



National Veterans Golden Age Games

Blind Disc Golf

INSTRUCTIONS TO ATHLETES & RULES

Competition numbers must be worn

1. VI athletes must have their eyes covered by blindfolds that completely cover their eyes during the competition when initiating each throw to eliminate light perception and ensure an even playing field.
2. Coaches/volunteers will show participants the course and serve as the guide. The role of the guide is to get the athlete in the proper position and provide verbal (acoustic) cues (clapping the hands, voice) to help direct the throw. *If the head official in charge of the event decides that a guide who is providing acoustic cues is in an unsafe location then the official has the right to require the assistant to move. If the official in charge of the event decides that a guide is in breach of the rules (e.g. coaching in competition area), the athlete and his guide(s) shall be warned by the Head Official and advised that, if there is any repetition, the athlete will be disqualified from the event. **A guide animal is not recommended in the competition area to ensure the safety of all individuals.***
3. Athletes will be called to the competition area in order to begin play with guide/coach.
4. Motorized devices are not allowed on the course due to unevenness of the course and to ensure the safety of the athlete.
5. Teeing order on the first tee is determined at random.
6. Teeing order on all subsequent tees is determined by the scores on the previous hole, with the lowest score throwing first, and so on. If the previous hole was a tie, the scores are to be counted back until the order is resolved. After all players in the group have teed off, the player farthest from the hole throws first.
7. Players should take a maximum of 30/45 seconds to make a throw after the previous player has thrown and marked their lie.
8. Tee throws must be completed within or behind the designated tee area. When the disc is released, at least one of the player's feet must be in contact with the surface of the teeing area.

9. After each throw, the thrown disc must be left where it came to rest until the lie is established by the placing of a marker.
10. A marker inadvertently moved prior to the throw shall be returned to its correct location.
11. When the disc is released, a player must:
 - Have at least one foot in contact with the playing surface on the line of play and directly behind the marker disc.
 - Have no contact with the marker disc or any object closer to the hole than the marker disc.
 - Have both feet in bounds.
 - Stepping past the marker disc is permitted after the disc is released, except when putting within 10 meters.
 - Any throw within 10 meters to the hole is considered a putt. A follow through after a putt, that causes the thrower to make contact closer to the hole, constitutes a falling putt and is considered a violation.
 - A player must choose a stance that will result in the least movement of any obstacle that is a permanent part of the course.
 - If a large obstacle prevents a player from taking a legal stance, the player shall take his or her stance immediately behind that obstacle on the line of play. The guide may assist the athlete in determining this.
 - Stance violations can be made by an opponent (which will result in a warning) and all subsequent violations will incur a one-throw penalty. When this violation occurs, re-throws must be taken from the original lie.
11. We will use stroke play in scoring all disc golf matches. One point per throw
12. The goal is to use the lowest number of throws to finish each hole. The lowest score wins the match.
13. A player who fails to play any hole or fails to hole out on any hole during the round will be disqualified.
14. Disc Entrapment Devices: In order to hole out, the thrower must release the disc and it must come to rest supported by the chains or

within one of the entrapment sections. The disc must also remain within the chains or entrapment sections until removed.

15. Medals will be awarded based on age divisions and gender.
16. Medals will be awarded to the first, second, and third place finishers, ribbons will be awarded 4th-8th place finishers.

Obstacles and Relief

- No relief is granted for park equipment (such as signs, trashcans, picnic tables, etc.) as they are considered part of the course.
- A player may not move an obstacle (or hold it back or bend it) in order to make room for a throwing motion. It is legal for a player's throwing motion to make incidental movement of an obstacle.
- A player may move obstacles between the lie and the hole that became a factor during the round such as branches that fell during play. If it is not known if an obstacle became a factor during the round then it shall not be moved.
- A player may obtain relief only from the following obstacles: casual water, loose leaves or debris, broken branches no longer connected to a tree, harmful insects or animals, player's equipment, or spectators.
- A player shall receive one penalty throw for violation of an obstacle or relief rule.

Unplayable Lie

- A player may declare his or her lie to be an unplayable lie and is the sole judge as to whether the lie is unplayable.
- The unplayable lie may be relocated to a new lie that is no closer to the hole, on the line of play and within 5 meters of the unplayable lie.

Interference

- A thrown disc that hits another player, spectator, or animal shall be played where it comes to rest.
- A thrown disc that is intentionally deflected or was caught and moved shall be marked as close as possible to the point of contact.
- In the case of intentional interference, the thrower has the option of taking a re-throw.

- If a disc at rest on the playing surface or supported by the target is moved, the disc shall be replaced as close as possible to its original location.
- Any player who consciously alters the course of a thrown disc, or consciously moves or obscures another player's thrown disc at rest or a marker disc shall receive two penalty throws if observed by any two players or an official.

Disc above the Playing Surface

- If a disc comes to rest above the playing surface in a tree or other obstacle on the course, its lie shall be marked on the playing surface directly below it.
- If the disc comes to rest above the playing surface out of bounds then the disc shall be declared out of bounds and penalized accordingly.
- If the playing surface directly below the disc is inside a tree or other obstacle, the lie shall be marked on the line of play immediately behind the tree or obstacle.

Out of Bounds

- A disc shall be considered out-of-bounds only when it comes to rest and it is surrounded by the out of bounds area.
- A player whose disc is considered out-of-bounds shall receive one penalty throw. The player may elect to play the next shot from:
 - The previous lie as evidenced by the marker disc
 - A lie that is up to one meter away from and perpendicular to the point where the disc last crossed into out-of-bounds
 - Within the designated Drop Zone, if provided.

Throwing From another Players' Lie

- A player who has thrown from another player's lie shall receive two penalty throws. The offending player shall complete the hole as if the other player's lie were his or her own. No throws shall be replayed.
- The player whose lie was played by the offending player shall be given an approximate lie as close to the original lie as possible.

Lost Disc

- A disc shall be declared lost if the player cannot locate it within three minutes after arriving at the spot it was last seen.
- A player whose disc is declared lost shall receive one penalty throw. If the throw was made from the tee, the player will re-tee for the next shot. If not made from the tee, the player will throw from the approximate lie where the last throw was made. In all cases, the original throw plus one penalty throw shall be counted in the player's score.
- A marker disc that is lost shall be replaced in its appropriate lie with no penalty.

Mandatories

- A mandatory restricts the path the disc may take to the target. A disc must pass the correct side of the mandatory before the hole is completed. Once the disc has completely passed the mandatory line on the correct side, the mandatory is to be ignored for the remainder of play on that hole.
- The mandatory line is the line marked to indicate when a disc passes or misses the mandatory.
- If no line is marked, the mandatory line is defined as, a straight line through the mandatory, perpendicular to the line from the tee to the mandatory.
- A throw is considered to have missed the mandatory if it passes the incorrect side of the mandatory line from the direction of the tee, and comes to rest lying completely beyond that line.
- A disc that has missed the mandatory results in a one-throw penalty and the next throw shall be made from a lie marked within 5 meters of the mandatory object.

Courtesy

- Players should not throw until they are certain that the thrown disc will not distract another player or potentially injure anyone present.
- Players should take care not to produce any distracting noises or any potential visual distractions for other players who are throwing.
- A player violating a courtesy rule may be warned by any affected player with all players of the group advised of the warning. The player

shall be assessed one penalty throw for each subsequent courtesy violation of any type in the same round.