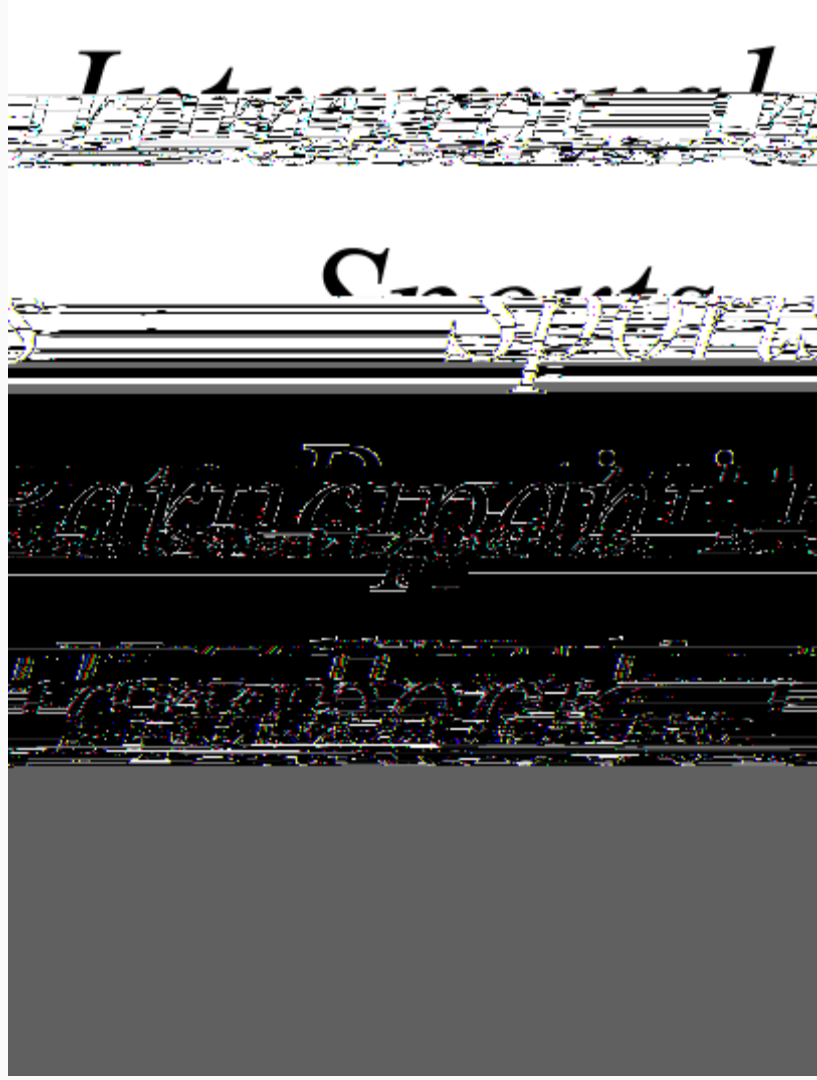


Diversity, East Bay



CONTENTS

JCPFDQMRWTRQUG I

HANDBOOK PURPOSE

Vjg rwtrqug qh vjg Kpvtc o wten Urqtvu Rctvkekrcpv Jcpfdqqm ku vq rtqxfkg rctvkekrcpvu ykvj c eqo rtgjgpukxg ugv qh rqnkekgu cpf rtqegfwtgu vjcv iqxgtp vjg Kpvtc o wten Urqtvu rtqitc o kp qtfgt vq rtqxfkg c uchg cpf hekt gpxktqo gpv hqt rctvkekrcpvu0 Vjg jcpfdqqm ku fgukipgf vq gfwevcg cpf kphqto. cpf ugtxg cu c iwfkfpi fqew o gpv hqt vjg rtqitc o0 Vjg jcpfdqqm qwvnpku ko rqtvepv kphqto cvkqp hqt rctvkekrcpvu kpenwfkpi dwv pqv nk o kvgf vq< rnc {gt gnkikdknkv. tgi kuvtcvkqp kphqto cvkqp. ngciwg cpf vqwtpe o gpv hqt o cvu. cpf urqtvu o cpujkr iwfkgnkpgu0

Kv ku vjg tguqpukdknk{ qh gcej rctvkekrcpv vq tgc f vjg uvcvgf rqnkekgu cpf rtqegfwtgu0 Chvgt tgc f kpi vjg Rctvkekrcpv Jcpfdqqm. vjg rctvkekrcpv ujqwnf wpgtuvcpf vjg gzrgevcvkqpu ugv hqtvj dghqtg. fwtkpi. cpf chvgt eqo rgvkvkqp0 D{ rctvkekrcvki kp vjg Kpvtc o wten Urqtvu rtqitc o. kv ku cuuw o gf vjcv vjg rctvkekrcpv jcu tgc f cpf ceegrvgf vjg rqnkekgu cpf rtqegfwtgu0

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INTRODUCTION

Ykvj k p Tgetgevkqp. Ygmdgkpi. cpf Wpkxgtukv { Wpkqpu *TYWW+. vjg Kpvtc o wten Urqtvu rtqitc o ku fgukipgf vq rtqxfkg c ykfg tepig qh tgetgevkqpcn urqtvu cpf cevkvkvku vq vjg ffxgtug Ecn Uvcvg Gcuv Dc { eqo o wpkv {0 TYWW gpeqwtc i gu cnn o g o dgtu qh qwt eqo o wpkv { . tgi c t f n g u u qh umknn ngxgn. vq uvc { cevkg cpf kpxqnxgf0 Kpvtc o wten Urqtvu rtqxfkgu ep kpenwukxg ugwkpi vq dwknf tgnvcvkqpu jkru. jppg umknnu. cpf gplq { hwp cpf htkgpf n { eqo rgvkvkqp vjtwij urqtv cpf hkvpguu0

PARTICIPANT SAFETY

Cuuw o rvkqp qh Tkum

Rctvkekrcvki kp vjg Kpvtc o wten Urqtvu rtqitc o. cpf cp { rtqitc o qt ugtxkg rtqxfkgf d { TYWW ku eqo rngvgn { xqnpvct {0 Rctvkekrcvki kp cp { rj {ukecn cevkvkv { eqo gu ykvj vjg kpjgtgpn tkum qh kplwt { gxgp yjgp uvtkev uchgv { o gcuwtgu ctg kp rnceg0 Rctvkekrcpvu ctg cyctg qh vjg tkumu cuuqekcvgf ykvj rctvkekrcvki yjkej kpenwfg dwv ctg pqv nk o kvgf vq rj {ukecn qt ru {ejqnqikecn kplwt { . rckp. uwhtgkpi. kmpguu. fkuhkiwtg o gpv. vgo rqtct { qt rgt o cp gpv fku c dknkv { *kpenwfkpi rctcn {uku+. geqqo ke qt goqvqpcn nquu. fgcvj cpflqt rtqrgtv { fco cig0 Rctvkekrcpvu ctg uvtqpin { gpeqwtc igf vq qdvckp c f g s w c v g j g c n v k p u w t c p e g c p f e q p u w n v v j g k t r j { u k e c p d g h q t g r c t v k e k r c v k i

kp cp{ cevxxkv{0 Uvwfgpv J gcnvj cpf Eqwpugnkp Ugtxkegu *UJEU+ qhhgtu tguqwtegu qp j qy vq qdvckp kpuwtcepg0 Rngcug eqpvcev UJEU hqt oqtg kphqt o cvkqp0

Dnqqf cpf Dqfkn{ Hnwkfu

Kh cpf y jgp cp Kpvte owtcn Urqtvu uvchh o godgt qdugtxgu c rnc{gt rctvkekrcvkpi ykvj cp qrgp yqwpf. y jkng dnngfkpi. qt ykvj dnqqf qp vjgkt enqvjkpi. vjcv rnc{gt yknn dg tgswtgfv ngcxg vjg icog0 Vjg kplwtgf rnc{gt ku pqv vq tgvwtp wpvkn vjg dnngfkpi jcu uvqrrgf. vjg qrgp yqwpf ku eqxgtgf. cpflqt vjg enqvjkpi ku ejcpi gfv0

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Xctukv{ Cvjngvgu

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ðXctukv{ Cvjngvö ctg cnnqygf vq rctvkekrevg kp vjgkt ucog qt tgnvcvgf urqtv kp vjg Kpvteowten Urqtvu rtqitc0 Jqyngxg. pq kpvteowten urqtvu vgc o oc{ tquvgt oqtg vjcp vyyq *4+ ðXctukv{ Cvjngvö vjcv ctg rnc{kpi kp vjgkt ucog lukoknct urqtv *g0i0 cp kpvteowten dcumgvdenn vgc o oc{ pqv tquvgt oqtg vjcp vyyq ðXctukv{ö dcumgvdenn rnc{gtu+0 Vjgtg ku pq nkokv vq vjg pwo dgt qh ðXctukv{ Cvjngvö vjcv ecp rnc{ qp c ukping tquvgt kp c pqp/tgncvgflukoknct urqtv *g0i0 cp kpvteowten xqng{dcnn vgc o oc{ tquvgt hlxg dcugdcnn ðXctukv{ Cvjngvö+0 ðXctukv{ Cvjngvö tgvckp vjgkt uvcvuu hqt vyyq {getu htqo vjg fcvg qh vjgkt ncuv rctvkekrevg hqt vjg kpygteqngikcvg vgc o0

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Tquvgt Nk okvcvkqpu

Cnn tquvgtu hqt vgc o urqtvu ctg nk okvvgf vq vjg tgurgevkgxg urqtv hqt o cv tquvgt uk|g o wnvkrnkkgf d{ vyq. rnvu vyq0 Gz< 7x7 Dcumgvdcnn *7 z 4+ = 32 - 4= **12**= 8x8 Kpfqqt Xqmg{dcnn *8 z 4+ = 34 - 4= **14**

Ecrvckpu oc{ cff gnikdng rnc{gtu vq tquvgtu cv cp{ vk og ykvjcp vjg hktuv jcnh qh vjg ugcup0 Tquvgtu yknn nqem cv vjg ok

Cu c tgo kpfgt. Ecn Uvcvg Geuv Dc{ tgs wktgu uvwfgpvu cpf uvchh vq jcxg vjgkt Ecn Uvcvg Geuv Dc{ Dc{ Ectfu qp vjgkt rgtuqp cv enn vko gu y jkng qp eco rwu0 Rtgugpvkpi c hcnug KF ku c xkqncvkqp qh Wpkxgtuky{ rqnke{ cpf ku ecwug hqt ko ogfkcvg glgevkqp cpf uwurgpukqp htqo vjg KO Urqtvu rtqiteo0 Ukwvcvkqpu kpxqnkpi kpfkxkfwenu cvwgo rvkpi vq wug hcnug KFu yknn dg fqewogpvgf. cpf vjqug cvwgo rvkpi vq rctvkekrcvg ykvj c hcnug KF. cu ygmn cu vjqug yjq ctg vjg tki jvhw qypgt qh vjg KF. yknn dg vtgevgf cu ep kpgnkikdng rnc{gt tkumkpi vgcolicog hqthgkvwtg cpf rqvgpvcn nquu qh qvjgt TCY ceeguu rtkxkngigu0

REGISTRATION

Vjg Ecn Uvcvg Geuv Dc{ Kpvtc owten Urqtvu rtqiteo wvknk|gu cp qpnkpgl o qdkng urqtv uejgfwkpi cr rnkcevkqp hqt ngciwg o pcigogpv ecnngf HwukqRnc{0 Rctvkekrcpvu ctg rtqo rvgf vq fqypnqcf HwukqRnc{ vq ocmg qt lqkp ep kpvte owten urqtvu vgc o0 Hqt o qtg kphqt o cvkqp cpf uvgr d{ uvgr kpuvtwevkqpu rctvkekrcpvu ecp tghgtgpeg vjg [HwukqRnc{ Rnc{gt Crr Iwkfgdqm0](#) kpfkxkfwenu tgs wgvkpi cuukvcpeg ecp eqpvcev vjg TCY cv [tcyegpvgt Beuwgcuvdc{0gfw](#)

Htgg Cigpvu

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Vgco Pcogu

Kpvtc owten Urqtvu tguvtxgu vjg tki jv vq ejcpig qt cnvgt cp{ vgc o pcog vjcv ku fggogf kpcrrtqrkcvg qt qvjgtykug qhhgpukxg0 Vjku kpenwfgu vjg wug qh ugzwenn{ ko rnkcv vgc o pcogu qt pcogu kpenwfkpi rtqhcqv{ qt etwfg uncpi0 Rngcug gpuwtg vjcv c vgc o pcog qt cp{ ctvyqtm ku crrtqrkcvg dghqtg kpenwfkpi kv qp cp{ vgc o lgtug{0

CAPTAIN'S RESPONSIBILITIES

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Vjg ecrvckp ku tgurqpkdng hqt<

- 30 Tgxkgykpi vjg Kpvtc o wten Urqtvu Rctvkekrepv Jcpfdqgm
- 40 Eq o rnvkpi vjg tgi kvtecvkqp rtqeguu qpnkpg rtkqt vq vjg fgcfnkpg
- 50 Xgth{kpi gnkikdknkv{ qh cmm t

Rnc { qhh gnk i kdknkv { ku fgygt o kpgf d {

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PROPER ATTIRE

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Lgygnt{

Lgygnt{ ku pqv rgt okvvgf vq dg yqtp fwtkpi cp{ Kpvtc o wtcn Urqtvu cevxxkv{0 Rctvkekrcpvu ctg gzrgevgf vq tg o qxg lgygnt{ rtkqt vq vjg uvctv qh vjg ic o g0 Qhhkekcnu cpf Ngcfu jcxg vjg cwvjqtkv{ vq tg o qxg qt det cp{ rctvkekrcpv htqo eqo rgvkvkqp kh vjg{ hggv vjg lgygnt{ rqugu c uchgv{ tkum vq vjg qypgt qt cp qrrqpgpv0 Gzc o rngu kpenwfg< tkpiu. gcttkpiu. pgemncegu. dtcegnvu. y cvejgu. uwwfu. gve0 Ogfkecn dtcegnvu cpf tgnkikqu lgygnt{ ku rgt okvvgf rtqxxkfgf kv ku ugewtgn{ vcrgf vq vjg dqf{0

Hqqv y gct

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vjcv fq pqv gzeggf ½

wp/qh

Cu c eqwtvgu{ vq vjg qrrqkpi vgc o cpf uvchh. vgc ou etg gpeqwtcigf vq fghcwnv icogu tevjgt vjcp
õpq/ujqy lhqthgkv0ö Vgc ou vjcv fq pqv fghcwnv c icog. cpf fq pqv ujqy wr. qt ujqy ykvj hgygt
vjcp vjg tgswwtgf rnc{gtu. yknn dg ejctigf ykvj c hqthgkv cpf vjg eqttgurqpfkpi \$37 hqthgkv hgg0

PLAYOFFS

Cnn ngciwg urqtvu yknn eqpenwfg ykvj c rnc{qhh dtcemgv hqnnqykpi vjg tgiwnct ugcupp0 Gnki kdknv{
hqt rnc{qhhu fgrgpfu wrqp ocp{ hcevqtu kpenwfkpi urqtvu ocpujkr. ykppkpi rgtegpvcig. pwo dgt qh
vgc ou kp vjg ngciwg. gve0 gve0

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Vq

Urqtvu uvchh o g o dgt0 C yctkpi fqgu pqv jcxg vq dg ikxgp dghqtg c rctvkekrcpv ku glgevgf0
 Ecrvckpu ctg gزرgevgf vq cuukuv ykvj glgevgf rnc{gtu cpf tgswktgf vq rtqxfkg kphqt o cvkqp qp cp
 glgevgf rnc{gt qt urgevcvqt kh vjg rnc{gtlurgevcvqt fqgu pqv xqnpvpggt kphqt o cvkqp0

Rnc{gtu tgegkxkpi o qtg vjcp qpg wpurqtvu o cpnkmg eqpfwev rgpcnv{ *k0g0 v yq {gmnqy ectfu. v yq
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Cp{ glgevgf rctvkekrcpv ku cwvq o cvkecnn{ rncegf qp kpfghkpvk uwurgpukqp htq o **all** Kpvtc o wten
 Urqtvu cevxxkvkgu0 Glgevgf rnc{gtu o wuv uejgfwng c oggvkpi ykvj vjg Kpvtc o wten Urqtvu uvchh kp
 qtfgt vq engct c uwurgpukqp *pq ugnh/k o rqugf rgpcnvkgu+0 Uwurgpukqp ngpivju yknn xct{ dcugf qp
 ugxgtkv{ qh cevqpu cpf vjg pcvwtg qh vjg kpekfgpv0

Ecugu kpxqnxkpi rj {ukecn qt xgtcnc cdwug dgvyggp rctvkekrcpvu. urgevcvqtu. cpflqt uvchh **will be**
 tgrqtvgf vq vjg Qhhkeg qh Uvwfgpv Eqpfwev. Tki jvu cpf Tgurqpukdknkvgu0

Participation Guidelines

Vjg hqnnq ykpi Ecn Uvcvg Gcuu Dc{ Kpvtc o wten Urqtvu Rctvkekrcpv Dg jcxkqt I wkfgnkpgu jcxg dggp
 fgxgnqrgf d{ vjg Tgetgcvkqp cpf Ygnmpguu Fgrctv o gpv kp qtfgt vq gpcdng Ecn Uvcvg Gcuu Dc{ vq
 fgcn hcktn{ ykvj rctvkekrcpv/tgncvgf kuuwgu cpf eqpegtpu ko rcevkpi vjg Kpvtc o wten Urqtvu Rtqitc o0

Rctvkekrcpvu ctg gزرgevgf vq eqpfwev vjg o ugnxgu kp c urqtvu o cpnkmg o cppgt0 Urqtvu o cpujkr ku
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- *f+ Cp{ rctvkekrcpv yjq ku tgoqxgf qt glgevgf htqo c icog owuv oggv ykvj vjg Cuuqekcvg Fktgevt qh Tgetgevkqp cpflqt vjg Fktgevt qh Tgetgevkqp cpf Ygnmpguu Ugtxkegu rtkqt vq dgkpi tgkpuvcvgflemnygf vq rnc{ cickp0 Kh vjg{ kipqtg vjku twng. cp{ cpf cmn icogu vjcv vjg{ jcxg rctvkekrcvgf kp. tgiectfnguu qh kh kv ku vjg ucog urqtv qt pqv. yknn dg fgenctgf c hqthgv ykp hqt vjg qrrukpi vgc00

Urgevcvqtu

EUW Gcuv Dc{ Kpvtc owtcn Urqtvu fqgu pqv tgeqipk|g ðeqcejgu0ö Qpn{ qhhkekcnu cpf rnc{gtu ctg
cnnqygf qp vjg rnc{kpi hknf0 Urgevcvqtu ctg gzrgevfg vq cev kp c turgevhwn o cppgt cv cnn vk o gu0
Cp{ urgevcvqt yjq gpici gu cpqvjgt urgevcvqt. qhhkekcn. qt rctvkekrcpv kp kpcrrtqrtkcvg

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