

How to Play

Disc Golf is relatively easy to learn and play but challenging to master. Like ball golf, the object of disc golf is to complete each hole in the fewest number of throws (strokes). Each hole starts at the basket, with the exception of the very first throw that starts at the score box. The player with the lowest score on the previous hole has "honors" and throws first. For the very first throw, the youngest player throws first.

The player must start by throwing his/her first shot from a "tee box", which is an area behind and within 3 meters of the basket. On most holes, players will tee off with one of their Drivers, or longest flying discs. The drive may be thrown from any area of the tee box, provided that the player stays within the 3-meter area. The player may step past the tee line once the disc has been released. This shot is known as the Drive. The player may run up to the line prior to throwing the disc. This is generally referred to as the run up.

The next shot, known as the approach shot, is thrown from the spot where the drive or previous shot came to rest, and must be thrown from a place that is behind the spot marking the leading edge of the disc. Players generally mark the leading edge of the disc with a mini, or marker, disc prior to picking up their previous shot, although a marker disc is not required. In fact, during casual play, players sometimes mark their lie simply by turning over the disc from their previous shot. The player farthest from the hole throws first. For approach shots of 200' or less (generally speaking), many players will use Multi-purpose or Midrange discs. These discs are designed to fly with more control than a driver. The player may again run up to throw the disc, as long as the player's foot is behind the marker disc, and within 30 CM (~12 inches) of it when the shot is released. Once again, the player may step past the marker disc once the shot has been released.

A putt is considered any throw that originates within 10 M of the basket. The rules for throwing putts are slightly different than drives and approach shots. When putting, a player may not run up, and must maintain control of his/her body position after releasing the putt. Putters are generally used for the final shot of the hole and are designed to fly slower and straighter than mid-range discs. When putting, players are not allowed to step past their marker disc even after releasing the shot. The hole is finished when a player's disc comes to rest in the basket. The score for each player is recorded immediately after completion of the hole and reflects the number of shots thrown from the tee box until the disc came to rest in the basket.