



## RULES

REMINDER: Please read these rules in conjunction with **NFYFC General Rules** and familiarise all competitors with the **Fine System in place for withdrawal from competitions.**

Further information can be found at <http://www.nfyfc.org.uk/competitionsresources>

### 1. VENUE

- 1.1. TBC

### 2. REPRESENTATION

- 2.1. 1 team per group

### 3. ELIGIBILITY

- 3.1. A minimum of 6 players are required to make a squad, there is a maximum of 10 players in a squad. From the squad 5 players are selected to be on the pitch at any one time. This **MUST** include a minimum of 1 female player on the pitch at any one time.
- 3.2. **All players must be aged between 10 years and over and 16 and under on 1st September 2021 (this age range must be adhered to), and full members of a Club affiliated to NFYFC may be nominated. This means competitors have attained their 10<sup>th</sup> birthday on 1<sup>st</sup> September 2021 competition and may be 17 on the day of the national final.**

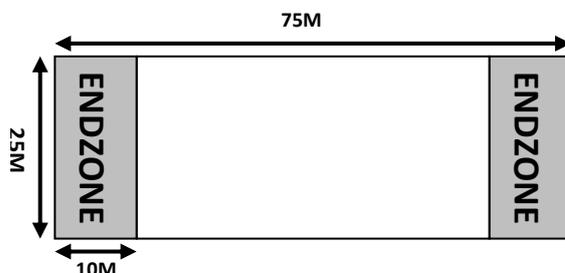
### 4. SUBSTITUTION

- 4.1. **All substitutes must have been eligible to compete in the County Final.**

### 5. PROCEDURE

- 5.1. Ultimate is a game for two teams of five players on the pitch, each team having a minimum of 1 reserve player on the sideline up to a maximum of 5 reserve players on the sideline.
- 5.2. Each game will last for 12 minutes with the next score to occur completing the game or until a maximum time limit of 15 minutes is reached. I.e. The final whistle will signal 12 minutes of play, the game will then continue until the next score, after which the game will end. If no score is made the game will end at 15 minutes.
- 5.3. A goal is scored when you throw the disc to a member of your team standing (or more likely running) in the last section at the end of the field known as the "endzone", your team is attacking.
- 5.4. The winner is determined by the team scoring the most points. A draw will be awarded if both teams have scored the same number of points at the end of the game.
- 5.5. League points will be awarded as follows: Win 3, Draw 2, Loss 1
- 5.6. At the beginning of the game, each team stands in the endzone which they are defending and faces the opposite team. When both teams are ready, the team with the disc throws it as far as they can towards the opposite team who will automatically be in play once they have retrieved it.
- 5.7. Players cannot run with the disc. When a player catches, they have up to 3 steps to slow down and then they must choose a pivot foot and keep this still before throwing the disc. If the player has not thrown the disc and takes additional steps, the player must return their pivot foot back to where it should be, before throwing the disc. If they did make a throw after the 3 steps and the disc was caught by their team, the disc must be returned to the thrower however if the opposition caught the disc the turnover stands.
- 5.8. A team can therefore only move the disc upfield by throwing it from player to player.
- 5.9. The defending team takes possession if the disc touches the ground, if it goes out of bounds or if they make an interception by catching the disc or knocking it to the ground in mid-flight.
- 5.10. Teams change ends between each point. I.e. the scoring team stays in the end zone where they have just scored.
- 5.11. A team may make unlimited substitutions, but only in the break of play after a goal has been scored and before the game restarts. Teams are allowed an unlimited number of substitutions in each game.

- 5.12. The game is noncontact but when contact between players does occur; it may be deemed a foul.
- 5.13. The game is self-regulating, and players should admit when they have caused a foul. The level of sportsmanship will be rated by the opposition at the end of each game.
- 5.13.1. All members of the team must be involved in scoring the opposition's Spirit of the Game.
- 5.13.2. Teams will rate their opposition awarding points under the following headings:
- Rules Knowledge and Use
  - Fouls and Body Contact
  - Fair-Mindedness
  - Positive Attitude and Self Control
  - Our Spirit compared to theirs
- 5.13.3. A score of 10 is a normal good score
- 5.13.4. Once teams have completed their Spirit of the Game Score Sheet, they should hand it directly to the tournament steward who will calculate an overall average score to determine the team with the best spirit of the game score.
- 5.13.5. Please find a Spirit of the Game Score sheet below. This should be completed by each team at the end of each game.
- 5.14. The team with the best overall rating at the end of the tournament will receive additional awards. It is in each team's best interest to play honestly and fairly and treat their opposition as they would expect to be treated.
- 5.15. It is also advised that where possible a qualified Ultimate Coach or local player, in the role of "tournament advisor" be used. This will further reduce risk to members and also provide an individual that can answer rules questions, keep score and help players with self-refereeing if needed. UK Ultimate, the National Governing Body for Ultimate Frisbee, will offer support where possible and will try to find individuals that are able to help in this capacity.
- 5.16. **Field Dimensions: At the National Final, the pitch** will be outside on grass and will be no bigger than 75m by 25m; the endzones will be no more than 10m deep. Counties may vary these dimensions to suit their venue and may even play on an all-weather pitch, grass or indoors.
- 5.16.1. **Image to show maximum pitch dimensions. To note: this is the MAXIMUM size, pitches may be smaller to accommodate Younger Players or Beginners.**



- 5.17. At the National Final a 175g Ultimate disk will be used, e.g., an Ultrastar.
- 5.18. All competitors must be suitably dressed for playing sport and be wearing their team's colours/shirt.
- 5.19. **These are simplified rules and do not cover every situation. Basic principles of fairness should govern the outcome in situations not explicitly covered. Try to restart play in an appropriate manner such that the infringing team does not benefit. These rules are merely a guide and it is trusted that players will play this simple game in the way it is obviously meant to be played rather than looking for loopholes or ways to exploit the rules.**
- 5.20. Further information can be found at <http://www.ukultimate.com/> however the rules stated above will be adhered to at the NFYFC National Final.

## 6. AWARDS

- 6.1. Trophy **and** NFYFC Prize Cards to the winning team
- 6.2. Prize Cards to teams placed 2<sup>nd</sup> to 4<sup>th</sup>

- 6.3. Trophy and NFYFC Prize cards to the winning sportsmanship team
- 6.4. NFYFC Certificate of Achievement will be awarded to all members of teams in the Final.

7. **NOTES:**

- 7.1. It is advised to have either St John Ambulance or The British Red Cross with an ambulance in attendance at both County and Area Rounds to minimise risk to members.



# Spirit of the Game Score Card

Spirit of the Game is a fundamental part of Ultimate Frisbee. This sheet is designed to educate teams and help them achieve a better understanding of their strengths and weaknesses in terms of Spirit.

Your whole team should be involved in the rating of the other team, immediately after the game has finished.

Simply circle one box in each of the five lines and put the total points to determine the Spirit score for the other team

Hand this sheet to the competition organiser on completion

<i>Team Name</i>	<i>Opposition Team Name</i>
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### 1. Rules Knowledge and Use

Eg: They did not make unjustified calls. They did not purposefully misinterpret the rules. They kept to time limits. They were willing to teach and/or learn the rules

0	1	2	3	4
Poor	Not so good	Good	Very good	Excellent

### 2. Fouls and Body Contact

Eg: They avoided fouling, contact, and dangerous plays

0	1	2	3	4
Poor	Not so good	Good	Very good	Excellent

### 3. Fair-Mindedness

Eg: They apologized for their own fouls. They informed teammates when they made wrong or unnecessary calls. They were willing to admit that we were right and retracted their call

0	1	2	3	4
Poor	Not so good	Good	Very good	Excellent

### 4. Positive Attitude and Self-Control

Eg: They communicated without aggressive language. They complimented us on our good plays. They left an overall positive impression during and after the game, e.g. during the Spirit circle

0	1	2	3	4
Poor	Not so good	Good	Very good	Excellent

### 5. Our Spirit compared to theirs

Eg: How did their team compare to ours with regards to rules knowledge, body contact, fair-mindedness, positive attitude and self-control?

0	1	2	3	4
Our spirit was much better	Our spirit was slightly better	Our spirit was the same	Our spirit was slightly worse	Our spirit was much worse

<b>Total Points</b> (Good score = 10 Points, Maximum = 20 Points)	← 0 + + + +
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Originally produced and approved by:

