

# Disc Golf Study Guide

## I. The Basics

- The player making the fewest throws to complete a round wins
- The game was formalized in the 1970's
- The above-ground target became the standard target for disc golf
- Disc golf discs are thinner and smaller in diameter than a standard disc
- Disc golf discs have a beveled edge

## II. Types of Discs

- Driver- Travels fast and far
- Midrange- Used for shorter shots as you approach the target
- Putter- Blunt, used to finish the hole

## III. Game Play

- The first throw is made from a teeing area
- The player marks their lie, then plays the next shot towards the basket
- A player completes the hole by throwing their disc into the basket
- Each throw is counted and recorded on a scorecard

## IV. Types of Throws

- Backhand
  - Thumb on top of disc, rest of fingers below the rim of disc
  - Use a tight grip
  - Proper footwork is essential to a successful throw
  - Most players use a run-up to add power
  - Shorter shots require less of a run-up
  - Disc typically leaves hand at approximately 75 mph
  - Experienced disc golfers typically "drive" the disc 325-400 ft.
  - Variations of backhand
    - Hyzer- Outside edge tilted down, flies right to left
    - Anhyzer- Outside edge tilted up, flies left to right
    - Roller- Tip outside edge up more than anhyzer
- Forehand
  - Also called "sidearm" or "flick"
  - Not used as often
  - Grip with thumb on top of disc
  - Apply pressure to the rim of the disc with the index and middle finger
  - Maintain a tight grip throughout the throw
  - Most players use a run-up
  - Key is to keep the flight path of the disc low

- Thumber
  - Overhand throw
  - Used to clear high obstacles
  - Grip with the thumb against the rim of the disc
  - Throwing motion is similar to that of throwing a baseball
- Tomahawk
  - Same as the thumber, with the thumb gripping the top of the disc
- Putting
  - Two main types
    - Spin putt- In-line stance, weight shifts forwards, less follow-through
    - Pitch putt- Down and up throwing motion, strong follow-through

\*\*\*Both types of putts require a loose/delicate grip of the disc\*\*\*

## V. Rules

- Set by the Professional Disc Golf Association
- Stand quietly, away from throwers, while waiting for your turn
- Out-of-bounds- Mark your lie one meter in from where disc went out, 1 stroke penalty
- The “away” player takes the first shot
- Mark lie by placing mini-disc against the front of the disc on the ground, in line with basket
- You must have one point of support in contact with the ground directly behind the mini
- Within 10 meters of basket, you must demonstrate balance upon release of the disc
- Hole is finished when disc is successfully thrown into the basket

## VI. Scoring

- Like traditional golf, each hole uses the “stroke play” scoring system, which involves scoring based on your results at each hole.
- Each hole, depending on distance is given a “par” designation (Par 3, Par 4, etc.). The basic objective at each hole is to shoot at or below par. Players keep score on provided scorecards.
- Getting a throw into the basket in one throw is called an “**Ace**” or “hole in one”.
  - -2 (2 under par) **Eagle**
  - -1 (1 under par) **Birdie**
  - 0 (equal to par)
  - +1 (1 over par) **Bogey**
  - +2 (2 over par) **Double Bogey**