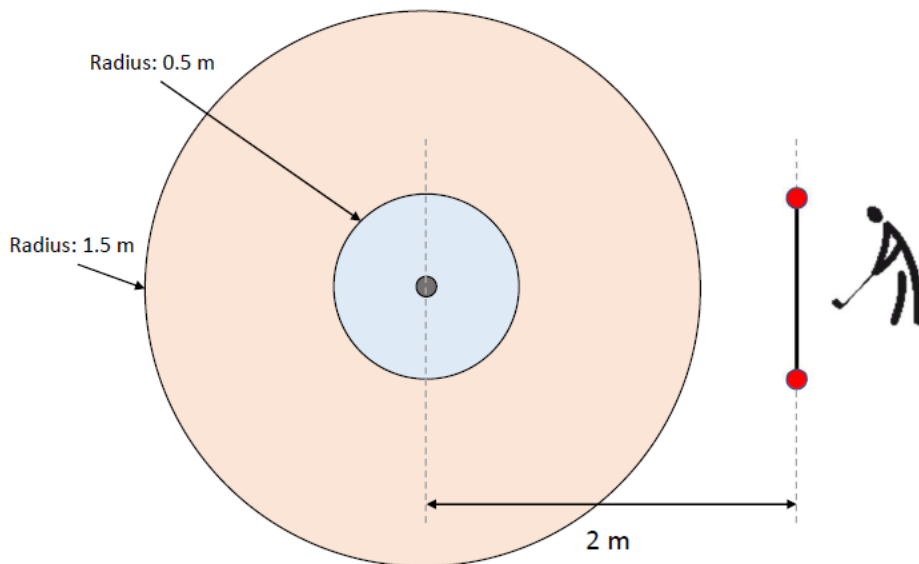


Special Olympics Challenge

Skill Golf 1 – SHORT PUTT

Description:

Make 5 putts from a distance of 2 m from the hole, on a flat putting green.



Goal:

To develop concentration and orientation skills in the short putt.

Evaluation:

- The athlete gets 5 tries to hit the ball placed at a distance of 2 metres from the hole.
- Scoring is based on the place where the ball stops:
 - 0 points:** an airshot counts as a shot and does not earn any points
 - 1 point:** if the athlete hits the ball and it stops outside the big circle
 - 2 points:** if the ball stops on the line or inside the 1.5 metre circle
 - 3 points:** if the ball stops on the line or inside the 0.5 metre circle
 - 4 points:** if the ball finishes in the hole
- The total score of a series of short putts is the total of the five tries (max. 20 points).
- Do 3 series of 5 balls. The best 2 results count.
- The final result is the sum of the scores of the best 2 series (maximum 40 points).

**Rules:**

- The ball to be played must be positioned on the starting line or beyond it, but in no case less than 2 m from the hole.
- The player stands in reference to the starting position of the ball.
Hence, the feet may be less than 2 metres from the hole.
- The player plays 5 balls in a row, without interrupting the series.
- The coach gives the start signal for each hit, counts the value of each ball and removes the ball from the green before allowing the player to play the next ball.
- The ball must be completely stopped both before hitting it and when the score is determined.
- When a series is finished, the player must leave the playing position before doing the next series.
Provide for a pause of at least 1 minute.
- Use the same putting green for the entire duration of the Challenge.
- The coach is allowed to advise the player in taking up a position and orientation but may not touch the player or their equipment.
- It is not permitted to draw the line of play from the starting point to the hole, or to use other objects or means to assist aiming.

Equipment:

A flat putting green with a regular hole / 1 putter / 5 balls / yardstick for measurements / chalk to mark the circles around the hole.

Indications:

- The green must be flat.
- If the slope is not flat, the line of play must be chosen along the line of the slope. In this case, it is recommended to play uphill rather than downhill and not on a surface with a lateral slope.
- Select a target on the putting green and mark 2 circles around the hole. The first circle has a radius of 0.5 metres and the second has a radius of 1.5 metres from the hole.
- The player may choose whether to leave or remove the flag marking the hole. That decision must subsequently be maintained for the entire duration of the Challenge.

For further information on this skill, please contact us at: challenge@specialolympics.ch