



**WORLD
U24 ULTIMATE
CHAMPIONSHIPS**

JANUARY 7-13. 2018

UWA SPORTS PARK, MT CLAREMONT

PROUDLY
SUPPORTED BY



Perth



The World Flying Disc Federation is the international sports federation responsible for world governance of flying disc (Frisbee™) sports, including Ultimate, Beach Ultimate, Disc Golf, Freestyle, Guts, and Individual Events. WFDF is a federation of 78 member associations which represent flying disc sports and their athletes in more than 76 countries. WFDF is an international federation recognized by the International Olympic Committee (IOC), the International Paralympic Committee (IPC), a member of ARISF, GAISF and the International World Games Association, and a registered not-for-profit 501(c)(3) corporation in the state of Colorado, USA

Graphic Design by

MELTING DUCK

Acknowledgement



The tournament organisers, Australian Flying Disc Association and World Flying Disc Federation would like to show their respect to, and acknowledge, the traditional custodians of this land, and of elders past and present, on which these championships take place.

Ngaala keyen moort, ngaala boola moort

Ngaala boola boodjak yoowarl-koorl

Yanginy ngaala koondarm, dorntj-dorntj warangkiny

Ngany, noonook, ngaalamoorditjmoort

**We are one, but we are many*

And from all the lands on earth we come

We share a dream and sing with one voice

I am, you are, we are Australian"

A Noongar language group translation of the chorus of the iconic Australian song, "I Am / We Are Australian".

Noongar language contains 14 different dialects / language groups from the South West of WA.

Proud **Partners & Supporters** of the
WFDF 2018 World Under-24 Ultimate Championships



GOVERNMENT OF
WESTERN AUSTRALIA



reece's



START THE
ADVENTURE

Contents

3	Acknowledgement of Traditional Land Owners	21	Mixed + Men's Competition Pools
7	Welcome from the WFDF President	22	Men's Teams Competition Schedule
8	Welcome from the AFDA CEO	23	Women's Competition Schedule + Pool
9	Spirit of the Game Welcome Letter	25	Staying Sun Smart
11	Welcome from our Tournament Directors	26	Hydration
13	Meet the Tournament Directors	27	First Aid & Physio Services
14	TOC & Game Advisors	28	General Information
15	About Game Advisors	30	Attractions & Stalls
16	Official Ceremonies & Schedule	31	Players' Spaces
17	WU24 Snapshot	32	The Billabong
18	Accreditation	33	Social Program
19	Anti-Doping Message	34	Media Information
20	Mixed Teams Competition Schedule	35	With Special Thanks
		36	Special Offers & Competitions
		37	Event Sustainability
		38	Transport & Parking

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Welcome from the WFDF President

WFDF

WORLD FLYING DISC FEDERATION



January 2018

To all participants in the WFDF 2018 WU24:

On behalf of the World Flying Disc Federation, I would like to welcome all athletes, coaches, staff, supporters, and spectators to Perth Australia, for the WFDF 2018 World Under-24 Ultimate Championships (WU24). For the first time in over 10 years we welcome WFDF participants back to sunny Australia -- the land of Vegemite sandwiches, white beaches and the red kangaroo -- where we are confident you will enjoy this unique setting a for WFDF's premier Under-24 Ultimate Championships.

WFDF is pleased to see 41 teams from 20 countries and over 900 players participating in this year's event. The inaugural edition was hosted in 2010 in Florence, Italy as the WU23 and has since been held bi-annually, with 2013 held in Toronto, Canada followed by London's third edition of the event in 2015. These events have set a high standard and were a tremendous success. We know that this next generation of the world's elite players will enjoy themselves as they assemble in Perth for this fourth edition of the event.

WFDF would like to thank the local authorities for their support. We also laud all the efforts and hard work of the Tournament Organising Committee, headed by Tournament Director, Anna Haynes, and the Australian Flying Disc Association (AFDA), who have done their utmost to prepare the best conditions for all participants.

I wish all teams competitive success and hope that you have an enjoyable tournament, with great memories that will last for years to come!

Very truly yours

Nob

Robert "Nob" Raunch, WFDF President

Welcome from the AFDA CEO



Welcome to Australia!!

Its been over 10 years since we hosted a World Championships in Australia and we are so excited to be hosting WU24UC 2017 (Even though it is now 2018).

We would like to thank all the teams for making the journey "Down Under". Many of you will be leaving the snow and ice to enjoy our beautiful sunshine. We hope you also get to see some of the sights and experience the Aussie hospitality before you head back home.

A BIG THANK YOU to our Tournament Director, Anna Haynes, and her team of volunteers. Countless hours of work have gone in to making this event happen, but the result will be a smooth running, fun and exhilarating time for all.

We wish all teams success. ENJOY!!

Simon Wood,

Simon Wood, AFDA CEO

Spirit of the Game Welcome Letter

SPIRIT OF THE Game:



Ultimate relies upon a Spirit of the Game that places the responsibility for fair play on every player.

Spirit of the Game (SOTG) is the mindful behaviour practiced by players prior to, during and after a game of ultimate. It encompasses attitudes and skills such as good knowledge and application of the rules, fair-mindedness, safe play and spatial awareness, clear and calm communication, and a positive and respectful attitude towards teammates, fans, and opponents, in a mutual effort to protect the basic joy of play.

We strongly believe that Spirit of the Game helps people to improve their skills in polite, calm and respectful communication even in difficult situations and to make friends all over the world despite ethnic, national or religious differences. Spirit promotes understanding and peace in our sport, and we hope that through you players, that influence can even spread beyond and make real changes in the outside world.

At the World U24 Ultimate Championships, every team in every division has chosen a Spirit Captain. It is this player's responsibility to work with their team and all opposition teams to ensure that the highest standard of the Spirit of the Game is maintained throughout the competition (both on and off the field).

A spirit scoring system has been developed to evaluate the other team immediately after each game. With all players involved and led by the spirit captain, each team fills in a spirit scoresheet. Using guidelines found in the spirit scoring examples document, each team can provide a more consistent score for the other team. The spirit scoring system therefore serves as an educational tool where teams can learn how to improve based on standardised feedback.

Spirit of the Game Welcome Letter

To celebrate Spirit of the Game, an award will be presented to the team with the highest total spirit score in each division. Winning this award is held in the highest regard and all teams strive to achieve this.

Good luck to all at the World U24 Ultimate Championships. Athletes, your ability represents the pinnacle of our sport in your age group and you have the opportunity to demonstrate the highest values of our sport through the Spirit of the Game. Fans and spectators, you can look forward to some incredible action and even more incredible displays of spirit throughout the Championships.

Ashley O'Sullivan

WFDF SOTG Director – 2018 World U24 Ultimate Championships

Spirit Of The Game lays the foundation of the sport we love, but do we all understand it in the same way? Come to an E.R.I.C. Spirit clinic, learn how your future opponents see the game, and help build a shared picture of Spirit around the world! Don't get comfortable; we'll be discussing and debating in small groups, making fast friends across the tournament.

John McNaughton will be leading the Spirit Clinics. John is 5-time Australian national team player, 2-time Ultimate Peace coach and he represents the WFDF Athletes Commission and E.R.I.C. He will make you think about Spirit in ways you never have before. For more information on where and when the clinics are held, please ask your Spirit Captain.

SPRIT OF THE GAME CLINICS



PRESENTED BY E.R.I.C



Welcome from our **Tournament Directors**



Hello, hola, hallo, bonjour, nǐ hǎo,
kamusta, dia dhuit, howdy, hi,
tâi-gí, hej, selamat pagi, namaste,
kon'nichiwa, ciao and g'day!

A warm welcome to Perth and the WFDF U24 World Ultimate Championships!

We have been spending every spare moment thinking about WU24, sending emails, calling people, writing lists, creating documents, planning and preparing for Worlds. Our family and friends are all fully aware that Perth is hosting this massive event – and so is anyone else we have met since we won the bid.

We have been working hard to make the 2018 Championships the best yet! As Tournament Directors, we have come up with an extensive list of things we wanted to achieve as part of the tournament. They are to:

1. Provide players with an elite level of competition on first-class fields
2. Give players, coaches, managers and volunteers a great experience during the week
3. Run a family-friendly event that is attractive to spectators
4. Showcase Perth as a top tourist destination
5. Showcase Ultimate to the general population of Perth and encourage people to start playing the sport
6. Run a tournament with limited waste and promote and facilitate sustainable practices
7. Acknowledge the traditional owners of the land and share aspects of Aboriginal culture
8. Support local and Australian businesses and artists

Welcome from our **Tournament Directors**

9. Reward and acknowledge the great efforts of our volunteer workforce
10. Create an inclusive environment at the event

Apart from the venue itself, we have got a few things planned to help us achieve these goals.....

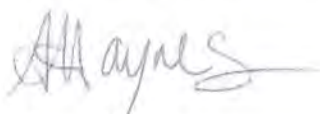
Aussie animals at the venue ✓ Live music each night ✓
Licensed area "The Billabong" ✓ On-site catering for dinners ✓
Bush Dance and Trade night ✓ Party at an awesome location ✓
Player and volunteer gifts ✓ Competitions and giveaways ✓
Partnerships with amazing sponsors ✓ Sunscreen and shade ✓
Awesome Tournament Organising Committee ✓ Food trucks ✓
Aussie Souvenir and local artisan products for sale at the venue ✓

A massive thank you to a few key people who have helped make this event #perthect – Katie "Frenchie" Turner, Simon "Woodie" Wood, Karina Woldt, Peter and Neil from Reeces Event Hire, the crew at Tourism WA, the gang at Perth Zoo, Barbara from UWA Sports – for all of their assistance and, importantly, our family and friends who have put up with us, fed us and helped us out by keeping us sane. You guys rock!

We love our city and the Perth way of life and we hope that you have a great time at WFDF Under 24 World Ultimate Championships 2018 and that you get to experience some of the best of what Perth has to offer!

Enjoy!

From the **Tournament Directors**



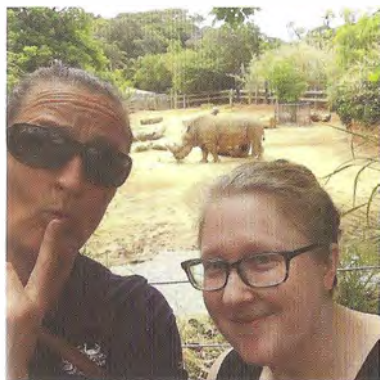
Anna Haynes



Ellen Shackles

Meet the **Tournament Directors**

Anna Haynes aka Coach - **Tournament Director**



Prior to running this event, Anna had worked for WA Ultimate for the past seven years before moving to work for Ultimate Australian as the National Events Manager. Anna has over 10 years of extensive experience in event management, program development, social media and promotions, volunteer coordination and training specific to Ultimate. A high level coach and athlete, Anna has attended many international events as a player, coach, team manager and volunteer and has a well-rounded view and understanding on large-scale tournament hosting.

Ellen Shackles aka Elle Shack - **Assistant Tournament Director**



Elle Shack is a Mathematics teacher in her day to day life. Former President of WA Flying Disc Association for several years, she has been a key volunteer for Ultimate in Australia as well as internationally, volunteering at several major tournaments. Most recently, you may have heard her over-excited commentary of games at WFDF Beach Ultimate Championships in Royan.

Katie "Frenchie" Turner - **Logistics Manager**



Katie has a background in Document Control and Recruitment and was invited to join the team in a support role to aid in administrative duties (like your ID Cards and this program!), sponsorship developments and to manage the logistical requirements for the event. In her day-to-day life, she is a stay at home mum to a young son and also happens to be Coach's cousin!

TOC & Game Advisors

Tournament Rules Group

WFDF Tournament Technical Director - Brian Gisell

Event Tournament Director - Anna Haynes

WFDF Spirit Director - Ashley O'Sullivan

WFDF Event Manager - Karina Woldt

Head Game Advisor - Rueben Berg

Tournament Organising Committee

Event Tournament Director - Anna Haynes

Assistant Tournament Director - Ellen Shackles

Logistics Manager - Katie Turner

Accommodation Manager - Sarah Brereton

Workforce Manager - Mat Ryan

Public Relations - Leanne Pitcher

Player Services - Michelle Bergeron

Head of Partnerships - Kelli Browne

WU24 Game Advisors

Head Game Advisor - Rueben Berg

Benji Heywood

Hannah Monty

Kee Khoon Neo

Kristofer Wright

Liam Kelly

Lind Kudo

Lucy Alexander

Masatoshi Moriyama

Oliver Browne

Shiellah Quintos

Steve Baker

Yoonee Jeong

GAME ADVISORS

A brief description of the Game Advisor (GA) role

Refer to Appendix B6.3 for more details



AIM

The aim of GAs is to support the Players to self-officiate as effectively and efficiently as possible. Players remain responsible for making and resolving all game calls.



RULES ADVICE

During stoppages GAs can help to clarify the rules, if asked by the Players.



TIME LIMITS

GAs closely monitor time limits in accordance with the rules, including in between points, time outs, and during discussions, and encourage teams to comply with these rules.



NON BINDING ADVICE

If Players need help resolving any call they may ask the GA for their advice. This advice is non-binding and Players must still make the call.



WHISTLES

GAs give information to Players about time limits by using whistles, but also by providing verbal advice.



SIDELINE ROLE

GAs remain on the sideline during play. They may come on to the field during stoppages, if needed.



SPIRIT OF THE GAME

If GAs have concerns about Spirit they can talk to the Captains, the Players involved, or can even call a SOTG Stoppage to help the Players resolve the issue.



MISCONDUCT

In extreme circumstances GAs can issue warnings and/or enforce sanctions in accordance with the WFDF Conduct Policy.



OFFSIDE



PICK



FOUL



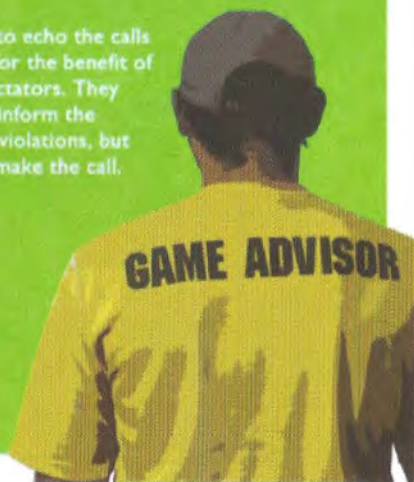
UNCONTESTED



CONTESTED

HAND SIGNALS

GAs use hand signals to echo the calls made by the Players, for the benefit of other Players and spectators. They also actively signal to inform the opposition of Offside violations, but the Players must still make the call.



Official Ceremonies & Schedule

Sunday 7th - Official Opening Day, WU24 2018	
11:45 - 12:30	Captains' Meeting @ UWA Sports Park (bring a playing uniform jersey with you)
12:45 - 13:30	Spirit Captains' Meeting @ UWA Sports Park
13:00	Muster for Nations Parade @ UWA Sports Park (teams should be in uniform)
14:30 - 15:00	Opening Ceremony - Welcome to Country and Parade of Nations
15:00	Opening Game - AUD v IND
17:00	Competition Play Begins *See schedule for teams that play on this day!

Monday 8th January - Friday 12th January	
Regular Competition Days	
Rounds starting @ 09:00, 11:00, 13:00, 15:00, 17:00	

Friday 12th January - Semi Finals and Bronze Medal Matches	
15:00	Mixed Division Bronze
17:00	Men's Division Bronze

Saturday 13th January - Finals	
09:00	Women's Division Bronze
11:00	Men's Division Final
13:00	Mixed Division Final
15:00	Women's Division Final
16:30 (approx)	Following the Women's Final, the Medal & Closing Ceremonies will take place
19:30	Wrap Up Party @ Perth Zoo

A Snapshot of the Championships

WFDF's Under 24 Championships are held every two years and the 2018 Championships are the biggest yet; with over 1000 competitors from 20 countries, as well as 100 volunteers from overseas, interstate and Western Australia. All games will take place at UWA Sports Park, Mount Claremont - on what is arguably one of the best playing surfaces in the world.

WU24 has been organised by the Tournament Organising Committee, who would like to acknowledge the support from several key sponsors, without whom the event could not have been a success, including major partner Tourism WA. More information about our key sponsors is included later in this handbook.

Opening Ceremony Welcome to Country – Dr Richard Walley OAM

Richard is a Nyoongar man of the South-West Western Australia region and is a fluent speaker of the Nyoongar language. He has been awarded an Order of Australia Medal and two honorary doctorates for his contribution to the promotion of Nyoongar Culture and the Arts. In 2010, Richard received the 'Citizen of the Year' Award in the 'Indigenous leadership' category of the Celebrate WA Awards.

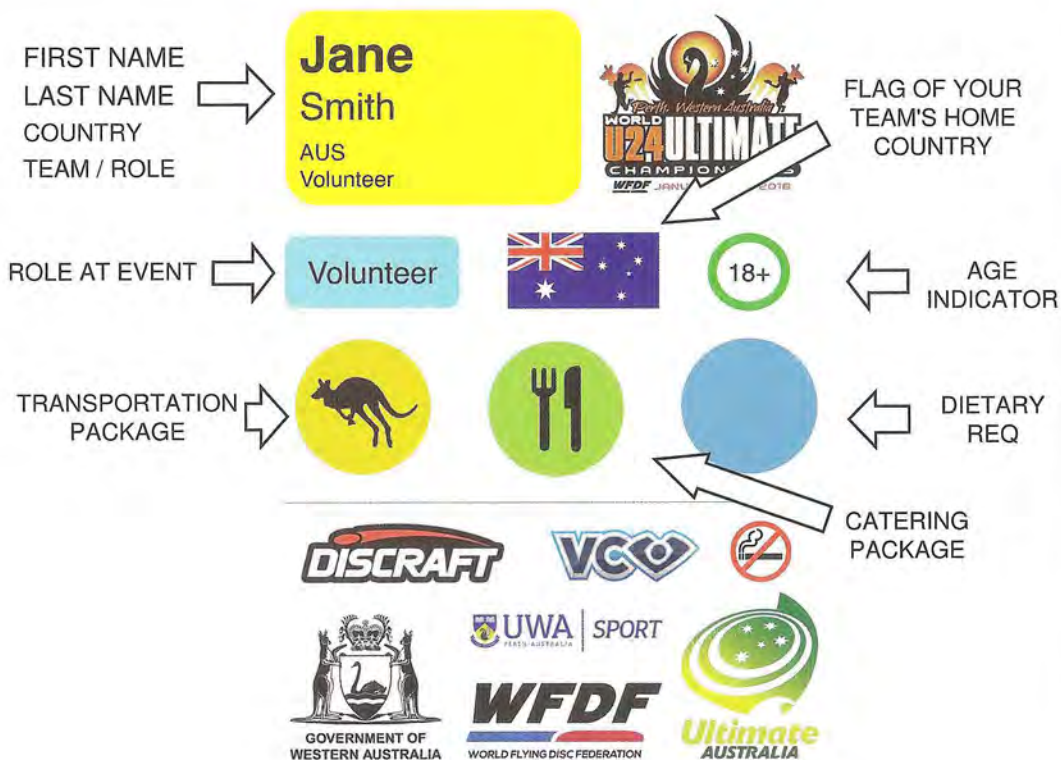
A Welcome to Country is typically performed by an Aboriginal elder to acknowledge the first peoples of the land and their connection to the area. A smoking ceremony can be used as a welcome to a particular area and to cleanse an area. It is a sign of respect for people past and present.

Dance Performance

"Land" is an original dance piece performed by Michael Smith. The concept behind the piece is land is here to inspire us to grow and through the inspiration of the land, we are to inspire each other. Michael has completed dance studies at WA Academy of Performing Arts and is now studying at National Institute for Dramatic Arts in Sydney. Michael was also in the Bran Nu Dae movie and has danced with the Bangara Dance group.

Accreditation

All registered players, team members, staff, volunteers, media and guests will receive event accreditation attached to a lanyard. To be eligible to utilise the event services and to play you must keep your accreditation on with you at all times. Please see below for a detailed breakdown of your accreditation:




In the event you lose your Pass, please speak to a volunteer at the Information Point at the UWA Sports Park. There may be a small fee to cover the cost of producing a replacement.

If you find an Accreditation Pass, please drop it into the Information Point at UWA Sports Park during event hours or notify the Tournament Organising Committee at td@wu24perth.com via email.

Anti-Doping Message

ALL athletes competing in the WFDF WU24 Ultimate Championships are required to complete the Real Winner education course prior to the event and include a copy of their certificate for submission during registration.

**SAY NO!
TO DOPING**

In partnership with  **WADA**

WFDF ANTI-DOPING RULES

http://wfd.org/files/WFDF_Anti_Doping_Rules_2015_Final_2015.doc

WADA PROHIBITED LIST

https://www.wada-ama.org/sites/default/files/resources/files/2016-09-29_-_wada_prohibited_list_2017_eng_final.pdf

WFDF THERAPEUTIC USE EXEMPTION (TUE)

[http://www.wfd.org/files/WFDF_TUE_application_form_F\(1\).pdf](http://www.wfd.org/files/WFDF_TUE_application_form_F(1).pdf)

THE WADA INTERNATIONAL STANDARDS ON TESTING, TUES AND PROTECTION OF PRIVACY AND PERSONAL INFORMATION

<https://www.wada-ama.org/en/international-standards>

REAL WINNER ONLINE TOOL

<https://www.wada-ama.org/en/what-we-do/international-standards>

MIXED TEAMS COMPETITION SCHEDULE

Sun 15:00 - AUS v IND

Mon 09:00 - USAvGBR, DENvHKG, COLvCHN

Mon 11:00 - NZLvMAS, AUSvJPN, SGPvIND

Mon 15:00 - USAvHKG, GERvDEN, GBRvCOL

Mon 17:00 - CANvSGP, JPNvNZL

Tues 09:00 - AUSvCAN, NZLvIND, JPNvMAS

Tues 11:00 - USAvGER, COLvHKG, GBRvCHN

Tues 15:00 - AUSvNZL, CANvJPN, SGPvMAS

Tues 17:00 - USAvCOL, GERvGBR, DENvCHN

Wed 09:00 - CANvMAS, JPNvIND, NZLvSGP

Wed 11:00 - GERvCHN, GBRvHKG, COLvDEN

Wed 13:00 - AUSvSGP, INDvMAS, CANvNZL

Wed 15:00 - USAvDEN, GERvCOL, HKGvCHN

**Thurs 09:00 - GBRvDEN, GERvHKG, USAvCHN,
JPNvSGP, CANvIND, AUSvMAS**

Thurs 15:00 - 5Av7B, 6Av5B, 7Av6B

+ QF: 1Av4B(1), 2Bv3A(2), 2Av3B(3), 1Bv4A(4)

Fri 09:00 - 5Av6B, 6Av7B, 7Av5B

+ SF: W1vW2(5), W3vW4(6), L1vL2(7), L3vL4(8)

Fri 13:00 - 5Av5B, 6Av6B, 7Av7B

+ SF: W7vW8(5-6), L7vL8(7-8),

Fri 15:00 - BRONZE MEDAL PLAYOFF L5vL6(3-4)

Sat 12:30 - FINAL (GOLD / SILVER) W5vW6(1-2)

Mixed Competition Pool

A



USA



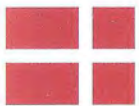
GER



GBR



COL



DEN



HKG



CHN

B



AUS



CAN



JPN



NZL



SGP



IND



MAS

Men's Competition Pool

A



USA



NZL



COL



SGP

B



CAN



GER



AUS



PHI

C



JPN



AUT



ITA



TPE

D



GBR



IRL



SUI



CHN

MEN'S TEAMS COMPETITION SCHEDULE

Mon 09:00 - USAvCOL, NZLvSGP, JPNvITA, AUTvTPE

Mon 11:00 - CANvAUS, GERvPHI, GBRvSUI, IRLvCHN

Mon 15:00 - USAvSGP, NZLvCOL, JPNvTPE, AUTvITA

Mon 17:00 - GERvAUS, GBRvCHN, CANvPHI, IRLvSUI

Tues 13:00 - USAvNZL, COLvSGP, JPNvAUT, ITAvTPE,
CANvGER, AUSvPHI, GBRvIRL, SUIvCHN

Tues 15:00 - 1Av2D, 1Cv2B, 1Bv2C, 1Dv2A, 3Av3C, 4Bv4D, 4Av4C,
3Bv3D

Wed 11:00 - 1Av2B, 1Cv2D, 1Bv2A, 1Dv2C, 3Av4D, 4Bv3C
4Av3D 3Bv4C

Wed 15:00 - 1Av1C, 2Dv2B, 1Bv1D, 2Cv2A, 3Av4B, 3Cv4D,
4Av3B, 4Cv3D

Thurs 11:00 - 4Fv1H(1), 3Ev2G(2), 3Fv2H(3), 4Ev1G(4)

Thurs 15:00 - L1v4G(5), L2v3H(6), L3v3G(7), L4v4H(8)

Thurs 17:00 - MEN'S QF - W1v1E(9), W2v2F(10), W3v2E(11),
W4v1F(12)

Fri 09:00 - L9vL10(13), L11vL12(14), W5vW6(15), W7vW8(16),
L5vL6(17), L7vL8(18)

Fri 11:00 - MEN'S SEMI - W9vW10(19), W11vW12(20)

Fri 13:00 - W13vW14(5-6), L13vL14(7-8), W15vW16(9-10),
L15vL16(11-12), W17vW18(13-14), L17vL18(15-16)

Fri 17:00 - BRONZE MEDAL PLAYOFF - L19vL20(3-4)

Sat 12:30 - FINAL (GOLD / SILVER) W19vW20(1-2)

WOMEN'S TEAMS COMPETITION SCHEDULE

Sun 17:00 - USAvSGP, CANvPHI, AUSvAUT, GERvNZL, COLvGBR

Mon 11:00 - JPNvGBR, COLvNZL, GERvAUT, AUSvPHI, CANvSGP

Mon 15:00 - USAvCOL, JPNvAUS, CANvGER, NZLvSGP, AUTvPHI

Tues 11:00 - PHIvSGP, AUSvCOL, CANvGBR, USAvNZL, JPNvGER

Tues 15:00 - JPNvCAN, USAvAUS, COLvSGP, GBRvPHI, NZLvAUT

Wed 09:00 - CANvAUS, JPNvAUT, NZLvPHI, GBRvSGP, USAvGER

Wed 13:00 - JPNvUSA, AUSvSGP, GERvPHI, COLvAUT, GBRvNZL

Thurs 09:00 - JPNvCOL, GERvGBR, AUSvNZL, CANvAUT, USAvPHI

Thurs 13:00 - USAvCAN, JPNvNZL, COLvPHI, GERvSGP, GBRvAUS

Fri 11:00 - JPNvSGP, USAvAUT, CANvNZL, AUSvGBR, GERvCOL

Fri 15:00 - JPNvPHI, AUTvSGP, USAvGBR, CANvCOL, AUSvGER

Sat 09:00 - SEMI FINALS - 1Bv4B(1), 2Bv3B(2)

Sat 12:30 - BRONZE MEDAL PLAYOFFS - L1vL2(3-4)

Sat 15:00 - FINAL (GOLD / SILVER) - W1vW2(1-2)

Women's Competition Pool



JPN



USA



CAN



AUS



GER



COL



GBR



NZL




AUT



PHI



SGP



ONE WORLD
ONE SPIRIT
ONE DISC

DISCRAFT
ULTRA STAR

OFFICIAL DISC
WFDF
WORLD FLYING DISC FEDERATION

Staying Sun Smart

Summertime in Perth

A typical Perth early January consists of sunny days, with maximum temperatures ranging from 26°C to 36°C. In the late afternoon (or "arvo" as the locals say) there is usually relief from the heat in the form of the cooling and strong sea-breeze. This breeze is called the Freo Doctor and is always welcome at the end of a summer's day.

Sun protection

The Australian sunshine has an extreme UV rating in summer and people must act to reduce the likelihood of sunburn and heatstroke and to prevent chances of skin cancer. It is essential that people wear **sunscreen** outdoors and that they **reapply** this throughout the day. Free sunscreen is available at the Information Point and the First Aid Station. **Hats** and **sunglasses** are highly recommended as is wearing UV-protective clothing. It is possible to get sunburnt in Perth as early as 8am until late afternoon and it is highly important that you take steps to prevent getting burnt.

The best thing to do is to get out of the sun and find some shade. Shade sails have been set up where possible and there is plenty of shade in the licensed area, The Billabong.

There are tents located between fields to provide shelter for players during games. The Players' Paradise is another place for teams to get out of the sun and to chill out / cool down.

Hydration

It is recommended that you drink plenty of water at WU24. A headache can be a sign that you are dehydrated. Please bring along a usable drink bottle and refill this throughout the day. Cold water is available for players at all fields and in the Players' Paradise and available for spectators at the Information Point and The Billabong.

Please make sure you only fill bottles from taps that are clearly marked 'drinking water'!

Hydration

URINE COLOUR CHART

This Urine Colour Chart will give you an idea whether a person is drinking enough or is dehydrated (ie has lost too much water from their body).

ARE YOU DRINKING ENOUGH?



- Very Dehydrated
- Drink a large bottle of water immediately



- Dehydrated
- Drink 2 - 3 glasses of water now



- Somewhat Dehydrated
- Drink a large glass of water now



- Hydrated - you are drinking enough
- Keep drinking at the same rate

Be Aware! If you are taking single vitamin supplements or a multivitamin supplement, some of the vitamins in the supplements can change the colour of your urine for a few hours, making it bright yellow or discoloured.

What to do if you start to feel unwell

If you start to develop a headache, feel dizzy or fatigued, you may be displaying signs of heatstroke and you should seek medical attention. Go to the First Aid Station straight away.

Ice

Plenty of ice available at each field and the Main Kiosk for First Aid needs.

First Aid & Physio Services

First Aid Station

The First Aid Station is staffed by St John's Ambulance trained employees throughout WU24. At peak times of the Championships there will be four staff available. The First Aid Station is open to players, volunteers and spectators and if you are feeling unwell, please go to the First Aid Station and seek medical advice.

Note: If you are feeling unwell but are physically unable to walk to the First Aid Station, please speak to a Volunteer to arrange assistance



Physio

We are pleased to be able to provide Emergency Medical coverage, as well as massage, to all athletes participating at the WU24.



General

- Host Medical includes Physiotherapists and Sports MDs
- Student physiotherapists on-site to provide soft tissue release

Services provided

- Assessment and evaluation of injuries occurring at the tournament
- Emergency medical for trauma or major injuries during games
- Taping - athletes with both pre-existing injuries and acquired injuries requiring taping (strapping) must provide their own tape, which can be purchased from the physio tent
- Massage

General Information

Conduct

Student therapists are volunteering their time and have varying levels of skill and experience. If you are not respectful towards them, you will lose the privilege of being treated.

Host Medical reserves the right to refuse treatment to any athlete who is running late for scheduled appointments, or who is abusive or rude to staff.

Facilities

There are two main toilet blocks and change rooms at UWA Sports Park. Portable toilet blocks have been brought in for WU24 as well as a portable disabled toilet and several urinals. These facilities will be checked regularly by volunteers but please inform a volunteer if there is any issue with the facilities. Due to the large number of people at the Championships it is highly important that good hygiene practices are followed and to remember to use the hand sanitiser available after using the facilities.

Information Point

In addition to our wonderful VIP (Very Informed People) Assistance volunteers, we also have an Information Point where volunteers will be available to answer your questions at the fields. The Information Point has sunscreen and a water station where you can refill your bottle and hand in or claim any lost property



Emergency Evacuation

If there is an emergency, a long siren will sound repeatedly until the threat has been removed or has been resolved. When you hear this sound please head to the Emergency Muster Point in a calm but quick manner. Please do not stop to gather up your things, leave them where they are and head to the Muster Point straight away. Volunteers will be ushering and assisting people to the Muster Point. Please take the time to ensure you are familiar with the Muster Point location. In the event of an emergency, Australian **Emergency Services** can be reached by dialing **000** on your phone.

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Attractions & Stalls

Aussie Animal Experience



Our friends from West Oz Wildlife will be joining us on-site on the following days / times:

Sunday 16:30 - 18:30

Wednesday 15:00 - 18:00

Saturday 10:00 - 13:00

Local Produce Stalls

Throughout the week there will be several local small businesses selling their produce including hand-made soaps and foods. A list of these vendors and what they'll be selling will be put on the notice board in the Players' Playground

Aussie Souvenirs

The friendly folks from Oz Australia will be on-site with a huge range of Australian souvenirs that cater for those on a budget - catering for all your tourist needs with magnets, soft toys, bottle openers and other items featuring koalas, kangaroos and all things Aussie - or for the more discerning buyers, stock a great range of iconic Australian brands. The stall will be there all week so you can check out their stock and then buy later. Remember though – some items may sell out.

Universe Point

The WFDF Official Footwear Supplier. Visit the Universe Point display at WU24's for all your Ultimate footwear needs.



**EMMA
& TOM'S**
LOOK AFTER YOURSELF

Emma and Tom's Kiosk

Pop by the kiosk to purchase cold sparkling drinks and juices, healthy snacks and other convenience items. Please note that the kiosk is **cash only**.

Players' Spaces

Caviar Camp-ground

The Caviar Camp-ground contains picnic tables and umbrellas for a nice space to eat and hang out. It is open to the public each day until 3pm, when the Caviar Catering company begins setting for the dinner service.

To avoid disruption to the dinner service, those only event personnel displaying the Catering Package logo on their ID Cards will be permitted to remain in the area.



Players' Paradise

The Players' Paradise is open to team members only – with the exception of volunteer staff. It has paddle pools with ice-cold water, table tennis tables, cards, shade and lockers. Paradise is the place to come to escape the heat, meet people from other countries and chill out. Every now and again there will also be some snacks and iced-treats available. It is also where you can sign up for other competitions during the week.

Coach

Player

Team Staff

Volunteer

Local Food and Coffee Vans

We have a variety of wonderful local food & coffee vans booked to support our event. From yummy Fasta Pasta to Toast My Curry's delicious toasted curries, Jumplings' amazing Dumplings, Miam Miam's sweet and savoury crepes, Oopsie Daisy's folded flatbreads (aka Flip Flops), Niko Niko Onigiri (triangular stuffed rice balls), tasty Shiraz Soft Serve, Delish Artisan Ice Pops and the fabulous coffees from Monkey Beanz and Rolling Cafe (using locally roasted beans!).

The Billabong

The Billabong is the licensed area run by Caviar Catering - our catering partner for the event.

The Billabong will be serving ice-cold beers from local legends - and another of our sponsors - **Otherside Brewing Company**, as well as from Bickley Valley Brewery.

Cider will also be for sale at The Billabong and EFTPOS facilities are available.

Caviar Catering have also put together some delicious antipasto platters, which will be available for purchase alongside the cool beverages. So you can sit back, relax and enjoy the summer afternoon and refreshing sea breeze.

There are strict alcohol laws in Australia and it is critical that everyone does the right thing. ID checks will be carried out by security staff and absolutely no alcohol is permitted to be sold or supplied to anyone under the age of 18. Anyone showing signs of antisocial behaviour will be removed by security.

We want everyone to have a good time at WU24 and enjoy a nice cool beer on a summer's day, but please be sure to drink responsibly and remember that you are not allowed to bring your own alcohol onto UWA Sports Park grounds at any time during WU24.

We would also like to remind you that all WFDF Events are SMOKE FREE and, therefore, no smoking is permitted at the venue.

If you see any concerning or suspicious behaviour (including unattended bags) please speak to your nearest Volunteer, Security Guard or member of the TOC.



All of the cups used in The Billabong are **biodegradable**, so please ensure you put them in the compost bin!



Social Program

Acoustic Sets

Every afternoon you have a chance to sit back and enjoy live local music with performances at The Billabong. The sets will start at 5:30pm and end around 7:30pm from Sunday to Friday. Sit back, relax and enjoy the tunes in the cool, summer-night air as the Freo Doctor rolls in while these talented artists perform a mix of Aussie classics and original songs.

Bush Dance and Trading Night

Thursday night is the traditional Trade Night with an Aussie flair – a bush dance! Similar to an American barn dance, a bush dance involves a mix of dancing with a partner, in a group and by yourself to routines that will be demonstrated. They are usually heaps of fun and you get to dance with a whole lot of different people. Trade Night will be set up in the Caviar Camp-ground after dinner service.

Prepare to be well and truly entertained by The Mucky Duck Bush Band (aka the "Duck"), which has been performing its unique brand of Australian folk songs and dance to audiences large and small since 1974. Their concert spots are entertaining and informative and pay homage to Australia's Colonial heritage.

Wrap Up Party @ The Perth Zoo

The party is an exclusive event for all teams, volunteers and invited official guests. Held in an open-aired location on beautiful soft grass, this year's party will be a stark contrast to parties of the past. There will be plenty of space, several bar stations and transport to and from the venue for those with the transportation packages. Perth Zoo provides an exotic location, playful atmosphere and stunning backdrop for the event and is surrounded by heritage-listed gardens. Tournament Organisers have been working closely with the Mustard Catering staff and Reece's Event Hire to create a magical and remarkable night.

There will be a selection of beers and wine, cider, mixes and soft drinks available for purchase as well as food stalls selling items during the night. Cash and EFTPOS can be used at the venue. Shoes are required but no high-heels please. No BYO drinks and antisocial behaviour will not be tolerated. Anyone under the age of 18 seen with alcohol and anyone seen supplying a person under 18 with alcohol, will be removed from the venue and police notified - there may be further ramifications from WFDF too so please respect the work put in by the Tournament Organisers and Australian laws.

Don't roo and regret the choice to spend the Saturday night just lion around - make sure you come along! Your ID and Accreditation Pass are the koala-fications for entry.

Media Information

Photography

Nathan Kolakovic is a Vancouver based photographer and video maker. His work speaks volumes when it comes to capturing the true essence of Ultimate events.

WU24 is excited to have Nathan on board for this event, do not miss a moment of his unique coverage.

Facebook, Twitter and Instagram:
@nkolakovic



Social Media

Stay connect this event via our official tournament social channels.

Competitions, latest updates, all the moments on and off the pitch will be shared.

Facebook:WFDF.WU24

Instagram:wdfwu24uc

Twitter: wdfwu24uc

Snapchat: worldu24



Live Coverage

The World U24 Ultimate Championships have partnered with Ulti.TV for all live streaming broadcasting services.

Five games a day will be streamed live, free to the world via the World Flying Disc Federation YouTube Channel.



Media Policy - Drones

There is a strict "Drone Policy" at all WFDF Events. No one is permitted to operate any drone without first obtaining prior written consent from WFDF.

With Special Thanks to:



Our Volunteers

No event is even possible without hard-working volunteers to take care of the day to day running and behind the scenes chaos that is running a world championship event.

All volunteers are Ultimate Legends who have dedicated their time to run an amazing event and are committed to providing a full player experience.

Be sure to express your gratitude towards volunteers this week - remember they are still working long after you have gone to bed. Volunteers are valuable and we are fortunate to have so many incredible members of our team who have traveled far and wide so that this event is possible.

- Tournament Staff will wear gold TOC shirts
- Volunteers will wear cyan volunteer shirts
- Media will be wearing pink crew shirts
- VIP (Very Informed Persons) Assistants and Medical Staff (Physios) will be wearing red

And also:



Sweeter Banana Co-operative



Special Offers & Competitions

Perth Sports Life

Upload your favourite Ultimate photos to Instagram during the competition with the hashtag **#perthsportslife** for your chance to win 1 of 2 Running Bare vouchers! For more information, make sure you're following @perthsportslife on Instagram.

PERTH
SPORTS
LIFE



Whether you're experiencing a fresh win, bonding with your teammates or the joy of doing something you love – there's always a reason to celebrate – and we want to help!

A team night out is super important, especially on the sunny shores of Western Australia. Don't let those balmy nights go to waste! During the event, visit the STA tent and grab a mini. Get creative and post a picture or short video of you and your team mates with your STA mini disc. Make sure you tag @statravel and hashtag [#statravelfrisbee](#) so we can find you!

The best picture will be selected and given \$500 to dance the night away.



Vodafone

Come and grab your free Vodafone Prepaid SIM from our stand at the tournament and stay connected with family and friends while you're away. We're proud and excited to be part of the WU24 so keep an eye out for our team and make sure you come pick up the SIM and an awesome deal we'll have waiting for you. Life doesn't need to stall for Ultimate, with a free Vodafone SIM we've got you covered.

Event Sustainability

Limited Waste and Sustainability

Please read signs in the waste disposal areas and help us make our event as 'green' as possible!



Biodegradable and Compost

All food and drink packaging used by the food trucks and The Billabong are compostable. They must be disposed of in the Kooda Bins around the venue. These will be emptied daily and turned into compost for gardens.

YES PLEASE

Some of the most commonly recycled items include:



NO THANKS

We cannot accept the following:

- X Plastic bottles
- X Plastic containers
- X Any rigid plastic such as plastic trays, food trays or strawberry punnets
- X Glass
- X Rubber
- X Paint and varnish
- X Tires
- X Food waste

*Contact your local council to check if it can provide your in-house collection.

www.redcycle.net.au



Recycling

There are 2 types of recycling – standard recycling and RED recycling.

RED recycling takes soft plastics (plastics and packaging that can be 'scrunched' into a ball shape) and turns them into benches and seats.

Please put all soft-plastics that fit the examples above into the specially marked bins.

Transport & Parking

TRANSPORT

To use this official event services, you must have pre-paid. Comprehensive schedules will be issued to those who are staying at the event accommodation (UWA Housing) or have purchased the Transportation Pass. Accreditation Passes must be displayed when accessing transport provided by the event. Please make sure the symbol on your Pass matches that displayed on the bus you are getting on (see below). If you cannot produce your Pass, you may not be able to get on the bus.



OFFICIAL UWA
ACCOMMODATION
SHUTTLE



TRANSPORT PASS –
PERTH CBD

PARKING

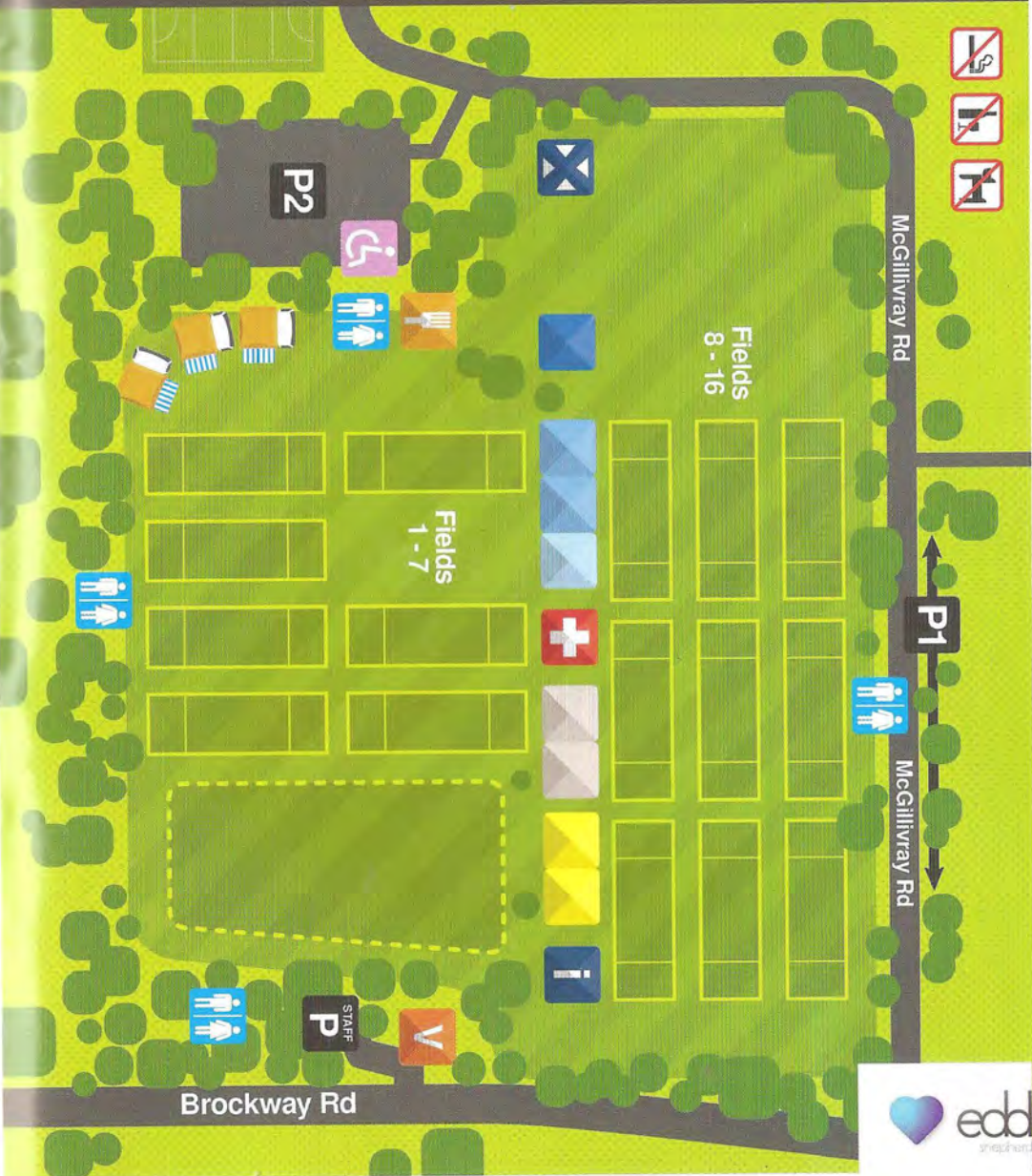
Sunday 7th - Friday 12th (inclusive) - Refer to Parking Map on event website

- Pay attention to all traffic control wardens
- Do not park in reserved bays
- Medical, film crew and volunteers have dedicated areas (see map)

Saturday 13th - Refer to Parking Map Map on event website

- Event at Athletics stadium – HBF car park will be required from 3pm
- Event at UWA Sports Park in the morning (athletics) – car parks will be full early on
- Pay attention to all traffic control wardens
- Do not park in reserved bays
- Medical, film crew and volunteers have dedicated areas (see map)

-  Fields
-  Warm-up Area
-  VC Ultimate
-  Merchandise & Vendors
-  Food Trucks
-  Kiosk
-  Volunteer Zone
-  First Aid
-  Disabled Parking & Access
-  Players' Paradise
-  The Billabong
-  Toilets
-  Caviar Camp-ground
-  Muster Point
-  Information
-  P1 Parking
-  STAFF P
Staff & Volunteer Parking



share your
#just ANOTHER
DAY in WA



Don't keep your best photos to yourself. Tag your photos
#justanotherdayinWA to share your extraordinary Western
Australian experiences and follow us on Instagram @westernaustralia

**WESTERN
AUSTRALIA**
EXPERIENCE EXTRAORDINARY