

A HUGE THANK YOU TO OUR SPONSORS:



CAPTAINS GUIDE



March 30 - 31, 2019

University of Iowa Ultimate and Cedar Rapids Parks and Recreation are proud to present the 6th annual Old Capitol Open. We appreciate your support and look forward to a great weekend in Cedar Rapids!

If we can help any way, e-mail us at iowaultimateoco@gmail.com or text/call one of the coordinators at the numbers below.

Dana
708-337-2205

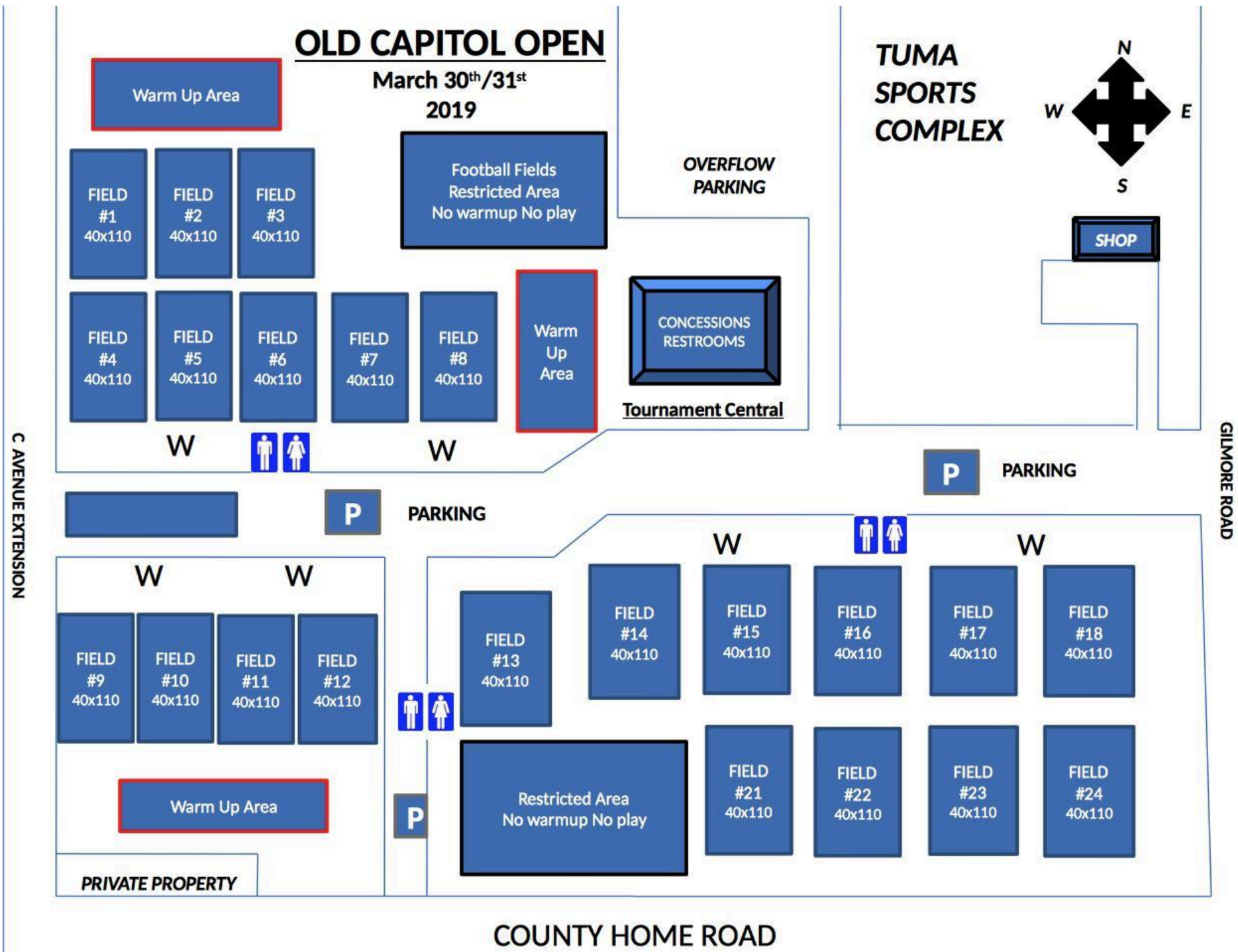
Grant
319-440-1897

Steven, Head Athletic Trainer
708-829-3415

Jeremiah
Tuma Sports Complex Coordinator



Old Capitol Open is a USA Ultimate sanctioned tournament.



SCHEDULE

Pool Play

Game To	Point Cap	Soft Time Cap	Hard Time Cap	Time-outs
13	15	90 minutes +2	100	1/half + 1 floater

Bracket Play

Game To	Point Cap	Soft Time Cap	Hard Time Cap	Time-outs
15	17	90 minutes +2	100	1/half + 1 floater

Starts and Caps for both Saturday and Sunday

Round	1	2	3	4 (Sat. only)
Start Time	9:00	10:50	12:40	2:40
Soft Cap	10:30	12:20	2:10	4:10
Hard Cap	10:40	12:30	2:20	4:20

REPORTING GAME SCORES

All teams **MUST** report final scores to the nearest field ambassador or text to **563-940-6500**.

Example:

Scoober U 15 – Callahan 11

** Please use team names that are clear*

CHECKING GAME SCORES

At the end of each day, check to make sure your scores are correctly reported at Tourney Central and on the USAU schedule and records pages. You can get to both the open and women's pages from our [USAU tournament page](#).

CHECK IN / CAPTAINS MEETING

Team captains and/or coaches need to be at Tournament Central Saturday at 8:30 AM for a brief captains meeting.

Please check in at Tournament Central when you arrive at the fields **each day** and **pick up your team food bag**.

TOURNAMENT RULES

USA Ultimate 11th Edition Rules

Timeouts

- One timeout per half, plus one floater
- Yes timeouts in soft cap
- No timeouts in hard cap

Caps

- Soft cap: Add 2 to the leading team's score after the point and play to that.
- Hard cap: Finish the point. If it's tied, play one more. If not, game over.

Three-way ties in pool play, results will be determined using:

1. Head-to-head
2. Point differential among teams in the tie
3. Point differential against the rest of the pool
4. Total points scored
5. Coin-Flip

COLLEGE POOLS AND BRACKETS POLICY

Our goal at the Old Capitol Open is to maximize the number of quality games each team plays in a weekend while looking to avoid rematches and games between sectional opponents both in pool play and into the brackets. These two principles guide our rankings and bracket structure. We appreciate feedback regarding the format and will take any into consideration for next year.

DIRECTIONS TO TUMA SPORTS COMPLEX

Address: 3239 C Avenue Extension, Marion, IA 52302

Tuma Sports Complex sits on 110 acres of professionally manicured playing surfaces. Lined fields are brick marked and safely spaced. Tournament Central offers concessions, men's and women's restrooms and free WI-FI.

From Cedar Rapids take I-380 North approximately 3 miles to the Toddville Exit. Turn right onto County Home Rd. Go 3.5 miles to C Avenue, 4-way stop signs. Entrances to complex are on C Avenue and Gilmore Road.

WATER AND RESTROOMS

Water stations are located at the edge of fields along the parking lot - see the map on the first page for exact locations. There is also a spigot at the back of the Tournament Central. In addition to restrooms at Tournament Central, there are porta-johns located out in the fields as noted on the map on the first page.

LOST AND FOUND

Located at Tournament Central. An email will go to team contacts after the tournament listing any unclaimed items.

INCLEMENT WEATHER

The fields at Tuma Sports Complex were designed to support play in all but extreme weather conditions. With the facility size and available staff, we have the ability to move fields within the complex as needed should an area become a safety concern. We also have the ability to adjust the schedule or tournament format. Should extreme weather postpone the tournament, we have fields reserved for the following weekend.

The Tuma Sport Complex Coordinator has access to a variety of weather monitors and a siren connected to the county emergency warning system is on site. The Coordinator will make all decisions to ensure the safety of players and fans throughout the tournament. We will communicate via text message or phone call to the tournament day cell phone number provided by each team and also make announcements through the speaker system at the facility.

Our full Inclement Weather Plan Template is available at Tournament Central and [online](#) if you would like to review it.

HEALTH AND SAFETY

A certified athletic trainer assisted by a physical therapist is on site from 8:00 AM until the end of play each day. They will provide injury prevention and injury response services. If a player has specific taping needs prior to playing, please send tape and pre-wrap with the athlete. The medical area is at Tournament Central.

If an injured player cannot walk to Tournament Central, please call the head trainer at 708-829-3415.

Our full Event Medical Plan Template is available at the medical area and [online](#) if you would like to review it. You'll also find helpful information in the [USAU Ultimate Athlete Health and Safety Packet](#).

URGENT CARE FACILITIES

8:00 AM - 3:00 PM:

UnityPoint Urgent Care
2996 7th Avenue, Suite B
Marion, Iowa
319-377-4844

UnityPoint Urgent Care: Head south on C Ave Ext toward County Home Rd (1.6 mi); Continue onto C Ave NE/C Avenue (1.2 mi); Turn left onto E Robins Rd (1.3 mi); Turn right onto Alburnett Rd (1.1 mi); Continue onto Central Ave (0.3 mi); Turn right onto 10th St (0.2 mi); Turn left at the 3rd cross street onto 7th Ave - destination will be on the left (1.0 mi)

Maplink: [UnityPoint Urgent Care](#)

After 3:00 PM:

St Luke's Hospital
1026 A Ave NE
Cedar Rapids, Iowa
(319) 369-7211

Head south on C Ave Ext toward County Home Rd (0.2 mi); Turn right onto County Home Rd (2.8 mi); Turn left onto the Interstate 380 S/Iowa 27 ramp (0.3 mi); Merge onto I-380 S (7.7 mi); Take exit 20B toward 7th Street E/U.S. Cellular Center/City Center (0.3 mi); Turn left onto 7th St NE (0.1 mi); Turn left onto A Ave NE (0.3 mi)

Maplink: [UnityPoint Health - St. Luke's Hospital](#)

TEAM FOOD

Per USAU recommendations, we are not laying food out on tables. Team representatives can pick up team food bags from Tournament Central BOTH mornings. Please use the trash bags provided to keep the fields clean. Thanks for your help!!!!

THE FUN STUFF

Raffle entries are accepted at <http://bit.ly/OCOraffle> until midnight on Wednesday, March 27. One entry per OCO 2019 player. Must be present to win. Winners will be posted at Tournament Central, on Twitter and Facebook. They can pick up their prize at Tournament Central on Saturday.



LET US KNOW IF WE CAN HELP

We want everyone, teams and fans, to have a great weekend. Let us know if we can help in any way.

Play safe, play well and have fun!