

Minnesota High School Ultimate League Registration Guide 2010
www.MNHSULTIMATE.org
March 3, 2010

The mission of the Minnesota High School Ultimate League is to provide high quality opportunities for Minnesota high school students to learn and to play the sport of Ultimate Frisbee. We believe in the code of Spirit of the Game and seek to promote spirit among all our participants.

JOIN OUR EMAIL LIST: Send an email to MNHSUltimate-subscribe@yahoo.com to join the Minnesota High School Ultimate League email distribution group. You'll get updates on league happenings, tournaments, and youth opportunities. This email group is the primary communications vehicle for everything youth ultimate in Minnesota.

MAJOR CHANGES FOR 2010

- **Girls' Clinic and Hat Tournament sponsored by Pop Women's Ultimate.**
- **Incentives for Girls teams and coaches.**
- **Fees have increased from \$30 to \$40 per student.**
- **Minnesota State High School Championships moved to Blaine NSC.**

1. IMPORTANT DATES

| | |
|-------------------------|--------------|
| Team Registration Due | March 30 |
| First Girls Game | April 6 |
| First Open Game | April 8 |
| Girls Skills Clinic | April 17 |
| Level I Coaching Clinic | April 17 |
| Madison Mudbath | April 24-25 |
| St Cloud Faceoff | April 24 |
| Granite City Classic | May 1-2 |
| Girls Hat Tournament | May 15 |
| Hopkins Hustle | May 22-23 |
| UPA Westerns (Seattle) | May 8-9 |
| State Championships | June 5-6 |
| UPA YCC Tournament | August 14-15 |

2. GIRLS SKILLS CLINIC SPONSORED BY POP ULTIMATE

Tentative Date: Saturday, April 17. In an effort to support the growth women's ultimate in Minnesota, Pop is planning to host a skills clinic and a hat tournament for high school girls' ultimate players and we would love your support. Objective: The clinic will combine drills to improve individual disc skills with short scrimmages. Pop players will be on hand to provide lots of individual assistance. The Clinic is open to high school girls' ultimate players of all skill levels, especially new players. The fee is \$25 in advance or \$30 if you register at the clinic. The fee will include some kind of Pop

gear. Encourage your players to attend. Suggest specific skills you would like us to target. Send feedback to Jill Oesterreich Kiener at jillastrike@gmail.com.

3. GIRLS HAT TOURNAMENT SPONSORED BY POP ULTIMATE

Tentative Date: Saturday, May 15. Objective: Mix Pop players and high school players together on teams so that the high school girls can learn as teammates from Pop players and get exposure to high level women's ultimate. The tournament will be free and the girls will get jerseys from Five Ultimate. We would like to target the more experienced players on your teams. What you can do: Help us identify players to invite. We would like to involve between 20 – 30 high school players. Encourage your players to attend. If you have any questions or would like to provide feedback, please feel free to contact me at jillastrike@gmail.com or 612-710-3821 or Christie Dosch at cmdosch@gmail.com.

4. UPA LEVEL I COACHING CLINIC

Coaching Ethics and Performance (Level I) Workshop
April 17, 2010
Minneapolis, MN
Location: TBD
<http://www.upa.org/coaches/clinics#173>

5. CALL FOR VOLUNTEERS

The MNHSUL will be hosting two major tournaments this year: the MN State High School Championships, and the UPA Youth Club Championships. Bruce Mebust (bmebust@twincitizen.net), the tournament director for all three tournaments, will need dozens of people to help make these tournaments a success. Please pledge today by going to www.mnhsultimate.org/volunteeruc.aspx.

6. CALL FOR COACHES

Several teams are in dire need of coaches. Without these resources, some schools will have to eliminate teams, or limit the number of students that are able to play. Please reach out to your friends in the Ultimate community and ask them if they are able to help youth Ultimate. Please contact League Coaching Coordinator John Sandahl (johnsandahl@gmail.com) with the details of available volunteers.

7. LEAGUE RULES

The purpose of MN High School Ultimate League games is first and foremost to provide high quality opportunities for Minnesota high school students to learn the game of Ultimate. Players are encouraged to help each other learn the rules and how to apply them during the league games. Coaches are similarly encouraged to use the flexible non-time-restrained format to make sure that everyone is learning proper and spirited self-officiation techniques. The individual scores of league games make very little difference if players aren't learning how to play before they get to the State Championship Tournament.

Game Supervision

Each team MUST have an adult representative at each game. If you do not, it will be counted as a forfeit. If the representative is not a coach, that person must have filled out the chaperone form. The adults should meet briefly before the game starts (with the captains) to discuss their teams' experience level and understanding of the rules, and come to an agreement about how to best facilitate any issues that may come up during the game. We encourage coaches to let the players resolve foul calls and rules discussions on the field, but be ready to help facilitate a discussion if there is excessive conflict or a clear misunderstanding of the rules.

Coaches are under no obligation to let their teams play a game against a team that has no properly educated adult representative on site during the game. If a team does not have an adult on site the game will be considered a forfeit. Coaches are encouraged not to allow their team to play against another team that has no adult representative in order to avoid possible complications from disagreements or dangerous play.

Spirit of the Game

Learning to self-officiate and uphold the spirit of sportsmanship that is essential to Ultimate is the driving force behind this High School League. We want every player to learn the rules, develop their skills, and enjoy the competitive nature of the sport, but not at the expense of respect for other players and coaches. Nothing feels better than earning your successes by playing hard and playing fair. Please help us to ensure this tradition of sportsmanship. Please see www.upa.org/spirit.

From Section 1. Introduction, item B of Official Rules of Ultimate: 11th Edition. "Spirit of the Game. Ultimate relies upon a spirit of sportsmanship that places the responsibility for fair play on the player. Highly competitive play is encouraged, but never at the expense of mutual respect among competitors, adherence to the agreed upon rules, or the basic joy of play. Protection of these vital elements serves to eliminate unsportsmanlike conduct from the Ultimate field. Such actions as taunting opposing players, dangerous aggression, belligerent intimidation, intentional infractions, or other 'win-at-all-costs' behavior are contrary to the Spirit of the Game and must be avoided by all players."

Spirit of the Game sets Ultimate apart from other competitive team sports. For over 30 years, Ultimate has flourished, reaching a highly competitive level, without the use of referees. In Ultimate, the honor system works. Sure, human nature rears its ugly head from time to time - just as in any sport, just as in life. Yet, one of the many beauties of Ultimate is how, even amid the most difficult of situations, utmost graciousness is allowed to meet that challenge head on. Through this balance, Ultimate players are free to demonstrate the most honorable and the most joyous sides of human nature in sport.

Most Ultimate players care deeply about Spirit of the Game. The organizational challenge for the UPA is to foster an environment where the challenge does not become, "to see what I can get away with". Rather than dictate what Spirit of the Game is or should be, it is up to each player to do so for him or herself within the context of the teams he or she plays with and against.

Important: Please be aware that there are consequences for abusing the rules or Spirit of the Game – games may even be forfeited if the safety of players is at risk. Please contact MNHSUL Chair Jeff Hagen (651-341-9448) with concerns that require immediate attention, or present the problem to the MNHSUL Executive Board to discuss a reasonable solution.

- Teams are required to have a league-approved adult on site during a league game, or the game will be forfeit to the opposing team.
- Teams must notify the opposing team of a cancellation within 24 hours prior to a scheduled league game, or the game will be forfeit to the opposing team.
- Teams who accumulate more than 2 forfeits will not be allowed to play in the State Championship Tournament.
- Teams who show a history of reckless, dangerous or unspirited play may not be allowed to participate in the State Championship Tournament.

More about League Rules can be found at: www.mnhsultimate.org/Rules.aspx.

UPA Rules

We are a UPA sanctioned league and will be playing under the UPA 11th Edition Rules of Ultimate. All participants are encouraged to review the rules at the UPA Web site, www.upa.org/ultimate/rules. Coaches, you are responsible for making sure your players are following the rules during league play, so don't hesitate to pause a game to explain them if necessary – everyone will learn something, and the games will be better for it!

8. REQUIRED FORMS

Online Roster (one per team)
UPA Membership (for each player)
Waiver (for each player)
Medical Authorization Form (for each player 17 or under)
(Coaches should have Medical Authorization Form on hand at all times.)
Chaperone Form (at least one per team)

All forms are available for download at: www.mnhsultimate.org/forms.aspx or at www.upa.org/membership/forms.

9. SAFETY

Coaches must consider safety above all else. Therefore, we recommend the following:

1. Make sure you have student Medical Authorization Forms with you at all times.
2. Have a fully stocked first aid kit.
3. We prefer that all coaches have Red Cross First Aid and CPR Training.
4. Know the guidelines for playing in stormy weather.
www.upa.org/lightning_guidelines. Flash-to-Bang: Begin counting when a lightning flash is sighted. Stop counting when the associated thunder is heard. If the count is 30 seconds or less, players should take cover within the safety of their

automobiles. Wait at least 30 minutes after the last flash of lightning or sound of thunder before resuming play.

10. UPA MEMBERSHIP

The Minnesota High School Ultimate League is a UPA sanctioned event. Therefore, all players must be up-to-date members of the UPA. For high school students, the annual fee is \$20. Everyone on the team will need to open up an UPA account. They can do this online at www.upa.org/members/create_account.php. Within a few hours of signing up, they will be sent a password. They then go to ("Member Login"), type in their password, and then get their six digit UPA ID#. For team rostering, coaches will use this UPA ID#.

See www.mnhsultimate.org/HowToPayUpa.aspx for more details about how students can pay and obtain their six digit UPA ID#.

To play on a team in the Minnesota High School Ultimate League, players must provide several pieces of information to their Coaches or Adult Team Advisors. Students may use an online Player's Checklist Form, to print and provide the finished checklist to their Coach/Advisor. www.mnhsultimate.org/PlayersChecklist.aspx

11. PLAYER ELIGIBILITY

All players must meet the following requirements:

- a. Player must be enrolled in high school during the academic period containing the UPA High School Championships. Students must be regular members of the school they represent in order to participate. Students are a "regular member" of a school if they are enrolled half time or more, exclusive of interscholastic athletic activities.
- b. Students will be under 20 on June 1st of the current school year.
- c. Students must not have graduated or received a GED before January 1st of the current school year.
- d. Students who are home schooled will be considered a "High School Player" for the public high school that they would normally attend.
- e. If a student's school does have an Ultimate team registered with the MNHSUL, that player is eligible to play for the team nearest to that players' home.

Violations of these rules may result in disqualification from the current High School Championships and/or disqualification from any or all UPA sanctioned events for up to one year. This penalty is applicable to any and all players on the violating team at the discretion of the UPA, and may include UPA events after the graduation of violating players.

These rules are designed to be as fair as possible for all of the wide range of players participating in the UPA High School Championships. Experience has shown that there can be cases where these rules do not determine absolutely the eligibility of a particular player. For additional clarification, contact the MNHSUL Executive Board (MNHSUltimateExecBoard@yahoo.com.)

Additional details on UPA Youth Competition Guidelines may be found at:
www.upa.org/programs/youthdev/comp_guidelines.

12. UPA ROSTERS (due March 30)

Teams must have at least ten "Eligibility Verified/Complete" players on their roster by March 30. At minimum, players must have turned in their waiver and be up-to-date in their membership to be considered "Eligibility Verified/Complete."

To create an Online Roster, you will need each player's:

1. Name (as registered with the UPA)
2. UPA ID #
3. E-mail address (optional)

To create your UPA Online Roster, you will need to:

- a. Log in to your UPA account, at www.upa.org/members/login.php.
- b. Click the "Online Rostering" link.
- c. Click the "Create a new roster" link.
- d. Click the "Continue with Roster Creation" link.
- e. You will have a choice of "Sanctioned Event" or "Championship Series Event" – For the 2010 MN HS Spring League, click the "Sanctioned Event" link.**
- f. Click the "2010S MN HS LEAGUE" link from the list of events.
- g. Check the "I acknowledge that I have read, understood, and agree to abide by the UPA guidelines." box and Click the "Continue" button.
- h. Fill in: Team Name, State, City, Chaperone 1.
- i. Teams Names should follow the form "SCHOOL DIVISION TEAM-YEAR"
- j. Example: WHITE BEAR LAKE OPEN A-09 or WHITE BEAR LAKE GIRLS-09
- k. Click the "Create Roster" link.
- l. Click the "Add Player" link.
- m. For each player, enter First Name, Last Name, and UPA ID#. (The e-mail address is optional.)
- n. Click the "Add Players to Roster" link.
- o. Check player status.
- p. Repeat steps l-o until your roster is complete.
- q. Be sure to click the "Submit Roster to UPA" link or your roster will not be completed. (you can still add or remove players later on, if necessary.)

The next time you log on it will show you as an organizer of this team, you can click right on it to edit the list or check the status of players.

****NOTE: The State Championship Tournament will require a separate roster. State Championship Tournament rosters will be due in the weeks prior to the State Championship Tournament event.** When creating your State Championship Tournament roster, you will choose "Championship Series Event" in step 'e' above. You will then choose "High School" and "Minnesota" from the drop down boxes and select either "2010H MN HIGH SCHOOL OPEN" or "2010H MN HIGH SCHOOL GIRLS," as appropriate. At that time, you will be able to "Import Other Roster," saving you much time and effort.

Prepare Now:

- Create your UPA online account, www.upa.org/members/create_account.php

- Create your teams' empty roster today, regardless of players
- Players will need to be in the UPA's member database
- Have your players' names & UPA ID#s handy
- Each player must be an up-to-date member of the UPA. (\$20 annual fee)

Rosters will be reconciled throughout the year and before the State Championship Tournament by Mike Berseth (mike_berseth@yahoo.com), our UPA Minnesota State Youth Coordinator. The total players on each team must match the A) UPA online roster, AND B) monies paid to the league (\$40 per player). Players not fulfilling the requirements will not be allowed to play in the State Championship Tournament.

More details about rostering can be found at www.mnhsultimate.org/HowToRoster.aspx

The UPA has provided much detail in the way of online rostering. Here are a number of links to help you if you get stuck.

www.upa.org/juniors/championships/rostering_101
www.upa.org/outreach/rosteringguide
www.upa.org/roster/help
www.upa.org/roster/help/organizer
www.upa.org/roster/help/organizer/faq

13. LEAGUE FEES (due March 30)

Team Deposit Checks

Each team (not school) must submit a \$200 deposit check. This deposit check ensures that teams will not forfeit halfway through the season, or skip out on Sunday's competition at the State Championships. Deposit checks for teams in good standing will be destroyed at the end of the season, unless check return is requested.

Each team must submit individual checks of \$200. For programs with three separate teams, we will require three checks of \$200 each will be required to send to the League by March 30.

Players Fees

Nearly all teams will play in both the league as well as the State Championship Tournament and therefore will be charged \$40 per player. Teams such as Cathedral, Howard Lake, and Rochester are likely to play in the State Championship Tournament but not the League. Such teams will be charged \$30 per player. Alternatively, some teams may not be able to participate in the State Championship Tournament, but intend to fully participate in the Spring League. Such teams will be charged \$30 per player.

By March 30, we ask that each team (not school) submit a single check for \$400, which is the fee for the ten player minimum. Please send exactly \$400 by March 30.

Do not send interim checks to the league. Instead, send one last remaining balance to Treasurer Kelly by May 20.

After March 30, players may be added to your team. The deadline for rosters and fees for the State Championship Tournament will be May 20. At that time, one last bulk check will need to be mailed to the League. Again, rosters will be reconciled before the State Championship Tournament. The total players on each team must match the A) UPA online roster, AND B) monies paid to the league (\$40 per player). Players not fulfilling the requirements will not be allowed to play in the State Championship Tournament.

Make checks to MNHSUL and be sure to indicate Team (not school) in check Memo. Mail all checks to League Treasurer, Kelly Bretz (kellybretz@gmail.com):

MNHSUL
c/o Kelly Bretz
980 Kohlman Ct.
Maplewood, MN 55109

14. INCENTIVES FOR GIRLS PROGRAMS

The UPA offers a program that rebates coaching clinic fees to coaches that will coach a girls team: <http://www.upa.org/outreach/womens/coaching> The goal of this rebate program is to develop more women leaders and to promote women in Ultimate. The value of this rebate is \$75.00, and much more if you consider all that you can learn by attending. Help us with this goal, work your way towards becoming a leader today!

For coaches wishing to start or continue a Girls High School team, you may be eligible for a [UPA Women's Clinic Kit](#). The Women's Clinic Kit is free to eligible applicants and includes:

- * 8 women's Ultimate promotional posters
- * 8 Discraft 175g Ultrastar discs
- * 2 UPA official pocket-sized rulebooks
- * 10 Simple Rules
- * A guide for organizing and planning your own women's program or clinic
- * Introductory Skills Manual

The Minnesota High School Ultimate League will provide a **\$500 discount** to any NEW Girls team. The League will also provide a one-time **stipend of \$200** to the head coach of any Girls team, old or new. Stipends will be awarded at the Minnesota State High School Championships.

15. SUMMARY OF OBLIGATIONS

The MNHSUL needs the following by March 30:

- \$200 Team Deposit
- Check in the amount of exactly \$400, which covers the ten player minimum.
- Completed Rosters
- Team contact info:
 - Coach name(s)
 - Phone number (cell)

Email address (will be added to the coaches@mnhsultimate.org email list)
School/Team name
Team web site URL
Roster Coordinator (RC)
RC email address (will be added to the coaches@mnhsultimate.org email list)
RC phone number

(Send Team Contact info to MNHSUltimateExecBoard@yahoo.com)

Additional MNHSUL Team Registration Details can be found at
www.mnhsultimate.org/TeamReg.aspx

The UPA needs the following by March 30:

- \$20 membership dues per player
- Liability waivers (one from each player)
- Chaperone waivers (minimum one from each team)

Send liability and chaperone waivers to:
UPA
4730 Table Mesa Dr.
Suite I-200C
Boulder, CO 80305

16. SPIRIT OF THE COACH

The role of the coach at all levels of Ultimate is unique in a sport that places on-field player authority above non-player influence. As non-players the coach's authority must not extend to the on-field officiating process. Coaches may be faced with situations where they are able to correct the self-officiating process and ensure the correct outcome to a given play. In this situation, coaches must not interfere in the officiating process, in order to ensure that players learn and take responsibility for officiating. Coach interference in the decision making process, even in the most egregious violations, will indicate to players that the coach and not the players have the ultimate responsibility for ensuring the inherent fairness of the game. Teaching players the rules and how to implement them should be done at practices or off of the field. It is the coach's responsibility to ensure that the players understand their own responsibilities as players and teach players how to handle those responsibilities.

1. Coaches must not interfere in the officiating process.
2. Teach the rules should at practices or off of the field.
3. Coaches should introduce themselves to the other coaches prior to a game.
4. Discuss captain's clause. (e.g. prohibiting zone for new teams or footblocking)
5. Educate parents about Spirit of the Game (SOTG).
6. The best way to teach SOTG, is to be a good example to all.

Summary: The coach's goal in terms of Spirit of the Game is to create an environment where players are responsible for upholding the rules and ensuring that the outcomes of plays and games are fair.

17. LEAGUE GAMES

The season extends over eight weeks beginning the first week in April. All games are to begin at 6:00pm unless otherwise agreed upon by both parties. Please contact the opposing team at least 48 hours before game to discuss game start time, location, experience level, SOTG, and other expectations. Games are played to 15 (teams can choose to play to less, or play again if they finish early.) Think Green! We ask that the Home team provides a means of recycling bottles and cans.

Girls Games will take place on Tuesdays. Game dates will be April 6, 13, 20, 27, May 4, 11, 18, 25.

Open Games will take place on Thursdays. Game dates will be April 8, 15, 22, 29, May 6, 13, 20, 27.

18. SCORE REPORTING

Scores shall be reported on www.mnhsultimate.org within 12 hours of game completion. Spirit scores will be also reported for all league games. Spirit Ranking Guidelines can be found at www.upa.org/spirit/rankingguidelines. The UPA Score Reporter will be updated by Chris Van Holmes.

19. SUMMER LEAGUE

The MNHSUL will be offering a Youth Ultimate Summer Club League in July and August. This youth league will allow players to build skills and compete along side student athletes from other schools. All skill levels welcome. Coaches, you are the best recruiting tool for promoting this opportunity. Encourage your players to participate in the 2010 Minnesota Youth Ultimate Summer Club League.

20. YOUTH CLUB CHAMPIONSHIP TRYOUTS

YCC Tryouts for Open, Girls, and Mixed will take place immediately following the Minnesota State High School Championships. Stay tuned to www.mnhsultimate.org for more details.

21. JOIN OUR EMAIL LIST

Coaches, captains, and parents are encouraged to join the League's email list by sending an email to MNHSUltimate-subscribe@yahoogroups.com. This distribution list allows the League to communicate important changes regarding the League and the State Championship Tournament. It also allows local tournament directors and summer camp providers the opportunity to announce their events to the MN Youth Ultimate community at large.

Post message: MNHSUltimate@yahoogroups.com
Subscribe: MNHSUltimate-subscribe@yahoogroups.com
Unsubscribe: MNHSUltimate-unsubscribe@yahoogroups.com
List owner: MNHSUltimate-owner@yahoogroups.com

22. LOCAL TOURNAMENTS

Madison Mudbath

April 24-25, 2010

Madison Memorial High School, Madison, WI

TD: Dan Raabe 608-663-6262 dsraabe@gmail.com

<http://memorialultimate.googlepages.com/madisonmudbath>

St. Cloud Face-Off

April 24, 2010

Whitney Park, St. Cloud, MN

TD: Chris Reicher 320-253-1008 info@cgreicher.com

One day tournament for B-squads, JV squads, lower level Open/Varsity squads. \$75 per team.

Granite City Classic

May 1-2, 2010

Whitney Park, St. Cloud, MN

TD: Chris Reicher 320-253-1008 info@cgreicher.com

Open, Womens, B-Squad Divisions. \$200 (\$225 after April 15)

Hopkins Hustle

May 22-23, 2010

Twin City Polo Club, Maple Plain, MN

TD: Peter Ilten 612-716-4921 hustleTD@gmail.com

www.hopkinshustle.blogspot.com

UPA High School Westerns

May 8-9, 2010

Seattle, WA

www.upa.org/juniors/championships/2010_hs_westerns_temp

Minnesota State High School Championships

June 5-6, 2010

Blaine National Sports Center, MN

TD: Bruce Mebust 612-721-4090 bmebust@twincitizen.net

Volunteer Coordinator: Lauren Gloede 651-645-1747 laurengloede@gmail.com

www.mnhsultimate.org/state.aspx

UPA Youth Club Championships

August 14-15, 2010

Blaine, MN

TD: Bruce Mebust 612-721-4090 bmebust@twincitizen.net

www.upa.org/juniors/championships/2010_ycc_temp