

SSNL GENERAL TECH STANDARD RULES AND REGULATIONS

The following regulations will apply to ALL tournaments under the jurisdiction of School Sports Newfoundland and Labrador (SSNL). Please consult the technical standards, which follow for specific sport rules.

1. All SSNL sports have some sport specific rules that differ from Provincial Sport Organization or National Governing body playing rules so make sure you and the Officials review these in the tech standards that follow. They **MUST** be followed.
2. No player will be permitted to play wearing a cast made of plaster, fibreglass or any other material considered dangerous by the official.
3. All schools **MUST** register their school online for all tournaments and in the case of the Provincials, their entire roster as well. Teams participating in Qualification, Junior Varsity, and Foundation tournaments can register their roster directly with the convenor. All players must be registered in the format above prior to their **FIRST GAME STARTING** in order to be eligible to play in an SSNL Tournament. Failure to comply will result in the defaulting of the games in question and awarding of points to the opposing teams.
4. SSNL has instituted a maximum point spread to be used in tie breaking situations and to promote SSNL ideals of sportsmanship. All games should be recorded on the SSNL tournament page website and at the playing venue(s) and reported to media using only the maximum point spread as set out in the technical standards of each sport. In the tie-breaking procedure, the goal/point spread must credit all the points for the losing team only (eg. If sport has a max 7-point reporting spread and score was 12-2 then report/post as 9-2, not 7-0).
5. There is a no fighting policy in all SSNL events. Any violation will result in an immediate expulsion from the tournament and a possible multi-year suspension from all SSNL activities.
6. Players and fans are not permitted to engage in behaviour where they are intentionally trying to distract players or impeding on the playing surface. Failure to comply could result in in-game penalties, expulsion from the playing venue, and further discipline from SSNL.
7. Teacher-sponsors must be on the bench at all times. Games do not start without the teacher-sponsor present. If the teacher-sponsor is not on the bench 10 minutes after the scheduled start time, the team without the essential personnel will lose the game by default.
8. Players who are not dressing for a game are permitted to still sit in the bench area, but are still subject to all rules governing appropriate team behaviour.

9. Team composition is at the discretion of the school coach as long as it complies with all other rules SSNL rules for that sport on team composition.
10. SSNL game referees are to be instructed to remain on the floor after the game to sign the score sheet and participate/oversee the shaking of hands by teams.
11. In-Game Protests: It is expected that all tournament game related protests be made in-game when the issue arises. Teams wishing to protest must do so in game by telling the Referee (or in sports where self-refereeing is used, stop and tell the convenor or other designated official) at the next available stoppage in play. The Tournament Protest Committee shall review and rule on the issue within a reasonable time before the game will re-commence. The SSNL Rep may be used to help with the ruling. You CANNOT protest discretionary calls by the referee. **Protests must still be accompanied in game by a \$50 protest fee or they will not be considered.** See “Protest, Disciplinary Infractions, and Appeals” section of this Convenor Manual for more details.
12. Coaches are not permitted to change any SSNL rules at the coaches meeting or at any other time by consensus vote. Any change in rules in this situation could result in a loss of points by infracting teams, potential school fines and sanctions, and/or the entire tournament being voided.
13. The use of unauthorized video replays is banned from SSNL events as a measure of officiating.
14. No cell phones or any person who is not a minor official are permitted at scorer’s tables.
15. Game officials **MUST** provide written reports to the convenor for all major rule infractions.
16. At least one member of the coaching staff for each team **MUST** complete the free coach.ca “Making Headway” concussion course in order for their school’s team to be eligible for SSNL tournaments.
17. SSNL philosophy values team accomplishments and sportsmanship. Aside from SSNL sports with an individual component, the Sportsmanship and MVP medals will be the only individual awards presented at SSNL tournaments (if applicable to the sport). There are to be no other individual awards (i.e. Player of the Game or All-Star Team) to be awarded at our tournaments. Failure to comply with this will result in a \$100 fine and possible further sanctions.
18. Schools who pull out of a Foundation Sport Tournament after registering may be subject to discipline if the reason is not deemed valid by the Varsity Council.

ULTIMATE FRISBEE (Indoor)

TOURNAMENTS & DATES

It is up to the region's schools in conjunction with their SSNL Regional Director to determine when is the best time to hold an SSNL Foundation Tournament.

Schools who are interested in playing in a Foundation Tournament that SSNL currently supports should let their Regional Director know they are interested in playing so that a suitable date can be determined amongst the interested schools and a host identified.

SSNL provides awards for 1 tournament in each region (and in each gender if applicable) for Foundation sports. If interest in the region is very high or if the geography of the region is great and another tournament is warranted, then more than 1 tournament may be supported. All tournaments are regionally based at this time and there is no SSNL Provincial Tournaments.

TEAM COMPOSITION

1. Ultimate Frisbee is a Co-Ed Sport.
2. A maximum of 12 players may play on a team.
3. Teams must have a minimum of 4 players to register for a 4 a side SSNL tournament although it is recommended to have 6-8 players minimum so that your team has a sub. Teams must have at least 2 players identifying as boys and 2 players identifying as girls on each roster.

FACILITIES & PLAYING FIELD/COURT

1. Games will be played in a gymnasium or other suitable indoor facility (such as artificial grass or 'turf'). Playing surface must have no major obstructions protruding from the wall.
2. Playing surface shall be clean with clear visible markings.
3. It is recommended there be a safety area of 1 metre around all edges of the field.
4. Regulation size field for 4 a side tournament is rectangle shape measuring 15 to 18 meters wide and 27 to 30 meters long. Endzones are 3m deep. An official basketball court can serve as a suitable playing surface.
5. Change rooms in the area of the playing facilities must be provided.
6. See the included diagram of ideal Ultimate Frisbee playing dimensions.

EQUIPMENT

1. Any [USAU approved](#) 175g disc acceptable to both team captains may be used. It shall be the responsibility of the host school to provide game discs at each venue/field. Teams shall bring their own practice and warm up discs.
2. Scoreboards and paper score sheets shall be located at each venue. SSNL will provide the host school with a score sheet.
3. Players may wear any soft clothing that does not endanger the safety of other players or provide an unfair advantage.
4. Players may not use clothing or equipment to unfairly inhibit or assist the movement of the disc or another player.
5. Players may wear any suitable indoor sneaker for games played on gymnasium surface. For games played on artificial grass or 'turf' players may wear cleats. No metal studs are permitted.

★ [NEW] TEAMS

- Each school is permitted more than 1 team per Regional Tournament, but all schools interested in playing must first be accommodated with one team each before any other school teams will be accepted.
- Successive teams from a school will be awarded if there is space and will be entered in order that the schools declared they had another team or teams to their SSNL Regional Director.
- All schools must first have the opportunity to have a 2nd team in a tournament before any other school enters 3 or more teams.
- The SSNL Regional Director should track the number of teams that are entered for each school in each year so that if there is a clash a rotation can be applied.

★ [NEW] DIVISIONS

- Wherever possible tournaments should be organized with similar grade groupings (Junior 7-9 or Senior 10-12) to help maintain parity, but it is not required.
- If a school has junior grade and senior grade teams in the tournament and the majority of other participating schools only have junior grade teams/players playing it is recommended that the school with the junior and senior teams mix their players to form more evenly matched teams.

TEAM COLORS

Each player must wear a uniform or other clothing distinguishing that player from players on the other team. In tournament play, matching uniforms and numbered jerseys are recommended.

RULES

All SSNL games shall use the same version of the [USAU 11th edition rules for Ultimate](#) with the following modifications for 4-a-side play.

1. Each team has 4 players on the field/court at a time with a gender ratio 2/2.
2. Only 2 pulls every game: at the beginning of the game and after halftime. Each team pulls once.
3. Players have 10 seconds on a stall in order to play the disc (opposing players counts out). Failure to do so is a turnover to the other team.
4. Brick mark is set at 2m in front of the endzone line.
5. After a point is scored, the disc is left in the endzone at the spot in which it was caught. Play restarts in that same endzone (i.e., no pull after every point). The team that was scored upon checks the disc in play once the defence is ready.
6. Maximum 30 second delay between points. Play resumes when either:
 - 6.1. 30 seconds have elapsed, or
 - 6.2. Both teams are ready through a check.
7. If 25 seconds elapses and the offense has not put the disc in play, the defense warns the offense and counts down from 5, after '1' has been said aloud the defense may begin to count stalls. If 25 seconds have elapsed and the defense is not ready, then the offense warns the defense and begins to count down from 5. After '1' has been said aloud, the offense must put the disc into play. If the disc has not been put in play by the offence once the time elapses then it is deemed a turnover and the defence receives the disc.
8. Players may only sub on and off the field between points or from an injury timeout.
9. 3-minute halftime at the scheduled midpoint of the game.
10. Teams switch sides at the half.
11. Teams have 1 timeout per half. A timeout lasts 60 seconds. Teams can call a timeout during their own possession and between a point scored and play restarting. You cannot call a timeout during or directly after the contesting of a call. A contested call is not considered a stoppage in play.

GAME DURATION

Game Length, Points and Caps

1. All games will be scheduled with a hard time cap of 50 minutes. There is no soft time cap.
 - 1.1. When the hard cap is in effect the game is immediately over unless the game is tied, in which case, finish the point.

2. ★ **[NEW]** There is no point cap, however 15 is the max score shown on the score clock and other public display/sharing, as well as, for use in the tie-breaker.

Halftime

1. Halftime occurs at 25 minute mark of the game, but if the disc is in play then the halftime occurs once a point is scored by either team.

2. Halftime will be no more than three minutes in length. From the time the last point of a half is scored, the new receiving team will have 2 minute and 50 seconds to signal its readiness for the next pull. The pulling team will have an additional 10 seconds to pull the disc.

SAFETY STANDARDS

1. The host school is responsible for providing emergency medical services at each facility.

2. All obstructions within 1 metre of court end lines should be covered with a protective material (especially the stage area).

3. The playing surface must be free of glass, protrusions, and other hazards such as water which may be deemed dangerous to players.

4. Make sure the lights are in good working order and are protected.

TOURNAMENT PROCEDURES

Forfeits

1. Any team that is shown to have an illegal roster after play has started will forfeit any previously played game results at a score of 9-0.
2. If one team is not ready to play at the scheduled game start time, points may be recorded at a rate of one point for every five minutes until the team signals readiness to start play. If the score reaches or exceeds 9-0 before the other team signals readiness that team forfeits the game by the score of 9-0.

SEEDINGS

A region the is playing SSNL Ultimate Frisbee for the first time should form divisions (where applicable) as fairly as they can and utilize Ultimate NL to find out if school teams competed before. Once a history of SSNL Ultimate has begun convenors shjould take following into account when ranking teams for tourneys that require divisions:

1. Head to head results of the current year, if any.
2. Final placing from non-SSNL tournaments if applicable (Contact Ultimate NL.)
3. Final placing at previous year's SSNL tournament.

TIE-BREAKING PROCEDURE

Note: ★ **[NEW]** 15 is the max score shown on the score clock and other public display/sharing, as well as, for use in the tie-breaker.

In the case of a 2-way tie:

- Head-to-head results will be used to determine the higher-ranking team.
- Plus/minus against all teams that the tied teams have played.
- Points scored against all other teams the tied teams have played.
- Plus/minus against all teams that the tied teams have played in their division only or in round robin games only if there is only one division.
- The convenor (or SSNL rep if convenor is part of coaching staff for their school team) will determine a suitable method to break the tie i.e. each team may play a sudden death or minimal time limit game against each other.

In the case of a 3-way tie:

- Plus/minus of the 3 teams for the games against all teams they've played to the point of the tie. If the tie breaker results in 2 teams still tied then revert to the 2 team tie breaker listed above.
- If there is still a tie between 3 teams then calculate the points scored for each team against all other teams they've played to the point of the tie. If the tie breaker results in 2 teams still tied then revert to the 2 team tie breaker listed above.
- If 3 teams are still tied then calculate the plus/minus for the teams in all division round robin games they played (if applicable) or round robin games only if there is only one division in the tourney. If the tie breaker results in 2 teams still tied then revert to the 2 team tie breaker listed above.
- If 3 teams are still tied then the convenor (or SSNL rep if convenor is on coaching staff for their school team) will determine a suitable method to break the tie i.e. each team may play a sudden death or minimal time limit game against each other to get a final ranking.

OFFICIALS / SPIRIT OF THE GAME

From the WFDF Rules of Ultimate 2017 Official Version effective 2017-01-01 Produced by the WFDF Ultimate Rules Committee

1. Ultimate is a non-contact, self-refereed sport. All players are responsible for administering and adhering to the rules. Ultimate relies upon a Spirit of the Game that places the responsibility for fair play on every player.
2. It is trusted that no player will intentionally break the rules; thus there are no harsh penalties for inadvertent breaches, but rather a method for resuming play in a manner which simulates what would most likely have occurred had there been no breach.
3. Players should be mindful of the fact that they are acting as referees in any arbitration between teams. Players must:
 - 3.1. know the rules;
 - 3.2. be fair-minded and objective;
 - 3.3. be truthful;
 - 3.4. explain their viewpoint clearly and briefly;
 - 3.5. allow opponents a reasonable chance to speak;
 - 3.6. resolve disputes as quickly as possible, using respectful language;
 - 3.7. make calls in a consistent manner throughout the game; and
 - 3.8. only make a call where a breach is significant enough to make a difference to the outcome of the action.
4. Highly competitive play is encouraged, but should never sacrifice the mutual respect between players, adherence to the agreed-upon rules of the game, or the basic joy of play.

5. The following actions are examples of good spirit:
 - 5.1. informing a team-mate if they have made a wrong or unnecessary call or caused a foul or violation;
 - 5.2. retracting a call when you no longer believe the call was necessary;
 - 5.3. complimenting an opponent for good play or spirit;
 - 5.4. introducing yourself to your opponent; and
 - 5.5. reacting calmly towards disagreement or provocation.
6. The following actions are clear violations of the spirit of the game and must be avoided by all participants:
 - 6.1. dangerous play and aggressive behaviour;
 - 6.2. intentional fouling or other intentional rule violations;
 - 6.3. taunting or intimidating opposing players;
 - 6.4. disrespectful celebration after scoring;
 - 6.5. making calls in retaliation to an opponent's call; and
 - 6.6. calling for a pass from an opposition player.
7. Teams are guardians of the Spirit of the Game, and must:
 - 7.1. take responsibility for teaching their players the rules and good spirit;
 - 7.2. discipline players who display poor spirit; and
 - 7.3. provide constructive feedback to other teams about how to improve their adherence to the Spirit of the Game.
8. In the case where a novice player commits a breach out of ignorance of the rules, experienced players are obliged to explain the breach.
9. An experienced player, who offers advice on rules and guides on-field arbitration, may supervise games involving beginners or younger players.
10. Rules should be interpreted by the players directly involved in the play, or by players who had the best perspective on the play. Non-players, apart from the captain, should refrain from getting involved. However players may seek the perspective of non-players to clarify the rules, and to assist players to make the appropriate call.
11. Players and captains are solely responsible for making all calls.
12. If after discussion players cannot agree, or it is unclear:
 - 12.1. what occurred in a play, or
 - 12.2. what would most likely have occurred in a play, the disc must be returned to the last non-disputed thrower.

ULTIMATE GAME FACILITATOR

Although Ultimate is a self-refereed sport a “Game Facilitator” can be an excellent resource and should be used if available.

The main role of the game facilitator is to ensure the smooth running of an Ultimate game and respect of the rules. They are guarantors of sportsmanship. They must therefore be impartial and sensitive to the notion of the Spirit of the Game. Game facilitators should only intervene when players ask them questions, are having difficulty resolving a call, or when they observe a major infraction of the rules or the Spirit of the Game. In these situations, they have the duty to intervene, especially among younger people who are unfamiliar with the notion of self-arbitration.

The role of the facilitator is different from that of a referee or an observer. They don't intervene to decide but are not solely in the background either. Athletes do their own self-refereeing. The facilitator is there to support them and intervenes so that the athletes can take responsibility and resolve their own conflicts on the field. They are available to answer questions.

Facilitators are encouraged to share their knowledge with players and coaches to ensure that all are learning, understanding and respecting the rules. They may choose to make individual interventions with the individuals involved or to present the concepts in front of all participants at the time deemed appropriate.

PROTEST

Teams are expected to resolve issues through their team Captains and the Spirit of the Game points listed above. If an issue goes beyond the scope of self refereeing as listed in these standards then a Game Facilitator or the Tournament Convenor should be used.

For an Official Protest of the rules not being followed or for issues with the organization of the tournament see page 20 of the SSNL Handbook for protest protocols. When protesting in-game it must follow a stop in play and resolved on-site as soon as possible.

For Disiplinary Infractions consult with the Tournament Convenor and see page 20 of the SSNL Handbook for steps to follow.

SCHEDULING

1. Schedules should be made known to all teams 1 week prior to their 1st match.
2. **Tournaments with 8 or more teams do not have to include quarterfinal matches.**

Type of tournament allowed:	Round Robin, Double Round Robin, 2, 3 or 4 div.
Maximum # of teams in round robin:	5
Maximum # of teams in one venue:	8
Number of matches per day allowed:	4
Games scheduled every:	1 hour
Back-to-back games permitted:	Yes, but limit where possible.
Latest a game can be scheduled	9pm
Time between back-to-back round robin games or last round robin game and first playoff game if back-to-back.	10 minutes
Time between last round robin game that leads straight to a final (if back to back)	20 minutes
Time between back-to-back playoff games	30 minutes
Note: If Semis are played at 2 different venues then they should be played at same time.	

AWARDS

SSNL will only provide awards for 1 tournament per sport per region per year and per gender for any eligible Foundation tournaments unless deemed valid by SSNL (See top of tech standards for explanation).

- 1 Championship Banner
- 1 Sportsmanship Banner
- 1 set of Gold and Silver Medals (14 Medals will be provided for each).
- 1 Sportsmanship Medal and 1 MVP Medal Winner for the entire tournament.

*No other awards like player of the game or any other awards are permitted. Any convenor that breaks this rule will have their school subject to a \$100 fine.

REGISTRATION

A maximum of \$100 per team.