

Official OptiHealth Golf Play Book

Course: Each OptiHealth Golf Course is specially designed for the hosting facility by the Coach. There are no set dimensions for OptiHealth Golf Courses, except that each course consists of 18 “Par-3” holes (see sample course below).

Each hole is designated by a Flag-Zone, which is a circular area having a 2-step (6-foot) radius around the flag. The holes are set in a numbered sequence and placed at least 50-yards apart.

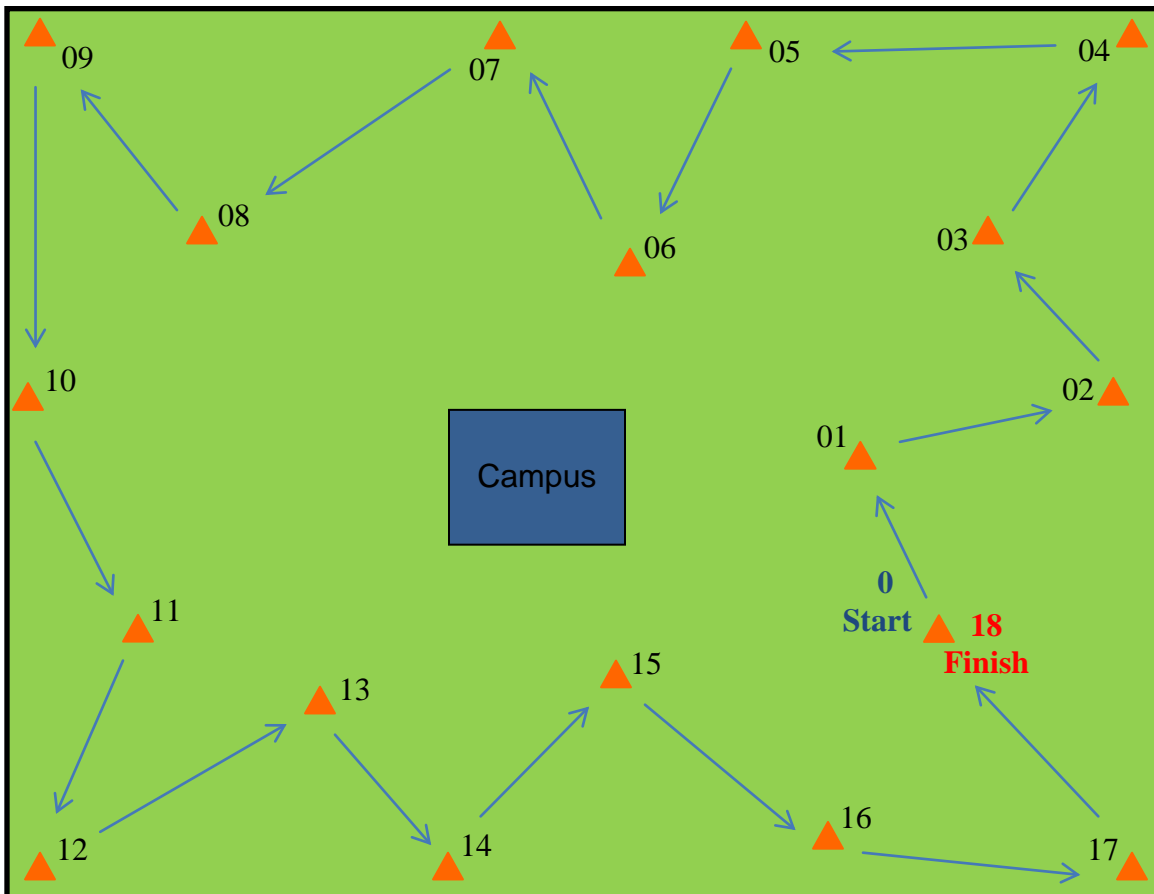
Equipment: 16 golfing discs (Frisbees) or flying rings, and 18 flags (numbered 1-18)

Golfer Groups: OptiHealth Golf games are played by groups of 1-4 golfers each. Each group of golfers is assigned to any one of the 18 Flag-Zones to start their game, or “round,” of golf. All the golfers in each group play the entire course of 18 holes in consecutive order as a group. The group finishes their round of golf at the same Flag-Zone as the one from which they started.

Object of the Game: Golfers throw their discs or rings from one Flag-Zone to the next Flag-Zone using as few throws as possible in order to score the fewest number of points.

Play Time: Each round of golf consists of 18 holes. An average of 72 seconds is allowed for each hole. Each full round of an 18-hole OptiHealth Golf Course (54 Par) takes an average of 15 minutes to complete. Golfers sign-up to play rounds scheduled at 15-minute intervals.

Sample OptiHealth Golf Course



Cost: OptiHealth Golf costs each golfer 1 Game Ticket for each round of 18 holes (15-minutes).

Description of Play

Golf Course: Although each OptiHealth Golf Course is uniquely designed depending on the size, terrain, and obstacles of the hosting facility, such as a city park or school campus, each course is “standardized” to consist of 18 Par-3 holes. Each hole is designated by a Flag-Zone and are placed at least 50-yards apart. Also, the holes are arranged to form a complete loop. Each Flag-Zone serves as the finishing point of one hole AND the starting point of the next hole.

Golfing Group: Groups of 1-4 golfers (plus any personal Score Keepers, or “Caddy’s”) sign-up to play a round of golf. The group is assigned to a Flag-Zone from which they start their round. The golfers play their round as a group hole-to-hole without interruption. Faster groups of golfers may “play over” other slower groups of golfers by playing the same hole at the same time.

Golfer: Each golfer has his/her own identifiable golfing disc (Frisbee) or flying ring. Each golfer starts each hole by standing within the Flag-Zone and throwing his/her disc/ring. The golfer tries to get his/her disc/ring to land in the next Flag-Zone using as few throws as possible. Each consecutive throw between one Flag-Zone and the next are made by each golfer standing in the spot where his/her disc/ring landed. Each throw is counted until the disc lands in the next Flag-Zone.

If none of the golfers in the group make Par (land their disc in the Flag-Zone after 3 throws), then the golfer whose disc is clearly closest to the Flag-Zone after 3 throws gets to subtract a throw from his/her score for that hole.

Penalties: Golfers are penalized +1 point for hitting a person or property (non-natural hazard) with their disc/ring. Also, if a golfer is not able to throw his/her disc/ring from the spot where the disc/ring landed, requiring the golfer to throw the disc/ring from the nearest alternative spot, the golfer is penalized +1 point.

Game Change: Eighteen consecutive but separate holes constitute 1 game, or “round” of golf. Play is continuous hole to hole. After each round (18-hole/15-minute game), the golfers exit the course, and the next group of golfers scheduled for a game immediately enter the course and start their round at their assigned Flag-Zone.

Scoring

Each hole is self-officiated by the golfer and each full round of 18-holes is self-officiated by the group of golfers in that round. Each golfer scores individual points based on the golfer’s performance on each hole. Each golfer is responsible for keeping his/her own score. Golfers are allowed to have a personal Score Keeper. (Refer to OptiHealth Golf Score Card.)

The golfer with the LOWEST score wins the round, but each golfer is actually competing with him/herself.

+1 point for each throw

-1 Bonus Point Subtraction (If none of the golfers in the group make Par (land their disc/ring in the Flag-Zone after 3 throws), then the golfer whose disc is clearly closest to the Flag-Zone after 3 throws gets to subtract a throw from his/her score for that hole.

Penalty: +1 for hitting a person or property (non-natural hazard) with the disc

+1 for not being able to throw the disc from the spot where the disc landed requiring the golfer to throw the disc from the nearest alternative spot