

# Guts Frisbee

The game of Guts is, as its name implies, the most demanding, grueling and energy-evoking contest in which a Frisbee is used. While there are several variations, Guts has been and will continue to be the ultimate test of a competitor's true mettle.

1. **Number of Players** – Guts can be played by any number from one to five persons per team.
2. **Playing Area** – Playing area for Guts can vary slightly, dependent upon the capability of the players involved. Recommended distance between the teams (neutral zone) is 15 yards. Foul lines are drawn before each team at that distance. While the distance might be increased slightly for teams of somewhat lesser ability, under no circumstances should the distance between teams ever be less than 15 yards. Severe injuries could otherwise result.
3. **Positions** – Members of each team (if more than one) stand in a straight line, facing their opponent, just behind their foul line, at finger-tip length from one another. Arms are dropped to the sides and each team, in turn, signifies its readiness.
4. **Method of Play** – The offensive team (that team which is delivering the Frisbee) is entitled to use any legal IFA throw at any velocity (depending upon terrain the skip shot may be eliminated by agreement of both teams). The throw must be catchable by a member of the defensive team, even if requiring a supreme effort, without forcing the defenders to cross the foul line. The Frisbee passing the foul line must be less than 90 degrees tilted to qualify as a good throw. Only one-hand catches are legal, with any number of members of the defensive team contributing their one hand to the successful catch. Rebounds, fumbles and bobbles are not permissible provided the Frisbee does not touch the ground and the ultimate catch is made by one hand.
5. **Scoring of Points** – Only one point is possible to be scored on each flight. If the throw is not caught cleanly (body trap not permitted) by the defensive team, and is a legal throw, a point is awarded to the offense. If the throw cannot be caught by a defender, even assuming a supreme effort, without fouling, then the point is awarded to the defense. No point is awarded for a legally delivered flight which is legally caught. Should a member of either team cross the foul line once the Frisbee has been launched, a foul is declared and a point awarded to the opponents of the offending team. In the event of a double foul, no point is awarded.
6. **Judging** – Guts Frisbee is a game of sportsmen in which the legality of both the throw and the catch must be determined and called by the persons in the best position to know – the receiving team. Frisbee, being a game of gentleman and gentlewomen, it is understood that all judging will be unscrupulously fair and unquestioned by the opposition. Team captain shall serve as spokesman for his team.
7. **Changing Sides** – To minimize the effect of a possible wind factor, teams will change sides after every 11 points in a game of Guts Frisbee.

8. **Duration of Contest** – A game of Guts is continued until one team has at least 21 points and exceeds the point total of the opponents by two. A match of Guts is played as the best two-out-of-three games.
  
9. **Technique Suggestions** – As in any competitive activity, strategy can play a major role in determining victory or defeat. Following are simple suggestions which may be beneficial to Guts Frisbee teams of all calibers.
  - a. There is a considerable difference in judging the flight of and catching a Frisbee delivered with a left-handed spin because the majority of Frisbee throwers are right-handed. Thus, it would be to the distinct advantage to a Guts Frisbee team to have one left-handed member, provided, of course, that he is otherwise qualified.
  - b. In positioning the players for Guts Frisbee (using a five-man team as an example), the best all-around player should be in the center. He would be flanked by the two other players on the team whose ability most closely approaches his own. The two weaker players would be positioned at the ends. The reason for this is that the majority of throws will be received by the three men in the middle of the team.
  - c. Backing up the primary receiver is a most important aspect of Guts Frisbee because of the number of initial deflections and misses. As the Frisbee approaches, every member of the team should be in motion, either to the front, side or rear of the catcher. Specific coverage positions, depending upon the primary catcher, high or low throw, etc. , should be discussed in advance by the team so that team members during the contest can move back up instinctively. (Diagrams are included to show suggested coverage in certain situations).