



# Cub Scout Sports: Badminton

Cub Scout Pack 49

Denison, Iowa

Name of Scout: \_\_\_\_\_ Den: \_\_\_\_\_ Date: \_\_\_\_\_

**Please check what you have completed for either the loop or the pin:**

## REQUIREMENTS FOR THE BADMINTON SPORTS BELT LOOP

Complete these three requirements:

- \_\_\_ Explain the rules of badminton to your leader or adult partner.
- \_\_\_ Spend at least 30 minutes practicing badminton skills.
- \_\_\_ Participate in a badminton game.

## REQUIREMENTS FOR THE BADMINTON SPORTS PIN

- \_\_\_ Required: Belt loop previously earned (or all three of the above requirements checked).

Complete five of the following requirements:

- \_\_\_ Compete in a pack or community badminton tournament.
- \_\_\_ Demonstrate your knowledge of the use and care of the equipment needed to play badminton: shuttlecock (shuttle or bird), racket, court, net, and comfortable clothes and shoes.
- \_\_\_ Demonstrate skill in the following grip techniques: forehand and backhand.
- \_\_\_ Spend at least 60 minutes practicing to develop skills for shots and strokes (clear, drive, drop, and smash).
- \_\_\_ Keep track of your time on a chart.
- \_\_\_ Demonstrate skill in the following: hit the shuttle using forehand or backhand; hit the shuttle, alternating forehand and backhand; hit the shuttle against the wall with a forehand or backhand; hit the shuttle against the wall, alternating forehand and backhand.
- \_\_\_ Accurately lay out a badminton court, including net and lines.
- \_\_\_ Play five games of badminton.
- \_\_\_ Participate in a badminton skills development clinic.
- \_\_\_ Play at least three games during which you make your own foul calls effectively to your leader's satisfaction.

I certify that this Cub Scout has completed the above marked requirements to the best of his ability.

Signed: \_\_\_\_\_ Date: \_\_\_\_\_