



## WHS: THE BASICS.

1. Your golf handicap is actually called your **handicap index**.
2. Your index reflects the average of your best 8 scores from your most recent 20 qualifying scores.
3. It isn't actually your 8 best gross/net scores that is used to calculate your index. What is used is called a **differential** (see later).
4. By qualifying scores is meant competition scores OR general play rounds you have declared for handicap. Casual rounds DO NOT count.
5. Every time you enter a qualifying score, your index is recalculated at midnight each day. It may stay same for next round OR it may go up or down.  
It all depends on what your best 8 scores(differentials) are at midnight that day.
6. Your index is NOT the actual handicap you play with on a given day.
7. Depending on your tees (e.g. white vs yellow) tables are used to convert your handicap index to a **course handicap**.
8. The course handicap can be adjusted again to what is called a **playing handicap**.
9. This adjustment depends on the competition type you are playing, e.g. for singles strokes or stableford this is typically 95% of your course handicap.
10. The bad news is that it is not possible to work out course handicap or 95% playing handicaps by hand, you need a computer to do it, due to the complex rounding calculations that are performed.
11. Once you know the playing handicap for your round, you play the round (typically 9 or 18holes) and then you enter your score as usual.
12. The system will then calculate what is called the differential for the round. This is the number that is used for calculating your index for your next round.
13. There are set formulae for calculating differentials and one needs a computer to work it out. Note the formula for 9 holes is NOT the same as for 18 holes.
14. An example of what a player's last 20 scores looks like on the Golf Ireland application is shown on the next page. The 8 green scores are the 8 best differentials. In the example the 8 best differentials are  
14.5 12.8 13 12.7 13.8 13.8 12.9 12.8  
if you add these up and divide by 8 you get the average of these 8 numbers which gives you  $106.3/8 = 13.3$  rounded to 1 decimal.  
Therefore the handicap index for this player is currently 13.3
15. There are other important points about how a handicap index is calculated. These are discussed in the following documents
  - a. How an index is calculated before you have 20 scores.  
see
  - b. Some strange WHS calculation points to be aware of.



SCORES		
Mon, Apr 13, 2026 Kilmashogue	WHS Index: 13.3 Score Diff: 20.1	48
Wed, Apr 8, 2026 Kilmashogue	WHS Index: 13.0 Score Diff: 14.5	42
Wed, Apr 1, 2026 Kilmashogue	WHS Index: 13.0 Score Diff: 19.1	47
Wed, Nov 12, 2025 Kilmashogue	WHS Index: 13.2 Score Diff: 12.8	40
Mon, Nov 10, 2025 Kilmashogue	WHS Index: 13.0 Score Diff: 15.4	43
Wed, Oct 22, 2025 Kilmashogue	WHS Index: 13.0 Score Diff: 16.3	44
Wed, Oct 15, 2025 Kilmashogue	WHS Index: 13.0 Score Diff: 14.5	42
Sun, Oct 12, 2025 Kilmashogue	WHS Index: 13.0 Score Diff: 19.4	91
Wed, Oct 8, 2025 Kilmashogue	WHS Index: 13.1 Score Diff: 13	84
Mon, Oct 6, 2025 Kilmashogue	WHS Index: 13.0 Score Diff: 12.7	40
Fri, Oct 3, 2025 Kilmashogue	WHS Index: 12.1 Score Diff: 15	43
Wed, Oct 1, 2025 Kilmashogue	WHS Index: 11.9 Score Diff: 16.7	45
Mon, Sep 29, 2025 Kilmashogue	WHS Index: 11.9 Score Diff: 16.6	45
Fri, Sep 26, 2025 Kilmashogue	WHS Index: 11.8 Score Diff: 13.8	42
Thu, Sep 25, 2025 Kilmashogue	WHS Index: 11.8 Score Diff: 13.8	42
Wed, Sep 24, 2025 Kilmashogue	WHS Index: 11.8 Score Diff: 14.7	43
Mon, Sep 22, 2025 Kilmashogue	WHS Index: 11.9 Score Diff: 12.9	41
Thu, Sep 18, 2025 Kilmashogue	WHS Index: 11.7 Score Diff: 12.8	41
Wed, Sep 17, 2025 Kilmashogue	WHS Index: 11.7 Score Diff: 15.8	87
Mon, Sep 8, 2025 Kilmashogue	WHS Index: 11.6 Score Diff: 16.4	45