Moffett Tournament Golf Class Rules:

1. Play front-9 scramble.
   a. Scramble – each player hits a drive. The best drive is then selected. Each member of the team hits his/her second shot from that position. The best second shot is selected and each member of the foursome hits from that position. This procedure continues, including putts, until the ball is holed out. Do not, however, hit a “gimmie” putt into the hole out of order. The first ball in the hole is the score for the team. (not in the rules of golf)
   b. If team is not to the green in par for the hole, pick up and walk up to the green for putting.

2. For back-9 stroke play, take no more than a triple bogey on any hole.
   a. Here’s how to do it:
      i. Get to the green in 3 or less strokes for par-3 holes
      ii. Get to the green in 4 or less strokes for par-4 holes
      iii. Get to the green in 5 or less strokes for par-5 holes
      iv. Strokes include penalty strokes.
   b. If you are not to the green in par for the hole, pick up ball and walk to edge of green and take no more than 3 putts.

# 1 etiquette rule for playing golf is to keep pace with the group in front of you. If you get to the teeing ground on a par-3 and the group in front of you is off the green, you’re group is behind. If you get to the teeing ground on a par-4 or par-5 and the group ahead is on the green you are behind.

How to keep pace:
Take no more than 1-practice swing when it’s your turn to hit. Walk directly to your ball in between shots and be ready to hit when you get to your ball. Whenever possible ALWAYS PUTT OUT and if you’re not “in the hole” in 3-putts, please pick-up.
THE ANATOMY OF A GOLF COURSE:

A regulation golf course is designed with two distinct groupings of nine-holes per side with a total par of 70, 71 or 72. You go “out” on the front nine (or first-9 holes) and come “in” on the back nine (second-9 holes). Typically there will be four par-3 holes, four par-5 holes and 10 par-4 holes, not in that order.

Each hole has a “par” assigned to it. Par is the standard of excellence determined by the length of the hole. A regulation par on a par-3 would be one hit to the green and two putts. On a par-4 it is two hits to the green and two putts. On a par-5 it is 3 hits to the green with two putts.

Par-3 holes will be less than 220 yards; par-4 holes less than 450 yards and par-5 holes less than 600 yards.

Each hole has a teeing ground, fairway, rough and putting green. A flagstick indicates the position of the hole on the putting green. The hole is 4 _ inches in diameter and 4 inches deep. If you are standing on the teeing ground and the putting green is not visible due to a curving fairway this is called a dogleg.

The goal in golf is to (have fun!) get the ball in the hole in the least amount of strokes. This is made difficult by added obstacles such as trees, bunkers (sand), water hazards (marked with either red or yellow stakes) and out of bounds (white stakes or markers). All of the ball must be out of bounds to be deemed out of bounds and the line itself if out of bounds.

MINIMUM EQUIPMENT NEEDED:

You will need at the very least a putter, two clubs (pitching wedge and 6, 7, or 8 iron) 1/2 dozen golf balls, a couple tees and a small towel, a small coin, pants w/pockets. Don’t worry about scoring if you’re new to the game. Just learn to move around the course while keeping pace with your group and the group in front of you and learn the skills overtime.

ORDER OF PLAY: after all players have hit their tee shot the ball furthest from the hole plays first. This is true for the putting green also. Be ready to hit when it is your turn. Hit when it is safe to do so.
EXTRA-CREDIT GOLF CLASS OPTIONS

Written assignment, preferably typed and a maximum of 1-page. Include your full name, date, and the class you are making up (i.e. tournament golf, Mondays)

1. Review a golf instructional article from Internet, magazine, video or journal that relates to the topic interests you.
   a. list name of source, author, title
   b. summarize information and comment on how effectively the information was communicated (was it easy enough to understand?)
   c. tell how you will use this information to improve your golf game

2. Golf experience
   a. Play a 9 or 18 hole golf course (not putt-putt please) bring back receipt, score card and short paragraph on your experience from setting the tee time, to arriving and checking in, to first tee shot and overall experience (condition of course, playing partners, etc.)

3. Review a golf tournament.
   a. watch a PGA, LPGA or Senior PGA event for one full show.
   b. List the name of the event, the location, and the leader on the day you watched.
   c. What were the playing conditions (weather, wind, format of play)
   d. Write any rules you learned about, strategy, putting technique etc.

   a. go to www.usga.org or www.scga.org and click on “rules of golf” link.
      1. take any quiz desired but a minimum of 18 questions.
      2. then print out quiz and answers provided.
      3. with answers use your rules of golf book to find the rule that applies to the question.
   b. briefly comment on whether the rule for each question had an obvious connection to the situation described in the question.
   c. If you don’t have “the decisions” rulebook, take a few minutes to review a few pages of the online version.
      1. what is your reaction to “the decisions” book?

5. Using the website www.usga.org, read the “frequently asked questions” section and Section 1 – Etiquette.
   a. comment on how this information helped improve your knowledge of the rules of golf.
   b. whose responsibility is it to know the rules of golf when playing golf?
   c. Read the Etiquette section in “rules of golf” book and comment on how easy or difficult it would be for a new golfer to comply with these guidelines.
   d. Based on your golf experience and the articles you read, what recommendations (top 3 most important things to know) would you give a person interested in going to play golf for the first time?
Etiquette
from the USGA Rules of Golf

Courtesy on the Course

Safety
Prior to playing a stroke or making a practice swing, the player should ensure that no one is standing close by or in a position to be hit by the club, the ball or any stones, pebbles, twigs or the like that may be moved by the stroke or swing.

Consideration for Other Players
The player who has the honor should be allowed to play before his opponent or fellow-competitor tees his ball.

No one should move, talk or stand close to or directly behind the ball or the hole when a player is addressing the ball or making a stroke.

No player should play until the players in front are out of range.

Pace of Play
In the interest of all, players should play without delay.

If a player believes his ball may be lost outside a water hazard or out of bounds, to save time, he should play a provisional ball.

Players searching for a ball should signal the players behind them to pass as soon as it becomes apparent that the ball will not easily be found. They should not search for five minutes before doing so. They should not continue play until the players following them have passed and are out of range.

When the play of a hole has been completed, players should immediately leave the putting green.

If a match fails to keep its place on the course and loses more than one clear hole on the players in front, it should invite the match following to pass.

Priority on the Course

In the absence of special rules, two-ball matches should have precedence over and be entitled to pass any three- or four-ball match, which should invite them through.

A single player has no standing and should give way to a match of any kind.

Any match playing a whole round is entitled to pass a match playing a shorter round.
Care of the Course

Holes in Bunkers
Before leaving a bunker, a player should carefully fill up and smooth over all holes and footprints made by him.

Repair Divots, Ball-Marks and Damage by Spikes
A player should ensure that any divot hole made by him and any damage to the putting green made by a ball is carefully repaired. On completion of the hole by all players in the group, damage to the putting green caused by golf shoe spikes should be repaired.

Damage to Greens — Flagsticks, Bags, etc.
Players should ensure that, when putting down bags or the flagstick, no damage is done to the putting green and that neither they nor their caddies damage the hole by standing close to it, in handling the flagstick or in removing the ball from the hole. The flagstick should be properly replaced in the hole before the players leave the putting green. Players should not damage the putting green by leaning on their putters, particularly when removing the ball from the hole.

Golf Carts
Local notices regulating the movement of golf carts should be strictly observed.

Damage Through Practice Swings
In taking practice swings, players should avoid causing damage to the course, particularly the tees, by removing divots.
Rule #15  Wrong Ball: 2-stroke penalty  
Procedure:  Go back and play a new ball from where you last hit the ball in play (not from where you hit the wrong ball). Error must be corrected before teeing off the next hole or else player is disqualified.

Rule #24  Immovable Obstruction: no penalty  
Could be a cart path, power pole, sprinkler head etc.  
Procedure:  It must interfere with your stance or area of intended swing. Take full relief and drop within one-club length of nearest point of relief, no closer to the hole.

Rule #25  Abnormal Ground Conditions: no penalty  
Casual water, ground under repair (even if it is not marked) or burrowing animal hole.  
Procedure:  Find nearest point of relief that is not closer to the hole and drop the ball within one club length of that point.

Rule #26  Water Hazard and Lateral Water Hazard: no penalty or 1-stroke  
A water hazard is marked with YELLOW stakes or paint. If you are in a marked area and there is no water, you are still in the hazard!  
Procedure:  3 options. Play it from water hazard and take no penalty. OR, under a penalty of 1-stroke re-hit a ball from the original place or keeping the point where the ball last crossed the margin of the hazard between you and the hole go back behind that point as far as you want and drop. (DO NOT USE A CLUB TO MEASURE, NOT AN OPTION).

A lateral water hazard is marked with RED stakes or paint. If you are in a marked area and there is no water, you are still in the hazard!  
Procedure:  4 options. Play it from the hazard and take no penalty. OR, under a penalty of 1-stroke re-hit a ball from original place, keep the point the ball last crossed the hazard between you and the hole and drop as far back as you’d like, or measure 2-club lengths from the point the ball last crossed the hazard and no closer to the hole.

Rule #27  Lost Ball and Out of Bounds: 1-stroke and distance penalty  
Procedure. You must re-hit from the original place you last hit your ball. This is the only situation that you can hit a provisional ball before making a search or determining the ball is lost or out of bounds.

Rule #28  Unplayable Lie: 1-stroke penalty  
Procedure:  3-options: re-hit from where you last hit the ball; drop within 2-club lengths of where the ball is deemed unplayable (must re-drop into bunker if the ball is unplayable in the bunker) or keeping the position of the unplayable ball between you and the hole, go back as far as you’d like and drop the ball on that line.
**TECHNIQUE FOR THE FOUR COMMON SKILLS**

**Pre-swing and In-swing Tips**

**Putting:**
Pre-swing: align blade of putter to target line; grip is personalized; stand so your eyes are over the target line; bend from hips more than knees. Preferable to have elbows bent and palms pressing firmly into grip.

In-swing: pendulum type motion from shoulders rocking back and forth to keep putter head low.

**Chipping:**
Pre-swing: align leading edge of club-face to target line; grip down; stand closer to ball; open stance, stand mostly on forward foot.

In-swing: reduce body motion, pendulum arm swing and firm wrists. Like putting.

**Pitching:**
Pre-swing: align leading edge of club-face to target line rather than open face; grip down; open stance, ball center.

In-swing: Make mini-swing with most focus on turning shoulders and upper body, i.e. arms swing and wrists cock naturally. Short swing for short shot and longer swing for longer shots.

**Full swing:**
Pre-swing: align leading edge of club-face to target line; grip high; athletic stance/posture; ball center or forward of center in stance.

In-swing: ARM SWING creates arc and speed, WRIST COCK loads and unloads extra explosive power, BODY turns to follow club.

**TWO-BONUS TIP’S for long irons, woods and The Driver:**

1. At address have more weight on rear foot and be sure weight transfers to forward foot in the follow through position.

2. Accelerate, Accelerate, Accelerate!! Club-head is fastest just past the impact position. This is true for the majority of all the skill shots, so let it improve your putting as well!
Practice activities for putting and approach shots.

**Putting:**
Understand the three main points of putting successfully: (1) direction or the ability to align and putt to your target; (2) distance or the ability to judge/feel how hard to hit and (3) consistency of successfully combining #1 and #2. For directional practice start with short putts, within 10-feet of a hole. For distance practice simply pick a target about 15-30 feet away and putt 10-15 balls until more than _ end within 2-feet of your target.

**Chip routine:**
Very similar to pendulum style putting except arms are straight when chipping. Stand with feet close together in an open stance; ball in line with rear foot; grip down low on shaft; step in closer for control and allow motion to pendulum.
1. **PRACTICE SET UP ROUTINE 5 x’s.**
2. Practice maintaining straight arms through swing, check that club remains behind lead arm or that wrists are still firm.
3. Practice chipping while keeping weight on forward foot only.
4. **Chip a ball and a quarter away!** Place a quarter on target side of ball on the grass. Chip the ball and quarter away. Helps keep club low at impact.

**Pitch practice.**
1. dial a grip – then hit practice shots and notice how the ball flight and distance differ.
   - high on grip = regular width stance and angle target foot toward target
   - medium on grip = medium narrow stance and angle target foot toward target
   - low on grip = narrow stance and angle target foot toward target
2. tee in end of club’s grip to PRACTICE correct wrist action. At address position the tee in end of club grip points toward your belly button and you are gripping down to medium or low on the grip. Place ball in center of stance and make half of a full swing motion. Stop at the to top of your half swing and the tee in the end of grip should point directly at the target line and stop at the end of your _ swing and the tee should again point directly to the target line. Do this until the correct wrist action happens naturally!
3. match scores with a partner on the golf course count only strokes from the point where both / all players have *approach shots to green.
   *approach shot: position of ball is so close to green that a full swing with shortest club would result in flying over the green; therefore a partial swing is made.

**Approach shot review questions:**
1. If the distance between your golf ball and edge of green is greater than the distance between the edge of the green and hole, what shot will you use? PITCH
2. **True or False** Short chips and pitches have little conscious leg action motion and mostly the wrists and arms provide needed power. TRUE
3. As distance to carry the ball to the hole increases your swing will (shorten or lengthen?) and body motion will (decrease or increase?) proportionally. (LENGTHEN and INCREASE).