

The Basics of Frisbee Golf

Average length of hole is 60-73m.

**Equipment: at least 1 x Frisbee Golf Basket, 3 x Frisbee Golf discs
(3 frisbee discs are designed for different shots; driver for long range, mid-range for more accurate shots, putter for very close range)**

1. Just like golf, the object of frisbee golf is to land the frisbee in basket using the least number of shots or throws.
2. The first throw starts at the tee and is thrown towards the target.
3. As the player progresses down the 'fairway' each shot is taken from where the previous shot landed.
4. Each hole can be set up in any design or shape you can think of.