

## Disc Golf

Official rules for Disc Golf can be found through the Professional Disc Golf Association at <https://www.pdga.com/rules/official-rules-disc-golf>. If Disc Golf becomes an official sport of Special Olympics Minnesota, an SOMN handbook will be created. For now, here are some ideas to help your delegation get started.

### Equipment

- Disc(s) – Different discs are used for distances and control.
  - Usually around 8 inches in diameter.
  - Most players will have at least one driver, mid-range, and putter.
    - Heavier discs are used for shorter distances and less curves.
    - Lighter discs are used for longer distances and more curves.
  - An explanation on the numbered system for discs can be found [here](#).
- Cages/Baskets – One needed for each hole.

### Setup

- No requirements for hole distances, locations of baskets, or quantity.
- Most disc golf courses in Minnesota range from 9-18 holes and are free to use!

### How to Play

- One stroke is counted each time you throw a disc, and the goal is to get into the basket in as few strokes as possible.
- Like traditional golf, the lower the score, the better. Someone who ends the round at 43 strokes would have a better score than someone who scores 48 strokes.
- Legal throws include the following: overhand, forehand, backhand.
- Each hole starts with everyone throwing their tee shot.
  - After everyone tees off, the player who is farthest from the hole throws next.
  - The person who scores the lowest on the previous hole throws first on the next hole (honors).
- The lie is the spot where a player's throw lands. It is usually marked by turning over the disc that landed there.
  - When it is your turn to throw, you must throw from directly behind the lie.
  - If the throw is in the fairway (short grass in middle of hole), you are allowed to run up to the lie and throw before crossing the lie.
    - You are not allowed a running start if you are within 30 feet of the basket.
  - If your throw goes out of bounds (water, public roads, heavy woods, etc.), you must move your lie to a point in bounds near where it went out of bounds and add a stroke to your score.

### Possible Events

- Singles
- Doubles or Unified Doubles (Alternate Shot)