**DISC GOLF STUDY GUIDE**

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* If there isn't a course in your area, ***YOU CAN*** still play disc golf! It is inexpensive and easy to play.
* The Wrist Snapper *is* ***NOT*** a disc golf throwing technique. The following throws are throwing techniques used in disc golf.. thumber, chicken wing, roller, hammer/tomahawk, backhand, forehand.
* Discs are made out of plastic.
* A “mandatory” is a directional obstacle in disc golf.
* Talking loudly and yell while another player is throwing is ***not proper*** disc golf etiquette!! Proper disc golf etiquette is
	+ Yelling fore if someone could be hit by your throw.
	+ Letting the player farthest from basket goes first.
	+ Waiting for the group in front of you to finish before you begin.
* A “lie” is where the disc lands after you throw.
* A “pin” is the object you are aiming to hit to end a hole.
* A “tee-off” is the place where the first throw must be made at a hole.
* When a player yells “fore” it means to protect your head.
* After everyone in your group has taken their FIRST throw from the tee-off, the person farthest from the hole is the next person to throw.
* Getting “par” in disc golf means that you got to the pin in the designated amount of strokes (average).
* Getting an “eagle” in disc golf means that you got to the pin in two less strokes than par (two under par).
* Getting a “birdie” in disc golf means that you got to the pin in one less stroke than par (one under par).
* Getting a “bogie” in disc golf means that you got to the pin in one more stroke than par (over par).
* Disc golf is a popular lifetime fitness sport available for people of all ages.
* You do not have to be in excellent physical condition to play disc golf. All ages, in any physical condition, can play!
* The object of the game is to traverse down a course from beginning to end in the fewest number of throws of the disc.
* A hole encompasses the entire playing area from the tee-off to the pin.
* The equipment and fee’s to play disc golf recreationally is very **inexpensive** and costs nearly nothing!
* The object of disc golf is to score the least amount points/throws compared to your opponents.