

# Part I: General information

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## 1. Essential information at a glance

**MUST READ**

**Where:** Balham (north end of Tooting Bec Common) and Clissold Park

**When:** Wednesday/Thursday evenings, starting May 16th and continuing until August 16h. Each team usually plays one game each week.

Note that Worlds falls during this period, so please be extra careful to make sure you have a viable squad for the season.

**Co-ed ratio:** Teams usually play with five men and two women

**Start time:** Games start at 7.15pm. Arrive in time or risk losing points.

**Game length:** Games to 15 points. Half-time at 8 points, one two minute timeout per team per game. Note that special rules apply to some cup games.

**Team fee:** £335 per team if paid by 1st April, £400 if paid late.

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## 2. Who to contact

**MUST READ**

London Summer League is headed up by three people: Nathan Fowler, Si Hill and Ken Ferguson. If you have any questions about summer league, please get in touch and we'll do our best to help you.

A lot of games are played each year, and we can only be at a small fraction of them in person, so if an issue arises at a game please let us know, otherwise we are likely to remain blissfully unaware of any problems.

You can contact us as follows:

- Nathan Fowler: 07581 128 811, london@ukultimate.com
- Si Hill: 07802 311 298, si.hill@ukultimate.com
- Ken Ferguson: 07810 354 760, ultimateken@gmail.com

While all of us will try to answer your questions, the following areas of responsibility might help you choose who to talk to:

Nathan: Main contact, final night organiser, pickup team

Si: Finances and Council bookings

Ken: Website, schedules and admin

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## 3. How to enter

Sign up is via a web form. Please visit the following page in order to fill out the form:

<http://tinyurl.com/lslsignup>

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## 4. You enter as a team

**MUST READ**

The London Ultimate Summer League accepts entries from teams rather than individual players. Your team may already be established, or you may decide to throw a team together especially for the league. This year we're not planning on running a pickup team, but if you're interested in playing and don't have a team then you can submit your details and we'll try to match you up with a team looking for players. Here's the URL:

<http://tinyurl.com/lsl12pickup>

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## 5. Team contacts

**MUST READ**

Each team needs two or three players to act as "team contact". These players need not be the team's captain, or the person who formed the team (although it usually is one of these).

The team contact is responsible for all communications with the organisers, and with other teams. The "TC" returns results and spirit scores after each game and coordinates with other team contacts if there are scheduling problems. **It is therefore vital that the team contact has good email and mobile phone access.** If a game is called off or the schedule changed (which can happen at short notice due to weather etc.) we need to be able to inform you.

**All team contacts must sign up to the London League mailing list** and will be signed up to the **lsl-contacts mailing list** (see the section on "Staying in touch").

If, part-way through the season, you find you are temporarily or permanently unable to carry on as team contact (e.g. leaving the country, loss of email, etc.) please find another player to take over as TC and notify us as soon as possible.

Being a team contact is not usually that demanding a job. It's just talking to people (set up a team mailing list or Facebook group to make things easier). With a bit of organisation, most teams get through summer league without any hassles.

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## 6. Staying in touch

There are now four sources of info about summer league: the **LondonUltimate.com website**, the **LondonLeague** mailing list, the **lsl-contacts** list and the **London Ultimate Forum**. Don't panic, you don't have to sign up to all of them.

### The London Ultimate website

The London Ultimate website is at: <http://www.londonultimate.com>. The website has the latest news and results from summer league, and lots of info to help new teams and players.

### The London League mailing list

Essential news for London-based Ultimate players appears on this mailing list, including information and updates about summer league. We recommend that all players join this mailing list, as it will be the first place you will hear about schedule changes and cancellations. It could save you a wasted journey. There's not much traffic on the list, so you needn't worry about clogging up your inbox. To subscribe, send an empty e-mail to:

[londonleague-subscribe@yahooogroups.com](mailto:londonleague-subscribe@yahooogroups.com)

or visit the YahooGroups website at the following address:

<http://sports.groups.yahoo.com/group/londonleague/join>

You can also read mailing list messages with a web browser (even if you're not a member of the list) by going to:

<http://groups.yahoo.com/group/londonleague>

### **The London Ultimate Forum**

The forum at <http://www.londonultimate.com/forum> is a place where players post match reports and other gossip about summer league. You can also use the forum to find a team to play for, or find extra players for your team

### **The Isl-contacts mailing list**

This mailing list enables us to get info out to team contacts without bothering every player in London. All team contacts will be signed up to it. Send a blank mail to:

[isl-contacts-subscribe@yahogroups.com](mailto:isl-contacts-subscribe@yahogroups.com)

or visit the YahooGroups website at the following address:

<http://sports.groups.yahoo.com/group/isl-contacts/join>

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## **7. UKU Membership**

**MUST READ**

London Summer League is run under the umbrella of UK Ultimate (UKU). This gives us the following benefits:

- Liability cover for the organisers and players. With the summer league bigger than ever, we have a responsibility to ensure that everyone within it is adequately protected. By being part of UKU we are able to use their cover to protect the league.
- Any surplus from the running costs of the Summer League stay within the sport. UKU can use this to aid development of Ultimate and targets these funds specifically towards London.
- By bringing the league and its players into UKU we add further credibility to the sport. When we try and access funding from the government, attract sponsors from the private sector or attempt to have influence within the WFDF, we need to be able to demonstrate the size of the game in the UK. If you want an immediate example of how this can work, ask Thundering Herd, one of the summer league stalwarts, about their entry into World Clubs at Prague. Making a case for British teams to get spots at international tournaments comes down to many factors but membership size and its growth is a big factor. London Summer League has a lot of players playing who may not play Tour and this gives us the opportunity to register them.

All players must be UKU members. For many who've played Tour or Winter League, they'll already have this membership, but others will need to sign up. It's just £5 to sign up for Basic Membership and you can do this through the UKU website <http://www.ukultimate.com/join>.

In order to allow you to fill your team in an emergency, players who aren't members of UKU can play up to three times without getting membership. The names of these casual players should be sent to Si Hill by email prior to the game or if absolutely necessary (i.e. in the case of last minute pick ups) the next morning. Note that the three times limit is a LIFETIME limit.

UKU membership is there to protect us all - organisers, players and other park users. Please don't feel that you can ignore this requirement and play anyway. We rely mostly on your good spirit, and in particular the good spirit of the captains, to ensure that people abide by these rules, but we will occasionally check teams to ensure everything is in order.

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## 8. *Team fees and entry deadline*

**MUST READ**

Team fees are £335 per team. You need to pay this money before 1st April. If you don't make that deadline then the late payment entry fee is £400.

Don't forget that individual players also have to be members of UKU. For many teams, that will already be the case for all the players, but there will obviously be some where gentle cajoling from the team manager will be required.

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## 9. *The “You’d think it’d be obvious but...” department*

**MUST READ**

### **To new teams and players**

The league welcomes players and teams of all standards, including beginners. However, if your team hasn't played much before it's a really good idea to get familiar with the basic rules, the way fouls and disputes are handled, and other “spirit of the game” issues. At your games, introduce yourselves to the other team before you start playing and let them know you're new to the game. Don't be afraid to ask questions. Don't forget the end-of-game call. Do go to the pub. Ultimate players are a good-natured bunch and are always happy to help out new players.

### **To experienced teams**

Most of us started on established teams, and had experienced team-mates to show us the ropes. Lucky us. London Summer League is a bit different in this respect, and some teams may be made up entirely of novice players. So if you run into one of these teams, please be nice to them, chat to them before the game, help them with the rules, make sure they don't miss the call, invite them to the pub, etc. We want people to enjoy playing Ultimate and come back again next year.

## Part II: Who, when, where

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### 10. *Suggested squad size*

**MUST READ**

Games are seven-a-side. The league is played mixed (or “co-ed”), and most of the time you will be playing with five men and two women on the pitch. Therefore, the minimum squad you should take to a game is probably seven men and three women.

Since it's unreasonable to expect every player to make it to every game, you should aim to have at least ten men and four women signed up for your team.

Remember that other commitments may clash with Summer League and so you should plan accordingly. **This year Worlds falls within the last few weeks of Summer League and so you should plan on any GB players in your squad being away for up to three weeks.**

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### 11. *Player movement between teams*

Players cannot change teams during the league unless they have a very good reason to do so, and have notified us beforehand. Players that you allow to “pick up” with your team must not have already played with another league team this year, and once they have picked up with you they are tied to your team for the rest of the league. Please make this clear to any pickups you acquire before they actually run onto the pitch with you.

If you suspect that a member of the opposing team has played with a different league team at some point during the season, please bring the matter up with the opposition's captain before or during the game. Any team that knowingly or unknowingly plays with a “ringer” runs the risk of forfeiting the game.

There are two exceptions to the "no movement" rule, for squads with multiple teams and for players who wish to coach beginner sides.

#### **Squads with multiple teams in Summer League**

Several London teams have two or more sides entered into Summer League. In some circumstances they may feel the need to rebalance their individual teams in some way by moving players between them. This rebalance may for example be because of ability (for 1st/2nd teams), for geographical reasons (North/South teams) or for purely numerical reasons (due to a spate of injuries in one team).

This is allowed, but only in the following circumstances:

- Squad rotations must never be aimed at boosting your teams for specific games. In short, the upcoming games should never affect whether or not you would have transferred a player.
- You can never play for both teams in the same week.
- Eligibility for postponed games is based on the date the game should have been played.
- Only two transfers of a player between teams are allowed during the League. So you can start in the first team, then move to the second team, then move back up to the first team, but then you're stuck.
- All changes must be notified to Si Hill (contact details above) along with the reason for the move. We'll use this information to decide on the rules for future seasons/
- Players are cup-tied: they can only ever play for a single team in the Cup.

Realistically we're not going to notice you flouting any of these rules, but we trust that the Spirit of the game will be

upheld.

### **Beginner coaches**

Some talented individuals like to offer their expertise to beginners to help them learn how to play the game. We welcome these sort of players to Summer League and try to support their endeavours.

Teams in the lower divisions may have ONE player-coach who also plays for a team from a higher division. These player-coaches must adhere to the following rules:

- They cannot play in the cup or crossovers
- They must be genuine coaches - not just players who fancy a fun game on the side.
- They must inform Si Hill (contact details above) of their intent to be a player-coach before playing.

For clarity: Where squads have multiple teams and have a first team player coaching one of their secondary teams, the coaching rules apply and so for example the coach can play in both games in the same week.

### **For teams that make finals...**

All players competing in the cup final must have played in at least one cup/league game for that team this year (which also means that they can't have played for any other summer league team this year). This is to prevent last-minute pickups.

### **Rosters**

There are no rosters — Spirit is the name of the game. Teams and players are trusted not to flout the above rules.

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## **12. *The league format***

We'll be running the same format as we used last year. Essentially, you spend most of the league playing round-robin within an 8 team division. Here's how it works:

- i) Teams are given an initial seeding. The seeding is based on information submitted with the team entry, previous performance at summer league and other tournaments, and any other background info we can gather.
- ii) The teams are divided into three divisions of eight - seeds 1 to 8, 9-16, 17-24
- iii) Each team except the top and bottom four has three opening "crossover" games against teams in a neighbouring division. These games give teams an opportunity to get into a higher division by defeating higher-seeded teams. Equally, lose crossover games and you may slip down a division. Teams 5-12 play in the 1st/2nd crossovers, teams 13-20 play in the 2nd/3rd crossovers.
- iv) The teams have their seeding adjusted based on the results of their crossover games, and the divisions are revised accordingly.
- v) Teams then play round-robin within each eight-team division. This gives each team another six or seven games. Teams who played in the crossover carry over one of their results to the league proper.

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## **13. *The cup format***

Same deal as last year. A cup, a bowl and a plate. Here's how it works:

- i) The cup draw is made on the first night of Summer League (16th May)
- ii) Eight teams get a bye.
- iii) Losers in the first round go into the 8 team Bowl

- iv) Losers in the second round go into the 8 team Plate
- v) In the second week of Cup games, some teams play two rounds on the same night. These games will have slightly amended rules in terms of duration, caps etc. Otherwise it will be a conventional knockout competition.

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## 14. *When games take place*

**MUST READ**

Once all team entries are in, the schedule is published on the website. First games are on 16th May, and the league continues weekly until mid-August. There are breaks in the league schedule to allow for cup games.

Games are played on Wednesday and Thursday evenings. It helps tremendously if your team has the flexibility to play on either of these nights, but you can choose a “preferred” night. If any nights of the week are completely impossible for your team, tell us and we’ll massage the schedule accordingly. It is likely (and unavoidable) that you will get the occasional game scheduled for your least-preferred evening.

Games start at 7.15pm. You may lose points if you are not ready to play at that time (see **21. Rules concerning late starts and player shortages**), so ask your players to be there by 7.00pm to warm up. Towards the end of the league we try to start games a little earlier than 7.15, as the light fades early in August, and the final few games have a tendency to be quite long.

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## 15. *Where games take place*

**MUST READ**

For 2012, the venues will be the same as last year: the Balham end of Tooting Bec Common in South London, and Clissold Park in North London. Travel directions and maps are on the website.

### **Your home ground**

When you enter your team, you can declare either Balham or Clissold Park as your “home ground”. We then aim to schedule the majority of your games at your home ground to minimise travelling for your team. However, **you will have games at the other venue from time to time.**

If your players are fairly evenly split between north and south London, you may choose a home ground of “both”, and we will try to give you a roughly equal number of games at each venue.

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## 16. *Rescheduling games*

Team contacts should check with their players before each fixture to verify that they have a team for the game. If you cannot field a team on the scheduled date, get in touch with the other team contact as soon as possible and try to arrange another date. Some guidelines for rescheduling:

- i) You must give the opposition at least 24 hours notice. If you drop out of a scheduled game with less than 24 hours notice, the opposition may claim the win by default.
- ii) You must let Ken Ferguson know when you cancel and reschedule a game.
- iii) When moving a fixture, please try to get the game played a few days either side of the scheduled date. It’s essential that crossover games are completed before the start of the round robin, that Cup games take place before the next round and that all round robin games are played before the finals. The results of any

games that are not completed in time may be “adjudicated” by the organisers.

- iv) Please do not play rescheduled games on the league pitches without checking with Ken Ferguson first. Our arrangement with the park management is that we play specific days only, and you may be asked to stop at other times. In particular if there are particular nights where we don't need pitch booking then we may cancel them - so don't assume that a pitch being available one week will indicate it's available the next.

By far the easiest thing to do is to make sure you can get a team out on the scheduled nights.

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## **17. *Our pitches, and issues with other park users***

The pitches at Balham and Clissold Park are organised, booked, and paid for by the league. However, during the summer there's a lot going on in London's parks, and the occasional clash with other park users does happen.

If the pitches are unoccupied when you arrive, set out your cones and start throwing around **on the pitch** as early as possible to discourage any roaming bands of footballers. If there are already people playing there, then politely explain the situation to them. It seems to help if you say “You're okay for ten minutes, but once our players start showing up...”. If they're not gone in ten minutes, speak to them again.

We will send booking confirmations to all team contacts. Take these letters to your games in case anyone asks to see proof that we have booked the pitches. However, some park users will still dig their heels in. If a problem develops, don't let things escalate. Call Nathan Fowler straight away (number above).

### **Please clear up after yourselves**

We need to give a good account of ourselves to maintain good relations with park management for the future. So please:

- i) Tidy up the sideline after your game. We should be leaving the pitches tidier than they were before we showed up. Are you the last few players to head for the pub? Please take any remaining rubbish away with you, even if you don't think it's yours or the opposition's.
- ii) Be aware that both parks have a strict no-alcohol policy.
- iii) Be courteous to other park users. When someone walks his dog straight across the pitch in the middle of your game, call a timeout and get the nearest player to ask him **nicely** (at least the first time). He might work for the council's Parks Department.

## Part III: The games

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### 18. *Your responsibilities*

**MUST READ**

There are no referees in Ultimate, and no official who is going to ensure that you start on time. The schedule tells you who, when and where you're supposed to be playing, but beyond that it's up to the teams to make the games happen.

**Before each game**, the team contact should make sure:

- i) that your team members know when and where you're playing
- ii) that you will have enough players on the night
- iii) that your players are intending to show up in time
- iv) that one of the teams is bringing cones for marking endzones (easiest just to take yours anyway)

**On the night**, it's up to the team captain (who may also be the team contact) to:

- i) get the game started
- ii) keep track of the score
- iii) check pitches are safe and playable (see section 28 for more details)

As soon as possible **after the game**, the team contact needs to:

- i) submit the final score, and what you're awarding your opponents for spirit (see below).
- i) report any injuries or accidents that occurred during the game (see section 28 for more details)

#### **Forfeits**

Forfeits are the bane of summer league. They ruin your opposition's week and affect the league standings. We are doing our very best to give you early warning about games so you should know in advance if you have a problem game coming up. If you are struggling for players then use the London League email group, the LondonUltimate.com forum or even give Nathan a call or e mail asking for help. There are so many ways to recruit players if you are desperate so be inventive.

If you're getting close to a game and you know that numbers are tight, let the opposition know how things are going. They may be in the same position and agree to play six a side or a different men/women ratio. Either way as the game gets closer keep them updated. If people drop out at the last minute then remember then if necessary turn up with only 6 or 7 people. You may be surprised how you do - it wouldn't be the first time a team of six players has beaten opposition with a full rank of subs.

If the worst comes to the worst then get in contact with the opposition as early as possible and explain the situation. If they are very nice they may rearrange but if it cannot be helped then a forfeit may have to take place.

**Just not turning up is totally unacceptable. Do not do it. Even if the entire team drops out at the last minute, the captain should turn up to apologise profusely to the opposition.**

**Please, please, please try and avoid forfeits. They ruin the fun of Summer League and stop people getting the game time they have paid for.**

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## **19.      *The Spirit competition***

One of the major prizes at London Summer League (or at any Ultimate event) is the Spirit trophy. It can be won by any team regardless of finishing position, and is awarded to the team that played most fairly and with the best "spirit". If the concept is new to you, you'll find plenty of reference to "Spirit of The Game" on Ultimate websites.

The spirit winner is voted for by the teams themselves. At London Summer League, we use the BULA scoring system ([www.beachultimate.org/SOTG\\_v2010\\_EN.pdf](http://www.beachultimate.org/SOTG_v2010_EN.pdf)).

It's best to submit your spirit votes as soon as possible after each game or you'll probably find that you've forgotten what happened in the game three months ago. No copping out, such as awarding every team half marks!

### **Failure to return a spirit vote**

At the end of the league, if a team has not returned a spirit score for one of its games, the spirit score they received for that game is halved, while their opponents get a score equal to the average of their other spirit votes. Therefore you must consistently return spirit votes to stand much chance of winning spirit yourselves.

### **Forfeiting a game**

If you forfeit a game then your spirit score for that game will be half of your average through the rest of the league. We've had a lot of discussions about whether you should get a zero score, but this seems to strike the right balance between punishing teams that forfeit and potentially awarding a team that was bad spirited but turned up to all their games the spirit prize. The organisers reserve the right to modify the spirit score in these cases.

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## **20.      *Male-female ratio rules***

Teams play seven-a-side, with no more than five players of one sex on the field. So, you can choose to play 5m/2w, 4m/3w, 3m/4w or 2m/5w. Teams tend to play 5m/2w most of the time.

There is no requirement for one team to match the other's ratio, so although you may elect to put four men and three women on the line for a point, the opposition can still play five men and two women. Of course, if both teams have enough to play 4m/3w, the captains can (and possibly should) agree to play the entire game with that ratio.

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## **21.      *Rules concerning late starts and player shortages***

Despite players' best intentions, transport or work problems can result in players arriving late. So there are rules designed to cover these situations. Bear with me.

### **Rule 1: Late starts and penalties**

Games should start at 7.15pm (the game can start earlier if both teams are ready and willing). If your team has seven players ready to play at 7.15, but your opponents are still waiting for players (or are delaying for any other reason) you may request that the game starts regardless. If the game still does not start, the team that is ready to play can claim a point every two minutes until the game begins. You must inform your opponents' captain when you start claiming points. So, the correct procedure is:

- i) Is it gone 7.15? Do you have seven players ready to go? Then you can ask the other team to start the game.
- ii) If they do not (or cannot) put a team on the line and start the game fairly immediately, let them know that you are going to start claiming points.
- iii) The score becomes 1-0 to your team two minutes after this time. And so on.

### **Rule 2: Winning by default**

At a rate of one point for every two minutes, the score will be 15-0 after waiting half an hour for the game to start. At that time, the game is deemed to have been won by default.

### **Rule 3: Starting with less than seven players**

Your team can start a game with only five or six players. Your opponents can play with the full seven players, so you'll be at a disadvantage, but starting the game like this will avoid the point-per-two-minutes penalty. You must however still comply with the coed rules, i.e. you cannot put six men on the pitch.

### **Rule 4: You cannot play with fewer than five players**

Your team must put at least five players on the pitch to start a game.

It should not be regarded as bad spirit if your opponents claim points off you for a late start. They are entitled to do so, and they've shown good spirit just by arriving on time and being ready to play.

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## **22. Game length**

Games are played to 15 points, with halftime at 8 points. A two-point lead is normally required to win (you can't win 15-14). However, there is always a "hard cap" at 17 (so you can win 17-16). Some examples:

**15-13 - game won**

15-14 - no win yet

**16-14 - game won**

15-14 - well, it could be won 16-14...

15-15 - not now it can't.

16-15 - it's a game to 17 now, whatever happens

16-16 - uh-oh, sudden death...

**17-16 - hard cap - game won.**

### **Bad-light cap**

If it doesn't look as if either team will win the game before it gets dark, please agree a two-point cap at the end of the current point. The idea is to wrap up the game while there's still enough light to play. For this reason, a bad light cap is always a hard cap — that is to say, you do not need a two point lead to win. For example, say the score is 10-8 when you cap the game. The cap is set at 12 and you can win the game 12-11.

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## **23. Timeouts**

Each team can call one two-minute timeout per game (not per half). Usual WFDF rules apply if teams call a second timeout (other than an injury or "dog-on-pitch" timeout, etc). Add two seconds and restart with a check or turnover if the stall count would be ten or above.

No timeouts should be called in a bad-light cap.

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## **24. Shirt colours**

**MUST READ**

Although you don't need exactly matching strip, your team should agree a shirt colour to play in. You should also agree on another colour to bring in case your opponents are wearing something similar to your first choice. Remember to bring both shirts to each game.

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## **25. Other rules of play**

London Summer League is played according to the 2009 WFDF rules. We draw your attention to the current pull rules:

- i) You cannot drop the pull. If any member of the receiving team makes contact with the disc before it touches the ground, and subsequently fails to catch it, the team that pulled takes possession of the disc on the goal line. (No real change there.)
- ii) A pull caught in-bounds is played from where it is caught, including when it is caught in the endzone.
- iii) A pull that lands in the endzone and does not roll out of bounds cannot be walked up to the goal line, but must be played from where it comes to rest.
- iv) A pull that lands out-of-bounds may be "bricked" but **not** "middled" – the offence either puts the disc into play from the brick mark, or from the point on the perimeter of the pitch closest to where the disc crossed the perimeter line. The brick mark is 20 metres from the goal line.
- v) A pull that lands in-bounds but rolls out-of-bounds may be walked to the goal line (but not middled or bricked). So if it lands in, and rolls out the side of the endzone, you can play it from the front cone. If it lands in, but rolls out the back of the endzone, you can play it from the goal line, perpendicular to where it went out.

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## **26. Rules for Double Header Cup night**

In order to fit in the full cup, some teams will have a double header cup night, with two games in a single night. In these cases four teams will be drawn together in pairs, with the winners and losers playing off. Obviously to fit two games in one night there are a few variations to the rules:

- Games are played to 11, half time at 6
- Hard cap on the first game at at 8:15pm. Finish the point, then if it's still level play a sudden death point. Second game starts after a five minute gap.
- One timeout allowed per team per game
- Games really have to start on time, so it's absolutely vital you turn up on time. If both captains agree then you can start earlier.
- Make an extra effort during the game to keep stoppages to a minimum.
- We recommend a super four team huddle at the end of the night then a retreat to the pub for a very well earned drink.

### **Bad-light cap**

For the second game a bad light cap can be applied according to the usual rules.

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## **27. Resolution of ties for group placings**

Where two teams in a division or the crossovers finish tied on the same number of wins, the placing is determined by the result of the head-to-head game between those teams.

If more than two teams are tied, finishing places are determined according to the following criteria:

- i) The number of wins from the games between the tied teams only. Then if still tied...
- ii) each team's points difference from the games between those teams. Then if still tied...
- iii) each team's points difference from all games within their group

If application of any of these rules produces a winner, but leaves some of the teams still tied, the rules are reapplied from the top to the still-tied teams. As a last resort the tournament organisers adjudicate using a flipped disc if necessary!

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## **28. Health and Safety**

**MUST READ**

Team captains, in particular, and players in general should take a moment before playing to check the pitch. We're playing in open parks and we cannot expect to control what happens to them day to day. If the captains have any concerns they should agree to adapt the pitch in some way, or if necessary not play. Not playing is much better than someone getting injured. You should understand what is safe and by playing you're accepting the condition of the pitches where you're playing. Ultimate is non-refereed, so really the only people who can make a decision to call off a game are the captains and players.

There is no first-aid or medical assistance at the pitches, so if a player does sustain an injury and you're in any doubt as to whether it requires medical attention you should take them to the nearest Accident & Emergency department. The closest A&Es to the pitches are as follows:

### **Clissold Park (2 miles)**

The Whittington Hospital. Magdala Avenue, London, Greater London, N19 5NF  
Tel: 020 7272 307

### **Balham Common (1.5 miles):**

St George's Hospital. Blackshaw Road, London, Greater London, SW17 0QT  
Tel: 0208 672 1255

### **Reporting Incidents**

As part of keeping tabs on health and safety please can you inform us if any of the following occur at a Summer League game:

- someone receives a head injury
- someone goes to hospital following an incident
- someone sustains a fracture, dislocation or loss of sight (even temporarily)
- any kind of incident involving injury or damage to property with a third-party (i.e. passer-by)