



## Manitoba Organization of Disc Sports

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### Ultimate 101 – Registering a new indoor team.

Below is a quick synopsis of how MODS runs our indoor leagues, how 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 Indoor Ultimate League is a **5 on 5 format with a rotating 3:2 gender ratio\*\***. Typical team sizes are 10 to 12 players (5 or 6 of each gender); there is no maximum roster size, and we require a minimum of 10 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 consider one of our individual registration leagues. The Adult Indoor League Info page will have more info on those options. If there is an empty team spot after the initial bid assignments and lottery. Then MODS would attempt to create a Free Agent team. This link describes the Free Agent process: [Free Agent information](#) for info on how to register as individuals and tips for finding teams.
- **League Nights** – Teams in the Mixed Indoor League rotate game dates and times across the available timeslots that MODS has. Traditionally this has included Sunday or Tuesday games, at times a few Saturday and in rare cases games on other days.
- **Venues** – Currently this league is playing an even number of games at both the WSF North (Leila) and South (near the U of M) venues. Teams would rotate through these slots for their schedule.



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- **Times** – Currently Sunday will have 8:00, 9:00 & 10:00 games, and Tuesday will have 7:15, 8:15 & 10:15 games. We are waiting to hear back on any potential additional usable times which could expand on the days of the week that we are playing.
- **Divisions** – This will be determined by the number of fields our final schedule has. Currently, we have space for 48 teams and the hope is to expand that to 56.
- **Memberships** – all players must have valid memberships to play in our leagues, including all subs. Memberships help meet our league’s requirements for liability purposes and also provide our players with some insurance coverage. Most players will be covered by their summer membership. Players only starting to play for the indoor season can purchase the “Half Year Membership”.
- **Part 1 Pre-registration** - is open now. Teams request a bid (see the link for Pre-registration: requesting bids & the lottery information).
- **Part 2 Registration online** – Teams that receive bids to the indoor league will receive instructions on how to register and pay for their team online. 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 Captains** – all teams must have a rules captain. As a self-officiated sport, it is very important that our captains are familiar with the rules and how to resolve calls and disputes. Captains certified in the summer are already covered. Teams needing a rules captain will need to contact Corey to get the process started for the 2022 certification.
- **Captains Meetings** – Each team must have a rep at our meetings. This meeting will be held online. A link to join the meeting will be added to the “Adult Indoor Ultimate League Info” page.
- **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 its own set of cones. For summer this is 14; for indoor play, you really only need 4 to mark the front corners of the end zone.
- **Discs** – Discraft, Daredevil, or Innova white discs are required; several stores in the city sell cheap discs that we heavily advise 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



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least 5 good discs. You can't play without plastic so don't forget it. A couple of retail stores do sell Discraft. We recommend that you check out "[Disc Republic](#)".

- **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 October 16<sup>th</sup> to 18<sup>th</sup>.**
- **Schedule Format** - MODS uses 2 games as a seeding round, and then a 7-game round robin followed by a 3-game playoff series.
- **Game Length** – Games are played to time instead of points. All games have a 60-minute timeslot, and the game is over at the end of the hour. View the Indoor League Rule Amendments for more details. Indoor game scores can exceed 15 points.
- **Playoffs** – These are the last 3 weeks of the season, and all teams play each week regardless of results.
- **The initial schedule will be only 2 games.** Once you are seeded into your tier you will then receive the schedule for the remaining 10 weeks. This is a tight turnaround timewise.
- **Fall Season break** – Games will run into mid-December and then the teams will return to finish the playoffs after New Years.
- **Winter League, a second session will begin in late January and run into April.** This will have a separate registration period in December/January.
- **Playing on multiple teams** – players can be on more than one team in the league but not in the same division. Captains need to be mindful of too many conflicts with other teams of similar skill levels. MODS does its best to accommodate teams/players on their requests but there are far too many player conflicts to be able to meet all requests.
- **Tier placement** – This is based on the team's request, as well as previous performances of the team and its players. Indoor generally is a bit more competitive than our outdoor leagues. This mainly only affects the top 2 or 3 tiers. You'll be asked to rank yourself based on 9-Divisions.
- **Game day** – more info to come but expect to only enter the turf field area once the teams ahead of you have finished playing. Info on any venue protocols will be updated at the captain's meeting. Players are not to wear outside shoes/boots on the turf, no one can leave their bag/belongings at the back of the end zone. A few minutes of your timeslot is allocated for a warm-up and conducting the pre-game flip with your opponents. Please take your belongings and exit the playing area as soon as your game ends to allow the next teams access to the fields.

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

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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.

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