



Dis+abled

S P O R T P R O J E C T



GAME - GUTS
TRADITIONAL AND ADAPTED **GAMES**
FOR SOCIAL INCLUSION AND INTEGRATION OF
PEOPLE WITH DISABILITIES AND ABLE-BODIED

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HISTORY

Originating in 1958 with the Healy family in Eagle Harbor, Michigan, the sport of Guts evolved from a casual pastime into an extreme Frisbee competition. Players threw discs at speeds up to 70 mph, leading to the game's name due to the courage required to catch them, often resulting in injuries. While Guts gained significant popularity in the U.S. during the 1970s, even appearing on television, its American popularity later declined. However, the sport found a strong following in Asia, especially Japan and Taiwan, and has recently seen a renewed interest in the U.S. with new players and returning veterans.

DESCRIPTION OF THE GAME

Guts is a fast-paced and intense frisbee disc sport that pits two teams against each other in a battle of throwing precision and one-handed catching skill.

RULES

I. Equipment

- Disc: A regulation 110g model frisbee disc.
- Optional: Players often wear gloves for better grip and protection when catching and throwing.

II. Setup

- Teams: Two teams compete. Each team can consist of one to five players, but the most common format is five players per team.
- Playing Field: A rectangular court, 14 meters wide and 15 meters deep.
- Player Positioning: Players stand at the back of their respective sides of the court, facing the opposing team.



III. Gameplay Objective

- The primary objective is to throw the disc toward the opposing team in such a way that they cannot catch it cleanly with one hand.

IV. How to Play (and Score/Lose Points)

1. Throwing Team's Turn:
 - A player from the throwing team throws the disc toward the opposing team.
 - Aim: The throw must be designed to be difficult to catch cleanly with one hand.
 - Losing a Point (Throwing Team):
 - If the disc goes out of bounds.
 - If the disc does not reach the opposing team's playing area.
2. Receiving Team's Turn:
 - The receiving team attempts to catch the disc cleanly with one hand.
 - Losing a Point (Receiving Team):
 - If they fail to catch the disc (it hits the ground).
 - If they catch it using two hands.
3. Point System:
 - A team gains a point when the opposing team makes a mistake (fails to catch cleanly, throws out of bounds, etc.).
 - The game continues with teams alternating throwing turns.

V. Game End

- The game continues until one team reaches a predetermined point total, which is usually 21 points.

VI. Game Characteristics

- Pace: Guts is known for being a fast-paced and intense game.
- Required Skills: It demands good hand-eye coordination, quick reflexes, and strategic throwing abilities.
- Sportsmanship: Despite its competitive nature, the sport emphasizes sportsmanship and fair play.
- Age Suitability: Suitable for all age groups, but the quick reflexes make it often played by teenagers and adults.

INTEGRATION VALUES AND POSSIBLE ADAPTATIONS

I. Adapting Equipment

- Discs:
 - Varying Weights & Sizes: While 110g is regulation, offer lighter, softer discs (e.g., foam discs, lighter plastic discs). A larger diameter disc can also be easier to catch and grip.
 - Textured/Ergonomic Discs: Discs with textured edges or ergonomic grips can help players with limited hand dexterity or grip strength.
 - Auditory Discs: For players with visual impairments, use discs that emit sound (e.g., "beeper frisbees" or discs with bells inside) so their flight path can be tracked audibly.
 - High Contrast: Use brightly colored discs that contrast sharply with the court and background for players with low vision.
- Gloves: Provide a variety of adaptive gloves or hand wraps that offer improved grip, padding, or support for players with hand limitations.
- Throwing Aids (for Severe Mobility Impairments):
 - Disc Launchers: Devices like the "Folf Club" (designed for disc golf but adaptable) or custom-made launchers can allow players with limited upper body mobility to propel the disc effectively.
 - Wheelchair-Mounted Launchers: For players with very limited arm movement, a wheelchair-mounted launcher that can be triggered by a head switch or other accessible input could be a solution.



II. Adapting the Playing Environment

- Surface: The "rectangular court" should be smooth, level, and entirely accessible for all mobility devices (wheelchairs, walkers, crutches).
- Court Dimensions:
 - Reduce the distance between the two teams to a comfortable range based on the throwing abilities of all participants.
 - The width might also be reduced to make the catching area more manageable.
- Clear Boundaries: Use high-contrast tape or cones to clearly mark the court boundaries.
- Clear Lanes: Ensure the throwing and catching zones are free of obstacles.
- Seating/Rest Areas: Provide easily accessible seating areas adjacent to the court.

III. Adapting Rules and Gameplay

- Throwing:
 - Any Safe Throw Method: Allow players to throw the disc using any safe and effective method.
 - Stationary Throwing: Allow all players to throw from a stationary position.
 - Modified "Out of Bounds" Rule: If a disc barely goes out of bounds, you might allow a replay or a reduced penalty to encourage more aggressive throws.
- Catching:
 - "Clean Catch" Definition: This is the core challenge of Guts. Adapt it carefully:
 - Two Hands Allowed: For players with limited hand control or strength, allow catches with two hands.
 - Body/Wheel Assist: For wheelchair users, allow the disc to make contact with their wheelchair as part of a "catch," as long as it is still secured by the player's hand.
 - "Trap" Catches: Allow players to "trap" the disc against their body with one hand, as long as it's controlled and doesn't hit the ground.
 - "Contact" = Catch: For players with very limited fine motor control, simply making clear contact with the disc using one hand (even if not fully secured).
- Team Composition:
 - Mixed Abilities: Encourage mixed-ability teams to foster mutual support and diverse strategies.
 - Flexible Player Count: The rule already allows 1-5 players. Adjust team sizes to ensure everyone gets plenty of turns and involvement.
- Scoring:
 - Focus on Participation/Effort: While keeping competitive scoring.
- Reduced Point Target: Lower the target score (e.g., to 11 or 15 points) for shorter games.



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