

*FootGolf is a combination of the popular sports of soccer and golf. The game is played with a regulation #5 soccer ball at a golf course. The rules are the same as in golf, and all you need is a soccer ball.*

## **BASIC RULES**

- *Proper golf attire should be worn - collared shirts (for both men and women), running shoes (no cleats), shorts or pants (no track pants or gym shorts)*
- *Size 5 soccer ball must be used and can be rented for a small fee.*
- *Review the score card and wait your turn. Make sure your kick will not interfere with other players*
- *The ball must be played in a single movement. Your foot should be set separate from the ball, clearly behind, before the kick. Touching the ball with the bottom of your foot is not allowed at any time*
- *Wait to play until the ball has completely come to rest (it is not legal to stop the ball from rolling with the wind)*
- *Kick off your ball from a position behind the orange markers. The order is established based on the score of the previous hole. The player with the best score will be the first to kick off on the next hole followed by the second, etc.*
- *Play the ball where it lies. It's not allowed to move the ball or remove jammed objects. Exception: You may mark the spot and lift the ball when it may obstruct the other players' kick or ball in any way*
- *The player farthest from the hole is the first to kick the ball*
- *If the ball lands in a water hazard, retrieve or replace it and move to the marked 'Drop Area' and place within three steps of sign, receiving one penalty shot*
- *Only between the holes may the ball be picked up and cleaned. Regardless of the distance from the hole, the hole must be completed. "Giving" to the opponent is not allowed*
- *Do not kick your soccer ball from the golf putting greens. Remove your ball and replace it within two steps of the putting green. No penalty.*

The  
Academy  
at  
BraeBen  
Golf Course

# FootGolf



16-092

 MISSISSAUGA

# SOCCER + GOLF = FOOTGOLF

HOLE	1	2	3	4	5	6	7	8	9	OUT
<i>All yardages are measured to the flag</i>										
<b>FOOTGOLF</b>	114	100	76	133	126	83	117	149	85	<b>983</b>
<b>PAR</b>	4	4	3	5	4	3	4	5	3	<b>35</b>

## ETIQUETTE

The game depends on the integrity of the player to show consideration for other players and to abide by the rules. All players should conduct themselves in a disciplined manner, demonstrating courtesy at all times and sportsmanship, regardless of how competitive they may be.

## REMINDERS

- Rake sand traps
- Let faster players play through
- Running shoes or indoor soccer shoes (no cleats)
- Please do not run

*The only place to play in the GTA is right here at :*

### **THE ACADEMY AT BRAEBEN GOLF COURSE**

*5700 Terry Fox Way, Mississauga  
mississauga.ca/footgolf*

### **Book your kick-off time:**

*braeben@mississauga.ca  
905-615-GOLF (4653)*

***NOTICE: If you see lightning, please stop play and seek shelter immediately.***