

## Hints & Tips

### Tee Throws

Tee throws must be completed within or behind the designated tee 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 or dog leg.

### 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.

### Dog Leg

A dog leg is one or more designated trees or poles in the fair-way that must be passed as indicated by arrows. Until the dog leg is passed the closest foot to the dog leg must be on the lie when the disc is released.

### Course Courtesy

Please pick up trash and help new players play by the rules. You are the one that makes it work. By your example, disc golf will change your life and theirs too. Remember the most important rule: The one who had the most fun wins! Tee off & fly freely.

### Completion Of Hole

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

### Un-playable Lie

Any disc that comes to rest above the ground is considered an un-playable lie. The disc must be thrown from the lie on the ground, directly underneath the un-playable lie. Relocated to avoid damage to the vegetation.

### Out Of Bounds

If O.B. is visible between the disc and O.B. line? 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 and public roads are always out of bounds.

### Penalties

Recreational players will not be penalized for rule infractions. Other players will keep you honest.

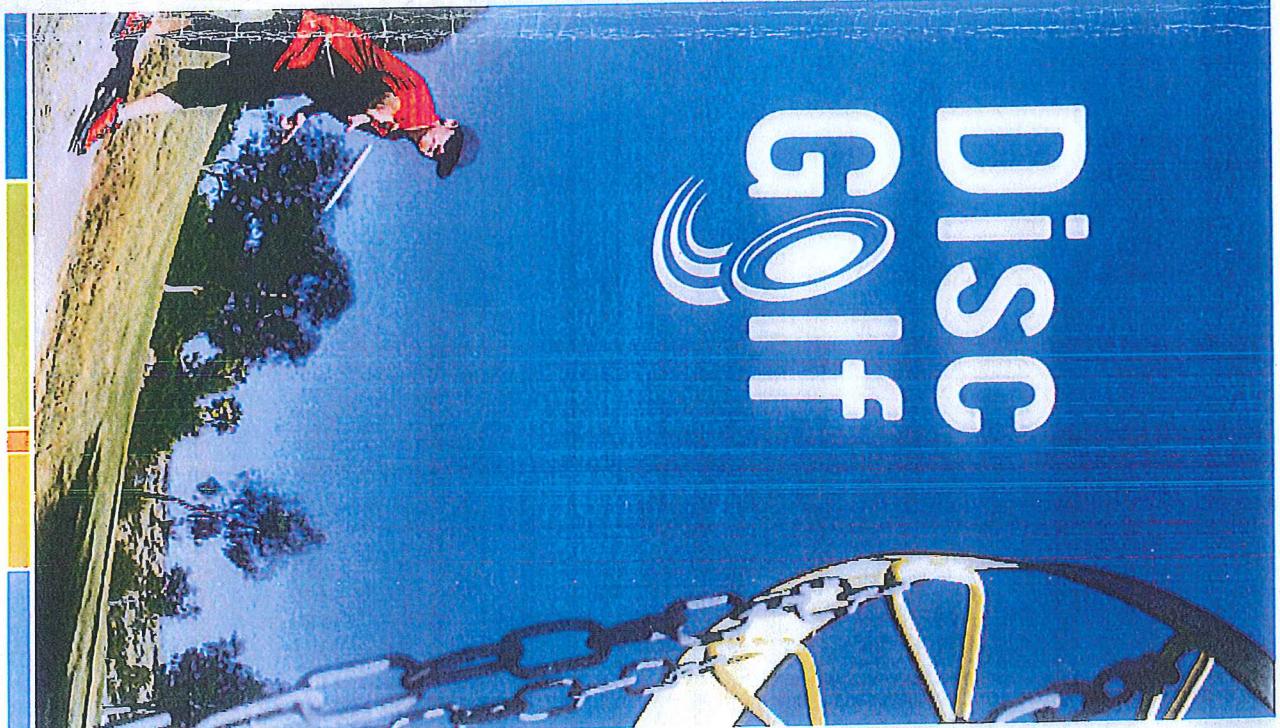
With thanks to Disc Golf Association for information provided in this brochure.

For more information on Disc Golf go to:  
<http://www.discgolfassoc.com/>

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## WHAT IS DISC GOLF?

Disc golf is a recreational sport for everyone, regardless of age, sex or ability. The game is similar to normal golf but instead of club it consists of throwing a flying disc from the teeing area to a target by a throw or successive throws.

The object of the game is to traverse a course from beginning to end in the fewest number of throws of the disc. Each consecutive throw is made from where the disc came to rest after the last throw.

Score is determined by counting the number of throws made on each hole, plus any penalty throws.

The winner is the player who completes the course with the fewest throws and lowest score.

## HOW TO PLAY

- There are no restrictions on how you throw the disc. You may throw backhand, sidearm, overhand, thumb, or any other way that occurs to you. You can throw it with your foot if that works for you!

- Play shall begin on each hole with the player throwing from within the teeing area. When the disc is re-released, at least one of the player's supporting points must be in contact with the surface of the teeing area, and all the player's supporting points must be within the teeing area.

Teeing order on the first teeing area is determined by the order in which the scorecards were filled out or by the order the players were listed or arranged on the scoreboard.

- Teeing order on all subsequent tees is determined by the scores on the previous hole, with the lowest score throwing first, and so on. If the previous hole was a tie, the scores are to be counted back until the order is resolved.

- After all the players in the group have teed off, the player farthest from the hole (the away player) throws first.

- If the disc is stuck in a tree or a bush more than 2 meters above the ground, the marker disc is placed exactly beneath it and it is carefully removed from the tree. You have also just added one throw to your score. This is called a penalty throw. You may now proceed.

- Play continues until all holes have been played. The player with the lowest score is the winner!

## DISC GOLF PURCHASE

The Disc golf Equipment was purchased by Active Roma through funding from the South West Public Health Unit, with installation and maintenance costs contributed by Maranoa Regional Council.



DISC GOLF SCORE CARD

PLAYER	DIV	1	2	3	4	5	6	7	8	9	TOTAL	INITIAL

