

Frisbee Golf

Teeing Off

The first throw on any hole is known as a tee throw. Each hole has a tee area from which you must throw your disc. One foot must stay in contact with the ground when throwing the disc, according to the PDGA. You may walk or run toward the tee area prior to releasing the disc and follow through past the tee area when you release the disc. Do not allow any part of your body to pass the boundary of the tee area prior to releasing the disc.

Subsequent Throws

The player whose disc is farthest from the hole is first to throw after each player has teed off. Your body cannot pass the mark of your last throw, except on the follow through. As with teeing off, you may walk or run up to the mark before releasing the disc. Courses are set up around trees, poles, and other obstacles, with specific directions for how each player must move around the obstacle. The directions are marked with arrows. You must throw your disc around the obstacle as outlined in order to continue to the hole.

Finishing a Hole

A hole on a Frisbee golf course is completed when you throw your disc into the disc-entrapment device, according to the PDGA. You complete the hole if your disc lands on the chains of the upper half of the entrapment device, or in the basket of the lower part of the device. Some courses require you to hit the marked area of an object in lieu of a disc-entrapment device. Keep score by adding up the number of throws it took to complete a hole. As with golf, the lowest score wins.

Read more: <http://www.livestrong.com/article/144237-rules-frisbee-golf/#ixzz23oLr6bTC>