



PAUC

Spirit Captain's Meeting

28th November 2023

Punta Cana

Spirit Director: ANDREA ISABEL



SPIRIT OF THE Game:



RECOGNIZE IT, DISPLAY IT

Agenda

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



Welcome to Punta Cana

We are excited to host **84 teams** from **12 countries** with **1834 ultimate players** on the fields throughout the event!

We are the Spirit Director Team:

- Spirit Director:
Andrea Isabel

Reach us via:

- Email: sotg@pauc.sport

**Join the tournament SOTG
WhatsApp group for coordination:**



<https://chat.whatsapp.com/KXeVcc0lQAP8UDgP3SQOz6>

What is SOTG?

Quick recap

What is SOTG?

SOTG is Ultimate's Rule #1

- 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

What is SOTG?

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

Game Advisors

Spirit Directors Team

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

BEGINNING

1. **Spot-check rosters** for rules certificates
 - SC and >50% with advanced accreditation
 - **Anyone not complying will be required to leave the field until all requirements are met.**

DURING

1. Work with 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 queries**
 - e.g. WhatsApp group
3. **Oversee** the technical aspects of **SOTG Scores**

END

1. Tally the SOTG Scores to **determine the SOTG Award winners**
2. **Follow-up with teams** on SOTG related questions
3. Compile a **SOTG report** on the tournament for WFDF

Spirit Captains

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

TIP: Have a Vice SC on another line than yourself.

BEFORE THE GAME

- 1. Know the rules well**
 - You need ADV accreditation
- 2. Be a SOTG leader**
 - You need your team's trust
- 3. Track your SOTG scores**
 - Know issues and bright spots
- 4. Establish rapport** with opposition, SCs and officials
 - Meet them before the game
 - **Bonus:** Run a pre-game SOTG Circle

DURING THE GAME

- 1. Engage** with opposition SCs
 - Check-in at least at halftime
- Help your team **resolve SOTG** issues
 - Between points off the field
- If needed, **rectify calls**
 - Unlike other players, SCs and Cs can get onto the field to encourage a teammate to change a call to the advantage of the opponent (A.10)
- 4. NEW: Call SOTG Time-Outs**
 - If needed, to adjust game SOTG

AFTER THE GAME

- 1. Tally SOTG scores** with team
 - Run SOTG Scoring reasonably swiftly not to keep the opponents waiting
- 2. Have SOTG Circle** with the opposition
 - Meaningful SOTG feedback before optional prizes or activities
- 3. Deliver SOTG scores**
 - Promptness is much appreciated
- 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.

BEFORE THE GAME

1. Respect SOTG

- Exhibit SOTG doing all your tournament
- Know the rules well

2. Support your SOTG Captains

- Work on the issues they ask to work on

DURING THE GAME

1. Adhere to SOTG principles

2. Engage and resolve issues

- early and respectfully
- Anything you can resolve directly with your opponent, offloads others

3. Be proactive in highlighting issues to your SCs

- Anything you cannot address, let your SC know, rather than waiting for them to check in

4. Call for translators if needed

AFTER THE GAME

1. Participate in SOTG scoring

- Getting the full team perspective is crucial

2. Leave it on the field

- Who knows when you meet, face or even play with your opponent next time

3. Reflect on what you need to work on or continue to do

- Your SC may be able to help

Game Advisors

The aim of GAs is to **support the Players to self-officiate** as efficiently as possible.
Players remain responsible for making and resolving all calls.

WHAT THEY DO

1. Use hand signals to **echo calls** from players
2. Monitor and remind of **time limits** (via whistles and hand signals)
3. Give advice and **clarification on rules**
4. If asked, they can give a **non-binding perspective**, if they have one
5. If concerned, they can call a **SOTG Timeout**
6. They actively **indicate Offside**, but the call must be made by the Players.
7. On showcase fields, they help **reminding of uniform** guidelines
8. In extreme circumstances, they can **issue warnings** in accordance to WFDF Conduct Policy

Who 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	Hand Height*	Remark
Poor/Bad	0	Foot	You must write <u>why</u> in the comment
Not Good	1	Knee	
Good	2	Hip	The expected score for a normal game
Very Good	3	Shoulder	
Excellent	4	Head	You must write <u>why</u> in the comments

TIPS

- **Check to make sure you have the right scorecard!**
- For examples, refer to the laminated 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.
- Keep a record of scores given on your laminated sheet.
- To simplify your tallying, ask your teammates to hold their scores as 0 to 4 fingers at the indicated height.

SPRIT OF THE GAME SCORE SHEET

Dear Scorekeeper,
Please give this sheet to

Day	Opening	Your Team	Traffic	← this team
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.

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.

Poor	Not Good	Good	Very Good	Excellent
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 Circles

Gather all your and opponent players on the field and find an approach that works for all:

- Circle up alternating players from the teams
- Or adjust to feel COVID-19 safe, e.g. as two lines or half-circles

PRE GAME (OPTIONAL)

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 high five 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 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 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 first discuss separately on SOTG issues and remedies, then convey the agreement to the full Spirit Circle.

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

#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

Key Rule Changes

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

- Full rules: <https://rules.wfdf.sport>
- 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

Study

Help us to improve!

Study Presentation

INFORMATION AND CONSENT FORM

Contact details

Dr. José Pedro Amoroso
Departamento de Motricidade Humana e Linguagens Artísticas - ESECS – IPLEIRIA/ CIEQV
Politécnico de Leiria (IPLEIRIA)(CIEQV)
E-mail: jose.amoroso@ipleiria.pt
Telephone number: +351965293048

Professor Dr. Wouter Cools
Multidisciplinair Instituut Lerarenopleiding
Vrije Universiteit Brussel (VUB)
E-mail: wouter.cools@vub.be
Telephone number: +32497543698



Study Presentation

ACCESS - QR CODE



ACCESS - LINK

https://vub.fra1.qualtrics.com/jfe/form/SV_6JPpzXBLPMoQ0K2



**We invite you to provide Spirit
Circles before the finals
Keep your mind open 😊**

Why?!

Study (ongoing)

Is it possible to be competitive in the FINALS with fair play? Comparisons of the “Spirit of the Game” between competition phases in international ULTIMATE GAMES (Preliminary Results)

José Pedro Amoroso (<https://orcid.org/0000-0002-7901-5568>) 1, 2; Luís Coelho (<https://orcid.org/0000-0002-0515-3466>) 1,2; Henrietta Papp (<https://orcid.org/0000-0003-3887-5657>) 3; Christie M. Gonzalez-Toro (<https://orcid.org/0000-0001-9627-8354>) 4; Felipe Costa 5; Efstathios Christodoulides (<https://orcid.org/0000-0002-6423-7002>) 6; Wouter Cools (<https://orcid.org/0000-0003-2553-5602>) 7,8; Dean Dudley (<https://orcid.org/0000-0001-5140-9533>) 9; James E. Moore Jr. 10; Guilherme Eustáquio Furtado (<https://orcid.org/0000-0001-8327-1567>) 11,12; Luís Calmeiro (<https://orcid.org/0000-0002-7551-6445>) 13

¹ ESECS - Polytechnic of Leiria, 2411-901 Leiria, **Portugal**;

² CIEQV- Life Quality Research Center. Polytechnic of Leiria 2411 Leiria, Portugal

³ National Laboratory of Virology, Szentagothai Research Centre, University of Pécs, Pécs, **Hungary**

⁴ Department of Kinesiology, Manhattan College, Bronx, NY, **USA**

⁵ Faculty of Physical Education, Brasília University, UnB, Brasília, **Brasil**;

⁶ UCLan Cyprus, School of Sciences, Sport, and Exercise Sciences, 12 – 14 University Avenue, Pyla, 7080, Larnaka, **Cyprus**

⁷ VUB - Vrije Universiteit Brussel, Multidisciplinary Institute of Teacher Training & Movement and Nutrition for Health and Performance (MOVE) research group, 1050 Brussels, Belgium

⁸ Artevelde University of Applied Sciences, 9000 Ghent, **Belgium**

⁹ Macquarie School of Education, Macquarie University, Sydney, NSW 2109, **Australia**

¹⁰ Department of Bioengineering, Imperial College London, SW7 2AZ London, **UK**

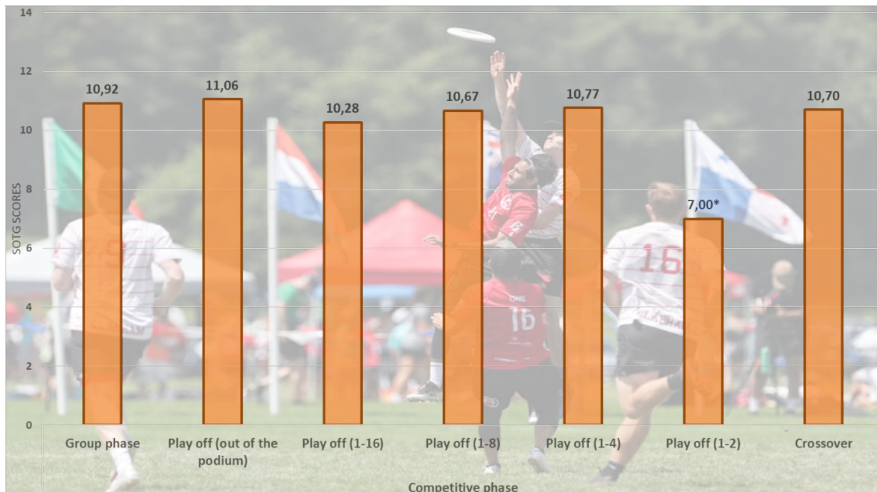
¹¹ Polytechnic Institute of Coimbra, Applied Research Institute, Rua da Misericórdia, Lagar dos Cortiços – S. Martinho do Bispo, 3045-093 Coimbra, Portugal

¹² Research Unit for Sport and Physical Activity (CIDAF, UID/PTD/04213/2020), Faculty of Sport Sciences and Physical Education (FCDEF-UC), Pavilhão 3, 3040-248 Coimbra, Portugal



Study (ongoing)

To contribute to this emergent field, we used the SOTG data from three competitions: the World Ultimate Club Championships 2022 (WUCC), the World Masters Ultimate Club Championship 2022 (WMUCC) and The World Games 2022 (TWG). SOTG overall results for all 3 competitions are shown on figure 1



In conclusion, we were able to provide evidence that SOTG values drops in the finals, assuming this competition phase represents a substantial competitive context and players may be influenced to neglect their ethical values in view of an ambitious victory in a major championship. Ultimate athletes define success in self-referenced terms, such as through mastering tasks or improving one's own personal skills (Amoroso et al., 2022). This is an important contribution to communicate with the players to improve SOTG values in the future.

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 all.
- You are Spirit **Captains**.

Enjoy!

Have a great tournament and loads of fun!

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

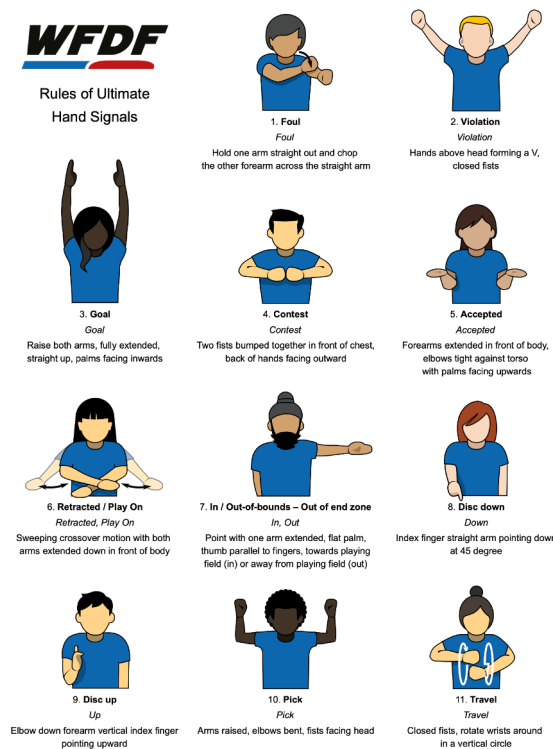
Live scoring: <https://results.wfdf.sport/pauc>



Hand Signals



Rules of Ultimate Hand Signals



Version Jan.2021



Version Jan.2021

BECALM (English)



B **REATHE**
don't react straight away

E **XPLAIN**
what you think happened

C **ONSIDER**
what they think happened

A **SK**
other players for advice (on perspective and rules)
if needed

L **ISTEN**
to what everyone has had to say

M **AKE A CALL**
loudly and clearly (and use Hand Signals)

A REEIR-C (Español)

PASOS PARA RESOLVER UN LLAMADO



A.R.E.E.I.R.-C

Cortesía: Eric Tolson, México

A.R.E.E.I.R.-C

0.-AVISA:

Utiliza las señales y anuncia claramente tu llamado para detener el juego de forma oportuna y evitar confusiones. A las demás jugadoras que no estamos involucradas en el llamado nos da tranquilidad saber lo que está pasando en la cancha. Puedes encontrar y descargar las señales de mano del reglamento 2017 en la página de la WFDF.

1.-RESPIRA:

En vez de reaccionar inmediatamente, tómate un momento para bajar tu frecuencia cardíaca. Si estás tranquila pensarás más claramente y tendrás mayor capacidad para tener un diálogo más provechoso, fluido y amigable.

Mírense a los ojos; el contacto visual es el primer paso para un lenguaje corporal de apertura. Sé particularmente cuidadosa de gestos o ademanes que puedan ser percibidos como hostiles: algo tan sutil como cruzarnos de brazos puede cerrar la oportunidad de tener un diálogo abierto.

2.-EXPLICA:

Relata de la manera más clara lo que crees que sucedió. Cuando hablamos de forma exaltada no le inspiramos confianza a la gente; es esencial mantener la calma y tener apertura al diálogo si queremos ser escuchadas. Es igualmente importante que nuestra explicación sea breve y concisa, ya que sólo tenemos 30 segundos para resolver el llamado.

Recuerda argumentar con base en el reglamento lo más pronto posible para evitar una discusión meramente de perspectivas. Si notas que tu amiga no conoce del todo la regla en cuestión, explícala con amabilidad y no desde la autoridad.

3.-ESCUCHA:

Ahora invita la perspectiva de la otra persona. Haz un esfuerzo por ser empática con la otra persona y considera realmente lo que ella cree que sucedió. Deja de lado lo que tú piensas por un momento, aceptando que pueden concordar a no estar de acuerdo. Puedes respetar su llamado aunque no compartan la misma perspectiva: no tienes que creerle que fue foul si tú no lo ves así, pero siempre debes confiar en que ella sí cree que fue foul y que ella no lo llamaría si no lo creyera así genuinamente.

4.-INFÓRMENSE:

Para evitar malentendidos, ejerce una escucha activa con preguntas puntuales y siempre en relación con el reglamento, siendo muy cuidadosa de nunca interrumpir a la otra persona. Si algo no les queda del todo claro, siempre es mejor preguntar que asumir.

Apóyense en otras jugadoras pidiendo lo que necesiten (perspectivas, conocimiento de reglas, interpretaciones del reglamento, etc). Asegúrense de tener claras todas sus opciones de resolución para este llamado.

5.-RESUELVAN:

Antes de tomar una decisión final, reconoce lo propio en la situación: haz una introspección profunda, crítica y honesta. Si es lo correcto, cede sin pena (retractando tu llamado o aceptando el llamado que te hicieron). Es mucho más noble reconocer nuestros errores y adueñarnos de esa responsabilidad que tratar de evadirla por proteger nuestro ego.

Considerando toda la información necesaria, trabajen en equipo para hacer una propuesta de resolución (basada en el reglamento) a la que ambas puedan consentir. Asegúrense de que la resolución acordada sea mutuamente satisfactoria para que nadie se quede con un sentimiento amargo de injusticia.

6.-CELEBREN:

Comuniquen a sus equipos, mediante las señales correspondientes, la resolución del llamado.

Celebren el hecho de que lograron una resolución trabajando juntas. Agradece a tu rival chocando o estrechando su mano. Si lo consideran adecuado, inclusive un abrazo puede ser pertinente.

Sean congruentes y respeten el acuerdo al que llegaron. Recuerden que el disfrute siempre ha sido la premisa más básica del juego, así que sigan gozando.