

Cub Scout Ultimate

Sports Workbook



The work space provided for each requirement should be used by the Cub Scout to make notes for discussing the item with Akela, not for providing the full and complete answers. Each Cub Scout must do each requirement.

No one may add or subtract from the official requirements found in the ***Cub Scout Academics and Sports Program Guide*** (Pub. 34299)

This workbook was updated in June, 2013.

http://www.USScouts.Org • http://www.MeritBadge.Org

Please submit errors, omissions, comments or suggestions about this **workbook** to: Workbooks@USScouts.Org
Comments or suggestions for changes to the **requirements** for the **Belt Loop or Pin** should be sent to: Advancement.Team@Scouting.Org

Cub Scout's Name: _____ Pack No. : _____

Webelos Scouts that earn the Ultimate Belt Loop while a Webelos Scout also satisfy part of requirement 4 for the Sportsman Activity Badge.

Cub Scout Ultimate Belt Loop *(See the Pin Requirements below.)*

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.

Date	Start	End	Duration

☐ 3. Participate in a game of ultimate or disc golf.

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Cub Scout Ultimate Pin

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

☐ 1. Compete in a pack or community ultimate or disc golf tournament.

Date: ☐

☐ 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.

- ☐ backhand pass
- ☐ sidearm pass
- ☐ upside-down pass
- ☐ roller throw

☐ 3. Demonstrate skill in the following catching techniques: one-handed, clapping, and sandwich.

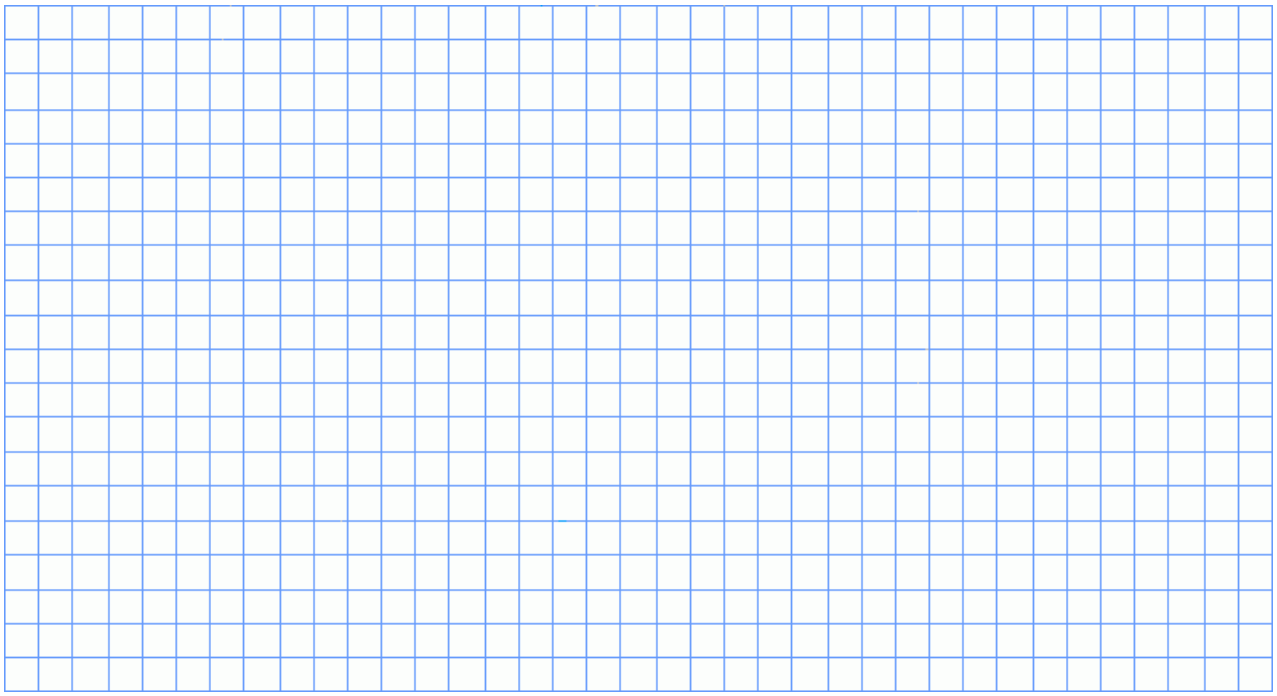
- ☐ one-handed clapping
- ☐ clapping
- ☐ sandwich

☐ 4. On three different occasions, practice 20 minutes of ultimate or disc golf. Keep track of your time on a chart.

Date	Start	End	Duration

☐ 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.

	Date	Opponent	Result
1.			
2.			
3.			
4.			
5.			

☐ 8 Participate in an ultimate skills or disc golf skill development clinic.

Date: _____

☐ 9. Explain the history of ultimate or disc golf and how it became a sport.

☐ 10. Explain the differences between ultimate and golf discs.

Requirement resources can be found here:
http://www.meritbadge.org/wiki/index.php/Cub_Scout_Ultimate#Requirement resources

Attachment – (NOTE: It is not necessary to print this page.)

Important excerpts from the *'Guide To Advancement'*, No. 33088:

Effective January 1, 2012, the *'Guide to Advancement'* (which replaced the publication *'Advancement Committee Policies and Procedures'*) is now the *official* Boy Scouts of America source on advancement policies and procedures.

- **[Inside front cover, and 5.0.1.4] — Unauthorized Changes to Advancement Program**
  No council, committee, district, unit, or individual has the authority to add to, or subtract from, advancement requirements.
  (There are limited exceptions relating only to youth members with disabilities. For details see section 10, "Advancement for Members With Special Needs".)

- **[Inside front cover, and 7.0.1.1] — The *'Guide to Safe Scouting'* Applies**
  Policies and procedures outlined in the *'Guide to Safe Scouting'*, No. 34416, apply to all BSA activities, including those related to advancement and Eagle Scout service projects. [Note: Always reference the online version, which is updated quarterly.]

- **[4.1.0.3]] — Who Approves Cub Scout Advancement?**
  A key responsibility for den leaders is to implement the core den meeting plans as outlined in the Den & Pack Meeting Resource Guide, No. 34409. For Wolf, Bear, and Webelos advancement, den leaders take the lead in approving requirements, though their assistants, and also parents who help at meetings, may be asked to play the role of "Akela" and assist. Parents sign for requirements that, according to meeting plans and instructions in the handbooks, take place at home. For the Bobcat trail and Tiger Cub achievements, parents (or adult partners) should sign in the boy's handbook; the den leader then approves as progress is recorded in the den's advancement record.

- **[4.1.0.4] — "Do Your Best"**
  Advancement performance in Cub Scouting is centered on its motto: "Do Your Best." When a boy has done this—his very best—then regardless of the requirements for any rank or award, it is enough; accomplishment is noted. This is why den leaders, assistants, and parents or guardians are involved in approvals. Generally they know if effort put forth is really the Cub Scout's best.

- **[4.1.2.2] — Cub Scout Academics and Sports Program**
  More than just a recognition opportunity, this program develops new skills, improves those existing, and otherwise enriches Cub Scouting. Details can be found in the Cub Scout Academics and Sports Program Guide, No. 34299. Activities include subjects like science, video games, collecting, and chess; and sports such as baseball, skateboarding, and table tennis. Each has two levels—a belt loop and a pin. Belt loops, which can be earned more than once, are awarded when each of three requirements is met. Cub Scouts may then continue with additional requirements and earn the pin. Archery and BB gun shooting are included, but can only be conducted at a council presented activity with certified supervisors.

Additional notes of interest:

- Tiger Cubs, Cub Scouts, and Webelos Scouts may complete requirements for all Academics and Sports Belt Loops and Pins **(except shooting sports)** 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.

- **"Akela"** (Pronounced *"Ah-KAY-la"*) **—** Title of respect used in Cub Scouting—any good leader is *Akela*. *Akela* is also the leader and guide for Cub Scouts on the advancement trail. The name comes from Rudyard Kipling's Jungle Book. (See "Law of the Pack.")

- **"Law of the Pack" —** *The Cub Scout follows Akela.*
  The Cub Scout helps the pack go.
  The pack helps the Cub Scout grow.
  The Cub Scout gives goodwill.