

## Golf Study Guide

### Golf History:

The game of golf as it is played today originated in Scotland in the early fourteenth century. The first rules of golf were written in 1754 at St. Andrews Golf Club in Scotland. The first golf club in the United States, St. Andrew's of Yonkers, New York, was founded in 1888. The USGA (United States Golf Association) was established in 1894 to govern the game in the U. S. Today there are an estimated 23 million golfers in America alone.

### Golf Courses:

Regulation golf is played on a course consisting of 18 different holes. Each hole has a **tee box**, **fairway**, and a **green** and a par rating of 3, 4, or 5. Varying combinations of these holes in any order on any course give it an overall par rating in the upper 60's to low 70's (most commonly 69-72) for all 18 holes. Par is determined by the length and design of a hole and is always the number of shots it **should** take a golfer to get to the green plus two putts on the green to put the ball in the cup. The goal of every golfer is to try and take as few shots as possible on each hole – meaning that in golf the **low** score wins.

### Golf Clubs:

The rules of golf allow a player to carry a maximum of 14 clubs in their golf bag during any competition. A traditional full set of golf clubs includes three or four woods, nine or ten irons (including wedges), and a putter. A general rule to remember about clubs is as the **number increases**, the **loft increases**. The **lower number** woods/irons (1-5) are for **distance** and the **higher number** clubs (6-9, & wedges) are for **shorter**, but more **accurate** shots. The putter (used on the greens) is the club that is essential to all golfers. Golf clubs are also made out of different materials (metal, wood, & graphite), in different styles (men's & women's), and different sizes (for taller or shorter/stronger or weaker players).

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### Basic Golf Techniques:

There are three common grips that a golfer may use: overlapping, interlocking, or ten finger. A right-handed golfer will place his left hand on the club first and then their right hand (placed lower on the club) while either overlapping their right little finger over their left index finger, interlocking them, or have all ten fingers on the club.

A golfer's stance is usually perpendicular to their target with a right-handed player having their left foot closer to the target. Your weight should be distributed evenly on both feet. The knees should be slightly flexed and the body bent only enough for the player to reach the ball with the club.

A golf swing has many components. A beginner should focus on the idea that the club head leaves the ball at the start of the backswing and returns to the same point at impact each time it is swung.

### Golf Etiquette:

It is important to follow a correct code of behavior toward other players and the course itself. This should include but is not limited to the following points:

1. Stand a safe distance behind and away from a golfer being careful to remain motionless and quiet so as to not distract them while they are swinging.
2. Do not hit until the group in front of you is out of range. Never underestimate your hitting limits. A golf ball travels with tremendous speed and can inflict severe injury. Should your ball go in the direction of other golfers you should shout the warning cry "**Fore**".
3. Let faster groups of four players play through.
4. Avoid a lost ball by watching it throughout its flight. All golfers in your group should assist in the search. Never look for a ball for more than 5 minutes.
5. Before leaving a **sand trap** (bunker) rake to smooth out footprints and club marks.
6. Replace and press down any loose turf (divots).
7. Avoid dropping clubs or the flagstick on the green.

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### Golf Etiquette (continued):

8. Once on the green do not step on the other golfer's putting lines – heel and spike marks can produce minor irregularities in the surface.
9. Because it is the safest order of play, the golfer farthest from the hole plays first
10. The golfer with the least number of strokes on the previous hole generally tees off first on the following hole (has “Honors”).

### Glossary of Golf Terms:

<b>Addressing the ball</b>	taking a stance before taking a swing
<b>Ball marker</b>	a small coin or facsimile used to spot a ball position on the green
<b>Birdie</b>	a score of one stroke <i>under</i> par on a single hole
<b>Bogey</b>	a score of one stroke <i>over</i> par on a single hole
<b>Bunker</b>	a hazard, often a depression and usually a sand trap.
<b>Divot</b>	a piece of turf that is displaced by a player's club during a swing
<b>Eagle</b>	a score of two strokes <i>under</i> par on a single hole
<b>Fairway</b>	the closely mown route of play between the teeing area and the putting green
<b>Flagstick</b>	a movable pole with a flag at the top that is centered in the hole on the green to indicate its location. It is also called a <b>pin</b>
<b>Fore</b>	a warning cry to any person in the way of play that might be hit by a golf ball in flight
<b>Green</b>	the putting surface
<b>Grip</b>	the part of the club that you hold and the manner in which you hold it (either overlapping, interlocking, or ten finger grips)
<b>Hook</b>	a stroke made by a right-handed player which curves to the left of the target (to the right of the target for a left-handed player)
<b>Stroke</b>	one hit in golf or the amount of penalty for hitting into a hazard such as a ditch or lake
<b>Par</b>	the standard score per hole based on yardage and two putts per green
<b>Rough</b>	areas of hazards or long grass adjacent to the fairway
<b>Slice</b>	a stroke made by a right-handed player which curves the ball to the right of the target (to the left of the target for a left-handed player)
<b>Whiff</b>	when a player swings and misses the ball entirely