



## DiscNY High School League 2024 Rules

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## Full Rules

### 1. Introduction

Welcome to the DiscNY HSL 2024 Rules Document! We hope this document can provide answers to your questions and keep the DiscNY community informed about our current policies and procedures.

#### a. Mission Statement:

The purpose of the DiscNY High School League shall be to promote the growth and development of the sport of Ultimate Frisbee in the youth community within the New York metropolitan area. Participation shall be provided on an equal basis without regard to race, color, religion, sex, age, sexual orientation, gender identity or national origin, except that DiscNY maintains the right to establish minimum and maximum age requirements for participation in order to protect, in DiscNY's sole discretion, the safety of the league participants.

### 2. League Officers - [hsleague@discny.org](mailto:hsleague@discny.org)

- a. Commissioner - Sydney Friedman (they/them) - [hsl\\_commissioner@discny.org](mailto:hsl_commissioner@discny.org)
- b. Deputy Commissioner - Nadith Dharmasena (he/him) - [nadith.dharmasena@discny.org](mailto:nadith.dharmasena@discny.org)
- c. Administrator - Sam Harris (they/them) - [hsadmin@discny.org](mailto:hsadmin@discny.org)
- d. Contacting [hsleague@discny.org](mailto:hsleague@discny.org) is preferred for general questions etc.

### 3. League Fees & Requirements

#### a. DiscNY/Ulimate Central Requirements

- i. Team Registration
  - 1. All teams must be registered for the HSL 2024 Event in Ultimate Central/on [youth.discny.org](https://youth.discny.org). Teams may register between January 1, 2024, and February 12, 2024. No rostering is necessary through Ultimate Central; this will be taken care of in USA Ultimate's (USAU's) Events Management System (EMS).
- ii. Team Fee
  - 1. The first team from any given school/program will pay a flat fee of \$300.00. This can be paid via Credit or Debit Card, PayPal, or Check. Teams will indicate their payment plan as part of registration in Ultimate Central.
- iii. Additional team Fee
  - 1. Any additional teams from a given school/program will pay a flat fee of \$200.00 per additional team. This can be paid via Credit or Debit Card, PayPal, or Check. Teams will indicate their payment plan as part of registration in Ultimate Central. Registration of any additional teams must be completed by the same individual who





registers the first team for the discounted rate to take effect in Ultimate Central.

iv. Payment information/deadlines

1. Payment for the 2024 HSL may be done by Credit/Debit Card, PayPal, or Check. All league payments are due by May 10, 2024.
2. Teams needing invoices must request them as a part of registration in Ultimate Central. Initial invoices will be sent no later than February 20, 2024 to the points of contact provided by teams.
3. Teams requesting adjusted invoices may do so by contacting [hsleague@discny.org](mailto:hsleague@discny.org) by March 5, 2024. Updated invoices will be sent no later than March 8, 2024.
  - a. Reasons for adjustment include, but are not limited to players who qualify for reduced fee or free memberships, and team credit through DiscNY.

**b. USA Ultimate Requirements**

i. Team Registration

1. All teams participating in the 2024 HSL must additionally register their team for the event in USAU's EMS between January 1, 2024 and February 12, 2024.
2. If assistance is required, the League Administrator can add teams from the backend of USAU. Contact [hsadmin@discny.org](mailto:hsadmin@discny.org) for assistance.

ii. Rostering

1. All players, coaches, and chaperones working with a given team must be rostered through USAU's EMS to participate in the 2024 HSL.
2. A minimum roster must be submitted on or prior to the close of registration on February 12, 2024. Details are below.

iii. Membership

1. All players, coaches, and chaperones rostered with a given team must be members in good standing of USA Ultimate.
2. All team members must have active accounts and at least an Affiliate Level Membership (\$18) to participate in the league.

iv. Players

1. Players are required to have all waivers signed, be rostered with their team, be rostered on the event team for the 2024 HSL, and must hold either an Affiliate or Youth Level Membership through USA Ultimate.
2. A minimum of 10 players must be rostered by February 12, 2024. Your team's full roster of players must be submitted in EMS on or prior to March 4, 2024. Contact [hsleague@discny.org](mailto:hsleague@discny.org) if you need assistance or an exception.





v. Coaches

1. All teams must roster at minimum 1 coach or chaperone on or prior to February 12, 2024. They may roster any additional number of coaches, but must do so by March 4, 2024.
2. All coaches must:
  - a. Be 18 or over and hold either an Affiliate or Adult-level USAU Membership.
  - b. Have an active, greenlit NCSI Background Check
  - c. Have active, up-to-date SafeSport Training
  - d. Have active, up-to-date Heads Up Concussion Training
  - e. Satisfy the training level of Foundational Coach through USAU's Coaching Development Program (CDP)
    - i. *Note:* if your team will compete in the State Championship tournament, at least one coach on a given roster must also hold an active High School Coaching Certification through the USAU CDP

vi. Chaperones

1. All teams must roster at minimum 1 chaperone or coach on or prior to February 12, 2024. They may roster any additional number of chaperones, but must do so by March 4, 2024.
2. A team's chaperone may be their coach, but not the other way around.
3. All chaperones must:
  - a. Be 21 or over and hold either an Affiliate or Adult-level USAU Membership.
  - b. Have an active, greenlit NCSI Background Check
  - c. Have active, up-to-date SafeSport Training

vii. Medical Authorization Forms

1. All athletes under the age of 18 who participate in the HSL *must* fill out and submit a [Medical Authorization Form](#) to their coaches.
2. Coaches will file all forms from their team with DiscNY's HSL Staff, who may check these forms against team rosters at any time during the season.

**4. League Setup**

**a. League Dates**

i. Regular season

1. All regular season (pre-playoff) games will take place between March 11, 2024, and May 8, 2024.

ii. Postseason

1. The postseason for 2024 will be a one-day playoff tournament with semis and finals for each division. This will be played on May 12, 2024.





## **b. Divisional Structure**

- i. For the 2024 HSL Season, the HSL will have four divisions:
  1. Club Open A
  2. Club Open B
  3. Club Girls & Nonbinary
  4. Interscholastic Open
- ii. League divisions must consist of at least 4 member teams
- iii. Each division will have its own regular season and playoffs
- iv. Teams may only compete in one division of the league.
- v. Athletes of all gender identities and expressions may be rostered to compete in any of the three open divisions.
- vi. Only non cis-male athletes may be rostered to compete in the Club Girls & Nonbinary division.

## **c. Games/Scheduling**

- i. Scrimmages
  1. Teams may organize unofficial scrimmages at any point during the regular season. These scrimmages will not count towards league standings or spirit score standings, and will not contribute towards playoff qualification.
  2. Scrimmages may be interdivisional if teams wish (i.e. a Club A team playing a Club B team), though there are certain exceptions.
    - a. Per NYSAIS regulations, Club A and Club B teams may not scrimmage Interscholastic Division teams. Those wishing to seek exceptions or further clarifications to this rule should contact John Pizzi, the Executive Secretary for NYSAIS Athletics. He can be reached at [athletics@nysais.org](mailto:athletics@nysais.org).
  3. Scrimmages by default are not sanctioned, insured, or otherwise covered by DiscNY or USAU.
    - a. Contact [hsadmin@discny.org](mailto:hsadmin@discny.org) to find out about sanctioning scrimmages as official, insured events.
  4. We recommend at a minimum, scrimmages be supervised by two certified coaches and a USA Ultimate registered Chaperone.
- ii. Regular Season
  1. Each league division will play a regular season consisting of round robin or double round robin depending on number of teams in division (5 or less teams play a double round robin).
  2. Teams may have a maximum of 2 games per week or 3, if one game is played on a weekend.
  3. Scheduling will be taken care of by League Officers and confirmed on a per-division basis before being published on DiscNY's website.





iii. Postseason Structure

1. The top four finishing teams from each division's regular season advance to the playoff tournament on May 12.
  - a. See 4.e.i for tiebreak rules
2. If there are less than four teams in a division, the top two teams advance to compete in a Finals game.
3. Based on regular season results, teams will be seeded 1-4, and play semifinals and finals per typical bracket structuring. Round 1 is 1 v 4 and 2 v 3 and the winners will advance to the finals.
4. The losers of semifinals may decide to play a third place game, but it is not required by the league.

iv. Postseason Spirit Score Requirements

1. A team's average spirit score must be greater than or equal to 8.00 on the 0-20 point scale to qualify for the postseason.
2. In the event that a team does not qualify based on spirit, the next highest finishing team in their division's standings will qualify in their place.

**d. Reporting Scores**

i. Game Scores

1. Each team must report game scores at the conclusion of each game by filling out the [Game Score Reporting Form](#).
2. Both teams must report the score for each game for it to be recorded.

ii. Spirit Scores

1. Each team must report spirit scores at the conclusion of each game by filling out the [Spirit Score Reporting Form](#).
2. Both teams must report scores for each game for them to be recorded.

iii. Timeline

1. All game and spirit scores must be reported within the 24 hours following the conclusion of the game.

**e. Tie Breakers**

- i. If regular season win loss records are identical, tiebreakers for placement, qualification for the postseason, and/or seeding go in the following order:
  1. Head-to-head wins against teams tied with the same record
  2. Point differential for games played between the teams tied with the same record.
    - a. In a 3-way tie, for example, only the point differential from the head-to-head matches between those three teams will be considered.





3. If still somehow tied, the point differential across all league games will be used to determine placement
4. If there is still a tie, a coin toss will determine the outcome.
- ii. Spirit scores may not be used to break ties, only to qualify teams for or disqualify teams from the postseason.

**f. “Good Standing”**

- i. Teams must be in “Good Standing” to participate within the DiscNY High School League. Outstanding dues must be settled before participating in the current season.
  1. This includes active payment plans for outstanding dues
- ii. Additionally, to be in “Good Standing”, teams must either
  1. Have paid the dues for the current HSL season or
  2. Be on a payment plan for the current HSL season or
  3. Have communicated intent to pay by the deadline with details

**5. League Rules**

**a. [USA Ultimate Rules of Play 2024-25](#)**

- i. DiscNY uses USAU’s official Rules of Play for the HSL as a baseline, with certain modifications for youth play and league purposes.

**b. Rule alterations/specifications for the DiscNY HSL**

- i. General length of Games (regular season)
  1. All games are played to 15.
  2. All games have a soft cap at 90 minutes.
  3. All games have a hard cap at 105 minutes.
  4. All games have a halftime cap at 45 minutes.
  5. Halftime is a maximum of 10 minutes long.
  6. After a goal is scored, the next pull should go up within 2 minutes.
- ii. Shortened Games (the “I’m playing the MTA card” rule): If captains and coaches from both teams agree that a game started late from circumstances beyond either team’s control (traffic, natural disaster, the MTA, etc), they may agree to use the following shortened game length.
  1. Game played to 13
  2. Soft cap at 75 minutes
  3. Hard cap at 90 minutes
  4. Halftime cap at 40 minutes
  5. Halftime is a maximum of 7 minutes long.
  6. After a goal is scored, the next pull should go up within 2 minutes.
- iii. HSL Playoff games (semis and finals in all divisions)
  1. Games will be played to 15
  2. Games have a soft cap at 90 minutes and no hard cap
  3. Games have a halftime cap at 45 minutes
  4. Halftime is a maximum of 10 minutes long
  5. After a goal is scored, the next pull should go up within 2 minutes.







- iv. If regular season games cannot be played per 5.b.i or 5.b.ii, teams should reschedule their game for a later date. If a game is played per 5.b.ii, it must be communicated to the league's leadership.
- v. Captain's clause
  - 1. A game may be played under any variation of the rules agreed upon by the coaches & captains of the teams involved. In tournament play (including the HSL postseason), variations are subject to approval by the event organizer. Such things as game length, field dimensions, number of players and stall count can easily be altered to suit the level of play. Before a game starts, each team designates one captain to represent them in disagreements and arbitration.
    - a. This may include things like banning zone defense in a B-league game, shortening games for time reasons, etcetera.
- vi. Spirit and Spiking
  - 1. **The DiscNY High School League is a NO spiking league.**
  - 2. Teams are encouraged to have spirit captains as defined by USAU's [Spirit Captain Guide](#).
  - 3. A Spirit Score (0-20) will be given to each team at the end of games and will follow the USAU/WFDF spirit rubric.
  - 4. If a team is consistently in violation of the rules or of the spirit of the game, opposing team captains/coaches should stop play using a spirit timeout to discuss and resolve any violations of Spirit immediately.
    - a. If this occurs during a league game, teams should also follow up with [hsleague@discny.org](mailto:hsleague@discny.org).
  - 5. Teams must average a minimum spirit score of 8.00 on the season in order to qualify for playoffs
  - 6. Spirit Circles - Teams are encouraged to hold spirit circles after every game.
  - 7. On Spirit of the Game definitions and their inherent issues:
    - a. We as a league recognize the tone-policing and white supremacist language written into USAU's definition of Spirit of the Game, particularly in the examples of positive spirit. We believe in the importance of Spirit in our youth league, and we also believe that Spirit's definition needs to be updated to remove this problematic language.
    - b. We highly encourage all teams and team members to take steps to educate themselves on the historical and current







issues with Spirit of the Game as it is defined. Resources include [Tim Smith's Ultiworld Article on Reforming Spirit](#), [Jasmine Childress's accounts on her experiences of "Spirit"](#), Tiina Boothe's conversations on Share the Air podcast, and many more.

8. The HSL definition of Spirit of the Game

- a. We believe that parts of the [USAU definition of Spirit](#) are worth using for this league.
  - i. We choose to stick with the definition as per 2.A-C.1, 2.F.1-2, 2.F.5-7, and 2.G-K.2
  - ii. All those involved in the league must understand the rules of the game and play by those rules. Where disputes arise, it is the responsibility of those involved to agree on an outcome.

**c. Uniform Guidelines**

- i. Teams are encouraged to abide by the [HSL Uniform Guidelines](#). While these are not requirements for the 2024 season, they may become so for 2025 and beyond.

**d. Forfeit rules**

- i. Teams will be considered to have forfeited a game if:
  1. They do not notify their opponents of their intent to reschedule by 2:00 pm the day *before* their originally scheduled game.
  2. A team arrives or will arrive more than one (1) hour past the scheduled start time of their scheduled game if they have not communicated with their opponents to notify them of their late arrival and agreed that it is acceptable.
  3. A team cannot field at least 8 players at the game as scheduled.
  4. Teams cannot reschedule their game within the confines of the regular season schedule.
    - a. Preference is that teams reschedule their games for a date within 10 days of the originally scheduled game.
- ii. A forfeit win is counted towards the number of games played to qualify for playoffs and as a 1 - 0 win for point differential, but does not count as a "win" towards head-to-head.
- iii. A forfeit loss is counted towards the number of games played to qualify for playoffs and as a 0 - 1 loss for point differential, but is not counted as a "loss" towards head-to-head.
- iv. When determining playoff qualification, forfeit wins and losses will be ignored in a team's record, but the 1 - 0 or 0 - 1 point differential will be used to break ties as needed.





- v. Should both teams be unable to play the game as scheduled and unable to reschedule the game, it will be considered a double forfeit with a score of 0 - 0.

**e. Late/Travel Policy**

- i. If a team is late without warning to arrive at a field site based on the agreed upon start time, the team already at the field may assess points at a rate of 1 point per 5 minutes after a twenty minute grace period if they choose to. Teams should try to be as understanding as possible given the difficulties of commuting in New York City.
  - 1. This does not apply if teams have agreed to start a game late due to traffic or other New York City commute problems.
  - 2. If a game's score reaches 8-0 based on points assessed for lateness, it is considered a forfeit per 5.c.i.2

**f. Roster Limits**

- i. Each team's roster must have at minimum 10 players, 1 coach, and 1 chaperone per 3.b.ii - 3.b.vi
- ii. Presently, there is no maximum roster limit

**g. Non-school Participant(s) aka "Free Agents"**

- i. Each team is allowed a maximum of 2 non-school participants ("Free Agents"), as long as the non-school participant(s) do not have a league team at their present school. All HSL Officers must be notified of Free Agent additions and will be allowed at their discretion.
  - 1. Free Agents may not compete in league games until HSL Officers make a decision concerning their participation.
- ii. This restriction does not apply to teams in the Club Girls & Nonbinary Division
- iii. With regard to the future of the Free Agents policy:
  - 1. The DiscNY HSL Officers are in the process of drafting a larger overhaul of the Free Agents policy for the league based on feedback from HSL coaches and an intent to be in alignment with neighboring Disc orgs' policies. For the 2024 season, the above regulations will be enforced as written. For 2025 and beyond, teams can expect updated policy with more specific and comprehensive language, in line with policies in use by other Disc Associations in their own leagues.
  - 2. It is the position of the DiscNY HSL that until the Club Girls and Nonbinary division has enough stable year-to-year team participation, the Free Agents policy must be enforced differently or not at all in this division.

- h. Weather Policy - The following policies are taken from the [USA Ultimate's Weather Policy](#). (Schools may have their own policy.)

- i. Lightning - Flash-to-Bang:





1. Begin counting when a lightning flash is sighted. Stop counting when the associated thunder is heard. Divide the count by five to determine how far away the lightning is. 30 seconds equals about six miles. Lightning has been known to strike from as far away as 10 miles, even under clear skies.
  2. By the time the Flash-to-Bang count has reached 30 seconds, all individuals should be in a safe shelter location. Wait at least 30 minutes after the last flash of lightning or sound of thunder before resuming play.
- ii. For Extreme Heat and Cold:
    1. When the Heat Index reaches 100F (see NOAA/National Weather Service Heat Index Chart), play must be suspended. In colder temperatures and/or wetter conditions, it is important to be cognizant of conditions conducive to hypothermia. When the Wind Chill Temperature drops to or is below 32F (see NOAA/National Weather Service Wind Chill Chart), play must be suspended.
  - iii. Play may also be suspended at the discretion of both coaches and/or the League Officers.

## **6. Exceptions & Penalties**

### **a. Exceptions to the HSL Rules**

- i. Should teams need to seek exemptions to specific rules (e.g. roster deadlines), they must contact [hsleague@discny.org](mailto:hsleague@discny.org) with a detailed explanation of the reason for an exemption. League officers will make a decision based on this information and further conversations with the program in question. Teams must have a confirmation of their exemption in writing to move forward without being in violation of the HSL Rules.

### **b. Penalties for Violations of the HSL Rules**

- i. General penalties
  1. The HSL Officers never want to harm or penalize any individual or their program. However, violations of the HSL Rules which are set to protect the fairness, competition, and growth of the league may leave us no choice.
  2. Violations of the HSL Rules may result in:
    - a. The need for players, coaches, teams, and/or programs to meet with the League Officers to discuss said violations
    - b. Players, coaches, teams, and/or programs being placed on probation for the current season and/or following season(s) of the HSL
    - c. Individual players being sanctioned from competition in the league for the current season and/or following season(s) of the HSL





- d. Individual teams being disqualified from participation in the league playoffs
      - e. Individual teams' removal from the current season and/or following season(s) of the HSL
    3. Should infractions be deemed significant enough, violations may warrant a larger discussion with the DiscNY board.
  - ii. Penalties for specific infractions
    1. Payment, payment terms, and "Good Standing" status
      - a. Teams who do not pay by the league deadline, who do not communicate payment plans, or who are not in "Good Standing" with the league may be placed on probation for the remainder of the active HSL season, and will be disqualified from the league playoffs. Such teams will not be allowed to register for or participate in any future seasons until outstanding fees are settled in full.
    2. Registration requirements
      - a. Teams who, without communicating with League Officers, and without approved exemptions, do not complete Ultimate Central and/or USA Ultimate registration requirements by the specified deadlines will not be allowed to compete in the current season of the HSL.
    3. Roster requirements, including medical authorization form requirements
      - a. Teams who, without communicating with League Officers, and without approved exemptions, do not complete roster requirements by the specified deadlines will face penalties for any players affected by this violation.
      - b. Players who are missing active memberships, release of liability waivers, and/or medical authorization forms will not be allowed to compete in HSL games, or hold sanctioned practices and/or sanctioned scrimmages until their documentation is updated and uploaded.
      - c. Teams without the minimum number of players on their roster will not be allowed to compete in league games until minimum roster numbers have been hit.
      - d. Teams without the required number of coaches and/or chaperones on their roster will not be allowed to compete in or hold sanctioned practices and/or sanctioned scrimmages until their documentation is updated and uploaded.





- e. Teams who have not completed their roster requirements by the week prior to league playoffs will be disqualified from the playoffs.
  - f. Teams who, by pattern, do not complete roster requirements may be placed on probation and/or disqualified from participation in the league.
  - g. DiscNY and HSL officials reserve the right to spot check rosters and on-file medical forms at sanctioned events.
4. The rules of play
- a. Any league member (coach, chaperone, player, or otherwise) who violates the rules of play may face suspension from the league. This decision will be made by League Officers with input from the program to which such members belong and input from those affected by the violations they commit.
  - b. League members who show a pattern of rules violations may face permanent suspension from the league and any future iterations of the league. This decision will be made by League Officers with input from the program to which such members belong and input from those affected by the violations they commit.
5. Non-school participant aka "Free Agent" policy
- a. Teams in violation of the Free Agent policy are defined as teams who
    - i. Knowingly allow more than two (2) non-school participants to compete with their team and/or
    - ii. Knowingly allow non-school participants to compete with their team without written approval from the HSL Officers
  - b. Such violations may result in
    - i. Individual non-school participants' suspension from participating in the league
    - ii. The revocation of specific participation approvals for said non-school participants for the current season and/or future seasons of the HSL
    - iii. Individual teams or programs being disallowed from rostering non-school participants for the current season and/or future seasons of the HSL





## **7. Disputes/Decisions**

### **a. Dispute Information**

- i. Any disputes within the league will be handled at the discretion of the officers. Disputes with the League Officers, will be handled at the discretion of the DiscNY Board.

### **b. Violation Penalty Appeals**

- i. In general, decisions made with regard to penalties for violations of the HSL Rules are final. Appeals will be considered at the discretion of the HSL Officers and/or DiscNY board.
- ii. Anyone wishing to appeal decisions made concerning penalties for violations of the HSL Rules must contact the League Officers at [hsleague@discny.org](mailto:hsleague@discny.org) to initiate the process. This email should come from a team's Head Coach and should contain the decision, a detailed explanation of the events leading to the reason for appeal, and the appropriate points of contact to include in the process.
  - 1. As these matters may be time sensitive, we ask that point of contact information include a cell phone number for ease of communication.
- iii. The League Administrator will follow up with the listed points of contact with next steps as outlined in the Appeal Process. Note that the League Administrator does not have the authority to reverse or edit decisions.

### **c. Postseason Participation Appeals**

- i. In general, decisions made with regard to postseason qualification are final, and appeals will be considered only under extraordinary circumstances.
- ii. Anyone wishing to appeal decisions made concerning postseason qualification must contact the League Officers at [hsleague@discny.org](mailto:hsleague@discny.org) to initiate the process. This email should come from a team's Head Coach and should contain the decision, a detailed explanation of the events leading to the reason for appeal, and the appropriate points of contact to include in the process.
  - 1. As these matters are time sensitive, we ask that point of contact information include a cell phone number for ease of communication.
- iii. The League Administrator will follow up with the listed points of contact with next steps as outlined in the Appeal Process. Note that the League Administrator does not have the authority to reverse or edit decisions.

### **d. Appeal Process**

- i. Before the appeal begins, decisions will have been communicated to teams' head coaches by the League Commissioner or League Administrator, depending on the case







1. In the case of missed deadlines or outstanding administrative work, emails will come from the League Administrator
  2. In the case of rules violations, postseason disqualification by spirit score average, or lack of compliance, emails will come from the League Commissioner
- ii. Emails will include explanations for the decision made by the League Officers, which can be appealed in writing to the HSL Officers as above.
  - iii. Once an appeal has been submitted in writing, the League Administrator will work with the affected program to gather pertinent information concerning the appeal, the circumstances that led to the original decision, and the circumstances that led to the appeal. This information will be presented to the HSL Officers, and, where relevant, the DiscNY Board.
  - iv. Once information has been gathered and presented, the League Officers may request to meet with the affected team(s) to discuss possible outcomes, including the possibility of advancing the appeal to the DiscNY Board
    1. Based on this meeting, the HSL Officers will issue a new decision in person and in writing, or advance the appeal to the DiscNY board if requested.
  - v. If the appeal advances to the DiscNY Board, decisions are out of the hands of the HSL and its Officers
  - vi. Once the DiscNY Board makes a decision on how to proceed, it will be communicated to the teams involved in the appeal by writing.
  - vii. Should a team wish to appeal the Board's decision, it may be appealed to the USAU New York State Competition Coordinator, whose decisions are final and binding without the right of further appeal.

