



# UKU Junior Women's Indoor Nationals 2018-2019 Information Pack

We look forward to seeing you at Junior Women's Indoor Nationals 2018-2019. We hope you will have an enjoyable and competitive day, and we believe the information contained in this pack will facilitate this. Contact details for the organiser are included if you do have further questions.

## Contacts

**Tournament Director:** Ant Bailey [anthony.bailey@ukultimate.com](mailto:anthony.bailey@ukultimate.com) 07876597997

## Venue

**Address:** Arena Sports Kettering, Thurston Drive, Kettering, NN15 6PB

**Directions:** Comprehensive driving directions can be found here:

<http://www.arenakettering.co.uk/how-to-find-us/>

There are 600 spaces for cars and an additional 12 spaces for coaches.

Kettering Train Station is approximately 1 mile (15-20 minutes walk) away from the venue.

## IMPORTANT

- **The Captains'/Coaches' Meeting is at 10:00 am. Pitch 2 (middle pitch) in the main Sports Hall.**
- All of the important info should be in this pack, but please contact the TD if you have any questions.
- There will be some inexperienced players / teams at this tournament. Please take time to help them learn about spirit, rules and playing technique.
- It is obvious – but remember to take care near the walls – both for your own safety, and that of other players. It is never worth hitting the wall to get the disc!

## Conduct in the Sports Centre

- **DO NOT THROW IN CORRIDORS.** Do not run in corridors.  
We have written the schedule to allow a few minutes on-pitch warm up before each game, so there is no reason and no excuse to run or throw in the corridors. There is every chance that you will be disqualified from playing if you are seen to be doing silly things in corridors. Please show respect for other sports centre users.
- At a previous event, a member of the public required first aid after being hit by a disc in a corridor. To emphasise again - **DO NOT THROW IN CORRIDORS - YOU WILL BE DISQUALIFIED.**
- Do not obstruct walkways or fire exits. Ensure that there is always enough space for wheelchairs to pass. Do not obstruct access to the gym, and certainly react politely if members of the public

ask to get past you - again, we have had incidents of complaints where teams have blocked a doorway and then been rude about moving. We do not own the corridors.

- Be respectful of other sports centre users, especially those not here for the tournament. Please do not use any aggressive or distasteful language. The sports centre is still open for normal use while we are there. Please be respectful of their right to the available space also!
- Only players and coaches for the current game are allowed to be on the sideline. Spectators are not permitted in the sports hall, and must observe from the balcony (although please remember to keep it clear for other users who wish to pass through).
- **No outdoor shoes** are permitted in the sports hall. If you are leaving the building, please change your shoes.
- **Please pick up all of your litter.** There are plenty of bin bags available from the staff.
- The venue is regularly used for Ultimate, and the sport has an excellent reputation with the staff there. Please maintain it.

## Footwear

The Sports Hall has a sprung wooden floor - you will need clean, non-marking indoor trainers.

## Facilities

As well as the usual facilities (changing rooms, showers and four pitches etc.), there is a café on site which will serve sandwiches and snacks.

There is also a Co-op shop located on Bignal Court/Lake Avenue, NN15 7RH roughly 10-15 minutes walk or 2-3 minute drive from the venue. Leave the venue, turn left onto Thurston Drive, then turn left onto Lake Avenue and walk/drive until you get there. There also appears to be a public footpath off Olympic Way which you follow until you reach Lake Avenue, turn left and the Co-op is there.

Do NOT take food or drink into the hall itself, other than water in a properly sealed container.

## Disc Sales

There will be a limited number of discs for sale over the weekend. These will be sold from the TD desk overlooking the Sports Hall. They will be priced at £10 per disc.

## Observance of Remembrance

As the event falls on Sunday 11th November, the schedule has been adapted to allow for a 2 minute silence starting at 11am.

We invite all attendees to join us in using this time for reflection in honour of all those who have been lost, have suffered or continue to suffer as a result of war and conflict around the world.

The start and end of the silence will be signalled by a double blast on the game whistle. Following its conclusion, teams will have 1 minute to prepare for the start of the next game. The start of subsequent games may be slightly delayed, but we will seek to make up the time as quickly as possible.

## Injuries

Please report all injuries, mishaps and other problems to the TD desk. First aid can also be received from the venue's on-site first aider, and they will ring for an ambulance if necessary.

In case of minor injuries which require immediate medical attention, the nearest A&E is Kettering General Hospital, Rothwell Road, NN16 8UZ.

Please inform the tournament directors ASAP of any accident requiring an ambulance or first aid response.

## Schedule

The schedule for this weekend can be found at the following link: <https://goo.gl/BYsh4H>

- The full schedule will also be on display at the TD desk overlooking the Sports Hall.
- Details of time-outs and other game rules are listed on the schedule.
- Please hand in your final scores to the TD desk immediately after your game!

## End of Game Rules

When the buzzer sounds, finish the **possession** (not necessarily finish the point). If there is a turnover or a goal the game is over. Draws are allowed in all Pool Games but not in Knockout Games. After the group stages if the scores are level when the game ends then play until the next goal. There is no need to stop to acknowledge the buzzer: make sure you know what the score is if your game is tight towards the end!

## 3-way Ties

If teams record the same number of wins in groups, the order of finishing will be decided as follows:

1. Head to head between tied teams
2. Points difference in games between tied teams
3. Points difference in the whole pool
4. Points scored in games between tied teams
5. Points scored in the whole pool
6. Rock-paper-scissors best of 3

## After Your Games

There is some space available in the main building for Spirit Circles and call, but please make an effort not to be loud or difficult around other users of the centre. Please avoid doing calls in doorways and at the bottom of stairs for health and safety reasons.

*After you have done your calls please give your game scores into the TD desk as soon as possible so that we can keep the day running smoothly. Also, don't forget to submit spirit as soon as you've finished playing! (How to score spirit is outlined below.)*

## Spirit of the Game

We're using the same spirit system we use for all our adult events. The criteria and method for scoring teams can be found at the back of this info pack. However, please ask at the tournament desk if you have any queries.

Spirit scores will be entered through an online form,



which can be found here: <https://goo.gl/VQpJEU>

You should be able to access the form on your smartphone (or one of your team-mates' phones – some models seem to struggle more than others).

Please enter scores as promptly as you are able – in particular, we expect to award a spirit trophy based on the results that have been entered before the presentation. If you fail to enter your scores on the day, it is of course still worth entering them later as it improves the feedback your opponents receive, but if you can enter them on the day it would be far better.

(If you end up, a week after the tournament, with the highest spirit – but someone else took the trophy – that's hard luck I'm afraid. Take it up with the teams who submit late!)

## Rules of Ultimate

Please make sure your players are as familiar with the rules as possible. Experienced players and coaches should take time during the day to help newer players learn any rules they don't know. Try to do this on the sideline after the point rather than holding up a game if possible. There will be a copy of the rules available at the TD desk if you need to see it.

The rules on the pull for indoors always cause some discussion. For a valid pull, the disc needs to pass through an imaginary box covering the endzone and be less than 2 metres from the floor. For junior tournaments this height is amended to 'within reach of the nearest player'. In simple terms, throw nice high floaty pulls that land in the endzone, and then get on D. Please don't ping discs hard into the corners or knife it at people. Receiving team, always try and catch the pull, or be prepared to start from the back of your endzone.

Link to current UKU indoor rules below:

<http://www.ukultimate.com/system/files/UKU%20Rules%20of%20Indoor%20Ultimate%202017.pdf>

## In the case of an emergency

If you come across a fire, please raise the alarm at the point closest to you or inform a member of staff immediately. Then immediately make your way to the assembly point (please find out where this is when you arrive) and do not collect your personal belongings. As a team captain/coach/school teacher, please make sure that all of your players are there and then let the TD know that you have everyone with you. If you can't find one of your players, DO NOT go back into the building - just let the TD know as soon as possible.

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**Discraft** sponsor all *UK Ultimate* tournaments and are of course the suppliers for your team disc at this event.



**We wish you the best of luck for the weekend and hope you have a great time!**

## Spirit Criteria\*

		Score				
		0	1	2	3	4
		Poor	Not So Good	Good (Normal)	Very Good	Excellent
<b>C a t e g o r y</b>	<b>Rules Knowledge and Use</b>	<ul style="list-style-type: none"> <li>They repeatedly showed that they didn't know the rules and weren't willing to learn them.</li> <li>They intentionally broke the rules.</li> </ul>	<ul style="list-style-type: none"> <li>They didn't know all the main rules and didn't try to learn them.</li> <li>They didn't keep to time limits.</li> </ul>	<ul style="list-style-type: none"> <li>They had good knowledge of the rules or were willing to learn them.</li> <li>They kept to time limits.</li> </ul>	<ul style="list-style-type: none"> <li>They knew advanced rules and applied them well.</li> <li>They helped us to understand the rules.</li> </ul>	<ul style="list-style-type: none"> <li>They knew advanced rules and helped us to understand them.</li> <li>They clearly explained how the rules applied to situations in the game.</li> </ul>
	<b>Fouls and Body Contact</b>	<ul style="list-style-type: none"> <li>There were several examples of dangerous plays.</li> <li>They repeatedly fouled us, even after we spoke to them about it.</li> </ul>	<ul style="list-style-type: none"> <li>There was a bit too much body contact.</li> <li>There were a couple of dangerous plays.</li> </ul>	<ul style="list-style-type: none"> <li>There was very little or no body contact and it didn't affect the game.</li> </ul>	<ul style="list-style-type: none"> <li>They actively tried to avoid body contact.</li> </ul>	<ul style="list-style-type: none"> <li>They tried to avoid body contact when moving and catching.</li> <li>They changed their movements to avoid body contact.</li> </ul>
	<b>Fair-Mindedness</b>	<ul style="list-style-type: none"> <li>They were never willing to listen to our points of view.</li> <li>They made several calls which were not justified or fair.</li> </ul>	<ul style="list-style-type: none"> <li>They tried to make every call go their way.</li> <li>They made a couple of calls which seemed unfair.</li> <li>They complained when we made calls.</li> </ul>	<ul style="list-style-type: none"> <li>They only made fair calls on things which affected the game.</li> <li>They listened to our points of view and were willing to accept them.</li> </ul>	<ul style="list-style-type: none"> <li>They gave opinions on calls which benefitted us if they thought that we were right.</li> <li>They were willing to accept that they were wrong when they made calls.</li> </ul>	<ul style="list-style-type: none"> <li>They often gave opinions to support us or helped us to understand why we could make a call if we were unsure.</li> <li>They stayed fair in important points.</li> </ul>
	<b>Positive Attitude and Self-Control</b>	<ul style="list-style-type: none"> <li>They were often rude towards others.</li> <li>They were physically aggressive.</li> <li>They 'spiked' the disc aggressively or damaged equipment several times.</li> <li>They didn't respect us.</li> </ul>	<ul style="list-style-type: none"> <li>They were rude or aggressive towards others sometimes.</li> <li>They celebrated when we made mistakes.</li> <li>They 'spiked' the disc aggressively or damaged equipment occasionally.</li> </ul>	<ul style="list-style-type: none"> <li>They were generally friendly, polite and positive during and after the game.</li> <li>They played with the same attitude regardless of the score.</li> </ul>	<ul style="list-style-type: none"> <li>They were very friendly and polite.</li> <li>They introduced themselves to us or spoke to us on the sideline.</li> <li>They complimented us when we did something well.</li> <li>They didn't get angry with others.</li> </ul>	<ul style="list-style-type: none"> <li>They were very friendly and polite, even during stressful times.</li> <li>They celebrated with us when we did something well.</li> <li>They didn't get angry, even when things didn't go well for them.</li> </ul>
	<b>Communication</b>	<ul style="list-style-type: none"> <li>They refused to discuss calls or got angry in discussions.</li> <li>They used offensive language or behaviour.</li> </ul>	<ul style="list-style-type: none"> <li>They often gave opinions on calls without being invited.</li> <li>They got angry or were rude during calls sometimes.</li> <li>They took too long in discussions or between points.</li> </ul>	<ul style="list-style-type: none"> <li>They communicated respectfully throughout.</li> <li>They clearly explained their point of view and waited their turn when we spoke.</li> <li>They kept to discussion time limits.</li> </ul>	<ul style="list-style-type: none"> <li>They were very polite during calls and provided examples to help us to understand their point of view.</li> <li>They sometimes used official hand signal to help other players understand what was going on.</li> <li>They discussed spirit issues if needed.</li> </ul>	<ul style="list-style-type: none"> <li>They took time to make sure our newer players knew what was happening and why.</li> <li>They were very polite during calls and helped us if we were struggling to explain ourselves.</li> <li>They used official hand signals throughout the game.</li> </ul>

**Comments** - You need to add a comment in about why you've given a team that score if you've scored them with any 4s or 0s, or if the total score is less than 6 or more than 14. If you're not sure if you've scored someone correctly, check with your teacher, coach or at the TD desk.

\*Revised from original WFDF document for use at Junior Women's Indoor Nationals 2018-2019.