

Department of Recreational Sports | Intramural Sports

1v1 Disc Golf Information Sheet

Rules of the Game

1. The Game
 - a. The objective of disc golf is to throw a disc from a teeing area into each target basket in the fewest number of throws possible. The player that completes all 9 holes in the fewest number of throws is the winner of the match.
2. Equipment and Location
 - a. Any disc golf disc may be used however Ultimate discs may not be used.
 - b. Players are responsible for providing their own equipment.
 - c. Matches are played on the 9-hole Virginia Tech Disc Golf Course. The course is located next to the Virginia Tech Golf Course. To find the first tee, follow signs from the golf course's clubhouse.
 - i. *Note: players may agree prior to the match to play at any location during the regular season.*
3. Order of Play
 - a. Teeing order on the first hole is determined by the order in which the players are listed on the scorecard.
 - b. Teeing order on each remaining hole is determined by each player's score on the previous hole. The lowest score on the previous hole throws first.
 - c. If the previous hole was a tie, the scores are counted back until the order can be determined. This means whoever had the most recent lower score is first in the teeing order.
 - d. After teeing off, the player whose disc is farthest from the target throws first. Players must provide consent beforehand to throw out of order.
4. Teeing Off
 - a. At the release of the throw, the throwing player must have at least one foot or knee on the surface of the teeing area. The throwing player may not be touching outside of the teeing area until after releasing the disc.
 - b. For each hole there are two tee areas marked with a sign or orange/maroon markers.
 - c. Players must use the same tee areas as agreed upon before the start of the match.
5. Establishing Position
 - a. Subsequent throws after teeing off must be thrown from directly behind the resting place of the disc.
 - i. The throwing player must have a foot or knee within about 12 inches behind the front edge of the location of the previously thrown disc when releasing the subsequent throw.
 - b. When releasing the subsequent throw, the throwing player may not have a foot or knee on the ground closer to the target than the front edge of the location of the previously thrown disc.
 - i. Running up and releasing the disc while still behind the front edge of the location of the previously thrown disc is permitted.
 - ii. After releasing the throw (except for a putt; see Rule 5), momentum may carry the player past the initial resting place of the previously thrown disc.
 - c. If the disc comes to rest above or below ground level (i.e., stuck in a tree) its position for the next throw must be on the ground directly above or below where the disc came to rest.
6. Putting
 - a. Any throw from within 10 meters (about 33 feet) of the target is considered to be a putt.
 - b. When putting, the throwing player may not have either foot closer to the target than the front edge of the location of the previously thrown disc even after releasing the throw.
7. Holding Out
 - a. In order to hole out, the thrown disc must release the disc and it must come to rest supported by the chains of the target and/or resting in the inner cylinder of the target.
 - b. A thrown disc coming to rest on top of the target or hitting the target and not coming to rest as described above is not holde out.
8. Obstacles and Relief
 - a. Players may not move obstacles on the course.
 - b. Optional re-throw: A player may choose to re-throw from the previous lie at any time. A player choosing to re-throw from the previous lie has the original throw plus one penalty throw counted to the player's

score.

- i. Example: A tee shot goes in the wrong direction and a player wants to re-throw the tee shot. This second attempt of the tee shot counts as the third stroke for the hole.

9. Out-of-bounds and Lost Discs

- a. If a player's disc comes to rest out-of-bounds, they receive one penalty throw and may elect to play the next throw from the following locations:
 - i. The previous lie.
 - ii. Up to one meter away from the perpendicular to the point where the disc crossed out-of-bounds.
- b. A lost disc refers to any disc that is irretrievable.
- c. If a player loses a disc, they receive one penalty throw and the next throw is made from the previous line.

****Any additional rules not stated on this sheet will be determined by the Professional Disc Golf Association (PDGA) official rules, which can be found at: <http://www.pdga.com/rules>.****