

A Simple Way to Figure Out Your Personal Par For Disc Golf

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When disc golfers play a new course, they want to know if they play well. Playing against par is an easy way to keep track of this. However, many times the pars that are available (from the tee sign or from a scoring app) are not set for the skill level of the player.

Here is a simple way to compute a personal par.

1. Know how far you can throw. Figure this out by whether your throws get all the way to the target on some holes of known length. Or, go to an open, flat field on a day with no wind and measure a typical comfortable golf throw. Not the maximum distance you can throw, but where you would expect a drive to land if you were trying to hit a fairway.
2. Every hole that is less than half the distance you can throw is par 2.
3. Add one to par for every full throw that the length of the hole increases. Thus, every hole that is between 50 and 149% of the distance you can throw is par 3. Par 4 for 150% to 249%, etc.

This method was tested against over 40,000 scoring distributions (more than 3 million scores) from players of various skill levels. Even without the adjustments for elevation, it set the correct par for 84% of all holes, and the total par was within .04% of being correct.

Granted, the testing assumed that the throw lengths for the various skill levels were whatever length produced the best results. Still, it's quite impressive that such a simple formula could get the same result as a complicated calculation 84% of the time.

4. For a little more accuracy, use the Effective Length, which is the actual length plus or minus 3 feet for every foot of elevation up or down.

While the formula works best with the player's known throw length, it works OK by substituting a typical throw length based on the player rating.

Rating	Throw Length	Par 2	Par 2	Par 4	Par 5	Par 6	Par 7
700	160	0-80	81-240	241-400	401-560	561-720	721-880
750	180	0-90	91-270	271-450	451-630	631-810	811-990
800	210	0-105	106-315	316-525	526-735	736-945	946-1155
850	240	0-120	121-360	361-600	601-840	841-1080	1081-1320
900	270	0-135	136-405	406-675	676-945	946-1215	1216-1485
930	290	0-145	146-435	436-725	726-1015	1016-1305	1306-1595
950	310	0-155	156-465	466-775	776-1085	1086-1395	1396-1705
1000	400	0-200	201-600	601-1000	1001-1400	1401-1800	1801-2200
1020	430	0-215	216-645	646-1075	1076-1505	1506-1935	1936-2365

Some players are more interested in comparing their performance to average score rather than par. The same method can be used, except the player should use 90% of their throw length. The 10% discount accounts for errors (tree hits, grip lock, penalties, etc.)