Speedgolf – The Essential Rules

- Players have individual tee times at approximately 6-8 minute intervals.
- You can use **up to 7 clubs**, carried by hand or in a light weight pencil golf bag or other suitable club carrier – golf caddies and buggies are strictly prohibited.
- Your Speedgolf Score is your Golf Strokes plus the Time to complete the round
- The flagstick can be left in when putting (to save you time – you can take it out if you want)
- Lost balls are dropped on the line of flight of the previous shot with just a one-shot penalty. Standard R&A golf rules apply. **Don’t waste time looking for lost balls**
- Remember that Bags/clubs are set down outside the putting green area and retrieved after the putt is sunk.
- Play throughs – Approaching player must alert the player in front by yelling, "coming through". The player in front must **STOP** and move out of the field of play. They must remain in a non-interfering position until the player from behind has passed completely. After the passing player is out of the way, the passed player may continue their round but only when safe to do so, when the faster player has finished the hole.
- Shouting of the word ‘fore’ will be retained as a warning to avoid an imminently approaching wayward ball as in regular golf.

All other Standard R&A golf rules apply and local club etiquette should be observed.

**Most of all set your pace for distance rather than speed, Speedgolf is challenging, but most of all have FUN.**

**Tips**

- Warm up and cool down, this is a more athletic game
- Don’t rush your shots, take the time to **watch the ball** before heading off.
- Don’t waste time looking for lost balls; take a penalty shot
- You will get warm, keep hydrated and slow down if you need to, **you don’t need to jog all the time!**