# THE ROAD TO THE GREEN CARD (ALL YOU NEED TO KNOW) 

## 1. Basic Rules in Golf:

1. Take the Right Equipment:

- Take no more than 14 clubs in your bag. (recommend a driving club, iron, wedge/9 iron, and putter)
- Bag of tees
. Minimally 2 sleeves of balls (6 total).
- Ball marker/coin and ball mark repair tool/tee

2. Make a Tee Time, then Make the Tee Time:

Book a tee time in advance. (Some course don't require to book in advance but most of them do).
Show up 30 minutes before you plan to tee off. This will allow time to pay your greens fee, stretch and hit some balls on the range before your round. It is also a good idea to practice your putting in the practice green so you get an idea of how fast the greens are in the course you will be playing.
3. Dress Code:

I Many golf courses have dress codes. Find out what the dress code is at the course you're playing and dress appropriately.

- Avoid wearing jeans, heels or flip flops/sandals.


## 4. Teeing Off:

On the teeing ground, you must place your ball between the tee markers; usually the red or forward tees as a new golfer, either even with them and/or up to two club-lengths behind them. Never in front of them. Tee markers are usually small, colored cones or stones or some other similar indicator.
5. Honors, Away and Ready Play:
"Honors" determines who tees off first; what about the order of play on shots from the fairway? Whoever is "away" (or "out") leads the way. The player who is farthest from the hole always plays first, from any position on the golf course other than the tee box. The exception is when all members of the group have agreed to play "ready golf," meaning hit-when-ready. Ready golf can be played when a group is trying to speed up the round.

The player who has "honors" plays first from the teeing ground. On the first tee, this can be decided randomly (draw straws, play paper-rock-scissors, whatever). On ensuing tees, the player with the best score on the preceding hole goes first, the second-best score goes second, and so on. Ties carry over to the next tee box, so you keep your place in the rotation until you beat someone on a hole.

## 6. Play It As It Lies:

The Rules of Golf state that you have to play the ball as it lies, when hitting in between the tee box and green. This means you cannot move the ball. You can only use a tee when you are hitting the first shot on each hole.

## 7. Out of Bounds, Penalty Area, Lost Balls:

Out-of-bounds penalty (OB) area should be clearly marked around the golf course, usually through the use of white stakes or white lines and is one of three Penalty Areas on the course. The penalty for OB is stroke-plus-distance; that is, add one stroke to your score, then go back to where you hit the shot from and hit it again.
Of course, that takes time. At busy golf courses you won't have that time because there is likely to be a group behind yours waiting to play. So when you think you've hit a ball out of bounds, you'll need to play a second ball (called a "provisional ball") off the tee so you won't have to retrace your steps if the first ball really is OB.
Make sure to announce to your playing partners that you are hitting a provisional, then re-tee after everyone else has hit and play your provisional tee ball. If you find your first ball and it is actually in bounds, then you play the first ball. If you can't find your first ball, or find it out of bounds, then play your provisional ball (in which case your provisional ball off the tee counts as your third stroke, so your next shot will be your fourth).
The same applies to lost balls. If your shot goes deep into the woods, the penalty for a lost ball is stroke-plus-distance, so hit a provisional. (Balls hit into water are treated differently, see No. 9.)
Just remember what we've already said about the need to strictly know and adhere to the rules as a beginner: Put the priority on having fun. If you're playing your first round of golf, among friends, there's no harm in not knowing or not abiding by the exact, precise, rules of golf. If you lose a ball, it's OK to just drop another one and keep moving. It's unlikely anyone will mind if they know you're just starting out, or if your group of friends don't mind. As a beginner, it's important to keep up the pace and avoid slowing down other golfers on the course.

You'll learn to play more strictly by the rules as you go, and as you improve.

## 8. Keep Up the Pace:

Slow play has always been an issue on golf courses, and it's even more important as a beginner to be aware of your pace of play. You don't want to keep golfers behind you waiting, just as you probably don't want to be kept waiting yourself by slow groups ahead.
Always be prepared to play when it is your turn to hit. Don't wait until it is your turn to decide which club to use, or to determine the line of a putt; use the time while others are hitting to make those decisions, so that when it's your turn you can step right up and play.
If your group is slower than the group immediately behind yours - if your group is holding up another group - it's good etiquette to allow the faster group to play through the group you are playing in.
Not all groups will want to do this, but many will, and all that do will be very grateful for your show of etiquette.
9. What to Do About Penalty Areas With Water:

Penalty Areas are clearly marked on golf courses. Yellow \& Red stakes or lines indicate are water related marked penalty areas.
You can try to play a ball that is in the water, but that's generally a bad idea. Instead, take a 1 -stroke penalty proceed this way: Look at the flag, and look at the spot where your ball crossed into the water hazard; now imagine a straight line drawn back from the flagstick to that spot; then imagine that line extending back behind you - You may walk backwards along the line as you would like for ideal relief. Then create a drop area using 1 club length on either side of the drop line. Drop from the height of your knee.


Note: It's a time-honored tradition in golf for beginners and other highhandicappers to carry "water balls." You don't want to lose a nice, shiny, brand new ball, right? Golf balls aren't free! But if you're a beginner trying to play across a water hazard, that new ball of yours is at risk. A "water ball" is an older, used ball that you won't mind as much hitting into the water as you would a brand new golf ball. So if you run across a water hazard that scares you, whip out that water

## 9A. Re-Dropping A Ball:

You will drop from your knee height into the relief area defined by the Rule you are using.


## 10. Course Care and Safety:

Golf courses are there to be enjoyed by all golfers, so part of your responsibility is taking care of the course while you are on it. If you are using a golf cart, always observe the posted cart rules.
If using a push cart, never take it onto the putting green or into hazards and keep it at least 10-15 yards away from the edges of greens and hazards.
Always repair your ball marks (also called pitch marks) on the green. Ball marks are indentations sometimes made in the putting green when a ball thumps to the surface.
Always repair your divots in the fairway. Divots are the scrapes or chunks of turf sliced off (or dug up) by iron shots. Repairing a divot might mean picking up the sod that you've chopped up and placing it back in the resulting scrape; or it could mean pouring sand or seed into the spot of the divot (depending on the region you live/play). If sand or seed are provided by the course (usually in a container that rides on the golf cart), that's what they want you to do.
Always rake sand bunkers after you've hit your shot to smooth out the sand so that ensuing golfers don't have to play out of your footprints. Another basic rule to know is that, when in a bunker, you are not allowed to ground the club behind or in front of the ball prior the process of making the stroke.
And always be aware of other golfers on the course, especially during your swing. Golf clubs can do serious damage if they strike another golfer, and so, too, can golf balls at close range. Don't play your shot until the group ahead is out of range.

## 2. On course Etiquette

## The day you play:

2 Arrive at least 30 minutes before your tee time, check in at the Pro shop.
\& Wear appropriate golf attire: women's shirts must have sleeves if there is no collar, shirts with a collar may have sleeves or be sleeveless. Shorts and golf skirts should be no higher than 6 " above the knee. Sneakers are ok, or athletic type sandals or shoes.

## On the tee and in the fairway:

2 Decide who goes first (this is called "the honor"). Sometimes you can make a circle and flip a tee, whoever it points to has the honor. Do this until all 4 people have their order of play.

- This order will remain the same until someone has a lower score. That person will now have the honor on the next tee. You may also agree to play "ready golf", which is a great way to play faster! The person who is ready tees off first.
2 Never stand in someone's line of sight; behind when swinging, behind the hole when putting.
- Keep still and be quiet while others are hitting
- Be sure to replace or sand your divots.

2. Yell "fore" if your ball is heading close to other golfers on the course.
\& Always try to stay parallel with the ball of the person whose turn it is.
2 If others' balls are lost, help them look. Three minutes is the max time allowed.

## On the green:

2 Always mark your ball.
2 Repair your ball mark, and one more.
\& Be aware of everyone's line of putt and don't walk through it.
2 If you're ball is the closest, tend the flag stick for the player who is away. If no one needs it, then take the flag stick out and place it on the green or the fringe where it is out of the way.
2. If you hole out first, get the flag stick and be ready to replace it
once the last person has holed out.

- Make sure your shadow doesn't go over someone's line of putt or the cup. If you are tending the flag stick, make sure your shadow doesn't go over the cup.
2 Don't stand on the "through line" while someone is putting, they usually can see you.

Also, do not stand directly behind them, this is a rule breach.
2 If you bring more than your putter to the green, be sure to place your clubs away from the action, but place them where you will have to walk past them when you leave the green. Do not put them in the fringe or rough, always leave them on the green.

- Do not twist your feet or scuff the green. If you do, be sure to repair any damage.
\& If you need to have your cell phone with you, put it on silent. Try to check it at the turn and not while you're playing.
- Familiarize yourself with some basic rules, like how to take a drop or what to do if your ball goes out of bounds or is lost.
2 If you take practice swings only take one.
\& Be ready when it is your turn.
\& Say "nice shot" or "good ball" if someone hits a good shot or a nice putt.
2 Club throwing and swearing are not cool!
\& "Chit chat" is okay, just don't delay play.
\& Don't forget, golf is something you are choosing to do so have fun!


## 3. Safety, Warm Up, Stretching and Wellnes Tips

## Safety:

## Keep Track of Those Around You

Make sure there are no other persons around you before swinging your club.
They should be out of your swing area and direction of your ball flight.

## Heads Up

Even when it's not your turn to hit, stay aware of your surroundings.
Be especially careful if you have to venture into an adjoining fairway to retrieve or play an errant shot, or if you are close to an adjoining fairway
and golfers on that hole are hitting toward you.
And always keep a safe distance from golfers in your own group when they are preparing to play a stroke.

## Yell Fore, or Cover Up When You Hear It

Even if you follow the advice above, there will surely come times when you hit your drive farther than you expected, or a hook or slice comes out of nowhere and takes your ball toward an adjoining fairway. Or when you play your stroke believing the fairway ahead is clear ... only to notice players up ahead who had been obscured by a hill or trees.

You know what to do: Yell "Fore!" as loud as you can. That is the international word of warning in golf. It lets golfers playing near you know that an errant golf ball might be heading their way, and they need to take cover.

And what should you do when you hear "fore!" being yelled in your direction? For goodness sakes, do not stand up, crane your neck, and try to spot the ball! You're just making yourself a bigger target.

Instead, cover up. Crouch behind your golf bag, get behind a tree, hide behind the cart, cover your head with your arms.

Make yourself a smaller target, and protect your head.

## Never Hit into the group ahead of yours

This should go without saying, shouldn't it? What we're talking about are those occasions when a very slow group is ahead of yours, and frustration takes over. It happens to all of us. Someone in your group gets angry, and next thing you know, they're teeing up a ball and intentionally hitting into the slow-playing group ahead.

If you're ever tempted to do this ... don't. It's very rare, but golfers have been killed after being struck by golf balls. Injuries do occur.

Instead of taking aim at someone in anger, take a deep breath. Remind yourself that you're playing golf, a great game, and enjoy the camaraderie with your buddies. If you spot a course marshall, flag him down and ask if he can help speed up play.

Don't take the risk of hurting someone ahead.

## Drive Safely:

Most golf carts come with a safety label. Read it, and follow the directions. No, driving a golf cart along the course's cart paths isn't a difficult thing to do. But read and observe all safety rules. Don't hang your feet out of the cart while it's in motion; don't go off-roading over bumpy terrain; don't drive at full speed around curves or down steep hills. Don't let small children drive the cart. Don't drive the cart if you've had a few too many beers. And watch out for other golf carts at points where paths cross.

For more in-depth discussion, read the articles on golf cart safety and golf cart rules.

## Beware Lightning:

Lightning is a killer, and during a thunderstorm golfers carrying metal clubs in their hands while on exposed land are at great risk.

If there is lightning anywhere around the golf course, or thunderstorms approaching, take cover.

At the very first sign of lightning, head for the clubhouse. If you are caught out on the course and unable to get to the clubhouse, do not seek cover under trees. Trees are lightning rods. Instead, look for a designated lightning shelter (found on many courses in areas where lightning occurs with great frequency) or a concrete or stone bathroom. Open-walled structures will not protect you from lightning, even if they have a lightning rod or are designated as lightning shelters. If caught out in the open and unable to find shelter, get away from your clubs, your golf cart, water and trees, and remove metal spikes if wearing them. If in a group, group members should remain at least 15 feet apart. If you feel a tingling sensation or the hair on your arms stands up, crouch in a baseball catcher's position, balancing on the balls of your feet. Fold your arms in front of your knees, keep your feet together and your head forward.

## 4. Warm Up \& Stretching:

Get to the Course early - at least 30 minutes before your tee time.
## Begin Warming Up on the Putting Green

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Spend 10 Minutes Chipping around the green. (be sure the course allows you to chip on the putting green)
. Begin Your full swing warmup with Stretching
Head to the driving range and begin your full swing warmup with a short iron (PW, 9 or 8)

## 5. Wellness:

## Protect Yourself from the Sun:

A typical round of golf means four hours of exposure to the harsh effects of the sun. More on a slow day, or on a day when you play more than 18 holes. More when you factor in time on the practice putting green or driving range.

- In short, golfers have a large exposure to the potentially dangerous effects of the sun. Protect your skin by always using a strong sunscreen.


## Add Fluids:

If you're playing golf under the sun on a hot day, you'll be sweating off a lot of body fluids. Even if the sun is nowhere to be seen, and it's a cool day, you'll be working up a thirst.

## 6. Golf Hole Overview

1. Tee boxes- This is where you start each hole. The one closest to the Putting green is best tee box to use for beginners.
2. Fairway - This is the shorter grass that leads you to the putting green on each hole.
3. Bunker - These hazards are filled with sand. Do not drive your golf/pull cart in them.
4. Rough - This is the longer grass that surrounds the tee boxes, fairways, and putting green.
5. Water Hazard- These hazards are filled with water. Do not drive your golf/ pull cart in them.
6. Cart Path - This is a path created to drive your golf cart on. It also can help you with finding the next hole location.
7. Putting Green- This is where the flag and hole is located. Each hole ends at the putting green.


The scorecard

## 1. Tee boxes


markers to the green. Beginners are recommended to start from the shortest length tees. (In this example, Red is your best option)
2. Course Rating - a numerical value given to each set of tees at a golf course to approximate the number of strokes it should take a scratch golfer to complete the course.
Course Slope - This number indicates the difficulty of a golf course to a "bogey golfer". The value is always between 55 and 155 , with 113 being the average or "standard" value.
3. Hole Yardage - This number represents the distance from each tee box to their respective green (in yards).
4. 9 -hole total - Write the total sum of strokes for each hole in this box for the front and back nine.
5. 18-hole total - Write the total sum of both the back and front nine scores.
6. Par - The total strokes for each hole an advance golfer strives for. Beginners should aim for a par that is recommended by their instructor.
7. Handicap- A numerical ranking of the hardest to the easiest hole on the course.

VERY IMPORTANT: when keeping your score, if you are having a bad hole as a handicap 54, you can pick up the ball when you have hit the par of the hole plus 4 more shots. for example, if it is a par 3, you can pick up the ball when you have 7 shots and write 7 to the scorecard and move to the next hole. If it a par 4 , you will pick up after having 8 strokes (the par 4 , plus 4 more strokes) and write 8 in the scorescard. If it is a par 5 , you will pick up after 9 shots and write 9 in the scorecard.

## 7. The Handicap System:

A golf handicap is a numerical measure of a golfer's potential that is used to enable players of varying abilities to compete against one another. Better players are those with the lowest handicaps.

## What your handicap means:

In golf, the lower your handicap is, the better you are. Thus, if your handicap is 6 and your friend's is 10, you're a better player than she is. On average, four strokes better, to be exact.
Assume that par for the 18 -hole course we're going to play is 72 . You, as someone with a handicap of 6 , would be expected to play 18 holes in a total of 78 strokes, 6 more than par. Your friend, on the other hand, being a 10handicapper, would hit the ball 82 times on a normal day, 10 more than par. Thus, your handicap is the number of strokes over par you should take to play an 18-hole course.

## 8. GOLF Terminology

- Ace: A hole-in-one. Hitting the ball into the hole in one stroke.
- Albatross: A score of three less than par - as you can imagine, a very rare occurrence! You'll also hear "double eagle." It's the same thing as an albatross.
- Apron: The shorter grass directly in front of the green.
- All square: When the score is tied in match play.
- Away: The ball that's farthest away from the hole, as in "you're away." The player farthest away typically hits first.
- Back tees: The farthest set of tees from the hole on each hole, also referred to as "the tips."
- Ball marker: A coin-sized object, typically round, used to mark the position of a player's ball on the green.
- Ball mark: A small indentation on the surface of a green resulting from the impact of a golf ball.
- Beach: Slang term for a sand bunker.
- Best ball: A format of play typically used in tournaments, in which the team score for each hole is the "best score" of at least one of the players in a foursome.
- Birdie: A score of one less than par.
- Bite: A ball with lots of backspin is said to "bite," since it stays pretty close to where it landed or even spins back toward the player.
- Bogey: A score of one over par.
- Bracket: To take additional clubs - one higher and one lower - than the club you believe you need to hit a certain shot. This means you'll be prepared for a situation different from what you originally expected, so it's generally a good idea.
- Bunker: A concave area containing sand or the like, considered a hazard.
- Casual water: An accumulation of water on the golf course that is not part of a water hazard. Generally, you encounter casual water after heavy rains. The player is allowed to move the ball without penalty.
- Chipping: A low-trajectory, short golf shot typically made from just off the green.
- Cup: The four-inch deep, 4.5 inch diameter hole on the green.
- Dance floor: Slang term for the green.
- Deep: A flagstick or hole that is located toward the back of the green.
- Divot: The small chunk of turf that is dislodged when a clubhead strikes the ground as a player hits the ball.
- Divot repair tool: A small metal or plastic tool with a prong(s), used to repair ball marks on the green.
- Double bogey: A score of two over par. Generally shortened to "a double."
- Drained: Slang term for having sunk a putt.
- Draw: A golf shot in which the ball gradually moves right to left (for a righthanded golfer).
- Drive: The first shot taken at the teeing ground at each hole - even if you don't hit it with a Driver. Driver: The longest club (and the one with the biggest head), used for tee shots as it's designed to hit the ball the farthest.
- Duff: A bad shot.
- Duck hook: When a right-handed player strikes the ball such that it curves sharply from right to left and stays low to the ground.
- Eagle: A score of two under par.
- Etiquette: The rules governing a golfer's behavior.
- Play and pay course: A golf course that is shorter and has a lower par than regular golf courses. Consisting of mostly par 3 holes, it is designed to be played quickly by skilled golfers and to be welcoming for beginner golfers and juniors.
- Fade: A golf shot in which the ball gradually moves left to right (for a righthanded golfer). Sometimes called "a cut shot."
- Fairway: The center, short-mown portion of a golf hole in between the teeing ground a and the green.
- Fat: A shot in which the club hits the ground (more so than intended) prior to striking the ball. Sometimes also called "thick" or "chunked."
- First tee: Where a round of golf play begins.
- Flyer: A ball, usually hit from the rough, that goes much farther than intended.
- Fly the green: A shot that goes over the green.
- Fore: A warning shouted when the ball is heading toward a person.
- Forward tees: The teeing ground located closest to the green.
- Fringe: The short grass surrounding the green that is kept slightly longer than the grass on the green.
- Get up: A phrase shouted at a ball that looks like it's going to land short of the target. If it looks like it's going to land in a difficult spot (perhaps water or a bunker), you'd say "get over."
- Gimme: A putt that is so close to the hole that it's assumed that the player will make it. You can only have a "gimme" in casual, non-tournament play or in match play. An old-fashioned term for this is "in the leather," a reference to the ball being closer to the hole than the length of a putter from the putter's face to the bottom of its grip.
- Green Fee: The cost to play a round of golf. (This usually includes the cost of the golf cart rental and practice balls.)
- Grounding: Setting the heel of the golf club on the ground, however briefly.
- Handicap: A numerical representation of a golfer's playing ability.
- Honors: The right to tee off first based on having the best score on the last hole or being furthest away from the hole.
- Hook: When a right-handed player strikes the ball such that it curves sharply from right to left.
- Hot: A shot that goes faster or farther than intended.
- Lie: The position or location of the golf ball while in play.
- Lip: The edge of the hole. If your ball hits the lip but doesn't go in the hole, then you have "lipped out."
- Loft: The degree or angle of the face of the club.
- Match play: A format of golf in which the goal is to win individual holes rather than tallying the total of all of the strokes.
- Modified scramble: Also known as a shamble or Texas scramble, a golf format in which the players select the best shot off the tee, move all balls to that spot, and play individual stroke play for the rest of the hole.
- Mulligan: In casual play only, a "do-over" shot made to replace a poorly hit shot, taken without counting the stroke toward the score.
- OB: Out of bounds.
- Out of bounds: The area outside the course where play is not allowed, most often marked by white stakes.
- Pin: The flagstick standing inside the cup on the green. Also, known as "the stick."
- Pitching: A high-trajectory golf shot made near the green, intended to land softly with a minimum amount of roll.
- Playing through: What takes place when one group of golfers passes through another group of slower playing golfers, ending up ahead of the slower group.
- Provisional ball: A second ball that is played in the event that the first ball is or may be lost or out of bounds. If the first ball is found and is playable, the provisional ball is picked up. If the first ball isn't playable (if it's lost or out of bounds), the provisional ball is played and penalty strokes apply. Hitting the provisional ball when in doubt about whether a shot went out of bounds often speeds up the pace of play.
- Pull cart: Used by golfers who prefer to walk but don't wish to carry their golf bags.
- Punching the greens: Aerating the greens by pulling small plugs (1/4"-3/4" diameter) or using poking with small tines that leave the appearance of a pattern of "punched" holes in the turf.
- Pure: A well-struck shot, often used as a verb. "She pured her shot!"
- Putting: The golf stroke used to roll the ball on the green.
- Ranger: The golf course staff member who provides player assistance on the golf course and who is responsible for keeping the overall pace of play.
- Ready golf: Players hit when ready in order to speed up or maintain pace of play.
- Regulation, In: When a player's ball is on the green in one shot on a par 3 hole; 2 shots on a par 4; or 3 shots on a par 5 .
- Rough: The long grass bordering the fairway. On some courses, there is a "first cut" of shorter rough and a "second cut" of heavier, longer rough.
- Sand bunker: A bunker filled with sand.
- Sand trap: Slang for "sand bunker". "Trap" is not defined in the "Rules of Golf."
- Sandy: Hitting the ball out of a sand bunker and hitting (usually putting) the ball into the cup on the very next shot.
- Scramble: Probably the most popular format for charity golf tournament play. Each player in the foursome hits, then the group selects the best shot. Each player hits from that spot and the process continues until the ball is holed out.
-Shank:: a very poor shot that hits the hosel of the clubhead and "squirts" errantly off to the side. It's sometimes called a "lateral."
- Shotgun start: When golfers are sent to every hole so that play begins for everyone at the same time.
- Sit: A term shouted at the ball to encourage it to stick very close to where it lands. This is similar to "bite."
- Skull: A mishit golf stroke in which contact is made above the equator of the ball, resulting in a line- drive trajectory.
- Slice: When a right-handed player strikes the ball such that it curves sharply from left to right.
- Smoked: A term describing a well-hit long shot, particularly a drive.
- Snowman: A darkly humorous reference to scoring an 8 on a hole.
- Sticks: When referred to in the plural, "sticks" means golf clubs (as opposed to the flagstick). For example, "I'm buying a new set of sticks this season." A putter is sometimes colloquially called a "flat-stick," due to its lack of loft.
- Stroke play: A golf format in which the objective is to finish the game using the fewest total shots.
- Sweet spot: The center of the clubface, which will produce the longest shot from a given club.
- Tap-in: A very short putt.
- Tee box: The area on a golf hole where the ball is first struck, also known as the "teeing ground." Although you hear "tee box" a lot, "teeing ground" or "tee" are the preferred terms.
- Tees: Pieces of golf equipment used to raise the ball on the teeing ground for a player's first stroke on the hole. Usually made of wood, plastic or earth-friendly composite material.
- Thin: A shot that strikes near the center of the ball, typically causing a low trajectory. Sometimes also called "skinny."
- The tips: The farthest teeing ground from the green, usually demarcated by blue, black or gold tee markers. Also called the "championship tees" or the "back tees."
- The turn: The halfway point in a round of golf.
- Up and down: Chipping or pitching the ball onto the green and putting it into the hole on the very next shot.
- Whiff: Missing the ball completely when you swing
- Woods: A type of golf club with a round head, usually made out of wood, metal or composite materials. The most common woods include the Driver, 3-wood and 5 -wood.
- Worm burner: A golf shot (not a putt) in which the ball never rises off the ground. - Yips: The inability to make short putts due to nervousness and lack of a smooth putting stroke.
- Zone: When you're playing well, you're said to be "in the zone." Sometimes described as "playing lights out."

