



Royal Rangers

Merit Requirements: **Green-Bordered Merit**

SPORTS

1. Take part for one full season as a member of an organized team in ONE of the following sports, or any other recognized team sport approved in advance by your commander (except boxing, karate, or a sport covered by an existing merit):
 - a. Bowling
 - b. Cross-country
 - c. Diving
 - d. Fencing
 - e. Field hockey
 - f. Gymnastics
 - g. Ice hockey
 - h. Lacrosse
 - i. Rugby
 - j. Softball
 - k. Team handball
 - l. Volleyball
 - m. Water polo

2. Take part in ONE of the following sports, or any other recognized sport approved in advance by your commander (except boxing, karate, or a sport covered by an existing merit) on a competitive basis in two organized meets or tournaments:
 - a. Archery
 - b. Badminton
 - c. Bait or fly casting
 - d. Bowling
 - e. Canoeing
 - f. Cycling
 - g. Diving
 - h. Fencing
 - i. Fishing
 - j. Gymnastics
 - k. Handball
 - l. Horsemanship
 - m. Horseshoes
 - n. Orienteering
 - o. Paddleball
 - p. Sailing
 - q. Skating (ice or roller)
 - r. Skiing
 - s. Table tennis
 - t. Track and field
 - u. Waterskiing

3. Explain the meaning of good sportsmanship and give two examples.

4. Explain the qualities of a good team leader and a good team player.



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5. Do the following for the two sports you selected for Requirements 1 and 2.
 - a. Write down the rules of play.
 - b. Make drawings of the playing fields or areas.
 - c. Describe the equipment needed to play.
6. Write a 300-word essay on how participation in the sports you have chosen has personally benefited your life.
7. Interview a coach (preferably Christian) concerning the proper training, mental preparation, and commitment needed to be a good player. Include the notes of your interview.