

The UPA



Collegiate Regionals

Open List

Men

There will be 4 pools of 5. Games will be to 13. Double Elimination on Sunday for the top 8, best two of the pools. Consolation for the rest. Games start at 9 on Sunday.

1. Colorado University
2. Colorado College
3. Colorado State
4. Michigan
5. Michigan Tech
6. Kansas U
7. Iowa U.
8. Washington U. in St. Louis
9. Oberlin
10. Ohio U.
11. Dayton U.
12. Miami of Ohio
13. Indiana U.
14. Notre Dame
15. Purdue U.
16. Illinois
17. U of Wisconsin at Madison
18. Carleton College
19. Macalester College
20. GOP (Carleton Pickup)

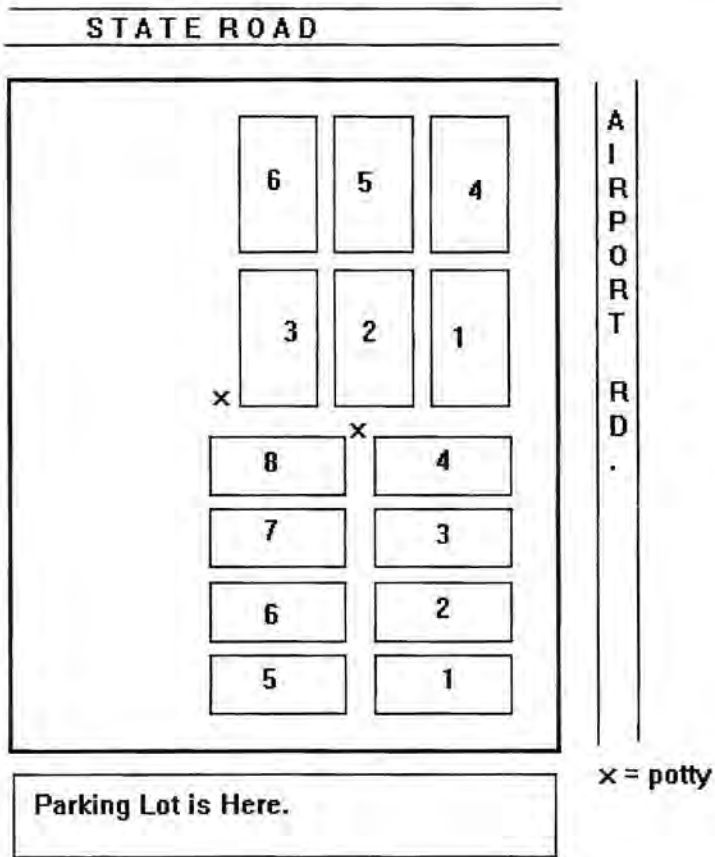
As it stands right now the top five seedings are as follows:

1. Indiana
2. Madison
3. Oberlin
4. Kansas
5. Carleton

Women

There will be 4 games on Saturday for each pool. The best 6 out of the 12 advance to the double elimination on Sunday.

Pool 1	Pool 2
Indiana	Carleton
Oberlin	Colorado
Macalaster	Kansas U.
Wisconsin	Illinois
Notre Dame	Ohio
Michigan	Purdue



At the Tent there will be:

Bagels

Banana's

Water

T-Shirts for \$9

When the water jubs at fields runs out take jubs back to tent to get more.

Spectator's Guide

The easiest way to understand Ultimate is to watch it—
the basics of the game are immediately apparent.

40 yards	• The disc may only be advanced by throwing it. • A point is scored by catching the disc in the end zone. • Any contact between players is a foul. • Any incompletion is an immediate change of possession. • Play is continuous until a point is scored. • Players call all their own fouls.
	25 yards 70 yards 25 yards

Each team has 7 players on the field—substituting only between points. There is more running in Ultimate than any other team game. This year's champions will play 7 of the best teams in the world in 4 days.

The Disc is what separates Ultimate from all team sports. The disc used is the Ultra-Star, a 175-gram sportdisc made by Discraft, Inc.

Offense

- The Thrower has ten seconds to throw, but a lot of fakes can happen in that 10 seconds. The two basic throws are the backhand and the forehand. The backhand is easier to learn because the back of the hand acts as a wind break during release. But the forehand has a shorter, quicker windup, and is actually more common in tournament play.
- The Receiver's job is just like in football. Look for cuts, fakes, buttonhooks, long breaks, and players dragging their feet to keep in bounds. In Ultimate, the first point of contact determines in bounds—not both feet.
- Catching a disc is really pretty easy—if you can get your hand on it, you can catch it. Spectacular diving catches are common, especially since the disc floats in the air so long.
- Set Plays are used by most teams at this level of the game, especially whenever play stops. The rest of the time teams use what's called flow offense, which is usually quite freeform and is guided, if at all, more by experience and field sense than by rules or principles.
- Offensive styles vary between teams. Some teams throw the disc upfield at every opportunity, while others swing the disc across the field before gaining yardage. Throwing straight upfield is more efficient—it takes fewer passes to score—but it requires harder throws.

Defense

- Defenders are governed by two rules; any contact between players is a foul, so the defender has to make each play clean or it doesn't count; any incomplete pass is a change of possession, so a knock-down is as good as an interception. Look for lots of spectacular diving blocks—the slightest change in the disc's flight can be the difference between a completion and a turnover.
- The Marker is the player guarding the thrower. Their goal is usually to deny one throw (either forehand or backhand) so that their teammates have less area to cover. The marker's ultimate goal is to block the throw (a "point block"), without letting the thrower "break the mark", i.e. make the throw the marker is trying to stop.
- Person-to-person is the most common defense—each defender covers one offensive player all over the field. This scheme varies with changes in the marker—most teams will either force the thrower towards the sideline (a "side trap") or towards the middle ("force middle").
- Zone defense is based on letting the offense swing the disc across the field, but blocking all the upfield throwing lanes. Most offenses try to go around a zone with lots of easy throws until the zone gets tired—or until the offense makes a mistake. An alternative is to try to throw over the zone with a vertical throw called a hammer. This is more effective, but it's risky, especially in the wind.

Spirit of the Game

Perhaps the most striking feature of Ultimate is that it has always relied on players to make their own calls and to resolve disputes on the fields between themselves. "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."

—The Official Rules of Ultimate

Restaurants in the Area

Column A

Arby's, Brad's, Fazoli's, Garcia's, Taco Bell, Utopia

Column B

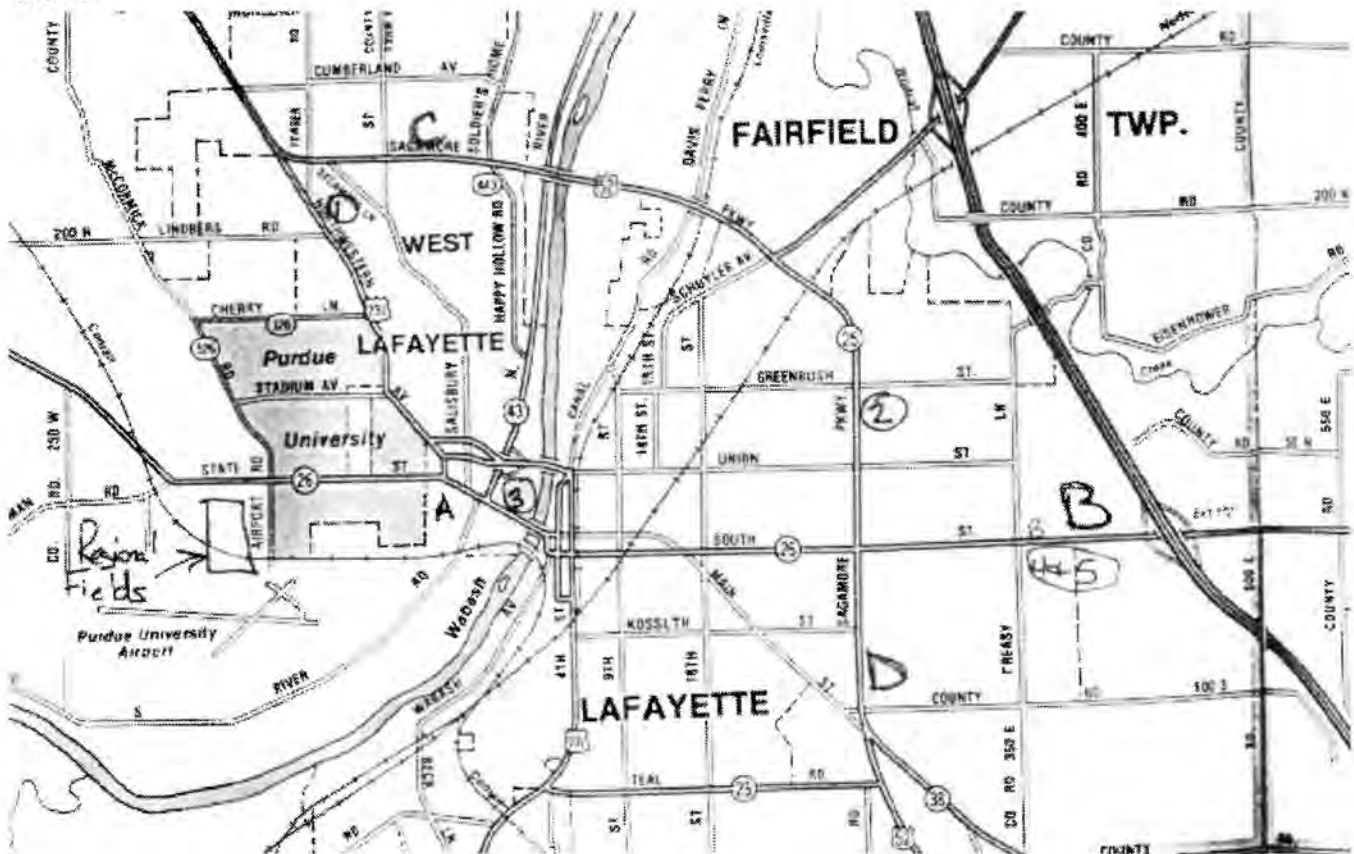
Akropolis, Chi-Chi's, Chili's, China Garden, Cracker Barrel, Damon's, Dragon Inn, Bob Evans, Grindstone Charlie's, Nirvana, Olive Garden, OutBack Steakhouse, Shoney's, Sirloin Stockade, Steak and Shake

Column C

C-Rays, Christo's, Dairy Queen, KFC, MCL Cafeteria, Pizza Hut, Sorrento, Szechuan Garden, Wendy's, Little Caesar's

Column D

Applebee's, BW3's, China Buffet, Dog-N-Suds, Great Wall, Lonestar, Mancino's Pizza, Mr. Steak, Rax, Red Lobster, Ryan's Family Steakhouse, Sizzler



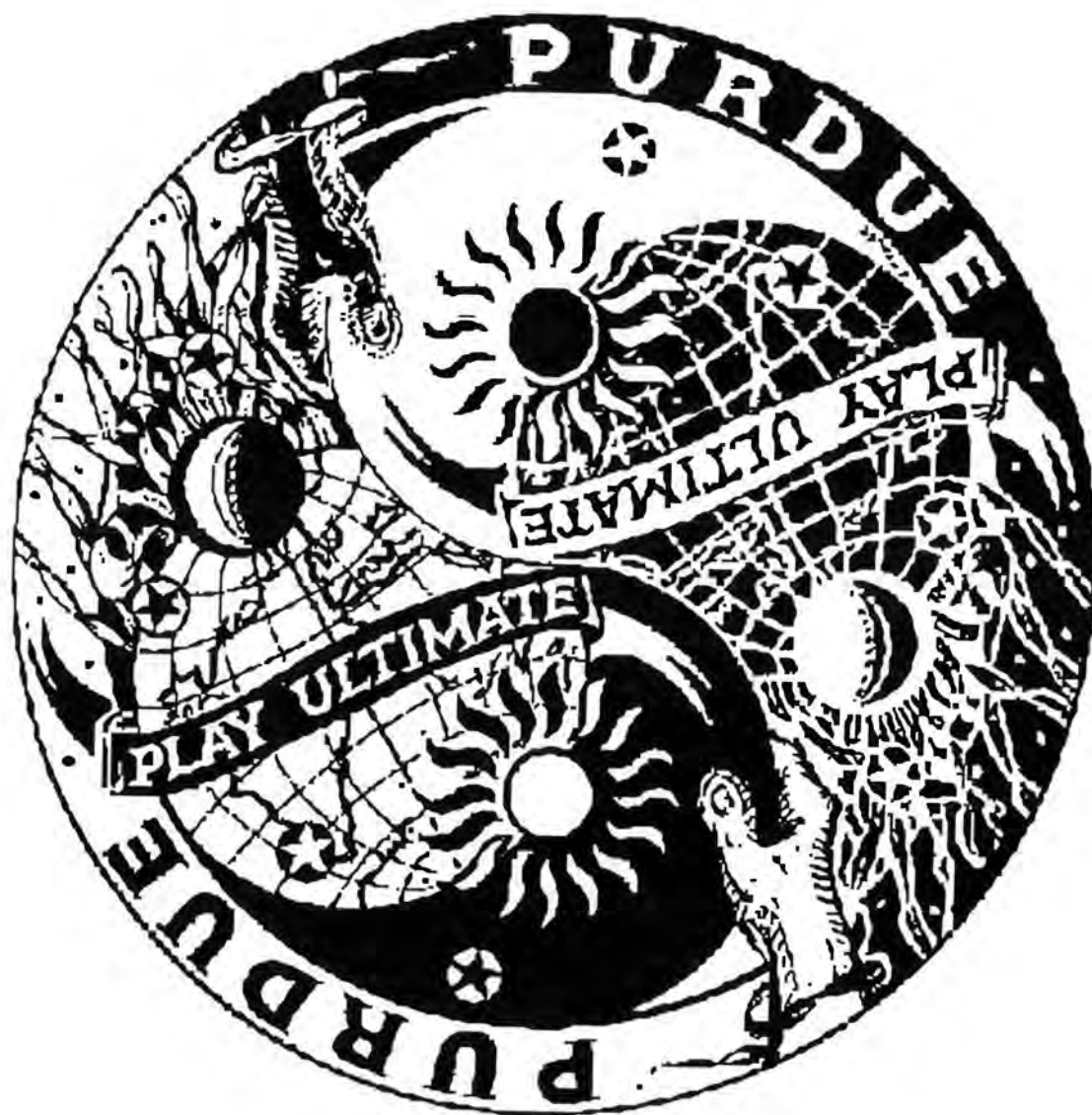
Where's Out?

**The Village has
plenty of Bars**

**For Directions to OUT
ask Jose at the Tournament**

Please pick up Trash

NO parking on fields!



Central Region - College Women 1996 Purdue

Pool A
Indiana
Oberlin
Macalaster
Wisconsin
Notre Dame

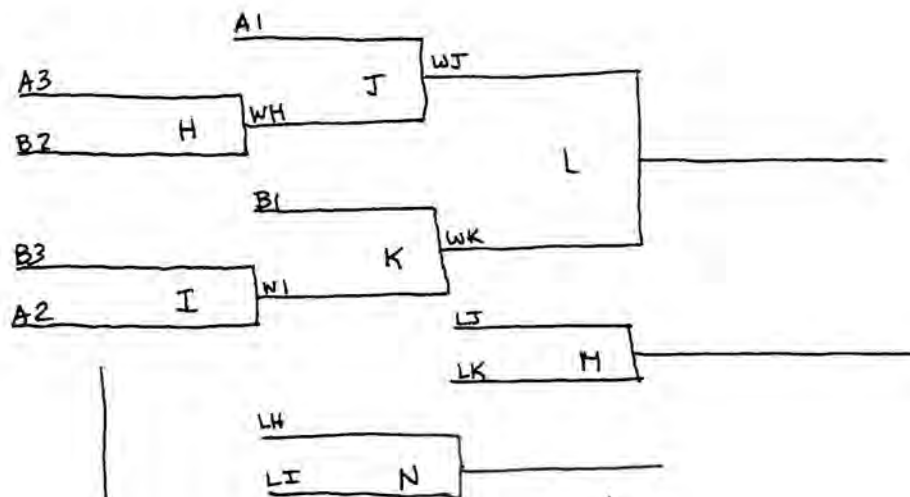
Pool B
Carleton
Colorado
Kansas
Illinois
Ohio
Purdue

SATURDAY

	<u>Start</u>	<u>Cap</u>	<u>Field 1</u>	<u>2</u>	<u>3</u>	<u>4</u>	<u>5</u>	<u>6</u>
Round 1	10:00	11:30	A1 v A5	A2 v A4		B1-B5	B2-B4	B3-B6
Round 2	12:00	1:30	A1 v A3	A4 v A5		B1-B4	B2-B3	B5-B6
3	2:00	3:30	A2 v A5	A3 v A4		B1-B6	B2-B5	B3-B4
4	4:00	5:30	A1 v A2	A3 v A5		B1-B2	B3-B5	B4-B6
			GAMES TO 15			GAMES TO 13		

SUNDAY

Round 1	9:00	10:30	A1 v A4	A2 v A3		B1-B3	B2-B6	B4-B5
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WINNER L = 1st
 LOSER L = 2nd
 WINNER H = 3rd
 LOSER H = 4th
 WINNER N = 5th

Game to 13
 Round 2 11:00 - 12:30
 Game to 15
 Round 3 1:00 - 2:45
 Game to 17
 Round 4 3:15 - 5:00 (Cap chosen by the 2 teams)

CONSOLATION BRACKET - WOMEN

