

GOLF

OVERVIEW

Golf is a lifetime activity. Participation can be rewarding at any age. The object of golf is to play a ball from the tee area into the hole by successive strokes, on a course consisting of nine or eighteen holes. The basis of the game is honesty and self-discipline. Each player must abide by the rules and etiquette of golf and enforce these rulings on himself.

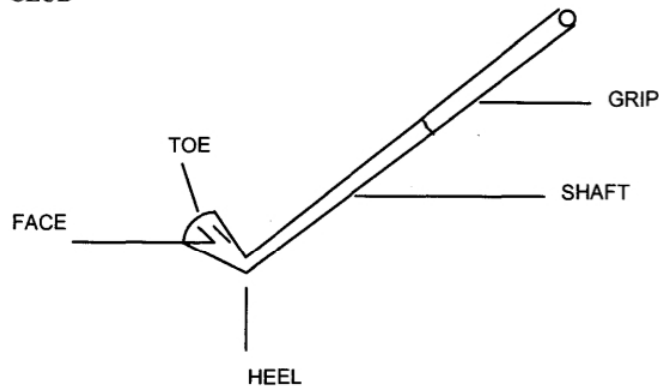
SAFETY

1. Space students carefully.
2. During drills, keep all the left-handed players at on end of the practice area.
3. Drive and retrieve only on the teachers' signal.
4. Always stand far behind a player hitting a golf shot, never in front or to the side.
5. Never hit the ball when a person or group is in front of you. If it appears that a hit ball might get near another person or group call "fore".

CARE OF EQUIPMENT

Clean clubs after use outdoors. Students should wipe the clubs off as they return them to the bag. Students should collect all golf ball at the end of the class period.

CLUB



HISTORY OF GOLF

Golf probably developed in Scotland about 1100 from a game played by Romans. The Romans used a bent stick and a leather ball stuffed with feathers. The first known golf club was in Edinburg, Scotland, called the Royal and Ancient Golf Club of St. Andrews and is still in existence today. St. Andrews became a leader in establishing rules and regulations of today. A good example would be the number of holes that make a round of golf, (18). In 1848, the solid golf ball came into existence.

In the United States in 1888, The St. Andrews Golf Club of Yonkers, N.Y., was established as the first club in the United States. The American Golf Association of the United was founded in 1984, later to be known as the USGA; acts as the governing body in the United States. P.G.A. was established in 1916. Golf today is very popular and growing rapidly both as a spectator sport but most importantly as a form of recreation. Major tournaments with interest around the world are U.S. Open, British Open, P.G.A. Championships, the Masters and a host of many more around the U.S.A. and the world.

TECHNIQUES

Stance

Common to all stances: Toes pointed out, weight back toward heels, straight left arm, knees slightly relaxed, some bend at waist.

Square Stance- Feet even, comfortably apart, ball about in line with the inside of left heel. This is a general, all-around stance.

Open Stance- Left foot back from the line of flight, may be used for shorter iron shots to prevent too much body turn and keep arms closer to the body. This stance may result in fade or slice.

Closed Stance- Right foot back from the line of flight. Used for drives by some golfers who find it easier to turn their body to this stance. This stance may result in draw or hook.

Grip

In all grips, hold the club so you can have a feeling of control, but not so tightly that you stiffen your forearms or body.

Overlapping- Most generally used grip. Points to remember are as follows:

1. Heel of left hand on top of club, so three knuckles may be seen.
2. The right little finger overlaps the left forefinger.
3. The V's of thumb and forefinger of both hands point toward right shoulder.

Interlocking- Same as the overlap except the forefinger of the left hand and little finger of the right hand interlock.

Swing

Back swing- Begin with slight forward press. Swing the club head, hands, arm and back in unison. The arms swing close to the body, the left arm straight, but not rigid. The body rotates to the right and the weight shifts slightly to the right foot. The left heel barely comes off the ground and the left knee is bent to the right. The right elbow bends but stays close to the body and pointing down, the left arm straight. The wrists lock to bring the club overhead almost parallel with the ground. Keep the head down, eyes fixed on the ball.

Forward swing- The downswing starts with the left turn of the hips bringing the shoulders and hands down toward the ball. Keep a firm, left hand grip, the wrists cocked until the hands reach the hitting zone; keep the head in a down position. The club head swings out along the line of flight to carry the arms out toward the ball. The body turns and the head remains steady, eyes fixed. The club's momentum carries the arms and body around into follow through with the head coming up naturally. The swing should be smooth and relaxed. The swing may be full, as for woods and long for irons or partial, as for short irons. When using a partial swing, the general pattern of a regular swing is followed except it is shortened on the back swing and follow through.

Putting

Grip varies, thumbs of both hands running down the grip. The knees and elbows are bent and close to body, the head is over the ball. Use the wrists and arms for the stroke. Keep the head and body absolutely steady.

ETIQUETTE

1. Do not move, talk, stand close to, or otherwise disturb any player making a stroke.
2. Allow the player farthest from the hole to shoot first.
3. The player with the lowest score on the last hole has the honor of teeing off first.
4. Get off the green as soon as possible.
5. Do not mark the green by careless use of flag or bags.
6. Replace all divots in the fairway and smooth out foot prints in sand traps. Repair ball marks on the green.
7. Wait until players in front are well out of range before shooting. Call "fore" if there is any doubt.
8. Observe all course and U.S.G.A. rules, play without undue delay, and record strokes honestly.

RULES

1. The ball must be teed up between the markers, never in front of them.
2. After the tee shot, the player whose ball lies farthest from the green shoots first.
3. Every stroke must be counted, even though the ball is not touched. If a ball on the fairway is moved is moved while a player is addressing it, a penalty stroke is added to the score.
4. If the ball falls off the tee, it may be replaced without penalty.
5. The lie of the ball may not be improved by moving or breaking anything fixed or growing.
6. If a ball is lost or goes out of bounds, a second one must be played from the spot where the first one was played, and a one stroke penalty is added to the score.
7. If the pin is not removed from the cup and the ball is hit from off the green, there is no penalty if the ball strikes the pin. However, a two stroke penalty is imposed if the pin is struck from on the green.

TERMINOLOGY

Addressing the Ball - A player has "addressed the ball" when he has taken his stance by placing his feet on the ground in position for and preparatory to making a stroke and has also grounded his club, except that in a hazard a player has "addressed the ball" when he has taken his stance preparatory to making a stroke.

Approach - A stroke to putting green.

Away - Ball farthest from hole - to be played first.

Birdie - One stroke under the par of a hole.

Bogey - An arbitrary standard, supposedly based upon average good play; usually one stroke per hole higher than par.

Bunker - is that part of a depression in the ground where the soil is exposed, and is usually covered with sand.

Caddie - A "caddie" is one who carries a player's clubs.

Casual Water - "Casual water" is any temporary accumulation of water which is not a hazard of itself or which is not in a water hazard. Snow and ice are "casual water" unless otherwise determined by Local Rule.

Divot - Piece of sod cut by player's club (always to be replaced and pressed down).

Dormie - One side is said to be "dormie" when it is as many holes ahead as there remain holes to play.

Down - The number of holes or strokes a player is behind opponent. See "Up".

Eagle - Two strokes under par for a hole.

Fairway - Specially prepared, closely cropped area intended for play between tee and green.

Fore - A warning cry to any person in the way of play.

Green - The putting green.

Handicap - Strokes given to equalize playing ability, usually based on player's best scores.

Halved - A hole is said to be "halved" when each side has played it in the same number of strokes.

Hazards - A "hazard" is any bunker, water (except casual water), or water hazard. Bare patches, scrapes, roads, tracks and paths are not "hazards". A "water hazard" is any sea, lake, pond, river, ditch, drainage ditch or other water course (regardless of whether or not it contains water), and anything of a similar nature.

Honor - The right to drive or play first, determined by lowest score on preceding hole, on first hole by tossing coin.

Hook - The opposite of a slice and with a right-handed player comes from stroke which causes ball to rotate counter-clockwise and to curve to left of line from player to objective; with left-handed player spin imparted causes ball to go to right of line from player to objective.

Lie - The situation of a ball, good or bad. The "lie" of a club refers to the angle which the shaft makes with the ground when the club is sitting in its natural position.

Match play - Play in which each hole is a separate contest, winner being player or side winning most holes.

Par - The number of strokes a good player should need to play a hole without mistake under ordinary conditions; always allowing two putts on the green.

Press - To attempt to hit beyond one's normal power.

Putting Green - The "putting green" is all ground of the hole being played which is specially prepared for putting or otherwise defined as such by the Committee.

Slice - For a right-handed player the result of a stroke which gives ball a clockwise spin that arcs its flight to the right of the line from player to objective; for a left handed player, result of stroke giving ball spin that arcs it to left of line from player to objective.

Stroke - A "stroke" is the forward movement of the club made with the intention of moving the ball.

Stroke play (frequently called Medal Play) - Play in which total strokes for the round or rounds determine the winner.

Tee - First, the peg by which the ball is elevated before striking from the teeing ground; second, the teeing ground itself.

Top - To hit the ball above its center.

Up - The number of holes or strokes a player is ahead of opponent. See "Down".

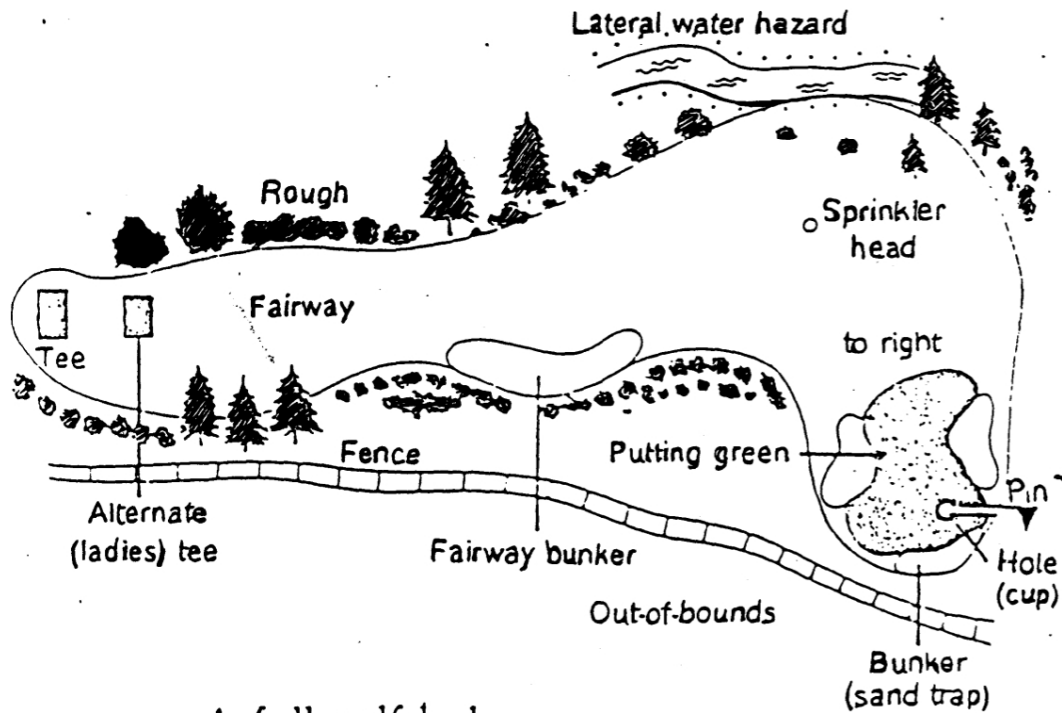
Golf Handout

The origin of golf is uncertain. It may have started as an ice hockey game in Holland. Or golf may have started with the shepherds of Greece using their staffs and small stones. However the game as it is played today began in St. Andrews, Scotland in 1744 and later was brought to the United States in 1888.

Playing The Game

The object of the game is to hit a ball as few times as necessary to travel from the tee into a hole on the green. You may play alone or with up to three other people. The course length will either be 9 or 18 holes long. Your score for the course will be the number of hits or strokes taken for the total course.

Golf holes have five parts: the tee, fairway, rough, green, and the cup. Sometimes tall grass is located on the edges of the fairway. This is called the rough. There may be other nuisances included on certain holes. These are hazards. There are water and sand trap hazards.



■ A full golf hole.

Scoring

Your score is equal to the number of strokes you take throughout the course. One stroke is counted each time you attempt to hit the ball (whether or not you contact the ball) until it goes into the cup.

You can compare your score against the par set by the designers of the course. Par is the number of hits judged to be taken by a very good golfer to finish a particular hole.

Terms that reflect how you shot in relationship to par are

Ace - one swing from tee to cup. (Hole in One)

Eagle - 2 strokes under par.

Birdie - 1 stroke under par.

Par - Same number of strokes as listed on starting marker.

Bogey - 1 stroke over par.

Double bogey - 2 strokes over par.

Special Situations

Free drops are used when your ball lies in a troubled area and you cannot hit at that spot. Examples where free drops are used:

- staked trees or shrubs
- casual water from rain or sprinklers
- holes made by animals
- sprinkler head
- cart paths
- ground that is under repair

One stroke penalty adds one stroke to your score.

These include

- lost ball not found in 5 minutes.
- ball in water hazard.
- ball out of bounds.
- unplayable lie (at base of tree).
- accidental moving of ball.
- whiffing.

Two stroke penalty adds 2 to your score.

Examples of these include

- touching sand with club before contacting ball.
 - hitting wrong ball.
 - hitting a ball or flag on the green when putting.
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Skills

Grip - The grip is placed diagonally across palm of left hand at top of club. Fingers go around club. When left hand is closed over the club a 'V' is formed by the thumb and forefinger. This 'V' should point toward the left ear.

The right hand is below the left hand on the club. You can wrap the right little finger over the left forefinger or place hands together in a baseball style grip. A 'V' is formed with the thumb that points toward the right ear.

Stance and Address - Square foot alignment. Shoulder width apart for full swing. Ball position for woods is the target side of center (left heel). For irons the ball is in the center of stance. Weight even over both feet. Knees are bent. Clubface is square to target and club's sole is resting flat on ground.

Swing - Left arm is almost straight. Right arm bends and should be close to body. The backswing should be high as well as the follow through. Shift weight to right leg on backswing and to the left leg on follow through. Head is down, eyes on the ball.

Pitch Shot - Narrow stance about 12 inches apart. Ball in center of stance.

Chip Shot - Stance narrower than shoulders. Weight on target side. Short backswing.

Putting - The club, hands and arms work as a unit. Shoulder width stance. Weight balanced on feet. Swing only a few inches. Putt through the ball.

Other Terms

Bunker - a sand trap or grass mound.

Divot - turf taken during stroke.

"Fore" - a shouted warning given to players when a ball is accidentally hit in their direction.

Honor - the right to drive or play first, determined by lowest score on preceding hole.

Hook - a ball curving to the left of the intended line of flight.

Slice - a ball curving to the right of the intended line of flight.

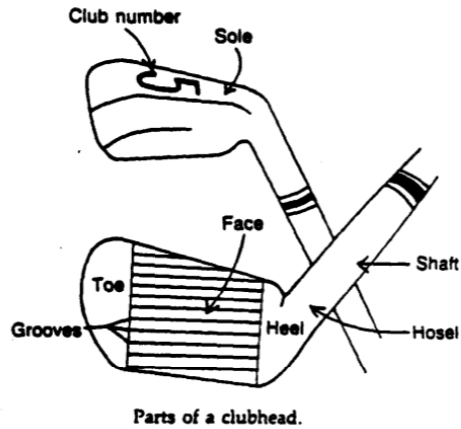
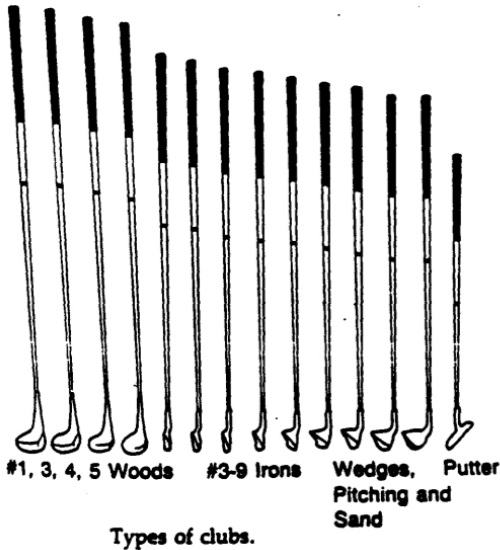
Equipment

Clubs - 14 clubs which include 9 irons, 4 woods, and a putter. As the number of the club increases, the loft increases on the flight and the distance decreases.

Golf balls - solid core or wound ball construction.

Shoes - spiked bottoms to give better traction.

Glove - worn on the target side hand for comfort and protection.



Safety

A golfer, prior to hitting the ball on the course, should make certain that the area between him and his target is clear. A golfer hits to the green only when players ahead have moved to the next tee or have indicated that he might take his next stroke.

It is good safety practice for the person whose ball is farthest from the green to play next. No other member of the group should move ahead of him or into his line of vision until his shot is complete.

During severe storms, golfers are advised to leave the golf course immediately and avoid taking shelter under trees.