

What IS SPEEDGOLF CANADA? It's Golf, ONLY FASTER.

Fitness and Golf all in One... Running with the Skills of Golf
Your Time + Your Score = Your Speedgolf Score
Tee Shot to Final Putt | Per Hole | Total Holes

HOW IT WORKS?

PARTICIPATE OR SPECTATE - SPEEDGOLF CANADA
NATIONAL, PROVINCIAL AND REGIONAL LEAGUE PLAY

Players of all levels of skills and fitness can participate. Male and Female Categories and skill levels for both golf and fitness are taken into account.

GOLF SKILLS

A - Pro/Elite
B - Competitive
C - Recreational
D - Novice

FITNESS LEVEL

A - Pro/Elite
B - Competitive
C - Recreational
D - Novice

GOLF FORMATS: All will be explained in detail the day of the event. Many fun formats are available to play over the season including the following:

- 4 person Scramble | All hit a shot, use the best ball
- 2 person Scramble | Both players hit a shot, use best ball
- 4 person Alternate Shot | One ball, alternate players
- 2 person Alternate Shot - one ball, alternate players

Individual Time Trials | Per Hole or Over All Course

- 1 person | by Foot
- 1 person | with Cart

RULES & ETIQUETTE | RCGA Golf Rules Apply: You will need a stop watch.

Except the Following which are slightly altered or reinforced:

- 1) Player may drop a ball in a cleared area believe to be where the ball was lost, with one stroke penalty.
- 2) Player may putt out with the flagstick in the cup (optional)
- 3) Safety - no player shall run ahead of player about to hit. Player will be disqualified or team penalized with 2 strokes added to score.
- 4) Care and Attention of Golf Course – replace divots, repair ball marks and rake bunkers.
- 5) Equipment Limited to a maximum of 5 clubs and Small light golf bag.
- 6) Clothing Guideline: Golf Sports Wear, Collared Shirt, Mid thigh Shorts, Running Shoes