



Northern Flights Disc Golf Inc.
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How to Play Disc Golf

A Beginner's Guide

1. Introduction

Disc golf is a fun, accessible sport where players throw a flying disc into a target (“basket”) in as few throws as possible. It blends the rules of golf with the throwing skills of frisbee, and courses range from parks to wilderness settings.

2. Equipment

- **Driver:** For long-distance throws (low, fast flights).
- **Mid-Range:** For controlled, medium-distance shots.
- **Putter:** For short-range approaches and putting into the basket.
- **Disc Golf Basket:** The metal chains and basket target.

3. Objective

Complete each hole by getting your disc from the tee area into the basket in the fewest throws. A typical course has 9 or 18 holes of varying lengths and terrain.

4. Basic Rules

1. **Tee Throws:** Begin each hole from the designated tee pad.
2. **Lie:** Your next throw is made from the spot where your previous throw landed.
3. **Throwing Order:** Farthest from the basket goes first.
4. **Putting:** When within 10 meters of the basket, you may mark your lie with a mini marker disc.
5. **Completion:** Hole is complete when disc comes to rest in the basket or chains.

5. Scoring

- **Par:** The expected number of throws for a hole (usually 3–5).
- **Birdie:** One throw under par.



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- **Par:** Equal to par.
- **Bogey:** One throw over par, etc.
Keep a scorecard—add one stroke per throw.

6. Throwing Techniques

- **Backhand Throw:** Grip disc with thumb on top, fingers underneath; rotate shoulders and snap wrist.
- **Forehand (Sidearm):** Two-finger grip on rim, thumb on top; rotate hips and flick wrist outward.
- **Putting:** Use a straight, pendulum motion. Keep eyes on the target.

7. Course Navigation

- **Tee Sign:** Shows hole number, par, and distance.
- **Fairway:** The main playing corridor.
- **Obstacles:** Trees, water hazards, out-of-bounds areas. If your disc lands OB, add one penalty throw and play from the drop zone or last lie.

8. Etiquette & Safety

- **Respect Players:** Wait your turn, stay quiet during throws.
- **Course Care:** Don't litter, repair divots if needed.
- **Watch Overheads:** Ensure no one is within range before throwing.
- **Yell "Fore!"** if your disc heads toward someone.

9. Glossary

- **Ace:** Hole-in-one.
- **Hyzer:** Disc angled to curve left (for right-handed backhand throw).
- **Anhyzer:** Disc angled to curve right.