

1. SEASON OF PLAY

COED = Spring Season

2. LEVELS OF COMPETITION

Senior (Varsity) COED, Open Classification

3. 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:

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

4. 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;
- (ii) 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 above and attended the majority of practices and games.

5. ELIGIBILITY SHEETS

The eligibility sheets must be to the convener forty-eight (48) hours prior to the team's first game.

6. JAMBOREE and GAME TIMES

ZONE – late April – early May

SOSSA – May

OFSAA – Thursday and Friday of the 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.
- Tables and chairs for the On-Site Convener.
- Use official game and Spirit scoresheets; (printed by NRHSAA).
- 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.
- 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.
- All uniforms must be intact at the start of each game.
- All competitors are expected to dress in uniforms that are neat, clean and which maintain the integrity of the school's name, colors and logos.
- Players must wear running shoes or approved cleats. No bare feet. Shoes with metal cleats or metal spikes are prohibited from use in competition.
- 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. Sponsorship recognition is permitted to be visible but must conform to the placement guidelines outlined in OFSAA By-Law 6, Section 2(h).
- 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 On-Site Convenor before the game starts.

9. **MODIFIED RULES:**

The following procedures shall take place at each game: modified from the OFSAA Ultimate Festival regulations:

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

Coaching and player zone. If space is available, a 3-meter buffer zone will be created along the sidelines for coaches and players. Coaches and players must not interfere with game. During game play if requested by players on the field or a coach on the sideline, opposing players and coaches must move further back.

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.

- (i) At the beginning of the game a disc flip will occur to determine the gender ratio for the first point.
- (ii) 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.
- (iii) 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 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. A Coach may also assist in explaining the rule. If required, the On-Site Convener can be called upon.

To govern ULTIMATE, the NRHSAA Constitution policies are applied first, then the NRHSAA Sport Specific rules for ULTIMATE and then "The OFFICIAL ULTIMATE Rules" will be in effect.

Officials/Observers If available, trained observers may be used as officials in finals.

10. **GENDER RATIO ON THE FIELD: (this is an OFSAA regulation)**

The gender ratio rules will follow the World Flying Disc Federation 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 the 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 Rules of Ultimate as they appear in the most recent edition USA Ultimate Rules of Ultimate and USAU Club Guidelines shall govern ZONE play.

(See the link in the following Appendices.)

11. REPORTING SCORES

Coaches must report their game score and spirit score to the on-site convener immediately after the game is played. Coaches are to confirm together that scores match before reporting them to the convener. As such, it is good practice to maintain conversation with the opposing coach to ensure that scores are correct. The On-site Convener has to track all scores, spirit scores and results received on site immediately after the game is played.

The On-site Convener will report the scores on the www.nrhsaa.ca website.

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 (i.e. when two (2) teams qualify for SOSSA).

12. LEAGUE AND PLAYOFF FORMAT FOR NRHSAA ULTIMATE

The format for league competition and playoffs will be determined at the Convener's Individual Sport Body Meeting. All schools participating are to send a representative to the Convener's Individual Sport Meeting otherwise forfeit all rights for input into the league and playoff format.

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Any game not played, will be recorded by the convener as a win for the school who did not forfeit. In team sports where standings are used to determine playoffs, the win/loss achieved against teams that drop out will be taken away (not added) to teams that are still yet to play them.

13. TIMING OF THE JAMBOREE GAMES:

- Jamboree games are usually given thirty (30) to forty (40) minutes to play.
- Time-outs may only be called in semi-finals and final games. The exception being an injury time out, and an equipment time-out (broken disc or shoe).
- Refer to Section 6 of the USAU 11th Edition for rules pertaining to Time-outs.
- 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.
- 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.
- A point cap is a maximum score limit imposed before the event.
- 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.

14. SUSPENSIONS AND EJECTIONS

- A player is ineligible for OFSAA competition if previously suspended for a breach of the rules while playing under the jurisdiction of either the school Association assuming that the suspension period covers the OFSAA Festival dates.
- Any player whose actions clearly demonstrate intent to injure will be ejected from NRHSAA play.
- The third person into an off-play altercation will be ejected from NRHSAA play.
- 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 first the On-Site Convener and then passed on to the NRHSAA Convener. Further disciplinary action may be ruled including expulsion from future NRHSAA play.

15. TIE BREAKING PROCEDURE TO QUALIFY: STANDINGS FOR ADVANCEMENT TO SOSSA WILL BE DETERMINED AT THE END OF EACH JAMBOREE.

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.

16. ZONE QUALIFICATION TO SOSSA

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

APPENDICES:

The Rules of Ultimate as they appear in the 11th Edition USA Ultimate Rules shall govern ZONE play.

Refer to the following link

Link to Printable PDF version of USA Ultimate Official Rules 11th Edition bit.ly/2kmcJS1 or

Google "USAU 11th edition rules". Ultimate Canada uses USA Ultimate rules.

Additional links below

NRHSAA ULTIMATE IN 10 SIMPLE RULES:

- 1. The Field:** A rectangular shape with end zones at each end. A regulation field is seventy (70) yards by forty (40) yards, with end zones twenty-five (25) yards deep. **Note: field size may vary according to the event and space available.**
- 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 (10) 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.

Ten Things You Should 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/her the benefit of a doubt. You would want the same for yourself. But if you are thick-skinned, do not assume that your opponent is. Maybe you should think of this rule as, “treat others as you would have them treat your mother.”
- 2. Control: SOTG takes real effort.** SOTG is not just some abstract principle that everyone adopts and then games run smoothly without effort. Close calls are made in tight games. Hard fouls are committed. SOTG is about how you handle yourself under pressure: how you contain your emotionality, tame your temper, and modulate your voice. If you initiate or contribute to the unraveling of spirit, the concept falls apart quickly. If you act to mend things (or at least not exacerbate the situation) by following point 1, the game heals itself.
- 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 un-spirited 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, tournament director, or even lodge a complaint with the governing body. 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.
- 6. Breathe.** After a hard foul, close call, or disputed play, take a step back, pause, and take a deep breath. In the heat of competition, emotions run high. By giving yourself just a bit of time and space, you will gain enough perspective to compose yourself and concentrate on the facts involved in the dispute (was she in or out; did you hit his hand or the disc; did that pick affect the play). Your restraint will induce a more restrained response from your opponent. Conflagration averted you may resume business as usual.
- 7. 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.
- 8. Be generous with praise.** Compliment an opponent on her good catch. Remark to a teammate that you admire his honesty in calling himself out-of-bounds. Look players in the eye and congratulate them when you shake their hands after a game. These small acts boost spirit greatly, a large payoff for little time and effort.
- 9. Impressions linger.** Not only does the realization that your actions will be remembered for a long time serve to curb poor behavior, it can also inspire better conduct. Many old-timers enjoy the experience of meeting an elite player who remembers their first rendezvous on the field and recalls the event in detail. A good first encounter with an impressionable young player can have considerable long-term positive impact.
- 10. Have fun.**

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

Additional Links

OFSAA Festival Playing Regulations

This link has very good resources in [explaining Spirit of the Game](#).

It is highly recommended that coaches go through pages 15 to 24. It is the responsibility of the coach to learn the rules and prepare your players for fair play.

<https://ofsaa.on.ca/news/2019-ultimate-festival-playing-regulations>

Lessons

Ontario Ultimate: Youth and Junior Ultimate https://ontarioultimate.ca/en_ca/youth-junior-ultimate

There are links to lesson plans and how to start up a high school ultimate program

Rules

Link to the https://canadianultimate.com/en_ca/rules-of-ultimate

Ontario Disc Sports Association 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/>