## **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.



www.sonsofnorway.com

Address :	
District/Lodge:	
Member #:	
Birth Date:	
I have completed the	requirements for the <i>(circle one</i>

Signature of Participant

BRONZE SILVER GOLD ENAMEL pin and

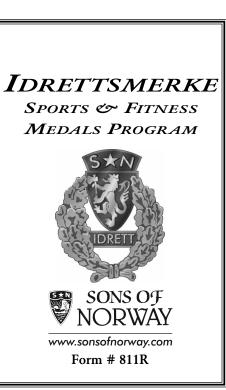
wish to be considered for an award for \_

Signature of Lodge Sports Director

Date of completion:

Name:

List previous pins earned:\_\_\_\_\_



<u>ACTIVITY</u>	<u>Points</u>	<u>Time Req.</u>	RE	QUIREMEN	IREMENTS FOR		
Aerobics (land)	10	10	AGE	BRONZE	SILVER		
Aerobics (water)	12	10					
Backpacking / Hiking	6	10	0-7	600	700		
Badminton	5	10	8-10	700	800		
Baseball	8	10	0-10	700	800		
Basketball	15	10	11-13	900	1200		
Bowling	5	10					
Broomball	12	10	14-40	1200	1500		
Curling	5	10	41-55	1275	1800		
Dancing	6	10	41-55	1275	1600		
Football	12	10	56-70	1050	1500		
Golf	5	10					
Handball	8	10	71+	900	1200		
Jogging	10	10					
Kayaking	12	10					
Rollerskating / blading	8	10					
Rope Jumping	12	10	DATE	ACTIVITY	DURATIC		
Rowing	12	10			-		
Soccer	15	10					
Tennis	12	10					
Volleyball	8	10			_		
Walking	4	10					
Weightlifting	15	10					
Wrestling	15	10					
NOTE: Any exer							

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.

REC	DATE				
AGE I	BRONZE	SILVER	GOLD	ENAMEL	DATE
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	
DATE	ACTIVITY	DURATIO	ON TOTAL I	PTS. WITNESS' INITIALS	
Subtota	L				Subtotal

DATE	ACTIVITY	DURATION	TOTAL PTS.	WITNESS' INITIALS	DATE	ACTIVITY	DURATION	TOTAL PTS.	WITNESS' INITIALS
					Subtotal				
UBTOTAL					Tơ	TAL OF ALL POI	NTS		