NFB Overall Frisbee Event 16 mei

Explanation Events and records

Accuracy

Objective

Throw the disc through a 1.5m x 1.5m square target as many times as possible from seven marked throwing stations.

Setup

- **7 throwing stations**:
    - **3 straight ahead**: 13.5 m, 22.5 m, 31.5 m from the target
    - **2 left-angle**: 13.5 m & 22.5 m, each offset to the left
    - **2 right-angle**: 13.5 m & 22.5 m, each offset to the right
- Each station has a marked box (foul lines) for throwing.
- Players throw **four discs per station** (total of **28 throws**).

Gameplay

- Complete all four throws from one station before moving to the next.
- Stations may be completed in any order.
- **No person** is allowed in or near the target during play.
- A **"good throw"** is one where the disc passes fully through the target plane from front to back without a foul or time violation.
- Each good throw = **1 point**.

Time Limit

- Players have **7 minutes** to complete all 28 throws.
- A **1-minute warning** will be given.
- Throws released **after 7 minutes** do not count.

Fouls

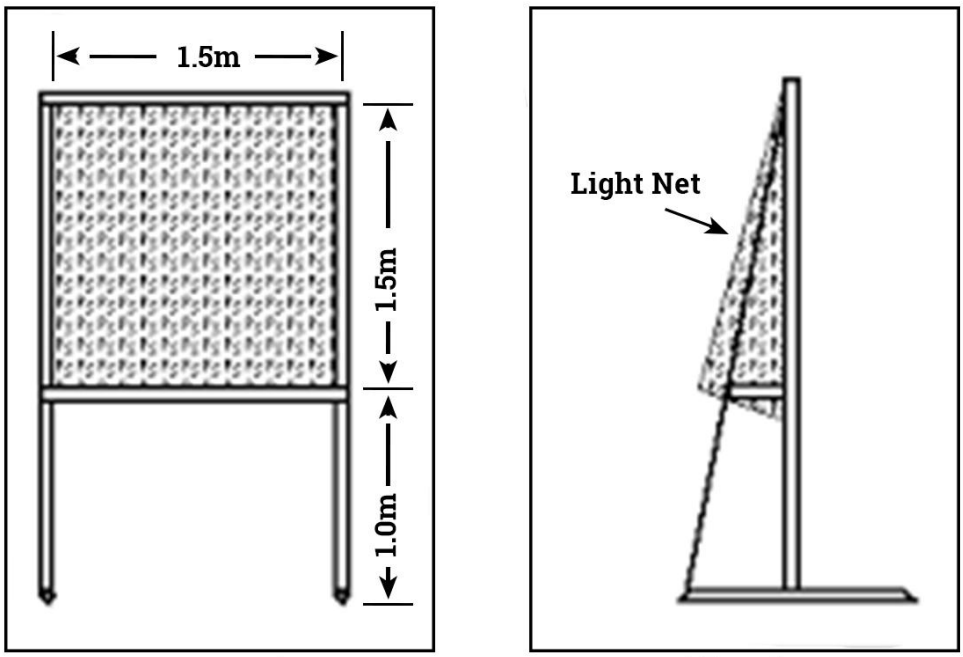
- The throw is a **foul** if any part of the player's body touches or crosses the foul lines **at the moment of release**.
- Follow-through across the line **after release** is allowed.
- Fouls result in **no points**.

Discs

The two most popular are the Innova Makani/Zephyr or an Ultimate disc. You cannot use disc golf putters or anything that's beveled (so essentially any golf discs). Most players use the

Makani/Zephyr: https://www.innovadiscs.com/disc/makani. Another great disc is the JStar from Discraft (Junior Ultimate Disc). For a disc to be permitted in competition, it must have a minimum rim configuration of 75 (cannot be beveled).

Target



Throwing Station

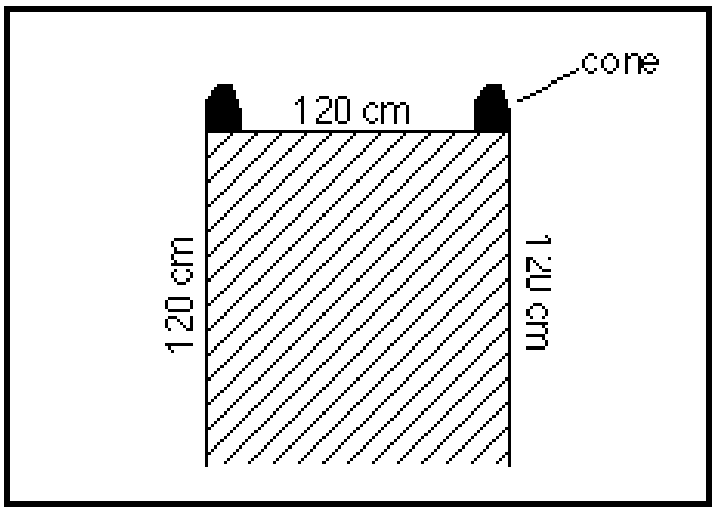
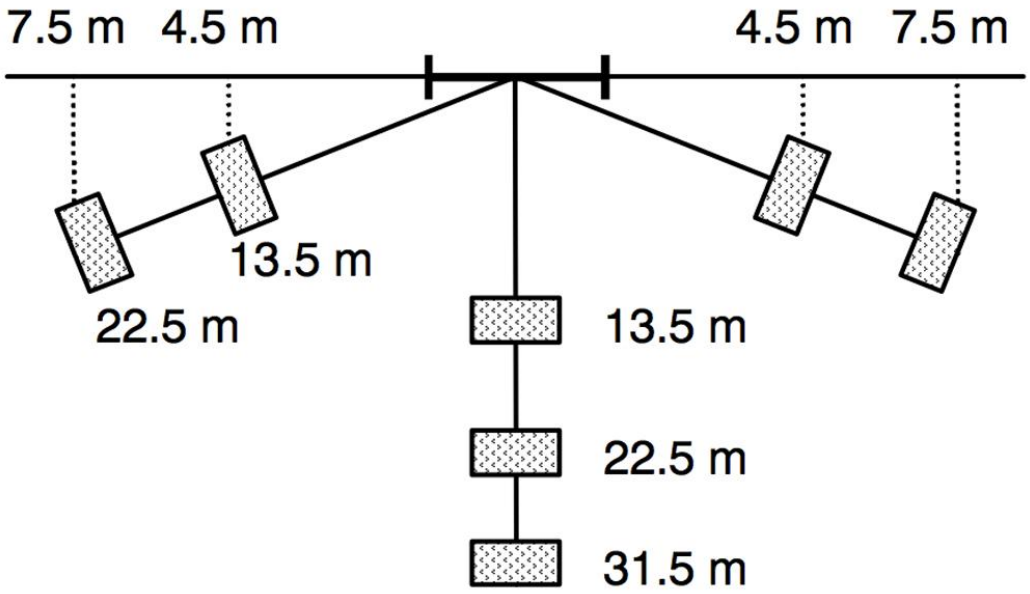


Fig. 6.2
Throwing Stations

General Setup



Accuracy Dutch Records Dutch Records

Divisie	Leeftijd	Naam	Jaar	Record
Open	Senioren	Peter Bos	1985	19/28
Open	U20	Peter Bos	1985	19/28
Open	U12	Peter Bos	1980	10/28
Female matching	Senioren	Marga van Wijngaarden	1980	12/28
Female matching	U20	Robin Mooren	2013	8/28
Female matching	U12			

https://wfdf.sport/wp-content/uploads/2021/06/WFDFRulebook_Article_VI_FieldEvents.pdf

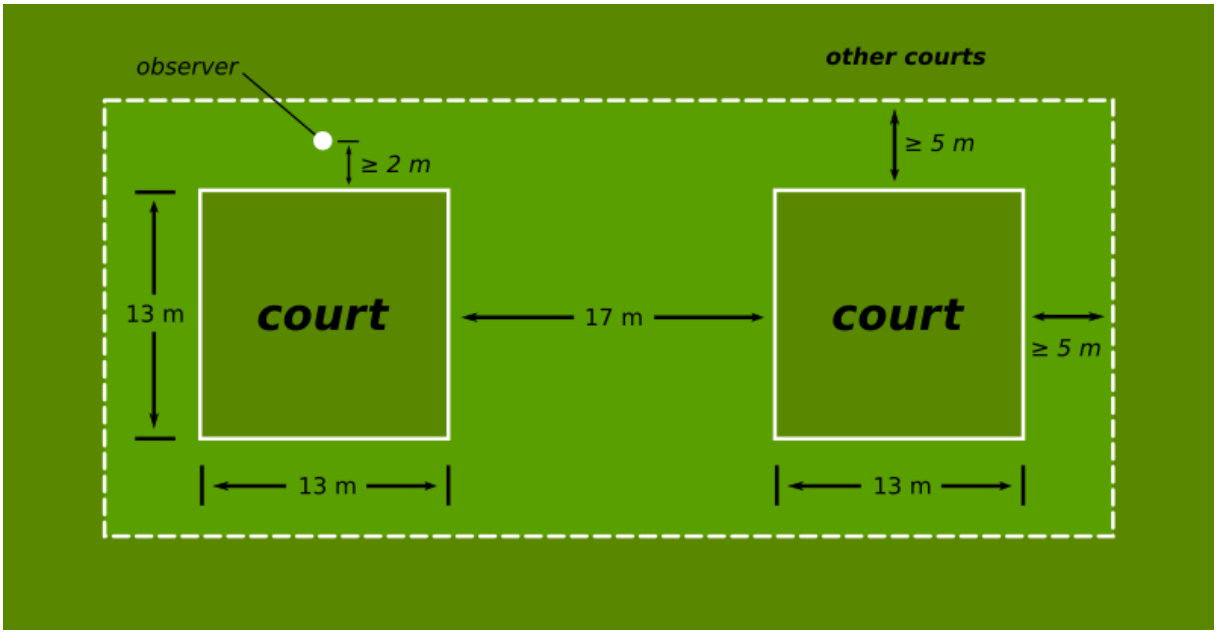
Double Disc Court

Objective
DDC is played between two teams, each defending their own court. Two discs are in play simultaneously. Teams score points in three ways:

- When the disc lands and stays inside the opposing team's court.
- When the opposing team touches both discs at the same time (double - worth two points).
- When the opposing team throws a disc out of bounds.

Game Setup

- Each team stands in its own court, holding one disc.
- A non-throwing player calls the start: "Ready? Two, one, THROW!"
- Both teams throw their disc simultaneously.



Gameplay

- Players must throw from where they catch the disc.
- Movement with the disc is not allowed.If caught outside the court, the disc is brought back in at the point where it left.
- Play continues until:
    - A disc lands out of bounds.
    - A disc stops in the court.
    - A double is scored.
- The team that scored the last point calls the next throw-off.
- Players alternate serving each round.

Throwing & Catching

- Discs can be caught with one or two hands.
- Passing between teammates is not allowed.
- Players may tip a disc (hitting it upward before catching it) to avoid a double.
- Throws must be made from inside the court; stepping out results in a point for the opposing team.
- If both teams hold a disc and refuse to throw, the team that scored last must throw within four seconds.

Scoring

- 1 point if a disc lands and stays in the opposing court.
- 1 point against the throwing team if a disc lands out of bounds.
- 2 points if a team touches both discs at the same time (double).
- Break: No points awarded if both teams' throws land in or out of bounds simultaneously.
- If a disc lands out-of-bounds or stops in court, any late throws do not count for points but can still result in a penalty against the throwing team.

Game Strategy

- Avoid throwing out-of-bounds – aim for the middle of the court.
- Threaten doubles – use a high, curving throw followed by a fast, straight one.
- Positioning matters – one player covers the front, the other covers the back.
- Communication is key – players must work together to escape double situations.

No Referees
DDC is self-officiated. Players are responsible for fair play. For official competition rules, contact your national flying disc association or visit the official website.

Link to rules DDC https://wfdf.sport/wp-content/uploads/2020/07/wfdf_rulebook_article_ii-2016.pdf

Self Caught Flights

Self-Caught Flight (SCF) includes two events with the intention throwing the disc in a high boomerang flight allowing the thrower to then catch it — with one hand! In Maximum Time Aloft (MTA), a player aims to accumulate a maximum number of seconds between the throw and catch; in Throw, Run and Catch (TRC), the object is to accumulate a maximum number of meters between the throw and catch. To get good results, players must be adept at gauging the wind, "reading" the flight of a disc and employing good catching techniques.

- Maximum Time Aloft (MTA)
- Throw, Run and Catch (TRC)
- Self Caught Flight (SCF)

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. Since 1984, the world record has remained unbroken at 16.72 seconds.

Throw, Run and Catch (TRC)

The player throws, and then runs to catch the disc with one hand. The player must release the disc from inside a circle that measures 4 metres in diameter. 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 94 meters.

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. This is because the general rule of thumb is that 1 second equals 5.5 meters. Therefore, a 40 m TRC and 7.3 second MTA would result in an SCF score of 40 + (7.3 × 5.5) = 80.15.

Throw Run Catch Dutch Records

Divisie	Leeftijd	Naam	Jaar	Record
Open	Senioren	Peter Bos	1986	73 m
Open	U20	Peter Bos	1986	73 m
Open	U12	Peter Bos	1980	33.76 m
Female matching	Senioren	Nicolette Verheem	1994	52.23 m
Female matching	U20	Iris Leinenga	2014	20.40 m
Female matching	U12	Annamara Burgers	2012	14.60 m

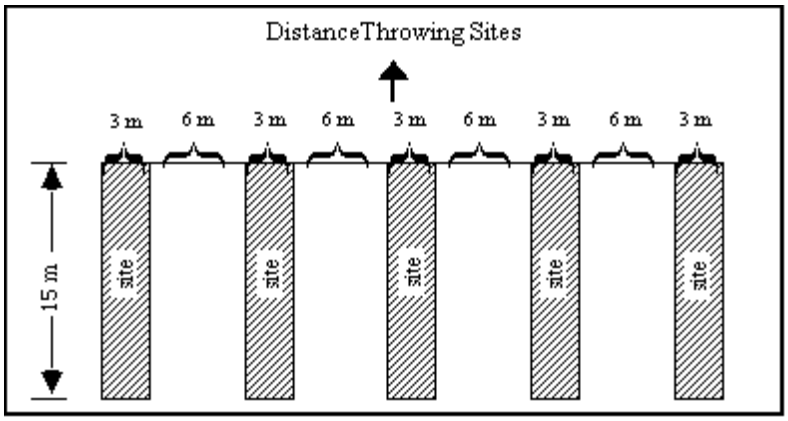
Maximum Time Aloft Dutch Records

Divisie	Leeftijd	Naam	Jaar	Record
Open	Senioren	Thyl Luyckx	2002	11.91 sec
Open	U20	Peter Bos	1986	9.90 sec
Open	U12	Peter Bos	1980	7.58 sec
Female matching	Senioren	Sylvia van Nierop	2002	8.92 sec
Female matching	U20	Caroline van den Brink	1987	5.56 sec
Female matching	U12			

Link to rules https://wfdf.sport/wp-content/uploads/2021/06/WFDFRulebook_Article_VI_FieldEvents.pdf

Distance is a sport where players aim to throw the disc as far as possible. Using discs designed for long flights, competitors showcase their power and technique, with the longest throw determining the winner. Distance events are thrilling to watch and participate in.

Players throw as far as they can from behind a line. The distance from the throwing line to where the disc first hits the ground is measured. Players get five attempts per round and up to three rounds per day to try and get their longest throw. Measuring is done with a laser rangefinder to ensure accuracy and consistency. The current world record is 338 metres (men's) and 173.3 metres (women's)!



Distance Dutch Records

Divisie	Leeftijd	Naam	Jaar	Record
Open	Senioren	Rienk Kan	2023	149.56 m
Open	U20	Peter Bos	1985	123.20 m
Open	U12	Menno Bloembergen	2016	53,04 m
Female matching	Senioren	Nicolette Verheem	1996	99,31 m
Female matching	U20	Caroline van den Brink	1996	47,45 m
Female matching	U12	Isa Bloembergen	2016	29,57 m

Link to rules https://wfdf.sport/wp-content/uploads/2021/06/WFDFRulebook_Article_VI_FieldEvents.pdf

Speed Dutch Records

Divisie	Leeftijd	Naam	Jaar	Record
Open	Senioren	Marcel Pit	2012	94 km/u
Open	U20	Kees Aufleger en Basten de Jongh	2012	80 km/u
Open	U12			
Female matching	Senioren	Minke Schoffelmeer en Cheryl de Boer	2012	70 km/u
Female matching	U20	Lotte Inkenhaag	2012	51 km/u
Female matching	U12	Annamara Burgers	2012	41 km/u

Open and Female matching	Legend from 65 and older			
	Senior Grand master from 55 and older			
	Grandmaster from 45 and older			
	Master from 35 and older			