Frisbee/Disc Golf Study Guide

**What is Disc Golf?**
Disc golf is similar to regular golf; however, instead of using golf clubs and balls aiming for a hole, Disc Golf players use golf discs and aim for a Disc Pole Hole, a pole extending up from the ground with chains and a basket where the disc lands. The object of the game is to complete each hole in the fewest number of throws, starting from a tee area and finishing at the Disc Pole Hole. Generally, a course is 9 or 18 Disc Pole Holes long. Players start at “hole” one and complete the course in order, playing through to the last hole. The player with *lowest* total cumulative score wins.

**Disc Golf Terminology:**

*Tee Pad* - The location or designated area in which the first throw of the golf hole is to take place from.

*The Basket* – The area that the player is attempting to land their disc. (same as the hole in the game of ball golf)

*Throw* - The act of advancing the disc towards the basket. This can be accomplished by many different throwing styles; Backhand, Forehand, Rollers. Each throw is counted towards the player’s score.

*Lie* - the spot where the disc comes to rest.

*Par* - like in ball golf, each disc golf hole has a posted par. The par is the *desired* number of strokes that a player would need to complete the hole.

*Drive* - any throw off of the tee pad, or a throw from the fairway designed for maximum distance.

*Approach* - usually the second shot of a hole, designed to place the disc within putting distance.

*Putt* - The final throw(s) of the hole aimed at getting your disc to come to rest in the trapper basket.

*Ace* - known as a hole in one in ball golf. An ace occurs when a player makes their first shot, or drive, into the basket.

*Birdie* - The score on under par on a hole

*Bogey* - A score of one over par on a hole.

*Eagle* - A score for a hole played in two strokes under par.
**Disc Golf Rules and Strategies**

**Starting the game:**

Tee off order on the first tee will be by mutual arrangement or by flipping discs. The printed side is heads and the odd man should be first.

**Throwing Order:**

After teeing off, the player whose disc is farthest from the hole always throws first. The player with the least amount of throws on the previous hole is the first to tee off on the next hole.

**Fairway Throws:**

Fairway throws must be made with the foot closest to the hole on the lie. The other foot may be no closer to the hole than the lie. A run-up and normal follow-through, after release, is allowed.

**Completion Of Hole:**

A disc that comes to rest in the Disc Pole Hole® basket or chains constitutes successful completion of that hole.