SAFETY FIRST

Never throw when other players or people are within range. Always give non-players the right of way. Be aware of your surroundings and environment.

TEE THROWS

Each hole begins with a tee throw. Tee throws must be completed within or behind the designated tee area.

THROWING ORDER

The player with the least amount of strokes on the previous hole is the first to tee off on the next hole. After teeing off, the player whose disc is farthest from the hole always throws first.

COURSE COURTESY

• Remain quiet and avoid unnecessary movements while others are throwing
• Stand behind the player who is throwing until throw is complete
• Remove disc from basket after completing the hole
• Help new players learn the rules
• Allow faster groups to play through when possible
• Pick up trash and put in proper receptacles
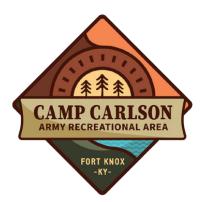• Do not alter the course (trees, bushes, etc.) in any way

FAIRWAY THROWS

Fairway throws must be made from directly behind the lie. A run-up and normal follow-through, after release, is allowed, unless the lie is within 10 metres of the target. Any shot within 10 metres of the target requires that player not move past the lie until the disc is at rest.

UNPLAYABLE LIE

Any disc that comes to rest above the ground is considered an unplayable lie. The disc must be thrown from the lie on the ground, directly underneath the unplayable lie, relocated to avoid damage to the vegetation.

COMPLETION OF HOLE

A disc that comes to rest in the basket or chains constitutes successful completion of that hole. The hole is not completed if the disc is resting on top of the basket.

SCORE CARD

HOLE	PAR								
Hole #1	3								
Hole #2	3								
Hole #3	3								
Hole #4	3								
Hole #5	3								
Hole #6	4								
Hole #7	4								
Hole #8	3								
Hole #9	4								
TOTAL									