

Description

Play a round of disc golf at the Cedar Lakes Conference Center. Not sure how to play? Follow the rules below:

Disc golf is played like ball golf except you throw a flying disc into a chain basket.
You keep track of the number of throws from the tee until your disc lands in the basket.
You may use a traditional Frisbee or discs made especially for disc golf.
You may throw the traditional 'across-the-body' style, sidearm, overhead or whatever.

Tee throw

Throw from within the tee box, an area 12' behind and 6' to the left side of the tee sign.
(Imagine a rectangle, 6 feet by 12 feet, with the right front corner being the tee sign post.)
You may take steps and even run up for a windup and throw, just release the disc before stepping past the tee sign.

The Lie

Where your last throw landed, grab the back edge (furthest from the hole) of your disc and leaving the front edge on the ground (so it acts like a pivot), flip your disc over towards the hole.
The Lie is the spot where the disc just vacated.
This Lie is where your lead foot must be when you release the disc on your next throw.
As in the tee throw, you may generate a windup but you cannot step past the Lie until you have released the disc.

Fairway throw

The person furthest from the hole throws first.
As with the Tee throw, you may take steps and even run up for a windup and throw, just release the disc before stepping past the current Lie.

Putting

The person furthest from the hole throws first.
Your lead foot must be on the Lie and your other foot cannot be ahead of the Lie.
You may step past the Lie with your follow-thru motion.
The disc is in the 'hole' only if it is resting in the basket or in the chains.

Unplayable Lie

If the disc is in a bush or tree, play it from underneath the tree or behind the bush, not any closer to the hole.
Please do not damage trees or bushes; you threw it there so don't take it out on them!

Other Rules:

Please don't leave litter/trash on the course.
Please do not damage trees or bushes.
Use a permanent marker to put your name & phone number on your disc, in case you lose it.
If you find a disc, please contact the owner so they may retrieve it (or leave the disc at the Registration office for the owner to retrieve it.)