**NCAA Ultimate Playing Regulations 2022**

 **SEASON OF PLAY**

COED = Spring Season

#  LEVELS OF COMPETITION

Varsity COED, Open Classification

**SCHOOL / TEAM ELIGIBILITY:**

The athlete’s birth certificate indicates that he has not reached his/her 19th birthday by January 1st, prior to the start of the school year in which the competition is held.

To represent a school in any activity coordinated by the Federation, a school/team, must:

* 1. Conduct a bona fide high school Ultimate program consisting of a minimum of six (6) practices during a period of five (5) weeks under the supervision of a teacher as certified by the school principal.

* 1. Participate in an Association-approved league if one is held.

(iii) Participate in the Association Championship or OFSAA-qualifying event if offered. If neither is held, the team must participate in two (2) tournaments.

1. use only eligible athletes in any competition during the school year, or the school forfeits its right to participate in the OFSAA Ultimate Festival.

**INDIVIDUAL STUDENT ELIGIBILITY:**

To represent a school in any activity coordinated by the Federation a student must:

1. be eligible for competition under the Constitution, By-Laws and Standing Rules (Playing Regulations) of the Association to which his/her school belongs;
2. be certified as eligible by the Principal of the school;
3. meet the following age requirement: the individual's birth certificate indicates that he/she has not reached his/her 19th birthday by January 1st prior to the start of the school year in which the competition is held;
4. be in Grades 9-12;
5. be eligible under the OFSAA Transfer Policy (By-Law 5, Section 4(f));
6. be eligible for no more than five (5) consecutive years from date of entry into Grade 9 (By-Law 5, Section 4(g));
7. have signed the Rules of Behaviour signature form for the competition.
8. have participated as a member of a bona fide high school program during the current season as outlined in (a) above and attended the majority of practices and games.

**ELIGIBILITY SHEETS**

The eligibility sheets must be to the convener twenty-four (24) hours prior to the team’s first game.

#  JAMBOREE and GAME TIMES

 **ZONE 2** April/May

**SOSSA** May

 **OFSAA** Last week of May

#  7. JAMBOREE HOME SCHOOL RESPONSIBILITIES –

* Each team **MUST** have their own Approved **DISCS** (175 GRAMS/ UPA approved) for each game.
* Provide a proper field, lined, with corner pylons. Any football, rugby or soccer goal posts that are in play shall be sufficiently padded.
* Use official game and spirit scoresheets; (printed by NCAA).
* 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.

#  8. UNIFORMS AND EQUIPMENT

All players must wear: Team jersey with numbers.

* Track suit trousers or leggings may be worn by any player but, for that particular team, they must be of the same color or black.
* All players shall wear identical jerseys/shirts. Any discrepancy will be ruled on by the convenor. Teams must provide a second set of uniforms or a set with a different colour in case two (2) opposing teams have uniforms of a similar colour. A disc flip shall decide which team changes.
* All competitors must wear shoes. Any competitor who does not have shoes will not be permitted to play.
* Student/athletes must remain fully clothed in the appropriate team uniform in the competition area, AND use the designated locker room or change area to change to and from competition attire.
* Jewelry, watches, rings, casts, etc., that could be a hazard to other players will not be permitted. If you are in doubt, contact the Convenor before the tournament date.

**RULES:**

The Rules of Ultimate as they appear in the 11th Edition USA Ultimate Rules shall govern play in the NCAA Ultimate Championship with the following exceptions:

(a) Coaching and player zone

If space is available, a 3-meter buffer zone will be created along the sidelines and coaches and players must stay behind this line.

(b) Tie Breaking procedures

For ties in standings between two teams the following should be used

1. Head to head record

2. most wins

3. points against

4. most points for

5. flip a disc.

For ties in standings between three teams

1. Head to head record

2. Plus minus using only the results from the tied teams

3. Points against using only the results from the tied teams

 4. Points for using only the results between the tied teams

5. Once a team wins the tie breaker the other two teams will be subject to the head to head record between those two teams.

(c) Gender ratio rules

The gender ratio rules will follow the WFDF rule ‘A’ which prescribes the ratio as

follows: At the start of the game, after the first disc flip, an additional disc flip

happens with the winner selecting the gender ratio for the first point. For the second

and third points, the ratio must be reverse of the first point. For the fourth and fifth

points the ratio must be the same as the first point. This pattern of alternating the ratio

every two points repeats until the end of the game (half time has no impact on the

pattern). If teams can not field enough of one gender, the team must play short a

player.

The coach must attend a coaches’ meeting the morning of the tournament. If the coach is a non-teacher, both the teacher-supervisor and the coach must attend. All captains and spirit captains must attend the Captain’s meeting prior to the tournament.

At the beginning of the game players will flip a disc to determine which team will start with the disc and which end each team will start. The winner of the disc flip has the choice of picking the end they wish to begin at or if they wish to pull or receive the disc.

1. At the beginning of the game a disc flip will occur to determine the gender ratio for the first point.
2. At the beginning of the game if there is a conflict over jersey colour then the disc will be flipped to determine which team will change jersey colour.
3. At the completion of the game players and coaches shall shake hands with all opponents.

As ultimate is self-officiated, it is imperative that coaches and players learn the rules and be open to understanding the rules if there is a disagreement on the field.

The rules are expanded upon in the USA Ultimate 11th Edition Rules. If calls are made that a player or team does not understand, the rule should be explained in a calm, respectful manner by the team / player making the call. A coach may also assist in explaining the rule. If required, the Convenor can be called upon.

To govern ULTIMATE, the NCAA Constitution is applied first, then the NCAA Sport Specific rules for ULTIMATE and then “The OFFICIAL ULTIMATE Rules” will be in effect.

#  REPORTING SCORES

Coaches must report their game score and spirit score to the convenor immediately after the game. Coaches are to confirm together the scores before reporting them to the convenor.

A team that forfeits a playoff game shall also forfeit the right to play any further play-off games at the current or subsequent level of playoffs.

#  NCAA ULTIMATE CHAMPIONSHIP

 **Timing of NCAA Championship Games:**

* Games are given thirty (30) to forty (45) minutes to play.
* A standard game has a game total of fifteen (15), with a point cap of seventeen (17). Each team has two (2) team time-outs per half in a standard game.
* A game is played until one (1) team first reaches or exceeds the game total, with a margin of at least two (2) goals or until a point or time cap is reached.
* Point caps are maximum score limits imposed before or during a game to limit the time required to declare a winner. The game ends when one team’s score first reaches the cap or the time designated for game length at the beginning of the tournament has been reached.
* There are no halftimes in time capped games. Halftime works when there is unlimited time. If there is a halftime, it begins when one team’s score first reaches or exceeds half of the game total, and lasts ten (10) minutes.
* Overtime begins when the score is tied at one (1) goal less than the game total (e.g., In a game with a game total of fifteen (15) goals, overtime begins when the score reaches 14-14).
* Technical Time-out: A technical time-out may be called for illegal equipment, a dangerous condition, or a broken disc. See section 6 of USAU 11th Edition.
* If at the end of the time cap the score is tied, the point will be played out.
* At the end of the time cap and one team has the advantage by one (1) point, the game will end immediately.

#  SUSPENSIONS AND EJECTIONS

* Any player whose actions clearly demonstrate intent to injure will be ejected from the NCAA Ultimate Championship.

* Any concerns regarding dangerous play should be discussed on the sideline between coaches. If it is determined that a player has acted in a dangerous and malicious manner, the incident must be reported to the convenor.

 **TIEBREAKER**

1. Wins head to head
2. # of Wins (two teams could be tied on points...Team A has 1 win and 2 losses for a total of 2pts, and Team B has 0 wins, 1 loss and 2 ties for a total of 2pts. The team with more wins would take the higher seed).
3. Points against.
4. Spirit points – OFSAA approved spirit score sheet.
5. Pull for tie breaker. One male and female from each team is selected. The gender to pull first is determined by disc flip. The first gender selected from both teams throws a disc from the goal line at the centre of the field as far as possible. The distance between where each of the two discs land is measured from the centre of the field with the further distance given to the team that throws further as an advantage. This distance is then measured from the goal line so that the team with the longer first throw is given this location as their starting point and the shorter throw starting from the goal line. The next gender from both teams then throws the disc from the centre of the field as far as possible. The team with the furthest combined throw measured from the centre of the field wins the tie breaker.

**MEDICAL**

 (a) Coaches shall provide all consumable medical supplies (e.g. tape, band aids, ice packs) for their athletes

#  ZONE 2 QUALIFICATION TO SOSSA

The top four (4) teams from each zone will advance to SOSSA.

**NCAA ULTIMATE 10 SIMPLE RULES:**

1. **The Field**: A rectangular shape with end zones at each end. A regulation field is 70 yards by 40 yards, with end zones 25 yards deep.
2. **Initiate Play**: Each point begins with both teams lining up on the front of their respective end zone line. The defense throws ("pulls") the disc to the offense. A regulation game has seven players per team.
3. **Scoring**: Each time the offense completes a pass in the defense's end zone, the offense scores a point. Play is initiated after each score.
4. **Movement of the Disc**: The disc may be advanced in any direction by completing a pass to a teammate. Players may not run with the disc. The person with the disc ("thrower") has ten seconds to throw the disc. The defender guarding the thrower ("marker") counts out the stall count.
5. **Change of Possession**: When a pass is not completed (e.g. out of bounds, drop, block, interception, stalled), the defense immediately takes possession of the disc and becomes the offense.
6. **Substitutions**: Players not in the game may replace players in the game after a score and during an injury timeout.
7. **Non-contact**: No physical contact is allowed between players. Picks and screens are also prohibited. A foul occurs when contact is made.
8. **Fouls**: When a player initiates contact on another player a foul occurs. When a foul disrupts possession, the play resumes as if the possession was retained. If the player committing the foul disagrees with the foul call, the play is redone.
9. **Self-Officiating**: Players are responsible for their own foul and line calls. Players resolve their own disputes.
10. **Spirit of the Game**: Ultimate stresses sportsmanship and fair play. Competitive play is encouraged, but never at the expense of respect between players, adherence to the rules, and the basic joy of play.

**Note:**

These are the Simple Rules. These rules are greatly expanded upon in the USA Ultimate 11th Edition Rules. If calls are made that a player or team does not understand, the rule should be explained in a calm, respectful manner by the team / player making the call and the infracting team make every effort to learn the rule calmly.

**NCAA ULTIMATE 10 SIMPLE THINGS TO KNOW ABOUT SPIRIT OF THE GAME**

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 or her the benefit of a doubt. You would want the same for yourself.
2. 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 (1) above, the game heals itself.
3. Heckling and taunting are different. Ultimate has a long tradition of good-natured heckling. Heckles are friendly barbs, typically from non-playing spectators. Heckling can be fun, but taunting is unspirited and wrong. Harassing remarks after an opponent's foul call or close play are NOT heckling: they are abusive taunts which create unpleasant playing conditions and often escalate to acrimonious disputes.
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. Don't "give as you got." There is no "eye for an eye." If you are wronged, you have no right to wrong someone in return. In the extreme case where you were severely mistreated, you may bring the issue up with a captain and/or tournament convenor. If you retaliate in kind, however, a complaint may be filed against you. We recall point (1): treat others as you would have them treat you, not as they have treated you. In the end, you are responsible for you.

1. 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.
2. When you do the right thing, people notice. When you turn the other cheek, you know you've done the right thing. 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.

1. 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.
2. 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.
3. Have fun. All other things being equal, games are far more fun without the antipathy. Go hard. Play fair. Have fun

**NCAA ULTIMATE CHAMPIONSHIP**

## Responsibilities of the Spirit Captain

 (Adapted from USA Ultimate and WFDF “Spirit Captain’s” job description)

*Highly competitive play is encouraged, but never at the expense of mutual respect among competitors, adherence to the agreed upon rules, or the basic joy of play.*

**Requirements:**

* Each team must have a female and male player spirit
* The spirit captains must be active rostered players
* Coaches should oversee the actions of the spirit captains

**Responsibilities of the Spirit Captain/Coach:**

**Before the Tournament**

Know the rules! A big component of Spirit of the Game (SOTG) is knowing and properly implementing the rules. Make sure that your teammates know the rules too!

Talk with your team about how to engage in a discussion about calls. Remember to “BE CALM”:

■ **B**reathe.

■ **E**xplain what you think happened.

■ **C**onsider what they think happened.

■ **A**sk for rule clarifications from other players, coaches or observers.

■ **Li**sten.

■ **M**ake the Call.

Respond to any requests from the Tournament Director or Spirit Director.

**Before the Game**

Meet with the opposing Spirit Captain and Observers a few minutes before the games. Introduce yourself and start off on a friendly note.

Did your team have any issues in a previous game that you’re focusing in on improving (e.g. fast count on the mark, too much physicality on discs in the air)?

Did your team encounter any exemplary teams or strategies that demonstrate Spirit in the highest regard? It’s always great to share these things with other teams! **During the Game**

Be proactive! Communicate with the opposing Spirit Captain as soon as any issues arise. Earlier is better than later, as this can avoid a game going “bad,” especially if each team has differing viewpoints or expectations.

Encourage your teammates towards positive, spirited, behaviors.

Take a few minutes to check in with the opposing Spirit Captain and Observers during halftime. Do any issues need to be corrected? Are things going great? Communicate both positive and negative aspects with the Opposing Spirit Captain.

Aid your teammates in resolving Spirit issues off the field/between points and after games. Sometimes, things get heated during the game. Make sure to discuss any contentious calls or plays with teammates involved and offer solutions to avoid future problems.

Work with opposing Spirit Captains to resolve any serious Spirit issues throughout the game. Take a Spirit Timeout, if necessary. **After the Game**

Help facilitate a Spirit Circle with the opposing team. If for some reason there is not time, due to schedule constraints, at least check in with the opposing team’s Spirit Captain to share any quick thoughts and decide if further discussion is needed.

Ensure that your team scores your opponent promptly on the five principles of Spirit. Be sure to engage your whole team in this activity, using it as a chance to reflect on the game and on your own team’s spirit.

Enter or return scores promptly to tournament organizers or scorekeepers at your field. Following each tournament’s directions for returning Spirit score sheets is really important for the system to work. This includes after your last game!

Keep backup records of all Spirit scores. Take a picture on your phone of the scoring sheet, create a note file in your phone or on a tablet, or write them down in a notebook.

**After the Tournament**

Follow up with teams if necessary.

Respond to inquiries from other teams, Tournament Director or Spirit Director.

## NCAA ULTIMATE CHAMPIONSHIP

## Spirit Circles

**Spirit Circles**

* + Spirit Circles are an example of a post-game spirit activity that teams can use to communicate with each other.
	+ Spirit Captains should take the leadership role but other team members can speak as well.
	+ Spirit Circles are intended to be held after the last point of a game ends. Both teams come together (usually near midfield) in a circle and link arms around each other, typically intermingling with opposing players.
	+ They are an opportunity to address Spirit issues, discuss game situations and/or complement the other team on a great game.
	+ Be open, honest and candid, but not abusive.
	+ Use this as an opportunity to learn and educate, if necessary.
	+ Use this as an opportunity to share ideas or highlight great demonstrations of Spirit.
	+ Since the team will not have done its Spirit Scoring yet, the Spirit Circle communication may help with the Spirit Scoring process.
	+ Immediately after the Spirit Circle is a great time for Captains and Spirit Captains to meet briefly and share impressions of the game, to help advise one another on what went well and opportunities for future improvement.

## NCAA ULTIMATE CHAMPIONSHIP

## Spirit Timeouts

If both teams’ Spirit Captains believe that either or both teams are failing to follow the Spirit of the Game (SOTG) and the game has reached a point where they consider it dangerous or simply a game that is no fun to play, they may call a “Spirit Timeout.”

**A Spirit Timeout can be called if all of the following conditions have been met:**

* All other options have been attempted (i.e. both Spirit Captains met to discuss adjustments and one or both teams are not adapting)
* Both teams’ Spirit Captains agree.
* Play is stopped or teams are between points.

Note: In games with Observers, Spirit timeouts cannot be called directly by Spirit Captain. Instead, the Spirit Captains should be communicating with the Observers as well as each other throughout the game. Observers should continue to use their normal processes to deal with issues that arise in a game, including pausing the game to address concerns or issues with either team. Observers (or the tournament director) can call a spirit timeout if they feel it is appropriate, or if it is requested by both spirit captains.

**During the Spirit Timeout:**

* The Spirit Timeout will be capped at 3 minutes.
* Neither team may engage in tactical discussions.
* Spirit timeouts can function in one of two ways, as determined together by the Spirit Captains:

1. Two circles will be formed:

The two opposing Team Captains and Spirit Captains shall meet on-field to discuss all current issues with adherence to SOTG, determine actions to rectify those issues, and then convey the agreement to the larger Spirit Circle.

All remaining members of both teams will form one “Spirit Circle” in the middle of the field with both teams.

2. All team members of both teams will form one “Spirit Circle”. The conversation will then be led by each team’s Spirit Captain.

* + SOTG timeouts **do not** affect time-outs available.
	+ By default, Spirit Timeouts **do not** affect caps.
	+ There is always the option for the tournament director to allow the cap to be extended. This should occur through communication between the Spirit Captains and the tournament director. Teams should not do this on their own without consulting the tournament director.
	+ After the timeout is over, teams can set up and game restarts as after a normal time-out.

## NCAA ULTIMATE CHAMPIONSHIP

## Spirit Scoring/Tracking System

Objectives of tracking spirit scores

o Educate players on Spirit of the game o Help teams improve their spirit of the game o Award a team that has consistently showed spirit

Spirit scoring is a team effort! This helps in educating new players and reinforces the fundamentals of SOTG with the more experienced players. The spirit captain’s and coach’s role is to facilitate scoring with input from their team.

On the Spirit score tracking sheets there are five categories of Spirit:

1. Rules knowledge
2. Avoiding body contact
3. Fair-mindedness
4. Positive attitude
5. Communication

After the game encourage all players to hold up fingers to “vote” for the score they think should be given in each category. People with outlying opinions (0’s, 4’s or maybe 1’s and 3’s) should speak about why they feel this way. Other players can then adjust their score, and then an average is taken.

When filling in your score sheet please clarify outlying scores of 0 or 4 with comments. Make sure to follow tournament directions and hand in your spirit score sheets promptly. This aids in stat keeping and also allowing the tournament organizers to be aware of issues that arise**.**

**Reminders for your team:**

* **Remember: a “2” is a “Good” score in any category.**
* **A “Good” total scoring is between 8-13.**
* **Focus on each question and answer only. Do not start with the overall score in mind and work backwards to get that score.**
* Fun games after the game is over are great but should not contribute to the Spirit score.
* Do **not** give lower Spirit scores out of retaliation or prejudice (e.g. Based on previous encounters with this team, or hearsay or reputation). Encourage your teammates to justify scores with reasons.
* Scores and comments may be posted after the tournament, and may be posted during the event if resources are available.
* If your team receives low scores (6 or lower), high scores (over 14), or 0s or 4s in several categories or over multiple games, expect some follow-up with a Spirit Director from the tournament. We want to help resolve any repetitive issues or highlight great examples. If a team has several low scores and doesn’t improve, or has a particularly low score, the Spirit Director will address with the team and the tournament director will be informed.
* A team that consistently give scores 15 or higher will be contacted by the Spirit Director, as that is considered a non-standard (unusually high) score and usually indicates that the scoring system is not being accurately employed.

**Reference Page 1: Examples of behaviours for Spirit of the game categories scores**

**NCAA Ultimate Championship Resources**

**Lessons**

Ontario Ultimate <https://ontarioultimate.ca/en_ca/youth-junior-ultimate>

Lesson plans and how to start up a high school program

## Rules

Link to th[e https://canadianultimate.com/en\_ca/rules-of-ultimate](https://canadianultimate.com/en_ca/rules-of-ultimate)

Ontario Disc Sports Association [www.ontariodiscsports.ca/](http://www.ontariodiscsports.ca/)

**SOTG**

Spirit of the game handouts from the WFDF <http://www.wfdf.org/sotg/sotg-downloads>

## Ultimate Suppliers

VC Ultimate (based out of Toronto) <https://ca.vcultimate.com/>

Daredevil discs (based out of Ottawa) <http://daredevildiscs.com/>

BeUltimate <https://beultimate.ca/>