

BEGINNER CHEAT SHEET

discgolf.nz - your quick start guide

THE 60-SECOND RULES

- Throw from behind the tee pad line. One foot stays behind the line until the disc is released.
- Play the disc where it lands. Mark your lie with a mini disc, then throw from behind it.
- A throw is complete when the disc comes to rest. Out of bounds costs one penalty throw.
- Finish the hole by landing your disc in the basket. Lowest total score wins.
- Bring your own discs, water and sturdy shoes. Leave only footprints behind.

THREE THROWS TO LEARN FIRST

BACKHAND

The go-to throw for most players. Stand side-on, pull the disc across your chest, and let it fly.

FOREHAND

Great for tight gaps and getting out of trouble. Flick from the wrist and finish pointing at the target.

PUTT

Short and straight beats fast and wild. Practise a smooth, repeatable motion from 3 to 8 metres.

COURSE ETIQUETTE

- Let the group ahead finish before you throw.
- Never throw if someone is within range of your shot.
- Shout 'fore' loudly if a disc is heading toward people.
- Keep music low, pick up litter, and keep dogs on a lead.
- Repair divots and be kind to beginners - we all started somewhere.