



SA Ultimate Metro League 2024 Rules

This league will be played by the 2021 rules of Ultimate released by WFDF which can be found here: <https://rules.wfdf.org/> with the following modifications and amendments.

General Details:

Metro League is a single gendered season looking to promote development pathways from local teams into the state scene. It encourages universities and local clubs to use this as a competitive development focused league. These are the key principles for SA Ultimate Metro League:

- Split Gendered 7v7.
- The objective of this league is to target social, uni & club teams/players looking to bridge the gap between social leagues and State League.
- There will be a limit on how many Division 1 level nationals players may initially register per a team to strike the balance of competitiveness and development
 - Maximum x2 division 1 level nationals player per team
 - Division 1 level nationals players = Players who have played on the Zig Theory or Outbreak A teams in 2022 or 2023 (Or equivalent - eg. interstate player).
- Players will have the opportunity to register as part of a team, or as free agents if they do not have a team - including division 1 level players. They may request to play with a particular team or friend/s. Free agents will be allocated in line with the overall objective of the league, while also considering any special requests.

Divisions: Open, Womens

Dates: May 1 - June 19, 2024

Location: Adelaide Lutheran Sports Club (Goodwood Rd), Adelaide

Cost: \$85

Costs have been kept to a minimum to ensure leagues are as accessible as possible for people while ensuring that SA Ultimate is able to continually invest in developing ultimate in SA. The Park21w sublease, which provides a home for ultimate in Adelaide, has increased the costs for SA Ultimate since

2021, however in return it has provided increased capacity, security and lined fields- and soon, new clubrooms!

Game Start:

Early time slot: 6:30pm start time

Late time slot: 8:10pm start time

Games will start when the League Director (or appointed person) calls "game on" by which point team captains should have already flipped to decide offense/defence & starting ends of the field.

If a team has flipped and has a minimum of 5 people on the line ready to play, the opposition has 1 minute to do the same. If they are not on the field and ready to play with a minimum of 5 players after 1 minute, they are forced to take their first time-out. If they are still not ready to play after that 75 second time-out, a second time-out must be taken.

After these Time-outs have been used, for every 1 minute they take to get a team on the field their opposition gains 1 point. This means that if your team is ready to play at game on and your opposition still has no team after 17.5 minutes then the game is a forfeit 15-0.

This delay of game must be clearly communicated between the 2 teams.

Game Finish:

Time-cap will be called by the League Director (or appointed person), signifying the end of regular play.

- Time-cap will be called after 80 minutes of play.
- Grand final night may have a different schedule (pending)

Once time-cap has been called, play will continue until the current point is finished, at which time the score limit is set to the current highest score +1 (eg 12-10 score = Game to 13).

After an additional 15 mins (95 mins total), a hard cap will be called, and the game will end immediately.

Draws are allowed, except during finals, in which case play will continue until a winner has been established.

All games have a score cap at 15 points when the game will end.

Time-Outs:

Each team will be allowed two 75 second time-outs per game. The Time-outs may be called at any legal time (as per wfd rules), with a maximum of 1 per half.

Time-outs are NOT allowed after time-cap has been called. If a time-out is currently being undertaken when time-cap is called, the time-out is allowed to finish as normal.

Scores, Spirit Scores, MVPs and player numbers:

All scores, spirit scores and MVP votes & Player numbers MUST be submitted on the SAFDA website within 1 week of the game or penalties will be applied.

- 1 incomplete: A warning will be issued, via your team administrator.
- 2 incomplete: 2 points will be deducted from your teams score & spirit score and no MVP points awarded to your team
- 3 incomplete: 5 points will be deducted from your teams score & spirit score and no MVP points awarded to your team

- 4+ incomplete: Your team will forfeit the game and be awarded 0 spirit score & no MVP points awarded.

These can all 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. If you have any issues with this contact the league director for help BEFORE the scores are due to be submitted.

Player numbers must also be reported each week. These have now been combined into the submission on the website, no need for a separate sheet.

A change to spirit has been made, with each category being scored on a 0-6 scale, instead of the usual 0-4. This is to get a more accurate representation of the game.

Ladder positions will be ordered as follows:

1. Win percentage
2. Head-to-head record among tied teams
3. Head-to-head point differential among tied teams
4. Point differential across all games

Team Eligibility Rules:

A team must meet the minimum player requirement for the division for them to be accepted into the league. Without these minimum numbers a team would be deemed unable to consistently field a team and will be denied approval to register for the League.

Division 1 level nationals players : Max 2 rostered (not including any allocated free agents)

Teams may be required to set up and pack up fields, as well as timekeep, including calling "Game on" and "Time cap" to start and finish games.

Each team must have 1 player designated as 'Team Admin' who will be the point of contact between the League Director and the team. This player can, and will most likely be separate to the captain.

All teams registrations for the league will be approved by the League Director, once the above requirements have been met or at the discretion of the League Director/Director of Development/Womens Development.

Player Eligibility Rules:

All players must be registered and pay via the SAFDA website as well as being WFDF standard rules accredited. (for more information on the rules accreditation, see the following link: https://docs.google.com/document/d/1itkSEXsEzzpnp9LdVr1uQ_bMLY7DnPse9SB-HqGoW24/edit?usp=sharing)

Players have a 3 week grace period to register for the competition to be registered, after which point, they are treated as a fill-in & may seek approval to play (see below). If they play in a game without registration/approval they risk their team forfeiting the match. If you are having issues being able to register or need an extension on payment, contact the league director, prior to the deadline.

Any non-rostered players that pick-up MUST be agreed to by the other captain and are recommended to be used if the team would be short players without them.

Non-rostered players are not allowed to play finals.

Additional Details:

The league will be run in accordance with any COVID restrictions/recommendations as set out by government regulations, AFDA & SAFDA. Should significant changes occur on this front, the league will be altered accordingly.

Rules are subject to change pending final team numbers, competition value, and sustainability in mind

If you have any queries or comments please contact the League Director via Facebook messenger (preferred) or email: (To Be Completed)

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