

2018 USA Ultimate Western Youth Fall Cup November 3-4th, 2018 Portland, OR





WELCOME

Hello and congratulations on your participation in the 2018 Western Youth Fall Cup! On behalf of USA Ultimate and Portland Ultimate, we welcome you to Portland Community College – Rock Creek Campus for two days of great regional ultimate competition.

Winter is here, and we hope that you will take appropriate care of yourselves while participating in this event. Included in this program are recommendations for cold/wet weather play and what to do between rounds.

We are also particularly excited about our Saturday night social event, which will be held at the Tualatin Hills Aquatic Center (<u>http://www.thprd.org/facilities/aquatics/aquatic-center</u>), so bring a swimsuit! We will be providing pizza and beverages for dinner at the aquatic center – this is included with the tournament.

We hope you enjoy your time in beautiful Portland, and we look forward to a fun weekend of competitive and spirited ultimate.

WEEKEND OVERVIEW

Friday, November 2 7:00pm-9:00pm:	Aloft Hotel - <u>1705 Northwest Amberglen Court; Hillsboro, OR 97006</u> Team Registration
Saturday, November 3	
8:00am:	Captains' Meeting
9:00am-5:00pm:	Game Play
7:00 - 9:00pm:	Aquatic Center and pizza dinner
Sunday, November 4	Rock Creek Campus – Portland Community College
9:00am-2:30pm:	Competition Continues
Post-Finals:	Award Ceremony. Immediately following the finals, awards will be presented to the
	first and second place teams along with Team Spirit.

EVENT STAFF

Tournament staff will be wearing volunteer shirts with the event logo on them.

Local Organizing Committee Staff

Tournament Director– Sara Stratton Volunteer Coordinator – ???? Head Scorekeeping Team – ??? Other volunteers include ???

USA Ultimate Staff

Manager – Events – Byron Hicks Manager – Youth Competition & Athlete Programs – Joy Ferenbaugh

COMPETITION RULES:

U20 Mixed division

- USA Ultimate Official Rules of Ultimate, 11th Edition will be in effect.
 - o 20 yard end zones
 - "contact" marking violation call
- All games to 15, point cap at 17.
- Halftime is 5 minutes, unless otherwise agreed by captains.
- Each team has two timeouts per half.
- Regardless of how many timeouts a team has used before overtime, during overtime each team has one timeout.
- Overtime: A game is in overtime if tied at one point less than original game total (e.g., in a game to 15, overtime occurs when the score reaches 14-14).
- Soft time-cap will not be used.
- Hard time-cap goes on at end of round time on schedule. Game is over at the end of the point in
 progress, unless tied. If tied, play one more point.
- Caps do not affect timeouts.

U15 & U17 Boys/Open divisions

- USA Ultimate Official Rules of Ultimate, 11th Edition will be in effect.
 - o 20 yard end zones
 - o "contact" marking violation call
- All games to 13, point cap at 15.
- Halftime is 5 minutes, unless otherwise agreed by captains.
- Each team has two timeouts per half.
- Regardless of how many timeouts a team has used before overtime, during overtime each team has one timeout.
- Overtime: A game is in overtime if tied at one point less than original game total (e.g., in a game to 13, overtime occurs when the score reaches 12-12).
- Soft time-cap will not be used.
- Hard time-cap goes on at end of round time on schedule. Game is over at the end of the point in progress, unless tied. If tied, play one more point.
- Caps do not affect timeouts.

SITE RULES - Detailed rules can be found here.

- No alcohol or smoking (or any tobacco products).
- No glass bottles.
- No weapons.
- Dogs are required to be on leash at all times. Owners are responsible for the removal of all solid waste deposited by their dogs.
- Spectators and equipment must stay at least 5 yards away from sidelines! Where there are buffer lines, respect them. Where there are not buffer lines, stay back at least 5 yards.
- Trash and Recycling! Place recyclables in the recycling receptacles and place trash in the trash. Keep
 your sidelines clean.
- Language. Keep in mind that this is a youth event.

USA ULTIMATE PARENT/SPECTATOR CODE OF CONDUCT

USA Ultimate seeks to use the sport of ultimate to instill positive, character-building traits in our youth. As a sport based on the principles of Spirit of the Game, we ask that our players exhibit honesty, self-control, respect for their peers, and respect for all coaches and other adults. We ask that parents and their guests attending USA Ultimate sponsored events help us by demonstrating these character traits at games.

When attending USA Ultimate events or any ultimate tournament, game or practice, I therefore agree:

- I will encourage my child to play by the Spirit of the Game.
- I will be a positive role model for my child. I will encourage sportsmanship by showing respect, courtesy and by demonstrating positive support, for all players, coaches, officials and spectators at every game, practice or other sporting event.
- I will expect that my child will treat other players, coaches, officials and spectators with respect regardless of race, gender-identity, or ability.
- I will respect the integrity and effort of other teams, coaches and parents.
- I will respect the integrity and effort of the volunteers and game officials.
- I will not engage in any kind of unsportsmanlike conduct with any official, coach, player, or parent such as booing, taunting or using profane language or gestures, etc.
- I will encourage athletes to participate for their own enjoyment.
- I will not encourage any behaviors or practices that would endanger the health and well-being of the athletes.
- I will applaud fair play and good play and I will never ridicule or yell at my child, or other participants, for making a mistake or losing a competition.
- I will refrain from coaching my child or other players during games and practices, unless I am one of the official coaches of the team.
- I will inform the coach of any physical disability or ailment that may affect the safety of my child or the safety of others.
- I understand that the sport of ultimate is self-officiated and, as such . . .
- I will assume that all players on the field have the best of intentions when making and discussing calls.
- As a spectator, I will not be involved with calls or any discussion that takes place.
- I will not make derogatory comments regarding any calls, even quietly to the person sitting next to me.

I understand that coaches, players, event staff and volunteers have assigned duties other than policing the behavior of parents. With that in mind, I will be aware of my behavior, and I will also talk to other members of my team's contingent to make sure that all individuals on our sideline are behaving in a manner consistent with the principles presented in this document.

I also agree that if I fail to abide by the aforementioned rules and guidelines, I will be subject to disciplinary action, which may include being asked to leave the event.

TEAMS: U15 Boys/Open

Boise Ultimate Flyway Boise, ID

Coach: Jason Sutter Captains: Davin Werntz and Damon Wargo Spirit Award Nominee: Avery Lott Website: <u>http://boiseultimatefrisbee.com/busyouth-2018</u>



Named for the aerial highway running along the Boise Front above the capital city of Idaho, **Boise Ultimate Flyway** was formed in 2017 to compete at the Western Regional Youth Championships. With half of our team returning, we hope to improve on last year's inaugural performance. Named for the aerial highway running along the Boise Front above the capital city of Idaho, **Boise Ultimate Flyway** honors our city's association with birds of prey. Just as they soar high above the Snake River Canyon and the raptor epicenter of North America, our team strives for the qualities of endurance, energy, and elevation embodied in the aeronautical quest of these exceptional aviators.

Eugene Rogue Eugene, OR

Coach: Vinh Bui Captains: Sayric Arias and Tycho Wagner Spirit Award Nominee: Skai Jenkins

The name Eugene Rogue comes from if you spell Rogue backwards you get EUG OR, as in Eugene Oregon. This is our teams first year of existence and the first time for many of these players playing competitive, 7 on 7 ultimate and at a USAU sanctioned event.

Oakland Rebels

Oakland, CA

Coaches: Cameron Beck, Valerio Iani Captains: Elijah Geduldig, Jason Gutstadt and Loic Billaut Spirit Award Nominee: Mohandas Duewa



Oakland Ultimate, founded in Fall 2017 by Valerio Iani, debuted with two U15 teams at the snowy USAU Western Championships (3rd and Spirit Award). Since then over a hundred players have participated in OAK's programs.

In this building year OAK teams have worked like pros: weekly practices with a full practice team pushing us hard, speed classes, video game analysis, training program, and tournaments in four states (WA, CA, UT, MN). After competing at YCC's in the U17 division here in Portland we are able to bring two squads and split into U17 and U15 teams. OAK Rebels is formed by 17 players (average age 13.9) coming from 11 different schools.

Portland Tornado

Portland, Or

Coaches: Cliff Marhoefer, Ke'ali McCarter, Felix Moren

Captains: Collin Magness and Leo Renzema Spirit Award Nominee: Charlie Boudreau

The name comes from the Oregon family of disasters. The team is young but at the same time experienced. This is the first year for Tornado. The team is made up of many Waldorf players with lots of experience, but the team is very young.

Utah Swarm Salt Lake City, UT

Coaches: Penny Davis, Joel Dehlin, Natalie Smith, John Selfridge Captains: Everett Saunders, Luke Sorensen and Kimball Pew Spirit Award Nominee: Sam Pew



Utah Swarm U15 is part of the Utah All-State program which also includes U17 and U20. The name represents putting the community before the individual, with Beehive symbol being associated with Utah since before statehood. Utahans relate the beehive symbol to industry and the pioneer virtues of thrift and perseverance, Utah Swarm (of bees).

Last year's U15 team captured 2nd place in the inaugural USAU Youth Fall Cup. A majority of that group has aged into U17. This year our handful of returning veterans hope to lead Utah Swarm U15 to a successful weekend defined by meeting new friends, playing spirited disc and instilling a love for the game that will last a lifetime.

TEAMS: U17 Boys/Open

Eugene, OR

Coaches: Steve Thoennes Captains: Ben Thoennes, Will O'Brien and Seiji Koenigsberg Spirit Award Nominee: TBD

Eugene Skyfall is largely fielded from South Eugene HS. We played as a mixed team in sectionals and the boy side of the roster is playing in the 2018 Fall Cup. Six of the players played on Oregon Eruption, four of them played on the YCC team that took 2nd in the U17 Boys division.

Eugene Skyfall played in mixed Club Sectionals. While the team did not win a game, they played with great spirit and impressed their elders.

Oakland Sparks Oakland, CA

Coaches: Valerio Iani, Greg Klunder Captains: Jacob Tindall, Noah Chen and Quinton Yap Spirit Award Nominee: Tate Johnson

Oakland Ultimate, founded in Fall 2017 by Valerio Iani, debuted with two U15 teams at the snowy USAU Western Championships (3rd and Spirit Award). Since then over a hundred players have participated in OAK's programs.

In this building year OAK teams have worked like pros: weekly practices with a full practice team pushing us hard, speed classes, video game analysis, training program, and tournaments in four states (WA, CA, UT, MN). After competing at YCC's in the U17 division here in Portland we are able to bring two squads and split into U17 and U15 teams. OAK Sparks is formed by 16 players (average age 15.3) coming from 11 different schools. We aims to learn to perform under pressure and earn respect for the quality of our California style play.

Portland Wildfire

Portland, OR

Coach: Jay Cohen Captains: Emmett Warner Spirit Award Nominee: Myles Deverell

The name comes from the Oregon family of disasters. There are 11 Eruption! players, one Utah Swarm player, and one rookie.

Summit Ultimate Bend, OR

Coach: Rick Melner Captains: Jack Fassett and Emilio Fassett Spirit Award Nominee: Max Melner







TEAMS: U20 Mixed

Berkeley High Coup/uproar Berkeley, CA

Coaches: James Sheridan, Samantha Applegate, Linh Hoang Captains: Liam Ereneta and Fae Rauber Spirit Award Nominees: Logan Gade, Calvin Beeman-Weber Website: berkeleyhighultimate.org

Berkeley High Coup Ultimate was established as a Berkeley High School

club sport in 2006 by Jordan Rose, a dedicated club Ultimate player in the San Francisco Bay Area. This year the program includes over 100 players participating in mixed, open and girls' league and tournament play. The individual teams compete under different names, but we are all Coup. The team was named Berkeley High Coup as a play on "haiku." A traditional haiku is a poem that consists of three lines or phrases, with 5, 7, and 5 syllables, respectively. The play on High Coup/haiku is taken seriously, as the team recites a spirited "good game" haiku at the end of each game to its opponent.

Corvallis Force Corvallis, OR

Coaches: Colin Sexton, Spencer Bryant Captains: Max Bluhm, Annmarie Haberman and Devon Jones Spirit Award Nominees: Soren Skinner, Annmarie Haberman

In 2012 the team at Corvallis High School took the name Spartan Force, using the CHS mascot Spartan. We played as the Spartan Force until the fall of 2016 when the Crescent Valley Raiders joined us. At that time we elected to drop Spartan from our name and become a united Corvallis Force.

Season Recap: In Spring of 2018 our men finished 5th at States and our mixed team finished 5th at Spring Reign.

Oregon Flood Oregon

Coaches: Dara Linkfield, Brian Linkfield Captains: Thalia Tzetos and Caleb Campbell Spirit Award Nominees: Syris Linkfield, Caleb Campbell

This mixed U20 team has been around in with different rosters since about 2012, mostly to participate in YCC's in Blaine, Minn.

Season Recap: This year, we competed at YCC's in Blaine, Min, with a young but talented roster. Fall Cup will be our 2nd tournament of the year.







HEALTH AND SAFETY

Medical staff, including athletic trainers, will be on site at Tournament Central to treat injuries, handle emergencies and provide some preventative care. The event will provide standard athletic tape, pre-wrap, ice and some bandages. Other supplies, including special tape or bandages and anti-inflammatory drugs, must be provided by teams or may be charged by the training staff.

If you have medical issues that require attention in the morning before play, please show up early to avoid long lines. The trainers will be at the fields two hours prior to game time each day.

Cold/Wet Weather Concerns

It <u>WILL</u> be wet this weekend, so please bring rain gear and extra pairs of dry socks. Blisters and hypothermia are influenced by wet, cold feet.

The coaches/chaperones/captains will have to be very diligent about watching their teams for signs of hypothermia. It can happen quickly and be very dangerous. One of the first signs is a decrease in mental awareness, so a player may not recognize s/he needs assistance.

Prevention:

1. Use the heated spaces (building and large tent with propane heater) for shelter between games and during the lunch break. If you have time, you can also go to heated vehicles or your hotel.

2. Hydration and proper calorie intake are very important in these conditions.

3. Dry clothing will help maintain body temperature. Players should bring AT LEAST one pair of dry socks per game so that they minimize wet feet (this also helps prevent blisters). A small towel or cloth to dry feet can be helpful.

Synthetic layers with a waterproof, breathable outer layer are useful to adjust to playing/non-playing rotations.

Concussions

Education

- USA Ultimate recommends the CDC "Heads Up Safety" program, a free one-hour online training: cdc.gov/concussion/headsup/youth.html.
- USA Ultimate's participant waiver includes important information from the CDC regarding concussion safety: <u>usaultimate.org/membership/usa_ultimate_membership_forms.aspx</u>

Coaching Requirements

Coaches at USA Ultimate events are required to have completed a concussion awareness and safety
recognition program (like the CDC program above or other local or state-recommended
course).Coaches should not submit records of course completion to USA Ultimate, but should
maintain records on-site while coaching.

Removal & Return to Play

All guidelines identified by the CDC must be strictly followed in the event of a suspected concussion.
 1. Remove athlete from play.

2. Ensure athlete is evaluated by a health care professional trained in concussion diagnosis and management.

Do not try to judge the seriousness of the injury yourself.

3. If a minor, inform athlete's parents or guardians about the known or possible concussion and give them the fact sheet on concussion.

4. Allow athlete to return to play only with permission from an appropriate health care professional.

Doctor's Note Requirement

If, during a USA Ultimate event, an athlete receives care at a hospital, medical clinic or doctor's office, or
is referred to a hospital or doctor by event medical staff, the athlete is barred from further competition
in that event until he or she provides a doctor's note, on letterhead or prescription pad, to event
medical staff stating that the athlete is authorized to return to competition.

Sideline Safety

- Spectators and equipment must stay at least three yards away from the sidelines. Where there are buffer lines, respect them. Chairs, coolers, strollers, you, etc., must be at least three yards from the sidelines.
- If a player believes that an object on the sideline is not safe, he or she should inform event staff and refrain from playing until he or she is satisfied that safe conditions have been established.
- USA Ultimate and event staff reserve the right to move or remove objects or spectators from on or near the playing field if those conditions are, in the opinion of USA Ultimate or event staff, unsafe for players, staff or spectators.

Lightning Guidelines

- Event staff will communicate with players and spectators if there is a lightning danger. Play then will be stopped, and everyone should seek shelter.
- Safe shelter for players and spectators at the field site includes any fully enclosed building or vehicle with a hard top and closed windows.
- Event staff will use the "flash-to-bang" method to determine when to send people to shelter. By the time the flash-to-bang count has reached 30 seconds, all individuals should be in a safe shelter location.
- Avoid using telephone land lines. Cell phones are safe, provided the person has followed other safety guidelines.
- Event staff will indicate to players when play is going to resume. Team captains or coaches should meet at Tournament Central to receive instructions for resuming play and any schedule modifications.

SPIRIT OF THE GAME

Ultimate has traditionally relied upon the spirit of sportsmanship, which places the responsibility for fair play on the player. Highly competitive play is encouraged, but never at the expense of mutual respect among competitors, adherence to the agreed upon rules of the game, or the basic joy of play — 11th Edition USA Ultimate Rules of Ultimate.

10 Things You Should Know About Spirit of the Game™

1. The golden rule: treat others as you would want to be treated.

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

2. Control: SOTG takes real effort.

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

3. Heckling and taunting are different.

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

4. SOTG is compatible with championship play.

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

5. Don't "give as you got."

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

6. Breathe.

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

7. When you do the right thing, people notice.

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

8. Be generous with praise.

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

9. Impressions linger.

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

10. Have fun.

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

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

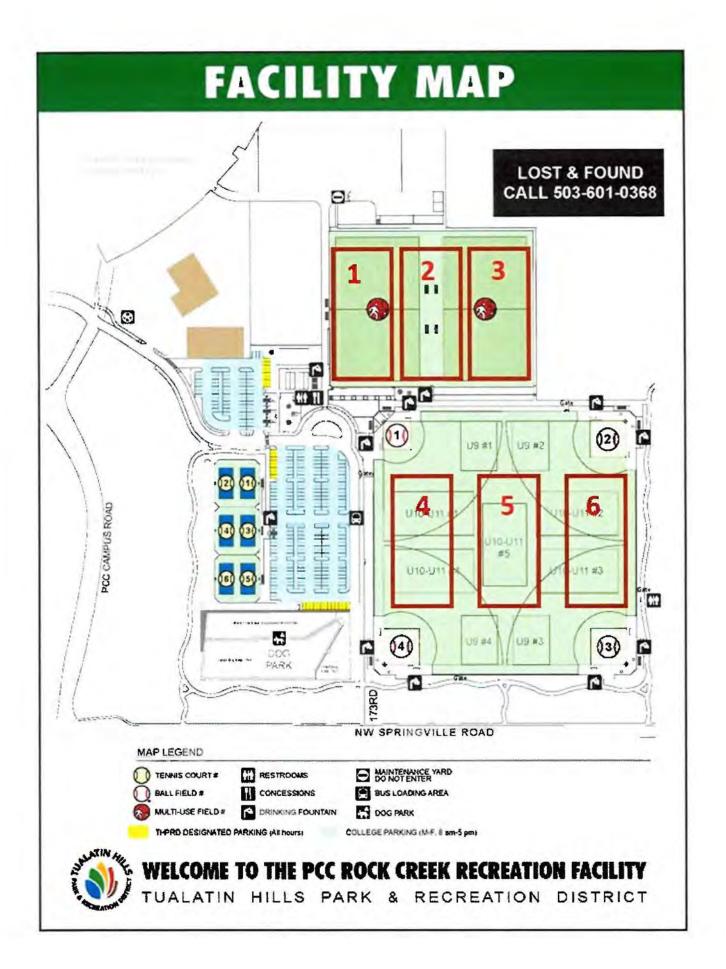
SPIRIT CIRCLES

Spirit Circles are an idea borrowed from international competitions throughout the ultimate world. For years, American teams have traveled to world championship events where they have not only done exceptionally well in each competition, but showed the international community the importance we place on respect for the game and their opponents. But American players have also learned a lot from competing against teams from other countries, and invariably one of the most positive parts of the international experience has been the tradition of the post-game spirit circle. While there are a number of ways to do this, here are some quick tips to get your team started:

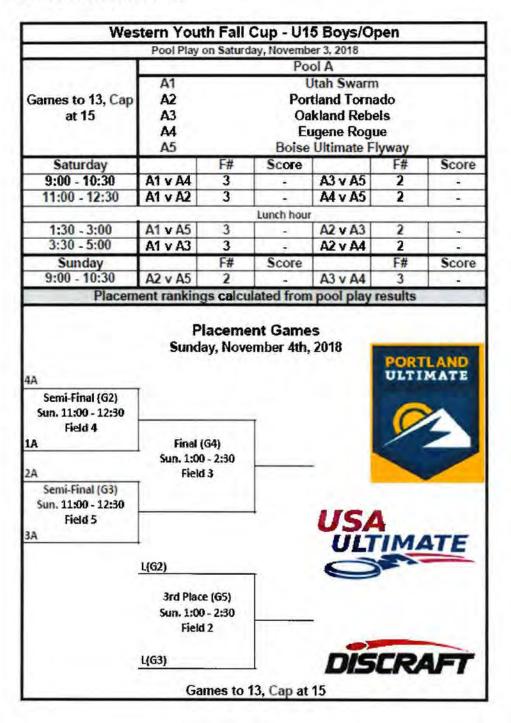
- Following each game, rather than lining up to slap hands, the two teams gather into a circle, alternating players on each team, facing inward, with arms around the shoulders of the person next to you.
- One or two people (often team captains or spirit captains) on each team will talk briefly about the game. Usually the losing team goes first, then the winning team.
- Things to talk about can include how the game went, how your own team played, what the other team did well, who on the other team played well and anything else that might be worth communicating, even if it's something you think could be done better (and don't forget to look in the mirror on this).
- After each team has had a chance to talk, the winning team takes a step into the circle and walks around counter-clockwise to slap hands with the players on the other team.

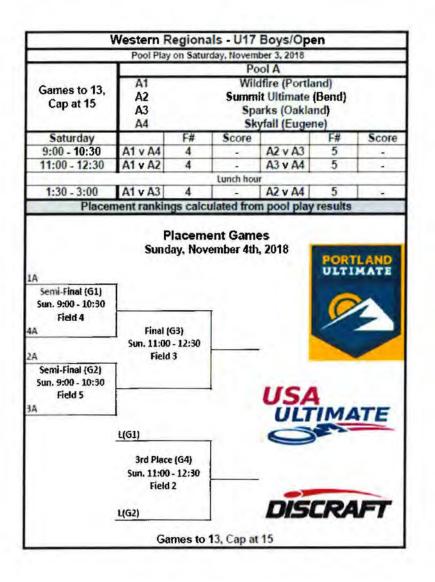
Good luck, and please let USA Ultimate staff and other event organizers how it goes!

FIELD MAP



COMPETITION SCHEDULES:





		II Cup - U20	
Saturday, No	ovember 3 & S	unday, Novembe	r 4th, 2018
Games to 15, Cap at 17	Pool A A1 UpRoar Berkeley High School A2 Oregon Flood A3 Corvallis Force		
Saturday		F#	Score
9:00 - 10:30	A1 v A3	1	
11:00 - 12:30	A1 v A2	1	
		Lunch hour	
1:30 - 3:00	A2 v A3	1	
Re-see	d after one rou	nd of pool play = Po	ool B
		Pool	
Games to 15, Cap at 17	B1 B2 B3	1A 2A 3A	
3:30 - 5:00	B1 v B3	1	-
Sunday		F#	Score
9:00 - 10:30	B2 v B3	1	-
11:00 - 12:30	B1 v B2	1	-
1:00 - 2:30	TBD: Finals or Hat game		
PORTLAND ULTIMATE	DIS		MATE