

# GOLF

## 2012 GENERAL RULES

The Official Special Olympics Sports Rules shall govern all Special Olympics golf competitions. As an international sports program, Special Olympics has created these rules based upon the *Rules of Golf* as written by the Royal and Ancient Club of St. Andrews (R&A). In efforts with the USGA, these rules shall govern all competition except when in conflict with the Official Special Olympics sports rules. In such cases, the Official Special Olympics sports rules shall apply. Website: [www.randa.org](http://www.randa.org)

### **OFFICIAL EVENTS OFFERED**

1. Level 2 - Alternate Shot Team Play\*
2. Level 3 – Unified Sports® Team Play
3. Level 4 - Individual Stroke Play 9-Hole Competition\*
4. Level 5 - Individual Stroke Play 18-Hole Competition\*

\* Competitors may not play on the tournament golf course the day of competition prior to the start of the event.

### **SECTION A – GENERAL RULES AND MODIFICATIONS**

1. All Levels of Competition
  - a. Undue Delay; Slow Play - The player shall play without undue delay. Upon lining up for a shot (or being informed to do so by the official) a player shall take no more than 45 seconds to strike the ball.
  - b. Between completion of the hole and playing from the next teeing ground, the player shall not unduly delay play.
  - c. Use of Caddie – A caddie may assist a player with club selection, and lining up a shot only. Caddies shall not coach during competition or cause undue delay in play. **Caddies are not allowed for alternate shot or unified® competition.**
  - d. Teeing Ground – Female golfers shall tee-off at the forward (red) tees while male golfers shall tee-off at the middle (white) tees. This rule applies to all levels of golf.
  - e. Penalties for breaching the before-mentioned rules:
    - 1) First Offense – One Stroke
    - 2) Second Offense – Two Strokes
    - 3) Third Offense – Disqualification
2. Level 2 – Alternate Shot Team Play
  - a. Definition of a team: A team shall consist of one golfer with a cognitive disability and one golfer without a cognitive disability. **NOTE:** The partner (golfer without a cognitive disability) must have a UNIFIED SPORTS® PARTNER APPLICATION FOR PARTICIPATION Form on file with SOWI by the Outdoor Sports Tournament medical deadline date in order to participate.
  - b. Purpose for this level of play
    - 1) This level is designed to give the Special Olympics golfer an opportunity for transition from skill to individual play and progress under the guidance of a partner whose ability and knowledge of golf is more advanced than that of the Special Olympics athlete. As a

result, this level does not function in the traditional Unified Sports® model where teammates are expected to be of similar ability.

- 2) The partner serves as a coach and mentor, so that the Special Olympics golfer becomes self-sufficient on the golf course.
- 3) The golfers must be able to walk during their entire nine-hole round. Those persons who wish to request the use of a cart for medical reasons must fill out a special needs form and must provide a written verification from a physician stating the reason. Information must be submitted with tournament registration. Cart fees are to be paid by the participant. The partner cannot ride in the cart or have their clubs on the cart.

c. Form of Play

- 1) The form of play will be foursome Rule 29 under the rules of golf (alternate shot) – The players play alternately from the teeing grounds and then alternate strokes until the ball is holed.

Example: If player "A" plays from the tee on the odd number holes, then player "B" would play from the tee on the even number holes. Only one ball is in play on a hole.

- 2) Only one ball per hole is used unless it is lost during play.

d. Scoring

- 1) Once the ball is in play on each hole, the players shall alternate turns hitting the ball until the ball is holed, or ten strokes have been played. **NOTE:** A swing and a miss, counts as a stroke.
- 2) If a 10<sup>th</sup> stroke is played without holing the shot, the team shall record a score of 10x and proceed to the next hole.

e. Ties

- 1) First-place ties shall be determined in the following manner:
  - a) Of the teams tied for first place, the teams with the fewest number of 10x scores shall be declared the winner.
  - b) If teams have an equal number of 10x scores they shall compare stroke total on the fourth hole of play and any subsequent holes until the tie is broken.
- 2) All other ties shall be broken by counting the number of 10x scores with the fewest getting the higher place. Ties after the 10x scores have been counted will remain as ties.

f. Stipulated Round

- 1) A stipulated round shall be nine holes.
- 2) At the discretion of the tournament committee, a championship may be contested over one, two, three or four rounds.

g. Tournament Venue Selection

- 1) The selection of the golf course shall be at the discretion of the tournament committee.
- 2) The committee should consider the degree of difficulty and its impact on the conduct of the tournament.

h. Golf Course Set-Up

- 1) The course shall be set up at the discretion of the tournament committee.

- i. Registration and Divisioning
    - 1) Each team shall register by submitting the most recent six scores over nine holes since last year's Outdoor Sports Tournament. Two of the six scores must be completed on courses of 2400 yards or longer.
    - 2) The score must be accompanied by the par and yardage for the course(s) for each score.
    - 3) All scores must be verified by signature of the Agency golf coach or course golf professional.
    - 4) Divisioning for district competition will be based on the six scores submitted. Divisioning for the State competition will utilize the scores from the district tournament.
  - j. Equipment
    - 1) Each player is responsible for providing their own equipment including:
      - a) A set of clubs that should include at least one wood, one iron and one putter. The maximum number of clubs per player is fourteen. Partners (team) may share clubs provided that the total number of clubs carried by the partners (team) sharing does not exceed fourteen.
      - b) A Golf Bag
      - c) Golf Balls
      - d) Pitch Mark Repairer
3. Level 3 Golf - Unified Sports Team Play
- a. Definition of a Team: A team shall include one Special Olympics athlete and a partner athlete without an intellectual disability (partner). **NOTE:** The partner (golfer without a cognitive disability) must have a Unified Sports® Partner Application For Participation Form on file with SOWI by the OST medical deadline date in order to participate.
  - b. Purpose for this Level of Play
    - 1) This level is designed to give the Special Olympics athlete an opportunity to play in a team format.
  - c. A minimum physical requirement is that the athlete must be able to walk the entire nine-hole round in a reasonable time period. Those persons who wish to request the use of a cart for medical reasons must fill out a Special Needs Form and must provide a written verification from a physician stating the reason. Information must be submitted with tournament registration. Cart fees are to be paid by the participant.
  - d. Form of Play
    - 1) Two-Person Aggregate – Each player plays his/her own ball and the aggregate score of the two balls will be the score for the hole. Example: Player “A” scores a five, and Player “B” scores a six. The team score for the hole is 11.
  - e. Scoring
    - 1) If a 10<sup>th</sup> stroke is played without holing the shot, the player shall record a score of 10x and proceed to the next hole.
    - 2) Only the player who reaches 10x stops playing the hole. The teammate should continue until he/she either holes out or reaches 10 without holing the shot.

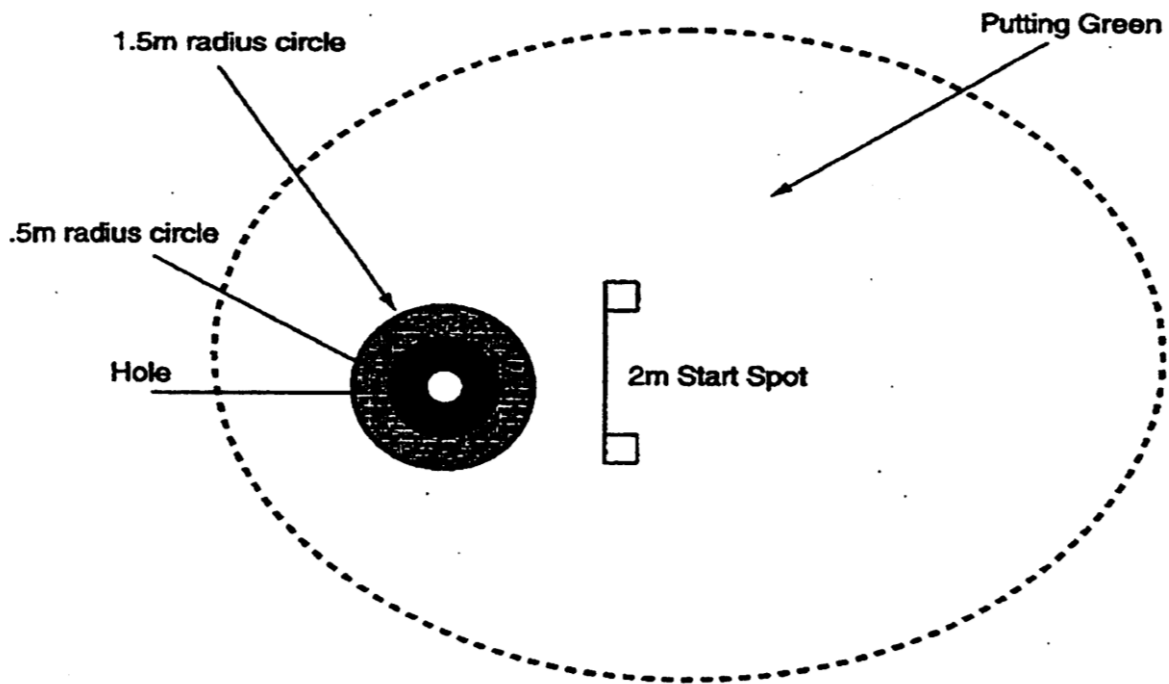
- 3) Scoring (marking of cards) - Athletes should be taught to keep score and, whenever possible in competition, serve as a marker for a fellow competitor. Both competitors on the team will be responsible for verifying the team score and signing their scorecard.
  - 4) Ties: After an athlete reaches a score of 10 on one hole, he/she should pick up their ball and move on to the next hole listing a 10x on their score card.
    - a) First place ties shall be determined in the following manner: of the teams/players tied for first place, the teams/players with the fewest number of 10x scores shall be determined the winner. If teams/players have an equal number of 10x scores, they shall compare stroke total on the fourth hole of play and any subsequent holes until the tie is broken.
    - b) All other ties shall be broken by counting the number of 10x scores with the fewest getting the higher place. Ties after the 10x scores have been counted will remain as ties.
- f. Equipment: Each player is responsible for providing their own equipment including:
- a) A set of clubs that should include at least one wood, one iron and one putter. The maximum number of clubs per player is fourteen. Partners (team) may share clubs provided that the total number of clubs carried by the partners (team) sharing does not exceed fourteen.
  - b) A Golf Bag
  - c) Golf Balls
  - d) Pitch Mark Repairer
- g. Registration and Divisioning
- 1) Each athlete shall register by submitting their most recent six scores over nine holes since last year's Outdoor Sports Tournament. Two of the six scores must be completed on courses of 2400 yards or longer.
  - 2) The score must be accompanied by the par and yardage for the course(s) for each score.
  - 3) All scores must be verified by signature of the agency golf coach or course golf professional.
  - 4) Divisioning for district competition will be based on the six scores submitted. Divisioning for the State competition will utilize the scores from the district tournament.
- h. Golf Course Set-Up
- 1) The course shall be set up at the discretion of the tournament committee.
4. Level 4 – Individual Stroke Play Nine-Hole Competition
- a. The purpose of Level 4 golf is to allow athletes to train and compete in regulation golf competitions.
  - b. Level 4 Special Olympics athletes compete in nine-hole stroke play competition.
  - c. A minimum physical requirement is that the athlete must be able to walk the entire nine-hole round in a reasonable time period. Those persons who wish to request the use of a cart for medical reasons must fill out a special needs form and must provide a written verification from a physician stating the reason. Information must be submitted with tournament registration. Cart fees are to be paid by the participant.

- d. Scoring - After an athlete reaches a score of 10 on one hole, he/she should pick up their ball and move on to the next hole listing a 10x on their score card.
  - 1) First place ties shall be determined in the following manner: of the players tied for first place, the players with the fewest number of 10x scores shall be determined the winner. If players have an equal number of 10x scores, they shall compare stroke total on the fourth hole of play and any subsequent holes until the tie is broken.
  - 2) All other ties shall be broken by counting the number of 10x scores with the fewest getting the higher place. Ties after the 10x scores have been counted will remain as ties.
- e. The teeing ground will be determined by the games committee. Females and those eight to 11 years old will play the forward-most set of tees. Every player must have a set of clubs and a golf bag. (A set of clubs includes a minimum of one putter, one iron and one wood.) Maximum total number of clubs is fourteen.
- f. Registration and Divisioning
  - 1) Each athlete shall register by submitting their most recent six scores over nine holes.
  - 2) The score must be accompanied by the par and yardage for the course(s) for each score.
  - 3) All scores must be verified by signature of the agency golf coach or course golf professional.
  - 4) Divisioning for district competition will be based on the six scores submitted. Divisioning for the State competition will utilize the scores from the district tournament.
- g. Golf Course Set-Up
  - 1) The course shall be set up at the discretion of the tournament committee.
- 5. Level 5 – Individual Stroke Play 18-Hole Competition
  - a. The purpose of Level 5 golf is to allow athletes to train and compete in regulation golf competitions.
  - b. Level 5 Special Olympics athletes compete in an 18-hole stroke play competition.
  - c. An athlete may be assisted by only one person (his/her coach or caddie) as stated by the rules of golf. A minimum physical requirement is that the athlete must be able to walk the entire 18-hole round in a reasonable time period. Those persons who wish to request the use of a cart for medical reasons must fill out a special needs form and must provide a written verification from a physician stating the reason. Information must be submitted with tournament registration. Cart fees are to be paid by the participant.
  - d. Scoring - After an athlete reaches a score of ten on one hole, he/she should pick up their ball and move on to the next hole listing a 10x on their score card.
    - 1) First place ties shall be determined in the following manner: of the players tied for first place, the players with the fewest number of 10x scores shall be determined the winner. If players have an equal number of 10x scores, they shall compare stroke total on the fourth hole of play and any subsequent holes until the tie is broken.
    - 2) All other ties shall be broken by counting the number of 10x scores with the fewest getting the higher place. Ties after the 10x scores have been counted will remain as ties.

- e. The teeing ground will be determined by the games committee. Females and those eight to 11 years old will play the forward most set of tees. Every player must have a set of clubs and a golf bag. (A set of clubs includes a minimum of one putter, one iron and one wood.) Maximum total of clubs is fourteen.
  - f. Registration and Divisioning
    - 1) Each athlete shall register by submitting their most recent six scores over 18 holes.
    - 2) The score must be accompanied by the par and yardage for the course(s) for each score.
    - 3) All scores must be verified by signature of the agency golf coach or course golf professional.
    - 4) Divisioning for district competition will be based on the six scores submitted. Divisioning for the State competition will utilize the scores from the district tournament.
  - g. Golf Course Set-Up
    - 1) The course shall be set up at the discretion of the tournament committee.
6. Level I – Individual Skills Contest (Not offered as competition by SOWI)  
 The purpose of Level 1 individual skills is to allow athletes to train in basic golf skills. The development of these key skills is necessary to advance to Level II. A maximum of 120 points may be scored in Level I.
- a. Short Putt
    - 1) Purpose: To measure the athlete's ability to putt focusing on the short putt.
    - 2) Equipment:
      - a) A regulation putting green with a properly marked (target) hole
      - b) One putter for each athlete
      - c) Five balls for each player
      - d) A chalker may be used to mark the circle targets around the hole
    - 3) Description:
      - a) A target hole is selected and two circles are placed around the hole. The first circle shall have a radius of .5m and the second shall have a radius of 1.5m from the hole.
      - b) The athlete will have five attempts from a clearly marked spot, 2m from the hole.
      - c) The short putt should be set up on a green with as flat a surface as possible.
    - 4) Scoring:
      - a) The athlete will have five attempts to putt the ball at the hole from a line 2m from the hole, scoring points according to where the ball comes to rest.
      - b) The athlete will score one point for making a stroke at, and striking the ball. (A swing and a miss counts as one attempt, and the athlete receives a score of zero.)
      - c) A second point is scored if the ball stops on or within the 1.5m circle.
      - d) A third point is scored if the ball stops within the .5m circle.

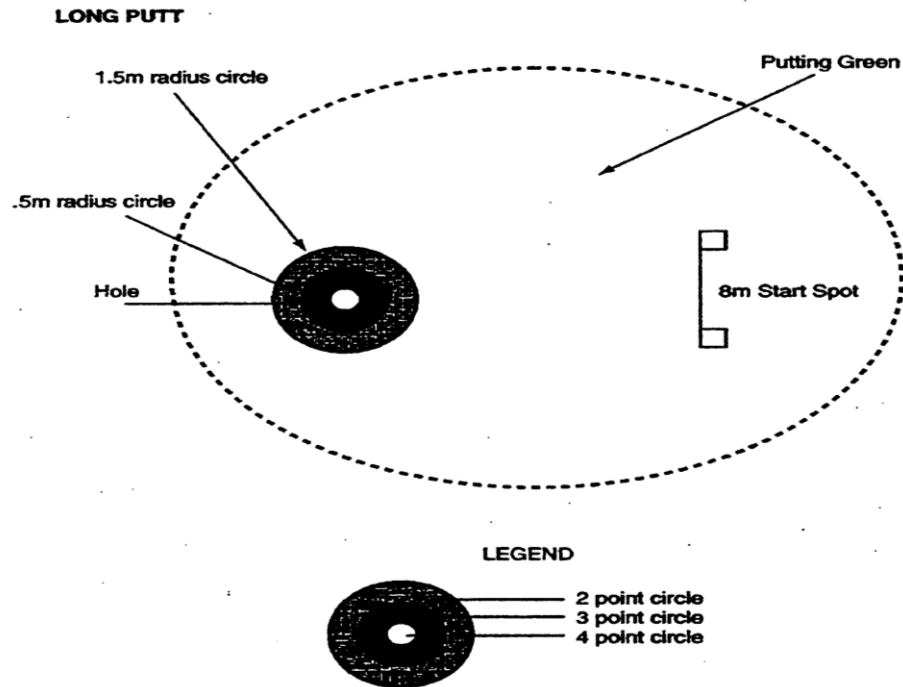
- e) If the ball goes in the hole, a total of four points will be awarded for that attempt.
- f) The short putt score shall be the sum total from the five attempts.

### SHORT PUTT



- b. Long Putt
  - 1) Purpose: To measure the athlete's ability to putt focusing on the long putt.
  - 2) Equipment:
    - a) One putter for each competing athlete
    - b) A regulation putting green with a properly marked (target) hole
    - c) Five balls for each hole being used
    - d) A chalker to put the target circles around the hole
  - 3) Description:
    - a) A target hole is selected and two circles are placed around the hole. The first circle shall have a radius of .5m and the second shall have a radius of 1.5m from the hole.
    - b) The athlete will have five attempts from a marked spot, 8m from the hole.
    - c) The long putts should be set up on a green with as flat a surface as possible.
    - d) **NOTE:** Putting up hill is recommended.
  - 4) Scoring:
    - a) The athlete will have five attempts to putt the ball at the hole from a spot 8m from the hole, scoring points according to where the ball comes to rest.

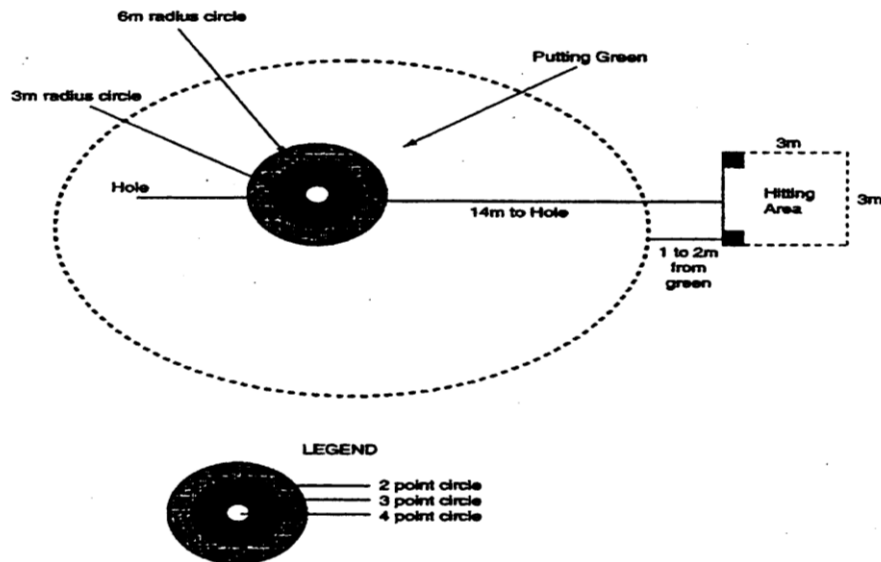
- b) The athlete will score one point for making a stroke at, and striking the ball. (A swing and a miss count as one attempt and receive a score of zero.)
- c) A second point is scored if the ball stops on or within the 1.5m circle.
- d) A third is scored if the ball stops on or within the .5m circle.
- e) If the ball goes in the hole, a total of four points will be awarded for that attempt.
- f) The long putt score shall be the sum total from the five attempts.



- c. Chip Shot
- 1) Purpose: To measure the athlete's ability in hitting chip shots at 14m from the hole.
  - 2) Equipment:
    - a) An assorted number of irons for both right- and left-handed players  
**NOTE:** Woods and putters are not permitted for this skill.
    - b) Five balls for each hole being used
    - c) A putting green with clearly marked target flag and hole
  - 3) Description:
    - a) A chipping area is set up which includes a 3m by 3m square hitting area 14m from the hole. The chipping area should be between 3m and 4m from the edge of the green.
    - b) A 3m radius circle and a 6m radius circle will be placed around the hole.
    - c) A safely marked hitting area 3m by 3m square will be chalked up and marker provided.
    - d) The athlete is instructed to chip the ball at a designated hole getting it as close to the hole as possible.

- 4) Scoring:
- The athlete will attempt five shots at the target, scoring points according to where the ball comes to rest.
  - Athletes will score one point for making a stroke at and striking the ball. (A swing and a miss counts as one shot and receives a zero score for that shot.)
  - A second point is scored if the ball comes to rest inside the 6m circle around the hole.
  - A third point is scored if the ball comes to rest inside the 3m circle around the hole.
  - A fourth point is scored if the chip shot comes to rest in the hole.
  - The total score from the five attempts will be the athlete's final score for the chip shot.
- 5) Diagram (Chip Shot):

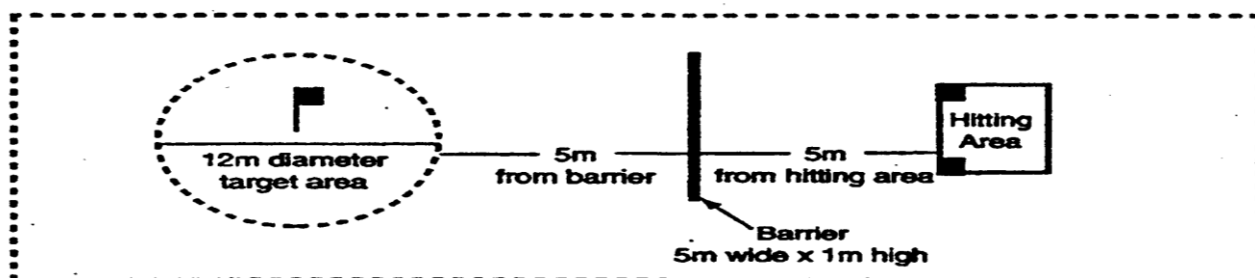
**CHIP SHOT**



- d. The Pitch Shot
- Purpose: To measure the athlete's ability in hitting controlled pitch shots in the air in the proper direction to a defined circular target area.
  - Equipment:
    - An assorted number of pitching irons for both right-handed and left-handed players
    - Five golf balls for each station being used
    - A marked hitting area, paint or chalk and marker
    - Shag bags or tubes to retrieve balls at station
    - A target flag and hitting mat or artificial surface
    - A banner sign, net or barrier that measures 1m in height by 5m wide. Two support poles measuring 2m to be used to support the banner, sign, net or barrier

- 3) Description:
- A target area shall be defined as a circle with a 12m diameter
  - The distance from the hitting area to the 1m high barrier shall be 5m
  - The distance from the 1m high barrier to the target area shall be 5m
  - The golfer shall make five attempts. The athlete is instructed to pitch the ball over the barrier at the designated target area. **NOTE:** The skill station should be located in a restricted area such as a range in order to provide the safest environment. If an unrestricted area is used, it should be roped off and clearly identified for volunteers, spectators and athletes.
- 4) Scoring:
- The athlete will attempt five shots at the target, scoring points according to where the ball lands.
  - Athletes will score one point for making a stroke at and striking the ball. (A swing and a miss counts as one shot and receives a zero score for that shot).
  - A second point is scored if the ball goes over the barrier and between the upright poles.
  - A third point is scored if the ball lands inside the 12m circle and rolls out, or if the ball lands outside the 12m circle and comes to rest inside the circle.
  - A fourth point is scored if the ball lands inside the 12m circle and comes to rest inside the circle.
  - The pitch shot score shall be the sum total from the five attempts.
- 5) Diagram (Pitch Shot):

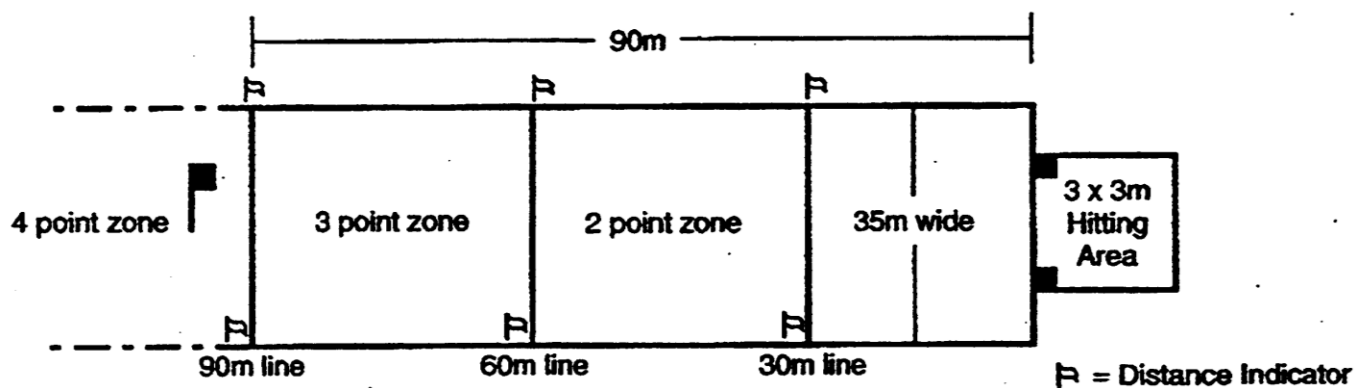
**Pitch Shot Diagram:**



- e. Iron Shot
- Purpose: To measure the athlete's ability to hit an iron shot for distance within a set hitting area.
  - Equipment:
    - An assorted number of irons for right- and left-handed players
    - An appropriate number of golf balls based on the number of competitors. It is recommended that five balls per athlete be available to eliminate having to retrieve balls.

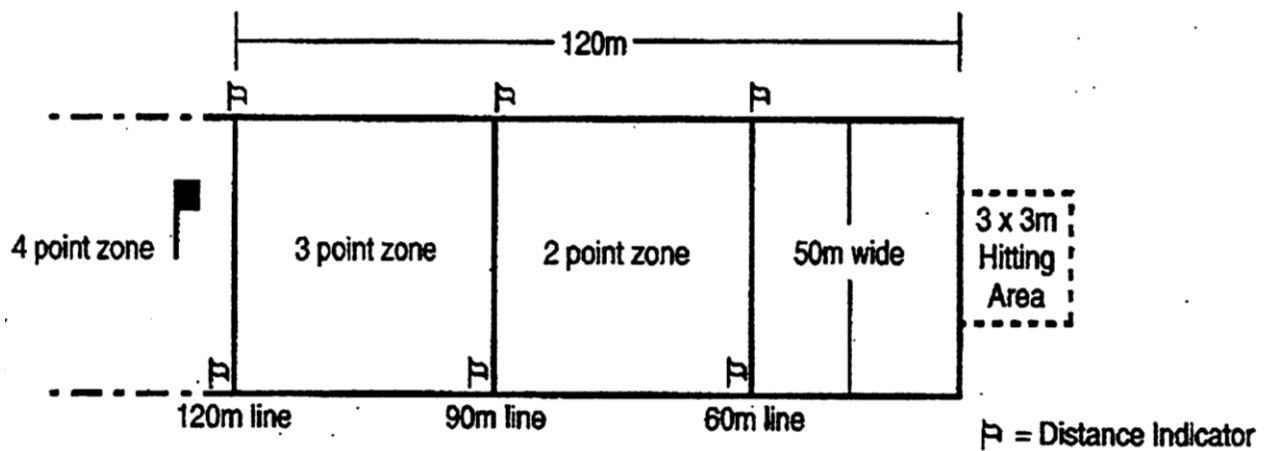
- c) Marking paint or chalk, and marker to mark hitting area and boundary lines. ( $\frac{1}{2}$ " cord or rope can be substituted for marking boundary lines and making them more visible.)
  - d) Hitting mat or carpet, tees, helmets, a safety zone for score keepers to stand in and shag bags or tubes to retrieve balls (if necessary)
  - e) A target flag and eight cones or other viable markers to identify distance locations
- 3) Description:
- a) The athlete may choose to hit the ball off a tee, mat or the ground. The athlete is instructed to hit the ball from the teeing area toward a designated flag in the hitting area trying to keep the ball within the boundary markers and achieving a distance of more than 90m.
- 4) Scoring:
- a) The athlete will attempt five shots at the target, scoring points according to where the ball comes to rest.
  - b) Athletes will score one point for making a stroke at and striking the ball. (A swing and a miss count as one attempt and the athlete receives a score of zero for that shot).
  - c) Two points are scored for a ball that comes to rest between the 30m and the 60m lines within the 35m wide boundary lines.
  - d) Three points are scored for a ball that comes to rest between the 60m and 90m lines within the 35m wide boundary lines.
  - e) Four points are scored for a ball that comes to rest beyond the 90m line with the 35m wide boundary lines.
  - f) The athlete's score for the iron shot shall be the sum total of the five attempts.

5. Diagram (Iron Shot):



- f. Wood Shot:
- 1) Purpose: To measure the athlete's ability to hit a wood shot for distance within a set hitting area.
  - 2) Equipment:
    - a) An assorted number of woods for right-handed and left-handed players

- b) An appropriate number of golf balls based on the number of competitors. It is recommended that five balls per player be available to eliminate having to retrieve balls.
  - c) Marking paint or chalk, and marker to mark hitting area and boundary lines. (A ½" cord or rope can be substituted for marking boundary lines, making them more visible.)
  - d) Hitting mat or carpet, tees, helmets, a safety zone for scorekeepers to stand in and shag bags or tubes to retrieve balls (if necessary)
  - e) A target flag and eight cones or other visible markers to identify distance locations
- 3) Description: The athlete may choose to hit the ball off a tee, a mat or the ground. The athlete is instructed to hit the ball from the teeing area toward a designated flag in the hitting area trying to keep the ball within the boundary markers and achieving a distance of more than 90m.
- 4) Scoring:
- a) The athlete will attempt five shots at the target, scoring points according to where the ball comes to rest.
  - b) Athletes will score one point for making a stroke at and striking the ball (a swing and a miss count as one attempt and receives a score of zero for that shot).
  - c) Two points are scored for a ball that comes to rest between the 60m and 90m lines with the 50m wide boundary lines.
  - d) Three points are scored for a ball that comes to rest between the 90m and 120m lines with the 50m wide boundary lines.
  - e) Four points are scored for a ball that comes to rest beyond the 120m line with the 50m wide boundary lines.
  - f) The athlete's score for the wood shot shall be the sum total of the five attempts.
- 5) Diagram (Wood Shot):





# GOLF – LEVEL I - INDIVIDUAL SKILLS Scorecard

Name: \_\_\_\_\_

Agency Name: \_\_\_\_\_

Agency Number: \_\_\_\_\_ Division: \_\_\_\_\_

(If Applicable)

### SHORT PUTT

- Miss = 0 Points
- Strike = 1 Point
- Within 1.5m circle = 2 Points
- Within .5m circle = 3 Points
- In the hole = 4 Points

TRIAL 1 – 5 PUTTS				
#1	#2	#3	#4	#5

TRIAL SCORE

Maximum Score = 4 Points per Putt and 20 Points per Trial

### LONG PUTT

- Miss = 0 Points
- Strike the ball = 1 Point
- Within 1.5m circle = 2 Points
- Within .5m circle = 3 Points
- In the hole = 4 Points

TRIAL 1 – 5 PUTTS				
#1	#2	#3	#4	#5

TRIAL SCORE

Maximum Score = 4 Points per Putt and 20 Points per Trial

### CHIP SHOT

- Miss = 0 Points
- Strike the ball = 1 Point
- Within 6m circle = 2 Points
- Within 3m circle = 3 Points
- In the hole = 4 Points

TRIAL 1 – 5 CHIP SHOTS				
#1	#2	#3	#4	#5

TRIAL SCORE

Maximum Score = 4 Points per Putt and 20 Points per Trial

### PITCH SHOT

- Miss = 0 Points
- Strike the ball = 1 Point
- Ball over barrier = 2 Points
- Ball lands in 12m circle or lands outside 12m circle and comes to rest inside the circle = 3 Points
- Ball lands in 12m circle and comes to rest inside the circle = 4 Points

TRIAL 1 – 5 PITCH SHOTS				
#1	#2	#3	#4	#5

TRIAL SCORE

Maximum Score = 4 Points per Putt and 20 Points per Trial

**IRON SHOT**

Miss = 0 Points

Strike the ball= 1 Point

\*Past 30m Line = 2 Points

\*Past 60m Line = 3 Points

\*Past 90Mm = 4 Points

\*(Within Width Boundary)

TRIAL 1 – 5 IRON SHOTS				
#1	#2	#3	#4	#5

TRIAL SCORE

Maximum Score = 4 Points per Putt and 20 Points per Trial

**WOOD SHOT**

Miss = 0 Points

Strike the ball = 1 Point

\*Past the 60m Line = 2 Points

\*Past the 90m Line = 3 Points

\*Past the 120m Line = 4 Points

\*(Within Width Boundary)

TRIAL 1 – 5 WOOD SHOTS				
#1	#2	#3	#4	#5

TRIAL SCORE

Maximum Score = 4 Points per Putt and 20 Points per Trial

**FINAL SCORE – COMBINE TRIALS**

_____
-------