



Western Regional Ultimate Championships
North Bend, WA
October 13 & 14, 1990



OFFICE OF THE MAYOR

NORTH BEND, WASHINGTON
98045 • TELEPHONE 888-1211

October 1, 1990

Ultimate Players Association
2612 - 1st Avenue North
Seattle, Washington 98109

Dear Ultimate Players Association Members:

It is with great pleasure that I extend a warm welcome to you and your association from the City of North Bend and myself on the occasion of your 1990 Western Regional Championships to be held October 12th - 14th.

While you are with us I urge you to enjoy our scenic mountains and rivers, take time to ride the train which leaves from our Depot on McClellan Street, have a piece of famous "Twin Peaks Pie", and visit our new mall off I-90. For those who wish to get out into the great outdoors I suggest the hike up Mount Si which offers a panoramic view that will long be remembered and the fishing, kayaking and river rafting on the rivers surrounding us are outstanding.

The citizens of North Bend and I will look forward to your championship play and wish to extend our best wishes to all the participants and hope that your visit is most enjoyable and that you will come back and visit us again.

Sincerely,

Fritz Ribary
Mayor

FR:jak





Let the Competition Begin

Greetings and welcome to the 1990 Western Regional Ultimate Championships. Assembled here are the best men's and women's Ultimate teams in the western United States. Teams are competing for berths at the 1990 National Championships, to be held in Miami, FL. The top two or three men's teams and the top three women's teams will advance to Nationals.

The format of the men's competition this weekend is a straight double elimination tournament. Three rounds of the tournament will be played on Saturday. The championship of the winners' bracket will be at noon on Sunday. There will also be 3-4 rounds of losers' bracket games on Sunday. It is yet undetermined whether the top two finishers or top three finishers will qualify for Nationals. Three National berths are given to the two regions with the most teams; the remaining three regions are given two berths, for a total of 12 teams at Nationals. We will know on the night of the 13th whether the Western Region is one of the two regions with the most teams.

Women's competition begins with round robin games in two pools on

Saturday. On Sunday, the top three teams of each pool meet in a play-off, with the winners of each pool receiving a first round bye. The top three teams go to Nationals.

The customs and art of Native Americans figure strongly in the theme of this tournament. The natives of the Pacific Northwest once assembled at large ceremonies, perhaps not so different from the festival that brings us together now. The ceremony was called a potlatch. Most simply, the potlatch was an opportunity for one tribe to host other tribes. At a potlatch, the hosting tribe bestowed gifts upon their guests. The gift honored the giver as much as those that received. To achieve high status in the society, one had to not only accumulate wealth, but accumulate and then distribute that wealth at a potlatch. The receivers of the gifts were then obliged to give gifts of equal or greater value in return at a future potlatch. To be unable to do so would cause a person to lose status.

The hosts of this "potlatch" offer participants and spectators the gifts of plush fields in a scenic, pastoral setting, the tremendous gamut of recreational opportunities that

Seattle and western Washington can offer, and, hopefully, a smoothly run and enjoyable tournament. We wish to return gifts to our neighbors that have hosted Regionals in the past. We encourage our visitors to see some of the nearby attractions. Snoqualmie Falls is ten minutes from North Bend and certainly worth the trip. If you have more time, and the weather is nice, drive to the top of Snoqualmie Pass, or climb Mount Si. With an extra day, there is limitless recreation at your fingertips, in Seattle and throughout the Puget Sound region.

The Native American art in this program is from throughout what is now the Western Region of the Ultimate Players' Association. It is offered as a reminder of the tremendous beauty, in nature and in art, to be found in this region in which we play Ultimate.

One last word—please use the recycling bins set out at the playing fields, and do your part to make our impact on the hamlet of North Bend as positive as possible. Thank you.

Thanks to . . .

City of North Bend
Chris Gordon, artist
Jan Dahl, King County Parks Dept.
Jerry Venara, North Bend Athletic Facility
Ray Damazzo and George Brown, Mountain Meadows Farm
John Thompson, Seattle/King County Sports Council
Tammy Kirsch, Red Lion
Cynthia Siegfried, Holiday Inn
Betsy Bethell, Hyatt
Dover Publications, Inc.
Peggy Rice

About the Art

On the cover: Haida Argillite Plate. Courtesy of The Field Museum of Natural History, Chicago. Rendered by Chris Gordon.

Borders:

- | | |
|--------------|---|
| Pages 2-3: | Northwest basketry design |
| Pages 4-5: | Modern Navajo rug design |
| Pages 6-7: | Woven basket pattern, Pomo, California |
| Pages 8-9: | Pottery design, Santo Domingo, New Mexico |
| Pages 10-11: | Woven basket pattern, Pomo, California |

Rule Clarifications and Changes 1990 UPA Fall National Series

Following are the only official rule clarifications and changes effective for fall 1990 play. There will be no new rule changes introduced at Nationals. If further rule discussions or clarifications result from Regional or Sectional play, they must be brought to the attention of Kathy Pufahl at the UPA office prior to National play. The Ninth Edition of the UPA rules will be used, except as modified and appended here.

VI. TIME OUTS

1. Time outs

- A. Two per half (3 if the game is to 18 or more), and one in overtime.
- F. When play resumes, the player calling the time out puts the disc into play. If a time out is called in the end zone, the disc is put into play at the place the time out was called. If, however, the disc goes out of bounds in the end zone, and the player calls time out from out of bounds, the player may put the disc into play on the goal line, at the point closest to where the disc went out of bounds.
- G. It is a turnover if a player calls a time out when his/her team has no time out remaining. There is a check of the disc.

2. Injury time outs

- A. An injury time out can be called by any member of the injured player's team. The time out call takes effect at the time of the injury (ie., the call is retroactive to the time that the injury occurred.) If the disc is in the air during the call, the play is completed (ie., play continues until the pass is caught or a turnover occurs.)
- B. An injury time out results in a team time out if the injured player does not leave the game. An exception can be made when the injury is caused by an opposing player.
- C. Players may not set up when restarting play after an injury time out, unless it is also a team time out.

VII. STARTING AND RESTARTING PLAY

1. All drops on pulls are turnovers. A turnover occurs when a player drops the disc while s/he is walking a pull towards the spot to put the disc in play.
2. The team winning the flip has the choice of: whether to receive or throw the initial throwoff; or, which goal they wish to defend initially.
4. Any time play stops there is a check and a freeze. Play resumes with the marker touching the disc in the possession of the thrower.

"BRICK" RULE

If the throwoff lands outside the field of play, the receiving team may choose to put the disc into play 10 yards upfield from the center of the goal line which they are defending.

XIV. THE MARKER

5. Stalling. A defensive player within 3 meters of the pivot foot of the thrower may initiate a stall count. Stall count numbering starts with "one".

XIX. Any time the marker's count is interrupted, the count is resumed as follows:

Defensive Foul Uncontested	0
Defensive Foul Contested	Same/5 if over 5
Offensive Foul	Same
Travel or Pick	Same/5 if over 5
Strip/Fast Count/Double Team	
First Call	Subtract 2; no check
Second Call	0
Time Out	Same

XV. THE RECEIVER

9. If an airborne receiver jumps and makes a catch, and is contacted by a defensive player before landing, and that contact causes the receiver to land out of bounds instead of landing in bounds, this is a forceout foul and it is a foul. If this foul occurs in the end zone and it is uncontested, a goal is awarded.

XVI. CATCHING FOULS

- 4B. If an uncontested foul occurs in the end zone, the player fouled gains possession at the closest point on the goal line to the infraction.
- 4C. A player's attempt to make a play on the disc which causes significant contact with legitimately stationed opponents, regardless of where the disc is, is "harmful endangerment" and is a foul.

CONTINUATION — FIRST PASS ONLY

The continuation rule applies only to the first pass after the violation/foul is called. If the disc is in the air when the foul/violation was called, that pass is the first pass.

PICK CALLS

Play stops. No "play on".

STRIP

It is a violation to strip the disc from an offensive player in midair. A contested strip is treated like a contested foul, except that an uncontested strip in the end zone is a goal.

NO SET OF RULES CAN REPLACE PLAYER'S RESPECT FOR ONE ANOTHER AND FOR GOOD SPIRIT.

Thanks to Eric Simon and Kathy Pufahl for compiling these changes.



Pete Barnouw of the Donors.

Local Services

Groceries

QFC	439 E. 2nd St.	North Bend
	1540 NW Gilman Blvd	Issaquah
	10116 NE 8th St.	Bellevue

Pharmacy

Looks Pharmacy	1520 NW Gilman Blvd	Issaquah
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Restaurants

<i>North Bend</i>		
Homestead Rest.	101 W North Bend Way	B,L,?
Mar T Cafe	137 W North Bend Way	B,L,?
(AKA the R and R Cafe, famous for Norma's cherry pie)		
Honey Farm Country Inn		B,L
	8910 384th SE (Snoqualmie)	
Snoqualmie Lodge	Snoqualmie	
(known to Twin Peaks fans as the Great Northern)		

Restaurants (continued)

<i>Issaquah</i>		
Issaquah Cafe	1580 NW Gilman Blvd	B,L
Muffin Break	700 NW Gilman	
JB's Restaurants	1433 NW Sammamish Rd.	B,L,D
Twelfth Ave Cafe	1235 12th NW	B,L
The Roost	120 NW Gilman	L,D
La Costa	240 NW Gilman	L,D
Jay Berry's Pizza/Pasta	385 NW Gilman	L,D
Kohan	1590 NW Gilman	D

For the
Ultimate Players Association,
we'll roll out the red carpet,
and roll up our sleeves.

We're ready to work hard to make your meeting a success.
We'll tailor our facilities to your event. And our staff wears
smiles that are genuine, not merely part of the uniform.
For you, we'll make our royal treatment commonplace.



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Men's Teams

Northwest Section

Northwest Donors
Buff, Seattle
Cynics, Calgary

Rocky Mountain/Southwest Section

Stains, Boulder
Anarchy, Albuquerque
Jack's Calves, Tucson

Hawaiian Section

Hawaii

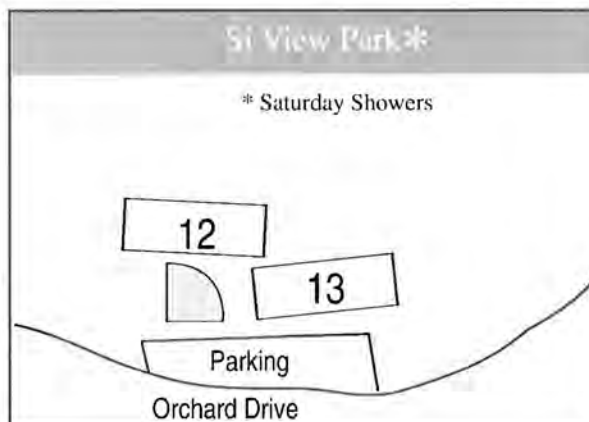
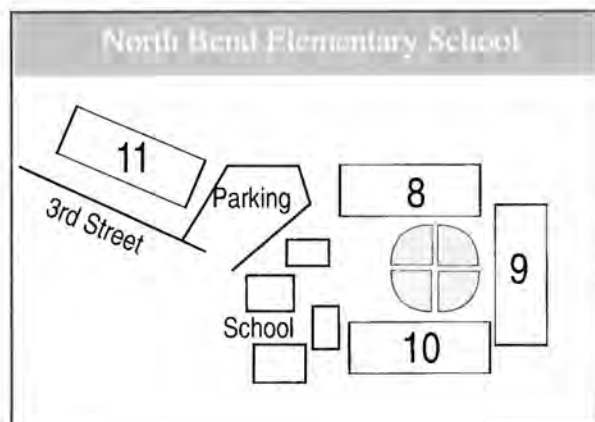
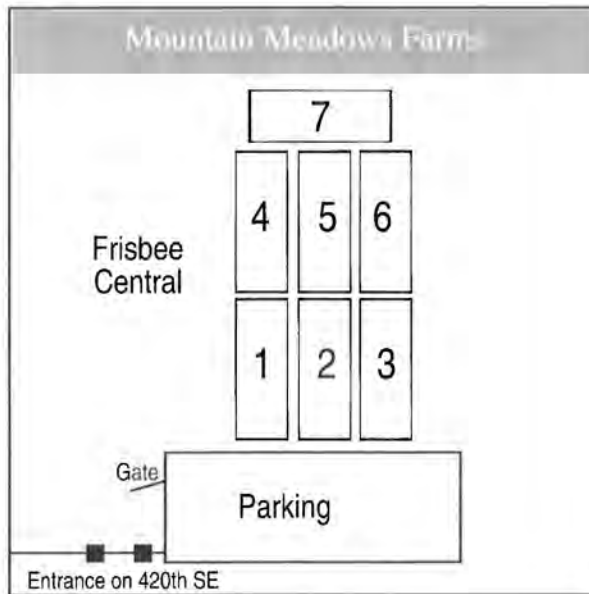
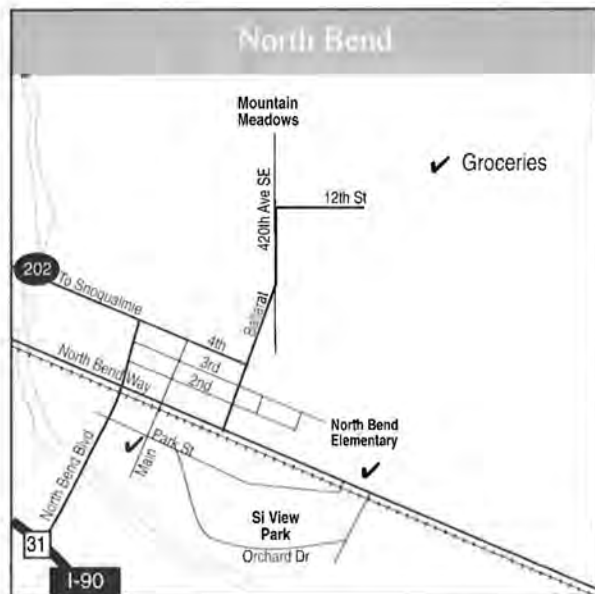
Northern California Section

Tsunami, Bay Area
Psycho Unanimous, Bay Area
Davis
The Boot, Bay Area
(), Bay Area

Southern California Section

LA
Condors, Santa Barbara
Household Trash
Long Beach

Site Maps



Women's Teams

Northwest Section

Women on the Verge, Seattle
Wild Hairs, Corvallis
Raging Zygotes, Portland
Star Dust, Eugene
Valkyries 1, Seattle
Valkyries A, Seattle

Rocky Mountain/Southwest Section

Mudhead Kachinas, AZ/NM
Babylon Sisters, Denver

Northern California Section

Maineiacs, Bay Area
Paws, San Francisco

Southern California Section

Safari, San Diego
Lady Condors, Santa Barbara

Pools

Pool A

Maineiacs
Women on the Verge
Paws
Raging Zygotes
Babylon Sisters
Valkyries A

Pool B

Safari
Condors
Mudhead Kachinas
Wild Hairs
Star Dust
Valkyries 1

Tentative Schedule

(Subject to change. See the master schedule at Frisbee Central.)

Saturday

Women— both pools play identical schedules

8:30 Captains' meeting
9:00 1 vs 3; 2 vs 6; 4 vs 5
10:45 1 vs 4; 2 vs 5; 3 vs 6
12:30 1 vs 5; 2 vs 3; 4 vs 6
2:15 1 vs 2; 3 vs 4; 5 vs 6
4:00 1 vs 6; 2 vs 4; 3 vs 5
Games to 13 — half at 7
1 time out per half
Time caps 20 minutes before the start of the next game.

Men — double elimination tournament

NOTE: When a lower seed defeats a higher seed, the winner assumes the higher seed.

8:45 Captains' meeting
9:30 1 vs 16; 2 vs 15; 5 vs 12; 6 vs 11;
7 vs 10; 8 vs 9
11:30 3 vs 14; 4 vs 13; 1 vs 8; 2 vs 7;
9 vs 16; 10 vs 15
1:30 11 vs 14; 12 vs 13; 3 vs 6; 4 vs 5
3:30 1 vs 4; 2 vs 3; 5 vs 11; 6 vs 12;
7 vs 9; 8 vs 10

Showers — Si View Park

Sunday

Women — playoff between the top 6 from pool play

9:00 Game 1: A2 vs B3
Game 2: B2 vs A3
11:00 Game 3: B1 vs Game 1 winner;
Game 4: A1 vs Game 2 winner
1:30 Championship: Game 3 winner vs Game 4
winner
Consolation: Game 3 loser vs Game 4 loser

Men — finish double elimination tournament

NOTE: When a lower seed defeats a higher seed, the winner assumes the higher seed.

9:30 5 vs 8; 6 vs 7
11:30 3 vs 5; 4 vs 6
12:00 1 vs 2 (championship)
1:30 3 vs 4
3:30 2 vs 3 (if necessary)

Showers — \$1.25 per person — Julius Boehm Pool 50 SE Clark Issaquah 296-4263

Local League is a Growing Success Story

In 1984, Mark Friedland decided to start a local Ultimate league. The Puget Sound Ultimate League was born in the spring of 1984. All games were played on Sunday mornings at Magnuson Park, on the shores of Lake Washington. There were eight teams in the first year of the PSUL.

"The original intent of the league was to have it be a farm system for the Olympic Windjammers Ultimate team," league founder Friedland said recently. "But, what's been funny over the years is that I don't think we've recruited one person out of the league."

What has happened, however, is that the PSUL has enjoyed steady growth over its seven year existence. The league has always been in the late spring, has always been co-ed, and games have always been played at Magnuson Park on Sunday mornings/early afternoons. But the league has grown from eight teams in '84 to 22 teams this past spring.

The league has spawned a new breed of player in these parts — a person who is semi-retired or simply not interested in playing and practicing year round with the travelling, competitive teams, but still wants to play, and play hard, in the league every year. As Mark puts it, "People really look forward to the league."

For the past four years, the league has wrapped up with a last day, single elimination tournament between the top eight teams. This format has been an unqualified success, as the last day tournament takes on a festive tournament air.

Mark has placed classified ads in the local newspapers every year to find new participants for the league. In the first few years, he also distributed pamphlets on the campus of the University of Washington. Mark deserves credit for helping the university start an intramural Ultimate league. One spring, there was a 30 team intramural league playing simultaneously with the 16 team PSUL!

Lately, new players and whole new teams seem to find him, as opposed to

the other way around. This year, there were four brand new complete teams. "The teams seem to come out of nowhere, really." The only limiting factor to league size now is availability of field space. 1990 was the first year Mark was forced to schedule three rounds of games on five fields for most Sundays.

1990 was the first year teams were required to have at least one woman on the field at all times. This worked well, as more often than not there were two women on the line for each team. Also, this was the first year every team won at least one game. Mark is very pleased with that fact.

There have been a few problems. Placing new individuals on teams has always been a chore, especially now that the total number of teams is limited.

This year, out-of-town tournaments disrupted the league too much, causing forfeits and rescheduling.

Through it all, Friedland is the hypercapable one man show. The league turns a small profit now, and Mark has even paid others to set up fields and supervise games on selected Sundays. Now he occasionally sleeps in with his wife, Stephanie Boyd, and their one year old Mackenzie.

How does it all go so smoothly? Why has the league done so well? "I hate to make it sound like a cliché," says Mark, "but it's communication. There is an awful lot of phone work."

Do you want to play in the PSUL? Work that phone and call Mark, in late February, at 525-6452.

DISCUSS THE "F" WORD WITH OUR EXPERTS

FERMENTATION,

it's a science; it's an art; it's lots of fun and it's even legal. A federal law passed in 1979 allows each citizen 18 or older to brew 100 gallons of home made beer per year. To encourage good old fashioned American values, 200 gallons are allowed per household.

Come on in to Liberty Malt Supply Company in Seattle's Pike Place Public Market and discover a world of home brewing, canning and wine making supplies. Tour our Pike Place Brewery and meet the brewers. Explore our selection of books and magazines about beer and brewing. You'll adore our collection of "Alephenalia Beer Wear" T-Shirts along with "Alephenalia Beer Ware" authentic beer glasses and other great gifts for beer lovers. Sign up now for our monthly "Home Brew U" where an "F" is the top score.

Free Pike Place Brewery visor for participants in the Ultimate Frisbee Tournament with this ad.



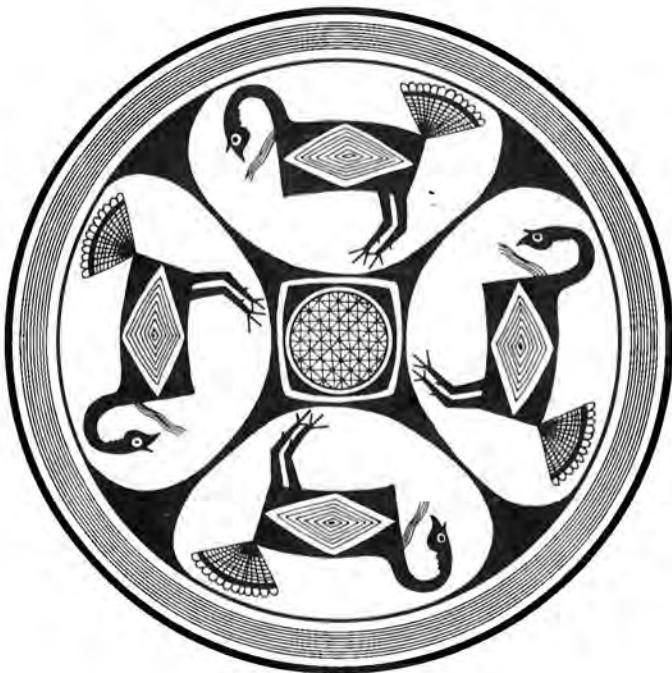
*Blake makes the play for the Donors
in the Sectional final.*



Warner of Seattle makes the snag in heavy traffic.



*Cara grabs a disc from the verge
of the Santa Cruz sky.*



Upper Left: Original art by Chris Gordon.

Upper Right: The Tribe logo. Original artwork by Warner Scheyer, adapted from Northwest native art themes.

Lower Left: Design painted in black on a white slip on the inside of a pottery bowl. Mimbres, New Mexico. 9th—12th century.

Lower Right: Designs on basket bowls in coiled sewing by the Pima and Papago peoples of Arizona. 19th—20th century.

COMPARATIVE STUDIES

The Northwest Ultimate Player



- wool hat
- grizzly outdoor man beard
- sunglasses rain or shine
- Discraft
- Gortex jacket w/seam sealed lining
- Capilene pants w/Scotch Guard waterproofing
- gloves
- screw-in cleats
- telemarking skis
- bag of gorp
- umbrella "just in case"
- reads environmentally correct magazine
- has never heard of Depeche Mode
- drives a Volvo w/ski rack

The Southern Cal Ultimate Player



- highlighted blond hair
- Sony Walkman playing Depeche Mode
- Oakley shades
- slick Whamo plastic
- tan (with pre-malignant cells)
- hip Guatamalan wristbands
- scantily clad beach babes
- cool retro 60's lovebeads
- Dayglo Zekereaction hip pack
- Newport Beach Jams
- has never seen an umbrella
- drives a Mustang convertible

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1. Two hands
2. Make hard cuts
3. 100%
4. Go to the disc
5. These guys are really tired
6. Don't clog
7. Value the disc
8. All we have to do is score
9. C'mon, pick it up
10. Kati, pay attention!

CLASSIFIEDS:

Attractive SWM w/good backhand looking for that perfect someone for tournament travel. I enjoy beach walks, the Grateful Dead, & good keg beer. If you're good looking, sensitive, like playing downwind offense, & have a pulse, write me at PO Box 28, Seattle 98103

LOST: a disc at Boulder 4th of July. Call Biff at 680-DISC.

Nickname Game

Match the frisbee nickname with the real person:

- | | |
|---------------|-------------------|
| 1. Wheels | a. Seth Mullen |
| 2. Poochie | b. Jim Dexter |
| 3. Factor | c. Todd Stephens |
| 4. Bert | d. Chris Beckett |
| 5. Bone | e. Mike Davenport |
| 6. Bullet | f. Dave Wharton |
| 7. Turbo | g. Rick Geyer |
| 8. Dreamer | h. Jack Lynch |
| 9. The Cooler | i. John Cione |
| 10. Sofa | j. Bob Sick |

SCORE:

0-3

4-6

7-9

Perfect Score

Beginner Ultimate
player
Travelled to a few
tournaments
Savvy vet
Time to retire

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EXIT 15 FROM INTERSTATE 90

Answers to Nickname Game: 1-d; 2-h; 3-a; 4-f; 5-b; 6-f; 7-c; 8-f; 9-g; 10-e.

... You must teach your children
that the ground beneath their feet
is the ashes of your grandfathers.

So that they will respect the land,
tell your children
that the earth is rich
with the lives of our kin.

Teach your children
what we have taught our children,
that the earth is our mother.

Whatever befalls the earth
befalls the sons of the earth.
If men spit upon the ground,
they spit upon themselves.

This we know:
the earth does not belong to man;
man belongs to the earth.
This we know.

All things are connected
like the blood which unites one family.
All things are connected.
Whatever befalls the earth
befalls the sons of the earth.

Man did not weave the web of life;
he is merely a strand of it.
Whatever he does to the web,
he does to himself. . . .

*Excerpt from a letter from Chief Sealth
(Chief Seattle) to the President
of the United States, 1854*

