



**Hole Par Yards**

1	4	156
2	5	185
3	3	68
4	5	180
5	5	211
6	4	137
7	3	70
8	3	86
9	4	150
10	5	209
11	3	77
12	4	172
13	3	65
14	5	187
15	4	135
16	4	160
17	5	237
18	3	88

**PAR 72**  
**YARDS 2573**



**FOOT GOLF RULES**

**HOW TO PLAY**

- Start each hole by kicking your ball from a position of up to 6 feet behind the 2 orange tee markers.
- The ball must be “struck” by your foot – the ball can not be swept, carried, or rolled by the bottom of one’s foot.
- The ball cannot be struck while the ball is still moving.
- If one player’s ball strikes another player’s ball, the ball at rest shall be returned to its original position.
- Play the ball as it lies, unless your next shot is obstructed by a cart path, drainage grate, or immovable object.
- If your play is obstructed, you may take relief within 3 feet of the obstruction, no closer to the hole.
- Each strike of the ball counts as 1 stroke.
- Each hole’s score is determined by the number of strokes taken until the ball is in the hole.
- Add up all the scores. The lowest score wins!

**ETIQUETTE**

- Be respectful of your fellow players, the golf course, and everyone else on the course
- When walking between kicks and holes please be aware of the golfers around you. Golfers will appreciate if you are still and quiet while they complete their shot.
- Please do not kick the ball within 30 yards of Golfers
- Do not kick directly into the group in front of you

**SAFETY**

- Take extra caution before venturing into adjacent fairways making sure there are no golfers who could hit a ball in your direction
- If you hear the word FORE!!, immediately drop and cover your head. FORE is the universal warning that a golfer has hit a ball toward your area.



**FOOT GOLF at CORDOVA GC**

9425 Jackson Rd Sacramento Ca 95826  
Phone 916-362-1196



**➔ Please Follow the Orange Striped Arrows to the next tee**