

**UPA 1990  
Eastern  
Championships**



**To Benefit the  
American Heart  
Association**

## WELCOME FROM THE EXECUTIVE DIRECTOR

To all Easterns participants and spectators:

Welcome to Rider College, site of the 1990 UPA Eastern Championships. This year's Easterns is the sixteenth championship, and it is the longest running Ultimate tournament of all. Back in 1975, around 25 college teams got together in the first ever multi-team tournament, initiating this prestigious event. With the decision to hold a National Championship in 1977, using an East vs. West format, the Easterns became the qualifying event for choosing the contender from the east coast. With the acceptance of a five region format for the National Championship Series beginning in 1979 and the subsequent move of the tournament to the fall time, the Easterns has maintained its importance in the annual tournament cycle as the premier tournament of the Spring season for club teams.

Easterns is no longer just a tournament for teams from the Northeast and Mid-Atlantic regions. We welcome teams this year from Austin, TX and Berkeley, CA and our second international contender from Finland. Congratulations to all the participants for qualifying to compete this weekend. Let's continue to carry on the spirit of "joy of play" and respect for the competition which caused our predecessors sixteen years ago to so fervently spread the sport of Ultimate and sow the seeds of its strong growth today.

Ultimately yours,

A handwritten signature in black ink, appearing to read "Rob", written in a cursive, stylized font.

Robert L. Rauch  
Executive Director  
Ultimate Players Association



**The Ultimate Party at:**



**Pick up coupons at the fields  
to get in**

**Bring Proper ID**

**FROM THE FIRST NAME IN FLYING DISCS . . .  
... COMES THE LAST WORD IN PERFORMANCE**

**DURABILITY**

**TOUCH**

**STABILITY**



SINCE AUTUMN OF 1989, RUMORS HAVE BEEN CIRCULATING THROUGHOUT THE ULTIMATE COMMUNITY. RUMORS ABOUT A HOT NEW DISC FROM WHAM-O WITH EVERY ULTIMATE PLAYERS DREAM CHARACTERISTICS . . . STABILITY WITH TOUCH.

HARD WORK, RESEARCH, AND INPUT FROM SOME OF THE FINEST PLAYERS TO EVER PUT ON THE JERSEY HAVE RESULTED IN A NEW ULTIMATE DISC. A DISC SO GOOD IT DEMANDED A NEW NAME . . . A NAME THAT CONVEYS ULTIMATE AND MAXIMUM QUALITY . . . THE U-MAX™.

NO MORE RUMORS. TEST THE REALITY OF THE NEW U-MAX™. YOUR GAME MAY NEVER BE THE SAME.

DISCOVERING THE WORLD


P.O. Box 911 • La Miranda, California 90637

Telephone - (714) 522-2202 • FAX - (714) 670-6340

*"THE STANDARD BY WHICH ALL DISCS ARE JUDGED HAS JUST BEEN RAISED"*



# **Kramer's Bagels**



## **Plus**

**Suburban Plaza  
1700 Nottingham Way  
Hamilton Township, N.J.  
(609) 586-3113**

**Monday to Friday  
6:30 am to 9:00 pm**

**Weekends  
Saturday 7:00 am to Sunday 1:00 pm**

**— All NIGHT —  
30 Continuous Hours**

## ***THE OPEN DIVISION***

To qualify to compete in the open division of the UPA Eastern Championships, teams must first compete at the Regional tournaments. This year 32 teams competed in two regional tournaments which took place on June 2nd and 3rd. These tournaments narrowed the field for the Easterns to 16 open division teams. The contenders at the Regional Tournaments were:

### **From the Northeast Region:**

Brooklyn - New York  
Cape Cod - Mass.  
Earth Atomizer - Boston  
Father Throws Best - Boston  
Graffiti - New York  
Jello - Boston  
King Kong - New York  
Locomotion - Albany

New York, New York - NY  
Red Tide - Portland  
Slipped Disc - Fairfield, CT  
Slug Fest - Boston  
Snack Bar - Boston  
State U - College All Stars  
The Ultomatos - Montreal  
Titanic - Boston

### **From the Mid-Atlantic Region:**

Arm & Hammer - Pittsburgh  
B/W - New Jersey  
Bastards - Washington, DC  
Blue Ridge - Charlottesville, VA  
Bolts - Baltimore, MD  
Brave Little Toasters - Washington, DC  
Charlotte - North Carolina  
Dodge City - Washington, DC

Double Secret - Philadelphia  
Fetch - New Jersey  
NPZ - New Jersey  
Penguin Lust - New Jersey  
Philmore - Philadelphia/Baltimore  
Ring of Fire - North Carolina  
Speed Malcolm - Philadelphia  
Throw Me Something, Mistah - Washington, DC







## ***THE WOMEN'S DIVISION***

The teams in the women's division must compete in the two regional tournaments to qualify to play in the Eastern Championship tournament. All women's teams that play in Regionals are eligible to compete at the Easterns. These are the teams in the Women's Division:

### **From the Northeast Region:**

Bridge Club - Boston  
Lady Godiva - Boston  
Montreal - Canada  
New York College Women  
Oh - New York  
Shazam - Boston  
Shockras - Boston

### **From the Mid-Atlantic Region:**

Baltimore Banshees - Baltimore  
Carpe Disc - Washington, DC  
Grits - North Carolina  
Kamikazes - Philadelphia  
Satori - Washington, DC  
Throws of XTC - Washington, DC  
ThunderDogs - New Jersey  
Zephyrs - Philadelphia

## ***THE INVITATIONAL TEAMS***

In addition to the teams that qualify at Regionals, invitations are extended to teams from around the USA and the world. We welcome these teams:

Bay Area - Berkeley, CA  
Yaga Disc - Austin, TX  
Finland

# The Game of Ultimate

ULTIMATE is a fast moving field sport played with a Frisbee disc. The action of the game combines the passing and scoring of football, the cutting and guarding of basketball and the non-stop field movement of soccer. Because Ultimate is a team sport in which each player must act as quarterback, receiver and defender, a large number of participants can be actively involved throughout the course of play.

Ultimate is played on a field similar to a football field, with 25 yard endzones at each end of a field that is 70 yards long by 40 yards wide. Two seven-person teams are on the field at once, with substitutions allowed only between goals.

The object of the game is to pass the disc from teammate to teammate until a pass is caught in the opponent's endzone. Running with the disc is not allowed; upon catching a pass, the player must stop running and establish a pivot foot before attempting the next pass. In the meantime, potential receivers are cutting towards and away from the player with the disc, often running established plays or patterns "on the fly." The disc may be thrown in any direction and there is no offsides. One point is awarded per goal. In tournament play, the first team to reach 21 points wins; however, this can be modified to any number of points or the game can be played to time, if necessary.

On defense, no overt contact or tackling is allowed. Rather, while the team in possession of the disc is advancing toward an endzone, the defending team tries to force a turnover by guarding the thrower and potential receivers, or by playing a zone defense. A turnover results whenever a pass is not completed, when it is caught or knocked down by an opposing player, is caught by a player out-of-bounds, or touches the ground at any point. This results in an immediate change of possession of the disc.

The use of a flying disc adds a dimension not seen in ball games and is one of the elements that makes Ultimate a truly unique sport. Unlike a ball, a disc sinks, floats and curves. A skilled thrower can guide it over and around defenders and float it ahead of a running receiver. An Ultimate game is filled with leaping one-handed catches, short give-and-go passes, field-length bombs and diving blocks and catches. Action is intense, exciting and continuous.

A second unique feature of Ultimate is that players on the field are responsible for their own foul and line calls, there are no referees. Players are therefore required by the rules to adhere to the highest standards of sportsmanship and to respect their opponents. This element, the "Spirit of the Game", is greatly valued by players because it creates an etiquette and camaraderie not typically found in other sports.



Pure Delicious  
Spring Water



*Free Delivery*



Water Coolers  
for Rent



*Free Delivery*

**Call Today**

NO TOLL CHARGE

**1-800-367-0313**

500 COTTONTAIL LANE • SOMERSET, NJ • POLAND SPRING DISTRIBUTING

## **storch engineers**

310 Corporate Blvd.  
Robbinsville, NJ 08691

609-259-0604

## **herman miller**

The Major Manufacturer and Distributor of Office Furniture in New Jersey

*is located at*

180 Herrod Blvd. • Dayton, NJ 08810 • 609-655-8332

# Denny's

RESTAURANTS

Unit No. 1239  
3331 Brunswick Pike  
Lawrenceville, New Jersey 08648  
609/452-1081

Open 24 Hours  
Breakfast, Lunch & Dinner

Across Route 1 from the Macintosh Inn



Fresh Made Soups  
Sandwich Platters

Sandwiches  
Wholesale

## Able Bagel & Deli

921-9745  
32 Witherspoon Street  
Princeton, NJ

Sal Balestriere

Alfred Kahn

## Famous Dates in Ultimate

**1920's** — Yale Students discover the fun of throwing pie tins from the Frisbie Baking Company in Bridgeport, Conn.

**1948** — Fred Morrison, a California carpenter and building inspector, manufactures the first plastic flying disc.

**1955** — Rich Kerr and A. K. "Spud" Melin invite Morrison to join Wham-O, Inc., in San Gabriel, Calif.

**1957** — Wham-O introduces the "Pluto Platter."

**1958** — The First Annual International Frisbee Tournament is held in Escanaba, Mich.

**1964** — Professional Model Frisbee is introduced.

**1967** — The International Frisbee Association is founded.

**1968** — The U.S. Navy spends nearly \$400,000 to test the Frisbee disc as a vehicle for keeping flares aloft.

**1969** — Ultimate Frisbee is invented by Columbia High School students in Maplewood, N.J.

**1972** — The first intercollegiate Ultimate Game is played between Princeton University and Rutgers University.



**1974** — Flying Disc World, a bimonthly flying disc magazine, is introduced.

**1974** — The first all-dog flying disc competition is held at California State University at Fullerton.

**1974** — The Rose Bowl World Frisbee Championship is held in Pasadena, Calif.

**1975** — Rules for Guts Frisbee are formalized by the International Frisbee Association.

**1979** — Tyler Roddick sets the distance record for under 2 age bracket — 8.70 meters — in Pasadena, Calif.

**1980** — Liz Reeves sets women's distance record of 122.63 meters in Richmond, U.K.

**1984** — Frank Aguilera of the United States sets men's distance record of 167.88 meters in Las Vegas, Nev.

**1984** — Don Cain sets Maximum Time Aloft (MTA) record.

**1987** — Frisbee disc marks 30 year anniversary.

**1989** — 20 year anniversary of Ultimate Frisbee.

**1990** — Ultimate united with the American Heart Association at the Eastern Championships in Lawrenceville, N.J.



**154 Nassau Street  
Princeton, N.J. 08540  
(609) 924-1353**

**Featuring  
twenty five varieties of sandwiches, great  
salads, complete dinners, delicious pastries  
and, of course,  
our famous pancakes, eggs and fresh hot  
coffee**

**Weekdays 7:30 am - 10 pm  
Fri, Sat 8 am - 12 am**

---

## **RIVERVIEW CONSTRUCTION**

---

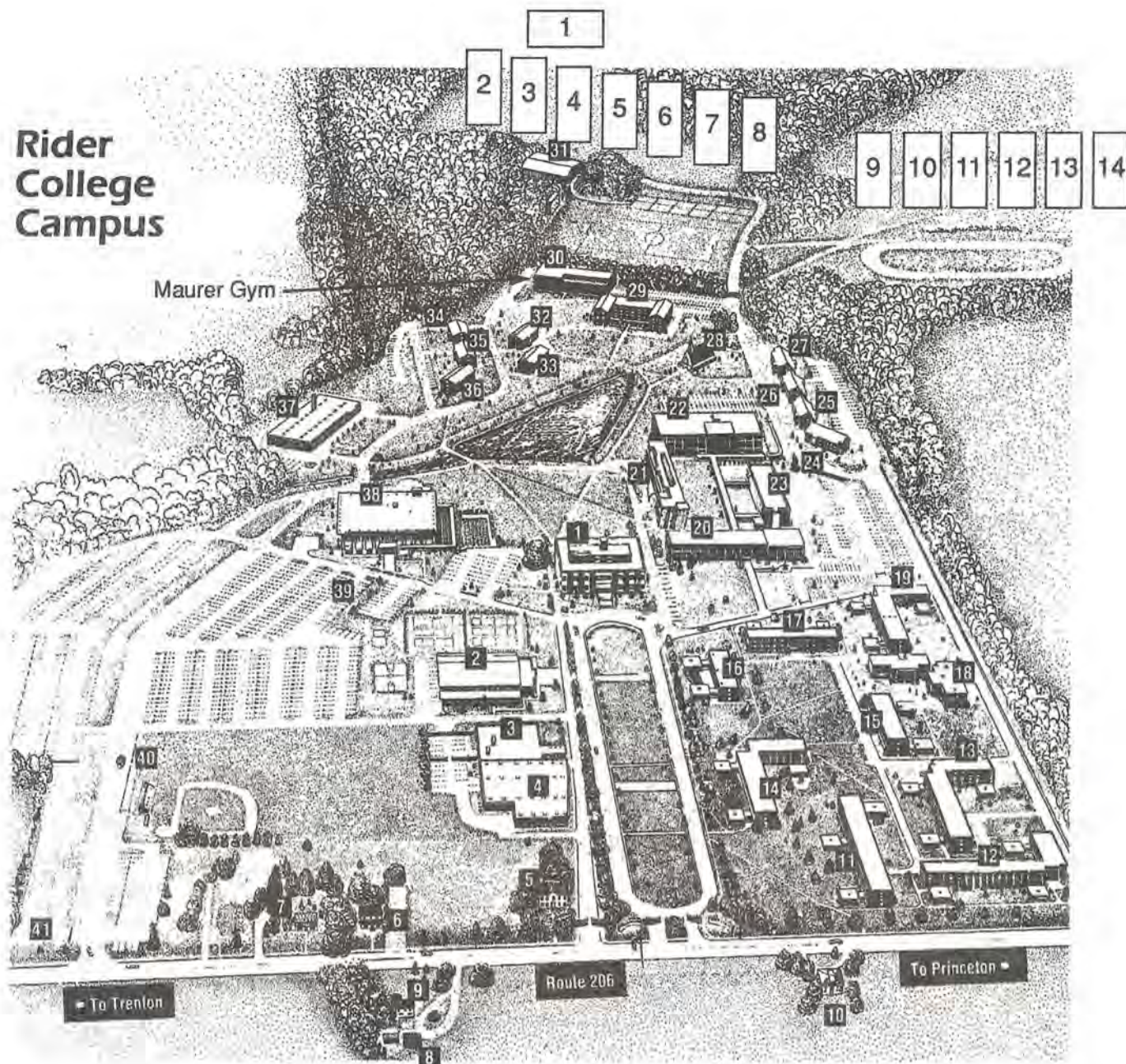
**A Big Deck for a Little Price**

**PO Box 128  
Titusville, NJ 08560**

**609-737-3959**



# Rider College Campus



## The 1990 Easterns Tournament Committee:

Margo Kodroff  
Dan Kirshner  
J Cobe  
Chris O'Connor  
Alicia Hardin

Mike Buriani  
Paula Arcioni  
Tina Segal  
Lee Height

## Special Thanks To:

Wham-O  
Scarlet Fire Graphics  
Elliot Berger  
Rider College

Showers are located at Maurer Gym

Hours: 12 noon to 8:00 pm