



Great Park Pursuit Frisbee Sports

Out on the Great Park Pursuit our goal is to get you outside and enjoy the parks, the weather, and the amenities. Some of our parks listed may have a Disc Golf course. Disc Golf and Ultimate Frisbee are two well-known sports played with a Frisbee. However, have you heard of these Frisbee sports before: Frisbee Tag, Frisbee Bocce, and Frisbee Baseball? Grab a Frisbee and try one of these games.

Frisbee Tag

Summary: Frisbee tag played like tag with the addition of a Frisbee.

Ages: eight to adult

Number of Players: 4-20

Equipment: Frisbee

How to Play:

Divide into two teams. One team is "IT." The team that is "not IT" will throw the Frisbee back and forth between teammates trying to keep the Frisbee from the "IT's." If an "It team member catches the Frisbee, the whole team switches from "It" to the non-it's. Play continues until everyone is tired or moves on to another game.

Frisbee Bocce

Summary: To get a Frisbee land close to a tennis ball or a baseball.

Ages: eight to adult

Number of players: 2 -10 players

Equipment: Frisbee and a tennis ball

How to Play:

One player rolls the tennis ball out across a field. The tennis ball now does not move for the rest of the game. For each round, each player tosses the Frisbee to get it close to the tennis ball as possible. A player who manages to land a throw directly on the ball automatically wins that round and scores 2 points. If a player lands the Frisbee as close as possible to the tennis ball, they get one point. If a player overthrows the Frisbee beyond the tennis ball, they get zero points. Play goes until a certain number of rounds are completed or the first player reaches a certain number of points.

Frisbee Baseball

Summary: This game plays similar to baseball. This is perfect for any empty baseball field.

Ages: eight to adult

Number of players: 18

Equipment: Frisbee

How to Play:

Divide the players into two teams. One team plays outfield while the other team plays infield. The infield team decides on their batting order. The first player at bat throws the Frisbee. If the Frisbee goes outside the fair lines or does not travel, more than 6 ft. than it is foul. The batter gets to throw again. Three fouls mean the batter is out. If the batter throws the Frisbee and someone in the outfield catches it, the batter is out. If the batter throws the Frisbee and it falls to the ground, the batter runs the bases. The outfield must run to get the Frisbee and throw it to the bases. Only the fielders on the bases (the basemen) may run with the disc; everyone else must throw it to the baseman. Runners are out if the Frisbee reaches the base before they do. You can play like softball and go 7 innings or like baseball and go nine innings.

