

# **SPIRIT CAPTAINS MANUAL**



## Spirit Captains

### Requirements:

- The spirit captain must be an active, rostered player

### Responsibilities:

#### •Before the Season:

- Know the rules! A big component of Spirit of the Game (SOTG) is knowing and properly implementing the rules. Make sure that your teammates know the rules too!

- Talk with your team about how to engage in a discussion about calls.

Remember to “BE CALM”:

- Breathe.
- Explain what you think happened.
- Consider what they think happened.
- Ask for advice.
- Listen.
- Make the Call.

# SPIRIT OF THE GAME

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## IN ULTIMATE FRISBEE

#### •Before the Game:

- Meet with the opposing Spirit Captain a few minutes before game time. Introduce yourself and start off on a friendly note.
- Did your team have any issues in a previous game that you’re focusing in on improving (e.g. fast count on the mark, too much physicality on discs in the air)?
- Did your team encounter any exemplary teams or strategies that demonstrate Spirit in the highest regard? It’s always great to share these things with other teams!

## •During the Game:

- Be proactive! Communicate with the opposing Spirit Captain as soon as any issues arise. Earlier is better than later, as this can avoid a game going “bad”, especially if each team has differing viewpoints or expectations.
- Encourage your teammates towards positive, spirited, behaviors.
- Take a few minutes to check in with the opposing Spirit Captain during halftime. Do any issues need to be corrected? Are things going great? Communicate both positive and negative aspects with the opposing Spirit Captain.
- Aid your teammates in resolving Spirit issues off the field/between points and after games. Sometimes, things get heated during the game. Make sure to discuss any contentious calls or plays with teammates involved and offer solutions to avoid future problems.
- Work with opposing Spirit Captains to resolve any serious Spirit issues throughout the game. Take a Spirit Timeout, if necessary.



**SPIRIT**  
OF THE GAME

***SPIRIT OF THE Game:***







**\*\* Note: under the current restrictions Spirit Circles are not permitted. Hopefully we can get back to these types of traditions in the near future.**

### •After the Game:

- Help facilitate a Spirit Circle\*\* with the opposing team. If for some reason there is not time, due to schedule constraints, at least check in with the opposing team's Spirit Captain to share any quick thoughts and decide if further discussion is needed.
- Ensure that your team scores your opponent promptly on the five principles of Spirit. Be sure to engage your whole team in this activity, using it as a chance to reflect on the game and on your own team's spirit.
- Entering game & Spirit Scores:
- The Captain & Spirit Captain are responsible to ensure the timely submission of both scores every game.
- See the next slide for info on how to score the games.



LOG INTO YOUR ACCOUNT ON YOUR PHONE

USE THE QUICK ACCESS AREA



CLICK THE YOUR GAMES AREA TO REVEAL RECENT AND UPCOMING GAMES.

NOTE: ONLY PLAYERS ON THE ROSTER WILL SEE GAMES IN THIS AREA.

NOTE: ONLY CAPTAIN'S & ASSISTANT CAPTAINS HAVE ACCESS TO THE SCORE ENTRY BUTTON.

*\*\*\* MODS IS WORKING ON HAVING THE SPIRIT CAPTAIN ADDED AS A ROLE WITHIN THE ROSTER ON THE WEBSITE. FOR NOW ADD YOUR SPIRIT CAPTAIN AS AN ASSISTANT CAPTAIN*

### Recent Games

**TODAY** 9:00AM  
 IJL Winnipeg Provincial Champions...

FRC BLACK  
 Sturgeon Heights Husk...

IJL4

**ENTER SCORE**

### Upcoming Games

**JUN 03** 8:15PM  
 Torque Brewing What The Helles M...

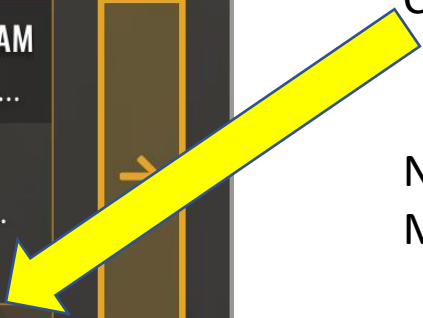
Flick and Morty  
 DNR

IJL6

CLICK THE



AREA TO ENTER YOUR SCORE



NOTE: THE ENTER SCORE BUTTON WILL NOT APPEAR UNTIL 30 MINUTES AFTER THE START OF YOUR GAME.

PLEASE MAKE SURE THAT YOU CONFIRM THE SCORE WITH YOUR OPPONENTS AND THAT YOU ENTER THE SAME SCORE AS EACH OTHER.

SPIRIT SCORES MUST BE ENTERED ALONG WITH GAME SCORES FOR EVERY GAME. SCORES ARE FROM 0 TO 4. A TWO IS A GOOD SCORE PLEASE DON'T RANDOMLY HAND OUT ALL 4'S.

INVOLVE YOUR TEAM IN DISCUSSIONS ABOUT THE SCORES THAT YOU ARE GIVING THE OTHER TEAM. IT CAN HELP YOUR TEAM TO UNDERSTAND WHERE THEY COULD BE BETTER THEMSELVES

