



European Beach Ultimate Club Championship (EBUCC) 2022

Spirit Captain's Meeting

13th October 2022
Portimão, Portugal



Welcome to Portimão

We are excited to host **61 club teams** from **17 countries** on the fields throughout the event!

We are the Spirit Director Team:

- Spirit Director:
Henrietta (Heni) Papp
- SOTG Team:
Ekaterina (Kate) Barabanova

Reach us via:

- Email: sotg@ebucc.eu
- Whatsapp: +36 20 446 8404 (Heni)



Henrietta (Heni) Papp

Have you been added to the tournament SOTG WhatsApp group?

Direkt link : <https://chat.whatsapp.com/ItlpDrs0xVEFBXN12suhJI>

After you joined please write down the following information:

- Name or nickname,
- Team
- Player/Jersey number

Team admins, coaches, team captains can also join, but please when you introduce yourself write down your role as well.



What is SOTG?

Quick recap

What is SOTG?

SOTG is the No. 1 Rule of Ultimate

- Ultimate should be **safe, fair and joyful**
- **Everybody together** sets the standard

SOTG...

- **grows the sport**
- **is compatible** with competitive, high-level play
- **enables the quality of outcome** for competitive games



SOTG Basics

1. **Try to be your best self.**
→ Don't give more than you are willing to take
2. **Trust** yourself and trust others.
→ Give the benefit of doubt
3. Have and try to act **consistently and on good intentions.**
4. **Greet others**, acknowledge and respect them as fellow humans
→ High-fives, bow, or any other appropriate expression
5. **Engage early** and try to communicate clearly.
6. **Adjust** to your opponent, as they adjust to you.

Culture of communication and physicality happens on a spectrum
→ try to find a middle ground with your opponent.



Breathe
Explain
Consider
Ask for advice
Listen
Make a call

SOTG allows us to create and enjoy a

tough and fair

competition with all the people on the field.

Who is involved in SOTG?

Spirit Directors Team

Spirit Captains

Players

Coaches and Team Staff

Spirit Directors Team

We are here to help you achieve great SOTG. We share and learn with you.

1. We work with the teams to **ensure good SOTG** at the tournament
→ Engage with teams SOTG Scores <8, >13 or with 0/4s in multiple games
2. **Answer** SOTG-related **questions**
→ e.g. WhatsApp group, in-person
3. **Oversee** the technical aspects of **SOTG Scores**
4. Tally the SOTG Scores to **determine the SOTG Award** winners

Feel free to get in touch with us.

Spirit Captains

You help your and your opponents' teams achieve good SOTG.

1. Know the rules well

2. SC is a really important role, you're an SOTG leader → You need your team's trust

3. Track your SOTG scores → Know issues and bright spots

4. Engage with opposition, SCs and officials → Meet them before the game

5. Help your team resolve SOTG issues → Between points off the field

Note: A10.1. During any stoppage, if it is practical to do so, a team's captain, spirit captain, or coach, may enter the field, without being asked, to encourage a player from their own team to change a call. However this may only occur if the outcome will be to the detriment of their own team.

6. Call SOTG Time-Outs → If needed, to adjust game SOTG

7. Max 30 min after the game fill out the SOTG sheet → It is a team effort, do it together!

8. Have SOTG Circle with the opposition → Meaningful SOTG feedback before optional prizes or activities

9. Submit SOTG scores → If possible, right after the game, but the latest is prior to your next game

10. Process serious SOTG issues → Either with opposition SCs or SD Team

Players

All of us together impact SOTG and the experience we create together.

1. **Respect and embrace SOTG** not just during WFDF, EUF, BULA events
2. **Support your SOTG Captains** → Work on the issues they ask to work on
3. **Engage** and resolve issues early and respectfully → Anything you can resolve directly with your opponent, offloads others
4. **Be proactive** in highlighting issues to your SCs → Anything you cannot address, let your SC know, rather than waiting for them to check in
5. **Call for translators** if needed
6. **Participate** in SOTG scoring → Getting the full team perspective is crucial
7. **Leave it on the field** → Who knows when you meet, face or even play with your opponent next time
8. **Reflect** on what you need to work on or continue to do → Your SC may be able to help



What tools do we have for SOTG?

SOTG Scoring

SOTG Circles

SOTG Time-Outs

SOTG Award

SOTG Scoring

SCORES

Evaluation	Score	Remark
Poor/Bad	0	You must write <u>why</u> in the comment
Not Good	1	
Good	2	The expected score for a normal game
Very Good	3	
Excellent	4	You must write <u>why</u> in the comments

TIPS

- Enter the correct details on the scorecard (Your Team, Opponent, Division etc.)
- For examples, refer to the example sheet (this is not a check-list).
- All games (incl. your final game) count towards the final score.
- You may need to discuss scores <8 and >13 with SD.
- Self-scoring is also encouraged

Filling the SOTG Score Sheet is a **whole team effort**:

- All players perspectives are needed
- Participating helps players appreciating and practicing good SOTG

SPIRIT SCORES FOR _____

Event _____
 Involve your whole team when rating the other team. Discuss each of the categories and give each a score from 0 to 4. Add up the points to give a total Spirit score. Most games will be between 8-13 pts. A "10" is a common score.

SCORING SCALE:
 Poor: 0, Not so good: 1, Good: 2, Very Good: 3, Excellent: 4

- Rules Knowledge and Use**
 Examples: 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.
- Fouls and Body Contact**
 Examples: They avoided fouling, contact, and dangerous plays. They played safely. The game flowed smoothly.
- Fair-Mindedness**
 Examples: They apologized in situations where it was appropriate, informed teammates about wrong/unnecessary calls. Only called significant breaches.
- Attitude and Self-Control**
 Examples: They were polite. They played with appropriate intensity irrespective of the score. They left an overall positive impression during and after the game.
- Communication**
 Examples: They communicated respectfully. They listened. They kept discussion to reasonable limits. They got to know us. They used hand signals.

Overall Score
 Add up every category score to give each team a total score. The end result should be between 0 and 20.
If you give any category a score of 0 or 4, please explain in the "Notes"

My Team						Division				
Opponent: 1	Opponent: 2	Opponent: 3	Opponent: 4	Opponent: 5	Opponent: 6	Opponent: 7	Opponent: 8	Opponent: 9	Opponent: 10	
0-4	0-4	0-4	0-4	0-4	0-4	0-4	0-4	0-4	0-4	
0-4	0-4	0-4	0-4	0-4	0-4	0-4	0-4	0-4	0-4	
0-4	0-4	0-4	0-4	0-4	0-4	0-4	0-4	0-4	0-4	
0-4	0-4	0-4	0-4	0-4	0-4	0-4	0-4	0-4	0-4	
0-4	0-4	0-4	0-4	0-4	0-4	0-4	0-4	0-4	0-4	
Total	Total	Total	Total	Total	Total	Total	Total	Total	Total	

Notes _____



Examples:
<https://drive.google.com/file/d/1n2QhwUigt1reqKzGflsZq-QJZmUx1qrE/view?usp=sharing> (ENG)

SOTG Scoring Process

- We will use the on-line system
- We provided 10 game paper spirit sheet- use it for safety backup
- In case you'll have issues with entering spirit scores in the on-line system - please come to our tent or contact with us (Heni, Kate, Bruno) – easiest would be via EBUCC'22 SOTG Whatsapp Group
- Always make the SOTG evaluation relatively right after your game (30 min after the game)

Spirit Team will be checking randomly the system if you are entering your spirit scores in timely manner.

SOTG Scoring System

Your team admin has received a link for the SOTG online sheet of your team.

EBUCC 2022 TEST - SOTG

Your team: Disc'Over Lisboa [Open]

Friday 10:45
Murciélagos - Disc'Over Lisboa (? - ?)
[Submit Spirit Score](#)

Friday 13:45
Mr Friz - Disc'Over Lisboa (? - ?)
[Submit Spirit Score](#)

Friday 16:45
Flying Angels Bern - Disc'Over Lisboa (? - ?)
[Submit Spirit Score](#)

Saturday 09:45
Mighty Hucks - Disc'Over Lisboa (? - ?)
[Submit Spirit Score](#)

Saturday 11:45
SUFC Odin - Disc'Over Lisboa (? - ?)
[Submit Spirit Score](#)

Spirit points given for: Murciélagos
Game: Murciélagos - Disc'Over Lisboa (Friday 10:45)

1. Rules Knowledge and Use
0 1 **2** 3 4

2. Fouls and Body Contact
0 1 **2** 3 4

3. Fair-Mindedness
0 1 **2** 3 4

4. Attitude and Self-Control
0 1 **2** 3 4

5. Communication
0 1 **2** 3 4

Total points: 10

Comments
If you have selected 0 or 4 in any category, please explain in few words what happened.

[Submit Scores](#)

[Back to game list](#)

Note: If you want to change a score that has been already submitted you must talk to the Spirit Director

- You must add a comment for point 0 and 4
- Feel free you give any (positive, educative)
- After submission you won't be able to change the score. To change it, get in touch with us to change it for you

SOTG Circles

PRE GAME (encouraged)

Allow to **proactively set the tone** and bridge culture gaps.

1. Introduce the team and leaders

→ Who are the Captains and Spirit Captains?

2. Set the tone and address culture gaps

→ Differences in the physicality or communication spectrum? Known issues your team is working on? Past history to acknowledge and defuse?

3. Build personal rapport and individual agency

→ Players greeting individually (e.g. a fist bump circle, if possible) gets them to acknowledge another and their role in creating a spirited game

POST GAME

Allow to **bring closure** by addressing **different perspectives** of players and teams.

1. Share about the game genuinely

→ How did it feel? What was good? What was bad? What was new? What was hard?

2. Share SOTG feedback from your team

→ Anything in the SOTG Scoring discussion meaningful to share that was good or where to improve?

3. Bring closure to remaining issues

→ Connect, express respect and tie up loose ends

SOTG Timeouts (“Spirit Stoppage”)

Allow teams to address SOTG issues and **change the trajectory** of a potentially unspirited game.

- They are **not bad thing** to happen to a game
- They are a tool that can be used **proactively** and do not need to be a last resort

PROCESS

Captains, Spirit Captains, GAs, WFDF/EUF/BULA officials can call a Spirit Stoppage ([A13](#)) after a stopped play or between points with the inverted Time-Out hand signal.

1. Teams form a Spirit Circle in the middle of the field. Game time is stopped and teams must NOT engage in tactical discussions.
2. Team Captains and Spirit Captains (without coaches) first discuss separately on SOTG issues and remedies, then convey the agreement to the full Spirit Circle.



17. Spirit Stoppage

Spirit Stoppage

Upside down T formed by the hands

SOTG Award

Awards the team with the **highest average SOTG Score** per division



#WINNING!

If you win your division's SOTG Award:

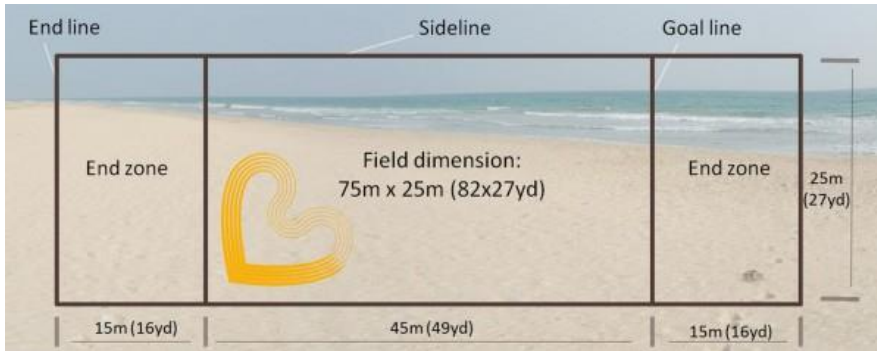
- The SD will contact your SC before your division finals
 - Your team should come to your division's closing ceremony
 - Wear a matching uniform of one color → don't trade it away
 - Wear closed shoes
- **No shirt, no shoes, no medal.**

Beach Ultimate Rules

<https://wfdf.sport/wp-content/uploads/2021/12/WFDF-Rules-of-Beach-Ultimate-2021-2024-FINAL.pdf>

– You can find it easily via ebucc.eu->Beach Ultimate-> Rules in Brief

Video explanation: <https://youtu.be/RyzyHAbbYMU>



3. Equipment

- 3.1. Any flying disc acceptable to both captains may be used, however non-white (i.e. yellow, orange, pink) discs are preferred.
- 3.2. WFDF may maintain a list of approved discs recommended for use.
- 3.3. Each player must wear a uniform that distinguishes their team.
- 3.4. No player may wear items of clothing or equipment that reasonably could harm the wearer or other players, or impede an opponent's ability to play.
 - 3.4.1. Playing barefoot is highly recommended, but players may wear socks or any kind of foot covering of a similar texture, as long as they do not breach 3.4.

4. Point, Goal and Game

- 4.1. A game consists of a number of points. Each point ends with the scoring of a goal.
- 4.2. A game is finished and won by the first team to score thirteen (13) goals.
- 4.3. A game is separated into two (2) periods of play, called halves. Half time occurs when a team first scores seven (7) goals.
- 4.4. The first point of each half starts when the half starts.
- 4.5. After a goal is scored, and the game has not been won or half time has not been reached:
 - 4.5.1. the next point starts immediately;
 - 4.5.2. the teams switch the end zone that they are defending; and
 - 4.5.3. the team that scored becomes defence and pulls next.

5. Teams

- 5.1. Each team will put a maximum of five (5) players and a minimum of four (4) players on the field during each point.
- 5.2. Each team must designate a captain and a spirit captain to represent the team.
- 5.3. A team may make unlimited substitutions after a goal is scored and before their team signals readiness for the pull.

Beach Ultimate Rules (field, perimeter lines)

Top of the Field Tape	The top of the tape is the portion of the field tape that is facing upwards. Should the tape twist along its length, the “top” is always the side that is facing up, even if that changes along the length.
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2. Playing Field

- 2.1. The playing field is a rectangular area of sand with dimensions and zones as shown on Figure 1 and should be essentially flat, free of obstructions and afford reasonable player safety.
- 2.2. The perimeter lines surround the playing field and consist of two (2) sidelines along the length and two (2) endlines along the width.
- 2.3. The goal lines are the lines that separate the central zone from the end zones and are part of the central zone.
 - 2.3.1. The top of the goal line tape is considered part of the central zone – contact with this is considered the same as contact with the central zone.
 - 2.3.2. If any part of the player is contacting the area under the goal line tape (without touching the top of the goal line tape) and all other points of contact with the playing field are solely in the end zone, the player is considered to be in the end zone.
- 2.4. The brick marks are in the central zone, set fifteen (15) metres from each goal line, midway between the sidelines.
- 2.5. Eight brightly-coloured, flexible objects (such as plastic cones) mark the corners of the central zone and the end zones.
- 2.6. All perimeter and goal lines shall be marked with colored tape (the “field tape”) between five (5) and ten (10) centimetres wide.
 - 2.6.1. If the field tape moves inadvertently, that is the new boundary.
 - 2.6.1.1. The field tape may be repositioned to match the original boundaries during stoppages or between points.
 - 2.6.2. The field tape must not be purposefully moved away from its correct position.
 - 2.6.2.1. If the field tape has moved from the correct position, it may be repositioned while the play is dead.
 - 2.6.2.2. Inadvertent movement of the field tape that occurs while attempting to keep a contact point in bounds, such as dragging feet to stay in-bounds, is not a violation.

Out-of-Bounds

- 11.1. The entire playing field is in-bounds.
 - 11.1.1. The area directly under the field tape is considered part of the playing field.
 - 11.1.2. The portion of the field tape facing upwards, the top, is not considered part of the playing field – contact with this part of the tape is considered contact with the out-of-bounds area.
 - 11.1.3. The rest of the field tape (the sides and portion facing the ground) is considered in-bounds.
 - 11.1.4. All non-players are part of the out-of-bounds area.

Beach Ultimate Rules (sand)

10. The Check

- 10.1. Whenever play stops during a point for a foul, violation, contested turnover, specified turnover, contested goal, stoppage, discussion, or at the completion of a time-out, play must restart as quickly as possible with a check. The check may only be delayed for the discussion of a call.
- 10.2. Player positioning after a call (except in the case of a time-out, and unless specified otherwise):
 - 10.2.1. If play stops before a pass is thrown, all players must return to the location they held when the call was made.
 - 10.2.2. If play stops after a pass is thrown, then:
 - 10.2.2.1. if the disc is returned to the thrower, all players must return to the location they held when the thrower released the disc, or the time of the call, whichever is earlier.
 - 10.2.2.2. if the result of the play stands all players must return to the location they held when either a player established possession, or the disc hit the ground.
 - 10.2.2.3. if a player other than the thrower gains possession as a result of an accepted breach, all players must return to the location they held when the breach occurred.
 - 10.2.3. All players must remain stationary in that location until the disc is checked in.
- 10.3. Any player may briefly extend a stoppage of play to fix faulty equipment ("equipment"), or to remove interfering sand ("sand") from their face, but active play may not be stopped for this purpose.
- 10.4. Prior to the check the person checking the disc in, and the nearest opposition player, must verify that their own team-mates are ready, and positioned as per 10.2.
- 10.5. If there is an unnecessary delay in checking the disc in, the opposition may give a warning ("Delay of Game"). If the delay continues, the team that gave the warning may check the disc in by calling "Disc In", without verification from the opposition, but only if the team checking the disc in are all stationary, and positioned as per 10.2.

17.10. Sand Fouls:

17.10.1. A Sand Foul occurs when a player causes sand to fly into an opponent's face in a way that significantly interferes with their play, such as in the eyes or up their nose.

17.10.2. A Sand Foul is considered distinct and separate to the action that caused it and should be resolved separately as such.

19. Safety Stoppages

- 19.1. Injury Stoppage
 - 19.1.1. An injury stoppage, "Injury", may be called by the injured player, or by any player on the injured player's team.
 - 19.1.2. If the injury was not caused by an opponent, the player must choose either to be substituted, or to charge their own team with a time-out.
 - 19.1.3. If the injury was caused by an opponent, the player may choose to stay or to be substituted.
 - 19.1.4. If the injured player had established possession of the disc, and the player has dropped the disc due to the injury, that player retains possession of the disc.
 - 19.1.5. The injury stoppage is considered to have been called at the time of the injury, unless the injured player chooses to continue play before the stoppage is called.
 - 19.1.6. If the disc was in the air when the injury stoppage was called, play continues until either a player establishes possession, or the disc hits the ground. If the injury is not the result of a foul by an opponent, the completion or turnover stands, and play restarts there after the stoppage.
 - 19.1.7. Sand in the face that impacts the ability to play (ie – in the eyes, up the nose, etc.) may be treated as an injury.

Questions & Comments

Closing Thoughts

SOTG is not just before, during, and after the game. It is before, during, and after the tournament:

- How we treat volunteers, event/non-event staff and visitors.
- No point talking about SOTG on the field if we litter the fields, treat the score keeper or bus driver badly, or ignore instructions.

Remember:

- Make the most of this **cultural exchange**, its challenges and richness.
 - Conflict will happen, it's natural, find the best solution.
 - Be patient with translators. Put yourself in their shoes.
- SOTG Circles, Scoring, etc. all of it **gets better with practice**.
- **We all make** this a joyful, successful event for all.
- You are Spirit **Captains**.

**The Spirit Team and the TOC are
wishing you a great and highly
spirited tournament!**

Appendix

Resources

SOTG: <https://wfdf.sport/spirit-of-the-game/>

- SC Manual
- Spirit Circles
- SOTG History
- International Spirit of the Game Day

Rules: <https://wfdf.sport/wp-content/uploads/2021/12/WFDF-Rules-of-Beach-Ultimate-2021-2024-FINAL.pdf>

Follow the scores online: <https://live.ebucc.eu>

News: <https://news.ebucc.eu/>



Hand Signals - Highly recommended to use - especially on streamed games



Rules of Ultimate Hand Signals

 3. Goal <i>Goal</i> Raise both arms, fully extended, straight up, palms facing inward	 4. Contest <i>Contest</i> Two fists bumped together in front of chest, back of hands facing outward	 5. Accepted <i>Accepted</i> Forearms extended in front of body, elbows light against torso with palms facing upwards	 15. Off side <i>Off side</i> Arms crossed overhead in an X, hands closed in a fist	 16. Time-out <i>Time-out</i> Form a T with the hands, or a hand and the disc	 17. Spirit Stoppage <i>Spirit Stoppage</i> Upside down T formed by the hands
 6. Retracted / Play On <i>Retracted, Play On</i> Sweeping crossover motion with both arms extended down in front of body	 7. In / Out-of-bounds - Out of end zone <i>In, Out</i> Point with one arm extended, flat palm, thumb parallel to fingers, towards playing field (in) or away from playing field (out)	 8. Disc down <i>Down</i> Index finger straight arm pointing down at 45 degree	 18. Stoppage <i>Injury, Technical</i> Hands clasped and raised above head, arms bent	 19. Gender Ratio: Men <i>Gender Ratio: Men</i> Hands cupped behind head, elbows out to side	 20. Gender Ratio: Women <i>Gender Ratio: Women</i> Arms extended to side, hands closed in a fist
 9. Disc up <i>Up</i> Elbow down forearm vertical index finger pointing upward	 10. Pick <i>Pick</i> Arms raised, elbows bent, fists facing head	 11. Travel <i>Travel</i> Closed fists, rotate wrists around in a vertical circle	 21. Play has stopped Wave both extended arms crosswise overhead	 22. Match Point <i>Match Point</i> Both arms pointing straight up to the left, palms facing down	 23. Who made the call <i>Called by Offence / Defence</i> Pointing with two arms straight out, towards the end zone being defended by the team

BECALM (English)



B **REATHE**
don't react straight away

E **XPLAIN**
what you think happened

C **ONSIDER**
what they think happened

A **SK**
other players for advice (on perspective and rules)
if needed

L **ISTEN**
to what everyone has had to say

M **AKE A CALL**
loudly and clearly (and use Hand Signals)