



Unified Golf

Special Olympics Iowa



Registration Entries

Entry forms are available online at www.soiowa.org

- ▶ Website: Competitions tab > click on Sports Offered > click on Golf
- ▶ Entries can be emailed to: registrations@soiowa.org

~OR~

- ▶ Mailed to Tanner Nissen at the State Office (551 SE Dovetail Road, PO Box 620, Grimes, Iowa)



Events



- ▶ Events differ based on location of competition and options may include:
 - ▶ 3 hole
 - ▶ 6 hole
 - ▶ 9 hole
 - ▶ Mini Golf
- ▶ **Equipment:**
 - ▶ Athletes must provide their own equipment of bag and clubs



Rules



- ▶ The Special Olympics Sports Rules shall govern all Special Olympics Golf competitions. As an international sports program, Special Olympics has created these rules based upon the Rules of golf written by the Royal and Ancient Golf Club of St. Andrews (R&G) and the United States Golf Association (USGA). These rules shall govern all competition except when in conflict with the Official Special Olympics Sports Rules shall apply.
- ▶ [Special Olympics, Inc. Golf Rules](#)
 - ▶ **Basic rules:**
 - ▶ Tee off between the tee markers or a little behind them
 - ▶ The person with the farthest ball away from the green hits first
 - ▶ The person with the lowest score of the previous hole gets to tee off first on the next hole
 - ▶ When a person is hitting the ball, all other people should remain behind them for safety reasons



Competition



- ▶ Unified Golf is a 2-person alternate shot competition. Partners will tee off on the odd holes and the athletes will tee off on the even holes. Players will hit alternating shots through the remainder of the hole.
- ▶ If a team/participant has taken five (5) strokes and has not reached the green, the team/participant will pick up the ball and drop it on the closest spot on the green. The team/participant will then be allowed five (5) strokes on the green. The maximum number of strokes per hole is ten (10).
- ▶ The team/participant may move the ball off of the cart paths, dirt areas, and ground under repair. Nearest point of relief, one club length, no closer to the holes.
- ▶ Only athletes will be allowed to use a tee on the fairways.



Grip



- ▶ Place the club in the fingers of the top hand, have the hand sit over enough to see the back of the hand.
- ▶ Place the bottom hand also in the fingers and have the palm of the bottom hand rest on the thumb of the top hand
- ▶ Styles of Grip:
 - ▶ Vardon
 - ▶ Interlock
 - ▶ Baseball
 - ▶ [How To Master The Golf Grip](#)



Posture

- ▶ To help the player brush the grass (which hits the ball in the air) have them focus on keeping their rear end out through the backswing and impact.
- ▶ The follow-through can 100% stand up but only after impact and brushing the grass with good posture first.
- ▶ [How To Create A Good Posture For Your Golf Swing](#)



Shoulder Turn

- ▶ A good shoulder turn helps the golf swing
 - ▶ Have your athlete try to turn their back to the target and get their elbow up to about shoulder height
 - ▶ [Three Tips To Improve Your Shoulder Turn](#)



Swing Tempo

- ▶ If your athlete swings too fast and too hard have them count during their swing, 1-2 in their backswing
- ▶ Better Tempo, Better Swing



Ball Positions

- ▶ Driver should line up with the inside front foot (left foot for right-handed players, right foot for left-handed players)
- ▶ 6 iron up through fairway woods – splits the difference between the center and front foot
- ▶ 7 iron down through wedges – center of the feet
- ▶ [Golf Tips Magazine - Ball Position](#)




Driver Tee Height

- ▶ Tee the ball so $\frac{1}{2}$ the ball is in the club face and $\frac{1}{2}$ the ball is above the club's head
- ▶ [The Right Tee Height](#)



Clubs and Distances

- ▶ Higher numbered irons go high and short (Wedges go highest/shortest)
- ▶ Lower numbered irons go lower and longer
- ▶ From short to long this is the order of the clubs
 - ▶ SW, PW, 9, 8, 7, 6 (iron or hybrid), 4 (iron or hybrid), 5 wood, 3 wood, Driver



Quiz

- ▶ To take the quiz, click the link:
 - ▶ [Unified Golf](#)