



International Frisbee Association
**PROFICIENCY
MANUAL**



IFA[®]

Proficiency Rating System

The IFA has established the following degrees of individual proficiency, as determined by accomplishment of the IFA Proficiency Rating Standards:

NOVICE

A Novice is anyone who enjoys a Frisbee disc, and is a member in good standing of IFA.

EXPERT

An Expert is an IFA member in good standing who has passed the Expert Proficiency Test, which must be attested to by two IFA members in good standing or, if not available, three permanent members of the community, preferably individuals involved in organized sports such as park officials or school physical education instructors.

MASTER

A Master is an IFA member in good standing who has passed the Master Proficiency Test, which must be attested to by three IFA members in good standing. Their membership card numbers must accompany their signatures.

Upon successful completion of the entire Master Proficiency Test, which is to be attested to by the judges on the candidate's proficiency rating card, the card and certification fee is sent to IFA headquarters for official sanction. The member will then receive certification as a Frisbee[®] Master and be issued a special membership card and certificate.

WORLD CLASS MASTER

A World Class Master is an IFA member in good standing who has passed the special World Class Master Proficiency Test which is given by appointment at regional offices of the IFA. Write to IFA central offices for additional details.

Only members in good standing may hold and compete in the above classifications. A lifetime registration payment for any member to be in good standing is \$3.00. Authenticated proficiency test scores, listed on the proficiency rating card, must be submitted to the IFA along with certification fee for advance in rating.

NOTE: A member is not required to progress through each classification in order to become a candidate for higher rating.

While IFA proficiency certification is predicated on the honor system, any member may be challenged by another IFA member of equal or higher rating to demonstrate his proficiency within his classification.

Upon completion of test, mail signed card and appropriate fee to: International Frisbee Association, P.O. Box 970, San Gabriel, CA. 91776



Expert

Proficiency Qualification Requirements

CONDITIONS AND TEST AREA

Two, four-yard diameter circles should be drawn on the ground 25 yards center to center. The candidate must deliver his flights from within one circle and may choose either end of the court for any throwing or catching group.

QUALIFICATIONS COURT



The catcher is free to move anywhere within the 12-foot diameter circle but is prohibited from stepping outside of it during the accuracy test. The candidate must complete the proficiency test within a 60-minute maximum time period. Only one such attempt may be made in any single day.

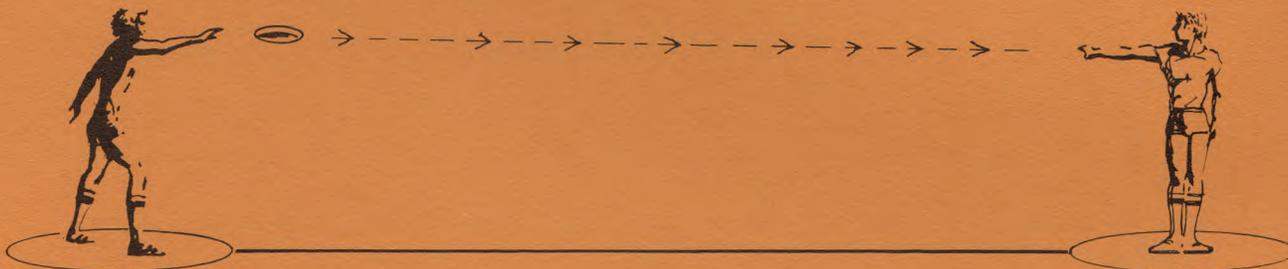
THROWING REQUIREMENTS

Within each of the following groups, the flights must be completed consecutively, with the method of delivery the candidate's choice. If the flight is properly executed and the catcher fails, it will be judged to be a completed flight.

Straight flights may not cut the four-yard lines; curves must cut the 9-yard lines at some point in flight.

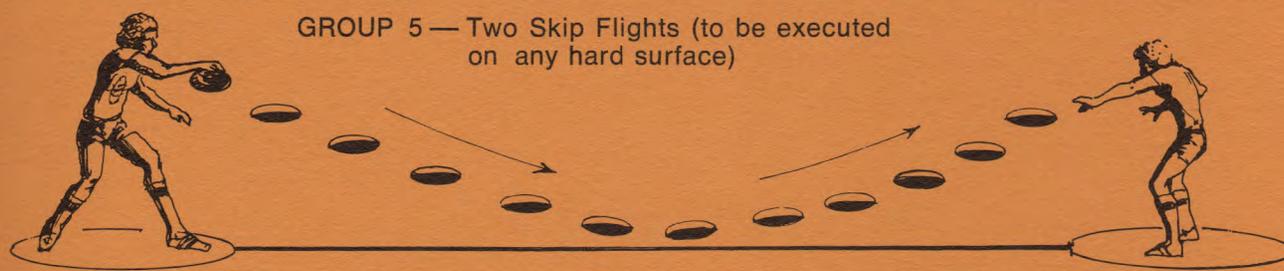
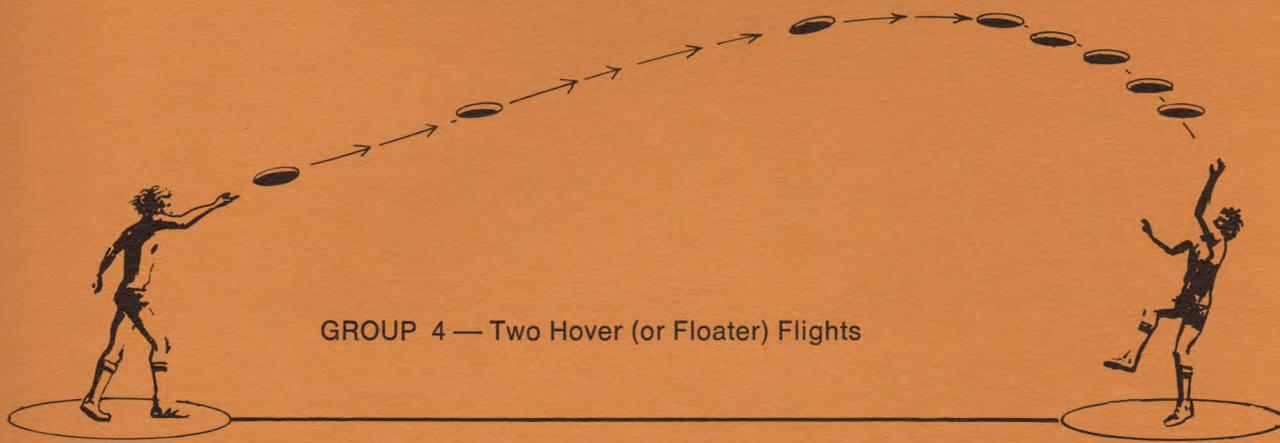
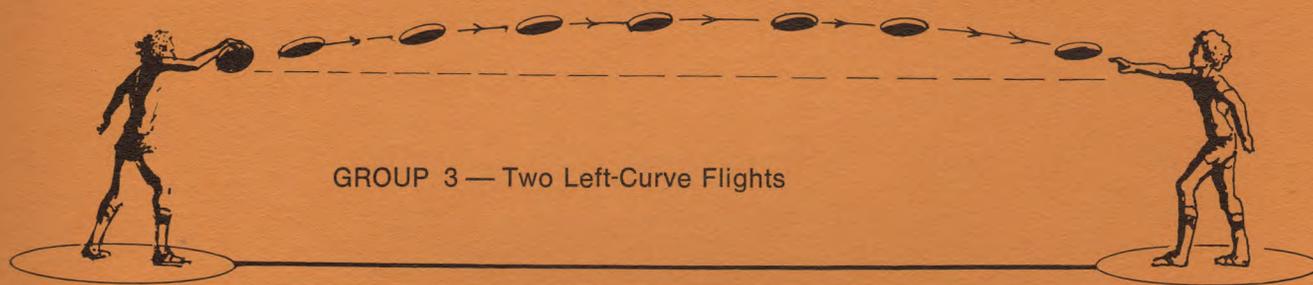
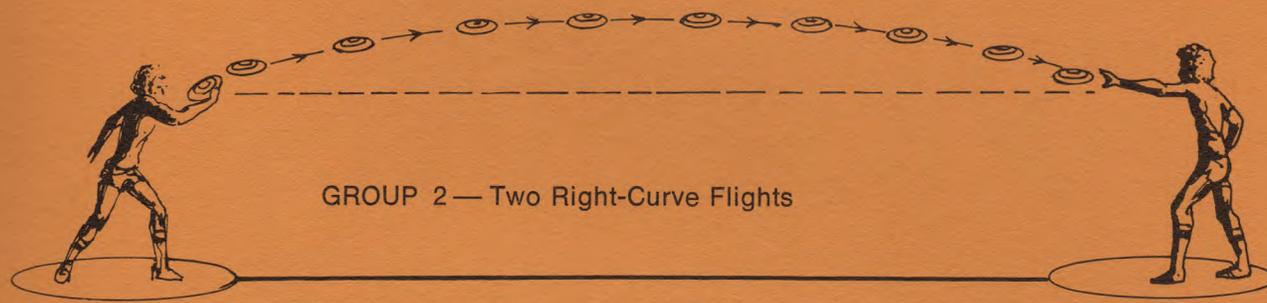
The candidate may schedule the following seven flight groups in any order he wishes.

GROUP 1 — Four Straight Flights



EXPERT PROFICIENCY QUALIFICATION REQUIREMENTS

THROWING REQUIREMENTS (continued)



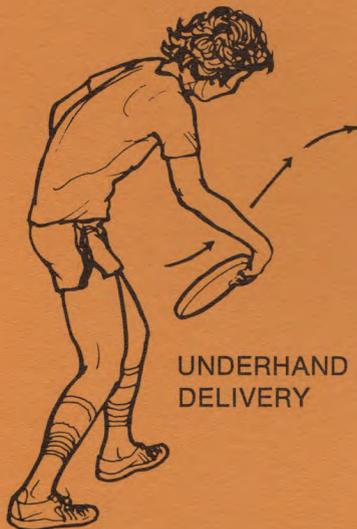
GROUP 6 — Distance

The candidate must obtain an average distance, in four consecutive flights, two up-wind and two down-wind, of not less than 30 yards.

EXPERT PROFICIENCY QUALIFICATION REQUIREMENTS

THROWING REQUIREMENTS (continued)

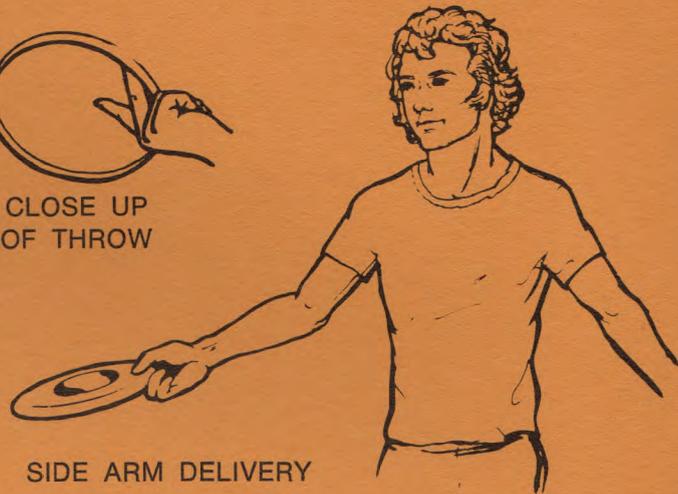
GROUP 7 — Repeat any two flights in the above Groups 1 through 5 using opposite method of delivery, ie, if backhand was used, throw underhand or sidearm.



UNDERHAND
DELIVERY



CLOSE UP
OF THROW

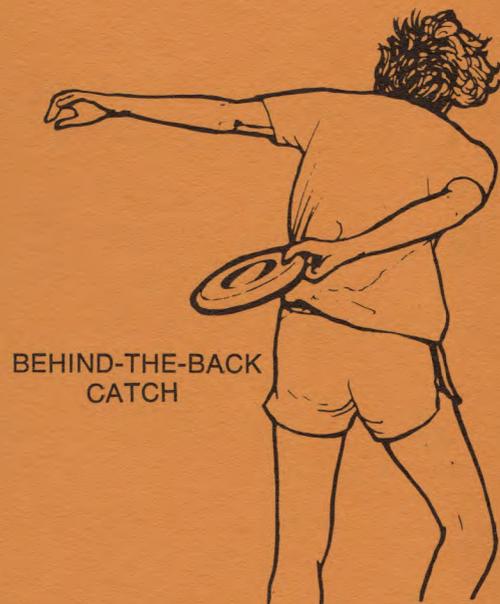


SIDE ARM DELIVERY

CATCHING REQUIREMENTS

The candidate must be capable of catching two consecutive flights of any type using only the right hand and two consecutive flights of any type using only the left hand, made from a distance of 25 yards. He must also be able to complete two behind-the-back catches using either the right hand or left hand.

NOTE: These catches should be done consecutively, however, consideration will be allowed if the flights are not properly executed.



BEHIND-THE-BACK
CATCH

Upon successful completion of the entire Expert Proficiency Test, which is to be attested to by the judges on the candidate's proficiency rating card, the card and certification fee is sent to IFA® headquarters for official sanction. The member will then receive certification as a Frisbee® Expert and be issued a new membership card, certificate, Master proficiency rating card.



Expert

Proficiency Rating Qualification

THROWING REQUIREMENTS

NOTE: Examiner please initial each group as completed.

- | | | |
|---------|--|---------|
| GROUP 1 | Four Straight Flights | X _____ |
| GROUP 2 | Two Right Curve Flights | X _____ |
| GROUP 3 | Two Left Curve Flights | X _____ |
| GROUP 4 | Two Hover (or Floater) Flights | X _____ |
| GROUP 5 | Two Skip Flights | X _____ |
| GROUP 6 | Distance (four consecutive)
(30-yard minimum) | |
| | Throw 1 _____ yds. up-wind | |
| | 2 _____ yds. up-wind | |
| | 3 _____ yds. down-wind | |
| | 4 _____ yds. down-wind | |
| | Average _____ yds. | X _____ |
| GROUP 7 | Sidearm or Underhand Deliveries | |
| | Two _____ Flights | |
| | Two _____ Flights | X _____ |

CATCHING REQUIREMENTS

- | | |
|---|---------|
| Two consecutive catches with right hand | X _____ |
| Two consecutive catches with left hand | X _____ |
| Two consecutive behind-the-back catches | X _____ |
| Two consecutive between-the-leg catches | X _____ |



FRISBEE EXPERT CERTIFICATION

NAME: _____ IFA# _____

has qualified in all the requirements for the rank of FRISBEE® Expert
as attested by:

IFA Member _____ IFA# _____

IFA Member _____ IFA# _____

IFA Member _____ IFA# _____

EXPERT CERTIFICATION FEE \$5.00

THIS _____ DAY OF _____



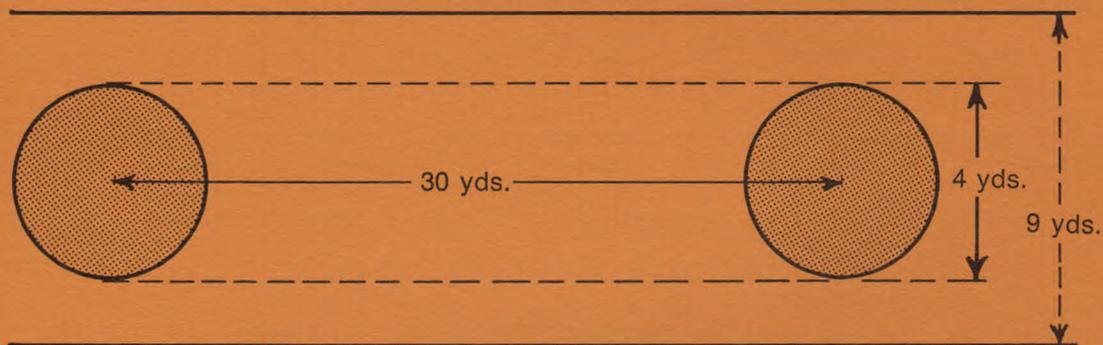
Master

Proficiency Qualification Requirements

CONDITIONS AND TEST AREA

Two, four-yard diameter circles should be drawn on the ground 30 yards center to center. The candidate must deliver his flights from within one circle and may choose either end of the court for any throwing or catching group.

QUALIFICATIONS COURT



The catcher is free to move anywhere within the 4-yard diameter circle but is prohibited from stepping outside of it while attempting to catch. The candidate must complete the proficiency test within a 60-minute maximum time period. Only one such attempt may be made in any single day.

THROWING REQUIREMENTS

Within each of the following groups, the flights must be completed consecutively, with the method of delivery being either sidearm, underhand, or backhand for all groups. If the flight is properly executed, and the catcher fails, it will be judged to be a completed flight. Straight flights may not cut the four-yard lines; curves must cut the 9-yard lines at some point in flight.

The candidate may schedule the following flight groups in any order he wishes:

GROUP 1: Straight Flights

GROUP 2: Hover Flights (must be over thrower's head at some point in flight and arrive at the catcher in an essentially flat attitude appropriate for tipping).

GROUP 3: Right Curve Flights

GROUP 4: Left Curve Flights

GROUP 5: Skip Flights

MASTER PROFICIENCY QUALIFICATION REQUIREMENTS

THROWING REQUIREMENTS (continued)

GROUP 6 The candidate must choose one of the following self-caught flight options.

1. Maximum Time Aloft — Candidate must throw the Frisbee® disc into the air and then catch it cleanly in one hand before it strikes the ground. Time is measured from release to first contact of catching attempt. Two consecutive six-second flights required.

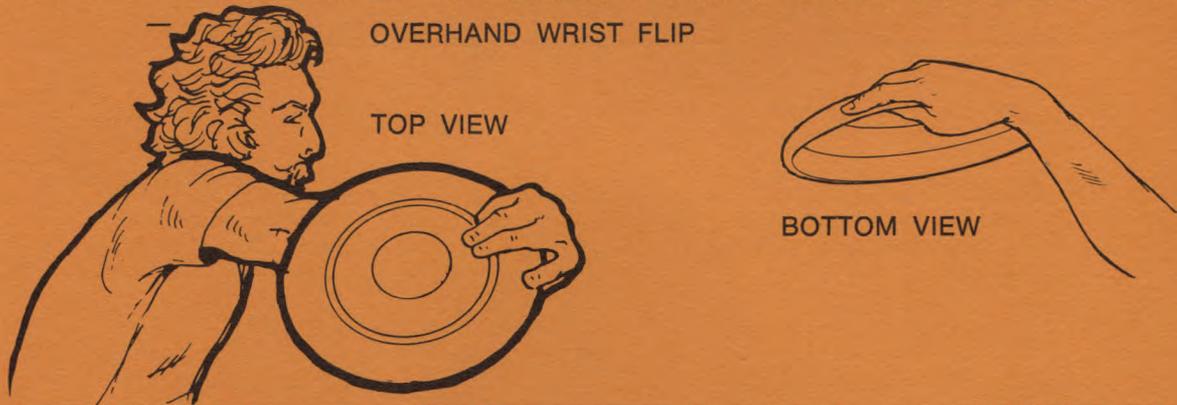
— OR —

2. Throw, Run and Catch — Candidate must throw the Frisbee disc into the air and then catch it cleanly in one hand before it strikes the ground. Distance is measured from point of release to point of first contact in catching attempt. Two consecutive eighty-foot flights are required.

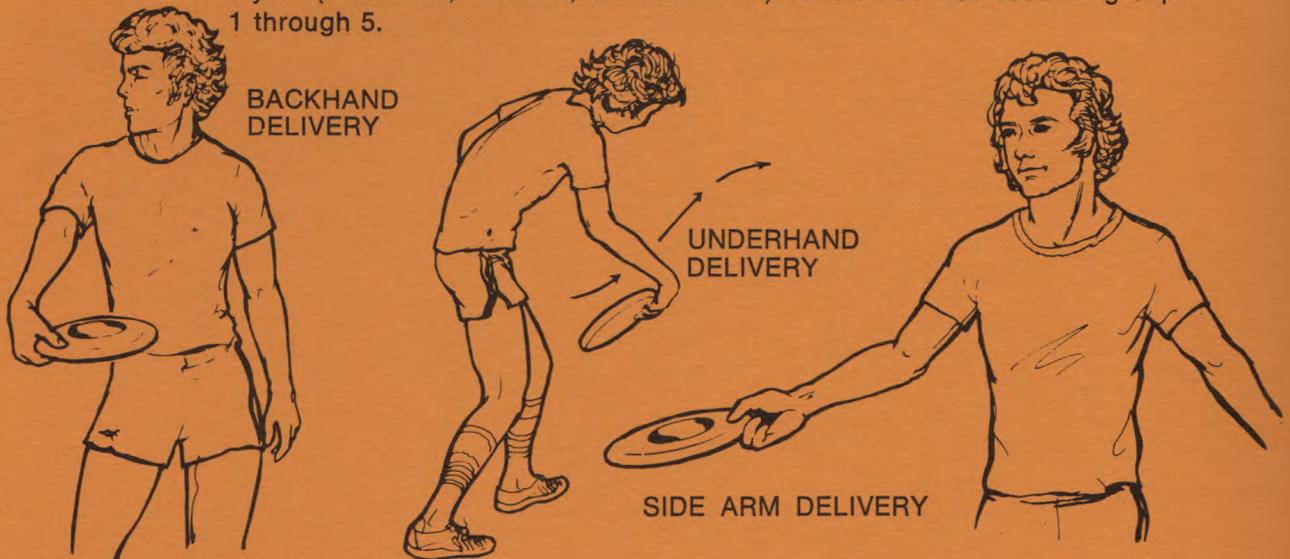
NOTE: Women and seniors (45 yrs. or older) are required to throw two consecutive 4-second flights for MTA or two consecutive 60-foot flights for TR & C.

GROUP 7 — Distance The candidate must obtain an average distance, in four consecutive flights, two up-wind and two down-wind of not less than 40 yards.

GROUP 8 Repeat any two flight groups (1 through 5) using the Overhand Wrist Flip.



GROUP 9 Repeat any two flight groups (1 through 5) using one of the three delivery styles (backhand, sidearm, or underhand) which was not used in groups 1 through 5.



MASTER PROFICIENCY QUALIFICATION REQUIREMENTS

CATCHING REQUIREMENTS

The candidate must be capable of catching four consecutive flights of any type using only the right hand and four consecutive flights of any type using only the left hand, thrown from a distance in excess of 30 yards. He must also complete the following:

SPECIAL CATCHES

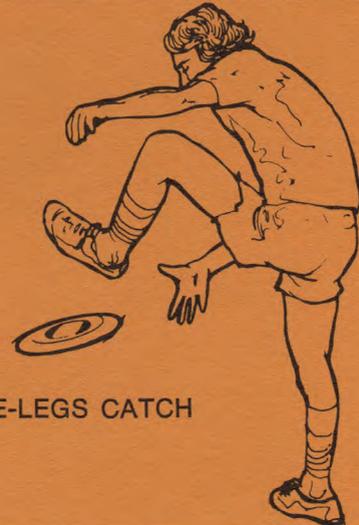
1. Three consecutive behind-the-head catches using either the right or left hand only.

BEHIND-THE-HEAD CATCH



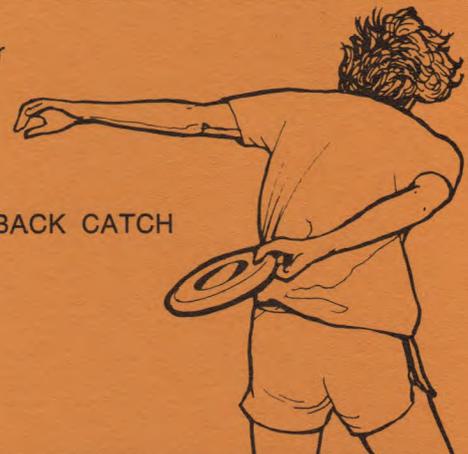
2. Three consecutive between-the-legs catches using either the right or left hand only.

BETWEEN-THE-LEGS CATCH



3. Three consecutive behind-the back catches using either the right or left hand only.

BEHIND-THE-BACK CATCH



MASTER PROFICIENCY QUALIFICATION REQUIREMENTS

CATCHING REQUIREMENTS (continued)

4. Three consecutive finger catches using either the right or left hand only.



FINGER CATCH

5. Three consecutive catches doing at least two tips, then a one-handed catch.



NOTE: Under special circumstances, qualification requirements may be modified through petition of the IFA[®]



Master

Proficiency Rating Qualification

THROWING REQUIREMENTS

NOTE: Examiner please initial each group as completed.

- GROUP 1 Four Straight Flights X _____
- GROUP 2 Four Right Curve Flights X _____
- GROUP 3 Four Left Curve Flights X _____
- GROUP 4 Four Hover (or Floater) Flights X _____
- GROUP 5 Four Skip Flights X _____
- GROUP 6 Distance (40-yd. min.) Throw 1 _____ yds. up-wind
 (four consecutive) Throw 2 _____ yds. up-wind Average _____ yds.
 Throw 3 _____ yds. down-wind
 Throw 4 _____ yds. down-wind X _____
- GROUP 7 Self-caught flights (two consecutive)
 1) MTA (6 sec. min.) OR 2) Throw, Run & Catch (80 ft. min.)
 Throw 1 _____ sec. Throw 1 _____ ft.
 Throw 2 _____ sec. Throw 2 _____ ft. X _____
- GROUP 8 Overhand Wrist Flip Deliveries Four _____ Flights
 Four _____ Flights X _____
- GROUP 9 Alternate Style Four _____ Flights
 Four _____ Flights X _____

CATCHING REQUIREMENTS

- Four consecutive catches with right hand X _____
- Four consecutive catches with left hand X _____
- Three consecutive behind-the-back catches X _____
- Three consecutive between-the-legs catches X _____
- Three consecutive behind-the-head catches X _____
- Three consecutive finger catches X _____
- Three consecutive tip catches X _____



FRISBEE MASTER CERTIFICATION

NAME: _____ IFA# _____

has qualified in all the requirements for the rank of FRISBEE® Master as attested by:

IFA Member _____ IFA# _____

IFA Member _____ IFA# _____

IFA Member _____ IFA# _____

MASTERS CERTIFICATION FEE \$7.50

THIS _____ DAY OF _____



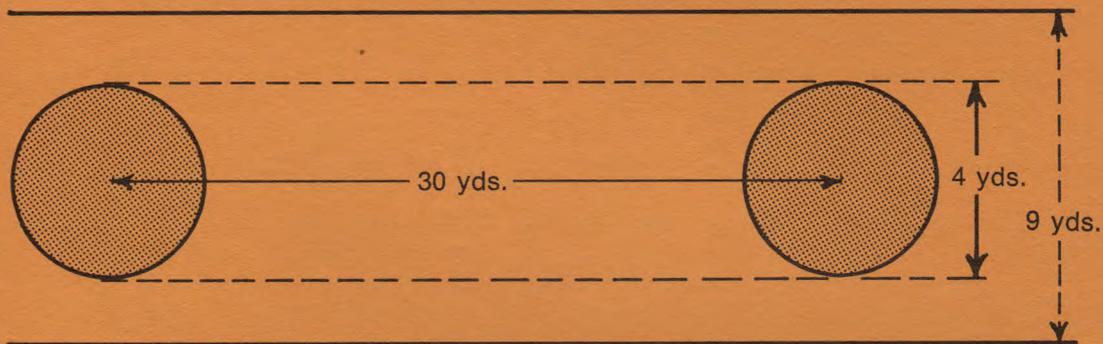
World Class™ Frisbee Master

Proficiency Qualification Requirements

CONDITIONS AND TEST AREA

Two, four-yard diameter circles should be drawn on the ground 30 yards center to center. The candidate must deliver his flights from within one circle and may choose either end of the court for any throwing or catching group.

QUALIFICATIONS COURT



The catcher is free to move anywhere within the 4-yard diameter circle but is prohibited from stepping outside of it while attempting to catch.

The candidate must complete the proficiency test within a 60-minute maximum time period. Only one such attempt may be made in any single day.

THROWING REQUIREMENTS

Within each of the following flight groups, the candidate must use three different methods of delivery. To complete each delivery style, the candidate must throw three consecutive good flights. Straight flights may not cut the four-yard lines; curves must cut the nine-yard lines at some point in flight.

A properly completed throw will be within the extended reach of the catcher standing in the catching circle. The catcher may not step out of the circle in the catching attempt. If the throw is within the catcher's reach, but is dropped, the throw is considered good.

The candidate may schedule the following flight groups in any order he wishes:

GROUP 1: Straight Flights

GROUP 2: Hover Flights (must be over thrower's head at some point in flight and arrive at the catcher in an essentially flat attitude appropriate for tipping).

GROUP 3: Right Curve Flights

GROUP 4: Left Curve Flights

GROUP 5: Skip Flights

WORLD CLASS™ FRISBEE® MASTER PROFICIENCY QUALIFICATION REQUIREMENTS

THROWING REQUIREMENTS (continued)

SPECIAL FLIGHTS

The following flights need be made with only one delivery style. Three consecutive good flights constitute completion.

GROUP 1 Multiple Skips

GROUP 2 Straight Roller*

GROUP 3 Curve Roller*

*Rollers must be rolling for at least one-half of the distance to the catcher. Curve, straight and catching criteria are identical to other flights.

DISTANCE

The candidate must obtain an average distance, in four consecutive flights, two up-wind and two down-wind, of not less than 60 yards. Women and seniors (45 yrs. or older) 50 yards.

SELF-CAUGHT FLIGHTS

The candidate must choose one of the following self-caught flight options:

1. Maximum Time Aloft — Candidate must throw the Frisbee® disc into the air and then catch it cleanly in one hand before it strikes the ground. Time is measured from release to first contact of catching attempt. Two consecutive eight-second flights required.

— OR —

2. Throw, Run and Catch — Candidate must throw the Frisbee disc into the air and then catch it cleanly in one hand before it strikes the ground. Distance is measured from point of release to point of first contact in catching attempt. Two consecutive 120-foot flights are required.

NOTE: Women and seniors (45 yrs. or older) are required to throw two consecutive 6-second flights for MTA or two consecutive 60-foot flights for TR & C.

CATCHING REQUIREMENTS

The candidate must execute each of the following catches, with three consecutive catches constituting completion:

1. Behind the back catch
2. Between the legs catch
3. Behind the head catch

Two of the following combination catches must be executed once:

1. Any combination using a kick tip followed by a trick catch.
 2. Any tipping combination using three different body parts followed by a trick catch.
 3. Kick up of a roller followed by a trick catch.
 4. Any combination using at least three airbrushes followed by a trick catch **other than one-finger catch.**
 5. Any combination using at least a two-second nail delay followed by a trick catch **other than one-finger catch.**
-



World ClassTM Frisbee[®] Master

Rating Qualification

THROWING REQUIREMENTS

(3 consecutive in each delivery within each group)

GROUP 1	Straight Flights	Delivery Styles	1. _____
			2. _____
			3. _____ X _____
GROUP 2	Hover Flights	Delivery Styles	1. _____
			2. _____
			3. _____ X _____
GROUP 3	Right Curve Flights	Delivery Styles	1. _____
			2. _____
			3. _____ X _____
GROUP 4	Left Curve Flights	Delivery Styles	1. _____
			2. _____
			3. _____ X _____
GROUP 5	Skip Flights	Delivery Styles	1. _____
			2. _____
			3. _____ X _____

SPECIAL FLIGHTS	GROUP 1	Multiple Skips	X _____
(three consecutive in each group)	GROUP 2	Straight Roller	X _____
	GROUP 3	Curve Roller	X _____

DISTANCE	Throw 1 _____ yds. (upwind)	(four consecutive)
	Throw 2 _____ yds. (upwind)	
	Throw 3 _____ yds. (downwind)	
	Throw 4 _____ yds. (downwind)	
	Average _____ yds.	X _____

SELF-CAUGHT FLIGHTS (2 consecutive)

1. MTA	OR	2. Throw, Run & Catch
Throw 1 _____ seconds		Throw 1 _____ feet
Throw 2 _____ seconds		Throw 2 _____ feet
		X _____

CATCHING REQUIREMENTS

TRICK CATCHES (3 consecutive)	1. Behind the back	X _____
	2. Between the legs	X _____
	3. Behind the head	X _____

ADVANCED COMBINATION	Combination # _____	X _____
(one completion of any two)	Combination # _____	X _____



WORLD CLASS™ FRISBEE® MASTER CERTIFICATION

Name: _____, IFA # _____

was qualified in all the requirements for the rank of World Class Frisbee®
Master as attested by:

_____, IFA # _____

Approved this _____ day of _____

WORLD CLASS CERTIFICATION FEE \$10.00

EXAMINER'S FEE \$ 5.00

NOTE: The examiner's fee is retained by the examiner regardless of test result.

IFA® AWARDS FOR PROFICIENCY

In recognition of achievement, the following awards accompany the certification fee of each proficiency level:

FRISBEE® EXPERT — \$5.00

- Wallet Card
- Wall Certificate

FRISBEE MASTER — \$7.50

- Wallet Card (embossed on black metal)
- Wall Certificate
- Frisbee® Flying Discs for instruction
(15, courtesy of Wham-O Mfg. Co.)

WORLD CLASS FRISBEE MASTER — \$10.00

- Wallet Card (embossed on gold metal)
- Wall Certificate
- Frisbee Flying Discs for instruction
(25, courtesy of Wham-O Mfg. Co.)
- World Class Sew-On Patch



Available WORLD CLASS MASTER Materials:

Personalized World Class Warm-Up Suit (gold) — \$40.00

Jacket Size: S____ M____ L____ X-L____

Pant Size: S____ M____ L____ X-L____

Name on jacket _____, IFA # _____

Enclose (check, cash or money order) and mail to — International Frisbee®
Association, Box 970, San Gabriel, CA. 91776

NAME _____

ADDRESS _____

CITY _____ STATE _____ ZIP _____



International Frisbee® Association®

WELCOME TO THE INTERNATIONAL FRISBEE ASSOCIATION!

We are now officially over 85,000 members strong across the world. We realize that our member's needs are multi-faceted and range from purely recreational play to intense international competition. We feel that a critical factor in full enjoyment of all levels of play is the availability of up-to-date and comprehensive information. We have made a commitment to provide that information for the membership as quickly and efficiently as possible.

The commitment is demonstrated in the publication of the International Frisbee Association magazine, Frisbee World, available at a subscription rate of \$5.00 per year (6 issues). Frisbee World is designed to provide the most comprehensive information available on the sport. If you have included money for the publication in your membership application, your first issue is included in this package. If you have not, a complimentary issue is enclosed for your consideration.

Also enclosed is the Proficiency Manual for the International Frisbee Association through which we rate the levels of play of our members. We encourage you to measure your skills against these internationally accepted standards.

Local organizations are an important part of the International Frisbee Association and we encourage you to stimulate their formation. Such groups are eligible to affiliate officially with the International Frisbee Association if 75% or more of the membership is registered with the I.F.A. Affiliate status provides a wide range of benefits for your organization including Frisbee discs at discount prices, assistance on tournament development and promotion, and participation in other national programs. Applications for affiliate status can be obtained by writing our offices.

We encourage you to keep us in close touch with your Frisbee activities. When writing, please include your I.F.A. number for our records and if your address changes, be sure to notify us immediately.

Once again, we welcome you and we hope that we can make your experience with Frisbee even more rewarding.

Sincerely,

Dan "Stork" Roddick, Director
International Frisbee Association

I.F.A. Regional Directors

Below are listed the Regional Directors of the International Frisbee Association (U.S. only). You will find them helpful in contacting other enthusiasts in your area. They also can aid in developing new clubs, setting up school programs or tournaments, and arranging proficiency testing or demonstrations.

1. New England

Massachusetts, Rhode Island, New Hampshire, Maine, Vermont, Connecticut

Daryl Elliott
P.O. Box 333
Amherst, Massachusetts 01002
(413) 253-5674

2a. New York

New York City

see below

2b. New York

New York state

Jim Palmeri
Frisbee Pro Shop
56 Edmonds Street
Rochester, New York 14607
(315) 331-1020
(716) 271-0819

3. Mid-Atlantic

New Jersey, Pennsylvania, Delaware, Washington D.C., Maryland, Virginia, West Virginia

Gary Seubert
344 Shady Lane
Trenton, New Jersey 08619
(609) 890-1440

Larry Schindel
1048 North Daniel
Arlington, Virginia 22201
(703) 527-8583

4. Southeast

North Carolina, South Carolina, Georgia, Alabama, Tennessee, Mississippi, Arkansas, Kentucky

Tom Monroe
617 Cleermont
Huntsville, Alabama 35801
(205) 534-2733

5. Florida

State of Florida

P.J. Callender
1428 Main St.
Sarasota, Florida 33577
(813) 365-2986

6. Great Lakes

Ohio, Michigan

John Sappington
314 Mulholland
Ann Arbor, Michigan 48103
(313) 663-2893

7. Mid-West

Indiana, Illinois, Iowa, Missouri

Jose Montalvo
1628 W. 21st Place
Chicago, Illinois 60608
(312) 421-3038

8. North Central

Wisconsin, Minnesota, North Dakota, South Dakota

Paul Thompson
Route 1, Box 45 B
Star Prarie, Wisconsin 54026
(715) 248-3120

Jim Challas
1041 15th Avenue SE
Minneapolis, Minnesota 55414
(612) 378-1393

9. South Central

Louisiana, Oklahoma, Texas

Bob Ennis
105 E. 31st St. #204
Austin, Texas 78705
(512) 477-4898

10. Rocky Mountain

Kansas, Nebraska, Colorado, Wyoming, Utah, Arizona, New Mexico

Rick Kauvar
918 Pleasant Street
Boulder, Colorado 80302
(303) 447-8954

11. Pacific Northwest

Montana, Idaho, Oregon, Washington, Alaska, Hawaii

Doug Newland
P.O. Box 5312
Seattle, Washington 98105

Ralph Williamson

405 West Highland Drive
Seattle, Washington 98119
(206) 285-2382

Jeff Jorgenson
122 North 83rd
Seattle, Washington 98103
(206) 789-2663

12. Far West

Nevada, California

Tom McRann
P.O. Box 784
Menlo Park, CA 94025
(415) 854-4716

Victor Malafronte
2709 Derby Street
Berkeley, California 94705

I.F.A. Offices
San Gabriel
(213) 287-2257



INTERNATIONAL FRISBEE® ASSOCIATION

Dedicated to the advancement of the sport of Frisbee

This is to certify that

Mark A. Swington

is a member in good standing

Dan Roddick
Director



THROW THE BOOK AT YOUR FRIENDS!

The *FRISBEE® PLAYERS' HANDBOOK* is the newest, most unique book in Frisbee playing. Specially die cut to a circular format, it comes nested and shrink wrap packaged in a custom designed 119 gm Frisbee disc. In 187 round pages and over 400 action photographs, this fascinating treatise covers initial handling with a unique training method, basic, advanced and special throws as well as simple, advanced and special catches. Chapters follow covering games, competition, the lore and origin of the Frisbee, clubs, Frisbee dogs, etc. The appendix lists clubs, magazines and books worldwide to lead you to the local action. This is the only up-to-date, how-to, where-to complete Frisbee manual and it comes packaged in its own disc. Now you can read and play in one day! The price for both the book and the special Frisbee disc together is just \$8.95 (Californians please add 54¢ sales tax) and we'll pay the postage if you order from this special offer. Satisfaction guaranteed. Send your cheque today

to: International Frisbee® Assn.
 Post Office Box 970-A
 San Gabriel, CA 91776 USA

THE PERFECT GIFT. DON'T YOU KNOW
 SOMEONE WHO NEEDS THIS BOOK?



INTERNATIONAL FRISBEE® ASSOCIATION

Dedicated to the advancement of the sport of Frisbee

This is to certify that

Mark A. Errington

US83807

is a member in good standing

Dan Roddick, Director

Mark's Locksmith

Mark Errington

Certified Locksmith

(503) 734-8550

info@markslocksmith.com

**I Accept: VISA, MC, AMEX,
 DISC, Debit or Cash
 (Sorry, No Checks)**

MarksLocksmith.com

**LOCKOUTS LOCKS REKEYED JUMP STARTS SINCE 2005
 LICENSED BONDED INSURED 5063OCLS CCB#: 186343**