

Welcome to the Bicentennial Park Disc Golf Course

HOW TO PLAY

Disc Golf is a fun recreational activity for people of all ages. The aim of the game is to throw your disc from the tee pad into the basket in the least number of throws. This course has two baskets for each tee, creating 18 unique holes to complete.

Safety and Courtesy Always give other park users the right of way. Never throw when others are within range. Respect the natural flora and fauna - keep the course tidy.

Start Each hole begins with a tee-off throw from the tee pad. After everyone has thrown, the player whose disc is furthest from the basket throws next.



Next Throw Wherever your disc lands on the fairway is your lie and where you must take your next throw towards the basket. Players may take a run up, but you must throw from behind your lie. A follow-through is allowed after you release the disc.




Putting Throws which are less than 10m from the basket require players to stay behind your lie until the disc comes to rest.

Completion of Hole A hole is completed when your disc comes to rest in the basket tray or chains. On top of the basket does not count.

Playing in Order When you start each new hole, the player with the lowest score on the previous hole throws first.

Out of Bounds A disc is out of bounds (OB) when it lands on or over a fence, path or any area marked OB. A one-throw penalty is added to the score and the next throw is taken from the point where the disc went OB. If a disc comes to rest in a tree, the next throw is played from underneath with no penalty.










DRIVING

Stand side-on with your shoulders pointing in the direction you want to throw. Turn your body and reach back with a straight arm...

Pull the disc through your chest on a straight line. Keep your head over the disc and make sure to keep your elbow raised up to maximise power.

Release the disc on the line you want to throw by allowing your body to swing around, rotating on your foot.





PUTTING

Stand with your knees slightly bent in a comfortable position with your front foot pointing towards the basket...

Shift your weight to your back foot and bring disc towards your body...

In the same motion, shift your weight forward again, spring off your back foot and spin the disc out of your hand towards the basket.

TIP: When you have completed the hole, follow the arrow in the basket to the next tee.



Legend



Tee Pad



Fairway



Basket



Roads (OB)



Paths (OB)



Sporting Fields (OB)

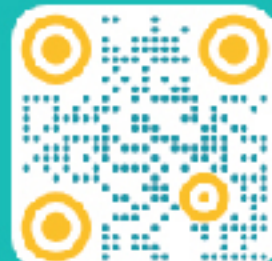


Course design by
RAD
RAD-CREATIONS.COM

| Hole | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | Total |
|--------|----|----|----|----|----|-----|----|----|----|-------|
| Length | 60 | 60 | 60 | 70 | 76 | 172 | 71 | 68 | 70 | 707m |
| Par | 3 | 3 | 3 | 3 | 3 | 4 | 3 | 3 | 3 | 28 |

| Hole | 10 | 11 | 12 | 13 | 14 | 15 | 16 | 17 | 18 | Total |
|--------|----|----|----|----|----|----|----|----|----|-------|
| Length | 86 | 72 | 85 | 89 | 95 | 92 | 89 | 82 | 85 | 775m |
| Par | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 27 |

| | |
|--------------|-------|
| Total Holes | 18 |
| Total Length | 1482m |
| Total Par | 55 |

 Download the Udisc app to keep your score, track statistics and discover courses.