



# KIDS DISC GOLF HANDBOOK

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**ACTIVE**  
SOUTHERN WEST VIRGINIA

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## SPOTLIGHT

*Meet our newest team member, ANThony!*

*Name:* ANThony

*Interests:* Running, lifting, picnics, climbing, teamwork, and hanging outdoors with friends.

*Favorite Food:* Pepperoni Roll

*What do you want to be when yo grow up?* Civil Engineer and an Active SWV Kids Disc Golf Club Coach

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## ASWV Mission Statement

Active SWV develops activities and programming to create a culture of exercise and physical activity in southern West Virginia. Transforming southern West Virginia into a more physically active community is our main purpose.

A happy and healthy community will attract visitors, new businesses, and jobs. Active SWV seeks to improve the health of all southern West Virginians by providing opportunities for active lifestyles. This goal will help diversify our region's economic development by attracting businesses looking for a community where living a healthy, active lifestyle is a priority.



**This manual is designed to provide our volunteers with a clear understanding of our organization, its mission, and the expectations of standards provided while in a volunteer relationship. Suggestions, additions, and elaborations are welcome.**



## Note About the Manual

This Manual provides essential resources and information to lead a successful Kids Disc Golf Club. It is intended to serve as a guide and offer suggestions for club structure. However, all Active SWV Kids Disc Golf Clubs operate a little differently! Remember, the program can be tailored to fit the goals, space, and resources of each Disc Golf Club. This manual is full of different ideas and strategies to allow each club to be unique within the tenants of the Active SWV Kids Disc Golf Program. As you embark on your journey as an Active SWV Kids Disc Golf Club Coach, we encourage you to be creative, ask for help when needed, and share your ideas and knowledge with other Active SWV Kids Disc Golf Clubs!

## Dear Disc Golf Coaches

Welcome to the Active Southern West Virginia Kids Disc Golf Program! Thank you so much for your volunteer support. You serve an important role in the Active SWV program and you will be the key to helping kids feel comfortable and confident with physical activity. Your effort and motivation will be reflected in the kids' achievements throughout the program and beyond.

With success of this Kids Disc Golf Club, we expect participants to develop an enjoyment and understanding of exercise and the outdoors that promotes lifelong healthy habits. Disc Golf is an extremely accessible activity in our area that promotes a healthy heart, healthy lungs, and strong muscles for youth. Being in nature has also been proven to reduce stress, calm anxiety, and reduce risk of depression. Joining the Kids Disc Golf Club may help alleviate the social and academic pressures our youth face, while also instilling a joy for physical activity.

To thrive in the pursuit of these incredible goals, we need your commitment and dedication. You will have an opportunity to attend training before the start of the Kids Disc Golf Club, which will help you navigate effectively through the Kids Disc Golf manual and give you the tools and knowledge you need to lead your club. Following the training manual and engaging the students in the educational components of the handbook are important ways to help make sure your Kids Disc Golf Club is successful. Active SWV will provide a mid-program assessment, which will give us an opportunity to collaborate in our efforts to improve the Kids Disc Golf Club and exchange information and feedback. We expect you to be receptive to our feedback, and correspondingly, we too promise to work with you and be open to your feedback and opinions, as we are striving to facilitate your Kids Disc Golf Club and give you any help or resources you may need. You can also depend on us for support in your planning and execution of the Kids Disc Golf Event.

I \_\_\_\_\_ pledge my commitment to be a Kids Disc Golf Club Coach. I will attend the pre-club training, unless otherwise excused. I will do my best to work towards the success of the Kids Disc Golf Club. If I will be unavailable or a Kids Disc Golf Club practice, I will let the head coach know at least 24 hours before my absence.

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**Signature**

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**Date**

**ACTIVE**   
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## Introduction to the Handbook

Disc golf is a great way to get outside and be active with minimal equipment. You can play by yourself or with a group, and many courses are free and open to the public in parks and other locations. This handbook will dive into the sport of Disc Golf, how to play it, some general terminology, games and activities you can play, and additional resources. The content in each section has been borrowed from a variety of online Disc Golf sources, so be sure to check the citations and visit the source to learn more. Happy Disc Golfing!

## What is Disc Golf?

Disc golf is similar to traditional golf, however, instead of using golf clubs and balls aiming for a hole, disc golf players use disc golf discs and aim for a disc golf basket which is a pole extending up from the ground with chains and a basket where the disc lands. The object of the game is to complete each hole in the fewest number of throws, starting from a tee area and finishing with the disc coming to rest in the basket. Players throw and where the disc lands is where they throw from again until reaching the basket. Generally, a course is made up of 9 or 18 holes. Players start at hole one and complete the course in order, playing through to the last hole. The player with the lowest total cumulative throws wins (1).

### Objective of the Game

Disc Golf is played like traditional golf, but with disc golf discs instead of balls and clubs. One throw (stroke) is counted each time the disc is thrown and when a penalty is incurred. The goal is to play each hole in the fewest strokes possible. The player with the lowest total strokes for the entire course wins. The hole is completed when the disc comes to rest in a disc golf basket.

### *SAFETY FIRST*

Never throw when players or other park users are within range. Always give park users the right of way. Be aware of your surroundings and environment at all times.

### *Tee Throws*

Each hole begins with a tee throw. Tee throws must be completed within or behind the designated tee area.

### *Lie*

The lie is the spot where the player's previous throw has landed. Mark each lie with a mini marker disc or leave the thrown disc on the ground where it landed. The player's subsequent throw is made from directly behind the marked lie.

### *Throwing Order*

The player with the least amount of strokes on the previous hole is the first to tee off on the next hole. After all players have teed off, the player whose disc is farthest from the hole always throws first.

(1) Source: "How to Play Disc Golf • Discgolf.com." DiscGolf.com, 4 Jan. 2022, <https://discgolf.com/disc-golf-education-development/how-to-play-disc-golf/>.

### *Fairway Throws*

Fairway throws must be made from directly behind the lie. A run-up and normal follow-through, after release, is allowed, unless the lie is within 10 meters of the target. Any shot within 10 meters of the target requires that the player maintain balance and not move past the lie until the disc comes to rest.

### *Mandatory*

A mandatory, or mando, is one or more designated trees or poles in the fairway that must be passed to the correct side as indicated by an arrow. If the disc passes to the wrong side of mandatory, either play from the previous lie or from a marked drop zone area if applicable and add a one throw penalty.

### *Completion Of Hole*

A disc that comes to rest in the disc golf basket or suspended in the chains constitutes the successful completion of that hole.

### *Out Of Bounds*

If any area of O.B. is visible between the disc and O.B. line, then the disc is considered O.B. A throw that lands out of bounds, must be played from a point up to 1 meter in bounds from where the disc crossed over the out of bounds line. Permanent water hazards, public roads, and most park boundaries are almost always out of bounds (2).

## **Disc Golf Safety and Etiquette**

Just like any other sport, Disc Golf has rules and best practices. Even in a casual game of Disc Golf with friends, it's important to consider etiquette practices as well as the general rules of the game. Read through the following bullets to understand how to play the game and have fun.

- If there is a group behind you that is moving at a faster pace, let them play through. It is courteous to that group and allows you to focus on your throws rather than worrying about the group at your back.
- Assist others in your group locate their discs after a throw. When others are throwing, keep an eye on where the disc lands so you can be useful during the search.
- If there is another player nearby preparing to throw, stop moving and talking until they are finished.
- If you find a disc on the course, attempt to return it to the owner, or lost and found if one is available for that course.
- In general, keep noise at a normal level and tone (3).
- Everyone makes their first throw for each basket from the tee pad. When a player is on the tee pad ready to throw, stand behind the tee pad and give the player plenty of space to move.
- Once the whole group throws, everyone walks together to the closest disc and allows that player to make their second throw, then to the next closest disc for that player to throw, and so on until everyone has gotten their disc into the basket.
- Be aware of your surroundings! Make sure nobody is in front of you when you throw so you don't hit them with the disc.
- If someone is having trouble finding their disc, lend a hand and try to help locate it

*(2) source: "Disc Golf Rules for Recreational Play • Discgolf.com." DiscGolf.com, 22 Oct. 2021, <https://discgolf.com/disc-golf-education-development/disc-golf-rules-for-recreational-play/>.*

*(3) Source: Heywood, Scott. "27 Fantastic Ideas for Playing Disc Golf with Kids." Disc Golf Report, 7 Sept. 2019, <https://discgolfreport.com/27-fantastic-ideas-for-playing-disc-golf-with-kids/>.*



## Disc Golf Terminology

In Disc Golf, there are a lot of terms to get familiar with. read through the following mini-dictionary of terms and refer back when you need to clarify a Disc Golf word.

- **Different discs:**
  - **Driver** - A higher speed rated disc usually used for the initial throw from a tee pad.
  - **Mid-range** - A disc used for shorter shots or approaches. Midrange discs have slower speeds than drivers and thinner rims (wings).
  - **Putter** – the disc used to throw shorter distances in an attempt to make it into the basket
- **Tee pad** – The designated area for making the first throw on a hole.
- **Putt** - A short throw of the disc in an attempt to make it into the basket.
- **Basket** - A device designed to catch a disc by using a number of chains to stop its flight
- **Par** - The expected number of throws it will take to get in the basket from the tee pad.
- **Hyzer** - When a player throws a disc at an angle that has the right side of the disc higher than the left upon release. Can be used to hyzer flip a disc or increase the amount of fade to the left.
- **Anhyzer** - When a player throws a disc at an angle that has the left side of the disc higher than the right upon release. The goal in using this type of throw is to get the disc to fly to the right initially.
- **Ace** - A 'hole-in-one'. Throwing the disc into the basket from the tee box in one throw.
- **Birdie** - When a player completes a hole one under par.
- **Overstable** - A disc that will curve and fade hard. This fade is a curve to the left on a RHBH throw.
- **RHBH** - Short for 'right-handed backhand' A type of throw where a person throws with their right hand with a backhand throw.
- **Forehand/flick** - A type of grip and throw that has the palm of the player's grip hand generally facing the basket (or up) until the disc leaves the thrower's hand. This throwing motion is similar to a Tennis forehand shot.
- **Back hand** - A grip and throw where the back of the player's grip hand is generally facing the basket until the disc leaves the thrower's hand.
- **Understable disc** - A disc that will turn to the right when thrown hard (RHBH).
- **Drive** - The first throw from a tee pad. Can also refer to a long subsequent throw.
- **Mulligan** - A second chance or redo on a shot. Mulligans are often sold for fundraisers at charity disc golf tournaments (4).

(4) Source: "Disc Golf Terminology - Common Disc Golf Terms and Definitions." *Infinite Discs Blog*, 26 Jan. 2021, <https://infinitediscs.com/blog/disc-golf-dictionary/>.

## Disc Golf Games and Activities

In addition to the regular game of Disc Golf, there are lots of games and variations you can play to work on particular skills of the game. Read through the games and activities below and try some of them out.

- **Ring of Fire** - Bring enough discs for everyone in the class and use games where the kids stay active. We used a modified ring of fire to start with. You mark out about 120 degrees of a circle 15 feet from the basket. You can get 10-15 kids along this arc. Count down three... two... one... fire! and have them all throw at the basket at once. They can all run and get their discs and go back to their places for another round. With two baskets, you can keep an entire class going nonstop. The limited arc keeps them from throwing clear past the basket and wacking one of their buddies. A variation is to start at 15' then move back to 20' then 25' to give them a feel for different distances.
- **Team Challenge** - Split the ring of fire group into two teams and have them line up at two different marks the same distance from the basket (not directly across from one another, remember safety). The first player in each line throws then retrieves their discs and goes to the back of the line. Once they are clear, the next player for each team throws and so on until all the players have thrown once. Count the number of putts made by each team and the highest score wins. This game requires close supervision the first few times and then becomes self-perpetuating. You can vary the distance of the marks as in Ring of Fire.
- **Long Distance Contest** - It is fun to have a long distance contest. Let each kid throw three tosses and record the longest. Prizes for top throwers are always cool.
- **Closest to the Pin** – Have each participant stand at the same mark and one at a time throw their disc at the basket or other marker. Whoever gets closest to the basket/marker wins (5).
- **Doubles** - There are a few different ways to play doubles, but here is a basic variation is this. Everyone pairs up so they are throwing as a two person team. On each hole every player throws a disc. In your partner pair, proceed to the better of your two throws, and make the next throw from there, and so on.
- **Ladder game** - Set up nine cones about a meter apart starting two meters away from the basket and continuing in a line away from the basket. Novices start with two or three discs, more experienced players use just one disc. Everyone starts with their foot behind the cone closest to the basket and take turns trying to get their disc in the basket. If they make the shot, they move on to the next round which will start at the second basket. Play continues this way until there is only one player who makes a shot.

## Disc Golf Games Resources

The following sources have some great information and tools for the sport of Disc Golf.

- Udisc is an app/resource with features that let you keep score with your friends, measure the distance of throws, locate Disc Golf courses around the country, and more. Find it here: <https://udisc.com/>
- Professional Disc Golf Association (PDGA) is described on their website as 'a membership-based organization boasting more than 200,000 lifetime members across 54 countries. The PDGA is also the governing body for the sport and sanctions competitive events for players of every skill level'. Their website has rules, resources, information on membership, courses, Disc Golf news, and much more. Visit here: <https://www.pdga.com/>
- Like many sports, Disc Golf has more male players than female. The PDGA has a collection of links and resources specific to women in the sport on their website here: <https://www.pdga.com/women/links>
- If you want to learn more about how different discs fly and what goes into it (everything from flight ratings to the type of plastic), check out this blog post from Infinite Discs: <https://infinitediscs.com/blog/disc-buying-guide/>
- An article on how to teach Disc Golf to kids: <https://udisc.com/blog/post/how-to-teach-disc-golf-to-kids>
- A few common places to buy discs, bags, and other Disc Golf equipment and accessories:
  - Innovia Discs: <https://www.innovadiscs.com/>
  - DiscCraft: <https://www.discraft.com/>
  - Dynamic Discs: <https://www.dynamicdiscs.com/>
  - Infinite Discs: <https://infinitediscs.com/>
  - Discount Disc Golf: <https://discountdiscgolf.com/>
  - Disc Golf Deals USA: <https://discgolfdealsusa.com/>
  - Amazon

## Works Cited

**(1) Source: "How to Play Disc Golf • Discgolf.com." DiscGolf.com, 4 Jan. 2022, <https://discgolf.com/disc-golf-education-development/how-to-play-disc-golf/>.**

**(2) source: "Disc Golf Rules for Recreational Play • Discgolf.com." DiscGolf.com, 22 Oct. 2021, <https://discgolf.com/disc-golf-education-development/disc-golf-rules-for-recreational-play/>.**

**(3) Source: Heywood, Scott. "27 Fantastic Ideas for Playing Disc Golf with Kids." Disc Golf Report, 7 Sept. 2019, <https://discgolfreport.com/27-fantastic-ideas-for-playing-disc-golf-with-kids/>.**

**(4) Source: "Disc Golf Terminology - Common Disc Golf Terms and Definitions." Infinite Discs Blog, 26 Jan. 2021, <https://infinitediscs.com/blog/disc-golf-dictionary/>.**

**(5) source: Teaching Kids Disc Golf, <https://www.west-point.org/users/usma1987/43899/teaching.html>.**



## A GUIDE FOR PARENTS

Welcome to Active SWV Kids Disc Golf Club! We hope Kids Disc Golf Club offers a great experience that helps your child develop lasting healthy habits and an enjoyment of physical activity. We encourage you to support your child throughout this experience. Ask them to share with you an experience they had at practice (What did you see? What did you hear? How did you feel?) Have them teach you something they learned at Kids Disc Golf Club. Or even better, go out and throw disc together! Your role as a supportive loved one is crucial to fostering a healthy future for your child.

### WHAT TO WEAR

Sturdy close-toed shoes are best for Kids Disc Golf Club. If you'd like assistance obtaining proper shoes, please speak to the Kids Disc Golf Club Coach. In cold weather, hats, gloves and layers are important. Avoid cotton, which does not retain heat well. Consider long pants even in warm weather to protect from insects, briars, and poison ivy.

### EATING RIGHT

It is best for your child to eat something small before Kids Disc Golf Club. Avoid anything high in sugar and fat. Carbohydrates are what your body uses for fuel during activity. Whole wheat toast, peanut butter, fruits, yogurt, and nuts are a few examples of healthy snacks with carbs. One of the most important things you can do to prepare your child for Kids Disc Golf Club is to ensure they have adequate carbohydrates and hydration before being active.

### HYDRATION

Your child should bring a water bottle to each Kids Disc Golf Club session. Dehydration can cause headaches, fatigue, and even contribute to heat sickness in warmer weather. These are easily avoided by hydrating before and during throwing disc. Contrary to popular belief, sports drinks should be generally avoided, and only considered in small amounts when heat or prolonged activity are a risk.

### CROSS TRAINING

Your child is encouraged to cross train during the week. Your Kids Disc Golf Club Coach can provide you with suggested courses and activities. Some ways to cross train include walking, swimming, playing sports, or other exercises.

### DISC GOLFING WITH YOUR CHILD

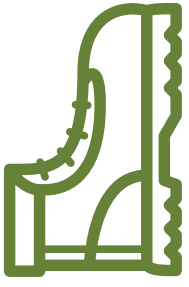
Being active with your child is the best way you can encourage them as they pursue physical fitness. Simply being active together will be just as beneficial. Playing a game, or going for a walk are all free, accessible ways to spend quality time together and role model for your child.

Not a Disc Golfer? That's okay! The most important thing is that your child see you try. Consider cross training with your child by taking a walk around your home or community. Let them teach you an exercise or game they learned. They will feel proud of themselves for being able to teach you something, and you may just learn something new along the way!

### ADDITIONAL QUESTIONS?

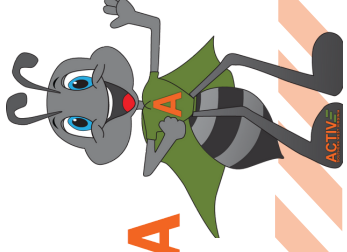
Please contact your Kids Disc Golf Coach or you may contact:

**Active SWV at: [info@activeswv.com](mailto:info@activeswv.com)**



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CERTIFICATE OF ACHIEVEMENT

*Congratulations*

*on your phenomenal participation in Kids Disc Golf Club.*





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Active Southern West Virginia

**IN PARTNERSHIP WITH**

New River Gorge Regional Development Authority

**SUPPORTED BY**

- West Virginia University School of Public Health
- West Virginia Institute of Technology
- Good Sports Athletic Equipment
- New River Health UniCare
- The Massey Foundation
- Nicholas County Community Foundation
- Road Runners Club of America
- Kids Run the Nation
- Hinton Area Foundation
- Beckley Area Foundation
- Highmark
- WV American Water Foundation
- Active RVA

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