

Golf

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 September 19, 2025.
Requirements change from time to time. Double-check scouting.org before you start.

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ScoutSmarts

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. Discuss safety on the golf course. Show that you know first aid for injuries or illnesses that could occur while golfing, including lightning, heat reactions, sunburn, dehydration, blisters, animal or bug bites, poison ivy exposure, sprains, and strains.

Scouting America resources: First Aid on the Golf Course (video)

Safety on the golf course: points I will discuss

First aid for golf injuries and illnesses

Injury or illness	First aid
Lightning	
Heat reactions	
Sunburn	
Dehydration	
Blisters	
Animal or bug bites	
Poison ivy exposure	
Sprains	
Strains	

Requirement 1 completed on _____ counselor initials _____

2. Complete ONE of the following options:

☐ **Option A—Traditional Golf. Do ALL of the following:**

(1) Study the USGA Rules of Golf now in use.

Scouting America resources: USGA Rules of Golf (website) · USGA Rules of Golf (Free Course) (website)
The Golf Clubs in Your Bag (video)

(a) Tell about the three categories of golf etiquette.

Scouting America resources: Three Categories of Golf Etiquette (PDF)

Three categories of golf etiquette

Category	What I will tell about it

(b) Demonstrate that you understand the definitions of golf terms.

Scouting America resources: Basic Golf Terminology (video)

Golf terms I can define

(c) Show that you understand the Rules of Amateur Status.

Scouting America resources: Rules of Amateur Status (video)

My notes on the Rules of Amateur Status

(2) Tell about your understanding of the World Handicap System.

Scouting America resources: World Handicap System (video)

My understanding of the World Handicap System

(3) Do the following:

(a) Tell about the early history of golf.

Scouting America resources: History of Golf (video)

My notes on the early history of golf

(b) Describe golf's early years in the United States.

Scouting America resources: The Incomplete History of Golf in America (video)

My notes on golf's early years in the United States

(c) Tell about the accomplishments of a top golfer of your choice.

Scouting America resources: LPGA Player Profiles (website) · PGA Player Profiles (website)

Top golfer I picked

Their accomplishments

(4) Do the following:

(a) Tell how golf can contribute to a healthy lifestyle, mentally and physically.

Scouting America resources: Health Benefits of Golf (video)

Golf and a healthy lifestyle

How golf helps me	My notes
Mentally	
Physically	

(b) Tell how a golf exercise plan can help you play better. Show two exercises that would help improve your game.

Scouting America resources: Exercises to Improve Your Game (video)

How a golf exercise plan can help me play better

Two exercises I showed

Exercise	How it helps my game	Date shown

(5) Show the following:

(a) The proper grip, stance, posture, and key fundamentals of a good swing

Scouting America resources: How to Swing a Golf Club: 5 Steps for Beginners (video)

Date Notes on my form

(b) Driver played from a tee

Scouting America resources: How to Hit a Driver from the Tee (video) · How to Hit an Iron from the Tee (video)

Date Notes on my form

(c) The fairway wood shot

Scouting America resources: How to Hit a Fairway Wood (video)

Date | Notes on my form

(d) The long iron shot

Scouting America resources: How to Hit a Long Iron Shot (video)

Date | Notes on my form

(e) The short iron shot

Scouting America resources: How to Hit a Short Iron Shot (video)

Date | Notes on my form

(f) The approach, chip-and-run, and pitch shots

Scouting America resources: How to Hit a Chip Shot (video)

Date | Notes on my form

(g) A recovery shot from a bunker or heavy rough

Scouting America resources: How to Hit a Bunker Shot (video) · How to Hit from the Rough (video)

Date | Notes on my form

(h) A sound putting stroke

Scouting America resources: How to Make Long Putts (video) · How to Make Short Putts (video)

Date | Notes on my form

(6) 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:

Scouting America resources: How to Play Your First Round of Golf (video)

My rounds of golf

Date	Course	Holes (9 or 18)	Played with	My score

(a) Follow the Rules of Golf.

(b) Practice good golf etiquette.

(c) Show respect to fellow golfers, committee, sponsor, and gallery.

(7) Find out about three careers related to traditional golf. Pick one and identify the education, training, and experience required for this profession. Discuss this with your counselor, and explain why this interests you.

Scouting America resources: How to Become a Golf Professional (video) · How to Become a Golf Instructor (video)

Three careers I found

Career	Education, training, and experience required

The one I picked, and why it interests me

☐ **Option B—Disc Golf. Do ALL of the following:**

(1) Study the PDGA Official Rules of Disc Golf now in use.

Scouting America resources: PDGA Rules of Disc Golf (website) · PDGA Rules 1: Overview (video) · PDGA Rules School (playlist)

(a) Tell about the six areas of Courtesy (812).

Scouting America resources: Disc Course Etiquette (video)

Six areas of Courtesy (812)

Area of courtesy	What I will tell about it

(b) Describe the seven areas of Scoring (808).

Scouting America resources: Disc Golf Scoring Rules (website)

Seven areas of Scoring (808)

Area of scoring	How I would describe it

(2) Tell about the history of disc golf and why it is an inclusive game.

Scouting America resources: PDGA Disc Golfer's Code (website)

The history of disc golf, and why it is an inclusive game

(3) Do the following:

Scouting America resources: The History of Disc Golf (video)

(a) Tell about the history of disc golf and why it is an inclusive game.

My notes on the history of disc golf and why it is inclusive

(b) Discuss with your counselor the contributions Ed Headrick made to the sport of disc golf.

Ed Headrick's contributions to disc golf

(c) Describe the evolution of disc design.

How disc design has evolved

(d) Tell about the accomplishments of a top disc golfer of your choice.

Scouting America resources: Top Disc Golfers in the World (website)

Top disc golfer I picked

Their accomplishments

(4) Do the following:

(a) Tell how disc golf can contribute to a healthy lifestyle, mentally and physically.

Scouting America resources: Health Benefits of Disc Golf (video)

Disc golf and a healthy lifestyle

How disc golf helps me	My notes
Mentally	
Physically	

(b) Tell how a disc golf exercise plan can help you play better. Show two exercises that would help improve your game.

Scouting America resources: Disc Golf Exercise Plan (video)

How a disc golf exercise plan can help me play better

Two exercises I showed

Exercise	How it helps my game	Date shown

(5) Show the following:

(a) A good throwing grip
Scouting America resources: A Throwing Disc (video)
Date _____ Notes on my form _____

(b) A good runup (X-step) when throwing a disc
Scouting America resources: The X-Step Runup (video)
Date _____ Notes on my form _____

(c) Backhand shot
Scouting America resources: The Backhand Shot (video)
Date _____ Notes on my form _____

(d) Forehand shot
Scouting America resources: Forehand Shot (video)
Date _____ Notes on my form _____

(e) Overhand shot
Scouting America resources: Overhand Shot (video)
Date _____ Notes on my form _____

(f) Rolling shot
Scouting America resources: The Rolling Shot (video)
Date _____ Notes on my form _____

(g) A good (in-line) putting stance
Scouting America resources: The Putting Stance (video)
Date _____ Notes on my form _____

(h) A good straddle putting stance
Scouting America resources: The Straddle Putt (video)
Date _____ Notes on my form _____

(i) A good putting grip
Scouting America resources: Disc Golf Putting Grip (video)
Date _____ Notes on my form _____

(j) A good putting motion and follow through
Scouting America resources: The Putt (video)
Date _____ Notes on my form _____

(k) The proper use of a mini-marking disc
Scouting America resources: Using a Mini Marking Disc (video)
Date _____ Notes on my form _____

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(6) Play a minimum of 18-holes of disc golf with another disc golfer about your age and with your counselor, or an adult approved by your counselor. Do the following:

Scouting America resources: Playing a Round of Disc Golf (video)

My disc golf round

Date	Course or park	Holes played	Played with	My score

(a) Follow the PDGA Official Rules of Disc Golf.

(b) Practice good disc golf etiquette.

(c) Show respect to fellow disc golfers and other people in the park along with any wildlife, trees, and plants on the property.

(7) Find out about three careers related to disc golf. Pick one and identify the education, training, and experience required for this profession. Discuss this with your counselor, and explain why this interests you.

Scouting America resources: Disc Golf as a Career (video) · Being a Professional Disc Golfer (video)

Three careers I found

Career	Education, training, and experience required

The one I picked, and why it interests me

Requirement 2 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: Golf merit badge page (requirements and resources) · Golf merit badge pamphlet (free PDF)
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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