

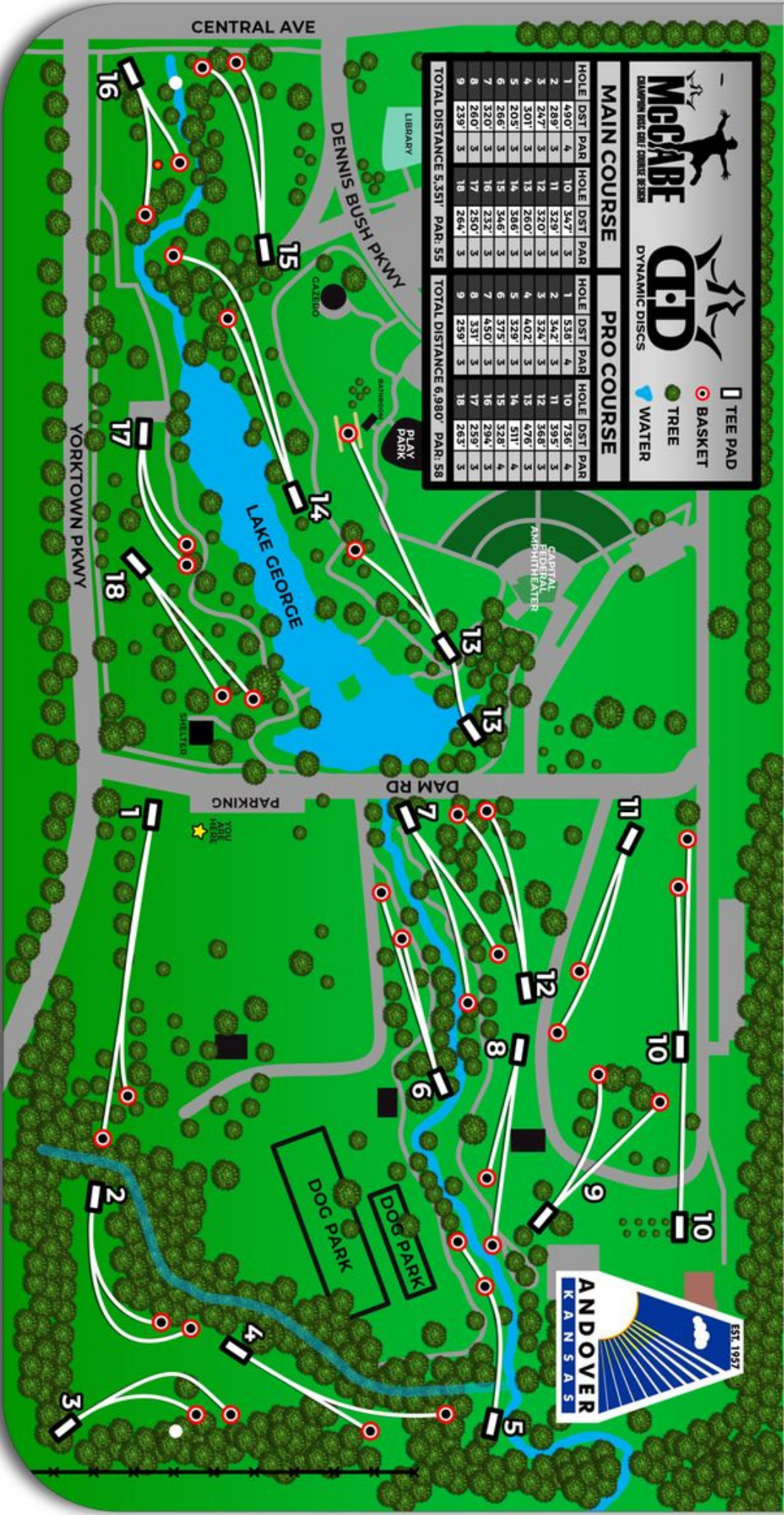
CENTRAL PARK

DISC GOLF COURSE



- TEE PAD
- BASKET
- TREE
- WATER

MAIN COURSE				PRO COURSE				
HOLE	DST	PAR	HOLE	DST	PAR	HOLE	DST	PAR
1	490'	4	10	347'	3	1	538'	4
2	289'	3	11	329'	3	2	342'	3
3	247'	3	12	320'	3	3	324'	3
4	301'	3	13	260'	3	4	402'	3
5	205'	3	14	386'	3	5	329'	3
6	266'	3	15	346'	3	6	375'	3
7	320'	3	16	232'	3	7	450'	3
8	260'	3	17	250'	3	8	331'	3
9	239'	3	18	264'	3	9	259'	3
TOTAL DISTANCE 5,351'				TOTAL DISTANCE 6,980'				
PAR: 55				PAR: 58				



Disc Golf Rules

The following are the disc golf rules for recreational play. The rules are simple and are easy to learn and are meant to give the basic framework for playing the game.

Objective

The objective of the Game Disc Golf is played like traditional “ball” golf, but with flying discs instead of balls and clubs. One point (stroke) is counted each time the disc is thrown and when a penalty is incurred. The goal is to play each hole in the fewest strokes possible. The player with the lowest total strokes for the entire course wins.

Safety First

Never throw when players or park users are within range. Always give park users the right of way. Be aware of your surroundings and environment.

Course Courtesy

- Remain quiet and avoid unnecessary movements while others are throwing.
- Stand behind the player who is throwing until throw is complete.
- Begin next hole once the player (s) ahead is finished.
- Remove disc from Disc Pole Hole® after completing the hole.
- Help new players learn the rules.
- Allow faster groups to play through when possible.
- No Littering, pack it in; pack it out.
- Do not alter the course (trees, bushes, etc.) in any way.
- Do not climb, hang, or mark on baskets and tee signs.

Basic Rules

Disc golf, like any other sport, has basic rules that all players must follow. Some of these rules include:

- One stroke is counted each time a disc is thrown and each time a penalty is incurred.
- A 1 stroke penalty is incurred when a players' disc goes out-of-bounds or in a water hazard.
- Typical par for an 18-hole course is 54. Par on each hole is 3.
- The object of disc golf is to acquire the lowest score.
- Tee throws must be completed within the designated tee pad area.
- Your lie is the spot where your previous throw landed.
- Your lie can be marked by simply turning over the thrown disc.
- You must throw from behind your lie but can follow through and step over your current lie.
- Once your lie is within 10 meters of the basket, you must maintain balance and not step over your lie until the disc comes to rest inside the basket or target.
- A hole is completed when your disc comes to rest inside the basket or target.
- Yell “Fore” if disc is heading towards someone.
- Lowest score tees off first. After the tee throw the players whose lie is farthest from the basket throws first.
- Fairway throws: must be made from a lit position. A run up and follow through is permitted.
- Putt: within 10 steps of the basket, a player may not step past lie when attempting a putt throw.

