

## 2025 Summer Single-Gender League Manual

### **Registration:**

Individual. Players must register and pay for their individual spot on **a first-come, first-served basis**. Summer Single-Gender League is available in the following formats.

- Summer Women's League
- Summer Men's League

NO PLAYERS UNDER THE AGE OF 18 YEARS ARE ELIGIBLE FOR THESE PROGRAMS.

### **Team Formation + League Format:**

Individuals will be assigned to teams following the registration process. League convener or staff will email teams individually to distribute contact information within each team.

Leagues will be made up of between 4 and 8 teams. Once assigned, teams will play a 16-week season.

*'Team Liaison'*: Each team will have one player with this role. Team Liaisons will be responsible for submitting scores online and handling pre-game disc flips to determine pulling and receiving with the opposing Team Liaison. This can be any player on a given roster, however, good organizational skills and reliability are a priority.

Steps to making teams (for leagues of 8+ teams):

- 1) Players register on a first come first served basis and these become the players in the league.
- 2) Players advise which tier they would like to be in (Tier 1, Tier 2 or Tier 3) and if they are interested in being a Team Liaison. If there are not enough Team Liaison names that come in, we will select following the team formation.
- 3) Team Liaisons are selected (if required)
- 4) Team formation days are set
- 5) Following Tier 1 formation, all remaining players get invited to Tier 2 and Tier 3 with the remaining players.
- 6) Teams are made and players are informed
- 7) Season schedule is released

**Schedule:**

All games (including playoffs) will take place on Thursdays at 7:00PM at IJL Ultimate Park.

The season format will be determined by how many individual registrations are received and how many teams can be formed. However, each league will be made up of round robin play and playoffs.

**MODS Account + Memberships + Waivers**

All MODS programming requires a MODS player account, a MODS membership and a waiver signed by all players participating on the field.

**Subs:**

All subs for the league will be handled by the league convener (if applicable, otherwise staff) on a case-by-case basis. All subs must be approved prior to playing and must be a valid member of MODS. Players in the MODS Sub Program are only eligible for mixed league play, not single gender play. Teams that incur a roster violation will immediately forfeit their game. Further roster violations may result in removal from the league.