# GOLF MERIT BADGE REQUIREMENTS

Additional checkoff sheets and helps are available from ScouterMom.com.

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| 1. Discuss safety on the golf course. Show that you know first aid for injuries or illnesses that could occur while golfing, including heat reactions, dehydration, blisters, sprains, and strains | | | | | | | | | | |
| 2. Study the USGA “Rules of Golf” now in use. | | | | | | | | | | |
| 2a. Tell about the three categories of golf etiquette. | | | | | | | | | | |
| 2b. Demonstrate that you understand the definitions of golf terms. | | | | | | | | | | |
| 2c. Show that you understand the “Rules of Amateur Status.” | | | | | | | | | | |
| 3. Tell about your understanding of the USGA system of handicapping. | | | | | | | | | | |
| 4. Do the following: | | | | | | | | | | |
| 4a. Tell about the early history of golf. | | | | | | | | | | |
| 4b. Describe golf’s early years in the United States. | | | | | | | | | | |
| 4c. Tell about the accomplishments of a top golfer of your choice. | | | | | | | | | | |
| 5. Discuss with your counselor vocational opportunities related to golf. | | | | | | | | | | |
| 6. Do the following: | | | | | | | | | | |
| 6a. Tell how golf can contribute to a healthy lifestyle, mentally and physically. | | | | | | | | | | |
| 6b. Tell how a golf exercise plan can help you play better. Show two exercises that would help improve your game. | | | | | | | | | | |
| 7. Show the following: | | | | | | | | | | |
| 7a. The proper grip, stance, posture, and key fundamentals of a good swing | | | | | | | | | | |
| 7b. The full wood shot, played from a tee | | | | | | | | | | |
| 7c. The fairway wood shot | | | | | | | | | | |
| 7d. The long iron shot | | | | | | | | | | |
| 7e. The short iron shot | | | | | | | | | | |
| 7f. The approach, chip-and-run, and pitch shots | | | | | | | | | | |
| 7g. The sand iron shot, bunker, or heavy rough recovery shots | | | | | | | | | | |
| 7h. A sound putting stroke | | | | | | | | | | |
| 8. Play a minimum of two nine-hole rounds or one 18-hole round of golf with another golfer about your age and with your counselor, or an adult approved by your counselor. Do the following: | | | | | | | | | | |
| 8a. Follow the “Rules of Golf.” | | | | | | | | | | |
| 8b. Practice good golf etiquette. | | | | | | | | | | |
| 8c. Show respect to fellow golfers, committee, sponsor, and gallery | | | | | | | | | | |

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