

# Expand your social network and share the fun of Park Golf!

## How to Play Park Golf

It's so fun  
and  
refreshing



Park golf is a fun and simple sport that anyone can enjoy. Unlike regular golf, you only need 1 club, 1 ball, and a tee to play. You hit the ball from a teeing ground towards a hole, counting the number of strokes you take until the ball goes into the cup. The object is to put the ball in the cup with the fewest number of strokes.



**NIPPON PARKGOLF ASSOCIATION**

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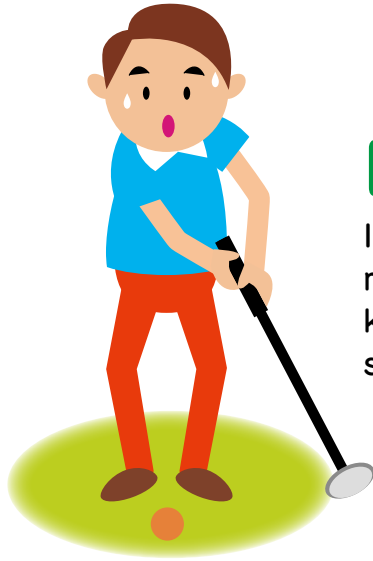
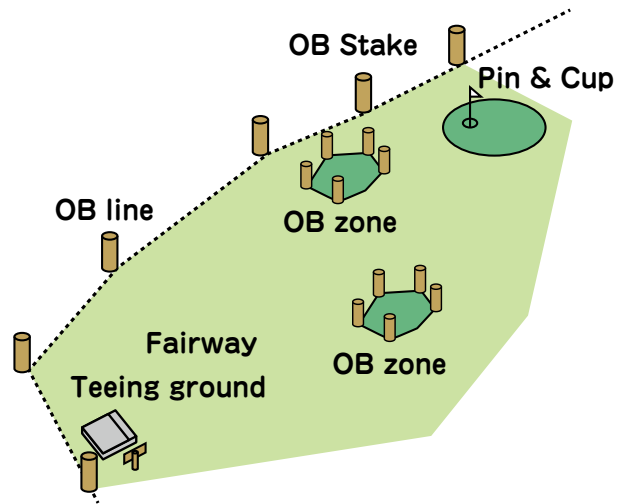
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# Course

Each hole is between 20 to 100 meters long from the teeing ground to the cup, and can be Par-3, Par-4, or Par-5. A half-round consists of 9 holes with a total par of 33, and 1 round is 18 holes with a total par of 66.



# Beginner-Friendly Rules

In park golf, you do not get a stroke penalty for missing the ball. The key is to relax your shoulders, keep your eyes on the ball, and hit it on the club's sweet spot.

# Safety First

If you are playing with a large group, divide yourselves into groups of 3 or 4. If a player is hitting on the teeing ground, all other players should stand behind quietly, outside of the box. Walk towards the fairway only after all players have hit from the teeing ground. Never go in front of a person hitting the ball.



# Park Golf Equipment

The club's length is 860 mm or less, and its weight is 600 g or less. The material of the club head should be at least 82% wood by volume, and the angle between the face and the sole should be at least 90°. The ball is 6 cm in diameter, and it should be between 80 and 95 g in weight.

