



Ultimate
RIVER FALLS



Look us up on Facebook...
"River Falls Ultimate League"



River Falls Ultimate
c/o The River
215 N. 2nd Street, Suite 103
River Falls, Wisconsin 54022

715.426.9987
recreation@theriverrf.org
www.theriverrf.org



SPRING 2012



Co-ed Leagues

April 1 - June 10
4:00pm

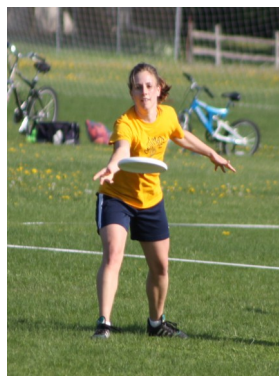
Ultimate Frisbee...What is it?

Ultimate Frisbee is a fast paced, high energy game that is played on a football-sized field. Teams of 7 face off against each other to score touchdowns, in this non-contact sport.



How is it Played?

The flying disc (i.e. Frisbee) is passed from one player to another, working their way down the field. A goal is scored when the disc is caught in the end zone. Players do not run with the disc. The opposing team receives the disc when the disc is intercepted,



dropped, goes out of bounds, or a touchdown is scored.

For more detailed & official rules, we hold to the Ultimate Players Association (UPA) 11th edition rules.

(<http://upa.org/ultimate/rules/11th> links)

How do I get on a Team?

Find at least 7 friends and register your team. If you are not part of team, let us know and we will put you on a team. Fill out the Registration Form and enclose \$17.00 (\$20.00 after March 12) Fees include league costs, team T-shirt, custom gift, and party.

Leagues, Location & Post Season.

Games are on Sundays, in River Falls, WI, on the E. Division Street fields (located behind Greenwood Elementary). Teams are scheduled for game times at 4pm (subject to change), April 1–June 10 (excluding Easter & Memorial Day Weekend). A family party will follow the final games.



Co-ed League.

Ages 14 and up. There is no limit of players per roster, and must contain both men and women. Games last until a team scores 15 points or 75 minutes of play. A team cannot have more than 4 guys on the field at any time.

Free Agents

Need to be placed on a team or want to join a new team? Simply register as a free agent, the captains will choose, and you will be placed on a team.

Captains Corner.

Captains must attend a mandatory meeting on March 11, 1pm, RF Library, or a team representative must be present.

Registration Form

Name: _____

Address _____

Phone _____

Email Address _____

T-shirt _____ Age _____ Male Female

- I am on team: _____
- I am a Free Agent (captains will choose you).
- I am a Captain. T-shirt Color Choices: _____ & _____

Method of Payment
(\$17.00/person) (&20.00 after March 12)

- Check ("The River Recreation." Memo: "Ultimate")
- Cash

Release Form: I understand that participation in The River's Recreation program involves an element of risk for all participants and may cause injury, serious injury, death, or property loss. I agree to assume all these risks for myself and/or family. I release The River, its staff, membership, and volunteers from any and all liability associated with its Ultimate League.

Signature _____

Guardian Signature _____
(required if participant is under 18)



Detach & Mail Payment to:
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Early Registration deadline is March 12, 2012