



Distances measured in feet to the hole.						NAMES			
Hole	Gold	Blue	White	Red	Par				
1	639	471	354	320	4				
2	486	393	276	276	3				
3	429	354	270	207	3				
4	501	447	396	246	3				
5	573	558	333	267	4				
6	240	177	141	141	3				
7	567	477	348	270	4				
8	519	405	321	207	3				
9	444	378	297	297	4				
10	534	450	321	210	4				
11	453	381	252	252	3				
12	411	279	219	219	3				
13	420	339	171	171	3				
14	513	369	264	264	3				
15	492	444	312	270	4				
16	582	558	459	279	4				
17	675	552	300	255	4				
18	495	399	318	231	3				
	8973	7431	5352	4382	62				



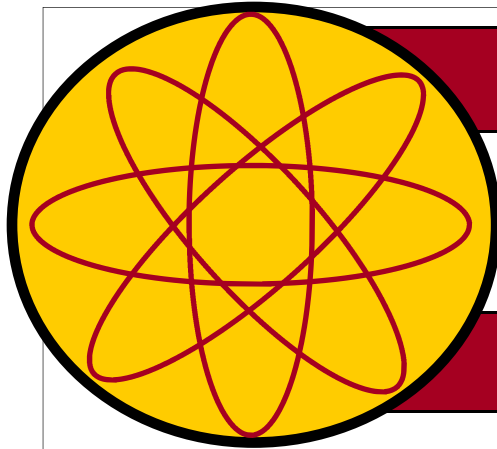
Groves Park
Tuskegee Ave. Oak Ridge, TN

Disc Golf Course



City of Oak Ridge
Recreation and Parks
Department

865-425-3450
www.orrecparks.org



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Groves Park

DISC GOLF COURSE

What is Disc Golf?

Disc golf, formalized in the 1970's, is played just like ball golf, except that players use a flying disc instead of balls and clubs. There are professionally designed discs for different shots, or you can simply play a round of disc golf with a plastic disc. The object of the game is to complete each hole in the fewest number of throws. Each throw must be made from the spot where the previous throw landed. Once the disc is resting in the chains or in the basket, the hole is completed and the score can be recorded.

Disc Golf Rules for Recreational Play

- **GENERAL RULES:** Disc golf is played like ball golf. The object is to acquire the lowest completion score. Please pick up any trash you find and recycle when possible. Throw safely and have fun!
- **TEE THROWS:** Tee throws must be completed within the designated area. Do not throw until the players ahead of your group are out of range.
- **LIE:** The spot where the previous throw has landed is the placement for your next shot. Use a "mini" or turn over your disc to mark the spot.
- **THROWING ORDER:** After teeing off, the player who is farthest from the hole always throws first. The player who won the last hole, goes first.
- **FAIRWAY THROWS:** Fairway throws must be made with the foot closest to the hole on the lie. Run-ups and a follow-through step are allowed during a throw.
- **COMPLETION OF HOLE:** A hole is completed when a disc is at rest inside the basket or chains.
- **UN-PLAYABLE LIE:** A disc that lies above ground must be played directly below the lie.
- **OUT OF BOUNDS:** An out of bounds throw (across a fence, on a roof, or where marked) must be played 3 feet at the point where the disc went out of bounds.
- **PENALTIES:** Recreational players will not incur penalties during play. Advanced players will take a one stroke penalty for out of bounds or water hazard throws.