



Cub Scout Sports: Ultimate

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 ULTIMATE SPORTS BELT LOOP

Complete these three requirements:

- ___ Explain the rules of ultimate to your leader or adult partner.
- ___ Spend at least 30 minutes practicing ultimate skills.
- ___ Participate in an ultimate game.

REQUIREMENTS FOR THE ULTIMATE 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 ultimate tournament.
- ___ Demonstrate effective pivoting while throwing. Use the following throwing styles: backhand pass, sidearm pass, and upside-down pass.
- ___ Demonstrate skill in the following catching techniques: one-handed, clapping, and sandwich.
- ___ Spend a total of 90 minutes in practice developing individual defensive skills for the positions of marker and defender. Keep track of your time on a chart.
- ___ Explain the flight dynamics of the ultimate disk. Draw a diagram if needed.
- ___ Accurately lay out an ultimate playing field, including end zones.
- ___ Play five games of ultimate.
- ___ Participate in an ultimate skills development clinic.
- ___ Explain the history of ultimate and how it became a sport.

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

Signed: _____ Date: _____