



# Golf

**NOTE: A major change has occurred with Golf. The Team will be charged a \$5 per athlete and partner fee for Golf competition. This fee is only for 9 hole alternate shot and 9 hole individual stroke play. There is no charge for skills competition. Please include \$5 for every athlete and partner playing Alternate shot or Individual Stroke play.**

**A New Rule has been implemented concerning readiness to play 9 hole partner play or 9 hole individual stroke play. Athletes must complete the skills competition and score a minimum of 50 points in order to qualify to transition from skills play to 9 hole play!**

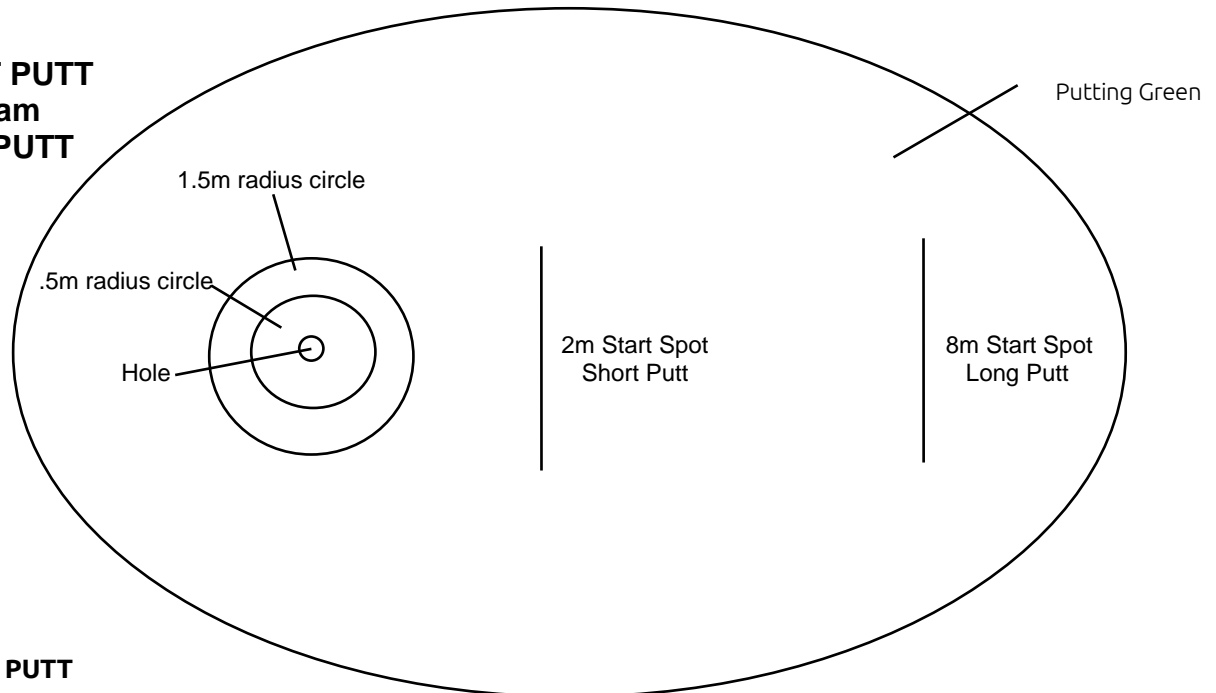
## **LEVEL 1 - INDIVIDUAL GOLF SKILLS**

The purpose of the Individual Skills Contest is to allow athletes to train and compete in basic golf skills. The development of these key skills are necessary prior to advancing to Level 2. A maximum of 120 points may be scored in Level 1.

### **A. SHORT PUTT**

- 1) Purpose - To measure the athlete's ability to putt, focusing on the short putt.
- 2) Equipment
  - A regulation putting green with a properly marked target hole.
  - One putter for each athlete.
  - Five balls for each player.
  - A chalker may be used to mark the circle targets around the hole.
- 3) Description
  - A target hole is selected and 2 circles are placed around the hole. The first circle a radius of .5m and the second shall have a radius of 1.5 from the hole.
  - The athletes will have 5 attempts from a clearly marked spot, 2m from the hole.
  - The short putt should be set up on a green with as flat a surface as possible.
- 4) Scoring
  - \* The athlete will have 5 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.
    - The athlete will score 1 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.)
    - A second point is scored if the ball stops on or within the 1.5m circle.
    - A third point is scored if the ball stops on or within the .5m circle.
    - If the ball goes in the hole, a total of 4 points will be awarded for that attempt.
    - The short putt score shall be the sum total from all 5 attempts.

**SHORT PUTT  
diagram  
LONG PUTT**



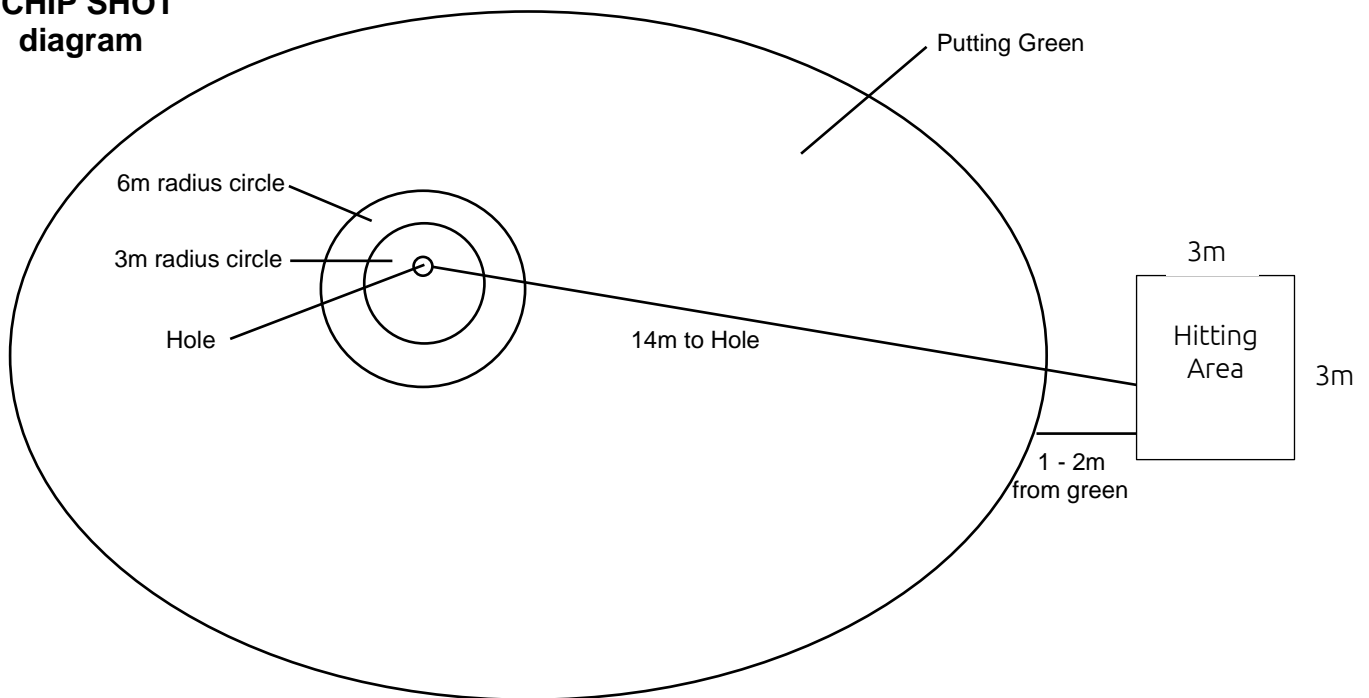
**B. LONG PUTT**

- 1) Purpose - To measure the athlete's ability to putt, focusing on the long putt.
- 2) Equipment
  - One putter for each competing athlete.
  - A regulation putting green with a properly marked target hole.
  - 5 balls for each hole being used.
  - A chalker may be used to mark the target around the hole.
- 3) Description
  - A target hole is selected and 2 circles are placed around the hole. The first circle shall have a radius of .5m and the second shall have radius of 1.5m from the hole.
  - The athlete will have 5 attempts from a marked spot, 8m from the hole.
  - The long putt should be set up on a green with as flat a surface as possible.  
~ Note: *Putting uphill is recommended.*
- 4) Scoring
  - The athlete will have 5 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.
  - The athlete will score 1 point for making a stroke at and striking the ball.  
(A swing and a miss count as 1 attempt, and the athlete receives a score of zero.)
  - A second point is scored if the ball stops on or within the 1.5m circle.
  - A third point is scored if the ball stops on or within the .5m circle.
  - If the ball goes in the hole, a total of 4 points will be awarded for that attempt.
  - The long putt score shall be the sum total from the 5 attempts.

**C. CHIP SHOT**

- 1) Purpose - To measure the athlete's ability in hitting chip shots 14m from the hole.
- 2) Equipment
  - An assorted number of irons for both right & left-handed players.  
*Note: Woods and putters are not permitted for this skill.*
  - Five balls for each hole being used.
  - A putting green with a clearly marked target flag and hole.
- 3) Description
  - 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 3 and 4m from the edge of the green.
  - A 3m radius circle and a 6m radius circle will be placed around the hole.
  - A safely marked hitting area 3m by 3m square, chalk and marker.
  - The athlete is instructed to chip the ball at a designated hole, getting as close to the hole as possible.
- 4) Scoring
  - The athlete will attempt 5 shots at the target, scoring points according to where the ball comes to rest.
  - Athletes will score 1 point for making a stroke at and striking the ball.  
*(A swing and a miss counts as 1 shot and receives a score of zero 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 5 attempts will be the athletes' final score the chip shot.

### CHIP SHOT diagram

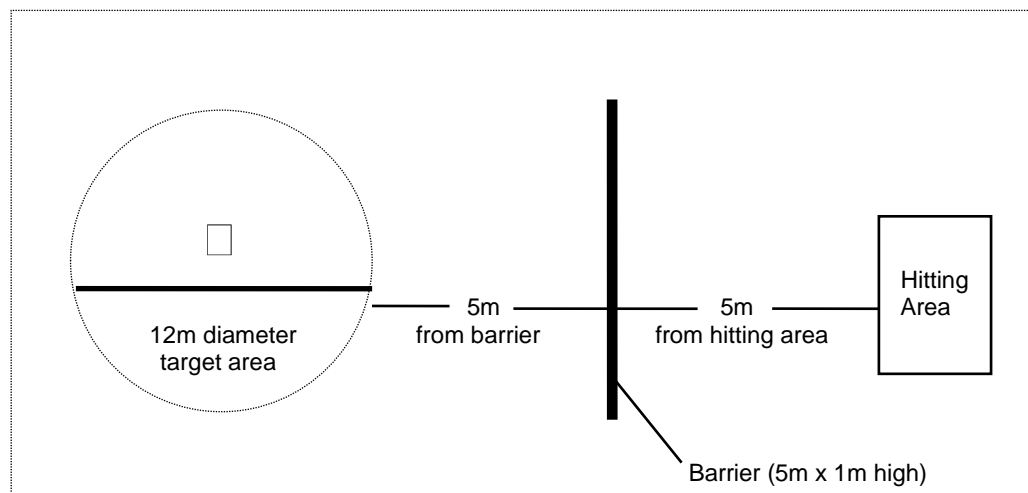


## D. PITCH SHOT

- 1) 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.
- 2) Equipment
  - An assorted number of pitching irons for both right & 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 surface - real grass 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 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 5 m.
  - The distance from the 1m high barrier to the target shall be 5m.
  - The golfer shall make 5 attempts. The athlete is instructed to pitch the ball over the barrier at the designated target area.

*Note: Skill station should be located in restricted, identified area for safety.*
- 4) Scoring
  - The athlete will attempt 5 pitch shots at the target, scoring points according to where the ball lands.
  - Athletes will score 1 point for making a stroke at and striking the ball.  
(*A swing and a miss counts as 1 shot and receives a score of zero for that shot.*)
  - A second point is scored if the ball goes over the barrier and between the 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 5 attempts.

### PITCH SHOT diagram



## E. IRON SHOT

1) Purpose - To measure athlete's ability to hit an iron shot for distance within a set hitting area.

2) Equipment

- An assorted number of irons for right & left-handed players.
- An appropriate number of golf balls based on the number of competitors. It is recommended that 5 balls per athlete be available to eliminate retrieving balls.
- Marking paint or chalk and marker to mark hitting area and boundary lines.  
*(1/2" cord or rope can be substituted for marking boundary lines to be more visible.)*
- Artificial surface or grass, tees, helmets, a safety zone for scorekeepers and shaggers.
- A target flag and 8 cones or other visible marker to identify distance locations.

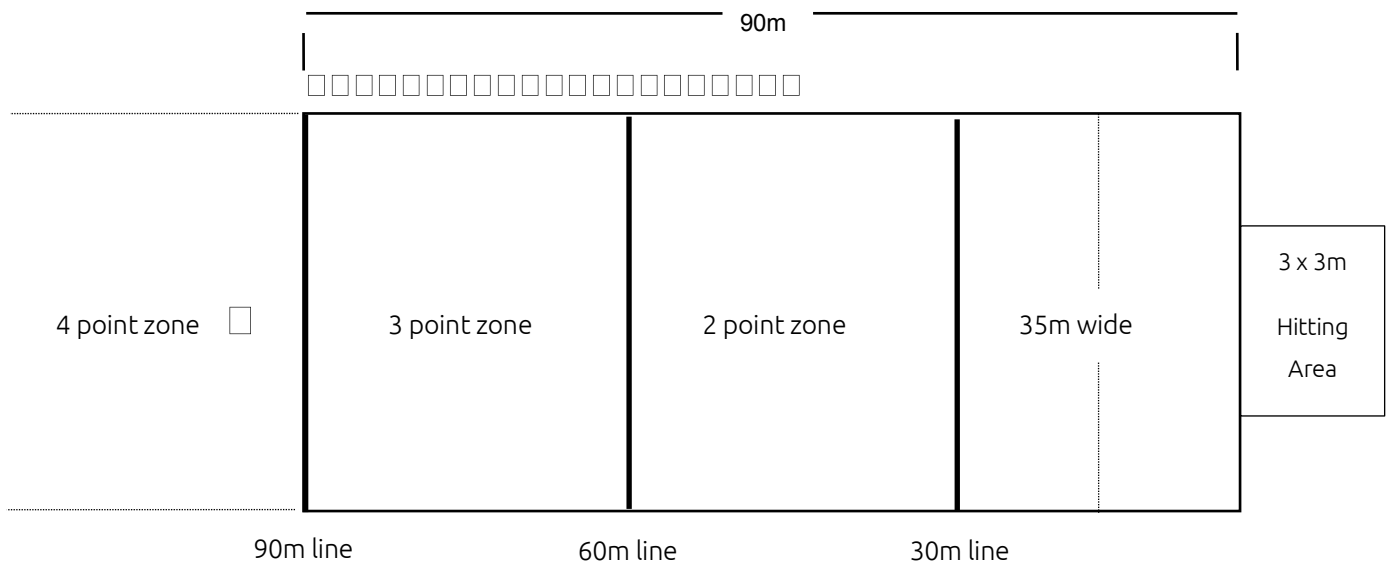
3) Description

- 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

- The athlete will attempt 5 shots at the target, scoring points according to where the ball comes to rest.
- Athletes will score 1 point for making a stroke at and striking the ball.  
*(A swing and a miss counts as 1 attempt and the athlete receives a score of zero for the shot.)*
- Two points are scored for the ball that comes to rest between the 30m and 60m lines within the 35m wide boundary lines.
- Three points are scored for a ball that comes to rest between the 60m and 90m lines within the 35m wide boundary lines.
- Four points are scored for a ball that comes to rest beyond the 90m line within the 35m wide boundary lines.
- The athlete's score for the iron shot shall be the sum total of the 5 attempts.

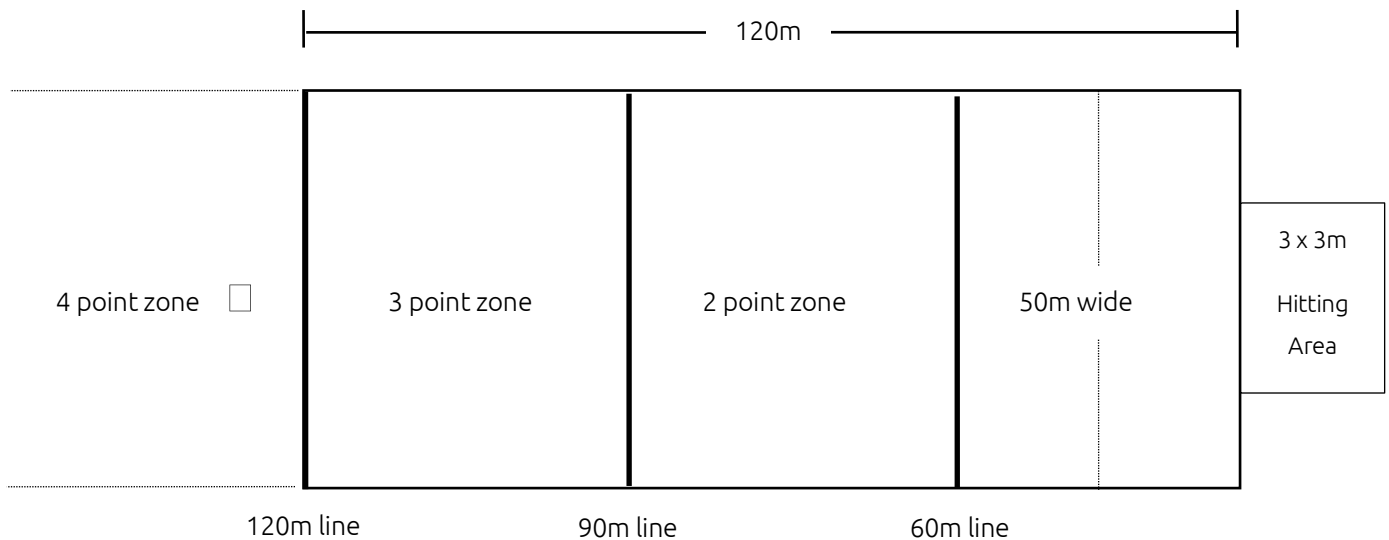
## IRON SHOT diagram



## 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
  - An assorted number of woods for right & left-handed players.
  - An appropriate number of golf balls based on the number of competitors. It is recommended that 5 balls per player be available.
  - Marking paint or chalk and marker to mark hitting area and boundary lines. *(1/2" cord or rope can be substituted for marking boundary lines to be more visible.)*
  - Artificial surface or grass, tees, helmets, a safety zone for scorekeepers & shaggers.
  - A target flag and 8 cones or other visible markers to identify distance locations.
- 3) Description
  - The athlete will attempt 5 wood shots at the target, scoring points according to where the ball comes to rest.
  - Athletes will score 1 point for making a stroke at and striking the ball. *(A swing and a miss counts as 1 attempt and the athlete receives a score of zero for that shot.)*
  - Two points are scored for a ball that comes to rest between the 60m and 90m lines within the 50m wide boundary lines.
  - Four points are scored for a ball that comes to rest beyond the 120m line within the 50m wide boundary lines.
  - The athlete's score for the iron shot shall be the sum total of the 5 attempts.

## WOOD SHOT diagram



### **Hints for a successful Individual Skills competition:**

- Safety is the first priority
- The use of different colored (or striped) golf balls may be used so multiple athletes can hit at the same target at the same time.
- If you do not do this, only one athlete may hit to an area at one time for the safety of the scorekeeper.

- If you use multiple hitting areas, have the athletes in all stations hit all 5 shots with the scorekeepers standing in a safe place.
- After all athletes have completed their attempts, the scorekeepers would move out, score and pick up the group of balls.
- One scorekeeper will be needed for each station.

## **LEVEL 2 -ALTERNATE SHOT TEAM PLAY**

### **A. Definition of a Team**

A team shall consist of one Special Olympics golfer & one Special Partner. At this level, a coach may be a Partner for his/her Special Olympics golfer.

### **B. Purpose for this Level of Play**

- 1) This level is designed to give a Special Olympics golfer an opportunity for transition from skills 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<sup>®</sup> model where teammates are expected to be of similar age and ability.
- 2) The partner serves as a coach and mentor, so that the Special Olympics golfer learns to become self sufficient on the golf course.
- 3) The golfers must be able to walk during the entire 9-hole round. Those SOOK athletes needing to use a cart – refer to Section J below.

### **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 numbered holes, then player "B" would play from the tee on the even numbered holes. Only 1 ball is in play on a hole.*

### **D. Scoring**

- 1) Once the ball is in play on each hole, the players shall alternate turns hitting the ball till the ball is holed, or until 10 strokes have been played. *A swing and a miss count 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 decided in the following manner:
  - ~ Of the teams tied for 1<sup>st</sup> place, the team with the fewest number of 10x scores shall be declared the winner.
  - ~ If teams have an equal number of 10x scores, they shall enter a sudden death playoff to start at a hole determined by the Tournament Director.
- 2) All other ties shall remain as ties and both teams should be presented with the same award.

### **F. Stipulated Round**

- 1) A stipulated round shall be 9-holes.
- 2) At the discretion of the Tournament Director, 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 Director.
- 2) The Director should consider the degree of difficulty and its impact on the conduct of the

### **H. Golf Course Set-Up**

- 1) The golf course shall be set-up at the discretion of the Tournament Director. He is encouraged to provide alternate teeing ground locations on each hole for the Special Olympics athletes using

the following guidelines:

~ Avoid any shots that require the golfer to carry a distance of greater than 47m over hazards or other obstacles, anywhere on the golf course.

~ Create holes that do not exceed following measurements:

Par 3 - 140m (150 yards)

Par 4 - 326m (350 yards)

Par 5 - 419m (475 yards)

- 2) Tournament Director should define teeing grounds for female players.

#### **I. Registration and Divisioning**

- 1) Each player shall register by submitting either 4 recent 9-hole game scores or individual skills scores as required by the Event Director.
- 2) If a classification round cannot be played, the Tournament Director may use these scores to establish divisions for tournament play.
- 3) In cases that allow for classification rounds, the Tournament Director shall have the discretion of finalizing divisions based on information available to him.

#### **J. Equipment**

- 1) Each player is responsible for providing their own equipment including:
  - ~ A set of clubs to include at least 1 wood, 1 iron and 1 putter.
  - ~ A golf bag.
  - ~ Golf balls.

### **LEVEL 3 - INDIVIDUAL STROKE PLAY COMPETITION**

#### **A. Purpose for this Level of Play**

- 1) This level is designed to meet the needs of those Special Olympics golfers who wish to play individually in a tournament where the stipulated round is 9-holes.
- 2) The player should be capable of playing independently and must be able to walk during the entire 9-hole round. Those SOOK athletes needing to use a cart – refer to Section J below.

#### **B. Form of Play**

- 1) The form of play shall be stroke play competition.

#### **C. Scoring**

- 1) If a tenth stroke is played without holing the shot, the player shall record a score of 10x and proceed to the next hole.

#### **D. Ties**

- 1) First place ties shall be decided in the following manner:
  - Of the players tied for 1<sup>st</sup> place, the player with the fewest number of 10x scores shall be declared the winner.
  - If the players have an equal number of 10x scores, they shall enter a sudden death playoff to start at the hole determined by the Tournament Director.
- 2) All other ties shall remain as ties and all players should be presented with the same award.

#### **E. Stipulated Round**

- 1) A stipulated round shall be 9 holes.
- 2) At the discretion of the Tournament Director, a championship may be contested over 1, 2, 3 or 4 rounds.

#### **F. Tournament Venue Selection**

- 1) The selection of the golf course shall be at the discretion of the Tournament Director.



- 2) The Director should consider the degree of difficulty and its' impact on the conduct of the tournament.

### **G. Golf Course Set-Up**

- 1) The golf course shall be set-up at the discretion of the Tournament Director. He is encouraged to provide appropriate teeing ground locations on each hole for the Special Olympics players using the following guidelines:
  - ~ Avoid any shots that require the golfer to carry a distance of greater than 47m over hazards or other obstacles, anywhere on the golf course.
  - ~ Create holes that do not exceed the following measurements:
    - Par 3 - 140m (150 yards)
    - Par 4 - 326m (350 yards)
    - Par 5 - 419m (475 yards)
- 2) Tournament Director should define teeing grounds for female players.

### **H. Registration & Divisioning**

- 1) Each player shall register by submitting either 4 recent 9-hole game scores or individual skills scores as required by the Event Director.
- 2) If a classification round cannot be played, the Tournament Director may use these scores to establish divisions for tournament play.
- 3) In cases that allow for classification rounds, the Tournament Director shall have the discretion of finalizing divisions based on information available to him.

### **I. Equipment**

- 1) Each player is responsible for providing their own equipment including:
  - A set of clubs - to include at least 1 wood, 1 iron and 1 putter.
  - A golf bag.
  - Golf balls.

### **J. Golf Cart Use for Level 2 & Level 3**

Special Olympics Oklahoma believes that all golfers should be able to walk the course they play as part of the game of Golf. In the extreme event that an athlete cannot walk due to a physical disability or medical condition, that athlete may apply for permission to use a motorized golf cart. The athlete must request and complete the SOOK Golf Special Request Form and a valid Doctor's statement stating the athlete is unable to walk nine holes of golf due to his/her disability or medical condition. The Request Form and Doctor's statement will be evaluated by a Golf Committee consisting of the SOOK Golf Director; a Special Olympics Board Member; the Event Director of that specific golf event; a SOOK staff member and a doctor on the SOOK Medical Committee. In the event the athlete is considered to qualify for a motorized golf cart, the following rules will be enforced during competition:

- 1) The athlete's team is responsible for arrangements for and all costs associated with renting a golf cart for the event.
- 2) The athlete's team must provide a qualified, licensed adult driver for the cart. Special Olympics athletes will not be allowed to drive the golf cart.
- 3) In Partner Play, the Partner must walk the course. The Partner cannot be the designated cart driver.
- 4) The SOOK Request Form and Doctor's statement are good for a single event only. Athletes needing to ride a golf cart rather than walk the course must submit a new Request Form and Doctor's statement for each competition.
- 5) The SOOK Golf Special Request Form must be requested from the State Office. Plan to get the form in time to have it completed so that this Form, along with the Doctor's statement, can be submitted with all other event registration forms by the event deadline.