

Golf Handout

History: The game of golf is considered to be a “game of a lifetime,” for the reason that you can play golf whether you are five or seventy five years old.

- Golf is one of the many games that originated from field hockey.
- Golf can be traced back to the late 14th century
- James IV was the first to figure formally in the historical record of golf
- Mary Stuart was the first woman golfer
- The royal and ancient golf club of St. Andrews, Scotland is the most famous golf club in the world. It was founded in 1754 and is the seat of authority for all matters pertaining to the game.
- The first mention of golf in the United States was around 1780
- The first golf courses were built around 1810
- St. Andrews club near New York City was the first course with a continuous existence
- In 1894 five clubs formed an association to govern the game in America which led to the beginning of the United States Golf Association

Equipment:

- Consists of a set of clubs, golf balls, and a carrying bag
- Golf balls are uniform in size and weight throughout the world
- Golf balls have a compressed rubber center that is wound by cord and covered with synthetic material

Participation:

- The object of golf is to get the ball from tee to the cup in as few strokes as possible

Stroke Play:

- Play where the winner is decided on total strokes taken on a specific number of holes.

Match Play:

- Type of play in which the winner is determined by the number of holes won.

Nassau

- Type of play in which three points are awarded, one for each nine and one for the eighteen holes, whether by stroke or match play

Grips

Overlapping or Vardon Grip:

-Where the pinky on your bottom hand rests on top of and between the index and middle finger of your top hand. (7 fingers contact the club)

Interlocking Grip

- Where the pinky on the bottom hand locks into the gap between the index and middle finger of the top hand. (6 fingers contact the club)

Non-Lapping Grip

-Where your fingers neither intertwine nor overlap, but simply rest against one another with very light pressure. Thumbs are pointing down the center of the club and not wrapping around. (8 finger contact with the club)

Stance

Square Stance

-Both feet are placed parallel with the desired flight of the ball. Golfers usually use this stance for middle distance shots that require the 4, 5, and 6 irons. This stance can be used for all shots for a beginner.

Closed Stance-

In this stance the left foot is closer to the line of desired flight of the ball than the right foot. This stance is used when driving from the tee or hitting a long fairway shot.

Open Stance-

The right foot is closer to the line of desired flight of the ball than the left foot. This stance is used with the shorter irons to accommodate a shorter back swing for a more controlled hit.

Rules**Pertaining to the teeing area-**

The penalty for carrying more than fourteen clubs is two strokes per club for the hole in stroke play, and loss of hole in match play. This penalty may not exceed four strokes or loss of two holes regardless of when the violation was discovered.

The ball must be teed within the teeing area when starting play on a hole. This area is two club lengths in depth and the front and sides are defined by the outside limits of two tee markers. In match play if violated the opponent may require the player to replay the ball within the teeing ground with no penalty. In stroke play, the stroke taken outside the teeing ground is counted as well as any other stroke made, and then the player must play within the teeing ground, with the right of teeing his ball.

Rules from Tee to Green-

A ball that is lost or hit out of bounds results in a loss of a stroke and the player must play the next stroke as close to the spot where the ball was originally played.

-Provisional ball is a ball that is played when there is doubt to whether that ball was lost or out of bounds. The player must announce that they are playing a provisional ball, which is hit as close to the spot of the original shot. The provisional ball is played until it reaches the place where the original ball is lost or out of bounds. If the ball is found in play then the player may continue with the original ball. If the ball is lost or out of bounds then the player will continue with the provisional ball and take a penalty stroke.

-Only the player playing the ball declares Ball Unplayable. Player has three options: 1 Drip a ball two club lengths from where the original ball was played, but no nearer the hole, under penalty of one stroke.

Rules on the Green

- *Cleaning ball.* A ball on the putting green may be lifted only once without penalty to be cleaned, and must be replaced on the spot from which it was lifted.
- *Improving putting surface.* Nothing may be done to improve the surface of the putting green, except to brush away any loose impediment from the line of putt, under penalty of two strokes or loss of hole.
- *Moving ball on the green.* Should a ball rest on the intended line of putt, request may be made for its removal, with the spot marked.
- *Hitting ball against flagstick.* A player may at any time have the flagstick attended, removed, or held up to indicate the position of the hole. Should the flagstick be removed, it should be carried to the apron of the green, so that it will not interfere with play. If the flagstick is attended, or removed, and the player does not object, he is deemed to have authorized it. Should a ball hit a flagstick while attended, or hit the person holding the flagstick, a penalty of two strokes in stroke play and loss of hole in match play shall be given. If a ball on the putting surface hits an unattended flagstick, it shall result in a two-stroke penalty or loss of hole.

General Rules

- *Receiving or giving advice.* It is illegal to ask for or receive advice from anyone except your caddy, your partner, or his caddy. The penalty is two strokes or loss of hole.
- *Checking score.* Each player is responsible for the correctness of his score on any hole, at the conclusion of the round. Should a score be recorded that is higher than the actual number of strokes taken, it shall remain as recorded. If the score is recorded as lower than the actual number of strokes taken, the player shall be disqualified.
- *Playing on ground under repair.* On occasions, areas of the course may be under repair. These areas are usually marked "Ground under repair," and should not be considered hazards. The privilege of dropping a ball without penalty is allowed.
- *Designating use of specific club.* No rule designates clubs for particular shots. For example, a sand wedge need not be used in a bunker, nor a driver off the tee.
- *Lifting ball from non-hazards.* Standing water and holes of burrowing animals or reptiles are not hazards, and a player may lift and drop a ball as near as possible to the spot where it lay (but not nearer the hole) without penalty.
- *Playing near fixed or immovable obstructions.* Buildings, water hydrants and other similar immovable obstructions are not hazards. Should these interfere with the swing or stance, the ball may be lifted and dropped, within to club lengths from the obstruction (no nearer the hole) without penalty.

Men and Women's Average Distance for Clubs

CLUB	YARDS
1 Driver	150-250
2 Wood	150-220
3 Wood	145-210
4 Wood	140-200
1 Iron	150-200
2 Iron	140-190
3 Iron	130-180
4 Iron	120-170
5 Iron	110-160
6 Iron	100-150
7 Iron	80-140
8 Iron	70-130
9 Iron	60-120
Pitching Wedge	50-110
Sand Wedge	20-40

Golf Terms

Face: The hitting surface of the club head.

Head: The heavy metal or wood part of the club that strikes the ball.

Ace: a hole in one

Approach: stroke played to the green.

Birdie: one stroke under par

Bogey: One stroke over par

Chip shot: A short shot played to the green

Divot: Sod cut with the club ahead after it hits the ball.

Eagle: Two strokes under par

Fore: A warning call to anyone in the way of an approaching ball

Half Swing: A swing in which the club head is brought only halfway back.

Hole out: To sink the ball into the cup.

Hook: A ball hit with a counterclockwise spin, which sends it in a curve to the left of the intended line of flight.

Loft: Angle at which the club head is joined to the shaft; also, the trajectory of the ball in the air.

Par: The score an expert is expected to make for any hole.

Pitch: A short lofted shot, with a backspin, to the green.

Pull: To hit the ball in a straight line to the left.

Push: To hit the ball in a straight line to the right.

Scuff: To scrape or cut the turf with the club head before impact with the ball.

Shank: Hitting the ball with the heel and neck of the club, sending it to the right.

Slice: A ball hit with a clockwise spin, which sends it in a curve to the right of the intended line of flight.

Topped Ball: A ball hit across the top, so that it just rolls along the ground.

Waggle: Preliminary wrist flexion, causing the club to swing forward and backward. Often used to relieve tension.

Wiff: Missing the ball entirely.

Address: Position assumed by a player in preparation for hitting the ball.

Apron: The closely cut part of the fairway immediately adjacent to the green.

Bunker: a hazard placed in a fairway; it may be a mound of ground planted with grass, or a sand trap.

Dog leg: a curve in the fairway to the right or left.

Fairway: The well-kept portion of terrain between the tee and the green.

Flagstick: The marker in the hole on the green.

Green: The closely cut area which contains the cup and the flag

Hazard: Any bunker or water designated by the rules committee as an area to increase the difficulty of the course.

Lie: The manner in which the ball in play is resting.

Rough: Heavy, long grass fringing the green or fairway

Tee: A wooden peg or other material used in starting play

Teeing ground: Often referred to as the tee. Starting place for the hole to be played.

Tee markers: Two objects on the teeing area which determine the front and side limits of the teeing ground.

Match: A contest between two or more players or sides.

Match play: Competition in which results are determined by numbers of holes won.

Away: The ball farthest from the flagstick.

Dormite: a player or side having won as many more holes from his opponent as there are holes remaining to be played.

Handicaps: Strokes granted to equalize playing ability.

Halved: Opponents complete a hole with the same number of strokes.

Honor: The side or player having priority on the tee. It is decided by lot, by player, or by side winning previous hole.

Penalty stroke: A stroke added to a player's score for infringement of certain rules.

Playing through: Allowing a group of players to pass another group.

Provisional ball: a ball played when the player feels a previous ball has been lost or is out-of-bounds.