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**Tottori Prefecture Tourism Association**  
<http://www.tottori-tour.jp/en/>

## Access

### <By airplane>

- From Tokyo (Haneda) to Tottori Airport (About 70 min)
- From Tokyo (Haneda) to Yonago Kitaro Airport (About 80 min)
- From Seoul (Incheon International Airport) to Yonago Kitaro Airport (About 1 hr 40 min)
- From Hong Kong (Hong Kong International Airport) to Yonago Kitaro Airport (About 3 hr)



### <By train>

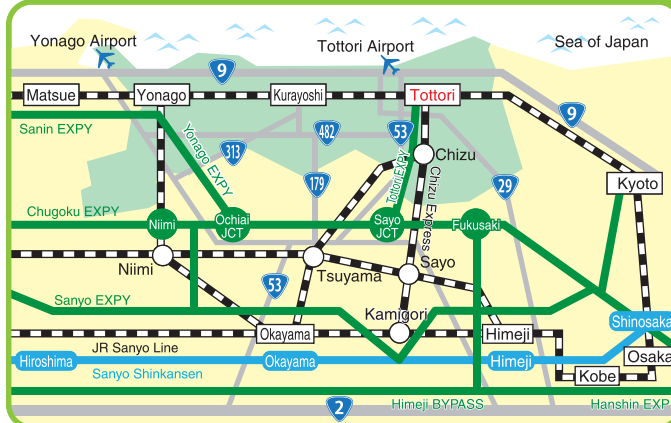
- From Tokyo (About 5 hr)  
Shinkansen→Change at Shinosaka to Super Hakuto... Tottori Station
- From Nagoya (About 3 hr 20 min)  
Shinkansen→Change at Himeji to Super Hakuto...Tottori Station
- From Osaka (About 2 hr 30 min)  
Super Hakuto...Tottori Station

### <By car>

- From Nagoya (About 4 hr 30 min)  
Meishin Expressway→Chugoku Expressway→Sayo JCT→Tottori Expressway→Tottori
- From Osaka (About 2 hr 30 min)  
Chugoku Expressway→Sayo JCT→Tottori Expressway→Tottori

### <By express bus>

- From Tokyo (About 10 hr 10 min)
- From Osaka/Kobe (About 2 hr 50 min)



**For certified ground golf courses in Tottori Prefecture, visit (Japanese site):**  
<http://www.groundgolf.or.jp/tabid/59/catid/40default.aspx>

For more information Sports Sec., Regional Promotion Dept., Tottori Prefectural Government

✉ [sports@pref.tottori.lg.jp](mailto:sports@pref.tottori.lg.jp)

FAX +81-857-26-8108

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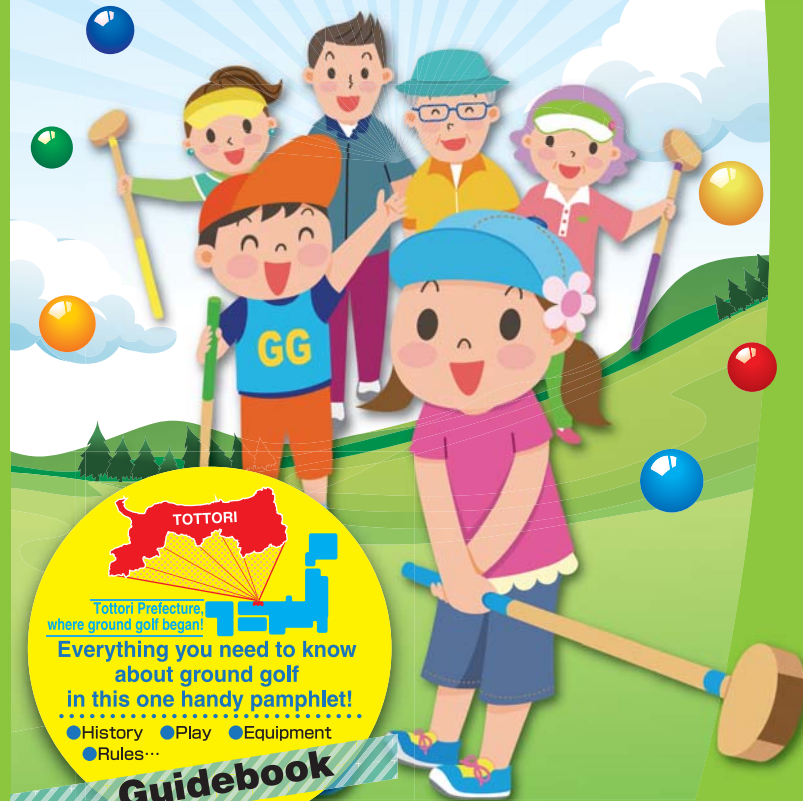
So, let's get going!

Easy!

Anyone!

Anywhere!

# GROUND GOLF





## Ground golf originated from Tottori Prefecture

You don't need to be good to play ground golf. You need to know when to concentrate, when to use your strength and when to adjust your swing. The rules are really simple, too.

Even first-timers can immediately pick it up! Ground golf is played by people of all ages, not just the elderly, and it has spread not only across Japan but to other countries as well.

So, where does the name come from?

The game is called 'ground golf' because it can be played on school athletic fields (known as 'grounds' in Japan); you do not

'So easy, anyone can play it anywhere!'



have to travel to some far off golf course to enjoy a round. And, it is **'so easy that anyone can do it anywhere.'**



Tottori Sand Dunes



Uradome Coast  
Sanin Kaigan Geopark



## Features of ground golf



### 1 It can be played anywhere.

Courses do not have to meet specific standards. They can be set up anywhere -- on athletic fields, riverbanks, parks, gardens, etc. -- as dictated by player objectives, the environment, skill level, etc.

### 2 Setup is easy.

Holes do not have to be dug like with regular golf. A course can be set up by just standing the flags upright.

### 3 The rules are simple.

Compared to other sports, the rules are really simple and can be quickly remembered after just one round.

### 4 There is no limit on how many can play.

Ground golf can be played alone or, if the place allows, by hundreds of people at a time. The ball does not go airborne, so if the flags are set up carefully, game can safely start from each of the flags at the same time.

### 5 You are the judge.

Players make all judgment calls during the game. If you cannot rule on something, get a consensus from others playing with you.

### 6 You do not have to be good to have fun.

Like other competitive sports, the more you play ground golf, the better you get at it. But, ground golf is the kind of game where you can have fun with, without being good at it. It is fun for people of all ages from kids to grandparents. It has everything needed for a fun family sport.

### 7 There is no time limit.

Because there is no clock in ground golf, you can take as long as you want or need, depending on skill level, the number of players or course characteristics.



## How do you play ground golf?

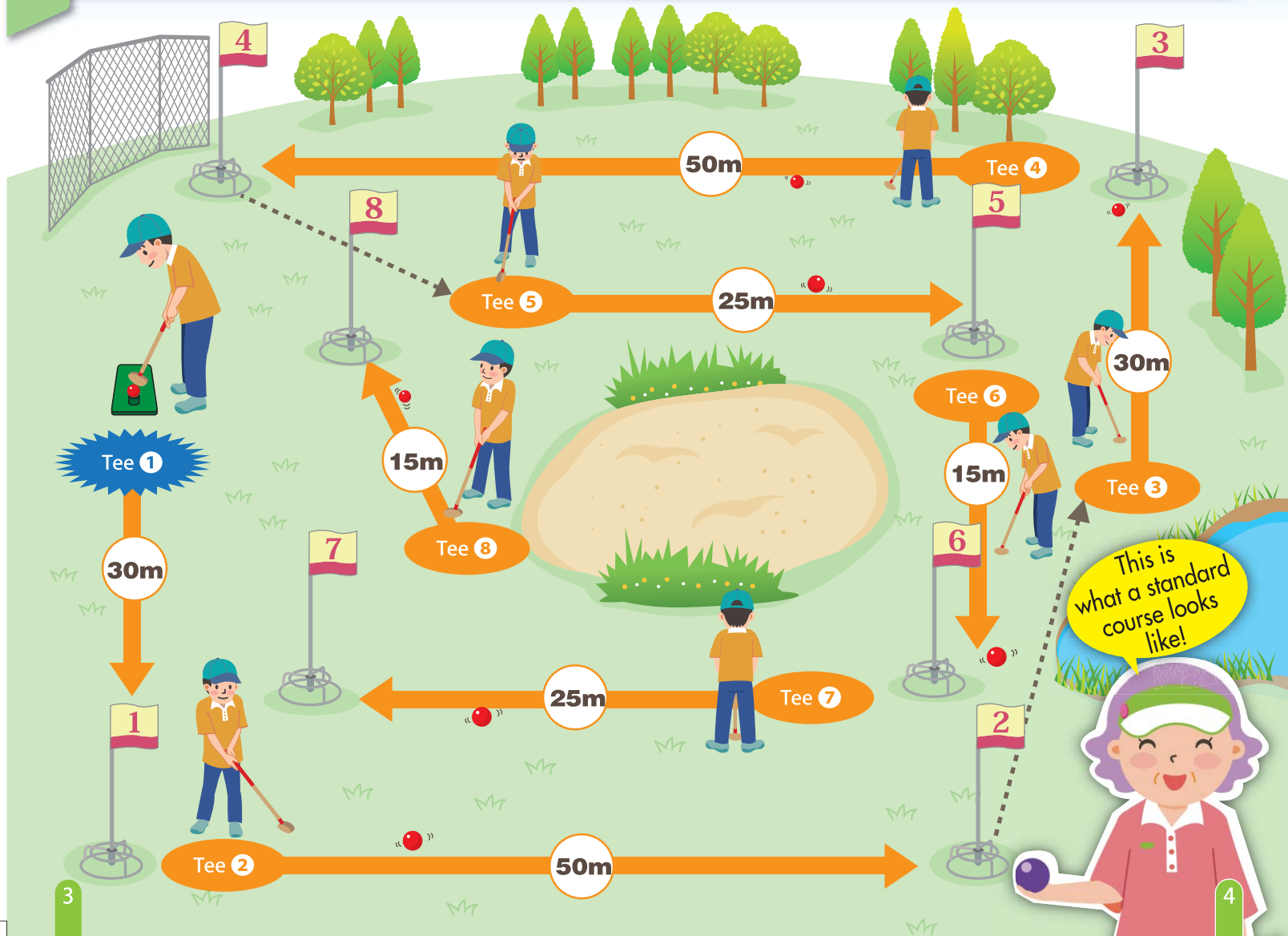


### Basic rules

Ground golf has its own clubs, balls, flags and tee-off mats. It is played like golf; you hit the ball with a club as many times as you need to get it to the flag.

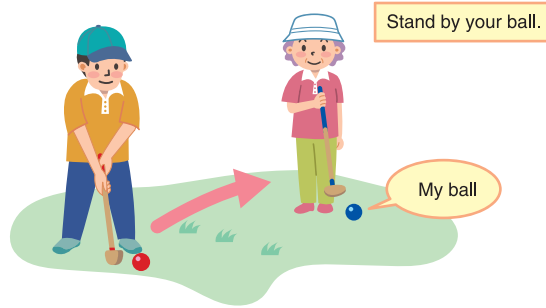
### Course

The standard course has two holes located at 50 m, 30 m, 25 m and 15 m respectively, for a total of 8 holes.



## 1 Player etiquette

After completing your shot, quickly move out of the way so that the next player can take his/her shot.



When another player in your group is taking a shot, do not talk or stand near his/her ball, the flag or in front or behind the player. Also, do not hit any balls until the group in front of you has finished out the hole.



Replace any divots and remove any footprints you make.

**What should I do if this happens?**

**Q1** A player ahead of me did not replace his/her divot. Can I fix it?

**A** Yes, you can. But, you cannot alter the natural terrain.

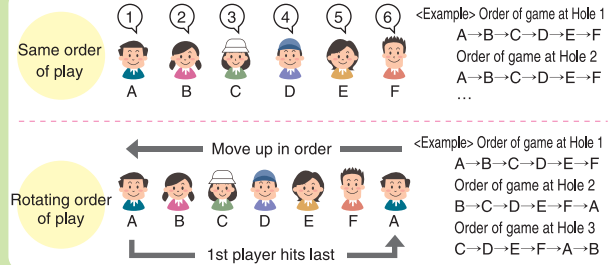


## 2 How the game progresses

Players tee off from the mat in a decided order and count the number of strokes it takes until their ball comes to a dead stop under the flag.

### Order of play

The order of play is decided before starting the round. (Groups can stick to the same order or rotate the order.)



**What should I do if this happens?**

**Q2** What happens if we mess up the order of play?

**A** If the other players agree, return to the original order of play on the next shot. But, if other players insist on replaying the hole, play the hole over from the beginning in the proper order. (No penalty strokes are added.)

**Q3** What happens if I hit another player's ball by mistake?

**A** That player can replace his/her ball where it was. (No penalty strokes are added.)

### Consecutive shots

It is against the rules for any player to take consecutive shots.

#### EXCEPTION

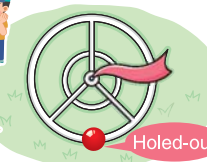
However, if a ball is less than a club's length from the flag, that player may hole out.



**What should I do if this happens?**

**Q4** Is the ball considered holed-out if it stops right underneath the flag frame?

**A** Yes, underneath the flag frame is treated as holed-out.



### 3 Equipment

The game must be played with the specified clubs, balls, flags and tee-off mats.

**<Club>**

No more than 30 mm thick

50 - 100cm

Shaft

Head

4 - 4.5cm

7 - 8cm

14 - 16cm

**<Flag>**

No less than 50 cm  
No more than 150 cm

11cm (±3mm)

Bell 4 cm diameter (±5 mm)  
Clearance from ground 2 cm (±2 mm)

Weight

Top ring

Bottom ring

Peg

20cm(±6mm)  
36cm(±6mm)

No more than 6 mm thick

**<Ball>**

Diameter: 6 cm (±1 mm)  
Weight: 75 - 95 g

**<Tee-off mat>**

No more than 65 cm

No more than 30 cm

No more than 1 cm 5 mm (Thick)

No more than 1 cm 5 mm above mat (Tee height)

Anchor flags with the weight and pegs to prevent them from blowing over in the wind, etc.

#### Watch out for this!

Clubs can be wrapped with grip tape, but they may not be modified in any other way.



Playing with the ball holder attached to the club is considered a 'club modification.'



### 4 Practice swings during play

Practice swings must not strike the ball at any point of the game. (Each practice swing that contacts the ball is charged 1 penalty stroke.)

Touching the ball is against the rules. **NO!!**



Practice swings are allowed. **OK!!**

Knock!!

### 5 Assistance

Players must not ask for or receive any physical assistance or advice when hitting the ball.

### 6 Play the ball where it was.

If a ball ends up in the bushes, etc., that player may only touch the bushes in order to identify his/her ball or where it was. Players may not cut grass, break branches or remove obstructions.



The branch cannot be moved in this situation.

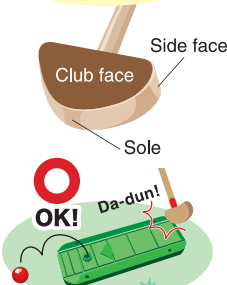
### 7 How to hit the ball

Players must cleanly strike the ball with the head of the club. Pushing or flicking the ball is against the rules. (Each improper contact with the ball is charged 1 penalty stroke.)

#### Watch out for this!



Both sides are flat and may be used to hit the ball.

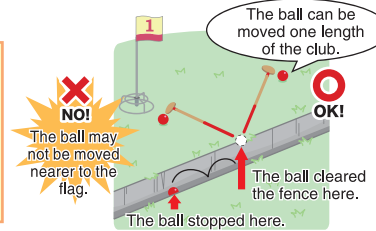


If an unstruck ball rolls because of vibrations or wind, you may replace it.

### 8 Lost and out-of-bounds balls

If a player loses his/her ball or hits it out-of-bounds, he/she may take a mulligan by placing the ball in a strikable spot not nearer to the flag.

If the ball cannot be played without moving it, the player may move his/her ball one length of the club from where it was last seen or fell.



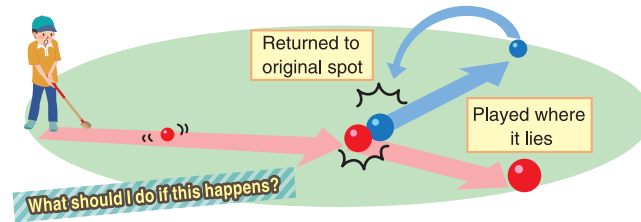
### 9 If a ball obstructs your shot

Players may request that balls be temporarily removed if obstructing one's shot. The obstructing ball must be removed by the player whose it is. When doing so, the player must mark the spot of the ball by placing a ball-marker on the side farthest from the flag.



### 10 If your ball strikes another player's ball

If your ball hits another player's ball, you play your ball from where it stops. The other player returns his/her ball to its original spot.



**Q5** What happens if my ball hits another player's ball and holes out? What if the other player's ball holes out?

**A** Your ball is holed-out. The other player's ball does not hole out; it is returned to the original spot.

**Q6** What happens if my ball hits another player or something else?

**A** Obstructions are treated like pebbles and branches. You play the ball from where it lies.

### 11 If a motionless ball is moved by the wind

Players must not hit their ball while it is moving. If your ball is moved by the wind, you play it from the spot where it stops. If it rolls under the flag, you hole out.



### 12 Hole-in-one

Each hole-in-one is tabulated as 3 strokes off your total score.

### 13 How to keep score

Circle the hole number as you play the round.

Strokes: Number of shots per hole

Write players' names here in the order of play.

Player	1	2	3	4	5	6	7	8	実行数	打回率	合計	確認						
1	○	○	○	○	3	3	6	5	14	21	3	24	27	32	33	33	1	30
2	△	△	△	△	5	7	5	12	5	17	6	23	28	31	33	36		36
3																		

Cumulative score: Total number of strokes up to this point

Actual score: 3 points are subtracted from this number for each hole-in-one to determine the final score.

Final score (After subtracting 3 points for each hole-in-one)

**EXCEPTION**  
If you make a hole-in-one, record a "1" or "-" for the strokes on that hole and add 1 to the cumulative score. Subtract 3 points from the actual score for each hole-in-one and record the result as the final score.