



# Garden State rainbow Sports Golf League

## Understanding Stableford Scoring

Stableford scoring is a fun, points-based system that rewards good play and helps keep the game moving. Instead of counting every stroke, players earn points based on how well they score on each hole — so a bad hole doesn't ruin your whole round!

It's great for mixed-skill leagues like ours because it keeps things competitive *and* positive. 🏆

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### How It Works

At the end of each hole, you earn points based on how many strokes you took compared to *par* for that hole.

Score on the Hole	Stableford Points	Example
Double Bogey or Worse	0 points	2 strokes over par or more
Bogey	1 point	1 stroke over par
Par	2 points	You hit the expected number of strokes
Birdie	3 points	1 stroke under par
Eagle	4 points	2 strokes under par
Albatross (Double Eagle)	5+ points	3+ strokes under par (rare!)

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### The Goal

Rack up the **most points** over 9 or 18 holes.

The better you play, the more points you earn. Missed a few shots? No stress — you move on to the next hole without it dragging down your whole round.

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### Why We Use Stableford

- Keeps the game friendly and upbeat
  - Encourages risk-taking (go for that birdie!)
  - Speeds up play — no need to finish every hole if you're already over
  - Levels the playing field for newer golfers
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 **Pro Tip:**

If you're not sure how to assign your points, don't worry — we've got a cheat sheet on hand during league play, or just ask a teammate. We're here to help!

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**Now go out there and earn those birdie points — you've got this! 🏌️🌈**