

ARROW VALLEY DISC GOLF COURSE

Score Card



Course designed by
Catch the Spirit Ltd

Hole #	Hole Name	Par	Distance		Player 1	Player 2	Player 3	Player 4
1	Play Park	3	64m					
2	The Invisible Lake	3	56m					
3	Monte Carlo	3	55m					
4	Crafty Corner	3	69m					
5	Shoot Out	4	88m					
6	Valley Glider	3	69m					
7	Pinball Pines	3	51m					
8	Tree Cruiser	3	34m					
9	Ace Runner	3	72m					
	TOTAL	28	558m					



Safety & Out-of-Bounds (O.B) Rules

Non-players and passers-by have 'right of way'. Do not throw until the space ahead is clear. Please use a spotter ahead of each tee to ensure it is safe to throw. When another player is throwing their disc the safest place to stand is at least 5 metres behind them. Please note that some novice players may be unpredictable - it is not unheard of for discs to fly out of the hand in completely the wrong direction! Have spotters on holes 4, 5, 6, 8 ahead of the tee to check the fairway and green is clear and safe.

Hole 2 has an invisible lake which is marked on the tee sign as O.B. On or over all roads, footpaths and car parks are O.B. If you disc enters a play facility or the 'real' lake then this is also O.B. A disc shall be considered O.B. when it comes to rest and it is clearly and completely surrounded by the O.B. area. Throws may not be taken from inside an O.B. area. Add one penalty stroke to your score and take your next throw from the point where it entered the O.B. area, up to 1 metre from the O.B. line.

Where a disc becomes stuck in a tree, the next throw should be taken from the ground directly below, with no penalty throw.

If a disc enters the lake, players are strongly advised NOT to attempt to retrieve their disc. The water is deep and dangerous. And finally, please do not litter, use the bins provided or take your waste home.



Golf Discs & Accessories

www.CatchTheSpirit.co.uk