



**Atlantic Coast D-1 College Regionals 2019**  
**April 27th and 28th**  
**Smith River Sports Complex, Axton VA**  
**Event Guide**

**Brought to you by:**  
**USA Ultimate**



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## WELCOME

USA Ultimate is proud to present to you this year's Atlantic Coast College Regionals. We are very excited about this tournament and hope that you enjoy it thoroughly. We also want to take this opportunity to thank all of you for your support and patience through this process, and we look forward to a competitive and well-run event.

- Dave Branick and Sarah Lord, Regional Directors

## TOURNAMENT FORMATS

Men's: Format 16.2.2 (16 teams, 2 teams advance - Pool Play option)

Women's: Format 16.1 (16 teams, 1 team advances)

Reference: USA Ultimate format manual, linked [here](#)

## TOURNAMENT PARTNERS

[Oak Creek Ultimate](#) will be on site selling tournament merchandise and will provide division champ prizes

[UltiPhotos](#) will be on site taking shots of the action

## COMPETITION RULES

USA Ultimate Official Rules of Ultimate, 11th Edition

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

- All Pool Play games to 13, point-cap at 15
- All Bracket Play games to 15, point-cap at 17
- Halftime is 10 minutes
- Pool Play timeouts: one timeout per half, plus a floater (unaffected by cap)
- Bracket Play timeouts: two timeouts per half (unaffected by cap)
- 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)
- Pool Play time caps: Soft cap at 75 min, hard cap at 95 min
- Bracket Play time caps: Soft cap at 85 min, hard cap at 105 min
- 1 horn blast to start round, 2 blasts for soft cap, 3 blasts for hard cap, 4 blasts for weather emergency



Cap always goes on at the end of the point that is currently in play. The next point begins at the conclusion of the previous point. Ex: if both teams are on the line when the horn goes off, the cap will be applied after that point is played

Points can be assessed if one team is not ready at the beginning of the round. The assessing team must put seven (7) players on the line to demonstrate that they are ready, but does not need to keep them there. Points will be assessed at a rate of 1 point every 5 minutes. A team may use one (1) time out as a five-minute buffer. For example, if your game starts at 8, the first point will be assessed at 8:05, unless a time-out is applied, at which point it will be assessed at 8:10. Points cannot be assessed if a team is finishing a previous round's game.

We will have 3-4 crews of certified observers working games throughout the weekend. Coverage during pool play will be based on ensuring as even coverage as possible for both gender divisions. Coverage will be prioritized during bracket play for games affecting qualification for Nationals.

## HOSPITALITY

Field site: [Smith River Sports Complex](#)  
Address: 1000 Irisburg Rd, Axton, VA 24054

The Smith River Sports Complex is one of the premier venues for college ultimate on the East Coast. Its artificial turf and bermuda grass fields have played host to the Atlantic Coast College Regionals every since 2012, along with a number of high quality regular season tournaments run by a variety of organizers. **Teams are not permitted to split the sidelines on the grass fields (1-6, 11-12)**, so as to prevent unnecessary wear on the fields.

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.

For those looking to leave the fields for a close lunch option, our recommendation is to order delivery from the Wild Magnolia and get one of their bomb sandwiches. The blackened chicken with sweet potato fries is a staple of the AC Regionals observer crew lunch. Menu is linked [here](#).

## HEALTH AND SAFETY

One-two 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 directors at 410-215-6340 or 410-868-5637, and they will radio to the trainers who will come to your field. 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 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](http://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](http://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: Memorial Hospital of Martinsville and Henry County

Address: 320 Hospital Dr, Martinsville, VA 24115

Phone Number: (276) 666-7200

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

#### Medical Services provided at tournament

1-2 Certified athletic trainers will be present throughout the tournament
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Where will the medical staff be at the event

Tournament HQ

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

TD: Dave Branick 410-215-6340 or 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, 4 horn blasts to signal weather emergency

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: Men's link [here](#), Women's link [here](#)

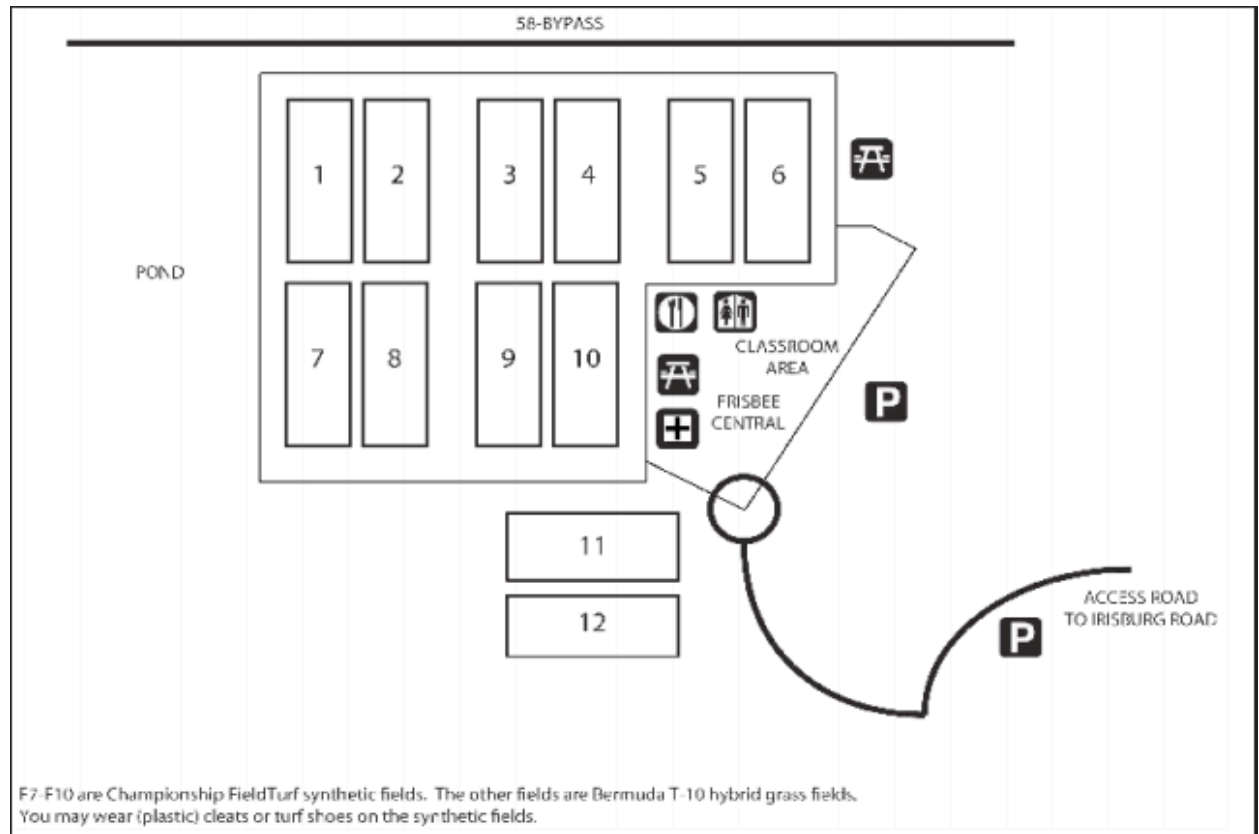
Please report your scores either via text message (Men's to 410-215-6340, Women's to 410-868-5637), or via Twitter @ACRegionals. At the end of the day, check with Tournament Central to make sure that all your scores have been reported. If possible, please report your halftime scores as well so that people can follow along at home. Preferred format is Winning school name, gender and score, losing school name and score. Ex: North Carolina Men 13, UNCW 12; North Carolina State Women 13, Maryland 9

Please keep in mind that we are collecting scores for 32 teams, so please use school names, not team names.

## FIELD MAP

**Teams are not permitted to split the sidelines on the grass fields (1-6, 11-12), so as to prevent unnecessary wear on the fields.**





F7-F10 are Championship FieldTurf synthetic fields. The other fields are Bermuda T-10 hybrid grass fields. You may wear (plastic) cleats or turf shoes on the synthetic fields.

