



How To Play Disc Golf For Beginners 2025 Guide: Rules, Throws And Techniques.

/ Disc Golf / By Dave

If you've ever wondered, "*How do you play disc golf?*" you're not alone. Disc golf is one of the fastest-growing outdoor sports in the world, combining the fun of Frisbee with the competitive structure of traditional golf. Whether you're looking to stay active, enjoy nature, or join a new community of players, disc golf is easy to learn and fun for all skill levels.

In this beginner-friendly guide, we'll break down the basic rules of disc golf, go over different types of throws and techniques you need to get started, and share a few disc golf tips for beginners to improve your game from day one.

Rules Of Disc Golf

Understanding the rules of disc golf is crucial for a fair and enjoyable experience, whether you're playing casually or competitively. The fundamental objective is to complete each "hole", from the designated tee pad to the disc golf basket, in the fewest throws possible. Each throw counts as one stroke, and the player with the lowest total strokes across all holes wins the round. After your initial tee throw, subsequent throws are made from where the disc came to rest, otherwise known as your "lie". You must throw from directly behind this spot, and if your disc lands in an

unplayable position e.g, in a tree, you lie is directly below it on the ground. A crucial rule for throws within 10 metres of the basket otherwise known as the “putting circle” is that players must remain balanced and not step past their lie until the disc has come to rest in the basket. Shots landing out of bounds which are often marked by water, roads or designated lines incur a one-stroke penalty, and the disc is played from a designated re-entry point or where it last crossed in-bounds. Some courses feature mandatories or “mandos,” for short, which are designated obstacles like trees that your disc must pass on a specific side, with a penalty for failure. Knowing these core regulations ensures smooth gameplay, promotes fair competition, and enhances the overall strategic challenge of disc golf. Courses vary in layout and typically include 9 or 18 holes. Many disc golf courses are located in public parks and are often free to play, making it one of the most accessible sports out there. Always play safely and ensure the landing area is clear of other players and park users before throwing.

To Explain It In Simpler Terms

- Each hole begins at a tee pad.
- Players take turns throwing their discs toward the basket.
- The player farthest from the basket throws first on each subsequent shot.
- A hole is completed once the disc comes to rest in the basket or chains.
- The total number of throws is recorded for each hole, and the lowest score wins.

Throwing Techniques: How To Throw A Disc Golf Disc

Mastering different throwing techniques is fundamental to excelling in disc golf, allowing players to adapt to various course conditions and shot requirements. The three primary and most essential throws are the backhand, forehand and the putt for shots which are close to the basket.

This Is A Breakdown Of The 3 Most Common Throws Every Player Should Practice

- **Backhand throw (flick)** – The most common throw, and typically the first learned, utilizing a full-body rotation similar to throwing a baseball or hockey slap shot, generating immense power and distance. It involves pulling the disc across the body, leading with the back of the hand, and releasing with a strong **snap** for optimal spin and glide.
- **Forehand throw (sidearm)** – A versatile throw that curves in the opposite direction of a backhand. It involves a sidearm motion, often compared to a tennis forehand or frisbee sidearm, and is invaluable for shots requiring a different flight path or when obstacles block a backhand. It can be a crucial throwing technique for dogleg holes or getting out of tricky lies.
- **Putting** – A short, controlled throw used to land the disc in the basket.

A great tip is to practice these on an open field before heading to a full course. Or check out our article on [Backhand vs Forehand](#), where we go into more detail about each type of throw and when to use it.

Beyond these, advanced techniques like the roller (where the disc is thrown to land on its edge and roll), thumber, and tomahawk (both overhead throws with distinct flight patterns for escaping trouble or navigating tight gaps) offer even more versatility. Developing proficiency in these diverse throwing styles and understanding how disc stability interacts with each throw, is key to unlocking your full potential, improving accuracy, and expanding your shot selection on the course.

Tips To Improve Your Disc Golf Game

- **Choose beginner-friendly discs:** Start with discs that have low speed and high glide ratings.
- **Work on your form:** Proper foot placement, grip, and follow-through are key to distance and accuracy.
- **Practice putting:** A strong short game will lower your score faster than power throws.
- **Play short courses:** Look for beginner disc golf courses near me with shorter holes to build confidence.
- **Watch tutorials:** YouTube has countless disc golf tips for beginners to help you learn visual techniques from pro players.

Wanting To Get Started

If disc golf sounds like fun to you and you're wanting to experience it for yourself, but are not sure what you need to get started? You're in luck. We have some amazing [disc golf equipment recommendations](#) for you to get you started on your journey.

Discover our [Top 5 Budget-Friendly Disc Golf Disc Sets for Beginners](#), or read our article on [Disc Golf Disc Types Explained and Our Top Picks](#).

Top 5 Budget Disc Golf Disc Sets For Beginners

Discover our best budget-friendly disc golf disc sets that are perfect for beginners or people not wanting to spend a fortune on their first set of discs.

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Disc Golf Disc Types Explained: Drivers, Mid-Ranges & Putters + Benefits And Our Top Picks

In this guide, we'll break down the most common types of disc golf discs, drivers, mid-range discs, and putters, explain their benefits, when to use them, as well as recommend some of our favourite discs.

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