

1. Essential Info

Team Captains also please read the main London Summer League Info Pack. Some of the information for Spring League in this document over-rides that doc – but there is quite a bit of other important information in there.

Spring League will start **THURSDAY 7th MAY**. Schedule details will be sent out as early as possible. Teams will be asked to submit game scores and spirit scores online.

We are using the usual WFDf Spirit of the Game scoring system. Please remember to discuss this amongst the team after your game(s). The scoring system provides a good way to introduce what Spirit of the Game means.

Games start at 7:15pm; it will be dark by about 8:30pm so please start promptly.

Specific information about getting to each location can be found here.

<http://londonultimate.com/summerleague/maps.html>

2. Rules

Rules of Ultimate: the full rules are available here <http://rules.wfdf.org/>

But if you are a beginner – or if you have beginners in your team – please see the section “Information for New Players” at the end of this document.

Game rules:

- Pitch Dimensions. We are using cones to set up our pitches for the Spring League. We want to keep things simple and cheap! Definitely try to use existing lines to help (Balham and Clissold *should* have some full size ultimate fields marked out for example). We suggest the following dimensions: LENGTH ~ 50-60m; WIDTH ~ 20m; ENDZONE DEPTH 8-10m.
- “Small pitch pull rules”: dropped pull is NOT a turnover; brick is (not marked) 3m from endzone line with a check. (Or teams can agree something different if they prefer!)
- “No-lines spirit”: we ask that players remember to give their opponents the benefit of the doubt on close line calls.
- Games are 5-a-side. Receiving team chooses the number of female/experienced players; the other team should match that. Please help each other out on this – we know that some teams will have very few female players.
- Games are to 7 with no half-time. Time limit is 20 minutes. Finish the point when time runs out. Games can finish as draws.
- If schedule means teams in your pool only have two games on a given night you can extend the game to 30 mins or first to 11.
- Please make sure you help new players with the rules. If you need to stop to explain then please do!

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- Rosters: everyone should know which team they are on. But there are no strict rosters. If a team is low on players please feel free to make some inter-team adjustments!
- Playing kit. We ask all players to bring a white and dark t-shirt to help make sure players can tell the teams apart.

3. On-the-night organisation

If your team is able to bring along a set of cones – please do!

At each venue a few players have kindly offered to help get pitches set up, keep an eye on time, and help new players find their teams.

	Clissold	Balham
7 th May	???	Nick Bond
14 th May	???	Nick Bond
21 st May	???	Nick Bond

If something unexpected happens, please help them and do what they ask!

Nick Bond is available on 07880 967 785.

If there's no organiser around, you can call Si Hill on 07802 311298 and he will see what he can do to help. Start by asking the experienced players at the fields though.

4. Safety

Team captains, in particular, and players in general should take a moment before playing to check the pitch. We're playing in open parks and we cannot expect to control what happens to them day to day. If the captains have any concerns they should agree to adapt the pitch in some way, or if necessary not play. Not playing is much better than someone getting injured. You should understand what is safe and by playing you're accepting the condition of the pitches where you're playing. Ultimate is non-refereed, so really the only people who can make a decision to call off a game are the captains and players.

The sort of things to think about: look out for holes/broken glass/dog-mess on the pitch; don't let people leave bikes right next to the sideline; stop playing when it gets dark!

There is no first-aid or medical assistance at the pitches, so if a player does sustain an injury and you're in any doubt as to whether it requires medical attention you should take them to the nearest Accident & Emergency department. The closest A&Es to the pitches are as follows:

Clissold Park (2 miles): The Whittington Hospital. Magdala Avenue, London, N19 5NF
Tel: 020 7272 307

Balham Common (1.5 miles): St George's Hospital. Blackshaw Road, London, SW17 0QT
Tel: 0208 672 1255

Reporting Incidents

As part of keeping tabs on health and safety please can you inform Si Hill if any of the following occur at a

Spring League game:

- someone receives a head injury
- someone goes to hospital following an incident
- someone sustains a fracture, dislocation or loss of sight (even temporarily)
- any kind of incident involving injury or damage to property with a third-party (i.e. passer-by)

5. Membership

Players need to be members of UK Ultimate in order to make sure that everyone has public liability insurance. This is for the protection of players, organisers and other park users. Bad things really do happen sometimes. Please do not ignore this requirement.

NB – a small exception to this rule is that NEW PLAYERS can play as if they are members up to three times before deciding whether to join or not. We need team captains to provide us with a list of their players that are taking advantage of this offer.

6. Staying up to date

Please make sure at least the two team contacts from your team have joined the londonleague@yahoogleroups.com email list. We'd like all the players in the pickup-teams to sign up please to help make sure we're getting all the info to everyone. It's easy to unsubscribe again at the end of the league and almost all of the emails on the list (not many) in the next few weeks will be about Spring League or Summer League.

To subscribe, send an empty e-mail to:

londonleague-subscribe@yahoogleroups.com

Or visit the Yahoo Groups website at the following address:

<http://sports.groups.yahoo.com/group/londonleague/join>

You can also read mailing list messages with a web browser (even if you're not a member of the list) by going to:

<http://groups.yahoo.com/group/londonleague>

Information for new players

What to bring / wear?

- If possible – wear football boots. Be aware that if you wear trainers you may find the ground slippery if it's wet.
- Please bring a light-coloured (ideally white) and a dark t-shirt so that the two teams can tell each other apart.
- Check the forecast – the fields don't have shelter – so you might want a waterproof
- A bottle of water; maybe a snack

Spring League venues

<http://londonultimate.com/summerleague/maps.html>

It's worth being aware that we are generally using public parks – there are no toilets at the Balham fields – but there is a good pub and big supermarket between the train station and the fields. There is a cafe/toilets building at Clissold.

Rules

Ultimate is a simple game, but you won't want to read the full rules before you play. The following will be enough to get you started if you are playing in a game with some experienced players that can help out as things happen.

1. **The Field** -- A rectangular shape with endzones at each end. *We are using small fields for Spring League*
2. **Initiate Play** -- Each point begins with both teams lining up on the front of their respective endzone line. The defense throws ("pulls") the disc to the offense. A regulation game has seven players per team. *We are playing 5-a-side at Spring League*
3. **Scoring** -- Each time the offense completes a pass in the defense's endzone, the offense scores a point. Play is initiated after each score.
4. **Movement of the Disc** -- The disc may be advanced in any direction by completing a pass to a teammate. Players may not run with the disc. The person with the disc ("thrower") has ten seconds to throw the disc. The defender guarding the thrower ("marker") counts out the stall count.
5. **Change of possession** -- When a pass is not completed (e.g. out of bounds, drop, block, interception), the defense immediately takes possession of the disc and becomes the offense.
6. **Substitutions** -- Players not in the game may replace players in the game after a score and during an injury timeout.
7. **Non-contact** -- No physical contact is allowed between players. Picks and screens are also prohibited. A foul occurs when contact is made.
8. **Fouls** -- When a player initiates contact on another player a foul occurs. When a foul disrupts possession, the play resumes as if the possession was retained. If the player committing the foul disagrees with the foul call, the play is redone.
9. **Self-Refereeing** -- Players are responsible for their own foul and line calls. Players resolve their own disputes.
10. **Spirit of the Game** -- Ultimate stresses sportsmanship and fair play. Competitive play is encouraged, but never at the expense of respect between players, adherence to the rules, and the basic joy of play.