



## The New Rules: Good or bad?

The new rules have come in for some scrutiny in the professional tournaments around the world over the past couple of weeks. There's clearly clarification on the rules required in some cases.

Which of the rules is your particular favorite and which one seems the most pointless to you? [Let me know](#) what you think?

The USGA and R&A have introduced changes to many of golf's rules to make the game more enjoyable and the rules easier to follow. For more information, including diagrams and videos for each modernized rule, [please click here](#).



### THE 20 MOST IMPORTANT CHANGES TO THE RULES OF GOLF 2019

1. SEARCH TIME – REDUCED FROM 5 MINUTES TO 3 MINUTES
2. BALL MOVED DURING SEARCH – REPLACE NO PENALTY
3. EMBEDDED BALL – FREE DROP EXCEPT IN PENALTY AREAS, BUNKERS, SAND IN ROUGH
4. MEASURING A DROP – USE LONGEST CLUB (EXCEPT PUTTER)
5. DROPPING – DROP FROM KNEE HEIGHT RATHER THAN SHOULDER
6. TAKING A STANCE ON WRONG GREEN IS NOT PERMITTED
7. BALL UNINTENTIONALLY HITS PLAYER OR EQUIPMENT – NO PENALTY
8. DOUBLE HIT – NO PENALTY, NOW ONLY COUNTS AS THE 1 STROKE
9. TOUCHING SAND IN BUNKER INCIDENTALLY IS PERMITTED-BUT NOT ON BACKSWING
10. LOOSE IMPEDIMENTS CAN BE REMOVED ANYWHERE
11. DROPPING A BALL OUT OF BUNKER – 2 PENALTY STROKES

12. WATER HAZARDS – NOW CALLED “PENALTY AREAS”
13. TOUCHING GROUND IN PENALTY AREA – NO PENALTY
14. BALL MOVES ON GREEN AFTER BEING MARKED – REPLACE WITHOUT PENALTY
15. BALL ACCIDENTALLY MOVED ON PUTTING GREEN- REPLACE WITHOUT PENALTY
16. MOST DAMAGE TO GREEN CAN NOW BE REPAIRED-NOT AERATION HOLES
17. POSITIONING A CLUB FOR ALIGNMENT IS NOT PERMITTED
18. CADDIE ASSISTING WITH ALIGNMENT IS NOT PERMITTED
19. PUTT STRIKING FLAGSTICK LEFT IN HOLE IS NOW PERMITTED-NO PENALTY
20. BALL WEDGED AGAINST FLAGSTICK AND SIDE OF HOLE IS DEEMED AS HOLED

If you have any questions - we are here to help.

[Contact us >](#)

## Shafts and myths

### It's not about swing speed

We've seen online fitting tools that ask you how far you hit your 5-iron. From there they estimate your swing speed. Then they recommend a shaft flex. What if we told you that two golfers, with the same swing speed, using great club fitters, had to use two wildly different shaft flexes?



 Bridgestone Golf: [Nick Price's Golf Swing](#)



 Bridgestone Golf: [Fred Couples' Golf Swing](#)

The “load” that Nick Price put on the shaft on the downswing was far greater than the much smoother Couples.

Price needed a shaft as stiff as he could get. Fred Couples played a much softer flex. But they had the same swing speed.

By the way, there are no standards for shaft flex.  
There is no consistent meaning to “stiff” or “regular”.  
Each manufacturer labels the shaft as they wish.



*“If you’re losing distance as you get each year older, then it’s really worth while looking at options to create faster clubhead speed and a better energy transfer.”*

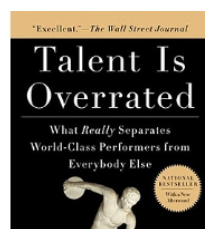
### How do you load the shaft?

How does the rhythm and tempo of your swing impact the shaft? Have you ever invested some time in checking what you need in a shaft?

[Book your check-up >](#)

## How good could you be?

### Make the most of any practice



Last week, we introduced you to Geoff Colvin.  
He has a theory about “Deliberate Practice”.  
This isn’t about beating balls until your hands bleed.  
It’s about making the most of any time you practice.



Colvin recommends identifying a skill you want to acquire, or particular golf shot you want to master. There are then two sorts of very deliberate practices on the way to mastering the skill or shot in competition. Let's say you're trying to become a master of the 40-yard pitch-shots that stops quickly.



#### Block practice

*While developing the ability to repeat the movements that will create a consistently controlled and measured 40-yard pitch shot, you will hit shot after shot, until you're comfortable.*

#### Random practice

*On the course, you'll need to play this shot at random. So create that in practice. Hit different golf shots, similar in sequence to a real golf game. Tee shot, approach, short (40 yards) pitch.*

### Start your journey. We want to help.

Why don't you give "Deliberate Practice" a try? Start with an Assessment. Let's agree on a particular skill to be improved. We'll teach you the correct technique. We'll give you the practice program. We'll check in every week with feedback. After two weeks, let's test your new skill. How good could you be?

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