

The following is a one-page summary to highlight some key information (always to refer to full SSNL Tech Standards for rules) coaches should know going into an SSNL Ultimate tournament. At the end of the summary, we have included additional information we recommend you review with your players before the tournament regarding Spirit of the Game and Fouls, if you haven't already.

1) Specific 4-on-4 rules

4 players on the field/court at a time with a <u>gender ratio 2/2</u> .
Disc is IMMEDIATELY placed on the ground EXACTLY where it was caught for a point. Opposing team puts disc back into play at this spot within 30 seconds.
Subbing can only occur <u>on the point</u> OR in the case of injury.
Maximum <u>30 second</u> delay between points.
Games end at <u>50 minutes</u> (buzzer), no point or possession will be completed UNLESS ALREADY tied, then finish the point. <u>3 minute half time</u> at 25 minutes following scoring of a point.

2) Strategies for coaches to help prevent unspirited behaviour:

In other sports, a referee is available to regulate the physicality and maintain the integrity of the game. With ultimate, each player is considered a referee and must uphold the rules and spirit of the game accordingly. In order to support them, we ask that coaches who notice your player exhibiting any of the following: dangerous play, using rules to their advantage/ignoring calls, foul/vulgar or harassing language, etc. will commit to de-escalate this inappropriate behaviour by:

Warning your player that you will bench them if it continues. Remind them of SOTG.
Benching your player for the remainder of the game. Make contact with parent/guardian if required.
Disallowing them to play rest of tournament. Make contact as above.
At any point if you feel unable to discipline the actions of your own player, speak to the convener/ discipline committee for advice.

If you notice an *opposing* player exhibiting any of the above violations of SOTG, please bring this to the immediate attention of the game's "rule facilitator" who will address this with that player's coach in real time.

3) SSNL specific rules:

At least one member of the coaching staff for each team MUST complete the free schoolcoach.ca concussion course	No new (previously unregistered) players are permitted to play after their school's first game begins.
Teacher-sponsors must be on the bench at all times	Coaches are not permitted to change any SSNL rules

Additional Information

SPIRIT OF THE GAME

The following actions are examples of GOOD spirit:

- informing a team-mate if they have made a wrong or unnecessary call or caused a foul or violation;
- retracting a call when you no longer believe the call was necessary;
- complimenting an opponent for good play or spirit;
- introducing yourself to your opponent; and
- reacting calmly towards disagreement or provocation.

The following actions are clear VIOLATIONS OF SOTG and must be avoided by all participants:

- dangerous play and aggressive behaviour;
- intentional fouling or other intentional rule violations;
- taunting or intimidating opposing players;
- disrespectful celebration after scoring;
- making calls in retaliation to an opponent's call; and
- calling for a pass from an opposition player.

DANGEROUS PLAY

Keeping the game as safe and spirited as possible is the number one goal. With that in mind, here is a link to an excellent presentation raising awareness of dangerous play - these examples of dangerous play occur at even the highest levels of play, so educating ourselves can help mitigate the risk of dangerous play.

<https://prezi.com/view/3KfsckMVh47jLxApzEva/>

KNOWLEDGE OF THE RULES

Since every player is charged with refereeing their own game, players are expected to have a certain degree of knowledge of the rules OR at least an enthusiastic willingness to learn them. Please find attached some of the most common rules applied in most games of ultimate. Full rulebook can be found here:

https://www.usultimate.org/resources/officiating/rules/11th_edition_rules.aspx

Player Review - common rules players should know before the tournament

1) **Best Perspective** The most **complete** view available by a **player** that includes the relative positions of the disc, ground, players, and line markers involved in a play.

- e.g.
- a) calling up/down disc might require being very close to disc;
 - b) in/out of bounds requires seeing the line and the receiver's hands and feet at the same time and might require being further from the play, often down the sideline.

2) **Dangerous Play** Reckless disregard for the safety of fellow players or other dangerously aggressive behavior (such as significantly colliding into a stationary opponent), regardless of whether or when the disc arrives or when contact occurs. Treated as a **foul**.

3) **Marking Violations** *Only thrower may call a marking violation, and play does not stop but violation must be corrected before marker can resume stall count.*

- Fast Count:
 - If marker doesn't say "stalling" to initiate or counts < 1 sec intervals
- Double-Team:
 - A defensive player other than the marker cannot be within 3 meters of any pivot of the thrower

unless they are within three meters of and guarding another offensive player. However, merely running across this area is not a double-team

- **Disc-Space:**
 - If a line between any two points on the marker touches the thrower or is less than one disc diameter away from the torso or pivot of the thrower, it is a disc space violation.
- **Vision Blocking:**
 - If marker deliberately blocks throwers vision

HOW TO HANDLE MARKING VIOLATIONS (play does not stop):

1) STOP the count, FIX the violation, DROP one stall, CONTINUE counting

2) IF repeat offenses in same stall count/thrower possession, thrower may make the call again (marker handles as above) or call "violation" (XIV.B.8).

3) Stall Count for "violation" (see table above) (XIV.A.5.a):

Uncontested defensive violation: stall count begins at 1

Contested violation: count reached plus 1, or 6 if over 5

4) **Fouls** Non-Incidental contact between opposing players*. In general, the player initiating the contact has committed the foul.

**Contact resulting from adjacent opposing players simultaneously vying for the same unoccupied position, is not in itself a foul.*

Types of Fouls:

- **Throwing Fouls**
 - non-incidental contact between thrower and marker (disc in thrower's possession is considered part of the thrower)
 - contact between thrower and extended arms and legs of marker (unless marker's limbs are completely stationary and in a legal position)
 - any contact initiated by the thrower with the body of a legally positioned marker is a foul on the thrower (e.g. pushing the marker out of the way in order to throw, see, or regain disc space)
 - although it should be avoided whenever possible, incidental contact during follow-through is not a foul
- **Receiving Fouls**
 - if a player contacts an opponent while the disc is in the air and thereby interferes with that opponent's attempt to make a play on the disc:
 - if uncontested, the fouled player gains possession at the spot of infraction
 - if contested, disc reverts to the thrower
 - **vertical space** – all players have the right to enter the air space directly above their torso and any non-incidental contact occurring here before the outcome of the play is determined (i.e. before disc is caught or turned over), it is a foul on the player entering another's space.
 - **force-out foul** – if airborne player catches the disc and is contacted by an opposing player before landing, causing them to be pushed out of bounds or out of the endzone, it is a foul. Fouled player retains possession and an uncontested endzone force-out results in a goal.
- **Blocking Fouls**
 - when a disc is in the air a player may not move in a manner solely to prevent an opponent from following a clear path to the disc; resulting non-incidental contact is a foul by the blocking player
- **Strip Foul**
 - if defensive player initiates contact with disc after offensive player gains possession, resulting in loss of possession, it is a strip (treated the same way as a foul)

HOW TO HANDLE "FOUL" CALL

- 1) Call "foul", surrounding players echo the call
- 2) Be prepared to explain the events that constitute the foul
- 3) If uncontested, stall count begins again at 1
- 4) If contested, opponent must explain the reason for doing so, and stall count resumes at count reached plus 1, or 6 if over 5.

*RECEIVING FOULS

- 1) If uncontested, the fouled player gains possession of the disc at the spot on the playing field closest to the spot of the infraction
- 2) If contested, the disc reverts to the thrower.

5) Picks

- whenever an offensive player moves in such a way as to cause a defensive player guarding an offensive player to be obstructed by another player.
- call is made by loudly calling "pick" and is echoed by other player and continuation rule applies
- ("Guarding" means actively defending the offensive player while within 3m of that player)

HOW TO HANDLE "PICK" CALL

- 1) Call "pick", surrounding players echo the call
- 2) thrower should acknowledge and halt play,
- 3) defensive player making the call will recover the relative position lost because of the pick
- 4) If thrower does not acknowledge and throws disc, see CONTINUATION RULE below..

6) Traveling

- thrower must establish a pivot and keep contact at that pivot until throw is released
- Additionally, each of the following is a travel:
 - Player catches the disc and speeds up, changes direction or does not stop as quickly as possible
 - Player receives a pass while running or jumping and releases before establishing pivot and after third ground contact after catch
 - Intentional bobbling (tipping, delaying, guiding, etc.)
 - Thrower fails to touch disc to the ground when required
- *Exceptions:*
 - *Non-standing player loses contact with pivot in order to stand up but then establishes new pivot in same spot*
 - *Player catches and releases disc before third ground contact*
 - *If play stops, player may reset the pivot*

HOW TO HANDLE "TRAVEL" CALL

- 1) Call "travel", surrounding players echo the call
- 2) thrower should acknowledge and halt play,
- 3) If uncontested, stall count resumes at count reached plus 1, or 9 if over 8
- 4) If contested, stall count resumes at count reached plus 1, or 6 if over 5
- 5) If thrower releases disc, see CONTINUATION RULE below.

STALL COUNT SUMMARY - how to resume the stall count after infractions are resolved:

Stall Count Rules

XIV.A.5

a. General Rules:

1. Uncontested defensive foul or violation:	1
2. Uncontested offensive foul or violation:	Count reached plus 1, or 9 if over 8
3. Contested foul or violation:	Count reached plus 1, or 6 if over 5
4. Offsetting calls:	Count reached plus 1, or 6 if over 5
5. Unresolved calls:	Count reached plus 1, or 6 if over 5

b. Specific Rules:

1. Pick:	Count reached plus 1, or 6 if over 5
2. Marking violation (no stoppage):	Count reached minus 1, no stalling
3. Contested stall: a. First call b. Second and subsequent calls due to fast count	8 6
4. Defensive technical time-out	Count reached plus 1, or 6 if over 5
5. Offensive technical time-out	Count reached plus 1, or 9 if over 8
6. Obstruction within 5 meters of playing field	Count reached plus 1, or 9 if over 8

CONTINUATION RULE

Applies any time an infraction is called.

Play stops when the **thrower in possession acknowledges** that an infraction has been called.

If a call is made when the **disc is in the air** or the **thrower is in the act of throwing**, or if the thrower fails to acknowledge the call and subsequently attempts a pass, **play continues until the outcome of that pass is determined**.

For calls made by the **THROWER**

- a) If the infraction occurred while the thrower was in the act of throwing:
 - (1) If the pass was complete, play continues un-halted. Players should announce "play on."
 - (2) If the pass was incomplete, play stops and possession reverts to the thrower.

For calls made by a **NON-THROWER**

- a) If the team that **called** the infraction has possession:
 - (1) If the offense called the infraction before the thrower began the act of throwing (II.T.3), play stops and possession reverts to the thrower.
 - (2) If the offense called the infraction after the thrower began the act of throwing or if the defense called the infraction, play continues un-halted. Players should announce "play on."
- b) If the team that **committed** the infraction has possession:
 - (1) If the infraction affected the play (XVI.C.3), play stops and the disc reverts to the thrower unless the specific rule says otherwise.
 - (2) If the infraction did not affect the play, play stops and the result of the play stands.

Positioning after a call:

- a) If no pass is thrown or attempted before the thrower stops play by acknowledging the call, all players return to the locations they occupied when the call was made.
- b) If a pass is thrown or attempted before the thrower acknowledges the call or the call is made after the throwing attempt, and
 - (1) if possession reverts to the thrower, all players return to the locations they occupied at the earlier of: (a) the time of the throw, (b) the time of the call.
 - (2) if the result of a play stands, players return to the locations they occupied when play stopped.
- c) After a travel call, the thrower must return to the location occupied at the time of the infraction.