**Disc golf** (sometimes called Frisbee or frolf) is a disc game in which individual players throw a flying disc into a basket or at a target. According to the Professional Disc Golf Association, "The object of the game is to traverse a course from beginning to end in the fewest number of throws of the disc."  
Disc golf is similar to traditional golf and uses much of the same rules and terminology. As in ball golf, a course usually consists of 18 holes.

**TERMS:**  
The Basket - often called the pin or the pole hole. Once a disc lands in the basket, the hole is considered completed.  
Throw - the act of propelling the disc towards the basket. Throws must be made with one hand. Each throw is counted towards the player’s score. There are three types of throws: backhand, forehand (often called sidearm), and overhand. (styles of throw are explained later in this entry)  
Lie - the spot where the disc comes to rest. This is often marked by a mini-disc marker.  
Par - The ‘par’ is the number of strokes that a scratch player would need to complete the hole. Most disc golfers disregard the posted par, in favor of a universal par of three. To the competitive disc golfer, every hole is a par three, making the total par for 18 holes always 54. Most pros can finish any hole in three strokes.  
Drive - any throw off of the tee pad, or a throw from the fairway designed for maximum distance.  
Approach - usually the second shot of a hole, designed to place the disc within putting distance.  
Putt - a throw is officially considered a putt if it is made "within the circle" (within 10 meters of the pin).   
Ace - known as a hole in one in ball golf. An ace occurs when a player makes their first shot, or drive, into the basket  
Snap -The moment of release of the disc to maximize spin. There is often an audible "snapping" sound if done properly.

**RULE differences with ball golf and disc golf:**  
· Whereas club golfers must "play it where it lies" on the ground, it doesn't work the same with disc golf since the disc is thrown and not struck. Disc golfers must have a supporting point (usually a foot but can be any part of the body) on the playing surface within 30cm behind the front edge of where their previous shot landed (if inbounds) at the point their next throw is released.   
· In disc golf, it is acceptable for a player to 'fall' in front of his lie. This allowance does NOT apply to putting. A throw is officially considered a putt in disc golf if the lie is marked within what is known as 'The Circle'. This is a circle with a ten meter radius, with the pin at its center. After putting, a disc golfer must demonstrate balance with his plant foot, before they may step away from his marker.   
· Disc golf doesn't have "hazards" as defined in ball golf. Bodies of water, park roads and areas of cement are typically defined as out-of-bounds in disc golf, however, sometimes these are not. Most courses define these areas as out of bounds or in bounds on tee signs at each hole, however, there is no universal standard for these. As in ball golf, any out-of-bounds shot is a one stroke penalty.   
· Another difference is the optional penalty for a disc that lands more than 2 meters above the playing surface. The course designer may specify that on particular trees, holes, or the whole course, a disc landing above 2 meters will receive a one throw penalty.   
Disc Golf holes may also have what are known as 'mandatories' or what are commonly called "mandos" These are obstacles that a disc must pass in a certain way. For example, a tree may be marked as a 'right mandatory', meaning a disc must pass that tree on the right side. Failure to hit a mandatory is a one-stroke penalty, and the thrower must play from his previous lie or a drop zone if provided. Mandos are usually put in place to force a player to play down a fairway instead of down another fairway to help with safety.

**Equipment**  
There are a wide variety of discs, divided into three basic categories: putters, mid-range discs, and drivers.  
Natural action of the disc: For a right-handed, back-hand thrower (RHBH), the disc will naturally pull to the left. For a right-handed fore-hand thrower (RHFH), the disc will naturally pull to the right. For a left-handed, back-hand thrower (LHBH), the disc will naturally pull to the right. For a left-handed, fore-hand thrower (LHFH), the disc will naturally pull to the left.  
Over stable (AKA "hyzer"): A disc that is over stable will increase the natural angle of the disc.  
Under stable (AKA "an-hyzer"): A disc that is under stable will push against the natural angle of the disc. Thrown long enough, a good an-hyzer will perform an "S" shaped curve, and not just a single arc.  
Weight of the disc: Golf discs typically weigh between 150 and 180 grams (5.3-6.3 oz.), and measure about 21-24 cm in diameter. Lighter discs are more suited to less experience players, and heavier discs are more suited to experienced players.

**Scoring**  
Birdie one stroke under par  
Par strokes equal to par  
Bogey one stroke more than par