

— QDT Captain's Handbook —

Updated: December 8th, 2025

Thank you for being a captain with Queer Dodgeball Toronto (QDT)! Our goal is for everyone to have fun, regardless of ability, experience, or interest in the sport. We started playing to meet new people and offer a fun alternative to the bar scene. As captain, your role is to foster inclusivity and belonging for all players -- new and returning.

Our players come from diverse backgrounds -- some are still in the closet, others may not want to share at all. Please respect this and avoid assumptions and speculating with others. This is a safe space for all. As captain, you set the tone: lead with kindness, respect, and discretion, and avoid gossip or judgment. Your example creates a welcoming environment where everyone feels safe.

You don't have to be the best at everything, that's why you have a co-captain to share responsibilities and balance strengths. If hosting socials or being the louder ref isn't your thing, that's completely fine.

With all this said, if a player or executive feels your behavior is not inclusive, or is harmful, unsportsmanlike, or involves gossip or discrimination, you may be asked to step down immediately. You might also be asked to sit out for the rest of the season without a refund. We must maintain a safe, respectful environment, and captains are held to the highest standards.

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– Your Team –

Communicating With Your Team

Each captain should keep clear lines of communication with their team throughout the season. Starting a group chat for your team is a great way to help with team bonding and streamlined communications.

While QDT is a league that primarily utilizes Facebook for captain communication, an increasing number of people aren't on Facebook so depending on your team members, you may want to look at WhatsApp, Signal or alternative messaging apps for your team's group chat.

While QDT will send emails with key dates and information, we rely on captains to keep that communication going. Sharing updates about events, rule reminders, and general housekeeping (like reminding players to wear indoor shoes) is the responsibility of the captains.

Locating Your Team

You will meet your teams during the draft party. We ask that all captains arrive to the Draft Party before players so you can set up your station with your posters. A list will be handed out with all the players on your team (when and where to arrive will be communicated prior to the event via captain's chat).

The names of your players will be visible in LeagueApps shortly after the Draft Party night. Prior to the first day of games, make sure you set up a group chat with your team. If a player didn't attend the Draft Party and you're having a hard time finding them, ask in the Captain's Chat as it's likely someone will know them. If you still can't find them, reach out to one of the directors and they can help you reach out to them.

Creating a Team Cheer

Teams will be given a team name and/or theme based on the season's theme. This team name and theme will help guide you on what your cheer could be. As a social league, we encourage team cheers to be fun! As a queer league, cheers can be as flamboyant as possible.

A league executive may ask you to change your team's cheer if it is deemed offensive to a marginalized group, a specific individual living or dead, or a religious group. We are not pro any religion, we just happen to play some of our games in a Catholic School.

Team Socials

We encourage teams to socialize off the court. Hosting a team social, or even better, a joint social with another team, is a great way to get to know each other.

The most important thing is to make your socials inclusive. Everyone should feel comfortable and excited to join. Socials can be anything from a Big Brother viewing party or karaoke night, to dancing, board games, or movie nights. Keep in mind that not all players are comfortable around alcohol, have access to a vehicle, or can afford paid activities so aim for a variety of events so everyone can participate.

In the past, teams have enjoyed potlucks, trampoline dodgeball, crafting nights, archery tag, axe throwing, BBQs, and video game tournaments, among other things. The goal is to choose activities where all members of our community feel welcome.

If you're not sure what to plan, team up with another captain for a joint social -- in fact, we encourage these as much as possible! It's also a great idea to set a date for your first team social now, so when you meet your team at the Draft Party, you can tell them it's already in the works.

Post-Game Socializing

We encourage all teams to head over to Pegasus after the games to mix and mingle with other league members. They've got drinks (alcoholic and non), good vibes, and lots of space!

It's usually a good idea to grab a spot for your team to use as a homebase for the evening but encourage players to mingle with others not on their team. Maybe join tables with a new team each Monday to encourage socializing with people outside your team.

Removing A Player from Your Team

If a player does not show up for several weeks in a row, please message them through established communication channels (your chat platform for team chats) and ask if they will be attending future games. A replacement player can be added to the team in the event that a player is unable to commit to the rest of the season.

It is up to the captain(s) of a team if they want to formally remove the player from the team or not. It is not necessary to formally remove an inactive player from a team to request a replacement. Speak with a league director directly if you have any questions.

Requesting a Replacement Player from the Waitlist

If you have difficulty fielding a full team (minimum 7 for Classic / 6 for Little League), a replacement player can be requested off our waitlist at any time. Replacement players are much easier to find at the beginning of the season so do not wait until it is too late.

To request a player off the waitlist, please email info@queerdodgeball.ca. When emailing, please include your team name in your request and a brief description of why you need a replacement player.

We may add players above the team size limit depending on the reason, and how many games a player is anticipated to miss.

Updating Player Details

All of the information that is provided at registration can be updated via LeagueApps; including name, emergency contact, shirt size, and pronouns. Please remind your team of this in your group chat. Pronouns were added as a fillable field during the Fall 2022 Season.

If you or your player needs assistance with updating any of the information on LeagueApps, please email info@queerdodgeball.ca and we can help guide you.

– Gameplay –

Reffing Games

As a captain, you are responsible for organizing your team, this includes reffing. In addition to your regular game reminders, you will receive a third reminder that will indicate what time you're reffing and where.

To encourage your team to actively participate in reffing, assign them roles so they can actively participate. Some examples of reffing roles are:

- Line Ref – watch play from the lines to assist with calling hits and catches.
- Line Sweeper – throw the balls on the appropriate sides when they go out of bounds.
- Pit Sweeper – help throw any balls into play that are in closed off, out-of-bound spaces (i.e. stages, walled areas, etc.).
- Flag Bearer – hold the flag to indicate which side is meant to throw.

- Time Keeper – hold / reset the game timer and announce important times in game (i.e. attack line, end of game, etc.)

A reminder: reffing is the sole responsibility of the team assigned to that game. Captains and players who are actively playing should focus on gameplay and must not make calls, argue or "provide feedback" to the refs. Everyone on your team should take part in reffing and to stay engaged, not distracted on the sidelines.

Review the Rules and Honour Code With Your Team

While QDT will share a link to the latest rules after the Rules Primer, it's the captain's responsibility to know the rules and remind players of them before and during games. The first few matches are always a little more relaxed as new players adjust. At the start of those early season games, it's helpful to review the key rules so they're fresh in everyone's mind.

Captains are also responsible for reinforcing the honour code. This is a fun, social league -- not the Olympics. If you're hit, you're out. If a ref makes a call you disagree with, respect it and do not talk back. Arguing with refs or other teams is unsportsmanlike and could result in a player being carded or asked to sit out for the night.

– Gym –

Change Rooms

In both gyms, the changerooms are shared spaces. Not everyone is comfortable changing in a common area, so before your first game, captains must inform players of the changeroom situation and where private changing areas are located.

At St. Joseph's, there is an unlocked changeroom on the lower floor with individual stalls for changing. These facilities are for changing only. Please remind teammates to keep them clean and tidy.

At Church Street, private single-person washrooms are available for anyone to use.

Lost Items

A player will eventually lose an item at the gym. If a player loses an item and asks how they can get it back, here is what we can tell them:

Do not attempt to enter the school after hours or unannounced at any time. If you'd like to pick up or look for a lost item during regular school hours, you can call the school, identify who you are, what the item is, and when it was lost. Then ask if you can come and pick it up.

Alternatively, many of our players are at the gyms for other leagues like Thursday dodgeball. Ask the team if somebody can pick up the item for you.

Lost items at St Joseph's are kept in the cafeteria on a table immediately on the right. If your lost item is there, please thank the custodian and staff for moving it there.

– Communication with Captains & Directors –

Captain's Chat

At the beginning of the season, the league executives will start a Facebook Messenger group chat with the league executives, gym directors, and captains from Little League and Classic.

The league executives will use this group chat to send out game cancellation announcements, and league reminders as well as other housekeeping items.

Please feel free to ask questions about the league, games, or rules in the group chat. Odds are one of your fellow captains has the same question and will appreciate the answer.

Directors

All the directors will be at the gym at one point in their night for the games. If you need to speak with one of them at any point, just find them and let them know you need to chat; the proverbial door is always open!

Alternatively, you're welcome to message any of the directors on social media, or connect with them through the email via our general inbox: info@queerdodgeball.ca.

– Events –

Halloween Hangover (Fall Season)

Don't let Halloween end! Please encourage your players to come dressed up for the Hangover to Halloween. While we would love to see everyone's costume, please make sure to remind your players that they should consider safety first if they would like to play in their costumes. Try to avoid anything too loose or hanging that people could damage or get injured by during games.

There will be a post-games social event hosted at Tallulah's Cabaret (aka Buddies) where people can come wearing their costumes in their full glory. A costume contest and a costume showcase will be held where everyone is welcome to join.

Further details about this event are emailed out to all league members in advance so please make sure to watch your inboxes as we approach Halloween.

Drag Night (Winter Season)

We encourage everyone to come to their game dressed in drag! But please remind players to leave the glitter, slime, stickers, and mess at home. We want to be respectful of the school, and avoid damage or injuries on the court.

There will be a post-games social event hosted at Tallulah's Cabaret (aka Buddies) so please encourage everyone who's interested to join you after the games for the official festivities. There will be a drag showcase where everyone will be able to walk across stage in their best drag; as well as a Drag Race-style competition where players will be able to face off for the crown!

An email with details will be sent out to all league members closer to the date.

Playoffs

Playoffs occur over 2 weeks. The schedule for each week will be determined after the final games the week before are completed. The playoff schedule will be communicated to everyone no later than the Thursday prior to the playoff game.

Example: If the first playoff games are Monday, Dec 9th, the schedule will be shared no later than Thursday, Dec 5th. If the second playoff games are Monday, Dec 16th, the schedule will be shared no later than Thursday, Dec 12th.

Award Ceremony

The Award Ceremony isn't just QDT handing out cute participation badges -- it's also our end of season party! When this takes place differs each season based on venue availability as well as holidays etc. Details for this event will be communicated before playoffs begin.

– Housekeeping Information –

Main league email address: info@queerdodgeball.ca

Classic League Gyms:

St. Joseph's College School

74 Wellesley St W, Toronto

416-393-5514

Bear Cave = Upstairs Gym | Whale Tank = Downstairs Gym

The door will always be locked so please advise your teams to please press and hold the doorbell and someone will come to let them in.

Little League Gym:

Church Street Junior Public School

83 Alexander St, Toronto

416-393-1250

The door will always be locked so a greeter from the reffing team needs to be assigned by the captain to let people in.

Be Respectful of the School You're Playing In

Don't take photos or be disrespectful with any of the common elements including the student's artwork, statues, gym equipment, bibles, lockers, etc.

And please keep it clean, this includes the washrooms and cleaning up after spills.

Permit Information

While we have secured permits for this season, the school boards (TCDSB for St Joes & TDSB for Church St) can revoke our permits at any time for any day. We will do our best to communicate permit changes ASAP but the school boards have been known to give us less than 48hrs notice in some cases so please be understanding if a permit change happens.

Balls

Please remind players to not squeeze the balls. This quickly ruins the balls and they're not the cheapest to replace (plus, it's wasteful). So play with gusto but not in a damaging way.

Indoor Non-Marking Shoes

Non-marking shoes are required -- these are typically shoes with light-coloured soles.

All shoes worn for games must be indoor, non-marking shoes. This means they cannot have been worn outside in rain, mud, snow, or similar conditions. Outdoor debris not only damages the gym floor but also creates a slipping hazard for players.

Shirt Sizing

All shirt sizing is based on what players have on their QDT profile. At the Draft Party, ask players to login then and there to check their shirt size as shirts will be ordered the following day based on what's noted on their profile.

No Alcohol or Controlled Substances in the Gyms

Alcohol, cannabis, and other controlled substances inside the schools is strictly prohibited and if anyone is caught with alcohol (open or otherwise) or other controlled substances, our permit for the entire league could be revoked. Please stress to your teams that there is a **zero-tolerance** policy for alcohol or controlled substances in the schools. If you want a drink, join us at Pegasus after the games.

– League Directors & Executives –

Classic League Head Director: Brendan C

Classic League Head Director: Brien W

Little League Head Director: Josh T

Little League Head Director: Maegan T

Classic Communications Executive: Mat C

Little League Communications Executive: Maegan T

Gym Manager Executive: Ted S

Community & Web Executive: Brando L

Social Media Executive: Jono C

Events Executive: Jeremy Y