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A Warner Communications Company

# **1<sup>ST</sup> ANNUAL ULTIMATE FRISBEE COLLEGE NATIONALS**



**MAY 11, 12, 13, 1984**  
**Tufts University**

THE BOSTON  
**Phoenix**

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- Stanford University
- Chabot Junior College
- Syracuse University
- University of Massachusetts
- Tufts University
- University of Kansas
- Winner\*

\*Michigan State vs Ohio University game: May 5

***Atari—Don't Miss The Future!***



# First Annual Ultimate Frisbee College Nationals

Welcome to the 1984 U.P.A. sanctioned Ultimate Frisbee College Nationals! Over 150 men's teams from around the country have competed in intersectional and regional qualifying tournaments to earn the right to compete this weekend at Tufts. The winner on Sunday will be the best college Ultimate team in the nation.

This is the first year that a national championship has been created solely for the college teams. There are three player requirements a

team must meet to be considered a college team.

1. All but two of the team members must be matriculated students at the same university (the two exceptions can be semi-pro players).

2. No player may play for more than one team, semi-pro or college, in the same season.

3. There must be no less than seven (7) men on a team.

We have organized and promoted this tournament in order to get

Ultimate the proper respect it deserves. Frisbee playing is not only a past-time, but it has evolved into the demanding sport of Ultimate; and those who play Ultimate are no longer just weekend enthusiasts, but rather they are dedicated, conditioned athletes who compete in tournaments throughout the year.

Congratulations to all the teams for making it this far, and good luck in the grueling competition ahead!

*Craig Slater      Mark Ross  
Richard Pretsfelder*



**Thank You:** It takes a great deal of time and effort to run and promote a tournament. No one knows this better than those with whom we came into contact. Therefore, we would like to give special thanks to several people without who's help this tournament would not have been possible: Steven Ross, who provided us with the initial motivation; Steve Mooney, who's continual support and height was an inspiration; Paul Mastrangelo, the king of printers, who forced us to spend more money on gas than we possibly conceived of; Courtney, the artist extraordinaire; Sol Gittleman and Curtis Barnes who rallied the school to our support; Mike Farnum, who's work is always appreciated; Sally Bickford, who put up with those 4:00 am phone calls and who is loved very much; Sara Jane Greenblott, who's love often had to be compromised, but who never gave up; and Sack, who put up with Rickey.

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# The History of Ultimate Frisbee

by Andy Borenstein

Ultimate is a team sport played with a Frisbee. In 1968, the game was invented by a group of students at Columbia High School in Maplewood, New Jersey. Now, 16 years later, Ultimate is an internationally recognized sport with more than 2500 competitive teams in this country alone.

Since its creation, the game of Ultimate has undergone modifications in its rules and structural foundations, but the method of play has not changed. Specifically, Ultimate is a fast moving, non-contact sport played by two seven person teams on a field that is 70 yards long and 40 yards wide with two 25 yard end zones. The object of the game is to score goals by passing the disc from teammate to teammate until a pass is caught in the opponent's end zone. The disc may be moved by passing or "handing off," but run-

ning with the disc is prohibited. Once a pass is caught, the receiver must stop, plant a "pivot foot" and attempt to throw. After planting a pivot foot, the player in possession of the disc may not take any steps before throwing and has only twelve seconds to pass the disc. At this point the other players (receivers) may run in any direction in order to get away from their defenders. Thus, the disc may be passed in any direction as long as it stays within the field of play. In an attempt to complete the next pass the thrower may fake several passes before throwing to a potential receiver.

The purpose of the defense, either with a zone or with man to man coverage, is to prevent the offense from completing passes and scoring goals by guarding the thrower and covering all the receivers. Any time a pass is incomplete,

intercepted, knocked down, contacts an out of bounds area, or if a thrower holds the disc for more than twelve seconds, a turnover occurs, resulting in an immediate change of possession of the disc.

A throw off by the defensive team at the beginning of each game and after each goal initiates play. A game ends when a winner is declared. This occurs when one team reaches a certain number of points (21) or a team is leading at the end of a certain set length of time (two 24 minute stop time halves).

The unique aspect of the sport is that the game is played without any referees. The players control the game and invoke the honor system when calling fouls or rule violations. This behavior is known collectively by the players as the "Spirit of the Game."



Photo by: Stuart S. Beringer

# The Tournament Draw

## POOL A

## POOL B

_____	<b>1</b>	_____
_____	<b>2</b>	_____
_____	<b>3</b>	_____
_____	<b>4</b>	_____
_____	<b>5</b>	_____

University of Pennsylvania • Glassboro State (New Jersey) • University of Texas (Austin) • Stanford University  
 Chabot Junior College • Syracuse University • University of Massachusetts • Tufts University • University of Kansas  
 Winner\* Plays winner of Michigan State vs Ohio University game: May 5.

## FRIDAY

MAY 11

(BOTH POOLS)

1st Round

Team #1 vs #2

Team #4 vs #5

2nd Round

#4 vs #1

#2 vs #3

3rd Round

#3 vs #5

## SATURDAY

MAY 12

(BOTH POOLS)

1st Round

Team #1 vs #3

Team #2 vs #4

2nd Round

#3 vs #4

#5 vs #2

3rd Round

#5 vs #1

## SUNDAY

MAY 13

### SEMI-FINALS • CHAMPIONSHIP

The top two teams from each pool compete in the semi-finals, and the winners play each other in the finals.

## Elephant Men Team Roster

**DAVID BERTONAZZI**  
 Milford, Massachusetts

**CHRIS BRADY**  
 Greenwich, Connecticut

**GARY FRANKLIN**  
 New York, New York

**ELLIOTT FU**  
 Exit 5, New Jersey

**MITCHEL F. HALL**  
 Hanover, New Hampshire

**DAVID ISAACS**  
 Long Island, New York

**CHIP MILLER**  
 Wellesley, Massachusetts

**GLEN MITCHEL**  
 Wayland, Massachusetts

**RICHARD PRETSFELDER**  
 New York, New York

**GOOD LUCK**

**MARK ROSS**  
 New York, New York

**PAUL SACKLEY**  
 Wellesley, Massachusetts

**CRAIG SLATER**  
 Needham, Massachusetts

**MICHAEL TERNER**  
 Berkeley, California

**PAUL TURNER**  
 Concord, Massachusetts



# The Ultimate Players Association

Founded five years ago, the UPA represents the backbone of Ultimate's self-government. The principal functions of the organization have been to;

1. Promote the play of Ultimate.
2. Maintain an effective system of communication and information exchange (a national newsletter is published quarterly) and;
3. Assist in the formation of new teams and clubs.

Each of the 1400 members, 15% female, pay seven dollars yearly dues and receive the newsletter and full voting rights on all important matters. A recent review of the organization's success in all three of its functions brought mixed responses. The membership level is low given that some 6,000 to 8,000 are involved nationwide. Presently, we are working to change this general lack of confidence in the UPA. The recent two day meeting of the coordinating committee produced primary goals and a three year plan.

The UPA sets forth to help the players and organizers join together in an effort to promote Ultimate through teaching. Our goal is to get people more involved at all levels. Promoting the excitement of the sport to other players and a much

larger group of interested non-players will be the primary function. In order to accomplish this prodigious task, membership must be boosted drastically. Both money and work hours are needed once the framework of the three year plan is outlined.

In each year, play will continue as it has with the College Championships in the spring and the Open Championships in the fall. However, specifics and changes pertaining to the newsletter, sponsorship and a teaching package will be outlined over the next three years. The plan is simple:

**Determine** - we will spend year-one researching and underlining current weaknesses and problem areas.

**Develop** - year-two will see programs and committees realizing and producing packages and teaching aids.

**Distribute** - in the end, after the ball has been found and picked up, it must be thrown. We will seek interest and support from people and institutions who could enjoy Ultimate as we do. Ultimate can and will be self-governed by the positive spirit that we experience week-end after week-end. Friendship, respect, and honor in the competition exists and should be taught to others. The UPA implores you to join. Pay the seven dollar dues even if your teammate gets the newsletter. It's a great sport. Send a check to the UPA, P.O. Box 2600, Mesa, Arizona 85204.



## UPA MEMBERSHIP APPLICATION

☐ I am enclosing a check for \$7.00 for membership in the UPA and a year subscription to UPA Newsletter.

Name \_\_\_\_\_

Address \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

Phone (     ) \_\_\_\_\_ Sex \_\_\_\_\_ Age \_\_\_\_\_

Current Team \_\_\_\_\_ Team Member \_\_\_\_\_



MAIL TO: **U.P.A. Treasurer**  
P.O. Box 2600  
Mesa, Arizona 85204





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Congratulations and Good Luck

- University of Pennsylvania
- Glassboro State (New Jersey)
- University of Texas (Austin)
- Stanford University
- Chabot Junior College

\*Michigan State vs Ohio State

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## Back to the Participating Teams

- Syracuse University
- University of Massachusetts
- Tufts University
- University of Kansas
- Winner\*

University game: May 5

**mtix**

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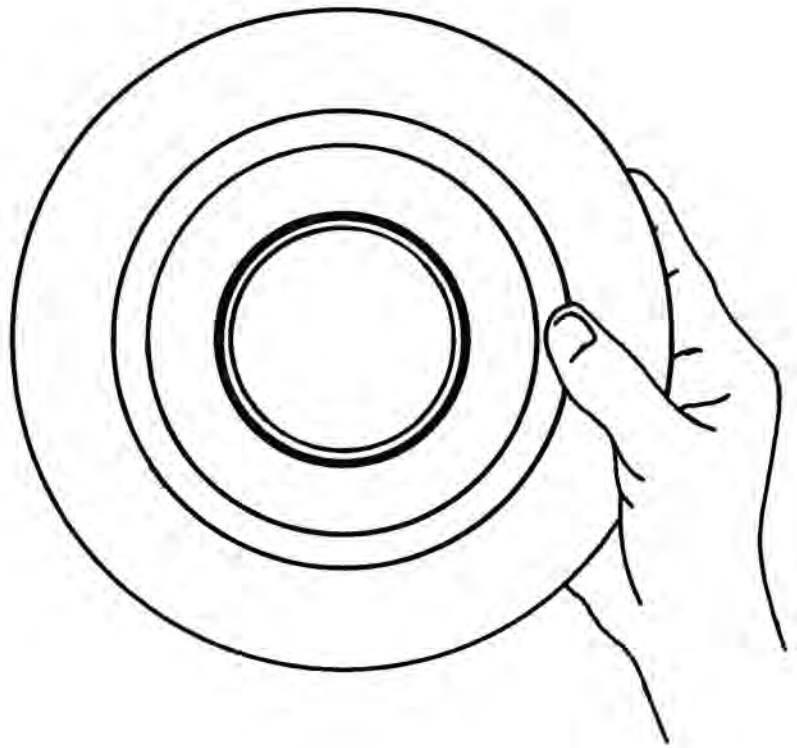
Photos by: Stuart S. Beringer

# How-To-Guide

Contrary to popular belief, anyone can learn to throw a frisbee. All that this skill requires is time, patience, and a disc. Here are some guidelines for the would-be player which demonstrate the important features of the backhand and forehand passes.

## The Backhand

The backhand is the conventional frisbee throw. It requires four basic steps; stance, grip, arm swing, and release. **Stance:** To start the correct toss, the thrower stands perpendicular to the receiver, with the thrower's right shoulder closest to him/her (for the left hander the left shoulder would be closest to the receiver). **Grip:** The grip is formed by placing the thumb on top of the disc, the index finger along the side (or rim) of the disc, and the three remaining fingers clutched underneath the disc (see illustration). **Arm Swing:** The backhand arm swing is a straight, level back to front motion, similar to a backhand in tennis. **The Release:** The disc is released when the arm is nearing full extension.

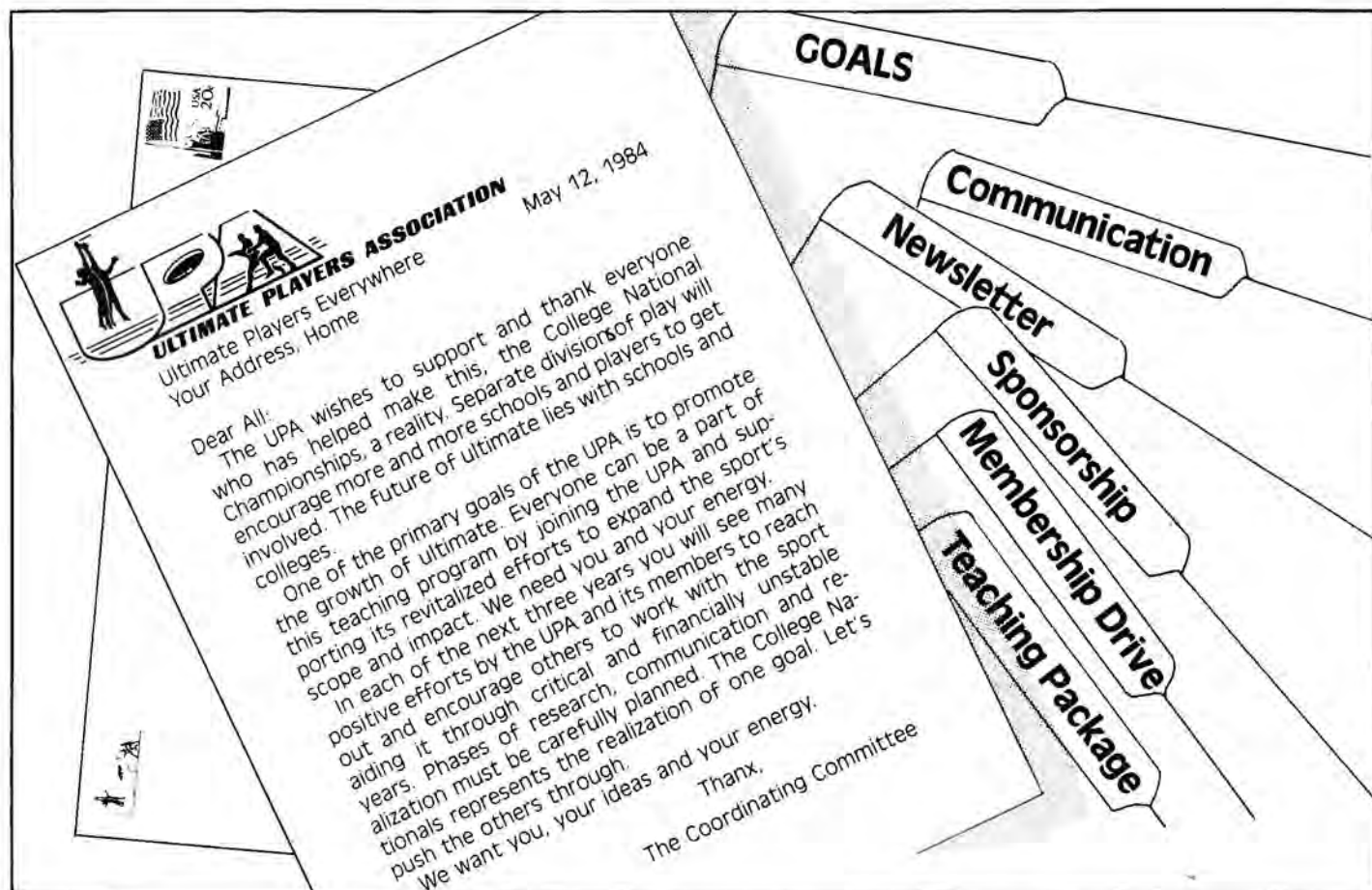


## The Forehand

The forehand is another popular frisbee toss, particularly in Ultimate. It too requires four steps; the stance, grip, arm swing, and release. **Stance:** Unlike the backhand, the forehand is thrown while facing the receiver. **Grip:** The forehand is thrown with the forefinger along the inside rim of the disc while the index finger lies naturally next to it against the top of the disc. The thumb grasps the side of the disc and the other fingers lie comfortably apart of the grip (see illustration). **Arm swing:** With the elbow at one's side, the forearm perpendicular to the body, and the wrist cocked, the arm swing consists of a lateral motion of the forearm across the body (from the side to the front of the body). **Release:** The release is formed by tilting the disc down at a forty-five degree angle, and snapping the wrist.

The key to any throw in frisbee, be it the more conventional tosses or the more elaborate freestyle throws is a concentration on wrist action. If timed properly, the wrist and the arm combine to give the frisbee both speed and accuracy.





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# The Rules Of Ultimate

The purpose of the rules of *Ultimate* is to provide a guideline which describes the way the game is played. It is assumed that no *Ultimate* player will intentionally violate the rules; thus, there are no harsh penalties for inadvertent infractions, but rather a method for resuming play in a manner which stimulates what would likely have occurred had there been no infraction.

In *Ultimate*, an intentional foul would be considered cheating and a gross offense against the spirit of sportsmanship. Often a player is in a position where it is clearly to his/her advantage to foul or commit some violation, but that player is morally bound to abide by the rules. The integrity of *Ultimate* depends on each player's responsibility to uphold the spirit of the game, and this responsibility should not be taken lightly.

## I. Clarifying Statements

- A. To "put the disc into play" means that the thrower establishes a pivot foot and is ready to throw.
- B. The rolling or sliding disc may be stopped by any player, but it may not be purposefully advanced in any direction. Possession is gained where the disc stops.

## II. Field of Play

- A. The field of play is a rectangular area with these dimensions: 70 yards long by 40 yards wide. Two 25 yard long endzones at each end make the total length of the field 120 yards.
- B. If you land on the line you are out.

## III. Time-Outs

- A. Each team is permitted three (3) time-outs per half, and one (1) per overtime.
- B. Each time-out lasts up to two minutes.

## IV. Scoring

- A. A goal is scored when an offensive player completes a pass to a teammate in the endzone when his/her team is attacking.
- B. In order for the receiver to be considered to be in the endzone after gaining possession of the disc, his/her first point of contact with the ground must be completely in the endzone.
- C. A player cannot score by running into the endzone with the disc. Should a receiver's momentum carry him/her into the endzone after gaining possession, s/he must carry the disc back to the closest point on the goal line and put the disc into play from there.

## V. Turnovers

- A. An incomplete, intercepted, knocked-down, or out-of-bounds pass results in a loss of possession.

- B. The following actions result in a loss of possession and a check: a stall, or a hand-off.

## VI. The Thrower

- A. If the disc is on the ground, whether in, or out of bounds, any member of the team may take possession of the disc. Once an offensive player has picked up the disc, that player is required to put the disc into play.
- B. The thrower must establish a pivot foot and



may not change the pivot foot until that throw is released.

- C. If the disc is dropped by the offensive player without defensive interference, it is considered an incomplete pass.

## VII. The Marker

- A. Only one defensive player may guard the thrower at any one time; that player is the marker.
- B. There must be at least one disc's diameter between the upper bodies of the thrower and the marker at all times.
- C. Stalling
  - 1. Once a marker has established a set guarding stance on the thrower, s/he may initiate a count.
  - 2. The count consists of the marker calling "stalling," and counting at one-second intervals from one to twelve (1-12), loudly enough for the thrower to hear.

3. If the thrower has not released the disc at the first utterance of the word "twelve," a turnover and a check result.

### VIII. The Receiver

- A. The receiver gains possession by demonstrating sustained contact with a non-spinning disc.
- B. After catching a pass, the receiver is only allowed the fewest number of steps required to come to a stop and establish a pivot foot.



Photos by: Stuart S. Beringer

- C. If the disc is caught simultaneously by offensive and defensive players, the offense retains possession.
- D. If an airborne receiver jumps and makes a catch, and is contacted by a defensive player before landing, and that contact caused the receiver to land out-of-bounds instead of landing in-bounds, the receiver must either call him/herself out, or call a foul on the defensive player.

### IX. Fouls

- A. Fouls are the result of physical contact between opposing players. A foul can only be called by the player who has been fouled and must be announced by calling out the word "foul" loudly immediately after the foul has occurred.
- B. When a foul is committed by the thrower or the marker, play stops and possession

reverts back to the thrower after a check.

- C. If the thrower is fouled in the act of throwing and the pass is completed, the foul is automatically declined and play continues without interruption.
- D. If a player contacts an opponent in the process of catching before the disc arrives and thereby interferes with that opponent's attempt to make a play on the disc, that player has committed a foul.
- E. Dangerous, aggressive behavior or reckless disregard for the safety of fellow players is always a foul.
- F. If a catching foul occurs and is uncontested, the player fouled gains possession at the point of the infraction. If the call is disputed, the disc goes back to the thrower.

### X. Violations

#### A. Travelling

1. The thrower must keep all or part of the pivot foot in contact with a single spot on the field. Should the thrower lose contact with that spot, the thrower has traveled.
2. If the receiver obviously takes more steps than are required to stop after catching a pass, that player has traveled.
3. If a receiver, after receiving a pass on the run, releases a pass after the third ground contact and before coming to a complete stop, that receiver has traveled.

#### B. Strip

1. No defensive player may touch the disc while it is in the hands of the thrower. If a defensive player does so, causing the thrower to drop the disc, the thrower calls "strip".
2. Play continues unaltered after a strip.

#### C. Picks

1. No player may establish a position, or move in such a manner, so as to obstruct the movement of a player on the opposing team; to do so is a "pick".
2. In the event of a pick, the obstructed player must immediately call "pick" loudly; play stops and is resumed after a check.

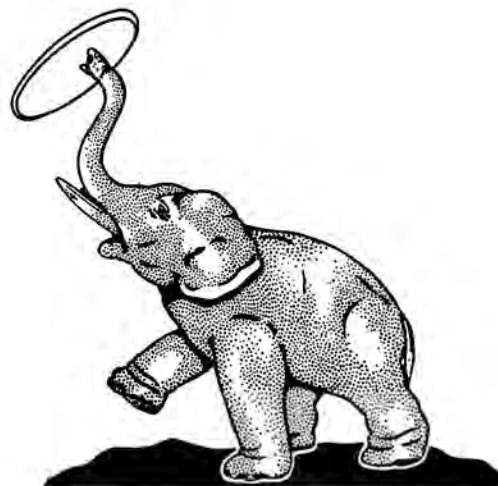


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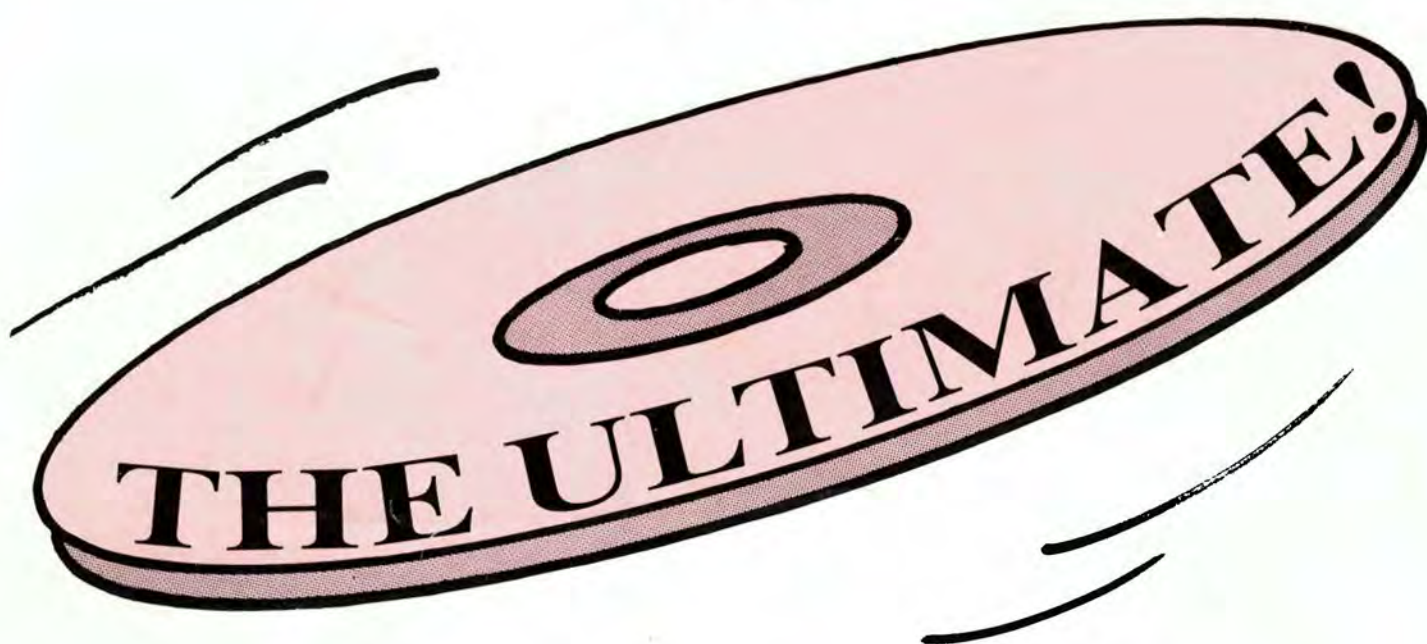
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