



AWGA NewsLinks

A PUBLICATION OF THE ARIZONA WOMEN'S GOLF ASSOCIATION

2005 ISSUE 6

In This Issue...

- **Spotlight's On...**
- **Mixed Stix Tournament Results**
- **Tournament Schedule**
- **Course Ratings**
- **Course of the Month**
- **Welcome**
- **You Better Believe It!**
- **Holes-In-One**
- **SaddleBrooke Niners Donation**
- **Think Good Thoughts**
- **Ask The Pro**
- **Girls Junior Cup Goal**
- **Scotch Play Tournament Entry Form**
- **Yuma Golf & CC**
- **Rules Tip**

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THE SPOTLIGHT'S ON... MARY LONG

By Mary Ann Souter

Behind every successful organization is a leader with vision and skill – one who can maintain the business of daily operations while at the same time prepare and plan for future growth. In an organization the size of the AWGA, 25,000 members strong, this is no small task. But Mary Long, Executive Director, has succeeded in efficiently running the AWGA, adding new benefits for our members, safeguarding the integrity of our championship tournaments as well as encouraging the introduction of new ones, working with colleagues in peer golf organizations and accomplishing the goals set for her by the Board. Under Mary's dynamic and discerning leadership for the past six years, the AWGA has become increasingly active and successful in promoting women's golf in Arizona.

But Mary readily acknowledges that previous Boards have laid the foundation leading to today's progress. "The AWGA has been active for 80 years, which is a testament to all past leaders. My job is to build on their good work and continue with the present Board to guide the AWGA to a successful future." Mary's admiration for the current Board is evident as she describes these women as intelligent, well-educated, giving, dedicated, and passionate about golf – not just playing the game but realizing the impact it can have on a woman's life. She sees her relationship with them as an "interactive partnership" where they have both shared and separate visions and work together to achieve them. "They have been a source of great support for me and I count them as some of my dearest friends," adds Mary. Katherine Olson, President of the Board, speaks for all the Board members when she says, "I am impressed with Mary's ability to see the big picture and handle all the small details at the same time. She's an outstanding multi-tasker and her skill as a manager makes our job as Board members easier. She knows how to get results that strengthen the AWGA and we all benefit from her vibrant leadership."

Mary started her business career in computer chip manufacturing in the Silicon Valley and remained there as a marketing manager in the corporate world for 15 years. In 1978 she learned to play golf and quickly realized her inner calling to work in the golf industry. But her dream wasn't quite ready to happen. A self described "late bloomer," Mary left the corporate world in 1986 to explore other possibilities. For the next 10 years, she worked in several positions ranging from entrepreneur of a fast food business to insurance agent and subsequently Home Owner's Association manager. In 1995, at the bequest of a business associate who owned a fitness center in Tempe, Mary moved to Arizona to manage the health club. It was then that she began to feel the timing for working in the golf industry was right.

"It wasn't easy, and it wasn't straightforward. At

continued on page 2



2005 Mixed Stix Tubac Golf Resort

Overall Winners

Scott and Christine Bench- Overall Winners Gross
Ted and Judy Gayok- Overall Winners Net
Bernd and Angela Leckow- Overall Winners Net

First Flight

Gary and Kelly Loeb- First Place Gross
Steve and Kelda Toliver-Second Place Gross
Robert Wooten and Dawnielle Baca- First Place Net
Mike Rombold and Joanne Travis-Second Place Net

Second Flight

Wayne and Jane Miller- First Place Gross
David and Mary Beth Maddox- Second Place Gross
David Bagwell and Yvonne Brooks- First Place Net
Dave Pesick and Kim Doyle- Second Place Net

Third Flight

Bob and Patty Waldron- First Place Gross
Roy and Barbara Taylor- Second Place Gross
George and Eila Sallaberry- First Place Net
Phil MacFarlane and Meg Quarrie- Second Place Net

Fourth Flight

Brian Jones and Patricia Akers- First Place Gross
Richard Lewis & Rose Reynolds- Second Place Gross
Ruben and Rose Rubio- First Place Net
Dean and Jackie Goupil- Second Place Net

Fifth Flight

Gene and Sherol Erb- First Place Gross
Bob and Gayle Johnson- Second Place Gross
John and Barbara Giani- First Place Net
Ken and Barbara Haley- Second Place Net

Sixth Flight

Bill and Nancy Hoppe- First Place Gross
Jack and Margaret Tyrrell- Second Place Gross
Wes and Carol Burrow- Third Place Gross
Tim Chamberlain & Terry Greenslade- Second Place Net
Mike Reynolds and Lynne Lewis- Third Place Net

2005 AWGA TOURNAMENT SCHEDULE

STATE SENIORS CHAMPIONSHIP

Pinetop Country Club - Pinetop
September 27 - 29, 2005

SCOTCH PLAY TOURNAMENT

Yuma Golf and Country Club - Yuma
November 14 - 15, 2005

STATE MEDALLION CLUB TEAM TOURNAMENT

Granite Falls North & South
Desert Springs Golf Club
December 8, 2005

2006 AWGA TOURNAMENT SCHEDULE

AWGA SEASON OPENER TOURNAMENT

Site TBA • February 26, 2006

AWGA WEEKEND CLASSIC TOURNAMENT

Site TBA • March 18, 2006

STATE FOUR BALL CHAMPIONSHIP

The Refuge @ Lake Havasu • April 24 - 25, 2006

STATE MATCH PLAY CHAMPIONSHIP

Site TBA • May 22 - 26, 2006

AWGA PARTNERS TOURNAMENT

Omni Tucson National • June 12-13, 2006

AWGA DAY IN HADES

The Boulders • August 7, 2006

STATE STROKE PLAY CHAMPIONSHIP

Site TBA • August 28 - 30, 2006

STATE SENIORS CHAMPIONSHIP

Esplendor Golf Resort @ Rio Rico
September 25 - 27, 2006

AWGA SCOTCH PLAY TOURNAMENT

Trilogy Golf Club @ Vistancia
November 27 - 28, 2006

STATE MEDALLION TOURNAMENT

Sun City Grand • December 14, 2006

The following courses have been re-rated or have made changes since the 2005 AWGA Club Directory was printed. Please make a note of this updated information. These ratings have been entered into the Arizona Handicap Network, including front and back nine details.

Aspen Valley Golf Club

Red 71.7/128
Green 73.5/134
White 76.2/148

Quail Creek Country Club

Copper 70.0/122
Silver 73.8/134

Hassayampa Golf Club

Forward 67.2/125
Middle 70.4/136
Back 73.5/150

StoneRidge Golf Club

Forward 67.3/126
Regular 72.1/139
Tournament 74.4/151

Leisure World Executive Course

Red 59.2/97
White 62.1/102

Talking Rock Ranch Golf Club

Forward 67.3/117
Middle

Oakcreek Country Club

Red 70.6/128
White 73.0/134

(Trails) 70.1/123

Back

(Heritage) 73.1/129

Spotlight, continued...

the time that I began looking for work in golf, it seemed like there were a million people looking for the same opportunity I was. I had a pretty strong business background, but high level golf administrators need some very specialized expertise. I had to be willing to take extremely low paying and menial jobs just to get a foot in the door so I could gain experience." Her break finally came when she began volunteering for the Junior Golf Association of Arizona. Soon after, Tom Cunningham, JGAA Executive Director, offered her a part-time position. She recognized that as a great opportunity and accepted it. In order to realize her dream and to make ends meet, she concurrently held three jobs, working seven days a week, and although she often felt overwhelmed with the number of hours she worked, she was rooted in the field where she wanted to stay. In 1996, a generous donation by the Thunderbirds made it possible for the JGAA to offer Mary a full-time position as Executive Assistant, and she was finally able to leave the other two jobs. Mary moved into the non-profit sector of the golf industry and began a new profession managing programs for young golfers and working at the day-to-day business of running a golf association. Through her position in the JGAA, she was introduced to several women serving as AWGA Board members. Her energy and commitment were apparent to these professionals and in 1999, she was offered the position of Executive Director of the AWGA. At the time, the AWGA was just beginning to recognize the necessity of growing the membership and moving forward with the changing times. Mary was soon to become the catalyst that made things start to happen.

Mary's persistence and commitment to realize her dream of a career in golf paid off. She says, "Maybe I was just lucky, but I don't think so. I believe that we all have the power to realize our dreams. If you know what you want and you're willing to do what it takes, if you learn to listen with your heart and trust your gut feelings - you will find the road that will lead you where you want to be." It was a 12-year process for Mary. "It took a lot of patience but I had a great time all along the way," she adds. In this era of people wanting instant gratification, this is a valuable lesson from which we can all benefit.

"When I first came to the AWGA, there were two of us on staff and there were only seven committees," she remembers. "We have grown tremendously since then and have moved into the maintenance stage with the organizational, philosophical and board policy issues that we've been working on for the past three years." Mary is a talented businesswoman and realizes the importance of establishing written policies, although she admits it can be laborious and dreary work. "I am excited to be spending more time now working with all of our committees to grow our membership, member programs and benefits."

Golf isn't just a job for Mary. From 1978 to 1985, she played golf every weekend with her then husband. When life-changing events occurred in her personal life in 1985, her time and interest in recreational golf diminished as well. After that, she rarely played golf until 1999 when she not only became employed by the AWGA but also became a member. Her hiatus was finally over and Mary was back on the links. Her love of golf and all that it has to offer quickly became an integral part of her life again. "I always try my very best," she says, "although I'm not a championship or even a very competitive golfer." But Mary played in her first

continued on page 3

AWGA NewsLINKS

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COURSE OF THE MONTH... SPRINGFIELD GOLF COURSE

It's More than a Typical Executive Course

If you're looking for an undiscovered gem in the Sun Lakes area, this par 61, 18-hole executive course will be a delightful treat. But don't let the short yardage fool you. "It's a very deceiving course," explains Mike Tapia, Golf Pro at Springfield. "It's not your typical executive course. The par 3s are longer than most executive courses and the par 4s are comparable to championship courses." He adds, "This course involves a great deal more than chipping and putting."

At 3,853 from the forward tees, the course provides a venue that demands focus and offers a lesson in course management. Most holes are grassy from tee to green, with both palm and evergreen trees scattered throughout the course. Heavily undulated greens challenge the most seasoned player while the wide, forgiving fairways appeal to the less experienced player. Water comes into play on three holes and it seems that no matter how well one plays on the holes before and after, the water on these holes attracts golf balls and quietly calls them to the center of the lake – always while everyone is watching!

Springfield has not just one but four organized golf leagues. That's a real testament to their appeal to golfers in the area. Two of their women's groups play on Monday mornings. The Ladies Niners is a beginners group and has about 25 very enthusiastic novice golfers. The Springfield Women's Club is an 18-hole group comprised of more experienced tournament players. There are approximately 40 women in that group. The Springfield women are very active in the community and sponsor many golf events. Last year their diligent work raised over \$4,700 for the Rally for the Cure Tournament benefiting the Susan G. Komen Breast Cancer Foundation. Over 140 women participated in the event. Their 2005 committee is up and running and are currently soliciting local businesses for donations and filling the roster of players.

Springfield also supports a singles group which plays at courses all over the Valley. However, they enjoy the friendly atmosphere and layout of Springfield so much that they play there twice a month. Last but not least Springfield also has a Couples League. They play every Thursday in the morning in the summer and at 3:00 PM in the fall.

Springfield is open to all golfers and all of their clubs (women's, singles, and couples) invite anyone who would like to participate. They are a welcoming and friendly group and are active socially in other forms of recreation as well. So, if you're new to the area or just need a change of pace and a new venue to meet like-minded people, head over to Springfield Golf Course in the southern part of Chandler. You'll have a great time playing on their beautifully landscaped course and you'll discover a hidden gem in the middle of a plethora of golf courses.

YOU BETTER BELIEVE IT!

By Chris Dorris

As our understanding of the world around us evolves, and as we humans develop an increasingly clear vision of its apparent mysteries, we are placing more and more emphasis upon the power of our own **belief**.

Research studies offer us undeniable reminders that we have tools that we are not using well. Mental tools. Tools that, if used properly, will ameliorate enormous amounts of pain and suffering and will simultaneously make it drastically easier to do everything from heal physically and ward off illness, to play dramatically better golf.

I know of nothing that can more powerfully affect your ability to realize dreams, enhance health, prevent illness, improve performance – lower golf scores – than controlling your beliefs. When you believe something without doubt, you become free to perform without doubt, you become free to perform without fear or caution. When you are in that state of "full belief," you are uninhibited by notions of what could go wrong. You are instead purely focused upon what is right and what you intend to make happen. You are in flow.

Reprogram yourself to choose only the most empowering beliefs: "I will hit 14 fairways today," "I will hit 18 greens," "I will make all of my putts." Who cares if it doesn't happen? All you need to know is that your expectations are going to dictate what actually ends up happening. So why not expect the best? And accept whatever the result is while remembering that the closer you can come to truly BELIEVING what you're telling yourself, the greater the likelihood it will become real. For those of you who are skeptical, remember you stand to lose very little, if anything, by experimenting with your "beliefs" on the golf course. And what you stand to gain is likely unfathomable at this point.

As researchers and pioneers in human abilities continue to provide us with data that suggest we are much greater at everything than we think we are, I recommend we do our part by testing this out in our own risk-free way. Take it to the golf course, get rid of any limiting thinking, replace with the most powerful belief imaginable, accept whatever happens, and look for results. As golfers, we too are researchers. Every single time we take a club away, we're experimenting with our own ability to create perfection. By tidying up our beliefs out there, we might find some very satisfying results. Have fun!

Chris Dorris, Dorris Performance Psychology
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Spotlight, continued...

Arizona Women's Match Play Championship this year and lost a close match in the finals for her flight. With a Handicap Index of 14.0, I think Mary may be more competitive than she admits.

In 2003, Mary decided it was time to meet Mr. Wonderful and signed up for an internet dating service. There she met a man who invited her to play golf with him in his singles league. When at their first event at Pavilion Lakes GC, her new friend had to change his plans and was forced to withdraw at the last moment, another man was slated to take his place. Perhaps the work of Divine Providence or just plain destiny? Wanting to make small talk, Mary remembers that her substituted partner seemed quite interested in her knowledge of the Rules. Little did she know that her participation in this singles league would lead her to her future husband, Steve. Yes, on their vacation in Hawaii in July, Steve proposed to Mary in a romantic setting on the beautiful Kona coast. They are planning a spring wedding. Golf is a major part of their lives and they play together at least twice a month. She adds, "There's no better way to spend time with someone than on a golf course. The fresh air, blue skies, ability to walk together, along with the beautiful views all make golf such an enjoyable sport. That's not all I love about golf, but it is the thing that gets me past those bad swings that keep me a 14 handicap!"

So what does Mary enjoy besides golf? Not surprising, she is a woman of many talents and interests. As an amateur photographer, she combined her love of decorating with a variety of her photographs of landscapes, sunsets, and birds to add a personal touch to their condo in Mexico. Mary looks forward to taking long weekend trips to California and Mexico and occasional travel to more distant destinations. And one of her favorite pastimes is dancing, an activity that she is gently encouraging Steve to learn. Not wanting to forget one important part of her life, she mentions her 19 year old dog, Duffy. "Duffy was my best friend for many, many years until I met Steve and he still brings me a great deal of happiness," she says. Originally from Trumann, Arkansas, Mary is a long way from home and has come a long way on her life's journey. She is completely happy and content in her personal life and in her work with the AWGA and looks back on her life so far as a tremendous learning experience and source of pleasure.

"I am continually astonished by the caliber of women in the AWGA, women who have become models for me, who I admire and respect," says Mary. And the same could be said about her. For those who know her well and work with her either as staff, Board, or volunteer, she is the epitome of a capable, talented, enthusiastic, forward-thinking, responsive woman of deep values who makes a positive impact on so many lives that she touches – both personally and professionally. For all that Mary Long contributes to make the AWGA a more progressive organization and to promote women's golf in Arizona, we are truly grateful and salute her dedicated and insightful leadership serving as the Executive Director of the AWGA.

W
E
L
C
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M
E

To our newest AWGA
Associate Club:

El Rio Country Club
(Mohave)

CONGRATULATIONS

To The Following Ladies on Their HOLES IN ONE!!

Ruth Rees	4/07/05	Oakwood CC WGA
Kris Gross	6/23/05	Sun City North Women
Angie Hayes	6/26/05	Pebblecreek LGA
Jeanne Place	6/29/05	Pebblecreek LGA
Jane Townsend	6/30/05	San Marcos WGA
Andrea Cooke	7/03/05	El Conquistador CC Women
Donna Schiazza	7/05/05	Coyote Lakes WGA
Robbie Summers	7/07/05	SaddleBrooke WGA 9'ers
Jeannine Entrup	7/07/05	SaddleBrooke WGA
Dolores Thain	7/08/05	Tatum Ranch WGA
Brenda Turner	7/09/05	Casa Grande GC Women
Shirley Cooper	7/19/05	Pueblo El Mirage Women's Assn.
Karen Stensrud	7/23/05	Quail Creek CC WGA
Lynda Fallenberg	7/23/05	Oakwood CC WGA
Barb Byrnes	7/26/05	Red Mountain Ranch CC WGA
Margaret Tyrrell	7/26/05	La Paloma CC Women
Dianne Grabigel	7/27/05	Rolling Hills Women (Tucson)
Jeri Moramonte	7/28/05	Oakwood CC WGA
Donna Patek	8/02/05	San Pedro Women's Golf Assn.
BJ Schuller	8/06/05	Oakwood CC WGA
Jacque Twitty	8/09/05	Ventana Canyon GC Women



ASK THE PRO

by **Marc Chandonnet**
 Women's Golf Coach
 Grand Canyon University
 mrc@chandon.net

MENTAL GAME : How can I Improve the way I think on the golf course?

I feel that the Mental Game is all too often overlooked so I figured I would make it the topic of the week. More often than not a golfer is wrapped up in the results of their actions. "Is that in the bunker?" "Did that carry the water?" "If I make this putt I'll shoot 40 on the front nine!" While we have earned the right to care, it can be harmful to our performance when we become emotionally attached to our shots. To have a sound mental game you must first have the ability to detach yourself from results. This will allow you to become process oriented.

Drill: Develop a pre-shot routine. Pick small targets. This will allow your focus to narrow helping you to concentrate on the moment and not the three putt you had the hole before.

I read a Quote from Dr. Cook once (*Author of The Psychology of Tournament Golf*) "The greatest power in the world is the power to choose." My challenge to you is to choose to be involved in the Process of your shots and not the Results!

Please report all holes-in-one as they occur. Holes-in-one occurring prior to the previous newsletter publication date may be excluded from publication.

SADDLEBROOKE NINERS DONATE \$1,016 TO JUNIOR GOLF ASSOCIATION



For over eight years, the SaddleBrooke Ladies Niners have been holding an annual Invitational for nine-hole clubs as a fundraiser for young golfers. Each year they have raised between \$500 and \$600 through the tournament and raffle to donate to the Southern Arizona Junior Golf Association. This year, however, the ladies contributed a remarkable

\$1,016, well above their average donation. They also donate new and used equipment to the junior golfers.

The Southern Arizona Junior Golf Association is operated 100% by volunteers who schedule and run approximately two tournaments each month for junior golfers. Membership varies from 250 to 350 young people up to 18 years old. The money helps to defray the cost of shirts, hats and ball markers for each active member, as well as to keep the tournament costs down. Many of the junior golfers qualify for the Golf Channel's Drive, Chip, and Putt Contest. Four members from SAJGA went to regionals recently, and one member went on to national competition.

The SaddleBrooke Ladies Niners are seeing results from their contributions and have a good time while raising the money. A big "Thank You" to these ladies for supporting Junior Golf.

Picture: Kevin Parkhurst, Maria Byers, Don Parkhurst, Betty Burns and Amie Parkhurst.

GIRLS JUNIOR AMERICAS CUP

Guadalajara Country Club in Guadalajara, Mexico was the site for the 2005 Girls Junior Americas Cup team matches from July 26-28th. 18 teams comprised of four players per team represented Canada, Mexico and 11 western states. The event uses a college team scoring format, best three scores for each round, in 54 holes of individual stroke play.

This year the teams from Mexico and Southern California tied for first place finishing three rounds with a score of 671. Playing on Arizona's team were Sarah Freeman, Courtney Belanger, Meghan Martinek, and Ashley McKenney. They finished 12th with a score of 730. Being selected to play in the Girls Junior Americas Cup is one of the highest honors in junior golf.

Our Arizona girls are an active and involved group who love the game of golf and the competitive opportunities it offers. It is a chance for them to make new friends and develop an interest in international cultures. But their programs need financial support and the AWGA is one resource for them for funding.

Please give to our Junior Girls Fund. Arizona is hosting the Girls Junior Americas Cup in 2006 which means more expenses will be incurred and more donations are needed. Take a look at our barometer. We still have ample time to reach our goal of \$45,000. Send your donation to the AWGA office today.

\$45,000



Girls Junior Americas Cup Donations

THINK GOOD THOUGHTS

Work joyfully and peacefully, knowing that right thoughts and right efforts inevitably bring about right results.

*James Allen,
 Author of "As a Man Thinketh"*



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SCOTCH PLAY TOURNAMENT

November 14-15, 2005

OPENING DATE: September 19, 2005

CLOSING DATE: November 4, 2005

No entries will be accepted with a postmark date prior to the opening date.

OFFICIAL ENTRY FORM

PLAYER #1 _____ TELEPHONE _____ AWGA# _____
ADDRESS _____ CITY/ST/ZIP _____
CLUB REPRESENTED _____ Email Address _____
PLAYER #2 _____ TELEPHONE _____ AWGA# _____
ADDRESS _____ CITY/ST/ZIP _____
CLUB REPRESENTED _____ Email Address _____

We have read and agree to abide by the 2005 Conditions for AWGA Competitions as published in the current AWGA Directory and at www.awga.org

SIGNATURE (Player #1) _____ SIGNATURE (Player _____

Enclosed is my check or money order for **\$130** per person payable to AWGA. **One entry per envelope .**

Mail entry and fee to: **Arizona Women's Golf Association 141 E. Palm Lane, Suite #210, Phoenix, AZ 85004**

(Maximum Handicap Index: 30.0)

Check here if you are between and including the ages of 14-17 _____

Past Board Member? _____ Year _____

2003 or 2004 Overall Gross or Net Winner? _____



Scotch Play Tournament

Yuma Golf & Country Club

928-726-4210

www.ygcc.org

November 14-15, 2005

When you come to Yuma to play in the AWGA Scotch Play Tournament bring your fun clothes, some good luck,

your walking shoes and your favorite sand iron. Yuma Golf & Country Club is an older traditional course. Although it's not long, it plays long because of lush fairways that are tree-lined and generous in width with moderately punishing rough. The greens are fairly small, guarded well with bunkers, some with several degrees of slope. Nearby Casinos offer a chance to try your luck, maybe even win a jackpot or two! Alcodones (Baja, Mexico) offers interesting shop 'til you drop opportunities. However, our greenside bunkers are not quite as much fun. All in all, Yuma Golf & Country Club is a player-friendly course, rewarding accuracy and good sand play. Yuma has an outstanding municipal course (Desert Hills) and several other courses for golfers traveling to Yuma but not playing in the ladies tournament. Yuma offers great golfing, which is why it's a great destination for snowbirds.

RULES TIP

Q: When can you clean your ball during the play of a hole?

A: Whenever you have the ball in your hand...with three exceptions.

The three exceptions are:

- (1) When you lift your ball because it interferes with or assists the play of another player.
- (2) When you lift your ball to determine if it is unfit for play
- (3) When you lift your ball to identify it...here, however, you may clean it some, but only to the extent necessary for identification, to see the identifying mark you put on the ball before playing it.

In other words, if you have lifted your ball for any reason, such as after marking its position on the putting green, or after lifting to take relief from ground under repair, or to drop away from an immovable obstruction, or to get out of an unplayable lie, etc., you may clean the ball before putting it back in play.

So rather than trying to remember all the times you can clean the ball, remember the three times you cannot (interfere, unfit and identify). Actually since you can partly clean to identify, you only have to remember 2½ exceptions!

Warren Simmons, warnsimn@aol.com

AWGA State Rules Committee

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