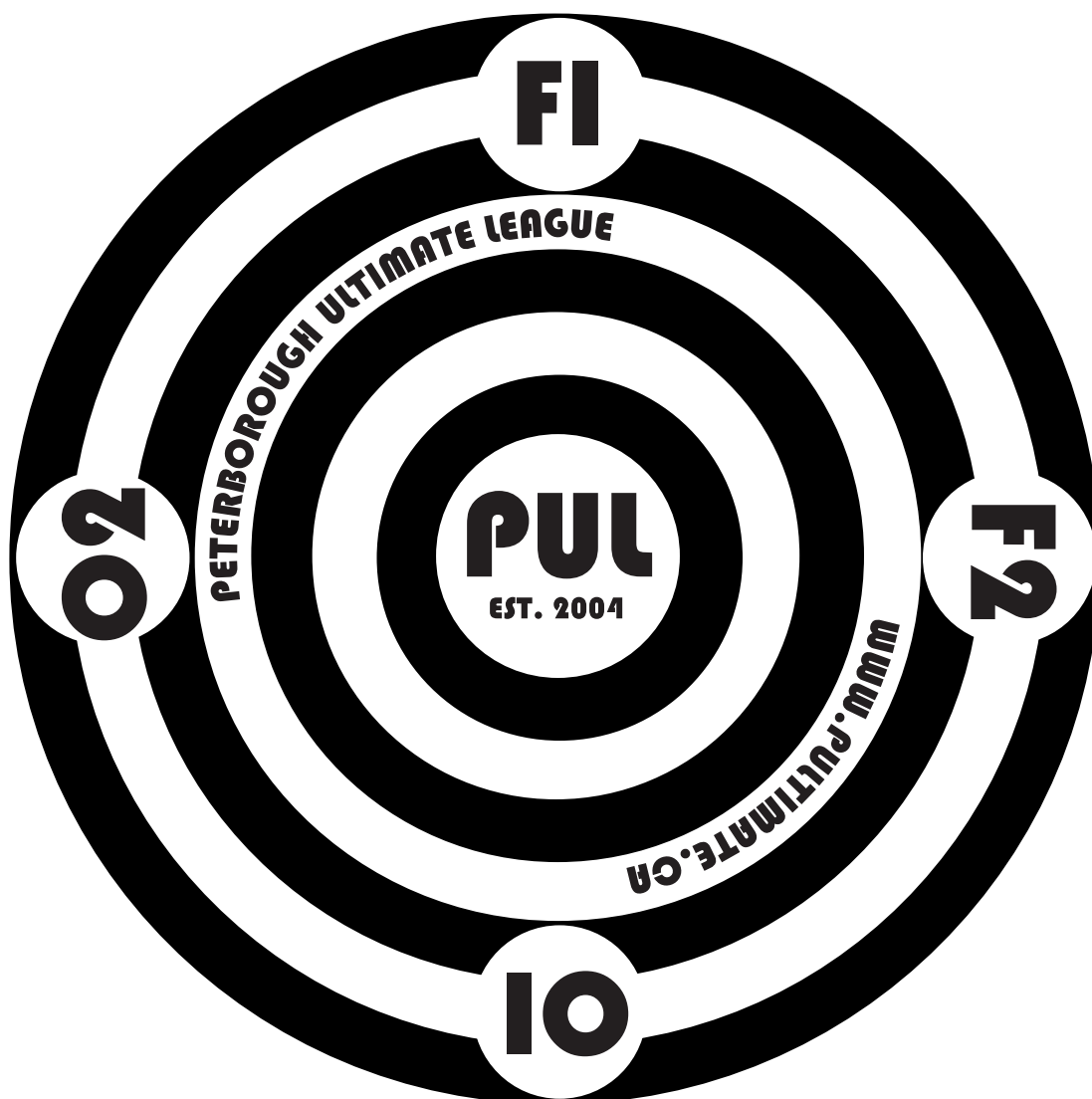




PLAYERS
FIELD GUIDE
2026

Ultimate relies upon a spirit of sportpersonship that places the responsibility for fair play on the player. 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. Protection of these vital elements serves to eliminate unsportspersonlike conduct from the Ultimate field. Such actions as taunting opposing players, dangerous aggression, belligerent intimidation, intentional infractions, or other win-at-all-costs behavior are contrary to the spirit of the game and must be avoided by all players.

www.pultimate.ca



Peterborough Ultimate League



@ptboulultimate

NOTE ABOUT PUL EMAILS

If there is any information that we need to communicate, we tend to send it out to captains who will, in turn, share it with their teams. While we try to keep the mass emails to a minimum from the league, we do send them out on occasion. These emails tend to come directly from the operations@pultimate.ca account - so add us to your contacts! Otherwise, please rely on the web site and above noted social media channels to learn more about what's going on in PUL.

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WELCOME TO THE PETERBOROUGH ULTIMATE LEAGUE!



On behalf of the Peterborough Ultimate League (PUL), welcome!

This Player's Field Guide is all things ultimate and the Peterborough Ultimate community. It's a great place to start for those new to the sport and our community, and a good reminder for returning players. Ultimate is a self-refereed, co-ed, team-based sport that is athletic and fun and places a strong emphasis on mutual respect. We refer to this as the Spirit of the Game (SOTG). Ultimate relies on the spirit, or belief, that all players, regardless of their skill or gender, deserve respect and have the right to have fun and to learn in a team environment.

PUL was founded in 2004 by a legendary group of ultimate enthusiasts (you know who you are). This means that we recently celebrated our 20th anniversary and there has been a lot of changes over these last years: we have seen teams come and go, we have welcomed new players and older players who have taken a hiatus from the sport, we have seen veterans retire from their ultimate careers, and we have introduced many young players to the sport through our growing juniors' programs. Sure, the league has changed over the years, but one thing remains the same: the PUL community.

PUL is grounded in the Spirit of the Game. It doesn't matter whether you are new to the sport or you've played for years, PUL is a welcoming community and we are proud of it! We are happy to help you in any way we can on your ultimate journey, whatever age or skill level you are joining us at.

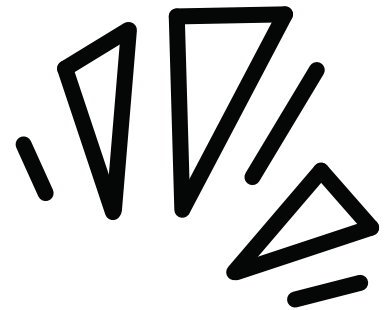
Many players within our community are already volunteering in various capacities and taking ownership to grow the league and make it the best it can be. We can't thank these people enough! We hope, if you haven't yet, you'll put your hat in the ring and volunteer with us too.

Don't hesitate to reach out to any of us on the Board of Directors or League Coordinators. We are here to answer questions, ease concerns, and to be a sounding board for ideas of change. So, drop us an email or say hello on the field.

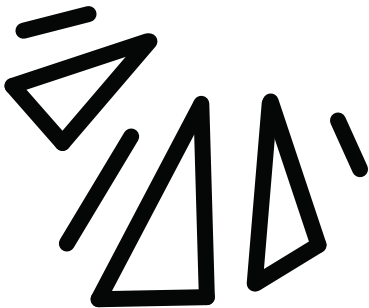
Thank you to all who make our PUL community great.

See you on the field.

PUL Board of Directors



ABOUT THE GAME



PUL LEAGUES

PUL has grown steadily until 2020, when COVID-19 forced global shutdowns. We had to modify play during this time to ensure the health and safety of our community. For the last three years, we have focused on re-growing the league and now offer ultimate all year-round.

PUL is one of the first ultimate leagues to prioritize gender parity, which means female matching and open players get the same amount of play time. All of our leagues, with the exception of our competitive junior teams, follow ratio rule A. See page 8 for more details.

SPRING - AFTER THE THAW

This 4 or 5 week league is a great place to meet new friends and dust off the winter blues! Regular (18+) or Grand Masters (37 for female matching players and 40 for open players), this league is played co-ed, full field, 7-on-7, outside and on turf. Registration is by individual only, although players may designate someone they wish to play with. Balanced teams will be made from those that register. This league is geared toward those looking to get ready for the Summer League.

SPRING - JUNIORS

Our Junior Recreational League runs Monday or Wednesday nights for 8 weeks in May and June. This Recreational League is separated into two groups: ages 8 to 11 and 12 to 17. Run by PUL volunteers, it is a fun, co-ed, educational league that aims to offer youth the opportunity to learn the fundamentals of ultimate. The emphasis is on skill development and spirit of the game, which juniors can put into practice during scrimmages.

SUMMER - TEAM LEAGUE (REGULAR and GRAND MASTERS)

There are 2 nights of play for our Summer Team Leagues. Tuesdays host our regular adult teams while Thursdays host our Grand Master Teams. All nights are 7-on-7, co-ed leagues that bring a good mix of competition and social fun.

SUMMER - PARITY LEAGUE

Thursdays host a parity / draft league all adult ages. Perfect for the person who wants to play two nights a week or to play with new people. Sign up as an individual and you will be drafted by a captain to play on their team for the season.

FALL - UNDER THE LIGHTS

Under the Lights is similar to After the Thaw. There is a regular adult and a Grand Masters league. It is a co-ed, 7-on-7, and played on turf. Registration is by individual only, although players may designate someone they wish to play with. Balanced teams are made from those that register. This league is for those who are not ready to say goodbye to outdoor ultimate.

WINTER – INDOOR

Since losing the Spiplex, we have coordinated our winter indoor league at the Hastings' Field house...in Hastings. Yes, it is a long drive. Yes, it is worth it to play ultimate year-round with an awesome group of people. Registration is by individual only, although players may designate someone they wish to play with. Balanced teams are made from those that register.

COMPETITIVE JUNIORS

We have two competitive junior teams coached by PUL volunteers. Soar is our all female-matching team. Rogue Squadron is our open team. Try-outs for both teams start in the spring. Both teams compete in tournaments and host their own tournament, the Electric City Disc Curious, in June.

KEY CONTACTS

SUMMER LEAGUES

DAVE FRENCH

Tuesday Night	Team	League	Coordinator
summertuesday@pultimate.ca			

CARLYHULSE

Grand Masters	Team	League	Coordinator
operations@pultimate.ca			

KYLE CARTER

Thursday Night	Parity	League	Coordinator
summerthursday@pultimate.ca			

QUESTIONS ABOUT THE LEAGUES?

email our president, Ted @ president@pultimate.ca
or our Director of Operations, Carly @ operations@pultimate.ca

TIME

SUMMER TUESDAYS 2026

Quarter Finals: August 11

Semi Finals: August 18

Finals: August 25

THURSDAY GRAND MASTERS 2026

Quarter Finals: July 30

Semi Finals: August 6

Finals: August 13

START TIME, FINISH TIMES & TIME CAPS

PUL field bookings start at 6:30pm every night of Summer play, with the exception of games at Holy Cross Turf (details below).

Generally, we plan on a 15-minute warm-up, with the game starting at 6:45pm. All field bookings for the Summer league are hard-capped at 8:30pm. Games must finish before this time and all players leave the field by 8:30pm, although players looking for social time are welcome to hang out on the side lines post-game pending no other user groups have the field at 8:30pm.

For games scheduled at Holy Cross, the field booking is 6:00-8:00pm. Which means game start time is 6:15pm and a hard cap of 8:00pm. There is nearly always a user group after us at this field so please be respectful of their field contract start time of 8:00pm.

TIME KEEPER & TIME-PIECE

Prior to the game captains will agree on a timekeeper and a timepiece.

SCORING

First to 15 wins. (No win by 2 points rule.)

TIMEOUTS

Just a reminder that, in accordance with USAU rules, we're allowing the standard two timeouts per team, per half. The standard timeout is 70 seconds long and the clock starts ticking the moment the timeout is called. The defense then has 20 seconds to set up after the timeout. If we find teams are taking the 3-4 minute timeouts, then we will revisit this rule.

PUL SPECIFIC TIMEOUT RULE

There will be no timeouts called within 5 minutes of the time-cap for the game.

TIME BETWEEN POINTS

The offensive team must be set on the line, ready to receive the pull, 90 seconds after a point has been scored. The defensive team has 105 seconds, or, 15 seconds after the offensive team is set (whichever is longer) to be ready to play the next point.

GENDER PARITY

RATIO RULE A

Before the start of the game, after Carbon Flip has been determined, a disc flip happens with the winner selecting

the gender ratio for the first point. For the next two points the ratio will be reversed (points 2 and 3). For the two points after this, the ratio must follow the first point (points 4 and 5). This pattern of alternating the ratio every two points repeats until the end of the game. Halftime has no impact on this pattern.

Why switch every two, and not every point? Could you imagine playing into a headwind every point? The switch allows equal playing time, not just gendered equal playing time.

CONTINUING FOR 2026

PUL is inspired by WFDF and adopting a new rule for pulling in league play: "A player representing the gender with four players on the field must pull for that point." This essentially means that half of the pulls in a match will be from open-matching players and half of the pulls in a match will be from female-matching players.

TROUBLE KEEPING TRACK OF THE SCORE/RATIO?

No problems. We've got you covered. Check out our PUL branded scoring disc or this handy chart.

START M2		START F2	
Cumulative score	Shift	Cumulative score	Shift
1	F1	1	M1
2	F2	2	M2
3	M1	3	F1
4	M2	4	F2
5	F1	5	M1
6	F2	6	M2
7	M1	7	F1
8	M2	8	F2
9	F1	9	M1
10	F2	10	M2
11	M1	11	F1
12	M2	12	F2
13	F1	13	M1
14	F2	14	M2
15	M1	15	F1
16	M2	16	F2
17	F1	17	M1
18	F2	18	M2
19	M1	19	F1
20	M2	20	F2
21	F1	21	M1
22	F2	22	M2
23	M1	23	F1
24	M2	24	F2
25	F1	25	M1
26	F2	26	M2
27	M1	27	F1
28	M2	28	F2
29	F1	29	M1
30	F2	30	M2

NEED TO COMMUNICATE GENDER RATIO?

Both USAU and WFDF now use the same signals for communicating gender ratio from afar.

4 male (or open) players: stand hands behind head, elbows out

4 female players: stand with arms out, like a 'T'



4 MEN, 3 WOMEN

Hands cupped behind head, elbows out to side



3 MEN, 4 WOMEN

Arms extended to side, hands closed in a fist

SPRIT OF THE COMMUNITY

The effort to make sure the game on the field is both fun and competitive, while the postgame culture is social and easily approachable, is a clear reflection of you: the players. And sometimes that takes some effort to make it happen. BUT what you invest in this game can be very rewarding and benefits the entire PUL community.

As PUL has grown over the years and our community, based on the spirit of the game, is a direct reflection of the contributions that many, many people make. That said, there are opportunities to volunteer, chip in, make a difference, and build an even stronger, more sustainable league. We are a non-profit organization, so there is a Board of Directors, there are committees that require assistance on occasion, and there are League Coordinator positions and tournament volunteer roles that all demand a hand.

Also keep in mind that to promote Spirit of the Game grounded ideals of community and interaction, we actively encourage players to move to other teams as well as play on other or additional nights. Sign up for the summer leagues, the spring, fall, and winter leagues, or the annual June tournament, Spring Mixer (previously known as Sun Jam, PKA Eco-Disc), or the fall tournament, Harvest. Mix it up and learn from others. If you're not happy with your current situation, don't feel that this is the only team that you ever have to play with. Reach out to the league coordinators or someone on the Board. Play pick up or register for a skills clinic, when they are offered. You will soon get a taste for what's possible.

PUL wants to provide a high level of competitive ultimate for those players that seek that level, just as we want to accommodate those who are new to the sport or simply want a more recreational outlet. Please keep that in perspective when you're out on the field. It's fine to take the sport seriously, but don't take yourself too seriously.

Have fun, play fair, play hard. Make friends. Be kind.

Demonstrate this behaviour and you may find others will emulate it, too. The hope is that as your game improves, so too will your sense of connection to this community and the SOTG.

Thanks for doing what you do!

ULTIMATE IN 10 SIMPLE RULES

1. The Field: A rectangular shape 110 yards (100m) long, 40 yards wide (37m) with end zones 20 yards (18m) 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 (saying, "Stalling one...two...three").

5. Change of Possession: When a pass is not completed (e.g. out of bounds, drop, block, interception), 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 sportpersonship 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.

CHECK IT:

www.pultimate.ca/rules/11th-edition-rules/

SOME KEY RULES

First things first: by the very nature of this self-refereed game. You are responsible for calling your own fouls. This is a challenging notion for new players and continues to be if you don't take it upon yourself to learn the rules of the game. And yes, that can be a little overwhelming, but the best way to get to know how to call the rules is to see them or experience them in action.

The fact is, most of the calls in the game just fall to a handful of rules. Most of them are covered here, but if unsure, always feel free to ask another player and be prepared to look it up if uncertain. And while we cover it in the next section, do not take offence to having a foul called against you. Think diplomacy and discussion, always.

THROWING FOULS

Fouls called against the thrower (meaning that the thrower committed the foul) are rare. If the marker (the defending player) is not set up in a legal position, any resulting contact is usually a foul on the marker. Contact between the thrower and the arms or legs of the marker is usually a foul on the marker. Contact resulting from the thrower and the marker both vying for the same position is a foul on the marker. Although it should be avoided, incidental contact occurring during the follow-through (after the disc is released) is not a foul. So, when is the thrower at fault for a foul? When body contact (not arms/legs) is initiated by the thrower with a marker who is set up correctly, it is a foul on the thrower.

RECEIVING FOULS

If a defender contacts a player on offense and it affects that player's ability to catch the disc, the player prevented from making the catch should call a foul. If the defender agrees with the foul call, the player gets the disc where the foul occurred. If the defender does not think there was contact affecting the catch, the defender says "CONTEST" and the disc goes back to the thrower.

COUNTING STALLS

The thrower has 10 seconds to throw the disc. The marker starts the count by saying "STALLING" and then counts to 10 out loud, in no faster than one second intervals. This is called the "stall count". If the marker gets to 10 before the thrower releases the disc, the marker announces "STALL" (some people yell "DOWN" instead). This would be a turnover and the other team takes possession of the disc at that spot, unless the thrower contests the "stall" call. The thrower should contest the "stall" if the marker counted too fast or if the thrower believes the disc was released before the marker said "TEN".

PICK CALLS

Generally, a pick occurs when a defender collides with another player (or needs to slow down to avoid a collision) while guarding an offensive player. The defender needs to be within 3 meters of the offensive player at the time of the pick in order to make this call. Only the defender who was picked can make this call and must do so as soon as it happens.

When a pick is called, play usually stops, but not until the thrower recognizes that a pick has been called. If the thrower does not stop play and throws the disc, all players should keep playing until the disc is caught or is turned over. If the team that threw the disc does not catch the disc, it is a turnover and play continues. Players simply announce "PLAY ON" and keep playing. If the disc was caught by any offensive player, then play needs to stop.

If the defender believes the pick affected the play, the disc goes back to the thrower. All players return to where they were when the pick occurred. If the defender thinks the offensive player would have caught this disc anyway, even if there had been no pick, announce "DID NOT AFFECT PLAY". The offensive player keeps the disc and that defender gets to recover the distance lost due to the pick. All other players remain where they were when play stopped.

DANGEROUS PLAY

A player may call a "DANGEROUS PLAY" foul when reckless disregard of the safety of fellow players or other dangerously aggressive behaviour occurs or is imminent. Contact need not occur. The caller should briefly explain the grounds for the call. This rule is not superseded by any other rule and should be used in situations where the play present serious risk of injury.

** thanks to PUL player Richard Haight for this material*

WHAT'S WITH SELF-REFEREEING?

Picking up on that Spirit of the Game principle, we should point out that the self-refereeing element of Ultimate is perhaps its most distinguishing quality. “No referee?” you exclaim, “what gives?” Well, on the contrary, in a game of Ultimate there are 14 referees on the field at one time. The onus is on every player to eventually understand the game well enough to make their own rules calls and manage any prospective disagreements by discussing them and arriving at a mutually acceptable conclusion.

“All players are responsible for administering and adhering to the rules. Ultimate relies upon a Spirit of the Game that places the responsibility for fair play on every player. It is trusted that no player will intentionally break the rules; thus, there are no harsh penalties for breaches, but rather a method for resuming play in a manner which simulates what would most likely have occurred had there been no breach. Highly competitive play encouraged, but should never sacrifice the mutual respect between players, adherence to the agreed-upon rules of the game, or the basic joy of play.”

The key, again, is that all players are responsible for getting to know the rules. This can be a bit overwhelming for new players but don't be stressed out by it. It's important to learn what an infraction looks like and how people are meant to both call them and respond when a violation happens on the field. Keep in mind, at any one time, there are 14 referees on the field. That doesn't mean you fob off the responsibility of making calls to someone else; it acknowledges that there are different perspectives that occur with plays. What's important is that any calls are treated respectfully and that they are resolved in a way that doesn't interrupt the flow of the game because, hey, we're here to play.

Only players on the field can make calls – players on the side line should only be involved in a call if specifically asked

**kudos to PUL player Jamie Stewart for this material*

HOW TO MAKE A CALL

Ultimate is a self-referred game. It relies on the spirit of sportpersonship that places the responsibility for fair play on each player. As part of this, players are expected to make “calls” from time to time to maintain the integrity of the game. Making a call is not a bad thing. Players are expected to make the appropriate call when a violation is observed. To make a call, a player simply announces “violation” or more typically names of the specific infraction (e.g. Foul, Travel, Pick, etc.).

Some important points to remember when making a call:

BE LOUD AND CLEAR

Remember that all players need to know that a call has been made.

REPEATING THE CALL

You may need to repeat your call – don't be offended by this, many players won't hear your call the first time. Don't hesitate to repeat the call until the person with the disc acknowledges it.

KNOW THE RULE

You should know the specific rule that was violated and have observed the infraction with certainty. If in doubt, make sure to ask your captain about the rule so you know with certainty the next time it occurs.

PLAYER INTEGRITY

You should assume that the player is not intentionally violating the rules, so don't treat them like a cheat when you make a call.

DISCUSSION

You should be prepared to briefly discuss the call with your opponent if asked. Don't be offended by this – it's part of the game. Not everyone sees the same situation in the same light. Two players with a very good view of a situation can still see different things happening. Be aware of this when trying to resolve calls.

HUMBLE PIE

Don't be embarrassed to retract a call if you realize that you've made a mistake after discussing it with your opponent. It's okay, it happens. Move along.

WHO CALLS

Be aware that some calls can only be made by certain players (e.g. a foul can only be called by the fouled player, a pick can only be called by the obstructed player), while other calls can be made by any player on the field (e.g. travel, in/out call on the sideline, delay of game)

Not Involved in a call? You still have a role to play...

If you hear a call on the field, repeat it loudly – this helps communicate across the field that a call has been made

If you hear a call on the field, DO NOT STOP PLAYING until the thrower acknowledges that a call has been made and stops play.

It is generally not helpful to involve yourself in someone else's call or discussion about a call, unless you are asked or if a specific rule clarification is needed (e.g. yelling “just contest and put the disc back!” is not helpful in resolving a discussion between two players)

HOW TO RESPOND TO A CALL

Someone makes a call and you don't agree – how do you respond? Do you fight that urge to yell “Come on!” or “No way!”? Do you immediately blurt out “Contest!” without thinking for a second? These reactions can be instinctive, but serve no real purpose and often deteriorate the spirit of sportspersonship and flow/pace of the game. If you catch yourself reacting to a call in this way, be quick to apologize and move on to resolving the call. You can later take time on the sidelines to discuss what happened.

You simply have to decide if you agree or disagree with the call made on you. If you agree with the call, you simply state “No Contest”. The disc is then checked back into play at the appropriate location and stall count – the play carries on.

If you disagree with a call, you simply state “Contest”. In these cases, you should briefly discuss what happened on the play and why the ‘call’ and subsequent ‘contest’ were made. This should not be a confrontational discussion – you need to politely and respectfully listen to your opponent's point of view. The discussion should be as brief as possible with the preferred outcome being either a retracted call, or an uncontested call. If it becomes clear that no resolution will be reached, the disc should be returned to the last non-disputed thrower, and checked back into play with the appropriate stall count – the play carries on.

Here are a few tips to consider when responding to a call you are involved with:

PAUSE FOR A MOMENT

Take a second to think objectively about the play before responding – did I foul them? Did I affect their play on the disc? This brief pause will often avoid reactionary comments and can help with resolving the call.

LISTEN TO YOUR OPPONENT

Not everyone sees the same situation in the same light. Two players with a very good view of a situation can still see different things happening. Be aware of this when trying to resolve calls.

CONTESTING A CALL

All calls may be contested, but only the player called for an infraction may “Contest” a call.

TO STOP OR NOT TO STOP

Be aware that not all calls involve a stoppage of play. Play may continue after some calls provided the infracting player(s) take immediate action to correct the violation (e.g. Fast Count, Disc Space, Double Team, etc).

Not involved in a call? You still have a role to play.

COMMUNICATE THE CALL

If you hear a call on the field, repeat it loudly – this helps communicate across the field that a call has been made.

DO NOT STOP UNTIL...

If you hear a call on the field, DO NOT STOP PLAYING until the thrower acknowledges that a call has been made and stops play.

ZIP IT

It is generally not helpful to involve yourself in someone else's call or discussion about a call, unless you are asked or if a specific rule clarification is needed (e.g. yelling “just contest and put the disc back!” is not helpful in resolving a discussion between two players)

WHO CAN CALL (AND WHO CAN'T)

Only players on the field can make ‘calls’ – players on the side line should only be involved in a call if specifically asked.

1. PAUSE
2. LISTEN
3. DISCUSS
4. DECIDE

SPIRIT OF THE GAME

At its core, the game of Ultimate Frisbee relies on a guiding principle referred to as Spirit of the Game (SOTG), a notion that upholds the ideals of fair play, respect for the rules and, most important, respect for all the players on the field, opponents and teammates alike. It's a bit of a departure from some sports, but it is absolutely essential to why people find this sport different from most others. The description that follows somewhat encapsulates what it is, though to informally ask most ultimate players what it means, responses would commonly emphasize the positive mood on the field, the supportive atmosphere and the pleasure of playing really hard and having fun at the same time.

Anyhow, for the sake of formality, some level of officialdom has defined Spirit of the Game as follows:

"Ultimate relies upon a spirit of sports[person]ship that places the responsibility for fair play on the player. 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. Protection of these vital elements serves to eliminate unsports[person]like conduct from the Ultimate field. Such actions as taunting opposing players, dangerous aggression, belligerent intimidation, intentional infractions, or other win-at-all-costs behavior are contrary to the spirit of the game and must be avoided by all players."

HOW-TO GUIDE

Big thanks goes out to John Harris of the Toronto Ultimate Club (TUC) for scribbling this handy reference piece. Many people come to this game and are rightfully flummoxed 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. Please share with your players.

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

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 to 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 offsides 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!!!

10 KEY SPIRIT POINTS

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/they 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 yourself emotionally, 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 nonplaying and 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 that 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, league coordinator, tournament director, or even lodge a complaint with the governing body; it is also beneficial for all of PUL to submit an incident report. 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 the 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 their 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.

SPIRIT SCORING

In 2017, PUL launched a Spirit of the Game initiative, where teams submitted spirit scores along with their game scores each week. We decided we liked this initiative and have decided to keep running with it.

A recap of what teams are asked to rate their opponents on: Rules Knowledge and Use

- Fouls and Body Contact
- Fair-Mindedness
- Positive Attitude and Self Control
- Respectful Communication

Talk to your captain, no matter how experienced you are, about how your team can better demonstrate Spirit of the Game.

Day	Your Team Name (division)															
SPIRIT OF THE GAME SCORE SHEET																
Opponent																
Your whole team should be involved in rating the other team! Circle one box in each of the five lines and sum up the points to determine the SOTG score for the other team.																
1. Rules Knowledge and Use Examples: 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.	<table border="1"><thead><tr><th>Poor</th><th>Not Good</th><th>Good</th><th>Very Good</th><th>Excellent</th></tr></thead><tbody><tr><td>0*</td><td>1</td><td>2</td><td>3</td><td>4*</td></tr></tbody></table>	Poor	Not Good	Good	Very Good	Excellent	0*	1	2	3	4*					
Poor	Not Good	Good	Very Good	Excellent												
0*	1	2	3	4*												
2. Fouls and Body Contact Examples: They avoided fouling, contact, and dangerous plays.	<table border="1"><tbody><tr><td>0*</td><td>1</td><td>2</td><td>3</td><td>4*</td></tr></tbody></table>	0*	1	2	3	4*										
0*	1	2	3	4*												
3. Fair-Mindedness Examples: They apologized in situations where it was appropriate, informed teammates about wrong/unnecessary calls. Only called significant breaches	<table border="1"><tbody><tr><td>0*</td><td>1</td><td>2</td><td>3</td><td>4*</td></tr></tbody></table>	0*	1	2	3	4*										
0*	1	2	3	4*												
4. Positive Attitude and Self-Control Examples: They were polite. They played with appropriate intensity irrespective of the score. They left an overall positive impression during and after the game.	<table border="1"><tbody><tr><td>0*</td><td>1</td><td>2</td><td>3</td><td>4*</td></tr></tbody></table>	0*	1	2	3	4*										
0*	1	2	3	4*												
5. Communication Examples: They communicated respectfully. They listened. They kept to discussion time limits.	<table border="1"><tbody><tr><td>0*</td><td>1</td><td>2</td><td>3</td><td>4*</td></tr></tbody></table>	0*	1	2	3	4*										
0*	1	2	3	4*												
Summing the results Sum the results of every category to a final number and write it into these boxes (the end result should be between 0 and 20).	<table border="1"><tbody><tr><td colspan="5">II</td></tr><tr><td colspan="5">Spirit Score Total</td></tr></tbody></table>	II					Spirit Score Total									
II																
Spirit Score Total																
Comment Box If you have selected 0 or 4* in any category, please explain in few words what happened. Compliments as well as negative feedback will be passed to the teams in the appropriate manner.	<table border="1"><tbody><tr><td colspan="5"></td></tr><tr><td colspan="5"></td></tr><tr><td colspan="5"></td></tr></tbody></table>															

THE CARBON FLIP

In 2007, PUL introduced the Carbon Flip (CF), a measure designed to replace the traditional pre-game flip to determine which team pulls and which receives in an effort to reduce the carbon-related impact of league play. Ostensibly, the Carbon Flip intends to encourage more carpooling and cycling to games, but it is also a way to keep environmental issues top of mind and provide a tangible example to our community of how green priorities can easily complement regular activities.

The CF has gone through a number of iterations since it was introduced, but has now settled on calculating the percentage of passengers/cyclists/ walkers divided by the number of rostered players at that game to determine the winner. Winners choose either to receive/pull or which end to start at. Losers chose the remaining option left (receive/pull or which end to start at).

Standings are tracked throughout the season and the winner in the standings is rewarded handsomely for each night. And we've given it even more heft: the CF is used to determine any tiebreakers in the standings.

The benefits of winning the flip may be modest within the game itself, but in addition to the possibility of winning the CF standings at the end of the season, the social implications of increased carpooling and cycling convoys have only served to strengthen the camaraderie within the league.

INCIDENT REPORTS

PUL is committed to providing a safe and healthy environment in which people can enjoy the sport of ultimate. Given that this is a self-refereed sport and that, on occasion, serious incidents occur, it is up to all players involved to submit an incident report. The league has provided an online form to ensure that submitting a report is effortless.

That said, please note that **ANY PLAYER CAN SUBMIT AN INCIDENT REPORT.**

When serious incidents take place during games, they must be immediately dealt with in an attempt of on-field resolution.

An incident report must be filed for each serious incident and will be forwarded to the League Coordinator. League Coordinators may forward incident reports to the Membership Committee, which will address issues within the framework provided in the Safe Conduct Policy.

Examples of serious incidents include:

- **Violations of the Player Code of Conduct**
- **Abuse (Physical, Verbal, Mental) or Threats of Abuse**
- **Dangerous or Reckless Play**
- **Cheating or Overly Poor Spirit**
- **Unsafe Playing Conditions**
- **Injury***

An incident report should provide as clear a portrayal of the circumstances as possible – the people involved, the key facts of the situation, as well as the resolution or lack thereof. Without an incident report issues of concern are considered hearsay

and effectively non-issues – i.e. League Coordinators and PUL administrators cannot take appropriate action if there is no record of such issues. Any questions, please do not hesitate to contact your specific League Coordinator.

* Please note it's important that the league know about injuries not just for the health of players, but also if field conditions were a contributing factor.

Also of note, any insurance injury claim must be reported within 30 days of the injury and a copy of the incident report must be attached.

LADDER SYSTEM

PUL uses a ladder system to help improve the quality of games week-over-week by pairing more evenly matched teams. This is a departure from the common standings approach, but it does better reflect current team results. Calculating that rating is based on this:

1. A team's percentage chance to win is computed based on the pre-game ratings values. This will determine what percentage of the game's value the team must contribute. For example, if both teams are evenly matched, they will each contribute 50% of the total. If instead, Team A has a 60% chance of winning, they contribute 60% of the total value.

2. After the game is complete, the pot value is computed. The pot value is double the winning score plus 10. For a normal game to 15, this would make the pot worth 40 points. For a game that ends in a time capped win at 12, the pot would be 34 points. A game ending 17-16 after an overtime universe point would be worth 44 points.

3. Each team's contribution is calculated by multiplying the pot value by the team's percentage chance to win. This represents the maximum number of ratings points that team could lose.

4. The losing team then gains back the number of ratings points equal to their score. In an evenly-matched game ending 15-10, the losing team would gain back 10 points for a total loss of 10.

5. The winning team then gains the remainder of the pot. So, for example, if their contribution was 20 points, and they won

15-10, they would get a pot of 30, for a net gain of 10. Consider this scenario:

a. Team A (1500 pts) plays Team B (1300 pts). Based on their relative points, Team A has a 54% chance of winning, Team B has a 46% chance.

b. They play and Team A wins 13 – 9.

c. Pot value is the winning score (13) x 2 + 10 = 36 pts. Team A contributes 19 pts and Team B contributes 17 to the pot. Team A now has 1481 and Team B now has 1283 points.

d. Team B gets back as many points as they score – in this case Team A gets the rest - in this case 27.

e. For the next week Team A has 1508 pts and Team B has 1292 points.

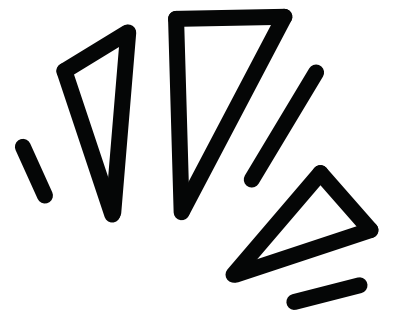
For a full description, please refer to the section on the PUL site.

THE ULTIMATE GLOSSARY

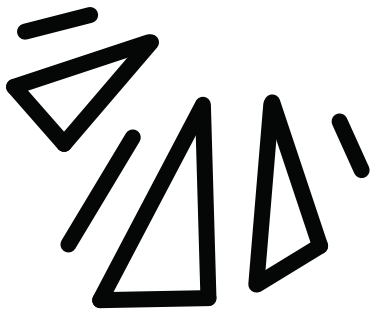
Every sport has its own jargon and ultimate certainly has a tendency to breed an entirely new language. Players new to the game will commonly find themselves thoroughly baffled by the gobbledygook being spouted both on and off the field. Give it time though, and it will all start to make sense. In the meantime, here's a brief primer on some of the lingo you may hear being used in the game.

BACKHAND	Usually the standard throw for ultimate players. This throw has the players fingers curled under the disc with the thumb on top. The arm is extended and brought across the left side of the body.
BID	A failed attempt to catch or block the disc.
BLADE	A forehand throw that is thrown high in the air and falls hard and fast to the left side.
CALLAHAN POINT	When an opposing team has their pass intercepted in their own endzone. This results in a point for the intercepting team.
CHILLY	Term used to remind a player to stay calm and patient with the disc, in hopes that they do not rush a throw.
CONTEST	(accent on the second syllable) – the call made by a player when disagreeing with a ruling made by an opposing player. Typically, this results in the disc being returned to the original thrower.
CUT	Integral part of a route by a receiver
D	Defence or defend
DISC IN	Signals the opposing the team that the disc is coming into play.
DUMP	A throw to a person who is usually used as a safety valve. Normally someone that is standing close or even behind the thrower for an easy outlet.
FOOT BLOCK	When the foot is used to block a pass immediately after it releases the players hand
FORCE	A tactic used by the defending team to force the thrower into a specific type of throw, or force them to throw to a specific area of the field.
FOREHAND OR FLICK	Companion throw to the backhand. Great passing throw. Two fingers are placed on the underside of the rim and thumb on top. Lots of wrist snap used for spin.
FOUL	This being a self-refereed sport, if there is an infraction against a player, this is the term used to stop the play.
HAMMER	A forehand grip that is thrown over the head. This throw results in the disc flying upside down before tailing off at the end of its flight.
HANDLER	The person with the disc

HOSPITAL THROW	A throw that stays in the air for a long time, allowing multiple players to be going for the disc at the same time, thus increasing the chances for injury.
HUCK	A long throw that extends at least half the distance of the field in an attempt to reach a downfield receiver.
LAYOUT	A diving catch or diving to defend the disc.
MARK	Similar to a force, but the defender is attempting to block all possible throws by moving arms and legs to get in the way of the throw. Contact is not allowed.
NO CONTEST	(accent on second syllable of 'contest') – when a foul is called and the player does not dispute the call. The disc is played from the point of the infraction.
O	Offense
PULL	A long throw that starts play and initiates the opposing teams possession. This is used in a similar way to the kickoff in football.
SKY	When a player grabs or defends the disc at a much higher point than the other players on the field.
STACK	Offensive strategy that lines up offensive players one behind the other as they each break a separate way in an attempt to get open.
SWING	Throwing the disc across field usually to reset the stall count or open up a different side of the field, this throw is not necessarily intended to move the disc closer to the goal line.
STALL COUNT	The defensive player counts up to ten, if the disc is not released before the count reaches ten, it results in a turnover.
SWILL	A bad throw, usually one that does not have a lot of spin, and not likely to be caught without great effort from the receiver.
TACO	A disc that is warped, if it happens during game play, the disc is either straightened or replaced.
TURN	Short for turnover. It alerts players that the disc possession has changed teams.
UP	Shouted once the disc has been released to alert the other defenders.



POLICIES & PROCEDURES



THE RULES OF ULTIMATE

PUL follows the ruleset established by USA Ultimate (this puts us in line with Ultimate Canada). After over a decade of use, the 11th edition rules were long overdue for an update. Instead of a 12th edition, USAU has released the 2020-2021 edition, which will be automatically subject to review and update every two years.

Most rule changes address specific issues that arise in highly competitive play (national level tournaments, for example), and regular league play will not see much change. However, the following changes are worth noting for PUL.

GAME TO 15, NO WIN BY 2:

- No longer necessary to win by 2: a final score of 15-14 is now possible.

Note on hard cap: when a time limit is reached, play out the point. Play one more point if a tie is the result (this is not new, but no one seems to know what a hard cap is. In indoor play, we have a consistent and highly visible clock and stop immediately at a specific time - this is not an example of a hard cap).

END ZONE IS SHORTER:

- End zone is now 20 yards deep.

Note: PUL has already been playing with 20 yard end zones for some time now.

SIDELINE CALLS ARE POSSIBLE:

- A player on the sideline (i.e. not playing that point) may offer a perspective on a play but only if asked (previously, non-players were considered to have no perspective on a play).
- As an exception, a sideline player may offer perspective if it is to the detriment of their own team.

FOUL CALLS MAY BE RETRACTED:

- A player may retract a foul call if they decide they have made an error. If that happens:
- Offensive call retracted: count reached plus 1 (max 9)
- Defensive call retracted: restart the count

Note: Remember that we play in a recreational league, so be lenient with this one. This rule should not be used to discourage newer players from making calls.

TRAVEL CALL BEFORE THROWING BEGINS DOES NOT STOP PLAY:

- If a travel occurs before the player starts the motion of throwing (throwing motion does not include windup), play does not stop
- Thrower returns to the spot before the travel and self-checks (touches disc to ground).
- Marker waits until the self-check to continue stall count (does not need to stay stalling).
- Thrower may contest a travel call by calling "violation", and regular discussion ensues.

CONTACT RULE:

- If the marker makes contact with the thrower, the thrower may call "contact" rather than foul.
- If the marker does not contest the contact, the marker reestablishes a legal marking position and restarts the stall count at 1.
- If the marker contests the contact call, marker calls "violation", thus stopping play, and discussion ensues.

Note: the disc counts as an extension of the thrower's body if still in hand.

DANGEROUS PLAY DOES NOT NEED CONTACT TO BE CALLED AND IT CAN BE CONTESTED:

- Actions demonstrating reckless regard for the safety or posing a significant risk to other players is considered dangerous play.
- Contact is NOT required to make this call - any player who reasonably thinks they had to change their momentum or position to avoid a collision with an oncoming player may make this call.
- Dangerous play is treated like a foul call, no matter what happens to the disc (whether it is caught, not caught, or not involved in the interaction between the two players).
- In previous years, a dangerous play could not be contested. This is no longer the case. Please note that competitive plays are not dangerous plays.

Note: PUL has been using this modified (no contact needed) Dangerous Play rule for a few years already. But it's important and worth reiterating.

SPIRIT TIMEOUTS MAY BE CALLED:

- During a spirit timeout, all players gather to discuss ongoing issues throughout a game. This may happen in one large group (both teams together) or in two groups (each team discusses independently).
- Spirit timeouts are called by designated spirit captains (if no spirit captain is designated, team captain is de facto spirit captain).
- If both spirit captains have discussed an ongoing spirit issue and the need for a possible spirit timeout, either spirit captain may call a spirit time out (no need for agreement between both).
- Spirit timeouts can only be called during a stoppage of play (can't interrupt active play).
- Spirit timeouts are meant to last no more than five minutes.
- **Spirit timeouts should never be used to discuss strategy.**

PLAYER SAFETY & MISCONDUCT

The Peterborough Ultimate League (PUL) is committed to creating and maintaining an ultimate community free from all forms of emotional, physical and sexual misconduct. All players must sign a code of conduct before they can play in the league

Our League Coordinators, Membership Committee and Board of Directors have the discretionary jurisdiction on a case-by-case basis over any forms of misconduct, including bullying, harassment, and physical and emotional abuse.

Prohibited Conduct

PUL employees, volunteers, athletes, members, coaches, and chaperones are prohibited from engaging in the following conduct with athletes at any time:

Bullying	Bullying is the use of coercion or constant cruelty to obtain control over another person.
Hazing	Hazing is conduct which is intimidating, humiliating, offensive, or physically harmful, often in order to join or remain a part of a group or team.
Harassment, including Sexual Harassment	Harassment includes any pattern of physical or non-physical behaviors that are intended to cause fear, humiliation, or annoyance; offend or degrade; create a hostile environment; or reflect discriminatory bias in an attempt to establish dominance, superiority or power over an individual participant or group based on gender, race, ethnicity, culture, religion, sexual expression, or mental or physical disability.
Emotional Misconduct	Emotional misconduct involves a pattern of deliberate, non-contact behavior that has the potential to cause emotional or psychological harm to a participant. These behaviors may include verbal acts, physical acts, or acts that deny attention or support.
Physical Misconduct	Physical misconduct is actual or threatening physical contact that intentionally causes or has the potential to cause the participant to sustain bodily harm or personal injury.
Sexual Misconduct, including Child Sexual Abuse	This includes and prohibits romantic or sexual relationships, regardless of age, between individuals with a position of power or supervisory role over athletes, (e.g., coach, tournament director, etc.). This does not include pre-existing relationships between two spouses or life partners. Sexual misconduct of a minor occurs when any physical contact occurs for the purpose of causing sexual arousal or gratification of either the minor or the adult.

*Chart copied from USA Ultimate

PUL DISCIPLINE POLICY

The overriding objectives are to maintain a fun and safe environment at all games and PUL sanctioned events and to maintain good relationships with our field providers and the public. Participation in any PUL function signifies acceptance of this policy. This policy complements the Code of Conduct and Safe Conduct Policy and applies whenever you are representing PUL, which means the whole time you are at the field – before, during and after your game. Any incident that goes against these policies warrants an Incident Report.

There are several guiding principles. First, when discipline is warranted, the actions undertaken must be objective, noticeable and timely. All incidents will be investigated and resolved in a timely manner. Second, teams are collectively responsible for the actions of their members. Summer league team Captains should choose their teammates with care, as sanctions could be applied to the whole team, if warranted. All captains, in all PUL Leagues, should ensure that all teammates are aware of the policies in place. Repeat offenders will be dealt with more harshly than first time offenders given their full awareness and understanding of the implications. Third, very serious incidents, as specified below, will result in immediate expulsion. Unreported problems will not be investigated or resolved.

Suspension of Membership will be decided upon by following our Investigative Process.

POSSIBLE DISCIPLINARY ACTIONS

PUL is not a legal body. It is not in a position to detail all manner of potential incidents and assign corresponding actions. It is the goal of this policy to ensure that the judgement of those investigating and ruling on a given incident, and the appeal process provided, will prevent disciplinary actions that are out of proportion to an incident. However, it should be noted that the disciplinary actions taken against an individual or team by the PUL may include:

- No action
- Official Warnings
- Alteration of win/loss records for a team
- Suspension of an individual or team
- Expulsion from a PUL specified league
- Expulsion from PUL of an individual or team

Any of these actions may be taken based on the severity of a single incident or documented history of incidents.

CONFLICT OF INTEREST

Should there be a conflict of interest, or the appearance of a conflict of interest, for anyone charged with investigating and ruling on an incident, the incident shall automatically be escalated to the next level of investigation. For instance, a League Coordinator must escalate to the Membership Committee, and the Membership Committee must escalate to the Board of Directors. Should there be a conflict of interest either for a person on the Membership

Committee or a Board Member, those with said conflict must excuse themselves and another person from the Membership Committee or Board Member must take over the investigation.

DISCIPLINARY AUTHORITY

League Coordinator - The League Coordinator is authorized to impose sanctions up to and including the suspension of an individual for up to 3 games.

Membership Committee – The Membership Committee is authorized to impose sanctions up to and including the suspension of an individual for up to 3 games, and the suspension of a team for up to 3 games.

Board of Directors - The Board of Directors are authorized to impose sanctions up to and including the permanent expulsion of any individual or team from PUL. However, any ruling involving permanent expulsion would require approval from the majority of the Members of the entire Board of Directors.

SUSPENSIONS

Due to the fact that many individuals in PUL play on multiple teams and multiple nights, suspensions of an individual will include any and all teams the individual plays for. This includes teams not involved in incidents that warranted said suspension. Also, games where a player is suspended do not count as games played toward a player's playoff eligibility.

Games where an entire team is suspended may be counted as defaults. As such, a team that is suspended for multiple games may come up for review by the Board of Directors for removal from the league.

Should a suspension occur, the following people will be made aware:

- The suspended player
- The captain of the suspended player
- The aggrieved player
- The captain of the aggrieved player
- The League Coordinator
- The Membership Committee
- The PUL Board
- The Director of Operations

The sport of Ultimate is based on the premise of Spirit of the Game. It is written into our rules that no player shall intentionally break the rules for gain. As such, players and their captains are entrusted to adhere to the rulings imposed by PUL. However, in the event of a suspension, additional measures may be taken to ensure compliance with the ruling. If an individual or team is suspended for any number of games, the team captain of the scheduled opponents of the suspended player, for the duration of the suspension may be notified as will the coordinators directly responsible for those games.

For suspension of an individual, the Captain's Rule cannot be used to allow the suspended player to play.

If a player or team is found to be playing in defiance of a suspension, additional and more serious disciplinary actions will be taken against the player. Also, actions may be taken against the team captain as an individual, or the entire team.

DEFINITION OF TERMS:

Suspension - A player or team that is suspended will not be eligible to participate in any PUL leagues, events, or programs for a period of time as defined by the League Coordinator, Membership Committee or Board of Directors. Should the time period extend to the end of the membership year, the suspended player or team must seek Club approval to renew their membership.

Expulsion - a player or team that is expelled is no longer eligible to participate in an PUL leagues, events, or programs.

INCIDENT INVESTIGATION PROCESS

The following shall be the process for investigating and ruling on incidents reported by PUL members:

1. Any incident occurring at the field of play before, during, or immediately after a PUL sanctioned game should be reported to a captain as soon as possible. Most minor incidents can be resolved by the captains at the field. If it has been resolved on the field, but mentioned in a Zurulu Spirit Report, a more formal process may be taken. If captains are unable to reach a resolution, any player may make a more formal incident report. Identity of all parties and witnesses to the incident must be determined at the time of reporting.

2. League Coordinators will receive and acknowledge the Incident Report within 4 days of receiving it.

a. Injury Reports (no fault)

- i.** Directly email person who was injured
- ii.** Check in to see how they are doing and ask if they need anything from the league.

b. Incident Report Regarding Conflict

- i.** Contact parties named in the incident report to get their point of view on what happened.

If appropriate, the League Coordinator will ask what next steps player would like to see.

If still unclear as to what happened, or in the case of a severe incident (i.e. physical contact, swearing or name calling) then the League Coordinator will contact any witnesses who were present but not directly involved in the incident to get their viewpoint.

3. Upon reviewing the reports, the League Coordinator may make a ruling according to the Disciplinary Guidelines. The original incident report and the League Coordinator's ruling shall be filed with the Director of Operations.

4. Should the League Coordinator be unable to make a ruling on the matter, either due to the restrictions of the Disciplinary Guidelines or for any other reason, or should the parties involved not be satisfied with the League

Coordinator's ruling, the matter may be escalated to the Membership Committee for further review or appeal.

5. The Membership Committee will review all reports forwarded by the League Coordinator/and or will solicit reports from the parties directly involved in the incident, the captains of the teams involved with the incident, and any relevant witnesses to the incident. The identities of all the aforementioned parties must be made available to the Membership Committee.

6. Upon reviewing the reports, the Membership Committee shall make a ruling according to the Disciplinary Guidelines. The original incident, the original League Coordinator's ruling (if any), and the Membership Committee's ruling shall be filed with the Director of Operations.

7. Should the Membership Committee be unable to make a ruling on the matter, either due to the restrictions of the Disciplinary Guidelines or for any other reason, or should the parties involved not be satisfied with the Membership Committee ruling, the matter may be escalated to the Board of Directors for further review or appeal.

8. The Board of Directors will review all reports forwarded by the Membership Committee and/or will solicit reports from the parties directly involved with the incident, the captains of the teams involved with the incident, and any relevant witnesses to the incident. The identities of all the aforementioned parties must be made available to the Board of Directors.

9. Upon reviewing the reports, the Board of Directors shall make a ruling according to the Disciplinary Guidelines. The original incident, the original League Coordinator's ruling (if any), the Membership Committee's ruling (if any), and the Board of Directors' final ruling shall be filed with the Director Operations.

PUL CODE OF CONDUCT & SAFE CONDUCT POLICY

These are fundamental tenets of the Peterborough Ultimate League. It's important that all players know, respect, and demonstrate them.

PUL CODE OF CONDUCT

PUL members are expected to comply with the following principles during all league play:

- *Uphold the Spirit of the Game*
- *Play safely and respect the safety of your fellow players*
- *Act respectfully towards teammates and opponents*
- *Understand, adhere to and promote the USAU rules of the game*
- *Comply with PUL policies, including PUL-specific rules*

SAFE CONDUCT POLICY

PUL is committed to upholding the safety of all players, the Spirit of the Game and player behaviour in accordance with the PUL Code of Conduct in all Ultimate games and other PUL sanctioned events. Serious incidents involving league members must be addressed and resolved in a consistent, fair, and transparent manner.

When serious incidents take place during games, they must be immediately dealt with in an attempt of on-field resolution. An incident report must be filed for each serious incident and will be forwarded to the League Coordinator. League Coordinators may forward incident reports to the Membership Committee, which will address issues within the framework provided in the Safe Conduct Implementation Guideline.

DAINGEROUS PLAY POLICY

A player may call a Dangerous Play foul when reckless disregard for the safety of fellow players or other dangerously aggressive behaviour occurs or is imminent. Contact need not occur. This rule is not superseded by any other rule and should be used in situations where the play presented serious risk of injury. Like all rules, the Dangerous Play foul should not be used to gain unfair advantage and we expect this modified rule to be used with Spirit of the Game in mind.

To make a Dangerous Play call, the affected player must loudly say "foul", "violation", or "dangerous play". Play then stops immediately. The affected player must briefly explain the grounds for the call. The opposing player may contest this call. The outcome follows the standard procedure of any foul call and so depends on possession, time of occurrence, etc.

If an affected player or a captain feels that on field (or sideline) resolution was not possible or was unsatisfactory and the issue requires further attention from the league, he, she, or they should file an incident report, which will be dealt with according to PUL's Incident Investigative Process.

ROWAN'S LAW

Rowan's Law legislation was passed by the Ontario Government in 2018. This legislation is named in memory of Rowan Stringer who tragically died in 2013 of Second Impact Syndrome, the result of suffering multiple concussion playing rugby three times in six days. The legislation is designed to create a safer environment for competitive amateur athletes, children, and youth to play sport.

Knowing how to recognize the signs and symptoms of a concussion, and what to do if a concussion happens – whether you're an athlete, a student, a parent, a coach, a team trainer, an official or an educator – saves lives. The Ontario Government is committed to implementing Rowan's Law by putting concussion safety information in the hands of people who need it most.

Increasing awareness and changing conversations in sport, at school and in our homes, will result in transformative change to the way in which concussions are managed in amateur, competitive sport, and beyond.

WHAT'S PUL DOING?

PUL has created our own Concussion Code of Conduct, Removal from Sport Protocol, and Return to Sport Strategies. We have decided to make Brain Health a priority across ALL members of our league, not just those aged 26 and under. In order to renew a PUL membership, every player needs to sign an electronic version of the Concussion Code of Conduct. This will be done on a yearly basis.

PUL'S CONCUSSION CODE OF CONDUCT

I will help prevent concussions by:

- Respecting the rules of Ultimate.
- Respecting my opponents and play safely.
- Wearing proper equipment and wearing it correctly.
- Developing my skills and strength so I can play the game to the best of my abilities.

I will care for my health and safety by taking concussions seriously, and I understand that:

- A concussion is a serious brain injury that has both short and long term effects.
- I do not need to lose consciousness to have a concussion.
- A blow to my head, face or neck, or a blow to the body that causes the brain to move around inside the skull may cause a concussion.
- If I think I might have a concussion I will self-report my possible concussion to a "designated person" (coach, parent, captain, or other responsible person), and immediately stop participating in further training, practice or competition.
- I will report to a designated person if I suspect another player has a concussion, or concussion-like symptoms.
- That continuing play with a suspected concussion increase my risk of more severe, longer lasting concussion symptoms, as well as increases my risk of other injury.

I will not hide my concussion symptoms. I will speak up for myself and others:

- I will not hide my symptoms. I will tell a designated person if I am concerned I have had a concussion and/or experience any signs and symptoms of a concussion.
- If someone else tells me about concussion symptoms, or I see signs they might have a concussion, I will tell a coach, parent, official, captain, or another responsible adult I trust so they can help.
- If I have a suspected concussion, I understand I will be removed from sport and that I will not be able to return to training, practice or competition until I undergo a medical assessment by a medical doctor or nurse practitioner (preferably one with experience in concussion management) and have been medically cleared to return to training, practice or competition.

I will take the time I need to recover, because it is important for my health:

- I understand I will have to follow the 6-step Return to Play guidelines when returning to activity.
- I understand I will have to be medically cleared by a medical doctor or nurse practitioner, preferably one with experience in concussion management, prior to returning to training, practice or competition.
- I will respect my coaches, parents, captains, health-care professionals, and medical doctors and nurse practitioners, regarding my health and safety.

REMOVAL FROM SPORT PROTOCOL

Ensuring immediate and safe removal of players with a suspected concussion from activity.

STEP 1: REMOVE FROM SPORT

A player suspected of a concussion must stop play immediately. Whether this happens during a Peterborough Ultimate League event; a game, scrimmage or practice the player* must be immediately removed from participation.

Who is responsible for removal-from-sport? If a suspected concussion occurs, it is the responsibility of all team members to remove the player from participation in the sporting activity players with a suspected concussion. If there is doubt whether a concussion has occurred, it is to be assumed that it has. If in doubt, sit them out.

Monitoring the player: No player with a suspected concussion should be left alone or drive a motor vehicle.

If there are any red flag symptoms or a neck injury is suspected, call 911 immediately. The player should not be moved and should only be removed by emergency healthcare professionals with appropriate spinal care training. More severe forms of brain injury may be mistaken for concussion.

RED FLAG CONCUSSION SYMPTOMS

Headaches that worsen	Can't recognize people or places
Seizures or convulsion	Increasing confusion or irritability
Repeated vomiting	Weakness/tingling/burning in arms or legs
Loss of consciousness	Persistent or increasing neck pain
Looks very drowsy/can't be awakened	Unusual behaviour change
Slurred speech	Focal Neurologic signs (paralysis/weakness etc.)

STEP 2: REFERRING FOR MEDICAL ASSESSMENT

Captain's must recommend to the player (or parent/guardian if applicable) that they seek medical assessment as soon as possible. Medical assessment must be done by a Medical Doctor or Nurse Practitioner. Players with suspected concussions may not return to any league activity until they've received medical assessment and submitted necessary documentation.

player should be transported for urgent medical assessment at the nearest emergency department.

STEP 3: INITIAL MEDICAL ASSESSMENT

Assessment and diagnosis by a Medical Doctor (MD) or Nurse Practitioner (NP)

Seeking medical assessment: If a player has been deemed to have had a suspected concussion, it is the parent/guardian's responsibility to take the player to see a medical doctor or nurse practitioner as soon as possible.

Required type of initial medical assessment: In order to provide comprehensive evaluation of players with a suspected concussion, the medical assessment must rule out more serious forms of traumatic brain injury and spine injuries and must rule out medical and neurological conditions that can present with concussion-like symptoms and must make the diagnosis of concussion based on findings of the clinical history and physical examination and the evidence-based use of adjunctive tests as indicated. In addition to Nurse Practitioners, the types of Medical Doctors that are qualified to evaluate patients with a suspected concussion include:

Family Physician, Pediatrician, Emergency Room Physician, Sports-Medicine Physician, Neurologist, or Internal Medicine and Rehabilitation (Physiatrists). Documentation from any other source will not be acceptable.

Obtaining appropriate diagnosis and documentation: Written medical documentation must be obtained if a concussion has occurred or not.

STEP 4: MEDICAL DIAGNOSIS

Submission of medical documentation of concussion diagnosis

If a Medical Doctor/Nurse Practitioner determines that the player with a suspected concussion did not have a concussion diagnosis:

- Player (or parent/guardian) must take the written documentation from the medical assessment (highlighting that the player did not have a concussion), and give this document to the team Captain.
- It is the responsibility of the team captain to submit medical documentation to the Director of Operations before the player is permitted to return to a PUL activity.
- The player should continue to be monitored for at least 24-48 hours after the event, as signs and symptoms may take hours or days to appear.
- Team captains have the right to refuse a player to return to any PUL activity if they deem the player unfit to do so.

If a Medical Doctor/Nurse Practitioner determines that the player with a suspected concussion does have a concussion diagnosis:

· The player, or parent guardian (if applicable) must take the written documentation* from the medical assessment (highlighting that the player has been diagnosed with a concussion), and give this document to the team captain.

****Written documentation by a Medical Doctor or Nurse Practitioner may be provided in any format from the medical assessment.***

· It is the responsibility of the team captain to submit medical documentation to the Director of Operations.

· An initial period of 24-48 hours of rest is recommended before starting the Return to Sport Protocol.

RETURN TO SPORT

STAGE	REHABILITATION STAGE	ACTIVITY	DURATION	OBJECTIVE
0 REST	Initial rest (physical and cognitive)	Rest. Minimise screen time. Consider time off or adaption of work or study	< 1-2 days	Recovery
1 SYMPTOMS PERSIST AT 24 HRS	Symptom limited activities	Initially activities of daily living that do not provoke symptoms. Consider time off or adaptation of work or study.	Until concussion symptoms clear	Return to normal activities (as symptoms persist)
2 SYMPTOM FREE AT 24 HRS	Light aerobic exercise	Walking, light jogging, swimming, stationary cycling at slow to medium pace NO Ultimate NO resistance training, weight lifting, jumping or hard running Symptom free during full 24hrs	< 15 mins	Increased heart rate
3 ULTIMATE SPECIFIC EXERCISE	Sport-specific exercise	Simple movement activities Limit body and head movement NO head impact activities	< 45 mins	Add movement
4 NON-IMPACT TRAINING	Non-impact training	Progression to more complex training activities with increased intensity, coordination and attention (throwing passing, change of direction) May start progressive resistance training NO impact activities, no laying out.	< 60 mins	Exercise, coordination and cognitive load. A return to learning must be acheived before returning to sport.
		Youth (<18 years) & adult/student athletes have returned to full-time studies at this point		
		Repeat medical assessment (medical clearance)		
5 FULL INTENSITY	Full intensity practice	Normal training activities. Although a non-contact sport, some non-intentional contact may happen		Restore confidence and assess functional skills by coaching staff
6 GAME PLAY	Return to sport	Normal game play		Player rehabilitated

ONTARIO ULTIMATE INSURANCE

Ontario Ultimate (OU) is foremost the body responsible for handling our insurance. As OU continues to establish its mandate and build its resources, it will become an ever more important hub of teaching resources and the organization responsible for developing ultimate at both grassroots and competitive levels.

For now, OU is going to be most essential if a player needs to file an insurance claim due to an injury. If this is the case, please be sure to:

1. Fill out an Incident Report. If there's a claim being filed this is obviously an injury worthy of reporting. The insurance company will want to know the details. Make this easier for the league and yourself.
2. Download the claim form from the PUL site under the Resources tab.
3. Fill it out pronto and get a league representative to sign off on it.
4. Submit the claim form in the allotted time (30 days). This may necessitate a physician's recommendation as well, so please have all documentation on hand to ease the process.

To learn more about the greater details involved with claims please visit Ontario Ultimate (OU):

www.ontarioultimate.ca

PUL NO-NO'S

ALCOHOL & DRUG POLICY

Due to recent changes by the City of Peterborough,* PUL will no longer turn a blind eye to the recreational consumption of alcohol after games. We will now be enforcing a zero-tolerance policy. This means no alcohol or drugs will be tolerated, before, during or after a game. Failure to comply may result in player/team disciplinary actions.

*On August 12, 2019, City Council enacted By-Law 19-074, being a By-Law to promote responsible, shared use and enjoyment of parks and related facilities. Section 12(c) of the By-Law specifically prohibits the possession of any alcoholic beverage, unless a permit has been issued by the City to allow it. Permits issued to sport leagues for league and tournament play do not include a provision to allow the consumption of alcohol by its participants.

By-Law 19-074 delegates authority to City Staff to do what is appropriate in the administration of the By-Law, including suspending and revoking permits for use of City Facilities, such as sport fields. In addition to leagues

having their permits suspended or revoked, individuals contravening the By-Law are guilty of an offense and upon conviction are liable for a fine of no less than \$200 and no more than \$10,000 for each day or part of a day on which the offense commences or continues.

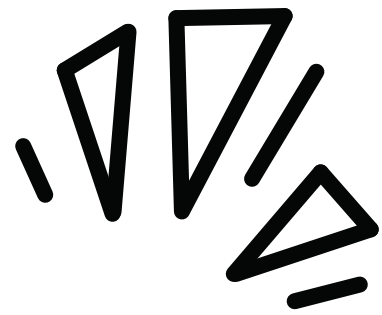
City Staff are now obligated to monitor activities by sport leagues throughout the season, and to take the required action to enforce the By-Law. It is imperative that league organizers be made aware of this and exercise due diligence in ensuring their participants are informed that consumption of alcohol is prohibited at the park, and to make every effort to prevent their participants from engaging in such behavior.

SMOKING AT FIELDS

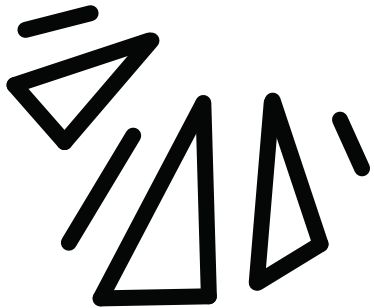
Smoking is not allowed. Please be aware that smoking at turf or city-run fields (school fields) can earn you a personal fine if caught.

BIKES PARKED OUTSIDE ANY TURF

Please leave bicycles parked outside of the turfed area of all turfed fields.



CAPTAINS



CAPTAIN'S INTRODUCTION

Thank you for being a captain! PUL wouldn't run without the time and effort you put into organizing, communicating, coaching and let's face it, cat herding. We know captaining isn't always easy and that we ask a lot from you.

This section lays out what you specifically need to know as a captain, but please familiarize yourself with all parts of this guide, especially the new concussion policies, alcohol and drug policies and the updated rules.

If you are new to captaining you'll probably find there's more to the role than what you anticipated. You're the communication hub for the league, the knower of all things (rules, strategy, schedule, fees) for your players, and ambassador for those keystones we love about Ultimate and PUL - fair play, spirit and great community. That's a lot for one or two people to be responsible for, so we encourage you to share the load and delegate. Create a spirit captain and let them handle the spirit scoring after each game. Have someone who loves to talk strategy? Get them to run the drills. Trust us, your teammates will be more engaged and have a better idea of what's involved in running a team if you include them. Don't burnout! We hope you'll be a leader in the PUL community for years to come.

At the end of the day, this guide is for you. It is designed as a tool to help navigate your captainship. If you find something's missing or could be better, please let us know and we will do our best to improve it for the following year. Your voice counts.

Thanks again for ALL you do. We know it's a lot. See you on the field!

CAPTAIN'S RESPONSIBILITIES & AGREEMENTS

Captains of PUL teams are considered the representative of the squad and the first point of contact for league coordinators, the PUL Board of Directors and committee members. In this role captains are expected to:

- Be the administrative leader who is responsible for team organization, timely fee payment, and all elements of team communication;
- Bring pylons to set up one end zone;
- Submit the score, spirit score and carbon flip result of each game in a timely fashion;
- Contact an opposing captain at least 48 hours prior to the game if your team is going to default a match or be in communication if weather threatens the game;
- When required, assist with player disputes that cannot be resolved. Manage your players in a way that best demonstrates the Spirit of the Game;
- Report any injuries, dangerous plays, field related issues, poor spirit in an incident report or encourage your players to do so;
- Should a head injury take place on the field, you have final say as to whether a player sits out. Remember, when in doubt, sit them out. If a player is sat out, submit a Suspected Concussion Report;

- In the event you need to pick up substitute players at any point during your season, please make sure the calibre of play is equal to the person being substituted. When in doubt, confirm with the captain of the opposing team;

- Before each game, decide with the Captain of the other team whether footblocks are allowed. We strongly recommend that captains identify a co-captain who can capably manage all these duties when the main captain is absent.

A game may be played under any variation of the rules agreed upon by the captains of the teams involved. However, both captains must agree on any variation of the rules, and any rule change must not interfere with the games of other teams. In addition, pressuring another captain to change the rules against their will is a violation of the Spirit of the Game.

The following fixed PUL rules are not amendable by captains:

- If there is **lightning**, games must be stopped immediately and the fields cleared;
- If there is **standing water** on the field the game is cancelled;
- If playing on the field is causing any **damage** due to wetness, the game must be stopped immediately.

LEAGUE COMMUNICATIONS

To simplify, let's break it down:

- 1. You are the main hub of information for your team.**
- 2. The league sends you information.**
- 3. It is expected and assumed that you share this information with your team.**
- 4. Too challenging? Assign someone on your team to handle this and work it out in a way that best suits you.**

Okay, now for the slightly more detailed take:

As a captain you are expected to be the hub of information for your team. That means when league coordinators or other league admins send information your way, you should be forwarding it to your teammates immediately. Please create a mailing list for your team so this is easily done whenever information comes down the pipe as it can be urgent on occasion. The better we communicate as a whole, the better this league runs, so consider yourself an essential cog in the machine of getting the word out.

While we try to keep the mass emailings to a minimum from the league, we do send them out on occasion. As these tend to be from private (and likely unrecognized emails), we'll typically place 'PUL' in the subject line for the sake of recognition. Otherwise, please rely on the web site and above noted social media channels to learn more about what's going on in PUL. Please note that the common practice of sending out mass emails to people should involve BCC'ing contact lists so as to respect the privacy of our players as much as possible.

TEAM ROSTERS & SUBSTITUTIONS

TEAM ROSTERS

All players must be rostered to their teams through Zuluru, the online league management system used by PUL. This allows PUL to confirm player membership for insurance purposes, and guides players through other important waivers and policy confirmations. Captains should encourage their teams to record their attendance through Zuluru (which sends reminders to players in advance of games...all you gotta do is click).

SUBSTITUTIONS

To be a fully rostered member of a team, a player is generally expected to play at least four games. Mid-season additions must play at least four games with the same team to qualify for play-offs. Players coming back from injury or pregnancy may be treated to a different assessment. Teams who knowingly abuse the tenets of this policy may be disqualified from playoffs.

A sub does not have to be rostered if there is no intention of them playing in playoffs with your team. All subs must be PUL members.

The Director of Operations maintains a Sublist available to Captains through the PUL website.

DEFAULTS & POSTPONEMENTS

A default occurs when one team cannot field at least five players and satisfy the gender ratio (minimum of three of one gender) to report their vacation dates well in advance. As well, captains should also encourage players to alert them well in advance of for the game. The team that is ready to play may declare the game in default at any point after the third point is awarded. For example, if the team is ready to play at 7:02, the first point would be awarded at 7:07 and the team that is ready could declare the game in default at any time after 7:17.

Winners of defaulted games are awarded a 6-0 score and also win the Carbon Flip.

AVOIDING DEFAULTS

Though circumstances are sometimes unavoidable, to default a game should always be considered a last resort. Captains are responsible for taking all reasonable measures to contact the opposing captain within 48 hours of the game if they are unable to field adequate numbers for a game. Through Zuluru captains have access to team captain (and assistant captain) contact information. Take action and maintain open lines of communication.

As July and August are typically the times when teams find themselves short of players, captains should encourage players

game day if they are going to be away for the upcoming match, not the day before or day of. There is an attendance function on Zuluru which allows players to easily indicate which games they will and will not be attending. Please encourage them to use this and avoid the possibility of screwing everyone's evening with a default.

LEGITIMATE GAMES

If a game is already underway when inclement weather forces the cancellation of play, the following policies with respect to score will apply:

If the game ends within half an hour of the established time cap, the score counts.

Games that have reached 8 for at least one of the teams will qualify as an official game.

INCLEMENT WEATHER POLICY

RAIN POLICY

Rule one about rain is that if you're destroying fields, simply DON'T PLAY. Standing water on a field is a good indication of definitely not playing. Use your discretion and take the long view – that is, we want quality fields all season long. Please have a system in place to alert your players. We will not be holding make-up games this year. Games scheduled on turf fields should be fine either way, but on natural grass fields, be smart. The ladder system allows for team rankings even if there is disparity in number of games played.

LIGHTNING

Upon seeing lightning teams should clear the field immediately and take shelter. Teams are under NO obligation to continue play. DON'T MAKE MATTERS UNCOMFORTABLE AND GUILT THE OTHER TEAM INTO PLAYING. While we've mentioned the 30-30 rule (wait 30 minutes and assess) in years past, I think we can simply appeal to your good sense of judgment to determine whether it's going to pass or not. Again, please take every precaution before resuming play and do not pressure teams that are reluctant to continue, provided there is still a threat of lightning in the area.

EXTREME HEAT OR SMOKE CONDITIONS

If a humidex or smoke advisory is issued, the league coordinator or

Director of Operations will declare the following measures be instituted:

· Games start at 7:15 · Game goes to 13

CAPTAIN COMMUNICATION

If in the event of a possible cancellation, it is important that the captains establish communication during the day. You should have access to captain emails, preferred phone numbers, or a WhatsApp group chat.

FIELD LOCATIONS

Bridgenorth Field

716 Red Pine Lane, Bridgenorth

**No parking on Red Pine Lane*

Fleming Turf

Fleming Sutherland Campus , 599 Brealey Dr, Peterborough

St Peter's Secondary School

730 Medical Dr, Peterborough

King Edward Park

455 George St S, Peterborough

Thomas A Secondary School

1009 Armour Rd, Peterborough

Holy Cross Turf

1355 Lansdowne St W, Peterborough

Hasting Field House

97 Elgin St. Hastings

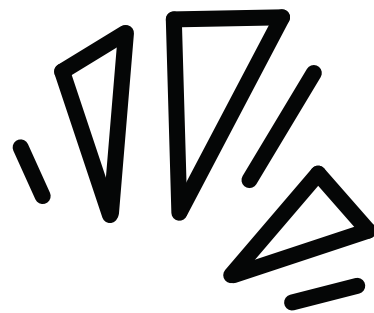
Trent University – Justin Chiu Stadium

1645 W Bank Dr, Peterborough

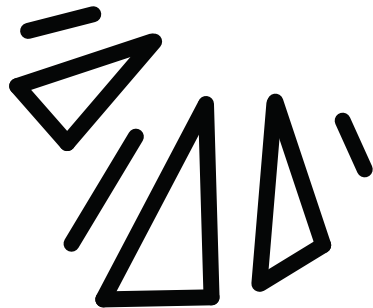
**Paid parking is enforced*

Trent University – East Bank

1600 W Bank Dr, Peterborough



DRILLS



FORCE/THREE PERSON DRILL

THREE PERSON DRILL

NUMBER OF PLAYERS: 3

EQUIPMENT: 1 disc

METHOD: There are three players, one thrower(A) , one marker(B) and one catcher(C). Two players (A & C) on offence are about 10-15m apart, the third player B acts as defence and marks the person with the disc. Player with the disc(A) tries to throw to player(C) 10-15m away. Once player A throws the disc they follow the disc and become the defence mark for player C who just recieved the disc. This drill is all about the thrower trying to fake out the marker and the marker is trying to prevent the thrower from getting off a clean throw.

This is often a good warm up drill. The drill forces the thrower to use believable fakes and practice stepping out and around the mark to throw the disc.

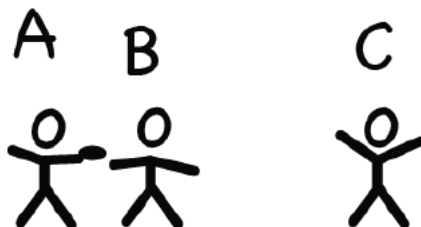
POINTS TO EMPHASIZE:

When teaching beginners, remind them plant their pivot foot, use fakes and lunge around the mark. As the mark, make sure you keep your stall count steady and move your feet and body to stop the throw from happening.

VARIATIONS:

- Assign the player on defense (the mark) to force backhand
- Assign the player on defense (the mark) to force forehand - or flick.
- Assign the player on defense (the mark) to force straight up.
- Add a stall count to simulate game play.
- Start the stall count at 5 for extra pressure on the thrower.

Three Person Drill



DUMP/RESET/FLOW

FLOW (THREE LINE DRILL)

NUMBER OF PLAYERS: Minimum 7, but 10 or more is ideal

EQUIPMENT: As many discs as players, plus 4 cones

METHOD: Set up 3 lines roughly 5 yards apart for beginners.

Place cones at the beginning of each line so the players know

where to line up. The coach or handler will have all discs in order to initiate the drill. Player from line 1 will make a cut across the field, plant their foot to make a 90 degree directional change and cut toward the handler, receive a pass and then turn and put it to the first player from line 2 who has just mirrored the first cut. This player will then receive the disc, turn and put the disc downfield to the player from line 3 who has just made a 45 degree cut (a 'strike') and receives the disc down field. Each player will then move to the next line and players from line 3 will return to line 1.

POINTS TO EMPHASIZE:

- This drill is designed around the most basic and fundamental offense in Ultimate (stack and flow)
- Focus on completions and timing of cuts
- Cutters from line 2 lead cutters from line 3 with a throw to space (put the disc where the cutters are going, not where they are)
- When 3 completions are made celebrate the flow; this is a key play in Ultimate!

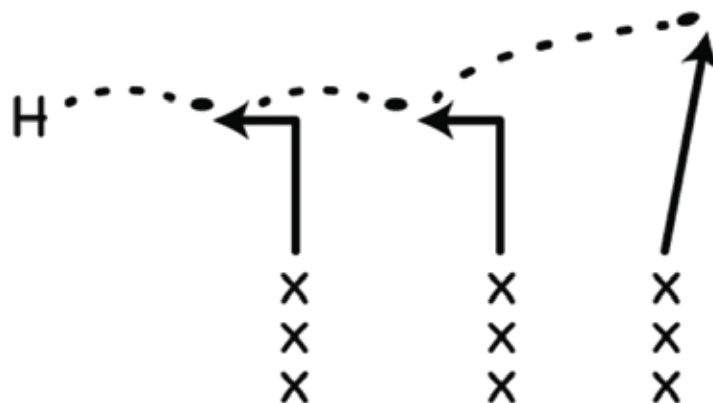
VARIATIONS:

- Switch up backhand or forehand sides
- Change the cutting angle from a 90 degree cut to a 45 degree cut - where the cutters will cut away from the corner, plant their foot, change direction and come back toward the handler.
- For more advanced players: introduce concept of force-side cuts v. break-side cuts (knowing direction of force allows you to make the appropriate cut)

WHAT IS A HANDLER?

Easy answer, they are the person with the disc. Generally they play a throwing-heavy position (think point guard in basketball). They operate in smaller spaces, smaller stall counts, and yet have a larger amount of pressure to get open. They move the disc through dump, swing or upline movement. Either way they need to be dynamic, quick on their feet and with their decision making. Hesitation can cost as much as a bad cut.

Three Line or Flow Drill



VERTICAL STACK/SEATTLE

SEATTLE

NUMBER OF PLAYERS: Minimum 7, but 10 or more is ideal

EQUIPMENT: 1 disc

METHOD: Set up 2 vertical lines of players in a row (Line A and Line B) in the middle of the end zone. All players in Line A and Line B are simulating a vertical stack in the centre of the end zone, starting at the front and stretching to the back line. Players in Line A will cut from the front of the Line (top of the stack), players in Line B will cut from the back of the line (back of the stack).

Drill starts with the disc in someone's hands approx. 5m from the front of Line A. The player at the back of the stack (line B) will make a 45 degree cut towards the front cone on the right side of the end zone(1). The thrower will throw the disc towards the cone, meeting the cutter in motion. The thrower is then responsible to make a cut towards the sideline(2) where they just threw to receive the disc back from the Line B cutter. Now the first person in Line A (front of the stack) will make a cut straight forward to receive the disc from the right sideline(3). The drill now repeats itself with the cutter at the back of the stack (Line B), cutting 45 degrees to the left cone at the front of the end zone etc. Players continue to make the same cuts, switching from side to side of the field.

POINTS TO EMPHASIZE:

- Always make good hard cuts.
- Players throwing lead the cutters by throwing to the open space where the cutter is moving into.
- Never throw directly to the cutter.

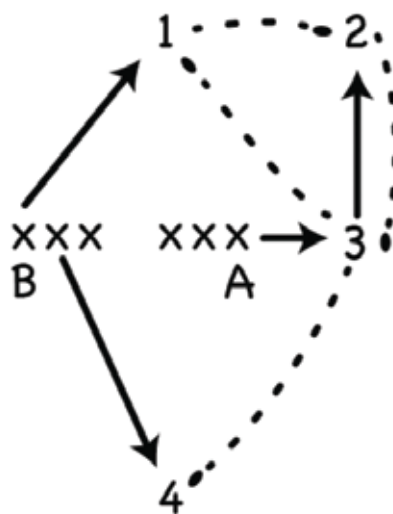
VARIATIONS:

Fake a cut one way before making your real cut. This gives you practice of stopping, starting and changing direction.

WHAT IS A CUTTER?

A cutter is an offensive player trying to get open to receive the disc. A good cut is about timing, change of direction and/or speed. Cutters rarely get open on a straight cut or run to the disc. Successful cuts often include fakes, use of proper timing and are coordinated with their teammates.

Seattle Drill



CUTTING TO OPEN SPACE/BOX DRILL

BOX DRILL

NUMBER OF PLAYERS: Minimum 6, but 10 or more is ideal

EQUIPMENT: Multiple discs and 4 cones

METHOD: Set up the four cones into the shape of a box. Form two vertical lines roughly 15-20m away from the box (Line A, Line B). Place cones at the beginning of each line so the players know where to line up. All players in line will have a disc except for the first player in line A. The player in line A without the disc will make a 45 degree upfield, plant their foot and change direction to cut into the box, where they will receive the disc from the player in front of line B. The drill continues with the player in front of line B, who has just thrown the disc now making a 45 degree cut upfield, planting their foot and cutting into the box to receive the disc from line A. After completing a catch, the player will return to the back of the opposite line

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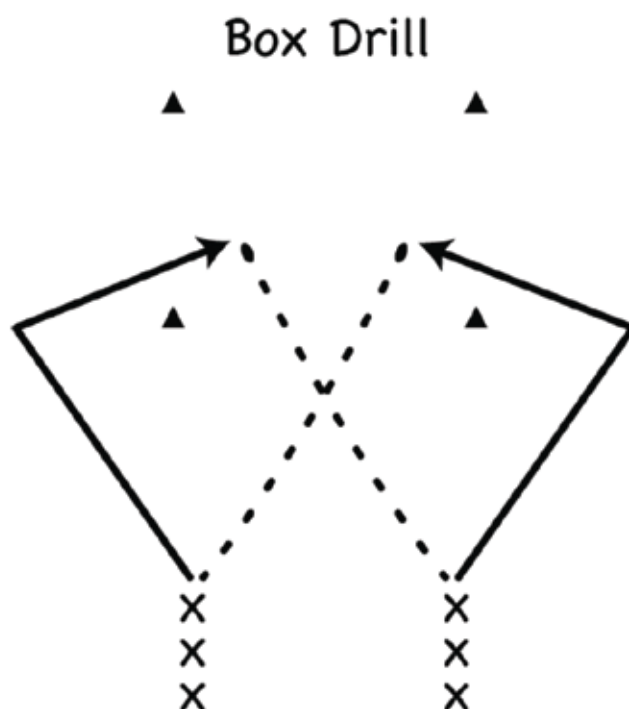
POINTS TO EMPHASIZE:

- Focus on timing the throw to meet the cutter in the box.
- Cutters focus on running through the disc and not stopping to catch.
- Cutters work on quick, explosive directional changes.

**Placing a small cone at the spot on the field where you would like the players to make their directional change is often helpful for beginners

VARIATIONS:

- Switch up backhand or forehand throws
- Add a Defensive player to the thrower with either a force toward the middle of the field or force toward the outside.LL



PIVOTING & FAKING/BREAD & BUTTER

BREAD & BUTTER

NUMBER OF PLAYERS: Unlimited, though 10-15 works best

EQUIPMENT: 4 cones, several discs

METHOD: Set 2 stacks facing each other approximately 5-10 yards apart. Each player starts the drill with a disc to ensure there are enough; extra discs are put at the front of each stack. The first player in stack A will start without a disc; they will be the first cutter.

Start with the first player in stack B ready to throw. The cutter from the front of stack A will turn and cut at a 45 degree angle towards the back of their line (for a few steps) on the flick side, plant their foot and turn and cut toward the open space on the same side to receive a backhand throw from the first player in stack B. After receiving the disc the cutter then goes to the back of stack B and the thrower from stack B becomes the next cutter - by turning and making a short 45 degree cut towards the back of their line on the flick side, planting their foot and turning to cut toward the open space on the same side to receive a backhand throw from the first player in stack A.

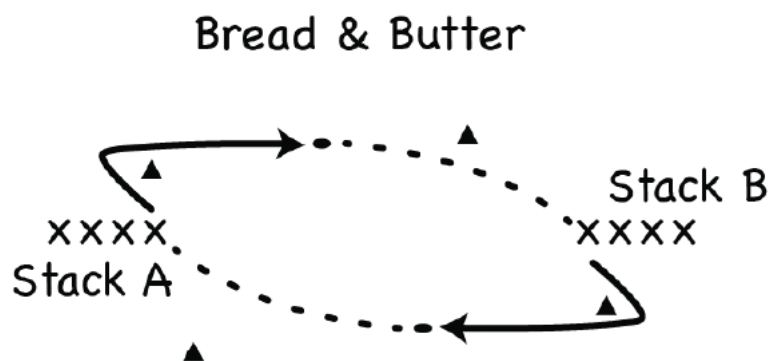
**Placing a small cone at the spots on the field where you would like the players to cut to is often helpful for beginners

POINTS TO EMPHASIZE:

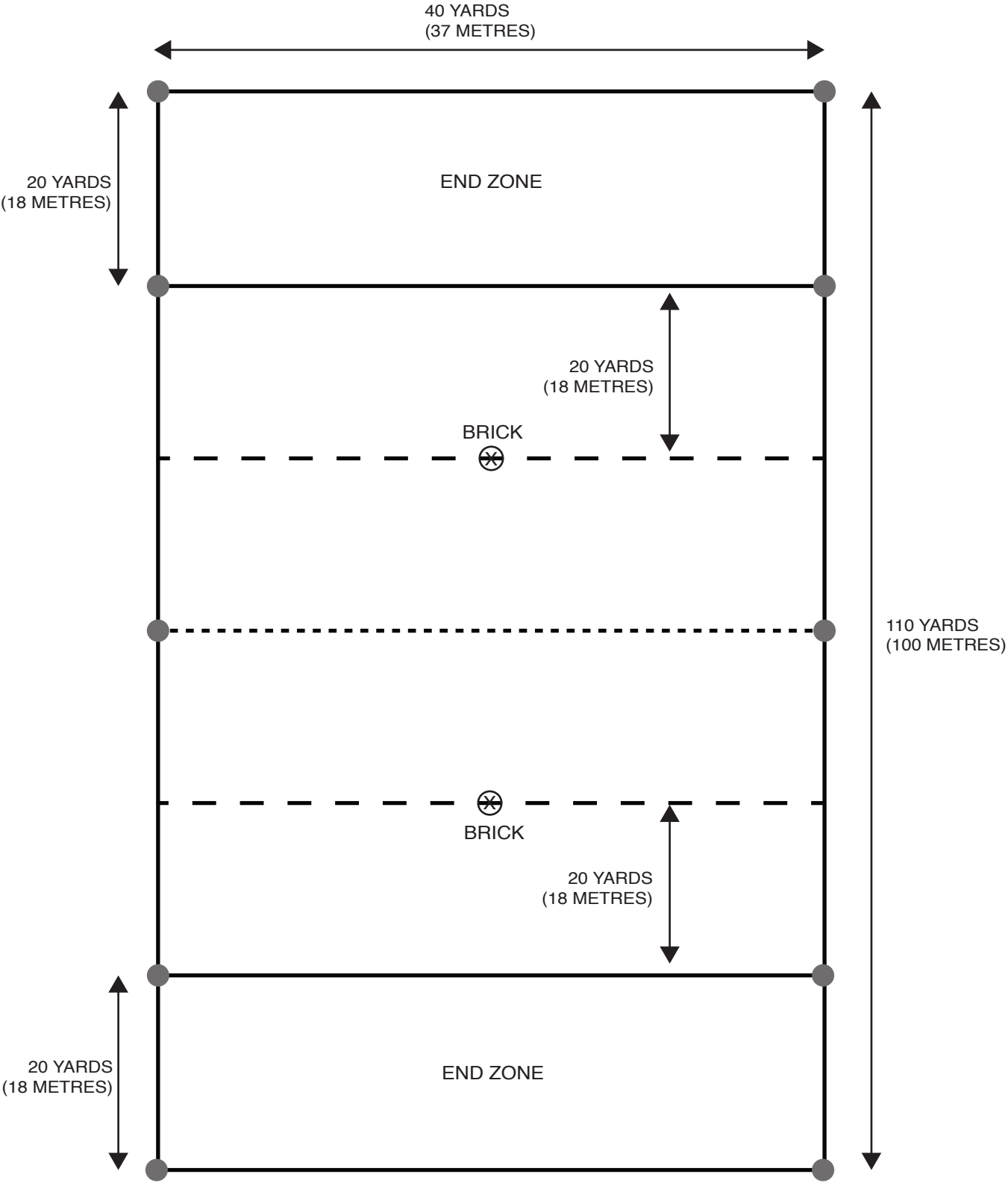
- When teaching beginners, keep the tempo of the drill slow
- Keep the stacks close together (allow all players to build confidence)
- Encourage as many consecutive completions as possible (have players count)
- Focus on sound throwing (with a good pivot) and strong catching fundamentals (2 hand pancake or claw when possible)

VARIATIONS:

- Cut 50 times to backhand then switch to forehand
- Add a mark; start with coach as mark then progress to players
- Cutting with break force throws (advanced); objective is to encourage continuation and get drill flowing using just one disc



ULTIMATE FIELD DIMENSIONS



**** NOT TO SCALE**

INCLEMENT WEATHER POLICY

+ add brief overview