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How to Play Disc Golf

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How to Play Disc Golf – The rules are similar to the rules used in the game of “Club Golf”

The rules are quite similar to the rules used in the game of “Club Golf”, including the matter of courtesy. It is only fair that your opponent’s turn to throw be without distraction, just as you would like it to be for yours. Do not throw your **disc** until you are sure its flight or landing, will not distract another player. Each hole starts with a tee-off, followed by subsequent throws until players reach the **basket**. Scoring is the same as ball golf. A stroke is counted each time the disc is thrown and when a penalty is imposed. Strokes are totaled to arrive at the game score. If completing in groups, the players with the fewest strokes wins. See [disc golf rules for recreational play](#) for more detailed rules.

Tee off order on the first tee will be by mutual arrangement or by flipping discs. The printed side is heads and the odd man should be first. Tee off order on all subsequent holes is determined by the score on the previous hole. The player with the lowest score tees off first.

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A marker disc is used to mark every throw and should be a special disc, like a pocket mini disc model that is not used in normal play. The thrown disc is always left on the lie, (where it came to rest,) until the marker disc is placed on the ground directly in front of and touching the disc. The thrown disc is then picked up.

Proper foot placement when throwing will require some practice. The foot that you put your weight on when you throw, i.e., the “plant” foot, must be as close as is reasonable to the front line of the tee or to the marker disc: in no case ahead of the line or disc, or more than 1 foot behind the line, or disc. The other foot can be any place you choose as long as it is no closer to the hole than the rear of the marker disc.

Follow through, (stepping past marker disc after throwing), is allowed on any throw except when putting, (any throw where the rear of the marker disc is within 10 meters of the hole). Falling forward to keep your balance after a putt is not allowed. This infraction is called a falling putt.

If the disc is stuck in a tree or a bush more than 2 meters above the ground, the marker disc is placed exactly beneath it and it is carefully removed from the tree. You have also just added one throw to your score. This is called a penalty throw. You may now proceed; however, take extreme care not to damage the tree or bush, or reshape them in any way to improve your throwing conditions. Some courses have “out of bounds” areas; or for the safety of the players. Observe the boundaries carefully and try to stay out. If your disc is “out-of-bounds”, i.e., you can see “out-of-bounds” area between the edge of your disc and the “inbounds” line, place your marker disc “inbounds” at the place where your disc went “out-of-bounds” and give yourself a one throw penalty. Again, please be careful of natural vegetation.

Water hazards are to be avoided because your disc will sink! If, however, you have been so unfortunate as to land in the water, play it like you do the “out-of-bounds” throw, and don’t forget to take a one throw penalty. If the disc is touching any shore above the water, it is “inbounds”. Standing water or mud on the course that is caused by sprinklers or rain is not considered “out-of-bounds” and the disc may be relocated to a dryer area no closer to the hole with no penalty.

A mandatory dog-leg is sometimes used to keep players out of alternate-use areas or to make a particular hole more difficult. It is normally designated as such on the tee sign. The arrow indicates the side and direction the disc must pass. If your disc goes on the wrong side, it can be thrown back on either side of the dog-leg and then passes as the arrow indicates.

Leave it better than you found it. Unfortunately, there are usually litterbugs found on every disc golf course. Hopefully, everyone else will get the idea sooner or later.

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12 Comments



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May 22, 2015 at 11:40 am

Great exercise and fun at the same time. Challenging and addictive. Played real golf for 40 yrs I like this better. Mostly nice people but a few jerks here and there. A nice getaway from the hustle and bustle of life.



Anonymous

May 10, 2015 at 12:52 pm

I wonder, what if you land your disc on a sidewalk or gravel path?



DGA

May 11, 2015 at 10:48 am

Generally sidewalks and pathways are out-of-bounds. A good course design avoids sidewalks and pathways where an errant disc might fly into areas where people may be walking. That being said, if the your disc lands on a sidewalk or gravel path that is not marked as out-of-bounds (OB), then it's still in play.



Malcom snipes

December 30, 2014 at 8:16 am

Wife got me a starter set for the Holidays and your articles have helped a newbie out.



Username*

March 6, 2014 at 6:26 pm

I'm Jim. I'm 48 yrs old started playing DG last april 2013. Love your site! Lots of help in rules and products. Played "ball" golf for 31 yrs. Never again!! Thanks again



Raoul Fleckman

January 27, 2014 at 8:48 am

Dear Mary,

I am thrilled to see Parks and Rec Managers realizing the recreational opportunities from this terrific sport. I have just recently started playing disc golf because my community built a new course last spring. Every time the temperature goes over 45 degrees the course fills up and there are probably 30 or 40 users that day. If the temp goes above 60 degrees there will easily be over a hundred users! I am talking about Denver Colorado in JANUARY!!

Good Luck!
RF



Mary Nelsen

November 22, 2013 at 1:55 pm

As a Parks and Rec Commissioner, I am gathering information to "sell" the disc golf idea for our small city. Where can I get more info on the baskets or holes. ?



DGA

November 22, 2013 at 2:31 pm

Hi Mary,

Thanks for your comment. The best place to get information about disc golf baskets is [here on the disc golf baskets page](#). This page goes into detail about:

What is a disc golf basket

Different types of disc golf baskets

And basket history

This page also shows the different models available and what they are best suited for. The [disc golf education section of the website](#) also has a ton of information to get you more familiar with the sport. If you have any questions don't hesitate to give a call 831-722-6037 or [drop us an email](#). Hope this helps.

Disc golf will be a great addition to your city and a great activity for the whole family!

Username*



November 4, 2013 at 1:58 pm

thanks,



Kristian Journet

August 23, 2013 at 6:41 pm

This website was great help



Steve Duke

January 4, 2013 at 6:37 am

Great info. Thanks for making it so concise.



James Brewer

July 20, 2012 at 12:26 am

I really enjoyed reading the rules that you laid out in your article. Thanks for the info. YOU solved several disagreements. Here in Bristol, VA no one take a penalty stroke when they throw out of bounds. I've been telling them "yea you do lose a stroke". ok thanks and have a nice day

Comments are closed.

DGA Contact Info

Disc Golf Association | DGA

73 Hangar Way

Watsonville CA, 95076

Phone: (831) 722-6037

Fax: (831) 722-8176

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