

## FootGolf - Basic Rules

1. Keep off all golf greens. Players receive a 1 stroke penalty for a ball landing on a golf green.
2. Your ball must be easy to identify. The official FootGolf ball is a FIFA size 5.
3. Review the score card and wait your turn. Make sure your ball will not interfere with other golfers and foot golfers.
4. Kick your ball from a position behind the tee markers.
5. The ball must be played in a single movement. You are not allowed to push the ball with the top or bottom of your foot. Your foot should be separate from the ball, clearly behind, before each kick.
6. Soccer cleats are strictly prohibited.
7. Wait to play until the ball has completely come to rest. It is illegal to stop the ball from rolling with the wind.
8. Play the ball where it lies. You are not allowed to move the ball or remove permanent objects.

*Exception: You may mark the spot and lift the ball if it obstructs another player's kick or ball in any way.*

9. The player farthest from the hole is the first to kick.
10. If the ball enters a hazard (water) or out of bounds, retrieve or replace the ball within 2 steps from the closest land point from where the ball entered the hazard, receiving a 1 stroke penalty **OR** you can place the ball at the position of the previous kick and receive 1 stroke penalty.
11. Only between holes may the ball be picked up and cleaned.

# Pine Brook Golf Course - FootGolf



