

## **Application of the rules of Ultimate**

### ***Different interpretations of the Rules***

The rules of Ultimate contain many grey areas. These are often associated with different interpretations and fuel many discussions. Your players will experience many different situations on the field that are covered by more than one rule. As a coach you need to guide them to understand the rules, but not try to appear as an infallible front of rules knowledge (this can only end in tears). Players will eventually come to their own interpretations.

The coach's role is to make sure that they remain within the spirit of the game and that they know the rules and when to apply them.

### ***How to behave towards other teams making calls***

When a call is made the parties involved should calmly discuss it and make a decision. The fundamental concept is that all players are playing fair and as a result their calls deserve respect. In game where everybody is a referee and has an opinion, it is common for there to be disagreements on calls. This will happen between players, teams and even within teams. As a coach you should not aim to discourage different opinions, but rather aim to foster respect for the call.

Novice players will make the occasional mistake in interpretation or understanding of the rules. As a coach you should only intervene to correct rules mistakes. Ideally this should be with your own players and on the sideline when they are not playing.

One of the hardest moments as a coach will come when a player on the other team makes a call that is within the rules, but that you do not agree with. You must also respect their calls and give your players the space to discuss the call. The goal is to teach players to effectively self-referee.

There is likely to come a time in your coaching and playing career where you feel that the other team is not playing fair. As an AFDA accredited coach you need to maintain your demeanour. You can work with your Spirit Captain and Captain to attempt to resolve the issue with the equivalent leaders of the other team.

### ***Youth and School rules***

School competition in Australia is played under a modified set of rules.

For High School games, the field length is typically 70m total, including two 15m end zones and is 25m wide. Rules are often modified to allow the thrower 1m separation from their marker, rather than one disc width. High School Games are often modified to be played to a time limit eg. 30 minutes and to finish at the sound of a horn rather than being played to a score of 15. Games can be played 5-a-side rather than 7-a-side.

For Primary School Games (Years 4-6), the field length is typically 40m total, including two 10m endzones and is 20m wide. Rules are often modified to allow the thrower 1m separation from their marker, rather than one disc width. Games are often played to a time limit eg. 20 minutes and finish at the sound of a horn. Games on this size field frequently work best with 4 or 5 players per side.