# CUB SCOUT SHOOTING SPORTS GUIDE 

A GUIDE TO THE CUB SCOUT SHOOTING SPORTS AWARDS FOR UNIT LEADERS, CDUNCILS, DISTRICTS, AND RANGE MASTERS

# SUGGESTED BB GUN RAMGE COMMANDS 



# SUGGESTED BB GUN SAFETY RULES 

1. Always keep the gun pointed in a safe direction.
2. Always keep your finger off the trigger until you are ready to shoot.
3. Always keep the gun unloaded until ready to use.
4. Know how to use a gun safely.
5. Be sure the gun is safe to operate.
6. Use only the correct ammunition for the gun.

## BB GUN SHOOTING POSITIONS



PRONE POSITION


FREE-ARM STANDING POSITION

## TIGER TARGET



## WOLF/BEAR TARGET



## WEBELOS/AOL TARGET



# AB <br> <br> ARCHERY RANGE RULES AND COMMANDS 

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## ARCHERY RRNGE RULES

1. Always walk on the range.
2. Keep your arrows in your quiver until you are told to shoot.
3. Only release the how string when an arrow is nocked and safely pointed toward the target.
4. Leave dropped arrows on the ground until instructed to retrieve them.

If there is an emergency on the range, immediately
tell the instructor.

## WHISTLE COMMANDS

2 WHISTLE BLASTS $=$ Go to the line.
1 WHISTLE BLAST = Shoot.
3 WHISTLE BLASTS = Retrieve arrows.
5 OR MORE WHISTLE BLASTS = Emergency. Immediately stop shooting, return bows to the rack, and go behind the waiting line.

## ARCHERY SHOOTING FORM

(Right-handed archer. Reverse instructions for left-handed archer.)

## Square Stance

- Turn sideways to the target, with left shoulder toward the target.
- Distribute weight evenly on both feet, which are shoulder width apart.


## Nock the Arrow

- Lay the shaft of the arrow on the arrow rest, and nock the arrow by fitting the notched end of the arrow just below the string's nocking point.
- Face the odd-colored feather (cock) away from the bow.
- Grasp the arrow by the nock between the thumb and index finger of the right hand.


## Draw

- Bring the left hand up, turning the hand so the bow assumes a vertical position at arm's length.
- With the three fingers of the right hand serving as hooks, start the draw slowly.
- The index finger will be above the arrow and the middle two fingers below it.
- At full draw, the right elbow is back and in direct line with the tip of the arrow.


## Anchor

- At the completion of the draw, the relaxed thumb of the right hand finds an anchor spot under the jawbone.
- Using the jawbone as an anchor, the bowstring will touch the nose and the center of the chin.
- It is important that the anchor point be the same for every shot.


## Release or Loose

- The hand is opened with the fingers moving quickly and precisely off the nock and the string at the same time.
- Keep the left arm in the same position as for a full draw.
- Relax wrist.
- Keep alignment.
- Avoid tension.
- Keep the bow at the same level that it was at full draw.


## Follow Through

- Keep aiming until the arrow hits the target.
- After release, the fingers should not be more than an inch away from and behind the anchor point.
- Hold the position until the arrow strikes the target to make certain the whole process is smooth.
- In a good follow-through, your right hand will be at the back of your neck and your arm will be lined up perfectly.

TYPES OF ARCHERY BOWS

## RECURVE BOW



COMPOUND BOW


# GENERRL SLINGSHOT RANGE COMMANDS 



## GENERHL SLINGSHOT RRNGE RULES

1. This range may be opened only by a certified Cub Scouts shooting sports range master.
2. All commands issued by the range master must be obeyed immediately.
3. Stay behind the firing line. Do not straddlle the fring line.
4. Do not pick up a slingshot unless told to by the range master.
5. Absolutely no running on the range.
6. No horseplay or unnecessary talking on the range.
7. If in doubt about the rules, ask your leader or range master for advice or help.

## SLINGSHOT SAFETY RULES

ALWAYS KEEP THE SLINGSHOT POINTED IN A SAFE DIRECTION. YOUR RANGE MASTER WILL TELL YOU WHAT DIRECTION IS SAFE. IF YOU ARE NOT SURE, ASK.

ALWAYS KEEP THE BANDS AT REST UNTIL YOU ARE READY TO SHOOT.

ALWAYS KEEP THE POUCH AMMUNITION FREE UNTIL READY TO USE.


## PARTS OF ASLINGSHOT



This is to inform you that Cub Scout $\qquad$
has completed the requirements for the Cub Scout Shooting Sports Award as noted below. Please award the patches and devices at your next opportunity.

Rangemaster, please initial the appropriate box(es) below indicating completion of the award.

|  | BB GUN | ARCHERY | SLINGSHOT |
| :--- | :--- | :--- | :--- |
| TIGER |  |  |  |
| WOLF |  |  |  |
| BEAR |  |  |  |
| WEBELOS/AOL |  |  |  |

If all the requirements were not finished, please indicate below which ones were completed with your initials.


## APPENDIX 2: ADDITIONAL ACTIVITIES

## Shooting Sports Program Ideas

Shooting sports activities in Cub Scouting are operated by local councils and districts. The suggestions here are designed for use at council- and district-sponsored events that provide shooting sports opportunities.

The activities described below can be used with slingshots, archery equipment, and BB guns. An important practice across all of Scouting is that we do not use targets that feature human beings or animals.

Targets for BBs, arrows, and slingshots can be made from a variety of materials, including paper, cans, plastic bottles, and balloons. Paper targets can be homemade or purchased. Cans are excellent as they make a great sound when hit. Cans, plastic bottles, and balloons can be hung from strings or attached to netting.

The distance between the shooter and the target can be varied depending on the shooter's level of experience. The distance can be increased as skills improve.

## Fun Target Activities for BB Shooting

## Target Squares

Make 8.5-by-11-inch targets with several squares on each. Put a number in each square. Shooters can see the squares but not the numbers in them. After firing at the page, the shooter adds up the numbers from the squares that his BBs hit. The highest score is the winner.

## Mystery Dots

Place dots on a target, then shoot at the back side of the target. Count the score from the dotted side.

## BBTic-Tac-Toe

Place three rows of three balloons on a target mat. Divide the group into two lines and have them stand in a single file 20 feet from the target. At the signal to shoot, each shooter will shoot one BB and step back. The second and each succeeding person will shoot one at a time. The first team to break three balloons in any line is the winning team.

## Cracker Shoot

Set up crackers as targets. Have participants shoot at the narrow edges of the crackers.

## Action BB Gun Shooting Course

Set up an action $B B$ gun shooting course using several games or targets as different stations in the course. Each station could encourage the shooters to use a different shooting position. One station could be used to do maintenance work for the BB gun shooting program.

## Fun Target Ideas for Archery Shooting

## Archery Tic-Tac-Toe

Place three rows of three balloons on a target mat. Divide the group into two lines and have them stand in a single file 20 feet from the target. At the signal to shoot, each archer will shoot one arrow and step back. The second and each succeeding person will shoot one at a time. The first team to break three balloons in any line is the winning team.

## Wand Shooting

Place a strip of 1-inch masking tape over the target face from top to bottom. A point is scored when an arrow hits the tape anywhere on the target. Divide the group into two lines, and have them stand in a single file 20 feet from the target. At the signal to shoot, each archer will shoot one arrow and step back. The second and each succeeding person will shoot one at a time. The first team to get two points is the winning team.

## Shoot the Monster

Participants shoot at a monster face attached or painted on a one-gallon plastic bottle, suspended with shock card within a tire. The object is to hit the plastic bottle. This event can be scored individually or by den or pack.

## Spin the Insect

A picture of an insect is glued to a piece of plywood 12 inches square. The plywood is fastened so it will pivot freely around a centered bar set from post to post when struck with an arrow.

## Ring the Bell

Participants shoot at bells through the open end of swinging tires. All tires are swung in unison with a rope tied to the bottom of each tire and extended to an area beyond the limits of firing on the side.

## Football Placekick

A scaled-down goalpost is erected behind a 4-foot-high canvas sheet. From the firing line the archer can see only the top portion of the goalpost uprights. An arrow shot between the uprights above the crossbar scores as a field goal (three points), while an arrow that passes over the canvas and under the crossbar scores as a touchdown (six points). A raised platform should be set up adjacent to the shooting positions so an observer can determine the scoring since the archer is not able to see the lower portion of the goalposts.

## Archery Practice Fun

Any station set up for boys to practice skills is a fun station for the Cub Scouts. Boys have limited times to shoot arrows, so the opportunity to practice at a council camp or event is a great experience for them. A practice station is a simple, basic archery range, but a very fun one for the boys.

Archery stations could also be set up to practice stringing bows or learning how to care for some of the equipment. Helping with some of the archery equipment could be a rainy day activity.

## Action Archery Course

An action archery course could be set up using several of these games as different stations in the course. A drawing of a sample action archery course is available in the BSA National Shooting Sports Manual.

## Fun Target Ideas for Slingshot Shooting

## Feed the Monster

Using a large piece of cardboard, sketch a monster. Cut a hole where the monster's mouth is located. Aim to feed the monster.

## Tin Can Alley

Hang tin cans from string. Place them at various heights and distances from the shooting line.

## Tire Target

Hang tires (or hoops) at different heights and distances from the shooting line.

## Ring-a-Ding

Hang bells from strings. Shoot to strike the bells.

## Chart Paper Target

Create a large target with chart paper. Draw circles of different sizes on the chart paper. Apply different scores to the circles, with large circles being worth fewer points.

## Slingshot Target Course

A target course could be set up using several of these games as different stations in the course. A drawing of a sample action archery course is available in the BSA National Shooting Sports Manual and can be adapted for a slingshot target course.

## Bikathlon

The bikathlon event is modeled after the winter Olympic biathlon where competitors cross-country ski and shoot rifles. In the bikathlon, the Cub Scouts bike around an off-road course, stop at various points, dismount from the bikes to shoot targets that fall over when struck, and then continue along the course. Though the sport requires a certain amount of strength for the biking portion, the shooting sports activity is the key to the event.

## Setting Up the Course

Make the course approximately one-third of a mile in length, in the form of a loop so the starting line and a finishing line are in the same position. One point along the course becomes the firing line-with a separate position for each racer. Identify each firing point with a color, as assigned to each participant. Place a bike rack in a safe place with easy access. The course should not be in a rocky area, and the instructors should walk it to ensure that all dangerous obstacles have been removed. The course can be an existing track or laid out with cones or rope guides to make sure each biker follows the same route.

## Running the Race

The bicycle is ridden to the shooting point, the youth dismounts, parks the bike, and shoots the targets. The biker shoots at each target until it is hit and knocked over, then remounts the bike and finishes the race. A limit may be imposed on the number of shots for each target and a time penalty imposed if the target is not knocked over.

The youth finishing the race in the shortest time is declared the winner. The key to the event is not only to pedal fast, but also to shoot quickly and accurately.

Shooting is normally done from the standing position but may be changed at the range director's discretion.

Participants are never allowed to ride the course with the gun, arrows, or slingshots. These items are to remain at the firing point at all times.

Every participant is required to attend a brief orientation on bike safety and handling the shooting sports materials used on the course before being allowed to participate in the bikathlon.

## EQUIPMENT AND MHTERIRLS

Bikes
Elbow and knee guards

## Safety helmets

Stopwatch or other timing device
Cub Scout Shooting Sports Award certificates
BB approach:
$B B$ guns and $B B$ s at each shooting station
Safety glasses to be worn at the firing line
Archery approach:
Bow and quiver of arrows at each shooting station
Slingshot approach:
Slingshot and ammunition at each shooting station

## Alternative:

Use all of the above at different stations.

## PERSONNEL

Assign adults to the following positions:

- Match director (responsible for the event)
- Jury (three people who are responsible for solving any dispute that may arise during the match and to ensure compliance of the rules by participants)
- Range masters (responsible for safety on the range)
- Statistical officer (responsible for tracking participants' total lapse time)
- Starter (the official who starts each relay or heat)
- Other personnel needed are timers, first-aid personnel, course marshals, and repair personnel (for guns, arrows, slingshots, and/or bikes).
- One staff member at each station

This safety session should, as a minimum, cover the following:

- Course layout and general rules
- Range procedure and safety
- How the match is scored
- How to operate and load the guns
- Shooting safety and safe gun handling
- Basics of sighting and shooting
- Bicycle use and riding safety
- Hands-on practice as time, personnel, equipment, and facilities allow


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## PHOTO AND ILLUSTRATION CREDITS

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BSA file-cover, pages 18, 19, 22 (arrow)
Phil Davis-page 26 (both)
Nate Luke Photography-page 23
John McDearmon - page 14 (shooting positions), 17, 22 (bow), 36
Michael Roytek - pages 5, 11, 20, 30

