

OFSAA ULTIMATE FESTIVAL

The sole basis for the very existence of high school sport is the contribution it makes to the general educational experience of those students who participate.

PLAYING REGULATIONS

1. Events and/or Classifications:

The OFSAA Ultimate Festival shall be conducted in an Open Classification.

2. Festival Structure and Procedure:

a. **Structure:**

- i. Teams should be divided into four equal pools. Specific tournament structures are outlined in the sport specific directives for the 16 and 20 team draw.
- ii. Each pool shall play a round robin series. Wins will be awarded three (3) points and ties will be awarded one (1) point.
- iii. A team shall play a minimum of six (6) games at the Festival and a maximum of (8). Teams shall play no more than 240 minutes in one day.

b. The following **procedures** shall take place at each game:

- a. 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 at. 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.
 - b. At the beginning of the game a disc flip will occur to determine the gender ratio for the first point.
 - c. 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.
 - d. At the completion of the game players and coaches shall shake hands with all opponents.
 - e. At the completion of the game players will participate in a spirit circle.
- c. Registration materials will only be given to the teacher accompanying the team upon receipt of the required entry materials as indicated in the coaches' information on the Festival website.
 - d. The teacher-coach/supervisor must attend the coaches' meeting. If the coach is a non- teacher, then both the teacher-supervisor and the coach must attend.
 - e. All captains and spirit captains must attend the captain's meeting prior to the tournament.

3. Entry:

- a. Entries shall be accepted from Association convenors or designates only.
- b. Entries must be received by the deadline date as indicated in the coaches' information on the Festival website. Late entries will only be accepted if they can be accommodated, and an additional entry fee shall be charged.
- c. Each Association may enter one (1) team into the festival.
- d. **Additional entries to be determined by the OFSAA office. (See Appendix XVI to the By-Laws)**
- e. Host association will receive one (1) additional team entry.
- f. Additional entries will be offered to associations based on the previous year's medal placings.
- g. Each team may register a maximum of twenty-eight (28) participants, which includes players and team personnel. Only registered participants may represent the school and/or attend Festival activities.
- h. Any suspension or disciplinary actions in Association play shall be carried forward into OFSAA competition. The Association convenor shall be responsible for reporting such players and the nature of the disciplinary action on the OFSAA registration form.

4. Expenses:

- a. Those schools having entries are responsible for arranging and financing their own entry fee, and travel, meals and accommodation for the event.
- b. All schools entering a Federation Festival shall, by signature of the school principal on the Festival Entry Form, acknowledge responsibility for making restitution for damage resulting from misconduct by their participants.

5. Eligibility:**a. School/Team Eligibility**

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

- i. 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.
- ii. 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.
- iv. use only eligible student-athletes in any competition during the school year, or the school forfeits its right to participate in the OFSAA Ultimate Festival.

- v. In accordance with Rowan's Law, have all coaches and trainers confirm in writing on the OFSAA form provided, that they have reviewed the concussion awareness resource and OFSAA Concussion Code of Conduct within the previous twelve (12) months.

b. Individual Student Eligibility

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

- i. Be eligible for competition under the Constitution, By-Laws and Standing Rules (Playing Regulations) of the Association to which his/her school belongs.
- ii. Be certified as eligible by the Principal of the school.
- iii. 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.
- iv. Be in Grades 9-12.
- v. Be eligible under the OFSAA Transfer Policy (By-Law 5, Section 4(f)).
- vi. Be eligible for no more than five (5) consecutive years from date of entry into Grade 9 (By-Law 5, Section 4(g)).
- vii. Have signed the Rules of Behaviour signature form for the competition.
- viii. 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.
- ix. in accordance with Rowan's Law, confirm in writing on the OFSAA form provided, that they and their parent/guardian (if student is under 18 years of age) have reviewed the concussion awareness resource and OFSAA concussion code of conduct within the previous twelve (12) months.

6. Rules and Officials: The Rules of Ultimate as they appear in the 11th Edition USA Ultimate Rules shall govern play in the OFSAA Ultimate Festival with the **following exceptions:**

- a. Coaching and player zone
 - i. 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
 - i. 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.
- ii. 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
 - i. 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).
 - d. Officials/Observers
 - i. If available, trained observers will be used as officials in finals.

7. Uniforms and equipment:

a. General

- i. All competitors are expected to dress in uniforms that are neat, clean and which maintain the integrity of the school's/Association's name, colours and logos.
- ii. No sport club insignia on uniforms shall be permitted. A sport club is defined as a community, provincially or nationally based organization whose primary purpose is participation in organized competition in single or multi-sport programs.
- iii. Sponsorship recognition is permitted to be visible but must conform with the placement guidelines outlined in By-Law 6, Section 2(h).
- iv. 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.
- v. The above criteria must be met both on and in the immediate vicinity of the competitive area and during the awards ceremonies. Incidents of non-compliance shall be forwarded to the Protest Committee for resolution.

(b) Sport Specific

- i. All players shall wear identical jerseys/shirts. Any discrepancy will be ruled on by the members of the Protest Committee.

- ii. 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.
- iii. All competitors must wear shoes. Any competitor who does not have shoes will not be permitted to play.
- iv. Any braces or casts will follow the CSA cast policy and all casts/braces must be approved by the Tournament Director or Head Observer at the coaches' meeting. Players who have not received approval for a brace or cast will not be permitted to play.

8. Awards:

- a. OFSAA gold, silver, bronze, and antique bronze medallions twenty-eight (28) shall be presented to the members of the top four (4) teams in each Festival.
- b. The Festival champion team shall receive an OFSAA banner to be retained by the school.
- c. The Festival organizing committee will purchase an OFSAA Spirit banner to be retained by the school.

9. Supervision: (Reference By-Law 6, Section 1):

A teacher is defined as a member of the Ontario College of Teachers or a holder of an Ontario Teacher's Certificate or equivalent.

- a. For team sports ("A team consists of all athletes from the same school who qualify for Federation competition as a unit..." {reference By-Law 5, Section 3}), a teacher from the same school, or a retired teacher, as approved by the principal of the school, must accompany and be responsible for the team.
- b. For all sports, where the teacher, as indicated in (a) above, is not of the same sex as the athlete(s), and where the athlete(s) are required or might be required to stay overnight, a supervisory adult, as approved by the principal of the school, of the same sex as the athlete(s), must be present and available at the accommodation site for the duration of their stay in the accommodation.

10. Deportment: (Reference By-Law 6, Section 2)

- a. Definitions:
 - i. A team is defined as, "All participants representing the same school at an OFSAA Championship event".
 - ii. A participant is defined as, "Anyone who has been granted proper authorization to enter a restricted area." "Restricted area" includes "those areas occupied by athletes and to which access by the general public is restricted or prohibited."

b. Codes of Behaviour:

- i. All participants are expected to abide by the, "Rules of Behaviour for Participants to OFSAA Championships". (see Appendix to By-Laws)
 - ii. Supervising adults are responsible for the behaviour of participants for the duration of the Championships.
 - iii. Teams are open to censure for failure of its participants to abide by the "Rules of Behaviour".
 - iv. All coaches are expected to adhere to the Code of Ethics for Coaches to OFSAA Championships. (See Appendix II)
 - v. School personnel and coaches are expected to adhere to the Statement of Principle on Recruiting. (See Appendix IV)
 - vi. Spectators shall adhere to the Code of Behaviour for Spectators. (See Appendix III)
 - vii. All coaches are expected to adhere to the "Return to Play Guidelines". (See Appendix V)
 - viii. School personnel and coaches are expected to adhere to the Policy on dispensing drugs, medication and food supplements. (See Appendix IX)
- c. No artificial noisemakers are permitted at OFSAA Championships.

11. Social:

- a. If a special event is arranged all team members and coaches must attend.
- b. Participants are expected to wear 'dress casual'. No jeans, shorts, tank tops or hats are permitted.
- c. Should there be an instance of improper attire, the Protest Committee shall deal with the matter and forward a report to the OFSAA Board of Reference-Sanctions.

12. Medical:

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

13. Protest Committee

All disputes during an OFSAA Championship/Festival shall be directed to the Protest Committee for resolution.

- a. The Protest Committee shall consist of three (3) individuals; the chairperson of the Sport Advisory Committee or designate, a tournament committee member, and one other member appointed by the Festival convenor. The Head official in some cases may serve as a member of the Protest Committee. Members of the Protest Committee must not have any conflict of interest relevant to the incident under protest.
- b. All protests must be submitted in writing to the Festival convenor or designate, shall fully outline the incident under protest, and shall be accompanied by a \$50.00 fee (refundable if protest is upheld).

- c. A protest must be submitted within thirty (30) minutes of the completion of the game/event in which the incident under protest occurred, or within thirty minutes of the occurrence if protesting an incident outside the field of play.
- d. The following areas may not be protested at a Championship/Festival:
 - Officials' decisions
 - Eligibility of transfer students
- e. Any disputes or protests re: tournament structure and procedure must be addressed no later than the coaches' meeting.
- f. The Protest Committee shall be the body empowered to delay/modify/cancel an event due to unforeseen circumstances (e.g. weather conditions) at the site(s).
- g. Decisions of the Protest Committee shall be final.

A report of all appeals and decisions shall be forwarded to the OFSAA Board of Reference Sanctions, who may determine that additional sanctions are necessary.

SPORT SPECIFIC DIRECTIVES

1. Festival Structure and Procedure

- a. Convenors, whenever possible, should ensure that all participating teams are rotated throughout all Festival sites during the preliminary rounds of competition.
- b. There shall be a minimum of 15 minutes between the start of games.
- c. Sample schedules are included at the end of this document. Any deviations from the attached schedules must be approved by the Sport Advisory Chair(s).

2. Seeding

- a. All teams shall be seeded.
- b. The convenor in association with the Sports Advisory Committee shall seed all teams based on the following criteria: (the criteria are in no particular order)
 - i. overall record including tournaments
 - ii. league record
 - iii. strength of schedule
 - iv. strength of association
 - v. current year tournament results
 - vi. previous year results
 - vii. coaches' assessment of appropriate seed.
- c. Seeding should be adjusted so that if there happens to be teams from the same association that they are not placed in the same pool or bracket.

3. Facilities and equipment

- a. All games will be played on cut and clearly lined fields marked by 4 cones for each end zone.
- b. Game discs will be either Disc Craft or Daredevil. Discs should be white in colour and the official 175-gram mass.

4. Medical

- a. Provision shall be made to have a qualified sport therapist or medical group on hand.

5. Spirit of the Game (SOTG)

- a. Teams are expected to play hard and be competitive but never at the expense of mutual respect among competitors, adherence to the rules or the basic joy of playing.
- b. Teams will be required to have a male and a female spirit Captain. For more information on the Responsibilities of a spirit captain see below.

- c. Teams will be required to fill in spirit of the game score sheets for each of their games. See below for instructions on how to fill in sheet and to see an example of the sheet.
- d. Upon completion of a game teams should participate in a spirit circle. See below for more information.
- e. Upon completion of the tournament the spirit points will be totaled and a spirit award (award to be determined by the festival convenor) will be given to the team that most consistently showed spirit.

16 Team Schedule

Initial Pools (#s refer to seeding)

Pool A	Pool B	Pool C	Pool D
1	2	3	4
8	7	6	5
9	10	11	12
16	15	14	13

1st Day Round Robin Schedule

Time	Field 5	Field 6	Field 7	Field 8	Field 1	Field 2	Field 3	Field 4
9:40-11:00	A1 vs A4	A2 vs A3	B1 vs B4	B2 vs B3	C1 vs C4	C2 vs C3	D1 vs D4	D2 vs D3
11:10-12:30	A1 vs A3	A2 vs A4	B1 vs B3	B2 vs B4	C1 vs C3	C2 vs C4	D1 vs D3	D2 vs D4
12:30 – 1:20	LUNCH	BREAK						
1:20-2:40	A1 vs A2	A4 vs A3	B1 vs B2	B4 vs B3	C1 vs C2	C4 vs C3	D1 vs D2	D4 vs D3

After the round robin play teams will be reseeded in the following table.

Pool A	Pool B	Pool C	Pool D

The teams in 2nd and 3rd, in the above table will have to play in the cross over game in order to secure their spot in the championship bracket. During the cross-over games there must be a winner. If a lower seeded team beats a higher seeded team, then they assume the higher teams spot in their pool. If the higher seed wins then they stay in their spot in their pool.

Time	Field 6	Field 7	Field 8	Field 5
3-4:20 (Cross over)	A2 vs B3	B2 vs A3	C2 vs D3	C3 vs D2

2nd Day Schedule

Final Seeding after cross over games

Pool E	Pool F	Pool G	Pool H

Championship Bracket

- quarters and semi-finals will be two halves of 30 minutes with a 5 minute half-time, finals have 35 minute halves

Time	Field 5	Field 6	Field 7	Field 8
10	P1 E1 vs H2	P2 F1 vs G2	P3 F2 vs G1	P4 E2 vs H1
12	P9 Winner P1 vs Winner P4	P10 Winner P3 vs Winner P2	P11 Loser P1 vs Loser P4	P12 Loser P3 vs Loser P2
2:30	1 st /2 nd Game Winner P9 vs Winner P10 35 min halves, cap 15	3 rd /4 th Game Loser P9 vs Loser P10	5 th /6 th Game Winner P11 vs winner P12	7 th /8 th Game Loser P11 vs Loser P12

Consolation Bracket

- all games will be two halves of 30 minutes with a 5 minute half-time

Time	Field 3	Field 4	Field 1	Field 2
10	P5 E3 vs H4	P6 F3 vs G4	P7 F4 vs G3	P8 E4 vs H3
12	P13 Winner P5 vs Winner P8	P14 Winner P6 vs Winner P7	P15 Loser P5 vs Loser P8	P16 Loser P6 vs Loser P7
2:30	P21 Consolation winner Winner P13 vs winner P14	P22 Loser P13 vs Loser P14	P23 Winner P15 vs winner P16	P24 Loser P15 vs Loser P16

20 Team Schedule

Initial Pools (#s refer to seeding)

Pool A	Pool B	Pool C	Pool D
1	2	3	4
8	7	6	5
9	10	11	12
16	15	14	13
17	18	19	20

Day 1:

- In pool play everyone plays four games. Games will consist of two 20 minute halves and a 5-minute halftime. Games end when time expires or when a team reaches 13 points (whichever comes first).
- 1st place in each pool makes it to the Championship round and has a bye first thing on Day 2.
- 2nd and 3rd place teams play crossover games first thing on Day 2 with the winners moving to the Championship round and losers moving to Consolation round.

- 4th and 5th place teams play crossover games with the winners moving to the Consolation round and the losers moving to the Spirit round.

Pool Play (5 teams)

Game Time	Field 1	Field 2	
9:30-10:15	2 vs 5	3 vs 4	1 vs bye
10:45-11:30	1 vs 5	2 vs 4	3 vs bye
12:00-12:45	1 vs 4	2 vs 3	5 vs bye
12:45-2:00	LUNCH	LUNCH	LUNCH
2:00-2:45	1 vs 3	4 vs 5	2 vs bye
3:15-4:00	1 vs 2	3 vs 5	4 vs bye

Day 2 (playoff games cannot end in a tie)

- Crossover games to start the day. (16 teams playing first thing, all first place teams have byes). Games will consist of **two 20 minute halves** and a 5-minute halftime. Games end when time expires or when a team reaches 13 points (whichever comes first).
- Championship round has Quarters, Semis, and Finals. This bracket should sort out the top 8. These games will have **two 30 minute halves**. Games end when time expires or when a team reaches 15 points (whichever comes first).
- Consolation round has Quarters, Semis, and Finals to determine 9th-16th. Games will consist of **two 20 minute halves** and a 5-minute halftime. Games end when time expires or when a team reaches 13 points (whichever comes first).
- Spirit round has a semi-final and a final. Losers of Consolation crossover battle for 17th to 20th. Games will consist of **two 20 minute halves** and a 5-minute halftime. Games end when time expires or when a team reaches 13 points (whichever comes first).

Reseeding of Pools (based on Day 1 results)

	A		B		C		D
A1		B1		C1		D1	
A2		B2		C2		D2	
A3		B3		C3		D3	
A4		B4		C4		D4	
A5		B5		C5		D5	

Crossover games

All first place teams have a bye in the morning and play their first game at 10:45 am

Time	Field 1	Field 2	Field 7	Field 8	Field 5	Field 6	Field 3	Field 4
9 am	Game 1 A2 vs B3	Game 2 B2 vs A3	Game 3 C2 vs D3	Game 4 D2 vs C3	Game 5 A4 vs B5	Game 6 B4 vs A5	Game 7 C4 vs D5	Game 8 D4 vs C5

Championship Round

Time	Field 7	Field 8	Field 1	Field 2
10:45 (quarters)	Game 9 A1 vs winner of game 4	Game 10 B1 vs winner of game 3	Game 11 C1 vs winner of game 2	Game 12 D1 vs winner of game 1
1:00 (semis)	Game 14 Winner of game 9 vs winner of game 12	Game 15 Winner of game 11 vs winner of game 10	Game 16 Loser of game 9 vs loser of game 12	Game 17 loser of game 11 vs loser of game 10
2:30 (finals)	1 st /2 nd place game Winner of game 14 vs winner of game 15	3 rd /4 th place game Loser of game 14 vs loser of game 15	5 th /6 th place game Winner of game 16 vs winner of game 17	7 th /8 th place game Loser of game 16 vs loser of game 17

Consolation Round

Time	Field 5	Field 6	Field 3	Field 4
10:30 (quarters)	Game 18 loser of game 3 vs winner of game 5	Game 19 Loser of game 4 vs winner of game 6	Game 20 Loser of game 1 vs winner of game 7	Game 21 loser of game 2 vs winner of game 8
12:30 (semis)	Game 22 Winner of game 18 vs winner of game 19	Game 23 Winner of game 20 vs winner of game 21	Game 24 Loser of game 18 vs loser of game 19	Game 25 loser of game 20 vs loser of game 21
2:00(finals)	9 th /10 th place game Winner of game 22 vs winner of game 23	11 th /12 th place game Loser of game 22 vs loser of game 23	13 th /14 th place game Winner of game 24 vs winner of game 25	15 th /16 th place game Loser of game 24 vs loser of game 25

Spirit Round

Time/Field	Field 9	Field 10
10:30 (semis)	Game 26 Loser of game 7 vs loser of game 5	Game 27 loser of game 8 vs loser of game 6
12:30(finals)	Game 28 Winner of game 26 vs winner of game 27	Game 29 loser of game 26 vs loser of game 27

OFSSA ULTIMATE FESTIVAL**A guide to playing with spirit**

(Adapted from the Toronto Ultimate Club (TUC) and the Peterborough Ultimate League).

The following document should be shared with your players prior to attending the OFSSA Ultimate Festival and signing the Code of Behaviour.

Many people come to this game and are rightfully bewildered, not necessarily by the ideals around Spirit of the Game (SOTG), but how to show it, exercise it, respond to it and so on. While this is the condensed version, it manages to capture the essence of SOTG in a very practical and persuasive manner.

Some players say that it is easy to play with Spirit – all you have to do is follow the rules. But SOTG (Spirit Of The Game) is way more than this, and is quite difficult to do all the time. Here is a list of 5 steps needed to fully play with Spirit. Each step is challenging, but Step 4 is by far the hardest.

Step 1.

- I will try not to break the rules.
- I will try not to drag my pivot foot when I pivot. (travel)
- I will try not to cross the goal line before the pull. (offside)
- I will try not to cause significant impact when going for the disc. (foul)
- I will try not to count faster than 1 second intervals. (fast count)

Step 1 is absolutely necessary before you can go to Step 2.

Step 2.

I will not allow myself to get away with breaking the rules.

- If I realize that I've dragged my foot to pivot around a marker, I will not throw since I would have gained an advantage. Instead I will pivot back to my original position and ensure that both the marker and myself are in legal positions before continuing the play.
- If I cross the goal line before the pull, I will take a few slow steps before going into a sprint to nullify the advantage I might have gotten.
- If I start the count too fast, I will stop counting for a few seconds to nullify the advantage.
- If I am unsure if I was in bounds or in the end zone I will not state that I was in.
- If I know I fouled someone I will not argue the contrary.

Step 3.

I will encourage my teammates to follow steps 1 & 2. I will tell them when I think they are not.

- A teammate always travels when they throw a hammer. Tell them, and follow through by helping them practice throwing legally.
- My teammates often cross the line before the pull is released. Ask them to “hold the line” when your team is pulling.
- Your teammate fouls an opponent hard and decides to contest. Talk to this teammate; say something like: “Wow, that was a hard hit, maybe you shouldn’t contest”.
- Call fast count if your teammate is counting too quickly. It might surprise your opponents, but they will probably appreciate it.

Step 4.

I will believe that ALL players (myself, my teammates, and my opponents) are doing their best to follow steps 1, 2, and 3.

- I never travel, but the person marking me indicates that I traveled on my pivot. I get the disc back and make smaller pivots to avoid whatever it was that my opponent saw. After the game, I ask him or her to show me what it was that I was doing that they believe constitutes a travel.
- My opponents occasionally get 10 or 15 yards across the line before they pull. I kindly ask their captain to check this and to mention it to his/her teammates. He/she does and their team is much better about off-sides for the rest of the game.
- The person marking me slaps my arm every time I pivot. I ask him to be more careful and/or I call a foul. We both try to be more careful – he doesn’t mark so close, and I don’t reach out so far on my throws.

Step 5.

I will accept that different perspectives will see different outcomes.

Step 5 doesn't work unless you believe Step 4. Even when you believe step 4 there will still be disagreements. Line calls are a perfect example of differing opinions on the field. A player catches a disc close the side line – in or out? Sometimes these calls can be very close. Even with linesmen and professional referees (e.g. pro football), line calls are sometimes unclear.

- I catch a disc on the sideline and I'm 100% sure I was in, my opponent with equal perspective is 100% sure I was out. Since I accept Step 4, I have to believe that the opponent really saw that I was out he saw something different than I did. Since I know I was in and he knows I was out (and neither of us is breaking the rules) it must be too close to call. The Rules of Ultimate include a solution for this situation: disc back to the thrower.

Play On!!!

OFSSA ULTIMATE FESTIVAL

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”:

- Breathe.
- Explain what you think happened.
- Consider what they think happened.
- Ask for rule clarifications from other players, coaches or observers.
- Listen.
- Make 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.

OFSAA ULTIMATE FESTIVAL**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.

OFSAA ULTIMATE FESTIVAL**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:
 - a. 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.
 - b. 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.

Spirit Scoring/Tracking System

Objectives of tracking spirit scores

- Educate players on Spirit of the game
- Help teams improve their spirit of the game
- 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.

All Federation Championships/Festivals are non-smoking and non-vaping events.

This includes the use of all tobacco and vaping related products.

Participants must obey the Ministry of Education’s Code of Conduct

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

Example behaviors for the 2014 WFDF & BULA Spirit of the Game category scores

This is a guideline to improve the standardization of Spirit of the Game (SOTG) scoring. Please use common sense, especially after games which contain instances where the opposing team has displayed both positive and negative examples of spirit in the same category.

It is assumed that a team fulfilling the 'Very Good' criteria will have been judged to already be 'Good' to earn the higher mark (and similarly being 'Very Good' before attaining 'Excellent'). Not all examples need to have occurred in order to warrant a certain score. Common sense still needs to be applied.

	Poor score	Not so Good score	Good (normal) score	Very Good score	Excellent score
Rules Knowledge and use	<ul style="list-style-type: none"> They repeatedly exhibited poor knowledge of the rules They often disregarded or purposefully misinterpreted the rules They refused to learn details of the rules and SOTG 	<ul style="list-style-type: none"> For the level of play they showed a general lack of rules knowledge They disregarded or purposefully misinterpreted the rules during the game a few times They were resistant to being taught rules or elements of SOTG They didn't keep to time limits They were Offside during pulls even after an initial warning 	<ul style="list-style-type: none"> For the level of play they showed good knowledge of the rules 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 them 	<ul style="list-style-type: none"> For the level of play they showed an above average knowledge of the rules There was at least one case where they helped us learn some of the rules we did not know 	<ul style="list-style-type: none"> For the level of play they showed excellent knowledge of the rules They abided by the rules throughout the game They explained the rules we did not know very clearly, efficiently, and in a way that added to our joy of the game
Fouls and Body Contact	<ul style="list-style-type: none"> Even after repeated calls they continued to have the same foul or contact issues There were several instances of dangerous or reckless plays They made little effort to avoid body contact 	<ul style="list-style-type: none"> The amount of non-incidental body contact was a bit too much There were a few instances of dangerous or reckless plays 	<ul style="list-style-type: none"> Nothing significant occurred beyond incidental contact 	<ul style="list-style-type: none"> There was at least one clear case of thoughtful contact avoidance 	<ul style="list-style-type: none"> There were several clear cases of thoughtful contact avoidance They played in a style that avoided the potential for both fouls and unnecessary body contact
Fair-Mindedness	<ul style="list-style-type: none"> The opposing team always took the stance that they were right on calls When asked, teammates did not give their opinion on calls where the result could have gone against their team They made many unjustifiable calls/contests They made retaliatory calls They frequently fouled and/or made calls for tactical reasons They unduly delayed the game for tactical reasons 	<ul style="list-style-type: none"> They often gave the impression they would only see things in a manner favorable to their team They made a few unjustifiable calls/contests They were not consistent in their calls throughout the game They were quick to complain when we made a call, irrespective of the appropriateness of the call 	<ul style="list-style-type: none"> They didn't call breaches that did not affect the outcome of the action, such as a minimal travel on an unmarked thrower, or fouls on throws they made that would not have been caught anyway They respected and acknowledged our opinions on calls, even when they disagreed They apologized in situations where it was appropriate (like an uncontested foul) They adjusted their behavior based on our feedback in a way that improved the enjoyment of the game 	<ul style="list-style-type: none"> There was at least one case where they informed teammates when they made wrong or unnecessary calls/contests They retracted calls when they thought they were wrong 	<ul style="list-style-type: none"> There were several clear examples of opposition players seeking to uphold the truth of the situation, even if it did not benefit them. They remained fair-minded even in crucial situations (e.g. Universe point)

	Poor	Not so Good	Good (normal)	Very Good	Excellent
Positive attitude and self-control	<ul style="list-style-type: none"> Players and/or their sideline were often rude and discourteous towards opponents, their own teammates, officials, volunteers, organizers, and/or spectators Physical confrontation occurred on/off the field Several instances of edge-down spiking, or aggressive celebration towards opponent Several instances of deliberately damaging equipment They played in a patronizing manner (e.g. scooter only points, trick plays, etc...) 	<ul style="list-style-type: none"> Players and/or sideline sometimes exhibited a lack of self-control and positive attitude towards opponents, their own teammates, officials, volunteers, organizers, and/or spectators They actively celebrated our errors to humiliate players A few instances of edge-down spiking or aggressive celebration towards opponent A few instances of deliberately damaging equipment 	<ul style="list-style-type: none"> Players and/or sideline generally exhibited self-control and positive attitude towards opponents, officials, and spectators Opposing team left an overall positive impression during and after the game, e.g. during the Spirit circle They were polite to us, their teammates, officials and spectators They thanked us for the game They played with appropriate intensity irrespective of the score 	<ul style="list-style-type: none"> They introduced themselves to us They complimented us on a good play or celebrated good plays by either team in a positive manner There were 1-2 instances where they clearly showed very good self-control 	<ul style="list-style-type: none"> Demonstrated excellent self control on the field during potentially stressful situations Highest level of self-control and positive attitude shown throughout game towards opponents, officials, and spectators
Communication (With players, officials, volunteers, organizers, and spectators)	<ul style="list-style-type: none"> They frequently refused to discuss issues/calls They got angry/reacted with contempt at several calls/contests They frequently used offensive language Their body language was frequently rude or aggressive, such as smirking or making offensive hand gestures 	<ul style="list-style-type: none"> Players not involved in the play got involved without having best perspective or being asked/getting permission several times There were a few instances where they were not calm while communicating There were a few instances where their body language was rude or aggressive, such as smirking or making offensive hand gestures They did not keep to discussion time limits 	<ul style="list-style-type: none"> Conflicts were resolved without incident They communicated respectfully They listened They kept to discussion time limits They clearly explained their point of view The sideline/other players helped out when asked 	<ul style="list-style-type: none"> They provided evidence to support their calls They communicated their point of view effectively and calmly Their captain/leaders communicated with our leaders very effectively They brought up spirit issues and general concerns as early as possible 	<ul style="list-style-type: none"> They explained the game to spectators and newcomers They motivated us to keep high spirit and suggested concrete examples on how to do it They communicated very effectively and made us feel comfortable discussing the game They properly used official hand signals to indicate fouls, scores, etc...

