| The First Tee Certification Requirements Ouick Glance |  |  |  |  |  |
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| 5 General REQUIREMENTS | PLAYer Level | 5 General REQUIREMENTS | Par Level | Birdie Level | Eagle Level |
| 1. Core lesson exposure | Core Lessons 1-9 | 1. Core lesson exposure | Core Lessons 10-15 | Core Lessons 16-21 | Core Lessons 22-27 |
| 2. Play |  | 2. Golf Skills Application |  |  |  |
| - Playing requirement | - One 9-hole round <br> - Fast/safe/courteous <br> - Recorded score accurately (Honesty) <br> - No required score or yardage | - Playing requirement | - One 9-hole round <br> - Fast/safe/courteous <br> - Score = 72 and under <br> - Required distance = 1,500-1,900 yards | - Five 9-hole rounds <br> - Fast/safe/courteous <br> - Score = 63 and under <br> - Required distance = 1,900-2,500 yards | - Ten 18-hole rounds <br> - Fast/safe/courteous <br> - Score = 108 and under <br> - Required distance = 5,000-6,000 yards |
| - Putting | - 9 holes <br> - Fast/safe/courteous <br> - Recorded score accurately (Honesty) <br> - No required score | - Putting | - 9 holes <br> - Maximum of 27 | - 9 holes <br> - Maximum of 23 | - 9 holes <br> - Maximum of 18 |
| - Short Game |  | - Short Game | - 3 holes <br> - Maximum of 12 | - 6 holes <br> - Maximum of 21 | - 9 holes <br> - Maximum of 27 |
| - Full-swing (greens) |  | - Full-swing (greens) |  | - 3 out of 6 <br> - Required distance $=55$ to 75 yards to middle of green | - 3 out of 6 <br> - Required distance $=80$ to 100 yards to middle of green |
| - Full-swing (fairways) |  | - Full-swing (fairways) |  |  | - 3 out of 6 <br> - Required distance $=160$ to 190 yards to a fairway 40-45 yards wide |
| 3. Learn | Correctly answered 10-12 written (or verbal) questions | 3. Life Skills Knowledge | Correctly answered 15-18 written (or verbal) questions | Correctly answered 20-24 written (or verbal) questions | Correctly answered 25-30 written (or verbal) questions |
| 4. Appreciate | Correctly answered 8-10 written (or verbal) questions | 4. Golf Knowledge | Correctly answered 12-15 written (or verbal) questions | Correctly answered 16-20 written (or verbal) questions | Correctly answered 20-25 written (or verbal) questions |
| 5. Your Game <br> Measured by observable behaviors associated with the Code of Conduct and reflective of the Nine Core Values and Nine Healthy Habits | Bag tag checklist <br> 1. Showing Respect <br> 2. Courtesy Toward Others <br> 3. Responsibility for the Course <br> 4. The Honesty of PLAYers <br> 5. Modeling Sportsmanship <br> 6. Developing Confidence <br> 7. Using Good Judgment <br> 8. Playing with Perseverance <br> 9. Living with Integrity <br> + physical healthy habits of energy, play and safety | 5. Life Skills Application <br> Measured by observable behaviors associated with The First Tee life skill categories, specific life skill strategies and Nine Healthy Habits | Bag tag checklist <br> 1. GAME <br> 2. Respect <br> 3. Meeting and Greeting with A-L-R <br> 4. Three Tips for Having Fun <br> 5. 4Rs <br> 6. Personal Par <br> + physical healthy habits of energy, play and safety | Bag tag checklist <br> 1. Dreams and Goals <br> 2. Important and Positive Goal <br> 3. Specific Goal <br> 4. Goal Under Your Control <br> 5. Goal Ladder <br> 6. STAR <br> + physical healthy habits of energy, play and safety | Bag tag checklist <br> 1. Wellness <br> 2. Go-to Team <br> 3. Appreciating Diversity <br> 4. CARE <br> 5. Go-to Person <br> 6. Planning for the Future <br> + physical healthy habits of energy, play and safety |

