

# Freestyle Frisbee

- Purpose:** To land as many frisbees as possible (and other potential items) in your opponents' area.
- Set-up:** Opposing teams on either side of the tennis/volleyball courts (or other marked area on the field) with a large number of different color frisbees on their side.
- Play:** On the whistle, players will attempt to land their frisbees on the other court or predetermined area (inside the boundary lines) by throwing them over the net and from behind a predetermined foul line. At the same time, they are trying to catch the incoming frisbees to prevent the other team from scoring. While the players are limited to a certain area from which to throw, they may go anywhere to catch the frisbees; just go back behind the line to throw them again. There might also be different objects to throw over the net for more points or even different targets for the frisbees to hit for more points as well. This includes placing counselors in designated areas to be catchers. The key for scoring will be to watch carefully for the many frisbees that will be falling (and be able to count them).
- Variations:** Different color rounds  
Boys only/girls only  
Boys throwing/girls catching and vice versa  
All play (all frisbees and all players)

