

## Is disc golf similar to regular golf?

Disc golf is scored similar to golf, but that's where the similarities end. Specially designed discs and a basket mounted to a pole set in the ground replace the ball, clubs and hole. Anyone who can throw a common Frisbee® can play disc golf — it just takes a little bit of practice and some walking.

Disc golf also has relatively low capital and maintenance costs, compared to other recreational installations. It is environmentally sound because the courses don't require a lot of maintenance, and part of the fun is using natural obstacles such as trees, bushes and shrubs to make things more challenging. Disc golf can also be played year-round in all climates.

## How is disc golf played?

Instead of hitting a ball into a hole, as in golf, you throw a streamlined-looking Frisbee® disc into a supported metal basket. The goal is the same: to complete the course in the fewest number of shots. A golf disc is thrown from a tee area to each basket, or the hole. A short hole (par 3) is no more than 150 feet, but they can be much longer, depending on the par of the hole. As players progress down the fairway, they must make each consecutive shot from the spot where the previous throw landed. Finally, the putt lands in the basket to complete the hole.

## What does a basket look like?

On a professional course, each playable hole has a basket mounted on a pipe that's anchored to a cement pad. The baskets are approximately five feet tall, and have loose chains fastened to the top and bottom of the basket to help dampen and catch discs upon impact. Portable baskets are also available, which feature the same type of design.

## What does one need to play?

Even then, baskets aren't required for playing a round of disc golf. All one really needs is a set of discs that are readily available online. Discs range from about \$8 to \$20, depending on the style and plastic. The best way to get started is with a putter, mid-range and driver. Putters are shaped much like regular Frisbee® with a deep dish to allow for greater control without much distance. Drivers, however, have a shallow dish and streamlined edges to create a higher topspin. The result is an average drive of about 200 feet, but many professionals claim to throw at least twice that distance.

## Who can play?

The simple answer is: everyone. In studies measuring participation in recreational activities, throwing a Frisbee has consistently been a top-ten activity. A disc golf course serves a broader portion of the community than many narrower interest activities with higher cost, skill or fitness levels required to even begin to play. Men and women, young and old, and families with small children can all play disc golf — it's really just a walk in the park. Because disc golf is so easy to understand and enjoy, no one is excluded. Players merely match their pace to their capabilities and proceed from there.