

RULES OF GOLF – EFFECTIVE JANUARY 2023

Anchoring the Club — Understanding Rule 10.1b



OVERVIEW

Rule 10.1b — prohibits strokes made with the club or a hand gripping the club held directly against the player's body or with a forearm held against the body to establish an anchor point that indirectly anchors the club.

WHAT THE RULE SAYS

In making a stroke, the player must not anchor the club, either:

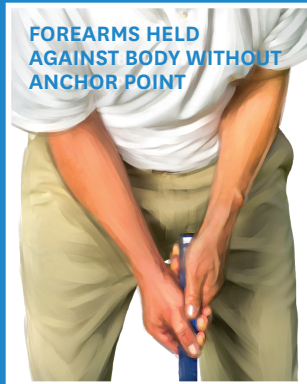
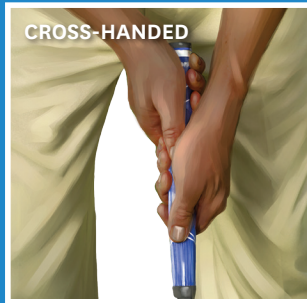
- Directly, by holding the club or a gripping hand against any part of the body (except that the player may hold the club or a gripping hand against a hand or forearm), or
- Indirectly, through use of an "anchor point," by holding a forearm against any part of the body to use a gripping hand as a stable point around which the other hand may swing the club.

If the player's club, gripping hand or forearm merely touches his or her body or clothing during the stroke, without being held against the body, there is no breach of this Rule.

For the purposes of this Rule, "forearm" means the part of the arm below the elbow joint and includes the wrist.

THIS IS NOT AN EQUIPMENT RULE — Conforming mid-length and long putters remain permissible provided they are not anchored.

ALLOWED



NOT ALLOWED



Penalty
Anchoring the club in making a stroke brings a two-stroke penalty in stroke play and loss of hole in match play (as with any other breach of Rule 10.1).