



ST. JOHN'S, NL , CANADA

2007 Summer League Captains Handbook

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1.0 2007 Summer League Calendar

Date	Event
May 5	End of Registration
May 28	Captains Meeting
June 1	League kick-off party
June 3	Beginners Clinic and Boot Camp
June 4	First league game
July 14	MZU Pub Crawl
July 28	MZU 2nd Annual Toilet Bowl Hat Tournament
August 4	Karaoke Party
August 18	Last game of the regular season
August 21-25	MILE ZERO ULTIMATE PLAYOFFS
August 25	Summer Year End Party

2.0 Captains Roles and Responsibilities

The main roles of the Captains are to lead their teams and to provide input into the running of the League. Captains have a voice on the NLUA board: The League Commissioner, and thus will have input on League decisions.

As a team Captain you are responsible for:

Administration and League Organization

- Attending a Captains' meeting prior to the beginning of the season where detailed information about the summer league will be reviewed.
- Serving as the liaison with the NLUA for your Summer League team. Team specific information will be disseminated to your team through you.
- Serving as the voice for the League's teams by bringing forward to the Commissioner any concerns regarding the running of the League.
- Providing input on decisions regarding the League and events associated with it.

Game Play, Rules, and the Spirit Point System

- Knowing the UPA 11th edition and NLUA specific rules.
- Demonstrating, encouraging and promoting Sprit Of The Game (SOTG) to your team.
- Minimizing, containing and immediately addressing any incidents of taunting or dangerous play from your team.
- Working with other Captains to address any issues during game play. If issues remain unresolved you are to contact the League Commissioner.
- Monitoring the spirit point system.
- Ensuring that team members are aware of game times and special events.
- Having sufficient players at the field and ready to play at the official start time for each game.
- Maintaining an adequate roster throughout the season.
- Field setup prior to game start time.
- Stopping play if the fields are too wet or are being torn up due to play. If a field is found in poor or unplayable condition before a game, or the field is damaged during a game, the Captain is expected to inform the League Commissioner.
- Reporting game scores and spirit ratings after every game.

Team Development

- Developing a team name and cheer.
- Coaching team members about the skills and strategy of the game of ultimate. Topics and level of complexity will vary dependent upon the skill and interest level of players.

3.0 Rules of Play

3.1 Mile Zero Ultimate Rules

All 2007 Mile Zero Summer League games will follow the UPA 11th Edition Rules with the following amendments.

- **Team Composition** - Lines will consist of 7 players with a normal Gender Ratio of 4 males and 3 females. To start a game teams must be able to field a minimum of 6 players, 2 of which must be female. A team may not have more than 4 males on the field at one time. Teams may field 4 or more females at a time but the opposing team is not required to match gender ratio in these instances.
- **Zone** – Teams in Tier one are always permitted to play a Zone Defense. In Tiers 2 and 3, both teams must agree that Zone Defense will be permitted or it cannot be used.
- **Time-outs** – Each team is allowed one 90 second timeout per half.
- **Foot blocks** - Will be allowed.

3.2 Dangerous Play

UPA 11th Ed. Rule XVI.I.4: Dangerous, aggressive behavior, or reckless disregard for the safety of fellow players or harmful endangerment is always a foul. This rule is not superseded by any other rule.

Rule XVII.1: It is the responsibility of all players to avoid contact in every way possible.

The NLUA interprets these rules to mean that contact is not required to call a Dangerous Play Foul and that a Dangerous Play Foul may be called even if the opposing player's dangerous behaviour is unintentional. Lack of attention or failure to use caution to avoid contact can be a foul.

Please note that a certain amount of incidental (minor or unimportant) contact will occur while playing. However, if a player feels that making a play on the disc poses a clear personal danger because of an opposing player's dangerous behavior, reckless disregard for safety, lack of attention, or failure to use caution, that player may elect to call a Dangerous Play Foul. A call of "Dangerous Play" cannot be contested. Regardless of the outcome of the pass, play stops and the disc reverts to the thrower. Play resumes with a check at a stall count of one.

3.3 Rules Forum

Should a captain or player have general questions about the interpretation of a rule they may post it on the forum under "Rules Discussion". Members of the League Committee will be monitoring the forum and ensure that all questions are answered in a timely fashion.

4.0 League Play

4.1 League Format

- The league will be divided into three (3) tiers of six (6) teams.
- Teams will be initially grouped in tiers based on average level of player experience in Ultimate and past performance in MZU.
- Teams can be moved between tiers during the season.

Tier Movement

- After the first five (5) games of the round robin, teams may be moved up or down a tier at the League Committee's discretion. This option is available to rectify initial seeding errors.
- Tier movement will be based on League standings and a team's individual performance. Should a team disagree with the league committee's decision, an appeal may be filed with the commissioner for review by the Board of Directors.
- After the first 5 games, up to 2 teams in Tiers I may be moved down to Tier II with up to 2 teams in Tier II may be moved up to Tier I. Likewise, up to 2 teams from Tier II may be dropped down to Tier III and up to 2 teams from Tier III may be moved up to Tier II.

4.2 Length of Game

- There will be two time slots played each game day.
- Early game time slot will be from 5:30 – 7:00 pm, with a required start time of no later than 5:45.
- Late games are scheduled from 7:00 – 8:30 pm, with a required start time of no later than 7:15.
- The first 15 min of the time slot is allotted for warm up. If teams arrive on time there should be enough time to play a 75 minute game. However, if both teams are ready to play before the 15 min warm up time is over, the game may begin early, allowing for a game time of longer than 75 minutes.
- There is a hard cap on times set at 7:00 pm for early games and 8:30 pm for late games. Games which start late must still end at these times ... extra time will not be added. Should the disc be live when the hard cap time is reached, the game will be called at the first dead disc following the cap, with the exception of a defensive foul.
- All games are to start on time (5:45 for the early game, 7:15 for the late game). For every five minutes a team is late, there is a 1 point penalty to the offending team. For the other team to be eligible to receive penalty points, they must have set up the field even if they are not the home team and have seven players, of the correct ratio, at the field ready to play (not necessarily on the field). Also the captain or a representative of the late team must be informed that the on-time team are counting points (or if no one is there at the official start time, inform the first person that shows up). Points may be taken from this point on. If a team is late, they may not alter the SOTG points given due to the fact that the opposing team counted points for being late.
- Captains will be given 15 min after the official start time of a game to field a team. If a team cannot be fielded by this time they will default the game and the opposing team will receive the win. A default game is recorded as having a score of 7-0.

4.3 League Standings

- League standings will be based on individual team point scores.
- A teams points will be calculated based on:
 - Win – 2 points
 - Tie – 1 point
 - Loss and Default – 0 points
 - The Spirit Factor (see section 5)
- Final standings ties will be broken using the following criteria:
 - Head to head record
 - Points for and against (i.e. plus/minus)

4.4 Post Game Reporting

Following each game:

1. The each team captain will be responsible submitting final score of the game, spirit rating and the most spirited player for the opposing team to the MZU website.
2. The winning captain must also call The Telegram with the score of the game (709-748-0820).
3. Captains will be responsible to notify the Commissioner if any major incidents occurred during the game that could not be resolved between captains. If the complaint is against the Commissioner or the team s/he plays on the report should be made to NLUA President.

Contact e-mails: President president@milezeroultimate.ca; The Web Administrator webmaster@milezeroultimate.ca; League Commissioner remington_fox@yahoo.com

4.5 Field Set-Up

- Pylons and field markers will be provided by the NLUA for to each team.
- Captains are responsible to ensure that the playing field measurements meet specifications outlined in the UPA rules.

4.6 Scheduling

- Games will be scheduled on Mondays, Wednesdays, and Fridays each week, with each tier playing on a separate night.
- The night on which each tier plays will rotate from week to week
- Schedules will be posted on the MZU website. Changes to a scheduled game will be communicated to captains a minimum of one week before the rescheduled game.
- Captains' may agree to postpone the game due to exceptional circumstances. Postponed games should be rescheduled and played within the following week. Team captains are to inform their teams about the rescheduled game. Captains must inform the Commissioner of any scheduling changes. The MZU will help you reschedule if necessary, but cannot guarantee MZU fields or time slots unless contacted a minimum of one week in advance.
- If a team is given at least 48 hours notice they should make an effort to reschedule their game. Less than 48 hours notice captains are under no obligation to reschedule.

4.7 Weather

- On days with questionable weather the League Commissioner will notify captains by 2:00pm if games for that evening will go ahead. If captains are not notified they should assume that games are going ahead.
- Captains should do an assessment of the field and conditions prior to the game. If both captains are in agreement that conditions are not suitable for play or if they deteriorate during a game then they should immediately stop or postpone the game and notify the League Commissioner.
- If a game is stopped due to weather after 6:30 (early game) or 8:00 (late game) the game will be deemed complete and score final.
- Games that are postponed before the above noted times will be rescheduled. The Commissioner will contact captains with the rescheduled game time.
- A game should be postponed for the following reasons:
 - Dangerous playing conditions such as lightning or hail. Lightning in the area is cause to immediately stop the game.
 - To safeguard a field against damage to the field (because of heavy rain causing saturated soil conditions).

4.8 Defaults

The minimum required number of players to begin a game is six, with a minimum of 2 women. A default occurs if a team has fewer than the minimum required ready to play 15 minutes past the official start time (6:00pm (early slot) and 7:30pm (late slot)). If an injury induces such a situation after the start of the game, the game can be rescheduled and continued from the point at which the injury occurred.

If a team defaults twice, that team must pay a \$100 re-entry fee before the next scheduled game. A team that defaults a third time risks being eliminated from further play pending a review by the NLUA Board and Executive Committee. It will not be considered a default if a team gives the league and the opposing team a minimum of 48 hours notice that it will not be able to play a game. Please do not rely on e-mail unless you receive a reply.

4.9 Player Eligibility

For a player to be eligible to play in MZU they must:

1. Be registered with the league
2. Have paid their NLUA membership fee
3. Be included on their teams roster listed on the MZU website
4. Must be 19 years of age by June 1, 2007

Players that begin playing with a team after the beginning of the season must adhere to the above criteria.

Guest/Substitute Players

Teams are permitted to have guest/substitute players play with them from time to time. A team does not have to be short a certain number of roster players in order to have a guest/substitute player play with them. No guest/substitute player may play more than 2 games during the season. A guest/substitute player may choose to play two games with the same team or one game with each of two different teams. Players that plan on playing with a team more than twice must meet league eligibility criteria and pay their membership dues.

Playoff Eligibility

For a player to be eligible for the playoffs with a particular team, they must be on that team's roster, have paid their League and Association dues, meet eligibility criteria and have played at least one game in the regular season. No substitute players are allowed during the playoffs.

5.10 Movement of players between teams

Player movement during the course of a season is generally discouraged by the MZU. This is due to the fact that teams are put together at the start of season to ensure that each team has a sufficient number of players and is in the tier to which it is most suited. However, if, for whatever reason, a player wishes to leave their team to join another during the course of the season s/he may do so but only after taking the following steps:

1. The player must discuss with their team captain the reason why they are interested in leaving the team. This may allow the team to resolve the player's issue with the team and hopefully lead to the player staying on the team.
2. If step one fails, the player must next inform the League Commissioner of his/her request to leave his/her team and inform the Commissioner of the reason for this request. At this point the League Commissioner may also attempt to resolve the issue the player is having with his/her team if it is reasonable to do so.
3. If the player already has a team that wants the player to join them, the League Committee will consider the request to join this team and inform the player as to whether it is allowed. The League Committee reserves the right to veto any player movement which may upset the balance of play in the League.
4. If the player does not have a new team lined up to go to, the League Committee may then inquire as to whether any other team wishes to take on the requesting player. No team will be forced to take a player from another team after the season has begun.

Please Note: Under no circumstances during the course of the season may players from any team attempt to entice players away from their current team in order to join their team. Failure to follow this rule will result in sanctions from the League.

5.11 Playoffs

- The Playoffs will take place the week of August 20-25, with the majority of the games being played on Saturday, August 25th.
- The final format will be determined following midway point of the season when final tier composition is set.

2.0 Spirit of the Game (SOTG)

In Mile Zero Ultimate (MZU) we place a great deal of emphasis on Spirit of the Game. However the definition of SOTG is hard to lock down. SOTG is not about singing and cheering after a game (though these things can serve to both celebrate the spirit that was exhibited and deflate any high running emotions that might carry over to future games). Neither is it dressing up in team uniforms/costumes or giving out prizes after the games (although these are ways of showing that the game and the winning of it is no more important than the fun of playing). Spirit is a combination of respect, integrity and dignity. There's no dignity in choosing to break the rules when the opportunity arises. There is no respect for others or yourself in arguing in order solely to gain advantage. Respect means understanding that, no matter how sure you are of a call, someone else's perception and therefore reality may be different, and to accept this disagreement without anger.

Playing with spirit by no means implies that you don't play to win, but only that you play to win fairly and honestly. Highly competitive play is encouraged but never at the expense of mutual respect between players, adherence to the agreed-upon rules of the game or the basic joy of play. It is assumed that no ultimate player will intentionally violate the rules; there are no harsh penalties for infractions, but rather a method for resuming play in a manner which simulates what would most likely have occurred had there been no infraction.

No Referees

Since it is assumed that players will not intentionally break the rules, it is not considered necessary to have officials. If players feel that they have been fouled or that they have committed a foul they simply call 'FOUL'. The same is true for violations such as travelling, and picks. If the player who is deemed to have committed the foul or violation disagrees with the call, they simply say 'CONTEST'. There are various mechanisms for resuming play depending on what the calls are. Certainly when the game is close and the adrenaline is pumping the calls are not always quite so simple, or polite. But the system works.

Knowledge of the Rules

Every player is expected to know the rules. But, because many people do not, and because there is often debate on the interpretation of a rule, games sometimes have to be stopped momentarily to check or discuss a ruling. MZU's policy is that the rules are to be adhered to strictly. All teams are required to play by the rules, but obviously because the game is self refereed any player or team can choose not to call a foul at any time. However, no player or team is ever to be criticized because they choose to stick strictly to the rules. And criticism includes complaining or even rolling your eyes at the person who is trying to play by the rules.

Stopping the game to double check a rule is not an unnecessary delay of game and any suggestion that people are playing with poor spirit because they do so is wrong. Spirit points are given for sticking to the rules and for being open to learn and follow the rules.

The only way people will learn the rules is to try to play by them and to look them up and discuss them.

Ten Things You Should Know About Spirit of the Game:

1. The golden rule: treat others as you would want to be treated.

Spirited games result from mutual respect among opponents. Assume the best of your opponent. Give him or her the benefit of a doubt. You would want the same for yourself. But if you are thick-skinned, do not assume that your opponent is. Maybe you should think of this rule as, "treat others as you would have them treat your mother."

2. Control: SOTG takes real effort.

SOTG is not just some abstract principle that everyone adopts and then games run smoothly without effort. Close calls are made in tight games. Hard fouls are committed. SOTG is about how you handle yourself under pressure: how you contain your emotionality, tame your temper, and modulate your voice. If you initiate or contribute to the unraveling of spirit, the concept falls apart quickly. If you act to mend things (or at least not exacerbate the situation) by following (1) above, the game heals itself.

3. Heckling and taunting are different.

Ultimate has a long tradition of good-natured heckling. Heckles are friendly barbs, typically from non-playing spectators. Heckling can be fun, but taunting is unspirited and wrong. Harassing remarks after an opponent's foul call or close play are NOT heckling: they are abusive taunts which create unpleasant playing conditions and often escalate to acrimonious disputes.

4. SOTG is compatible with championship play.

It is a fallacy to argue that the stakes are so important that some aspect of SOTG can be cast aside. Time and again, great teams and star players have shown that you can bring all your competitive and athletic zeal to a game without sacrificing fair play or respect for your opponent.

5. Don't "give as you got." There is no "eye for an eye."

If you are wronged, you have no right to wrong someone in return. In the extreme case where you were severely mistreated, you may bring the issue up with a captain, tournament director, or even lodge a complaint with the governing body. If you retaliate in kind, however, a complaint may be filed against you. We recall point (1): treat others as you would have them treat you, not as they have treated you. In the end, you are responsible for you.

6. Breathe.

After a hard foul, close call, or disputed play, take a step back, pause, and take a deep breath. In the heat of competition, emotions run high. By giving yourself just a bit of time and space, you will gain enough perspective to compose yourself and concentrate on the facts involved in the dispute (was she in or out; did you hit his hand or the disc; did that pick affect the play). Your restraint will induce a more restrained response from your opponent. Conflagration averted, you may resume business as usual.

7. When you do the right thing, people notice.

When you turn the other cheek, you know you've done the right thing. You may not hear praise, there may be no standing ovation, but people do notice. Eventually, their respect for you and their appreciation of the game will grow.

8. Be generous with praise.

Compliment an opponent on her good catch. Remark to a teammate that you admire his honesty in calling himself out of bounds. Look players in the eye and congratulate them when you shake their hands after a game. These small acts boost spirit greatly, a large payoff for little time and effort.

9. Impressions linger.

Not only does the realization that your actions will be remembered for a long time serve to curb poor behavior, it can also inspire better conduct. Many old-timers enjoy the experience of meeting an elite player who remembers their first rendezvous on the field and recalls the event in detail. A good first encounter with an impressionable young player can have considerable long term positive impact.

10. Have fun.

All other things being equal, games are far more fun without the antipathy. Go hard. Play fair. Have fun.

5.1 Spirit Point System

What are spirit points and how do they impact on final standings? Spirit points are a rating, from 0 to 14 which each team must give the other team at the end of every game. The guidelines below indicate how spirit points are to be assessed. A 14 is the highest score which can be given. A score less than 7 is some cause for concern - not only for the team who received it, but for the league in general. If you don't understand the rating, have a reasonable discussion or email exchange with the other captain. Don't expect the score to be changed, simply expect to get a better understanding so you can address the issue with your team.

The SPS is intended to emphasize the really important points that make up the SOTG and help remind you of them every time you enter a teams spirit score. We have created a table for the SPS where we list these important criteria. The selected criteria make it quite difficult to obtain a perfect score. The new SRS offers an equal number of criteria for plus as minus points so each team can see what aspects of their game can be modified to better understand what constitutes good or bad spirit.

How it works

All teams start with a spirit rating of 7 and points can be added or subtracted according to the criteria listed in the SPS table. You are asked to check off each of the criteria that best describe aspects of your game, then to add the respective pluses and minus. The Spirit score then becomes:

$$\text{Spirit Score} = 7 + (\text{total_plus}) + (\text{total_minus})$$

How these systems would be used in league play?

There will be three applications of the spirit system in league play.

1. **Individual Games** – Captains will be responsible for submitting their score and spirit score to the website following each game. Providing a spirit rating for a team is mandatory, if a captain does not complete it within 24 hours following the game the other team will automatically receive maximum spirit points. In most cases there would be no action taken on rankings for individual games. If a team scores below 7 in two consecutive games or they received a zero rating of 3 or less the captain will be contacted by the Commissioner. Following the second warning a board member would be asked to observe the team's next game, if the poor spirit play continued further sanctions including disqualification from the playoffs or expulsion from the league will be considered.

2. **Final Standings** – The Spirit Factor

Before those final standings are set, each team's points will be multiplied by a Spirit Coefficient to determine the final total. This works like this: Average Spirit ranking (Spirit points/number of games/10) x points = final points.

So if a team has 18 points and an average spirit ranking of 12 (120 points over 10 games), it would go:

$$12/10 \times 22 = 26.4 \text{ final points}$$

But if their spirit rating was 7, they would have 12.6 final points

As you can see, a poor spirit score can turn a first place team (9 wins and 1 loss) into a middle of the pack team (the equivalent of 6 wins, 1 tie and 3 losses).

3. **Most Spirited Player**

It will be up to captains to consult with their team to determine who they feel was the most spirited player on the opposing team. The selected player should be included in email to the webmaster so that s/he can be recorded in league records. The player with the most spirit awards at the end of the season will receive the Tom Smyth Award.

Equally if a captain feels that an individual player on opposing team played with very poor spirit and their actions affected the play of the game, then they should inform the league commissioner about that player.

6.0 League Awards

Kristine Erika Cadigan Award – Awarded to an outstanding female player demonstrating both a high level of ability and spirit.

Tom Smyth Award – Awarded to the most spirited player. The player who receives the greatest number of “Most Spirited Player of the Game” nominations will receive this award. If there is a tie in the nominations the award will be given to more than one person.

The Flaherty Cup – Awarded to the winning teams of each tier of the 2007 Mile Zero Ultimate Summer League.

The Toilet Bowl – Awarded to the team that wins the mid season MZU Toilet Bowl Hat Tournament.

7.0 Disciplinary Guidelines and Incident Report Procedure

In order to deal fairly and transparently with incidents of poor spirit, overly aggressive play and other problems, this discipline policy has been developed for MZU league teams and players. The overriding objectives are to maintain a fun & safe atmosphere at all games and to maintain good relationships with our field providers and the public. Participation in a MZU league or tournament signifies acceptance of this policy. This policy applies whenever you are representing MZU, which means the whole time you are at the playing field - before, during & after your game.

There are several guiding principles. First, when discipline is warranted, the actions undertaken must be objective, noticeable & timely. This means that incidents will be investigated & resolved before the next league game and if sanctions are applied, they will be published to everyone concerned. Second, teams are collectively responsible for the actions of their members and, if warranted, sanctions will generally be applied to the whole team. This means that each team captain should choose his/her teammates with care and ensure that all are aware of SOTG Principles. Repeat offenders will be dealt with more harshly than first time offenders given their full awareness and understanding of the implications.

Overview

This document details the formal guidelines on how incident reports filed against a team or player shall be investigated and dealt with.

A Note on Confidentiality

The names of those involved in, or witness to, an incident will not be released to the public. Some information regarding incidents may be released, and names may be given to Commissioners and Captains if required by the Disciplinary Guidelines detailed below. However, no information will be released that would enable the general public to resolve the individuals involved to a specific incident. It must be noted that any and all information regarding a specific incident will be made available to appropriate authorities where the MILE ZERO ULTIMATE is required by law to provide it.

Incident Investigation Process

The following shall be the process for investigating and ruling on incidents reported by MILE ZERO ULTIMATE members:

1. Incident reports shall be forwarded to the Commissioner immediately following a game where an incident occurred. Should the incident not be related to a scheduled MILE ZERO ULTIMATE league game, the incident report shall be forwarded directly to the MILE ZERO ULTIMATE NLUA President and the process will skip to Step #5.
2. The Commissioner will solicit reports from the parties directly involved with the incident, the captains of the teams involved with the incident, and any relevant witnesses to the incident. The identities of all of these individuals must be made available to the Commissioner upon request. Failure to do so may result in further disciplinary action.
3. Upon reviewing the reports, the Commissioner shall make a ruling according to the Disciplinary Guidelines defined below. The original incident report and the Commissioner's ruling shall be filed with the MILE ZERO ULTIMATE NLUA President.

4. Should the Commissioner be unable to make a ruling on the matter, either due to the restrictions of the Disciplinary Guidelines or for any other reason, or should the parties involved not be satisfied with the Commissioner's ruling, the matter may be escalated to the NLUA President for further review or appeal.

5. The MILE ZERO ULTIMATE NLUA President will review all reports forwarded by the Commissioner and/or will solicit reports from the parties directly involved with the incident, the captains of the teams involved with the incident, and any relevant witnesses to the incident. The identities of all of these individuals must be made available to the NLUA President upon request. Failure to do so may result in further disciplinary action.

6. Upon reviewing the reports, the NLUA President shall make a ruling according to the Disciplinary Guidelines defined below. The original incident report, the original Commissioner's ruling (if any), and the NLUA President's ruling shall be filed with the NLUA President.

7. Should the NLUA President be unable to make a ruling on the matter, either due to the restrictions of the Disciplinary Guidelines or for any other reason, or should the parties involved not be satisfied with the NLUA President's ruling, the matter may be escalated to the NLUA Board of Directors for further review or appeal.

8. The Board of Directors will review all reports forwarded by the NLUA President and/or will solicit reports from the parties directly involved with the incident, the captains of the teams involved with the incident, and any relevant witnesses to the incident. The identities of all of these individuals must be made available to the Board of Directors upon request. Failure to do so may result in further disciplinary action.

9. Upon reviewing the reports, the Board of Directors shall make a ruling according to the Disciplinary Guidelines defined below. This ruling shall be final. The original incident report, the original Commissioner's ruling (if any), the original NLUA President's ruling (if any), and the Board of Directors' final ruling shall be filed.

Disciplinary Guidelines

The following are the guidelines for disciplinary rulings stemming from the Incident Investigation Process outlined above:

Conflict of Interest

Should there be a conflict of interest, or the appearance of a conflict of interest, for anyone charged with investigating and ruling on an incident, the incident shall automatically be escalated to the next level of investigation. For instance, a Commissioner must escalate to the NLUA President and the NLUA President must escalate to the Board of Directors. Should there be a conflict of interest for a Board member, that Board member must excuse him/herself and another Board member must take over the investigation.

Possible Disciplinary Actions

The MILE ZERO ULTIMATE is not a legal body. It is not in a position to detail all manner of potential incidents and assign corresponding disciplinary actions. It is felt that the judgment of those investigating and ruling on a given incident, and the appeal process provided, will prevent disciplinary actions that are out of proportion to an incident.

However, it should be noted that the disciplinary actions taken against an individual or team by the MILE ZERO ULTIMATE may include, but are not limited to:

- No action
- Official warnings
- Alteration of win/loss records for a team
- Suspension of an individual or team
- Expulsion from the MILE ZERO ULTIMATE of an individual or team

Any of these actions may be taken based on the severity of a single incident or documented history of incidents.

Disciplinary Authority

As per the Incident Investigation Process outlined above, various individuals or groups within the MILE ZERO ULTIMATE are empowered to impose disciplinary actions. The following outlines the actions each of these individuals or groups are authorized to impose upon an individual or team.

Commissioner

The Commissioner is authorized to impose sanctions up to and including the suspension of an individual for as many as five games.

NLUA President

The NLUA President is authorized to impose sanctions up to and including the suspension of an individual for an entire season and the suspension of a team for as many as five games.

Board of Directors

The Board of Directors is authorized to impose sanctions up to and including the permanent expulsion of any individual or team from MILE ZERO ULTIMATE. However, any ruling involving permanent expulsion would require approval from the majority of members of the entire Board of Directors.

Suspensions

Games where an entire team is suspended may be counted as defaults. As such, a team that is suspended for multiple games may come up for review by the Board of Director's for removal from the league.

Enforcement

The sport of Ultimate is based on the premise of Spirit of the Game. It is written into our rules that no player shall intentionally break the rules for gain. As such, players and their captains are entrusted to adhere to the rulings imposed by the MILE ZERO ULTIMATE. However, in the event of a suspension, additional measures must be taken to ensure compliance with the ruling. If an individual or team is suspended for any number of games, the captains of their scheduled opponents for the duration of the suspension will be notified as will the commissioner. For suspension of an individual, the Captain's Rule cannot be used to allow the suspended player to play.

If a player or team is found to be playing in defiance of a suspension, additional and more serious disciplinary actions will be taken against the player. Also, actions may be taken against the team captain as an individual, or the team as a whole.