

Ground Golf Guidebook

Issued to commemorate the inception of the International Ground Golf Federation, the goal of this guidebook is to promote a correct understanding of Ground Golf within the framework of its expanding global popularity and facilitate Ground Golf's potential as a forum for deepening international friendship and interaction among Ground Golf enthusiasts in countries worldwide.

This guidebook is composed of the following topics. With a focus on making it as accessible as possible, especial care was given to providing visual content. We would be extremely honored if this guidebook enhances an understanding of Ground Golf among Ground Golf enthusiasts in countries worldwide.

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Globally expand the circle of friendship, health, and peace through Japanese-born Ground Golf!



International Ground Golf Federation
IGGF

1. Purpose behind the inception of an international Ground Golf organization

In response to the global rise in popularity of Ground Golf, founding an organization that can oversee worldwide Ground Golf activities and ensuring that the Japanese-born Ground Golf is spread throughout the world in the correct format is the purpose behind the inception of this international organization.

Additionally, promoting the international expansion of Ground Golf will enable the maintenance and improvement of the health and stamina of people in countries worldwide amidst the advancement of the aging society phenomenon with increasingly long life-spans. It will also deepen mutual interaction and understanding through Ground Golf. Through these effects, founding this international organization is also expected to contribute to the actualization of a bright, plentiful, and peaceful international community.

To help the International Ground Golf Federation grow larger in order to actualize these goals, we humbly seek the support and cooperation of Ground Golf enthusiasts in countries across the globe.

Additionally, Ground Golf has become an official category at the World Masters Games Kansai, which will be held in Japan in 2027. The founding of this international organization is exquisitely perfect timing, since Ground Golf enthusiasts from countries around the world will be gathering together in Japan. It will most certainly serve as a major facilitator in the even further worldwide popularization of Ground Golf.



Players from various countries participated in Yurihama International Ground Golf Open

Yurihama : The birthplace of Ground Golf

2. The birth of Ground Golf

Ground Golf was born in Japan in 1982.

In an effort to actualize a lifelong sports society in the future, the Japanese Ministry of Education at that time actively promoted research and development in the wards and municipalities of Japan pertaining to various sports that citizens could enjoy.

In this milieu, the idea proposed Tomari (currently Yurihama) in Tottori Prefecture with support from a national support system and the cooperation of university instructors and sports experts was none other than Ground Golf.

So that future generations will remember that Tomari is the birthplace of Ground Golf, Article 4 of the Rules states, "When a ball stops inside a hole post, that is called tomari."

Also, the name "Ground Golf" was chosen as a way of reflecting the aim to be a sport that anyone can play in any place at any time, just like being able to play at school playgrounds, which are the closest area for community residents (Note: In Japanese, a school playground is called a "ground," thus "Ground Golf"). Thus, this sport does not require going to a special sports facility. As long as there is a safe place to play, anyone can enjoy Ground Golf as part of their daily lives.

Ground Golf also does not require a high level of technique or strength. What's more, it deftly blends the opportunity to display your powers of focus and coordination, and your skill. Additionally, the rules are very simple, making it easy for beginners to get started immediately. Ground Golf is a game that anyone can enjoy playing together, from children to senior citizens, both males and females, and the disabled and non-disabled alike. It is a sport that all sorts of people can enjoy in an inclusive-society.

In Japan, Ground Golf enthusiasts sprung up nationwide in the blink of an eye right after it was born. The reason can only be that people widely embraced the very essence of Ground Golf: having fun. Also, one important factor that must not be forgotten for its decades-long contribution to this popularization of Ground Golf starting from the birth of the sport in the 1980s is the global sports goods manufacturer ASICS, which has been comprehensively helpful in the research, development, and manufacturing of Ground Golf equipment.

Today, there are over three million Ground Golf enthusiasts in Japan. You will most likely see for yourself the reasons why the number of Ground Golf enthusiasts has grown to this extent once you read about the characteristics of Ground Golf in this guidebook. However, first, we ask you to read about the Ground Golf "philosophy" that has been carefully preserved from the time of its birth up to today and learn about the basic way of thought that imbues Ground Golf.



GG birthplace monument



International representatives aiming for a hole in one at an international tournament opening shot ceremony (At Yurihama, the GG birthplace)

Note: The term "GG" in photograph captions in this guidebook is an abbreviation for "Ground Golf."

3. The philosophy of Ground Golf

In the 1980s, when the concept of lifelong sports had yet to take hold in Japan, the new idea that was researched and developed under the strong desire to create a model for a lifelong sport was a game called Ground Golf.

The fundamental idea behind the Ground Golf enthusiast was a person who can combine the three aspects of "the player," "the self-taught enthusiast," and "the self-referee," and who can enjoy sports throughout his or her entire life. The core reason that Ground Golf has been embraced by so many people today is unquestionably the existence of this way of thought and the dutiful continuation of the philosophy described below.

Currently, the idea and practice of lifelong sports is being actively promoted in countries around the world. In light of this, it is our wish that worldwide Ground Golf enthusiasts have a correct understanding of the philosophy of Ground Golf, engage in fair play and good manners, play in a spirit of fun and pleasantness with people from many different countries, and expand a circle of friendship, health, and peace.

1. Ground Golf is "a sport that values people."

Ground Golf values the concept of adjusting the sport to the needs of the people playing instead of expecting the players to meet the demands of the sport. Players are not bound by the mountains of rules seen in other sports. Instead, this is a sport that anyone of any gender and age can enjoy anywhere and at any time under only 16 rules, without even requiring a high level of technique, and without any impediments regarding health or disability.

Moreover, with the increasing levels of healthy long life seen in countries worldwide, Ground Golf is also important in that it is a lifelong sport that people can enjoy throughout their entire lives.

Furthermore, please understand that through the listing of etiquette and manners at the beginning of the rules, this is a sport that values human dignity and correct conduct.



Players enjoying GG with Mt.Fuji in the background



Players from various countries enjoying GG
(Spain: Open Europe2024)

2. Ground Golf is "a sport that values the process, which includes the outcome."

Instead of winning and losing as the outcome of playing, Ground Golf places priority on the process that leads to that outcome and values things like the interaction and relationships between players. Improvement in communication ability leads to a wider expanse of friends and also has a positive effect on the satisfying construction of human relations.

Also, Ground Golf has an undeterminable outcome factor in which no one knows who will

win and who will lose. Subtracting three points when a player makes a hole in one is a rule that was conceived to that end and one of the major characteristics of Ground Golf. It is possible for even people with little sports experience to have a high ranking score, allowing them to experience the pleasure and fun of sports and increasing the desire to keep playing sports.



Players praising each other on a good fight

3. Ground Golf is "a sport that values autonomous action."

Ground Golf values player autonomy. The fairness and impartiality to referee yourself is a core requirement. The lack of referees comes from the valuing of this way of thought. Ground Golf exists under the precondition that no one will violate the rules.

If there is a player who only interprets the rules to his or her advantage or who has no compunction breaking the rules, this indicates a lack of respect for social norms and ethics in that person. In fact, this kind of person does not really have a heart that loves Ground Golf. If a participant cannot regulate himself or herself, it is not an overstatement to say that, that person is not qualified to play Ground Golf. In Ground Golf, each participant is simultaneously a player and a referee.



Players enjoying GG under a Japanese cherry blossom trees

4. Characteristics of Ground Golf and features of the game

Ground Golf is a sport that was made by adjusting the rules of golf. The player hits a ball with a club, and the number of hits made until the ball stops inside the hole post (tomari) is counted. Recently people playing Ground Golf can be seen in regions all over the world. Ground Golf, which has in this way come to be loved by many people worldwide, contains the following characteristics and game features.

(1) Characteristics

○ Anyone can win

No one feels excited about sports where winning and losing is set in stone before the game even begins. Ground Golf is a sport that was developed with innovations in factors like hole distances and equipment to prevent the outcome from being dictated by things like age, gender, physical strength, athletic ability, and the existence or absence of physical disabilities.

○ Beginners get even more opportunities to play

Most sports offer more opportunities to try your hand at competition the more you excel in skill at that sport. But Ground Golf actually offers even more chances to play for inexperienced people. This results in a lot more opportunities to experience devotion and creative innovation, and your skill will improve through that process.

○ Participants are in charge of their own conduct

Ground Golf does not require a referee. Participants are in charge of their own conduct and referee themselves. Ground Golf is a sport that values the essence of the sports spirit in which players teach and learn from each other.



Player Oath



(2) Game features

Ground Golf contains all of the fun game features necessary to allow anyone to play anywhere at any time.

○ You can play it anywhere

A standardized course is not needed. Depending on the goals, environment, and abilities of the participants, a course can be set up freely anywhere, including in places like parks, athletic fields, riversides, and public squares.



Participants enjoying GG in a natural setting
(An Asian tournament held in Mongolia)



Players in snow country shoveling snow

○ Setup is easy

There is no need to dig the holes required by golf. To set up a gaming space, you simply need to set up the start mat and hole posts.



Equipment needed to play GG

Club Start mat Ball Hole post

○ The rules are simple

The rules are amazingly simple compared to other sports. Anyone can remember the rules after playing just one time.



Japan Association promotion instructors listening to a rules lecture

○ No time limits

There is no set time for game play, so participants can enjoy playing for any length of time based on ability level, number of players, or features of the course without being restricted by a time limit.



Many tournament participants enjoying playing

- No restrictions on number of participants

As long as there is a place to play, the number of participants needed to enjoy Ground Golf is as low as one, and can stretch up to several hundred people at a time. The balls do not fly up in the air, so as long as the participants plan out hole locations, multiple participants can play safely even if they start from different holes at the same time.



Nearly 1,000 participants



Tournament participants watching the playoffs



Participants in the Open Europe 2024

- The participants are the referees

Refereeing in a game is carried out by the participants themselves. When a call is difficult, you can ask the approval of other participants.



Tournament participants checking scores (Spain: Open Europe Japan: Ladies Tournament)

- High skill levels are not required

Ground Golf ability level does increase through practice just like in other sports. However, a high skill level is not needed in order to enjoy playing the game. Anyone from young children to senior citizens can have fun playing.

This means Ground Golf is also a sport that the entire family can enjoy together.



Children can play



Middle-aged can play



Wheel chair users can play



Families can play



Let's all enjoy Ground Golf with a smile !

Reference: Office of the International Ground Golf Federation

IGGF Headquarters (Japan Sport Olympic Square 7F 703)



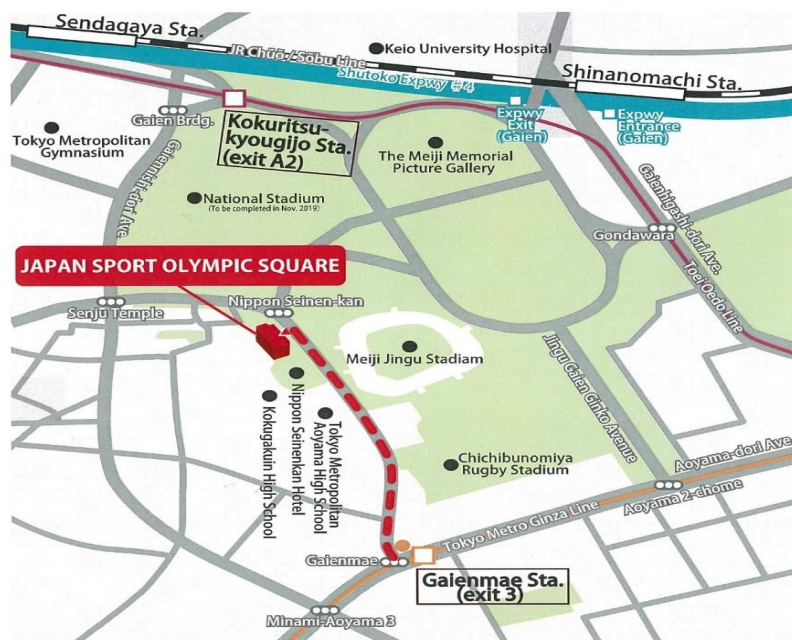
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Area Map



Access

- Approx. 10min. from Exit 3 of Gaienmae Station, Tokyo Metro Ginza Line
- Approx. 15min. from Exit A2 of Kokuritsu-Kyogijo Station, Toei Oedo Subway Line
- Approx. 20min. from the JR Shinanomachi Station or Sendagaya Station