



DISKSPORT NORGE

Ultimate

**Guidelines for the
Norwegian Championships 2016
v1.0**

Norwegian Championships 2016

April 16th-17th, 2016, Lørenskoghallen, Lørenskog

January 1, 2016

Introduction

The 2016 Ultimate Norwegian Championships (NM) is an official event organized by Norges Amerikanske Idretters Forbund (NAIF), section DiskSPORT. This document contains the guidelines that will be used.

Three key points to keep in mind are:

1. All teams in the event must consist entirely of players who are members of the club for which the team represents
2. All players must have a DSN player license.
3. Only 1 team per club may be entered into the event.

We ask all clubs to please read and acquaint themselves with the guidelines prior to entering NM Ultimate 2016.

Ultimate Committee 2015 – 2016

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This document is available online at:

<http://amerikanskeidretter.no/disksport/#reglement>

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1. Rules of play

1. National and international outdoor ultimate events in Norway use the World Flying Disc Federation's (WFDF) "Rules of Ultimate 2013" and its current official appendix.
2. National and international indoor ultimate events in Norway use DSN's "Format and Rules for Indoor Ultimate in Norway," which are WFDF's rules modified for indoor play.
3. Tournament directors must have at least one copy of the most recent versions of both DSN's indoor ultimate rules and WFDF's ultimate rules at the competition site:
 - Indoor: <http://amerikanskeidretter.no/disksport/#reglement>
Format and Rules for Indoor Ultimate in Norway
 - Outdoor: <http://rules.wfdf.org/>
WFDF Rules of Ultimate 2013
WFDF Rules of Ultimate 2013 - APPENDIX v3.0 - Official version effective 2015-01-01

2. Application for arranging an NM event: ("søknad om arrangement")

Event organizers must send an initial application to the ultimate committee by June 1st and a final confirmation by August 1st. The indoor date for NM should be ready by mid-August.

Applications must include the following information:

- Event name, place, date, time and number of fields available
- Club name (the event organizer)
- Contact person (name, email and telephone)
- Other relevant info, e.g. possibilities for sleeping accommodations, food & entertainment etc.

3. Requirements for financial support from DiskSPORT Norge

DSN will cover the trophy costs for 1st, 2nd, and 3rd place clubs.

DSN will consider whether or not to otherwise financially support an NM event only if the event organizer must pay to rent a sports hall or has other expenses specific to use of the hall (or to arranging the event) – i.e. "lokalspesifikke" expenses – that are not shared in common with other US events. The amount of support will be based on those costs, on the event organizer's spending, and on the event organizer's financial results after the event. Send an application to DSN if unsure whether or not an expense is a "lokalspesifikk" expense. DSN is to receive an application within 1 month after the event. Applications are to be sent to: post@diskSPORTnorge.no .

Applications must include the following information:

- Event name, place, date, time
- Club name (the event organizer) and bank account number
- Contact person (name, email and telephone)
- Amount applying for
- Complete overview of expenses and income, with the receipts for expenses

4. Sleeping accommodations

Event organizers should provide and/or refer teams to suitable sleeping accommodations

5. Tournament director (TD)

The tournament shall be under the management and control of a tournament director (TD) who shall oversee the entire tournament. See 104.02 in WFDF's Rulebook, Article 1 – General, available at...

http://www.wfdf.net/sports/rules-of-play/doc_download/98-wfdf-rulebook-article-i-general

Responsibilities include the following:

1. Appoint officials, delegate duties and responsibilities, have all necessary materials on hand (tape for goal lines, roster lists etc.).
2. Access to food and drink, toilets.
3. Medical assistant (e.g. physiotherapist) is highly urged to be present. A good solution is to contact your local Red Cross "Hjelpekorps" for "sanitetsvakter".
4. First aid kit (see p.6)
5. Have at least one copy of the most recent versions of both DSN's indoor ultimate rules and WFDF's ultimate rules at the competition site
6. Interpret the rules of play when necessary.
7. Ensure that the tournament is conducted in an efficient, professional, consistent and fair manner.
8. Update results in a timely manner
9. Have prizes for players
10. Send to the ultimate committee the placement results and the name of the Spirit of the Game (SOTG) winner within 1 day after all teams have left.
11. Send to the ultimate committee the scores for all games within 2 days after all teams have left.
12. If a tournament website exists, publish results on the web preferably within 48 hours after the final game.
13. Send team rosters to the ultimate committee in a timely manner.

6. Official divisions

NM Ultimate 2016 will be played in one division: Open.

Men's, Women's, Mixed and Junior teams may participate.

7. Team requirements for participation in NM:

- 7.1 All teams in the event must consist entirely of players who are members of the club for which the team represents.
- 7.2 All players must have a DSN player license.
- 7.3 All players must have basic ultimate experience and have a clear understanding of the rules.
- 7.4 Only 1 team per club may be entered into the event.

8. Registration:

- 8.1 The registration deadline will be provided by the TD.
- 8.2 All participating clubs must send by email their team's roster to the TD.
- 8.3 A team's roster must be provided to the TD prior to its first game.

9. Team fee:

The team fee for participation NM is minimum NOK 1000. However, the event organizer may set a lower team fee for the hosting club's own team. Keep in mind that, according to pt.3 on p.1 regarding financial support from DSN, the event organizer's spending is also a factor in determining the amount of needed support.

10. Team roster:

1. Players, club membership and transfers (klubbtilhørighet og overganger):

1. NM 2016 will not be held between the time of the first Ultimate Series (US) event and the last US event of the 2015 – 2016 season. Therefore, players may change clubs anytime by becoming paying members of the club they join.
2. All players on a team must be members of the club for which their team is playing.
3. A club's team must consist of players living in Norway (may also include non-Norwegian citizens) or Norwegian citizens who do not live in Norway. A Club's team may also include a maximum of 2 non-Norwegian citizens who do not live in Norway.
4. A team's roster must be provided to the TD prior to its first game.
5. Team rosters are final after event start.

2. Number of players:

1. There is no maximum limit on the number of players allowed on a team, but teams must start events with at least the maximum number of players allowed on the field: 5 indoor, 7 outdoor.
2. Indoor events: each team will put a maximum of 5 players and a minimum of 3 players on the field during each point.
3. Outdoor events: each team will put a maximum of 7 players and a minimum of 5 players on the field during each point.

11. Sanctions regarding use of unlicensed players

1. Unlicensed players

- a. An unlicensed player may not continue to play in an event once discovered.
- b. If unlicensed players are found on a team either during or after an event, sanctions will be given to the club to which the team belongs.

2. Sanctions:

- a. If more than half of a club's players at an event are unlicensed:
 - i) the club forfeits all of its games played in the tournament
 - ii) the club may not continue in the tournament
 - iii) the club will not be recorded as having played in the tournament
- b. If between one and half of a club's players at an event are unlicensed:
 - i) One game is forfeited for every unlicensed player, up to 4 unlicensed players. The games to be forfeited are determined either by the TD as soon as the penalized club is not playing a game, or by the ultimate committee if an unlicensed player is found after the tournament and prize ceremony are completed. The games to be forfeited are chosen in the following order:
 1. wins with the highest point differentials for the penalized club
 2. losses with the lowest point differentials for the penalized club
 - ii. If 5 or more unlicenses players, same as pt.10.2.a.

12. Seeding:

The ultimate committee is responsible for seeding.

1. NM Ultimate is currently an annual 1-event tournament. Clubs will initially be seeded according to the final results of NM from the previous year; however, any NAIF-registered club that displays a significant change in performance since the previous NM – e.g. through tournament results from the same indoor season as the NM to be seeded – will be seeded on a case-by-case basis.
2. First-time clubs will initially be seeded lower than all other clubs (first-time clubs are clubs that didn't play in the NM event the previous year). However, any first-time club that is known to consist of experienced players and whose being seeded last raises a question of fairness (e.g. for schedules with pool play) will be seeded on a case-by-case basis.

13. Validity of an NM event:

An NM event is valid only if the number of clubs participating at the beginning of the event is 3 or greater.

14. Final results in NM:

NM Ultimate is currently an annual 1-event tournament. A team's results in the tournament define its final placement in the tournament.

15. Tie-break rules

In the case of a tie between two or more teams, apply tie-break rules:

1. Won-loss records between the teams in question
2. Fewest games forfeited, counting only games from the current stage of the competition
3. Goal difference between the teams in question
4. Total goal difference in games against all common opponents
5. Goals scored between the teams in question
6. Total goals in games against all common opponents
7. Disc flipping

16. Forfeited games:

1. Forfeiting after starting a game:
 - a. A team that forfeits will record a loss in addition to recording a forfeit
 - b. The opposition will record a win
 - c. Points scored during the game will remain as recorded
2. Forfeiting without starting a game:
 - a. A team that forfeits will record a loss in addition to recording a forfeit
 - b. The opposition will record a win.
 - c. No score will be recorded for the game.
 - d. If both teams forfeit, both teams will record a loss for the game.

17. Forfeiting the tournament after starting:

1. Every game played by a team that forfeits its participation in the tournament will be nullified.
2. No teams will receive credit for games played against the forfeiting team, neither for win/loss records nor for points scored.

18. Delayed games:

If the tournament schedule does not hinder either team to be ready for a game, and an official (e.g. the TD) becomes aware that one of the teams has been waiting on the field 5 minutes for the game to start, the official may then tell the captain of the stalling team that, starting in another 2 minutes, 1 point per every following 2 minutes will be given to the opposition. This can continue until 3 points are given to the opposition (total of ca. 13 minutes late). If the stalling team is not ready within the 15th minute, the game is forfeited.

19. Late arrival to tournament:

Teams arriving late have a responsibility to inform the TD asap about the time they expect to arrive. That way, the TD might be able to either implement a backup schedule or a quick fix to the schedule and thereby keep the event on schedule. If there's no way to schedule in the late team without a disadvantage to other teams, then the late team may not play.

20. Spirit of the Game:

SOTG scoring:

The WFDF/BULA Spirit of the Game scoring system will be used for the Norwegian Championships. After each game, the teams that just played will fill out an SOTG score sheet on the team they just played.

The SOTG score sheet can be found on the last page of this document.

For more information about the WFDF/BULA Spirit of the Game scoring system, visit http://www.wfdf.org/component/docman/cat_view/42-sotg-scoresheets?order=name&dir=ASC

21. Exemption from regulations

Requests for exemption from NM regulations are to be received by the TD or ultimate committee no later than 1 week prior to the date of the event in question. TDs are encouraged to consult with the ultimate committee regarding requests for exemption from regulations. Team roster changes are permitted until event start. Team captains must provide to the TD their team's final team roster before the start of the first game of the event.

Exemptions will not be granted for requests to loosen up regulations on team rosters. To do so would undermine the objectives of these regulations, which are 1) to give NM credibility through relevant and meaningful results and 2) to add to the prestige of the Norwegian Championships.

22. Miscellaneous Notes

NM Ultimate 2016 will be played in one division: Open. Men's, Women's, Mixed and Junior teams may participate. Nonetheless, listed below are the official divisions that can otherwise be applied to NAIF-sanctioned ultimate events.

1. Open
2. Senior (Open, Women, Coed)
3. U17 (Open, Women, Coed)
4. Junior (Open, Girls, Coed)

Definitions:

Junior: from the year a player turns age 13 and up to age 15 and throughout the remainder of the indoor or outdoor season (whichever is applicable), even if the player turns 16 during that time.

U17: from age 16 to 18 and throughout the remainder of the indoor or outdoor season (whichever is applicable) or until (but not including) US1 of the same calendar year that the player turned 18.

PR / press release

Event organizers should notify the press – by email, telephone or in person – no later than 2-3 days prior to the event.

Make a press release that stirs up interest:

1. Contact relevant media: web / newspapers / radio / TV
2. Try to make specific appointments. Consider dropping by the offices to speak in person with a journalist.
3. Send an email 1 week prior to the event, and again 2-3 days prior to the event. Include the following information:
 - a. Game schedule
 - b. Place
 - c. Contact person and telephone number
 - d. Time of the finals game
 - e. Brief background info (e.g. participating teams) and an explanation of ultimate
4. Follow-up with another email or a phone call one day prior to the event.
5. Email or call shortly after the event. Send pictures and a recap of the event, informing of tournament results, highlights, etc.

23. First aid kit

US event organizers must have at least one first aid kit present. Below is an overview of contents.

MINIMUM ITEMS:

Elastic bandages/Ace™ bandages
Instant ice packs
Adhesive bandages in assorted sizes
Sterile gauze pads (dressings), small and large
Roller bandages to hold dressings in place
Sports tape/Adhesive tape
Antiseptic wipes or soap
Scissors
Triangular arm sling

ALSO RECOMMENDED:

Splint (e.g. a SAM® Splint)
Tweezers
Safety pins
Disposable non-latex gloves, such as surgical or examination gloves

CONSIDER:

Emergency blanket
Eye patches
Thermometer
Barrier devices, such as a pocket mask or face shield

Elastic bandages/Ace™ bandages

The most important item to have, elasticized bandages are used to compress, bind and support broken bones, twisted joints, damaged ligaments and tendons, etc. Immediate compression of an injury helps reduce swelling and supports the injury, and also helps decrease the healing time.

Instant ice packs

The second most important item, ice packs are used to cool down injured areas, which reduces swelling and often reduces pain. Be aware that ice spray is not a replacement for ice packs. An ice spray basically cools down only the skin (i.e., ineffective, with the risk of getting frostbite) whereas an ice pack cools deeper and more effectively (no frostbite *when used correctly*).

Adhesive bandages in assorted sizes

Good for protecting minor cuts and open soars.

Sterile gauze pads (dressings), small and large

To place over leaking/bleeding wounds, e.g. burn soars after layouts

Sports tape/Adhesive tape

Can be used to fasten dressings etc., and can even be used for compression if necessary.

Scissors

To cut adhesive bandages, dressings etc. to correct sizes

Triangular arm sling

To support injured shoulder, elbow, arm, hand. If needed, it can also be used as a dressing or for compression.

Splint (e.g. SAM® Splint)

To support small fractures as a leg splint, arm splint, wrist splint, armboard splint, finger splint and more.

Your Team	Division	Date
(Us - Them) 1st Opponent (Game score)	(Us - Them) 3rd Opponent (Game score)	(Us - Them) 4th Opponent (Game score)
Excellent Very Good Good Not Good Poor 0* 1 2 3 4*	Excellent Very Good Good Not Good Poor 0* 1 2 3 4*	Excellent Very Good Good Not Good Poor 0* 1 2 3 4*
Excellent Very Good Good Not Good Poor 0* 1 2 3 4*	Excellent Very Good Good Not Good Poor 0* 1 2 3 4*	Excellent Very Good Good Not Good Poor 0* 1 2 3 4*
Excellent Very Good Good Not Good Poor 0* 1 2 3 4*	Excellent Very Good Good Not Good Poor 0* 1 2 3 4*	Excellent Very Good Good Not Good Poor 0* 1 2 3 4*
Excellent Very Good Good Not Good Poor 0* 1 2 3 4*	Excellent Very Good Good Not Good Poor 0* 1 2 3 4*	Excellent Very Good Good Not Good Poor 0* 1 2 3 4*
II Result	II Result	II Result

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.

2. Fouls and Body Contact

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

3. Fair-Mindedness

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

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.

5. Communication

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

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).

*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.

