

Disc Golf in eight rules

The intention of the game

Disc golf is the flying disc variant of the game of golf. Instead of with a ball and (many different) golf-clubs this game is played with a flying disc. Players traverse a course making as few throws as possible in reaching objects placed strategically throughout the area. Many terms you will encounter in ball golf are also familiar in disc golf. For example: tee, hole, hole in one, putt, approach, birdie, par, drive. Disc golf is often played in a public park where many obstacles such as trees and water are to be met.



The course

A disc golf course is typically composed of 9 or 18 *holes*. On each hole players attempt to reach a target, starting at the *tee*. Distances vary between 60 and 150 meters. Almost anything can serve as a goal: a tree, a lamppost or a dustbin. In official tournaments disc trapping targets are used. A target is a round metal basket on a pole. Above the basket some loose chains are attached. These stop the disc in its flight and make it fall down into the basket. The target is then reached only when the disc falls into the basket.

The tee

The tee is the throwing area to begin play and is usually an area marked with a throwing line.

The next throws

After the first throw from the tee, the player whose disc is the farthest from the target, throws again first. This next throw is played from the position where the previous throw came to rest. When the disc is picked up, a *marker-disc* (a mini disc of about ten centimetres) is used to mark this position. The player puts his or her foot behind the marker-disc for the next throw.

Out-of-bounds

Every hole has specified boundaries. These are mostly natural and follow the landscape, like a road, a flowerbed or a lake. When a disc lands outside the playing field it is *out-of-bounds*. Player get a penalty of one throw and can continue at the position where the disc left the playing field. If the disc falls into water, the next throw is taken from the bank where it left the fairway.

The putt

The final throw at the target from a short distance is called a *putt*. The hole is completed when the disc falls comes to rest in the basket.

Different discs for different situations

A ball golfer can choose from several clubs. A disc golfer can choose from several discs, each with specific flight properties. For each throw he or she can pick the disc which seems to be appropriate. Most golfers carry five to ten discs; among them special drivers, approach discs and putters.

No referee

Fair play is an important aspect of all flying disc sports. Like the other sports disc golf is played without a referee. The players themselves are responsible for the course of the game.

Text: Peter Cornelissen Photo: Henk-Jan Koier

