

Hints and Tips

FW Golf Society – General Competition Rules - Pace of Play

- Players should make every effort to avoid slow play and the following Society rules have been agreed, **for all events except the Knock-Out**, to assist in maintaining the pace of play:
 - **Providing there is no risk of injury**, players shall ‘play when ready’ rather than waiting for their turn. This could apply at any time, including teeing off, intermediate shots and putting.
 - A player shall play a provisional ball if there is any possibility that a ball (or provisional ball) is lost or out of bounds. If the first ball is found but deemed unplayable by the player then rather than going back to where the last ball was played, the first provisional ball shall become the ball in play (regardless of whether it is playable or not)..
 - A provisional ball may also be played if a ball (or provisional) may be lost in a water hazard – in this case if the ball is found outside of the hazard it will continue to be the ball in play. If the ball is in the hazard, but playable, then the player can continue to play the ball. However, if the ball is in the hazard and deemed unplayable then the provisional ball shall become the ball in play (regardless of whether it is playable or not).
- Except as noted above the rules of the R&A will apply at all times. Failure to observe them may result in disqualification of one or more players.

FW Golf Society – Tips to speed up play

- When at the putting green decide where the next Tee is and position your bag/trolley where you will exit the green.
- Mark the scores on the card when at the next Tee, this ensures the green is cleared as quickly as possible.
- If it is necessary to look for a ball and the next group are ready to play then call them through.
- Check your watch when searching for a ball and observe the 5 minute rule.
- If the provisional ball is further from the pin than the first ball then play another shot with the provisional ball before looking for the first ball. If the first ball is found, and playable, then it can be played without penalty and the provisional ball picked up.

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Warming up

Prior to starting your round it is advisable to do a few stretches to minimize the risk of injury. The following stretches are designed for golfers:

APPROXIMATELY 6 MINUTES

Walk for several minutes before stretching.



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10 seconds
each arm
(page 40)



8-10 seconds
each side
(page 40)



8-10 seconds
each side
(page 40)



Rotate each foot
10-15 times
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5 seconds
2 times
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8-8 seconds each side
2 times
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10-15 seconds
(page 41)



8 seconds
3 times
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Short on time?
Do this mini-routine:
1, 2, 4, 5, 6, 9, 10, 16
Approx. 3 minutes