

Disc Information

Golf Discs are generally divided into three main categories—Drivers, Mid-Range/Multi Purpose, and Approach/Putters. There are approximately 120 different types of discs currently being made, many of them in multiple types of plastic.

Golf discs are very similar in shape and size, with the three biggest differences between them being the shape of the rim, the height of the dome, and the circumference of the disc. Very small differences in these characteristics make very big differences in their natural flight characteristics.

Generally speaking, a higher dome makes a disc less stable, and a flatter one makes a disc more stable. The larger the circumference of a disc, the more glide it has, but the less speed.

"Stability Ratings" refer to the natural characteristic of a disc to turn right, left, or stay straight when they are released at high speed. The following definitions apply:

Overstable: Refers to a flight path opposite the arm used to throw a disc, when the disc is thrown backhand. A disc on an overstable flight path, thrown backhand with the right hand, will travel to the thrower's left. When throwing side arm, a disc on an overstable flight path will travel in the direction of the arm used to throw the disc.

Understable: Refers to a flight path towards the arm used to throw a disc, when the disc is thrown backhand. A disc on an understable flight path, thrown backhand with the right hand, will travel to the thrower's right. When throwing side arm, a disc on an understable flight path will travel in the opposite direction of the arm used to throw the disc.

Speed: The speed rating refers to the actual speed of a disc as it moves through the air. The higher the speed rating, the better a disc flies into a headwind.

Glide: The glide rating refers to the tendency of a disc to stay aloft as the speed and spin generated by the throw decrease. The higher the glide rating, the further a disc will travel (when there is little or no head wind).

Turn: The turn rating refers to the tendency of a disc to take an understable path during the high-speed portion of its flight. A disc with a "0" turn rating released at high speed with sufficient spin and little or no wind will travel in a straight line during this portion of the flight. The lower the turn rating the easier a disc is for a beginner to "straighten out".

Fade: The fade rating refers to the tendency of a disc to take an overstable flight path during the low speed portion of its flight. A disc with a "0" fade rating released at high speed with sufficient spin and little or no wind will travel in a straight line during this portion of the flight. The higher the turn rating the harder a disc will work toward an overstable flight path during this portion of the flight.

Tips

- When you are driving into the wind, use an [overstable](#) disc with a flat dome. These discs are harder to control (especially at first) and they won't fly as far as other discs on a calm day (or downwind) but they will hold the line for you into the wind. Speed is the rating you are looking for when you throw into the wind, not glide.
- To achieve maximum distance, throw a somewhat [overstable](#) disc, and force it to take an [understable](#) flight path by releasing with [anhyzer](#). By forcing the disc to turn the opposite way that it is designed to fly, you can get better distance—while the disc is in the air, it will fight to get back to a [hyzer](#) flight path. With practice, the flight path will resemble an "S" in the air, and will result in roughly 20 to 40 more feet. Over time you will develop greater speed and spin at release, which will reduce the need to use anhyzer to "S" out a disc.
- Learn to approach with your putter--it will save you from "skip outs" and rolling away from the pin. Putters generally stick very close to the hole when you miss.
- Practice shots, not holes. As with anything, practice makes perfect, and playing a round will not do as much for your game as a good, solid practice session. Take your plastic out to a field and work on specific shots (i.e. anhyzer approach shots, cross wind drives, low ceiling rollers).