

SPORTS DAY

Sunday 8^h May 2022

VENUE: Brecon Leisure Centre

(Entry Date: Monday 11th April 2022)

Entry Date: 11/04/2022
Winter Marks: N/A
Last Amended: 18/03/2022
Withdrawal by: 02/05/2022

Mary Phillips Sports Trophy: Points will be recorded as follows: For team or individual - 4 points for 1st place; 3 points for 2nd; 2 points for 3rd and 1 point for participation.

John Davies, Tyclyd, Beulah - Sports Trophy 18 years of age or under: Points will be recorded as follows: For team or individual - 4 points for 1st place; 3 points for 2nd; 2 points for 3rd and 1 point for participation.

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- **PUNCTUALITY** - please ensure that your competitors report on time for the competitions. No competition will be held up for late competitors.
 - Competitors to report half an hour before the commencement of their respective competition for a Draw to be made.
 - Play to commence promptly in each of the competitions.
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Once a team signs in to play any sport and play begins, that original team must remain the same throughout the competition. Clubs are allowed one guest per team. Guest must be YFC member from another club within the Federation and not played in another competition on the day/evening. If clubs have more than one guest, then the points are split, or the combined team play for fun and no points are awarded. For mixed competitions, if teams have too many girls or not enough boys then teams are allowed to play at a disadvantage only

Ultimate Frisbee

ELIGIBILITY

Only one team allowed per club.

A minimum of 6 players are required to make a squad, there is a maximum of 10 players in a squad. From the squad 5 players are selected to be on the pitch at any one time. This MUST include a minimum of 1 female player on the pitch at any one time.

All players must be aged between 10 years and over 16 and under on the 1st of September 2021.

PROCEDURE

Ultimate is a game for two teams of five players on the pitch, each team having a minimum of 1 reserve player on the side-line up to a maximum of 5 reserve players on the side-line.

Each game will last for 12 minutes with the next score to occur completing the game or until a maximum time limit of 15 minutes is reached. i.e., The final whistle will signal 12 minutes of play, the game will then continue until the next score, after which the game will end. If no score is made the game will end at 15 minutes.

A goal is scored when you throw the disc to a member of your team standing (or more likely running) in the last section at the end of the field known as the "endzone", your team is attacking.

The winner is determined by the team scoring the most points. A draw will be awarded if both teams have scored the same number of points at the end of the game.

League points will be awarded as follows: Win 3, Draw 2, Loss 1

At the beginning, each team stands in the endzone which they are defending and faces the opposite team. When both teams are ready, the team with the disc throws it as far as they can towards the opposite team who will automatically be in play once they have retrieved it.

Players cannot run with the disc. When a player catches, they have up to 3 steps to slow down and then they must choose a pivot foot and keep this still before throwing the disc. If they player has not thrown the disc and takes additional steps, the player must return their pivot foot back to where it should be, before throwing the disc. If they did make a throw after the 3 steps and the disc was caught by their team, the disc must be returned to the thrower however if the opposition caught the disc the turnover stands.

A team can therefore only move the disc up field by throwing from player to player.

The defending team take possession if the disc touches the ground, if it goes out of bounds or if they make an interception by catching the disc or knocking it to the ground in mid-flight.

Teams change ends between each point. i.e., the scoring team stay in the end zone where they have just scored.

The team may make unlimited substitutions, but only in the break of play after a goal has been scored and before the game restarts. Teams are allowed an unlimited number of substitutions in each game.

The game is noncontact but when contact between players does occur; it may be deemed a foul.

The game is self-regulating and player should admit when they have caused a foul. The level of sportsmanship will be rated by the opposition at the end of each game.

All members of the team must be involved in scoring the opposition's Spirit of the Game.

Teams will rate their opposition awarding points under the following heading:

- Rules Knowledge and Use.
- Fouls and Body Contact
- Fair- Mindedness
- Positive Attitude and Self Control
- Our Spirit compared to theirs.
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A score of 10 is a normal good score.

Once teams have completed their Spirit of the Game Score Sheet, they should hand it directly to the tournament steward who will calculate an overall average score to determine the team with the best spirit of the game score.

The team with the best overall rating at the end of the tournament will receive additional awards. It is in each team's best interest to play fairly and honestly and treat their opposition as they would expect to be treated.

(Rules as for Wales YFC Eliminator, at Brecon Leisure Centre on Sunday 19th June 2022.)

Entries to be submitted online by **Monday 11th April 2022**. **NO LATE ENTRY FORMS WILL BE ACCEPTED UNDER ANY CIRCUMSTANCES.**

WITHDRAWAL FROM COMPETITIONS

Clubs/Members are asked to notify the YFC Office of any withdrawals 5 days prior to a Competition. **PLEASE NOTE: All withdrawals from Club Secretaries/Members must be made by email or by telephoning the YFC Office. If telephoning out of office hours, then a message should be left on the answer phone.**

FOR COMPETITORS/TEAMS WHO DO NOT TURN UP FOR A COMPETITION ON THE DAY, THE COUNTY OFFICIALS WILL MAKE THE DECISION WHETHER TO DEDUCT THE 5 POINTS OR NOT, DEPENDING ON CIRCUMSTANCES.

Please Note: "That only members with up-to-date plastic membership cards and are on the database in the YFC Office are eligible to compete. Any new members forms, and photos must be attached to the Entry Form when returned by clubs."

PLEASE NOTE: If a member does not produce an up-to-date membership card at the competition, it will result in a £5.00 fine. The fine will be refundable only if they provide confirmation of membership within 7 days of the Competition. If they have not yet joined, they will have 7 days to send a form and photograph to the YFC Office.



Spirit of the Game Score Card

Spirit of the Game is a fundamental part of Ultimate Frisbee. This sheet is designed to educate teams and help them achieve a better understanding of their strengths and weaknesses in terms of Spirit.

Your whole team should be involved in the rating of the other team, immediately after the game has finished.

Simply circle one box in each of the five lines and put the total points to determine the Spirit score for the other team

Hand this sheet to the competition organiser on completion

<i>Team Name</i>	<i>Opposition Team Name</i>
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1. Rules Knowledge and Use

Eg: They did not make unjustified calls. They did not purposefully misinterpret the rules. They kept to time limits. They were willing to teach and/or learn the rules

0	1	2	3	4
Poor	Not so good	Good	Very good	Excellent

2. Fouls and Body Contact

Eg: They avoided fouling, contact, and dangerous plays

0	1	2	3	4
Poor	Not so good	Good	Very good	Excellent

3. Fair-Mindedness

Eg: They apologized for their own fouls. They informed teammates when they made wrong or unnecessary calls. They were willing to admit that we were right and retracted their call

0	1	2	3	4
Poor	Not so good	Good	Very good	Excellent

4. Positive Attitude and Self-Control

Eg: They communicated without aggressive language. They complimented us on our good plays. They left an overall positive impression during and after the game, e.g. during the Spirit circle

0	1	2	3	4
Poor	Not so good	Good	Very good	Excellent

5. Our Spirit compared to theirs

Eg: How did their team compare to ours with regards to rules knowledge, body contact, fair-mindedness, positive attitude and self-control?

0	1	2	3	4
Our spirit was much better	Our spirit was slightly better	Our spirit was the same	Our spirit was slightly worse	Our spirit was much worse

Total Points

(Good score = 10 Points, Maximum = 20 Points)

←	0	+	+	+	+
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Originally produced and approved by:



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