

2009 UPA State High School Ultimate Championships



2009 UPA Minnesota High School
Ultimate Championships

June 6 - 7, 2009
Maple Plain, MN

Sponsored by the Minnesota High School Ultimate League
Sanctioned by the Ultimate Players Association

In case of an emergency, call **911**

Nearest Emergency Room: Methodist Hospital
6500 Excelsior Blvd, Minneapolis, MN
952-993-5353



Directions to Methodist Hospital Emergency Room:

1. Head East on Turner Road for .4 mi
2. Turn left at CR-90 for .6 mi
3. Turn right at US-12 for 17.1 mi
4. Take Exit 5 to merge onto MN-100 S for 3 mi
5. Take the Excelsior Blvd/CR-3 W exit for .8 mi
6. Turn left at CR-3/Excelsior Blvd for .5 mi

Be sure to call Bruce Mebust, Tournament Director at 612-747-7111.

PARKING



HEADQUARTERS



CLUBHOUSE

PARKING



23

21

15

16

17

18

19

20

8

9

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11

12

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14

1

2

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4

5

6

7

Please report your game and spirit scores to the headquarters tent after every game. Thank you.

North



Absolutely No Parking along Turner Road!



Welcome to the 2009 Edition of the Minnesota High School Ultimate Championships sponsored by the Minnesota High School Ultimate League and sanctioned by the Ultimate Player's Association.

It's been another great season and we expect to see an exciting tournament. This year we have 8 Girls teams and 36 Open teams (up from 33 last year). The Open teams will be competing in two divisions of 16 and 20 teams. The usual powerhouse teams from both Girls and Open Divisions are here along with several new teams from High Schools participating for the first time.

Whatever the outcome, have fun and be sure to learn more about Ultimate. And remember, this league embraces "Spirit of the Game"; the most important thing we as coaches have to teach you. It will serve you well in your future in and out of Ultimate.

Check out the information elsewhere in this program about the upcoming Minnesota Youth Summer Ultimate League. There will be practices and tryouts as well as several league games in June and July. The UPA Youth Club Ultimate Championships (YCC) is scheduled for August 8th and 9th and the Minnesota High School Ultimate League will be selecting players from Summer League teams for YCC Mixed and Girls teams. See Jake Henderson at the Headquarters Tent for more information.

Have a great tournament!

Bruce L. Mebust

Tournament Director, UPA Minnesota High School Ultimate Championships

Tournament Rules

- There is absolutely No Parking on Turner Road.
- The Clubhouse is off limits to players.
- We are guests of the Twin Cities Polo Club. Trash cans have been provided. Please clean up after yourself and your team.
- Ultimate is a self-officiated sport. In order to ensure that this system works as fairly as possible, it is essential that all non-players (fans, coaches, parents, and even players standing on the sidelines) refrain from commenting about calls in any way during a game. There will be close calls. Let the players on the field work it out. Trust their maturity and don't get involved.
- All teams will be expected to cheer for every team they play.
- You are welcome to refill your water bottles at water jugs near the fields and at Headquarters.
- Lunch Vendor will be available from 11:00 until 2:00.
- Schedules and scores will be posted at the information table at Headquarters.
- Tournament results will be posted on the league web site.
- A lost and found area will be located at Headquarters.
- Finals are at 2:15pm on Sunday on Field #8 for Open, and Field #1 for Girls Divisions. An Awards Ceremony will immediately follow.
- We ask that each team report their GAME and SPIRIT scores to HQ after every game.
- Dogs must remain on leash.
- No Glass Allowed. Plastic and cans are okay.
- Please Pick up Your Trash: If you have one accurate throw all weekend, please make it the one that sends your trash into a garbage bag. We are extremely grateful to (Insert field owners) for extending the use of their field space to us. Please leave it cleaner than when you arrived.

On Sale at the Headquarters Tent:

Discs \$10

T-Shirts \$5

Cleat Bags \$5

PLEASE CLEAN UP AFTER YOURSELF AND YOUR TEAM.

MN Youth Summer League

Check it Out

Learn from Experienced
Club Players

Play with Youth from all
over MN

Play YCC



League Games
Saturday Mornings
Starting June 13

Skills and Drills
Tuesday Nights

League Registration:
www.mnhsultimate.org/ycc.aspx

Girls Division

Play under UPA 11th Edition Rules. All games are to 15/17. Round end-times listed are soft-cap horn times. Hard-cap (does not apply in bracket play) goes on 15 minutes after soft-cap time/15 minutes before start of next round. Please report game and spirit scores after every game.

Pool A

- A1: Cathedral (1)
A2: Cretin Derham Hall (3)
A3: Southwest Girls (6)
A4: St Paul Charter (8)

Sat	Game	Fld	Score	Game	Fld	Score
9:00 10:30	A1-A3	21	-	A2-A4	23	-
11:00 12:30	A1-A4	21	-	A2-A3	23	-
1:00 2:30	A1-A2	21	-	A3-A4	23	-

Pool B

- B1: South HS (2)
B2: Hopkins H.S. Women (4)
B3: Eden Prairie Women (5)
B4: Armstrong (7)

Sat	Game	Fld	Score	Game	Fld	Score
9:00 10:30	B1-B3	22	-	B2-B4	24	-
11:00 12:30	B1-B4	22	-	B2-B3	24	-
1:00 2:30	B1-B2	22	-	B3-B4	24	-



Ten Things You Should Know About Spirit of the Game

1. The golden rule: treat others as you would want to be treated. Spirited games result from mutual respect among opponents. Assume the best of your opponent. Give him or her the benefit of a doubt. You would want the same for yourself. But if you are thick-skinned, do not assume that your opponent is. Maybe you should think of this rule as, "treat others as you would have them treat your mother."

2. Control: SOTG takes real effort. SOTG is not just some abstract principle that everyone adopts and then games run smoothly without effort. Close calls are made in tight games. Hard fouls are committed. SOTG is about how you handle yourself under pressure: how you contain your emotionality, tame your temper, and modulate your voice. If you initiate or contribute to the unraveling of spirit, the concept falls apart quickly. If you act to mend things (or at least not exacerbate the situation) by following (1) above, the game heals itself.

3. Heckling and taunting are different. Ultimate has a long tradition of good-natured heckling. Heckles are friendly barbs, typically from non-playing spectators. Heckling can be fun, but taunting is unspirited and wrong. Harassing remarks after an opponent's foul call or close play are NOT heckling: they are abusive taunts which create unpleasant playing conditions and often escalate to acrimonious disputes.

4. SOTG is compatible with championship play. It is a fallacy to argue that the stakes are so important that some aspect of SOTG can be cast aside. Time and again, great teams and star players have shown that you can bring all your competitive and athletic zeal to a game without sacrificing fair play or respect for your opponent.

5. Don't "give as you got." There is no "eye for an eye." If you are wronged, you have no right to wrong someone in return. In the extreme case where you were severely mistreated, you may bring the issue up with a captain, tournament director, or even lodge a complaint with the governing body. If you retaliate in kind, however, a complaint may be filed against you. We recall point (1): treat others as you would have them treat you, not as they have treated you. In the end, you are responsible for you.

6. Breathe. After a hard foul, close call, or disputed play, take a step back, pause, and take a deep breath. In the heat of competition, emotions run high. By giving yourself just a bit of time and space, you will gain enough perspective to compose yourself and concentrate on the facts involved in the dispute (was she in or out; did you hit his hand or the disc; did that pick affect the play). Your restraint will induce a more restrained response from your opponent. Conflagration averted, you may resume business as usual.

7. When you do the right thing, people notice. When you turn the other cheek, you know you've done the right thing. You may not hear praise, there may be no standing ovation, but people do notice. Eventually, their respect for you and their appreciation of the game will grow.

8. Be generous with praise. Compliment an opponent on her good catch. Remark to a teammate that you admire his honesty in calling himself out of bounds. Look players in the eye and congratulate them when you shake their hands after a game. These small acts boost spirit greatly, a large payoff for little time and effort.

9. Impressions linger. Not only does the realization that your actions will be remembered for a long time serve to curb poor behavior, it can also inspire better conduct. Many old-timers enjoy the experience of meeting an elite player who remembers their first rendezvous on the field and recalls the event in detail. A good first encounter with an impressionable young player can have considerable long term positive impact.

10. Have fun. All other things being equal, games are far more fun without the antipathy. Go hard. Play fair. Have fun.

Special thanks to Eric Zaslow and members of the 2005 Conduct Committee (Jeff Dunbar, Kate Bergeron, Eric Zaslow, Will Deaver) for the development of this document. Adopted by UPA Executive Committee, March 29, 2005.

Open Division, Saturday

Play under UPA 11th Edition Rules. Saturday games for Pools A through D are to 13/15 and for Pools E through H are to 15/17. Sunday games are to 15/17. Round end-times listed are soft-cap horn times. Hard-cap (does not apply in bracket play) goes on 15 minutes after soft-cap time/15 minutes before start of next round. Please report game and split scores after every game.

Pool A

- A1: Hopkins (1)
A2: Eden Prairie (7)
A3: Orono (12)
A4: Southwest: Open (13)
A5: St Paul Open (18)

Sat	Game	Fld	Score	Game	Fld	Score
9:00	A1-A4	8	-	A2-A3	9	-
10:00						
10:30	A1-A2	8	-	A3-A5	9	-
11:30						
12:00	A1-A5	8	-	A2-A4	9	-
1:00						
1:30	A1-A3	8	-	A4-A5	9	-
2:30						
3:00	A2-A5	8	-	A3-A4	9	-
4:00						

Pool B

- B1: Minneapolis South HS (2)
B2: Mounds View (8)
B3: Como Park (11)
B4: Edina (14)
B5: Roseville (17)

Sat	Game	Fld	Score	Game	Fld	Score
9:00	B1-B4	1	-	B2-B3	2	-
10:00						
10:30	B1-B2	1	-	B3-B5	2	-
11:30						
12:00	B1-B5	1	-	B2-B4	2	-
1:00						
1:30	B1-B3	1	-	B4-B5	2	-
2:30						
3:00	B2-B5	1	-	B3-B4	2	-
4:00						

Pool C

- C1: Cathedral H.S. (3)
C2: Armstrong HS (5)
C3: North St Paul (10)
C4: Saint Paul Central H.S. (15)
C5: Minnehaha (20)

Sat	Game	Fld	Score	Game	Fld	Score
9:00	C1-C4	3	-	C2-C3	4	-
10:00						
10:30	C1-C2	3	-	C3-C5	4	-
11:30						
12:00	C1-C5	3	-	C2-C4	4	-
1:00						
1:30	C1-C3	3	-	C4-C5	4	-
2:30						
3:00	C2-C5	3	-	C3-C4	4	-
4:00						

Pool D

- D1: Cretin-Derham Hall (4)
D2: Eastview High School (6)
D3: White Bear Lake A (9)
D4: Mahtomedi (16)
D5: Henry Sibley (19)

Sat	Game	Fld	Score	Game	Fld	Score
9:00	D1-D4	10	-	D2-D3	11	-
10:00						
10:30	D1-D2	10	-	D3-D5	11	-
11:30						
12:00	D1-D5	10	-	D2-D4	11	-
1:00						
1:30	D1-D3	10	-	D4-D5	11	-
2:30						
3:00	D2-D5	10	-	D3-D4	11	-
4:00						

Pool E

- E1: Minneapolis South HS - B (21)
E2: White Bear Lake Black (28)
E3: Roseville B (29)
E4: Mahtomedi B (36)

Sat	Game	Fld	Score	Game	Fld	Score
9:00	E1-E3	5	-	E2-E4	12	-
10:30						
11:00	E1-E4	5	-	E2-E3	12	-
12:30						
1:00	E1-E2	5	-	E3-E4	12	-
2:30						

Pool F

- F1: St Paul Charter (22)
F2: Hopkins-B (27)
F3: Irondale (30)
F4: Henry Sibley B (35)

Sat	Game	Fld	Score	Game	Fld	Score
9:00	F1-F3	6	-	F2-F4	13	-
10:30						
11:00	F1-F4	6	-	F2-F3	13	-
12:30						
1:00	F1-F2	6	-	F3-F4	13	-
2:30						

Pool G

- G1: Eden Prairie-B (23)
G2: Watershed (26)
G3: Blake- Raging (31)
G4: Mounds View-B (34)

Sat	Game	Fld	Score	Game	Fld	Score
9:00	G1-G3	15	-	G2-G4	16	-
10:30						
11:00	G1-G4	15	-	G2-G3	16	-
12:30						
1:00	G1-G2	15	-	G3-G4	16	-
2:30						

Pool H

- H1: Cretin-Derham Hall-B (24)
H2: White Bear Lake Orange (25)
H3: Cathedral-B (32)
H4: Eagan (33)

Sat	Game	Fld	Score	Game	Fld	Score
9:00	H1-H3	17	-	H2-H4	18	-
10:30						
11:00	H1-H4	17	-	H2-H3	18	-
12:30						
1:00	H1-H2	17	-	H3-H4	18	-
2:30						

EFGH 3rd/4th Crossover

Sat 3:00 - 4:30

3E:

a F:15

4F:

EFGH 3rd/4th Crossover

Sat 3:00 - 4:30

3H:

b F:18

4G:

EFGH 3rd/4th Crossover

Sat 3:00 - 4:30

3G:

c F:17

4H:

EFGH 3rd/4th Crossover

Sat 3:00 - 4:30

3F:

d F:16

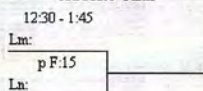
4E:

Open Division, Sunday (1st - 16th place)

Championship Bracket
Sat 4:30 - 5:30 9:00 - 10:15 10:45 - 12:00 2:15 - 3:30



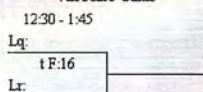
3rd Place Game



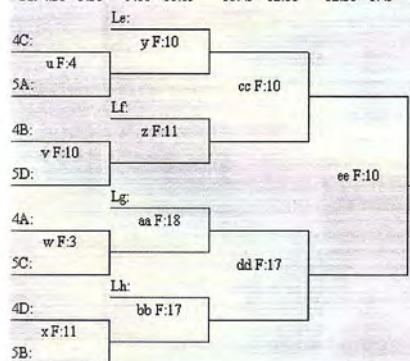
5th Place Bracket



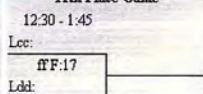
7th Place Game



9th Place Bracket
Sat 4:30 - 5:30 9:00 - 10:15 10:45 - 12:00 12:30 - 1:45



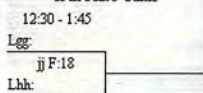
11th Place Game



13th Place Bracket



15th Place Game



Open Division, Sunday (17th – 36th place)



I Pool is for places 25-28.

J Pool is for places 29-32.

K Pool is for places 33-36.

Pool I						Pool J						Pool K					
I1: (Team Lnn)						J1: (Team Wa)						K1: (Team Le)					
I2: (Team Lkk)						J2: (Team Wd)						K2: (Team Lb)					
I3: (Team Lll)						J3: (Team Wc)						K3: (Team La)					
I4: (Team Lmm)						J4: (Team Wb)						K4: (Team Ld)					
Sun	Game	Fld	Score	Game	Fld	Score	Sun	Game	Fld	Score	Game	Fld	Score	Sun	Game	Fld	Score
9:00	I1-I3	21	-	I2-I4	23	-	9:00	J1-J3	19	-	J2-J4	20	-	9:00	K1-K3	22	-
10:15							10:15							10:15			
10:45	I1-I4	21	-	I2-I3	23	-	10:45	J1-J4	19	-	J2-J3	20	-	10:45	K1-K4	22	-
12:00							12:00							12:00			
12:30	I1-I2	21	-	I3-I4	23	-	12:30	J1-J2	19	-	J3-J4	20	-	12:30	K1-K2	22	-
1:45							1:45							1:45			

“The mission of the Minnesota High School Ultimate League is to provide high quality opportunities for Minnesota high school students to learn and to play the sport of Ultimate Frisbee. We believe in the code of the Spirit of the Game and seek to promote spirit among all our participants. “

UPA SPIRIT OF COACHING



Background:

The role of the coach at all levels of Ultimate is unique in a sport that places on-field player authority above non-player influence. As non-players the coach's authority must not extend to the on-field officiating process. Coaches may be faced with situations where they are able to correct the self-officiating process and ensure the correct outcome to a given play. In this situation, coaches must not interfere in the officiating process, in order to ensure that players learn and take responsibility for officiating. Coach interference in the decision making process, even in the most egregious violations, will indicate to players that the coach and not the players have the ultimate responsibility for ensuring the inherent fairness of the game. Teaching players the rules and how to implement them should be done at practices or off of the field. It is the coach's responsibility to ensure that the players understand their own responsibilities as players and teach players how to handle those responsibilities.

Guidelines:

- * Coaches should introduce themselves to the other coaches prior to a game and discuss concerns. This could potentially include the level of play, the level of intensity (e.g. spiking and rushing the field), and possible modifications to the captain's clause (e.g. prohibiting zone for new teams or foot blocking).

- * Because the potential for misperception is high, spiking is prohibited at the youth level unless otherwise agreed upon by the coaches or captains. Spiking in a disrespectful manner is never ok at any level.

- * Coaches will not make calls from the sideline nor offer their opinion on a play. Coaches should encourage players to come to a resolution on their own, and if asked during a dispute coaches may offer rules clarifications. After a dispute a coach may talk to his or her own player about the dispute and offer opinions.

- * Youth coaches will make an effort to educate parents about Spirit of the Game and work to create a sideline atmosphere that respects Spirit of the Game.

- * Coaches will teach and give players opportunities to practice knowledge of the rules of Ultimate.

- * Coaches will always exhibit respect for opposing players.

- * Coaches will always exhibit respect for other coaches.

- * Coaches will always exhibit respect for observer

- * Coaches will model Spirit of the Game at all times

Summary:

The coach's goal in terms of Spirit of the Game is to create an environment where players are responsible for upholding the rules and ensuring that the outcomes of plays and games are fair.

Spirit of the Game

"Ultimate has traditionally relied upon a spirit of sportsmanship which places the responsibility for fair play on the player himself. Highly competitive play is encouraged, but never at the expense of the bond of mutual respect between players, adherence to the 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' behavior are contrary to the spirit of the game and must be avoided by all players."



The Spirit Award

Because Spirit is so vital to the success of this league, we are presenting an award to the team exemplifying the greatest commitment to Spirit of the Game. After each game, teams will rank their opponent. Spirit scores should be reported to Headquarters. Teams will also be expected to perform a cheer for their opponents. An award will be presented for the most spirited Open and Girls teams at the Awards Ceremony.

**PLEASE REPORT YOUR GAME AND SPIRIT
SCORES TO HQ AFTER EVERY GAME.**

ULTIMATE IN 10 SIMPLE RULES

1. The Field -- A rectangular shape with endzones at each end. A regulation field is 70 yards by 40 yards, with endzones 25 yards deep.



2. Initiate Play -- Each point begins with both teams lining up on the front of their respective endzone line. The defense throws ("pulls") the disc to the offense. A regulation game has seven players per team.
3. Scoring -- Each time the offense completes a pass in the defense's endzone, the offense scores a point. Play is initiated after each score.
4. Movement of the Disc -- The disc may be advanced in any direction by completing a pass to a teammate. Players may not run with the disc. The person with the disc ("thrower") has ten seconds to throw the disc. The defender guarding the thrower ("marker") counts out the stall count.
5. Change of possession -- When a pass is not completed (e.g. out of bounds, drop, block, interception), the defense immediately takes possession of the disc and becomes the offense.
6. Substitutions -- Players not in the game may replace players in the game after a score and during an injury timeout.
7. Non-contact -- No physical contact is allowed between players. Picks and screens are also prohibited. A foul occurs when contact is made.
8. Fouls -- When a player initiates contact on another player a foul occurs. When a foul disrupts possession, the play resumes as if the possession was retained. If the player committing the foul disagrees with the foul call, the play is redone.
9. Self-Refereeing -- Players are responsible for their own foul and line calls. Players resolve their own disputes.
10. Spirit of the Game -- Ultimate stresses sportsmanship and fair play. Competitive play is encouraged, but never at the expense of respect between players, adherence to the rules, and the basic joy of play.

Source: <http://www.ultimatehandbook.com>



Special thanks to:

Each one of our wonderful volunteers!

Bruce Mebust, Tournament Director & Web Master

Lauren Gloede, Volunteer Coordinator

David Raffo, Competition Director

Seth Grossinger, Head Scorekeeper

Kelly Bretz, Treasurer

Mike Berseth, UPA State Youth Coordinator

John Sandahl, MNHSUL Coaching Coordinator

Jake Henderson, Minnesota Youth Summer Ultimate League Director

Tom Walker, Minnesota Youth Summer Ultimate League Director

Meredith Tosta, UPA Director of Youth Development

Jeff Hagen, MNHSUL Board Chair

Justin Clark, EMT

Rita Moravec, Trainer

Inside Out Ultimate, T-shirts

Bjorn Hagstrom, Logo Design

Thank you to all the Parents, Coaches and Players, whose positive support and volunteer effort help to make this all possible.

ULTIMATE PLAYERS ASSOCIATION www.upa.org

MINNESOTA HIGH SCHOOL ULTIMATE LEAGUE www.mnhsultimate.org

TWIN CITIES ULTIMATE LEAGUE www.mnultimate.org