

FPA Judging System: Variety Checklist

Throws (0-2 points):

Back hand	
Fore hand	
Over hand	
Under hand	
Helicopter	
Stacker	
Air bounce	
MACs, SUBs	
upside down	
others _____	

Guideline for points*:

- 0=very little variety of throws
- 0.5=little variety of throws
- 1=mediocre variety of throws
- 1.5=high variety of throws
- 2=very high variety of throws

Catches (0-2 points):

Gitis, Flamingitis, Gitosis	
Flamingo, Flamingosis	
Behind the back/head	
Triple fake (behind the head)	
Phlaud, Chair	
Under the leg (different versions)	
Bad attitude, Olivia, Oliver	
Scare crow, Dragon	
Lacer, Indigenous, Extraneous	
Figure 4, Monster	
Flying catches (e.g. roots, gitis roll)	
Acrobatic catches (e.g. handstand, cartwheel)	
Catches with extended or condensed body positions	
others _____	

Guideline for points*:

- 0=very little variety of catches
- 0.5=little variety of catches
- 1=mediocre variety of catches
- 1.5=high variety of catches
- 2=very high variety of catches

Disc handling (0-2 points):

control moves	
brushing	
turnovers	
kicks	
tipping	
against the spin	
angle adjustments	
guides	
deflections	
upside down	
rolls	
cuffs	
others _____	

Guideline for points*:

- 0=very little variety of disc handling
- 0.5=little variety of disc handling
- 1=mediocre variety of disc handling
- 1.5=high variety of disc handling
- 2=very high variety of disc handling

Styles of play (0-2 points):

Parallel exercises	
Multiple disc	
Speed flow	
Juggling	
Twirling	
Paddingling	
others _____	

Guideline for points*:

- 0=very little variety of styles of play
- 0.5=little variety of styles of play
- 1=mediocre variety of styles of play
- 1.5=high variety of styles of play
- 2=very high variety of styles of play

Spins, Ambidexterity (0-2 points):

Using both spins (no, little, mediocre, high, very, high)	
Using both hands (no, little, mediocre, high, very, high)	

Guideline for points*:

- 0=using just one spin/hand
- 0.5=little use of second spin/hand
- 1=mediocre use of second spin/hand
- 1.5=high use of second spin/hand
- 2=very high use of second spin/hand

* Subcategory should be judged per team, not per player.