



## YORK REGION ATHLETIC ASSOCIATION COED ULTIMATE PLAYING REGULATIONS



1. Season of Play: Spring Sport
2. Divisions: Co-ed Varsity
  - A) The minimum number of teams to run a league will be 4. If less than 4 teams declare for a league, the convenor(s) of the league may appeal to the executive for an exception. Appeals must be heard before the pre-season meeting for that sport.
  - B) If a sport declares less than 4 teams three years in a row, the sport will no longer be offered as an option by the YRAA.
3. Eligibility:
  - a) See YRAA Transfer Application Form.
  - b) Age Division Categories:

Varsity	School Year: <b>2024-25</b>
	Year of Birth must be no earlier than: <b>2005</b>
	Date of Entry to grade 9 must be no earlier than August of: <b>2020</b>
  - c) A student/athlete must be on the team roster at the proper age group (for a specific sport and tier, to be eligible to participate in that sport. The team roster must be completed on-line prior to the commencement of the competition.
4. Guidelines For Determining Appropriate Tier For Your Team:
  - i) The purpose of Tier 2 is for the development of players, focusing on basic fundamental skills for the players not winning games/championships. The guidelines for declaring tier 2 are as follows:
    - 50 percent or more of the players are new to the sport (minimal to no experience)
    - 50 percent or more of the players are junior age (grades 9 or 10)
    - 50 percent or more not able to flick consistently and/or accurately in a game.
  - ii) The tier 2 semi-finalists will all be promoted to tier 1 for a minimum of the two successive seasons. An exception to this rule can be made for tier 2 teams that remain exclusively junior teams. Tier 2 is considered a developmental league so teams may declare tier 1 regardless of their placement in tier 2 if coaches deem it appropriate. Tier 2 teams should be either predominantly junior players or players that cannot consistently perform a forehand throw in game situations.



## YORK REGION ATHLETIC ASSOCIATION COED ULTIMATE PLAYING REGULATIONS



### 5. Governing Rules:

- a) Rules and regulations from USA Ultimate 11th Edition will be followed with the following exceptions:
  1. Games will follow the duration set out by YRAA
  2. **Tier 1 games will be 75 minutes. A 5-minute half time to be taken once a point is concluded after the 35-minute mark OR when a team reaches 8 points. Games will end after 75 minutes unless teams are separated by less than 2 points. In this event the current point must be played out until completion. If this point is played out and the score results in a tie one additional point must be played to determine the winning team. The game ends before the 75-minute mark when a team reaches a score of 15.**
  3. Tier 2 games will consist of two 20-minute halves, with a 5-minute half time. At half time, the point is to be played out and the time over 20 minutes is removed from the second half. The game ends when time expires. If the disc is in the air as time expires play continues until the disc is caught or hits the ground.
  4. No footblocks allowed in either tier.
  5. No zone defence allowed in tier 2. **Defensive players must make a reasonable effort to remain within 10 feet of their opponent.** If a zone is recognized on the field, it will be handled like a "Pick" call. The team on offense must recognize the zone, call out "Zone!", play must stop and the zone must be corrected before play continues.
  6. **Both tiers** will follow WFDF Gender Ratio Rule A ("prescribed ratio"). **Please see below for clarification; A6.2 Ratio Rule A ("prescribed ratio" rule):**
    - **A6.2.1. At the start of the game, after the first disc flip, an additional disc flip happens with the winner selecting the personnel ratio for the first point. For the second and third points the ratio must be the reverse of the first point. For the fourth and fifth points the ratio must be the same as the first point. This pattern of alternating the ratio every two points repeats until the end of the game (half time has no impact on the pattern).**
    - **A6.2.2. In conjunction with the use of Ratio Rule A, all WFDF Events must also use the "prescribed pull" rule:**
    - **A6.2.2.1. if the personnel ratio for a point has four (4) female players, a female player must undertake the pull at the start of that point.**
    - **A6.2.2.2. if the personnel ratio for a point has four (4) male players, a male player must undertake the pull at the start of that point.**
  7. **Rosters may have no more than 30 players**



## YORK REGION ATHLETIC ASSOCIATION COED ULTIMATE PLAYING REGULATIONS



b) Playoff Structure

- 1. In both tiers the top 8 teams will compete in a championship playoff tournament**
- 2. Teams outside of the top 8 will participate in a consolation tournament**

c) Scoring: Each team will attach a team roster to the score sheet for the game. The team roster will include the school name, complete first and last name of the student-athletes that are dressed and able to play in that game, along with their uniform number.

- i) 1 point for a win (no ties in this sport).
- ii) Default gives winner a score of 2-0.
- iii) Five (5) points for Spirit given per game by the opposing team.

d) Spirit Scores:

- i) The guidelines for deciding spirit scores are given at the preseason coaches meeting to all coaches. These guidelines are to be used throughout the season to assist in determining appropriate spirit scores for opposing teams.
- ii) Captains (and/or coaches) at the end of each game meet to tell the opposing team their spirit score and the reasons for it.
- iii) Should a team receive 3 or lower spirit on two different occasions from different teams a convenor will contact the coach to discuss reasons for the scores as well as possible solutions for improving spirit.
- iv) The next occasion that the teams receives 3 or lower spirit score, the convenor will request an Executive Review of Coach's Conduct for the coach of the team.

e) Tiebreakers for standings in the regular season and in tournaments/playoffs will follow this order:

1. Head-to-Head
2. Fewest Points Against for the season/tournament
3. Largest Point Differential for the season/tournament
4. Spirit Points for the season/tournament
5. Coin Toss



## YORK REGION ATHLETIC ASSOCIATION COED ULTIMATE PLAYING REGULATIONS



- f) Board of Reference Procedure:
- i) If a student-athlete has played with an obvious intent to injure, unsportsmanlike conduct or disregard for the rules, the coach(es) are to record the number and name of the student-athlete on the score sheet with a description of the incident and send the report to the convenor.
  - ii) The convenor(s) will discuss the incident with the teacher-coaches of the teams involved and discuss potential solutions.
  - iii) If a third incident occurs involving the same student-athlete, the convenor will forward all incident reports to the YRAA office and the student-athlete will have to appear before a Board of Reference.
  - iv) Should a student-athlete strike an opposing player, the incident shall be recorded by the teacher-coaches of the teams involved. The incident report will be sent to the YRAA office and a Board of Reference appointment will be scheduled for the student-athlete.
- g) Scorekeeping and Timing of Games:  
The host school or school designated as the home team for neutral site games, shall provide a score and time keeper that is not part of their team. The host school shall provide flip charts or some other method of scoring that is visible to both teams for use by the scorekeepers.
- h) Qualifying for OFSAA  
The OFSAA representative will be the winner of an optional one day play-in tournament to be held in early May. Only tier 1 teams will be eligible for this tournament. The schedule and format of this tournament will be determined based on the number of attending teams.  
Should OFSAA move their tournament to a later date, late enough to allow the completion of a full YRAA season and playoff, this tournament will be removed and the winner of the YRAA Tier 1 Playoffs will be eligible for OFSAA.
- i) Uniforms  
Teams must have jerseys that match their school colours and are numbered. Teams are encouraged to have alternates in the event an opponent has similar colours.
6. Supervision of Teams/Individuals:
- a) All teams or individuals must have on site supervision by a member of the teaching staff or retired teacher from the school that they represent.
  - b) This teacher shall be responsible to the YRAA for the conduct of his/her team and shall be the only person involved in all exchanges with officials, opposing teacher/coaches and members of school staffs.
  - c) A non-teacher (community volunteer, parent, etc.) is permitted to assist in the coaching of an individual or team provided that a teacher is present and responsible.



**YORK REGION ATHLETIC ASSOCIATION  
COED ULTIMATE PLAYING REGULATIONS**



- d) The teacher must be present on the bench for team sports or in the immediate vicinity for all other sports.
- e) Unless the staff member (as defined in Section 1 a) – above) of the competing school is present, the opposing teacher/coach and/or convenor shall not allow the game to begin or an individual to compete and the competition shall be forfeited.
- f) No teacher/coach shall officiate a game involving his/her team.
- g) It is the teacher/coaches' duty to ensure the accuracy of the information provided on the game sheets compared to the team's eligibility list.

7. Inclement Weather:

- a) In the event of inclement weather, games may be cancelled and rescheduled if:
  - i) the transportation company (bus) cancels the booking OR
  - ii) the school principal determines that the weather is unsafe for teams to travel OR the host school teacher/coach, in consultation with the Athletic Designate and/or school administration, determines the playing environment to be unsafe (eg standing water on fields, excessive ice).
  - iii) when lightning or thunder is seen or heard in the area, play shall be suspended and participants shall seek appropriate shelter as outlined in the current OPHEA safety document. Play may be resumed once thirty (30) minutes has passed since the last observation of lightning or the sound of thunder. The decision to suspend play shall be made by the game official and/or teacher/coaches of the teams involved in the competition.

Whenever possible, it is recommended that a decision to cancel a game due to inclement weather be made by 1:00 p.m. the day of the game.

- b) Once this has happened the coach or AD of the school canceling shall:
  - i) notify the school(s) being played that they will not be able to play due to inclement weather;
  - ii) contact the YRAA office that the game is being cancelled due to inclement weather;
  - iii) make arrangements with the school(s) involved to reschedule the game(s) at a date that is acceptable to all parties and fits within the established master schedule. Should a mutually agreeable date to reschedule not be found within forty-eight (48) hours, the convenor will assign a date that fits in to the master schedule.
- c) The YRAA office will:
  - i) keep a record of cancelled games in order to ensure that they are rescheduled
  - ii) notify the referee assignor that the games are cancelled and will be rescheduled so that unnecessary travel by officials can be avoided.



## YORK REGION ATHLETIC ASSOCIATION COED ULTIMATE PLAYING REGULATIONS



### 8. Reporting Scores

For league games coaches are to report scores through the Sports Admin System. Login as a coach, click on the 'Games' tab, find the game you want to enter the score for then click on the yellow 'Edit' button beside the game and then enter the score beside the corresponding team.

### 9. Cost:

Championship Tournament Day field cost will be shared equal amongst all teams entered in the league

### 10. Awards:

Trophy for tier 1 winner and  
Championship pennant  
18 1<sup>st</sup> place and 18 2<sup>nd</sup> place medallions for Tier 1 and Tier 2

**April 2025**