



SPECIAL OLYMPICS COLORADO GOLF INDIVIDUAL SKILLS COMPETITION



The purpose of the Individual Skills Competition is to allow athletes to train and compete in basic golf skills and allow participation for athletes with equipment or mobility assistance devices that, for safety reasons, cannot participate in course play. The development of these key skills is necessary prior to advancing to Level Two. A maximum of 120 points may be scored in Level One. Athletes must attempt to complete all skills to receive an award.

SKILL #1 - SHORT PUTT

1. PURPOSE:

To measure the athlete's ability to putt focusing on the short putt.

2. EQUIPMENT:

- a) A regulation putting green with a properly marked (target) hole.
- b) One putter for each athlete.
- c) Five balls for each player.
- d) A chalker may be used to mark the circle targets around the hole.
- e) Pitch Mark Repairer

3. DESCRIPTION:

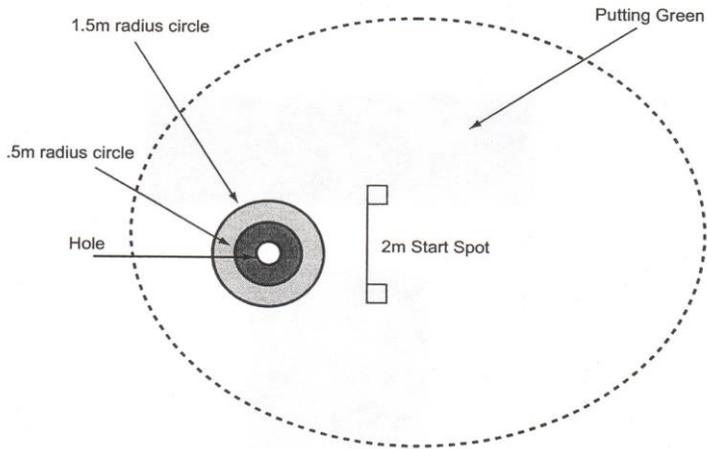
- a) A target hole is selected and two circles are placed around the hole. The first circle shall have a radius of .5m and the second shall have a radius of 1.5m from the hole.
- b) The athlete will have five attempts from a clearly marked spot, 2m from the hole.
- c) The short putt should be set up on a green with as flat a surface as possible.

4. SCORING:

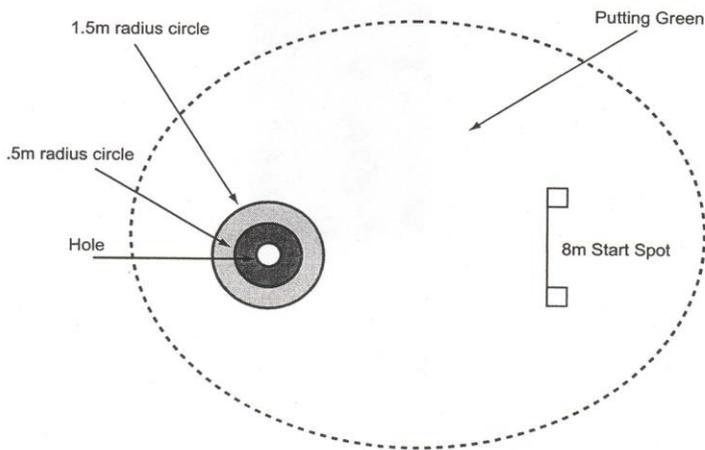
- a) The athlete will have five attempts to putt the ball at the hole from a line 2m from the hole, scoring points according to where the ball comes to rest.
- b) The athlete will score one point for making a stroke at, and striking the ball. (A swing and a miss counts as one attempt, and the athlete receives a score of zero.)
- c) A second point is scored if the ball stops on or within the 1.5m circle.
- d) A third point is scored if the ball stops on or within the 0.5m circle.
- e) If the ball goes in the hole, a total of four points will be awarded for that attempt.
- f) The short putt score shall be the sum total from the five attempts.

Putt Diagram:

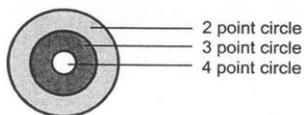
SHORT PUTT



LONG PUTT



LEGEND



SKILL #2 - LONG PUTT:

1. PURPOSE:

To measure the athlete's ability to putt focusing on the long putt.

2. EQUIPMENT:

- One putter for each competing athlete.
- A regulation putting green with a properly marked (target) hole.
- Five balls for each hole being used.
- A chalker may be used to put target circles around the hole.
- Pitch Mark Repairer

3. DESCRIPTION:

- a) A target hole is selected and two circles are placed around the hole. The first circle shall have a radius of .5m and the second shall have a radius of 1.5m from the hole.
- b) The athlete will have five attempts from a marked spot, 8m from the hole.
- c) The long putt should be set up on a green with as flat a surface as possible.
Note: Putting up hill is recommended.

4. SCORING:

- a) The athlete will have five attempts to putt the ball at the hole from a spot 8m from the hole, scoring points according to where the ball comes to rest.
- b) The athlete will score one point for making a stroke at, and striking the ball. (A swing and a miss counts as one attempt, and the athlete receives a score of zero.)
- c) A second point is scored if the ball stops on or within the 1.5m circle.
- d) A third point is scored if the ball stops on or within the .5m circle.
- e) If the ball goes in the hole, a total of four points will be awarded for that attempt.
- f) The long putt score shall be the sum total of the five attempts.

SKILL #3 - CHIP SHOT

1. PURPOSE:

To measure the athlete's ability in hitting chip shots 14m from the hole.

2. EQUIPMENT:

- a) An assorted number of irons for both right and left handed players.
Note: Woods and putters are not permitted for this skill.
- b) Five balls for each hole being used.
- c) A putting green with a clearly marked target flag and hole.

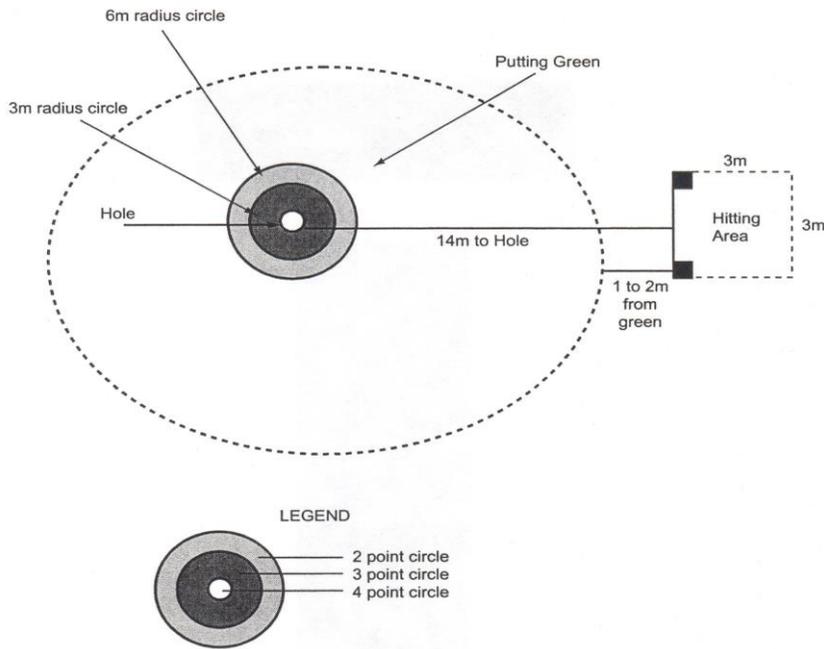
3. DESCRIPTION:

- a) A chipping area is set up which includes a 3m by 3m square hitting area 14m from the hole. The chipping area should be 2m from the edge of the green.
- b) A 3m radius circle and a 6m radius circle will be placed around the hole.
- c) A safely marked hitting area 3m by 3m square, chalk and marker.
- d) The athlete is instructed to chip the ball at a designated hole getting it as close to the hole as possible.

4. SCORING:

- a) The athlete will attempt five shots at the target, scoring points according to where the ball comes to rest.
- b) Athletes will score one point for making a stroke at and striking the ball. (A swing and a miss counts as one shot and the athlete receives a zero score for that shot.)
- c) A second point is scored if the ball comes to rest inside the 6m circle around the hole.
- d) A third point is scored if the ball comes to rest inside the 3m. circle around the hole.
- e) A fourth point is scored if the chip shot comes to rest in the hole.
- f) The total score from the five attempts will be the athletes final score for the chip shot.

Chip Shot Diagram:



SKILL #4 - PITCH SHOT

1. PURPOSE:

To measure the athlete's ability to hit controlled pitch shots in the air in the proper direction to a defined circular target area.

2. EQUIPMENT:

- An assorted number of pitching irons for both right and left handed players.
- Five golf balls for each station being used.
- A marked hitting area, paint or chalk, and marker.
- Shag bags or tubes to retrieve balls at station.
- A target flag and hitting mat or artificial surface.
- A banner, sign, net, or barrier that measures 1m in height by 5m wide. Two support poles measuring 2m to be used to support the banner, sign, net or barrier.

3. DESCRIPTION:

- A target area shall be defined as a circle with a 12m diameter.
- The distance from the hitting area to the 1m high barrier shall be 5m.
- The distance from the 1m high barrier to the target area shall be 5m.
- The golfer shall make five attempts. The athlete is instructed to pitch the ball over the barrier at the designated target area.

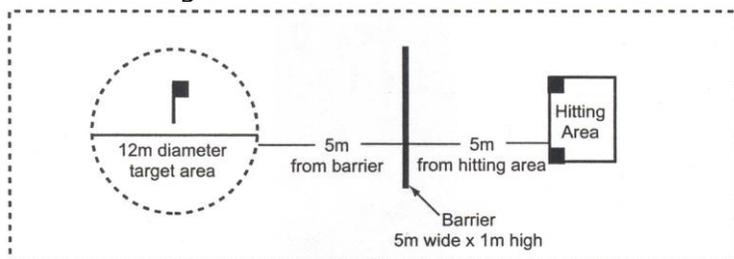
Note: Skill station should be located in restricted area such as range in order to provide safest environment. If an unrestricted area is used than area should be roped off and clearly identified for volunteers, spectators, and athletes.

4. SCORING:

- The athlete will attempt five shots at the target, scoring points according to where the ball lands.
- Athletes will score one point for making a stroke at and striking the ball. (A swing and a miss counts as one shot and the athlete receives a zero score for that shot.)

- c) A second point is scored if the ball goes over the barrier and between the upright poles.
- d) A third point is scored if the ball lands inside the 12m circle and rolls out or, if the ball lands outside the 12m circle and comes to rest inside the circle.
- e) A fourth point is scored if the ball lands inside the 12m circle and comes to rest inside the circle.
- f) The pitch shot score shall be the sum total from the five attempts.

Pitch Shot Diagram:



SKILL #5 - IRON SHOT

1. PURPOSE:

To the athlete's ability to hit an iron shot for distance within a set hitting area.

2. EQUIPMENT:

- a) An assorted number of irons for right and left handed players.
- b) An appropriate number of golf balls based on the number of competitors. It is recommended that five balls per athlete are available to eliminate having to retrieve balls.
- c) Marking paint or chalk, and marker to mark hitting area and boundary lines. (1/2" cord or rope can be substituted for marking boundary lines and making them more visible.)
- d) Hitting mat or carpet, tees, helmets, a safety zone for scorekeepers to stand in and shag bags or tubes to retrieve balls (if necessary).
- e) A target flag and eight cones or other visible marker to identify distance locations.
- f) A Hybrid club can be used for either the iron shot or wood shot (not both).

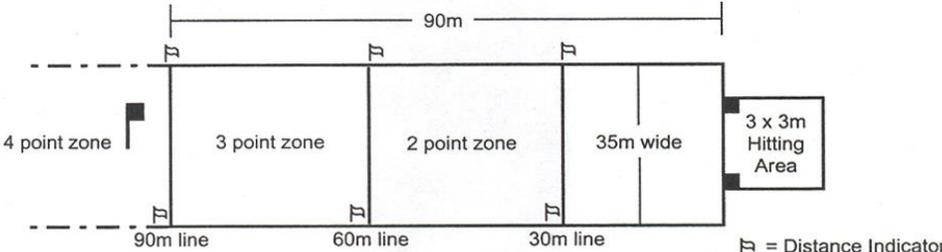
3. DESCRIPTION:

The athlete may choose to hit the ball off a tee, a mat, or the ground. The athlete is instructed to hit the ball from the teeing area toward a designated flag in the hitting area trying to keep the ball within the boundary markers and achieving a distance of more than 90m.

4. SCORING:

- a) The athlete will attempt five shots at the target, scoring points according to where the ball comes to rest.
- b) Athletes will score one point for making a stroke at and striking the ball. (A swing and a miss counts as one attempt and the athlete receives a score of zero for that shot.)
- c) Two points are scored for a ball that comes to rest between the 30m and 60m lines within the 35m wide boundary lines.
- d) Three points are scored for a ball that comes to rest between the 60m and 90m lines within the 35m wide boundary lines.
- e) Four points are scored for a ball that comes to rest beyond the 90m line with the 35 meters wide boundary lines.
- f) The athlete's score for the iron shot shall be the sum total of the five attempts.

Iron Shot Diagram:



SKILL #6 - WOOD SHOT

Athletes must tee-up their own ball.

1. PURPOSE:

To measure the athlete's ability to hit a wood shot for distance within a set hitting area.

2. EQUIPMENT:

- An assorted number of woods for right and left handed players.
- An appropriate number of golf balls based on the number of competitors. It is recommended that five balls per player are available to eliminate having to retrieve balls.
- Marking paint or chalk, and marker to mark hitting area and boundary lines. (A 1/2" cord or rope can be substituted for marking boundary lines and making them more visible.)
- Hitting mat or carpet, tees, helmets, a safety zone for scorekeepers to stand in and shag bags or tubes to retrieve balls (if necessary).
- A target flag and eight cones or other visible marker to identify distance locations.
- A Hybrid club can be used for either the iron shot or wood shot (not both).

3. DESCRIPTION:

The athlete may choose to hit the ball off a tee, a mat, or the ground. The athlete is instructed to hit the ball from the teeing area toward a designated flag in the hitting area trying to keep the ball within the boundary markers and achieving a distance of more than 120m.

4. SCORING:

- The athlete will attempt five shots at the target, scoring points according to where the ball comes to rest.
- Athletes will score one point for making a stroke at and striking the ball (a swing and a miss counts as one attempt, and the athlete receives a score of zero for that shot.)
- Two points are scored for a ball that comes to rest between the 60m and 90m lines with the 50m wide boundary lines.
- Three points are scored for a ball that comes to rest between the 90m and 120m lines with the 50m wide boundary lines.
- Four points are scored for a ball that comes to rest beyond the 120m line with the 50 meters wide boundary lines.
- The athlete's score for the wood shot shall be the sum total of the five attempts.

Wood Shot Diagram:

