



Royal Rangers

Merit Requirements: **Blue-Bordered Merit**

ROLLER SKATING

1. List ten safety and etiquette rules for roller skating.
2. Draw a diagram and label at least five parts of a roller skate.
3. Demonstrate the following roller skating skills:
 - a. Skate forward on both feet for at least fifty feet in both directions or around a rink and demonstrate proper techniques for stopping.
 - b. Show your ability to balance on one foot at a time. Skate forward and roll twenty feet on one skate, then on the other.
 - c. Perform the crosscut.
 - d. Skate backward and glide with both skates on the ground.
 - e. Skate forward in a slalom pattern with both skates on the ground.
 - f. Skate backward in a slalom pattern for at least fifteen feet with both skates on the ground.
 - g. Skate forward at least one hundred feet and then back, bending twice along the way without stopping. One bend should occur while circling to turn around.
 - h. Perform a widespread eagle while skating.
 - i. Perform a Mohawk while skating.
 - j. Perform a series of consecutive spins on skates.
4. Write a 250-word report on the history of roller skating.
5. What is the RSROA and why was it established?
6. Interview a roller skating instructor (preferably Christian) regarding the following:
 - a. What benefits come from roller skating?
 - b. How has roller skating made you a more disciplined person?
 - c. How do you build a winning attitude?
 - d. How do you build character within a person?
 - e. What is the importance of being a good role model?
 - f. How do you prepare a team or individual for competition?