



Intramural Sports Disc Golf Doubles Rules



Intramural Sports Participant Manual

- All participants are required to adhere to the policies of Intramural Sports. This information is located online at <http://intramurals.athletics.cornell.edu>.
- In the Intramural Sports Participant Manual, you will find important information regarding:

Team Information	Participant Information
• Registration	• Eligibility
• Divisions	• Participation
• Playoffs	• Participant Conduct
• Sportsmanship	• Safety
• Forfeits and Cancellations	
• Protests	
• Champions	

Course

- The Palmer Woods Course is located on North Campus near A-Lot.

Format

- The tournament is a nine-hole, captain and crew competition.
- Each team consists of two players.
- Each player will “tee-off”. The team will decide which disc to play from for the next shot, and then all players throw from this spot. This procedure continues until the team lands the disc in the target.
- To encourage participation, the team is required to use a minimum of four “tee shots” per player per round.

General Playing Rules

- Disc golf is played like regular golf with a Frisbee, or “disc” used instead of a golf ball. The target is a basket that is situated at the end of each hole. Your “score” for a hole is determined by the number of disc throws needed to land in the basket.
- To tee off, the player throws from a designated tee box area. When throwing, your feet must be at or behind the spot where the disc landed on the previous stroke. Throwing order is determined by who is farthest from the hole, and tee-off order begins with those who had the fewest strokes on the previous hole.
- If the disc lands outside the designated course (on roads, in a tree, etc.), then a one stroke penalty is assessed and the disc is thrown from the spot it went out of bounds. When within a ten meter radius of the hole, the player cannot dive towards the hole in their throwing motion so as to gain an advantage. To complete a hole, the disc must lie inside the designated basket.
- The winner is the team who completes the entirety of the disc golf course in the fewest number of strokes. In case of a tie-breaker, the teams will begin extra holes beginning at the first hole. Play will continue until one team scores lower on a given hole.

*All rules not specifically covered in this document will be enforced as PDGA Disc Golf Rules.
All rules are subject to change by the Intramural Sports professional staff.*