

Flying disc freestyle which is also known as freestyle Frisbee is a sport and performing art characterized by creative, acrobatic, and athletic maneuvers with a flying disc. Freestyle is performed individually or more commonly in groups, both competitively and recreationally. There is a Freestyle Players Association (FPA) which is the governing body of freestyle, “dedicated to the growth of freestyle disc play as a lifetime recreation and competitive sport.” The organization is involved in international tournaments and rankings as well as education grants and promotional activities.



Freestyle Frisbee began in 1960s. Freestyle in the beginning before the invention of the "nail delay" catching possibilities would depend on the throw you were given, it was always spontaneous and unpredictable. Play of this type of freestyle was performed with two players standing 30-40 yards apart, the throws were fast and varied and the catches were right off the throw, except for the occasional kick or slap-up and rarely a pause between the catch and the throw back. At advanced levels, the throws and catches would become a flow that was created once you mastered the basics. It was fast and fluid and visibly would resemble martial arts and dance. Eventually, freestyle developed into its own discipline, with the first Frisbee freestyle competition being introduced by Ken Westerfield and Jim Kenner at the 1974 Canadian Open Frisbee Championships, Toronto, Canada. In 1975, there was the first freestyle event held in the US. In the late 1970s and early 1980s, Wham-O (toy company in California) sponsored major tournament circuits culminating in the Rose Bowl, an overall event with a prominent freestyle component. By the late 1990s, freestyle seemed to be in decline as few new players began playing. However, by the mid-2000s, the sport experienced a resurgence of growth in Europe, South America, and Japan.

Freestyle Frisbee is performed indoors and outdoors, on fields and on the beach. The style and technique of players often depend on the conditions they play in, especially the wind. Moreover, Freestyle jams, as they are called, involve anywhere from 2 to 15 people, but most hover between 2-5 people. A jam with more than 4 or 5 is often called a “mob-op” as opposed to pairs (2 players) or co-op (3 players). All the equipment you need is just a light (usually 160 gram) disc. To warm up, just do the simple throw and catch with your partners.



There are 7 maneuvers in the Freestyle Frisbee which are tipping, brushing, rolling, delaying, turnovers, catches and throws. Tipping is performed by poking the center of the disc with various body parts to cause the disc to “pop up,” usually maintaining the angle of the disc and its spin. Brushing involves swiping the disc tangentially with the rotation of the disc. Rolling is performed when the disc rolls across any part of the body. The most common roll is the chest or front roll, which is performed when the disc rolls from one hand, across the chest, to the second hand in order to be caught or released for more maneuvers. The nail delay involves balancing the disc on the nail (or occasionally teeth, feet, and elbows) in order to manipulate the disc’s position. The delay can be performed on the rim of the disc in vertical, angled, or centered/flat positions. A turnover is performed when the disc is changed from a right-side up position to an upside-down position. Freestyle catches are generally split into two overlapping categories: blind and restricted. Freestyles often incorporate different kinds of throws to add difficulty include backhand, sidearm (forehand), overhand wrist-flip, staker, and helicopter.

Lastly, you can buy a Frisbee in 99 cents store for only few bucks. You can play either in indoor or outdoor. Also, it is very easy to find a place to play in NYC, such as Central Park, Bryant Park, Corona Park, etc. When you play, wear comfort outfits and sneakers.