



# Golf



## **SOMI-Specific Information**

**Sport season:**

June-September

**Culminating State Event:**

State Fall Games

**Events Offered:**

Golf Level 1 Individual Skills Contest

Golf Level 2 Unified 9-Hole Sports Team Play

Golf Level 4 Individual Stroke Play 9-Hole

**National Governing Body:**

Royal Ancient Golf Club of St Andrew's (FIFE)

United Kingdom KY169JD 011-44-33-47-7580

## **Uniform Guidelines**

1. Athletes must wear shirts with collars and dress shorts or pants. Golf gloves are allowed. Shoes: Golf, tennis or athletic shoes are acceptable, but are subject to inspection by an event official. No heeled shoes are allowed. No metal spikes.
2. Jewelry and denim may not be worn during games or practice. Headwear for religious or medical reasons are acceptable but must be brought to the attention of the Games Director prior to competition.

## **Equipment**

1. Each player is responsible for providing their own equipment.
2. A set of clubs shall include at least one wood, one iron and one putter. These clubs should be in an appropriate golf bag and should include golf balls.

## **General Rules**

1. All whiffs and duffs are considered 1 stroke. Whiffs are completely missed balls. Duffs are topping the ball.
2. If a tenth stroke is played without holing the shot, the player shall record a score of 10x and proceed to the next hole.
3. Each player shall register by submitting a verified score or the average of the most recent six scores over nine holes.
4. All players will utilize the forward tee box
5. If two players tie for first place, the player with the fewest number of 10x scores shall be declared the winner.

### **Level 4 - Individual Stroke Play (9-hole)**

1. Average of 70 or lower.
2. 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 nine holes.
3. The player should be capable of playing independently and be able to walk during the entire nine hole round.
4. The form of play shall be stroke play competition.

### **Level 2 - Unified Sports Team Play**

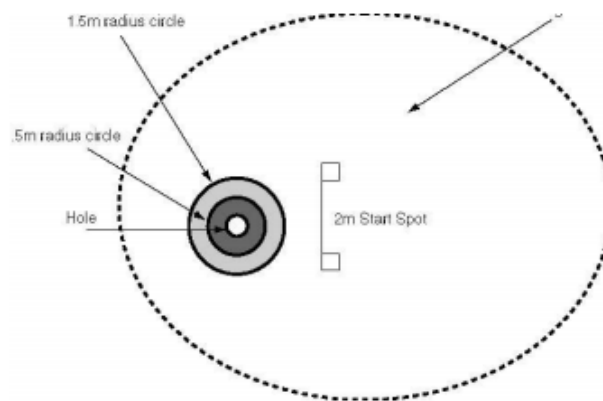
1. Team Average of 120 or lower (18 holes).
2. This level is designed to give the Special Olympics athlete an opportunity to play in a team format with a partner in the traditional Unified Sports® model where the teammates are of similar ability. A team shall include one Special Olympics athlete and a peer athlete without intellectual disabilities (unified partner).
3. One score should be submitted per team.
4. 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. **Either an athlete or partner may begin the round.**
5. Only one ball is in play on a hole.
6. If a 10th stroke is played without holing the shot, the player shall record a score of 10x and proceed to the next hole.
7. In cases where a team registers and the difference in handicaps is greater than 10, the team shall be divisioned according to a standard differential of 10 applied to the lower of the two handicaps. Example: Player A has a handicap of 10 and player B has a handicap of 35. For the purpose of divisioning, the tournament committee should apply the 10 stroke differential and consider player B to have a handicap of 20.

## Individual Skills Contest

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 on to Level 3 and/or Level 5. Athletes may not be assisted by coaches, modifications will be made for hearing or visually impaired athletes.

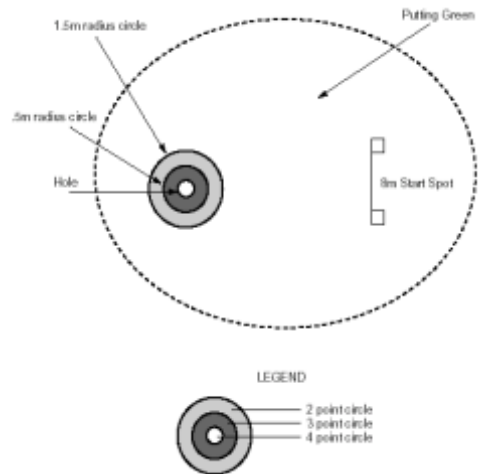
### Event #1 - Short Putt

1. Purpose: To measure the athlete's ability to putt focusing on the short putt.
2. Equipment: One putter for each athlete who is in the heat; a regulation putting green with a properly marked (target) hole; and five balls for each hole being used. The starting point should be marked clearly. The short putts should be set up on a green with as little contour as possible. Note: Putting uphill is recommended instead of a side putt or a downhill breaking putt. A chalker is necessary to put the targets around the hole.
3. Description: A target hole is selected, and two circles are placed around the hole. The circles are 1.5 and .5 meters in radius. The athlete will strike five putts toward the hole. The putts will be made from a distance of 2 meters.
4. Scoring: The athlete will attempt five putts from a distance of 2 meters. A swing and a miss are 0 points and counts as one attempt. Contact with the ball is 1 point. A ball that stops within the outer circle is 2 points. A ball that stops within the inner circle is 3 points. If athlete sinks the putt, it counts as 4 points of 20 points possible.



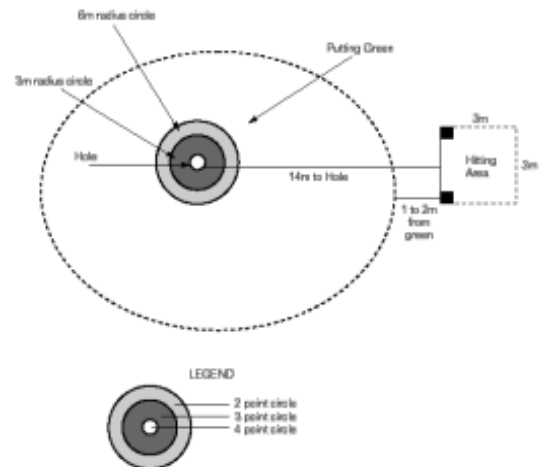
## Event #2 - Long Putt

1. Purpose: To measure the athlete's ability to putt focusing on the long putt.
2. Equipment: One putter for each athlete who is in the heat; a regulation putting green with a properly marked (target) hole; and five balls for each hole being used. The starting point should be marked clearly. The long putts should be set up on a green with as little contour as possible. Note: Putting uphill is recommended instead of a side putt or a downhill breaking putt. A chalker is necessary to put the targets around the hole.
3. Description: A target hole is selected and two circles are placed around the hole. The circles are 1.5 and 5 meters in radius. The athlete will strike five putts toward the hole. The putts will be made from a distance of 8 meters.
4. Scoring: The athlete will attempt five putts from a distance of 8 meters. A swing and a miss are 0 points and counts as one attempt. Contact with the ball is 1 point. If the ball stops within the outer circle, it counts as 2 points. If the ball stops within the inner circle, it counts as 3 points. If the athlete sinks the putt, he/she receives 4 points of 20 points possible.



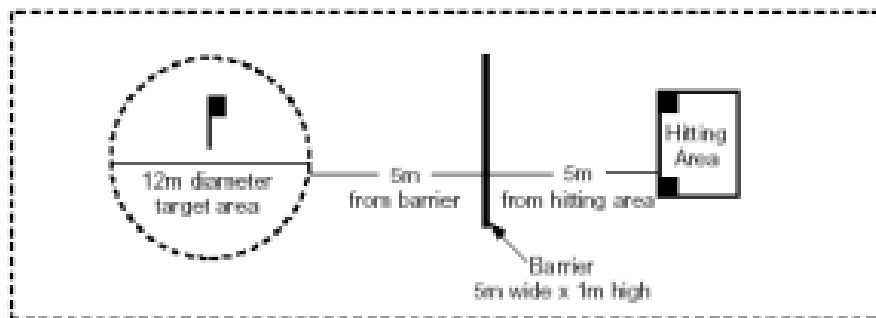
## Event #3 - Chip Shot

1. Purpose: To measure the athlete's ability in hitting chip shots at 14 meters.
2. Equipment: An assorted number of irons for both right- and left-handed players are needed. (Woods and putters are not permitted for this skill); five balls for each hole being used; a safely-marked hitting area 3 meters by 3 meters square; chalk and marker; and a putting green with a clearly-marked target hole and flag.
3. Description: A chipping area is set up which includes a 3 m by 3 m square hitting area 14 meters from the hole. The hitting area should be between 3 and 4 meters from the edge of the green. A 3 meter and a 6 meter radius circle will be placed around the hole. The athlete is instructed to hit the ball at a designated hole—getting it as close to the hole as possible.
4. Scoring: Athlete will attempt five shots from a distance of 14 meters off the green. A swing and a miss is 0 points and counts as one attempt. Contact with the ball counts as 1 point. A ball that stops within the outer circle counts as 2 points. A ball that stops within the inner circle counts as 3 points. If the athlete sinks the shot, they receive 4 points (20 points possible).



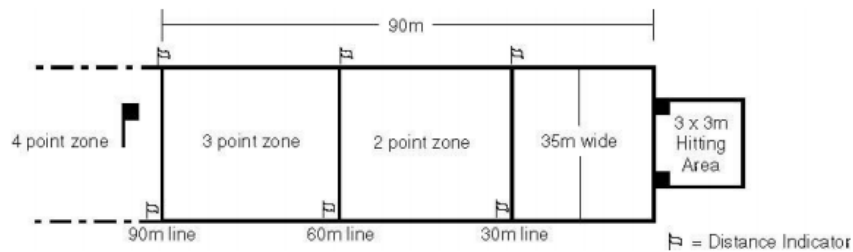
#### Event #4 - Pitch Shot

1. Purpose: To measure the athlete's ability in hitting controlled pitch shots in the air and in the proper direction.
2. Equipment: An assorted number of irons for both right- and left-handed players; five golf balls for each station being used; a safely-marked hitting area; chalk and marker; helmets and ball retrievers for the scorers; a target flag, tees, and a hitting mat or carpet; a 1 meter tall by a 5 meter wide net; and two 2-meter support poles for the net.
3. Description: The athlete is instructed to hit the ball from the teeing area over the net, between the poles, at a designated flag in the target area, trying to get the ball to land within the target area.
4. Scoring: The athlete will attempt five pitch shots over a net to a target area from a distance of 5 meters behind the net. A swing and a miss is 0 points and counts as one attempt. Contact with the ball is 1 point. Over the net and between the poles is 2 points. If the ball lands inside the target circle and rolls out or lands outside the target circle and rolls in, it counts as 3 points. If the ball goes over the net, lands, and stays in the target circle, the athlete receives 4 points (20 points possible).



## Event #5 - Iron Shot

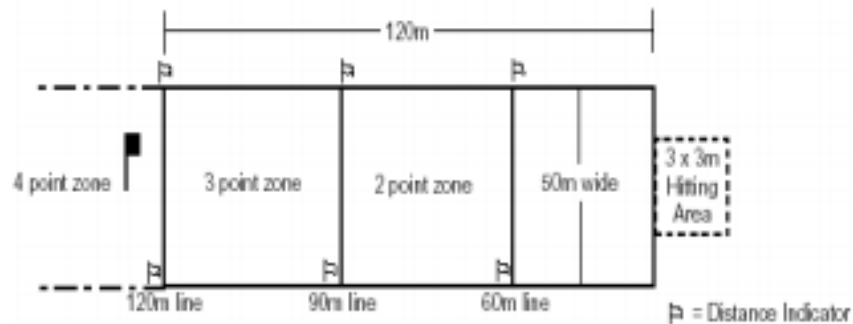
1. Purpose: To measure the athlete's ability to hit an iron shot for distance within a set hitting area.
2. Equipment: An assorted number of irons for right and left-handed players; five golf balls for each station; a safely-marked teeing area; chalk and marker; hitting mat or carpet; tees; helmets; a safety zone for scorekeepers and ball retrievers to stand in; and a target flag and six cones to mark distance and boundary lines.
3. Description: The athlete is instructed to hit the ball from the teeing area (it is acceptable to tee the ball), tee, or ground (player's choice) toward designated flag in the hitting area—trying to keep the ball within the boundary markers and achieving a distance of more than 90 meters.
4. Scoring: The athlete will attempt five shots toward the target while keeping the ball within designated width and distance parameters. A swing and a miss is 0 points and counts as one attempt. Contact with the ball is 1 point. If the ball stops between 30 m and 60 m distance and stays within 35 m width, it counts as 2 points. If ball stops between 60 m and 90 m distance and stays within 35 m width, it counts as 3 points. If the ball goes beyond 90 m and stays within 35 m width, it counts as 4 points (20 points possible).





## Event #6 - 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 and left-handed players; five golf balls for each station; a safely-marked teeing area; chalk and marker; hitting mat or carpet; tees; helmets; a safety zone for scorekeepers and ball retrievers to stand in; and a target flag and six cones to mark distance and boundary lines.
3. Description: The athlete is instructed to hit the ball from the teeing area (it is acceptable to tee the ball) or ground (player's choice) toward the designated flag in the hitting area trying to keep the ball within the boundary markers and achieving a distance of more than 120 meters.
4. Scoring: The athlete will attempt five shots toward target while keeping the ball within designated width and distance parameters. A swing and a miss are 0 points and counts as one attempt. Contact with the ball is 1 point. If the ball stops between 60 m and 90 m distance and stays within 50 m width, it counts as 2 points. If ball stops between 90 m and 120 m distance and stays within 50 m width, it counts as 3 points. If the ball goes beyond 120 m and stays within 50 m width, it counts as 4 points of 20 points possible.



## **Event # 7 Bunker Shot (Optional)**

This skill is considered optional and may be included in ISC at the discretion of the Program.

1. Purpose — to measure the athlete’s ability to hit controlled shots from a bunker in the air in the proper direction to a defined circular target area.
2. Equipment
  - I. 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)
  - II. A defined hitting area in a bunker or manufactured area with sand, paint or chalk, and markers;
  - III. Shag bags or tubes to retrieve balls at station.
  - IV. A target flag, hitting mat or artificial surface covered with sands, paint, chalk or marker in the bunker from which to hit.
  - V. The rim of the bunker (bunker face) should be at least 1 meter high and 5 meters wide. If not, a banner, net or barrier should be constructed such that from the bunker hitting area a ball must clear 1meter in height. Two 2-meter support poles should be used to support the banner, sign, net or barrier. Poles should also be used to designate 5 meters scoring width on the bunker face.
3. Description
  - I. A target area shall be a circle with a 6-meter radius.
  - II. The distance from the hitting area in the bunker to the 1-meter barrier or bunker face shall be 5 meters.
  - III. The distance from the 1-meter high barrier or bunker face to the target area shall be 5 meters.
  - IV. The athlete shall make five attempts. The athlete is instructed to pitch the ball out of the sand and toward the designated target area. Note: The skill station should be located in a restricted area such as the driving range in order to provide the safest environment. If an unrestricted area is used, then the area should be roped off and clearly identified for volunteers, spectators and athletes.
4. Scoring
  - I. The athlete will attempt five shots at the target, scoring points according to where the ball lands.
  - II. Athletes will score one point for making a stroke at and striking the ball. (A swing and a miss, or “grounding” the club, counts as one shot and the athlete receives a score of zero for that shot).

- III. A second point is scored if the ball goes over the barrier or bunker face and between the upright poles.
- IV. A third point is scored if the ball lands inside the 12-meter circle and rolls out, or if the ball lands outside the 12-meter circle and comes to rest inside the circle.
- V. A fourth point is scored if the ball lands inside the 12-meter circle and comes to rest inside the circle.
- VI. The Bunker Shot score shall be the sum total of the five attempts.

