

# SPEEDGOLF RULES

**USGA**  
RULES  
OF GOLF  
2019



1. No carts. No caddies.
2. Measure elapsed time.
3. 1 stroke equals 1 minute.
4. Low combined score wins.

## ADVICE

- \* Limit club selection to 4-6
- \* Allow faster players to pass.
- \* Keep bags & clubs off greens.
- \* Repair divots. Rake bunkers.

## THE RIGHT STUFF

Moisture-wicking apparel

Running shoes

Lightweight carry bag

Rain gloves

High visibility golf balls

## KEEPING SCORE

Q: HOW MANY  
STROKES?

Q: HOW MUCH  
TIME?

A: **80**

A: **60:01**

SPEEDGOLF SCORE

**140:01**

## THE BENEFITS

Save TIME & MONEY.

Get FIT & stay HEALTHY.

Have MORE FUN. 

THINK less. PERFORM better.

CHALLENGE yourself & friends.

# SPEEDGOLF SCORECARD

COURSE \_\_\_\_\_

DATE \_\_\_\_\_

STROKES \_\_\_\_\_

*plus*

TIME \_\_\_\_\_

SPEEDGOLF  
SCORE \_\_\_\_\_

*Round  
Notes*

---

---

---

---

---



**SPEEDGOLF  
USA**

**PLAY  
SPEED  
GOLF**.COM

[SPEEDGOLFUSA.COM](http://SPEEDGOLFUSA.COM)

© 2020 SPEEDGOLF USA | ALL RIGHTS RESERVED

*Accelerate Your Game!*