

## 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). All clubs have a head, for striking the ball, a shaft, and a rubber grip.



**Driver**

The driver is the hardest club in the bag to hit owing to its shallow, unforgiving face. When struck well, however, it comfortably travels the furthest distance.



**Iron**

Generally used for medium length shots, irons are the most versatile clubs in a golfer's armory. They range from 1 irons (16 degrees) loft to 9 irons (44 degrees).



**Wedge**

Pitching wedges, for short shots from grass, and sand wedges for bunkers have recently been joined on the market by highly lofted lob wedges.



**Putter**

The shallowest-faced club in the bag, the putter is used for stroking the ball on the green and sometimes from short grass just off the green.

### **Golf Distance Guide**

<b><u>Club</u></b>	<b><u>Distance</u></b>	<b><u>Loft</u></b>
Driver	230-290 yds	7-11 degrees
3 Wood	210-240 yds	13-16 degrees
5 Wood	200-220 yds	19-21 degrees
3 iron	180-205 yds	18 degrees
4 iron	175-200 yds	22 degrees
5 iron	165-195 yds	26 degrees
6 iron	155-180 yds	30 degrees
7 iron	140-170 yds	34 degrees
8 iron	135-155 yds	38 degrees
9 iron	130-145 yds	42 degrees
PW	120-130 yds	46 degrees
SW	90-100 yds	56 degrees

### **Trajectory**

The flight of the golf ball is determined by the degree of the loft of the club used. The driver, which has the shallowest face, propels the ball low and for a long way. Wedges, with the steepest loft, lift the ball in a higher trajectory but over a shorter distance.

## **Loft and Lie**

Different lies require different clubs. Balls that lie well on the short grass of the fairway have the greatest range of options. Shots that lie poorly in the rough often demand a mid-to short iron or a utility wood-something with sufficient loft to get the bottom of the blade under the ball. When chipping onto the green over a bunker, the player will opt for a lofted iron- giving maximum height and a soft landing. When there is no obstruction, a shallower faced club can chip-and-run the ball onto the green.

## **Basic Golf Techniques:**

There are **three** common grips that a golfer may use: overlapping, interlocking, or ten finger (baseball grip). 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.

## **Full Swing**

1. Stance-square stance, feet shoulder width apart, play ball off the forward heel.
2. Move hands, arms, & shoulder in one motion for the takeaway sequence.
3. Extend the target-side arm & bend the rear arm for the backswing.
4. Keep your back to the target at the top of the backswing.
5. Shift your weight to your rear leg as you take the club back.
6. Start the downswing by shifting the weight of your lower legs forward.
7. Keep your head still throughout the swing.

## **Approach Shots (chip/pitch/flop)**

1. Use a high or medium lofted club (5 iron to a wedge)
2. Keep head down and use minimum body action.
3. Keep the left arm as straight as possible and follow through after contact.

## **Putting**

1. Keep eyes directly over the ball and your head still throughout the swing.
2. Take the putter back & keep low to the ground.
3. Keep body motionless, making the stroke with the shoulders, not wrists.

## **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.
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:**

**Addressing the ball** taking a stance before taking a swing

**Approach shot** is played into the green from outside the green, usually over an intermediate or short distance.

**Ball marker** a small coin or facsimile used to spot a ball position on the green

**Birdie** a score of one stroke *under* par on a single hole

**Bogey** a score of one stroke *over* par on a single hole

**Bunker** a hazard, often a depression and usually a sand trap.

**Divot** a piece of turf that is displaced by a player's club during a swing

**Double Bogey** a score of two strokes *over* par on a single hole

**Eagle** a score of two strokes *under* par on a single hole

**Fairway** the closely mown route of play between the teeing area and the putting green

**Flagstick** 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 **pin**

**Fore** a warning cry to any person in the way of play that might be hit by a golf ball in flight

**Green** the putting surface

**Grip** the part of the club that you hold and the manner in which you hold it (either overlapping, interlocking, or ten finger grips)

**Hook** 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)

**Stroke** one hit in golf or the amount of penalty for hitting into a hazard such as a ditch or lake

**Par** the standard score per hole based on yardage and two putts per green

**Rough** areas of hazards or long grass adjacent to the fairway

**Slice** 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)

**Whiff** when a player swings and misses the ball entirely

