

**Original article (on <https://www.discgolf.de/dr-delay/> – own translation):**

### The ideal female disc golfer

dr.delay, who not only had a rating of 1100 in his prime, but was also called LL (Ladies Love, sgd. the eds.), is wondering why it feels as if disc golf is played to 98.5 % by men.

It can't be the sports equipment. After all, ultimate is played by boys and girls together, they are equally good and the gender ratio seems in sum quite balanced. That's why there is distinctly more dancing and snogging at parties during large-disc tournaments than at the obligatory ring-of-fire or ace-by-night events in disc golf.

But let's put the cart before the horse. How would the ideal female disc golfer have to look like? May she have a better ranking? And if so, isn't this a reason to separate where the girlfriend/cohabitant/wife that was once brought along is concerned?

Should she have a torso like Avery Jenkins, long pretty legs like Eagle McMahon or a pretty overall appearance like Stephan Mesel?

Do we male disc golfers firstly have to convey to potential female disc golfers that our sport is beneficial to physique and complexion?

Nonsense! The modern woman is emancipated and does not want to be reduced to appearances. Disc golf isn't actually a male-specific sport. Both genders can play it and this should be communicated.

So don't only bring your [female] partner along to play disc golf, bring your [female] neighbour, your [female] colleague, your [female] boss or your favourite [female] butchery saleswoman.

There is no ideal female disc golfer. And nobody wants that [orig.: her].

That's not though what this column was about, but rather to carry out our sport into the world. Carry on!

dr.delay 05-2019

**Comment (on <http://www.frisbee-bb.de/2019/07/03/frauen-im-discgolf-ein-kommentar/>):**

### Women in disc golf – A comment

A friend of my disc golf peer group referred me to a contribution by dr.delay ("The ideal female disc golfer") in which the author speaks out in favour of more women in disc golf. His intention is good, but the article reflects some aspects that are in my opinion directly related to the low female participation in disc golf.

1.) The article explicitly addresses men. A female readership is not even expected. In a sociological sense there is an in-group/out-group distinction, hence a social differentiation which rather inhibits inclusion. Which woman would read the article and say, hey sounds nice, I feel addressed, I'll try it out. I probably wouldn't.

2.) Furthermore, a particular framing is strongly highlighted. The article is about women – so which topics need to be mentioned? Good looks and romance/erotic. Just imagine for a moment you were a lesbian woman ~~and/or your appearance was completely irrelevant to you~~ or a woman who gives a damn about other people's opinion despite having grown up in a world where she is constantly judged by her appearance. Got that? Okay. Then read the article again. What do you notice?

No offence, dr.delay, as I said your intention may be emphasised. But in addition, here comes a personal view on this topic from a female perspective.

First of all, I myself have the immense pleasure that gender plays almost no role in my small peer group, although this group mainly consists of men. We are simply people who play the best sport in the world together. That's how it is. And why not.

Despite such ideal conditions it took ages to get me enthusiastic about the sport and to spark the wish of spending most of my leisure time on it. Back then, a friend got us in touch with disc golf by taking us on a round. Everybody had fun but somehow that was about it. A few years later I was abroad for a couple of months and upon my return everybody suddenly played disc golf with profound skills. Supernice, I thought, and went along.

I was now the beginner among all the male pros (not sure if there were any female pros). The first throws are obviously not overly brilliant and I felt stupid and decided to stay at home from then on. But another few years later I wanted to try again, ambitious to improve. Although the feeling of I-look-stupid-and-can't-do-this-anyway was still there, what was also there was my relaxed peer group with relentless persuasion and praise for good throws, until the excitement took over.

This is my personal story. But I think it is also the personal story of many other women [note: in Germany] who have not yet overcome their shyness. And it takes effort to do so. For example because it is a physical sport and you're always exposed to other people's gaze (and mostly that of men). For example because sometimes you're learning that your shitty throw is typical female and after all women can't really play. For example because a male player tells you during a tournament that you actually have a nice body and should be wearing tighter clothes. For example.

Most women that I've asked why they don't come along mention the feeling of I-look-stupid-and-can't-do-this-anyway as a reason. Yes, disc golf is a male-dominated sport. Yes, sometimes you have bad experiences. But in my opinion, most male disc golfers are darlings of their species which surely facilitates the first steps compared to other "male sports".

But there is more. When you register for a German Tour tournament there are several categories. Open, master, grandmaster, and so on. Hence, categorised according to age. Oh well, and then there is the "ladies" category. Er, what? Why is there suddenly a categorisation according to gender instead of age? Why is only a fraction of the spots reserved for these "ladies"? And after all, should we act like ladies when we play or can we remain women? Of course it doesn't make sense to reserve half of the spots for women, because the number of female players is so small that these spots would not be used. The Women's Global Event last year in Schöningen is a good example, where only 34 of the 52 players were women. As you see, there are simply no women who would have the courage when being encouraged. End of sarcasm.

That women are less interested in disc golf may therefore not only be emotionally, but also structurally grounded. If the goal is to get a more balanced ratio, then the prerequisites must be improved, otherwise nothing will change. Cf. women in leadership positions.

Still: It's worth starting, you women out there. And for this you don't need a boyfriend who plays disc golf and neither do you need tight clothes. What you need is being up for it and maybe overcoming the shyness.

**Therefore: Just do it, sisters! Just let them, brothers! Just have fun together, people!**

Edit: Here is a recommendable contribution on the topic from an international perspective [<https://discgolf.ultiworld.com/2019/06/18/disc-golf-enough-women/>]. Thanks to K. for pointing it out!