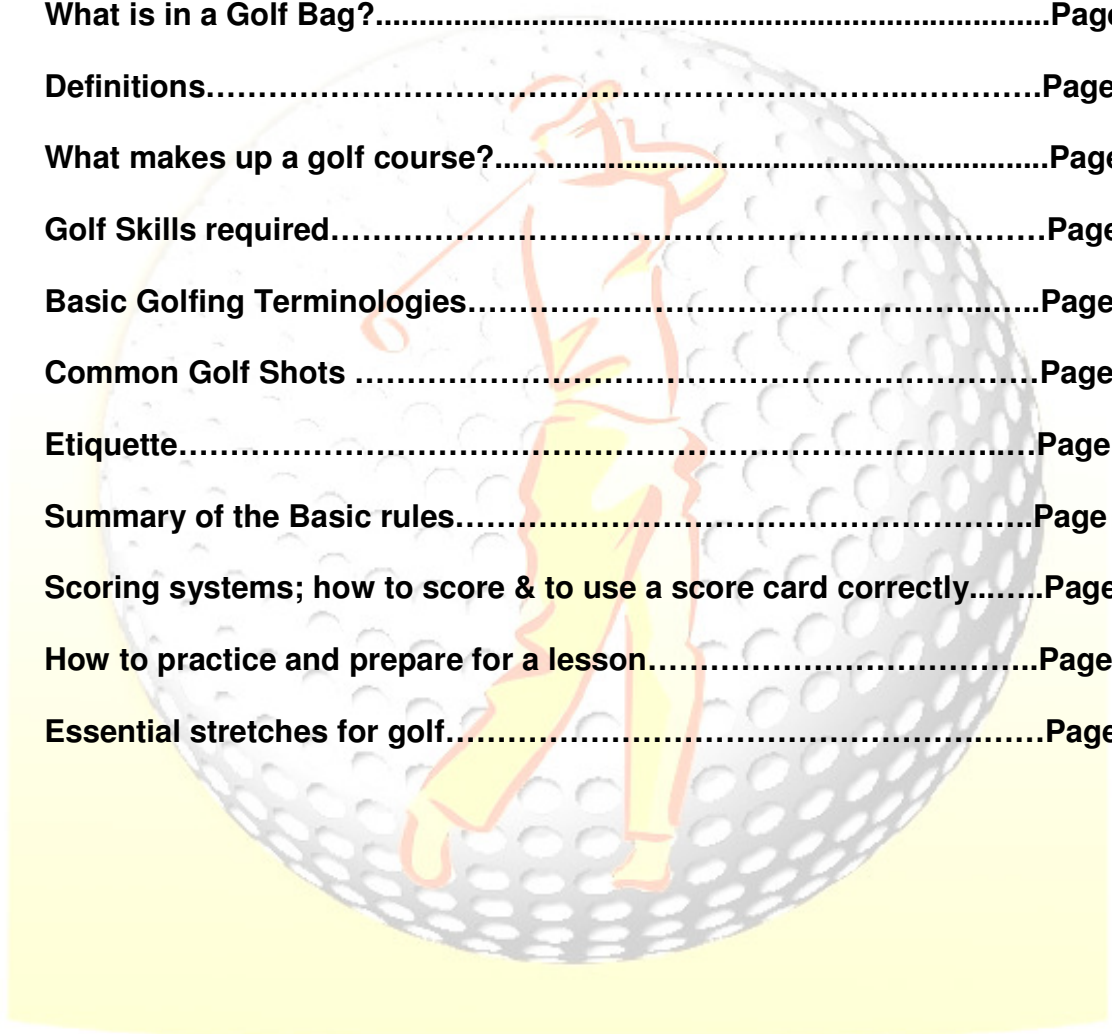


Introduction to golf:

Beginners course student reference material

The game of golf:

- **History of golf, and other facts and figures.....Page 2**
- **What is in a Golf Bag?.....Page 4**
- **Definitions.....Pages 5**
- **What makes up a golf course?.....Pages 6**
- **Golf Skills required.....Pages 8**
- **Basic Golfing Terminologies.....Page 9**
- **Common Golf ShotsPage 14**
- **Etiquette.....Page 16**
- **Summary of the Basic rules.....Page 18**
- **Scoring systems; how to score & to use a score card correctly.....Page 22**
- **How to practice and prepare for a lesson.....Page 24**
- **Essential stretches for golf.....Page 26**



A GOLFER'S GUIDE



1. History

One of the basic fundamentals of golf is its history. Most other sports such as basketball, baseball, tennis and football, trace their roots back to the second half of the 19th century. For example baseball was founded in 1871.

However, golf is different. Golf's history goes back more than 550 years. There is evidence which states that the game, or a form of it, may have been played in China hundreds of years before that. The most accepted story is that golf started in Scotland in the early 1400s.

The first written reference to golf came in 1457, when the King of Scotland, James II, demanded a formal Act of Parliament to make playing golf illegal. It seemed that many of his soldiers were spending more time playing golf than they were practicing their archery.

** Think about that date: we know for a fact that golf was being played in Scotland 35 years before Columbus discovered America! **

A Chronological history of leading events in golf.

- 1457**.....Golf was banned by James II after a noticeable decline in the quality of Archery marksmanship
- 1491**King James IV of Scotland reinstated golf as a legal activity
- 1567**.....Queen Mary was 'accused' by her countrymen of playing golf, within two weeks of the murder of her husband
- 1592**.....The town council of Edinburgh issued a proclamation against playing golf at LEITH on Sunday's. **'In tyme of sermonis'**.
- 1618**.....Introduction of the 'feathery' ball
- 1637**.....A man was convicted of stealing golf balls and sentenced to death.
- 1657**.....Record of colonists in Albany, NY playing golf ... on the ice!
- 1718**.....A manuscript was published in England saying golf is the enemy of the medical professional because it was keeping people too healthy
- 1743**.....Publication of "The Goff", the first book dedicated entirely to the sport

- 1744.....Drafting of the 13 Articles, the first rules of golf
- 1748.....A record of golf clubs and balls being shipped from Scotland to Russia, 250 years before the first golf course was built there
- 1754.....The course at St. Andrews, Scotland (now known as "The Old Course") consisted of 22 holes, and the St. Andrews Society declared that to be the standard
- 1764.....St. Andrews was reconfigured from 22 holes to 18 holes because some holes were too short; the standard has been 18 holes ever since
- 1770.....First record of clubs being offered in a catalogue
- 1841.....Invention of 'Gutta-Percha' golf ball
- 1848.....Introduction of the first "Gutta Percha" ball, made from the gutta percha trees in India. Prior to this, golf balls had been leather bags filled with feathers
- 1857.....World's first golf instructional book was written by "A Keen Hand"
- 1860.....The first British Open championship was played
- 1895.....The first United States Open was played
- 1901.....Invention of the rubber-core Haskell Ball
- 1916.....The first PGA Championship was played
- 1921.....The Royal & Ancient golf club; Introduced the first limitations on the size and weight of balls
- 1931.....Dr Stableford of Liverpool devised a points scoring game as a variation away from Par & Stroke play
- 1934.....The first Masters Tournament was played
- 1934.....End of an era for Hickory Shafted golf clubs. Introduction of steel
- 1935.....The Sand Wedge was invented by American Gene Sarazen
- 1947.....The first U. S. Women's Open was played
- 1951.....Abolition of the 'STYMIE'
- 1968.....The game of Stableford received official blessing from the **R&A** and was incorporated into the rules of golf
- 1975.....Tiger Woods date of birth 30th December 1975
- 1982.....Discussion aimed at limiting the distance obtainable from modern ball.
(Rendering classic old courses obsolete)
- 1985.....Introduction of 'Metal Woods' onto the market (Fine Persimmon timber had become rare')

What is in a Golf Bag?

GOLF EQUIPMENT

Golf Clubs: Maximum number of clubs per bag is 14

Beginners ½ set: Irons: 3, 5, 7, 9, Sand iron, 3 wood and Putter

Standard Full Set:

- Putter
- Irons – 3, 4, 5, 6, 7, 8, 9, Pitching Wedge and Sand Wedge
- Woods – 1, 3, 5 or 7 or 9 or Utility/Rescue Woods



PUTTER

Used for putting on the Greens where turf are closely mown.



IRON

Used on the fairway for specific distance or approach shots. Also used on short holes for teeing off.



**WOOD
Metal & Persimmon**

Used on the Teeing Ground (Tee-Boxes) for tee-shots or start of each hole.



Other essentials:

Rule Book
Balls
Umbrella
Water-proofs
Tees
Markers

Pens/Pencils
Clothing
Golf glove
Club head Covers
Towel

Snacks:

Fruit (Banana is the best), 1 fruit & nut mixture, 1 pre-prepared drink essential in summer.

First aid:

Preventative medicine, Band aids/Elastoplasts, Ventolin for asthmatics and most importantly sun block (30+ is preferred for outdoor sports).

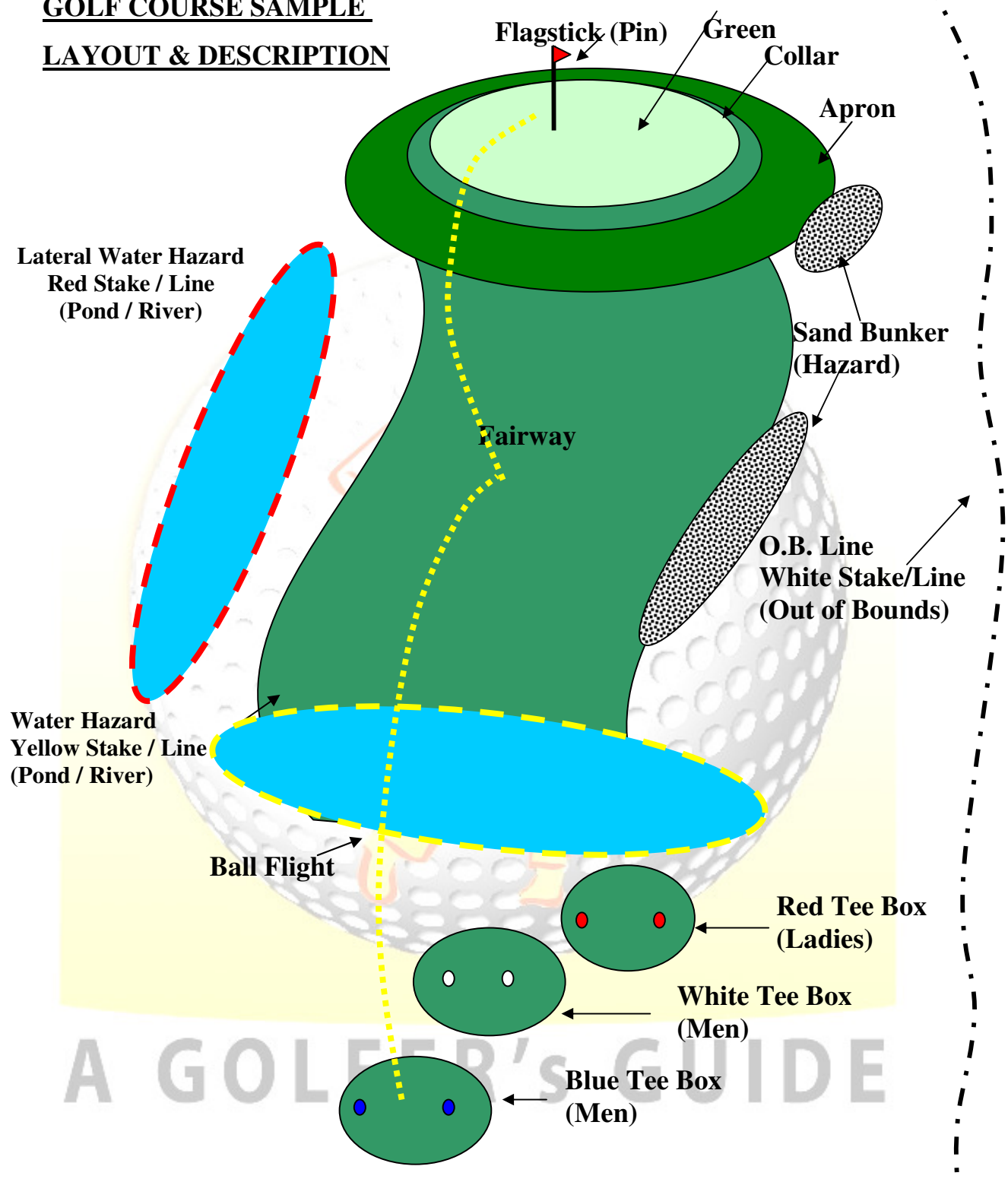
Definitions

What makes up the course?

The Definitions section of the Rules of Golf contains over forty Definitions, which form the foundation around which the Rules of play are written. A good knowledge of the defined terms will help in the correct application of the Rules. These include:

- **Teeing Ground** - the starting place for the hole, defined by two tee-markers.
- **Fairway** – Closely mown area extending from tee box to green.
- **Putting Green** - an area specially prepared for putting and containing a 4.25-inch diameter hole, and a flag to identify its position on the green.
- **Through the Green** - the whole area of the golf course except the teeing ground and putting green of the hole being played and all hazards.
- **Hazards** - any bunker or water hazard.
- **Out of Bounds** - ground on which play is prohibited i.e. not part of the course. A ball is out of bounds when all of it lies out of bounds.
- **Loose Impediments** - natural objects such as stones, leaves and twigs provided they are not fixed or growing, are not solidly embedded and are not sticking to the ball.
- **Obstructions** - any man-made object, except:
 - (i) objects defining out of bounds;
 - (ii) any part of an immovable man-made object which is out of bounds; and
 - (iii) any construction declared by the Committee in the Local Rules to be an integral part of the course.
- **Casual Water** - any temporary accumulation of water on the course, which is visible before or after the player, takes his stance (dew and frost are not casual water).
- **Ground Under Repair** - any portion of the course so marked by the Committee. Also includes material piled for removal and a hole made by a green keeper, even if not so marked.
- **Handicap**- A handicap is obtained when a player has handed in five * 18 hole score cards. The actual handicap number is calculated from the average score of the 5 score cards, however in some cases there is a limit to the maximum score that a payer can shoot. Please check with the management of your respective golf club.

GOLF COURSE SAMPLE
LAYOUT & DESCRIPTION



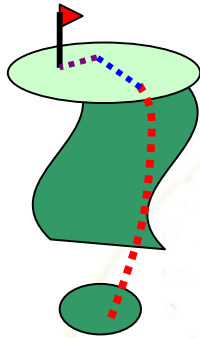
A GOLFER'S GUIDE

GOLF COURSE AND HOLES

- A typical golf course has 18 holes
- Front Nine (Hole #1-9) & Back Nine (Hole #10-18)
- It is made up of a combination of par 3's, 4's and 5's
- The PAR of a typical golf course is 72 strokes

Example of Par 3

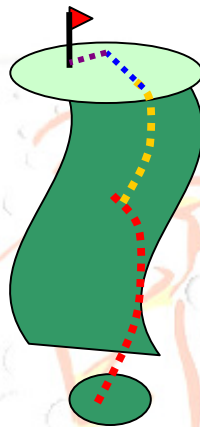
1 - 225 metres long



One Stroke (reachable) on the Green & Two Putts

Example of Par 4

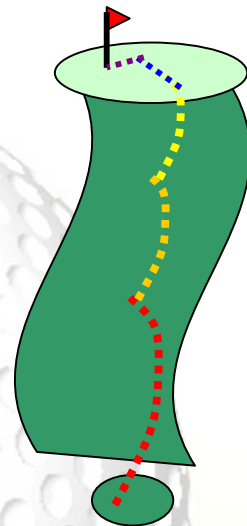
226 - 423 metres long



Two Strokes (reachable) on the Green & Two Putts

Example of Par 5

424 – 621 metres long



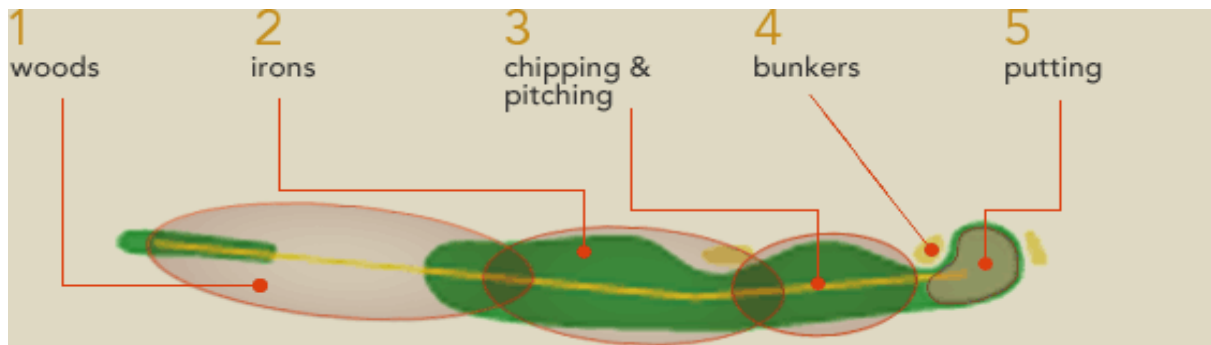
Three Strokes (reachable) on the Green & Two Putts

SAMPLE SCORECARD (3-Holes Course @ MBGC)

Hole	Length (M)		Par	PLAYERS			
	White	Red		A	B	C	D
1	374	231	4				
2	530	450	5				
3	160	90	3				
Total	1064	771	12				

A GOLFER'S GUIDE

Golf Skills: The various skills required to play the game of golf



The path from tee to green breaks down into 5 areas of application, or Skill Sets. Based on the PGA Manual of Golf, these skill sets can give you a solid framework for improving your game - whether it's consistency or score.

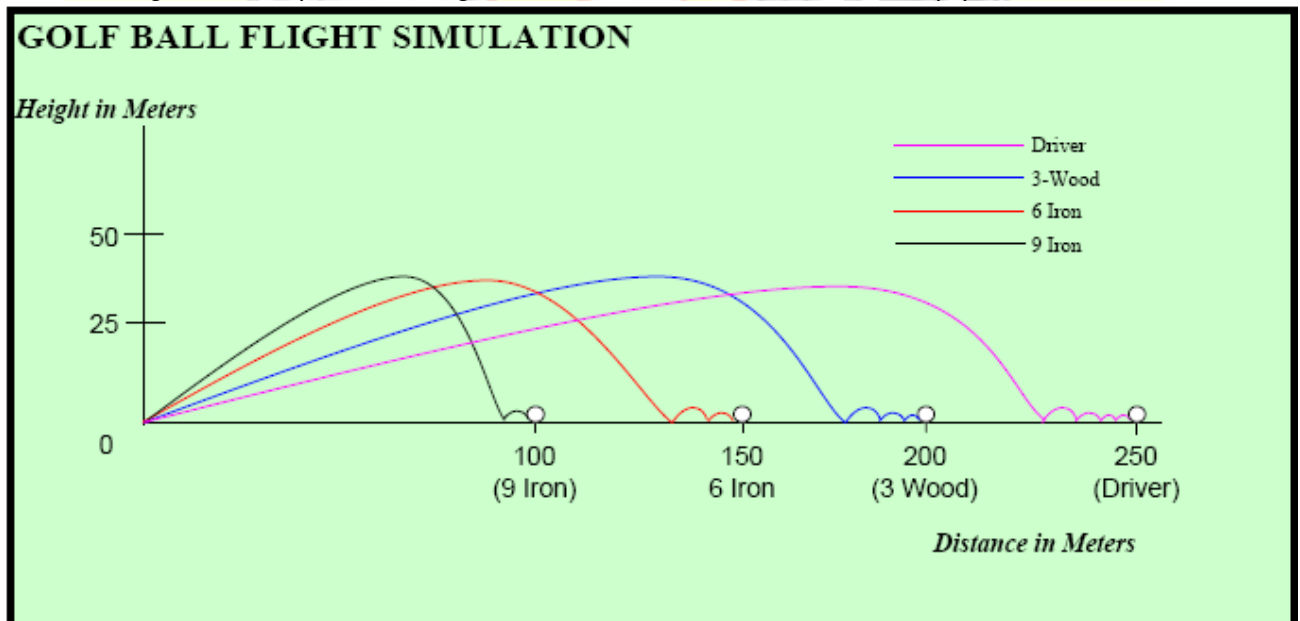
The Skill Set System: from tee to hole

Applying the laws, principles and fundamentals on the course and getting involved with an professional instructor is where this information will truly pay off. To better transfer the techniques you will learn to the course, we've broken down the path from tee to hole into five areas of application, or skill sets:

- Woods - both from the tee and in the fairway
- Irons - the long and short of traversing the fairway
- Chipping and Pitching - a critical technique for making it onto the green when your wood or irons haven't gotten you there, or for escaping rough and fringe areas
- Bunkers - making the most of play from these hazards
- Putting - the final strokes of your path

BALL FLIGHT

The followings are examples of ball flights in relations to the selected clubs/equipment used;



Basic Golfing Terminologies

A

Address: The positioning of the body and the club in order to hit the ball in a desired direction

Ace: Hole in one, usually on par 3's.

Albatross: A score of 2 on a par 5.

Advice on the course: Comments given to a fellow player that may influence that player's decision on how to play his next shot

Alignment: The alignment of the body relative to the target.

Arc: The shape of the club head's path that it describes while swinging

Attending the flag: Holding the flag in place in readiness for your opponent's play on the green

B

Backspin: The rotation of the ball such that the rear of the ball (as viewed by the player) rotates downwards.

Back swing: That part of the golf swing from address to the change of direction at the top.

Balance: *Static* – the relationship of the body's center of gravity to the enclosed area of the feet.
Dynamic – the stability of the body during the motion of the golf swing.

Ball Position: The position of the ball relative to the feet – the absolute distance from the feet relative to the length of the golf club being used.

Birdie: One under par.

Bogey: One over Par.

Block: A shot that goes straight right, without curving, (based on a right hander)

Bowed: The state of the target wrist when the hand is rotated towards the body.

Bunker: A hazard filled with sand, can be fairway as well as bunker.

Butt: The top of the handle of the golf club.

C

Caddie: A person other than the player who carries the golf bag for a player.

Casual water: is any temporary accumulation of water on the course which is visible before or after the player takes his stance and is not a water hazard. Snow and ice are either casual water or loose impediments, at the option of the player, except that manufactured ice is an obstruction. Dew is not casual water.

Closed Face: The angle of the clubface at impact when it is rotated anticlockwise relative to a perpendicular to the target line. (For a right hand golfer).

Cupped: The state of the target wrist when the hand is rotated away from the body.

D

Divot: A piece of turf cut out of the ground by the action of striking the ball from the ground

Down The Line: When the club shaft is parallel to the target line.

Downswing: That part of the swing from the change of direction at the top to impact.

Draw: When the ball curves gently from right to left in the air due to imparted sidespin. (For a right handed golfer).

Driver: The club that can hit the furthest, usually the longest in the bag.

Dropping the ball:

E

Eagle: Two under the regulation par of any given hole

Embedded ball: The condition of the ball when sunken below the level of the ground or sand.

F

Face: The hitting surface of the golf club.

Fairway: An area on each hole that is designated to be the safest location to play from, this grass in this area is trimmed down to allow for good contact to occur.

Face On: The view of the frontal plane of the golfer (a mirror image of the observer).

Fade: When the ball curves gently from left to right in the air due to imparted side spin. (For a right handed golfer).

Fat: When the ball is struck above the center of gravity of the clubface or the ground is struck before the ball.

Finish: The end of the swing when the arms and body have come to rest.

Flag stick: A pole with a flag attached to indicate the location of the hole on the green.

Flat Wrist: The state of the target wrist when the hand is in line with the forearm.

Flier: The lively ball response that occurs when a lubricant (usually grass juice) is trapped between the clubface and the ball at impact.

Fore-caddie: A "forecaddie" is one who is employed by the Committee to indicate to players the position of balls during play. He is an [outside agency](#).

G

Gimmie: A putt of such short distance that it is expected to be holed without the need for a careful set up.

G.U.R.: Ground under repair, if your ball is within this marked area you are allowed a free drop no nearer the hole.

Green: The location designated as the target area for each hole.

Grip: The position of the hands on the handle of the golf club.

Grounding the club: When in a Hazard the rules forbid you to place the club on the ground, in case you improve your lie.

H

Handicapper: A person designated by the golf club to manage and administer Handicaps.

Hanging Lie: When the ball is below your feet in your address position.

Hazard: An area within the golf course where you are not permitted to ground your club could be bunkers, water, or ground.

Heel: The part of the clubface closest to the hosel.

Hole: The place where the flagstick rests in, the place where ultimately the ball must finish in to determine your score for each hole you play.

Holed out: Means that you have completed a hole in golf.

Honour: The side entitled to play first from the [teeing ground](#) is said to have the "honor."

The person who had the best nett score on the previous hole, or has the lowest Handicap, will have to right to hit first.

Hook: When the ball curves severely from right to left in the air due to imparted sidespin. (For right handed golfer).

Hosel: The part of the club head that connects to the shaft.

I

Impact: The point in time when the clubface first contacts the ball.

Inside: When the arms and/ or club shaft is on the body side of the desired position.

Interlocking grip: A type of grip where the little finger of the right hand links with the index finger of the left. (For right-handers).

L

Lie: condition of the ground below the ball

Lie angle (of club)

Lateral water hazard: A "lateral water hazard" is a [water hazard](#) or that part of a water hazard so situated that it is not possible or is deemed by the Committee to be impracticable to drop a ball behind the water hazard in accordance with Rule 26-1b. That part of the water hazard to be played as lateral water hazard should be distinctively marked.

Note: Lateral water hazards should be defined by red stakes or lines.

Links course:

Local rules: Special rules especially create for the specific needs of each golf course.

Lost Ball: A ball is "lost" if it is not found or identified as his by the player within five minutes after the player's side or his or their caddies have begun to search for it;

Loose impediments: "Loose impediments" are natural objects such as stones, leaves, twigs, branches and the like, dung, worms and insects and casts or heaps made by them, provided they are not fixed or growing, are solidly embedded and do not adhere to the ball. Sand and loose soil are loose impediments on the putting green, but not elsewhere.

Snow and ice are either [casual water](#) or loose impediment, at the option of the player, except that manufactured ice is a movable [obstruction](#). Dew is not a loose impediment.

M

Marker: A "marker" is one who is appointed by the Committee to record a [competitor's](#) score in stroke play. He may be a [fellow-competitor](#). He is not a [referee](#).

Match play: A type of match where it is played head to head.

Medal play: A type of game where you have to count all your strokes, also called stroke play.

Metal Woods: The name used to describe the material used to make modern Woods.

N

Nap: Texture of the green.

Neutral: When the grip is not rotated away from the natural position.

O

Open: When the angle of the clubface is likely to produce an open clubface at impact (for any position of the swing).

Open Face: The angle of the clubface at impact when it is rotated clockwise relative to a perpendicular to the target line. (For right hand golfer).

O.O.B.: Out of Bounds.

Outside: When the arms and/ or club shaft are on the outside (away from the body) of the desired position.

Outside agency: An object, which is not an integral part of the golf course.

P

Par: A score that a good player is expected to shoot on any given golf hole, the method being, drive on fairway, on the green in regulation, then 2 putts.

Path: The direction of the club relative to the target line.

Penalty: Incurred when a breach of the rules has occurred.

Pitching: A shot that ranges in distance from 20 yards to 100 yards. Less than full effort is used.

Pitchfork: An instrument used to repair marks on the green made by the ball landing.

Pivot: The motion of the legs and torso during the swing.

Plane: The notional two-dimension surface that the club shaft is traveling on at any time.

Plane Line: A line that is parallel to the target line and passes through the point where a line that is an extension of the shaft hits the ground.

Position 1 – 10: Static positions of the swing that are used as checkpoints for the geometric integrity of the swing.

Posture: The shape of the body in terms of joint angles (particularly the back).

Provisional ball: A second ball hit into play when the player is unsure of the first one is still in play or not.

Pull: When the plane of motion has been rotated to the left (for a right handed golfer) during the swing.

Push: When the plane of motion has been rotated to the right (for a right handed golfer) during the swing.

Putt: The stroke made on the putting green used to roll the ball into the hole.

R

Radial Alignment: When the plane of motion of the shaft is parallel to, and pointing at, the target line.

Radius: The distance from the hands to the center of rotation of the body during the swing.

Release: The unlocking of the wrists during the downswing.

Rhythm: Overall fluency or flow of the swing, smoothness and coordination of movements

Rub of the green: A "rub of the green" occurs when a ball in motion is accidentally deflected or stopped by any [outside agency](#) (See Rule 19-1).

S

Scoop: When the golfer tries to elevate the ball with a lifting motion at impact.

Scratch: A handicap score that means a player's average score is equal to the par of the course.

Separation: The moment in time when the ball leaves the clubface (as opposed to first hitting the clubface).

Set-up: The geometric relationships of the golfer's body, the club and the ball when in the address position.

Shallow: When the plane of motion of the club shaft is flatter than that desired.

Shaft: That part of the golf club that connects the grip to the head.

Shank: When the ball is struck such that part of the hosel makes contact with the ball.

Side Spin: The rotation of the ball around its vertical axis – causes the ball to swerve sideways in the air.

Sky: When the ball is struck very high on the clubface.

Slice: When the ball curves severely from left to right in the air due to imparted side spin. (For right handed golfer).

Slide: The lateral motion of the hips during the swing.

Sole: The base (underneath) of the club head.

Square: When the angle of the clubface is likely to produce a square (perpendicular to the target line) clubface at impact (for any position of the swing).

Stableford: A type of game played where the player gets 2 points for a nett par, and 3 points for a nett birdie and so on.

Stroke-play: A type of game where the score is determined by the total hits taken.

Stance: The location and angle of the feet relative to the target line.

Steep: When the plane of motion of the club shaft is steeper than that desired.

Strong Grip: When the hands are rotated clockwise relative to a neutral grip (for a right handed golfer).

Sweet Spot: The center of gravity of the club head.

Swing: The motion of the body and the club.

Surlyn covered ball: A type of golf ball cover

T

Take-away: The starting movement of the swing away from the ball.

Target Line: A line extending from the target and through the ball.

Target Side: The side of the body closest to the finish.

Tee: An object that sticks into the ground, which supports the ball above the ground.

Teeing ground: A designated flat area that indicates the starting places for each hole.

Tempo: Is the speed of the swing.

Through Swing: That part of the swing from impact to the finish.

Through the Green: Any part of the golf courses that is not part of the fairway or green.

Tilt: The angles of the spine relative to the ground when viewed from the frontal and down the line positions.

Toe: That part of the clubface that is farthest from the hosel.

Thin: When the ball is struck low on the clubface.

Timing: Is when the various muscle parts of the swing fire.

Top: The position during the swing where the club changes direction, or the act of striking the ball very low on the clubface.

Trail Side: The side of the body farthest to the target.

Trajectory: The angle that the path of the ball makes relative to a horizontal surface at any time during its flight.

Trap: Another word for bunker

W

Weak Grip: When the hands are rotated anticlockwise relative to a neutral grip (for a right handed golfer).

Weight Transfer: The process of shifting the center of gravity of the golfer either by moving the center of gravity or changing the shape of the body.

Common Golf Shots

(The following are made under the assumption that the golfer in question is right-handed:)

- Straight:** Ball takes straight line to target. (Most difficult shot in golf to execute consistently)
- Fade:** Ball curves slightly from left to right.
- Slice:** Larger curve from left to right.
- Banana Slice:** Even larger curve from left the right.
- Draw:** Ball moves marginally from right to left.
- Hook:** More pronounced version of the draw (right to left)
- Duck Hook:** Greater pronounced version of the hook, usually flies low then suddenly drops.
- Block / Push:** The ball flies directly to the right of the target without any curve.
- Air-shot:** Golfer misses the ball entirely. Sometimes called a 'fresh air-shot'. Or "swish"
- Fat Shot:** Occurs when the club head hits the ground first and then the ball. Also known as a 'heavy' shot.
- Flyer:** Occurs when grass gets in between the ball and the clubface, reducing spin and therefore increasing distance that the ball is expected to fly (10-20m)
- Lob Shot:** A slow, rhythmical short distance shot – played with height and often over bunkers. Lands softly with little roll on green.
- Pulled Shot:** A ball that flies directly left of target – without any curve.
- Shank:** A Ball that contacts with the hosel and flies off at virtually right angles to the intended flight.
- Skied Shot:** Happens when the Ball hits the highest part of the clubface, resulting in unusually high trajectory and loss of distance.
- Thin Shot:** Opposite of a 'fat' shot, the thin shot has no divot, shooting off with no backspin.
- Topped Shot:** Occurs when the club head hits the top of the ball.

1 *Etiquette*

Every golfer must abide by the game's code of behaviour.

Golf's code of behaviour is referred to as "golf etiquette". It ensures safety is maintained, the course is looked after and that golf is played in a fun and friendly environment.

There are EIGHT BASIC RULES of etiquette.

Some relate to play on a golf course, but all others should be observed when conducting Go-Go sessions on the school oval; for instance, all divots should be repaired.

1: Safety

No player shall play until the group in front is out of range. However to speed up play, (and by mutual consent) the shortest hitter can go first even if this means hitting out of turn! Check that you and others are safe before swinging a club or playing a shot. The 'cry of fore' is not only good etiquette, it may save a life

2: Consideration

Play without delay and be mindful of maintaining your pace within the group and of maintaining your groups place within the field. Consider the enjoyment of others on the course.

3: Priority

If your group falls a hole behind, signal the players behind you to play through. During play the one furthest away from the hole goes first; this applies on the putting green as well.

4: Bunker Care

Always smooth out a bunker after playing a shot from it. Enter and leave the bunker from the lowest point, unless otherwise marked.

5: Replace and Repair Turf

Replace all divots and repair any damage you make to the course.

6: Green Care

Repair all pitch marks and take care not to damage the green with your shoes, putter or the flagstick.

7: Golf Car and Buggy Use

Notices regulating golf cars and buggies should be strictly observed.

8: Practice Swings

Avoid causing damage to the course when taking a practice swing.

"Golf Etiquette also includes wearing the right clothes, and good sportsmanship."

*** Etiquette that relates to other specific areas of the Golf Course is explained as follows***

ON THE TEE

- Declare your golf ball: brand and number. (Avoids penalty)
- Golfers must respect 'right of silence' whilst another tees off.
- Mark your card whilst waiting your turn to drive.
- Lowest handicap player tees off on the first hole and then others follow in order of handicap. (i.e. ... 4, 6, 13, 22)
- After the first hole has been played, the honour goes to the player who has scored lowest on the previous hole.
- Beware of the whisper..... It travels further than you think!!
- Never stand in the view of golfer driving off.
- Tee-off only within the designated tee markers.
- It is good etiquette to comment appropriately following another player's fine drive. It is considered poor form' not to comment!!
- Resist temptation to burst into laughter following another players duffed shot!!!!
- Always be ready to commence teeing up procedure when it's your turn.
- Don't take an excessive number practice swings

ON THE FAIRWAY

- Don't rush but don't dawdle. Be mindful of maintaining your pace within the group and of maintaining your groups place within the field.
- If someone in your group is playing selfishly too slow, it is the responsibility of the lowest marker to encourage this golfer to speed up. Be sensitive of your tone but be factual!
- There is much to discuss during a 4-5 hour round of golf! After all players have driven off and are striding down fairway, start talking. **HOWEVER YOU MUST RESIST ANY TEMPTATION TO WANDER FROM BALL TO BALL AND RE-TELL THE SAME STORY.**
- After the drive, the player most distant from the green is obliged to play first and the nearest to the green plays last.
- On the fairway, golfers must always replace divots and scuff marks associated with their shot. If you see unrepaired divots left by other players. Replace these as well!
(Sand/grass)
- When approaching the green from the fairway, try to avoid dragging your buggy coming too close to the fringe or the apron.(Destroys fine chipping area.)
- Always keep motorised carts away from greens.
- No player shall play until the group in front is out of range. However, to speed up play (and by mutual consent) the shortest hitter can go first even if this means hitting out of turn!
- The cry of 'fore' is not only good etiquette, it may save a life
- Avoid anger/temper tantrums on the course.

- Always be prepared to call through faster groups; regardless of whether you feel your group's pace is at fault or not.

ON THE GREEN.

- Remove the flag stick with due care, to avoid damage to the hole.
- At the completion of the hole, replace the flag stick with the same care. (First finished is responsible for replacing the pin)
- Beware of casting your shadow across another player's line to the hole either when attending the flag or waiting.
- On windy days, grab the top of the flag to stop it flapping, whilst another is putting.
- Hold the flag at arms length, to avoid footprints around the cup.
- Never, Never, Never walk or temporarily tread on another golfers putting line.
- Always repair the pitch-mark or pug-mark that you created by your lofted approach to the green!
- Be on the look out to repair the lazy golfers pitch marks. *(Provided it won't cause undue slow play.)*
- Avoid dragging your buggy across the greens.... *most courses ban this activity!*
- When putting, the player closest to the hole is responsible for flag stick duties. (Remove it or attend it)
- Usually leave your clubs to the side of the green nearest the next tee. *(This way, the group behind won't be unduly delayed when your group has finished putting out)*
- Just like the 'fairway order, the golfer with the furthest away ball, putts first; the one with the closest putts last.
- Remember the bishop and due sense of reverence. Conduct self as if in a cathedral!

IN THE BUNKER.

- Always rake the sand after you play a bunker shot. (It gives little joy to play a shot from another golfer's footprint)
- Don't cake the sand up towards the bank of the bunker! (This activity causes too many plugged lies) Rake it smoothly and evenly.
- Leave the rake in an easily accessible location within the bunker. (And parallel to hole)
- In a green-side bunker, to speed up play and by mutual agreement, the player in the bunker can play 'OUT OF TURN'
- Always leave the bunker in better shape than you found it!
- Enter & leave the bunker at its lowest point, or as otherwise marked!

Summaries of the Rules of Golf

Golf is a game in which a ball is struck with a club from a prepared area, known as the "teeing ground", across fairway and rough to a second prepared area, which has a hole in it, known as the "putting green". The object of the game is to complete, what is known as a hole, by playing a ball from the teeing ground into the hole on the putting green in the fewest possible number of strokes. A "round of golf" consists of playing 18 such holes.

The rules of golf are designed to give every player a fair chance

When competing against others – and the course – the rules cover every situation a golfer can get into. Once new golfers progress to playing on a course, they should always carry a rulebook and learn the common rules. When seeking relief by using a rule, a player, must announce their intentions to the marker, prior to applying the rule. (One-shot penalty for failure to carry this out.)

There are basically two forms of play, one which is decided by holes won and lost (match play) and the other which is decided by the total number of strokes taken to complete the round (stroke play).

Before commencing your round:

- Player must confirm correct handicap (if in a competition).
- Scorecards are filled out and swapped. (Each player needs one of the other players to be a marker.)
- Read the Local Rules, they are usually on the notice board in the locker rooms, as well as on back of the scorecard.
- Put an identification mark on your ball. Many golfers play the same brand of ball and if you can't identify your ball, it's lost.
- Count your clubs. You are allowed a maximum of 14 clubs.

During a competitive round:

There are three important principles to remember when playing golf:

- Play the course as you find it.
- Play the Ball as it lies.
- And if you can't do either, do what's fair.

Remember the Equity rule; where there is no rule, fairness and common sense prevails. To do what's fair you need to know the Rules. The following is a summary of the Rules of Golf, simplified where possible.

Penalty Strokes

At times players may find themselves in a situation, which will result in a penalty being applied.

Most common are:

▪ **Water Hazard**

Check the Local Rules on the score card to establish whether the sea, lake, river etc. is a 'water hazard' or a 'lateral water hazard'.

1. **Ball in water hazard:**

Play the ball as it lies or, ***under penalty of one stroke***, (a) drop any distance behind the water hazard keeping a straight line between the hole, the point where the ball crossed the margin of the water hazard and the spot on which the ball is dropped or (b) play again from where you hit the ball into the hazard.

2. **Ball in lateral water hazard:**

In addition to the options for a ball in a water hazard (see above), ***under penalty of one stroke***, *you may drop within two club-lengths* of (a) the point where the ball crossed the margin of the hazard or (b) a point on the opposite side of the hazard equidistant from the hole.

▪ **Teeing Off**

Tee off between and not in front of the tee-markers. You may tee off up to two club-lengths behind the front line of the tee-markers.

Teeing off outside this area - In match play there is no penalty but your opponent may ask you to replay your stroke; in stroke play you incur a two-stroke penalty and must then play from within the proper area.

▪ **Playing the Ball**

Play the ball as it lies. Don't improve your lie, the area of your intended swing or your line of play by moving, bending or breaking anything fixed or growing except in fairly taking your stance or making your swing. Don't press anything down or build a stance.

If your ball lies in a bunker or a water hazard don't touch the ground in the bunker, or the ground or water in the water hazard, before your downswing.

The ball must be fairly struck, not pushed or spooned.

Playing a wrong ball (except in a hazard) - In match play you lose the hole; in stroke play you incur a two-stroke penalty and you must then play the correct ball. In stroke play, if the error is not rectified before teeing off on the next hole, player is disqualified.

▪ **Casual Water, Ground Under Repair etc.**

If your ball is in casual water, ground under repair or a hole or cast made by a burrowing animal (e.g. a rabbit), you may drop without penalty within one club-length of the nearest point of relief not nearer the hole.

- **On the Putting Green**

You may repair ball marks and old hole plugs on the line of your putt but not any other damage, including spike marks. You may mark, lift and clean your ball on the putting green. Always replace it on the exact spot.

Don't test the putting surface by scraping it or rolling a ball over it.

A Ball that is played from a putting green that strikes flagstick - In match play you lose the hole; in stroke play you incur a two-stroke penalty.

- **Ball at Rest Moved**

If your ball is at rest and it is moved by you, your partner or your caddie, except as permitted by the Rules, or if it moves after you have addressed it, add a penalty stroke and replace your ball.

If your ball is at rest and is moved by someone else or another ball, replace it without penalty to you.

- **Ball in Motion Deflected or Stopped**

Ball struck by you is deflected or stopped by you, your partner or your caddie - In match play you lose the hole; in stroke play you incur a two-stroke penalty and the ball is played as it lies. Ball struck by you is deflected or stopped by someone else - Play your ball as it lies without penalty, except (a) in match play, if an opponent or his caddie deflects the ball you have an option to replay the stroke or (b) in stroke play, if the ball is deflected after a stroke from on the putting green, you must replay.

Ball struck by you is deflected or stopped by another ball at rest - No penalty and the ball is played as it lies except in stroke play you incur a two-stroke penalty if your ball and the other ball were on the putting green before you played.

- **Lifting, Dropping and Placing the Ball**

If a ball to be lifted is to be replaced, its position must be marked. If a ball is to be dropped or placed in any other position (e.g. taking relief from GUR, etc.) it is recommended that the ball's original position be marked.

When dropping, stand erect, hold the ball at shoulder height and arm's length and drop it. If a dropped ball strikes you or your partner, caddie or equipment, it must be re-dropped without penalty.

There are eight instances where a dropped ball rolls to such a position that it must be re-dropped - see Rule 20-2c

- **Ball Interfering with or Assisting Play**

You may lift your ball if it might assist any other player. You may have any ball lifted if it might interfere with your play or assist any other player.

- **Loose Impediments**

You may move a loose impediment unless it and your ball are in a hazard. However, if you have touched a loose impediment within one club-length of your ball and your ball moves,

the ball must be replaced and (unless your ball was on the putting green) **you incur a penalty stroke.**

▪ **Obstructions**

(Check the Local Rules on the score card for guidance on immovable obstructions (e.g. surfaced roads and paths etc).)

Movable obstructions (e.g. rakes, tin cans etc.) anywhere on the course may be moved. If the ball moves it must be replaced without penalty.

If an immovable obstruction (e.g. a water fountain) interferes with your stance or swing, you may drop the ball within one club-length of the nearest point of relief not nearer the hole.

There is no relief for intervention on your line of play unless your ball and the obstruction are on the putting green.

▪ **Ball Lost or Out of Bounds**

(Check the Local Rules on the score card to identify the boundaries of the course.)

If your ball is lost outside a water hazard or out of bounds you must play another ball from the spot where the last shot was played under penalty of one stroke i.e. stroke and distance. You are allowed 5 minutes to search for a ball, after which if it is not found or identified it is lost.

If, after playing a shot, you think your ball may be lost outside a water hazard or out of bounds you may play a 'provisional ball'. You must state that it is a provisional ball and play it before you go forward to search for the original ball. If the original ball is lost or out of bounds you must continue with the provisional ball under penalty of one stroke. If the original ball is not lost or out of bounds, you must continue play of the hole with it and the provisional ball must be abandoned.

▪ **Ball Unplayable**

If you believe your ball is unplayable outside a water hazard (and you are the sole judge), you may under penalty of one stroke;

(a) drop within two club-lengths of where the ball lies not nearer the hole,

(b) drop any distance behind the point where the ball lay keeping a straight line between the hole, the point where the ball lay and the spot on which the ball is dropped, or

(c) replay the shot.

If your ball is in a bunker you may proceed under (a), (b) or (c). However, if you elect to proceed under (a) or (b) you must drop in the bunker.

Playing the wrong ball:

2 shot penalty, except in a hazard where there is no penalty. In stroke play, if error is not rectified before teeing off on the next hole, player is disqualified.

Conclusion

A good score may be spoiled, or a match lost, due to a penalty incurred through ignorance or confusion concerning the Rules. A sound knowledge of the above summary should aid the golfer in tackling a "Rule problem". Nevertheless, the complete Rules of Golf as approved by the Royal and Ancient Golf Club of St. Andrews and the United States Golf Association, should be consulted where any doubt arises.

Scoring Systems

How to Score

Each attempt at striking a ball (whether or not the ball is hit) counts as a shot until the ball is holed.

Generally there are two forms of play

Match Play - (Rulebook page 26 – 27)

1. Stroke play - (Rulebook page 28 –29)

The player keeps playing the ball until the hole has been completed and the ball is holed out. Stroke play is the most thorough examination of a golfer's ability and is usually only played once per month (Monthly Medal) plus Club Championships /once per year.

Other forms of play:

- Threesomes & Foursomes - (Rulebook page 91)
- Three ball, best ball and four ball match play. (Rulebook page 92-94)
- Four ball stroke play (Rule book page 94-97)
- Bogey, Par, and Stableford - (Rule book page 97-99)

PAR

(Records how many shots up or down you had in relation to your handicap. Instead of points as in Stableford, the golfer records holes won, lost and halved. Golfer picks up ball when obvious they cannot score on a hole.)

STABLEFORD GOLF

(Points system - pick up ball when obvious you cannot score on a hole)

1931 Dr Stableford of Liverpool devised a points scoring game as a variation away from Par & Stroke play.

Had become so enduringly popular, that in 1968 it got official blessing from The R&A and was incorporated into the rules of golf. The major advantages of Stableford are that it keeps play moving briskly and graduates the field.

STABLEFORD SCORING SYSTEM –

Object when playing Stableford is to score 2 points or more per hole:

More than one over par	= 0 points
One over par	= 1 point
Level par	= 2 points
1 under par	= 3 points
2 under par	= 4 points
3 under par	= 5 points

(The points can be calculated are determined based on the net score)

How to use a scorecard

Fill out sections of card such as name, handicap, date and home club before you swap cards. Player A and player B then swap cards on the first tee.

The simplest way to mark the scorecard is very simple indeed: When playing stroke play, count the number of strokes you've taken on the hole just completed, and write that number down in the box corresponding to that hole on the scorecard. At the end of each nine holes, tally up the strokes for your front nine and back nine totals, respectively, then add up those two numbers for your 18-hole score.

At the end of your round ensure that your card is signed by both yourself and your marker and also that your score has been written in the correct place before you hand it in.

Player B fills in Player A's score, and visa versa for player A.

Player B fills in their own score and visa versa for player A.

All Measurements in Metres										Distance markers are measured to the centre of the green.												
HOLE	BLACK	BLUE	WHITE	RED	PAR	INDEX	A	B	C	D	HOLE	BLACK	BLUE	WHITE	RED	PAR	INDEX	A	B	C	D	
1	355	325	304	280	4	14	4	4			10	379	356	334	313	4	3					
2	154	157	127	101	3	16	5	5			11	364	344	316	294	4	5					
3	374	352	318	291	4	6	5	4			12	319	299	277	235	4	15					
4	498	478	453	430	5	18	6	5			13	127	129	129	100	3	11					
5	393	371	335	306	4	8	4	4			14	451	434	404	380	4	1					
6	550	525	486	456	5	12	6	5			15	199	183	154	137	3	9					
7	399	370	342	315	4	4	4	4			16	530	506	476	450	5	7					
8	449	419	381	355	4	2	4	4			17	309	293	274	250	4	17					
9	164	148	121	99	3	10	5	5			18	528	504	474	440	5	13					
OUT	3336	3145	2867	2633	36		39	36			IN	3206	3048	2838	2599	36						
Tick Tee Box : <input type="checkbox"/> Blue <input type="checkbox"/> White <input type="checkbox"/> Red											OUT 3336 3141 2887 2647 36											
NAME: _____											TOTAL 6542 6189 5725 5246 72											
CLUB: _____ MEMBERSHIP NO: _____											COURSE RATING _____ HCP ADJ _____											
SIGNATURE: _____ MARKER'S SIGNATURE: _____											SLOPE RATING _____ NETT _____											
Pin Positions Front <input checked="" type="checkbox"/> Centre <input type="checkbox"/> Back <input checked="" type="checkbox"/>																						

A GOLFER'S GUIDE

How to prepare for a Golf Lesson

1. Bring a notebook and pen / pencil.
2. Arrive at least 15mins to check in before the lesson starts.
3. Light stretching, light aerobic exercise to prepare your body for swinging a golf club.
4. Be prepared to learn how to adapt to the drills which are aimed at fixing faults.
5. Spend sufficient time understanding the new feel.

Practice

PLANNING EFFECTIVE PRACTICE

ASSESSMENT – Present skill level

SET GOALS:

1. SHORT TERM – (daily)
2. MID TERM – (up to 3 months)
3. LONG TERM – (1 year and more)

ACTIVITIES:

1. Have a sheet / diary outlining when and what to practice - also include you thoughts and feelings during the practice session
2. Fix Faults, work on your weakness more than your strengths
3. Pre – shot routines for Mental preparation
4. Prepare for Competition / Tournaments
5. Decide on which drills to work on.
6. Practice the drill long enough to grasp a feel of the swing change required.
7. Set up
8. Without delay, try and hit the ball with the practice swing feel.

HOW TO PRACTICE:

Teach the brain to anchor the feeling that corresponds to the correct movement. Starting with the rudimentary movements of putting and chipping, so as to establish the correct fundamentals like posture, grip, ball position and swing path.

First confirm the movements are correct, by using:

- A)-the appropriate drills, b)-swing aids, c)-mirrors.

Then rehearse these designated movements enough times until you can perform these movements in a balanced well-coordinated state, and until you feel comfortable. Then proceed to test your skill level by attempting to hit golf balls, using sufficient force so as to achieve a reasonable result, but keep it to less than 50 % effort, with 50% swing.

OTHER THINGS TO CONSIDER:

1. Keep your practice sheet on the FRIDGE
2. Time allocation How much time do you have to practice?
3. **PRACTISE REGULARLY** - every day / second day
4. DO PRACTISE IN SETS OF 10-15 REPETITIONS then have a short break
5. Break early if tired or distracted or emotional (ANGRY?)

6. EXPECT SOME POOR SHOTS! Expect it.
7. Have clear purpose for your practice e.g. a particular drill.
8. ONLY practice what I have shown you. DO NOT include extra thoughts / actions
9. Record on your practice sheet how many repetitions of the exercise you performed and bring this sheet along to lesson
10. Understand the difference between PRACTISE & PLAY

PRACTISE:

NO target, shot result is unimportant; take care to do exercise CORRECTLY....
EXPECT some bad shots and you will NOT be disappointed

PLAY:

YOU now have a target, FEEL comfortable when addressing ball, swing without delay...
You do not have to do everything QUICKLY BUT don't linger over the ball
Do 10 x reps of the drill (**you are now in practice mode**)
Then break and hit 3 shots in **PLAY** mode

MOST IMPORTANT

- ◆ Use the first few minutes (at least 10) to recall the appropriate swing thoughts and relative “feels”. Start with small swings and small clubs, i.e. chipping and pitching, then gradually build up to bigger swings and longer clubs until you reach a level awareness, at which point you can begin working on your particular swing corrections based on your pre established improvement plan that has been mapped out by you and your golf instructor.
- ◆ ANCHOR good shots / ignore (DO NOT get emotional over poor shots)
- ◆ YOU ONLY REMEMBER things that you get emotional about (anger, disappointment, frustration etc.) If you get emotional about BAD shots they are the only ones you will remember.



A GOLFER'S GUIDE

Essential Stretches for Golf

1. **Forearm/Wrist Extension**
 - Improves forearm coordination
 - Prepares the wrists for impact shots
 - Reduces tension and stress over short game pressure shots
 - Improves wrist release
2. **Wrist/Flexor Stretch**
 - Improves forearm coordination
 - Prepares the wrists for impact shots
 - Reduces tension and stress over short game pressure shots
 - Improves wrist release
 - Improves position of right arm on back swing
3. **Trunk Rotation Stretch**
 - Improves timing in upper body, lower body and trunk
 - Improves rotation in back swing and follow through
4. **Posterior/Shoulder Stretch**
 - Improves turn and rotation
 - Assists to make a full back swing and follow through
 - Reduces tension after practicing short game
5. **Pec Stretch**
 - Improves shoulder turn
 - Reduces tightness after short game
 - Improves power through impact
6. **Trapezium/Neck Stretch**
 - Maintains head position
 - Stabilizes the shoulders when addressing
 - Reduces tension when under pressure
7. **Triceps/Lats Stretch**
 - Improves extension action of the right arm
 - Maintains pendular movement in putting
8. **Gluteal (Buttock) Stretch**
 - Helps stabilize the hips
 - Provides smooth rotation of the hips
9. **Hamstring Stretch**
 - Reduces back stiffness
 - Improves excessive pelvic tilt
 - Reduces back pain
10. **Quads/Hips Flexor Stretch**
 - Improves turn at the hips
 - Helps prevent excessive tilt
 - Reduces stiffness after excessive short game practice

These stretches have been designed specifically for golf by physiotherapists at the Melbourne Sports Injury Clinic.

A GOLFER'S GUIDE