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**94**  
**Worlds**  
Colchester England

**World Flying Disc Federation**  
**145 W. 67th Street, Apt.32-B**  
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Robert L. Rauch  
President.

August 20, 1994.

Hello.

Welcome to all participants in this 1994 WFDF World Ultimate and Guts Championships. This year's event marks the seventh time that there has been a World Ultimate and Guts tournament bringing together the best national teams from around the world. Since its formation in 1985, the World Flying Disc federation (WFDF) has endeavoured to promote a higher standard of tournament organisation to match the increasing abilities and the level of competition on the part of individual players and the teams on which they play. I believe that tournament director Charlie Langdon-Mead and his staff have met this year's challenge brilliantly.

The motto of WFDF is "the most fun wins!" I hope that over the course of our week here in beautiful Colchester, we all have the opportunity to not only play Ultimate hard but also rekindle old friendships, make new friends and have some fun. We are all part of a global disc community which means we now have friends in nearly 50 nations around the world. Our contributions to the spirit of the game make that community bond stronger each day.

On a personal note, I want to thank everyone who has worked with me over the last seven years in WFDF and the UPA for your assistance and support. I am stepping down from my position as WFDF President and, for the first time since mid-1987, will have no official role in disc administration. My involvement in disc affairs has been very satisfying and I wish the new Board much success. I ask all players to support these unpaid volunteers in their efforts because, believe it or not, it's a lot of hard work and people are trying their best. Special thanks go to Juha Jalovaara for his work with the Ultimate Committee and to Dan 'Stork' Roddick for all his (ongoing) contributions over the years.

I wish you all the very best.

Ultimately yours,

NOB



# WELCOME TO THE \*94 WORLDS

Congratulations on being selected to represent your country at the VII WFDF World Ultimate and Guts Championships. Now that you are here you will want to make the most of your stay. You will want to play hard and party harder. You will want to recover and play again. The purpose of this pack is to give you all the information you need to get you through the tournament.

In this Player's Pack you will find Information on:

WFDF Forum

Tournament format and schedule.

Captains Meeting.

Opening and Closing Ceremonies.

Finals - Medals and Trophies.

Medical Facilities.

Staff Team

On-Field Sales

Social Events - Parties, Drinking etc.

Colchester

Press and TV coverage

Daily newsletter

Domestic arrangements - ID Cards

Rooms

Meals

Shops

Nursery.

The tournament has taken three years to plan. We all hope that you think the effort was worth while. All the medical facilities, social events, transport to clubs and newsletters are FREE. Please take advantage of these services and let us know what you think of them.

We hope you have a great time here and make many friends. Good luck in the tournament and may the Spirit remain strong!

## WFDF Forum.

For most of you reading this the work of the **World Flying Disc Federation** may be a mystery. The 10th Congress of WFDF was held on Saturday 20th August at the University of Essex, right under our noses. But what happened and how will it effect us as players?

WFDF is a players organisation. It was created to respond to the needs of players world-wide so that they may have a voice in their sport. Constitutionally it is the representatives of your national associations that vote on a range of topics concerning disc sports, from tournament play to development in schools, from disc technology to rules, but historically WFDF has developed through individuals and organisations responding to what players want. The WFDF Forum gives you, the individual player, the opportunity to voice your own ideas about the direction in which the sport is going.

The Forum will be held on **Thursday night at 8.00pm**. It will cover a wide range of topics including many aspects of tournament play at WFDF Championships. For example the question of cost and quality, tournament duration, game length, pre-qualifying tournaments etc. If you have a view please let it be known. Tournament Directors welcome as much guidance as possible on the needs of players both on and off the field. Your views will help form the way tournaments are run in the future.

# WELCOME TO THE \*94 WORLDS

## Spirit of the Game.

When WFDF was formed in the 1980's I was fortunate enough to be elected as its first President. A major part of my job then was to define the Aims of WFDF and try and capture in words the importance of the way we behave as players of disc sports. Reading those Aims again I am struck by their relevance today, even though the sport and WFDF have developed significantly in the past ten years. The first Aim reads:

**"To encourage and protect the spirit of flying disc play where as partners rather than opponents we compete against the limits of our own abilities rather than each other. To foster a climate of peace in which disc play may be appreciated for its ability to bring people together in a communal rejoicing of skill and play. To ultimately learn to live together through playing together."**

I hope that these values are shared and that the Aim of WFDF is the aim of us all this week.

## Tournament Format and Schedule.

The tournament format was discussed and decided upon by the Ultimate Committee of WFDF.

**Open Division.** 15 teams in two pools (8 and 7). Round-robin in each pool. Teams 1-4 from both pools advance to Division 1 pool. Teams 5-7 and 5-8 from both pools advance to Division 2 pool. Results of games against opponents coming from the same original pool are brought into Division 1 and 2 play. Games for round 2 are played against all teams coming from the other pool. The two best Division 1 teams play in the Final.

### Seeding.

- |                  |                    |
|------------------|--------------------|
| 1. Sweden        | 9. New Zealand     |
| 2. Canada        | 10. Germany        |
| 3. Japan         | 11. Switzerland    |
| 4. USA           | 12. Italy          |
| 5. Finland       | 13. Denmark        |
| 6. Australia     | 14. Czech Republic |
| 7. Netherlands   | 15. France         |
| 8. Great Britain |                    |

**Womens Division.** 13 teams in two pools (7 and 6). Round-robin in each pool. Teams 1-4 from both pools advance to Division 1 pool. Teams 5-7 and 5-6 from both pools advance to Division 2 pool. Results of games against opponents coming from the same original pool are brought into Division 1 play. Games for round 2 are played against all teams coming from the other pool. The two best Division 1 teams play in the Final.

Teams 5-7 and 5-6 from the original pools advance to Division 2 pool. These teams play a 5-team round robin and do not bring any results from round 1 with them. This will determine placings 9-13.

### Seeding

- |                |                   |
|----------------|-------------------|
| 1. Japan       | 8. Germany        |
| 2. Netherlands | 9. Switzerland    |
| 3. USA         | 10. Canada        |
| 4. Sweden      | 11. Great Britain |
| 5. Australia   | 12. Italy         |
| 6. Finland     | 13. New Zealand   |
| 7. France      |                   |



# WELCOME TO THE \*94 WORLDS

**Masters Division.** 7 teams. Round-robin in single pool. Top 4 teams play semi-final, 1v4, 2v3, then 3/4 play-off and Final.

Teams 5,6 and 7 from Round 1 play further round-robin, not bringing any results with them, to decide placings 5-7.

Seeding as in the playing scedule.

**Junior Division.** 5 teams. Double round robin. 2 top teams advance to Final.

Seeding as in the playing schedule

**Tie Breakers:** You will be notified of tie breaking procedures in round robin play at the Captains Meeting.

## Game Length.

Please see the table below for length of games in each division for round 1 and 2 games and Finals.

	Points	Point cap	Half-time points	Half-time length	Time cap	Time outs per half	Time-outs/overtime
Open-pool play	21	25	11	5'	2h 10'	3	1
Open-Final	21	25	11	10'	None	3	1
Women-pool play	19	22	10	5'	2h 10'	3	1
Women- Final	19	22	10	10'	None	3	1
Masters-pool play	21	25	11	5'	2h 10'	3	1
Masters-Semi Finals	21	25	11	5'	2h 10'	3	1
Masters Final	21	25	11	10'	None	3	1
Juniors pool play.	19	22	10	5'	2h 10'	3	1
Juniors Final	19	22	10	10'	None	3	1

The playing schedule for the tournament is included at the back of this pack and can be detached for easy reference, along with guidelines on timings and rule interpretations for the tournament.

## Captains Meeting.

The Captains Meeting will be held at 21:00 on Saturday 20th August. There will be two separate meetings, one for Ultimate and one for Guts. The agendas for the meetings have been sent to Captains already.

## Opening and Closing Ceremonies.

The **opening ceremony** for the Championships will be at 19:30 on the Fields (or in the Sports Hall if it is raining heavily). **All players should attend and be seated in the arena by 19:30.**

The Ceremony will take no longer than 30 minutes and will follow this format:

# WELCOME TO THE \*94 WORLDS

Introductory remarks from Charlie Langdon-Mead, Tournament Director

Flag raising ceremony. Four representatives from each country will carry their national flag from the players tent across the arena to the flag poles where it will be raised. Countries to enter the arena in alphabetical order with Staff leading with the WFDF flag.

Welcome from President of WFDF - Robert Rauch

Welcome from the Mayor of Colchester

Closing remarks by Charlie Langdon-Mead.

The **closing ceremony** will take place after the medals and trophies have been given on Saturday 27th August at approximately 16:30. It will last approximately 15 minutes and follow this format:

Introductory remarks from Charlie Langdon-Mead

Flag lowering ceremony. Four representatives from each country will take their flags from the flagpoles and parade across the arena to the players tent. Countries will leave the arena in alphabetical order followed finally by the Staff who will be carrying the WFDF flag.

Farewell from the new President of WFDF

Farewell from the Mayor of Colchester.

Closing remarks and thanks from Charlie Langdon-Mead.

## Finals, Medals and Trophies

Medals and Trophies will be given after the Final game in each Division. There are medals for the top three teams in each Division and trophies for ALL teams. Trophies for the Spirit of the Game in that Division will also be awarded at this time.

It is therefore very important that ALL teams are available if they are in the Division that is playing that Final. I am sure you will be watching the final game in your Division anyway.....

### Medical Facilities.

There are free medical facilities available on the field to all players. The medical tent is next to the players tent. The medical team are headed by a doctor and senior physiotherapist (see Staff Team) and will have a large number of physio's, masseurs and sports specialists on duty. The medical tent will open at 08:30 each day in preparation for the first game at 09:00. All taping and equipment is provided free of charge to players.

There is a Health centre on Campus which is available to all players, free of charge, should you get ill. There is also access to the main hospital in Colchester should you need it!

### WARNING!

To avoid injuries please warm up properly and warm down after a game. Watch your food and drink intake during the day. Read the Fitness Book in the players pack if you want advice on how best to get through the week injury-free.

## Staff Team

The Staff Team for the \*94 Worlds is the largest assembled for any tournament in Europe, maybe the world!

Staff will be wearing Purple T-Shirts with 'STAFF - We're here because we care.. Yeah, Right!' printed on their backs...and they mean it! And Purple and Green Jackets if its raining.

**Executive Staff:** Responsible for overall co-ordination, strategic planning, team liason, finance, publicity and marketing, personnel and making sure the actual week runs smoothly.

Tournament Director

Charlie Langdon-Mead

External Affairs

Sally Luton

Field Co-ordinator

Simon de la Hoyde



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**Field Staff:** Responsible for scoring and timekeeping of games, co-ordinating social events, on-field sales and generally being nice people who will try and help in any way they can.

Matt Atherton	Chris Burden	Debbie Burden
Martin Burke	Aidan Cook	Veronique Heizman
Rob Howes	Leo James	Marnie Jobson
Lydia Marcoon	Simone Mason	Damian Mudge
Norman Paterson	Ed Pizey	Melanie Read
Marcus Thorpe	Laurence Vaughn	Emma Renton
Elaine Grant	Karen Payne	
Fraser McCrae	Mia Gregory	

**On-Field Sales Staff:** Responsible for the **The Ultimate Store** and all merchandising.

Mary Mead

**Medical Staff:** Responsible for all medical advice and treatment on the field.

<b>Dr. Paul Marfleet</b>	<b>Nurses:</b>	<b>Physio Students</b>
Dr. Anil Sood	Judy Woraker	Charlotte Southgate
<b>Merlyn Fuller - Senior Physio</b>	Yvonne Southgate	Liz
Jackie Grant	<b>Medical Students:</b>	Neil
Julie Baldwin	Leo	& many more on duty daily.
Emma	Suzi	

**Editor of Daily Newsletter:** Responsible for the production of the daily newsletter from Monday-Saturday (see Press and TV coverage) All contributions very welcome.

Paul Hurt

**Statistician:** Responsible for the compilation of results and the production of up-to-date statistics in each Division.

Patrick Moore

**Campus Staff:** Responsible for the co-ordination of all lodgings and food during the week and all domestic arrangements such as 'phones, keys, security washing machines etc. (See Domestic arrangements).

Conference Reception Staff -

Mike Stone

Information Centre Staff

Will McHugh

Rooms, Keys and general enquiries about the campus.

Catering Manager

Security

Entertainments Manager

**Photographic Staff:** Responsible for taking photos, printing them and making them available to you on a daily basis.

Toby Green

**Design Team:** Responsible for all aspects of the way that the tournament has been and will be presented to the players and the public, including logos, letterheads, shirts, discs, flags and general tournament image.

Oz Freire

Jonathan Schofield

The Design Motive Team.

## On-Field Sales.

There will be a range of stalls on the fields throughout the week. They will be selling:

**Tournament merchandise**

**Food**

**Drink** (there is a bar on the fields every day); Juggling equipment; Assorted other merchandise.



# WELCOME TO THE \*94 WORLDS

The **Ultimate Store** is the official outlet for all tournament merchandise; discs, shirts, jackets, shorts etc. All sales on the fields are subject to the University regulations. This means that all sales of goods must be licensed. The Tournament Director holds this license and is responsible for the monitoring of all on-field sales.

Teams who wish to sell goods directly associated with the tournament (shirts, discs or other goods bearing the team's logo specifically for the \*94 Worlds) in order to raise funds for their trip may either pay a license fee or have tournament staff retail their goods for them. A License will cost £25 for which you will be provided with tented cover, table and chairs. If you wish tournament staff to sell your goods for you there will be a 10% surcharge for all goods. If you wish to take this option please contact Mary at the Ultimate Store on Sunday and she and her staff will be glad to relieve you of the burden of selling.

Individuals registered at the tournament or teams who wish to sell goods not associated with the tournament may do so subject to a licence fee of £40. All sales will take place in designated areas only.

Further opportunities for sales will take place on Tuesday at the Trading Night.

## Social Events.

The week is full of parties, discos and lots of fun. All events are free on production of your ID card and all transport to Colchester events is also free. We have tried to cater for all tastes and are aware of the need of teams to get to bed early sometimes! But.....

### Leisure World-Aqua Springs.

Aqua Springs is part of the Leisure World Complex in Colchester and is easy to get to - look in the information pack about Colchester to find where it is and how to get there. After finishing play for the day should you want to relax in an exclusive environment, with saunas, jacuzzis, steam rooms and plunge pools then Aqua Springs is for you. Entry is free all week for the first 300 players after which you can enter by paying the considerably reduced rate of £3.50 or £5 for a guest without an ID card. Opening times are; Weekends 12-6pm, Weekdays 11am-10pm, Women only Tuesday 11am-4pm and Thursday 4pm-10pm.

### Events

There are three bars on campus and they are open every night. However, on the nights that there are no special events on campus the bars will close at 23:00. (Sunday, Monday, Wednesday, Thursday). Set out below are the events for the week and what you have to do to get there...

### Saturday 20th August

**The Welcome Disco** - a chance to get to meet everyone before the Championships begin.  
University Dance Hall, 21:00-02:00, Bar until 01:30.

### Sunday 21st August

Meet in the bars. Have your own parties, make friends, recover from Day 1 of play.

### Monday 22nd August

**Rollerworld.** A free trip into Colchester to skate, or drink, or just watch others, at Europe's largest Rollerskate rink. Full Disco rig and lights, 1,000 pairs of skates available all just for us, and a demonstration from the current European Rollerskate dance champions - hot stuff!

**Transport.** Free buses have been arranged to shuttle players from campus to Rollerworld and back (2 miles).

Campus to Rollerworld:	Get on bus in top car park behind the Sports Centre	19:00-20:00
Rollerworld to campus:	Get on bus outside Rollerworld	22:30-23:15



# WELCOME TO THE \*94 WORLDS

## Tuesday 23rd August

### Trading Night followed by Disco

Trading night will be held in the University Dance Hall from 20:00-23:00 with a bar available. Bring all your shirts, discs, collectables and unspeakables to swap, sell or buy. A great chance to chat and relax.

This will be followed by a Disco in the Level 2 Bar which will be open until 02:00

## Wednesday 24th August

### Club Night - Night Club.

A free trip down to Colchester to the Hippodrome for the \*94 Worlds Big Night Out. 21:00-02:00. The Hippodrome is Colchester's largest club and it is for our exclusive use. They have a large video screen so bring your favourite Ultimate tapes to watch while dancing, or drinking, or...

**Transport:** Free buses have been arranged to shuttle players from campus to the Hippodrome and back.

Campus to Hippodrome:	Get on bus in top car park behind the Sports Centre	20:30-21:15
Hippodrome to campus:	Get on bus outside Hippodrome	24:00-02:00

## Thursday 25th August

### Rocky Horror Show-20:00, Lecture Theatre Block (LTB)

A special showing of the cult movie 'Rocky Horror Show'. For those who have not yet fully experienced the level of audience participation in this film you will need:

To be cross-dressed (transexuals please share your frocks), with lots of make up please, and

A newspaper; Rice; A drink and a sense of fun!

This is on at the same time as the WFDF Forum, so a tough choice.....

## Friday 26th August

### The Friday Fling 21:00-02:00, University Dance Hall

For most of you the playing side of the tournament is over...so TIME TO PARTY. This is the BIG disco night, where you get to choose what you want to dance to and what you want to wear. Look in the Daily Newsletter for ideas about fancy dress.....Suggestions include Togas, Punks, Goths and Space Cadets (all regulars at Essex).....There is a late bar!

## Saturday 27th August

### The Finale - 21:00-03:30 - University Dance Hall

The tournament is over. We've all had a great time, but there is just one more party to go. Can you make it?

Two live bands will play for you, including the now infamous **She Tasted Good** (with the Moist Women), fronted by Kit Hogg who plays for the Samurai and played for Great Britain at the first Worlds in Gothenburg in 1983. The other band is **Mike Fab Gere and the Permissive Society** and having seen them recently I know you are in for a good time. There will also be a stomping sound system and lights, lasers and special effects.

### Extra Tickets.

Your ID card gets you in free to all the social events of the week, so don't lose it. If you do it will cost you £30 for a replacement, reducing in cost as the week goes by.

Should players wish to buy extra tickets for guests for any or all of the events during the week these can be bought at The Ultimate Store on the fields. The costs are:

Weekly ticket for all events	£30
Leisure World-Aqua Springs	£.5
Disco Saturday 20th	£ 5
Rollerworld	£ 5
Disco Tuesday 23rd	£ 2
Hippodrome	£10



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Film	£ 2
Party Friday 26th	£ 5
Party Saturday 27th	£10

## Colchester.

In this pack you will find a lot of information about **COLCHESTER**. It is a very old town and if you get time it is worth a walk around. In the pack there are vouchers for **Leisure World**. **McDonalds** are also offering discounts on their fast food. With your ID card you can get any large Burger/Chicken/Pizza, Lg drink, Lg fries and Ice Cream for £3.50. The two **McDonalds** in Colchester are opposite the **Hippodrome** in the High Street and opposite **Leisure World**. Visit after a trip to Aqua Springs.

## Press and TV coverage.

### Channel 4

As most of you are aware the tournament is being filmed by an independent production company who have been commissioned by Channel 4 (National TV Station) to produce a 1 hour programme about the Championships. You will see cameras around throughout the week, on the fields and at social events (so watch out!). Most of the coverage will be on Friday 26th and Saturday 27th though, with a 7 camera outside broadcast unit filming at the main arena.

This is a great opportunity for us to introduce Ultimate to the British public. We know they will be amazed at the play. All we ask is for a bit of co-operation and flexibility from you to make this work. Should games get held up a bit or you be asked to move to a certain place (not if you're playing of course) we ask you to be patient.

The programme will be shown in September and copies of the video will be for sale. We are also hoping that there will be copies of each of the finals, like we have never seen on screen before. If so we will let you know so that you can buy copies if you wish.

### Home videos.

If you bring your own video camera please feel free to film any of the games from Sunday to Thursday. For Friday and Saturday you will not be permitted to film the games on pitch 10 as part of our contract with Channel 4. You will be able to film any games on pitches 1-9 on Friday provided you do not use ladders or towers on pitches 6-9.

### Press and local TV.

There will also be a number of journalists from national and local newspapers and TV crews from local TV stations at the tournament throughout the week. Should they approach you please contact staff so that press and media coverage can remain consistent and we know who and what we are dealing with. Thanks.

### Daily Newsletter

We shall be producing a daily newsletter for players from Monday-Saturday through the week of the Championships. We are very keen to receive any material for the newsletter; articles, match reports, anecdotes, cartoons, photos, poems etc. Please contact staff or specifically Paul Hurt, if you are able to contribute anything.

The newsletter will be available on the field each day at 11:30. It will contain news, photos, results of the previous day, previews, articles on fitness, WFDF, development work and much more.

## Domestic arrangements-

This section covers all you might need to know about the domestic arrangements for the week.



# WELCOME TO THE \*94 WORLDS

## **ID Cards**

Your ID card gets you into all the events of the Championships. Please do not lose it. If you have no card you will not get into any of the parties and will have to pay extra. A new card can be bought from The Ultimate Store, if you have a photo, on the following days for :

Saturday 20th	£30	Wednesday	£25
Sunday	£30	Thursday	£15
Monday	£30	Friday	£15
Tuesday	£25	Saturday	£10

## **Rooms**

Should you have any difficulties at all with your rooms or any of the facilities in your blocks, please contact Conference Reception. If you lose your key also contact them

## **Meals**

For those of you on Option 2 or 3, all meals are served in the Hexagon Restaurant above Square 4. You will be issued with a meal card at registration. Please do not lose it as a new one will cost. Meal times are variable, depending on the day. A full list is below.

### **Breakfast**

Sunday 20th - Saturday 27th	06:30 - 09:00
Sunday 28th	09:00 - 11:00

### **Dinner**

Saturday 20th	16:30 - 19:00 (REMEMBER - Opening Ceremony 19:30)
Sunday 21st - Friday 26th	17:00 - 19:30
Saturday 27th	17:00 - 20:00 (Time depends on Finals)

We have attempted to cater for the cultural needs of as many of you as possible and I have been assured that there will be a wide range of menus available each day and that there will be plenty to eat. If you have any difficulties with the food or the service please contact Conference Reception or Mike Stone, the catering manager.

### **Paying for meals.**

Should guests or players not on Option 2 or 3 wish to buy meals you can only do so by purchasing a card from Conference Reception in advance. Your ID card will entitle you to a lower price.

## **Shops and Banks**

There are two shops on campus in the main squares, as well as a Post Office and a launderette for all your washing. There are also two banks and a bookshop.

For those players and guests who are self-catering there is also a large supermarket on the way from campus to your accommodation at Avon Way.

## **Sports Centre**

Players may use the other sports facilities on campus, including the tennis courts and squash courts. You will need to book at the Sports Centre reception desk.

## **Phones**

You may use the 'phones at Conference Reception and they will charge you, or you can use any number of public pay 'phones around the campus.

## **Children and the Nursery**

For those of you with young children who have registered there are spaces available for your child on a sessional basis at the Nursery on the campus. You may place your child for one session per day, either up to 12:00 or after 13:00. Please contact Elaine Dixon at the Nursery to arrange a visit and book times when you want your child cared for. You will then need to register your child and the times they are attending with staff control on the fields.

**Finally.....**

**Have the time of your life...the spirit of the game rests with you**

Charlie Langdon-Mead, Tournament Director.

## Playing Schedule for \*94 Worlds

Codes: OA=Open Pool A, OB=Open Pool B, WA=Womens Pool A, WB=Womens Pool B, J=Juniors, M=Masters. 2R=2nd Round.

Open Pool A	Open Pool B	Womens Pool A	Womens Pool B	Masters Division	Junior Division
1 Sweden	1 Canada	1. Japan	1. Netherlands	1. USA	1. Sweden
2 USA	2. Japan	2. Sweden	2. USA	2. Germany	2. USA
3 Finland	3. Australia	3. Australia	3. Finland	3. Japan	3. Great Britain
4 Great Britain	4 Netherlands	4. Germany	4. France	4. Canada	4. Germany
5. New Zealand	5 Germany	5. Switzerland	5. Canada	5. Great Britain	5. Netherlands
6 Italy	6. Switzerland	6. Italy	6. Great Britain	6. Switzerland	
7 Denmark	7. Czech Republic	7. New Zealand		7. Italy	
	8. France				

Times: 1 = 09.00, 2 = 11.30, 3 = 14.00, 4 = 16.30.

	Pitch	1	2	3	4	5	6	7	8	9	10
	Time										
S	1	OA1v6	OA2v7	OA4v5	OB1v6	OB2v7	OB3v8	OB4v5	M1v6	M4v5	
U	2	WA1v4	WA2v5	WA3v6	WB1v4	WB2v5	WB3v6	J1v4	M2v7	J2v5	
N	3	OA1v3	OA2v5	OA4v6	OB1v3	OB2v5	OB7v8	OB4v6	M1v3	M4v6	
	4	WA4v5	WA1v6	WA3v7	WB1v6	WB2v4	WB3v5	J2v4	M2v5	J3v5	

M	1	WA1v3	WA2v6	WA5v7	WB1v3	WB2v6	WB4v5	M2v6	J1v3	M3v7	
O	2	OA1v5	OA2v6	OA3v7	OB1v5	OB2v6	OB3v7	OB4v8	M1v5	J4v5	
N	3	WA1v5	WA2v4	WA6v7	WB1v2	WB3v4	WB5v6	J2v3	M3v6	M4v7	
	4	OA1v2	OA3v6	OA4v7	OB1v2	OB5v8	OB3v6	OB4v7	J1v5	M1v2	

T	1	OA1v7	OA5v6	OA3v4	OB1v7	OB2v8	OB5v6	OB3v4	J1v2	J3v4	
U	2	WA1v2	WA3v5	WA4v7							
E	3	OA2v4	OA3v5	OA6v7	OB1v8	OB2v4	OB3v5	OB6v7	M1v7	M5v6	M3v4
	4	WA5v6	WA7v2	WA3v4							

and remember: **We're here because we care.....Yeah Right!**



	Pitch	1	2	3	4	5	6	7	8	9	10
<b>W</b>	<b>1</b>	WA1v7	WA2v3	WA4v6	WB1v5	WB2v3	WB4v6	M1v4	M5v7	M2v3	
<b>E</b>	<b>2</b>	OA1v4	OA5v7	Oa2v3	OB1v4	OB5v7	OB2v3	OB6v8	J1v4	J2v5	
		<b>Second</b>	<b>Round</b>	<b>For Open</b>	<b>&amp; Women.</b>						
<b>D</b>	<b>3</b>	WA1vWB4	WA2vWB1	WA3vWB2	WA4vWB3	WA5vWA6	WA7vWB5	M2v4	M3v5	M6v7	
<b>S</b>	<b>4</b>	OA1vOB4	OA2vOB1	OA3vOB2	OA4vOB3	OA5vOB8	OA6vOB7	OA7vOB5	J2v4	J3v5	

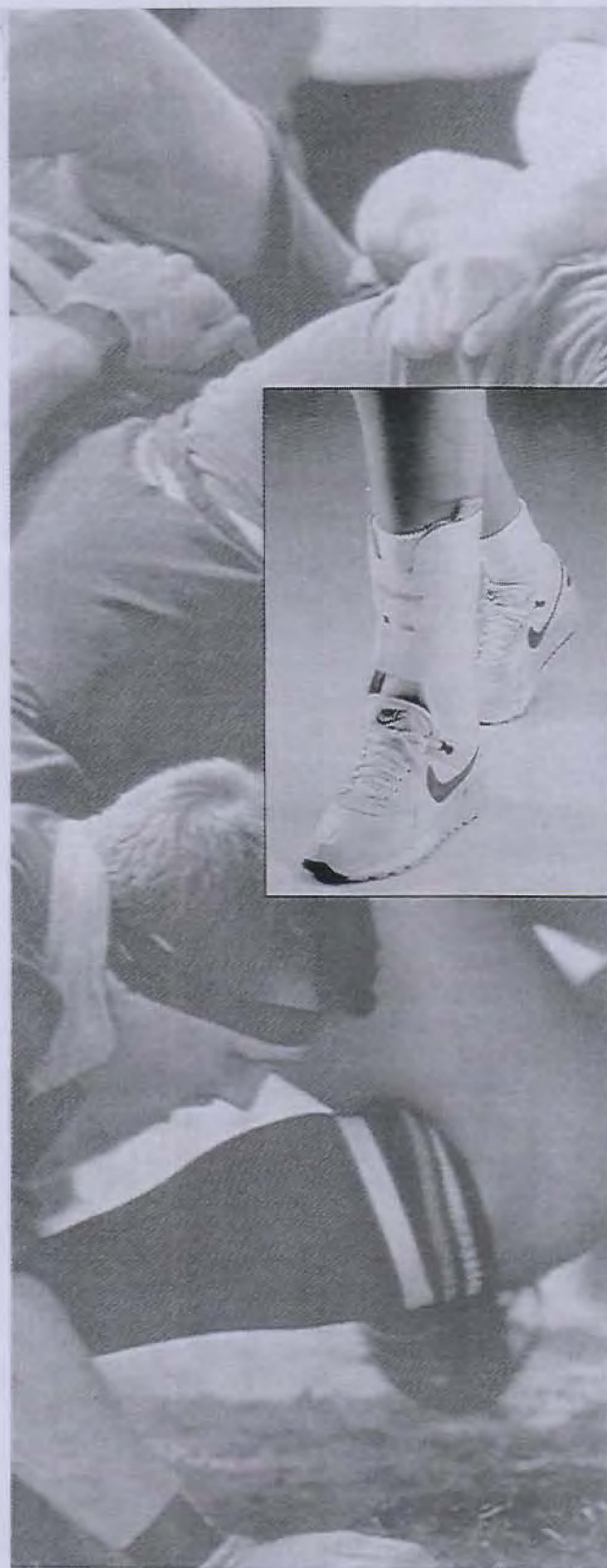
<b>T</b>	<b>1</b>	OA1vOB2	OA2vOB3	OA3vOB4	OA4vOB1	OA5vOB7	OA6vOB8	OA7vOB6	M-5v7 - 2R		
<b>H</b>	<b>2</b>	WA1vWB2	WA2vWB3	WA3vWB4	WA4vWB1	WA5vWA7	WA6vWB6	J3v4	J1v2		M-Semi -1v4
<b>U</b>	<b>3</b>	OA1vOB1	OA2vOB4	OA3vOB3	OA4vOB2	OA5vOB5	OA6vOB6	OA7vOB7			M-Semi - 2v3
	<b>4</b>	WA2vWB4	WA3vWB3	WA4vWB2	WA5vWB5	WA7vWB6	J4v5	M-5v6 - 2R	J1v3		WA1vWB1

<b>F</b>	<b>1</b>	M3/4 playoff	WA1vWB3	WA3vWB1	WA4vWB4	WA6vWA7	WB5vWB6				WA2vWB2
<b>R</b>	<b>2</b>	M-6v7-2R	OA7vOB8	OA2vOB2	OA3vOB1	OA4vOB4	OA5vOB6	OA6vOB5	J1v5	J2v3	An Open Game
<b>I</b>	<b>3</b>										OA1vOB3
	<b>4</b>					WA6vWB5	WA5vWB6				<b>Masters Final</b>

<b>S</b>	<b>09:00</b>										<b>Junior Final</b>
<b>A</b>	<b>11:30</b>										<b>Womens Final</b>
<b>T</b>	<b>14:00</b>										<b>Open Final</b>

All Ultimate Players, their friends and family, are invited to come to the \*94 Worlds. If you wish to stay on campus please register at Conference Reception as a guest where you can get accommodation and meal tickets. More importantly, if you are coming to the Finals Days on Friday 26th and Saturday 27th August you will probably want to come to the Finals Parties..... Live Bands including She Tasted Good and Mike 'Fab' Gere, Great Laser and Lights shows, 3am Bar and more... Tickets for the Parties (and all social events throughout the week) can be bought on the Fields during the week. A word of warning ! Only 250 tickets will be available to non-playing guests for each night. It will be a great week and we are all looking forward to seeing you all there.

and remember: **We're here because we care.....Yeah Right!**



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# Ultimatum

SPECIAL EDITION

WORLD ULTIMATE AND GUTS CHAMPIONSHIPS '94 ★ ISSUE 1 MONDAY 22ND AUGUST

## Today's schedule

### Open Division pitch #

11.30 am		
Sweden v New Zealand	1	
U.S.A. v Italy	2	
Finland v Denmark	3	
Canada v Germany	4	
Japan v Switzerland	5	
Australia v Czech Republic	6	
Netherlands v France	7	

4.30 pm		
Sweden v U.S.A.	1	
Finland v Italy	2	
Great Britain v Denmark	3	
Canada v Japan	4	
Germany v France	5	
Australia v Switzerland	6	
Netherlands v Czech Republic	7	

### Womens Division pitch #

9.00 am		
Japan v Australia	1	
Sweden v Italy	2	
Switzerland v New Zealand	3	
Netherlands v Finland	4	
U.S.A. v Great Britain	5	
France v Canada	6	

2.00 pm		
Japan v Switzerland	1	
Sweden v Germany	2	
Italy v New Zealand	3	
Netherlands v U.S.A.	4	
Finland v France	5	
Canada v Great Britain	6	

### Masters Division pitch #

9.00 am		
Germany v Switzerland	7	
Japan v Italy	9	

11.30 am		
U.S.A. v Great Britain	8	

2.00 pm		
Japan v Switzerland	8	
Canada v Italy	9	

4.30 pm		
U.S.A. v Germany	9	

### Junior Division pitch #

9.00 am		
Sweden v Great Britain	8	

11.30 am		
Germany v Netherlands	9	

2.00 pm		
U.S.A. v Great Britain	7	

4.30 pm		
Sweden v Netherlands	8	

### Guts Tournament pitch #

9.00 am		
Germany v Sweden	1	
U.S.A. v Japan	2	
France v R.O.C.	3	

2.00 pm		
Great Britain v U.S.A.	1	
Japan v Germany	3	
France v Sweden	4	

## Opening Day Ends With G.B.—Germany Nail-Biter

Masters Division  
Germany 21 – 20 Great Britain

The G.B. Masters came out fighting for their second game of the day, establishing a hard-fought 5-1 lead against the Germans. The wind picked up, blowing the length of the pitch, and both teams switched to a zone defence against the upwind attack. The German zone proved the more effective, and they clawed their way back to draw level at 11-11. By this time

the Germans were looking the stronger side, but a determined G.B. team played hard to stay in the running and after two hours and ten minutes of play the score stood at 18-17 to Germany. The Germans took the next point, resulting in a cap at 21, and proceeded to take the following point too. G.B. resolve strengthened, and they managed to turn

the German offence over three times in a row to take the score to 20-20, despite a heart-stopping drop in the end-zone. But luck finally ran out as the Germans snatched the final point after two-and-a-half hours of play. Great spirit and a cliff-hanger ending combined to make this one of the matches of the day.

## Germany's "Dive Queen" Foils Japanese

Womens Division  
Germany 21 – 19 Japan

In their first defense of the World Championship title, the Japanese women's team faced Germany, whom they had not met for four years. Led by one of their stars, Kayoko Sato, wearing no.1, Japan played Germany to a 9-9 tie in a game to 19. Germany went ahead 12-9, and then 17-12, and looked to have the game well in hand.

But Japan came surging back and the Germans seemed to lose their composure against Japan's relentless person to person defense which mixed force middle and force sideline.

Japan tied the score at 17 and again at 19. A gritty Germany scored two straight to win, thanks in part to great defense by no. 9 Christiana Strietzel, called by a player from one of Germany's ten women's teams, "the diving queen of Germany." Willie Herndon

Media interest surrounding the Championships gathers pace... coverage in yesterday's *Observer*, plus visits from local BBC television and one-time celeb turned *Times*

## Swill...

columnist **Clement Freud**. Most gracious and genuinely interested by all accounts. Free beer for anyone who can refresh my memory as to what brand of dog food it was he used to advertise...

Reports from the medical tent — one-hundred-and-twenty of you paid them a visit yesterday... ankles are the favourite part of the body to wreck so far... the **Italian womens' squad** leads the most injured team rankings, though a few of the open teams injured themselves just watching them warm up... (allegedly). A bad back is the current favourite ailment for the Masters players... Current wisdom from **Dr. Paul Marfleet** is "Don't eat the wasps..." More essential health advice on page three.

The Ultimate Store tent unexpectedly ran out of merchandise after an unidentified Japanese customer took a shine to the tournament T-shirt and promptly bought fifty of them...

Congratulations to the **Australian** teams for out-partying the staff on Saturday night. Apparently, members of staff on duty for the evening ran out of steam shortly after half-midnight and were woken from their slumber an hour or so later by a kindly security guard.

## Trip to

# ROLLERWORLD

COLCHESTER

Europe's biggest rollerskating rink. The trip is tonight. The trip is free. Full disco and lighting rig. 1000 pairs of skates available for us. Demonstration by the European Rollerskate dance champions. Getting there is

easy — buses will be ferrying people there from the top car park behind the Sports Centre between 7 and 8 o'clock. Buses return to campus from outside Rollerworld between 10.30 pm and 11.15 pm.



# What is Wiff Diff?

Everyone knows that Worlds is organized by the World Flying Disc Federation, or WFDF.

But just what exactly is "Wiff-Diff"?

by Robert L. Rauch

WFDF was formed in 1985 as an umbrella organization in order to facilitate communication among the various disc sport organizations formed since the late 1970s. The purpose of the federation, as articulated in the Bylaws of the corporation, is as follows:

- 1 To serve as the international governing body of all disc sports, with responsibility for sanctioning world championship events, establishing uniform rules, setting standards for and recording world records.
- 2 To encourage and protect the spirit of flying disc play.
- 3 To encourage disc play throughout the world and promote the establishment of new national flying disc associations, advising them on all flying disc activities and general management
- 4 To promote public awareness and acceptance of disc play as sport; and
- 5 To provide a forum for discussion of all aspects of disc play among the various membership organizations.

Unlike associations such as the UPA, where individual players are members, WFDF membership is comprised of other disc organizations. WFDF members may be either **National Associations**, such as Svenska Frisbee Forbundet or Japan Flying Disc Association, which represent all disc players within a country for all disc sports, or **Organizational Members**, such as the Ultimate Players Association, Professional Disc Golfers Association, Freestyle Players Association, and the Guts Players Association, which oversee activities, standards, and rules for specific disc disciplines. National Associations may be recognized through three categories of membership — Regular, Associate, or Provisional — depending on their membership and level of organization. Each level of membership carries with it different voting rights and dues. Organizational Members coordinate closely with specific WFDF disc discipline committees to ensure that there is consistency worldwide within each sport.

WFDF member delegates may attend the WFDF Congress, held annually to establish policy, set dues, award tournament bids, and elect officers and a Board of Directors. The Congress is held coincident with the annual WFDF World Championship. Throughout the year, WFDF is governed by a seven person Board of Directors, who meet by telephone conference call three to four times between Congress meetings. The Board is comprised of the President, Secretary-Treasurer, Chair of the Team Disc Sports Committee, Chair of the Individual Disc Sports Committee, and three at-large members, who serve for two years on a staggered basis. There is no

## World Flying Disc Federation Financial Statement Summary and 1995 Budget

	Results for year ending March 31, 1991	Results for nine months to December 31, 1992	Results for year ending December 31, 1993	Results for six months to June 30, 1994	Budget for year ending December 31, 1995
<b>Net Cash Balance</b>					
At Beginning of Period	3992.28	4422.10	3779.40	10046.71	17000.00
Net of Special Funds	3992.28	4422.10	3779.40	10046.71	12000.00
<b>Revenues</b>					
Membership	1463.04	434.81	1989.45	1436.03	2000.00
World Championship Fees	1432.79	3781.94	10489.44	1566.58	9800.00
Sponsorship	-	-	-	3394.26	5000.00
Merchandise Sales	1089.46	888.00	3472.61	78.33	2000.00
Bank Interest	-	54.97	46.39	-	50.00
Special Contribution (MUFA)	-	-	-	5000.00	-
Net Miscellaneous	-	2046.79	24.59	326.37	250.00
<b>Total Revenues</b>	<b>3985.29</b>	<b>7206.51</b>	<b>16022.48</b>	<b>11801.57</b>	<b>18900.00</b>
<b>Expenses</b>					
Newsletter Expenses	203.65	584.00	1564.01	652.74	2500.00
GAISF/IWGA Dues	565.30	1500.00	1703.32	1697.13	2500.00
Tournament Medals	-	927.20	-	1827.68	2000.00
Boardmeeting 'phone Expenses	1176.31	1793.81	1604.09	2741.51	3000.00
Admin - telephone	400.00	954.29	2038.40	522.19	2500.00
Admin - postage	435.73	245.39	645.36	208.88	1000.00
Admin - stationery	-	328.67	421.37	-	500.00
Admin - computer	127.97	263.85	324.46	-	500.00
Admin - other	610.22	1147.95	1320.07	718.02	1500.00
Bank Charges	36.29	104.05	134.09	65.27	150.00
<b>Total Expenses</b>	<b>3555.47</b>	<b>7849.21</b>	<b>9755.17</b>	<b>8433.42</b>	<b>16150.00</b>
<b>Net Revenues</b>	<b>429.82</b>	<b>(642.70)</b>	<b>6267.31</b>	<b>3368.15</b>	<b>2750.00</b>
<b>Net Cash Balance</b>					
At end of period	4422.10	3779.40	10046.71	13414.86	19750.00
Net of Special Funds	4422.10	3779.40	10046.71	8414.86	14750.00

All figures in US Dollars



compensation for any Board Member of Officer.

Decisions regarding the major tournaments are managed within WFDF by the Team Disc Sports Committee and the Individual Disc Sports Committee, for their respective tournaments. For example, decisions regarding formats, seeding and other play related rules for Ultimate at Worlds are determined by the Ultimate

subcommittee of the Team Disc Sports Committee. The Ultimate Committee of WFDF is comprised of seven to nine players from various countries who have the responsibility of gathering input from players in their own countries and making decisions on behalf of Ultimate players worldwide. Currently, such representatives come from Finland, Australia, Canada, Germany, Great Britain, Japan, Sweden, and the United States.

In addition to its responsibilities for overseeing the organization of WFDF sanctioned tournaments World Ultimate and Guts Championship, World Overall Championship and World Ultimate Club Championship, WFDF carries out several other duties. Over the last two years, a "disc missionary" program has been established to assist players in introducing disc sports to new countries. The WFDF Rule Book has been upgraded and improved. New promotional materials, including a brochure, were produced to assist member associations in their public relations efforts. Finally, we began the process of becoming a full member of GAISF and the International World Games Association.

A financial statement summary is included for your review, showing the last three years, the first six months of 1994 and the budget for 1995. Not included in these numbers is the full extent of sponsorship WFDF has received. Over 1992-1994, Wham-O provided approximately \$25,000 in support for WFDF by funding special projects and supporting tournaments. This year, Discraft provided \$2000 of financial support to Worlds. We hope to further develop these sponsorship relationships. Our goal over time is to improve the level of WFDF support of member associations and their activities. ★

## WFDF 1994 Annual Congress

*reviewed by Mia Gregory*

**R**epresentatives of thirteen different countries attended the 1994 WFDF Congress on Saturday afternoon. Elections were the first major topic on the agenda. The new WFDF President is now Bill Wight of the U.S.A., and Charlie Mead joins the Ultimate Committee. Two new posts were also created — a Safety Officer was deemed important in view of the risks of playing Ultimate, and a separate post of Newsletter Editor was created.

**Financial matters:** It was decided that a surcharge would be levied on top of WFDF fees for member organisations which fail to pay up promptly. The Madison Ultimate Frisbee Club was praised for their contribution of five thousand dollars seed money to help organise the WFDF World Ultimate Club Championships (the initial output is repaid when the money is retrieved from the tournament.)

**Communication:** The mailing list is getting bigger,

and the newsletter is ongoing. The use of e-mail and the Internet is highly valued. Specific WFDF projects were reviewed, including the Disc Missionary Programme, whereby disc sports are introduced to new countries. Some success is reported — Venezuela were hoping to send a team to WUGC '94 and Brazil and Columbia have shown considerable interest.

**Future tournaments:** Finalised bids have yet to be received for the 1995 World Overall Championships and the 1995 World Ultimate Club Championships. However, strong bids for the 1996 World Ultimate and Guts Championships came in from Sweden, Michigan U.S.A., Savannah U.S.A. and Japan. After discussing all the relative pros and cons, it was decided that the WUGC '96 venue would be Jonkoping, Sweden.

Overall, the Congress ran smoothly, and everyone is to be commended for communicating so effectively in what is for most a second language.

## INJURY PREVENTION AND FITNESS

# Hold it for Ten

and no bouncing.

*The Ultimate guide to  
injury prevention & fitness*

### Introduction

"Hold it for Ten — and no bouncing" is the second edition of Paul Marfleet and Jackie Grant's book on Ultimate health, injuries and tournament preparation. Over the coming days we'll be featuring various extracts — copies of the book will be available from the British Ultimate Federation at the end of this month.

**H**ow curious it is — the way simple events can change your life. One short phone call in early 1986, asking if I'd like to provide the medical cover for a sports tournament, which has led to a great love of the game of Ultimate as well as a commitment to see if I can reduce the injury rate wherever possible (hence this book.) I remember thinking "a week of medical cover for a Frisbee tournament — what

a doddle." Like so many people, though, I was hooked from the moment I first saw a sidearm thrown. As that first week progressed and I saw more and more injured players, I realised that few players understood much about their bodies, or the nature of healing after injury, or even how to try to avoid getting injured in the first place. I've always kept records of injuries treated; partly because it's good medical practice and partly because I wondered, even then, whether a "new" game would have its own pattern of injuries, as do so many other sports.

Now, it's no good compiling lists if you don't analyse them, and then use the analysis to some constructive purpose. Many of the comments are a direct result of the injury analysis; some reflect good, general, 'sports injury' theory common to many sports and some are my own observations and ideas.

The goal is simple — to try to stop you getting injured; but if you do get an injury, to treat it as well as possible, always aiming for full, not partial, recovery.

I have drawn my conclusions about the nature and cause of Ultimate injuries from an analysis made of 485 injuries treated in the four year period between 1986 and 1990. This period covered several tournaments, including the 1986, 1988 and 1990 World Championships, the 1987 and 1989 European Championships and the 1988 Mokum Memorial, Amsterdam. Jackie Grant and I dealt with injuries in players of all nations although, as we were primarily there to help the G.B. Squads, most players seen were from G.B.

I am often asked, "what is the most common injury?". The most common injury involves a strain of a

thigh muscle; not only very uncomfortable, but 60% of players with this injury will either be unable to carry on, or will have to play well below their usual standard.

As you will see in the book there is much that can be done to minimise the risk of this sort of injury. We have found that many players arrive at tournaments still "carrying" old, or poorly rehabilitated, injuries and wonder why they end the day limping, bandaged or even in the Accident and Emergency Department of the local hospital. This is particularly true of ankle strains, which are third in the injuries list.

Skin injuries are also very common — mostly friction burns and abrasions. The vulnerable areas of the body are clearly identified and show a similar pattern of injury site to that found with bursitis. Pitch state, protective wear and lay-out technique all have a part to play in reducing the incidence of these uncomfortable injuries. Player attitude is all-important. It's all very well having a macho approach to injury but it really is very sad to see players having to miss games because of injuries that are entirely preventable.



### Open Division

#### Pool A

Great Britain **21 - 10** New Zealand  
 Sweden **21 - 10** Italy  
 USA **21 - 3** Denmark  
 Great Britain **21 - 7** Italy  
 Sweden **21 - 11** Finland  
 USA **21 - 9** New Zealand

	played	won	pts+	pts-	pts diff
USA	2	2	42	12	+30
Great Britain	2	2	42	17	+25
Sweden	2	2	42	21	+21
Finland	1	0	11	21	-10
Denmark	1	0	3	21	-18
New Zealand	2	0	19	42	-23
Italy	2	0	17	42	-25

#### Pool B

Australia **21 - 16** France  
 Canada **21 - 5** Switzerland  
 Japan **21 - 3** Czech Republic  
 Netherlands **18 - 21** Germany  
 Canada **21 - 13** Australia  
 Czech Republic **4 - 21** France  
 Japan **21 - 13** Germany  
 Netherlands **21 - 15** Switzerland

	played	won	pts+	pts-	pts diff
Japan	2	2	42	16	+26
Canada	2	2	42	18	+24
France	2	1	37	25	+12
Netherlands	2	1	39	36	+3
Australia	2	1	34	37	-3
Germany	2	1	34	39	-5
Switzerland	2	0	20	42	-22
Czech Republic	2	0	7	42	-35

### Womens Division

#### Pool A

Australia **19 - 15** Italy  
 Japan **19 - 21** Germany  
 Sweden **19 - 3** Switzerland  
 Australia **13 - 14** New Zealand  
 Germany **19 - 8** Switzerland  
 Japan **19 - 7** Italy

	played	won	pts+	pts-	pts diff
Germany	2	2	40	27	+13
Sweden	1	1	19	3	+16
Japan	2	1	38	28	+10
Australia	2	1	32	29	+3
New Zealand	1	1	14	13	+1
Italy	2	0	22	38	-16
Switzerland	2	0	11	38	-27

#### Pool B

Finland **9 - 19** Great Britain  
 Netherlands **19 - 4** France  
 USA **19 - 7** Canada  
 Finland **7 - 19** Canada  
 Netherlands **19 - 15** Great Britain  
 USA **19 - 0** France

	played	won	pts+	pts-	pts diff
USA	2	2	38	7	+31
Netherlands	2	2	38	19	+19
Great Britain	2	1	34	28	+6
Canada	2	1	26	26	0
Finland	2	0	16	38	-22
France	2	0	4	38	-34

### Masters Division

Canada **21 - 17** Great Britain  
 USA **21 - 8** Switzerland  
 Germany **21 - 10** Italy  
 Canada **21 - 6** Switzerland  
 USA **21 - 1** Japan  
 Germany **21 - 20** Great Britain

	played	won	pts+	pts-	pts diff
USA	2	2	42	9	+33
Canada	2	2	42	23	+19
Germany	2	2	42	30	+12
Great Britain	2	0	37	42	-5
Italy	1	0	10	21	-11
Japan	1	0	1	21	-20
Switzerland	2	0	14	42	-28

### Junior Division

Sweden **19 - 2** Germany  
 USA **19 - 5** Netherlands  
 Great Britain **19 - 9** Netherlands  
 USA **19 - 11** Germany

	played	won	pts+	pts-	pts diff
USA	2	2	38	16	+22
Sweden	1	1	19	2	+17
Great Britain	1	1	19	9	+10
Netherlands	2	0	14	38	-24
Germany	2	0	13	38	-25

### Guts Competition

Canada **1 - 2** Great Britain  
 France **0 - 2** Japan  
 R.O.C. **2 - 0** U.S.A.  
 Japan **1 - 2** R.O.C.  
 Sweden **0 - 2** U.S.A.

	played	won	pts+	pts-	pts diff
R.O.C.	2	2	4	1	+3
Great Britain	1	1	2	1	+1
Japan	2	1	3	2	+1
U.S.A.	2	1	2	2	0
Canada	1	0	1	2	-1
France	1	0	0	2	-2
Sweden	1	0	0	2	-2
Germany	0	0	0	0	0

# RESULTS

of games played Sunday 21st August, plus current standings.

## We want your dirt...



**Ultimatum needs your match reports, photographs, anecdotes, scandal, and slander. Anonymous contributions happily accepted and**

**printed. A "drop-box" will be available at the Staff Control Tent (next to the refreshments tent) where you can deposit anything you'd like to draw to our attention.**

## Ultimate Tournament

**Edinburgh, Scotland, Sunday 4th October**

Chris Burden of Edinburgh-based Ultimate team "Sneekys" would like to invite Ultimate players of all ages and abilities to a one-day hat tournament to be held in Edinburgh on Sunday 4th October.

Participants will be offered the chance to play, chat, and get drunk with Ultimate players from all over the country, and even better, it costs absolutely nothing.

So why not go along to the Meadows in Edinburgh on the 4th October, or phone Chris Burden on 031-331-4468 if you need further information.





# Ultimatum

**SPECIAL EDITION**

**WORLD ULTIMATE AND GUTS CHAMPIONSHIPS '94 ★ ISSUE 2 TUESDAY 23RD AUGUST**

## Today's schedule

### Open Division pitch #

<b>9.00 am</b>	
Sweden v Denmark	1
New Zealand v Italy	2
Finland v Great Britain	3
Canada v Czech Republic	4
Japan v France	5
Germany v Switzerland	6
Australia v Netherlands	7

<b>2.00 pm</b>	
U.S.A. v Great Britain	1
Finland v New Zealand	2
Italy v Denmark	3
Canada v France	4
Japan v Netherlands	5
Australia v Germany	6
Switzerland v Czech Republic	7

### Womens Division pitch #

<b>11.30 am</b>	
Japan v Sweden	1
Australia v Switzerland	2
Germany v New Zealand	3

<b>4.30 pm</b>	
Switzerland v Italy	1
Sweden v New Zealand	2
Australia v Germany	3

### Masters Division pitch #

<b>2.00 pm</b>	
U.S.A. v Italy	8
Great Britain v Switzerland	9
Japan v Canada	10

### Junior Division pitch #

<b>9.00 am</b>	
Sweden v U.S.A.	8
Great Britain v Germany	9

### Guts Tournament pitch #

<b>11.30 am</b>	
U.S.A. v Canada	1
R.O.C. v Great Britain	2
France v Germany	4
<b>4.30 pm</b>	
Canada v Sweden	1
R.O.C. v Germany	3
Japan v Great Britain	4



Scandinavian shoot-out in Open Pool A: Finland 21 - 9 Denmark

## Japanese Dominate Open Pool B

Open Division  
Japan 21 - 18 Canada

Is it coincidence, is it my imagination, or are the last games of the day turning out to be the most closely fought? While most spectators were gathered around the U.S.A.-Sweden clash, a few adventurous souls ventured further away from the refreshments tent to check out the Japan-Canada match. What we saw was an exhibition of unbelievable handling skills from two exceedingly psyched teams. Layouts were so frequent as to be almost unremarkable.

The windy conditions gave both sides the opportunity to test out their zone defence. The Canadian zone initially failed to hold back the Japanese, who took three points off Canada

before they could reply. Canada then began to put it together, getting as close as 6-5, and it started to look more evenly matched. However, Canada's gorgeous-to-watch method of breaking the Japanese zone with beautiful hammer swings across the pitch, though effective, couldn't compete with Japan's ability to simply run their way out of the zone, which was forced to fall back into one-on-one marking.

Long hucks into the endzone started to find favour with both sides; particularly memorable was one Canadian shot which travelled the full length of the pitch to the endzone. Two Canadians and their markers went up for it, failed to make

contact, and as the disc veered towards the ground a few yards away, a last ditch layout from Canada plucked it out of the air just inches above the grass.

But that three-point lead established by Japan at the start of the game continued to dog Canada, who frequently pulled up close to but never overtook the Japanese. A poor Canadian pass (not a common sight) was intercepted by Japan who called the last time-out of the game before firing the disc to Noboru Imai to win 21-18.

The Canadians were hot, but the speed and commitment of the Japanese just held them at bay. Anyone assuming that this year's Worlds was a two-horse race better think again.

## 1995 EUROPEAN ULTIMATE CHAMPIONSHIPS

**Presentation by the French Federation**

**6.00 pm TODAY in the Players' Marquee (next to the medical tent). Free wine too.**

ALL EURO TEAM CAPTAINS ARE REQUESTED TO ATTEND



## MORE MATCH REPORTS

### Open Division

#### Sweden 15 – 21 USA

The match between Sweden and USA in Pool A of the Open Division was regarded by many of the spectators as a preview of the final, and drew the biggest crowd of the tournament so far. At the start the Americans appeared to shake the confidence of their opponents, scoring the first three points. Finding themselves unable to break through the tight US zone, the Swedes risked a huge overhead into the corner of the end-zone to score their first point.

Having made the first breakthrough, Sweden fought back to level at 3-3. From there to half-time, the story was one of the Americans pulling away a couple of points, then Sweden fighting to draw level, then America pulling away again, with half-time coming

at 11-9 to the US. After the break the pattern continued, until at 14-12 a spectacular diving interception from Dennis Warsen gave the US not only a three-point lead but also the push to take the next point. From 16-12 the Swedes fought on, but neither team showed the level of commitment that will undoubtedly be seen if they meet again in the final. The match finally ended 21-15 to the US.

### Masters Division

#### Japan 19 – 18 Switzerland

After tough games for both teams earlier in the day, the Japanese and Swiss masters met in the afternoon for what promised to be a rather closer match. After trading points for the first 50 minutes, the Japanese pulled clear to lead 9-6, helped by the constant presence of Yoshihimi Kagotami

taking the dump behind the Swiss zone. The Swiss dug in, however, and pulled back to 10-10, before taking the half at 11-10 to lead for the first time in the match.

Things stayed tight after the interval, with the pressure bringing errors, especially on the final pass, from both teams. The end of normal time saw Japan leading 17-15, to set the cap at 19, but the Swiss wound up the pressure on defence to pull back to 17-17. At 18-17 to Japan, the pressure really took its toll, with drops and throwaways the order of the day, but the Swiss finally grabbed it to level at 18-18. It wasn't to be their day at the end though - the Japanese kept their heads and, despite intense pressure from the Swiss, kept possession to take the final point.

### Department of Swill...

Please note that the trolley resident by the control tent is **not** to be used to take water out to the pitches as it has been provided expressly for the purpose of ferrying masters players to and from their ambulances...

Sam Neilson of the GB Masters team would like to announce that he will be holding swimming lessons in the lake every day at twelve noon...

Junior player — "My knees are really shot today" Buck Buchanan — "Come back twenty years from now and tell me that."

**We need more swill — come and grab me (Paul Hurt, staff thingy) and tell me your gossip, or put a note in the Ultimatum drop box at the control tent.**

## EDUCATION

# The Ultimate Five-Lesson Plan

### Lesson One

"Disc Sports — a Guide for Teachers" is a booklet produced by Conor Davies designed to promote Ultimate as the ideal sport for developing the team-playing and inter-personal skills common to so many team games. It describes the history and fundamental concepts of Ultimate, throwing and catching techniques, basic offensive and defensive approaches and various exercises for developing disc skills. The guide also maps out a suggested five-lesson plan to introduce the game to students, culminating in a mini tournament in the final lesson of the course.

#### Warm up

Gentle jogging and light stretching.

#### Backhand (3 minutes)

Demonstrate backhand throw. Emphasise STEP across body, PIVOT FOOT remains in contact with the ground, arm ROLLS out from shoulder to full extension, FLICK of wrist at end imparts SPIN on the disc to keep it stable in flight. PALM of hand faces ground after release of disc. Choose various students to help demonstrate throw, ask other students to comment on the technique of their classmates to emphasise important points of the throw.

#### Drill 1 (5-7 minutes)

Standing approximately 5m. apart, in pairs, try to complete ten consecutive passes each. When successful, each player takes one step back, thereby increasing distance. Attempt ten more consecutive passes each and increase distance. If distance becomes too large then low success will discourage students. Suggest that they step closer again and pass disc until they feel CONFIDENT at a particular distance before continuing.

#### Create Teams (1 minute)

Groups of six/seven, with mixed sex teams if possible. These teams will remain fixed throughout course, so

students will have to work together and co-operate if they are to develop their skills and perform well as a team.

#### Drill 2 (5-7 minutes)

In teams, form a circle and pass disc CLOCKWISE around circle (1 minute). Pass disc ANTI-CLOCKWISE around circle (1 minute). Pass disc to ANY player in circle EXCEPT your neighbours (2 minutes). (Coach can blow whistle and call out direction or mode of passing to vary the activity.)

At this point, it is suggested that the coach introduces the next activity to a team that appears to be working well together. Once they have grasped the nature of the drill, invite the other teams to gather around and watch as you talk them through the activity, using your chosen team as a demonstration group.

#### Drill 3 (10 minutes)

In teams, form a circle with one player at the centre. The central player has one minute to throw and receive back as many consecutive passes as possible. Start with the circle approximately 5m. radius (or appropriate to teams ability). After one minute, change the central player and repeat for new team member. Central player should try to remain in central

position, to encourage accurate passing from other players.

#### Activity: "Invasion Box" (15-20 minutes)

In a half-pitch area (20m. x 20m.), a team has to complete as many consecutive passes as possible, not forgetting that the thrower must be still, but receivers may move to catch the disc. After thirty seconds, introduce a defender from one of the other teams and give them the task of trying to intercept or defend against the team. Count how many passes can be made in thirty seconds. If a defender catches the disc, they should simply return it to the attacking side. Continue to introduce defenders every thirty seconds, without putting so much pressure on the passing team that they cannot complete any passes. Repeat activity for each of the four teams. Use defenders from a mixture of the teams, rather than one team against another. (It may prove useful to give each team a record sheet, on which they can record their progress on each drill/activity throughout the weeks, and thus see their development and success as a group.)

#### Cool down

Light stretching.



# INJURY PREVENTION AND FITNESS

# Hold it for Ten

and no bouncing.

The Ultimate guide to injury prevention & fitness

## Part II - Diet

The good news is that we're going to have copies of Paul Marfleet and Jackie Grant's book "Hold it for Ten (and no bouncing)" somewhat earlier than expected — copies will be handed out FREE to players at dinner on Thursday night. You lucky people.

**Energy is the vital** consideration for Ultimate players; it comes from four main dietary sources:

- Carbohydrate.
- Fat
- Protein
- Alcohol

Carbohydrate (CHO) and fat are the primary energy sources — alcohol is

not recommended as an energy source. The amount of CHO and fat you use during exercise will depend upon the duration, intensity and type of exercise (how tough is the game? What position are you playing?) and

your fitness and basic nutritional status.

## Ultimate, Exercise and Diet.

One of the most important considerations when looking at diet and exercise is the amount of energy required. Most experienced players will have little difficulty in coping with one game. In a tournament, however, you are going to be playing two, three or more games in a day for several successive days, so it really becomes essential that your energy stores are full at the start of each game. You mustn't get caught out by falling glycogen stores as the week progresses either, so you must be sure to replenish energy stores after each game, otherwise your standard of play will fall off due to sheer fatigue.

## Preparation

A few days before a tournament, eat your normal diet but increase the amount of starchy foods to ensure that your glycogen stores are full. At the same time taper down your training (about three days before the event) so that you keep the glycogen in storage and aren't continuing to use it all up.

During exercise digestion is slowed and any food in the stomach will tend to stay there until the exercise is over. Apart from being extra weight to carry about, it is likely to make you feel sick. So, before a competition it's best

to have full glycogen stores and a relatively empty stomach.

## Competition

On the day of the game, if you are playing in the morning, don't fill up with heavy fatty foods, but have a light meal the night before and a light breakfast. This will aid digestion and encourage more rapid gastric emptying.

If your first game is later on in the day, eat normally until three to four hours before the game, and then have a small carbohydrate-rich meal. It is always best to allow two to three hours to digest your food fully before competing.

After a match your glycogen stores will be low. If you don't build up these stores again, then later in the day you will be competing with a less than adequate energy supply. Fatigue sets in rapidly (that awful "heavy legs" feeling when you just can't seem to get your body to respond), so not only will your performance be under par, but with fatigue comes an increased likelihood of injury. The first hour after exercise is crucial, for this is the time that the muscles' ability to replenish glycogen is greatest.

After each game, eat a small carbohydrate snack. Starchy foods are best, but this is not always practical, so sugary foods will do. The evening meal will be the best time to finish boosting your glycogen stores. Eat early in the evening and be sure to have a high content of starchy foods in the meal. A late heavy protein meal will leave your digestive system still working away well into the night. You are less likely to sleep well and will certainly have less energy stored for the next day.

## Lactate

As you exercise and use up glycogen for energy, a waste product — lactate — is produced. This will accumulate in the body if exercise continues at a rate where lactate is produced faster than it can be cleared. High levels of lactate may cause muscle stiffness and soreness after a game and, if it is

not cleared, will allow fatigue to set in early in the next game. Light exercise after a game, say a gentle jog twice around the pitch, will speed up the process of clearing the lactate. This should always form part of the post-match warm-down and is essential if you want to minimise fatigue and discomfort as the tournament progresses. I've also seen many players lying around after a game protesting that they're too tired to warm-down, and claiming they're trying to conserve their energy. But warming down really does have a vital part to play if you take your Ultimate seriously.

## Suitable meals and snacks.

**Breakfasts** — Wholegrain cereals e.g. Weatatab, branflakes, muesli with dried or fresh fruit and low fat milk. Wholemeal bread or toast with jam, honey or marmalade. Low fat yoghurt and fruit. Fruit juices.

**Light meals** — Sandwiches with wholemeal or high fibre white bread and low fat fillings e.g. cottage cheese, chicken, lean ham, banana. Jacket potato with baked beans, tuna or Edam cheese. Beans on toast, sardines on toast.

**Larger meals** — Meat'n'two veg meals are fine but get the proportions right i.e. small portions of lean meat or poultry and plenty of potatoes and vegetables. Casseroles with added pulses e.g. peas, beans, lentils with rice or noodles. Wholemeal pasta with low fat sauces and vegetables. Jacket potatoes with various fillings.

**Snacks** — Fruit (fresh or dried), cereal bars, scones, malt loaf, fruit cake, digestive biscuits, jam roll.

## Summary

Complex carbohydrates should make up the bulk of your diet — at least 50% of any meal. Take small amounts of protein foods and be sure to choose those containing the essential amino acids. Keep your total intake of fat low and use polyunsaturated fat in moderation. Include plenty of vegetables, preferably fresh. Eat at least one piece of fresh fruit a day, preferably more. Dried fruit is useful to take to a tournament if fresh fruit is not available.

Tonight is

# TRADING NIGHT

In the **Dance Hall** (downstairs in the Student Union, where Saturday's party was) from 8.00 pm to 11.00 pm. Bring shirts, discs, and anything else you want to trade.

Followed by **DISCO** 'til 2.00 am.

**Sneeky's Hat Tournament**  
Edinburgh

# CORRECTION

it's actually on **SEPTEMBER** 4th, not October as stated yesterday. No-one was expecting people to hang around in the British Isles quite that long!



## Open Division

### Pool A

Finland	21 - 9	Denmark
Sweden	21 - 8	New Zealand
U.S.A.	21 - 5	Italy
Finland	21 - 9	Italy
Great Britain	21 - 3	Denmark
Sweden	15 - 21	U.S.A.

	played	won	pts+	pts-	pts diff
U.S.A.	4	4	84	32	+52
Great Britain	3	3	63	20	+43
Sweden	4	3	78	50	+28
Finland	3	2	53	39	+14
New Zealand	3	0	27	63	-36
Denmark	3	0	15	63	-48
Italy	4	0	31	84	-53

### Pool B

Australia	21 - 12	Czech Republic
Canada	18 - 14	Germany
Japan	19 - 11	Switzerland
Netherlands	21 - 10	France
Australia	21 - 15	Switzerland
Canada	18 - 21	Japan
Germany	21 - 3	France
Netherlands	21 - 1	Czech Republic

	played	won	pts+	pts-	pts diff
Japan	4	4	82	45	+37
Netherlands	4	3	81	47	+34
Canada	4	3	78	53	+25
Australia	4	3	76	64	+12
Germany	4	2	69	60	+9
France	4	1	50	67	-17
Switzerland	4	0	46	82	-36
Czech Republic	4	0	20	84	-64

## Womens Division

### Pool A

Japan	19 - 11	Australia
Sweden	19 - 1	Italy
Switzerland	3 - 19	New Zealand
Italy	7 - 19	New Zealand
Japan	19 - 2	Switzerland
Sweden	19 - 13	Germany

	played	won	pts+	pts-	pts diff
Sweden	3	3	57	17	40
Japan	4	3	76	41	35
New Zealand	3	3	52	23	29
Germany	3	2	53	46	7
Australia	3	1	43	48	-5
Italy	4	0	30	76	-46
Switzerland	4	0	16	76	-60

### Pool B

France	2 - 19	Canada
Netherlands	19 - 9	Finland
U.S.A.	19 - 4	Great Britain
Canada	19 - 9	Great Britain
Finland	19 - 7	France
Netherlands	3 - 19	U.S.A.

	played	won	pts+	pts-	pts diff
U.S.A.	4	4	76	14	62
Canada	4	3	64	37	27
Netherlands	4	3	60	47	13
Great Britain	4	1	47	66	-19
Finland	4	1	44	64	-20
France	4	0	13	76	-63

## Masters Division

Germany	21 - 5	Switzerland
Japan	5 - 21	Italy
U.S.A.	21 - 11	Great Britain
Canada	20 - 13	Italy
Japan	19 - 18	Switzerland
U.S.A.	21 - 16	Germany

	played	won	pts+	pts-	pts diff
U.S.A.	4	4	84	36	48
Canada	3	3	62	36	26
Germany	4	3	79	56	23
Italy	3	1	44	46	-2
Japan	3	1	25	60	-35
Great Britain	3	0	48	63	-15
Switzerland	4	0	37	82	-45

## Junior Division

Sweden	19 - 0	Great Britain
Germany	19 - 2	Netherlands
U.S.A.	19 - 4	Great Britain
Sweden	19 - 1	Netherlands

	played	won	pts+	pts-	pts diff
Sweden	3	3	57	3	54
U.S.A.	3	3	57	20	37
Germany	3	1	32	40	-8
Great Britain	3	1	23	47	-24
Netherlands	4	0	17	76	-59

## Guts Competition

France	0 - 2	R.O.C.
Germany	0 - 2	Sweden
U.S.A.	1 - 2	Japan
France	0 - 2	Sweden
Great Britain	0 - 2	U.S.A.
Japan	2 - 0	Germany

	played	won	pts+	pts-	pts diff
R.O.C.	3	3	6	1	5
Japan	4	3	7	3	4
Sweden	3	2	4	2	2
U.S.A.	4	2	5	4	1
Great Britain	2	1	2	3	-1
Canada	1	0	1	2	-1
Germany	2	0	0	4	-4
France	3	0	0	6	-6

# RESULTS

of games played Monday 22nd August, and positions at start of play today



Long-range layout in open division pool B:  
Canada 18 - 14 Germany

## PICK-UP GAME

Today on pitch 6 at 4.30 pm

Just show up if you want to play







## Canadian Masters Put Seven on the Line at Close of Monday Night's Party

Under the waning moon, the 2nd Level Reptiles rocked all the hipsters who had the gumption to show, dancing on the furniture as others looked on. Super-controlled high-octane moshing made the dancefloor throb, the windows dripped with sweat, and hand-pumped brews flowed down the gullets of those assembled.

Canadian Masters hurled a decisive upwind score by delivering an outlet for those with the energy to party after Monday's play.

Team Canada seniors, undefeated at this time and acting the crafty vets they are, elected to hold the evening's festivities at this strategic hour, as they had a light schedule Tuesday: "We're expecting the momentum of tonight's party to carry clear through pool play" said a team member.

Although beer stopped pouring at 11 pm, security forces, while hovering nearby, forgave our transgressions and and, in this most orderly of nations, chose to ignore one of the many rules by granting "the band play one more."

The throng adjourned to the courtyard for a sesh of Z-Bee guts and chit-chat, then migrated to the duck pond. Unlike Sunday night, there was no nude swimming, and the less intelligent of the participants frolicked 'neath the near-full moon 'til the wee small hours.

Canadian Masters would like to thank all in attendance, and reminds you: "Sleep — who needs it?" ★

## TONIGHT CLUB NIGHT at THE HIPPODROME

It's the '94 Worlds Big Night Out. We have Colchester's largest club all to ourselves. Don't let the Canadians have all the fun.

Free buses to the club will be running between 8.30 pm and 9.15 pm from the Sports Centre car park. Buses back will run between midnight and 2 a.m.

### Open Division

#### Japan 21 – 17 Netherlands

There was a contrast of style to be seen in the clash between Japan, currently leading Pool B, and The Netherlands, but one thing both teams had in common was the good use they made of their timeouts. Twice in the first half the Dutch team called timeout and then took the next two points, but it was in the second half that they were really made to count. Having taken the half at 11-9, the Japanese lost the first point after the break but then took the next four to lead 15-10. During the point at 13-10, the Japanese became very bogged down and consistently failed to break

through. They called a timeout, got their heads together, came back and immediately hucked half the length of the pitch to score.

Having let the score slip to 10-15, it was always going to be tough for the Dutch, but they stuck at it, playing a high percentage of successful hammers and often hucking well into the end-zone. With the wind blowing up, however, the Japanese style of lightning-fast cuts and low, hard passes was just as effective, and took them to 20-16 up. This was definitely crunch point for the Dutch, with the wind in their faces, no second chances and having not scored upwind since

half-time. But despite a number of turnovers and one time-out for each team during the point, the Dutch held it together and scored to make it 17-20. With the wind behind them, the possibility of a Dutch comeback suddenly seemed more real, and the Japanese made it more so when they turned over on the final pass. But it wasn't to be. The Dutch lost possession with one more big huck and that was their last chance. With a mixture of knives, strong legs and more of those blistering sidearms, the Japanese stormed upwind and took the last point, and the match 21-17. **Patrick Moore**

## DISC SALE at the Ultimate Store

Buy 100 Ultrastars for £600 — Save £150  
and get a further ten free discs.

Sell 'em and make money for your club.

### Other stuff...

Some messages for us on the Internet:  
• Team USA Guts — good luck and bring back the championship! **Dennis Walikainen**  
• Best wishes to USA Juniors, especially Yair Kahan **Adam Kahan**

If you have any time off, play some golf! The University has the only permanent 18-hole course, with pole-holes, in the country. Course maps available at the Sports Centre.

Anyone wanting to stay in touch with members of the German teams should see Thomas Griesbaum — he has a stack of contact sheets.

## 1994 Worlds Scrape/Strawberry Competition

Wimbledon is famous for its strawberry — now Colchester is too!  
Enter your best scrape and win fabulous prizes...

### Rules of Entry

- 1 There are three divisions: Men's Ultimate, Women's Ultimate, Guts.
- 2 Scrapes must occur during an actual game. No late night self-inflicted wounds permitted.
- 3 Scrapes will be judged on:
  - i) Total surface area
  - ii) Coloration
  - iii) Wetness factor/Drainage
  - iv) Location (Tie-breaker)
- 5 All decisions by the judge are final.

**Deadline: Thursday August 25th.**

Report your entry to Buck Buchanan, Team USA Guts, Issac Rebow, Flat 7.



## INJURY PREVENTION AND FITNESS

# Hold it for Ten

and no bouncing.

*The Ultimate guide to  
injury prevention & fitness*

### Part III – Fluids

**An adequate fluid intake** is just as important as eating the right types of food; in fact it's surprising quite how much fluid can be lost from the body

in a hard game — even on a cool day. If you don't replace the lost fluid the body can become significantly dehydrated, and with dehydration comes fatigue, impaired performance and increased likelihood of injury. Don't wait

until you are thirsty before deciding to drink; it's a bit late by then, because you'll already be dehydrated.

- make sure you are well hydrated before the game and get used to exercising in this state.
- have a drink about 15–20 minutes before the game e.g. water, diluted fruit juice, suitable sports drink.
- make sure that someone is responsible for keeping a good supply of water/sports drink etc. pitchside for every game.
- every time you sub off, and every time-out, take the chance to drink; small amounts at a time, but as often as possible.

• after the game you need to start the rehydration process — but don't drown yourself. Little and often is the most efficient way.

#### Suitable drinks

The best drinks to choose are cool, still or lightly carbonated fluids rather than fizzy, sugary or ice-cold drinks which may make you feel sick or cause stomach cramps. Drinks with a high sugar content (Colas etc.) tend to increase insulin production in the body which will soon lead to a fall in blood glucose — just the opposite of the effect you're looking for. Cola, and similar drinks, have a very low sodium content which also makes them less suitable as a drink before or during games. A drink with a low percentage of glucose is better; between 5–8% (5–8gm glucose in 100ml water) can aid absorption of fluid from the gut. Water alone may tend to delay stomach emptying — far better is the addition of balanced quantities of electrolytes to a low-content glucose drink and there are a number of these specially formulated isotonic drinks now available (e.g. Gatorade, Accolade, Replay, Lucozade Sport etc.) If money is limited, (for large quantities of isotonic drinks are not cheap), then diluted fruit juice is a good substitute.

Water alone is definitely better than nothing at all.

#### Evening drinking.

I've seen a fair number of players who've been so delighted with, say, reaching a semi-final, that they've indulged in very serious partying, only to find that next day their performance is so poor that they've let down themselves and their team, and blown the chance to reach the finals. Remember that alcohol is a diuretic; that is, it will make you excrete more fluid than you take in. The dehydration that this causes leads to headache, poor concentration, impaired coordination, stiff muscles and increased liability to fatigue; and, of course, in that sort of state you are much more likely to be injured.

I expect everyone has seen the T-shirt: HUCK – SPIKE – PARTY. Perhaps it should be reprinted as HUCK – SPIKE – PARTY – REHYDRATE. (*Hmm, I think it kind of loses something – ed*) Obviously it's best to limit your alcohol intake during a tournament, but if you do decide to drink during a tournament then make sure that you try to rehydrate before going to bed by drinking extra water, fruit juice etc.

## EDUCATION

# The Ultimate Five-Lesson Plan

### Lesson Two

*Activities for teaching novice  
Ultimate players in schools  
— ideas for the second  
week.*

*By Conor Davies.*

#### Warm up

Gentle jogging and light stretching.

#### Review of backhand throw

Passing disc in pairs or groups. Try simple team circles — get students to stand in a circle and pass the disc first in a clockwise direction, then anti-clockwise.

#### Sidearm (forehand) throw

Demonstrate grip. Middle finger inside rim, pointing forward. First finger aims towards centre of disc, stops disc from flopping down. The disc should be held at an angle of about 45 degrees to the ground, continuing the straight line down from shoulder through elbow, wrist and disc. To throw, step out and across slightly with right foot (for right-handed player) and bring arm back, cocked slightly at the elbow. Bring arm forward and flick wrist to give a bit extra power and spin. The disc should be released at the 45 degree angle, since it will tend to turn over to the left, and thus should flatten out during flight. It

should be noted that for some people this throw comes very easily, whilst many others may experience great difficulty in getting a reasonable throw at all. Ultimate can be played quite successfully with the backhand throw alone — you may wish to abandon the sidearm if your results prove damaging to the morale of your students!

#### Sidearm practice

Pairs passing. Team circles as backhand review, but with sidearms only.

#### Invasion box

As for lesson one, except use half-court areas. One team v. three defenders. Defenders may substitute after each turnover. Try to achieve as many turnovers in three minutes. Switch teams around and repeat for three minutes again.

#### Explanation and Description of Ultimate

Use a chalkboard to describe the pitch and basic rules. KEEP IT SIMPLE!

Introduce rules when illustrative incidents present themselves during games.

#### Mini Ultimate

Play games of 4 v 4 (or 5 v 5, 3 v 3, depending on available space) for five minutes each. Rotate teams after each game. Substitutions MUST be made after each point. Try to ensure that all players get involved. A good way of ensuring this is by insisting that every player of the team must have passed the disc in any sequence of possession before they can score. Remember the Spirit of the Game throughout! Don't worry too much about pivoting/moving with the disc, unless a blatant infringement occurs! This invasion box activity should already have demonstrated the need for SPACE. Space is created by running, to leave a hole behind you into which another player can run and receive a pass.



### Open Division

#### Pool A

Finland	21	-	14	Great Britain
New Zealand	20	-	21	Italy
Sweden	21	-	7	Denmark
Finland	21	-	10	New Zealand
Italy	9	-	21	Denmark
U.S.A.	21	-	13	Great Britain

	played	won	pts+	pts-	pts diff
U.S.A.	5	5	105	45	+60
Sweden	5	4	99	57	+42
Finland	5	4	95	63	+32
Great Britain	5	3	90	62	+28
Denmark	5	1	43	93	-50
Italy	6	1	61	125	-64
New Zealand	5	0	57	105	-48

#### Pool B

Australia	20	-	14	Netherlands
Canada	21	-	3	Czech Republic
Germany	21	-	9	Switzerland
Japan	21	-	10	France
Australia	15	-	19	Germany
Canada	21	-	13	France
Japan	21	-	17	Netherlands
Switzerland	21	-	5	Czech Republic

	played	won	pts+	pts-	pts diff
Japan	6	6	124	72	+52
Canada	6	5	120	69	+51
Germany	6	4	109	84	+25
Australia	6	4	111	97	+14
Netherlands	6	3	112	88	+24
Switzerland	6	1	76	108	-32
France	6	1	73	109	-36
Czech Republic	6	0	28	126	-98

### Womens Division

#### Pool A

Australia	19	-	8	Switzerland
Germany	11	-	15	New Zealand
Japan	13	-	19	Sweden
Australia	17	-	15	Germany
Sweden	19	-	3	New Zealand
Switzerland	10	-	19	Italy

	played	won	pts+	pts-	pts diff
Sweden	5	5	95	33	+62
New Zealand	5	4	70	53	+17
Japan	5	3	89	60	+29
Australia	5	3	79	71	+8
Germany	5	2	79	78	+1
Italy	5	1	49	86	-37
Switzerland	6	0	34	114	-80

#### Pool B

No womens pool B matches yesterday

	played	won	pts+	pts-	pts diff
U.S.A.	4	4	76	14	62
Canada	4	3	64	37	27
Netherlands	4	3	60	47	13
Great Britain	4	1	47	66	-19
Finland	4	1	44	64	-20
France	4	0	13	76	-63

### Masters Division

Great Britain	21	-	5	Switzerland
Japan	5	-	21	Canada
U.S.A.	21	-	15	Italy

	played	won	pts+	pts-	pts diff
U.S.A.	5	5	105	51	+54
Canada	4	4	83	41	+42
Germany	4	3	79	56	+23
Great Britain	4	1	69	68	+1
Italy	4	1	59	67	-8
Japan	4	1	30	81	-51
Switzerland	5	0	42	103	-61

### Junior Division

Great Britain	4	-	19	Germany
Sweden	19	-	11	U.S.A.

	played	won	pts+	pts-	pts diff
Sweden	4	4	76	14	+62
U.S.A.	4	3	68	39	+29
Germany	4	2	51	44	+7
Great Britain	4	1	27	66	-39
Netherlands	4	0	17	76	-59

### Guts Competition

France	0	-	2	Germany
R.O.C.	2	-	0	Great Britain
U.S.A.	2	-	0	Canada
Canada	1	-	2	Sweden
Japan	2	-	0	Great Britain
R.O.C.	2	-	0	Germany

	played	won	sets+	sets-	sets diff
R.O.C.	5	5	10	1	+9
Japan	5	4	9	3	+6
Sweden	4	3	6	3	+3
U.S.A.	5	3	7	4	+3
Germany	4	1	2	6	-4
Great Britain	4	1	2	7	-5
Canada	3	0	2	6	-4
France	4	0	0	8	-8

# RESULTS

of games played Tuesday 23rd August, and positions at start of play today







# Ultimum

SPECIAL EDITION

WORLD ULTIMATE AND GUTS CHAMPIONSHIPS '94 ★ ISSUE 4 THURSDAY 25TH AUGUST

## Today's schedule

### Open Division round two pitch no.

9.00 am	
U.S.A. v Canada	1
Sweden v Germany	2
Finland v Australia	3
Great Britain v Japan	4
Denmark v France	5
New Zealand v Czech Republic	6
Italy v Switzerland	7

2.00 pm	
U.S.A. v Japan	1
Sweden v Australia	2
Finland v Germany	3
Great Britain v Canada	4
Denmark v Netherlands	5
New Zealand v Switzerland	6
Italy v France	7

### Womens Division round two pitch no.

11.30 am	
Sweden v Netherlands	1
Japan v Canada	2
New Zealand v Great Britain	3
Australia v U.S.A.	4
Germany v Switzerland	5
Italy v France	6

4.30 pm	
Japan v Great Britain	1
New Zealand v Canada	2
Australia v Netherlands	3
Germany v Finland	4
Switzerland v France	5
Sweden v U.S.A.	10

### Masters Division pitch no.

9.00 am	
Italy v Switzerland	8
11.30 am Division Semi-Final	
U.S.A. v Great Britain	10
2.00 pm Division Semi-Final	
Germany v Canada	10
4.30 pm	
Italy v Japan	7

### Junior Division pitch no.

11.30 am	
Great Britain v Germany	7
Sweden v U.S.A.	8
4.30 pm	
Germany v Netherlands	6
Sweden v Great Britain	8

### Guts Tournament pitch no.

11.30 am	
U.S.A. v France	1
R.O.C. v Sweden	2
Great Britain v Germany	3
4.30 pm	
U.S.A. v Germany	1
Canada v Japan	3

Tonight's film  
**Rocky Horror Picture Show**  
(...if you're not going to the WFDF Forum, that is.)  
in the Lecture Theatre Block  
(LTB) at 8.00 pm



G.B. Women celebrate as they score the winning point

## First Defeat for Swedish Women

Womens Division round two: Sweden 13 - 14 Great Britain

Originally seeded eleventh in the Womens Division, the G.B. squad squeezed into division one of the second round by beating the French 19-3 in the morning. It was only later that it became apparent that their first second-round game would see them facing Sweden, undefeated after six games. To their surprise, the British girls won a early lead, taking the Swedes to 9-5 at one stage through an extremely effective zone D. But by half-time, Sweden had pulled their offence together, winning four points in a row before the G.B. women popped one into the endzone to end the half leading 10-9.

Time expired with the Brits

leading 12-11. Establishing a cap seemed to take an age as each team in turn came within yards of scoring, only to turn over at the last possible moment. The Swedes set a stack in the British end-zone which failed to get a result after a fine interception, but the disc turned over again very quickly and this time Sweden were not slow to capitalise on it. 12-12: cap is fourteen. G.B. to receive.

"Swee-den," "Gee-bee," "Swee-den," "Gee-bee," yelled the crowd. G.B. have the wind behind them, but fail to make even the first pass from their line. A sweeping sidarm across the pitch from Sweden doesn't connect, but the British

number fifteen Diana Biagioli finds its target and it's sudden death at thirteen-all.

G.B. pull to Sweden, who are forced to attack into the wind and the British girls suddenly realise that fate has smiled on them. The British zone pushes the Swedes back into their own endzone, where they sweep the disc back and forth, looking for a way out. Eventually, a poor pass gives G.B. possession and they score with a fine backhand from Diana, caught right on the inner edge of the zone. But there's a hand up — it's a pick. There's a groan from the sidelines and after much discussion the disc goes back to the thrower. Amazingly, the next assist is identical to the last one, and this time its good. G.B. win 14-13.

As far as Great Britain are concerned, what happens next in Womens Division One is pretty academic. But a victory against the Swedes, that's a rarity worth treasuring.

## CAPTAINS' MEETING

ALL teams for ALL Ultimate and Guts  
at 4.00 pm on Friday 26th August  
in the Players' Tent (next to medical tent)

Topic: Games & Trophies

throw it away again on the edge of their endzone and Sweden make it 13-12. Just when it's looking bad for the G.B.'s, a fabulous assist from



## Womens Division

### Netherlands 17 - 12 Canada

It was obvious from the start that this was going to be a long, arduous game, the Netherlands calling a time-out 3 minutes into the match with the score still at 0-0. From 4-1 in Canada's favour, the teams traded points up to 6-3, but the Canadians then seemed to lose their concentration. The Dutch team, making particular use of the handling skills of number 6 Marielle Bianchi, broke the Canadian zone to take 5 unanswered points and an 8-3 lead. The Canadians drew back to level at 8-8 but the Dutch were looking more and more aggressive and gaining in confidence, pulling away once more to take the half at 10-8. After the break Canada continued to force turnovers but their over-ambitious long throws were giving possession straight back — the Dutch picked up right where they left off to go 13-8 up. The Dutch one-on-one marking was pushing the Canadians to go for everything. Their number 18,

Cheryl Davies, made one particularly spectacular layout catch that was initially called out but, after some discussion, allowed to stand. However the end-zone pass continued to elude Canada and at the end of regular time the Dutch ran away with the game to win 17-12. **Stu Clark**

## Masters Division

### Germany 18 - 13 Canada

The Germans and Canadians were playing for second place in the Masters division. Regardless of the outcome, they were to meet in the semi-finals again the next day. Several quick scores put Canada up 6-4, but three layout D's initiated a defensive charge by the Germans, who took another five. Half-time.

Canada opened part two with a quick downwind score. Germany countered. Canada countered back. Germany countered with a counter of their own and a disc placed firmly on the counter. The game ended 18-13 to the German masters. Part two today — this time very serious.



Pascale Haegler goes for the Swiss womens team

## Save World Clubs!!!

by Robert L. Rauch

The 1995 WFDF World Ultimate Club Championship (WUCC) is in jeopardy. No bids were submitted to host the tournament prior to the start of this year's WFDF Congress (the Dutch, who had submitted a preliminary bid, were unable to secure sufficient commitments to finalize their bid). Accordingly, the WFDF Ultimate Committee is soliciting bids for this Championship up through September 20, 1994. The decision to accept bids, or, in the absence of bids, to cancel the tournament, will be made by the Ultimate Committee in early October.

The WFDF Ultimate Committee has a Request for Proposal form which will be made available to anyone potentially interested in hosting the event. This form will outline the information which should be included in a bid proposal. Please contact Ultimate Committee Chairperson Charlie Mead (after this tournament!) at +44-21-440 2859 for more information.

## EDUCATION

# The Ultimate Five-Lesson Plan

Activities for teaching novice Ultimate players in schools — ideas for weeks three and four. By Conor Davies.

### Lesson 3

#### Warm-up

Gentle jogging and light stretching.

#### Throwing review

Practice both backhand and sidearm throws.

#### Cutting practice

A cut is a sprint with a change of direction to get away from a marker. A simple drill involves a sprint towards a marker and then changing direction at the marker to receive a pass at point A or B (see diagram). The thrower can be the teacher or a competent thrower from the class. Each team can practice this in their team groups, taking it in turns to be the thrower or receiver. Encourage students to plant foot firmly at marker to give a sudden change of direction, perhaps adding a feint with the head that may throw the marker off.



#### Half-court games

Mini games to practice throws and cuts.

#### Cool down

### Lesson 4

#### Warm-up

Gentle jogging and light stretching.

#### Throwing review

Practice both backhand and sidearm throws.

#### Tactics talk

At this point it may be a good idea to discuss various tactical points that may be of use during the forthcoming tournament. These tactics are similar to those used in other invasive sports (football, basketball, netball etc.); creation of space, cutting, teamwork, communication and so on. Other points that are particular to Ultimate should also be mentioned:

- Spirit of the Game — respect for other players.
- Adherence to rules (the few that you may have introduced)
- Safety — for themselves and other players.
- Fouls — how to call them and how to sort out any disputes.

#### Half-court games

Allow teams a little time to discuss any of their own tactics, then play mini-games to put theory into practice.

#### Cool down.



# INJURY PREVENTION AND FITNESS

# Hold it for Ten

and no bouncing.

*The Ultimate guide to injury prevention & fitness*

**Part IV – Warming up, flexibility, and the warm-down.**

## Warming-up

Warming-up is best performed in a tracksuit, as this will encourage the body temperature to rise more quickly.

With a higher body temperature, flexibility exercises will be more efficient. Warming-up also improves the circulation and respiration.

Jog slowly for five minutes. This can progress to arm swinging whilst running and altering the running style

(backwards, side-to-side etc.) Sprinting and jumping are not suitable as part of a warm-up routine — they should be included as part of the further increase in activity after the stretching session.

## Stretching

Anyone who has met Jackie Grant, the Great Britain Team Physiotherapist, will know that the meaning of Life, the Universe and Everything is not forty-two, but is, in fact, "Hold it for ten and no bouncing". (Jackie's "ten" is the equivalent of about twenty seconds.).

All stretching exercises should be carried out gently and smoothly — move into the required position and once you feel the stretch (not intense pain — just a good 'stretch') then hold the position for twenty seconds. As you become more supple the count can be increased to thirty seconds or

longer.

Don't bounce. Bouncing, jerking or kicking motions do not stretch muscle correctly; quite the opposite in fact. They can cause muscle strains because they are uncontrolled movements. They tend to initiate a reflex contraction of muscle — the 'stretch reflex' — which is more likely to increase muscle stiffness than to leave you with greater flexibility. So, hold it for "ten" and NO bouncing.

## Specific stretching exercises

With each exercise, take a deep breath and breathe out as you stretch, consciously relaxing the joint under stress. Do not tolerate joint or muscle pain — adjust your position if necessary. Don't compete with others — improve at your own pace. (Initially you may find that you cannot hold some positions for twenty seconds). Between each exercise jog on the spot for ten seconds.

## Continuation of warm-up

This should combine a general increase in activity with some work with the disc. Do this in a linear way so that the tempo of your work steadily rises. e.g. running a bit faster; running with longer strides; raising the knees higher as you run; working up to half-speed sprints; sudden direction changes; three-quarter speed sprints. Much of this can be combined with various routines passing a disc. (For

specific skills practice, nothing replaces working with the disc). Finish just before the game with some all-out sprinting.

## During the game

If you are not on the pitch, remember to stay warm. It is easy to become involved in watching and, if the weather is cold your limbs will rapidly become cold too. Cold limbs tend to be stiff limbs and thus less supple, easier to injure. so don't just sit down and remain immobile; get up every so often and jog up and down.

Remember, too, that fluid replacement is vital — take the opportunity between points and during time-outs to 'top-up'.

## Warm-down

After the game don't forget to warm down. Jog easily for two to three minutes and follow this with a short stretching session. Some players seem to think that this is waste of energy, but not only are flexibility exercises more efficient at this time; blood lactate levels are more rapidly reduced.

A warm-down will tend to make stiffness and pain in the limbs next day far less likely. The much-heard excuse — "I'm shattered; if I do any more running I won't have any energy for the next game" is not only pathetic, it's wrong.

## Tyro-Team a Surprise

The New Zealand womens team, *The Raging Wahine*, are the only tyro-team appearing in this World Championships. They've done surprisingly well, winning their first four pool games before taking a loss from Sweden. After the NZ-Sweden match, the Swedish captain admitted, "We were scared when we heard you beat Germany [who had just beaten Japan]."

Among their wins was a gruelling grudge match against arch-rivals Australia. The NZ-Oz game was a re-match of the 1993 Asia-Pacific Championships in which the Wahine beat four other Australian womens teams to take the title in their first appearance outside NZ.

Wahine captain, Chris Jarvis, is the only veteran member in the NZ womens team. She played with the Australian women in Utsunomiya in 1992. This year she is proud to lead a team of her own Kiwi women into World Competition. It's good to see disc sport developing even further down under. We wish them well and many happy returns to Worlds.

## Editor's note

*We had a few comments in the Ultimatum drop box from people complaining about the lack of coverage of womens' Ultimate in Ultimatum so far. Thanks for your input — I agree with you completely, there should have been more coverage. The problem is, I can't conjure articles out of thin air. If no-one writes a womens match report, it's very hard to publish a women's match report. As it happens, this issue is almost exclusively about the womens' division. So what about a review of the guts tournament so far? (Buck?) Juniors reports are on the way. Keep scribbling. Oh, and nice article, whoever wrote that New Zealand piece — your overworked editor.*

## TONIGHT

## WFDF 1994 Players' Forum

Thursday August 25th at 8.00 p.m.

Site — Lecture Hall (above original Registration Office)

Topic — The Future of Flying Disc Tournament Organisation

### I Opening

- A Opening remarks; the purpose of WFDF
- B Concerns about rising tournament costs
- C Past considerations in awarding tournament mandates:
  - i) quality of tournament venue
  - ii) Amenities for players
  - iii) organizational experience of Tournament Director and staff
  - iv) showcase aspects

### II Roundtable discussion issues

- A Participation — can we afford to invite all possible teams, or should we have a qualification procedure?
- B Length — what is the appropriate length for our events? Is a week too long?
- C Player amenities — what amenities (accommodation, food plans, parties) should be arranged for the players? What should the minimum standards be?
- D Format — What should our objective be in setting the format for play in our tournaments (maximum playing time for all teams, focus on the elite teams)?
- E Showcase aspect — is it appropriate for WFDF to use our Championships as a means to showcase our sport in front of the press and public? At what cost?
- F Tournament Organizers — how do we ensure that qualified tournament organizers remain interested in hosting our tournaments? What is appropriate for profit expectations? What do we do if no one comes forward to host an event?



## Open Division

### Pool A

New Zealand **19 - 15** Denmark  
Sweden **21 - 15** Great Britain  
U.S.A. **21 - 12** Finland

### Final Pool A positions

	played	won	pts+	pts-	pts diff
U.S.A.	6	6	126	57	69
Sweden	6	5	120	72	48
Finland	6	4	107	84	23
Great Britain	6	3	105	83	22
Denmark	6	1	58	112	-54
New Zealand	6	1	76	120	-44
Italy	6	1	61	125	-64

### Pool B

Canada **21 - 10** Netherlands  
Germany **21 - 5** Czech Republic  
Japan **12 - 15** Australia  
Switzerland **21 - 14** France

### Final Pool B positions

	played	won	pts+	pts-	pts diff
Japan	7	6	136	87	49
Canada	7	6	141	79	62
Germany	7	5	130	89	41
Australia	7	5	126	109	17
Netherlands	7	3	122	109	13
Switzerland	7	2	97	122	-25
France	7	1	87	130	-43
Czech Republic	7	0	33	147	-114

## Second Round results and positions

### Division One

Finland **17 - 21** Canada  
Great Britain **15 - 20** Germany  
Sweden **21 - 10** Japan  
U.S.A. **21 - 7** Australia

	played	won	pts+	pts-	pts diff
U.S.A.	4	4	84	47	37
Sweden	4	3	78	57	21
Canada	4	3	78	65	13
Germany	4	2	66	69	-3
Japan	4	2	64	67	-3
Finland	4	1	61	77	-16
Australia	4	1	50	73	-23
Great Britain	4	0	57	83	-26

### Division Two

Denmark **21 - 8** Czech Republic  
Italy **10 - 21** Netherlands  
New Zealand **14 - 21** France

	played	won	pts+	pts-	pts diff
Netherlands	4	4	84	36	48
Denmark	3	2	57	36	21
Switzerland	3	2	57	40	17
France	4	2	66	60	6
New Zealand	3	1	53	57	-4
Italy	3	1	40	62	-22
Czech Republic	4	0	18	84	-66

## Womens Division

### Pool A

Germany **19 - 3** Italy  
Japan **19 - 8** New Zealand  
Sweden **19 - 2** Australia

### Final Pool A positions

	played	won	pts+	pts-	pts diff
Sweden	6	6	114	35	79
Japan	6	4	108	68	40
New Zealand	6	4	78	72	6
Australia	6	3	81	90	-9
Germany	6	3	98	81	17
Italy	6	1	52	105	-53
Switzerland	6	0	34	114	-80

### Pool B

France **3 - 19** Great Britain  
Netherlands **17 - 12** Canada  
U.S.A. **19 - 1** Finland

### Final Pool B positions

	played	won	pts+	pts-	pts diff
U.S.A.	5	5	95	15	80
Netherlands	5	4	77	59	18
Canada	5	3	76	54	22
Great Britain	5	2	66	69	-3
Finland	5	1	45	83	-38
France	5	0	16	95	-79

## Second Round results and positions

### Division One

Australia **2 - 19** Canada  
Japan **6 - 19** U.S.A.  
New Zealand **7 - 19** Netherlands  
Sweden **13 - 14** Great Britain

	played	won	pts+	pts-	pts diff
U.S.A.	4	4	76	20	56
Sweden	4	3	70	32	38
Netherlands	4	3	58	53	5
Canada	4	2	57	47	10
Japan	4	2	57	57	0
Great Britain	4	1	42	70	-28
New Zealand	4	1	32	70	-38
Australia	4	0	28	71	-43

### Division Two

Germany **19 - 0** Italy  
Switzerland **1 - 19** Finland

	played	won	pts+	pts-	pts diff
Germany	1	1	19	0	19
Finland	1	1	19	1	18
Switzerland	1	0	1	19	-18
Italy	1	0	0	19	-19
France	0	0	0	0	0

# RESULTS

Round One/Two bumper edition.

Final round one results for Open and Womens divisions, plus yesterdays's Initial round two games and resulting league tables. Masters, Juniors and Guts carry on as normal.

## Masters Division

Germany **21 - 5** Japan  
Great Britain **21 - 11** Italy  
U.S.A. **21 - 6** Canada  
Germany **18 - 13** Canada  
Japan **5 - 21** Great Britain  
Switzerland **11 - 21** Italy

	played	won	pts+	pts-	pts diff
U.S.A.	6	6	126	57	69
Germany	6	5	118	74	44
Canada	6	4	102	80	22
Great Britain	6	3	111	84	27
Italy	6	2	91	99	-8
Japan	6	1	40	123	-83
Switzerland	6	0	53	124	-71

## Junior Division

Sweden **19 - 5** Germany  
U.S.A. **19 - 2** Netherlands  
Great Britain **19 - 10** Netherlands  
U.S.A. **18 - 10** Germany

	played	won	pts+	pts-	pts diff
Sweden	5	5	95	19	76
U.S.A.	6	5	105	51	54
Germany	6	2	66	81	-15
Great Britain	5	2	46	76	-30
Netherlands	6	0	29	114	-85

## Guts Competition

Only one result due to clashes with the Ultimate schedule

R.O.C. **2 - 0** Canada

	played	won	sets+	sets-	sets diff
R.O.C.	5	5	10	1	9
Japan	5	4	9	3	6
Sweden	4	3	6	3	3
U.S.A.	5	3	7	4	3
Germany	4	1	2	6	-4
Great Britain	4	1	2	7	-5
Canada	3	0	2	6	-4
France	4	0	0	8	-8

## FOR SALE

One U.S. Master, in tip-top condition.  
Low mileage — really! Only driven on sundays.  
Contact Greg, U.S. Team.

## NEXT SUMMER Seattle Coed Potlatch

July 15/16, 1995

Lush fields, theme teams, great party, good spirit. Extra women are strongly encouraged to sign up to pick up!

Contact: Joey Gray, P.O. Box 85112,  
Seattle, WA 98145, USA. (206) 286-1106  
or  
Tom George (206) 764-0192  
Jon DeLeeuw (206) 547-7008





# Ultimatum

"I THINK HIS BRAIN'S GONE" EDITION

WORLD ULTIMATE AND GUTS CHAMPIONSHIPS '94 ★ ISSUE 5 FRIDAY 26TH AUGUST

## Today's schedule

### Open Division round two pitch no.

11.30 am		
Italy v Czech Republic	2	
Finland v Japan	4	
Great Britain v Australia	5	
Denmark v Switzerland	6	
New Zealand v Netherlands	7	
Sweden v Canada	10	
2.00 pm		
U.S.A. v Germany	10	

### Womens Division round two pitch no.

9.00 am		
Sweden v Canada	2	
New Zealand v U.S.A.	3	
Australia v Great Britain	4	
Italy v Switzerland	5	
Finland v France	6	
4.30 pm		
Italy v Finland	5	
Germany v France	6	

### Masters Division pitch no.

9.00 am	3rd/4th Playoff	
	Germany v Great Britain	1
11.30 am		
	Japan v Switzerland	1
4.30 pm	MASTERS FINAL	
	U.S.A. v Canada	10

### Junior Division pitch no.

11.30 am		
Sweden v Netherlands	8	
U.S.A. v Great Britain	9	

### Guts Tournament pitch no.

2.00 pm	Semi-Final	
	U.S.A. v Japan	1
3.00 pm	Semi-Final	
	R.O.C. v Sweden	1
4.00 pm	3rd/4th Playoff	
	???? v ?????	1

## PHOTOS

All pictures in these Ultimatum Special Editions are by **Toby Green** and **Jonathan Hope**. Huge thanks to them for letting me steal all the best shots off them before they went on sale, and apologies for not getting a name check in earlier.

# FRIDAY FLING

UNIVERSITY DANCE HALL  
TONIGHT, 9PM - 2AM



## Juniors Play Out Final Early

Junior Division: Sweden 19 - U.S.A. 11  
Yesterday saw a dry run of what was almost certainly to be the Junior Division final early on Saturday morning. The Swedes, having given away only nine points over five matches, lie top of the

## CAPTAINS' MEETING

ALL Ultimate and Guts team captains required at 4.00 pm today in the Players' Tent (next to medical tent)  
Topic: Games & Trophies

## Pitches trashed overnight

Staff went out to prepare for this morning's games to find the pitches and marquees totally trashed, and the flag poles torn down and bent. We assume the culprits were players, perhaps enraged at the bar staff cashing up and hustling them out of the bar ten minutes before time. Or was it that the Rocky Horror frivolities continued outside? Whatever, that was really good of you, thanks a f\*%\$?@ bunch. Who's likely to want to stage another WUGC if, on top of all the hard work that's involved, they're going to have to deal with stuff like this? Have fun, yes, but don't do it at Ultimate's expense.

## Editorial staff in "No More Boring Match Reports" Revolt.

In a bizarre eleventh-hour move, *Ultimatum* editorial staff announced that they were refusing to publish any more tedious blow-by-blow match reports. An unnamed source said "I hate writing them, everybody hates reading them, what the hell's the point?" Bearing this in mind, *Ultimatum* staff took matters into their own hands last night and re-wrote the days match reports the way they saw them. As they say, publish and be damned.

### Randy Vicar In Further Math Sex Scandal

"He sat the exam naked!"

### Open Division: France 21 - 20 Italy

The Italians ably demonstrated how to snatch defeat from the jaws of victory when, after going 18-10 up, they proceeded to lose the next eight points. A late recovery followed, holding the French to 20-20, which made it sudden death since the cap had been set at 21. The Italians scored, but the play was disputed due to a technicality over where the disc was played from, so it went back to the thrower, the French turned them over and scored. Bummer.

### Hamsters Found Alive On Moon

### Open Division: Canada 21 - 16 Great Britain

The teams largely traded points up to 10-10, but it began to slowly slip-slide away from the Brits after half time as their cuts became less inspired and the offensive flow ended up stagnating its way around the pitch. Cue a few hucks and throwaways and the Canadians took the game 21-16. To be fair, the G.B.'s were missing some key offensive players due to injury. It rained a lot too.

### Make Mine a Large One!

How do you rate your driving ability?

### Junior Division: Sweden 19 - 11 U.S.A.

Swedes led (5-1). Americans came back in a reasonably big way (6-7). Swedes hung in, a bit shaken (10-10). Swedes took a confidence-restoring point (11-10) and cruised home to win 19-11. U.S. coach Jonathan Gewirtz was a bit of a loony as usual, so that was entertaining.



## Ultimate du Jour

by Jonathan Gewirtz

• While it is unclear just how much cash the Taiwan Guts Team stands to take home should they win the World Guts Championship, it has now been confirmed by column contributor Karim Basta that should they win, it will lead to reunification with the mainland.

• Rumours continue to swirl that Ken Dobyns will appear in Colchester at any moment. He is expected, however, to limit his role to helping Mrs. Dobyns with the vegetables and mixing Gatorade due to his disdain for now former New York team-mates.

• U.S.A. coaches are scratching their heads trying to figure out why the Swedish Juniors are so tall. Experts have ruled out steroids but have requested blood samples from the Swedish Frisbee Federation to rule out any foul play. (*Isn't it something to do with a hormonal imbalance caused by excessive face-sucking?* Ed.)

• When asked to explain why his team was being crushed 20-7 at the hands of the Swedish, an Australian player replied "It's actually quite close, they've just completed more passes than us."

• We were told the food in England would be bad, but nothing could ever have prepared us for this. (*While we're on the subject here's a great one I overheard at dinner: Italian player, picking up a bowl of funny little white gooey hoops in orange tomato sauce: "What's this?" Kitchen staff, proudly: "Spaghettil". Player: ".....have you ever been to Italy?" Well, it was amusing at the time.*)

• While the French womens team is having limited success in the Ultimate tournament, they hold an impressive lead in the "Cigarettes-smoked-per-player" competition.

• Fire brigade officials are standing by in the event that someone lights a match near one of the polyester jerseys that seem so popular this year.

## EDUCATION

# The Ultimate Five-Lesson Plan

Activities for teaching novice Ultimate players in schools  
By Conor Davies.

### Lesson 5 – final part

#### Warm-up

Gentle jogging and light stretching.

#### Throwing review

Practice both backhand and sidearm throws.

#### Tournament

A round-robin format should allow games of between 6 and 8 minutes duration. Encourage frequent substitutions, and ensure that students who are not playing keep an eye on the games in progress to pick up hints and to avoid being hit by a wayward disc.

If time allows, play a final between the top 2 teams.

#### Cool down

#### Final words

Praise students for tackling a new sport with enthusiasm, perhaps have a little prize for a particularly well-spirited individual (a ll tournaments have a Spirit of the Game award).

#### Variations

If you want to speed up the play try these variations on Ultimate:

1. Eliminate the pull by starting with the disc at the front of the offense s endzone.
2. Eliminate the pull by allowing the team that scored to keep possession, now trying to score in the other direction.
3. Reduce the stall count to eight, or even five!
4. Play games with teams of three players only.

## British-Swedish Relations Strengthened in Scandinavian Snog Shock.

• Danes and Britons not up to the physical physio's lip-mashing test!

• All countries please enter your best smackers, suckers and tongue-twisters in Busy Lizzy's Ultimate Lip Fitness test.

#### Quotes:

"That's the first time I've landed on my face"  
— unidentified Ultimate player.

"I'll score the Canadia-Hong Kong game..." — weary staff member.



Congratulations last night to the **Czech Republic** team for becoming

## WUGC Cross-Dressing Champions 1994

Nice show — look forward to playing and partying again with you again soon.



**INJURY PREVENTION AND FITNESS**

# Hold it for Ten

and no bouncing.

*The Ultimate guide to injury prevention & fitness*

## Part V - Injury Prevention

**Sporting Injuries** may be broadly classified as either Intrinsic or Extrinsic. An Intrinsic injury is one in which the body 'injures itself' during a manoeuvre e.g. tearing a thigh muscle when cutting or sprinting. An Extrinsic injury involves an external force e.g. one player falling on another; being hit in the face by a disc. Many injuries are unavoidable e.g. two or more players jumping for

a high disc and colliding as they do so.

However, whilst some injury situations may truly be unavoidable, there is much that you can do to minimise the injury risk in any given episode. For instance, in a clash between a fit and an unfit player, it's the unfit player who is more likely to be injured. So, in terms of injury prevention, pay attention to the following:

- The body.
- Clothing, footwear and protective equipment.
- Playing equipment.
- State of the playing surface.

### Be physically prepared

Your training schedule should be planned so that peak fitness is

reached during the time of the tournament. By using the methods already outlined; i.e. diet, warm-up, stretching, warm-down etc., it should be possible to maintain your fitness and muscle strength and delay fatigue. If you are cold and stiff when you start play; or you are tired at the outset; or if you are dehydrated, then injuries are far more likely. Tired muscle does not react as quickly as 'fit', supple muscle.

Similarly, the mechanisms which are responsible for maintenance of balance (nerve feed-back etc.) are slower to react as fatigue develops — in other words the unfit, unsupple, ill-prepared player is more likely to be injured in any given active situation. Within your training plan therefore, make sure that you are aiming for strength, agility, endurance, flexibility, with particular emphasis on the ability to make rapid positional changes at speed. Deal, also, with old injuries.

### Be psychologically prepared

A 'can't be bothered' or 'this is an easy game' or 'we haven't a chance anyway' attitude results in less commitment in every manoeuvre. In this situation, you are at greater risk from injury as your body is ill prepared to absorb the shock of unexpected impact or movement. Whatever the reason, a lack of commitment to play may well lead to injury.

## Guts

The round-robin Guts Division ended yeasterday with fierce competition and competitive matches. The semi-finals will feature number one seed R.O.C. vs number four seed Sweden. The other semi-final will be number two seed Japan vs the number three seed, U.S.A. The eight countries competing played with the spirit of Guts and appreciated the fan support. The R.O.C. team went undefeated while Japan beat U.S.A. in a close, three game match. The outstanding game of the week was between Sweden and Great Britain, to reach the semi's. Both teams had many straight on catches with Sweden's famed teamwork and defense making the difference. There were many good individual performances. Some players who shined: Sammy (Neilson) and Charlie Mead (GB), Wolfgang Thomas (Germany), Willie

Herndon (USA), Dante and Steve for Canada, and the Spirit of the French team. The competition is much stiffer than the 1992 WFDF WUGC and the finals will be a great match. **Buck Buchanan**

## Masters Division

*I know this is supposed to be the "anti-match report" edition, but I just found this item in the drop-box (anonymous — from the Japanese team, I assume; thanks for taking the time to write.) Perhaps in light of some recent incidents, it might prove thought-provoking:*

For the "Spirit of the Game" department:

Wednesday afternoon's tournament schedule brought a Masters game between Great Britain and Japan. Both teams gave their all as the match slowly drained them of the little remaining mental and physical energy. The British team gradually built a strong lead, and a

turnover followed by a quick score meant that they led 17-4.

On the ensuing pull, the British team player launched a high, floating disc that drifted seemingly endlessly toward a waiting Japanese receiver. Unfortunately for the Japanese player, a split-second lapse of concentration caused the spinning Ultra-star to bounce off his waiting hands and hit the ground. Any Ultimate player will understand the humiliation that accompanies this type of error. Evidently the Brits understood too. Refusing to add insult to injury, the British team insisted that the Japanese masters retain possession and play on.

Commented two other Masters players with more than thirty years playing experience between them, "We've never seen that in a tournament before, let alone the Worlds!" Thanks for the lesson on spirit, Brits, and thanks for a well-run, great tournament!

## WUGC '94 BUDGET

The question of money always, always, always crops up at these tournaments, so here's the budget for WUGC '94, as submitted to the WFDF Ultimate Committee way back when. Note that this is not a set of accounts, it's a carefully-calculated estimate of the expenditure likely for the tournament. Make of it what you will — hopefully it'll help illustrate where your tournament fee is actually going.

**WUGC '94 Budget**  
based on 1000 people  
(all amounts in £ Sterling)

Expenses	
Medical .....	3000
Trophies .....	3000
Medals .....	1000
Discs* .....	4000
T-shirts* .....	6200
WFDF fees .....	5600
Field equipment .....	1000
Seats* .....	5000
Marquees* .....	1800
P.A. ....	500
Flags and poles .....	500
Newspaper* .....	500
Programme* .....	500
Banner .....	300
Buses* .....	2000
Artwork .....	500
Social events* .....	7000
Roller World* .....	1000
LeisureWorld* .....	1500
Development/schools .....	500
Staff accommodation/costs .....	6400
Publicity material .....	1500
Staff shirts & equipment .....	500
Admin* .....	2200

56000

Accommodation	
Opt 1: £144 x 200 players ....	28800
Opt 2: £208 x 600 players .....	124800
Opt 3: £256 x 200 players ....	51200

FINAL BUDGET 260,800

### Projected Income

Opt 1: £200 x 200 players ....	40000
Opt 2: £265 x 600 players .....	159000
Opt 3: £310 x 200 players ....	62000

261,000

\* Guests' package portion of budget accounts for total of £30,700. Divided by 1000 players = £30.70 = £31 per head.



# RESULTS

Results from games played  
Thursday 25th August, and positions  
as at start of play today (Friday).

## Open Division second round

### Division One

Finland	21 - 6	Australia
Great Britain	15 - 20	Japan
Sweden	21 - 10	Germany
U.S.A.	21 - 10	Canada
Finland	18 - 17	Germany
Great Britain	16 - 21	Canada
Sweden	21 - 7	Australia
U.S.A.	21 - 10	Japan

	played	won	pts+	pts-	pts diff
U.S.A.	6	6	126	67	59
Sweden	6	5	120	74	46
Canada	6	4	109	102	7
Finland	6	3	100	100	0
Japan	6	3	94	103	-9
Germany	6	2	93	108	-15
Australia	6	1	63	115	-52
Great Britain	6	0	88	124	-36

### Division Two

Denmark	21 - 19	France
Italy	15 - 20	Switzerland
New Zealand	21 - 5	Czech Republic
Denmark	5 - 21	Netherlands
Italy	20 - 21	France
New Zealand	17 - 21	Switzerland

	played	won	pts+	pts-	pts diff
Netherlands	5	5	105	41	64
Switzerland	5	4	98	72	26
Denmark	5	3	83	76	7
France	6	3	106	101	5
New Zealand	5	2	91	83	8
Italy	5	1	75	103	-28
Czech Republic	5	0	23	105	-82

## Womens Division second round

### Division One

Australia	3 - 19	U.S.A.
Japan	9 - 19	Canada
New Zealand	8 - 19	Great Britain
Sweden	19 - 14	Netherlands
Australia	5 - 19	Netherlands
Japan	17 - 19	Great Britain
New Zealand	8 - 19	Canada
Sweden	6 - 19	U.S.A.

	played	won	pts+	pts-	pts diff
U.S.A.	6	6	114	29	85
Canada	6	4	95	64	31
Sweden	6	4	95	65	30
Netherlands	6	4	91	77	14
Great Britain	6	3	80	95	-15
Japan	6	2	83	95	-12
New Zealand	6	1	48	108	-60
Australia	6	0	36	109	-73

### Division Two

Germany	19 - 8	Switzerland
Italy	17 - 14	France
Germany	15 - 18	Finland
Switzerland	19 - 0	France

	played	won	pts+	pts-	pts diff
Germany	3	2	53	26	27
Finland	2	2	37	16	21
Switzerland	3	1	28	38	-10
Italy	2	1	17	33	-16
France	2	0	14	36	-22

## Masters Division

### Semi-Finals

U.S.A.	21 - 13	Great Britain
Germany	8 - 21	Canada

### Playoffs

Italy	21 - 7	Switzerland
Italy	21 - 13	Japan

	played	won	pts+	pts-	pts diff
Italy	2	2	42	20	22
Japan	1	0	13	21	-8
Switzerland	1	0	7	21	-14

## Junior Division

Great Britain	3 - 19	Germany
Sweden	19 - 11	U.S.A.
Germany	19 - 5	Netherlands
Sweden	19 - 0	Great Britain

	played	won	pts+	pts-	pts diff
Sweden	7	7	133	30	103
U.S.A.	7	5	116	70	46
Germany	8	4	104	89	15
Great Britain	7	2	49	114	-65
Netherlands	7	0	34	133	-99

## Guts Competition

Great Britain	2 - 1	Germany
Great Britain	1 - 2	Sweden
U.S.A.	2 - 0	France
Canada	0 - 2	Japan
U.S.A.	2 - 0	Germany

	played	won	sets+	sets-	sets diff
R.O.C.	6	6	12	1	11
Japan	6	5	11	3	8
U.S.A.	7	5	11	4	7
Sweden	5	4	8	4	4
Great Britain	6	2	5	10	-5
Germany	6	1	3	10	-7
Canada	5	0	2	10	-8
France	5	0	0	10	-10

## Colchester Strawberry/Scrape Contest Results

Womens award: **Mieke Scott**  
New Zealand women  
\* Heavy pus \*

Mens award: **Tim Homkemp**  
Japan Masters  
\* Good size, good pus\*

Guts award: No Guts entries

Winners prizes will be delivered — thanks to all who participated.



Do you get contact-lens timeouts?





# Ultimatum

SPECIAL EDITION

WORLD ULTIMATE AND GUTS CHAMPIONSHIPS '94 ★ ISSUE 6 SATURDAY 27TH AUGUST

## Welcome to Worlds '94!

### Programme of Events

- 9.00am **Ultimate:**  
**Junior Division Final**  
Sweden v U.S.A.
- 11.00am Kite display
- 11.30am **Ultimate:**  
**Women's Division Final**  
Netherlands v U.S.A.
- 1.00pm **Guts Final**  
Taiwan (Republic of China) v U.S.A.
- 1.50pm Kite display
- 2.00pm **Ultimate:**  
**Open Division Final**  
Sweden v U.S.A.

### Ten Simple Rules of Ultimate:

**1 The Field** – a rectangular shape with endzones at each end. A regulation field is seventy yards by forty yards, with endzones twenty-five yards deep.

**2 Initiate play** – each point begins with both teams lining up on the front of their respective endzone line. The defence throws ("pulls") the disc to the offence. A regulation game has seven players per team.

**3 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 (the "thrower") has ten seconds to throw the disc. The defender guarding the thrower (the "marker") counts the stall count out loud.

**4 Scoring** – Each time the offence completes a pass into the defence's endzone the offence scores a point. The offence remains in this endzone to initiate the next point. Teams therefore change ends each time a point is scored.

**5 Change of possession** – when a pass is not completed (e.g. out of bounds, drop, block, interception) the defence immediately take possession of the disc and become the offence.

**6 Substitutions** – players not in the game may replace players in the game after a score and during an injury time out.

**7 Non-contact** – no physical contact is



allowed between players. Picks and screens (as occur in basketball) 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 maintained. If the player committing the foul disgress with the foul call, the play is redone.

**9 Self-refereeing** – Players are responsible for their own foul and line calls (line calls occur if a player catches the disc close to any field marking) and must decide if they were in our out of

bounds. Players resolve their own disputes fairly.

**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.



### Junior Division Finalists

#### Sweden

01 ARNHAM Henrik  
02 RUNDIN Erik  
03 BLOM Oscar  
04 JOHANSSON Jorgen  
05 ROGSTRAND Gustav  
06 KEMPE Stefan  
07 HULTGREN Daniel  
08 MAGNUSSON Jonas  
09 SZULC Arthur  
10 SANDIN Peter  
11 SANDIN Henrik  
12 WESTLING Pierre  
13 MAGNUSSON Andreas  
14 SJOBERG Andreas  
15 MYRBERG Fredrik  
16 FERM Daniel

#### U.S.A.

00 REVILOCK-FROST Alexis  
01 MUELLER Matthias  
02 KABAN Yair  
03 MAYN Chad  
04 MAYER David  
05 WORTHEN Ben  
06 ROBINSON Carter  
07 WEISZ Jesse  
08 KNIPES Marlowe  
09 MUELLER Fortunat  
10 WEISBOD Kyle  
11 NICHOLLS Rhett  
12 DENG Justin  
14 ROSENTHAL Sam  
15 DELLINGER Courtney  
18 SCHWARTZ Andrew  
23 UNGER Noah  
25 REIGHARD Roxanne

The Swedish and American Juniors teams reached the final by taking the top two places in a double round-robin tournament, comprising teams from five different countries. The final placings in the group were as follows:

- 1 Sweden
- 2 U.S.A.
- 3 Germany
- 4 Great Britain
- 5 Netherlands

### Womens Division Finalists

#### Netherlands

01 KOOREMAN Thessa  
02 VERHEEM Nicolette  
03 DE LAAT Annemarie  
04 DE KIEWIT Karin  
05 VRIENS Sophie  
06 BIANCHI Marielle  
07 HILLENUS Tessel  
08 VAN HAEREN Angellique  
10 VAN KATWIJK Lidewy  
11 GEYSSEN Simone  
12 GRIBNAU Carol  
13 JOSZ Manu

#### U.S.A.

1 KREML Annie  
3 CHANLER Annie  
4 CHARLES Leslie  
5 NIELSEN Abbi  
6 SMITH Patsy  
7 DAVIS Sarah  
8 JACOBSEN Laurs  
9 GOODWIN Molly  
11 LEE Trish  
14 PHILLIPS Liz  
21 GABRIEL Laurie  
32 WAGNER Chris  
33 VANDENBERG Theresa  
62 LUCIDO Caryn  
99 HARTLEY Marie

Thirteen womens teams competed in WUGC '94. They played a round-robin tournament during the week, and the top two teams at the conclusion of the round-robin, U.S.A. and the Netherlands, went through to today's final. Placings at the conclusion of the round-robin were as follows:

- 1 U.S.A.
- 2 Netherlands

3 Canada	9 Finland
4 Great Britain	10 Germany
5 Sweden	11 Switzerland
6 Japan	12 Italy
7 New Zealand	13 France
8 Australia	

### Open Division Finalists

#### Sweden

1 YOUNAN Namer  
2 JALEVIK Niklas  
3 HANSKI Mikael  
4 ADAKTUSSON Patrik  
5 ROBERTSSON Mikael  
6 HEDIN Sven-Olov  
7 FOLLIN Fredrik  
8 NORLING Karl  
9 JERHAMRE Anders  
10 ERIKSSON Danny  
11 MATSSON Par  
12 ADEL Heinz  
13 FORSGREN Mikael  
14 FORSBERG Jonas  
15 BOTVIDSSON Anders  
16 FORSGREN Ake  
17 ANGERGARD Stefan  
19 HEDSTROM Fredrik

#### U.S.A.

02 USADI Ben  
03 KUHN Skip  
04 RHODES Kevin  
06 TUROFF Michael  
7 BASTA Karl  
09 VANDERSCHRAAF Walter  
14 GEWIRTZ Jonathan  
18 MCHUGH Joe  
22 NEVINS Michael  
23 BABCOW Dave  
24 HIMMELSTEIN Amos  
25 BEINHACKER Avi  
28 O'CONNOR Blair  
33 SCHEMAN Andrew  
45 FLORES Juano  
69 WARSEN Dennis  
88 PAPANEK Ron  
98 HOLLANDER Dave  
99 COCHRAN Eric

Fifteen Open teams competed in WUGC '94. Similarly to the Women's Division, they played a round-robin, the top two teams qualifying for the final. Placings at the conclusion of the round-robin were as follows:

- 1 U.S.A.
- 2 Sweden

3 Canada	10 Denmark
4 Finland	11 Switzerland
5 Japan	12 France
6 Germany	13 Italy
7 Great Britain	14 New Zealand
8 Australia	15 Czech Republic
9 Netherlands	

### Guts Competition Finalists

#### Taiwan-Republic of China

KUANG Li Chuan  
PING Liu Yuan  
WEI Lin Ta  
TUNG Hung Lin  
MING Chen Shih  
YANG Wang Ching  
KUN Hu  
CHI Chen Shih  
CHOU Chen Ying

WEI Chiang Kuo  
LAN Chen Sheng  
LUNG Chen Shih  
YUAN Hsiao Shun  
YUAN Ma Lu  
CHUAN Yang Yu  
CHUNG Hua Heng  
BANG Ou Chien  
YUNG Huang Li

#### U.S.A.

JOHNSON Lige  
LETTIS Larry  
BUCHANAN Buck  
TIMMONS Pat  
HIRST Don  
CIGLASKI Gary

The Guts competition at WUGC '94 was fought out between eight national teams in a round-robin tournament. The top four teams then moved on to semi-finals yesterday, where the U.S.A. beat Japan, and Taiwan beat Sweden to qualify for today's final. The remaining four teams finished as follows: 5th - Great Britain; 6th - Germany; 7th - Canada; 8th - France.

The organizers of the  
**World Ultimate and Guts  
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would like to thank



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### Open Division second round

#### Division One

Finland **18 - 15** Japan  
Great Britain **18 - 16** Australia  
Sweden **19 - 17** Canada  
U.S.A. **21 - 14** Germany

	played	won	pts+	pts-	pts diff
U.S.A.	7	7	147	81	+66
Sweden	7	6	139	91	+48
Canada	7	4	126	121	+5
Finland	7	4	118	115	+3
Japan	7	3	109	121	-12
Germany	7	2	107	129	-22
Great Britain	7	1	106	140	-34
Australia	7	1	79	133	-54

#### Division Two

Denmark **19 - 17** Switzerland  
Italy **21 - 15** Czech Republic  
New Zealand **8 - 21** Netherlands

	played	won	pts+	pts-	pts diff
Netherlands	6	6	126	49	+77
Denmark*	6	4	102	93	+9
Switzerland*	6	4	115	91	+24
France	6	3	106	101	+5
Italy*	6	2	96	118	-22
New Zealand*	6	2	99	104	-5
Czech Republic	6	0	38	126	-88

\* Placings determined according to the result of their head to head games

### Womens Division second round

#### Division One

Australia **12 - 19** Great Britain  
Japan **13 - 19** Netherlands  
New Zealand **3 - 19** U.S.A.  
Sweden **15 - 19** Canada

	played	won	pts+	pts-	pts diff
U.S.A.	7	7	133	32	+101
Netherlands*	7	5	110	90	+20
Canada*	7	5	114	79	+35
Great Britain*	7	4	99	107	-8
Sweden*	7	4	110	84	26
Japan	7	2	96	114	-18
New Zealand	7	1	51	127	-76
Australia	7	0	48	128	-80

\* Placings determined according to the result of their head to head games

#### Division Two

Finland **19 - 0** France  
Italy **12 - 19** Switzerland  
Germany **19 - 0** France  
Italy **3 - 19** Finland

	played	won	pts+	pts-	pts diff
Finland	4	4	75	19	+56
Germany	4	3	72	26	+46
Switzerland	4	2	47	50	-3
Italy	4	1	32	71	-39
France	4	0	14	74	-60

### Masters Division

#### Final

U.S.A. **21 - 14** Canada

#### 3rd/4th playoff

Germany **21 - 14** Great Britain

#### Remaining 5th/6th/7th playoff game

Japan **6 - 21** Switzerland

#### Final 5th/6th/7th ranking

	played	won	pts+	pts-	pts diff
Italy	2	2	42	20	+22
Switzerland	2	1	28	27	+1
Japan	2	0	19	42	-23

### Junior Division

Sweden **19 - 6** Netherlands†  
U.S.A. **19 - 11** Great Britain

† This game scheduled for yesterday but actually played on Tuesday.

	played	won	pts+	pts-	pts diff
Sweden	8	8	152	36	+116
U.S.A.	8	6	135	81	+54
Germany	8	4	104	89	15
Great Britain	8	2	60	133	-73
Netherlands	8	0	40	152	-112

### Guts Competition

#### Semi-finals

U.S.A. **2 - 0** Japan  
R.O.C. **2 - 1** Sweden

#### 3rd/4th playoff

Japan **2 - 0** Sweden

	played	won	sets+	sets-	sets diff
R.O.C.	6	6	12	1	+11
Japan	6	5	11	3	+8
U.S.A.	7	5	11	4	+7
Sweden	5	4	8	4	4
Great Britain	6	2	5	10	-5
Germany	6	1	3	10	-7
Canada	5	0	2	10	-8
France	5	0	0	10	-10

# RESULTS

Results from games played Friday 26th August, and positions leading to Open, Womens and Juniors finals today.

## World Ultimate and Guts Championships — Past Winners

Year	Venue	Ultimate Open Division	Ultimate Womens Division	Ultimate Junior division	Ultimate Masters Division	Guts Open
1983	Gothenburg, Sweden	USA (Rude Boys)	U.S.A. (Melting Pot)	Sweden	—	Sweden
1984	Lucerne, Switzerland	USA (Windy City)	Finland	Sweden	—	USA (Windy City)
1986	Colchester, England	USA (Flying Circus)	USA (Condors)	Sweden	—	Sweden
1988	Leuven, Belgium	USA (New York)	USA (Condors)	Sweden	—	Sweden
1990	Oslo, Norway	USA (New York)	USA (Condors)	Sweden	USA	USA
1992	Utsunomiya, Japan	Sweden	Japan	Taiwan	USA	USA
1994	Colchester, England	*	*	*	USA	*

You can fill in the spaces marked \* today!



**COME & SEE THE**

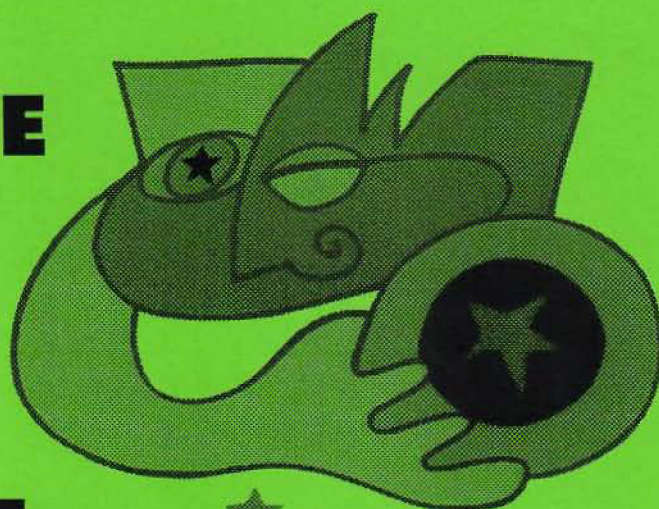
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