



MEDITERRANEAN FLYING DISC CONFEDERATION



WORLD FLYING DISC FEDERATION

Associate Member

Mediterranean
Flying
Disc
Confederation

Who we are?

Mediterranean Flying Disc Confederation is the union of the WFDF Federations of the countries with an NOC inside the CIJM. The aim of the confederation is to help and support each National Federation to get the NOC recognition and to insert Flying Disc Sports inside the CIJM games.



WFDF



The World Flying Disc Federation (WFDF) is the international sports federation responsible for world governance of Flying Disc (frisbee) sports, including Ultimate, Beach Ultimate, Wheelchair Ultimate, Disc Golf, Freestyle, Guts, and Individual events.

WFDF is a federation of more than 122 member associations, which represent Flying Disc sports and their athletes in 118 member countries.

WFDF is an International Federation recognized by the International Olympic Committee (IOC) and by the International Paralympic Committee (IPC), and the International University Sports Federation (FISU), the Association of IOC Recognised International Sports Federations (ARISF), the International World Games Association (IWGA), the International Masters Games Association (IMGA), and the Association for the International Sport for All (TAFISA).

WFDF is a signatory to the World Anti-Doping Code, and is a registered not-for-profit 501(c)(3) corporation in the state of Colorado, USA.



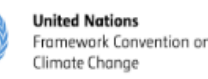
Recognised by



Member of



Partner with



Signatory to



Disciplines



ULTIMATE

Ultimate is a non-contact, self-refereed team discipline played with a flying disc. The official disc is the 175 g Discraft Ultrastar. At each end of the playing field there is an end zone. Each team defends one endzone. They score a goal if one of their players catches the disc in the opposite end zone. There are 7 players per side and the field is 64 metres long and 37 m wide with 18 m endzones.



FREESTYLE

Freestyle Frisbee is an extended game of catch and throw where freestylers perform special “tricks” or maneuvers before performing the catch. These frisbee tricks can be simple, like a quick tip to an under the leg catch, or quite complicated. Freestyle frisbee is usually distinguished from other disciplines because it uses the nail delay, what people commonly think of as “spinning the disc on your finger.” Freestylers use the nail delay to set up all kinds of frisbee tricks like rolls, brushes, tips, pulls, and catches.



BEACH ULTIMATE

Similar to Ultimate but played on the sand. Each team has 5 players per side and the field dimensions are also smaller – 45 m long and 25 m wide with 15 m endzones.



GUTS

Guts is played by two teams of 5 players each. The official disc of the game is the Pro model Frisbee disc. The playing field consists of two parallel goal-lines 15 m in length and 14 m apart. The teams stand in line opposite each other. Each team defends a goal-line. The disc is thrown back and forth between the teams. The object is to throw the disc through the line of defending players. The throwing team scores a point when the other team does not catch a correctly thrown disc. The receiving team scores a point when the disc is not thrown correctly. When a correctly thrown disc is caught by the other team, no points are scored.



DISC GOLF

Disc golf is played much like traditional golf. Instead of a ball and clubs, however, players use a flying disc. Just like ball golf, the object of disc golf is to throw from a teepad to a hole (target or basket) and complete each hole in as few throws as possible.



OVERALL

Overall Disc Sports competition is similar to the heptathlon in track and field. The Overall combines multiple disc sports — some individual sports and some pairs sports — and tests the player's skills and abilities across the spectrum of disciplines. The player who scores the highest combined point total for his or her final ranking in each event is the Overall champion



MFDC

We support and recognized WFDF as the unique International governing body for Flying Disc



WFDF

The World Governing Body for Flying Disc recognised by the International Olympic Committee and the International Paralympic Committee

ASSOCIATE MEMBER

The Mediterranean Flying Disc Confederation aims to represent WFDF inside the Mediterranean Games and the Mediterranean Region.

It is subordinated to WFDF directions, strategies and developments.

The Mediterranean Confederation is an associate member of WFDF.



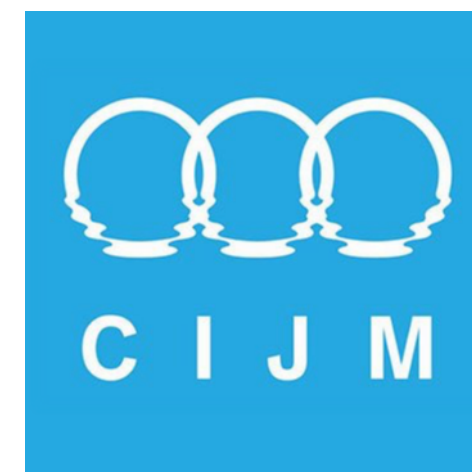
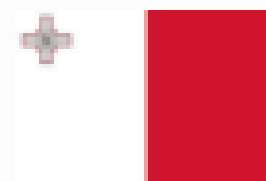
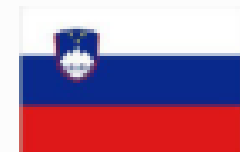
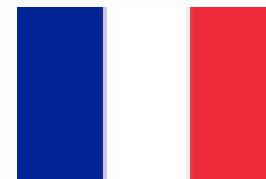
Brief History of the MFDC

The Mediterranean Flying Disc Confederation (MFDC) was founded by 8 members in 2021. On the 13th of June 2022, MFDC was recognized as Associate Member of the World Flying Disc Federation (WFDF) and become the WFDF-recognized regional body to promote flying disc sports across Mediterranean countries. From the outset, its bylaws explicitly tasked it “to strive for the introduction and maintenance of Flying Disc in the Mediterranean Games”. In its first years MFDC set up its governance structures (headquartered in Bari), affiliated national federations, and began organizing local tournaments and clinics. In 2025 MFDC leaders signed a landmark MoU with WFDF at the Jubilee of Sport in Rome. This agreement – signed 14 June 2025 – “sets the stage for enhanced collaboration, regional development in the Mediterranean and shared strategic goals in Flying Disc sports”. In July 2025, MFDC successfully changed the statutes, elected a new board and moved the headquarters in Rome. With the last EGM, MFDC reached the number of 15 members.

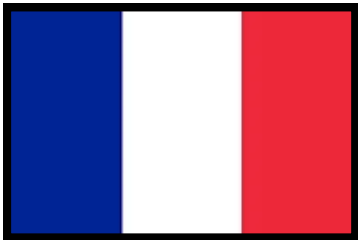


Countries

Only the CIJM countries can become FULL member and others as per MFDCs



Our Members



MFDC Governing Council



Vanessa Eterno
President



Salvatore Comis
Vice President



Marco Tomasini
Secretary General



Ahmed Samir
Board Member representing Africa



Sevval Cihankaya
Board Member representing Europe



Rayan Saade
Board Member representing Asia



Female Matching
Athletes' Representative, elected by the Athletes' delegates



Male Matching

The MFDC Commissions



Technical Committee



Research, Scientific and
Medical Committee



Antidoping Commission



Safeguarding Commission



Parasport Commission



Ethical and Legal commission

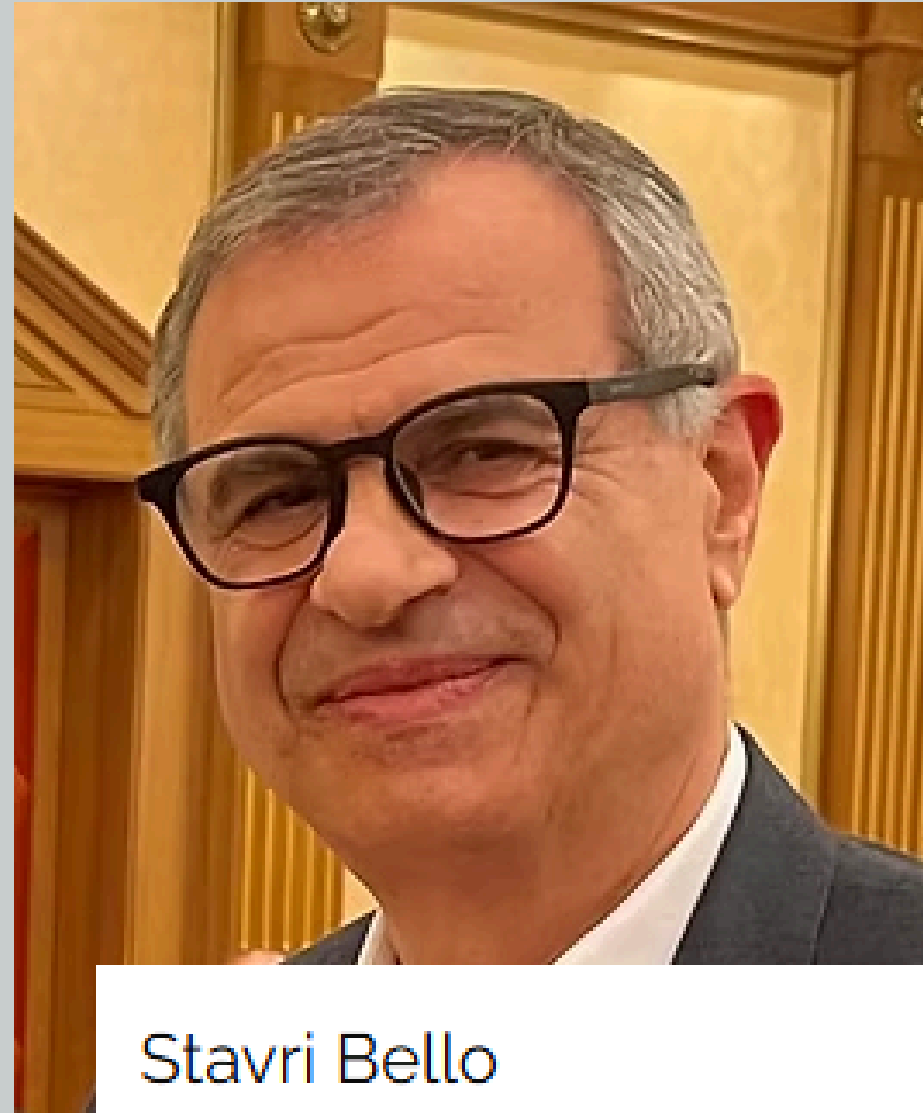


Gender, Equality, Diversity and
Inclusion Commission

Honorary Members



Michele Barbone
Honorary President



Stavri Bello
Honorary Member



Giovanni Gallo
Honorary Member

Our Pillars

Our main goals and targets



WFDF

Our main aim is to become associate member of the WFDF, the World Governing body for Flying Disc Sports, being responsible to develop the CIJM relationships

CIJM

The highest aim of the Confederation is to become member of the International Committee of the Mediterranean Games, member of IOC. The ultimate goal is to insert Flying Disc inside the Mediterranean Games

Local NOCs

The confederation strongly supports their members to their application with their NOCs, in order to help them to get the highest sport recognition in their country.

Social Media

Linkedin

<https://www.linkedin.com/company/mfdconfederation>

Facebook

<https://www.facebook.com/MFDConfederation/>

Instagram

<https://instagram.com/mfdconfederation>

X

<https://x.com/mfdconf>

Youtube

<https://youtube.com/channel/UCJoUZvAyz7nglB4C3qBF7sw>

Tik Tok

www.tiktok.com/@mfdconfederation



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