



Edmonton Ultimate Players Association

PO Box 52180
Edmonton , AB T6G 2T5
(587) 523-3543
www.eupa.ca

2022 Tuesday 5v5 and Thursday 7v7 Summer League Captain's Manual

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Introduction

Welcome to the Edmonton Ultimate Players Association Summer League 2022! On behalf of both EUPA and your teammates, thank you for stepping up. Without your help and that of your fellow Captains, our summer programs would not be possible. Being a Captain is fun, rewarding, and one of the best ways of giving back to your Ultimate community. This document is here to walk you through your responsibilities and to provide some resources to help you on your way.

Captains and Spirit Captains

In addition to a Captain, we encourage each team to consider choosing a Spirit Captain to focus on promoting a friendly, competitive, and fun game. Spirit is a big part of what sets us apart from other sports, and keeps us all coming back. In whatever case, we're glad to have you on board!

This section is here to walk you through your responsibilities and to provide some resources to help you on your way.

The Basics

At the start of each game, the Captain(s) and Spirit Captain should introduce themselves to the opposing team. That way they know that there is someone they can talk to, on your team. Be there to help mediate any dispute or confusion between players. This can be a terrific opportunity to teach, or even learn about a rule. If nothing else, your involvement will get the game back on track much sooner. Work with your teammates to discourage any unspirited play or behaviour, and work with the other Captain to have a fun game.

Captain's Responsibilities

Field Setup & Equipment

You are responsible for making sure your game field is setup by the first game start time (7:00pm). By default the "Home" team captain will be responsible for setting up the field on any given week. However, you are also responsible for bringing cones to each game in case they are required. We ask that captains work together and help each other out to ensure efficient and proper field set up.

Reporting Game Scores, Spirit Scores, & AI Wharmby Nominations

It is the captain's responsibility to record and submit the following after each week of games:

- A. Game score

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- B. Spirit score for opposing team (see Spirit section for more details)
 - C. Al Wharmby Nominee (see Spirit section for more details) for the opposing team

Weekly reporting should be done in a timely fashion, and must be entered before the following week's game. It only takes a few seconds, and can be done from a mobile device. You can easily have it taken care of before your cleats come off. Captains will have access for reporting when logged into the site. If you would like additional players to have access for score reporting, please contact league@eupa.ca

Spirit of the Game

We're counting on you and your Spirit Captain to make sure that your team upholds the "Spirit of the Game". At every level, Ultimate is better when its players are fair and have a positive attitude. This being a recreational league, please remember that the first goal is always to have fun—that responsibility extends to the opposing teams as well as your own players.

Knowledge of the Rules

Remember, that self-officiated does not mean "no rules", it means that players are expected to know, understand, and make calls as required. As a Captain, you are expected to read through and understand the 11th edition rules. We encourage you to work with your team to help them learn these rules as well. A digital copy of the rules can be found online or as an app, additional hard copies of the official rules are available upon request.

Spirit Captain Responsibilities

Captains and Spirit Captains work together to encourage Spirit, and keep the players' experience positive. A Spirit Captain should be fair, be cool-headed, and have a good understanding of the rules of Ultimate. They are a role model in terms of etiquette, fairness, and fun!

Establishing the Rules of Play

Before the game you and your co-Captain/Spirit Captain should meet with the opposing team Captains to participate in a flip (like a coin flip, but with discs). Each team may flip one disc in the air, with a designated person calling either "evens" or "odds". The winner of the flip can either choose to start on defense/offense or which side they would like to start in, the loser of the flip gets the other choice (this is mirrored at half time).

During this time please take a moment to come to an agreement about the rules and address any concerns that you may have, remembering that pretty much any rule of Ultimate can be

modified if the Captains agree ahead of time. We strongly encourage you to be considerate of the other team's requests in order to ensure that both teams have a positive playing experience.

Post-Game Activities

There are a variety of things that happen after an Ultimate game. It's customary to show your appreciation for the other team in some small way. This can be a quick spirit game, a prize for the most spirited player, or even a hastily-composed song. It is also common for both teams to go out for a snack or drink, after the game. We encourage you to go the extra mile and make sure that your opponents look forward to seeing you again. As a bare minimum, teams are expected to cheer each other and shake hands after each game.

Quick References for Captains

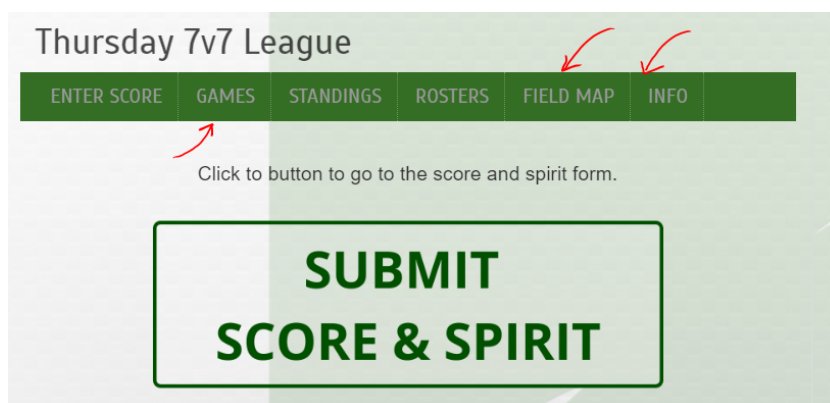
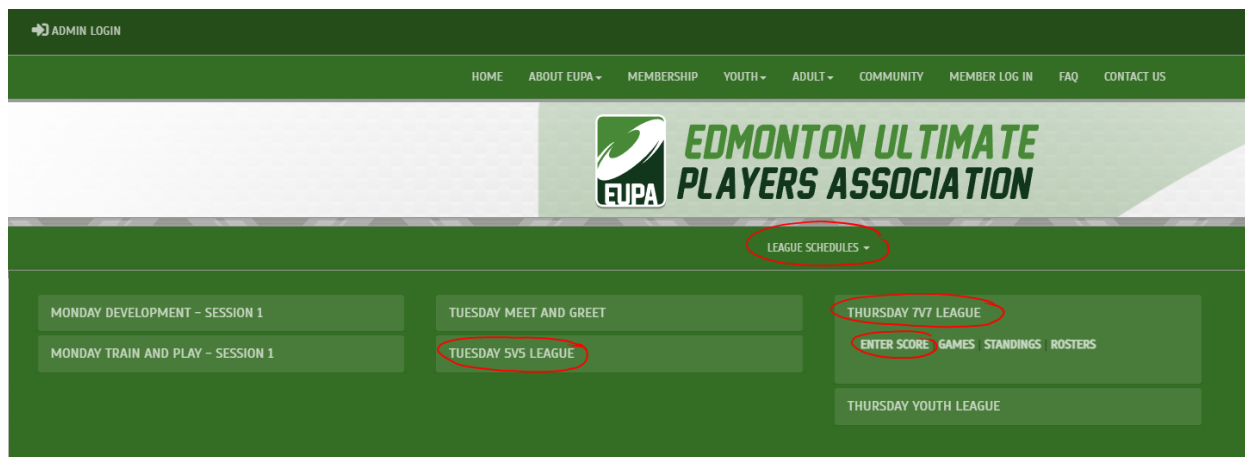
Checking the Schedule

You will be able to see your next scheduled game at www.eupa.ca from the home page click on “League Schedules” a pop-up menu will show the various active leagues. Click on your league and select “games” to see all info related to the future schedule and past results.

Games will be scheduled in rounds. Upon the start of a round, all games for that round will be posted. Once a round is concluded, there will be a tier reshuffle before future games are posted. Please be sure to enter your scores promptly so that we can get this completed as quickly as possible.

Score & Spirit Entry

From the eupa website homepage (www.eupa.ca) click on “League Schedules” a pop-up menu will show the various active leagues. Click on your league and select “enter score”. Click on the “Submit Score & Spirit” and fill out the form. See images below for help if needed.



Game Times & Default League Rules

Tuesday 5v5	Start: 7:00PM Half: 8:00PM-8:05PM End: 9:00PM
Thursday 7v7	Start: 7:00PM Half: 8:00PM-8:05PM OR 8 points End: 9:00PM

- Foot-blocks are in
- Trick pulls are out
- 1 time-out per half, per team
 - (the leading team is not permitted to call a time-out within the last 10 minutes of the second half of the game)

Game End

Games end when one of the following conditions is met. The game end condition must be agreed upon by both captains before every game.

Tuesday League Specific Rules:

- **Hard time cap**—at 9:00, the game ends after the next time a point is scored. If that causes a tie, and if both captains agree, you may play one more point to determine the winner.
- There is no point cap on Tuesday 5v5.

Thursday League Specific Rules:

- **Hard time cap**—at 9:00, the game ends after the next time a point is scored. If that causes a tie, and if both captains agree, you may play one more point to determine the winner.
- **Game total**—one team scores at least 15 points.
- **Point cap**—one team scores 17 points, regardless of the opposing score
- **Soft time cap**—at 8:45, “soft cap” is called by the captains. Play continues normally until the next time someone scores. At that point, the point cap is lowered to the highest score plus one. E.g. soft cap is called before a point. After that point, the score is 9-7. The game then becomes a game to 11, with no requirement of winning by two

Team Ratio Rules

By default all teams are expected to follow the recommended default ratio of players on the field at all times. If Captains want to use any ratio that is not the recommended default (discretionary, alternative, or offense calls), both captains must agree and the arrangement remains in force for the entirety of the game. FNBI = Female/Non-Binary Identifying, MI = Male Identifying.

Tuesday League Specific Rules

- Each team has a maximum of 5 players on the field.
- The recommended default team ratio is 3MI : 2FNBI
- The discretionary team ratio is 4MI : 1FNBI
 - Discretionary ratios can be used in case of injury or unforeseen player absences and must be agreed on by both captains.
- Teams may have a maximum of 4 players of any one gender for the following alternative ratios:
 - 2MI : 3FNBI
 - 1MI : 4FNBI

Thursday League Specific Rules

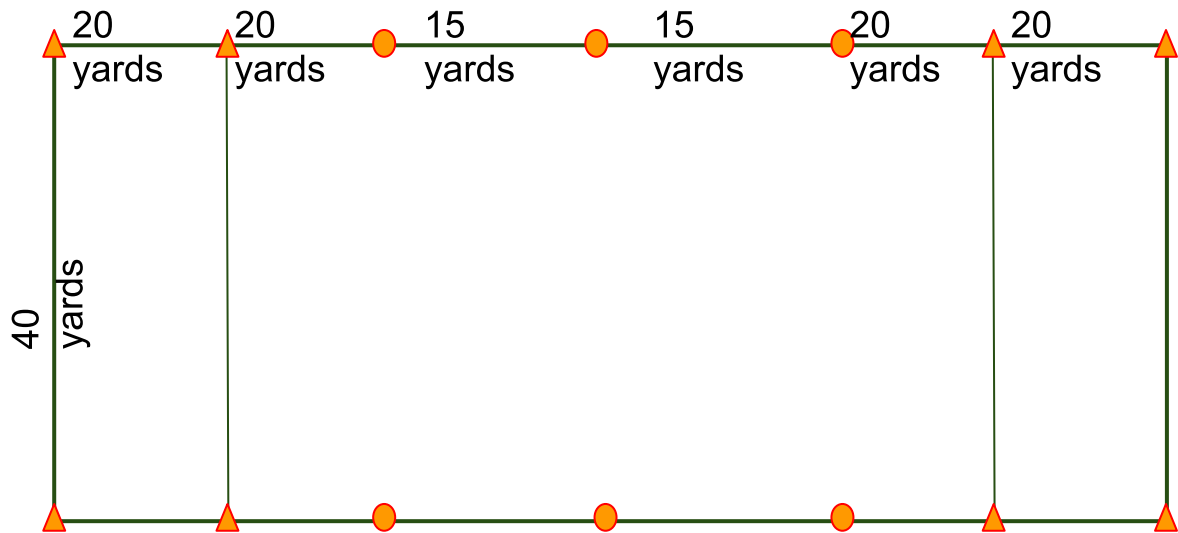
- Each team has a maximum of 7 players on the field.
- The recommended default team ratio is 4MI : 3FNBI
- The discretionary team ratio is 5MI : 2FNBI
 - Discretionary ratios can be used in case of injury or unforeseen player absences and must be agreed upon by both captains.
- Teams may have a maximum of 5 players of any one gender for the following alternative ratios:
 - 3MI : 4FNBI
 - 2MI : 5FNBI

Offense Call Ratios

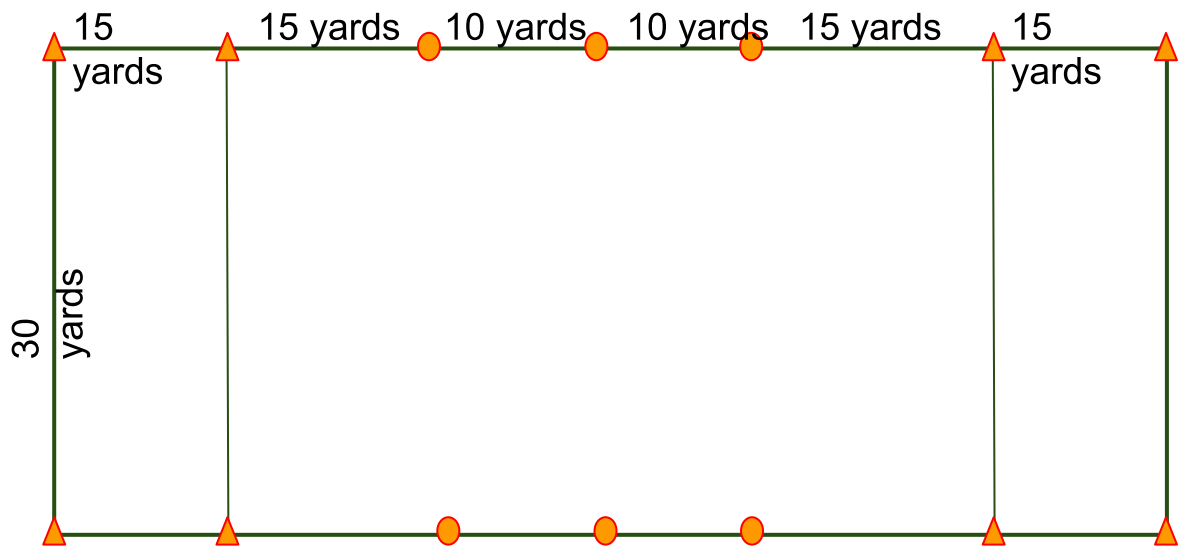
Offense Call Ratios allow the offensive team to determine player ratios at the beginning of each point. A team may want to alternate between 4:1 / 3:2 ratios throughout the game for slightly prolonged bench rest. If captains want to use the Offense Calls Ratio, they must both agree at the beginning of the game and Offense Call Ratios will then remain in force throughout the entire game. If the captains cannot reach consensus, the league default team ratio must be used.

Field Set up

7v7 Field Diagram



5v5 Field Diagram



Spirit of the Game

What does Spirit mean to EUPA?

Spirit is knowing that without your opponent you wouldn't be able to play.

Respect - For our opponents, teammates, and the game of Ultimate. Assume the best of your opponent and give them the benefit of the doubt.

Community - Strengthening the bond between Ultimate players in Edmonton. Helping each other meet new people and become more than players on opposing teams.

Fun - Making sure every game is enjoyed by all people playing and watching. At the end of the game, regardless of whether you have won or lost, you are happy that you came out and played.

Spirit Scores

The spirit score that you give the other team should be representative of the entire game and not based on one incident. If there are a few calls made by either team, quickly resolved, and play was fun for all (what you should expect out of an Ultimate game) it should rank a “Good” ranking on the Spirit score scale. At the end of the season the team and players with the highest spirit scores are recognized with a team prize

Directly after a game, players rate the other team, as well as their own team, on the five fundamentals of the sport:

1. Rules Knowledge & Use (Did they know and abide by the rules?)
2. Fouls & Body Contact/Self-Control (Did they avoid body contact? Did they show self-control and a positive attitude?)
3. Spirit/Attitude/Fair Play (Were they fair-minded? Did they communicate properly and respectfully?)

Every team's Captain, Co-Captain and/or Spirit Captain will be able to submit a ranking of Poor, Not-So-Good, Good, Very Good or Excellent for each of the five fundamentals. Please see below a matrix outlining in detail examples on how a score should be recorded based on the game experience. It is important for teams Captain, Co-Captain and Spirit Captain to have a strong understanding of this scoring system and to submit accurate Spirit Scores after every game.

Score	Rules Knowledge	Body Contact/Self-Control	Spirit/Attitude/Fair Play
5 Exceptional	<p>For the level of play, showed excellent knowledge of the rules and abided by them throughout the game.</p> <p>The opposing team kindly offered rule clarifications if/when required.</p>	<p>The opposing team was mindful of their space, were careful, and avoided dangerous play to the best of their ability.</p>	<p>Highest level of respect shown throughout the game towards opponents, officials, and spectators.</p> <p>Any conflicts were resolved amicably and without incident.</p> <p>Opposing team's conduct added to our enjoyment of the game.</p>
4 Very Good	<p>For the level of play, showed above average knowledge of the rules and abided by them throughout the game.</p> <p>Receptive to corrections and rule clarifications when required.</p> <p>Any conflicts were resolved favourably and without incident.</p>	<p>The opposing team was mindful of their space, avoided dangerous play to the best of their ability.</p> <p>Some incidental contact may have occurred but the opposing team was mindful and self-corrected.</p>	<p>Respect shown throughout the game towards opponents, officials, and spectators.</p> <p>Opposing team's conduct did not detract from our enjoyment of the game.</p>
3 Good (normal)	<p>For the level of play, showed a basic knowledge of the rules and abided by them during the game.</p> <p>Receptive to corrections and rule clarifications when required.</p>	<p>Some incidental contact may have occurred but the opposing team was mindful and self-corrected.</p>	<p>Generally exhibited respect towards opponents, officials, and spectators.</p> <p>Any conflicts were resolved plainly and without incident.</p>

2 Not-So-Good	<p>For the level of play, showed a lack of basic knowledge of or disregard for the rules at points during the game.</p> <p>The opposing team was not receptive to corrections and rule clarifications when required, and were reluctant to apply new knowledge to the game.</p>	<p>Exhibited a lack of regard for others' space.</p> <p>Incidental contact is ongoing and might include several instances of dangerous play.</p>	<p>Exhibited a lack of respect towards opponents, officials, and/or spectators.</p> <p>Any conflicts were resolved heatedly or led to contentious incidents.</p> <p>Opposing team's conduct detracted somewhat from our enjoyment of the game.</p> <p>The opposing team played unfairly and/or with a poor attitude.</p>
1 Poor	<p>For the level of play, exhibited no knowledge of the rules or blatantly disregarded them during the game.</p>	<p>Blatant disregard of space, makes incidental contact and dangerous plays often with no attempts to correct or improve.</p>	<p>Exhibited a major lack of respect towards opponents, officials, and/or spectators.</p> <p>Any conflicts were resolved acrimoniously or led directly to contentious incidents.</p> <p>Opposing team's conduct made the game basically unenjoyable. The opposing team played unfairly and their attitude was abysmal.</p>

AI Wharmby Award

The AI Wharmby award is given each year to the most spirited player on each night of EUPA Summer League. After each league game played, teams nominate the player from the opposing team that best exemplifies the Spirit of the Game. At the end of the season, the player on each night with the most nominations will be awarded the AI Wharmby Award. As well, the most nominated player on each team will receive recognition for their demonstration of Spirit.

This prize is named in honour of Alan Wharmby:

Alan was positively famous on and off the field for his crazy friendliness. He was humble and polite to a fault. The team shirts for the team he played on, T-GOAT, were emblazoned with the phrase "I've been touched by AI 'Night-Long' Wharmby."

In the summer of 2000, with a spirit built on the excitement of adventure and the beauty of living, Alan Wharmby set off on a trek by bicycle around the world. On June 3, 2000, just a few thousand kilometers into his trek, Al was struck and killed by a car outside Greenfield, Massachusetts. He died at the age of 25. Alan was on a stretch of Highway 2, a moderately busy country road with wide shoulders and gorgeous hills.

It may help to keep this in mind when choosing a nominee for this award after each game. You might even want to read it to your team so they have a better idea of what the Al Wharmby award is all about.

Dispute Resolution

Despite everyone's best intentions, there can be disagreements on the field. Your team is counting on you to help sort things out and get them back into the game. Because it is very rare that an Ultimate player deliberately cheats, most disputes can be avoided if everyone knows the rules. The rules are designed so that even if there's a disagreement about what happened (eg: whether someone was in-bounds), play can quickly resume in a way that's fair to both teams. A quick contested call is preferable to a long argument while nobody gets to play.

If you're not sure about a rule and there's no one around who can clear things up, the fairest decision is usually to reset the disc to whomever had it before the call. After the game, we'd encourage you to look up the rule for next time, or to contact the Rules and Spirit Committee (league@eupa.ca) for clarification.

Helping your team when there's a disputed call:

1. See if the call resolves itself— It is ideal to allow the players involved in the play resolve the call on their own, it really can be as simple as: "foul." "I contest." "Okay. Back to the thrower."
2. If there's confusion about the rules, it can help to have the players involved in the call briefly explain the reason for the call. For example: "you bumped my shoulder while I was throwing". This will help clear up what kind of call was made, and someone listening will probably know the appropriate rule.
3. Anyone who changes his or her mind can retract a call or a contest. If during a discussion about a call you realize that you made the wrong call or that you should not have contested the call, you can change your mind.
4. If the rules call for it, involve the right person. Boundary calls, for example, should be settled by the person with the best perspective, regardless of which team they are on.

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5. If play has been stopped for 20 seconds and you're still talking, then agree to disagree. It stands as a contested call, which usually goes back to the thrower.
 6. Get back to playing Ultimate.

If you encounter a serious problem with another team's poor spirit or dangerous play, we encourage you to let us know. Please see the Spirit section, below.

Sub Policy

We understand that there may be instances when players will miss games for various reasons, and as such it is perfectly acceptable to get a sub for any given game. Whenever possible, all **subs should be of similar skill** and experience to the player they are replacing. All subs **MUST have a valid 2022 EUPA membership**, and if players pick-up for more than 5 weeks throughout the season they will be expected to register on your team and pay the league fee.

If you have a player that you need to permanently replace on your roster due to unforeseen circumstances, please contact us at admin@eupa.ca and CC programming@eupa.ca to arrange for this change.

EUPA Weather and Game Cancellation Policy

EUPA wants all of its members to get to play the most number of games possible in any given season; however, with the City's Rainout Policy, variable weather conditions known to Edmonton, and our members' safety, the fields are subject to closure and games are subject to cancellation. Captains and players must know and follow the following rules regarding weather and game cancellations.

1. All EUPA games are cancelled if the city has closed the fields.

First and Foremost, The City of Edmonton field closures are in effect at all time and locations. If we play on fields that are closed, then individual players and our Association may be fined. At 4:00PM Monday- Friday and 10:00AM on weekends & holidays, the City of Edmonton updates it's field closures. Field closures can be found at: 780-496-4999 ext. 1 or

<http://coewebapps.edmonton.ca/facilitynotifications/default.aspx?args=4>

2. Once at the fields, Captains may Cancel or 'Call' a game if either:

- a. The field turf will become damaged from use; or
- b. Captains feel that players' safety is at risk or players feel unsafe.
 - i. Unsafe conditions may occur from but are not limited to lightning, or unstable footing due to muddy conditions.
 - ii. In the event of lightning remember the "30-30" rule; if thunder occurs within 30 seconds of lightning at your location, players must seek shelter in a safe location and remain there for 30 minutes from the last audible thunder before resuming play.
 - iii. If an individual player feels unsafe they will not be required to participate.
 - iv. If either captain or team feels unsafe, their team will not be required to participate.

If the City of Edmonton has not closed the fields then all games are on as scheduled. The league expects that both teams will show up to play and that a score will be reported. At 7:00 PM game time Captains are free to, at their own discretion, 'Call' the game or suspend play if they are in agreement due to extreme poor weather, lightning danger, unsafe field conditions (e.g. muddy conditions causing slipping or field damage), etc.

If your game has begun and weather or safety becomes an issue, captains may suspend play temporarily. We recommend that everyone goes to their vehicles or nearby shelter and takes a 15-minute break. The weather in Edmonton can be quick to change and in 15 minutes can change from heavy downpour, to clear skies and a warm evening. If after 15 minutes the weather has not

improved, or it would be unsafe for players to resume play, or play would result in field damage, captains should choose to either 'Call' the game or extend their delay.

- 1. Captains may decide to cancel a game prior to it starting provided BOTH captains agree and contact all of their players. Captains are discouraged from cancelling games prior to showing up at the field.**
- 2. Captains should always notify the league coordinator after any Captain's Cancellations.**

Games that are cancelled will not push back the league's schedule. By default, a score of 0-0 will be submitted for games that are cancelled for any reason. If a game has started and 5 points have been played prior to a captain's cancellation, captains should submit their scores for the game. If less than 5 points have been played, captains may choose to use a score of 0-0 by default, or submit their score if BOTH captains agree.

Captains may, at their discretion reschedule games on their own time and submit their scores to the League. EUPA will assist in finding fields if needed for rescheduled games. Contact the league coordinator for more information.

FROM THE CITY OF EDMONTON'S FIELD CLOSURE GUIDELINES:

"User discretion empowers the user to make a common sense decision on whether or not to cancel an event on their field. We ask that if there is any standing water on the field or sports play will cause turf damage, postpone and re-schedule your event. If damage occurs as a result of a user decision to play, the user will be held responsible for all repair costs and may also have their Booking privileges revoked."

Spirit Policy

Purpose

The purpose of this Policy is to promote the Spirit of the Game, and describe the Edmonton Ultimate Players' Association ("EUPA")'s response to individual or team behaviour which negatively impacts players' enjoyment of Ultimate, or the public's perception of EUPA and our sport.

Discretion and Scope

This Policy is intended to encourage the Spirit of the Game of Ultimate, and should be applied in a manner consistent with that goal. It applies to all EUPA members ("Members") when they are involved in activities which are fully or partially run by EUPA. This includes leagues, tournaments, social events, and other activities. It exists to guide the actions and responses of the Board of Directors ("Board") and Rules and Spirit Committee ("Committee").

Spirit of the Game

This Policy adopts the description of Spirit of the Game set out in the 11th Edition USA Ultimate Rules: Ultimate relies upon a spirit of sportsmanship that places the responsibility for fair play on the player. Highly competitive play is encouraged, but never at the expense of mutual respect among competitors, adherence to the agreed upon rules, or the basic joy of play. Protection of these vital elements serves to eliminate unsportsmanlike conduct from the Ultimate field. Such actions as taunting opposing players, dangerous aggression, belligerent intimidation, intentional infractions, or other "win-at-all-costs" behavior are contrary to the spirit of the game and must be avoided by all players.

Member and Team Conduct

In addition to demonstrating good Spirit of the Game, EUPA expects its Members and teams to:

- Treat each other with respect;
- Follow the rules when playing Ultimate;
- Play safely and abide by all EUPA policies respecting weather and field use; and
- Positively represent EUPA and the sport of Ultimate to the public.

For clarity, this policy is intended to deal with problems that cannot be resolved by applying the rules of Ultimate.

Spirit Issues and Complaints

Any Member may make a complaint about the actions of another player or a team. This can be done by contacting the Admin of EUPA, the Rules and Spirit Committee or the EUPA Board of Directors. The complaint should explain the nature of the dispute in as much detail as is possible. It is recognized that there are often two sides to disputes and that responding to a complaint may require action by both the subject of a complaint and the person who makes it.

The Committee may take action in response to a concern that this Policy may be violated, whether or not anyone has made a complaint.

Submitting Complaints

We all expect that this season will be full of great sportsmanship, fun, and athletic play. But in the event a team or individual behaves in a way that reflects poorly on the league or their team, EUPA would like to help resolve the problem. If after a game you feel that behavior on the field was disrespectful, dangerous, or unsportsmanlike, please contact the EUPA at spirit@eupa.ca. If you are giving a spirit score of 1, your team may be contacted for additional details so that we may address this issue.

When submitting a complaint you would like EUPA to address please include:

- **WHO** the complaint is about (player or team)?
- **WHAT** happened to warrant the complaint?
- **WHEN** and **WHERE** the game was played?
- **WHY** a complaint is warranted? This should be a cool-headed reason outlining the details of the behaviour or event that transpired.

Resolving Complaints

For most complaints, EUPA will try to work with both teams to promote Spirit, knowledge of the rules, and good etiquette. This means that once a complaint has been set out, EUPA will contact the team that is the subject of the complaint. This should be seen as an opportunity to solve problems and improve everyone's enjoyment of the game. It's not intended to be punitive. However, we can't accomplish anything if the Captain doesn't respond.

Record Keeping and Reporting

The Committee shall maintain a record of all written communication and actions taken in response to this Policy, and provide it to the Board upon request.

From time to time, the Committee shall provide the Board with general information about the nature of complaints or concerns, their number, and how they have been resolved.

Objectives in Responding

In responding to a complaint or concern, EUPA shall:

- Attempt to resolve disputes;
- Promote understanding of the rules of Ultimate; and
- Reduce the likelihood or impact of future misconduct.

This policy is not intended to punish wrongdoing.

EUPA will use an appropriate response considering the nature and history of the complaint or concern. The following table is provided as a guideline.

Spirit Complaint Responses

	Scenarios Include:	Description of Response:
“No Response Required”	<ul style="list-style-type: none">• Low spirit scores• Misunderstandings<ul style="list-style-type: none">◦ EUPA rules◦ Ultimate Rules• Isolated disrespectful behaviour	A member of the Committee will contact the appropriate Member or Captain by email. The nature of the concern will be explained, as well as any pertinent rules or league information. No judgment is made about whether a complaint is justified.
Directed Contact and Discussion	<ul style="list-style-type: none">• Prior “No Response Required” emails• Deliberate violations<ul style="list-style-type: none">◦ EUPA rules◦ Ultimate Rules;• Disrespectful behavior.	A member of the Committee will contact the appropriate Member or Captain by email. In addition to explaining the nature of the concern, the Committee will request a response. If necessary, the Committee will follow up with the person who made the complaint. This may generate a back-and-forth conversation aimed at preventing future issues. If possible, the Committee will form an opinion about whether a violation of this Policy occurred.

Committee Involvement	The subject appears to need or even requests assistance in managing the concern; future Board Intervention is anticipated; Committee involvement may contribute to the safety and enjoyment of a EUPA activity.	The Committee or a delegate engages directly with the appropriate Member or Captain to encourage good conduct and gather information. This may include physical attendance at a future game or other creative solutions.
Board Intervention	Prior failed intervention by the Committee; abusive, violent, or dangerous conduct; behaviour that poses an organizational risk to EUPA.	The Committee reports to the Board regarding the nature of a concern, any relevant history, and any steps attempted. The Board gathers any further information either through the committee or its own investigation. The Board determines an appropriate response and ratifies its decision through a Motion. This may include removal of membership privileges.

Gender Inclusion Policy

Since 2001, the Edmonton Ultimate Players Association (EUPA) has promoted a the highest quality brand of Ultimate that encourages competitive, safe, firmly rooted in the philosophy of Spirit of the Game*. Over that time, EUPA has adapted its programming to reflect a variety of changes in an effort to become more inclusive.

EUPA is exceptionally proud of its history of building an inclusive Ultimate community in Edmonton.

We believe:

1. The opportunity for people of all genders to play together in a recreational sport environment is important because it leads to respect between EUPA community members both on and off the field.
2. Being gender inclusive means respecting the right of all individuals to identify their own gender.

We commit to:

1. Supporting inclusive environments that respect every player's body and gender autonomy.
2. Using gender inclusive language in EUPA communications.
3. Advocating for gender inclusive language at the provincial/national level.
4. Furthering the inclusion of all genders in society in accordance with the Alberta Human Rights Act and the Canadian Human Rights Act both of which prohibit the discrimination on the grounds of gender identity and gender expression.
5. Reviewing this policy as required and encouraging members to send feedback to the Community Committee.

Team Ratio Rule

1. The intention of the Team Ratio Rule is to:
 - a. To ensure people of all genders have access to time on the field
 - b. To have some balance between teams in terms of strength, speed and size
2. The Team Ratio Rule is based on the following 'socio-cultural' assumptions:
 - a. In general, as a group, cis-men are given more opportunities and encouragement over their lifetimes to explore sport and develop their physical strength and skill.
 - b. In general, male bodies are stronger and faster than female bodies.
3. We acknowledge the limitations and imperfections of the Team Ratio. For example:
 - a. The generalizations the ratio rule is based on are not true for all individuals, i.e. females can be stronger, faster and/or larger than males.
 - b. There are more than two genders. Our league is inclusive to all gender identifications and expressions.
 - c. Despite the limitations and imperfections of the ratio rule, the Board feels it is currently the best tool at our disposal to achieve the goals of gender inclusion and parity.
4. Gender Inclusion Protocol
 - a. When referring to people in general or to a person whose pronouns are unknown, use 'they.'
 - b. It is acceptable to ask a person their pronouns in a respectful way.
 - c. Everyone is required to respect the gender identity, expression and pronouns of others.
 - d. You may assume that every team member is aware of this policy and respectfully self-selects where they should be counted (just as you assume any players understands the rules of Ultimate).
5. Dispute Resolution
 - a. If you are concerned that the Team Ratio Rule is not being followed:

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- i. Ask the opposing Captain: Are you good for Team Ratio? If they say they are good, play on!
 - ii. Do not question any individual's gender.
 - iii. You should trust that every team member has determined a position.
- b. If you are concerned that a player is abusing the Statement of Intention of the Team Ratio, do not confront that player directly or address it during a game. Contact the Administrator following the game.
 - c. Any member of EUPA may contact the Administrator if the member needs assistance with this process or understanding the rule.

6. Definitions

- a. **Spirit of the Game:** Ultimate relies upon a spirit of integrity that places the responsibility for fair play on the player. Highly competitive play is encouraged, but never at the expense of mutual respect among competitors, adherence to the agreed upon rules, or the basic joy of play. (Adapted from Ultimate Canada)
- b. **Nonbinary:** someone who does not have a gender identity that fits into the poles of male or female, but rather somewhere on the spectrum in between. Nonbinary is an umbrella term – people can have identities outside of being male or female (e.g. agender, genderqueer, genderfluid, bigender, etc)
- c. **Female:** Cisgender female as well as trans and non-binary players who align themselves with the identities, speed and strength of girls and women for the purposes of fulfilling the Intention of the Team Ratio.
- d. **Male:** Cisgender men as well as trans and non-binary players who align themselves with the identities, speed and strength of boys and men for the purposes of fulfilling the Intention of the Team Ratio.
- e. **Cisgender:** Someone who has a gender identity that aligns with what they were assigned at birth. The term was created for referring to "non-transgender" people without alienating transgender people.
- f. **Transgender (or Trans):** Someone whose gender differs from what they were assigned at birth. Transgender people may identify as male or female, or they may choose that neither label fits them.

7. Acknowledgments

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- The creation of this policy benefited from information, experiences, policies, and feedback drawn from the following organizations and individuals:
- a. Peterborough Ultimate League.
<http://www.pultimate.ca/wp-content/uploads/2016/12/PUL-Gender-Inclusion-Policy-Nov-2016.pdf>
 - b. Canadian Centre for Ethics in Sport's Gender Inclusivity Guidelines
<http://cces.ca/sites/default/files/content/docs/pdf/cces-transinclusionpolicyguidance-e-e.pdf>
 - c. Pride Centre of Edmonton. 10608 105 Ave NW 2nd floor, Edmonton, AB T5H 0L2.
Telephone: 780-488-3234. E-Mail: info@pridecentreofedmonton.org
 - d. The Edmonton Sport Connection. <https://www.edmontonsport.com/>
 - e. The Alberta Human Rights Commission offers a variety of [resources](#) that we encourage all players and especially captains and spirit captains to read and view.
 - f. A special thank you to our 2016/2017 summer student who initiated the drafting of this policy.
8. This policy is one step toward gender inclusion and will evolve as we gain more experience and feedback.

Refund Policy

1. [Link to Refund Policy](#)
2. [Refund request form](#)

2022 PARTNERS AND SPONSORS



2022 Apparel Sponsor - VC Ultimate

1. [VC Ultimate](#) was created by ultimate players in Montreal, Canada in 1998 to fill a void in the market for ultimate apparel.
2. 20 years later, and now headquartered in Toronto, their mission has remained the same: to produce team uniforms and apparel of the highest quality, while living up to our reputation for innovation, great customer service, and active community involvement.
3. VC will be our official apparel sponsor for 2022 and is offering some sweet deals for EUPA and its members!
4. Here are some of the details:
5. 10% off all products and team orders from EUPA members, clubs, and teams associated with EUPA.

Visit their website or reach out via email (info@vcultimate.com) anytime to get your 2022 team jersey/apparel orders started!

If you are interested in becoming a partner of EUPA please email generalmanager@eupa.ca