

2019

Captains Manual & Reference Guide





Disc Golf Manitoba List of Events and Programs 2019

Membership: Available online at mods.mb.ca – cost is \$12.50(+GST) for the 2019 season and events.

Leagues: MODS has begun running into putting and driving leagues to help players develop in the off season. Please check online towards the end of summer to see dates and fees for indoor programs heading into 2019/20.

MODS Tournaments 2019:

- 2019 MODS Provincial Championships – June 15th
- 2019 MODS Fall Classic Championships – September 28th and 29th

If you are looking to add a new Disc Golf Event, League, Program or Tournament – please contact Disc Golf through Mark Oxe at moxer@hotmail.com.

2019 MODS Calendar of Events

May

MODS Spring Discovery May 4th
1st Team Manitoba Tryout May 11th
Summer League begins May 6th
2nd Team Manitoba Tryout May 15th
High School Provincials May 25th -26th
3rd Team Manitoba Tryout May 28th
High School Graduating All Star Game May 29th
Final Team Manitoba Tryout May 30th

June

Team Manitoba Parent Meeting June 2nd
Beat the Skeeters June 8th – 9th
Art Hawkins Great
Canadian Ultimate Game June 8th – 11pm Glow Game
Flatland 5's Jr Boys, Girls and Master's June 22nd
Flatland 5's Women's and Open June 23rd

July

CUC Regionals (if needed) July 6th-7th
Prairie Disc Invitational (Regina) July 13th and 14th
Super Spike Mixed 5's July 26th and 27th

August

Canadian Ultimate
Championships Jr's (Edmonton) August 11th -14th
Canadian Ultimate
Championships Adults (Edmonton) August 15th -18th
Canadian Ultimate Mixed
Championships Adults (Brampton) August 22nd - 25th
Manitoba Cup August 24th - 25th

September

MODS AGM September 26th

Spirit of the Game

The underlying philosophy in the sport of Ultimate is the notion of sportsmanship and fair play. Ultimate is a self-refereed, no-contact sport. Competitive play is encouraged but never at the expense of mutual respect between players, adherence to the rules and the basic joy of playing. Every player should clearly understand the rules of the game. The integrity of Ultimate depends on each player's responsibility to uphold the Spirit of the Game, and this responsibility should not be taken lightly.

After a game that has been played hard, a cheer or fun inter-team game can serve to both celebrate the spirit that was exhibited and to deflate any high running emotions that might carry over to future games. Playing in non-traditional athletic clothing such as skirts, hats or costumes is a way of showing that winning the game is no more important than having fun. However, these things are not necessary elements of spirit and it would be unfair and unreasonable to judge the spirit of a team or player based on the clothes they wear or the songs they sing.

Spirit is a combination of respect, integrity and dignity. There is no dignity in choosing to break the rules intentionally. Respect implies that no matter how sure you are of your call, someone else's reality may be different and the disagreement can be accepted without anger or arguments. Spirit of the Game involves understanding that your opponent is not your enemy. Without an opponent you couldn't play the game. Spirit of the Game does not compromise competitive play in any way but it also emphasizes fair, honest and respectful play between teams and players.



Since 2010 MODS has been using a new spirit rating system that is designed to render the scoring procedure less subjective and more objective. The rating system is based on one developed by the World Flying Disc Federation (WFDF) and allows teams to rank their opponents on each of four aspects: rules knowledge and use; fouls and body contact; fair-mindedness; and positive attitude and self-control. Teams should keep in mind that all these aspects are important to spirited play. Spirit is entered in the same screen as the score.

Ten Things You Should Know About Spirit of the Game™

1. The golden rule: treat others as you would want to be treated.

Spirited games result from mutual respect among opponents. Assume the best of your opponent. Give him or her the benefit of a doubt. You would want the same for yourself. But if you are thick-skinned, do not assume that your opponent is. Maybe you should think of this rule as, "treat others as you would have them treat your mother."

2. Control: SOTG takes real effort.

SOTG is not just some abstract principle that everyone adopts and then games run smoothly without effort. Close calls are made in tight games. Hard fouls are committed. SOTG is about how you handle yourself under pressure: how you contain your emotionality, tame your temper, and modulate your voice. If you initiate or contribute to the unraveling of spirit, the concept falls apart quickly. If you act to mend things (or at least not exacerbate the situation) by following (1) above, the game heals itself.

3. Heckling and taunting are different.

Ultimate has a long tradition of good-natured heckling. Heckles are friendly barbs, typically from non-playing spectators. Heckling can be fun, but taunting is unspirited and wrong. Harassing remarks after an opponent's foul call or close play are NOT heckling: they are abusive taunts which create unpleasant playing conditions and often escalate to acrimonious disputes.

4. SOTG is compatible with championship play.

It is a fallacy to argue that the stakes are so important that some aspect of SOTG can be cast aside. Time and again, great teams and star players have shown that you can bring all your competitive and athletic zeal to a game without sacrificing fair play or respect for your opponent.

5. Don't "give as you got."

There is no "eye for an eye." If you are wronged, you have no right to wrong someone in return. In the extreme case where you were severely mistreated, you may bring the issue up with a captain, tournament director,

or even lodge a complaint with the governing body. If you retaliate in kind, however, a complaint may be filed against you. We recall point (1): treat others as you would have them treat you, not as they have treated you. In the end, you are responsible for you.

6. Breathe.

After a hard foul, close call, or disputed play, take a step back, pause, and take a deep breath. In the heat of competition, emotions run high. By giving yourself just a bit of time and space, you will gain enough perspective to compose yourself and concentrate on the facts involved in the dispute (was she in or out; did you hit his hand or the disc; did that pick affect the play). Your restraint will induce a more restrained response from your opponent. Conflagration averted, you may resume business as usual.

7. When you do the right thing, people notice.

When you turn the other cheek, you know you've done the right thing. You may not hear praise, there may be no standing ovation, but people do notice. Eventually, their respect for you and their appreciation of the game will grow.

8. Be generous with praise.

Compliment an opponent on her good catch. Remark to a teammate that you admire his honesty in calling himself out of bounds. Look players in the eye and congratulate them when you shake their hands after a game. These small acts boost spirit greatly, a large payoff for little time and effort.

9. Impressions linger.

Not only does the realization that your actions will be remembered for a long time serve to curb poor behavior, it can also inspire better conduct. Many old-timers enjoy the experience of meeting an elite player who remembers their first rendezvous on the field and recalls the event in detail. A good first encounter with an impressionable young player can have considerable long term positive impact.

10. Have fun.

All other things being equal, games are far more fun without the antipathy. Go hard. Play fair. Have fun.

Reprinted with the UPA's permission. Special thanks to Eric Zaslow and members of the 2005 UPA Conduct Committee (Jeff Dunbar, Kate Bergeron, Eric Zaslow, Will Deaver) for the development of this document. Adopted by UPA Executive Committee, March 29, 2005.

SPIRIT OF THE Game:



RECOGNIZE IT, DISPLAY IT

Guide to the Rules of Ultimate

The following provides a basic description of the rules of Ultimate including a description of game play and explanations of some of the most commonly used rules and calls. It is intended to provide a basic understanding but not to replace the complete rules. The Winnipeg Ultimate League uses the USAU 11th edition rules as amended by the WUL amendments. For more detailed references:

- each team will be issued 2 copies of the official USAU rules
- the rules are available online and players may print individual copies as needed.
 - HTML:http://www.usultimate.org/resources/officiating/rules/11th_edition_rules.aspx
 - PDF:<http://www.usultimate.org/assets/1/Page/11th%20edition%20%28pdf%20for%20web%29.pdf>
- The 2019 WUL amendments are included in this booklet on page

Description of Ultimate

Ultimate is a team sport played using a flying disc (similar to a Frisbee), with seven players on the field per team. The playing field is rectangular in shape, 70 yards long (not including end zones) and 40 yards wide, with end zones 25 yards deep. The object of each team is to score a goal by having a player catch a pass while in the end zone they are attacking. Games are typically played to a set number of goals (e.g. 15) with the first team to reach this number of goals winning the game. The thrower in possession of the disc may not run with the disc, but may advance it by passing in any manner and direction to any teammate. Any time a pass is incomplete, a turnover results and the other team gains possession of the disc and becomes the offence, attempting to score in the opposite end zone.

After each point (and at the beginning of each game and after halftime) play is started with one team pulling the disc to the other team, which becomes the offence to start the point. Players may only substitute between points or to replace injured players. Ultimate is a non-contact sport and contact that affects the play is a foul. Picks and screens are also not allowed. Ultimate is self-refereed and players are responsible for making their own foul, violation and line calls. Ultimate relies upon the Spirit of the Game that places the responsibility for fair play on all players. Competitive play is encouraged, but should never sacrifice mutual respect between players, adherence to the agreed-upon rules, or the basic joy of play.

Starting a Game

At the beginning of the game, captains or representatives from each team fairly determine (e.g. by flipping discs) which team will get first choice to either:

- receive or pull to start the first point
- which end zone they will defend

The other team then gets the remaining choice. After halftime, the initial selections are reversed (e.g. a team that pulled from one end zone will receive at the other end zone). For all points other than the start of the game or half, the team that just scored starts the next point by pulling from that end zone.

Pulls

Each point starts with a throw-off, called a pull. Both teams must be on or behind their goal lines and signal readiness before the pull is thrown. A player on the pulling team then throws the disc towards the opposite end zone. Neither team may cross their goal line before the pull is released, or the other team may call 'off-sides' and the pull is redzone. The other team takes possession of the disc as follows:

- If the disc is caught or lands and remains on the field, it is taken where it is.
- If the disc lands on the field and rolls or slides out-of-bounds without being touched, it is taken at the nearest point of the playing field proper (not including the end zones; if it rolls out the end zone it is taken at the nearest spot on the goal line).
- If the disc is rolls out after being touched by the receiving team, or is caught out-of-bounds, it is taken at the nearest point on the perimeter line (including the end zones).
- If the disc lands out-of-bounds, it can be taken at the brick mark (20 yards from the goal line along the longitudinal centre of the field) or along the centre of the field perpendicular to where it went out. The receiving team must call 'brick' or 'middle' before picking up the disc to do so. If they choose not to call this, they may take the disc at the sideline where the disc first went out of bounds.
- If the receiving team attempts to catch the disc but drops it, it is a turnover and the receiving team takes possession.

Scoring

A goal is scored when a player catches a pass in the end zone they are attacking.

- A player must be in-bounds and all of their first point(s) of contact with the ground after catching the disc must be in the end zone.
- Possession must survive all ground contact related to the catch for the score to count. If possession is lost due to this it is a turnover.
- You cannot score by running into the end zone; if this happens, take the disc back to the goal line, tap the disc to the ground, and continue play.
- Intercepting a pass in the end zone you are attacking is a goal as long as the above requirement is met. This is known as a Callahan.
- If a player catches a disc in the end zone but after gaining possession a foul or strip causes them to lose possession, the goal counts if the foul or strip is uncontested.

Turnovers

Any time a pass is not completed (drop, throw away, block, interception, or catch out-of-bounds) it is a turnover. It is also a turnover if stall 10 is reached in a stall count.

- If offensive and defensive players catch the disc simultaneously, the offense retains possession.
- The perimeter lines are not part of the playing field and are out-of-bounds. Catching the disc on the line is out. If a receiver is touching an out-of-bounds area (including the line) when they catch the disc, or if they are in the air and their last point of contact was out-of-bounds, the pass is incomplete.
- An intentionally dropped disc is considered a thrown disc.
- After a turnover, the offensive player with the disc can put it into play without a check from the defense. However if they are putting it into play other than where they gained possession (e.g. walking it in from out-of-bounds or walking up to the goal line), they must tap the disc to the ground at the spot they are putting it into play.

Where to put the disc into play after a turnover

- Stays in-bounds the whole time: where it comes to rest
- Disc's first contact is in-bounds then rolls or skips out-of-bounds: where it first went out.
- If the disc hits an out-of-bounds area or object: where it first completely went out-of bounds, or where it hit the object if it was not previously entirely out-of-bounds
- If the disc hit a defensive player or in-bounds offensive player (including one who jumped from in-bounds, and has not yet landed) after going out and before landing out: on the line nearest where it contacted that player
- If the disc goes out of bounds and lands out untouched: on the line where it first went out.

Marking

Only one defensive player may guard the thrower at any one time; that player is the marker. They should call stalls by starting at “stalling one”, and continue up to ten at one second intervals. If the thrower has not released the disc by the ‘t’ in ‘ten’, it is a turnover.

To count stalls, the marker must be within 3 meters of the pivot of the thrower. If they leave 3 meters they must start the stall count over again.

If the defense switches the marker, the stall count starts over again.

Marking Violations

There are 4 marking violations: fast count, double team, disc space and vision blocking. To call any of these you just need to say the name of the violation. When a marking violation is called, play does not stop. Instead the violation must be corrected by the marker before the stall count resumes. If more than 1 violation is called during a stall count the thrower can call another violation or treat it as a general violation.

Fast Count: A fast count occurs when the marker counts at intervals less than one second, skips a number or does not say “stalling” to start a stall count or when resuming play.

Double-team: Only 1 defender (the marker) can be within 3 meters the thrower. If there are more than 1 defender within 3 meters it is a double-team. Exception: additional defenders can be within 3 meters of the thrower if they are guarding another offensive player and are within 3 meters of that offensive player.

Disc space: Disc space is now a marking violation and is described as following: "If a line between any two points on the marker touches the thrower or is less than one disc diameter away from the torso or pivot of the thrower, it is a disc space violation." This means the following are disc space violations:

- the marker comes within a disc diameter of the marker's torso;
- the marker's feet are close enough to the thrower's pivot that a line between them is within a disc diameter of the pivot;
- the marker's arms are positioned so that a line between their hands intersects the thrower at any point, or is within a disc diameter of their torso (i.e. they are 'wrapping' around the thrower or their disc space);
- the marker touches the thrower (unless contact is incidental, this could also be a foul).
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It is not a disc-space violation any of these are caused solely by the thrower (e.g. if a thrower steps into a stationary defender).

Vision Blocking: If the marker uses their hand or any other body part to intentionally block the thrower's vision, it is a vision blocking violation.

Fouls

It is everyone's responsibility to avoid contact. If contact does occur a foul can only be called by the fouled player.

Incidental contact is defined as contact that does not affect the outcome of the play, and is not a foul. Note that 'incidental' does not mean 'accidental', and even accidental contact is a foul if it affects play. Contact from two players trying to reach an unoccupied space simultaneously is not necessarily a foul and could be incidental contact.

Dangerous play, including reckless disregard for the safety of other players, or causing significant contact with a stationary and legitimately positioned opponent, is ALWAYS a foul.

Throwing Fouls: Generally, any contact between the throwers and the extended arms or legs of a marker is a foul on the marker. If the marker is legally positioned and stationary, then it is a foul on the thrower. If the thrower-initiated contact with the body, it is a foul on the thrower. Incidental contact on a follow-through is not a foul.

Receiving Fouls: Receiving fouls occur when the disc is in the air and a player initiates contact with an opponent that interferes with that

opponent's attempt to catch the disc. Incidental contact is often unavoidable and is not a foul.

Blocking Fouls: A player may not move to solely prevent an opponent from taking an unoccupied path to the disc. Any resulting contact is a foul on the blocking player.

Strip: If a defensive player initiates contact with the disc after an offensive player has gained possession of the disc, and the offensive player loses possession as a result, it is a strip. A strip is a subset of fouls and is treated the same way.

Pick: No offensive player may move in such a manner to cause a defensive player guarding a receiver to be obstructed by another player. Obstruction may be the result of contact with, or the need to avoid, the offending player. To do so while the obstructed defensive player is within three meters of the receiver is a "pick".

- To call a pick, contact does NOT need to occur. If you break stride in order to avoid another player, it is still a pick.
- A pick doesn't need to be intentional.... in fact most of them aren't!!
- You must be within 3 metres of your player to call a pick. Otherwise, you are not considered to be covering your player. When you mark up, you are to mark up the relative distance lost because of the pick.
- Picks should be called loudly immediately after they occur and echoed by other players.
- If a pick is called and the disc is thrown, try and catch the disc (if on O) or get a block on defence. If there is a turnover, play continues without stoppage and players should call "play on". If it is caught by the offense, it is returned to the thrower. The stall count will stay where it is if it is 5 or less, and drops to 6 if above.

Travel: There are 3 types of travels that can be called by any defender on the field:

- When the thrower lifts or drags his pivot foot before releasing the disc.
- The receiver speeds up, changes direction or takes more steps than is obviously needed to slow down after making a catch.
- A receiver throws the disc on the run (Exception: A receiver is allowed to throw a disc on the run if they can do it before their 3rd ground contact after catching the disc).

A few points about travels:

- A travel Does Not mean an automatic turnover
- If a travel is called and the disc is thrown, all players should still play the disc. If the defence gets a block it is a turnover (play continues and players should call “play on”), if the offense catches the disc it goes back to the thrower.
- When catching on the run, the receiver must stop as quickly as is safely possible; contrary to what some players may believe, this may be more or less than three steps, depending on the receiver’s speed and balance.
- Once the receiver stops, they do not need to go back unless they have run into the end zone (in which case they should go back to the goal line and tap the disc to the ground before continuing), or if travel is called by the other team.
- If a travel is called and the disc has not been thrown, then it is Not a turnover and should be checked into play.
- On a travel the stall count comes in at the count reached plus one if the count was 5 or lower, and in at 6 if the count was above 5.

Where does the count go?

After a call (e.g. foul, pick, travel or other violation), the disc is checked back in by the defense. The count is resumed with the word “stalling” and at the following numbers:

1. Defensive foul or violation. Uncontested: 1. Contested: Count reached plus 1, or 6 if over 5
2. Offensive foul or violation. Uncontested: Count reached plus 1, or 9 if over 8. Contested: Count reached plus 1, or 6 if over 5
3. Calls that Offset: Count reached plus 1, or 6 if over 5
4. Calls that are not resolved: Count reached plus 1, or 6 if over 5
5. Pick: Count reached plus 1, or 6 if over 5
6. Marking Violation: Count reached minus 1 (there is no stoppage, and the defense does not need to check the disc or say “stalling”)
7. Contested Stall: First call is 8. On subsequent call it is 6, but only if it is contested because of a fast count (otherwise 8 again)

Time Outs

Time-outs can only be called by the thrower once a point has started (exception for injury time-out). They can be called by any player between points. To call a time-out during a point you make a T with one hand & the disc and says time-out. To check the disc back in, the player who called the time-out must take the disc and the stall count resumes from where it left off. All of the offensive players must set a stationary position to allow the defense to match up before the disc is checked back in. If a time-out is called when your team has none left it is a turnover.

Injury Time-out: If someone is injured during a play, anyone on the injured player's team can call an injury time-out. The disc goes back to where it was when the injury occurred. The injured player can sub off the field and the other team can sub a player to match. If the player stays in the game their team is charged a time-out unless the injury was caused by the other team. To check the disc in, all players must return to their location when the call was made. Any player can call an injury time-out for a player who is bleeding or has an expose wound. The opposing captain can request that they leave the game until the wound is covered.

Technical Time-out: This replaces the equipment time-out call. It can be called for a broken disc (cracked, torn, gouged, creased or punctured), illegal equipment or a dangerous condition. Play is resumed in the same way as an injury time-out. Technical time-outs may not be used to simply correct faulty equipment (such as an untied shoelace or warped disc), but any player may briefly extend a stoppage of play (when the disc must be checked back in) for this purpose.



2019 Winnipeg Ultimate League Rule Amendments – Revised for USAU 11th edition rules

1. Default Rule: If a captain is unable to field a full team for a scheduled league game, that captain must contact the opposing team's captain a minimum of 24 hours prior to scheduled game time and must receive confirmation from that captain acknowledging the need to reschedule/cancel. Confirmation must be in the form of a conversation or email reply. If the captain that is unable to field a team does not do this, that team's performance bond will be cashed. Any further incidents of this nature will warrant further attention.
2. Lightning: No game shall be started if lightning is visible at any distance. If lightning occurs during a game, the current scoring attempt is discontinued immediately and cannot resume until lightning is no longer anywhere in sight.
3. Gender Ratio: All coed teams must have no more than 4 players of a gender on the field at a time, except in Masters league, in which there is a minimum of 2 players of each gender. Teams are not required to match the ratio of their opponents. Please review the MODS Gender Equity Policy.
4. Spirit Foul: If any player on the field is being overly aggressive either verbally or physically, a 'spirit foul' may be called on that player. In this instance, both the aggressive player and the player that made the call must leave the field of play until they are deemed ready to return (likely as determined by the captains). When players are required to leave the field for a spirit foul, the affected team(s) may substitute replacement players in the same manner as for an injury. Spirit Fouls MUST be reported to the Program Coordinator (programcoordinator@mods.mb.ca), by the team that called the spirit foul, following the game.
5. Dangerous Play Foul: If an instance of dangerous, aggressive behavior, or reckless disregard for the safety of players is imminent (i.e. someone feels they are about to be involved in a dangerous collision), a foul may be called prior to this instance and without contact. Ramifications are handled in the same manner as any foul.
6. Darkness/Time Caps: In the interests of player safety, games will have a hard time cap to ensure they end before darkness. Both teams should agree on a timepiece to be used to determine the

cap at the beginning of the game or as soon as it is apparent the game may need to be capped. When the hard time cap is reached, the point in progress may be played to its conclusion, after which the game terminates, regardless of the score (Exception: if it is a playoff game and is tied after the end of this point, one more point may be played to determine the winner). Players are encouraged to start games promptly to avoid the need to cap games.

Time Caps for the 2019 summer season (based on sunset times for Winnipeg) are as follows:

May 6 to 9:	9:00 pm
May 13 to 23:	9:15 pm
May 27 to July 18	9:30 pm
July 22 to August 1:	9:15 pm
August 5 to 8:	9:05 pm
August 12 to 14:	8:50 pm
August 19+:	8:30 pm

8. Roster: In order for a player to be deemed eligible for playoffs, that player must have played a minimum of four regular season games and also be on that team's official roster. If a team wishes to involve a player who is not on the roster in any game (playoff or regular season), that team's captain must receive the other team captain's permission prior to the start of the game.
9. Contact Call: If contact occurs between the thrower and marker that would constitute a foul under XVI.H.3.a (i.e. 'Throwing Fouls') but the thrower does not release the disc, "contact" may be called. Play does not stop and the marker resumes the stall count at "one". Other than resetting the stall count to "one" after the first instance, the "contact" call is treated as any other marking violation. The marker may contest the "contact" call by calling "violation", which stops play. If the thrower calls "contact" after beginning the throwing motion and subsequently releases the disc, it is treated as if the thrower called "foul".
10. Observers: Observers will attend some WUL games. When an observer is present they will have the following duties:
 - Watching games closely and assisting players in understanding the rules, including answering questions on rules and pointing out any incorrect applications of the rules.
 - Monitoring game start times.
 - Resolution of disputes: If players disagree on a call and are unable to resolve the dispute between themselves; one player may request a ruling from the observer. The other player(s) involved will be asked if they agree to go to the observer; if

they do, the observer may give a ruling and that ruling is binding. If the issue is solely the interpretation of a rule, observers will give rule clarification. Players are encouraged to resolve their own disputes even when an observer is present.

- Observers may temporarily remove players from a game if they are being overly aggressive either physically or verbally, as per a spirit foul.
- Observers will make active line calls (in- or out-of-bounds and in/out of the end zone) when in position to make the call.
- All other calls remain the responsibility of the players. This includes line calls where the observer is not in position to make the call.



Rule Changes (with references made to USAU 11th edition sections)

I.D.	<p>Length of game: 15 points Upper score limit: 17 points Time of game limit: See 'Darkness/Time Caps' above Half-time length: 5 minutes Number of time-outs: 3/game, with a maximum of 2/half Starting time point assessments: 1 point/5 minutes Game start time: 7pm*</p> <p>*Scheduled game start time may be earlier late in the season and for fall league; games at some fields may start later. Check scheduled game start time on website.</p>
III.E.	If the field of play is not lined, half-field cones are added exactly half-way (35 yards) between the end zones and the end zones are marked with double cones.
IV.A.	Only white Discraft or Daredevil brand discs may be used.
IV.C.	Golf cleats are not permitted.
V.A	<p>No game can exceed 17 points (Point Cap) Once the Hard Time Cap is reached, the point in progress is completed and the game terminates, even if tied.</p>
V.B.	Half-time occurs when one team reaches 8 points. Half-time lasts 5 minutes.
VI.B.	Teams are limited to 3 time-outs per game, with no more than 2 of those being taken in any half.
VI.B.1.	RULE DOES NOT APPLY.
VI.C.1.	An injury time-out can be called by any member of EITHER team. If the time-out is called by a member of the opposing team, play is resumed in the same manner described under VI.C.7.a.
VIII.A.4.	This rule applies to the scheduled game start time (as described above for rule I.D.).
VIII.B.3.	Each team must have a minimum of FOUR players to begin and continue a game. These could be of the same gender.
XVIII.B.	<p>Observer duties in the WUL include:</p> <ul style="list-style-type: none"> - Monitoring game start time - Resolution of disputes when players on BOTH teams agree to go to the observer - Temporary removal of players from the game if they are being overly aggressive either physically or verbally. - Active line calls (in- or out-of-bounds and in/out of the end zone) when in position to make the call.
VIII.B.4.e	RULE DOES NOT APPLY.
VIII.C.4	RULE DOES NOT APPLY.

Maps & directions to fields in Winnipeg

Google Maps on MODS.MB.CA

This year the MODS website mods.mb.ca has Gmaps powered by Google for all field locations. You can zoom in and out of each location and get directions on how to get there. Here is some added information on the location of each field.

Little Mountain Sports Plex (LMS)

LMS is located in the R.M. of Rosser, Manitoba but inside the perimeter of Winnipeg. To find them using NAV or GPS systems, please use the following address: 64-128 Klimpke Rd. (Rosser, MB)

The entrance gate is located on Klimpke Road between Inkster Boulevard and Farmer (Jefferson) Avenue. MODS has 4 fields at the main entrance to the park and another 2 fields located near the soccer fields in the south end of the park. All MODS fields will be marked with signs. Parking is included and you won't have to pay.

Assiniboine Park (AP)

Located at the west end of Wellington Crescent at Park Blvd

Ready for summer 2020: A1-A3 run East-West east of the Pavilion parking lot, north of the soccer fields

Summer 2019: A4-A8 are located east of Locomotive Drive the fields run North-South – see the website for more detail

Kildonan Park (KP)

Located on Main St. & Armstrong Ave. The field runs parallel to Armstrong avenue, which is one block south of park entrance.

Independent Jewellers Ultimate Park (IJLUP)

The new MODS fields are located in the Maple Grove complex north of the Rugby fields. Stay on the Mustangs road to the right side of the fork and follow it around to our new parking lot. (On the left hand side) Our fields are located inside the fenced in area. DO NOT PARK ON THE ENTRY ROAD.

Field 1 runs East to West

Fields 2 – 5 run North-South

Fields 6 – 7 run East to West

NEW: Fields 8-11 run East to West and are located to the west of the parking lot

Note: these fields were angled to fit them into our space.

Captains' and Co-captains' Responsibilities

As a MODS Captain or Co-Captain, you are expected to:

1. Attend the Captain's meeting (and the Captain's Clinic, unless exempted from attending), or send a co-captain or other designate if unable to attend
2. Know all the current 11th Edition Rules, and Winnipeg Ultimate League rules amendments.
3. Bring a copy of the 11th edition rules and WUL amendments to each game.
4. Promote knowledge of and adherence to the rules among your players.
5. Make sure ALL the information and materials given to you by the League Coordinator and/or MODS staff are passed on to all your players
6. Have sufficient players (4) at the field ready to play at the official start time for each game.
7. Ensure that the field is set up for all games.
8. Report the score and spirit rating within a few days of a game.
9. Notify the opposing team and Ops Director at least 24 hours in advance if you are unable to field a team for a scheduled game.
10. Minimize, contain and immediately address incidents of taunting or other un-spirited behavior on your team.
11. Submit incident reports if needed.
12. Finalize your roster by July 1st.
13. Stop play or postpone a game in order to safeguard a field against damage. If a field is too wet to play on, postpone the game.
14. Demonstrate, encourage and promote the Spirit of the Game at all times.



Spirit Ranking System

MODS has introduced a new Spirit Scoring system for the 2019 season (massively changed on the new website). Spirit is now broken up into 4 categories with a score from 0 - 4 attributed to them.

These include...

- 1) Rules knowledge and use
- 2) Fouls and Body Contact
- 3) Fair-Mindedness
- 4) Positive Attitude and self-control

Totals are now scored out of 16. Spirit scores are entered into the same screen as the game score.

Information on how to enter spirit scores into the new website will be available online and from the operations director in a PDF form in May.



Performance Bonds

1. All teams are required to submit a performance bond to be able to play in the Winnipeg Ultimate League (WUL).
2. Performance bonds will be set at the initial level of \$100. In general, this will be a cheque submitted to MODS made out to "Manitoba Organization of Disc Sports" or "MODS"
3. Bonds will not be cashed/deposited except in the following cases:
 - a) The team does not send a captain OR a designated replacement to the captain's meeting;
 - b) The team does not send a captain OR a designated replacement to the captain's clinic, unless exempted from attending;
 - c) The team does not show up to a scheduled game & did not notify the other team at least 24 hours in advance.
 - d) The team does not show up for scheduled games on Championship weekend, unless they have notified the Executive Director by August 1st that they will not be playing.
 - e) The team or player(s) on the team are responsible for an incident of misconduct and the Conduct Committee determines to be of a serious nature.
4. In the case that the performance bond is cashed, the team will be required to submit a new bond to be able to play. The value of the second and subsequent bonds will double in value of the bond cashed (e.g. 2nd bond = \$200, 3rd bond = \$400, etc.)
5. If a team does not submit a new bond, they will forfeit all games scheduled until they have submitted a new bond. In the event of a forfeit the opposing team will be awarded a score of 15-0 and a spirit score of 10, while the forfeiting team will receive a spirit score of 0.
6. At the conclusion of the season, all un-cashed bonds will be destroyed or returned to the teams if requested.
7. Note that the performance bonds are not intended to raise costs to players or revenues for MODS, but rather be a deterrent to un-spirited behaviors. Attendance where required, and proper player/team conduct, will avoid the need to cash performance bonds.

League Enforced Game Cancellations

If the operations director deems field or weather condition unsuitable to play for an evening, an email will be sent out to all captains and the info will be on the website **NO LATER than 4 pm**. Otherwise teams must attend their games.

This year game status will be listed on the home page including whether games are still on or not & when it was last updated.

Start Times

All games start at 7pm in May, June & July unless otherwise noted.

>>> Games start at 6:45pm in August.

Jerseys

Please have all players bring a dark and white shirt to each game. Jersey colors can be posted with your team information.

How to set up a field

In order to properly set up a field 14 cones are required. One cone should be placed on the back corners of each end zone. Two cones should be placed on the front corners of each end zone. One cone should be placed at the midpoint of each sideline.



This year, the majority of fields will be lined making the placement of cones easier. Some fields will not be lined and will have either white lime markings for cones or orange spray paint Xs.

If you cannot find the markings you can pace out a field with each pace being roughly one yard. The following fields will not be lined for the entire summer:

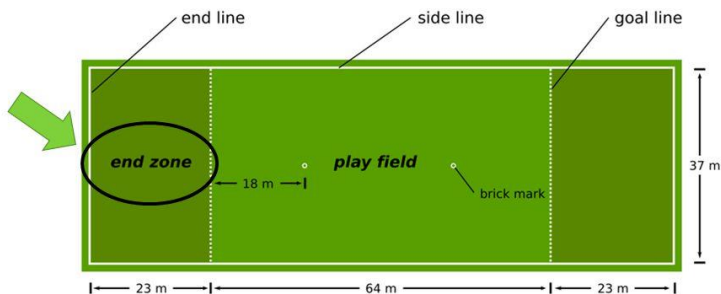
Kildonan Park (KP) is marked with lime spots at the corners and junctions of lines.

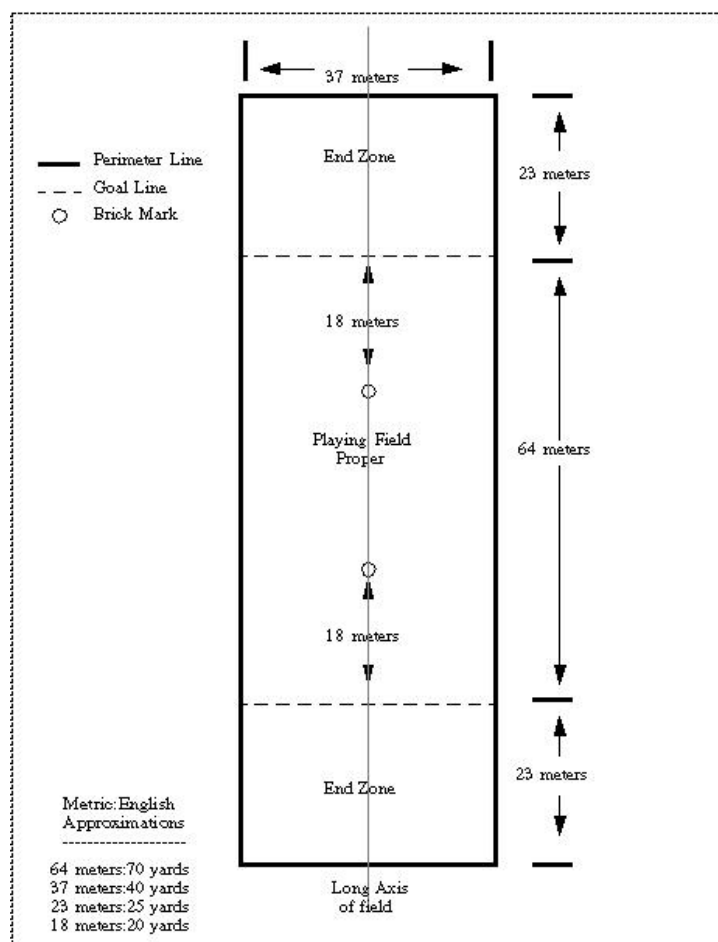
Maple Grove Rugby Fields (use 35yd wide field) with the Rugby Poles at the back of the endzone.

If there are problems with any fields (double bookings, damage, etc.) please contact Corey at opsdirector@mods.mb.ca or 925-5665

END ZONE

The area of the playing field where the Frisbee must be caught to score points





Note: Per WUL rules amendments end zones are 20 yards (18 m) deep

INCIDENT REPORT FORM

If any major incident occurs at an Ultimate game, please contact MODS at opsdirector@mods.mb.ca or MODS, 145 Pacific Ave., Winnipeg, Manitoba, R3B 2Z6 with the following information.

Forms will also be available on the MODS website: <http://mods.mb.ca>. Examples of incidents that should be reported include: serious injuries, grossly inappropriate behaviour, major conflict with other user groups.

Reporter's Name: _____

Date and time of incident:

Location of incident:

Teams involved (if applicable)

Team: _____

Captain: _____

Team: _____

Captain: _____

Individual(s) involved in the incident:

Objective description of the incident (attach page if necessary & please try to be concise, accurate and non-judgmental):

Contact information of individuals who observed the incident:

Do you think that MODS should investigate this incident further? Yes__ No __

Your Signature: _____

Date: _____



Membership Sports Insurance Information

All MODS members receive secondary insurance through All Sport Insurance for injuries sustained at MODS sanctioned events (league games, tournaments, etc.). The way this insurance works is that if you have an insurance plan through work, school, spouse or from any other source, then that insurance is used first. However, if your insurance has been used up (gone to physio for the maximum amount) OR you have no insurance at all, then All Sport will cover you. The coverage is on a reimbursement basis.

To receive All Sport coverage, you must fill out 2 forms. The Athletic Accident Claim Form and EITHER the Attending Physician's Statement OR the Dental Claim Form depending on your injury. The Physician and dental forms must be filled out by the appropriate professionals. In either case, the Athletic Accident Claim Form must be signed by the Captain of your team, then submitted to Corey Draper at Sport MB along with your physician or dental claim form.

You can mail it to MODS, 145 Pacific Ave. Winnipeg, Mb, R3B 2Z6 or drop it off in person at the Sport Manitoba building, first floor reception or room 402.

After an injury has occurred all information must be submitted within 90 days to Sport Manitoba. Once MODS has received the documentation, it will be signed and passed on to Sport Manitoba.

For more information on MODS sports insurance coverage or to obtain the claim forms, please contact Business and Sport Development Director at bsddirector@mods.mb.ca or 925-5655.

Credits

Ten Things You Should Know About Spirit of the Game:

Eric Zaslow and members of the 2005 UPA Conduct Committee
(Jeff Dunbar, Kate Bergeron, Eric Zaslow, Will Deaver)

Guide to the Rules of Ultimate:

Josh Drury & Danny Saunders.

Board of Directors

Yacine Bara

President, Head of Personnel Committee & Board of Directors
president@mods.mb.ca

Giuseppe Grande

Director & Communications Committee
ggrande@mods.mb.ca

Heidi Grieser

Director & Junior Committee
hgrieser@mods.mb.ca

Mark Smith

Director and MODS Treasurer
msmith@mods.mb.ca

DeLee Coleman

Director & Personnel Committee
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Lori Reimer

Director, Women's Committee Member & Policy Committee
lreimer@mods.mb.ca

Daniel Plourde

Director & Policy Committee
dplourde@mods.mb.ca

Meghan Marsland

Director, Personnel Committee & Board Secretary
mmarsland@mods.mb.ca

Rob Borges

Director & Website Working Group
rborges@mods.mb.ca

Your Input Matters

Do you have a specific question or idea for MODS? Contact the appropriate person listed below, and we'll try to respond within two business days. For immediate assistance, contact the MODS office.

Fields and Outdoors

- Weather Concerns – Operations Director, [Corey Draper](#)
- Field Conditions (short term concerns or long-term ideas) – Head of Fields Committee, [Billy Donaldson](#)
- New Venues – Operations Director, [Corey Draper](#)

Problems and Concerns

- Problem with an opponent – Board Representative to Conduct Committee, [DeLee Coleman](#)
- Problem with a league, program, or event – Business and Sport Development Director, [Sean Seywright](#)
- Concern with a staff member or board member – MODS President, [Yacine Bara](#)

New Ideas and Initiatives

- New program request – Operations Director, [Corey Draper](#)
- New event request – Business and Sport Development Director, [Sean Seywright](#)
- New sponsor request - Business and Sport Development Director, [Sean Seywright](#)

Other Requests and Contacts

- Disc Golf Manitoba – Head of the DGM Committee, [Mark Oxe](#)
- Junior Team Manitoba – Head of Junior Committees, [Heidi Grieser](#)
- Junior School Programming - Head of Junior Committees, [Heidi Grieser](#)
- Lost and Found – Corey or Sean in the MODS Office by email or cell



The Manitoba Organization of Disc Sports

145 Pacific Ave.

Winnipeg, Manitoba

R3B 2Z6

Website

mods.mb.ca

bsddirector@mods.mb.ca

(204)925-5655

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