

# Ultimate Frisbee Season 2022/23

Ultimate is back from a long summer's rest!

Before it's all starting with a bang at Trøndisk 15<sup>th</sup> of October, we have some light reading for you to do. This document contains some very important information concerning the “what, where, who and hows” you should know. Firstly there's information about all the tournaments and other happenings this season, secondly there's a set of new rules with the updated hand signals, and lastly information about what makes Ultimate a unique sport, the all important **Spirit of the Game**.

In other news! There are some people leaving the Ultimate Committee (UK) this fall. All who want to have a strong say in how our sport is run should consider running for a spot with us. We hope a lot of you consider applying and make our sport grow and continue to make it the best sport ever.

The UK wishes all players a great season, and we can't wait to share it with you.

## All the best

The Ultimate Committee

Mia, Marit, James, Lars Olav, and Eivind

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## This season information

This season will consist of the usual suspects of tournaments, with four rounds in the national series (US) and NM to close it all up. This year's lineup of clubs that have taken on the huge task of making US and NM is presented below, and is a mix of new and old teams. We are incredibly grateful to each and every one of them for making the season complete.

### US1: Trøndisk

The first official round of the Norwegian Ultimate series will again be hosted by Trondheim Frisbeeklubb in gorgeous Trondheim. It is coming up fast and will be held **The 15<sup>th</sup> -16<sup>th</sup> of October**. Hopefully you have all signed up and are ready to crush it.

### US2: Desembercup

The second round will again be hosted by Pancake Ltd. Although the name might be a little off, as it is held the **19<sup>th</sup> -20<sup>th</sup> of November**, it only makes us appreciate the long running tradition of this tournament. US2 will be played at lovely Lørenskog Fjellhamarhallen close to Oslo.

### US3: Brainy Disc

The third round will be played in beautiful Bergen and hosted by Bergen Studentidrettslag. It will be held the **11<sup>th</sup> -12<sup>th</sup> of February**. This is usually a collab between the three teams in Bergen, and we're itching to see what they do this season.

### US4: 69 discs north

The fourth and final round of the series will be hosted by Tromsøstudentenes Idrettslag in incredible Tromsø the **18<sup>th</sup> -19<sup>th</sup> of March**. This will be TSI's second time hosting, and we can't wait to watch this tournament grow.

### NM 2023

This year's national championship will be hosted by Stovner Frisbeeklubb, the **22<sup>nd</sup> -23<sup>rd</sup> of April** in Norway's capital, Oslo. This is their first-time hosting, and we can't wait to see what they have in store for us.

### Other events

There are some other events that are happening outside the official tournaments. These are listed here:

- The national team will compete in the European indoor championship (EUIC), Lithuania in December.
- Student NM is still in the works, but will happen spring 2023.
- We hope to have a women's weekend, but we are in the planning phase of this event.
- Klubblersamling in november 2022. This is an important gathering of all clubs within discsport. More information will come from NAIF soon.
- There's an elite gathering in Trondheim in January, though the team NKVO

## The rules of Ultimate

It is very important to read up on the rules before the start of the season. Indoor in Norway are played with WFDF rules with some moderation to fit the indoor discipline. You can find them here:

<https://amerikanskeidretter.no/disksport/dokumentarkiv/>

They are in norwegian. Let us know if you need them translated.

The UK updated the rules this summer, and got the changes accepted. They are found on a pdf on the Norwegian Ultimate community facebook group. NAIF is working on publishing them on the website.

The most significant change is that the rules state that one person on every team should have gone through WFDFs accreditation for **standard** knowledge of the rules. Please see that this is done for your team through this link:

<https://rules.wfdf.org/accreditation?fbclid=IwAR0ZpwcrNHwwL3k6nwxHf0MKa8E6e9JaGiNuYyPzRYyEju-3ckUst3vEYrc>

We would also like to highlight some suggestions and reminders for sideline behavior:

- Please keep the sidelines clear.
- Please don't make calls from the sideline. This is especially important for calls that cause stoppage and Time out -calls. This confuses the players on and off the field.
- Do not make calls for other people. Make sure everyone knows the rules and feel safe to make calls themselves.
- Be respectful during discussions if a call is made, and learn from the conversation.

## Hand signals

Hand signals are important to learn before every tournament. They are international and are easy to understand through language barriers. Try to learn them, and the rules that belong to them, before every tournament.



### Rules of Ultimate Hand Signals



**1. Foul**  
*Foul*

Hold one arm straight out and chop the other forearm across the straight arm



**2. Violation**  
*Violation*

Hands above head forming a V, closed fists



**3. Goal**  
*Goal*

Raise both arms, fully extended, straight up, palms facing inwards



**4. Contest**  
*Contest*

Two fists bumped together in front of chest, back of hands facing outward



**5. Accepted**  
*Accepted*

Forearms extended in front of body, elbows tight against torso with palms facing upwards



**6. Retracted / Play On**  
*Retracted, Play On*

Sweeping crossover motion with both arms extended down in front of body



**7. In / Out-of-bounds – Out of end zone**  
*In, Out*

Point with one arm extended, flat palm, thumb parallel to fingers, towards playing field (in) or away from playing field (out)



**8. Disc down**  
*Down*

Index finger straight arm pointing down at 45 degree



**9. Disc up**  
*Up*

Elbow down forearm vertical index finger pointing upward



**10. Pick**  
*Pick*

Arms raised, elbows bent, fists facing head



**11. Travel**  
*Travel*

Closed fists, rotate wrists around in a vertical circle



### 12. Marking infraction

*Fast Count, Straddle, Disc Space, Wrapping, Double Team, Vision*

Arms extended to side, palms facing front



### 13. Turnover

*Turnover*

Right arm extended in front of body, palm facing up and then rotate to palm facing down



### 14. Timing Violation

*Stall, Violation*

Tap head with open hand



### 15. Off side

*Off side*

Arms crossed overhead in an X, hands closed in a fist



### 16. Time-out

*Time-out*

Form a T with the hands, or a hand and the disc



### 17. Spirit Stoppage

*Spirit Stoppage*

Upside down T formed by the hands



### 18. Stoppage

*Injury, Technical*

Hands clasped and raised above head, arms bent



### 19. Gender Ratio: Men

*Gender Ratio: Men*

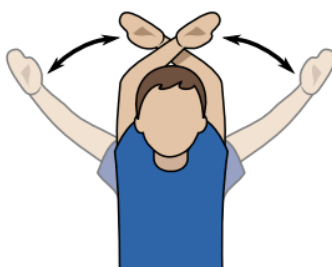
Hands cupped behind head, elbows out to side



### 20. Gender Ratio: Women

*Gender Ratio: Women*

Arms extended to side, hands closed in a fist



### 21. Play has stopped

Wave both extended arms crosswise overhead



### 22. Match Point

*Match Point*

Both arms pointing straight up to the left, palms facing down



### 23. Who made the call

*Called by Offence / Defence*

Pointing with two arms straight out, towards the end zone being defended by the team

## Spirit of the game

This is undeniably what makes Ultimate the great sport that it is. As we play a sport with no referees, it is important that the players themselves are responsible for knowledge of the rules, fair play, positivity and communicate all of this clearly to the other teams. The high status of this essential part of Ultimate is reflected in one team winning the overall Spirit of the Game award at the award ceremony. This chapter explains what it is as well as a little guideline on how to score your opponent. We can't stress enough the importance of knowing these rules and playing and scoring by them.

### **A guideline for players from WFDF:**

Filling in the score sheets is a team effort. This helps in educating new players and reinforces the fundamentals of SOTG with the more experienced players. While filling in the form might take several minutes the first few times, it will take only a minute after you get used to it.

The system was designed in accordance with the expectation that teams generally display normal, good spirit. Therefore the baseline in each category is "Good" which equals 2 Points. For each game, determine if the other team was better than, worse than, or the same as just a regular game and score accordingly (scoring examples).

- Focus on each question and answer that question only. Do not start with an overall score in mind and work backwards to get that score.
- There might be many times that nothing out of the ordinary occurred at a game. As such, each category should get 2 points. A final score of 10 points is considered normal, Good Spirit.

### Give a real score that reflects the items detailed on the sheet.

- Do not give teams higher scores because they made a funny game in the circle
- Do not give lower spirit scores out of retaliation or prejudice

The Spirit Captain should bring back the sheet to the Tournament Director.

Self-scoring is highly encouraged. Did everybody show good Spirit in your team?

Read more at WFDF's page: <https://wfdf.sport/spirit-of-the-game/>

An overview of factors that should guide your scoring can be found here:

[https://drive.google.com/drive/folders/1Qcw9qHOwJXKByzh2AIPCp3MgVRD7kd\\_n](https://drive.google.com/drive/folders/1Qcw9qHOwJXKByzh2AIPCp3MgVRD7kd_n)

This is a guide to help standardize Spirit of the Game (SOTG) scoring. Please use common sense, especially after games where the opposing team has displayed both positive and negative examples of Spirit in the same category.

	Poor (0) Some "Not so Good" plus...	Not so Good (1)	Good / Normal (2)	Very Good (3) Some "Good" plus...	Excellent (4) Some "Very Good" plus...
<b>Rules Knowledge and Use</b>	<ul style="list-style-type: none"> <li>They repeatedly exhibited poor knowledge of the rules</li> <li>They often disregarded or purposefully misinterpreted the rules</li> <li>They refused to accept input or feedback on the rules and SOTG</li> </ul>	<ul style="list-style-type: none"> <li>For the level of play, they showed a general lack of rules knowledge</li> <li>They disregarded or purposefully misinterpreted the rules during the game a few times</li> <li>They were resistant to being taught rules or elements of SOTG</li> <li>They didn't keep to time limits</li> <li>They were offside during pulls even after an initial warning</li> </ul>	<ul style="list-style-type: none"> <li>For the level of play, they showed appropriate knowledge of the rules</li> <li>They did not purposefully misinterpret the rules</li> <li>When they didn't know the rules, they showed a real willingness to learn them</li> <li>They started on time and respected the time limits</li> <li>They abided by the rules throughout the game</li> </ul>	<ul style="list-style-type: none"> <li>For the level of play, they showed an above-average knowledge of the rules</li> <li>There was at least one case where they offered to help us learn some of the rules (Note: It's good Spirit to accept the offer)</li> </ul>	<ul style="list-style-type: none"> <li>For the level of play, they showed excellent knowledge of the rules</li> <li>They explained rules we didn't know well very clearly, efficiently, and in a way that added to our joy of the game</li> </ul>
<b>Fouls and Body Contact</b>	<ul style="list-style-type: none"> <li>Even after repeated calls, they continued to have the same foul or contact issues</li> <li>They made several dangerous or reckless plays</li> <li>They made little effort to avoid body contact</li> <li>They frequently fouled intentionally or for tactical reasons</li> </ul>	<ul style="list-style-type: none"> <li>They created a bit too much repeated non-incidental body contact</li> <li>There was at least one significant instance of them making a dangerous or reckless play</li> </ul>	<ul style="list-style-type: none"> <li>No significant physical contact occurred beyond incidental contact</li> <li>No players seemed to play in a risky or hazardous manner</li> <li>The game flowed smoothly without frequent calls</li> </ul>	<ul style="list-style-type: none"> <li>They actively avoided contact at least once</li> <li>They consistently played in a style that avoided the potential for both fouls and unnecessary body contact</li> </ul>	<ul style="list-style-type: none"> <li>They made several clear decisions that avoided contact to keep other players unharmed</li> <li>Considering the competitive nature of the game, they played with the highest level of care and safety</li> </ul>
<b>Fair-Mindedness</b>	<ul style="list-style-type: none"> <li>They always only took the stance that they were right on calls</li> <li>When asked, teammates did not give their opinion on calls where the result could have gone against their team</li> <li>They made many unjustifiable calls/contests</li> <li>They made retaliatory calls</li> <li>They unduly delayed the game for tactical reasons</li> </ul>	<ul style="list-style-type: none"> <li>They were quick to complain when we made a call, irrespective of the appropriateness of the call</li> <li>They called many insignificant breaches, (e.g. a very small travel or incidental contact that didn't affect the throw)</li> <li>They often gave the impression they would only see things in a manner favorable to their team</li> <li>They made a few unjustifiable calls/contests</li> <li>They were not consistent in their calls throughout the game</li> </ul>	<ul style="list-style-type: none"> <li>They respected and acknowledged our opinions on calls, even when they disagreed</li> <li>They apologized in situations where it was appropriate (like an uncontested foul)</li> <li>They adjusted their behavior based on our feedback in a way that improved the enjoyment of the game</li> </ul>	<ul style="list-style-type: none"> <li>There was at least one case where they informed teammates that they had made wrong or unnecessary calls/contests</li> <li>They didn't call breaches that did not affect the outcome of the action, such as a minimal travel on an unmarked thrower, or fouls on throws they made that would not have been caught anyway</li> <li>They retracted calls when they thought they were wrong</li> <li>They made calls in a consistent manner, from player to player and from beginning to end</li> </ul>	<ul style="list-style-type: none"> <li>There were several clear examples of opposition players seeking to uphold the truth of a situation, even if it did not benefit them</li> <li>Their players helped each other make consistent, accurate calls, even if the result went against their team</li> <li>They remained fair-minded and consistent even in intense, crucial situations (e.g. universe point)</li> </ul>

#### Example behaviors for Spirit of the Game scoring (page 2)

	Poor (0) Some "Not so Good" plus...	Not so Good (1)	Good (Normal) (2)	Very Good (3) Some "Good" plus...	Excellent (4) Some "Very Good" plus...
<b>Attitude and Self-Control*</b>	<ul style="list-style-type: none"> <li>Their players and/or sideline were often rude and discourteous</li> <li>There was a physical and/or verbal confrontation on- or off- the-field</li> <li>They deliberately damaged equipment several times</li> <li>They played in a manner inappropriate to the situation (e.g. patronizing trick-throw points, ultra-aggressive behavior, etc.)</li> </ul>	<ul style="list-style-type: none"> <li>Their players and/or sideline sometimes exhibited a lack of self-control and positive attitude</li> <li>They actively celebrated our errors in an unfriendly manner directed at our players</li> <li>They taunted or intimidated our players</li> <li>They exhibited one or more instances of edge-down spiking or aggressive celebration towards opponent</li> <li>They deliberately damaged equipment</li> </ul>	<ul style="list-style-type: none"> <li>Their players and/or sideline generally exhibited self-control and positive attitude</li> <li>They left an overall positive impression before, during and after the game (e.g. during warmup and the Spirit circle)</li> <li>They were polite to us, their teammates, officials and spectators</li> <li>They thanked us for the game</li> <li>They played with appropriate intensity irrespective of the score</li> </ul>	<ul style="list-style-type: none"> <li>They made an effort to make it a good and enjoyable game</li> <li>They communicated their point of view effectively and calmly</li> <li>They complimented us on a good play or celebrated good plays by either team</li> <li>They shared with us</li> <li>There were a few instances where they clearly exhibited very good self-control</li> </ul>	<ul style="list-style-type: none"> <li>They went out of their way to make sure that everybody had a great game</li> <li>They demonstrated excellent self-control on and off the field during potentially stressful situations</li> <li>They exhibited the highest level of respect and positive attitude from start to finish</li> </ul>
<b>Communication*</b>	<ul style="list-style-type: none"> <li>They frequently refused to discuss issues/calls</li> <li>They got angry/reacted with contempt at several calls/contests</li> <li>They frequently used offensive language</li> <li>Their body language was frequently rude or aggressive, such as smirking or making offensive hand gestures</li> </ul>	<ul style="list-style-type: none"> <li>Their players not directly involved in the play or who did not have best perspective got involved a few times without being asked</li> <li>There were a few instances where they were not calm while communicating</li> <li>There were a few instances where their body language was rude or aggressive, such as smirking or making offensive hand gestures</li> <li>They did not keep discussion to a reasonable duration</li> </ul>	<ul style="list-style-type: none"> <li>Conflicts were resolved without incident</li> <li>They communicated respectfully</li> <li>They listened</li> <li>They kept discussions to reasonable time lengths</li> <li>They clearly explained their point of view</li> <li>If asked for input, their sideline/other players were helpful</li> <li>They understood and occasionally used official hand signals to indicate fouls, scores, etc.</li> <li>A Spirit time out was called</li> </ul>	<ul style="list-style-type: none"> <li>If asked, they provided clear, factual explanations to support their calls</li> <li>They introduced themselves to us and knew our team name</li> <li>Their captain/leaders communicated with our leaders very effectively</li> <li>They brought up spirit issues and general concerns as early as possible, directly or through (spirit) captains</li> <li>They made use of official hand signals throughout the game to indicate fouls, scores, etc.</li> </ul>	<ul style="list-style-type: none"> <li>They explained the game to spectators or new players</li> <li>They motivated us to keep high spirit and suggested or demonstrated how to do it</li> <li>They communicated extremely effectively and respectfully and made us feel comfortable discussing the game</li> <li>They always used official hand signals to indicate fouls, scores, etc., and they echoed our calls also</li> </ul>

\* (towards/among teammates, opponents, officials, volunteers, organizers, and spectators)

It is expected that a typical game is a Good game with scores of 10 from both teams. It's better to address problems early than to mark the other team down at the end – your opponent should not be surprised by the score given. Spirit scoring is a group effort, so discuss this as a team. Don't give half points. When in doubt, trust the other team. Not all examples need to have occurred in order to warrant a certain score. You may also consider factors that are not described here.