

## **Spirit of the Game**

At the end of each game a Spirit Score is to be awarded to the opposing team on a scale from 1-5 (half scores are not permitted). The team as a whole should have input on what spirit score should be awarded to the other team. Spirit scores should be decided at the end of each game and should be discussed between the team captains before leaving the premises. Spirit scores will be used to break ties in the standings followed by point differential, most wins and head-to-head wins. All players should follow the guidelines set out below in order to determine appropriate Spirit scores to assign to the opposing team.

### **Spirit rating = 5**

The other team was a great team and we really enjoyed playing against them. They showed up on time and really showed great sportsmanship throughout the game. At the end of the game they gave us a great cheer. During the game they played by the rules, but if we had a dispute they were open to discuss the rules. This was one of the best spirited teams we have ever played against. We are really looking forward to playing against them again.

### **Spirit rating = 4**

The other team was a fun team and we really enjoyed playing against almost all of their players. They showed up on time and showed good sportsmanship throughout the game. During the game they generally played by the rules, but if we had a dispute they were receptive to discuss the rules. This is a good spirited team.

### **Spirit rating = 3**

The other team was a fun team and we enjoyed playing against most of their players. They showed up on time and showed decent sportsmanship throughout the game. During the game they generally played by the rules, but if we had a dispute they were pretty receptive to discuss the rules. There were a couple of players or more however who did not bring a positive approach to the disputes. Not a bad team to play against.

### **Spirit rating = 2**

The other team was an ok team and we enjoyed playing against only a few of their players. They showed up late (i.e. were not able to field a team on time) and showed poor sportsmanship throughout the game. During the game they really didn't play by the rules, and really didn't want to learn the rules. The captains should discuss what happened so it doesn't happen again. This wasn't a fun game.

### **Spirit rating = 1**

This wasn't a fun game. We did not enjoy playing against this team. They showed late and showed horrible sportsmanship throughout the game. During the game they really didn't play by the rules at all, and didn't want to learn the rules. This is the least spirited team we have ever played against. Our captain is going to send a report into the league convener.

## **Spirit of the Game Suggestions**

Here are a few ideas for improving Spirit of the Game in your play:

1. Consider the other team as part of your Ultimate community, not as an opponent to beat. Without them you wouldn't be able to play.
2. Take time to learn the rules. BASL plays by the 11th Edition UPA Official Rules of Ultimate. It can be frustrating when others are unaware of the rules and un-willing to learn them. So take the time to read them.
3. Sing a song at the end of the game. It helps to deflate emotions built-up during the game, will remind you that this is just a game and hopefully make you laugh!
4. Introduce yourself. If someone is marking you for the first time, give them a handshake and let them know your name. Instantly you've built a relationship with your marker making the game friendlier.
5. Keep score. If both teams have official score keepers you will be less likely to be confused and later argue about the score.
6. Play safe! Respect the other players on the field and avoid physical contact. Remember that we play for the disc and that doesn't mean that we can play through people to get it. If you're that type of player perhaps you need to find another sport to play.
7. Watch your mouth. Swearing, angry words and raised voices can easily be taken out of context on the field. They build up tension and make the game less enjoyable for everyone.
8. Shrug things off. So what if it's the third time you've told someone they've traveled. Most likely they weren't aware of it before you pointed it out and its going to take time for them to modify their "style" of play.
9. Use your Captains to clarify rules and settle disputes. Players should not engage in rules debates. Leave this for the team captain to resolve on your behalf.
10. Congratulate the other team when they've made a nice play or a good call.
11. Focus on having fun out there, it's contagious and it is what Ultimate Frisbee is all about!