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INTRODUCTION TO DISC GOLF

Disc Golf could very easily be the sport of the century. Though by comparison to many other sports, Disc Golf is still in its infancy, its popularity is spreading rapidly through the United States, Canada, Europe, China, Japan, Australia and Africa. Some of the many reasons for the rapid growth of Disc Golf are:

- ◆ Learning to throw a disc with power and accuracy is a tremendous thrill for men, women and children.
- ◆ It provides excellent physical and mental conditioning.
- ◆ It is a lifetime fitness sport from school age to old age.
- ◆ Disc Golf is a great social interaction sport.
- ◆ Provides outdoor fitness all year round.
- ◆ An extremely inexpensive sport to play.
- ◆ Disc Golf is fun to play, regardless of what level of ability you have achieved.
- ◆ Great family participation sport.

The game started with people using Frisbees® and aiming at random targets made up of trees, trash cans, light poles, pipes,

thrown from a place that is behind the spot marking the leading edge of the disc. Some players will mark this leading edge of the disc with a marker disc, many players mark their lie simply by turning over the disc from their previous shot. The player farthest from the hole throws first. The player may again run up to throw the disc, as long as the player's foot is behind the marker disc, or within 12 inches of it when the shot is released. The player is allowed to follow through and may step past the marker disc once the shot has been released. Most disc golf courses feature an elevated basket with chains to stop an incoming disc, referred to as the basket or target.

A **PUTT** is considered any throw that originates within 10 meters of the basket, and the rules for throwing putts are slightly different than **DRIVES** and **APPROACH SHOTS**. When putting, a player may not run up, and must maintain control of his/her body position after releasing the putt. A player is not allowed to step past the marker disc even after releasing this shot until the disc has come to rest in the basket or on the ground. The hole is finished when the player's disc comes to rest within the basket, in the chains or on top of the chain support. The score for each player is recorded immediately after completion, and reflects the number of shots thrown from the tee until the disc came to rest in the basket.

The throwing order for the next tee has been determined by the finished play of the previous hole. The player with the lowest score on the previous hole has honors and throws first at the next tee and the play continues until the round is completed.

A **PENALTY** of one shot must be taken for any unplayable disc throw. An unplayable disc throw is one that lands out of bounds, in the water or in a tree or bush more than 2 meters off of the ground. An out of bounds disc or one in the water must be brought back to the field of play at the point where the disc went out of bounds. A disc that comes to rest in a tree or bush must be played from the ground directly under where the disc landed. No penalty is incurred if the disc lands in a tree or bush and is less than 2 meters off of the ground.

PLAY BY THE RULES!

There are numerous technical rules of the game, which are available at the Beaver Dam Community Activities & Services office. Basically, the following rules are in effect:

- ◆ No littering.
- ◆ One stroke is counted for each toss. Tee throws are made from the tee pad.
- ◆ After teeing off, the disc furthest from the basket tosses first & player with least hole strokes goes first on the tee.
- ◆ After the tee toss, one foot must be in the circle where the disc was picked up.
- ◆ Never throw until the players ahead are out of range.
- ◆ A disc in the water, tree or shrub has a penalty stroke.
- ◆ A disc that comes to rest inside the basket or chains constitutes successful completion of that hole.

HOW TO PLAY DISC GOLF

Each hole starts at the **TEE**. The tee area is marked with a sign that lists the distance and the par for that hole, as well as a map showing the layout of the hole. At the first tee the players must decide the throwing order. The players must start by throwing his/her first shot from an area behind and within 3 meters of the tee box markers or from the tee pad. The **DRIVE** may be thrown from any area within this tee box, providing that the players' support point(s) at the time of release are behind the tee markers, but no farther back than 3 meters behind the tee markers. The player may step past the tee line or off the tee pad, once the disc has been released. A player may run up to the line prior to throwing the disc. This is referred to as the run up.

The next shot, known as the **APPROACH SHOT**, is thrown from the spot where the **DRIVE**, or the previous shot, came to rest, and must be

and whatever else was handy. Disc golf is similar to regular golf; 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. The player with the lowest total cumulative score wins.

Throws have been developed that work well while sitting down and people in a wheelchair love it. Not many people who are confined to a wheelchair can participate in highly active games, but most find they can play and enjoy Disc Golf.

The mentally handicapped, and those who have hand-eye coordination problems, also find Disc Golf a gratifying game. Throwing at your own convenience is far less demanding and requires much less skill than the mobility, timing and dexterity required to catch. A successfully completed throw is an unusually satisfying accomplishment.

Perhaps most importantly, people who are not competitive athletes in school are learning how to compete with themselves on a one-to-one basis. Once they learn this lesson, at their own speed, they become competitive with others or continue to better themselves, by themselves.

Getting daily exercise is a wise investment of a small amount (1 hour) of your time, which can give you a big return in the form of fitness, freedom from illness, and a longer and healthier life.

Disc golf is one of the best lifetime fitness sports. It is easy to learn, an inexpensive sport, a healthy activity and accessible to people of all ages and fitness levels; you can start at any level of strength and agility then improve quickly as you get the hang of it. Disc Golf is perfect for couples or families to play together. It challenges your mind as well as your muscles. There is no age limit – you can keep playing until you are over 100! If you can throw a Frisbee® and you like to have fun, you can play disc golf.

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