

IDRETTSMERKE

The Idrettsmerke (EE-dretts-merk-eh) Sports & Fitness Medal program rewards Sons of Norway members for living an active lifestyle. While participating in a wide range of fun, athletic activities, members earn points towards bronze, silver, gold and enamel medals. Here's how the program works:

INSTRUCTIONS

1. Find your age group and medal level, starting with bronze and moving on in order to the silver, gold and enamel. Every time you complete a medal, you will start over with zero points towards the next one.
2. You will earn points based on the amount of time you spend doing any of the activities listed. Each point reward is based on 10-minute segments of activity, and calculated according to how strenuous the activity is. For example, if you play a game of soccer for 30 minutes, you will earn 45 points. If you play for 20 minutes the next day, you will earn an additional 30 points, for a total of 75.
3. Get your record card initialed showing your efforts.
4. When your Record Card is complete, submit it to your lodge Sports Director and they will order your medals, which are provided at NO cost by Sons of Norway Headquarters.

DO NOT SEND RECORD CARDS TO SONS OF NORWAY HEADQUARTERS.

All strenuous sports activities should not be attempted without consulting your doctor first.

"Participation in the Sports Medal Program may involve the risk of injury. The Participant, (or their legal representative) agrees that he/she understands and voluntarily accepts this risk and agrees that Sons of Norway will not be liable for any injury, including and without limitation, personal, bodily, or mental injury, economic loss, etc."

HOW OFTEN CAN YOU EARN A PIN?

You can earn more than one pin each year, but they must be earned in consecutive order. You must first earn the bronze pin, next the silver, then the gold, and finally the enamel.

REMEMBER, YOU MUST RESTART AT ZERO EVERY TIME YOU BEGIN EARNING POINTS FOR YOUR NEXT PIN. MEMBERS MUST COMPLETE THE REQUIREMENTS FOR EACH PIN WITHIN 365 DAYS.



SONS OF
NORWAY

www.sonsofnorway.com

Name: _____

Address : _____

District/Lodge: _____

Member #: _____

Birth Date: _____

I have completed the requirements for the *(circle one)*:

BRONZE SILVER GOLD ENAMEL pin and

wish to be considered for an award for _____
(year)

Signature of Participant

Signature of Lodge Sports Director

Date of completion: _____

List previous pins earned: _____

IDRETTSMERKE

SPORTS & FITNESS MEDALS PROGRAM



SONS OF
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Form # 811R

ACTIVITY POINTS TIME REQ.

| | | |
|-------------------------|----|----|
| Aerobics (land) | 10 | 10 |
| Aerobics (water) | 12 | 10 |
| Backpacking / Hiking | 6 | 10 |
| Badminton | 5 | 10 |
| Baseball | 8 | 10 |
| Basketball | 15 | 10 |
| Bowling | 5 | 10 |
| Broomball | 12 | 10 |
| Curling | 5 | 10 |
| Dancing | 6 | 10 |
| Football | 12 | 10 |
| Golf | 5 | 10 |
| Handball | 8 | 10 |
| Jogging | 10 | 10 |
| Kayaking | 12 | 10 |
| Rollerskating / blading | 8 | 10 |
| Rope Jumping | 12 | 10 |
| Rowing | 12 | 10 |
| Soccer | 15 | 10 |
| Tennis | 12 | 10 |
| Volleyball | 8 | 10 |
| Walking | 4 | 10 |
| Weightlifting | 15 | 10 |
| Wrestling | 15 | 10 |

REQUIREMENTS FOR IDRETTSMERKE

| AGE | BRONZE | SILVER | GOLD | ENAMEL |
|-------|--------|--------|------|--------|
| 0-7 | 600 | 700 | 800 | 900 |
| 8-10 | 700 | 800 | 900 | 1000 |
| 11-13 | 900 | 1200 | 1560 | 1980 |
| 14-40 | 1200 | 1500 | 2700 | 3600 |
| 41-55 | 1275 | 1800 | 2400 | 3300 |
| 56-70 | 1050 | 1500 | 1890 | 2400 |
| 71+ | 900 | 1200 | 1560 | 1980 |

NOTE: Any exercise activity can apply to Idrettsmerke. Work with your lodge or district sports director to come up with a reasonable point value for any activities not specifically listed here.

| DATE | ACTIVITY | DURATION | TOTAL PTS. | WITNESS' INITIALS |
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| DATE | ACTIVITY | DURATION | TOTAL PTS. | WITNESS' INITIALS |
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| TOTAL OF ALL POINTS | | | | |