

## Golf Study Guide

Beginner

### History

Golf grew out of the game of field hockey, which is the forerunner of all games played with a stick and a ball. Golf can be traced to the later 14<sup>th</sup> century, and interest in the game slowly over the next 40 years. From about the mid-15<sup>th</sup> century until present, however, interest in golf has grown steadily.

### Benefits

In the United States, golf has become especially popular. Golf is an attractive sport that allows rewarding participation for a person of any age. Golf is a game an individual can play and incorporate into a lifetime activity that will help with an individuals' total wellness.

### Object

The object of the game of golf is to put the ball in the hole using the fewest number of strokes possible.

### Terminology

<i>Address</i>	Position of a player when they have taken their stance and grounded the club, or, if in a hazard, when they have taken their stance.
<i>Approach</i>	Stroke intended to place the ball on the putting green.
<i>Birdie</i>	A score on a hole that is one less than par.
<i>Bogey</i>	A score on a hole that is one more than par.
<i>Double Bogey</i>	A score on a hole that is two more than par.
<i>Chip</i>	A short low shot played to the putting surface partly through the air and partly rolling along the ground.
<i>Course</i>	The whole area within which play is permitted – 9 or 18 hole.
<i>Divot</i>	A piece of turf or sod cut loose by a players' club when making a shot.
<i>Driver</i>	A golf club with a large head used to hit the ball the longest distance. This club is used most often from the tee.
<i>Eagle</i>	A score on a hole that is two less than par.
<i>Etiquette</i>	Courteousness expected of and to other golfers.
<i>Fairway</i>	An area of closely mowed grass running from the tee to the green.
<i>Flagstick</i>	A pole or straight indicator with a flag centered in the hole on the green to show position.
<i>Fore</i>	A warning shouted to let a person within range know that a player is about to hit their ball or that a ball in flight may hit or come close to that person.
<i>Green</i>	An area of very closely mowed grass on which the hole is located.

<i>Hole</i>	An area of the course consisting of a teeing ground, putting green and the area in between; a small hole or cup cut into the ground into which the player tries to play his ball. A round of golf is played over 18 holes.
<i>Iron Shot</i>	A golf club with an iron or steelhead used to hit the ball from the fairway to the green.
<i>Match Play</i>	A play in which each hole is a separate contest, the winner being the player of side winning the most holes.
<i>Par</i>	The number of strokes in which a hole is supposed to be played, allowing two putts per hole. Short holes are par three's, longer holes are par four's or par five's.
<i>Penalty Stroke</i>	One shot added to the score under certain Rules of Golf. It does not affect the order of play.
<i>Putt</i>	A shot played on the putting surface with a fairly straight-faced club with the intention of rolling the ball toward the cup.
<i>Rough Stroke</i>	The area of long grass that adjoins tees, fairways, and green. The name given each time you swing at the ball. The total number of strokes you take is your score. The person with the lowest score wins.
<i>Tee</i>	The area from which you start playing a hole. Your first stroke on each hole is played from this area of mowed grass. Each tee has a number, beginning with one and ending with eighteen.
<i>Fairway Woods</i>	A long shot played from the fairway with a wood or metal wood club. The fairway woods are numbered 3-9.

### **Playing the Game**

The idea of the game of golf is to send the ball from a starting place (the tee) swinging as many times as it may take until you get the ball to the "green" and into the hole, or cup. You count every swing, including penalty strokes and whiffs (misses) at the ball (but not practice swings away from the ball). Your score for the hole is the total number of strokes you took from the "tee" to the hole or cup on the "green".

### **Scoring**

Each hole will have a number, or score listed for it, which is called *par*. This is the standard of excellence that golfers shoot for when they begin to play golf. Your scores will be much higher than *par* when you first start playing, but your score will go down as you practice and improve your skills. Depending on the length of the hole, a hole may be rated for a 3-stroke, 4-stroke, or 5-stroke *par*. Although you may not be shooting for *par*, you can use the *par* standard to help measure your own skills on different holes.

Golfers who shoot close *par* use special terms for their scores on a hole. Finishing the hole with the same score as *par* is called making *par*. Scoring one stroke under *par* is an EAGLE. Scoring one stroke over *par* is a BOGEY, and two strokes over *par* is a DOUBLE BOGEY.

## **Rules of the Game**

Golf is more fun when you know the rules and know how to act on the golf course. The rules are intended to make golf “fair” for everyone. Unless the games are played by the rules, it ceases to be golf and becomes something else.

There are two basic principals to always remember about golf.

1. Play the ball as it lies.
2. Play and leave the course as you find it.

Here are a few other basic rules you should understand to get started in golf. As you learn more about golfing you will learn more about special situations, and the rules that apply to them.

## **Safety First**

Always make sure that no one is near you when you swing, both in practice and in play. Also, make sure that no one is ahead of you where your shot might hit someone. When you are playing any shot, remember this rule: *stop, and look before you swing*. When others are playing, stand quietly in a safe position.

## **Count Every Stroke**

You are on your honor to count every stroke, or misses, and penalty strokes, until the ball is in the hole or cup.

## **Do Not Touch The Ball**

You are not permitted to touch or move the ball, except for special situations that allow you to do so.

## **Penalty Strokes and Free Drops**

There will be time when your ball might end up close to a building, fence, tree, lake, or even off the golf course. Each of these situations has special rules that may allow you to move the ball, but in some cases it will cost you a penalty stroke that you must add to your score for that hole.

If your shot goes off in a direction in which it could hit someone, shout “FORE”. Shouting “FORE” is not a substitute for safe thinking before hitting the ball.

## **Rules**

When driving from the tee, the ball must be “teed” or placed between the markers on the tee box, and never in front of them.

If the ball falls off the “tee” before a player has taken his forward swing, they may replace it without a penalty. If they swing and miss after addressing the ball, that is a “whiff” and counts as one stroke.

The penalty for an out-of-bounds ball, or un-playable lie, or a lost ball is stroke and distance. A ball lying on or touching a vehicle, bridge, or similar obstruction, may be removed and dropped within two club lengths of the obstacle with a penalty stroke being taken.

A ball in the line of an opponents’ putt may be marked on the green and lifted without penalty.

A ball on the wrong “green” must be dropped off the “green” to nearer the hole without penalty.

### **No Penalty**

Artificial obstruction

Ground under repair

Casual water

Ball falling off the “tee”

### **Penalty Stroke of 1**

Out of bound ball

Lost ball

Un-playable ball

Water hazard

### **Penalty of 2 Strokes**

Hitting the flag or person

Playing the wrong ball

## **Taking Care of the Course**

Always remember to help take care of the playing area while you play. Replace divots or chunks of grass. These divots will grow back if replaced right away, but the grass will die if it is left out of the ground. When you have played out of a bunker, rake the sand smooth before leaving it. Repair any ball marks caused by your ball landing on the green.

## **Golf Etiquette**

The first section of the Official United States Association Rules of Golf discusses golf courtesy or good manners on the golf course. Striving to be a good golfer is important, but golf courtesy is equally important and will make you many friends who will enjoy playing golf with you.

### A. On the “tee”

1. Observe the tee markers. Always “tee” the ball behind them
2. The player with the “honor” drives first.
3. Never talk or move around when another player is driving.
4. Never swing a club where you can be seen or heard by the player driving.
5. Wait until the players ahead have played their second shots and is out of your driving range before “teeing” off.

### B. On the “fairway”

1. The player who is “away” plays first.
2. Never stand in the line of a player’s shot.

3. Be still while a player is taking a shot.
4. If a ball is lost, signal the players behind to go through, then wait until they are out of range before playing again.
5. Wait until preceding players are off the “green” before making an approach shot.
6. Replace and press down all “divots” with your foot.
7. Call “fore” if your ball goes near any other player.

C. In a “Sand Trap”

1. Leave your bag at the edge of the trap.
2. Enter and leave the trap at the point nearest to the ball.
3. Smooth over footmarks and club marks with your club when you leave the trap.

D. On the “Green”

1. Leave your bag on edge of the green.
2. Place flag at the edge of “green” when it has been removed from the cup.
3. The player “away” putts first.
4. Keep your body and your shadow out of line of any player’s putt.
5. Do not move or talk while players are “putting”.
6. Replace flag in cup immediately after “holing out”.
7. Leave the “green” immediately after “holing out”.
8. Record the score after you have left the “green”.

E. In General:

1. Only approved golf shoes should be worn on the golf course.
2. If for any reason you are playing slowly, motion the players behind you to play through.
3. Not more than four players should play together.

**GRIP**

LEFT HAND

1. Lay club in left hand with fingers diagonal to shaft of club, close finger.
2. Thumb should be pointing at one o’clock.
3. Last three fingers control club.
4. Check to see if top knuckles of first finger are showing.

RIGHT HAND

1. Bring hand to shaft so it is facing target.
2. Close fingers so little finger of right hand is on top of first finger of left hand.
3. Middle two fingers are control fingers.
4. Make sure middle two fingers are on shaft.
5. Bring right over far enough that no shaft is showing but so thumb is not tucked under staff.
6. Thumb should be placed so knuckle of first finger is showing.
7. Should be able to see fatty part on top of hand.

## STANCE

1. Feet are shoulder width apart.
2. Knees flexed.
3. Hips flexed
4. Feet pointing straight ahead and parallel.
5. Side facing in direction of hit.
6. Sit down on stool
7. Weight evenly distributed on both feet mostly towards heels.

## Addressing the Ball

1. Place clubface squarely behind the ball.
2. Check grip
3. Assume proper stance.
4. Check direction.
5. Relax body
6. Hit

## Half Swing

1. Check grip and stance.
2. Address the ball.
3. Form triangle with arms and hands
4. Press away with the club to waist level.
5. Hip rotation
6. Follow through to waist level with club
7. Club should point in direction of target.
8. Keep head down and steady.

## Full Swing

1. Address the ball.
2. Check the grip and stance.
3. Form triangle with arms and hands.
4. Press away of club-drag club along ground as long as possible.
5. Hip rotation and weight transfer.
6. Bring back of club until parallel with ground.
7. Wrist starts to cock at waist
8. Steady hand
9. Full rotation of shoulders and hips, straight left arm, right elbow kept in.
10. Strong left side pull.
11. Shift of weight and rotation of hips and shoulders
12. Pull club through the target
13. Face direction of target.
14. Finish high with full rotation of hips and shoulders.

### **REMINDERS**

1. Keep head down
2. Let arms and shoulders work like a Ferris wheel underneath the head.
3. Keep swing in same plane.
4. Keep knees flexed
5. Keep shoulders down.

### **PUTTING**

1. Grip is the same
2. Put weight on front foot
3. Play ball off front foot.
4. Stand well over the ball.
5. Pendulum motion with arms
6. Follow through to target.

## Golf Study Guide

Intermediate

### CHIPPING

1. Start with feet together – move apart slightly
2. Move front foot back slightly
3. Weight on front foot.
4. Stay well over the ball
5. Shaft slightly in front of ball
6. Choke up on shaft for control
7. Pendulum motion with arms
8. Back of left hand should point to target on follow through.
9. Pull with left side

### TYPES OF CLUBS

Woods/Drivers

1,2,3,4

Woods are used for distance. The 1 wood or driver has the longest shaft and the least angled face. As the numbers of the woods increase, their shafts decrease  $\frac{1}{2}$  inch and their faces increase. Thus a ball hit with a 4 wood will travel higher and less far than a ball hit by a driver.

Irons

2,3,4,5,6,7,8,9

Club 2 through 6 are used for middle distance shots, whereas the 7-9 irons are used for short distances.



## GOLF STUDY SHEET

### Intermediate

#### Golf Clubs

- PUTTER – FLAT FACE – USE ON THE GREEN
- LONG IRONS – 2,3,4,5 – USE IN THE FAIRWAY – LONG DISTANCE, BUT NOT AS MUCH ACCURACY AS SHORT IRONS
- SHORT IRONS – 6,7,8,9 – FACE HAS MORE LOFT – BALL WILL GO HIGHER WITH LESS DISTANCE BUT MORE ACCURACY
- WEDGES – 9, WEDGE, PITCHING, SAND WEDGE – USE WHEN CLOSE TO THE GREEN – FOR CHIPPING AND PITCHING ON TO GREEN – ACCURACY
- DRIVER - #1 WOOD – LONGEST DISTANCE – USED ON THE TEE TO START THE HOLE
- FAIRWAY WOODS - #3, #5, #7 WOODS – USED ON THE FAIRWAY – LONG DISTANCE – LONG CLUB WITH FACE OF THE CLUB IN VARYING DEGREES

#### GRIP:

Make sure the “v” formed by the thumb and first finger of both hands point to the right shoulder – interlock the last finger of your right hand with the first finger of your left hand – grip should feel natural and comfortable.

#### STANCE

Place feet shoulder width apart and knees are flexed to move easily. Keep head steady.