



World Flying Disc Federation

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Guts

The intent of the game

Guts is one of the team events in the flying disc sports. It is played by two teams of five players each. The official disc of the game is the Pro model Frisbee disc. For informal play, a lightweight, blunt-rim disc such as the 100 G DDC is sometimes used. The playing field consists of two parallel goal-lines 15 m in length and 14 m apart. The teams stand in line opposite each other. Each team defends a goal-line. The disc is thrown back and forth between the teams. The object is to throw the disc through the line of defending players.

The throwing team scores a point when the other team does not catch a correctly thrown disc. The receiving team scores a point when the disc is not thrown correctly. When a correctly thrown disc is caught by the other team, no points are scored. The team that first reaches 21 points, wins the game.

Tip: if you want you can play with fewer players on a team.

Tip: at first you can make the game somewhat easier by suspending the rule that the disc must be caught with one hand.

The most important rules

- A game consists of a series of exchanges in which one team throws the disc and the other team attempts to catch the disc. The teams are alternately throwing and receiving: in the next exchange the throwing team becomes the receiving team and vice versa.
- For the first exchange of the game the throwing team appoints a thrower. Then in each exchange the disc is thrown by the player who caught the disc. When the disc was not caught, the throwing team scores a point. The next thrower is the player who last touched the disc or where the disc passed most closely.
- A disc is thrown only when the players of the receiving team stand on their own goal line. The defenders stand an arm's length apart so that their fingertips can just touch each other. The thrower must stand behind his or her own goal line.
- A correctly thrown disc passes the goal line of the receiving team topside up and within reach of at least one defender. Players may not throw the disc above the extended reach of the receiving team. When the throw was not correct the receiving team scores a point. If a disc is thrown correctly, a player of the defending team must catch the disc *with one hand*. The disc shall not touch any two parts of the defender's body at one time. Also the disc shall not have touched the ground.
- Each time a total of eleven points is reached, the teams change the goal line they are defending.
- With the score at 20-20, play continues until one of teams leads by two points.

No referee

Like all flying disc sports guts is played without a referee. The players themselves are responsible for the course of the game. Observers sometimes assist in the determination of throws. This sheet provides the most important rules only. This is enough to get started. Of course, when you want to participate in official competitions, you must be familiar with all rules. Your national association can provide you with these. Or you can download them from the WFDF website. And beyond that, the more experienced players at a tournament are often willing to give an explanation when needed.

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