

Frisbee Golf – Rules of the Game

Obstacles

1. It is illegal for any player to move, alter, break or bend any natural obstacle ([trees](#), signs, benches) between the lie and the basket.

Teeing Off

2. Every player must start off from a designated tee-off area. When the disc is thrown, at least one of the player's feet must stay inside the area.

The Lie

3. The lie is considered to be the point at which the disc lands after a throw. When throwing from this point, a player's foot may not pass the lie.

Losing a Disc

4. A disc is considered to be lost when the player has arrived at the point of its landing and searches for three minutes without finding the disc.

Putting

5. A hole is completed by putting a disc into the basket. The only way for a putt to be valid is if the disc lands in the chains or basket--not on top of the basket.