

# THE FIRST TEE CERTIFICATION REQUIREMENTS QUICK GLANCE

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			
<ul style="list-style-type: none"> <li>• <b>Playing requirement</b></li> </ul>	<ul style="list-style-type: none"> <li>• One 9-hole round                             <ul style="list-style-type: none"> <li>- Fast/safe/courteous</li> <li>- Recorded score accurately (Honesty)</li> <li>- No required score or yardage</li> </ul> </li> </ul>	<ul style="list-style-type: none"> <li>• <b>Playing requirement</b></li> </ul>	<ul style="list-style-type: none"> <li>• One 9-hole round                             <ul style="list-style-type: none"> <li>- Fast/safe/courteous</li> <li>- Score = 72 and under</li> <li>- Required distance = 1,500-1,900 yards</li> </ul> </li> </ul>	<ul style="list-style-type: none"> <li>• Five 9-hole rounds                             <ul style="list-style-type: none"> <li>- Fast/safe/courteous</li> <li>- Score = 63 and under</li> <li>- Required distance = 1,900-2,500 yards</li> </ul> </li> </ul>	<ul style="list-style-type: none"> <li>• <b>Ten 18-hole rounds</b> <ul style="list-style-type: none"> <li>- Fast/safe/courteous</li> <li>- Score = 108 and under</li> <li>- Required distance = 5,000-6,000 yards</li> </ul> </li> </ul>
<ul style="list-style-type: none"> <li>• <b>Putting</b></li> </ul>	<ul style="list-style-type: none"> <li>• 9 holes                             <ul style="list-style-type: none"> <li>- Fast/safe/courteous</li> <li>- Recorded score accurately (Honesty)</li> <li>- No required score</li> </ul> </li> </ul>	<ul style="list-style-type: none"> <li>• <b>Putting</b></li> </ul>	<ul style="list-style-type: none"> <li>• 9 holes</li> <li>• Maximum of 27</li> </ul>	<ul style="list-style-type: none"> <li>• 9 holes</li> <li>• Maximum of 23</li> </ul>	<ul style="list-style-type: none"> <li>• 9 holes</li> <li>• Maximum of 18</li> </ul>
<ul style="list-style-type: none"> <li>• <b>Short Game</b></li> </ul>		<ul style="list-style-type: none"> <li>• <b>Short Game</b></li> </ul>	<ul style="list-style-type: none"> <li>• 3 holes</li> <li>• Maximum of 12</li> </ul>	<ul style="list-style-type: none"> <li>• 6 holes</li> <li>• Maximum of 21</li> </ul>	<ul style="list-style-type: none"> <li>• 9 holes</li> <li>• Maximum of 27</li> </ul>
<ul style="list-style-type: none"> <li>• <b>Full-swing (greens)</b></li> </ul>		<ul style="list-style-type: none"> <li>• <b>Full-swing (greens)</b></li> </ul>		<ul style="list-style-type: none"> <li>• 3 out of 6</li> <li>• Required distance = 55 to 75 yards to middle of green</li> </ul>	<ul style="list-style-type: none"> <li>• 3 out of 6</li> <li>• Required distance = 80 to 100 yards to middle of green</li> </ul>
<ul style="list-style-type: none"> <li>• <b>Full-swing (fairways)</b></li> </ul>		<ul style="list-style-type: none"> <li>• <b>Full-swing (fairways)</b></li> </ul>			<ul style="list-style-type: none"> <li>• 3 out of 6</li> <li>• Required distance = 160 to 190 yards to a fairway 40-45 yards wide</li> </ul>
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	<i>Bag tag checklist</i> <ol style="list-style-type: none"> <li>Showing Respect</li> <li>Courtesy Toward Others</li> <li>Responsibility for the Course</li> <li>The Honesty of PLAYERS</li> <li>Modeling Sportsmanship</li> <li>Developing Confidence</li> <li>Using Good Judgment</li> <li>Playing with Perseverance</li> <li>Living with Integrity</li> </ol> + physical healthy habits of energy, play and safety	5. Life Skills Application <i>Measured by observable behaviors associated with The First Tee life skill categories, specific life skill strategies and Nine Healthy Habits</i> <ol style="list-style-type: none"> <li>GAME</li> <li>Respect</li> <li>Meeting and Greeting with A-L-R</li> <li>Three Tips for Having Fun</li> <li>4Rs</li> <li>Personal Par</li> </ol> + physical healthy habits of energy, play and safety	<i>Bag tag checklist</i> <ol style="list-style-type: none"> <li>GAME</li> <li>Respect</li> <li>Meeting and Greeting with A-L-R</li> <li>Three Tips for Having Fun</li> <li>4Rs</li> <li>Personal Par</li> </ol> + physical healthy habits of energy, play and safety	<i>Bag tag checklist</i> <ol style="list-style-type: none"> <li>Dreams and Goals</li> <li>Important and Positive Goal</li> <li>Specific Goal</li> <li>Goal Under Your Control</li> <li>Goal Ladder</li> <li>STAR</li> </ol> + physical healthy habits of energy, play and safety	<i>Bag tag checklist</i> <ol style="list-style-type: none"> <li>Wellness</li> <li>Go-to Team</li> <li>Appreciating Diversity</li> <li>CARE</li> <li>Go-to Person</li> <li>Planning for the Future</li> </ol> + physical healthy habits of energy, play and safety