



World League FlingGolf

Official FlingGolf Rules

(as of 12.21.23)

A. General

1. Equipment. A FlingStick as designed and built by New Swarm (with the exception of the grip and graphics which may be modified) and a regulation golf ball. A Putting Slug, as designed by New Swarm, may also be used although the player may fill the slug with their choice of items. For clarification, the head may not be modified in any manner, other than the removal or replacement of Striker Pads, and no devices or attachments to the head are allowed.

2. One FlingStick Rule. The preferred format shall be One-Stick FlingGolf and all FlingShots from tee to green are taken with a single FlingStick, propelled from the channel or from the side using the FlingNotch or the Striker Pad. Players must play each round with the same FlingStick. During a round, a player may replace a) replace the Striker Pads on the FlingStick or b) substitute the FlingStick but only in the case of a functionally damaged stick.

3. Golf Carts; Bags. Golf cart usage will be determined by the course and/or the tournament. A player may use a bag so long as they carry it themselves. In cases where carts are not permitted, any request for an accommodation for the use of a cart due to medical reasons must be made in advance and will be granted at the sole discretion of World League FlingGolf (WLF) officials.

4. Current Lie Line. The line one (1) FlingStick length to either side of the spot where the player's ball came to a rest as a result of the previous FlingShot (the Current Lie). The Current Lie Line is perpendicular to the direction that the player plays their next shot. NOTE: The one (1) FlingStick length is not "relief", but rather defines the Acceptable FlingShot Area for purposes of **A.7.** below. Players should not move the mark of their previous lie but can use an additional marker to mark the one (1) FlingStick boundary.

5. Acceptable FlingShot Area: The area five (5) paces back from the Current Lie Line.

6. Ball Spot. The resulting location where the ball came to rest, on the green, from the previous Flingshot.

7. FlingShots. The Player may always lift and clean their ball, with the exception of **Penalty 1.b.** A player may take steps while taking a FlingShot from anywhere off the green, however, the ball must leave the FlingStick while the



player's feet remain within the Acceptable FlingShot Area. After the ball has been released (i.e., on follow through) a player's feet may leave the Acceptable FlingShot Area. In league or tournament play, or as otherwise required, the player must physically mark the location where their ball came to rest before lifting their ball or taking their next Flingshot.

B. Tee Shots

Play the FlingShot from behind the tee marker. The tee marker acts as the Current Lie Line. Women will be allowed to play from designated forward tees.

C. Acceptable Techniques on the Green

1. Striking the Ball: Playing the ball where it lies (the Ball Spot), strike the ball with the Striker Pad or any other part of the FlingStick head. A putting slug may be inserted into the channel.

2. Using the FlingNotch: With the ball in the notch on the side of the FlingStick head, push or pull the ball toward the hole, releasing contact with the ball before it reaches the Ball Spot.

3. Using the FlingChannel: With the ball in the channel, swing and release the ball from the channel before the FlingStick reaches the Ball Spot.

4. Sidecar: Using the FlingChannel behind the ball on the green, propel the ball forward (a sidecar shot), releasing the ball before it reaches the Ball Spot. This includes any shot where the ball enters the channel, even when the Putting Slug is inserted in the channel and a striking motion is used.

NOTE: For techniques 2-4 above, players are responsible for releasing the ball before the Ball Spot. Accordingly, before using the technique players should mark the Ball Spot, pick the ball up and place it on the green (or insert it into the channel) further back from the Ball Spot, but along the line directly away from the hole. As a guideline, if the player places the ball or inserts it into the channel at a distance where the player's feet are a full FlingStick away from the Ball Spot, it will generally be presumed to be released before the Ball Spot.

In the case where the active player's ball strikes an inactive player's ball, the active player's ball remains where it lies, while the inactive player's ball is returned to its Ball Spot. In order to avoid any potential interference, an active player may ask another player to mark and lift that player's ball on the green. There is no penalty for striking another player's ball.

D. Penalties

1. Sand Bunker: If the ball comes to rest in a sand bunker, the player has the option to either:

a) take a 1-stroke penalty and remove the ball from the bunker and retreat up to five (5) paces from the edge of the bunker directly away from the hole. Consider the location on the edge of the bunker where the ball had traveled to be the Current Lie and proceed with the FlingShot.

OR

b) without taking a stroke penalty, play the ball as it lies, EITHER by using i) the sidecar, clean sweep, trebuchet or similar technique, which is defined as placing the channel of the FlingStick behind or in front of the ball, and, without moving the ball (though the Flingstick may touch the ball), propelling the ball with the FlingStick in a single, continuous motion without moving your feet, OR ii) the Striker Pad, to strike and propel the ball out of the bunker. *NOTE: During a sidecar or similar shot from a sand bunker, the player may not intentionally lift or move the ball prior to their shot, and may stand beside or even in front of the ball during their shot but both feet must not move until the shot is completed. For clarification purposes, i) "one single, continuous motion" prohibits any intentional hitch or other delay in motion (including carrying or cradling the ball) that allows the ball to roll back into the channel before resumption of motion, ii) incidental movement or shifting of feet that is typical of a sidecar, clean sweep or similar technique when performed outside of the sand trap and does not impart additional momentum to the shot will not be penalized, and iii) movement of feet after "the shot is completed" is only allowed when such movement is clearly (A) after the ball is released from the channel AND (B) not the result of momentum from the shot.* Violation of the restrictions above (moving feet, lack of continuous motion, etc.) will result in a one (1) stroke penalty.

2. Water Hazards: If the ball rests completely submerged in a water hazard, take a 1 stroke penalty. Consider the location up to two (2) FlingStick lengths back into play from where the ball entered the water hazard to be the Current Lie and proceed with the next FlingShot; however, the new Current Lie may NOT be on the green. *NOTE - If the ball is not completely submerged in a designated water hazard and is playable and retrievable by the player, the player may consider the spot where the ball lies as the Current Lie and not take a 1-stroke penalty. However, the rules with respect to Acceptable FlingShot Area will still apply. If the ball cannot reasonably be marked because the lie is partially in the water, a player must mentally note that spot, and the Current Lie Line and Acceptable FlingShot Area are a result of that spot as if it were physically marked.*

3. Out-Of-Bounds and/or lost ball: If the ball rests Out-Of-Bounds or becomes lost, take a 1 stroke penalty. Consider the Current Lie Line to be two (2) FlingStick lengths into play from where the ball was last seen before becoming lost

or traveling Out-Of-Bounds. Then, play the FlingShot from within that resulting Acceptable Flingshot Area. In formal league or tournament play, players will have five (5) minutes to find their ball after approaching the presumed landing area of the FlingShot before having to declare a lost ball.

4. For playing a FlingShot outside of the Acceptable FlingShot Area:

Take a stroke penalty and then replay the shot from within the Acceptable Flingshot Area. If a player decides before an attempted FlingShot that they are unable to play from within the Acceptable Flingshot Area, they may take a 1-stroke penalty and play from as far back as they desire along the path that the ball had traveled to reach that Current Lie and must release the ball no closer to the hole than that path.

5. Failure to Mark Ball: Where ball marking is required (e.g., tournament play), an inadvertent failure to mark a ball for purposes of the next FlingShot will not necessarily result in a penalty and may only result in a warning. If in the discretion of any designated WLF or other tournament official there is an intentional failure to mark a ball or repeated failure to mark a ball after warning or warnings, a **one (1) stroke penalty** may be assessed (in addition to any penalty that may be assessed under **Rule D.4** above).

6. Ball falling out of channel during FlingShot: In cases where the ball falls out of the channel in the process of taking a FlingShot, it will count as a FlingShot. A player is in the process of taking a FlingShot if the player intends to take a shot and the player deliberately begins the motion or act of taking a FlingShot (e.g., takes steps forward, moves arms forward). The ball falling out of the channel before the beginning of such deliberate motion (e.g., while scooping the ball into the channel or while aiming or lining up a FlingShot) will not count as a FlingShot.

E. Scoring

1. Stroke Play. Count every FlingShot taken from the tee to the hole on each hole, including any penalty (see **Rule D.** above) or bonus (see **Rule E.2** below) strokes, and add the total FlingShots taken for the round. *The lower the score the better.*

2. Reggie Bonus. On any Par 3 hole, Players will receive a one (1) stroke bonus (i.e., a one stroke deduction in their score), also known as a “Reggie”, if they a) hit the green in regulation AND b) score par or better on the hole (before taking into account the Reggie bonus). Hitting a green in regulation on a Par 3 is achieved by reaching the green on your first shot. If a FlingShot comes to rest on a clearly demarcated fringe, apron or collar to the green it does NOT count as on the green for purposes of a Reggie. For purposes of clarification, there are no “Reggie-Bogeys” or worse and, even if you make the green on your first shot, you will not be entitled to a stroke deduction if you score worse than par (on a gross basis before taking into account the Reggie bonus).



3. Scorekeeping. To avoid confusion and to facilitate tiebreakers (see **Rule E.4.** below), players shall mark their total strokes (including penalty strokes but not including bonus stroke deductions) and, on Par 3s only, separately mark Reggies for deduction at the end of the round.

4. Tiebreakers. In tournament or other formal play, the first tiebreaker should be broken in favor of the player or players with the **lowest** gross score (i.e., lowest gross strokes or fewest Reggies among the ties to be broken), with the player with the fewest strokes **before** taking into account any Reggie bonuses finishing ahead of a player with an equivalent net score after taking into account the Reggie bonuses. Additional tiebreakers may will be at the discretion of WLF or other tournament or league officials.

F. Additional Tournament Rules

1. Rangefinders. During tournament play, FlingGolfers may use laser or GPS rangefinders to determine distances (e.g., to the hole, the green, a hazard).

2. Phone/Digital Applications. FlingGolfers may use commercially available phone or other digital applications with GPS (e.g., GolfLogix, Golf Pad, 18 Birdies) to determine distance and other information, including accessing prepared notes regarding the golf course; **provided, however,** that all such applications must be set to rules compliant "Tournament Mode" or similar mode before the beginning of tournament play to deactivate features such as putt line, "plays like" or effective distance recommendations or other features based on processed data analysis. Intentional disregard of this rule is grounds for immediate disqualification from a tournament. In the future, the WLF or other tournament or league officials may promulgate a specific list of approved and disapproved applications and information.