

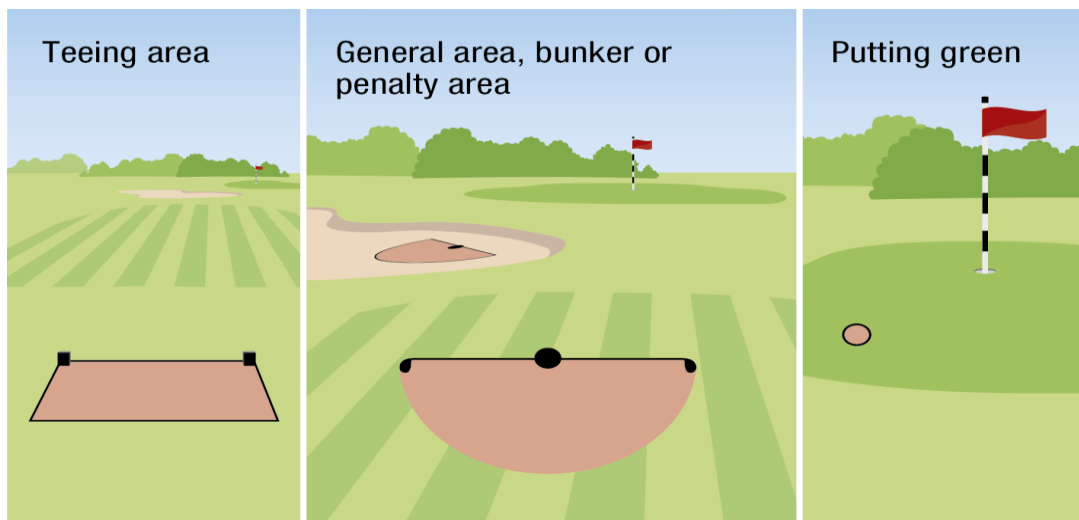
STROKE AND DISTANCE

There are two instances where golfers have no option but to incur the penalty of stroke and distance, which are when their ball is **lost** or **out of bounds**.

But stroke and distance can also be beneficial to the golfer.

18.1 Relief under Penalty of Stroke and Distance Allowed at Any Time

- **Previous Stroke Made from Teeing Area** - the original ball or another ball must be played from anywhere inside the **teeing area** under [Rule 6.2b](#).
- **Previous Stroke Made from General Area, Penalty Area or Bunker** - The original ball or another ball must be **dropped** in this relief area (see [Rule 14.3](#)):
- **Previous Stroke Made from Putting Green** - The original ball or another ball must be placed on the spot where the previous **stroke** was made (which if not known must be estimated) (see [Rule 14.2](#)), using the procedures for replacing a ball under Rules [14.2b\(2\)](#) and [14.2e](#).



- **Reference Point:** The spot where the previous **stroke** was made (which if not known must be estimated).
- **Size of Relief Area Measured from Reference Point:** One **club-length**, **but** with these limits: **Limits on Location of Relief Area:**
 - Must be in the same area of the course as the reference point, and
 - Must not be nearer the **hole** than the reference point.

Examples

Q: *I hit my second shot into long grass in a wooded area and it may take three strokes to get out. Without having to search for my ball can I just drop and play another ball under penalty of one stroke.*

A: *At any time, a player may take stroke-and-distance relief by adding **one penalty stroke** and playing the original ball or another ball from where the previous **stroke** was made (see [Rule 14.6](#)). You do not have to search for, or locate your original ball.*

Example 2: You putt from 12 inches on a sloping green, you miss and the ball rolls off down a steep slope and into a bunker. Might as well make use of stroke and distance and replace the ball - and don't miss this time!