



## Score Card

# Lee Valley Disc Golf Course

For nature, sport and discovery

### Course information

Lee Valley Disc Golf Course comprises of nine Disc Golf baskets and has been designed for people of all ages and ability to enjoy!

### Out-of-bounds

All footpaths, the stream and the canal are out-of-bounds ('O.B.').

A disc shall be considered O.B. when it comes to rest and it is clearly and completely surrounded by the O.B. area.

Throws may not be taken from inside the O.B. area. Add one penalty stroke to your score and take your next throw from the point where it entered the O.B. area, up to 1 metre from the O.B. line.

Where a disc becomes stuck in a tree, the next throw should be taken from the ground directly below, with no penalty throw.

### Safety

When another player is throwing their disc the safest place to stand is at least 5 metres behind them. Please note that some novice players may be unpredictable - it is not unheard of for discs to fly out of the hand in completely the wrong direction!

Non-players and passers-by have 'right of way'. Do not throw until the space ahead is clear.

Please take extra care and avoid injury by throwing discs only when you feel sure it is safe to do so.

If a disc enters the stream or canal, players are strongly advised NOT to attempt to retrieve their disc. These areas are dangerous!

Brought to you by

Lee Valley  
Regional Park Authority



Course designed by  
Catch the Spirit Ltd

Hole #	Par	Distance	Difficulty Rating				
				Player 1	Player 2	Player 3	Player 4
1	3	109m	5				
2	3	74m	7				
3	3	100m	3				
4	3	45m	8				
5	3	88m	4				
6	3	71m	6				
7	3	38m	9				
8	4	133m	2				
9	3	55m	1				
TOTAL	28	713m					