

BEFORE THE ROUND:

1. Equipment: Players are required to play with PDGA sanctioned discs only. Discs such as

## LIE:

The lie is the place on the ground a player may take their stance for the next throw. The lie is marked by either placing a placeholder directly in front of the previously thrown disc, or by flipping the previously thrown disc one full turn towards the basket.

In the result of the disc being above the ground like caught in a tree, the player must mark the new lie on the ground directly below the disc with no penalty.

A player must have some kind of place holder if they choose to throw the same disc in back to back shots.

The Lie is an imaginary box that matches the same width of the disc and extends one meter back from the place marker.

## STANCE:

When the disc is being released, the player must: Have at least one supporting point that is in contact with the lie, have no supporting point that is closer to the target than the lie, and have all supporting points in-bounds. A player who violated the stance rules receives a one throw penalty.

## OUT OF BOUNDS:

The only out of bounds that will be enforced on the UNC Campus course is the parking lots and any street. If a player has a throw that lands a throw out of bounds, the player, with the approval of the group, must find the last point that the disc was inbounds before flying out of bounds and mark this spot as their new lie. This location is called the point of entry.

The player may advance their lie one meter away from the out of bounds line but no closer to the basket if the players previous shot was out of bounds. A player may not have a supporting point in the out of bounds territory at the time of their next throw.

A player who throws out of bounds will receive a one throw penalty.

LOST DISC:

In the result of a disc being nonreturnable or lost, the player, must return to their previous lie and rethrow.

A player will receive a one throw penalty for losing a disc that was in play.

**PUTTING CIRCLE:**\*\*\*Diagram Below

