



**Manitoba Organization of Disc Sports
School Spring Leagues
Spring 2025**

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Manitoba Organization of Disc Sports

Middle School and High School Spring League Manual

April-May, 2025

General Information

- Spring League games are scheduled to begin on the week of April 28, 2025. You will be updated if this changes due to unfavourable weather conditions.
- Games will be played as follows:
 - High School, Tuesdays and Thursdays, 4:30-6:00 p.m.
 - Middle School, Mondays and Wednesdays, 4:30-6:00 p.m.
 - Middle School games will not be played on Monday, May 19
- Opening Day will be on Saturday, May 3. These games will be considered a part of league play.
- *The last games of league play will take place on Wednesday, May 21 (Middle School) and Thursday, May 22 (High School).*
- *High School League will now consist of Junior Varsity (JV) and Varsity Divisions.*
 - *See the Rosters section below for player eligibility.*

Coaches, Supervision and Respect in Sport

- All schools must have a teacher/administrator supervisor associated with their teams.
- All coaches must have completed the [Respect in Sport](#) online course within the past three years in order to be on the sideline with their respective teams.
- Supervisors, managers and 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 the School League Coaches List by Wednesday, April 23, emailed to schools@mods.mb.ca. The form will be sent directly to school contacts during the registration process.

Registration Dates and Fees

- Registration will open at 12:01 a.m. on Friday, April 4, 2025.
- The deadline to have your team registered is Friday, April 18, 2025 at 4:00 p.m.
- Team fees must be paid by Wednesday, April 23, preferably at the same time as registration.
- Rosters must be entered on your team account page by Saturday, April 26, 2025
- All players must have a 2025 MODS memberships, pay their fees and submit a waiver signed by a parent/guardian by Friday, April 25, 2025. This will show on your team's roster.
- 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.
- 2025 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 when signing up to play this Spring.

****Click on the link for [REGISTRATION DETAILS](#).**

Spring League Survey

- As a part of your registration, school contacts or head coaches are asked to complete a Spring League survey for each team from their schools.
- The survey asks about availability for preferred tier, specific game days, field availability and preference.
- Links for the Spring League surveys will be sent directly to school contacts during the registration process.

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 School League Convenor 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 2025 season, JV teams may include a maximum of four Varsity level players (Grade 11 and/or Grade 12 students). We encourage schools not to have Varsity players on a JV team if possible.
 - If a team consists of more than four Varsity level players, the team must play in the Varsity Division.
- 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 shown on their account on the MODS website.
- 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 School League Convenor 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 School League Convenor upon request at the fields.

Code of Conduct

- MODS maintains a [Code of Conduct Policy](#) ("Code") meant "to ensure a safe and positive environment (within MODS programs, activities, and events) by making all individuals aware that there is an expectation, at all times, of appropriate behavior consistent with the values of MODS, as set out in this policy."
- All members of teams (coaches, supervisors, managers, players, etc.) are expected to adhere to the MODS Code of Conduct at all times when involved in the School Spring League and Provincial Championships.
- Those who break the Code of Conduct may be removed from the Spring season, as well as other MODS programs. Teams may have games forfeited or be removed from further Spring play, as well as other MODS programs.

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.

League Structure

- Before league play begins, schools will be asked to request the specific tier for each team.
 - Varsity High School teams may request Tier A, B or C
 - 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.
 - Middle School teams may request Tier A or B
 - Tier A will consist of teams with experienced players
 - Tier B will consist of teams with most players having limited or no experience.
 - Dependent upon the number of teams registered, Junior Varsity will likely have one tier.
- The School League Convenor reserves the right to move teams up or down tiers to accommodate scheduling needs.
- 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, point 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 standings will determine initial seeding for Provincial Championships. No other events other than league play will be used for seeding.

Game Rules

- Middle School and High School Leagues will follow rules as stated in the [USA Ultimate Official Rule of Ultimate 2024-25](#).
- Winnipeg Ultimate League 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 A Rule** 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).
 - 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/marketing 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.
- **Spiking or kicking** of the disc is not allowed in MODS School Spring League.

Spirit of the Game is always the most important rule of Ultimate.

- 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.
 - **Spirit timeouts are not meant for team members to argue!**
 - Un-spirited play is considered a foul.

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.
 - Click on the link to see MODS designated fields and most school fields [locations](#).
 - If your home field is not shown, please send the address of the field location to the MODS [Manager of Operations](#).
- If games are to be postponed due to inclement weather or poor field conditions, the School League Convenor 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. School League Convenor 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.
- **Postponement**
 - All postponed games will be re-scheduled by the School League Convenor for the following weekend.
 - Middle School games will be played on Fridays at IJL Ultimate Park or another site agreed upon by both teams.
 - High School games will be played on Sundays at IJL Ultimate Park or another site agreed upon by both teams.
 - If another site is agreed upon by both teams, the Spring League Convenor 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 Spring League Convenor must be consulted in advance to ensure a field will be available.

- Teams must inform the School League Convenor 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 link.
- Game scores and spirit scores are to be posted on the website.
 - Both teams must submit score and spirit scores.
 - Scores and spirit scores **must be posted by 12:00 p.m.** (noon) the day following each game. This allows for standings to be updated, as well as seeding to be prepared for Provincial Championships.

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 is unable to field a team and gives the opposing team and the School League Convenor 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 will 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 to 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.
 - 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 than 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 Day

- Opening Day will take place on Saturday, May 3 at IJL Ultimate Park.
- Teams are expected to play scheduled games on Opening Day, as they will count toward the league standings.
- Teams will play a maximum of two games on Opening Day.
- 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.
 - Spring League Convenor 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 or rental fees may be requested.

Coaches' Meeting

- A mandatory Coaches' Meeting will take place online on Wednesday, April 23 at 7:00 p.m.
- **All teams** must have at least one **coach** present.
 - If a school has more than one team, a coach from each team must be in attendance.
 - School supervisors are also encouraged to attend.
- Meeting Link will be provided following registration.

MODS Middle School and High School Provincial Championships

- **High School Provincials will take place on Friday, May 23 and Saturday, May 24**
 - **Rain date for either day will be Sunday, May 25**
- **Middle School Provincials will take place on Friday, May 30 and Saturday, May 31**
 - **Rain date for either day will be Sunday, June 1**
- 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.
- Fees for Provincial Championship are included in League registration fees.
- Further information will be provided by the MODS office by the end of April.
 - Information will also be posted on the MODS website.

Starting a School Program

- If you are looking for guidance in creating a new Ultimate Program at your school, please contact the MODS School League Convenor.

Other MODS Junior Events and Programs

- **Spring Discovery – Saturday, May 10, IJL Ultimate Park**
 - This is another opportunity for extra games for teams.
 - 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 a maximum of eight Spring League teams in each Division (High School and Middle School). Spots will be filled on a first come, first serve basis (one team per school).

- Other teams will be placed on a waitlist until registration has closed. If there is space, waitlist teams will be contacted.
 - Interested schools with more than one team are encouraged to register their “development” or Junior Varsity team for Spring Discovery.
- Additional spots will be reserved for new school or rural school programs to participate.
- Further information and registration will be posted on the MODS website later in April.
- **Manitoba Provincial U19 Teams**
 - Each year, MODS typically sends four teams (2 male-matching, 2 female-matching) to the Canadian Ultimate Championships
 - August 10-13, 2025, in Edmonton, Alberta.
 - Team details, tryout dates and player registration are posted on the by the MOD [Junior Program](#) page. Please share these with your players who may be interested in playing on a travelling team this summer.
 - PLEASE NOTE THAT TEAM MANITOBA TRYOUTS ARE FEBRUARY 27, MARCH 6, CARIBOU and ICE TRYOUTS APRIL 3 AND APRIL 10.
- **Seasonal Programs**
 - For other training and playing opportunities in the summer and fall, including the Winnipeg Youth Ultimate Leagues, information can also be found on the [Junior Program](#) page. Information is updated on a seasonal basis.
 - Please share these opportunities with your players.

Inquiries

- Questions or concerns regarding School Spring League may be brought to the School League Convenor, schools@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 School League Convenor.
- All registration inquiries should be sent to the MODS office.