

How to Play Disc Golf – The rules are similar to the rules used in the game of "Club Golf"

The rules are quite similar to the rules used in the game of "Club Golf", including the matter of courtesy. It is only fair that your opponent's turn to throw be without distraction, just as you would like it to be for yours. Do not throw your **disc** until you are sure its flight or landing, will not distract another player. Each hole starts with a tee-off, followed by subsequent throws until players reach the **basket**. Scoring is the same as ball golf. A stroke is counted each time the disc is thrown and when a penalty is imposed. Strokes are totaled to arrive at the game score. If completing in groups, the players with the fewest strokes wins. See [disc golf rules for recreational play](#)for more detailed rules.

Tee off order on the first tee will be by mutual arrangement or by flipping discs. The printed side is heads and the odd man should be first. Tee off order on all subsequent holes is determined by the score on the previous hole. The player with the lowest score tees off first.

A marker disc is used to mark every throw and should be a special disc, like a pocket mini disc model that is not used in normal play. The thrown disc is always left on the lie, (where it came to rest,) until the marker disc is placed on the ground directly in front of and touching the disc. The thrown disc is then picked up.

Proper foot placement when throwing will require some practice. The foot that you put you weight on when you throw, i.e., the "plant" foot, must be as close as is reasonable to the front line of the tee or to the marker disc: in no case ahead of the line or disc, or more than 1 foot behind the line, or disc. The other foot can be any place you choose as long as it is no closer to the hole than the rear of the marker disc.

Follow through, (stepping past marker disc after throwing), is allowed on any throw except when putting, (any throw where the rear of the marker disc is within 10 meters of the hole). Falling forward to keep your balance after a putt is not allowed. This infraction is called a falling putt.

If the disc is stuck in a tree or a bush more than 2 meters above the ground, the marker disc is placed exactly beneath it and it is carefully removed from the tree. You have also just added one throw to your score. This is called a penalty throw. You may now proceed; however, take extreme care not to damage the tree or bush, or reshape them in any way to improve your throwing conditions. Some courses have "out of bounds" areas; or for the safety of the players. Observe the boundaries carefully and try to stay out. If your disc is "out-of-bounds", i.e., you can see "out-of-bounds" area between the edge of your disc and the "inbounds" line, place your marker disc

"inbounds" at the place where your disc went "out-of-bounds" and give yourself a one throw penalty. Again, please be careful of natural vegetation.

Water hazards are to be avoided because your disc will sink! If, however, you have been so unfortunate as to land in the water, play it like you do the "out-of-bounds" throw, and don't forget to take a one throw penalty. If the disc is touching any shore above the water, it is "inbounds". Standing water or mud on the course that is caused by sprinklers or rain is not considered "out-of-bounds" and the disc may be relocated to a dryer area no closer to the hole with no penalty.

A mandatory dog-leg is sometimes used to keep players out of alternate-use areas or to make a particular hole more difficult. It is normally designated as such on the tee sign. The arrow indicates the side and direction the disc must pass. If your disc goes on the wrong side, it can be thrown back on either side of the dog-leg and then passes as the arrow indicates.

Leave it better than you found it. Unfortunately, there are usually litterbugs found on every disc golf course. Hopefully, everyone else will get the idea sooner or later.

Objective of the Game

Disc Golf is played like traditional "ball" golf, but with **disc golf discs** instead of balls and clubs. One point (stroke) is counted each time the disc is thrown and when a penalty is incurred. The goal is to play each hole in the fewest strokes possible. The player with the lowest total strokes for the entire course wins.

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.

Tee Throws

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

Lie

The lie is the spot where the player's previous throw has landed. Mark lie with a mini disc or turn over the thrown disc, directly towards the hole or designated fairway. The player's subsequent 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.

Fairway Throws

Fairway throws must be made from directly behind the lie. A run-up and normal follow-through, after release, is allowed, unless the lie is within 10 meters 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.

Dogleg (or Mandatory)

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

Completion Of Hole

A disc that comes to rest in the **disc golf basket basket** or chains constitutes successful completion of that hole.

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.

Out Of Bounds

If any area of O.B. 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. Other players will keep you honest.

Course Courtesy

- 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® after completing the hole.
- Help new players learn the rules.
- Allow faster groups to play through when possible.
- Pick up trash and put in proper receptacles.
- Do not alter the course (trees, bushes, etc.) in any way.
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Remember the most important rule:

"The one who has the most fun wins!"

– "Steady" Ed Headrick #001