

## Disc Golf

1. **Age Categories:**
  - Men 55-64, Advanced and Novice
  - Men 65+
  - Women 55+
  
2. **Events:** in each age category:
  - (a) Men's Singles
  - (b) Women's Singles
  - (c) Mixed Doubles
  
3. **Participation:**
  - (a) Each Zone may send an unlimited number of players.
  - (b) Each player may enter two events.
  - (c) The Host Chair will determine which players are Advanced and which are Novice.
  - (d) The doubles teams will be chosen randomly within each Zone by the Host Chair.
  - (e) The Doubles competition will be two (2) shot - best shot or alternating shots, to be determined by the Host Chair.
  - (f) Each event will consist of two rounds of 18 holes.
  
4. **Competition:**
  - (a) PDGA rules shall apply. They are available on the website [www.pdga.com](http://www.pdga.com).
  - (b) Disc Golf is played like ball golf, using flying discs. One stroke is counted each time a disc is thrown, and when a penalty is incurred. The winner is the golfer with the lowest score.
  - (c) Tee throws must be completed within the designated tee areas. Beginners should always use "short" tees, when provided. After teeing off, the player whose disc is farthest from the hole always throws first. The player with the fewest strokes on the previous hole is first to tee off.
  - (d) Fairway throws must be made with the foot closest to the hole on the spot where the last throw came to rest. The other foot may be no closer to the hole than the foot on this lie.
  - (e) A run-up and normal follow-through, after release, are allowed more than 10 meters from the hole. Inside 10 meters, a player may not step past his/her lie. "Falling" or "jumping" putts are not allowed inside 10 meters.
  - (f) A disc that comes to rest inside the Disc Pole Hole basket or chains constitutes successful completion of that hole. A disc that comes to rest on top of the pole hole does NOT constitute a successful putt.
  - (g) A disc that comes to rest more than two (2) meters above the ground is considered unplayable. The disc must be thrown from the ground directly below the disc. One (1) stroke penalty.
  - (h) A throw that lands out-of-bounds must be played from the point where the disc went out-of-bounds. One (1) stroke penalty. Water, roads, pavilions

and walkways are normal disc golf out-of-bounds hazards. Out-of-bounds will be printed on the scorecard and will be explained to players at a meeting before the tournament starts.

- (i) Never throw until the players ahead of you are out of range, and until the fairway is completely clear of spectators and park guests.
- (j) To learn more about the game of Disc Golf, log onto [www.vancouverislandabound.com/2007games.htm](http://www.vancouverislandabound.com/2007games.htm).

**5. Medals:**

- (a) Gold, Silver, and Bronze medals shall be awarded to the golfers with the lowest gross scores in each age category in each event.