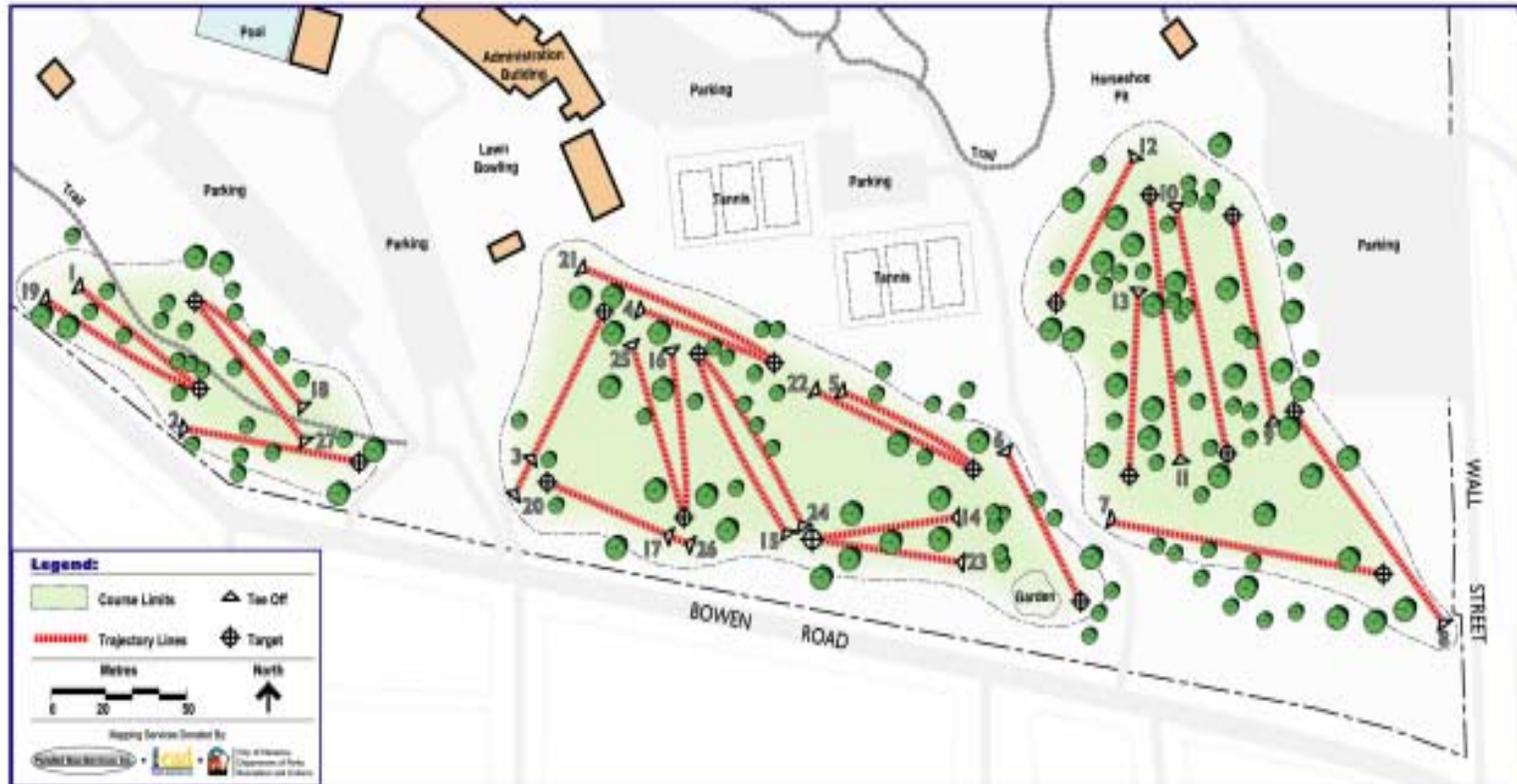
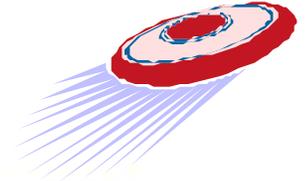




# BOWEN PARK DISC GOLF COURSE

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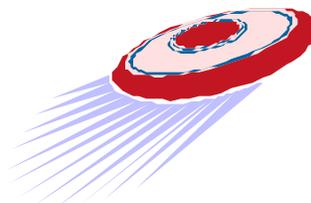


For more information about Disc Golf, see the BCDSS web site at [www.bcdss.bc.ca](http://www.bcdss.bc.ca) and the PDGA web site at [www.pdga.com](http://www.pdga.com).

Player	1	2	3	4	5	6	7	8	9	Front	10	11	12	13	14	15	16	17	18	Back	Total	
Amateur Par	3	3	3	3	4	3	5	4	3	31	4	4	3	4	3	4	3	3	3	31	62	
Advanced Par	3	3	3	3	3	3	3	3	3	27	3	3	3	3	3	3	3	3	3	27	54	
Distance (m.)	57.1	66.4	59.9	54.0	58.0	57.1	102.7	89.9	74.4	619.5	86.4	91.0	57.8	68.5	51.1	68.9	56.2	56.0	56.2	592.1	1211.6	
Distance (ft.)	187	218	196	177	190	187	337	295	244	2032	283	298	190	225	168	226	184	184	184	1942	3974	



# BOWEN PARK DISC GOLF COURSE



Nanaimo BC



## Basic Rules

While these are not the official rules, they are useful for players who don't care about some of the more specific tournament rules. For the complete official rules, refer to the Pro Disc Golf Association rules book at [www.pdga.com](http://www.pdga.com).

1. Disc golf is played like ball golf using flying discs. One stroke is counted each time the disc is thrown and when a penalty is incurred. The winner is the golfer with the lowest score.
2. Tee throws must be completed within the designated tee areas (i.e. from behind the tee-off indicator lines).
3. Order of play - 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 the first to tee off.
4. Stance - 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.
5. A run-up and normal follow-through, after release, are allowed more than 10 meters (30 ft.) from the hole. Inside 10 meters, a player may not step past his/her lie. "Falling" or "jumping" putts are not allowed.
6. There are two types of targets at Bowen Park: 9 "Tonal Pole" targets and 9 "Disc Catcher" chain and basket targets. A disc that hits any metal part of the "Tonal Pole" target constitutes a successful completion of that hole. A disc that comes to rest inside the "Disc Catcher" basket or chains constitutes successful completion of that hole. A disc that comes to rest on top of the "Disc Catcher" does NOT constitute a successful putt.
7. A disc that comes to rest more than 2 meters (6 ft.) above the ground is considered out of bounds. The disc must be thrown from the ground directly below the suspended disc with a one stroke penalty.
8. No landscaping - breaking branches from trees and plants before your throw is strictly prohibited and will result in a two stroke penalty.
9. Out-of-bounds areas include roads, walkways, parking lots, flower beds and the horseshoe pit. A throw that lands completely out-of-bounds is to be carried in and played from the point where the disc went out-of-bounds with a one stroke penalty. If any part of the disc touches an in-bounds area, that disc remains in play and no penalty stroke is counted.
10. Golf Discs can be dangerous to spectators and other players on the course. Never throw until the players ahead of you are out of range and until the fairway is completely clear of spectators and park guests. Be polite and patient in waiting for others to clear your path or skip that hole and play it later.
11. Please help keep the course clean by putting any garbage you find in one of the many garbage cans located around the course.

**That's it! Have fun!**