



JUNIOR GOLF ACADEMY Programme

SUPPORTING YOUR CHILD ON THE COURSE



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ABOUT

This short guide has been put together to help you to support your child's experience on the golf course outside of organised junior Programmeme classes and events, as well as understand the experiences they will receive during these events.

You have a key role to play in supporting your child's development and we want to provide you with the information you need to ensure their experiences on the course are developmentally appropriate.

If your child is enrolled on the JGA Programmeme we encourage you to read this guide.



ADAPTED ACADEMY COURSE

It is vital that your child's experience on the golf course is developmentally appropriate. That's why we have adapted the golf course and created an Academy Course that can be used during organised Playing Events and by juniors outside of organised Programmes.

We believe that your child will have even more fun when they shoot a lower score because they have the ability to reach the green in regulation and their participation on the golf course matches their experience, age and ability. Adapting the golf course will also...



- **Set your child up for success when playing the game**
- **Level the playing field across your child's peer group by not unnecessarily rewarding children who are developmentally more mature and thus demonstrate a technical ability to hit the ball further**
- **Allow your child to get a real sense of playing the game and scoring**
- **Reduce dropout and drive long term retention of your child in the game**
- **Allow them to experience success and shooting low!**
- **Build the confidence of your child**
- **Improve pace of play**

THE ACADEMY COURSE

The Academy Course uses a 3 stage teeing system within the golf course at your club. The different teeing positions allow the child to reach the green in regulation based on the distance they hit the golf ball. The 3 stage teeing system consists of the following:



GREEN IN REGULATION PRINCIPLE

Each tee length is based on the principle that a junior should be able to reach the green in regulation based on the distance that they hit the golf ball, which keeps the child's on course experience developmentally appropriate. Green in regulation is as follows:

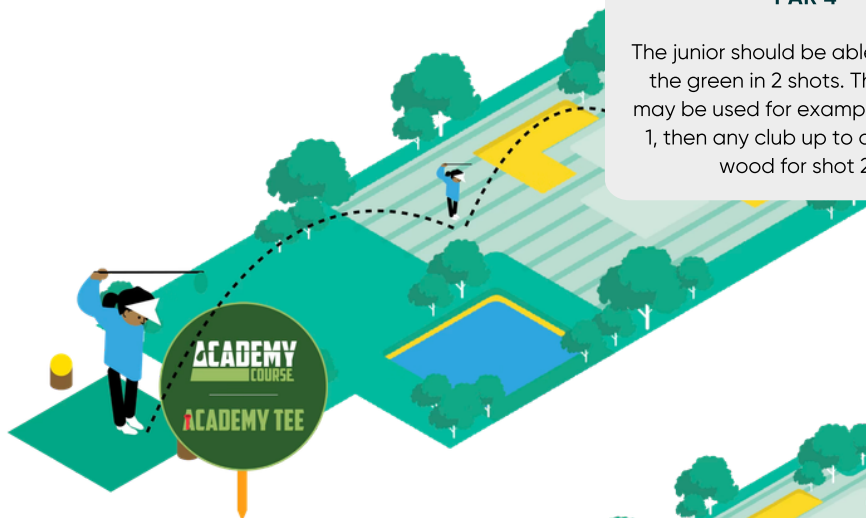
PAR 3

The junior should be able to reach the green in 1 shot, using any club from a sand wedge up to a fairway wood.



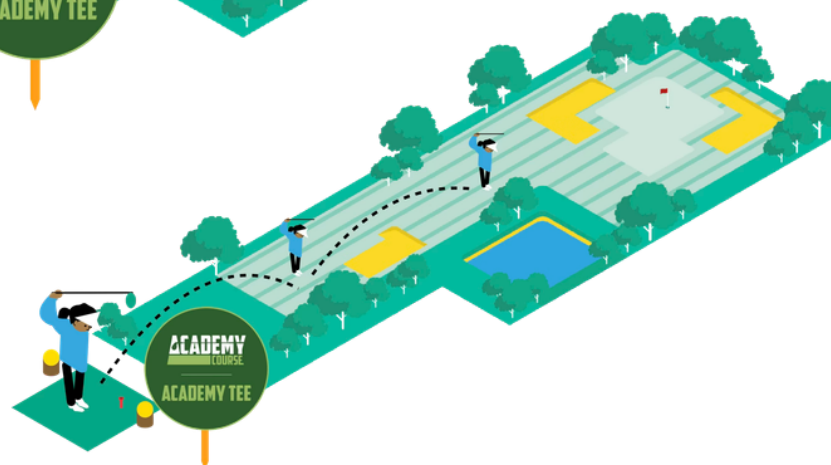
PAR 4

The junior should be able to reach the green in 2 shots. The driver may be used for example for shot 1, then any club up to a fairway wood for shot 2.



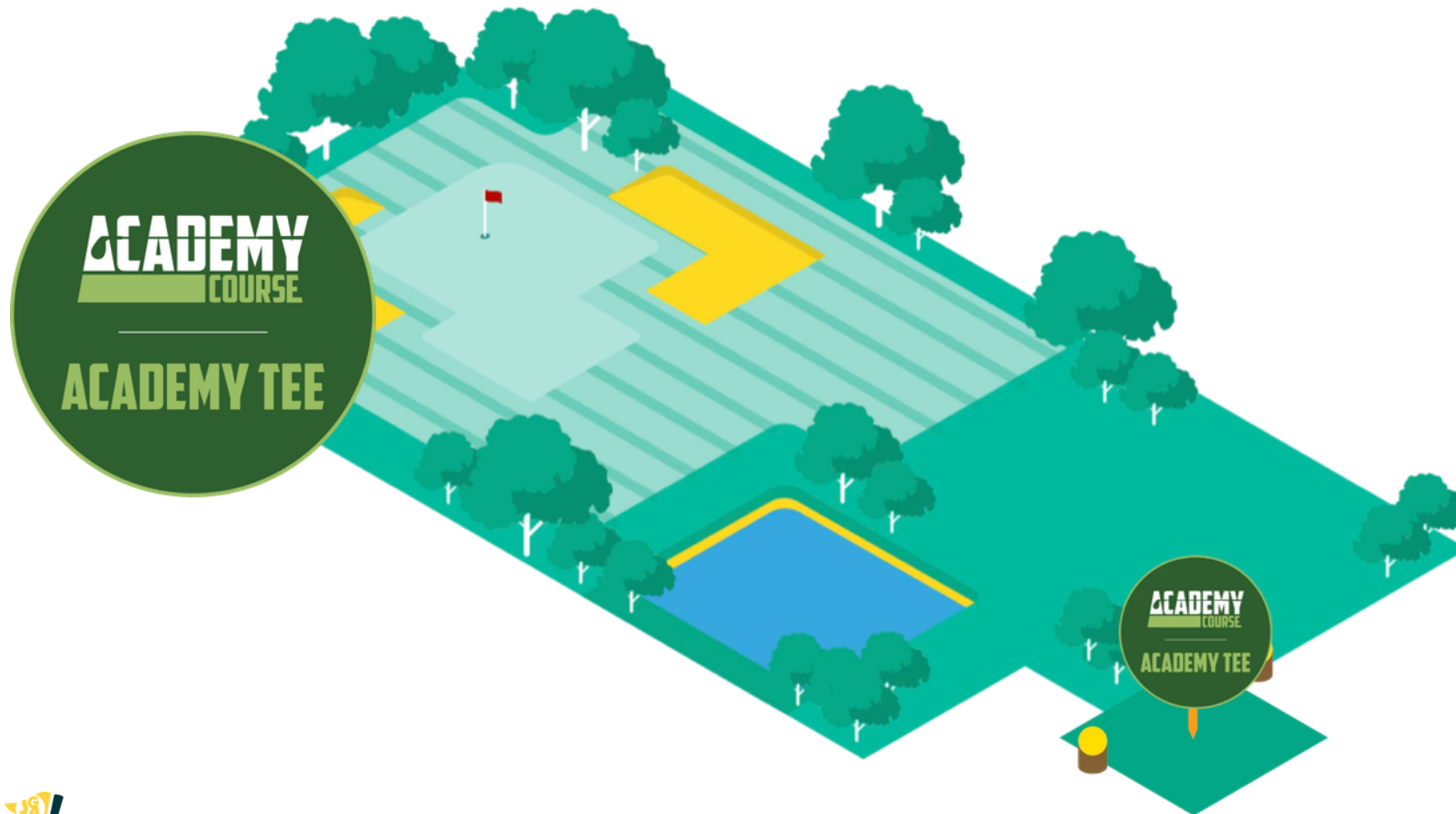
PAR 5

The junior should be able to reach the green in 3 shots. The driver may be used for example for shot 1, on average a fairway wood down to 7-iron for shot 2 and on average a 7-iron down to sand wedge for shot 3.



THE ACADEMY TEE

The Academy Tee may be an existing tee on the course — typically the Red Tee or Ladies Tee. The Academy Tee's total 9-hole yardage will be as close as possible to 2,500–2,800 yards.



THE ACADEMY TEE - PAR 3s, 4s AND 5s

There is a recommended maximum guideline for each hole type from the Academy Tee that will be in place at your child's club. If you play away from your child's club you can use the following yardage bands for each hole type...

PAR 3

The recommended distance of a Par 3 for the Academy Tee should be between 120 - 160 yards.



PAR 4

The recommended distance of a Par 4 for the Academy Tee should be between 275 - 350 yards.



PAR 5

The recommended distance of a Par 5 for the Academy Tee should be between 350 - 450 yards.



YARDAGE OF BIRDIE AND EAGLE TEES - PAR 3'S, 4'S AND 5'S

The yardages for the two remaining teeing positions are then banded giving the flexibility to find a suitable position on each hole for each teeing position. The Birdie Tee sits at roughly 75% of the Academy Tee distance and the Eagle Tee sits at roughly 50%. The table below provides an overview of the recommended yardage for each of the pars and teeing positions...

Par			
3	120 – 160 yards	75 – 120 yards	Up to 75 yards
4	275 – 350 yards	200 – 250 yards	Up to 175 yards
5	350 – 450 yards	275 – 350 yards	Up to 250 yards

EXAMPLE 9-HOLE SCORECARD & TOTAL YARDAGE

The graphic below shows an illustrative 9-hole course setup across all three tees. This is based on a course using a Par 36 layout with 5 x Par 4s, 2 x Par 3s and 2 x Par 5s. Depending on the specific layout of your course, the number of hole combinations and therefore the yardage of each hole type the yardages will vary from club to club. This may mean that the total course length falls slightly over or under the yardage bands...

		 9-HOLE TARGET 1,200–1,500 YDS	 9-HOLE TARGET 2,500–2,800 YDS	 9-HOLE TARGET 1,800–2,100 YDS
Par	Par			
1	4	180 yards	240 yards	300 yards
2	3	80 yards	110 yards	145 yards
3	4	190 yards	250 yards	310 yards
4	5	240 yards	320 yards	420 yards
5	4	170 yards	230 yards	290 yards
6	3	75 yards	105 yards	140 yards
7	4	185 yards	245 yards	305 yards
8	5	235 yards	315 yards	415 yards
9	4	195 yards	260 yards	325 yards
Total	36	1,550 yards	2,075 yards	2,650 yards

WHERE TO START YOUR CHILD?

Your child's coach will recommend the appropriate starting position on the Academy Course when your child attends Playing Events. Your child's coach will consider their confidence, age, friendship groups and the yardage they hit the golf ball when determining their starting position.

You can also use this guide to help when playing on the golf course with your child...



PLAYING USING ADAPTED RULES

While it is essential that your child always get a true experience of playing the course, it is important that we nurture their confidence, help them develop the art of scoring and also promote speed of play. Given the variable nature of each child's physical maturity, personality and ability we advocate adapted rules for some juniors when playing the course. The adapted rules that are adopted within Playing Events are recommend to be utilised by you when playing the course with your child are...

- **10 Shot Maximum**

When 10 shots are played, pick up your ball and mark 10 on your scorecard.

- **Air Shot Rule**

A swing where the ball is missed does not count as a shot towards your score.

- **Pick & Place Rule**

Mark the ball, pick it up, clean it and replace the ball within 6 inches anywhere on the golf course excluding within hazards.

- **Lost Ball Rule**

The ball can be dropped next to a hazard or where you believe a ball was lost at a penalty of 1 shot.

- **Tee It Up Rule**

The ball may be teed up anywhere on the course excluding within hazards.

- **3 Attempt Bunker Rule**

A maximum of 3 attempts can be made in the bunker. If after an unsuccessful 3rd attempt, you are able to pick up your ball and drop it to the side of the bunker no nearer to the hole without penalty.

- **Bunker Grounding Rule**

You can ground the club in a bunker as long as you are not deliberately attempting to improve your lie.

PLAYING THE COURSE

We encourage all of our juniors to play on the golf course as much as possible outside of JGA Programme classes or events as long as their experience is developmentally appropriate. When playing the golf course, we encourage you to follow the steps below to ensure that your child's experience is appropriate for them as well as using the guidelines outlined in this guide....



PLAYING A JGA COURSE

- 1 Request an Academy Course Scorecard
- 2 Find the correct starting tee using the infographic or speak to their coach
- 3 Look out for Academy Course Teeing position markers

PLAYING A NEW COURSE

- 1 Know your child's recommended starting tee
- 2 Find a teeing position on the hole within the recommended yardage bands for the hole type
- 3 Vary the Hole types that you play

SUPPORTING YOUR CHILD ON THE COURSE

Playing on the course is one of the most exciting parts of your child's journey — and your support makes all the difference to how much they enjoy it.



Before they play

- Check with your child's coach which teeing position, number of holes and adapted rules that is most appropriate for them when playing.
- Help them arrive prepared, with the right clothing, equipment and their scorecard



While they play

- Be supportive rather than instructive — let the coach lead on technique, and let your child enjoy the experience
- Let them play at their own pace within the adapted rules, without added pressure over score
- Remember the goal is progress and enjoyment, not perfection



After they play

- Ask open, encouraging questions: What went well? What did you enjoy most? What do you want to work on next time?
- Celebrate effort and participation as much as results
- Speak to your child's coach if you have questions about next steps or teeing position

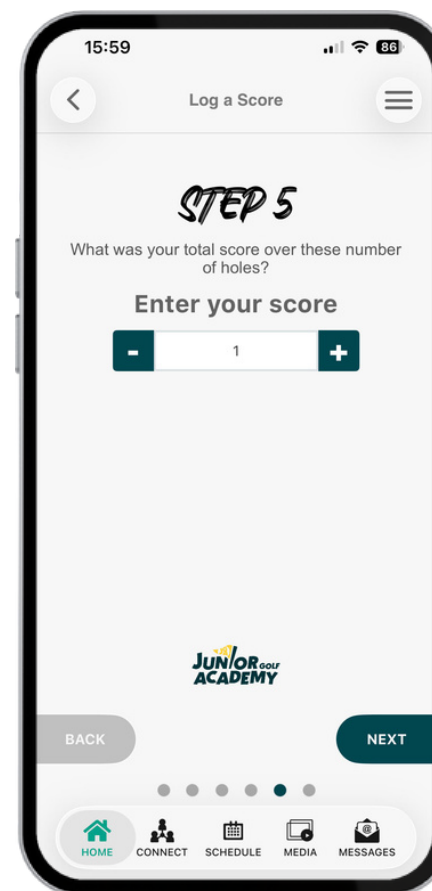
TRACKING SCORES ON GLF. CONNECT

Track and manage your child's journey through the Programme via the GLF. Connect system. This includes tracking their on course scores via the JGA Course Play feature.

We use the GLF. Connect system and mobile app to power the JGA Programme. This gives you the ability to access a range of online features to manage your child's engagement with the Programme, communicate with their coach and track their journey through the Programme. Features you can access include:

- View your child's progress wheels
- View the Programme challenges
- Earn virtual rewards and certificates
- On Course Tracking
- Online Booking of Lessons/ Classes
- Communicate with your child's Coach
- Much more...

Download on the App Store for iOS and Google Play Store for Android by searching 'GLF. Connect'



FREQUENTLY ASKED QUESTIONS

We have put together some frequently asked questions to help you understand this area of the Programme and give you further guidance when playing on the course with your child. Of course, this list is not exhaustive and you should speak to your child's coach if you have any additional questions:

- **How many holes should my child play on the course? I notice playing events are only a maximum of 9 holes?**

Playing Events are a maximum of 9 holes partly due to time constraints. However, playing 9 holes isn't right for every child and this decision should be made on a child by child basis.

- **When is the right time for my child to move teeing positions?**

Juniors will develop their competency as well as their confidence and maturity on the golf course at different rates. All of this should be considered when moving juniors to the next teeing position. Consideration should also be made to the fact that your child will engage positively when they can play with children within their friendship groups or those of a similar age. Moving a child from one teeing position to another should primarily be based on when your child can consistently hit the ball the required distance with each of the clubs specified for each starting position, or when they demonstrate the physical maturity to achieve these distances.

- **You mention in the guide assessing my child's starting position based on the 'total' distance across the 2 clubs. What does this mean?**

Total distance relates to the eventual point in which the ball comes to rest. Just like the golf course, allowance must be made for the ball landing and rolling. Using a total distance assessment brings the assessment close to the actual performance on the golf course.

FREQUENTLY ASKED QUESTIONS

- **Should I be placing an emphasis on score and competition?**

Playing Events present your child with an opportunity to experience playing the course, scoring and competitive experiences with others. However, as every child is different, competition should be introduced at the right time in your child's development. Your child's coach will be best placed to make this judgment given the personal relationship they will have with your child. However, using age as a guideline, for those aged 4-6 the focus on the course should revolve around children experiencing play on the course in a supportive, fun and safe environment. No emphasis should be placed on competition with others or attaching consequence to a certain score. The focus is on participation and experience. For those aged 6-11, the focus should revolve around playing the course safely, within rules of the game and appropriately with others. Children at this age should gain experience of scoring and navigating the course. When developmentally appropriate, children can be introduced to competitive experiences with others and the meaning of score within the game. For those aged 11+, the focus should be on emphasising how children play the game socially and competitively with others within the rules of the game. An emphasis should be placed on scoring and appropriate competition within the child's peer group.

- **How is the distance assessed? How should I decide where my child starts based on these distances?**

Your child's coach will have the necessary expertise to make this assessment and we recommend you talk to them about the correct starting position for your child. However, your child's starting position is assessed either based on their physical maturity or consistency. If your child is demonstrating the physical maturity to achieve certain distances with each club, even if this is inconsistent then this will be considered. Otherwise, your child's current ability to demonstrate a level of consistency in the distance they hit the ball across each of the three clubs should be the main method used.

FREQUENTLY ASKED QUESTIONS

- **How do I know where the starting positions are on the course and what the yardages are?**

Speak to your child's coach to arrange using the Academy Course Scorecard. This will include the yardage of the hole from each starting position and the par of the hole. Your venue may also have marked the starting position on the cart path of the hole and you can play from adjacent to these.

- **How is playing an adapted course preparing my child for 'real golf' where golf courses are getting longer?**

We advocate using the adapted golf course as this is developmentally appropriate. In our opinion, children are not little adults and their confidence should be nurtured at an early age. Early success is vital in ensuring your child stays in the game in the long term. However, on a child by child basis we would advocate challenging a junior by playing from further teeing positions and shorter teeing positions so they can develop their short game. We recommend you speak to your child's coach during their participation in the Programme.



THANK YOU

We hope your child enjoys their time on the Junior Golf Academy Programme.



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