

Golf Rules

History of the Activity

The modern game of golf originated in the 15th century in [Scotland](#)

Objective of the Activity (Scoring system)

Golf is a game in which a ball is struck with a club from a prepared area, known as the "teeing ground", across a 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.

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).

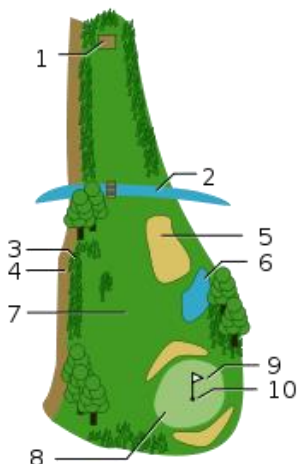
There are three important principles to remember when playing golf:
Play the course as you find it. Play the Ball as it lies.
And if you can't do either, do what's fair."

Scoring

In every form of play, the goal is to play as few strokes per round as possible. A golfer's score is usually expressed as the difference between the player's number of strokes and the par score. A [hole in one](#) (or an "ace") occurs when a golfer sinks his/her ball into the cup with his/her first stroke from the tee. Common scores for a hole also have specific terms.

Numeric term	Name	Definition
-3	Albatross or Double Eagle	three strokes under par
-2	Eagle	two strokes under par
-1	Birdie	one stroke under par
E	Par	equal to par
+1	Bogey	one stroke over par
+2	Double bogey	two strokes over par
+3	Triple bogey	three strokes over par

Playing surface



1=teeing ground, 2=water hazard, 3=rough, 4=out of bounds, 5=sand bunker, 6=water hazard, 7=fairway, 8=putting green, 9=flagstick, 10=hole

Equipment:

Driver: The longest club and used on par 4 or 5 holes

Woods: Used in fairway for long shots.

Irons: Used for shorter shots. Range from a 1-9
The lower the number the less loft it has.

7 iron – 150 yds

8 iron - 140 yds

9 iron - 130 yds

Wedges: Shortest shaft and highest loft. There are pitching and sand wedges.

Putter: Most used club in the bag. Designed to push and roll the ball.

Tees: Used only on the first shot of the hole to put the ball up in the air a little so the driver can get under the ball.

Skills

Grip – Both hands ‘close’ together

Sit – slightly bend knees

wRip – swing smoothly with wRist locked

When learning something new remember to be

1. Positive
2. Patient
3. Ask questions/Help

Rules/Faults

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.

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.

Putting Green - an area specially prepared for putting and containing a 4 1/2 inch diameter hole.

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:

- (1) objects defining out of bounds
- (2) any part of an immovable man-made object which is out of bounds; and
- (3) 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 greenkeeper, even if not so marked.

GENERAL POINTS

Before commencing your round:

- (1) Read the Local Rules on the score card.
- (2) 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.
- (3) Count your clubs. You are allowed a maximum of 14 clubs.

During the round, don't ask for "advice" from anyone except your partner or caddie. Don't give advice to anyone except your partner.

During a hole you may not play a practice stroke.

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.

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.

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.

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.

Etiquette

Etiquette covers both Courtesy and Priority on the Course as well as Care of the Course. Whilst the following points are not Rules as such they are an important part of the game.

- 1 Don't move, talk or stand close to a player making a stroke.
- 2 Don't play until the group in front is out of the way.
- 3 Always play without delay. Leave the putting green as soon as all players in your group have holed out.
- 4 Invite faster groups to play through.
- 5 Replace divots. Smooth footprints in bunkers.
- 6 Don't step on the line of another player's putt.
- 7 Don't drop clubs on the putting green.
- 8 Replace the flagstick carefully.

Components of Fitness

Muscular Strength

Flexibility

Cardiorespiratory Endurance