**Disc golf**

**Disc golf is played very similar to ball golf (even mini golf), but you are using a flying disc. In Phys. Ed. Class we are using ultimate frisbees.**

**Terms**

**Stroke -** A throw or a shot

Hole – The entire play area (example, hole #1, hole #2, etc.)

Tee box/Tee pad – The designated area where you throw your first shot

Tee off – The first shot that begins the hole. Played off the tee box/tee pad.

Par – The amount of throws/strokes/shots it should take to get the disc into the basket

Birdie – one stroke under par

Ace – A “**hole-in-one**.” Throwing the disc into the basket from the tee box/tee pad in one throw.

Bogey – one stroke over par

Scorecard – a card that contains all players scores.

|  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
|  | **Hole #** | **1** | **2** | **3** | **4** | **5** | **6** | **7** | **8** | **9** | **total** |
|  | **Par** | **4** | **4** | **5** | **3** | **4** | **5** | **4** | **3** | **4** | **36** |
|  | **Feet** | **260** | **273** | **307** | **150** | **228** | **322** | **235** | **116** | **240** | **2,131** |
| **1** | **Name:** |  |  |  |  |  |  |  |  |  |  |
| **2** | **Name:** |  |  |  |  |  |  |  |  |  |  |
| **3** | **Name:** |  |  |  |  |  |  |  |  |  |  |
| **4** | **Name:** |  |  |  |  |  |  |  |  |  |  |

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Scorecard

**Objective**

**Is to acquire the lowest score.**

**Players attempt to throw a frisbee disc from a tee box into a standing basket hole.** When you throw the first disc, go to the spot it landed. Your next throw will be from that spot. Continue by throwing the disc then go to that spot. Throw again and again until you’re able to throw the disc into the basket or the basket chains. Take your score (*the number of strokes*) and put it on a **scorecard**. Add up the scores from all your holes. Lowest score, or whoever had the least number of throws, wins the round.

A round of golf typically consists of 9 holes or 18 holes.