



SLASH ROYAL

HOW TO SURVIVE IN MTL

A guide by our
beloved and new daddy
Brett “CANSUCC” Bread



SAFER SPACE POLICY

The goal of safer spaces is to encourage all participants to work together to prevent or reduce harm, particularly for those who are often targets of violence and harassment. To this end, any oppressive behaviours which make others feel unsafe will not be tolerated. Additionally, we will not view ignorance, intoxication, or attempts at humour as an excuse for unacceptable behaviour.

Should you feel unsafe in any way, or notice someone else's wellbeing threatened, don't hesitate to (anonymously if you prefer) contact a referee or organizer. We reserve the right to remove anyone from the tournament and are prepared to do so.

GENERAL RULES

- 1)** Tournament organizers reserve the right to disqualify and remove any player if they do not comply with the rules.
- 2)** Verbal or physical harassment, racist, homophobic, transphobic, or misogynist comments will not be tolerated during the tournament. See rule #1.
- 3)** Please do not smuggle liquor into Le Rinque or drink in the parking lot. The venue also functions as a bar and alcohol is available for sale upstairs. If you cannot afford to buy your alcohol at the bar and absolutely must drink, go to a park nearby between your scheduled games. We're trying to maintain a good relationship with the management so please don't take away our only winter practice space.
- 4)** Please ensure your bike is clean and dry before bringing it onto the court. Bring a towel to wipe off the snow and grime.
- 5)** If a player is more than 10 minutes late to a game and their team is unable to find an approved substitute, their team will forfeit the match. If two or more players of a team are absent at their scheduled time, their team will instantly forfeit. The game schedule will be on display at Le Rinque as well as in this booklet, it's your responsibility to know when you play.
- 6)** For overtime, we play "You Dab, You Die". After 3 minutes of scoreless overtime, any player who dabs is considered "dead" and is removed from play for the remainder of the game (excluding dabs resulting from penalties or illegal play).

USEFUL FRENCH PHRASES

SALUT (sah-loo)

“Hi!”, “Hello”, “Sup?”

JE M'APPELLE __ (zhuh mah-pell)

“My name is __”

ÇA VA (sah vah)

“How are you?”/“I am well”

(a whole conversation: “Ça va?” “Oui ça va. Ça va?” “Ça va”)

JE NE COMPRENDS PAS (zhuh nuh com-prawn pah)

“I don’t understand”

MERCI (mare-see)

“Thanks!”

DESOLE (day-zoh-lay)

“Sorry” or “Excuse me”

PARLES-TU ANGLAIS? (parl too on-glay)

Y'all speak American?

S'IL VOUS PLAIT (see voo play)

“Please”

JE VAIS PRENDRE __ (zhuh vay prend)

“I will have __”

USEFUL MONTREAL WORDS 6

ARGENT SEULEMENT (arr-zhan sull-mah)

Cash only. “Argent” literally translates to silver because we’re actually all pirates.

CINQ A SEPT (sank ah set)

5pm to 7pm. Happy hour.

DEPANNEUR (deh-pan-err)

Corner store or bodega. Commonly shortened to just “Dep”. This is the place to buy beers, smokes, and **ketchup chips**. There’s typically one every 3 blocks, usually open til 11pm.

TABARNAK (tah-bar-nack)

General Queb replacement for any four-letter swear word. Preface with “Calisse de” for emphasis.

TOKEBAKICITTE (tock-eh-back-iss-it)

Compressed version of “Tu es au Quebec ici” (You’re in Quebec here) with a thick accent. Basically our version of “MURICA!”

POUTINE (poo-tin)

Our (un)official national dish. French fries, room-temperature squeaky cheese curds, and homemade gravy.

LOONIE

A one dollar coin. The name is because it has a loon on it.

TOONIE

A two dollar coin. The name is because it has polar bears on it???

A SMALL GUIDE

LANGUAGE

French is the official language in all of Quebec, although most people under the age of 60 in Montreal speak at least some English. Everyone in the service industry is totally bilingual, so don't stress about trying to order your coffee in French. The further west you are from the mountain, the more English you will hear. Le Rinque is in a very English area.

NAVIGATION

Speaking of west, what you would assume is west is actually our north, don't ask me why. Think of the island as a big sweet potato, with the pointy ends being east and west. Use the mountain as a guiding landmark as it's in the direct centre of everything, Le Rinque is to the north-west of it. The east/west split is boulevard Saint Laurent, our Main Street.

BOOZE

Drinking in parks is legal here before 11pm so long as it's accompanied by a meal at a picnic table. A "meal" is very loosely defined but it's generally not an issue as long as you're not too rowdy and clean up after yourselves.

Depanneurs can legally sell beer until 11pm, For hard liquor or wine, you'll have to find an **SAQ** which are a bit more spread out and close quite early. Bars close at 3am, so plan accordingly.

WEED

It's legal here! You can buy it only at the **SQDC** pre-rolled or by the gram.

LAWS

Our police department has a long track record of petty, predatory, and racist behaviour, so be weary. Ticket traps for running reds or stop signs is their main hustle for cyclists. Bikes are also legally required to have a rear brake, but they rarely check. Keep in mind that cars **cannot** turn right on red lights anywhere on the island, you could get ticketed if you do.

FOOD

Pizza by the slice in Montreal sucks. Sorry, we never figured it out. There are a few gems but in general it's trash. For late-night street food go to a Lebanese joint instead.

Poutine will be on the menu at basically every restaurant. Look for the grimiest Casse-Croute (diner) for a superior poot. A small poutine is a generous amount, a large could probably feed an entire family.

Montreal bagels are the superior bagel. New Yorkers, I **will** fight you on this. Our bagels are handmade, honey-dipped, and baked in a wood fire oven to create the perfect light, both crispy and tender bagel. NYC bagels are just hot tractor tires. Choose your alliance carefully between ancient rivals Fairmount and Saint Viateur bagel shops.

THE METRO

Our subway system. Costs \$3.50 on the island and runs till about 12:30am. You can get an unlimited weekend pass for \$14.75. Beware you can't take your bike on the train during rush hour weekdays. The closest stations to le Rinque are **De La Savane** and **Namur** on the orange line.

COFFEE

MYRIAD

1432 rue Mackay

DISPATCH

4021 boul Saint Laurent / 276 rue Saint Zotique O

NOBLE CAFE

430 rue Laurier E

PAQUEBOT

123 ave Mount-Royal O / 2110 rue Belanger

CAFE OLYMPICO

124 rue Saint Viateur O

CAFE ST HENRI

3652 rue Notre Dame O

PISTA

2650 rue Masson / 500 rue Beaubien E

ZAB

6201 rue Saint Denis

MINTAR

3418 ave du Parc

BREAKFAST

10

GREENSPOT - famous diner, cheap and basic breakfast

3041 rue Notre Dame O

GERRY'S - brunch spot near the stadium

3982 rue Ontario E

BAGELS ETC. - psychedelic diner. Leonard Cohen's haunt.

4320 boul Saint Laurent ↗

VIEUX ST LAURENT - greasy spoon on the Main.

3993 boul Saint Laurent

CHEZ JOSE - Portuguese style & vegan breakfast

173 ave Duluth E ↗

CHEZ CLAUDETTE - diner with 100's of poutine options.

351 rue Laurier E

LE VIEUX VELO - damn good benny's til 4pm.

59 rue Beabien E

COSMO'S - iconic hole-in-the-wall with huge servings

5843 rue Sherbrooke O

SAINT VIATEUR / FAIRMOUNT BAGEL - which side are you on?

263 rue Saint Viateur O / 74 ave Fairmount O ↗

FOOD

RESTAURANT AA - the best poutine in the city. Period.

3702 rue Notre Dame O

BOUSTAN/BASHA/AMIR - Lebanese fast food chains, open late.

At least one in every neighbourhood. 

LA BANQUISE - famous 24hr poutine, always a line tho

994 rue Rachel E 

PATATI PATATA - tiny burgers in a tiny restaurant

4177 boul Saint Laurent. 

ORANGE JULEP - big orange ball you saw from the plane

7700 boul Decarie

DECARIE HOTDOG - second best poutine in the city, close to polo.

953 boul Decarie

LE PICK-UP - diner inside a dep famous for veggie pulled pork.

7032 rue Waverly 

PUSHAP - vegetarian Indian joint. Super cheap samosas

5195 rue Pare 

SCHWARTZ'S DELI - the reason Montreal Smoked Meat is a thing

3895 boul Saint Laurent

BIFTECK - cheap dive bar with pool tables and free popcorn

3702 boul St Laurent

BAR COURCELLE - upscale dive bar with cocktails and live music

4685 rue Notre Dame O

CASA DEL POPOLO - Montreal's punk headquarters

4873 boul St Laurent 

LA REMISE - dank pit with surly staff. 11/10 would recommend.

540 rue Boucher

GRUMPY'S - cozy basement bar away from the clubs downtown

1242 rue Bishop

MESSORUM - every roadie's favourite microbrewery

2233 rue Pitt

YER'MAD - bike messenger watering hole.

901 boul de Maisonneuve E

NOTRE DAME DES QUILLES -Machineless bowling and snacks

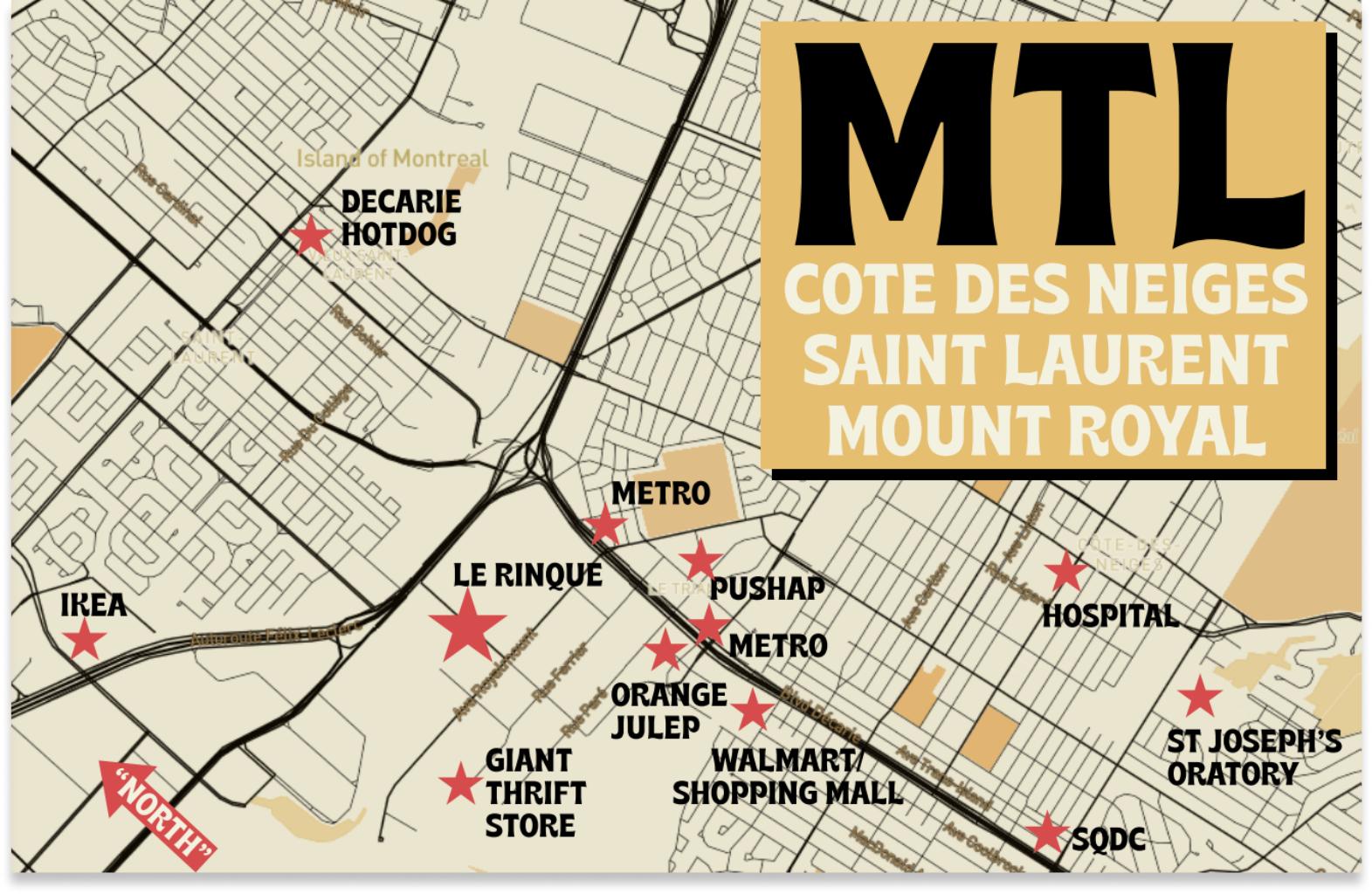
32 rue Beaubien E 

ESPACE PUBLIC - east end craft brewery

3632 rue Ontario E

MTL

COTE DES NEIGES SAINT LAURENT MOUNT ROYAL



YOUR TEAMS

HOWITZERS

Gavin - OTT
Robbie - OTT
Justin - OTT

MONTREAL EXPOS

James - DC
Elias - DC
Zach - DC

DETOUR

Will - MTL
Raph - MTL
Marc - MTL

SUNSHINE

David - BOS
Nick L - BOS
Gabriel - PR

SQUIRT

Julia - MTL
Gabe - TO
Olivia - TLH

OUTLOOK NOT SO GOOD

Gage - BOS
Ben - BOS
Ty - BOS

CHINOOK

Jessica - CAL
Josh - CAL
Tenzin - CAL

THE CURSE

Elio - MTL
Wes - OTT
Allan - OTT

GARLIC PESTO

Jordan - LDN
Wyatt - LDN
Sasha - LDN

CLUCK. DUCK! GOOSE

Mad Max - NYC
Dave - NYC
Faris - MTL

ATTRACTS BIRDS

Dana - STP
Chris - STP
Josh - STP

GOBLIN MODE

Marco - NYC
Jess - NYC
Austin - NYC

VELOCIRAPTORS

Alex - TOR
Ziggy - MTL
Dylan - MTL

MONSTER HAM

Chelsea - LFT
Mary - LFT
Mohka - OTT

3 DEAD RATS

Jordan - DC
Maximilian - NYC
Vero - DC

HECKLER HOT LINE

Seema - GRN
Dru - LFT
Brock - LFT

YOUR TEAMS

BIG DRIPS ONLY

Rob - RTCH
Mat - RTCH
Neil - RTCH

SEWING CREW

Ludo - LYON
Felix - MTL
Patty - TOR

OPE AWESOME

Mayo - CLB
Ryan - CLB
Travis - CLB

THE MAGICS

Mo - MTL
Seiti - MTL
Liam - MTL

CURATED MEATS

Charlotte - NYC/BOS
Kevin - BOS
Jace - BOS

BOSTON BREEDERS

Addison - BOS
Nick G - BOS
Olsen - BOS

COUCOU FANTOME

Jeanne - MTL
Sophie MTL
Andreas - NMX

CHICKEN WING

Rado - TWIN
Max - PRAGUE
Salem - NYC

PRAYING MANTIS

Yosh - NYC
AI - NYC
Otto - NYC

SWOLETARIAT

Neilan - MTL
Jimmy - SLC
Eryn - SLC

MOSQUITO

Sean - SW
Daren - SASK
Lefty Will - GRE

IRON DONKEYS

Germain - MTL
Malc - MTL
ALCA - PRAGUE

FRUITIE PATOOTIE

Erik - MTL
Em - MTL
Tommy - MTL

RISK ASSESSMENT

Trevor - GR
Mark - GR
Bee - GR

CHURCH OF LATTER JOHN HAYES

Dan - TOR
Shane - TOR
Aaron - TOR

RAS-POUTINE

Joe - MN
Seth - WAS
Mimi - GR

B I N G O

“NEIL IS REAL”	Marc bunny hops five times in a row	SCATMAN	* Play a game of Danger Can	Mo breaks a spoke
Will does a behind the back scoop	Play a game of BOX	Dab and die in overtime	Justin bleeds	“SHOOT HARDER!”
SCATMAN	Blotto Seiti	FREE SPACE	Julia does karaoke	SCATMAN
Jordan has a wacky misadventure	“BORING”	Sophie screaming	Liam whiffs	Eat a whole large poutine
Victim of Leftie Bullshit	Tim starts a chant	SCATMAN	* Attempt a golf swing goal	Wes is ANGRY

*individual instance