

Competitive Gaming

Merit Badge Workbook

Merit badges are earned by doing: reading the pamphlet, practicing the skills, and showing your counselor what you have learned.
This workbook gives you a place to organize your notes and track your progress along the way.
Merit badge counselors may not require the use of this or any similar workbook.
You still must satisfy your counselor that you can demonstrate each skill and have learned the information.
Use the space under each requirement to note what you have done and what you want to talk about, not to write out full answers.
When a requirement says discuss, show, tell, explain, or demonstrate, that is what you must do.
No one may add to or subtract from the official requirements found on scouting.org (Guide to Advancement 7.0.4.8).
Scouting America last updated this badge's requirements page on July 22, 2026.
Requirements change from time to time. Double-check scouting.org before you start.

Scout's name: _____ Unit: _____ Date started: _____

Counselor's name: _____ Phone no.: _____ Email: _____

Links marked "Scouting America resources" are the ones Scouting America shares on its official badge page.
This workbook is unofficial and not endorsed by Scouting America.

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1. History of Gaming. Do the following:

(a) Create a timeline showing how video gaming has evolved since 1958. Include at least one significant event from each decade.

Scouting America resources: Video Game History Timeline (website) · The History of Video Games: From Pong to Fortnite (video) The Video Game Revolution (website) · The Worst Video Game Ever (website w/ video)

My video gaming timeline

Decade	Year	Significant event
1950s		
1960s		
1970s		
1980s		
1990s		
2000s		
2010s		
2020s		

(b) Identify and define five major video game genres. Provide an example for each.

Scouting America resources: Glitchwave Game Genres (website) · Esports Genres Explained (website)
Explore All Video Game Genres (website)

Five major video game genres

Genre	Definition	Example game

(c) Explain the difference between video gaming and esports. Include how esports incorporates elements of organized competition such as teams, tournaments, rules, coaching, and spectatorship. Provide two examples of games that are commonly played casually as video games but are also used in organized esports competition.

Scouting America resources: Gaming vs. Esports (video) · Video Gaming and Esports (website)
PlayVS Game Title Overview (website)

The difference between video gaming and esports

How esports uses organized competition

Element	How esports includes it
Teams	
Tournaments	
Rules	
Coaching	
Spectatorship	

Games played casually and in organized esports

Game	How it's played casually	How it's played in esports

(d) Identify and define five major moments in the development of esports as an industry since 1990. Include key tournaments, technological advances, and organizations that helped shape competitive gaming globally. Discuss your findings with your counselor.

Scouting America resources: Major Milestones in Esports History: A Timeline (website)

Five major moments in esports since 1990

Year	Moment (tournament, technology, or organization)	How it shaped competitive gaming

Discussed with my counselor on

Requirement 1 completed on counselor initials

2. Living the Scout Oath and Law Online. Do the following: Note: View the Personal Safety Awareness "Digital Safety" video (with your parent or guardian's permission.)

Scouting America resources: Digital Safety (video)

Watched the Digital Safety video on

(a) Define the term "toxicity in gaming." Describe a real or hypothetical example of toxic behavior in online play and outline how the situation could be prevented or resolved by applying the Scout Oath and Law.

Scouting America resources: Good Game Playbook for Teens (PDF) · Game Changer Resource Guide (website)

"Toxicity in gaming" in my own words

An example of toxic behavior in online play (real or hypothetical)

How the Scout Oath and Law could prevent or resolve it

(b) List five strategies for handling negative online gaming experiences. Describe how each strategy reflects a point of the Scout Oath or Law.

Scouting America resources: How To Deal With Toxic Players: A Gamer's Guide to Staying Sane Online (website)
Bullying and Cyberbullying (website)

Five strategies for negative gaming experiences

Strategy	Point of the Scout Oath or Law it reflects, and how

(c) Research the Entertainment Software Rating Board (ESRB) rating system. Record the ratings of the video games you own and compare them to your age group. Explain to your counselor whether you agree with the ESRB descriptions.

Scouting America resources: Video Games Age Ratings Explained (website) · Search ESRB Game Ratings (website)

ESRB ratings of the games I own

Game	ESRB rating	Content descriptors	How it compares to my age group

Do I agree with the ESRB descriptions? Why or why not

(d) List five ways to create a positive online gaming environment for yourself and others. Demonstrate one of these methods with your troop, patrol, or family.

Scouting America resources: The Ultimate Guide to Non-Toxic Gaming Communities (website) · What Kids Can Do (website)

Method I demonstrated _____ With whom _____ Date _____

Five ways to create a positive online gaming environment

#	Way to create a positive environment
1	
2	
3	
4	
5	

Requirement 2 completed on _____ counselor initials _____

3. Gamer Health and Balance. Do the following:

(a) Read two credible articles describing positive aspects of video gaming and two describing negative aspects. Create a chart showing where the articles agree or disagree.

Scouting America resources: The Surprising Benefits of Video Games (website) · Are Video Games Good for You? (website)
How Video Games Can Level Up the Way You Learn (video)
How Video Games Affect Kids' Behavioral Health: The Hidden Risks (website) · Effects of Video Games on Teen Mental Health (website)
What Is the Link Between Screen Time and ADHD? (PDF)

The four articles I read

Article	Title and source	Main points
Positive 1		
Positive 2		
Negative 1		
Negative 2		

My chart: where the articles agree or disagree

Topic	Where they agree	Where they disagree

(b) Track the amount of gaming you do each day for two weeks. Record and summarize your results.

Scouting America resources: ActivityWatch (website)

My two-week log for 3(b), 3(c), and 3(d): week 1

Day	Date	Time spent gaming	Physical activity (what I did and minutes)	Hours of sleep
Day 1				
Day 2				
Day 3				
Day 4				
Day 5				
Day 6				
Day 7				

My two-week log for 3(b), 3(c), and 3(d): week 2

Day	Date	Time spent gaming	Physical activity (what I did and minutes)	Hours of sleep
Day 8				
Day 9				
Day 10				
Day 11				
Day 12				
Day 13				
Day 14				

Summary of my gaming results

(c) Track your daily physical activity for the same two weeks. Compare your results to the CDC recommendation of one hour of moderate-to-vigorous activity per day for youth ages 6-17.

Scouting America resources: My Physical Activity Diary (website)

How my activity (from my log in 3b) compares to the CDC recommendation

(d) Track your daily sleep for the same two weeks. Compare your results to the CDC recommendation of 9-12 hours for ages 6-12 and 8-10 hours for ages 13-18.

Scouting America resources: Sleep Calculator (website)

How my sleep (from my log in 3b) compares to the CDC recommendation

(e) After completing 3(b), 3(c), and 3(d), create a one-week balanced schedule that includes healthy sleep, physical activity, and agreed-upon gaming time. Follow this schedule and summarize your results.

Scouting America resources: Weekly Activity Schedule (website)

My one-week balanced schedule

Day	Sleep	Physical activity	Gaming time	Did I follow it?
Monday				
Tuesday				
Wednesday				
Thursday				
Friday				
Saturday				
Sunday				

Summary of my results

Requirement 3 completed on _____ counselor initials _____

4. Gamer Safety and Community Connection. Do the following:

(a) Explain the benefits and risks of gaming online.

Scouting America resources: The Real Benefits of Video Games (website) · Are Video Games, Screens Another Addiction? (website)

Gaming online

Benefits	Risks

(b) Research and list ten ways to stay safe when playing video games online.

Scouting America resources: Online Safety Issues (website) · Gaming Safety (PDF)

Ten ways to stay safe playing online

#	Way to stay safe
1	
2	
3	
4	
5	
6	
7	
8	
9	
10	

(c) Play one of your favorite games with your parent or guardian for at least 30 minutes. Demonstrate how to use privacy and safety settings, explain what you enjoy about the game, and let them play for part of the session.

Scouting America resources: Online Gaming Safety Settings (PDF)

Game _____ Date _____ How long we played _____

- ☐ Showed the privacy and safety settings
- ☐ Explained what I enjoy about the game
- ☐ Let my parent or guardian play for part of the session

(d) Play an online or local multiplayer game with another Scout, friend, or community member in a cooperative or team-based setting. The match may be casual or competitive. During play, demonstrate positive communication, teamwork, and sportsmanship. Afterward, review the experience with your counselor and describe how cooperation and communication influenced your team's performance and overall enjoyment of the game.

Game _____ Who I played with _____ Date _____

How cooperation and communication affected our team's performance and enjoyment

Requirement 4 completed on _____ counselor initials _____

5. Technology in Competitive Gaming. Do the following:

(a) Explain the difference between console gaming and PC gaming. List the advantages and disadvantages of each.

Scouting America resources: Console vs. PC Gaming: Which Is Better? (website)

The difference between console gaming and PC gaming

Advantages and disadvantages

Platform	Advantages	Disadvantages
Console gaming		
PC gaming		

(b) Play the same game on at least two different platforms. Describe the similarities and differences in gameplay and performance. Note: Any game may be used, including free games, on any platform (phone, tablet, PC, laptop, console, etc.).

Game _____ Platform 1 _____ Platform 2 _____

Compared	Similarities	Differences
Gameplay		
Performance		

(c) Visit a PC builder website such as PCPartPicker or Micro Center. Design your ideal gaming PC and create a parts list that includes: central processing unit (CPU), motherboard, random access memory (RAM), hard drive, power supply, graphics card, fans, case. Discuss your selections with your counselor.

Scouting America resources: PCPartPicker (website) · Micro Center (website)

Website I used _____ Discussed with my counselor on _____

My ideal gaming PC parts list

Part	What I picked	Why I picked it
Central processing unit (CPU)		
Motherboard		
Random access memory (RAM)		
Hard drive		
Power supply		
Graphics card		
Fans		
Case		

Requirement 5 completed on _____ counselor initials _____

6. Leadership and Service in Competitive Gaming. Do ONE of the following:

☐ **(a)** Teach your troop, patrol, or a group of younger Scouts or family members about online gaming safety or digital citizenship.

Topic I taught _____ Who I taught _____ Date _____

My main teaching points

_____

☐ **(b)** Attend or view a live-streamed esports event online, such as a professional tournament, collegiate match, or school-level competition. Take notes on how the broadcast team presents the event, how players communicate, and how the audience interacts digitally. Share with your counselor what you learned about the structure and presentation of online esports competition.

Event _____ Where I watched it _____ Date _____

My notes

What I watched for	What I noticed
How the broadcast team presented the event	
How players communicated	
How the audience interacted digitally	

What I learned about the structure and presentation of online esports

_____

☐ **(c)** Attend an esports tournament, convention, or community event that includes a competitive gaming activity or demonstration. Attend with another Scout, troop member, or family member. Afterward, share with your counselor what you learned about the atmosphere of live esports events and how the experience changed your understanding of playing games competitively in front of an audience.

Event _____ Who I went with _____ Date _____

The atmosphere of the live event

_____

How it changed my understanding of playing competitively in front of an audience

_____

Requirement 6 completed on _____ counselor initials _____

7. Exploring Professions in the Competitive Gaming Industry. Do the following:

(a) Research two colleges that offer varsity esports programs. Record the following information for each: availability and amount of gaming scholarships, offered gaming or IT-related degrees, games played by the esports team, league or association in which the team competes.

Scouting America resources: NACE School Directory (website)

Two colleges with varsity esports

	College 1	College 2
College name		
Gaming scholarships (availability and amount)		
Gaming or IT-related degrees		
Games the esports team plays		
League or association		

(b) Research three gaming-adjacent careers that support or connect to the esports industry but are not esports athlete roles. Examples may include: game designer or developer, shoutcaster or broadcast producer, data analyst or statistician, marketing or event coordinator, IT or network support specialist. For each career, identify the main responsibilities, education or training requirements, and how the role contributes to the success of the gaming or esports ecosystem.

Scouting America resources: 100 Jobs in Esports (website) · Hitmarker (website)

Career 1

Responsibilities, education or training, and how it helps esports

Career 2

Responsibilities, education or training, and how it helps esports

Career 3

Responsibilities, education or training, and how it helps esports

(c) Visit the "Careers" or "Jobs" page of a major game publisher (such as Blizzard, Riot, Epic or Nintendo). Choose three jobs that interest you. For each, identify the required education, skills, and experience.

Scouting America resources: Careers at Blizzard Entertainment (website) · Riot Games - Work With Us (website) Epic Games Careers, Jobs and Employment Opportunity (website) · Careers at Nintendo of America (website)

Game publisher's careers page I visited

Three jobs that interest me

	Job 1	Job 2	Job 3
Job title			
Education required			
Skills required			
Experience required			

Requirement 7 completed on counselor initials

Counselor sign-off

Your counselor signs your blue card or approves the badge in Scoutbook, and your unit records it. This line is for your own records.

Counselor's signature Date completed

Official Scouting America resources

Scouting America resources: Competitive Gaming merit badge page (requirements and resources) · All merit badges

Made by Cole at ScoutSmarts.com, an Eagle Scout who loves helping Scouts.
Spot an error or a requirement change? Tell me at scoutsmarts.com/contact.
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