



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:

	Under 75 lbs	Under 95 lbs	Under 110 lbs	Under 125 lbs	Under 140 lbs	Under 160 lbs	Under 175 lbs	Under 200 lbs	200 lbs or over
Group 1									
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"
Group 2									
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
Group 3									
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
Group 4									
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
Group 5									
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:

_____	_____	_____
_____	_____	_____
_____	_____	_____

