

Map Key

- Tee Pad 
- Fairway 
- Basket 
- Trail to Next Hole 
- Park Trail 
- Road 

Basic Disc Golf Terminology

- TEE PAD** The location or designated area in which the first throw of the golf hole is supposed to take place from.
- THE BASKET** The goal. Once a disc comes to rest in the trapper basket, the hole is considered complete.
- THROW** The act of advancing the disc towards the basket. This can be accomplished by many different throwing styles: Backhand, Forehand, or, Rollers. Each throw is counted towards the player's score.
- LIE** The spot where the disc comes to rest. This is often marked by a mini-disc marker.
- PAR** Like in ball golf, each disc golf hole has a posted par. The par is the desired number of strokes that a player would need to complete the hole.
- DRIVE** Any throw off of the tee pad, or a throw from the fairway designed for maximum distance.
- APPROACH** Usually the second shot of a hole, designed to place the disc within putting distance.
- PUTT** The final throw(s) of the hole aimed at getting your disc to come to rest in the trapper basket. Any throw within the circle (10 meter radius).
- ACE** Known as a *hole in one* in ball golf. An ace occurs when a player makes their first shot, or drive, into the basket.
- THE CIRCLE** This is what helps define a true disc golf putt. If a player is throwing his/her disc at the basket within a 10 Meter, or 30 Ft, circle of the basket, they must follow an additional set of putting rules defined by the PDGA. Basically if you're in the circle, your disc has to come to rest in the basket before any part of your body touches past the mini marker towards the basket. Failure to do so can lead to a, *falling putt*, penalty stroke.



Keizer Rapids Park Disc Golf Course

Basic Rules of Disc Golf

- 1 BE EARTH CONSCIOUS DON'T LITTER!
- 2 Disc golf is played like ball golf, using flying discs. One stroke is counted each time the disc is thrown, and when a penalty is incurred. The winner is the golfer with the lowest score.
- 3 Tee throws must be completed within the designated tee areas.
- 4 After teeing off, the player whose disc is farthest from the hole always throws first. The player with the fewest strokes on the previous hole is first to tee off.
- 5 Fairway throws must be made with the foot closest to the hole on the spot where the last throw came to rest. The other foot may be no closer to the hole than the foot on this lie.
- 6 A run-up and normal follow-through, after the release, are allowed more than 10 meters from the hole. Inside 10 meters, a player may not step past his/her lie. "Falling" or "jumping" putts are not allowed inside 10 meters.
- 7 A disc that comes to rest inside the Disc Pole Hole basket or chains constitutes successful completion of that hole. A disc that comes to rest on top of the pole does NOT constitute a successful putt.
- 8 A disc that comes to rest more than 2 meters above the ground is considered unplayable. The disc must be thrown from the ground directly below the disc. 1 stroke penalty.
- 9 A throw that lands out-of-bounds must be played from the point where the disc went out-of-bounds. 1 stroke penalty is incurred. Water, roads, pavilions and walkways are normal disc golf out-of-bounds hazards.
- 10 Never throw until the players ahead of you are out of range, and until the fairway is completely clear of spectators and park guests.
- 11 Enjoy the game of disc golf! It's fun... it's fast... it's the sport of the future!

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