

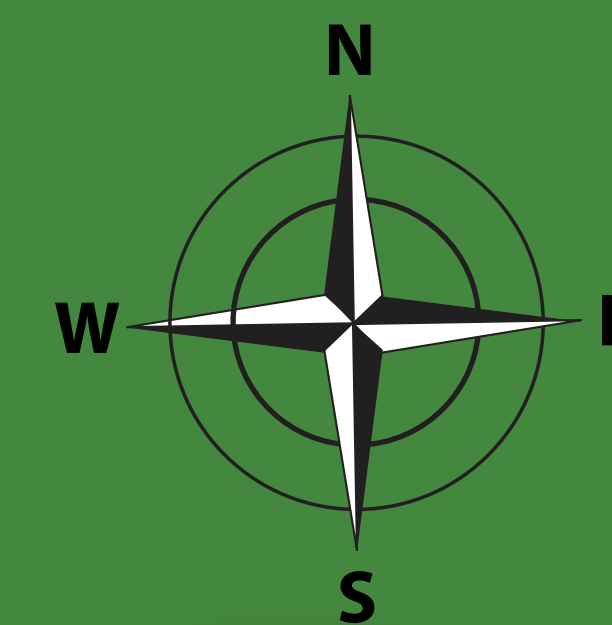


# Haverford Reserve DiscGolfPark®

## Park Specific Rules

This is a multi-use area. Please respect our neighbors, the environment, and other users.

- Closed from Dusk to Dawn
- No Alcoholic Beverages
- No Littering - Please Keep Park Clean
- No Smoking
- Do not Alter or Remove Plants or Wildlife
- Dogs Must Be on a Leash
- ENJOY THE COURSE!



Classification



## 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 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. From 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.

## Technique Tips

1 A disc can be thrown in many ways and styles. The backhand throw is the most common technique.

Phase 1. Backhand throw begins with extending your throwing hand with a disc as back as possible, at the same time rotating your upper body.

2 Phase 2. Rotate your body fast and bring the disc to the front close to your chest. Plant your foot to the ground to stop the rotation rapidly and to release the disc.

3 Phase 3. Follow through and rotate your body so that the shoulder of your free hand ends up pointing to the throwing direction.

For complete disc golf rules of play, please visit [www.pdga.com](http://www.pdga.com).

## Legend

- i Information board
- 5 Hole number
- Tee
- Target
- Tree
- Pond

## How to Grab a Disc



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	3	3	3	3	3	3	3	27	3	3	3	3	3	3	3	3	3	27	54
Distance	174	183	216	162	219	180	246	174	210	1764	177	198	208	186	223	162	240	198	198	1790	3554