

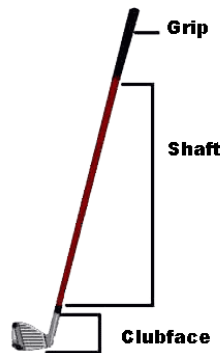
8th GRADE GOLF STUDY GUIDE

History

- Golf originated in Scotland around the year 1457. It was originally played with a bent stick and a ball stuffed with feathers. The first permanent golf course in the United States was established in 1887 at Foxburg Country Club.
- The USGA (United States Golf Association) was established in 1894 to govern the game in the U. S. The LPGA and the PGA have also been established to sponsor tournaments for professional men and women golfers.

Equipment

- Golf Balls
- Golf Bag - to carry clubs in
- Score Card and pencil
- Tees - plastic or wooden object used for the first shot on a hole to help raise the ball off the ground
- 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 (including a **driver** which is used off of the tee), nine or ten irons (including wedges – sand/pitching), 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).

The Game of Golf

- 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.
- 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.
- You can only use a tee when you're playing from the tee boxes at the beginning of a hole. Place your ball between the markers or no more than two club lengths behind- never ahead.

Scoring

- Par - the expected number of strokes it should take to play each hole
- Double Eagle/Albatross - three strokes under par
- Eagle - two strokes under par
- Birdie - one stroke under par
- Bogey - one stroke over par
- Double Bogey – two strokes over par

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:

- 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.
- 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**”.
- Let faster groups of four players play through.
- 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.
- Before leaving a **sand trap** (bunker) rake to smooth out footprints and club marks.
- Replace and press down any loose turf (divots).
- Avoid dropping clubs or the flagstick on the green.
- 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.
- Because it is the safest order of play, the golfer farthest from the hole plays first
- The golfer with the least number of strokes on the previous hole generally tees off first on the following hole (has “Honors”).

Terminology

- **Away** - ball farthest from the hole that should be played first
 - **Bunkers/Sand Traps** - ruts placed on the fairway or sand traps called hazards. If a ball is in the sand trap the club head cannot touch the sand before the stroke is taken.
 - **Chip** - A lofted shot played from around the green. Usually played with a pitching wedge or a sand wedge
 - **Divot** – mark left by the club or ball once it hits the ground, should be replaced
 - **Fairway** - a stretch of mowed grass between the tee box and the putting green
 - **Fore** - a warning call to any person in the way of the play
 - **Grip** - the part of the club you hold, and the way you hold it
1. **Overlap** - take the little finger on the trailing hand and place it between the index and middle finger on the lead hand (for right-handed golfers, the lead hand is the left). The lead hand thumb should fit in the lifeline of the trailing hand

2. **Interlock** - take the little finger on the trailing hand (the trailing hand for right-handed golfers is the right hand) and intertwine it with the index finger on the lead hand. The lead hand thumb should fit in the lifeline of the trailing hand
 3. **Ten Finger (baseball grip)** - start with a perfect lead hand grip, then place the little finger of the trailing hand close against the index finger of the lead hand. Cover the lead hand thumb with the lifeline of the trailing hand
- **Hole** - the ultimate goal in golf has a diameter of 10.8 centimeters and is at least 10 centimeters deep. It is surrounded by the green
 - **Hole-in-one** - a ball driven from the tee that ends up in the cup
 - **Honor** - the right to play off first from the tee, determined by the lowest score on the preceding hole, and by a toss of a coin on the first hole
 - **Hook** - to drive widely to the left. Opposite of **slice**
 - **Lie** - the situation of a ball, good or bad
 - **Loft** - to elevate the ball. The angle at which a club head is laid back
 - **Putting Green** - the smaller closely mowed area containing the cup and flag stick
 - **Rough** - high unmowed grass, trees, scrubs, and obstacles that borders the fairway on each side
 - **Round of Golf** – playing 9 or 18 holes in order
 - **Slice** - to drive widely to the right. Opposite of **hook**
 - **Tee** – wooden or plastic peg used to elevate the ball off the ground. Used from the tee box.
 - **Tee Box** - at the beginning of each hole the area where the ball should be teed and hit from. The ball should be hit from between the tee markers and no more than two club lengths behind them. This is the only place a “tee” may be used

