

Here's how to play disc golf

1. The aim of disc golf is to get the disc from the tee into the metal basket in as few throws as possible.
2. You take the next throw from where you have already landed. The furthest player from the basket has the next throw.
3. The hole closes when the disc is in the basket.
4. The winner is the player with the least number of throws after all holes have been played.

Don't be afraid to ask! If you're unsure about anything, ask the other players on the course.

Equipment

To play disc golf, you need a disc (a heavier, specially adapted frisbee). One disc is enough to start with. More experienced players bring around 20 discs, all with different flight characteristics.

If you find a disc on the course, try to return it by contacting the owner or placing the disc in the designated place for 'found discs'.

Conduct & etiquette on the course

Disc golf is based on the principle of fair play and respect for fellow players, the course and the surroundings.

1. Don't harm nature, it is part of the course.
2. Take your rubbish home.
3. Don't throw if you would risk hitting someone.
4. Let faster players/groups pass.
5. Keep the noise down, even if things are going badly.

Remember -you are part of someone else's experience!



Each hole closes when the disc is in the metal basket.

Mer information om discgolf

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More information about disc golf

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Više informacija o disc golfu

Discgolf hakkında daha fazla bilgi

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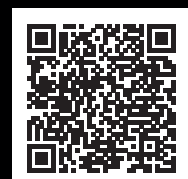
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Weitere Informationen über Discgolf

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www.svenskdiscgolf.se