



THE OFFICIAL

GAME GUIDE

A GUIDE TO PGA JR. LEAGUE
AND OTHER FUN ACTIVITIES

2021

Ready to get started? Let's make some introductions first! Fill in the blank spaces below...

MY NAME IS:

MY COACHES ARE:



Join a team.
Learn the game.
Play with friends. Become a #GAMECHANGER
PGAJRLEAGUE.COM

The following activities and guidelines are based on the official PGA Jr. League Conditions of Play, which governs all postseason competition. Players are encouraged to be familiar with our Conditions of Play, as well as the current USGA Rules of Golf.



GREETINGS! SALUTATIONS! WELCOME! HOWDY! HELLO AND HI!

There's so much fun to have in PGA Jr. League! There's a lot to understand, too. It can be easy to get "lost in the weeds" – like our pal Bigfoot here. So, we put this guide together to make sure players always know where they are and how to get where they're going next. Every swing has potential to change a game's direction instantly – and every player has potential to be a #GAMECHANGER!

YOUR TEAM

SUBSTITUTES:

Substitutes like Cole are very important to the team's success and can come in at the start of each flag.

COACH: Coach Perry assists the Captain with managing the team.

CAPTAIN: Captain Sarah is a PGA or LPGA Professional who oversees a team and/or league.



TEAMMATE: The new guy. Carlos joined the team because he's searching for Bigfoot and heard the creature's been sighted on this course. Golf is proving to be more fun though!

YOU: Draw yourself in! You're joining the team, now...

YOUR TEAMMATE:
Draw a pal in, too.
The more the merrier.

PARTNER: Players like Zoe and Pete are partners. Each team is broken into two-player teams for matches.

ACTIVITY

Get to know your teammates!

NAME: _____

FAVORITE FOOD: _____

NAME: _____

YOUR PETS: _____

NAME: _____

FAVORITE SONG: _____

NAME: _____

LAST VACATION: _____

NAME: _____

YOUR PETS: _____

NAME: _____

FAVORITE FOOD: _____

NAME: _____

FAVORITE SONG: _____

NAME: _____

YOUR PETS: _____

NAME: _____

LAST VACATION: _____

Golf is more fun when everyone is having a good time! Get to know your coaches and teammates. Be a good sport. Stay positive, follow the rules and take teamwork to heart. Compliment your friend on a nice putt. Thank your coach for a helpful pro tip. Shake hands with your fellow players on both teams!





3.

1.

4.

5.

2.

GET TO KNOW THE GOLF COURSE

- 1. GENERAL AREA:** This covers all other areas of the course (including the fairway and the rough). If it's not any of the below, it's the general area!
- 2. TEEING AREA:** You will play from this area when you start each hole. Your designated tees will be what's best based on your age!
- 3. PUTTING GREEN:** The part of the golf course made for putting. Be extra careful when walking on it!
- 4. BUNKER:** A specially prepared area of sand.
- 5. PENALTY AREA:** If your ball comes to rest here, you may either play it as it lies, or take a penalty stroke to move it out. It may not always have water, so keep an eye out for red or yellow stakes in the ground.

PRO-TIPS

Follow these steps and take care of the course!

- ▶ Walk softly on the greens. Never run or scuff your feet!
- ▶ Always rake the sand before leaving the bunker!
- ▶ Repair your divots. Fix your ball marks and your friends', too!

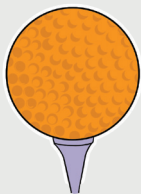
COURSE ACTIVITY

Now that you know all the parts of a golf course, go ahead and design your own! Be sure to label the General Area, Bunkers, Teeing Areas and so on!



SCAVENGER HUNT ACTIVITY

Keep this list handy and check off whatever items you spot, as soon as you spot them with a teammate!



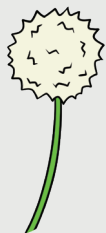
COLORED GOLF BALL



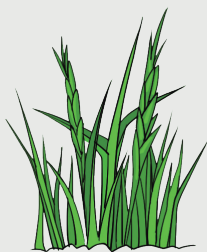
ANIMAL HEAD COVER



RABBIT



DANDELION



RYE GRASS



ANOTHER GAME GUIDE



SQUIRREL



WOOD PECKER

HOW TO BE A GOOD FRIEND AND TEAMMATE

JUST A FEW THINGS TO REMEMBER...

MAKE NEW FRIENDS AND SAY "HI" TO OTHER GOLFERS.



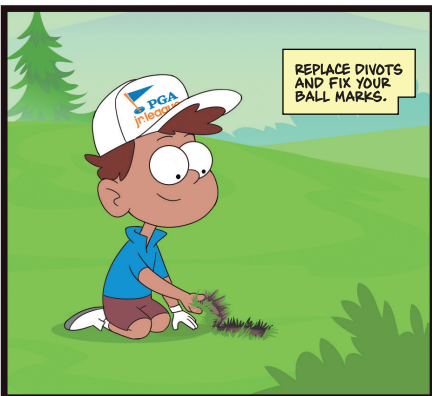
LEAVE THE COURSE BETTER THAN YOU FOUND IT.



WAIT YOUR TURN AND BE QUIET WHILE OTHERS ARE HITTING.



REPLACE DIVOTS AND FIX YOUR BALL MARKS.



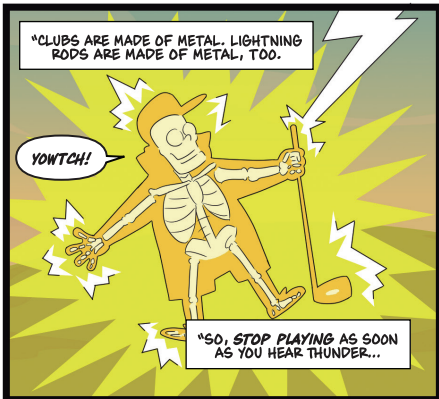
LISTEN AND LEARN FROM PLAYERS MORE EXPERIENCED THAN YOU.



RAKE SAND BEFORE LEAVING A BUNKER.



SAFETY FIRST



FUN IN THE SUN



WEAR A HAT:

Ballcaps and bucket hats alike do a lot to shield your face from the sun!

USE SUNBLOCK:

Rub it on your face, neck, ears, arms and legs – even on a cloudy day!

DRINK WATER:

Water is best. Sports drinks are good, too. But soda and tea can dehydrate you!

PRO-TIPS

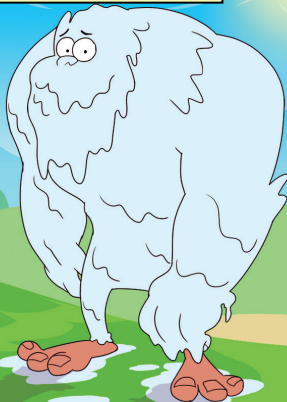
Stretching can help prevent injuries, so be sure to stretch before and after physical activities!

Try this shoulder stretch - while standing upright, place one arm across your body. Bend your arm upright to form an "L" then with your other arm, pull your elbow towards your body.

BIGFOOT KNOWS YOU CAN EVEN GET SUNBURNED UNDERNEATH YOUR HAIR IF YOU'RE OUTSIDE IN THE SUN LONG ENOUGH.



YOU DON'T NEED TO GO AS FAR AS HE DOES, THOUGH.



WHAT'S IN YOUR BAG ACTIVITY

With a teammate, show what's in each other's bags.
Do you have a special item you love to use?

How do these items help you and your teammates on the course? Are there items in your teammate's bag that you might be missing?

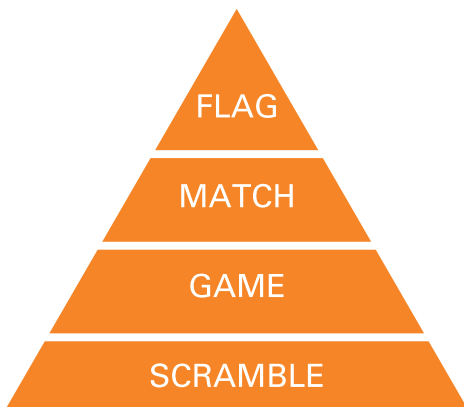
Try this:

- ▶ Play one hole with just your 7 iron.
- ▶ Try your partner's putter.
- ▶ Compare each other's ball markers and trade them for a match.



THE GAME

Now that you've met your teammates and know how to stay safe out on the course, let's break down the layers of PGA Jr. League.



SCRAMBLE: In the format that PGA Jr. League uses, both players on a team hit drives. The best shot is selected, then each player plays from the selected spot, and this process continues until the ball is holed.

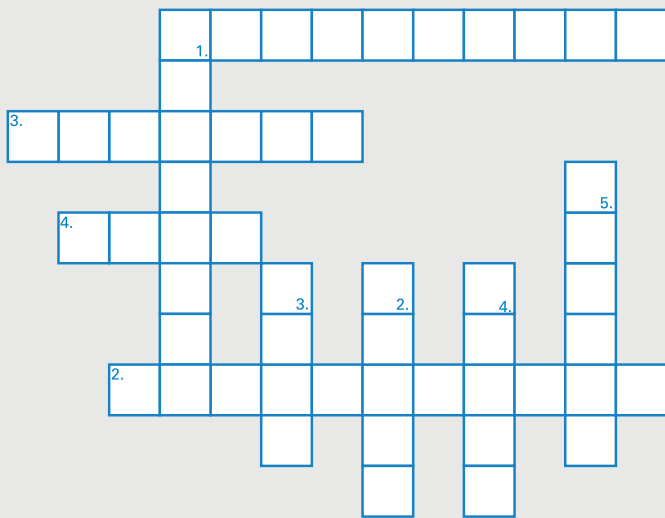
GAME: A competition between two PGA Jr. League teams. You'll have the chance to play in many Games throughout your season!

MATCH: As a part of the Game, you will be participating in a Match. When two players from one team (you and your partner) compete against two players from the opposing team, this is called a Match. A Match is nine holes in length!

FLAG: Each Match is broken into three of these. A Flag is three holes in a row, and if you are playing with a substitute, he or she may sub in only at the start of a Flag!

CROSSWORD ACTIVITY

Review what you've learned! Match the definitions to the crossword:



ACROSS

1. A teammate who can be interchanged at the start of each new flag, as well as give advice on how to play during a match.
2. You will have to take a one-stroke penalty to remove your ball from here. It usually contains water!
3. This is your target off of the tee!
Besides the putting green, it's the shortest cut grass on the golf course.
4. A ___ is a competition between two teams in PGA Jr. League.

DOWN

1. A game format that refers to two players on the same side selecting the best shot/location to play from in the match.
2. This is when two players from one team play against two players from another team. This is also comprised of three flags.
3. Each match is 9-holes in length, but broken into three 3-hole segments, called a ____
4. Someone who assists the Captain with managing the team, like Perry.
5. This is filled with sand and is sometimes more challenging to play from than grass.

TEeing OFF

Which tees will you play from?
Check off yours below!

- The Forward Tees**
For boys (11 & under) and girls (13 & under)

- The Back Tees**
For boys (12 & over) and girls (14 & over)

Remember to keep an eye out for bunkers, even from the teeing area! Sometimes you may find them lining the fairways. Can you count how many bunkers there are on your golf course, just from each teeing area?

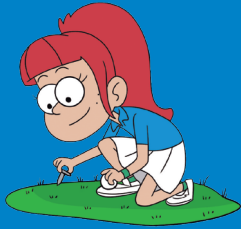
PRO-TIPS

When the golf ball is struck, it compresses. As it expands, it springs off the face of the club. The faster you swing, the more you compress the ball and the farther it flies after expansion.

This is why swing speeds and equipment can affect a ball's distance.



PRO-TIPS



Make sure your ball marker is on the ground before lifting the ball. Never lift the ball and then place a marker where the ball was. You want to place the marker first, and lift ball second!

MARKING YOUR BALL

It doesn't matter if your ball lands in the fairway, a bunker, or anywhere else, you'll need to mark it with something that everybody can spot easily and move quickly. Don't use sticks, leaves or anything just lying around loose, either – use a proper ball marker or tee.

Whenever you move or place a ball, be sure to follow the "RULE OF ONE." Players are only allowed to move a ball within ONE club-head length on the putting green and ONE club length everywhere else.

Also, make sure the ball stays in whatever area of the course it landed in. So, if it was in the bunker, the club length must be measured from within the bunker, too.



ACTIVITY

Can you spot the six differences in the pictures below?



SCORING

PGA Jr. League uses MATCH PLAY scoring, which means each hole is won by the team who holed their ball in the least amount of strokes.

To earn points, you must win more holes in a flag than your opponents. Here's the breakdown of points available per flag...

- ▶ **[1 POINT]** Your team wins at least 2 out of 3 holes, or wins 1 hole and ties 2 in the flag
- ▶ **[0.5 POINTS]** Your team ties all 3 holes in the flag, or your team wins 1 hole, loses 1 hole and ties 1 hole
- ▶ **[0 POINTS]** The other team wins more holes than your team

The process to score one flag is the same for scoring the second and third flag! Win all three and earn 3 points for your team!

There are 12 TOTAL POINTS up for grabs in a PGA Jr. League game (3 points per match).

The maximum score on one hole is a TRIPLE BOGEY, meaning 3-over par. Write down the maximum score for the following holes:

- ▶ PAR 5: _____
- ▶ PAR 4: _____
- ▶ PAR 3: _____

And if you've reached the maximum score before holing out, it's OK to pick up your ball!

SCORING ACTIVITY

Using the score from each hole, write down each team's points in the section of the scorecard below.

Golfers put symbols around numbers on a scorecard to indicate their scores against par. Using the scorecard, can you find all the birdies? Notate them with a circle around the numbers below.

Flag #1					
Teams	Players	1	2	3	Team Point
Par		4	3	5	
Visitors	AVA	3	4	4	
	NOAH				
Home	CARLOS	3	4	5	
	ZOE				
Flag #2					
Teams	Players	4	5	6	Team Point
Par		4	5	4	
Visitors	CONNOR	4	5	6	
	NOAH				
Home	CARLOS	4	4	5	
	COLE				
Flag #3					
Teams	Players	7	8	9	Team Point
Par		3	4	4	
Visitors	AVA	4	3	5	
	CONNOR				
Home	ZOE	4	5	4	
	COLE				

'BIGFOOT' ACTIVITY

You will need: Ball and Putter

2-8 partners

Don't spell 'BIGFOOT' – Just like the basketball game 'HORSE.' Pick a spot on the green to putt from, the player's ball that is furthest from the hole after each player has putted will receive a letter. Take turns making challenging putts, the first player to spell BIGFOOT loses. Play this with your teammates or the opposing team.

'HOT POTATO' ACTIVITY

You will need: Water balloons

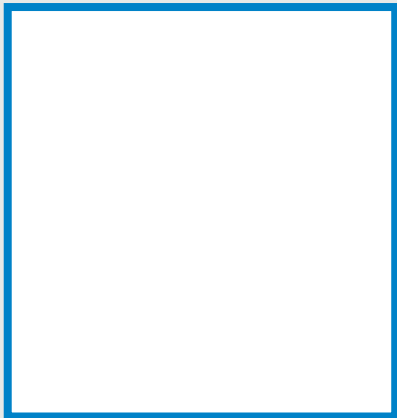
4 players per team

Partner up in pairs of two. Each pair of teammates will have to move slow and take their time tossing the balloon back and forth trying not to break it. After each toss, taking one step back away from each other. This activity is about pacing yourself, working as a team. Try not to get wet!

FAIRWAY FIELD SCIENCE ACTIVITY

You will need: Sketching items

In the box to the right, label and sketch an item found in nature. Include details such as what and where they are found on the fairway. For example: an oak leaf, an acorn, a dandelion, a pinecone, raccoon tracks, and more. Have a team discussion about the discoveries and where you found them in nature.



SEEDING ACTIVITY

Do you know who's responsible for growing the grass on a golf course and keeping it green? Or what type of grass you're playing on? It's time to find out! With your coach, interview the superintendent at the golf course and record what you find:

TYPES OF GRASS WE HAVE : _____

SUPERINTENDENT: _____

WHAT YOU'LL NEED:

- ▶ Cup for planting
- ▶ Potting Soil
- ▶ Measuring Cup
- ▶ Grass Seed (find at your local home and garden store!)
- ▶ Water

WHAT YOU'LL DO:

1. Fill your cup $\frac{3}{4}$ with potting soil, using the measuring cup to scoop.
2. Sprinkle grass seed on top of the dirt (the more seeds, the more grass!)
3. Water the soil.
4. Place the cups in a sunny location (like a windowsill) and water the plants daily.

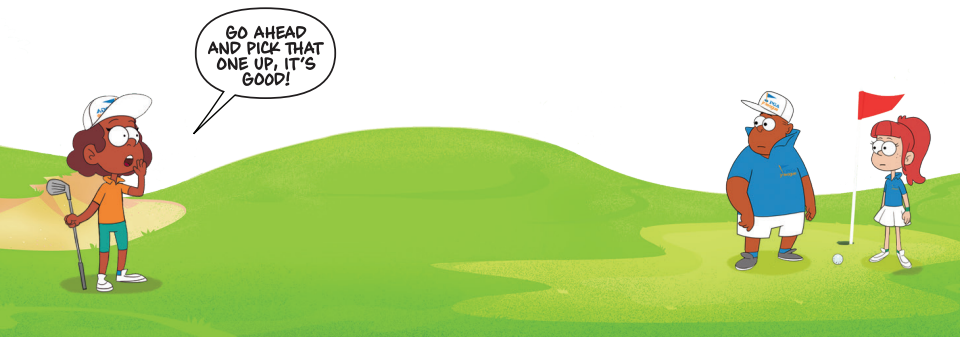
Ask your mom, dad or family member to take a picture of the grass every day of PGA Jr. League practice. See who can grow the tallest grass among your teammates!



PACE OF PLAY

Golf is a fun sport! However, sometimes we're having so much fun, we forget to keep up with the PACE OF PLAY – that is, the amount of time we should spend on the golf course. If we take too long, it may get dark, or we may delay other players who are behind us. Here are some ways to help speed things up...

- ▶ Substitutes can help with tasks like raking bunkers and retrieving balls
- ▶ Be ready when it's your turn to hit
- ▶ Walk quickly between shots
- ▶ Limit your pre-shot routine to one practice swing
- ▶ Concede short putts



PACE OF PLAY ACTIVITY

Practice your pace of play! Time yourself with your teammates. See how long it takes to play a hole, or all nine holes. If you're over 2 hours & 30 minutes, try to speed it up next time! The group that plays the fastest wins the race!

HOLE 1: _____

HOLE 2: _____

HOLE 3: _____

HOLE 4: _____

HOLE 5: _____

HOLE 6: _____

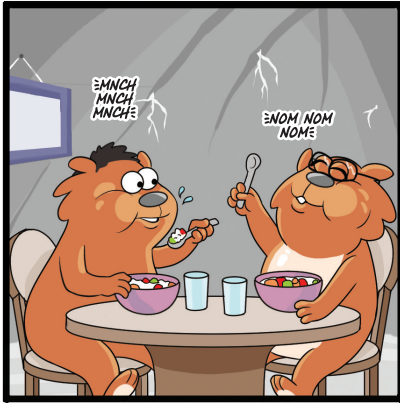
HOLE 7: _____

HOLE 8: _____

HOLE 9: _____



A HOME IN ONE



BLINDFOLD PUTT ACTIVITY

You will need: a bandana
2-8 partners

Try this team-building activity on the putting green with your teammates based on the 2-8 partners directions. One partner will be blindfolded and will start the putt one club's length from the hole. The other partner will talk to the blindfolded player in order to get it into the hole. Each player gets three attempts to see if you and your partner can make it into the hole.

This is a great way to showcase your communication and strategy between teammates. Just be careful of your surroundings, a swing above elbow height will be disqualified.

'GET TO KNOW ME' ACTIVITY

You will need: a partner

Getting to know each other is a great way to start communication. With your partner ask each other the following questions:

What do you like to do for fun? Tell us something interesting that few people know about you? Favorite place you have been to?

PRO-TIPS



Leaves of three — let them be! You have probably heard that little rhyme about poison ivy, the plant that can cause an itchy rash. But did you know that poison ivy, poison oak, and poison sumac all contain the same rash-causing substance? It's called Urushiol.

CROSSWORD KEY:
Across: 1. Substitute
2. Penalty area 3. Fairway 4. Game
Down: 1. Scramble 2. Match
3. Flag 4. Coach 5. Bunker

SCORING KEY:
PAR 5 - Max Score: 8
PAR 4 - Max Score: 7
PAR 3 - Max Score: 6

SCORECARD KEY:
FLAG #1 - Visitors 1, Home 0
FLAG #2 - Visitors 0, Home 1
FLAG #3 - Visitors 5, Home 5



THE AUTOGRAPH SECTION

Use this area for your teammates' autograph at the end of the season.

See if you can collect your full team's signatures and if you're signing, don't forget to leave a message!

THANKS, COACH!

Use this tear-out page to write a thank you note to give to your coach!
How have your PGA Jr. League coaches helped you become a better player and teammate?



THANKS, COACH!



AUTOGRAPHS



THE OFFICIAL 2020 PGA JR. LEAGUE GAME GUIDE

Read this guide and take it along with you on the green. See how fast, friendly and fun golf can be for everybody, at any age and every level. In these pages you'll find...

- ▶ Rules of the Game
- ▶ Funny Comics and Informative Factoids
- ▶ Activities, Puzzles and Other Brain Teasers
- ▶ Safety Tips
- ▶ Spaces to Share with Friends and Track Your Progress
- ▶ Where to Find the Elusive Bigfoot



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