

MUC Coaches Manual 2023

Overall Fall Schedule:

Games on Sunday afternoons,

September 10 - October 15, 2023

Mason HS and Lebanon HS

[Schedule link can be found here.](#)

Huckoween:

October 21 (Hat Tournament)

October 22 (Team Tournament, 4:3 ratio)

Tentatively at Miami Whitewater Soccer Complex

Ohio Mixed State Tournament:

November 4-5

Columbus Ohio

It is Cincinnati Ultimate's mission to provide players with as much opportunity as possible to play the sport that we all love. To make this happen, it takes an enormous amount of dedication and hard work of many people. Cincinnati Ultimate is fortunate to have so many adult players who are willing to help organize and coach teams, leagues, and events. We appreciate all those who have committed to making this year's league, state event, and nationals teams a reality.

Since Ultimate is a self-refereed and self-directed sport, throughout the year there will be many opportunities for players to help make this year a success. Their participation and support in the leagues, events, clinics, and competitive teams will help make this year's YUC/MUC the best ever!

Every team must have at least one adult coach. Adult coaches, assistant coaches, and any other adults working with youth during practices or games are required to be 21 or older. A list of requirements all coaches are expected to complete will be available on the <http://www.cincinnatiultimate.org> website. **Every coach must complete their requirements in order to conduct practices.** If a team has a coach or assistant coach who has not completed their requirements, that coach will not be able to attend practices until their requirements are complete.

COVID-19 Safety

YUC/MUC/MUC is mostly Cincinnati Ultimate sanctioned, so we ask coaches to be familiar with Cincinnati Ultimate's COVID-19 policies, [which can be found here.](#) Coaches should be also familiar with and follow their school's COVID-19 requirements, as many of you probably practice on school grounds.

MUC League Rules

This document lays out the basics of the league format and attempts to deal with other issues that may arise during the course of play. As with all such attempts to formalize a set of policies, exceptions will arise. In these instances, the respective coaches are expected to reach a compromise solution that maintains the proud tradition of "Spirit of the Game," (as listed below) as well as the competitive level of the game. In the event of an impasse, the League Director will serve as a binding arbitrator, with his/her decision being final.

League Directors

The League Directors are responsible for organizing, preparing for, and running YUC/MUC to provide for highly competitive Ultimate and unquestioned Spirit of the Game. All decisions by the League Director(s) regarding eligibility, format, play and any other issue that may arise for which an agreement between the affected teams cannot be reached, are final.

Spirit of the Game

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

Teams are highly encouraged to provide creative ways to keep the level of Spirit high. Several traditions have developed through the years, including "Spirit Prizes," creating a cheer for the opposing team, "Spirit Circles," and other overt ways of demonstrating Spirit. Coaches are urged to discuss these options with their players and come prepared every game to demonstrate and maintain a high level of Spirit.

Spirit Scores

After every game, one of your coaches must send their spirit score for their opponent to the YUC/MUC Directors' email address. Please send as soon after the game as possible. We are using the WFDF Spirit Scoring Sheet (see [LINK](#)). We are no longer scoring on a 1-5 scale. Note there are 5 scoring categories, and each category receives a score of 0-4. Coaches are **strongly** encouraged to print copies of the linked Scoring Sheet and score your opponents as a team exercise. This is a great way to continue your players' education of SOTG. Please see this [LINK](#) for an example of behaviors to use as a scoring guide.

Eligibility

Minimum age for A/B Division: 13 by June 1st, 2023 (Players must turn 13 on June 1st or before, otherwise they are not eligible to play in YUC/MUC/MUC 2023 A/B Divisions). We recommend players aged 13-14 play in the C Division if possible.

Minimum age for C Division: 11 by June 1st, 2023 (Players must turn 11 on June 1st or before, otherwise they are not

Maximum age: 18 on June 1st, 2023 (If a player turns 19 on June 1st or before, they are not eligible to play in YUC/MUC/MUC 2021).

It is not required that all the players on a particular team be enrolled at one particular school. However, players must meet the age requirements above, and cannot have appeared on the roster of any college team. In a continuing effort to grow the sport among Cincinnati youth, teams are encouraged to include players from neighboring schools who would not otherwise have the opportunity to play. These players need to be approved on a case-by-case basis by the League Directors. If a player attends a school that has a YUC/MUC team, they must participate with that team (exceptions are made for women players who are joining the women's team from another school).

Waiver and Medical Release Forms

Prior to beginning practices and/or league play, players must have all appropriate forms completed and fees paid. All waivers and medical releases must be completed online. All players (less than age 18) must be listed under a parent's

account, and the parent must sign the waiver and fill out the medical release for their children. Once a player has reached the age of 18 they can complete their own registration and waiver form. **We will not accept paper waivers.** However, it is still the coach's responsibility to have a copy (hard-copy or electronic) of the emergency medical form with them at every practice, game, and tournament.

All of YUC/MUC is sanctioned with USAU. Each school must have a roster submitted through the USAU rostering website. The coaches are responsible for creating/updating the USAU roster for their teams. If a school has more than one team, only one USAU roster is required.

YUC/MUC League Fees/USAU Fees

YUC/MUC Fee: \$30 per player

YUC/MUC League Fees can be paid via PayPal or credit card online during registration for the player. Credit Card payments can be made when registering a player on our website. We use PayPal to process credit card payments, but you do not need to have a PayPal account to use this system.

Field Size

All games should be played on a regulation-size field (70x40 yards with 20-yard endzones when able).

If splitting a soccer/football field in half, make the field as wide as possible with a minimum of 2 yards between fields and ensure a safe distance from hazards (track/benches/fence) on the other side.

Minimum Team Requirements

Each team will have a minimum of 5 players on the field for every point. If a team does not have 5 players at the posted start time, then you should divide up the remaining players equally, and have a scrimmage. If a team does not have a coach present (a coach with all coaching requirements complete) at the posted start time, then no members of that team may participate in a game OR a scrimmage.

Half Time

Every game during the regular season is 90 minutes long, games to 15, half at 8. The halftime time-cap works like this: at 40 minutes after the posted start time (whether the game started on time or not), finish the point, then add 1 to the higher score. When one team reaches that score, then take half. For instance, if the score is 5-3 after the point ends, then halftime will occur when one team reaches 6.

Weather

If lightning is seen or thunder is heard, suspend play and look at a phone/computer app to determine if the lightning strike is within ten (10) miles. If you do not have access to a phone/computer app, treat the lightning as inside ten (10) miles.

Wait at least 30 minutes after the last lightning strike within ten (10) miles or the last sound of thunder/visible strike if not using a detection app before resuming activity.

Field Conditions

Coaches and teams are responsible for ensuring that field hazards are recognized and marked accordingly. Both teams must be made aware of any potential field hazards. Furthermore, coaches and teams are under no circumstances allowed to play on grass fields that are too wet. If a League Director cancels the games for a particular location, no pick-up games can be played at that location on that day.

Foot Blocks

Foot blocks are allowed in YUC/MUC games as long as coaches have taken the time in practice to adequately explain the safety and scenarios in which foot blocks are used. For example, it's easy to set yourself dangerously off balance when throwing a foot up to block. Players should be using footblocks safely and never at the expense of another player's safety.

Equipment

Players should bring water to all practices and games

No playing without a shirt.

Bring a white shirt to all games, in case the colors of the two teams are too similar.

No metal cleats, under any circumstance.

No playing barefoot – closed-toe shoes are required.

Jewelry and watches are not recommended.

Blood

Play will stop whenever there is blood on the person or clothing of any player. The player will be given a reasonable amount of time to change clothing and/or stop the bleeding and then play will continue. If more time is needed, a replacement may be put in, but then that player must finish the point.

Zone Defense

Zone is allowed as outlined below. **However, we strongly discourage the use of zone defense in youth competition.**

In this league, our goal is to teach youth to play ultimate but it's also to ensure they have fun and are not just playing to win. Zone defense is arguably unnecessary to teach youth when they should be instead learning general merit of playing hard person-on-person defense should be the primary focus.

A/B Division – Zone is allowed during any game during the season.

C Division – Zone is allowed only when agreed upon by both coaches prior to a game. Once a zone policy is in place before a game, it should not be altered, but a team that is playing a lot of zone and scoring a lot of points using it would not be considered a Spirited Team.

Player Conduct

Taunting, foul language, intentional fouling, etc. are not permitted. It is the responsibility of the coach to instruct their players in the Spirit of the Game. Players who cannot or will not conform to this standard of play should be removed from the game by their coach. The League Director(s) reserve the right to remove any player from any team for gross conduct violations should the coach of that team not do so him/herself.

Etiquette – reference rule #XIX

1. If an infraction is committed and not called, the player who committed the infraction should inform the infringed player or team of the infraction.
2. It is the responsibility of all players to avoid any delay when starting, restarting, or continuing play.
3. Should a dispute or confusion arise on the field, it should be common practice to stop play. Play restarts with a check when the matter is resolved.
4. If a novice player commits an infraction out of sincere ignorance of rules, it is common practice to stop play and explain the infraction.
5. When a call is made, throwers must stop play by visibly or audibly communicating the stoppage as soon as they are aware of the call, and all players should echo calls on the field.
6. In addition to the assumption that players will not intentionally violate rules, players are similarly expected to make every effort to avoid violating them.

End-of-Season Tournament

As the number of teams in YUC/MUC varies from year to year, the format of the end-of-season tournament will vary and is at the complete discretion of the League Directors. Winning point totals, soft cap, hard cap, time outs, etc. may differ from regular-season games in order to complete the tournament in a timely fashion.

For any questions, comments, or concerns, please contact:

Liz Anderson, Cincinnati Ultimate's Director of Operations at landerson@cincinnatiultimate.org