

TDCAA ULTIMATE FRISBEE Booklet 2021

PART A: SAFETY REQUIREMENTS

Ontario Physical Activity Safety Standards in Education (OPASSE)

All coaches must review and follow the most recent copy of the [OPASSE GUIDELINES](#) for the sport they are coaching (under Secondary, Interschool)

Please take special note of the following requirements associated with:

Risk Management

First Aid

Special Rules/Instructions

Supervision

Coaches Expectations & Qualifications (for further information on sport specific NCCP training, visit www.coach.ca)

Excursion/Permission Forms: [TCDSB](#) [OPHEA SAMPLE](#)

Concussion Awareness and Safety

In accordance with Policy/Program Memorandum No. 158, the TDCAA will follow and support the mandates of Rowan's Law. The following must occur annually, at the commencement of the athletic season:

a) coaches must complete the on-line [TDCAA Coaches Concussion Code of Conduct](#)

b) coaches will have student athletes review and follow a Concussion Code of Conduct:

[TCDSB Student Code of Conduct](#) (in section 8)

[OPHEA's Sample Code of Conduct](#)

c) coaches will provide Ontario Concussion Awareness Resources to student athletes and parents: [Concussion Guides for Athletes and Parents](#)

In the event of a suspected concussion convenors, coaches, and student athletes must follow an established Return to Play Protocol.

Note: TCDSB has established [Concussion Return to Play Protocols](#) for its students and coaches to follow. Non TCDSB participants should reference their Board's or [OPHEA's Concussion Protocols](#)

Coaches may find it useful to have a recognized [Sport Concussion Recognition Tool](#) with them for practices and competition.

Supervision – Visiting Teams

Each school along with the coach should be aware of the local policy in each school regarding visitors.

In situations where teams are specifically bringing fans (fan bus) appropriate supervision from all participating schools that does not include the team coach(es) must be provided. Communication with school administration of participating schools is prudent in these situations.

PART B: FROM TDCAA CONSTITUTION

TDCAA Ultimate Frisbee is an official TDCAA activity. Ultimate Frisbee (Ultimate Disc) follows OPHEA/OPASSE OFSAA and Canadian Ultimate.

REGISTRATION

Schools must register for Ultimate Frisbee at the designated time. A school may withdraw its team before distribution of the final schedule. The school will be charged only the \$ 25.00 registration fee. A school who withdraws its team after the schedule has been distributed will assume the following actions:

- automatic \$100 fine
- automatically ineligible for competition in ultimate frisbee the following year. (This can be appealed to the TDCAA executive.)

ELIGIBILITY/TRANSFERS

Eligible athletes must satisfy the By-Laws and Standing Rules as per the TDCAA Constitution.

- All eligibility is completed electronically through Athletic Eligibility List System (AELS) which is coordinated through the OFSAA office. Athletic Directors have the code for their schools to access AELS.
- Eligibility must be completed before the first league game. (It is recommended that registration be completed before first practice). In a single day meet or tournament format , eligibility must be filed at least three days prior to the meet or tournament.
- Athletes as well as coaches must be included on the AELS site.
- Approved transfers are included on the eligibility form. Athletes who have not been approved must not be included until the athlete has been approved.
- All students who transfer into your school (excluding Grade 9-first year of high school) are ineligible for competition for a period of twelve months from the date of transfer. To become eligible, transfer students must complete the “TRANSFER APPEAL FORM” and forward to the TDCAA Transfer

Chairperson (Lorraine Kelly – Senator O'Connor or Tavia Ferreira – St. John Paul II). An athlete awaiting Transfer Appeal decision is ineligible to play in any games (league or exhibition or tournament). This athlete may practice with the team until the transfer has been approved and the athletic director has been notified.

- An student who transfers into your school in second semester is ineligible to compete in winter sports (Alpine Skiing; Snowboarding; Swimming; Jr & Sr. Girls' Volleyball, Boys' & Girls' Hockey, and Jr. & Sr. Boys' Basketball even if their transfer is approved
- An athlete whose transfer is denied has the right to appeal the decision to the TDCAA Transfer Appeal Board.

ELIGIBILITY/AGE

- Open Grades 9-12
- Co - Ed
- Eligibility for the TDCAA and OFSAA is based on the athlete's year of birth. An athlete is eligible to compete in high school sports for five years from the time they entered grade nine and were born in 2000 or later. Athletes must meet both requirements.

There is no appeal to this rule.

Please link to TDCAA website for dates for each new school year.

ELIGIBILITY / ACADEMICS

An athlete must be a bona fide student at their school.

Students With Less Than 22 Credits:

-non-semester schools – must be registered in a minimum of six (6) full day school credit courses.

-semester schools– must be registered in a minimum of three (3) full day credit courses in the semester that Field Hockey takes place (Fall).

Students With More Than 22 Credits:

-non-semester schools – must be registered in a minimum of four (4) full day school credit courses

-semester schools – must be registered in a minimum of two (2) full day credit courses in the semester that field hockey takes place (Fall).

LEAGUE STRUCTURE

- A) START TIME – All games shall begin no earlier than 3:30 unless agreed upon by the Principals of the participating schools. All double headers must start no later than 3:30 or earlier if all participating schools are in agreement.
- B) MAXIMUM NUMBER OF GAMES - Junior – 16; Senior – 20.
- C) AWARDS – In sports where there is less than six teams , only gold medals will be presented.
- D) DEFAULTED GAME – If a team defaults a regular season game , they will not be eligible for playoffs . A school may appeal the decision to the TDCAA Executive provided there were extenuating circumstances.
- E) CANCELLATION OF SCHOOL BUSES – If the TCDSB cancels buses for weather conditions, all scheduled games are automatically cancelled

PROTEST

Any protest must be made within 24 hours of the scheduled game or activity. Protests must be made in writing to Eva Roser (St. John Henry Newman)

PART C: SPORT SPECIFIC INFORMATION

3. Playoff Eligibility

- a) To be eligible to play in the play-off tournament season a player must have participated in at least **2** league games played by their team

4. Ineligible Player

- a) All games in which an ineligible player participates **will be forfeited**.
- b) A player is deemed to have participated if they are registered on the AELS system.

B. League Structure

1. Scheduling

a) If there is any problem with dates, please try and contact the other school first to see if an arrangement can be made (as well as letting myself know) If nothing can be arranged please let me know and we can try our best to working something out

2. Season – The official TDCAA season will be Fall (September to October)

3. Fields

- a) The standard field of play we will use (which is smaller than the UPA fields) will be 60m (paces) from front end zone to front end zone and 35m across. 20m from front of end zone to back of end zone. However the fields may be modified by the coaches according to the size of the field available, with a minimum rectangular area thirty (30) metres wide and fifty five (55) metres long (from front end zone to front end zone) with fifteen (15) metre end-zones on either end.
- b) The Brick Mark we will use is 15 (paces) from front of end zone however it may be modified by the coaches according to the size of the field available, with a minimum distance of ten (10) paces from each end-zone, midway between the sidelines.

4. League Play

- a) Regular season games will be fifty-five (55) minutes in length and consist of two (2) twenty-five (25) minute halves played straight time with a five (5)-minute break between halves.
- b) There will be a maximum point differential of 10 points. (however it will up to the coaches if they would like to continue to get more play time in) **If the score ends up 13-2 please record score only at 12-2. This makes it a little bit more fair in case not all teams play each other**
- c) i. Coaches/captains need to synchronize watches and

to continue to monitor the time throughout the game

- ii. As soon as the time cap is noticed, the point will finished being played
 - iii. if a point is scored before the expiration of time at the end of the game, a pull must occur unless the point differential is 2 or more.
- d) At half time, the point is played out and the time over 25 minutes will be subtracted from the second half.
- e) Half Time
- i. Receiving team should be ready four (4) minutes forty-five (45) seconds after the start of half time.
 - ii. Pulling team should pull within five (5) minutes of the start of half time.
- f) Time Outs
- i. Each team is allowed one 1 minute time out per half.
 - ii. Only a team in possession of the disc can call a time out.
 - iii. Once the team has returned to the field, the player in possession of the disc at the time of the time out being called must assume possession of the disc again. Offense sets up first then defense
 - iv. Time outs cannot be called within the last two minutes of the game.
 - v. If a team calls a time out in the last two minutes of the game, they will lose possession of the disc.
- g) At full time, the point in progress will be played out. If the game is tied at the end of the point being played out, play will continue for one more point to determine a winner. There will be no ties.

5. Starting Times

- a) Teams should arrive fifteen (15) minutes early in order to warm up. Games should start at **3:30pm**. or later
- b)

6. Game Sheets/Score Sheets

- a) Game sheets listing the players must be completed prior to the beginning of the game. Both teams are responsible for keeping score during the game.

7. Results

- a) At the end of the game each coach must review and sign the score sheet. The signatures confirm that the score has been recorded accurately.
- a) Results including spirit points, are to be reported/emailed to the Convener one day after. **Each team must send an email to the convener giving the score of the game and the spirit of the other team. Please have this done minimum 1 day after the game**

- b) Keep a copy of the score sheet for your own records.

8. Spirit of the Game

Spirit of the Game is used to describe the respect that every player in the game has for the rules and their fellow players. **This is very important!**

- i. No referees exist.
- ii. The players themselves officiate.
- iii. Implicit in Ultimate is the assumption that no one will cheat to gain an unfair advantage.
- iv. This principle is what makes Ultimate special to so many people, and all Ultimate players try to keep the Spirit alive by maintaining this high level of trust, no matter how competitive the game becomes.
- v. It is our hope that more experienced teams will assist in the promotion and clarification of SOTG and the rules.
- vi. If a team or player is unclear on something, explain it to them to enhance the Ultimate experience and not to put them at a disadvantage.

Spirit scores will be recorded out of 20. However spirit scores of 10 are very good. It means it was a great game. Any categories where a 4 or 0 is given you must provide a reason to me why you gave that team a score that high. Please try and score this with your students after the game

Please read the link below

https://canadianultimate.com/en_in/spirit-of-the-game

C. Playoff Structure

Play-Off Tournament will be in October at Earls Court Park. 8:30-4pm

Only the top 4 teams from each group will make it to playoffs

Winners will be decided on Wins Losses and then plus minus if there is a tie in the group

For playoffs, all teams will be re-ranked 1-8 and snake-drafted to make the fairest groups

D. Defaults/Cancellations/Withdrawals

1. *Defaulted Games*

A default is declared when any of the following situations occur:

- a) i. A team is not prepared to play within fifteen (15) minutes after the

scheduled starting time.

- ii. Please be reasonable about unavoidable bus delays.

- b) A team can start a game with six (6) people, as long as both genders are equally represented.

- c) If both teams agree to waive rule (a) and/or (b) and play the game, the result will be considered official and no subsequent claim of default will be accepted.

- d) The home school must notify the regional convenor of any defaults.

- e) In the event of a default, the result will be reported as 10-0.

2. *Cancelled Games*

- a) In the event of unforeseeable circumstances which necessitate the cancellation of a game (i.e. sickness, accident, safety concerns regarding facility use), the school involved **must** make every effort to contact the other competing school **at least** four (4) hours prior to game time.

- b)
 - i. Due to the limited amount of time available in which to complete the schedule, every effort should be made to play and complete games on the date and at the time scheduled.

 - ii. Therefore, with the exception of lightning or extreme weather conditions, unless notified otherwise by the convener, all coaches should assume that games will take place as scheduled.

E. Rules/Laws of Game

- 1. The TDSSAA/TDCAA Ultimate Frisbee playing regulations are modified from the Eleventh Edition of the Ultimate Players Association (UPA) rules.
[http://www.usultimate.org/assets/1/Page/11th%20edition%20\(pdf%20for%20web\).pdf](http://www.usultimate.org/assets/1/Page/11th%20edition%20(pdf%20for%20web).pdf)

- 2. A team may dress and play an unlimited number of players.

3. *Substitutions*

- a) *There is no limit to the number of times a player may be played. Substitutions only happen after a point is scored (see UPA rules)*
- b) Players not in the game may replace players in the game after a score and during an injury for the injured player.
- c) If a player is injured on a team and a substitution is made. The other team is allowed one sub as well for any of their 7 players

4. *Abandoned Game*

- a) *Once a game has started every reasonable effort must be made in order to complete the game.*
- b) A game that has been abandoned by the coaches due to disciplinary reasons (i.e. violence/threat of violence) shall **not** be rescheduled, until a TDCAA Conduct Review Board has conducted a review of the situation.
- c) If the game is abandoned in the **second (2nd) half**, the game will be considered to be a completed game.

5. Rules of Play:

- a) **This year we will be introducing the new Gender ratio.** The disc will be flipped for the first point, the winner will choose their ratio to start. Other team must match. After the first point it will alternate by 2. Example – point 1 4:3, point 2 3:4, point 3 3:4, point 4 4:3, point 5 4:3, etc till the end of the game.
- b) No foot blocks will be allowed.
- c) In the event of a dispute on the field to which there is no timely resolution, both coaches are expected to be role models and facilitate/mediate a timely resolution. The responsibility of making/enforcing the decision/resolution on the field lies strictly in the hands of the competitors on the field.
- c) **Swearing, fighting and trash talking is not permitted.**

- i. **Such behaviour will result in ejection from the match and referral to the Conduct Review Board.**
- ii. **It is the responsibility of the player's coach to eject a player**

F. Home Team Responsibilities

The Home Team is responsible for:

1. Providing an official TDCAA Ultimate Score Sheet, two (2) game disks; a minimum of eight (8) pylons to mark the field
2. Coaches are reminded that they are expected to supervise all players from the time of their arrival to the time of their departure from the playing site and to assist in leaving the playing area free of garbage.
3. Providing waste containers for use by all participants.

G. First Aid

1. All coaches and regional convenors should be familiar with the content of the OPHEA Safety Document.
2. A properly equipped first aid kit must be accessible at all practices and games.
3. Coaches are reminded to have an emergency action plan in place for all practices and games.

H. Uniforms and Equipment

1. Teams must wear a uniform to distinguish him/her from the players on the opposite team.
2. Any flying disc (175 grams) may be used as long as it is acceptable to both coaches
3.
 - a) Running shoes are mandatory.
 - d) Cleats may be worn, but may not be pointed or have any metal exposed.

I) Reporting scores

1. Please EACH TEAM report all scores within 24hrs of play (but sooner is so much easier) to three email addresses
 - a. scores@tdcaa.org
 - b. morrisis@sympatico.ca
 - c. gareth.cawley@tcdsb.org

Please also give a spirit score out of 20 (view above about spirit when considering the