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# Hello and welcome to Cincinnati Ultimate 2025 Summer League!

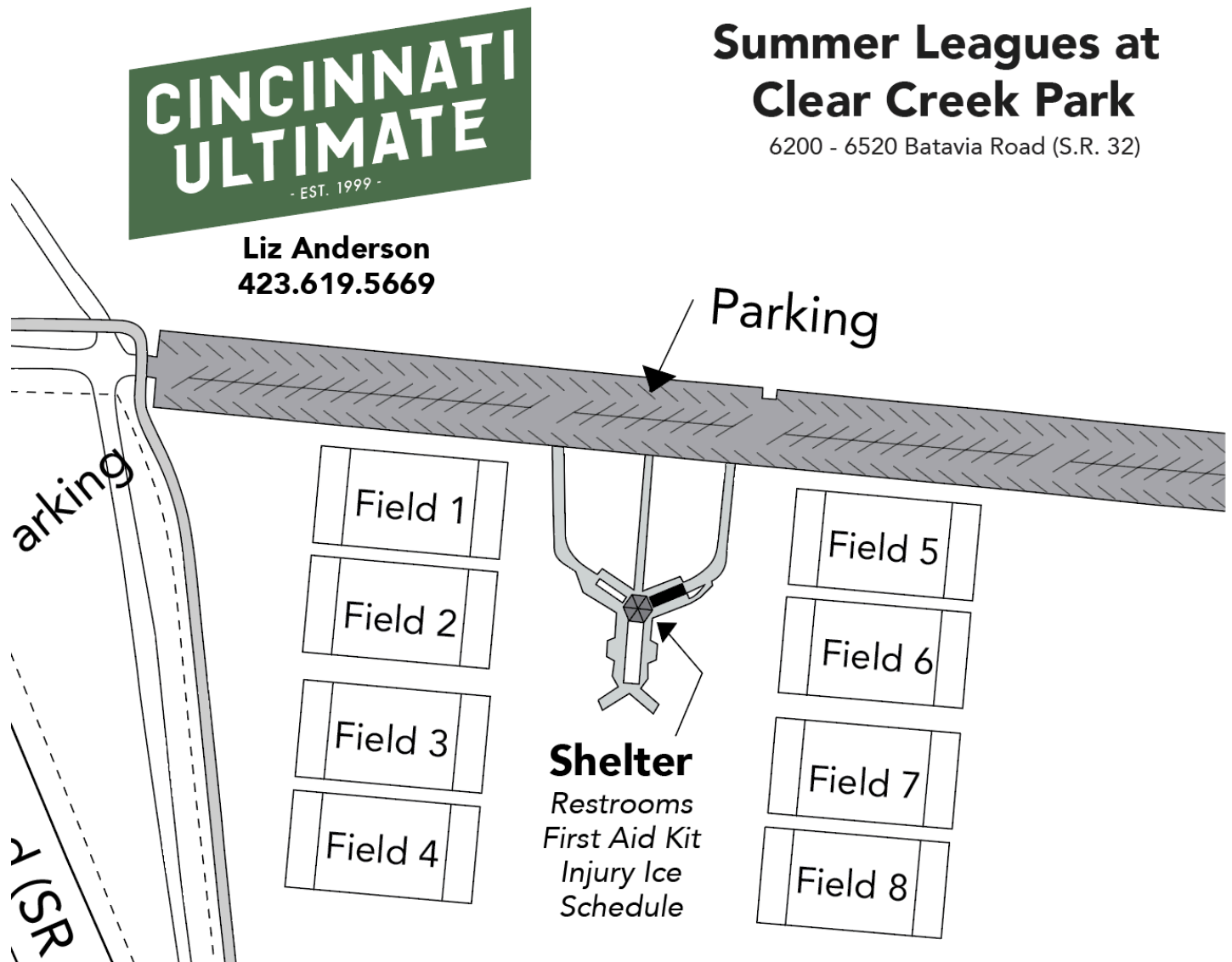
This document is for all league rules and information for our Tuesday & Wednesday leagues at Clear Creek Park.

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**Fields Address:** Clear Creek Park, 6200 Batavia Road, Cincinnati, OH 45244.

[Tuesday Intermediate League Schedule](#)

[Wednesday Beginner League Schedule](#)



## ***Jump to Spirit of the Game & Spirit Scoring***

### **Important Dates:**

Summer League runs the week of June 3 through July 31, 2025. The end-of-season summer league tournament will be on Saturday, August 2, 2025, for all teams.

### **Waivers & Registration:**

All players must have a signed waiver and be registered (via our online registration) before they set foot on a field. Players under 18 must have a parent-signed waiver and a medical release form on the website. Players under 18 are only able to play with their parent's permission and any youth under 15 must be accompanied by a parent or guardian.

### **Schedule:**

Week-to-week schedules, field numbers, and scores can be found on our website from the links at the top of the document. Field maps may change slightly from week to week, but I will always communicate those changes.

### **Game Rules:**

- Games should begin at 6:30pm and play to a point cap of 19, or until 8:30pm, whichever comes first.
- Hard cap is at 8:25pm. When you hit 8:25, you should finish that point, and the game ends. If it ends up tied, play out the next point to decide the winner. If the game goes past 8:45pm, your game may be cut off by the league director.
- 2 timeouts per half
- Halftime is at 10, or at the 60-minute mark, whichever comes first.
- 4:3 ratio is 100% preferred, so please try to play this unless you are short on women-matching players. Captains should discuss this before each game.
- Be respectful of players' calls, or if they are new, help guide them through this process.
- Once the game is over, try not to delay and hang out for too long. The field employees are waiting for us to get out so they can close the fields.

### ***USAU has updated many official rules in the last couple of years. Are you aware of them?***

Check them out here: [Changes in 2020-2021](#) [Changes in 2022-23](#)

### **Safety Details:**

I will always try to communicate weather cancellations by 4pm on the day of leagues.

### **[Check out our updated Field & Weather Policies.](#)**

- **Rain & Storms:** We play in the rain, but not in lightning or thunder. I will always lean toward playing, so if you don't hear anything via email or on Twitter @cincyultimate, plan on showing up.
  - If a siren goes off or I blow the air horn, everyone should IMMEDIATELY go sit in their cars and await the all-clear. I really hate having to yell at people when they are not actually in a car, so please, just do this so I don't have to get mad. Being next to a car offers you no protection from lightning.
  - League will be delayed if lightning strikes are within 10 miles of our location, using an app from the league director. If lightning is detected within 10 miles, we will delay 30 minutes and if we can resume games, we will (this happens a lot).
  - Our Twitter account @cincyultimate is the place where we will post delays and cancellations during league. If league is canceled before the league starts, all players will be emailed.
  - If there is a lot of rain, the fields may be closed. If there is **standing water** on fields, we will not play on those fields. If we can move our games to a different part of the park, we will, but this isn't always possible. Any cancellations for field conditions will be relayed via email or Twitter @cincyultimate.
- **Heat:** We will use a Wet Bulb Globe Temperature to gauge heat safety. If the WBGT reaches 85 or above, we'll consider delaying, shortening, or canceling events.

- **Air Quality:** CU will suspend or cancel events if the Air Quality number exceeds 200. If the Air Quality exceeds 150, CU may consider delaying start times, instituting mandatory breaks, or other adjustments to keep players safe.
- **Injuries:** We will have a first aid kit for basic scrapes and cuts and a cooler with ice & bags for injuries at the shelter. For anything serious, feel free to call Liz Anderson at 423.619.5669. A league director will either be playing as a sub or present at the fields.
- **Water:** The fields have bathrooms that should be open to us, and we will have a water cooler or hose access at the fields for drinking water.
- **COVID-19:** vaccines are not required for this league. As an organization, we are always monitoring cases in our area and making decisions accordingly.

### **Free Agents:**

At the discretion of the League Director, as registration progresses, smaller teams may have free-agent players assigned to them or may be joined with other small teams to ensure an even number of teams and to ensure we can find a place for any many players as we can.

### **Jerseys:**

Every player gets a jersey in their team color, but these may not be ready until week two, so coordinate with your captain on what color to bring. It's always a good idea to bring a white in case the team you are playing against has a similar color to you.

This year, we will still offer a jersey and a tank for all league players, and the sizing charts for these two brands are linked below. In past years, there were some sizing issues because we ended up receiving multiple different brands of shirts due to COVID-19 supply delays. This year, the jerseys will all be one brand, and the tanks will all be one brand, so sizing will be consistent.

[Jersey - Sport-Tek Sizing](#)

[Tank - Augusta Sizing](#) (click "View Specs" to see shirt sizing)

### **Conduct Report Form:**

Cincinnati Ultimate puts a strong emphasis on sportsmanship, inclusion, and providing a fun player experience. We have created an anonymous Conduct Report form that can be used to submit examples of bad behavior, aggressive plays, things of any inappropriate nature, or anything else that may cause a player to be uncomfortable during our leagues. [This can be found here](#) and is also posted on our website!

### **Sub Policy:**

Subs will be allowed for teams that have fewer than 8 men-matching players/5 women-matching players. If you have this many players, we will not allow you to use subs. If you'll be low on players, let me, the league director know so I can help provide a sub. I will dole out all subs based on necessity. The director will only send out subs when requested by a captain - you'll have to let the director know you need a sub by 6:25 pm. Subs will sign in, and they'll get sent out in that order. If you want to recruit players to be a sub, that is fine, but they must be approved by me to verify they have signed a waiver. This is absolutely required.

### **Gender Ratio:**

We are striving for a 4:3 league, meaning 4 male matching players and 3 female matching players. If there is a need to go 5:2, please do so only if you are short on women-matching subs.

Why is this important? Women-matching players often get looked off on the field, cut off by other players who aren't paying attention, or not thrown to. To help make the experience more fun, increasing the ratio of women-matching players on the field helps balance this so women-matching players are more likely to touch the disc and make a difference in the game.

I will do my best to provide subs for teams who have women out that week, but you must let me know so I can find you a sub. If a team only has 1 woman, they must play down a player to the ratio agreed on by the other team. If a team has NO women, they must officially forfeit and can scrimmage.

### **Club Players/Skill Limits: (applies to Tuesday League only)**

Tuesday teams are limited to 9 total points.

#### **Club Player: 1 point**

*A club player is defined as anyone who has played club within the last 5 years (even if they only played one year of such) or any HS player who has completed two full summers of YCC (or the equivalent).*

#### **Grand Masters or older: 0.5 points**

#### **Professional Player: 1.5 points**

*A professional player is any player who has played for the PUL, WUL, AUDL, or any other professional ultimate team in the last 5 years (even if they only played one year of such)*

The league director will be monitoring registration to keep track of these points.

## **Spirit of the Game and Spirit Scoring:**

[Here is the form for submitting spirit scores!](#)

Some thoughts on Spirit of the Game (SOTG):

SOTG is the biggest element of ultimate frisbee, seeing as we are an unofficiated sport. It's imperative that people understand the things that are important in upkeeping SOTG in our leagues and games.

### **The Top Elements of Spirit of the Game, [from USA Ultimate](#):**

- 1. Mutual Respect:** Making the right call and actively listening to opposing viewpoints are examples of good Spirit and develop mutual respect between competitors.
- 2. Conflict Resolution:** Whenever there is disagreement about a call, players are expected to resolve the dispute on their own by expressing their perspective and listening to others.
- 3. Rules Knowledge:** Players are expected to know and follow the rules, and show a willingness to learn when in doubt.
- 4. Body Control:** Players should avoid fouling, intentional contact and dangerous plays.
- 5. Communication:** Players actively listen to different perspectives and engage in efficient discussion about calls.
- 6. Self and Mutual Respect:** Spirit encourages players to assume good intentions of their opponent, and respect the dignity of their opponent both during play and when addressing calls.

Here are two other great definitions of Spirit from a [Reddit post I found](#):

1: "To me spirit means letting go of the 'win at all costs' mentality. To me, it is not necessarily spirit circles and kumbaya. It is more a recognition that in sports, opponents must cooperate by agreeing to play by the rules in order to compete. This presents itself first and foremost as fair and honest self-officiating."

2: "Spirit of the Game is the idea that the game is governed by those playing it.

Spirit of the Game is the idea that those playing the game agree together to play by rules -- which is both the official rules, which serve as a default and a good set of guidelines, and the agreed-upon local rules, conventions, styles, and behaviors.

Spirit of the Game is the idea that excluding folks from the joy of play(ing the game) is wrong -- that if a game is played in such a way that it is a joy for only a few of the people playing, that isn't a spirited game. (And note, the joy of playing involves the risk of getting your ass handed to you -- joy isn't happiness. :)

Yes, Spirit of the Game is about not cheating and about treating your opponents decently. But it's specifically neither saying "play nice and gentle" or saying "play your hardest to show the other team you 'respect' them."

Spirit of the Game challenges you to communicate with those you're playing with, explicitly (by spirit circles and pre-game hellos) or implicitly (by agreeing to take your team to a competitive tournament), and play the game that all those involved with are also expecting to play."

**I want people to understand that SOTG can look different to everyone.** Everyone on the field can come from different sports backgrounds, different age groups, and different experience levels, and these are all things that can skew someone's view on what SOTG means to them.

Another Reddit comment that really resonated with me: "...Understand why the other players are there, and play in a way that sustainably advances that common purpose."

What that means to me is that teams should think about approaching their opponents in a way that reflects the right expectations.

**For example:**

A team that has older players might have different feelings about physicality than a young team fresh out of college, who are used to a more aggressive style of playing.

Both parties need to understand that each team may be coming from different backgrounds and adjust accordingly.

One team might know the rules really well, and another team might not know all the intricacies.

Both teams need to adjust their thinking and be prepared to have conversations to meet others in the middle.

Both teams need to understand their weaknesses in SOTG understanding and strive to improve!

**Contact:**

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