

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. Two practice throws will be allowed.
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.