

# The Game of Golf

## History

"Golf is believed to have had its beginnings in 15<sup>th</sup>-century Scotland, where players first used wooden balls and then leather balls stuffed with feathers. Golf was introduced in the United States in the late 1700s and has grown in popularity with the advent of improved equipment, professional tours, and television coverage.

## Objective

The object of golf is to use as few strokes as possible to hit the ball into a series of holes arranged on a course. There are two main playing formats: stroke play and match play. In stroke play, the side(individual players or partners)that has the lowest total score wins. In match play, the winner is the side that wins the most holes.

## Procedures

Sides determine the order of play by a draw. Partners may decide their own playing order. The side that wins the hole "takes the honor" by going first at the next tee. If each side scores the same on a hole, the side that won the previous hole goes first.

In match play, if the sides are tied at the end of regulation, play continues until one side wins a hole, which ends the match. In stroke play, if sides are tied at the end of a match, they play until one side has a lower score on a hole. This is a sudden-death playoff.

## Terms

A player is said to **address the ball** when she takes her stance and grounds the club in preparing to strike the ball.

An **approach shot** is a shot that is made to hit the ball onto the green.

A **birdie** is one stroke under **par**.

A **bogey** is one stroke over **par**. A **double-bogey** is two strokes over par.

A **bunker** is an area of the course usually filled with sand. It is also called a sand trap and is considered a hazard.

A **caddie** carries a player's clubs and offers advice on how to play holes.

A **chip** shot is a low approach shot from a position close to the green.

A **divot** is a piece of turf dug from the ground by the clubhead.

A player **drives** the ball when she strikes it from the tee.

An **eagle** is two strokes under **par**.

A **halved hole** occurs when each side scores the same on a hole.

A **hazard** is any bunker or water hazard.

A **hook** is a shot that curves sharply to the left (or to the right, for a left-handed player).

Boundary markers denote all areas that are **out of bounds**: play is not allowed out of bounds.

**Par** is the number of strokes that an expert player is expected to take to hole out.

A **pitch** is a high shot near the green that is intended to roll minimally after landing.

A group may **play through** when the group ahead of them is slowing them down.

A **shank** is a shot that goes off to the right(or the left, for a left-handed player).

A player's "**short game**" refers to her pitching, chipping, and putting.

A **slice** is a shot that curves sharply to the right (to the left for a left-hander).

**Winter** rules allow for improving the lie of the ball on the fairway (but not closer to the hole); check local rules.

## Course

While courses vary in hole lengths, design, and playing characteristics, they share common components.

A standard course contains 18 **holes** and each hole is on a putting green and is of a consistent size.

Each hole has a **teeing ground (tee box)** from which play for that hole begins. The most forward point from which the ball may be played is designated by **tee**

**markers**; the farthest point back from which a ball may be teed is two club lengths behind these markers.

The **fairway** lies between the teeing ground and the **putting green**, which is the short-cropped surface around the hole. The **apron** (short collar) around the green is not considered part of the green.

**Hazards** -both bunkers and water hazards—**lie** between and around the teeing ground and the green. The **rough** is the longer grass and rough terrain bordering the fairway and green.

The **flagstick**, or **pin**, is a movable pole about 8 feet long that is placed in the hole to show the position of the hole on the putting green.

### **Equipment**

A maximum of 14 clubs are allowed. The three types of clubs include the following:

**Woods.** The clubhead is wood (modern woods also have metal, carbon, and titanium heads); these clubs are used for longer shots. Woods are numbered 1-10; the most commonly used are 1, 3, and 5.

**Irons.** The clubhead is usually steel, and the club has a shorter shaft than a wood. Irons are used for shorter shots and are numbered 1-10, plus the wedges.

**Putters.** There are many styles of clubheads; putters are usually all metal and are used on the putting green.

The **ball** is dimpled and has a synthetic shell. On a teeing ground (box) the ball is placed on a **tee**, which is a peg about 2 inches long. This allows the ball to be driven.

### Etiquette

The following rules are matters of courtesy and safety:

- Before swinging, the player should make sure that no one is in a position to be hit with the club or ball.
- The player who has the honor should be allowed to play before the next player tees off.
- While a player is addressing or stroking the ball, no one should talk, move, or stand directly behind the ball or the hole.
- Players should play without delay.
- When players complete a hole, they should immediately leave the green and record their scores elsewhere.
- Two-ball matches have precedence over three-ball and four-ball matches. Players in the latter two matches should invite two-ball matches to pass through.
- A single player should give way to a match of any kind.
- A player should smooth over any holes and footprints she makes before leaving a bunker.
- A player should replace any turf she cuts through the green and repair any damage on the green made by the ball. All divots should be replaced and tamped down.
- Players should not damage the green by leaning on their putters.
- The player farthest from the hole plays first.
- A player should call "fore" if she thinks her ball may hit another person.
- A player should not take her golf bag, cart, extra clubs, or any other equipment onto the green or tee.
- Players should place an identification mark on their golf balls.

## Rules - Through the Green

The following rules apply to play "through the green," which is the entire course except for the teeing ground, the putting green, and hazards.

- No player may give advice to anyone other than her partner. A player may receive advice from her partner or from her or her partner's caddie.
- A player dropping a ball should hold the ball at arm's length to the side and drop it. A ball may be re-dropped, without penalty, if it rolls into or out of a hazard, out of bounds, or rolls more than two club lengths away from or closer to the green.
- If the ball is in a water hazard, a player may take a one-stroke penalty and either (a) play a ball from the spot it was last played or (b) drop a ball behind the hazard. The player may also play the ball from the water if possible.
- To identify a ball (except in a hazard), a player may lift a ball she believes to be her own and clean it as necessary for identification. She must then return it to the same spot.
- A player must play the ball as it lies. She may not improve the position of her ball, the area of her swing, or her line of play. This includes moving or bending anything growing, tamping down grass, replacing old divots before the shot, and so on. Loose impediments may be removed, however.
- When lifting a ball, a player must first mark the position of the ball. If the position is not marked, the player incurs a one-stroke penalty.
- If there is a reason to believe a ball is lost out bounds or outside a water hazard, a player may take a one-stroke penalty and play a provisional ball as close as possible to the spot the original ball was played. If the original ball is found within 5 minutes, it must be played even if it is in an unplayable lie or water hazard.

- In striking the ball, the player must fairly strike at the ball and not push or scoop it. If the player strikes the ball twice on the same stroke, she receives a one-stroke penalty (two strokes total).
- If a ball falls off a tee while a player is addressing it, she may replace it with no penalty. But if the player swings at the ball, whether the ball is moving or not, the stroke counts.
- In stroke play, playing a wrong ball (any ball other than the ball in play or a provisional ball) brings a two stroke penalty.

### **Rules - On the Green**

The following rules apply to play "on the green".

- A player may clean a ball when she lifts it. She must mark and replace the ball where she lifted it.
- The flagstick may remain in place, be removed, or held up to indicate position. The flagstick may not be moved once a ball is in motion, except for putts.
- A line of play for putting may be pointed out before the stroke, but the putting green may not be touched and no mark may be laid on it to indicate the putting line. The player incurs a two-stroke penalty (stroke play).
- If a ball from off the green strikes and moves a ball on the green, there is no penalty and ball moved is returned to its original position. If a player on the green strokes a ball that hits another player's ball, there is a two-stroke penalty in stroke play.
- A player cannot take a practice stroke on the green.(can take a practice swing however).

### **Scoring**

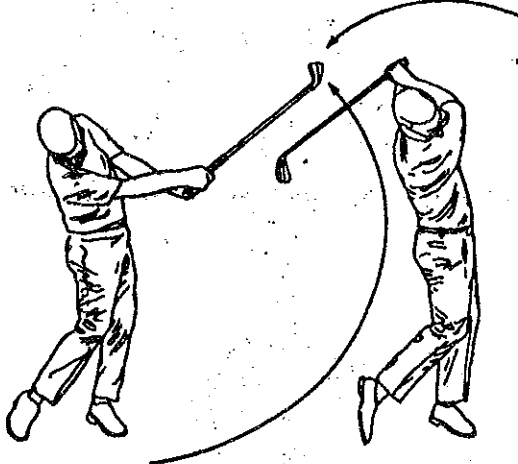
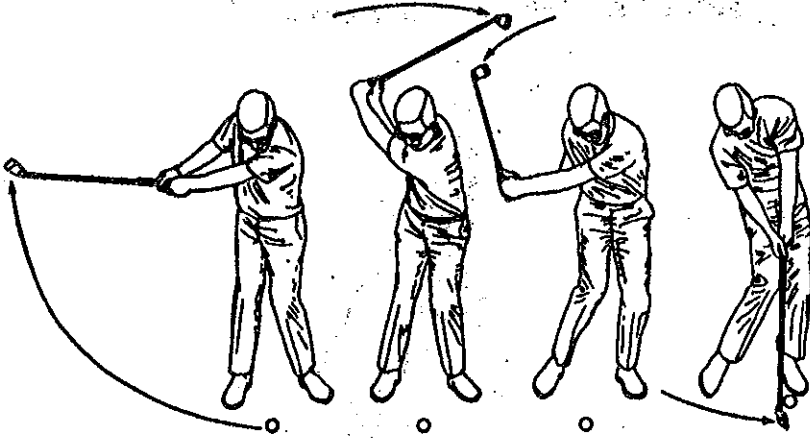
Players are responsible for their own scores. At the end of a round, each player should review and sign her scorecard before turning it in. If a players

signs for a lower score for a hole than she shot, she is disqualified. If she records a higher score for a hole, that score stands. No changes on the scorecard may be made once it is turned in to the committee.

Handicaps allow players of varying abilities to compete fairly against each other. Handicaps are determined by a player's recent play. A player with a 10 handicap who shoots an actual 100 would finish with a score of 90."

The Sports Rules Book, Essential Rules for 54 Sports, Human Kinetics, 1998.

*The Full Swing*



**FIGURE 30.** *Full swing sequence.*

- Grip**
1. Hands facing each other \_\_\_\_\_
  2. See one or two knuckles? \_\_\_\_\_
  3. Firmness \_\_\_\_\_
  4. V's pointing to chin \_\_\_\_\_
  5. Left hand more firm than right \_\_\_\_\_

- Stance**
1. Feet shoulder width \_\_\_\_\_
  2. Weight evenly distributed \_\_\_\_\_
  3. Sitting down position \_\_\_\_\_
  4. Weight \_\_\_\_\_ inside \_\_\_\_\_ and back \_\_\_\_\_
  5. Back straight \_\_\_\_\_
  6. Arms hanging straight down \_\_\_\_\_

- Take away**
1. Sweep the club back \_\_\_\_\_
  2. Head in position \_\_\_\_\_
  3. Left side in control \_\_\_\_\_
  4. Good shoulder turn \_\_\_\_\_
  5. Weight moves to right side \_\_\_\_\_
  6. Left heel on ground \_\_\_\_\_
  7. Left knee points behind ball \_\_\_\_\_
  8. Left arm straight \_\_\_\_\_
  9. Right elbow points to ground \_\_\_\_\_

- roughswing**
1. First move in legs and feet \_\_\_\_\_
  2. Pulling action by left arm \_\_\_\_\_
  3. Head remains behind ball \_\_\_\_\_
  4. Delay wrist uncock \_\_\_\_\_
  5. Make clubhead go toward target \_\_\_\_\_
  6. Finish on balance with hands high in picture position \_\_\_\_\_

RIGHT-HANDED GRIP

LEFT-HANDED GRIP

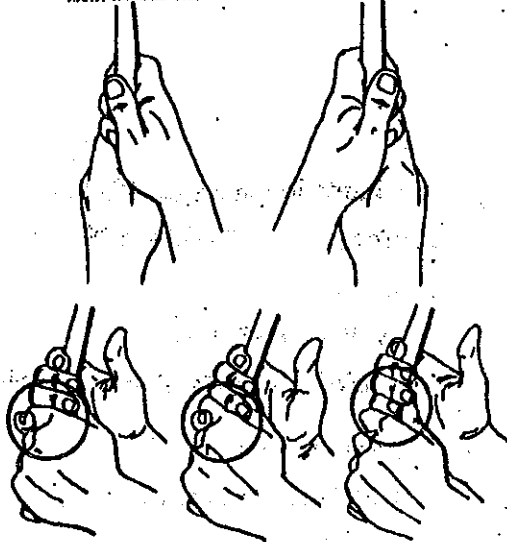


FIGURE 4. *Overlap, interlock, and four finger grips.*



FIGURE 5. *Left hand grip position.*

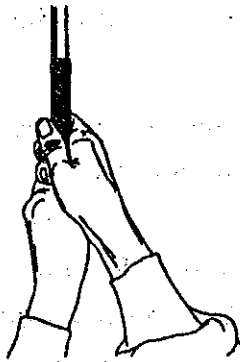


FIGURE 8. *Overlapping Grip.*

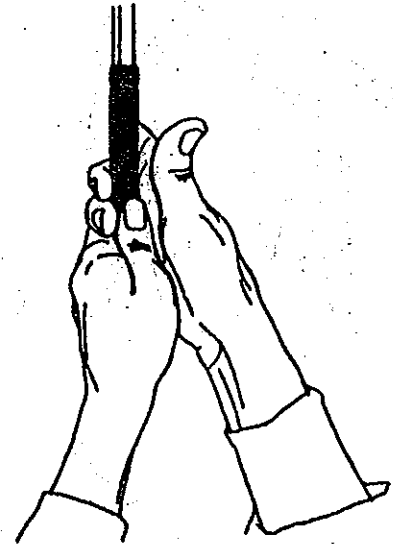


FIGURE 7. *The right palm should face the target.*



FIGURE 9. *Address position.*

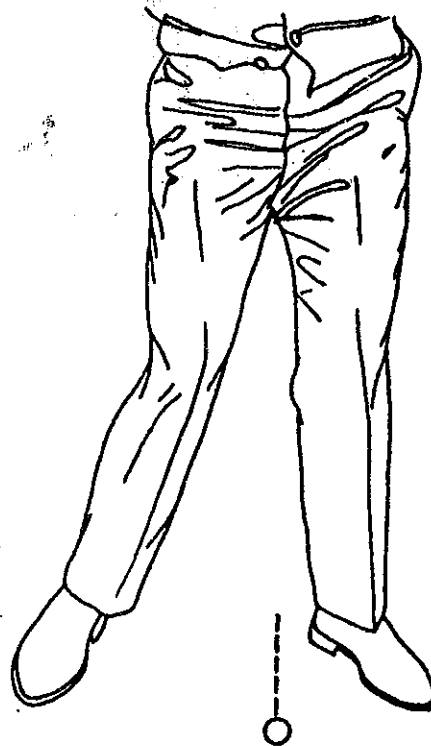


FIGURE 10. *Ball position.*

NAME \_\_\_\_\_

**Golf Rubric**

OVERALL GRADE \_\_\_\_\_

	100-93%	92-85%	84-77%	76-70%	69-60%	59% and below
<b>Grip</b>	Always has correct form with the overlapping, interlocking, or four finger grip.	Consistently uses correct form with the overlapping, interlocking, or four finger grip.	Needs occasional reminders to maintain appropriate grip.	Needs consistent reminders to maintain appropriate grip.	Needs constant reminders to demonstrate appropriate grip.	Has difficulty demonstrating any grip.
<b>Stance</b>	Always has correct form after addressing the ball.	Consistently has correct form after addressing the ball.	Needs occasional reminders to maintain correct form.	Needs consistent reminders to maintain correct form.	Needs constant reminders to demonstrate correct form.	Has difficulty demonstrating correct form.
<b>Swing</b>	Always has correct form on the take away and through swing. Always has rhythm and synchronization with the club head and body motion.	Consistently has correct form on the take away and through swing. Consistently has rhythm and synchronization with the club head and body motion.	Needs occasional reminders to maintain correct form on the take away, through swing, or rhythm and synchronization.	Needs consistent reminders to maintain correct form on the take away, through swing, or rhythm and synchronization.	Needs constant reminders to demonstrate correct form on the take away, through swing, and/or rhythm and synchronization.	Has difficulty demonstrating correct form on all parts of the swing.
<b>Trajectory of ball</b>	Always attains appropriate loft and direction of the ball	Consistently attains appropriate loft and direction of the ball.	Needs occasional reminders to attain appropriate loft or direction of the ball.	Needs consistent reminders to attain appropriate loft or direction of the ball.	Needs constant reminders to demonstrate appropriate loft and direction of the ball.	Has difficulty attaining any loft and direction of the ball.
<b>Putting grip</b>	Always has correct putting grip.	Consistently has correct putting grip.	Needs occasional reminders to maintain correct putting grip.	Needs consistent reminders to maintain correct putting grip.	Needs constant reminders to demonstrate correct putting grip.	Has difficulty demonstrating putting grip.
<b>Putting stance</b>	Always has correct putting stance.	Consistently has correct putting stance.	Needs occasional reminders to maintain correct putting stance.	Needs consistent reminders to maintain correct putting stance.	Needs constant reminders to demonstrate correct putting stance.	Has difficulty demonstrating correct putting stance.
<b>Putting swing</b>	Always has correct form on the backswing, contact, and follow through.	Consistently has correct form on the backswing, contact, and follow through.	Needs occasional reminders to maintain correct form on the backswing, contact, or follow through.	Needs consistent reminders to maintain correct form on the backswing, contact, or follow through.	Needs constant reminders to demonstrate correct form on the backswing, contact, and/or follow through.	Has difficulty demonstrating correct form on all parts of the putting swing.

NAME \_\_\_\_\_

**Golf Rubric**

OVERALL GRADE \_\_\_\_\_

	100-93%	92-85%	84-77%	76-70%	69-60%	59% and below
<b>Accuracy</b>	Always puts ball to target (either on the long puts getting it closer to the hole, or on short puts getting it into the hole).	Consistently puts ball to target.	Needs occasional reminders to attain appropriate strength or direction in putting ball to target.	Needs consistent reminders to attain appropriate strength or direction in putting ball to target.	Needs constant reminders to demonstrate appropriate strength and/or direction in putting ball to target.	Has difficulty demonstrating appropriate strength and direction in putting ball to target.
<b>Safety rules &amp; etiquette</b>	Always demonstrates knowledge of, and practices safety rules and etiquette.	Consistently demonstrates knowledge of, and practices safety rules and etiquette.	Needs occasional reminders to demonstrate safety rules and etiquette.	Needs consistent reminders to demonstrate safety rules and etiquette.	Needs constant reminders regarding safety rules and etiquette.	Has difficulty remembering and practicing safety rules and etiquette.

## Golf Pre-Swing Routine/Addressing the Ball

### **What's in a Routine**

Always stand behind the ball to make your plan, and get into the habit of having a plan for each shot. Approach each shot from directly behind the ball, looking down your intended target line to your target. It is very helpful to pick out two spots, one just in front of your ball on the line to the target (intermediate target), and the other where you want your ball to land. In other words, draw an imaginary line back from your target, through your intermediate target, and back to the ball. Then tell yourself to hit the ball along this line to the target.

Now move to the ball and aim your clubface along the imaginary line you have drawn to your target. To do this, step into your address position with your right foot leading the way. Before you bring your left foot into position, sole your clubface behind the ball so that it points at the target. Then keeping your clubhead in its exact position, bring your left foot into position so that your body is perpendicular to your clubface. You have now locked in your direction. From this position, take one look at the target to finalize your distance calculation by rotating your head without lifting it, waggle the club and then take your swing allowing the speed of your swing to produce the correct distance.