

Disc Golf

The intent 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. As such it is a recreational sport in the open air, for people of all ages and of all skill levels.



The course

The tee and the target

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.

Out-of-bounds

Every hole has specified boundaries. These are mostly natural and follow the landscape, like a road, a flower-bed or a lake. When your disc lands outside the playing field it is *out-of-bounds*. Players 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 at the point where it left the playing field.

The course of the game

The tee

The tee is the throwing area to begin play and is usually an area marked with a throwing line. At the first hole it is decided in which order the players throw by the names on the scorecard. After that the result of the preceding hole determines the order: the best score throws first, and so on.

The fairway

After the first throw from the tee the player whose disc is the farthest from the target, throws again first. The next throw is played from the position where the previous throw came to rest. Before picking up the disc the player (or caddy!) places a *marker-disc* (a mini disc of about ten centimetres) in front of the thrown disc. At the next throw the player's front foot must be on the ground within thirty centimetres behind the marker-disc.

A disc which doesn't land on the ground

Play must continue from the position where the disc lies on the ground. However it can occur that the disc is not on the ground if, for example, it remained in the branches of a tree. In this case, if the disc is less than two meters from the ground, play can continue from the position right below the disc. However when the disc is more than two meters from the ground, there is a penalty of one throw. The



players then positions the disc directly below where it came to rest and continues playing according to the *out-of-bounds* rule (see above).

Different discs for different situations

Disc golf players will find themselves in many different situations, each requiring a different approach. In some cases a long distance must be covered, at other times the disc must be thrown with a large curve around a tree. Where a ball golf player can choose from several clubs, a disc golf player may choose from several discs, each with specific flight or "rolling" properties. For each throw players may pick the disc that seems to be appropriate.

Of course you can play disc golf with an "ordinary" disc. However you'll notice that the special disc golf discs are more suitable for this sport. For instance you can easier cover a long distance with a "driver" or putt with a "putter". For approaches from 40-60 meters you can use an "approach disc". Remember that these special disc golf discs are not made for catching. You can injure yourself when you try! So be careful. Also as a player, make sure there is



no possibility to injure another person before you throw.

Officials

As in the other disc sports, the players themselves are responsible for the course of the game. This sheet provides the most important rules only. This is enough to get started. Of course, when you want to participate in official competitions, it is wise to become familiar with all the rules. Your national association can provide you with these. Or you can download them from the WFDF website. In addition, the more experienced players at a tournament are often willing to give an explanation when needed.

Getting started

You can contact your national or local association for more information on courses and competitions. Perhaps there is a Disc Golf course in your neighbourhood!



When there is no disc golf course available you can set up your own practice course easily. In a public park you'll find more than enough things which can serve as targets: trees, lampposts, benches, dustbins. If need be you can use one target for a number of holes by setting up a number of tees with a mandatory route for the disc. For instance, the disc must pass a tree to the right-hand side. Start with small distances, where you can throw directly at the target. Later you can expand the distances and add "mandatory" trees or bushes. Eventually you can organise your own local disc golf event.

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