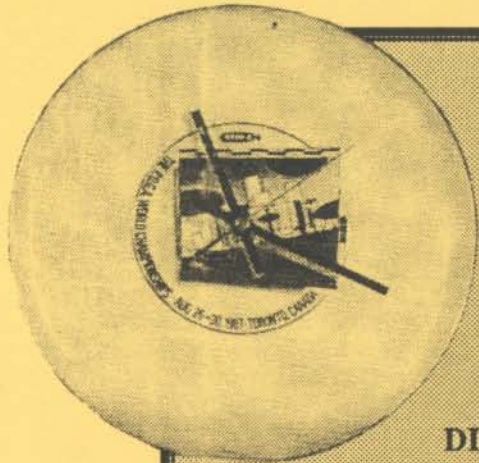




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★ **10 COMMANDMENTS** ★

DISKRAZE Vol. 2 No. 2 * APRIL/MAY '87

FEATURES



PAGE SIX: * DISKORIENTATIONS...A**

reasonably concise and coherent summary of the newest Ultimate rules and ammendments, qualified by the tortured intellectualisations of *Diskraze's* creator...

PAGE SEVEN: *NOUVEAU DISQUE...A**

story about Canada's own *Thunder the Wonder Dog*, and a tutorial on how to teach your own K-9 to reach for the sky: adapted from an interview with Andy Fankhauser in *Pets Magazine*...

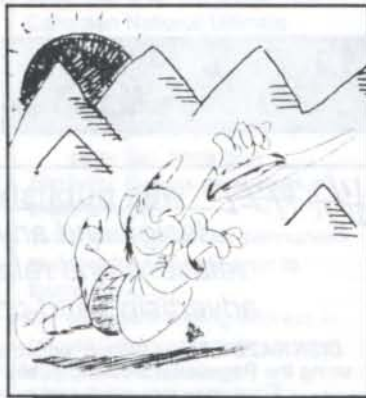
PAGE EIGHT: INJURY TIME OUT... from

Ultimatum, an account of Ultimate injuries at the '86 Worlds. (U.K.)

PAGE TEN: DISK-CIPLINARIANISM... An article by Willie Herndon, our Eastern correspondent, about the nature of frisbee mentality behind the iron curtain, and other asserted anecdotes from his first frisbee friendship trip to the Soviet Union.

PAGE FOURTEEN: WESTERN CANAJUN ULTIMATE... What's up in big sky country, by Rick Collins...(whose

PAGE SIXTEEN: NOTES ON SUTHERN ULTIMATE by Marcus Brady, courtesy of *OUR* friends on the hill.



Calgary Cynics are reputed favourites for this year's Canadian Nationals...according to recent insider tips!

PLUS! Much more neat stuff, including disk golf news, diskbits, the 10 commandments of frisbee and starhead...

DISKRAZE QUALIFICATIONS

DISCANADA

DISKRAZE



DISKAN*

DISKRAZE DEFINED...

diskraze: *dis**kraz n* [fr. GK *discus/ME crazen* - to make or become insane of disk] 1. *vern.* frisbee mania 2. a condition of honour or grace w.r.t. disc sport 3. *diskrazed adj.* a shambles, psychological disorder, of or resembling chaos or neurosis.

Disc sport has always symbolized freedom, folly and fun. It retains the carefree qualities of a fad and remains primarily a game played in the spirit of friendship and wide open mental and physical space. Happily, it still smacks of counterculture liberality and eccentricity; it bears a fashion, language and ethics all its own. Let's call it *frisbish*.

Diskraze is dedicated to the philosophy of frisbish, in all its manifestations. Our challenge is to verbalize and publicize what must remain an underlying feeling basic to all disc sport: the spirit of the game. The irony is, however, that obsessed with the promotion and development of the game, we too often forget to pay respect to this essential, founding principle of "frisbee", that playing disc is an honour sport.

Many of you who read other frisbee newsletters are aware of the raging editorial debate over "the spirit of the game", particularly the game of Ultimate. Most of us have seen our respective disc sports turn ugly, and most of us have devised fairly coherent explanations based on our observation of our opponents' aggressiveness, competitiveness, or arrogance, or our own inexperience, frustration or over-ambitiousness. But these kinds of answers are simply not enough,

and certainly simply to modify our definition of the nature of "spirit" to comply with more antagonistic behaviour patterns which have accompanied the growth of disc sports is no solution to this serious problem.

We don't need any more disciplinary authority, officiality or penal power in this sport; what we need is an understanding of our motives, our missions and our morality. Let's consult our collective consciousness as Canadians and frisbee players, and enjoy the truly *frisbish* in frisbee activity.

Here at *DisCanada*, we are committed to the "max" principle (as voiced by *Westwind Sailing*, a Vancouver disc club): "...to maximize members' enjoyment of the sport...maximizing the number of players and teams...and maximizing, within reason, co-ed play." We have assumed the charter for the promotion of disc sport in Canada; we rely on you to provide the **character** for fun and friendly frisbee games everywhere. **

Edgar Wedig, editor

PRESIDENT'S MESSAGE

This month's issue is jam-packed with dates and details of upcoming Golf, Guts and Ultimate tournaments. If any of you need more data on specific events around the world, please contact our office by phone or in writing for times, entryfees, contacts, transportation or accommodation.

Of course all comments, criticisms and questions we receive pertaining to any disc subject, *DisCanada* or DISKRAZE will be answered; interesting or controversial letters and articles will be printed; and rulebooks or materials sent, provided we're reimbursed for their costs.

This summer *DisCanada* is on the road and in the air again for the biggest tour yet. The main objective is the promotion of the PDGA World Disc Golf Championships to be held in Toronto August 25-30. I will also be on a membership drive for *DisCanada* and DISKRAZE magazine. Hope to see you! *p.s. Check out our itinerary on P.9.*

Chris Lowcock, President.

DISKRAZE

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DISKORATIONS

DISKORATIONS

FREESTYLE

DISKORATIONS

THE TEN COMMANDMENTS OF FRISBEE

by everyone who plays...

There are those who claim that frisbee represents not a game, but rather a way of life. Below are the rules by which that life is controlled. Together they form a concept of *prediscenation* upon which the Frisbyterian religion is based.

The rules have been widely recognized for many years but only now have they been codified. We have listed them so that we might better understand the forces that control our play. Hopefully, it will enable players to quickly identify situations in which they are inexorably involved and communicate that fact to other players through the use of rule numbers only. A shout of "Rule Four!" floating across the playing field should now be sufficient to produce an empathetic reaction from all players within earshot.

IT IS NOT TRUE THAT:

1. The most powerful force in the world is that of a frisbee straining to land directly under a car, just beyond reach. (The technical term for this phenomenon is "car suck")
2. The higher the quality of a catch or the comment it receives, the greater the probability of a crummy re-throw. (good catch -- bad throw)
3. One must never precede any maneuver by a comment more predictive than: "watch this!" (keep 'em guessing)
4. The higher the costs of hitting an object, the greater the certainty it will be struck. (remember, the disc is positive; both cops and old ladies are clearly negative)
5. The best catches are never seen. ("Did you see that? -- See

what?")

6. The greatest single aid to distance is for the disc to be going in an unintended direction. (Goes the wrong way -- goes a long way)
7. The most powerful hex words in the sport are: "I really have this down -- Watch" (Know it? Blow it.)
8. In any crowd of spectators at least one will suggest that razor blades could be affixed to the rim of the frisbee. ("You could maim and kill with that thing!")
9. The greater your need to make a good catch, the greater the probability your partner will deliver his worst throw. (If you can't touch it, you can't trick it)
10. The single most difficult move with a frisbee is to put it down. (Just one more)***

DISKORATIONS

UPDATE!! CANUCH '87

After talking to various people across the country, our new suggestions for the first annual Canadian National Ultimate Championships (CANUCH '87) are as follows:

Location: Ottawa
Dates: August 21, 22, 23
party Sat., finals Sun

Eligibility: Players must meet all these criteria:

1. Canadian citizen or permanent resident for one year prior to tournament;
2. Permanent mailing address in (or near) designated city; (some exceptions for students)
3. Has played a majority of his/her Ultimate, in the summer of 1987.

RE: T.O. ULTIMATE CITY LEAGUE PROPOSITION

Chris Lowcock mentions in his article that players should be rated on their ability to score and assist points. I've been a player for a short time, but I recognize the importance of even the first pass in play. Shouldn't every player in Ultimate be invaluable as a link in the necessary chain of passes from handler to goal line? Regardless if the play results in a goal or not.

Moira Grace, Toronto

Absolutely, Grace! I've been a player myself for long enough to know the glory of a "hack" on O., as well as the humour of a "weak-link" D.! The Team is Ultimate. ed.



in the designated city.

NOTE: For players whose eligibility is marginal, captains would notify the tournament coordinator at least one month in advance, for a decision by all captains.

GET BACK TO US BY 15 IF YOU HAVE PROBLEMS OR SUGGESTED CHANGES.

Thanks!

Marcus Brady
916 Garwood Ave.
Ottawa, K1V-6X1
(613) 731-6203

Brian Guthrie
117 Bellwood Ave.
Ottawa, K1S-1S8
(613) 235-6416

DISK*ORIENTATION

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Dixie Mall, Mississauga
Sat, Sun 10-5

DISK*GOLF

EIGHTH EDITION RULES

Amendments and Clarifications

I will be taking the liberty to print the postscript *before* all the new technical points of regulation. The reason for this move is my personal aversion to rules of any sort, and my admiration for the attitude, practised by a couple of my favourite Canadian Ultimate tribes, that any call is a bad call, and therefore unnecessary, and better left unsaid. Their performance doesn't suffer by this policy of magnanimity, and playing with or against them is always pure pleasure. But let me limit my diatribe this time to the following quotation: **"NO SET OF RULES CAN REPLACE PLAYER RESPECT FOR GOOD SPIRIT!!"**

RESPECT FOR GOOD SPIRIT!!"

Below is a list of amendments and clarifications to the eighth edition rules of Ultimate, adopted at the UPA national championships, 1985. These are rules all Ultimate players are presumed to abide by:

1. **CHECK:** anytime play stops, there is a check.
2. **SCORING:** the scorer must be completely in the end zone and say "I'm in".

CONT'D PAGE FIFTEEN...

DISK*GOLF

CAN-AM SERIES II

Promotion from Disc Golf News, PDGA newsletter vol. 3, no. 2

This spring heralds a great season in and around Toronto. Below is a list of tournament dates and locations for any PDGA member wishing to compete in this year's Can-Am series. In 1987 any disc golfer who finishes first in a series event will receive 50 points, 2nd: 49, 3rd: 48, and so on up to the top 50 people competing. In 1986, 41 was the largest turnout, with 375 total players, raising \$750. to split between the top 10.

This change in format will make the smaller tournaments just as important as the largest one! There will be a total of 11 tournaments in Can-Am II but, as in '86, only the top 8 events will count in the series, so that 3 tournaments can be missed or muffed by any contender.

Some events will feature added divisions with the *Open Advanced* and *restructured open* division. Subject to pros' discretion.

Two dollars will be put into the series by every open player wishing to compete, plus \$1. off the sale of any shirt, disc, hat or towel sold at any series event. Promotional director Bob Blakely (533-3521) and Tournament director Ken Westerfield (694-3950) will be working to score corporate sponsorship to make this series event the biggest and best yet.

April 26

Pinafore Park, St. Thomas

Can Am Opener

Kerry MacDonald 519-633-2482

May 3

Centennial Park, Etobicoke

Cabin Fever Classic II

Phil Palumbo-416-252-4714

May 16&17

Toronto Island, T.O.

DiscGolf Challenge

Ken Westerfield-416-694-3950

May 30&31

V.A.Barrie Park, St. Thomas

Flatts Classic III

Bob Harris-519-633-7830

June 14

Joseph P.Davis State Park,

Lewiston, N.Y.

Royce Racinowski

-716-482-8697

June 27&28

Troy, Michigan

Great Lakes Open

Bob Huston-313-398-0779

July 11

Wagner, Royal Oak, Mich

Eric Bramlage-313-588-4895

July 18&19

Toronto Island, T.O.

Ken Westerfield-416-694-3950

August 8&9

Ellison Park, Rochester, N.Y.

2-1 Day Tournaments

Royce Racinowski 716-482-8697

August 22-23

PDGA World Warmup

Centennial Park, Etobicoke

Phil Palumbo-416-252-4714

October 4

Centennial Park, Etobicoke

Fall Classic V

P.S. Don't forget about the World

Cup both Disc Golf Parks, St.

Thomas, Ont. July 4&5, and the

World PDGA Championships

Toronto Island, Aug. 25-29

Preregister Today!****

P.D.G.A. Courses Free

Detroit Area Parks: Bob Huston (313)398-0779

Lewiston and Rochester: Royce Racinowski (716)482-8697

V.A.Barrie Park, St. Thomas: Bob Harris (519)633-7830

Pinafore Park, St. Thomas: Kerry MacDonald (519)633-2482

Ward's Island, Toronto: Bob Blakely (416)533-3521

Centennial Park, Etobicoke: Phil Palumbo (416)252-4714

NOVEMBER * 1986

FRISBEE DOGS

FRISBEE DOGS

from *PETS magazine* IV 2

The first Frisbee competition involving dogs was held in Fullerton, California in 1974. Called the Fearless Fido Frisbee Fetching Fracas, the event drew a large crowd to watch one hundred dogs competing. It was won by Hyper Hank, an Australian Shepherd and Schatzie (a half Huskie, half Shepherd). In the U.S. the U.S. Parks and Recreation Department and Wham-O continue the tradition with K-9 Catch and Fetch competitions, but no such events are currently held

in Canada. The Frisbee-catching adventures of Andy Fankhauser and Thunder the Wonder Dog propose to change all that.

For the past six years, Thunder and Andy have travelled extensively throughout Canada and the U.S. demonstrating the precision of Andy's throwing and Thunder's catching. Andy maintains that anyone can train his dog to catch a Frisbee, but

you've got to love your dog and the dog has to have full trust in you. Look at me doing shows at a football game. You get up on front of fifteen thousand people. And it's just you and that dog on the field. Sometimes the dog sits down and does nothing for a few minutes. And I've talked to him and said, 'hey Thunder, come on, this is it,

CONT'D PAGE THIRTEEN...



ULTIMATE FRISBEE

NATIONAL CHAMPS, NATIONAL TEAM? 87 ULTIMATE PLAYOFFS

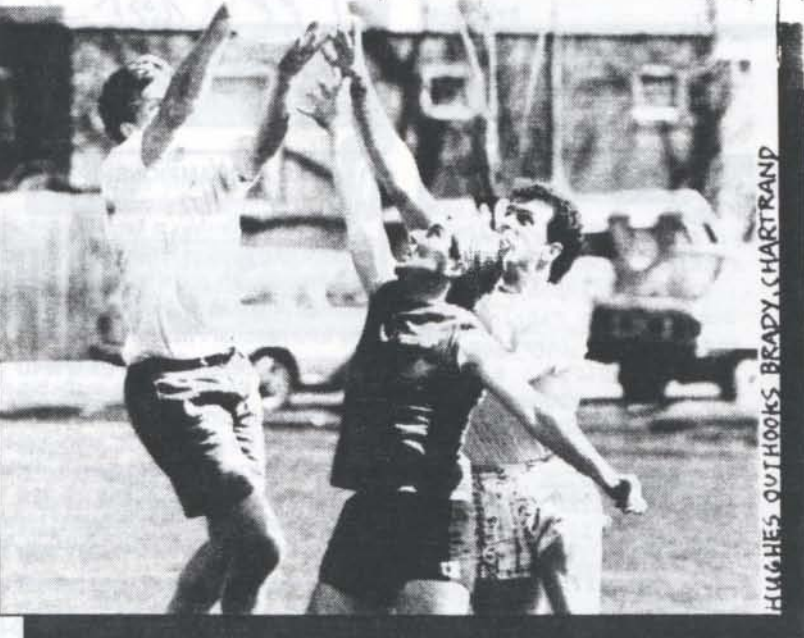
by Rick Collins
of the *Calgary Cynics*

With the first ever Canadian Nationals pencilled in for late summer, a Christmas-type anticipation and excitement is sweeping the country. Grown adults are finding it hard to sleep at night just thinking about it, though it's still four months away.

At last, at long last we're going to do it! East meeting west, west finally heading east, in a foreign exchange of tough play, tougher talk (a hundred-yard sidarm pull?, really!) and extreme partying rituals.

Underneath the mountains of excitement though, lie a few questions that keep coming up after post-game brews these days.

As in '84 and '86, we will be



HUGHES, OUTHOOKS, BRADY, CHARTRAND

needing to choose a representative national team for the '88 Worlds in Belgium; how will it be done this time? Will this tournament decide on a team or the team?

Now that we have enough teams and good regional representation, should we do it as the USA has done it in the past? Allow the winner of Nationals '87 the right to go to the Worlds in '88?

The USA, this year, is attempting to implement a new format: a national team, like all other countries (except Japan *ed.*), comprised of regional all-stars. This format definitely has good points, especially in small counties where all players are able to meet often, practice with some regularity and hit a few big tournaments. But in a large country, this policy is unworkable.

CONTINUED PAGE TWELVE...



PHOTO: STUART GODFREY

DISKRAZE II



Help fix it with fitness!

PARTICIPACTION



INJURY TIME OUT

adapted from *ULTIMATUM*: British Ultimate Federation Newsletter, No's 10 & 11, 1986
by Edgar Wedig

Dr. Paul Marfleet, and his lovely assistant, physiotherapist Jacky Grant, noted in their recent survey of injuries at the 1986 World Ultimate Championships that thigh muscle strains and tears constitute

more impressive than our performance on the playing field!! We did suffer some nasty sprains, turf burns and recurrent chronic knee problems, and I can certainly speak for blisters and bruises of the foot, but thighs were not high priority for us in England, probably because of our two-fold preventive maintenance program.

According to the British Ultimate Federation, the very

nature of Ultimate predisposes to thigh muscle strains. It's clearly all the sprinting and cutting, and the fatigue caused by the intensity of the programme. We had nooooo trouble avoiding all that!...

But that's only part of the explanation for our success in preventing thigh injury. Medical tests have proven (ask four out of

CONT'D PAGE NINE...

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GUTS + FRISBEE

1987 G.P.A. CHAMPIONSHIP SERIES

This year promises a fiercely competitive and challenging season. Over 32 teams competed in the series in '86 and we expect the same amount of quality teams this year. Once again the International Frisbee Tournament, the U.S. Championships and the Guts Players' Association Worlds are the really big events of the year. But don't miss those local regionals, showcases for guts frisbee in your area.

1987 is a very special year. It marks the 10th anniversary of the GPA, and the 30th anniversary of the IFT, the oldest frisbee festival known to man... God bless the Healy brothers!

Mike Colburn
d.c.: Beer City Express

July 25-26
Guts Mountain Open
Iron Mountain, MI
Jeff Weicher
d.c.: Beer City Express

Aug. 8-9
US Champ's
Marquette MI, MI
Vern Barber
(313)225-1155
d.c.: Queen City Flyers

the first and largest category of common Ultimate injuries. Ankle sprains, grazes and cuts, knee, shin and calve injuries predictably followed as other prevalent types of ailments.

Now we Canadians definitely spent a lot of time with Paul and Jacky at the injury clinic in Colchester, ranking second (behind the host team) out of fifteen in the cumulative injury standings -- a showing much

May 23-25
OCTAD '87
Downington, PA.
Jim Powers
(215)363-0464
defending
champs: Frisbeerians

May 23-4
1st Capital City Guts
Lansing, MI
Tom Marusich
(517)485-8968
d.c.: New Tournament

June 20-21
Detroit Open
Carson Buchanon
(313)683-0465
d.c.: Acme Bar

July 4-5
30th IFT
Houghton, Michigan
d.c.: Hartland Heartbreakers

July 18-19
Beer City Open
Milwaukee, WI

Aug. 22-23
Flycoon Open
Darien, IL
Roy Carey
d.c.: New Tournament.

Sept. 5-6
GPA WORLDS
Appleton, WI
Dave Trauger
(414)730-9660
d.c.: Video Sensation

DISCONTINUATIONS

TO NEON*

...FROM PAGE EIGHT

five doctors) that stretching and warming up successfully reduces the likelihood of muscle pulls. A combination of African dance maneuvers, Tai Chi and tree-pushing does more for your thighs than any amount of muscle strengthening exercises.

Again, to quote Dr. Marfleet's observations for his paper for the *Journal of Sports and Medicine*: "Pure strength training tends to lead to shorter muscles which are more vulnerable to tear on full contraction (as in sprinting). Similarly 'cold' muscles are more easily strained -- sudden force on a cold shortened muscle is a recipe for disaster. (A cold muscle stretches to barely 35% of its full capacity.)

So, part of any training or pre-match regime should be both warm-up and specific stretching exercises. Thus you start the game with warm supple muscles, ready to absorb the shock of any sudden surge of power." See?!! And they all thought we were crazy with our communal aerobics, group visualisations and millie-in-the-mud!

But "once you've done the damage," Dr. Marfleet cautions, "it needs to heal. Inflammation settles and scar tissue forms. It then needs to be gently stretched. Getting back into the action too quickly tears the shortened inelastic scar. Major tears may require six weeks or more to heal fully -- even with physiotherapy. This is especially true of groin and hamstring tears." As evidenced by our clinic record, we were very careful to have even the most minor of our 27 collective injuries attended to.

Get loose with a workout



For '88, we are considering the possibility of employing Jacky both to administer physio for the team, and to lead our pre-game yoga session. We have a reputation to uphold! ***

NEXT MONTH: An explanation of why we won so few games in England!!



The proper shoe helps you play!

PARTICIPATION

UPA*VENTS

UPA MASTER SCHEDULE

Northeast Section

May 9-10

College Regionals
UMass, Amherst
Washington, DC

May 16-17

Boston Charity Tournament
Catharine Hartley (617)868-6637

May 23-24

Collegiate Nationals
Penn State

May 30-31

Open Regionals
Purchase, NY
Matt Jefferson (914)253-5022

June 6-7

Easterns
UMass, Amherst
Mary Teruel (617)566-5757

July 4th weekend

Mars, PA
Boulder, Colorado

contact us for more details***

ON THE ROAD

GOING MOBILE by Chris Lowcock

I will be travelling this season in my S15 Jimmy, touring this country and the smaller one under us to attend the following tournaments. Please contact me at *DisCanada* (416)881-6284 as soon as possible if you'd like to join me "on the road". Be prepared to share costs between all (max. 4) passengers...

May 9-10

Louisville Disc Derby, Kentucky

May 16-17

Can-Am Tournament, Disc Golf Challenge, Toronto.

May 23-25

Northeast Regional/Octad '87
Allentown, Pennsylvania.

May 30-31

Joliet Open, Illinois or
Greater Pittsburg Golf Open,
Pittsburgh, Pennsylvania.

June 6-7

Smokey Mountain Regional
Cincinnati, Ohio

June 14

Joseph Davis Open
Lewiston, New York.

June 18-19

US Open
La Mirada, California.

July 4-5

World Cup Classic
St. Thomas, Ontario

July 11-12

Mid-Missouri Golf Open
Columbia, Missouri

July 26

Promo Tourney (not a PDGA event, but an effort to attract interest in a permanent disc golf course in Pamona Mills Park in N. Toronto. A good turnout is vital. Call me.)
Thornhill, Ontario

Aug 14-16

Third WFDF Congress
Fort Collins, Colorado

Aug 17-24

World Cup/WFDF Championships.
Fort Collins, Colorado

Aug 25-29

PDGA World Championships.
Toronto. *****

DISCIPLINES



SOVIETY * DISKRAZE

PROPOGANDISC RHETORIC

by Willie Herndon

Well, it all started one day when I was looking through a copy of *diskraze* magazine. Much to my surprise and delight, I discovered there an advertisement for a trip to

DISKRAZE MEMBERS

For All Those Non-Members:

If you'd like to become a member of Canada's Flying Disc Information Network and receive your copies of *DISKRAZE* published bi-monthly, simply fill in the order form below and return with your payment to:

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(416) 881-6284

Along with your subscription, you will receive a 2-colour T-shirt, a 2-colour disc, and a membership card which allows you discounts for specific events.

All this for just \$20. per year
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Associate members \$10. per year for publication only.

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PROVINCE: _____

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TELEPHONE #: _____

T-SHIRT SIZE S M L XL _____

the Soviet Union sponsored by one Ron Kaufman, the founder of a company based in La Jolla, California called World Peace Tours.

It was like a dream come true. You must understand that not only am I fanatically devoted to playing frisbee (Ultimate in particular), I'm also more or less devoted to the idea of making friends with real live Russky type people, seein' as how they live in the evil empire and everything like that.

So off we went on October fifth, an unlikely group of eleven Americans, from the U.S.A. that is, our common bond being a love for playful activities and an unbending determination to make genuine connections with folks young and old over there.

Among us there were two active Ultimate players, a school teacher, the founder of the World Footbag Association, Greg Cortopassi, famed epigramist Ashleigh Brilliant (recent winner the Chiquita banana lyric writing contest) and our leader Ron, himself an ex Brown University Ultimate Player and freestyler and organizer of many disc tournaments.

Our first stop after our creative and inspiring group orientation in New York was Moscow. As is their gracious habit, Intourist, the official Soviet tourist agency, had arranged for sightseeing tours and special visits according to what they understood to be our desires from a year of correspondence with Ron. We came laden with objects such as frisbees, footbags, kazoos, yoyos and balloons most of them donated by Wham-O, with which to carry out our goal of promoting world peace through

friendship and play.

Actually, it was in Moscow that the "Soviet System" showed surprising flexibility thanks in large part of a Muscovite named Joseph Goldin. Ron had already corresponded with this fascinating individual— Goldin was the person who had brought "Live Aid" to Soviety T.V. but not before many years of government harassment (including being thrown into sanitariums) in response to his various visionary ideas. In any case he now carries weight with the authorities and so was able to arrange for our group to give a little show in a huge exhibition hall in which there was an ongoing exhibit called "Creative Artists for Peace" which Mr. Goldin had organized.

And so with the remarkably swift blessing of both Intourist and the Ministry of Culture we demonstrated some of our skills, sang songs and created general havoc with the hundred of so school kids who happened to be there. The exhibit was quite moving, by the way, and much in keeping with the pervasive and deeply ingrained devotion to peace on the parts of both the government and individuals. In place of the refreshing absence of advertisements of any kind one finds only monuments to Lenin, Peace and the Party and over there striving for peace is an accepted fact of life that goes without saying.

Though you've probably heard this before it bears repeating that the Soviets lost 20 million people in WWII alone, so there is no "peace movement" for stary eyed liberals to join,

CONT'D PAGE ELEVEN...

★ DISKRAZEII2 ★



...FROM PAGE TEN

as in our land. Rather, people from all walks of life are daily aware of the serious matter of preserving peace, avoiding war. Several times we saw newly weds making customary visits to war memorials.

Our guide was confused if not downright offended by our notion of "playing for peace". We certainly often fit the part of frivolous Americans flaunting our carefree richness. Why, even here in North America the frisbee has become a symbol of the carefree, fun for fun's sake aspect of our culture.

Nonetheless, we made every effort to unleash our everready play instincts only in the appropriate contexts. And generally it seemed, that people understood what we were all about, especially when we could get down to some serious playing with folks. On one memorable morning, we made a pre-arranged visit to a sports complex in Baku, which was our second stop, and which is the capital of the Republic of Azerbaijan, on the Caspian Sea. "Azerbaijan" means land of fire, and "Baku" means city of wind in the local language, which is similar to Turkish.

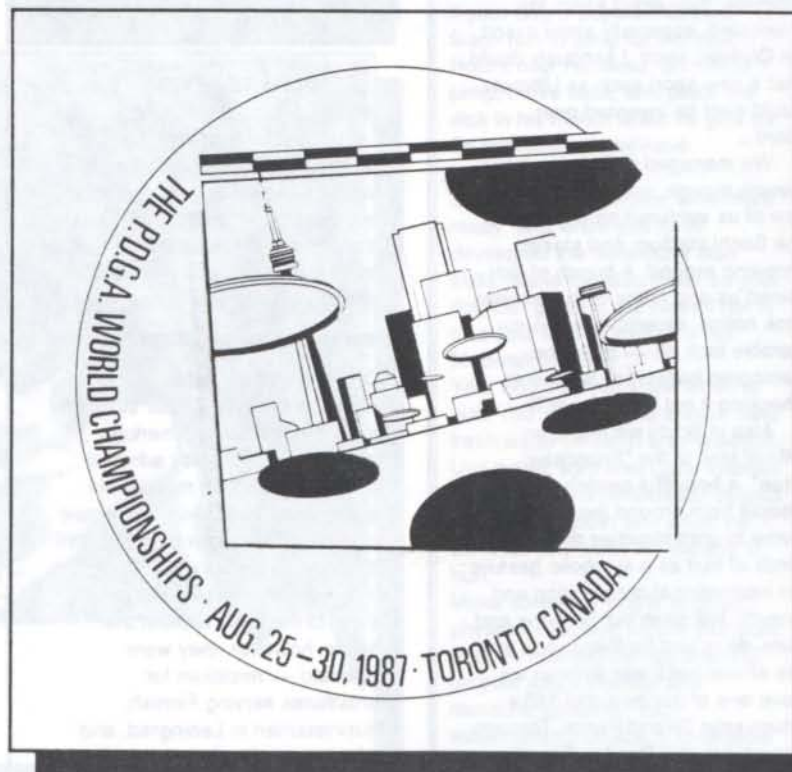
So we get to this sports complex, and after introductions and receiving permission to do whatever we wanted, we cranked the boogie-box (the soundtrack from the Big Chill as I recall) and slowly got everyone in the place involved in either disc or footbag, and even tossed an Aerobie in the large fieldhouse. I'm not sure what degree of involvement the people there, mostly teenagers, had in their various athletic pursuits, but

they sure caught on fast, and seemed to take an immediate liking to our games. Next we went to Sochi, one of the largest resort towns in the USSR, located on the Black Sea. Our expectations were wrong, yes, the weather was beautiful, the water cool and refreshing, but vast expanses of sandy beach and the sleek physique typical of California were nowhere to be found. The mass migration of young people to Sochi in the summer had given way to a more sedate, heavier crowd of people who preferred the October sun. Wooden benches atop large stones stretched for miles along the shore, so frisbee on the beach was out of the

question.

We had high hopes though for our scheduled visit to a sports complex, and so we headed off enthusiastically in our shorts and matching group shirts to what turned out to be the National Olympic Training Centre for yachting. It soon became apparent that rather than playing with a group of kids, we would be listening to various well-dressed officials reciting the impressive facts of their training centre and of the town's sports program. It was frustrating for Ron Kaufman since he had worked so long for a certain kind of interaction

CONT'D PAGE TWELVE...



FULL COVERAGE NEXT ISSUE!

DISKRAZEII2 * ONT' d

...FROM PAGE ELEVEN

only to be misunderstood and rigidly directed in the way characteristic of the Soviet system. This in contrast to the two trips Ron had organized to China, where groups are greeted graciously and opulently, with the question "What do you want to do?" As opposed to the USSR where you are more or less told what you are going to do... though they are quite gracious and hospitable too.

While at the Sochi sports complex I made a point of communicating to these serious sports persons (including an Olympic soccer player) that there exists a serious sport called Ultimate; they didn't seem too interested, especially since it isn't an Olympic sport. I seriously doubt that a new sport such as Ultimate could ever be invented over there...

We managed to impress a few people though, such as when a few of us ventured on our own to the Sochi stadium and started throwing around. A bunch of kids joined us and many of the athletes took notice, especially when my aerobicie took off — even the Leningrad basketball team was checking it out between drills.

Also in Sochi we made an official visit to the "Friendship Tree", a beautiful garden where people from around the world come to graft together different kinds of fruit as a symbolic gesture for international cooperation and growth. We gave out balloons and mini-discs and footbags, and to the official host/ war veteran we gave one of our beautiful 165 s which says "World Peace Through Friendship and Play" in Russian,



DISKRAZEII2 * ONT' d

...FROM PAGE SEVEN

The possibility of splitting factions is very real within an all-star squad. Not only on the field, but most importantly, off. Unless there is a well respected *non-playing* coach to pull unity and direction together with one voice,

troubles with subbing, playing time, bruised all-star egos and, heaven forbid, *discipline* rear their ugly heads. A playing coach is in way over his head on an all-star team; it's a no-win situation to throw somebody into.

CONTINUED PAGE FOURTEEN...

Chinese and English.

We were liked for our stuff, and for our spirit. Being American means being instantly admired over there, and we met people quite easily, like these two female singers who we saw both in Sochi and later in fashionable Leningrad. In the process of trying to get them to the hotel to meet the group, however, they were arrested — mistaken for prostitutes serving Finnish businessmen in Leningrad, and taken away. So there's a "police

state" story for you, if you were looking for one.

But life over there really isn't that "oppressed" or depressing, except that it's very difficult for anyone to leave the country, that they don't have access to tons of money or fancy stuff, that housing is smaller, and that they don't play Ultimate frisbee. But they do have frisbees now, which is good, because frisbees have magical powers, such as the ability to carry friendship vibes through iron curtains ****

DISKRAZEII2

OVERDOG

...FROM PAGE SEVEN

let's do it'. He's always pulled through, but then again, it's that trust."

Lacking a suitable feeding dish, Andy introduced Thunder to Frisbees at a very early age — by feeding him from one. "Thunder ate out of the Frisbee for about a year until every time we put it down, he wanted to chew it up," recalls Andy. Whenever he threw a Frisbee to a friend, Thunder would play 'monkey in the middle', but it all started, says Andy, when he didn't have that second person. "I practised with nice straight throws, letting him run and jump for it, working on distance, altitude and catching the disc."



In the competitions, a dog's ability to catch a disc is judged by distance, altitude and style. The frisbee is thrown from the centre of a series of concentric circles. The farther the frisbee is thrown, the more points are awarded. Points are doubled if all fours leave the ground when the dog makes a catch.

Part of the contest involves an obedience test to see how well the thrower and the dog work together. This test may involve stunts such as getting the dog to flip the disc with his paws, and retrieving trick throws. According to Andy, "It's just as important that you know how to throw that disc as it is for the dog to catch it."***

FLYING FOR *F*d*o*

Teach Your Dog to Sky by Thunder

Let your dog get used to the disc by letting him sniff, chew and carry it. Remember, the fastest way to a K-9's heart is through his stomach; let him eat out of a disc, to develop his frisbee appetite. Take your dog to see a fetching fracas, play rover in the middle, or tug-of-war games when he goes for the disk without prodding. Roll the frisbee for him to chase. Food rewards facilitate learning; lavish praise when he is successful.

If your dog is psyched to play, teach him to jump for the disk. Hold it over his head, tell him to jump, move back, and place the disk in his mouth when he gets air. Be coordinated and have patience.

Start with short throws, when he's ready, and when you have developed the necessary disc skills. Make the disc hover so your dog can get to it. Be careful not to toss your dog or your arm out. Moderation is key.

Your dog may not know when to quit. You should. And always have fresh water on hand after practice. Use a soft, light disc (guts frisbees are good). And periodically inspect your dog's mouth and teeth; he can't tell you when it's starting to hurt.

Make sure your dog is in good physical condition before you start. Frisbee fetching can be stressful on your dog's skeletal and muscular systems. Your veterinarian's advice is invaluable and should always be heeded. ***

DISCIPLINES



ULTIMATE

ULTIMATE

PRAIRIE ULTIMATE FEEDBACK

by Rick Collins
of the Calgary Cynics



Every player is essentially a referee when he/she is on the playing field. Therefore, isn't it of the utmost importance that everyone know all of the rules inside out *before* being put into the position to make any calls? No one should have to explain rules out on the field, during play.

Far too many arguments, freakouts, ugly confrontations and long delays can be avoided altogether if everyone is clear on

the rules, how to enforce them and how to act properly when doing so.

Being clear is a long way from reading them once and throwing them into your trunk; it means keeping a copy on hand and reviewing it now and then. Captains, teams and area gurus: it's up to you to make sure all players, whether they be house league rec, casual drop in, or serious road-tripping monster, have an eligible copy of the 8th edition and are informed of all the grey areas and know how to deal with them.

Let's not get into the habit of always relying on the more experienced players to help with calls. They control most of the play; should they rule as the last word as well? Why not just have a referee then? Come on! Independence is what we are supposed to be all about.

In watching the best and most experienced players in the world over the past few years, I can agree with Steve Mooney who recently observed that Ultimate is no longer being played in the U.S. by the best teams. Instead prevails a facsimile of the sport, called *Uglimate*. People (players and spectators) coming off the sideline, entering arguments about calls, players pushing the markers off with everything from elbows to fists when they are too close, players crashing into each other all over the place during intense high-calibre play, not even bothering to care about the *avoid-contact-at-all-costs* agreement...

Need I go on?

The Ultimate players of Canada are in the enviable position of being neighbours to the world's best Ultimate players. We are able to acquire their videos, watch them live, and even play with and against them anytime. We can learn so much from all their 19 years of experience...I mean, to learn from their 19 years of *mistakes* should be our goal, not emulating them. Let's not let Ultimate in Canada turn into the ignorance of UGLIMATE.***

(Rick Collins is a member of the 1986 Canadian National Ultimate Team, and the frustrated disciplinarian/demigod of the currently psyched and playingest Ultimate team in Canada. ed.)

...FROM PAGE TWELVE

On the other hand, the all-star team gives every player on it a chance to play on a premier team of the best players across the country. One that, if put and held together correctly, would have a far better chance of a great showing at the worlds than any club team we've got at this stage of Canada's young Ultimate history.

Did we learn anything at all from last year? I hope so!

Perhaps the way to do it is to follow the lead of the very powerful West Germans, who kicked our butts in England with a national team made up of three-quarters the players from the nat. champs team, and one quarter players from other teams who were outstanding at the nationals. Old boys and new blood is a safe formula.

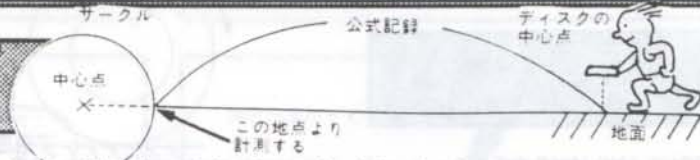
But who would decide on the added players? The national champs, of course, possibly under guidelines set by *DisCanada* before the tournament.

Whatever format we adopt, let's do it quickly, and avoid the usual *hemming and hawing* that has plagued joint Ultimate decisions here in Canada in the past.***



DISKRAZEN2 + DISKRAZEN

CATCHING CALLS



...FROM PAGE SIX

If that player plays the disc unknowingly into a turnover, then no goal is awarded.

3. TIME-OUTS:

- A. two per half (3 if game is to 18 or more)
- B. Injury time-out results in a team time out, or the injured player leaves the game
- C. only the thrower may call time-out

When play is resumed after a time-out, all players may set up.

4. CATCHING CALLS: it is not necessarily the receiver's call, so no yelling "It's his/her call!" The rules clearly state that the player(s) with the best perspective make(s) the call. This goes for out-of-bounds calls, as well as for determining if the disc hit the ground before the catch.

5. VIOLATIONS

A. fast count: the thrower must get a warning. If the marker is called for counting too fast a second time within the same 10 seconds, or within the last two seconds, it is a violation and the count goes back 2 seconds. *Note:* a team must be in possession of the disc in order to call a fast count.

B. travel and foot fouls: on a travelling and foot-foul calls there is a check, unless, because of the continuation rule, there is a turnover.

C. picks: Play stops when a pick is called whether or not the pick was directly involved in the play.

D. double team: when an offensive player calls double team once, this is a warning and the defence must move back. If the same thrower calls a double team a second time within the same 10 seconds, this is a violation, play stops and the count returns to zero.

E. strip: count stays the same or

goes back to 7 if stripped after the count has reached 7.

6. THE COUNT:

Defence

- :foul...back to 0
- :double team (2nd call)...back to 0
- :strip... same, to 7 if count >7
- :fast count (2nd call)...back 2

Offence

- time out... same
- :pick... same, to 7 if count >7
- :travel or foul... same

7. If a player believes he/she was contacted and as a result landed out-of-bounds, he/she must call "foul" or "out-of-bounds" (so the defence has a chance to contest the call if it is in serious dispute).

8. The marker must give the thrower room to pivot in all directions, but only a disc width's worth of room.

9. The ground can cause an incomplete pass, resulting in a turnover.

10. When play stops there is a FREEZE; all players stop. This is workable with cooperation and compromise. No one can set up, as this rewards the fouling team

(buying time).

11. The count starts at the word "stalling" or "counting". A player is stalled upon the first utterance of the word "ten", and there is a check following the turnover. *Note!* On a stall, the once-marker does not have to take the disc. After a stall, as usual, there must be a check. The once-thrower, now marker, checks the disc to the new thrower, if the new thrower doesn't want the disc, the marker

"checks" the disc by placing it on the ground and yelling "in play".

12. **DROPS:** All drops on pulls are turnovers (in or out-of-bounds). A turnover also occurs when a player drops the disc while he/she is walking towards the end-zone line to put the disc in play.

13. To invoke the "middle" or "Austin" rule (bringing an out-of-bounds throw-off to the middle of the field where it went out), the player must let the disc hit the ground. If he/she catches it, it must be played at the sideline.

CONT'D PAGE SIXTEEN...

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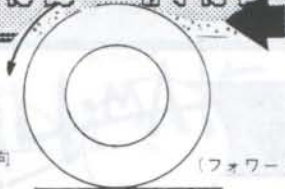
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RULEBOOK

MARCUS AND MIKE GO TO GAINESVILLE

by Marcus Brady

Like one morning last month, I get a call from Bill Webb of *Locomotion*. It turns out I'm committed to going down to Florida for the *Frostbreaker* tournament. Got anyone else, he asks, who's interested in playing with Upstate Skank...

Brian's wife Bruce has him engaged for the weekend, but Mikey'll try anything if it means getting out of the kitchen for the weekend.

So the *oui* man and I head down to Syracuse to catch our cheap flight. This was the beginning of the end: I forgot the Molsons in the car!

It was cold in Newark--another great reason to get outa' there fast, with our bunch of derelict N.Y. Ultimate players, to Jacksonville.

Next thing I know we're a *oui* bit late for our first game. I was trying to remember something about a car ride, a cold motel and a beautiful day, while we got our asses cleaned by the host Floridian team *Vicious Cycle*, subsequently by *Buncha'Dudes*. Very good and clean games, I recall. Everybody was enjoying the sun.

Especially us.

By noon we were very red, but alot of that was embarrassment. Later, we'd had just about enough of the sun and teasing about "eh", eh? But we had learned most of our teammates' names...

We were very lucky to have been invited to play with *Locomotion* and despite our hands of stone and our potato (or is that tomato?) throws, we went on to a

victory in our last game on 地面 Saturday against *Centrifugal Force*.

Southern Ultimate is not as aggressive as New England Ultimate. There's less flow and dynamism, during the day, that is. The party that night was surreal. It was at the Moon Dance club and later I was in Tampa bay or maybe the Isle of Skye on a 4 by 6 foot boat at the University Motel, I think.

Sunday I felt great! And I played even worse. We had no tape, and adjourned early to cooler sports. Not before winning 17-16 against *Jason and the Argonauts* though. After losing to the *Ropes* we collapsed to watch the *Dogs of War* dismember *S.C.U.M.* for the championship.

An excellent weekend, except for when fat Gino (who also got the bed Sunday night) stole my date Ira, and memorable for the unexpected arrival of *oh-oh-y'all-don't-want-me-to-play-with-youse-i'm-a-shitty-Canadian-Ultimate-player* DALLEX Hughes! Thanks for saving our hide Alex; too bad you had to give the car back ***



...FROM PAGE FIFTEEN

NOTE! If the offensive player is in position and the defence appears to be deliberately delaying the start of play, he/she may invoke a "self-check" by touching the disc to the ground and shouting "disc in play". [ed. note: it is customary and courteous always to allow the defender to check the disc before putting it in play]

Appendix: CHECKS and the CONTINUATION RULE:

When in doubt, check the disc. Ultimate is a game that is about 66.66% offence-balanced; think in terms of giving the defence a fair chance. So if a spectator touches the disc, or if the disc is run to the side from way out-of-bounds, let there be a check. **Note!** The continuation rule applies to all violations. For example, if a player does not bring the disc straight to the side line after retrieving it from out-of-bounds, and then proceeds to throw it away while "foot-foul" is being called, it is a turnover, not a check on the disc. But the continuation rule applies only to the first pass. For instance, if a pick is called and the pass is complete but the catcher then throws the disc away, it is not a turnover. A check occurs at the thrower who threw while the pick was being called.

A complete set of new edition rules will soon be available through *DisCanada*. Send in for your copy. In the meantime, play clean and have fun; remember, rules are only as fair and friendly as the people who use them. ***



THE FAMILY CIRCUS, By Bil Keane



4-17

"That's not the way to hold a Frisbee!"

U.S. scholar to get B.A. in Frisbee

AMHERST, Mass. (AP) — John Dwork spent a lot of time in college playing Frisbee, but it didn't stop him from getting a degree — it helped.

Mr. Dwork will get his bachelor's degree in Flying Disc Entertainment and Education, Hampshire College officials say.

"It's almost as if I've made legitimate — I wouldn't say the California surfer image — (but) the whole new American alternative lifestyle," Mr. Dwork said.

For his humanities requirement, Mr. Dwork presented a paper arguing that freestyle Frisbee, like dance, was art. For his science requirement, he analyzed the physical and mental stresses of performing.

"He may have used Frisbee as a vehicle, but he actually ended up with a pretty good liberal arts education," said Stanley Warner, a member of faculty committees that reviewed Mr. Dwork's work.

Mother Goose and Grimm



THIGH STRETCHES

Front of thigh

- Kneel down and sit on heels
- Reach back to support body weight with hands
- Lie down onto elbows, then shoulders. Keep knees on floor.

Back of thigh

- Sit on floor, legs outstretched
- Hold ankles and pull elbows to floor beside knees to pull chest to thighs

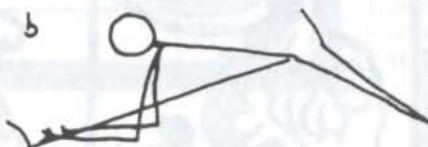
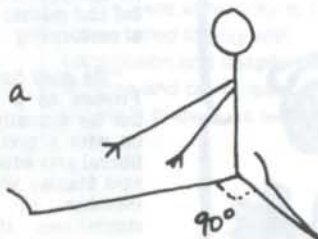
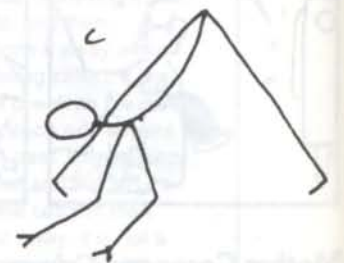
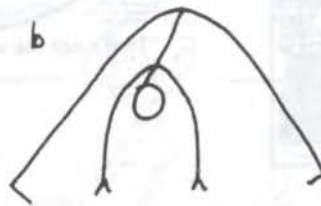
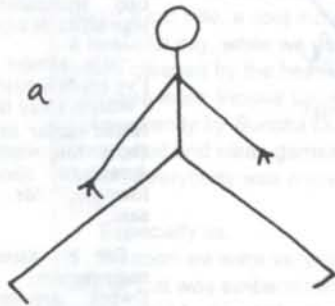
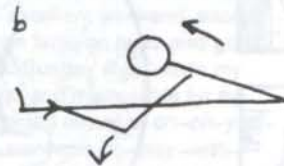
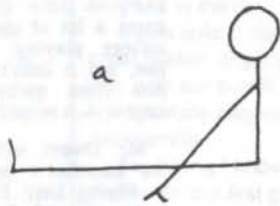
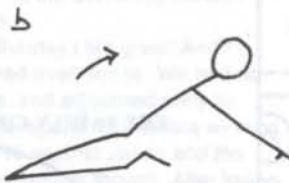
Inner thigh

- Stand with feet wide apart, toes turned in
- Hands to floor (keep knees straight)
- Elbows to floor. Don't allow heels to lift or knees to bend.

Combined rotator/back of and inner thigh stretch

- Sit on floor, one leg outstretched, the other flexed so foot touches side of buttock. (90° at groin). Keep hands off floor, both buttocks bearing weight.
- Hold ankle of outstretched leg. Pull chest to thigh.
- Relax. Lean chest towards the thigh of flexed leg.
- Change legs and repeat.

INJURY TIME OUT





DISCANADA'S

IT'S CRAZY



DISCANADA'S

IT'S CRAZY