



Welcome

Without Limits is proud to host Virginia is for Layouts, a tournament focused on D-III teams, on-the-cusp teams, and B teams. The growth and development of women's ultimate is our passion, and this event has been one of our most important projects for the past two seasons. Our goal is to create an event that will change the way your team thinks about women's ultimate. It is about more than creating an opportunity for at-level competition. It is about building camaraderie among this group of teams, connecting you with resources, and giving you access to some of the best players and coaches in the game. Our hope is that this weekend will help your team take the next step in its development. We are grateful to all of our guest coaches for being here this weekend, and to all of the people who have helped behind-the-scenes to make this event possible. We hope you have a great experience, and that you help us to build this event in future years. Play hard, play fair, and have fun.

- Michelle

Weekend Schedule Saturday, Mar 16

No Captains' Meeting!

Check in at Frisbee Central upon arrival.

	Start Time	Soft Cap	Hard Cap
Round 1	8:30	Fundamental Skills Sessions	
Round 2	10:15	11:40	11:55
Round 3	12:00	1:25	1:40
Round 4	1:45	3:10	3:25

Skills Clinic (3:45-5:15)

Meet at Frisbee Central at 3:40!

Showcase Game (5:30-6:30)

Sunday, Mar 17

	Start Time	Soft Cap	Hard Cap
Round 1	8:30	9:55	10:10
Round 2	10:15	11:40	11:55
Round 3	12:00	1:25	1:40
Round 4	1:45	3:10	3:25



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Emergency Contact

Michelle Ng | (415) 215-0903

Tournament Rules

USA Ultimate 11th Edition Rules
Pool Play- games are to 13 (point cap at 15)

Horns
Start of round: 1 whistle
Soft cap: 2 whistles
Hard cap: 3 whistles

Timeouts
One timeout per half plus one floater
Caps do not affect timeouts.

Caps
Soft cap: Add two to the higher score after the point and play to that. No more win by 2.
Hard cap: Finish the point. If it's tied, play one more. If not, game over.

Determining pool finishes in case of a 3-way tie
Results will be determined using:
1. Point differential among teams in the tie
2. Point differential against the rest of the pool
3. Total points scored
4. Coin flip

VIRGINIA IS FOR LAYOUTS 2013

INSTRUCTIONS FOR REPORTING SCORES

Please report your scores via text message. At the end of the day, check to make sure that your scores are reported at Frisbee Central. You may also report your scores via the USAU SRT.

Example:

Your Team: University of California-Santa Barbara Burning Skirts

Opponent: University of Washington Element

Final Score: 15-11

TEXT:

Santa Barbara 15 - Washington 11 (F)

Please keep in mind that we are collecting scores for 19 teams, so use team names that are clear.

TEXT SCORES TO (415) 215-0903.



QR code for reporting scores via SRT



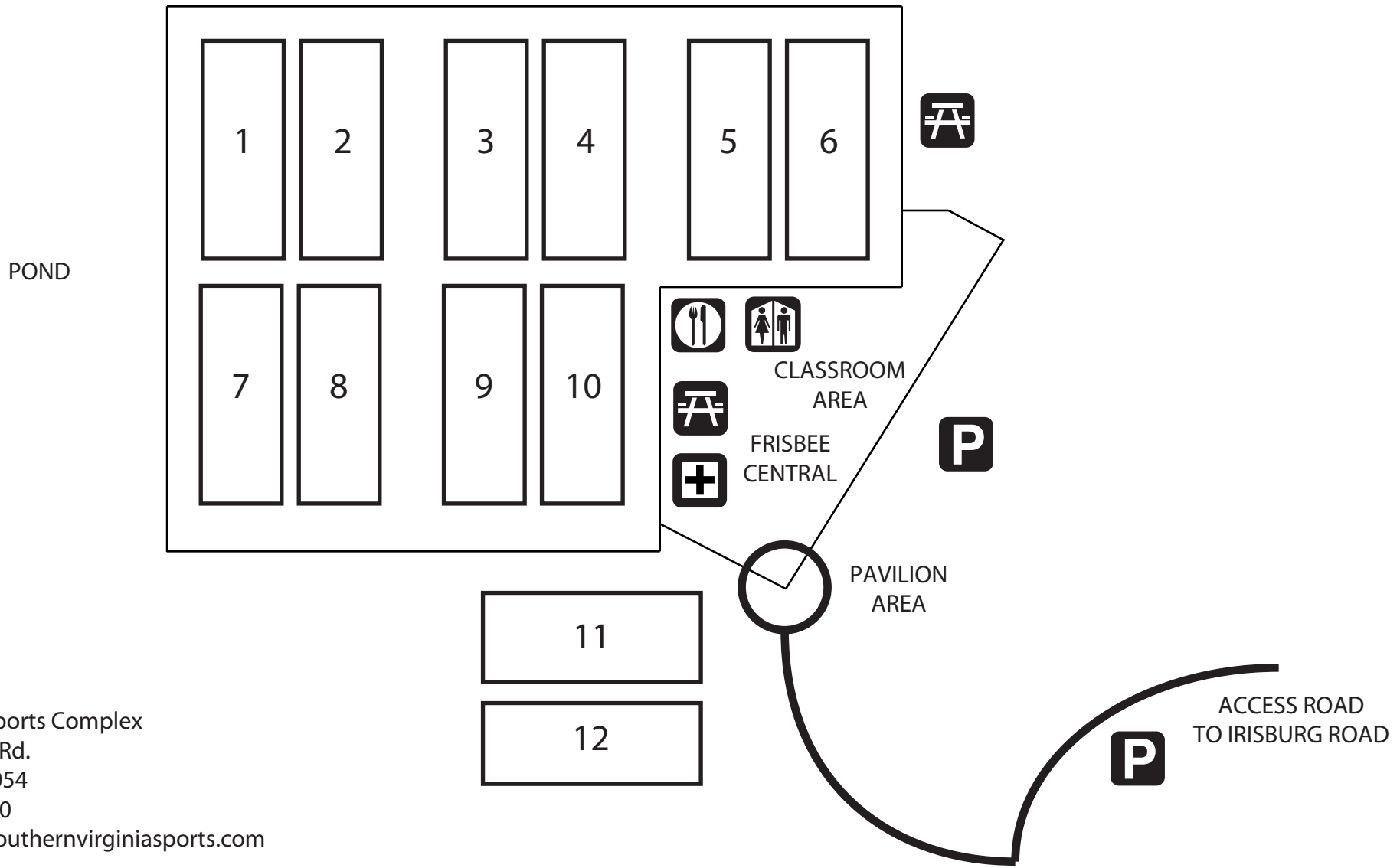
WithoutLimitsUltimate



@wlultimate

VIRGINIA IS FOR LAYOUTS 2013 FIELD MAP

58-BYPASS



Smith River Sports Complex
1000 Irisburg Rd.
Axton, VA 24054
(276) 638-5200
<http://www.southernvirginiasports.com>

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.



VIRGINIA IS FOR LAYOUTS 2013 SCHEDULE

SAT	GAMES	Development	Byes
8:30-9:30	<p>Fundamental Skills Sessions http://withoutlimitsultimate.com/projects/layouts13/fundamental-skills-sessions/</p> <p><u>Beginning Throwing</u>- Steve, Judy, Melissa, Rachel, Alicia (F1)</p> <p><u>Intermediate / Advanced Throwing</u>- Jessi, Brian, Brett, and Katy (F2)</p> <p><u>Developing a Season-Long Plan and Practice Planning</u>- Christian (Classroom)</p> <p><u>Effective Team Leadership</u>- Chelsea and Amy (Pavilion)</p>	All Roundup Division Teams	All Regular Division Teams
10:15-12:00	Notre Dame A v. William & Mary (F1) Cornell A v. Davidson (F2) JMU v. Wellesley (F3) Smith A v. Swarthmore (F4) Elon v. Williams A (F5) Notre Dame B v. Cornell B (F6) HB Woodlawn v. Tufts BX (F7) Williams B v. Tufts BY (F8) Smith B v. Penn B (F9)	Dartmouth B (F10)	
12:00-1:45	Notre Dame A v. JMU (F1) Cornell A v. Smith A (F2) Elon v. Notre Dame B (F3)	William & Mary (F6) Davidson (F7) Wellesley (F8)	



VIRGINIA IS FOR LAYOUTS 2013 SCHEDULE

	Smith B v. HB Woodlawn (F4) Tufts BY v. Dartmouth B (F5)	Swarthmore (F9) Williams A (F10) Williams B (F10) Cornell B (F11) Tufts BX (F12) Penn B (F12)	
1:45-3:30	Cornell A v. JMU (F1) Notre Dame A v. Elon (F2) William & Mary v. Wellesley (F3) Davidson v. Smith A (F4) Swarthmore v. Williams A (F5) Notre Dame B v. Tufts BX (F6) HB Woodlawn v. Tufts BY (F7) Williams B v. Cornell B (F8) Penn B v. Dartmouth B (F9)	Smith B (F10)	
3:45-4:30	Skills Clinic Session #1 http://withoutlimitsultimate.com/projects/layouts13/skills-clinic/ <u>Breaking the Mark</u> - Amy and Brett (F1) <u>Hucking</u> - Katy and Jessi (F2) <u>Man Defense</u> - Christian and Melissa (F3) <u>Cutting</u> - Brian and Judy (F4) <u>Laying Out</u> - Chelsea and Rachel (F5) <u>Marking</u> - Steve and Alicia (F6)	Skills Clinic	Optional Skills Clinic



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4:30-5:15	Skills Clinic Session #2 http://withoutlimitsultimate.com/projects/layouts13/skills-clinic/ <u>Breaking the Mark</u> - Amy and Brett (F1) <u>Hucking</u> - Katy and Jessi (F2) <u>Man Defense</u> - Christian and Melissa (F3) <u>Cutting</u> - Brian and Judy (F4) <u>Laying Out</u> - Chelsea and Rachel (F5) <u>Marking</u> - Steve and Alicia (F6)	Skills Clinic	Optional Skills Clinic
5:30-6:30	Showcase Game Coaches and Selected Players (F5)	Showcase Game	Showcase Game
SUN			
8:30-10:15	Notre Dame A v. Davidson (F1) Cornell A v. William & Mary (F2) JMU v. Williams A (F3) Smith A v. Wellesley (F4) Elon v. Swarthmore (F5) Notre Dame B v. HB Woodlawn (F6) Williams B v. Penn B (F7) Cornell B v. Tufts BX (F8)	Tufts BY (F9)	Smith B Dartmouth B



VIRGINIA IS FOR LAYOUTS 2013 SCHEDULE

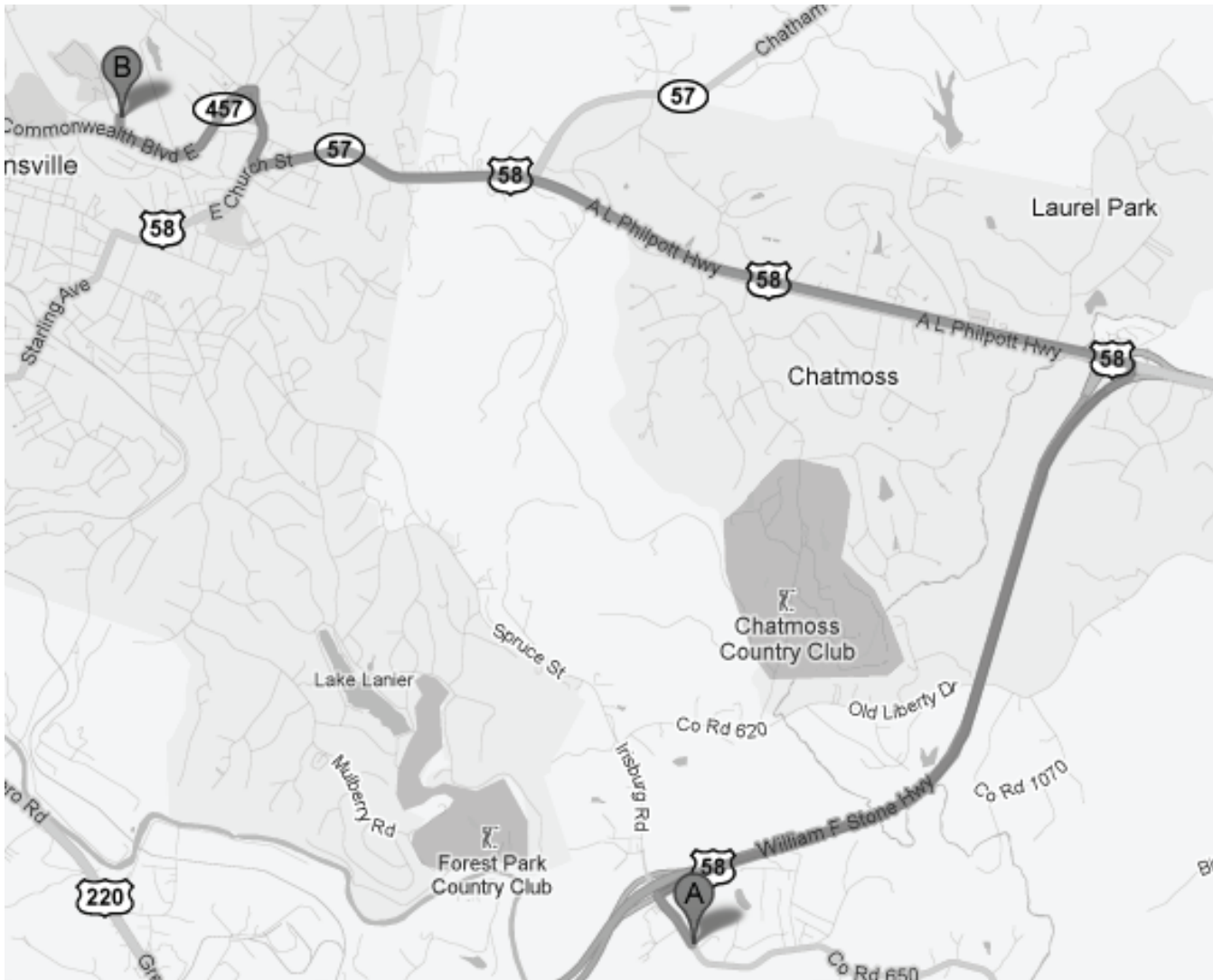
<p>10:15-12:00</p>	<p>Notre Dame A v. Cornell A (F1) JMU v. William & Mary (F2) Davidson v. Swarthmore (F3) Wellesley v. Elon (F4) Williams A v. Smith A (F5) Williams B v. Notre Dame B (F6) Cornell B v. Dartmouth B (F7) Smith B v. Tufts BX (F8) Penn B v. HB Woodlawn (F9)</p>		<p>Tufts BY</p>
<p>12:00-1:45</p>	<p>Notre Dame A v. Wellesley (F1) Cornell A v. Elon (F2) JMU v. Smith A (F3) William & Mary v. Swarthmore (F4) Davidson v. Williams A (F5) Williams B v. Smith B (F6) Tufts BX v. Penn B (F7) Tufts BY v. Notre Dame B (F8) Dartmouth B v. HB Woodlawn (F9)</p>		<p>Cornell B</p>
<p>1:45-3:30</p>	<p>Notre Dame A v. Smith A (F1) JMU v. Elon (F2) Cornell B v. HB Woodlawn (F3) Smith B v. Tufts BY (F4) Dartmouth B v. Notre Dame B (F5)</p>		<p>Cornell A William & Mary Davidson Wellesley Swarthmore Williams A Williams B Tufts BX Penn B</p>

VIRGINIA IS FOR LAYOUTS 2013

MAP

HOSPITAL
Martinsville Memorial Hospital
320 Hospital Drive
Martinsville, VA 24112
(276) 634-1950

An athletic trainer will be available all day at Frisbee Central to tape ankles and evaluate injuries. For your convenience, there will be two trainers each morning to cut down on lines. Ice (for injuries) is also available at Frisbee Central. In case of emergency, please call 911.



DIRECTIONS FROM FIELDS:

1. Head northwest on Co Rd 650 / Irisburg Rd toward Urban Dr (0.3 mi)
2. Turn left onto the US-58 E ramp to Danville (0.3 mi)
3. Merge onto US-58 Bypass E (2.9 mi)
4. Take the US-58 BUS W exit on the left toward Martinsville (0.2 mi)
5. Turn left onto US-58 W / US-58 BUS W/A L Philpott Hwy. Continue to follow US-58 W / US-58 BUS W (4.1 mi)
6. Turn right onto Chatham Heights Rd (0.4 mi)
7. Turn left onto Commonwealth Blvd E (0.8 mi)
8. Turn right onto Hospital Dr. Destination will be on the right. (367 ft)

VIRGINIA IS FOR LAYOUTS 2013

SPONSORS

We would like to thank all of our sponsors for supporting Virginia is for Layouts. This event would not be possible without their generous donations. Thank you for everything you do for women's ultimate and for your local communities!

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BY CHOICE HOTELS



WITHOUT LIMITS



Women's Ultimate. Community. Competition. Empowerment. Without Limits.

Website: <http://www.withoutlimitsultimate.com>

Email: contactus@withoutlimitsultimate.com

Facebook: <http://www.facebook.com/WithoutLimitsUltimate>

Twitter: <http://www.twitter.com/wlultimate>

2013 Tournaments and Clinics

Feb 2-3: Queen City Tune-Up Open + College Skills Clinic (Chapel Hill, NC)

Feb 9-10: Queen City Tune-Up (Charlotte, NC)

Feb 16-17: Commonwealth Cup (Martinsville, VA)

Feb 23-24: Southeast Captaining 101 Clinic (Tallahassee, FL)

Mar 2-3: Midwest Throwdown + College Skills Clinic (St. Louis, MO)

Mar 9-10: Music City Mash-Up + HS / College Skills Clinic (Nashville, TN)

Mar 16-17: Virginia is for Layouts + Roundup Division + College Skills Clinic (Martinsville, VA)

Mar 23-24: Women's College Centex + Mixer + Women's Leadership Forum (Austin, TX)

Mar 30-31: Keystone Classic + HS / College Skills Clinic (TBA)

Summer TBD: Heavyweights (Rockford, IL)

Fall TBD: Virginia Fusion (Martinsville, VA)