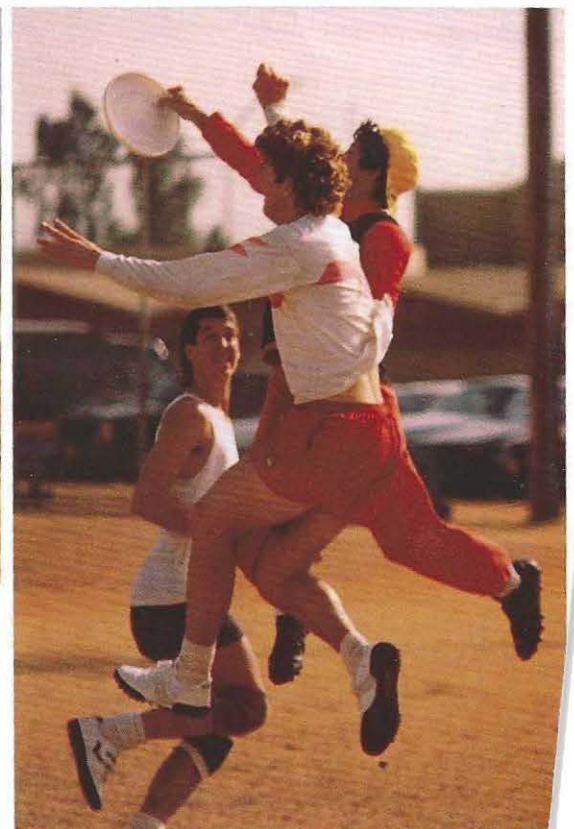


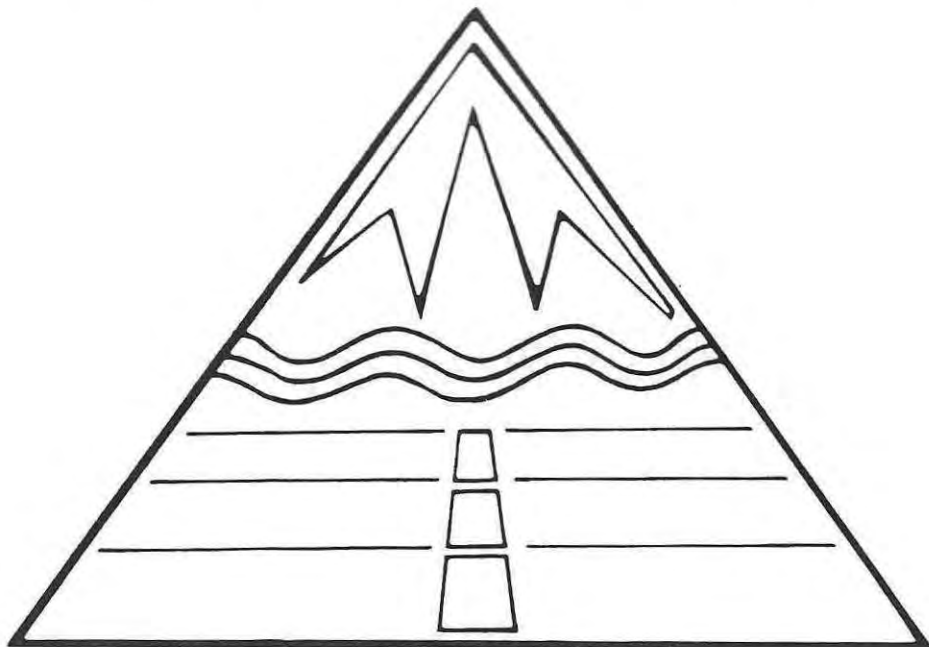
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ULTIMATE PLAYERS ASSOCIATION

Tournament Director's Greeting

"...get up off your feet before the night is through..." Technotronic

This sport of Ultimate is 22 years old. There are players competing here this weekend that aren't that old. You're witnessing the beginning of the second wave of this young and unique game. The first intercollegiate game was played in 1972 between Rutgers and Princeton, on the exact 103rd anniversary site of the first intercollegiate football game. That's a long way from Scottsdale, Arizona.

In an age where athletes strike for minimum salaries over \$100,000, and where instant replays overrule human judgement, it is truly a breath of fresh air to play and watch the sport of Ultimate. A self-officiated, highly-intense game played for fun and exercise...imagine that.

Welcome to the first National Championship of the 90's. If you're a player, treasure this week-

end. Competing for a National Title in *any* sport is an experience that will last a lifetime. If you're seeing Ultimate for the first time, be careful, you'll get hooked! When have you ever seen 300 people in one place who could throw a frisbee 50 yards on a dime, three different ways?

I'd like to say thank you to all of our terrific sponsors, who saw value in this growing sport. Thanks also to you...for being here. If you'd like to get involved, keep this in mind - not one of these people playing out here this weekend could throw when they started either...ask someone how to get started.

See ya,

Dee Rambeau
Tournament Director

From the National Collegiate Director

1990 was a landmark season for collegiate Ultimate. The Five Year Rule took effect for both open and women's divisions, limiting eligibility to college students with less than five years of UPA Ultimate experience. While the total number of players directly affected is not large, there has been a significant shift in the balance of power among college teams. The teams that have remained strong, and the new members of the upper echelon, are the ones with solid recruiting programs in place, and with strong school administration support through organized intramural programs, practice field space, and direct funding. The UPA has joined NIRSA, the National Intramural and Recreational Sports Association, to help promote Ultimate from within IM and sport club programs.

1990 marks the beginning of the maturity of collegiate Ultimate, and this 7th Nationals is a fitting culmination. Tournament organizer Dee

Rambeau has broken new ground in Ultimate tournament promotion and production. Enjoy the fruits of his efforts.

Collegiate Ultimate has traditionally been a stronghold of the Spirit of the Game. Watch it in action here this weekend, and look for it to become more prevalent in the coming decade as collegiate Ultimate continues to grow.

To the competitors: Congratulations, you are all champions. This weekend is for you, and you're on center stage. Play hard, play with spirit, and HAVE FUN!

Frank Revi
UPA National Collegiate Director



From the National Women's Director

Welcome to the 4th Annual Women's Division of the UPA College National Tournament in Phoenix, AZ!

In four short years, we have accomplished a great deal. 1990 marks the first year all Division's are playing with 100% college students and under the 5 year eligibility rule. The College Women's Division is very young but stands tall and well intact.

On your journey to the National level, you have competed in some tough games. With a little luck and a lot of determination, you are now faced with the final challenge of becoming the 1990 Women's College Champions. As you face your competitors this weekend, look each other in the eye and acknowledge that both of you are champions regardless of the outcome

of each game. In the end, all players will be champions with one trophy. The Women's Division has a long-standing reputation of exhibiting the Spirit of the Game. That was never more true last year when every Women's team in each pool won the Spirit of the Game Award. So play hard and win for fun!

As you bask under the Southwest sun and enjoy the Phoenix climate, remember to thank your host, Dee Rambeau and staff for furnishing an excellent tournament for your pleasure.

See you at the fields.

Marcia Dutcher
Women's National Director



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Watching Ultimate



Photos courtesy of Tony Romano

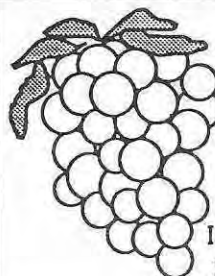
As with most sports, the most obvious contribution to an Ultimate team's winning effort is provided by the offense. The offense can only move toward the defense's end zone by completing passes amongst teammates, so the most important immediate objective of the offense is to complete a pass. The task is complicated by the ten-second time limit imposed on the thrower. The greatest factors in the offense's success are poise and precision. Also with most sports, the less obvious but frequently more significant contribution to the team's winning effort is made by the defense. As the most important immediate objective of the offense is to complete a pass, the most immediate objective of the defense is to prevent the offense from completing a pass. The greatest factors in the defense's success are hustle and desire.

Offense in Ultimate revolves around receivers maneuvering to get open so the thrower can pass it to him/her. Against a man-to-man defense, the receivers usually set up 15-20 yards downfield from

the thrower, sprint toward the thrower, and cut laterally to try and lose their defender. Against a zone defense, the offense tries to establish positions which can exploit the seams of the defense using sharp, precise passes. Zone defenses are usually used when windy conditions make it difficult to pass the disc.

Any time a pass is completed, the strategic nature of the field changes. The offense can keep the defense off-balance by completing passes in rapid succession. When the offense is able to successfully complete a series of passes toward its opponent's end zone, the smooth teamwork that is evident is termed "flow". In general, good flow is a result of lots of practice and familiarity with one's teammates.

The constant movement inherent in Ultimate, and the ten-second count imposed on the offense makes it difficult to implement any set plays. Most often, man-to-man Ultimate offenses rely on the establishment of player responsibilities as follows: **Handlers.** Usually 3 handlers are assigned. The handlers are typically the most skillful throwers on the team, and they are generally most responsible for the success of the offense. **Middles.** Usually 2 middles are assigned. The middles work with the handlers to create offensive flow. The middles generally begin their cuts further downfield than the handlers, and they typically try to fit their cuts into the offensive flow established by the handlers. **Longs.** Usually 2 longs are assigned. Longs begin their cuts furthest from the thrower. They generally try to contribute to the offensive flow by setting themselves up for deeper throws. Longs are frequently tall and/or fast as they usually have to out-leap or outrun their opponents in making plays on the disc. In attacking zone defenses, the offensive players try to position themselves in the gaps in the zone, and complete safe, precise passes. Successful



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zone offense generally requires a great deal of patience.

Defense in Ultimate is either played man-to-man or zone. Man to man defense revolves around maintaining a position on your man which prevents him/her from being able to receive a pass, and doing this without contacting the receiver. This generally requires a great deal of hustle, good field sense, and constant vigilance in keeping one eye on the thrower and one eye on the receiver being covered. The job of the defender is somewhat alleviated by the establishment of a "force" direction. The defender covering the thrower will "force" the thrower to throw in a direction either previously established or called out by the defender. This cuts down the amount of field available to the offense and allows the downfield defenders to shade the opponents to one side. Zone defense is generally implemented when windy conditions make it difficult to pass the disc. The defense positions itself around the thrower in a fashion which cuts off passing lanes. Whenever the disc is passed, the zone relocates around the current thrower. Only one defender can be within 3 meters of the thrower.

The transition between the offense and defense is a very important part of Ultimate. Any time there is a change of possession (except for a stall) the transition is immediate. On an incomplete or blocked pass, the once defense now offense can immediately pick up the disc and pass it toward their opponent's end zone. The instant a turnover occurs, almost every time, the once offense now defense is not in good defensive position. The result is that as soon as a turnover occurs, the once defense now offense will sprint towards their opponent's end zone hoping to get an easy score. In the course of a long game, the ability to dig deep and sprint even though a player has been running for perhaps five minutes or more is often the difference between winning and losing.

One thing to remember when watching Ultimate is that the players call their own fouls and violations, and make their own judgements on line calls. During the course of the game, you will see play stop and nothing will apparently be happening. What is usually happening at this time is the players involved are deciding how to resolve a conflict of some sort. Attentive spectators can usually figure out what was called, and seasoned spectators will often voice a dissenting opinion on obvious bad calls. It's all part of the game in Ultimate.



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Ultimate Rules Synopsis

Ultimate is a sport that is full of intense, exciting, and continuous action, with leaping one-handed catches, field length bombs, all-out-footraces to catch the disc which often end in flat-out horizontal dives for it, diving defensive blocks, and crisp teamwork; all of which is done using an implement which actually flies. Yet, with all this action, the sport is governed by a set of rules which covers a scant 2 sheets of 8½" x 11" paper, and is conducted without referees at any level, including the national and world championships. This can occur because Ultimate is governed by the "Spirit of the Game".

Ultimate has traditionally relied upon a spirit of sportsmanship which places the responsibility for fair play on the player himself/herself. Highly competitive play is encouraged, but never at the expense of the bond of mutual respect between players, adherence to 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, intentional fouling, or other "win-at-all-costs" behaviour are contrary to the spirit of the game and must be avoided by all players.

With the "Spirit of the Game" as the foundation of the rules in Ultimate, it is assumed that no player will intentionally violate the rules; thus there are no harsh



Photos courtesy of Tony Romano

penalties for infractions of the rules, rather, violations of the rules are treated by resuming play in a manner which simulates what most likely would have occurred had there been no infraction.

1. Description. Ultimate is a non-contact sport played by two seven-player teams. object of the game is to score goals. The disc may only be moved by passing, as the thrower is not allowed to take any steps. Any time a pass is incomplete, intercepted, knocked down, or contacts an out-of-bounds area, a turnover occurs, resulting in an immediate change of possession of the disc. A goal is scored when a player successfully passes the disc to a teammate in the endzone which that team is attacking. Games are usually played to an agreed upon number of points.
2. Each point is started off with a throw-off, or "pull". The offense and defense line up on their respective goal lines and play is begun when the defense throws, or "pulls", the disc to the offense.
3. Play is continuous. The only stops in play are due to fouls or violations which require a check of the disc, injuries, or time outs.
4. Substitutions are only allowed between points. The only exception is for injuries.
5. The Check. When play is stopped for any reason, play is resumed only after a check. Most stops in play require the players to hold their position until play is restarted. Play is restarted when the defensive player covering the thrower hands the disc to the thrower and calls "Disc in". Time outs are the only stop in play after which the players



Photos courtesy of Tony Romano

can take any position on the field. Play is restarted with a check after a time out also.

6. A player's first point of contact after catching the disc defines his/her position relative to being in or out of bounds. E.g., a player may leap beyond the boundary of the field and throw it back into play as long as his/her last point of contact was fully in bounds and he/she releases the disc before contacting out of bounds. After catching the disc, a player's first point of contact must be completely in the end zone for a point to be scored.
7. Only one defensive player may guard the thrower at any time, that player is the marker. Once the marker has established a defensive position on the thrower, he/she may initiate a count. The count consists of the marker calling "Stalling" and counting at one second intervals from one to ten. A turnover occurs if the thrower has not released the disc upon the first utterance of the word "ten".
8. Fouls are the result of physical contact

between opposing players. Some incidental contact between players is inevitable, but any contact which affects the outcome of a play is grounds for a foul call.

9. Violations are rule infractions which do not involve contact. The most common violations are travelling and picks. A player receiving the disc is allowed only the fewest number of steps required to come to a stop and establish a pivot foot. If the receiver is running as he/she catches the disc, he/she may throw a pass before the third ground contact after catching the disc without coming to a complete stop. No player may establish a position, or move in such a manner, so as to obstruct the movement of any player on the opposing team; to do so is a "pick".
10. Continuation. With any foul or violation, if the infraction does not detrimentally affect the team which was fouled or if play ensuing immediately after a violation results in a turnover by the team which broke the rules, play continues without stopping.

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The History

Ultimate was invented by students at Columbia High School in Maplewood, New Jersey who sought to combine the fun of playing with a Frisbee® with the challenge of conventional competitive sports. From its modest beginning in a high school parking lot, the sport spread to other local high schools; Columbia graduates later introduced the game to their respective colleges and universities. The first intercollegiate competition was held in 1972 between Princeton and Rutgers, on the 103rd anniversary and on the exact site of the first intercollegiate football game.

By 1975, approximately 25 teams had been organized and the first intercollegiate championship was held. The sport continued to spread, with many highly competitive club teams forming as collegiate players graduated. The first national championship was held in 1977; in 1979, the Ultimate Player's Association (UPA) was formed to organize, promote and direct the sport of Ultimate.

Currently, the UPA has over 6,000 members. They include players on over 500 teams - both men's and women's - who participate annually in the UPA National Championship Series. Players compete in a variety of divisions, including the Open Division, Women's Division, Division II, and the College Division. The National Championship Series is composed of over 25 sectional championships and five regional tournaments, leading up to the

National Championship in each division. In addition to the UPA-sponsored competitions, many other tournaments are held throughout the year which often attract players from all areas of the country.

Outside of the U.S., there is an active, growing network of teams in Canada, Europe and the Pacific Basin, as well as a developing presence in South America, Africa, Eastern Europe and the Soviet Union. Ultimate is presently played competitively in over twenty countries worldwide; teams from around the world meet annually at the World Ultimate Championships.

Ultimate is also played on a more informal level in co-ed community leagues and corporate leagues that have been established in many cities throughout the United States. These leagues provide participants with fun, physically demanding exercise that requires above all the ability to work with a team. In addition, they often allow newcomers to the game the unique opportunity to play with and against some of the best players in the country.

Ultimate is a popular collegiate intramural sport, and is increasingly becoming an accepted part of the high school physical education curriculum. Ultimate also was recently incorporated as a physical fitness elective for the Cub Scouts. It is estimated that over 20,000 enthusiasts on over 1500 teams actively participate in Ultimate on a regular basis.

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1990 UPA Collegiate Nationals Open

POOL A

	1	2	3	4	5
	12:00	2:30	9:30	12:00	2:30
A 1	A4 1	A3 2	A5 7	A6 3	A2 6
A 2	A5 3	A6 10	A3 5	A4 7	A1 6
A 3	A6 8	A1 2	A2 5	A5 1	A4 3
A 4	A1 1	A5 6	A6 4	A2 7	A3 3
A 5	A2 3	A4 6	A1 7	A3 1	A6 5
A 6	A3 8	A2 10	A4 4	A1 3	A5 5
	Friday		Saturday		

- A 1 UC Santa Cruz
Santa Cruz, California
- A 2 Southern Regional Qualifier
(not known at press time)
- A 3 The University of Wisconsin
Madison, Wisconsin
- A 4 Princeton University
Princeton, New Jersey
- A 5 Cornell University
Ithaca, New York
- A 6 SUNY Purchase
Purchase, New York

POOL B

	1	2	3	4	5
	12:00	2:30	9:30	12:00	2:30
B 1	B4 2	B3 3	B5 9	B6 6	B2 9
B 2	B5 6	B6 8	B3 1	B4 5	B1 9
B 3	B6 9	B1 3	B2 1	B5 10	B4 7
B 4	B1 2	B5 7	B6 10	B2 5	B3 7
B 5	B2 6	B4 7	B1 9	B3 10	B6 1
B 6	B3 9	B2 8	B4 10	B1 6	B5 1
	Friday		Saturday		

- B 1 UNC-Wilmington
Wilmington, North Carolina
- B 2 The University of Vermont
Burlington, Vermont
- B 3 UC Santa Barbara
Santa Barbara, California
- B 4 The University of Georgia
Athens, Georgia
- B 5 The University of Kansas
Lawrence, Kansas
- B 6 Carleton College
Northfield, Minnesota

SUNDAY'S SCHEDULE

- 9:30 OPEN AND WOMEN'S SEMIFINALS
- 12:30 WOMEN'S CHAMPIONSHIP GAME
- 3:30 OPEN CHAMPIONSHIP GAME

1990 UPA Collegiate Nationals Women

POOL A

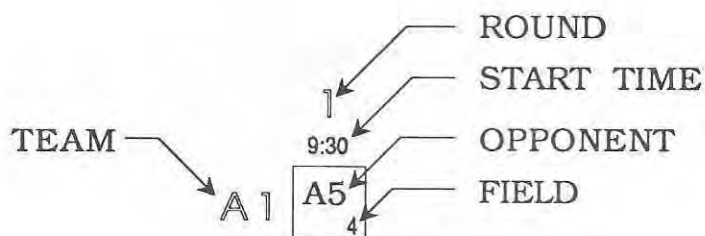
	1	2	3	4	5	6	
	9:30	12:00	2:30	9:30	12:00	2:30	
A1	A5 4	A2 1		A3 8	A4 2		QUARTERFINALS
A2	A4 10	A1 1	A5 2		A3 4		
A3		A5 9	A4 6	A1 8	A2 4		
A4	A2 10		A3 6	A5 10	A1 2		
A5	A1 4	A3 9	A2 2	A4 10			
	Friday			Saturday			

POOL B

	1	2	3	4	5	6	
	9:30	12:00	2:30	9:30	12:00	2:30	
B1	B5 7	B2 4		B3 2	B4 8		QUARTERFINALS
B2	B4 5	B1 4	B5 8		B3 10		
B3		B5 5	B4 3	B1 2	B2 10		
B4	B2 5		B3 3	B5 4	B1 8		
B5	B1 7	B3 5	B2 8	B4 4			
	Friday			Saturday			

- A1 UC Santa Barbara
Santa Barbara, California
- A2 Cornell University
Ithaca, New York
- A3 Carleton College
Northfield, Minnesota
- A4 The University of Kansas
Lawrence, Kansas
- A5 The University of Pennsylvania
Philadelphia, Pennsylvania

- B1 The University of Michigan
Ann Arbor, Michigan
- B2 Carnegie-Mellon University
Pittsburgh, Pennsylvania
- B3 UC Davis
Davis, California
- B4 Columbia University
New York, New York
- B5 Wesleyan University
Middletown, Connecticut



Past UPA Collegiate National Champions

Open

1989 UC Santa Barbara
1988 UC Santa Barbara
1987 Chabot College
1986 University of
Massachusetts
1985 Pennsylvania State
University
1984 Stanford University

Women

UC Davis
UC Santa Barbara
University of Kansas

Glossary

Check	A check is when the marker holds the disc and gives it to the thrower after making sure his teammates are ready to resume play. After any stop in play, play is restarted only after a check.	Ho/Horizontal	Diving to either catch or block the disc is known as getting Ho.
Marker	The defensive player guarding the thrower.	Hammer	A throw in which the disc is thrown overhand (like a baseball) and released upside-down.
Pick	A pick is when one player obstructs the path of another player, much like in basketball, except that in Ultimate picks are illegal.	Poach	When a defensive player tries to intercept or block a pass by laying in wait and anticipating when the thrower is throwing. In general, poaching is a risky defensive strategy. It can produce big turnovers, but a smart thrower can make a poacher pay dearly.
Flow	A smooth flowing succession of passes. Good flow is the result of practiced timing and precise throwing.	Dump	An easy backward pass. A thrower will dump the disc if no good forward passes are available.
Pull	The long throw to start a point passed from the defense standing on their goal line to the offense standing on their goal line. Out-of-bounds pulls are usually brought to the middle before starting play.	Swing	A pass or combination of passes across the field is known as a swing. A swing is effective in moving the defense and opening up passing lanes; especially against zone defenses.
Force	The marker allows the thrower to throw in one direction while preventing all throws in another direction. Knowing the force direction, the downfield defenders can better position themselves to prevent a pass to their man.	Swoop	When a player seemingly comes out of nowhere to make a play on the disc.
Huck	A long bomb throw.		
Swill	A poorly thrown pass.		
Biff	A defensive block of a pass.		
Ho Biff	A horizontal diving block of a pass.		

Photos courtesy of Tony Romano




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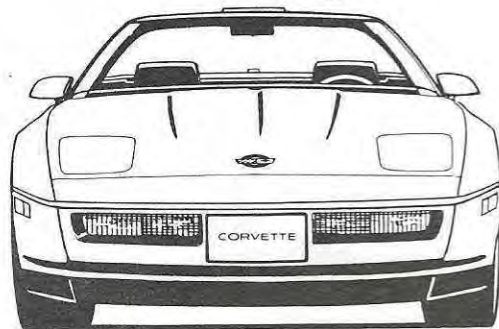
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