GENERAL

Disc Golf is played like regular golf, only using a flying disc. One point is counted each time the disc is thrown and when a penalty is incurred. The object is to acquire the lowest score, (without cheating).

TEE THROWS

Tee throws must be completed within or behind the designated tee area. Do not throw until the players in front of you are out of range.

LIE

The lie is the spot where the previous throw has landed; mark with a mini disc or turn over the thrown disc, directly towards the hole or dog leg.

THROWING ORDER

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

FAIRWAY THROWS

Fairway throws must be made with the foot closest to the hole on the lie. The other foot may be no closer to the hole than the lie. A run-up and normal follow-through, after release, is allowed.

DOG LEG

A dog leg is one or more designated trees or poles in the fairway that must be passed as indicated by arrows. Until the dog leg is passed, the closest foot to the dog leg must be on the lie when the disc is released.

COMPLETION OF HOLE

A disc that comes to rest in the Disc Pole Hole® basket or chains constituted successful completion of that hole.
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. A disc may also be relocated to avoid damage to the vegetation.

OUT-OF-BOUNDS

A disc is out-of-bounds if out-of-bounds territory is visible between the disc and the out-of-bounds line. A throw that lands out-of-bounds must be played from a point 3 feet in-bounds from where the disc went out of bounds; permanent water hazards and public roads are always out of bounds.

PENALTIES

Recreational players will not be penalized for rule infractions. Other players will keep you honest.

COURSE COURTESY

Please pick up trash and help new players play by the rules. You are the ones that make it work. Remember the most important rule: The one who had the most fun wins! Tee off & fly freely.

PLAYER CONDUCT

A. Ejection from a game results in immediate suspension of that player from all Intramural sports until he/she meets with the coordinator of the sport.

B. The officials and supervisors have authority both during and after the game. Unsportsmanlike conduct during any of these times is unacceptable.

C. Any players involved in pushing or shoving outside of normal game contact will be ejected from the game. This will call for immediate suspension from all intramural activity until they meet with the coordinator of the sport. (Minimum suspension of that game and one additional game.)

D. No alcohol or tobacco products are allowed.

ELIGIBILITY

A. Any person found to be ineligible (not a legal participant) will result in disqualification.

B. Any player participating under an assumed name or while ineligible will be suspended for a minimum of ten school weeks.
Injuries and Assumption of Risk

Warning: You may suffer physical and/or mental injury from participating in Intramural activities. Participation in the Intramural and Recreational Program is completely voluntary. Individuals participate at their own risk and assume responsibility for their own health and safety. Iowa State University and the Intramural Recreation Office are not liable for injuries sustained during participation in any Intramural and Recreation sponsored activity. It is strongly recommended that all participants consult a physician and/or have a physical exam prior to participation.

All injuries should be reported to the Intramural supervisor on duty, and a complete report of the injury should be recorded on the proper form. This report, when appropriate, should be completed at the activity site. It will be kept on file in the Intramural Office.

QUESTIONS/CONCERNS/SUGGESTIONS: Contact the Sport Director:
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2123 Beyer Hall, 294-4186