

## Disc Golf Terms

### Discs

**Driver** - A disc designed for fast, long-distance flight. The most difficult type of disc to control.

**Approach disc** - A disc designed for slower, more stable flight.

**Putter** - A disc designed for close-range, stable flight.

**Mini** - A small disc which is used to mark a player's lie.

**Stable** - Refers to a disc which, when released flat, has a tendency to fly straight.

**Overstable** - A disc which, when released flat, has a tendency to hyzer (to the left for right-handed players, backhand throw).

**Understable** - A disc which, when released flat, has a tendency to anhyzer (to the right for right-handed players, backhand throw).

### Throwing



This player putts with a hyzer shot.

**Backhand throw** - Results in the player's throwing arm moving across the opposite side of the body before release. The most common type of throw.

**Forehand throw** - Results in the player's throwing arm moving across the same side of the body before release. Also known as a sidearm throw.

**Hyzer** - When using a backhand throw, a disc's flight arc which causes it to fall in the direction opposite of the throwing arm. For a right-handed player, a backhand hyzer shot fades to the left, while a sidearm hyzer fades right.

**Anhyzer** - A disc's flight arc (backhand) which falls in the same direction of the throwing arm. For a right-handed player, a backhand anhyzer shot fades to the right, while a sidearm anhyzer fades to left.

**Roller** - Advancing the disc by causing it to roll along the ground.

**Overhand** - A throwing technique similar to a baseball pitch. The disc is released at a vertical angle. Also known as a tomahawk throw.

**Pancake** - An overhand shot thrown with considerably less power, resulting in a 90 degree rotation from vertical. The disc generally lands face down.

**Falling Putt** - Failure to demonstrate full balance behind the mini marker while putting. Players cannot step on or in front of the mini marker when putting within 10 meters until demonstrating full balance.

**Worm burner** - A shot which is released lower than intended and/or at a downward angle, resulting in a premature landing.

### General

**Ace** - A hole-in-one.

**Par** - The average number of throws for an experienced player to complete a hole. Amateur par varies, pro par is generally three on any given hole. This tradition started mostly out of convenience; it makes scorekeeping much more simple.

**Birdie** - Completing a hole at one under par.

**Tee Pad** - A designated area where players begin each hole. Also known as a tee box.

**Lie** - The spot where a disc lands and where the next shot is taken from.

**Casual** - An unintended, non-permanent hazard on the course, such as collected water from a rainstorm or a pile of cleared brush. Also a reference to non-tournament players.

**Mandatory or mando** - A flight path which must be followed in order to complete a hole.

**Pole Hole** - A brand name disc golfing target, or basket. Other brands include Chainstar and DISCatcher.

**Safari golf** - When players make up different holes on an existing course. Ex: from hole one's tee pad to hole three's basket.

**TD** - A tournament director.

**Taco** - Term used for a warped disc which has hit a tree or other solid object at high velocity.

**Sandbagger** - A tournament player who competes in a division below his or her skill level.