



# ATHLETICS

## Merit Badge Requirements

- 1) Write 500 words on how to train for sports.
- 2) Give the rules for two track and two field events. Tell what an amateur is.
- 3) Prepare plans for holding a sports meet. Outline duties of each official needed.
- 4) Serve as an official in an athletic meet or major sport.
- 5) Qualify in one event, for your weight, in each of the groups below:

	<b>Under 75 lbs</b>	<b>Under 95 lbs</b>	<b>Under 110 lbs</b>	<b>Under 125 lbs</b>	<b>Under 140 lbs</b>	<b>Under 160 lbs</b>	<b>Under 175 lbs</b>	<b>Under 200 lbs</b>	<b>200 lbs or over</b>
<b>Group 1</b>									
Running Long Jump	10'2"	11'6"	12'	13'	14'	15'	16'	14'	10'
Running High Jump	3'2"	3'6"	3'9"	4'	4'3"	4'2"	4'	3'6"	3'
Standing Long Jump	5'10"	6'3"	6'9"	7'2"	7'4"	7'6"	7'4"	6'	5'
Standing High Jump	2'6"	3'	3'2"	3'4"	3'6"	3'8"	3'5"	3'	2'4"
<b>Group 2</b>									
50-Yard Dash	8	7-4/5	7-3/5	7-1/5	7	6-3/5	7	7-3/5	8-2/5
100-Yard Dash				13	12-3/5	12-2/5	12-4/5	14	15-3/5
6-Potato Race	36	28	27	26	25	24	28	32	36
<b>Group 3</b>									
20-Yard Swim	19-3/5	18-2/5	17-4/5	17-1/5	16-3/5	16	15	15-4/5	18-3/5
40-Yard Swim	47	40	39	38	37	36	35	39	40
<b>Group 4</b>									
Pull-up	3 Times	5 Times	6 Times	8 times	10 Times	12 Times	10 Times	6 Times	4 Times
8-lb Shot Put	15'	20'	24'	28'	32'	34'	36'	37'	38'
Push-up From Floor	7 Times	9 Times	10 Times	12 Times	14 Times	16 Times	17 Times	12 Times	8 Times
Rope Climb 18ft	29 sec	17 sec	15 sec	13 sec	11 sec	14 sec	17 sec	20 sec	25 sec
<b>Group 5</b>									
Baseball Throw For Accuracy (3 strikes, 6 throws)	42'	48'	51'	54'	57'	65'	70'	60'	50'
Baseball Throw For Distance	120'	150'	175'	195'	210'	220'	230'	200'	175'
Basketball Goal Shooting (30 sec)	5 in 8	5 in 8	6 in 9	7 in 10	8 in 11	9 in 12	10 in 13	8 in 12	6 in 15



Scout Name: \_\_\_\_\_ Unit #: \_\_\_\_\_ Date: \_\_\_\_\_

## Requirement 2

Give the rules for two track events

Track Event : \_\_\_\_\_

Rules: \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

Track Event : \_\_\_\_\_

Rules: \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

Give the rules for two field events:

Field Event : \_\_\_\_\_

Rules: \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

Field Event : \_\_\_\_\_

Rules: \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

What is an amateur? \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

## Requirement 3

Use the following area to help you plan a sports meet.

Date of Event: \_\_\_\_\_ Place of Meet: \_\_\_\_\_

Events:

_____	_____	_____
_____	_____	_____

Equipment Needed:

_____	_____	_____
_____	_____	_____
_____	_____	_____



