

## **Disc Golf 101**

### **The Game**

Just as in golf, players tee off and the next shot is thrown from the spot where the disc comes to rest. A marker (or disc) is placed on the spot where the disc lands and the next throw is released from just behind this spot.

### **Foot Placement**

On putts, players must release the disc and not step forward past the marker disc. On longer throws and putts over 10 meters (33 feet), players can step forward past the marker after the disc is released. One foot needs to be directly behind the marker on all shots. The other foot can be behind or to the side, but not ahead of the marker.

### **Group Play**

In group play, the player furthest from the basket throws first. Other players should not walk ahead of the player whose turn it is to throw. The player with the lowest score on the previous hole has the "honors" and tees first on the following hole followed by the player with the next lowest score. When players tie for lowest score on a hole, the honors carry over from the previous hole.

### **Basic Disc Golf Etiquette**

Allow the group in front of you to be completely out of range before throwing. If your disc is heading toward someone, always yell "fore" to prevent injury.

Allow faster players or smaller groups to play through if your group is holding them up. If your group is searching for a lost disc, please waive a waiting group through.

When players' throwing motion is obstructed by tree branches or bushes, they must not break or harm any vegetation in order to improve their throw. Loose branches, twigs and rocks on the ground can be moved if they are next to where the disc lands.

Do not litter the course. Pack all waste until you can dispose of it properly.

### **Tips on Disc Use**

Players should carry a towel to clean dirt and moisture from discs as dirt will adversely affect flight and a wet disc is difficult to grip.

While one disc can be used, most players should carry at least three – a longer range driver, a mid range and a putter. Long range drivers are fast, but more difficult to control. Mid range discs fly straighter. Putt/approach discs are easiest to control.

Beginners and those with less throwing strength should use lighter weight discs (140-155 g) and discs that are "understable" or neutral in flight.

More advanced players carry numerous discs as each has its own unique flight characteristics. More advanced players can throw heavier, more "overstable" discs (up to 175 g) that require more strength and technique. Disc manufacturers have different ways of rating disc flights, so it is best to visit manufacturers' websites and review the flight charts and explanations before choosing discs as all discs fly differently.

Visit [www.PDGA.com](http://www.PDGA.com) for complete rules of disc golf.

### **Basic Terminology**

**Backhand:** the traditional way of throwing a Frisbee®. All players should learn this throw as it is the most controllable with a variety of shot shapes.

**Forehand or Flick:** where two fingers are placed under the rim with the thumb on top.

**Roller:** the disc is thrown at a sharp angle so that when it lands, it will roll on its edge.

**Thumber:** a forehand throw where the thumb is placed under the rim.

**Pancake or Overhead Shot:** where the disc is thrown upside down at an angle.

**Hyzer for a Right Handed, Backhand Throw (RHBH):** the disc flight is right to left.

**Anhyzer for a RHBH:** the disc flight is left to right.

**Overstable:** describes a disc that has a strong tendency to fly right to left (RHBH). These are most useful into a headwind and for stronger players.

**Understable:** describes a disc that will turn over and fly left to right (RHBH). Beginning players and those with less power get more distance with these.

### **Playing in Wind**

Disc golf can be played effectively even under windy conditions although, for less experienced players, it can be a challenge. Players should use the wind rather than fight it. Disc selection and shot type play an important role.

A headwind will lift discs and want to turn them over, so heavier, overstable discs are thrown at a lower, more level flight angle.

For more distance, a lighter disc will carry longer with a tailwind.

When putting into a headwind the wind will lift the disc, so keep it level.

When putting with a tailwind, the wind will push the disc down so aim higher and throw harder.

### **Grips**

The two-finger forehand throw is popular and requires less effort for beginners. All players also should learn the backhand throw that is used in approaches and putts as well as drives.

For putts, the most common grip is one finger on the rim with the rest fanned out and underneath the disc.

For drives and mid range shots, the most popular backhand grip places four fingers under the rim.

The release or "hit" point is the first knuckle of the index finger. The thumb is pressing down on the rim,

while the fingers are pulling in toward the rim so that the disc is pressed into the crease in the thumb pad.

The grip pressure is fairly light until the hit point where, at the release, the index finger increases rim pressure to generate maximum spin and “snap.”

The wrist should be angled downward so that the disc lines up with the forearm during the throw.

### **Setup/Backhand Throw**

While setting up to throw, the disc should be held at the same angle of the desired release and kept that way throughout the throw, similar to aiming the clubface in golf and keeping it square.

### ***Throwing a Hyzer***

Angle the disc with a right to left tilt (RHBH) at setup.

### ***Throwing an Anhyzer***

Tilt the disc from left to right. Keep the disc close to the chest and reach back with a bent elbow, then release by quickly straightening the elbow and firming the wrist at the hit point as the disc rolls off the fingers ending with the index finger.

### **Putts**

Face the hole during putts with left foot back (RH) and shift the weight forward during the throw to generate momentum. Focus your eyes on the exact spot on the pole you want to hit.

### **Cross-Step Drive Footwork**

Maximum power! Three steps are used off the tee for backhand throws. The right foot steps forward and plants perpendicular to the target. Then, the body rotates back while the left foot steps forward crossing behind the right foot. Finally, the body unwinds toward the target while the right foot steps forward.