



World League FlingGolf

Official FlingGolf Rules

(as of 4.15.22)

A. General

1. Equipment. A FlingStick as designed and built by New Swarm (with the exception of the grip 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.

2. One FlingStick Rule: Alternate Formats. 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. A player may replace a FlingStick during a round only in the case of a functionally damaged stick.

Alternatively, FlingGolf may be played with other formats:

- a) **Multi-Stick FlingGolf:** Players may use multiple FlingSticks during their round or on any hole. E.g., using Ballistick to tee off and using a Short Stinger for short-game shots. All other FlingGolf rules apply.
- b) **Hybrid:** Players may use any combination of 3 FlingSticks and golf clubs. E.g., A driver, a Stinger and a putter. When using a golf club, USGA rules applicable to the corresponding golf shot will apply.

3. Current Lie Line. The line two FlingStick lengths 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.

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

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

6. 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 within the Acceptable FlingShot Area.

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.

NOTE: For techniques **2-4** below, before using the technique mark the Ball Spot, pick the ball up and place it on the green (or insert it into the channel) up to one FlingStick length further from the Ball Spot, but along the line directly away from the hole.

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.

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 play 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, placing the channel of the FlingStick behind the ball and using the sidecar technique, or using the Striker



Pad, to propel the ball out of the bunker. The player may stand beside the ball during the sidecar shot.

2. Water Hazards: If the ball rests completely submerged in a water hazard, take a 1 stroke penalty. Consider the location 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. *NOTE - If the ball is not completely submerged in a designated water hazard is playable and retrieved by the player, the player may consider the spot where the ball lay as the Current Lie and not take a 1-stroke penalty.*

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.

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.

E. Scoring Formats

1. Traditional Scoring/Stroke Play. Count every FlingShot taken from the tee to the hole on each hole, including any penalty strokes, and add the total FlingShots taken for the round. *The lower the score the better.* Good for playing with other golfers.

2. Van Alen 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 (total strokes to par). *The higher the score the better.*

<u>Completing the hole in:</u>	<u>Points:</u>
Double-Bogey (Two over par)	1
Bogey (One over par)	2
Par	3

Birdie (One under par)	4
Eagle (Two under par)	5
Albatross (Three under par)	6

Points for Reggies for hitting a green in regulation (i.e., reaching the green in two strokes less than par or better) are awarded as follows:

<u>Par:</u>	<u>On green in:</u>	<u>Points:</u>
3	1 Stroke	1
4	2 Strokes	1
	1 Stroke	2 (aka "Double Reggie")
5	3 Strokes	1
	2 Strokes	2

3. Stroke+ System. Uses the traditional stroke play scoring method in **E.1.** but incorporates the "Reggie" concept by *deducting* a stroke for each Reggie.