



**Year 8 Mixed Frisbee
Lightning Carnival
Tuesday 7th May 2024
UWA Sports Park**





ACC 2024 Lightning Carnival

MIXED Year 8 Frisbee



Protection from the elements Slip-Slop-Slap

Wet weather Gear to be worn only between games. Bring spare set of dry clothes.

Inclement weather Phone Cherie Pirnie (ACC), 044 750 2248 at 8:00am for confirmation.

Equipment Return all markers to the central administration area.

Icecream vendor To be used during lunch break or during BYE round

Clean up Completed continuously as the day progresses. Major clean up at 14:00 - 14:30

First Aid Minor injuries to your staff member. More serious injuries to the First Aid post.

Sports Controller and Facility Supervision

Peter Carnley ACS | Matthew Long | 0431 030 916

SCHOOL # OF TEAMS	CODE
Holy Cross College x1	HCC
Peter Carnley ACS x2	PCA
All Saints College x2	ASC
CBC Fremantle x1	CBC

YELLOW POOL

ROUND 1 - 10:30

FIELD

ASC 1 v CBC 1

YELLOW 1

ASC 2 v PCA 2

YELLOW 2

HCC 1 v PCA 1

YELLOW 3

ROUND 2 - 11:00

FIELD

PCA 2 v ASC 1

YELLOW 1

PCA 1 v CBC 1

YELLOW 2

HCC 1 v ASC 2

YELLOW 3

ROUND 3 - 11:30

FIELD

ASC 1 v PCA 1

YELLOW 1

PCA 2 v HCC 1

YELLOW 2

CBC 1 v ASC 2

YELLOW 3

LUNCH | 12:00 - 12:30

ROUND 4 - 12:30

FIELD

HCC 1 v ASC 1

YELLOW 1

ASC 2 v PCA 1

YELLOW 2

CBC 1 v PCA 2

YELLOW 3

YELLOW POOL

ROUND 5 - 13:00

FIELD

ASC 1 v ASC 2

YELLOW 1

HCC 1 v CBC 1

YELLOW 2

PCA 1 v PCA 2

YELLOW 3

ROUND 6 - 13:30

FIELD

ASC 1 v CBC 1

YELLOW 1

ASC 2 v PCA 2

YELLOW 2

HCC 1 v PCA 1

YELLOW 3

ACC LIGHTNING CARNIVAL | TUESDAY, 7th May 2024

UWA SPORTS PARK



PLEASE NOTE

Map is NOT to scale. Grounds may change on the day if required, but will be clearly marked



Out of bounds



Bus entry route



Sports Controller



Participant entry point

CONDITIONS OF PLAY

Teams of 5 per side

- The maximum number of boys playing at any time is 2. This means the male/female ratio can be 1:4, 2:3, or 3:3.
- Approx. modified field size 30m x 40m
- There is no running with the frisbee. The frisbee can only be moved up the field by passing it. When a player catches the disc, they must establish a “pivot” foot before throwing, a little like basketball.
- The person with the frisbee has 10 seconds to throw. A defensive team member marks them and counts out loud, “stalling...1...2...3...”
- No physical contact is allowed between players. Contact results in a foul. In practice, small amounts of accidental contact are usually tolerated.
- A “turnover” occurs when the frisbee hits the ground, goes out of bounds, is dropped or intercepted. Unlike touch football, if the frisbee is knocked down, the team that last **held** the frisbee loses it, regardless of who knocks it down. The defensive team takes possession of the disc at that point and becomes the offensive team.
- **Unlimited substitutions** are allowed between points, but none during p
- 2m minimum and maximum pass distance.
- If a player drops the disc or causes a turnover in their defensive end zone a touchdown/point will be awarded, and play will restart.

FOULS

Players call their own fouls when rule violations or contact occurs - there are no referees. A player disagreeing with a foul call can usually “contest” (dispute) the call, in which case the play is redone, and the disc returned to the thrower. Players endeavour to be fair in their calls, so calls are rarely contested. Teachers will be present to help supervise the game.

FIELD

Ultimate is usually played on an approximately half-width football field, with two teams of seven players (plus substitutes) lining up against each other. However, any size field can be used depending on space available, and a good game can be had with as few as four players a side. Cones are generally used to mark the corners of the zones and the sidelines. The diagram below displays the size field ACC will use for their games with 5 per team. This is minimum size. The maximum size allowed is 50m with 2 x 5m end zones

