

Royal Norwegian Embassy Skill Badge Program



Office of the Defence Attaché
Consolidated Skill Badge Manual
Version 1.0, August 2026

TABLE OF CONTENTS

1 History of Norwegian Skill Badges and the Skill Badge Program	3
2 SKILL BADGE TESTING MANUALS	
4.1 NORWEGIAN FOOT MARCH BADGE (NFMB)	6
4.2 NORWEGIAN SHARPSHOOTER BADGE (NSSB)	12
4.3 NORWEGIAN SKI BADGE (NSB)	30
4.4 NORWEGIAN INFANTRY BADGE (NIB)	40
4.5 NORWEGIAN MILITARY FIELD SPORTS BADGE (NMFSB)	54
4.6 NORWEGIAN SPORTS FEDERATION SPORTS BADGE (NSFSB)	65
3 EVENT REGISTRATION AND MANAGEMENT PORTALS	76



**Scan QR Code or Click Link Below to Access Our Public Folder for the
Current Manual and Other Materials**

URL:

**[https://www.dropbox.com/scl/fo/bxcve8ux8lj63xrykejcr/AKBHQ0SLiGK_RS
PebPoTSpl?rlkey=0jh24r45p43du0n21luqphc62&st=erqq58do&dl=0](https://www.dropbox.com/scl/fo/bxcve8ux8lj63xrykejcr/AKBHQ0SLiGK_RS
PebPoTSpl?rlkey=0jh24r45p43du0n21luqphc62&st=erqq58do&dl=0)**

History of Norwegian Skill Badges and the Skill Badge Program

Norwegian military skill badges have a long history rooted in the development of physically fit, technically proficient, and combat-ready soldiers. Beginning in the mid-nineteenth and early twentieth centuries, the Norwegian Armed Forces introduced a series of proficiency badges to recognize excellence in essential military skills such as marksmanship, skiing, marching, light infantry, military field sports, and physical fitness. These badges served not only as symbols of achievement, but also as incentives for soldiers to maintain high standards of readiness throughout their military service. Many of these traditions remain in use today, with badges such as the *Marsjmerket* (Norwegian Foot March Badge), Sharpshooter Badge, Ski Badge, Infantry Badge, Military Field Sports Badge, and Norwegian Sports Federation Sports Badge, continuing to reflect Norway's longstanding emphasis on individual competence and resilience.

Although these badges remained an important part of Norwegian military culture, opportunities for foreign service members to earn them were historically limited. Most events required the presence of a Norwegian military official to supervise testing and validate results, restricting participation to locations where Norwegian personnel were assigned. In 2020, as the COVID-19 pandemic disrupted military training worldwide, a U.S. Army officer that regularly organized the march in the Washington, D.C. area proposed the Norwegian embassy remove the requirement that an official be present and allow remote proctoring as a novel training opportunity and a means to build military-to-military relations.

Following a series of engagements between the embassy and Norwegian Defense College, a temporary authorization for one year was issued, leading to unprecedented participation by U.S. and allied military personnel in the Norwegian Foot March event. Recognizing both the diplomatic value and interest in the Norwegian Foot March, other badge testing opportunities have been introduced during 2025 and 2026 and are now administered Norwegian Embassy's Skill Badge Program.

It has become a practical instrument of defense and cultural diplomacy, strengthening military-to-military relationships between Norway, the United States, and allied nations through shared physical challenges and professional development. By making these historic Norwegian traditions accessible through a controlled, decentralized process, the program promotes Norwegian military heritage while fostering interoperability, esprit de corps, and enduring partnerships among allied service members worldwide.

Norwegian Foot March Badge (Marsjmerket)

The Norwegian Foot March Badge traces its origins to the early twentieth century as part of the Norwegian Armed Forces' effort to develop soldiers capable of traversing Norway's demanding mountainous terrain while carrying combat loads. The event evaluates endurance, resilience, and mental toughness by requiring participants to complete an 18.6-mile (30-kilometer) march within prescribed time standards while carrying a military rucksack. For generations, the march has served as both a training event and a test of operational readiness for Norwegian soldiers. In recent years, the badge has gained widespread international recognition through the Royal Norwegian

Embassy's Military Skill Badge Program, allowing allied service members around the world to participate while preserving the original Norwegian testing standards.

Norwegian Military Sharpshooter Badge (Skarpskyttermerket)

The Norwegian Military Sharpshooter Badge reflects Norway's long-standing emphasis on individual marksmanship as a fundamental military skill. Developed to recognize soldiers who demonstrate exceptional precision, consistency, and weapons proficiency, the badge requires participants to meet rigorous qualification standards under standardized firing conditions established by the Norwegian Armed Forces. Norway's military has historically viewed marksmanship as an essential component of national defense, particularly given the country's reliance on highly trained reserve and active forces.

Norwegian Ski Badge (Skimerket)

Skiing has been intertwined with Norwegian military history for centuries, making the Norwegian Ski Badge one of the country's most iconic military proficiency awards. Norwegian soldiers have relied on skis for mobility, reconnaissance, and combat operations since long before the modern era, particularly during the winter campaigns that shaped the nation's military traditions. The Ski Badge recognizes proficiency in military skiing, testing participants on endurance, technical skill, and the ability to operate effectively in snow-covered terrain. The badge symbolizes Norway's unique Arctic heritage and reinforces the importance of winter warfare capabilities that continue to play a vital role in the Norwegian Armed Forces.

Norwegian Infantry Badge (Infanterimerket)

The Norwegian Infantry Badge was established to recognize the broad range of physical, tactical, and technical competencies expected of infantry soldiers. Rather than evaluating a single skill, the badge represents proficiency across multiple disciplines essential to the infantry profession, including physical fitness, weapons handling, fieldcraft, and combat-related tasks. The badge reflects the Norwegian Army's philosophy that infantry soldiers must be adaptable, disciplined, and prepared to operate effectively across diverse and challenging environments. Earning the Infantry Badge signifies a well-rounded level of military proficiency and professional competence within the combat arms.

Norwegian Military Field Sports Badge (Feltsportsmerket)

The Norwegian Military Field Sports Badge was created to encourage the development of the diverse physical skills required for military service beyond traditional fitness testing. The badge incorporates a series of military-oriented athletic events that challenge participants in endurance, strength, agility, coordination, and fieldcraft while reinforcing teamwork and resilience. Rooted in Norway's tradition of outdoor recreation and military preparedness, the Field Sports Badge promotes functional fitness directly applicable to military operations rather than competition alone. Today, it remains an important symbol of all-around physical readiness and reflects the Norwegian Armed Forces' holistic approach to developing capable, resilient soldiers.

Norwegian Sports Federation Sports Badge (*Idrettsmerket*)

The Norwegian Sports Federation Sports Badge (*Idrettsmerket*) is one of Norway's oldest and most widely recognized physical fitness awards, established in 1915 by the Norwegian Sports Federation (*Norges Idrettsforbund*). Created to encourage lifelong physical activity and improve the health and fitness of the Norwegian population, the program emphasizes well-rounded athletic ability rather than competition against others. Participants must successfully complete events across multiple fitness disciplines—including endurance, strength, speed, flexibility, and skill—with performance standards adjusted for age and gender to ensure fair and meaningful evaluation throughout life. Unlike many military proficiency badges, the *Idrettsmerket* is open to civilians and military personnel alike, reflecting Norway's national commitment to physical fitness as a cornerstone of public health and individual readiness.

Testing Procedures for the Norwegian Foot March Badge



Royal Norwegian Embassy
Office of the Defence Attaché
Version 1.8, June 2026

EVENT HISTORY

The Norwegian Foot March was first held in 1915 as a test of marching endurance for soldiers in the Norwegian Army. The original intent of the march was to ensure the Army could quickly move large numbers of soldiers with their essential gear and weapons over long distances and remain combat-ready at their objective. Today, the march is still practiced by the Norwegian military but also used to promote long-distance hiking and physical fitness among Norway's allies and many civilian populations.

ESSENTIAL MARCH REQUIREMENTS

The march requires participants to complete a 30-kilometer / 18.64-mile course while carrying a rucksack with a dry weight of at least 11 kilograms / 24.25 pounds within a prescribed time according to gender and age. While the modern event no longer requires participants to carry a rifle as part of the weight requirement, organizers may opt to factor weapon weight into their calculations and subtract it from the rucksack weight. Rucksack weight should be verified before the start of the event and after crossing the finish line.

Participants no longer must fulfill the requirement to complete the march before daybreak or complete a full duty day afterward. However, organizers who wish to incorporate these traditional features into their event may do so.

ATTIRE REQUIREMENTS

Military participants must wear their service's combat uniform and boots for the entire duration of the march. Modifications to uniform standards are allowed so long as they adhere to a service's applicable regulations (e.g. wear of a combat shirt or Merrell boots) and at the organizer's and local commanders' discretion. Headgear is not required for the march.

The rucksacks used must be issued or meet the equipment standards of the organizer's military regulations. Civilian participants must wear clothing similar to a military combat uniform (including long pants and boots) with a total weight equal to 1.5 kilograms / 3.3 pounds. Civilians are not required to use a military-issued rucksack and may use a civilian hiking backpack. Using weighted vests, body armor, or weight-plate carriers toward the weight requirement is not authorized. Individual participants may wear these items in addition to the rucksack weight requirement, but it is not encouraged.

ROUTE, ENVIRONMENT, AND OTHER REQUIREMENTS

The route should take place on an unimproved road or trail, but may take place on improved surfaces such as roads and pathways. Two route configurations are permitted: out-and-back or circular. An out-and-back route is 15 kilometers long in one direction and requires participants to turn around at the endpoint and return to the start point. Circular routes may use no more than 3 loops in their design (10 kilometers / 6.2 miles).

All routes must have visible distance markers every 5 kilometers / 3.1 miles.

A minimum of three water points must be used along the route.

The march cannot be conducted if outdoor temperatures (in the shade) exceed 25° Celsius / 77° Fahrenheit or fall below -15° Celsius / 5° Fahrenheit. Similarly, the march cannot be conducted under hazardous or extreme weather conditions which endanger participants.

Participants may not receive any assistance from the organizers or administrators during the march except for march timing, weighing, provisioning of water or food, and first aid.

TIME STANDARDS

Age	Women	Men
18-20	5h25m	4h35m
21-34	5h15m	4h30m
35-42	5h25m	4h35m
43-49	5h30m	4h40m
50-54	5h40m	4h50m
55-59	5h50m	5h0m
60+	6h0m	5h15m

Please note that these are the current time and gender standards. There are outdated listings found on the Internet and may not be used.

CERTIFICATES AND BADGES

Once the event is completed and the closeout report reviewed, the embassy will send a pre-signed digital certificate template which organizers will complete with participant information. Certificates are to be printed or distributed digitally by the organizer promptly. We recommend using white, 110-pound cardstock for printed certificates.

Badges are to be procured by event organizers or participants and awarded according to the following schedule:

Bronze	Silver	Gold
1 st Completed March	2 nd , 3 rd , and 4 th March	5 th or More March

Norwegian military badge sizes are approximately 19 mm / 0,75 in. Non-Norwegian military personnel may wear any size badge up to 39 mm / 1,5 in. A list of recommended vendors can be found in Appendix A.

Please note that participants may only complete one march per calendar year

Appendix A – Fillable Event Roster and Results Calculator

Data Fields	Name	Rank	Sex	Age	Permitted Time (Minutes)	Recorded Time (Minutes)	Pass	Previous Awards	Event Award	Total Bronze	Total Silver	Total Gold
Example	Joe Snuffy	OF2	Male	32	315	307	Pass	0	Bronze	1	0	0
Example	Samantha Snuffy	OF2	Female	35	275	308	Fail	1	None	Total Participants	Total Passing Participants	
										2	1	
										How to Use This Spreadsheet		
										Column B - Name	Enter Name (Free Text)	
										Column C - Rank	Enter Rank (Free Text)	
										Column D - Sex	Select Sex (Drop Down)	
										Column E - Age	Enter Age (Free Text)	
										Column F - Permitted Time	Automatically Calculated, DO NOT ENTER DATA	
										Column G - Recorded Time (Minutes)	Enter Recorded Time (Minutes)	
										Column H - Pass or Fail Indicator	Automatically Calculated, DO NOT ENTER DATA	
										Column I - Previous NFM Award	Enter Number (0,1,2,3,4) of Previously Awarded NFM Badges	
										Column J - Event Award	Automatically Calculated Award Grade for This Event, DO NOT ENTER DATA	
										Special Instructions: Do not delete data in columns F, H, or J.		
										These cells contain formulas that calculate whether individuals passed or failed. If the cells those formulas depend on are blank, the formulas will return null values to keep the visualization clean.		

Dropbox: <https://www.dropbox.com/scl/fi/ckw4tg1p9z61s0jtomr7n/Norwegian-Skill-Badge-Event-Roster-and-Results-Calculator.xlsx?rlkey=rtl3nc3f90a0oke59jprkpbzfz&st=u5j3411i&dl=0>

Appendix B – Recommended Badge Vendors

Vendor: Nord Market

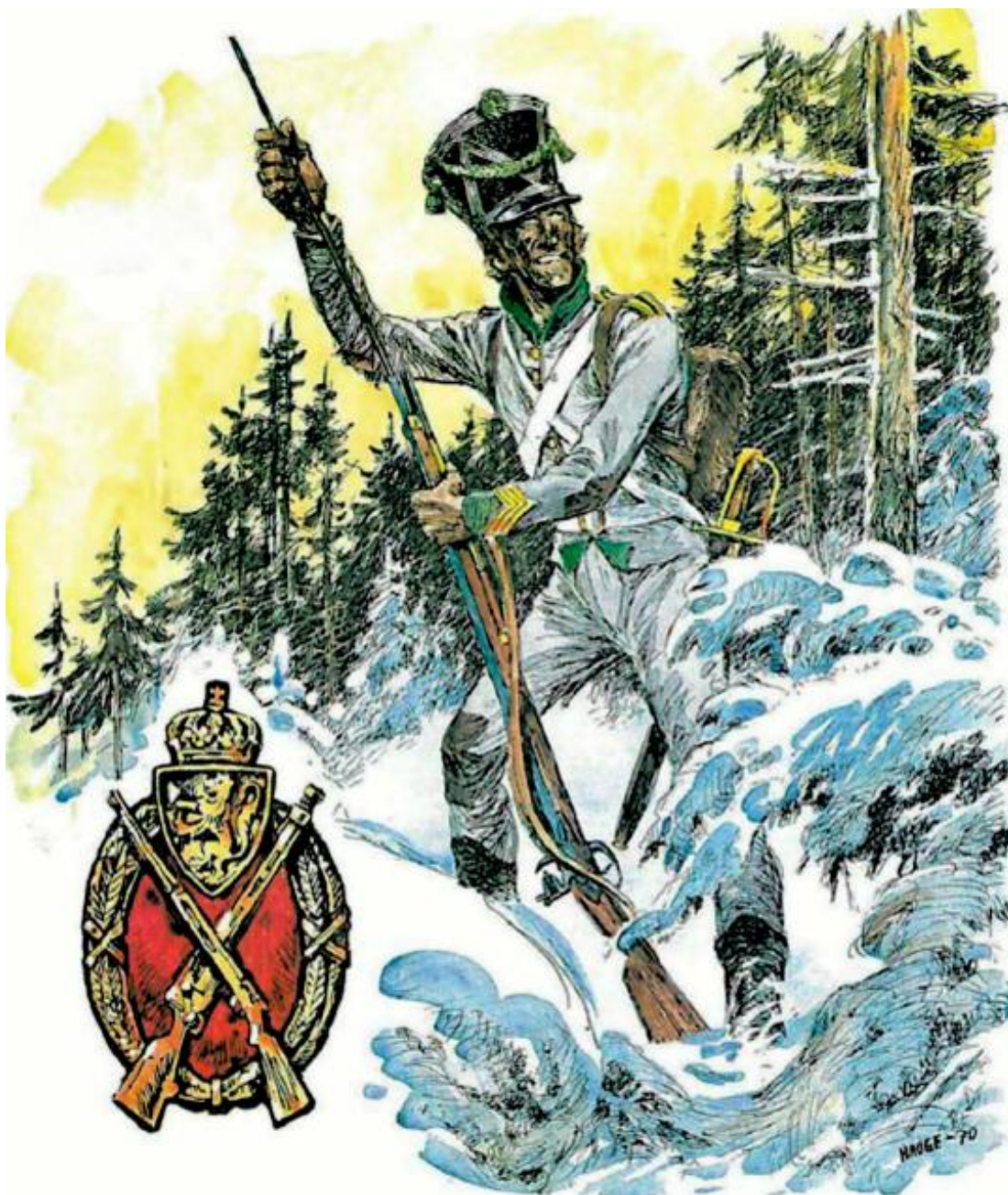
Websites: <https://nordmarket.bigcartel.com> and <https://thenordmarket.etsy.com>

Grades: Bronze, Silver, and Gold

Size: 1,50" (H) x 1,06" (W) / 38,1mm (H) x 26,9mm (W)



Testing Procedures for the Norwegian Sharpshooter Badge



Royal Norwegian Embassy
Office of the Defence Attaché
Version 1.1, September 2025

1 INTRODUCTION

Testing for the Norwegian Sharpshooter Badge or Det Militære Skarpskyttermerket can be administered for the following weapons:

- The M4, M7, M16, and HK416 Family of Weapons
- The M249 and M240 Machine Gun
- The M17 Pistol and Other Pistols of Similar Caliber
- The MP5 Submachine Gun
- The MP7 Machine Pistol
- The M110A1 and Other Designated Marksman Rifles

1.1 EVENT HISTORY

The Norwegian Sharpshooter Badge (NSSB) or Militære Skarpskyttermerket was introduced in 1861 and awarded to individuals who displayed advanced marksmanship with their assigned weapons. Over 160 years later, this intent is unchanged and the NSSB, along with other civilian and military decorations, is awarded to those with a demonstrated expertise in weapons handling and target engagement.

1.2 ATTIRE REQUIREMENTS

All military personnel engaging in NSSB testing will wear their service's combat uniform, boots, and eye and hearing protection at a minimum. Modifications to uniform standards are allowed so long as they adhere to a service's applicable regulations (e.g. wear of a combat shirt or non-standard boots) and at the organizer's or local commanders' discretion.

The wear of body armor, helmets, and other equipment is at the discretion of the testing unit or individual. Organizers should generally consider a particular test's mobility requirements and the accuracy and precision required to qualify. As a note, gloves are traditionally not worn as NSSB testing emphasizes accuracy and precision.

1.3 BADGE GRADES, TESTING PERIODICITY, AND AWARDING CRITERIA

Bronze and silver badges are awarded according to an individual weapon or weapon group's scoring criteria, which use impacts, points, or a combination of the two. Bronze is generally awarded for "good" shooting and silver for "excellent."

Individuals who fulfill the silver badge requirements for five years (total, does not need to be consecutive) for the same weapon or weapon group are awarded the NSSB in gold. Progression toward the gold badge is unique to each weapon or weapon group and may not be combined with others to fulfill the five-year requirement.

An individual may not receive more than one badge per weapon group per calendar year. Individuals may test multiple times if seeking a silver qualification. Weapon groups are as follows:

- Group 1: Carbines and Rifles – M4, M7, M16, and HK416 or Similar Weapon
- Group 2: Machine Guns – M249 and M240 or Similar Weapon
- Group 3: Pistols – M17 or Similar Weapon
- Group 4: Submachine Gun – MP5
- Group 5: Machine Pistol – MP7
- Group 6: Sniper Rifles and Designated Marksman Rifles

2 TESTING PROCEDURES FOR THE HK416, M4, M7, AND M16 FAMILY OF WEAPONS

2.1 RANGE CONFIGURATION AND EQUIPMENT

- The range used for qualification testing must be one of the following based on the type of targets used:
 - Minimum 200 meters or 300 meters
 - Minimum 200 yards or 300 yards
- Targets must meet International Shooting Sport Federation (ISSF), National Rifle Association (NRA), or similar standards and use a concentric circle design which ascribes a point value to each ring.
 - See Appendix A for further information on targets and recommended vendors
- If available, firers should use a shooting trestle for kneeling firing. If unavailable, firers may use alternate structures or equipment to provide support during kneeling firing, such as sandbags or rucksacks.
- Firers will wear ascribed military attire or civilian equivalent.
- The use of the magazine as a means of support is allowed, but grips with an integrated bipod or support feature are not permitted.
- Optics that provide magnification (e.g. ACOG) are not allowed, but close combat optics (i.e. red dot sights, reflex sights, or prism sights) may be used.



Shooting Trestle

2.2 FIRING PROCEDURES

2.2.1 PHASE I – FAMILIARIZATION FIRING: MIXED POSITIONS

Six rounds will be loaded into a single magazine for this firing iteration. Firers will assume a supported prone position and await instructions to load their weapon by the range officer. Upon command, firers will load their weapon and move the selector switch from safe to fire.

Once ready and instructed to begin, three shots will be fired. After three shots have been fired, the firer will cease fire and move the selector switch from fire to safe. The lane safety will instruct the firer that they may fire the remaining three shots from the current position or transition to a supported kneeling position. Once chosen, the firer will assume that position with their weapon and change the selector switch from safe to fire at the direct of the lane safety. Once the remaining shots are fired, the firer will move the selector switch from fire to safe. Lane safeties will ensure the weapon is cleared of ammunition and placed in a safe state prior to marking target impacts as practice shots before proceeding to the qualification phase.

2.2.2 PHASE II – QUALIFICATION FIRING: KNEELING

Four rounds will be loaded into a single magazine for this firing iteration. Firers will assume a supported kneeling supported position and await instructions to load their weapon from the range officer. Upon command, firers will load their weapon and move the selector switch from safe to fire.

Once ready and instructed to begin, firers may engage their assigned target one shot at a time. Firing is restricted to 10-second window for each round and controlled by lane safeties according to the following sequencing:

- Range officer directs firers to load their weapons
- Range officer directs firers to move selector switch from safe to fire and transfers lane control to lane safeties
- Lane safeties direct firers to engage their designated target with one round and start a 10-second countdown using a stopwatch or other device.
- Once a firing window concludes, firers and lane safeties will wait a minimum of five seconds before beginning the next. After five seconds have passed, lane safeties will declare ready and direct the firer to engage their target with a single round while also starting a new 10-second countdown for that firing window.
- This process will be repeated until all rounds are expended.
- If their lane's firer has not fired by the time two seconds remain in a firing window, the lane safety will direct them to cease fire and record that round as a miss. For all others, their firing window concludes after each shot.
- Any rounds that are not expended within their respective time windows are considered a "miss."

As time expires for all firers, they will move the selector switch from fire to safe. Lane safeties will verify all rounds are removed from the weapon and weapon is clear.

2.2.3 PHASE III – QUALIFICATION FIRING: PRONE

Six rounds in total will be used for this firing iteration, with two rounds in three magazines. Firers will assume a supported prone position and await instructions to load their weapon by the range officer. Upon command, firers will load their weapon and move the selector switch from safe to fire.

Once ready and instructed to begin, firers may engage their assigned target at will. Lane safeties will start a 50-second countdown. Once the countdown for their respective lanes reaches two seconds remaining, lane safeties will direct firers to cease fire if all rounds are not expended. Firers will change magazines as needed until all rounds are fired. Any rounds that are not expended within their respective time windows are considered a "miss."

As time expires for all firers, they will move the selector switch from fire to safe. Lane safeties will verify all rounds are removed from the weapon and the weapon is clear.

2.3 BADGE CRITERIA

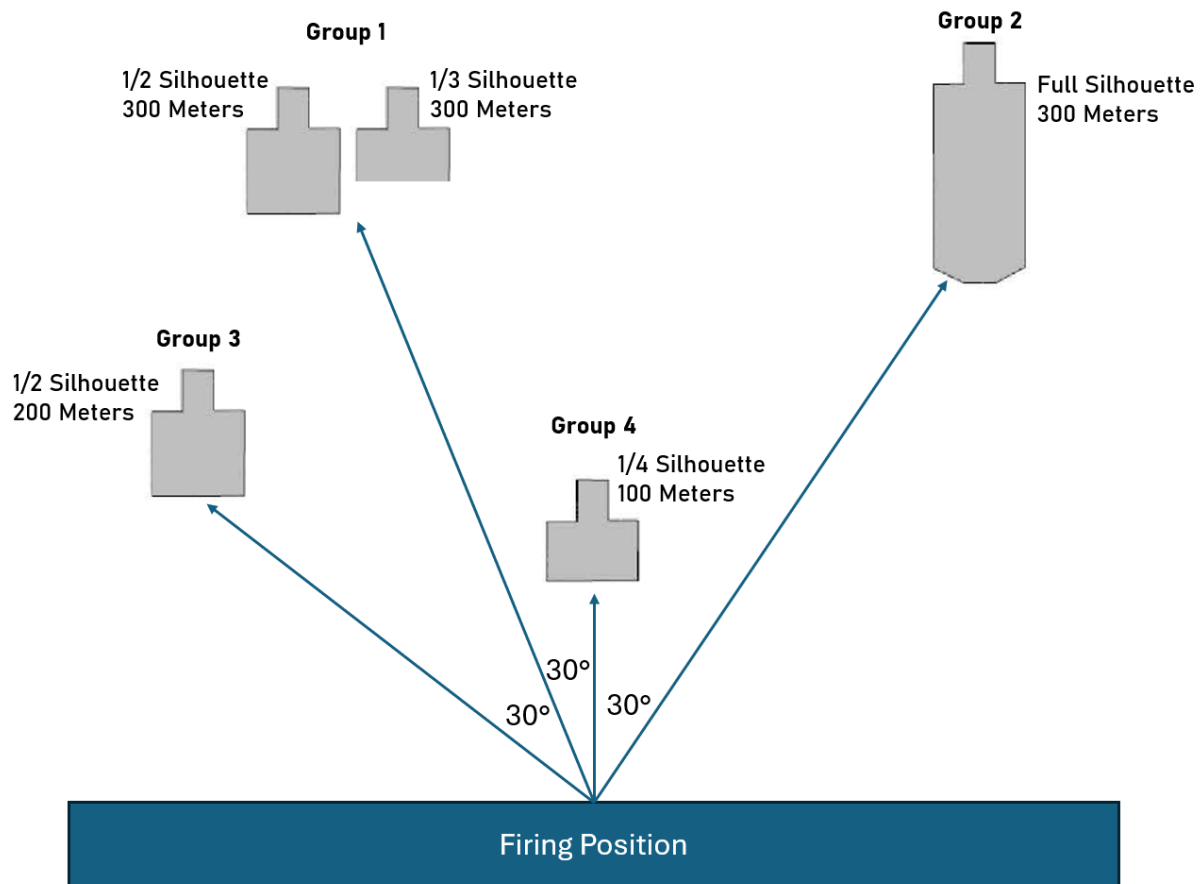
- Bronze – 9 hits and a cumulative score of at least 70 points
- Silver – 10 hits and a cumulative score of at least 80 points

3 TESTING PROCEDURES FOR THE M249 AND M240

3.1 RANGE CONFIGURATION AND EQUIPMENT

The range used for qualification testing must extend to a minimum of 300 meters. During testing for crew-served weapons, an assistant gunner is permitted to swap ammunition belts for the firer, at the discretion of the range officer. No magnification optics may be used.

Target configuration is as follows:



Note: The silhouettes in Group 1 will be separated by no more than one meter.

3.2 FIRING PROCEDURES

3.2.1 PHASE I – FAMILARIZATION FIRING

Firers may be issued one belt of 20 rounds for practice firing. The weapon will face down range toward Target Group 4 and will be supported by the weapon's bipod or tripod during firing. When directed by the range officer, firers or their assistant gunner will load the weapon and place the weapon on safe. Once all firing lanes are declared ready by their safeties, the range officer will direct firers to take control of their weapons, move the selector switch from safe to fire, and engage each target group at least once. Once all rounds are expended, the lane safety will stop their timer and record the elapsed time for scoring purposes. Lane safeties will ensure the weapon is cleared of ammunition and placed in a safe state prior to marking target impacts as practice shots before proceeding to the qualification phase.

3.2.2 PHASE II – QUALIFICATION FIRING

The firer will have 40 rounds divided equally into two belts of 20 rounds each. The weapon will face downrange toward Target Group 4 and will be supported by the weapon's bipod throughout qualification testing. When directed by the range officer, firers or their assistant gunner will load the weapon and place the weapon on safe. Once all firing lanes are declared ready by their safeties, the range officer will direct firers to take control of their weapons, move the selector switch from safe to fire, and engage their targets.

Once directed to begin firing, the lane safeties will start a stopwatch or other timekeeping device. Timekeeping will continue through ammunition changes. Firers may freely engage any of the targets, but must hit a minimum of three groups during the qualification test. Once all rounds are expended, the lane safety will stop their timer and record the elapsed time for scoring purposes. Lane safeties will ensure the weapon is cleared of ammunition and placed in a safe state prior to examining targets for grading.

3.3 SCORING CRITERIA

3.3.1 POINTS CALCULATION CRITERIA – IMPACTS

A hit on any target group counts as 10 points. Additional hits award the following points:

- Target Group 1 and 2: 4 Points
- Target Group 3: 2 Points
- Target Group 4: 1 Point

While Target Group 1 is composed of two silhouettes, it is treated as a single target for the purpose of points calculation. Consequently, only ten points are awarded for the first hit on either and any additional impacts are awarded to the scheme above.

3.3.2 POINTS CALCULATION CRITERIA – TIME

Based on the elapsed time, additional points are awarded or deducted according to the following scheme (a minimum of three target groups must be hit during testing):

- 38 seconds or less: +6 points
- 39 – 41 seconds: +4 points
- 42 – 44 seconds: +2 points
- 45 – 50 seconds: +0 points
- 51 – 53 seconds: -4 points
- 54 – 56 seconds: -8 points
- 57 – 60 seconds: -12 points
- More than 60 seconds: Failure

3.4 BADGE CRITERIA

- Bronze – 86 points
- Silver – 102 points

4 TESTING PROCEDURES FOR THE M17 AND SIMILAR CALIBER PISTOLS

4.1 RANGE CONFIGURATION AND EQUIPMENT

The range used for qualification testing must extend to a minimum of 25 meters or 25 yards to support the use of silhouette targets or 0.5-meter international 6-part disc.

4.2 FIRING PROCEDURES

4.2.1 PHASE I – FAMILIARIZATION FIRING

Firers may be issued six rounds in one magazine for practice firing. When directed by the range officer, firers will load the weapon and place it on safe. Once all firing lanes are declared ready by their safeties, the range officer will direct firers to take control of their weapons, move the selector switch from safe to fire, and engage their assigned target. Once all rounds are expended, firers will ensure their weapons are cleared and set them to safe. Lane safeties will ensure the weapon is cleared of ammunition and in a safe state prior to marking target impacts as practice shots and proceeding to the qualification phase.

4.2.2 PHASE II – QUALIFICATION FIRING, PART I

Five rounds will be loaded into a single magazine for this firing iteration. Firers will assume a standing firing position and await instructions to load their weapon from the range officer. Upon command, firers will load their weapon and move the selector switch from safe to fire.

Once ready and instructed to begin, firers may engage their assigned target one shot at a time. Firing is restricted to a single 90-second window controlled by each lane safety according to the following sequencing:

- Range officer directs firers to load their weapons
- Range officer directs firers to move selector switch from safe to fire and transfers lane control to lane safeties
- Lane safeties direct firers to engage their designated targets with one round and start a 90-second countdown using a stopwatch or other device. Once two seconds remain for the firing window and if all rounds have not been expended, the lane safety will direct the firer to cease fire, return the weapon to safe, and unload any remaining ammunition.
- Any rounds that are not expended within their respective time windows are considered a “miss.”

4.2.3 PHASE II – QUALIFICATION FIRING, PART II

Five rounds will be loaded into a single magazine for this firing iteration. Firers will assume a standing firing position and await instructions to load their weapon from the range officer. Upon command, firers will load their weapon and move the selector switch from safe to fire.

Once ready and instructed to begin, firers may engage their assigned target one shot at a time. Each shot must be fired within a 3-second window controlled by lane safeties according to the following instructions:

- Range officer directs firers to load their weapons
- Range officer directs firers to move selector switch from safe to fire and transfers lane control to lane safeties
- Lane safeties declare ready and five seconds later direct their lanes to fire a single round at the target.

- If their lane's firer has not fired by the time one second remains in a firing window, the lane safety will direct them to cease fire and record that round as a miss. For all others, their firing window concludes after each shot. Weapons must be lowered to the ready position between each firing window.
- Once a firing window concludes, firers and lane safeties will wait a minimum of seven seconds before beginning the next. Once seven seconds have passed, lane safeties will declare ready and direct the firer to engage their target with a single round.
- This process will be repeated until all rounds are expended.
- Any rounds that are not expended within their respective time windows are considered a "miss."

4.2.4 PHASE II – QUALIFICATION FIRING, PART III

Five rounds will be loaded into a single magazine for this firing iteration. Firers will assume a standing firing position and await instructions to load their weapon from the range officer. Upon command, firers will load their weapon and move the selector switch from safe to fire.

Once ready and instructed to begin, firers may engage their assigned target one shot at a time. All rounds must be fired within a 15-second window controlled by lane safeties according to the following instructions:

- Range officer directs firers to load their weapons
- Range officer directs firers to move selector switch from safe to fire and transfers lane control to lane safeties
- Lane safeties declare ready and five seconds later direct their lanes to fire at their assigned target.
- If their lane's firer has not expended all rounds by the time two seconds remain in the firing window, the lane safety will direct cease fire and record any remaining rounds as a miss.

4.3 BADGE CRITERIA

Full-Figure Silhouette

- Bronze – 13 Hits and 104 points or 14 hits and no points
- Silver – 14 Hits and 119 points or 15 hits and no points

0.5-Meter International 6-Part Disc

- Bronze – 12 Hits and 84 points or 13 hits and no points
- Silver – 13 Hits and 95 points or 14 hits and no points

5 TESTING PROCEDURES FOR THE MP5

5.1 RANGE CONFIGURATION AND EQUIPMENT

The range used for qualification testing must extend to a minimum of 100m and a shooting trestle or similar support must be used. Firers must wear a vest or some form of attire that allows them to wear two additional magazines during the qualification process. Storage of the magazines in a pocket is not permitted.

5.2 FIRING PROCEDURES

5.2.1 PHASE I – FAMILIARIZATION FIRING

Firers may be issued six rounds in one magazine for practice firing. When directed by the range officer, firers will assume a prone supported position, load the weapon, and place it on safe. Once all firing lanes are declared ready by their safeties, the range officer will direct firers to take control of their weapons, move the selector switch from safe to fire, and engage their assigned target. Once all rounds are expended, firers will ensure their weapons are cleared and set them to safe. Lane safeties will ensure the weapon is cleared of ammunition and in a safe state prior to marking target impacts as practice shots and proceeding to the qualification phase.

5.2.2 – QUALIFICATION FIRING, PHASE I

2 rounds will be loaded into 3 magazines for a total of six rounds. Firers will assume a prone supported firing position 100m from a full-sized silhouette target and await instructions to load their weapon from the range officer. Upon command, firers will load their weapon and move the selector switch from safe to fire.

Once ready and instructed to begin, firers may engage their assigned target one magazine at a time using semi-automatic mode. Firing is restricted to a single 40-second window controlled by each lane safety according to the following instructions:

- Range officer directs firers to load their weapons
- Range officer directs firers to move selector switch from safe to fire and transfers lane control to lane safeties
- Lane safeties direct firers to engage their designated targets and start a 40-second countdown using a stopwatch or similar device. Firers will change magazines and fire until all rounds are expended.
- Once two seconds remain for the firing window and if all rounds have not been expended, the lane safety will direct the firer to cease fire, return the weapon to safe, and unload any remaining ammunition.
- Any rounds that are not expended within their respective time windows are considered a “miss.”

5.2.3 – QUALIFICATION FIRING, PHASE II

4 rounds will be loaded into 1 magazine. Firers will assume a kneeling supported firing position 50m or 50 yards from the same full-size silhouette target used for phase 1 and await instructions to load their weapon from the range officer. Upon command, firers will load their weapon and move the selector switch from safe to fire.

Once ready and instructed to begin, firers may engage their assigned target one shot at a time. Firing is restricted to 10-second window for each round controlled by each lane safety according to the following instructions:

- Range officer directs firers to load their weapons
- Range officer directs firers to move selector switch from safe to fire and transfers lane control to lane safeties
- Lane safeties declare ready and five seconds later direct firers to engage their designated targets with one round and start a 10-second countdown using a stopwatch or other device. Once two seconds remain, lane safeties will instruct firers to cease fire, bringing the firing window to a close. Any shots fired after the instruction to cease fire is issued are considered misses.
- Lane safeties will wait 15 seconds from the end of the last window before the next sequence begins. At the end of 15 seconds, lane safeties will declare ready and five seconds later direct firers to engage their designated targets.
- This process is repeated until all rounds are expended or total time expires.

5.2.4 – QUALIFICATION FIRING, PHASE III

6 rounds will be loaded into 1 magazine. Firers will assume a standing firing position 20m from two new full-size silhouette targets (targets must be separated by a two-pace or 1 meter distance) and await instructions to load their weapon from the range officer. Upon command, firers will load their weapon and move the selector switch from safe to fire.

Once ready and instructed to begin, firers may engage their assigned targets. Firing is restricted to a single 4-second window and must occur using automatic fire according to the following instructions:

- Range officer directs firers to load their weapons
- Range officer directs firers to move selector switch from safe to fire and transfers lane control to lane safeties
- Lane safeties declare ready and five seconds later direct firers to engage their designated targets. Both targets must be fired at and all shots expended during the 4-second window.

5.3 BADGE CRITERIA

- Bronze – 9 hits for 78 points for Phase I and II; 4 hits and both targets hit for Phase III
- Silver – 10 hits for 88 points for Phase I and II; 5 hits and both targets hit for Phase III

6 TESTING PROCEDURES FOR THE MP7

6.1 RANGE CONFIGURATION AND EQUIPMENT

The range used for qualification testing must extend to a minimum of 100m and a shooting trestle or similar support must be used. Firers must wear a vest or some form of attire that allows them to wear two additional magazines during the qualification process.

6.2 FIRING PROCEDURES

6.2.1 PHASE I – FAMILIARIZATION FIRING

Firers may be issued six rounds in one magazine for practice firing. When directed by the range officer, firers will assume a prone supported position, load the weapon, and place it on safe. Once all firing lanes are declared ready by their safeties, the range officer will direct firers to take control of their weapons, move the selector switch from safe to fire, and engage their assigned target. Once all rounds are expended, firers will ensure their weapons are cleared and set them to safe. Lane safeties will ensure the weapon is cleared of ammunition and in a safe state prior to marking target impacts as practice shots and proceeding to the qualification phase.

6.2.2 – QUALIFICATION FIRING, PHASE I

2 rounds will be loaded into 3 magazines for a total of six rounds. Firers will assume a prone supported firing position 100m from a full-sized silhouette target and await instructions to load their weapon from the range officer. Upon command, firers will load their weapon and move the selector switch from safe to fire.

Once ready and instructed to begin, firers may engage their assigned target one magazine at a time. Firing is restricted to a single 40-second window controlled by each lane safety according to the following instructions:

- Range officer directs firers to load their weapons
- Range officer directs firers to move selector switch from safe to fire and transfers lane control to lane safeties
- Lane safeties direct firers to engage their designated targets and start a 40-second countdown using a stopwatch or similar device. Firers will change magazines and fire until all rounds are expended.
- Once two seconds remain for the firing window and if all rounds have not been expended, the lane safety will direct the firer to cease fire, return the weapon to safe, and unload any remaining ammunition.
- Any rounds that are not expended within their respective time windows are considered a “miss.”

6.2.3 – QUALIFICATION FIRING, PHASE II

4 rounds will be loaded into 1 magazine. Firers will assume a kneeling supported firing position 50m from the same full-size silhouette target used for phase 1 and await instructions to load their weapon from the range officer. Upon command, firers will load their weapon and move the selector switch from safe to fire.

Once ready and instructed to begin, firers may engage their assigned target one shot at a time. Firing is restricted to 10-second window for each round controlled by each lane safety according to the following instructions:

- Range officer directs firers to load their weapons

- Range officer directs firers to move selector switch from safe to fire and transfers lane control to lane safeties
- Lane safeties declare ready and five seconds later direct firers to engage their designated targets with one round and start a 10-second countdown using a stopwatch or other device. Once two seconds remain, lane safeties will instruct firers to cease fire, bringing the firing window to a close. Any shots fired after the instruction to cease fire is issued are considered misses.
- Lane safeties will wait 15 seconds from the end of the last window before the next sequence begins. At the end of 15 seconds, lane safeties will declare ready and five seconds later direct firers to engage their designated targets.
- This process is repeated until all rounds are expended or total time expires.

6.2.4 – QUALIFICATION FIRING, PHASE III

6 rounds will be loaded into 1 magazine. Firers will assume a standing firing position 20m from two new full-size silhouette targets (targets must be separated by a two-pace distance) and await instructions to load their weapon from the range officer. Upon command, firers will load their weapon and move the selector switch from safe to fire.

Once ready and instructed to begin, firers may engage their assigned targets. Firing is restricted to a single 4-second window and must occur using automatic fire according to the following instructions:

- Range officer directs firers to load their weapons
- Range officer directs firers to move selector switch from safe to fire and transfers lane control to lane safeties
- Lane safeties declare ready and five seconds later direct firers to engage their designated targets. Both targets must be fired at and all shots expended during the 4-second window.

6.3 BADGE CRITERIA

- Bronze – 9 hits for 84 points for Phase I and II; 4 hits and both targets hit for Phase III
- Silver – 10 hits for 90 points for Phase I and II; 5 hits and both targets hit for Phase III

7 TESTING PROCEDURES FOR THE M110A1 AND EQUIVALENT DMRS

7.1 RANGE CONFIGURATION AND EQUIPMENT

The range used for qualification testing must extend to a minimum of 200m or 300m. Alternatively, a range that extends to a minimum of 200 or 300 yards may also be used. No magnification optics may be used.

7.2 FIRING PROCEDURES

7.2.1 PHASE I – FAMILIARIZATION FIRING

Firers may be issued six rounds in one magazine for practice firing. When directed by the range officer, firers will assume a prone supported or unsupported position, load the weapon, and place it on safe. Once all firing lanes are declared ready by their safeties, the range officer will direct firers to take control of their weapons, move the selector switch from safe to fire, and engage their assigned target. Once all rounds are expended, firers will ensure their weapons are cleared and set them to safe. Lane safeties will ensure the weapon is cleared of ammunition and in a safe state prior to marking target impacts as practice shots and proceeding to the qualification phase.

7.2.2 – QUALIFICATION FIRING, PHASE I

Five rounds will be loaded into a single magazine for this firing iteration. Firers will assume a prone unsupported position and await instructions to load their weapon from the range officer. Upon command, firers will load their weapon and move the selector switch from safe to fire.

Once ready and instructed to begin, firers may engage their assigned target one shot at a time. Firing time for this phase is unlimited and controlled by each lane safety according to the following instructions:

- Range officer directs firers to load their weapons
- Range officer directs firers to move selector switch from safe to fire and transfers lane control to lane safeties
- Lane safeties declare ready and five seconds later direct firers to engage their designated targets until all rounds are expended.
- Once all rounds are expended, the firer will return verify the weapon is clear of ammunition and return the weapon to safe. The lane safety will verify the weapon is safe and prepare for Phase 2.

7.2.3 – QUALIFICATION FIRING, PHASE II

Five rounds will be loaded into a single magazine for this firing iteration. Firers will assume a prone supported position and await instructions to load their weapon from the range officer. Upon command, firers will load their weapon and move the selector switch from safe to fire.

Once ready and instructed to begin, firers may engage their assigned target one shot at a time. Firing time for this phase is limited to 25 seconds and controlled by each lane safety according to the following instructions:

- Range officer directs firers to load their weapons
- Range officer directs firers to move selector switch from safe to fire and transfers lane control to lane safeties
- Lane safeties declare ready and five seconds later direct firers to engage their designated targets and start a 25-second countdown using a stopwatch or other device. Once two seconds

remain, lane safeties will instruct firers to cease fire, bringing the firing window to a close. Any shots fired after the instruction to cease fire is issued are considered misses.

- Once two seconds remain for the firing window and if all rounds have not been expended, the lane safety will direct the firer to cease fire, return the weapon to safe, and unload any remaining ammunition.

7.3 BADGE CRITERIA

- Bronze – 10 hits with a cumulative score of 65 points
- Silver – 10 hits with a cumulative score of 85 points

8 FREQUENTLY ASKED QUESTIONS

Q: How many times can I test for a badge qualification?

A: There is no limit on how many times an individual can test, but they may only earn one badge per weapon group per calendar year. The exception to this is if a tester earns a bronze badge, they may retest to earn a silver badge.

Q: Can I test with weapons not listed in this document?

A: Yes. Provided they belong to one of the categories listed in this manual, they may be used for testing.

Q: Can I use targets that simulate a distance rather than the full distance?

A: Yes, provided the simulated distance matches the approved distances of the weapon group's testing parameters (e.g. a 25m target simulating a 300m distance). However, testing with the full distance should be used whenever possible.

<https://www.dropbox.com/scl/fo/yzsltsu2udqs1l7q3448h/AGiom6Y90RuHESPZB8lLspM?rlkey=23trj61ohti8o6q1w4kzx6mhd&st=2kvmk6rg&dl=0>

Q: I qualified for a silver badge, am I also authorized to wear the bronze badge for that weapon group?

A: Yes, individuals who qualify for a silver badge are also authorized to wear the bronze variant for the same weapon group.

Appendix A – Fillable Event Roster and Results Calculator

[illegible]

Dropbox: <https://www.dropbox.com/scl/fi/ckw4tg1p9z61s0jtomr7n/Norwegian-Skill-Badge-Event-Roster-and-Results-Calculator.xlsx?rlkey=rtl3nc3f90a0oke59jprkpbfz&st=u5j341li&dl=0>

Appendix B – Recommended Target Types and Vendors

Group 1: Carbines and Rifles – HK416, M4, M5, and M16 or Similar Weapon

Distance	Target Name	Target Type	Vendor
200 Meters	5520 NS DSB	Disc	https://best-targets.com/article/show/service-rifle-target-200m-and-muzzle-loader-rifles/rifle-targets-300m200m
300 Meters	C-1	Disc	https://nationaltarget.com/product/c-1/
200 Yards	NRA A-21	Disc	https://nationaltarget.com/product/a-21/
300 Yards	TBD	Disc	TBD

Group 2: Machine Guns – M249 and M240 or Similar Weapon

Distance	Target Name	Target Type	Vendor
N/A	B-27	Silhouette	https://www.midwayusa.com/product/1015211327?pid=790004

Note: Individuals and units may cut these targets down to produce the required silhouette sizes for the target groups (1/4, 1/3, and 1/2)

Group 3: Pistols – M17 or Similar Weapon

Distance	Target Name	Target Type	Vendor
25 Meters	NRA B-37	Disc	https://nationaltarget.com/product/b-37/
25 Meters	IPSC (P)	Silhouette	https://nationaltarget.com/product/ipsc-p/
25 Yards	NRA B-8 (P)	Disc	https://nationaltarget.com/product/b-8p/
25 Yards	NRA B-34 (P)	Silhouette	https://nationaltarget.com/product/b-34-revrc/

Note: Scoring using the IPSC (P) target and a 9mm pistol for NSSB testing works follows:

- Zone A: 10 Points
- Zone B: 8 Points
- Zone C: 6 Points
- Zone D: 4 Points

Group 4: Submachine Gun – MP5 and Group 5: Machine Pistol – MP7

Distance	Target Name	Target Type	Vendor
N/A	B-27	Silhouette	https://www.midwayusa.com/product/1015211327?pid=790004

Group 6: Sniper Rifles and Designated Marksman Rifles

Distance	Target Name	Target Type	Vendor
200 Meters	5520 NS DSB	Disc	https://best-targets.com/article/show/service-rifle-target-200m-and-muzzle-loader-rifles/rifle-targets-300m200m
300 Meters	C-1	Disc	https://nationaltarget.com/product/c-1/
200 Yards	NRA A-21	Disc	https://nationaltarget.com/product/a-21/
300 Yards	TBD	Disc	TBD

Appendix C – Recommended Badge Vendors

Vendor: Nord Market

Websites: <https://nordmarket.bigcartel.com> and <https://thenordmarket.etsy.com>

Grades: Bronze, Silver, and Gold

Size: 1,50" (H) x 0,90" (W) / 38,1mm (H) x 22,9mm (W)



Testing Procedures for the Norwegian Ski Badge



Royal Norwegian Embassy
Office of the Defence Attaché
Version 1.0, January 2026

Table of Contents

1 Introduction	1
2 Environmental Conditions.....	1
3 Equipment Standards.....	3
4 Course and Trail Standards.....	3
5 Marksmanship Standards and Scoring Methodology.....	3
6 Scoring Calculation	3

Introduction

EVENT HISTORY

The Norwegian Ski Badge (NSB) was introduced in 1915 by the *Forsvaret* (Norwegian Armed Forces) as a military skill mark. Like the Norwegian Foot March Badge (NFMB), the intent of the event was to ensure the Army could quickly move large numbers of soldiers with their essential gear and weapons over long distances and remain combat-ready at their objective. Today, assessments for the NSB are still conducted, but it is also used to promote physical fitness among Norway's military allies.

ESSENTIAL EVENT REQUIREMENTS

Earning the badge requires participants to complete a 30-kilometer / 18.64-mile cross-country skiing course while carrying a rucksack and weapon (if carried) with a dry weight of at least 11 kilograms / 24.25 pounds. Standard uniforms and any additional garments (combat uniform + cold weather gear), water, food, weapon magazines, and ammunition do not count toward the weight requirement. Rucksack weight must be verified before the start of the event and after crossing the finish line.

Traditionally, the event requires participants to carry their pre-zeroed, assigned weapon. If carried, the weapon should be strapped to the outside of the rucksack in a vertical orientation as depicted in the photo.

ENVIRONMENTAL CONDITIONS

Testing may not occur below -15° Celsius / 5° Fahrenheit, to include any wind chill effects. There should be no or low amounts of wind to minimize the impact to range conditions. The event cannot be conducted under hazardous or extreme weather conditions which endanger participants.



Approved Weapon
Carrying Method

ATTIRE AND EQUIPMENT REQUIREMENTS

Military participants must wear their service's combat uniform and boots for the entire duration of the march. Modifications to uniform standards are allowed so long as they adhere to a service's applicable regulations and are at the organizer's and local commanders' discretion.

The rucksacks used must be military issued or meet the equipment standards of the organizer's military regulations. Civilian participants must wear clothing similar to a military combat uniform (including long pants and boots) with a total weight equal to 1.5 kilograms / 3.3 pounds. Civilians are not required to use a military-issued rucksack and may use a civilian backpack. Individual participants may elect to wear body armor or weight-plate carriers, but they do not count toward the weight requirement and their may not be mandated by the event organizer during the skiing portion of testing.

All participants' skis and poles must be comparable in performance characteristics so that an individual's equipment does not provide a significant advantage. If a military unit is conducting testing, but does not have standard, issued equipment, equivalent civilian equipment may be used.

ROUTE REQUIREMENTS

The route must be a total of 30-kilometer / 18.64-mile cross-country course characterized by slightly hilly, but gentle terrain with the start and finish position at the same altitude. Organizers are permitted to use one of three configurations:

- Straight: Participants travel 30 kilometers / 18.64 miles from the start position without turning around or using loops.
- Out-and-Back: Participants travel 15 kilometers / 9.32 miles from the start position and then return to the start position using the same route.
- Loop: Participants travel 10 kilometers / 6.21 miles in a loop from the start position no more than three times.

All routes must have visible distance markers every 1 kilometer / 0.62 miles and configured in a manner that ensures participants remain on course.

A minimum of three waterpoints must be placed along the route. Organizers are encouraged to locate medical stations with waterpoints.

Participants may not receive any assistance from the organizers or administrators during the event except for timing, weighing, provisioning of water or food, first aid, and transfer of ammunition.

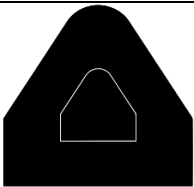
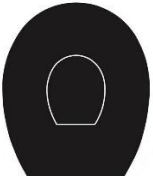
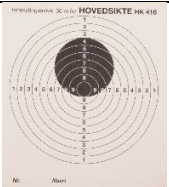
MARKSMANSHIP REQUIREMENTS

The shooting component of the assessment should occur during the last 15-kilometers of the course. If a range cannot be accessed while on the skiing course, participants should conduct the shooting component of the assessment immediately afterward.

American participants must use an M4/M16, M7, or similar caliber weapon for the marksmanship portion of the assessment. Only iron sights may be used. Non-American participants will use their standard-issue service rifle or carbine. Alternate weapons, such as machine pistols or submachine guns may be used when they are considered an issued weapon based on a service member's position or specialty. When machine pistols or submachine guns are used for testing, target will be positioned no more than 100 meters from the shooter.

The range should be configured using one of the following schema:

Norwegian Configuration – 10 Rounds

				
200 Meters "Tredjedel" 1/3 Target 480mm (H) x 500mm (W)	150 Meters "Sirkelskive" Disc Target 350mm (H) x 350mm (W)	100 Meters "Småen" 1/4 Target 490mm (H) x 330mm (W)	50 Meters "M84 Skiskytter Skive" Biathlon Target 110mm (H) x 110mm (W)	30 Meters "Head Shot"

Nationality Agnostic Configuration: Paper Target, Various Ranges – 10 Rounds *Select One or Multiple*

Measured Range	Simulated / True Range	Target Type
25 M	300 M	Concentric Circle
25 M	50-300 M	ALT-C Silhouette
25 – 100 M	25 – 100 M	Silhouette*
200 M	200 M	Concentric Circle
300 M	300 M	Concentric Circle

* Machine Pistols and Submachine Guns Only

American Configuration: Rifle and Carbine Table VI, Pop-Up Targets – 40 Rounds

Engagement	Target Type	Range Location	Position
1	F-Type	50 M Right	React to Contact, Prone Unsupported
2	E-Type	100 M	
3	E-Type	150 M	
4	E-Type	50 M Left	
		150 M	
		200 M	
5	E-Type	150 M	
		200 M	
		250 M	
		300 M	
6	E-Type	100 M	Prone, Supported
7	E-Type	150 M	
		300 M	
8	E-Type	250 M	
		300 M	
9	E-Type	250 M	
		300 M	
10	E-Type	150 M	
		250 M	
		300 M	
11	E-Type	50 M LEFT	Kneeling, Supported
		100 M	
		200 M	
12	F-Type	50 M RIGHT	
	E-Type	200 M	
13	E-Type	150 M	
		250 M	
14	E-Type	100 M	
		150 M	
		200 M	
15	E-Type	50 M Left	Standing, Supported
		100 M	
16	E-Type	200 M	
		250 M	
17	F-Type	50 M Right	
	E-Type	100 M	
	E-Type	150 M	
18	E-Type	100 M	
		200 M	
		250 M	

The use of a shooting mat is permitted. Weapons should be zeroed prior to the start of the skiing portion of the assessment to minimize time between it and the range portion.

PARTICIPANT AGE GROUPS AND SCORING STANDARDS

Unlike the Norwegian Foot March, the Norwegian Ski Badge does not have a fixed time standard dictated by gender and age. Instead, it uses a formulaic system using a base time and modifiers to determine passing times.

Base time is determined by:

1. The sex with the most starting participants is used to establish the average time
 - a. A minimum of 5 participants is required to conduct the event
 - b. If there are equal number of male and female participants, the male average will be used
2. The top 10% of finishers

Once it has been determined that the male or female average time will be used, the first modifier is applied.

Male Base Time = Female Average Time – 20%

Female Base Time = Male Average Time + 20%

After the base time is determined for each group, an age group modifier is applied using the two tables below:

Age Group	Female Group	Male Group
Conscripts and Cadets	F1	M1
18 – 34	F2	M2
35 – 42	F3	M3
43 – 49	F4	M4
50 – 54	F5	M5
55 – 59	F6	M6
60+	F7	M7

Female and Male Groups	Age Modifier Formula
F1 and M1	Base Time + 45%
F2 and M2	Base Time + 35%
F3 and M3	Base Time + 45%
F4 and M4	Base Time + 50%
F5 and M5	Base Time + 60%
F6 and M6	Base Time + 70%
F7 and M7	Base Time + 80%

As this is an unfamiliar grading standard, here is an example:

Event Size and Composition

- 127 Participants
 - 47 Males
 - 60 Females
- Majority Females, Female Average Used to Calculate Base Time

Female Base Time

- 60 Female Participants
- 50 Female Finishers
- First 5 Female Finishers = Top 10%, Average Time 217 Minutes

Female Base Time = 217 Minutes

Male Base Time = 173 Minutes (217 Minutes – 20%)

Group	Age Modifier Formula	Event Formula	Total Time Allowed
F1	Base Time + 45%	217 Minutes + 97 Minutes	314 Minutes
F2	Base Time + 35%	217 Minutes + 75 Minutes	292 Minutes
F3	Base Time + 45%	217 Minutes + 97 Minutes	314 Minutes
F4	Base Time + 50%	217 Minutes + 108 Minutes	325 Minutes
F5	Base Time + 60%	217 Minutes + 130 Minutes	347 Minutes
F6	Base Time + 70%	217 Minutes + 151 Minutes	368 Minutes
F7	Base Time + 80%	217 Minutes + 173 Minutes	390 Minutes

Group	Age Modifier Formula	Event Formula	Total Time Allowed
M1	Base Time + 45%	173 Minutes + 77 Minutes	250 Minutes
M2	Base Time + 35%	173 Minutes + 50 Minutes	233 Minutes
M3	Base Time + 45%	173 Minutes + 77 Minutes	250 Minutes
M4	Base Time + 50%	173 Minutes + 86 Minutes	259 Minutes
M5	Base Time + 60%	173 Minutes + 103 Minutes	276 Minutes
M6	Base Time + 70%	173 Minutes + 121 Minutes	294 Minutes
M7	Base Time + 80%	173 Minutes + 138 Minutes	311 Minutes

Note 1: Times are always rounded down to the nearest minute whenever a modifier is applied. If the Male Base Time is 173 Minutes and the 45% modifier is applied, the output is 77.85 minutes and is rounded down to 77 minutes.

Note 2: An excel spreadsheet is available in the Dropbox links and Embassy website which will automatically perform many of these calculations for organizers.

Weapons scoring is assessed based upon two factors: time and accuracy.

- **Shooting During Skiing Route:** Under the traditional rules, shooting occurs in the last 15 kilometers and makes time calculation simpler. Participants leave the ski course at a designated portion and their time is continuously recorded while firing. In addition to the total time recorded, participants are penalized for poor accuracy. For any impact outside of the six-point ring on a concentric circle target, participants are given a two-minute penalty.
- **Example:** Silje finishes the ski course, which included shooting in the last 15 kilometers, with a total time of 217 minutes. However, 4 of her 10 shots are outside in the six-point ring or lower. As such, her time is now assessed as 225 minutes. This final time is used to calculate the average and base times.
- **Shooting After Skiing Route:** Events in which shooting follows the skiing portion are a bit more complicated to calculate. Participants' skiing time will be recorded once they cross the course's finish line. Timing for the shooting portion starts once the first round is fired and ceases after the last round is expended.

Skiing Time	Shooting Time	Shooting Penalty	Total Time
213 Minutes	4 Minutes	6 Minutes	223 Minutes

For events where weather disrupts shooting due to poor visibility or high winds, all shooting scores will be discarded and not used to calculate total time.

Scoring penalties are assessed differently depending on whether a 10-round or 40-round marksmanship assessment is utilized:

- **Norwegian or Nationality Agnostic Configuration (10 Rounds): 2 Minutes Per Round Impacting the Six-Point or Lower Ring**
 - If using a submachine gun or machine pistol, a 2-minute penalty is assessed for any round missed.
- **American Configuration (40 Rounds): 15 Seconds Per Target Missed**

Note: Penalties for the American Configuration are rounded down to the nearest whole minute.

Regardless of which structure is used, the base time calculation cannot occur until the entire event is complete.

Appendix A – Fillable Event Roster and Results Calculator

USER	NAME	RS	SI	AI	Age Grp	Age Grp Modifi	Event Date	Penalty Time (Minutes)	Course Time (Minutes)	PERMITTED	Total Time (Minutes)	MARKSMANSHIP	MARKSMANSHIP	Event	PERM	Event
Example	Scot Right for Instructions	QF2	Males	21	F20M2	L25	125	5	165	111	0	0	0	Pass	0	0
Example	Scot Right for Instructions	QF2	Females	25	F20M2	L45	145	5.25	165	230	165.25	40	0	Fail	0	0
How to Use This Spreadsheet Column B - Name: Enter Name (Free Text) Column C - Rank: Enter Rank (Free Text) Column D - Sex: Select Sex (Drop Down) Column E - Age: Enter Age (Free Text) Column F - Age Group: Automatically Calculated, DO NOT ENTER DATA Column G - Age Group Modifier: Automatically Calculated, DO NOT ENTER DATA Column H - Event Date: Automatically Calculated, DO NOT ENTER DATA Column I - Penalty Time: Enter Participant Penalty Time in Minutes Column J - Course Time: Automatically Calculated, DO NOT ENTER DATA Column K - Total Time: Automatically Calculated, DO NOT ENTER DATA Column L - Marksmanship: Enter Total Number of Rounds Fired Column M - Marksmanship: Enter Total Number of Rounds Missed Column N - Event Pass: Automatically Calculated, DO NOT ENTER DATA Column O - Event Award: Enter Number (0,1,2,3,4) of Privately Awarded IPM Badges Column P - Event Award: Automatically Calculated, DO NOT ENTER DATA Column Q - Male Basic Time: Manual Calculation, Check Manual for Instructions Column R - Female Basic Time: Manual Calculation, Check Manual for Instructions Column S - Male Basic Time: 125 Column T - Female Basic Time: 145 Column U - Male Participant Count: 1 Column V - Female Participant Count: 1 Column W - Male Participant Count: Automatically Calculated, DO NOT ENTER DATA Column X - Female Participant Count: Automatically Calculated, DO NOT ENTER DATA																
Special Instructions: Do not delete data in columns F, G, H, I, K, L, M, O, or Q. These cells contain formulas that calculate whether individuals passed or failed. If the cells those formulas depend on are blank, the formulas will return null values to keep the visualization clean.																

Dropbox: <https://www.dropbox.com/scl/fi/ckw4tg1p9z61s0jtomr7n/Norwegian-Skill-Badge-Event-Roster-and-Results-Calculator.xlsx?rlkey=rtl3nc3f90a0oke59jprkpbzf&st=u5j341li&dl=0>

Appendix B – Recommended Badge Vendors

Vendor: Nord Market

Websites: <https://nordmarket.bigcartel.com> and <https://thenordmarket.etsy.com>

Grades: Bronze, Silver, and Gold

Size: 1,50" (H) x 1,50" (W) / 38,1mm (H) x 38,1 mm (W)



Testing Procedures for the Norwegian Infantry Badge



Royal Norwegian Embassy
Office of the Defence Attaché
Version 1.0, January 2026

TABLE OF CONTENTS

1 INTRODUCTION AND ESSENTIAL EVENT INFORMATION	3
2 ATTIRE AND EQUIPMENT REQUIREMENTS	3
3 COURSE REQUIREMENTS	3
4 INFANTRY SKILLS ASSESSMENTS.....	4
4.1 ORIENTEERING.....	4
4.2 MESSAGE COURIERING.....	5
4.3 TARGET DETECTION	6
4.4 DISTANCE ESTIMATION.....	7
4.5 WEAPONS HANDLING AND MARKSMANSHIP.....	8
5 NIB QUALIFICATION REQUIREMENTS.....	9
6 PARTICIPANT AGE GROUPS AND SCORING STANDARDS	9

1 INTRODUCTION

Testing for the Norwegian Infantry Badge (NIB) or Infanterimerket is conducted in a manner that simulates a light infantry mission over an 8 – 12 kilometer / 4.97 – 7.45 mile course. The course must include the following assessment elements:

- Orienteering
- Message Couriering
- Target Discovery
- Distance Estimation
- Weapons Handling and Marksmanship

1.1 EVENT HISTORY

The Norwegian Infantry Badge (NIB) is a Norwegian military skill badge introduced in 1928 and awarded to individuals who demonstrate proficiency in essential infantry skills. Nearly a century later, the assessment's emphasis on physical fitness, weapons handling, distance estimation, target detection, reporting, and orienteering endures as an accurate measurement of readiness and skill proficiency.

2 ATTIRE AND EQUIPMENT REQUIREMENTS

All military personnel participating in NIB testing will wear their service's combat uniform, boots, and eye and hearing protection. Each participant is required to carry their issued carbine or rifle (slung is allowed and preferred, but may also be carried in the rucksack as depicted).

Rucksacks are worn for the duration of the test and must weigh 6.8 kg / 15 lbs, including water. Ruck weight will be verified prior to the start of the event and at its conclusion. Each participant must carry a minimum of two liters of water. Test organizers may mandate a higher amount in high heat and humidity environments.

The wear of body armor and helmets during the test is at the discretion of the testing unit or individual, but not recommended.

Civilian participants must wear clothing similar to a military combat uniform (including long pants and boots) with a total weight equal to 1.5 kilograms / 3.3 pounds. Civilians are not required to use a military-issued rucksack and may use a civilian backpack.



Approved Ruck Carrying
Method for Weapons
(Barrel Pointed Upward)

3 COURSE REQUIREMENTS

The course must measure between 8 – 12 kilometers or 4.97 – 7.45 miles characterized by slightly to moderately hilly terrain. Organizers are permitted to use one of the following configurations:

- Straight: Participants travel the required distance from the start position without turning around or using loops, finishing at a different location.
- Irregular: Participants travel the required distance, but finish at the same location as the start position. No portion of the course may be reused for another portion or test.

The use of out-and-back courses in which participants reuse half the course or portions of it are not permitted.

Medical stations should be placed every 3 – 4 kilometers (1.8 – 2.5 miles), but should not interfere with the orienteering portion of the assessment. While there is no requirement for water stations, organizers should consider collocating them with medical stations and administrative areas.

4 INFANTRY SKILLS ASSESSMENTS

4.1 ORIENTEERING

The orienteering portion of the test can be conducted in one of two configurations at the discretion of the organizer. For both configurations, a map with all orientation points annotated must be issued to participants. Orientation points should be readily recognizable natural or artificial terrain features and not require the use of precise coordinate plotting for participants to remain on the course.

Configuration 1: A portion of the overall course, not exceeding 1/3 of the total distance, is devoted to orienteering.

Configuration 2: The entire course incorporates the orienteering portion of the test, requiring participants to navigate throughout its entirety.

Note: The use of Orienteering Control Markers (pictured right) is permitted.



4.2 MESSAGE COURIERING

The message courier portion must be placed at the beginning of the course and not revealed until the official start of the assessment.

The message must contain the following elements:

- Date and Time Group - DDHHMMZMMYY
- From - Rank and Name
- To - Rank and Name
- What - Objects Observed (e.g. 4 armored personnel carriers)
- Where - Where the Objects Were Observed (in vicinity of or other spatial reference)
- When - Time the Objects Were Observed (different from message time)
- How - Describe the Objects' Activity (e.g. moving rapidly in the direction of)
- Message Author (May Vary from Message Sender)

Example:



*From: Vice Corporal Christoffersen
To: Lieutenant Kristiansen*

*4 armored vehicle carriers were observed
along the road southeast of Sorost at 1150.
They were rapidly moving toward
Kollenåsen.*

*Lene Christoffersen
Vice Corporal*

The message may not be written down or photographed by the participants in any way.

Prior to crossing the finish line, participants will be issued a blank piece of paper (preformatted shells based on the structure of the message are not allowed) and be required to reproduce the message. Each portion of the message (8 in total, see above) that is not reproduced correctly produces a penalty of two minutes, for a maximum of 16 minutes. Minor issues such as the misspelling of words will not be penalized so long as they do significantly differ from the information intended to be conveyed from the message.

4.3 TARGET DETECTION

The target discovery portion of the assessment requires participants to identify various objects within a specified area.

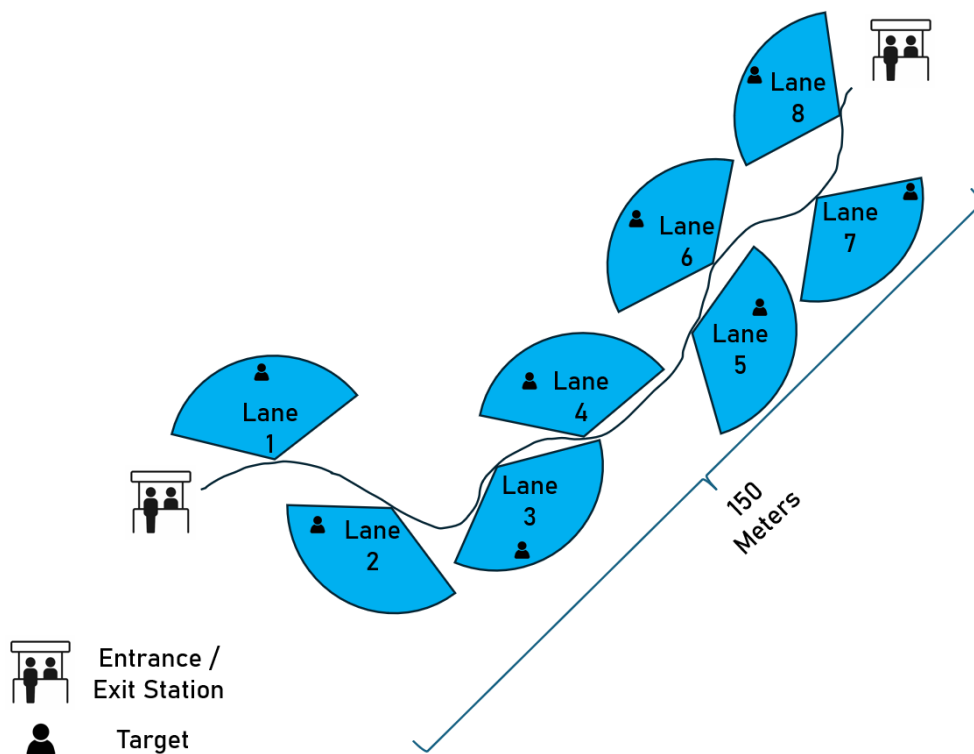
Upon arrival at the target discovery area, participants are issued a lane card to locate and sketch the target(s) on each lane. A minimum of 5 lanes and a maximum of 8 lanes may be used for testing. The number of targets does not need to match the number of lanes used (i.e. 8 lanes are used, but only 5 contain a target).

The entrance to each lane must be clearly marked (i.e. Lane 1) and be no deeper than 150 meters. Participants are not permitted to travel down each lane and targets must be placed and configured in such a manner as to be visible without the aid of magnification equipment. The total testing area for all lanes must be no more than 150 x 150 meters in size. Lanes may be placed on both sides of the trail linking the entrance and exit stands.

Participants may move freely on the trail linking the entrance and exit stands if they choose to return to a lane to reassess whether it contains targets. Participants are assisting one another during this portion of this assessment and may not discuss the locations or presence of targets verbally or non-verbally. Proper marking of a lane includes a sketch of the target's appearance, including whether it is obscured by vegetation or other objects and the quantity of targets. Only full torso marksmanship silhouette targets may be used for this portion of the assessment.

Upon completion of this assessment, participants turn their cards into the exit station and proceed to the next testing area. Failure to identify or misidentification of targets is assessed as an additional two minutes per lane.

Example Target Detection Course

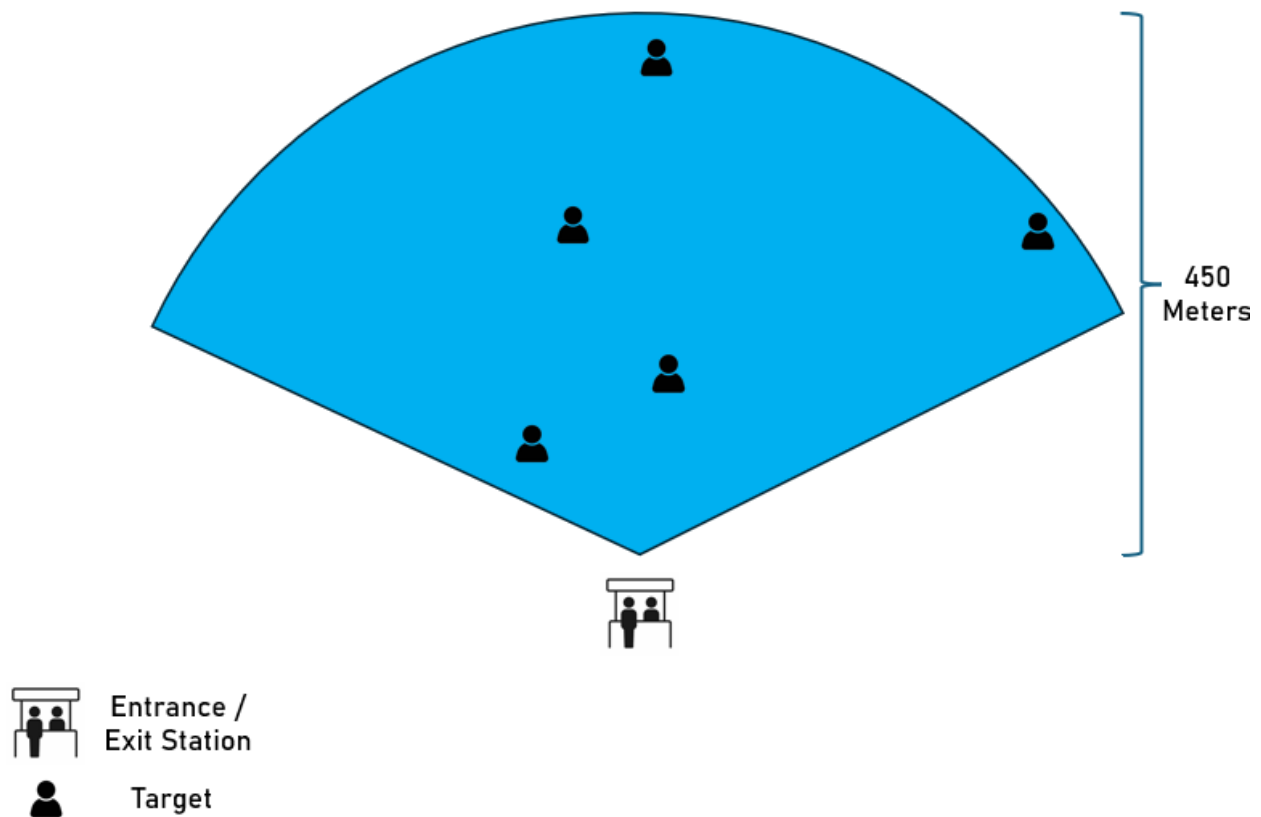


4.4 DISTANCE ESTIMATION

The distance estimation portion of the assessment requires participants to correctly identify the range between themselves and 5 full torso marksmanship silhouette targets. Targets will be placed no close than 50 meters and no further than 450 meters. No measurement aids other than a pencil, weapon (to include optic), or compass are allowed. If weather obstructs target visibility for any participants during testing, no penalties will be assessed during grading. For those that were not affected by visibility issues, 30 seconds will be deducted from their final finishing time to account for their stoppage time at this portion.

All distance estimates must be made in meters and a participant's assessments must be within 1/7th of the true target distance (i.e. a 50-meter target's distance can be described as falling between 43-57 meters without penalty). Participants are assessed a 3-minute time penalty for each target distance estimate that is incorrect.

Example Distance Estimation Course



4.5 WEAPONS HANDLING AND MARKSMANSHIP

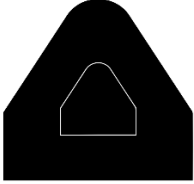
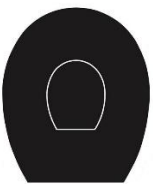
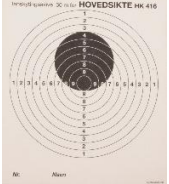
The weapons handling and marksmanship portion of the assessment requires participants to successfully strike targets using one of two means: Carbine/Rifle or Handgrenades

4.5.1 CARBINE / RIFLE

Upon arrival at the marksmanship stand, participants will be issued a single magazine with five rounds. They will then proceed to the designated firing point, don ear protection, load their ammunition, and engage their assigned lane's targets at the direction of their lane safety. Once all rounds have been fired, the lane safety will clear them off the range and they will continue the remainder of the assessment.

Two configurations for this test may be used.

Norwegian Configuration – 5 Rounds

				
200 Meters "Tredjedel" 1/3 Target 480mm (H) x 500mm (W)	150 Meters "Sirkelskive" Disc Target 350mm (H) x 350mm (W)	100 Meters "Småen" 1/4 Target 490mm (H) x 330mm (W)	50 Meters "M84 Skiskytter Skive" Biathlon Target 110mm (H) x 110mm (W)	30 Meters "Head Shot"

Nationality Agnostic Configuration: Paper Target, Various Ranges – 5 Rounds *Select Only One*

Measured Range	Simulated / True Range	Target Type
200 M	200 M	Concentric Circle
300 M	300 M	Concentric Circle

Any impacts outside the inner ring areas on silhouette-style targets and any ring lower than "7" on concentric ring targets will be assessed as a miss. Every miss is assessed as a penalty of 3 minutes, for a maximum of 15 minutes. If weather obstructs target visibility for any participants during testing, no penalties will be assessed during grading. For those that were not affected by visibility issues, 3 minutes will be deducted from their final finishing time to account for their stoppage time while firing.

4.5.2 HAND GRENADES

The use of practice hand grenades may be used instead of carbine / rifle marksmanship. Participants will be given five practice grenades each. Two target areas measuring 3 meters in diameter each will be established at 15 meters and 20 meters for women and men, respectively. Every grenade outside the target area is assessed as a penalty of 3 minutes, for a maximum of 15 minutes.

5 NIB QUALIFICATION REQUIREMENTS

Participants, at a minimum, must meet the following standards, regardless of final time, to earn the NIB:

- Overall Course: Complete
- Courier Message: 4/8 Elements Correct
- Target Discovery: One Target Correctly Identified (Sketch and Count)
- Distance Estimation: One Target Accurately Estimated
- Weapons Handling and Marksmanship: One Target Hit

Individuals who fail to meet all these criteria are ineligible to receive the badge and their final finish times may not be used to calculate the average and base time as described in the next section.

6. PARTICIPANT AGE GROUPS AND SCORING STANDARDS

Unlike the Norwegian Foot March, the Norwegian Infantry Badge does not have a fixed time standard dictated by gender and age. Instead, it uses a formulaic system using a base time and modifiers to determine passing times.

Base time is determined by:

3. The sex with the most starting participants is used to establish the average time
 - a. A minimum of 5 participants is required to conduct the event
 - b. If there are equal number of male and female participants, the male average will be used
4. The top 10% of finishers

Once it has been determined that the male or female average time will be used, the first modifier is applied.

Male Base Time = Female Average Time – 20%

Female Base Time = Male Average Time + 20%

After the base time is determined for each group, an age group modifier is applied using the two tables below:

Age Group	Female Group	Male Group
Conscripts and Cadets	F1	M1
18 – 34	F2	M2
35 – 42	F3	M3
43 – 49	F4	M4
50 – 54	F5	M5
55 – 59	F6	M6
60+	F7	M7

Female and Male Groups	Age Modifier Formula
F1 and M1	Base Time + 45%
F2 and M2	Base Time + 35%
F3 and M3	Base Time + 45%
F4 and M4	Base Time + 50%
F5 and M5	Base Time + 60%
F6 and M6	Base Time + 70%
F7 and M7	Base Time + 80%

As this is an unfamiliar grading standard, here is an example:

Event Size and Composition

- 127 Participants
 - 47 Males
 - 60 Females
- Majority Females, Female Average Used to Calculate Base Time

Female Base Time

- 60 Female Participants
- 50 Female Finishers
- First 5 Female Finishers = Top 10%, Average Time 217 Minutes

Female Base Time = 217 Minutes

Male Base Time = 173 Minutes (217 Minutes – 20%)

Group	Age Modifier Formula	Event Formula	Total Time Allowed
F1	Base Time + 45%	217 Minutes + 97 Minutes	314 Minutes
F2	Base Time + 35%	217 Minutes + 75 Minutes	292 Minutes
F3	Base Time + 45%	217 Minutes + 97 Minutes	314 Minutes
F4	Base Time + 50%	217 Minutes + 108 Minutes	325 Minutes
F5	Base Time + 60%	217 Minutes + 130 Minutes	347 Minutes
F6	Base Time + 70%	217 Minutes + 151 Minutes	368 Minutes
F7	Base Time + 80%	217 Minutes + 173 Minutes	390 Minutes

Group	Age Modifier Formula	Event Formula	Total Time Allowed
M1	Base Time + 45%	173 Minutes + 77 Minutes	250 Minutes
M2	Base Time + 35%	173 Minutes + 50 Minutes	233 Minutes
M3	Base Time + 45%	173 Minutes + 77 Minutes	250 Minutes
M4	Base Time + 50%	173 Minutes + 86 Minutes	259 Minutes
M5	Base Time + 60%	173 Minutes + 103 Minutes	276 Minutes
M6	Base Time + 70%	173 Minutes + 121 Minutes	294 Minutes
M7	Base Time + 80%	173 Minutes + 138 Minutes	311 Minutes

Note: Times are always rounded down to the nearest minute whenever a modifier is applied. If the Male Base Time is 173 Minutes and the 45% modifier is applied, the output is 77.85 minutes and is rounded down to 77 minutes.

[illegible]

51

Appendix B – Target Detection Lane Card

Target Detection Lane Card

Lane 1	Lane 2	Lane 3	Lane 4
Sketch	Sketch	Sketch	Sketch
Lane 5	Lane 6	Lane 7	Lane 8
Sketch	Sketch	Sketch	Sketch

Appendix C – Recommended Badge Vendors

Vendor: Nord Market

Websites: <https://nordmarket.bigcartel.com> and <https://thenordmarket.etsy.com>

Grades: Bronze, Silver, and Gold

Size: 1,50" (H) x 1,50" (W) / 38,1mm (H) x 38,1 mm (W)



Testing Procedures for the Norwegian Military Field Sports Badge



Royal Norwegian Embassy
Office of the Defence Attaché
Version 1.0, January 2026

TABLE OF CONTENTS

1 INTRODUCTION AND ESSENTIAL EVENT INFORMATION	3
2 ATTIRE AND EQUIPMENT REQUIREMENTS.....	3
3 FIELD SPORTS ASSESSMENTS.....	3
3.1 WEAPONS HANDLING AND MARKSMANSHIP.....	3
3.2 MAP READING.....	5
3.3 ORIENTEERING.....	7
4 PARTICIPANT AGE GROUPS AND SCORING STANDARDS.....	7

1 INTRODUCTION

Testing for the Norwegian Military Field Skills Badge (NMFSB) or Det Militære Feltidrettsmerket tests participants' skill proficiency in three areas:

- Weapons Handling and Marksmanship
- Map Reading
- Orienteering

1.1 EVENT HISTORY

The Norwegian Military Fields Sports Badge (NMFSB) is a military skill badge introduced in 1936 by the Norwegian Association of Conscripted Officers (Vernepliktige Offiserers Forening or VOF). The original purpose of the badge was to encourage the maintenance of essential military skills by active duty and reserve military forces, as well as civilians in the event of mobilization. Nearly a century later, the assessment's emphasis on maintaining physical fitness along with proficiency in map reading, orienteering, and marksmanship endures as a measurement of fundamental military readiness.

Organizers are permitted to order the assessment's components in an order of their choosing, based upon the training objectives or emphasis of the unit.

2 ATTIRE AND EQUIPMENT REQUIREMENTS

All military personnel participating in NMFSB testing will wear their service's combat uniform, boots, and eye and hearing protection. Participants should carry all the equipment necessary for testing for the duration of the course: rifle, two magazines, compass, map marker, protractor, and map. The use of any magnification equipment, such as binoculars, is not permitted.

Each participant must carry a minimum of two liters of water at the start of the test. Organizers may mandate a higher amount in high heat or high humidity environments.

Civilian participants must wear clothing similar to a military combat uniform (including long pants and boots) with a total weight equal to 1.5 kilograms / 3.3 pounds.



Approved Ruck Carrying
Method for Weapons
(Barrel Pointed Upward)

3 FIELD SPORTS ASSESSMENTS

3.1 WEAPONS HANDLING AND MARKSMANSHIP

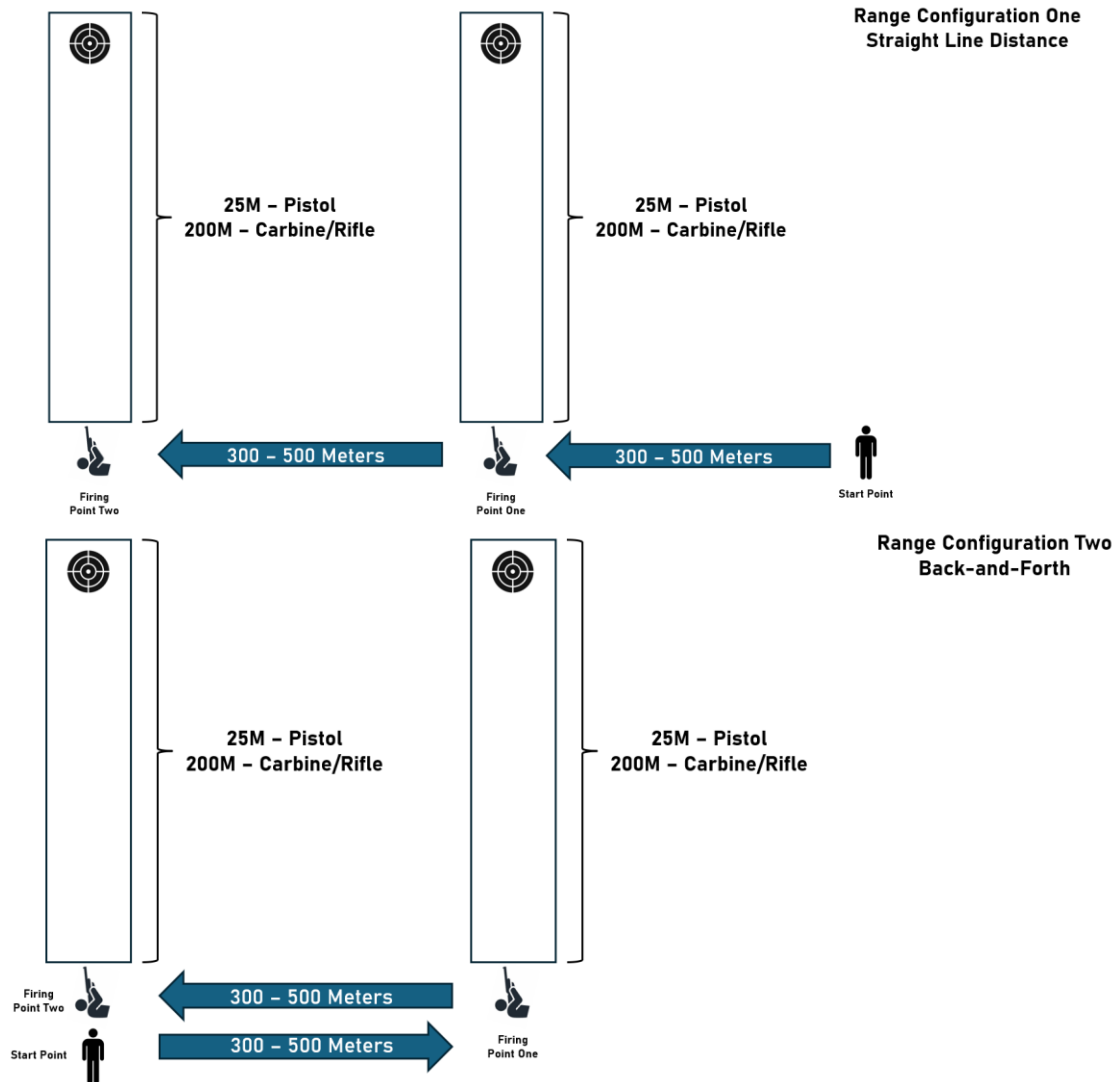
The weapons handling and marksmanship component of the assessment includes two sprints and two shooting sessions. Each sprint distance must be between 300 and 500 meters and no more than five rounds may be fired from each firing point. Targets must be between 25 and 200 meters from the firing point. At the discretion of the organizer, multiple targets and varying distances may be used with a designated number of impacts per target prescribed. Additionally, a mixture of weapons can be used, but no more than one type of firing point. An example follows:

- Firing Point 1: Participant sprints, with unloaded rifle or carbine, 350 meters to the first firing point and assumes an unsupported prone position. They load a magazine with five rounds and engage a target 200 meters away in their lane. Once the last round is fired, the lane safety will verify the weapon is clear and safe, releasing the participant to sprint to the next firing point.
- Firing Point 2: Participant sprints 500m to the next firing point. Upon arrival, they pick up a pistol, load a magazine with five rounds, and engage a target 25 meters away in their lane. Once the last round is fired, the official timer stops their stopwatch and records the total time.

Before the start of the event, participants must be oriented to the course and organizers must clearly mark the sprint start points and firing positions. Once complete, participants will verify they understand the layout of the course, the sequence of events, and the requirements.

Once the participant confirms they understand, the official timer will start the event by counting down from a set number, shout “Go” or “Begin,” and start the stopwatch.

Participants will sprint to each firing point, firing the prescribed number of rounds against their designated targets. Once the last round is fired, the timer stops the stopwatch and notes the time. Once all weapons are verified as cleared and safe, safeties will inspect their lane’s targets and report the number of impacts to the official timer. For any shots missed, the official timer will add 1 minute and 30 seconds as a penalty to the participant’s overall time. Once the overall time is calculated and recorded, the participant is released to the next component of the NMFSB assessment.



3.2 MAP READING

The map reading component of the assessment requires participants to plot points on a map and navigate to those locations quickly on foot. A maximum of 10 points may be used, but the total number created for the assessment should suit the complexity of the terrain and distance of the course. The following are map scales, distances, and total points used during contemporary assessments

Scale	Distance	Points
1:10,000	2.0 km	2-3
1:15,000	2.5 - 3.0 km	3-5
1:20,000	3.1 - 3.9 km	5-7
1:25,000	4.0 - 5.0 km	7-8
1:50,000	5.1 - 7.0 km	9-10

The use of Orienteering Control Markers (OCM, pictured right) is recommended.

A unique symbol, pattern, or character must be placed at each OCM. Upon arrival at a point, participants will sketch this symbol, pattern, or character on a weatherproof course card, along with its OCM number.

A cadre member will be present at the entry point of the course. Upon a participant's entrance to the course, they will communicate their start time (HH:MM:SS) to the exit point cadre member for timing purposes.



At the exit point of the course, a cadre member will annotate their finish time and examine their course card. For any unfound points or incorrect symbol, pattern, or character, a penalty of 2 minutes will be added to the participant's total time.

If this is the first assessment of the NFMSB examination, organizers will stagger participant start time by a minimum of 2 minutes.

3.3 ORIENTEERING

The final assessment requires participants to navigate through terrain association and the use of a compass. No electronic devices may be used. The total designed length of the course will be dictated by the complexity of the terrain, but should not exceed 40 minutes. Generally, course length is 3.5 – 4.5 km.

Participants may not be issued a map of the orienteering course until they arrive at the entry point. Map scale should be between 1:10,000 to 1:15,000, but other scales can be used at the organizer's discretion. The course must contain at least five points (including the start and finish) using Orienteering Control Markers (OCM), each of which will have a unique symbol, pattern, or character associated with it. Participants must sketch each symbol, pattern, or character associated with an OCM on their weatherproof course card.

A cadre member will be present at the entry point of the course. Upon a participant's entrance to the course, they will communicate their start time (HH:MM:SS) to the exit point cadre member for timing purposes.

At the exit point of the course, a cadre member will annotate their finish time and examine their course card. For any unfound points or incorrect symbol, pattern, or character, a penalty of 2 minutes will be added to the participant's total time.

If this is the first assessment of the NFMSB examination, organizers will stagger participant start time by a minimum of 2 minutes.

4. PARTICIPANT AGE GROUPS AND SCORING STANDARDS

Unlike the Norwegian Foot March, the Norwegian Military Field Sports Badge does not have a fixed time standard dictated by gender and age. Instead, it uses a formulaic system using a base time and modifiers to determine passing times.

Base time is determined by:

5. The sex with the most starting participants is used to establish the average time
 - a. A minimum of 5 participants is required to conduct the event
 - b. If there are equal number of male and female participants, the male average will be used
6. The top 10% of finishers

Once it has been determined that the male or female average time will be used, the first modifier is applied.

Male Base Time = Female Average Time – 20%

Female Base Time = Male Average Time + 20%

After the base time is determined for each group, an age group modifier is applied using the two tables below:

Age Group	Female Group	Male Group
Conscripts and Cadets	F1	M1
18 – 34	F2	M2
35 – 42	F3	M3
43 – 49	F4	M4
50 – 54	F5	M5
55 – 59	F6	M6
60+	F7	M7

Female and Male Groups	Age Modifier Formula
F1 and M1	Base Time + 45%
F2 and M2	Base Time + 35%
F3 and M3	Base Time + 45%
F4 and M4	Base Time + 50%
F5 and M5	Base Time + 60%
F6 and M6	Base Time + 70%
F7 and M7	Base Time + 80%

As this is an unfamiliar grading standard, here is an example:

Event Size and Composition

- 127 Participants
 - 47 Males
 - 60 Females
- Majority Females, Female Average Used to Calculate Base Time

Female Base Time

- 60 Female Participants
- 50 Female Finishers
- First 5 Female Finishers = Top 10%, Average Time 217 Minutes

Female Base Time = 217 Minutes

Male Base Time = 173 Minutes (217 Minutes – 20%)

Group	Age Modifier Formula	Event Formula	Total Time Allowed
F1	Base Time + 45%	217 Minutes + 97 Minutes	314 Minutes
F2	Base Time + 35%	217 Minutes + 75 Minutes	292 Minutes
F3	Base Time + 45%	217 Minutes + 97 Minutes	314 Minutes
F4	Base Time + 50%	217 Minutes + 108 Minutes	325 Minutes
F5	Base Time + 60%	217 Minutes + 130 Minutes	347 Minutes
F6	Base Time + 70%	217 Minutes + 151 Minutes	368 Minutes
F7	Base Time + 80%	217 Minutes + 173 Minutes	390 Minutes

Group	Age Modifier Formula	Event Formula	Total Time Allowed
M1	Base Time + 45%	173 Minutes + 77 Minutes	250 Minutes
M2	Base Time + 35%	173 Minutes + 50 Minutes	233 Minutes
M3	Base Time + 45%	173 Minutes + 77 Minutes	250 Minutes
M4	Base Time + 50%	173 Minutes + 86 Minutes	259 Minutes
M5	Base Time + 60%	173 Minutes + 103 Minutes	276 Minutes
M6	Base Time + 70%	173 Minutes + 121 Minutes	294 Minutes
M7	Base Time + 80%	173 Minutes + 138 Minutes	311 Minutes

Note: Times are always rounded down to the nearest minute whenever a modifier is applied. If the Male Base Time is 173 Minutes and the 45% modifier is applied, the output is 77.85 minutes and is rounded down to 77 minutes.

CERTIFICATES AND BADGES

Once the event is completed and the closeout report reviewed, you will receive an automated email from the embassy's event management system that contains pre-signed digital certificate template which organizers will complete with participant information. Certificates are to be printed or distributed digitally by the organizer promptly. We recommend using white, 110-pound cardstock for printed certificates.

Badges are to be acquired by event organizers or participants and awarded according to the following schedule:

Bronze	Silver	Gold
1 st Completed Event	2 nd , 3 rd , and 4 th Event	5 th or More Event

Norwegian military badge sizes are approximately 19 mm / 0,75 in. Non-Norwegian military personnel may wear any size badge up to 39 mm / 1,5 in. A list of recommended vendors can be found in Appendix C.

Please note that participants may only successfully complete one event per calendar year that awards a military field sports badge.

CONCLUSION

Thank you for your interest in conducting the Norwegian Military Field Sports Badge assessment. We appreciate your attention to detail when reviewing this guide and preparing for your event.

[illegible]

63

Appendix B – Recommended Badge Vendors

Vendor: Nord Market

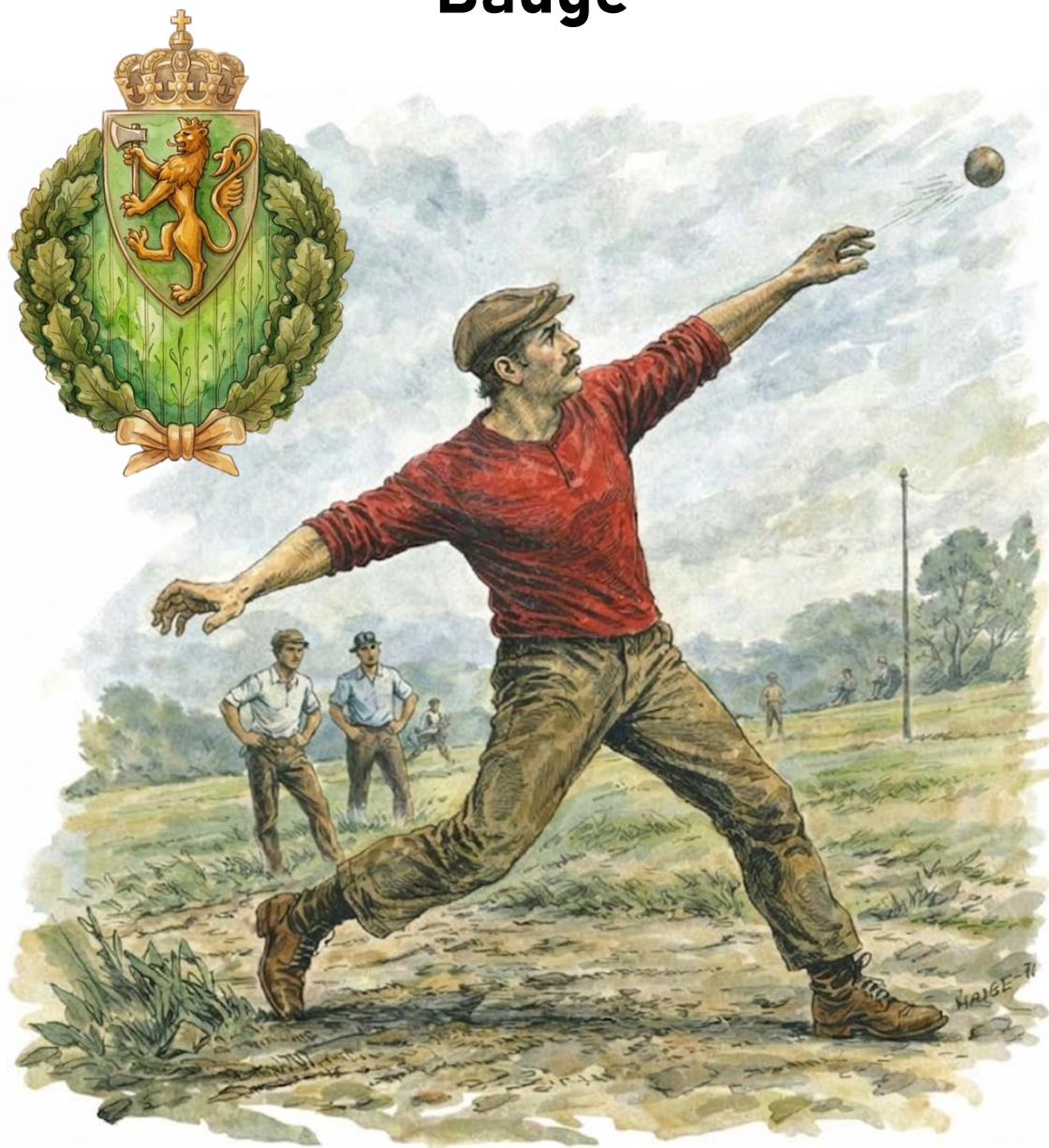
Websites: <https://nordmarket.bigcartel.com> and <https://thenordmarket.etsy.com>

Grades: Bronze, Silver, and Gold

Size: 1,50" (H) x 1,25" (W) / 38,1mm (H) x 31,75 mm (W)



Testing Procedures for the Norwegian Sports Federation Sports Badge



**Norwegian Sports Federation and
Royal Norwegian Embassy
Office of the Defence Attaché
Version 1.0, May 2026**

1 INTRODUCTION AND EVENT HISTORY

The Norges Idrettsmerket or Norwegian Sports Federation Sports Badge (also called the Norwegian Sports Badge), was established in May 1915 by the Norwegian Sports Federation (NIF) and Olympic and Paralympic Committee to recognize achievement in various sports disciplines and fitness according to age and gender. While originally restricted to men, women were permitted to test for the sports badge in 1934. Today, the sports badge is awarded worldwide to men and women for demonstrate sustained fitness and skill across a variety of sports.

2 ATTIRE, FACILITY, AND EQUIPMENT REQUIREMENTS

Attire for the test is at the discretion of the participants, but should be suitable for the type of events being tested.

Facilities that are dedicated to testing for the sports badge or general sports clubs are preferred, but any facility with suitable features and equipment may be used.

At least two individuals must conduct the testing, with one administrator and one participant. For high duration and long-distance events, the participants may use fitness applications and devices to record their activity, but it must be verified by the administrator. Unlike other sports badges, the administrator does not need to have previously earned the sports badge but must thoroughly understand the events and their standards prior to testing being conducted.

3 TESTING STRUCTURE

The sports badge is designed to award sustained fitness and participation in sports. As such, testing is to be conducted over several days, weeks, or months, according to the preference of the administrator and participants.

Participants must successfully complete the requirements for one event in each group. They may retake events until they pass or change to a different event within the same group.

All events must be completed within the same calendar year.

4 EVENT GROUPS

Testing for the Norwegian Sports Federation Sports Badge (NSFSB) assesses individuals' fitness according to five groups of events (see Appendix B for complete listing of events and standards):

- Group 1 – Sustained Physical Activity
- Group 2 – Flexibility / Precision
- Group 3 – Speed
- Group 4 – Strength
- Group 5 – Endurance

4.1 – Group 1 – Sustained Physical Activity

During the calendar year, aspirants for the sports badge must complete at least 20 instances of sustained physical activity lasting at least 30 minutes. This requirement is considered automatically fulfilled for military personnel.

This exercise may be conducted individually, as a group, or as part of a sports club. Examples include, but are not limited to, cycling, swimming, dancing, hiking, skiing, running, weightlifting and participation in organized training groups.

4.2 - Group 2 - Flexibility / Precision

- Standing Long Jump
- 5-Step Jump
- Running Long Jump
- Running High Jump
- Seated Precision Throwing
- Standing High Jump

4.3 - Group 3 - Speed

- Sprint - 60 or 100 Meters
- Swimming - 25 Meters
- Ice Skating - 100 Meters
- Cycling - 400 Meters
- Pushing (Sled or Wheelchair) - 100 Meters
- Handball, Basketball, Soccer, or Floorball
- Speedwalking - 120 Meters
- Paddling - 200 Meters

4.4 - Group 4 - Strength

- Shotput, Standing or Sitting
- Small Ball
- Hand Grenade
- Slingball
- Discus
- Chin-Up or Pull-Up
- Benchpress
- Back Squat
- Sit-Ups
- Push-Ups
- Leg Raises

4.5 - Group 5 - Endurance

- Running - 1.5, 3.0, or 5.0 Kilometers
- Cycling - 10 or 20 Kilometers
- Hiking or Rucking - 5 or 10 Kilometers
- Swimming - 0.5 or 1.0 Kilometers
- Wheelchair Skating - 1.5 or 3.0 Kilometers
- Skiing - 5 or 10 Kilometers
- Stationary Bicycle - 10 or 20 Kilometers
- Rowing Machine - 5 Kilometers
- Sculling - 2 Kilometers
- 4-Person Rowing - 20 Kilometers
- Kayaking - 3, 5, or 10 Kilometers
- Cooper's Test - 12 Min
- Roller Skating - 5 Kilometers

- Ice Skating – 3 or 5 Kilometers
- Various Long Duration or High Endurance Events (See Appendix B)

5 Testing Guidelines and Process

The Norwegian Sports Badge is traditionally administered by Norwegian sports clubs and institutions associated with the Norwegian Sports Federation and Norway's Armed Forces. Based on the popularity of the Norwegian Foot March and other skill badges awarded through the Norwegian Embassy in Washington, D.C., the authority to conduct testing worldwide was granted to any member of the American uniformed services as of 2026.

Unlike the Norwegian Embassy's skill badge program, which is entirely managed by representatives of the Defense Attache Office, the sports badge program will be independently administered by the Norwegian Sports Federation and its appointed representatives in Norway and the United States.

In accordance with the Norwegian Sports Federations' current regulations and rules, prior coordination and permission is not required to conduct testing for the sports badge. Administrators and participants are expected to familiarize themselves with the proper techniques and requirements prior to attempting a particular event to ensure safe execution.

Frequency of event testing is at the discretion of the organizer, but no more than three events should be tested during a single assessment period.

Once all testing is completed, organizers or participants must submit their results through the official webform:



<https://nsfsb.fillout.com/nsfsb>

Those requesting a silver or gold badge must include a copy of their Norwegian Sports Federation Sports Badge - Record Book (Appendix A).

The sports badge is awarded once per calendar year according to the following program:

First to Fourth Award	Fifth to Eighth Award	Ninth Award
Bronze	Silver	Gold

Questions may be directed to idrettsmerket-us@pm.me

Appendix A – Norwegian Sports Federation Sports Badge – Record Book

[illegible]

Dropbox: <https://www.dropbox.com/scl/fi/7ngqwxroq4v0jvq6ppbnf/Norwegian-Sports-Federation-Sports-Badge-Record-Book.pdf?rlkey=p6uqfutjxb3cnqu6l0w1nw5py&st=ldswwsy48&dl=0>

Appendix B – Norwegian Sports Federation Sports Badge Event Listing and Standards

Appendix B
Event and Performance Standards Table, Page 1 of 5
English Manual, Version 1.0, 2026

NORWEGIAN SPORTS FEDERATION SPORTS BADGE (IDRETTSMERKET)

GROUP 1 – SUSTAINED PHYSICAL ACTIVITY

During the calendar year, aspirants for the sports badge must complete at least 20 instances of sustained physical activity lasting at least 30 minutes. This exercise may be conducted individually, as a group, or as part of a sports club. Examples include, but are not limited to, cycling, swimming, dancing, hiking, skiing, running, weightlifting and participation in organized training groups.



GROUP 2 – FLEXIBILITY/PRECISION - Distances Measured in Meters Unless Otherwise Noted

ACTIVITY		AGE															
		16-17	18-19	20-29	30-34	35-39	40-44	45-49	50-54	55-59	60-64	65-69	70-74	75-79	80-84	85-89	90-
A Standing Long Jump	M	2.20	2.25	2.30	2.30	2.25	2.20	2.15	2.10	2.05	1.95	1.90	1.80	1.70	1.40	1.30	1.20
	F	1.80	1.80	1.80	1.80	1.75	1.70	1.65	1.60	1.55	1.45	1.35	1.25	1.15	1.00	0.90	0.80
B 5-Step Jump	M	10.80	11.00	11.20													
	F	9.50	9.50	9.50													
C Running Long Jump	M	4.30	4.35	4.40	4.25	4.20	4.00	3.90	3.75	3.60	3.35	3.15	2.95	2.75	2.55		
	F	3.40	3.40	3.35	3.10	3.05	2.80	2.70	2.50	2.40	2.15	2.05	1.95	1.70	1.50		
D Running High Jump	M	1.30	1.30	1.30	1.25	1.25	1.20	1.15	1.10	1.05	0.95	0.90	0.80	0.65	0.65		
	F	1.10	1.10	1.10	1.05	1.05	1.00	0.95	0.90	0.85	0.75	0.70	0.60	0.50	0.50		
E Seated Precision Throwing	M	6	6	6	5	5	5	4	4	4	3	3	3	3	2	2	2
	F	6	6	6	5	5	5	4	4	4	3	3	3	3	2	2	2
Individuals are permitted 10 shots during their test using a basketball weighing at least 200g/7.05 oz. Basket height must be no less than 3.00m and shooting position no closer than 3.05m																	
F Standing High Jump (CM)	M	35	35	35	30	30	25	25	20	20	15	15	10	10	10	10	10
	F	30	30	30	25	25	20	20	15	15	10	10	10	10	10	10	10
Individuals will stand on their toes with arms stretched out against a wall, marking the highest point. They will then jump, mark the highest point, and compare the distance.																	
G Indoor Basketball Individuals will dribble the ball through a set course of cones (see last page), shooting at the hoop at the 9m mark on the return to the start point. Use Group 2E grading.																	

GROUP 3 – SPEED - Time Standards Measured in Seconds

A Sprint - 60 m	M	9.5	9.2	8.9	9.2	9.5	10.0	10.5	11.0	11.5	12.5	13.0	13.5	14.0	15.0	16.0	17.0
	F	10.5	10.5	10.5	11.0	11.5	12.0	12.5	13.5	14.0	15.0	15.5	16.0	16.5	17.5	18.5	19.5
Sprint - 100 m	M	15.0	14.5	14.5	15.0	15.5	16.0	16.5	17.0	17.5	18.5	19.5	20.5	21.5	22.5		
	F	16.5	16.5	16.5	17.5	18.5	19.5	20.0	21.0	22.0	23.0	24.0	25.0	26.0	27.0		
B Swimming - 25 m	M	26.0	26.0	26.0	26.5	27.0	27.5	28.0	29.0	30.0	31.0	32.0	34.0	36.0	39.0	41.0	43.0
	F	29.0	29.0	29.0	29.0	29.5	30.0	31.0	32.0	33.0	34.0	35.0	37.0	40.0	43.0	45.0	47.0
C Ice Skating - 100 m	M	15.5	15.5	15.5	16.0	16.5	17.0	17.5	18.5	19.5	21.0	22.5	24.2	26.0	28.0	30.0	32.0
	F	17.0	17.0	17.2	17.7	18.2	18.7	19.2	19.7	21.2	23.0	24.5	27.0	29.0	31.0	33.0	35.0
D Cycling - 400 m	M	55.0	53.0	50.0	53.0	55.0	57.0	60.0	63.0	65.0	67.0	70.0	75.0	80.0	85.0	90.0	95.0
	F	60.0	58.0	55.0	58.0	60.0	63.0	65.0	67.0	70.0	75.0	80.0	85.0	90.0	95.0	100.0	105.0



IDRETTSMERKET

ACTIVITY	AGE																
		16-17	18-19	20-29	30-34	35-39	40-44	45-49	50-54	55-59	60-64	65-69	70-74	75-79	80-84	85-89	90-
E Pushing w- 100 m Sled/Wheelchair with Poles	M	25.5	24.5	24.5	26.0	27.5	28.0	28.5	29.5	30.5	33.0	35.0	37.5	39.0	41.0	43.0	45.0
	F	28.5	27.5	27.5	29.0	30.5	31.0	32.0	33.5	35.0	36.5	39.0	41.0	44.5	47.5	50.0	53.0
F Handball / Soccer / Baseball / Floorball - Use the same marking as 2G for all.																	
	M	14.0	13.5	13.5	14.5	15.5	16.0	17.0	18.0	18.0	18.0	20.0	21.0	21.5	22.0	23.0	24.0
	F	17.0	16.5	16.5	17.5	18.5	19.0	20.0	20.0	21.0	21.0	22.0	23.0	23.5	24.0	25.0	26.0
G Speedwalking - 120 m	M	36.0	36.0	36.0	38.5	40.0	41.5	43.0	44.5	46.0	47.5	49.0	50.5	53.0	56.0	60.0	64.0
	F	40.0	40.0	40.0	43.0	45.0	47.0	49.0	51.5	53.0	54.5	56.0	58.0	61.0	65.0	70.0	74.0
H Paddling - 200 m (M:SS) Canoe or Kayak	M	1:26	1:25	1:24	1:25	1:26	1:28	1:30	1:32	1:33	1:34	1:35	1:36	1:41	1:46		
	F	1:38	1:37	1:36	1:37	1:38	1:41	1:44	1:48	1:50	1:52	1:54	1:56	1:58	2:00		

GROUP 4 - STRENGTH - Distances Measured in Meters or Repetitions Unless Otherwise Noted

A Shot Put, Standing, 7.25 kg	M	7.00	7.20	7.50	7.60	7.40	7.20	7.00	6.80	6.60							
5.00 kg	M	8.75	9.00	9.25	9.50	9.25	9.00	8.75	8.50	8.25							
4.00 kg	M										8.00	8.00	7.00	6.50	6.00	5.60	5.25
3.00 kg	M														6.75	6.25	5.75
	F	5.70	5.70	5.70	5.70	5.60	5.50	5.40	5.25	5.10							
	F								5.50	5.20	5.00	4.80	4.60	4.40	4.00	3.75	3.50
B Shot Put, Sitting, 4 kg	M	5.60	5.70	5.90	5.70	5.60	5.50	5.40	5.20	5.00	4.80	4.50	4.20	3.90	3.50	3.10	2.75
3 kg	F	4.70	4.70	4.70	4.50	4.30	4.10	4.00	3.80	3.70	3.50	3.30	3.10	2.90	2.60	2.30	2.00
C Small Ball (Liten Ball), 80 g Standing	M	38.00	39.00	40.00	40.00	39.00	38.00	37.00	36.00	35.00	33.00	31.00	29.00	27.00	25.00	23.00	21.00
	F	26.00	27.00	28.00	28.00	27.00	26.00	25.00	24.00	23.00	21.00	20.00	19.00	17.00	15.00	13.00	11.00
C Small Ball (Liten Ball), 80 g Sitting	M	17.50	19.00	20.00	20.00	19.50	19.00	18.50	18.00	17.50	16.50	15.50	14.50	13.50	12.50	11.50	10.50
	F	14.00	14.00	14.00	14.00	13.50	13.00	12.50	12.00	11.50	10.50	10.00	9.50	8.50	7.50	7.00	6.50
D Hand Grenade, 600 g	M	35.00	36.00	37.00	36.00	35.00	34.00	33.00	32.00	31.00	30.00	29.00	27.00	25.00	23.00		
	F		26.00	27.00	26.00	25.00											
E Slingball, 700 g	M										20.00	19.00	18.00	17.00	15.00	13.50	12.00
	F	22.00	22.00	22.00	21.00	20.00	19.00	18.50	18.00	17.50	17.00	16.00	15.00	14.00	13.00	11.50	10.00
F Discus 2.0 kg	M	21.00	21.50	23.00	22.50	22.00	21.50	21.00	20.50	20.00							
1.5 kg	M	25.00	26.00	28.00	27.00	26.00	25.00	23.50	22.50	20.50	19.00	18.00	17.00	16.00	14.00	12.50	11.00
1.0 kg	M										23.00	22.00	21.00	20.00	18.00	16.50	15.00
	F	16.00	17.00	18.00	17.00	16.00	15.50	15.00	14.50	14.00	13.00	12.50	11.50	11.00	10.00	9.50	9.00
G Chin-Up or Pull-Up	M	5	6	7	6	5	5	5	4	4	3	2	2	2	1	1	1
	F	3	4	5	4	3	3	3	2	2	1	1	1	1	1	1	1

Note: Individuals may use the grip that is most comfortable for them. For each repetition, the arms must be fully extended and the chin must be completely above the bar.



IDRETTSMERKET

Activity		AGE															
		16-17	18-19	20-29	30-34	35-39	40-44	45-49	50-54	55-59	60-64	65-69	70-74	75-79	80-84	85-89	90-
H Benchpress Units in Kilograms	M	25.00	30.00	37.50	35.00	32.50	30.00	27.50	25.00	22.50	22.50	22.50	20.00	17.50	12.50	12.50	12.50
	F	15.00	15.00	17.50	16.00	15.00	14.00	13.00	12.00	11.00	10.00	10.00	7.50	5.00	5.00	5.00	5.00
Men and women under the age of 60 must complete ten repetitions. Those over the age of 60 must complete 5 repetitions. Kilogram to Pounds Conversion: 1 Kilogram = 2.204 Pounds																	
I Back Squat (Reps)	M	45	45	50	45	40	35	30	25	25	20	20	15	15	10	10	10
10 Kilogram Weight	F	30	30	25	25	25	25	20	15	15	10	10	8	8	5	5	5
J Sit-Ups See Figure 1	M	30	30	35	30	30	25	25	20	20	15	10	8	5	5	5	5
	F	20	20	25	20	20	15	15	15	10	10	8	8	4	4	4	4
K Push-Ups See Figures 2 and 3	M	20(40)	25(50)	20(40)	20(40)	20(40)	15(30)	15(30)	15(30)	10(20)	8(16)	8(16)	5(10)	5(10)	5(10)	5(10)	5(10)
	F	10(20)	12(24)	12(24)	12(24)	12(24)	10(20)	10(20)	10(20)	7(14)	7(14)	7(14)	4(8)	4(8)	3(6)	3(6)	3(6)

Sit Up Form Notes: Lie down on your back, flex your legs to create a roughly 90-degree angle at your knees and place both feet on the ground. Extend your arms and pull your body up, being mindful to not extend so far that your lower back leaves the ground and repeat.

Push Up Notes: Lie down on your stomach and place your hands in a comfortable position. In a single motion while keeping your back straight fully extend your arms. Arms must return to a 90-degree angle. If performed on the knees, repetitions in the brackets must be performed.

L Leg Raises	M	3	3	3													
	K	3	3	3													

Leg Raise Notes: Lie down on your back. You may hold on to a vertical bar or structure to stabilize your movement. In a slow, steady movement lift your legs as a single unit and bring them to a roughly 60-degree angle before returning them to the starting position. Do not pause between repetitions or rest your feet on the ground.

GROUP 5A - ENDURANCE

A Run 5000 m	M	24:15	24:00	23:45	24:00	24:15	24:30	24:45	25:15	26:00							
	M	14:00	13:50	13:40	13:50	14:00	14:10	14:25	15:00	15:40	16:35	18:25	20:00				
	F	17:00	17:00	17:30	18:00	19:00	20:00	21:00	22:00	23:00							
	F								8:30	9:00	9:30	10:00	10:30	11:00	12:00	12:45	13:30
B Cycling 20 Km	M	50:00	50:00	50:00	52:00	54:00	56:00	58:00	60:00	62:00	64:00	66:00	69:00				
	F	60:00	60:00	60:00	61:00	63:00	65:00	67:00	69:00	71:00							
	M										32:00	33:00	34:00	35:00	38:00	40:30	43:00
	F								32:00	34:00	38:00	42:00	44:00	46:00	48:00	50:30	53:00
C Hiking 10 Km	M	77:00	76:00	75:00	77:00	80:00	83:00	85:00	88:00	90:00	96:00	100:00					
	F	93:00	91:00	89:00	93:00	97:00	101:00	105:00	109:00	114:00	117:00	120:00					
	M										46:00	47:00	49:00	51:00	53:00	55:00	57:00
	F										53:00	55:00	57:00	59:00	62:00	64:30	67:00

Notes: Running may occur outside or on a treadmill. Individuals who successfully complete the Norwegian Foot March according to their age may count it as their endurance test.



IDRETTSMERKET

Activity		AGE															
		16-17	18-19	20-29	30-34	35-39	40-44	45-49	50-54	55-59	60-64	65-69	70-74	75-79	80-84	85-89	90-
D Swimming 1000 m	M	31:00	30:00	30:00	31:00	31:30	32:00	32:30	33:00	34:00							
	F	36:00	35:00	35:30	36:00	36:30	37:00	37:30	38:00	39:00							
500 m	M								16:00	16:30	17:30	18:00	18:30	19:00	21:00	22:30	24:00
	F								18:00	18:30	19:30	20:00	21:00	22:00	23:00	24:30	26:00
E Wheelchair Skating 3000 m	M	16:45	16:30	16:00	17:00	17:30	18:00	18:30	19:00	19:30	20:00	21:30	23:00	25:00	27:00		
1500 m	M						9:00	9:30	10:00	10:45	12:00	13:00	14:00	16:00	18:00		
	F	10:00	10:00	10:00	10:00	10:45	11:15	11:45	12:15	13:15	14:00	15:00	16:00	18:00	20:00		
F Skiing 10 Km	M	54:00	48:00	48:00	48:00	55:00	55:00	55:00	60:00	60:00	68:00	73:00	78:00	83:00			
5 Km	M								29:00	29:00	33:00	36:00	38:00	41:00	43:00	45:00	48:00
	F	34:00	33:00	33:00	33:00	38:00	38:00	38:00	43:00	43:00	51:00	56:00	61:00	66:00	68:00	70:00	72:00
Individuals who successfully complete the Norwegian Military Ski Badge according to their age may count it as their endurance test.																	
G Stationary Bicycle	M	51:00	50:00	48:00	50:00	51:00	52:00	53:00	55:00	57:00	60:00	62:00	64:00	66:00	69:00		
20 Km 100W	F	60:00	60:00	60:00	61:00	63:00	65:00	67:00	70:00	73:00	76:00	79:00	82:00	85:00	88:00		
10 Km	M														33:00	35:00	37:00
	F														42:00	44:00	46:00
H Rowing 5000 m, Machine, Max Resistance	M	23:30	23:00	23:00	23:30	24:00	24:30	25:00	25:00	25:30	27:00	30:00	40:00	50:00	55:00		
	F	26:00	25:30	25:30	26:00	27:00	27:00	27:30	28:00	28:30	30:00	33:00	50:00	55:00	65:00		
2000 m, Sculling	M	11:45	11:30	11:00	11:30	12:00	12:30	13:00	13:00	13:00	14:00	14:00	15:00	16:00	17:00		
	F	15:45	15:30	15:00	15:30	16:00	16:30	17:00	17:00	17:00	18:00	18:00	20:00	21:00	22:00		
4-Person Boat 20 Km	M	130	130	130	140	140	150	150	165	165	175,0	175,0	190,0	205,0	205,0		
	F	165	165	165	175	175	190	190	205	205	220,0	220,0	230,0	230,0	230,0		
I Kayaking 10 Km	M	71:00	70:30	70:00	70:30	71:00	71:30	72:00									
5 Km	M								38:00	38:30	39:00	39:30	40:00	40:30	41:00		
	F	41:00	40:30	40:00	40:30	41:00	41:30	42:00									
3 Km	F								27:00	27:30	28:00	28:30	29:00	29:30	30:00		
J Coopers Test. 12 min.	M	2370m	2600m														
12 Min, 400m Track	F	1730m	2100m														
K Roller Skating 5000 m	M	15:00	15:00	15:00	16:00	16:00	17:00	17:00	18:00	19:00	20:00	21:00	22:00	23:00	24:00		
	F	17:00	17:00	17:00	18:00	18:00	19:00	19:00	20:00	21:00	22:00	23:00	24:00	25:00	26:00		
L Ice Skating 5000 m	M	10:00	10:00	10:00	11:00	11:00	11:30	11:30	12:00	12:00	12:30	12:30	13:00	13:00	13:30		
3000 m	F	7:00	7:00	7:00	8:00	8:00	8:30	8:30	9:00	9:00	9:30	9:30	10:00	10:00	10:30		



GROUP 5B – UNTIMED ENDURANCE - Choose One Category

A: Athletes who regularly participate in competitive sports and complete competitions 3 times or more from one of or a combination of the following categories during a calendar year.

- | | | |
|-------------------------|-------------------------|-----------------------------|
| - Orienteering | - Long-Distance Hiking | - Long-Distance Ice Skating |
| - Long-Distance Running | - Long-Distance Cycling | - Swimming |
| - Cross-country Skiing | - Kayaking or Canoeing | - Team Sports |

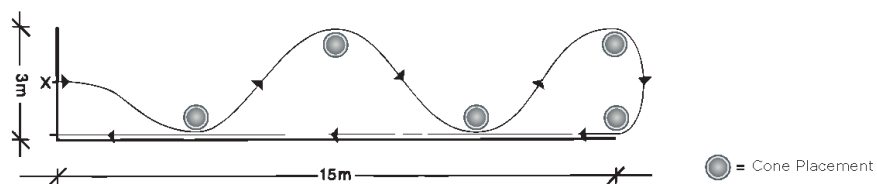
B: Successfully completed one of the following events.

- | | |
|-------------------------------------|--|
| - Marathon | - Cross-Country Skiing of 8 Km or more |
| - Half Marathon | - Cycling Tour of 180 Km or more |
| - Triathlon | - Rucking / Hiking 5 Km or more |
| - Golf – 18-Holes, Competitive Play | |

C: The following alternative exercises are also available:

- Complete 10 Km of Continuous Rowing on a Team of 4
- Complete 10 Km of Kayaking
- Complete a Forest Hike Lasting 5 Hours or More at least 3 Times During the Year

Reference Figure for Group 2G



Reference Figures for Group 4K



Fig. 1

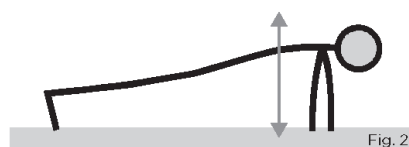


Fig. 2



Fig. 3

Appendix C – Recommended US Badge Vendors

Vendor: Nord Market

Websites: <https://nordmarket.bigcartel.com>

Grades: Bronze, Silver, and Gold

Size: 2,00" (H) x 1,52" (W) / 50,8 mm (H) x 38,6 mm (W)

Photo:





Royal Norwegian Embassy
Office of the Defence Attaché
Skill Badge Program

Event Registration and Management Portal



1 BACKGROUND

Operated by the Royal Norwegian Embassy's Office of the Defence Attaché, the newly centralized portal serves as the administrative core for the Norwegian Skill Badge Program, streamlining how allies and partners worldwide request to host these challenging events. Through this digital platform, the embassy can efficiently process hosting requests, validate post-event results, and issue official certificates, while sustaining international interest in the program and protecting the historical integrity and exacting standards of Norway's military badges.

2 EVENT REQUESTS - REQUIRED INFORMATION AND DOCUMENTS

In order to submit an event request, all organizers information and documentation:

Information

- Location of the Event
- Date of the Event
- Organizer Details and Contact Information

Documentation - Event CONOP

All events require a CONOP in a single PDF to be uploaded to the portal as part of the request process. The CONOP must address the following information according to each event's requirements:

Estimated Number of Participants - All

Map with Event Route - NFM, NSB, NMFSB, NIB

Start/Stop Time - All

Start/Stop Points - NFM, NSB, NMFSB, NIB

Total Distance - NFM, NSB, NMFSB, NIB

Distance Markers Locations - NFM, NSB, NMFSB, NIB

Administrative / Control Areas - All

Weighing and Attire Verification Area - NFM, NSB, NMFSB, NIB

Medical Stations and Medical EVAC Route(s) - All

Medical Evacuation Vehicle Photo - NSSB

Water and Food Points - All

Range Diagram - NSB, NMFSB, NIB

Forecast Temperature and Weather Conditions - All

Communication Plan - All

3 EVENT CLOSE OUTS - REQUIRED INFORMATION AND DOCUMENTS

- Event Reference Number
- Event Type
- Organizer Email Address and Phone Number
- Number of Bronze, Silver, and Gold Awardees
- Number of Participants
- Participant Roster

4 WEB PORTAL SYSTEM ADDRESSES

Norwegian Skill Badge Event Endorsement Request and Management Portal

<https://usnor.fillout.com/oda-skill-badge-program>

- Norwegian Foot March
- Norwegian Sharpshooter
- Norwegian Ski Badge
- Norwegian Infantry Badge
- Norwegian Military Field Sports Badge

<https://usnor.fillout.com/nsfsb>

- Norwegian Sports Federation Sports Badge

Event Close Out Portal

<https://usnor.fillout.com/event-closeout-form>

- Norwegian Foot March
- Norwegian Sharpshooter
- Norwegian Ski Badge
- Norwegian Infantry Badge
- Norwegian Military Field Sports Badge

Please note that the web portal for the Norwegian Sports Federation Sports Badge is operated as a separate program in conjunction with the Norwegian Sports Federation.

Once submitted, a member of the program's staff will review your event's details and documents. If your packet fulfills all the requirements and is approved, you will receive a notification via the web portal system to the email address registered with the system. Please ensure you check your spam or junk folder to not miss any messages. Alternatively, you can check on your event's status here:

Event Status Tracker:

<https://www.dropbox.com/scl/fo/9epugemxw7n53hs1osuhf/AMBYQ-kG0Ge6v1tSTzxqEgo?rlkey=e3rw78nt55yepo7y1a8435tff&st=ujmla4m0&dl=0>