

Disc Golf

The objective of disc golf is similar to the objective of golf. Instead of clubs and balls like in regular golf, the playing equipment of disc golf features a wide variety of plastic discs - more commonly known as frisbees - that come in many different shapes and weights. The disc golf target corresponds golf's hole. The winner of a round of disc golf is the one who completes the course with the least amount of throws.

Safety & Course Description

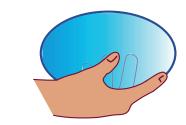
Important: Safety is the top priority. Leave plenty of margin for error. Always wait until the hole is clear of all pedestrians. Even after all the safety precautions, in the case you might hit someone with your disc, shout "FORE!" or anything loud to warn others. Players are required to follow both disc golf and park rules. You are playing at your own risk.

This course is consists of 9 holes for beginners and new disc golfers. Recommended group size is 3-5 to ensure speed of play. It takes about 60 minutes to play through the course. On, or over any road is out of bounds. On, or over any fence is out of bounds.

Rules in a Nutshell

- The purpose of the game is to get a disc from the tee to the target with the least amount of throws possible. You may use a selection of discs.
- After the initial throw, the player farthest from the target throws next. Subsequent shots will be thrown from where the disc came to rest. Player will throw as many times as is needed to get the disc to rest inside the target.
- When the disc has been released, the player may follow through. From within ten meters (approx. 33') to the target, the throw is called a putt and cannot be stepped over.
- Each hole is finished when the disc comes to rest inside the target. The player who has completed all holes at the lowest total score, is the winner.
- Please be polite to other users of the area and leave the course in good condition. Please do not litter. You are responsible for every throw you play - better safe than sorry.

How to Grab a Disc



Backhand

fan grip

Legend

Information board



power grip



Phase 3.

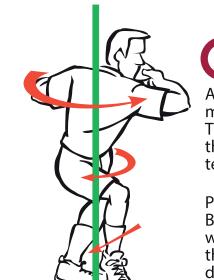
Follow through and rotate your body so that the shoulder of

pointing to the

throwing direction.

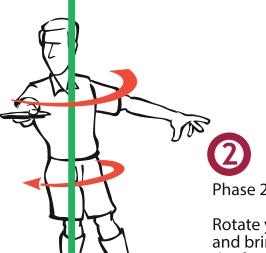
your free hand ends up

Technique Tips



A disc can be thrown in many ways and styles. The backhand throw is the most common technique.

Backhand throw begins with extending your throwing hand with a disc as back as possible, at the same time rotating your upper body.



Phase 2. Rotate your body fast and bring the disc to the front close to your

Plant your foot to the

ground to stop the rotation rapidly and to

For complete disc golf rules of play, please visit www.pdga.com.

Hole	1	2	3	4	5	6	7	8	9	TOT
Par	3	3	3	3	3	3	3	3	3	27
Length	199	214	157	239	195	254	234	204	209	1905