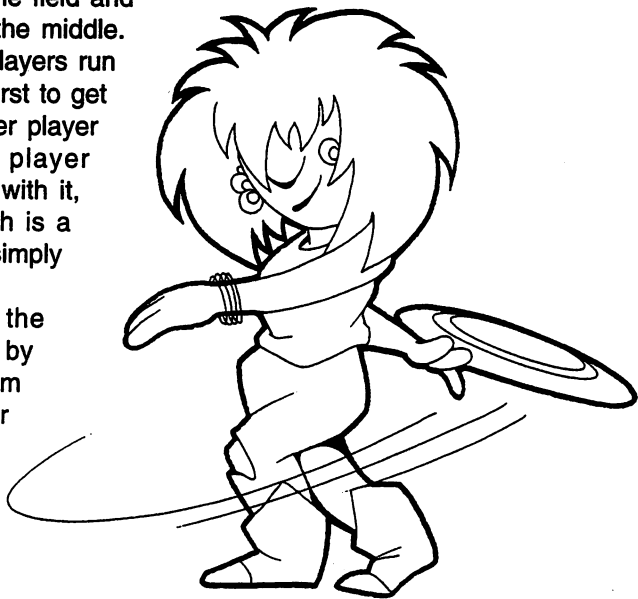


# Frisbee Football

This game is a mixture of Frisbee and lacrosse. All that is needed is a playing field, a Frisbee and at least 10 players. Goals are set up on opposite ends of the field, two markers about 10 feet apart. Divide up into two teams. Each team selects goalies, and perhaps other positions such as defense, offense, forward, middle, back, etc. The two teams then line up on opposite ends of the field and the Frisbee is placed in the middle. On the starting whistle, players run for the Frisbee, and the first to get it may pass it to any other player on their team. When a player catches it, they may run with it, pass it, or down it, which is a "stop." (To down it, they simply fall on it.)

Any player carrying the Frisbee may be "tagged" by a member of the other team and must then surrender the Frisbee to them immediately. (Referees should make judgments on this.) If a player downs the Frisbee before being tagged, they can then stand up and throw it to any other player on their team without interference. However, once the Frisbee is thrown, it may be intercepted. Also, a person downing the Frisbee cannot score after downing it. Goals are scored by throwing the Frisbee between the goal markers.



*Note:* This can also be played with a balloon filled up with water. If the balloon breaks, the other team gets possession with a new balloon.