

St. Louis Senior Olympics

Frisbee Throw for Distance

Frisbees to be used Classic-90gms.-9" dia. Wham-O model #81118 (your choice)
 Maxflight-160gms-8 ¾" dia. Wham-O model #51105 (your choice)

1. Three (3) consecutive throws will be made by each contestant.
2. A practice throw will be allowed, and if participant chooses, may use this towards competition.
3. The object is to achieve the longest distance.
4. A foot fault called by the official will automatically nullify that throw.
5. If a Frisbee lands outside the foul lines, it will be charged as a throw but will not count for distance.
6. In case of a tie, the participant with the second longest throw will be declared the winner. If a tie still persists, the third throw, will determine the winner.
7. The distance is measured where the Frisbee first hits the ground.