



ANNUAL DRIVING DISTANCE REPORT

2026 EDITION

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Introduction

The Arccos Annual Driving Distance Report is built on the largest on-course amateur golf dataset ever assembled. Now in its eighth year, the report draws from real shots hit by real golfers in real rounds, captured automatically by the Arccos platform and verified through a standardized analytical process.

The 2026 edition analyzes more than 5 million rounds and nearly 10 million driver tee shots recorded during the 2025 calendar year by Arccos members on courses around the world. It sits within a broader Arccos dataset of over 1.5 billion shots across 25 million rounds played in more than 160 countries, giving the analysis a depth and scale unmatched in amateur golf.

To ensure consistency and comparability, the analysis focuses exclusively on driver tee shots hit on par 4s and par 5s, capturing total yardage (carry plus rollout) without normalization for conditions such as weather, turf, or elevation.

As the industry continues to evaluate distance-related trends and their implications, Arccos provides key stakeholders with real-world data that supports conversations and decision-making across the golf ecosystem.

Key Findings

< 1 yard

Change in men's average distance over 8 years.

Women within 4 yards of their 2018 baseline.

50 yards

Distance gap between youngest and oldest male golfers.

43 yards for women across the youngest and oldest female golfers.

+18 percentage points

Accuracy improves with age across both genders – men gain 18.0 pp, women 17.0 pp, from their 20s to their oldest measured cohort

63 yards

The distance gap between Scratch-4.9 and 30+ handicap men.

Women show a similar pattern with a larger gap.

Accuracy isn't the equalizer

Scratch-4.9 men are only 10 percentage points more accurate than 30+ handicaps.

The skill divide shows up in distance (+63 yards) and avoiding trouble. Women show a similar pattern.

45% vs 12%

Wayward tee shot rate for 30+ hdcp. vs Scratch-4.9 hdcp.

Penalty or recovery required on nearly half of all drives for high-hdcp players.



Methodology

This report follows a standardized process developed by Arccos to ensure accurate year-over-year comparisons and consistent trend analysis. It draws from more than 5 million rounds played by hundreds of thousands of Arccos members across a range of ages, handicaps, and geographies.

The analysis is based on a random sample of 37,000+ golfers, each with a minimum of 100 driver tee shots taken during verified rounds. In total, the sample includes almost 10,000,000 on-course driver tee shots hit on par 4s and par 5s. Shots with other clubs were excluded, and par 3s were omitted. Driving distance reflects total yardage (carry plus rollout).

The dataset reflects real on-course play and is not normalized for external factors such as weather, altitude, or turf conditions. While this introduces natural variance, the scale and diversity of the data, combined with rigorous internal filtering processes to remove outliers, ensures a clean and reliable view of amateur performance trends.

The averages shown in this report are calculated using a weighted methodology, factoring in the number of qualifying shots within each group. This ensures more representative results and supports fair comparisons across cohorts of varying sample sizes.

To maintain methodological consistency:

- The Women's Distance by Age & Handicap section excludes the 15–19 and 70+ age groups due to limited sample sizes.
- The Men's Driving Distance by Age & Handicap (2018–2025) section follows a consistent methodology across all years. Minor differences compared to past reports may appear due to refinements in data standardization and processing, enhancing year-over-year comparability. Blank sections indicate groups that did not meet the minimum sample size threshold.

Men's & Women's Average Driving Distance Over The Years



Source: Arccos on-course data; analysis based on a random sample of 37,000+ golfers with a minimum of 100 driver tee shots taken during verified rounds played in 2025; total sample size 9,723,986 driver tee shots. Color gradient indicates relative values, with green representing the highest and red the lowest.



MEN'S DRIVING DISTANCE & ACCURACY



Men's Driving Distance by Age and Handicap

Age

Handicap Range	Age						
	15 to 19	20s	30s	40s	50s	60s	70s
0.0 to 4.9	259.0	263.0	259.0	253.0	239.0	227.0	209.0
5.0 to 9.9	247.0	250.0	247.0	239.0	230.0	218.0	206.0
10.0 to 14.9	237.0	239.0	236.0	230.0	220.0	206.0	194.0
15.0 to 19.9	221.0	233.0	224.0	221.0	208.0	195.0	185.0
20.0 to 24.9	204.0	219.0	216.0	204.0	193.0	188.0	168.0
25.0 to 29.9	207.0	209.0	206.0	198.0	188.0	183.0	166.0
30+	190.0	193.0	197.0	193.0	176.0	165.0	155.0

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Average Driving Distance (Yards)

Aggregated Average Driving Distance: 224.1

Source: Arccos on-course data; analysis based on a random sample of 37,000+ golfers with a minimum of 100 driver tee shots taken during verified rounds played in 2025; total sample size 9,723,986 driver tee shots. Color gradient indicates relative values, with green representing the highest and red the lowest.

Men's Driving Distance Disparity by Age Across Handicaps



Source: Arccos on-course data; analysis based on a random sample of 37,000+ golfers with a minimum of 100 driver tee shots taken during verified rounds played in 2025; total sample size 9,723,986 driver tee shots. Color gradient indicates relative values, with green representing the highest and red the lowest.

Men's Driving Distance Disparity by Handicaps Across Age

Age

Handicap Range	Age								Avg. Distance (yds.)
	15 to 19	20s	30s	40s	50s	60s	70s		
0.0 to 4.9	259.0	263.0	259.0	253.0	239.0	227.0	209.0	244.0	Players with a 0.0 to 4.9 handicap recorded the longest average driving distance at 244.0 yards.
5.0 to 9.9	247.0	250.0	247.0	239.0	230.0	218.0	206.0	234.0	
10.0 to 14.9	237.0	239.0	236.0	230.0	220.0	206.0	194.0	223.0	
15.0 to 19.9	221.0	233.0	224.0	221.0	208.0	195.0	185.0	212.0	
20.0 to 24.9	204.0	219.0	216.0	204.0	193.0	188.0	168.0	199.0	
25.0 to 29.9	207.0	209.0	206.0	198.0	188.0	183.0	166.0	194.0	
30+	190.0	193.0	197.0	193.0	176.0	165.0	155.0	181.0	Players with a 30+ handicap recorded the shortest average driving distance at 181.0 yards.
% Change	36.3%	36.3%	31.5%	31.1%	35.8%	37.6%	34.8%	34.8%	
Change in Distance (yds.)	69.0	70.0	62.0	60.0	63.0	62.0	54.0	63.0	

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Players with a 0.0 to 4.9 handicap averaged 34.8% (63.0 yards) longer drives than those with a 30+ handicap, across all age groups.

Source: Arccos on-course data; analysis based on a random sample of 37,000+ golfers with a minimum of 100 driver tee shots taken during verified rounds played in 2025; total sample size 9,723,986 driver tee shots. Color gradient indicates relative values, with green representing the highest and red the lowest.

Men's Driving Accuracy by Age and Handicap

Age

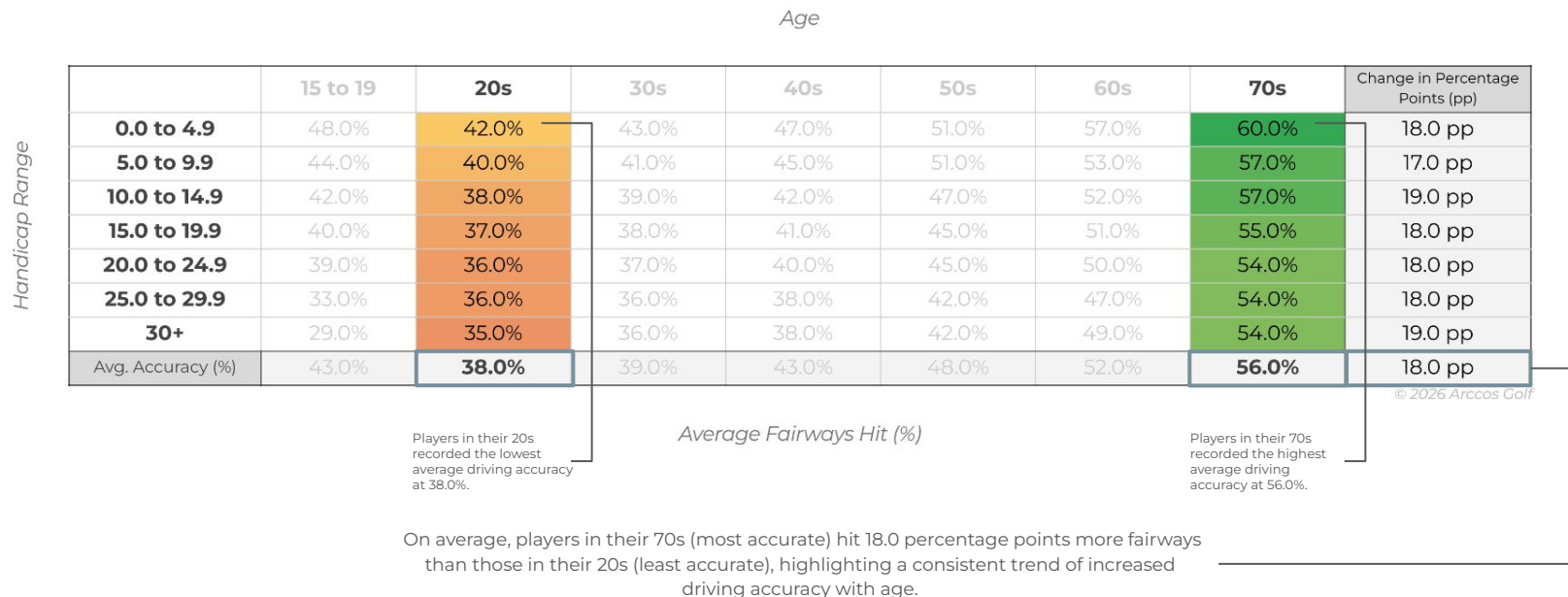
Handicap Range	Age						
	15 to 19	20s	30s	40s	50s	60s	70s
0.0 to 4.9	48.0%	42.0%	43.0%	47.0%	51.0%	57.0%	60.0%
5.0 to 9.9	44.0%	40.0%	41.0%	45.0%	51.0%	53.0%	57.0%
10.0 to 14.9	42.0%	38.0%	39.0%	42.0%	47.0%	52.0%	57.0%
15.0 to 19.9	40.0%	37.0%	38.0%	41.0%	45.0%	51.0%	55.0%
20.0 to 24.9	39.0%	36.0%	37.0%	40.0%	45.0%	50.0%	54.0%
25.0 to 29.9	33.0%	36.0%	36.0%	38.0%	42.0%	47.0%	54.0%
30+	29.0%	35.0%	36.0%	38.0%	42.0%	49.0%	54.0%

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Average Fairways Hit (%)

Source: Arccos on-course data; analysis based on a random sample of 37,000+ golfers with a minimum of 100 driver tee shots taken during verified rounds played in 2025; total sample size 9,723,986 driver tee shots. Color gradient indicates relative values, with green representing the highest and red the lowest.

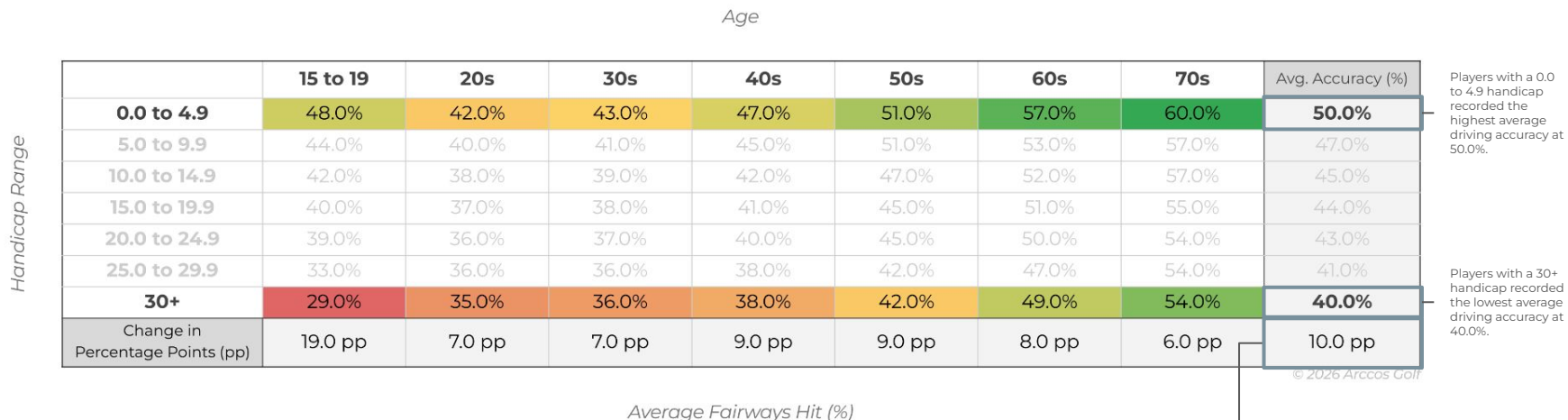
Men's Driving Accuracy Disparity by Age Across Handicaps



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Source: Arccos on-course data; analysis based on a random sample of 37,000+ golfers with a minimum of 100 driver tee shots taken during verified rounds played in 2025; total sample size 9,723,986 driver tee shots. Color gradient indicates relative values, with green representing the highest and red the lowest.

Men's Driving Accuracy Disparity by Handicaps Across Age

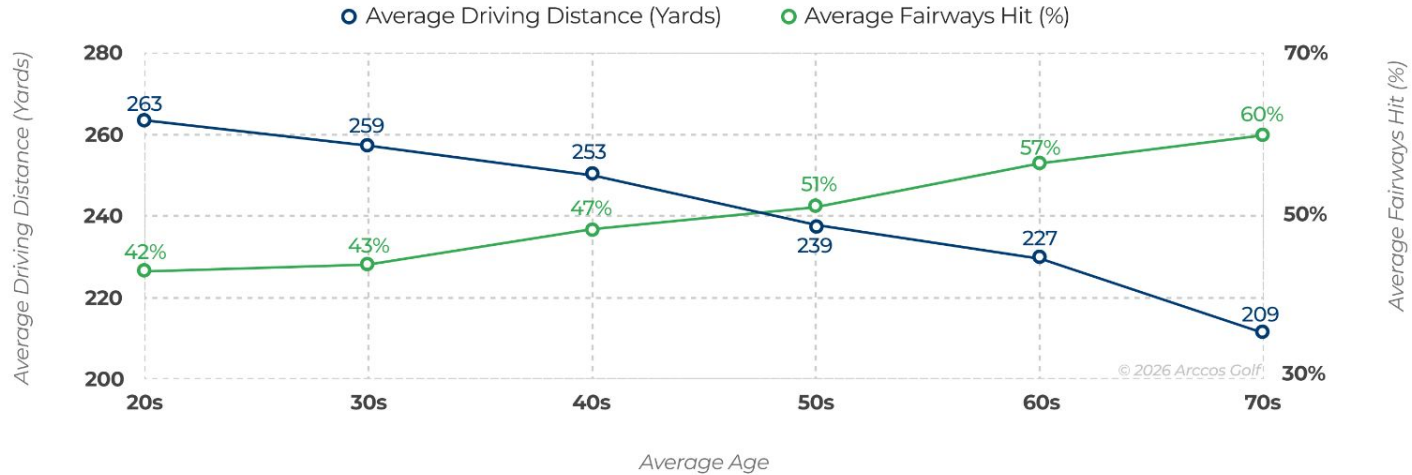


On average, players with a 0.0 to 4.9 handicap (most accurate) hit the fairway 10.0 percentage points more often than players with a 30+ handicap (least accurate).

Source: Arccos on-course data; analysis based on a random sample of 37,000+ golfers with a minimum of 100 driver tee shots taken during verified rounds played in 2025; total sample size 9,723,986 driver tee shots. Color gradient indicates relative values, with green representing the highest and red the lowest.

Men's Distance Loss & Accuracy Gains

Players with a handicap between 0 and 4.9 experience an average decrease of 54 yards in driving distance – from age 20–29 to age 70–79. During that same period, average fairway accuracy increases by approximately 18 percentage points. This suggests that as distance declines with age, maintaining a low handicap may be associated with improvements in driving accuracy.



Men's Wayward Tee Shots with Driver by Handicap

Handicap Range

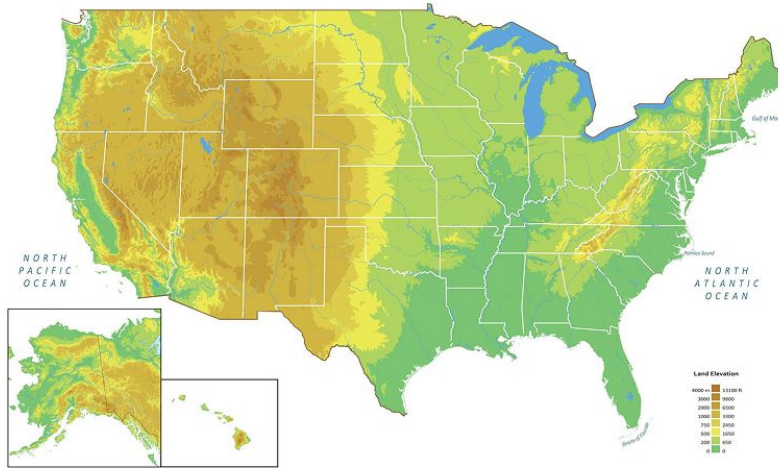
	Penalty %	Recovery %	Total % of Wayward Driver Shots
0.0 to 4.9	4.4%	7.6%	12.0%
5.0 to 9.9	5.6%	11.3%	16.9%
10.0 to 14.9	6.9%	15.7%	22.6%
15.0 to 19.9	8.0%	20.2%	28.2%
20.0 to 24.9	9.3%	24.2%	33.5%
25.0 to 29.9	10.4%	27.8%	38.2%
30+	11.9%	33.2%	45.1%

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Penalty % – Average percent of tee shots with driver that result in a penalty shot (e.g., out of bounds, lost ball, hazard, or unplayable lie).
Recovery % – Average percent of tee shots with driver that leave the player unable to advance the ball fully toward the green (e.g., punch-out or lay-up).
Total % of Wayward Tee Shots with Driver – Average combined percentage of tee shots with driver that result in either a penalty or recovery situation.

Men's Distance Based on Elevation

Using a **10-handicap golfer** as a representative data point, Arccos data shows an average of 220.5 yards at sea level and 239.7 yards at 5,000+ feet – a difference of 19.2 yards, or approximately 8.3%. This illustrates elevation as a measurable environmental variable in driving distance performance.



Less than 100 ft. of elevation
(Sea Level)



5000+ ft. of elevation
(Above Sea Level)



WOMEN'S DRIVING DISTANCE & ACCURACY



Women's Driving Distance by Age & Handicap

Age

	20s	30s	40s	50s	60s
0.0 to 4.9	244.0	237.0	232.0	201.0	184.0
5.0 to 9.9	227.0	229.0	212.0	195.0	167.0
10.0 to 14.9	217.0	209.0	195.0	180.0	176.0
15.0 to 19.9	187.0	194.0	182.0	173.0	152.0
20.0 to 24.9	194.0	174.0	166.0	155.0	148.0
25.0 to 29.9	169.0	163.0	152.0	145.0	140.0
30+	168.0	151.0	144.0	134.0	127.0

Average Driving Distance
(Yards)

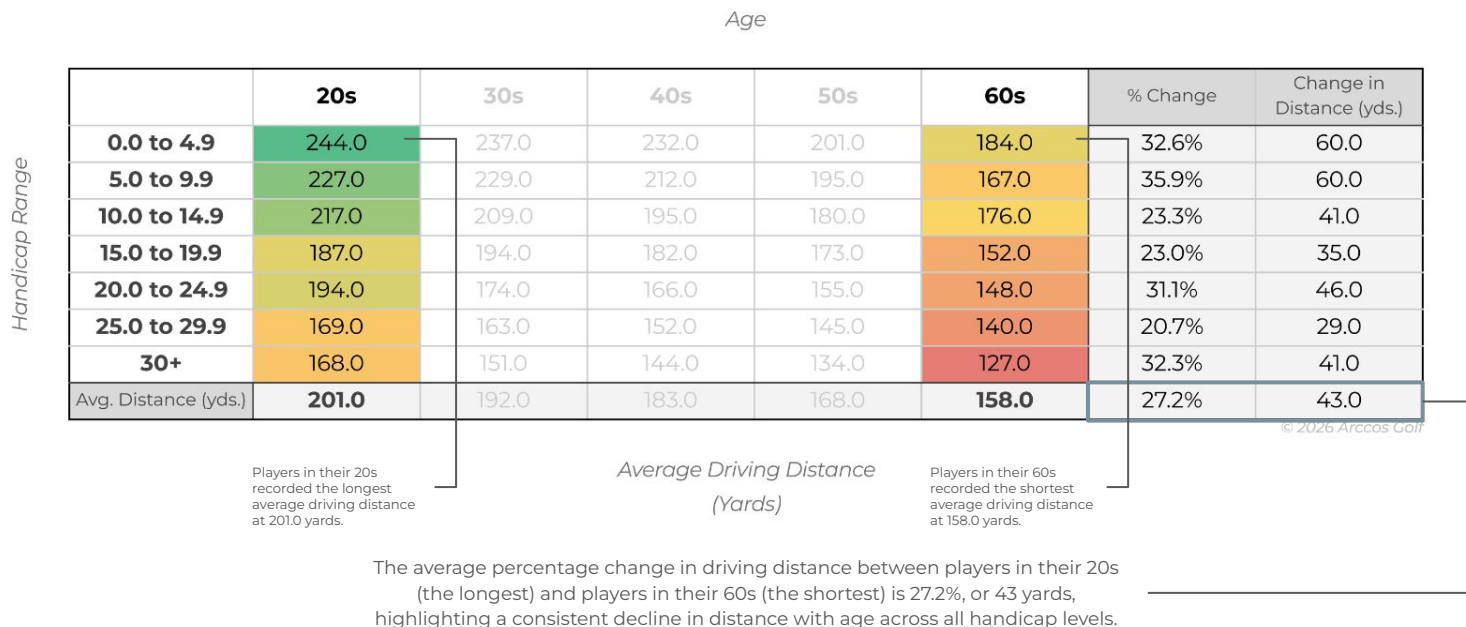
Aggregate Avg. Women's Driving Distance: 176.2 yards

Handicap Range

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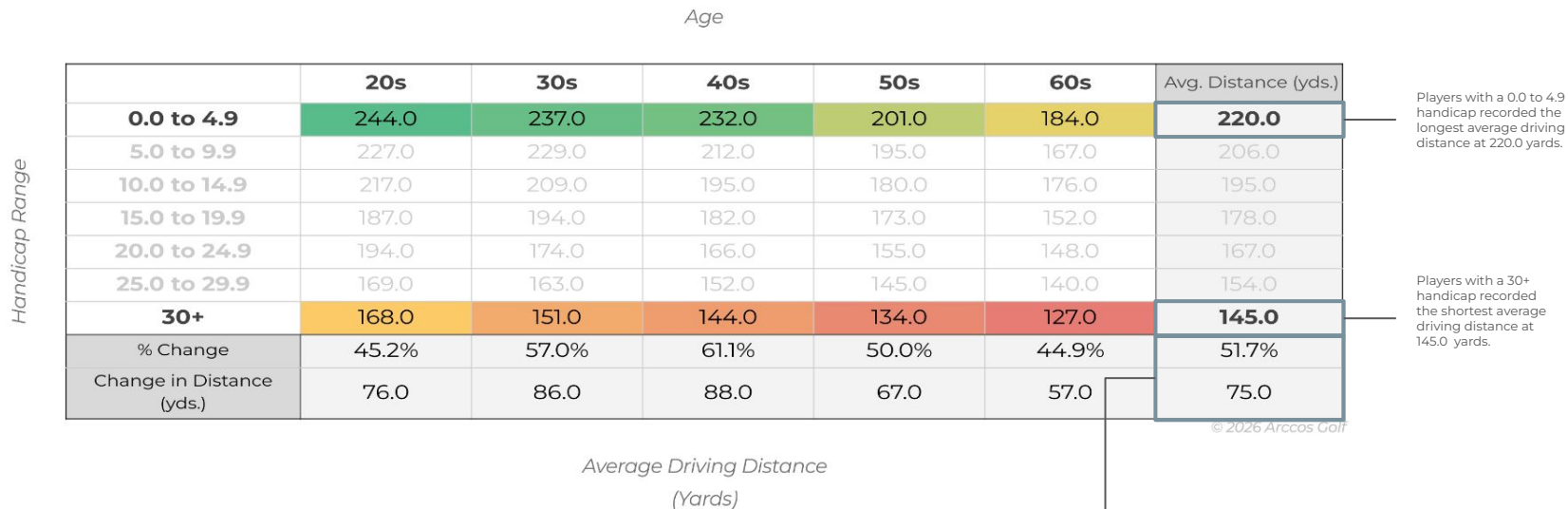
Color gradient indicates relative values, with green representing the highest and red the lowest.

Women's Driving Distance Disparity by Age Across Handicaps



Color gradient indicates relative values, with green representing the highest and red the lowest.

Women's Driving Distance Disparity by Handicaps Across Age



Players with a 0.0 to 4.9 handicap recorded the longest average driving distance at 220.0 yards.

Players with a 30+ handicap recorded the shortest average driving distance at 145.0 yards.

On average, players with the longest driving distances (0.0 to 4.9 handicaps) hit the ball 51.7% farther, or about 75.0 yards more, than players with the shortest driving distances (30+ handicaps), across all age groups.

Color gradient indicates relative values, with green representing the highest and red the lowest.

Women's Driving Accuracy Across Age and Handicap

Age

	20s	30s	40s	50s	60s
0.0 to 4.9	55.0%	46.0%	50.0%	60.0%	65.0%
5.0 to 9.9	44.0%	46.0%	50.0%	57.0%	64.0%
10.0 to 14.9	41.0%	48.0%	51.0%	58.0%	63.0%
15.0 to 19.9	44.0%	49.0%	51.0%	57.0%	63.0%
20.0 to 24.9	48.0%	47.0%	49.0%	55.0%	60.0%
25.0 to 29.9	42.0%	47.0%	48.0%	59.0%	59.0%
30+	48.0%	46.0%	51.0%	59.0%	58.0%

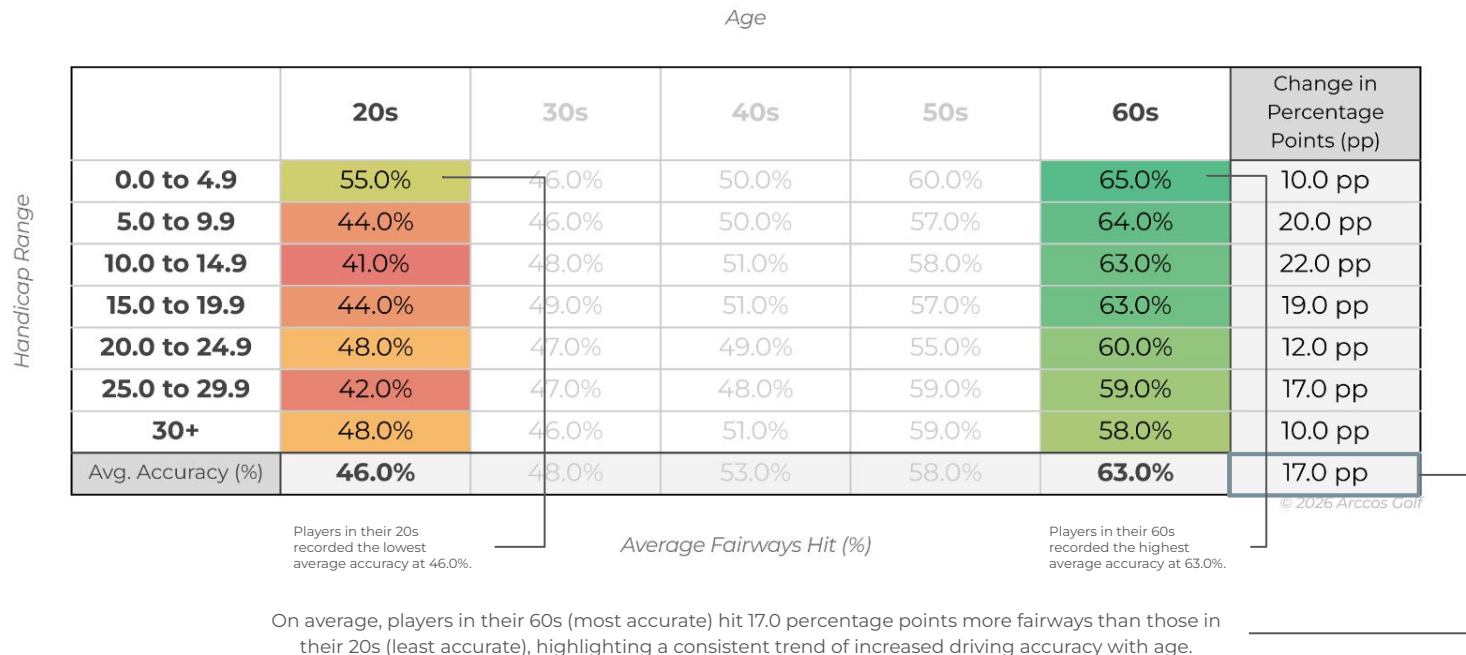
Average Fairways Hit (%)

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Handicap Range

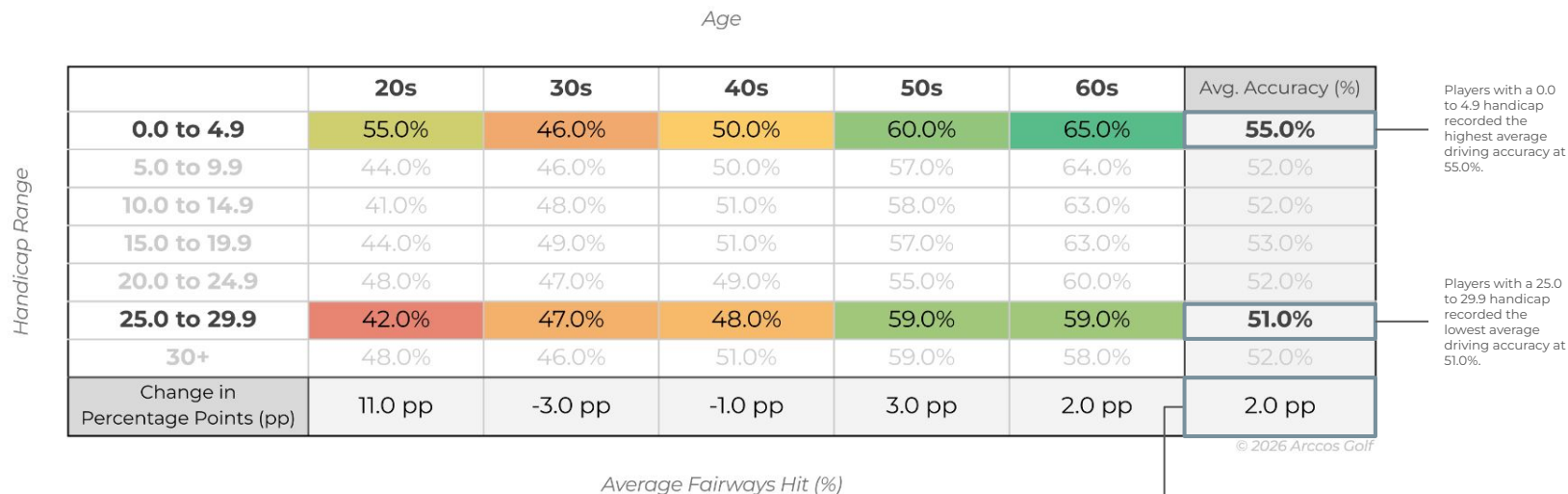
Color gradient indicates relative values, with green representing the highest and red the lowest.

Women's Driving Accuracy Disparity by Age Across Handicaps



Color gradient indicates relative values, with green representing the highest and red the lowest.

Women's Driving Accuracy Disparity by Handicaps Across Age



On average, players with a 0.0 to 4.9 handicap (most accurate) hit 2.0 percentage points more fairways than those with a 25.0 to 29.9 handicap (least accurate). No significant correlation was observed between handicap and driving accuracy.

Color gradient indicates relative values, with green representing the highest and red the lowest.



APPENDIX

MEN'S DRIVING DISTANCE BY AGE & HANDICAP

(2018 - 2025)





Driving Distance (2018 to 2025) – Ages 15 to 19

Years

Handicap Range	Age 15 to 19							
	2018	2019	2020	2021	2022	2023	2024	2025
0.0 to 4.9	--	255	256	252	257	253	257	259
5.0 to 9.9	250	247	245	249	243	244	245	247
10.0 to 14.9	232	227	227	230	233	238	234	237
15.0 to 19.9	--	--	219	227	227	224	221	221
20.0 to 24.9	--	--	--	201	214	215	208	204
25.0 to 29.9	--	--	--	--	--	--	207	207
30+	--	--	--	--	--	--	190	190

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Average Driving Distance (Yards)

Source: Arccos on-course data; analysis based on a random sample of 37,000+ golfers with a minimum of 100 driver tee shots taken during verified rounds played in 2025; total sample size 9,723,986 driver tee shots. Color gradient indicates relative values, with green representing the highest and red the lowest.



Driving Distance (2018 to 2025) – Ages 20 to 29

Years

Handicap Range	20s							
	2018	2019	2020	2021	2022	2023	2024	2025
0.0 to 4.9	265	264	266	266	264	266	266	263
5.0 to 9.9	249	252	252	252	253	254	253	250
10.0 to 14.9	242	241	241	238	240	239	242	239
15.0 to 19.9	229	231	230	228	228	228	230	233
20.0 to 24.9	223	219	219	216	221	217	218	219
25.0 to 29.9	214	211	209	209	210	205	209	209
30+	--	204	199	197	196	198	196	193

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Average Driving Distance (Yards)

Source: Arccos on-course data; analysis based on a random sample of 37,000+ golfers with a minimum of 100 driver tee shots taken during verified rounds played in 2025; total sample size 9,723,986 driver tee shots. Color gradient indicates relative values, with green representing the highest and red the lowest.



Driving Distance (2018 to 2025) – Ages 30 to 39

Years

Handicap Range	30s							
	2018	2019	2020	2021	2022	2023	2024	2025
0.0 to 4.9	261	262	262	260	262	264	263	259
5.0 to 9.9	249	248	249	248	250	250	250	247
10.0 to 14.9	236	236	236	236	237	238	238	236
15.0 to 19.9	227	225	224	223	225	225	226	224
20.0 to 24.9	217	214	214	212	213	214	216	216
25.0 to 29.9	207	208	206	203	210	205	207	206
30+	199	198	193	196	196	194	195	197

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Average Driving Distance (Yards)

Source: Arccos on-course data; analysis based on a random sample of 37,000+ golfers with a minimum of 100 driver tee shots taken during verified rounds played in 2025; total sample size 9,723,986 driver tee shots. Color gradient indicates relative values, with green representing the highest and red the lowest.



Driving Distance (2018 to 2025) – Ages 40 to 49

Years

Handicap Range	40s							
	2018	2019	2020	2021	2022	2023	2024	2025
0.0 to 4.9	251	251	251	252	252	254	255	253
5.0 to 9.9	241	238	239	238	240	243	243	239
10.0 to 14.9	229	228	228	226	228	230	231	230
15.0 to 19.9	217	216	216	216	217	217	219	221
20.0 to 24.9	208	209	207	205	206	207	208	204
25.0 to 29.9	199	199	200	197	200	197	200	198
30+	192	188	192	189	191	188	191	193

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Average Driving Distance (Yards)

Source: Arccos on-course data; analysis based on a random sample of 37,000+ golfers with a minimum of 100 driver tee shots taken during verified rounds played in 2025; total sample size 9,723,986 driver tee shots. Color gradient indicates relative values, with green representing the highest and red the lowest.



Driving Distance (2018 to 2025) – Ages 50 to 59

Years

Handicap Range	50s							
	2018	2019	2020	2021	2022	2023	2024	2025
0.0 to 4.9	241	240	240	241	241	241	242	239
5.0 to 9.9	230	229	230	229	229	230	231	230
10.0 to 14.9	219	217	218	217	218	219	220	220
15.0 to 19.9	209	207	206	206	207	208	207	208
20.0 to 24.9	200	199	199	198	198	198	197	193
25.0 to 29.9	190	191	189	189	189	188	190	188
30+	185	185	182	177	182	176	179	176

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Average Driving Distance (Yards)

Source: Arccos on-course data; analysis based on a random sample of 37,000+ golfers with a minimum of 100 driver tee shots taken during verified rounds played in 2025; total sample size 9,723,986 driver tee shots. Color gradient indicates relative values, with green representing the highest and red the lowest.



Driving Distance (2018 to 2025) – Ages 60 to 69

Years

Handicap Range	60s							
	2018	2019	2020	2021	2022	2023	2024	2025
0.0 to 4.9	233	225	226	227	228	227	229	227
5.0 to 9.9	219	215	218	216	216	218	220	218
10.0 to 14.9	208	208	205	205	206	206	208	206
15.0 to 19.9	195	196	194	194	196	195	197	195
20.0 to 24.9	187	185	183	186	183	185	187	188
25.0 to 29.9	180	176	179	176	178	175	181	183
30+	169	165	168	162	168	163	163	165

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Average Driving Distance (Yards)

Source: Arccos on-course data; analysis based on a random sample of 37,000+ golfers with a minimum of 100 driver tee shots taken during verified rounds played in 2025; total sample size 9,723,986 driver tee shots. Color gradient indicates relative values, with green representing the highest and red the lowest.

Driving Distance (2018 to 2025) – Ages 70 to 79

Years

Handicap Range	70s							
	2018	2019	2020	2021	2022	2023	2024	2025
0.0 to 4.9	210	211	205	207	207	208	211	209
5.0 to 9.9	207	205	203	201	201	203	205	206
10.0 to 14.9	195	193	194	193	193	191	194	194
15.0 to 19.9	181	184	180	182	181	180	183	185
20.0 to 24.9	179	171	172	168	172	170	171	168
25.0 to 29.9	158	160	161	160	163	162	168	166
30+	--	166	154	162	142	153	156	155

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Average Driving Distance (Yards)

Source: Arccos on-course data; analysis based on a random sample of 37,000+ golfers with a minimum of 100 driver tee shots taken during verified rounds played in 2025; total sample size 9,723,986 driver tee shots. Color gradient indicates relative values, with green representing the highest and red the lowest.



About Arccos

Arccos Golf is the world's largest on-course tracking system and the leader in connected AI golf products. By capturing real-world shot data from millions of rounds worldwide, Arccos provides players, coaches, and industry stakeholders with a comprehensive understanding of how golf is played across all skill levels and demographics. This ecosystem is built on a series of category-defining innovations: Arccos Air, delivering tour-level accuracy with no club sensors required; AI Strategy, putting tour-level course intelligence in the hands of every golfer; and the Smart Laser Rangefinder, the first rangefinder with real-time weather data for the smartest distances in the game.

Arccos has captured over 1.5 billion shots across 25 million rounds in more than 160 countries. Arccos delivers comprehensive insights into player performance under real-world conditions. These support data-driven decision-making in areas ranging from equipment development and club fitting to coaching, course design, resource management, policy planning, and beyond.

Recognized by Fast Company as one of the “World’s Most Innovative Companies,” Arccos collaborates with leading organizations across the golf industry – including professional tours, equipment manufacturers, governing bodies, retailers, club fitters, coaching platforms, and others.



The Smart Play

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