



2026

Manitoba Organization Of Disc Sports
Spirit of the Game
MANUAL

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Foundational Framework

Spirit of the game is the ethical foundation of ultimate. It requires players to know and follow the rules, make their own calls honestly and respectfully, and compete without compromising fairness or respect.

Ultimate is a self officiated sport meaning players are responsible for:

- Officiating on field
- Conflict resolution
- Maintaining integrity of play

Spirit is active, not passive. Players are expected to de-escalate conflict, protect safety, and communicate efficiently.

Scoring System

After each game, teams score their opponent across 5 categories, each rated 0-4. This scale applies to each category.

Score

0: Poor - Indicates significant issues took place with several players, blatant disrespect or cheating.

1: Below Expectations - Repeated minor issues or one significant issue involving one player.

2: Meets Expectations - Acceptable Spirit. Standard, Average, Uneventful game.

3: Good - Above-average. Respectful levels across the team, significant spirit involving one player.

4: Excellent - Exceptional Spirit. High level and implementation across the entirety of the team.

Spirit Categories

Knowledge and Use of the Rules

Understanding rules and applying them correctly. This category measures whether a team demonstrates an appropriate understanding of the rules for the level of play and applies those rules honestly and consistently.

**This category is not meant to punish genuine inexperience on it's own. Newer teams may still score reasonably if they are trying in good faith, listening, and adjusting during play.*

Scoring Values

0: Blatant misses or disregard of the rules.

1: Repeated rule problems or poor rule application.

2: Adequate rules knowledge and normal use.

3: Strong rules knowledge and fair application.

4: Excellent rules knowledge, consistently helps preserve fair play.

Fouls and Body Contact

Physical safety, control, and fairness in contact situations. This category respects the non-contact nature of the sport. It ensures teams making a genuine effort to avoid unnecessary contact and dangerous play.

**Ultimate is a fast and dynamic game, incidental contact may happen. This category is not asking whether there was literally zero contact. Rather asking did players play in a way that protected their opponents and respected space, timing, and body safety.*

Scoring Values

- 0:** Dangerous, reckless, or repeatedly unsafe contact despite communication.
- 1:** Too much unnecessary contact or poor body control.
- 2:** Normal incidental contact, generally safe play.
- 3:** Noticeable safe, controlled, contact-aware play.
- 4:** Exceptional body control and active protection of opponents when possible.

Fair Mindedness

Honesty, integrity, and commitment to fairness. This category measures whether a team approached self-officiation in good faith.

**Fair mindedness is about whether the team tried to get the call right, rather than simply trying to win the call.*

Scoring Values

- 0:** Clearly dishonest or win-at-all-costs conduct.
- 1:** Noticeable bias or repeated self-serving calls.
- 2:** Generally fair and acceptable.
- 3:** Clearly honest and consistently fair-minded throughout.
- 4:** Exceptional integrity, including self-correction and benefit of the doubt.

Positive Attitude & Self Control

Emotional control, tone, sideline behaviour. This category measures emotional discipline, respectfulness of tone, and the team's overall conduct.

**This category does not require cheerfulness. Teams can be intense, serious, or competitive while still scoring well. What matters is whether they maintain control of themselves that contribute to a respectful game environment.*

Scoring Values

- 0:** Hostile or completely uncontrolled behaviour.
- 1:** Negative, heated, argumentative and poorly controlled.
- 2:** Normal competitive attitude and acceptable control.
- 3:** Respectful, composed, and clearly positive.
- 4:** Exceptional composure and an attitude that enhanced gameplay.

Communication

Clarity, respect, and efficiency in resolving disputes. This category measures the quality of in-game dialogue (especially during calls), disputes, and moments between teams that require mutual understanding.

**Strong communication does not require a long discussion. In fact, often brief calm and precise conversations can be efficient and strong communication on the field. A team can disagree and still score well if it's players communicate in a way that is respectful and genuinely aimed at resolution.*

Scoring Values

- 0:** Disrespectful or non-productive communication.
- 1:** Poor listening or argumentative communication.
- 2:** Acceptable communication, issues resolved normally.
- 3:** Clear, respectful, and effective communication.
- 4:** Exceptional communication that actively de-escalates and improves the game.

Important Reminders & Misconceptions

- 2 is baseline and considered an average score. Anything above 2 must reflect intentionality and not games with 'no problems'.
- Scores of 1 or 4 will always require a written explanation as to why they are receiving this score.
- Spirit Scores should reflect conduct throughout the games duration(including field of play and sidelines). Spirit games, singing, prizes or social activities before or after a game should not be considered in a team's score.
- Spirit Scores are a score reflecting a team in it's entirety. Incidents involving one individual player should be counted and integrated but not be the sole deciding factor of a team's score.
- Each category should be scored on it's own merit and should not have an affect on any other category.
- A team should not receive a high score just because it's players were friendly, similarly a team should not be scored down simply because the game was intense or because they won. Scores should not be inflated or retaliatory in nature.