

ORIGINAL

 **FRISBEE® DISC**



 **Double Disc Court**

How to Play

DOUBLE DISC COURT: A GAME FOR TWO-PERSON TEAMS

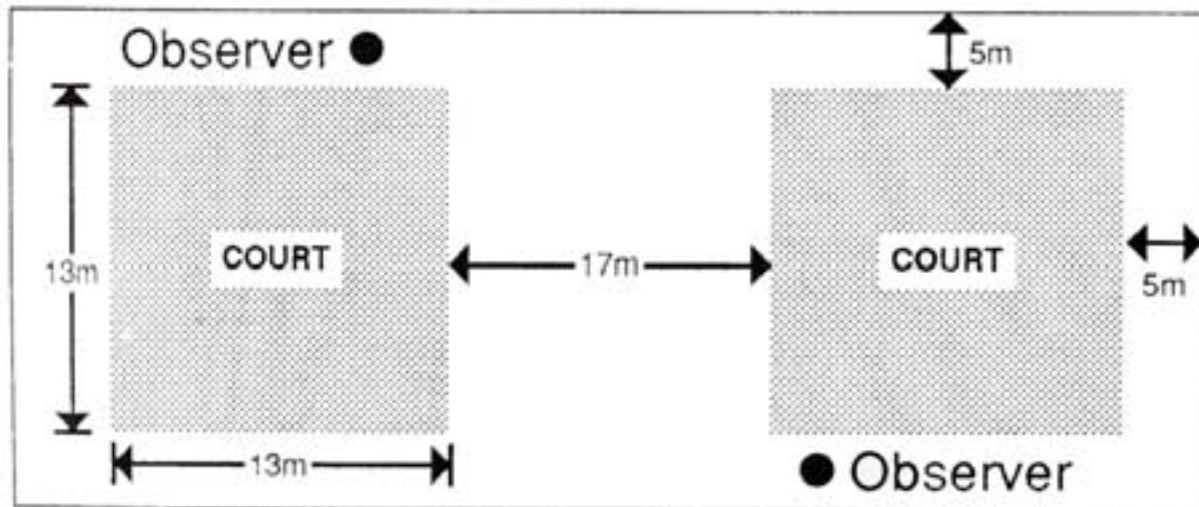
Double Disc Court (D.D.C.) is a game played by two teams of two players each. It's kind of like space-aged tennis with each team defending a court from the attack of the opponents. The attacks are made in two ways: by the throwing of one of two discs into the opponents' court, having the disc come to a rest within that court without ever having touched out-of-bounds, or by causing both discs to be touched by a player or players on the opposing team the same time. A team scores a point whenever they make a successful attack or whenever an opponent throws a disc out-of-bounds.

The best way to introduce D.D.C. is to have a match played with a running explanation of the rules as scoring situations occur. Most people are ready to play after seeing one match. You should not begin match play immediately. You should take some time to become familiar with the dimensions of the situation. Experiment with differently angled shots, particularly shots that stay in the air fairly long. Once you begin to play, you will find that your full concentration is required. Don't be discouraged – it takes some time to get the basic strategy of play under control. As you gain more confidence, you will be able to see the scoring opportunities more clearly.

An important point is to concentrate on good throws. Hurried, inaccurate throws only lose points. Stay with the grips, deliveries and flights you have under control. Make it a point to play against a range of opponents – some you can handle easily, others that put it to you. This is probably the best way to advance because it keeps the pressure off your game for some time so you can experiment and yet tests your limits against superior play. The purpose of this synopsis is to provide a guideline which describes the way the game is played.

THE COURT

- Two 13 by 13 meter courts marked out on grass and set 17 meters apart, measured from the front line.
- The lines and all areas outside the 13 by 13 meter courts are considered out-of-bounds for the purpose of scoring.
- If any part of the disc touches the boundary rope or the marking come it is considered out-of-bounds.



EQUIPMENT

- Two discs of the same model. If competitors cannot come to an agreement as to what model to use, two 110G Frisbee discs are to be used.

GENERAL PLAYING RULES

- Two discs are to be used in play at the same time.
- Each team of two players defends one court.
- Before beginning play, the teams should flip a disc. The team winning the flip shall have its choice on one of the three options for the first exchange of the match:
 - (1) which court they will defend; or,
 - (2) which team shall initiate; or,
 - (3) which team shall declare its server.

The team losing the flip shall then have its choice of one of the two remaining options, leaving the final option to the team winning the flip.

- Each player attempts to throw a disc into the opponents' court such that it lands at an angle meeting the appropriate landing angle restrictions (see LANDING ANGLE RESTRICTIONS), either side up, and stops without rolling or sliding out-of-bounds.
- Whenever, during an exchange, a player on the team holds a disc an impasse occurs. It is the responsibility of the initiation team to throw within 4 seconds of the time the impasse occurred, unless their opponents choose to break the impasse by throwing. The initiation team is limited to 1 fake during each impasse. Teams are allowed unlimited fakes when there is no impasse.
- A player or team may never touch both discs at the same time or use a held disc to touch the other disc.
- Once a disc touch inside the court area, the defending players must not touch the disc until the point is determined or a break occurs. Violation results in a loss of point for that disc or two points if a double disc situation occurs.
- Should a disc be touched or otherwise interfered with by a non-player, either inside or outside the court, and to the extent that the teams agree that play was altered, the point shall be replayed with the same serving combination.

- If a player is hit above the knees by a high velocity shot while he or she is in position to play an incoming disc, the defending team may call “offensive interference” and a replay is taken. If it is determined that the defending player intentionally moved into the shot, there is no replay and the exchange is scored under the usual rules.
- The players must throw the disc from within their respective court. The release may be outside the vertical plane of the court boundaries provided the player last touched the ground within bounds.
- Players may never touch their own throw or their teammate’s throw.
- After the throw-off, each throw must be made from the point of the court where the disc is caught. Normal momentum and throwing motion is acceptable but walking or running while touching the disc is not allowed. Should a player walk or run with the disc traveling is called, play stops, the player must return to the point of the catch, then play resumes. If the disc is caught out-of-bounds it must be brought into the court at the nearest point before being thrown.
- The teams shall switch courts after every five points total are accumulated.
- Serving combinations should switch for each game. That is, if player A of team A/B served against player C of team C/D in game one, player A should serve against player D in game two. Also, the winner of game one shall initiate play for the first point of game three, should the game be necessary.

MODE OF PLAY

- Each team stands inside its court and has possession of one disc.
- The signal to start play is an eve cadence count of “ready, two, one, throw”, called by the non-serving member of the initiating team. Both servers release their discs simultaneously on the word “throw”. Thereafter, until a point is scored or a “break” (see BREAK) occurs, the players throw at their discretion. The non-server from the team winning the point calls the cadence for the next exchange. Team players must alternate serves.
- Throwing continues until a disc touches out-of-bounds or comes to rest in a court. Throws released after that time count against the throwing team if they are thrown out. They cannot, however, score for the throwing team.
- When play has stopped, and all thrown discs have come to rest, points are awarded.

LEGAL CATCHES

- Legal catches include, in addition to the standard one of two-handed catches, those that are made:
 - without the use of hands (i.e. body traps)
 - with simultaneous contact with ground or boundary line
 - with simultaneous contact between teammates

SCORING

- Anytime a disc lands at a legal angle (see Landing Angle Restrictions) inside the court area having never touched out-of-bounds, a point is scored against the team defending that court.
- Anytime a disc touches any out-of-bounds area a point is scored against the team that last touched that disc. Any further movement of the disc is of no consequence,
- If the discs make mid-air contact at any time points are awarded as follows:
 - If both discs land out-of-bounds, it is a break with no points scored.

- If one or two discs land and stop in a court, one point is awarded to the opponents for each disc.
 - If a player or team touches one or two of the discs after the contact which the contact which they subsequently fail to catch, their opponents receive a point for each dropped disc, in or out of court.
 - No points are scored if: both discs are caught by one or both teams; both discs are out; one disc is in each court.
- All non-scoring results call for a replay.

LANDING ANGLE RESTRICTIONS

- All shots must strike the ground at an angle of 30 degrees or less, either side up except for burn shots. These may strike the ground at any angle.
- Burn shots are defined as high velocity shots which meet both of the following conditions:
 - cross the front line of the defending court flying not higher than 2.5 meters; and,
 - roll away from the thrower when first hitting the ground.
- When it appears that a disc will hit the ground with illegal angle, the receiving player must call, “angle”. This call must be made before the disc hits the ground. If there is any doubt on the angle of the shot the benefit of the doubt goes to the thrower. This convention is meant to discourage frivolous calls on shots that were thrown with good intent and are easily playable.
- The angle rule is designed to discourage certain radical trajectories which distort play, not to penalize a floating serve or lead shot that slips to 33 degrees. Shots thrown for competitive advantage should, of course, be called.

BREAK

- When both discs land and the result is a scoring situation against each team, a break occurs. No point is awarded and play is restarted, continuing the serving sequence.

THE IMPASSE

- The initiation responsibility requires that the designated team exercise one of the following options each time they catch a disc in play:
 - throw immediately upon catching
 - pause and then throw
 - pause, make one fake throwing motion, and then throw without any additional pauses or fakes

REPLAYS

- The following infractions of the rules constitute legitimate cause for a point to be replayed if requested by the team not committing the infraction:
 - foot faults – traveling
 - angle calls – stalling
- In each instance of confirmed infraction, the team calling the violation may either ask for a replay or take the point or points scored in the exchange.
- If a team commits any combination of infractions two times in a game, the subsequent instances result in the loss of a point for each occurrence. Replays are also suggested for

resolution of offsetting infractions or situations which cannot be resolved by the players. Non-scoring mid-air contact exchanges, wrong servers, late and early serves are also replayed. Replays consist of a return to both the previous initiation and serving situation.

TIPPING

- Tipping is a standard method of escaping double situations and is usually done when a defending team has to deal with two incoming discs. Normally the lead disc is tipped into the air giving the teammate time to catch and throw the second disc before the tipped disc is caught. Such escape techniques are legal as long as the spin of the disk is not terminated and then repropelled. This constitutes a throw which cannot be caught by the same team.
- Similarly, a team member may touch (tip, guide or air-brush) an incoming disc which is subsequently caught by his or her partner if the first player does not terminate the spin.

COMPETITIVE INTENT

If a player releases a throw in play after the other disc has landed, the throw is considered to have competitive intent and the thrower is responsible for the potential loss of a point from the late shot. If, however, the disc scores against the receiving team, that point does not stand because the throw was, in fact, late.