

# Frisbee Golf Rules

**General:** Frisbee golf is played like ball golf. One stroke is added each time the frisbee is thrown and when a penalty is incurred. Players will keep a running total of strokes for each hole on their own scorecard. The object is to obtain the lowest possible score. Write down your score after completing each hole.

**Lie:** The area where the frisbee landed. Throws must be attempted from behind the lie.

## Order of Tee Off:

1. The players predetermine teeing order on the first tee area. Flip a coin to determine who tees off first on the first hole.
2. The score of the previous hole with lowest score throwing first and so on determines teeing order on all subsequent tees.
3. After all players in the group have teed off, the player farthest from the hole, (the away player) throws first.
4. Other players should remain behind that players lie until he has completed his throw.

## Throwing Rules:

1. When a player releases a frisbee, one foot must be in contact with the ground. Running up to the tee off area before releasing the first throw of a hole is allowed.
2. Subsequent throws after the tee off must be made with one foot in contact with the ground. No running approach may be made.
3. All shots for each particular team should be played from the spot where the best shot landed out of the participating players. Mark your spot. Your foot must be on or behind your marker when you release the frisbee.
4. Do not move toward a thrown frisbee until all players have finished their shots.
5. Players may not throw a second Frisbee from a lie or retrieve a Frisbee and throw again.
6. Once one player makes contact with the hole, the rest of the team members may move on to the next tee.

**Fairway Throws:** Fairway throws must be made with both feet behind the lie. Under no circumstances can any part of the body touch ground in front of the lie.

## Out-of-bounds:

1. A frisbee is considered out-of-bounds only when it comes to rest and it is clearly and completely in the out-of-bounds area.
2. A player whose frisbee is considered to be out-of-bounds shall receive one penalty throw. The player shall move the frisbee to a point in-bounds not more than one meter from the out-of-bounds area and no closer to the hole.

**Putting:** A putt is considered successful when it comes to rest in the basket or chains. The play for each hole is completed when the frisbee comes to rest in the basket or chains.

OR

**Hole Out:**

1. A frisbee is considered to be holed out when the thrown frisbee leaves the throwers hand and contacts the object designated at the "hole".
2. Play resumes again at the next designated tee.

**Unplayable Lie:** Any frisbee that lands more than six feet (or arms reach) above the ground is considered an unplayable lie and should be played from the ground directly below the unplayable lie, with one (1) stroke penalty.

**Course Courtesy:**

1. A spotter must be sent ahead to look for pedestrians before teeing off. Be careful of and courteous to pedestrians around the course. Give pedestrians plenty of time to clear the "fairway" before making your shot.
2. Players shall not throw until they are certain that the thrown frisbee will not distract another player or potentially injure anyone.
3. Players shall not produce disturbing noises or provide any distractions when another player is throwing.
4. All players in a group shall assist in searching for a lost frisbee.
5. When throwing through the Decker Breezeway, the doors on both sides of the building need to be guarded by the players waiting to throw, in order to watch for pedestrians.

**Score:** The lowest score out of all team members is recorded per hole. The total score will be the accumulation of each individual hole's score. The lowest score out of both teams wins the game.

**Reporting Your Score:** The captain, or one player, from each team needs to verify the team that won and the team that lost at the end of the game. One captain or team member from either team needs to report the win or loss to the CAB office after the game or early the following day.

**Obstacles and Relief:**

1. Players may not move, alter, bend, or hold back any part of an obstacle between the lie and the hole.
2. A player may receive relief from: casual water on the course, loose leaves or debris, broken branches no longer connected to a tree, harmful animals or insects. The player may first attempt to remove the obstacle. Second, the player may relocate the frisbee no more than 5 meters from the obstacle and at a point no closer to the hole.
3. DO NOT climb any buildings to retrieve a frisbee. Do not put yourself in jeopardy to retrieve a wayward frisbee.
4. If a player loses their disk in the Decker Breezeway, then that player is out. DO NOT call security.

**Player Misconduct:**

1. Misconduct will result in a player ejection
2. Misconduct includes:
  - Any use of profanity
  - Extensive abuse of the facilities and / or equipment
  - Excessive arguments with the officials
  - Unnecessary rough play
  - Fighting

Any player ejected from a game must make an appointment to discuss the situation with the Intramural Director before they will be allowed to participate in any intramural activity.

**Miscellaneous:**

1. Teams will be required to pay a \$10 entry fee
2. Teams consist of three people
3. GOLF DISCS ARE PROHIBITED FROM USE IN IM FRISBEE GOLF.
4. Only regular-sized Nova-like frisbee (175-180 g) may be used.

**Resources**

<http://library.thinkquest.org/25034/playing-rules.html>

[http://www.blinn.edu/imsports/rules/discgolf\\_f03.doc](http://www.blinn.edu/imsports/rules/discgolf_f03.doc)

<http://www.hope.edu/student/development/intra/rules/fris.html>

<http://cornellcollege.edu/intramural/FrisbeeGolf.htm>