



Intramural Sports Disc Golf (Individual) 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:

Player 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, individual contest.
- Each player will “tee-off”. S/he will then throw from this spot. This procedure continues until s/he lands the disc in the target.
- In the case of a tie, the top scores will play holes 3,4, and 5 to determine the winner. If the score remains tied after these holes, players will continue to play the course until someone scores lower.

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.
- 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 player who completes the entirety of the disc golf course in the fewest number of strokes. In case of a tie-breaker, players will begin extra holes beginning at the first hole. Play will continue until one player 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.