

## WHAT IS SPEEDGOLF?

Speedgolf is a fun, fast, and fitness-oriented alternative to traditional golf.

The results are clear: playing faster than average leads to more fun, increased fitness, greater imagination, and ultimately, improved performance. It's no wonder golfers of all ages, skill levels, and fitness profiles are learning to play and enjoy Speedgolf at their own pace!

It's about the emergence of one activity that satisfies a myriad of today's modern challenges to a healthy and active lifestyle. It's about one sport that unites two of the largest athletic communities in the world.

Playing speedgolf is proven to enhance a player's mental, physical, and creative capabilities on the golf course. Playing Speedgolf inherently leads to more fun, increased fitness, greater imagination, and ultimately, improved performance. In short, speedgolf is nothing short of an exhilarating athletic experience.

## SPEEDGOLF RULES

Other than the specific Speedgolf rules below, the Rules of Golf as put forward by the R&A and USGA shall be adhered to.

1. Equipment
  - a. A player is allowed to carry a maximum of seven clubs
  - b. No wheeled, powered or other such transport is allowed in official competition
  - c. Metal spikes are not allowed
  - d. DMDs can be used if they are a conforming device
2. Play
  - a. Flagsticks. There is no penalty for hitting a flagstick when playing a stroke on the outing green. The ball must touch the bottom of the cup in order to be considered holed.
  - b. Carrying clubs. Players must carry their own clubs, either held in their hands or in a golf bag. Caddies are not allowed.
  - c. Lost ball. If a player cannot find his or her ball, he or she may, under penalty of one stroke, proceed in one of the following three ways:
    - i. Replay the shot
    - ii. Drop the ball within 2 club lengths of where the ball is reasonably assumed to have come to rest, but no nearer the hole
    - iii. Drop a ball along the line of flight of the previous shot, but no nearer the hole
  - d. Unplayable Lie. If a player decides that the ball is in an unplayable position, he or she may, under penalty of one stroke, proceed in the following three ways:
    - i. Replay the shot
    - ii. Drop the ball within 2 club lengths of the nearest relief from the spot where the ball came to rest, but no nearer the hole
    - iii. Drop a ball along the line of flight of the previous shot, but no nearer the hole. This rule does not apply for balls that come to rest in a water hazard. The rule is in effect for balls in bunkers, but the ball must be dropped within the bunker.
  - e. Out of Bounds. If a ball is out of bounds, the player may, under penalty of one stroke, proceed in one of the following ways:

- i. Replay the shot
  - ii. Drop the ball within 2 club lengths of where the ball crossed the out of bounds line, but no nearer the hole
  - iii. Drop a ball along the line of flight of the previous shot, but no nearer the hole
3. Scoring
  - a. Total score. Upon completion of round, a Speedgolf Score shall be determined by adding the total number of strokes taken to the total number of minutes required to complete the round. An official Speedgolf score must also include the number of seconds, in addition to the number of minutes required to complete the round. Seconds are also used to break tying scores.
  - b. Measuring elapsed time. Time to complete the round shall be measured from the moment the player hits their initial shot on the first hole, until the moment the ball strikes the bottom of the cup on the last hole.
  - c. Expressing the score. Score shall be expressed as a whole number followed by a colon, followed by a whole number. The number prior to the colon is derived by adding the golf score to the number of minutes (with no seconds) of elapsed time. The number following the colon represents the number of seconds in addition to the total minutes required to complete the round. E.g. If a player requires 78 strokes and 46 minutes and 32 seconds to complete the round, the score shall be expressed as 124:32

### **SPEEDGOLF ETIQUETTE**

Course care. As in traditional golf, course care is solely the responsibility of the player. Repairing ball marks, replacing divots and raking bunkers are the responsibility of the player. Occasionally, in tournament play with a large volunteer contingent, course care will be taken care of by volunteers.

Playing through. Occasionally in tournament play, a player will need to play through a slower player ahead of them. The player who is passing has the right of way. A simple "fore" by the passing player lets the player ahead know that he/she must halt play momentarily while the faster player plays through.

### **SPEEDGOLF HISTORY**

The sport is believed to have begun in the 1970's when a handful of golfers began setting and chasing world records. Speedgolf gained some notoriety in 1979 when former American record holder in the mile, Steve Scott, sped to an 18 hole time of 29 minutes, 30 seconds scoring a 95.

In the 1990's an organisation called International Speedgolf Association put on several tournaments in which players had caddies in carts that carried the players clubs, called out yardages and did course maintenance for the player. In 2002 Speedgolf International was formed and has put on numerous tournaments since. In tournaments sanctioned by Speedgolf International, players carry their own clubs, usually 5 or 6, in a bag specifically designed for Speedgolf. Caddies are not allowed.

The current world record in Speedgolf was established in October, 2005 when Chris Smith shot a five under par 65 in 44:06 for a Speedgolf score (SGS) of 109:06 at a tournament in the Chicago Speedgolf Classic at Jackson Park Golf course.

