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The Ten Commandments of Frisbee

1. The most powerful force in the world is that of a Frisbee straining to land directly under a car, just beyond reach. (This term is technically called "car suck")
2. The higher the quality of a catch or the comment it receives the greater the probability of a crummy re-throw. (good catch - bad throw)
3. One must never precede any maneuver by a comment more predictive than, "watch this!" (Keep 'em guessing)
4. The higher the costs of hitting any object, the greater the certainty it will be struck. (Remember - the disc is positive - both cops and old ladies are clearly negative)
5. The best catches are never seen. (Did you see that? - See what?)
6. The greatest single aid to distance is for the disc to be going in a direction you did not want. (Goes the wrong way - goes a long way)
7. The most powerful hex words in the sport are - "I really have this down - watch." (Know it? Blow it!)
8. In any crowd of spectators at least one will suggest that razor blades could be attached to the Frisbee. ("You could maim and kill with that thing.")
9. The greater your need to make a good catch the greater the probability your partner will deliver his worst throw. (If you can't touch it, you can't trick it)
10. The single most difficult move with a Frisbee® is to put it down. (Just one more)

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HISTORY OF THE FLYING DISC

It all started 100 years ago with William Frisbie and his sister Susan making their living selling pastries in Bridgeport, Conn.

America loved Frisbie pies, and so did the nearby students at Yale University. Between mouthfuls, these enterprising young people discovered that the 10" metal pie tins they'd been throwing away had a marked propensity for flying smoothly when thrown with a snap of the wrist. With students in desperate need of an excuse not to study, the pie tin craze soon spread to Harvard and other campuses across the nation.

A pie-tin and paint-can-lid flipper from way back, Walter Morrison dumped the pie tin after several wasted attempts to improve its stability, deciding to use science's newest brainstorm, plastic, to build his Morrison Flyin' Saucer in 1948. Soon after putting his design into production, the first real live, honest-to-goodness flying disc was born.

Morrison sold his flying discs on the beaches of Los Angeles with the following gimmick. He professed to be selling magic invisible string. To demonstrate his product, he would tie one end to the disc and the other to his finger. By throwing different curves and pulling the magic invisible string appropriately, he was able to convince the public that his product was real. He sold the string for a dollar and threw the disc in free.

Two toy entrepreneurs, Rich Knerr and A. K. "Spud" Melin, caught on to Morrison's act and soon proposed a merging of financial interests. Two years later, the Morrison Pluto Platter became the Wham-O Flying Saucer.

Things ran along rather smoothly and steadily in the first ten years of production, with competitions here and there as the American public played with their new toy. However, with the introduction of the Hula Hoop, the most popular toy fad of the times, the popularity of the flying disc took the big dive and almost lost it all together. In a desperate attempt to resuscitate the flying disc from disappearance, the company changed the Flying Saucer's name to Frisbee, hoping that the name would catch on through nostalgic Ivy League campuses and stimulate sales.

It wasn't until the early 1960's, when Wham-O general manager Ed Headrick commenced a new advertising campaign that billed Frisbee as a sport and not just a toy.

In 1964, with the introduction of the Professional Model, Headrick went on to found the International Frisbee Association. Tournaments, freaks and the counterculture embraced the aerial phenomenon as its second favorite pastime.

Today there are more than 80,000 Frisbee fanatics, including 250 dogs, that have joined the ranks of the IFA. The times have seen a dramatic increase in public interest, media concern, organizations and tournaments. Frisbee has broken the barriers and can be seen now on your favorite TV sports program or at your favorite sporting event. The acceptance and popularity of the sport is clearly indicated in that wherever you go, the beach, park, and whatever you see, from shoe commercials to travel advertisements. Also, the Frisbee now has at least two publications out, not to mention the number of recent books that have been written on the sport.

Inspired by the public's fascination with flying saucers and the 20th Century's addiction to aero-dynamics, the Frisbee has become both a sport and a source of sublime satisfaction to the children of the Space Age. Over 100 million flying discs have been sold in the last quarter century, and there are serious efforts underway to include the Frisbee in future Olympic competition. Not bad for something that started out as a souped-up version of a metal pie tin.



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ULTIMATE FRISBEE HISTORY

by Larry Schindel

National Ultimate Frisbee Coordinator

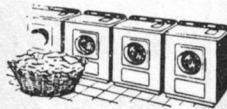
Ultimate Frisbee originated in the fall of 1967. The possibility of including Frisbee in the Columbia High School, Maplewood, New Jersey, curriculum was brought to the student council by Joel Silver. He had refined a Frisbee game in which players could not run with the Frisbee, only throw it, and there were no scrimmage lines. The staff of the school newspaper, the columbian, started playing Ultimate during lunch period. Joel said it was a chance for the columbian core the intelligentsia and non-athletes of the school - to play a sport.

In 1970 Buzzy Hellring, Editor-in-Chief of the columbian wrote the rules to the sport. It was then the sport was titled "Ultimate Frisbee." Joel and Buzzy named the team the Columbia High School Varsity Frisbee Squad. The Squad had no official school connection; the name was for status.

The official playing field for the Squad became the school's parking lot which was lit all night and had natural boundaries - the bank of the Rahway River and the embankment of the Erie-Lackawana railroad. During the summer the team would play almost every night. Despite thunderstorms, snow, ice, rain, darkness, and occasional sunshine, Ultimate is still played regularly on the lot, affectionately known as "the Frisbee Field."

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Early in the summer another group of CHS students started playing Ultimate on the corner of Richmond Avenue and Midland Blvd. in Maplewood. After losing a challenge match to the Squad, the "Richmond Avenue Gang" merged with the Columbia High School Varsity Frisbee Team (CHSVFT). Before going away to college Joel, Buzzy, and Jonny Hines rewrote, refined, and published the rules in booklet form. (In April 1971 Buzzy Hellring was killed in an automobile accident while returning to Princeton University, where he was a freshman.)

The CHSVFT sent many invitations to Northern New Jersey high schools asking them to form Ultimate teams. The first inter-scholastic Ultimate Frisbee game was played at night on November 7, 1970 on the Frisbee Field between Millbrun High School and CHSVFT. The CHS team was victorious by a score of 43 to 10. By the spring of 1972 seven highschools were playing Ultimate.

In the fall of 1972 a change occurred in the team as most of the CHSVFT members went to college and started teams. The first collegiate teams were started at Princeton U, Clark U, Hampshire C, Holy Cross, U North Carolina, Rensealaer Polytechnic Institute, Rutgers U, Stanford U, and Tufts U.

Ultimate made its intercollegiate debut on November 6, 1972 on the same site (now a parking lot) where 103 years to the day Rutgers and Princeton squared off in college football's first game. As a partisan crowd of 1,000 watched, Rutgers withstood numerous Princeton challenges, with Rutgers finishing ahead 29 to 27.

This is the fourth year that a National Championship will be held. The perennial champion until 1977 was Rutgers University. In 1977 Penn State University became the Eastern Champion, and travelled to Pasadena, California to face the Western Champion, the Santa Barbara Condors. Earlier this month the Condors successfully defended their Western title and are now looking forward to meeting the champion of the "The Eastern Ultimate Frisbee Championship" tournament.



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With over 200 colleges, high school and club teams playing Ultimate Frisbee in the United States (plus teams in Canada, Australia, Sweden, Japan, and England) regional qualifying meets were used to determine the competing teams at this Eastern Championship. Round-robin tournaments have been held during the month of April at Michigan State, Earlham College, Bucknell, Rutgers, U. Conn, as well as in Boston and Tampa.



RULES OF ULTIMATE FRISBEE

Ultimate is a fast-moving, competitive, non-contact sport played by two co-ed teams, seven people per team. The sport has a great amount of freedom and informality implicit in the rules. Primary among these is the spirit of sportsmanship which enables the honor system to be effective.

Ultimate has traditionally been considered an alternative athletic activity. Highly competitive play is encouraged but never at the expense of the bond of mutual respect between players or the basic joy of play. Protection of these vital elements eliminates some type of "sports" behavior from the Ultimate field. Such actions as taunting of opposition players, dangerous aggression, intentional fouling, or other "win at all costs" behaviours are fouls against the spirit of the game and should be discouraged by all players.

The object of Ultimate is to gain points by scoring goals. A goal is scored when a player successfully passes the disc to a teammate in the endzone which that team is attacking.

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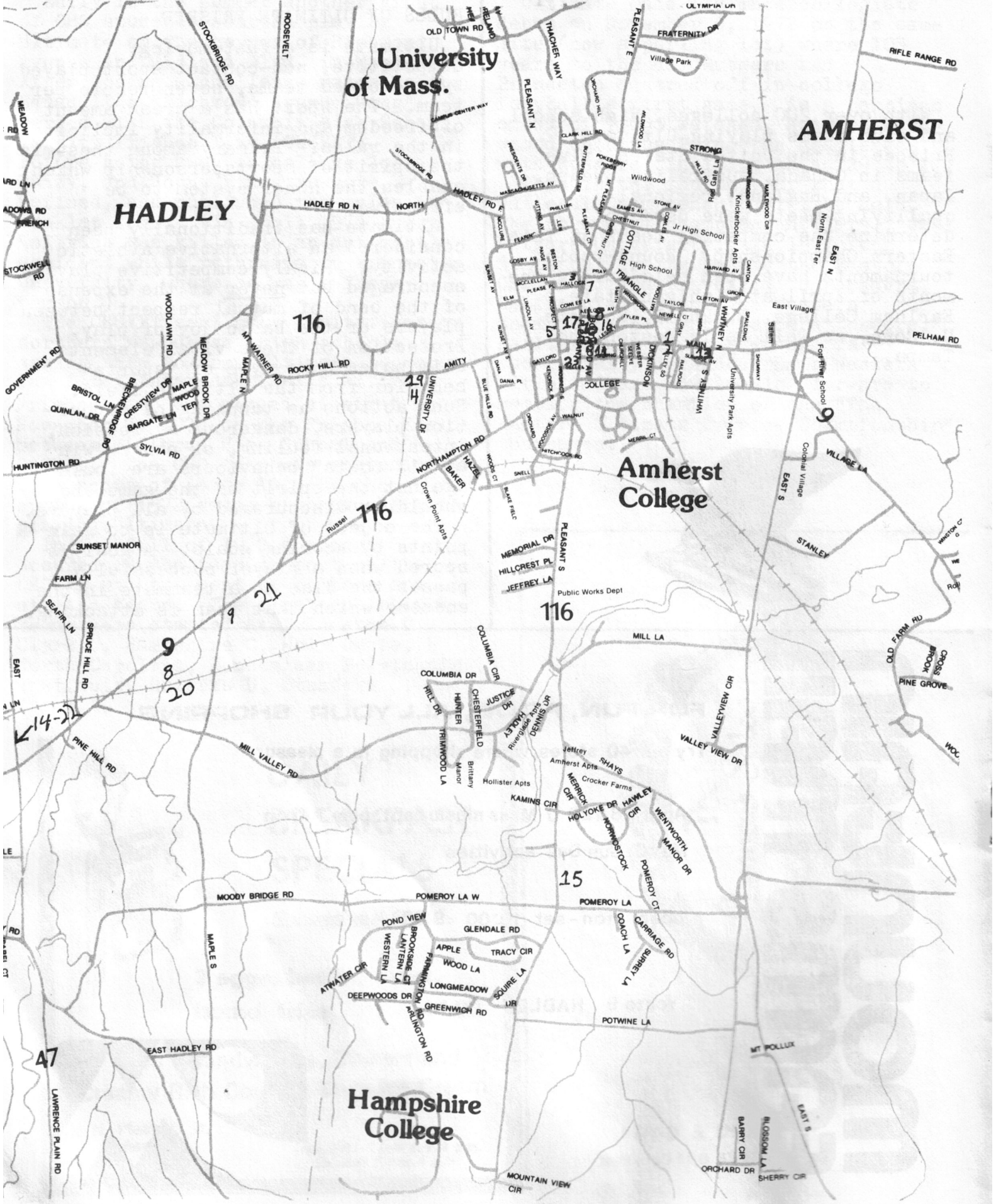
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The Wham-O 165-G is the official disc for tournament play. The playing field is 60 yards long and 40 yards wide. Both end zones are 40 yards wide and 30 yards deep. The sidelines are out of bounds. If no referee is used, the two teams play on the honor system. A game of Ultimate lasts 48 minutes, divided into 24-minute halves.

Play begins with the disc being thrown off toward the other team. Both teams are on their own goal line until the disc is released. The receiving team may catch the disc or allow it to fall untouched to the ground. A player has possession at the point the disc is caught. If the throw-off goes out of bounds, the receiving team decides immediately to gain possession at the point the disc went out of bounds, or have the disc rethrown.

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The team that has possession of the disc must attempt to move the disc. A player may propel the disc in any way he/she wishes. The disc may never be handed from player to player. No player may walk, run, or take steps when in possession of the disc. Momentum of the player must be taken into consideration. The player in possession may pivot on one foot (as in basketball).

The defensive team gains possession whenever the offensive team's pass is incomplete, intercepted, knocked down or goes out of bounds. Possession is gained by the defense at the point where the disc is stopped.

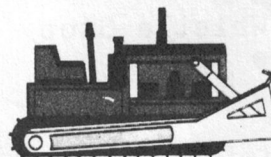
A throwing foul is called only by the player fouled. Any physical contact during the throw is a foul against the defender. Contact after the release of the disc is not sufficient grounds for a foul. The thrower may not push the defender.

Players must play the disc, not the opponent. That is, they may not position themselves or move for the purpose of impeding other players. To do so is a foul. In playing the disc, players must respect the established positions of others. Low momentum contact during and after the catching attempt is often unavoidable and is not a foul. Violent impact with legitimately positioned opponents constitutes harmful endangerment, is a foul, and must be strictly avoided.

The player who is fouled calls "foul," play stops, and the player gains possession at the point of infraction. For a momentum or pivoting foul, play stops, a check of the disc occurs, but possession is retained by the thrower. Play continues when both teams are ready.

A stalling violation occurs when the player guarding the thrower calls out "stalling" and counts 1 through 15 aloud (15 seconds). If the disc has not been thrown by the end of the count, it is turned over to the defense at that point.

A goal is scored when an offensive player lands in bounds with any part of both feet in the end zone after receiving a pass from a teammate. The goal line is not considered part of the end zone. A player in possession may not score by running into the end zone. The team that scores receives one point.



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WOMEN IN FRISBEE®

by Patti Hipsky

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There were only twelve women in the 1976 World Frisbee Championship meet. Ninety-five men competed at the event. Under-representation? Not really. Only about forty women entered any of the Series meets, so almost a third qualified. Over nine-hundred men competed in the Series so only a tenth of them made the trip to the Rose Bowl.

Historically, competitive Frisbee, like most other sports, has been mainly contested by men. Being a competitor since 1973, I can recall many tournaments where less than five women were present to throw for distance, which was about the only event we were able to compete in. Women's divisions weren't even on the tournament schedules and several of us would band together and walk over to an official to ask permission to have our own competitions. All trophies and awards would be presented to the male winners and if we were lucky, the female winner's names would be read. The I.F.T. has had women's events since 1971 but, only since W.F.C. '75 have womens' divisions become a standard part of competitive meets. The '76 W.F.C. brought endorsements and prize money to women in both the distance category and overall winner. The future looks even better as more women come into Frisbee.

Aside from competitive awards, other opportunities are also particularly open for women because there are so few of us in the sport. Women add greatly to clinics and demonstrations so most clubs are eager to find good women players. A new fellow may have to wait a long time to make the club's demonstration team. As field meets between clubs become more popular, the importance of a strong womens' program is even more important on the local level.

Women have great potential for excellence in Frisbee play. Many advanced techniques require highly developed manual dexterity. Women have been proven to possess a naturally greater command of these skills. Other important qualities such as grace and flexibility also are strong points for many women. Women generally do have less sheer physical strength than men but the records demonstrate the differential is not as important as one might expect. In fact, even in the field events, the size or strength of the women seems to be outweighed by their technique.

This year's Series events reflect the competence of women by the fact that all events are open to both sexes. Freestyle and accuracy do not even include any separate women's finals because we can hold our own with the men. The other events have separate women's finals for Series points because we are at a strength disadvantage. If however, one of us does qualify for the open events, we could win those titles. This may be the first year for a woman to win an open title. 1977 will also be the first year for competition between women's Ultimate teams.

I realize many of the women reading this are thinking that it is easy for me to encourage more women because I already am involved. I know fear keeps many interested females away from the competition. It took me a lot of courage to step up in front but in a short time, this fear goes away and is replaced by confidence. Once you have entered one or two tournaments, others know who you are and encouraging words emerge from the sidelines as your turn approaches. Other players are always willing to show techniques and answer any questions newcomers have.

Most of the women who are known competitors today got started through boyfriends but I am hoping as more women get involved that they can bring each other into the sport as well. I encourage all interested females to step up at the next tournament they go to and enter. You can learn through competing as well as on your own and the new friendships that evolve are worth it. Frisbee® can be a sport equally represented by both sexes in all areas. Let's make it happen.

DESCRIPTION OF EVENTS

Frisbee Golf: Competitors throw from a designated tee area attempting to hit a 4 ft. wooden pole embedded in the ground. Each throw counts as one stroke, and the Frisbee must be thrown from where it lands. The 18 hole, par 71 course winds around numerous trees, water hazards, and natural traps. We will only be playing #2 thru #17 as #1 and #18 are under construction. Course record held by Victor Melafrente: 58.

Freestyle for pairs: Two players toss the Frisbee between themselves during a five minute routine attempting to demonstrate their most difficult throws and catches. Competitors are judged on aesthetics, variety, and difficulty. Judges score on a 0 to 10 basis. A real treat! Local favorites: Ben Richard and Criag Gilmer.

Distance: Competitors attempt to throw the Frisbee as far as possible with the wind at their backs. Four throws are allowed per contestant. Men's world record: 412' by Dave Johnson; women's: Suzy Lempert at 283'6".

Accuracy: Competitors attempt to throw the Frisbee through large hoops from seven different stations around the target. Four attempts are allowed from each station. Men's world record held by the Stork with 20 for 28. The women's world record is held by Monica Lou with 15 for 28.

Maximum Time Aloft: Competitors attempt to throw the Frisbee deep into the wind, hanging it in the air for as long a time as possible. Players must catch their own throw with a clean, one-handed catch. The men's world record is shared by Ken Westerfield and Cliff Towne at 15.0 seconds. Monica Lou holds the women's record with 9.9 seconds.

Throw Run and Catch: Competitors attempt to run the farthest distance possible to catch their own throw cleanly in one hand. The men's world record is held by John Kirkland at 234'. Cindi Birch holds the ladies' record at 150'.

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Brown GROUP A

Discos Valente a2 _____

Kalamazoo

Penn State

Glassboro b1 _____

U. Conn GROUP B

b2 _____

Florida

Bucknell

Princeton c1 _____

Brandies GROUP C

c2 _____

Michigan State

RPI

Rutgers W. d1 _____

Hampshire GROUP D

d2 _____

Kentucky

Round 2 Saturday
11:00 U. Mass

Group A

A1

B2

c2

D1

A1 _____

A2 _____

Group B

Group B

A2

B1

C1

D2

B1 _____

B2 _____

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A1

B2

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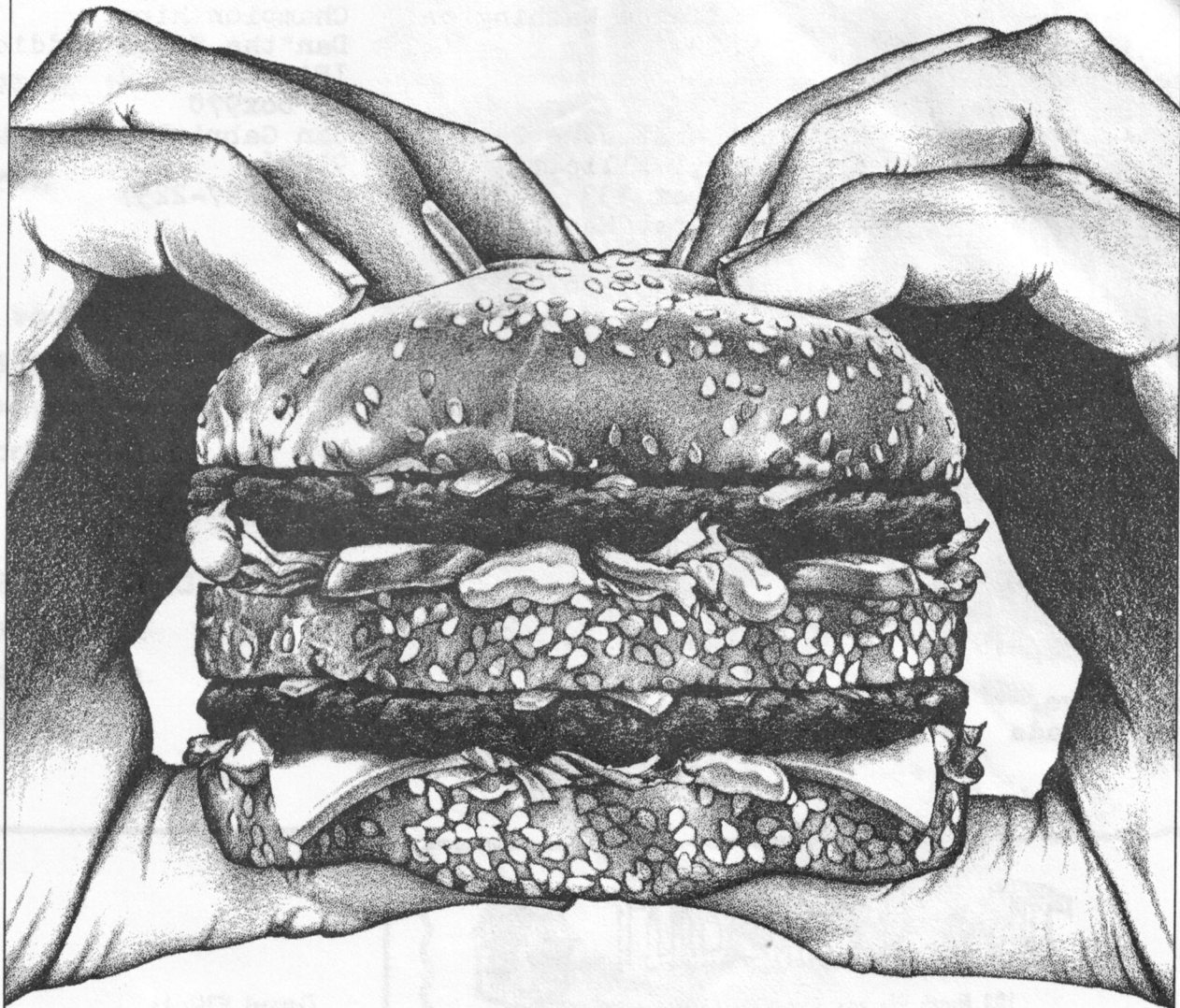
Round 1 3 20 Minute games

Round 2 3 25 Minute Games

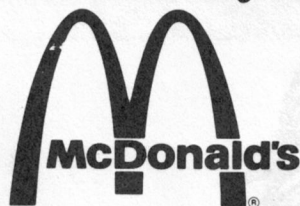
Round 3 1 40 Minute Game

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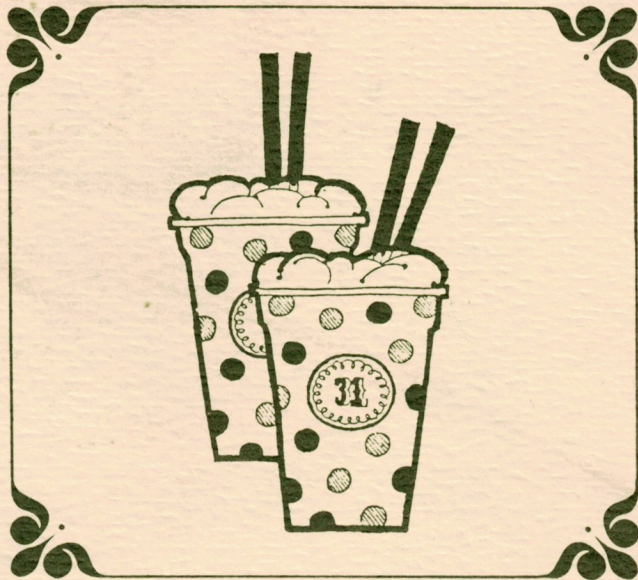
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