

29th HOLD BACK THE SNOW

Rules, Regulations and Other Details

Must be read by all coaches, captains and Spirit captains!

Most of these rules are standard rules followed at all levels of play. There are some rules, however, which have been modified for this tournament. Please take the time to pass these on to your players. We will be using the USA Ultimate Rule Book.

- Both High School and Middle School Divisions are co-ed, with a gender ratio of 4:3. This year, the High School division will be adopting [Gender Rule A](#) to determine the number of each gender that must be on the field for each point. If rosters of both teams allow, Middle School teams are encouraged to use Gender Rule A for each game. Otherwise, the gender ratio will be 4:3.
 - The player pulling the disc must be of the gender which has four players for each particular point.
- All games are played up to 13 points or to a 75-minute time cap. The Field Marshal will sound a single horn at the start of each game. Another single horn will signal a hard cap at 70 minutes. This indicates the point being played is the final point. Another point may be played only if the score is tied at the end of the hard cap point.
- This year, we are asking coaches to submit their game scores and spirit scores by text message to our Head Scorekeeper, **204-771-4176**. Two messages from the same game should look like this (listing your own team first).

Jenny's Jelly Donuts vs Tommy's Tugboats-B 9-13 Tugboat's Spirit Scores: 2 3 2 1 2 Thanks, Jenny Johnson	Tommy's Tugboats-B vs Jenny's Jelly Donuts 13-9 Jelly Donuts Spirit Scores: 2 2 3 3 2 Thanks, Thomas Two-Tone
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- A tie in the standings will be broken by head to head play. If a tie still exists, points for and against will determine ranking amongst the teams in the tie. Then point differential in

all games. If a tie still exists, a 10 minute iron-person (2v2) game will be used as a tie breaker. Iron-person games will be played immediately before playoffs begin (or coin flip).

5. Coaches and spectators are not referees. The players determine all calls. Coaches may assist in a rule clarification if called upon by the players on the field, but they may not make the calls. Tournament Coordinators and the field marshal may also be consulted for rule clarification.
6. Teams will need jerseys. If you do not have school jerseys, have all players wear the same colour shirts. ****Important**** Players should also bring a white shirt, as well, in case two teams are wearing the same colour.
7. Teams should provide their own discs for warm-up. Put your school name on your discs.
8. Players may only play on the team for which they are registered. In other words, teams may not share or swap players once the tournament has started. Any changes to rosters must be done before the tournament begins. There will be no exceptions.
9. There will be a limit to the number of “elite” players (one male and one female) that a team will be allowed to pick up. Elite players are considered players who have played on a provincial/state or National team, or have competed in a National caliber tournament. Teams must contact the tournament director to inquire about the eligibility of any “pick-ups”. You will be asked to explain your school’s need to pick up players for this tournament. The expectation is that your team would not be able to play in the tournament if you do not pick up a player. If you show up at the tournament with pick-up players without discussing their involvement with the tournament coordinator in advance, those players will not be allowed to play in the tournament. If you have pick-up players on your team, they must be indicated on your team roster as such, including the school they attend.
10. All players must be enrolled in Middle or High School for the entire 2023-24 school year and may not turn 19 before the tournament dates.
11. Be at your field, ready to play, at least ten minutes before the scheduled starting time. It is important that games start on time. So please pay close attention to the schedule and game times. The Field Marshal will be enforcing this. In other words, if your game starts late, you lose playing time.
12. After each game, “Spirit of the Game” awards will be presented to the players showing the highest level of sportsmanship during the game. This is not an MVP award!
13. Please take the time to read and understand the Spirit Ranking System that we will be using for this tournament. It is important that all teams use it properly. Do not give random numbers. 2 is a good score. 4 is an outstanding score that only the absolute

most spirited teams should receive. Conversely 0 is a score only a team displaying absolutely no spirit should receive. Spirit Rating must be included in the text message sent to the Head Scorekeeper, list the ratings in the same order as the Spirit Sheet on the website (Rules, Body Contact, Fair-mindedness, Attitude and Self-control, Communication).

14. There will be a warm up tent available for all players. Please remember not to leave bags and other belongings in the tent. They will be placed in the lost and found.
15. The barbeque on Saturday is free for all players and coaches. It will be located near the warm up tent at Disc Central.
16. Remind your players to dress for the weather. They will be outside all day. We will play in rain and snow.
17. If thunder is heard or lightning is seen, three long horn blasts will indicate games must stop immediately. All players, coaches, and spectators are to move directly to cars. Do not go stand under trees or tents with metal poles. Play will only resume when no thunder or lightning has occurred after 30 minutes following the most recent strike. The thirty minutes re-starts after each thunder or lightning strike.
17. All teams will be provided with garbage bags. Please take the time and effort to clean up your own sideline before leaving each field. There are garbage and recycling bins located throughout the park. Please re-use the bags provided for each game. By leaving your garbage lying around, you are making someone else (a volunteer) clean up your mess!
18. SPIRIT OF THE GAME is the most important rule of this tournament. All players, coaches and spectators are expected to display only the highest level of sportsmanship throughout the tournament. If a tournament volunteer feels that a player (or team) is not playing to acceptable standards of sportsmanship, the tournament coordinators reserve the right to ask that player (or team) to withdraw from the remainder of the tournament and leave the park. Foul language, rude behaviour and taunting will not be allowed at any time during the tournament.

There is no spiking or kicking the disc at Hold Back The Snow!

**** Teams are welcome to have a Spirit Circle or Spirit Lines following each game.**