



Forest Hills DiscGolfPark®

Disc Golf

The objective of disc golf is similar to the objective of golf. Instead of clubs and balls like in regular golf, the playing equipment of disc golf features a wide variety of plastic discs - more commonly known as frisbees - that come in many different shapes and weights. The disc golf target corresponds to golf's hole. The winner of a round of disc golf is the one who completes the course with the least amount of throws.

Safety & Course Description

Important: Safety is the top priority. Leave plenty of margin for error. Always wait until the hole is clear of all pedestrians. Even after all the safety precautions, in the case you might hit someone with your disc, shout "FORE!" or anything loud to warn others. Players are required to follow both disc golf and park rules. You are playing at your own risk.

This course consists of 18 holes for intermediate and advanced disc golfers. Recommended group size is 3-5 to ensure speed of play. It takes about 3 hours to play through the course. On, or over any road is out of bounds. On, or over any fence is out of bounds.

Basic rules

- 1 The purpose of the game is to get a disc from the tee to the target with the least amount of throws possible. You may use a selection of discs.
- 2 After the initial throw, the player farthest from the target throws next. Subsequent shots will be thrown from where the disc came to rest. Player will throw as many times as is needed to get the disc to rest inside the target.
- 3 When the disc has been released, the player may follow through. Throws within ten meters (approx. 33') to the target, the throw is called a putt and cannot be stepped over.
- 4 Each hole is finished when the disc comes to rest inside the target. The player who has completed all holes at the lowest total score, is the winner.
- 5 Please be polite to other users of the area and leave the course in good condition. Please do not litter. You are responsible for every throw you play - better safe than sorry.

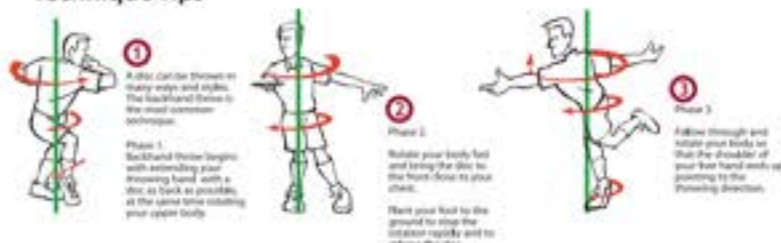
Legend

- Information board
- Hole number
- Target
- Tree
- Pond

How to Grab a Disc



Technique Tips



For complete disc golf rules of play, please visit www.pdga.com.

A1

Blue	1	2	3	4	5	6	7	8	9	Out	10	11	12	13	14	15	16	17	18	In	TOT
Par	3	3	4	3	3	3	3	3	3	28	3	3	3	3	3	3	3	3	4	28	56
Distance	411	276	600	309	393	318	360	400	423	3490	276	348	282	375	309	339	336	285	690	3240	6730

