

Starting Play		
To Say	Ask	Answer
Starting play		
Points start with teams in opposite endzones.		
When your team is ready, someone should raise an arm above their head.		
Encouraged to keep this time to a minimum. Roughly 30s to 1m.	What can you do if the other team is taking a long time between points?	Ask them or their captain to get ready a bit quicker in future.
When both teams have an arm raised, the team with the disc can pull.		
All players must stay in endzone until disc is pulled.		
Restarting play		
When a foul is called, all play stops.		
While a foul call is being discussed, all players should return to the position they had when the call was made.	What can you do if you think someone is in the wrong position?	Get their attention and tell them where you think they should be standing. You may need to explain why.
	What can you do if you are not sure where you should go?	Simply ask the other players, from either team, where they think you should be.
When the call is resolved (uncontested, contested, retracted), and everyone is ready, play restarts when a defender 'check's the disc.		
A 'Check' is usually a tap on the disc and saying 'Play'.		
All players must stand still until the disc is checked. After the check, all players can move again.		
During play		
Each time a new player gets possession of the disc, they have 8 seconds to make the next pass.		
It is the defending teams job to count those 8 seconds.		
This is done by one defender beside the thrower counting loud enough for the thrower to hear.	Should the defender count loud enough for everyone to hear?	Not really as they will be shouting in the throwers ear which isn't very nice. Counting loud enough for the thrower to hear is enough.
	What is the difference between 'counting to 8' and 'counting 8 seconds'?	A person can count to 8 very quickly but counting to 8 seconds should take - 8 seconds.
If the defender starts to say the number eight (ie just the letter e) before the thrower has passed the disc, this counts as a turn over and the thrower should drop the disc on the ground.		

In/Out of bounds/endzone		
Players		
To Say	Ask	Answer
A players first point of contact is what determines being in or out of bounds.	What happens if a player catches, lands in bounds and then runs out of bounds?	They should return to where they crossed the line and play on from there.
Likewise if a player catches the disc before the endzone they are attacking and runs in, they should return to the goal line and play on from there.		
If a player lands on a sideline, they are considered to be out of bounds.		
If a player lands on the goalline of the endzone they are attacking, they have not scored and should play on.		
If a player lands with one foot in and one out of bounds, they are considered out of bounds.	What if they land with one in the endzone and one out?	Not a score, play on.
Disc		
If the disc lands, and stays, in the central playing area, play should restart from where ever the disc is when picked up.		
If the disc lands in the central area and then crosses the sideline or goal line, play should restart at the point the disc first crossed the line, not where the disc may have come to rest.		
If the disc crosses the side line it only becomes out of bounds once it hits either an object or player that is out of bounds.	How does a player become out of bounds?	By stepping in an out of bounds area.
	What happens if a player is in the court, jumps, catches the disc and throws it before they land out of bounds?	Disc is still in bounds so play continues.

Calling and discussing fouls		
To Say	Ask	Answer
Rule 1.2 - It is trusted that no player will intentionally break the rules; thus there are no harsh penalties for breaches, but rather a method for resuming play in a manner which simulates what would most likely have occurred had there been no breach.	What does this rule mean by 'breach'?	Fouls. Contact with another player that stopped them catching or affected their throw. Someone getting in your way when you're defending.
If a player gets fouled, they should say 'foul' and talk with the player they believe fouled them.	What can be done to let other players in the game know a foul has been called?	Repeat the call of 'Foul' loudly so that everyone can hear; Cross your arms above your head to signal a foul; Echo the call to others when you hear it made.
The player calling the foul should calmly explain what they believe happened and, if necessary, why they feel it was against the rules.		
The player that had the foul called against them should feel free to explain their side of the incident if they wish.	Does this mean that it's going to become an argument?	No. It means it's going to become a conversation or a discussion.
A discussion of a foul should be resolved by either:		
The player that had the foul called against them 'Contesting' the foul if they disagree that a foul happened.	What happens after a call of 'Contest'?	The disc goes back to the last person that had it (or stays with the thrower) and play re-starts with a check at a maximum of stall 5.
The player that had the foul called against them 'Not contesting' if they admit that a foul happened.	What happens after a call of 'No Contest'?	Either the receiver takes possession of the disc (if foul was on a catch) or the stall count goes back to 0 (if foul was on the thrower).
The player that called the foul 'Retracting' the call if they learn that it wasn't a foul after all.	What happens after a call of 'Retracted'?	The outcome of the play stands (ie turn over) or the stall count stays where it was and play continues.
The players involved in an incident should try to resolve the issue between them as best they can. Other players should only offer their input if they are asked and only if the original players agree to get another perspective.	Are other players always going to side with their team mates?	Hopefully not. If you saw that your team mate was in the wrong, be willing to tell them. Likewise if you saw that your opponent was in the wrong and it hasn't already been stated, be willing to tell them.

The role of Spirit of the Game		
To Say	Ask	Answer
<p>Rule 1.1 - Ultimate is a non-contact, self-refereed sport. All players are responsible for administering and adhering to the rules. Ultimate relies upon a Spirit of the Game that places the responsibility for fair play on every player.</p>	<p>What does it mean that responsibility is placed on the players?</p>	<p>It means that players call, discuss and resolve all issues on the court. No outside referee, coach or teacher is going to call or decide things.</p>
	<p>What are examples of good spirit?</p>	<p>Rule 1.5.1 - informing a team-mate if they have made a wrong or unnecessary call or caused a foul or violation; 1.5.2. retracting a call when you no longer believe the call was necessary; 1.5.3. complimenting an opponent for good play or spirit; 1.5.4. introducing yourself to your opponent; and 1.5.5. reacting calmly towards disagreement or provocation.</p>
	<p>And cases of poor spirit?</p>	<p>Rule 1.6.1. dangerous play and aggressive behaviour; 1.6.2. intentional fouling or other intentional rule violations; 1.6.3. taunting or intimidating opposing players; 1.6.4. disrespectful celebration after scoring; 1.6.5. making calls in retaliation to an opponent's call; and 1.6.6. calling for a pass from an opposition player.</p>
<p>Within the Schools Ultimate League, Spirit of the Game will be most relevant in how all players interact with each other.</p>		
<p>Calling and discussing fouls, reacting calmly and treating each other with respect.</p>	<p>How can Spirit be used in a situation that players have never encountered before?</p>	<p>By calmly discussing things with each other, even if players don't know exactly what should happen, they can at least reach an agreement they are both happy with.</p>
<p>At each league day, teams will be required to complete a Spirit score sheet. On the sheet you are asked to give yourself and each opponent a score out of 10 for their Spirit during the game. We're using these sheets today and we would like each team to take a moment together to discuss what scores to give. This will help everyone develop an understanding of each other and will make for more enjoyable games during the league.</p>		