

Bay Area Disc Association

High School Leagues

Rules and Policies

Last reviewed
August 2026





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Changelog

The Changelog is a compilation of all updates to the HS League Rules & Policies.

August 4, 2026

1. Added Section 2.2: New Fall 5v5 League specific rules
2. Updated 2.6.1: New definition and examples of “dangerous play” fouls
3. Updated Section 3: Updated verbiage on player eligibility for “grandfathering in” and playing for a different team between Fall and Spring season.
4. Updated Section 3: Included section about exceptions to the eligibility flow chart
5. Updated Section 6 & 7: Added certification expiration timeline
6. Added Section 8: Included new coaching requirements beginning in 2027 for CPR/AED training
7. Updated Section 9: Updated team minimum requirements for 5v5 league format
8. Updated Section 11: Included minimum and maximum number of weekly games in a regular season week
9. Updated Section 12: Updated available division per the new Fall plan
10. Updated Section 14: Included new 5v5 league promotion/relegation formats and final standings
11. Updated Section 16: Updated wording based on the playoff and tournament format for the different seasons.

1. Review Process

The Bay Area Disc Association, in consultation with members of the Bay Area Ultimate community, has created this document to support the ongoing development of the High School League and to provide guidance specific to the league.

Private feedback may be submitted to BADA's Competition Manager (Dennis McCartney, at dennis.mccartney@bayareadisc.org)

The High School League Rules and Policies supplement the Bay Area Disc Association's “Policies” referenced (and linked to) in Section 20 of this document. The Rules and Policies will be reviewed and updated periodically (minimum once per calendar year).

2. Rules Of The Game

The HSL will follow the most current edition of the USAU “[Official Rules of Ultimate](#)”, except as otherwise expressly provided in this document.

2.1 Mixed League-Specific Policies

2.1.1 BADA's HS Mixed League will run a [1-3-3 Gender Ratio](#) in order to intentionally center non-binary, transgender, genderqueer, and intersex athletes in policy and on the field.

2.1.2 Teams will be required to follow the 1-3-3 Policy for all league games.

2.1.3 Coaches are required to discuss timing and communication of the non-gender matchup position before each game.

2.1.4 Captains are highly encouraged to discuss their player's preferred gender pronouns (if known and consented to) before the start of each game.

2.1.5 The current hand signals for the non-gender-designated spot are adapted from the 12th Edition USAU Rules: ([Appendix C](#))

Boy-Matching: hands behind head, elbows out

Girl-Matching: arms out to the side like a T

Defender of Anyone: one arm out to the side and one hand behind head, elbows out (like the sprinkler dance move)

2.1.6 Players on the team that are receiving the pull are required to use the correct hand signals described in section 2.1.5 before the start of every point.

2.1.7 The initial gender ratio for the first point will be determined by [Ratio Rule A](#)

- Ratio Rule A should be used in conjunction with the 1-3-3 Policy. An explanation of how this will work is described at the bottom of page 3 of the [1-3-3 Gender Ratio](#) document.

2.2 5v5 Fall League Rules

2.2.1 BADA's Fall 5v5 High School Development League will be separated into single gender Open and Girls divisions.

2.2.1a Open divisions will be defined as any player who registers to participate (mmp or fmp)

2.2.1b Girls division will be defined as any player who identifies as female or woman matching (fmp or wmp), including transgender, cisgender, non-binary, genderqueer, agender, gender non-conforming, gender fluid, and intersex players.

2.2.2 This league will follow the rules and adaptations from [Appendix E](#)

2.2.3 All coaches should review the modified rules as many of them are intended to help and focus on more of a developmental style of play.

2.3 Hard Cap, Halftime Cap, & Points

2.3.1 Games will be played 13 points (per [Appendix D](#)), unless otherwise specified by the League Director.

2.3.2 Hard cap will be 75 minutes after the official start time of the game, unless the schedule or organizers specify otherwise. If one, or both teams, are not ready by the designated start time, they cannot agree to extend hard cap.

2.3.3 If there are multiple rounds of games, new rounds must start a minimum of 10 minutes after the hard cap of the previous game. League Scheduler will build in additional time if available depending on the amount of rounds and field permit timing.

2.3.4 Halftime cap will be 40 minutes after the official start time of the game, unless the schedule or organizers specify otherwise. **As specified in the USAU Rules (6.C.3), at the halftime cap, play continues until the current scoring attempt is completed. If neither team has reached 7, add 1 to the higher score. This is the new halftime target.** (Ex. After 40 minutes, it's mid-point and the score is 2-4. The team that is down scores, making it 3-4. Half will be taken when either team reaches 5.)

2.4 Timeouts

2.4.1 Each team is allowed four (4) timeouts per game, with a maximum of two (2) timeouts per half in a standard game. (per USAU 7.B)

2.4.2 Timeouts should be limited to 90 seconds.

2.4.3 Teams may not call late-game timeouts for the sole purpose of limiting gameplay prior to hard cap. Teams that are found to repeatedly abuse this rule will be subject to disciplinary action.

2.4.4 If teams are required to play a final hard cap point (Universe Point), they may still use timeouts if they have them.

2.5 Calls on the Field

2.5.1 All teams participating in the HSL are expected to know how and when to call most of the standard calls (i.e. foul, pick, stall, disc space, etc.)

2.5.2 Players may seek the perspective of sideline players to clarify the rules and to assist players in making the appropriate call. **Sideline players should not offer their perspective unless solicited by a player.**

2.5.3 Players may ask coaches for clarification of a rule, but players **may not ask coaches to describe their view of what happened.** E.g. If an active player makes a call that the disc was caught out of bounds because one foot of the player who caught the disc was out of bounds, the active players discussing the call may ask whether the rules require that two feet be in bounds or just one.

2.5.4 A call may be retracted as a result of discussion, but if the active players do not agree on a call after a short, reasonable and respectful discussion, both teams must send it back to the thrower and restart the play.

2.6 Dangerous Play

2.6.1 **Dangerous Play Rules.** Actions demonstrating a reckless disregard for the safety of or posing a significant risk of injury to fellow players, or other dangerously aggressive behavior are considered "dangerous play" and are treated as a foul (use foul hand signals). The proper call in such circumstances is "dangerous play" and play stops. This rule is not superseded by any other rule. The following are non-exhaustive examples of dangerous play:

- significantly colliding with a mostly stationary opponent,
 - jumping into a group of mostly stationary players,
 - diving around or through a player that results in contact with a player's back or legs,
 - running without looking when there is a likelihood of other players occupying the space into which the player is traveling,
 - jumping or otherwise leaving the ground where it is likely that a significant collision will result,
 - wild or uncontrolled throwing motions,
 - initiating contact with a player's head,
 - initiating contact with an airborne player's lower body that prevents them from landing on their feet
 - jumping right in front of a sprinting player in a manner where contact is unavoidable
- a. **Dangerous play is considered a foul regardless of whether or when the disc arrives or contact occurs.**

1. In general, a dangerous play call may only be made if at least some amount of contact between the involved players occurred, and the vast majority of dangerous play will involve contact between players. However, when the other criteria of Rule 20.B are met, contact is not required for a player to invoke this rule where there is near certainty that significant contact would have occurred had the player not taken last moment steps to avoid contact. *[[A player is not required to hold their position and receive contact in order to call “dangerous play,” but the mere possibility of contact is insufficient to justify a call. Furthermore, if the offending player stops or changes their path such that contact would not have occurred, contact was not “nearly certain.”]]* *[[For example, a “no-contact dangerous play” may be called by a player who is standing under a floating disc and sees an opponent recklessly barreling towards them, and moves out of that space at the last moment, when it is clear that otherwise a collision will almost certainly occur. Even if no contact occurs (as a result of the successful dodge), the dangerous play call is permitted in this type of exceptional circumstance. In contrast, if a player is vying for unoccupied space, but decides not to enter the space for fear of possible or likely contact with an opponent also moving into that space, the player may not call a dangerous play if no contact actually occurred. In most cases, if an opponent moves through a space that a player never occupied and no contact occurs, a dangerous play cannot be called. However, even the slightest contact satisfies the contact requirement of this rule.]]*
- b. Resolution. If uncontested, a call of "dangerous play" is resolved as an analogous foul (e.g., if the call occurred while or immediately after the calling player was making a play on a disc in the air, it is treated as a Receiving Foul ([17.I.4.b](#))). A player called for dangerous play may contest the call if they believe the call was incorrect ([17.B](#)).
 1. Dangerous play between a thrower and marker is treated as a throwing foul that affected the play, regardless of whether or when the disc is released or when contact occurs, unless the calling player determines otherwise.
 2. Dangerous play occurring when or immediately after the disc is in the air is treated as a receiving foul if either player involved is attempting a play on the disc. However, the calling player may elect to treat the dangerous play as a general foul, if the player determines that the dangerous play was unrelated to the overall play that decided the outcome of the action. For example, if a third player appears and grabs the disc far before it reaches the two involved players, or if the disc is thrown to the opposite side of the field, the involved players will not be attempting a play on the disc. However, if multiple players accumulate under a floating disc, one player's dangerous play will be treated as a receiving foul, even if a third player happens to make a successful play on the disc, as the players under the disc were attempting a play on the disc. The calling player would have discretion



to deem the third player's play so independent and removed from the involved players that the calling player wishes to treat the dangerous play as a general foul rather than a receiving foul. In general, a calling player's decision that a dangerous play was unrelated to the overall play will be based on the dangerous play being removed in significant distance or time from the overall play. By way of further example, even a dangerous play committed against a player unaware of the approaching disc will be treated as a receiving foul, where the offending player was attempting to make a play on the disc, giving the benefit of the doubt that the calling player could potentially have become aware of the approaching disc, had the offending player made a safe play. In this instance, the calling player could determine that it would not have been possible to become aware of the disc such that the outcome of the play would have changed and therefore elect to treat the dangerous play as a general foul.

3. Dangerous play is treated as a general foul only if it occurs when the disc is not in the air, occurs far away from the disc, when the disc is obviously uncatchable, or when the calling player has elected such treatment under [17.1.1.b.2](#). In this situation, the calling player determines whether the play was affected, under the standard enunciated in this rule and its annotations. A disc is obviously uncatchable only when it hits the ground before a catch could possibly be made, is out-of-bounds with no possibility of an in-bounds completion, or otherwise presents no opportunity for a catch (whether initial or subsequent efforts), giving every benefit of the doubt to the calling player. In determining whether a dangerous play affected the play under [17.1.1.b.3](#), the calling player should broadly consider the entire play, including any approach taken by the offending player immediately before the dangerous play. A good rule of thumb is to look to the last time when a player could have still changed their actions and actively avoided a dangerous outcome but did not (the "point of no return") through the time immediately after resolution of the play and broadly consider whether the outcome of the play could possibly have been different, had the offending player taken a safe approach. Even a player's awareness of the presence of the offending player can affect the play.

3. Player Eligibility & Requirements - BADA

3.1 To be eligible to play in the HSL a player:

1. Must be in 9th, 10th, 11th, or 12th grade;
 - a. Students in 7th or 8th grade in states where there is no middle school playing opportunity available for their division may play with their associated high school based on approval from the high school coach, the player's parents/guardians, and the high school administration.
 - i. Reference Link: <https://usultimate.org/2026-youth-school-guidelines/>
 - b. An additional acknowledgment will need to be completed by the parents/guardians of any middle school athletes who plan on competing on a high school team. This will be added to the registration page of each event.
 - c. Coach's Attestation: Coaches who roster an athlete that are 13 years of age or younger will read and agree to the coach's attestation found in Section 5.4.
2. Must not turn 19 before June 1st of the school year during which the current HSL season occurs
3. Players who graduate high school early and still meet the age requirements are eligible as long as they are not competing or eligible to compete with a college team.

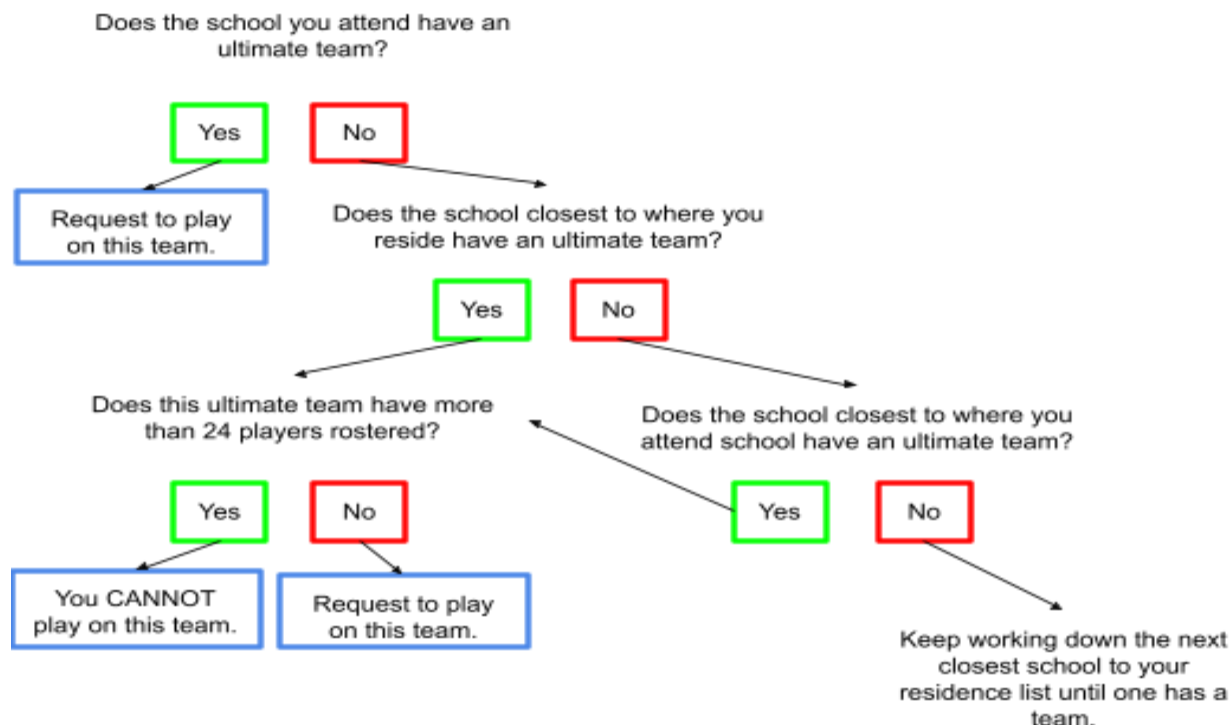
3.2 A player may not play for more than one team in the same division. Players can play in more than one division in the same HSL season, though this will often be impossible due to divisions playing at the same time in the different locations.

3.3 Players who were rostered on a high school team because their home school does not have a team, are eligible to play with that team for the duration of their high school career. **This rule only applies to players who are eligible to be rostered on a high school team (see 3.1).**

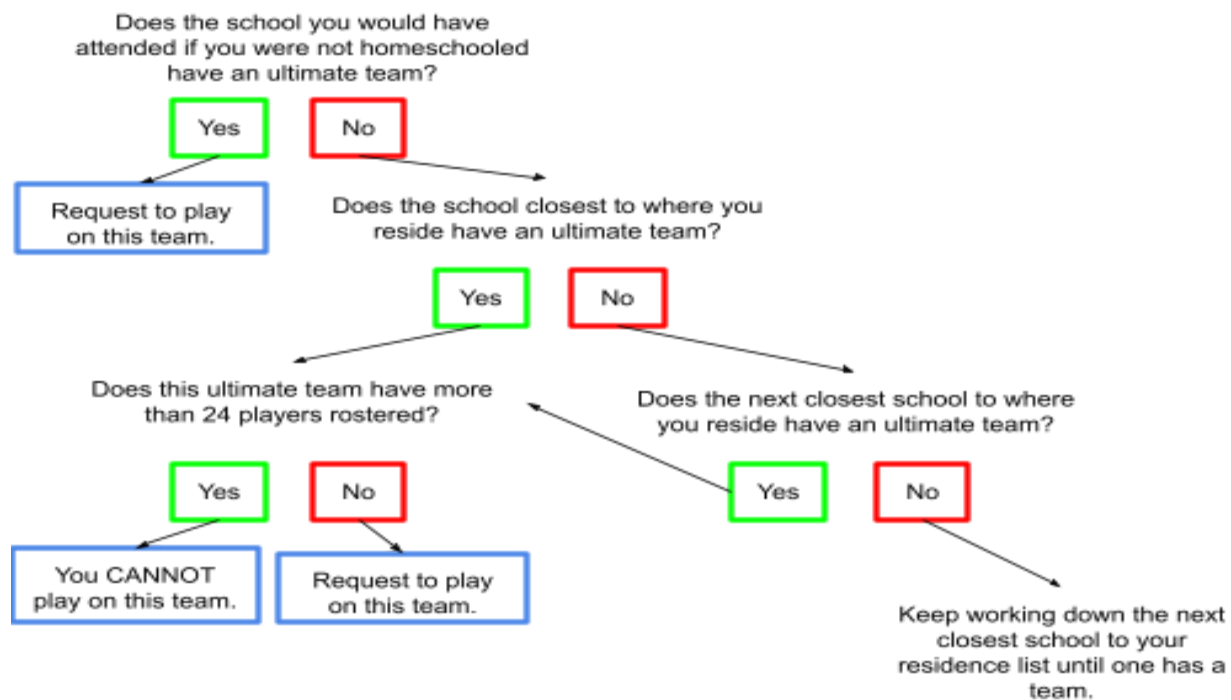
3.3.1 Example 1: Player A does not have a team at their high school, and started playing on HS Team 1 in 2019. The high school closest to where Player A lives just formed a team in January 2020. Player A continues to play for HS Team 1 until they graduate.

3.4 A high school player may play with another team during the fall season if their home team does not participate in any events during that season. Once their home team begins their regular season in the spring, that player must return to playing with their home team.

3.5 Players whose school does not currently have a team should follow the below flowchart to determine which high school team they are eligible to play for:



3.6 Players who are homeschooled should follow the below format to determine which high school team they are eligible to play for:



If a player/parent does not know which school has an ultimate team, or is unable to successfully navigate the flow chart (i.e. the flow chart does not address any extenuating circumstances

specific to your playing needs) please email BADA at youth@bayareadisc.org with your name, residential address, and the school you currently attend.

3.7 There may be exceptions that create a situation in which the flow chart is not followed, such as playing for the team closest to where the player goes to school over a team closest to where the player resides (based on practice times, travel restrictions etc.).

3.7.1 Any requests for exceptions to the location eligibility rules and flow chart must be directly requested through BADA for approval

3.7.2 The head coach of the team that wishes for an athlete to play with them must be the responsible party to initiate the communication with BADA

3.7.3 If BADA agrees that the exception is valid, the original team's coach must also agree to the transfer.

3.8 All decisions by BADA and coaches should be determined with the best interest of the athlete in mind.

3.9 A team, team manager, players, and/or coaches playing an ineligible player are subject to disqualification, fines, probation, and/or suspension from BADA programs.

4. Player Transfer & New Teams

Preface: The below rules do not apply to players who are registered under a "Free Agent Team".

4.1.1 Only BADA has authority to approve transfer players within the HSL. BADA has sole discretion to determine player eligibility for transfer on a case by case basis.

4.2A A player who wants to transfer teams must submit a formal request to BADA at youth@bayareadisc.org.

4.2B A coach may also request a player transfer, if the transfer is for the benefit of the player *and* the transfer is away from the coach's team (not to the coach's team).

4.3 The transfer of a player from one team to another may occur only during the off-season, unless under specific extenuating circumstances and is approved by BADA staff.

4.4.1 Coaches, players, and/or parents may not recruit (i.e. enroll or take any steps to persuade a player to join their team) who is currently a player on another team. A violation of this rule may, at the discretion of BADA, lead to the suspension from the HSL of the team on whose behalf recruiting efforts have been undertaken.



4.4.2 Programs/teams who do not have enough players to participate in a league may be eligible to combine under specific guidance and approval by BADA staff.

4.4.3 BADA has the sole discretion to request specific combinations of teams who do not have enough players to participate in leagues (i.e. HS Team A cannot combine with HS Team B, but HS team B can combine with HS Team C).

4.5 A player may only be transferred to a team that BADA in its sole discretion determines legitimately needs more players.

4.6 A player who wishes to transfer from a team that would be affected by his/her/their departure, such as dissolution of the team due to an insufficient number of players, must submit an action plan to expand the sport locally and rebuild the team he/she/they proposes to leave, along with a transfer request, to youth@bayareadisc.org.

4.7 BADA may ask an HSL team with a large number of players to divide the team into two (2) teams.

4.8 Each HSL team may be asked to submit to BADA (youth@bayareadisc.org) a list of players who do not attend the team's sponsoring high school. The list must include the name, residential address, and the high school each player attends.

4.9 BADA will do their best to support teams that are starting up or to a group or an organization that wants to start a team.

5A. Coaching Agreements

BADA's HS League Rules & Policies may not cover every circumstance. Therefore, coaches participating in a BADA HSL agree to the following:

- We agree to support the development of school-based high school ultimate in the Bay Area, especially for the sustainable growth of new and developing teams.
- We agree to support the holistic development of all players on our team.
- We agree to make the most informed decisions possible if these decisions are not covered by any current/established rules or guidelines set forth by BADA/USAU.
- We agree to trust the decisions of our fellow coaches.
- We agree to reach out to coaches, Team Admins, or other leaders in a supportive and compassionate way, to address any issues/concerns/misalignments.

- We agree to consult BADA staff with any questions/issues/concerns in a timely manner.

Coaches who purposefully break these agreements will be reported to the Competition & Development Manager. They will review each case and determine appropriate action.

5B. Coach and Team Representative Responsibilities

5.1 All teams must have at least **ONE** SafeSport-certified person over the age of 20 properly registered on the BADA website as a coach or as a chaperone before the team registration period closes. Teams without this requirement won't be considered as registered and are subject to losing their bid or being denied participation in the program. Please refer to [BADA's SafeSport Policies](#) for more information.

5.1.1 Teams are required to pay for any SafeSport credentialing in order to participate in BADA HSL. BADA will not pay SafeSport certification fees, background check fees, or fingerprint fees, unless the individual is a current BADA employee. A SafeSport certificate expires two years upon completion of the SafeSport training.

5.2 A team's lead coach must read and understand all HSL rules and policies prior to the start of the league. The coach must ensure that team staff members, players, and their families are also aware of the policies in place.

5.3 A coach must encourage parents to be familiar with concussion signs and symptoms by directing them to the CDC's concussion information sheet*

5.4 Coach's Attestation for athletes who are 13 years old or younger:

As the head coach of the association high school team, I hereby acknowledge and accept the risks associated with having a 13-year-old athlete (or under), participating on the high school team.

I understand that participation in high school athletics carries inherent risks, including but not limited to injury, and that these risks may be amplified by the age and experience level of the athlete. I have reviewed their skills, physical condition, and readiness to compete at this level, and I believe that they are capable of participating safely.

Furthermore, I commit to ensuring that all necessary precautions are taken to provide a safe environment for them and all athletes on the team. This includes adhering to safety protocols, monitoring participation, and providing appropriate supervision.

By agreeing to these rules and policies, and inherently this attestation, I affirm my acceptance of the responsibilities that come with having a younger athlete on the team and my commitment to prioritizing their safety and well-being.

5.5 The Team Representative (which can also be the coach) is responsible for:

- Paying the team registration fee and completing the team's roster on the BADA website.
- Reinforcing sportsmanship and Spirit of the Game of all team members and the team's fans/spectators.
- Notifying all team members of any schedule changes.
- Reporting scores to the League Director. Score reporting must be completed within three (3) days of a game.
- Keeping track of time and score.
- Having copies (either electronic or printed) of each players' medical form at the game.

6. Concussions & Safety

6.1 BADA follows the CDC concussion policy that requires all coaches to train to recognize concussion signs and symptoms, as well as to inform parents about them by directing parents to the [*Concussion Information Sheet](#), created by the CDC.

6.2 BADA encourages all parents and players to be familiar with the signs and symptoms of a concussion, and how to respond appropriately, including by seeking emergency care or medical attention.

6.3 As provided in Section 5, all coaches and/or Team Representatives are required to complete the **FREE 60-minute online concussion training** and submit the certificate to BADA. Concussion certifications expire two years upon completion of the training.

6.4 A player diagnosed with a concussion must receive a written medical release from a doctor before returning to the field. The player's coach is responsible for his/her/their well-being and the coach must not allow him/her/them to return to play until he/she/they has been cleared by a doctor.

6.5 A school that wants to host HSL games must submit an Emergency Action Plan ("EAP") that details where the nearest hospital(s) is and the best routes to reach it. The EAP must be submitted to the League Director for review and approval. The League Director will share the plan with the HSL coaches.

6.6 Concussion certifications will be valid for 2 years from the issuance date.

7. SafeSport Policies

7.1 In an effort to keep players safe from sexual abuse, BADA has approved a set of policies that all BADA youth programs will follow starting in the Fall of 2019. All youth program participants, including coaches and team representatives, are subject to the SafeSport Policies during their participation on the HSL.

7.2 All Team Admins and Coaches must read and comply with our [SafeSport Policies Document](#). We also highly recommend you share this with other key members of your team.

7.3 SafeSport certifications will be valid for 2 years from the issuance date.

8. CPR/AED

8.1 Starting January 1, 2027, all coaches will be required to hold CPR/AED training and certification to comply with California Law AB 310.

8.2 The head coach of each team will be required to submit certification for CPR/AED training and certification to be cleared for all BADA events.

8.2.1 Assistant coaches are highly recommended to also have the training

More information on where to take these trainings will be made available before the beginning of the Spring 2027 season.

9. Team Roster

9.1 A team must have on its roster an associated minimum number of players of any gender depending on the division and ratio format.

9.2 BADA will not set roster maximums to limit athletes from having the opportunity to play. Coaches are advised not to register more than a total number of players that equals up to 4 full lines depending on the ratio format for an event.

9.3 Minimum numbers for HS teams playing in leagues will use the following roster minimums: (these numbers are slightly higher from tournaments to compensate for the higher likelihood of lower attendance across multiple weeks)

9.3.1 For HS Open Divisions playing with a 7v7 format, a team must register a minimum of 15 rostered players.

9.3.2 For HS Mixed Divisions playing with a [1-3-3](#) ratio, a team must register a minimum of 6 MMPs and 6 FMPs.

9.3.3 For HS Open & Girls Divisions playing with a 5v5 format, a team must register a minimum of 10 rostered players.

9.3.3 (1) Additional information and guidelines on roster and team formation can be found in the [5v5 HS Developmental Guidelines](#).

9.4 Roster additions and deletions may be made up to the final regular season game, except that:

9.4.1 (1) once a player has played in one (1) regular season game, that player's spot on a team's roster is locked and the player may not transfer to another team until after the season ends; and -

9.4.2 (2) a player that is suspended from the HSL may not receive a refund for their league fees (typically per player).

9.5 A player does not have to play in a regular season game to be eligible to participate in the playoffs; he/she/they only needs to be listed on the team roster prior to the beginning of playoff games.

10. Uniforms and Jerseys

10.1 A team is responsible for providing jerseys to its players, and for ensuring that each player has both a light- and dark-colored jersey available at a game in case two teams playing one another have the same colored jerseys.

10.2 A grey jersey is not considered to be a dark-colored jersey.

10.3 Members of a team must have matching colored jerseys, except members of a team in existence for two years or less who may have jerseys that are only similar colors.

11. Regular Season Information

11.1 If a regular season game is canceled for any reason, the League Director or BADA staff will attempt to reschedule the game. No refund of fees will be made for a canceled game that is not rescheduled.

11.2 BADA will issue a preliminary schedule prior to the beginning of the HSL season, depending on the logistics and team attendance. The schedule is subject to change, but an updated version will always be available online.

11.3 If there is a change in the HSL schedule, the League Director or BADA staff will notify team coaches and/or Team Representatives within 24 hours of the change.

11.4 The League Director or BADA staff reserves the right to remove and/or add new teams at any point in the season without notice to the other teams.

11.5 An award will be provided to the first and second place teams.

11.6 Teams are not guaranteed to play every weekend, However, there will be a minimum number of games scheduled. The minimum number of games will be determined by the total number of participating teams.

11.7 Teams will typically be scheduled a minimum number of 1 games per week, but a maximum of 2.

11.7.1 Teams may play more than 2 games in a single week if they need to play any rescheduled games from earlier in the season that needed to be cancelled or postponed.

12. Divisions & Seasons

12.1 Open (D2) & Girls (D2) - Fall (October-December)

12.1.1 The fall season prioritizes developmental playing opportunities to support new and beginner players. There will still be limited opportunities for D1 (aka Competitive) play.

12.2 Open (D1) - Spring (March-April)

12.3 Open (D2) - Spring (March-April)

12.4 Girls - Spring (March-April)

The definition of each division can be found in [Section 3](#) of the Youth Tournament Rules & Policies

13. League Fees

13.1 A team's registration fees must be paid by the registration deadline (found on each BADA's HSL registration page) unless other arrangements are made with the League Director or BADA staff prior to the deadline. A team's failure to pay all required fees by the registration deadline may result in the team's removal from the league and/or the assessment of a \$50.00 late payment fee against the team.

13.2 If a team registers and pays the required registration fees, but then decides not to participate in the HSL, BADA will not refund the team's registration fees. BADA will refund a team's registration fees only if the HSL does not run.

13.3 If a team pays the required fees by check and the check is returned for insufficient funds, to remain in the league the team must pay the fees in their entirety, plus a \$30 surcharge for the "bounced" check, within 48 hours of the check being returned. Once a team has "bounced" a check, the team must pay all required remaining fees in cash or by credit card. BADA will not register a team or schedule a team for games that fails to comply with these payment requirements.

14. League Standings

14.1 Due to the large number of teams in our HS Open League(s), and the possible resulting impossibility of each team playing every other team at least one time during the HSL season, BADA uses the USAU ranking algorithm (also used for college and club teams). A few important points to consider about how the algorithm works are:

14.1.1 Point differential matters, so accurate score reporting is crucial, except that the algorithm caps the score once the point differential reaches 6 points. This means that the score calculated by the algorithm is the same whether a team wins by 6 points or by 13 points.

14.1.2 It's possible to improve your standing with a close game against a stronger opponent.

14.1.3 Teams with less than 6 games in the Open Division will be dropped from the standings at the end of the HSL season (this number is 10 in the USAU season, which is longer than BADA's HSL season).

For more information, please read the [About USAU's Algorithm](#) section

14.2 For the Girls and Mixed Divisions, the standings will be determined by which team has the winningest record because each team gets to play every other team.

14.3 Standings will be updated weekly by the League Director or appropriate BADA staff. The League Director or appropriate BADA staff member is not responsible for missing scores that affect a team's standing.

14.4 The 5v5 Developmental Fall League will attempt a promotion/relegation style format

14.5 The final format will be determined by the total number of teams that are registered for the league

14.5.1 Example 1: With 9 teams, there would be 3 pools of 3 that would play 2 round robin games each week. The results of that week would determine the new pools for the following week: one pool of all 2-0 teams, one pool of all 1-1 teams, and one pool of 0-2 teams. The teams would continue to be reseeded in this format each week.

14.5.2 Example 2: With 10 teams, there would be 2 pools of 5, where each team would stay in the same pool for 2 weeks and play 4 total round robin games (each team would have 1 bye). Teams would be reseeded based on their records for the following two weeks. The final week would consist of a mini bracket where teams are reseeded and play either one or two games based on seeding.

14.6 The goal of promotion/relegation formats is to help ensure that there is as equal competition level for developmental teams as we possibly can each week. The goal of this league is not solely for the purpose of competition and/or winning.

14.7 The final standings of the Fall league will be a compilation of wins/losses, head to head record, and point differential

15. Forfeits

15.1 BADA is not responsible for games that are forfeited and does not guarantee the rescheduling of forfeited games.

15.2 Teams must start a game at the scheduled game time with at least five (5) players on the field.

15.3 If a team is not ready to start the game with at least five (5) players in the end zone at the scheduled game time, the team that is ready will get one (1) point for every five minutes where they have five (5) players on the line ready to play and the other team does not.

15.4 A game will be declared a forfeit if a team does not have at least five (5) players on the field ready to play within 20 minutes of the scheduled start time.

15.5 A team must notify the League Director or BADA staff member if it needs to cancel a game for any reason. Cancellation of a game is subject to the following:

15.5.1 Seven (7) days in advance: Highly discouraged as it affects other teams' schedules.

15.5.2 Less than seven (7) days in advance: Results in a forfeit

15.5.3 Less than 24 hours in advance: Forfeit and a **\$25.00 administrative fee** to be paid before the next game through Paypal to paypal.me/bayareadisc. A team's failure to timely pay the administrative fee will result in the cancellation of all the team's games until payment is made. A team will be charged an additional \$25.00 fee for every scheduled game that is canceled due to the team's failure to timely pay the administrative fee.

15.6 A team that forfeits three days of games during the regular season is ineligible to participate in their respective division's playoffs.

15.7 A forfeit will result in a point deduction after the algorithm has assigned each team a score. The point deduction is calculated by averaging each forfeited game as <5% of a team's total ranking input. Formula: $[\text{OldScore} + \text{GameResult} * 0.05] / 1.05$

16. Playoffs, Tie-Breakers and Award Ceremony

16.1 Currently, the Open Divisions and Girls Divisions will hold playoffs during the Spring season.

16.2 There will be a single elimination playoff tournament after the conclusion of the regular season. A final determination as to the number of teams eligible to compete in the playoffs will be made once HSL play begins.

16.2.1 The Fall season will consist of a Developmental 5v5 Tournament that will be the culminating event of the Fall League.

16.2.2 The Spring season will consist of a playoff format where the results will help determine seeding for the Spaghetti Western tournament (if teams elect to participate)

16.3 Depending on the total number of teams competing in the HSL, either the top eight (8) eligible teams (maximum) or the top half of the eligible teams advance to the playoffs for a chance to win the HSL.

17. Spirit of the Game

17.1.1 Players, coaches and spectators are expected to act in a sportsmanlike manner and in accordance with the Spirit of the Game toward other players, staff/volunteers, spectators and the host facility's staff.

17.1.2 **Spirit Captains or spirit representatives from each team are required to briefly meet before the game and at halftime.** This rule allows teams to implement feedback in real-time and can help facilitate conversations and teachable moments re: dangerous play and body control.

17.2 A player, coach or spectator who fails to abide by this policy will be asked to leave the host facility by the authority designated for the event by BADA, and the team with which the violator is affiliated will be subject to disciplinary action by BADA.

17.3 A Spirit of the Game claim must be made using BADA's [Policy Violations & SOTG Claim Form](#) and submitted within 72 hours of the game that is the subject of the claim.

17.4 A Spirit of the Game claim must be supported by reference to [BADA's policies](#). A claim that does not cite the specific rule(s) that was violated will be rejected.

17.5 A Spirit of the Game claim will be reviewed initially by BADA's SOTG Liaison. If the claim concerns a matter that cannot be readily resolved, then the claim will be reviewed and acted on by BADA's SOTG Committee.

17.6 When a Spirit of the Game claim is received, the team that is the subject of the claim will be notified as part of the review process. A team will be provided an opportunity to explain its view of the circumstances underlying the claim before a decision is made by BADA staff.

17.7 BADA's decision on a Spirit of the Game claim is final.

17.8 A team that does not comply with BADA's decision on a Spirit of the Game claim will be suspended from the HSL for one year.

18. Player/Coach Suspensions

18.1 BADA staff may suspend a player and/or a coach for:

- A Spirit of the Game violation.
- Not following league rules and/or policies.
- Conduct of any kind that interferes with fair and competitive play in the HSL or damages the reputation of the HSL.



18.2 A player that is suspended from the HSL may not receive a refund for their league fees (typically per player).

18.3 If a parent or spectator commits a violation, BADA staff may suspend the parent or spectator from attending any HSL games and/or any future BADA events.

18.4 A player or a coach involved in a fight may be subject to legal action.

19. Insurance Claims

19.1 A player who is injured during a BADA-sanctioned HSL game must email a BADA Youth Staff member at youth@bayareadisc.org in order to initiate their claims process. BADA will connect the injured player with our insurance broker, who will continue the claims process.

19.2 All claims must be emailed to a BADA Youth Staff member within 72 hours of the incident.

20. Organization's Policies

For full description of BADA's policies, please visit our website <https://bayareadisc.org/policies>

21. Contacts

For general questions, please contact us at youth@bayareadisc.org

For rules and policy specific questions, please contact the Competition Manager, Dennis McCartney, at dennis.mccartney@bayareadisc.org

