

BCSS Ultimate Information Package

Season of Play: March 4th - June 8th



Welcome to the 2018 - 2019 BC School Sports Ultimate Season of Play. We are happy to announce Ultimate was adopted as an official BCSS activity at the 2018 BCSS AGM. We are looking forward to a great season of spirit and team competition and hope to see many of our member schools take on the challenge of this new sport. Please see information on the upcoming season below!

Registration:

All competitors must be registered with BC School Sports and listed on the appropriate roster in STARS (Junior & Senior Teams). Any student-athlete who is not registered is ineligible for participation and teams will face disqualification and fines. BCSS rules and eligibility requirements must be followed.

Registration Dates:

- April 10 - Team Registration Deadline (declare team & add minimum number of athletes to the team)
- May 1 - Roster Registration Deadline (add any additional athletes to the final roster)

Minimum Number:

Teams must have a minimum number of nine (9) student-athletes (4 boys and 5 girls) registered on their STARS Rosters to be eligible for competition.

Tiering Numbers:

AA: 300 or fewer students in grades 11 & 12

AAA: 301 or more students in grades 11 & 12

Disc Orders:

Member schools can order Discs (Discraft Ultrastars, the official disc of Ultimate) through BC Ultimate. The cost is \$10/Disc + GST. BC Ultimate will deliver discs to the schools located in the Lower Mainland & Fraser Valley. For schools outside these areas there will be an additional shipping cost.

To Order:

Email gm@bcultimate.ca with your School Name, Contact Information, and Number of Discs being ordered.

Sport Leadership Committee - Ultimate

The Sport Leadership Committee - Ultimate is tasked with soliciting feedback, engaging in research, and discussion with internal and external stakeholders with the goal of making informed recommendations to the membership surrounding the sport of Ultimate. The committee will also help with the organization and planning of zone and provincial championships.

2018-2019 Sport Leadership Committee - Ultimate

Committee Chair: Kyle Nystad (Stratford Hall) - kyle.nystad@stratfordhall.ca

Kootenay Zone Representative: Vacant

Okanagan Zone Representative: Alysia Francis (South Kamloops Secondary) - afrancis@sd73.bc.ca

Northwest Zone Representative: Rory Henderson (Smithers Secondary) - rory.henderson@sd54.bc.ca

Vancouver Island Zone Representative: Dom Butcher (Spectrum Secondary) - dombutcher@gmail.com

Lower Mainland Zone Representative: Joe Muise (St. Thomas More Collegiate) - joe.muise@stmc.bc.ca

Fraser Valley Zone Representative: Tony Chio (Semiahmoo Secondary) - chio_t@surreyschools.ca

North Central Zone Representative: Brant Churchill - bchurchill@prn.bc.ca

External Appointee: Brian Gisel (BC Ultimate) - gm@bcultimate.ca

BCSS Appointee: Shannon Key (Manager of Sport) - skey@bcschoolsports.ca

If you have any questions or concerns about the 2018-2019 Ultimate Season of Play please contact your zone representative or the committee chair.

Zone Championship Dates & Locations

Zone Championships must be completed by: **May 14th, 2019**

KOOTENAY

Date	Tier	Location	Tournament Coordinator
	AA		
	AAA		

OKANAGAN

Date	Tier	Location	Tournament Coordinator
May 13, 2019	AA	MacArthur Island Kamloops	Alysia Francis
May 13, 2019	AAA	MacArthur Island Kamloops	Alysia Francis

NORTHWEST

Date	Tier	Location	Tournament Coordinator
May 9th, 2019	AA	TBA	Rory Henderson
May 9th, 2019	AAA	TBA	Rory Henderson

LOWER MAINLAND

Date	Tier	Location	Tournament Coordinator
May 14th, 2019	AA	Burnaby Lake East	Joe Muise
May 13 & 14th, 2019	AAA	Burnaby Lake North/ East & Kensington Park	TBD

FRASER VALLEY

Date	Tier	Location	Tournament Coordinator
May 14, 2019	AA	Newton Athletic Park Surrey	Tony Chio
May 14, 2019	AAA	Newton Athletic Park Surrey	Tony Chio

NORTH CENTRAL

Date	Tier	Location	Tournament Coordinator
	AA		
	AAA		

VANCOUVER ISLAND

Date	Tier	Location	Tournament Coordinator
	AA		
	AAA		

Provincial Championship Information:

The 2018-2019 BCSS AA & AAA Senior Ultimate Provincial Championships will take place:

May 23 & 24, 2019
Newton Athletic Park
Surrey BC

Berthing & Qualification:

Qualification for the tournament will happen at the zone level. Teams who win their Zone Championship will automatically have a spot in Championships (7 teams). The remaining spots will be determined using the following berthing formula:

$$\frac{\text{Total Number Schools with Registered Teams}}{\text{Total Number of Eligible Berths}} = \text{Berthing ratio}$$

* If a zone does not have any teams participating that berth will go back into the total number of eligible berths.

$$\frac{\text{Total Number of Schools with Registered Teams/Zone}}{\text{Berthing ratio}} = \text{Number of berths/zone}$$

Teams will be ranked by the tournament organizing committee

Qualification Tournaments must be completed by : **May 14th, 2019**

BC School Sports Ultimate Rules & Regulations:

This event is being played under the current **USAU 11th Edition Rules** except where amended below.

Here are the specific Tournament rules:

1. **Point Target** - Games have a Point Target of 13. Once a team reaches the Point Target they have won and the game is over. There is no need to win a game by 2 points (i.e. a game that is 13-12 is over).
2. **Championship Games** - All placement games (eg. 5th place, 16th place) are played under the same rules as other games in the tournament. There are two (2) Championships games (AA & AAA). Championship games have a Point Target of 15.
3. **Half Time** - Games will have a "Mirror Half" after the first team reaches 7 in a normal game or 8 in a Championship game. There is no break at Half Time, but for the next pull teams will be the opposite (or mirror) of the pull that started the game. (i.e. If Red pulled to Blue from the North End zone at the Start of the game then Blue pulls to Red from the North End zone after Half Time).
4. **Soft Cap** - Games will have a Soft Cap 75 minutes after the scheduled start time of the game. Soft Cap will be indicated by an Air Horn, but team Captains should be aware of the time and work with the opposing team to put the Soft Cap into place at the appropriate time. Official time will be that shown by a cell phone and not a wrist watch. After 75 Min, the current point is completed and a new Point Target is created by adding 1 to the highest current score. The first team to reach this new Point Target will win the game. Example - If the score is 10-8 when the Soft Cap happens, then the point that is in progress ends and if the score is 11-8, the new Point Target for the game is 12. A new point is considered to have started as soon as the previous point has concluded.
5. **Hard Cap** - Games will have a Hard Cap 85 minutes after the scheduled start time of the game. Hard Cap will be indicated by an Air Horn, but team Captains should be aware of the time and work with the opposing team to put the Hard Cap into place at the appropriate time. Official time will be that shown by a cell phone and not a wrist watch. After 85 Min, the current point is completed and the team with the most points is the winner. If the game is tied after the current point, one more point will be played. A new point is considered to have started as soon as the previous point has concluded.

6. **Caps for Championship Games** - Final games will have a Soft Cap 90 Minutes and a Hard Cap 100 minutes after the scheduled start time.
7. **Time-outs** - Teams are given 1 time-out per half + 1 floater time-out per game. Teams can take a maximum of 2 time-outs per half, and a maximum of 3 time-outs per game. Time-outs should be limited to 90 seconds. No time-outs can be called during a Cap. Note that a Cap is not "on" until the conclusion of the current point. If the Cap is announced during a point, teams may still take a time-out during that point.
8. **Zone Defence** - Teams may use zone defence.
9. **Foot-blocks** - Foot-blocks are legal.
10. **Gender Ratio Rule** - At the start of the game, after the first disc flip, an additional disc flip happens with the winner selecting the gender ratio for the first point. For the second and third points the ratio must be the reverse of the first point. For the fourth and fifth points the ratio must be the same as the first point. This pattern of alternating the ratio every two points repeats itself until the end of the game (half time has no impact on the pattern).

Spirit of the Game (SOTG):

Ultimate relies upon a spirit of sportsmanship that places the responsibility of 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 basic joy of play. Protection of these vital elements serves to eliminate unsportsmanlike conduct from the Ultimate field. Such actions as taunting opposing players, dangerous aggression, belligerent intimidation, intentional infractions, or other "win-at-all-costs" behaviour are contrary to the Spirit of the Game and must be avoided by all players.

Spirit of the Game - Coaches, please share this with your athletes

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 or her 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 your emotionality, 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 (1) above, the game heals itself.
3. **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.
4. **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, tournament director, or even lodge a complaint with the governing body. 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.

5. **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 that pick affect the play). Your restraint will induce a more restrained response from your opponent. Conflagration averted, you may resume business as usual.
6. **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.
7. **Be generous with praise.** Compliment an opponent on her good catch. Remark to a teammate that you admire his 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.
8. **Impressions linger.** Not only does the realization that your actions will be remembered for a long time serve to curb poor behaviour, 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.
9. **Have fun.** All other things being equal, games are far more fun without the antipathy. Go hard. Play fair. Have fun.

Ultimate Competing in a Different Tier Commitment Form:

Please scan and send form to info@bcsschoolsports.ca

BCSS rule 29.0.0 outlines the tier classifications according to school population. In order to challenge themselves in a more competitive classification, to maintain traditional rivalries despite declining enrolment, to reduce travel incurred during local league competition, or for other reasons, teams may wish to compete with teams in a different tier classification.

Teams wishing to compete in a different tier classification may do so by informing their local association, and informing BCSS in writing using this form. The form must be completed and signed by the school's Head Coach, Athletic Director, and Principal and be submitted to BCSS by: **April 10th, 2019.**

Schools may only move up to a different tier (e.g. from AA to AAA). Schools are not permitted to move down.

School: _____ Provincial Zone: _____

Local Association: _____ Athletic Director: _____

Tier Classification by population (students in grades 11 , 12 & Secondary Ungraded)

- AA: 300 or fewer students in grades 11 & 12
- AAA: 301 or more students in grades 11 & 12

Tier in which team wishes to compete:

- AA
- AAA

Member School to fill out:

Head Coach: Name: _____ Signature: _____
Athletic Director: Name: _____ Signature: _____
Principal: Name: _____ Signature: _____

BCSS Office use:

BCSS Approval: Name: _____ Signature: _____
