



QUICK START RULES



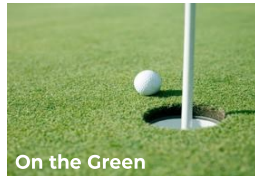
On the Tee

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



In the Fairway/Rough

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 ball in the Channel or using the Sidecar, release from a point no closer to the hole than the previous lie. If more weight is desired, use the putting slug.

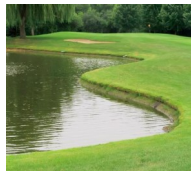


Sand Bunker

1) Take a **1-stroke penalty** and remove the ball from the bunker and retreat up to 5 paces from the bunker. You must take your FlingShot before reaching the edge of the bunker.

OR

2) **Without taking a penalty**, use the Sidecar technique from the bunker.

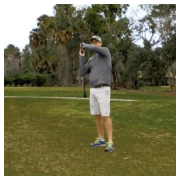


Water Hazard, Out of Bounds or Lost Ball

Take a **1-stroke penalty** and 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.

For complete rules visit flinggolf.com/rules
info@flinggolf.com | @flinggolf | (858) 433-5464

FLING GOLF TECHNIQUES



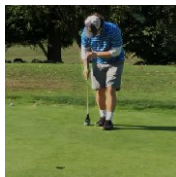
The Overhand

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 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.



The Sidecar

From the side, scoop the ball and roll or toss the ball forward. The amount of strength you use is determined by the desired distance. This shot can be used on or off the green.



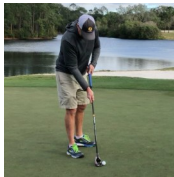
The Sidearm/Low-to-High

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. Start extra low for a very high arcing shot.



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.



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