

# SLINGSHOT LEVEL 1 REQUIREMENTS

## LEVEL 1: PARTICIPATION AND KNOWLEDGE (ALL RANKS)

1. On an approved range, demonstrate to qualified leadership good shooting techniques, including eye dominance, breathing, sight alignment, and follow-through.
2. On an approved range, explain the parts of a slingshot and demonstrate how to properly use them.
3. Explain the different types of ammunition that may be used with a slingshot and those that may not be used.
4. Explain the different types of targets that may be used with a slingshot and those that may not be used.

## NOTES ON SLINGSHOT LEVEL 1 REQUIREMENTS

**CAUTION: Slingshot bands contain natural rubber latex. Those who are allergic to rubber latex should not use slingshots. Allergic reactions such as skin rashes, hives, or nasal, eye, or sinus symptoms may occur.**

**Slingshot ranges, equipment, and safe practices must follow the guidelines spelled out in the *National Shooting Sports Manual*. Generally, the same rules apply for this activity that would apply for BB gun shooting.**

The preferred slingshot for Cub Scouts has a wrist brace so the shooter's hand doesn't become weak from having to hold the frame tightly.

Using slingshots is an affordable, fun activity in council-sponsored camps. Boys love to shoot slingshots, and many have not had previous experience with them.

Although exciting and fun, slingshots are not toys. Boys must understand that they must follow the rules when shooting slingshots or they will not be allowed to participate.

Shooting items from slingshots can be dangerous. For these activities, follow the same safety guidelines as used for BB shooting. Always shoot at a range such as an archery or BB gun range.

### Level 1, Requirement 1:

*On an approved range, demonstrate to qualified leadership good shooting techniques, including eye dominance, breathing, sight alignment, and follow-through.*

#### Good Shooting Techniques

(Instructions are for right-handed shooters. Reverse instructions for left-handed shooters where applicable.)

1. A range master must be present and there must be a one-to-one adult-to-boy ratio.
2. Use a safe shooting range such as a BB gun range or archery range.
3. Wear protective eyeglasses or goggles.
4. Do not pick up a slingshot until told to do so.
5. Never shoot at anything if you cannot see what is behind it.
6. Do not use a slingshot with a power band damaged by age or weather.
7. Never shoot up into the air.

8. Never cross the firing line when shooting.
9. Point your left foot and shoulder directly at the target with the body turned to the right. Turn the head directly toward the target.
10. Center the ammo in the middle of the leather pouch. Hold the handle firmly in the left hand and pinch the ends of the leather pouch together with the thumb and index finger of the right hand, encompassing the ammo.
11. Hold the left arm out straight and firm. Draw the right hand back level with the right cheek—NEVERTO THE EYE—while holding the leather pouch securely between the thumb and index finger of the right hand.
12. Aim and release the leather ammo pouch to shoot.
13. Always practice courtesy and good sportsmanship!

### Eye Dominance

Before shooting a slingshot, the participants should determine which eye is dominant. Just as people are either right- or left-handed, one eye is dominant over the other. Discovering which eye a shooter favors is important because it could determine on which side the slingshot is held.

To find which eye is dominant, have participants extend both arms in front of them and form a small triangle with their thumbs and index fingers. Instruct them to look at a distant object through the opening and then pull their hands back to their face. The eye that is in line with the object is dominant. (See page 30 in the appendix.)

### Breathing

When shooting, stop breathing before firing a shot. Breathing causes the body to move and makes it difficult to maintain a steady sight picture. Before firing, relax and get comfortable. Then exhale and stop breathing. This technique will help shooters aim by reducing the body and slingshot movement in relation to the target. Do not stop breathing for longer than 8 to 10 seconds while aiming at the target. If you are not able to shoot within that time, stop, take a breath or two, and repeat the process. The pouch of the slingshots should be pulled all the way back to your cheek and released as you breath out.

### Aiming: Sight Alignment

To aim a slingshot, hold it horizontally and aim with the upper fork end. To shoot correctly, the ammo will need to be centered inside the slingshot pouch. You will also need to make sure that the slingshot handle is parallel to the ground and that the fork is 90 degrees to the upright position.

### Follow Through

The shooter must also master proper follow-through. Follow-through means continuing to do everything that was being done at the time the shot was fired. In other words, maintaining aim until the ammunition shot from the pouch of the slingshot hits the target. The idea is to prevent any unnecessary movement before the projectile leaves the pouch.

See the Slingshot Range Rules poster on page 44 of the appendix.

### Level 1, Requirement 2:

*On an approved range, explain the parts of a slingshot and demonstrate how to properly use them.*

### Slingshot Parts

**Hand grip and forks.** These form the basic slingshot design. The hand grip can be customized as needed. The forks are made of sturdy metal or other material which will not bend.

**Wrist brace.** The wrist brace attaches to the basic slingshot and is used to stabilize the shooting platform and provide more leverage for the shooter to apply power.

**Bands.** Bands are usually made of latex surgical tubing, which stretches to propel ammunition.

**Pouch.** The pouch holds ammunition, usually made of leather or other sturdy material.



### Level 1, Requirement 3:

*Explain the different types of ammunition that may be used with a slingshot and those that may not be used.*

Items shot from slingshots are considered ammunition. Generally people use small rocks or pebbles; however, this is not appropriate for Cub Scouts. Instead, use softer ammunition such as pinto beans or dog food. Ammunition such as ball bearings may not be used.

### Level 1, Requirement 4:

*Explain the different types of targets that may be used with a slingshot and those that may not be used.*

#### Targets

Targets for 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. Remember to recycle when finished.

You can also practice using a slingshot on a bull's-eye target about 2 inches in diameter and with the target 10 feet away; then move the target out to 25 yards.

## NOTES ON SLINGSHOT LEVEL 2 REQUIREMENTS

### Level 2, Requirement S1

**Tiger:** *On an approved range, shoot three shots at a target; then repeat and do your best to improve your score. (Shoot a total of six shots.)*

**Wolf:** *On an approved range, shoot five shots at a target; then repeat and do your best to improve your score. (Shoot a total of 10 shots.)*

**Bear:** *On an approved range, shoot five shots at a target; then repeat twice and do your best to improve your score each time. (Shoot a total of 15 shots.)*

**Webelos/Arrow of Light:** *On an approved range, shoot five shots at a target; then repeat three times and do your best to improve your score each time. (Shoot a total of 20 shots.)*

Leaders assisting with this requirement should keep in mind the Cub Scout motto, "Do Your Best," at all times. The goal is for the Cub Scout to improve his technique and, as a result, improve his overall performance. There is NO specific score required for this requirement, only improvement. This may mean five misses the first time, and one hit on a target the second time. While it is clearly desired that he would improve to the point of scoring an actual target and, if there is adequate time, it would be good to work to that goal, the requirement only requires improvement.



## Level 2, Requirement S2

*Demonstrate proper range commands and explain how and when to use them.*

Generally, these will be the same as BB gun range commands. Consult with your range master to determine existing range commands, or develop the actual commands used on the range.



### GENERAL SLINGSHOT RANGE COMMANDS

|                                  |                              |
|----------------------------------|------------------------------|
| <b>LOAD.</b>                     | LOAD YOUR SLINGSHOT.         |
| <b>READY ON THE FIRING LINE.</b> | ALL SHOOTERS ARE READY.      |
| <b>COMMENCE FIRING.</b>          | YOU MAY FIRE YOUR SLINGSHOT. |
| <b>CEASE FIRING.</b>             | STOP SHOOTING.               |

## Level 2, Requirement S3

*On an approved range, try shooting with your non-dominant hand.*

Firing a slingshot requires strength in the hand holding the grip and strength in the hand holding the pouch. Both hands play a role in proper aiming of the slingshot. You may find that switching hands helps with coordination or accuracy and may even help you determine which is your dominant eye. This requirement will be completed once an honest attempt has been made; there is no measurement for accuracy or scoring.