



FlingGolf™

Let's Get Started With FlingGolf



Quick Start Rules:

Scoring: Count your flings from tee to hole.

Tee Shots: Fling the ball from behind the tee marker. You may always take steps while flinging the ball.

Further Shots: Mark your ball where it lies and fling your ball from behind the mark.

On the Green: Once your ball is on the green, you place your feet, and with the ball in the putting notch on the side of the FlingStick™ head, you push the ball toward the hole. You may not move your feet while pushing. You may also mark the ball, place it in the FlingStick channel, and roll it toward the hole.

Penalties:

If your ball lands in a sand bunker or a water hazard, goes out of bounds or is lost, take a 1-stroke penalty Then:

Sand Bunker: remove ball from the bunker and retreat up to 5 paces from the bunker along the line your ball traveled into the bunker. Fling the ball before reaching the bunker.

Water Hazards, out of bounds or lost ball: Retreat up to 5 paces back from where the ball went into the hazard, out of bounds or area where it was lost, then fling the ball before you reach the hazard, out of bounds or lost area.



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Basic Swing Techniques

Try these basic swing techniques to quickly learn how to fling.

Sidearm/Baseball:

With the FlingStick facing directly away from the target and the channel facing upwards and parallel to the ground, and with your back to the target, take a step toward 1 o'clock (for righties) or 11 o'clock (for lefties), and swing from low to high, opening the channel as you swing forward. On your swing forward, imagine hitting a home-run over the right field fence (for righties) or the left field fence (for lefties).

Overhand/Lacrosse:

With the ball in the channel, with your wrists hinged above your shoulders, drop the FlingStick down your back, lean back, take a step forward, aim high like you are throwing a javelin, and swing away.

Flop shot:

With wrists hinged above your shoulders, drop the FlingStick way down your back, then pop the ball high, as though it will land on your head (it won't).

On the green:

With the ball nestled into the notch on the side of the FlingStick, open your stance and put one hand down the shaft. You can either push the ball toward the hole, or try it "goofy", and pull the ball toward the hole with the notch on the other side.

Make up your own swings - there are thousands of options. Shoot us a video of your swing!