The rules of Ambrose are as follows -

Each player in the group hits from the tee.
Yellow markers for men
Red markers for women
At least one tee shot of each team member must be used in the 9 holes
Once the tee shots are played the team selects the ball from where they wish to play their next shot from
The selected ball may be marked.
Each team member then plays their next shot within 1 club length of the selected ball after placing their
The process is repeated for each shot, with the best positioned ball being selected.
Once on the green the selected ball is marked and each putt is taken from within 15cms of that spot.
The total number of strokes is entered on the scorecard together with the initials of the team member whose tee shot was selected.