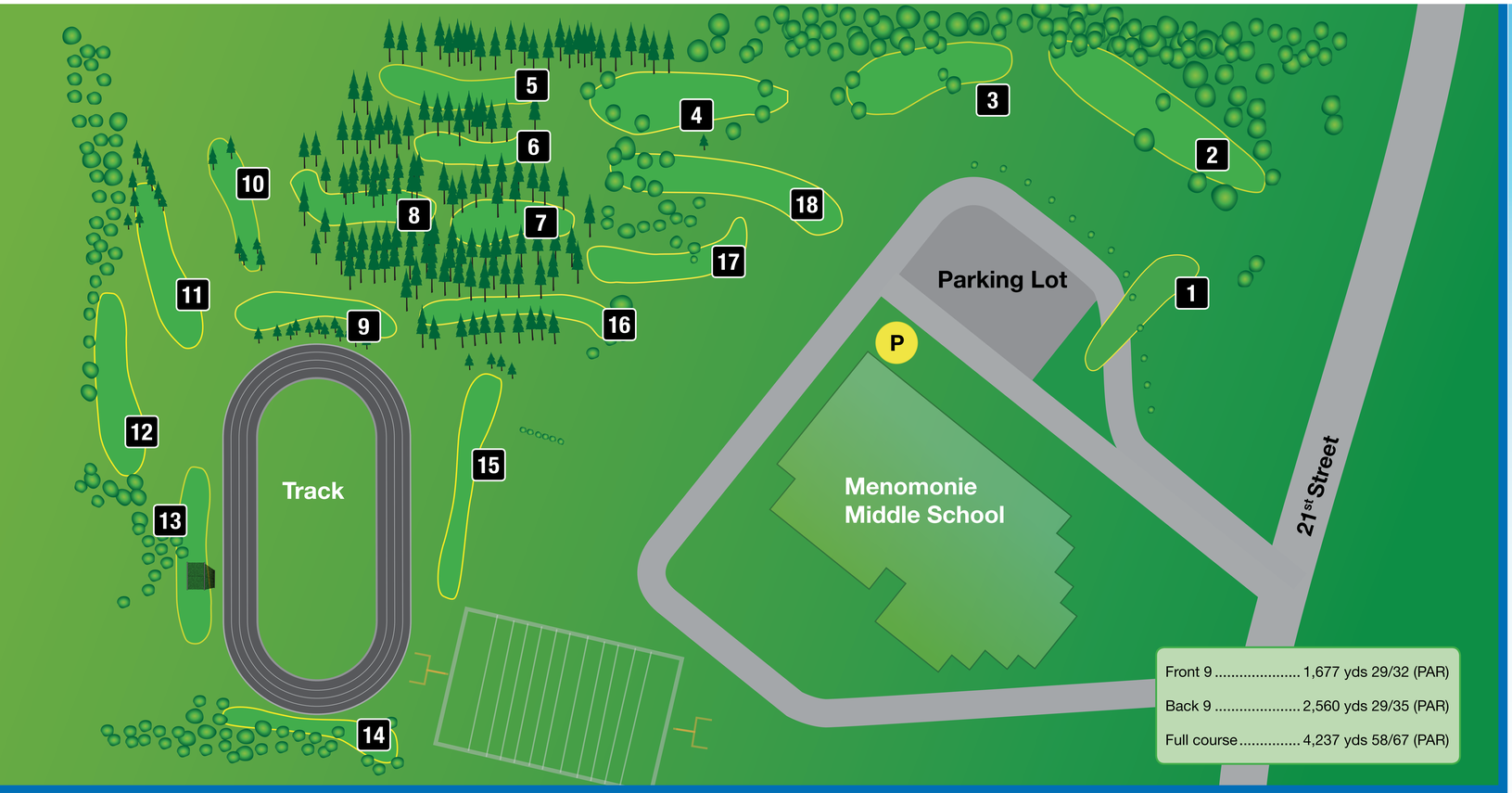
MAYO CLINIC
HEALTH SYSTEM

DISC GOLF COURSE



Front 9 ..... 1,677 yds 29/32 (PAR)

Back 9 ..... 2,560 yds 29/35 (PAR)

Full course ..... 4,237 yds 58/67 (PAR)

	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18
	170’	264’	175’	230’	198’	140’	140’	160’	200’	200’	220’	205’	270’	350’	330’	250’	305’	430’
PAR	3	4	3	3	4	3	3	3	3	3	3	3	3	4	3	3	3	4
ADULT	3	4	3	4	5	3	3	3	4	3	4	3	4	5	4	3	4	5
YOUTH																		

Rules

Disc golf is played like traditional golf using flying discs. The goal is to complete the course in the fewest number of throws (strokes) possible.

Safety and courtesy: Do not throw until all other players, students or vehicles are completely out of range. Do not walk in front of the player in your group that is throwing next. Remain quiet while others are throwing. Avoid distracting movements.

Tee off: Tee throws must be released from within or behind the designated concrete tee box.

Lie: The spot where the disc lands. If it lands above ground, play from directly beneath it.

Throwing order: After teeing off, the player that is furthest from the target throws first. The player with the lowest score from the previous hole tees first; the person with the highest score tees last.

Fairway throws: Fairway throws must be made from behind the lie. A run up and follow through is allowed as long as the disc is released before crossing the plane of the lie with the plant foot.

Putting: Within 10 meters (~33 feet), a player may not step past the lie (follow through). Falling or jump putts are not allowed, unless outside of 10 meters.

Completion of a hole: The hole is complete when the disc comes to rest in the basket tray or is supported by the chains. Wedged discs on the outside of the basket tray and a disc on top of the upper rim do not count and require another throw.

Out of bounds (OB): If a disc lands in an area that is designated as out of bounds on the tee sign map, the player gets one stroke penalty. The player can either rethrow from the previous lie, throw from the drop zone, if provided, or play from the last point where the disc crossed the inbounds plane. If choosing to play from where the disc crossed out of bounds, the player can move one meter (3 feet 3 inches) in bounds.

Casual water: Relief is provided if a disc lands in water that is not always evident on the course. The player throws from a lie behind the water that is in line with the original throw and the basket

Course

1. Course is open to the public from sunrise to sunset.
2. Be respectful of all school activities. School activities take first priority over the golf course.
3. Keep this course looking nice. If you pack it in, pack it out. If you see trash on the course, please pick it up.
4. Course is alcohol, tobacco and drug free.
5. Perfect your putting skills: try the Around 9 game on the practice basket, located near the gymnasium. P
6. Have fun!

Playing Formats

Disc golf can be played many ways.

Singles — all players are competing against each other; better yet, you are playing against your own best score.

Doubles/partners — two players competing against other teams of two players in best shot, alternating shot, worst shot and other formats, or multiple rounds of each.

Team match play — typically consists of six to nine individuals competing against other teams of the same size; usually, each player has a different rating, class grade, gender or all three. Each hole is played head-to-head and counts as a win, loss or push. The team that has the most players that won the majority of their holes wins. This works great for a playoff bracket system.

For more detailed rules, visit the Professional Disc Golf Association at pdga.com.

Discs are available for purchase at your local sporting goods store.