

Welcome to the 2019 Fort Collins Summer Solstice!

Thank you to the CSU Men's Ultimate team, Hibida, for hosting the tournament this year!

TD Contact Info

Lucas Beal
leftybackhands@gmail.com
(970) 203-4122

Mo "The Hurricane" Scott
mobertoscott@gmail.com
(303) 957-8224

Parking

The best location for parking is the Moby Arena Parking Lot (directly west of "Moby Arena" on google maps), located at Shields & Elizabeth (west of the fields). There is also limited parking available on Hughes Way (South Drive).

Captains Meeting (NONE)

There will be no official captains meeting. Please send a representative to tourney central to pick up your food bag and game disc. **There will ONLY be a food bag for Saturday morning.**

All details will be communicated beforehand by email. There will be no physical captain's packet this year! We're saving paper!

Tourney Central

Check Tourney Central throughout the day for scores, updates, tournament food, water and other information. The main bathrooms are here as well.

Trainer

A trainer will be on site all day Saturday and Sunday starting at 8:00 am to tape, handle injuries, etc.

Tournament Rules (USAU 11th Edition including 20 yard endzones and the 'contact' rule):

ALL Pool Play Men's/Mixed/Women's AND Women's bracket play

- Games to 13 win by 2 - point cap at 15.
- Round time: 90 min
- Hard cap: 80 min (finish the current point - the game is over unless tied)
- 1 timeout per half + 1 floater (time-outs are unaffected by caps)
- Two-way ties in pool play are determined by head-to-head results.
- Three-way ties in pool play are determined by:
 - 1) Point differential among tied teams
 - 2) Point differential among all pool teams
 - 3) Total points scored
 - 4) Coin flip

Men's/Mixed Sunday Play

- Games to 15 win by 2 - point cap at 17.
- Round time: 120 min
- Hard cap: 110 min (one horn- finish the current point - the game is over unless tied - finals will **not** be time-capped)
- 2 timeouts per half (time-outs are unaffected by caps)

Dinner/Party Information

Dinner will be **at the fields** this year! Krazy Karl's, a local pizza place, will be delivering pizzas to tourney central between 2:30-3:00pm. Please send ONLY 1-2 team reps up to frisbee central at 3pm (or after the final pool round on

*****Please assign a member of your team to report scores using the USAU App!!!!*****

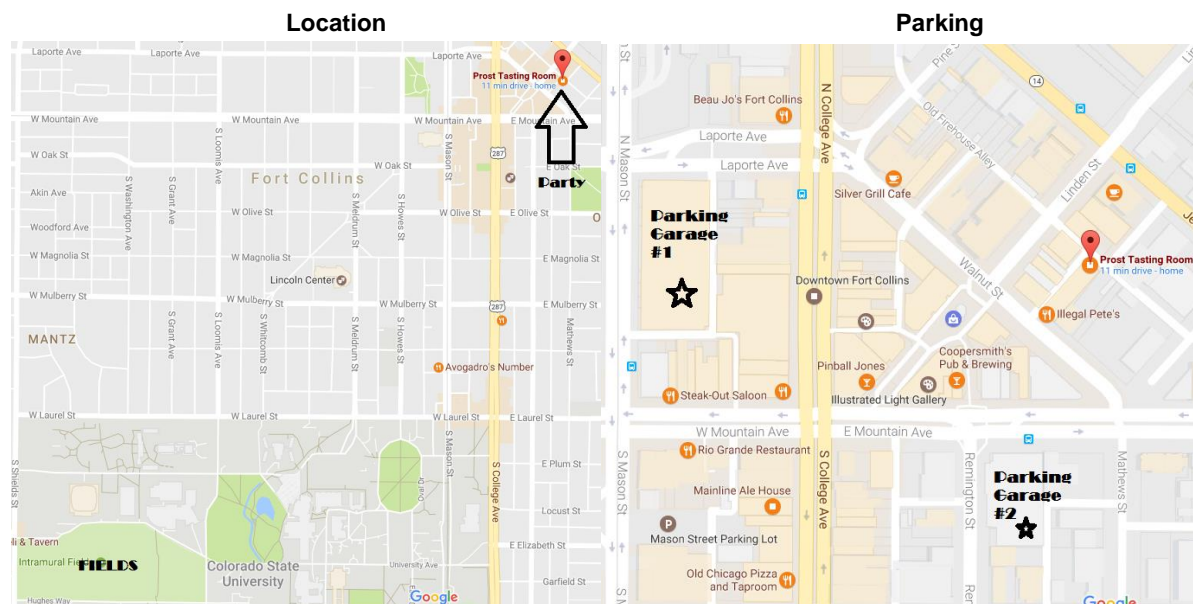
Saturday) for pizza. We're trying to get everyone all 10 pizzas at once to keep logistics simple. Please be patient. We'll get everyone fed.

At 6pm head to the Prost Tasting Room (**321 Old Firehouse Alley, Fort Collins, CO 80524**). There will be a tab open at Prost with beer for those 21+ and soda/water as well. We're going to put a bunch of wristbands in each of the food bags that you will need to be wearing so Prost knows that you are covered under the tab. Come in with the wristbands and the Prost crew will tell you what your options are within the tab.

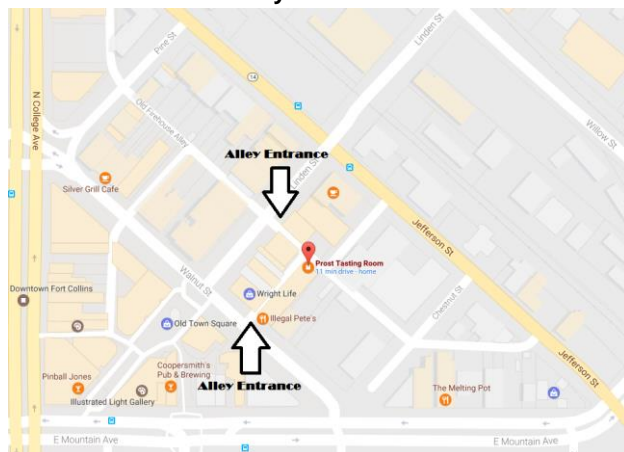
Drinks will be flowing until the tab runs out and after that folks are welcome to stay on their own dime. We're focusing most of our energy on getting everyone fed at the fields so we won't be staggering the tab as we did last year - first come first serve - when it's out, it's out.

Since Prost is in downtown Fort Collins, there isn't a specific parking lot for the venue, see the image below for parking garage locations - street parking is available but it's limited.

You will not be able to see Prost from the street - see the alley entrances below. If you're lost please contact the TD.



Alley Entrances

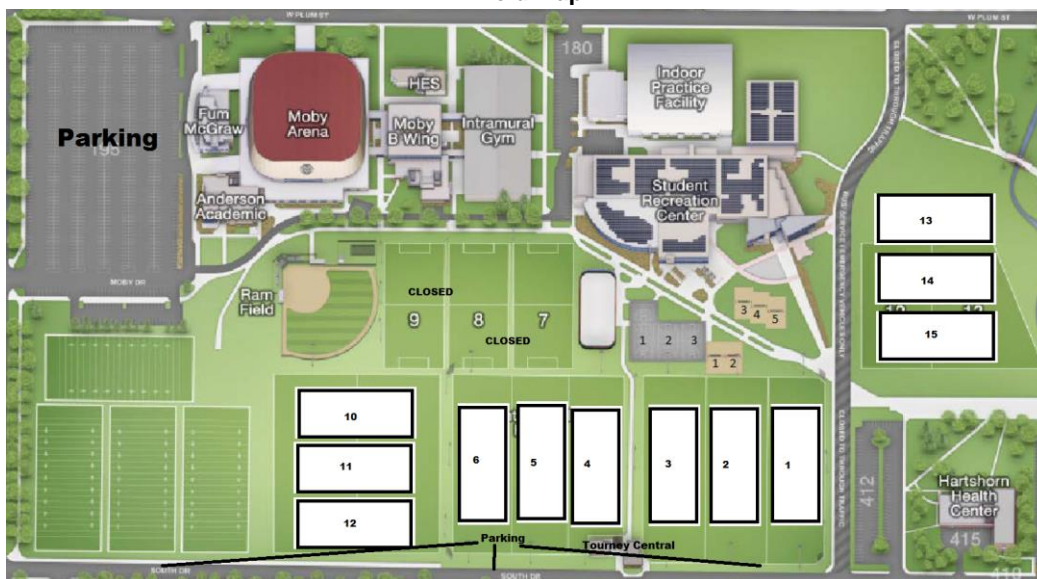


Fields - Google Map

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Field Map



Weather Policy:

Play will continue unless there is substantial standing water on the field or lightning (see lightning guidelines below). If fields are so saturated that playing will cause substantial damage, fields will close. CSU staff will make the call for field closure.

Health & Safety Considerations

Concussions

- Concussions are brain injuries that can occur as a result of force to the head or neck
- Symptoms may include headache, nausea, vision problems, confusion, balance problems.
- If you think you or one of your teammates might have a concussion, tell your coach and have the person must see a doctor before returning to play.

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Heat, Nutrition and Hydration

- Heat-related illness occurs when the body cannot cool itself adequately due to exercise in hot and or humid conditions.
- Signs and symptoms of heat illness can include change in level of consciousness, abdominal cramps, nausea/vomiting, fatigue/tingling, chills, dry mouth, decreased urine output and darkening of urine. If any of these happen, see a doctor right away. Heat stroke is a serious illness that can lead to coma and death if not treated properly.

Prevention of heat illness

- Avoid alcohol, caffeine, and carbonated beverages
- Some medications cause dehydration. Read the labels carefully or consult your doctor before taking them before Ultimate.
- Avoid certain nutritional supplements (such as caffeine and ephedrine) that can dehydrate the body and/or increase metabolism and heat production.
- Know your body – Be honest! Are you fit enough to perform under current conditions?
- Drink and eat – Eat and drink (water AND sports drinks) “optimally” before, during, and after play.
- Potassium is important (good sources include: sports drinks, yogurt, grapefruit juice, bananas and oranges). Sodium is also important (good sources include: sports drinks, vegetable juices, pretzels, nuts, cheese and crackers). After play, carbohydrates are important: foods such as potatoes, honey, cereal, white bread, corn chips, sports drinks, jelly beans, rice cakes, bagels, crackers, gummy candies)
- Don't drink too much – Over-hydrating can be dangerous if it leads to a fluid and electrolyte imbalance.
- Monitor your urine – Clear/copious = hydrated. Dark = Need water/electrolytes.
- Be sensitive to prior illness – If you've been sick, your body may be more susceptible to dehydration.
- Rest and cool down after play – Find shade, wet the skin, get in front of a fan or breeze.

Sideline Safety

- Players and spectators should make every effort to keep objects, including but not limited to bags, strollers, chairs, coolers and tents, as far away from the playing field as possible. Spectators and equipment are required to stay at least 3 yards (5 yards is recommended) from the field. If there are restraining lines or ropes, spectators and all equipment should remain behind them.
- If a player feels that an object on the sideline is not safe, s/he should inform Event Staff and should refrain from playing until s/he is satisfied that safe conditions have been established.
- 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 the Event Staff, unsafe for players, staff, or spectators.

Lightning Guidelines

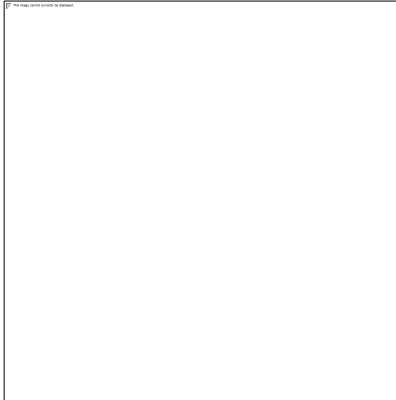
- If Thor Guard warning system (on Rec center building) sounds, all teams must clear the fields and take shelter in **Student Recreation Center lobby**. You are not allowed to take shelter outside under any structure. The Athletic Trainer will make the call if the Thor Guard sounds.
- If you can't get to a safe shelter, try to avoid being the tallest object in an open field or on open water. Avoid other tall objects, metal objects, and water. Assume a crouch position with only the balls of your feet touching the ground, your arms crossed and NOT touching any part of your lower body, and your head lowered. Minimize contact with the ground. Do not lie flat.
- Event staff will indicate to players when play is going to resume along with any schedule modifications.

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Hospital Information

Poudre Valley Hospital
1024 S Lemay Avenue
Fort Collins, CO 80524

Thank you to all our sponsors!



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