



Captain's Handbook

2011

TOP TEN THINGS TO DO AS A CAPTAIN

1. Have good spirit! Make sure the players on your team have and play with good spirit.
2. Make sure everyone is playing safely! Tell your players to avoid collisions. Talk to any player who is playing dangerously. Especially watch big players on smaller players and younger players.
3. Make sure everyone on your team gets their fair share of game time, *and disc time*, especially women and new players.
4. Take charge on the field. Call lines, offense, defense etc. Set up cones. Get games started.
5. Teach your new players the basics. Also teach your experienced players, and/or get them to chime in on advanced strategy too.
6. Run drills before the games, both to teach and to get your players warmed up.
7. Do a cheer or a spirit game or something for the other team at the end of the game- always have at least a quick & simple plan for this.
8. Take care of the fields. Make sure we're not damaging them in rain, leaving garbage, etc.
9. Fill out the game/spirit report online after every game (click on "My Account"). Let us know how things are going.
10. Rate your players at the end of the season.

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1. INTRODUCTION

Thank you for being a captain for Ann Arbor Ultimate! This league would not function without the contributions of our captains. Time and again when players gush about how much they love this league, their captains figure prominently in their descriptions. We appreciate your efforts!

This guidebook is designed to help convey the wisdom we have accumulated over the years from many captains over many seasons, and from many different leagues, to help make your job easier, and to help you do better. We hope that you find it helpful, and we welcome any suggestions to make it better.

The author gratefully acknowledges the material I stole (they said I could :-)), particularly the visual rules at the end, from the Association de Ultimate de Montréal web pages and handbooks. I also acknowledge the contributions of all the players and captains and league organizers who have helped to write this over the years.

2. SPIRIT OF THE GAME

You will hear about this many times throughout this handbook, because it is the most important thing you need to worry about. If you set up the fields with crooked sidelines, forget a rule or two, or drop the disc in the endzone, it's not going to ruin anyone's season. But if you have bad spirit or let players on your team have bad spirit, it can easily ruin the season for your entire team and the teams you play. On the other hand, when you play with good spirit, and make sure your team does, it makes the league better for everyone. So we begin with a few words on spirit. First- from the 11th edition UPA rulebook:

Spirit of the Game: Ultimate relies upon a spirit of sportsmanship that places the responsibility for fair play on the player. Highly competitive play is encouraged, but never at the expense of mutual respect among competitors, adherence to the agreed upon rules, or the basic joy of play. Protection of these vital elements serves to eliminate unsportsmanlike conduct from the Ultimate field. Such actions as taunting opposing players, dangerous aggression, belligerent intimidation, intentional infractions or other “win-at-all-costs” behavior are contrary to the spirit of the game and must be avoided by all players.

Players come to our league from a wide variety of backgrounds, largely including sports where there are referees, tacit acceptance of using intentional fouls as a strategy, and a level of antagonism and bad

sportsmanship between teams that would horrify most ultimate players. You captains are our first line of defense to set the tone for the league. Please make sure that players new to ultimate learn what playing with good spirit is all about. You'll have players for whom it is a new idea that it is possible to respect your opponents while still trying your hardest to beat them. We want them to adapt to the Ultimate way of thinking, rather than bring the spirit of our league down to whatever they're used to. You captains make this happen.

How do you get good spirit?

First and foremost, set a good example. Never lose your temper, even at yourself. Never show the attitude that winning is more important than spirit, even in competitive league.

Second, keep an eye on your players. Talk to them if they have spirit issues. Make it clear that ill-spirited behavior is not acceptable. If there are spirit issues- players getting upset, trash talking, fouls, bad calls, etc., try to defuse it before it gets out of hand by saying something positive, giving some advice on the sideline individually, or otherwise working to defuse it. Talk to your own players first, it's best for them to hear it from their own captain.

Third, talk to the other captain. If an issue is forming, captains should try to resolve it quickly. Even seeing the captains work together sets the right tone for the game. Feel free to suggest to the other captain that they may want to have words with one of their players - they may not have noticed something. This is probably better than calling out an opposing player to start with.

Fourth, if necessary, take a game-wide timeout to discuss things. Especially early in the season, timeouts to discuss rules for fouls, picks, and other calls as they come up can help relieve everyone's tension - many arguments and negative energy result from people not knowing what the rules are. If spirit is degrading game-wide, sometimes stopping and talking and taking a collective breath helps.

Finally, in rare cases where the above steps do not resolve an issue, or where a specific player has chronic spirit issues, please contact the spirit committee (see contacts below) and we'll be there to help you out.

Keeping good spirit is not difficult, the league has good spirit now, so the momentum is on our side. Usually you talk about it at the first game,

and then a light touch here or there, a few comments between points or on the sideline, is all it takes. Just keep it up.

Here are some specific notes about some specific spirit issues that are worth keeping in mind.

- **Collisions** The least spirited thing you can do is hurt someone. Egregious collisions are a foul regardless of whether the disc was hit first or if it effected the play. How do you tell? If a player was knocked down, or if the contact hurts, that's a good sign that it's a foul. Talk to your players if they are exercising poor body control - trying too hard without knowing how to avoid contact. This is common as players start to learn the game, but aren't really good yet. Especially watch out for size differences - large players covering small players - especially gender mismatches or young players. We have a wide range in this league and it can get dangerous. Make sure your players know that getting the D is not acceptable if it means a collision.
Note- intentional physical violence will result in immediate ejection from the league. If any player ever physically shoves, pushes, hits, or otherwise assaults another player for whatever reason, no matter how bad the call was, no matter what the other player said or what the argument was, they should be suspended from play and told to leave. There will be a review by the spirit committee and they may or may not be let back in the league depending on the circumstances. This has only happened once, I hope it never happens again, but please let us know if it does.
- **Coed!** Make sure all of your players of both genders are involved. Sometimes we have trouble with guys who never throw to girls- don't let your players do that. If you don't throw to your women 1) my team will crush yours because teams that don't use their women lose, 2) I'll yell at you after the game for not using your women. Make sure new players get the disc too. Also - match defense as best you can based on height, speed, and skill- but if you have to have a gender mismatch due to attendance where you can't match, don't abuse it (i.e. having the tall guy sprint deep because he's covered by the short girl). That's not what rec. league is about.
- **Everyone plays!** Encourage frequent subbing. Good players tend to stay on forever, give all your players fair game time. If people aren't subbing, tell them to run harder. Make sure your new players are involved. If players on your team stop throwing to new players because they dropped the disc once early on,

make sure you talk to them. Make sure you throw to new players too. Make sure they get a chance to try all the positions, and that you don't surround them with 6 dumps every time they get the disc. No-one is a good handler if they don't have good cutters, so don't let thinking someone can't make a throw become a self-fulfilling prophesy. The only way someone gets better is with disc time in the game. This is a teaching league. You have to balance finding strategies that work versus making sure everyone is included. Calling a golden play (deep huck from the best handler to the best cutter) is fine from time to time, just don't do it too often.

- **Don't Crush Opponents** You should play to win, but you shouldn't abuse team mismatches. We balance as best we can, but sometimes you just have better players there one day. Mix it up- have people who don't usually handle handle, try different strategies. Don't run up the score and aim for a blowout. In recreational league we don't post standings, and we won't be publishing scores. So swap players, teach opponents, and otherwise do what you can to make the game as balanced as possible.
- **Social!** Encourage social activities - post game bar trips, team barbeques, etc. This helps spirit, team gelling, and thus performance too.

3. CAPTAIN RESPONSIBILITIES AND LOGISTICS

3.1 E-mail your team!

Email your team- get them psyched about the game! Talk about highlights from the last game. Make sure they know about the times/locations/etc. Talk about drills, skills, upcoming barbeques, how nice the weather is, etc. If you get your team excited to play, more people will show up, your spirit will be better, your game will be better, everybody wins! Experience shows that your attendance will be directly proportional to the amount of e-mails you send out between games. We encourage captains to be in contact with their teams via e-mail at least once per week. Your team email address is a link from your team name on the web page.

Emails are also a good time to call out good plays, improvement, etc., which is a great way to get new players to feel good about playing, and to stay in the league.

Especially early on, remind your players what to bring. This includes water, cleats, their disc, and a light/dark shirt. Better yet- pick a team color or put together a uniform (the polka dot team was really cool :-)). If you're playing a team that is a similar color (like orange vs. yellow), you may want to email with the other captain ahead of time to decide who will go light vs. dark and then let your team know.

3.2 Things to do before the game

3.2.1 Set up field.

You often won't have room for full sized fields, but all that really matters is that there are two boxes for end-zones of roughly equal size, and that the sidelines are actually lines. I usually pace off 20 yards/meters/paces from the end of the available space at each end, and let whatever is left be the field. If you're on a field that has lots of space- the actual regulation field size is 25 yard end-zones, 70 yard main field, 40 yards wide. On a soccer field, it is wise to share a center sideline with the other game, because a split field is a bit narrow.

3.2.2 Flip with the other captain.

Flip for shirt color when necessary (light/dark, tell your players to avoid grey, yellow, or other ambiguous colors - check your team and make sure no one is confusing). Usually the flip consists of each captain spinning a disc in the air and then a 3rd person (another captain or nearby player) calls "even" or "odd", where even is if they both end up either up or down, and odd is one up and one down. Or you can rock paper scissors or whatever else you want. Then flip for pull/side. The winner of the flip chooses either which side to start from, or whether they start by pulling or receiving. The loser then gets to choose the other thing. In Michigan, I usually pick sides first, based on which way the wind is blowing, since that can be a huge advantage, and may change by mid-game anyway. Others like to start by pulling so they get to receive at half time. Make your own choice. :-)

3.2.3 Decide gender balance with the other captain.

Discuss gender balance based on the number of women on each team- if you each have 3 women show up, you probably want to play 5/2. If one team has 7 women and the other has 1, you may want to sub over women from one team to the other. It depends a lot on your women and the rest of your team- how much play time do they want? How much do they care about gender matching? The captains should come to some agreement that optimizes all player's happiness.

3.2.4 Discuss pick-ups with the other captain

If your team is short, you can pick up other players, but only with the approval of the other captain. If the pickup is not already in the league (on another night), they have to sign the waiver which is included in this handout. If you have 10 players, you shouldn't be using pickups.

3.2.5 To Zone or Not to Zone

Discuss whether or not zone defenses will be used, or any other advanced/crazy strategies, especially early on. There are lots of new players, and it's a recreational league, so it's good spirit to give the other captain a chance to brief their team rather than springing it on them mid-point. (This doesn't apply to competitive night, go ahead and surprise people there. :-)) The league guideline is that you don't use zone (including poaching) during the first 3 games of the season in recreational divisions, but captains may change this if they both feel their teams are ready, or not ready. By the end of the season you certainly should be running zone.

3.3 Things to do After the Game

3.3.1 Cheer for the other team

Do a cheer for the other team, even on competitive night. This can be a quick "Great game!" it can be a song with modified lyrics, it can be a haiku, an interpretive dance, or a massive game of rock paper scissors. There are a dozen very fun spirit games that require no creativity or performance pressure. I've seen all of these done quite well. Show good spirit, this is ultimate. People may groan when you have to come up with a cheer, but they're happy when it happens. So as captain, think about it ahead of time, and always have a fallback plan in case team inspiration doesn't strike that night. Check the forum for a bunch of quick and easy cheer ideas.

3.3.2 Clean up your field

Take care of the fields! Pick up trash as you go. Leave the fields in better condition than we found them. We want the city and schools to have the impression that ultimate players are the responsible ones who actually take care of things. This will get us higher priority for good field space.

3.3.3 Log Scores/Spirit/Attendance online

Go to <http://a2ultimate.org/code/>. Log in (click on "My Account" in the top right). Click on the night for which you're entering your score report (only games that have happened should be listed). The spirit scores help us keep league spirit high, and to deal with problems before they get out of hand. Even though most nights are not competitive nights and we don't post standings, tracking team performance will help us balance teams in the future. Also, if a team

is regularly unusually low on players, we may be able to give you more from the waitlist. We do read the comments, so let us know anything special here too. If you have trouble with the form, let us know (see contact section at the end).

For the comments, here are some examples of things we'd like to hear about:

- We subbed over several players to the other team. (This helps us as we analyze game scores versus our team balancing program.)
- We had to kick off some soccer players who were using our field.
- Some soccer players kicked us off.
- We stopped playing because the field was getting torn up.
- My team needs more (or fewer) players (more women? more handlers? anyone?)
- Bob (or "that big guy with the red hair") on the other team (or your team) had huge spirit issues- yelling insults and otherwise harassing players.
- Captain Jill on the other team had great spirit, helping our new players, and solving conflicts.
- Here's a cool cheer we heard...

Basically we want to get a feel for how games are going. We want to know about problems early so we can solve them. We want to know what (and who) is working well so we can be sure to keep that. We can't make every game, so help us not miss anything.

For the spirit score, here are some examples of how to rank other teams:

- 5 - A game where nothing stood out positive or negative. No fights, no cheer, no particularly good or bad sportsmanship.
- +1 - their experienced players give advice to your new players while they're covering them.
- +1 - they sub over good players to balance team numbers and make a close game
- +1 - good competition, well contested, with players applauding good plays no matter which team it happened for
- +1 - good game cheer at the end, friendly spirit between the teams
- 10 - The perfect game, final score 17-16, everyone became friends, cheers were exchanged, a joint bar trip was organized afterwards, nothing could have been better.

I hope most of our games are in the 6-9 range.

but here are examples of things to mark down for -

-1 - heckling between teams in a negative fashion (be careful, players that know each other may do this in jest, but the rest of the team doesn't know they know each other and the negative attitude can spread, so discourage heckling regardless)

-1 - bad calls, arguing about calls and the captains not stopping to explain

-1 - too physical, excessive incidental contact, insufficient safety on the field

-1 - not throwing to new players, not throwing to women, only hucking between the tall club players

0 - worst game ever, would rather not have played at all.

Mostly the Junta will be looking for trends. But we'll notice any scores lower than 5, and anything in the 0-3 range and we'll probably contact the captains to discuss the game. Please include notes if possible in the score report, like if there's a particular player that's making it bad for everyone else, or if there are disagreements about rules or policies, we can help resolve these sorts of things. We won't share spirit scores directly to opposing captains, so feel free to be candid. Only the Junta can read them. We will try to give advice based on the score reports in general so captains can improve. So be as honest and informative as you can so we can improve the league overall. Questions or suggestions for this spirit system, please email us (see contacts below).

3.4 End of Season Player Surveys

At the end of the season, under "My Account" at a2ultimate.org, at the top of where you've been entering game reports all season, is a link to player surveys. This is where you rank your team in terms of skill and spirit. This update to player scores corrects for players who ranked themselves badly to start with, and players skills changing over time as they learn from our awesome captains. Please be sure to fill this survey out towards the end of the season, so our future teams can be better balanced. Particularly the spirit score will help us make sure no one team gets stuck with all the down players.

Filling out the player survey is a requirement to get captains compensation.

4. RULES OF THE GAME

All nights play by the 11th edition rules with the modifications below. For the full rules, see your nifty 11th edition mini handbook or the web page: <http://www.upa.org/ultimate/rules/rules.shtml>. Competitive night plays without these modifications.

4.1 11th Edition UPA Rules Mods for Rec League

4.1.1 Dropped Pull is Not a Turnover (D sets)

Defense gets to set up, like after a timeout. So offense gets into position, then defense gets into position, then disc is checked in.

4.1.2 No Kick Blocks within 10 feet of thrower

The marker cannot use foot blocks against a thrower. Too many hand/wrist injuries result from new players trying this technique. You can stop a rolling disc with your foot, or a flying disc if no one else is around, but not near a player.

4.1.3 No zone during the first 3 games

This is to give new players time to learn the basic game first. This should include poaching off the stack - that can be really frustrating to new players who are just learning in their first few games. You can change this rule if both captains agree that all of their players are sufficiently experienced. Even mid-season, please warn the other captain when you're throwing zone. On the other hand, definitely do teach zone by the end of the season. Some seasons (e.g. Winter League) we relax this rule based on the experience of players present - just make sure you talk to the opposing captain early on.

4.1.4 Captains Instructional Timeouts

Captains can call a time out at any time, which does not count against your regular time outs, to explain the rules. Many conflicts and resulting bad spirit results from simple confusion about the rules. Especially early in the season, feel free to stop the game to explain how a pick works, where the stall count should start, why that person had to check the disc in after walking up to the line before hucking it deep, etc..

4.2 Game Duration (Score, Timing, Etc.)

Games are played to 15, with a half-time at 8. Play 7 on each side or whatever makes sense based on attendance. Better to get started on time with 5s than wait half an hour for 7s. The default rule is win by 2, hard cap at 17. Captains may agree to change this as needed to accommodate darkness, or games that went by too fast. Feel free to play post-game pickup games if your players want more!

In Winter league we play to time, regardless of score. End at the buzzer, even if mid-point.

4.3 Pickups

No pickups unless your team is low on players (less than 3 subs). Non-league member pickups (from other nights) must sign the waiver attached to this handout (league members already signed it when they signed up online), and you must return this to any Junta member (see contact list). You must get pickups approved by the

other captain. Reconsider pickups at half-time, as new players show up, or any other time that the balance of the game is being affected. Use them if they help. Boot them if they don't. Give your players the game time they paid for. Keep the games fair and balanced!

In winter league we are particularly strict due to the cost of playing. No pickups from outside the league unless absolutely necessary.

4.4 Gender Matching

Gender Matching- the typical rule is that for each point the offense sets how many women are on the field and the defense matches.

This does not, however, require women to play the entire game if one team has fewer than the other, or give women 100% game time while the men only get 50%. Find a good balance that keeps all of your players happy, and discuss with the other team's captain what makes sense. If there is a large imbalance of women, or players in general, often the best solution is for one team to sub someone over to the other for the game (perhaps switching at half). Do what makes the game fun, and fair.

4.5 Dangerous Weather and Field Conditions

Do not damage the fields! If we do, we may be fined heavily and may not be allowed to play there again. If you're causing more than the normal wear and tear, you must stop playing. Captains, it is your responsibility to end games if this happens!

Visible lightning means no games can be played. Have everyone return to their cars immediately, and wait the lightning out. Games can not resume until 15 minutes AFTER the last lightning sighting. In Michigan, the weather changes quickly, so encourage your players to come out even if the weather looks bad earlier in the day, and to wait as a storm passes- often the best games are played 20 minutes later after a huge storm clears.

4.6 No Alcohol on the Fields

There is no alcohol allowed on or near the fields. There is lots of alcohol allowed at the bars after the games. Check online for bar sponsorship deals. We play at public parks with alcohol regulations, and at elementary and middle school fields where there are kids around. We'll definitely get booted if parents or officials see us drinking on the fields. So make sure your players save it for after, and sorry, no boat race cheers. :-)

4.7 Interesting Rules Examples

Q: "I was going up for a disc when my defender plowed into me. I called 'foul', but my defender said he was going for the disc so it was 'incidental contact'. What's the right outcome in that situation?"

A: "Incidental contact" does not mean "accidental contact". It is assumed that any contact between players is accidental and a result of the defender going for the disc. If the defender has to go through you to get to the disc though, it's a foul. Incidental contact is a small amount of contact that is often unavoidable when two people are vying for the disc in the same space. For example, when two (or more) people standing below a hanging disc jump up at the same time and knock into each other, that is often incidental contact. Any significant amount of contact that affects the outcome of the play is a foul, regardless of the intent of the person initiating the contact. It is also a foul to move dangerously such that a collision will be unavoidable, regardless of the effect on the outcome of the play. For example, barreling into a stationary player and knocking them down is always a foul, regardless of where the disc was and whether it was caught before or after the collision.

Q: "When someone catches the disc and there's a question as to whether it's up/down or in/out, I often hear people claim that, it's 'the receiver's call'. In the rules, I can't find anything about it being the receiver's call. Where is that?"

A: In this situation it is the call of the player with 'best perspective'. Best perspective is defined as: "the most complete viewpoint available by a player that includes the relative positions of the disc, ground, players and line markers involved in the play. Best perspective on an unlined field may require sighting from one field marker to another." So in reality, the player with best perspective is sometimes neither the receiver nor the defender, but another player watching the play. (Note that the 9th edition of the rules suggested that the receiver usually has best perspective on an up/down call, but this has been removed from the 10th edition.) Also note that "player" is defined as "any of the up to 14 persons who are actually participating in the game at any one time", which means that it's definitely not the call of your teammate or the random fan sitting on the sideline. It is often unclear who actually had best perspective. If the two teams disagree over who had best perspective, and therefore over what the outcome of the play should be, this situation should be treated like any other contested call, with the disc going back to the thrower and the stall count resuming at the count reached plus one or 6 if over 5.

(Any suggestions for other rules examples? Please let us know!)

5. HOW TO BE A GOOD CAPTAIN

5.1 Teaching/Coaching

- Approaches: There are many ways to get a message across
 1. 1 voice at a time – designate one person to do the speaking (doesn't have to be you- I often have other players with more experience explain a new type of zone, for example).
 2. 1 concept at a time – don't overload with too much information all at once.
 3. Use whiteboard & markers, towels & coins, walk-throughs, demos, etc.. Seeing is understanding.
- Pitfalls: Ways *not* to get a message across
 1. lots of jargon
 2. overload, lots of information all at once (this often comes from other players, for example at halftime when each person has their pet issue they want to talk about, and suddenly you have 15 things you're trying to work on at once and the new players end up learning nothing.) As captain you may want to focus your team on working on one or two areas of improvement per game.
 3. zero repetition between games. You should keep re-teaching force/stack all season long, at least briefly.
- Progression: As the season goes by, what a team might learn and when
 1. first game - Offense: the stack. Defense: the force
 2. fourth game- zone defense & offense (when your team is prepared), horizontal stack offense, etc.
 3. last game- everyone has had a chance to play handle, mid, deep, etc. You've tried a variety of strategies for both offense and defense. By the end of the season all of your players should have at least seen everything you can think of to try.
 4. Out of good spirit, warn the other captain if you're throwing zones or other advanced strategies. By all means by the end of the season your players should have seen and tried several different zones and offensive strategies, but don't surprise an opposing team full of brand new players with something weird.
- Other Ideas:
 1. Stand next to new players on the sideline and point out things that are happening, both good and bad. Have them watch one experienced player throughout a point or two in order to see how to play.
 2. Ask the other team to have an experienced player mark the new player and give advice as they go: "Put up some

fakes. Pivot with your left foot. I'm going to cut now, here's where you should be covering me."

3. If you're teaching zone, recruit the other team and set it up on the field- do a walk through in slow motion.

5.2 Drills

Here are some good drills to run, depending on how many players you have available and what you want to work on. It's very important to do something before games. It helps your teams, and it gets things going on time. If you don't have enough people to run a drill, recruit the other team, or people across the field if necessary. Get something going as soon as you can, and your players will show up early enough to run drills. If nothing happens for the first 15 minutes, your players will show up 15 minutes later next time.

- Pen Drill- 8+, good starting drill, expands to many things.
 1. 2 lines facing each other- everyone has a disc
 2. backhand throws- from the front of one line to a cutter from the other line. After catching, go to back of the line opposite where you came from. After throwing, it's your turn to cut. Practice throwing to a moving target, and running to the disc and catching it in motion (very valuable for brand new players).
 3. escalate to forehands
 4. put a mark on (use player in line next to you), practice throwing under pressure. Once this is easy, start the stall at 5. Then 7. (mark, throw, cut, that way you get used to busting deep right after you throw the disc)
 5. practice break mark throws
 6. turn the cuts in the other direction and practice deep throws (then you don't switch lines)
- "500" 4 players/group, good receiving drill
 1. 2 pairs of players (so 4 per group) stand about 20 yards apart. 1 disc per group.
 2. On person throws from one pair to the other.
 3. Receiving pair competes for the disc.
 4. Great practice for learning to read the disc, to jump as high as you can, and to sprint/go to
 5. Can be dangerous if people are careless. Stick to 2v2, larger groups are worse. Also encourage players to call fouls- it's just as important to practice not causing collisions as to practice getting the disc.
- "20s" 2 players, throwing practice

This is just throwing practice with focus. Instead of throwing randomly, do the same throw 20 times in a row. 20 forehands, 20 backhands (and then if you want, 20 inside outs, 20 outside

ins, 20 hammers, etc.) Doing the same throw over and over teaches you nuance and skill with that throw far better than throwing randomly for 10 minutes. Focus on precision, distance, curve, whatever you need help with. If you want to get hard core, start the count over if you drop one. This is a good drill from complete noob to uber experienced.

- End zone drill 7+ players, practices endzone cut, dump, swing
This is a classic club team drill.
 1. Setup: 2 lines in the center of the endzone, one ends in back, one ends in front (you get in line in the middle of the endzone). The disc starts on the field proper off to one side.
 2. Cut from the back of the back line to the front cone- receive throw from player with the disc. Score!
 3. Dump back to player who threw the score, clear out to front line.
 4. Player with disc (same player who threw the score) swings across the field to a player cutting from the front line. Then they clear out to the back line.
 5. Now the disc is in the starting position, but on the other side of the field- a new cut comes from the back of the back line and the drill repeats.
- The Box Drill 5+ players, practices cutting, throwing to cuts, throwing in all directions relative to the wind
 1. Setup: place 4 marker cones, discs, cones, or whatever in a box, with about 10 meters on a side (scale up or down with wind)
 2. Players divide up in lines at each cone (stand a bit back from cone to avoid collisions)
 3. Cut out at a 45 degree angle, then back in, from one cone to the next.
 4. Throw disc from previous cone to player as they arrive at next cone - focus on proper lead and aim so they catch right at the cone. Also practices cut timing - as the next cut starts mid-throw to be ready when the disc is caught.
 5. Throws rotate around the box. After receiving & throwing, you go to the line at your new cone, thus you rotate around all 4 corners and get to throw in all 4 directions which is good when it's windy.
 6. Reverse direction to switch from backhand to forehand. For right handed players, counter clockwise practices backhand, clockwise practices forehand.
 7. It can build team spirit to set an objective - like 10 catches in a row. Decide based on performance, if it's really windy, probably don't do this. :-)

- Warm-up Jog Run slowly around the field once and then do some stretches. This is surprisingly effective- if your team starts sprinting during the first point while the other team is still warming up, you'll give the impression that you're 4 times faster than them. They'll lose hope and resign themselves to losing. Once you've won the mental game, the rest of the game just wins itself. :-)
- The shoelace tightening drill surprisingly simple yet overlooked. While it often happens anyway, by 11th edition rules you cannot stop game play with an "equipment" time-out. Tell people to tighten their laces.

6. RESOURCES

6.1 Web Pages

<http://www.ultimatehandbook.com/uh/basics.html>- Cool flash animation of the stack, some of the drills mentioned above, and a bunch of other stuff.

Email thecat@umich.edu with suggestions for other things to add here.

7. HOW TO DEAL WITH ISSUES

7.1 Problems

- The Junta will suspend/dismiss any player for flagrant violation or intentional disregard of League rules, field rules and/or policies set by AAUSL. Report serious problems to us and we'll take it from there.
- In general anyone who plays unsafely, be it kicking hands or other endangerment (such as major collisions due to persistent inattentiveness), will be ejected from the game, and if serious enough or repeated, from the league. The range of skill levels and range of sizes of the players involved in these leagues makes it especially important to play responsibly. In addition to big beefy club guys and petite club women, there are high school kids, and most dangerously- big new players with no field sense yet. Going for the disc cannot be allowed to be more important than avoiding collisions or people will be seriously injured. We've had ambulances come to the fields before, and we'd like to avoid this. It is up to you captains to encourage safety, talk to your players, and to report any irresponsible players to that player's captains, and the league organizers. We're happy to talk to anyone who gives you trouble, just let us know. (email: me - David Morris, thecat@umich.edu, and/or our league director Jonathan Zagel aka Juggles: zagelj@gmail.com)
- We recently added a spirit score for players to the survey. Please give this some thought when you rank your players at the

end of the season. We'd rather kick out players with consistently bad spirit, than leave them in and have them scare away dozens of new players over the years.

7.2 Other People On Our Fields

- Sometimes other folks are on our fields. Usually they're very friendly about it and clear out once they know we have the fields reserved.
- It's best to approach people as soon as you arrive if they are already there, or as soon as they arrive, if you arrived first. Often you can tell them they can continue until the game starts, so they have a few minutes to transition. I think not approaching people immediately gives them the idea that their usage is not a problem. Always approach people, ask who is in charge, tell them your name and that you are with Ann Arbor Ultimate, tell them we have a permit from the city (Fuller) or Rec and Ed (Scarlett) to use the fields, and ask them their name and what organization they are with and whether they have a permit. Of course it is best to have the permit in hand, as well as a way to write down their contact info - we'll try to remember to email that out every season. Be very forthcoming, i.e. offer to give them your name and email address and phone number and the my name and email address and phone number.
- If they do have a permit, or say they are authorized to use the fields, ask to see their permit and write down the name of the person they say authorized their use, as well as any details such as the sport, league, team name, other league contacts, etc. We have had duplicate game scheduled from time to time - when this happens we just try to find space for both games, or start later, or whatever we can manage.
- If they don't seem to be authorized, tell them that we paid thousands of dollars to use the fields (summer league costs \$6500), that you will try to accommodate their use, but that we do have priority. Also explain that they can call Larry Dishman at Rec and Ed to try to arrange their field usage (this is for Scarlet, for Fuller you contact the city department of parks & recreation).
- If things are not resolved in an acceptable way, give us a call (see contact list below). Whenever there is a problem, even if you resolve it on your own, we'd appreciate hearing about it by email when you have a chance, so we can be aware and work with the city and Rec & Ed to avoid future problems.

7.3 Spirit/Game Reports

- Teams are required to provide spirit scores for their opponents. This helps us identify problems before they get out of hand. Teams with consistently low spirit scores will merit attention from

the league organizers. We'll try to figure out what's going on and find ways to make it better. On the other hand captains of teams with consistently high spirit scores will get free beer or other beverages of their choice/legal drinking age. These reports are another good place to report issues and make suggestions.

7.4 The Forum

- Use the forum. It's linked from www.a2ultimate.org. There are items to discuss captaining, how the season is going, things that work and things that don't. Use this to keep in touch with each other and provide feedback to us and improve the league in any way possible. Feel free to start new items, topics of discussion. If you'd like us to add/change anything there, just let me know.
- There's a lost and found item on the forum- if you find stuff on the fields, hold onto it, and report it there. (we have no one person who's in charge of all lost and found- who'd want that job?)

8. CONTACTS

If there are any problems with captaining, or if you have any general questions, comments, or concerns, email me (thecat@umich.edu), or feel free to give me a call. 734-476-8769 is my cell-phone, easily remembered as "Group69". (No I didn't come up with that, I inherited this phone from someone else :-)).

Web page issues, including any problems with the score reporting system, should go to Nick Stanley - skeegenin@gmail.com.

If there are problems with field usage, like if you see players using fields at Fuller that are supposed to be closed, or anything else that warrants it - the Ann Arbor Police know to check into these things - their non-emergency number is 734-994-2911. If there are any medical emergencies, don't hesitate to call 911 - it happens from time to time, and ambulances will come right to the fields.

9. WAIVER

See next page- any pickups who aren't already players on other nights must sign this waiver. If you need more copies, just let me know. We haven't been sued yet, but other leagues have, and it will only take one bad lawsuit to end the league.

10. VISUAL RULES

At the end, or attached in a separate .pdf, are the visual rules. These are flowcharts to describe what to do in most situations, and are pretty sweet. Especially check out the clarification of the new pick rule, since

that always seems to come up and be confused. Thanks to Montreal Ultimate for putting these together!

Ann Arbor Ultimate Summer League
Waiver of Liability, Assumption of Risk, and Indemnity Agreement

Participant's Name (Please Print): _____

1. WAIVER: I, for myself, my heirs, personal representatives or assigns, **do hereby release, waive, discharge, and covenant not to sue** Ann Arbor Ultimate Summer League, or its officers, **from any and all claims including the negligence of** resulting in personal injury, accidents or illnesses (including death), and property loss arising from, but not limited to, participation in activities, and use of facilities, premises, or equipment.

2. ASSUMPTION OF RISKS: Ultimate, by its very nature, carries with it certain inherent risks that cannot be eliminated regardless of the care taken to avoid injuries. The specific risks range from 1) minor injuries such as scratches, bruises, and sprains 2) major injuries such as eye injury or loss of sight, joint or back injuries, heart attacks, and concussions 3) catastrophic injuries including paralysis and death.

I have read the previous paragraph and I know, understand, and appreciate these and other risks that are inherent in the activities made possible by the Ann Arbor Ultimate Summer League. I hereby **assert that my participation is voluntary and that I knowingly assume all such risks.**

3. INDEMNIFICATION AND HOLD HARMLESS: I also agree to INDEMNIFY AND HOLD The Ann Arbor Ultimate Summer League HARMLESS from any and all claims, actions, suits, procedures, costs, expenses, damages and liabilities, including attorney's fees brought as a result of my involvement at and to reimburse them for any such expenses incurred.

Severability: The undersigned further expressly agrees that the foregoing **waiver** and assumption of risks agreement is intended to be as broad and inclusive as is permitted by the law and that if any portion thereof is held invalid, it is agreed that the balance shall, notwithstanding, continue in full legal force and effect.

Acknowledgment of Understanding:

I have read this **waiver** of liability, assumption of risk, and indemnity agreement, fully understand its terms, and **understand that I am giving up substantial rights, including my right to sue.** I acknowledge that I am signing the agreement freely and voluntarily, and **intend by my signature to be a complete and unconditional release of all liability** to the greatest extent allowed by THE law.

Signature: _____

Date: _____ / _____ / _____