



GOLF

Merit Badge Requirements

- 1) Discuss safety on the golf course. Show that you know first aid for injuries or illnesses that could occur while golfing, including heat reactions, dehydration, blisters, sprains, and strains.
- 2) Study the USGA *Rules of Golf* now in use.
 - A) Tell about the three categories of golf etiquette.
 - B) Show that you know about the definitions of golf terms.
 - C) Show that you understand the "Rules of Amateur Status."
- 3) Tell about your understanding of the USGA system of handicapping.
- 4) Do the following:
 - A) Tell about the early history of golf.
 - B) Describe its early years in the United States.
 - C) Tell about the accomplishments of a top golfer of your choice.
- 5) Discuss with your counselor vocational opportunities related to golf.
- 6) Do the following:
 - A) Tell how golf can contribute to a healthy lifestyle, mentally and physically.
 - B) Tell how a golf exercise plan can help you play better. Show two exercises that would improve your game.
- 7) Show the following:
 - A) The proper grip, stance, posture, and key fundamentals of a good swing.
 - B) The full wood shot, played from a tee.
 - C) The fairway wood shot.
 - D) The long iron shot.
 - E) The short iron shot.
 - F) The approach, chip-and-run, and pitch shots.
 - G) The sand iron shot, bunker, or heavy rough recovery shots.
 - H) A sound putting stroke.
- 8) Play a minimum of two nine-hole rounds or one 18-hole round of golf with another golfer about your age and with your counselor, or an adult approved by your counselor. Do the following:
 - A) Follow the Rules of Golf.
 - B) Practice good golf etiquette.
 - C) Show respect to fellow golfers, committee, sponsor, and gallery.

Scout Name: _____ Unit #: _____ Date: _____

Requirement 1

Discuss safety on the golf course: _____

Explain first aid for the following injuries or illnesses that could occur while golfing:

Heat Reactions: _____

Dehydration: _____

Blisters: _____

Sprains: _____

Strains: _____

Other: _____

Requirement 2

Study the *USGA Rules of Golf* now in use. After your studying, do the following:

Tell about the three categories of golf etiquette.

Category: _____ Description: _____

Category: _____ Description: _____

Category: _____ Description: _____

Scout Name: _____ Unit #: _____ Date: _____

Show that you know about the definitions of golf terms by giving a brief explanation of them below:

Describe the golf term(s) for "*Green*" and what it can be applied to: _____

Describe the golf term(s) for "*Addressing the Ball*": _____

Describe the golf term(s) for "*Ball Deemed to Move*": _____

Describe any other term that you may think needs defining: _____

Show that you understand the "Rules of Amateur Status" by summarizing them here: _____

Requirement 3

Tell about your understanding of the USGA system of handicapping: _____

Requirement 6

Tell how golf can contribute to a healthy lifestyle, mentally and physically: _____

Tell how a golf exercise plan can help you play better: _____

Describe two exercises that would improve your game:

Exercise: _____ How will this exercise help your game? _____

Exercise: _____ How will this exercise help your game? _____

___ Demonstrate these two exercises to your counselor.

Requirement 7

After studying and learning from your counselor, demonstrate, show, or perform each of the following. Check off each after completion.

- ___ The proper grip ___ The proper stance ___ The proper posture ___ Fundamentals of a good swing ___ The fairway wood shot
___ The full wood shot, played from a tee ___ The long iron shot ___ The short iron shot ___ The Approach ___ The chip-and-run
___ The pitch ___ The sand iron shot, bunker, or heavy rough recovery shot ___ A sound putting stroke

Requirement 8

Play a minimum of two nine-hole rounds or one 18-hole round of golf with another golfer about your age and with your counselor, or an adult approved by your counselor. Do the following: 1) Follow the Rules of Golf - 2) Practice good golf etiquette - 3) Show respect to fellow golfers, committee, sponsor, and gallery.

Your score: _____ Handicap: _____

Who did you golf with? _____ Score: _____ Handicap: _____