

# Disc Golf

## History

Disc Golf is a new sport that was first played in the state of California in the late 1960's. The game is called disc golf because the name Frisbee is a trademarked name and cannot be used. The Professional Disc Golf Association (PDGA) was formed in 1976. The purpose of the PDGA was to promote the sport, govern rules, and sanction competitive events. It is a relatively inexpensive game to play. Many courses are free to play and a beginner only needs a disc.

## Objective of the Activity (Scoring system)

Disc Golf is played like traditional golf, but with golf discs instead of balls and clubs. One throw (stroke) is counted each time the disc is thrown and when a penalty is incurred. Generally, a course is made up of 9 or 18 holes. The goal is to play each hole in the fewest throws possible. The player with the lowest total strokes for the entire course wins. Each hole has a predetermined number of throws it should take a skilled player to complete the hole, this is called par. Overall scores for the course are the number of throws over or under par.

TERM	# of strokes
<b>Eagle</b>	2 under par
<b>Birdie</b>	1 under par
<b>Par</b>	Even
<b>Bogey</b>	1 over par
<b>Double bogey</b>	2 over par

## Equipment/Playing surface

There are three different classifications for discs; driver, mid-range, and putter. Only one disc is needed to play disc golf, but many beginners start with two discs – a driver and a putt/approach. More experienced players are likely to carry six or more discs in their bag to use on any given course. Courses may be equipped with chain baskets or tonal poles. Homemade courses may have a variety of objects like poles or trees for each hole. The city you are visiting may have a course.

## Players/Skills

The sport of disc golf is unique because it can be played by people of all ages and is not limited to just the young. Individuals can play by themselves or pick-up an opponent at the course. It is definitely more fun to play with friends. Just like regular golf, this game is successfully played if you can throw far and straight. Rolling the disc is allowed. Some holes require shots to bank left or right. Successful putting requires accuracy. Disc golf requires an ability to adjust your shots because of obstacles.

## Rules/Faults

Each hole starts with a tee area. The throw from the tee must be released from within/behind the designated tee area. All subsequent throws must take place where the disc lies. Running up to the lie spot is permitted. The hole is completed when the disc remains in the basket or is supported by the chains. Each player keeps track of how many throws were necessary to complete the hole. If the course has out-of-bounds, each occurrence add a stroke to the score. A shot that goes out-of-bounds (OB) can be marked a meter from where it was last in-bounds or go back to the previous lie. Any disc coming to rest two-meters above ground is subject to a penalty stroke. Most players keep score as a comparison to par. For example, someone might say they scored 4-over-par for the course. A hole-in-one means that the hole was completed in one throw.

**Throwing order** - The order for teeing off is determined by the lowest score from the previous hole. The player with the lowest score tees off first, then the second lowest, third lowest, etc. After the tee shot, the player whose disc is the farthest away from the hole shoots next. To be safe and courteous, all players should remain behind the thrower.

### Course Courtesy –

- Do not throw until the group ahead finishes the hole.
- Stay behind the player who is throwing until throw is complete.
- Remain quiet and avoid unnecessary movements while others are throwing
  - (Do not attempt to distract players.)
- Remove disc from the basket after completing the hole
- Do not alter the course in any way
- Pick up trash and put in proper receptacles
- Allow faster groups to play through when possible (outside of PE)
- Help new players learn the rules

### Components of Fitness

Cardiorespiratory endurance could benefit if the course is played quickly. Muscular endurance enables golfers to throw consistently while good flexibility would help throw around obstacles. Disc golf is an excellent lifetime fitness sports. It is a healthy activity that is easy to learn.

