

# Captains' Training

TCUL 2023 Summer League

# Why Training?

- Outline expectations for Captains as league leaders
- TCUL Board aims to provide resources and support to volunteer Captains
- Present ideas and discussions from participant and Captain surveys
- Deliver a positive and more consistent experience to players across leagues



# Myths about Captains

#1: The Captain has to do everything, be the best player on the field, know every rule, and lead the team to victory.

#2: The Captain's only responsibility is to find subs, when needed.

*In reality: TCUL Board looks to Captains to be leaders on the field, ensuring each player feels welcomed, convey league expectations, report issues to the Board, monitor future attendance & find subs as needed, enter game scores, and lean on other resources for questions and support.*

# What is a Team Captain responsible for? (some nuance)

<b>Assumption</b>	<b>Reality</b>
Draft a Team	Leagues can be drafted by Captains or the Board facilitates a hat draft (balanced teams created based on player rankings at registration)
Create on-field strategy	Share ideas and knowledge, but also encourage and consider suggestions from others
Teach players to play	If players want help, provide guidance or delegate assistance to other knowledgeable players
Resolve on-field disagreements	Encourage players to respectfully discuss a call and appropriate resolution. De-escalate a situation if you can, but never put yourself in an unsafe situation, defer to notifying the Board. Convey rules if known, or seek rules knowledge from others.
Make the game-winning plays	Spread opportunities amongst the team

# What is a Team Captain responsible for? (bare minimum)

Track and plan for player attendance; seeks subs as needed (ask for help!)	Yes
Make all players feel welcomed on the team	Yes
Help players resolve conflicts effectively and respectfully (de-esalate problem scenarios), per the Spirit of the Game and league Code of Conduct. Report issues/observed behavior to the TCUL Board	Yes
Ensure fair playing time for all players and address poor team dynamics	Yes
Set a tone for appropriate recreational play	Yes
Bring the First Aid kit, Cones and Game Disc (provided by the Board). Flip for game start (or delegate to a teammate)	Yes
Enter game scores via Sports Engine app	Yes

# In a nutshell, what is a Team Captain's role?

They coordinate the team to work towards the following goals:

- Create a fun atmosphere for the entire team
- A functioning league (sufficient number of players each week, log a win/loss)
- Foster community and Spirit of the Game
- Ensure fair playing time
- Overall: create a positive experience that encourages players to return to the league next year

This is accomplished through communication and looking to the Board for help!

# Finding Subs

- Historically, this has been a frequent complaint amongst Captains
- Finding subs is **NOT** an excuse to find/play ringers. Subs are supposed to be roughly equivalent talent to the replaced player(s).
- 2023 requirements: the opposing Captain and TCUL Board and/or League Committee must be notified of a proposed substitution player at least 24 hrs prior to an event (whenever possible). Email sent to [TwinCitiesUltimate@gmail.com](mailto:TwinCitiesUltimate@gmail.com)
  - Subs must create a TCUL account and sign the [required online waivers](#).
- You can post to Facebook page “twin cities ultimate league (TCUL) sub community” when looking for subs. Seek help/sub ideas from your teammates, other Captains, and/or the TCUL Board.

# Look at future attendance and plan ahead for subs

TCUL Summer Attendance 2023\_Template

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	A	B	C	D	E
1	Gender-matching	Name	Thurs 5/25/23 Blaine NSC	Thurs 6/1/23 Blaine NSC	Thurs 6/8/23 Blaine NSC
2		Add field #s once schedule is known --->	Game @ 6:45 pm Field #	Game @ 6:45 pm Field #	Game @ 6:45 pm Field #
3	F	Ann	Yes	No	
4	F	Barb	No	Yes	
5	F	Carly	Yes	Yes	
6	F	Diane	Yes	Yes	
7	F	Elizabeth	No	Yes	
8	F	Frannie	Yes	Yes	
9	F	Grace	Yes	Yes	
10	F				
11	F				
12	M	Andrew	Yes	No	
13	M	Brian	Yes	Yes	
14	M	Chris	No	Yes	
15	M	Dan	Yes	Yes	
16	M	Emil	No	Yes	
17	M	Frank	Yes	Yes	
18	M	Geoff	Yes	No	
19	M	Henry	No	Yes	
20	M	Igor	Yes	Yes	
21					
22		<b>Total FMP</b>	<b>5</b>	<b>6</b>	<b>0</b>
23		<b>Total MMP</b>	<b>6</b>	<b>7</b>	<b>0</b>
24					

Communicate with your team (e.g., attendance, team jersey color, field #, etc.):

- Use the SportsEngine App
- Copy player emails from your team roster on the website.

<Optional> use a Google Spreadsheet (save a copy of this [Template](#)) and remind teammates each week to keep this updated.

- Identify games with low turnout and start looking for sub help (ask teammates, Board for help recruiting!)
- Subs can be used to bring co-ed team personnel up to 6 male-matching and 6 female-matching participants for each event (up to 9 male-matching for men's league).
  - A reminder to notify opposing Captain and TCUL Board in advance. Subs must complete online waivers prior to playing.



# General Tenets of League Play

- Summer co-ed leagues default to a standard 4:3 ratio (male-matching: female-matching), unless limited by subs or injury.
  - Prior to game start, Captains can agree to an established “genzone” and either play a 4:3 or 3:4 ratio (dictated by team in that endzone, each point), assuming both teams have at least 2 subs for each matching gender.
- Games are played to 15, win by 2 up to 17, or until hard cap time is reached
  - 100-min time cap is fairly common; consider sunset timing to ensure sufficient visibility.
  - Once hard time cap is reached, finish the point in progress. If tied, play one more point.
- Halftime occurs when one team reaches 8 or a halftime cap is reached (e.g., 50 min), add 1 to the top score and that becomes the new halftime target.
  - Halftime break is limited to 10 minutes, unless otherwise agreed upon by opposing Captain(s).
- Flip for game start; determine which team is pulling (i.e., defense) and from which endzone. Following halftime, the opposing team will pull from that same endzone.

# General Tenets of League Play (continued)

- Substitution Rules: Captains can seek subs to bring their team personnel up to 6 male-matching and 6 female-matching participants for the event.
  - Captains must notify opposing Captain and the Board/League Committee of subs at least 24 hours before the event, whenever possible. Prior to playing, subs must complete the online waivers and create a TCUL account.
  - Captains should seek skill equivalent subs for their replaced player(s)
- Players should bring a dark jersey and a white jersey (no grey, or light blue)
  - Captains may coordinate a single color for their team and communicate to opposing Captains in advance, using the Captains chat in Sports Engine or via email.
- Timeouts: each team is allowed 2 timeouts per half. No timeouts are allowed after hard cap.
  - Timeouts are called by the player in possession of the disc. Equipment and injury timeouts can be called by any on-field player, at any time.
  - Timeouts should be limited to 70 seconds.

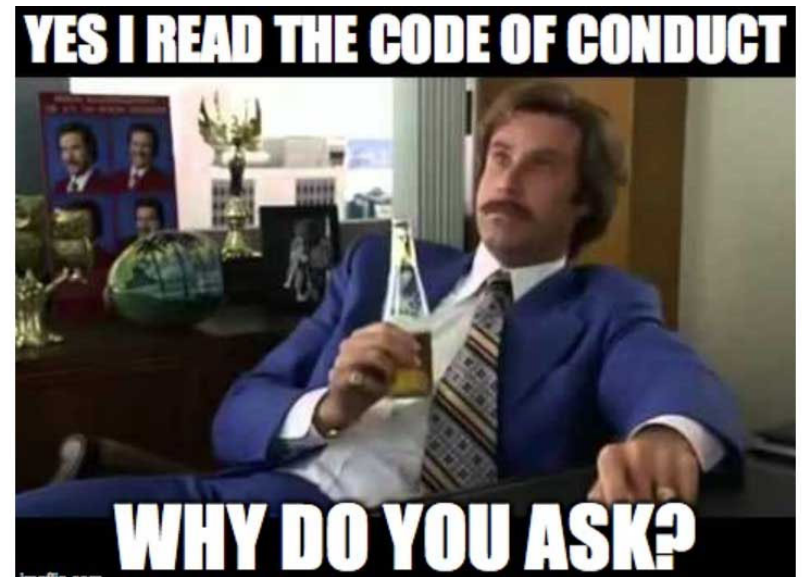
# Code of Conduct (this is a Rec league)

Outlined on the TCUL website [here](#). Every player is required to read it and agree to its terms. (Part of the waiver)

There are consequences to violating the Code. Follow the Code requirements and notify the the Board of incidents or issues.

Communicate expectations to teammates and opposing Captains.

**The TCUL Board is here to help!!**



# Code of Conduct - what's in it

Each league has players with a variety of skill levels:

- Everyone should get playing time,
- No-one should be ridiculed for their skill level

Co-ed leagues have players of more than one gender:

- Players should play the game cooperatively with players of all genders
- Disrespectful speech is not welcome

Safe game play is a priority for all players in all leagues

# Problem Players

As league leaders, Captains are expected to address problem players on their own team (engage Board help as needed), and work with the Captains of other teams to deal with problem players on other teams. Examples:

- Big arguments or temper blow-ups (on or off the field)
- Causing a dangerous play
- Pattern of semi-dangerous plays
- Being disrespectful (tone, comments, actions) towards other players
- Narcissist / self-appointed hero
- Notify the TCUL Disciplinary Committee of any incidents via email at [TCULPlayerReporting@gmail.com](mailto:TCULPlayerReporting@gmail.com)

# 2022-2023 Official Rules of Ultimate

- TCUL games are played under the USAU's 2022-2023 Rules, available online at: <https://usultimate.org/rules/>
  - Exceptions to highlight: 1) Brick is 15 yards at Blaine NSC and SPA fields, and 10 yards at Lake Nokomis fields, and 2) Players can call equipment timeouts, as needed.
- TCUL players are expected to play with a level of inclusiveness beyond what is expected by the USA Ultimate Conduct Policy. TCUL leagues are **recreational leagues** that strike a balance between a competitive and teaching atmosphere, adhering to the Spirit of the Game.
  - We encourage all players to read and know the rules, however, we recognize there are varied skill levels and familiarity with the rules. Thus, we look to Captains and other league leaders to help determine the appropriate continuation of play.

# 2022-2023 Official Rules of Ultimate

- These rules describe how the game is played, including how players self-officiate and apply the principles of Spirit of the Game in competition. It is assumed that no player will intentionally violate the rules, and the [Continuation Rule](#) (17.C) outlines a method for resuming play in a manner that simulates what most likely would have occurred absent the infraction.
- In Ultimate, an intentional infraction is considered cheating and a gross offense against the spirit of sportsmanship. Often a player is in a position to gain an advantage by committing an infraction, but that player is morally bound to abide by the rules.
- **The integrity of Ultimate depends on each player's responsibility to uphold the Spirit of the Game, and this responsibility should remain paramount.**

# Spirit of the Game

- Ultimate stresses sportsmanship and fair play. Competitive play is encouraged, but never at the expense of respect between players, adherence to the rules, and the basic joy of play.
  - Discussion is encouraged following a rules call, not only to determine how play should continue following the stoppage, but also for shared learning. However, tone is important and respect should be shown towards all players.
  - There are 14 “referees” on the field. When a call is made, defer to the player with the best perspective. If best perspective cannot be agreed upon, the disc is returned to the thrower and put into play with a person-check with the count reached plus one (not exceeding stall 6).
  - Players may seek the perspective of sideline players to clarify the rules and to assist players in making the appropriate call. A sideline player may offer perspective without being asked by a player if the perspective offered is to the detriment of the sideline player’s team.



# 2022-2023 Official Rules of Ultimate (highlights)

- The field of play is 40-yds wide by 70-yds long, plus 20-yd long endzones
- Lines are out (perimeter lines and goal lines)
  - First point of contact vs. dragging feet or straddling
- If the disc is caught in the endzone and recognized by any player on the field, it's a score (regardless if thrown away)
- When a violation or foul is called, play stops and each player must come to a stop as quickly as possible. Before restarting play, all players must assume the location on the field specified by the rule that covers that specific stoppage of play and remain there until play is restarted.
  - A player's ability to catch or make a play on the disc is not considered to be affected because that player stopped, slowed down, or otherwise ceased to continue playing because a call was made by another player. Players are encouraged to make every effort to continue playing (i.e., catch the disc) until play actually stops.

# 2022-2023 Official Rules of Ultimate (highlights)

- Prior to the pull, players may move anywhere in their end zone, but not past the goal line until the disc is released. Signal readiness by raising an arm.
- After a pull, the disc is put into play where it was caught or came to rest, or at the spot nearest to where it exited the playing field (rolling). If a disc never made contact with the field before exiting, it is placed in play in the center of near the point it exited, or a central marker (brick) if it left the end zone. (9.B)
- A disc can be put into play after exiting the playing field or after a stoppage of play through a ground check by the offensive player or offering the disc to a defensive mark, who taps the disc and says “disc in”. (9.D)
- If offensive and defensive players catch the disc simultaneously, the offense retains possession. (16.D)

# Marking

- The mark (15.A): A player on the team without possession is within 10ft of and moving/reacting to the thrower. Counting from "Stalling 1" to "10" in one second, or longer, increments.
  - The word stalling must be said at the beginning of any stall count, but "stalling" does not need to be said between numbers after 1.
  - Double team (15.B.2): If another defensive player other than the mark is within 10ft of an isolated thrower. However, merely running across this area is not a double team.
- Disc space violations (15.B.3):
  - If any part of the mark is less than a disc-width away from the torso of the thrower; or
  - A drawn line between any two extended parts of the mark's body would intersect with the disc space of the thrower, as determined by the pivot foot (e.g., straddling, wrapping).



# Picks

- A pick occurs whenever an offensive player moves in a manner that causes a defensive player guarding an offensive player to be obstructed by another player. Obstruction may result from contact with, or the need to avoid, the obstructing player.
- A pick can be called only by the obstructed player and must be announced by loudly calling pick immediately when it occurs.
- The obstructed player is then allowed to move to recover the relative position lost because of the pick.
  - Disc returned to thrower if the defensive player would have been able to make a play on the disc, if the pick hadn't occurred. Otherwise, up to 1 continuation throw allowed.
  - A pick call cannot be contested but can be discussed by players (i.e., was defender within 10-ft and moving in reaction to the offensive player?)

# Violations and Fouls

- It is the responsibility of all players to avoid contact in every way possible.
- A foul can be called only by the fouled player and must be announced by loudly calling “foul” immediately after it occurs. Similarly, an infraction can only be called by the team not responsible for the infraction.
  - A foul can only occur with involvement by an opposing player (i.e., contact between teammates is not a foul, but could be seen as a dangerous play and should be taken seriously).
  - The stall count is returned to zero following an uncontested foul. A violation also returns the stall count to zero.
  - A player called for an infraction may contest that call if that player believes the infraction did not occur. The stall count resumes at one higher than the previous number said, but no higher than 6.
- Any time an infraction is called, the [Continuation Rule](#) (17.C) applies.

# Continuation Rule (17.C)

The USAU Rules provide detailed guidance on how to resume play after each given infraction. However, a general understanding of the [Continuation Rule \(17.C\)](#) can quickly guide an appropriate restart of play during the game:

- Play stops when the thrower 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 (e.g., disc is caught or results in a turnover).
- If the involved players on both teams agree that the infraction did not affect the outcome of the play, play stops and the result of the play stands. Example:
  - A pick is called by a defensive player not guarding the receiver; the receiver maintains possession of the disc and the defensive player catches up to their target before play resumes.
- In general, play should resume in a manner such that the team said to have violated the rules is not gaining an advantage from the infraction that occurred. Example:
  - While in the act of throwing, a marking foul occurs; if the throw results in a turnover, the disc should be returned to the thrower vs. a caught disc should remain where it is (i.e., “play on”)

# Violations and Fouls (continued)

- Throwing Fouls (17.I.4.a): In general, any contact between the thrower and the extended (i.e., away from the midline of the body) arms or legs of a marker is a foul on the marker, unless the contacted area of the marker is completely stationary and in a legal position.
- Blocking Fouls (17.I.4.c): When the disc is in the air a player may not move in a manner solely to prevent an opponent from taking an unoccupied path to the disc and any resulting non-incident contact is a foul on the blocking player which is treated like a receiving foul.
- Strip (17.I.4.d): If a foul causes a player to lose possession of the disc, it is a strip. A strip is a subset of fouls and is treated the same way.
  - Possession is defined as “sustained contact with, and control of, a non-spinning disc” ... thus, it’s important to determine whether a turnover resulted from a foul or if the disc was defended legally prior to possession by the offensive player.

# Violations and Fouls (continued)

- Receiving Fouls (17.I.4.b): If a player contacts an opponent while the disc is in the air and thereby interferes with that opponent's attempt to make a play on the disc, that player has committed a receiving foul. Some amount of incidental contact before, during, or immediately after the attempt often is unavoidable and is not a foul.
  - The Continuation Rule applies: if the call is uncontested, the fouled player gains possession at the spot on the playing field closest to the spot of the infraction. If the foul is contested, the disc reverts to the thrower.
  - The Principle of Verticality: All players have the right to enter the air space immediately above their torso to make a play on a thrown disc. If non-incidental contact occurs in the airspace immediately above a player before the outcome of the play is determined (e.g., before possession is gained or an incomplete pass is effected), it is a foul on the player entering the vertical space of the other player.



## Dangerous plays (USAU Rules 17.1.1)

Actions demonstrating reckless disregard for the safety of or posing a significant risk of injury to fellow players, or other dangerously aggressive behavior

\*\* This is a BIG deal – not welcome in this league \*\*

Applies when any play resulted in risks which could have been avoided

“I had a play on it” is not an excuse to disregard the safety of another player

**No disc, no play, no game is worth a major injury, or even the chance of a major injury**

Captains are expected to communicate this to all players and reinforce it. Report any incidents to: [TCULPlayerReporting@gmail.com](mailto:TCULPlayerReporting@gmail.com).

# Expectations - Conflict - The big event

If there is an acute conflict or dangerous situation, the Captain's first responsibility is to try to de-escalate the situation, not ensure game success to their team.

\*but never place yourself in an unsafe situation.

Try to remove problem players from the situation.

Once the immediate situation is quieted, try to gather information, it is not your job to resolve all conflict(s) at once, focus on gathering opinions.

Report early, often, and encourage any player involved to do so, as well (email [TCULPlayerReporting@gmail.com](mailto:TCULPlayerReporting@gmail.com)). The TCUL Disciplinary Committee will follow-up with everyone involved and can help provide guidance for talking to your team after an incident, as appropriate.

Get help if you need it from a TCUL Board representative on-site

# Expectations - Conflict - The recurring problem

Not all problem players blow up or cause dangerous plays: repeated poor spirit, degrading sideline comments, or yelling at other players are a problem, and lead to a worse league experience for everyone.

Repeated small infractions are also actionable in the Code of Conduct.

Try to head off issues early (i.e., first few games of league). Talking to your whole team about game play expectations in advance can help improve everyone's experience. Each team should aim for equitable playing involvement (doesn't necessarily mean equal no. of throws/catches, but all players should have opportunities to contribute to team success). Sideline cheering is encouraged!

Report ongoing issues via email to [TCULPlayerReporting@gmail.com](mailto:TCULPlayerReporting@gmail.com)

## Problems in Co-ed play

- Dangerous plays have higher potential to occur (body mass difference, not seeing smaller players in the path)
- Offensive speech / attitude or gendered comments
- Constantly looking off non-male-matching players

All of the above are problems, they are all not welcome in our co-ed leagues

Per the Code of Conduct, which was agreed to by all players, actions are subject to consequences. Report any observed issues/incidents to the TCUL Disciplinary Committee at [TCULPlayerReporting@gmail.com](mailto:TCULPlayerReporting@gmail.com).

# Captains Expectations - Gender Issues

Captains should let the team know the expectation of appropriate co-ed conduct

Captains should watch for players / incidents of bad co-ed ultimate

- Steer players in a positive, inclusive direction
- Deal with acute problems by reminding players of the [Code of Conduct](#)
- Initiate disciplinary action where necessary (e.g., ask players to stay off field, until tempers cool), but never put yourself in an unsafe situation.
- Seek TCUL Board help or request assistance from teammates, if appropriate

Even if you don't hear a complaint, it doesn't mean there isn't/wasn't a problem.

# Sanctioning Policy - Code of conduct violations

Report incidents to the TCUL Disciplinary Committee via email:

[TCULPlayerReporting@gmail.com](mailto:TCULPlayerReporting@gmail.com)

Sanctioning Process enforced by player conduct committee

Appeals Process - Players may appeal sanctions; full TCUL Board will review

Special process if any board members are involved in an incident, or are involved as Captains

# Sanctioning Policy

First time violation: discussion with player(s) involved and their Captain(s)

Second violation in a year: infringing player(s) removed from the game

Third violation in a year: infringing player(s) barred from TCUL for one year

Egregious violations may accelerate this schedule

# Fun Social Media

- Team photo sharing is an option through SportsEngine
- TCUL is offering a stipend to a qualified (and interested!) photographer this summer
- Photo competition (submitted via Facebook) #TCULPlayoftheDay





# Captains – thank you for volunteering!

As league leaders, you have the power to influence and grow our Twin Cities ultimate community.

Your time and effort are greatly appreciated and contribute to the leagues' success!

The TCUL Board and league coordinators are here to help – please reach out with questions or issues that arise during the season.

- Email: [TwinCitiesUltimate@gmail.com](mailto:TwinCitiesUltimate@gmail.com)
- SportsEngine App – Captains channel

