



Atlantic Coast Open 2022
April 2nd and 3rd in Axton, VA
Smith River Sports Complex
Event Guide

Brought to you by:
Oak Creek Ultimate



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WELCOME

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

TOURNAMENT PARTNERS

[GamePoint Performance](#) has provided official tournament game discs

[Hucket Bucket](#) has provided a bucket for a division champion

Heckler Ultimate has provided a bag for a division champion

[Oak Creek Ultimate Apparel](#) will have a free merch item for a raffle winner

COMPETITION RULES

USA Ultimate Official Rules of Ultimate, [2022-23 Edition](#)

USA Ultimate 2022 College Guidelines linked [here](#)

- All games to 15
- Two timeouts per half, all games
- Halftime Cap: Saturday games 50 min, Sunday games 55 min. Halftime is 10 minutes
- Halftime cap occurs once a predetermined time of play has elapsed. At the halftime cap, play continues until the current scoring attempt is completed. If, after the current scoring attempt is completed, the halftime target has not yet been reached by one team, one is added to the higher score and the resulting number is the new halftime target
- **No Soft Cap**
- Hard Cap: Saturday games 95 min, Sunday games 105 min
- 1 horn blast to start the round, 1 horn blast to signal halftime cap, 2 blasts to signal hard cap
- Caps do not affect timeouts



HOSPITALITY

Field site: [Smith River Sports Complex](#)

Address: 1000 Irisburg Rd, Axton, VA 24054

The Smith River Sports Complex is one of the premier sites for college ultimate on the East Coast. Its artificial turf and Bermuda grass fields have played host to the Atlantic Coast D-1 Regionals every year since 2012, Oak Creek Invite and Mayhem in Martinsville (youth) since 2017, and a large number of phenomenal Without Limits events as well.

Per SRSC rules: teams are not allowed to split the sidelines on the grass fields (1-6, 11,12). This helps reduce wear on the middle of the soccer fields. Thank you for understanding and helping us to continue our positive relationship with the complex.

Hotels: There are several quality hotels within a short driving distance of the fields. Our recommendation is the Comfort Inn in Martinsville.

No formal captain's meeting. Please check in at tournament HQ upon arrival.

Tournament food will not be provided, please plan accordingly. Water coolers for refill will be stationed at every field. Please notify tournament staff if coolers run low.

Oak Creek Ultimate Apparel will be selling tournament-branded merchandise on site. You can also order online [here!](#)

HEALTH AND SAFETY

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 director at 410-868-5637. 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: Memorial Hospital of Martinsville and Henry County

Address: 320 Hospital Dr, Martinsville, VA 24115

Phone Number: 276) 666-7200

[Map Link](#)

Medical Services provided at tournament

2 certified trainers present throughout duration

Where will the medical staff be at the event

Tournament HQ

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



TD Clay Collins 443-974-8640

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

Email prior to tournament, in person or phone during tournament

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

Facility manager and TD will work together to determine whether play will continue. Facility holds up extremely well to weather, and the manager has always been very easy to work with in terms of resuming play

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

[Women's schedule](#); [men's schedule](#)

Please report scores **after each round** by either 1) texting 443-974-8640, 2) Tweet @OakCreekUlti, or 3) update the game in the USAU app. Preferred format is Winning team name, division, and score, losing team name and score. Ex: Michigan Men 13, Liberty 12; James Madison Women 12, Towson 11

FIELD MAP

