

## ULTIMATE FRISBEE - PLAYING REGULATIONS

**Updated: April 24, 2019**

1. **All schools that intend to have an Ultimate team for the current school year have until May 1<sup>st</sup>** of that school calendar year to declare to their respective association and GHAC committee that they will be having a team for the current season.
2. Once all three associations (HCAA, HSSAA, HWCAA) have declared the number of teams, the GHAC committee will determine based on representation how many schools each association will be allowed to qualify for the GHAC Ultimate tournament.
3. All teams will play under the current 11<sup>th</sup> edition rules, available online at ultimate Canada or USA ultimate at;  
[https://www.usultimate.org/resources/officiating/rules/11th\\_edition\\_rules.aspx](https://www.usultimate.org/resources/officiating/rules/11th_edition_rules.aspx)
4. If a more current version of the rules is released, the newest version of the rules used by Ultimate Canada will supersede the 11<sup>th</sup> edition rules.
5. All teams will play with 7 players on the field, with a minimum of 3 males and 3 females. The seventh player is either a female or a male. It is up to the receiving team (offence) to determine the gender ratio. It is up to the opposing team to match the gender ratio of the receiving team.
6. The field of play will follow regulation size as stated in the 11<sup>th</sup> edition rules. Using a 110 m Canadian football sized field, each end-zone will be 20 yards deep, with a 70 yard playing field between the endzones. The width of the field is intended to be 37 meters wide. If a 110 yard long field of play is not available and/or a more narrow field needs to be used, coaches will agree on the dimensions of the field before the start of the game or tournament.
7. Foot blocks are not allowed during any high school ultimate competition. A foot block is defined as an attempt to stop the disc that is in the air with a foot or leg. This is especially dangerous while an athlete is marking the person with the disc, but the leg should not be used to stop a disc in the air at any location on the field of play. If a disc is thrown into the leg or foot of a defensive player, it is not a foot block because it was not intentionally using the leg or foot to defend the disc. If a foot block occurs, any offensive player on the field of play that has the best perspective to view the foul may call a foot block foul. This results in the disc being returned to the thrower with a count of 1 if uncontested, or the original count minus one if contested with a maximum starting stall count of 6.
8. Spirit of the Game is an important aspect of Ultimate – Spirit scores are awarded by the opposing team.
9. 16 teams are in the tournament and broken into 4 pools. During the robin round play, the top 2 teams from each pool advance to the “Championship side” and the bottom two teams advance to the “Consolation side”
10. Tie breaker is broken down in the following order:
  - a. Head to Head play

- b. Spirit Points
- c. Points Against
- d. Coin Toss

11. Tournament Structure

Round Robin Play

<b>Field 1</b>	<b>A1 v A4</b>	<b>B1 v B4</b>	<b>A1 v A3</b>	<b>B1 v B3</b>	<b>A1 v A2</b>	<b>B1 v B2</b>
<b>Field 2</b>	<b>A2 v A3</b>	<b>B2 v B3</b>	<b>A2 v A4</b>	<b>B2 v B4</b>	<b>A3 v A4</b>	<b>B3 v B4</b>
<b>Field 3</b>	<b>D1 v D4</b>	<b>C1 v C4</b>	<b>D1 v D3</b>	<b>C1 v C3</b>	<b>D1 v D2</b>	<b>C1 v C2</b>
<b>Field 4</b>	<b>D2 v D3</b>	<b>C2 v C3</b>	<b>D2 v D4</b>	<b>C2 v C4</b>	<b>D3 v D4</b>	<b>C3 v C4</b>

Playoffs

<b>Field 1</b>	<b>G1 A3 v B4</b>	<b>G5 A1 v B2</b>	<b>G9 W g1 vs W g2</b>	<b>g13 W g5 vs W g6</b>	<b>wg9 vs w g11 (9th)</b>	<b>w g13 vs w g15 (1st)</b>
<b>Field 2</b>	<b>G2 B3 v A4</b>	<b>G6 B1 v A2</b>	<b>G10 L g1 vs L g2</b>	<b>g14 L g5 vs L g6</b>	<b>L g9 vs L g11 (11th)</b>	<b>L g13 vs L g15 (3rd)</b>
<b>Field 3</b>	<b>G3 C3 v D4</b>	<b>G7 C1 v D2</b>	<b>g11 W g3 vs W g4</b>	<b>g15 W g7 vs W g8</b>	<b>w g10 vs W g12 (13th)</b>	<b>w g14 vs w g16 (5th)</b>
<b>Field 4</b>	<b>G4 D3 v C4</b>	<b>G8 D1 v C2</b>	<b>g12 L g3 vs L g4</b>	<b>g16 L g7 vs L g8</b>	<b>L g10 vs L g12 (16th)</b>	<b>L g 14 vs L g16 (7th)</b>

1. Jury of Appeals / Conflict Resolution

- a. A member from each association will be asked in advance of the tournament to sit on the jury of appeals if needed or deal with any conflict

b. Their second purpose is to be proactive and promote the Spirit of the Game

1. Withdrawal from Tournament

- a. Teams need to withdraw by the designated time prior to the start of the tournament

Teams that fail to do so will be responsible for their share of the tournament costs

NEW will be the Gender Ratio in the playing regs.

- At the start a disc is flipped to determine who receives the disc and which end of the field to play. An additional disc is flipped to determine the gender ratio – Either male or female is selected. This will then rotate after the odd points.
- Example: My team is playing your team – and you call Female
- Till the first point is scored the gender ratio is 4 female, 3 male
- Then for the next two points, the gender ratio is 4 male, 3 female
- Then the next two points, the ratio reverses