

TOP 8 THINGS PARENTS and others can do and *not* do to BE GOOD SPECTATORS of Ultimate

—🌟🌟🌟 compiled by the JUUDA Youth Committee in response to feedback from youth team coaches, 2017🌟🌟🌟—

Ultimate's not like other sports—and being a good spectator of Ultimate may be different from what you're used to. **Here are the important expectations that Ultimate players—your kids and others'—and their coaches most want you to know about and observe.**

DO	DON'T
<p>1. DO applaud and cheer good play from BOTH teams. Appreciation for the opponent is a big part of Ultimate's ethos, called Spirit of the Game (SOTG).</p>	<p>2. DON'T weigh in on fouls or line calls. Ultimate is a self-refereed sport; players work through questions and disputes on their own. If they have a technical question about the rules or need an outside perspective, they'll ask a coach or observer.</p>
<p>3. DO be patient when a call is being discussed on the field. If the players can't reach agreement, they'll eventually say that the call is contested—basically, the players “agree to disagree”—and play will resume under the rules for a contested play.</p>	<p>4. DON'T put your chairs, tents, tables, etc. any closer than 6 feet from the sideline. It's dangerous for you and the players.</p>
<p>5. DO expect, applaud, and cheer displays of good Spirit from all players. Notice that a player calls a foul on himself? See that someone checks in with an opponent after accidental contact is made? Give it up for examples of SOTG like this.</p>	<p>6. DON'T boo or make negative comments. Show respect for players and coaches—and always assume good intent.</p>
<p>7. DO speak up quietly to a coach if you see something that concerns you: a player needing rest or a medical check, escalating tensions or rough play, lightning strikes near the field, etc. Coaches have a lot to pay attention to, so your help is appreciated.</p>	<p>8. DON'T forget that you're part of a community. Players and coaches value good relationships within their team, across the league—even around the country and world. Parents have an important role in helping to build and maintain a friendly and supportive community.</p>

Basically: be cool. Recognize that youth Ultimate players are playing hard, learning to manage conflict, sometimes struggling to control their bodies and emotions—and please support them by providing your positive, respectful example from the sidelines.