

# Special Olympics Northern California and Nevada

## Golf



### 2009 Guidelines and Rules



**Special Olympics**  
*Northern California & Nevada*

April 2009

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## **SPECIAL OLYMPICS MISSION STATEMENT**

**The mission of Special Olympics is to provide year-round sports training and athletic competition in a variety of Olympic type sports for children and adults with developmental disabilities, giving them continuing opportunities to develop physical fitness, demonstrate courage, experience joy and participate in a sharing of gifts, skills and friendship with their families, other Special Olympics Athletes and the community.**

### ***Training For Life***

#### **SONC / SONV PLAYS BY THE RULES.....**

**All Special Olympics competitions will be conducted in accordance with the Official Special Olympics Sports Rules and the National Governing Body of rules for each sport offered in our program. These rules are designed to protect the Athletes, provide equitable conditions of competition and promote uniformity so that no competitor shall obtain an unfair advantage over another.**

**The International Olympics Committee (IOC), has granted its official recognition to Special Olympics International, Inc. and its accredited programs.**

# Special Olympics Northern California and Nevada

## COACHES' CODE OF CONDUCT

Special Olympics Northern California and Nevada (SONC/SONV) volunteer coaches are models whose behavior should serve as a positive example for their athletes. Their behavior should reflect a concern that the fairest and most positive competitive experience is equally available to every Special Olympics athlete in each training or competition. The coach has the unique opportunity to influence the development and personal growth of many individuals. For this reason, it is important that the coach adhere to the standards of ethical decision making and teaching.

In addition, it is the position of SONC/SONV that each volunteer coach shall agree to:

### HAVE RESPECT FOR OTHERS

- I will respect the rights, dignity and worth of athletes, other coaches and volunteers, SONC/SONV staff members, and friends and spectators in Special Olympics.
- I will treat everyone equally regardless of sex, ethnic origin, religion or ability.
- I will be a positive role model for the athletes I coach.

### ENSURE A POSITIVE EXPERIENCE

- I will ensure that for each athlete I coach, the time spent with Special Olympics is a positive experience.
- I will respect the talent, developmental stage and goals of each athlete.
- I will ensure each athlete competes in events that challenge that athlete's potential and are appropriate to that athlete's ability.
- I will be fair, considerate and honest with athletes and communicate with athletes using simple, clear language.
- I will ensure that accurate scores are provided for entry of an athlete into any event.
- I will instruct each athlete to perform to the best of the athlete's ability at all preliminaries/heats and finals in accordance with the Official Special Olympics Sports Rules.

### ACT PROFESSIONALLY AND TAKE RESPONSIBILITY FOR HIS/HER ACTIONS

- My language, manner, punctuality, preparation and presentation will demonstrate high standards.
- I will display control, respect, dignity and professionalism to all involved in Special Olympics, including to the athletes, other coaches and volunteers, opponents, officials, administrators, SONC/SONV staff members, parents, spectators and the media.
- I will encourage athletes to demonstrate the same qualities.
- I will not drink alcohol, smoke or take illegal drugs while representing Special Olympics at training sessions or during competitions.
- I will not engage in any form of personal abuse towards athletes, other coaches and volunteers, SONC/SONV staff members, or friends and spectators in Special Olympics, including verbal, physical or emotional abuse.
- I will be alert to any form of abuse from other sources directed toward athletes or others in my care.

### PROVIDE QUALITY SERVICE TO THE ATHLETES

- I will seek continued improvement through performance evaluation and ongoing coach education.
- I will be knowledgeable about the Sports Rules and skills of the sport(s) I coach.
- I will provide a planned training program.
- I will keep copies of the registration, training, and competition records for each athlete I coach.

- I will follow the Special Olympics and National Governing Body rules for my sport(s) coached, as well as all SONC/SONV policies and procedures as amended.

**ENSURE THE HEALTH AND SAFETY OF THE ATHLETES**

- I will ensure that the equipment and facilities for my sport(s) coached are safe to use.
- I will ensure that the equipment, rules, training and the environment are appropriate for the age and ability of the athletes.
- I will review each athlete's registration form and be aware of any limitations on that athlete's participation noted on that form.
- I will encourage athletes to seek medical advice when needed.
- I will maintain the same interest and support towards sick and injured athletes.
- I will allow further participation in training and competition only when appropriate.

Should the behaviors and/or abilities of any volunteer coach or other faction of a school/organization violate either the principles stated above (including the SONC/SONV policies and procedures as amended) or the philosophy of the Special Olympics movement, then any of the following actions may be taken by SONC/SONV in its sole discretion:

1. The coach may be notified by official warning of the undesirable behavior and be requested to remedy the situation immediately in order to continue his or her participation in Special Olympics;
2. The coach may be requested to withdraw personally or with his/her team from the remainder of any Special Olympics event or tournament;
3. The coach or sponsoring school/organization may be suspended from participating in any or all Special Olympics activities or events for a specified period of time; and/or
4. The coach or sponsoring school/organization may be permanently prohibited from participating in any or all Special Olympics activities or events.

I have read and understand the foregoing SONC/SONV Coaches' Code of Conduct, and agree to abide by its terms.

By: \_\_\_\_\_  
*(Signature of Volunteer Coach)*

Print Full Name: \_\_\_\_\_

Date: \_\_\_\_\_

# Special Olympics Northern California and Nevada

## ATHLETE'S CODE OF CONDUCT

Special Olympics Northern California and Nevada (SONC / SONV) is committed to the highest ideals of sport and expects all athletes to honor sports and Special Olympics. All SONC / SONV Athletes and Unified Partners agree to the following code:

### SPORTSMANSHIP

- I will practice good sportsmanship.
- I will act in ways that bring respect to me, my coaches, my team, and Special Olympics.
- I will not use bad language.
- I will not swear or insult other persons.
- I will not fight with other athletes, coaches, volunteers, or staff.

### TRAINING AND COMPETITION

- I will train regularly.
- I will learn and follow the rules of my sport.
- I will listen to my coaches and the official and ask questions when I do not understand
- I will always try my best during training, divisioning, and competitions.
- I will not "hold back" in preliminary competition just to get into an easier finals competition division.

### RESPONSIBILITY FOR MY ACTIONS

- I will not make inappropriate or unwanted physical, verbal, or sexual advances on others.
- I will not smoke in non-smoking areas.
- I will not drink alcohol or use illegal drugs at Special Olympics venues
- I will not take drugs for the purpose of improving my performance.
- I will obey all laws and Special Olympics rules, the International Federation and the National Federation/Governing Body rules for my sport(s).

I agree to obey this code and I understand that if I do not obey this Code of Conduct, I will be subject to a range of consequences by SONC / SONV program up to and including not being allowed to participate.

# SONC / SONV GOLF RULES AND REGULATIONS

The Official Special Olympics 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 as approved by the Royal and Ancient Golf Club of St. Andrews (R&A) and the United States Golf Association. 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.

## SECTION A - GENERAL RULES

1. Each Special Olympics athlete is required to have an application for participation and a release form filled out and signed by a certified physician in order to participate. Also, each unified partner must fill out a unified partner release form in order to participate. This is in accordance with the Special Olympics General Rules.
2. Each athlete and alternate shot team is required to play and submit at least 54 holes of golf prior to participation in the Regional Competition. Any athlete who meets the general requirements and has demonstrated safe handling of golf clubs can participate in the skills competition.
3. All athletes and unified partners are required to walk the course. Exceptions: Golf carts may be used at events for medical reasons as well as any safety issues (i.e., extreme heat or fatigue). Also, carts may be used for golf bags and the scorekeepers. Athletes and partners may also utilize the carts from the green to tee in the case of extreme distances between green and tee. Final decisions for golf cart requests will be made by the golf committee at each competition.

## SECTION B - OFFICIAL EVENTS

1. Level 1 Individual Skills Contest (ISC)
2. Level 2 9 Hole Alternate Shot Unified Play – **team scoring average must be 80 or lower.**
3. Level 3 Not offered.
4. Level 4 9 Hole Individual Stroke Play – golfers scoring average must be 72 or lower.
5. Level 5 18 Hole Individual Stroke Play – golfers scoring average must be 130 or lower.

## SECTION C - DIVISIONING

1. Competitors in Golf will compete in one of five age groups:
  - a. Ages 8-11
  - b. Ages 12-15
  - c. Ages 16-21
  - d. Ages 22-29
  - e. Ages 30 and up

\*Age Groups may be combined due to low numbers and equal ability. All Co-ed teams will compete in the Co-ed divisions according to ability.

## SECTION D – UNIFORMS / ATTIRE

1. All male players must wear collared Shirts. No exceptions!
2. Female athletes may wear shirts without collars, but no t-shirts with screen printed logos.
3. NO JEANS or gym shorts may be worn.
4. Golf shoes are recommended (spike less golf shoes or appropriate sneakers). Soft-sole spikes only! No metal spikes.

## SECTION E - EQUIPMENT

1. All players are responsible for providing their own equipment.
  - a. Minimum equipment required:
    - i. Set of golf clubs (shall include at least one wood, one iron and one putter).
    - ii. A golf bag.
    - iii. Golf balls.
    - iv. **Golf tees.**

## SECTION F - OFFICIALS AND THEIR DUTIES

1. The golf committee will determine any rule interpretation and/or protest according to R&A and the USGA.

## SECTION G - COACHES AND THEIR RESPONSIBILITIES

1. Coaches are responsible for knowing and understanding the rules of the game, not only the modified rules in this manual, but also the International Rules of the game. The National Governing Body of rules for Special Olympics Golf is The Royal and Ancient Golf Club of St. Andrews (R&A) and the United States Golf Association (USGA). To acquire your own USGA Rules Book, follow the link below:

<https://usgapubs.usga.org/store2/product.asp?catalog%5Fname=pubstore&category%5Fname=&product%5Fid=PG2008>

## SECTION H - RULES OF COMPETITION (LEVEL 2, 4 & 5)

### *Level 2: 9 Hole Alternate Shot Unified Play*

1. Unified Team: A unified team shall include one Special Olympics athlete and an athlete without a developmental disability (Unified Partner).
2. Level 2 is designed to give the Special Olympics athlete an opportunity to transition from ISC 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, Level 2 does not function in the traditional Unified Sports model where teammates are expected to be of similar ability.
3. The Unified Partner serves as a coach and mentor so that the Special Olympics athlete golfer becomes self sufficient on the golf course. Players should be capable of playing independently at the Regional Competition.
4. How Level 2 – 9 Hole Alternate Shot Unified is Played
  - a. The Unified Partner and Special Olympics athlete alternate each stroke (using the same ball) from the tee shot until the ball is holed or 10 strokes have been played. If a tenth stroke is played without holing the shot, the team shall record a score of “10x” and proceed to the next hole.
    - i. If the team is playing the front 9: Special Olympics athlete shall tee off from the odd holes and Unified Partners the even holes.
    - ii. If the team is playing the back 9: Special Olympics athlete shall tee off from the even holes and Unified Partners the odd holes.
  - b. Only one ball is in play per team throughout the competition. A stipulated round shall be 9 holes.
  - c. Ties shall be decided in the following manner:
    - i. Of the teams tied for first place, the team with the fewest number of “10x’s” shall be declared the winner.
    - ii. All other ties shall remain as ties and both teams shall be presented with the same award.
5. Qualifying for Level 2 – 9 Hole Alternate Shot Unified Play
  - a. **Teams must have a Level 2 scoring average of 80 or below to participate at this level.**

- b. A Special Olympics athlete and **Unified Partner** should each score a total of 54 points in a supervised Individual Skills Contest with:
  - i. 12 points in either the long or short putt or a total of 18 points in the long and short putt skills combined.
  - ii. 12 points in either chipping or putting or a total of 18 points in chipping and pitching skills combined.
  - iii. 12 points in either irons or woods or a total of 18 points in the irons and woods skills combined.
- c. A Unified team must have played at least 36 holes with one another. This can be done in any combination of rounds as long as the total number of holes is at least 36 (a combination of 9 hole rounds, 6 hole rounds and/or 3 hole rounds, etc.) There can be no more than 4 “10x’s” per 9 holes. Scorecards must be turned in to the Special Olympics Northern California and Nevada office **when registration is due**. Holes played on a Par 3 course will not count.
- d. Both Special Olympics athletes and Unified Partners must have the knowledge and ability to apply the rules of the etiquettes of golf.

#### *Level 4: 9 Hole Individual Stroke Play*

1. Level 4 is designed to meet the needs of those Special Olympics athlete golfers who wish to play individually in a tournament where the stipulated round is nine holes.
2. The player should be capable of playing independently at the Regional Competition.
3. How Level 4 – 9 Hole Individual Stroke is Played
  - a. The form of play for Level 4 shall be stroke play competition. A stipulated round shall be 9 holes.
  - b. If a tenth stroke is played without holing the shot, the player shall record a score of “10x” and proceed to the next hole.
  - c. Ties shall be decided in the following manner:
    - i. Of the teams tied for first place, the team with the fewest number of “10x’s” shall be declared the winner.
    - ii. All other ties shall remain as ties and both teams shall be presented with the same award.
4. Qualifying for Level 4 – 9 Hole Individual Stroke Play
  - a. Athletes must have a Level 4 scoring average of 72 or below to participate at this level.
  - b. Athletes should have competed in a Level 2 division in a Regional Tournament in prior years to qualify for 9 Hole Individual Stroke play.
  - c. An athlete must have played at least 36 holes. This can be done in any combination of rounds as long as the total number of holes is at least 36 (a combination of 9 hole rounds, 6 hole rounds and/or 3 hole rounds, etc.) There can be no more than 4 “10x’s” per 9 holes. Scorecards must be turned in to the Special Olympics Northern California and Nevada office **when registration is due**. Holes played on a Par 3 course will not count.
  - d. Special Olympics athletes must have the knowledge and ability to apply the rules of the etiquette of golf.

#### *Level 5: 18 Hole Individual Stroke Play*

1. Level 5 is designed to meet the needs of those Special Olympics athlete golfers who wish to play individually in a tournament where the stipulated round is eighteen holes.
2. The player should be capable of playing independently at the Regional Competition.
3. How Level 5 – 18 Hole Individual Stroke is Played
  - a. The form of play for Level 5 shall be stroke play competition. A stipulated round shall be 18 holes.
  - b. If a tenth stroke is played without holing the shot, the player shall record a score of “10x” and proceed to the next hole.
  - c. Ties shall be decided in the following manner:
    - i. Of the teams tied for first place, the team with the fewest number of “10x’s” shall be declared the winner.
    - ii. All other ties shall remain as ties and both teams shall be presented with the same award.
4. Qualifying for Level 5 – 18 Hole Individual Stroke Play
  - a. Athletes must have a Level 5 scoring average of 130 or below to participate at this level.

- b. Athletes should have competed in a Level 4 division in a Regional Tournament in prior years to qualify for 18 Hole Individual Stroke play.
- c. An athlete must have played at least 36 holes. This can be done in any combination of rounds as long as the total number of holes is at least 36 (a combination of 9 hole rounds, 6 hole rounds and/or 3 hole rounds, etc.) There can be no more than 6 “10x’s” per 18 holes. Scorecards must be turned in to the Special Olympics Northern California and Nevada office **when registration is due.** Holes played on a Par 3 course will not count.
- d. Special Olympics athletes must have the knowledge and ability to apply the rules of the etiquette of golf.

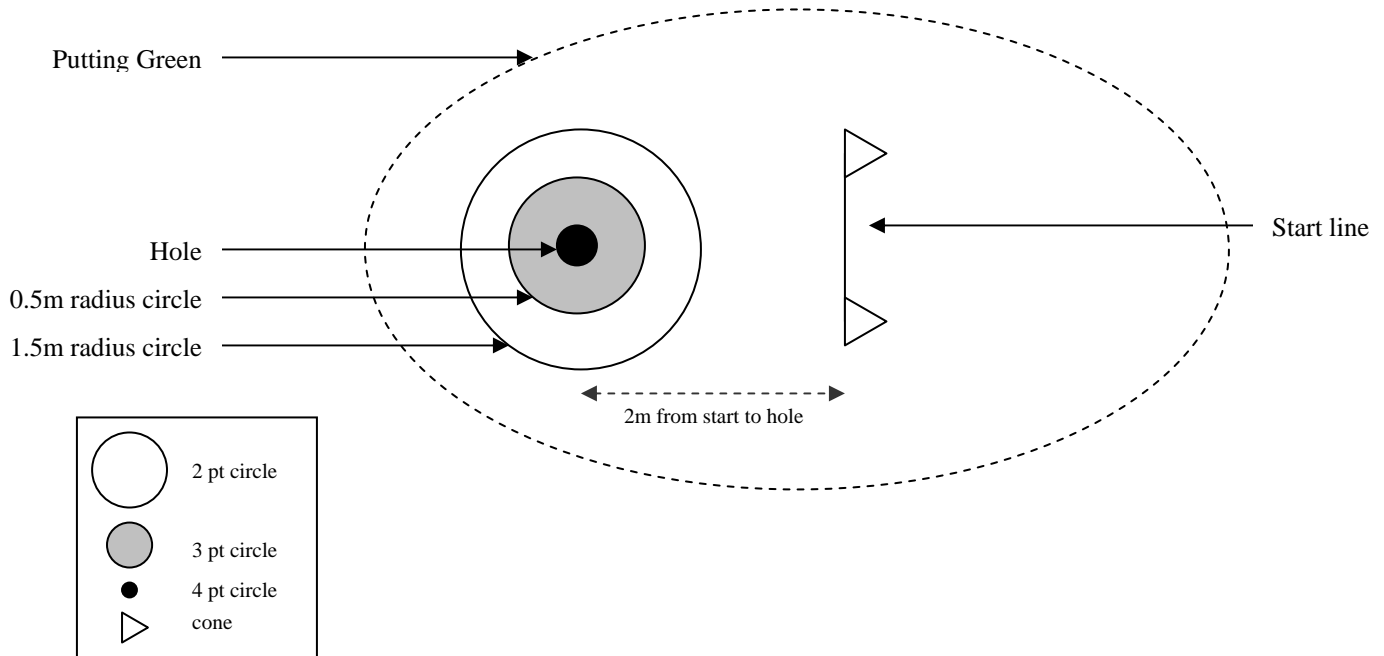
## **SECTION I – GOLF COURSE SET UP (Level 2, 4 & 5)**

- 1. The golf course shall be set up at the discretion of the tournament committee.
- 2. The following criteria shall be used in determining teeing ground locations and hole distances:
  - a. Avoid carry of greater than 50 yards over hazards or other obstacles.
  - b. Using existing tee locations with the following recommended distances:
    - i. Par 3 – 150 yards
    - ii. Par 4 – 350 yards
    - iii. Par 5 – 475 yards
  - c. Distinct Teeing grounds will be determined for both men and women. These teeing grounds may vary between tournaments based on the venue.

## **SECTION J - INDIVIDUAL SKILLS CONTEST**

1. These events provide meaningful competition for athletes with lower ability levels. The Individual Skills Contest allows athletes to train and compete in basic golf skills. The development of these key skills is necessary prior to advancing to Level 2 – 9 Hole Alternate Shot Unified Play.
2. The Individual Skills Contest is comprised of six events: Short Putt, Long Putt, Chip Shot, Pitch Shot, Iron Shot & Wood Shot.
3. Athletes will be pre-divisoned according to their total scores from these six events as well as gender and age group.
4. A maximum of 120 points may be scored in the Individual Skills Contest. Any athlete who meets the general requirements and has demonstrated safe handling of golf clubs can participate in the skills competition.

*ISC Event #1: Short Putt*



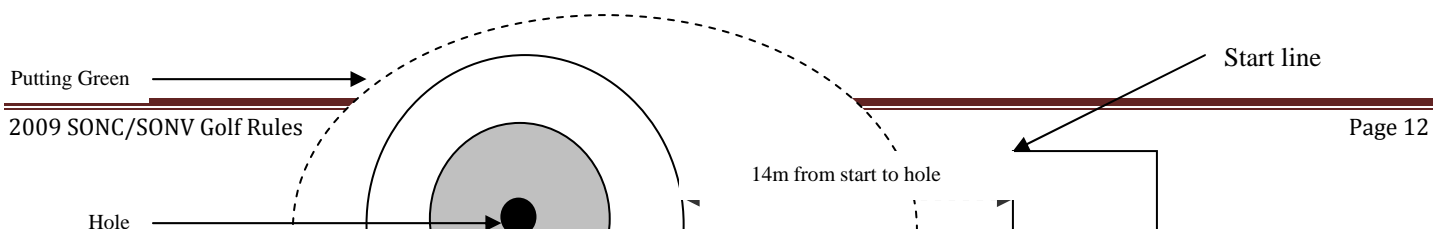
1. Purpose: To measure the athlete's ability to putt a short distance.
2. Equipment
  - a. Regulation putting green with a properly marked (targeted) hole.
  - b. One putter for each athlete.
  - c. 5 golf balls for each athlete.
  - d. Cones and chalk or tees & string to mark the circle targets around the hole and the start line.
3. Description (see ISC Event #1: Short Putt diagram)
  - a. A target hole is selected and two circles are placed around the hole. The first circle shall have a radius of 0.5 meters and the second shall have a radius of 1.5 meters from the hole.
  - b. The athlete will have five attempts from a clearly marked line, 2 meters from the hole.
  - c. The short putt should be set up on a green with as flat a surface as possible.
4. Scoring
  - a. The athlete will have five attempts to putt the ball at the hole from a line 2 meters from the hole, scoring points according to where the ball comes to rest.
  - b. The athlete will score 1 point for making a stroke (contact with the ball). A swing and a miss counts as an attempt and as a result the athlete will receive a score of "0" for that attempt.
  - c. The athlete will score 2 points if the ball stops on or within the 1.5 meter circle.
  - d. The athlete will score 3 points if the ball stops on or within the 0.5 meter circle.
  - e. The athlete will score 4 points if the ball goes in the hole.
  - f. The short putt score shall be the sum total of the five attempts.

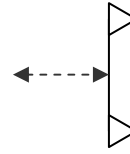
*ISC Event #2: Long Putt*

Putting Green

1. Purpose: To measure the athlete's ability to putt a long distance.
2. Equipment
  - a. Regulation putting green with a properly marked (targeted) hole.
  - b. One putter for each athlete.
  - c. 5 golf balls for each athlete.
  - d. Cones and chalk or tees & string to mark the circle targets around the hole and the start line.
3. Description (see ISC Event #1: Short Putt diagram)
  - a. A target hole is selected and two circles are placed around the hole. The first circle shall have a radius of 0.5 meters and the second shall have a radius of 1.5 meters from the hole.
  - b. The athlete will have five attempts from a clearly marked line, 2 meters from the hole.
  - c. The short putt should be set up on a green with as flat a surface as possible. If the surface is not flat, putting uphill is recommended.
4. Scoring
  - a. The athlete will have five attempts to putt the ball at the hole from a line 8 meters from the hole, scoring points according to where the ball comes to rest.
  - b. The athlete will score 1 point for making a stroke (contact with the ball). A swing and a miss counts as an attempt and as a result the athlete will receive a score of "0" for that attempt.
  - c. The athlete will score 2 points if the ball stops on or within the 1.5 meter circle.
  - d. The athlete will score 3 points if the ball stops on or within the 0.5 meter circle.
  - e. The athlete will score 4 points if the ball goes in the hole.
  - f. The short putt score shall be the sum total of the five attempts.

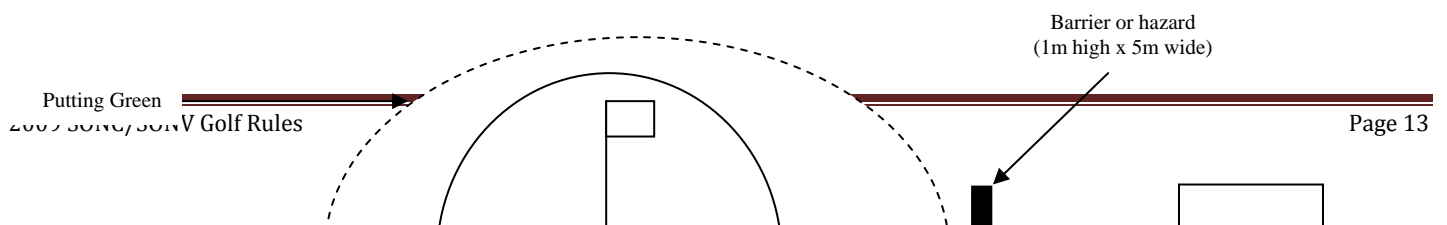
*ISC Event #3: Chip Shot*

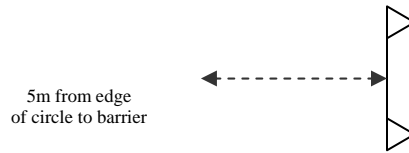




1. Purpose: To measure the athlete's ability in hitting chip shots 14 meters from the hole.
2. Equipment
  - a. Assorted irons for both right and left handed players (note: woods and putters are not permitted for this skill).
  - b. 5 golf balls for each athlete.
  - c. A putting green with a clearly marked target flag at the hole.
  - d. Cones and chalk or tees & string to mark target circles & 3 meter x 3 meter hitting area.
3. Description
  - a. A chipping area is set up which includes a 3 meter x 3 meter square hitting area 14 meters from the hole.
  - b. A 6 meter radius circle and a 3 meter radius circle will be placed around the hole. Size of target circles may vary due to venue limitations.
  - c. A safely marked hitting area 3 meter x 3 meter square.
  - d. Ball must be placed and hit from the grass (hitting area), cannot be hit off a tee.
  - e. The athlete is instructed to chip the ball at a designated hole getting it as close to the hole as possible.
4. Scoring
  - a. The athlete will attempt five shots at the target, scoring points according to where the ball comes to rest.
  - b. The athlete will score 1 point for making a stroke (contact with the ball). A swing and a miss counts as an attempt and as a result the athlete will receive a score of "0" for that attempt.
  - c. The athlete will score 2 points if the chipped ball comes to rest inside the 6 meter circle.
  - d. The athlete will score 3 points if the chipped ball comes to rest inside the 3 meter circle.
  - e. The athlete will score 4 points if the chipped ball comes to rest in the hole.
  - f. The sum total from the five attempts will be the athlete's final score for the chip shot.

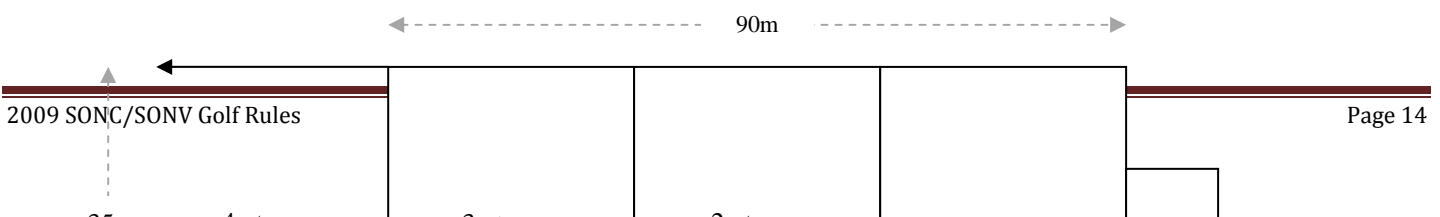
*ISC Event #4: Pitch Shot*





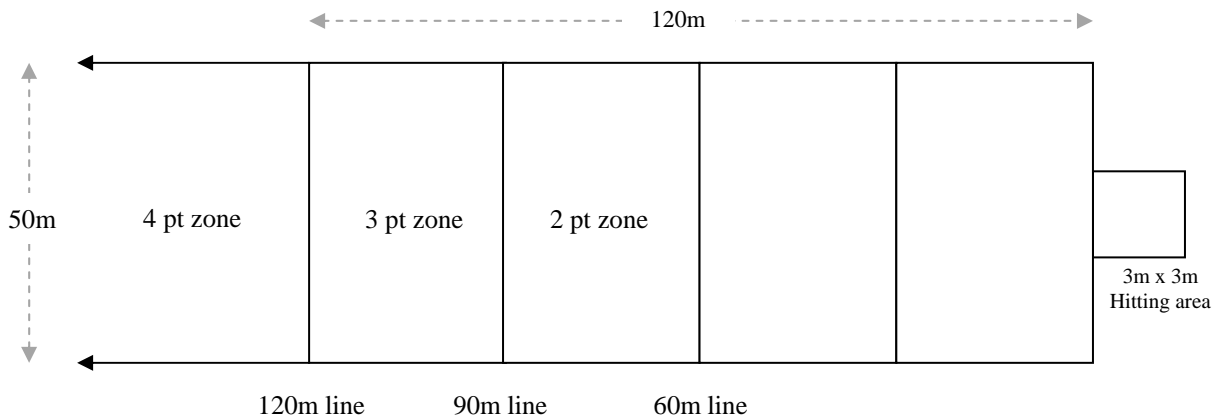
1. Purpose: To measure the athlete's ability in hitting controlled pitch shots in the air in the proper direction to a defined circular target area. This skill may also be set up over a hazard (sand trap or hill).
2. Equipment
  - a. Assorted pitching irons for both right and left handed players (note: woods and putters are not permitted for this skill).
  - b. 5 golf balls for each athlete.
  - c. A putting green with a clearly marked target flag.
  - d. Banner, sign, net or barrier that measures 1m high x 5m wide.
  - e. Cones and chalk or tees & string to mark target circle & hitting area.
3. Description
  - a. A target area shall be defined as a circle with a 6m radius.
  - b. The distance from the hitting area to the barrier shall be 5m.
  - c. The distance from the barrier to the target area shall be 5m.
  - d. The athlete shall make five attempts. The athlete is instructed to pitch the ball over the barrier aiming at the designated target area.
  - e. Size of target circle may vary due to venue limitations.
  - f. Ball must be placed and hit from the grass (hitting area), cannot be hit off a tee.
  - g. This skill should be located in a restricted area such as a range in order to provide the safest environment. If an unrestricted area is used than the area should be roped off and clearly identified for volunteers, spectators and athletes.
4. Scoring
  - a. The athlete will attempt five shots at the target, scoring points according to where the ball lands.
  - b. The athlete will score 1 point for making a stroke (contact with the ball). A swing and a miss counts as an attempt and as a result the athlete will receive a score of "0" for that attempt.
  - c. The athlete will score 2 points if the ball goes over the barrier (cannot be outside of the designated 5m width).
  - d. The athlete will score 3 points if the ball lands inside the target circle and rolls out or if the ball lands outside the target circle and comes to rest inside the circle.
  - e. The athlete will score 4 points if the ball lands inside the target circle and comes to rest inside the circle.
  - f. The sum total from five attempts will be the athlete's final score for the pitch shot.

*ISC 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
  - a. Assorted irons for both right and left handed players.
  - b. 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.
  - c. Marking paint, chalk, rope or cones to mark hitting area and boundary lines. Premarked driving range stations can also be used.
  - d. Hitting mat/carpet, tees, helmets, and a safety zone for scorekeepers to stand in.
  - e. Visible markers to identify distance locations (cones, target flags, etc.)
3. Description
  - a. Athlete uses an iron and hits a golf ball of a tee, mat or the ground.
  - b. Athlete is instructed to hit the ball from the hitting area staying within the 35 meter boundary width and achieving a distance of more than 90 meters.
  - c. Size of boundaries may vary due to venue limitations.
4. Scoring
  - a. The athlete will attempt five shots, scoring points according to where the ball comes to rest..
  - b. The athlete will score 1 point for making a strike at the ball (contact with the ball). A swing and a miss counts as an attempt and as a result the athlete will receive a score of "0" for that attempt.
  - c. The athlete will score 2 points if the ball comes to rest between the 30 meter and 60 meter lines within the 35m boundary width.
  - d. The athlete will score 3 points if the ball comes to rest between the 60 meter and 90 meter lines within the 35m boundary width.
  - e. The athlete will score 4 points if the ball comes to rest beyond the 90 meter line within the 35m boundary width.
  - f. The sum total from five attempts will be the athlete's final score for the iron shot.

*ISC 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
  - a. Assorted woods for both right and left handed players.
  - b. 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.
  - c. Marking paint, chalk, rope or cones to mark hitting area and boundary lines. Premarked driving range stations can also be used.
  - d. Hitting mat/carpet, tees, helmets, and a safety zone for scorekeepers to stand in.
  - e. Visible markers to identify distance locations (cones, target flags, etc.)
3. Description
  - a. Athlete uses a wood and hits a golf ball of a tee, mat or the ground.
  - b. Athlete is instructed to hit the ball from the hitting area staying within the 50 meter boundary width and achieving a distance of more than 90 meters.
  - c. Size of boundaries may vary due to venue limitations.
4. Scoring
  - a. The athlete will attempt five shots, scoring points according to where the ball comes to rest..
  - b. The athlete will score 1 point for making a strike at the ball (contact with the ball). A swing and a miss counts as an attempt and as a result the athlete will receive a score of "0" for that attempt.
  - c. The athlete will score 2 points if the ball comes to rest between the 60 meter and 90 meter lines within the 50m boundary width.
  - d. The athlete will score 3 points if the ball comes to rest between the 90 meter and 120 meter lines within the 50m boundary width.
  - e. The athlete will score 4 points if the ball comes to rest beyond the 120 meter line within the 50m boundary width.
  - f. The sum total from five attempts will be the athlete's final score for the iron shot.

## ISC Scorecard

1. To provide equitable heats for the skills competition, the committee needs a reasonable idea of how an athlete may perform so each athlete must submit scores from a supervised skills test. An athlete can perform all the skills at one time or the skills can be spread over several practices. If by some chance you are unable to complete a full set of scores for a given athlete, please enter your best guess for untested skills based on your knowledge of the athlete. The most important number is the total.

## INDIVIDUAL SKILLS GOLFER'S SCORECARD

Golfer's Name: \_\_\_\_\_ Division: \_\_\_\_\_  
Delegation: \_\_\_\_\_ Coach's Name: \_\_\_\_\_

SKILLS	Attempt 1	Attempt 2	Attempt 3	Attempt 4	Attempt 5	TOTAL
Short Putt	/4	/4	/4	/4	/4	/20
Long Putt	/4	/4	/4	/4	/4	/20
Chip Shot	/4	/4	/4	/4	/4	/20
Pitch Shot	/4	/4	/4	/4	/4	/20
Iron Shot	/4	/4	/4	/4	/4	/20
Wood Shot	/4	/4	/4	/4	/4	/20
					<b>TOTAL</b>	<b>/120</b>

**Golfer will have 5 attempts for each skill.**

### **SHORT PUTT:**

Scoring: 0 points if swing and a miss; 1 point if ball is hit; a second point if ball stops in the 1.5m circle; a third point if ball stops in 0.5m circle, four points if ball goes in hole. (Maximum of 20 points)

### **LONG PUTT:**

Scoring: 0 points if swing and a miss; 1 point if ball is hit; a second point if ball stops in the 1.5m circle; a third point if ball stops in 0.5m circle; four points if ball goes in hole. (Maximum of 20 points)

### **CHIP SHOT:**

Scoring: 0 points if swing and a miss; 1 point if ball is hit; a second point if ball stops inside 6m circle; a third point if ball lands on green & stops in 3m circle; four points if ball goes in hole.

### **PITCH SHOT:**

Scoring: 0 points if swing and a miss; 1 point if ball is hit; a second point if ball goes over net & between poles; a third point if ball lands in circle & rolls out; four points if ball lands & stays inside 12m diameter circle.

### **IRON SHOT:**

Scoring: 0 points if swing and a miss; 1 point if ball is hit; a second point if ball stops over 30m line & stays in bounds; a third point if ball stops over 60m line and stays in bounds; a fourth point if ball stops over 90m line.

### **WOOD SHOT:**

Scoring: 0 points if swing and a miss; 1 point if ball is hit; a second point if ball stops over 60m line & stays in bounds; a third point if ball stops over 90m line and stays in bounds; a fourth point if ball stops over 120m line.

## SECTION K – 2009 RULE CHANGES

1. Actual rule changes listed below are underlined and in bold print (within rule book).
2. General formatting and wording changes. Addition of Section K for rule changes.
3. Section B – Official Events
  - a. #2, Page 7
    - 9 hole Alternate Shot Unified Play – team scoring average must be 80 or lower.
4. Section E – Equipment
  - a. #1,a,iv, Page 8
    - Players are responsible for providing their own equipment...golf tees.
5. Section H – Rules of Competition (Level 2, 4 & 5)
  - a. #5,a, Page 9
    - Teams must have a Level 2 scoring average of 80 or below to participate at this level.
  - b. #5,b, Page 9
    - A Special Olympics athlete and Unified Partner should each score a total of 54 points in a supervised Individual Skills Contest with...
  - c. #5,c, Page 9/#4,c, Page 9/#4,c, Page 10
    - Scorecards must be turned in to the Special Olympics Northern California and Nevada office when registration is due.