

New Mexico Senior Olympics Recreational Sport Rules

Frisbee Distance Rules

Revised 3-2017

Playing Format

1. Each sport will be managed and planned by a volunteer Sport Coordinator identified and trained by New Mexico Senior Olympics Event Coordinator.
2. All sport equipment will be provided for competitors and must be used. Frisbee is a 160 gram.
3. Object of the game is defined in playing rules.
4. Competition schedule for each age group is published in registration athlete booklet and available at the Game Check-in Sport Table area or by calling Sport Coordinator.
5. Tie-breakers will be addressed at the conclusion of each age division.
6. A foot fault will be called if a player steps on or over the designated line and will automatically nullify the attempt.

Playing Rules

1. Object of the Game--To throw one Frisbee disc/apparatus as far as possible within the designated playing field area. Person delivering the longest throw will be declared the winner.
2. **Out of bounds throwing area: Participants will throw from behind a 10' throwing line within a 45-degree angle measuring from center of line out to 150 feet to determine angle.**
3. Each competitor will receive three throws.
4. Measurements will be marked using a tape measure from the center of the starting line to the point **where the Frisbee hits the ground.**
5. Measurements will be recorded in feet and inches to the closest 0.25 inch below the recording point.
6. A foot fault will automatically nullify the throw.
7. The longest throw will be the official recorded throw.
8. **Tie-breaker:** if needed, one additional throw will be allowed to declare the winner. If there is still a tie, second best throw will determine winner. A competitor must be present for the play-off or he/she will concede and accept the next lower award.
9. **ONLY** when tie breakers cannot be completed, awards will be as follows:
 - First place tie:** award two first place medals and one third place medal.
 - Second place tie:** award one first place medal and two second place medals.
 - Third place tie:** award one first place, one second place and two third place medals.

FRISBEE DISTANCE THROW

SAMPLE SCORE SHEET WITH INSTRUCTIONS

(1) Gender (M/F) _____

(1) Age Division _____
(50-54, 55-59, etc.)

Instructions:

1. Enter Gender and Age Division for athletes for each form. DO NOT MIX AGE DIVISIONS.
2. Enter Athlete's name and city.
3. **Definition:** A foot fault will be called if a player steps on or over the designated line and will automatically nullify the attempt. A foot fault will be counted as a throw and recorded as a foul "F". If a throw is "out of bounds", this will be counted as a throw and recorded as "OOB"
4. Record all three (3) throws in feet (') and inches (") to the nearest .25".
5. Indicate the longest throw of the three throws for result tabulation.
6. If applicable a Tiebreaker, one throw, is required. Record distance for tiebreaker as above.
7. If a second tiebreaker is needed, the second-best throw of **original throws** will determine placement.
8. A competitor must be present for the play-off (tie-breaker) or he/she will concede and accept the next lower award.
9. Scorer/Recorder and Sport Coordinator initial at bottom of sheet.

(2) Name

(2) City

Distance Per Throw

(4)	<u> F </u>	<u> OOB </u>	<u> 58' 3.25" </u>	(5)	<u> 58' 3.25" </u>
Throw	1	2	3	Longest Throw	

(6) Tiebreaker (if applicable) _____

