

INTERNATIONAL SPIRIT OF THE GAME DAY

SPIRIT OF THE GAME HANDOUT

INTERNATIONAL
SOTG
DAY



TEN THINGS YOU SHOULD KNOW ABOUT SPIRIT OF THE GAME (SOTG)

- 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. If you are thick-skinned, do not assume that your opponent is.
- 2. Control:** SOTG takes real effort and is not just some abstract principle that everyone adopts and 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 emotions, tame your temper, and modulate your voice. If you contribute to the unravelling of spirit, the concept falls apart quickly. If you act to mend things, 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 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.
- 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 (did you hit their hand or the disc; did that pick affect the play). Your restraint will induce a more restrained response from your opponent.
- 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 appreciation of the game will grow.
- 8. Be generous with praise:** Compliment an opponent on their good catch. Remark to a teammate that you admire their honesty in calling themselves 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 behaviour, 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.

HOW TO DETERMINE SPIRIT SCORES

Your whole team should be involved in rating the other team. Determine the score in each of the five categories and sum up the points to determine the SOTG score for the other team. Most scores will be between 8-13 pts. A "10" is an good average score. The chart below provides examples of different situations to help determine the spirit score.

Scoring Scale: Poor = 0, Not so Good =1, Good = 2, Very Good = 3, Excellent = 4

| | Poor Score | Not so Good Score | Good (Normal) Score | Very Good Score | Excellent Score |
|-------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| Rules Knowledge and Use | <ul style="list-style-type: none"> - They repeatedly exhibited poor knowledge of the rules - They often disregarded or purposefully misinterpreted the rules - They refused to learn details of the rules and SOTG | <ul style="list-style-type: none"> - For the level of play they showed a general lack of rules knowledge - They disregarded or purposefully misinterpreted the rules during the game a few times - They were resistant to being taught rules or elements of SOTG - They didn't keep to time limits - They were offside for pulls after warnings | <ul style="list-style-type: none"> - For the level of play they showed good knowledge of the rules - They did not purposefully misinterpret the rules - They kept to time limits - When they didn't know the rules, they showed a real willingness to learn them | <ul style="list-style-type: none"> - For the level of play they showed an above average knowledge of the rules - There was at least one case where they helped us learn some of the rules we did not know | <ul style="list-style-type: none"> - For the level of play they showed excellent knowledge of the rules - They abided by the rules throughout the game - They explained the rules we did not know very clearly, efficiently, and in a way that added to our joy of the game |
| Fouls and Body Contact | <ul style="list-style-type: none"> - Even after repeated calls they continued to have the same foul or contact issues - There were several instances of dangerous or reckless plays - They made little effort to avoid body contact | <ul style="list-style-type: none"> - The amount of non-incident body contact was a bit too much - There were a few instances of dangerous or reckless play | <ul style="list-style-type: none"> - Nothing significant occurred beyond incidental contact | <ul style="list-style-type: none"> - There was at least one clear case of thoughtful contact avoidance | <ul style="list-style-type: none"> - There were several clear cases of thoughtful contact avoidance - They played in a style that avoided the potential for both fouls and unnecessary body contact |
| Fair-mindedness | <ul style="list-style-type: none"> - The opposing team always took the stance that they were right on calls - When asked, teammates did not give their opinion on calls where the result could have gone against their team - They made many unjustifiable calls - They made retaliatory calls - They frequently fouled and/or made calls for tactical reasons - They unduly delayed the game for tactical reasons | <ul style="list-style-type: none"> - They often gave the impression they would only see things in a manner favourable to their team - They made a few unjustifiable calls/contests - They were not consistent in their calls throughout the game - They were quick to complain when we made a call, irrespective of the appropriateness of the call | <ul style="list-style-type: none"> - They didn't call breaches that did not affect the outcome of the action, such as a minimal travel on an unmarked thrower, or fouls on throws that may not have been caught - They respected and acknowledged our opinions on calls, even when they disagreed - They apologized in situations where it was appropriate (like an uncontested foul) - They adjusted their behaviour based on our feedback in a way that improved the enjoyment of the game | <ul style="list-style-type: none"> - There was at least one case where they informed teammates when they made wrong or unnecessary calls/contests - They retracted calls when they thought they were wrong | <ul style="list-style-type: none"> - There were several clear examples of opposition players seeking to uphold the truth of the situation, even if it did not benefit them - They remained fair-minded even in crucial situations (eg. Universe point) |

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| Positive Attitude and Self Control | <ul style="list-style-type: none"> - Players and/or their sideline were often rude and discourteous towards opponents, their own teammates, officials, volunteers, organizers, and/or spectators - Physical confrontation occurred on/off the field - Several instances of edge-down spiking, or aggressive celebration towards opponent - Several instances of deliberately damaging equipment - They played in a patronizing manner | <ul style="list-style-type: none"> - Players and/or sideline sometimes exhibited a lack of self-control and positive attitude towards opponents, their own teammates, officials, volunteers, organizers, and/or spectators - They actively celebrated our errors to humiliate players - A few instances of edge-down spiking or aggressive celebration towards opponent - A few instances of deliberately damaging equipment | <ul style="list-style-type: none"> - Players and/or sideline generally exhibited self-control and positive attitude towards opponents, officials, and spectators - Opposing team left an overall positive impression during and after the game, e.g. during the Spirit circle - They were polite to us, their teammates, officials and spectators - They thanked us for the game - They played with appropriate intensity irrespective of the score | <ul style="list-style-type: none"> - They introduced themselves to us - They complimented us on a good play or celebrated good plays by either team in a positive manner - There were 1-2 instances where they clearly showed very good self-control | <ul style="list-style-type: none"> - Demonstrated excellent self control on the field during potentially stressful situations - Highest level of self-control and positive attitude shown throughout game towards opponents, officials, and spectators |
| Communication | <ul style="list-style-type: none"> - They frequently refused to discuss issues/calls - They got angry/reacted with contempt at several calls/contests - They frequently used offensive language - Their body language was frequently rude or aggressive, such as smirking or making offensive hand gestures | <ul style="list-style-type: none"> Players not involved in the play got involved without having best perspective or being asked/getting permission several times - There were a few instances where they were not calm while communicating - There were a few instances where their body language was rude or aggressive - They did not keep to discussion time limits | <ul style="list-style-type: none"> - Conflicts were resolved without incident - They communicated respectfully - They listened - They kept to discussion time limits - They clearly explained their point of view - The sideline/other players helped out when asked | <ul style="list-style-type: none"> - They provided evidence to support their calls - They communicated their point of view effectively and calmly - Their captain/leaders communicated with our leaders very effectively - They brought up spirit issues and general concerns as early as possible | <ul style="list-style-type: none"> - They explained the game to spectators and newcomers - They motivated us to keep high spirit and suggested concrete examples on how to do it - They communicated effectively and made us feel comfortable during discussions - They properly used official hand signals to indicate fouls, scores, etc... |

