

# Ultimate Frisbee

## Championship Tournament

When: Saturday, March 7<sup>th</sup>

Where: Cozad High School Gym (2 courts will be used)

Time: Play begins at 9AM

- All teams need to be present 15 minutes prior to game time. Games will run ahead as schedule allows.

Fee: Entry fee is \$50 dollars per team.

(Checks made to Cozad Community Schools)

Register: Teams may register by filling out the document below and returning to Coach Cargill at Cozad High School or Mail to:

- Registration deadline is February 28<sup>th</sup>.

Cozad High School Ultimate Frisbee Tournament 1710 Meridian Cozad, NE 69130
--

Format: This will be a double elimination tournament, 2 game guarantee.

Teams: Will consist of 6 players with 4 on the floor at one given time. Teams must have at least 2 girls on each team. 1 girl must be on the floor at all times. We will cap the tournament at 20 teams.

Who: Anyone 9<sup>th</sup> grade through adult may participate. We encourage alumni, parents, students, staff, fitness enthusiasts, etc. to participate and have fun for a good cause.

Why: The proceeds from the tournament will go to help fund camp and equipment expenses for the Haymaker Football Program.

Questions/Contact info: Contact Coach Brian Cargill at 308-746-1012 or via email at [brian.cargill@cozadschools.net](mailto:brian.cargill@cozadschools.net). (Brackets will be posted on CHS social media).

## Ultimate Frisbee Team Registration

Team Name: \_\_\_\_\_

Name must be appropriate for school.

- Teams: Will consist of 6 players with 4 on the floor at one given time. Teams must have at least 2 girls on each team. 1 girl must be on the floor at all times. We will cap the tournament at 20 teams.
- Participants can only play on one team during the tournament.
- Teams may consist of as few as 4 players but 1 girl must be on the floor at all times. We encourage 6 team members so teams have substitutes as needed.

Team Captain/Team Member 1: \_\_\_\_\_

Team Member 2: \_\_\_\_\_

Team Member 3: \_\_\_\_\_

Team Member 4: \_\_\_\_\_

Team Member 5: \_\_\_\_\_

Team Member 6: \_\_\_\_\_

### Team Captain Contact information:

Name & Signature: \_\_\_\_\_

Email: \_\_\_\_\_

Cell: \_\_\_\_\_

- By signing this registration waiver the captain and team members understand that Cozad Schools and any of its associates will not be held responsible for injury, liability, or lost items during participation in this activity.
- Registrations can be turned in to the High School Office or given to Coach Cargill. If mailing use info below.
- Mail registration and \$50 entry fee to the address below, Make checks payable to Cozad Community Schools.

Cozad High School  
Ultimate Frisbee Tournament  
1710 Meridian  
Cozad, NE 69130

Coach Cargill contact: 308-746-1012 or brian.cargill@cozadschools.net

### **Rules and Game Play**

**Team:** A team will consist of 4 players on the court at a given time and at least one of the players must be a girl. (Free substitutions can be made when Frisbee is out of play or at the 3:30 mark of the 7 minute quarter).

**Flip:** Will determine possession or end to defend. (May use rock, paper, scissors)

**Timing:** Games will consist of one 7 minute quarter with a flip of ends at the 3:30 mark.

**Scoring:** A team scores by advancing the Frisbee across the baseline for one point. The first team to 5 is the winner. If a team scores 5 points before time expires they will be the winner and the game will end.

**Tie:** In the case of a tie at the end of regulation a flip will determine possession for a 1 minute sudden death overtime period. If no score is achieved the most recent score in the game will be determined the winner.

**What to Wear:** Participants should wear gym clothes and court shoes. No boots or hard sole shoes will be allowed on the gym floor. Colored **penny jerseys will be provided** to differentiate the teams.

- A team must maintain possession of Frisbee by throwing and catching in order to advance it. No handoffs are allowed. If the Frisbee touches the ground the opposing team will immediately take possession at that point. Play is continuous unless stopped by the referee.
- Once a player gains possession of the Frisbee they will have 5 seconds to get it to another player. If time expires, possession of the Frisbee goes to the opposing team at the point of infraction.
- Defense may play man or zone but any defender on the Frisbee must be arms length plus or 6 foot from the possessing opponent.
- No excessive physical contact is allowed in particular during receiving situations. This will be considered interference and the team that is interfered with will maintain possession at the point of infraction. If in end zone it will be placed at the free throw line.
- Possessions will begin at the free throw line to initiate game play. Throws that go into the end-zone without being caught will be possessed by the opposing team at the free throw line where play will be initiated.
- Bleachers, curtains, and walls will be considered playable unless the Frisbee becomes stationary or unless play is considered dangerous by the referee.

- Sportsmanship is expected at all times. No cussing, taunting, or vulgar language will be allowed. Points may be deducted or players removed for unsportsmanlike conduct. Referee's discretion.