

# What is Disc Golf?

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Terms, Tips, Discs & More

Disc Golf is played much like traditional ball golf. Many of the same rules apply. Instead of a ball and clubs, however, players use a flying disc (or Frisbee). The object is to complete each hole in the fewest number of strokes (throws) with the disc coming to rest in the target basket. For each hole, play begins with a tee-off drive, a long throw from a designated tee position, usually made of cement or dirt. As a player progresses down the fairway, he or she must make each consecutive throw from the spot where the previous throw landed. This continues until the disc is putted (short throw) and lands in the basket.

There are obstacles, such as trees, bushes, and waterways, which provide a challenge for the players. Courses are usually 9 or 18 holes, and almost all are free - no green fees, no caddies to tip, no clubs to rent. Some courses on private land and some extra-special courses do charge a nominal fee, but playing there is worth a couple of bucks.

Disc Golf is a sport enjoyed by people of all age groups, from children to seniors. Since it is free (you only pay for the discs you use), folks from every economic status can enjoy disc golf. Anyone can play - everyone should!

**TYPES OF DISCS**

**Driver** A disc designed for long-distance, fast flight.

**Approach Disc** A disc, usually with more of a dome than a driver, designed for medium-speed, stable flights, for second drives and long putts.

**Putter** A disc designed for short-range stability, sometimes made from softer plastic than drivers so that it "sticks" in the chains.

**150 Class** Mostly for drivers, these discs weigh 150 grams or less.

**TERMS**

**Drive** The first (tee-off) throw on each hole intended to get close to the basket and allow good placement for consecutive putts/approaches.

**Approach** Usually the second throw meant to position yourself for the best putt possible.

**Putt** The final throw(s) of the hole aimed at getting your disc to come to rest in the basket.

**Par** The average number of throws it takes to complete a hole; most pros and advanced players play all holes as par 3, but all courses are different and have different pars.

**Stable Flight** Characteristics will be straight when released flat (parallel with the ground); a well-used disc will have a tendency to become understable in time.

**Overstable** When thrown straight, flight characteristics will usually demonstrate a sharp fade (to the left for a righty) or hyzer; a well-used disc will become stable in time.

**Understable** When thrown straight, the disc will usually anhyzer; a well-used anhyzer disc will just keep burning.

**Hyzer** When employing a backhand throw, the disc will have a tendency to fade or fall in the direction opposite the throwing arm; for righties, discs will turn to the left; with lefties, the disc will turn right.

**Anhyzer** When employing a backhand throw, the disc will have a tendency to fade or fall in the same direction as the throwing arm (opposite normal hyzer).

**Tomahawk** A type of throw in which you throw the disc overhandedly - more like a baseball by gripping the edge and releasing it vertically, throwing high and hard.

**Burn** When a stable disc becomes worn, it will lose its stability and may turn into an unwanted anhyzer.

**Spin** The speed of the disc's rotation (given to the disc during release).

**Snap** The quick-release employed by experienced players, much like snapping a wet towel in which the wrist is loose and acts like a rubberband.

**Velocity** The speed a disc is travelling through the air.

**Fade** Natural hyzer at the end of a throw.

**Deuce** Completing a hole in 2 throws.

**Birdie** Completing a hole in 1 stroke less than par.

**Par** Completing a hole in the designated average number of throws.

**Bogie** Completing a hole in 1 stroke more than par.

**Nose-Up** Throwing the disc with the front end (nose) tilted slightly upward, usually allowing a higher flight and strengthened hyzer.

**Nose-Down** Throwing a disc with the front end (nose) tilted slightly downward, used for throwing into the wind and for straight shots.

**O.B. Out** Of Bounds - any area designated as unplayable; one stroke is assessed as penalty.

**Mandatory** any area designated as O.B., that a player must play around on a certain side.

**Unsafe Lie** When a disc comes to rest in a place from which it is unsafe to execute the next throw (side of a steep hill, in the middle of a huge thorn bush, or where too many obstacles prevent a throw) - to be determined by all players or official.

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