



Golf

Scouts BSA · Sports

Name

Started

Completed

Golf is a lifelong sport built on skill, focus, and good sportsmanship. You'll learn how to stay safe on the course and then work on the playing skills and rules of the game. It's a great sport to share with family and friends.

Requirements

Every official requirement, in plain language. Check the official wording when you sign off (scouting.org/merit-badges/golf/). Tips and examples are ideas, not extra requirements.

- ☐ **1** Discuss staying safe on a golf course. Show you know first aid for golf-related injuries and illnesses, including sunburn, heat reactions, dehydration, lightning, blisters, bug or animal bites, poison ivy, sprains, and strains

Tip: Learn where to stand when others are swinging, what to do in lightning, and how to treat blisters and sunburn.

Example: Talk through a round: stand well behind and to the side of anyone swinging, yell "Fore" if your ball heads toward people, leave the course as soon as you hear thunder, and know first aid for blisters, sunburn, and heat exhaustion.

2 Golf or disc golf: Choose 1 of 2

Tips for this section: Pick the option that fits you and practice at a driving range or putting green. A golf pro or experienced golfer can help with your swing.

Example for this section: Whichever option you pick, set a simple practice routine. For golf: 20 minutes of putting, 20 of chipping, and a bucket of balls at the range each week. For disc golf: 20 minutes of putting at a basket and a set of backhand and forehand throws in an open field. Track one number, like how many putts you make from a set distance, so you can see progress.

2a Option A: traditional golf

- ☐ **2a1** Study the current USGA Rules of Golf, then do 2a1a–2a1c

- ☐ **2a1a** Tell about the 3 categories of golf etiquette

- ☐ **2a1b** Show that you understand what common golf terms mean

- ☐ **2a1c** Show you know what the Rules of Amateur Status say

- ☐ **2a2** Tell what you understand about the World Handicap System

2a3 Golf history

- ☐ **2a3a** Tell about golf's early history

- ☐ **2a3b** Describe golf's first years in the United States

- ☐ **2a3c** Tell what a top golfer of your choice has accomplished

2a4 Golf and fitness

- ☐ **2a4a** Tell how golf can help you stay healthy in body and mind

- ☐ **2a4b** Explain how following an exercise plan can make you a better golfer, and show 2 exercises that would help your game

2a5 Golf skills to show

- ☐ **2a5a** Show correct grip, stance, posture, and the key basics of a good swing

- ☐ **2a5b** Show a driver shot hit off a tee

- ☐ **2a5c** Show a fairway wood shot

- ☐ **2a5d** Show a long iron shot

- ☐ **2a5e** Show a short iron shot

- ☐ **2a5f** Show approach, chip-and-run, and pitch shots

- ☐ **2a5g** Show a shot out of heavy rough or a bunker

- ☐ **2a5h** Show a solid putting stroke

- ☐ **2a6** Play at least two 9-hole rounds or one 18-hole round with a golfer near your age and with your counselor or a counselor-approved adult, doing 2a6a–2a6c

- ☐ **2a6a** While playing, follow the Rules of Golf

- ☐ **2a6b** While playing, use good golf etiquette

- ☐ **2a6c** While playing, respect other golfers, the committee, the sponsor, and the gallery

- ☐ **2a7** Learn about 3 careers connected to golf. Choose one and find out the education, training, and experience it takes. Discuss it with your counselor and explain why it interests you

2b Option B: disc golf

- ☐ **2b1** Study the current PDGA Official Rules of Disc Golf, then do 2b1a and 2b1b

- ☐ **2b1a** Tell about the 6 areas of Courtesy (812)

- ☐ **2b1b** Describe the 7 areas of Scoring (808)

- ☐ **2b2** Tell about how disc golf began and why it's a game everyone can play

2b3 Disc golf history

- ☐ **2b3a** Tell about disc golf's history and why it's inclusive

- ☐ **2b3b** Discuss with your counselor what Ed Headrick contributed to disc golf

- ☐ **2b3c** Describe how disc design has changed over time

- ☐ **2b3d** Tell what a top disc golfer of your choice has accomplished

2b4 Disc golf and fitness

- ☐ **2b4a** Tell how disc golf can help you stay healthy in body and mind

- ☐ **2b4b** Explain how following an exercise plan can make you a better disc golfer, and show 2 exercises that would help your game

2b5 Disc golf skills to show

- ☐ **2b5a** Show a good throwing grip

- ☐ **2b5b** Show a good X-step runup when throwing

- ☐ **2b5c** Show a backhand shot

- ☐ **2b5d** Show a forehand shot

- ☐ **2b5e** Show an overhand shot

- ☐ **2b5f** Show a rolling shot

- ☐ **2b5g** Show a good in-line putting stance

- ☐ **2b5h** Show a good straddle putting stance

- ☐ **2b5i** Show a good putting grip

- ☐ **2b5j** Show a smooth putting motion with follow-through

- ☐ **2b5k** Show how to use a mini marking disc correctly

- ☐ **2b6** Play at least 18 holes of disc golf with a player near your age and with your counselor or a counselor-approved adult, doing 2b6a–2b6c

- ☐ **2b6a** While playing, follow the PDGA's official disc golf rules

- ☐ **2b6b** While playing, use good disc golf etiquette

- ☐ **2b6c** While playing, respect other players, other park visitors, and the wildlife, trees, and plants

- ☐ **2b7** Learn about 3 careers connected to disc golf. Choose one and find out the education, training, and experience it takes. Discuss it with your counselor and explain why it interests you