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?

Copyright 2003, National Royal Rangers Office,
General Council of the Assemblies of God
Find more information about Royal Rangers at www.royalrangers.ag.org