



## Manitoba Organization of Disc Sports

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### MODS Rules Clinics

**Purpose:** to help educate and refresh captain's, coaches and players on the rules of Ultimate.

**Requirement:** All teams in our mixed leagues must have a "rules captains". New captains or anyone not passing (85% or better) the MODS Rules Quiz must attend the annual Rules Clinic in the spring.

**Access to Rules Quiz:** All captains must have attended a rules clinic in a previous season before becoming eligible for the quiz. Access to the quiz is found on your "dashboard" on the MODS website (hover over your name in the top right corner and select "Dashboard". Scroll to the bottom of that page to view your rules status / click the link to take the quiz.

As a self officiated sport there is a greater onus on our teams and players to learn and promote the rules and Spirit of the Game.

**Format of Clinic:** This is approximately a 75-minute presentation with short video clips incorporated. The clinic covers the role of the captain, Spirit of the Game, Violations and Fouls & Grey Areas of the Rules. It is designed to include about 10 to 15 minutes of discussion and questions within that allotted time.

**Sign Up** – a link to add your name to the list will be distributed to captains and added to the Adult League Info page.

**Who can attend:** The clinics are open to anyone; a team can send multiple players. MODS encourages teams to have as many rules captains as they can. The lack of rules knowledge is a key factor in disagreements between teams.



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The 2022 Clinics are scheduled to take place online via a Zoom call.

There will be two options:

Rules Clinic #1 – Wednesday April 27<sup>th</sup> 7pm

Rules Clinic #2 – Saturday April 30<sup>th</sup> 11am

For more info please contact [Corey](#)