

## **What is Disc Golf?**

One of the fastest growing sports today, disc golf is played much like golf. Instead of a ball and clubs, though, players use a flying disc or Frisbee®. The sport was formalized in the 1970s and shares with golf the object of completing each hole in the fewest strokes (or, in the case of disc golf, fewest throws).

A golf disc is thrown from a tee area to a target, which is the "hole." The hole can be one of a number of disc golf targets; the most common is an elevated metal basket. As a player progresses down the fairway, he or she must make each consecutive throw from the spot where the previous throw landed. The trees, shrubs, and terrain changes located in and around the fairways provide challenging obstacles for the golfer. Finally, the "putt" lands in the basket and the hole is completed.

Disc golf shares the same joys and frustrations of golf, whether it's sinking a long putt or hitting a tree halfway down the fairway. There are a few differences, though: Disc golf is often free to play in public parks, although pay-to-play courses are trending upward; you probably won't need to rent a cart, but converted golf course layouts are also on the rise; and your "tee time" will usually come during tournament competition, not casual play.

## **Who Plays Disc Golf?**

Disc golf is designed to be enjoyed by people of all ages, gender identity, and economic status, making it a great lifetime fitness activity. Because disc golf is so easy to learn, no one is excluded; players merely match their pace to their capabilities and proceed from there.

## **Where do I play?**

Many city parks house free disc golf courses, while converted golf courses and private pay-to-play venues continue to crop up. This website is a great resource for locating disc golf courses:

<https://www.dgcoursereview.com/>

## **Disc Golf Matters – A Documentary**

This documentary is the story of four players in the Southern California region who believe that disc golf matters. They also believe they are making an impact with the way that they are involved with their community. Many say disc golf got started in this area.

<https://www.youtube.com/watch?v=KTq42kg4qeg>