

| PRO | PAR | Raja pikkus, m | Reeglid, EST | Reeglid, ENG |
|--------------|-----------|----------------|--|---|
| 1 | 3 | 88 | Triple-Mando, 21 m. Eksimuse korral DropZone. OB korral tavaline OB-reegel ja lisandub üks karistusvise. | Triple Mandatory, 21 m. If the mandatory is missed, proceed to DZ +1 penalty stroke. Normal OB rules and +1 penalty stroke |
| 2 | 3 | 98 | Kõrgendatud korv. OB korral tavaline OB-reegel ja lisandub üks karistusvise. | Elevated target. Normal OB rules and +1 penalty stroke. |
| 3 | 3 | 77 | Kõrgendatud korv. OB korral tavaline OB-reegel ja lisandub üks karistusvise. | Elevated target. Normal OB rules and +1 penalty stroke. |
| 4 | 3 | 108 | Avadraivi OB korral DropZone. Edaspidi tavaline OB-reegel ja lisandub üks karistusvise. | If teeshot goes OB, proceed to DZ +1 penalty stroke. Afterwards normal OB rules and +1 penalty stroke. |
| 5 | 3 | 103 | OB korral tavaline OB-reegel ja lisandub üks karistusvise. | Normal OB rules and +1 penalty stroke. |
| 6 | 5 | 299 | Mando, 100 m. Mängida tuleb paremalt. Eksimuse korral DropZone. OB korral tavaline OB-reegel ja lisandub üks karistusvise. | Mandatory, 100 m. If the mandatory is missed, proceed to DZ +1 penalty stroke. Normal OB rules and +1 penalty stroke |
| 7 | 3 | 156 | Triple-Mando, 5 m. Avadraivi eksimuse korral Re-Tee. OB korral tavaline OB-reegel ja lisandub üks karistusvise. | Triple Mandatory, 5 m. If the mandatory is missed, ReTee +1 penalty stroke. Normal OB rules and +1 penalty stroke |
| 8 | 4 | 182 | Mando, 116 m. Mängida tuleb paremalt. Eksimuse korral DropZone. OB korral tavaline OB-reegel ja lisandub üks karistusvise. | Mandatory, 116 m. If the mandatory is missed proceed to DZ +1 penalty stroke. Normal OB rules and +1 penalty stroke |
| 9 | 4 | 181 | HAZARD on korvi ees märgitud ala. OB korral tavaline OB-reegel ja lisandub üks karistusvise. | HAZARD areas in front of the target. If you throw to Hazard, you continue where your disc lands +1 penalty stroke. Normal OB rules and +1 penalty stroke. |
| 10 | 3 | 88 | OB korral tavaline OB-reegel ja lisandub üks karistusvise. | Normal OB rules and +1 penalty stroke. |
| 11 | 3 | 133 | OB korral tavaline OB-reegel ja lisandub üks karistusvise. | Normal OB rules and +1 penalty stroke. |
| 12 | 3 | 100 | Erireeglid puuduvad. | No special rules. |
| 13 | 3 | 88 | Erireeglid puuduvad. | No special rules. |
| 14 | 3 | 82 | HAZARD-jõgi. Hazardisse viskamise korral jätkatakse sealt, kuhu ketas maandub ja lisandub üks karistusvise. | HAZARD-river. If you throw to Hazard, you continue where your disc lands +1 penalty stroke. |
| 15 | 3 | 82 | Erireeglid puuduvad. | No special rules. |
| 16 | 3 | 106 | OB korral tavaline OB-reegel ja lisandub üks karistusvise. | Normal OB rules and +1 penalty stroke. |
| 17 | 3 | 125 | Erireeglid puuduvad. | No special rules. |
| 18 | 3 | 127 | HAZARD-saar. Hazardisse viskamise korral jätkatakse sealt, kuhu ketas maandub ja lisandub üks karistusvise. | HAZARD-island. If you throw to Hazard, you continue where your disc lands +1 penalty stroke. |
| KOKKU | 58 | 2223 | | |

| AM | PAR | Raja pikkus, m | Reeglid, EST | Reeglid, ENG |
|--------------|-----------|----------------|--|---|
| 1 | 3 | 88 | Triple-Mando, 21 m. Eksimuse korral DropZone. OB korral tavaline OB-reegel ja lisandub üks karistusvise. | Triple Mandatory, 21 m. If the mandatory is missed proceed to DZ +1 penalty stroke. Normal OB rules and +1 penalty stroke |
| 2 | 3 | 65 | Kõrgendatud korv. OB korral tavaline OB-reegel ja lisandub üks karistusvise. | Elevated target. Normal OB rules and +1 penalty stroke. |
| 3 | 3 | 77 | Kõrgendatud korv. OB korral tavaline OB-reegel ja lisandub üks karistusvise. | Elevated target. Normal OB rules and +1 penalty stroke. |
| 4 | 3 | 108 | Avadraivi OB korral DropZone. Edaspidi tavaline OB-reegel ja lisandub üks karistusvise. | If teeshot goes OB, proceed to DZ +1 penalty stroke. Afterwards normal OB rules and +1 penalty stroke. |
| 5 | 3 | 85 | OB korral tavaline OB-reegel ja lisandub üks karistusvise. | Normal OB rules and +1 penalty stroke. |
| 6 | 5 | 299 | Mando, 100 m. Mängida tuleb paremalt. Eksimuse korral DropZone. OB korral tavaline OB-reegel ja lisandub üks karistusvise. | Mandatory, 100 m. If the mandatory is missed proceed to DZ +1 penalty stroke. Normal OB rules and +1 penalty stroke |
| 7 | 3 | 82 | Erireeglid puuduvad. | No special rules. |
| 8 | 4 | 154 | Mando, 88 m. Mängida tuleb paremalt. Eksimuse korral DropZone. OB korral tavaline OB-reegel ja lisandub üks karistusvise. | Mandatory, 88 m. If the mandatory is missed proceed to DZ +1 penalty stroke. Normal OB rules and +1 penalty stroke |
| 9 | 4 | 145 | HAZARD on korvi ees märgitud ala. OB korral tavaline OB-reegel ja lisandub üks karistusvise. | HAZARD areas in front of the target. If you throw to Hazard, you continue where your disc lands +1 penalty stroke. Normal OB rules and +1 penalty stroke. |
| 10 | 3 | 88 | OB korral tavaline OB-reegel ja lisandub üks karistusvise. | Normal OB rules and +1 penalty stroke. |
| 11 | 4 | 133 | OB korral tavaline OB-reegel ja lisandub üks karistusvise. | Normal OB rules and +1 penalty stroke. |
| 12 | 3 | 63 | Erireeglid puuduvad. | No special rules. |
| 13 | 3 | 63 | Erireeglid puuduvad. | No special rules. |
| 14 | 3 | 82 | HAZARD-jõgi. Hazardisse viskamise korral jätkatakse sealt, kuhu ketas maandub ja lisandub üks karistusvise. | HAZARD-river. If you throw to Hazard, you continue where your disc lands +1 penalty stroke. |
| 15 | 3 | 62 | Erireeglid puuduvad. | No special rules. |
| 16 | 3 | 78 | OB korral tavaline OB-reegel ja lisandub üks karistusvise. | Normal OB rules and +1 penalty stroke. |
| 17 | 4 | 138 | Erireeglid puuduvad. | No special rules. |
| 18 | 3 | 58 | HAZARD-saar. Hazardisse viskamise korral jätkatakse sealt, kuhu ketas maandub ja lisandub üks karistusvise. | HAZARD-island. If you throw to Hazard, you continue where your disc lands +1 penalty stroke. |
| KOKKU | 60 | 1868 | | |