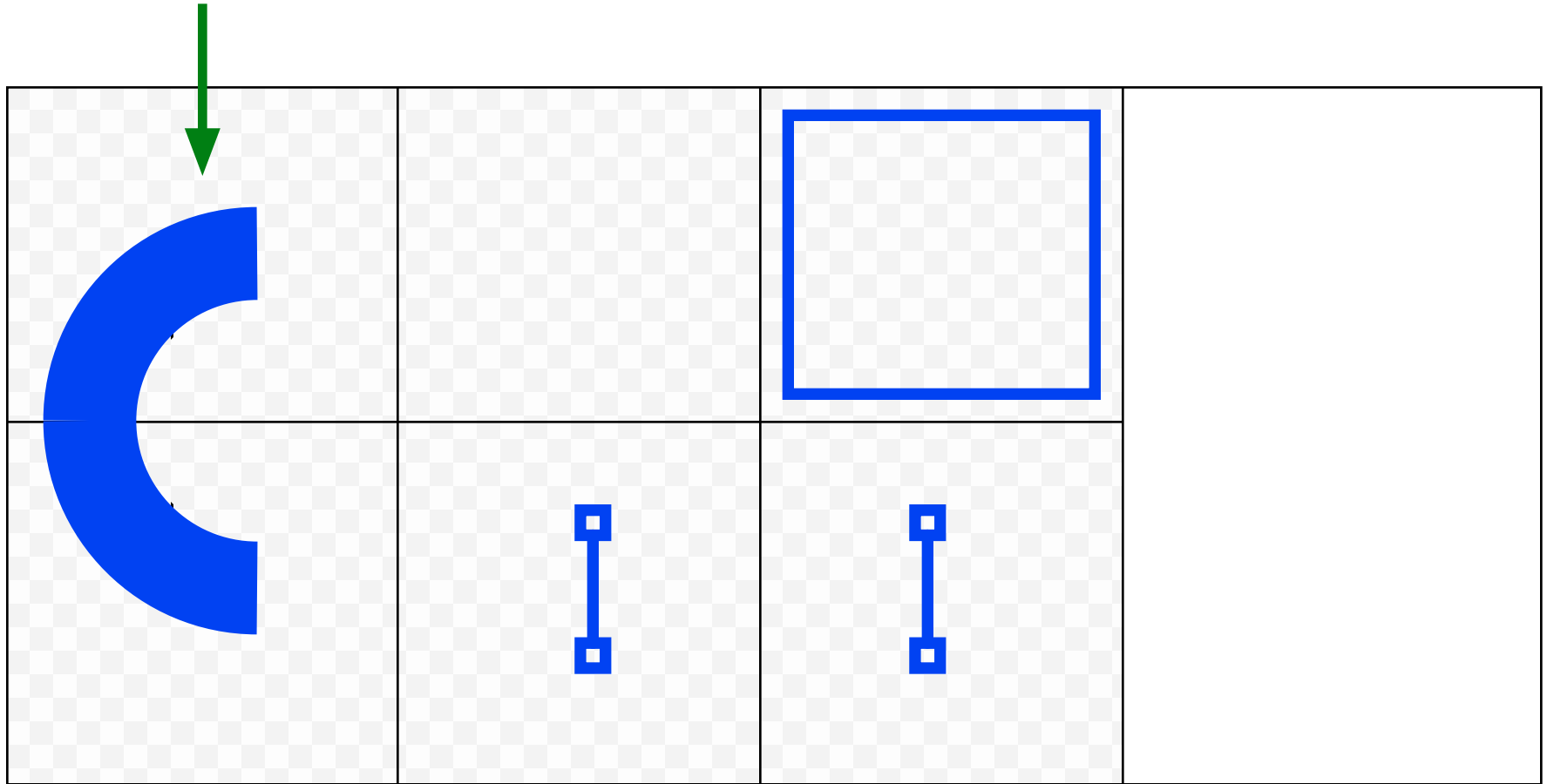


Friz-sicle

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