



Manitoba Organization of Disc Sports

School Ultimate 101

How to run a school-based team in MODS Leagues and Events

Step 1 – Recruit players: Ultimate is a fast-paced non-contact team sport that is great for school aged children. Ultimate is often introduced through gym classes, intermural play or through clinics delivered by MODS. Our school league play is based on 7 vs 7 play in a mixed environment. MODS recently adopted the “Gender A” rule meaning that playing time is equally divided between female and male identifying players. See this [link for more info on Gender Rule A](#).

An average team is about 14 to 18 players, and you’ll want an equal balance of female and male identifying players.

Step 2 – Recruit a coach (or coaches). Coaches in the MODS league are volunteers of the specific school they are coaching for and must comply with all requirements of the school or division. Many coaches are teachers at the school, but they don’t have to be. Each team is required to have a school rep present at games and events, that may or may not be the coach. All coaches are required to complete the Respect in Sport online certification for coaches - <https://mods.mb.ca/juniors/Respect-In-Sport-RIS/>

If you need help with coaching contact MODS for assistance, if we can’t find a coach for you, we may be able to direct you to someone who can help.

Step 3 – Prepare for the season by registering your team for the leagues and events that you want to participate in. Review the list of events on the “School League & Events” page. Schools can register for one or for all of them. Teams usually play their weekly games and hold 1 or 2 additional practices per week leading up to and during the season. Advertising tryouts at your school and holding a pre-season meeting can be a good way to get the players involved early. Please note info on registration is included in its own help document on the page listed above.

Step 4 – Make sure to attend the school league coaches meeting listed in the important events list, follow up on all league requirements and enter all scores from games.

Step 5 – Schedules: Our Middle School League play on Wednesday’s, the High School League plays on Tuesday’s and Thursday’s. Games are from 4:30 to 6:00pm, more details on rules and format will be provided at the captains meeting. Games are played at school fields and few locations provided by



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MODS including Assiniboine Park, Churchill Drive Park, Kildonan Park, IJL Ultimate Park (in Maple Grove) to name a few. Teams will fill in a survey before the season to determine their travel ability. Teams that can provide a home field for half of their games will have their team fees waived. Middle School teams mainly play just within their own area, while many high school teams will travel a bit further.

Step 6 – Uniforms: many schools will get jerseys printed. Our only requirements are that players having matching shirt colors and show up to every game with two options (light / white and a dark / color). Cleats are recommended (baseball cleats are not allowed), closed toe shoes are required as playing barefoot is not allowed. Discraft discs are recommended, if you're not sure about discs please reach out to the office as we do sell discs at a small discount to school teams.

Step 7 – Costs: Each league has a team fee (except Spring Discovery which is free). For our leagues the fees can be waived for teams who can provide their own fields. MODS Memberships – all players must be registered with MODS and pay a \$10.50 (GST included) junior membership. Details on this are provided in the Registration Help Document

Step 8 – How to get better / more involved: Actively encourage your players to participate in additional MODS programming. The Winnipeg Youth Ultimate League (WYUL) runs sessions for various age groups year-round (outdoors and indoors). These are individual sign-up programs and are a great skill development tool. Players looking for a more competitive option can consider trying out for a Team Manitoba team to train and practice over the summer before competing at the Canadian Junior Nationals (CUC) in August. MODS is proud to have one of the strongest junior programs in the country with a number of gold medal finishes. It is the strength of our school leagues that has made this possible. MODS will circulate try-out information to the schools, and we hope that you will make your players aware of this. The CUC event generally is for 13- to 18-year-olds and MODS has traditionally sent 3 boys teams and 2 girls teams.

For more info on anything related to the school league programs please reach out to [Corey](#).