Find the range containing your USGA Handicap Index for the Slope Ratings of the course you are playing. Play with the corresponding Course handicap.

72.7	Ladies(Red Tee)	70.9	White Tee	73.6	Green Tee	75.2	Black Tee
	131		133		139		141
USGA	Play to this	USGA	Play to this	USGA	Play to this	USGA	Play to this
Handicap Index	Course Handicap	Handicap Index	Course Handicap	Handicap Index	Course Handicap	Handicap Index	Course Handicap
+9.9 to +9.1	+11	+9.9 to +9.8	+12	+9.9 to +9.4	+12	+9.9 to +9.3	+12
+9.0 to +8.2	+10	+9.7 to +9.0	+11	+9.3 to +8.6	+11	+9.2 to +8.5	+11
+8.1 to +7.4	+9	+8.9 to +8.1	+10	+8.5 to +7.8	+10	+8.4 to +7.7	+10
+7.3 to +6.5	+8	+8.0 to +7.3	+9	+7.7 to +7.0	+9	+7.6 to +6.9	+9
+6.4 to +5.7	+7	+7.2 to +6.4	+8	+6.9 to +6.1	+8	+6.8 to +6.1	+8
+5.6 to +4.8	+6	+6.3 to +5.6	+7	+6.0 to +5.3	+7	+6.0 to +5.3	+7
+4.7 to +3.9	+5	+5.5 to +4.7	+6	+5.2 to +4.5	+6	+5.2 to +4.5	+6
+3.8 to +3.1	+3 +4	+4.6 to +3.9	+5	+4.4 to +3.7	+0 +5	+4.4 to +3.7	+5
+3.0 to +2.2	+4 +3	+3.8 to +3.0	+5 +4	+4.4 to +3.7 +3.6 to +2.9	+5 +4	+3.6 to +2.9	+5
	+3 +2						+4 +3
+2.1 to +1.3		+2.9 to +2.2	+3	+2.8 to +2.1	+3	+2.8 to +2.1	
+1.2 to +0.5	+1	+2.1 to +1.3	+2	+2.0 to +1.3	+2	+2.0 to +1.3	+2
+0.4 to 0.4	0	+1.2 to +0.5	+1	+1.2 to +0.5	+1	+1.2 to +0.5	+1
0.5 to 1.2	1	+0.4 to 0.4	0	+0.4 to 0.4	0	+0.4 to 0.4	0
1.3 to 2.1	2	0.5 to 1.2	1	0.5 to 1.2	1	0.5 to 1.2	1
2.2 to 3.0	3	1.3 to 2.1	2	1.3 to 2.0	2	1.3 to 2.0	2
3.1 to 3.8	4	2.2 to 2.9	3	2.1 to 2.8	3	2.1 to 2.8	3
3.9 to 4.7	5	3.0 to 3.8	4	2.9 to 3.6	4	2.9 to 3.6	4
4.8 to 5.6	6	3.9 to 4.6	5	3.7 to 4.4	5	3.7 to 4.4	5
5.7 to 6.4	7	4.7 to 5.5	6	4.5 to 5.2	6	4.5 to 5.2	6
6.5 to 7.3	8	5.6 to 6.3	7	5.3 to 6.0	7	5.3 to 6.0	7
7.4 to 8.1	9	6.4 to 7.2	8	6.1 to 6.9	8	6.1 to 6.8	8
8.2 to 9.0	10	7.3 to 8.0	9	7.0 to 7.7	9	6.9 to 7.6	9
9.1 to 9.9	11	8.1 to 8.9	10	7.8 to 8.5	10	7.7 to 8.4	10
10.0 to 10.7	12	9.0 to 9.7	11	8.6 to 9.3	11	8.5 to 9.2	11
10.8 to 11.6	13	9.8 to 10.6	12	9.4 to 10.1	12	9.3 to 10.0	12
11.7 to 12.5	14	10.7 to 11.4	13	10.2 to 10.9	13	10.1 to 10.8	13
12.6 to 13.3	15	11.5 to 12.3	14	11.0 to 11.7	14	10.9 to 11.6	14
13.4 to 14.2	16	12.4 to 13.1	15	11.8 to 12.6	15	11.7 to 12.4	15
14.3 to 15.0	17	13.2 to 14.0	16	12.7 to 13.4	16	12.5 to 13.2	16
15.1 to 15.9	18	14.1 to 14.8	17	13.5 to 14.2	17	13.3 to 14.0	17
16.0 to 16.8				14.3 to 15.0			
	19	14.9 to 15.7	18		18	14.1 to 14.8	18
16.9 to 17.6	20	15.8 to 16.5	19	15.1 to 15.8	19	14.9 to 15.6	19
17.7 to 18.5	21	16.6 to 17.4	20	15.9 to 16.6	20	15.7 to 16.4	20
18.6 to 19.4	22	17.5 to 18.2	21	16.7 to 17.4	21	16.5 to 17.2	21
19.5 to 20.2	23	18.3 to 19.1	22	17.5 to 18.2	22	17.3 to 18.0	22
20.3 to 21.1	24	19.2 to 19.9	23	18.3 to 19.1	23	18.1 to 18.8	23
21.2 to 21.9	25	20.0 to 20.8	24	19.2 to 19.9	24	18.9 to 19.6	24
22.0 to 22.8	26	20.9 to 21.6	25	20.0 to 20.7	25	19.7 to 20.4	25
22.9 to 23.7	27	21.7 to 22.5	26	20.8 to 21.5	26	20.5 to 21.2	26
23.8 to 24.5	28	22.6 to 23.3	27	21.6 to 22.3	27	21.3 to 22.0	27
24.6 to 25.4	29	23.4 to 24.2	28	22.4 to 23.1	28	22.1 to 22.8	28
25.5 to 26.3	30	24.3 to 25.0	29	23.2 to 23.9	29	22.9 to 23.6	29
26.4 to 27.1	31	25.1 to 25.9	30	24.0 to 24.7	30	23.7 to 24.4	30
27.2 to 28.0	32	26.0 to 26.7	31	24.8 to 25.6	31	24.5 to 25.2	31
28.1 to 28.8	33	26.8 to 27.6	32	25.7 to 26.4	32	25.3 to 26.0	32
28.9 to 29.7	34	27.7 to 28.4	33	26.5 to 27.2	33	26.1 to 26.8	33
29.8 to 30.6	35	28.5 to 29.3	34	27.3 to 28.0	34	26.9 to 27.6	34
30.7 to 31.4	36	29.4 to 30.1	35	28.1 to 28.8	35	27.7 to 28.4	35
31.5 to 32.3	37	30.2 to 31.0	36	28.9 to 29.6	36	28.5 to 29.2	36
32.4 to 33.2	38	31.1 to 31.8	37	29.7 to 30.4	37	29.3 to 30.0	30
33.3 to 34.0	39	31.9 to 32.7	38	30.5 to 31.2	38	30.1 to 30.8	38
34.1 to 34.9	39 40	32.8 to 33.5	30 39	31.3 to 32.1	30 39	30.9 to 31.6	39
35.0 to 35.7	41	33.6 to 34.4	40	32.2 to 32.9	40	31.7 to 32.4	40
35.8 to 36.6	42	34.5 to 35.2	41	33.0 to 33.7	41	32.5 to 33.2	41
36.7 to 37.5	43	35.3 to 36.1	42	33.8 to 34.5	42	33.3 to 34.0	42
37.6 to 38.3	44	36.2 to 36.9	43	34.6 to 35.3	43	34.1 to 34.8	43
38.4 to 39.2	45	37.0 to 37.8	44	35.4 to 36.1	44	34.9 to 35.6	44
39.3 to 40.1	46	37.9 to 38.6	45	36.2 to 36.9	45	35.7 to 36.4	45
40.2 to 40.4	47	38.7 to 39.5	46	37.0 to 37.8	46	36.5 to 37.2	46
		39.6 to 40.4	47	37.9 to 38.6	47	37.3 to 38.0	47
	•			38.7 to 39.4	48	38.1 to 38.8	48
				39.5 to 40.2	49	38.9 to 39.6	49
				40.3 to 40.4	50	39.7 to 40.4	50