

*American  
Classic Golf  
Club in Lewes  
welcomes  
Fling Golfers.*

# HOW to PLAY FLING GOLF

**1** You will need a FlingStick. Your FlingStick acts as your driver, iron, putter, wedge and wood so there is no need to tote around a full set of clubs when playing.

**2** Tee off by placing the ball on the ground and using your FlingStick by scooping it up and flinging it down the fairway.

**3** Players take turns flinging their ball until they reach the hole. You must fling the ball behind the tee marker.

**4** Once your ball is on the green, you ground your feet and push the ball towards the hole by putting the ball in the notch of the FlingStick. You may not move your feet while pushing.

**5** The player with the fewest throws to reach the hole wins the hole.

**6** Keep similar score to traditional golf, until the game is done. You must take a 1-stroke penalty if your ball lands in a sand bunker or water hazard, goes out-of-bounds or if you lose it.

**7** Be mindful of course etiquette and safety, such as not throwing a ball if another player is in the way.

This summer, the American Classic Golf Club in Lewes will host Fling Golf every Friday night. The cost is \$20 per person and includes a FlingStick rental (bring your own golf balls!). Please arrive by 5:45 p.m. for check in and demonstration. All skill levels are welcome.

## What is Fling Golf?

**FLING GOLF** is a new sport that combines elements of golf and lacrosse. It is played with a specially designed FlingStick, which is a lightweight, long-handled club with a cup on the end that is used to "fling" a ball instead of hitting it. The objective of the game is similar to golf, with players trying to get the golf ball into a series of targets in as few flings as possible. Fling golf is mostly played on traditional golf courses, but it can also be played at parks and beaches.

When you post pics of Fling Golf, tag us too! [#TheCapeCurrent](#)