



GMAA Ultimate Handbook

Section 1: Sports Committee

The Ultimate Sports Committee shall consist of the chairperson of the above sport and all the coaches for that season of the above sport. The chairperson shall call a meeting prior to the tournament if required.

Section 2: Team Entry and Classification

2.1) All official team entries must be submitted on S1 by the deadline

2.2) Classification:

Boys, Girls or Mixed**

Bantam or Juvenile

Division 3 (D3)

**A mixed team must always have a minimum of two girls on the field

2.3) The tournament will be 5 vs 5 Ultimate

2.4) Schools may enter a maximum of 2 teams per category with distinct rosters (no transfers between teams)

Section 3: Player Registration & Eligibility

3.1) Player Registration is due on S1 prior to the tournament.

3.2) One staff member from each school must be present for the entire tournament. However, each registered team must have a coach associated with that team.

Section 4: Uniform (also refer to Governing Rules – Rule VI, Section 5)

4.1) All athletes must wear an identifiable uniform school shirt (same style and colour). School initials or name must be visible on the school shirt. Athletic wear must be worn on the bottom. No dress pants or jeans are permitted.

4.2) If two teams have similar coloured uniforms, the designated 'home' team must use different coloured jerseys or pinnies.

Section 5: Scheduling & Starting Time

5.1) All coaches and players must report to the Tournament Director before 9:00am.

5.2) Starting time will be between 9:00-9:30am and all games will be completed by 4:00pm.

Section 6: Governing Rules & Rule Modifications

6.1) USA Ultimate Rules will be used with GMAA modifications.

6.2) Substitution: Substitution will be allowed on-the-fly and not only after a point has been scored

6.3) Replay the disc after a point: The disc will be replayed from the teams' endzone (not switching sides and pulling every time)

6.4) Foot blocks: Foot blocks will not be permitted

Section 7: Regular Season

7.1) Games will be played on one third or one half of a soccer/football field crossways. Cones will line the sidelines and end lines and indicate the end zones. Field size will differ based on the number of fields required, it will be approximately 50yds x 30yds.

7.2) Each team will be guaranteed 3 games. All teams must be ready to play immediately upon the completion of the previous game. Any team more than 5 minutes late for a game will forfeit that game, (providing that there has been no delay in a previous game.)

7.3) All games will be either 2 x 15-minute halves or 2 x 20-minute halves (depending on number of teams registered) with a 2-minute halftime.

Section 8: Championships & Playoffs (see Rule XI Secondary Governing Rules)

8.1) Awards - TBD

Section 9: Duties of Schools

9.1) Observers - Each field will have an observer for each game so that rule clarifications can be made while the game is happening. This person is not a referee but would be available during the game to clarify issues.

June 2022