

Disc Golf Basics

Tee Throws

Tee throws must be completed within or behind the designated tee area. Do not throw until the players in front of you are out of range.

Lie

The spot where the previous throw has landed, mark with a mini disc or turn over the thrown disc, directly towards the hole.

Throwing Order

After teeing off, the player whose disc is farthest from the hole always throws first. The player with the least amount of throws on the previous hole is the first to tee off on the next hole.

Fairway Throws

Fairway throws must be made with the foot closest to the hole on the lie. The other foot may be no closer to the hole than the lie. A run-up and normal follow-through, after release, is allowed.

Completion Of Hole

A disc that comes to rest in the Disc Pole Hole basket or chains constitutes successful completion of that hole.

Un-Playable Lie

Any disc that comes to rest above the ground is considered an un-playable lie. The disc must be thrown from the lie on the ground, directly underneath the un-playable lie. Relocated to avoid damage to the vegetation.

Out Of Bounds

If O. B. is visible between the disc and O. B. line? A throw that lands out of bounds, must be played from a point 3 feet in bounds from where the disc went out of bounds, permanent water hazards and public roads are always out of bounds.

Course Courtesy

Please pick up trash and help new players play by the rules. You are the one that makes it work. By your example, disc golf will change your life and theirs too. Remember the most important rule: The one who had the most fun wins! Tee off & fly freely.

Disc Golf Throwing Techniques

Different techniques used for throwing discs include the backhand, forehand and overhand. The backhand is the most commonly used technique.

Backhand

The backhand technique includes a series of steps used in throwing the disc. The technique is explained below.

Run-up

This is the first step in the process of throwing discs. In this step, the player gets into the position to throw. The body is positioned sideways, on the left, if the right hand is used to throw and vice versa.

Reach Back

In this step, the person rotates his hand backwards and gets ready to throw. The reach back helps generate power for the throw. When a player reaches back, care should be taken to keep the head steady.

Pull-through

The pull-through is the action of throwing the disc. The arm should be maintained parallel to the ground during a pull-through. The accuracy of the throw depends largely on how the arm moves through the air.

Follow-through

Though the disc is released from the hand during the pull-through, the follow-through too is an important step. The momentum of the pull-through action could break if the follow-through is not completed properly. The force applied on the disc is reduced if the momentum is broken.

Finish

This step is as important as any other step in throwing. During this step, the player tries to maintain the balance of the body. After the follow-through, there is a chance of the player losing his balance. To counter the forward force, the player swings his leg in a circular manner. The above steps are a part of the 'driving' technique. For midrange throws and putts, the force applied in the throws should be reduced.

Midrange

For midrange throws, quickness, and finesse are required, more than just raw power. If too much force is applied in throwing, the disc may flip over. Thus, to reduce the force, the body rotation during a reach back should be minimized. Instead of aiming at the target directly, the disc should be thrown slightly to the right. The disc curls in mid-air to the left and reaches the target. It requires a lot of practice to master this technique of throwing.

Putting

It is difficult to master putts, however, with enough practice one should be able to putt accurately. The effect of air on the trajectory of the throw should be considered during a putt. The disc is thrown either by holding it flat to the ground or in a 'nose down' position. During the release, the disc should be lofted up. Instead of applying muscle power in the throw, the technique of shifting weight should be used. While releasing the disc from the hands, the fingers should be used like a spring. This process resembles the action of throwing a dart.