

Disc Golf Rules

- One stroke is counted each time a disc is thrown and each time a penalty is incurred.
- A one stroke penalty is incurred when a player's disc goes out of bounds (in the woods/bushes).
- Typical par an 18 hole course is 54. Par on each hole is 3.
- The object of disc golf is to acquire the lowest score.
- Tee Throws must be completed within the designated tee pad area. (throw behind the cone)
- Your lie is the spot where your previous throw landed
- You must throw from behind your lie but can follow through and step over your current lie.
- Once your lie is within 10 meters of the basket, you must maintain balance and not step over your lie
- A hole is completed when your disc comes to rest inside the basket. (PE class hitting the standard counts)

Types of Discs

- Putters (white) - Putters have a very blunt edge and are much slower than all the other discs. They are much more accurate and do not travel as fast.
- Mid-Range (Orange) - They are used for shorter approach shots that need to be more accurate than a fairway driver and land near the basket. Midrange discs have a speed rating.
- Drivers- They are mainly for shots off the tee pad that need to travel significant distances.

The Throw- in general, the following tips are important with all throws:

- The smoother the motion= the better the throw
- The arm gives distance, the wrist gives spin(which will give the float)
- If the Frisbee wobbles, the problem is not enough spin (wrist snap)
- The Frisbee must be released flat, any tilt or turn= curved throw
- Do not over throw... smooth, relaxed, and easy.

Vocabulary

Tee Throws- Each hole begins with a tee throw. Tee throws must be completed within or behind the tee area.

Lie- Is the spot where the player's previous throw has landed. Your next throw is thrown behind the lie.

Throwing order- The player with the least amount of strokes on the previous hole is the first to tee off on the next hole. **After teeing off the player whose disc is furthest from the hole always throws first.**

Completion of Hole- A disc that comes to rest in the disc hole basket or chain. (PE class if you hit any part of the medal standard it counts as completion of the hole)

Grip- the hand should be in the shape of a gun, with the thumb on top of the disc, the index finger along the edge, and the remaining fingers tucked under the rim.

The Throw- Facing sideways to the target with the throwing side towards the receiver, the step and throw are with the same body side (right handed throw...step with the right foot). Frisbee in to the wrist (cock the wrist) and reach the Frisbee across the body to the opposite elbow. The throw should be a long, flat smooth motion ending with the index finger pointing towards the target.