2027

Manitoba Organization Of Disc Sports

School Season

HANDBOOK

Manager of Operations
Nigel Batchelor
opsdirector@mods.mb.ca

Manitoba Organization of Disc Sports
Middle School and High School Spring League
Handbook September 2026 - June 2027

General Information

- Spring League games are scheduled to begin on the week of April 26, 2027. You will be updated if this changes due to unfavourable weather conditions.
- Opening weekend will be May 1-2, 2027.
- The High School Regular Season will end May 25, 2027. The Middle School Regular Season will end May 31, 2027.
- Make up games missed due to weather cancellations will be scheduled for May 8, 9, 22, 23. Teams must plan to be able to play for these days. Failure to field a team for a make up game will result in a forfeit. *Alternate dates***
- League Games will be played as follows:

High School League: Tuesdays and Thursdays, 4:30-6:00 p.m.
Middle School League: Mondays and Wednesdays, 4:30-6:00 p.m.
**Middle School games will not be played on Monday, May 17*

- High School League consists of Junior Varsity (JV) and Varsity Divisions. Varsity will be split into two playoff divisions. *See the Rosters section below for player eligibility.*
- Friday games are required for High School provincials. Teams must be prepared to play games starting at 1:00pm. *Schedule will be determined by seeding, teams are not guaranteed a Friday game.

Coaches, Supervision and Respect in Sport

- All schools must have a School Staff Lead(teacher/supervisor) associated with their teams.
- All coaches must have completed the Respect in Sport online course within the past five years in order to be on the sideline with their respective teams.
- Supervisors, managers and any others who may be on the sideline with the team must also complete the Respect in Sport course.
- It is expected that all adults involved with Spring League teams have also completed a Criminal Record Check. School Administrators will be asked to confirm all Criminal Record Checks are complete and up-to-date.
- All schools must submit a Coaches List by Wednesday, April 21, 2027 emailed to opsdirector@mods.mb.ca The form will be sent directly to school contacts during the registration process.

Registration Dates and Fees

- Registration will open at 8:00AM CST. on February 18, 2027.
- The deadline to have your team registered and payment completed is April 7, 2027 at 4:00 p.m. Rosters can be added and altered until May 12, 2027 for High School and May 19, 2027 for Middle School.. No changes may be made after this date without approval by MODS staff.

- All players must have a 2027 MODS membership, pay their fees and submit a waiver signed by a parent/guardian before they play a game. This will show on your team's roster on the MODS website.
- MODS does not have an option for membership to be paid by the school. Memberships must be paid by the parent/guardian at the time the waiver is signed. There are no exceptions to this process.
- Once the team has been registered, a link is generated which can be sent to all parents to complete the membership and waiver via the MODS website.
- Player registration must be completed online by a parent/guardian. MODS fees are paid and waivers are signed online when registering.
- 2027 Spring Team fees will be $450/per team. This includes Spring League and Provincial Championships. Schools do not have to register separately for Provincials. Team are automatically registered for Provincials weekend when signing up to play this Spring.

Home Field Availability Survey

- As a part of your registration, school contacts or head coaches are asked to complete the home field availability survey for each team from their schools.
- The survey asks about game availability days, field availability and preference.
- Links for the Spring League surveys will be sent directly to school contacts during the registration process in Spring 2027.
- MODS will endeavour to use home fields whenever reasonable given field availability and scheduled opponents.

Rosters

- Middle School team rosters may only include players currently enrolled in Grades 6-8.
- Middle Schools wanting to "pick up" players from other schools, must receive permission from the MODS staff in advance of registration.

  - You must provide proof of need to add players from another school.
  - "Pick up" players may not be from a school that has a team registered in Spring League.
  - Approved "pick up" players must be included on the team roster before the roster deadline.
  - "Pick up" players must have a current MODS membership, paid their MODS fees and submitted a signed waiver.

- High School team rosters may only have players currently enrolled in Grades 9-12 at their school. This is a policy implemented by the Manitoba High School Athletic Association.

  - Players in Grades 9-12 are eligible to play on a Varsity team.
  - Players in Grades 9 and 10 are eligible to play on a JV team.

For the 2027 season, JV teams may include 0 Varsity level players.
If a team has Varsity level players, the team must play in the Varsity Division.

HOW TO: Registration & Populating Your Roster

Registering a team in a program

Step 1: Go to mods.mb.ca

Step 2: Go to ‘Play’ at the top menu (or side menu on mobile), ‘Program Browser’, and ‘Junior Program Browser’.

Step 3: Select the program you wish to register for. Click ‘Create a Team’. *Creating a team or registering for any program will require a MODS account, you will be asked to create one if you have not done so already.

Step 4: Fill out your team and personal details, select team colours, check the requried boxes and click ‘Create Team’. *If you are a returning team you may select your team from the dropdown menu as well.

YOU ARE NOT DONE YET

Step 5: Click ‘Pay Now’ at the top of the subsequent page to pay for your registration. Team registrations are not complete and will not hold a spot in the program or event until payment has been received.

Your team should now be visible on your account dashboard at the top right of the browser or mobile window.

Adding players to your roster

Step 1: Go to mods.mb.ca

Step 2: Go to your account dashboard.

Step 3: Click on your team in the respective program.

Step 4: There will be a unique link on the right hand side, this link is only for your respective team and can be sent to parents/guardians for registration.

Step 5: This link will take players through account creation(if they don’t have one already), signing a waiver(if they don’t have one signed already) and buying a MODS membership(if they don’t have one already). Players will not be added to the roster until all of these steps are completed. Once they are completed it will ask the account to add their child to the roster.

- Only players shown in your team account on the MODS website are eligible to play in Spring League and Provincial games.
- Players with incomplete memberships, including unpaid fees or unsigned waivers, will not be eligible to play.
- Any team that has shown to have an illegal roster after league has started (ie. a team with players that are not on the roster or have not completed their registration) will forfeit any previously played games and will be prohibited from play further in the league with the illegal players.
- Any team that is shown to have played in any league games with an illegal roster once the league play has concluded shall be removed from league rankings and will not be eligible to play in MODS School Provincial Championships.
- Teams may not “pick up” players from within their own school or another school if they are not on the team’s official roster by the deadline of May 12(for High School) or May 19(for Middle School).
- Schools with more than one team may not move players between teams. Players may only play on the team for which they are registered.

Rosters may not change for Provincial Championships.

- Further questions or requests regarding rosters or eligibility should be submitted to the MODS staff before the registration deadline. Inquiries must come from the main contact at the school or the team’s head coach.

Coaches/Managers must have a full list of officially rostered players with them at all games. Be prepared to show the list to the MODS staff upon request at the fields.

Safe Sport

- Schools are required to familiarize themselves with MODS Safe Sport policies. MODS Safe Sport resources are available HERE.

Equipment and Uniforms

- All players should wear jerseys/shirts with matching colours (and different than the opposing team) while on the field.

  - All players should also have a second shirt of different colour with them at games, in case two teams are wearing the same colour.
  - Teams are welcome to have matching uniforms, including jerseys and shorts.

- Players should wear sports footwear, such as running shoes or cleats, while on the field. Baseball/softball cleats and/or metal spiked shoes are not allowed.
- All players must wear closed toed footwear.
- The preferred disc for league play is Discraft 175 gram UltraStar. *Another disc (such as Wham-O, Iodisc or DareDevil) may be used, provided coaches/captains from both teams agree to use the other disc before the game begins. The disc must be intended for Ultimate game play.*

Spring League Structure

Middle school and JV teams will be placed into no more than 2 tiers based on 2026 results.

Varsity will be placed into no more than 3 tiers based on 2026 results. Relegation will happen prior to finalizing seeding for provincials if needed.

High School Varsity

- Tier A will consist of higher competitive teams, with players with extensive experience.
- Tier B will consist of teams with mostly experienced players.
- Tier C will consist of teams with most players having limited or no experience.

Junior Varsity & Middle School

- Tier A will consist of teams with experienced players
- Tier B will consist of teams with most players having limited or no experience.

The MODS staff reserves the right to move teams up or down tiers to accommodate scheduling needs and prior season results. Teams may be required to play crossover games between tiers to accommodate scheduling needs.

Final standings will be determined by points earned throughout the season.
- 2 points for a win
- 1 point for a tie
- 0 points for a loss

*If teams do not play the same number of games due to weather cancellations, winning percentage will be used to determine final standings.

Tie breakers will be determined using the following.
- Head-to-head play
- Point differential between tied teams
- Average point differential for all games within the tied teams' tier.
- Coin flip.

Final 2027 Spring School League standings will determine initial seeding for Provincial Championships. No other events other than league play will be used for seeding. Promotion and relegation may take place using final league results.

• MODS Outdoor rule amendments will be followed. Amendments can be found HERE.

o Games will be played to a maximum score of 13 or until 6:00 p.m. at the latest, whichever occurs first.
o Hard cap will take place at 5:55 minutes, regardless of start time. Finish the point being played. Games can end in a tie.
o There is no Soft Cap in league play.
• Half time will take place when a team reaches 7 points or at 5:15 p.m., whichever occurs first.

Game Rules

- Middle School and High School Leagues will follow the rules of Ultimate Canada.
- MODS Outdoor rule amendments will be followed. Amendments can be found here
- All games will officially begin at 4:30 p.m.
- Games will be played to a maximum score of 13 or until 6:00 p.m. at the latest, whichever occurs first.
- Hard cap will take place at 5:55 minutes, regardless of start time. Finish the point being played. Games can end in a tie.
- There is no Soft Cap in league play.
- Half time will take place when a team reaches 7 points or at 5:15 p.m., whichever occurs first.
- Half time will be a maximum of 5 minutes. The second half may resume at a time earlier, as agreed upon by both teams.
- Teams are allowed one time out per half.
- Gender Rule A will be used for both Middle School and High School league games.
- Teams may choose to play with less than 7 players on the field for a given point.

  If a team is playing with less than 7 players, the team may not have more than the specified-players of each gender for each point. (eg. If the gender specification for a specific point is 4 female-matching/3 male-matching, a team may not have more than 4 female-matching players or more than 3 male- matching players on the field, despite having less than 7 players on the-field).

  *Gender Rule A and the above may be superceded by the ‘Gender Matching for Single-Gender Female-Matching Schools’ MODS rule amendment.

- If a team is playing with less than 7 players, the opposing team is not required to play with less than 7 players. It is not un-spirited to choose to play with 7 players.
- For School League, Gender A rule includes the “prescribed pull” rule. This indicates that the pull must be made by a player of the matching-gender which has 4 players on the field for each point.
- Any variations or changes to the gender rule must be agreed upon by both teams before the game begins and must not be discriminatory toward any gender.

  Middle School will play with the following rule amendments (according to Ultimate Canada’s Long Term Athlete Development)

  - Field size of 50 x 35 yard playing field, 18-yard endzones.
  - Zone defense is not allowed.
  - Each defensive player must be guarding/marking a single player from the team in possession of the disc.
  - Switching and help-defense is allowed.
  - Poaching and setting a player as a “safety” are not allowed.

Spirit of the Game

- All members of teams (players, coaches, managers, supervisors, etc.) and spectators are expected to always adhere to the highest level of Spirit of the Game.
- It is the responsibility of the coaches to ensure all players on the team are aware of Spirit of the Game and how to play spirited Ultimate.
- Spirit captains may call a “Spirit Timeout” during a game.
  - If one spirit captain requests a Spirit Timeout, the other team must accept it.
  - The time is used for players to meet in a circle in the middle of the field to discuss the importance of Spirit of the Game, and how the teams may get their game back on track.
  - Spirit timeout should not last longer than five minutes.
  - Spirit timeouts may not be used for teams or coaches to discuss strategy.

The MODS Spirit of the Game Manual can be found HERE.

Fields and Cancellations

- Games will be played on various fields within the City of Winnipeg.
  - Including Assiniboine Park, IJL Ultimate Park, local parks, local schools.
  - Teams will be asked before the season to indicate if they have a “home” field available for league games.

- If games are to be postponed due to inclement weather or poor field conditions, the MODS staff or MODS office will try to inform schools/teams, using the main contact and/or head coach email address, by 12:00 noon (2:30 p.m. at the latest).
- If field conditions are acceptable at a local school, teams may decide to play despite MODS designated fields may be closed. Communication should be made between schools. MODS staff must be informed if games are being played.
- Games will be postponed or ended if there is lightning and/or thunder.
  - The first sound of thunder ends the game. All players, coaches and spectators must leave the fields immediately and go to vehicles or a nearby open building.
  - If the game has already reached half (7 points or 5:15 p.m.), the score will be considered final
  - If the game has not reached half, the game will be postponed.

The MODS Severe Weather Policy can be foudn HERE.

Postponement

- All postponed games will be re-scheduled at IJL or a schools home field by the MODS staff for the make up days.
- If another site or time is agreed upon by both teams, the MODS staff must be informed in advance.
- If the game had already started before postponement, the game should continue with the same score and a re-pull of the current point. Teams may also agree to re-start the game.
- If teams choose to play at a different time than the dedicated days and wish to play on a MODS designated field (Assiniboine Park or IJL Ultimate Park), the MODS staff must be consulted in advance to ensure a field will be available.

- Teams must inform the MODS staff of re-scheduled games in advance of the game being played.
- Rescheduled games must adhere to all league rules, including half-time and the 55- minute hard cap.
- If a team chooses not to play a re-scheduled game, that game will be counted as a forfeit, and of 13-0 will be awarded to the other team.

Scheduling and Score Reporting

- All league schedules will be posted on the MODS website, on each league's program link.
- Game scores and spirit scores are to be input/posted on the website.
  - Both teams must submit score and spirit scores.
  - Scores and spirit scores must be input by 12:00 p.m. (noon) the day following each game. This allows for standings to be updated in a timely manner.

Failure to input the score within 48 hours of the game will result in a forfeiture of the team who failed to post.

Forfeitures and Late Arrivals

- If a team does not show up at a scheduled game, it will be considered a forfeiture, and the team attendance will be awarded a 13-0 win.
- If a team a team is unable to field a team and gives the opposing team and the MODS staff advance notice (at least two hours before game time), they may request to reschedule the game.
- Procedures for postponement are to be followed (see above).
- If the dedicated make up days are not suitable for a re-scheduled game and the teams time cannot be agreed upon another time and date, the team unable to field a team with then forfeit the game, and the opposing team will be awarded a 13-0 win.
  **Teams are encouraged to make every effort to play the re-scheduled game or find an agreeable day and time to reschedule.*

- It is expected that teams may occasionally arrive late for a scheduled game, due heavy traffic, weather conditions or other unforeseen circumstances.
- If a team does arrive late, the game should start within five minutes of a team having seven players and a coach at the field.
- Teams may agree upon a different start time if confirmed by both teams.
  **4:00 p.m. is the earliest games at Assiniboine Park and IJL are permitted to begin.*
- Half time must still take place at 7 points or 5:15 p.m.
- Hard cap must still take place at 5:55 p.m.
  - If a team arrives more that 20 minutes late, at their discretion, the team that has arrived on time may assess a 1-point penalty for each 5 minutes the team is late to a maximum of 7 points (half time).
  - If a team arrives after half-time, the game will start in the second half, with a score of 7-0 for the team that arrived on time.
- Games may not start without at least one coach from each team's official roster present.
  - Forfeiture or Late Arrival rules will be in effect if a coach is not present at the game's start time.

Opening Weekend

- Opening Day will take place on May 1-2, 2027 at IJL Ultimate Park.
- High School games will take place on Saturday, May 1
- Middle School games will take place on Sunday, May 2
- Teams are expected to play scheduled games on Opening Weekend, as they will count toward the league standings.
- Teams will play a maximum of two games on Opening Weekend.
- Games will be treated as league games.
- All league games will be in effect (Hard cap at 85 minutes)
- Score and spirit scores are to be posted on the MODS website.

  There will be no tournament-like amenities provided on Opening Weekend. Team/players are expected to provide their own water, snacks, and lunches.

Exhibition Games

- Teams are encouraged to arrange their own exhibition games with other schools before, during or after the spring season.
- Teams will be responsible for determining day, time and location of exhibition games.
- MODS staff may be consulted regarding availability of MODS designated fields (Assiniboine Park or IJL Ultimate Park). It is possible that MODS fields may not be available.

New Coaches Meeting Format

To ensure accesibility to the meeting contents for all coaches and school staff leads, the live Spring Coaches meeting will be replaced with a video recording sent out to all coaches in Spring 2027. We encourage questions following the meeting to be sent directly to MODS staff, we will also be posting an FAQ to help address common concerns across participants.

Events

MODS offers three events during the Spring School League season

- 2026 Hold Back The Snow(co-hosted with St.John's-Ravenscourt)
- 2027 Indoor Spring Discovery
- 2027 Spring Discovery
- 2027 High School Provincial Championships
- 2027 Middle School Provincial Championships

  **More details on these events can be found below*

Starting A School Program

If you are looking for guidance in creating a new Ultimate Program at your school, please contact the MODS Manager of Operations at opsdirector@mods,mb.ca.

HBTS 2026

Hold Back The Snow 2026
co-hosted with St.John's-Ravenscourt

Hold Back The Snow will take place at IJL Ultimate Park(110 Frobisher Rd.) **on October 3-4, 2026.**

- All registration will be done through the MODS website (mods.mb.ca)
- All players must be enrolled in Middle or High school for the entire 2026-27 school year and may not turn 19 before the tournament dates.
- All coaches and players must be registered on the tournament roster on the MODS website.
- Weather permitting, games will take place between 8:30AM-3:45PM on the given dates*
- All game score and spirit score input will be through the MODS website account dashboard.
- Seeding for the event will be based on Spring 2026 school league and provincial results.
- Rosters must be set as of October 1, 2026 at 5:00PM.
- There will be no field food on site, there will be food trucks with food available for purchase.
  - A full schedule will be sent to coaches closer to the event.

This is a reminder that 2026 MODS memberships purchased early this year are still valid until March 31, 2027.

Hold Back the Snow will have 4 divisions in total:

Varsity Division

Junior Varsity Division

Middle School A Division

Middle School B Division

The tournament fee is $350 per team.

Registration deadline for this event is Wednesday, September 23 at 5:00PM.

Format for all divisions will be double elimination*. Teams will be guaranteed a minimum of three games. **The final for all divisions will be a single elimination game.*

2027 Indoor Spring Discovery

April 8, 2027 (6:15-9:15PM at WSF South)
April 13, 2027 (7:15-9:15PM at WSF North)
April 15, 2027 (6:15-9:15PM at WSF South)

This event is for new and developing programs.
- These games will not count toward league standings.
- Registration is $125 per team.
- Schools not registered in Spring League are welcome to participate in Spring Discovery.
- Teams will play one game on each of the listed dates.

There will be two divisions offered at 2027 Indoor Spring Discovery.

Varsity
(6 spots available)

Junior Varsity
(6 spots available)

Registration opens February 16, 2027 at 8:00AM CST for programs in their first year.

Registration opens February 19, 2027 at 8:00AM CST for a school program in their first three years.

Registration opens February 20, 2027 at 8:00AM CST for schools who have had programs for over three years.

*Should registration be full teams will be placed on the waitlist. if there is space, waitlisted teams will be contacted.

.

2027 Spring Discovery

May 1-2, 2027 at IJL Ultimate Park
High School Discovery will be on Sunday, May 2
Middle School Discovery will be on Saturday, May 1

- This event is for new and developing programs only.
- These games will not count toward league standings.
- Registration is FREE.
- Schools are not required to maintain league rosters to play in Spring Discovery (ie. team rosters from within the same school may be mixed up or amalgamated).

Schools not registered in Spring League are welcome to participate in Spring Discovery.

There will be three divisions offered at Spring Discovery.

High School
(4 Varsity Spots available, 4 JV Spots available)

Middle School
(8 spots available)

Jamboree
(these spots will be held for programs in their first year or schools without Ultimate programs. This division has no gender match requirement and will be made up of drills and a scrimage)

*Other teams will be placed on the waitlist. if there is space, waitlisted teams will be contacted.
**For the 2027 season Rural School programs will be guaranteed spots at Discovery and will not count towards the spots available at registration.

MODS 2027
Middle School and High School
Provincial Championships

High School Provincials will take place on May 28-29-30, 2027
*Rain dates for High School Provincials will be June 5-6, 2027

Middle School Provincials will take place on June 5-6, 2027
*Rain dates for Middle School Provincials will be June 12-13, 2027

- All teams playing in Spring League are automatically registered to play in Provincials.
- Rural schools (non-Winnipeg) not registered in Spring League may register a team for Provincials using a separate registration link provided by MODS staff.
- Fees for Provincial Championship are included in League registration fees.
- Further information will be provided by the MODS office by the end of April 2026.
  - Provincials information will also be posted on the MODS website.

Provincials will have 5 divisions in total:

Provincial Varsity A Division
Top 18 Varsity teams from league play based on standings as of May 25, 2027.

Provincial Varsity B Division
Remaining Varsity teams not in top 18 in standings as of May 25, 2027.

Junior Varsity Division

Middle School A Division

Middle School B Division

Format for all divisions will be double elimination- for clarity, this means teams are only guaranteed 2 games. **The final for all divisions will be a single elimination game.*

Inquiries

• Questions or concerns regarding School League may be brought to the MODS staff at **opsdirector@mods.mb.ca**

• Only main contacts or Head Coaches should bring forward concerns. Players, parents, other members of teams should bring their questions to the official team contact or head coach, not to the MODS staff.

• All registration inquiries or troubleshooting should be sent to the MODS office at **admin@mods.mb.ca.**