

- What is Disc Golf?
- Who Plays Disc Golf?
- Why Should I Play Disc Golf?
- Thrower's Dictionary
- Types of Golf Discs
- Types of Plastic
- Choosing a Disc Weight
- Where Do You Play Disc Golf in Rocky Mount?

What is Disc Golf?

Disc golf is played much like traditional golf. Instead of a ball and clubs, however, players use a flying disc, or Frisbee®. The sport was formalized in the 1970s, and shares with "ball golf" the object of completing each hole in the fewest number of strokes (or, in the case of disc golf, fewest number of throws).

A golf disc is thrown from a tee area to a target, which is the hole. The hole can be one of a number of disc golf targets; the most common is called a Pole Hole®, an elevated metal basket. As a player progresses down the fairway, he or she must make each consecutive shot from the spot where the previous throw has landed. The trees, shrubs, and terrain changes located in and around the fairways provide challenging obstacles for the golfer. Finally, the "putt" lands in the basket and the hole is completed.

Disc golf shares the same joys and frustrations of traditional golf, whether its sinking a long putt or hitting a tree halfway down the fairway. There are a few differences, though. Disc golf rarely requires a greens fee, you probably won't need to rent a cart, and you never get stuck with a bad "tee time". It is designed to be enjoyed by people of all ages, male and female, regardless of economic status.

Who Plays Disc Golf?

Disc golf can be played from school age to old age, making it one of the greatest lifetime fitness sports available. Specially-abled and disabled participate, giving them the opportunity to take part in a main stream activity. Because disc golf is so easy to learn, no one is excluded. Players merely match their pace to their capabilities, and proceed from there.

The Professional Disc Golf Association, with over 20,000 members, is the governing body for the sport, and sanctions competitive events for men and women of every skill level from novice to professional. In 2001, there were 385 PDGA-sanctioned events across the world involving over 30,000 players and over \$1,000,000 in professional player winnings.

Today, there are over 1,750 permanent disc golf courses around the world, with over 1,400 of them in the United States. The annual rate of growth for disc golf courses is approximately 15%.

Why Should I Play Disc Golf?

The ongoing fitness boom finds more and more people taking up recreational activities in an effort to improve health and quality of life. Disc golf provides upper and lower body conditioning,

aerobic exercise, and promotes a combination of physical and mental abilities that allow very little risk of physical injury. Concentration skills increase by mastering shots and negotiating obstacles. Players of limited fitness levels can start slowly and gradually increase their level of play as fitness improves.

Scheduling is also flexible; a round takes one to two hours, and may be played alone, eliminating the difficulty of scheduling tee times. And as in traditional golf, disc golfers find themselves "hooked" and, thus, increasing the likelihood of frequent participation. Disc golf offers year-round fitness, even in rain or snow. Perhaps the greatest attribute of the sport is the expense — or rather, the lack of it. A professional quality disc costs less than \$10, and it only takes one for basic play. And, of course, there's the sheer fun of the game — no matter what your age or skill level! Play disc golf — the sport of the future!

Thrower's Dictionary

All definitions below assume a right-handed backhand throw. Left-handed backhand and right-handed forehand throws will result in a flight path opposite of the ones described here.

Hyzer

Releasing the disc with the outer edge at an angle lower than parallel to the ground. This will cause most discs to curve to the left.

Anhyzer

Releasing the disc with the outer edge at an angle higher than parallel to the ground. This will cause most discs to curve to the right.

High Speed Turn

The characteristic of a disc to curve to the right at the beginning of its flight when thrown hard.

Low Speed Fade

The natural tendency of a disc to tail left as it slows down at the end of its flight.

Overstable

A term used to describe the relative resistance to high speed turn and amount of low speed fade of a disc. A more overstable disc will generally have higher resistance to turn and greater low speed fade.

Understable

A term used to describe a disc with relatively low resistance to high speed turn and less low speed fade.

Turnover

The term used to describe the flight of a disc that curves to the right when thrown flat or at hyzer. A less overstable or understable disc will generally be easier to turn over.

Nose Down

Releasing the disc with the front end of the disc lower than the back end. Certain discs will fly better when thrown nose down.

Nose Up

Releasing the disc with the front end of the disc higher than the back end.

Stall Out

A term used to describe the flight of a disc when it peaks in height and drops off to the left without much glide. This generally occurs when the disc is thrown with the nose up.

S-Curve

A term used to describe the flight of a disc when it begins by turning to the right and then "flexes" out and glides back to the left.

Roller

A type of throw where the disc is turned over so far that it lands on its edge and rolls.

Snap

A term used to describe the armspeed and power a player gets into their throw. More snap will generally make the disc fly faster and further.

Types of Golf Discs

Driver

Fast and low profile, these discs are made for distance. Drivers can be found in varying levels of stability, ranging from discs that will gradually turn to the right to discs that will pull extremely hard left immediately after release. Although these discs are the longest flyers out there, this is accomplished at the expense of accuracy.

Midrange

Used for the "in between" distance shots, midranges are often the staple of a golfer's game, especially on shorter courses. These discs are generally of medium relative speed with good glide and a focus on control rather than distance. Although the recent trend in disc golf has been to develop smaller-diameter discs, many of the very popular midrange discs are of medium to large diameter. Midrange discs generally are taller and more blunt than drivers but sharper and flatter than putters.

Putt and Approach

The most blunt edged discs, Putt and Approach discs generally have a tall profile and are slow flying. Used for putts as well as short drives and approaches, these discs are made to fly straight and are the most accurate discs in a golfer's bag. Putters are often made in soft, tacky plastic in order to grip the chains better and stick in the basket.

Types of Plastic

Innova Disc Golf is the largest manufacturer of disc golf supplies, but there are many other disc golf brands available..... each with unique flight characteristics. For comparison, we have listed three manufacturers (but there are many more). Primary factors when choosing a disc and plastic type should be "how it feels" to you when you throw it.

Innova DX

The standard plastic of Innova. Discs run in this plastic are usually the least stable and have the best glide out of all plastic variations of the same disc mold. Although this plastic is the least durable of their line, it has a gradual "break-in" period where the disc becomes less stable over time.

Innova Pro Line

The Pro Line series discs are run with Innova's "elite" plastic. These discs are generally slightly more overstable than the DX plastic. The Pro Line plastic makes discs a little bit faster but at the expense of a little bit of glide. This plastic is also more resistant to dings and scuffs than DX plastic and therefore, will maintain its flight characteristics longer.

Innova Champion

Innova's Champion Edition plastic, also known as "candy" plastic, is nearly indestructible and very resistant to dings. This durability results in more consistent flight performance over the life of the disc and is well worth the extra investment.

Discraft Elite X

Discraft's Elite line, this plastic is on par with Millennium's plastic and Innova's Pro Line plastic but possibly even more durable. Fast and smooth, Discraft's Elite plastic discs are quite durable while maintaining excellent glide.

Discraft Elite Z

Discraft's Elite Z line is their most durable plastic. Elite Z plastic makes the discs faster and more overstable than other plastic runs. Almost indestructible, these discs are very resistant to dings.

Millennium

Millennium's plastic is similar to Innova's Pro Line plastic. It is very durable with good resistance to dings and scrapes.

Millennium Q

Millennium's Quantum plastic is similar to Innova's Champion plastic. It is virtually indestructible and has excellent resistance to dings and scrapes.

Millennium SuperSoft

Very soft and grippy plastic, this is Millennium's plastic choice for their popular soft putters.

Choosing a Disc Weight

Disc weight plays a large part in the flight characteristics of discs and the success that players will have with them. While disc weight may seem insignificant and is often overlooked, it is quite important to find discs in a weight that will help you achieve maximum success.

Drivers

Drivers are the most sensitive discs to variations in speed, angle, and weight. Drivers in lighter weights fly farther, require less power, and have less low speed fade than heavier ones. Heavier drivers will be more accurate and predictable than lighter discs, but they also have a greater power requirement to achieve a long, straight flight. When considering drivers you want to throw straight, you should take your power level into consideration when choosing a weight range. If you are a higher-powered player, discs at 170g or higher should give a controlled, stable flight. If you are a player of moderate power, discs in the 167-172g range should be a good choice for control and distance. If you are a lower-powered player or beginner, you will probably have best success with discs that weigh in the 160's, or even discs in the 150 class.

If you are looking for a disc to curve to the right, lighter discs will be easier to turn. If you want a disc to finish hard left or fly better into the wind, heavier weights will hold up better in those conditions.

Midrange

Unlike drivers, midrange and approach discs fly farther in heavier weights. Although there may be a greater distance potential, you should not stray too far from your ideal weight range as the heavier midrange and approach discs will still have higher power requirements.

Putters

Putter weights will only slightly alter their flight characteristics. Heavier putters will hold a better line in windy situations but lighter putters will have more float and will be easier to putt with from longer distances

Where Do You Play Disc Golf in Rocky Mount?

- **Rocky Mount Sports Complex**
- **Sunset Park**
- **Farmington Park**
- **Englewood (Stone) Park**