2016 EDITION OF THE RULES OF GOLF:
Anchoring the Club —
Understanding Rule 14-1b

WHAT CHANGES?
The new entry—Rule 14-1b—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” or by use of an “anchor point.”

NOTE 1: The club is anchored “directly” when the player intentionally holds the club or a gripping hand in contact with any part of his body, except that the player may hold the club or a gripping hand against a hand or forearm.

NOTE 2: An “anchor point” exists when the player intentionally holds a forearm in contact with any part of his body to establish a gripping hand as a stable point around which the other hand may swing the club.

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

PERMITTED
- Claw
- Cross-handed
- Long putter not anchored
- Forearms held against body without anchor point
- Traditional grip
- One or both elbows braced against body
- Grip resting against forearm

PROHIBITED
- Mid-length putter anchored against stomach
- Anchored long putter
- Anchor point created by forearm
- End of club anchored against chin

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 14-1).