

North Quarter Park Disc Golf Course

Welcome to Disc Golf, a low impact activity that everyone can play, regardless of age, ability, or gender. It's easy to learn, fun, and inexpensive – you can start playing with a single disc for less than \$10! Small wonder that it has become one of the world's fastest growing sports.

NATURE TRAIL

How it's played

Objective of the Game: Disc Golf is played like traditional golf, but with disc golf discs instead of balls and clubs. One throw (stroke) is counted each time the disc is thrown and when a penalty is incurred. The goal is to play each hole in the fewest strokes possible. The player with the lowest total strokes for the entire course wins.

Tee Throws: Each hole begins with a tee throw. Tee throws must be completed within or behind the designated tee area.

Lie: The lie is the spot where the player's previous throw has landed. Mark each lie with a mini marker disc or leave the thrown disc on the ground where it landed. The player's next throw is made from directly behind the marked lie.

Throwing Order: The player with the least amount of strokes on the previous hole is the first to tee off on the next hole. After all players have teed off, the player whose disc is farthest from the hole always throws first.

Fairway Throws: Fairway throws must be made from directly behind the lie. A run-up and normal follow-through, after release, is allowed, unless the lie is within 30 feet of the target. Any shot within 30 feet of the target requires that the player maintain balance and not move past the lie until the disc comes to rest.

Completion Of Hole: A disc that comes to rest in the disc golf basket or suspended in the chains constitutes the successful completion of that hole.

Courtesy Counts

Never throw when players or other park users are within range. Always give other park users the right of way. Be aware of your surroundings and environment at all times. Also:

- Remain quiet and avoid unnecessary movements while others are throwing.
- Stand behind the player who is throwing until throw is complete.
- Remove disc from basket after completing the hole.
- Help new players learn the rules.
- Allow faster groups to play through when possible.
- Pick up trash and put in proper receptacles.
- Do not alter the course (trees, bushes, etc.) in any way.

Remember the most important rule:
"The one who has the most fun wins!"



MAIN STREET