

GGC NEWS MAY 2008

INTERPRETATION OF THE RULES OF GOLF

by Frank Gal,

NSWGA Chairman of Rules & Amateur Status

Stroke Play - When in doubt

One of the more difficult Rules of Golf to understand is Rule 3-3 - "Doubt as to Procedure."

In stroke play only, when a player encounters a doubtful situation, this Rule allows the player to complete the play of the hole with two balls - the ball in play and a second ball played in accordance with the procedure he/she thinks the Rules may require or allow. The aim of the Rule is to allow a golfer to continue play when an immediate ruling is not possible. It also allows play to proceed without delay and helps avoid the possible disqualification of the player.

For example, a player's ball comes to rest in an area that they feel the Committee could have and should have defined as ground under repair. If they wish to invoke this Rule, there is a proper procedure to follow:

1. He/She must announce their intention to play a second ball before taking further action, such as making another stroke with the original ball.
2. He/She must announce the ball with which they will score if the Rules permit.
3. Before returning their score card, they must report the facts to the Committee. If they fail to do so, they are disqualified.

Note that this applies even if they makes the same score with both balls.

If the player fails to announce the intention to play a second ball or to select in advance which ball they wish to score with, the score with the original ball counts, if played in accordance with the Rules. Otherwise, the score with the second ball counts, if played in accordance with the Rules.

In the example, let's say the player announces that they wish to score with the second ball, i.e., the one dropped in accordance with relief from ground under repair. If they play the original ball from the questionable area and score a 5, and with the second ball they score a 6, they are in the unusual situation of hoping the Committee rules against the announced preference of which ball would count. (If the Committee says it would have declared the area in question as ground under repair, the player's score is 6. If the Committee says that the area is not that bad, thus there is no relief without penalty, the player's score is 5.)

The Decisions on the Rules of Golf clarify the following intricacies of the Rule:

- You cannot play more than two balls for one doubtful situation (Decision 3-3/10).
- If you played the original ball after the doubtful situation arose, but before invoking Rule 3-3, the score with the original ball must count (Decision 3-3/6).

If you play a second ball, but then fail to hole out with it, you are disqualified if the Committee rules that ball would have counted; however, there is no penalty if it rules the original ball is the one that counted (Decisions 3-3/7.5 and 3-3/8).

Note: In a par or stableford competition, this breach results in disqualification only for the hole at which the breach occurred - see Rule 32-2b.

- In match play, a second ball played is a wrong ball (Decision 3-3/9).

You may choose to play the second ball before playing your original ball. Rule 3-3 does not require the original ball to be played first (Decision 3-3/14).

Finally, don't forget that this Rule is always available if you are unsure as to how to proceed, when a Rules issue arises in *stroke play*. (In the next newsletter will be an article that outlines the method of handling doubts as to procedure and disputes in *match play*.)

BISTRO/BAR SPECIALS

WEDNESDAY LUNCH - SCHNITZEL & CHIPS ONLY \$10 / Bar Happy Hour 3-6pm

FRIDAY'S 12:00-6:00PM - GRAIN FED 250g RUMP & CHIPS ONLY \$12 / Bar Happy Hour 3-6pm

SUNDAYS 12 - 2PM \$15 ROAST LUNCH or \$10 Fish & Chips / Bar Happy Hour

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Members will be aware that 2009 has been a tough year financially for many businesses.

Even with the strong support from our membership, Gordon Golf Club has not been immune to the slow down in economic activity. Despite improved Bar and Gaming trading, other areas of the Club especially Golf operations have not improved as the Board envisaged they would.

There have also been other events outside our control that have had a direct financial impact on the club.

We have incurred un-planned Legal, Audit and compliance costs associated with matters arising from the 2009 AGM.

The downturn in Playing Memberships of around 5% which has cost the Club approximately \$30,000 worth of revenue.

We have had discussions with Ku-ring-gai Council but so far have been unable to negotiate a more competitive green fee structure. We will continue negotiations hopefully towards a satisfactory outcome.

The Board will be writing to golf members in the near future regarding some changes to competition fee subsidies and changes to our trophy system. We hope that members understand that these decision have not been made lightly and are done to ensure that the club remains operationally profitable.

The Board still firmly believes that your club provides a quality low cost service and we encourage you to make use of our facilities whenever you can.

On the Course

A couple of recent major annual men's championships have been decided Congratulations to Noel Gladen in winning the Singles Knockout over a determined Jock McKillop. Our Senior Championship was won convincingly by Phil Brown despite some stiff competition. The 4Ball Knockout Championship has been won by Norm Rickard and Tony Montalbano defeating Frank Drago and John Colbran.

Our Mixed 4Ball knockout was won by Barry Wakeham and Wendy Pickel over John Surplice and Bronnie Lovelady.

Don't forget that the Club Championships are coming up in July, this year it's 4 Rounds of stroke, so start practicing now.

OUR SPONSORS



Texas Hold'em Poker Tournament
Sunday 14th June
\$10 Entry Fee - Limit of 48 Places
1st Prize \$200 Second Prize \$100
Beginners Welcome
Registration from 1pm for 2pm Start

Online Results Timesheet bookings - www.gordongolfclub.com.au



Texas Hold Em Poker Nights

THURSDAY'S

Registration from 6pm

Thursday nights are now **social Texas hold'em Poker and Pie Night.**

We have been running our 1st tournament for the last 6 weeks and our inaugural tournament winner was John Fenwick.

We are holding games every Thursday Night from 6.30pm onwards.

It's a great social atmosphere for not so serious poker.

Registration starts from 6pm and beginners are more than welcome.

Entry is only \$5 and there are weekly and monthly prizes on offer.



COMMON KNEE INJURIES

The knee joint is a complex weight bearing unit that allows movement between the thigh (femur) and shin (tibia) bones.

IMPORTANT STRUCTURES

In the knee the **LIGAMENTS** hold the femur and tibia bones in place, providing joint stability. Muscles attach to the bones by **TENDONS**, and bend (hamstring) and straighten (quadriceps) the knee joint. Protection from friction and impact is provided by structures such as the **CARTILAGE**, the **MENISCUS** **SYNOVIAL FLUID**, and **BURSAS**.

INJURIES

Every one of these structures is vulnerable to injury in sport and normal activity. Tight muscles can exert abnormal strain on the joint surfaces causing excessive friction which can cause pain and inflammation. Along with muscle injuries, the most common are ligament strains and tears. These occur when forces are placed to the side of the knee. In golf, injury commonly occurs when you lose your balance or slip on a grassy slope, causing the knee to twist. Forceful movements that cause the femur to glide forward over the tibia can result in tears or ruptures to the ligaments, for example, when your foot slips on landing or during side stepping activities.

Jumping or changing direction suddenly has the potential to cause damage to the meniscus. Twisting on landing may grind the joint excessively, forcing the meniscus to tear.

REDUCING YOUR RISK OF INJURY

At times, avoiding injuries to the knee is impossible due to the nature of sport. However, there are some factors that may

Membership Promotion

During the Months of May and June

Introduce a Golf playing member and we will give you

\$50 worth of vouchers on your club account.

help reduce the risk of an injury when you play golf.

- **Fitness.** In golf, endurance is important. By having sound leg strength you can reduce the risk of knee injuries that would result from collapsing on swings, or slopes on the back nine.
 - **Technique.** Ensure your stance is correct or appropriate for the conditions. You may be tempted to do a full swing but if your feet are poorly positioned then over rotation may twist the knee.
 - **Environment.** Loose soil may be a problem when addressing the ball. Be aware of your surrounds when walking around the golf course. Take care when stepping over rough areas or fallen branches.
- Warm Up.** The early part of the day is often cold and muscles and joints require extra time to loosen up. Establish a good warm up regime to reduce the risk of strains and tears.

WHAT TO DO WHEN YOU INJURE YOUR KNEE As you can see there are many structures that may sustain injury in the knee. Accurate diagnosis is the first step to a full and quick recovery. After a thorough examination we will provide injury management advice, treatment and specific exercises as different injuries require different management. Tyron Low and I can assist in prescribing exercises to strengthen your body to reduce the risk of future injury and will advise if further investigations or specialist consultation is required. **SEEK ADVICE EARLY TO REDUCE THE RISK OF INJURIES HINDERING YOUR GOLF.**

Larissa Victoria

Gordon Physiotherapy Sports and Spinal

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Below is an excerpt from our April 2006 newsletter.

Once again we have been having problems with slow play please take the time to read this and please remember that there are other players on the course.

Slow Play Slow Play Slow Play



How frustrating is it as a golfer, having to continually wait on tees and greens and to have to play a round of golf that takes around 5 hours. The Board has recently discussed the on going issue of slow play and we are looking to implement a program of course marshalling based on the recommended guidelines for monitoring slow play from the New South Wales Golf Association.

We of course hope that members will endeavour to follow the guidelines and that the need for course marshalling will be kept to a minimum. We have developed a pace of play guideline for our course that allows 4 hours to complete your round.

Please bear in mind that you should also keep up with the group in front of you at all times.

A group of players will be considered **out of position** if at any time the group is behind the prescribed schedule (As per the pace of play guideline) or when the group arrives at the teeing ground and there is clear hole ahead. If your group is out of position the course marshall will take into account any mitigating circumstances, if there are any, your group is expected to catch up as quickly as possible. If there are no mitigating circumstances then the following penalties will apply

First Offence – One Stroke, Second Offence – Two Strokes, For subsequent offence - Disqualification

Next time you are playing try and save 30 seconds per hole, that's 1 less practice swing per hole. You will save 9 minutes !!