

EQUIPMENT NEEDED



Golf Club and Golf Ball If you do not have a golf club, you can use a baseball bat, field hockey stick

A

Marked Hitting Areas (You can use cones, chairs, or chalk to mark an area or zone)



Measuring Tape

If you do not have measuring tape, take big steps. 1 Big Step = 1 Meter, 3 Feet



Banner, Sign, Net or Barrier 1M (3 feet) high by 5M (16 feet) wide

RULES



Target area is a circle with a 6M (20ft) radius



The distance from the hitting area to the 1M (3.28feet) high barrier is 5M (16 feet)

The distance from the 1M (3 feet) barrier to the target area should be 5M (16 feet)



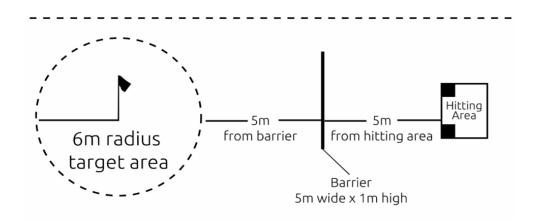
Athlete will have 5 attempts to pitch the golf ballover the barrier toward the target area



Refer to golf diagram for scoring

6 Combine the score from all 5 attempts for a total score

How accurate are you with a pitch shot over a barrier?





Remember to take a picture or video of yourself competing in this event! Celebrate with other athletes online using the official hashtag:

#sowavirtualgames



Special Olympics Washington

