



Ultimate Frisbee

Tournament

Saturday, September 25, 2010

9:00 am

Next to Volleyball Courts at Lucy Park

PRIZES AWARDED TO 1ST & 2ND PLACE WINNERS!!

REGISTRATION FEE: \$15 per person – includes t-shirt and admission to FallsFest (Must be at least 14 yrs old to participate)

Must be registered by September 18, 2010 to guarantee a t-shirt.
Call Jeffrey Reames at 940-224-9532 for more information or questions.

RULES: Please go online to www.upa.org/ultimate/rules for rules and regulations.
Please park in the Volunteer Parking area. NO parking allowed in the park.

Name: _____ Age: _____

Address: _____

City, State and Zip: _____

Phone: _____ T-Shirt size (circle one): S M L XL

RELEASE AND WAIVER OF LIABILITY: I, the above named individual acknowledge that participation in the Ultimate Frisbee Tournament Event necessarily involves the risk of physical injury. I further acknowledge that the Ultimate Frisbee Tournament Event of the Junior League of Wichita Falls, Inc., the City of Wichita Falls Parks and Recreation Department and the Streams and Valleys, Inc. is primarily administered by volunteers rather than paid professionals. In consideration for accepting the registration of the above named individual and permitting the voluntary participation of said individual in the Ultimate Frisbee Tournament Event I hereby release and hold harmless the Junior League of Wichita Falls, Inc., City of Wichita Falls Parks and Recreation Department, the Streams and Valleys, Inc, volunteers and other representatives and waive all claims arising out of or relation to any physical injury that result to me while participating in the sponsored Ultimate Frisbee Tournament Event, including but not limited to any physical injury that may result to me by the negligence of any volunteer while performing his/her duties during any part of this Ultimate Frisbee Tournament Event.

***PLAYER SIGNATURE: _____ ***

***PARENT SIGNATURE (if minor): _____ ***

Mail completed signed form and check payable to:

FALLSFEST
2302 Midwestern Parkway
Wichita Falls, TX 76308

ULTIMATE FRISBEE 10 SIMPLE RULES

1. **The Field:** A rectangular shape with end zones at each end. A regulation field is 70 yards by 40 yards, with end zones 25 yards deep.
2. **Initiate Play:** Each point begins with both teams lining up on the front of their respective end zone line. The defense throws ("pulls") the disc to the offense. A regulation game has seven players per team.
3. **Scoring:** Each time the offense completes a pass in the defense's end zone, the offense scores a point. Play is initiated after each score
4. **Movement of the Disc:** The disc may be advanced in any direction by completing a pass to a teammate. Players may not run with the disc. The person with the disc ("thrower") has ten seconds to throw the disc. The defender guarding the thrower ("marker") counts out the stall count.
5. **Change of Possession:** When a pass is not completed (e.g. out of bounds, drop, block, interception), the defense immediately takes possession of the disc and becomes the offense.
6. **Substitutions:** Players not in the game may replace players in the game after a score and during an injury timeout.
7. **Non-Contact:** No physical contact is allowed between players. Picks and screens are also prohibited. A foul occurs when contact is made.
8. **Fouls:** When a player initiates contact on another player a foul occurs. When a foul disrupts possession, the play resumes as if the possession was retained. If the player committing the foul disagrees with the foul call, the play is redone.
9. **Self-Officiating:** Players are responsible for their own foul and line calls. Players resolve their own disputes.
10. **Spirit of the Game:** Ultimate stresses sportsmanship and fair play. Competitive play is encouraged, but never at the expense of respect between players, adherence to the rules, and the basic joy of play.