Arlington Rotary Disc Golf Course

Twin Rivers Park, Arlington

Fun for All Ages!
Challenge and Competition for People who Love the Outdoors!

WHAT IS DISC GOLF?

Disc golf is similar to ball golf, both games share the same structure and thrills, but the equipment is different. Disc golfers bring discs to the course and throw into a golf "hole", which is an upright basket. The goal of the game is to complete the course in as few throws as possible. There are different discs for different disc shots, but you only need one disc/Frisbee to get started. Anyone who can throw will be able to enjoy this game. No scheduling or fees, just come out to the course for a round of disc golf fun!

Directions:

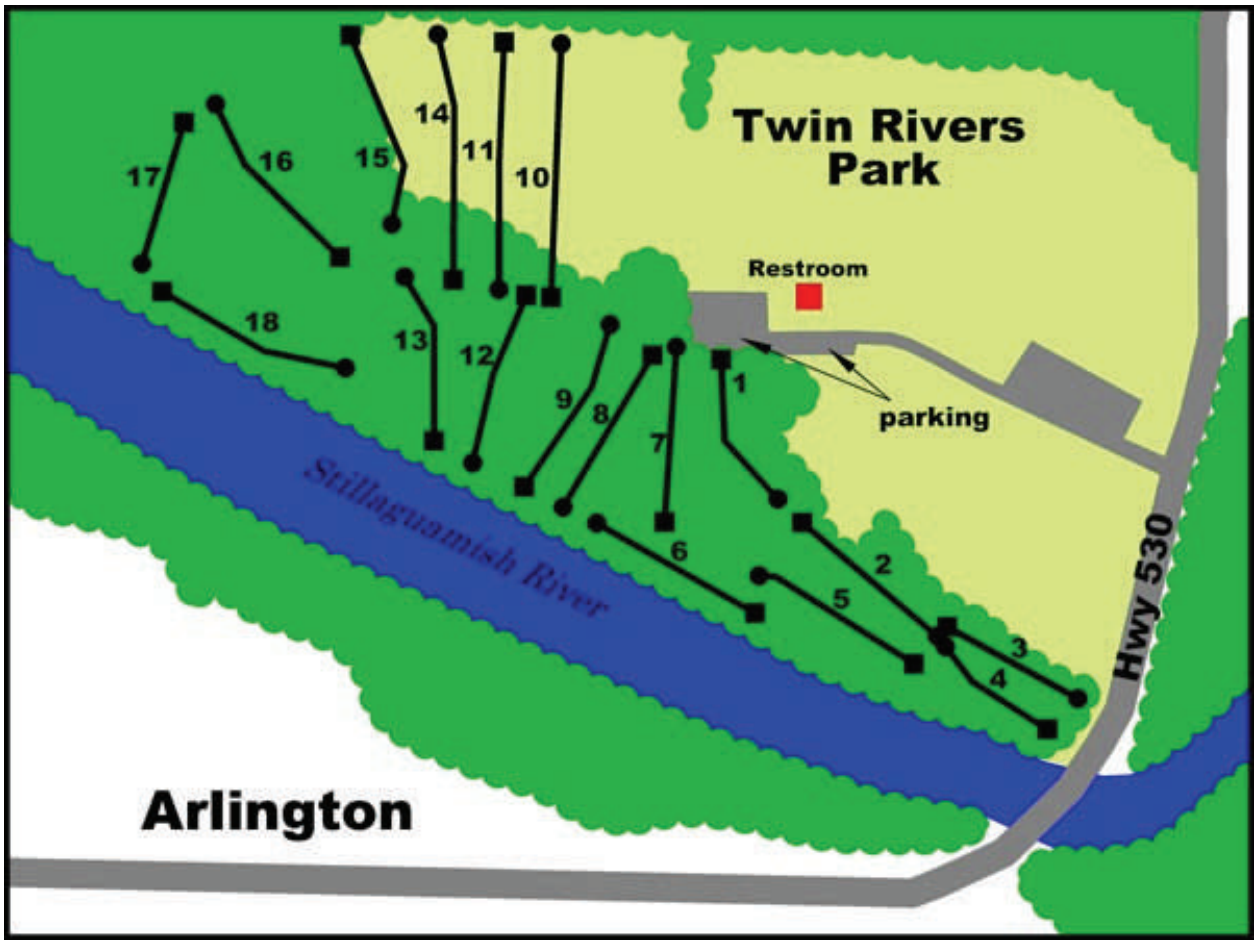
From I-5 take Exit 208
East on Hwy 530 for 3.7 miles
Turn left on Hwy 530/Hwy 9
Next Right onto Burke Ave/Hwy 530
Follow 5 blocks to Lincoln Bridge
Cross Bridge, Park is on your left

Park is within walking distance of Downtown Arlington.

RULES OF THE GAME

- Never throw until the players ahead of you are out of range, and until the fairway is clear of spectators and park guests.
- Disc golf is played like ball golf, using flying discs. One stroke is counted each time the disc is thrown, and when a penalty is incurred. The winner is the golfer with the lowest score.
- Tee throws must be completed within the designated tee areas.
- After teeing off, the player whose disc is farthest from the hole always throws first. The player with the fewest strokes on the previous hole is the first to tee off.
- Fairway throws must be made with the foot closest to the hole on the spot where the last throw came to rest. The other foot may be no closer to the hole.
- A run-up and normal follow-through, after the release, are allowed more than 10 meters from the hole. Inside 10 meters, a player may not step past their lie. "Falling" or "jumping" putts are not allowed inside the 10 meters.
- A disc that comes to rest inside the disc basket or chains is a successful completion of that hole. A disc that comes to rest on top of the pole does not constitute a successful putt.
- A disc that comes to rest more than 2 meters above the ground is considered unplayable. The disc must be thrown from the ground directly below the disc.
  1 stroke penalty.
- A throw that lands out of bounds must be played from the point where the disc went out of bounds–
- 1 stroke penalty.
- Enjoy the game of disc golf!

For more information:
www.arlingtondga.org
craig@arlingtondga.org
City of Arlington
Parks and Recreation 360-403-3448



THE COURSE

This course was completed in 2006, with a Grand Opening planned for spring of 2007. The course was constructed with donations from the Rotary Club of Arlington, community members, businesses and by volunteers.

The complex course is intertwined through the back of Twin Rivers Park, along the river, through the woods and around the meadow. The course is in a natural, un-manicured setting.

Hole 1:	**290'**	**Hole 7:**	**320'**	**Hole 13:**	**250'**
Hole 2:	**280'**	**Hole 8:**	**275'**	**Hole 14:**	**420'**
Hole 3:	**285'**	**Hole 9:**	**260'**	**Hole 15:**	**400'**
Hole 4:	**200'**	**Hole 10:**	**480'**	**Hole 16:**	**380'**
Hole 5:	**300'**	**Hole 11:**	**450'**	**Hole 17:**	**255'**
Hole 6:	**260'**	**Hole 12:**	**210'**	**Hole 18:**	**240'**

You are playing in a floodplain forest habitat
Never throw a disc at or near wildlife
Be nature conscious by respecting the plants
Leave no trace– pick up your litter

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