GOLFER'S CODE OF CONDUCT

The highest type of sportsmanship is expected from every player! An understanding of and a commitment to the points highlighted on this card are part of your responsibility as a golfer.

1. Once you have started a meet, honor your commitment to play. Exceptions should occur only in cases of serious illness, injury or personal emergency.
2. From the beginning of the meet, play should be continuous, except for USGA and/or local rules pertaining to the postponement of play.
3. Intentional distractions that interfere with your opponent's concentration or effort to play are rude and unnecessary. This includes moving, talking, standing close to or directly behind the ball or the hole when a player is addressing the ball or making a stroke.
4. During a stipulated round, one single-identifiable coach from each team may give advice to their players at any time on the golf course except when the athlete's golf ball is on the green and the flagstick has initially been removed by someone in the group.
5. Spectators, including parents and friends, are welcome to watch and enjoy the meets. Their role, however, is clearly restricted to that of passive observer with no involvement of any type. It is permissible for any spectator to help locate golf balls for players.
6. Players are expected to put forth a full and honest effort regardless of the score or expected outcome.
7. Players are expected to maintain full control over their emotions and the resulting behavior throughout the meet. If you begin to lose your composure during play, try the following:
   • take several deep breaths; exhale as slowly as possible
   • concentrate on your own game and behavior while ignoring distractions from your opponent or surroundings
   • be your own best friend . . . enjoy your good shots and forget the bad ones.

GOLFER'S ON-COURSE CONDUCT

1. It is the obligation of every player to know and follow the USGA Rules of Golf.
2. During play, if there is any question of procedure or rules, play the original and a second ball without penalty, and report this to the rules committee or golf professional for a ruling at the end of play and before signing or submitting your scorecard to the scorer.
3. If a player knowingly commits a penalty, the player should declare the penalty against himself.
4. If a player witnesses an opponent's violation of the rules, the violation should be questioned immediately upon occurrence. All disputes should be resolved prior to the next tee shot, or if both parties still disagree, inform the local golf committee of the dispute prior to signing any scorecard at the end of the match.
5. Do not enlist the aid of spectators in making rules decisions. If there is doubt, play a second ball.
6. To avoid controversy over score, verify each score with your scorer after each hole is completed.
7. Never sign a scorecard until you have checked it yourself to be sure it is correct.
8. Do not stall, sulk, complain, throw clubs, or use inappropriate language. Demonstrate sportsmanlike conduct at all times.
9. The ball farthest from the hole, through the fairway and on the green, is played first. For safety and etiquette, players should remain behind the farthest ball until it is played.