

PLAYING REGULATION 20.0 - ULTIMATE

1. **SAFETY GUIDELINES**: Each HSSAA member school shall insure that the current physical education safety guidelines-secondary inter school module, outline according to the following critical components: EQUIPMENT, CLOTHING/ FOOTWEAR, FACULTIES, SPECIAL RULES/INSTRUCTION, AND SUPERVISION be adhered to at all times. Specific details on the critical components will be provided at the Pre-Season Coaches Meeting.
2. **AGES**: As governed by HSSAA constitution Article VI, Section III
3. **EVENTS**: The HSSAA Championships will be run as a 1 day tournament.
4. **ELIGIBILITY**: As governed by HSSAA Constitution Article VI.
5. **ENTRIES**: Each HSSAA member school may enter one team. A team may dress an unlimited number of players.
6. **RULEBOOK**: All teams will play under the current 11th edition rules, available online at ultimate Canada or USA ultimate at; https://www.usultimate.org/resources/officiating/rules/11th_edition_rules.aspx If a more current version of the rules is released, the newest version of the rules used by Ultimate Canada will supersede the 11th edition rules.
7. **RULES OF PLAY**:
 - A) All teams will play with 7 players on the field, with a minimum of 3 males and 3 females. The 7th player is either male or female. It is up to the receiving team (Offence) to determine the gender ratio. It is up to the opposing team to match the gender ratio of the receiving team.
 - B) The field of play will follow regulation size as stated in the 11th edition rules. Using a 110 m Canadian football sized field, each end-zone will be 20 yards deep, with a 70 yard playing field between the endzones. The width of the field is intended to be 37 meters wide. If a 110 yard long field of play is not available and/or a more narrow field needs to be used, coaches will agree on the dimensions of the field before the start of the game or tournament.
 - C) Foot blocks are not allowed during any high school ultimate competition. A foot block is defined as an attempt to stop the disc that is in the air with a foot or leg. This is especially dangerous while an athlete is marking the person with the disc, but the leg should not be used to stop a disc in the air at any location on the field of play. If a disc is thrown into the leg or foot of a defensive player, it is not a foot block because it was not intentionally using the leg or foot to defend the disc. If a foot block occurs, any offensive player on the field of play that has the best perspective to view the foul may call a foot block foul. This results in the disc being returned to the thrower with a count of 1 if uncontested, or the original count minus one if contested with a maximum starting stall count of 6.
 - D) Spirit of the Game is an important aspect of Ultimate – Spirit scores are awarded by the opposing team.
 - E) Tie breaker is broken down in the following order: a. Head to Head play b. Spirit Points c. Points Against

8. **AWARDS:** For each division, there will be: A) A Trophy - for the winning team. B) Medallions - for each member of the winning team. (20 max) C) Medallions - for each member of the finalist team. (20 max)

9. **UNIFORMS AND EQUIPMENT:**

A) Teams shall be dressed in similar shirts that must be numbered.

B) Cleats may be worn, however, may not have any medal exposed.

10. **GHAC REPRESENTATION:** As governed by HSSAA Constitution Article XVI, Section