



The 7th Annual Nova Scotia High School Ultimate Championships

Introduction

On behalf of the Nova Scotia Disc Sports and Junior Ultimate of Nova Scotia, we are proud to announce the 2011 Nova Scotia High School Ultimate Championships! This year's tournament takes place on June 11th in Dartmouth. Each year the tournament grows more popular and the competition gets stronger. This year's tournament is no exception, and we hope to feature 12-16 teams from around the province.

There is a tremendous amount of room for Ultimate to grow. For every school participating this year, there are many others that are not. There are dozens of other schools around the province without teams, and thousands of potential players. With your continued enthusiasm and support, we look forward to continued growth in 2011 and beyond. We welcome feedback about any aspects of the tournament and suggestions for the future.

Congratulations and good luck to all participants!

Stefan Furey, DiscNS Junior Coordinator
Kenny Sharp, Tournament Field Director

Rules

With several minor exceptions specified below, all games will be played according to the USA Ultimate Official Rules of Ultimate 11th Edition. These are freely available online at http://www.usultimate.org/resources/officiating/rules/11th_edition_rules.aspx.

There will be a captains/coaches meeting at 8:45 am. Please report to the main tent area at this time.

All games will be **50** minutes in duration. The start of a game will be signalled by one whistle or horn blast. Games are played until one team first reaches 11 points or the end of game time (indicated by two whistles or horn blasts). If the score is tied at the end of game time play continues until that point is scored. Otherwise the game is over regardless of the state of the disc. **No extra time will be added for games that start late.**

There will be a maximum five minute halftime. Halftime occurs after one team scores six points. After half teams will start on the opposite side from which they started the first point. Each team will have one 70 second timeout per **game/half**. Time-outs are not allowed during the last 5 minutes of a game.

The gender ratio will be any 4:3 combination. This means that teams may elect to field four males and three females, or three males and four females. Opposing teams are not required to match gender ratios, so a situation where a male is "marking" a female may occur. If there are insufficient players to field a 4:3 combination, that team will have to play shorthanded or forfeit. Teams must ensure that a sufficient number of players of each gender are present

Please note that the following items are **prohibited from the all-weather fields**: hair clips and bobby pins, sunflower seeds, shelled nuts, and peanut products, chewing tobacco, glass bottles or similar products, spitting on the playing surface, chewing gum being thrown on the all weather surfaces, swinging or hanging on netting, goal posts or crossbars. This is a strictly non-smoking facility.

Food and Refreshments

Lunch will be provided, including sandwiches, granola bars, and fresh fruit. Sports drink and water will be freely available all day. If you have any special dietary requirements, please bring your own food!

Skills Competition

We will have a skills competition during the lunch break, with prizes awarded to winners of each event and to the school with the best overall results. Competitors should report to the main tent area at 12:30 PM. Each team may enter one female and one male competitor for each event. A player may not enter multiple events.

Huck Competition: Everyone loves the long bomb! The rules are simple in this popular event - throw the disc as far as you can. The disc that lands the furthest from the start line wins.

Throwing Accuracy: Every good quarterback needs an accurate arm. For this accuracy test targets will be set up at various distances from the thrower. Players will compete to hit targets using a variety of throws.

Speed Challenge: Ultimate is a fast paced game so we're calling on all you speedsters out there. For this event each team will enter a four person relay team (two female and two male). The fastest team to complete this relay race wins.

Tournament Schedule

The first games start at **9:00 sharp**. The tournament runs until 5:00 PM. Each team is guaranteed at least four games.

The tournament is played over three sessions. The first session will feature round-robin play, in which each team will play against some of the other teams. The second session involves a cross over round where you will play teams from other pools to determine final seeding for the final session, the playoff round. The highest-ranked four teams advance to semi-finals, and then to the 1st and 3rd place games. Lower-ranked teams advance to a consolation game.

Location

The tournament will be held at the Harbour East All Weather Sport Facility at 261 Commodore Drive, Dartmouth. The games will be held on both fields.

Registration

The tournament **entry fee is \$150 per team** payable by cheque or money order (no cash please) on the day of the tournament to the tournament director. Cheques can be made out to Nova Scotia Disc Sport Society (or NSDSS). Receipts will be made available if requested.

Completed waivers forms for all players are required and can be submitted along with your team fee. If you do not have a waiver form you can download one from www.discns.ca.

Summer League Ultimate

JUNS will be running a summer junior team in the local Halifax Ultimate league. Games are 75 minutes long and will take place between the hours of 6pm and 10pm on Thursdays. League games begin on June 16th. Please direct any interested students to a sign-up sheet at the main tent or have them email juniors@discns.ca