

Quick Rules For Disc Golf

1. The goal is to traverse a course, completing each hole in as few throws as possible.
2. Tee Shot: A tee is a line perpendicular to the intended direction of throw, about 2m wide. At the instant the disc is released, the player's body must be in contact with at least one point behind this line, and may not be in contact with the ground at any points to the front or side of this line. Note that a player is permitted to immediately move past this line after the release. So, for example, a player can run to the line, throw, and keep running past the line.
3. After a thrown disc comes to rest, the player must place another disc directly between the thrown disc and the target to mark the original lie, such that this placed marker disc touches the thrown disc. Once the marker disc is placed, the original thrown disc may be picked up.
4. At the instant that the next throw is released, the player must be in contact with the area that was directly underneath the original thrown disc. The player may touch additional point (tree trunks behind the player, etc.) as well, provided that no such point is closer to the target. Player's may not bend branches, etc., intentionally or by accident to make their stance easier. As with the tee shot, a player may move past the lie after the release, except as noted below.
5. Once the disc is within 10 meters of the target, the throw is a "putt". When putting, the thrower may not overrun the lie. In such cases, the thrower must be behind the marker disc and must maintain a stable balance until the thrown putt comes to a complete stop.
6. A hole is complete if the disc comes to rest by lying in the basket, or being jammed into the basket, or is supported by the chains and/or the pole. However, a disc that comes to rest on the upper structure that supports the chains is *not* complete. In such cases, the player must "throw" again.
7. After each member of a group has thrown a shot from the tee, any subsequent throw is made by the player whose disc is currently the farthest from the target. No player may move closer to the target than this player's lie.
8. No disc may be used if it is cracked, or if it has a hole in it (note that this prohibition includes aerobics and other discs that are designed with holes in them).
9. A player's disc may be declared "unplayable" (for example, if the disc comes to rest in the middle of a thick bush). In such cases, the player may move their disc to a playable spot no farther than 5 meters from the original lie, and no closer to the target. In such cases, a penalty stroke is added to their score. Similarly, a throw that lands out-of-bounds (for example, on any road) must be moved to the in-bounds point nearest to where it went out-of-bounds, with a one stroke penalty.
10. If a disc comes to rest in the branches of a tree, it is played from the ground directly below where it came to rest. If it came to rest at a height of over 2 meters, than a penalty stroke is added to the player's score.

