



Public Law 96-114, The Congressional Award Act

Congressional Award

Program Requirements

The Congressional Award Program is about challenge. The Award offers young people the opportunity to set personally challenging goals and achieve them. Along the way, they serve their communities and learn about qualities like responsibility, citizenship, and the ability to plan and organize. There are six levels of Award—Bronze, Silver, and Gold Certificates and Bronze, Silver, and Gold Medals. Each level is cumulative. Time spent on one Award is carried on to the next level.

Certificate Level			
	Bronze	Silver	Gold
Minimum Hours Per Program Area			
Voluntary Public Service	30	60	90
Personal Development	15	30	45
Physical Fitness	15	30	45
Expedition/Exploration	One Day	Two Days	Three Days
Minimum Total Hours	60	120	180
Months Needed to Earn the Award	No minimum	No minimum	6 Months

Medal Level			
	Bronze	Silver	Gold
Minimum Hours Per Program Area			
Voluntary Public Service	100	200	400
Personal Development	50	100	200
Physical Fitness	50	100	200
Expedition/Exploration	One Overnight	Two Consecutive Overnights	Four Consecutive Overnights
Minimum Total Hours	200	400	800
Months Needed to Earn the Award	7 Months	12 Months	24 Months

The minimum age to earn an Award is 14.

Activities to earn Certificates and Medals must be completed by the participant's 24th birthday.