout the game.
- b) *As soon as the game has reached the hard time cap, the point played must be finished. Home teams are responsible for calling out the 'last 2 minutes of the game' and 'last point'. If a point is scored before the expiration of time at the end of the game, a pull must occur unless the point differential is 2 or more.*

- (vii) At full time, the point in progress will be played out. If at the 80<sup>th</sup> minute mark, the point in progress is not scored and a team is up by two (2) or more points, the game will end. If a team is up by one (1) point or teams are tied, the point must be played out. If at the end of this point teams are tied, they must play one last point to determine a winner.

(viii) Time Outs

Each team will receive two 60 second time outs per half. Time outs may be called by either team in between points. During a point, time out can only be called by the player with possession of the disc. The game clock does stop during time outs.

(ix) Substitutions

- a) Substitutions can only occur in between points.

b) Injury Substitution

- i) If there is an injury on the field, the first person to notice the injury should yell 'injury' and play automatically stops. During an injury substitution the game clock stops. If a team makes an injury substitution, the other team is permitted to make a substitution as well.
- ii) If a player feels s/he cannot continue a point because their behavior would be detrimental to the spirit of the game, that player can call an injury substitution. This would take them out of the game for the remainder of the half.
- iii) If a player needs medical treatment or takes longer than 1 minute to be ready to play, they MUST sub out of the game. Once the next point is scored, they can sub back in.

Note: An injury substitution may not be used as a time out.

c) Technical Substitution

- i) If a player is aware of a particular rule but breaks it and refuses to cooperate, their coach should remove them from the game by calling a technical substitution. If a player is removed because of a technical substitution, the player may not return for the rest of the game.
- ii) A technical substitution can be called if your team has possession or if there is a stoppage in play.

(d) Spirit of the Game (Appendix A)

- (i) *Spirit of the game scores will be recorded out of 20 upon completion of the game. Any categories where a 4 or a 0 is given, coaches must provide a reason to the Sport Convenor why that team was given a score that high or low. Spirit points should be scored with all student-athletes and coaches after the game. Spirit of the Game Points to be awarded based on Appendix A.*
- (ii) *Coaches are expected to read Appendix B – Understanding the Spirit of the Game with their team prior to their first game.*

8. AWARDS

- (a) Gold medallions are to be awarded to the winners of the ROPSSAA Final (maximum 25 per team).
- (b) Silver medallions are to be awarded to the members of the runner-up team (maximum 25 per team).
- (c) ROPSSAA championship trophy to be awarded to the winning team.

9. UNIFORMS

- (a) Teams shall be dressed in similar shirts; shirts must be numbered.
- (b) Cleats may be worn but may not have any metal exposed.
- (c) Athletes may not change their clothing in the competition area. For all outdoor sports, athletes must arrive dressed to compete. Visiting teams requiring the use of washroom facilities must send a staff member into the school with the team member(s).

10. SCORING

- (a) Forfeited and defaulted games shall be recorded as a 15-0 score for the non-offending team. Forfeited and defaulted games will be excluded from the tiebreaker rule.
- (b) Two points to be awarded for each win and one point to be awarded for each tie.
- (c) Winning teams are responsible for reporting the result of the game. In the case of a tie both teams are to report the result. Reporting timelines as outlined at the preseason meeting must be met.

11. EQUIPMENT

- (a) Teams designated as the home team shall be responsible for providing two white game discs (175 grams, Discraft preferred) a minimum of eight pylons, a minimum of seven pinnies of contrasting colour, and a visual scoreboard and scorekeeper.
- (b) Each team is responsible for providing a stopwatch or watch.

12. DEPORTMENT

- (a) Competitors and coaches are expected to behave in a sportsmanlike manner as per Article XVI, Section II of the ROPSSAA Constitution.
- (b)
  - (i) Head coaches are expected to remove from play for the remainder of the game, any of their own team members who violate the ROPSSAA Code of Behavior.
  - (ii) *Should a player be removed, their name is to be noted on the bottom of the game sheet as 'removed'. If a coach does not remove one of their own team members who violated the ROPSSAA Code of Conduct, and the opposing coach clearly witnessed the behavior, the opposing coach should speak to that coach immediately. If that player's coach does not remove them, the opposing coach may submit a Jury of Appeal Form.*
- (c) School teams shall at all times be under the supervision of an approved staff member of the school which they represent, prior to, during and after the completion of the competition and until all of the team has left the site. Failure to comply may lead to sanctions by ROPSSAA Council.

13. JURY OF APPEAL

- (a) A jury of appeal constructed at the pre-season coaches meeting will rule on all disputes which do not fall within the playing regulations or rules. This jury will consist of the Convenor and four coaches from participating schools.

14. OFSAA COMPETITION

- (i) The team winning the ROPSSAA Championship will represent ROPSSAA at OFSAA. If a second entry is awarded, then the second place team will advance to OFSAA as well.



## Spirit of the Game Score Sheet

**Your whole team should be involved** in rating the other team! Circle one box in each of the five lines and sum up the points to determine the SOTG score for the other team.

	Poor	Not Good	Good	Very Good	Excellent
<b>1. Rules Knowledge and Use</b> Examples: they did not purposefully misinterpret the rules. They kept to time limits. When they didn't know the rules they showed a real willingness to learn.	0*	1	2	3	4*
<b>2. Fouls and Body Contact</b> Examples: They avoided fouling, contact, and dangerous plays.	0*	1	2	3	4*
<b>3. Fair-Mindedness</b> Examples: They apologized in situations where it was appropriate, informed teammates about wrong/unnecessary calls. Only called significant breaches.	0*	1	2	3	4*
<b>4. Positive Attitude and Self-Control</b> Examples: They were polite. They played with appropriate intensity irrespective of the score. They left an overall positive impression during and after the game.	0*	1	2	3	4*
<b>5. Communication</b> Examples: They communicated respectfully. They listened. They kept to discussion time limits.	0*	1	2	3	4*
<b>Summing the results</b> Sum the results of every category to a final number and write it into these boxes (the end results should be between 0 and 20)					
<b>*Comment Box</b> If you selected 0* or 4* in any category, please explain in a few words what happened. Compliments as well as negative feedback will be passed to the teams in the appropriate manner.					

*Understanding the Spirit of the Game (SOTG)*

*Intro: Implicit in Ultimate is the assumption that no one will cheat to gain an unfair advantage. This principle is what makes Ultimate special to so many people, and all Ultimate players try to keep the Spirit alive by maintaining this high level of trust, no matter how competitive the game becomes.*

- 1. The golden rule: treat others as you would want to be treated. Spirited games result from mutual respect among opponents. Assume the best of your opponent. Give him/her the benefit of a doubt. You would want the same for yourself. But if you are thick-skinned, do not assume that your opponent is. Maybe you should think of this rule as, "treat others as you would have them treat your mother."*
- 2. Coaches and players are expected to know the rules! Obviously, there will be some that are newer to the game and there will be details that may need clarifying during a game. But everyone should have a teachable attitude in these instances and be willing to learn.*
- 3. Control: SOTG takes real effort. SOTG is not just some abstract principle that everyone adopts and then games run smoothly without effort. Close calls are made in tight games. Hard fouls are committed. SOTG is about how you handle yourself under pressure: how you contain your emotionality, tame your temper, and modulate your voice. If you initiate or contribute to the unraveling of spirit, the concept falls apart quickly. If you act to mend things (or at least not exacerbate the situation) by following point 1, the game heals itself.*
- 4. SOTG is compatible with championship play. It is a fallacy to argue that the stakes are so important that some aspect of SOTG can be cast aside. Time and again, great teams and star players have shown that you can bring all your competitive and athletic zeal to a game without sacrificing fair play or respect for your opponent.*
- 5. There is no "eye for an eye" in ultimate. If you are wronged, call "foul" or "violation". You have no right to wrong someone in return. In the extreme case where you were severely mistreated, you should bring the issue up with your captain and your coach.*
- 6. Breathe. After a hard foul, close call, or disputed play, take a step back, pause, and take a deep breath. In the heat of competition, emotions run high. By giving yourself just a bit of time and space, you will gain enough perspective to compose yourself and concentrate on the facts involved in the dispute (was she in or out; did you hit his hand or the disc; did that pick affect the play). Your restraint will induce a more restrained response from your opponent.*
- 7. When you do the right thing, people notice. You may not hear praise, there may be no standing ovation, but people do notice. Eventually, their respect for you and their appreciation of the game will grow.*

8. *Be generous with praise. Compliment an opponent on her good catch. Remark to a teammate that you admire his honesty in calling himself out-of-bounds. Look players in the eye and congratulate them when you shake their hands after a game. These small acts boost spirit greatly, a large payoff for little time and effort.*
9. *Impressions linger. Not only does the realization that your actions will be remembered for a long time serve to curb poor behavior, it can also inspire better conduct. Many old-timers enjoy the experience of meeting an elite player who remembers their first rendezvous on the field and recalls the event in detail. A good first encounter with an impressionable young player can have considerable long-term positive impact.*
10. *Sideline players cheer or call "up". Players and coaches on the sideline should not be making any comments about foul calls or yelling at opposing players. You are not a fan in an arena where these behaviours can be commonplace. You are a player in a self-refereed sport. You can help your team by calling "up" when the disc is in the air or by cheering when someone on either team does something awesome!*