

NUSL (Northern Ultimate Social League) Indoor Rules



League Ethos

NUSL recognises the values of UniSA Ultimate's A.C.E – **Aspire, Community, Embrace**. #BeAnACE

Purpose

NUSL is a league to cater for all players to be involved in casual and social Ultimate. It's both a league for beginners to experience the sport and meet players within the Ultimate community, for more experienced players to develop their leadership skills and veterans to re-engage with the sport as it suits them.

The league format reflects this social approach to play whilst scaffolding the play to reduce certain demands of the 'regular' outdoor game. It also promotes easy-access to allow inclusive access to the sport.

Laws of the Game

This league will be played by the **Most Recent rules of Ultimate** released by WFDF which can be found here: <http://wfd.org/sports/ultimate/181-links> with the following modifications.

Indoor Modifications

- Each team may have a maximum of **5 players and a minimum of 3 players** on the field at any time.
- Field size will be safely modified to fit within the indoor space. Obstructions around the field will be removed.
 - If a player or disc makes contact with the walls, roof or is obstructed they're considered out of bounds.
- The endzone will be a marked out semi-circle.
 - Any disc that would normally be brought to the front of the endzone should be brought to the front middle of the endzone. All other discs are to be brought into play as in the WFDF rules.
- The brick mark is a **third of the playing zone and centered**.
- A pull is considered to be valid and as having landed in bounds if it passes through a **1.5m high box** bounded by the front, back and sidelines of the receiving teams endzone.
 - Genuine attempts to catch pulls **are not turnovers**. Instead the disc should be picked up just as if it was never touched.
- After a goal is scored **play does not stop**. Instead, the team that just scored the goal should drop the disc and become the defending team, the opposing team will pick up the disc and bring it into play from the front middle of the endzone (**Basketball Style Play**).

- Substitutions can be made at any time with a high-five at the halfway line. Substitutions must still follow the agreed gender split unless negotiated with the opposing team captain prior.

Shaping of the Play

The following rules are in place to try and scaffold successful playing opportunities for players.

- Righty backhand forces only **for the first 3 weeks**.
- Goals are worth double points during ladies week when:
 - In '**ladies week 1**' when a female catches a goal;
 - In '**ladies week 2**' when a female throws an assist.
- The following WFDF rules regarding Spirit of the Game are highlighted:
 - "1.8. In the case where a novice player commits a breach out of ignorance of the rules, experienced players are obliged to explain the breach."
 - "1.9. An experienced player, who offers advice on rules and guides on-field arbitration, may supervise games involving beginners."

Gender Split

- The gender ratio for a point of Ultimate is 3:2 male:female or female:male. However, we recommend teams **discuss their own rules before the game** keeping it as fair and balanced as possible.
- The team starting the half on **offence shall decide the gender ratio** for the point communicating using the WFDF hand signals.
- Agreed fill-ins by the captains are suggested to maintain a balanced gender ratio (refer to player eligibility rules).
- In the event of injuries team should be considerate and can renegotiate the gender ratio.

Safety

- Players **must not** wear uncovered jewelry or watches.
- Players **must wear appropriate shoes** that do not damage the playing surface.
- Games may be cancelled in accordance with **SA Ultimate's Extreme Weather Policy** here: <http://safda.ult.cc/sa-ultimate/policies>.

Insurance

- UniSA Sport members will receive insurance through their membership of UniSA Sport.
- Non-UniSA Sport members will receive insurance through the AFDA.
- Individuals participating who have not registered through either site are doing so un-insured at their own risk.

Concussion Policy

- NUSL will follow AFDA's Concussion Policy here: <https://afda.com/m/afda-concussion-policy030319v3>

Player Eligibility

- All players who have purchased an applicable NUSL Season Registration are eligible to play.
 - Payments for **NUSL Season Registrations** are to be completed through the [UniSA Sport website](#).
- All players who have purchased an applicable **NUSL Play Pass** are eligible to play for the applicable game.
 - Payments for NUSL Play Passes are to be completed online through the [UniSA Sport website](#).
- All players who have a negotiated payment plan are eligible to play.
- Players wishing to try Ultimate are **eligible to play their first game for free**, after this they must purchase a Season Registration or Play Pass
- League players who bring a friend who purchases a Season Registration or return for their second week of play **receive a discount of 1 free weeks worth of league fees**.
 - This discount can be used as many times a season up to the cost of a season registration.
- Experienced players are eligible to fill-in as long as **discussed and agreed upon with the opposing captains** at the earliest appropriate time, ideally before arriving at the field.
 - Fill-in players who don't hold a Season Registration or Play Pass for that night must purchase a Play Pass.

Finals Eligibility

- All players who have purchased an applicable NUSL Season Registration are eligible to play finals.
- All players who have purchased an applicable NUSL Play Pass and have played for a team for **3 or more games** are eligible to play for the applicable finals game.

Game Length and Timings

- Game-on will be called by a league official. Teams are expected to be ready at this time having already completed the 'disc flip' and any cheers.
- Games consist of 2x 16halves. There is **no** score cap.
 - Once the half time siren sounds 2 scenarios can occur:
 - **If the disc is in the air** when the siren sounds play continues until possession has been established; or
 - **If the disc is in possession or waiting to be brought into play** when the siren sounds one more throw is allowed.
 - Half time is a **2min break**. Play resumes with teams mirroring their roles and positions from the start of the game.
 - Once the full-time siren sounds **play continues until the current point finishes**, at which time 2 scenarios can occur:
 - If scores **are within 1** (eg. 12-11, 12-12), **1 is added to the highest score** and play continues until that score is reached (e.g. 13); or
 - If scores **are NOT within 1** (e.g. 12-10), the **game ends** at the current score.

- Game lengths for finals may be modified to allow for scheduling purposes. This will be clearly communicated by the League Director.
- The **game clock is only to be paused** during call discussions, injuries or if a disc needs to be replaced.

Weekly Captains Submissions

- As leaders Captains are responsible for leading by example through modeling the purpose, ethos and culture of the league. Importantly, ensuring that they foster a healthy environment for players of all levels of experience to have fun and develop.
- Each week captains shall submit the following before the following weeks games. Captains should lead the voting process to complete it as a team:
- **Game scores** on the NUSL event on the SA Ultimate website.
- **Spirit scores** on the NUSL event on the SA Ultimate website.
- **Male and Female Player of the Game** on the NUSL event on the SA Ultimate website;
 - These are the players on the opposing team who showed the best improvement of skill and spirit this week.
 - Only players with a season registration for the opposing team are eligible to receive Player of the Game votes.
- **Player tracking** on the google sheet that has been sent to captains.

SA Ultimate submissions can be submitted on the website by clicking the icon next to the game on the schedule page of the event. It looks like a small trophy, on mobile it is sometimes obscured by the score and you can click on your team's icon directly to reach the submittal page.

Standings

- Team standings are to be ranked using the **WFDF Rankings Algorithm**.
 - Win percentage.
 - Number of games won, counting only games between the teams that are tied.
 - Fewest games forfeited.
 - Head-to-head point differential among tied teams.
 - Point differential among common opponents.
 - Points scored, counting only games among the teams that are tied.
 - Points scored, counting games against all common opponents.

Communication

- Results and schedules will be published on the [SA Ultimate website](#).
- General communication will be posted on the [NUSL Facebook Page](#).
- Important communication announcements will be detailed through League Captains, the [NUSL Facebook Page](#) and via text.

Final Note

NUSL is a league for all members to be able to enjoy themselves and play Ultimate in a casual/social environment first and foremost. This means that all members are to be treated equally regardless of gender, race, religious beliefs, skill, experience etc. This also means the un-spirited or unsportsmanlike conduct is unacceptable. Examples of unsportsmanlike/un-spirited conduct include but aren't limited to: poaching, excessive physical contact, looking off players, running down the game clock, not following the 'shaping of the play' & consistent dominator movement by experienced players.