

1. Spirit of the Game

- 1.1. Ultimate is a non-contact, self-officiated sport. All players are responsible for administering and enforcing the rules. Ultimate relies on the Spirit of the Game, which means that players are responsible for fair play.
- 1.2. It is trusted that no player will intentionally break the rules; thus there are no harsh penalties for inadvertent breaches, but rather a method for resuming play in a manner which simulates what would have occurred had the breach not occurred.
- 1.2.1. If there is a deliberate or egregious breach of the rules or Spirit of the Game, the captains should discuss this and determine an appropriate outcome, even if that outcome is not in accordance with a specific rule.
- 1.3. Players should be mindful of the fact that they are acting as referees in any arbitration between teams. Players must:
- 1.3.1. know the rules;
 - 1.3.2. be fair-minded and objective;
 - 1.3.3. be truthful;
 - 1.3.4. explain their viewpoint clearly;
 - 1.3.5. allow opponents a reasonable chance to speak;
 - 1.3.6. consider their opponent's viewpoint;
 - 1.3.7. use respectful words and body language with consideration of potential cultural differences;
 - 1.3.8. resolve disputes as quickly as possible;
 - 1.3.9. make calls in a consistent manner throughout the game; and
 - 1.3.10. only make a call where a breach is significant enough to make a difference to the outcome of the action.
- 1.4. Highly competitive play is encouraged, but should never sacrifice the mutual respect between players, adherence to the agreed-upon rules of the game, player safety or the basic joy of play.
- 1.5. The following actions are examples of good Spirit:
- 1.5.1. retracting a call when you no longer believe the call was correct;
 - 1.5.2. checking in with an opponent on the sideline after a contentious interaction;
 - 1.5.3. complimenting an opponent for good play or Spirit;
 - 1.5.4. introducing yourself to your opponent; and
 - 1.5.5. reacting calmly to a foul call.
- 1.6. The following actions are clear violations of the Spirit of the Game and must be avoided:
- 1.6.1. dangerous play and aggressive behaviour;
 - 1.6.2. intentional fouling or other intentional rule breaches;
 - 1.6.3. taunting or intimidating opposing players;
 - 1.6.4. celebrating disrespectfully after scoring;
 - 1.6.5. making calls in retaliation to an opponent's call;
 - 1.6.6. calling for a pass from an opponent who has already thrown the disc;
 - 1.6.7. other win-at-all-costs behaviour.
- 1.7. Teams are guardians of the Spirit
- 1.7.1. take responsibility for teaching new players the rules and good Spirit;
 - 1.7.2. discipline team-mates who break the rules;
 - 1.7.3. provide constructive feedback to help players improve their adherence to the rules;
 - 1.7.4. call a Spirit Stoppage to a game when a player is breaking the rules.
- 1.8. In the case where a novice player is playing with experienced players, the experienced players should assist to explain the rules.
- 1.9. An experienced player, who offers advice and guides on-field arbitration, may supervise games involving beginners or younger players.
- 1.10. Calls should be discussed by the players directly involved in the play, and by players who had the best perspective on the play.

awarded to

Anne

on

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for

Standard Accreditation

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