



# 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](mailto: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](http://meritbadge.org) -or- ► [Academics](#) / [Sports](#)

**Webelos Activity Badge Workbooks:** ► [usscouts.org](http://usscouts.org) -or- ► [meritbadge.org](http://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](http://en.wikipedia.org/wiki/Flag_football)

NFL Flag Football: [http://flag.nflyouthfootball.com/Home\\_232.htm](http://flag.nflyouthfootball.com/Home_232.htm)

NFL Flag Football Rules: [http://flag.nflyouthfootball.com/rules\\_and\\_equipment/flag\\_rules\\_flag92c9.htm](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>

