

GOLFING

SCORING SYSTEM

Par – number of shots it takes an expert to play a hole.

Par 3 – up to 250 yds.

Par 4 – 251 – 470 yds.

Par 5 – 471 yds and up.

Birdie: one under par

Bogey: one over par

Eagle: 2 under par

Double Bogey: 2 over par

Ace: hole in one

CLUBS AND THEIR USE

1 – 4 woods	- 1-longest shaft, least angled face - 2-4 increase angle of face gradually
2, 3...9 irons	- smaller number, longer shaft, less loft but greater distance - distance differential between each iron is approx. 10 yards
Wedges	- pitching and sand- heavier head and greater loft than #9-iron
Putter	- club used most often - roll the ball relatively short distances into the hole
Beginner Set	- seven clubs: putter, #3, 5, 7 and 9 irons and #1, 3 woods

Cap

PARTS OF CLUB

Grip

Shaft

Shank

Face

Heel

Toe

Leading Edge

GOLF ETIQUETTE

Tee	<ol style="list-style-type: none">1. maintain silence while waiting, even during practice swings1. tee off as quickly as possible if others are waiting2. wait till others are out of range before teeing off
Fairway	<ol style="list-style-type: none">1. always play in turn so that the ball farthest away from the green hits first2. replace divots3. call "fore" loudly if there is danger of hitting another player3. never approach a green till others have left it
Sand Bunker	<ol style="list-style-type: none">1. leave golf bag at the side of trap2. take the shortest route to the ball3. smooth out sand when you're finished
Greens	<ol style="list-style-type: none">1. place golf bags on the side of the green toward next tee1. <u>never</u> place golf bag on the green2. mark golf ball with marker or dime3. always putt ball furthest from cup first4. replace flag and leave green quickly upon your finish5. write down your score once you get to the next tee box

GRIP

1. lay grip across top joints of fingers and grip with fingers-palm faces target
2. then fold right hand over left thumb (opposite if left handed)
 - a. overlapping- most commonly used- both index fingers on shaft
 - b. interlocking- small hands and short fingers may prefer
 - c. basic (10 fingers)- lacks grip strength

STANCE 3 types used are (a) open- back foot slightly ahead of front foot
(b) closed- front foot slightly ahead of back foot
(c) square- common- 2 parallel lines

Question?? How does the stance differ for long and short shots? How can you determine how far to stand away from the ball?

Key points:

- Toes are turned out slightly and the weight is evenly distributed between the feet
- Knees are slightly bent
- Body is bent forward from the hip joints and the back is fairly straight, not rigid

SWINGING THE CLUB

Backswing

- keep club as low to ground as far as possible
- turn left shoulder under the chin until the left hand is just past the right knee
- continue turning shoulder under the chin and raising the arms until club points in the general direction of your target
- turn hips (create power)

Top of Backswing CHECK

1. left arm extended
2. right elbow points at right hip
3. grip is the same
4. back should face target somewhat
5. club points at target

Downswing

- pull club from the left side down and through the ball
- keep “head steady”
- Do not swing hard (let the club and hips do the work)

Finish

- transfer weight from right to left side
- hands finish high above head and slightly to the left of your head

PUTTING – grip is light to gain maximum feel in the fingers

- use “reverse overlap” usually
 - a. thumbs down midline of the grip
 - b. 1st finger of the left lies over fingers of right hand
 - c. palms opposite each other
 - d. wrists work as hinge
- ball is off left toe, weight mostly on left side
- eyes directly over ball, both elbows bent
- on long putts the ball should be stroked while on short putts the ball should be tapped

CHIPPING low trajectory shot designed to run a distance after contact with the green

- grip is checked down shaft and swing is primarily a “hands and arms” stroke, don’t let the wrists bend
- never let club head pass ahead of the straight line of your left arm
- open body stance with a little lean on the left side, do not sway or transfer your weight.

PITCHING - medium to high trajectory shot to the green which results in a sudden stop at the shot

- grip is same as a full swing, but stance is narrower
- ball is usually placed on the right foot
- swing in a definite descending motion into and through the ball
- mini version of full golf swing

SAND SHOTS – grip is the same as a full swing but the stance is more open with left foot drawn back

- eyes focused 1-2" behind ball and club will enter the sand with a splash of the sand to cushion the ball
- open club face
- complete follow through is necessary
- aim to the left of the target with feet

HITTING UPHILL – hit up the slope of the hill

- don't fall back but lean back

HITTING DOWNHILL – hit down the slope, don't "chop" at the ball

- more weight to the left side

BASIC RULES AND PENALTIES

1. Ball out of bounds – 1 stroke penalty to your score and either hit from where ball went out or re-tee the shot (not recommended)
2. Lost ball – find it in 5 minutes or less. If not found add 1 stroke to your score.
3. Ball in water –
 - (a) play out of water is no penalty (not recommended)
 - (b) replay shot and add 1 stroke to your score
 - (c) drop ball near where it went in but add 1 stroke to score
4. Unplayable lie – For example in a tree, on a car path, etc
 - (a) replay shot but add 1 stroke penalty
 - a. drop ball along line back from where its unplayable but add 1 stroke to score
 - b. drop 2 club lengths either side of unplayable lie but add 1 stroke to score
5. Free drop –
 - (a) ground under repair
 - a. casual water
 - b. hole from burrowing animal

Terminology

Approach Shot: A shot which aims to place your ball on the green area.

Stroke play - Where the winner of a match or competition is the player who used the least number of strokes (after handicap deduction) to complete the course.

Divot: A divot is a small piece of turf which is removed by your golf club when you hit a ball. Divots should be repaired (replaced) as a matter of basic golf course etiquette.

Handicap - handicap is a system of adjustment to the score system so that golfers of different skill levels can compete with one another without the better players dominating the game.

Honor: To be 'given the honor' is to be granted the privilege of playing first within your group.

Slice - To induce too much backspin onto the ball causing it to travel through the air following inside to out swing. Opposite is Hook.

Hook: A hook shot is a shot which bends to the left (for right-handed golfers).

Push - When the ball flies in an outward direction after being stuck. Not the same as fade/slice as these are shots affected by spin.

Playing through - To allow golfers in the game behind play passed you while you stand to one side.

Pull - When the ball flies in an inward direction after being stuck. Not the same as draw/hook as these are shots affected by spin

Matchplay: This term refers to the original manner in which golf was played, which was on a hole-to-hole basis. The player with the lowest score on the first hole is the winner of that hole and goes 'one up'. If that player is then the winner on the second hole then he goes 'two up' and this scoring pattern continues for each hole thereafter. Should you lose a hole then you go 'down one' and if a hole is tied you then 'halve' the hole. The outcome of the matchplay is decided by how many holes you are either up or down by in relation to the number of holes left. For instance, if you are 4 up with only 3 holes left in the game then you are the winner of the match.

Dogleg: A 'dogleg' refers to the curved pathway (right or left) from the tee to the cup.

A Typical Golf Hole

6
9
5
7
2
1
8
3
4
10



1. teebox	6. 150 yd. Marker
2. cart path	7. out of bounds
3. fairway	8. water hazard
4. fairway bunker	9. sand bunker
5. rough	10. green & flag