

St. Louis Ultimate Juniors Handbook

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(In-Season Schedule changes, clarifications, Costs, etc)

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Administrative Rules

Coach and Chaperone Requirements

For the league and tournament, each team must have a minimum of one coach. Best practices strongly suggest that each team have both a coach and a separate chaperone in case of emergencies.

Coaching Requirements from USAU:

https://play.usultimate.org/members/coach_level_educational_requirements/

- NCSI Background Check (takes up to 10 business days, renewed every two years, \$21.50)
- CDC Concussion Training (1+ hours, no renewal)
- Coach Membership Videos (30 minutes)
- SafeSport Training (2+ hours, cost is included in USAU membership)
- USAU Ultimate Training (45 minutes long, no renewal, preparation for Coach Membership Test)
- Submit Request for Coach Membership Test
 - It may take up to seven business days to receive the test.
 - Passing score is 80%

Chaperone Requirements from USAU:

<https://www.usultimate.org/chaperones/>

- Has an individual USA Ultimate account (no membership required)
- Has signed a USAU liability waiver online
- Is a minimum of 21 years old
- SafeSport Training (2+ hours, located on the homepage of your USAU account)
- NCSI Background Check (takes up to 10 business days, renewed every two years, \$21.50)
 - https://play.usultimate.org/assets/1/7/How_to_Become_a_Chaperone_9.26.18.pdf

Chaperone Responsibilities

- Have immediate access to USAU Medical Authorization forms for all minors (or an approved school or organization form)
- Be present at the team events
- Be registered as a chaperone a minimum of two weeks ahead of the event

Registration

Registration Deadline: **Friday, February 14th**

- Team Registered on USAU
- Minimum of 10 Number of Players Registered and Paid on USAU
- Team Registered and Paid on SLUA

Additional Registration Resources available on SLUA: <https://www.slua.org/coaches-corner>

For Coaches

- All teams must be registered and paid on SLUA. Do this before asking players to register. For SLUA, you must register and pay for each individual team. (i.e. Varsity and JV)
- Teams must be registered on USAU. Returning teams must be rolled over to the new year within USAU. For USAU, you must register each individual team. (i.e. Varsity or JV. You may shift players around later as needed.)
- All teams must be registered to the SLUJ League Event in USAU. (You will complete this process again for the State tournament.)
- All teams must be fully rostered within the League Event in USAU. (You will complete this process again for the State tournament.)
- At least one coach per team must complete ALL coaching requirements and have an active coaching membership (player or non-player)
 - A single coach cannot coach two different teams within the same event.

For Players

- All players must login or register with USAU first, obtain a youth membership, and complete the waiver. A 1-year youth membership on USAU is \$40. Record your USAU Member ID to use with SLUA. Check with your coach if players will pay the membership fee on their own or if the cost is covered in the team dues. Coaches are able to roster players to teams after registration is complete. Players will need to confirm. www.usultimate.org
- Login or create an account with SLUA. Returning players should already have an account. Complete the waiver. Register for 2020 SLUJ. (Note: Coaches must create the team first. Only coaches should be registering teams.)
<http://league.slua.org/members/login.php>

General Costs

SLUJ League Cost

- \$225 per Open team
- \$150 per Girls team

Individual Player Costs

- USAU Youth Membership (1 year): \$40
 - Check with your coach if you should pay this individually or you will submit payment as a team
- Additional field or uniform fees vary by teams

MO State Tournament Cost (anticipated)

- \$350 per team (Open)
- \$200 per team (Girls)

Coaching Fees

- USAU Coaching Membership: \$75 for 1 year coach/player membership; \$41 for 1 year coach only membership
- NCSI Background Check: \$21.50 (valid for 2 years)

Chaperone Fees

- NCSI Background Check: \$21.50 (valid for 2 years)

Contact SLUA if costs are prohibitive.

Player Participation

All Players

- Per [USAU Youth Participation Requirements](#), All players must complete a [Medical Authorization Form](#) that their Coach or Chaperone must keep on them during all team activities (practice and game) in case of an emergency.

Varsity and JV Teams

- Programs are able to register a varsity and JV team.
- For the SLUJ League, players are able to shift between Varsity and JV teams as determined by the coaches.
- For the MO State Tournament, players are not able to shift between Varsity and JV teams. A program may combine their Varsity and JV teams into one team for the MO State Tournament.
- The goal of a JV team is development. A player's athleticism, skill, and experience should be considered. JV teams are encouraged to recruit girls to help build STL girls ultimate.
- Calling upon the Spirit of the Game, coaches are asked to moderate any JV team selection based upon these guidelines.

Non-school Teams

- To encourage participation, players who attend a school without an associated SLUJ team may still participate in the league.
- Players may select to play with any existing team.

- Players may not become “free agents” traveling from one team to another based upon their preference. Any change in team must be justified by other circumstances.
- Players may not change teams during the SLUJ season.

Schedule and Rescheduling Policies

- The final schedule will be published on 2/16.
- Teams should plan to have games on the following dates:
 - Sundays (1 pm or 3 pm): 3/8, 3/15, 3/22, 3/29, 4/5, 4/19
 - Thursdays (5 pm): 4/9, 4/16, 4/23
- Blank weekend for reschedules: 4/26
- State Tournament: 5/2-5/3
- The home team is responsible for providing field space. Fields should be reserved for 2.5 hours to accommodate warm ups and an entire game.
- Reschedule requests should be handled directly between opposing coaches. Once finalized, submit the reschedule request via Google Form on SLUA website.
- Crossover games between an Open team and a Girls team must allow teams to combine to form two mixed teams. These games will NOT count towards seeding and have a different goal. See Mixed Games section below.
- Melinda/SLUA will be updating the schedule/scoring.

Score Reporting

Scores (and spirit scores) will be reported via Google Form available on the SLUA website. Both coaches should submit scores. To ensure consistency and completeness, do not use email, phone, or text to report scores. Please be prompt and attentive to reporting scores.

League Standings and Ranking Systems

League rankings will follow the same process as previous years. Once registration is complete, teams will be designated into tier levels that will affect their schedules. Changes to the ranking system will be considered for the 2021 season.

All returning varsity teams will be in tier 1. All JV and new teams will be in tier 2, unless they opt to be in tier 1.

It is the goal to update the league standings every Tuesday during the season. However, in order to do so, all scores must be accurately and promptly reported.

Mixed Games

When the scheduled game is a girls team vs an open team...

Teams:

- Each team will split in half, preferably ahead of time, by each coach as evenly as possible regarding skill and role.
- Each half will be randomly assigned to white or dark and combine with their counterpart on the opposite gendered team.
- There will be one captain of each gender on each team, decided by coaches. Their role is to do the flip before the game, and communicate with coaches and the other team like usual league play.
- Teams will warm up and do any warm up drills with their new assigned team.
- The game will not count toward rankings.

Coaching:

- Each team will have a coach, to be decided between the coaches.
- Lead warm ups and drills as you see fit, and take time before the game to introduce yourself and establish a plan with your new team.

Structure:

- Same exact format as all league play
- Gender ratio:
 - There is a “Gen-Zone” that dictates the ratio. This is to be determined as part of the flip at the beginning of the game and stays constant throughout the game.
 - Hand signals: the Gen-Zone is responsible to signal the ratio once they are on the line so the other team can match.
 - The matching team can choose to go more girls than indicated but not vice versa.
 - There are new arm signals per USAU 2020:
 - 4 boys 3 girls: hands behind head
 - 4 girls 3 boys: arms out straight in a “T”
- If there are not enough girls to maintain this ratio, coaches can decide to have some points be 5-2. This ratio is not to be changed if there are just more boys than girls.

Mission of the mixed game:

These games are intended to challenge our players and provide a positive and structured experience in mixed ultimate. We also want to provide the players with the opportunity to meet other players in the community to create one unified high school league.

Detailed goals for coaches to help them talk to their players:

These games are intended to challenge the teams and individuals to be adaptable in their ultimate game play, as well as introduce them to new players and the ultimate community at large. Our goal is to give these players a positive and productive experience playing a structured mixed game. Playing with the opposite gender presents different challenges just like playing with new people does. People play, cut, throw and communicate differently and this will challenge us all to be adaptable and grow as players. Our jobs as coaches are to facilitate on and off field adjustments that need to be

made, and coach just like any other game. We are to hold our players and any players on your assigned team responsible for their actions and to make sure they are throwing to and working with players from the other team. This game does not count towards ranking but is a legitimate game in this league and is to be taken seriously as such.

Weather Policies

Rules adapted from:

https://www.usultimate.org/resources/organizer_resources/health_safety_and_liability_requirements.aspx

Extreme Heat and Cold

- Play must be suspended if the heat index exceeds 100°F. Coaches should attempt to avoid such an issue by checking weather forecasts and rescheduling proactively.
- There is no formal cold weather policy, but coaches should consider player safety paramount, especially in prolonged or wet conditions.
- SLUA has the right to cancel any events on any given day due to weather.

Lighting Policy

- If you hear thunder or see lightning, suspend play.
 - Suspend play immediately. Do not wait until the end of a point to suspend play.
- Wait at least 30 minutes after the last sound of thunder or strike of lightning before bringing captains and coaches together.
- Coaches should note the start of the weather delay. If 45 minutes have passed since the first suspension of play and there is still ongoing thunder or lightning, the following procedures will take place:
 - If the game has not yet reached the start of halftime or has not reached half of the hardcap time limit, the game will be replayed in its entirety on a rescheduled date. The game will begin at 0-0.
 - If the game has already reached the start of halftime or has reached half of the hardcap time limit, and one team has the lead when play is suspended, the game will be considered final. The closeness of the score or the closeness of the disc to a potential score on the field are irrelevant. (For example, if the score is 10-9 and the losing team is about to score prior to a lightning strike, the game will still be considered final.)
 - If the game has already reached the start of halftime or has reached half of the hardcap time limit and the teams are tied when play is suspended, the game will be resumed on a rescheduled date. The game will resume from the same score when suspended. The team in possession of the disc may select if they wish to receive the pull or select the side first. Teams may make player substitutions.
 - At tournaments, the implementation of the lightning policy is under the purview of the Tournament Director. Special rules may apply.

Injury Policy

In order for teams to participate in a game BOTH the Coach and a SEPARATE Chaperone need to be present. In the case of an injury that requires a hospital visit, either the coach or chaperone may leave with the injured player ALONG WITH ONE ADDITIONAL PARTY (this may be an additional player or coach). This means the total amount of people must be THREE (the exception is if the athlete is taken by their parent).

League Rules

Game Length (League Only)

Games will be played to 15 points. There is no "win by 2."

Halftime will begin when the first team reaches 8 points. Halftime is 10 minutes.

Teams have 2 timeouts per half. Timeouts are 70 seconds long.

There is no soft cap.

Hard cap will be enforced at 120 minutes. Agree to a single timekeeper at the start of the game.

USAU Rules

Unless specifically noted, SLUJ will utilize the current edition of The Official Rules of Ultimate released by USAU. The current edition is the 2020-2021 update.

Selected rules from the current edition:

- An ultimate field is 110 yards long and 40 yards across. The central zone is 70 yards long. The endzones are 20 yards deep. (Appendix A: Field Diagram)
- Halftime is 10 minutes long. Teams should be ready to pull after 10 minutes. (6.B.1)
- Players may seek the perspective of sideline players to clarify rules and to assist players in making the appropriate call. **Sideline players should not offer** their perspective unless solicited by a player. However, sideline players may offer perspective without being asked by a player **if the perspective offered is to the detriment of the sideline player's team.** (3.A.1; 3.A.1.a; and 2.I)
- Players may seek the perspective of coaches to clarify a rule, but not to assist in making a call. (3.A.1; 2.H.1)
- A double team occurs when there are two defending players within 10 feet of the thrower without another offensive player present.
- A standard game has a game total of 15. (Teams are no longer required to win by 2.) (6.A; and 6.A.1)
- Teams have two timeouts per half. A team timeout lasts 70 seconds. (7.B)
- If the disc is live or in play, the penalty for calling a timeout when there are none available is that the stall count is resumed with the number last uttered before the timeout call plus three. It is no longer an automatic turnover. (7.B.5)
- It is a disc space violation if any part of the marker is less than one disc diameter away from the torso of the thrower; or if a line between any two points on the marker (a) touches the thrower or (b) is less than one disc diameter away from the torso of pivot of

the thrower; or if a line between the marker's feet is less than one disc diameter away from the pivot of the thrower; or if a line between the marker's hands is less than one disc diameter away from the torso or pivot of the thrower. (15.B.3)

- In general, any contact between the thrower and the extended (i.e. away from the midline of the body) arms or legs of a marker is a foul on the marker, unless the contacted area of the marker is completely stationary and in a legal position. (This is very rare.) (17.I.4.a.2)
- If a travel is called, play does not automatically stop. The defender points to the location where the travel occurred. The receiver must move to the appropriate spot and check the disc in on the ground. The stall count is paused. If the receiver does not recognize the travel call and attempts a pass: If the pass is complete, the pass is returned to thrower. If it is incomplete, then it is a turnover and play continues without stoppage. (17.K.3)
- After a pick, the obstructed player is then allowed to move to recover the relative position of the pick. (The picked defender is only allowed to gain the relative position caused because of the pick. If they were trailing a defender by 9 feet prior to the pick, then they may move to within 9 feet of the defender, not immediately next to the defender.) (17.J.3)

If Hard Cap is Reached...	Result
During a point	Finish the point. If the score is not tied after the point is finished, the game is over. If the score is tied, play one more point (Universe/Game Point).
Before a pull or during halftime	Technically, the upcoming point "started" at the conclusion of the previous point. Therefore, follow the rules above.

Slight Rule Change for SLUJ:

- According to the USAU rules, the receiving team must signal readiness to receive the pull within 70 seconds after the previous goal was scored. While teams should make a best effort to meet this requirement, it will not be strictly enforced. If length between points becomes an issue, coaches and/or captains should discuss.

Spirit Circle

At the conclusion of the game, teams will conduct Spirit Circles in the following procedures:

- Single team meetings to discuss the spirit of the game only. During this time, coaches should collect spirit scores.
- Dual team meeting at center field. Players of opposing teams should alternate positions.
 - The spirit captain from the winning team will speak first.
 - The spirit captain from the losing team will speak second.
- Teams may reconvene individually to discuss the game with their coaches.

- Coaches must submit spirit scores when submitting game scores.

Tournament Rules

If not specifically noted either in this section or by the tournament director, all league rules governing play will be enforced. Most notably, time caps (hard and/or soft) and score requirements may change at the discretion of the tournament director.

Tournament Eligibility

- All Missouri schools are eligible to enter the Missouri State Tournament. Participation in the SLUJ league is not required.
- Teams from other states may play in the Missouri State Tournament based upon the discretion of the Tournament Director on an ad hoc basis.
 - Priority should be given to teams without a corresponding state tournament to participate in. For example, if Nebraska does not offer a state tournament, then a team from Nebraska should be given priority over other out of state teams.
 - Field availability and number of registered teams are both important factors when determining whether teams from outside of Missouri will be allowed to participate.
 - The Tournament Director may solicit input from coaches from Missouri, but the Tournament Director must make the final decision about team eligibility.
- In the event that the championship is won by a team outside of the state of Missouri, the Missouri State Champion will be declared as the highest finishing team from the state of Missouri.

Tournament Seeding

- Seeding, by its very nature, can be complicated and potentially divisive. It is very difficult to compare Team A to Team B, especially if they have not competed against each other or shared mutual opponents. Therefore, it is crucial that coaches assume goodwill and equity on the part of the Tournament Director, and it is crucial that the Tournament Director thoughtfully considers the feedback of coaches.
- Seeding is completed by the Tournament Director utilizing the following procedure.
 - A preliminary seeding and tournament structure is publicly posted to USAU and released to coaches 2 weeks prior to the tournament date.
 - The Tournament Director invites feedback from any involved coaches. All feedback must come from coaches, not players.
 - After consideration of the feedback, the Tournament Director finalizes the seeding no later than 3 days prior to the tournament date.
- For teams that participated in the SLUJ league, their tournament seeding must be reflective of their league rankings. For example, if team A finished above team B in the SLUJ league, then team A must be seeded above team B in the state tournament. Team C, which did not play in the SLUJ league, may be seeded between team A and team B.

- A reasonable effort should be made to prevent placing a Varsity and a JV team into the same pool.