



FRISBEE RELAY AND TOSS & TUCK

INTEVA PRODUCTS

EVENT DESCRIPTIONS: **The Frisbee Relay** will consist of one (1) round of six team members (3 male & 3 female) stationed in six different locations. Teams will go around the course two (2) consecutive times.

The Toss & Tuck will consist of one round of three co-ed team members, 1 male & 1 female receiver or tosser and either male or female distributor.

LOCATION/DATE/TIME: Helke Park/ Monday, June 6 / 7:00 p.m.

EQUIPMENT: Team jerseys must be worn to be eligible for bonus points. Frisbees provided by VPRD. Teams may supply their own Frisbee for the relay event, but must make the Frisbees available for all teams to use prior to the start of the competition. VPRD will supply all Frisbees for the toss and tuck event. Team Banners must be displayed to be eligible for bonus points.

RULES AND FORMAT:

Frisbee Relay:

1. Reception Zone is a 6-foot by 6 foot square. Orange cones will identify the "zone".
2. The relay will be completed when all six participants have properly received and thrown the Frisbee in the correct numerical order. (1-6 – **two times around**)
3. Each participant must be in their proper zone when the Frisbee is thrown in their direction. The Frisbee **MAY NOT** be caught or touched while in flight by the receiver outside their assigned "zone".
4. If a toss is wild and requires the receiver to move out of their reception "zone", you may follow the flight of the Frisbee but **MAY NOT** touch it while in flight. Once the Frisbee has fallen to the ground you may pick it up, return to your proper zone and complete your throw.
5. The last person receiving the Frisbee will be the individual who began the event in Zone 1. This person must successfully receive the Frisbee from Zone 6. If the Frisbee toss is wild, this person must retrieve the Frisbee and return to Zone 1 before completing the final requirements of the event.
6. After the final throw from Zone 6 to Zone 1 has been completed the Zone 1 person will run 15 yards to Zone 6 to complete the relay. Time will be halted when he/she crosses the finish line. The receiver in Zone 1 must have complete control and possession of the Frisbee while in the Zone 1 box prior to exiting the box to run to Zone 6.

7. Penalties: *5-second penalty for not returning to a proper zone before tossing Frisbee to next zone.
*5 seconds for catching or touching the Frisbee in flight outside of a reception zone.

Frisbee Toss & Tuck

1. The event will involve three (3) participants (1 male & 1 female tosser and receiver and either a male or female distributor). One member (male or female) will be the distributor of Frisbees to a tosser who will in turn toss the Frisbees to a receiver, who will tuck away as many Frisbees as possible during the allotted time. A female participant must be either a tosser or receiver in this event.
2. Each team will have 30 seconds to toss and tuck (defined as Frisbees retained while in a standing position by tucking under arms, between legs, under chin) as many Frisbees as possible. The tosser may have one Frisbee in hand at the start of competition. The clock will start on the release.
3. At the conclusion of the allotted 30 seconds, officials will count the number of Frisbees the receiver has tucked away. For each Frisbee the receiver is holding, one second will be deducted from the team's relay time.
4. The distance between the tosser and the receiver will be a minimum of 25 feet.
5. The tosser may only toss one (1) Frisbee at a time and can be in a standing or kneeling position. The receiver must be in a standing position with both feet on the ground. The receiver may not wear any special clothing or devices to aid in the collection and retention of Frisbees.
6. Once a Frisbee touches the ground after being tossed by the tosser, it will not be counted towards the team total. Only the Frisbees that have been caught in the air and retained by the receiver will count towards the team total at the end of the 30 seconds.
7. If the tosser or receiver steps over the toss line or receiving line during the competition, any Frisbee thrown or caught during the infraction will not be counted towards the team total.
8. The following is a sample scoring for the event:
 - * Round #1 (Continuous Relay): 90 seconds
 - * Round #2 (Toss/Tuck) -10 Frisbees

Team total score: 80 seconds

SCORING:

1st Place - 35 points
 2nd Place - 25 points
 3rd Place - 20 points
 4th Place - 15 points
 5th Place - 13 points
 6th Place - 12 points
 7th Place - 11 points
 8th Place - 10 points
 9th Place - 9 points
 10th Place - 8 points

11th Place - 7 points
 12th Place - 6 points
 13th Place - 5 points
 14th Place - 4 points
 15th Place - 3 points
 16th Place - 2 points