



INSTRUCTIONS: A disc more commonly known as a 'Frisbee', is the only piece of equipment required to play.

- Disc Golf is played like regular golf. Start from the tee off pole.
- Throw your disc towards the basket.
- One point is scored for every throw of the disc - try to reach the target in the least number of throws.
- Each throw must be taken from where the disc lands.
- Fill in the number of throws on the score card.

- When playing in a group or with a friend, allow everyone to take their first throw from the tee off before having a 2nd throw.
- The disc that lands the furthest away from the target goes first.
- Groups of people will take longer to finish so allow others to pass through that are faster.
- You have finished the hole when your disc lands in the basket.
- Please be courteous of other park users.

Name: _____

Date: _____



| Hole No | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | Total |
|--------------|---|---|---|---|---|---|---|---|---|-------|
| Pro par | 3 | 4 | 4 | 4 | 3 | 3 | 5 | 5 | 4 | 35 |
| PLAYER NAME: | | | | | | | | | | |
| | | | | | | | | | | |
| | | | | | | | | | | |
| | | | | | | | | | | |

ASB

one step ahead

Proud Sponsors



**SPORT
NORTHLAND**

www.sportnorthland.co.nz