



RESPECTING THE RULES

A player shows they are Respecting the Rules their actions by:

- Following the Rules of Golf while playing different formats such as stroke play and match play.
- Playing safe and fair in practice areas and on the course.

WARM UP

Get your body ready to play

- 10 squats
- 15 push ups
- Arm circles for 1 minute

HEALTHY HABIT

School

Always follow the rules set by your teachers and Principal. Your school has rules in place to help you learn and to keep you safe.

THINGS TO THINK ABOUT

- Should you abide by the rules, even if you are playing badly?
- Should you treat others kindly whether you are winning or losing?
- How does respecting the rules keep you safe at home and in school?

GOLF SKILL

The rules of golf allow you to hold a golf club with any type of grip that you like. We all start with a baseball bat type of grip. Try the two different types of a golf grip (overlap or interlock). They will both feel strange at first, but keep working at it and use the one that works best for you.

GOLF RULE

Rule 20-1 - Lifting and Marking of ball on the green

The position of the ball must be marked before it is lifted...The position of the ball to be lifted should be marked by placing a ball-marker, a small coin, or other similar object immediately behind the ball. If the ball-marker interferes with the play, stance, or stroke of another player, it should be placed one or more clubhead-lengths to one side.

PUTTING GAME: DRAW BACK

Turn a plastic cup upside down in the middle of a room. Putt a ball from 10 feet and try to hit the cup. If you miss, lay the butt end of your putter next to the ball and point the putter away from the ball. Pick up your ball and place it next to the head of your putter. Putt from there. If you hit it – awesome! If you miss, draw the ball back one putter length and putt again. Play 9 holes and keep your score.

RESPECTING THE RULES

Golf is Different

Match the letter to the game. You can use each letter more than once.

- | | |
|---|--------------------------|
| A. high score wins | H. played on field |
| B. low score wins | I. team game |
| C. cheering allowed anytime | J. individual game |
| D. cheering allowed at end of action | K. wear safety equipment |
| E. players are the referee | L. has dress code |
| F. has separate referee (not the players) | M. played inside |
| G. played in/on water or ice | N. played outside |
| | O. played on field |
| | P. other _____ |

Soccer = _____ Football = _____

Basketball = _____ Volleyball = _____

Ping Pong = _____ Swimming = _____

Hopscotch = _____ Rowing = _____

Golf-stroke play = _____ Hockey = _____

Golf-match play = _____ Tennis = _____

Video game = _____

VIDEO

TOP 10 RULES FOR KIDS TO KNOW:

<https://www.youtube.com/watch?v=vZDNaKzgFqU>