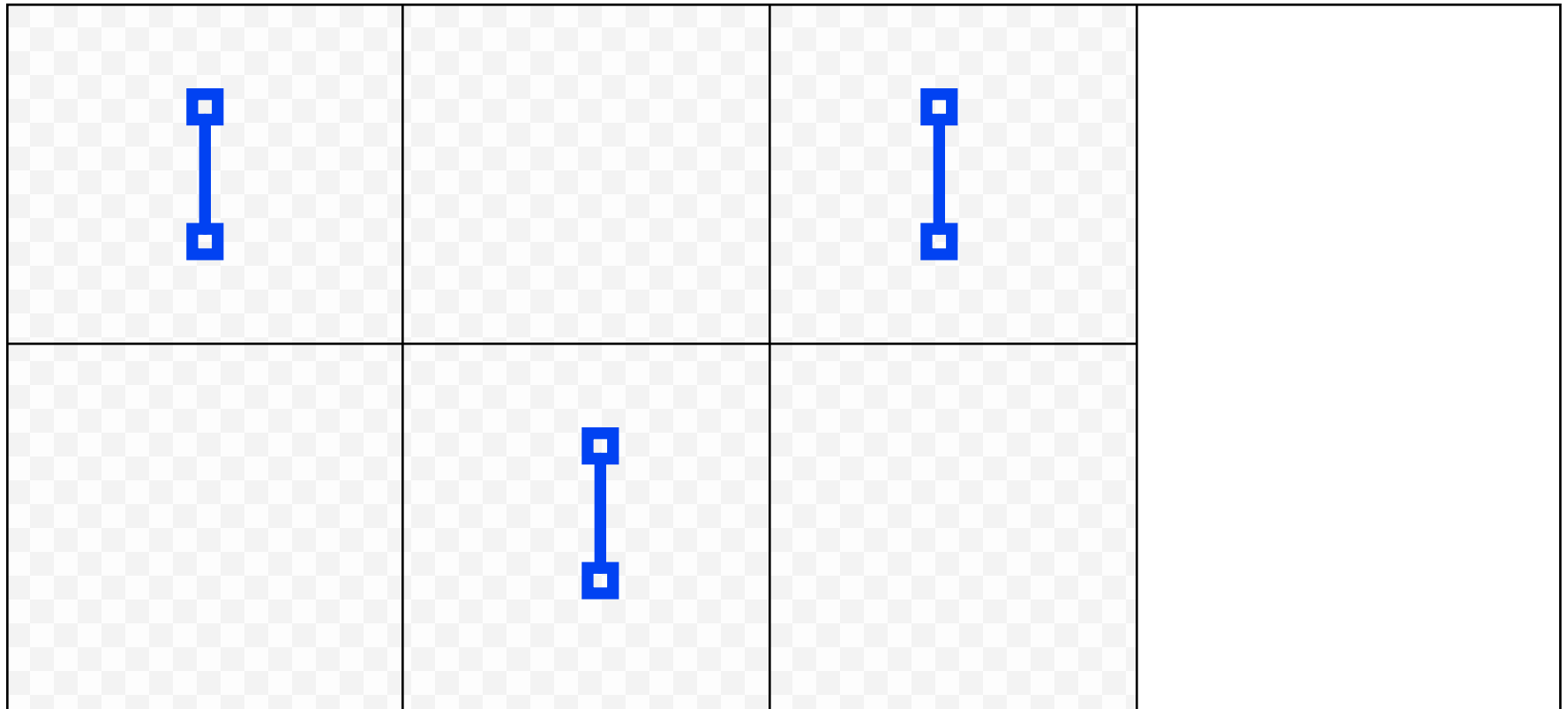


# Far-sicle



3 9-yard zones

*Pro: must complete  
each jump and zone  
before starting again.*

*Novice: any jump, any zone*

**Obstacles: 5 pts each**

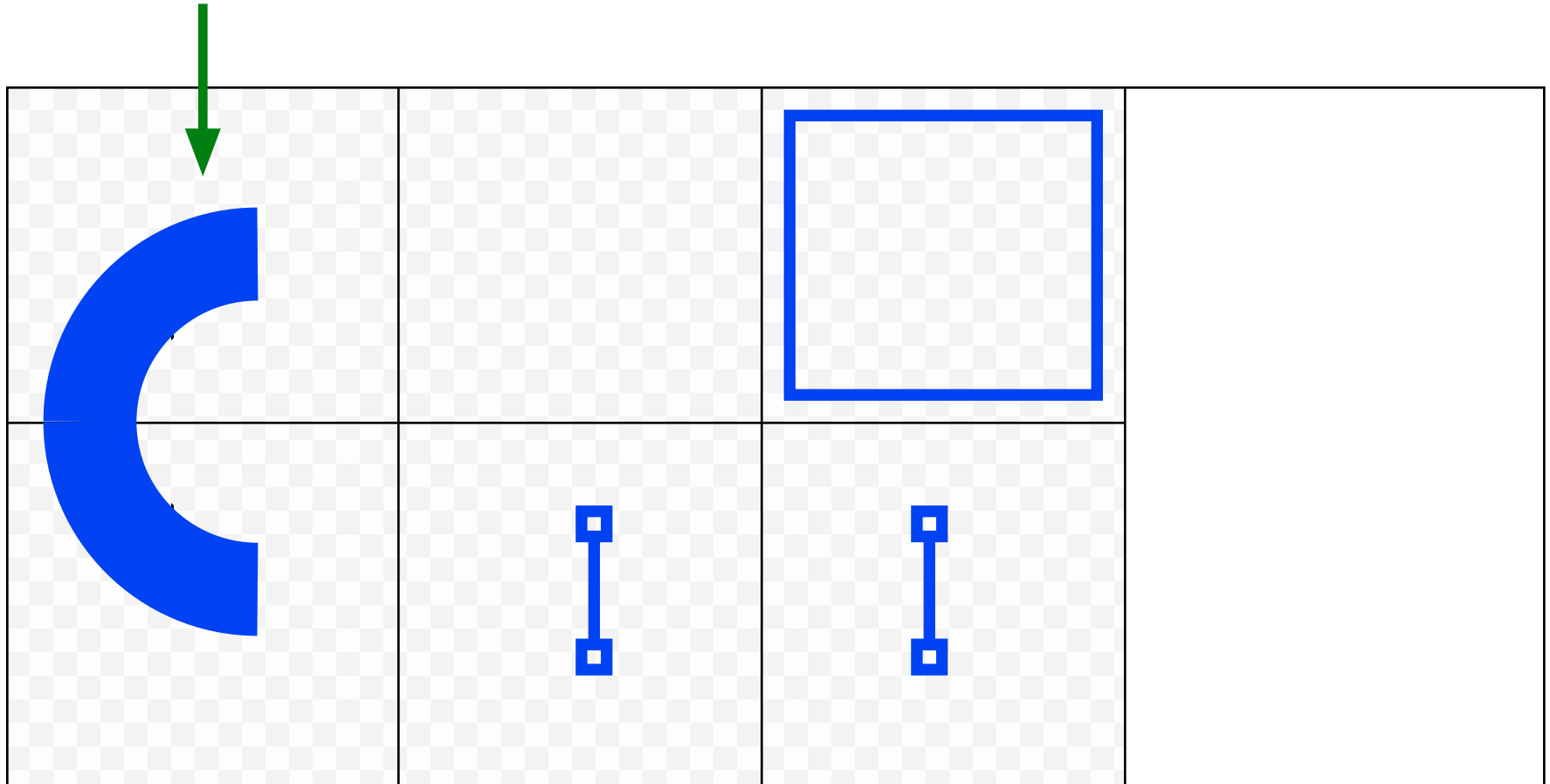
**Catch in zone: 5 pts (you not in same zone)**

**Catch out of zone: 1 pt**

**60 seconds, 1 disc**

# Friz-sicle

Pros must throw from  
this zone for the 10 pt catch



3 9-yard zones

**Obstacles: 5 pts each (must do at least 1)**

**Catch in zone: 10 pts**

**Catch out of zone: 1 pt**

**60 seconds, 1 disc**

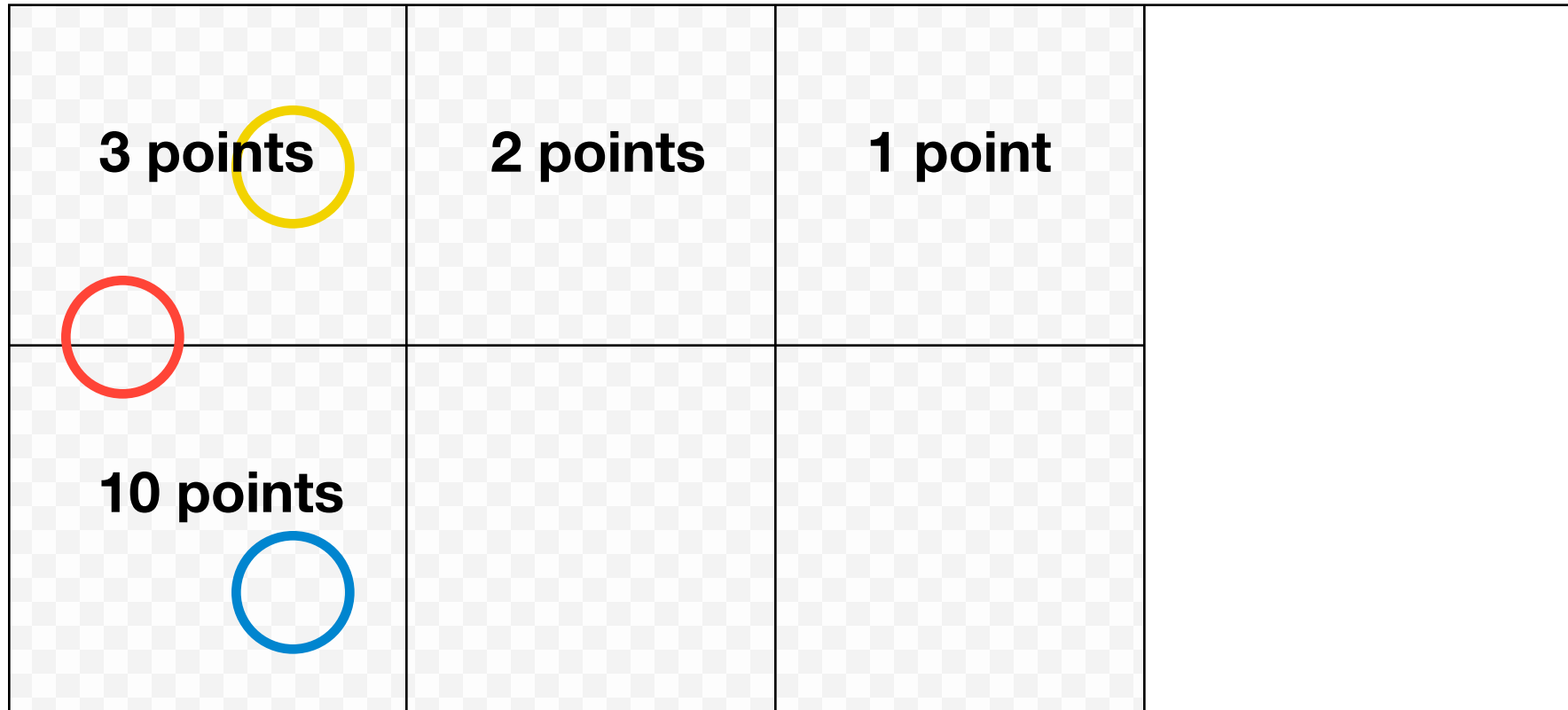
# Time-sicle

		<p>Novice Line - 2 catches</p>	
	<p>Pro line 2 catches</p>		

3 9-yard zones

**Time of 2 catches past the line  
1 disc**

# Toss-sicle



**3 9-yard zones**

*Pro - hula hoops in 3 point zone*

*Novice - hula hoops in 2 point zone*

**60 seconds**

**1 disc**

**10 points: ANY paw in hula hoop**