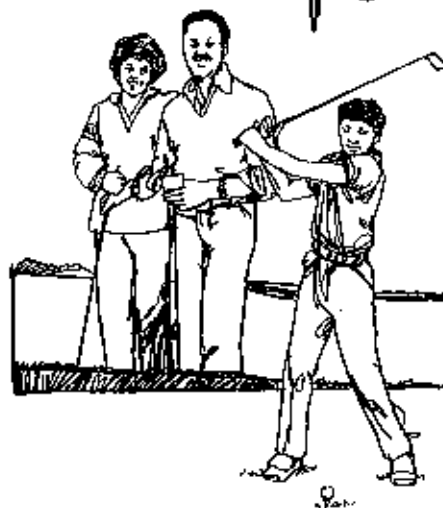
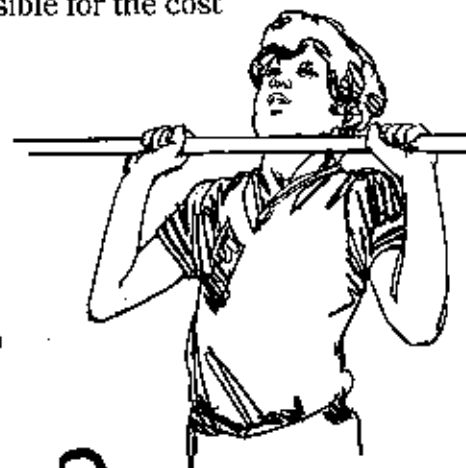


Sports Belt Loop and Pin Requirements and Resources

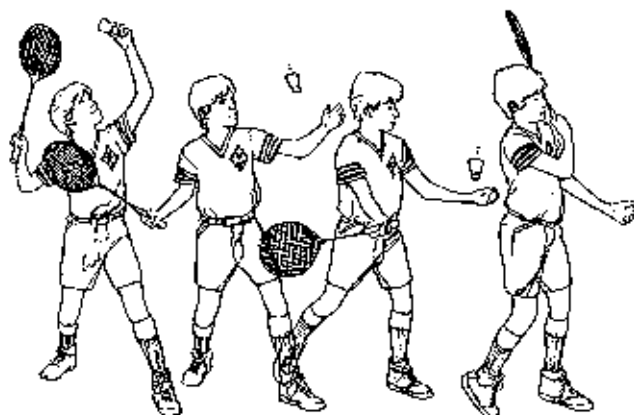
Following are the requirements for earning the Sports belts loops and pins.

Remember:

- Belt loops and pins are earned only by Tiger Cubs, Cub Scouts, and Webelos Scouts (not adults).
- Working on belt loops or pins in Archery and BB-gun shooting is restricted to day camps, Cub Scout/Webelos Scout resident camps, council-managed family camping programs, or to council activities where there are properly trained supervisors and all standards for BSA shooting sports are enforced. Archery and BB-gun shooting are not to be done at the pack level.
- Some practice times for the various sports do not have to be completed at one practice period. Times are cumulative and can be completed over several different practice sessions.
- Requirements may be adjusted to accommodate the needs of Tiger Cubs, Cub Scouts, and Webelos Scouts with disabilities.
- Webelos Scouts may earn a belt loop or pin a second time to qualify for Webelos activity badges.
- Boys may earn belt loops more than once; however, leaders should encourage boys to try different requirements and earn the pin. Packs should have a clear policy in place about whether the pack or the boy's family is responsible for the cost of awards earned more than once.



Cub Scout Sports: Badminton



REQUIREMENTS

Tiger Cubs, Cub Scouts, and Webelos Scouts may complete requirements in a family, den, pack, school, or community environment. Tiger Cubs must work with their parents or adult partners. Parents and partners do not earn loops or pins.

Belt Loop

Complete these three requirements:

- _____ 1. Explain the rules of badminton to your leader or adult partner.
- _____ 2. Spend at least 30 minutes practicing badminton skills.
- _____ 3. Participate in a badminton game.

Sports Pin

Earn the Badminton belt loop and complete five of the following requirements:

- _____ 1. Compete in a pack or community badminton tournament.
- _____ 2. Demonstrate your knowledge of the use and care of the equipment needed to play badminton: shuttlecock (shuttle or bird), racket, court, net, and comfortable clothes and shoes.
- _____ 3. Demonstrate skill in the following grip techniques: forehand and backhand.
- _____ 4. Spend at least 60 minutes practicing to develop skills for shots and strokes (*clear, drive, drop, and smash*). This may be done over several different practice periods. Keep track of your time on a chart.
- _____ 5. Demonstrate skill in the following: hit the shuttle using forehand or backhand; hit the shuttle, alternating forehand and backhand; hit the shuttle against the wall with a forehand or backhand; hit the shuttle against the wall, alternating forehand and backhand.
- _____ 6. Accurately lay out a badminton court, including net and lines.
- _____ 7. Play five games of badminton.
- _____ 8. Participate in a badminton skills development clinic.
- _____ 9. Play at least three games during which you make your own foul calls effectively to your leader's satisfaction.

Resources

Information on local badminton resources can often be obtained from your local parks and recreation department, community library, or university or college athletic department.

USA Badminton

One Olympic Plaza

Colorado Springs, CO 80909

Phone: 719-866-4808; fax: 719-866-4507

Web site: <http://www.usabadminton.org>

USA Badminton is the national governing body for the Olympic sport of badminton in the United States.

Their Web site provides information about the game and tournaments, as well as links to other badminton-related sites.

Books About Badminton

Badminton: Steps to Success, Tony and William A. Grice (Human Kinetics, 1996)

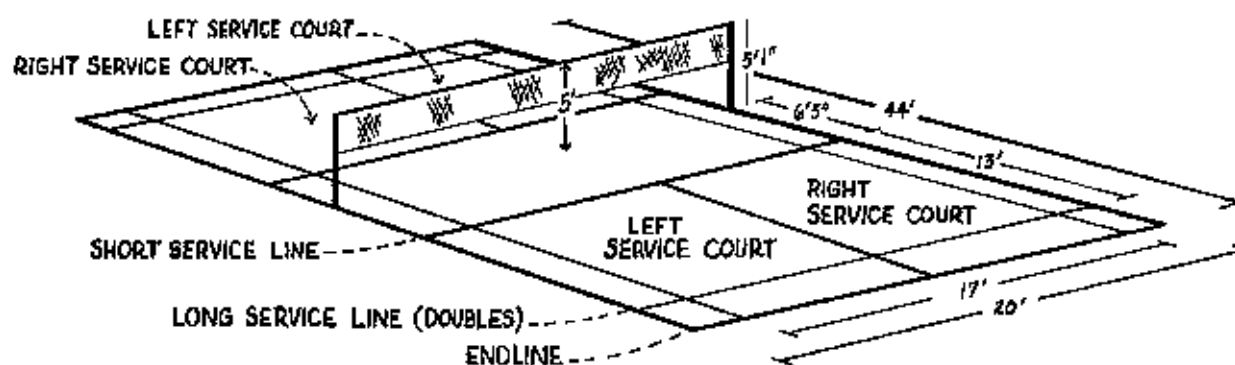
Badminton, Steve Boga (Stackpole Books, 1996)

A Basic Guide to Badminton, Jeff Klemsak, ed. (Official US Olympic Sports Series) (Griffin Bay Book Store, 1997)

Badminton for Beginners, Ballou (Morton Publishing Co., 1998)

Badminton Rules

THE COURT



USA Badminton adopts the International Badminton Federation's Laws of Badminton, which you can find on the Web at <http://www.intbadfed.org/rules.html>. These simplified rules cover the toss to begin the game, the basic aim of the rally, serving, and scoring. A link is provided for a more complete listing of laws.

Shots and Strokes

Clear: Hit high and deep so that the shuttle lands near the end line.

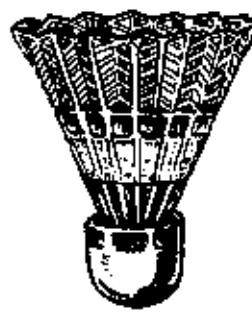
Drive: Hit flat and hard at about net level.

Drop: Hit soft and down so the shuttle lands near the net.

Smash: Hit hard and down to put the shuttle away.



Traditional feather shuttle



Synthetic shuttle

Cub Scout Sports: Baseball



REQUIREMENTS

Tiger Cubs, Cub Scouts, and Webelos Scouts may complete requirements in a family, den, pack, school, or community environment. Tiger Cubs must work with their parents or adult partners. Parents and partners do not earn loops or pins.

Belt Loop

Complete these three requirements:

- _____ 1. Explain the rules of baseball to your leader or adult partner.
- _____ 2. In three separate sessions, spend at least 30 minutes practicing baseball skills.
- _____ 3. Participate in a baseball game.

Sports Pin

Earn the Baseball belt loop and complete five of the following requirements:

- _____ 4. Demonstrate correct pitching techniques.
- _____ 5. Demonstrate correct hitting techniques, including bunting.
- _____ 6. Explain the rules of base running. Explain base coaching signals.
- _____ 7. Demonstrate skill in the following sliding techniques: the straight-in slide, the hook slide, and the headfirst slide.
- _____ 8. Play five games of baseball using standard baseball rules.
- _____ 9. Draw a baseball field to scale or set one up for play.
- _____ 10. Attend a high school, college, or professional baseball game.
- _____ 11. Read a book about a baseball player and give a report about him or her to your den or family.

Resources

- **Library**—Ask the librarian for help locating books and other resources on baseball.
- **Baseball associations**—Many local Little Leagues have published rules and experienced players and coaches who can help you.
- **Sporting goods stores**—Ask how you can contact a baseball league.
- **Trophy shops**—Ask whether they have any baseball league clients.

USA Baseball

Durham Bulls Athletic Park

403 Blackwell Street

Durham, NC 27701

Phone: 919-474-8721; fax: 919-474-8822

Web site: <http://www.usabaseball.com>

PONY Baseball and Softball

1951 Pony Place

P.O. Box 225

Washington, PA 15301-0225

Phone: 724-225-1060; fax: 724-225-9852

Web site: <http://www.pony.org>

PONY Baseball and Softball is an international youth baseball and girls softball program that offers an opportunity for local community league competition and international tournament play for youth ages 5 to 18.

Four Skills of Baseball

Baseball requires only four basic skills:

- Throwing
- Catching
- Hitting
- Running

You can read about the particulars of these skills in books about baseball and practice them for your requirements.

Training Suggestions

For baseball, it's important to be able to run fast for short distances, have strong legs for endurance, and have strong hands and arms to swing the bat. Here are some drills to improve physical fitness in these areas:

Batting Order

A team should let its best hitters and runners bat first because they will get to bat more often during a game. Here is an example of a strong batting order:

First batter: Usually small and fast with a good eye. This is an excellent spot for a left hander.

Second batter: A good bunter and fast runner.

Third batter: Best hitter; he hits the ball often.

Fourth batter: Good hitter with men on base.

Fifth batter: Long-ball hitter, aggressive hitter.

Sixth batter: Fairly good hitter with speed.

Seventh batter: Fairly good hitter.

Eighth batter: An inexperienced player with promise.

Ninth batter: A good fielder.

Why Play Baseball?

Baseball helps you grow up—in both mind and body. It brings you new friends, shows you how to get along with others, and helps you live up to your Cub Scout ideals—the Cub Scout Promise and the Law of the Pack.

You may want to join a youth league or try out for your school team. You might dream about going to college on a baseball scholarship, or playing for the USA Baseball National Team at the Olympics or other international competitions, or playing professional ball someday.

But whether you play baseball just for fun or want to go for a career in the big leagues, remember that the best you can do is to *do your best*.

If you want to know more about any specific youth leagues or details about baseball itself, contact USA Baseball.

- Sprint 60 feet (repeat five times a session).
- Jump rope for endurance and agility.
- Do push-ups for arm and shoulder strength.
- Hang from a bar for a good stretch.

Cub Scout Sports: Basketball



REQUIREMENTS

Tiger Cubs, Cub Scouts, and Webelos Scouts may complete requirements in a family, den, pack, school, or community environment. Tiger Cubs must work with their parents or adult partners. Parents and partners do not earn loops or pins.

Belt Loop

Complete these three requirements:

- _____ 1. Explain the rules of basketball to your leader or adult partner.
- _____ 2. Spend at least 30 minutes practicing basketball skills.
- _____ 3. Participate in a basketball game.

Sports Pin

Earn the Basketball belt loop and complete five of the following requirements:

- _____ 1. Compete in a pack or community basketball tournament.
- _____ 2. Demonstrate effective passing using the chest pass, bounce pass, over-the-head pass, and baseball pass.
- _____ 3. Successfully demonstrate the set shot and jump shot shooting styles.
- _____ 4. Demonstrate skill in the following dribbling techniques: high dribble, low dribble, turnable dribble, change-of-pace dribble, and combination dribble.
- _____ 5. On three different occasions, practice 10 minutes of individual defensive skills.
- _____ 6. Explain and demonstrate 10 official basketball signals.
- _____ 7. Play three shot-improving games with a member of your den or team.
- _____ 8. Play five games of basketball.
- _____ 9. Participate in a basketball clinic.
- _____ 10. Attend a high school, college, or professional basketball game.

Resources

Obtain information on local basketball resources from your school, local parks and recreation department, community library, and university or college athletic department. Visit the library to find many books on basketball, basketball stars, and basketball skills. One of the best basketball skills books is *Youth League Basketball: Coaching and Playing* (Spaulding Sports Library, Masters Press, 1993).

Pack Tournament

- **The Team.** Members of your den become a team. This will allow all Cub Scouts to play.
- **Practice.** A team will practice during four den meetings before the pack tournament.
- **Games.** One tournament is held for all the dens of the pack. Community, cluster pack, and district tournaments may be held within the Cub Scout district.

Basketball Skills

Read about and then practice these basketball skills. If possible, track your progress.

Outside shot

Side shot

Free throw

Lay-up shot

Passing the ball

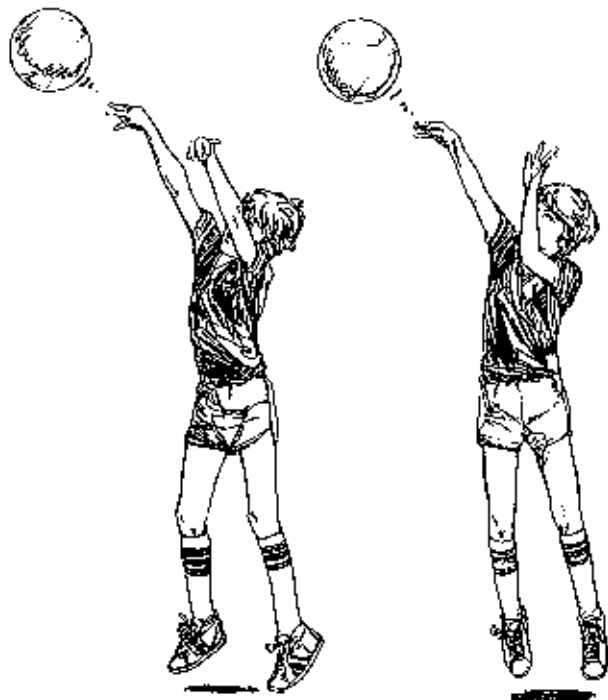
Jumping

Overarm pass

Chest pass

Dribbling

Offensive footwork



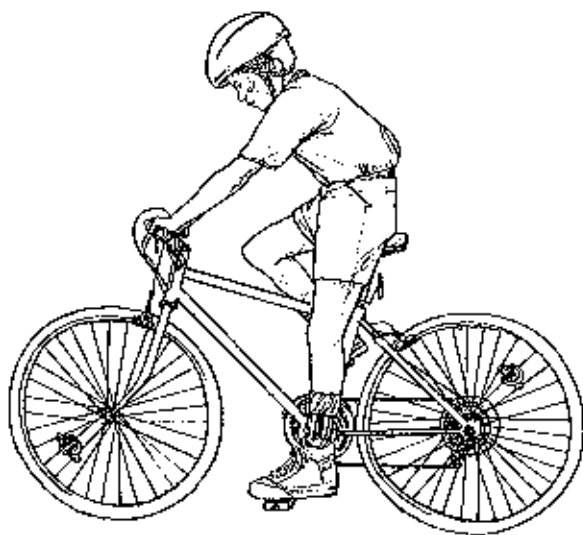
Set shot

Jump shot

Special Game Rules for Cub Scout Players

- **One-to-one defense must be played.** No zone defense. The players should learn the basic skills of one-to-one defense long before they try to learn the principles of the zone defense. Double-teaming is also not allowed at this age level, but switching players on defense is permissible.
- **The size of your court** will depend on the space available to you.
- **Length of the game.** Play four six-minute quarters, and allow at least three minutes at halftime. The game clock is stopped for jump balls, time out, and free throw attempts. Overtimes are usually not played. If the game ends in a tie, that's fine.
- **Ten-second rule.** The ball must be brought into the forecourt within 10 seconds. However, once a team or player gains control in the backcourt or after a throw-in, the team must be allowed to move the ball past the centerline. Defensive position on the player with the ball may not begin until the offensive player has both feet in the forecourt.
- **The ball.** The junior-size (28-inch) ball should be used.
- **Basket height.** When possible, the basket should be lowered to approximately 8 feet 6 inches.
- **Free throw line.** The free throw line should be reduced to 12 feet.
- **Three-second lane violation.** This is not enforced at all.
- **Playing time.** Every player gets to play at least half the game—a cornerstone of the program. All players should have a chance to learn and have fun, regardless of experience or ability. No player plays the entire game. Even highly skilled players need rest during the game—to analyze the other team, to think about how to play better, and to consider how to help the team. Even the best pros sit on the bench for part of the game.

Cub Scout Sports: Bicycling



REQUIREMENTS

Tiger Cubs, Cub Scouts, and Webelos Scouts may complete requirements in a family, den, pack, school, or community environment. Tiger Cubs must work with their parents or adult partners.

Parents and partners do not earn loops or pins.

Belt Loop

Complete these three requirements:

- _____ 1. Explain the rules of safe bicycling to your den leader or adult partner.
- _____ 2. Demonstrate how to wear the proper safety equipment for bicycling.
- _____ 3. Show how to ride a bike safely. Ride for at least half an hour with an adult partner, family, or den.

Sports Pin

Earn the Bicycling belt loop, complete requirement 1 below, and do four additional requirements:

- _____ 1. Make a chart to record at least 10 hours of bicycling. (Required)
- _____ 2. Participate in a pack, den, or community bike rodeo.
- _____ 3. Demonstrate how to repair a flat tire on a bicycle.

- _____ 4. Make a poster illustrating different types of early bikes and show it to your den.
- _____ 5. Give a demonstration to your den or pack on the proper use of safety equipment and gear.
- _____ 6. With the help of a parent or adult partner, register or reregister your bicycle.
- _____ 7. Go on a "bicycle hike" with your family or den. Obey traffic rules related to bicycling.
- _____ 8. Repair or restore a nonfunctioning bicycle to a safe condition. Include the installation of all proper safety devices.
- _____ 9. Visit a bicycle race or exhibition.
- _____ 10. Help set up a bike rodeo or bike competition for your pack.

Resources

Contact the following for information on bicycling in your community:

- AAA traffic consultants
- Bicycle clubs/organizations
- Bicycle shops
- Local government bicycle coordinator
- Local safety councils
- Parks and recreation department
- Physical education teachers
- Police department safety officers

Books About Cycling

Greg LeMond's Complete Book of Bicycling, Greg LeMond (Perigee Books, 1990)

Sloane's Complete Book of Bicycling, Eugene Sloane (Fireside, 1995)

Bicycle Repair: Step by Step, Rob van der Plas (Bicycle Books, 1995)

Bicycling Magazine's Complete Guide to Bicycle Maintenance and Repair, Including Road Bikes and Mountain Bikes (Rodale Press, 1994)

Some Riding Safety Tips

- Be equipped properly (including reflectors!).
- Always wear a helmet.
- Obey traffic signs and signals.
- Never ride against traffic.
- Follow lane markings.
- Use hand signals.
- Choose the best way to turn left: signaling and turning from the left lane, or riding to the far-side crosswalk and walking your bike across the street.
- Ride in a straight line.
- Don't pass on the right.
- Don't weave between parked cars or cars stopped in traffic.
- Ride slowly on sidewalks.
- Keep your bike in good repair.
- Watch for cars pulling out in front of you.
- Scan the road behind you (you might want to have a rearview mirror).
- Use lights at night.
- Avoid road hazards.
- Dress appropriately.
- Know how to stop suddenly.
- Use a pack or rack to carry things.

Cycling Organizations

Adventure Cycling Association

150 E. Pine, P.O. Box 8308
Missoula, MT 59807
Phone: 406-721-1776, 1-800-755-2453 (toll free)
Fax: 406-721-8754
Web site: <http://www.adv-cycling.org>

American Bicycle Association

P.O. Box 718
Chandler, AZ 85244
Phone: 480-961-1903; fax 480-961-1842
Web site: <http://www.ababmx.com>
Sanctions American BMX bicycling.

National Center for Bicycling & Walking (NCBW)

Phone: 410-570-5765
Web site: <http://www.bikewalk.org>
Promotes bicycling transportation and recreation and provides information to bicycle activists and government officials.

Bicycle Helmet Safety Institute

4611 Seventh St. South
Arlington, VA 22204-1419
Phone: 703-486-0100
Web site: <http://www.bhsi.org>
A helmet advocacy program of the Washington Area Bicyclist Association. Provides information about helmets and safety.

League of American Bicyclists

1612 K St., NW, Suite 800
Washington, DC 20006-2850
Phone: 202-822-1333; fax: 202-822-1334
Web site: <http://www.bikeleague.org>
National organization of bicycle enthusiasts. Promotes bicycling for recreation and transportation and increases bicycle safety awareness by educating bicyclists and road users.

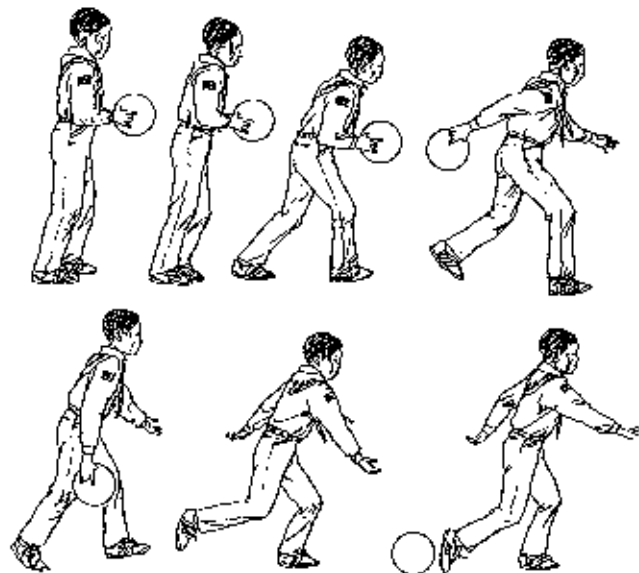
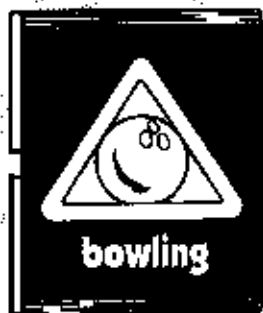
National Bicycle League

3958 Brown Park Drive, Suite D
Hilliard, OH 43026
Phone: 614-777-1625, 1-800-886-BMX1 (toll free)
Fax: 614-777-1680
Web site: <http://www.nbl.org>
Sanctions BMX, Formula One, and freestyle bicycling.

USA Cycling

210 USA Cycling Point
Colorado Springs, CO 80919
Phone: 719-434-4200
Web site: <http://www.usacycling.org>
The national body for competitive cycling in the United States.

Cub Scout Sports: Bowling



REQUIREMENTS

Tiger Cubs, Cub Scouts, and Webelos Scouts may complete requirements in a family, den, pack, school, or community environment. Tiger Cubs must work with their parents or adult partners.

Parents and partners do not earn loops or pins.

Belt Loop

Complete these three requirements:

- _____ 1. Explain to your leader or adult partner the rules of courtesy and safety for bowling.
- _____ 2. Show how to pick out a ball of proper weight and with finger holes that fit your hand.
- _____ 3. Play a complete game with your family or den.

Sports Pin

Earn the Bowling belt loop and complete five of the following requirements:

- _____ 1. Read about the history of the sport of bowling. Tell your den or an adult family member about what you learned.
- _____ 2. Explain to your den or an adult family member the meaning of the following terms: strike, spare, split, miss, and foul. Show their symbols for scoring.
- _____ 3. Demonstrate proper stance, delivery, balance, and follow-through to your leader or adult partner.
- _____ 4. Try different types of delivery and hand positions and see which work best for you.
- _____ 5. Score a complete game using a score sheet and the proper symbols, or explain the symbols and scoring on a computer-generated score sheet.
- _____ 6. Play at least four games and chart your progress. Figure out your average score.
- _____ 7. Compete in a Scout, family, school, or community bowling tournament.
- _____ 8. Take bowling lessons.
- _____ 9. Attend a parent, high school, college, or professional bowling competition.
- _____ 10. Visit a bowling alley and learn about the care and maintenance of the bowling lanes, pins, and racks.

Resources

The National Bowling Association, Inc.

9944 Reading Road

Evendale, OH 45241-3106

Phone: 513-769-0908; fax: 513-769-1985

Web site: <http://www.tnbainc.org>

Open to all who are committed to the principles of sportsmanship, fellowship, and friendship in bowling.

United States Bowling Headquarters

621 Six Flags Drive

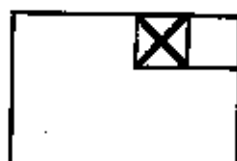
Arlington, TX 76011

Toll-free phone: 800-514-BOWL (2695)

Web site: <http://www.bowl.com>

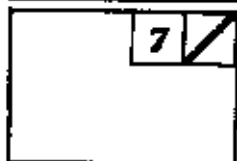
Scoring

A game consists of 10 *frames*. Each frame has two small boxes at the top. You put the number of pins you knock down with the first ball in the first box, and the number you knock down with the second ball, in the second box. Then you total the two numbers and put that in the larger box. If you knock them all down on the first ball, that's a *strike*. Special scoring markings are shown below.



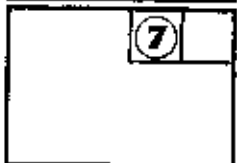
X—strike.

A strike is worth 10 points plus the count on the next two frames.



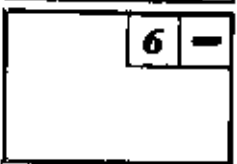
/—spare.

Including the number before it, a spare totals 10 plus the count on the next frame.



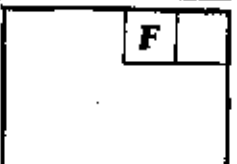
0—split.

Indicates that the pins were split when that number was recorded.



—, no points.

No pins were knocked down for any points on that approach.



F—foul.

No points were scored because the bowler stepped on the foul line.

Some Bowling Terms

approach. The area, at least 15 feet long, on which the player moves toward the foul line and throws the ball.

delivery. The act of pushing away, swinging, walking, releasing the ball, and following through.

double. Two consecutive strikes.

foul. Touching or moving beyond the foul line while delivering the ball.

frame. One-tenth of a game. Each square on a score sheet is one frame.

gutter ball. A ball that rolls off the lane into the gutter.

Leave. The pins left standing after the first ball has been delivered.

spare. Knocking down all the pins in two deliveries.

split. Two or more pins left standing with a pin down immediately between or ahead of them (providing the first pin, or the *headpin*, is down).

strike. Knocking down all the pins with the first ball.

Bowling Rules of Courtesy

- Be ready to bowl when it's your turn. Don't delay the game.
- Don't approach the lane if someone else is using it.
- Stay on your own approach lane.
- Don't let your reaction to your play take you into another approach area.
- When you have completed your delivery, step back off the approach. This enables bowlers on the other lanes to bowl without distraction.
- The bowler to your right has the right of way.
- Respect the equipment. Don't throw two balls in rapid succession, as this can damage the equipment. Wear only bowling shoes on the approach area.
- You should use only your own ball or the ball you have chosen to use.
- Stay back of the foul line at all times.
- After your game, always return your ball to the storage rack. Return rental shoes to the counter.
- Play to win, but be a good sport when you lose.
- Keep an accurate score of your game by keeping score correctly.

Cub Scout Sports: Fishing



REQUIREMENTS

Tiger Cubs, Cub Scouts, and Webelos Scouts may complete requirements in a family, den, pack, school, or community environment. Tiger Cubs must work with their parents or adult partners. Parents and partners do not earn loops or pins.

Belt Loop

Complete these three requirements:

- _____ 1. Review your local fishing regulations with your leader or adult partner. Explain why they are important, and commit to following them.
- _____ 2. Demonstrate how to bait a hook properly.
- _____ 3. Spend at least 30 minutes trying to catch fish.

Sports Pin

Earn the Fishing belt loop and complete five of the following requirements:

- _____ 1. Compete in a pack or community fishing tournament.
- _____ 2. Demonstrate how to clean a fish in preparation for cooking and eating it. Properly dispose of any waste.
- _____ 3. Prepare a report on three different kinds of fish. Include information on preferred habitats, feeding habits, and recommended fishing techniques, baits, and equipment needed to catch it. Tell your den or an adult family member what you learned.
- _____ 4. Draw a picture of three different types of fishing reels. Explain how each works.
- _____ 5. Identify three different fishing flies that are used in places you like to fish. Use at least one to fish.
- _____ 6. Practice casting for 30 minutes at a target 30 feet away.
- _____ 7. Select a species of fish and draw a picture of it, correctly labeling each part and its function.
- _____ 8. Replace the line in a fishing reel.
- _____ 9. Make a simple pole and line fishing rig. Use it to catch a fish.
- _____ 10. Catch a fish using artificial bait or lures.
- _____ 11. Practice fishing on five occasions, complying with local fishing regulations and the Outdoor Code.

Resources

No matter where you live, you can get information on good places to fish. Look in your telephone directory for one or more of the following:

- **Your local library.** Ask the librarian to help you find books and other resources on fishing.
- **State natural resources, conservation, or fish and game department.** Most have free or inexpensive fishing booklets that describe the fish found in your state's waters and tell you how to catch them.
- **County and local agencies.** Your county forest preserve system or community park district may have information about ponds, lakes, and streams stocked with fish.
- **Chambers of commerce.** Many communities have a chamber of commerce that provides information to tourists planning to visit the area.
- **Fishing tackle stores.** These can be good places to ask someone about places to fish.
- **Sport fishing clubs.** Ask at your nearest fishing tackle store how you can contact a local club.

American Sportfishing Association

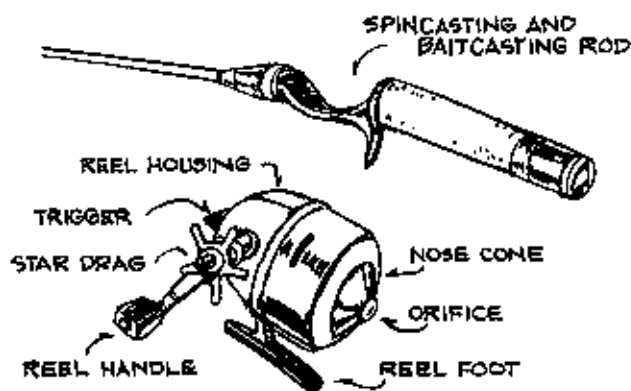
225 Reinekers Lane, Suite 420

Alexandria, VA 22314

Phone: 703-519-9691; fax: 703-519-1872

Web site: <http://www.asafishing.org>

Industry association working to ensure healthy and sustainable fisheries resources and increase sportfishing participation through education, conservation, promotion, and marketing.



Casting rod and reel

The Outdoor Code

As an American, I will do my best to—

Be clean in my outdoor manners.

I will treat the outdoors as a heritage. I will take care of it for myself and others. I will keep my trash and garbage out of lakes, streams, fields, woods, and roadways.

Be careful with fire.

I will prevent wildfire. I will build my fires only where they are appropriate. When I have finished using fire, I will make sure it is cold-out. I will leave a clean fire ring, or remove all evidence of my fire.

Be considerate in the outdoors.

I will treat public and private property with respect. I will use low-impact methods of hiking and camping.

Be conservation-minded.

I will learn how to practice good conservation of soil, waters, forests, minerals, grasslands, wildlife, and energy. I will urge others to do the same.

Fishing Safety

Fishing is safe if you always follow common sense safety rules.

1. When walking near water, step carefully. Grass and weeds can hide deep holes, and wet ground can collapse suddenly into the water.
2. Don't cast near others, and always look before you cast.
3. Carry a basic first-aid kit.

Fishing From a Boat

1. Always have an adult with you when you fish from a boat.
2. Always wear a personal flotation device (PFD).
3. Don't stand or move quickly in boats.
4. Watch the wind and the water. If it looks like a storm is coming, get off the water and take shelter.

Thunderstorm Precautions

1. If you are fishing from the shore, take shelter in a car or building.
2. If there is any lightning, avoid trees, especially ones standing alone.
3. Don't carry a fishing rod in your hand during a thunderstorm; some rods can conduct electricity.

Cub Scout Sports: Flag Football



REQUIREMENTS

Tiger Cubs, Cub Scouts, and Webelos Scouts may complete requirements in a family, den, pack, school, or community environment. Tiger Cubs must work with their parents or adult partners. Parents and partners do not earn loops or pins.

Belt Loop

Complete these three requirements:

- ___ 1. Explain or discuss the simple rules of flag football with your den.
- ___ 2. Practice running, passing, and catching skills for at least 30 minutes.
- ___ 3. Play a game of flag football.

Sports Pin

Earn the Flag Football belt loop and complete five of the following requirements:

- ___ 1. Layout and properly mark a flag football field at a park or playground.
- ___ 2. Explain the difference between defense and offense in a flag football game.
- ___ 3. Describe five different positions a player may play in flag football. Name the position that you prefer to play.
- ___ 4. During three half-hour sessions, practice the skills of passing, hand-offs, rushing, and running.
- ___ 5. Participate in a flag-football clinic.
- ___ 6. Consider all the people who make it possible to play a game of flag football. List parents, coaches, team members, scorekeepers, referees, groundskeepers, etc.
- ___ 7. Play in five flag football games without incurring a penalty.
- ___ 8. Explain and demonstrate at least six football officiating signals.
- ___ 9. Attend a high school, college, or community league football game.
- ___ 10. Read a book about a football player and tell your den or family about the player's training and work ethics.
- ___ 11. Talk with a referee or official of a high school, college, or community football league and learn about his or her responsibilities at a football game.

Resources

Check the sports section of your local library for information on flag football. If you have access to the Internet, try using various search engines to look for the information you need. (Be sure you have your parent's or adult partner's permission first.)

Your local parks and recreation office may also provide flag football information or programs.

The official NFL site for kids:
<http://www.playfootball.com>

The CFI/NFL flag football Web site:
<http://www.nflcanada.com>

Standard Flag Football Field Layout



Adults: when playing flag football with youth:

- Make it fun.
- Limit standing around.
- Allow everyone to play.
- Teach every position to every participant.
- Emphasize the fundamentals.
- Incorporate a progression of skill development for every participant.
- Keep it positive.

Simple Flag Football Rules

1. Blocking and tackling are not allowed.
2. There is no kick-off; each game starts with a coin toss.
3. A game is two 20-minute halves; the teams change sides at halftime.
4. Each team has five members on the field and one or more substitutes.
5. Players cannot guard their flags.

Official's Scoring Signals



Ball ready for play



Start clock



End of period



Time out



*Touchdown or
Field goal*



Safety



First down



*Incomplete
forward pass*



*Penalty
declined;
no play*

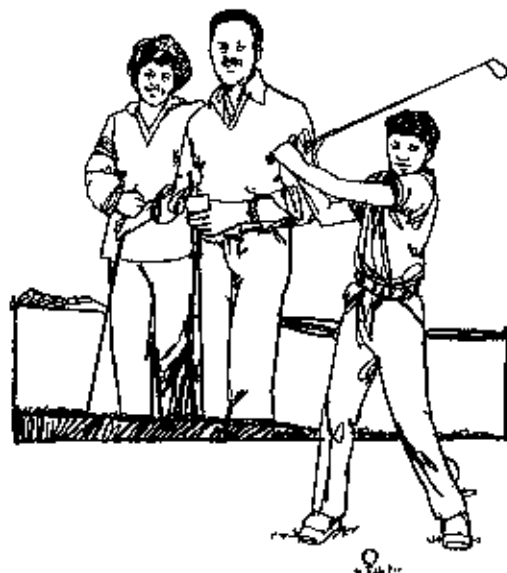


Delay of game



*Sideline
interference*

Cub Scout Sports: Golf



REQUIREMENTS

Tiger Cubs, Cub Scouts, and Webelos Scouts may complete requirements in a family, den, pack, school, or community environment. Tiger Cubs must work with their parents or adult partners. Parents and partners do not earn loops or pins.

Belt Loop

Complete these three requirements:

- _____ 1. Explain the rules of golf to your leader or adult partner. Explain the need for caution concerning golf clubs and golf balls.
- _____ 2. Spend at least 30 minutes practicing golfing skills at a driving range.
- _____ 3. Spend at least 30 minutes practicing golfing skills at a chipping/putting range.

Sports Pin

Earn the Golf belt loop and complete five of the following requirements:

- _____ 1. Explain the use of woods and irons. Explain their differences.
- _____ 2. Explain how par is determined for a hole.
- _____ 3. Demonstrate the proper grip of the club to your leader, adult partner, or instructor.

- _____ 4. Spend 30 minutes, over one or two practice periods, practicing the swing styles: full swing, approach swing, and putting swing.
- _____ 5. Spend 30 minutes, over one or two practice periods, practicing aim, stance, and the address position.
- _____ 6. Draw a diagram of a typical golf hole, from tee to green.
- _____ 7. Demonstrate your knowledge of the use and care of golf equipment: clubs, ball, tee, bag, shoes, and gloves.
- _____ 8. Describe the composition of a regulation golf ball.
- _____ 9. Take golf lessons.
- _____ 10. Spend 30 minutes, over one or two practice periods, hitting balls on a driving range.
- _____ 11. Play miniature golf.

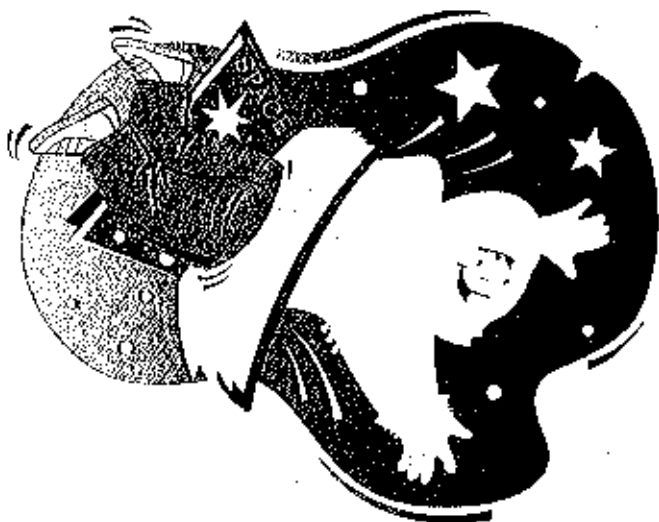
Rules of Play

- The ball may be placed on the wooden or plastic tee between the tee markers, at the beginning of each hole.
- All strokes and attempted strokes count.
- All penalty strokes must be added to the score for the hole on which you received them.
- If you lose a ball and cannot find it after five minutes of searching, or if you hit it out of bounds, you must hit another ball from right where you are, not from where the ball was lost or where it went out of bounds. You must count both of these hits. You must also add a penalty stroke for losing the ball or hitting it out of bounds.
- If your ball is against a tree or under some bushes or anywhere else you cannot play it, you may move it. Add one penalty stroke for moving it. You cannot move it closer to the hole, but you can take it back to where you last hit it.
- You are given free lifts from some places on the course. You can lift your ball and move it—without penalty—one club length to a place where you can swing freely. The places where you can get a free lift are benches or buildings, those that are marked by the golf course as being “ground under repair,” those that have puddles on them, and those that have holes made by animals.
- If your ball lands in a water hazard, you must add an extra stroke penalty, unless you can play the ball out of the water.
- When your ball goes into a bunker, you must hold your golf club above the sand when you are in your address position. If you touch the sand when you are addressing the ball, you have to add two strokes as a penalty. The same rule is true if you are hitting a ball out of a water hazard.
- Make sure you can always identify your ball. There is a two-stroke penalty for hitting someone else's ball instead of yours.
- When you are putting on the putting green, make sure that you ask other players to mark their balls with a small coin or marker so that your ball will not hit theirs.
- Any time you move a ball, whether it is with penalties or without, you must follow rules for dropping it. The rule for dropping a ball legally is to stand erect, extend your arm fully at shoulder height, and let the ball drop. When you drop the ball, it must not roll any closer to the hole, nor can it touch you or your equipment. You will have to drop it again if any of these things happen, but there is no penalty.

Resources

Besides checking your local library for books about golf, contact your local high school or college or university to find out whether they have a golf program and information. Also, a professional at your local golf club can be a valuable resource.

The complete, official rules of golf are available via the World Wide Web at <http://www.usga.org>.



Cub Scout Sports: Gymnastics



REQUIREMENTS

Tiger Cubs, Cub Scouts, and Webelos Scouts may complete requirements in a family, den, pack, school, or community environment. Tiger Cubs must work with their parents or adult partners. Parents and partners do not earn loops or pins.

Belt Loop

Complete these three requirements:

- _____ 1. Explain the six events of men's gymnastics: floor exercise, pommel horse, still rings, vaulting/side horse, parallel bars, and horizontal bar.
- _____ 2. Explain the safety rules you should follow to learn gymnastics.
- _____ 3. Participate in an exercise from three of the six events using the proper equipment and techniques.

Sports Pin

Earn the Gymnastics belt loop and complete five of the following requirements:

- _____ 1. Write a report on the history of gymnastics. Tell your den or an adult family member what you learned.
- _____ 2. Take gymnastics lessons.

- _____ 3. Attend a gymnastics meet.
- _____ 4. Practice and demonstrate five floor exercise skills.
- _____ 5. Practice and demonstrate two skills used on the pommel horse.
- _____ 6. Demonstrate two skills on the still rings.
- _____ 7. Demonstrate two skills using parallel bars.
- _____ 8. Demonstrate two skills using the horizontal bar.
- _____ 9. Demonstrate a vault using the side horse.
- _____ 10. Develop a regular routine of physical and mental conditioning.
- _____ 11. Learn about three U.S. gymnasts who have won medals in the Olympics. Tell your den or an adult family member what you learned about them.

Resources

You can contact the state or regional gymnastics director by writing to USA Gymnastics for the director's name and telephone number or by calling member services toll free at 800-345-4719.

USA Gymnastics

132 E. Washington St., Suite 700
Indianapolis, IN 46204

Phone: 317-237-5050; fax: 317-237-5069

Web site: <http://www.usa-gymnastics.org>

Recommended Reading

The Young Gymnast, by Joan Jackman. DK Publishing, 1995.

Gymnastics, by Dan Gutman. Puffin, 1998.

I Can Do Gymnastics: Essential Skills for Beginning Gymnasts, by USA Gymnastics. Spaulding Sports Library, Masters Press, 1993.

USA Gymnastics Safety Handbook, by USA Gymnastics. Available from USA Gymnastics.

All-Around Fun and Fitness

Gymnastics is truly the most diversified of all the sports activities because it involves many different types of exercise that work all of the muscles of the body.

These exercises were designed to develop strength and coordination. As a result, the skills and techniques learned through gymnastic activities will help you in other sports. You'll find that there is a strong relationship between gymnastics and diving, track and field, football, and many other sports.

Gymnastics builds body and character. It will strengthen your self-discipline and raise your self-esteem. But most important, gymnastics is fun.

It is important to listen and follow your coach's instructions and directions. Doing so will help keep you safe and help prevent injuries.

Floor Exercise Skills

forward roll. A tumbling skill done by rolling forward from a squat stand into a tuck or pike position, and finishing in a straight stand.

backward roll. A tumbling skill done by rolling backward from a squat stand into a straight stand.

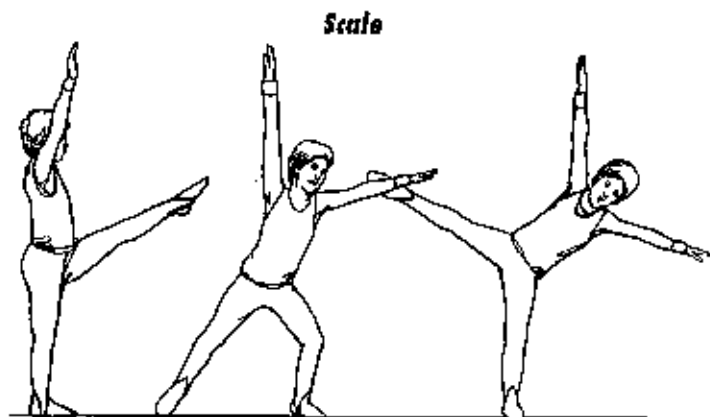
headstand. A balance skill in which the body is upside down in a straight line and supported by the hands and the head; should be held for two seconds.

handstand. A balance skill in which the body is upside down in a straight line, supported by the hands only; should be held for two seconds.

scale. A balance skill in which the weight is supported by one leg.

cartwheel. A tumbling skill in which the body moves from a stand to a straddled handstand and finishes in a straight stand.

roundoff. A tumbling skill in which a half turn is done during a handstand; a cartwheel with the addition of a quarter turn.



Cub Scout Sports: Hiking



REQUIREMENTS

Tiger Cubs, Cub Scouts, and Webelos Scouts may complete requirements in a family, den, pack, school, or community environment. Tiger Cubs must work with their parents or adult partners. Parents and partners do not earn loops or pins.

Belt Loop

Complete these three requirements:

- _____ 1. Explain the hiking safety rules to your den leader or adult partner. Practice these rules while on a hike.
- _____ 2. Demonstrate proper hiking attire and equipment.
- _____ 3. Hike at least 30 minutes with your adult partner, family, or den.

Sports Pin

Earn the Hiking belt loop and complete five of the following requirements:

- _____ 1. Make a chart and record at least five hours of hiking.
- _____ 2. Help plan a den, pack, or family hike.
- _____ 3. Earn Cub Scouting's Leave No Trace Awareness Award.
- _____ 4. Earn the Cub Scout Outdoor Activity Award.
- _____ 5. Learn seven trail signs and tell your den leader or adult partner what they are.
- _____ 6. Be able to identify five different trees and five different birds on your hike. (These can be of the same species if multiple species are hard to find.)
- _____ 7. Using pictures or photographs, identify three poisonous plants. (Examples are poison ivy, poison sumac, and poison oak; oleander, poinsettia, etc.). Watch for these plants while on a hike.
- _____ 8. Take two different hikes for different purposes, for example, a nature hike, neighborhood hike, historical hike, city hike, stop-look-and-listen hike, and so on.
- _____ 9. Explain to your den leader or adult partner what a compass is and show how to use one on a hike.
- _____ 10. Explain to your den leader or adult partner what a global positioning system is and demonstrate how to use one on a hike.
- _____ 11. With visuals such as pictures or maps, report about one of your hikes to your den. Tell about how you prepared for your hike, who went with you, and what you saw.

Hiking Resources

Hiking clubs/organizations, sporting goods stores, local safety councils, and city parks and recreation departments often will have literature and other free resources.

American Hiking Society

Web site: <http://www.americanhiking.org>

Local Hikes

Web site: <http://www.localhikes.com>

Books About Hiking

Follow the Trail: A Young Person's Guide to the Great Outdoors, by Jessica Loy. Henry Holt and Co., 2003.
Trekking on a Trail, by Linda White. Gibbs Smith, 2000.

Fun Hikes for Different Purposes

City hike. Identify different buildings and businesses and talk about their use. Notice the different details of the buildings. Carefully follow safety rules.

Color hike. Make a list of colors to find when you go hiking. Then, look for objects of the colors on your list and note what you saw.

Historical hike. Hike to a historical spot. Know the history before going on the hike.

Nature hike. While hiking, identify and discuss what you see in nature. Demonstrate how you show respect for nature.

Neighborhood hike. Hike around your neighborhood and identify the homes, parks, schools, places of worship, and other areas of interest that are close to your home.

Stop-look-and-listen hike. Hike for a specific length of time or for a certain number of steps. Then stop and write down all that you see and hear. Make several stops.

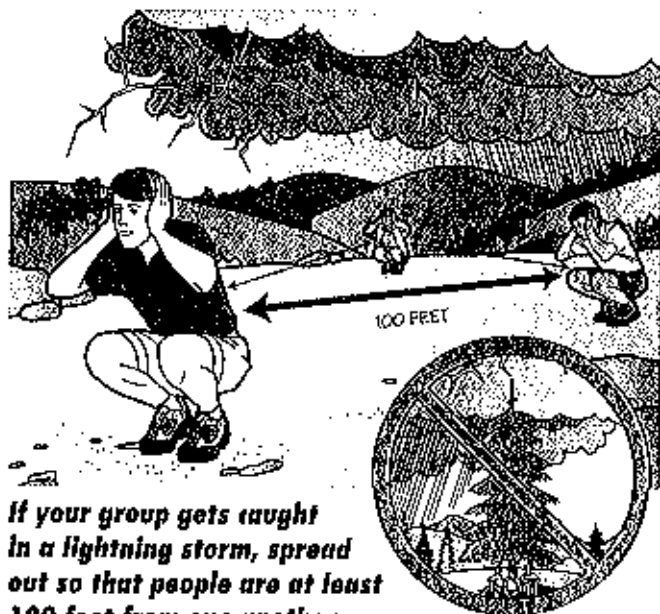
Hiking Safety

- Always tell someone where you are going and when you will return.
- Never hike alone or at night; use the buddy system.
- Dress properly for the weather and environment.
- Wear sun and insect protection.
- Take an extra pair of socks in case you need to change.
- Obey traffic signs and signals.
- Avoid hiking along roadways.
- Stay on the trail.
- Be alert to your surroundings.
- Don't litter as you hike.
- Be alert to dangerous animals, insects, and plants. Never touch a wild animal.
- Take 1 pint of water for each hour you will be hiking. Never drink untreated water.

Hiking Gear

Take these outdoor essentials with you on your outdoor adventure. The items below may help you avoid emergencies and can make a pleasant hike even better.

- Rain gear
- Full water bottle
- Trail food
- Flashlight
- Fanny pack or backpack to carry your items
- First-aid kit—one per group
- Map and compass—one per group
- Watch—one per group to pace your travels and return home when you are expected



If your group gets caught in a lightning storm, spread out so that people are at least 100 feet from one another. Crouch low with only the soles of your shoes touching the ground.

Cub Scout Sports: Hockey



REQUIREMENTS

Tiger Cubs, Cub Scouts, and Webelos Scouts may complete requirements in a family, den, pack, school, or community environment. Tiger Cubs must work with their parents or adult partners. Parents and partners do not earn loops or pins.

Belt Loop

Complete these three requirements:

1. Explain ways to protect yourself while skating. Demonstrate how to put on all necessary safety equipment. Explain why proper safety equipment is important.
2. Spend 30 minutes practicing the skills of hockey: skating, stick handling, passing, shooting, and checking. This may be over two different practice periods.
3. Play a game of hockey while on roller skates or hockey skates.

The Hockey belt loop and pin include roller hockey and ice hockey. You may complete requirements in either or both activities.

Sports Pin

Earn the Hockey belt loop and complete five of the following requirements:

1. Participate in a pack, school, or community hockey tournament or in a supervised hockey league.

2. Participate in a hockey skills development clinic.
3. Spend at least 30 minutes practicing the skills of hockey: skating, stick handling, passing, shooting, and checking. This may be over two different practice periods.
4. Draw the layout of the playing surface for a hockey game including the starting positions of the goalie, three forwards (two wings and a center), and two defenders.
5. Demonstrate foul signals. Explain to your den or team why players should avoid fouls.
6. Attend a high school, college, or professional hockey game.
7. Demonstrate hockey terms (for example, assist, breakaway, deke, draw, pulling the goalie, and so on.) to another team member or adult.
8. Learn about a U.S. Olympic hockey team and report what you learn to your den or family.
9. Watch an ice resurfacing machine at an ice rink. Report to your den or family about the history of the machine commonly known as the Zamboni and how it is used.

Resources

USA Hockey

Web site: <http://www.usahockey.com>

National Hockey League

Web site: <http://www.nhl.com>

Hockey Terms

Assist is a pass that leads to a goal. It counts as one point in individual scoring statistics.

Breakaway happens when a player gets control of the puck and skates past the defenders for a clear shot at the goal.

Centering the puck happens when a player passes the puck to a spot in front of the opponent's goal.

Deke is the term for faking an opponent out of position.

Face-off is the procedure used to begin play. A player from each team stands opposite from each other. A referee drops the puck between the two, and play begins. **Draw** is another name for the face-off.

Hat trick is the term for three goals scored by one player during a game.

Pulling the goalie is an offensive strategy in which a team replaces its goalkeeper with another skater to strengthen that team's offensive attack.

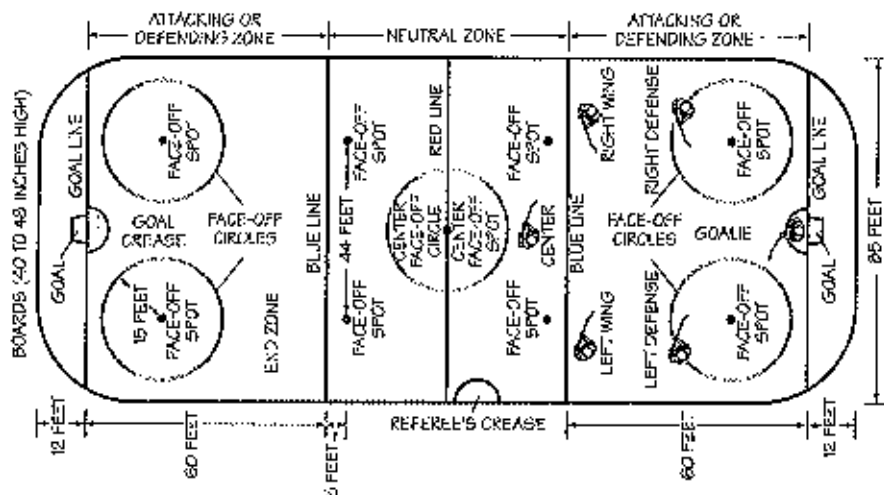
Screen shot is a shot on goal in which the goalkeeper's vision is partially or completely blocked by another player in front of him.

Shot on goal is a shot at the goal that would go into the net if not stopped or deflected.

Hockey Skills

1. **Skating** is the most important hockey skill. Players must be able to turn sharply, skate backward, and perform many other maneuvers—all at top speed.
2. **Stick handling** is the use of the stick to control the puck. In the most common form, a player moves the puck first with one side of the blade and then with the other while skating.
3. **Passing** is the action of striking the puck and sending it toward a teammate. In most cases, players use their sticks to push the puck toward a receiver.
4. **Shooting** is the skill needed to drive the puck into the goal cage to score goals. As in passing, a player moves the puck using the stick.
5. **Checking** happens when a player wants to get the puck away from an opponent or to slow down an opponent. There are two main types of checks: stick checks and body checks. For a **stick check**, a player uses the stick to hook or poke the puck away from an opponent's stick. In a **body check**, a player bumps against an opponent with a hip or shoulder to try to block the opponent's progress or throw the opponent off balance.

Players wear skates, helmets, pads (shoulder, hip, elbow, and shin), and gloves. Youth players are also required to wear neck guards, mouth guards, and cups.



Typical hockey rink

Cub Scout Sports: Horseback Riding



REQUIREMENTS

Tiger Cubs, Cub Scouts, and Webelos Scouts may complete requirements in a family, den, pack, school, or community environment. Tiger Cubs must work with their parents or adult partners. Parents and partners do not earn loops or pins.

Belt Loop

Complete these three requirements:

- _____ 1. Explain five safety precautions for when you are near a horse.
- _____ 2. With help from an experienced horse handler, demonstrate how to safely mount and ride a horse and then how to safely dismount the horse.
- _____ 3. Go on a supervised horseback ride for at least 20 minutes. Wear an approved helmet (such as one approved for horseback riding by the ASTM, or American Society for Testing and Materials).

Sports Pin

Earn the Horseback Riding belt loop and complete five of the following requirements:

- _____ 1. Learn about three famous horses. Explain why these horses were well-known.
- _____ 2. Using pictures of these different animals, explain to your den or family the difference between a horse, pony, mule, and donkey.
- _____ 3. Explain how a horse is measured and what a "hand" equals when measuring a horse.

- _____ 4. Using a picture, point out these main parts of a horse: forehead, muzzle, mane, withers, point of hip, knee, hoof, and root of tail.
- _____ 5. Describe three different breeds of horses and explain what feature makes each breed special.
- _____ 6. Using photos or pictures you have drawn, explain to your den or family at least three different ways that horses can help us.
- _____ 7. Name five things healthy for a horse's diet.
- _____ 8. Tell why it is important to wear an approved riding helmet when you go horseback riding.
- _____ 9. Photograph or draw a picture of the saddle you used for the ride you took to earn the belt loop.
- _____ 10. With your parent or adult partner, visit a veterinarian who cares for horses. Write the answers to three questions you ask him or her.
- _____ 11. Spend at least 15 minutes before and after your ride getting to know your horse by talking calmly to it and stroking it slowly.
- _____ 12. Go on a supervised horseback ride for at least 30 minutes. Dress appropriately and show that you can safely mount and dismount the horse.

Resources

United States Pony Manual of Horsemanship: Basics for Beginners, by Susan Harris. Howell-Book House, 1994.

Hands-On Horse Care, by Karen Hayes. Trafalgar Square Press, 1997.

Horsechannel.com

Web site: <http://www.horsechannel.com>

United States Pony Clubs

Web site: <http://www.ponyclub.org>

Safety With Horses

You should always ride under the guidance of an experienced horse handler—never alone.

- Never startle a horse; speak reassuringly to the horse as you approach.
- Never approach a horse from the rear. A horse has a blind spot directly behind it. You might startle it and cause it to kick, which could result in serious injury.
- While working around a horse, stay close to the front or sides where it can see you and will not be tempted to kick you and, if it does kick, you will not be struck with the full force of its kick.
- Always mount a horse in an open area, never in a barn or near trees, fences, or overhangs. If a horse should sidestep, it could force you to bump up against any of these obstacles, and you could be injured.
- Never cross a paved road. A horse's hooves slip easily on pavement, and it is not a good surface for horseback riding, in particular for beginner riders.

Famous Horses

Legendary horses may have been owned by someone famous, have done well at the race track, be fictional, or have even been on TV or in films.

Black Beauty, star of a storybook by Anna Sewell
BlackJack, a military horse with a distinguished career, having participated in the state funerals of presidents John F. Kennedy, Herbert Hoover, Lyndon B. Johnson, and Gen. Douglas MacArthur
Man O' War, the incredible Thoroughbred whose stride averaged 25 to 28 feet

Mister Ed, TV's famous talking horse

Pegasus, the winged horse represented in a constellation and Greek mythology

Traveller, the faithful horse of Civil War Gen.

Robert E. Lee

Trigger, who appeared on TV with famed cowboy Roy Rogers

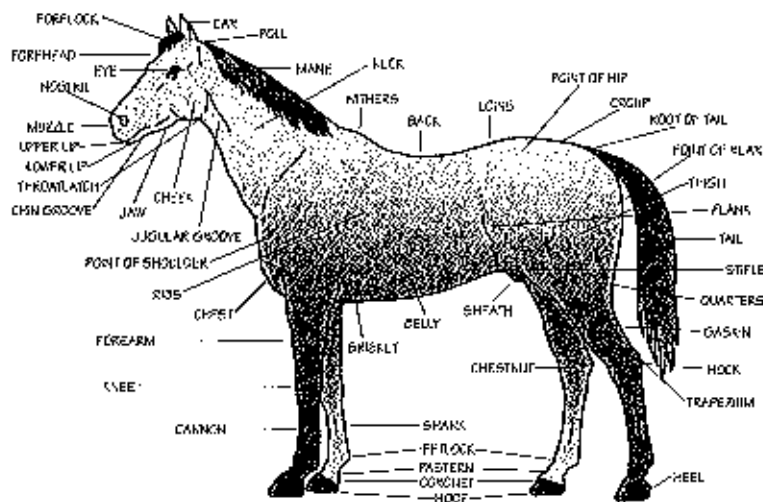
Horse Breeds to Learn About

American Saddlebred, Appaloosa, Arabian, Clydesdale, Morgan, Mustang, Paint, Pinto, quarter horse, Shetland, Tennessee walking horse, Thoroughbred

See the BSA's *Guide to Safe Scouting* at www.scouting.org for horseback riding guidelines.

When horseback riding, it's important to dress properly. You must wear an approved helmet (such as one approved for horseback riding by the ASTM). A long-sleeved shirt, jeans, and sturdy shoes or boots will protect you during a ride.

Parts of a Horse



Cub Scout Sports: Ice Skating



REQUIREMENTS

Tiger Cubs, Cub Scouts, and Webelos Scouts may complete requirements in a family, den, pack, school, or community environment. Tiger Cubs must work with their parents or adult partners. Parents and partners do not earn loops or pins.

Belt Loop

Complete these three requirements:

- ___ 1. Explain ways to protect yourself while ice skating, and the need for proper safety equipment.
- ___ 2. Spend at least 30 minutes practicing the skills of skating.
- ___ 3. Go ice skating with a family member or den for at least three hours, in up to three one-hour outings. Chart your time.

Sports Pin

Earn the Ice Skating belt loop and complete five of the following requirements:

- ___ 1. Participate in a pack or community ice skating event.
- ___ 2. Demonstrate how to sharpen your skates correctly.
- ___ 3. Demonstrate how to lace, assemble, and disassemble your skates correctly.
- ___ 4. On two different occasions, spend at least 15 minutes practicing warm-up exercises before 30 minutes of skating.

- ___ 5. Play a skating game on the ice.
- ___ 6. Learn and demonstrate two new figure-skating skills; forward swizzles, glides, backward swizzles, and backward wiggle.
- ___ 7. Demonstrate how to "start" in a speed skating race.
- ___ 8. Explain the difference between long-track and short-track speed skating.
- ___ 9. Participate in a skating skill development clinic.
- ___ 10. Tell about an Olympian athlete in figure skating or speed skating. What were some of his or her best traits?
- ___ 11. Play a game of ice hockey.
- ___ 12. Participate in a hockey skill development clinic.

The Ice Skating belt loop and pin include hockey, speedskating, and figure skating. See Roller Skating for information on roller blading and inline skating.

Resources

Ice Skating Institute of America

6000 Custer Road

Plano, TX 75023

Phone: 972-735-8800

Website: <http://www.skateisi.com>

U.S. Speed Skating

5662 South 4800 West

Kearns, UT 84118

Phone: 801-417-5360

Website: <http://www.uspspeedskating.org>

Your local library is an excellent source of information about skating. You can check with any skating centers in your area. There might also be a local skating club where you can obtain more information.

In addition to metric racing, the United States and Canada also skate pack-style long track, with up to eight skaters on the track.

Short Track

- Is skated on standard (200-by-85-meter) or Olympic size (200-by-100-meter) hockey rinks
- Is skated on a track of 111 meters

Four to six skaters start on the line, with the first skater across the finish line declared the winner.

Races are skated from 500 meters to 3,000 meters for adults, with shorter races for children.

Long- and short-track skaters can begin their ice experience as early as 5 years old, while many adult skaters continue through their 60s and 70s.

Types of Ice Skates

Skating Rules

- Make sure your skates are laced firmly.
- Always watch where you are going.
- Skate in the same direction as everyone else.
- Do not skate too fast.
- Do not skate behind people and surprise them.
- Do not tease others who are learning to skate.

Ice Skating Games

Noncompetitive: Racing on Ice, Relay Races, Sprint Races, and Lap Races.

Competitive: Skill Competitions, and Obstacle Course Skills Competition.

Speed Skating on Ice

The World's Fastest Self-Propelled Sport

Ice speed skating is composed of two styles: long-track (metric) and short-track speed skating.

Long Track

- Is skated on a 400-meter oval
- Is a competition against the clock

Two skaters on the track compete for time in distances from 500 to 10,000 meters.



Rink skate



Speed skate



Figure skate



Hockey skate

This Cub Scout sports program was developed in cooperation with the Ice Skating Institute of America.

Cub Scout Sports: Kickball



REQUIREMENTS

Tiger Cubs, Cub Scouts, and Webelos Scouts may complete requirements in a family, den, pack, school, or community environment. Tiger Cubs must work with their parents or adult partners. Parents and partners do not earn loops or pins.

Belt Loop

Complete these three requirements:

- _____ 1. Explain the rules of kickball to your leader or adult partner.
- _____ 2. Spend 30 minutes practicing the skills of kickball (pitching, kicking, base running, catching, throwing). This may be over two different practice periods.
- _____ 3. Play a game of kickball.

Sports Pin

Earn the Kickball belt loop and complete five of the following requirements:

- _____ 4. Draw a kickball field to scale; include the starting defensive positions.
- _____ 5. Report to your den or family about the similarities between the rules of baseball and kickball.
- _____ 6. Explain the role of being the captain of a kickball team.
- _____ 7. Play five games of kickball using basic rules.
- _____ 8. Help set up a kickball field for a game.
- _____ 9. Serve as a referee for one game of kickball.
- _____ 10. Participate in a pack, school, or community kickball tournament or a supervised kickball league.

Kickball Resources

About.com

Web site: <http://grandparents.about.com/od/projectsactivities/qt/Kickball.htm>

Wikipedia.org

Web site: <http://en.wikipedia.org/wiki/kickball>

World Adult Kickball Association

Web site: <http://www.kickball.com>

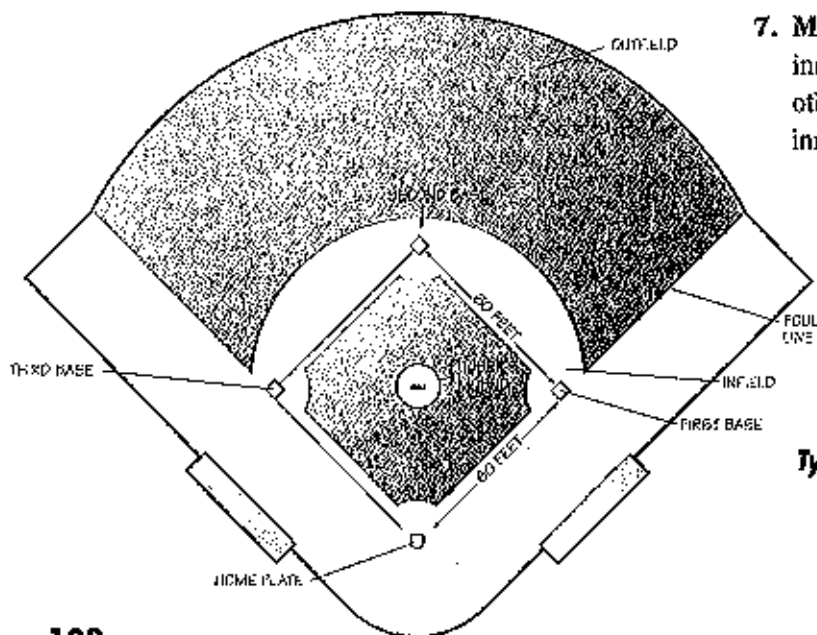
Kickball vs. Baseball

Kickball, as it is played by most kids in the United States, is modeled after baseball with a few differences. The main difference is the use of a soft rubber ball, typically red, that is slightly larger than a basketball. Here are a few more differences.

- Teams play for a maximum of five innings (not nine), though demand for field space can limit games to 45 minutes.
- Instead of nine fielders, teams may have as many as they agree upon on the field. Extra bases may be used to create a larger field for more players.
- As in baseball, three strikes and you're out. Hitters also get a limit on foul balls.

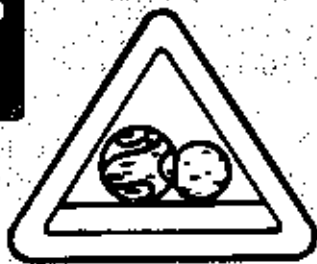
Special Rules for Cub Scout Kickball

1. **The field.** Depending on the kind of ball you use and the age group, base paths should be 50 to 60 feet (around 20 paces) and a pitching distance of 35 to 45 feet. Field size may be modified to accommodate different ages and number of players.
2. **The ball.** Use a standard 8- to 10-inch rubber playground ball. Do not use a soccer ball, which is too hard, too heavy, and may increase the risk of injury.
3. **Pitching.** The ball must roll—not bounce—across home plate to be considered a strike. No intentional walks are allowed.
4. **The kick.** No bunting is allowed, and the kick must reach the imaginary line from third base through the pitcher's mound, to first base. Each foul ball, missed kick, or pitch that rolls over the plate and is not kicked, is a strike. Three strikes and the kicker is called out. Four balls is a walk.
5. **Base running.** No lead-offs and no base stealing are allowed. The player must tag-up on a fly ball that is caught. One base is given on an overthrow into foul territory. No cleats are allowed. Runners may not advance to another base once the pitcher has the ball within the pitcher's circle.
6. **Outs.** Runners may be tagged out or forced out with a throw to the baseman. The ball may not be thrown at a runner. Striking the runner with a thrown ball results in an extra base for all runners on the field.
7. **Mercy rule.** Any team that scores 10 runs in one inning automatically takes to the field, and the other team comes to bat, except in the fifth (final) inning or during tie-breaking extra innings.



Typical kickball field

Cub Scout Sports: Marbles



REQUIREMENTS

Tiger Cubs, Cub Scouts, and Webelos Scouts may complete requirements in a family, den, pack, school, or community environment. Tiger Cubs must work with their parents or adult partners. Parents and partners do not earn loops or pins.

Belt Loop

Complete these three requirements:

- _____ 1. Explain the rules of Ringer or another marble game to your leader or adult partner.
- _____ 2. Spend at least 30 minutes practicing skills to play the game of Ringer or another marble game.
- _____ 3. Participate in a game of marbles.

Sports Pin

Earn the Marbles belt loop and complete five of the following requirements:

- _____ 1. Compete in a den, pack, or community marbles tournament.
- _____ 2. Explain to an adult what lagging is. Demonstrate how to do it.

- _____ 3. Demonstrate the following shooting techniques: knuckling down, bowling, and lofting (also called plunking).
- _____ 4. Explain the correct way of scoring for a game of marbles.
- _____ 5. Play five complete matches of marbles using standard rules.
- _____ 6. Start a collection of marbles and show it at a den or pack meeting.
- _____ 7. Write a short report on the history of marbles and share it with your den or family.
- _____ 8. Explain the rules about shooters.

Resources

- Your local library—Ask the librarian to help you find books and other resources on marbles.
- On the Internet—Use a search engine to search for “games” and “marbles.” (Be sure you have your parent’s or adult partner’s permission first.)
- Local toy stores—Ask about marble leagues in the area.
- Local trophy shops—Ask whether they have any marble league clients.

Marble King, Inc.

First Avenue

P.O. Box 195

Paden City, WV 26159

Phone: 800-672-5564; Fax: 304-337-8242

Web site: <http://www.marbleking.com>

Ringer

Two to six boys can play. A circle 5 to 10 feet in diameter is marked on the ground. Thirteen marbles are placed on a cross that is marked at the center of the ring. Two lines, each about 9 inches long, form the cross. One marble is placed at the center, and three each are on the four parts of the cross. Each marble lies about 3 inches from the next one. Each player uses a larger marble, the *shooter*, to “shoot” the small marbles out of the ring. The player who shoots the most marbles out of the ring wins the game. (Many variations can be played.)

Lagging

Players start the first game by lagging for turns. They toss or shoot their shooters from a *pitch line* drawn outside the circle, with the middle of it touching the circle. On the opposite side of the circle, another similar line, the *lag line*, is drawn. The player whose shooter comes closest to the lag line plays first.

Shooter Rules

- Your shooter cannot be smaller than $\frac{1}{2}$ inch or bigger than $\frac{3}{4}$ inch in diameter.
- A shooter may not be made of metal.

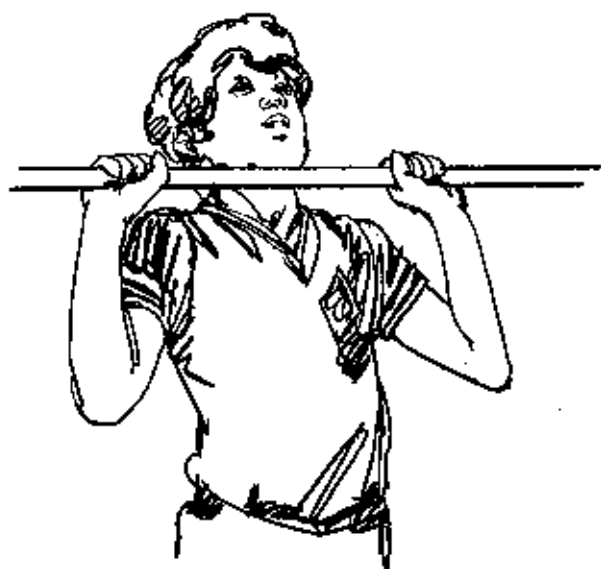
Basic Terms for Marbles

- **Bowling** occurs when a player rolls a shot on the ground.
- **Edgers** are marbles near the edge of the ring.
- **For Fair** means playing for the fun of the game. At the end of each game, the marbles are returned to their owners.
- **For Keeps** means each player keeps the marbles that he shoots out of the ring.
- **Histing** occurs when a player raises his hand from the ground while shooting.
- **A Hit** occurs when a player shoots a marble out of the ring.
- **Hunching** occurs when a player moves his hand forward across the ring line when shooting from the ring line, or when he moves his hand forward from the spot where the shooter came to rest inside the ring.
- **Knuckling Down** is a position in which at least one knuckle must touch the ground until the shooter has left the hand.
- **Lifting (or Plunking)** a difficult shot occurs when a player shoots in an arc through the air to hit a marble.
- **Marbles** are the target marbles only. They can also be called *mibs*, *miggs*, *ducks*, *kimmies*, or *hoodies*.
- **A Miss** occurs when a player fails to knock a marble from the ring on a shot.
- **Roundsters (or Circling)** is the act of selecting the best location outside the ring for knuckling down.
- **A Shooter** is the attacking marble. It can also be called a *taw*, *glassy*, or *monny*.
- **A Shot** is the act of snapping the shooter at a marble by a quick extension of the thumb.



How to hold the shooter

Cub Scout Sports: Physical Fitness



REQUIREMENTS

Tiger Cubs, Cub Scouts, and Webelos Scouts may complete requirements in a family, den, pack, school, or community environment. Tiger Cubs must work with their parents or adult partners. Parents and partners do not earn loops or pins.

Belt Loop

Complete these three requirements:

- ___ 1. Give a short report to your den or family on the dangers of drugs and alcohol.
- ___ 2. Practice finding your pulse and counting your heartbeats per minute. Determine your target heart rate.
- ___ 3. Practice five physical fitness skills regularly. Improve performance in each skill over a month. Skills could include pull-ups, sit-ups, the standing long jump, the 50-yard dash, and the softball throw.

Sports Pin

Earn the Physical Fitness belt loop and complete five of the following requirements:

- ___ 1. Choose a form of exercise, bring your heart rate up to target, and keep it there for 15 minutes. Remember to warm up and cool down slowly.

- ___ 2. Set up a four-step exercise program. Chart your progress for five days a week for two weeks.
- ___ 3. Explain the reason for warming up and cooling down before and after each exercise session.
- ___ 4. Visit a local gym and talk to a trainer about exercises and programs for young people.
- ___ 5. Participate in some aerobic exercises at least three times a week for four weeks.
- ___ 6. Build an obstacle course that could include some exercises with jumping, crawling, and hurdles. Time yourself three times to see whether you can improve your time.
- ___ 7. Swim for a total of an hour over several practice periods, charting your time as you go.
- ___ 8. Participate for at least three months in an organized team sport or organized athletic activity.

Resources

Many books are available on good nutrition and exercise. Check your local bookstore or library. Another good source is your family physician.

The World Wide Web is full of information about health, nutrition, and exercise. But a word of caution: **Check with your parent, adult partner or your doctor about the accuracy of the information you find.**

The President's Challenge

The President's Challenge is a physical fitness awards program of the President's Challenge on Physical Fitness and Sports (PCPFS). The program is for youth ages 6 through 17, including youth with special needs.

- The Presidential Physical Fitness Award (PPFA) recognizes an outstanding level of physical fitness.
- The National Physical Fitness Award (NPPA) is awarded for achieving a basic yet challenging level of physical fitness.

For information, contact:

The President's Challenge

501 N. Morton, Suite 203

Bloomington, IN 47404

Phone: 1-800-258-8146; Fax: 1-812-855-8999

Web site: <http://www.presidentschallenge.org>

Finding Your Target Heart Rate

First, subtract your age from 220. Multiply the answer by 0.70 (70 percent). The result gives you a safe heart rate for exercising.

Example: If you're 10 years old, subtract 10 from 220. Answer: 210. Now multiply this by 0.70. Answer: 147. This means that a safe heart beat for you, during exercise, is around 147 beats a minute.

How do you check the number of times your heart is beating in a minute? Find the pulse in your wrist. Count the number of pulses in six seconds and multiply that number by 10. That gives you the number of pulses per minute. If it's around 147, you're doing OK. If it's higher than 147, slow down. A good rule of thumb: If you can't talk while you're exercising, you're exercising too hard.

Four-Step Exercise Plan

1. Start with a warm-up period of stretching exercises—about 10 minutes.
2. Move into your main exercise period—from 20 to 30 minutes.
3. Check your heart rate every five minutes or so.
4. Finish with a cool-down exercise—about five minutes.



Cub Scout Sports: Roller Skating



REQUIREMENTS

Tiger Cubs, Cub Scouts, and Webelos Scouts may complete requirements in a family, den, pack, school, or community environment. Tiger Cubs must work with their parents or adult partners. Parents and partners do not earn loops or pins.

Belt Loop

Complete these three requirements:

- _____ 1. Explain ways to protect yourself while roller skating or in-line skating, and the need for proper safety equipment.
- _____ 2. Spend at least 30 minutes practicing the skills of roller skating or in-line skating.
- _____ 3. Go skating with a family member or den for at least three hours. Chart your time.

Sports Pin

Earn the Skating belt loop and complete five of the following requirements:

- _____ 1. Participate in a pack or community skating event.
- _____ 2. Demonstrate how to disassemble and reassemble skates.
- _____ 3. Explain the proper clothing for roller or in-line skating.

- _____ 4. Spend at least 15 minutes, on two occasions, practicing warm up exercises before skating.
- _____ 5. Play a game of roller hockey.
- _____ 6. Learn and demonstrate two new roller skating skills: forward scissors, forward stroking, crossover, or squat skate.
- _____ 7. Participate in a roller or in-line skating skill development clinic.
- _____ 8. Demonstrate how to stop quickly and safely.
- _____ 9. Demonstrate how to skate backward. Skate backward for five feet.
- _____ 10. Play a game on roller skates, roller blades, or in-line skates.

The Roller Skating belt loop and pin include roller blading and in-line skating. See Ice Skating for information on hockey, speedskating, and figure skating.

Resources

Roller Skating Associations

6905 Corporate Drive

Indianapolis, IN 46278

Phone: 317-347-2626; Fax: 317-347-2636

Web site: <http://www.rollerskating.org>

Your local library is an excellent source of information about skating. You can check with any skating centers in your area. There might also be a local skating club where you can obtain more information.

This Cub Scout sports program was developed in cooperation with the Roller Skating Associations.

Skating Rules

- Make sure your skates are laced firmly.
- Always watch where you are going.
- Skate in the same direction as everyone else.
- Do not skate too fast.
- Do not skate behind people and surprise them.
- Do not tease others who are learning to skate.

Skating Tips

1. Warm up before you skate to prevent injuries.
2. Practice the striding and stopping skills. Skate and stop, over and over, until stopping starts to become an automatic reflex.
3. Bend your knees when you skate so you will be more stable and less likely to fall. Bending your knees also adds power to your stride.
4. Learn to fall by keeping your weight forward on the balls of your feet. Remember not to fall backward onto your unprotected back or tailbone. Fall forward onto your wrist guards and knee pads.
5. Skate often, so your skills will develop quickly.
6. Practice balancing on one foot at a time while you're skating to develop your balancing skills.
7. Skate with friends, skate to music, play games, and *have fun!*

Types of Skates: rink or roller skate, sidewalk skate, and in-line skate or rollerblade.

Roller Skating Games

Noncompetitive: Flag Tag, Freeze Tag, Stick Tag, Two-Step, Balloon Soccer Race, Balloon Hockey Race, and Bunny Hop.

Competitive: Slalom Skate, Race the Track, Pushcarts, Siamese Race, Boat Race, Choo-Choo Race, and Relay Race.

Things to Bring When You Skate

- Skates and socks
- Helmet, wrist guards, knee pads, elbow pads
- All-purpose skate tool
- Water to drink
- Adhesive bandages, moleskin, blister kit, athletic tape

Your Very First Practice Sessions:

- Walk around on a flat, grassy surface before skating on pavement.
- When you feel you're ready, carefully move to the pavement and just *balance* on your skates, without trying to move.
- When you're ready to roll, begin to skate gradually. Practice moving forward but don't get going too fast.
- Don't push yourself too hard and don't try to skate beyond your abilities.

Cub Scout Sports: Skateboarding



REQUIREMENTS

Tiger Cubs, Cub Scouts, and Webelos Scouts may complete requirements in a family, den, pack, school, or community environment. Tiger Cubs must work with their parents or adult partners. Parents and partners do not earn loops or pins.

Belt Loop

Complete these three requirements:

- _____ 1. Demonstrate to an adult the general rules for safe skateboarding by showing that you know how to wear the proper safety gear.
- _____ 2. Carefully demonstrate how to fall to help minimize injuries.
- _____ 3. Practice skateboarding for 30 minutes. This practice may be done in several periods.

Sports Pin

Earn the Skateboarding belt loop and complete five of the following requirements:

- _____ 1. Figure out your skateboard stance—whether you are regular or goofy footed.
- _____ 2. Demonstrate proper stance, feet positions, knee bending, pushing off, turning, and stopping on flat ground.
- _____ 3. Using pictures, explain to your den or family the difference between street, skate park, and vertical skateboarding.
- _____ 4. List five ways skateboarders should be considerate and respectful of other people and their property when they are skateboarding.
- _____ 5. View a skateboarding video.
- _____ 6. Attend a pro skateboarder demonstration.
- _____ 7. Show that you know how to lubricate the bearings and keep your skateboard clean.
- _____ 8. Apply grip tape to your skateboard.
- _____ 9. Skateboard at a skate park for 30 minutes.
- _____ 10. Demonstrate three of the following maneuvers: ollie, nollie, frontside, grab, kickturn, carving.
- _____ 11. Describe how to determine a safe area to skateboard.

Resources

Local skate parks and shops may know of resources to help you.

About.com

Web site: <http://skateboard.about.com>

Skateboard Science

Web site: <http://www.exploratorium.edu/skateboarding>

SkateboardParks.com

Web site: <http://www.skateboardparks.com>

You can minimize risk for injuries if you†:

- Use protective equipment.
- Keep your skateboard in good condition.
- Skateboard on smooth surfaces.
- Attempt only "tricks" that fit your skill level.
- Allow only one person at a time to ride your skateboard.

†These tips come from http://orthoinfo.aaos.org/fact/the_report.cfm?Thread_ID=373&topcategory=Sports

How to Fall

The National Safety Council has these tips for reducing the chances of a serious injury if you fall while skateboarding.

- If you lose your balance, crouch down on the skateboard so that you are closer to the ground and won't have as far to fall.
- In a fall, the idea is to land on the fleshy parts of your body, not the bony parts such as your elbows and knees.
- If you fall, try to roll with the fall rather than catch the force of the fall by using your arms.
- If you find yourself falling, try to relax your body instead of stiffening up.

Skateboarding Terms

carving. Leaning to the side or heelside, the skateboarder gets the board to turn in that direction. While rolling, lean in the direction of the desired turn.

frontside. Rotations or turns done so that the skateboarder's front is facing the outside of the turn arc.

grab. When the skateboarder reaches down and grabs the board. More experienced riders will do grabs in the air, often with a jump or spin.

grind. The name for sliding along an edge (such as a curb, bench, rail, etc.) using the trucks instead of the wheels or deck.

kickflip. A trick similar to an ollie, but the skateboarder flicks the board with the foot to make it spin underneath while he or she is in the air. A clean kickflip happens when the skateboard flips and spins over at least once, and the skateboarder lands on the board comfortably, wheels down, and rides away.

kickturn. With one foot balanced over the back wheels, the skateboarder swings the front of the board in a new direction.

nollie. In this trick, a skateboarder slaps the nose of the skateboard against the ground and pops it up into the air. A nollie is the same as an ollie, but off the nose of the skateboard.

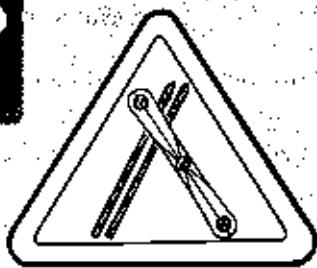
ollie. A beginner trick where the skateboarder pops the skateboard into the air, jumping with the board "stuck" to the feet.

*These terms come from the following source: http://skateboard.about.com/od/skateboardtricksglossary/Skateboard_Tricks_and_Riding_Dictionary.htm.

Skateboard safety means always wearing your protective gear while skateboarding: a properly fitted and approved helmet (such as by the ASTM, or American Society for Testing and Materials), wrist guards, knee and elbow pads, and shoes.

Serious skateboarding injuries happen when you lose control and fall or run into a motor vehicle, road hazard or obstacle, pedestrian, another skateboarder, or a bicyclist.

Cub Scout Sports: Snow Ski and Board Sports



REQUIREMENTS

Tiger Cubs, Cub Scouts, and Webelos Scouts may complete requirements in a family, den, pack, school, or community environment. Tiger Cubs must work with their parents or adult partners. Parents and partners do not earn loops or pins.

Belt Loop

Complete these three requirements:

1. Explain conditioning, clothing, equipment, and planning needed for snow skiing or boarding.
2. Explain "Your Responsibility Code," the rules of safety and courtesy for the slopes. (See "Your Responsibility Code" on the back of this page.)
3. Go skiing or snowboarding. Demonstrate how to stop and turn.

Sports Pin

Earn the Skiing belt loop and complete five of the following requirements:

1. Explain the different types of ski lifts, such as a rope tow and "fixed grip" and "detachable" chair lifts.
2. Describe the five universal symbols used to indicate ski trail difficulty.
3. Demonstrate how to hold your position and get up from a fall.
4. Demonstrate how to fall safely to avoid injury.
5. Explain why it is important to protect nature and wildlife while skiing or snowboarding.
6. Practice skiing or snowboarding for at least five hours. You can do this in more than one day.
7. Explain what to do if you see a skiing or snowboarding accident. Discuss the dangers of avalanche.
8. Take a skiing or snowboarding lesson.
9. View a video on skiing or snowboarding.
10. Talk with a member of a ski patrol and learn about his or her position at the ski slope.
11. Learn about an Olympian who competed in skiing or snowboarding and report to your den.

Resources

Your local library, ski area and ski shop may be excellent sources of information about skiing and snowboarding.

National Ski Areas Association (NSAA)
133 South Van Gordon Street, Suite 300
Lakewood, CO 80228
www.nsaa.org

LidsOnKids

Site addressing helmets and safety.
www.lidsonkids.org

National Ski Patrol

www.nsp.org

United States Ski and Snowboard Association

1 Victory Lane

Box 100

Park City, UT 84060

Phone: 435-649-9090; fax: 435-649-3613

www.uskiteam.com

Snow Monsters National Ski and Snowboard Program for Children

Site includes ski/snowboard safety games, activities, and stories.

www.snowmonsters.com

Northpole Design

Site includes ski safety related games and crossword puzzles.

www.northpoledesign.com

Five Universal Trail Difficulty Symbols

Green circle: Easier



Blue square: More difficult



Black diamond: Most difficult



Double black diamond: Most difficult; use extra caution



Orange oval: Freestyle terrain

Conditioning and Endurance Exercises

leg squats, push-ups, side bends, hamstring stretch, sit-ups, leg lunges, jogging, cycling, swimming

Your Responsibility Code

Skiing can be enjoyed in many ways. At ski areas you may see people using alpine, snowboard, telemark, cross country and other specialized ski equipment, such as that used by people with disabilities or other skiers.

Always show courtesy to others and remember that there are elements of risk in skiing that common sense and personal awareness can help reduce.

Know the code. It's your responsibility.

Officially endorsed by NSAA.

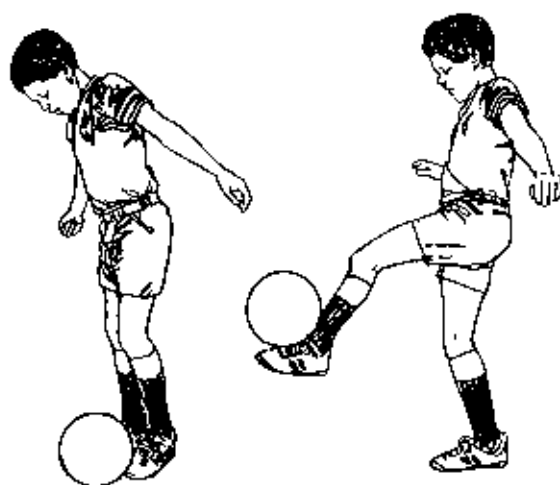
1. Always stay in control.
2. People ahead of you have the right of way.
3. Stop in a safe place for you and others.
4. Whenever starting downhill or merging, look uphill and yield.
5. Use devices to help prevent runaway equipment.
6. Observe signs and warnings, and keep off closed trails.
7. Know how to use the lifts safely.

More Safety Tips:

- Wear sunscreen, proper clothing, and equipment.
- Keep yourself physically fit.
- When using a ski lift, do not cut into the line. Wait your turn.
- Only walk on ski trails with skis on your feet.
- Make sure your ski binding holds your foot firmly to your ski and that your release works properly.

Snow sports participants must wear a helmet that is approved for the sport by the ASTM, or American Society for Testing and Materials, or a similar certifying agency.

Cub Scout Sports: Soccer



REQUIREMENTS

Tiger Cubs, Cub Scouts, and Webelos Scouts may complete requirements in a family, den, pack, school, or community environment. Tiger Cubs must work with their parents or adult partners. Parents and partners do not earn loops or pins.

Belt Loop

Complete these three requirements:

- ___ 1. Explain the rules of soccer to your leader or adult partner.
- ___ 2. Spend at least 30 minutes practicing soccer skills.
- ___ 3. Play a game of soccer.

Sports Pin

Earn the Soccer belt loop and complete five of the following requirements:

- ___ 1. Participate in a pack, school, or community soccer tournament.
- ___ 2. Demonstrate the skills of passing, collecting, shooting, heading, dribbling, and tackling.
- ___ 3. Demonstrate skill in goal keeping.
- ___ 4. Accurately lay out a soccer field for a game.
- ___ 5. Demonstrate five types of fouls and explain why players should avoid them.
- ___ 6. Demonstrate how to juggle the soccer ball and keep it from touching the ground for 30 seconds.
- ___ 7. Play at least two games of Soccer Tennis.
- ___ 8. Spend at least a total of six hours over several practice periods playing soccer. Keep track of your time on a chart.
- ___ 9. Join and participate in a soccer team in your community or school.
- ___ 10. Attend a high school, college, or professional soccer game.
- ___ 11. Learn about a U.S. Olympic soccer team and report your information to your den.
- ___ 12. Explain the history of soccer.

Resources

Check your local library and schools and any youth soccer leagues in your area for information and resources.

U.S. Soccer Federation

1801 S. Prairie Ave.

Chicago, IL 60616

Phone: 312-808-0094; fax: 312-808-1301

Web site: <http://www.us-soccer.com>

American Youth Soccer Organization (AYSO)

National Support and Training Center

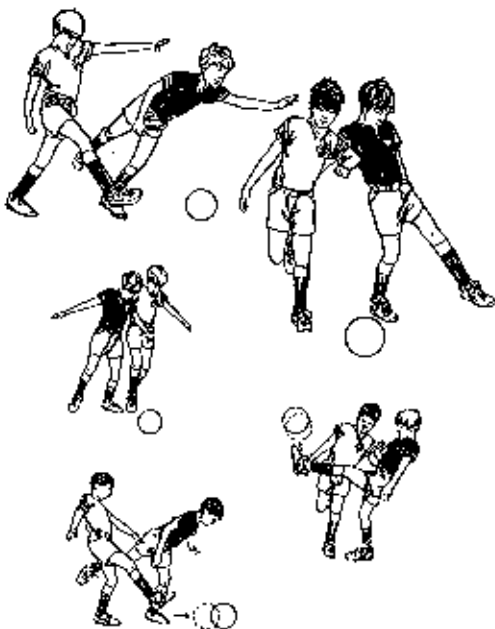
12501 South Isis Ave.

Hawthorne, CA 90250

Phone: 1-800-USA-AYSO; fax: 310-643-5310

Web site: <http://www.soccer.org>

Common Fouls



- **Charging:** Leaning against another player with the upper shoulder only when the ball is not within playing distance. **Penalty:** Indirect free kick.
- **Unintentional hand ball:** Player kicks ball against arm of opponent. **Penalty:** No infraction. Play continues.
- **Intentional tripping:** Player trips opponent on purpose. **Penalty:** Direct free kick.
- **Unintentional tripping:** Player has played ball cleanly; opponent arrives late to gain possession and falls over outstretched leg. **Penalty:** Play continues.
- **Pushing:** Player pushes opponent with his elbow. **Penalty:** Direct free kick.

Basic Elements of Soccer

The team: The adult team consists of 11 members, but a scaled-down version of seven to nine players is recommended for Cub Scout-age boys.

The captain: One boy should serve as captain. He should be a good leader and encourage good sportsmanship.

Uniforms: A jersey or shirt, shorts, socks, and shoes. Goalkeepers wear a jersey that is a different color from all other players. Shin guards are a good idea if the action is likely to be heavy.

The ball: A regulation ball is 27 to 28 inches around and weighs a little less than a pound. A scaled-down ball for boys younger than 12 may be 25 to 26 inches, weighing 11 to 13 ounces.

Safety: Make sure the field and goal areas are clear of obstacles and holes and that players are not wearing or carrying anything that might hurt someone (i.e., sharp zippers, large wrist watches).

The field: Scale down the official field size (64 to 73 meters wide and 100 to 110 meters long) to 32 to 46 meters wide and 64 to 82 meters long.

Time of play: A regulation soccer game includes two 45-minute halves. Boys ages 10 to 12, however, should play 30-minute halves, and younger boys, 25-minute halves.

Substitutes: In youth soccer, unlimited substitution is OK, as opposed to the only two substitutions per game in regulation soccer.

Referee and linemen: These people make sure that every player follows the rules. The referee is always *on* the field, and the linemen work *outside* the field.

- **Dangerous play:** Player stops or hurts an opponent while playing recklessly. **Penalty:** Indirect free kick.
- **Obstruction:** Player makes a pass to a teammate and intentionally obstructs an opponent to prevent him from tackling the player who is receiving the ball. **Penalty:** Indirect free kick.

Soccer Tennis

Divide an area about the size of a tennis court with a rope about 1 meter high across the center. Each team can kick or head the ball three times among its own players and then must play it over the rope into the other team's half. The ball can bounce only once between passes or headers. When one team makes a mistake, the other team gets a point. A variation would be to shoot the ball under the rope and allow a score if it crosses the goal line.

Cub Scout Sports: Softball



REQUIREMENTS

Tiger Cubs, Cub Scouts, and Webelos Scouts may complete requirements in a family, den, pack, school, or community environment. Tiger Cubs must work with their parents or adult partners. Parents and partners do not earn loops or pins.

Belt Loop

Complete these three requirements:

- _____ 1. Explain the rules of softball to your leader or adult partner.
- _____ 2. Spend at least 30 minutes practicing softball skills.
- _____ 3. Participate in a softball game.

Sports Pin

Earn the Softball belt loop and complete five of the following requirements:

- _____ 1. Compete in a pack or community softball tournament.
- _____ 2. Demonstrate skill in the following throwing techniques: overhand, sidarm, underhand, and the relay throw.
- _____ 3. Demonstrate skill in the following catching techniques: fielding a ground ball, fielding a pop-up, catching a line drive.
- _____ 4. Demonstrate correct pitching techniques and practice for three half-hour sessions.
- _____ 5. Demonstrate correct hitting techniques, including bunting. Practice for three half-hour sessions.
- _____ 6. Explain the rules of base running and demonstrate skill in the following sliding techniques: the straight-in slide, the hook slide, and the headfirst slide.
- _____ 7. Learn and demonstrate base coaching signals.
- _____ 8. Learn about one defensive position (shortstop, catcher, etc.) and practice at that position for three half-hour sessions.
- _____ 9. Attend a high school, college, or community softball game.

Resources

- Local library—Ask the librarian for help locating books and other resources on softball.
- Local softball associations—Many local Little Leagues have published rules and experienced players and coaches to help you.
- Local sporting goods stores—Ask how you can contact a softball league.
- Local trophy shops—Ask whether they have any softball league clients.
- Contact the **Amateur Softball Association**, 2801 NE 50th St., Oklahoma City, OK 73111-7203; Phone: 405-424-5266; fax: 405-424-3855; Web site: <http://www.softball.org>. They have leagues in most every state.
- Contact **PONY Baseball and Softball**, 1951 Pony Place, P.O. Box 225, Washington, PA 15301-0225; Phone: 724-225-1060; fax: 724-225-9852; Web site: <http://www.pony.org>. This is an international youth baseball and girls softball program that offers an opportunity for local community league competition and international tournament play for youth ages 5 to 18.

Equipment and Uniforms

- No player shall wear shoes with metal cleats or screw-on cleats of any kind.
- All catchers and umpires must wear a face mask.
- Both teams must furnish one good ball, and the umpire will decide which ball will be used in regular play. The second ball is saved as a spare.
- Any type of glove may be used in any position.
- Only softball or Little League bats are permitted. They must have a safety grip.
- Uniforms are not required and are to be kept to a minimum.
- No pack shall make rules that prevent any boy from playing in a game.



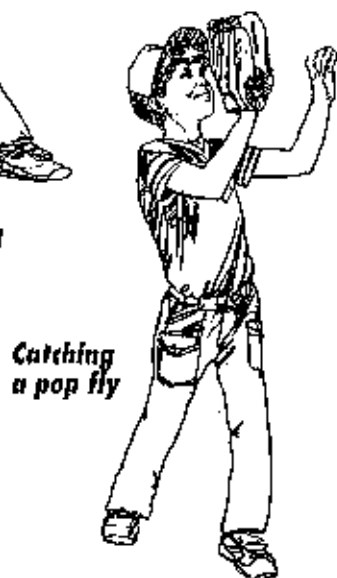
Straight-in slide

Special Rules for Cub Scout Softball

1. The batter is automatically out on the third strike and may not advance to first base. If he steps across the plate while the ball is in motion, the batter is automatically out.
2. A player may NOT steal home on a passed ball, wild pitch, or while the catcher is returning the ball to the pitcher. One base is given for an overthrow into foul territory. If the ball is in any playable territory (on an overthrow), the runners may advance at their own risk.
3. Any player who throws his bat a distance deemed dangerous to players or spectators will, at the discretion of the umpires, be called out. The ball is dead—no play.
4. Each batter must be pitched to; no intentional walks are permitted.
5. Each team will use a continuous batting order for all players who are listed on the score sheet for that game.
6. Mercy Rule—Any team that scores 10 runs in one inning automatically takes to the field, and the other team comes to bat, except in the seventh inning or extra innings.

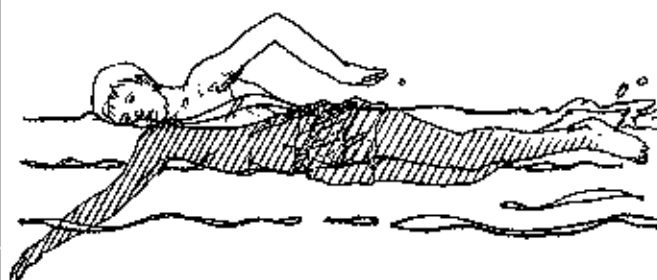


Catching a ground ball



Catching a pop fly

Cub Scout Sports: Swimming



REQUIREMENTS

Tiger Cubs, Cub Scouts, and Webelos Scouts may complete requirements in a family, den, pack, school, or community environment. Tiger Cubs must work with their parents or adult partners. Parents and partners do not earn loops or pins.

Belt Loop

Complete these three requirements:

- ___ 1. Explain the rules of Safe Swim Defense. Emphasize the buddy system.
- ___ 2. Play a recreational game in the water with your den, pack, or family.
- ___ 3. While holding a kick board, propel yourself 25 feet using a flutter kick across the shallow end of the swimming area.

Sports Pin

Earn the Swimming belt loop and complete five of the following requirements:

- ___ 1. Practice the breathing motion of the crawl stroke while standing in shallow water. Take a breath, place your head in the water, exhale, and turn your head to the side to take a breath. Repeat.
- ___ 2. Learn and demonstrate two of the following strokes: crawl, backstroke, elementary backstroke, sidestroke, or breaststroke.
- ___ 3. Learn and demonstrate the following floating skills: prone, facedown float, and back float. The purpose of the float is to provide the swimmer the opportunity to rest in the water.
- ___ 4. Using a kickboard, demonstrate three kinds of kicks.
- ___ 5. Pass the "beginner" or "swimmer" swim level test.
- ___ 6. Visit with a lifeguard and talk about swimming safety in various situations (pool, lake, river, ocean). Learn about the training a lifeguard needs for his or her position.
- ___ 7. Explain the four rescue techniques: Reach, Throw, Row, and Go (with support).
- ___ 8. Take swimming lessons.
- ___ 9. Attend a swim meet at a school or community pool.
- ___ 10. Tread water for 30 seconds.
- ___ 11. Learn about a U.S. swimmer who has earned a medal in the Olympics. Tell your den or an adult family member what you learned about him or her.
- ___ 12. Demonstrate the proper use of a mask and snorkel in a swimming area where your feet can touch the bottom.

Resources

Check with your local school, community pool, or local Scout troops for lifeguards and instruction.

USA Swimming

One Olympic Plaza

Colorado Springs, CO 80909

Phone: 719-866-4578; fax: 719-866-4669

Web site: <http://www.usswim.org>

Swim Level Ability Groups

Nonswimmer: Has not passed the swimming test.

Beginner: Jump feetfirst into water over the head in depth, level off, swim 25 feet on the surface, stop, turn sharply, resume swimming as before, and return to starting place.

Swimmer: Jump feetfirst into water over the head in depth, level off, and begin swimming. Swim 75 yards in a strong manner using one or more of the following strokes: sidestroke, breaststroke, trudgen, or crawl; then swim 25 yards using an easy, resting backstroke. The 100 yards must be completed in one swim without stops and must include at least one sharp turn. After completing the swim, rest by floating with minimum movement for one minute.

Rules for Safe Swimming

- Be physically fit.
- Have a qualified adult present whenever you swim.
- Swim in areas that have already been checked for safe swimming.
- If you can't swim, don't go in water that is more than 3½ feet deep. Go in deep water only if you are a good swimmer.
- Swim with a buddy.
- Obey the rules of the swimming area.

Safe Swim Defense

- **Qualified Supervision.** A responsible adult (at least 21 years of age) must supervise.
- **Physical Fitness.** Require evidence of fitness for swimming activity, using a health history.
- **Safe Area.** Before swimming in unknown waters, check the swimming area for varying depth, currents, holes, rocks, or other dangerous conditions.
- **Lifeguard on Duty.** Swim where lifeguards are on duty.
- **Lookout.** Station an adult on shore where he or she can see and hear everything in all areas.
- **Ability Groups.** Divide Cub Scouts into nonswimmers, beginners, and swimmers. Mark off areas in the swimming area for the different ability groups.
- **Buddy System.** Pair each boy with another boy in his ability group. They must stay together the entire time they are swimming.
- **Discipline.** Insist upon strict but fair discipline.

For a more complete description of Safe Swim Defense, see the *Cub Scout Leader Book*, No. 33221, or Safe Swim Defense pamphlet, No. 34370, and www.scouting.org.

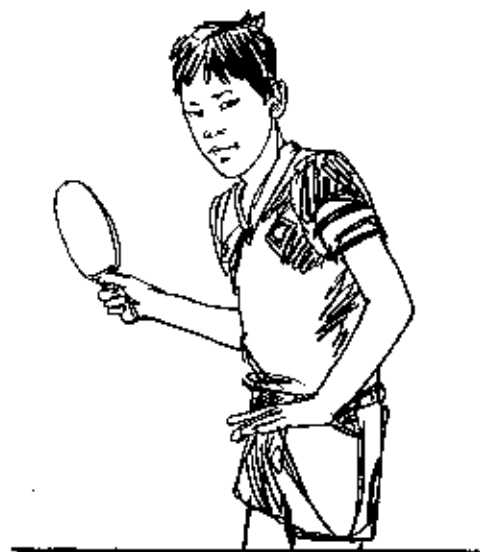
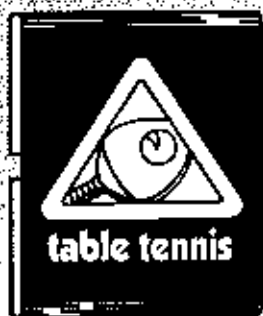
Water Rescue Methods

Cub Scouts only do the first two water rescue methods, but they need to be aware of all four:

1. **REACH** with whatever is available or at hand.
2. **THROW** a line, a buoy, or a floating object to provide support.
3. **ROW** in a watercraft to the victim. A rowing rescue requires a minimum of one person to retrieve the victim and one person to handle the boat. Any person in the boat must wear a PFD (personal flotation device).
4. **GO** with support. Those who "go" to the victim and make a swimming rescue must be trained in swimming and lifesaving. In the rare instance when a swimming rescue is tried, the rescuer takes with him something that can be used for flotation or extended to the victim to avoid direct contact.

No Cub Scout should ever put himself in danger or at risk. If reaching and throwing don't work, **Get help!**

Cub Scout Sports: Table Tennis



REQUIREMENTS

Tiger Cubs, Cub Scouts, and Webelos Scouts may complete requirements in a family, den, pack, school, or community environment. Tiger Cubs must work with their parents or adult partners. Parents and partners do not earn loops or pins.

Belt Loop

Complete these three requirements:

- _____ 1. Explain the rules of table tennis to your leader or adult partner.
- _____ 2. Spend at least 30 minutes practicing table tennis skills.
- _____ 3. Participate in a table tennis game.

Sports Pin

Earn the Table Tennis belt loop and complete five of the following requirements:

- _____ 1. Compete in a pack or community table tennis tournament.
- _____ 2. Demonstrate your knowledge, use, and care of the equipment needed to play table tennis (racket or paddle, table and net, ball, tennis or basketball shoes, and comfortable clothing).
- _____ 3. Practice 30 minutes in up to two practice sessions developing serving skills.
- _____ 4. Practice 30 minutes in up to two practice sessions developing your forehand and backhand strokes.
- _____ 5. Explain to your leader or adult partner how spin affects the bounce of the ball.
- _____ 6. Accurately set up a table tennis table and net according to USA Table Tennis rules.
- _____ 7. Play five games of table tennis.
- _____ 8. Participate in a table tennis skills development clinic.
- _____ 9. Explain to your leader or adult partner how to score a table tennis game.
- _____ 10. Participate in a game of doubles table tennis (four people playing in one game, two people per side).

Resources

You can often get information on local table tennis resources from your local parks and recreation department, community library, and university or college athletic department.

USA Table Tennis

One Olympic Plaza
Colorado Springs, CO 80909-5769
Phone: 719-866-4583
Web site: <http://www.usatt.org>

Nonprofit organization that serves as the governing body for table tennis in the United States. The Web site includes the complete, official rules at <http://www.usatt.org/rules>.

Scoring

The first player or team that scores 21 points wins the game. When both players have a score of 20 or more, the winner must win by two points. When both players have scored 20 points (a deuce game), they must change serves after each new point is scored.

A point is scored when the opponent

- Misses the ball.
- Hits the ball into the net.
- Moves the table by bumping it during play.
- Touches the net with his racket or body.
- Lets the ball bounce twice on his side before hitting it.
- Makes a bad serve.
- Hits the ball before it has bounced on his half of the table.

- Touches the top of the table with his free hand.
- Lets the ball hit his body before he hits it with his racket.
- Hits the ball off the table.

Sometimes your point will be interrupted. This is called a *let*, and you will have to play the point over.

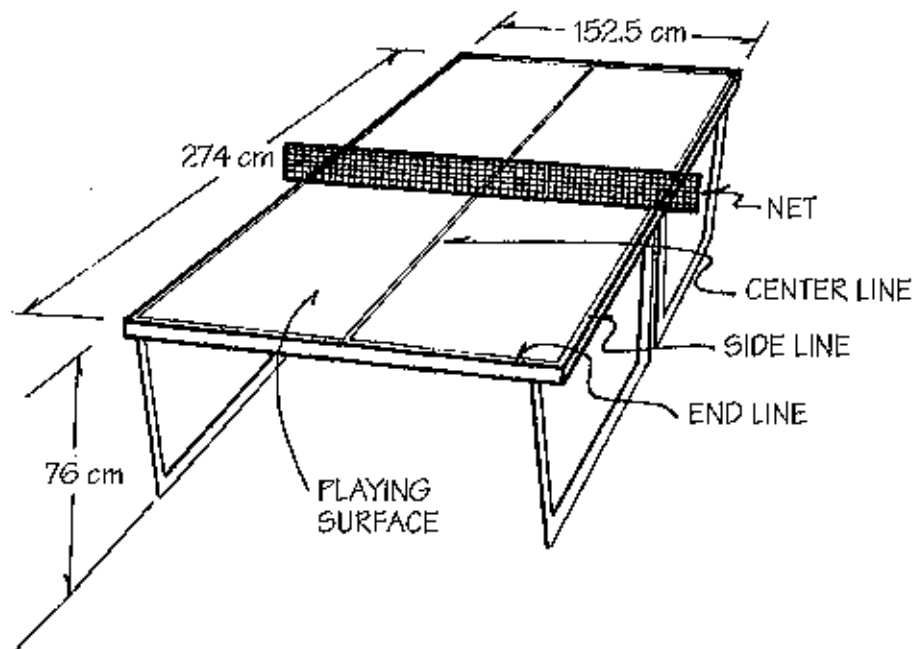
You should call a let when

- Someone gets in your way and keeps you from hitting the ball.
- There is a sudden loud noise that bothers you.
- In a tournament, someone else's ball bounces into your court.

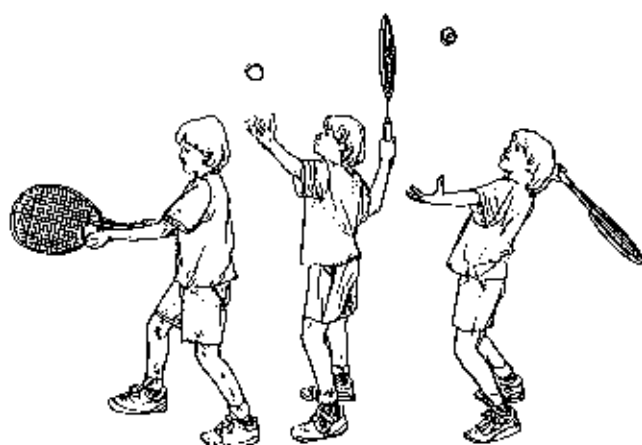
You must call a let when it happens. Don't wait until your point is over.

Racket Care

- Don't hit the racket on the table.
- Keep the racket in a case or plastic bag so it stays clean.
- When the rubber gets dirty, use a damp sponge to clean it.
- Try not to touch the rubber any more than necessary.
- Keep the racket out of extreme heat or cold.



Cub Scout Sports: Tennis



REQUIREMENTS

Tiger Cubs, Cub Scouts, and Webelos Scouts may complete requirements in a family, den, pack, school, or community environment. Tiger Cubs must work with their parents or adult partners. Parents and partners do not earn loops or pins.

Belt Loop

Complete these three requirements:

- ___ 1. Explain the rules of tennis to your leader or adult partner.
- ___ 2. Spend at least 30 minutes practicing tennis skills.
- ___ 3. Participate in a tennis game.

Sports Pin

Earn the Tennis belt loop and complete five of the following requirements:

- ___ 1. Compete in a pack or community tennis tournament.
- ___ 2. Demonstrate your knowledge of the use and care of the equipment needed to play tennis (rackets, balls, shoes, clothing, and court).
- ___ 3. Practice for 30 minutes in up to two practice sessions developing forehand techniques through forehand bump-ups with a bounce, partner bump-ups with a target, forehand alley rally, forehand alley rally over a "net," drop-hit forehand bumps, drop-hit catch in pairs, and toss-hit catch in pairs.
- ___ 4. Practice developing serving skills for 30 minutes in up to two practice sessions.
- ___ 5. Explain to your leader or adult partner how to score in tennis.
- ___ 6. Accurately draw, label, and explain a tennis court layout.
- ___ 7. Play five games of tennis using U.S. Tennis Association rules.
- ___ 8. Participate in a tennis skills development clinic.
- ___ 9. Attend a high school, college, or professional tennis meet.
- ___ 10. Present to your den or family a report on the history of tennis.

Resources

U.S. Tennis Association

70 West Red Oak

White Plains, NY 10604

Phone: 914-696-7000; fax: 914-696-7167

Web site: <http://www.usta.com>

Scoring

The object of the game of tennis is to hit the ball back and forth over the net within the boundary lines. A point is lost if a player misses the ball, or if he hits it into the net, out of bounds, or after more than one bounce.

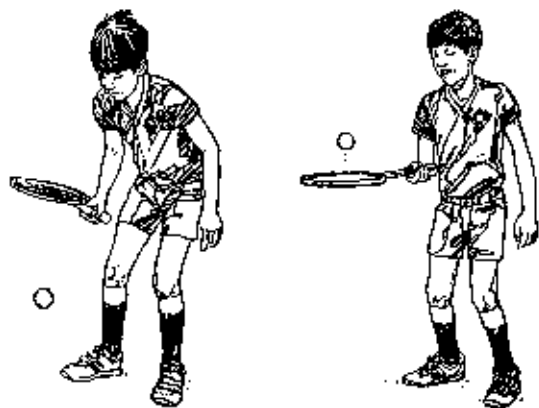
A game consists of at least four points. The player who scores the first point gets "15"; the opponent gets "0," which in tennis is called *love*. A player who wins two points receives a score of "30"; three points equal "40"; and four points equal "game."

Always say the server's score first (i.e., if the server scores the first point, the score is "15-love"; if the server loses the first point, the score is "love-15").

Deuce means the score is tied 40-40. When the server wins the point after deuce, it is called *advantage in*. When the receiver wins the point after deuce, it is called *advantage out*.

A set is complete when one player has won at least six games and is ahead by two games. If the game score reaches 6-6 (also called 6-all), a tiebreaker game may be played.

A *match* is complete when one of the players wins two out of three sets (or three out of five sets in men's championship play).



Bump-downs and bump-ups

Playing

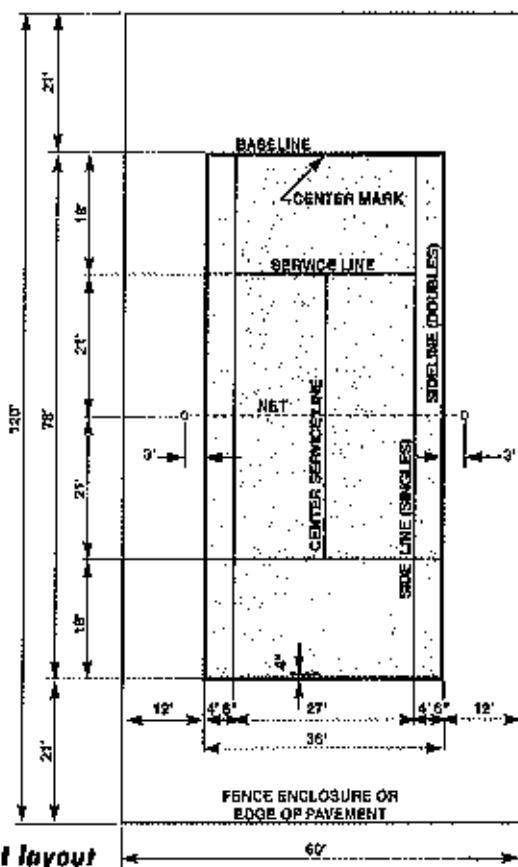
To start a game, the server stands behind the baseline (the line farthest from the net at either end of the court) and serves the ball into the opposite service court. (Service courts are the two marked-off boxes closest to the net on both sides of the net.) The server has two chances for each serve.

A *double fault* is the loss of a point if the server fails to put either of the two serves into the proper service court.

The *receiver* has to return the ball over the net on the first bounce and within the boundary lines.

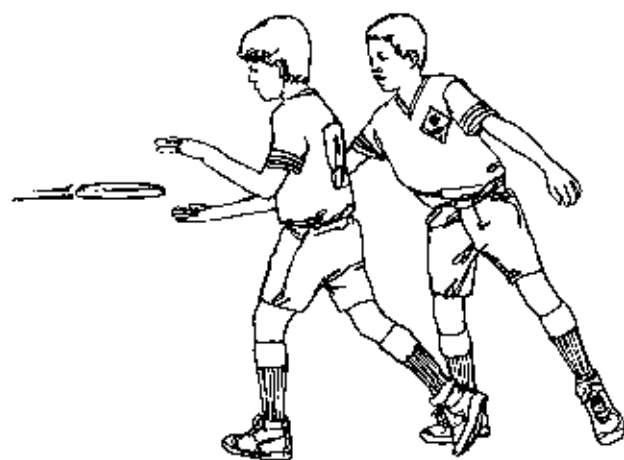
The same person serves for an entire game. The first serve is always from the right court to the opponent's right court. The next serve is from the left court to the opponent's left court, and so on, alternating courts after each point.

Players change sides, from one side of the court to the other, whenever the game score adds up to an odd number so that neither player is favored by wind, sun, or other factors.



Court layout

Cub Scout Sports: Ultimate



REQUIREMENTS

Tiger Cubs, Cub Scouts, and Webelos Scouts may complete requirements in a family, den, pack, school, or community environment. Tiger Cubs must work with their parents or adult partners. Parents and partners do not earn loops or pins.

Belt Loop

Complete these three requirements:

- _____ 1. Explain the rules of ultimate or disc golf to your leader or adult partner.
- _____ 2. Spend at least 30 minutes practicing ultimate or disc golf skills.
- _____ 3. Participate in a game of ultimate or disc golf.

Sports Pin

Earn the Ultimate belt loop and complete five of the following requirements:

- _____ 1. Compete in a pack or community ultimate or disc golf tournament.
- _____ 2. Demonstrate effective pivoting while throwing. Use some of the following throwing styles: backhand pass, sidearm pass, and upside-down pass, and/or roller throw.
- _____ 3. Demonstrate skill in the following catching techniques: one-handed, clapping, and sandwich.
- _____ 4. On three different occasions, practice 20 minutes of ultimate or disc golf. Keep track of your time on a chart.
- _____ 5. Explain the flight dynamics of the flying disc. Draw a diagram if needed.
- _____ 6. Accurately lay out an ultimate playing field or diagram three typical disc golf holes.
- _____ 7. Play five games of ultimate or disc golf.
- _____ 8. Participate in an ultimate skills or disc golf skills development clinic.
- _____ 9. Explain the history of ultimate or disc golf and how it became a sport.
- _____ 10. Explain the differences between ultimate and golf discs.

Resources

You can obtain information on local ultimate resources from your local parks and recreation department, community library, or university or college athletic department.

Ultimate Players Association

4730 Table Mesa Dr., Suite I-200C
 Colorado Springs, CO, 80305
 Phone: 800-872-4384; fax: 303-447-3483
 Web site: <http://www.upa.org>

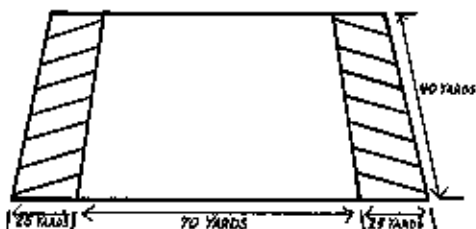
This nonprofit organization serves as the governing body for ultimate in the United States. A teaching package is available for purchase. Besides other merchandise and teaching aids for sale, you can get two free pamphlets from them: "How to Start an Ultimate Team" (also available at <ftp://ftp.upa.org/pub/ultimate/articles/start.html>) and "How to Start a Summer League."

Disc Golf Association Inc.

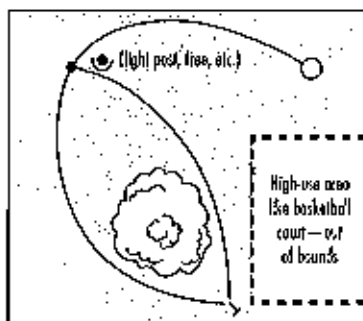
2608 San Juan Road
 Aromas, CA 95004
 Phone: 831-722-6037; fax: 831-722-8176
 Web site: <http://www.discgolfassoc.com>

PDGA (Professional Disc Golf Association)

Wildwood Park
 3828 Dogwood Lane
 Appling, GA 30802
 Phone: 706-261-6342
 Web site: <http://www.pdga.com>



Ultimate playing field



Disc Golf Sample Layout

Ultimate Rules

- Play with two seven-person teams.
- Start play with teams lining up on their end zone lines. One player throws the disc to the opponents. If it goes out of bounds, the receiving team can start where it went out or ask for another throw.
- Play proceeds downfield to the end zone at the opposite end of the field. Players can go anywhere on the field at any time and can throw in any direction. Players may not run with the disc. The person who has the disc (the "thrower") has 10 seconds to throw it.
- Whenever a pass is incomplete, intercepted, knocked down, or flies out of bounds, possession of the disc changes.
- Physical contact is not allowed between players. Any physical contact is a foul. A fouled player gets the disc where the call was made. Players are responsible for their own foul calls and resolve their own disputes.
- When the offense completes a pass in the defense's end zone, it gets a point.
- Follow this final rule from the Ultimate Players Association: "Spirit of the Game—Ultimate stresses sportsmanship and fair play. Competitive play is encouraged, but never at the expense of respect between players, adherence to the rules, and the basic joy of play."

Disc Golf

The rules for disc golf are similar to the rules used in the game of golf but, of course, you are using a flying disc instead of a ball and clubs.

Dens and packs can be creative in determining what to use for pole holes and they can make up different types of courses and games.

Clapping



Sandwich



Cub Scout Sports: Volleyball



REQUIREMENTS

Tiger Cubs, Cub Scouts, and Webelos Scouts may complete requirements in a family, den, pack, school, or community environment. Tiger Cubs must work with their parents or adult partners. Parents and partners do not earn loops or pins.

Belt Loop

Complete these three requirements:

- _____ 1. Explain the rules of volleyball to your leader or adult partner.
- _____ 2. Spend at least 30 minutes practicing skills to play the sport of volleyball.
- _____ 3. Participate in a volleyball game.

Sports Pin

Earn the Volleyball belt loop and complete five of the following requirements:

- _____ 1. Compete in a pack, school or community volleyball tournament.
- _____ 2. Demonstrate skill in two volleyball passing techniques: forearm pass and overhead pass (setting).
- _____ 3. Demonstrate skill in two volleyball serving techniques: underhand and overhand.
- _____ 4. Spend at least 60 minutes in practice over several practice periods to develop individual skills for volleyball. Make a chart to record your practice efforts.
- _____ 5. Explain how volleyball matches are scored, including the terms side-out and rally scoring.
- _____ 6. Accurately lay out a volleyball court.
- _____ 7. Play five games of volleyball.
- _____ 8. Officiate at least three games of volleyball.
- _____ 9. Explain the importance of good sportsmanship.
- _____ 10. Attend a high school, college, or professional volleyball game.

Resources

Check your local library and schools as well as local park and recreation programs. A trophy shop may be able to put you in touch with a local league or association willing to share information.

USA Volleyball

715 S. Circle Dr.

Colorado Springs, CO 80910-2368

Phone: 719-228-6800; fax: 719-228-6899

Web site: <http://www.usavolleyball.org>

Elements of a Practice Session

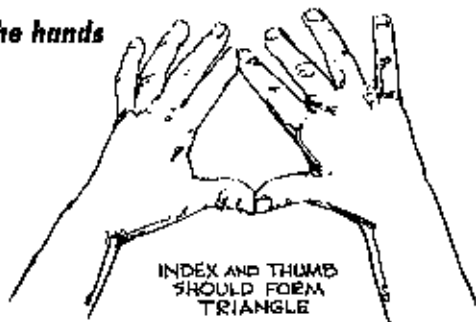
Warm-up Time: Plan some simple warm-up exercises and make one or two points about the importance of physical fitness. Explain that exercises keep muscles loose and strong, which helps boys avoid injury. You might also talk about the importance of good diet in keeping fit.

Drills for Volleyball Fundamentals: Teaching the fundamentals is a must at every level of volleyball. Take time to teach and review basic skills at every practice session, and plan simple drills to reinforce learning. Work with boys in groups of three or four so nobody gets bored or feels slighted.

Team Meeting: Plan a 10-minute discussion for each practice session. Choose a topic and think of an interesting way to get players thinking and talking about the rules, the game—and themselves. Don't make this a lecture. Challenge players to set goals for themselves and the team. Help boys feel that they are important to the team.

Game Time: Set a goal or focus for each game and help players see the relationship between skills and the game.

Position of the hands



Equipment for Cub Scout Volleyball

Appropriate equipment is important to learning skills, playing well, and enjoying the game.

The Net and Standards

Check with local sporting goods stores on the availability of adjustable nets and standards for the net heights recommended. A temporary solution is to use a regulation net and standards, wrapping the net around the standards at the height desired. All items, such as standards, wall fixtures, and the like should be padded in some way for safe play.

The Ball

Number four (junior size) volleyballs are appropriate for Cub Scouts. These balls are usually available at local sporting goods stores, although it may sometimes be necessary to order them from the manufacturer. Use of an adult-size volleyball is possible provided the ball is good-quality leather.

The Court

Court lines may be taped to the floor, using tape made for this purpose.

Several courts may be included in a gym or all-purpose room, using permanently installed equipment, if available, or temporary standards and taped court lines.

Uniform

Many players wear knee pads. Long-sleeved shirts help protect forearms. Boys should not wear any jewelry. Do not allow boys to chew gum while playing volleyball.



The overhead pass