



## Manitoba Organization of Disc Sports

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### Ultimate 101 – Starting a new summer team.

Below is a quick synopsis of how MODS runs our summer league, things to do to register a new team and what to expect during the season. Separate help documents for “How to Register Your Team” and general info for returning teams can be found on the Adult League Info page.

- **Forming a team** - The Winnipeg Ultimate League is a **7 on 7 format with a rotating 4:3 gender ratio\*\***. Typical team sizes are 14 to 16 players (7 or 8 of each gender); there is no maximum roster size, and we require a minimum of 12 players to have a team. MODS uses the “[Gender A Ratio Rule](#)” please review the linked page to inform yourself on this rule.
- **Signing up as an individual, couple or small group** – mixed team rosters are formed by their captains. People looking for a team will want to check out the [Free Agent information](#) for info on how to register as individuals and tips for finding teams.
- **League Nights** – Each night of the week (Monday to Thursday) is its own league, teams that sign up for the Monday league will only play on Monday’s etc...



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- **Divisions** – With 40 to 50+ teams per night MODS runs several divisions, no matter your skill or athletic ability we have a spot for you. Divisions recently have run from A to H, you can ask the Operations Director for more info if you're not sure where to rank yourself.
- **Memberships** – all players must have valid memberships to play in our leagues, including all subs. Memberships help meet our leagues requirements for liability purposes and also provide our players with some insurance coverage.
- **Registration is done online starting April 1<sup>st</sup>**. Captains are responsible to submit team fees and should collect money from their players. Payments are mainly made online via credit card; you can also select the "Pay Offline" option if you would like to pay by cheque or card in our office.
- **Performance Bonds** – Each team is responsible to submit **two \$100.00** "performance bond" cheques. These are only cashed in the event of a forfeit, conduct issue or failure to attend a required meeting. For more info on "[Performance Bonds](#)" please click the link to the left.
- **Rules Clinic** – all **new** teams / captains must send a representative to the MODS Rules Clinic. As a self-officiated sport, it is very important that our captains are familiar with the rules and how to resolve calls and disputes. Returning captains who don't pass the rules quiz also need to attend and these are open to any interested player. For more info on [Rules Clinics](#) click the link to the left.
- **Captains Meetings** – Each team must have a rep at one of our Meetings. Recently these meetings have been held online and an announcement will be made in April about the 2022 Meetings (on location vs Zoom). At a normal in person meeting the captain would pick up their Ultimate Captains gift, a disc, all other related materials and info. For more info on the upcoming [Captains Meetings](#) please click the link to the left.
- **S.O.T.G.** – "Spirit of the Game" is the number one rule in Ultimate. MODS leagues are all self-officiated and it is very important that all teams and players understand and respect "S.O.T.G.". Ultimate is a non-contact sport and S.O.T.G. requires that players adhere to sportsmanship, fair play and respect for all players on the field. All teams must have a designated Spirit Captain. The [Spirit Captain Manual](#) can be found at the link to the left.
- **Cones** – each team needs to have their own set of 14 cones, cones can be purchased through MODS (\$28 for the set, pick up at the Captain's Meeting or in our office) or through a sports store. To order contact [Corey](#). Note: in 2020 and 2021 our staff were setting up cones at the fields and this may continue for 2022.
- **Discs** – Discraft, Daredevil or Innova white discs are required; several stores in the city sell cheap discs that we heavily advice against using. Discs can be purchased through MODS at our office or in person at league meetings and events. We recommend that a team start with at least 5 good discs. You can't play without the plastic so don't forget it. A couple of retail stores do sell Discraft. We recommend that you check out "[Disc Republic](#)".

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- **Footwear** – All players are required to wear “closed toe” athletic footwear. Metal cleats are not allowed. Playing barefoot is not permitted.
- **Season starts the week of May 9 – 12<sup>th</sup>. (weather permitting)**
- **Schedule Format** - MODS uses multiple rounds to re-seed teams. **Our goal is parity between teams**, so we hope to have teams playing as many games against similar skilled teams as possible.
- **Game length** – Games are played to 15 points (half time after the 8<sup>th</sup> point) or time. Games start at 7pm (except when noted otherwise) and can go until 9pm. In August we shift to an early start and end time to account for earlier sunsets.
- **Playoffs** – The playoffs will be played on your league night in August. A free tournament event (The Manitoba Cup) has replaced our Championship Weekend Format. All MODS teams and registered players can sign up for this (note: you can only be on one team for the MB Cup).

Our captains are our greatest resource. We rely upon you to communicate important info from MODS to your teammates. Entering scores and passing on schedules is just part of the “job”. Helping MODS promote leagues and events, bringing issues to our attention and teaching the rules and Spirit of the Game to your players are all part of the position.