

Important Dates

May 20th – Start of Pre-Season

June 13th – Start of Regular Season & First Friday Party

July 18th – Captains Appreciation Night

July 21st – PADA All Star Tourney

July 22nd – Playoffs start

August 9th & 10th – Finals Weekend

*** We will be arranging skills clinics throughout the summer, stay tuned....*

Note: Dates are subject to change



Philadelphia Ultimate Camp

June 16-20, 2008 fun, games and good sports.

June 23-27, 2008

www.ultimatecamp.com

www.UltimateCamp.com

Hosted by Mark Rosser and Jim Brose

Captains – *Get a teammate or child of a teammate to sign up and receive a free disc*

Week 1: 7 to 12-year olds - June 16 – 20

Week 2: 11 to 19-year olds - June 23 – 27

pada

2008

Fairmount Park Summer League

Captains Handbook

Spirit of the Game

In the rules of ultimate, Spirit of the Game has three parts: mutual respect among competitors, adherence to the rules, and the basic joy of play.

At every level of ultimate - all the way up to the world championships - players make their own calls. No other sport ties players' integrity so tightly into the basic fabric of the game. At the same time, being a part of PADA means being part of a community. No matter which team you're on, you're playing with your current and future friends. So, whenever you're playing ultimate, and especially when you're playing in PADA, always respect your fellow players and act in a way that helps both you and everyone else to enjoy the game.

Captains' Guidelines for a Fun Season

Here are some general ideas to keep in mind as you venture onto the fields to lead your teams to a fun and exciting season.

1. We expect that as a captain you will make a conscious effort to promote Spirit of the Game and make playing ultimate with PADA an enjoyable experience for your whole team.



PREMIER PROPERTIES

**Gina Wherry, Realtor,
International Sterling Society Member**

PADA Member for 18 years.

Specializing in first time home buyer
programs & investment properties.

Buying real estate now could be your best move yet!

Call 215-699-9000 ext. 125

or email ginaw@cbpremierproperties.com

PADA's Web Site: www.pada.org

Please remember to check the web site, and specifically the Forum (www.pada.org/forum) for updates to policies and guidelines.

PADA Contacts

Fairmount Park Summer League questions/concerns can be sent to - summer@pada.org

General questions can be sent to – info@pada.org

The PADA Board – board@pada.org

2. During preseason, take advantage of this time to really teach some fundamentals, strategy, and rules of the game. This is a great opportunity to get your team on the same page and provide invaluable instruction for those newer players. It is also a great way to start having FUN with your team!
3. It is important that you distribute team phone & email lists as well as schedules the first week. This enables people to arrange rides to the fields and promotes open communication among teammates.
4. Captain Philosophy. It is recommended that you explain to your team what your philosophy is for playing time during regular season and play-off/finals. This allows your team to understand why you will make certain calls. This will prevent assumptions and complaints amongst team.
5. **Play all team members as equally as possible.** Players can't learn and improve if they only get to watch from the sidelines. And remember, everyone pays the same fee to play in the league; they all deserve to play and enjoy the experience. Lastly, come time for Playoffs & Finals, the more experience your novices have, the better they're going to play; and, the more likely they will come back next year. That in itself is PRICELESS!

6. Distributing rules to new players is a good idea, but discussing them is an even BETTER idea. It not only helps them to gain a better understanding of the game, but it also ensures fair, safe play for all of us. Send people to <http://www2.upa.org/ultimate/rules> for the 11th edition rules.
7. Remember that the League is a social event as well as an athletic event. Develop a system for your team to have different people bring food, beverages and other post-game refreshments/entertainment. Keep in mind that some of our players are under 21!
8. If at any time you feel overwhelmed, intimidated, confused, or concerned, please feel free to use the people at your fingertips. Not only are the coordinators here, but there are tons of veterans out there who are more than willing to share their wisdom. REACH OUT TO US!

Captains Responsibilities

Captains are the direct line of communication between the team and the organization. You should communicate directly with the coordinators on any issues regarding the league and its activities. To the players, you are expected to: (A) be leaders in teaching basic skills and strategy to newer players; (B) give the team a direction in offensive and defensive objectives; and (C) be able to communicate the rules of the game, promote sportsmanship, and set an example for fair play.

Dog Policy

Most of us love dogs...but not the ones that get into trouble. If you have a dog that has bitten someone, or has had a history of getting into fights with other dogs, please take proper measures to ensure everyone's safety. This could mean leaving him or her at home, or tying them up in a place where they can be both out of danger and supervised.

Anyone who brings a dog to PADA activities should bring to the field:

- collar with name tag (including owner's name) and current rabies vaccination tag
- leash or rope
- plastic grocery bags (or substitute) for picking up anything Fido leaves behind
- water

Check www.pada.org for PADA's latest Dog policy.

Disciplinary Policy

There have been three important changes to PADA's disciplinary policy, effective May 1, 2007:

- (1) PADA will have a standing disciplinary committee to handle incidents as they arise.
- (2) The requirement for complaints to be submitted in writing has been removed. The disciplinary committee now has the right to look into situations which involved physical violence whether or not a formal complaint has been made.
- (3) "Disregard for property and equipment that is owned or rented by PADA" has been added to the list of offenses which may result in suspension.

The entire disciplinary policy may be found at the following website: www.pada.org/disciplinarypolicy

Novices

The goal is to create the most positive learning and playing experience for new players and to retain them! If they are doing something wrong, take them aside and provide positive constructive feedback. Prior to the games, captains should briefly discuss who are the novices or less experienced players so they can be matched up appropriately.

Points of Emphasis

This summer, we invite everyone to help us focus on retention of our women and novice players. It is our goal to involve all of the players on the field. The gender rule is outlined in the following section.

- **EVERY** healthy player should play **at least a minimum of 2 points** per half, including playoffs.
- **SAFETY FIRST!** There is no place in ultimate for dangerous or reckless play. If you have a player on your team who is playing too aggressively, please remind them that this is an inclusive, recreational co-ed league. You have the right to sit them down if necessary. Please do all you can diffuse a situation before it becomes an incident. Also remember that reckless endangerment is always a foul; encourage your players to call these fouls as appropriate.

Gender Rules

Captains are **REQUIRED** to follow these gender ratio rules, unless otherwise agreed upon by Captains for legitimate reasons only:

- If both teams have a 5 or more healthy women and 10 or more healthy men, then the gender ration is **5/2 for one half and 4/3 for the other half**. Captains should agree on which format is played prior to start of game.
- If both teams have a minimum 5 healthy women and less than 10 men, then the gender ratio is 4/3.
- If a team has only 3 - 4 healthy women, then it is offense decides.
- If a team has only 2 healthy women, then it is 5/2.
- If you know you have players arriving late to the game, please communicate this to the other captains to come to an agreed upon gender ratio format.
- A healthy **player** is anyone who can **play one point at the start of the game**; start-of-game gender rules will apply throughout unless otherwise agreed upon by captains.

Field Care

As always, please take out what you bring in, and use the recycling bins at Edgely or recycle at home. Also, encourage players to respect the fields and the space around them by cleaning up after themselves. Please pick up bottle caps and glass. We share the fields and clubhouse with the caretakers and with cricket, so please act accordingly. Don't forget to stay off the pitch!

Rescheduling

If your game is cancelled for a legitimate reason (which doesn't include missing your good players), most notably rainouts, please contact the coordinators and we will work with both captains to find an available time slot to reschedule. Email: summer@pada.org

Brick Marks

The brick is 15 yards on all fields for Fairmount Park Summer League.

PADA Alcohol Policy

1. Anyone under the age of 21 is strictly prohibited from drinking any alcoholic beverage at a PADA event.
2. Any PADA member under the age of 21 found drinking any alcoholic beverage will be subject to action by PADA's disciplinary committee. Penalties for underage drinking could include suspension or expulsion from PADA leagues and events
3. Any PADA member providing alcohol to a person under the age of 21 will also be subject to action by the disciplinary committee.
4. PADA will not provide any alcohol at any event or venue outside Pennsylvania.

The full alcohol policy is online at www.pada.org

If this score can not be reached before the end of the time-cap period, then the game will end, and the leading team will be declared the winner. If the teams are tied at the end of the time-cap period, then the game will be recorded as a tie.

Horn and Cap

No horns will be used this summer to indicate the darkness-cap or end of games. Instead, at approximately 5 minutes after sunset the captains must apply the cap; the cap will begin following the next goal scored. After the goal is scored, the game is played to 2 points plus the leading team's score. The first team to reach the determined score wins the game.

At 25 minutes after sunset, the game is over regardless of the score, or where the disc is on the field. (If tied, the game is recorded as a tie.)

Sunset times are available at www.sunrisesunset.com. On cloudy evenings, the cap should be applied early because it gets dark earlier. As a general guide, the cap should go on before there is any difficulty seeing the field, disc, or other players because of darkness, and the game should stop if darkness presents any danger to players on the field. It is important for captains and players to have both common sense and discipline in applying caps no later than the appropriate times.

Wet / Muddy Fields

For game cancellations from now on you can check the PADA Forum (www.pada.org/forum) for cancellations. If there is no announcement for the day, this means that games have not (as a rule) been canceled for that day. If it is raining hard or the fields are muddy and getting damaged, STOP playing on them. PADA's biggest challenge is field space and field maintenance so do not hurt the fields.

Lightning Protocol

It is at the captains' discretion to stop play when necessary, and we expect that good judgment will be used. Captains can decide to pull their team off the field without consequence if they feel that lightning is a risk. If you see lightning, STOP PLAYING AND WAIT 15 MINUTES. If you are at Edgely, please go to the clubhouse, else try to find shelter or sit in your car and wait it out if you are at another field.

If a game is called, it is up to the captains to then decide how they want to handle it. The options include rescheduling, wait to see if the storm passes and resume play, declare the game a draw, or ro-cham-bo. You can do whatever you want, as long as we get a score recorded. If you can't come to an agreement on how to resolve the game, you should talk to the coordinating committee (see the end of this guide for email addresses).

Replacement Players

Please do not pick up players without consulting the coordinators. There is a waiting list from which we draw, and we will try to accommodate short-handed teams as much as possible. In addition, if a player gets injured and is going to be out for the season, please talk to/email the coordinators ASAP, so that the situation of player replacement may be handled properly.

Club House Use

The clubhouse will close at 10PM on weeknights.

The clubhouse is a valuable resource for PADA, and it is important that we take care of it. All members should feel welcome to use the facilities, particularly bathrooms and the kitchen, provided that good judgment is exercised. In other words, use it, enjoy it, keep it clean, and improve it. Please be aware that there are caretakers who live in the clubhouse. This is their home, as much as other members', so please respect their space and property. Please recognize that most of the stuff in the kitchen is theirs (especially the food!).

Game Rules

For Summer League, we will use the UPA 11th edition rules. Each captain will be provided a copy of the rulebook. Everything in the rule book is enforceable.

Friday Night BBQ's

PADA will supply condiments and fire every Friday night of the season. PADA will sponsor a handful of specific Friday night parties throughout the season (eg, First Friday, Captain Appreciation, etc.). Food, beverage of choice, and fun should be supplied by individual teams. Friday nights at Edgely are open to every player in the league – and all are encouraged to come out – whether or not they are playing that night.

Time Outs

In any game, there are two time outs per half. If a game is played into overtime, each team will be granted one time-out in overtime regardless of the number of remaining time-outs the teams have. If a game is time-capped, each team may only use one of its remaining time outs.

Game Length

Games will be played to 15, win by 2, with a hard cap at 17, OR until the game is time capped.

If the score is tied at 14-14, then the game has gone into overtime, and play will continue until one team leads by two points, or one team reaches the hard cap of 17. When this occurs, the game is over. If the game has been time-capped, then the game is played to a score equal to the leading team's current score plus 2 points.