



Welcome To Golf

Golf is a great game. You can play it all your life. With practice, you also can develop the necessary skills to play it well. You don't have to be big, strong, fast or even part of a team to enjoy golf. And, the more you play, the more fun it is.

This booklet introduces you to the game by giving some basic information on equipment, the Rules, etiquette, golf terms and learning how to swing and play.

History

While golf's traditions are firmly based in Scotland, there is plenty of evidence that variations of a game that involved hitting a stone with a stick to a target were played in Asia and even South America. A game similar to golf was played in Holland as far back as the 13th century. The first reference to the game's impact in Scotland was in 1457 when King James banned the playing of golf because too many people were neglecting their archery practice in favor of golf.

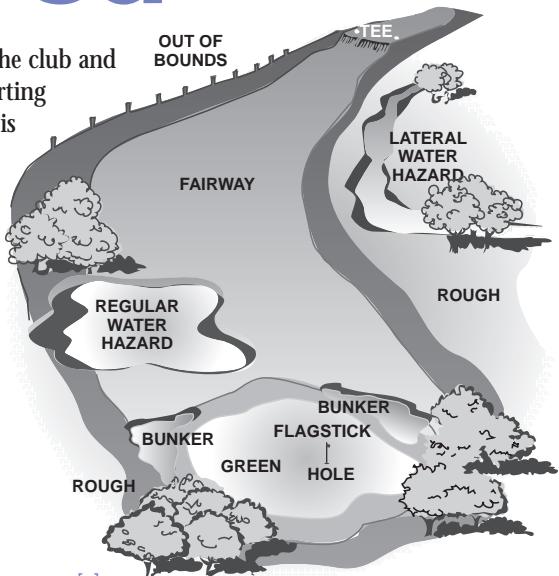
Golf's popularity in the United States is thought to have begun with the founding of the St. Andrews Golf Club in Yonkers, N.Y., in 1888. However, a golf club was established in the U.S. as early as 1786 in Charleston, S.C. Early newspaper stories tell that golf was played as far west as California prior to 1888.

The growth of the game in the U.S. was owed mainly to the arrival of many top Scottish professionals in the late 1800s. Immigrants such as Willie Dunn Jr., Alex Taylor, Jock Hutchison and Laurie Auchterlonie were not only skilled players, but they also were clubmakers, teachers and even course designers and builders.

Since then golf has continued to grow in popularity. Today, millions of golfers play the game on thousands of courses throughout the world.

How the Game is Played

The idea of golf is to swing the club and hit the ball from the TEE, the starting area, down the FAIRWAY, which is the path to the PUTTING GREEN. You hit the ball as many times as it may take you to reach the GREEN, where you hit the ball into the HOLE or CUP, which is the finish area. You count every swing, including penalty strokes and misses. A regulation round of golf consists of playing 18 holes.



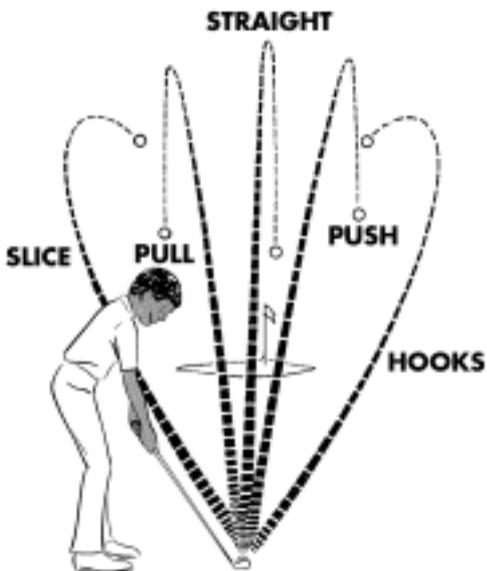
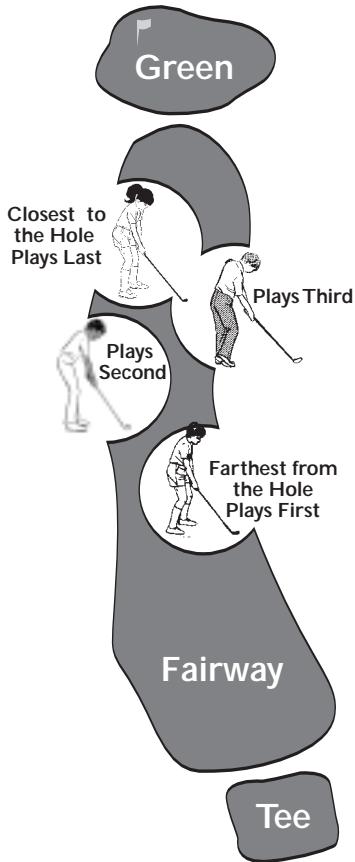
Playing

Maintain a steady pace

- Maintain a steady pace. Play each hole without delay and you should be ready to play when it is your turn to hit. Those farthest from the green or cup usually play first. Limit yourself to no more than one full practice swing before each shot.

Safety First!

- Don't tee off until the group in the fairway is out of your driving distance. Always wait to play to the green until the group ahead of you is off the green.



- The direction a golf ball travels depends on how the club contacts the ball
- The direction of the club
 - Push-Right
 - Pull-Left
- The position of the clubface
 - Hook — closed
 - Slice — Open

What is PAR

Each hole on a golf course has a number or score listed on the score card, which is called PAR. PAR is the number of strokes it should take to play the hole. Our friends at the United States Golf Association allowed us to reprint this definition of PAR.

"Par is the number of strokes an excellent player should need to play a hole without mistakes under ordinary weather conditions over the average type of ground, always allowing the player two putts on the green."

Scoring

Each hole will have a number or score listed for it to be called PAR. This is the score that golfers shoot for when they begin playing. Depending on the length of the hole, a hole may be rated for PAR at 3, 4 or 5 strokes.

HOLE	1	2	3	4	5	6	7	8	9	TOTAL
PAR	4	4	3	5	4	3	4	3	5	35
Lisa	4	4	3	4	4	4	5	5	4	37
Mike	4	3	3	3	4	4	4	5	5	35

THE SCORE CARD

Pick up your score card at the golf shop before teeing off. Your score card will have information about the course and any local rules that apply.

PAR:

Same score as par

BIRDIE:
One stroke under par

EAGLE:
Two strokes under par

BOGEY:
One stroke over par

DOUBLE BOGEY:

Two strokes over par

Equipment

Clubs

There are many places you can buy clubs that are just the right size for you. Or you can have clubs modified to fit you. It is very important to ask your PGA Professional to help you with getting equipment. Properly fitted equipment allows you to develop your game properly.

Golf clubs are designed to help you make different kinds of golf shots. There are WOODS for tee and long fairway shots. There are IRONS for approach shots to the green. There are WEDGES of different lofts for very close approach shots to the green or from a bunker. There are PUTTERS for rolling the ball on the green into the hole.

Each club has a loft range, which produces flights and shots of different heights and distances.

The lower the loft, the lower the shot.

Balls

A golf ball is a round sphere that is at least 1.68 inches in diameter and weighs no more than 1.62 ounces.



woods

irons

wedges

putter

golf bag

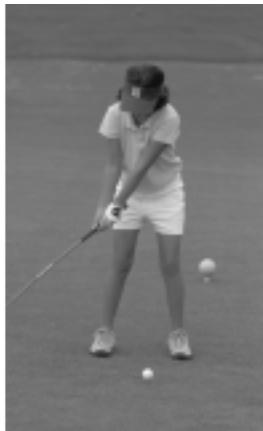
Learning to Play Golf

There are many ways to learn how to play golf. Watching professional tournaments on TV or watching other people play can help you develop a sense of the game.

However, when you're first starting to play, the best way is to sign up for a clinic or take a series of classes for beginners. This way you receive instruction on how to stand, how to aim the clubface and align your body, how to grip and hold the club and how to swing. You will also receive information on the Rules, the etiquette of the game, and how a golf course is operated.

As your game develops and you begin to feel more confident in your ability, it's always a good idea to sign up for individual lessons from a PGA Professional. Everyone tends to develop certain habits after they start playing. Individual lessons provide you with a checkup on how your game is developing and how to continue to improve.

To find a PGA Professional for lessons you can either check with your closest golf facility or go to www.PGA.com and click on the "Find a PGA Professional" icon. Fill in your state and zip code and you will see a list of the PGA Professionals nearest to you.



Backswing to change of direction

Skills of Golf

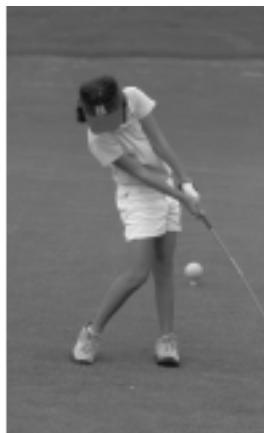
The skills in golf are really different length swings with different lofted clubs to create different length shots. To make these shots, think of swinging in a clock. Swing back and forth the same distance for each skill. A 7 to 5 or 8 to 4 would be used for Putting and Chipping. A 9 to 3 swing would be used for Pitching.



Proper Stance

The Stance

A proper stance helps you create and maintain balance during the golf swing. Stand up to the ball with your ankle joints under your shoulder joints and your weight evenly distributed between the heels and balls of the feet and between your left and right foot. Once you assume a proper stance, push your hips back and tilt forward from the bottom of your hips until your chest points at the ball. Finally, tilt your upper body until the trail shoulder (right shoulder for right-handed players), is lower than the target shoulder.



Balance from Hit to Finish

The Grip

The least complicated method to grip the club properly is to stand erect with your ankle joints under your shoulders, holding the club in front of you at a 45-degree angle with your trail hand (right hand for right-handed golfers). Place the club diagonally across the base of the fingers of your target hand (left hand for right-handers).

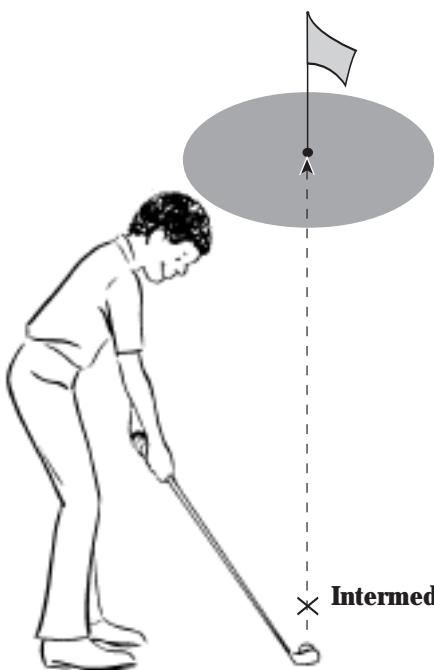


Next, simply slide Overlapping Grip

Interlocking Grip

Baseball or 10 Finger Grip

your trail hand down the shaft until the thumb of the target hand fits into the lifeline of the trail hand. At this point, the thumb of the target hand is covered with the thumb pad of the trail hand and the little finger of the trail hand rests on top of the first two fingers of the target hand. (Overlapping grip)

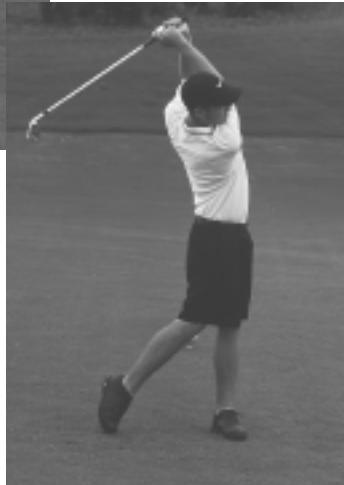


Aim and Alignment

To aim properly, begin by standing behind the ball and visualizing a line drawn from the target to the ball. Then pick a spot six to 12 inches on this line in front of you from the ball as an intermediate target. Once you have done that, walk into your stance and place the clubface behind the ball, aiming at your intermediate target. Make sure that you keep your eyes on the target as you walk into position and assume your stance. You need to aim your entire body, including your feet, knees, hips and shoulders, parallel to your imaginary target line.



Top of Back Swing



Finish Position

The Swing

The golf swing is a circular motion that is made up of two motions. One motion going away from the ball, the backswing, and the other motion going toward the ball, the forward swing, to a finish position. You should swing the club back until your back is facing the target and swing in the direction of the target until your chest is facing past the target. The proper swing will make a WHOOSH sound near the ball and result in a balanced finish position.

Practice Range

To learn to play golf more you need to practice. Your golf practice should be divided between working on swing mechanics and developing golf shots, and between your short game and full swing shots.

Swing Practice

Use slow motion drills and a mirror to check the movement of your swing. Pay particular attention to balance and posture.

Shot Practice

Create a routine that you will use on the course and practice shots under the conditions you will find when you play. Turn your practice facility into a golf course and measure your level of skill.

Short Game



Putting

Putting is a special skill used on the green to roll the ball into the hole. It is done with a putter, which is a special club that has very little loft, using a short swing length. There are two important things to remember about putting. The distance your putt rolls is controlled by the backward and forward swing of the club. The direction of your putt is controlled by where the clubface is pointing at impact. Your grip needs to provide control and accuracy. Unlike the full swing grip, how you grip the putter is up to you. Whatever is comfortable for you and allows your hands to work together is the best grip for you.

Chipping Around the Green

A chip is a shot that spends more time running along the ground than it does in the air. Your stance is different than that for a full swing. Stand with your ankle joints under your shoulders, then push your hips back and up and let your arms hang down from your shoulders. Since the chip is much like the putt, many players will use their putting grip. You should experiment and use the grip that works best for you. When you address the ball, your club should rest more on the toe than it would for a full shot. The grip end should be pointing toward the middle of your body and toward your neck. Your weight should be evenly distributed between the balls of your feet and the heels.





Bunker Play

Bunker shots are swings where the objective is to hit the sand underneath the ball and the ball flies out with the sand. The image of taking a slice of sand the size of a dollar bill seems to work for most golfers.

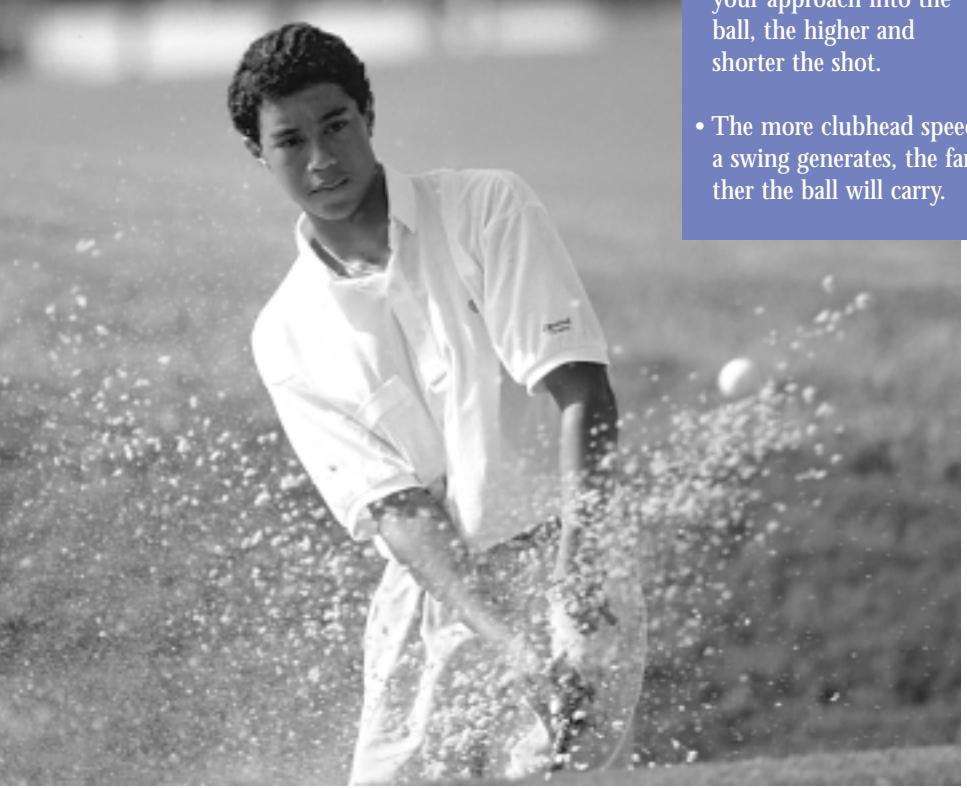
First, go through your aim and alignment drill. After you have your target line and your intermediate target set, then place your hands on the grip.

Pitching

A pitch shot spends more time in the air than it does running along the ground. Pitching involves using a more lofted club to get the ball in the air and a longer swing. Use your full-swing grip with very light pressure. You will be hinging your wrists on this shot and using a slightly more open stance. Depending on the lie of the ball, you play it either back in your stance or as the lie improves, toward the middle of your stance, so you can use the full loft of the club.

15-year-old Tiger Woods hits a bunker shot at the 1990 Junior PGA Championship.





There are three factors that control the height and distance of your shots.

- The more loft you add to the clubface by moving the shaft back at address, the higher and shorter the ball will carry.
- The steeper the angle of your approach into the ball, the higher and shorter the shot.
- The more clubhead speed a swing generates, the farther the ball will carry.

How to Behave on the Course

A Code of Etiquette for golf was originally developed with the game back in Scotland. The etiquette of golf is a series of suggestions that has nothing to do with the Rules of Golf, but merely points out certain standards of behavior that makes golf more pleasant for everybody on the course.

Consideration for other players

- Always play without delay
- Safety First — Before playing a stroke, look around you to make sure no one is standing too close to you.
- Don't play until players in front of you are out of range.
- Allow others to play through when searching for a lost ball.



Behavior during play

- Do not talk, move or stand directly behind someone when they are playing.
- Player who has the honor, the best score on the last hole, always plays first.



Take care of the course

- Be careful when removing and replacing the flagstick so you don't damage the green.
- Avoid damage to the course when taking practice swings.
- Repair ball marks.
- Always rake before leaving a bunker.
- Replace your divots or fill with sand.



Taking Care of the Course

Now that you have decided to play golf, it is important that you understand some things about where you are playing. When a golf course is built, various places for animals to live and play are created, in the woods surrounding the course as well as throughout the course itself. Depending on the area of the country where you live, a wide variety of animals will inhabit the courses where you play.

A golf course is a little world of its own. Not only does it provide a habitat for wild creatures but the grass, trees, bushes, shrubs and flowers attract insects that become pests. All things that live should be respected, but some pests eat and destroy trees, flowers, and grass. It is fine to have some of these pests as neighbors, but when too many start to damage the golf course, it is necessary to control the number of pests that are allowed to live on and around the golf course. Your golf course employs professional people who are trained to watch out for pests and to control them safely.

Look for courses with the Audubon designation and enjoy the benefits of nature as you play.



Philosophy of Rules

- Play The Course As You Find It
- Maintain Pace of Play
- Play The Ball As It Lies
- Play Fairly

Golf is played by Rules based on fair play. In the beginning there were only 13 Rules of Golf. You should carry a copy of the Rules with you in your bag. When in doubt, ask your PGA Professional.

Some common rules:

• Missing the ball

- You count a stroke anytime you swing the club at the ball with the intent of moving the ball — even when you miss it. Practice swings are not counted as strokes.

• Ball Out of Bounds or Lost

- If you lose the ball or it goes out of bounds, you must add a penalty stroke and replay the shot. You lose one stroke and distance. When in doubt as to where your ball is, play another ball, called a provisional ball, to save time.

• Dropping A Ball

- When you have to drop a ball, stand straight with your arm at shoulder height and drop it.





- **Water Hazards**

There are two types of water hazards: Regular and Lateral. The regular hazard is usually located so that you can only drop behind where the ball entered in line with the hole or replay the shot. A lateral hazard also allows you to drop a ball two club-lengths from where the ball entered the hazard or go equidistant to the other side for maybe a better angle to the hole.



- **Abnormal Conditions**

When the ball lies in an area with conditions that are not normally present on the course, such as casual water, ground under repair and animal holes, you may drop the ball away from these areas without penalty.

- **The Putting Green**

When you're on the green, you should mark your ball by placing a small coin or marker behind it. Also, remove the flagstick before putting or have someone do this for you. When attending the flag you are responsible to remove it so the ball does not strike the flag.

Competition

One of golf's greatest features is there are different ways to compete.

As an individual player you challenge the course. Can you shoot par? Can you shoot under par? Can you shoot a better score than the last time you played.

You can play with a friend in either stroke play or match play.

In stroke play, your score for the hole is the total number of strokes taken to play the hole. Your score for the round is the total for each of the holes. You can play with a group of friends in stroke play competition or in a tournament. You can play as a member of a team.

In match play, you compete against another player or team and your score is based on the number of holes you win. Each win counts as one hole. If players shoot the same score on a hole, the hole is said to be halved.

As you play more, you'll discover there are all types of competitions that can be arranged with your fellow players.

Most every golf course facility arranges a series of tournaments each year. The tournaments are designed to provide their members or customers the chance to compete in tournaments for different groups, such as seniors, women, juniors or even low-handicappers. Many golf facilities are active in junior golf and work together to sponsor local, regional or even national junior events in their area.

The PGA of America has 41 Section Offices that conduct golf tournaments for their members and for juniors. One of these events is the section's junior championship, which qualifies the winners to compete in the national Junior PGA Championship. The PGA also conducts the PGA Junior Series, a number of junior championships that are held throughout the country during the summer from coast to coast.

There are a number of organizations that conduct junior events throughout the U.S. The PGA of America, in conjunction with our 41 Sections, conducts and operates more junior events every year than any junior association in the world.

Role of the PGA Professional

Since it was founded in 1916, The PGA of America has maintained its role as the nation's leading authority on golf instruction. Today's PGA Professionals are experienced in all aspects of golf and have developed their communication skills, their knowledge of swing fundamentals and how people learn so they can help introduce you to the game of golf.

PGA Professionals help to make sure that everyone who plays golf at their facility has a great time, no matter what their skill level. The role of the PGA Professional is to make sure you enjoy yourself and the game of golf.

Youth Golf Information

The PGA of America
100 Avenue of the Champions
P.O. Box 109601
Palm Beach Gardens, FL 33410
561 624 8400
www.PGA.com

United States Golf Association
P.O. Box 708
Far Hills, NJ 07931
908 234 2300
www.juniorlinks.com

The First Tee
World Golf Foundation
13000 Sawgrass Village
Professional Center
Building 1, Suite 5
Ponte Vedra, FL 32082
904 940 4123
www.thefirsttee.org

[PGA Publications](#)
A Summary of the
Rules of Golf Illustrated

For information about a career as a PGA Professional
or a career in golf log onto www.PGA.com

Personal Development

The First Tee, the World Golf Foundation's program to develop golf courses for junior players and to introduce the game to more youngsters has established nine core values that represent the positive aspects of golf. They are:

- Honesty
- Integrity
- Sportsmanship
- Respect
- Confidence
- Responsibility
- Perseverance
- Courtesy
- Judgment

People who play golf, no matter what their age, find that the game enhances their personal development. The game requires discipline if you're going to improve. The discipline to practice and to realize the importance of practicing to make yourself better is an important lesson taught on the course. The social interaction you find on the golf course between different groups of people also helps you to understand how important that discipline is and how it can contribute to stronger personal relationships. Plus, you also discover that physical and mental fitness are very important aspects of the game. The physical activity may look undemanding, but swinging a golf club through a round of golf does require upper body strength. The walking that you do through a round of golf provides an aerobic benefit. Being physically fit can only help improve your game. The concentration over the length of a round will help develop focus on the task. The choosing of the options when playing a shot will develop decision making skills.

Golf Terms

Address

Position of a player when he has taken his stance and grounded the club, or if in a hazard, when he has taken his stance.

Approach Shot

Stroke intended to place the ball on the putting green.

Birdie

A score of 1-under-par on a hole.

Bogey

A score of 1-over-par on a hole.

Bunker

An area of bare ground, often a depression, which is usually covered with sand.

Chip

A short low shot played to the putting surface partly through the air and partly rolling along the ground.

Course

The whole area within which play is permitted — 9 or 18 holes.

Divot

A piece of turf or sod cut loose by a player's club when making a shot.

Dogleg Hole

A hole that does not follow a straight line from tee to green.

Double-Bogey

A score of 2-over-par on a hole.

Drive

A long shot played from the teeing ground, usually with a driver.

Eagle

A score of 2-under-par on a hole.

Etiquette

Courtesies expected of and to golfers.

Flagstick

A pole or straight indicator with a flag centered in the hole on the green to show its position.

Fore

A warning shouted to let a person within range know that a player is about to hit his ball or that a ball in flight may hit or come very close to that person.

Hole

An area of the course consisting of a teeing ground, putting green and the area in between. A round of golf is played over 18 holes.

Iron

A golf club with a steel or metal head used to hit the ball from the tee to the fairway or the fairway to the green.

Lie

Spot where and how the ball rests.

Match Play

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

Par

The score an accomplished player is expected to make on a hole.

Penalty Stroke

One added to the score of an individual or side under certain Rules of Golf.

Pitch Shot

A shot in which the ball is played high to the putting green and has little or no roll.

Putt

A shot played on the green with a fairly straight-faced club with the intention of rolling the ball in the cup or hole.

Rough

The area of long grass that adjoins tees, fairways and putting greens.

Stroke

The name for each time you swing at the ball.

Stroke Play

Play in which the total strokes for the round or the number of rounds played determine the winner.

Getting Out to Play (Facility Orientation)

There is more to playing golf than learning how to swing the club and keeping score. The game is based on long-held traditions of manners, respect for the course and a respect for other players/ fellow competitors on the course.

Reservations - Call the Golf Course

- Tee Times policy — how many days in advance, rates, cancellation policy, walk-on policy, single player policy, golf car use policy (age requirements - rate), walkers policy (time restrictions on walking)
- Equipment policy — rental clubs availability, rate, reservations, individual player bag/equipment policy
- Dress code — player requirement, shirts, shorts/slacks, foot wear requirements
- Amenities available — food and beverage service, golf shop, locker rooms, caddies, practice facilities

Arrival - 40 to 45 minutes Prior to Your Starting Tee Time

- Bag drop — unload golf clubs, park vehicle
- Golf Shop — check in, pay your fees, get a scorecard and any course information, acquire any equipment needs (clubs, balls, glove, etc.)
- Meet fellow players — locate restroom and food and beverage facilities
- Warm up — stretching routine, practice facility and practice putting green

Starter - At the First Tee

Report to starting tee 10 minutes before your tee time to review the following:

- Course rules / Course markings / information such as yardage plates
- Suggestions for tee choice or length of course to match your skill level
- Pace of play guidelines — keeping up with group in front of you

During Play of the Round

- Ranger — player assistance controls the pace of play always maintain correct spacing with the group in front and help keep pace for everyone's enjoyment
- On course — use continuous putting to speed up play, repair all ball marks on the putting greens and replace or sand your divots, follow all golf car paths and signage accordingly - mark your scorecard at the next teeing ground

Its O.K. Rules

- Your instructor may have suggested a set of rules for your level of play and the course
- Having fun is the most important factor, especially when first learning to play
- Be patient and enjoy the experience. Scoring is not always the objective in the beginning

Conclusion

- Post your score- follow U.S.G.A. Handicap Policy for posting
- Recap your round — enjoy the facilities with your group and plan your next round