

Sports Merit Badge:

Your Name: _____ Home Phone: _____

Date Starting This Merit Badge: _____

Counselor's Name: _____

How to Contact Your Counselor: _____

Note to the Scout and Merit Badge Counselor:

This set of worksheets is meant to facilitate earning this merit badge, but under no circumstances is it meant to be used in lieu of the appropriate BSA merit badge book.

Requirements for this Merit Badge were revised on 09/01/96.

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1. Show that you know first aid for injuries or illnesses that could occur while playing sports, including hypothermia; heatstroke; heat exhaustion; frostbite; dehydration; sunburn; blisters; hyperventilation; bruises; strains; sprains; muscle cramps; broken, chipped, loosened, or knocked-out teeth; bone fracture; nausea; and suspected injuries to the back, neck, and head.

Demonstrated to counselor: _____

2. Explain sportsmanship. Tell why it is important. Give several examples of good sportsmanship in sports. Relate at least one of these to citizenship off the sports field.

Explained to counselor: _____

Examples of good sportsmanship:

How related to citizenship off the field? _____

3. Take part for one full season as a member of an organized team in ONE of the following sports:

baseball,	basketball,	bowling,
cross country,	diving,	fencing,
field hockey,	football,	golf,
gymnastics,	ice hockey,	lacrosse,
rugby,	skating (ice or roller)	soccer,
softball,	swimming,	team handball,
tennis,	track and field,	volleyball,
water polo, and	wrestling.	

(Or any other recognized team sport approved in advance by your counselor, except boxing and karate.)

Sport in which you took part as a team member: _____

Date(s): _____

4. Take part in ONE of the following sports on a competitive basis in two organized meets or tournaments:

archery,	badminton,	bait or fly casting,
bowling,,	canoeing,	cycling,
diving,	fencing,	fishing,
golf,	gymnastics,	handball,
horsemanship,	horseshoes,	judo,
orienteering,	paddleball,	rifle or shotgun shooting,
sailing,	skating (ice or roller),	skiing,
swimming,	table tennis,	track and field,
water-skiing, and	wrestling.	

(Or any other recognized sport approved in advance by your counselor, except boxing and karate.)*

*** This cannot be the same sport used to meet requirement 3.**

Sport in which you took part as a team member: _____

Tournament dates and locations:

How you have improved:

6. Show proper technique in your two picked sports.

Sport and proper technique demonstrated: _____

Sport and proper technique demonstrated: _____

7. Explain the attributes (qualities) of a good team leader and a good team player.

Explained to counselor: _____

8. Draw diagrams of the playing areas for your two sports.

9. Explain the rules and etiquette for your two sports. List the equipment needed. Describe the protective equipment. Tell why it is needed. Tell what it does.

Rules and etiquette explained to counselor: _____

Equipment needed:

_____	_____
_____	_____
_____	_____

Protective equipment described to counselor? _____

Explained to counselor why needed? _____ what it does? _____

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In completing all requirements for this merit badge, I have completely read the appropriate BSA merit badge book, and discussed same with my counselor.

signed

date

(Source: Courtesy USSSP Merit Badge Requirements, current as of the MB date on this document)