



# Disc Golf

## What is Disc Golf?

Disc golf is a relatively new sport. Disc golf is a great sport for everybody that relies on one's ability to throw a disc with the power and accuracy. People of any age, ability, and gender can excel and enjoy disc golf immensely.

The object of the game is to traverse a course from beginning to end in the fewest total number of throws of a golf disc. Similar to the traditional golf game, a course is composed of a number of holes, in which each player begins by throwing from the tee, and completes the hole by landing in or hitting the target.

The total score for a course is determined by totaling the number of throws made on each hole. The winner is the player who completes the course in the fewest number of throws...or whoever has the most fun!

## Class Rules:

- Must tee off (throw) from the tee box area and behind the cones.
- The objective is to place the Frisbee inside the hoop in the fewest throws possible.
- In a group, the person furthest from the target throws first.
- Keep track of your throws on the scorecard.
- Lowest score for the round wins.

## Terms:

- **Tee** – the area where the player starts each hole. Some courses have multiple tees for each hole. The material on the tees surface varies from concrete, asphalt, dirt, crushed stone, or wood chips (in class – cones). In general, any flat, non-slip surface is good.
- **Target** – the target is where the disc must land in order to complete the hole. The target is usually a “pole hole” which is specifically made to catch the golf disc. Courses that do not use “pole holes” are usually known as object courses. A typical “object target” is a tree trunk, 4X4 or pipe (in class – red hoop).
- **Golf Disc** – a “golf disc” is a flying disc made especially for the sport of disc golf, although some players use Wham-O type Frisbees. Golf discs vary in weight and size. They are usually harder and denser than Wham-O type Frisbees.
- **Par** – a number assigned to an individual hole that represents the expected number of throws it should take to play each hole.
- **Birdie** – a score on an individual hole that is one (1) throw below par. On a par 4, a score of 3 is a birdie; on a par 5, a score of 4 is a birdie; on a par 3, a score of 2 is a birdie.
- **Eagle** – a score of two (2) throws below par on any individual hole. Eagles are most commonly made on par 5's, where an eagle is a score of 3.
- **Bogey** – a score of one (1) over par on any individual hole. On a par 3, a score of 4 is a bogey; one a par 4, a score of 5 is a bogey; one a par 5, a score of 6 is a bogey.
- **Double Bogey** – two (2) over par.
- **Triple Bogey** – three (3) over par.

## Interesting Information:

- Types of discs: Special models exist for driving, putting, and “up shots” (not as far as a drive, but more than a putt) much like different golf clubs exist in golf. However, players are not required to use a “driver” as a driver or a “putter” as a putter. Some players throw their putter as their first shot from the tee. A golf disc generally cost anywhere from \$5-7.
- Disc golf courses exist in many different terrains. Often they are laid out among wooden areas, with water hazards, large elevation changes, and difficult throws. Other courses are mostly flat, with few natural obstacles. The obstacles should be considered part of the course and not tampered with (even when a tree eats your disc).
- The average course is 18 holes, but 9 and 27 hole courses exist as well. The average hole is around 425 ft (130m), but some are as short as 150 ft (45m) or as long as 1000ft (300m). Courses usually have a listed par, for pro or amateur players. Of course, people practice disc golf all the time by just aiming for an object a hundred yards away, which is the kind of disc golf one will often see being played on campuses or urban parks.
- A professional PDGA tour exists, currently has about 5000-7000 active members, some of whom play on a professional level for money, and some play on an amateur level for non-cash prizes. Nikko Locastro tops the money list for 2009 with \$7613 in 16 events.