

FLING GOLF QUICK START RULES



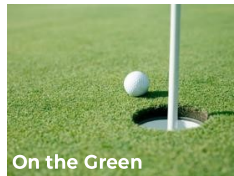
On the Tee

Take as many steps as you like while hurling the ball towards the hole just make sure to launch before you reach the tee marker.



In the Fairway

Note where your ball lies. Retreat up to 5 paces away from the hole and take your shot before reaching your previous lie.



On the Green

With the Striker Pad, putt as you would a golf putt. With the FlingNotch, push or pull the ball toward the hole without moving your feet. With the ball in the Channel, release from a point no closer to the hole than the previous lie.

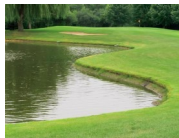
Penalties

Take a 1-stroke penalty if your ball lands in a sand bunker, water hazard, if it's out-of-bounds, or if you lose it.



Sand Bunker

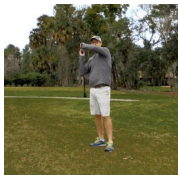
Remove ball from the bunker and retreat up to 5 paces from the bunker. You must take your Fling-Shot before reaching the edge of the bunker.



Water Hazard, Out of Bounds or Lost Ball

Retreat up to 5 paces back from where the ball entered the hazard, went out-of-bounds or was last seen, no closer to the hole.

FLING GOLF TECHNIQUES



The Overhand

Use your FlingStick like a lacrosse stick. Keep your wrists hinged above your shoulders and drop the FlingStick down your back. Lean back, take a step forward and aim high as you swing and completely follow through toward your target. It's OK if the head hits the ground on your follow through, the ball will come out on its own.



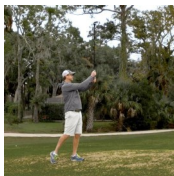
The Sidearm

Hold the FlingStick like a baseball bat and get into your batting stance. With the stick channel facing upwards and parallel to the ground, take a step toward 1 o'clock (for righties) or 11 o'clock (for lefties), and swing from low to high, opening the channel as you let it rip.



The Low to High

Like the Sidearm, you start the low to high swing with the stick behind you, but even lower. Then, swing all the way through ending up with the FlingStick over your shoulders.



The Flop Shot

With wrists hinged above your shoulders, drop the FlingStick further down your back than the Overhand. Then pop the ball as high as you can, so it feels like it'll land on your head. It won't.



The Bump and Run

To execute the underhand, or Bump and Run, stand sideways, take a short backswing, then roll your wrists as you swing toward the hole, stopping your swing to release the ball.



On the Green

Use the FlingStick as a traditional putter, making sure to strike the ball with the pad. We recommend separating your hands and keeping the FlingStick shaft upright and close to your body to keep the head and Striker Pad parallel to the ground, even "anchoring" the shaft if that helps.

Learn more @ [FlingGolf.com](https://www.flinggolf.com)

info@flinggolf.com | [facebook.com/flinggolf](https://www.facebook.com/flinggolf) | [@flinggolf](https://www.instagram.com/flinggolf) | (858) 433-5464