

# Frisbee (disc) Golf "Frolfing"

## INTRODUCTION:

Disc golf is a flying disc game in which individual players throw the disc 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. There are more than 3000 established disc golf courses as of 2010, approximately 87% are free to the public. The number of courses has more than doubled in 8 years from 2000 to 2008. The game is played in about 40 countries around the world!

## HISTORY:

The history is closely tied to the history of the recreational flying disc (trademarked Frisbee) and may have been invented in the early 1900's. Modern disc golf started in the early 1960's, when it seems to have many people independently. Houston, Texas, for example, held early as 1964. In the early 1960's toss Frisbees in 50-gallon barrel trash pioneer of the sport of Frisbee Golf was unknown for his playing a form of Frisbee golf in 1959



1900's. Modern disc golf started in the been invented in many places and by Students at Rice University in tournaments with trees as targets as players in Augusta, Georgia would cans designated as targets. The true is Dr. Kevin Donnelly who, until 2011, accomplishment. Dr. Donnelly began called Street Frisbee Golf.

## THE COURSE:

While the roots of the game are very casual and laid back, the newer generations of players are taking course designs as well as other elements of the game to a higher level. Early on the targets were trees or fence posts in the woods, now courses are being cut out and underutilized parts of parks, schools, and private land are being used to make some of the most challenging and strategic courses around. All courses share the same basic elements; targets, tee pads, signage, topography, and most importantly – safety.

**TARGETS** – The first targets were known as tonal poles because of the sound they made when hit. These consisted of a metal pipe placed on a smaller pipe that when struck with the disc made a gong type sound. These were more accurate than a tree, arguments and disagreements led to the invention of the Disc Pole Hole by Ed Headrick in 1975. The basket as it is now known in most circles is the standard for disc golf courses.

**TEE PADS** – The tee pad is where a player begins the hole. A solid base is a must for any successful course, and where early courses had plain dirt pads, modern courses use concrete. In recent years recycled rubber mats have been developed and are starting to catch on, though concrete is the standard.

## DISCS:

**Putter** – Similar to the discs used in simple games of catch. Designed to fly straight, predictably, and very slowly compared to the other discs. Usually used for shots close to the basket. Pro's usually carry 1 – 7 putters depending on their flight characteristics.

**Mid-Range** – Slightly sharper edges that enable them to cut through the air better. Usually faster, more stable, and have a longer range than the putter. Some use these as drivers. They are good all-around discs and are suitable for a first time player.

**Driver** – Sharp, beveled edge and have most of their mass concentrated on the outer rim of the disc rather than distributed equally throughout. Often divided into different categories: Distance Drivers and Fairway Drivers, with the fairway driver being somewhere between a distance driver and a mid-range disc.

## TYPES OF THROWS:

Backhand- The disc is rapidly drawn from across the front of your body, and releasing it towards a forward aim point: using either hand. Due to the potential snap available with this technique, one can expect greater distance and accuracy than with its counterpart. It is important to initiate momentum from the feet and allow it to travel up the body, hips and shoulders, culminating in the transfer of energy to the disc.

Forehand- (originally “sidearm”) The disc is drawn from behind and partially across the front of the body: similar to a sidearm in baseball. The term **sidearm** actually predates the descriptor **forehand**, which is seemingly in use today as a simpler means to communicate the technique: equating to a tennis forehand.

## ALTERNATIVE THROWS

The following examples may be used to better deliver a disc when there are obstacles (bushes, trees, structures, etc.):

- Overhand- grip and throw as in sidearm but performed with an overhead motion.
- Thumber- thrown in a sidearm manner but with thumb held on the discs’ underside.
- Roller – thrown in the overhand technique and the disc will predominantly be in contact with the ground. The disc remains in motion while travelling on its edge at a slight angle, and can travel exceedingly far in ideal situations. Once perfected, the roller is an invaluable versatile tool in the golfers’ arsenal.

## SCORING:

Scoring is exactly like Golf, the lower the score, the better! Each throw is counted until the disc makes it to the target.

Scoreboard Term	Specific Term	Definition
-3	Albatross (or double-eagle)	Three throws under par
-2	Eagle (or double-birdie)	Two throws under par
-1	Birdie	One throw under par
+1	Bogey	One throw more than par
+2	Double bogey	Two throws over par
+3	Triple bogey	Three throws over par