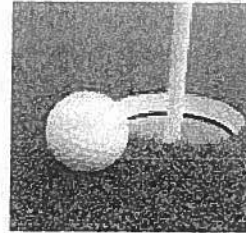
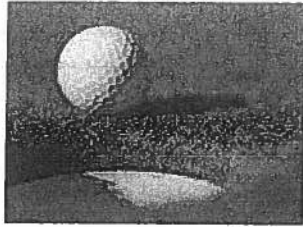


**Golf** n. A game played on a large outdoor course with a series of 9 or 18 holes spaced far apart, the object being to propel a small, hard ball with the use of various clubs into each hole with as few strokes as possible.



**History:**

The exact origins of golf are not clearly known. The most prevalent theory is that golf evolved from a game Dutch fishermen played on the seashore while grounded by bad weather. They used to whack small round stones at targets with walking sticks. Presumably, they passed this pastime on to Scottish mariners who brought the game to the coast of Scotland where the modern game developed. The Old Course at St. Andrew's in Scotland was the first eighteen hole course built with linked greens and holes and is considered the birthplace of golf.

Golf was introduced to North America in the 1830's when English businessmen brought the game to Montreal, Quebec. The oldest course in North America is Royal St. Georger, in Montreal. Americans first saw golf after the Civil War.

**Rules:**

A golf course consists of 18 holes. Each hole is divided into 5 parts: tee, fairway, rough, green & hazards.

Tee	The tee is a flat low-cut area where the hole begins. Usually a golf hole has three tees. The blue tee is the pro's tee-off spot, the white tee marks the men's tee-off, and the red tee marks the women's tee-off.
Fairway	The fairway is the part of the hole bearing the easiest and safest route to the green. Fairways are usually smooth with the grass cut low. Hitting the fairways from the tee is considered a premium because it ensures a good lie for the second shot.
Rough	A player who misses the fairway will be in the rough or a hazard. The rough is rough terrain with high grass and weeds. The ball is easily buried in the rough.
Hazards	A hazard is a trap. Sand traps, grass traps, or ponds may be created during construction of the course. A water hazard may be a stream, creek, pond, or lake. Players may strike the ball from traps, but a water hazard will cost a stroke.
Green	The green is the area aimed for. It has very dense low-cut grass surface. Greens vary in size, shape and undulations ('waves'). Somewhere in each green is a hole with a flag-stick in it.
Par	Each golf course employs a standard of measurement called par, with each hole having a par rating. Par is the number of strokes it generally takes a good golfer to get the ball in the hole. Holes vary in par from 3 to 5. The usual measuring standard for determining par is: PAR 3: 0 - 250 yards PAR 4: 251 - 450 yards PAR 5: 451 - approximately 550 yards (sometimes longer)  The course itself can range in par from 57-90 strokes. However, most courses range between 68 -72 strokes for par. Par is determined by the number of shots it should take a good player to get from the tee to the green, plus two putts.

## Golf Terminology

Addressing the ball	Taking a stance and grounding the club (except in a hazard)
Away	Ball furthest from the hole
Birdie	One stroke under the designated par of a hole
Bogey	Usually one stroke over the designated par of a hole
Divot	Turf displaced by player's club when making a swing
Dog-leg	A hole in which the route of play angles to the right or left before reaching the putting surface
Double Bogey	2 strokes over the designated par of a hole
Eagle	Two strokes under par for a hole
Fairway	Closely mowed route of play between teeing area and putting green
Fore	A warning cry to any person in the way of play
Green	The putting surface
Handicap	A deduction from a player's gross score devised to match his score against par to equate differential abilities to other players
Hazard	A term used to designate bunkers, sand trap or water areas
Honor	Privilege of teeing off first
Hook	A stroke made by a right-handed player which curves the ball to the left of the target
Match Play	Type of competition in which each hole is a separate contest
Obstruction	Any artificial object on the course ie., rakes, cans, cigarette butts, dead leaves...these can be removed without penalty
Par	A numerical standard of scoring excellence hole based on yardage & two putts per green. A standard established for perfect play, NOT an average
Penalty Stroke	A stroke which is added to your score due to violation of the rules
Playing through	Allowing faster players to pass by
Stroke Play	Competition based on total number of strokes taken
Unplayable lie	A ball that cannot be hit

## Basic Rules

1. When driving from the tee you must tee up between the markers and not more than two club lengths behind the markers never in front.
2. If the ball falls off the tee before you take a forward swing you may replace it without penalty.
3. If you swing and miss after addressing the ball it counts one stroke.
4. If you top the ball and knock it off the tee- it counts as a stroke and you must play it where it lies.
5. You may not improve your lie by moving, breaking, or bending growing vegetation.
6. You may move loose, natural impediments (tree branches, fallen leaves or stones).
7. If you play the wrong ball, except in a hazard you loose the hole in match play or are penalized two strokes in stroke play.
8. When the ball must be dropped you must face the hole, stand erect, and drop the ball behind you over your shoulder
9. In match play, an opponent must take a penalty stroke if he moves a players ball .In both match and stroke play the player must replace the player must place the ball on the spot from which it was moved.
10. In stroke play there is no penalty if a players ball moves an opponent ball the ball moved must be replaced. When both balls lie on the putting green the player whose ball strikes the other players ball must take a two stroke penalty.

## Clubs

<b>Woods</b>	<ul style="list-style-type: none"> <li>- longest, heaviest, designed to hit the ball the farthest</li> <li>- #1 wood (aka 'driver') is usually used on the tee of a par 4 or par 5 hole</li> <li>- the other woods are fairway woods (#2-5) which are used when the player is a great distance from the hole on the second or third shot</li> </ul>
<b>Irons</b>	<ul style="list-style-type: none"> <li>- numbered 1-9 or lettered pitching wedge (pw) or sand wedge (sw)</li> <li>- length of the club and loft of the club face are directly related to the club's number</li> <li>- lower numbered clubs are longer, heavier and have less loft and are designed to hit the ball for distance</li> <li>- higher numbered clubs are shorter, have a higher degree of loft and are designed to hit the ball high</li> <li>- wedges are the most severely lofted clubs designed to hit the ball very high</li> </ul>
<b>Putter</b>	<ul style="list-style-type: none"> <li>- a short club with a flat blade</li> <li>- used to roll the ball towards the hole while on the green</li> </ul>

## Club Selection

The following distance chart & the club selection for each distance is very helpful for beginning golfers.

Distance from the centre of the green	Club to use:	Distance from the centre of the green	Club to use:
Under 100 yards	9 iron or pw	170 – 180 yards	4 iron
100 - 125 yards	9 iron	180 – 190 yards	3 iron
125 – 140 yards	8 iron	190 – 200 yards	2 iron
140 – 150 yards	7 iron	200 – 210 yards	1 iron, 5 wood
150 – 160 yards	6 iron	210 – 240 yards	3 or 4 wood
160 – 170 yards	5 iron		

## Special Shots

<b>Downhill (#5 - #9)</b>	<ul style="list-style-type: none"> <li>- play ball back in stance to equalize the factor of the slope</li> <li>- choose a more lofted club</li> <li>- aim to the left of the target</li> <li>- ball is below your feet vs. normal lie</li> </ul>
<b>Sidehill (#3)</b>	<p><b>A) Ball above feet:</b></p> <ul style="list-style-type: none"> <li>- grip down on club because there is less distance between you and the ball</li> <li>- aim to the right of the target</li> <li>- when you hit the ball, the club is parallel to the ground</li> </ul> <p><b>B) Ball below feet:</b></p> <ul style="list-style-type: none"> <li>- stand closer to the ball</li> <li>- aim to the left of the target</li> </ul>
<b>Sand Trap (sand wedge or #9)</b>	<ul style="list-style-type: none"> <li>- open your stance</li> <li>- dig your feet into the sand</li> <li>- swing sharply upward then through the sand with your arms followed by a full follow through</li> <li>- sand displaced by the ball propels the ball – not the club</li> </ul>
<b>Chipping (#5, 7, or 9)</b>	<ul style="list-style-type: none"> <li>- open stance again</li> <li>- choke up on the club and take a mini swing</li> <li>- most of your weight is on your forward foot during address and swing</li> </ul>

Long grass (#7 or #9)	<ul style="list-style-type: none"> <li>- open your stance</li> <li>- play the ball farther back in your stance</li> <li>- keep hands in normal position</li> </ul>
Pitching (#9)	<ul style="list-style-type: none"> <li>- choke up on the club 1-2 inches</li> <li>- feet closer together</li> <li>- open stance slightly (keep shoulders parallel to target line)</li> <li>- a little more weight on front foot at address</li> <li>- swing downward and through the ball</li> </ul>
Putting (putter)	<ul style="list-style-type: none"> <li>- stand square to the ball</li> <li>- eyes directly over the ball</li> <li>- take the club straight back and stroke easily with one even stroke</li> </ul>

### Golf Etiquette

- 1) Do not walk across the green with your bag or cart. When you reach the green leave your bag off the green.
- 2) If your ball lies against the pin and all of it does not lie below the level of the lip of the hole it cannot be counted as being in the cup.
- 3) There is no talking when a player is addressing the ball.
- 4) Care should be taken that all players are well out of range before a stroke is made.
- 5) The player with the lowest score on the previous hole tees off first (honors).
- 6) Tee the ball behind the ball markers. One player on the tee at a time.
- 7) The player farthest away from the pin plays his/her ball first.
- 8) All divots must be replaced.
- 9) If leaves or other loose impediments lie on the green you may remove them without penalty. If your ball moves after a loose impediment has been touched, it shall be replaced without penalty.
- 10) You must not touch the ground in your line of putt except that you may
  - a) Repair a ball mark or an old plug
  - b) Lift the ball for cleaning
  - c) Remove a loose impediment
- 11) Players should help a person look for a lost ball. Wave those who are waiting behind you through. Look for 5-10 minutes (no more).
- 12) Rake the sand trap thoroughly after shooting from it.
- 13) If your ball knocks your opponent's ball into the cup he is considered to have holed out on his previous stroke.
- 14) In stroke play when both balls lie on the putting green if your ball strikes a fellow-competitor's ball you must take a penalty of two strokes and the other player's ball must be returned to its original position.
- 15) Repair ball marks on the green with a tee and putter.
- 16) When finished putting a player should immediately leave the green.
- 17) The most players to play a hole at one time is a foursome.

## Obstructions and Out of Play

- 1) A ball is lost if it cannot be found within 5 minutes after your side begins to search for it or when another ball is played under the rules. Signal any players behind you to go thru while you look for your ball.
- 2) If your ball is found after you have played another, you must continue to play the second ball.
- 3) If your ball lies up against a tree or in some other equally bad spot, you yourself must decide whether you can play it from there or not. If you decide it's playable, you must play it as it lies, But if you decide it isn't you may go back to the spot from which you hit it and play a ball adding one penalty stroke to your score for that hole and counting all strokes played or under a one-stroke penalty you may drop a ball within two club-lengths of the point where the ball lay, but not nearer the hole.
- 4) If you think your ball may be lost outside a water hazard or out of bounds, to save time you may play a provisional ball providing.
  - a) you do so before going forward to look for your ball and (2).
  - b) you tell your opponent what you intend to do before playing it.
- 5) If a ball touches an artificial obstruction such as a hose, you may move the hose.
- 6) If your ball touches some immovable artificial obstruction, like a bench of drinking fountain you may drop the ball within one club-length of the nearest point of relief but no nearer the hole.
- 7) If anywhere on the course except in a hazard or a putting green
  - a) casual water
  - b) ground under repair or
  - c) a hole made by a burrowing animal
- 8) You may without penalty pick the ball up and drop it outside the area, within one-club-length of the nearest point of relief which is not nearer the hole. But in a bunker your ball lies in casual water, ground under repair or a hole made by a burrowing animal you have a choice of playing as it lies or lifting without penalty and dropping it without penalty in the hazard.
- 9) If you are certain that your ball is "lost" in ground under repair or in casual water or in a hole made by a burrowing animal you do not have to take a penalty stoke for a lost ball.
- 10) If a ball is completely covered by sand, fallen leaves or the like in a water hazard or sand trap, you may remove as much of the material as necessary so you can see the top of the ball.
- 11) If your ball lands in the sand trap you may not touch the hazard with your hand or club and clear away excess sand.
- 12) If you hit your tee shot into the water you may hit again from the tee with a one stroke penalty.
- 13) If your ball is in a water hazard and you think you can play it as it lies you may do so.

