NASH Physical Education

Golf Study Guide

# TERMS

**Address**- Your body position (stance and setup) just before you swing at the ball.

**Away**- The player furthest from the hole. Whoever is away plays first.

**Baseball grip**- Grip that features all ten fingers secured sequentially on the grip. Also known as the ten finger grip.

**Best ball**- Taking the best individual score from a team of players on a given hole and using it as a team score.

**Bump and run**- A low shot from just off the green that flies for a short distance, lands, then rolls toward the hole.

**Bunker**- Sand filled hazard. Also known as a sand trap.

**Chip**- A short shot within 30 yards of the green.

**Divot**- A gouge of dirt and grass you take with your swing.

**Drive**- The first shot hit on a par-five or par-four hole, from the tee-box.

**Etiquette**- The standard of behavior and conduct on the golf course.

**Fairway**- The closely cut area of a hole that is usually on a straight path between the tee-box and the hole. The optimum landing area for a shot from the tee.

**Fore**- The word you should shout if you think your shot will land near another golfer. A warning call.

**Green**- The closely mown area that directly surrounds the hole, your ultimate objective. Where you putt.

**Handicap**- A method of adjusting your score in relation to par. This system helps golfers of any skill level compete on a level playing field.

**Hazard**- Area made up of sand or water where you cannot ground your club.

**Honor**- In order of play, the person who made the lowest score on the previous hole earns the right to play first on the next hole. Part of etiquette.

**Interlocking grip**- A type of grip that features the linking of the index finger of the left hand and the pinkie finger of the right hand.

**Lag**- To putt a ball with the intent not to make it, but to leave an easy, uphill second putt.

**Loft**- The amount of lift on a clubface. The more loft, the higher and shorter the club will hit the ball.

**Match play**- A contest between two players that is decided hole by hole instead of cumulatively over 18.

**Mulligan**- A “do-over”. Usually only acceptable when playing a friendly round.

**Overlapping grip**- A grip that features the pinkie of the right hand resting in the groove between the index and middle fingers of the right hand. (Also Vardon grip)

**Pitch**- A shot to the green that is longer that a chip, but shorter than a full shot.(40-100 y) **Playing through**- A slower group allowing a faster one to pass on the golf course. **Rough**- Grass that is grown longer than that of the fairway. Designed to be harder to hit from than the fairway, and a penalty for inaccuracy,

**Scramble**- A form of competition where a team plays from the best shot from the tee through the green.

**Short game**- Chipping and putting.

**Stroke**- A swing.

**Stroke Play-** A contest decided over number of strokes throughout 18 holes

**Winter rules**- Because of bad conditions, moving the ball to a better lie in the fairway.

## ETIQUETTE

* Don’t move, talk, or stand close to or directly behind a player during a shot.
* Don’t play until the group in front is out of the way.
* Always play without delay. Leave the putting green as soon as your group has holed out.
* Invite faster players to play through.
* Replace divots; rake sand traps.
* Don’t step on the line of another’s putt. Don’t drop golf bag on the putting green.

## RULES and SCORING

* You can only use a tee when you’re playing from the tee markers at the beginning of a hole. Place your ball between the markers or no more than two club lengths behind- never ahead.
* Ball in water- Drop at point of entry/One stroke.
* Ball out of bounds- Rehit from same spot/One stroke.
* Unplayable lie- Two club lengths relief from spot/One stroke.
* Lost ball- Drop at nearest point/Two strokes
* Grounding club in hazard- Two strokes
* Hitting flagstick while putting on green- Two strokes

**Double Eagle/Albatross** 3 under par.

**Eagle**  2 under par

**Birdie** 1 under par

**Par**  The score an expert golfer would make

 on the hole if he or she played it properly.

**Bogey**  1 over par

**Double-bogey** 2 over par

# PUTTING TIPS

* Keep your head centered over the ball to avoid any depth perception distortion.
* Pendulum motion for backswing and follow-through.
* Backswing should be as long as follow through.
* Speed is more important than direction. More people miss putts because they hit them too hard or soft than from misreading the direction.