

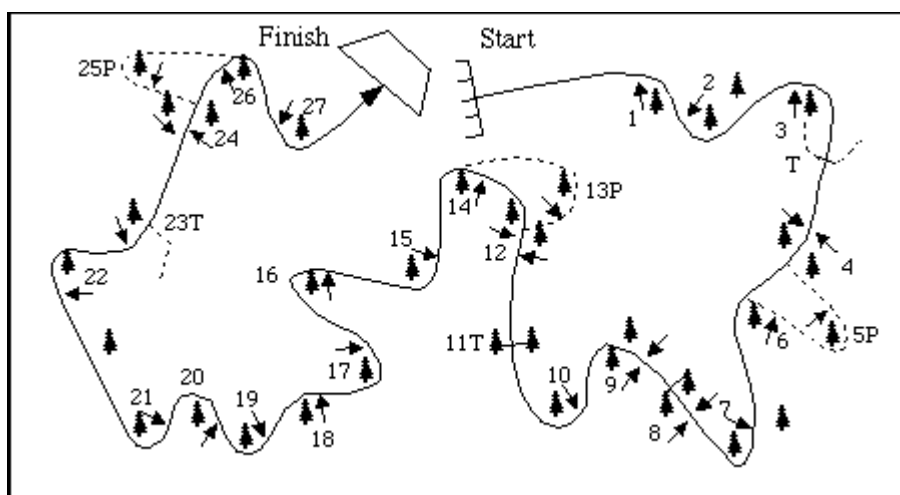
## **Discathon.**

### ***The intention of the game.***

Discathon is a racing event covering a 200-1000 m course from start to finish. The player(s) use two or three discs that are thrown alternately. The discs must travel an appointed course of mandatory obstacles that must be passed in a specific direction. The player tries to complete the course with a minimum of throws and as little running as possible, resulting in the shortest elapsed time as possible. When one of the discs passes the finish line the time elapsed is measured. Special to this event is that there are two discs "in play" from start to finish.

### ***The course.***

It is best to put up a discathon course in a public park, where many natural obstacles can be found. In the drawing below you can see a possible course. In fact, the whole course consists of series of obstacles, which the disc should pass on the left-hand or right-hand side. Here all obstacles are drawn as trees, but you can use whatever is available: for example a lamppost or other tall object. There are *single* and *double obstacles*. Then there are also some *tests* involved that must be passed with a single throw. If these tests are not passed correctly, the player must pass an additional *penalty mandatory*.



### **Single obstacles.**

Most obstacles in the drawing are *single obstacles*. It is only prescribed whether the disc should pass them on the left-hand or right hand-side.

### **Double obstacles.**

A *double obstacle* consists of two objects, which the disc must pass in between. Examples are the numbers 4, 8, 9, 11 and 24 in the drawing. Sometimes an extra height restriction is added. For instance the disc may also have to pass under a horizontal rope between two trees.

### **Tests and penalty courses.**

In the drawing a number of *tests* can be seen. These are indicated by a "T". A *test* consists of a line, which is drawn before a double obstacle. Players have to pass the obstacle by throwing from before

the line. When they succeed you can continue. When they fail they still have to pass the obstacle and then complete an extra *penalty course*. In the drawing this is indicated by a dashed line.



A test is just a part of the course. Players can choose not to take the test. However they must then pass the double obstacle and complete the extra penalty course.

### The finish.

The finish is always a double obstacle with a height restriction. The race has finished only when the disc *as a whole* has passed the obstacle.

### ***The most important rules.***

- At the start players carry two discs, and may carry a third disc to replace one disc lost to out of bounds. At a signal, the first disc is thrown from behind a start line. The next throws are made from within 1.5 meter from the spot where the former disc came to rest. The two discs are thrown alternately. Only when the next throw has been made may the previously thrown disc be picked up.
- Players cannot influence the flight of a disc. Therefore you can not touch a disc in the air. There is one exception: you can try to catch a disc, which you have thrown around a single obstacle. The condition is that you either keep standing still or pass the obstacle at the other side than the disc. When you catch the disc you can play the same disc from that position.
- When a number of players are running the course simultaneously they may not obstruct each other. In principle, the player who is going to throw has right of way over a player who is approaching.
- Besides the obstacles also the boundaries of the playing field are indicated. These are natural boundaries like a road, a flowerbed or a lake. When a disc lands outside the playing field it is *out-of-bounds*. A player cannot continue playing with that disc. When he has chosen to carry a third spare disc, he can continue the race with that disc from the position where the former disc left the playing field. When he has already used your spare disc, he may not finish the race.
- Sometimes a player cannot find a disc he has thrown. In that case he can continue the race with his spare disc (if it is still available) and he gets a penalty of ten seconds. When he already used his spare disc, he may not finish the race.
- At the finish a player must have two discs in play.

This sheet provides the most important rules only. This is enough to get started. Of course, when you want to participate in official competitions, you must be familiar with all rules. Your national association can provide you with these. Or you can download them from the WFDF website. Besides that, the more experienced players at a tournament are often willing to give an explanation when needed.



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