

2010

CAPTAIN'S HANDBOOK



Association de Ultimate de Montréal

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Welcome to the 2010 Summer League

Our registration keeps on increasing, and we are extremely proud of this! Montreal Ultimate is more popular than ever. As the Montreal Ultimate Association exists to best serve its customers, we strongly feel that we need to continually strive to offer the best product possible. You talk to us, we listen to you!

Here are some innovations which will be put into place for the 2010 season. We hope these please you.

Vocabulary modifications

We have received multiple complaints about the terms Forfeit and Half-Forfeit being ambiguous. The disciplinary committee has thus modified the vocabulary. This year, the Spirit Committee will be able to hand out Yellow and Red Discs, along the same concept as Yellow and Red Cards. A team that receives two Red Discs will lose their good behaviour guarantee. Two Yellow Discs are equivalent to one Red Disc. For example, if you forget to submit your score in the 48 hours after your game, you will receive one Yellow Disc. Another example is if you forfeit a game less than 24 hours before the scheduled start time, this is equivalent to one Red Disc. Disrespecting one of the volunteers, who work very hard to satisfy the AUM members: one Red Disc.

New website

You have surely admired our new and improved website. However, do you know about all its particularities? For example, we encourage all the captains to register on the site's RRS Flux so that they receive directly to their email inbox any latest update to the homepage. The best way to know all the latest AUM news! Also, you will receive a reminder if you have yet to enter a score 24 hours after your game!

Carbon Flip modification

The carbon flip, which was introduced in 2009, will again be encouraged this year. Captains ask their team how many cars were used to get to their game and the team who used the least cars wins the flip.

Phase 1 of the Regional League project

After analysing all of your answers to our multiple surveys, it was evident that beginner teams preferred playing their games close to home, and that more advanced teams were more interested in playing higher calibre opponents. With this in mind, the AUM will divide its summer league into regions. The beginner and intermediate teams will eventually be able to select their preferred sector, and the advanced teams will have the opportunity to play against the best teams in the greater Montreal region. Of course, a project of this size cannot be implemented in only one year, and that is why we are creating this year two new leagues (Laval and Longueuil) to jump start this important restructure. Keep abreast of the progression of this project, which will be communicated by the Strategic Planification Committee, on this page:

<http://www.montrealultimate.ca/en/spc>

We hope that these changes respond to your demands! We are always open to ideas and suggestions to improve the Association, as the AUM strives to adapt and to offer a premier quality product to its members!

Thank you for being an active member of the AUM and have a great 2010 season!



Christiane Marceau
2010 Summer League Director
c.marceau@montrealultimate.ca
And all her coordination team!

I. Captains' and Co-Captains' Responsibilities

Team captains and co-captains play an enormous role in the efficient operation of the league. The league cannot function effectively unless captains meet their AUM League Responsibilities. Similarly, captains must adhere to their Game Responsibilities each week to ensure that the game runs smoothly. Most importantly, the captains must comply with their Team Responsibilities: captains are the primary point of contact between their players and the AUM, and they are accountable to both. Each captain has to demonstrate and enforce the standards that their teams must meet.

A. General Responsibilities

1. Attend the mandatory pre-season captains' clinics (or send a team representative).
2. Know all of the current UPA 11th Edition Rules and AUM specific rules.
3. Make use of AUM resources (mentors, committees, nearby teams, clinics) to ensure that you have the best possible understanding of the game.
4. Report the score and spirit rating for every game prior to the deadline: 48 hours after the beginning of the game.
5. Stop play or postpone a game in order to safeguard a field against damage. If a field is too wet to play on, the game must be postponed. The AUM will help you reschedule if necessary.
6. Fill out the on-line field condition, game or spirit comment form, if necessary:

B. Game Responsibilities

1. Have sufficient players at the field ready to play at the official start time for each game.
2. Set up the field before the game if your team is scheduled as the home team ("Home" and "Away" teams are indicated on the Game Schedules web page).
3. Have field contracts on hand when playing where field permits are required (PDF files are available on the website).
4. Have this handbook and a copy of the current UPA 11th Edition rules at all league games.

5. Adjust the rules of the game with the agreement of the opposing captain, if desired.
6. Minimize, contain and immediately address incidents of unspirited behaviour or dangerous play on your team.

C. Team Responsibilities

1. Make sure that ALL of the information given to you by the League Coordinators and/or AUM officials is passed on to ALL of your players.
2. Ensure that ALL players on your team comply with the rules of the game.
3. Maintain an adequate roster throughout the season, including at least 6 women and 8 men.
4. Request assistance/support from the League Committee when required to ensure smooth operation of the team and the league. This might include getting help with rules, handling disruptive players, or other difficult situations
5. Demonstrate, encourage and promote Spirit of the Game at all times.
6. Captains are expected to:
 - Ensure that all players receive equal playing time, if they desire it.
 - Teach new players the rules and how to play the game.
 - Include ALL players in the game, and encourage every member of the team to do so as well.
 - Avoid mismatches on the line.
 - Be aware of dangerous situations and address them as they arise, whether they are created by your teammates or by the opposition.
 - Adhere to the Spirit of the Game: it is up to the captains to set the standard for spirited play as an example to their teams.

II. Players' Responsibilities

“The integrity of Ultimate depends on each player’s responsibility to uphold the Spirit of the Game, and this responsibility should remain paramount” (UPA 11th Ed. Rules I.Preface). Every Ultimate player is

accountable not only to their teammates, but to their opponents. As an AUM member and player, you are expected to:

1. Be ready to play at 6:30pm (or at the time of the game if different) to prevent delays in the start of the game.
2. Inform your team captain if you will not be able to attend a game.
3. Know all the current UPA 10th Edition and AUM specific rules.
4. Play with due caution on the field and try to prevent any collisions or harmful physical contact with other players.
5. Adhere to the player Code of Conduct. Take responsibility for your actions on the field:
 - Aggressive behaviour, either verbal or physical, will not be tolerated.
 - Poor sportsmanship (such as abusing the rules) will not be tolerated.
 - Dangerous play is to be avoided at all times.
 - Players must demonstrate respect for other players at all times.
6. Sign the AUM liability waiver form before the season starts (done when you paid your membership online).

III. Summer League comity' Responsibilities

The committee members are volunteers who work tirelessly to offer you a very structured summer league and an efficient communications system. The responsibilities of these volunteers include:

1. Ranking the teams per division based on their best knowledge at the beginning of the season.
2. Creating the schedules and assigning fields, within a reasonable delay.
3. Posting all pertinent field and schedule information on the website.
4. Informing captains of all pertinent information, within a reasonable delay.
5. Responding, when possible, to the requests of teams.
6. Making sure all scores are entered in the database.

IV. Spirit of the game

Ultimate is founded on sportsmanship and fair play: it is a self-refereed, non-contact sport. Competitive play should never compromise mutual respect between players, adherence to the rules, or the basic joy of playing. Every player should clearly understand and abide by the rules of the game; similarly, every player must display respect toward their opponents and teammates.

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.

Spirit is a combination of respect, integrity and dignity. No matter how sure you are of your call, another player may have a different perspective about which he or she is equally certain, and the disagreement can be accepted without anger or altercations. 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: it emphasizes fair, honest and respectful play between teams and players.

After an intense game, a cheer or fun inter-team game can serve both to celebrate the spirit that was exhibited and to defuse 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.

If at any time you have questions about the Spirit of the Game, or the AUM's Spirit Ranking System, please contact the Spirit Committee at spirit@montrealultimate.ca.

A. Ten Things You Should Know About Spirit of the Game™

Written by Eric Zaslow, member of the UPA Board of Directors, March 2005

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!

V. League Rules and Procedures

Ultimate is based on respect and fair play. The proper understanding of and adherence to rules and policies is essential to the integrity of the game. Please take the time to read and understand the following rules and policies

A. Game procedures

1. Rules of the game

If you have any questions about the UPA or AUM rules, please write to Lorne Beckman (rulesguy@montrealultimate.ca). Games will be played under the UPA 11th Edition Rules, with the following exceptions and clarifications:

a) Foot block

Foot blocks are not permitted. A foot block is defined as an attempt by the defender within 3 meters of the thrower to block a throw

with his/her foot or leg raised off the ground. An attempted foot block is treated as a foul on the marker.

b) Dangerous play

“Dangerous, aggressive behavior, or reckless disregard for the safety of fellow players or harmful endangerment is always a foul. This rule is not superseded by any other rule” (UPA 11th Ed. Rules XVI.H.4).

The AUM's interpretation of this rule is that **contact is not required to call a Dangerous Play foul. Dangerous behaviour alone can be a foul.**

"It is the responsibility of all players to avoid contact in every way possible"

The AUM's interpretation of this rule is that a Dangerous Play foul may be called even if the opposing player's dangerous behaviour is unintentional. Simple lack of attention or failure to use caution to avoid contact can be a foul. Please realise that a certain amount of incidental (minor or unimportant) contact can occur while playing. However, if a player feels that making a play on the disc poses a clear personal danger because of an opposing player's dangerous behavior, reckless disregard for safety, lack of attention, or failure to use caution, that player may elect to disengage and call “Dangerous Play.”

A call of “Dangerous Play” cannot be contested. Regardless of the outcome of the pass, play stops and the disc reverts to the thrower. Play resumes with a check at a stall count of one.

c) Bricks

Bricks are officially 10 meters.

d) Time-outs

A standard game has two time-outs per team per half; each time-out lasts 70 seconds (UPA 11th Ed. Rules VI.B.2).

e) Player Ratios and Minimum Numbers

The AUM summer league is 4M/3F. Teams must have a minimum of 2 women and a maximum of 4 persons of the same sex on the field at any time.

f) Captain's Clause

Captains may agree to adjust the rules.

2. Start time

Games start at 6:30pm, **UNLESS indicated otherwise** (see schedule on web site).

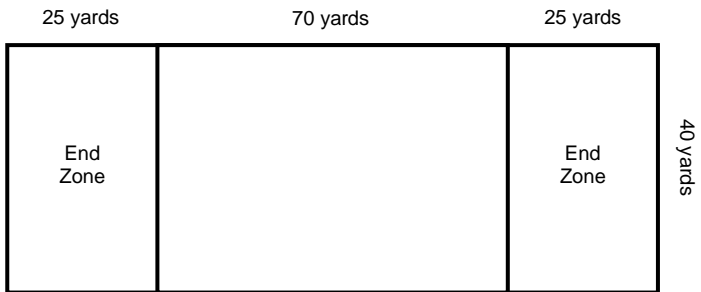
All games are to start on time. If only one team is ready to play at the start time, that team may assess points at the rate of 1 point every 5 minutes, but must inform the other team before any points may be assessed. Please note that a team is only “ready to play” if they have the minimum required number of players on the line and the field is set up, regardless of whether or not the ready team is the home team.

3. Field Set Up

The home team must set up the field before game time.

The visiting team should inspect the set-up. All players should make both teams aware of any observed hazards and mark them with cones or discs, if appropriate.

Fields should be set up according to the following diagram, with cones marking the four corners of each end zone.



(25 yards = 22.86M, 40 yards = 36.5M, 70 yards = 64M)

4. End of game

Games are played to 15 with a margin of victory of at least 2 points, unless the Official Time Cap is reached, at which stage the point in progress will be played out and the game ends. Captains may mutually agree to an alternate point or time cap, provided that the game does not extend beyond the Official Time Cap.

Please note that games played on certain fields (Collège Français, Laval, Concordia fields, etc.) have designated time slots, and cannot extend beyond them.

5. Official Time Caps

Injuries occur when visibility is reduced. In the interests of player safety, the AUM has set time caps for the 2010 league games. These time caps are based on the sunset times posted for Montreal.

Once the Official Time Cap is reached, the point in progress may be played to its conclusion, after which the game terminates, regardless of the score.

AUM Official Time Caps (Summer 2010):



Week of May 31	8:35pm
Week of June 7	8:40pm
Week of June 14	8:45pm
Week of June 21	8:50pm
Week of June 28	8:50pm
Week of July 5	8:45pm
Week of July 12	8:40pm
Week of July 19	8:30pm
Week of July 26	8:30pm
Week of August 2	8:20pm
Week of August 9	8:10pm
Week of August 16	8:00pm
*Week of August 23	7:45pm
*Week of August 30	7:35pm

*these weeks are not included in the 12 weeks of league, but may be used to reschedule postponed games.

6. Defaults

The minimum required number of players to begin a game is six, with a minimum of two women. A default occurs if a team has fewer than the minimum required ready to play by 30 minutes after the game start time. If an injury produces such a situation after the start of the game, the game can be rescheduled and continued from the point at which the injury occurred.

If a team defaults twice, that team forfeits their \$100 Performance Bond regardless of whether or not they intend to

finish the season. If the team intends to continue to play in the league, the team will not be readmitted until they submit a \$200 **Performance Bond** to replace the bond that was forfeited. The second bond is subject to all of the conditions of the original bond, with one amendment: a third default will result in the forfeiture of the second **Performance Bond**, and the team WILL BE ELIMINATED from further play.

It will not be considered a default if a team gives the league and the opposing team a minimum of 24 hours notice that it will not be able to play a game. Please do not rely on e-mail unless you receive a reply.

7. Postponement of games

A game can be postponed for the following reasons:

1. Dangerous playing conditions such as lightning or hail. Lightning in the area is cause to immediately stop the game. If one team has reached a score of 8 points or more, the captains may agree to let the game score stand.
2. To safeguard a field against damage
3. Exceptional circumstances. Captains may agree to postpone a game due to exceptional circumstances.

Postponed games should be rescheduled and played within the following week. Team captains are to inform their teams about the rescheduled game. Captains must inform their divisional coordinator of any scheduling changes. The AUM will help you reschedule if necessary.

8. Scorekeeping and standings

Not only the captains are allowed to enter the scores and spirit scores after each game. The captain can give permission to any number of players from their team on the website. After each game, the captain or co-captain must transmit the results of the game as well as the spirit score.

We prefer that these results be entered electronically through: www.montrealultimate.ca

a) How do you enter a score through the website?

- Connect yourself to the AUM website by using your userID and password

- Go to the ULM – schedule and results
- Select the night of your game
- On schedule, find your game
- Click on the paper/pencil icon besides the name of your team for the appropriate date of your game

Enter your score, your opponent's score, their spirit score and any commentary about the field or the spirit of the game in the appropriate comment boxes.

b) Alternate means of reporting scores

If game scores cannot be reported via the website, you may report them by sending an e-mail message to the appropriate League Night Coordinator:

Monday : monday@montrealultimate.ca
 Tuesday : tuesday@montrealultimate.ca
 Wednesday : wednesday@montrealultimate.ca
 Thursday : thursday@montrealultimate.ca

Game scores can also be reported through the AUM office: (514) 303-4048.

c) Disputed Scores

If there is a disputed score (which occurs when the scores submitted by opposing captains do not match), either captain can enter a corrected score by following the same steps listed above. If necessary, the appropriate Divisional Coordinator or League Night Coordinator may resolve the situation with the captains.

d) Deadline for reporting scores

The captains are obliged to enter their scores and spirit evaluation within 48 hours after the game. If scores are not entered on time on the website, the team will cumulate one Yellow disc. The team will lose its performance bond when 4 Yellow discs are received during the season.

e) Standings

Standings will be updated weekly.

Win: 2 points
 Loss: 0 points
 Tie: 1 point
 Default: 0 points (score entered as 15-0)

9. Spirit rating system

All teams start with a spirit rating of 7; points can be added or subtracted according to the criteria listed in the Spirit Rating System (SRS) table. Captains should place a checkmark in any of the listed selections that best represent aspects of the game. The respective plus or minus points will be calculated automatically on line. Please remember that a score of 10 should be reserved for that perfect, mythical game that was an absolute blast, where there was terrific flow and outstanding sportsmanship among ALL players throughout the entire game. A web alert will advise you when you are about to submit a score under 6.

a) Our opponent's attitude towards the knowledge of rules was:

- 1) Excellent. They knew the rules and when and how to apply them. (+1)
- 2) Acceptable. They knew most of the rules and showed a willingness to learn. (0)
- 3) They didn't know the rules very well, but showed a willingness to learn. (-1)
- 4) They didn't know the rules very well, and showed no interest in learning. (-2)

b) Our opponent's Spirit of the Game was:

- 1) Excellent. This was an exceptional game (positive atmosphere, use of all players). (+1)
- 2) Good. It was a fun game. (0)
- 3) Poor. There were 2 or more instances where one or more of the other team's players displayed unsportsmanlike conduct (heckling, swearing, excluding team players, etc.) (-1)

c) When fouls and/or calls were made or contested by the other team, it was:

- 1) Done in an appropriate and friendly manner. (0)
- 2) Sometimes appropriate. Some arguing occurred over a few fouls or calls that we made. (-1)
- 3) Difficult. The other team made many questionable calls and/or contested most of the fouls/calls that were made by our team. (-2)

d) At the end of the game, the other team:

- 1) Did an exceptional, never-seen-before cheer or game. (+1)
- 2) Cheered us or played a game with us. (0)
- 3) Left without saying good bye (no cheer or game). (-1)

- e) **The other team's captain was:**
- 1) Helpful in the resolution of issues when needed (0)
 - 2) Not helpful in the resolution of issues when needed.(-1)
- f) **Contact is not required to call a Dangerous Play foul. Dangerous behavior alone can be a foul, whether intentional or not. The other team's players:**
- 1) Made no dangerous play. (0)
 - 2) Caused a dangerous play. (-1)
 - 3) Caused two or more dangerous plays. (-2)

**The AUM encourages its members to play with Spirit. To further this goal, we will be offering free Summer League 2011 registration to the team that wins the Spirit Prize at the 2010 Gala!
Good luck to everyone!**

B. Safety mesures

1. Field use policy

Please note that members of the AUM Board of Directors, members of the AUM Executive Committee, the Douglas Hospital personnel, and field owners are all empowered to cite any player for failing to meet any condition of this policy. Any **player** who violates any condition of this field policy **will be immediately suspended** from the league and risks **expulsion from the league**, pending a review by the AUM Board of Directors. Any team whose player or players fail to meet any condition of this field policy will lose their Performance Bond, and risks suspension from the league, pending a review by the AUM Board of Directors.

a) Field Conditions

Heavy rain can cause saturated soil conditions; playing on a saturated field may damage the field enough that it will be unplayable for the rest of the season. In order to protect the fields, captains must determine at the beginning of a game whether or not the field is playable.

- If playing COULD result in damage to the field, **DO NOT PLAY.**
- If there is standing water on the playing field, **DO NOT PLAY.**

b) General Rules

The following rules apply to ALL FIELDS:

- NO ALCOHOLIC BEVERAGES ARE PERMITTED ON ANY FIELD.
- Field use is restricted to scheduled AUM tournaments, league games, and practices only.
- Do not litter. Leave the field cleaner than when you found it.
- Where dogs are allowed, keep your dog on a leash and clean up after it.
- Refrain from using coarse language.
- Obey parking regulations.
- Treat all grounds and surrounding areas with respect.
- Respect any request made of you by field owners, city personnel, or neighbourhood residents.

Specific rules apply to the Douglas Hospital Grounds: our access to these fields depends entirely on our adherence to those rules, as listed below.

1) Douglas Hospital Grounds

The Douglas Hospital grounds are essential to Ultimate in Montreal. The Douglas Hospital is PRIVATE PROPERTY: we are allowed to play there only by the good grace of the hospital administration. We cannot stress enough the importance of maintaining excellent relations not only with the hospital personnel, but with everyone living in the surrounding neighbourhoods.

The AUM's access to the Douglas grounds depends upon the exemplary behaviour of all of its members. Every player must conduct themselves, in every respect, as model citizens.

It is mandatory that we respect and obey every condition of this field policy, without fail, and without exception:

- **ALCOHOLIC BEVERAGES ARE STRICTLY PROHIBITED.**
- Respect any request made to you by the hospital staff or security personnel.
- Use of the fields is restricted to scheduled AUM tournaments, league games and AUM-approved practices **only**.
- Everyone must leave the fields by 9:00pm sharp!

- Refrain from using coarse language.
- DO NOT use the trees and bushes throughout the hospital grounds as toilets. Use the portable toilets or the washrooms at the Summer House.
- Leave the field cleaner than when you found it.
- Keep your dog on a leash, and clean up after it.
- DO NOT park in reserved spaces or on the grass. There is ample paid parking in the Douglas parking lots; free parking is available on the neighbouring streets.
- Observe the speed limits and stop signs on access roads.
- Respect the following field-specific requirements:
 - On PAPA, QUEBEC, ROMEO, OSCAR, MKE and ALPHA (all close to the neighbours): please be respectably QUIET. If the neighbours complain about noise, WE WILL LOSE THESE FIELDS.
 - On OSCAR: set the field up no closer than 20 metres from the closest neighbour's fence.
 - On QUEBEC: if a disc goes into the garden, retrieve it without causing any disturbance. Treat the garden with extreme care and respect.
 - CRICKET PTICHES: Some fields are shared with cricket players; DO NOT walk or place anything on their stone dust pitches.

2) Other Peripheral Fields

Every field we use is important to Ultimate in Montreal. We must maintain excellent relations with field owners, city personnel, and neighbourhood residents if we are to retain access to these fields. We rely on every player to display model behaviour at all times, and to adhere to the fields conditions.

2. League Safety

a) *Safe Play*

Safe play is of the utmost importance in the sport of Ultimate. It is important that all members of the AUM leagues understand that Ultimate is different from many other team sports: **there is no physical contact between players, and there are no referees.** This standard of play allows players to demonstrate true sportsmanship. It also permits men and women to play together safely.

A consequence of mixed gender play is that there is a higher risk of injury resulting from contact between players of widely divergent sizes. In Ultimate, it is the responsibility of all players to avoid contact in every way possible.

While the AUM understands that any contact may be incidental or accidental, we want to emphasize the importance of playing safely. We ask that players exercise extra caution and vigilance at all league games. Our intention is to keep the game safe, not to make it less competitive.

b) Blood Rule

Please be aware that a Blood Rule is in effect for all AUM league games. Any player who is bleeding or has an exposed open wound must leave the game, and may not return to the field until the affected area is effectively covered, as per section VI.C.7 of the UPA 11th Edition Rules.

The AUM strongly advises team captains to have a First Aid Kit at their disposal for all league games.

3. Lightning safety policy

The AUM has adopted and will enforce the Lightning Safety policy outlined by the National Lightning Safety Institute, Louisville, CO (<http://www.lightningsafety.com>). The AUM will be keeping an eye out for any thunderstorms. If the AUM cancels games, the decision will be taken before 4PM the day of the game, through the website. If not, it is the captains' responsibility to abide by the following rules:

- 1) A responsible person should be designated to monitor weather conditions. Local weather forecasts—from The Weather Channel, NOAA Weather Radio, or local TV stations—should be observed 24 hours prior to athletic events. An inexpensive portable weather radio is recommended for obtaining timely storm data.
- 2) Suspension and resumption of athletic activities should be planned in advance. Understanding of SAFE shelters is essential. SAFE evacuation sites include:
 - Fully enclosed metal vehicles with windows up.
 - Substantial buildings.
 - The low ground. Seek cover in clumps of bushes.
- 3) UNSAFE SHELTER AREAS include all outdoor metal objects like flag poles, fences and gates, high mast light poles, metal bleachers, golf cars, machinery, etc. AVOID

trees. AVOID water. AVOID open fields. AVOID the high ground.

- 4) Lightning's distance from you is easy to calculate: if you hear thunder, it and the associated lightning are within auditory range...about 6-8 miles away. The distance from Strike A to Strike B also can be 6-8 miles. Ask yourself why you should NOT go to shelter immediately. Of course, different distances to shelter will determine different times to suspend activities. A good lightning safety motto is: "If you can see it (lightning) flee it; if you can hear it (thunder), clear it."
- 5) **Wait a minimum of 30 minutes from the last observed lightning or thunder before resuming activities.**
- 6) People who have been struck by lightning do not carry an electrical charge and are safe to handle. Apply first aid immediately if you are qualified to do so. Get emergency help promptly

VI. Policies

The AUM requires that each of its members adheres to its code of conduct. The players who represent a danger to others or who are disrespectful towards their opponents will be judged according to the league's disciplinary procedures.

The league coordinators, with the support of the members of the Board of Directors, have the power to suspend any player or team if they determine it's for the better interest of the AUM and its members.

The team captains have the responsibility of communicating every instruction of this policy to each of their players. Failure to know these rules does not constitute a valid excuse to not apply them.

1. Code of conduct

All members of the AUM are responsible for their actions on the field and during official AUM activities.

a) Expectations

It is expected of players and teams :

- that they treat other players with respect
- that they demonstrate proper behaviour on the fields

- that they play in a safe manner while avoiding physical contact at all times
- that they adhere to the rules of the game.
- that they act in the good interest of the AUM.

b) Violation

There is conduct violation when a player does not respect one of the expectations mentioned above. The violations include, but are not restricted to:

- verbal abuse or intimidation of another player
- physical violence
- inappropriate behaviour
- a dangerous or reckless play
- deliberate abuse of the rules (cheating)

c) Complaint procedure

Captains who wish to report an incident having occurred during a game can do so by completing an incident report during the transmission of the game results and spirit scores on the AUM's web site.

Players who wish to report an incident that occurred during a game should do so via their captain or co-captain in order to respect the line of communication.

2. Disciplinary directives

a) Conflict of interest

If there were a conflict of interest or appearance of conflict of interest for a member in charge of an incident, this member should withdraw themselves from this case and let the other members of the committee handle the case.

b) Possible disciplinary measures

Disciplinary measures that can be taken by the AUM against an individual or a team can go as far as but not be limited to:

- the absence of measures
- official warnings
- the cashing of the individual or team performance bond
- the modification of a team victory/loss
- the suspension of an individual or team
- the expulsion of an individual or team from the AUM
- any other sanction or procedure allowing the AUM to protect its interests or those of its members.

Each of these measures could be applied according to the severity of an isolated incident or a series of documented incidents.

c) Disciplinary authority

Many groups in the AUM have the power to impose disciplinary sanctions. The superior authorities can also act during appeal proceedings in a case where an individual or a team were to contest the sanction imposed upon them.

Here are the sanctions that each of these groups has the authority to impose on an individual or team. Each disciplinary decision requires the support of the majority of the members of the committee.

All disciplinary authorities have the power to impose the sanction of cashing the individual or team performance bond as well as to restrict the pre-registration right of a team.

1) Spirit Committee

The Spirit Committee has the authority to impose sanctions that can go as far as and include the suspension of an individual for up to five (5) games or of a team for up to three weeks.

2) Disciplinary Committee

The Disciplinary Committee has the authority to impose sanctions that can go as far as and include the suspension of an individual for up to seven weeks or of a team for up to five weeks.

3) Board of Directors

The Board of Directors elected by the members has the power to expulse a member or a team. The expulsion of a player or a team requires the support of at least 75% of the members of the Board of Directors. The player or team captain will be able to be heard during a meeting of the Board of Directors before this vote is taken.

d) Suspension

Suspensions against individuals will be imposed in number of weeks during which the player is suspended from all of the teams with those he/she is registered. Furthermore, games where an individual is suspended do not count as games played as far as the eligibility of this individual towards the End of Season tournament.

Games for which a team is suspended cannot count as a forfeit.

Suspensions can apply to a subsequent season; the first in which the sanctioned player is registered.

e) Application

A suspended player who would be caught playing would expose himself/herself to very severe sanctions for defying the authority of the league and its disciplinary authorities.

The captains of a team whose player is suspended will be warned of the suspension. A suspended player is suspended from all his/her teams. A captain who lets a suspended player play exposes himself personally as well as his entire team to severe sanctions.

3. Performance Bond

In the interest of the AUM members and in an effort to ensure the smooth running of its leagues, the AUM introduced a team and an individual performance bond. These are meant to be positive rather than punitive; the intention being to demonstrate the responsibility of all teams and players who join the AUM's leagues and tournaments.

a) Team Performance Bond

The AUM requires that all team who join the summer league submit a cheque for \$100 in addition to their team fees. This \$100 cheque represents the collective performance bond : it will be held, NOT cashed, unless one of the following infractions takes place:

- a sanction by a disciplinary authority imposes the caching of the team performance bond
- a team receives two Red discs:
 - the team forfeits twice during the regular season (forfeiting during the kick-off or end of season tournament will count as a regular season forfeit) For each forfeit, the team will receive one Red disc
 - omitting to submit the score of a game 48 hours after the beginning of a given game will result in one Yellow disc. Two Yellow discs are equivalent to one Red disc.
 - the captain or team representative who misses or of the mandatory captains' meetings will get one Red disc
- the team or one of its members is expelled from the league
- the team or one of its members demonstrated inappropriate behaviour which seriously tarnish ultimate or the AUM
- the team or one of its members failed to respect the field use policy
- a game is played on a field other than the one scheduled without prior approval of the Divisional Coordinator.

A team that loses its collective performance bond **will lose its pre-registration right for the following summer season.** Furthermore, the team will not be readmitted to the league for the current season unless it submits a second performance bond of \$200. The second performance bond is subject to the same conditions as the original performance bond except for one aspect: a third forfeit in the regular season will be immediate cause for loss of the second collective performance bond and the team will be expelled from the league.

NOTE : All complaints against a player or team will be revised and evaluated by the Spirit Committee, the Disciplinary Committee and/or the Board of Directors. They will take into account the testimonies of the team's representatives and, if deemed appropriate, the player(s) involved, before a sanction is reached.

b) Individual Performance Bond

Issuing an individual performance bond is one of the sanctions imposed by a disciplinary authority. It consists of issuing a \$50 cheque to the AUM as a first individual performance bond in order to return to play in the AUM. This cheque will be held, NOT cashed, unless another sanction is imposed on this player. If a second sanction is imposed on this player, the player will lose their first individual performance bond. In this case, the player will issue a \$100 cheque to the AUM as a second individual performance bond in order to return to play in the AUM. This second performance bond is subject to the same conditions as the previous one. If other sanctions are imposed on this player, the Disciplinary Committee or the Executive Committee, with the support of the AUM's Board of Directors, will suspend the player for the season and the player will lose their second individual performance bond. The player's team will lose its collective performance bond.

A player having lost his/her first individual performance bond during a season will have to submit a cheque for \$50 to the AUM as a first individual performance bond during the next season's registration. As well, a player having lost his/her second individual performance bond during a season will have to issue a \$100 cheque to the AUM. This cheque will be held, NOT cashed, unless another sanctions are imposed on this player.

The individual and collective performance bonds will be cashed ONLY if there are sanctions against a player or a team. The cheques will be destroyed or returned to the issuer according to their wish once the current season is over.

c) Final thoughts

Please note that the collective and individual performance bonds were implemented in order to maximize the joy of playing ultimate in the AUM.

Teams who forfeit a game harm the league by taking away another team's right to play a game as scheduled. The lack of sportsmanship and conduct violations are unacceptable and ruin the game for all players. Inappropriate behaviour and lack of respect for the field use policy are unacceptable and can cause the loss of the right to use fields for the entire league. Unfortunately, actions committed by a few players can have a serious impact on the league. The AUM takes its responsibility to ensure the well-being of its members seriously and created the collective and individual performance bonds accordingly.

Without prejudice: Notwithstanding these disciplinary directives, the AUM holds the right to take all measures at its disposition in order to promote or protect its interests or that of its members.

VII. Rules Education Program

With the influx of so many new players every year, it is becoming more and more difficult to be able to educate all of them simultaneously on the rules of the game and the concept of the Spirit Of The Game. The AUM continues to rise up to this challenge by making as many resources as possible available to its members.

In the past, the AUM would give each member a free official rules book and ran rules clinics for the captains and co-captains. Many additional programs have been added to the schedule over the years, such as the mentoring program, the captains Hat tournament, the rules clinics open to everyone, and the educational rules program.

a) Mentoring program

The AUM has put into place a mentoring program in order to facilitate and improve the assimilation of new teams and players into the league. The goal of this program is to promote the rules and the principles of Ultimate as well as the Spirit Of The Game and to help new players adapt to their new sport.

What is expected from the mentors is as follows:

- That they be present for a minimum of five (5) of the first ten (10) games of the season. (please note: an

organized practice can be considered equivalent to a game by the mentor)

- That they are there to help the team and the captain in a constructive manner
- That they respect all members of the team, including being aware of their strengths and weaknesses and their limitations.

In return, the teams being mentored are expected to:

- Respect their mentor, regardless of their age and sex.
- Accept their experience, their point of view, their opinions and suggestions
- Participate actively in the practices, drills and scheduled games.

It is important to mention that the mentors are volunteers and they are participating in the mentoring program because they want to share their experience with others, especially new players.

b) Rules Education Program

Rules clinic:

The AUM offers to all new players a rules clinic so that they can familiarize themselves with the basic Ultimate rules. During this clinic, copies of the 11th edition of the UPA rules will be distributed free of charge. The AUM encourages all players to have on hand this rulebook at all times and to read it through at least once.

Theoretical clinic:

The AUM offers to all its intermediate and advanced players a theory clinic on the different offensive and defensive strategies. The captains will be able to learn and to understand the strategies that can help their team progress towards victory!

Players clinics

The AUM offers four players clinics, which are open to all AUM members, from beginners to advanced players. The essential techniques will be demonstrated: the throws, the catches, the offensive movement and the defensive positioning. During these clinics, there will be competitive Ultimate players on hand who will be able to help participants on an individual basis.

Ultimate Rendez-Vous

New in 2010, the traditional Sunday Ultimate pick-up games will now include a babysitting service and will be led by an animator. Come practice your throws and techniques in the presence of experienced players who will be able to advise you if you have any questions. Moms and Dads, take advantage of our babysitting service: your children will be well attended to while you play!

VIII. Practical guide

a) Game Checklist

At each game, the team captain should bring the following :

- Rules Book (UPA 11th Edition)
- Cones and discs
- Captain's Handbook
- Ice pack(s)
- Map of fields (Douglas, McGill, etc.) (see Directions to fields under Leagues on AUM website)
- First aid kit
- Field Permit (Concordia, Jarry, etc.) (PDF file in Directions to fields under Leagues)
- Garbage bag(s): leave field cleaner than when you arrived
- Pen & paper with clipboard (planning strategies / writing cheer, keep track of the score)
- Phone numbers of AUM contacts and team players
- Anything else you can think of (ex. post-game treats)

b) Chain of Communication and Contacts

To help ensure smooth operations and dispersal of information, please note the following Chain of Communication for the AUM:

Player ⇔ Team Captain ⇔ Divisional Coordinator ⇔ League Night Coordinator ⇔ League Manager ⇔ Executive Director ⇔ Board of Directors

c) General Contacts

AUM Website www.montrealultimate.ca
AUM Office: 2194, De LaSalle, suite 210, Montreal, H1V 2K8
Tel. : (514) 303-4048

General Manager : Jean-Lévy Champagne
514-609-9032 (cell)
jl.champagne@montrealultimate.ca

Project Manager : Christiane Marceau
514-965-4605 (cell)
c.marceau@montrealultimate.ca

d) League & Division Coordinators

Monday Night League

Monday Night League Coordinator: monday@montrealultimate.ca
A/B Division Coordinator: monday-ab@montrealultimate.ca
C/D Division Coordinator : monday-cd@montrealultimate.ca
E/F Division Coordinator : monday-ef@montrealultimate.ca

Tuesday Night League

Tuesday Night League Coordinator: tuesday@montrealultimate.ca
A/B Division Coordinator : tuesday-ab@montrealultimate.ca
C/D Division Coordinator : tuesday-cd@montrealultimate.ca
E/F Division Coordinator : tuesday-ef@montrealultimate.ca

Wednesday Night League

Wednesday Night League Coordinator:
wednesday@montrealultimate.ca
B/C/D Division Coordinator : wednesday-bcd@montrealultimate.ca
E/F Division Coordinator : wednesday-ef@montrealultimate.ca

Thursday Night League

Thursday Night League Coordinator: thursday@montrealultimate.ca
A/B Division Coordinator : thursday-ab@montrealultimate.ca
C/D Division Coordinator : thursday-cd@montrealultimate.ca
E/F Division Coordinator : thursday-ef@montrealultimate.ca

Spirit Committee

Spirit Coordinators: spirit@montrealultimate.ca

Mentoring Program

Mentoring Program Coordinator: mentoring@montrealultimate.ca

Rules – UPA and AUM League Rules

The Rules Guy: rulesguy@montrealultimate.ca

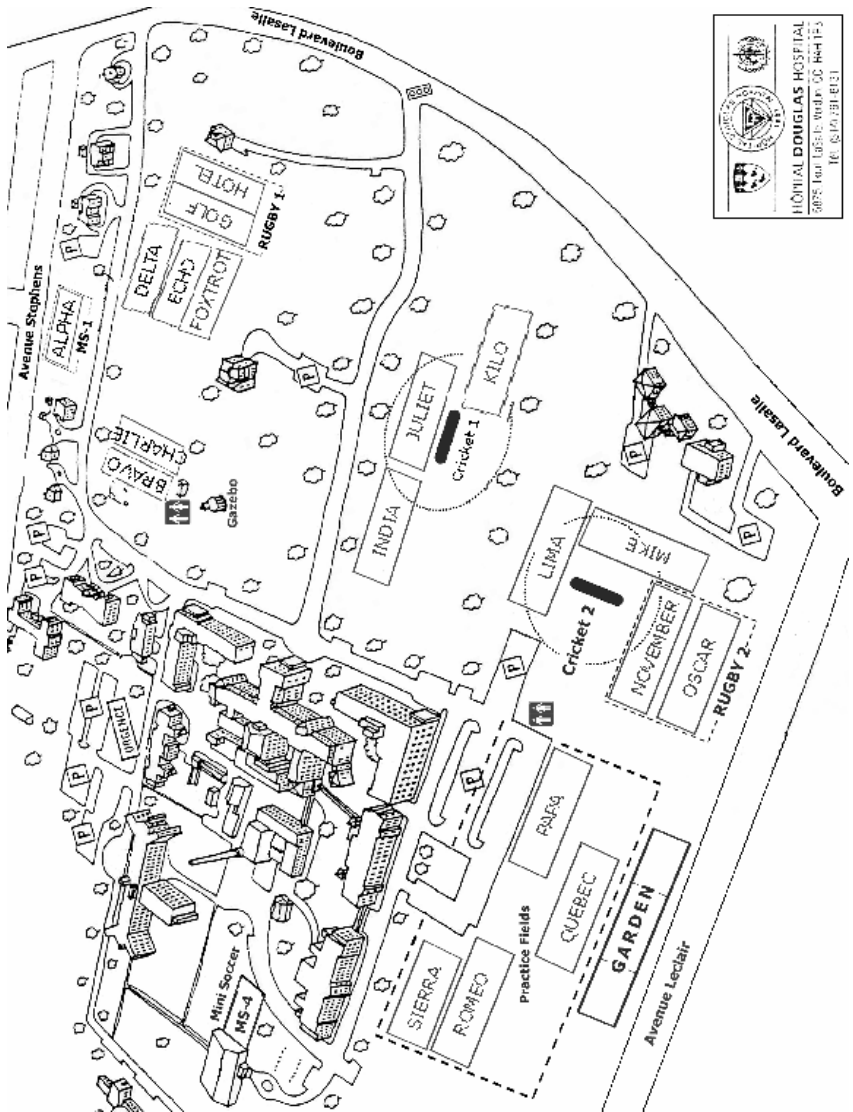
e) Directory of your players:

To help you out, we are providing this space to make note of important information about your players. Bring this directory to games with you, it might come in very handy!

Player / Sub	Phone / email
1.	
2.	
3.	
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11.	
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13.	
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IX. Maps

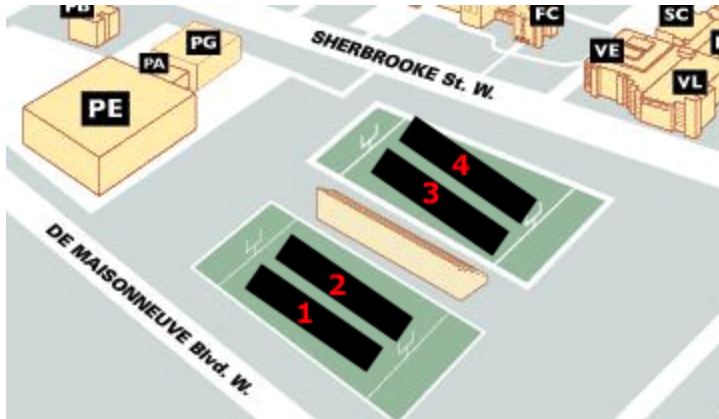
A. Douglas Hospital



B. Molson Stadium (McGill)



C. Concordia



D. Parc Maisonneuve



E. Bois-de-Boulogne (Laval)

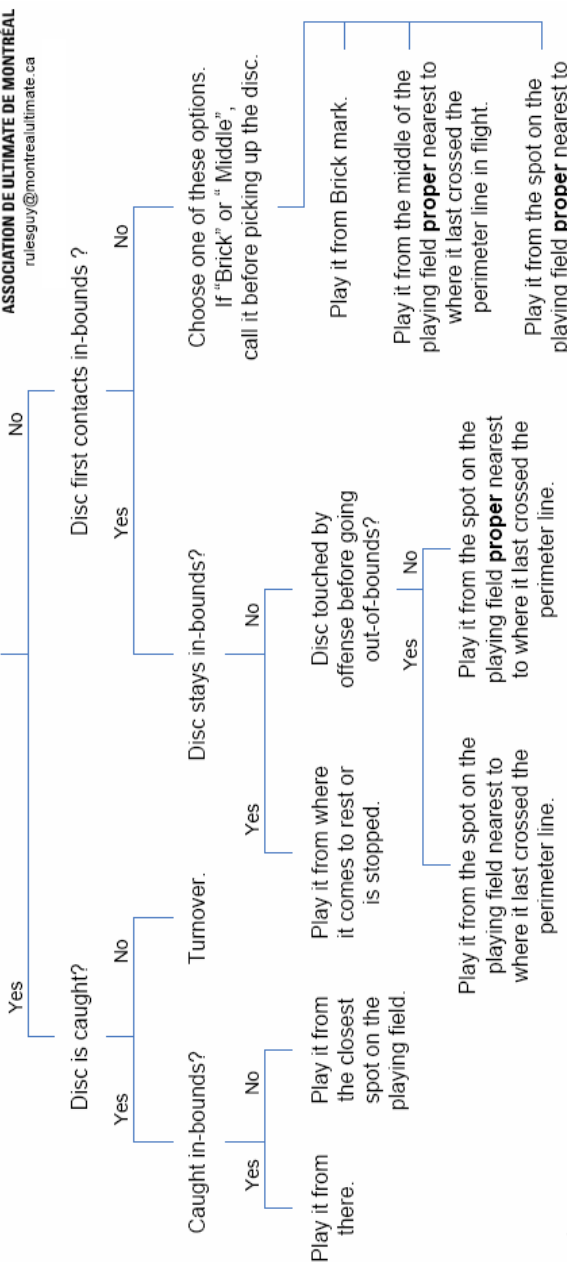


XI. Visual Rules



Pull

Disc is touched by receiving team while in the air?



Notes:

- 1/ The end zone is considered in-bounds. (See IX.A. & III.A.)
- 2/ The playing field **proper** is the playing field excluding the end zones. (See III.B.)
- 3/ Only an offensive player can touch the disc while it is in the air. (See VIII.B.5.)
- 4/ Any player can stop a rolling/sliding disc after it lands. (See XVI.E.)
- 5/ Brick mark is 18 meters from the goal line and in middle of field.
- 6/ There is no stoppage of play and no check when putting the pull into play. If the disc is to be put into play at a location other than where possession was gained, the thrower starts play by touching the disc to the ground where the disc is to be put into play. (See VIII.B.10.)
- 7/ If either team fails to maintain proper positioning before the pull, the other team may call "offsides" and a re-pull ensues. (See VIII.B.4.d.)

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Visual Rules created by Vincent Driest and Lorne Beckman

Pick

Pass attempted?

Yes | No

Pass completed?

Yes | No

Turnover.
Play on.

Defensive effort affected by the pick?

Yes | No

Back to thrower.

Players return to the location occupied at the earlier of the time of the call or the throw.

Picked player recovers relative position lost because of pick.

Play stops.

Receiver retains the disc.

Players return to the location occupied when play stopped.
Picked player recovers relative position lost because of pick.

Play stops.

Players return to the location occupied at the time of the call.
Picked player recovers relative position lost because of pick.

Notes:

- 1/ Play stops when the thrower acknowledges that an infraction has been called. If the thrower fails to acknowledge the call and attempts a pass, play continues until the outcome of that pass is determined. (See XVI.C.)
- 2/ The thrower must stop play by visually or audibly communicating the stoppage as soon as they are aware of the call. (See XIX.F.)
- 3/ Before the check: if no pass is thrown, players return to the location occupied at the time of the call. If the result of a pass stands, players return to the location occupied when play stopped. If the disc goes back to the thrower, players return to the location occupied at the earlier of the time of the call or the time of the throw. (See XVI.C.4.)
- 4/ "Defensive effort affected by the pick?": An infraction affected the play if an infraction player determines that the outcome of the specific play (from the time of the infraction until play stops) may have been meaningfully different absent the infraction. (See XVI.C.3.)
- 5/ "Count reached": The last number uttered by the marker before the time of the call. All stall counts resume with the word "stalling". (See XIV.A.5.)
- 6/ In a "play on" situation, players should call "play on".

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Throwing Foul

Pass attempted?

Yes | No

Called by **Thrower** or **Marker**?

Foul occurred **Before** or **After** start of throw?

Pass completed?

Yes | No

Turnover
Play on.

Back to thrower. Check.

Contested : Count reached + 1, or 6 if over 5.

Uncontested : Stalling 1.

Pass completed?

Yes | No

Turnover
Play on.

Back to thrower. Check.

Contested : Count reached + 1, or 6 if over 5.

Uncontested : Stalling 1.

Pass completed?

No | Yes

Turnover.
Play on.

Back to thrower. Check.

Contested : Count reached + 1, or 6 if over 5.

Uncontested : Count reached + 1, or 9 if over 8.

Play stops.

Contested:

Count reached + 1, or 6 if over 5.

Uncontested by Thrower:

Count reached + 1, or 9 if over 8.

Uncontested by Marker:

Stalling 1.



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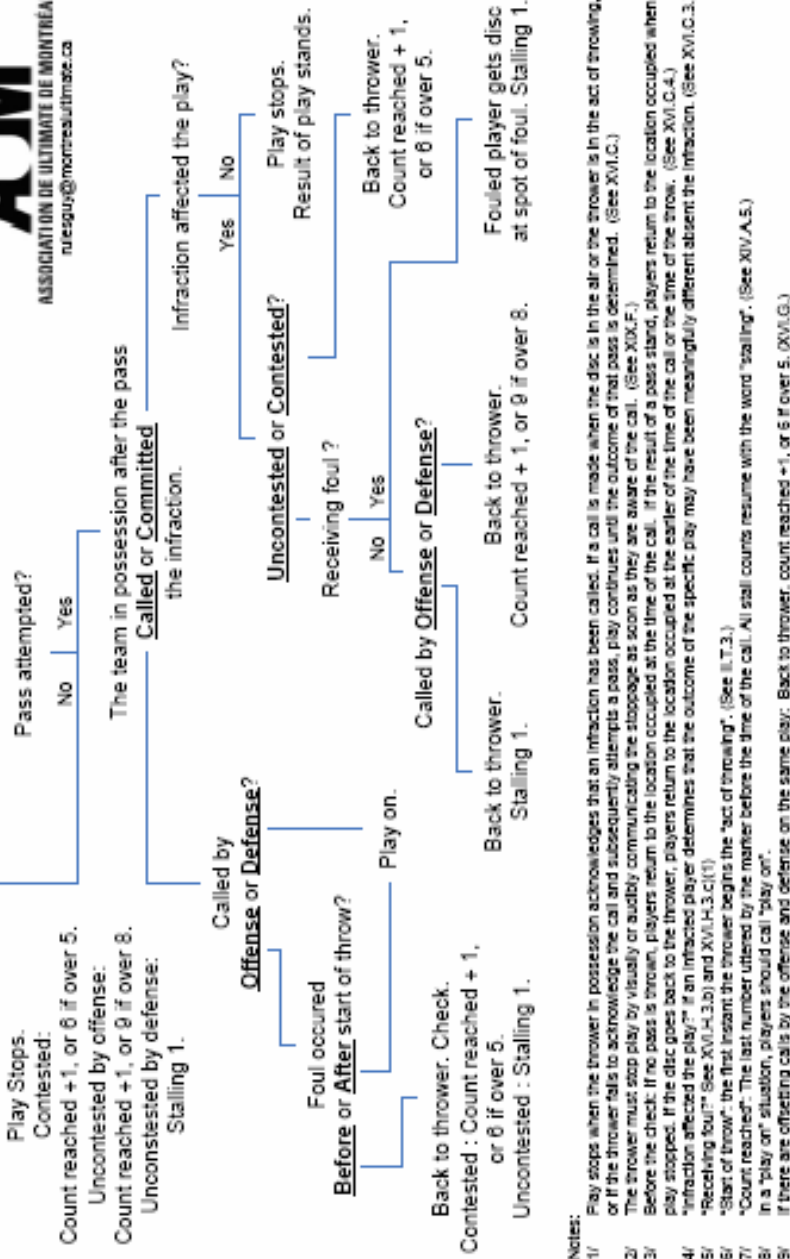
Notes:

- 1/ Play stops when the thrower acknowledges that an infraction has been called. If the thrower fails to acknowledge the call and attempts a pass, play continues until the outcome of that pass is determined. (See XVI.C.)
- 2/ Before the check: Players return to the location occupied at the earlier of the time of the call or the time of the throw. (See XVI.C.4.)
- 3/ "Start of throw": the first instant the thrower begins the "act of throwing". Pivot and wind-ups are not part of the "act of throwing". (See II.T.3.)
- 4/ "Count reached": The last number uttered by the marker before the time of the call. All stall counts resume with the word "stalling". (See XIV.A.5.)
- 5/ If there are offsetting calls by the offense and defense on the same play: Back to thrower, count reached + 1, or 6 if over 5. (See XVI.G.)
- 6/ In a "play on" situation, players should call "play on".

Non-Throwing Foul



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 nucsouy@montrealultimate.ca



- Notes:**
- 1/ Play stops when the thrower in possession acknowledges that an infraction has been called. If a call is made when the disc is in the air or the thrower is in the act of throwing, or if the thrower fails to acknowledge the call and subsequently attempts a pass, play continues until the outcome of that pass is determined. (See XVI.G.)
 - 2/ The thrower must stop play by visually or audibly communicating the stoppage as soon as they are aware of the call. (See XIX.F.)
 - 3/ Before the check: If the pass is thrown, players return to the location occupied at the time of the call. If the result of a pass stand, players return to the location occupied when play stopped. If the disc goes back to the thrower, players return to the location occupied at the earlier of the time of the call or the time of the throw. (See XVI.C.4.)
 - 4/ "infraction affected the play?" If an infraction player determines that the outcome of the specific play may have been meaningfully different absent the infraction. (See XVI.C.3.)
 - 5/ "Receiving foul?" See XVI.H.3.B) and XVI.H.3.C)(1)
 - 6/ "Start of throw": the first instant the thrower begins the "act of throwing". (See I.T.3.)
 - 7/ "Count reached": The last number uttered by the manner before the time of the call. All stall counts resume with the word "stalling". (See XIV.A.5.)
 - 8/ In a "play on" situation, players should call "play on".
 - 9/ If there are offending calls by the offense and defense on the same play: Back to thrower, count reached +1, or 6 if over 5. (XVI.G.)

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