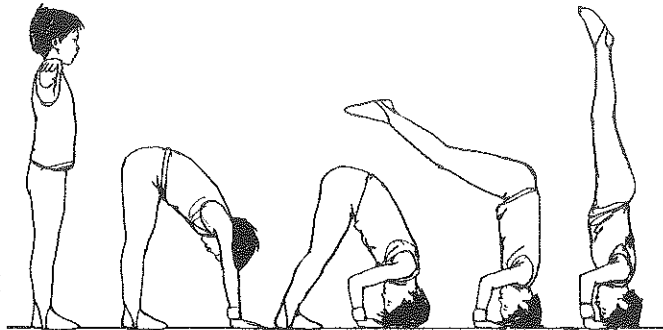
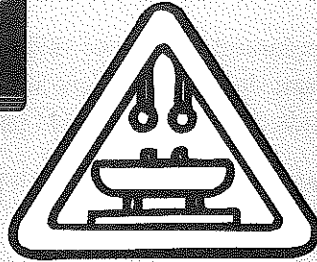
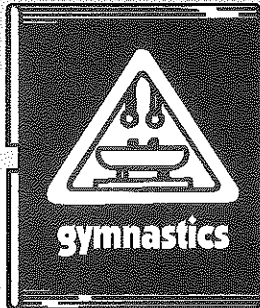


# Cub Scout Sports: Gymnastics



## REQUIREMENTS

Tiger Cubs, Cub Scouts, and Webelos Scouts may complete requirements in a family, den, pack, school, or community environment. Tiger Cubs must work with their parents or adult partners. Parents and partners do not earn loops or pins.

### Belt Loop

Complete these three requirements:

- \_\_\_\_\_ 1. Explain the six events of men's gymnastics: floor exercise, pommel horse, still rings, vaulting/side horse, parallel bars, and horizontal bar.
- \_\_\_\_\_ 2. Explain the safety rules you should follow to learn gymnastics.
- \_\_\_\_\_ 3. Participate in an exercise from three of the six events using the proper equipment and techniques.

### Sports Pin

Earn the Gymnastics belt loop and complete five of the following requirements:

- \_\_\_\_\_ 1. Write a report on the history of gymnastics. Tell your den or an adult family member what you learned.
- \_\_\_\_\_ 2. Take gymnastics lessons.

- \_\_\_\_\_ 3. Attend a gymnastics meet.
- \_\_\_\_\_ 4. Practice and demonstrate five floor exercise skills.
- \_\_\_\_\_ 5. Practice and demonstrate two skills used on the pommel horse.
- \_\_\_\_\_ 6. Demonstrate two skills on the still rings.
- \_\_\_\_\_ 7. Demonstrate two skills using parallel bars.
- \_\_\_\_\_ 8. Demonstrate two skills using the horizontal bar.
- \_\_\_\_\_ 9. Demonstrate a vault using the side horse.
- \_\_\_\_\_ 10. Develop a regular routine of physical and mental conditioning.
- \_\_\_\_\_ 11. Learn about three U.S. gymnasts who have won medals in the Olympics. Tell your den or an adult family member what you learned about them.