

BECOMING CHAMPIONS in TOURNAMENT PLAY

PRE-PLAY:

1. Prepare to become champions:
 - a. Rest, breakfast & nutrition
 - b. Be mentally tough & confident
 - c. Have all equipment prepared & ready
2. Be on time (especially for tee-time 10 minutes ahead)
3. Check bag for 14 club limit
4. Mark your golf balls & have extras marked (never hit the wrong ball that way)
5. Cell phones must be off
6. Have rain suit, umbrella & towel
7. All dress alike in total team uniform & wear it correctly like a champion.

DURING PLAY:

1. Be mentally tough, confident & "Grind it out"
2. "One shot at a time" – keep your score out of your mind
3. Visualize the perfect shot every time & keep a positive mental attitude & trust it!!!!
4. When in doubt of a rule – then play two balls & record scores with both
5. If ruling is needed: have someone else call me or the pro-shop. (Coach Nordstrom 281-797-8256 or River Ridge Pro-shop 800-553-7517)
6. Correct any error (drops, wrong ball or place, etc.) before you tee off next hole. You might need to replay again from a correct drop spot or move back your ball to its original position if you accidentally moved it for example even if you holed out.
7. No player can DQ you
8. If unsure about penalty given to you, then ask me afterwards before you sign
9. Do not give or receive advice (public information is allowed)
10. No cart rides allowed except between nines or by special marshal location
11. No golf equipment can be given (balls, clothes & food/drink are allowed)
12. Know rules: especially sandtraps, water hazards, flag stick, marking ball on green
13. Marked lines on course: "On is in"
 - a. White lines or OB fences: out of bounds = penalty & distance from original spot
 - b. Red lines: lateral water hazard = penalty & drop 2 club-lengths or line to pin back
 - c. Yellow lines: regular water hazard = penalty & drop back near or far on line to pin
 - d. You may hit from inside the hazard, but no practice swings or grounding your club or removing loose impediments, etc. allowed.
 - e. Announce to your playing partners your intentions on drops or relief & observe their drops or relief.

FREE RELIEF: (not in hazards, except for water in sandtrap)

1. Show, ask & tell your playing partners of your intentions first
2. Free relief from cart paths & other immovable man made obstructions (stance & swing) = one club length from new ball spot no nearer to hole
3. Free relief from ants (ball area or stance)
4. Free relief from animal holes, staked trees, plugged ball, dangerous animals, ground under repair areas marked by white lines, any tire ruts, casual water.
5. Moveable items: rakes & trash (no penalty if ball accidentally moved)
6. Loose impediments not in a hazard (ball cannot move at all) such as sticks, stones or anything of nature that is not attached to the ground
7. Red or yellow stakes may be removed, but not white stakes
8. You may drop onto a cart path twice if it is the nearest point of relief from another obstruction & then take relief off of that
9. You may place the ball after the ball is dropped twice at the second drop spot if: it rolls inside a hazard line, closer to the hole, or more than two club lengths from where it hit the ground.
10. You must take free relief off of a wrong green
11. Two balls hit into the same water hazard, you get to drop on the other side.
12. You may lift & replace your ball at any time to identify it.

SCORING:

1. Check your boxes carefully with your copy before you sign your scorecard
2. Keep very accurate score of your competitors & watch their play
3. Have the correct score agreed upon & recorded after each hole
4. Know the rules, relief & drops for you and them ("Protect the field")
5. Play two balls when in doubt
6. Call coach or rules officials when in doubt
7. Correct any error before teeing off on next hole
8. Cougars are not cheatas and do not allow others to be

"Grind it out! Be mentally tough & confident!"

"Enjoy competing"

"You can do it!"

"All coach asks is to give it your best effort as a team!"