

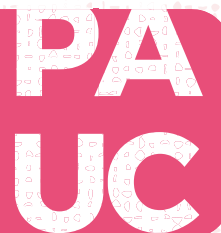


2025 PAN AMERICAN ULTIMATE CHAMPIONSHIPS

December 1 - December 6 2025

Cap Cana

Dominican Republic



Welcome

The World Flying Disc Federation (WFDF) and the Local Organizing Committee (LOC) are thrilled to have you return for the WFDF 2025 Pan American Ultimate Championships (PAUC) in Punta Cana, Dominican Republic.

The tournament will be held from Monday, December 1st to Sunday, December 7th, 2025, at the stunning Los Establos Polo Fields in Cap Cana. Los Establos boasts two premier polo fields and is situated just 45 minutes from the tournament hotels. PAUC will offer a wonderful opportunity to showcase Ultimate on 19 fields.

We look forward to hosting the leading Pan-American Ultimate athletes and coaches in our beautiful country for what is sure to be an exceptional tournament as well as hosting the Ultimate Community and Spectators to this exceptional venue. Please review the following pages for information on completing your team's PAUC registration.


Please pay attention to action points highlighted in red. It is important that you all read the information in this bulletin carefully and that you respect and meet the registration and payment deadlines.

Should you have any immediate questions about registration please reach out to WFDF directly. For more information about the event please check back to the official PAUC website (www.pauc.sport) where we will update with answers to FAQ's as they come in.

It is anticipated that more than 100 teams with over 1800 athletes will take part at PAUC in the following six (6) divisions: Open, Women's, Mixed, Master Open, Master Women's and master Mixed. Any player who is fourteen (14) years or older will be eligible to play at PAUC. The minimum age limit for athletes playing in the Master's divisions of PAUC is thirty (30) for female players and thirty-three (33) for male players in the Master Open, Master Women's and Master Mixed divisions.

We are thrilled to host this event once again and are eager to offer you a fresh and memorable experience in our beautiful country. We look forward to showcasing Punta Cana and celebrating with you both on and off the field.

Should you have any questions about your participation at PAUC or regarding any information in this bulletin, please reach out to us through our contact information listed on the final page.



Karina Woldt
WFDF Managing Director
Events & Operations



Juan Acosta
PAUC 2025 Event Director



Sophia Paredes
PAUC 2025 Event Director

Tournament Overview

Location

PAUC will be held at one (1) official venue in the beach town of Cap Cana which is 10 minutes from the town of Punta Cana, Dominican Republic. Punta Cana is also the name of the City where Bavaro, Cap Cana and Punta Cana are all located.

The Dominican Republic, is a naturally wondrous place and the home of the city destination Cap Cana. The Dominican Republic, a spectacular island, is nestled between the islands of Cuba and Puerto Rico in the heart of the Caribbean, and only 670 miles southeast of Florida. Discover our island, Our culture, Our traditions, Our Beautiful Landscapes.

Dive into the ecological wonders of our land. Walk among the trails and open your eyes to a garden of tropical flora bursting with colors and filling the air with the aroma of the Caribbean. Explore this living tapestry arranged for your delight.

Visit one of our many our natural springs, “Hoyo Azul” located at end of a beautiful nature walk, and entertain yourself counting butterflies en route to the “Iguabonita” or Discover the mystic and breathtaking cenote “Las Ondas”. Discover the many calcite crystal formations found inside these limestone caves. The destination city of Cap Cana has the goal to preserve its beautiful natural environment.

There will be plenty of things to do for all age ranges. This event is definitely one to bring the whole family to.

Climate

Average Weather in December in Cap Cana Dominican Republic:

Daily high temperatures are around 94°F/30C, rarely falling below 86°F/28C or exceeding 95°F/37C.

Daily low temperatures are around 78°F/23C, rarely falling below 75°F/20C On occasions the wind can be strong in December in Cap Cana.

Prepare for the possibility to play Ultimate in all conditions.



Tournament Overview

Event Dates

The Opening Ceremony and first games will take place on Monday 1st December with the tournament running through until Saturday 6th December. The Captains' and Coaches Meeting and the Spirit Captains' meetings will both take place prior to the Opening Ceremony.

Attendance at the Captains' and Coaches Meeting and the Spirit Captains' meetings by at least one (1) representative for each team is required. A limit of two (2) representatives per team will be enforced due to space restrictions. Times for the Meetings, Opening Ceremony and Opening Game will be advised at a later time. WFDF expects each team (in uniform) to participate in the Opening Ceremony on Day 1 and all teams should be prepared to play that day. Please plan your travel accordingly.

Some finals will be played on Friday December 5th and some on Saturday December 6th with Closing Ceremony taking place immediately after the finals. All medal ceremonies will follow immediately after each final. Should weather cause delays to play, the schedule will be adjusted accordingly to ensure the finals are played as scheduled or prior. In severe weather the schedule or format might be adjusted with reduced games.



Teams and Divisions

All PAUC member National Federations who are in good standing are invited to participate at PAUC 2025 in Punta Cana in the following divisions: Open, Women's, Mixed, Master Open, Master Women's & Master Mixed. *Grand Master divisions will run if enough interest received.

Eligibility

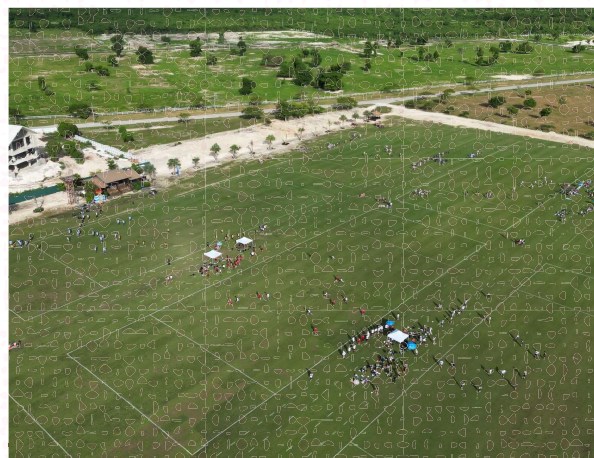
- PAUC is an event for National and Club Teams. Team Roster Composition must meet the eligibility requirements as listed in Appendix D of the Rules of Ultimate 2021-2024 Appendix V3.
- All players on Team Rosters must be members of the National Federation in good standing, and must meet whatever other requirements are placed on them by the National Federation.
- Divisions (Open, Women's, Mixed, Master Open, Master Women's and Master Mixed *)
- Age Eligibility:
 - Any player who is fourteen (14) years or older will be eligible to play at PAUC. The minimum age limit for athletes playing in the Master's divisions is thirty (30) for the female identifying players and thirty-three (33) for male identifying players. All players must be the minimum age limit per division by the end of the calendar year in which the tournament concludes.
- WFDF strives to protect transgender athletes and to recognize the importance of autonomy of gender identity in sport and has created clear guidelines with minimally invasive requirements for TUE submissions. The guidelines were developed by the Medical and Anti-Doping Committee. PAUC will abide by timelines and requirements as outlined in the WFDF Transgender Athlete and Differences in Sex Development (DSD) Athlete Policy.

Teams & Divisions

- For a division to take place at PAUC, there must be registration from a minimum of six (6) teams from at least three (3) countries.
- A team must have a minimum of twelve (12) on its playing roster for the event. Teams must pay players fees for the minimum roster when the players fees are due for the team to be viable.
- A team in the Mixed division must have a minimum of six (6) female and six (6) male players on its roster.
- A team may have a maximum of twenty-six (26) players on its roster.
- Maximum and minimum limits do not apply to Non-playing Team Support (guests, coaches or other support staff) who may be registered with the team for the event.

Venue and Transportation

All games (including the Opening and Closing days) will be played at the Los Establos Polo Fields in Cap Cana. The Cap Cana Sports City includes 19 full-sized grass ultimate playing fields with their respective safety zones. The venue offers parking, restrooms, water, cafe and restaurants and multiple shaded areas to get out of the sun or rain between games. Los Establos is a privately owned fully fenced facility with two Polo fields with state of the art natural green level manicured lawns and a proven drainage system.



International Airport

We recommend you use the Punta Cana International Airport (PUJ) located 10 minutes from the fields as your inbound destination. Airport transfers to and from the official hotels are offered by the LOC on a pre-booked, pre-paid basis. This airport offers a significant number of flights from multiple destinations daily.

Aeropuerto Internacional Las Americas located in the city of Santo Domingo which is approximately 2.5 hours drive. No airport transfers are offered from the LOC.

The LOC DO NOT recommend you use the following airports given their location to Cap Cana:

- Aeropuerto Internacional Del Cibao (Santiago)
- Puerto Plata International Airport (Puerto Plata)

Official Event Shuttles

Shuttle buses will ONLY transport teams who book and stay at the official PAUC hotels to the fields daily. Busses from all hotels have a maximum of 60 minutes and minimum of 30 minutes per trip.

All shuttles will get players to the fields no less than 60 minutes before the scheduled start time of the first game for each team. Return shuttles will leave just after the time cap of the last game your team plays each day. For games finishing on point and before the 100 minutes, you may have a little longer to wait. Detailed shuttle information will be provided when the schedule is firmed and after team and player registrations close.

Please note - if you book your own accommodations, you will not be permitted to use the Event Shuttle buses and must make your own arrangements at your own cost.

Travel and Visas

Travel Visa for PAUC 2025

You are responsible for obtaining the correct paperwork to visit the Dominican Republic to compete at PAUC 2025. Please note that we cannot provide specific advice on the process, but we do strongly recommend that you get started as soon as possible. WFDF can provide players with a letter confirming your participation as a player at the event after the players fees are paid and after the NF has supplied a roster endorsement letter with your name on it. Please make specific requests for such letter by filling out this [online form](#).

Please Note:

- We cannot and will not provide a formal “invitation” to attend the event and non-ability to enter the Dominican Republic is not grounds for a request for a refund for a team and/or player fees.
- Please be aware that some nations do not require a visa, however you may have to travel with certain paperwork to show officers at the Dominican border - We recommend EVERY TEAM makes specific inquiries.

Please visit the following webpage and select your country of citizenship to see the requirements for visiting the Dominican Republic. <http://www.domrep.org/visa.html>



Tournament Organising Committee

PAUC 2025 is being organized under the leadership of Juan Acosta and Sophia Paredes, two highly respected figures in their communities, alongside a dedicated Tournament Organizing Committee made up of key staff from both the U.S. and the Dominican Republic. This experienced team brings years of event management expertise and a deep commitment to fostering growth through sport. All aspects of the event will be executed under the guidance of Competitive Ultimate Training (CUT), the official organizing body, which will oversee the planning and coordination of the championships. With the success of the 2023 event still fresh in our minds—bringing positive impact to the community and inspiring athletes—we are excited to build on this momentum. PAUC 2025 will continue to elevate the Pan American Ultimate Championships, creating even more opportunities for growth, engagement, and competition across the Americas.

WFDF



WORLD FLYING DISC FEDERATION

The World Flying Disc Federation (WFDF) is the international sports federation responsible for world governance of flying disc (frisbee) sports, including Ultimate, Beach Ultimate, Disc Golf, Freestyle, Guts, and Individual Events. WFDF is a federation of 111 member associations, which represent flying disc sports and their athletes in more than 107 countries. WFDF is an International Federation recognised by the International Olympic Committee (IOC) and by the International Paralympic Committee (IPC), and the International University Sports Federation (FISU), a member of the Global Association of International Sports Federations (GAISF), the Association of IOC Recognised International Sports Federations (ARISF), the International World Games Association (IWGA), the International Masters Games Association (IMGA), and the Association for the International Sport for All (TAFISA). WFDF is a signatory to the World Anti-Doping Code, and is a registered not-for-profit 501(c)(3) corporation in the state of Colorado, USA.



The Pan American Flying Disc Federation (PAFDF) is the continental governing body of Flying Disc sports in the Americas (North, Central and South), recognized by the World Flying Disc Federation (WFDF).

PAFDF is responsible for the governance and promotion of Flying Disc sports, including Ultimate, Disc Golf, Freestyle, Guts and Overall in the Americas.

With members across the region, PAFDF represents thousands of athletes and participants!

PAFDF will be hosting meetings for all countries sending teams to PAUC - please support your regional discussions by sending a representative to attend and join the meeting.

www.pafdf.sport