



Frisbee Golf Instructions

- Each participant starts with a Frisbee.
- They then throw the Frisbee from behind the cone in the direction of the first hoop labelled "1", and continue to throw the Frisbee until getting the Frisbee through the hoop.
- Make sure the participants count the number of times they throw the Frisbee until getting it through the hoop. (just like golf)
- Once the participant has finished the first hoop they then continue to the second hoop "2" and so on and so on.
- Once all hoops have been completed the participant then adds the number of throws together to calculate the overall score.
- The winner will have the lowest amount of throws needed to complete all the hoops.