

College Disc Golf

Starter Guide



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Introduction

We are excited for your interest in developing a College Disc Golf program on campus! This guide is designed to help you through the process of starting and registering your disc golf program to compete in college disc golf events. Whether this is your first time starting a new club or reestablishing one, this guide will help provide information on various steps and processes. To learn more about College Disc Golf and to access more resources, visit our website: collegediscgolf.com.

Feel free to reach out to us at info@collegediscgolf.com. We are here to help!

Staff

Alexis Kerman

Director - College Disc Golf

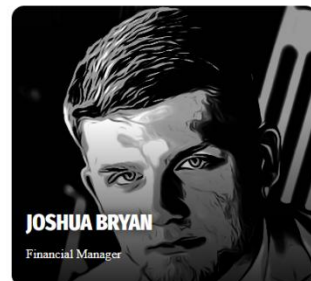
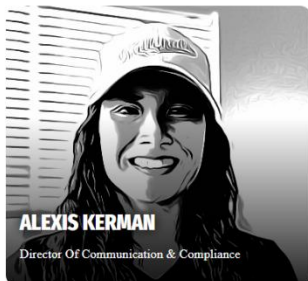
Communication and Compliance

alexisk@collegediscgolf.com

Chad Sullivan

Even Manager – Innova Disc Golf

Co-Director – College Disc Golf



College Disc Golf Mission

To grow the sport of disc golf by empowering student-led organizations through competitive events and community engagement. We support and connect college athletes nationwide, fostering leadership, sportsmanship, and a lifelong passion for the sport.

Overview

CDG is the governing body for all collegiate disc golf. We are the only organization devoted to creating events, formats, programs and competition for college athletes playing disc golf. We offer both summer programs and events like Summer Sesh and The Collegiate Individual Championship that athletes can register for to compete against their peers during the summer months. The regular season begins September 1st and goes through the end of the National Championships (generally held in April).

The first National Championship was held in 2007 in Augusta, GA led by our founder, Pete May. What began as a few student-led club and organizations on campus has grown into a multi-faceted mix of organized clubs around the United States and Canada. As new interest build each season and programs look to re-enter the CDG space, we are excited to help you on your journey!

Key Definitions

Program Manager = coach, team leader, club president, etc.

Program = refers to a school/institution

Division Codes = PDGA classified division codes (i.e. – MC1: college mixed D1, MC2 = college mixed D2, MC3 = college mixed D3 and FC1 = college women D1)

What is Disc Golf?

Disc golf is played much like traditional golf. Instead of a ball and clubs, however, players use a flying disc, or Frisbee®. The sport was formalized in the 1970's, and shares with "ball golf" the object of completing each hole in the fewest strokes (or, in the case of disc golf, fewest throws). A golf disc is thrown from a tee area to a target which is the "hole". The hole can be one of a number of disc golf targets; the most common is called a Pole Hole® an elevated metal basket. As a player progresses down the fairway, he or she must make each consecutive throw from the spot where the previous throw has landed. The trees, shrubs, and terrain changes located in and around the fairways provide challenging obstacles for the golfer. Finally, the "putt" lands in the basket and the hole is completed. Disc golf shares the same joys and frustrations of traditional golf, whether it's sinking a long putt or hitting a tree halfway down the fairway. There are few differences, though. Disc golf rarely requires a greens fee, you probably won't need to rent a cart, and you never get stuck with a bad "tee time." It is designed to be enjoyed by people of all ages, male and female, regardless of economic status.

-PDGA

For more resources about the history of disc golf and the governing body of disc golf, please visit <https://www.pdga.com>.

College Disc Golf Regular Season

The regular season refers to the primary timeframe for CDG events which includes Conference and Regional events and concludes with the National Championships in April. This part of the season starts September 1st.



Growing the sport of disc golf through students.

Frequently Asked Questions

Events

☐ What is a Regional event?

Regional events are where programs can earn their D1 or D2 bid to the National Championships and require compliance requirements to be met by athletes.

☐ Do we have to compete in a Conference event?

Yes, every program must compete in at least 1 Conference event each season to be eligible to compete at Nationals. There are no compliance requirements for conference events.

☐ How many events are there each season?

There are a set number of Regional events based on the total number of D1 and D2 bids to Nationals. There is an unlimited number of Conference events that take place.

☐ How many events can my program compete in each season?

There is no cap to the number of CDG events a program can compete in. You can compete in as many Regional and/or Conference events as your program budget allows for.

☐ What's the process to run a CDG event?

For Regional events, there's an application that is open in the spring time and closes early summer. Conference events can be hosted throughout the regular season, just be sure to fill out the form at <https://collegediscgolf.com/conferences/>.



Conference Events

Conference events serve as a low barrier way for active, new and prospective programs to gain more competitive college disc golf experience. Conference events are hosted by various programs or TDs within the Conference as a way to encourage and foster competition among programs within that area outside of regional events. As a way to keep the low barrier entry, Conference events do not have to be PDGA Sanctioned. At the same time, athletes competing in Conference events do not have to hold a CDG Season membership or be roster verified. Every program going to Nationals must compete in at least 1 Conference event.

To view upcoming Conference events or submit an application to host a Conference event, please visit <https://collegediscgolf.com/conference-events/>. We encourage program managers within a conference to work together throughout the regular season to plan an event schedule that best fits each programs schedule throughout the fall and spring.



Regional Events



A college disc golf Regional is a PDGA sanctioned event within the college disc golf regular season that brings together disc golf programs to compete against each other. Regional events help to contribute to the growth and development of college disc golf by providing players with a competitive and exclusive experience with exposure to a higher level of play. These regional events are the only way a programs can earn their D1 and D2 bids to the College Disc Golf National Championships in April.

For the 2026 - 2027 CDG Season, there will be a total of 49 D1 bids and 48 D2 bids to the National Championships in April. The winners in D1 mixed and D2 mixed at the 2026 CDGNC secured their bid in the division they won to the 2027 National Championships. There are only 20 total regional events for the upcoming season.

Regional events are chosen based on applications received during the event application period right after the regular season ends. Other factors may contribute to an event being chosen or implemented by CDG. Event managers organize, manage the logistics, scheduling, and administration of the tournament with the support of CDG and the PDGA.

Overall, college disc golf regionals play a crucial role in the structure of collegiate disc golf by providing a competitive platform for teams to showcase their skills, earn recognition, and advance to the national stage.

All events are PDGA sanctioned with division codes that were created by the PDGA at the start of the 2025 - 2026 season. These include: MC1, MC2 and MC2 which represent the D1, D2 and D3 Mixed divisions. FC1 will be used to represent the Women's D1 division.

Programs register teams for each division in which they would like to earn a D1 Mixed or D2 Mixed bid for. Specific details for the tournament and bids should be viewed on the tournament's registration page which are located on DiscGolfScene. Bids are not earned for D3 or D1 Women's.



Make sure to follow along on PDGA live for each event to see who's taking home National bids and event wins! Every Regional event will have 2 team rounds and 1 single round over a course of 2 - 3 days of competition. Some events may vary in format depending on their size and location.

All athletes competing in a regional event must meet the CDG compliance requirements. This includes roster verification and having a current season membership. More information on compliance can be found in this starter guide.

To view the upcoming 4egional schedule, please visit, <https://collegediscgolf.com/regional-events/>.



College Disc Golf Compliance

Compliance refers to the requirements outlined by College Disc Golf that athletes and programs must meet in order to compete at regional events along with the National Championship. There are three parts to compliance; rostering, season membership and eligibility. For the full verbiage within our rules for each of these sections, please refer to our Rules and Compliance page.

Prior to athletes undergoing compliance checks through CDG, they must first be added to their respective program page. Program Managers should be sure to follow the steps in the PM Manual provided to them directly from CDG staff. If you have specific questions as a PM on these steps to inviting new athletes to join your program, please contact info@collegediscgolf.com. PMs and athletes can view registered athletes on their respective program page here. To read through the full rules, please visit www.collegediscgolf.com/rules-and-compliance.

Individual athletes cannot create their own user accounts if they have not competed through CDG before. PMs must properly invite athletes to join!

Rostering

All athletes must be roster verified prior to competing at a regional event or the CDG National Championships. This verifies that competing athletes meet the enrollment requirements set forth by CDG. Program Managers should download the roster verification form and follow the instructions. All roster forms should be submitted to rosters@collegediscgolf.com.

[insert roster form]

Please review the eligibility rules for dual enrollment and similar enrollment statuses. Questions about a student-athlete's eligibility under these enrollment types are common. Because enrollment policies and definitions vary by institution, College Disc Golf relies on the institution's Registrar's Office to determine whether a student meets both the school's enrollment requirements and the minimum eligibility requirements outlined on this roster verification form.

NEW for the 2026 – 2027 CDG season is a roster locking system. This has been implemented to provide better guidelines for programs who are looking to earn a D1 Mixed and/or D2 Mixed bid to the National Championship in April. You can read the full rule on our website at <https://collegediscgolf.com/rules-and-compliance/>.

CDG Season Membership



All athletes who compete at regional events or the National Championships must have an active CDG season membership.

IMPORTANT: An athlete's CDG Season Membership will include their 2027 PDGA renewal or new membership join.

Memberships are available for purchase starting October 1st each calendar year to align with the PDGA membership processing timeframe. There are two different ways memberships

can be purchased; in bulk through the Program Manager or individually by athletes. All athletes must be registered as a CDG athlete with an existing user in order to purchase a membership.

Once a membership is purchased and assigned, this cannot be undone.

Steps on How to Purchase Membership:

1. Login to collegediscgolf.com
2. Navigate to your User Profile located at the top right of the menu bar
3. Click on “purchase membership”
4. If you are a PM purchasing bulk memberships, you will navigate to your Program Page
5. On the dashboard, click purchase memberships
6. Complete the transaction

Membership Types: Amateur vs. Professional

We offer two different types of memberships and these directly align with how an athlete is classified through the PDGA. If an athlete is classified as an Amateur on their PDGA profile, they should purchase the CDG season amateur membership. If an athlete is classified as a Professional on their PDGA profile, they should purchase a CDG season professional membership.

Pricing for 2026 - 2027:

Amateur - \$110

Professional - \$125

If an athlete has already processed a 2027 PDGA membership on their own, they should contact CDG for a non-PDGA membership option. Please note that athletes receive a discount

through the CDG season membership for their PDGA renewal or join and so it is more beneficial to purchase a season membership than two separate memberships.

Eligibility

This part of compliance specifically refers to an athlete's status as a touring professional. A touring professional is defined as an athlete who has signed their contract with the DGPT to compete at tour events through a secured tour card. This tour card may be partial or full status. The full rule also extends to any athletes who does not hold a DGPT tour card but competes at tour events throughout the year.

Any athlete who may fall under these rules will not be eligible to compete in CDG. Make sure to read the full rule on the Rules and Compliance page. Please make sure to read through the entire rule located on our website at <https://collegediscgolf.com/rules-and-compliance/>.

CDG Conferences

There are 15 different conferences across the United States and Canada. Each of these Conferences include different programs within certain areas on the map, much like other sports.

To view each Conference and see which programs are in each, please visit

<https://collegediscgolf.com/conferences/> for more information. Each Conference has dedicated

Conference Leaders and co-leaders who serve as a liaison between CDG and our programs.

These leaders help programs organize events, plan their season and can assist with any questions you all may have when it comes to competition and rules. Conference leader contact information can be found on our website at the link above.

Conferences

Appalachian

Blue Ridge

CanAm West

Carolinas

Central Midwest

Great Lakes

Mid American

Northeast

Rocky Mountain

Rust Belt

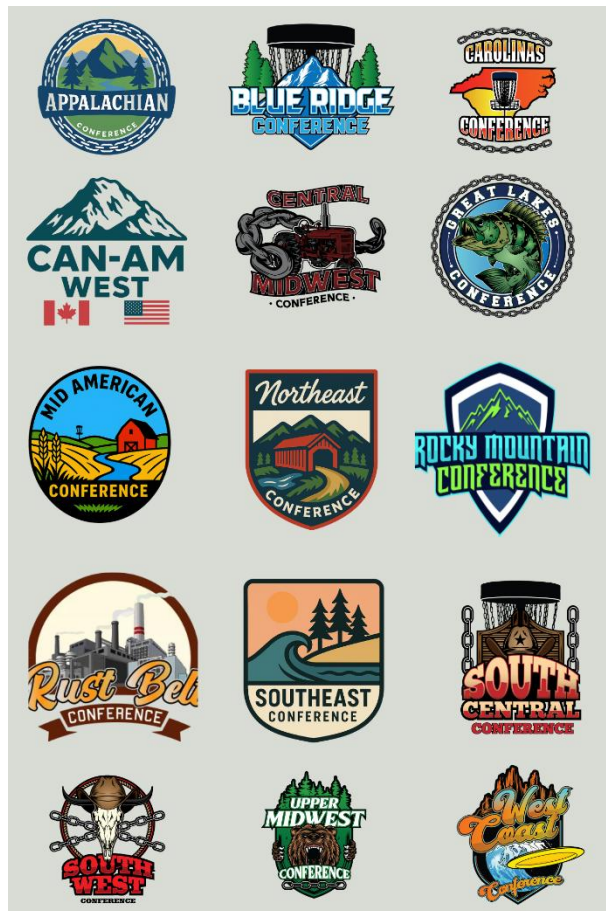
South Central

Southeast

Southwest

Upper Midwest

West Coast



CDG Team Format

The full team format and rules can be found on our website at www.collegediscgolf.com/rules-and-compliance. Mixed teams play on four person teams with a minimum of three players while women's teams play on two person teams. Team disc golf mixed with singles play provides an exciting and unique format for college athletes that is not played in this exact style of play at any other level in our sport.



Mixed Team Format

Team rounds are played with two sets of teammates, one ODD pair, one EVEN pair. The ODD set will tee off on every odd-numbered hole, while the EVEN set tees off on every even-numbered hole. After the tee shots, the team chooses which of the two lies to play. From there, the set that did not tee throws their two shots. That alternating process continues until the hole is complete. This format allows for each player to tee off the same number of times and for teams to play as a whole.

If there are less than four people on a team (three-person team), the individual without a partner will only have one throw per turn. Teams who have less than the standard four-person mixed teams will be penalized during their singles round play. For singles play, the fourth person's score will be the highest score (worst) in the field +2 throws.



Women's Team Format

Women's teams play in pairs and play best shot doubles for team rounds. A female who does not have a partner may play in the team rounds without a two stroke penalty and are ineligible for team awards at events.

Singles Play

All regional events and National Championship will have at least one singles round. For both divisions (mixed and women's), the singles scores for all team members are added together and then averaged to give a "team round" score. For example: on a mixed team player A = 54, player B = 66, player C = 57 and player D = 60. You would add $54 + 66 + 57 + 60 = 237$ total strokes. This is then divided by four ($237/4 = 59.25$). The number is rounded up or down from .5 to the nearest whole number and therefore the team's average score is 59. For the women's division, the average is divided by two.

Singles rounds provide a fun and exciting scoring separation amongst teams depending on how each team member plays.

Steps to Joining CDG



1. The first step is to officially get your institution registered through CDG. This is done by simply reaching out to us at info@collegediscgolf.com if you have not done so already. Registering your program means that you are officially recognized by our organization as a competing program. You can register your program at any point during a season whether you plan to compete or wait. Registering your program will allow your program manager to stay up to date on information directly from CDG.
2. Join a Conference. During the registration process your program will be assigned to one of the 15 different Conferences and you will be given your leader's contact information so you can be a part of the season planning with other programs in your area.
3. Complete the compliance steps (rostering and membership). These two compliance requirements do not have to be completed in a certain order although your program manager must follow the PM steps provided to them by CDG to ensure your athletes are ready to take these next steps. The only requirement is that athletes are compliant prior to regional events.
4. Compete in conference events throughout the season. Don't forget that CDG does not require athletes to be compliant for these events although it's often beneficial for athletes to get a membership during this time if they need their PDGA membership renewed or created.
5. Plan to come to the National Championships held in April!
6. Stay tuned through the general newsletter for season updates and information [here](#).

Tips for Starting a Club on Campus

The following are recommendations from College Disc Golf on some best practices when thinking about forming, establishing and planning your program. You should *always* check with institutional rules, policies and procedures when formally establishing your disc golf program on campus!

- ❖ Check with your institution on the differences between a student organization, club sport and athletic sport on campus. Each type of defined student activity may follow different organizational, planning and requirements. Deciding which **level of recognition**, you are looking to establish for your disc golf program is one of the first steps to forming your club. Different levels of recognition by our institution may –
 - Have less oversight and report to Student Affairs/Activities and be student led with smaller funding or be self-funded by members
 - Have more over oversight by club sports and include more restriction to travel, budgeting, etc. but have the possibility for more funding opportunity
 - Managed by an athletic director or coach appointed by the institution and have a larger budget pool
- ❖ **Recruiting** is very important because you need members to join your club or organization in order to be ready to compete in college disc golf events! For student led programs, your recruiting will most likely happen during the fall semester. Check with your student org or club sport on campus to see when there may be recruitment fairs you can set-up a booth/table at to advertise your disc golf program.
 - One of the best ways to recruit can be through social media and campaigning on campus. Creating social media accounts (make sure to follow institutional guidelines for account naming/logos/etc.) and following other disc golf programs and College Disc Golf can help boost awareness about your program.
 - Creating flyers to put in designated areas about practices, recruiting events and basic information about your disc golf program can also be very useful.
- ❖ Once you have recruited athletes, **defining leadership roles** will help with the establishment of your program. If you are a club sport, you may be required to define these roles and provide a list to your club sport office. You should always follow the

requirements under Student Affairs/Activities, club sport office or athletics on campus depending on your program's level of recognition. Some roles may include:

- President
- Vice President
- Treasurer
- Risk Manager

Creating leadership roles that are clearly defined will help your program succeed. There is a lot of work that goes into creating and maintaining a successful disc golf program on campus and having dedicated and clear roles throughout the seasons is vital.

❖ **Budgeting** can be one of the more difficult tasks as student led programs navigate financial responsibility and planning. Creating a proper budget is important for the sustainability not only within a season but for the future of the program on campus as there is a natural attrition of graduating students amongst team members.

- Create a budget sheet.
- Determine how many events you plan to go to (conferences, regionals and the national championship).
- Determine program dues that each member may pay. This may cover their CDG season membership and event entry fees, for example. You all determine what works best!

❖ Track your club's processes through **documentation**! This can help lead to sustainability during leadership transitional periods to ensure new members know how to continue to disc golf program in the future. Creating an online shared drive, general email account, or binder can be very useful ways to keep track of how the program is run on a day-to-day basis.

Creating an Environment for Women

One of the most challenging parts of growing a disc golf program in a niche sport is finding ways to increase and retain female participation. According to the 2025 PDGA Year End Demographic Report, females only make up 8% their membership base. The CDG female to male ratio is similar with women making up 9.5% of the total participation at the National Championship in 2026. There are some institutions who may require a disc golf program on campus to have at least 1 female team if you all offer the mixed team participation for university or college policies. Make sure to do your research on the requirements outlined by your institution when looking to start a disc golf program on campus.

Recruiting Females to play Disc Golf

- ❖ Host a women's specific clinic on campus or at your local disc golf course and advertise this through flyers and social media.
- ❖ Create equal opportunity for females to take on leadership roles for your program.
 - It's not enough to assign a female a leadership role but not allow them to be an active participant in decision making.
- ❖ In your marketing for your program, make sure there are females present if you have any active female club members in photos and videos to help draw in other females' attention.
- ❖ Bring your female friends to practices and program meetings.

Retaining Female Participation

- ❖ Create all female spaces whether that's through practices, hangouts with other female team members, group chats, etc. so they feel like they have their own support system if they aren't comfortable with the more male dominated spaces that do exist in our sport.

- ❖ Always check in with female leadership and team members to ask for their thoughts and opinions throughout the season.
- ❖ Empower female leadership and decision making.
- ❖ Make sure the courses you practice have different layouts that suit the skill level of the females on your team.
- ❖ Advocate for your women's teams!

Contact Resources

As a program manager for your disc golf teams, make sure you are using the resources around you to help guide your own efforts.

There are more programs each year developing strong women's teams at their institution.



- Milligan University
- Emporia State
- Hesston College
- Eastern Mennonite
- Trinity Western University
- Redeemer University
- Pittsburgh

You can reach out to other program managers either in your Conference or other areas to see what they have done to build successful women's participation on their campus.



One of our Directors, Alexis Kerman (alexisk@collegediscgolf.com), is always willing to help brainstorm and talk through different ideas as you start to build the women's space and teams. Another great resource is Sara Nicholson with Throw Pink who has directly helped and supported College Disc Golf over the years. She has been an amazing proponent for the women's side of the sport and could also provide some great advice (sara.nicholson@innovadiscgolf.com).

Thank you for reading through our CDG Starter Guide. We will be working on providing separate resources such as examples of a budget, bylaw, administrative letter of support, and more directly on our website at collegediscgolf.com. If you have any questions at all, please don't hesitate to reach out to info@collegediscgolf.com.

