

**Par Study Guide**

Please use the following document, as well as your participant’s Par Yardage Book, to help your participant better prepare for the written component of The First Tee Certification Process. Should you need them, we have also provided answers to the questions.

**Life skills:**

* **Exploring the GAME:** Go Play, And Explore, My Interests, Enjoy What’s Fun for Me
* **Respecting the Rules:** Respect rules of golf such as match or stroke play, penalties, etiquette, etc.
* **Five Steps for Meeting Someone New:**

1. Face the other person
2. Smile and look him or her in the eye
3. Give a FIRM handshake
4. State your name clearly and loudly enough to be heard
5. If you need information, ask a question

* **A-L-R when meeting and greeting**
  1. **Ask** the other person some questions
  2. **Listen** to what the other person says
  3. **Respond** to what the other person has said
* **Three Tips for Having Fun**
  1. Be patient
  2. Be positive
  3. Ask for help
* **Staying Cool: The 4 Rs in order:**
  1. **Replay:** Think about what you did and what you wanted to do. Do they match?
  2. **Relax:** Feel yourself taking a deep breath, with a slow exhale.
  3. **Ready:** Think about what you will do differently next time
  4. **Redo:** Imagine yourself doing it better.
* **Personal Par:** a measure of how you usually perform in golf, at home, or in school. When you practice or play, you should try to match or improve your Personal Par.

What are the three sections to The First Tee Code of Conduct?

* Respect for myself, respect for *others*, and respect for my surroundings

How can the 4Rs be used?

* To help you “stay cool” and remember what you are doing well

What are the three tips for having fun, and where can they be used?

* Be patient, be positive, and ask for help
* They can be used at school, home, with friends, or anywhere else

What does Personal Par mean, and should yours be the same as anyone else’s?

* Personal Par is a measure of how you usually perform in golf, at home or school.
* It could possibly be the same as someone else’s, but it does not have to be the same. Everyone has different skills and things they are good at.

**Life Skills Continued**

How can you give your body strength and energy?

* Get the right amount of sleep and eat healthy foods

What should you do when introducing yourself?

* Smile, look the other person in the eye, and give a FIRM handshake

When can Personal Par be used?

* To see how much you have improved from your past games/rounds
* It can also be used to see how you are improving in school

When can the 4Rs be used?

* To help you manage your emotions on and off the golf course (at school, at home, etc)

When can you use a Personal Par Card?

* To establish a Personal Par at the golf course, for activities at home and school, and for wellness and physical activities.

**Golf Knowledge**

When are you able to make a stroke?

* When the group in front of you is out of range

What is one way to tell if you are playing at a good pace?

* If you are keeping up with the group in front of you.
* For example, if you teed off right after that group, you should try to keep the same distance between you the entire round.

What are the differences between match and stroke play?

* **Stroke Play** - Stroke Play is where the PLAYer counts the strokes he/she made on each hole and adds all holes together. The PLAYer with the lowest number of total strokes wins. Rule 3-1
* **Match Play** - Match Play is where the Player counts the Strokes he/she made on each hole and compares that to the strokes of the other Player. The Player with the lowest number of strokes on that hole wins that hole. If the Players tie, it is called a Half. The Players keep up the number of holes they win and compare to each other. The Player with the most holes won, wins the Match. Rule 2

Does the winner in stroke play have the highest or lowest score?

* Lowest

Who hits first on the tee box in stroke play?

* The person with the lowest score on the previous hole

Where can you stand to play a ball that is teed up within the teeing ground?

* Your feet can be in or outside of the teeing ground as long as your ball is teed up within the teeing ground.

Can you improve your lie by pressing a club down on the ground behind the ball?

* No. According to the rules of golf, you must play the ball as it lies.

Does the ball have to come to rest before you can make a stroke?

* Yes, the ball must come to a stop before you attempt to hit it again

If a ball in play and at rest is moved by another ball in motion, the moved ball must be \_\_\_\_\_\_\_\_\_\_

* Replaced where it originally was

**Golf Knowledge Continued**

New as of 2019 - When you are searching for a ball, it is considered lost when you have searched for \_\_\_\_\_\_\_ and still have not found it.

* 3 Minutes

What are considered hazards or penalty areas?

* Any bunker or water hazard

What color stakes identify water hazards?

* Red and yellow

If you believe your ball may be lost outside of a hazard, what should you do?

* Play a provisional ball

It is the \_\_\_\_\_’s responsibility to put an identification mark on his or her own ball

* PLAYer

When can you repair old ball marks on the putting green?

* When they are in the line of your putt

When can you touch your line of putt?

* To remove loose impediments (natural objects including stones, leaves, twigs, branches, or event insects)

According to the Rules of Golf, how many clubs can you have in your bag?

* No more than 14

On the putting green, when can your ball touch the flagstick without penalty?

* Never. When a stroke is made from the putting surface, your ball must not strike the flagstick no matter where it is; in or out of the hole.

What is an “obstruction”? Can you give examples?

* Anything artificial that is person-made and does not include any object(s) that mark out of bounds
* A cup or soda can
* Person-made ice from a cooler or cup

How many clubs lengths behind the front edges of the tee markers can you tee off from without penalty?

* You may tee off within 2 club-lengths behind the front edges of the tee markers without penalty.

What is a provisional ball, and what is the purpose?

* If after playing a shot, you think your ball may be lost (outside a water hazard) or out of bounds you should play a provisional ball (a second ball from the same location as the first)/
* The purpose of this rule is to save time.

New in 2019 – is it legal for a PLAYer’s club to strike the ball more than once while making a stroke?

* Yes – as of 2019, a ball being hit twice within one swing is legal and does NOT require a penalty stroke