

First Tee – Aiken – Par Study Guide

Life Skills

Exploring the GAME	Use GAME to discover what's fun in golf and other activities! G – go play, A – and explore, M – my interests, E – Enjoy what's fun for me!
Respecting the Rules	Respect the Rules in your actions by following the Rules of Golf while playing different formats such as stroke play and match play, and by playing safe and fair on and off the golf course.
Meeting and Greeting	Introduce yourself! 1. Face the other person, 2. Smile and look them in the eye, 3. Give them a FIRM handshake, 4. State your name clearly and loudly, 5. If you need information, ask! Ask open-ended questions and use ALR; A – ask, L – listen, R – respond!
Three Tips for Having Fun!	Have fun while you learn using the Three Tips for Having Fun! 1. Be Patient, 2. Be Positive, 3. Ask for Help!
Staying Cool	The 4Rs can help you stay cool and control yourself in anything you do! Replay – What happened? Was it what you wanted? Relax – Take a deep breath! Ready – What will you do differently? Redo – Imagine yourself doing it better!
Personal Par	Personal Par is a measure of how YOU usually perform in golf, at home, or in school. When you practice or play, see if you can match or improve your Personal Par!

Healthy Habits

Play	The ultimate form of exercise that is done for fun and enjoyment
Safety	Actions done to stay out of danger and lower the chance of a PLAYer getting hurt
Energy	The body's fuel for living; including food, water, and sleep
Friends	People who like, trust and support each other; often share common interests
School	An institution or place for teaching and learning to occur; success in school typically leads to success in other areas of life
Family	Group of people (related or not); often held together by bonds of devotion and shared values and goals

Rules of Golf

- What is Pace of Play?
 - Pace of Play refers to the speed of your group, or how long it takes you to play a hole or round. To ensure you have a good pace of play, try to keep up with the group ahead of you. You should be ready to hit when it is your turn, record scores on the next tee box, and keep your golf bag with you or nearest the next tee box. If your group is playing a little slower, allow groups behind you to play through.
- What is the difference between Match Play and Stroke Play?
 - **Match Play** – Each hole is worth 1 point. The PLAYer to get the lowest number of strokes on the hole wins the point. If there is a tie, each PLAYer wins ½ point. Penalties in match play generally result in a loss of that hole.
 - **Stroke Play** – PLAYers keep track of all their strokes and penalty strokes to get their total score with all the holes played added together. The PLAYer with the lowest total score wins. Penalties of one or two shots are added when needed.
- Can I improve my lie?
 - The Rules of Golf state that you must play the ball as it lies, you cannot improve your lie. The ball must come to a complete stop before a PLAYer can hit the ball.

- When should I hit a Provisional Ball? Wait, what is a Provisional Ball?!
 - If a PLAYers golf ball may be lost outside a water hazard or out of bounds, the PLAYer may hit a provisional ball to save time. A provisional ball is played to save time from having to walk back to the spot where the previous shot was hit.
- What is the difference between a Loose Impediment and an Obstruction?
 - Loose Impediments are natural objects, including twigs, sticks, branches, or stones.
 - An obstruction is anything man-made.