

BOWEN PARK DISC GOLF



THAT'S IT! HAVE FUN!

- 1** Disc golf is played like ball golf using flying discs. The object is to complete the course between the "tee" and the target or "chain basket" in the fewest throws. Blue tees designate the recreational course; whereas, white tees mark the advanced course. Hole completion is when the disc is thrown and caught by the chains or the basket.
- 2** Courtesy: Players are not to throw until they are certain their disc will not potentially injure anyone present. Yell "FORE" if your disc is flying toward someone. Be polite and patient in waiting for others to clear your path or skip that hole and play it later. "Landscaping" in terms of altering any plants or branches is strictly prohibited.
- 3** Course par at Bowen Park is 54. Each hole is par 3.
- 4** Order of Play: After a random ordered start at the first hole, the player farthest from the target always throws first. Teeing order on all subsequent holes is determined by the previous hole scores with the lowest score throwing first and so on.
- 5** Stance: Play in the fairway is from one's "lie", which is a point no closer to the target than directly behind where your disc landed. A "follow through" or step past the disc immediately after release is permitted only beyond 10 metres from the target. Putts with 10 metres must be from a balance stance.
- 6** Out-of-Bounds: Exist throughout the course for safety reasons. "OB" areas include roads, walkways, parking lots, volleyball courts, horseshoe pits and tennis courts. A completely out-of-bounds disc is to be brought back a metre in bounds where it left the course and played from there. An additional penalty stroke is applied to each shot that goes out-of-bounds.
- 7** For more information on disc golf, you can access the Nanaimo Disc Golf Club at www.nanaimodgc.com or the Professional Disc Golf Assoc. at www.pdga.com

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Disc rentals are available between 9 am to 4 pm at Bowen Complex.

Player	1	2	3	4	5	6	7	8	9	Front	10	11	12	13	14	15	16	17	18	Back	Total
Amateur Par	3	3	3	3	4	3	5	4	3	31	4	4	3	4	3	4	3	3	3	31	62
Advanced Par	3	3	3	3	3	3	3	3	3	27	3	3	3	3	3	3	3	3	3	27	54
Distance (m.)	57.1	66.4	59.9	54	58	57.1	102.7	89.9	74.4	619.5	86.4	91	57.8	68.5	51.1	68.9	56.2	56	56.2	592.1	
Distance (ft.)	187	218	196	177	190	187	337	295	244	2032	283	298	190	225	168	226	184	184	184	1942	