

Disc Golf: An Activity for Everyone

What is Disc Golf?

Disc golf is played much like traditional golf. Instead of hitting a ball into a hole, you throw a more streamlined looking Frisbee® disc into a supported metal basket. The goal is the same: to complete the course in the fewest number of shots. A golf disc is thrown from a tee area to each basket, which is still referred to as the “hole.” As players progress down the fairway, they must make each consecutive shot from the spot where the previous throw has landed. The trees, shrubs, and changes in terrain on and around the fairways provide challenging obstacles for the golfer. Finally, when the “putt” comes to rest in the basket the hole is completed.

Please see the video below for an example of what the world of disc golf is all about!

[What is Disc Golf? The Sport Perfectly Explained](#)

Where the sport differs from traditional golf is in the development and maintenance of the course. A disc golf course requires limited landscaping and very little maintenance. A major component of the sport is to use the obstacles already present on the land to create a challenging and fun course for all skill levels. As such, disc golf courses can be placed almost every where, from open fields, deep woods, municipal parks, and even ski resorts.

Read [Here](#) for examples of disc golf courses on ski resorts.

Why invest in Disc Golf?

Disc Golf is one of the fastest growing sports in the world. With the pandemic limiting access to more mainstream sports, disc golf saw a boom in 2020 that continued in 2021. Disc golf is easy to learn, has low barriers to entry, and is an excellent way to get outside for some physical activity. Disc Golf NL was created in 2021 to help bring the sport to Newfoundland and Labrador. There are now three courses on the island, one in St. John’s and 2 in Stephenville. Furthermore, both St. John and Corner Brook has approved funding towards the development of a full 18-hole course in their communities in the summer of 2022.

With all this excitement about the sport building in Newfoundland and Labrador, our player base is rapidly growing. One of Disc Golf NL’s goals is to bring new players of all ages into the sport. We have membership opportunities, a website, a social media presence, and have worked with local retailers to stock disc golf discs and apparel in their stores.

If the opportunity to participate in the growing sport of disc golf interests you, please contact:

Disc Golf NL
contact.nldga@gmail.com
(709) 765-7911