

English

Frisbeesport is a competitive sport involving a number of team or individual events. The events are very dissimilar to each other but with one common denominator, the disc (Frisbee). Each event features discs adapted to the specific requirements of that event.

Sweden is one of the best performing countries in the world with World Champions in events such as Allround, Discgolf, Freestyle and Distance. The Swedish Ultimate Frisbee teams perform very well in the Ladies and Open events of European and World Championships. In other individual championships, the Swedes are often at the top, fighting for a medal.

The Swedish Frisbeesport Federation has been part of the Swedish Sports Confederation (Riksidrottsförbundet (RF)) since 1983.

Frisbee as a sport is a unique phenomenon. We have a lot in common with other sports although few regulate the same level of respect for the opponent. This is especially evident in our main team event called Ultimate. The concept of fair play is fundamental to our sport. We call this the Spirit of the Game or Rule Number One. Acknowledging the concept of fair play has led to a respect for others and an awareness of sports ethics, our principal contribution in alliances with business corporations and other sport associations.

Discgolf

Discgolf is a sport with exciting challenges where the flight of a disc is controlled through a course of various obstacles and difficulties.

Sweden has around ninety courses of varying degrees of difficulty and quality. The courses usually have 9 or 18 baskets (holes).

The basic idea of the game is to get the disc in the basket with as few throws as possible. The basket, or chain-hole, is a metal construction with suspended chains that stop the disc in flight so that it falls into the basket.

Discgolf is an easy game to take up but difficult to command. To begin with, most people manage with one to three discs. However, experts tend to use many different discs of varying flight characteristics such as a driver, midrange disc and a putter.

Discgolf as a sport developed nearly 30 years ago but has recently grown rapidly, especially in the USA. Sweden has some of the world's best competitors, even if the top is dominated by the Americans.

Ultimate

Ultimate is a crowd-drawing sport distinguished by intensity and contact. It is a game of no intentional physical contact and because there are no judges, the players are themselves responsible for abiding by the rules. This calls for great sportsmanship, a key feature of Ultimate. Unsportsmanlike behaviour on the pitch is to be avoided at all costs!

Each team consists of an unlimited amount of players of which seven are on the pitch (five - if playing indoors). Change of players occurs after a goal or in the event of an injury. The game starts by one of the teams throwing the disc to the opponents who must then pass the disc to each other. Running with the disc is not allowed. A goal is scored when a player passes the disc to his/her team player positioned in the goal-area of the opposing team.

The game continues until one of the teams has scored fifteen goals with a margin of at least two goals. The duration of the game and size of the pitch may vary.

The size of the pitch is roughly that of a football pitch, although not quite as wide. A handball court is normally used for indoor games.

Allround

Allround is not actually a separate event but four individual (Distance, SCF, Discathon and Discgolf) and two team events (DDC and Freestyle) put together.

Distance - where the aim is to throw the disc as far as possible down wind. The world record is more than 250 meters!

SCF (Self Caught Flight) consists of two separate events: MTA (Maximum Time Aloft) and TRC (Throw Run & Catch). In both events, the disc is thrown up into the wind and then caught with one hand. In MTA, the throwing to catching is timed while in TRC, the distance sprinted from throwing to catching is measured.

Discathon is the Frisbee sports answer to cross-country running, combining skills, tactics and stamina. Heats of four players throw and run a course in a park environment. The course presents a number of gates (normally trees) and obstacles that the players must try to avoid. First in goal wins!

DDC (Double Disc Court) is a team event with two players in each team. DDC is played by two teams on a pitch with two squares of 13 x 13 meters at a distance of 17 meters. The game starts by one player from each team throwing the disc over to the opposing team who must then try to catch it. A point is given if the disc lands in the opposing teams square and the opposing team gets one point if the disc lands outside its square. DDC is played in sets of 15 or 21 points.

Freestyle is also a team event where two players perform a routine with the Frisbee to music. The degree of difficulty, performance and style is judged. The disc is thrown between the players, often with a lot of spin and as many stunts as possible.

Guts

Guts is one of Swedens old show-piece events with a number of gold medals from World and European Championships. Teams of 5 players line up at a distance of 14 meters. The disc is thrown as difficult and hard as possible to prevent the opposing team from catching it with one hand. Points are given if the disc is not caught. A disc that is thrown out of reach or hits the ground before reaching the goal-line of the opposing team is disqualified, giving a point to the opposing team. The teams take turns in throwing and each game ends with the best out of three sets of 21 points and a margin of 2 points.

Who do I contact?

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