



**2011 USA Ultimate Minnesota
High School Championship**

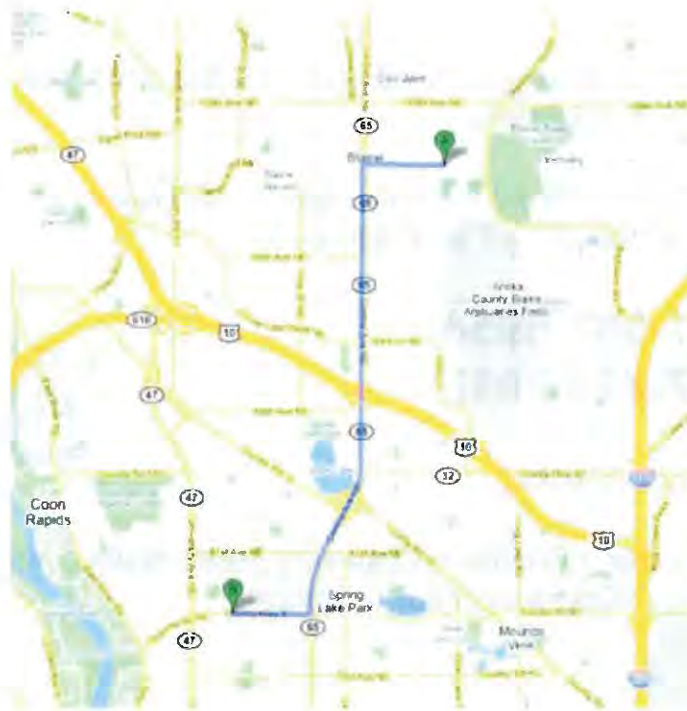
June 4 - 5, 2011
Blaine, MN

Sponsored by the Minnesota High School Ultimate League
Sanctioned by USA Ultimate



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

Nearest Emergency Room: Unity Hospital
550 Osborne Road NE, Fridley, MN 55432
(763) 236-7144



Directions to **Unity Hospital Emergency Room:**

1. Drive South on MN-65 (Central Ave NE).
Continue to follow MN-65 South for 3.7 miles.
2. Turn right at Osborne Rd NE.
Destination will be .6 miles, on the left.

**Be sure to inform Bruce Mebust, Tournament
Director by calling 612-747-7111.**

PLEASE REPORT YOUR GAME AND SPIRIT SCORES AFTER EVERY GAME

We would like to keep your scores as updated as soon as possible for the sake of Score Reporter and for being as accurate as possible. Many tiebreaker scenarios are possible, and point differential will be key in determining these.

Also important to report is your spirit score for the other team, on a 5-point scale. 1 is lowest, 5 is highest.

If you do not want to walk all the way back to the Headquarters Tent to report scores, you may TEXT your scores to:

Saturday: **651-357-5954**

Sunday: **612-275-7013**



Please format texts like this:

"<Your Team Name> <Score> < Opposing Team Name> <Score> - 'Spirit' <Spirit Score> 'to' <Opposing Team Name>"

Example:

Anoka would text: "Anoka 13 Brainerd 7 - Spirit 4 to Brainerd"

Brainerd would text: "Brainerd 7 Anoka 13 - Spirit 5 to Anoka"

Youth Club Championship (YCC) Tryouts

Saturday & Sunday, June 11 & 12, 2011

9:00 a.m.

Edward C. Solomon Park

1301 East 58th Street

Minneapolis, MN 55417

<http://www.mnhsultimate.org/ycc.aspx>

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. 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.

Spirit Rating = 5

- I enjoyed playing against all of the players on the other team.
- The other team exhibited great sportsmanship and cheered us at the end.
- The other team was knowledgeable about the rules.

Spirit Rating = 4

- I enjoyed playing against almost all of the players on the other team.
- The other exhibited good sportsmanship throughout the game.
- The other team was pretty knowledgeable about the rules.

Spirit Rating = 3

- I enjoyed playing against most of the players on the other team.
- The other team generally exhibited good sportsmanship.
- The other team was reasonably knowledgeable about the rules.

Spirit Rating = 2**

- I enjoyed playing against only a few of the players on the other team.
- The other team often exhibited poor sportsmanship.
- The other team was generally not knowledgeable about the rules.

Spirit Rating = 1**

- I did not enjoy playing against the other team.
- The other team generally exhibited poor sportsmanship throughout the game.
- The other team was not knowledgeable about the rules.

**** TEAMS REPORTING A SPIRIT SCORE OF 1 OR 2 ARE REQUIRED TO PROVIDE A COMMENT EXPLAINING THE ASSIGNED SCORE.**



Welcome to the 2011 USA Ultimate Minnesota High School Championship sponsored by the Minnesota High School Ultimate League and sanctioned by USA Ultimate.

It's been another great season and we expect to see an exciting tournament. This year 10 Girls teams and 43 Open teams in 3 divisions will be competing. Several new teams are participating for the first time including Bloomington Jefferson and Lakeville North. Geographically, our teams now stretch from Hastings to St Cloud and from Faribault to Mahtomedi. This is the second year that the State Championship has been held at the National Sports Center in Blaine. We are happy to be here and hope to return for many years.

The USA Ultimate Youth Club Ultimate Championships (YCC) is scheduled for August 13th and 14th and the Minnesota High School Ultimate League will be selecting players from Summer League teams for YCC Open, Mixed and Girls teams. Check out the YCC tryouts in June. All participants must have played in either the 2010 or the 2011 Minnesota Summer Youth Ultimate League. Stop by the Headquarters Tent for more information about both YCC and the Minnesota Summer Youth Ultimate League.

Regardless of how your team does at the Tournament, have fun and be sure to learn more about Ultimate. And always, this league "Embraces Spirit of the Game"; we coaches believe that's the most important thing we have to teach you.

Have a great tournament!
Bruce L. Mebust, Tournament Director,
2011 USA Ultimate Minnesota High School Championship

TOURNAMENT INFORMATION

- 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. Please leave it cleaner than when you arrived.
- 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.
- Lunch Vendor will be available from 10:30 until 2:30.
- Schedules and scores will be posted at the Headquarters tent north of Lot D.
- Tournament results will be posted on the league web site.
- A lost and found area will be located at Headquarters.
- Finals are at 2:00 p.m. on Sunday on for Open and 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.

On Sale at the Headquarters Tent:

Official Tournament Discs \$10

Official Tournament T-Shirts \$5

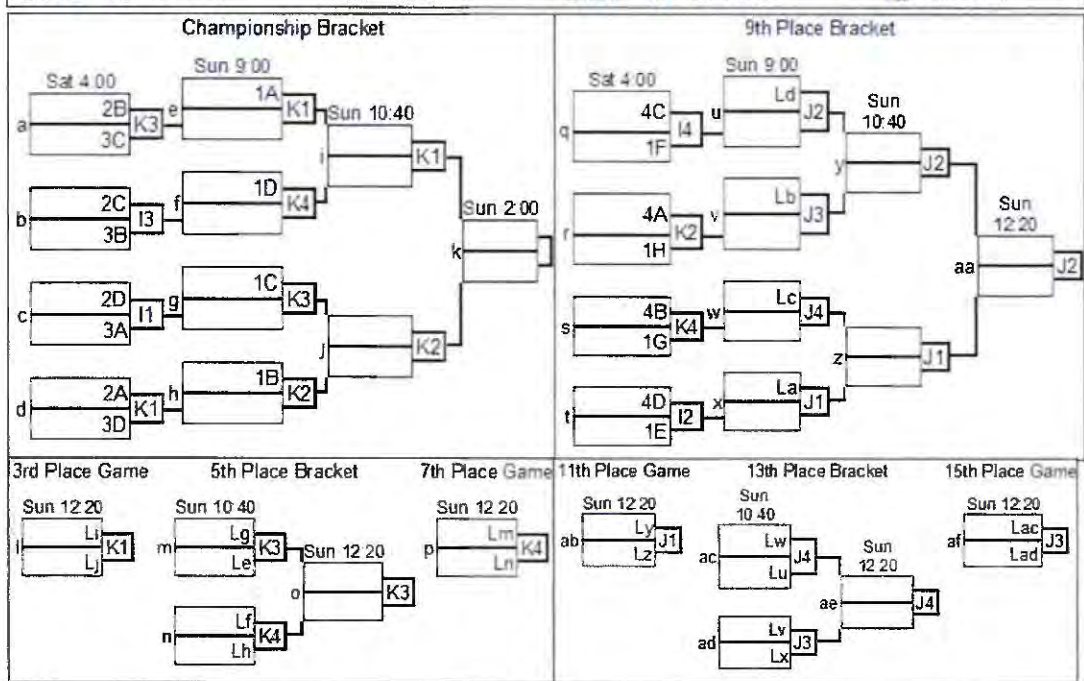
PLEASE CLEAN UP AFTER YOURSELF AND YOUR TEAM

OPEN DIVISION (Pools A – D) Play under USA Ultimate 11th Edition Rules. All games are to 13/15. Hard-cap horn time is 70 minutes after round start time. Each team gets one 90-second time out per half. Mirror after five-minute half-time. Please report game and spirit scores after every game.

or Hall. Winner after two minute half time. Please report game and split scores after every game.

Pool A				Pool B									
(0-0) A1 <u>Hopkins</u>				(0-0) B1 <u>Como Park</u>									
(0-0) A2 <u>Southwest: Boys</u>				(0-0) B2 <u>Apple Valley High School</u>									
(0-0) A3 <u>Eastview High School</u>				(0-0) B3 <u>White Bear Lake A</u>									
(0-0) A4 <u>Robbinsdale-Cooper</u>				(0-0) B4 <u>Mahtomedi</u>									
Sat	Fld	Game	Score	Fld	Game	Score	Sat	Fld	Game	Score	Fld	Game	Score
9:00	K1	A1A3	-	K2	A2A4	-	9:00	K3	B1B3	-	K4	B2B4	-
10:40	K1	A1A4	-	K2	A2A3	-	12:20	K3	B1B4	-	K4	B2B3	-
2:00	K1	A1A2	-	K2	A3A4	-	2:00	K3	B1B2	-	K4	B3B4	-

Pool C				Pool D									
(0-0) C1 <u>Eden Prairie</u>				(0-0) D1 <u>Minneapolis South HS</u>									
(0-0) C2 <u>Cathedral H.S.</u>				(0-0) D2 <u>Edina</u>									
(0-0) C3 <u>St Paul Charter</u>				(0-0) D3 <u>Northfield Mighty Hucks A</u>									
(0-0) C4 <u>Mounds View</u>				(0-0) D4 <u>Roseville A</u>									
Sat	Fld	Game	Score	Fld	Game	Score	Sat	Fld	Game	Score	Fld	Game	Score
9:00	I3	C1C3	-	I4	C2C4	-	9:00	I1	D1D3	-	I2	D2D4	-
12:20	I3	C1C4	-	I4	C2C3	-	10:40	I1	D1D4	-	I2	D2D3	-
2:00	I3	C1C2	-	I4	C3C4	-	2:00	I1	D1D2	-	I2	D3D4	-

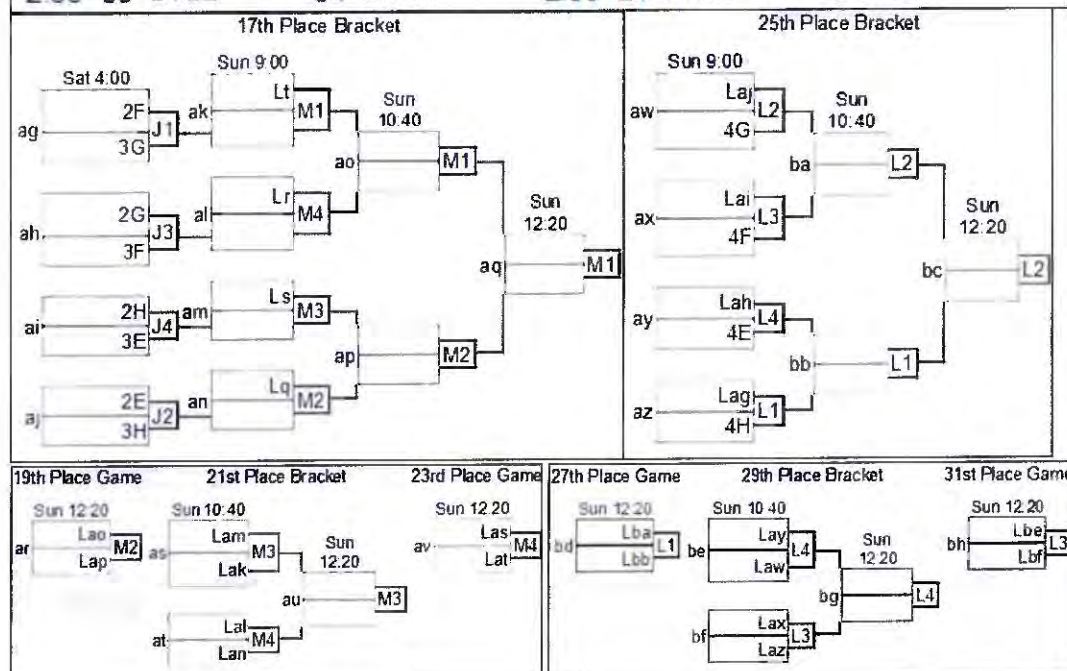


OPEN DIVISION (Pools E – H) Play under USA Ultimate 11th Edition Rules. All games are to 13/15. Hard-cap horn time is 70 minutes after round start time. Each team gets one 90-second time out per half. Mirror after five-minute half-time. Please report game and spirit scores after every game.

per half. Mirror after five minute half time. Please report scores after every game.

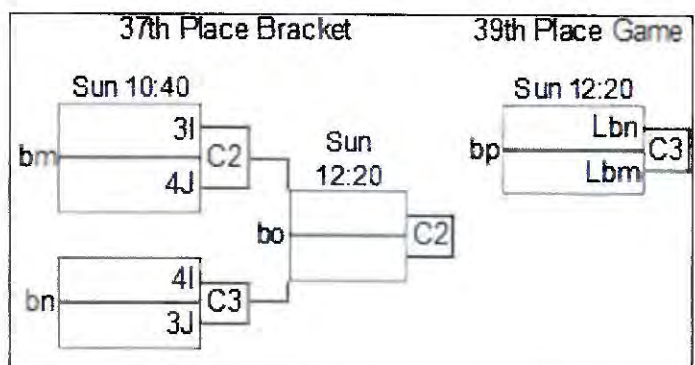
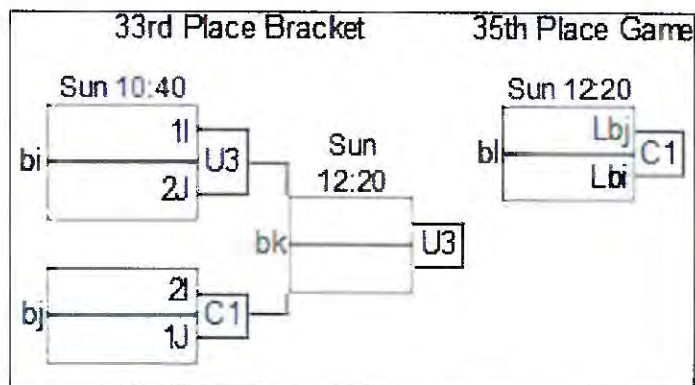
Pool E				Pool F									
(0-0) E1 <u>Cretin-Derham Hall</u>				(0-0) F1 <u>Irondale</u>									
(0-0) E2 <u>Hopkins-B</u>				(0-0) F2 <u>White Bear Lake B</u>									
(0-0) E3 <u>Wayzata</u>				(0-0) F3 <u>Minnetonka Narwhals</u>									
(0-0) E4 <u>Lakeville North</u>				(0-0) F4 <u>Cretin-Derham Hall-B</u>									
Sat	Fld	Game	Score	Fld	Game	Score	Sat	Fld	Game	Score	Fld	Game	Score
9:00	J1	E1E3	-	J2	E2E4	-	9:00	J3	F1F3	-	J4	F2F4	-
10:40	J1	E1E4	-	J2	E2E3	-	10:40	J3	F1F4	-	J4	F2F3	-
12:20	J1	E1E2	-	J2	E3E4	-	2:00	J1	F1F2	-	J2	F3F4	-

Pool G				Pool H									
(0-0) G1 <u>Orono</u>				(0-0) H1 <u>Armstrong HS</u>									
(0-0) G2 <u>Prior Lake</u>				(0-0) H2 <u>Saint Paul Central H.S.</u>									
(0-0) G3 <u>Edina-B</u>				(0-0) H3 <u>Henry Sibley</u>									
(0-0) G4 <u>White Bear Lake Orange</u>				(0-0) H4 <u>Thomas Jefferson High School</u>									
Sat	Fld	Game	Score	Fld	Game	Score	Sat	Fld	Game	Score	Fld	Game	Score
9:00	L1	G1G3	-	L2	G2G4	-	10:40	L1	H1H3	-	L2	H2H4	-
12:20	J3	G1G4	-	J4	G2G3	-	12:20	L1	H1H4	-	L2	H2H3	-
2:00	J3	G1G2	-	J4	G3G4	-	2:00	L1	H1H2	-	L2	H3H4	-



OPEN DIVISION (Pools I – J) Play under USA Ultimate 11th Edition Rules. All games are to 13/15. Hard-cap horn time is 70 minutes after round start time. Each team gets one 90-second time out per half. Mirror after five-minute half-time. Please report game and spirit scores after every game. For Pool K: K1 is 5th Place from I Pool, K2 is 5th Place from J Pool, & K3 is 6th Place from J Pool.

Pool I				Pool J			
(0-0) I1	<u>Eden Prairie-B</u>			(0-0) J1	<u>Hastings</u>		
(0-0) I2	<u>Minneapolis South HS - B</u>			(0-0) J2	<u>St Paul Open</u>		
(0-0) I3	<u>Roseville B</u>			(0-0) J3	<u>Mounds View-B</u>		
(0-0) I4	<u>Blake - Fighting</u>			(0-0) J4	<u>Spring Lake Park</u>		
(0-0) I5	<u>Mahtomedi B</u>			(0-0) J5	<u>White Bear Lake Black</u>		
Sat	Fld	Game	Score	Fld	Game	Score	Fld
9:00	L4	I1I4	-	L3	I2I5	-	Sat
10:40	L4	I1I3	-	L3	I4I5	-	Fld
2:00	L4	I2I4	-	L3	I3I5	-	Game
4:00	L4	I2I3	-	L3	I1I5	-	Score
Sun	Fld	Game	Score	Fld	Game	Score	Fld
9:00	U3	I1I2	-	C2	I3I4	-	Sat
							Fld
							Game
							Score

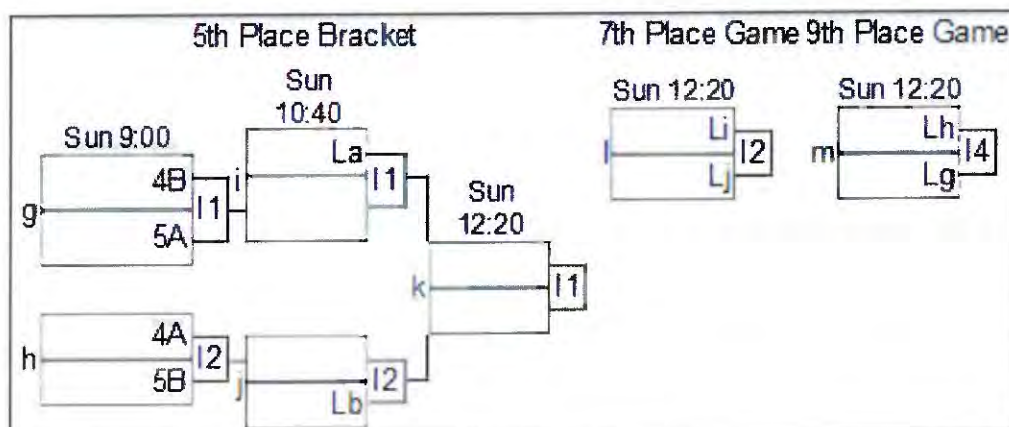
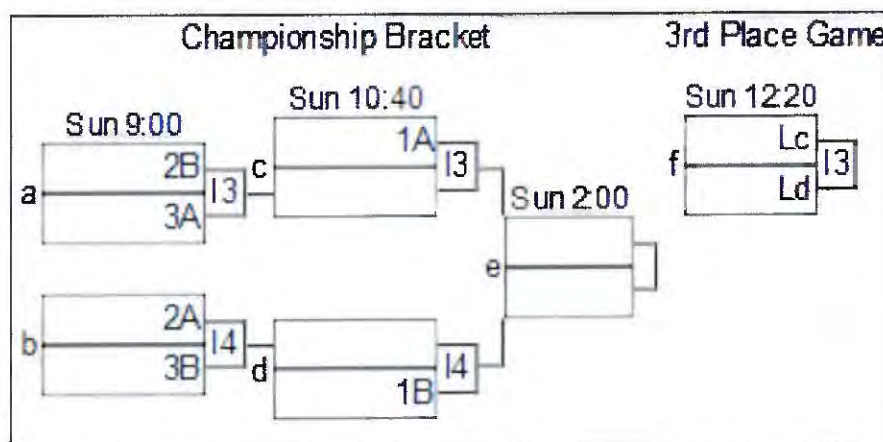


Pool K			
(0-0) K1	5I		
(0-0) K2	5J		
(0-0) K3	6J		
Sun	Fld	Game	Score
10:40	B2	K1K2	-
12:20	B2	K1K3	-



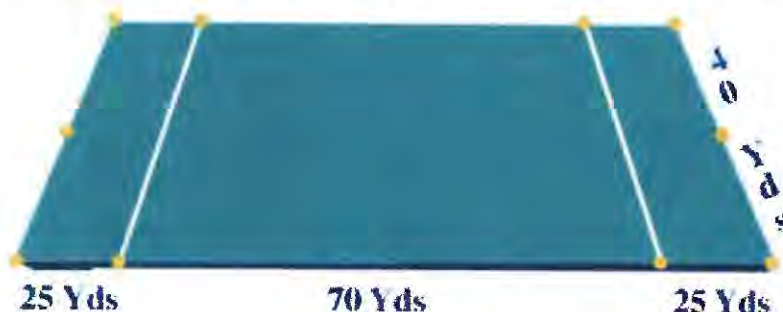
GIRLS' DIVISION PLAY UNDER USA ULTIMATE 11TH EDITION RULES. ALL GAMES ARE TO 13/15. HARD-CAP HORN TIME IS 70 MINUTES AFTER ROUND START TIME. EACH TEAM GETS ONE 90-SECOND TIME OUT PER HALF. MIRROR AFTER FIVE-MINUTE HALF-TIME. PLEASE REPORT GAME AND SPIRIT SCORES AFTER EVERY GAME.

Pool A				Pool B			
(0-0) A1	<u>Armstrong</u>			(0-0) B1	<u>South HS</u>		
(0-0) A2	<u>Cathedral</u>			(0-0) B2	<u>Southwest: Girls</u>		
(0-0) A3	<u>Henry Sibley: Girls</u>			(0-0) B3	<u>St Paul Charter</u>		
(0-0) A4	<u>Cretin Derham Hall</u>			(0-0) B4	<u>Eden Prairie Women</u>		
(0-0) A5	<u>South HS B</u>			(0-0) B5	<u>St Paul Central</u>		
Sat	Fld	Game	Score	Sat	Fld	Game	Score
9:00	U1	A1A5	- B2 A2A4	9:00	C1	B1B5	- C2 B2B4
10:40	U1	A1A3	- B2 A4A5	10:40	C1	B1B3	- C2 B4B5
12:20	U1	A2A5	- B2 A3A4	12:20	C1	B2B5	- C2 B3B4
2:00	U1	A1A4	- B2 A2A3	2:00	C1	B1B4	- C2 B2B3
3:40	U1	A1A2	- B2 A3A5	3:40	C1	B1B2	- C2 B3B5



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>

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 USA Ultimate Executive Committee, March 29, 2005.

Minnesota High School Ultimate League Mission Statement

"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."



Special thanks to:

Each one of our wonderful volunteers!

Bruce Mebust: MNHSUL Chairman, Tournament Director, Web Master
David Raflo: MNHSUL Vice Chairman, Competition Director
Mike Berseth: USA Ultimate SYC, Volunteer Coordinator
Jeff Hagen: MNHSUL Interim Treasurer, Programs
Christie Dosch: MNHSUL Secretary, Scorekeeper
John Sandahl: MNHSUL Coaching Coordinator
Erin Mirocha: Chair, Competition Committee
Seth Grossinger: MNHSUL Board Member
Dave Klink: MNHSUL Board Member
Peter Moskal: MNHSUL Treasurer
Jason Curtis: MNHSUL Assistant
Alex Baker: Scorekeeper
Baker Pratt: USA Ultimate Manager of Education and Youth Programs
Lars Markson: Logo Design
Tim Parrott: T-shirts

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

USA ULTIMATE www.usultimate.org

MINNESOTA HIGH SCHOOL ULTIMATE LEAGUE www.mnhsultimate.org

TWIN CITIES ULTIMATE LEAGUE www.mnultimate.org