

Flying Disc Fun

Tom Verhoeff

Eindhoven University of Technology
Department of Mathematics & Computer Science
Software Engineering & Technology

Email: `T.Verhoeff@TUE.NL`

Flying Disc Lesson 1: Introduction

What you need:

- a good flying disc*
- players
- playing field
- rules of the game
- techniques: throw and catch

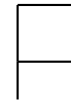
World Flying Disc Federation governs flying disc sports

*Frisbee[®] is registered trademark of Wham-O.

Flying Disc Lesson 1: Techniques, Rules


- **Backhand throw**: keep 'free' edge of disc down, snap wrist firmly; tilt disc for curve throws
- **Two-handed catches** (safest): grab left & right edge, or top and bottom between hands ('pancake')

- **Individual Field Events**



- **Accuracy**: 4 throws from 7 positions (2 left, 2 right, 3 front) at vertical 1.5m×1.5m target located 1m above ground level from distances of 13.5m, 22.5m, and (front only) 31.5m
- **Distance**: Throw as far as possible
- **TRC** (Throw, Run and Catch): maximize distance traveled
- **MTA** (Maximum Time Aloft): maximize time until self-catch

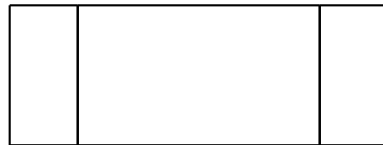
Flying Disc Lesson 2: DDC

- Forehand throw: two fingers on inside rim; keep 'free' edge down, bend wrist back and snap it firmly
- One-handed catches: take rotation into account, move with disc
- Double Disc Court (DDC) 
 - Two teams of two players each, and two (smaller/lighter) discs
 - Field of play: two 13m×13m square courts, 17m apart
 - Goal: Throw disc to land and stay inside opponent's court
 - No walking with disc; no throwing to partner; if a team touches both discs at the same time they lose two points: a 'double'

Flying Disc Lesson 3: Ultimate

- Overhead/upside-down throw: grip like forehand, hold disc just beyond vertical, throw 45° up; aim left (right-handed throw)
- Tail catches: grab disc at trailing edge, following its flight

- Ultimate




- Two teams of seven players each, and one (heavier/larger) disc
- Field: 64m×37m rectangle, plus two 18m×37m endzones
- Goal: Catch disc in opponent's endzone
- Players may not walk with disc; failed catch results in *turnover*
- No referee; self-refereed; *Spirit of the Game*

Flying Disc Lesson 4: Disc Golf

- Thumb-inside throws: backhand, b.h. overhead, forehand, 'crane'
- Fancy catches: behind the back or neck, between the legs
- Disc Golf
 - One or more players, one or more discs each (of various types)
 - Field: one or more 'holes': basket-with-chains, (marked) tree
 - Goal: Put disc in 'hole' using least number of throws
 - Players may not walk with disc; obstacles (trees, water, ...)

Flying Disc Lesson 5: Guts, Discathon, Freestyle

- 'Hammer' throw: disc vertical, straight forward, fast
- Fancier catches: jump/turn behind back/neck, between legs
- **Guts** 
 - Two teams of five players each, one (small/light/strong) disc
 - Field: Two parallel lines, 14m apart; each team on its line
 - Goal: Throw disc through opponent's 'wall', within reach
- **Discathon** race while throwing disc along an obstacle course
- **Freestyle** acrobatics; solo, duo, team

Questions & References

- <http://www.wfdf.org/>
- http://en.wikipedia.org/wiki/Flying_disc
- How to play DDC on YouTube: <http://www.youtube.com/watch?v=nszaRylOxus>
- Guts on YouTube <http://www.youtube.com/channel/HCNIsr6295w4U>
- Discathon on YouTube: <http://www.youtube.com/watch?v=XyaKBvtHz9>