

Disc Golf Rules

Leisure Sport Triathlon



Objective of the Game

Disc Golf is played like traditional “ball” golf, but with flying discs instead of balls and clubs. One point (stroke) is counted each time the disc is thrown. The goal is to play each hole in the fewest strokes possible.

SAFETY FIRST

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

Tee Throws

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

Lie

The lie is the spot where the player’s previous throw has landed. Mark lie with a mini disc or turn over the thrown disc, directly towards the hole or designated fairway. The player’s subsequent throw is made from directly behind the marked lie.

Throwing Order

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

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 not move past the lie until the disc is at rest.

Completion Of Hole

A disc that comes to rest in the basket or chains constitutes successful completion of that hole. Count how many throws (strokes) it took to complete hole, and write in your count on the scorecard. Write a count of 6 or more strokes as a “6”.

Unplayable Lie

Any disc that comes to rest above the ground (in a tree or bush) is considered an unplayable lie. The disc must be thrown from the lie on the ground, directly underneath the unplayable lie, relocated to avoid damage to the vegetation.

Out Of Bounds

A throw that lands out of bounds, must be played from a point 3 feet in bounds from where the disc went out of bounds. Permanent water hazards, public roads, and back yards are always out of bounds.

Penalties

This is a recreational triathlon, players will not be penalized for rule infractions, but you may be asked to restart the hole.

Course Courtesy

- Remain quiet and avoid unnecessary movements while others are throwing.
- Stand behind the player who is throwing until throw is complete.
- Remove disc from hole after completing the hole.
- Help new players learn the rules.
- Allow faster groups to play through when possible.
- Pick up trash and put in proper receptacles.
- Do not alter the course (trees, bushes, etc.) in any way.