

# Examples for Spirit of the Game Scoring – 2025 FINAL



Use these examples as a guide to help standardize Spirit of the Game scoring.

A typical game is expected to be a “Good” game with a total score of 6 from each team. Don’t give half (x.5) points. When in doubt, trust the other team.

Remember, **Spirit of the Game** is *mindful behavior practiced by players worldwide prior to, during and after a game, in a mutual effort to protect the basic joy of play.*

Self-officiating, Spirit of the Game, and spirit scoring can be impacted by bias. Please mitigate this by following guidance as outlined in the Spirit of the Game section of the Official Rules (<https://usultimate.org/rules/#2>)

	Rules Knowledge and Use	Fouls and Body Contact	Communication and Conduct
Excellent (4)	<ul style="list-style-type: none"> <li>For the competition setting, they showed excellent knowledge of the rules, including intricate details</li> <li>They explained rules we didn’t know well clearly, effectively, and in a way that added to our knowledge and joy of the game</li> </ul>	<ul style="list-style-type: none"> <li>They played in a style that avoided the potential for both fouls and unnecessary body contact</li> <li>They made several clear decisions that avoided contact to keep other players unharmed</li> <li>Considering the competitive nature of the game, they played with the highest level of care and safety</li> </ul>	<ul style="list-style-type: none"> <li>They exhibited a team culture that sought to elevate both teams’ Spirit across all categories</li> <li>Their interactions during calls/contests encouraged dialogue</li> <li>In a crucial situation they remained fair-minded and consistent, seeking to uphold the truth of the situation regardless of the outcome</li> <li>They took initiative to defuse contentious situations and to restore the flow of the game</li> <li>They went out of their way to make sure that everybody had an enjoyable game</li> </ul>
Very Good (3)	<ul style="list-style-type: none"> <li>For the competition setting, they showed an above-average knowledge of the rules</li> <li>There was at least one case where they offered to help us learn some of the rules (Note: It’s good Spirit to accept the offer)</li> <li>They made use of official hand signals throughout the game to indicate fouls, scores, etc.</li> </ul>	<ul style="list-style-type: none"> <li>They actively avoided contact at least once</li> <li>They played in a style that avoided the potential for fouls or unnecessary body contact</li> </ul>	<ul style="list-style-type: none"> <li>Players and sideline players offered helpful perspective when appropriate</li> <li>Coaches avoided unwarranted involvement</li> <li>They informed teammates when they made wrong or unnecessary calls/contests</li> <li>They made adjustments based on our feedback in a way that improved the enjoyment of the game</li> <li>They complimented us on a good play or celebrated good plays by either team</li> <li>Their calls were loud and clear</li> <li>They provided clear explanations to support their calls</li> <li>They brought up Spirit issues and general concerns as early as possible</li> </ul>
Good (2)	<ul style="list-style-type: none"> <li>For the competition setting, they showed good knowledge of the rules</li> <li>They followed the rules</li> <li>If they had questions about the rules or about a call, they asked for clarification and implemented feedback</li> <li>They understood and occasionally used official hand signals to indicate fouls, scores, etc.</li> </ul>	<ul style="list-style-type: none"> <li>No significant physical contact occurred beyond incidental contact</li> <li>No players seemed to play in a risky or hazardous manner</li> <li>The game flowed smoothly without frequent fouls</li> </ul>	<ul style="list-style-type: none"> <li>Conflicts were resolved without incident</li> <li>They only made calls on infractions that affected the outcome of the play</li> <li>They acknowledged when they committed an infraction</li> <li>They were responsive to input during contentious situations</li> <li>They effectively and efficiently explained their point of view and listened to ours</li> <li>Their team leadership, including Spirit Captains, introduced themselves before the game and touched base with us during the game as needed</li> </ul>
Not Good (1)	<ul style="list-style-type: none"> <li>For the competition setting, they sometimes showed a lack of rules knowledge</li> <li>They disregarded the rules a few times during the game</li> <li>They were resistant to feedback and/or implementing changes</li> </ul>	<ul style="list-style-type: none"> <li>There were noticeable instances where body contact affected play</li> <li>There was at least one significant instance of them making a dangerous or reckless play</li> </ul>	<ul style="list-style-type: none"> <li>On one or two occasions, they directed offensive language at others</li> <li>Players who were not involved in the call regularly prolonged discussions or got involved without request</li> <li>Coaches inserted themselves into discussions beyond rules clarification</li> <li>They sometimes taunted us after errors</li> <li>They occasionally refused to engage in discussions</li> <li>They often escalated contentious situations</li> <li>They called many insignificant breaches</li> </ul>
Bad (0)	<ul style="list-style-type: none"> <li>For the competition setting, they repeatedly showed a lack of knowledge of the rules</li> <li>They often disregarded the rules</li> <li>They repeatedly ignored outside feedback about the rules</li> </ul>	<ul style="list-style-type: none"> <li>After repeated calls they continued to commit the same foul(s) and/or contact violation(s)</li> <li>They made dangerous or reckless plays (e.g., colliding with a mostly stationary opponent, diving at a player’s back or legs, initiating contact with a player’s head, etc.)</li> </ul>	<ul style="list-style-type: none"> <li>Players and/or their sideline often used offensive language or gestures, including but not limited to racist, sexist, homophobic, transphobic or other slurs</li> <li>They regularly taunted us after errors</li> <li>During an unevenly-matched game, they played in a manner that further highlighted the disparity in skill between the two teams, e.g., scoober-only points or trick plays</li> <li>They frequently showed an unwillingness to engage in discussions</li> <li>They made many unjustifiable calls/contests and took advantage of the rules</li> <li>They intentionally belittled our players with targeted celebrations on multiple occasions</li> </ul>

**TIPS TO KEEP IN MIND:** It’s better to address problems early than to mark the other team down at the end – your opponent should not be surprised by the score given. Spirit scoring is a group effort, so discuss together as a team. Spirit is not only scored but also earned as a team. Calls or issues from a single player can become an issue if they are not held accountable by their own team. These are some common examples; not all examples need to have occurred in order to warrant a specific score. You may also consider factors that are not described here. Use reasonable judgment. Consider the competition setting, unclear situations, and instances of both good and bad actions in the same category.

**CREDIT:** Developed by the USAU SOTG Working Group, based on WFDF’s spirit score sheet and examples.

You should adjust these criteria appropriately for the region, event, playing style and customs of your local ultimate community.

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Translated and condensed versions of those are available on the [WFDF website](https://www.wfdf.org/)

Questions and new ideas are welcomed at [national\\_spirit\\_director@usultimate.org](mailto:national_spirit_director@usultimate.org)

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