

2018 Summer Captain's Meeting



Welcome!

- TUC Announcements
- Women's Committee Message
- League Details & Rules Updates
- NEW Policy – Harassment Policy
- Spirit Committee Message

- SOCIAL BREAK

- Any other TUC or Ultimate related questions?

TUC Announcements

- Review ENTIRE 2018 Captain's Permit Book
- Pay special attention to 'Important Dates' Page
 - TUC Summer League begins: May 21-24, 2018
 - Pick It Up Month: June 4-28, 2018 (new format!)
- Fall Outdoor and Indoor Leagues will be posted by the end of June; watch for some exciting new options!
- Youth Coaches Needed for Summer Leagues:
 - Contact Micheal at juniors@tuc.org

Women's Committee Message

- What is the TUC Women's Committee?

- Pick It Up! Month – NEW FORMAT!
 - 4:3 Women:Men for Entirety of Game
 - Monday Teams: June 4th
 - Tuesday Teams: June 12th
 - Wednesday Teams: June 20th
 - Thursday Teams: June 28th



League Details & Rules Updates

- First game will be posted approximately a week prior to season start; the following week, we post games 2 & 3
- Most games start at 6:45 pm (grass fields); some vary, so make sure to check schedule carefully and ensure games start within 15 minutes of start time
- Game end times on grass fields are variable due to darkness. Scheduled for 8:30 pm, but can play later if agreed to by both captain's **before** the start of the game; turf end times are fixed, so if still playing, hard cap in effect

League Details & Rules Updates

- Play until 17 points (unless agreed to by both captain's **before** the start of the game to play longer); have to win by 2, up to a maximum of 19 points
- Use field map features and permits
- **Bring your own cones to set up your end zone; have a system to keep score during the game; ENTER SCORES ASAP!**
- Great quality fields in rotation, so hopefully few rain-out weeks
 - Extra week (September 3-6, 2018) with which to reschedule

League Details & Rules Updates

- Rain Cancellations:
 - We update 'The TUC Rain Banner' at the top of the website DAILY (around 4:00 pm)
 - If games are CANCELLED, you will see it there, we will tweet (@torontoultimate) and post on our Facebook page
 - If games are RELOCATED, we will contact individual captain's as soon as we can
 - **If nothing is posted, games are on!**
 - Games cancelled by TUC are not to be played. This is **NOT** optional. Teams playing when games are cancelled will be sanctioned
 - Turf fields play in rain or shine

League Details & Rules Updates

- Incidents & Injuries:
 - Poor field conditions, injuries, dangerous play, fights, instructions from facility staff & use of our fields by non-TUC parties
 - What (type of incident), when (date), where (location), who (contacts), why (details)
 - Incidents with other groups – use SPIRIT, show field permits
 - Injuries – serious injuries (what happened) and/or related to field condition
 - TUC Player Participant Accident Coverage
 - Tick ‘I Have an Incident To Report’ in scoring section and provide details
 - Spirit Comments box for minor Spirit issues or Spirit compliments

League Details & Rules Updates

- Gender ratio is 4:3 (male:female) OR 3:4
 - Pick an end zone that is the choosing side, and that team selects the gender ratio. Please discuss before the game that teams have enough men/women to play with either ratio (play with Spirit).
 - Make sure to change the end zone at halftime (to account for weather, etc.) **
- Game Format:
 - UPA 11th Edition rules
 - It's in the rules, but please no JEWELLERY or CASTS – can injure yourself and others!!

NEW League Policy – Harassment Policy

- Board approved January 5, 2018
- The Toronto Ultimate Club (TUC) is committed to providing a sport and working environment in which all individuals are treated with respect and dignity. Each individual has the right to participate and work in an environment, which promotes equal opportunities and prohibits discriminatory practices.
- This policy applies to all employees as well as to all directors, officers, volunteers, coaches, athletes, officials, guests, and members of TUC. TUC encourages the reporting of all incidents of harassment, regardless of who the alleged offender may be.
- This policy applies to harassment which may occur during the course of all TUC business, activities, and events. It also applies to harassment between individuals associated with TUC but outside TUC business, activities or events, including club-sanctioned social events, when such harassment adversely affects relationships within TUC's work and sport environment.

NEW League Policy – Harassment Policy

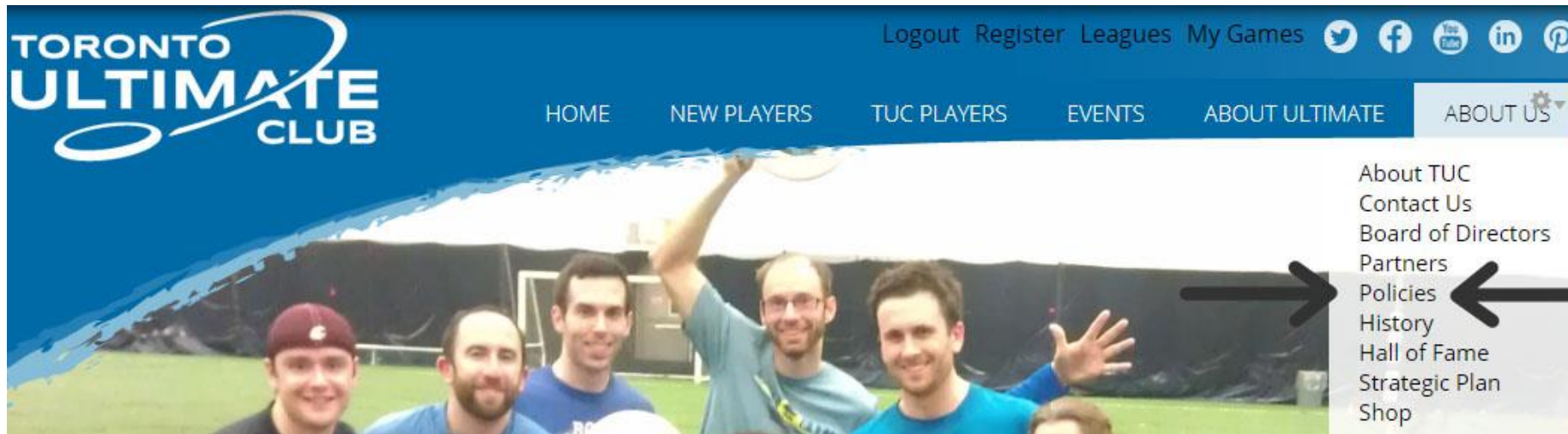
- *If there is a team or player that for whatever reason you don't feel comfortable playing for/with, please let us know and we will assist you; and*
- *If you feel uncomfortable talking to your Team Captain, please contact your appropriate convenor. Their names and emails are:*

2018 SUMMER League Convenors

Monday - West	Andrew Guzzwell	summer-monday-west@tuc.org
Monday - East	Calvin Ho	summer-monday-east@tuc.org
Tuesday - West	Michael Pezzack	summer-tuesday-west@tuc.org
Tuesday - East	Kevin Vigar	summer-tuesday-east@tuc.org
Wednesday - Competitive	Micheal Kukucska	summer-wednesday@tuc.org
Wednesday - West	Matthew Kirk	summer-wednesday-west@tuc.org
Wednesday - East	Natalie Wong	summer-wednesday-east@tuc.org
Thursday - West	Nicolas Edwards	summer-thursday-west@tuc.org
Thursday - East	James McCully	summer-thursday-east@tuc.org
Sunday Masters	Andrew Guzzwell	summer-masters@tuc.org
Wednesday - Teen HAT League	TBA	highschoolhatleague@tuc.org
YOUTH Instructional Programs	Thomas Meyer	tjsl@tuc.org

NEW League Policy – Harassment Policy

- If you don't feel comfortable talking to your Team Captain and/or Convenor, then you can contact either Paul Buksner or Raissa Espiritu. Paul is the Executive Director for TUC, and Raissa is the Vice President on TUC's Board of Directors and they handle all matters related to harassment, intimidation, etc. between TUC Players. Paul's email is: executivedirector@tuc.org, and Raissa's email is: vicepresident@tuc.org



WFDF Hand Signals for Ultimate 2017

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1. Foul
"Foul"

Hold one arm straight out and chop the other forearm across the straight arm



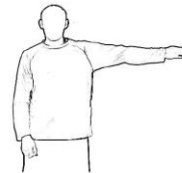
2. Violation
"Violation"

Hands above head forming a V, closed fists



3. Goal
"Goal"

Raise both arms, fully extended, straight up, palms facing inward



7. In/Out-of-bounds –
Out of end zone
"In" "Out"

Point with one arm extended, flat palm, thumb parallel to fingers, towards playing field (in) or away from playing field (out).



8. Disc down

"Down"

Index finger straight arm pointing down at 45 degree



9. Disc up

"Up"

Elbow down forearm vertical index finger pointing upward



4. Contest
"Contest"

Two fists bumped together in front of chest, back of hands facing outward



5. Uncontested
"Uncontested"

Forearms extended in front of body, elbows tight against torso with palms facing upwards



6. Retracted/Play On
"Retracted" "Play On"

Sweeping crossover motion with both arms extended down in front of body



10. Pick
"Pick"

Arms raised, elbows bent, fists facing head



11. Travel
"Travel"

Closed fists, rotate wrists around in a vertical circle



12. Marking Infraction
"Fast Count" "Straddle" "Disc Space" "Wrapping" "Double Team" "Vision"

Arms extended to side, palms facing front

WFDF Hand Signals for Ultimate 2017

WFDF Hand Signals for Ultimate 2017



13 Turnover
"Turnover"

Right arm extended in front of body, palm facing up and then rotate to palm facing down



14. Timing Violation
"Stall" "Violation"

Tap head with open hand.



15. Off side
"Off side"

Arms crossed overhead in an "X", hands closed in a fist,



19. 4 men, 3 women
"4 Men"

Palms together, arms raised straight above head



20. 3 men, 4 women
"4 Women"

Hands clasped and raised above head, arms bent



21. Play has stopped

Wave both extended arms crosswise overhead



16. Time-out
"Time-out"

Form a T with the hands, or a hand and the disc



17. Spirit of the Game Stoppage
"Spirit of the Game Stoppage"

Upside down T formed by the hands



18. Stoppage
"Injury" "Technical"

Hands cupped behind head, elbows out to side



22. Match Point
"Match Point"

Both arms pointing straight up to the left, palms facing down



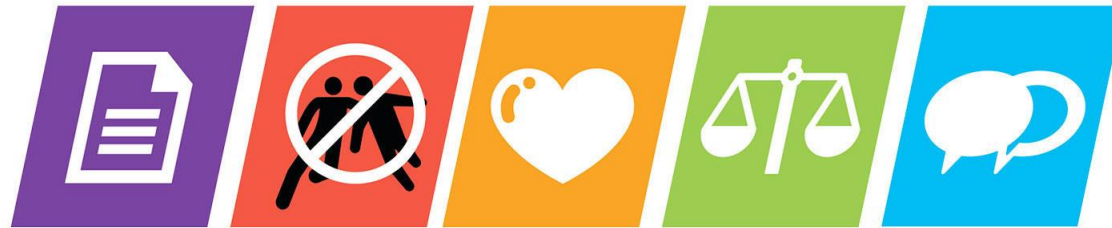
23. Who made the call
"Called by Offence/Defence"

Pointing with two arms straight out, towards the end zone being defended by the team

Spirit Committee Message

- As always, if in doubt over any of the league details or rules,

PLAY WITH SPIRIT!



know the rules

avoid body contact

enjoy playing

be fair-minded

communicate respectfully

All Spirit Classic – July 21, 2018 @ Sunnybrook Park

- New this year, we are replacing the All-Star tournament with the new All Spirit Classic
- Teams will be made up of players from the most spirited teams in each league as of the end of June:
 - Three males and three females from the 1st most spirited team
 - Two males and two females from the 2nd and 3rd most spirited teams
 - One male and one female from the 4th most spirited team
- Each participant will receive a branded All Spirit Classic jersey from BE Ultimate

Any other Questions / Comments?

**Have a great 2018
Summer Season!!**

Nicolas Edwards
Manager Member Services
adults@tuc.org
(416)461-0882, extension 2

