

COEDUCATIONAL ULTIMATE FRISBEE

Revised: **June 2026**

Effective: **Sept 2026**

1.0 DATE

The WOSSAA Ultimate Frisbee Championship shall be held a minimum of one week prior to the OFSAA Festival.

2.0 LOCATION

The location of the Championship shall be determined by that year's WOSSAA Convenor. The Convenorship shall follow a rotation as indicated in the Rotating Calendar of Convenorships (see website).

3.0 CHAMPIONSHIP STRUCTURE AND PROCEDURES

3.1 The Championship shall be a one day event.

3.2 Depending on the number of schools participating, teams should be divided into one to four equal pools. If the Championship becomes too large then the WOSSAA Convenor will have the option of dividing it into Tier 1 and Tier 2.

3.3 Choosing a Tier for WOSSAA Championship

The purpose of Tier 2 is the development of players and teams with the focus on basic fundamental skills for the players and not winning games or the championship.

3.4 The guidelines for declaring for Tier 2 are as follows:

*50 percent or more of the players are new to the sport

*50 percent of the players are junior age players (grades 9 or 10)

*50 percent or more are not able to use the flick consistently or accurately in a game

3.5 The 2 finalist teams from Tier 2 in the previous year must automatically declare Tier 1.

3.6 Pool Play

- a) Each pool shall play a round robin series.
- b) Games will end at the scheduled time with one (or both) coaches announcing "possession". Game ends with loss of possession or point scored.
- c) Ties are acceptable. Points will be awarded: 2 points for a win, 1 point for a tie, no points for a loss.
- d) Each team is allowed one 2 minute time out (not within the last 5 minutes of the game). Timeouts do not extend the game end time.
- e) Coaches will be given score sheets and spirit score sheets for each game.
- f) At the conclusion of each game, coaches meet with their team to discuss the spirit of the game and then shake hands and form a spirit circle to present spirit prizes (one male and one female) to the opposing team.

3.7 At the end of the round robin series a single elimination bracket will be played.

3.8 Tie Breaking Procedures

- a) For ties in standings between two teams the following should be used:
 - i) head to head record
 - ii) most wins
 - iii) points against
 - iv) most points for
 - v) flip a disc

- b) For ties in standings between three teams:
 - i) head to head record
 - ii) plus/minus using only the results from the tied teams
 - iii) points against using only the results from the tied teams
 - iv) points for using only the results between the tied teams
 - v) once one team wins the tie breaker the other two teams will be subject to the head to head (see 3.8a)

4.0 ENTRY AND ENTRY FEES

- 4.1 Entries shall be accepted from Conference Convenors.
- 4.2 It is the responsibility of Conference Convenor to communicate the WOSSAA representatives to the WOSSAA Convenor after the Conference Championship, no later than the next school day.
- 4.3 The eligibility list must be accompanied by an entry fee. The amount of the entry fee will be set by the WOSSAA Convenor and will be sufficient to cover the fixed costs of the Championship.

5.0 ELIGIBILITY

- 5.1 As per WOSSAA Regulation 3.
- 5.2 Rowan's Law
 - a) In accordance with Rowan's Law, confirm in writing, that student athletes and their parent/guardian (if student athlete is under 18 years of age) have reviewed their Board's concussion awareness resource and concussion code of conduct within the previous twelve (12) months OR that the student athlete and their parent/guardian (if student athlete is under 18 years of age) have reviewed the OFSAA concussion awareness resource and OFSAA concussion code of conduct within the previous twelve (12) months.
 - b) In accordance with Rowan's Law, all coaches and trainers confirm in writing, that they have reviewed their Board's concussion awareness resource and their Board's concussion code of conduct within the previous twelve (12) months OR that they have reviewed the OFSAA concussion awareness resource and OFSAA concussion code of conduct within the previous twelve (12) months.
- 5.3 A maximum of twenty-six (26) players may be declared eligible for WOSSAA.
- 5.4 All participants must be OFSAA eligible to compete at WOSSAA.

6.0 RULES AND OFFICIALS

- 6.1 The current USAU Official Rules of Ultimate and USAU Club Guidelines as of September 1st of the current school year shall govern play at the WOSSAA Championship for all matters not included in these playing regulations.
- 6.2 A maximum of twenty-six (26) players may dress for a game.
- 6.3 Gender ratio rules: The gender ratio rules will follow the WFDF rule 'A' which prescribes the ratio as follows: At the start of the game, after the first disc flip, an additional disc flip happens with the winner selecting the gender ratio for the first point. For the second and third points, the ratio must be reverse of the first point. For the fourth and fifth points the ratio must be the same as the first point. This pattern of alternating the ratio every two points repeats until the end of the game (half time has no impact on the pattern).
- 6.4 At the beginning of the game a disc flip will occur to determine the gender ratio for the first point.
- 6.5 At the beginning of the game if there is a conflict over jersey colour then the disc will be flipped to determine which team will change jersey colour.
- 6.6 At the completion of the game players and coaches shall shake hands with all opponents.

- 6.7** At the completion of the game players will participate in a spirit circle.
- 6.8** Any coach or player dismissed from a WOSSAA game shall automatically receive an additional one game suspension. If the dismissal occurs in the gold medal game, the suspension shall be applied to OFSAA competition. All player and coach dismissals at WOSSAA Championships must be reported to the Executive Director. The Executive Director will be responsible for reporting all dismissals to the school's Principal and Athletic Director.

7.0 UNIFORMS AND EQUIPMENT

Uniforms as per the OFSAA Ultimate Playing Regulations.

8.0 AWARDS

WOSSAA gold, silver, and bronze medallions (28) shall be presented to members of the top three (3) teams in the Championship. The school represented by the Championship team will receive a WOSSAA Championship plaque to be retained by the school.

9.0 OFSAA ENTRY

- 9.1** The WOSSAA Champion will advance to OFSAA.
- 9.2** When WOSSAA is the host Association for OFSAA, WOSSAA will accept two entries to OFSAA.
- a) If the OFSAA host school is not participating in the WOSSAA Championship, the WOSSAA Champion would proceed to OFSAA. The OFSAA host school would be the second entry.
 - b) If the OFSAA host school is not participating in the OFSAA Championship, the WOSSAA Champion would proceed to OFSAA. The second entry to OFSAA would go to the WOSSAA Finalist.
 - c) If the OFSAA host school is participating in the WOSSAA Championship, the WOSSAA Champion would proceed to OFSAA. If the WOSSAA Champion is the school hosting OFSAA, the second entry to OFSAA would go to the WOSSAA Finalist. Otherwise, the OFSAA host school would be the second entry.
- 9.3** Any team attending OFSAA will be responsible for paying their own OFSAA fees.