

Disc Golf Study Guide:

Object: Play the course in the fewest throws, throwing disc into basket.

Types of Throws:	
Backhand throw:	The main throw used in disc golf, arm comes across your body and releases in front.
Forehand throw:	A side arm throw with elbow tucked in. Used often to get certain curve on the throw.
Drive:	The first throw of a hole, usually for maximum distance (use the driver disc)
Approach:	To get yourself in a better position to the hole and closer to the hole.
Putt:	A throw within 30 feet of the hole and is more of a float throw at times. (use the putter disc)

Rules:	
Tee Off:	Tee throws must be released from between the tee markers or within the <u>tee box area.</u>
Lie:	Where the disc lands and stops moving.
Throwing Order:	Order from very first hole follows the list on the score card. Each hole that follows, the person with the lowest score on the previous hole tees off first. After the tee off, the player whose lie is farthest from the target throws first.
Fairway Throw:	Must be made from on the lie. Run-up and follow through permitted.
Putt:	<u>Within 10 yards (30 ft) of the target</u> a player may not step past the lie when attempting a putt throw. The hole is complete when the disc lands in the target basket.
Out of Bounds:	Fenced areas, the creek, and streets are out of bounds. The disc must be played from the point within the course where the disc went out of bounds. <u>One throw penalty added for each time a throw goes out of bounds and the disc has to be brought back into play.</u>
Courtesy:	Do not throw until other players or course users are out of range. Be courteous, take care of equipment, and let faster groups play through. Stay off personal property. Beware of hazards and street/parking lot traffic.
Spirit of the Game:	Play honestly and with integrity. Count the strokes as they are and assess penalties fairly. Do not touch another players disc unless asked. Be quiet on the throws and do not distract on purpose.

Scoring Terms	
Stroke	Any throw of a disc
Par	The number of strokes an expert player is expected to make for a given hole or a group of holes (usually 9 or 18). <u>Is usually different from hole to hole based on difficulty and distance</u>
Birdie	One stroke under par on an individual hole.
Eagle	Two strokes under par on an individual hole.
Double Eagle	Three strokes under par on an individual hole.
Ace	Hole-in-One: Getting the ball in the hole (cup) in only one stroke.
Bogey	One stroke over par on an individual hole.
Double Bogey	Two strokes over par on an individual hole.