

Disc Golf Rules for Recreational Play

Objective of the Game

Disc golf is played like ball golf, using a flying disc. One throw (stroke) is added to your score each time the disc is thrown and when a penalty is incurred. The goal is to play each hole in the fewest strokes possible. The winner is the player with the lowest score. A hole is complete when the disc rests in a basket.

Tee Throws

Each hole begins with a tee throw. Tee throws must be completed within the designated tee areas.

Throwing Order

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

Lie

The lie is the spot where the player's previous throw has landed. Mark each lie with a mini marker disc or leave the thrown disc on the ground where it landed. The player's next throw is made from directly behind the marked lie.

SAFETY FIRST

Never throw when players or other park users are within range. Always give park users the right of way. Be aware of your surroundings.

Fairway Throws

Fairway throws must be made from directly behind the lie. A run-up and normal follow-through, after release, is allowed, unless the lie is within 10 meters of the target. Any shot within 10 meters of the target requires that the player maintain balance and not move past the lie until the disc comes to rest.

Out of Bounds

If any area of out of bounds (OB) is visible between the disc and OB line, then the disc is considered OB. A throw that lands out of bounds, must be played from a point up to 1 meter in bounds from where the disc crossed over the out of bounds line. Permanent water hazards, public roads, and most park boundaries are almost always out of bound.

