

Field events

“Technical” events

Disc sports have a number of “technical” events, which are played individually. These events challenge the player’s throwing technique, as well as stamina and concentration. They are referred to as the “field events”. With only a little organisational work you can combine them in a small tournament. You can also challenge yourself to establish and try to improve you own personal record. Who knows, you can even challenge a world record. They are established by WFDF for players of all ages.



Self caught flight events

In these two events the intention is to throw the disc away and then catch it again, with one hand!! Players have to use the wind, “read the disc”, and employ a good catching technique to get a good result.

Maximum Time Aloft (MTA)

The intention is to have your disc stay in the air (aloft!) as long as possible and then catch it with one hand before it reaches the ground. The time that the disc remains in the air is measured with a stopwatch. Players get five attempts and the best time counts. For an accurate timing, three stopwatches are used. The median or middle time of the three times is used. At the moment the world record is 16.72 seconds.

Throw, run and catch (TRC)

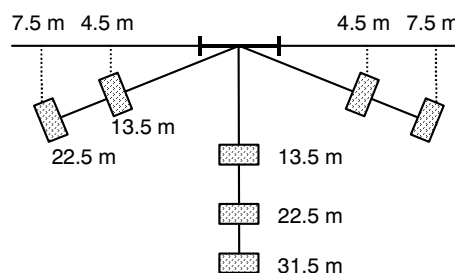
The player throws, and then runs to catch the disc with one hand. The distance between the circle where the disc was thrown and where it was caught, is measured. Players get five attempts and the best one counts. At the moment the world record is 92.64 meter.

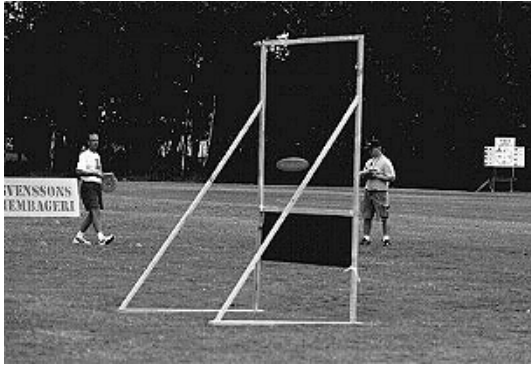
Self Caught Flight (SCF)

MTA and TRC are often combined into one event by having players throw five attempts of each discipline. The SCF score is derived by taking the TRC result in meters and adding it to the MTA time in seconds which is multiplied by a factor 5.5. Therefore, a 40 m TRC and 7.3 second MTA would result in an SCF score of $40 + 7.3 \times 5.5 = 80.15$.

Accuracy

In this event, the goal is to throw as accurately as possible. Players throw from seven different positions, four discs are thrown toward a frame of 1.5 by 1.5 meter (see the drawing). The frame is positioned at a height of 1 meter above the ground. Each time the disc passes through the frame, it is a “hit”. The world record is 25 of 28 hits.





Tip: For your own tournament you can adjust the size of the target, the distances and the positions, as you like. When you have only limited space available, make sure you can turn the target for the “side” throws. Then you can also play this game indoors.

Distance

Players throw as far as they can from behind a line. The distance from the line to where the disc touches the ground is measured. Players get five attempts and the best one counts. The current world record is 250 meter!!

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