

MUSIC CITY DISC GOLF BYLAWS

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Mission Statement

Music City Disc Golf is a 501(c)(3) non-profit public charity whose purpose is to promote the growth and development of disc golf in local communities by educating others about the many health benefits of playing an active outdoor sport and running high-quality events.

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Article I. Name

Section 1.01 The Music City Disc Golf, herein and elsewhere to be referred to as the “MCDG”,

Article II. Purpose

Section 2.01 The purpose of MCDG is to promote the sport of disc golf in Nashville, TN and the surrounding areas (considered herein and elsewhere to be referred to as Music City) as a means of healthful recreation and physical fitness, and to encourage more players to get involved by:

- (a) Holding free clinics so that we may educate others about disc golf and the many health benefits of playing an active outdoor sport.
- (b) Development and installation of new courses that are appropriate to players of all skill levels, while continuing to maintain and improve existing courses.
- (c) To develop disc golf activities for our membership which will be competitive, fair, and fun; including providing education and training clinics.
- (d) To make the local communities and all associated governments aware of the benefits of disc golf as an outdoor activity and sport, with MCDG supporting the disc golf community.
- (e) Establishing positive relationships with non-players and the community by encouraging high standards of course etiquette, safety, and good sportsmanship.
- (f) To assist in the promotion and running of disc golf events in Tennessee.
- (g) To conduct fundraising for the purpose of assisting charities, course design/installation and course maintenance/improvement by holding events.
- (h) To ensure the property and income of MCDG shall be applied solely towards the promotion of the stated objectives and purposes of MCDG and no part of that property or income may be paid or otherwise distributed, directly or indirectly, to members of MCDG, except in good faith in the promotion of the objectives stated herein.

Article III. Bylaws

Section 3.01 These bylaws shall govern the organization and operation of MCDG and shall become effective upon approval by a majority vote of the general membership.

Article IV. Membership

Section 4.01 General Membership shall be open to all individuals who pay the membership fees and/or annual dues as required by MCDG and agree to act in accordance with these bylaws.

Section 4.02 Membership in MCDG has certain rights, responsibilities, and entitlements. Active membership is attained and maintained by paying annual dues, and those who confer this payment shall be referred to herein as “members”.

Section 4.03 Membership dues are to be established by MCDG through the *referendum process*.

Section 4.04 The Membership Officer will, on behalf of MCDG, keep and maintain the register of members and that registry shall be kept and maintained in print or as an electronic record

Section 4.05 There will be a yearly general membership fee required for active membership. . Additional “Premium” and “VIP options may be designated with added benefits in order to help raise additional funds for MCDG.

Section 4.06 The responsibilities of active membership in good standing shall include the following:

- (a) Supporting MCDG and its members.
- (b) Participating in a competitive, fair, fun, and responsible manner at any event.
- (c) Attending MCDG meetings and/or events.
- (d) Supporting, promoting, and being an ambassador of the sport of Disc Golf.
- (e) Giving assistance to new or potential players.
- (f) Providing assistance on MCDG projects.
- (g) Serving as a resource for course maintenance when needed.

(h) Maintaining active membership status.

Section 4.07 The privileges of active membership shall be available only to MCDG members and shall include the following:

(a) Membership and all rights of participation in MCDG, including all tournaments and other events conducted or sanctioned by MCDG, shall be open to everyone without regard to race, age, creed, sexual orientation, color, national origin, or gender. Nonetheless, participation in divisions of tournaments or other events may be restricted on the basis of gender, age, or ability.

(b) Periodic communications to membership.

(c) Each active member has the right to become a member of a committee or hold office in MCDG.

(d) Entitled to vote any motion, and for the MCDG Board of Directors for the current year, and each member will be entitled to one vote as stated in Section 10.01 (D).

(e) Entitled to vote for approval of amendments to these bylaws, and each member will be entitled to one vote as stated in Section 10.01 (D).

(f) Any member may at a reasonable time inspect, the books, documents, records, and securities of MCDG.

Section 4.08 Memberships are individual and non-transferable. All monies collected shall accrue to the benefit of the membership.

Section 4.09 Memberships in the club are for one (1) calendar year, with all memberships beginning on January 1st and expiring on December 31st.

Section 4.10 The Board of Directors may confer honorary memberships upon those whom they feel have contributed to the advancement of disc golf in the Music City area. A majority vote of the Board shall be required to approve such action.

Section 4.11 In the event that any member of the club shall commit any act which reflects discredit or disrepute thereon or shall refuse or neglect to comply with the rules and regulations adopted by

the board of directors, such members shall be subject to suspension or expulsion after ten days written notice and the right to be heard, by a vote of two-thirds of the Board of Directors at any regular meeting or special meeting called for such purpose.

Section 4.12 All membership fees and dues shall be established by the Board of Directors from time to time in such amounts as they deem to be adequate to operate and maintain MCDG.

Article V. Board of Directors

Section 5.01 A Board of Directors of nine (9) board members, herein to be referred to as the "Board", whose titles and responsibilities are described in these bylaws shall exercise all powers and management of MCDG as well as conduct any business of MCDG.

Section 5.02 The Board shall consist of nine (9) active members in good standing of MCDG and shall be nominated and elected by active members in accordance with these bylaws.

Section 5.03 The Board shall be elected annually by the general membership and their terms of service shall be from January 1st until December 31st. Section 5.04 The Board shall meet regularly, and a simple majority of the Board shall constitute a quorum at any meeting. All Board members must be notified of board meetings prior to any meeting. Board meetings shall be open to all members of MCDG.

Section 5.05 Decisions made by the Board shall be considered binding on all members of MCDG.

Section 5.06 Board decisions may be made by electronic voting, open ballot, voice vote, or by roll call. The action must be received by a majority vote by attending board members for approval.

Section 5.07 The Board shall approve the budget.

Section 5.08 Resignation and Removal of Board Members.

Any Board Member may resign at any time by giving notice to the President or the Vice President. The resignation of any Board Member shall take effect upon receipt of notice thereof or at such later time as shall be specified in such notice; and, unless otherwise specified therein, the

acceptance of such resignation shall not be necessary to make it effective. When one or more Directors shall resign from the Board, effective at a future date, a majority of the Directors then in office, shall have power to fill such vacancy or vacancies, the result of the vote there on to take effect when such resignation or resignations shall become effective. Any Board member may be removed, with cause, upon the unanimous affirmative vote of the entire Board of Directors minus the Director in question. Any Board member who is removed or resigns prior to the end of his or her term may not run for election to the Board of Directors for a period of three (3) years.

Section 5.09 Individuals may not hold more than one Board position; however, when a vacancy exists, one or more of the existing Board members may fulfill the responsibilities, but not the voting rights of the vacant position as an acting member until the position is filled.

Section 5.10 Board members shall serve MCDG on a volunteer basis. This does not include reimbursement of expenses incurred on behalf of MCDG.

Section 5.12 In the case of any vacancy through death, resignation, disqualification or other cause, the remaining officers, even though less than a quorum, may elect a successor by majority board vote to hold office for the unexpired term of the officer whose place shall be vacant, and until the election of his or her successor. If the position of President becomes vacant, the Vice President shall fill the position of President and the Board shall fill the position of Vice President.

Article VI. Meetings

Section 6.01 Meeting of the Board shall be held at least quarterly. Additional meetings may be held as needed, at the call of the President or their designee. All Board Meetings are open to any active member. Notice of the meeting must be posted a month in advance, unless it has been specially called by the President, at which time the meeting must be immediately posted.

Section 6.02 Meetings of all MCDG Members shall be held at least two times a year. Additional meetings may be held as needed, at the call of the President or their designee, at the request of the Board, or at the request of 10% of all active MCDG members. Notice of the meeting must be posted a month in advance, unless it has been specially called by the President, at which time the meeting must be immediately posted.

Section 6.03 Meetings shall be conducted in an orderly manner with each board member and committee chairperson in attendance providing a report on their respective areas of responsibility.

Section 6.04 Meetings shall provide a forum for the general membership to make decision that address specific issues and proposals.

Section 6.05 Minutes shall be taken by the Secretary to record the discussions and decisions made at the meetings and made available.

Article VII. Decisions Procedures

Section 7.01 In general, the authority to make decisions on behalf of MCDG shall be that of its Board of Directors. The decision-making process shall follow the guidelines outlined below:

- (a) Decisions by the Board shall be by majority vote, except where explicitly stated otherwise in these bylaws. Such decisions include, but are not limited to:
 - a. Any decision that has significant impact on the general membership, sponsors, or public presence of MCDG including the filling of vacant Board positions.
 - b. Starting new projects and activities.
 - c. Any expenditure of \$100.00 or more.
- (b) Decisions allowed by individual members of the Board of Directors include but are not limited to:
 - a. General decisions in support of the executions of approved projects and activities.
 - b. Expenditures of less than \$100.00 for pre-approved projects and activities. Funding for such expenditures shall be obtained from, or reimbursed by, the Treasurer. The intent of these guidelines is for the Board to approve all new MCDG projects and activities then delegate decision-making authority as described above. All expenditures shall be approved MCDG projects and activities.

Article VIII. Officers and Course Captains

Section 8.01 The MCDG Board shall consist of a total of nine (9) board members including general board members and seven (7) officers: President, Vice President, Treasurer, Secretary, Membership Officer, Special Events Officer, and Public Relations Officer.

Section 8.02 The Roles and Responsibilities of the Board shall be as follows:

(a) President

- a. The President shall be Chairman of the Board and responsible for the operation of MCDG.
- b. Shall preside at all general membership and special meetings and ensure that they are conducted in an orderly and business-like manner.
- c. Shall be responsible for administering the affairs of MCDG according to the policies and procedures described in these bylaws.
- d. Shall appoint heads of committees as they are formed and replace them if needed after approval by the Board.
- e. Shall have access to MCDG funds and have the authority to sign checks with a co-signature from the Treasurer.
- f. Shall sign all contracts and legal documents after approval by the Board.
- g. Shall assist in creating and maintaining MCDG balance sheet.
- h. Shall assist in the coordination of any methods used for MCDG communications, such as newsletters, emails, websites, etc.
- i. Shall perform all duties incident to the President and such other duties as from time to time may be assigned to him or her by the Board.

(b) Vice President

- a. The Vice President shall perform the duties of the President whenever the President is unable to do so for any reason.
- b. Shall assist in helping fulfill the goals of any Board member or committee project(s).
- c. Shall plan, organize, and oversee the execution of all MCDG general membership elections.
- d. Shall participate in the creation of the MCDG annual operation budget.
- e. Shall have access to MCDG funds and have the authority to sign checks with a co-signature from the Treasurer.
- f. Shall assist in the coordination of any methods used MCDG communications, such as newsletters, emails, websites, etc.
- g. Shall perform all duties incident to the Vice President and such other duties as from time to time may be assigned to him or her by the President or by the Board.

(c) Treasurer

- a. The Treasurer shall create and maintain a financial accounting system adequate to the needs of MCDG.
- b. Shall create and maintain MCDG and MCO bank accounts including records of all deposits and withdrawals.
- c. Shall, with participation of the entire Board, maintain a balance sheet containing income and expenditures on an ongoing basis.
- d. Report financial status and performance against the budget at board meetings as needed.
- e. Shall open and maintain MCDG and MCO checking accounts and have authority to sign checks and disburse funds for approved projects and activities in accordance with these bylaws with a co-signature of the President
- f. Shall assist in the coordination of any methods used for MCDG communications, such as newsletters, emails, websites, etc.
- g. Shall perform all duties incident to the Treasurer and such other duties as from time to time may be assigned to him or her by the President or by the Board.

(d) Secretary

- a. The Secretary shall record the proceedings of all general membership and special meetings and make such records available to the general membership.
- b. Shall provide activity reports of MCDG actions and events on a monthly and annual basis.
- c. Shall participate in the creation of MCDG annual operating budget.
- d. Shall assist in the coordination of any methods used for MCDG communications, such as newsletters, emails, websites, etc.
- e. Shall perform all duties incident to the Secretary and such other duties as from time to time may be assigned to him or her by the President or by the Board.

(e) Membership Officer

- a. The Membership Officer is responsible for overseeing all aspects of membership including but not limited to the membership drives, the MCDG membership database, correspondence with new or renewing members, and for providing an active membership list on a monthly basis to the officers.

- b. Provisions are to be made for email, phone, and address book for the general membership, and for supporting the other officers as needed regarding the MCDG membership database.
- c. Shall act as the liaison between MCDG members and the Board.
- d. Shall assist in the coordination of any methods used for MCDG communications, such as newsletters, emails, websites, etc.
- e. Shall perform all duties incident to the Membership Officer and such other duties as from time to time may be assigned to him or her by the President or by the Board.

(f) Special Events Officer

- a. The Special Events Officer shall coordinate and assist with a variety of events to include, but not limited to tournaments, charity events, educational clinics, and community events for the benefit of MCDG members and to attract new players to the sport of Disc Golf.
- b. Ensure all games and competitions are run fairly for all levels of players and in an atmosphere that promotes positive competition and sportsmanship.
- c. Appoint event volunteers to plan and assist with each MCDG event.
- d. Shall assist in the coordination of any methods used for MCDG communications, such as newsletters, emails, websites, etc.
- e. Shall perform all duties incident to the Special Events Officer and such other duties as from time to time may be assigned to him or her by the President or by the Board.

(g) Public Relations Officer

- a. The Public Relations Officer shall promote MCDG and the sport of Disc Golf whenever and however possible.
- b. Assist the Board and Special Events Officer with publicizing MCDG, tournaments, and the sport of Disc Golf using various mediums to include but not limited to newspapers, magazines, websites, radio, or television.
- c. Shall assist with coordinating and heading up fundraising efforts to assist with promoting MCDG and MCDG events, including PDGA Sanctioned events.
- d. Shall work with various Metro Parks and Recreation Departments to promote Disc Golf as a sport.
- e. Shall assist in the coordination of any methods used for MCDG communications, such as newsletters, emails, websites, etc.

- f. Shall perform all duties incident to the Public Relations Officer and such other duties as from time to time may be assigned to him or her by the President or by the Board.

(h) Board Members

- a. This designation represents non-officer elected MCDG board members, and these board members have the same rights and responsibilities as other board members.
- b. May be assigned to work with any other elected officer position as needed and assigned by the President or Vice President.
- c. May be assigned as Committee Chairs and may hold as many committee positions as needed.
- d. Shall have full board voting rights.
- e. Shall perform all duties incident to the board member and such other duties as from time to time may be assigned to them by the President or by the Board.

Section 8.03 Course Captains are non-elected positions by the MCDG and MCDG membership and are designated by the governing bodies that currently maintain the courses within the Music City area. The duties of the Course Captain are to assist in general upkeep of the course and relay any requests from the Board, the Course Committee, the Special Events Officer, or Special Events Committee to the course crew, and vice versa.

Section 8.04 Any drastic changes to a course, including but not limited to a course expansion, redesign, or significant improvements that changes the currently known layout of play must be approved by the Course Captain and the course crew and approved. This is to ensure that no one individual or group can make changes to any existing course without the governing body of that course being aware and awarding approval.

Article IX. Committees

Section 9.01 As MCDG projects and activities are approved, committees may be formed to coordinate their efforts.

Section 9.02 The Board shall authorize and define the power and duties of all committees.

Section 9.03 Not all projects require a committee, but when a committee is formed a chairperson shall be appointed by the Board to oversee the effort and provide reports at meetings.

Section 9.04 Committee chairpersons and members need not be on the Board but shall be part of the active MCDG general membership in good standing.

Section 9.05 If a committee chairperson is not on the Board, a Board member shall be assigned to communicate with the committee.

Section 9.06 Committee chairpersons may seek committee members; however, the chairperson is ultimately responsible for the actions of the committee.

Section 9.07 Committee chairpersons shall not enter any contracts or assume any debts without authorization by the Board. Committees shall develop budgets for each activity/function and submit to the Board for approval.

Section 9.08 All Committee meetings shall be open to all MCDG members.

Section 9.09 There are hereby established the following permanent committees, with such other committees being created as the Board may deem necessary or advisable:

(a) The Course Committee

- a. The Chair of the Course Committee is the Special Events Officer, unless the Special Events Officer has designated another board member to chair the committee.
- b. The Course Committee is created to chair all Course Captains and any course designers to assist with the direction and implementation of any and all preservation, maintenance, alterations, or creation of courses.
- c. The Course Committee shall be responsible for making sure that all courses to be used are in a condition that best represents MCDG, Nashville, the Music City area, local Metro Parks Department, and the State of Tennessee.
- d. Coordinates with the Public Relations Officer to contact to the parks department (or other entities) on all issues that arise.

- e. Functions as liaison with the Public Relations Officer between MCDG, park staff, and the local course community to create and maintain 1-year, 5-year, and 10-year course development plans for all Music City area Disc Golf courses.
- f. Repairs or replaces any broken or vandalized course equipment as soon as it is practical
- g. Coordinates course design changes through the Board for approval prior to initiating any work. Develops a budget in accordance with these bylaws
- h. Responsibilities of the Course Committee include, but are not limited to:
 - i. Coordinating with the Course Captain and his work crews to prepare the courses or premises in advance of an event.
 - ii. Work with the Special Events Officer to create any sub-committees needed for additional tournament or event course preparations or tasks.
 - iii. Seek support assistance and volunteers from MCDG Members and elsewhere.
 - iv. Works to maintain the safety, beauty, and playability of courses in Music City.

(b) The Public Relations Committee

- a. Promotes MCDG, the courses, MCDG members, and the sport of Disc Golf to the world in a consistent and positive manner.
- b. Shall assist with coordinating and heading up fundraising efforts to assist with promoting MCDG and MCDG events, including PDGA Sanctioned events.
- c. Coordinate with Event Committees and create sub-committees responsible for the various elements of event operations pertaining to public relations (fundraising, advertising, sponsor recognition, prize & trophy procurement, player communications, out of town accommodations (i.e. tournament host hotel, etc.), promotion of event, etc...
- d. Distributes information to MCDG by posting information on the MCDG website, emailing MCDG members, and posting flyers at all Music City area courses in a timely and appropriate manner.
- e. Coordinates promotional material through the Board for approval prior to initiating any work. Develops a budget in accordance with these bylaws.
- f. The Chair of the Public Relations Committee is the Public Relations Officer, or a board member as designated by the Board.

(c) The Finance Committee

- a. Tracks payment of membership dues, bank accounts, and MCDG finances.
- b. Organizes membership benefits and is responsible for maintaining MCDG merchandise inventory and sales. This includes fundraising discs, shirts, etc., requested by the Public Relations Committee.
- c. Coordinates merchandising through the Board for approval prior to initiating any work. Develops a budget in accordance with these bylaws.
- d. The Chair of the Finance Committee is the Treasurer.

(d) The Event Committees

- a. Event Committees are created by the Special Events Officer as needed for each specific event or tournament
- b. An event committee shall be responsible for running an event or tournament and shall be disbanded when the post-event reporting responsibilities have been completed.
- c. The Chair of each event committee is the Special Events Officer, unless the Special Events Officer or the Board has designated someone to chair the committee.
- d. Responsibilities of the Event Committee Chairs include, but are not limited to:
 - i. Coordinating with the Special Events Officer to obtain and permissions needed for the event/tournament to be held lawfully and professionally.
 - ii. Coordinating with the Public Relations Officer to get permission to use the courses or premises in advance of an event, as needed.
 - iii. Coordinating with the Course Committee and Course Captain(s) of the specific courses to be used to prepare the courses or premises in advance of an event.
 - iv. Work with the Special Events Officer to create any sub-committees needed for additional tournament or event preparation.
 - v. Coordinate revenue collection and debt payment in advance through the Board.
 - vi. Seek support assistance and volunteers through MCDG members and elsewhere.
 - vii. Report tournament results to the Secretary, Special Events Officer, and any outside sanctioning bodies (Southern Nationals, Professional Disc Golf Association, etc.)
 - viii. Prepare financial statement for submission to the Treasurer and the Board.

(e) The Club Affiliation Committee

- a. The Club Affiliation Committee will consist of elected individuals of affiliate clubs located in the Music City area, as well as appointed members of the MCDG.
- b. The Club Affiliation Committee shall be responsible for creating an atmosphere conducive to working cooperatively with each other to act and function as one cohesive entity in order to better run events and tournaments on both a local, state, regional, and national level.
- c. The Club Affiliation Committee shall make sure to offer any assistance to other clubs in help with their events and tournaments as a sign of goodwill and partnership.
- d. The Club Affiliation Committee shall offer assistance to any Events Committee that requests it, whether they are a part of MCDG, or one of the affiliate clubs.

Article X. Elections

Section 10.01

The annual election of the Board of Directors shall be coordinated in a fair and unbiased manner where no individual running for the Board is provided an advantage or special treatment by the election process.

- (a) In order to become a candidate for the Board, an individual must be a current PDGA member, an active MCDG member in good standing, and have been nominated by an active MCDG member in good standing. Nominations for the following year's board shall be collected during election season designated by the Board that takes place in October and November of each year.
- (b) Each nominee shall be provided equal opportunity to campaign.
- (c) Elections must be concluded by the December MCDG year-end banquet. Each current member can vote for each Board of Directors position. Written or electronic ballots shall be used and shall have all nominee names provided.
- (d) Ballots will be sent to all MCDG members in good standing in additions to instructions on election timelines and how to cast their vote.
- (e) In order to avoid conflicts of interest, individuals who have no direct interest in the outcome of the election shall be appointed by the Board to count the votes. Any current member can appeal the appointment, provided the appeal is backed up with a reasonable argument. Reasonable arguments shall be brought to the Board and MCDG membership to review.
- (f) The following year's MCDG Board shall consist of the candidates receiving the most votes regardless of how many voted.
- (g) Positions shall be assigned as: President, Vice President, Treasurer, Secretary, Membership Officer, Special Events Officer, Public Relations Officer, and Board

Members. Positions will be delegated by the President and the Board as appropriate to the elected board members skill set. The President and the Vice President may reassign positions as needed during the year to best suit the elected members skill set(s) with approval of all parties involved and other members of the Board. The elected board members will assume their roles at the start of the next MCDG year on January 1st.

- (h) The elected officers will sit in on the December Board meeting in order to observe how business is conducted and get an introduction to the Board and its operations.
- (i) No member may hold more than one Board position. There is no limit to the number of committee positions or committee chairs that a Board member may hold.
- (j) There shall be no limit to the number of terms that a board member may hold.

Section 10.02 Initial approval of any amendments to these bylaws shall be voted on by the general MCDG membership

- (a) A draft of the bylaws with specific changes noted shall be made available at least 15 days prior to the membership vote for its approval.
- (b) A “show of hands” style vote, electronic, and written absentee voting shall be acceptable for the approving bylaws.
- (c) “General MCDG Membership” is defined as those MCDG members in good standing who choose to participate in the voting process.

Section 10.03 Under special circumstances, the board of directors may choose to hold a special election for the purposes of replacement of Board members or amendments to these bylaws.

Article XI. Financial

Section 11.01 The Fiscal Year for MCDG shall begin on January 1st and terminate on December 31st.

Section 11.02 MCDG shall not make a loan to any member or other person(s).

Section 11.03 The MCDG is a volunteer organization. No fees for services rendered may be paid unless prior approval of the Board is obtained.

Section 11.04 A checking account shall be maintained to pay all MCDG expenses. Any drafts on the account shall require the

signature of both the Treasurer and the President. The Vice President may sign if the President is not available to sign.

Section 11.05 Any money brought in by activities run at a course will have 100% of said monies awarded and tracked for use in improvement and maintenance of local area courses as reviewed and discussed by the Board.

Section 11.06 In the event that the MCDG is dissolved for any reason, its assets (physical and monetary) shall be dispersed as follows:

- (a) All debts and claims shall be paid from cash on hand
- (b) Assets shall be sold if cash on hand is insufficient to pay all debts and claims.
- (c) Any remaining assets, for which there are no claims or debts, shall be given to a charitable organization of the Board's choosing.

Article XII. Amendments to Bylaws

Section 12.01 The Board shall have the power to repeal or amend any of these bylaws provided that such action shall not be effective until approved by a majority vote of the members of MCDG at a meeting held in accordance with the provisions contained herein.

Section 12.02 Proposed amendments to the bylaws may be submitted by any member.

Section 12.03 The Board shall consider all proposals submitted to it, and inform the membership that it either:

- (a) Favors the proposal as presented.
- (b) Favors the proposal with suggested changes.
- (c) Is not in favor of the proposal (reasons for lack of favor must be explained).

Section 12.04 A proposal to amend these bylaws, approved by the Board, shall be submitted to the Vice President, who shall place the proposed amendment on the official ballot determined to be necessary by the Board. The Board shall declare adopted any proposed amendment that receives a majority vote. Amendments to these bylaws become effective immediately upon adoption or date listed on the vote.

Article XIII. Dissolution

- Section 13.01 MCDG may be dissolved if a plan to dissolve the MCDG is approved by 75% of its active members.
- Section 13.02 A dissolution plan shall be made available at least 15 days prior to the membership vote for its approval.
- Section 13.03 A “show of hands”, written, or digital vote shall be acceptable for dissolution provided it is approved by at least 75% of the active membership.
- Section 13.04 Any and all remaining club funds will be donated to a charity upon approval of the dissolution plan by the MCDG members.

Appendix A

Glossary of Terms

- Referendum:** These are binding changes to the MCDG. In the case of MCDG, a majority of the voting quorum must agree in order to pass the proposed referendum.
- Non-Referendum:** These are non-binding motions and votes used to gauge support for or against a particular action. In the case of the MCDG, non-referendum items are passed with a majority voting for the motion.
- Quorum:** The number of Board members present at a Board meeting needed to conduct MCDG business.

Appendix B

Health Benefits of Disc Golf

The U.S. Department of Health and Human Services recommends the following physical activity guidelines:

- Children and Adolescents: One hour or more of moderate or vigorous aerobic physical activity a day, including vigorous intensity physical activity at least three days a week.
- Adults: Adults gain substantial health benefits from 2.5 hours a week of moderate intensity aerobic physical activity, or 1 hour minutes of vigorous physical activity.
- Older Adults: Older adults should follow the guidelines for other adults when it is within their physical capacity.

Many other national health organizations have stated that a healthy lifestyle consists of taking 10,000 steps each day. An average round of disc golf can be played in 60 to 90 minutes and involve anywhere from 5,000 to 8,000 steps.

Playing a round of disc golf can have a person well on their way to meeting the recommended goals of a healthy lifestyle. Not to mention having a great time while you are at it.

Disc Golf, Fitness Sport of the 21st Century

The last 25 years of the 20th century saw the development of a new sport, disc golf. With the rising importance of fitness, and the realization that fitness is directly associated with health and longevity, disc golf has moved to the forefront of fitness activities. The sport has grown faster than any other sport with over 2484 new disc golf courses have been built in the U.S. from 1975 to 2009.

Why Disc Golf?

Disc golf has many advantages over other sports and fitness activities. It is a low impact sport that combines the fitness advantages of aerobic exercise, with the pleasure and excitement of playing a fun game. In this way, exercise is disguised as "play", so that both children and adults will look forward to it every day. The complex nature of disc golf provides ever-changing challenges for adults, keeping up their interest, and it often becomes addictive (a good quality for a fitness sport).

Disc golf has many of the advantages of regular golf: fresh air, relaxing setting, mentally stimulating challenges, interaction with friends, and an addictive form of exercise. Disc golf is an "age-friendly" sport, since you can continue playing and increasing your skills well past your 60's. Two additional advantages of disc golf are:

1. It is free to play at all public parks and courses
2. It provides twice the fitness benefit of most recreational sports

Playing disc golf provides training in all five fitness categories:

- Muscle strength
- Flexibility
- Aerobic fitness (heart strength)
- Endurance
- Mental challenge (which leads to emotional relaxation and reduction of mental fatigue)