



**Oak Creek Challenge 2025
March 1st and 2nd in Frederick, MD at
Utica District Park
Event Guide**

**Brought to you by:
Oak Creek Events**



TABLE OF CONTENTS

Welcome.....	3
Competition Rules.....	3
Hospitality.....	3
Site Rules.....	4
Health and Safety.....	4
Medical and Inclement Weather Plan.....	5
Schedule.....	7
Field Map.....	7



WELCOME

Welcome to the seventh annual Oak Creek Challenge! We are very excited to be running this tournament again 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 three different geographic regions (Atlantic Coast, Metro East, Ohio Valley). Please read through this packet, as it has important information that will help you be prepared this weekend!

COMPETITION RULES

USA Ultimate Official Rules of Ultimate, [2024-25 edition](#)
USA Ultimate 2025 College Guidelines linked [here](#)

- All games to 13.
- Two timeouts per half, all games
- Halftime Cap: all games 45 min. Halftime is 5 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: all games 90 min
- 1 horn blast to start the round, 1 blast to signal halftime cap, 2 blasts to signal hard cap
- Caps do not affect timeouts

HOSPITALITY

Field site: [Utica District Park](#)

Address: 10200-B Old Frederick Rd, Frederick, MD 21701

Tournament food will not be provided, plan accordingly. Water coolers for refill will be at tournament HQ. Please notify tournament staff if coolers run low. No captain's meeting. Tournament staff and trainer will be stationed inside the press box between fields.

When you enter the park off of Old Frederick Road, head straight and then bear to your right and follow the path to the turf fields 6 and 7. If you blindly follow Google Maps, it will take you left towards the baseball fields.

Do not go on any of the grass athletic fields at the complex to warm up, they are closed for the winter season still. The common grass areas are fair game.



SITE RULES

Please adhere to the following rules while at the field site, Utica District Park:

- **ALCOHOLIC BEVERAGES**
- All possession or use of alcohol is prohibited at Frederick County Parks
- Damaging, defacing or removing County-owned property and/or natural features is prohibited.
- No person shall disturb the peace or engage in disorderly or indecent behavior.
- No fires permitted except in fireplaces and grills provided or by permit.
- No one may interfere with any employee or agent of the Division in the performance of official duty.
- Vehicles are only allowed on designated roads and parking lots.
- Vehicles are not allowed on grass.
- Any vehicles left in the park after hours will be towed at owner's expense.
- No vehicles may block roads, boat ramps, fire trails, or hiking trails. Mini bikes, trail bikes, all-terrain vehicles, snowmobiles and any other vehicles that cannot be registered for operation on the public highways are not allowed in Frederick County Parks.
- No amplified music, use of a loudspeaker or any public address system except by permit.
- Sound volume must be kept to a level so as not to create a nuisance.

HEALTH AND SAFETY

An athletic trainer 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 301-471-4831. 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: Frederick Health ER

Address: Emergency Department, 400 W 7th St, Frederick, MD 21701

Phone Number: +12405663300

Map Link:

[https://www.google.com/maps/dir/Utica+Park,+10200-B+Old+Frederick+Rd,+Frederick,+MD+21701/Frederick+Health+\(ER\),+Emergency+Department,+400+W+7th+St,+Frederick,+MD+21701/@39.4695927,-77.443381,13z/data=!3m1!4b1!4m14!4m13!1m5!1m1!1s0x89c9c5bdfa0ca727:0xfed71c402fe33ddc!2m2!1d-77.4017286!2d39.5137421!1m5!1m1!1s0x89c9daf9a5a589d1:0x2f1b7949823aa200!2m2!1d-77.4149544!2d39.4229752!3e0](https://www.google.com/maps/dir/Utica+Park,+10200-B+Old+Frederick+Rd,+Frederick,+MD+21701/Frederick+Health+(ER),+Emergency+Department,+400+W+7th+St,+Frederick,+MD+21701/@39.4695927,-77.443381,13z/data=!3m1!4b1!4m14!4m13!1m5!1m1!1s0x89c9c5bdfa0ca727:0xfed71c402fe33ddc!2m2!1d-77.4017286!2d39.5137421!1m5!1m1!1s0x89c9daf9a5a589d1:0x2f1b7949823aa200!2m2!1d-77.4149544!2d39.4229752!3e0)

Medical Services provided at tournament

1 Certified athletic trainer, scheduled to arrive 30 min prior to start of play each day

Where will the medical staff be at the event

Tournament HQ inside the press box in between fields

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

TD: Ally Golightly 301-471-4831

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. Artificial turf fields allow for play through most inclement weather

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 1) texting the score to 301-471-4831 or 2) Tweet @OakCreekUlti. Preferred Format: Winning team name and score, Losing team name and score. Ex: Cornell 12, Towson 11

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. Tournament HQ will be located **inside the press box** in between fields 6 and 7.

