



PUL CAPTAINS

FIELD GUIDE

2017

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Peterborough Ultimate League



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CAPTAINS INTRODUCTION

First of all, thank you for being a captain. PUL wouldn't run without the effort you each put into organizing, communicating, coaching, and cat herding. We know captaining isn't always easy and that we ask a lot from you. We hope, though, that this guide will make your job a little easier.

Inside you'll find answers to most of your burning questions: key rules (and how to use them), PUL policies, useful everyday details (time caps, locations, contacts, etc.), and even a coaching resource with skills and drills for your team. Keep this guide in your field bag so that this information is always on hand when issues arise. Take a flip through now so you know where to look.

If you're new to captaining (and heck, especially if you've been here before) you'll probably find there's more to the role than you might expect. You're the communication hub for the league, the knower of all things (rules! strategy! schedule! fees!) for your players, and ambassador for those keystones we love about Ultimate and PUL – fair play, good spirit, great community.

That's a lot for one or two people to be responsible for, so we encourage you to share the load. Delegate spirit scoring, field set up, strategy talks and the like to your teammates. Consider switching things up from year to year. In addition to making your job easier, your teammates will be more engaged and have a better idea of what it takes to run a team. Don't burnout! We hope you'll be a leader in the PUL community for years to come.

This guide is made for you and is meant to help you navigate your captainship. If you find something's missing or could be better, please let us know and we'll do our best to improve the guide for next year. Thanks again for all you do, and we'll see you on the field!

Andrea Maxie
PUL President

ULTIMATE IN 10 SIMPLE RULES

1. **The Field:** A rectangular shape 110 yards (100m) long, 40 yards wide (37m) with end zones 20 yards (18m) deep.
2. **Initiate Play:** Each point begins with both teams lining up on the front of their respective end zone line. The defense throws (“pulls”) the disc to the offense. A regulation game has seven players per team.
3. **Scoring:** Each time the offense completes a pass in the defense’s end zone, the offense scores a point. Play is initiated after each score.
4. **Movement of the Disc:** The disc may be advanced in any direction by completing a pass to a teammate. Players may not run with the disc. The person with the disc (“thrower”) has ten seconds to throw the disc. The defender guarding the thrower (“marker”) counts out the stall count (saying, “Stalling one...two...three”).
5. **Change of Possession:** When a pass is not completed (e.g. out of bounds, drop, block, interception), the defense immediately takes possession of the disc and becomes the offense.
6. **Substitutions:** Players not in the game may replace players in the game after a score and during an injury timeout.
7. **Non-contact:** No physical contact is allowed between players. Picks and screens are also prohibited. A foul occurs when contact is made.
8. **Fouls:** When a player initiates contact on another player a foul occurs. When a foul disrupts possession, the play resumes as if the possession was retained. If the player committing the foul disagrees with the foul call, the play is redone.
9. **Self-Officiating:** Players are responsible for their own foul and line calls. Players resolve their own disputes.
10. **Spirit of the Game:** Ultimate stresses sportsmanship and fair play. Competitive play is encouraged, but never at the expense of respect between players, adherence to the rules, and the basic joy of play.

CHECK IT:

www.pultimate.ca/rules/11th-edition-rules/

SPIRIT OF THE GAME

A HOW-TO GUIDE

Big thanks goes out to John Harris of the Toronto Ultimate Club (TUC) for scribbling this handy reference piece. Many people come to this game and are rightfully flummoxed not necessarily by the ideals around Spirit of the Game (SOTG) but how to show it, exercise it, respond to it and so on. While this is the condensed version, it manages to capture the essence of SOTG in a very practical and persuasive manner. Please share with your players.

Some players say that it is easy to play with Spirit – all you have to do is follow the rules. But SOTG (Spirit Of The Game) is way more than this, and is quite difficult to do all the time. Here is a list of 5 steps needed to fully play with Spirit. Each step is challenging, but Step 4 is by far the hardest.

Step 1. I will try not to break the rules

- I will try not to drag my pivot foot when I pivot (travel)
- I will try not to cross the goal line before the pull (offside)
- I will try not to cause significant impact when going for the disc (foul)
- I will try not to count faster than 1 second intervals (fast count)

Step 1 is absolutely necessary before you can go to Step 2.

Step 2. I will not allow myself to get away with breaking the rules

- If I realize that I've dragged my foot to pivot around a marker, I will not throw since I would have gained an advantage. Instead I will pivot back to my original position and ensure that both the marker and myself are in legal positions before continuing the play
- If I cross the goal line before the pull, I will take a few slow steps before going into a sprint to nullify the advantage I might have gotten
- If I start the count too fast, I will stop counting for a few seconds to nullify the advantage

Step 3. I will encourage my teammates to follow steps 1 & 2. I will tell them when I think they are not.

- A teammate always travels when they throw a hammer. Tell them, and follow through by helping them practice throwing legally
- My teammates often cross the line before the pull is released. Ask them to “hold the line” when your team is pulling
- Your teammate fouls an opponent hard and decides to contest. Talk to this teammate; say something like: “Wow, that was a hard hit, maybe you shouldn’t contest”
- Call fast count if your teammate is counting to quickly. It might surprise your opponents, but they will probably appreciate it

Step 4. I will believe that ALL players (myself, my teammates, and my opponents) are doing their best to follow steps 1, 2, and 3

- I never travel, but the person marking me indicates that I traveled on my pivot. I get the disc back and make smaller pivots to avoid whatever it was that my opponent saw. After the game, I ask him or her to show me what it was that I was doing that they believe constitutes a travel.
- My opponents occasionally get 10 or 15 yards across the line before they pull. I kindly ask their captain to check this and to mention it to his/her teammates. He/she does and their team is much better about offsides for the rest of the game.
- The person marking me slaps my arm every time I pivot. I ask him to be more careful and/or I call a foul. We both try to be more careful – he doesn’t mark so close, and I don’t reach out so far on my throws

Step 5. I will accept that different perspectives will see different outcomes

Step 5 doesn’t work unless you believe Step 4. Even when you believe step 4 there will still be disagreements. Line calls are a perfect example of differing opinions on the field. A player catches a disc close the side line – in or out? Sometimes these calls can be very close. Even with linesmen and professional referees (e.g. pro football), line calls are sometimes unclear.

- I catch a disc on the sideline and I’m 100% sure I was in, my opponent with equal perspective is 100% sure I was out. Since I accept Step 4, I have to believe that the opponent really saw that I was out – he saw something different than I did. Since I know I was in and he knows I was out (and neither of us is breaking the rules) it must be too close to call. The Rules of Ultimate include a solution for this situation: disc back to the thrower – Play On!!!

SPIRIT SCORING

In 2017, PUL is launching a Spirit of the Game initiative, where teams will submit spirit scores along with their game scores each week. Teams are being asked to rate their opponents on:

- Rules Knowledge and Use
- Fouls and Body Contact
- Fair-Mindedness
- Positive Attitude and Self Control
- Communication

Talk to your captain and your team, no matter how experienced you are about how your team can demonstrated Spirit of the Game.

There will be prizes for:

Best Spirited Team

The top accumulated spirit score for the 2017 summer season.

Best Spirited Players - Both Male and Female

Teams will be given the opportunity to nominate and vote for the player who demonstrated the most consistent, positive SOTG throughout the season.

Day _____

Your Team Name (division) _____

SPIRIT OF THE GAME SCORE SHEET

Your whole team should be involved in rating the other team! Circle one box in each of the five lines and sum up the points to determine the SOTG score for the other team.

1. Rules Knowledge and Use

Examples: They did not purposefully misinterpret the rules. They kept to time limits .When they didn't know the rules they showed a real willingness to learn

Opponent				
Poor	Not Good	Good	Very Good	Excellent
0*	1	2	3	4*

2. Fouls and Body Contact

Examples: They avoided fouling, contact, and dangerous plays.

0*	1	2	3	4*
----	---	---	---	----

3. Fair-Mindedness

Examples: They apologized in situations where it was appropriate, informed teammates about wrong/unnecessary calls. Only called significant breaches

0*	1	2	3	4*
----	---	---	---	----

4. Positive Attitude and Self-Control

Examples: They were polite. They played with appropriate intensity irrespective of the score. They left an overall positive impression during and after the game.

0*	1	2	3	4*
----	---	---	---	----

5. Communication

Examples: They communicated respectfully. They listened. They kept to discussion time limits.

0*	1	2	3	4*
----	---	---	---	----

Summing the results

Sum the results of every category to a final number and write it into these boxes (the end result should be between 0 and 20).

Spirit Score Total

*Comment Box

If you have selected 0* or 4* in any category, please explain in few words what happened. Compliments as well as negative feedback will be passed to the teams in the appropriate manner.

CAPTAIN RESPONSIBILITIES & AGREEMENTS

Captains of PUL teams are considered the representative of the squad and the first point of contact for league coordinators, the PUL Board of Directors and committee members. In this role captains are expected to:

- Be the administrative leader who is responsible for team organization, timely fee payment, and all elements of team communication
- Bring pylons to set up one end zone
- Submit the score and carbon flip result of each game in a timely fashion
- Contact an opposing captain at least 48 hours prior to the game if your team is going to default a match; or, be in communication if weather threatens game
- When required, assist with player disputes that cannot be resolved
- Manage your players in a way that best demonstrates the Spirit of the Game

We strongly recommend that captains identify a co-captain who can capably manage all these duties when the main captain is absent.

CAPTAIN AGREEMENTS

A game may be played under any variation of the rules agreed upon by the captains of the teams involved. However, both captains must agree on any variation of the rules, and any rule change must not interfere with the games of other teams. In addition, pressuring another captain to change the rules against their will is a violation of the Spirit of the Game.

The following fixed PUL rules are not amendable by captains:

- If there is lightning, games must be stopped immediately and the fields cleared
- If there is standing water on the field the game is cancelled
- If playing on the field is causing any damage due to wetness, the game must be stopped immediately

TIMING, SCORING & TIMEOUTS

START TIME & FINISH TIME

Summer league games start at 6:45 p.m. Each team should be able to field seven players, with a minimum of three players of one gender.

TIME KEEPER AND TIME PIECE

Prior to the game captains will agree on a timekeeper and a timepiece.

SCORING

First to 15 wins. Must win by 2 points. Hard cap at 17.

TIMEOUTS

Just a reminder that in accordance with the 11th Edition Rules we're allowing the standard two timeouts per team, per half. The proviso that needs to be driven home is that the standard timeout is 70 seconds long, and the clock starts ticking the moment the timeout is called.

The defense then has 20 seconds to set up after the timeout. If we find teams are taking the customary 3-4 minute timeouts, then we'll have to revisit this rule.

PUL SPECIFIC TIMEOUT RULE [NEW FOR 2016]

There will be no timeouts called within 5 minutes of the acknowledged time-cap for the game.

TIMECAPS

Please confirm the set timecap with your opposing captain prior to the start of the game. The following times apply to our natural grass field rentals. Our turf field rentals have a hard cap (and end on the allotted time) as other leagues may be scheduled to play afterwards. Please respect this.

MAY 7	8:30 P.M.
MAY 14	8:35 P.M.
MAY 21	8:40 P.M.
MAY 28	8:50 P.M.
JUNE 4	8:55 P.M.
JUNE 11	9:00 P.M.
JUNE 18	9:00 P.M.
JUNE 25	8:55 P.M.
JULY 2	8:50 P.M.
JULY 9	8:45 P.M.
JULY 6	8:40 P.M.
JULY 23	8:30 P.M.
JULY 30	8:25 P.M.
AUGUST 6	8:20 P.M.
AUGUST 13	8:15 P.M.

DEFAULTS & POSTPONEMENT

A default occurs when one team cannot field at least five players and satisfy the gender ratio (minimum of three of one gender) for the game. The team that is ready to play may declare the game in default at any point after the third point is awarded. For example, if the team is ready to play at 7:02, the first point would be awarded at 7:07 and the team that is ready could declare the game in default at any time after 7:17.

Winners of defaulted games are awarded a 6-0 score and also win the Carbon Flip.

AVOIDING DEFAULTS

Though circumstances are sometimes unavoidable, to default a game should always be considered a last resort. Captains are responsible for taking all reasonable measures to contact the opposing captain within 48 hours of the game if they are unable to field adequate numbers for a game. Through Zulu captains have access to team captain (and assistant captain) contact information. Take action and maintain open lines of communication.

As July and August are typically the times when teams find themselves short of players, captains should encourage players to report their vacation dates well in advance. As well, captains should also encourage players to alert them well in advance of game day if they are going to be away for the upcoming match, not the day before or day of. There is an attendance function on Zulu which allows players to easily indicate which games they will and will not be attending. Please encourage them to use this and avoid the possibility of screwing everyone's evening with a default.

LEGITIMATE GAMES

If a game is already underway when inclement weather forces the cancellation of play, the following policies with respect to score will apply:

If the game ends within half an hour of the established time cap, the score counts.

Games that have reached 8 for at least one of the teams will qualify as an official game

SOME KEY RULES

First things first - by the very nature of this self-refereed game you are responsible for calling your own fouls. This is a challenging notion for new players and continues to be if you don't take it upon yourself to learn the rules of the game. And yes, that can be a little overwhelming, but the best way to get to know how to call the rules is to see them or experience them in action.

The fact is, most of the calls in the game just fall to a handful of rules. Most of them are covered here, but if unsure, always feel free to ask another player and be prepared to look it up if uncertain. And while we cover it in the next section, do not take offence to having a foul called against you. Think diplomacy and discussion - always.

THROWING FOULS

Fouls called against the thrower (meaning that the thrower committed the foul) are rare. If the marker (the defending player) is not set up in a legal position, any resulting contact is usually a foul on the marker. Contact between the thrower and the arms or legs of the marker is usually a foul on the marker. Contact resulting from the thrower and the marker both vying for the same position is a foul on the marker. Although it should be avoided, incidental contact occurring during the follow-through (after the disc is released) is not a foul. So when is the thrower at fault for a foul? When body contact (not arms/legs) is initiated by the thrower with a marker who is set up correctly, it is a foul on the thrower.

RECEIVING FOULS

If a defender contacts a player on offense and it affects that player's ability to catch the disc, the player prevented from making the catch should call a foul. If the defender agrees with the foul call, the player gets the disc where the foul occurred. If the defender does not think there was contact affecting the catch, the defender says "CONTEST" and the disc goes back to the thrower.

COUNTING STALLS

The thrower has 10 seconds to throw the disc. The marker starts the count by saying "STALLING" and then counts to 10 out loud, in no faster than one second intervals. This is called the "stall count". If the marker gets to 10 before the thrower releases the disc, the marker

**thanks to PUL player Richard Haight for this material*

announces “STALL” (some people yell “DOWN” instead). This would be a turnover and the other teams takes possession of the disc at that spot, unless the thrower contests the “stall” call. The thrower should contest the “stall” if the marker counted too fast or if the thrower believes the disc was released before the marker said “TEN”.

PICK CALLS

Generally, a pick occurs when a defender collides with another player (or needs to slow down to avoid a collision) while guarding an offensive player. The defender needs to be within 3 meters of the offensive player at the time of the pick in order to make this call. Only the defender who was picked can make this call and must do so as soon as it happens.

When a pick is called, play usually stops, but not until the thrower recognizes that a pick has been called. If the thrower does not stop play and throws the disc, all players should keep playing until the disc is caught or is turned over. If the team that threw the disc does not catch the disc, it is a turnover and play continues. Players simply announce “PLAY ON” and keep playing. If the disc was caught by any offensive player, then play needs to stop.

If the defender believes the pick affected the play, the disc goes back to the thrower. All players return to where they were when the pick occurred. If the defender thinks the offensive player would have caught this disc anyway, even if there had been no pick, announce “DID NOT AFFECT PLAY”. The offensive player keeps the disc and that defender gets to recover the distance lost due to the pick. All other players remain where they were when play stopped.

DANGEROUS PLAY

A player may call a “DANGEROUS PLAY” foul when reckless disregard of the safety of fellow players or other dangerously aggressive behaviour occurs or is imminent. Contact need not occur. The caller should briefly explain the grounds for the call. This rule is not superseded by any other rule and should be used in situations where the play presents serious risk of injury.

CHECK IT:

www.pultimate.ca/rules/11th-edition-rules/

HOW TO MAKE A CALL

Ultimate is a self-officiated game. It relies on the spirit of sportsmanship that places the responsibility for fair play on each player. As part of this, players are expected to make 'calls' from time to time to maintain the integrity of the game. Making a 'call' is not a bad thing. Players are expected to make the appropriate call when a violation is observed. To make a call, a player simply announces "violation" or more typically names of the specific infraction (e.g. 'Foul', 'Travel', 'Pick', etc.).

Here are a some important points to remember when making a call:

BE LOUD AND CLEAR

Remember that all players need to know that a 'call' has been made.

REPEATING THE CALL

You may need to repeat your call – don't be offended by this, many players won't hear your call the first time. Don't hesitate to repeat the call until the person with the disc acknowledges it.

KNOW THE RULE

You should know the specific rule that was violated and have observed the infraction with certainty. If in doubt, make sure to ask your captain about the rule so you know with certainty the next time it occurs.

PLAYER INTEGRITY

You should assume that the player is not intentionally violating the rules, so don't treat them like a cheat when you make a call.

DISCUSSION

You should be prepared to briefly discuss the call with your opponent if asked. Don't be offended by this – it's part of the game. Not everyone sees the same situation in the same light. Two players with a very good view of a situation can still see different things happening. Be aware of this when trying to resolve calls.

HUMBLE PIE

Don't be embarrassed to retract a call if you realize that you've made a mistake after discussing it with your opponent. It's okay, it happens. Move along.

**kudos to PUL player Jamie Stewart for this material*

WHO CALLS

Be aware that some calls can only be made by certain players (e.g. a foul can only be called by the fouled player, a pick can only be called by the obstructed player), while other calls can be made by any player on the field (e.g. travel, in/out call on the sideline, delay of game).

Not Involved in a call? You still have a role to play...

If you hear a call on the field, repeat it loudly – this helps communicate across the field that a call has been made

If you hear a call on the field, **DO NOT STOP PLAYING** until the thrower acknowledges that a call has been made and stops play.

It is generally not helpful to involve yourself in someone else's call or discussion about a call, unless you are asked or if a specific rule clarification is needed (e.g. yelling "just contest and put the disc back!" is not helpful in resolving a discussion between two players)

Only players on the field can make 'calls' – players on the side line should only be involved in a call if specifically asked



HOW TO RESPOND TO A CALL

Someone makes a call and you don't agree – how do you respond? Do you fight that urge to yell “Come on!” or “No way!”? Do you immediately blurt out “Contest!” without thinking for a second? These reactions can be instinctive, but serve no real purpose and often deteriorate the spirit of sportsmanship and flow/pace of the game. If you catch yourself reacting to a call in this way, be quick to apologize and move on to resolving the call.

You simply have to decide if you agree or disagree with the call made on you. If you agree with the call, you simply state “No Contest”. The disc is then checked back into play at the appropriate location and stall count – the play carries on.

If you disagree with a call, you simply state “Contest”. In these cases, you should briefly discuss what happened on the play and why the ‘call’ and subsequent ‘contest’ were made. This should not be a confrontational discussion – you need to politely and respectfully listen to your opponent’s point of view. The discussion should be as brief as possible with the preferred outcome being either a retracted call, or an uncontested call. If it becomes clear that no resolution will be reached, the disc should be returned to the last non-disputed thrower, and checked back into play with the appropriate stall count – the play carries on.

Here are a few tips to consider when responding to a call you are involved with:

PAUSE FOR A MOMENT

Take a second to think objectively about the play before responding – did I foul them? Did I affect their play on the disc? This brief pause will often avoid reactionary comments and can help with resolving the call.

LISTEN TO YOUR OPPONENT

Not everyone sees the same situation in the same light. Two players with a very good view of a situation can still see different things happening. Be aware of this when trying to resolve calls.

CONTESTING A CALL

All calls may be contested, but only the player called for an infraction may “Contest” a call.

TO STOP OR NOT TO STOP

Be aware that not all calls involve a stoppage of play. Play may continue after some calls provided the infracting player(s) take immediate action to correct the violation (e.g. Fast Count, Disc Space, Double Team, etc)

Not involved in a call? You still have a role to play.

COMMUNICATE THE CALL

If you hear a call on the field, repeat it loudly – this helps communicate across the field that a call has been made

DO NOT STOP UNTIL...

If you hear a call on the field, DO NOT STOP PLAYING until the thrower acknowledges that a call has been made and stops play.

ZIP IT

It is generally not helpful to involve yourself in someone else’s call or discussion about a call, unless you are asked or if a specific rule clarification is needed (e.g. yelling “just contest and put the disc back!” is not helpful in resolving a discussion between two players)

WHO CAN CALL (AND WHO CAN’T)

Only players on the field can make ‘calls’ – players on the side line should only be involved in a call if specifically asked

- 1. PAUSE**
- 2. LISTEN**
- 3. DISCUSS**
- 4. DECIDE**

LOCATIONS

Captains should be sure to keep this guide handy in case there is ever the need to make a call for emergency services to come and help an injured player. Being able to quote the address and identify precisely where the field is located is going to help ensure assistance is there as quickly as possible.

It also bears noting here that many of our fields border on residential neighbourhoods, so please be respectful of the volume, content and character of your play at all times.

Adam Scott Secondary School

175 Langton Street, Peterborough

**the field entrance is off Hilliard*

Holy Cross Secondary School

1355 Lansdowne Street West, Peterborough

**the field is in behind the school*

Bridgenorth Field - Chemong Lake District Lions Club Park

1000 Communication Road, Bridgenorth

**No parking on Red Pine Road*

Trent University - Excalibur Fields

2450 Pioneer Rd, Peterborough

Trent University – Justin Chiu Stadium

1600 West Bank Drive, Peterborough

**Must park bicycles outside of stadium*

Fleming College – Knights West Field

Sutherland Campus

599 Brealey Drive, Peterborough

King Edward Park

455 George St S, Peterborough,

Lions Spiplex Sports Dome

7939 Highway #7, Selwyn

www.spiplex.com

WEATHER POLICY



RAIN POLICY

Rule one about rain is that if you're destroying fields, simply DON'T PLAY. Standing water on a field is a good indication of definitely not playing. Use your discretion and take the long view – that is, we want quality fields all season long. Please have a system in place to alert your players. We will not be holding make-up games this year. TUESDAYS AT FLEMING should be fine either way, but if Bridgenorth and Adam Scott don't play, we may have an issue. Then again, the ladder system may negate there being any issues.

LIGHTNING

Upon seeing lightning teams should clear the field immediately and take shelter. Teams are under NO obligation to continue play. DON'T MAKE MATTERS UNCOMFORTABLE AND GUILT THE OTHER TEAM INTO PLAYING. While we've mentioned the 30-30 rule (wait 30 minutes and assess) in years past, I think we can simply appeal to your good sense of judgment to determine whether it's going to pass or not. Again, please take every precaution before resuming play and do not pressure teams that are reluctant to continue, provided there is still a threat of lightning in the area.

EXTREME HEAT CONDITIONS

If a humidex advisory is issued, the league coordinator will declare the following measures be instituted:

- Games start at 7:15
- Game goes to 13

CAPTAIN COMMUNICATION

If in the event of a possible cancellation, it is important that the captains establish communication during the day. You should have access to captain emails and preferred phone numbers. We really leave it to the captains to make the call on whether to proceed.

DANGEROUS PLAY POLICY

Thanks to the PUL Membership Committee for modifying the existing rule and proposing a Dangerous Play policy that is better designed for the mainly recreational character of this league. To read the full policy, please refer to the PUL site under the Rules section.

SUMMARY

A player may call a Dangerous Play foul when reckless disregard for the safety of fellow players or other dangerously aggressive behaviour occurs or is imminent. Contact need not occur. This rule is not superseded by any other rule and should be used in situations where the play presented serious risk of injury. Like all rules, the Dangerous Play foul should not be used to gain unfair advantage and we expect this modified rule to be used with Spirit of the Game in mind.

To make a Dangerous Play call, the affected player must loudly say "Foul," "Violation," or "Dangerous Play." Play then stops immediately. The affected player must briefly explain the grounds for the call. The opposing player may contest this call. The outcome follows the standard procedure of any foul call and so depends on possession, time of occurrence, etc.

If an affected player or a captain feels that on-field (or sideline) resolution was not possible or was unsatisfactory and that the issue requires further attention from the league, he or she should file an incident report, which will be dealt with according to PUL's Safe Conduct Policy.

BACKGROUND

Player safety is a tenet of the Peterborough Ultimate League. To better promote and ensure safety on the field, PUL has adopted a modification to the Official Rules of Ultimate 11th Edition. The 11th Edition rules state that "it is the responsibility of all players to avoid contact in every way possible" and that "reckless disregard for the safety of fellow players or other dangerously aggressive behaviour...is considered dangerous play."

PUL's modification allows for a Dangerous Play foul to be called without contact or before contact would occur, thereby alleviating the necessity to get to the disc and allowing players to avoid any dangerous contact.

PUL CODE OF CONDUCT & SAFE CONDUCT POLICY

These are fundamental tenets of the Peterborough Ultimate League. It's important that all players know, respect and demonstrate them.

PUL CODE OF CONDUCT

PUL members are expected to comply with the following principles during all league play:

Uphold the Spirit of the Game

**Play safely, and respect the safety
of your fellow players**

**Act respectfully towards
teammates and opponents**

**Understand, adhere to and promote
the USAU rules of the game**

**Comply with PUL policies,
including PUL-specific rules**

SAFE CONDUCT POLICY

PUL is committed to upholding the safety of all players, the Spirit of the Game and player behaviour in accordance with the PUL Code of Conduct in all Ultimate Frisbee games and other PUL sanctioned events. Serious incidents involving league members must be addressed and resolved in a consistent, fair and transparent manner.

When serious incidents take place during games, they must be immediately dealt with in an attempt of on-field resolution. An incident report must be filed for each serious incident and will be forwarded to the League Coordinator. League Coordinators may forward incident reports to the Membership Committee, which will address issues within the framework provided in the Safe Conduct Implementation Guideline.

THE CARBON FLIP

In 2007 PUL introduced the Carbon Flip (CF), a measure designed to replace the traditional pre-game flip to determine which team pulls and which receives in an effort to reduce the carbon-related impact of league play. Ostensibly, the Carbon Flip intended to encourage more car-pooling and cycling to games, but it is also a way to keep environmental issues top of mind, and provide a tangible example to our community of how green priorities can easily complement regular activities.

The CF has gone through a number of iterations since it was introduced, but has now settled on calculating the percentage of passengers/cyclists/walkers divided by the number of rostered players to determine the winner. Standings are tracked throughout the season and the winner in the standings is rewarded handsomely for each night. As well, the Carbon Flip is used to determine any tiebreakers in the standings, so we've given it some heft as well.

The benefits of winning the flip may be modest within the game itself, but in addition to the possibility of winning the Carbon Flip standings at the end of the season, the social implications of increased car pooling and cycling convoys have only served to strengthen the camaraderie within the league.

Please note that for the summer of 2016 we are still awarding each team that wins the Carbon Flip standings for their respective night, but no longer will we be ponying up half rate for the team. Given the contributions of our sizable volunteer contingent, we believe that the funds are better directed towards an end of year volunteer party.

INCIDENT REPORTS

PUL is committed to providing a safe and healthy environment in which people can enjoy the sport of ultimate. Given that this is a self-refereed sport and that, on occasion, serious incidents occur, it is up to all players involved to submit an incident report. The league has provided an online form to ensure that submitting a report is effortless.

That said, please note that **ANY PLAYER CAN SUBMIT AN INCIDENT REPORT.**

When serious incidents take place during games, they must be immediately dealt with in an attempt of on-field resolution. An incident report must be filed for each serious incident and will be forwarded to the League Coordinator. League Coordinators may forward incident reports to the Membership Committee, which will address issues within the framework provided in the Safe Conduct Policy.

Examples of serious incidents include:

- **Physical Violence**
- **Dangerous or Reckless Play**
- **Cheating or Overly Poor Spirit**
- **Unsafe Playing Conditions**
- **Injury***

An incident report should provide as clear a portrayal of the circumstances as possible – the people involved, the key facts of the situation, as well as the resolution or lack thereof. Without an incident report issues of concern are considered hearsay and effectively non-issues – i.e. league coordinators and PUL administrators cannot take appropriate action if there is no record of such issues. Any questions, please do not hesitate to contact your specific league coordinator.

*Please note it's important that the league know about injuries not just for the health of players, but also if field conditions were a contributing factor.

*Also of note and new this year. Any insurance injury claims must be reported within 30 days of the injury and a copy of the incident report must be attached.

www.pultimate.ca/file-an-incident-report/

ZULURU, TEAM RATIOS & TEAM ROSTERS

ZULURU

As of 2015, PUL has introduced Zuluru, a league management system that intends to simplify the process of running the week-to-week scheduling and standings updates. Admittedly not the most bedazzling platform from a design standpoint, Zuluru does simplify a number of tasks for the league and we suspect players will recognize how much easier it can be to sign up for different leagues and tournaments as time goes on. Once you have registered with the system you no longer have to worry about continually signing up and submitting the same information ad nauseum from season to season.

As with any software, the best thing you can do to familiarize yourself with the ins and outs of Zuluru is to muck about with it and check out its features. Captains have a bit more capacity to do things, too.

It should be pointed out that all PUL players must be registered with Zuluru in order to be considered part of the league. Registration on this will constitute whether a player has insurance coverage.

TEAM RATIO

PUL's summer league is officially 4M/3F. Teams may play with the ratio of 4F/3M, but the other team is not required to match. Teams must have a minimum of two women and a maximum of four persons of the same gender on the field at any time.

TEAM ROSTERS

PUL teams will be required to submit a roster at the outset of the season, preferably when they submit their team fees on registration night. This will allow the PUL administration to confirm that each player on the roster has registered for insurance through the ODSA. Teams are then expected to submit a finalized roster by mid-July (whenever the schedule has four games of regular season remaining) after which no additional players will be permitted unless unusual circumstances necessitate making a request. Players that are added during the season must play at least four games with the same team to qualify for playoffs. Players coming back from injury may be treated to a different assessment. Teams who knowingly abuse the tenets of this policy may be disqualified from playoffs.

LADDER SYSTEM

In 2014 PUL introduced the ladder system to help improve the quality of games week-over-week by pairing more evenly matched teams. This is a departure from the common standings approach, but it does better reflect current team results. Calculating that rating is based on this:

1. A team's percentage chance to win is computed based on the pre-game ratings values. This will determine what percentage of the game's value the team must contribute. For example, if both teams are evenly matched, they will each contribute 50% of the total. If instead, Team A has a 60% chance of winning, they contribute 60% of the total value.
2. After the game is complete, the pot value is computed. The pot value is double the winning score plus 10. For a normal game to 15, this would make the pot worth 40 points. For a game that ends in a timecapped win at 12, the pot would be 34 points. A game ending 17-16 after an overtime universe point would be worth 44 points.
3. Each team's contribution is calculated by multiplying the pot value by the team's percentage chance to win. This represents the maximum number of ratings points that team could lose.
4. The losing team then gains back the number of ratings points equal to their score. In an evenly-matched game ending 15-10, the losing team would gain back 10 points for a total loss of 10.
5. The winning team then gains the remainder of the pot. So, for example, if their contribution was 20 points, and they won 15-10, they would get a pot of 30, for a net gain of 10. Consider this scenario:
 1. Team A (1500 pts) plays Team B (1300 pts). Based on their relative points, Team A has a 54% chance of winning, Team B has a 46% chance.
 2. They play and Team A wins 13 – 9.
 3. Pot value is the winning score (13) x 2 + 10 = 36 pts. Team A contributes 19 pts and Team B contributes 17 to the pot. Team A now has 1481 and Team B now has 1283 points.
 4. Team B gets back as many points as they score – in this case 9. Team A gets the rest - in this case 27.
 5. For the next week Team A has 1508 pts and Team B has 1292 pts.

For a full description, please refer to the section on the PUL site.

PUL - A SNAPSHOT

2004. It was the year the European Union went through its most massive expansion. Lance Armstrong won his 6th consecutive Tour de France. The Boston Red Sox won the World Series, first time since 1918. Martha Stewart was convicted of a felony. But most importantly, in a place called Peterborough Ontario, Peterborough Ultimate League was born.

A total of eight teams ran in that first year. And those who have been there since the beginning can often sound like grandparents telling stories of when they were young. How they remember playing on the TASS island field and picking rocks off of the field before each game. Or, standing firm against lacrosse players and parents, who questioned the legitimacy of our sport, for Kinsmen Arena field space. Of, meeting back at the Belly for a few pints and free platters of nachos. Teams have come and gone, folded and reemerged, with a few constant staples. What remains the same is the love for this sport, and our continual growth as a league.

We have somewhere between 55-60 league teams, playing year round, engaging between 500 – 600 players. Our Junior Recreational League has upwards of 150 kids dialed into our Monday night program. Last year was our maiden voyage into U16 Competitive Juniors. We sent a male team, 'Rogue Squadron', as well as a female contingent, 'Soar' to Ontario Regionals last year. This year we plan to expand to the U19 division with a competitive and developmental teams.

Not completely under our domain, but very closely linked is the local high school league. This specialized Monday night league is run by a number of PUL players, who just happen to be high school teachers and sees teams from 6 different schools. In the elementary schools system, PUL teachers make sure younger athletes get part of the action. Tournaments run for each age division 9grades 7-8 and grades 4-6) and each year shows a larger, more talented bunch of kids throwing, cutting and chasing after discs at the Beavermead Fields in June.

PULs positive and progressive reputation is earned in great thanks to the strong foundation of volunteers. Our community of players is eager and willing to get involved, and take responsibility in moving this league to further heights. Sure, we may come from a low-key grassroots background, but we are known in the Ultimate world for pioneering

- PUL: established in 2004 -

forward-thinking initiatives, like the Carbon Flip. We also host the annual fall tournament, Harvest, which is now a sought after tournament destination with teams coming from Ontario and Quebec.

Ultimate is a sport distinguished from all others with its self-regulation of games. And whether in a fun game of pickup or the final championship, there always remains a mutual respect and admiration among players. It's no wonder we become so passionate about this game and want to share it with others. Fourteen years strong, PUL r remains a vibrant, friendly, and talented community, both on and off the field. The next steps forward hope to be as exciting as our first. Where we go from here, one can only imagine, but please join us on the journey.



PUL JUNIOR-FIED

As a relatively new sport compared to other long-established leagues in the region, we're very mindful in PUL that it's our responsibility as the first generation of players in the area to teach this game. That means properly teaching the fundamentals and encouraging school boards to recognize the inherent worth of Ultimate. It's easy to acknowledge the many benefits that this sport brings to the table and it's little surprise that school boards across the country are attracted to the sport. From our league's perspective, we welcome the opportunity to promote the game at the elementary and high school level.

Of course since 2013 we have run our PUL Juniors program in Bridgenorth during the months of May and June. It's an impressive sight, those Monday evenings with 150 kids (between the ages of 8 - 14) and 25 coaches running around enjoying themselves. Our juniors program rocks because so many PUL players are willing to contribute some time.

In 2016, we developed a more competitive side of the sport by launching a U16 competitive girls and guys club teams with great success. This year our Competitive teams will expand to U19 to include those kids missed at the high school level. To bridge the gap between uber competitive and recreational, we will also keep a U16 development team.

We've seen the dramatic growth of disc being played in local schools, thanks in part to our donating discs each year to area schools. The high school league is attracting big support from students and is playing on Mondays in the spring. Meanwhile, with so many teachers involved with PUL we're seeing the game get stronger at the elementary school level, which bodes well for the longer term sustainability of the league. There are two elementary school tournaments (grades 4-6; grades 7-8) each spring hosted by the Kawartha Pine Ridge Elementary Athletic Association. Last spring the Catholic school board hosted an elementary tournament as well.

So, that said, shape up adults. The kids are coming and they're hungry for more.

KEY PUL SUMMER CONTACTS

The thought may drift through your mind on occasion that someone must be running the show here. Well, in fact many people do. The ones you should likely know about are the following:

Liz Maxwell

Tuesday Night League Coordinator

lizincanada@gmail.com | 705-749-5094

Gabe Huebsch

Wednesday Night League Coordinator

gabrielhuebsch@gmail.com | 705-313-3163 (c)

Ryan Lowe

Thursday Night League Coordinator

rykelo@gmail.com | 647-770-2020 (c)

Jocelyne Stone

Operations Coordinator

operations@pultimate.ca | 705-868-1552 (c)

Andrea Maxie

PUL President

pul.board@pultimate.ca

Kerri Kightley

PUL Vice President

kerrikightley@gmail.com

George Kovacs

Membership Committee Chair

membership@pultimate.ca

Jocelyn Blazey

Juniors Committee Chair

juniors@pultimate.ca

Stephanie Wood

Player's Development Chair

stephanie.ann.wood@gmail.com

LEAGUE COMMUNICATION

To simplify, let's break it down to three points:

- 1. You are the main hub of information for your team.**
- 2. The league sends you information.**
- 3. It is expected and assumed that you share this information with your team.**
- 4. Too challenging? Assign someone on your team to handle this and work it out in a way that best suits you.**

Okay, now for the slightly more detailed take:

As a captain you are expected to be the hub of information for your team. That means when league coordinators or other league bureaucrats send information your way, you should be forwarding it to your teammates immediately. Please create a mailing list for your team so this is easily done whenever information comes down the pipe as it can be urgent on occasion. The better we communicate as a whole, the better this league runs, so consider yourself an essential cog in the machine of getting the word out.

While we try to keep the mass emailings to a minimum from the league, we do send them out on occasion. As these tend to be from private (and likely unrecognized emails), we'll typically place 'PUL' in the subject line for the sake of recognition. Otherwise, please rely on the web site and above noted social media channels to learn more about what's going on in PUL. Please note that the common practice of sending out mass emails to people should involve BCC'ing contact lists so as to respect the privacy of our players as much as possible.

PUL CODE OF CONDUCT & SAFE CONDUCT POLICY

Now into its third full-fledged year as our sport's Provincial Sports Organization (PSO), Ontario Ultimate (OU) is foremost the body responsible for handling our insurance. As OU continues to establish its mandate and build its resources, it will become an ever more important hub of teaching resources and the organization responsible for developing ultimate at both grassroots and competitive levels.

For now, OU is going to be most essential if a player needs to file an insurance claim due to an injury. If this is the case, please be sure to:

1. Fill out an Incident Report. If there's a claim being filed this is obviously an injury worthy of reporting. The insurance company will want to know the details. Make this easier for the league and yourself.
2. Download the claim form from the PUL site under the Resources tab.
3. Fill it out pronto and get a league representative to sign off on it.
4. Submit the claim form in the allotted time (30 days). This may necessitate a physician's recommendation as well, so please have all documentation on hand to ease the process.

To learn more about the greater details involved with claims please visit Ontario Ultimate (OU):

www.ontarioultimate.ca



NO-NO'S

Pay attention, now, because you should let all your players know about the following issues. From the league management side of things we will say that you have to accept the consequences of your actions, 'cause we're all big kids and we can make decisions for ourselves. But please respect that there are some key rules and regulations regarding the fields we use as dictated by the civic and institutional partners we have.

ALCOHOL AND DRUGS POLICY

PUL in no way endorses the public consumption of alcohol or illicit drugs. If incidents occur due to drinking or drug consumption disciplinary action will be taken. If there is concern about a player, the captain is strongly encouraged to take action before any issues arise that may be grounds for expulsion from the game, or in some cases, expulsion from the league.

DOGS

NO DOGS AT TURF FIELDS OR CITY RUN FIELDS, ESPECIALLY ADAM SCOTT. Dogs are becoming more of an issue for our municipal and institutional partners. Please understand that you may be fined if you bring a dog to a field. Players who bring their dogs to the game must always be in control of them. During games dogs must be leashed. Players must always come prepared to clean up after their dogs. Owners of dogs that are problematic and repeat offenders will be required to leave their dogs at home. Really, people should just leave their dogs at home anyway. Please respect these rules.

SMOKING AT FIELDS

Please be aware that smoking at city-run fields (school fields) will earn you a \$308 fine. Don't even think about it at turf fields. That said, if you do feel the need to smoke, please respect that others in your vicinity likely want to avoid second hand smoke, and please be mindful if kids are around.

BIKES PARKED OUTSIDE AT TRENT TURF

Trent has requested that people please leave their bicycles parked outside of Justin Chiu stadium. Please respect this request.

DOING YOUR BUSINESS AT ADAM SCOTT

If you've gotta go, then please avoid peeing in the bushes by the house at the southwest corner of Adam Scott. This does not endear us to the neighbour.

the

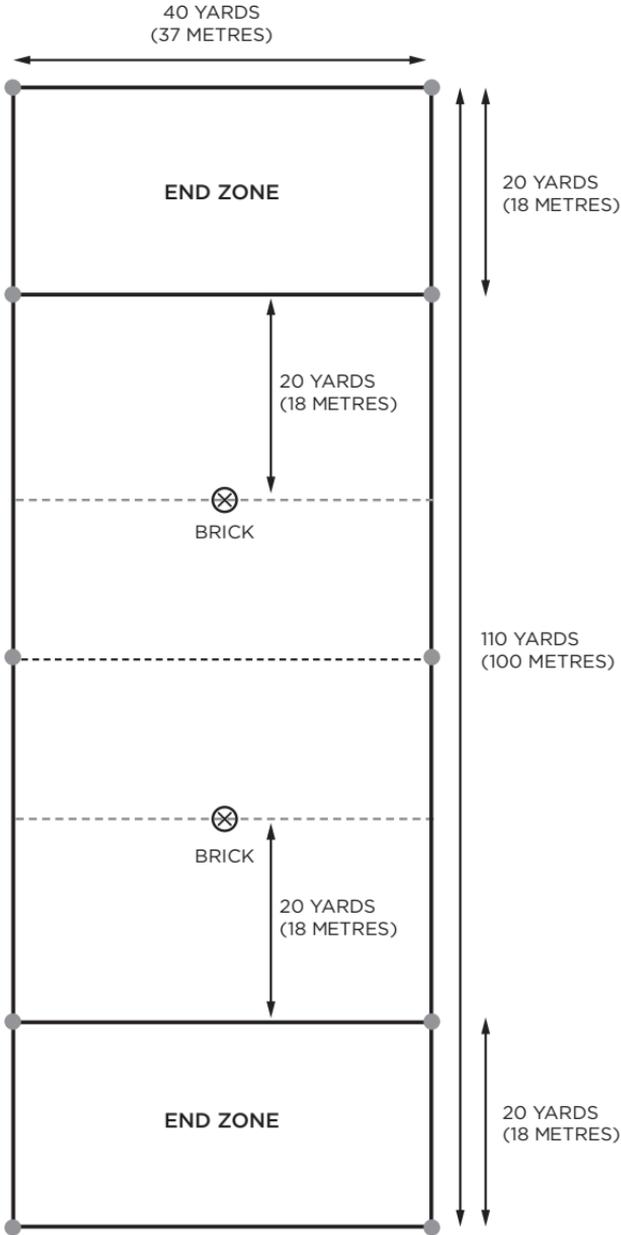
ULTIMATE GLOSSARY

Every sport has its own jargon and ultimate Frisbee certainly has a tendency to breed an entirely new language. Players new to the game will commonly find themselves thoroughly baffled by the gobbledygook being spouted both on and off the field. Give it time, though, and it will all start to make sense. In the meantime, here's a brief primer on some of the lingo you may hear being used in the game.

BACKHAND	Usually the standard throw for ultimate players. This throw has the players fingers curled under the disc with the thumb on top. The arm is extended and brought across the left side of the body.
BID	A failed attempt to catch or block the disc.
BLADE	A forehand throw that is thrown high in the air and falls hard and fast to the left side.
CALLAHAN POINT	When an opposing team has their pass intercepted in their own endzone. This results in a point for the intercepting team.
CHILLY	Term used to remind a player to stay calm and patient with the disc, in hopes that they do not rush a throw.
D	Defense or Defend
CONTEST	(accent on the second syllable) – the call made by a player when disagreeing with a ruling made by an opposing player. Typically, this results in the disc being returned to the original thrower.
CUT	Integral part of a route by a receiver
DISC IN	Signals the opposing the team that the disc is coming into play.
DUMP	A throw to a person who is usually used as a safety valve. Normally someone that is standing close or even behind the thrower for an easy outlet.
FOOT BLOCK	When the foot is used to block a pass immediately after it releases the players hand
FORCE	A tactic used by the defending team to force the thrower into a specific type of throw, or force them to throw to a specific area of the field.
FOREHAND OR FLICK	Companion throw to the backhand. Great passing throw. Two fingers are placed on the underside of the rim and thumb on top. Lots of wrist snap used for spin.
FOUL	This being a self-refereed sport, if there is an infraction against a player, this is the term used to stop the play.
HAMMER	A forehand grip that is thrown over the head. This throw results in the disc flying upside down before tailing off at the end of its flight.

HANDLER	The person with the disc.
HOSPITAL THROW	A throw that stays in the air for a long time, allowing multiple players to be going for the disc at the same time, thus increasing the chances for injury.
HUCK	A long throw that extends at least half the distance of the field in an attempt to reach a downfield receiver.
LAYOUT	A diving catch or diving to defend the disc.
MARK	Similar to a force, but the defender is attempting to block all possible throws by moving arms and legs to get in the way of the throw. Contact is not allowed.
NO CONTEST	(accent on second syllable of 'contest') – when a foul is called and the player does not dispute the call. The disc is played from the point of the infraction.
O	Offense
PULL	A long throw that starts play and initiates the opposing teams possession. This is used in a similar way to the kickoff in football.
SKY	When a player grabs or defends the disc at a much higher point than the other players on the field.
STACK	Offensive strategy that lines up offensive players one behind the other as they each break a separate way in an attempt to get open.
SWING	Throwing the disc across field usually to reset the stall count or open up a different side of the field, this throw is not necessarily intended to move the disc closer to the goal line.
STALL COUNT	The defensive player counts up to ten, if the disc is not released before the count reaches ten, it results in a turnover.
SWILL	A bad throw, usually one that does not have a lot of spin, and not likely to be caught without great effort from the receiver.
TACO	A disc that is warped, if it happens during game play, the disc is either straightened or replaced.
TURN	Short for turnover. It alerts players that the disc possession has changed teams.
UP	Shouted once the disc has been released to alert the other defenders.

FIELD DIAGRAM



DRILLS



1. FORCE

THREE PERSON DRILL

NUMBER OF PLAYERS: 3

EQUIPMENT: 1 disc

METHOD: There are three players, one thrower(A) , one marker(B) and one catcher(C). Two players (A & C) on offence are about 10-15m apart, the third player B acts as defence and marks the person with the disc. Player with the disc(A) tries to throw to player(C) 10-15m away. Once player A throws the disc they follow the disc and become the defence mark for player C who just recieved the disc. This drill is all about the thrower trying to fake out the marker and the marker is trying to prevent the thrower from getting off a clean throw.

This is often a good warm up drill. The drill forces the thrower to use believable fakes and practice stepping out and around the mark to throw the disc.

POINTS TO EMPHASIZE:

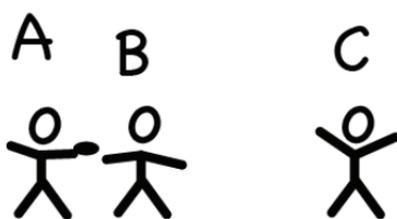
When teaching beginners, remind them plant their pivot foot, use fakes and lunge around the mark. As the mark, make sure you keep your stall count steady and move your feet and body to stop the throw from happening.

VARIATIONS:

- Assign the player on defense (the mark) to force backhand
- Assign the player on defense (the mark) to force forehand - or flick.
- Assign the player on defense (the mark) to force straight up.
- Add a stall count to simulate game play.
- Start the stall count at 5 for extra pressure on the thrower.

THREE PERSON DRILL

Three Person Drill



2. DUMP & RESET

FLOW (THREE LINE DRILL)

NUMBER OF PLAYERS: Minimum 7, but 10 or more is ideal

EQUIPMENT: As many discs as players, plus 4 cones

METHOD: Set up 3 lines roughly 5 yards apart for beginners. Place cones at the beginning of each line so the players know where to line up. The coach or handler will have all discs in order to initiate the drill. Player from line 1 will make a cut across the field, plant their foot to make a 90 degree directional change and cut toward the handler, receive a pass and then turn and put it to the first player from line 2 who has just mirrored the first cut. This player will then receive the disc, turn and put the disc downfield to the player from line 3 who has just made a 45 degree cut (a 'strike') and receives the disc down field. Each player will then move to the next line and players from line 3 will return to line 1.

POINTS TO EMPHASIZE:

- This drill is designed around the most basic and fundamental offense in Ultimate (stack and flow)
- Focus on completions and timing of cuts
- Cutters from line 2 lead cutters from line 3 with a throw to space (put the disc where the cutters are going, not where they are)
- When 3 completions are made celebrate the flow; this is a key play in Ultimate!

VARIATIONS:

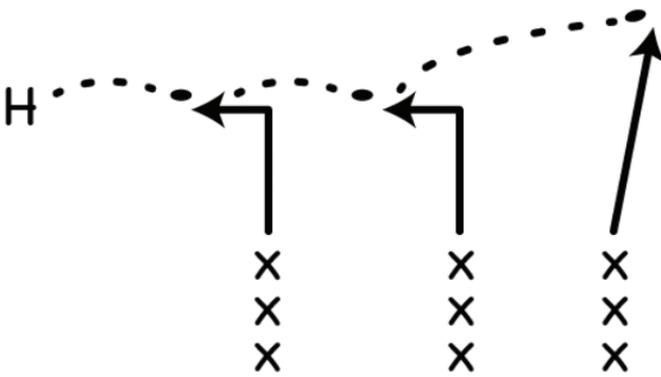
- Switch up backhand or forehand sides
- Change the cutting angle from a 90 degree cut to a 45 degree cut - where the cutters will cut away from the corner, plant their foot, change direction and come back toward the handler.
- For more advanced players: introduce concept of force-side cuts v. break-side cuts (knowing direction of force allows you to make the appropriate cut)

WHAT IS A HANDLER?

Easy answer, they are the person with the disc. Generally they play a throwing-heavy position (think point guard in basketball). They operate in smaller spaces, smaller stall counts, and yet have a larger amount of pressure to get open. They move the disc through dump, swing or upline movement. Either way they need to be dynamic, quick on their feet and with their decision making. Hesitation can cost as much as a bad cut.

FLOW

Three Line or Flow Drill



3. VERTICAL STACK

SEATTLE

NUMBER OF PLAYERS: Minimum 7, but 10 or more is ideal

EQUIPMENT: 1 disc

METHOD: Set up 2 vertical lines of players in a row (Line A and Line B) in the middle of the end zone. All players in Line A and Line B are simulating a vertical stack in the centre of the end zone, starting at the front and stretching to the back line. Players in Line A will cut from the front of the Line (top of the stack), players in Line B will cut from the back of the line (back of the stack).

Drill starts with the disc in someone's hands approx. 5m from the front of Line A. The player at the back of the stack (line B) will make a 45 degree cut towards the front cone on the right side of the end zone(1). The thrower will throw the disc towards the cone, meeting the cutter in motion. The thrower is then responsible to make a cut towards the sideline(2) where they just threw to receive the disc back from the Line B cutter. Now the first person in Line A (front of the stack) will make a cut straight forward to receive the disc from the right sideline(3). The drill now repeats itself with the cutter at the back of the stack (Line B), cutting 45 degrees to the left cone at the front of the end zone.....etc. etc. Players continue to make the same cuts, switching from side to side of the field.

POINTS TO EMPHASIZE:

- Always make good hard cuts.
- Players throwing lead the cutters by throwing to the open space where the cutter is moving into.
- Never throw directly to the cutter.

VARIATIONS:

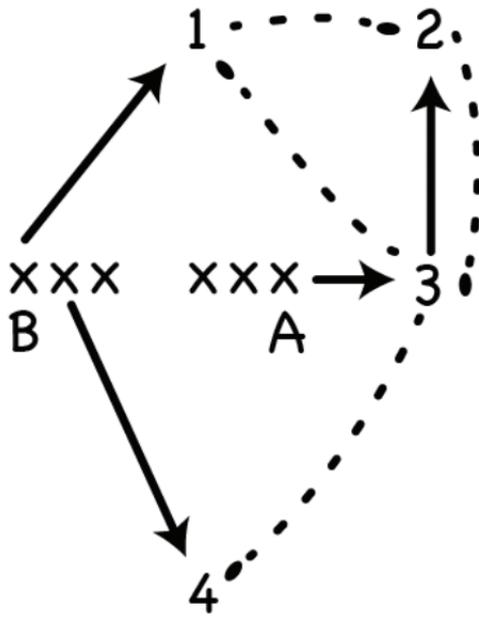
Fake a cut one way before making your real cut. This gives you practice of stopping, starting and changing direction.

WHAT IS A CUTTER?

A cutter is an offensive player trying to get open to receive the disc. A good cut is about timing, change of direction and/or speed. Cutters rarely get open on a straight cut or run to the disc. Successful cuts often include fakes, use of proper timing and are coordinated with their teammates.

SEATTLE

Seattle Drill



4. CUTTING TO OPEN SPACE

BOX DRILL

NUMBER OF PLAYERS: Minimum 6, but 10 or more is ideal

EQUIPMENT: Multiple discs and 4 cones

METHOD: Set up the four cones into the shape of a box. Form two vertical lines roughly 15-20m away from the box (Line A, Line B). Place cones at the beginning of each line so the players know where to line up. All players in line will have a disc except for the first player in line A. The player in line A without the disc will make a 45 degree upfield, plant their foot and change direction to cut into the box, where they will receive the disc from the player in front of line B. The drill continues with the player in front of line B, who has just thrown the disc now making a 45 degree cut upfield, planting their foot and cutting into the box to receive the disc from line A. After completing a catch, the player will return to the back of the opposite line.

POINTS TO EMPHASIZE:

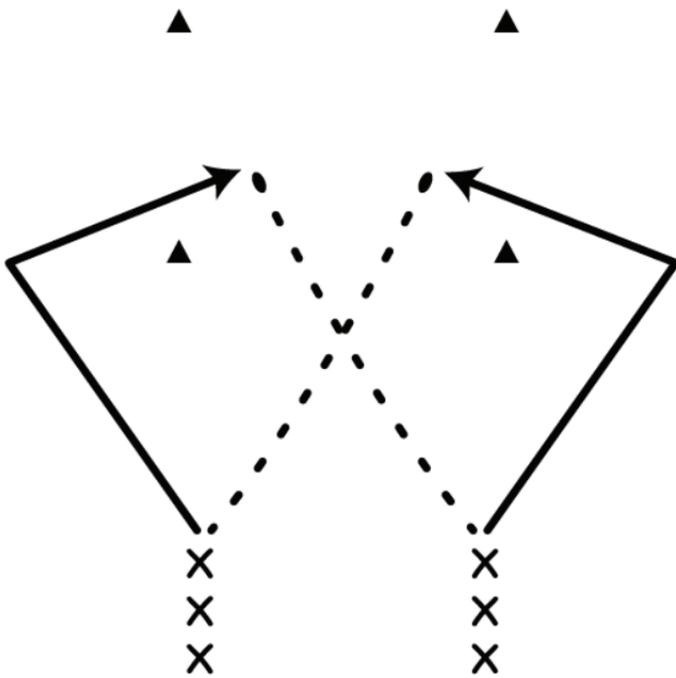
- Focus on timing the throw to meet the cutter in the box.
- Cutters focus on running through the disc and not stopping to catch.
- Cutters work on quick, explosive directional changes. (Placing a small cone at the spot on the field where you would like the players to make their directional change is often helpful for beginners)

VARIATIONS:

- Switch up backhand or forehand throws
- Add a Defensive player to the thrower with either a force toward the middle of the field or force toward the outside.

BOX DRILL

Box Drill



5. PIVOTING AND FAKING

BREAD & BUTTER

NUMBER OF PLAYERS: Unlimited, though 10-15 works best

EQUIPMENT: 4 cones, several discs

METHOD: Set 2 stacks facing each other approximately 5-10 yards apart. Each player starts the drill with a disc to ensure there are enough; extra discs are put at the front of each stack. The first player in stack A will start without a disc; they will be the first cutter.

Start with the first player in stack B ready to throw. The cutter from the front of stack A will turn and cut at a 45 degree angle towards the back of their line (for a few steps) on the flick side, plant their foot and turn and cut toward the open space on the same side to receive a backhand throw from the first player in stack B. After receiving the disc the cutter then goes to the back of stack B and the thrower from stack B becomes the next cutter - by turning and making a short 45 degree cut towards the back of their line on the flick side, planting their foot and turning to cut toward the open space on the same side to receive a backhand throw from the first player in stack A.

**Placing a small cone at the spots on the field where you would like the players to cut to is often helpful for beginners)

POINTS TO EMPHASIZE:

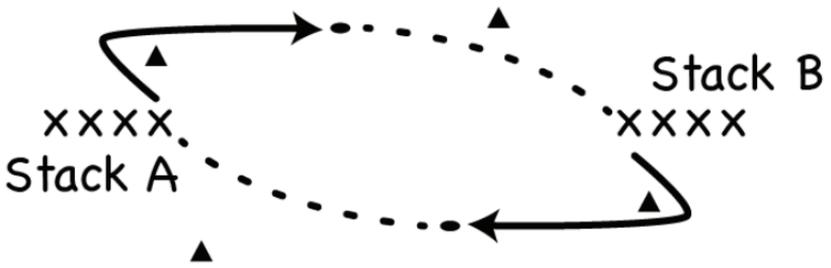
- When teaching beginners, keep the tempo of the drill slow
- Keep the stacks close together (allow all players to build confidence)
- Encourage as many consecutive completions as possible (have players count)
- Focus on sound throwing (with a good pivot) and strong catching fundamentals (2 hand pancake or claw when possible)

VARIATIONS:

- Cut 50 times to backhand then switch to forehand
- Add a mark; start with coach as mark then progress to players
- Cutting with break force throws (advanced); objective is to encourage continuation and get drill flowing using just one disc

BREAD & BUTTER

Bread & Butter



TOSS THIS AROUND

We want to make the game of ultimate as pleasing as possible for all participants. The effort to make sure the game on the field is both fun and competitive, while the postgame culture is social and easily approachable is a clear reflection of you, the players. And sometimes that takes some effort to make it happen, but just realize what you invest in this game and this community can be very rewarding.

As PUL has developed over the years and brought more people to the field of play, this beautiful beast is a direct reflection of the contributions that many, many people make. That said, there are opportunities to volunteer, chip in, make a difference and build an even stronger, more sustainable league. We are a non-profit organization, so there is board, there are committees that require assistance on occasion, and there are league coordinator positions and tournament volunteer roles that all demand a hand.

Also keep in mind that to promote those ideals of community and interaction, we actively encourage players to move to other teams as well as play on other or additional nights. Sign up for winter league (if there's space) or spring league. Learn from others. Mix it up. If you're not happy with your current situation, don't always feel that this is the only team that you ever have to play with. The best way to encounter this is to enjoy a tournament (EcoDisc , Frost Bowl, 4-on-4) during the year, or even simpler, go to Pick-Up when it's happening. You will soon get a taste for what's possible.

PUL wants to provide a high level of competitive ultimate for those players that seek out that level, just as we want to accommodate those who are simply wanting a more recreational outlet. Please keep that in perspective when you're out on the field. It's fine to take the sport seriously, but don't take yourself too seriously. Have fun, play fair, play hard. Make friends. Demonstrate that behaviour and you just may find others will emulate it, too. The hope is that as your game improves, so too will your sense of connection to this community.

Thanks for doing what you do.

Ultimate relies upon a spirit of sportsmanship that places the responsibility for 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 the 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 behavior are contrary to the spirit of the game and must be avoided by all players.