

Players' Guidelines

Ultimate is a sport based on respect for one's opponent, for one's teammates and oneself. As such, no officials are present during games. This means that all players must take responsibility for their own actions on the field. The following guidelines have been developed to inform players of their responsibilities.

Players

- Must wear footwear that will allow them to play the sport in a safe fashion. Plastic or rubber cleats are permitted. Metal cleats/spikes are not permitted. While non-cleated footwear (i.e. running shoes) are permitted, they are not recommended for grass fields as they may lead to injury
- Are expected to be on time and to prevent delays in starting a game
- Are expected to play with due caution on the field and to try to prevent any collisions or harmful physical contact with other players
- Are responsible for being familiar with the most up to date "USAU The Official Rules of Ultimate" and any league-specific rules
- Are expected to be proactive in stopping play if the fields are too wet, have standing water or are being torn up due to play, or in case of lightning ([refer to lightning policy](#))
- Are responsible for demonstrating, encouraging and promoting Spirit Of The Game to their team
- Must complete a WODS liability waiver form prior to participating in WODS activities
- If they are under 26 years of age, must complete a [WODS Concussion Code of Conduct Form](#) prior to participating in WODS activities
- Are responsible for adhering to and endorsing all WODS policies, in particular the WODS Code of Conduct & Ethics, the WODS Abuse Policy, and the WODS Concussion Policy. Links to WODS policies can be found here: <https://www.wods.ca/policies>
- Further to the above policy stipulations, players are responsible for avoiding any incidents of abuse or harassment, including taunting or dangerous play, on their team. Players are encouraged to report such instances to WODS whether it is another team member or their own.
- In addition to disciplinary action related to violating WODS policies, players may face disciplinary action for failing to meet any general guidelines that harm others, damage property, damage WODS reputation, or are repeatedly violated