

DOUBLE DISC COURT: played with two discs between two pairs of players, one defends their square from having a disc land in it while trying to hit the square of the opposing pair.

FREESTYLE: the ballet of disc sports, the participants put on a routine displaying various tricks and maneuvers.

SELF-CAUGHT FLIGHT: an event where you throw the disc into the air for as long as possible and still catch it.

Please refer to the WFDF web site www.wfdf.org for details on the rules of the events.



Photo: René Westenberg

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World Flying Disc Federation

The history of flying disc sports

The first flying discs used for recreation originated in the early 1900's in New Haven, CT, USA. The pie tins used by the Frisbie Company were thrown and caught by students at Yale University.

After World War II, with the development of plastics, the first flying discs produced for sport were fashioned. Competitive games using Frisbees ("Frisbee" is the brand name for flying discs produced by Wham-O Corp. of California) were developed in the 1950's and 1960's, and international championships were initiated in the mid-1970's for several flying disc disciplines.

Hundreds of thousands of enthusiasts regularly practice disc sports with competitions held throughout the world on local as well as international basis. For millions more, throwing and catching a flying disc at the park or the beach serves as an enjoyable pastime.

Flying disc has something for everyone



The organization

The World Flying Disc Federation (WFDF) is the international governing body for all flying disc sports. As a non-profit organization, promoting amateur sports competition, WFDF was formed in 1985.

WFDF is member of GAISF. In the World Games in Akita (Japan) in 2001, Ultimate and Disc Golf were official medal events.

Membership in WFDF is comprised of representatives from the National Flying Disc Associations around the world. There are currently over forty member associations, representing countries on six continents. Hundreds of thousands of disc players are represented through the federation. WFDF sanctions a number of World Championships each year, in both team and individual events. In addition, the organization sponsors a variety of development projects with the objective of introducing disc sports to new players throughout the world.

An international Board oversees activities of the federation. The member associations meet every year in the Annual WFDF Congress.



Photo: Henk-Jan Koier

The competition

There are flying disc sports suitable for everyone. There are both team and individual events. While almost anyone can very quickly enjoy participation in flying disc games, mastery of them requires rigorous training and experience. There are two sports, which are the most popular.

ULTIMATE is a team sport played between two teams of seven players on a field that is approximately the same size and shape as an American Football field, with a goal zone at each end. The object of the game is to score goals by passing the disc to a teammate who must catch it in the opposing team's end zone. On the offense, the disc may only be advanced by passing; once caught, the player must stop running and establish a pivot foot before attempting the next pass. On defense, no tackling or other contact is allowed. Rather, the defender tries to force the offense to turnover the disc, which occurs if the disc hits the ground, goes out of bounds, is dropped, blocked or intercepted. The defending team immediately gains possession.

One of the most unique features of this physically demanding sport is, that no referees are used. The game is entirely self-officiated by the players on the field, even in world championship play.

The next most popular sport is **DISC GOLF**. This game is played with rules similar to ball golf. Discs of varying weights and flight characteristics are used. Instead of holes on a green, special metal baskets hanging on a pole are standard, into which the disc must be thrown. Hundreds of permanent Disc Golf courses exist throughout North America, Europe and Asia.

One other popular team sport is called **GUTS**. Two teams of five players stand 15 meters apart, throwing a disc as hard as they can at the opposing line, who must try to catch the disc with one hand.

In addition, there are also a number of individual event, which, taken together, comprise the World Overall Championship. The events are:

ACCURACY: the player attempts to throw a disc through a hoop from various distances and angles.

DISCATHON: one must throw a disc while running over a one-kilometer obstacle course as quickly as possible.

DISTANCE: one attempts to throw a disc as far as possible. The current record is 250 meters.