



The Complete Rules of FlingGolf

RULES

General.

Equipment. All flingshots from tee to green are taken with a single FlingGolf stick, the FlingStick, propelled from the channel or from the side using the FlingNotch or the Striker Pad.

Flingshots. You may always lift and clean your ball. You may always take steps while taking a flingshot from anywhere off the green, but your feet may not go closer to the hole than the Previous Lie until the completion of the flingshot (Defined as when ball leaves the channel).

Previous Lie. The spot where your ball came to a rest following your previous flingshot.

Tee Shots:

Play the flingshot from behind the tee marker.

Further Flingshots:

Mark or note the Previous Lie. Retreat up to 5 paces from the Previous Lie directly away from the hole, and take the next flingshot before reaching the Previous Lie.

On the Green:

Mark the Previous Lie, pick the ball up and place it on the green (or insert it into the channel) up to one FlingStick length further from the Previous Lie, but along the line directly away from the hole.

Using the Striker Pad: With the ball next to the Striker Pad, strike the ball with the Striker Pad.

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 Previous Lie.

Using the FlingChannel: With the ball in the channel, a player must swing and release the ball from the channel before the FlingStick reaches the Previous Lie.

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 the original mark. 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.

Penalties:

Sand Bunker: If the ball comes to rest in a sand bunker, take a 1 stroke penalty. Remove the ball from the bunker and retreat up to 5 paces from the edge of the bunker directly away from the hole. During your flingshot, release the ball before you reach the bunker.

Water Hazards: If the ball rests completely submerged in a water hazard, take a 1 stroke penalty. Retreat up to 5 paces directly away from the hole, then take a flingshot before reaching the hazard edge. *NOTE - If the ball is not completely submerged in a designated water hazard and can be retrieved by the player, there is no penalty and the player must play as a normal flingshot.*

Out of bounds and lost ball: If the ball rests out of bounds or becomes lost, take a 1 stroke penalty. Consider the Previous Lie to be where the ball was last seen before traveling out of bounds or becoming lost. Then, retreat up to 5 paces from the Previous Lie directly away from the hole and play as a normal flingshot.

NOTE - In a case where the ball traveled past the hole and into a hazard, bunker, went out of bounds or is lost, the player shall consider the Previous Lie to be the edge of those areas and move the ball no more than one FlingStick from the edge toward the hole, then play their flingshot.

Approved Equipment: A FlingStick and a regulation golf ball.

SCORING

There are two recommended scoring systems:

The “Van Alen” FlingGolf Scoring System:

Recommended for both casual and competitive play as it rewards both an accurate long game (points for reaching the green in regulation, aka a “**Reggie**”), as well as the short game. *The higher the score the better.*

Completing the hole in:

Two over par = 1 point
One over Par = 2 points
Par = 3 points
Birdie = 4 Points
Eagle = 5 points, etc.

Reaching the green in regulation (“Reggies”):

Reggie = 1 point: (For a par 3, 1 flingshot. Par 4, 2 flingshots and Par 5, 3 flingshots)

Record two Reggies for reaching a par 4 in 1 flingshot and a par 5 in 2 flingshots.

Examples:

For reaching the green in regulation (1 point) for an overall par score (3 points) the player records a “**Reggie Par**” = 4 points.

For reaching the green in regulation (1 point) and an overall birdie score (4 points) the player records a “**Reggie Birdie**” = 5 points.

OR

Traditional FlingGolf Scoring System:

Count every flingshot taken from the tee to the hole on each hole and add the total flingshots taken for the round. *The lower the score the better.*

GOLF COURSE ETIQUETTE

Golf courses have been used for hundreds of years and have a strong tradition of etiquette. While FlingGolf is bringing new energy and excitement to these courses, there are guidelines to follow that will allow golfers and FlingGolfers to co-exist, golf courses to be even more welcoming, and help to grow the game even faster.

- In general, be courteous to other players, be patient and have fun.
- Rake bunkers after you have removed your ball.
- Repair ball marks on the green from your ball and also repair others that may have missed repairing their marks. (Remember to bring a green repair tool with you.)
- Repair divots. Oh wait, we don't make any. Never mind.
- Have fun but don't make so much noise that you are disruptive to other players around you. But it's definitely acceptable to make noise while taking your FlingShot
- If you and your group are holding up players behind you and have a full hole open ahead of you, consider letting the following group play through.
- If you are bumping up against a group in front of you, and they have a full hole ahead of them, the other group should let you play through, although they are not required to.
- Be Safe. Play ready FlingGolf, but never take a shot that could end up near another player.