



## Requirement 2

Give the rules for two track and two field events.

**TRACK EVENT NAME:**

**RULES:**

**TRACK EVENT NAME:**

**RULES:**

**FIELD EVENT NAME:**

**RULES:**

**FIELD EVENT NAME:**

**RULES:**



### Requirement 4

Demonstrate the proper form in:

- Running
- High Jump
- Overhand Throw
- Shotput

### Requirement 5

Do the following:

#### Requirement 5A

Prepare a daily drill of ten (10) exercises for Scouts – giving proper exercise for the whole body.

#	Name of Exercise	Part of the Body Targeted
1		
2		
3		
4		
5		
6		
7		
8		
9		
10		

Presenting evidence of having taught the same for two or more boys for a period of three months.

Month 1 List of Boys	Month 2 List of Boys	Month 3 List of Boys

Scout Name \_\_\_\_\_ Unit # \_\_\_\_\_ Date \_\_\_\_\_

**Requirement 5B**

- Demonstrate reasonable skill in at least two outdoor games requiring physical development.

Name of Outdoor Game # 1 \_\_\_\_\_

Name of Outdoor Game # 2 \_\_\_\_\_

**Requirement 5C**

- Walk ten (10) kilometers in two hours without appreciable exhaustion.

Time to Walk Ten (10) Kilometers \_\_\_\_\_

**Requirement 5D**

Qualify (according to your weight) in each of the groups on the next page.

Scout Name \_\_\_\_\_ Unit # \_\_\_\_\_ Date \_\_\_\_\_

Indicate your weight (in pounds) \_\_\_\_\_ lbs

GROUP 1	Qualifying Record	Date Qualified	Under 75lbs	Under 95lbs	Under 100lbs	Under 125lbs	Under 140lbs	Under 160lbs	Under 175lbs
Running Board Jump			10'2"	11'6"	12'	13'	14'	15'	16'
Running High Jump			3'2"	3'6"	3'9"	4'	4'3"	4'2"	4'
Standing Board Jump			5'10"	6'3"	6'9"	7'2"	7'4"	7'6"	7'4"

GROUP 2	Qualifying Record	Date Qualified	Under 75lbs	Under 95lbs	Under 100lbs	Under 125lbs	Under 140lbs	Under 160lbs	Under 175lbs
50-Yard Dash			8 sec	7.8 sec	7.6 sec	7.2 sec	7 sec	6.6 sec	6 sec
100-Yard Dash			-	-	-	13 sec	12.6 sec	12.4 sec	12.67 sec

GROUP 3	Qualifying Record	Date Qualified	Under 75lbs	Under 95lbs	Under 100lbs	Under 125lbs	Under 140lbs	Under 160lbs	Under 175lbs
20-Yard Swim			19.5 sec	18.4 sec	17.8 sec	17.2 sec	16.6 sec	16 sec	15 sec
40-Yard Swim			47 sec	40 sec	39 sec	38 sec	37 sec	36 sec	35 sec

GROUP 4	Qualifying Record	Date Qualified	Under 75lbs	Under 95lbs	Under 100lbs	Under 125lbs	Under 140lbs	Under 160lbs	Under 175lbs
Pull-Ups			3x	5x	6x	8x	10x	12x	10x
Shot-Put			15'	20'	24'	28'	32'	34'	36'
Push-Up from Floor			7x	9x	10x	12x	14x	16x	17x
Rope Climb 18'			29 sec	17 sec	15 sec	13 sec	11 sec	14 sec	17 sec

GROUP 5	Qualifying Record	Date Qualified	Under 75lbs	Under 95lbs	Under 100lbs	Under 125lbs	Under 140lbs	Under 160lbs	Under 175lbs
Baseball Throw for Accuracy (3 of 6)			42'	48'	51'	54'	57'	67'	70'
Baseball Throw (Distance)			120'	150'	175'	195'	210'	220'	230'
Basketball Shooting (30 sec)			5 in 8	5 in 8	6 in 9	7 in 10	8 in 11	9 in 12	10 in 13