



**2018 USA Ultimate  
Western Youth Fall Cup  
November 3-4<sup>th</sup>, 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 (<http://www.thprd.org/facilities/aquatics/aquatic-center>), 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** Aloft Hotel - [1705 Northwest Amberglen Court; Hillsboro, OR 97006](#)

7:00pm-9:00pm: Team Registration

**Saturday, November 3** [Rock Creek Campus – Portland Community College](#)

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

### 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.
  - 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.
  - 20 yard end zones
  - “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: <http://boiseultimatefrisbee.com/busyouth-2018>



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.

Jersey #	First name	Last name
3	Tucker	Bolick
5	Orion	Werntz
6	Simon	Richardson
7	Leo	Jamboretz
11	Heron	Rohweder
12	Damon	Wargo
13	Davin	Werntz
14	Holden	McCarthy
17	Andrew	Donovan
21	Emmet	Rohweder
22	Kosmos	Sutter
24	Zach	Swassing
30	Avery	Lott
66	Oliver	Beucler

### **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.

Jersey #	First name	Last name
1	Tycho	Wagner
2	Sayric	Arias
3	Andrew	Thoennes
6	Erec	Nyberg
7	Osi	Bernstein
8	Jamieson	Rear
9	Kavi	Lakhani
11	James	Craig
13	Callahan	Bosworth
14	Jason	Chinitz-Mital
16	Akira	Koenigsberg
27	Gavin	Patoine
35	Theo	Schaid Hefley
42	Skai	Jenkins
55	Kai	Hutson
57	Cole	Porter

## 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.



Jersey #	First name	Last name
0	Loic	Billaut
3	Adam	Wulkan
4	Julian	Korchin
5	Dylan	Nice
7	Jeremy	Dove
8	David	Klunder
11	Oliver	van Linder
16	Kai	Lambert
17	Jason	Gutstadt
24	Lucas	Steele
25	Miles	Fisher
27	Elijah	Geduldig
35	Walker	Thompson
44	Mohandas	Duewa
45	Tyler	Weng
97	Martin	Doherty
99	Tyree	Richard

## 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.

Jersey #	First name	Last name
0	Cedar	Pepos
3	Oskar	Fraser
8	Bram	Allahdadi
11	Jonah	Goldberg
13	Vaughn	Dillender-Kinast
14	Collin	Magness
15	Roman	Cole
20	Leo	Renzema
21	Angus	Jack-Goulart
27	Julian	Kagi
30	Jack	Nelson
39	Emmett	McNeely
51	Caden	Berg
99	Charlie	Boudreau

## 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 2<sup>nd</sup> 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.

Jersey #	First name	Last name
0	Phin	Johnson
4	Sam	Pew
7	Izzy	Dehlin
9	Aiden	Cartwright
11	Everett	Saunders
14	Oscar	Brown
15	Audrey	Selfridge
16	Winston	Dehlin
18	Kimball	Pew
20	Will	Summa
26	Nick	Whatcott
27	Ryan	Roberts
31	Nate	De Morgan
42	Zak	Diana
44	Noah	Hunsaker
52	Luke	Sorensen
66	Quincy	Cannon
99	Grayson	Rettberg



## **TEAMS: U17 Boys/Open**

### **Eugene Skyfall**

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.



Jersey #	First name	Last name
0	Galen	Moll
2	Acacia	Hahn
3	Seiji	Koenigsberg
4	Ben	Thoennes
5	Alice	Wayte
8	Jackson	Whalen
9	Soju	Hokari
17	Will	O'Brien
18	Alesh	Fremouw
24	Josh	Garcia
25	Jake	Pargeter
26	Sam	Mayer-Radke
31	Henry	Wayte
88	Sam "Billy"	Meyers

### **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.

Jersey #	First name	Last name
1	Marcus	Kenton
2	Marcus	Lee
10	Tate	Johnson
14	Owen	Burlingham
18	Ben	Garcia
20	Kiyoshi	Monsalve
21	Jacob	Tindall
22	Kevin	Romero
23	Noah	Chen
36	Selim	Jones
39	Tanner	Flagg
46	Josiah	Metcalfe-Tobin
51	Tyler	Lum
77	Jackson	Heglie
87	Grayson	Broderick
88	Quinton	Yap



## 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.

Jersey #	First name	Last name
0	Gus	Marhoefer
1	Will	Dillender-Kinast
2	Joey	Renzema
4	Will	Selfridge
6	Jackson	Currier
7	Felix	Moren
10	Myles	Deverell
13	John	Moore
17	Benny	Cohen
18	Emmett	Warner
24	Andrew	Alstot
52	Reid	Jetton
55	Jerred	Smith
86	Toby	Boudreau

## Summit Ultimate

Bend, OR

Coach: Rick Melner

Captains: Jack Fassett and Emilio Fassett

Spirit Award Nominee: Max Melner

Jersey #	First name	Last name
1	Leyton	Studebaker
2	Mac	Hamlin
5	Blake	Key
6	Evan	Melner
9	Corbin	Fredland
11	Wesley	Stelzer
12	Emilio	Fassett
19	Issaac	Zwonitzer
35	Max	Melner
51	Garrett	Knowles
53	Connor	Thomas
54	Canon	Caruso
55	Luke	Pardini
57	Jack	Skidmore
59	Tyler	Herzig
63	Jack	Fassett

## **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](http://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.



Jersey #	First name	Last name
1	Pele	Varadi-Mulia
16	Luca	Spycher
17	Leo	Gordon
21	Noé	Motamedi
24	Riley	Kirkman-Davis
26	Seth	Wells
28	Calvin	Beeman-Weber
85	Aidan	Price
52	Jacob	Henrie-Naffaa
55	Diego	Barragan
56	Jayna	Frank
58	Gigi	Mancuso-Jackson
59	Logan	Gade
60	Liam	Ereneta
63	Allyn	Suzuki
71	Aidan	Curry
72	Carina	Ballek
73	Eliza	Lerman
86	Fae	Rauber
87	Abigail	Daffner
88	Noah	Ball-Burack
94	Tanya	Bearson
98	Mia	Beeman-Weber
99	Finnegan	Graham

## 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.

Jersey #	First name	Last name
0	Aidan	Callahan
2	Ava	Edwards
4	Malia	Detar Cheung
18	AnnMarie	Haberman
23	Alden	West
24	Thomas	Harris
27	Emmy	Formiga
33	Cooper	Johnson
35	Alex	Koetje
39	Max	Bluhm
44	Soren	Skinner
55	Devon	Jones-Stanley
57	Flynn	Nyman
70	Sophia	Farrand
72	Bridger	Boggess
77	Isaiah	Heiken
84	Alex	Barth
88	Niko	McCullough

## 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.

Jersey #	First name	Last name
0	Caleb	Campbell
2	Elisabeth	Lux
3	Ke'ali	McCarter
4	Grace	Cromie
5	Michael	Dreger
7	Emmett	Stevens
8	Rowan	Reid
9	Siri	Chotechuang
10	Rachael	Huckans
11	Sam	McCarty
14	Claire	DuPuy
21	Kaine	Mercer
24	Max	Groh
32	Ysabella	Zaloudek-Luba
33	Jeremiah	Haumeder
47	Thalia	Tzetos
72	Canyon	Raymond
88	Hudson	Thornton
99	Syris	Linkfield

## 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 WILL 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](https://cdc.gov/concussion/headsup/youth.html).
- USA Ultimate's participant waiver includes important information from the CDC regarding concussion safety: [usaultimate.org/membership/usa\\_ultimate\\_membership\\_forms.aspx](https://usaultimate.org/membership/usa_ultimate_membership_forms.aspx)

#### **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!





### COMPETITION SCHEDULES:

Western Youth Fall Cup - U15 Boys/Open						
Pool Play on Saturday, November 3, 2018						
Games to 13, Cap at 15	Pool A					
	A1	Utah Swarm				
	A2	Portland Tornado				
	A3	Oakland Rebels				
	A4	Eugene Rogue				
	A5	Boise Ultimate Flyway				
Saturday		F#	Score		F#	Score
9:00 - 10:30	A1 v A4	3	-	A3 v A5	2	-
11:00 - 12:30	A1 v A2	3	-	A4 v A5	2	-
Lunch hour						
1:30 - 3:00	A1 v A5	3	-	A2 v A3	2	-
3:30 - 5:00	A1 v A3	3	-	A2 v A4	2	-
Sunday		F#	Score		F#	Score
9:00 - 10:30	A2 v A5	2	-	A3 v A4	3	-
Placement rankings calculated from pool play results						
<p align="center"><b>Placement Games</b>            Sunday, November 4th, 2018</p>						
4A	Semi-Final (G2) Sun. 11:00 - 12:30 Field 4		Final (G4) Sun. 1:00 - 2:30 Field 3			
1A						
2A	Semi-Final (G3) Sun. 11:00 - 12:30 Field 5					
3A						
	L(G2)		3rd Place (G5) Sun. 1:00 - 2:30 Field 2			
	L(G3)					
Games to 13, Cap at 15						

## Western Regionals - U17 Boys/Open

Pool Play on Saturday, November 3, 2018

Games to 13, Cap at 15	Pool A					
	A1	Wildfire (Portland)				
	A2	Summit Ultimate (Bend)				
	A3	Sparks (Oakland)				
	A4	Skyfall (Eugene)				
Saturday		F#	Score		F#	Score
9:00 - 10:30	A1 v A4	4	-	A2 v A3	5	-
11:00 - 12:30	A1 v A2	4	-	A3 v A4	5	-
Lunch hour						
1:30 - 3:00	A1 v A3	4	-	A2 v A4	5	-

Placement rankings calculated from pool play results

### Placement Games Sunday, November 4th, 2018

1A

Semi-Final (G1)  
Sun. 9:00 - 10:30  
Field 4

4A

Final (G3)  
Sun. 11:00 - 12:30  
Field 3

2A

Semi-Final (G2)  
Sun. 9:00 - 10:30  
Field 5

3A

L(G1)

3rd Place (G4)  
Sun. 11:00 - 12:30  
Field 2

L(G2)



Games to 13, Cap at 15

Western Youth Fall Cup - U20 Mixed			
Saturday, November 3 & Sunday, November 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-seed after one round of pool play = Pool B			
Games to 15, Cap at 17	Pool		
	B1	1A	
	B2	2A	
	B3	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		

