

Standards:

PANPESK: Physical activity provides opportunities for self expression and social development and interaction

PANPE1: Competency in movement forms facilitates a desire to participate in and benefit from a lifetime of physical activity

PANPE2: Balancing daily physical activity and proper nutrition contributes to lifelong fitness and wellness

Objectives:

- Demonstrate proper throwing skills
- Demonstrate creativity when designing golf course
- Participate and have a working knowledge of Frisbee golf

Guiding Questions:

1. What have you learned about the sport and what do you like/dislike about it?
2. How could you apply what you have learned to other sports? How could you apply what you have learned to situations outside of sports? What might those situations be?

Introduction:

Disc golf appeals to people of any age and ability level. Rather than using a golf club and golf ball, the disc golfer throws a disc striving for power and accuracy. Play starts with a throw of a disc from a tee area, followed by succeeding throws played from where the disc comes to rest, and concludes when the disc is thrown into an above ground target at each “hole”. The target hole may be a post, tree, basket, or an official target, which is an upright pole with a basket suspended by chains. When the disc hits the suspension chains, it falls into the basket. There are several official targets on the market.

Because of the adaptability of Disc Golf, a course can be set up in any open area. A disc golf course, consists of 9 or 18 holes, and often includes trees, water, and other obstacles, which adds difficulty to the activity. Various disc flight paths are required to navigate the turns and hazards of the course. The objective is to complete a course in the fewest number of throws.

Course Design

All courses share the same basic elements of targets, tee pads, signage, topography and safety. Review the example map shown below of Munden Point Disc Golf Course in Virginia Beach, VA. The early casual courses had trees or fence posts in the woods as targets but now courses are being laid out in under-utilized parts of parks, schools and private land.

Tee Pads: The tee pad is a solid base from where you begin. Tee pads can be made of concrete, dirt, recycled rubber mats, mulch or other natural materials.

Signage: Signage is critical to a good course. You can make a better shot if you know the distances, par count, out-of-bounds, and layout for each target.

Topography: Disc golf courses utilize natural elements such as trees and shrubs for obstacles and elevation changes to make the course challenging. Keeping the environmentally conscience elements gives each course its own personality.

Targets: The first targets of a metal pipe put on a smaller pipe were called tonal poles due to the gong sound they made when struck by a disc. Metal baskets are now standard for most disc golf courses.

Etiquette: Disc Golf is a polite game, just like regular golf.

NOTE: Safety is one of the most important design elements on a course since most courses are in public parks where non-players use the same course spaces. Watch for all possible points of interaction with non-players.

Scoring and Rules

Scoring

The total number of throws it takes to complete a hole, plus any penalties determines the score for each hole. The final score for the course is determined by comparing each player's score to par (the number of throws set as a standard). Par for each hole usually ranges from 3 to 6, which is determined by hole difficulty.

The Lie

The lie on each throw is marked at the spot where the disc comes to rest. On the drive and approach shots, the player must not step in front of the marker before the disc is released. Any throw within 30 feet of the target is considered a putt.

Order of Play

- A. On the first hole, the order for throwing is decided by how the names are listed on the scorecard. All succeeding throws on that hole are based on the player who is furthest from the hole.
- B. On succeeding holes, the first throw from the tee is determined by the best score on the last hole.
- C. If the score is tied, the order is the same as that for the previous hole.
- D. To aid flow of play, a player who is not farthest away may play next if the away player consents.
- E. Throwing out-of-turn is a courtesy violation.

Excessive Time

- A. A maximum of 30 seconds is allowed to make a throw after:
 1. the previous player has thrown; and,
 2. the player has taken a reasonable time to arrive at the disc and mark the lie; and,
 3. the playing area is clear and free of distractions.
- B. If observed by two or more players of the group or an official.
 - A warning is given for the first excessive time violation.
 - A penalty throw is assessed for each subsequent excessive time violation in the same round.

One-Stroke Penalty

A one-stroke penalty is given:

- When an out-of-bounds disc is placed 1 yard from where it went out.
- When above ground (e.g., in a tree or bush) is placed directly below.
- If the lie is unplayable or unsafe, the disc is placed 5 yards from the original location but not closer to the hole.
- If a falling putt, where the player steps past the disc marker without the body momentarily stopping, is illegal.

Disc Types

Stable - A disc that has a straight flight path when it is thrown flat or level.

Overstable - A disc that has a hyzer like flight path when it is thrown flat or level (goes to the left for right-handed players and to the right for left-handed players when thrown backhand).

Understable - A disc has an anhyzer like flight path when it is thrown flat or level (goes to the right for right-handed players and to the left for left-handed players when thrown backhand).

Driver - A disc designed for fast, long-distance flight. Most drivers perform in an overstable manner.

Fairway Driver - A disc designed for medium speed, distance, and offers more stability than a driver.

Approach Disc - A disc designed for slower, more stable flight.

Putter - A disc designed for close-range, stable flight.

Mini - A small disc, which is used to mark a player's lie.

Throws

Throwing is the basic skill in disc golf although there is no standard way to throw. There are various grips, throws and styles used by players. There are two basic throwing techniques: **backhand** and **forehand**. The beginner should master the backhand throw which is the most common throw type. Many players use a run up during their drive, which builds forward momentum and increases distance.

Backhand Throw—the throwing arm moves across the opposite side of the body before release. The disc is pulled from back to front with either the right or left hand. Because of the potential snap on the disc, this throw creates more distance compared to a forehand throw.

Forehanded Throw—Place the middle finger straight, flat against the inside rim of the disc with the outer rim between the thumb and index finger. A right-handed person stands sideways, left shoulder forward; right arm pulled back to the outer thigh, disc at an angle, a flick of the wrist forward releases the disc about halfway across the body.

Tomahawk—is used to power a disc over tall obstacles. The throwing arm is overhand, like throwing a baseball. The top of the disc is facing the player's head. The disc is released at an almost vertical angle with a lot of speed and rotation causing a "barrel roll" as it arcs. The disc is in an almost straight-line path. A Thumber is thrown like a tomahawk but with the thumb on the inside lip of the disc

Turnover—A disc that flies to the right, when thrown by a right-hander using a backhand style. Opposite for left-handed throwers.

Fade—A disc that flies to the left, when thrown by a right-hander using a backhand style. Opposite for left-handed throwers.

Roller—A disc that is thrown in a manner that forces it to turn over hard in the air and hit the ground at a steep angle with rotation. This causes the disc to roll on its edge.

Helix —The helix flight characteristics create an "S" shaped pattern as the disc flies through the air. This is often used to traverse tight technical gaps.

Hyzer—The angle of release when the side opposite the player's grip on the disc is tilted toward the ground. A hyzer is a very common throw type and is popular because it allows the player to use more power and the natural flight characteristics of the golf disc to get the most distance from a shot. A typical hyzer shot is a long, graceful, arcing curve that turns left for right-handed players and turns right for left-handed players.

Anhyzer—This can be described as the opposite of a hyzer. The angle of release when the side opposite the player's grip on the rim of the disc is tilted toward the sky. The disc's flight characteristics will fall in the same direction of the throwing arm when thrown backhand.

Putt—this is normally thrown flat, with a very smooth release, so that there is very little hyzer or anhyzer aspects to the flight of the disc. The need for accuracy in putting requires the player to be stationary and relies almost entirely on the arms and wrists to get the disc to the basket. Putting styles include:

- **Putt**—common is the backhand throw where the disc is placed in a flat or level position.

- **Butterfly putt**—the disc is elevated over the throwing arm's shoulder in a flat position with the thumb placed near the disc's center and four fingers outside the disc's rim. Force is applied from the hand pushing the disc towards the basket in a flipping motion.
- **Turbo putt**—the disc is elevated over the throwing arm's shoulder in a flat position with the fingers and thumb in a spread position touching the inside of the rim. A spinning motion of the hand is made with a release at the basket.

Playing Strategies

1. Visualize the shot before throwing the disc. Look for any potential hazards or obstacles. Visualize the flight over or around these elements.
2. When a disc lands in a bad spot, throw it out into an advantageous area in preparation for the next throw. Attempting to take risks often leads to a bad score. Another option is to take a stroke penalty and move the disc 5 yards from the trouble spot for an open throw.
3. Don't gamble by attempting a putt that is too long. Lay-up with the throw, placing it close to the target. The long putt often leads to worse problems.
4. Master the backhand first. Later, learn new throws that help you get out of tough spots.

Safety

Safety is one of the most important design elements on a course because most courses are in public parks many non-players use the same spaces that the course inhabits. So when planning a course watching for all possible points of interaction with non-players is key to a great course.

Etiquette

Remember Disc Golf is a polite game, just like regular Golf.

Terminology

Ace A hole in one.

Birdie A score that is 1 under par.

Casual A hazard that is not designed as part of the course, such as standing water.

Clear A term indicating that a hole is ready for play.

Lie The spot where the disc comes to rest and where the next throw is taken.

Mandatory A flight path that is designed as a path that must be followed on a hole.

Mini A small disc used to mark the lie.

Par A score that is required in order to complete the hole.

Putt A throw made from within 30 feet of the target.

Roller A disc that advances by rolling.

Safari golf Players make up different holes from an existing course.

Taco A term for a warped disc that has been damaged by hitting a hard object.

Tee pad The area on each hole that is designated as the place to begin.

Worm burner A disc that takes a down angle, resulting in a premature landing.

Student Practice:

M6 L3.1 Forehanded Frisbee Throw

In this laboratory activity, you will discover, understand, and apply the concepts and skills related to Forehanded Frisbee Throw.

Instructions: A forehanded Frisbee throw is more complicated, but just remember - practice makes perfect! Review following tasks:

1. Place your middle finger straight and flat against the inside rim of the Frisbee so that the outer rim is between your thumb and your index finger.
2. If you are right handed, stand sideways with your left shoulder forward, pull your right arm back to your outer thigh, keeping the Frisbee at an angle, and flick your wrist forward, releasing the Frisbee about halfway across your body.
3. In the Activity Log, record your activities including dates and duration of play. Make sure to provide a response to the reflection question.
4. Upon completion, upload the document to Bb.

M6 L3.2 Regulation Game Play

In this laboratory activity, you will discover, understand, and apply the concepts and skills related to Forehanded Frisbee Throw.

Instructions: Play three regulation games of Disc Golf.

Alternative: Bowl three games on the Wii or Xbox Kinect.

In the Activity Log, record your activities including dates and duration of play. Make sure to provide a response to the reflection question. Upon completion, upload the document to Bb.

Publications:

Gregory, S. *Disc Golf*. Duluth, MN: Trellis Publishing, 2003.

Web Resources:

<http://www.discgolf.com/> Disc Golf Association founded by the creator of the Frisbee and disc golf Ed Headrick. This site offers helpful information, articles, instructional videos, rules, tips about course design and difficulty levels, and news and events related to national and international competitions.

<http://www.pdga.com> Professional Disc Golf Association this site offers helpful information, articles, instructional tips, and other course design information.

<http://discgolfcourses.org/> this site is a directory of every disc golf course in the United States and includes information about some international courses.

<http://www.innovadiscs.com/home/about-us.html> this site offers helpful information, articles, instructional videos, rules, and other disc games.

<http://www.collegediscgolf.org> This site offers information about disc golf at a college level and The National Collegiate Disc Golf Championships.

<http://www.sndg.org/> this site provides information about the Southern Nationals Tournaments.

<http://www.discgolf4women.com/> Information about disc golf involving women.

<http://www.dgcoursereview.com/> DGCourseReview provides reviews of disc golf courses across the globe. There is a search engine to locate courses at different skills

levels and a search engine to locate different styles of discs. This site also has videos and highlights of recent competitions.

<http://discsunlimited.net/disc-types/distance-drivers> This retail site provides information about disc types and a summary of what types of discs the top players are using.

<http://www.ddga.org/> The Deaf Disc Golf Association feature events and resources for people who are hearing impaired or deaf.