



Welcome to the Spring GUPA Season!

*As Captain you have been provided with a **GUPA Team Kit** that contains the following: disc, VC captain's hat, ice pack, 4 cones (if you don't already have cones), score sheet, injury report form, game guidelines, and captain's expectations (outlined below).*

Expectations of Captains

Scores:

Within 24 hours of the game, please submit the final score as well as spirit score online through <http://zuluru.gupa.ca/>

Team Roster:

Ensure all team players are registered on Zuluru and have been added to Team Roster. Players must also register with ODSA (part of the procedure when registering with Zuluru)

Waivers:

Online registration is your waiver. Substitutes should be registered with Zuluru as well. If a substitute is not registered with Zuluru, please have them sign a paper waiver at the field and then complete the registration process when convenient.

Schedule:

Schedule can be checked through Zuluru. The Playoff Schedule will be posted as soon as all scores for regular season have been submitted. Spirit points will be deducted when scores have not been submitted within 48 hours of the game's end.

Lack of Players:

Gender Split is 4:3. In the event that a team does not have a minimum of seven, team can elect to play with 6 players, without defaulting as long as have least 3 players of each gender. Opposing team can choose to match 6 on 6 but are not required. The objective of the captains should be to try and play a game. Therefore you should attempt to make accommodations. Keep in mind the possibility to play a game by sharing players with the opposing team, or by using substitutes eligible to play in GUPA.

Defaulted Games:

A default occurs when one team cannot field at least six players (minimum of 3 of each gender) within the 15 minutes of the official start time. Score of a defaulted game is 6-0 for the non-defaulting team and the Winners receive a SOTG score of 10 and the losers receive a SOTG score of 0.

Game Time:

Games begin at **6:30pm or 8:30pm**. Captains should arrive early (15 to 30 minutes) to set-up field, decide of Pull vs. Receive and choose sides. Ensure game starts on time; keep a watch or cell phone as official timepiece. See next page for Game Caps.



guelph ultimate players' association

Field Set-up:

Place cones at back of end zones 5 feet from post. Try to align front of end zone with neighbouring field

Start of Game:

Flip 2 discs (Decide before hand Even or Odd). Winner chooses either to Pull vs. Receive or chooses side. The other captain makes remaining choice.

Zuluru:

Zuluru is a web-based application for managing scheduling, score submission and standings for an Ultimate league that is used by GUPA. You can assign an assistant captain that can help with score submitting and roster maintenance.

Team Colour:

Agree on shirt colour for your team. Otherwise, Light vs. Dark will need to be determined between the two captains. If both teams wear the same colour, flip the disc to determine who will get to keep their colour. Please advise your players to bring both a light and a dark to each game.

Poor Weather Conditions:

The final decision to cancel a game due to inclement weather should be made between captains of the teams playing. Typically games are not cancelled due to rain. However, games should be cancelled when lightning is present at the fields. See **Lightning Safety for Organized Outdoor Athletic Events** for more details. Please check the GUPA and/or City of Guelph Website to determine if fields have been closed.

Foot Blocks:

Foot blocks are **NOT** allowed in the Recreational Tier of GUPA league games unless agreed to by the captains prior to the start of the game.

Time Outs:

Each team is entitled to one time out per half plus one floater to be used anytime during the game. Time outs cannot be called during soft time cap. Doing so would result in a turnover.

Spirit of the Game:

Ensure the spirit of the game prevails. At least once per season, cheer the team you played by using a traditional cheer – choose a song and alter the lyrics to fit elements of your opposition, or of the game just played.

If you have any questions, comments or concerns, please feel free to talk to a Board Member or e-mail info@guelpultimate.ca

Thank you and Have a Great Season! ~ *GUPA Board of Directors*



Game Caps

- **Soft (point) cap:** Soft cap for GUPA games are 15 points. First team that reaches 15 wins.
- **Overtime:** (During regulation time) In a game to 15, overtime occurs when the score reaches 14-14. The minimum winning score is then set at 16. If the score ties again, you should keep playing until one team wins by 2 or until time cap is reached. If time cap is reached, then invoke time cap rules.
- **Soft Time Cap:** For games that start at 6:30 pm the soft time cap is 8:10 pm. At 8:10 pm add two points to the team that has the higher score and play to that. If 8:10pm occurs during a point, apply this rule following the point.
- **Hard Time Cap:** For games that start at 6:30 the hard time cap is 8:20 pm. At 8:20 pm the game is over-- finish the point, if tied play one more point only.

Partially Completed Games

A partially completed game occurs when external factors other than time cap (e.g. lightning, damage being caused to the field due to play, etc.) halts a game before one team has reached a winning score. The game score will stand as final and the game is considered complete if either of the following conditions are met at the time at which play is halted:

1. one team has reached at least ten points;
2. one team has reached at least eight points and is leading by at least two points.

If neither of these conditions are met, captains can agree to continue the game from the current score at a later time or to accept whatever score was reached as final.

If agreement between captains cannot be reached, they should consult with the Board of Directors.

*** If you have any immediate field issues during a league night, please contact:**

Josh McPhie **519-400-5080**

Or if unavailable

Luana Jo **519-581-8766**



Lightning Safety for Organized Outdoor Athletic Events

Practice and training increase recreation performance. Similarly, preparedness can reduce the risk of the lightning hazard. Lightning is the most frequent weather hazard impacting athletics events. Baseball, football, lacrosse, skiing, swimming, soccer, tennis, track and field events...all these and other outdoor sports have been visited by lightning.

Education is the single most important means to achieve lightning safety. A lightning safety program should be implemented at every facility. The following steps are suggested:

1. A responsible person should be designated to monitor weather conditions. Local weather forecasts - from The Weather Channel, NOAA Weather Radio, or local TV stations - should be observed 24 hours prior to athletic events. An inexpensive portable weather radio is recommended for obtaining timely storm data.
2. Suspension and resumption of athletic activities should be planned in advance. Understanding of SAFE shelters is essential. SAFE evacuation sites include:
 - a. Fully enclosed metal vehicles with windows up.
 - b. Substantial buildings.
 - c. The low ground. Seek cover in clumps of bushes.
3. UNSAFE SHELTER AREAS include all outdoor metal objects like flag poles, fences and gates, high mast light poles, metal bleachers, golf cars, machinery, etc. AVOID trees. AVOID water. AVOID open fields. AVOID the high ground.
4. Lightning's distance from you is easy to calculate: if you hear thunder, it and the associated lightning are within auditory range...about 6-8 miles away. The distance from Strike A to Strike B also can be 6-8 miles. Ask yourself why you should NOT go to shelter immediately. Of course, different distances to shelter will determine different times to suspend activities. A good lightning safety motto is: "If you can see it (lightning) flee it; if you can hear it (thunder), clear it."
5. If you feel your hair standing on end, and/or hear "crackling noises" - you are in lightning's electric field. If caught outside during close-in lightning, immediately remove metal objects (including baseball cap), place your feet together, duck your head, and crouch down low in baseball catcher's stance with hands on knees.
6. Wait a minimum of 30 minutes from the last observed lightning or thunder before resuming activities.
7. People who have been struck by lightning do not carry an electrical charge and are safe to handle. Apply first aid immediately if you are qualified to do so. Get emergency help promptly.

Teach this safety slogan:

"If you can see it, flee it; if you can hear it, clear it."