

## Before Play

- Wear shoes and clothes appropriate for exercise.
- Play with up to 4 people in a group.
- Everyone should use different colored balls.
- Treat the grass and the trees with respect.
- Be safe: don't stand in front of players ready to hit the ball, wait for players ahead to move out of the way, etc.
- Learn the rules of the course you are on.

Use different colors.

Up to 4 people



## Park Golf is fun!

### It's healthy!

Playing 18 holes will get you 2500 steps and 40 minutes worth of exercise. Relieve stress in the outdoors walking on the green grass.



Our official mascot  
『Packey』

### Park Golf is social!

Enjoy it with friends and family or meet new people through Park Golf. Park Golf brings people together.



日本パークゴルフ協会  
<https://www.parkgolf.or.jp/>



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# GETTING STARTED PARK GOLF

A community sport that enlivens people, town and heart.

## How to play.



Learn with video.  
(The videos are in Japanese.)



動画ページQR

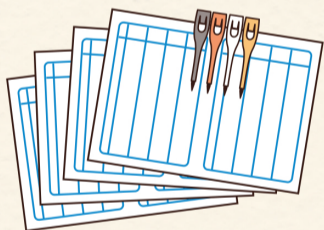


Nippon Park Golf Association  
日本パークゴルフ協会

NPGAトップページQR

## How to fill in the scorecard

Enter stroke count upon finishing each hole.  
Par is 33 for 9 holes.



## At the course.

Check signs and pamphlets for course layout.

Check our homepage for info on various courses.



### クマゲラAコース

年月日

ホール	距離	パ	男	女子	G彦	A子
1	65	4	4	5	3	4
2	34	3	2	3	3	4
3	50	4	3	3	3	4
4	38	3	3	4	4	2
5	49	4	3	4	5	3
6	38	3	2	3	3	4
7	90	5	4	4	4	7
8	66	4	3	3	4	3
9	29	3	1	3	2	3
計	459	33	25	32	31	34

プレーヤー

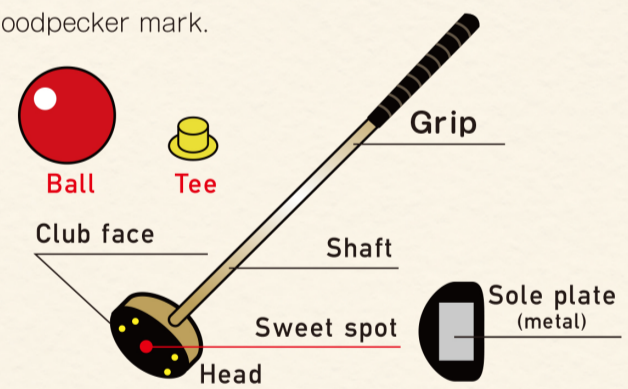
同伴者サイン

Keep your score and the score of the others in your group.



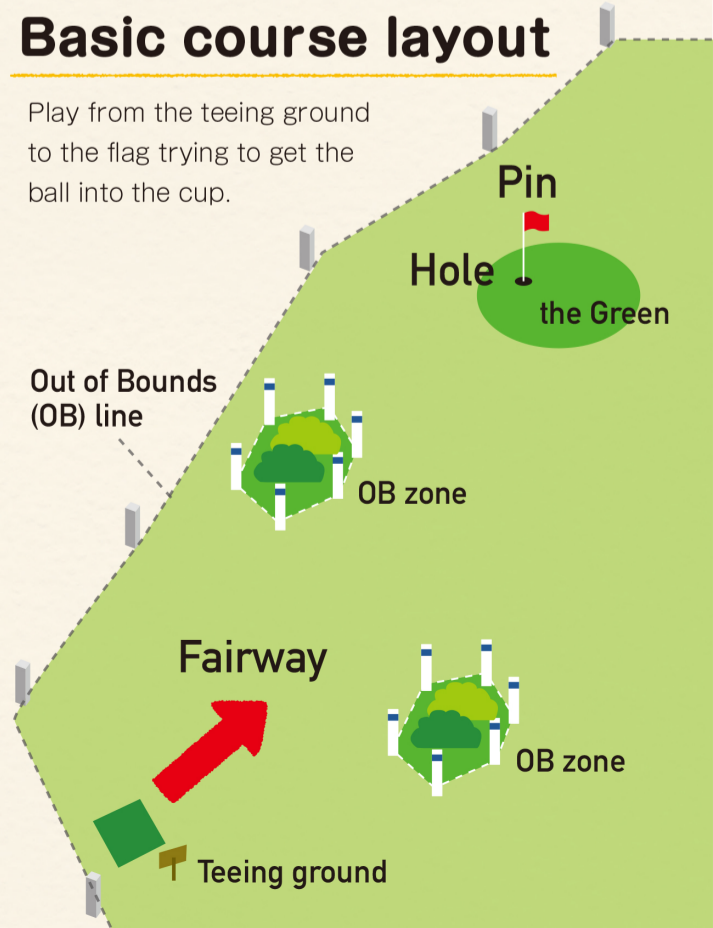
## Park Golf Equipment

Be sure to use certified equipment with the black woodpecker mark.



## Basic course layout

Play from the teeing ground to the flag trying to get the ball into the cup.



# Let's Play Park Golf

**From the first hole...**

**Decide play order.**

- Wait until all players ahead of you have left the hole.
- Wait until everyone in your group has hit the ball before walking out. Getting hit by a ball is dangerous.

Some courses have drawing sticks to decide play order.

**Tee shot (first stroke)**

You must hit the ball from a tee on the teeing ground.

**Tips for improving**

- Watch your club hit the ball (keep your eye on the ball).
- Try to hit the ball with the club face sweet spot.

**Yay!**  
Anyone can get a hole-in-one.

**Keep in mind**

- Misses do not count as strokes.
- If you swing the club and the ball moves, it counts as a stroke.
- Use a marker to mark the place of an obstructing ball when moved out of the way.

**It's OK!**

**After teeing off, the person whose ball is furthest from the hole goes first.**

**In case of**

**Around the green**

Write scores down after moving to the next hole.  
The person with the lowest score on the previous hole goes first.

**Unplayable ball**

If it is too difficult to hit the ball from where it lies, you can move it one club distance, but not closer to the hole, and then add one stroke to your score for the hole.

**OB (Out of Bounds)**

From the spot where the ball went out of bounds, measure two club lengths onto the fairway but not closer to the hole.