

DISC GOLF RULES

Updated 7/30/2025

Recent changes will appear in italicized and highlighted text

Situations not specifically covered or implied by these rules shall be governed by the Intramural Sports Program.

Rule 1: Facility

1. All games will be played at Cottonwood Creek Park.

Rule 2: Eligibility

1. The Intramural Sports Program is open to all University of Colorado Colorado Springs undergraduate and graduate students currently enrolled, as well as faculty, staff, and affiliate members, provided they have a valid membership with Campus Recreation and a valid Sport Pass. This event is free.
2. Prior to participating, all players must check-in with the Sport Programs Supervisor. To check-in, each participant must present their University issued virtual ID, or must provide a University or must provide a government-issued photo ID.
 - a. No participant may participate in Intramural Sport under any identification other than their own. Any player using an assumed name, false gender identity, or an illegal I.D card will cause their team to forfeit the contest they participated in. The individual will also be suspended from intramural competition and their case will be forwarded to the UCCS Dean Students Office.
3. Varsity athletes may participate in other intramural activities outside of their varsity sport. However, they may not participate in their varsity sport or its related activities at the intramural

Rule 3: Team Composition

1. Each team shall consist of 2 players.

Rule 4: Equipment

1. Participants are responsible for bringing their own discs and marker discs to the tournament.

Rule 5: Format

1. Teams will be paired with another team for the duration of the course.
2. Each team shall attempt 18 holes. The team with the least points (number of combined throws) after 18 holes shall be the winner.
3. A disc that comes to rest in, not on top of, the pole basket completes the hole.

Rule 6: Game Play

1. Tee Throws
 - a. Tee throws must be performed within or behind the designated tee area.
 - b. After the throw is released, the player may step out of the designated tee area on their follow-through.
2. Throwing Order

- a. After the tee-off, the player who's disc is furthest away from the hole shall throw first.
 - b. The player with the least number of throws on the previous hole is first to throw on the next hole.
3. Lie
- a. After a disc is thrown, the thrown disc must be left where it came to rest until a marker disc is placed on the playing surface. The marker should be between the hole and the disc, in line with the hole, and touching the thrown disc.
 - b. Fairway throws must be made with the foot closest to the hole on the lie (marker disc). The other foot may be no closer to the hole than the lie.
 - c. A thrown disc that hits another player, spectator, or animal shall be played where it comes to rest.
 - i. Please refrain from throwing until the players ahead of you are out of range.
 - d. Players may not move, alter, bend, or hold back any part of a tree or bush between the lie and the hole.
 - i. Players may move, alter, or obtain relief from water not part of the course, loose leaves or debris, broken branches no longer connected to trees or bushes, and motor vehicles.
 - e. A run-up and normal follow-through, after release, is allowed.
 - f. Within 10 yards of the pole, a player may not step past the point of their lie in making their putt.
 - g. Falling or jumping during a throw is prohibited.

Rule 7: Penalties

1. Unplayable Lie (One Stroke Penalty)
 - a. A disc that comes to rest more than six feet above the ground is considered unplayable.
 - b. After declaring an unplayable lie, the disc must be thrown from the new lie on the ground, directly underneath the unplayable lie.
2. Out of Bounds (One Stroke Penalty)
 - a. Any throw that lands out of bounds must be played from where the disc first went out of bounds.
 - b. Permanent water hazards, over a fence or road, parking lots, and public roads are out-of-bounds.

Rule 8: Scoring

1. Teams will play double bogey disc golf. Maximum score on each hole will be two over par. If you reach that score please pick up and move to the next hole. At the completion of play, all teams are to sign and attest their respective scorecards and turn them into the Tournament Director. Each scorecard must have the signature of the scorer as well as a signature from the participating team.

Rule 9: Tie Breaker

1. Ties will be settled by use of a “card-off” to determine the overall winner. Each team’s lowest scoring player will represent their team in the card-off. The scores starting on the #1 through #9 ranked holes will be used to determine the winners.

Rule 10: Sportsmanship

1. Intramural Sports expects all participants and spectators to conduct themselves in a sportsmanlike manner. Following each game, officials and/or supervisors evaluate team behavior and issue sportsmanship points to all teams. For tournaments or special events, if there is an issue with sportsmanship the team or individual will receive a warning. If there is another instance of sportsmanship issues the staff on site has the right to remove a player or team from the event. Sportsmanship issues include:
 - a. Participants are openly arguing calls with officials on multiple incidents.
 - b. Fighting.
 - c. Mocking the skill level of an opponent.
 - d. Trash Talk.
 - e. Not having control of spectators for your team.
 - f. Etc.