Golf Manual

Rules, Regulations & Training Information

All Special Olympics Kentucky Golf Events will be run according to the United States Golf Association Rules and Regulations. Any modifications to those rules can be found in this manual.

Revised March 2020

Special Olympics
Kentucky
**SOKY Sport Development Teams**

Each SOKY Sport Development Team (SDT) is made up of 4-8 volunteers who come from a wide range of backgrounds including, but not limited to, high school/college coaches and officials, professionals in the field, instructors, representatives from sport governing bodies and organizations, local program coaches and Special Olympics athletes. Using the guidelines set by Special Olympics International and under the guidance of the state program manager, the group will design policies, restructure rules, and help grow and strengthen our state’s program. The goal of this collaborative effort is to make sure our sports programs continue to be the best for our athletes. The primary goals of each SDT are:

1. Improve the quality of training and competition for SOKY athletes.
2. Assess the needs of the respective sport and help develop and implement strategies to meet those needs.
3. Identify and recruit sport-specific resources.

The SDT values the input from each athlete, coach, volunteer and parent. These individuals are invited to share their thoughts at SDT meetings.

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**Golf Sport Development Team Members**

Hunter Brislin- SOKY Director of Sport & Competition

Nick McKenzie- SOKY Program Manager, Individual Sports

Mike Ford- Unified Partner

Dennis Gaines- Coach

Luke Rutterer- Athlete

Tony Salinas- Unified Partner

Chuck Williams- Coach
SPECIAL OLYMPICS KENTUCKY
GOLF PROGRAM

The Special Olympics Kentucky (SOKY) Golf Program consists of three levels of competition, with each level being designed to match the skill level of each athlete. This format should give each athlete the opportunity to progress from level to level based on his/her ability. Remember that golf is a game long in tradition, so rules and etiquette are important to the game.

OFFICIAL 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 approved by the Royal and Ancient Golf Club of St. Andrews (R&A) and the United States Golf Association (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.

Official Events Currently Offered By SOKY
1. Level I - Individual Skills Competition
2. Level II - Alternate Shot Team Play (Unified Play), 9 hole
3. Level IV - Individual Stroke Play, 9 hole

"ATHLETES COMPETING FOR THE FIRST TIME IN SPECIAL OLYMPICS GOLF WILL BE REQUIRED TO PARTICIPATE THEIR FIRST YEAR AT THE SKILLS LEVEL (LEVEL I).

"PRIOR TO PLACING AN ATHLETE IN LEVEL II COMPETITION, HE/SHE MUST POSSESS A BASIC KNOWLEDGE FOR THE RULES OF THE GAME AND SKILLS FROM LEVEL I TRAINING.

"ATHLETES PLAYING IN LEVEL IV COMPETITION MUST BE CAPABLE OF PLAYING INDEPENDENTLY.

"ATHLETES PLAYING IN LEVELS II AND IV MUST SUBMIT SCORE CARDS FROM AT LEAST THREE SEPARATE ROUNDS OF 9 HOLE PLAY TO SOKY IN ORDER TO REGISTER FOR ANY REGIONAL TOURNAMENT.

The SOKY Golf season runs June-August. Athletes MUST participate in a SANCTIONED Regional Tournament held with the sport season in order to qualify for the State Tournament.

SOKY recognizes and supports those golfers who train year-round.
GUIDELINES FOR OUTDOOR EVENTS
HEAT, COLD AND LIGHTNING WEATHER POLICIES

Heat Guidelines

- A heat index of 95-99 degrees Fahrenheit will result in a shortened event.
- A heat index of 100 degrees Fahrenheit and above will result in a cancelled or postponed event.

Cold Guidelines

- A wind chill of 10 degrees Fahrenheit and below will result in a cancelled event.

Lightning Guidelines

- Activity may not be resumed or started for 30 minutes after both the last sound of thunder and the last flash of lightning.

General Statement

As staff of Special Olympics Kentucky, our number one priority is the safety of our athletes, volunteers and spectators. It is to be understood that all cancellations will be decided as soon as possible, and to assume the event is still on if you have not heard anything from a staff member via email and/or by phone. You may also check for updates on our website and all our social media accounts; Facebook, Twitter and Instagram. In advance, we greatly appreciate your cooperation with this, and ask that you abide by the policies above for both competition and practice/training.
DRESS CODE:

All participants must wear a shirt with a collar or golf mock along with either long pants or dress shorts of appropriate length. No denim, cutoffs, nylon or warm-up pants. Either golf shoes with soft spikes or athletic shoes must be worn. No exceptions to this rule. Failure to comply will lead to disqualification.
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1. GOVERNING RULES

The Official Special Olympics Sports Rules for Golf shall govern all Special Olympics competitions. As an international sports program, Special Olympics has created these rules based upon The Rules of Golf approved by the Royal and Ancient Golf Club of St. Andrews (R&A) found at http://www.randa.org/National Governing Body (NGB) rules shall be employed except when they are in conflict with the Official Special Olympics Sports Rules for Golf or Article I. In such cases, the Official Special Olympics Sports Rules for Golf shall apply. Additional rules clarifications related to individuals with disabilities (for example visually impaired or wheelchair bound athletes) can be found on the R&A or USGA website.


2. OFFICIAL EVENTS

The range of events is intended to offer competition opportunities for athletes of all abilities. Programs may determine the events offered and, if required, guidelines for the management of those events. Coaches are responsible for providing training and event selection appropriate to each athlete’s skill and interest.

The following is a list of official events available in Special Olympics:

2.1 Level 1 — Individual Skills Competition
2.2 Level 2 — Unified Sports Alternate Shot Team Play Competition (9-hole)
2.3 Level 3 — Unified Sports Alternate Shot Team Play Competition (18 hole)
2.4 Level 4 — Individual Stroke Play Competition (9 hole)
2.5 Level 5 — Individual Stroke Play Competition (18 hole)

3. GENERAL RULES AND MODIFICATIONS

3.1 Eligibility Criteria

3.1.1 The following criteria should be followed during competition and when moving between levels.

3.1.2 The standard for eligibility is for an athlete and Unified partner to have completed an Individual Skills Competition with a total score of at least 60 points. In addition, the athlete should score 10 points or more in at least four out of the six skills, with one of the four scores of 10 being in either wood or iron shot. The athlete should also achieve a minimum of five points in the two skills that total less than 10. If the athlete is scoring above 100 in the ISC (minus the bunker shot), it is recommended that they begin participating in Level 2 competitions.

3.1.3 Required Averages

3.1.3.1 When considering moving up in levels, the following scores are the required averages that the athlete must have when practicing:

3.1.3.1.1 Level 2 to Level 3 = average of 120 or lower (team score)
3.1.3.1.2 Level 2 to Level 4 = average of 70 or lower (athlete only score)
3.1.3.1.3 Level 3 to Level 4 = average of 70 or lower (athlete only score)
3.1.3.1.4 Level 3 to Level 5 = average of 120 (athlete only score) or lower
3.1.3.1.5 Level 4 to Level 5 = average of 120 (athlete only score) or lower

3.1.4 Maximum Averages

3.1.4.1 The following are maximum averages for each level of competition that will be enforced at all sanctioned competitions. Scores not meeting these criteria may be subject to disqualification.

3.1.4.1.1 Level 2 – average of 70 or lower
3.1.4.1.2 Level 3 – average of 120 or lower (18 holes)
3.1.4.1.3 Level 4 – average of 70 or lower
3.1.4.1.4 Level 5 – average of 120 or lower

3.1.4.2 For the purpose of submitting scorecards for an event, reviewing scores/scorecards for the consideration of moving athletes/teams up in level, and the enforcement of maximum scores, please note that scores/scorecards from executive courses or Par 3 courses should not be submitted.

3.2 Golf Carts

3.2.1 The decision to offer the use of power golf carts will be left to the discretion of the specific Tournament Committee.

3.2.2 At any event, athletes will be required to walk. A case may be considered for using a power cart during any competition upon presentation of a medical certificate to the Tournament Committee no later than registration deadline.

3.3 Slow Play

3.3.1 For the purpose of preventing slow play, the Committee may, in the conditions of a competition (Rule 33-1), establish pace of play guidelines including maximum periods of time to complete a stipulated round, a hole, or a stroke.

3.4 Attire

3.4.1 Appropriate golf attire is required and determined by the tournament committee for all levels of play.

3.5 Caddies

3.5.1 It is strongly recommended that athletes competing in Levels 4 and 5 provide their own caddies for tournaments and competitions.

3.5.2 As per the USGA, a caddie is defined as “one who assists the player in accordance with the Rules, which may include carrying or handling the player’s clubs during play.”

3.5.3 If you choose to not bring a caddie, it is not the responsibility of the tournament committee to provide a caddie at the competition.

3.5.4 For tournaments and competitions, coaches can assume the role of a caddie, with the understanding they will relinquish their coach privileges (ie. ability to file a protest) during the competition.

3.5.5 A caddie should not be utilized for Levels 2 where the Unified partner would assume the role of providing advice to the athlete, including club selection, course management, keeping of the scorecard and etiquette.

3.6 Equipment

Each player is responsible for providing his/her own equipment, including:

3.6.1 A set of clubs (No more than 14 clubs)
3.6.2 A golf bag
3.6.3 Golf balls
3.6.4 Tees
3.6.5 Divot Repair Tool (Not required at Level 1)
3.6.6 Ball Marker (Not required at Level 1)

4. LEVEL I - INDIVIDUAL SKILLS COMPETITION RULES

4.1 Purpose

4.1.1 The purpose of the Individual Skills Competition is to allow athletes to train and compete in basic golf skills. The development of these key skills is necessary prior to advancing to Level 2-5. A maximum of 140 points may be scored in Level I, if the bunker shot is included. An example of the Individual Skills Competition Scoresheet can be found in the Addendum to the Golf Rules.

4.2 Point of Emphasis

4.2.1 For the following skills events: short putt, long putt, chip shot, pitch shot, bunker shot. When taking your 5 attempts and movement of the ball occurs, you should remove the ball prior to the next attempt to avoid interference.

4.3 Short Putt (Maximum 20 points)

4.3.1 Purpose

4.3.1.1 To measure the athlete’s ability to putt, focusing on the Short Putt.

4.3.2 Equipment

4.3.2.1 A regulation putting green with a properly marked (target) hole.
4.3.2.2 Five balls.
4.3.2.3 A chalker may be used to mark the circle targets around the hole; and

4.3.3 Description

4.3.3.1 A target hole is selected and two circles are placed around the hole. The first circle shall have a radius of 0.5 meter and the second shall have a radius of 1.5 meters from the hole.
4.3.3.2 The athlete will have five attempts from a clearly marked spot, 2 meters from the hole.
4.3.3.3 The short putt should be set up on a green with as flat a surface as possible.

4.3.4 Scoring

4.3.4.1 The athlete will have five attempts to putt the ball at the hole from a line 2 meters (6.56 feet) from the hole, scoring points according to where the ball comes to rest.
4.3.4.2 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 the athlete receives a score of zero).

4.3.4.3 A second point is scored if the ball stops on or within the 1.5 meter (4.92 feet) circle.

4.3.4.4 A third point is scored if the ball stops on or within the 0.5 meter (1.64 feet) circle.

4.3.4.5 If the ball goes in the hole, a total of four points will be awarded for that attempt.

4.3.4.6 The Short Putt score shall be the sum total of the five attempts.

4.4 Long Putt (Maximum 20 points)

4.4.1 Purpose
   4.4.1.1 To measure the athlete's ability to putt, focusing on the Long Putt.

4.4.2 Equipment
   4.4.2.1 A regulation putting green with a properly marked (target) hole.
   4.4.2.2 Five balls.
   4.4.2.3 A chalker may be used to put target circles around the hole.

4.4.3 Description
   4.4.3.1 A target hole is selected and two circles are placed around the hole. The first circle shall have a radius of 0.5 meter and the second shall have a radius of 1.5 meter from the hole.
   4.4.3.2 The athlete will have five attempts from a marked spot, 8 meters from the hole.
   4.4.3.3 The Long Putt should be set up on a green with as flat a surface as possible. Note: Putting up hill is recommended.

4.4.4 Scoring
   4.4.4.1 The athlete will have five attempts to putt the ball at the hole from a spot 8 meters from the hole, scoring points according to where the ball comes to rest.
4.4.4.2 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 the athlete receives a score of zero).

4.4.4.3 A second point is scored if the ball stops on or within the 1.5 meter circle.

4.4.4.4 A third point is scored if the ball stops on or within the 0.5 meter circle.

4.4.4.5 If the ball goes in the hole, a total of four points will be awarded for that attempt.

4.4.4.6 The long putt score shall be the sum total of the five attempts.

4.5 Chip Shot (Maximum 20 points)

4.5.1 Purpose

4.5.1.1 To measure the athlete’s ability to hit chip shots 14 meters from the hole. Woods and putters are not permitted for this skill.

4.5.2 Equipment

4.5.2.1 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).

4.5.2.2 A putting green with a clearly marked target flag and hole.

4.5.3 Description

4.5.3.1 A chipping area is set up which includes a 3 meters by 3 meters square hitting area 14 meters from the hole. The chipping area should be 2 meters from the edge of the green.

4.5.3.2 A 3-meter radius circle and a 6-meter radius circle will be placed around the hole.

4.5.3.3 A safely marked hitting area, 3 meters by 3 meters square, chalk and marker.

4.5.3.4 The athlete is instructed to chip the ball at a designated hole, getting it as close to the hole as possible.
4.5.4 Scoring
4.5.4.1 The athlete will attempt five shots at the target, scoring points according to where the ball comes to rest.
4.5.4.2 The athlete will score one point for making a stroke at and striking the ball. (A swing and a miss count as one shot and the athlete receives a score of zero for that shot).
4.5.4.3 A second point is scored if the ball comes to rest inside the 6-meter (19.68 feet) circle around the hole.
4.5.4.4 A third point is scored if the ball comes to rest inside the 3 meter (9.84 feet) circle around the hole.
4.5.4.5 A fourth point is scored if the chip shot comes to rest in the hole.
4.5.4.6 The total score from the five attempts will be the athlete's final score for the Chip Shot.

4.6 Pitch Shot (Maximum 20 points)

4.6.1 Purpose
4.6.1.1 To measure the athlete's ability to hit controlled pitch shots in the air in the proper direction to a defined circular target area.

4.6.2 Equipment
4.6.2.1 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)
4.6.2.2 A marked hitting area; paint, chalk, or cones.
4.6.2.3 Shag bags or tubes to retrieve balls at station.
4.6.2.4 A target flag and hitting mat or artificial surface.
4.6.2.5 A banner, sign, net or barrier that measures one meter (3.28 ft) high by five meters (16.40 ft) wide. Two two-meter (6.56 ft) poles can be used to support the banner, sign, net or barrier.

4.6.3 Description
4.6.3.1 A target area shall be a circle with a six-meter (19.68 ft) radius.
4.6.3.2 The distance from the hitting area to the one-meter (3.28 ft) high barrier shall be five meters (16.40 ft).
4.6.3.3 The distance from the one-meter (3.28 ft) high barrier to the target area shall be five meters (16.40 ft).
4.6.3.4 The athlete shall make five attempts. The athlete is instructed to pitch the ball over the barrier at the designated target area.
4.6.3.5 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.

4.6.4 Scoring
4.6.4.1 The athlete will attempt five shots at the target, scoring points according to where the ball lands.
4.6.4.2 Athletes will score one point for making a stroke at and striking the ball. (A swing and a miss count as one shot and the athlete receives a score of zero for that shot).
4.6.4.3 A second point is scored if the ball goes over the barrier and between the upright poles.
4.6.4.4 A third point is scored if the ball lands inside the 6-meter circle and rolls out, or if the ball lands outside the 12-meter circle and comes to rest inside the circle.
4.6.4.5 A fourth point is scored if the ball lands inside the 6-meter circle and comes to rest inside the circle.
4.6.4.6 The Pitch Shot score shall be the sum total of the five attempts.

4.7 Bunker Shot (Maximum 20 points)

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

4.7.2 Purpose
4.7.2.1 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.

4.7.3 Equipment
4.7.3.1 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).
4.7.3.2 A defined hitting area in a bunker or manufactured area with sand, paint or chalk, and markers;
4.7.3.3 Shag bags or tubes to retrieve balls at station.
4.7.3.4 A target flag, hitting mat or artificial surface covered with sands, paint, chalk or marker in the bunker from which to hit.
4.7.3.5 The rim of the bunker (bunker face) should be at least one meter high and five meters wide. If not, a banner, net or barrier should be constructed such that from the bunker hitting area a ball must clear 1 meter in height. Two two-meter support
poles should be used to support the banner, sign, net or barrier. Poles should also be used to designate five meters scoring width on the bunker face.

4.7.4 Description
4.7.4.1 A target area shall be a circle with a six-meter radius.
4.7.4.2 The distance from the hitting area in the bunker to the one-meter barrier or bunker face shall be five meters.
4.7.4.3 The distance from the one-meter high barrier or bunker face to the target area shall be five meters.
4.7.4.4 The athlete shall make five attempts. The athlete is instructed to pitch the ball out of the sand and toward the designated target area.
4.7.4.5 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.

4.7.5 Scoring
4.7.5.1 The athlete will attempt five shots at the target, scoring points according to where the ball lands.
4.7.5.2 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).
4.7.5.3 A second point is scored if the ball goes over the barrier or bunker face and between the upright poles.
4.7.5.4 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.
4.7.5.5 A fourth point is scored if the ball lands inside the 12-meter circle and comes to rest inside the circle.
4.7.5.6 The Bunker Shot score shall be the sum total of the five attempts.

4.8 Iron Shot (Maximum 20 points)

4.8.1 Purpose
4.8.1.1 To measure the athlete's ability to hit an iron shot for distance within a set hitting area.

4.8.2 Equipment
4.8.2.1 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).

4.8.2.2 Marking paint or chalk, and marker to mark hitting area and boundary lines (1/2-inch cord or rope can be substituted for marking boundary lines, making them more visible).

4.8.2.3 Hitting mat or carpet, tees, helmets, a safety zone for scorekeepers to stand in and shag bags or tubes to retrieve balls (if necessary); and

4.8.2.4 A target flag and eight cones or other visible markers to identify distance locations.

4.8.2.5 Athletes may use an Iron or Hybrid/Rescue Club for either an Iron shot, but not both.

4.8.3 Description

4.8.3.1 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 90 meters.

4.8.4 Scoring

4.8.4.1 The athlete will attempt five shots at the target, scoring points according to where the ball comes to rest.

4.8.4.2 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).

4.8.4.3 Two points are scored for a ball that comes to rest between the 30 meter and 60 meter lines within the 35-meter wide boundary lines.

4.8.4.4 Three points are scored for a ball that comes to rest between the 60 meter and 90 meter lines within the 35-meter wide boundary lines.

4.8.4.5 Four points are scored for a ball that comes to rest beyond the 90 meters line within the 35-meters wide boundary lines.

4.8.4.6 The athlete's score for the Iron Shot shall be the sum total of the five attempts.

4.9 Wood Shot (Maximum 20 points)

4.9.1 Purpose

4.9.1.1 To measure the athlete's ability to hit a wood shot for distance within a set hitting area.

4.9.2 Equipment

4.9.2.1 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).
4.9.2.2 Marking paint or chalk, and marker to mark hitting area and boundary lines (a 1/2-inch (1.27 cm) cord or rope can be substituted for marking boundary lines, making them more visible).

4.9.2.3 Hitting mat or carpet, tees, helmets, a safety zone for scorekeepers to stand in and shag bags or tubes to retrieve balls (if necessary); and

4.9.2.4 A target flag and eight cones or other visible markers to identify distance locations.

4.9.2.5 Athletes may use a Fairway Wood, or Driver and if they did not use a Hybrid/Rescue Club for their iron shot, then they can use it for the Wood shot.

4.9.3 Description

4.9.3.1 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 120 meters.

4.9.4 Scoring

4.9.4.1 The athlete will attempt five shots at the target, scoring points according to where the ball comes to rest.

4.9.4.2 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 the athletes receives a score of zero for that shot).

4.9.4.3 Two points are scored for a ball that comes to rest between the 60 meter and 90 meter lines within the 50-meter wide boundary lines.

4.9.4.4 Three points are scored for a ball that comes to rest between the 90 meter and 120 meter lines within the 50-meter wide boundary lines.

4.9.4.5 Four points are scored for a ball that comes to rest beyond the 120 meters line within the 50-meters (164.041 feet) wide boundary lines.

4.9.4.6 The athlete's score for the Wood Shot shall be the sum total of the five attempts.

5. LEVEL 2 — UNIFIED SPORTS ALTERNATE SHOT TEAM PLAY COMPETITION RULES (9 HOLE)

5.1 Team Definition

5.1.1 A team shall consist of one athlete with an intellectual disability and one Unified partner without an intellectual disability.

5.2 Purpose for this Level of Play

5.2.1 For Special Olympics athlete golfers with an entry level of understanding of golf, this level is designed to give the Special Olympics athlete an opportunity to transition from individual skills to individual play and to progress under the guidance of a Unified partner whose ability and knowledge of golf is more advanced than that of the Special Olympics athlete. As a result, this scenario does not function in the traditional Unified Sports model where teammates are expected to be of similar ability. The Unified partner serves as a coach and mentor so that the Special Olympics athlete becomes self-sufficient on the golf course.

5.2.2 For more experienced Special Olympics athlete golfers, this level is also designed for athletes and Unified partners that have comparable ability levels and knowledge of the sport. This scenario would more closely resemble the traditional Unified Sports model whereby the teammates would be of similar ability. Even if the athlete has the skill set to play individually in Level 4, he/she may choose to continue playing at Level 2.

5.3 Form of Play
5.3.1 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.

5.3.2 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 one ball is in play on a hole.

5.4 Scoring
5.4.1 Once the ball is in play on each hole, the players shall alternate turns hitting the ball until the ball is holed, or until 10 strokes have been played. Note: a swing and miss count as a stroke.

5.4.2 If a 10th stroke is played without holing the shot, the team shall record a score of 10x and proceed to the next hole.

5.4.3 Scoring (marking of cards) — Athletes should be taught to keep score and, whenever possible in competition, serve as a marker for a fellow competitor. The Tournament Committee may also appoint a volunteer or partner to serve as a marker. Both players on the team should verify their team's hole-by-hole scores, and one of the players — preferably the athlete with an intellectual disability— shall sign the scorecard.

5.5 Ties
5.5.1 First-place ties shall be decided in the following manner:
5.5.1.1 Of the teams tied for first place, the team with the fewest number of 10x scores shall be declared the winner.

5.5.1.2 If a playoff is not feasible, the matching of scorecards is recommended. There are many options for matching cards, which can be found in the USGA and R & A Rules of Golf under Appendix I Part C: Conditions of Competition — How to Decide Ties. Please note that the tie-breaking method must be stated in the Conditions of Competition prior to the start of the tournament.

5.5.2 All other ties shall remain as ties and both teams should be presented with the same award.

5.6 Stipulated Round
5.6.1 A stipulated round shall be nine holes.

5.6.2 At the discretion of the Tournament Committee, a championship may be contested over one, two, three or four rounds.

5.7 Tournament Venue Selection
5.7.1 The selection of the golf course shall be at the discretion of the Tournament Committee.

5.7.2 The Committee should consider the degree of difficulty and its impact on the conduct of the tournament.

5.8 Golf Course Setup
5.8.1 The golf course shall be set up at the discretion of the Tournament Committee. They are encouraged to provide alternate teeing ground locations on each hole for the Special Olympics players using the following guidelines:

5.8.1.1 Avoid any shots that require the golfer to carry a distance of greater than 47 meters (50 yards) over hazards or other obstacles, anywhere on the golf course.

5.8.1.2 Create holes that do not exceed following measurements:
5.8.1.2.1 Par 3: 137 meters (150 yards)
5.8.1.2.2 Par 4: 320 meters (350 yards)
5.8.1.2.3 Par 5: 434 meters (475 yards)

5.8.2 The Tournament Committee is authorized to designate teeing grounds for the competition that are not consistent with the recommended restrictions for the length of holes and for
forced carries to provide the fairest challenge and the best possible experience for all of the competitors.

5.9 Registration and Divisioning
5.9.1 Each team shall register by submitting the most recent six scores under this format.
5.9.1.1 For local/area events, especially early in the golf season, the Tournament Committee can determine the minimum number of scorecards needed for initial registration.
5.9.1.2 For National, Regional and World Games, the minimum number of scorecards to be submitted for initial registration is 6.

5.9.2 The scores must be accompanied by the par, course and slope rating for the course for each score.
5.9.3 All scores must be verified by signature of the Golf Professional, Club Secretary or Golf Association Director.
5.9.4 If a classification round cannot be played, the Tournament Committee may use these scores to establish divisions for tournament play.
5.9.5 In cases that allow for classification rounds, the Tournament Committee shall have the discretion of finalizing divisions based on information available to them.

6. LEVEL 3 GOLF — UNIFIED SPORTS ALTERNATE SHOT TEAM PLAY COMPETITION RULES (18 HOLE)
6.1 Definition of a Team
6.1.1 A team shall consist of one athlete with an intellectual disability and one Unified partner without an intellectual disability.

6.2 Purpose for this Level of Play
6.2.1 For the Special Olympics athlete golfer that has a basic to moderate level understanding of golf, this level is designed to give the Special Olympics athlete an opportunity to transition from Level 2 to Level 3 and to progress under the guidance of a Unified 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.
6.2.2 For more experienced Special Olympics athlete golfers, this level is also designed for athletes and Unified partners that have comparable ability levels and knowledge of the sport. This scenario would more closely resemble the traditional Unified Sports model whereby the teammates would be of similar ability. Even if the athlete has the skill set to play individually in Level 4 or 5, he/she may choose to continue playing at Level 3.
6.2.3 This level of play is designed for an alternative type of competition for the player capable of playing at Level 4.
6.2.4 The players should be capable of playing independently.

6.3 Form of Play
6.3.1 Foursomes—Rule 29 of 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 one ball is in play on a hole.

6.4 Scoring
6.4.1 Once the ball is in play on each hole, the players shall alternate turns hitting the ball until the ball is holed or until 10 strokes have been played.
6.4.2 If a 10th stroke is played without holing the shot, the team shall record a score of 10x and proceed to the next hole.

6.4.3 Scoring (marking of cards) — Athletes should be taught to keep score and, whenever possible in competition, serve as a marker for a fellow competitor. The Tournament Committee may also appoint a volunteer or partner to serve as a marker. Both players on the team will be responsible for verifying the team score and signing their scorecard.

6.5 Ties

6.5.1 First-place ties shall be decided in the following manner:

6.5.1.1 Of the teams tied for first place, the team with the fewest number of 10x scores shall be declared the winner.

6.5.1.2 If a playoff is not feasible, the matching of scorecards is recommended. There are many options for matching cards, which can be found in the USGA and R & A Rules of Golf under Appendix I Part C: Conditions of Competition — How to Decide Ties. Please note that the tie-breaking method must be stated in the Conditions of Competition prior to the start of the tournament.

6.5.2 All other ties shall remain as ties, and both teams should be presented with the same award.

6.6 Stipulated Round

6.6.1 A stipulated round shall be 18 holes.

6.6.2 At the discretion of the Tournament Committee a championship may be contested over one, two, three or four rounds.

6.7 Tournament Venue Selection

6.7.1 The selection of the golf course shall be at the discretion of the Tournament Committee.

6.7.2 The committee should consider the degree of difficulty and its impact on the conduct of the tournament.

6.8 Golf Course Setup

6.8.1 The setup of the golf course shall be at the discretion of the Tournament Committee. They are encouraged to provide appropriate teeing ground locations, using existing tee locations where possible to challenge the players on the course as it was designed to be played, with some consideration for the following:

6.8.1.1 Avoid carry of greater than 140 meters (150 yards) over hazards or other obstacles.

6.8.1.2 Where possible, use existing tee locations with these recommended maximum distances:

6.8.1.2.1 Par 3: 160 meters (175 yards)

6.8.1.2.2 Par 4: 390 meters (430 yards)

6.8.1.2.3 Par 5: 490 meters (525 yards)

6.8.2 The Tournament Committee is authorized to designate teeing grounds for the competition that are not consistent with the recommended restrictions for the length of holes and for forced carries to provide the fairest challenge and the best possible experience for all of the competitors.

6.9 Registration and Divisioning

6.9.1 Each team shall register by submitting their most recent six scores over 18 holes.

6.9.1.1 The scores must be accompanied by the par, course and slope rating for the course for each score.

6.9.1.2 All scores must be verified by signature of the golf professional, Club Secretary or Golf Association Director.
6.9.1.3 For local/area events, especially early in the golf season, the Tournament Committee can determine the minimum number of scorecards needed for initial registration.

6.9.1.4 For National, Regional and World Games, the minimum number of scorecards to be submitted for initial registration is 6.

6.9.2 If a classification round cannot be played, the Tournament Committee may use these scores to establish divisions for tournament play.

6.9.3 In cases that allow for classification rounds, the Tournament Committee shall have the discretion of finalizing divisions based on information available to them.

7. LEVEL 4—INDIVIDUAL STROKE PLAY COMPETITION RULES (9 HOLE)

7.1 Purpose for this Level of Play

7.1.1 This level is designed to meet the needs of those Special Olympics athletes who wish to play individually in a tournament where the stipulated round is nine holes.

7.1.2 While the player should be capable of playing independently, it is strongly recommended that the player provide their own caddie for tournaments and competitions.

7.2 Form of Play

7.2.1 The form of play shall be stroke play competition.

7.3 Scoring

7.3.1 If a 10th stroke is played without holing the shot, the player shall record a score of 10x and proceed to the next hole.

7.3.2 Scoring (marking of cards) — Athletes should be taught to keep score and, whenever possible in competition, serve as a marker for a fellow competitor. The Tournament Committee may also appoint a volunteer or caddie to serve as a marker. The competitor will be responsible for verifying his/her own score and signing his/her scorecard.

7.4 Ties

7.4.1 First-place ties shall be decided in the following manner:

7.4.1.1 Of the players tied for first place, the player with the fewest number of 10x scores shall be declared the winner.

7.4.1.2 If a playoff is not feasible, the matching of scorecards is recommended. There are many options for matching cards, which can be found in the USGA and R & A Rules of Golf under Appendix I Part C: Conditions of Competition — How to Decide Ties. Please note that the tie-breaking method must be stated in the Conditions of Competition prior to the start of the tournament.

7.4.2 All other ties shall remain as ties and all players should be presented with the same award.

7.5 Stipulated Round

7.5.1 A stipulated round shall be nine holes.

7.5.2 At the discretion of the Tournament Committee, a championship may be contested over one, two, three or four rounds.

7.6 Tournament Venue Selection

7.6.1 The selection of the golf course shall be at the discretion of the Tournament Committee.

7.6.2 The committee should consider the degree of difficulty and its impact on the conduct of the tournament.

7.7 Golf Course Setup

7.7.1 The golf course shall be set up at the discretion of the Tournament Committee. They are
7.7.2 encouraged to provide appropriate teeing ground locations on each hole for the Special
Olympics athletes using the following guidelines:
7.7.2.1 Avoid any shots that require the golfer to carry a distance of greater than 47
meters (50 yards) over hazards or other obstacles, anywhere on the golf course.
7.7.2.2 Create holes that do not exceed following measurements:
7.7.2.2.1 Par 3: 137 meters (150 yards)
7.7.2.2.2 Par 4: 320 meters (350 yards)
7.7.2.2.3 Par 5: 434 meters (475 yards)
7.7.3 The Tournament Committee is authorized to designate teeing grounds for the competition
that are not consistent with the recommended restrictions for the length of holes and for
forced carries to provide the fairest challenge and the best possible experience for all of the
competitors.
7.8 Registration and Divisioning
7.8.1 Each player shall register by submitting a verified handicap or the most recent six scores over
nine holes.
7.8.1.1 For local/area events, especially early in the golf season, the Tournament
Committee can determine the minimum number of scorecards needed for initial
registration.
7.8.1.2 For National, Regional and World Games, the minimum number of scorecards to be
submitted for initial registration is 6.
7.8.2 The scores must be accompanied by the par, course and slope rating for the course for each
score.
7.8.3 All scores must be verified by signature of the golf professional, Club Secretary or golf
Association Director.
7.8.4 If a classification round cannot be played, the Tournament Committee may use these scores
to establish divisions for tournament play.
7.8.5 In cases that allow for classification rounds, the Tournament Committee shall have the
discretion of finalizing divisions based on information available to them.

8. LEVEL 5 - INDIVIDUAL STROKE PLAY COMPETITION RULES (18 HOLE)
8.1 Purpose for this Level of Play
8.1.1 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 18 holes.
8.1.2 This level will challenge the golfer on a golf course with few, if any, modifications.
8.1.3 While the player should be capable of playing independently, it is strongly recommended
that the player provide their own caddie for tournaments and competitions.
8.2 Form of Play
8.2.1 The form of play shall be stroke play competition.
8.3 Scoring
8.3.1 If a 10th stroke is played without holing the shot, the player shall record a score of 10x and
proceed to the next hole.
8.3.2 Scoring (marking of cards) — Athletes should be taught to keep score and, whenever possible
in competition, serve as a marker for a fellow competitor. The Tournament Committee may
also appoint a volunteer or caddie to serve as a marker. The athlete will be responsible for verifying his/her own score and signing his/her scorecard.

8.3.3 Tournaments may be played on either a handicap or gross score format.

8.4 Ties

8.4.1 First-place ties shall be decided in the following manner:

8.4.1.1 Of the players tied for first place, the player with the fewest number of 10x scores shall be declared the winner.

8.4.1.2 If a playoff is not feasible, the matching of scorecards is recommended. There are many options for matching cards, which can be found in the USGA and R & A Rules of Golf under Appendix I Part C: Conditions of Competition — How to Decide Ties. Please note that the tie-breaking method must be stated in the Conditions of Competition prior to the start of the tournament.

8.4.2 All other ties shall remain as ties, and all players should be presented with the same award.

8.5 Stipulated Round

8.5.1 A stipulated round shall be 18 holes.

8.5.2 At the discretion of the Tournament Committee, a championship may be contested over one, two, three or four rounds.

8.6 Tournament Venue Selection

8.6.1 The selection of the golf course shall be at the discretion of the Tournament Committee.

8.6.2 The Committee should consider the degree of difficulty and its impact on the conduct of the tournament.

8.7 Golf Course Setup

8.7.1 The golf course shall be set up at the discretion of the Tournament Committee. They are encouraged to provide appropriate teeing ground locations, using existing tee locations where possible, to challenge the players on the course as it was designed to be played, with some consideration for the following:

8.7.1.1 Avoid carry of greater than 140 meters (150 yards) over hazards or other obstacles.

8.7.1.2 Holes can be played from existing tee locations that do not exceed following measurements:

- 8.7.1.2.1 Par 3: 160 meters (175 yards)
- 8.7.1.2.2 Par 4: 366 meters (400 yards)
- 8.7.1.2.3 Par 5: 480 meters (525 yards)

8.7.2 The Tournament Committee is authorized to designate teeing grounds for the competition that are not consistent with the recommended restrictions for the length of holes and for forced carries to provide the fairest challenge and the best possible experience for all of the competitors.

8.8 Registration and Divisioning

8.8.1 Each player shall register by submitting a verified handicap or the most recent six scores over 18 holes.

8.8.2 The scores must be accompanied by the par, course and slope rating for the course for each score.

8.8.3 All scores must be verified by signature of the golf professional, Club Secretary or Golf Association Director.

8.8.4 If a classification round cannot be played, the Tournament Committee may use these scores to establish divisions for tournament play.
8.8.5 In cases that allow for classification rounds, the Tournament Committee shall have the discretion for finalizing divisions based on information available to them.
INDEX
GOLF TERMINOLOGY

For more terminology and/or more detailed information about the following terms, please refer to the USGA Rules of Golf

ADDRESS
Position of a player when he/she has taken his/her stance and grounded the club, or if in a hazard, when he/she has taken his/her stance

ADVICE
Advice is any counsel or suggestion which could influence a player in determining his/her play, the choice of a club or the method of making a stroke

Information on the Rules or on matters of public information such as the position of hazards or the flagstick on the putting green is not advice.

APPROACH
Stroke intended to place the ball on the putting green

BUNKER
A bunker is a hazard consisting of a prepared area of ground, often a hollow, from which turf or soil has been removed and replaced with sand or the like. A ball is in a bunker when it lies in or any part of it touches the bunker. Grass-covered ground bordering within a bunker is not part of the bunker. The margin of the bunker extends vertically downwards, but not upwards.

CHIP
A short low shot played to the putting surface partly through the air and partly rolling along the ground

COMMITTEE
The Committee is the committee in charge of the competition or, if the matter does not arise in the competition, the committee in charge of the course

COMPETITOR
A competitor is a player in a stroke competition. A fellow-competitor is any person with whom the competitor plays. Neither is partner of the other

DIVOT
A piece of turf or sod cut loose by a player’s club when making a shot

DRIVE
A long shot played from the teeing ground, usually with a wood club
LOOSE IMPEDIMENTS
Natural objects including stones, leaves, twigs, branches and the like, dung, worms, insects, and the like provided they are not fixed or growing, solidly embedded, or adhering to the ball

Sand and loose soil are loose impediments on the putting green but not elsewhere

LOST BALL
A ball is lost if:
  a) It is not found or identified by the player within three minutes after the player’s side or their caddie have begun to search for it; or
  b) The player has put another ball into play under the Rules, even though he/she may not have searched for the original ball; or
  c) The player has played an stroke with a provisional ball from the place where the original ball is likely to be or from a point nearer the hole than that place, whereupon the provisional ball becomes the ball in play

Time spent in playing a wrong ball is not counted in the three minute period allowed for search

OBSTRUCTIONS
Anything artificial, including artificial surfaces and sides of roads and paths and manufactured ice except objects defining out of bounds such as walls, fences, stakes and railings, any part of an immovable artificial object that is out of bounds, and any construction declared by the Committee to be an integral part of the course

An obstruction is a movable obstruction if it may be moved without unreasonable effort, without unduly delaying play and without causing damage. Otherwise, it is an unmovable obstruction

OUT OF BOUNDS
Any area beyond the boundaries of the course or any part of the course so marked by the Committee. Objects defining out of bounds such as walls, fences, stakes and railings, are not obstructions and are deemed to be fixed. A ball is out of bounds when all of lies out of bounds. A player may stand out of bounds to play a ball lying within bounds.

PENALTY STROKE
One added to the score of a side under certain Rules of Golf. It does not affect the order of play
ETIQUETTE

Spirit of the Game
Golf is played, for the most part, without the supervision of a referee or umpire. The game relies on the integrity of the individual to show consideration for other players and to abide by the Rules. All players should conduct themselves in a disciplined manner, demonstrating courtesy and sportsmanship at all times, irrespective of how competitive they may be. This is the spirit of the game of golf.

Pace of Play
In the interest of all, players should play without delay. Here are a few guidelines that help keep the ‘pace of play’ acceptable.

a. If a player believes his/her ball may be lost outside a water hazard or out of bounds, to save time, he/she should play a provisional ball.

b. When the play of a hole has been completed, players should immediately leave the putting green.

c. If a group of players or a team fails to keep its pace on the course and loses more than one clear hole on the players front, it should invite the group or team behind them to pass.

Repairing the Putting Green (divots, ball-marks, spike damage)
A player should ensure that any divot hole made by him/her and any damage to the putting green made by a ball is carefully repaired. On completion of the hole by all players in the group, damage to the putting green caused by golf shoe spikes should be repaired.

 Courtesy on the Course
1. If someone else is playing from the tee, do not tee your ball until he/she has played.
2. Always stand still and to the side of rather than behind another player who is playing.
3. **DO NOT TALK** while someone else is playing.
4. Be ready to play when it is your turn.
5. When you are playing slowly or looking for a lost ball, ask the group behind you to play through so you do not slow everyone down.
6. Write down scores on the way to the next hole, not on the green you’re leaving.
7. Never take more than one practice swing.
Recommended Procedure for Avoiding Heat Injury/Illness through Analysis of Heat Index and Restructuring of Activities  
Special Olympics Kentucky

Special Olympics’ practices, competitions, and activities are often conducted outdoors. Heat problems often occur when athletes play too long and hard, and stay in the sun too long. Heat index calculations should be used to determine the appropriate precautions that should be taken to ensure athlete health and safety.

**Heat Index:**
A measurement of the air temperature in relation to the relative humidity, used as an indicator of the perceived temperature (how hot it actually feels.)

Problems that may arise as a result of high heat index levels include, but are not limited to, heat cramps, heat exhaustion, and heat stroke.

**Heat Cramps:**
Painful cramps involving abdominal muscles and extremities cause by intense, prolonged exercise in the heat and depletion of salt and water due to profuse sweating. Symptoms include muscular pains and spasms, usually in the legs or abdomen.

**Heat Exhaustion:**
A condition characterized by faintness, rapid pulse, nausea, profuse sweating, cool skin, and collapse, caused by prolonged exposure to heat accompanied by loss of adequate fluid and salt from the body.

**Heat Stroke:**
A disturbance of the temperature-regulating mechanisms of the body caused by overexposure to excessive heat, resulting in fever, hot and dry skin, and rapid pulse, sometimes progressing to delirium and coma.

**Coach Responsibility:**
Coaches must play an active role to ensure their athletes are prepared for and protected from the weather. All athletes should consume plenty of water to ensure hydration well before exposure to the heat and each athlete should be provided with individual water bottles. If necessary, it is the coach’s duty to find shade for their team, provide cold towels, etc. **Providing these things is not the responsibility of the Tournament Officials.**

The following heat index scale should be used to determine appropriate participation procedures. This recommended procedure should be used until such time as the temperature is below 80 degrees as no combination of heat and humidity at that level will result in a need to limit activity.

*Any time restructuring of an activity is necessary the heat index should be re-checked every 30 minutes to ensure there has not been an increase.*