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STUDY GUIDE: GOLF

Golf

Basics

When the rules were originally drawn up in 1754, golf stood for Gentlemen Only Ladies Forbidden. A stroke is a forward movement of the club made with the intent to contact the ball. There must be a back swing and a forward swing to count. Bunkers and hazards (such as water bodies) are set up to make it harder to keep the ball in play. Penalty strokes are added to the score if the ball lands in these and the player can't hit it. If the ball lands in a sand trap, a player must play out of it, and the club can't touch the sand. If the ball goes out of bounds, the player must count the stroke and replay the shot, adding a penalty stroke. If a player loses a ball and can't find it in five minutes, it is declared lost. The same thing happens if the ball is out of bounds. If a player can't find the ball, he or she is allowed to use a "provisional" one, but must declare that he or she is hitting a provisional before the first stroke. If the ball is unplayable, a player can either move it two club widths and then hit it, or go back to where the ball originally was and start again. In either case, the original stroke must be counted as well as a penalty stroke.

Glossary

Ace:

A hole in one.

Airball, Fan, or Whiff:

A swing that misses the ball.

Albatross:

A rarely used synonym for a double eagle.

Approach Shot:

A short- or medium-range shot played to the green.

Apron:

The area of grass, also known as the fringe, around the putting surface of

the green.

Away:

The golfer whose ball is farthest from the hole.

Back Nine:

The second half of an 18-hole course.

Backspin:

Also known as underspin or bite, this type of spin can make a ball stop and

roll backwards once it lands.

Bail Out:

To make a long put, or to make a safe shot instead of risking a hazard. This object, often a coin, spots the ball's position on the putting surface.

Ball Marker:

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Banana Ball:

A bad slice that gets its name because of the resulting shape of the ball's

path.

Beach: Bend: A hazard made of sand. The curve of a shot.

Best Ball:

A type of match in which a set of partners takes the best individual score from their group on a particular hole for the group's score on that hole.

Birdie:

Bird's Nest:

To be one stroke under par on a hole. When the ball gets stuck in deep grass.

Blade:

The part of a club head on an iron that contacts the ball. As a verb, it

means to top an iron shot.

Blast:

A shot from a sand trap that sprays a lot of sand.

Blind Hole:

The putting green can't be seen by the player as he or she approaches the

hole.

Bogey or Bogie:

A score of one over par for a hole.

Bowker:

A bad shot that unexpectedly stays in play after rebounding off an object,

such as a tree.

Break:

To make less than a specific score or the direction in which the ball is

destined to roll due to the slope of the land or the green.

Bunker:

A depressed area of ground that's usually filled with sand.

Bunt:

To purposely hit a shot short.

Buzzard:

A score that is two strokes over the par for a hole.

Bye Holes:

Holes that are never played because a match's outcome has already been

decided.

Caddie or Caddy:

The person who carries a golfer's clubs.

Carpet:

Any large area of grass.

Carry:

The length a ball travels through the air before it hits the ground. A chip shot in which the ball rolls a long way toward the hole after it

Chip-and-Run:

lands.

Chip Shot:

This short, approach shot usually involves topspin or backspin and is often

done with a pitching wedge or short iron.

Choke:

To hold the club farther down on the handle than usual.

Chop:

To hit down on the ball sharply, adding extra spin.

Cleats:

A golf shoe's spikes.

Closed Stance:

In this stance, the left foot extends over the ball's line of flight.

Club:

The instrument used to strike the golf ball; its three necessary components

are the grip, the shaft, and the head.

Cock:

To bend the wrists during the back swing phase, before bringing the club

forward.

Collar:

The fringe surrounding the putting surface.

Condor:

The rare phenomenon of a triple eagle, meaning four under par on a hole.

Control Shot:

A shot hit with accuracy instead of power.

Course:

The entire 9- or 18-hole playing area.

Course Rating:

A score used to calculate handicaps by determining the difficulty level of a

particular course.

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Cross-handed Grip:

A rarely used grip in which the left hand is below the right hand.

Cup:

Another word for hole.

Cut:

The highest score a player can have to avoid being eliminated in a

tournament.

Cut Shot:

A shot that stops very soon after landing.

Dead:

A shot that stops immediately when it lands.

Dead Ball:

A ball that is so close to the hole that there's no doubt it will be sunk with

the next putt.

Deuce:

A hole achieved with only two strokes. One of the indentations on a golf ball.

Dimple: Divot:

Downswing:

A piece of turf the golfer chops out with the club when making a shot. The part of the swing from the top of the back swing to the point of

contact with the ball.

Drive:
Driver:

To hit the ball from the tee, or to hit it with full force and swing.

The longest club and Number One wood, that's often used from the tee

because it helps gain distance.

Driving Iron:

The Number One iron.

Driving Range:

The area where golfers practice hitting the ball.

Duffer/Hacker:

The name given to a golfer who is struggling with his or her game.

Dunk:

Hitting the ball into a water hazard. Two strokes under par on a hole.

Eagle: Face:

The part of the club head that hits the ball.

Fairway:

The area of the course between the tee and the green that is well kept,

usually affording a good lie for the ball.

Fat Shot:

A shot in which the club hits the ground before it hits the ball, resulting in a loss of distance.

Flag or Flagstick:

The vertical marker that shows the pin placement and the location of each

cup.

Flier:

A shot that goes farther than normal and has very little spin.

Flub:

A bad shot.

Follow-through:

The part of the swing after striking the ball.

Front Nine/ Front Side:

The first nine holes of an 18-hole course.

Gallery: Gimme:

The area where the audience sits, or another name for the audience, itself. An easy putt that is given to a golfer without making the golfer actually

putt the shot.

Go to School:

To learn what a shot will do by watching the opponent before you take

your own shot.

Grand Slam:

This competition includes four tournaments: the British Open, the U.S.

Open, the PGA Championship, and the Masters.

Grasscutter:

A hard-hit, low shot.

Green:

The putting surface of a given hole. It can also refer to the entire golf

course.

Green Fees:

The fees a player pays to use a course.

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Handicap:

Based on a player's average score minus par, this is the number of strokes

deducted from a player's gross score to determine the net score

Handicap Player: Hazard: A player who usually scores above par, and is thus given a handicap.

Any bunker or water pocket purposely designed into a course to make the

course more challenging.

Head:

The part of the golf club that meets the ball.

Heel:

The part of the head of the golf club that is nearest the shaft. If hit with this part, the ball will go at a right angle to the intended line of flight.

Hole:

A 4 1/2" diameter, 4-inch deep, round container in the green that's lined

with a metal cup.

Hole in One:

A hole achieved with one stroke.

Home Green: Inside: The green on the last hole of the course. The golfer whose ball is closest to the hole.

Interlocking Grip:

A way of holding the golf club in which a right-handed golfer's left, little

finger is intertwined with the right, index finger.

Iron:

A metal-headed club, numbered one through nine. The higher the number,

the more lofted the face of the club. A wedge is considered an iron and

has the greatest loft.

Lag:

A long putt intended to get the ball closer to the hole so it can be sunk

with the next putt.

Lay Up:

To hit a shot too short in order to avoid a hazard.

Lie:

The position of the ball after it lands and stops somewhere between the tee

and the putting surface. The top rim of the hole.

Lob Shot:

A shot that goes straight up and comes back straight down.

Loft:

Lip:

The height of the ball once it's in the air, or the vertical angle of a club's

face.

Lost Ball:

A ball is declared lost if it isn't found after five minutes.

Lie or Lying:

The number of shots a golfer has already taken on a given hole before he

or she takes the next shot.

Match Play:

A competition in which the winner is the player or team that wins the most

holes

Mulligan:

In informal games, if golfers hit a poor tee shot on the first tee, they are

sometimes allowed to take a second shot, called a "mulligan," without a

penalty.

Neck:

The area where the club's shaft joins the head.

Net:

A player's score after the handicap is subtracted from the gross score.

Obstruction:

Any artificial object left or placed on the course.

Open:

A type of tournament in which both amateurs and professionals may play.

The opposite of a closed stance.

Open Stance: Overlapping Grip:

A grip in which the right, little finger overlaps the area between the left

forefinger and second finger for a right-handed golfer.

Par:

The number of strokes on a given hole that sets the standard of good

performance.

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Penalty Stroke:

An additional stroke that's added to a player's score because he or she

violates the rules.

Pitch:

A short, high shot with backspin.

Pivot:

The rotation of the golfer's hips, trunk, and shoulders while swinging. A faster group of golfers is allowed to go ahead of a slower group of

golfers who are playing in front of the faster group.

Plugged Lie:

Play Through:

In this lie, the ball is buried in sand.

Pro-am:

In this competition, professionals and amateurs play as partners.

Provisional Ball:

A ball that is played if the previously hit ball is lost or out of bounds. If the first ball is found or is discovered to be in bounds, the first ball is played.

Otherwise, the player continues by playing the provisional ball.

Punch:

A low shot into the wind.

Putt:

A shot toward the hole after the ball is already on the green.

Putter

A short-shafted club used mainly for putting.

Putting Green or Putting Surface: The surface around the hole.

Quail High:

A long, low shot simulating a quail's flight.

Rap:

To putt firmly.

Read the Green:

To inspect the green in an attempt to predict the path that the ball will

take.

Recovery Shot:

A shot from a hazard or the rough onto the fairway or green.

Rifle:

To execute a shot with both accuracy and distance.

Rim:

The ball rolls around the edge of the cup.

Rim Out:

The ball rolls around the edge of the cup without dropping in.

Rough: Run:

Regions of tall grass that are usually found on the sides of the fairway.

Scratch Golfer:

The distance the ball rolls after landing. A player with a handicap of 0.

Shaft:

The part of the club that connects with the head.

Shag:

To retrieve balls.

Shank:

To hit a shot far off target.

Skull:

To hit the ball above its center, which makes it go farther than desired.

Sky:

To hit from underneath the ball, which makes the ball go higher and

shorter than desired.

Slice:

For a right-handed golfer, this shot curves strongly from left to right.

Slider:

A low shot that bounces unpredictably.

Smother:

Hitting down on the ball, thus making it run a short way along the ground.

Sole:

The bottom of the club head. To hit the ball far off target.

Spray: Square:

Stance:

The foot position of the golfer during his or her address.

Stroke:

A swing at the ball with intent to contact it.

Stymie:

The situation in which an opponent's ball lies in the line of a player's putt.

Originally, the shot had to be played, but now the ball in the way can be lifted, so the term now refers to some other object that lies between the

ball and the flagstick.

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Sudden Death:

The first golfer to win a hole also wins the match or tournament.

Sweet Spot:

The exact center of the club face.

Swing:

The full action of stroking, including the take away, back swing,

downswing, contact, and follow through.

Tap In:

A very short putt.

Tee:

A piece of wood, metal, or plastic on which the ball is placed for driving.

Tee Off: Tee Up: To hit a shot from a tee.

To place the ball on the tee.

Thread:

To get the ball through a narrow opening.

Toe:

To hit the ball with the part of the club head farthest from the shaft, or the

actual part of the club that is located farthest from the shaft.

Top:

To hit the ball above its center, making it hop instead of fly.

Topspin:
Touch Shot:

The forward rotation of a ball in flight.

Unplayable Lie:

An extremely accurate, gentle shot.

A lie from which it's impossible to play the ball. The player receives a

one-stroke penalty for dropping the ball.

Wedge:

A short iron club with a very slanted face used to lift the ball out of the

sand or into the air around the green.

Whiff:

To miss the ball when you swing.

Wood:

Originally named after a club whose head was made of wood, now this

refers to a club having a large wooden or medal head that is used for long-

distance shots.

Yardage Rating:

The difficulty of a hole based only on the distance between the green and

the hole.



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STUDY GUIDE: VOLLEYBALL

Volleyball

Basics

Rules vary slightly between different leagues, but usually, six players per team are allowed on the court at the same time. They stand in various formations and rotate one slot clockwise every time they get the serve, which happens when they win the rally as a receiving team. Only three hits are allowed per side each time the ball comes to their side. Games play to 15, but the winner must win by 2. The best 3 out of 5 games wins the match.

Glossary

Ace:

A ball that scores a point as soon as it's served.

Assist: Bagel:

Passing a ball to a hitter who makes a kill. To win a game with a score of 15-0.

Block:

To try to divert the ball before or while it's crossing the net.

Block Assist:

A block by two or more players that is successful.

Bump:

The technique is used to pass the ball with the forearms, while

keeping the hands together.

Carry:

A fault that's called if the ball comes to rest while in the possession of one

player.

Court:

The playing surface that's divided into two equal areas by a net.

Usually, it measures 18 meters by 9 meters, and the net is 2.24

meters high (2.44 meters high for men).

Coverage:

Backing up a teammate after he or she hits a ball. To save the ball by using any part of the body.

Dig: Dink (Tip):

A gentle spike that goes just over the net or the blockers.

Dump:

The setter spikes it over the net instead of setting the ball for the

spiker.

Foot Fault:

Stepping on the court before serving.

Kill:

An attack that results in an immediate point.

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Pancake:

A one-handed, floor save where the hand runs along the floor.

palm down, to prevent the ball from hitting the floor, thereby

keeping it in play.

Pass:

Another word for bump.

Red Card:

A severe sanction by the referee.

Set:

An overhead, two-handed move that gets the ball up into position for the

hitter to attack.

Setter:

The person who tries to set the ball up for the spiker.

Serve:

The initial way the ball is hit to the other side of the court to put it into

play.

Shank:

To make a bad serve.

Six Pack:

A ball that is spiked and hits one of the defensive players in the

face.

Spiked Ball, Hammer, Crush, Kill, Putaway, or Slam: A ball hit forcibly from a

point higher than the top of the net.

Tool (Use):

Intentionally spiking the ball off a blocker's hands to make it go

out of bounds on his or her side.

Touch:

When the ball comes into contact with one player before going out

of bounds.

Yellow Card:

A first sanction that costs the team a point.



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STUDY GUIDE: FIGURE SKATING

Figure Skating

Glossary

In this jump, which can be done as a single, double, or triple, skaters take off from their Axel:

forward inside edge and land on the back, outside edge of their opposite foot. A single

axel consists of $1^{1}/_{2}$ revolutions. A double entails $2^{1}/_{2}$, and a triple includes $3^{1}/_{2}$ turns. This spin is done on one leg, with the other leg in the air and held out parallel to the ice. Camel:

Crossover: One foot is crossed over another when rounding a corner to gain speed.

There are two edges on a skate blade: the inside and the outside, and each edge has two Edge:

subsections: forward and back. To do a figure skating move correctly, the use of certain

edges is specified.

The axel, the loop, and the Salchow are three examples of edge jumps because the skater Edge Jump:

takes off from the edge of only one foot without the help of the other one.

In this jump, the skater takes off from the back, inside edge of one foot and lands on the Flip:

back, outside edge of the other.

Free Skate: In this four- to five-minute portion of some skating competitions, the

skater performs choreography that usually involving jumps and spins to music.

Layback spin: The skater arches the back and lets the head and shoulders fall back to achieve

this move.

Lift: In pairs skating, this refers to the male skater raising his partner off the ice.

This is an edge jump in which the takeoff and landing occur on the same back, outside Loop:

edge.

This jump was named after its inventor, Alois Lutz. The skater takes off from one back, Lutz:

outside edge and lands on the other one. The skater must also be moving in a backward

curve and use the toe pick to rotate in the opposite direction.

Salchow: This edge jump was invented by Ulrich Salchow. When performed, the skater takes

off from one blade's back, inside edge and lands on the back, outside edge of the opposite

In this spin, the skater almost "sits," hovering just above the ice with the supporting leg Sit Spin:

bent and the other one out to the side.

Any move on which the skater glides along the ice on one skate, with the non-skating leg Spiral:

in the air to the rear.

Page 2, FIGURE SKATING

Throw: The man lifts and tosses his partner, after which she spins and lands on one foot.

Toe Loop: The skater uses the toe pick to help take off from a back, outside edge and lands on the

same edge after the jump.

Toe Pick: Also called toe rakes, this term refers to the teeth at the front of each skate blade that

help skaters jump and spin.