

## **Basic Recreational Disc Golf Rules**

### **GENERAL**

Disc Golf is played like ball golf using a flying disc. One stroke is counted each time the disc is thrown and when a penalty is incurred. The object is to acquire the lowest score.

### **PAR**

Like ball golf, Par is the average number of strokes required to complete each hole. Typically that number is 3. Total par for the average course is 54 since most courses include 18 holes. Occasionally, a "Course par" will be defined for a course, but, most of the disc golf community has basically agreed that all holes will be considered par 3. This general consensus regarding "par" makes shooting par very impractical on some long holes. That's just the way it is, and always has been. This means that shooting par at one course could be much more difficult than shooting par at another course. However, the course located at Rocky Mount Sports Complex and the course located at Sunset Park have multiple "tee" locations on each hole, each with its own defined par, making it possible for players of varying abilities to fairly compete against each other.

### **TEE THROWS**

Tee throws must be completed within or behind the designated throw area. Do not throw until the players in front of you are out of range.

### **LIE**

The spot where the previous throw has landed, mark with a mini disc or turn over the thrown disc, directly towards the hole.

### **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 THE HOLE**

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

### **UN-PLAYABLE LIE**

Any disc that comes to rest above the ground (in a tree, for instance) is considered an un-playable lie. Your next shot must be thrown from the spot directly underneath the un-playable lie. If necessary, relocate your throw to avoid damage to the vegetation, but no closer to the hole.

### **PENALTIES**

An infraction of the rules of the game. A one throw penalty is added to the player's score for the following infractions: Out-of-Bounds and Water Hazards.

### **COURSE COURTESY**

Please pick up trash and help new players play by the rules. Remember the most important rule: The one who had the most fun wins!