Hole	1	2	3	4	5	6	7	8	9	otal
Par	3	3	4	3	3	3	3	3	3	To
Players										

Rules

- 1. Players tee off from the red or white marked tee areas. Check that other golfers and park users are out of the way. Confirm there are no roller skiers along any paved trails that cross with the current hole before teeing off.
- 2. The spot where your previous throw landed is called the "lie". Your next throw must be taken with your front foot within 8 inches of your lie directly behind the disc and no wider than the disc width itself to the left or right of this spot. A run up to your throws is allowed.
- 3. Any disc that lands above the ground (in a tree or bush), is assumed to be on the ground in terms of its lie. The player throws from standing directly beneath the disc with their front foot within the 8 inch/disc width area (see above).
- 4. If a disc lands in an out of bounds area, the player throws from the closest point of where the disc was last in bounds. That player takes an additional stroke penalty for going out of bounds.
- 5. Because the Whistler Olympic Park forests are so dense, we consider a disc that lands in the forest to be optionally out of bounds to allow for an easier next throw, with the same one stroke penalty. The player can choose to throw from within the forest without a stroke penalty, or from the closest point on the path where the disc went into the forest with an additional stroke penalty.
- 6. After teeing off, the player who is furthest from the basket plays next. The rest of the group stands behind the thrower for safety. After that player has gone, the group proceeds to the next furthest disc from the basket. In some cases, this may be the same player who has just thrown.
- 7. The player with the least number of throws on the previous hole tees off first on the next hole.

Disc Golf



