

Sportsman Requirements

Do these:

1. Show the signals used by officials in one of these sports: football, basketball, baseball, soccer, or hockey.
2. Explain what good sportsmanship means.
3. **While you are a Webelos Scout, earn Cub Scout Sports belt loops for two individual sports (badminton*, bicycling, bowling, fishing, golf*, gymnastics, marbles*, physical fitness, ice skating, roller skating, snow ski and board sports, swimming, table tennis*, or tennis*).**

Bicycling

1. *Explain the rules of safe bicycling to your den leader or adult partner.*
2. *Demonstrate how to where 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.*

Bowling

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.*

Fishing

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 properly bait a hook.*
3. *Try to catch a fish.*

Gymnastics

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

Ice Skating or Roller Skating

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

Physical Fitness

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 a softball throw.*

Snow Ski and Board Sports

1. *Explain conditioning, clothing, equipments, and planning needed for snow skiing or boarding.*
2. *Explain "Your Responsibility Code," the rules of safety and courtesy for the slopes.*
3. *Go skiing or snow boarding. Demonstrate how to stop and turn.*

Swimming

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

4. **While you are a Webelos Scout, earn Cub Scouting Sports belt loops for two team sports (baseball*, basketball*, soccer*, softball*, volleyball*, flag football*, or ultimate*).**

* For any sport whose requirements are not listed specifically above: (insert sport name in blanks)

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