

Explanation of Disc Golf and the general rules of play

(Thank you to the Disc Golf Association for providing the basis for this information)

Objective of the Game

Disc Golf is played like traditional “ball” golf, but with flying discs instead of balls and clubs. One point (stroke) is counted each time the disc is thrown and when there is a penalty. The objective is to play each hole of the course in the fewest strokes possible, completing each hole with the disc supported within the basket. The player with the lowest total strokes for the entire course wins.

General Rules

SAFETY FIRST

Never throw when players or park users are within range. Always give park users the right of way. Be aware of your surroundings and environment.

Drives/Tee Throws

The first shot on each hole of the course is the drive or tee throw. Drives and tee throws must be made within or behind the designated tee area (concrete tees and cinder blocks).

Lie

The lie is the spot where the player’s throw has landed. Mark lies with a mini disc (placed in front of the disc, thrown disc is then picked up) or turn over the thrown disc, flipping it over directly towards the hole or designated fairway. The player’s next throw is made from directly behind the marked 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 farthest from the hole always throws first.

Throws from the Fairway

Fairway throws must be made from directly behind the lie. A run-up and normal follow-through (the common parts of a throw), after release (of the disc), is allowed, unless the lie is within 10 meters (about 33 feet) of the target. Any shot within 10 meters of the target requires that the player not move past the lie until the disc is at rest.

Mandatory

A mandatory is one or more objects, trees, or poles in the fairway that must be passed on one of the sides as indicated by arrows. Until the mandatory is passed the closest foot to the mandatory must be on the lie when the disc is released.

Completion of a Hole

A disc that comes to rest in the Disc Pole Hole® (basket) constitutes successful completion of

that hole. A disc that has come to rest ON TOP of the basket is not considered complete, it is counted as a stroke and the disc must still be placed in the basket.

Unplayable Lie

Any disc that comes to rest above the ground is considered an unplayable lie. The disc must be thrown from the lie on the ground, directly underneath the unplayable lie, relocated to avoid damage to the vegetation (in the case of a disc in a tree, the spot directly below the disc on the ground is marked as the lie and the throw is made from behind that mark).

Out Of Bounds

If any area of O.B. (out of bounds) is visible between the disc and O.B. line, then the disc is considered O.B. A throw that lands out of bounds, must be played from a point 3 feet in bounds from where the disc went out of bounds. Permanent water hazards and public roads are always out of bounds.

Penalties

Recreational players will not be penalized for rule infractions. The expectation is that other players on the course will keep you honest.

Course Courtesy (proper behavior during play)

- Remain quiet and avoid unnecessary movements while others are throwing.
- Stand behind the player who is throwing until throw is complete.
- Remove disc from Disc Pole Hole® (basket) after completing the hole.
- Help new players learn the rules.
- Allow faster groups to play through when possible.
- Pick up trash – the course should look better than when you got there.
- Do not alter the course (trees, bushes, etc.) in any way.

Remember the most important rule:

“The one who has the most fun wins!”

- [“Steady” Ed Headrick #001](#)