



**Atlantic Coast Open 2018
March 24th and 25th in Virginia Beach at
Princess Anne Athletic Complex
Event Guide**

**Brought to you by:
Oak Creek Ultimate
Virginia Beach Sports Marketing**



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WELCOME

Welcome to the second annual Atlantic Coast Open! We are very excited to be running this tournament for the second time, and to be able to offer a well-run and competitive tournament for college men's teams from all over the East Coast. We are hosting teams from five different geographic regions (Atlantic Coast, Metro East, New England, North Central, Ohio Valley), as well as teams from all three of USAU's competitive divisions (D-I, D-III, Developmental). Please read through this packet, as it has important information that will help you be prepared this weekend!

TOURNAMENT PARTNERS

The Jimmy Johns at Landstown would like to welcome your team to the 2018 Atlantic Coast Open! As a special offer any team participating will receive a 10% discount on any catering orders placed before March 23rd. We can deliver to any field at the Princess Anne Athletic Complex. Please call or email with any questions. Good Luck!

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[Virginia Beach Convention and Visitors Bureau](#) provides us with event support and local marketing

[Universe Point](#) has provided a pair of their cleats to be given to a raffle winner; Use promo code OakCreek to get 10% off your online order

[Oak Creek Ultimate Apparel](#) will have tournament branded merch for sale and for a raffle winner

[Hucket Bucket](#) has provided four buckets; one for a raffle winner, one for the runner-up, two for contest winners

[KanJam](#) has provided a set to be given to the champion

[Lucid Travel](#) provides teams with the opportunity to cut down on hotel costs over the season



COMPETITION RULES

USA Ultimate Official Rules of Ultimate, 11th Edition

- Modifications: 20-yard end zones; “contact” marking violation call

USA Ultimate 2018 College Guidelines linked [here](#)

- All Saturday games to 13, point-cap at 15
- All Sunday games to 15, point-cap at 17
- Halftime is 10 minutes
- Saturday timeouts: one timeout per half, plus a floater
- Sunday timeouts: 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 goals, overtime occurs when the score reaches 14-14)
- Saturday time caps: Soft cap at 75 min, hard cap at 95 min
- Sunday time caps: Soft cap at 85 min, hard cap at 105 min
- 1 long horn blast to start the round, 1 short blast for soft cap, 2 short blasts for hard
- Caps do not affect timeouts

HOSPITALITY

Field site: [Princess Anne Athletic Complex](#)

Address: 4001 Dam Neck Road, Virginia Beach, VA 23456

Hotels: There are a wide variety of options, especially close to the water about 20 minutes from the fields. Our recommendation is the [Oceans 2700 Hotel](#), great price and the rooms are very nice.

Tournament food will be provided at the food tent at HQ; we'll have the typical fare of sandwich materials, fruit, pickles, and snacks. Water coolers for refill will be stationed at every field. Please notify tournament staff if coolers run low. No captain's meeting; please check in at tourney HQ upon arrival.

For those looking to leave the fields for a close lunch option, there is a shopping center a minute from the fields at the corner of Dam Neck Road and Princess Anne Road with the following food options (in no particular order): IHOP, Buffalo Wild Wings, Dunkin Donuts, Brixx Wood Fired Pizza, Longhorn Steakhouse, Smoked from Above BBQ, and Starbucks.

For dinner options, there are a ton of grills and bars along the beachfront, an easy 20-25 minute drive from the fields. My personal recommendation is Murphy's Irish Bar and Grill.



SITE RULES

Please adhere to the following rules while at the field site, the Princess Anne Athletic Complex:

- Parking is permitted only in designated areas. On street parking and parking in grass areas are prohibited.
 - Private vehicles are not allowed in or near field areas. Illegally parked vehicles may be ticketed or towed.
 - Alcoholic beverages are prohibited on City property. This includes fields, parking lots, open spaces and roadways.
 - Smoking and the use of tobacco products is not permitted on or near the fields. It is only allowed in designated areas.
 - Personal 10x10 tents are allowed in designated areas only. The placement is determined by facility staff in order to maintain safe traffic flow and views of fields. All tents must be secured to the ground. Failure to comply with this can result in patron being asked to leave the facility.
 - Pets are permitted and must be leashed and under control at all times. Please be sure to scoop the poop.
 - Fires are allowed in grills only. Backyard propane tanks and charcoal grills must be placed at least 20 feet away from all structures and are not permitted near the fields at any time. These are permitted in parking lots only. Turkey fryers and deep fat fryers are not permitted. Screw top propane heaters are not permitted.
 - If lightning is seen, a mandatory game delay of 30 minutes will be enforced and all players, coaches, officials and guests must leave the fields and seek shelter. Staying in dugouts, near fields or under pavilions is not acceptable. Updates will be communicated to the tournament organizer.
 - Facility staff reserves the right to cancel an event in whole or in part. Field closures may result from inclement weather, poor playing conditions or field damage which may cause hazardous safety considerations for the public or excessive repairs to the field.
 - Staff or registered volunteers from Parks and Recreation will be onsite during all events and are the only authorized personnel to perform field maintenance..
 - Flying any unmanned aircraft system (UAS), commonly known as drones, must be done in accordance with all FAA guidelines. Guidelines state they cannot be flown over sporting events or crowds or within 5 miles of an airport without submitting a flight plan.
 - Personal vehicles are not permitted on pedestrian paths, grass areas or fields.
- This list is not all inclusive. Any questions regarding topics not included here should be directed to the Sports Management Office, (757) 385-0478.



HEALTH AND SAFETY

Athletic trainers will be on site at Tournament HQ to treat injuries, handle emergencies and provide some preventative care. The event will provide standard athletic tape, pre-wrap, ice and some bandages.

If there is an injury on a field that needs medical attention, please call the tournament director at 410-868-5637, and he will radio to the trainers who will come to your field in their gator. If you have medical issues that require attention in the morning before play, please show up early to avoid long lines. The trainer will be at the fields an hour prior to game time each day.

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: usultimate.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 healthcare 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.

MEDICAL AND INCLEMENT WEATHER PLAN

Event Managers are required to communicate the following plan to team contacts prior to the event and have a copy available on site at the medical area.

Resources: [Health, Safety and Liability Guidelines](#) & [TD Manual](#)

Nearest Hospital

Name: Sentara Princess Anne Hospital

Address: 2025 Glenn Mitchell Dr, Virginia Beach, VA 23456

Phone Number: 757-507-1000

[Map Link](#) - Directions from Field to Hospital

Medical Services provided at tournament



1 Certified athletic trainer will be present throughout the tournament

Where will the medical staff be at the event

Tournament HQ

How can teams contact the medical staff (phone, radio)

TD: Kevin Baker 410-868-5637

How will event staff communicate weather, emergency & schedule changes to teams

Email prior to tournament, in person or via phone during the tournament

Any other relevant information specific to your tournament, if applicable (Facility specific weather policies)

Facility Manager will work with Tournament director in deciding whether play can continue. Grass fields have great drainage

USA Ultimate Weather Policy (Facility may have their own policy)

You can find all [Health, safety, and liability information here](#)

For Lightning:

Flash-to-Bang: Begin counting when a lightning flash is sighted. Stop counting when the associated thunder is heard. Divide the count by five to determine how far away the lightning is. 30 seconds equals about six miles. Lightning has been known to strike from as far away as 10 miles, even under clear skies.

By the time the Flash-to-Bang count has reached 30 seconds, all individuals should be in a safe shelter location. Wait at least 30 minutes after the last flash of lightning or sound of thunder before resuming play.

For Extreme Heat and Cold:

Refer to [Medical Staff Requirements](#) above. When the Heat Index reaches 100F ([see NOAA/National Weather Service Heat Index Chart](#)), play must be suspended. In colder temperatures and/or wetter conditions, it is important to be cognizant of conditions conducive to hypothermia



SCHEDULE

[Score reporter](#)

Please report scores **after each round** by either 1) texting 410-868-5637 or 2) Tweet @OakCreekUlti. Preferred format is Winning team name and score, losing team name and score. Ex: Tufts 13, James Madison 12

FIELD MAP

Note: Field 'A' on each field is on the left side of this map towards the parking lots. Field 'B' is on the right closest to Landstown Road. Tournament HQ will be located centrally to fields 3, 4, & 5

