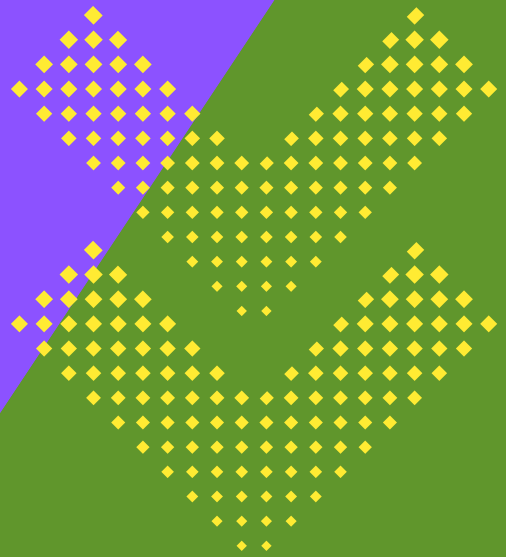


# ***SAFETY & HOW TO PLAY***

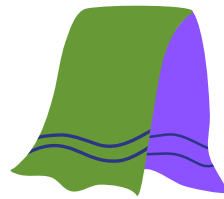


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# SAFETY

## ATTIRE

Use **non slip** footwear and bring a **towel** for **wet conditions** to dry your disc **before** each throw



Wear clothing that is **comfortable**, keeps you warm enough but **doesn't restrict movement**

## MISC

First check if there are **blind spots** on your fairway, if so, use a player from your card as a "**spotter**" and take turns to throw from the tee **when it is safe**



# SAFETY

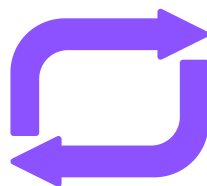
## MISC *continued*

Make sure everyone on the card is **behind the thrower** and that the fairway ahead is **safe & clear**



After finishing all **tee shots**, walk together to help find **lost discs**. The next thrower is the person furthest away from the target, taking turns, until the hole is **complete**

Repeat the same process for **all holes** until the **round has ended**



## HOW TO PLAY

Play as an **individual** or a **group** of no more than roughly **5** people



Decide on an order for hole 1 and **take turns teeing off**.

On **hole 2+**, the person who **threw the least** will drive **first**, with the rest in order of **best score**

### FOR EXAMPLE

Sally gets a **2**, Barry gets a **3** and Wally also gets a **3**.  
There order of play was **Barry, Wally, Sally**. On **hole 2**,  
they will throw in the following order :

***Sally**, Barry, Wally*



## HOW TO PLAY *continued*

After **everyone** has teed off, each player finds there disc, **marks the lie** and **completes the hole**



**Complete the full course** and the person with the **fewest throws** total is the **winner**

