

**Organised by the Hong Kong Flying Disc Federation (HKFDF)**  
**Subvented by the Leisure and Cultural Services Department (LCSD)**  
**Co-organised by the Education Bureau**  
**School Sports Programme – Flying Disc**  
**Prospectus**

Type of Activity  Key Information	Sport Demonstration	Easy Sport Programme		
	Dodge Disc, Goal Disc and Ultimate	Dodge Disc	Goal Disc	Ultimate
Target Participants	Primary and secondary school students (aged 6 or above)	Primary and secondary school students (aged 6 or above)	Secondary school students (aged 12 or above)	Secondary school students (aged 15 or above)
Outline	<p>Introduction to flying disc (Dodge Disc, Goal Disc and Ultimate), as well as gear and game rules of flying disc.</p> <p>Skill demonstration by the coach and play-in session for students to experience the fun of Dodge Disc, Goal Disc and Ultimate.</p>	<p>Dodge Disc: A safe and exciting sport emphasising on teamwork. In a game, both teams use a soft disc of 270mm in diameter to score by offense and defense.</p> <p>The training covers forehand and backhand throwing, catching, and basic game rules, etc.</p>	<p>Goal Disc: Both teams simulate an Ultimate game by using a soft disc of 250mm in diameter for offense and defense, with the addition of goalkeepers and goals for further excitement.</p> <p>The training covers throwing methods, catching and positioning, offensive and defensive skills, and basic game rules, etc.</p>	<p>Ultimate: A sport with no body contact but with emphasis on team spirit and self-discipline. In a game, both teams use a hard disc for offense and defense.</p> <p>The training covers the ideology of Ultimate, passing and catching skills, positioning and support, and basic game rules, etc.</p>
Venue	School Hall or Covered playground (Arranged by school)	1 Basketball Court (Arranged by school)		
Fee	\$680 per session (\$630 for each extended session on the same day)	\$1,015 per course	\$975 per course	
Equipment to be provided by the school	20 vests marked with numbers, 20 traffic cones			
	Broadcasting equipment or loudspeaker	10 Dodge Disc (270mm diameter) (Dodge Disc can be purchased from the HKFDF)	10 Goal Disc (250mm diameter) (Goal Disc can be purchased from the HKFDF)	Not applicable
Other Sports Equipment	10 Dodge Disc (270mm diameter), 10 Goal Disc (250mm diameter), 10	Not applicable	2 Goalposts	10 Ultimate

Type of Activity	Sport Demonstration	Easy Sport Programme		
	Dodge Disc, Goal Disc and Ultimate	Dodge Disc	Goal Disc	Ultimate
Key Information	Ultimate (175gram) and 2 Goalposts			
	(to be provided by HKFDF)			
Duration	2 hours per session	2 lessons per course, 2 hours per lesson (6 hours in total)		
Estimated No. of Participants per Session/ Course	90	40		
Proposed Time of Activity	Monday to Saturday: 9 am to 6 pm			
Enrolment Form	Sport Demonstration, Easy Sport Programme and Outreach Coaching Programme — Flying Disc Enrolment Form (P.192)			
How to Enrol	Please submit the completed electronic application form within the enrolment period (please refer to “Application” (P.7) of this Guide for the dates) by email at: <a href="mailto:applicationsssp@lcsd.gov.hk">applicationsssp@lcsd.gov.hk</a> . For payment arrangement, please refer to “Payment and Activity Arrangements” (P.8) of this Guide.			
Points to Note	<ol style="list-style-type: none"> <li>1. A person-in-charge aged 18 or above or a teacher should be designated to oversee the activities.</li> <li>2. Participants should wear proper sportswear and sports shoes.</li> <li>3. If the NSA has arranged a coach for a school and the school requests before the activity date the cancellation of the activity, NSA will deduct from the fee for each activity an administrative fee (\$194 per Sport Demonstration; \$388 per training course under the Easy Sport Programme) and refund the balance to the school.</li> <li>4. If the request to cancel the Sport Demonstration is made by the school on the day of the activity, no re-scheduling or make-up session will be arranged. All fees paid will not be refunded.</li> <li>5. If the NSA/LCSD fails to arrange the activity, the fees paid will be refunded.</li> </ol>			
Enquiry Phone No./ Website	2601 7602 / <a href="http://www.lcsd.gov.hk/en/ssp/index.html">http://www.lcsd.gov.hk/en/ssp/index.html</a>			

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Type of Activity  Key Information	Outreach Coaching Programme					
	Non-School Team Training			School Team Training		
	Dodge Disc	Goal Disc	Ultimate	Dodge Disc	Goal Disc	Ultimate
Target Participants	Primary and secondary school students (aged 6 or above)	Secondary school students (aged 12 or above)	Secondary school students (aged 15 or above)	Primary and secondary school students (aged 6 or above)	Secondary school students (aged 12 or above)	Secondary school students (aged 15 or above)
Outline	<p>The training is design based on the courses for attaining the bronze, silver, and gold levels of the HKFDF's badges award scheme.</p> <p>The training covers forehand and backhand throwing, catching and defensive space, game rules, offensive position and coordination, etc.</p>	<p>The training is design based on the courses for attaining the elementary, intermediate and advanced certificates of HKFDF.</p> <p>The training covers catching and defensive space, tactics for Goal Disc, offensive position and coordination, etc.</p>	<p>The training is design based on the courses for attaining the elementary, intermediate and advanced certificates of HKFDF.</p> <p>The training covers throwing skills, catching and defensive space, game rules, offensive position, coordination and tactical application, etc.</p>	<p>Through the advanced training, students can strengthen their basic skills and enhance their skill level, as well as learn the game rules, tactical application and team training of Dodge Disc, Goal Disc and Ultimate.</p>		
	Schools can gather talented students through the training programme to form a school team for training, so as to raise the sporting standards among students.					
Venue	1 Basketball Court (Arranged by school)					
Fee	\$2,175 per course	\$2,220 per course	\$2,175 per course	\$2,820 per course	\$2,870 per course	\$2,820 per course
Equipment to be provided by the school	1. Dodge Disc: 1 Dodge Disc (270mm diameter) per student / Goal Disc: 1 Goal Disc (250mm diameter) per student / Ultimate: 1 Ultimate (175gram) per student (Dodge Disc, Goal Disc and Ultimate can be purchased from the HKFDF) 2. 20 vests marked with numbers, 20 traffic cones					
Other Sports	Not applicable	2 Goalposts	Not applicable	Not	2 Goalposts	Not

Type of Activity  Key Information Equipment	Outreach Coaching Programme					
	Non-School Team Training			School Team Training		
	Dodge Disc	Goal Disc	Ultimate	Dodge Disc	Goal Disc	Ultimate
Equipment		(to be provided by HKFDF)		applicable	(to be provided by HKFDF)	applicable
Duration	6 lessons per course, 2 hours per lesson (12 hours in total)					
Estimated No. of Participants per Session/ Course	30					
Proposed Time of Activity	Monday to Saturday: 9 am to 6 pm					
Skill Assessment	Assessed by the HKFDF			Not applicable		
Enrolment Form	Sport Demonstration, Easy Sport Programme and Outreach Coaching Programme — Flying Disc Enrolment Form (P.192)					
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Points to Note	<ol style="list-style-type: none"> <li>1. A person-in-charge aged 18 or above or a teacher should be designated to oversee the activities.</li> <li>2. Participants should wear proper sportswear and sports shoes.</li> <li>3. Upon completion of flying disc training under the Outreach Coaching Programme (Non-School Team) training, an assessment will be conducted by the coach according to the Elementary, Intermediate, Advanced certificates, Bronze, Silver and Gold badges standards of flying disc. Participants who meet the required standard may obtain the certificates and badges according to their achieved levels from the NSA at their own cost (\$20 for Elementary certificate, \$30 for Intermediate certificate, \$50 for Advanced certificate, \$50 for Bronze badge, \$80 for Silver badge and \$100 for Gold badge).</li> <li>4. If the NSA has arranged a coach for a school and the school requests before the activity date the cancellation of the activity, NSA will deduct from the fee for each activity an administrative fee (\$388 per training course under the Outreach Coaching Programme) and refund the balance to the school.</li> <li>5. If the NSA/LCSD fails to arrange the activity, the fees paid will be refunded.</li> </ol>					
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