



Cub Scout Flag Football

Cub Scout Academics and Sports Workbook

This workbook is not required but can help you with this award. Belt Loops and Pins may be earned more than once.

Links to other workbooks and resources are at the end of this workbook: [Online Resources](#).

Send comments to the workbook developer: craig@craiglincoln.com. Workbook updated: April 2008.

Scout's Name: _____

Pack: _____

Cub Scout Flag Football Belt Loop (See the [Pin Requirements](#) below.)

Complete these three requirements:

1. Explain or discuss the simple rules of flag football with your den. _____

2. Practice running, passing, and catching skills for at least 30 minutes. _____
3. Play a game of flag football. _____

Cub Scout Flag Football Pin

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

1. Layout and properly mark a flag football field at a park or playground. _____
2. Explain the difference between defense _____
_____ and offense in a flag football game. _____
3. Describe five different positions a player may play in flag football. _____

_____ Name the position that you prefer to play. _____
4. During three half-hour sessions, practice the skills of passing, hand-offs, rushing, and running. _____

5. Participate in a flag-football clinic. _____
6. Consider all the people who make it possible to play a game of flag football. List
 parents, _____

 coaches, _____

 team members, _____

 scorekeepers, _____

 referees, _____

 groundskeepers, etc, _____

7. Play in five flag football games without incurring a penalty. _____
8. Explain and demonstrate at least six football officiating signals. _____
9. Attend a high school, college, or community league football game. _____
10. Read a book about a football player and tell your den or family about the player's training and work ethics.
11. Talk with a referee or official of a high school, college, or community football league and learn about the job he or she does at a football game. _____

Online Resources (Use any Internet resource with caution and only with your parent's or guardian's supervision.)

Cub Scout Advancement: <http://usscouts.org/advance/cubscout/ranks.asp>

Tiger: <http://meritbadge.org/wiki/index.php?title=Tiger>

Wolf: <http://meritbadge.org/wiki/index.php?title=Wolf>

Bear: <http://meritbadge.org/wiki/index.php?title=Bear>

Webelos: <http://meritbadge.org/wiki/index.php?title=Webelos>

Cub Scout Academics and Sports Workbooks: ► meritbadge.org -or- ► [Academics](#) / [Sports](#)

Webelos Activity Badge Workbooks: ► usscouts.org -or- ► meritbadge.org

Boy Scouts of America: <http://www.scouting.org/> ► [Guide to Safe Scouting](#) ► [Age-Appropriate Guidelines for Activities](#)

ExpertVillage.com Lesson Videos:

🎥 [Warm Up](#)

🎥 [Stretching](#)

🎥 [Running](#)

🎥 [Pull-Ups](#)

🎥 [Push-Ups](#)

🎥 [Basketball](#)

🎥 [Baseball](#)

🎥 [Football](#)

Flag Football: http://en.wikipedia.org/wiki/Flag_football

NFL Flag Football: http://flag.nflyouthfootball.com/Home_232.htm

NFL Flag Football Rules: http://flag.nflyouthfootball.com/rules_and_equipment/flag_rules_flag92c9.htm

US Flag Football Association: <http://www.usffa.org/>

Rulebook: <http://www.usffa.org/rulebook.htm>

American Council on Exercise: <http://www.acefitness.org>

American Sport Education Program: <http://www.asep.com>

Institute for International Sports: <http://www.internationalsport.com/nsd/nsd.cfm>

National Youth Sports Safety Foundation: <http://www.nyssf.org>