

Air Canines



**D.O.G.S. Freestyle Disc
and League Play Training Guide**



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Introduction

The purpose of this guide is to introduce players to various disc dog league play formats. This is a rapidly growing aspect of the disc dog sport, and this guide includes a new Freestyle Disc DOG format designed and tested by AAC to help players engage in the most challenging and entertaining game in the disc dog sport.

Background

Small venue disc dog league play is a concept that Appalachian Air Canines introduced back in 2008. The idea was simply to encourage more disc dog action opportunities by eliminating some of the challenges of hosting “tournament” style events.

What is League Play?

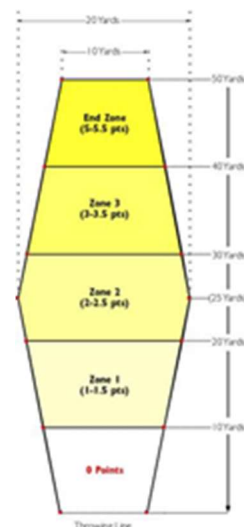
The basic idea behind League Play is to downsize a competition by taking all the stress-causing elements out of it. Most times our club simply uses cones for yard markers without bothering with painted lines. We leave all the sound equipment at home and get by with a boom box or a booming voice. We keep the scores on a single piece of paper then enter the results into a computer after the event. We typically don’t charge fees or hand out any club awards at these matches (sometimes maybe toys or treats which the host provides), so there is no real need to calculate scores and declare “winners” at each outing. The rules and scoring schemes for each game are up to the event coordinator and can be changed on the fly as needed to suit the venue, host, or participants on that day.

Another way to look at it is to strive for more events instead of larger events. The ideal league match is in the 5 to 10 dog range and lasts less than 2 hours, whereas most tournaments these days seem to be in the 40+ dog, 8+ hour range. Big events scare off most newbies and casual backyard players. League Play on the other hand is like a sandlot game that is low key and inviting. Anyone can join in and have some fun, even if their dog doesn’t have a clue about what’s going on. Social time afterwards is always a welcome addition to our league matches!

K9 Frisbee Toss & Fetch League

In 2015 a group of enthusiasts near Akron, Ohio led by Mark Vitullo launched a much more formalized disc dog league format and opened membership to the world. By 2022 the [K9 Frisbee Toss & Fetch](#) organization had built a network of nearly 150 clubs with over 7,000 teams around the world participating in as many as seven 5-week “seasons” throughout the calendar year. This phenomenal growth has indeed introduced an unprecedented number of newcomers (aka “newbies”) to the sport and got them involved in playing what is commonly considered the foundation game within our sport.

The Toss & Fetch league leveraged the distance/accuracy game and field design introduced by the [Skyhoundz](#) tournament organizers back in 2001 with a few modest rule modifications. They run 60 second rounds during some seasons, and 90-second-best-5 rounds during others. Visit their website for more information.





Expanding League Play to Freestyle

There are several big challenges to playing Freestyle without a lot of volunteer overhead. While a boom box can easily replace the PA system, how can you assure having judges available when most “players” are reluctant to help judge because they feel it is not possible to give an unbiased subjective evaluation?

Almost everyone agrees that all judging systems used in tournaments today are significantly subjective in the defined scoring criteria. Changing a single judge often produces apples to oranges comparisons based on their different experiences and interpretations of the applied written criteria. We need a way to shift emphasis from “judging” to “scoring” if we are ever going to encourage more players to get involved in evaluating the results of these dynamic Freestyle games. Friends and family may be reluctant to judge the play of others but are often perfectly fine with helping to keep score!

This is the issue that Air Canines hope to address with a new way to evaluate Freestyle routines. A unique approach that breaks away from the well-established and entrenched paradigms of defining judging criteria with subjective terminology like presentation, athleticism, wow factor, ingenuity, rhythm, or flow. Throw those terms all out, and lets simply count throws, catches, and tricks for a much more objective scoring system.



D.O.G.S.

The D.O.G.S. acronym is short for Dominantly Objective Grading Sheets which are the data collection tools used by scorekeepers to record their observations of Freestyle Disc performances. These forms are used in turn to enter data and calculate a score for each team. This system has been designed to be as simplistic as possible yet is still robust enough to provide a rating that captures many of the varied nuances of the game, thereby helping participants understand the score they are receiving and how to improve their performances in the future.

Emphasis has been placed on recording objective observances rather than subjective feelings to provide a scoring system that will yield similar results whether it is being administered by a novice or experienced handler. Removing as much subjective evaluation criteria as possible is essential to being able to compare scores recorded by a varied and diverse audience of judges.

The system uses three scorekeepers who each focus their attention on a single attribute of a routine by recording what they see happen on the field into four sub-classifications:

- [Throws](#) (count all airborne disc releases)
 - Basic Short (<10 yards)
 - Advanced Short (<10 yards)
 - Basic Long (>10 yards)
 - Advanced Long (>10 yards)
- [Catches](#) (count all airborne disc catches)
 - Grounded
 - Leaping
 - Flipping
 - Balanced
- [Tricks](#) (count each unique trick variation once during routine)
 - Disc Grips
 - Handler Moves
 - Dog Moves
 - Team Moves

Each attribute has a maximum scoring cap of 10 points. Additionally, a [Success](#) category is calculated $((\text{total catches}) / (\text{total throws})) \times 10$ from the first two judges score sheets and added to the other 3 categories for a grand total max score of 40.

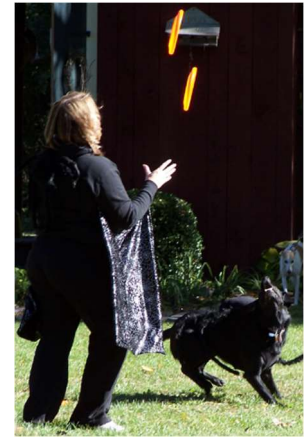
The simple logic behind this approach is that virtually anyone can be trained to keep score in a few minutes, and since the criteria is dominantly objective the scores will be similar regardless of who is in the judging seat. Of the three scoring attributes, counting trick variations is the most difficult. Therefore, the scoring sheet for that category provides a checkbox list under each sub-classification to help that scorekeeper track their observations while the other two scorekeeper sheets only include large boxes for tic marks.



Throws

The scorekeeper who is assigned the task of scoring Throws uses a tic mark to record each time they observe a disc going “airborne.” The disc must go airborne to be counted. It may be tossed, thrown, dropped, or kicked. Hand-offs (often referred to as “takes”) or the stationary placement of discs on the ground, body, or dog are not scored as throws. Each “throw” is recorded in one of four sub-classifications:

1. **Basic Short** – The disc travels through the air for less than 10 yards before being caught or hitting the ground using a basic release grip/style.
2. **Advanced Short** – The disc travels through the air for less than 10 yards before being caught or hitting the ground using an advanced release grip/style.
3. **Basic Long** – The disc travels through the air for a minimum of 10 yards before being caught or hitting the ground using a basic release grip/style.
4. **Advanced Long** – The disc travels through the air for a minimum of 10 yards before being caught or hitting the ground using an advanced release grip/style.



All throws are recorded regardless of whether they are caught. If a handler picks up three discs, then subsequently discards one of them by dropping it to the ground to set up for a two-disc trick, that discarded disc is counted in the basic short throw tally.

Example [Disc Throw Scoresheet](#) entry is as follows:

Disc Throw Scoresheet *		Location: _____				Date: _____
Handler	Dog	Basic Short <10yd (x 0.2)	Adv Short <10yd (x 0.4)	Basic Long >10yd (x 0.6)	Adv Long >10yd (x 0.8)	Throw Total (Points **)
		()	()	()	()	()

* Disc must go airborne to count (tosses/throws/drops/kicks). Hand-offs (aka takes) or stationary placements are not scored as throws.
** Maximum score = 10 points

At the end of the round the total quantity of throws is summed across all classifications to produce the Throw Total. There is no maximum for Throw Total, as it should reflect the total quantity of discs that went airborne during the routine. This number will be the divisor in the [Success](#) category calculation (catches/throws).

Additionally, the number of basic short throws is multiplied by 0.2 points, advanced short throws by 0.4 points, basic long throws by 0.6 points, and advanced long throws by 0.8 points. The four sub-classification scores are added together to produce the Throw Total Points. The maximum allowable Throw score is 10 points.



Catches

The scorekeeper who is assigned the task of scoring Catches uses a tic mark to record every time they observe an airborne disc being caught. A disc may be caught by the dog or the handler, but only counts as a catch when it is airborne immediately prior to being secured. Neither successful hand-offs (aka takes) nor rollers are scored as catches. Each “catch” is recorded in one of four sub-classifications:

1. Grounded – The dog has one or more feet or body parts on the ground when they catch the disc.
 - a. Exception, when dog meets the “Balancing” criteria use that column instead.
 - b. All handler catches are recorded in this column regardless of what physical gyrations the handler may be doing at the time of the catch.
2. Leaping – The dog has their entire body off the ground and in motion when they catch the disc.
3. Flipping – The dog catches the disc while performing a mid-air flipping motion where their body twists or turns and front legs land on the ground ahead of or at the same time as the rear legs.
4. Balanced – The dog catches the disc while holding a balanced position (standing upright on two legs, sitting upright on two legs, stalled on the handler’s body).



Like takes and rollers, missed discs or dropped discs are not scored. Only successful catches earn points.

Example [Disc Catch Scoresheet](#) entry is as follows:

Disc Catch Scoresheet *		Location: _____				Date: _____
Handler	Dog	Grounded (x 0.2)	Leaping (x 0.4)	Flipping (x 0.6)	Balanced (x 0.8)	Catch Total (Points **)
		()	()	()	()	()

**Disc must be airborne when caught by either dog or handler. Neither hand-offs (aka takes) nor rollers are scored as catches.*

All handler catches are recorded in the “Grounded” column.

*** Maximum score = 10 points*

At the end of the round the total quantity of catches is summed across all sub-classifications to produce the Catch Total. There is no maximum for Catch Total, as it should reflect the total quantity of airborne disc catches. This number will be the dividend in the [Success](#) category calculation (catches/throws).

Additionally, the number of grounded catches is multiplied by 0.2 points, leaping catches by 0.4 points, flipping catches by 0.6 points, and balancing catches by 0.8 points. The four sub-classification scores are added together to produce the Catch Total Points. The maximum allowable Catch score is 10 points.



Tricks

The scorekeeper who is assigned the task of scoring Tricks uses a tic mark to record every time they observe a different trick variation. That makes the challenge of scoring this category a little more difficult than the other two categories since the scorekeeper must remember whether the trick they just observed was already performed or not. For this reason, the scoresheet for tricks lists most of the common variations that are likely to be seen during a Freestyle routine. Like the other two categories, each trick is recorded in one of four classifications:

1. [Disc Grips](#) – Each unique disc grip that is used by the handler when throwing the disc.
2. [Handler Moves](#) – Each unique throwing motion that is used by the handler when throwing the disc.
3. [Dog Moves](#) – Each unique maneuver that the dog performs during the routine.
4. [Team Moves](#) – Each unique maneuver that the dog and handler (team) perform in unison.

Unlike the other two categories each unique trick is only counted once. So only trick variations earn points. The same trick performed repeatedly is only recorded the first time it is observed. Additionally, the trick does not need to include a successful catch to be scored by this judge. For this scoresheet, failed attempts (or even maneuvers that do not involve disc releases) earn the same score as tricks resulting in successful disc catches.

Example [Trick Variety Scoresheet](#) entry is as follows:

Trick Variety Scoresheet *		Location: _____				Date: _____
Handler	Dog	Disc Grips (x 0.2)	Handler Moves (x 0.4)	Dog Moves (x 0.6)	Team Moves (x 0.8)	Trick Total (Points **)
		()	()	()	()	()
		Backhand <input type="checkbox"/>	Sidarm <input type="checkbox"/>	Around <input type="checkbox"/>	Under <input type="checkbox"/>	
		Forehand <input type="checkbox"/>	Low/Underarm <input type="checkbox"/>	Spin <input type="checkbox"/>	Over <input type="checkbox"/>	
		Overhand <input type="checkbox"/>	High/Overhead <input type="checkbox"/>	Roll <input type="checkbox"/>	Stall: Back <input type="checkbox"/> / Foot <input type="checkbox"/>	
		Thumber <input type="checkbox"/>	Butterfly <input type="checkbox"/>	Bow <input type="checkbox"/> / Crawl <input type="checkbox"/>	Vault: Leg <input type="checkbox"/> / Back <input type="checkbox"/> / Chest <input type="checkbox"/>	
		Two Hand <input type="checkbox"/>	Backwards/Blind <input type="checkbox"/>	Backwards <input type="checkbox"/>	Synchro <input type="checkbox"/>	
		Fingertip <input type="checkbox"/>	Brush <input type="checkbox"/> / Kick <input type="checkbox"/> / Tap <input type="checkbox"/>	Sit-up <input type="checkbox"/>	Dog Catch <input type="checkbox"/>	
		<input type="checkbox"/>	Air Bounce <input type="checkbox"/> / Skip <input type="checkbox"/>	Stand-up <input type="checkbox"/>	<input type="checkbox"/>	

* Count each unique attribute of the routine only once during the entire performance.

** Maximum score = 10

At the end of the round the total number of different disc grips is multiplied by 0.2 points, handler moves by 0.4 points, dog moves by 0.6 points, and team moves by 0.8 points. The four sub-classification scores are added together to produce the Trick Total Points. The maximum allowable Trick score is 10 points.

Success

As previously mentioned on the [Throws](#) and [Catches](#) pages, the quantities from these two categories are used to calculate a success score. The score roll-up spreadsheet uses the following formula plus an additional data entry validation that the maximum allowable success score is 10:

$$\mathbf{((Total\ Catches\ /\ Total\ Throws)\ * 10)}$$



Throwing for Distance

Before taking a deep dive into the Tricks scoring classifications, it may be helpful for players to review some training criteria for distance throwing. This information is of most value for toss & fetch league players, but also provides foundational details that are useful for Freestyle play.



Grip & Wrist Snap

When it comes to throwing the disc for distance, arm strength is not nearly as important as good grip foundations and a crisp snap of the wrist. More spin on the disc (aka “Zs”) = more airtime = more distance. Review the [Disc Grips](#) section in the Tricks chapter for more information about each specific grip type and how to increase power and put more Zs into disc releases.



Stance & Footwork

For backhand releases stand perpendicular to the field (face the sideline) or target. Toes should be pointed towards the sideline, or even better slightly backwards. If the toes on the front foot are pointed even slightly downfield at the start of the throwing motion, it means your hips are already open and it will limit the amount of distance you get on the throw. Shift weight from rear foot to front foot as you step forward, open your hips, and pull the disc through the release keeping the toes of your rear foot “planted” on the ground through the entire motion.

Release Angle & Stability

The angle of the disc at the point of release is the primary factor that affects its flight pattern. The angle of release can also help compensate for the stability of different types of discs:



Stable disc flies straight when thrown flat (0 on the diagram to the left)

Overstable disc fades away from the direction the disc is spinning when thrown flat (for a right-handed thrower using a backhand grip the positive numbers on the diagram to the left)

Understable disc fades towards the direction the disc is spinning when thrown flat (for a right-handed thrower using a backhand grip the negative numbers on the diagram to the left)

A stable disc will fly straight down the field when thrown flat. The terms hyzer and anhyzer are used by some disc enthusiasts to describe the process of releasing a throw at an angle to make it curve in one direction or another.

- **Hyzer** - When the disc is tilted with the outside edge pointing down, the thrower is essentially forcing it to go into an overstable flight pattern.
- **Anhyzer** - When the disc is tilted with the outside edge pointing up, the thrower is essentially forcing it to go into an understable flight pattern.

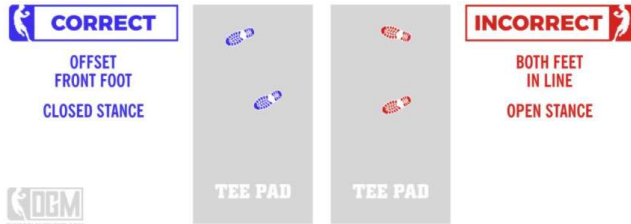
It is important to understand the flight tendency of the disc you are throwing to be able to properly compensate with an appropriate amount and type of hyzer. Many of the most popular dog friendly discs are understable and fade in that direction will increase when more power is applied to the throw. This is best learned through experience and throwing many discs under different wind conditions.



Avoid Rounding

One of the most common problematic tendencies for novice disc enthusiasts is rounding their releases. Rounding will result in both inconsistent stability and lack of distance issues. Try these 5 simple steps published on the Disc Golf Mentor website to eliminate “rounding” from your backhand throwing form to improve both distance and accuracy (*visit <https://discgolfmentor.com/how-to-fix-rounding-in-5-simple-steps/> for more details*):

1. Use a “closed” foot stance by starting with your front foot turned slightly towards your rear foot.



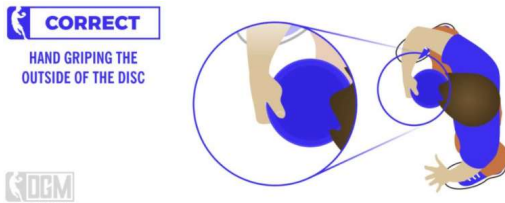
2. Keep your shoulders open beyond 90° to assure disc stays on a straight plane through your entire release motion.



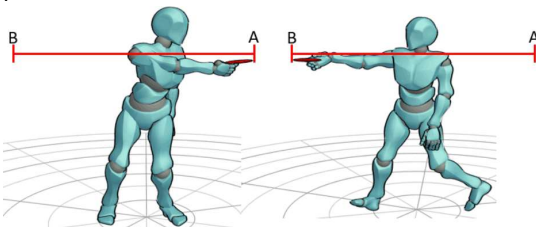
3. Keep the disc as close to your chest as possible as you pull through the release.



4. Keep your hand on the outside edge of disc.



5. Slow it down! Practice steps 1 through 4 at a very slow deliberate pace to help reinforce the desired pattern of motion.





Tricks

In this chapter of the training guide, we will take a deeper look and provide pictorial examples for each of the sub-classifications within the most difficult DOGS Freestyle Disc scoring category. The examples provided in this guide are not meant to be an all-inclusive listing. Instead, they are common examples which have been organized into four sub-classifications for the sole purpose of assigning a numeric scoring value that will reduce the variation of scores assigned by different scorekeepers when using this system:

1. [Disc Grips](#)
2. [Handler Moves](#)
3. [Dog Moves](#)
4. [Team Moves](#)

As with both the Throws and Catches classifications, the Tricks groupings are weighted by difficulty. It is easiest to learn how to hold a disc using various grips, and slightly less easy to control your body during the release of each throw. Genuine difficulty begins when it comes to controlling the movements of a dog through verbal and non-verbal cues, and certainly the most difficult elements of any routine are those where handler and dog are working in synchronous motion to exchange possession of the flying disc.

Disc Grips

There are essentially 6 grips used to master disc play. Each of these main grips also has subtle variations that can help improve the distance or accuracy of throws, and better accommodate various release points. A few possibilities exist for using other body extremities besides hands such as elbows, knees, feet, or head. But when it comes to using your hands to hold the disc, all variations will fit nicely into one of these 6 grip categories:

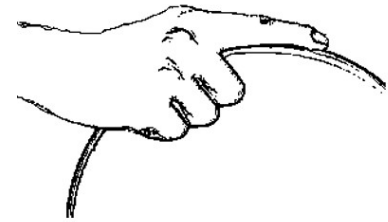
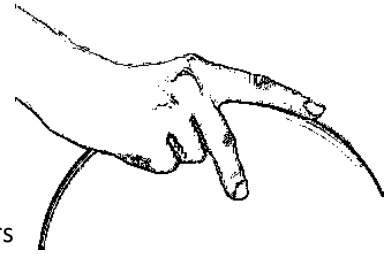
1. [Backhand](#)
2. [Forehand](#)
3. [Overhand](#)
4. [Two-hand](#)
5. [Thumber](#)
6. [Fingertip](#)

A blank entry space is available on the Trick Variety Scoresheet where [other possibilities](#) of releasing discs (such as using body parts other than the hands) can be noted when needed, but since these have limited appeal and are used rarely no attempt was made to list them individually on the scoresheet template.

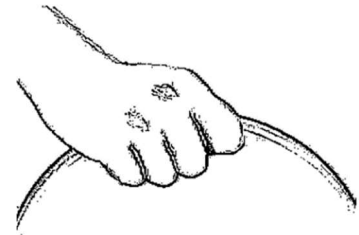


Backhand

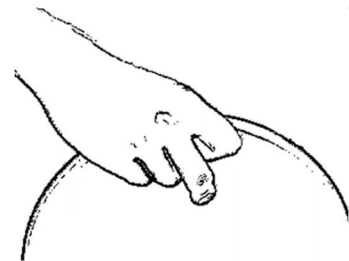
- Control Grip – This grip is characterized by the index finger of the throwing hand being placed along the outside rim of the disc.
 - The first version has the middle finger of the throwing hand extended towards the center of the disc. This gives a high degree of control and stability since the index finger along the rim helps with direction and the middle finger supporting the disc provides stability. With only two fingers gripping the rim, the rub on this grip is much less power. Power in a grip comes from the ripping of the disc off the end of the index finger (aka the snap).
 - A second version has the index finger on the rim but not the middle finger support. This can increase power with one more finger gripping the rim, but the power gain is insignificant compared to the loss of control.



- Power Grip - This is the most popular grip among experienced throwers. All fingers are gripping the rim tightly, and there are no fingers supporting the disc. The tradeoff is a considerable loss of control since the release point is much harder to judge. A fair degree of control can be regained through practice, and the loss is offset in some ways by the large power gain produced by the disc ripping off the end of the index finger. A certain amount of control also depends on the position of the thumb, and how tight the grip is on the disc. A tighter grip should result in more spin. The thumb can also be placed anywhere from along the rim of the disc to pointing towards the center of the disc. The best control, particularly with respect to air bounces, is to have the thumb pointing towards the center of the disc, and this also aids a tight grip. Conversely, it's a little harder to get as much distance with the thumb pointing toward the middle because of the drag across the back edge of the disc during the release.



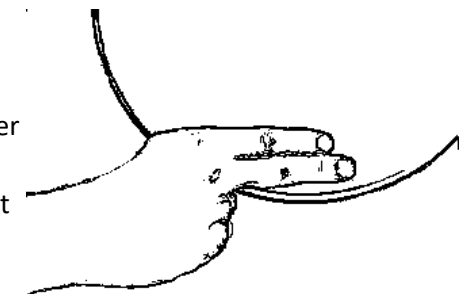
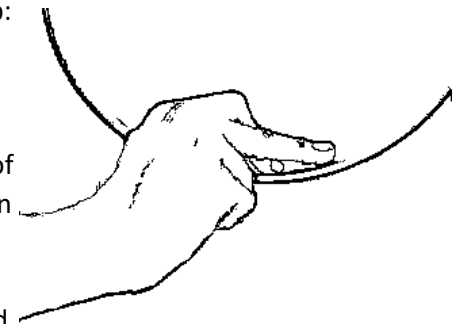
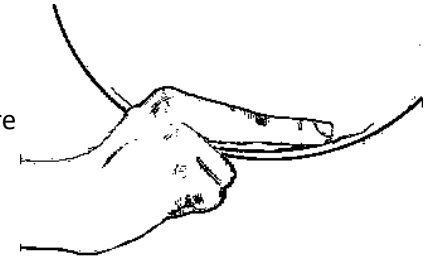
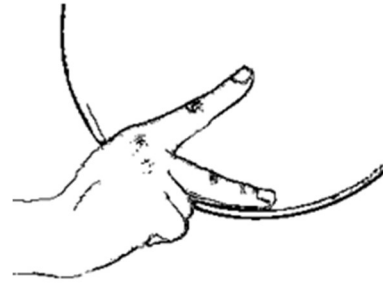
- Modified Power Grip - This grip is a combination of the two grips shown above. The index finger &/or the middle finger is slightly extended to provide plate or rim support. The thumb firmly pinches the disc directly above the tip of the support finger. This grip provides power from a good rip or wrist-snap, but with much better directional control. The drawback is a slight loss of distance in the throw, approximately 10% relative to a true power grip.





Forehand

- Split Grip – This grip is in principle very similar to the backhand control grip. The middle finger of the throwing hand is inside the rim and the index finger is extended towards the center of the disc for support. The advantage of this method is control. The disadvantage is a corresponding loss of power because the spreading of the fingers makes it impossible to cock the wrist back as far just before release.
- Stacked Grip – This grip has the index finger stacked on the middle finger and pressed firmly in the rim. This grip increases power since the wrist can now be cocked back further and more snap imparted to the disc. There is a loss of control because no extended finger supports the disc. The disc tends to wobble up and down, and ultimately can reduce distance if the disc and the wrist are not at the same angle at release.
- Power Grip – This grip is analogous to the backhand power grip:
 - Version 1 - Instead of the index finger and middle fingers being parallel, the index finger is slightly bent (exaggerated a little in the diagram). The pad of the index finger is pressed firmly on the rim, as is the pad of the middle finger. The bend in the index finger can then be used to support the disc, while the wrist can still be cocked well back for a power throw. The disc can be held out flat and ready to throw, which makes it a good grip for throwing the high forehand.
 - Version 2 - Instead of the pads of the fingers being against the rim, the side of the middle finger is against the rim. This grip promotes a palm-up follow through and helps stop people from turning their forehands over on release. The downside of this grip is that the snap puts lateral pressure on the finger joints, and persistent hard throws using this grip can damage the joints.



**A tip for all forehand grips is to keep the disc tucked into the cup of your hand as far back as possible (the meaty part of your hand where your forefinger and thumb connect). The disc should be snug in this area leaving no gap between skin and disc.*



Overhand

- Duck Grip - The fingers of the hand are on the top with the thumb under the disc and perpendicular to the rim. A flutter in the flight pattern is typical because of the difficulty in getting very much spin on the disc nor distance on throws using this release form.



- Staker Grip – Two fingers are on top with the thumb underneath or place the index finger on outside of rim and pinch with thumb inside the rim. Pinch the disc and use a backhand motion to release. This grip provides improvements in stability and distance over the duck grip.



- Butterfly Release - Overhand is the most popular grip for delivering butterfly throws, where the disc travels end-over-end instead of a normal rotational spin. Hold the disc on or close to the rim for best results.

Two-hand

- Place all digits or palms of each hand along the outside rim on opposite sides of the disc and release vertically into the air with a twisting motion. This grip is very useful for close tosses where accurate placement is desired.





Thumber

- Thumber – The disc is pinched firmly with the thumb pressed tightly against the inside rim and the index finger on the outside rim of the disc. The arm motion to release this grip is like that used for backhand grips.
- Beach Thumber – The disc is pinched firmly with the thumb on the inside rim and all fingertips on the outside rim of the disc. The arm motion to release this grip is like that used for forehand grips.



Fingertip

- Finger Splay - Spread fingers and thumb as wide as possible on the underside of disc so all fingertips are pressing into the rim. Unless you have incredibly long fingers, this grip only works with smaller diameter discs. Flick the wrist and close the hand with an overhand arm swing to release a short toss.



- Finger Twirl - Spinning the disc on one finger can provide an entertaining segue but is somewhat difficult to release with accuracy and nearly impossible to get more than a yard or two of travel distance. Possible variations include:
 - Lasso – Twirl the disc on one finger over your head and parallel to the ground.
 - Gun-Slinger – Twirl the disc on one finger at your side and vertical to the ground.



- Discus - The classic Olympic form of holding the disc with the palm of your hand and thumb on the top plate with fingertips curled around the rim. Throwing momentum is achieved by whirling in a circle with arms spread wide. This grip offers no advantages whatsoever for Frisbee play, but it is different!





Other Possibilities

Handlers are always exploring other novel ways to put a disc in play and should be rewarded by scorekeepers when they are successful. Here are a few examples to spark your imagination.

Mouth

- Discs can be “tossed” or dropped from a handler’s mouth to pass control of the disc to the dog, but this can be a very risky proposition. If the disc is not released before the dog grabs it, it should be classified as an unscored “take” and worse yet could easily result in a follow-up visit to the dentist.
- I recall one dog who upon returning after a catch would often go into a spin and “throw” the disc back at the handler. If the handler were to catch their dog’s “throw” I would enthusiastically want to see the scorekeepers reward that team on all three score cards. Otherwise, if missed I would not record it as a throw which would negatively impact the team’s success ratio.



Feet

- Discs can be picked up and thrown using only your feet. These are different than kicks in that an attempt is made to “grip” the disc with feet instead of hands. Conversely, kicks are performed on discs that are already released via another grip, so they are more akin to a “brush” style handler move than a foot grip. Like the finger-twirls, foot-throws are rarely used because they are time consuming and difficult to control.
- Handlers sometimes will use their feet, shins, or knees to hold the disc in the air while in a reclined position, then drop it by spreading their legs as the dog leaps between them to grab the airborne disc. Like mouth drops, these are risky maneuvers where timing is crucial and injury risk is high.





Handler Moves

While many handlers are certainly athletic specimens and both “dance” and “gymnastic” maneuvers in a routine can be very entertaining, for the purpose of simplifying this scoring system we will focus our attention on only handler moves that involve throwing the disc.

Sidearm

The overwhelming majority of disc throws rely on a sidearm motion. Essentially the thrower extends their arm behind their body, then whips it forward to the front of their body and completes the release with a snap of their wrist.



- Backhand Grips are combined with sidearm motion by 99% of players competing in toss/fetch and distance/accuracy games. Significant arm swing is imperative to maximize the distance of a throw.



- Forehand Grips also often use sidearm release motion but are more dependent on the wrist snap than the arm swing for distance.



- Overhand Wrist Flips can start with the Overhand or the Beach Thumber grip. The handler then turns their wrist over while reaching back. With wrist coiled, the arm swings forward at shoulder height and finishes with a snap of the wrist as the disc is released.
 - *A helpful hint is to keep the outside edge of the disc tilted slightly downward at the point of release as this release motion results in an extremely over-stable flight pattern.*



Low

Another popular throwing motion is releasing the disc from a low or knee level point.

- When combined with a backhand grip and chucked from the throwing arm side of the body this release is often referred to as underarm. A strong wrist snap is imperative with this release style.

- A low backhand also works well as a stylish under-leg throw. Lean your body towards the throwing arm side to help get your wrist below you knee and lift your opposite leg out to the side for counterbalance and to prevent you from falling on your head (exaggerated in the diagram).



- Use a forehand grip (or even a beach thumber) with this style to deliver other under-leg throw variations. Some additional options that work well with the combination of forehand grip and low release point are when delivering the disc from a kneeling, sitting or prone position.



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- When combined with a two-hand grip on an inverted disc this style is an excellent choice for delivering the disc when your dog is charging under your legs from behind you.



High

Disc is released above the thrower's head or shoulders. Most of these releases are primarily powered by a flick of the wrist.

- Overhand or Thumber grips are used extensively with high throws.
- Forehand split grip is another good choice for overhead flick throws.
- Forehand power grip is the best choice for “hammer” (aka tomahawk) throws where the arm motion is like overhand pitching of a baseball. Long distance throws are possible with this release thanks to full back-to-front arm motion but will result in an upside-down, topsy-turvy flight pattern making it an extremely difficult catch for your partner.



- Two-Hand grip is only useful for very short overhead throws where spot accuracy is desired.
- Backhand grips are not very effective for high throws.

Butterfly

- Butterfly releases where the disc is flipped end-over-end producing a fluttering flight pattern, are typically performed using an overhand grip. This is a difficult release for the dog to catch so the faster the spin on the disc the better the chance for success.
- Kicking or slapping the edge of the disc is another alternative to produce a butterfly release.
- A third alternative is using a two-hand grip to flip the disc into a butterfly pattern.





Backwards

- Blind – Throwing the disc in the opposite direction from which the thrower is looking adds diversity and complexity to the release. It also offers more ways to combine grips and release motions to ramp up your throwing style.



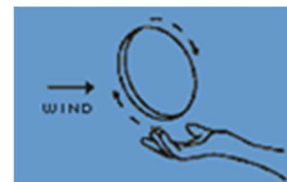
These releases can be confusing for the dog if not sequenced (set-up) and practiced enough that your dog will know when it is coming and where it is going.

- Behind Body - Swinging an arm behind the back or back of the legs is a popular move that is easy for throwers to control and offers higher probability for catch success.



Brush

- Brush - By hitting an airborne disc on the outside rim with either the hand or foot, you can maintain spin and keep the disc in play. Airbrushing is easiest when there is a slight breeze. Angle the disc upward into the wind and brush across the outside rim in the direction the disc is spinning.
- Tap/Kick – Tap or kick the center of the disc to pop an airborne disc back into the air. It is important to make contact as close as possible to the exact center of the disc. The action should be quick and precise for maximum control. Use your fingers, elbow, knee, head, toe, or heel to pop the disc into play or to set for a catch. Experiment with trick taps under your leg, behind your back and with your feet.



- Disc-in-Disc - Use a backhand power grip and a short horizontal release, then catch the thrown disc in the underside of a second disc. If the disc has sufficient spin, you should be able to toss the spinning disc back into the air for the dog to catch.

Air Bounce

- By putting downward pressure on the trailing edge (back side) of the disc as it is released, this throw will sail a short distance at a low height, then "bounce" up into the air. This is done by pressing down with the thumb, which is on the trailing edge at the point of release.

Skip

- Skip shots can be made by striking the far edge of the disc on the ground between you and the receiver of the throw. Skip shots are easiest on hard surfaces and therefore are not commonly used in the disc dog sport. However, they can be done on grass and are quite impressive when performed correctly.





Dog Moves

Around

- Dog circles around an object (usually the handler) to reverse direction. This is a very helpful move in the toss/fetch game as it helps the thrower keep the released disc out in front of the dog for improved tracking. Some handlers will use two command words or hand signals to communicate either a clockwise or counterclockwise direction.



Spin

- Dog does an in-place 360° standing rotation. Some handlers will use two command words or hand signals to communicate either a clockwise or counterclockwise direction.

Roll

- Dog does an in-place 360° laying rotation. Some handlers will use two command words or hand signals to communicate either a clockwise or counterclockwise direction.

Bow

- Dog stretches front feet forward, lowering chest to the ground.

Crawl

- Dog moves forward from either a down or bow position.

Back-Up

- Dog moves backwards from a standing or bow position.



Sit-Up

- Dog sits while balanced on two legs. Often referred to as "sit pretty."



Stand-Up

- Dog stands upright balanced on two legs:



Above handler is setting up for a backhand rapid fire multiple disc sequence. Each release counts as a basic short throw, and each successfully caught disc is scored as a balanced catch.



Above handler is setting up for a two-hand grip 3-disc throw. This release style counts as 3 advanced short throws, any discs caught by the dog would be balanced scores, and any discs caught by the handler would be grounded catches.



Team Moves

Under

- Dog moves under some bridge of the handler's body. Between the legs while standing is the most common example, either forwards or backwards, or even by reversing left/right directions and stringing the under movements together as a "weave walk" or "figure-8" pattern.



Over

- This trick is like an under, but in this case the dog leaps over some bridge of the handler's body. Many handlers chose to get down or low to the ground to reduce the risk of the dog balking at the attempt or leaping to an uncomfortable height.



Stall

- Dog leaps onto handler and balances on their body. Back stalls are the most common. Foot stalls where the dog balances on the soles of the handler's feet (or foot) are one of the most advanced moves in the sport. A "Superstar" stall was once coined for a team move where the dog performed a stand-up on the soles of the handler's feet, then caught a disc thrown by their reclined partner.





Vault

- Dog leaps onto or into the handler and uses their body as a springboard to catch disc. Neoprene body protection is recommended for handlers who like to routinely leverage this maneuver.



Synchronous Movement

- When the dog and handler perform matching movements, they can appear to be in “sync” with one another. This can be especially entertaining when their synchronous motion also fits the musical score of the routine, presenting a truly interspecies dance move.



Dog Catch

- When the dog leaps into the air and is caught by the handler. This trick is the pinnacle of trust between disc dog partners.





Hosting League Play

Requirements

For Air Canines Freestyle league play, a minimum of 4 handlers (aka pilots) must participate at each scheduled session. Each participant **MUST** be scorekeeper for a minimum of three other teams in addition to performing with their own dog (aka flyers). If any handlers plan to perform with more than one dog, it will require others to score more than three teams, so this should be considered in advance and coordinated with other club members to assure there will be three scorekeepers available for each performance team. Each cluster of league play teams shall be referred to as a “flight.” Each flight coordinator (aka captain) decides and communicates where and when they will meet and play. The coordinator is also responsible for submitting scores to the club historian. Scores may be submitted after each session; however, at a minimum all scores must be reported no later than midnight EST of the last day of each quarter.

Each of the scorekeepers must use a printed copy of the Throws, Catches, or Tricks scoresheet for the category which they will be judging. While calculation information is included on the scoresheets, it is not necessary to perform the math during the league session. At the conclusion of each league play session, the tic marks are totaled on each scoresheet for each of the performing teams. The scoresheet details are then entered into the spreadsheet provided by the league which will calculate the scores automatically. The completed spreadsheet is forwarded to the AAC historian (jhoke2415@gmail.com) to be rolled up with those submitted by other “flights” and for subsequent posting at <https://www.aircanines.com/>

While music is a critical element at any true Freestyle tournament, the DOGS system does not consider music at all, so it is really an optional element for league play outings. A good alternative to dragging out a sound system to league play outings is a belt clip personal speaker like the JBL clip 4.



A 90-second timer with appropriate audible cues is necessary (visit <https://discdoguniversity.com/timers/> to download wave files). Scoring and the clock start when the first disc is released. All maneuvers performed prior to the first disc release are considered pre-routine and are not recorded on any of the scorekeepers’ scoresheets. Teams are limited to using 5-discs during their 90-second routine.



Schedule

The Air Canines Freestyle League Play series begins January 1 and runs for the full calendar year. Each Flight may play as often as once a week or as little as once per quarter:

- Q1 = Jan, Feb, Mar
- Q2 = Apr, May, Jun
- Q3 = Jul, Aug, Sep
- Q4 = Oct, Nov, Dec

Two training sessions (one disc throwing training session without dogs, and one Freestyle scorekeepers training session with dogs) may be scheduled in the autumn or spring as a launch to the upcoming season.

Top awards are based on a team's highest score from each quarter. Failure to play at all during a quarter will result in a score of zero for that quarter, but only in the "Top's Awards" category. The "Ratio's Awards" and the "Most's Awards" categories are not impacted by partial year play. So, of the 15 total annual awards, only the top 3 are significantly impacted by partial year play.



Annual Awards

The Air Canines Freestyle League Play is exclusively available to club members and included as part of the annual club membership fee (see annual membership form for current cost). Non-club members may participate in training clinics at \$10 per handler.

Each team's best weekly score within each quarter will count as their quarterly high score which in turn will be rolled up to determine the year's Freestyle Champion. Additionally, a single activity point is earned for each weekly performance, and these are used with all other scoring attributes to produce a variety of annual recognition award categories.

- Top's Awards (Q1 High + Q2 High + Q3 High + Q4 High)
 - Top Pilot (Handler Throw Points)
 - Top Flyer (Canine Catch Points)
 - Top Team (Team Total Points)
- Most's Awards (total from all performances)
 - Most Active Team
 - Most Active Pilot (Handler)
 - Most Active Flyer (Canine)
 - Most Active Flight (Coordinator)
 - Most Throws (Handler)
 - Most Catches (Canine)
 - Most Tricks (Team)
- Ratio's (percentage from all performances)
 - Chief Pilot (advanced throws; grips & style tricks)
 - Frequent Flyer (leaping & flipping catches)
 - Team Magic (flipping & balanced catches; dog & team tricks)
 - Success (catches vs. throws)
 - Perfection (average of all ratios)

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Appendices

- [DOGS-SFD-01](#) Scoresheet Freestyle Disc – Throws
- [DOGS-SFD-02](#) Scoresheet Freestyle Disc – Catches
- [DOGS-SFD-03](#) Scoresheet Freestyle Disc – Tricks
- [DOGS-DET-FD](#) Data Entry Template – Freestyle Disc

Handler	Dog	Basic Short <10yd (x 0.2)	Adv Short <10yd (x 0.4)	Basic Long >10yd (x 0.6)	Adv Long >10yd (x 0.8)	Throw Total (Points **)
		<input type="checkbox"/> ()	<input type="checkbox"/> ()	<input type="checkbox"/> ()	<input type="checkbox"/> ()	()
		<input type="checkbox"/> ()	<input type="checkbox"/> ()	<input type="checkbox"/> ()	<input type="checkbox"/> ()	()
		<input type="checkbox"/> ()	<input type="checkbox"/> ()	<input type="checkbox"/> ()	<input type="checkbox"/> ()	()
		<input type="checkbox"/> ()	<input type="checkbox"/> ()	<input type="checkbox"/> ()	<input type="checkbox"/> ()	()
		<input type="checkbox"/> ()	<input type="checkbox"/> ()	<input type="checkbox"/> ()	<input type="checkbox"/> ()	()

= sum of category observations. * Disc must go airborne to count (tosses/throws/drops/kicks).
Hand-offs (aka takes) or stationary placements are not scored as throws.

** Maximum score = 10 points

Handler	Dog	Basic Short <10yd (x 0.2)	Adv Short <10yd (x 0.4)	Basic Long >10yd (x 0.6)	Adv Long >10yd (x 0.8)	Throw Total (Points **)
		<input type="checkbox"/> ()	<input type="checkbox"/> ()	<input type="checkbox"/> ()	<input type="checkbox"/> ()	()
		<input type="checkbox"/> ()	<input type="checkbox"/> ()	<input type="checkbox"/> ()	<input type="checkbox"/> ()	()
		<input type="checkbox"/> ()	<input type="checkbox"/> ()	<input type="checkbox"/> ()	<input type="checkbox"/> ()	()
		<input type="checkbox"/> ()	<input type="checkbox"/> ()	<input type="checkbox"/> ()	<input type="checkbox"/> ()	()
		<input type="checkbox"/> ()	<input type="checkbox"/> ()	<input type="checkbox"/> ()	<input type="checkbox"/> ()	()

= sum of category observations. * Disc must go airborne to count (tosses/throws/drops/kicks).
Hand-offs (aka takes) or stationary placements are not scored as throws.

** Maximum score = 10 points

Handler	Dog	Grounded (x 0.2)	Leaping (x 0.4)	Flipping (x 0.6)	Balanced (x 0.8)	Catch Total (Points **)
		<input type="checkbox"/> ()	<input type="checkbox"/> ()	<input type="checkbox"/> ()	<input type="checkbox"/> ()	()
		<input type="checkbox"/> ()	<input type="checkbox"/> ()	<input type="checkbox"/> ()	<input type="checkbox"/> ()	()
		<input type="checkbox"/> ()	<input type="checkbox"/> ()	<input type="checkbox"/> ()	<input type="checkbox"/> ()	()
		<input type="checkbox"/> ()	<input type="checkbox"/> ()	<input type="checkbox"/> ()	<input type="checkbox"/> ()	()
		<input type="checkbox"/> ()	<input type="checkbox"/> ()	<input type="checkbox"/> ()	<input type="checkbox"/> ()	()

= sum of category observations. *Disc must be airborne when caught by either dog or handler. Neither hand-offs (aka takes) nor rollers are scored as catches. All handler catches are always recorded in the "Grounded" column.

** Maximum score = 10 points

Handler	Dog	Grounded (x 0.2)	Leaping (x 0.4)	Flipping (x 0.6)	Balanced (x 0.8)	Catch Total (Points **)
		<input type="checkbox"/> ()	<input type="checkbox"/> ()	<input type="checkbox"/> ()	<input type="checkbox"/> ()	()
		<input type="checkbox"/> ()	<input type="checkbox"/> ()	<input type="checkbox"/> ()	<input type="checkbox"/> ()	()
		<input type="checkbox"/> ()	<input type="checkbox"/> ()	<input type="checkbox"/> ()	<input type="checkbox"/> ()	()
		<input type="checkbox"/> ()	<input type="checkbox"/> ()	<input type="checkbox"/> ()	<input type="checkbox"/> ()	()
		<input type="checkbox"/> ()	<input type="checkbox"/> ()	<input type="checkbox"/> ()	<input type="checkbox"/> ()	()

= sum of category observations. *Disc must be airborne when caught by either dog or handler. Neither hand-offs (aka takes) nor rollers are scored as catches. All handler catches are always recorded in the "Grounded" column.

** Maximum score = 10 points

Trick Variety Scoresheet *

Location: _____

Date: _____

Handler	Dog	Disc Grips (x 0.2)	Handler Moves (x 0.4)	Dog Moves (x 0.6)	Team Moves (x 0.8)	Trick Total (Points **)
		()	()	()	()	()
		Backhand <input type="checkbox"/>	Sidearm <input type="checkbox"/>	Around <input type="checkbox"/>	Under <input type="checkbox"/>	
		Forehand <input type="checkbox"/>	Low/Underarm <input type="checkbox"/>	Spin <input type="checkbox"/>	Over <input type="checkbox"/>	
		Overhand <input type="checkbox"/>	High/Overhead <input type="checkbox"/>	Roll <input type="checkbox"/>	Stall: Back <input type="checkbox"/> / Foot <input type="checkbox"/>	
		Thumber <input type="checkbox"/>	Butterfly <input type="checkbox"/>	Bow <input type="checkbox"/> /Crawl <input type="checkbox"/>	Vault: Leg <input type="checkbox"/> /Back <input type="checkbox"/> /Chest <input type="checkbox"/>	
		Two Hand <input type="checkbox"/>	Backwards/Blind <input type="checkbox"/>	Backwards <input type="checkbox"/>	Synchro <input type="checkbox"/>	
		Fingertip <input type="checkbox"/>	Brush <input type="checkbox"/> /Kick <input type="checkbox"/> /Tap <input type="checkbox"/>	Sit-up <input type="checkbox"/>	Dog Catch <input type="checkbox"/>	
		<input type="checkbox"/>	Air Bounce <input type="checkbox"/> /Skip <input type="checkbox"/>	Stand-up <input type="checkbox"/>	<input type="checkbox"/>	
		()	()	()	()	()
		Backhand <input type="checkbox"/>	Sidearm <input type="checkbox"/>	Around <input type="checkbox"/>	Under <input type="checkbox"/>	
		Forehand <input type="checkbox"/>	Low/Underarm <input type="checkbox"/>	Spin <input type="checkbox"/>	Over <input type="checkbox"/>	
		Overhand <input type="checkbox"/>	High/Overhead <input type="checkbox"/>	Roll <input type="checkbox"/>	Stall: Back <input type="checkbox"/> / Foot <input type="checkbox"/>	
		Thumber <input type="checkbox"/>	Butterfly <input type="checkbox"/>	Bow <input type="checkbox"/> /Crawl <input type="checkbox"/>	Vault: Leg <input type="checkbox"/> /Back <input type="checkbox"/> /Chest <input type="checkbox"/>	
		Two Hand <input type="checkbox"/>	Backwards <input type="checkbox"/> /Blind <input type="checkbox"/>	Back-up <input type="checkbox"/>	Synchro <input type="checkbox"/>	
		Fingertip <input type="checkbox"/>	Brush <input type="checkbox"/> /Kick <input type="checkbox"/> /Tap <input type="checkbox"/>	Sit-up <input type="checkbox"/>	Dog Catch <input type="checkbox"/>	
		<input type="checkbox"/>	Air Bounce <input type="checkbox"/> /Skip <input type="checkbox"/>	Stand-up <input type="checkbox"/>	<input type="checkbox"/>	
		()	()	()	()	()
		Backhand <input type="checkbox"/>	Sidearm <input type="checkbox"/>	Around <input type="checkbox"/>	Under <input type="checkbox"/>	
		Forehand <input type="checkbox"/>	Low/Underarm <input type="checkbox"/>	Spin <input type="checkbox"/>	Over <input type="checkbox"/>	
		Overhand <input type="checkbox"/>	High/Overhead <input type="checkbox"/>	Roll <input type="checkbox"/>	Stall: Back <input type="checkbox"/> / Foot <input type="checkbox"/>	
		Thumber <input type="checkbox"/>	Butterfly <input type="checkbox"/>	Bow <input type="checkbox"/> /Crawl <input type="checkbox"/>	Vault: Leg <input type="checkbox"/> /Back <input type="checkbox"/> /Chest <input type="checkbox"/>	
		Two Hand <input type="checkbox"/>	Backwards <input type="checkbox"/> /Blind <input type="checkbox"/>	Back-up <input type="checkbox"/>	Synchro <input type="checkbox"/>	
		Fingertip <input type="checkbox"/>	Brush <input type="checkbox"/> /Kick <input type="checkbox"/> /Tap <input type="checkbox"/>	Sit-up <input type="checkbox"/>	Dog Catch <input type="checkbox"/>	
		<input type="checkbox"/>	Air Bounce <input type="checkbox"/> /Skip <input type="checkbox"/>	Stand-up <input type="checkbox"/>	<input type="checkbox"/>	
		()	()	()	()	()
		Backhand <input type="checkbox"/>	Sidearm <input type="checkbox"/>	Around <input type="checkbox"/>	Under <input type="checkbox"/>	
		Forehand <input type="checkbox"/>	Low/Underarm <input type="checkbox"/>	Spin <input type="checkbox"/>	Over <input type="checkbox"/>	
		Overhand <input type="checkbox"/>	High/Overhead <input type="checkbox"/>	Roll <input type="checkbox"/>	Stall: Back <input type="checkbox"/> / Foot <input type="checkbox"/>	
		Thumber <input type="checkbox"/>	Butterfly <input type="checkbox"/>	Bow <input type="checkbox"/> /Crawl <input type="checkbox"/>	Vault: Leg <input type="checkbox"/> /Back <input type="checkbox"/> /Chest <input type="checkbox"/>	
		Two Hand <input type="checkbox"/>	Backwards <input type="checkbox"/> /Blind <input type="checkbox"/>	Back-up <input type="checkbox"/>	Synchro <input type="checkbox"/>	
		Fingertip <input type="checkbox"/>	Brush <input type="checkbox"/> /Kick <input type="checkbox"/> /Tap <input type="checkbox"/>	Sit-up <input type="checkbox"/>	Dog Catch <input type="checkbox"/>	
		<input type="checkbox"/>	Air Bounce <input type="checkbox"/> /Skip <input type="checkbox"/>	Stand-up <input type="checkbox"/>	<input type="checkbox"/>	

* Count each unique attribute of the routine only once during the entire performance.

** Maximum score = 10

Trick Variety Scoresheet *

Location: _____

Date: _____

Handler	Dog	Disc Grips (x 0.2)	Handler Moves (x 0.4)	Dog Moves (x 0.6)	Team Moves (x 0.8)	Trick Total (Points **)
		()	()	()	()	()
		Backhand <input type="checkbox"/>	Sidearm <input type="checkbox"/>	Around <input type="checkbox"/>	Under <input type="checkbox"/>	
		Forehand <input type="checkbox"/>	Low/Underarm <input type="checkbox"/>	Spin <input type="checkbox"/>	Over <input type="checkbox"/>	
		Overhand <input type="checkbox"/>	High/Overhead <input type="checkbox"/>	Roll <input type="checkbox"/>	Stall: Back <input type="checkbox"/> / Foot <input type="checkbox"/>	
		Thumber <input type="checkbox"/>	Butterfly <input type="checkbox"/>	Bow <input type="checkbox"/> /Crawl <input type="checkbox"/>	Vault: Leg <input type="checkbox"/> /Back <input type="checkbox"/> /Chest <input type="checkbox"/>	
		Two Hand <input type="checkbox"/>	Backwards/Blind <input type="checkbox"/>	Backwards <input type="checkbox"/>	Synchro <input type="checkbox"/>	
		Fingertip <input type="checkbox"/>	Brush <input type="checkbox"/> /Kick <input type="checkbox"/> /Tap <input type="checkbox"/>	Sit-up <input type="checkbox"/>	Dog Catch <input type="checkbox"/>	
		<input type="checkbox"/>	Air Bounce <input type="checkbox"/> /Skip <input type="checkbox"/>	Stand-up <input type="checkbox"/>	<input type="checkbox"/>	
		()	()	()	()	()
		Backhand <input type="checkbox"/>	Sidearm <input type="checkbox"/>	Around <input type="checkbox"/>	Under <input type="checkbox"/>	
		Forehand <input type="checkbox"/>	Low/Underarm <input type="checkbox"/>	Spin <input type="checkbox"/>	Over <input type="checkbox"/>	
		Overhand <input type="checkbox"/>	High/Overhead <input type="checkbox"/>	Roll <input type="checkbox"/>	Stall: Back <input type="checkbox"/> / Foot <input type="checkbox"/>	
		Thumber <input type="checkbox"/>	Butterfly <input type="checkbox"/>	Bow <input type="checkbox"/> /Crawl <input type="checkbox"/>	Vault: Leg <input type="checkbox"/> /Back <input type="checkbox"/> /Chest <input type="checkbox"/>	
		Two Hand <input type="checkbox"/>	Backwards <input type="checkbox"/> /Blind <input type="checkbox"/>	Back-up <input type="checkbox"/>	Synchro <input type="checkbox"/>	
		Fingertip <input type="checkbox"/>	Brush <input type="checkbox"/> /Kick <input type="checkbox"/> /Tap <input type="checkbox"/>	Sit-up <input type="checkbox"/>	Dog Catch <input type="checkbox"/>	
		<input type="checkbox"/>	Air Bounce <input type="checkbox"/> /Skip <input type="checkbox"/>	Stand-up <input type="checkbox"/>	<input type="checkbox"/>	
		()	()	()	()	()
		Backhand <input type="checkbox"/>	Sidearm <input type="checkbox"/>	Around <input type="checkbox"/>	Under <input type="checkbox"/>	
		Forehand <input type="checkbox"/>	Low/Underarm <input type="checkbox"/>	Spin <input type="checkbox"/>	Over <input type="checkbox"/>	
		Overhand <input type="checkbox"/>	High/Overhead <input type="checkbox"/>	Roll <input type="checkbox"/>	Stall: Back <input type="checkbox"/> / Foot <input type="checkbox"/>	
		Thumber <input type="checkbox"/>	Butterfly <input type="checkbox"/>	Bow <input type="checkbox"/> /Crawl <input type="checkbox"/>	Vault: Leg <input type="checkbox"/> /Back <input type="checkbox"/> /Chest <input type="checkbox"/>	
		Two Hand <input type="checkbox"/>	Backwards <input type="checkbox"/> /Blind <input type="checkbox"/>	Back-up <input type="checkbox"/>	Synchro <input type="checkbox"/>	
		Fingertip <input type="checkbox"/>	Brush <input type="checkbox"/> /Kick <input type="checkbox"/> /Tap <input type="checkbox"/>	Sit-up <input type="checkbox"/>	Dog Catch <input type="checkbox"/>	
		<input type="checkbox"/>	Air Bounce <input type="checkbox"/> /Skip <input type="checkbox"/>	Stand-up <input type="checkbox"/>	<input type="checkbox"/>	
		()	()	()	()	()
		Backhand <input type="checkbox"/>	Sidearm <input type="checkbox"/>	Around <input type="checkbox"/>	Under <input type="checkbox"/>	
		Forehand <input type="checkbox"/>	Low/Underarm <input type="checkbox"/>	Spin <input type="checkbox"/>	Over <input type="checkbox"/>	
		Overhand <input type="checkbox"/>	High/Overhead <input type="checkbox"/>	Roll <input type="checkbox"/>	Stall: Back <input type="checkbox"/> / Foot <input type="checkbox"/>	
		Thumber <input type="checkbox"/>	Butterfly <input type="checkbox"/>	Bow <input type="checkbox"/> /Crawl <input type="checkbox"/>	Vault: Leg <input type="checkbox"/> /Back <input type="checkbox"/> /Chest <input type="checkbox"/>	
		Two Hand <input type="checkbox"/>	Backwards <input type="checkbox"/> /Blind <input type="checkbox"/>	Back-up <input type="checkbox"/>	Synchro <input type="checkbox"/>	
		Fingertip <input type="checkbox"/>	Brush <input type="checkbox"/> /Kick <input type="checkbox"/> /Tap <input type="checkbox"/>	Sit-up <input type="checkbox"/>	Dog Catch <input type="checkbox"/>	
		<input type="checkbox"/>	Air Bounce <input type="checkbox"/> /Skip <input type="checkbox"/>	Stand-up <input type="checkbox"/>	<input type="checkbox"/>	

* Count each unique attribute of the routine only once during the entire performance.

** Maximum score = 10

Data Entry

Quarterly Roster

Each handler & dog team is added into a quarterly spreadsheet:

Team #	Name			Dog	Division	Weight	Age	D.O.G.S. Scoring System		Senior	Rookie	Puppy
	Handler (Last)	(First)						Data Entry	Validation			
#01	a	a	a		Expert	40	3.0	Expert	M			
#02	b	b	b		Advanced	60	6.0	Advanced	L			
#03	c	c	c		Expert	20	8.0	Expert	S			
#04	d	d	d		Beginner	40	10.0	Beginner	M	Senior		
#05	e	e	e		Youth	40	1.0	Youth	M		Rookie	
#06	f	f	f		Expert	40	2.0	Expert	M			
#07	g	g	g		Expert	40	3.0	Expert	M			
#08	h	h	h		Beginner	20	3.0	Beginner	S			
#09	i	i	i		Advanced	20	3.0	Advanced	S			
#10	j	j	j		Advanced	60	10.0	Advanced	L	Senior		
#11	k	k	k		Expert	40	3.0	Expert	M			
#12	l	l	l		Expert	40	4.0	Expert	M			
#13	m	m	m		Beginner	40	5.0	Beginner	M			
#14	n	n	n		Beginner	40	6.0	Beginner	M			
#15	o	o	o		Youth	40	7.0	Youth	M			
#16	p	p	p		Expert	40	8.0	Expert	M			
#17	q	q	q		Expert	40	9.0	Expert	M			
#18	r	r	r		Advanced	40	10.0	Advanced	M	Senior		
#19	s	s	s		Advanced	40	11.0	Advanced	M	Senior		
#20	t	t	t		Beginner	40	0.5	Beginner	M		Puppy	
#21	u	u	u		Youth	40	3.0	Youth	M			

Weekly Results

Each play session is entered into the appropriately labeled weekly scoresheet:

Week	Team Name	D.O.G.S. Scoring System				Throws				Catches				Tricks				Throw	Catch	Trick	Success	Freestyle Dis	
		Handler (Last)	(First)	Dog	Active	B-Short	A-Short	B-Long	A-Long	Total	Ground	Leaps	Flips	Bal.	Total	Grip	Style						Dog
#01	a	a	a	Y	50				50				50	5	5	5	5	20	10.0	10.0	10.0	10.0	40.0
#02	b	b	b	Y		25			25		25		25	1	1	8	0	10	10.0	10.0	5.4	10.0	35.4
#03	c	c	c	Y	8				8		3	5	8	1	1	0	10	12	1.6	4.2	8.6	10.0	24.4
#04	d	d	d	Y	7				7	1	1	5	7	1	10			11	1.4	3.6	4.2	10.0	19.2
#05	e	e	e	Y	6				6	1		5	6	7	1			8	1.2	4.2	1.8	10.0	17.2
#06	f	f	f	Y				12	12			12	12	7	10			17	9.6	9.6	5.4	10.0	34.6
#07	g	g	g	Y			16		16			16	16	1	1	8	6	16	9.6	9.6	10.0	10.0	39.2
#08	h	h	h	Y		24			24		24		24	1	1			2	9.6	9.6	0.6	10.0	29.8
#09	i	i	i	Y	48				48	48		48	48	1	1			2	9.6	9.6	0.6	10.0	29.8
#10	j	j	j	Y	10				10	10		10	10	1	1			2	2.0	2.0	0.6	10.0	14.6
#11	k	k	k	Y	1	9			10		10		10	1	1			2	3.8	4.0	0.6	10.0	18.4
#12	l	l	l	N					0			0	0					0					
#13	m	m	m	N					0			0	0					0					
#14	n	n	n	N					0			0	0					0					
#15	o	o	o	N					0			0	0					0					
#16	p	p	p	N					0			0	0					0					
#17	q	q	q	N					0			0	0					0					
#18	r	r	r	N					0			0	0					0					
#19	s	s	s	N					0			0	0					0					
#20	t	t	t	Y	1	3	3	3	10	0		0	0	1	1			2	5.6	0.0	0.6	0.0	6.2

Scoring Roll-Up

Quarterly Activity

Team	Pilot Class	Handler (Last)	(First)	Dog	Flyer Class	Week 1	Week 2	Week 3	Week 4	Week 5	Week 6	Week 7	Week 8	Week 9	Week 10	Week 11	Week 12	Week 13	High Score	Activity Points
#01	Expert	a	a	a	M	40.0		30.1			22.9								40.0	3
#02	Advanced	b	b	b	L	35.4					21.8								35.4	2
#03	Expert	c	c	c	S	24.4			21.7		20.6								24.4	3
#04	Beginner	d	d	d	Senior-M	19.2			23.1		20.9								23.1	3
#05	Youth	e	e	e	Rookie-M	17.2			21.4										21.4	2
#06	Expert	f	f	f	M	34.6			20.7			22.4							34.6	3
#07	Expert	g	g	g	M	39.2	39.2		27.2	28.2									39.2	4
#08	Beginner	h	h	h	S	29.8	29.8	24.1		18.5									29.8	4
#09	Advanced	i	i	i	S	29.8	29.8			22.7									29.8	3
#10	Advanced	j	j	j	Senior-L	14.6	14.6			18.7									18.7	3
#11	Expert	k	k	k	M	18.4	18.4			25.3		25.5							25.5	4
#12	Expert	l	l	l	M								24.0						24.0	1
#13	Beginner	m	m	m	M								26.4						26.4	1
#14	Beginner	n	n	n	M								22.9						22.9	1
#15	Youth	o	o	o	M							25.5							25.5	1
#16	Expert	p	p	p	M							16.8							16.8	1
#17	Expert	q	q	q	M						24.8								24.8	1
#18	Advanced	r	r	r	Senior-M								20.8						20.8	1
#19	Advanced	s	s	s	Senior-M								24.8						24.8	1
#20	Beginner	t	t	t	Puppy-M	6.2		9.1											9.1	2
#21	Youth	u	u	u	M			15.1											15.1	1

Quarterly Totals

Team	Pilot Class	Handler (Last)	(First)	Dog	Flyer Class	B-Short	A-Short	B-Long	A-Long	Total Throws	Ground	Leaps	Flips	Bal.	Total Catches	Grip	Style	Dog	Team	Total Tricks
#01	Expert	a	a	a	M	77	23	1	2	103	81	6	6	1	94	9	11	8	7	35
#02	Advanced	b	b	b	L	18	32	0	0	50	0	40	0	0	40	2	2	10	2	16
#03	Expert	c	c	c	S	22	16	4	2	44	0	9	15	0	24	7	7	7	15	36
#04	Beginner	d	d	d	Senior-M	21	17	5	0	43	7	3	15	0	25	3	26	8	2	39
#05	Youth	e	e	e	Rookie-M	12	3	5	0	20	2	2	1	10	15	10	6	1	1	18
#06	Expert	f	f	f	M	4	8	1	25	38	5	8	2	12	27	11	23	4	4	42
#07	Expert	g	g	g	M	22	17	37	0	76	9	19	35	0	63	12	8	23	21	64
#08	Beginner	h	h	h	S	18	68	3	0	89	20	53	0	0	73	5	7	6	6	24
#09	Advanced	i	i	i	S	106	10	4	0	120	96	15	0	0	111	3	3	1	1	8
#10	Advanced	j	j	j	Senior-L	40	0	4	0	44	30	5	0	0	35	3	3	1	1	8
#11	Expert	k	k	k	M	8	48	3	4	63	2	43	5	0	50	5	8	4	2	19
#12	Expert	l	l	l	M	4	6	2	0	12	12	0	0	0	12	5	5	3	3	16
#13	Beginner	m	m	m	M	5	5	2	2	14	2	8	2	0	12	5	5	3	3	16
#14	Beginner	n	n	n	M	12	5	2	0	19	3	12	0	0	15	2	2	2	2	8
#15	Youth	o	o	o	M	8	8	5	0	21	3	8	1	0	12	1	1	5	5	12
#16	Expert	p	p	p	M	16	4	0	0	20	3	1	4	0	8	3	3	2	2	10
#17	Expert	q	q	q	M	5	7	3	1	16	5	10	0	0	15	2	2	2	2	8
#18	Advanced	r	r	r	Senior-M	8	8	2	2	20	16	0	0	0	16	1	1	1	1	4
#19	Advanced	s	s	s	Senior-M	8	8	2	2	20	16	0	0	0	16	3	3	3	3	12
#20	Beginner	t	t	t	Puppy-M	5	6	6	4	21	3	0	0	0	3	2	2	1	0	5
#21	Youth	u	u	u	M	12	3	2	0	17	4	3	1	0	8	1	2	2	1	6

Quarterly Ratios

Team	Pilot Class	Handler (Last)	(First)	Dog	Flyer Class	Average Throws	Average Catches	Average Tricks	Chief Pilot Ratio	Frequent Flyer Ratio	Team Magic Ratio	Success Ratio	Perfection Ratio
#01	Expert	a	a	a	M	34.3	31.3	11.7	31.3%	12.8%	17.6%	91.3%	38.2%
#02	Advanced	b	b	b	L	25.0	20.0	8.0	37.6%	100.0%	16.7%	80.0%	58.6%
#03	Expert	c	c	c	S	14.7	8.0	12.0	33.4%	100.0%	51.6%	54.5%	59.9%
#04	Beginner	d	d	d	Senior-M	14.3	8.3	13.0	53.7%	72.0%	39.3%	58.1%	55.8%
#05	Youth	e	e	e	Rookie-M	10.0	7.5	9.0	27.9%	20.0%	39.4%	75.0%	40.6%
#06	Expert	f	f	f	M	12.7	9.0	14.0	78.6%	37.0%	33.3%	71.1%	55.0%
#07	Expert	g	g	g	M	19.0	15.8	16.0	24.1%	85.7%	58.3%	82.9%	62.8%
#08	Beginner	h	h	h	S	22.3	18.3	6.0	47.0%	72.6%	8.3%	82.0%	52.5%
#09	Advanced	i	i	i	S	40.0	37.0	2.7	9.7%	13.5%	1.9%	92.5%	29.4%
#10	Advanced	j	j	j	Senior-L	14.7	11.7	2.7	5.6%	14.3%	1.9%	79.5%	25.3%
#11	Expert	k	k	k	M	15.8	12.5	4.8	51.0%	96.0%	9.2%	79.4%	58.9%
#12	Expert	l	l	l	M	12.0	12.0	16.0	52.8%	0.0%	16.7%	100.0%	42.4%
#13	Beginner	m	m	m	M	14.0	12.0	16.0	52.8%	83.3%	25.0%	85.7%	61.7%
#14	Beginner	n	n	n	M	19.0	15.0	8.0	24.3%	80.0%	11.1%	78.9%	48.6%
#15	Youth	o	o	o	M	21.0	12.0	12.0	24.6%	75.0%	31.9%	57.1%	47.2%
#16	Expert	p	p	p	M	20.0	8.0	10.0	26.7%	62.5%	36.1%	40.0%	41.3%
#17	Expert	q	q	q	M	16.0	15.0	8.0	36.1%	66.7%	11.1%	93.8%	51.9%
#18	Advanced	r	r	r	Senior-M	20.0	16.0	4.0	30.6%	0.0%	5.6%	80.0%	29.0%
#19	Advanced	s	s	s	Senior-M	20.0	16.0	12.0	41.7%	0.0%	16.7%	80.0%	34.6%
#20	Beginner	t	t	t	Puppy-M	10.5	1.5	2.5	29.4%	0.0%	1.4%	14.3%	11.3%
#21	Youth	u	u	u	M	17.0	8.0	6.0	18.1%	50.0%	14.6%	47.1%	32.4%



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