IF YOU JOIN ONLINE - PLEASE MUTE YOUR MIC

Joint Junior Ultimate Championship (JJUC) 2022

Spirit Captain's Meeting

6th August 2022
Wroclaw





Slides were prepared by the WFDF SOTG Commission and modified by the JJUC event SDs.

Agenda

1. Intro & Welcome
2. Spirit of the Game (SOTG)
3. SOTG Practitioners
   a. Spirit Director
   b. Spirit Captains
   c. Players
4. SOTG Tools
   a. Scoring
   b. Circles
   c. Time-Outs
   d. Award
5. Updates
   a. Key Rule Changes
   b. COVID-19
6. Questions & Comments



WFDF
WORLD FLYING DISC FEDERATION

EUROPEAN ULTIMATE FEDERATION

JOINT JUNIORS ULTIMATE CHAMPIONSHIPS
WROCŁAW POLAND
AUGUST 6-13
2022

Welcome to WROCŁAW

We are excited to host **49 teams** from **18 countries** on the fields throughout the event!

We are the Spirit Director Team:

- Spirit Director:
  EYUC (U17) Henrietta (Heni) PAPP <HUN>

  WJUC (U20) Jakub (Kuba) WRÓBEL<POL>

- SOTG Team:
  Hina NAINANI <IND>,
  Yarden BORKOW <ISR>

Reach us via:

- Email: SOTG@ultimatefederation.eu (U17) and sotg@JJUC.sport (U20)
- Phone: +36 20 446 8404 (U17, Heni) and +48 539 653 786 (U20, Kuba)

Have you been added to the tournament SOTG WhatsApp group?



What is SOTG?

Quick recap

What is SOTG?

SOTG is the No. 1 Rule of Ultimate

- Ultimate should be **safe, fair and joyful**
- **Everybody together** sets the standard

SOTG...

→ **grows the sport**
→ **is compatible** with competitive, high-level play
→ **enables the quality of outcome** for competitive games



SOTG Basics

1. **Try to be your best self.**
   → Don't give more than you are willing to take
2. **Trust** yourself and trust others.
   → Give the benefit of doubt
3. Have and try to act **consistently and on good intentions.**
4. **Greet others,** acknowledge and respect them as fellow humans
   → High-fives, bow, or any other appropriate expression
5. **Engage early** and try to communicate clearly.
6. **Adjust** to your opponent, as they adjust to you.

Culture of communication and physicality happens on a spectrum
→ try to find a middle ground with your opponent.



Breathe
Explain
Consider
Ask for advice
Listen
Make a call

SOTG allows us to create and enjoy a

tough and fair

competition with all the people on the field.

Who is involved in SOTG?

Spirit Directors Team

Spirit Captains

Players

Coaches and Team Staff

Spirit Directors Team

We are here to help you achieve great SOTG. We share and learn with you.

1. We work with the teams to **ensure good SOTG** at the tournament
   → Engage with teams SOTG Scores <8, >13 or with 0/4s in multiple games
2. **Answer** SOTG-related **questions**
   → e.g. WhatsApp group
3. **Oversee** the technical aspects of **SOTG Scores**
4. Tally the SOTG Scores to **determine the SOTG Award** winners

Feel free to get in touch with us.

Spirit Captains

You help your and your opponents' teams achieve good SOTG.

1. **Know the rules well** → You need ADVANCED accreditation
2. SC is a really **important** role, you're an SOTG **leader** → You need your team's trust
3. **Track** your SOTG scores → Know issues and bright spots
4. **Engage** with opposition, SCs and officials → Meet them before the game
5. Help your team **resolve SOTG** issues → Between points off the field
6. If needed, **rectify calls** → Unlike other players, SCs can get onto the field to change a call to the advantage of the opponent
7. **Call SOTG Time-Outs** → If needed, to adjust game SOTG
8. **After the game** fill out the SOTG sheet → It is a team effort, do it together!
9. **Have SOTG Circle** with the opposition → Meaningful SOTG feedback before optional prizes or activities
10. **Submit SOTG scores** → If possible, right after the game, but the latest is prior to your next game
11. Process serious **SOTG issues** → Either with opposition SCs or SD Team

Players

All of us together impact SOTG and the experience we create together.
TIP: Have a fallback plan if your (Spirit) Captain gets injured, sick or quarantined.

1. **Respect and embrace SOTG** not just during WFDF, EUF, BULA events
2. **Support your SOTG Captains** → Work on the issues they ask to work on
3. **Engage** and resolve issues early and respectfully → Anything you can resolve directly with your opponent, offloads others
4. **Be proactive** in highlighting issues to your SCs → Anything you cannot address, let your SC know, rather than waiting for them to check in
5. **Call for translators** if needed
6. **Participate** in SOTG scoring → Getting the full team perspective is crucial
7. **Leave it on the field** → Who knows when you meet, face or even play with your opponent next time
8. **Reflect** on what you need to work on or continue to do → Your SC may be able to help

What tools do we have for SOTG?

SOTG Scoring

SOTG Circles

SOTG Time-Outs

SOTG Award

SOTG Scoring

Filling the SOTG Score Sheet is a **whole team effort**:

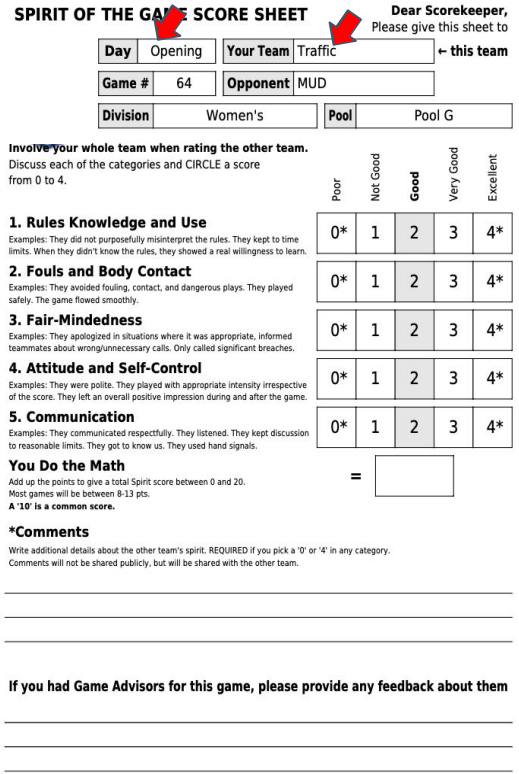
- All players perspectives are needed
- Participating helps players appreciating and practicing good SOTG

SCORES

Evaluation	Score	Remark
Poor/Bad	0	You must write why in the comment
Not Good	1	
Good	2	The expected score for a normal game
Very Good	3	
Excellent	4	You must write why in the comments

TIPS

- **Enter the correct details on the scorecard (Your Team, Opponent, Division etc**
- For examples, refer to the example sheet (this is not a check-list).
- All games (incl. your final game) count towards the final score.
- You may need to discuss scores <8 and >13 with SD.



SPIRIT OF THE GAME SCORE SHEET

Dear Scorekeeper,
Please give this sheet to ← **this team**

Day	Opening	**Your Team**	Traffic
Game #	64	**Opponent**	MUD
Division	Women's	**Pool**	Pool G

Involve your whole team when rating the other team.
Discuss each of the categories and CIRCLE a score from 0 to 4.

	Poor	Not Good	**Good**	Very Good	Excellent
1. Rules Knowledge and Use Examples: They did not purposefully misinterpret the rules. They kept to time limits. When they didn't know the rules, they showed a real willingness to learn.	0*	1	2	3	4*
2. Fouls and Body Contact Examples: They avoided fouling, contact, and dangerous plays. They played safely. The game flowed smoothly.	0*	1	2	3	4*
3. Fair-Mindedness Examples: They apologized in situations where it was appropriate, informed teammates about wrong/unnecessary calls. Only called significant breaches.	0*	1	2	3	4*
4. Attitude and Self-Control Examples: They were polite. They played with appropriate intensity irrespective of the score. They left an overall positive impression during and after the game.	0*	1	2	3	4*
5. Communication Examples: They communicated respectfully. They listened. They kept discussion to reasonable limits. They got to know us. They used hand signals.	0*	1	2	3	4*

You Do the Math
Add up the points to give a total Spirit score between 0 and 20.
Most games will be between 8-13 pts.
A '10' is a common score.

=

***Comments**
Write additional details about the other team's spirit. REQUIRED if you pick a '0' or '4' in any category.
Comments will not be shared publicly, but will be shared with the other team.

If you had Game Advisors for this game, please provide any feedback about them

SOTG Scoring Process

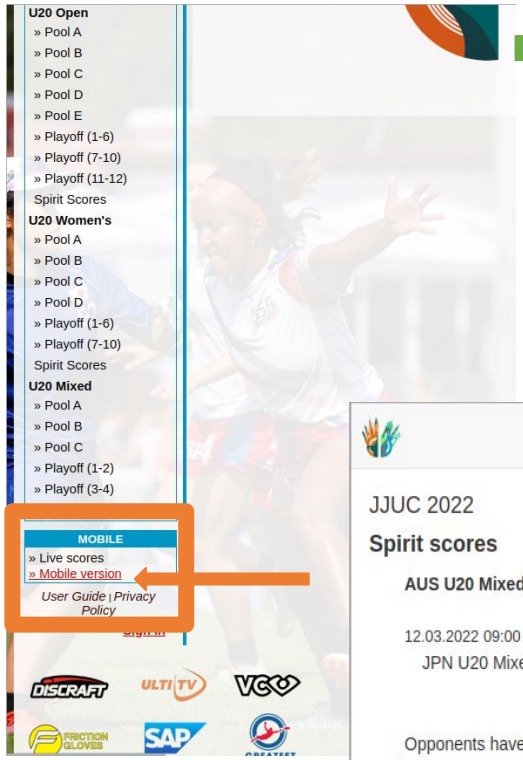
We will use the on-line system : instructions will be provided during the spirit captains meeting.

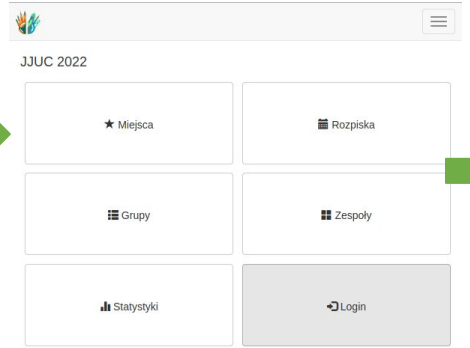
If you'd like to use paper version - please let us know during the spirit meeting - we will provide you with those - please fill it immediately after your game has ended and leave it with scorekeeper.

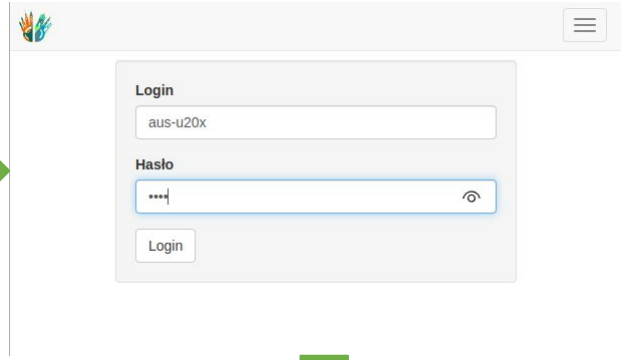
In case you'll have issues with entering spirit scores in the on-line system - please come to our tent/room or contact Adam Tomczyk. You can also ask your scorekeeper for assist.

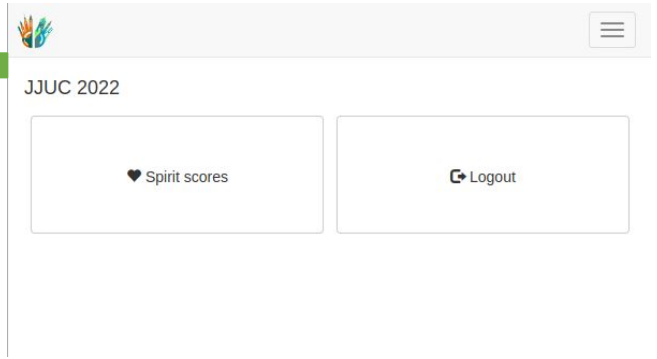
Spirit Team will be checking randomly the system if you are entering your spirit scores in timely manner.

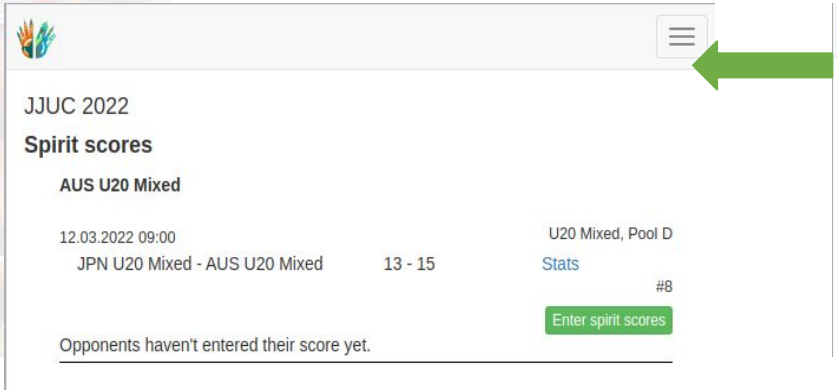
SOTG Scoring System





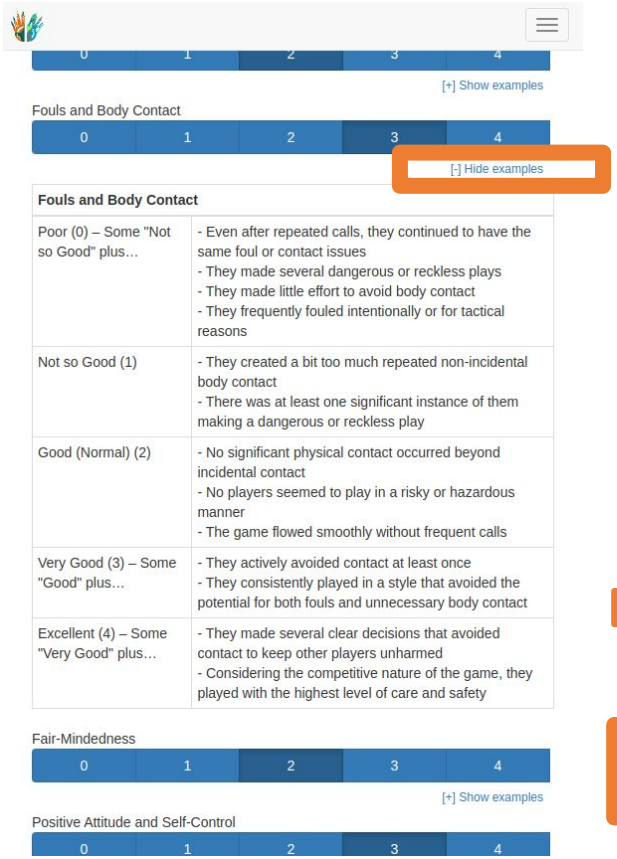






SOTG Scoring System







SOTG Circles

PRE GAME (U17 is obligatory, U20 strongly recommended)

Allow to **proactively set the tone** and bridge culture gaps.

1. **Introduce** the team and **leaders**
   → Who are the Captains and Spirit Captains?
2. **Set** the **tone** and **address** culture **gaps**
   → Differences in the physicality or communication spectrum? Known issues your team is working on? Past history to acknowledge and defuse?
3. **Build personal rapport** and individual **agency**
   → Players greeting individually (e.g. a fist bump circle, if possible) gets them to acknowledge another and their role in creating a spirited game

POST GAME

Allow to **bring closure** by addressing **different perspectives** of players and teams.

1. **Share** about the game **genuinely**
   → How did it feel? What was good? What was bad? What was new? What was hard?
2. **Share SOTG feedback** from your team
   → Anything in the SOTG Scoring discussion meaningful to share that was good or where to improve?
3. **Bring closure** to remaining issues
   → Connect, express respect and tie up loose ends

SOTG Circles -> Spirit lines



Credit: Ted Beute @WUCC'22

SOTG circles need to be COVID-19 proof. Keep the distance and do not mix with the other team this time. Form a half- circle/line and face to the opponent team's half-circle/line in a safe distance (2m). Instead of high-fives use fist bumps for instance.

SOTG Timeouts (“Spirit Stoppage”)

Allow teams to address SOTG issues and **change the trajectory** of a potentially unspirited game.

- They are **not bad thing** to happen to a game
- They are a tool that can be used **proactively** and do not need to be a last resort

PROCESS

Captains, Spirit Captains, GAs, WFDF/EUF officials can call a Spirit Stoppage (A13) after a stopped play or between points with the inverted Time-Out hand signal.

1. Teams form a Spirit Circle in the middle of the field. Game time is stopped and teams must NOT engage in tactical discussions.
2. Team Captains and Spirit Captains (without coaches) first discuss separately on SOTG issues and remedies, then convey the agreement to the full Spirit Circle.



17. **Spirit Stoppage**

Spirit Stoppage

Upside down T formed by the hands

SOTG Award

Awards the team with the **highest average SOTG Score** per division

- We average all game SOTG Scores to determine the winner
  - This includes your last game
  - We use as many digits precision as necessary to determine a winner
- In case of equal scores, the higher ranked team wins the award
  → They can choose to share the award

SOTG Award

Awards the team with the **highest average SOTG Score** per division



#WINNING!

If you win your division's SOTG Award:

- The SD will contact your SC before your division finals
- Your team should come to your division's closing ceremony
- Wear a matching uniform of one color → don't trade it away
- Wear closed shoes

→ **No shirt, no shoes, no medal.**

Updates

Key Rule Changes

COVID-19

Key Rule Changes

Please ensure you and your team are up to date with the latest rules (2021).

- Full rules: https://rules.wfdf.org

- Full 2021 rule changes:
  - Document
  - Video

Please check the links for a full overview on the changes.

Change	Section	Reason for change
Added a specific rule to enable captains to deal with deliberate or egregious breach of the rules	1.2.1	Enable self-officiating to work as effectively as possible Fairer outcomes
Changed what happens after offside is called	7.5	Fairer outcomes Converge with USAU
Changed from "incidental contact" to "minor contact"	15.1, Definitions	Clarification
Changed that any offense player can call "Double Team"	15.5.1	Fairer outcomes
Changed that for continuation to automatically apply, for calls not involving the throwing, the disc must be in the air (instead of the thrower being in the act of throwing)	16.2	Enable self-officiating to work as effectively as possible Fairer outcomes
Expansion of the continuation rule where play was not affected, to apply to all calls and events	16.3	Enable self-officiating to work as effectively as possible Fairer outcomes
Changed receiving and offsetting fouls regarding contact after the block	17.2.1, 17.9.2	Match current play Converge with USAU
Increased the space between the thrower and marker for straddle and wrapping by one disc diameter	18.1.1.2, 18.1.1.4	Converge with USAU
Changed the travel rule to allow give-go plays without slowing down	18.2.2	Converge with USAU

COVID-19

Watch for symptoms

- ➔ 2-14 days after exposure to the virus
- ➔ Wide range of symptoms, even asymptomatic
  - ◆ Fever or chills
  - ◆ Cough
  - ◆ Shortness of breath or difficulty breathing
  - ◆ Fatigue
  - ◆ Muscle or body aches
  - ◆ Headache
  - ◆ New loss of taste or smell
  - ◆ Sore throat
  - ◆ Congestion or runny nose
  - ◆ Nausea or vomiting
  - ◆ Diarrhea
  - ◆ Chest pain
  - ◆ Red or irritated eyes



COVID-19

WFDF will provide countermeasures to keep JJUC participants, staff and volunteers informed and safe while at the event and we will fully rely on your support to comply with the event COVID-19 requirements.
Despite all care taken, risks and impacts may not be fully eliminated. It is advisable to have rapid antigen test provided for your team.
There is an option to purchase tests from Karina (WFDF) - if you will need that, please contact directly with her.

- **Full COVID measures will be shared at the Captains Meeting**
  → Anyone displaying active Covid-19 symptoms must self isolate immediately and get yourself tested.
  → Fill out the COVID-19 status form

Discuss with your team before the first game and as needed later:

- How you plan to stay safe?
- What is your delegation plan if your SCs have to be quarantined?



Questions & Comments

Closing Thoughts

SOTG is not just before, during, and after the game. It is before, during, and after the tournament:

→ How we treat volunteers, event/non-event staff and visitors.

→ No point talking about SOTG on the field if we litter the fields, treat the score keeper or bus driver badly, or ignore instructions.

Remember:

- Make the most of this **cultural exchange**, its challenges and richness.
  - Conflict will happen, it's natural, find the best solution.
  - Be patient with translators. Put yourself in their shoes.
- SOTG Circles, Scoring, etc. all of it **gets better with practice**.
- **We all make** this a joyful, successful event for <u>all</u>.
- You are Spirit **<u>Captains</u>**.

Enjoy!

Have a great tournament and loads of fun!

Appendix

Resources

SOTG: https://wfdf.sport/spirit-of-the-game/

- SC Manual
- Spirit Circles
- SOTG History

Rules: https://rules.wfdf.sport

- Decision diagrams
- Hand Signals
- Rules changes
- Live Scoring

Live scoring: https://jjuc.sport/



Hand Signals - Highly recommended to use - especially on streamed games

WFDF

Rules of Ultimate
Hand Signals



1. **Foul**
Foul
Hold one arm straight out and chop the other forearm across the straight arm



2. **Violation**
Violation
Hands above head forming a V, closed fists



12. **Marking infraction**
Fast Count, Straddle, Disc Space, Wrapping, Double Team, Vision
Arms extended to side, palms facing front



13. **Turnover**
Turnover
Right arm extended in front of body, palm facing up and then rotate to palm facing down



14. **Timing Violation**
Stall, Violation
Tap head with open hand



3. **Goal**
Goal
Raise both arms, fully extended, straight up, palms facing inwards



4. **Contest**
Contest
Two fists bumped together in front of chest, back of hands facing outward



5. **Accepted**
Accepted
Forearms extended in front of body, elbows tight against torso with palms facing upwards



15. **Off side**
Off side
Arms crossed overhead in an X, hands closed in a fist



16. **Time-out**
Time-out
Form a T with the hands, or a hand and the disc



17. **Spirit Stoppage**
Spirit Stoppage
Upside down T formed by the hands



6. **Retracted / Play On**
Retracted, Play On
Sweeping crossover motion with both arms extended down in front of body



7. **In / Out-of-bounds – Out of end zone**
In, Out
Point with one arm extended, flat palm, thumb parallel to fingers, towards playing field (in) or away from playing field (out)



8. **Disc down**
Down
Index finger straight arm pointing down at 45 degree



18. **Stoppage**
Injury, Technical
Hands clasped and raised above head, arms bent



19. **Gender Ratio: Men**
Gender Ratio: Men
Hands cupped behind head, elbows out to side



20. **Gender Ratio: Women**
Gender Ratio: Women
Arms extended to side, hands closed in a fist



9. **Disc up**
Up
Elbow down forearm vertical index finger pointing upward



10. **Pick**
Pick
Arms raised, elbows bent, fists facing head



11. **Travel**
Travel
Closed fists, rotate wrists around in a vertical circle



21. **Play has stopped**
Wave both extended arms crosswise overhead



22. **Match Point**
Match Point
Both arms pointing straight up to the left, palms facing down



23. **Who made the call**
Called by Offence / Defence
Pointing with two arms straight out, towards the end zone being defended by the team

Version Jan.2021

Version Jan.2021

BECALM (English)



BREATHE
don't react straight away

EXPLAIN
what you think happened

CONSIDER
what they think happened

ASK
other players for advice (on perspective and rules) if needed

LISTEN
to what everyone has had to say

MAKE A CALL
loudly and clearly (and use Hand Signals)