



Adult Programs

Disc Golf: Simple and Easy to Learn!



Our new community park, South Fork Landing in North Bend, has a public 18-hole disc golf course. It uses a variety of terrain around the pond and mature evergreen trees, making it a perfect outing for all ages and skill levels. If

you are new to disc golf, give the game a try, it's a great lifetime fitness sport. It is easy to learn, and accessible to people of all ages and fitness levels. If you can throw a Frisbee and you like to have fun, you can play disc golf.

Disc golf is similar to traditional golf, however, instead of using golf clubs and balls aiming for a hole, disc golf players use disc golf discs and aim for a disc golf basket which is a pole extending up from the ground with chains and a basket where the disc lands. The object of the game is to complete each hole in the fewest number of throws, starting from a tee area and finishing with the disc coming to rest in the basket. Players start at hole one and complete the course in order, playing through to the last hole. The player with the lowest total cumulative throws wins.

Disc Golf rules are easy to learn. One throw (stroke) is counted each time the disc is thrown and when a penalty is incurred. The goal is to play each hole in the fewest strokes possible. The player with the lowest total strokes for the entire course wins. The hole is completed when the disc comes to rest in a disc golf basket.

Game Play

Tee Throws: Each hole begins with a tee throw. Tee throws must be completed within or behind the designated tee area.

Lie: The lie is the spot where the player's previous throw has landed. Mark each lie with a mini marker disc or leave the thrown disc on the ground where it landed. The player's subsequent throw is made from directly behind the marked lie.

Throwing Order: The player with the least number of strokes on the previous hole is the first to tee off on the next hole. After all players have teed off, the player whose disc is farthest from the hole always throws first.

Fairway Throws: Fairway throws must be made from directly behind the lie. A run-up and normal follow-through, after release, is allowed, unless the lie is within 10 meters of the target. Any shot within 10 meters of the target requires that the player maintain balance and not move past the lie until the disc comes to rest.

Mandatory: Also known as mando, is one or more designated trees or poles in the fairway that must be passed to the correct side as indicated by an arrow. If the disc passes to the wrong side of mandatory, either play from the previous lie or from a marked drop zone area if applicable and add a one throw penalty.

Completion of Hole: A disc that comes to rest in the disc golf basket or suspended in the chains constitutes the successful completion of that hole.

Out of Bounds: If any area of O.B. is visible between the disc and O.B. line, then the disc is considered O.B. A throw that lands out of bounds, must be played from a point up to 1 meter in bounds from where the disc crossed over the out of bounds line. Permanent water hazards, public roads, and most park boundaries are almost always out of bounds.

Equipment Used

Disc golfers used a variety of discs for game play including drivers, mid-rangers, putters and approach discs. You can get started with a single disc. The General Store at South Fork Landing stocks discs.

Course Courtesy

Always leave the course better than you found it, and follow the "pack in, pack out" mentality to ensure no trash is left on the course.

Never throw when players or other park users are within range. Always give park users the right of way. Be aware of your surroundings and environment at all times.

Park hours are 7AM-dusk daily. Please park in the gravel lot off SE 142nd Street. All park users must adhere to park rules.

Join a Club, Meet Other Players!

Are you interested in meeting new people, learning a new sport, and/or being part of a growing community? Then you should check out **South Fork Landing disc golf club**. The club is dedicated to growing the sport through organization and outreach. Disc golf is a traditionally inclusive sport, being played by people of all ages, races, gender identities, and creeds, and we are looking to help bring the inclusivity and fun of disc golf into the Snoqualmie Valley. It only takes one disc to play (one disc ranges from \$7-\$20), and the public course is free of charge. As a community, we have already taken steps in this direction by hosting informal and formal disc golf events, including Professional Disc Golf Association sanctioned tournaments, informal tournaments, and local outreach events to help introduce new players to the sport. As a club member, you will be part of a local community that is dedicated to teaching new players, helping current players to grow, and that will put in the time and effort to make sure that South Fork Landing continues to be one of the premier disc golf courses in Western WA. And to top it all off, disc golf is one of the few outdoor activities that can be played year-round while also following current social distancing and masking guidelines! We look forward to growing our numbers, and continuing the accessible, affordable, and inclusive traditions of the wonderful sport of disc golf. For more information, please contact Dr. Max Spears at rspears1399@gmail.com.

Disc Golf League

For those interested in more than just the casual round of disc golf at the park, **RPM Ninja** hosts leagues and tournaments throughout the year, providing a fun and safe environment for people for all levels of experience for this sport. If you are interested in learning more about these events you can find them on Instagram or Facebook @RPM.Ninja.

SFL Disc Golf Lost and Found

It happens, your disc lands in the pond or hidden behind trees and someone else finds it later. In order to return recovered discs to their owners, please be sure to label your equipment with contact information.

We have a lockbox at the disc golf course so players can securely return lost items. The lock box is located near the first tee pad and kiosk board on the course. Found items should be placed in the lockbox. Si View staff checks contents weekly and contacts owners, if possible. Recovered discs will be available for pick up at the SFL General Store. Reminder: it is helpful to have contact information on your equipment! Questions? Contact Si View at 425-831-1900.

