Frisbee Golf

A Healthy Active Gladstone Region initiative

"Frisbee Golf" is played much like traditional golf. Instead of a ball and clubs, however, players use a flying disc, or Frisbee. The sport was formalized in the 1970s, and shares with "ball golf" the object of completing each hole in the fewest number of strokes (or, in the case of disc golf, fewest number of throws). Currently, there are more than 1,750 disc golf courses worldwide. These courses have specialised nets for the Frisbees, however with very little equipment the game of Frisbee Golf can be played in any park or open space.

Have a Game

1. Download and print off the following Frisbee Golf scorecard.
2. Get your friends, with a Frisbee each and head down to the park or open space.
3. Pick a space to play and set up the course. You can use items such as hoola hoops, washing baskets, cone markers or natural features such as trees or rocks to act as the "mark" that the Frisbee must hit.
4. Each take turns to throw the Frisbee towards the mark, counting the number of throws before the Frisbee hits the mark.
5. Write down everyone's score on the scorecard.
6. The person with the lowest score at the end of the game is the WINNER!

Frisbee Golf - *Top Tips*

Handicap better players with longer "tee off" points

Play with the kids...they will love it!

Test out all of your favourite parks!

Want to be more advanced...set up HAZARD areas or play in parks with water courses!

HAVE FUN!

FRISBEE GOLF Scorecard

Name	Hole 1 Score	Hole 2 Score	Hole 3 Score	Hole 4 Score	Hole 5 Score	Hole 6 Score	Hole 7 Score	Hole 8 Score	Hole 9 Score