

VANDERBILT JROTC DRILL MEET STANDARD OPERATING PROCEDURE

SECTION 1: GENERAL EVENT INFORMATION

Event Timeline

1. Check-in will be from 0600 to 0700 on the scheduled day of the event. Competing teams will check in at the event location published in the Letter of Instruction (LOI).
2. The **judges' and instructors' meeting will begin at 0730** on the scheduled day of the event. Each competing team's Instructor should be present to ensure that all rules and procedures are understood. This meeting will include an opportunity to ask questions and present any unanticipated concerns.
3. Schools will formulate a Master Roster for those that will represent their JROTC Unit. All cadets present on the roster are required to stand in the Unit Personnel Inspection.
4. The **competition events will begin at 0800** on the scheduled day of the meet. The competition will consist of two phases, detailed in subsequent sections of this SOP:

Section 2 – Drill Events

Section 3 – Physical Fitness Events

5. The **awards ceremony** will commence following the completion of Knock out drill. Awards will be presented to the three top performing teams overall and the three top performing teams for each event as well as top scoring competitors in Knockout Drill, and the PT Competition. After the awards ceremony, the day's events will conclude.

Event Accommodations

1. Changing areas will be provided in a male and female head located within the event location.
2. To assist competing teams in finding their events and managing their schedule, each school will be assigned a Midshipman chaperon from NROTC Vanderbilt at check- in. These Liaisons are there to answer any questions you or your cadets may have.

Competition Discipline and Conduct

1. It is expected that all teams will maintain proper military bearing at all times. Military courtesies will be observed towards all officers, enlisted, midshipmen, and other cadets. Any transgressions

could result in a point penalty against the team's score. If blatant actions are performed, team disqualification may result.

2. General courteous behavior will be expected of all participants. No horseplay will be tolerated during any point of the competition.

3. Only government issued service or dress uniforms will be permitted. Uniforms should reflect the standards and regulations set forth by their respective service branches. “**Spirit uniforms**” will not be permitted.

Other Information and Contact

1. In the event of inclement weather, the JROTC School Instructor will be notified of any changes that are made by GySgt Michener within 72 hours of the scheduled event.

2. Any questions on the day of the event should be directed to the team’s Midshipman chaperon. If they do not know the answer, they will seek the appropriate personnel to resolve the matter.

SECTION 2: DRILL EVENTS

Drill Phase Events

1. The following events are described in this section and are counted among events identified as "Drill Phase Events":

Unit Personnel Inspection- not included in overall score

Armed Platoon Basic (25%)

Unarmed Platoon Basic (25%)

Armed Platoon Exhibition (25%)

Color Guard (25%)

Knockout Drills - not included in overall score

Drill Phase Area Sizes and Specifics

1. All drill areas have a flat hard wood or grassy surface. All drill areas maintain ample ceiling heights. The drill area dimensions are as follows:

Armed & Unarmed Platoon Basic 90’ x 90’

Armed Platoon Exhibition 90’ x 90’

Color Guard 50’ x 50’

2. The Head Judge location for all events' Report In/Out is determined by the team's cadet commander and may be positioned anywhere on the drill floor and in different locations for the Report In and Out. It is the cadet commander's responsibility to brief this position to the Head Judge while the team is in the ready area prior to their performance.
3. Boundary violations are penalized when any part of a cadet or his clothing comes in contact with any part of the boundary tape or the support cones, or crosses the imaginary line formed by the entry/exit opening. Should the boundary tape or cones become dislodged during a performance, a violation will occur when a cadet crosses the point where the tape/cone should have been were it not displaced.

General Drill Phase Performance Regulations

1. During report in, the Unit Cadet Commander reports-in to the Head Judge. To report in, he/she should state:“(school name) JROTC Unit from (city, state) reporting in for (event)”
2. Armed & Unarmed Drill Teams will maintain the following competing cadet team sizes:
 - a. **Color Guard** — 4 cadets, two rifles/two flags (ONLY units of 4 compete - no exceptions)
 - b. **Platoon Basic (Armed/Unarmed)** — 14 cadets (12 cadets, one guidon bearer, and a cadet commander)
 - c. **Platoon Exhibition (Armed)** — 12 cadets plus a commander min. no max limit, no guidon permitted.
 - d. **Knockout Drill (Unarmed)** — All competition roster cadets may enter the knockout drill competition.
3. During Platoon Basic & Exhibition competition, teams will receive a 5-point penalty per missing cadet. With a maximum of two missing cadets allowed for a 10-point penalty. No team may compete in these events with more than two cadets missing. No team may compete in Color Guard without 4 cadets (two rifles/two flags).
4. The standard cadence for Platoon Basic and Color Guard Drill is 112 to 120 steps per minute. In all other facets of the event, cadence is left up to the discretion of the performing team.
5. Several stationary movements listed in Platoon Basic and Color Guard Drill have been **CAPITALIZED IN BOLD PRINT**. These commands must be performed with a **5-second pause** between the completion of the first movement and the command to begin the next movement. Failure to perform the movements with the required pause will result in a 5-point per-occurrence penalty.

6. During Platoon Basic/Color Guard, the performance of extra movements not required by the sequence (done primarily to avoid boundary violations, i.e., Mark Time, to the Rear March, etc.), will result in a 5-point per-occurrence deduction.
7. It should be noted that special attention will be given by judges to ensure proper enforcement of all regulation movements (i.e., foot stomping, marching shoulder-to-shoulder vs. close interval, improper flashy movements, etc., along with shortening of the standard 30-inch step).
8. Shoe taps are not authorized during any facet of the competition. Also, no bayonets, handguns (demilitarized or otherwise), special effects, music or musical instruments, (bugles, drums...ANY musical instrument), or pyrotechnics are allowed to be used or carried by anyone at the event. Additionally, no horns, whistles, or any other artificial noise-making devices may be used at the event by anyone at any time. Teams failing to follow this rule may be removed from that competition event.
9. All equipment authorized for use at the Vanderbilt Drill Meet must be available within the JUMS catalogue except where outlined differently herein. Schools with any questions regarding what is and is not authorized equipment for use should check with their Area Manager prior to attending the event to clarify this issue.
10. Once a competition unit moves into the Ready Area for either Unit Personnel Inspection and/or Drill Phase Events, only NJROTC instructors may physically interact with the unit in any capacity. All others, to include parents, spectators, non-participating cadets, and support personnel must move to the bleachers to watch and cheer-on the competitors.

General Drill Rifle Requirements & Regulations

1. To compete with arms, the unit must utilize a JROTC approved drill rifle. Varnishing, chroming or painting the weapon in a military fashion is permissible. No decorative tape will be permitted anywhere on the rifle. Drill rifles are not required to maintain a rubber butt pad.
2. Within Armed events, slings are required and may not be removed. They may however be "taped down" during any phase of the competition with color matched, non-decorative tape ONLY! Any color tape may be used to repair a broken rifle. White slings are NOT authorized for ANY facet of the event.
3. Although all team members must compete with the same style drill rifle during a given event, teams are allowed to use multiple sets of drill rifles for each team event (example: one set for Platoon Basic Drill and a different set for Platoon Exhibition Drill).
4. The definition of a "dropped" drill rifle is now simplified as any rifle that strikes the drill deck unless it is intentionally designed to do so.

5. Drill rifles sometimes break in a way where its continued usage could become a danger to the cadet or others. When this occurs, the cadet may carry the drill rifle but under no circumstances should the drill rifle be spun or otherwise moved in a dangerous manner (cadets may not continue to use a dangerously broken drill rifle). Should a drill rifle break in any manner that makes safely using the rifle impossible, a back-up rifle must be given to the cadet prior to the next graded event.

Cadet Commander Regulations

1. All armed event cadet commanders ***MUST*** carry a rifle or sword. Unarmed event cadet commanders will not carry a rifle or sword. When a commander chooses to use a sword, it must be accompanied by a sword belt & scabbard. When carried, the sword is not permitted to leave the commander's hand at any time upon entering the drill floor, except to return the sword to the scabbard. This prevents any flipping/tossing of the sword in any manner to include armed exhibition.

2. During Report-In/Report-out, the cadet commander should be three paces and centered on the Head Judge. During Color Guard, the unit should be six paces and centered on the Head Judge. Although there is no specific deduction for violating this distance, violation will generate a lowered score from the Head Judge, as well as other event judges.

3. Within each team event, only one commander may lead the unit. This commander must be the person to report in, report out, and maintain overall "control" of the performance. Teams may highlight the talent of other cadets, and are encouraged to do so, but this must NOT be done in the form of a transfer of leadership.

4. Allowing that each drill team is instructed differently, judges will evaluate the vocal projection of cadet commanders in the following manner. During Platoon Basic Drill events, an individual's voice projection, confidence, and tone will be the criteria upon which judges will base their evaluations.

5. The report in and report out for each event will be done verbally by the cadet commander. At no time may any commander perform using any form of cue card or other form of prompting. Doing so will result in immediate disqualification of the unit from that event.

Event Judging

1. Three judges will be utilized as scoring judges in each competition area. Judges are supplied with all needed manuals and regulations to execute their judging duties. Also, judges are given a detailed briefing the day prior to the competition to ensure everyone is prepared to give the cadets the best effort possible.

2. During judging, all judges are instructed to move around the competition area allowing the best angle to grade the performances. Cadets may use every inch of all drill areas. Judges will move

out of a cadet's path, allowing cadets total access of all drill area space. Judges may come very near any cadet to gain a better judging perspective at any point during an event. Cadets should be prepared for this.

3. All judges' scoring and decisions are final.
4. As a matter of proper conduct, discussion with judges during the competition event about any facet of the competition is forbidden. Any questions from parents, team followers, cadets, or instructors about any portion of this competition that requires immediate action should be directed to the VUNROTC's AMOI who has final decision power in any judging conflict.
5. All scoresheets will be collected from event judges by the Midshipman runners whereupon they are then taken directly to the scoring table and entered into the scoring database. The head judge will provide the Unit Leader feedback after the event but will not discuss the teams score.

Event Timing

1. The penalty assessed for a performance not falling between these time periods is ONE (1) POINT PER SECOND OVER/UNDER THE TIME RANGE. Time limits are as follow:

Armed Platoon Exhibition - Min. 6 Minutes - Max. 9 Minutes

2. All performances officially begin along with event timing when **the first cadet of the competing unit crosses the drill area entry point** and it ends when the **last cadet crosses the exit point**.
3. There is no overall event timing of Armed or Unarmed Platoon Basic or Color Guard Drill as the completion of the movements, in cadence, is satisfactory. Teams should not prolong the report in/out process. Should judges feel that teams are belaboring these moves, it will be reflected in their overall evaluation.

UNIT PERSONNEL INSPECTION

General Information

1. Unit Personnel Inspection is a required event for every member of your team at the meet.
2. Unit Personnel Inspection is carried out as an unarmed event. During Unit Personnel Inspection, no cadets (cadet commanders included) may carry a rifle or sword.
3. All cadets **MUST WEAR** all and ONLY JROTC ribbons earned that appear on the JROTC ribbon chart (CNET 1533/61). The Unit Personnel Inspection will look for a sharp uniform, as well as a sharp cadet INSIDE the uniform! Remember, **all cadets must wear all JROTC ribbons earned for this personnel inspection.**

4. The inspection is designed to be more rigorous and demanding of proper bearing at all times. Judges will be professional but tough. Judges will use measuring devices and expect perfection in all items on display. Cadets should prepare for a much more rapid-fire, intense line of questioning and demeanor by the judges.

5. Hair length and style should correspond to the JROTC Cadet Field Manual. General appearance should be well groomed and uniforms should be impeccably clean. Hair “scrunchies” must be inconspicuous and should also match hair color.

Inspection Judging

1. After forming of the unit, the Unit Cadet Commander reports-in to the Head Judge. To report in, he/she should *state their school name, city/state, reporting-in or out, and to request permission*: A good example could be **“SIR/MA’AM, THE FIGHTING BLUE KNIGHTS FROM ACME HIGH SCHOOL, MINNEAPOLIS, MINNESOTA ARE ALL FORMED FOR INSPECTION.”**

Cadet Verbal Responses

1. Judges are instructed to ask every cadet a minimum of THREE questions during Unit Personnel Inspection. These questions will come from two areas: Chain of Command and the Navy/Marine Corps History. These questions will be given only to the judges in advance.

2. Judges are looking for BOTH the demeanor and bearing the cadet maintains as well as the correctness and completeness of the answers to the questions. All are equally important to maintain a top score.

3. Do not allow your cadets to become flustered by a question posed by a judge. If a cadet doesn't know the answer to a question posed to him/her, a confident, "Sir/Ma'am, this cadet does not know at this time" or similar is the best response.

4. A judge may incorrectly apply a regulation to your team's uniform. If your cadet feels a rule has been incorrectly applied due to questions asked by the inspecting judge, do not belabor the point with the judge! If the judge presses a point a cadet knows is incorrect, the correct response should be **"Sir, this cadet has been instructed that ‘...’ is correct"**. *Do not lose military bearing!* After completing the inspection process, immediately Contact GySgt Michener and discuss the incident. He will then contact the judge and assure the correct ruling and scores are in place.

Inspection Entry & Exit Procedures

1. All units will pre-assemble in the assigned ready area (exact location will be specified with signage the morning of the competition) roughly 5 minutes prior to their assigned start time. When

the school being inspected marches out of the area, the next school for the event should immediately move their formation to just outside the entrance of the ready area. When the judges have completed their scoring, the head judge will meet the cadet commander in this area to ensure the whole team is present and ready to compete (NOTE: remember, any cadet failing to participate in the event for the school is INELIGIBLE to compete in any event for the duration of the day). This official will ensure the cadet commander is prepared to form the unit into THREE squads of cadets (**maintaining the most even distribution of cadets possible**).

2. Once a competition unit moves into the Ready Area for either Unit Personnel Inspection and/or Drill Phase Events, only uniformed JROTC instructors may physically interact with the unit in any capacity. All others, to include, parents, spectators, non-participating cadets, and support personnel must move to the viewing area to watch and cheer-on the competitors. THIS WILL BE STRICTLY ENFORCED!

3. After the Cadet Commander reports-in to the Head Judge, the Head Judge will instruct the Cadet Commander to “**Form for Inspection**”. The cadet commander will then execute an about face and command, "**Open Ranks, March**", and move to check alignment of the squads. After alignment is checked, command "**Ready, Front; Cover**".

4. Upon completion of **Ready, Front; Cover**, the judges will move to the assigned squads and begin the inspection of personnel. After the Head Judge concludes the inspection of the cadet commander he/she will precede to inspect first squad. When all judges are finished, the Head Judge will return to face the cadet commander. It is at this position that the cadet commander and only the cadet commander will execute a hand salute, and verbally report out and receive final instructions from the Head judge. After receiving final instructions (i.e., such as “Remove your unit from the inspection area”), the cadet commander will order “**Close Ranks, March**” and then march the unit out of the inspection area.

5. One judge will inspect each squad. Each cadet will receive an individual score.

PLATOON BASIC DRILL

General Information

1. Armed and Unarmed Platoon Basic teams may be male, female or mixed teams.
2. All of the movements in this event must be done from memory, in the order listed on the scoresheet. No "cheat sheet" or other external prompting is allowed.
3. Schools may form their drilling unit on the drill deck however the cadet commander chooses. Fall In/Fall Out commands are authorized for entering and leaving the drill deck.

4. All commands given by the unit leader while the platoon is halted will be 6 paces in front of the unit.
5. In confined area such as this drill meet, Unit Leaders are permitted to march three paces centered on the left side of the unit where they can best control the unit.
6. Note: The cadet commander **WILL NOT** move to check alignment of cadets. This time-intensive maneuver is not warranted or required and if conducted, it will be adversely scored by the judges.
7. Teams should review this Standard Operating Procedures in its entirety before readying their Platoon Basic Unit for the Vanderbilt drill meet.

Judging & Scoring

1. In the Platoon Basic Drill sequence each individual movement is scored, on a scale of 1 to 5. The Platoon Basic Drill sequence is composed of many individual scoring opportunities. Also, teams will receive point scores for their report in and report out, and points for the judge's overall impression of the routine. The scores will be ranked in order and the proportional scoring system will then assign a point value to your school.
2. Some of these movement combinations are relatively easy while a few are quite difficult. While the execution of many of these movements within the given drill area is challenging for any drill unit, it can be executed by any well-prepared team at any competition level. The unit's ability to perform this sequence **without extra commands** is vital to the team's overall success at this meet.
3. Along with the scoring judges, an additional judge is added in the Platoon Basic Drill segment of the competition if possible. Although this additional judge will not conduct event scoring, he/she will be responsible for counting cadence and deducting all boundary, movement-pause, and other violations.

Platoon Basic Drill Sequence Movements

1. All of the prescribed movements in the Platoon Basic Drill sequence are located on the event scoresheet, posted at on the Vanderbilt NROTC website.

Important Note!

Judges are encouraged to discuss matters of rule interpretation, boundary violations, and missed commands among themselves immediately after both Platoon Basic Drill and Color Guard sequences. This remains the only way to ensure a school is graded correctly. Judges DO NOT discuss matters of preference or opinions regarding a performance AT ANY TIME prior to the Awards Ceremony.

PLATOON EXHIBITION DRILL

General Information

1. Armed Platoon Exhibition teams may be male, female or mixed teams.
2. All Platoon Exhibition routines consist of stationary/marching drill movements as well as trick rifle maneuvers that are limited only by the imagination & creativity of the drill unit, and the rules of the Vanderbilt Drill Meet. Please keep in mind however that this is a military competition.
3. Cadets may not be lifted off the ground at any time (either by standing on a rifle or supported by another cadet or in any other manner). Blind tosses are not allowed (a blind toss is one in which the rifle is thrown towards the back of a receiving cadet). Additionally, **NO RIFLE TOSSES OF ANY KIND** may be done where the rifle travels over a cadet's head that is not the thrower or a recipient. Ensure you design your formation to ensure no cadets are underneath any thrown rifle. These prohibitions are due exclusively to safety concerns and if undertaken during the competition, will result in your unit being disqualified from the Platoon Exhibition phase.
4. Splits or other gymnastic-style movements have no place in this military competition and will be deducted heavily if performed. Additionally, as this is a team competition, units who maintain extended drill periods of multiple, stationary cadets may be graded down on the scoresheet. Please ensure your drill routine maintains the vast majority of movement done by all competing cadets.
5. Routines must be designed with safety in mind, therefore long rifle throws should be undertaken **ONLY** in a formation that does not have the thrown rifle(s) traveling over the head of any cadet in the formation (i.e., use of a "V" or "H" formation is recommended). Judges who feel teams have not designed their routine to ensure these other non-involved cadets were not moved to a safe location in the formation will have their scores reduced within the Overall Evaluation segment of the scoresheet.
6. The Head Judge may be placed anywhere on the drill floor for the Report In and Report Out of the unit (may be two different locations). This position will be established between the event Head Judge and the cadet commander prior to the performance while in the ready area.
7. During all facets of Platoon Exhibition Drill, "props" or other outside items are **NOT ALLOWED**. This includes but is not limited to: hoods, blindfolds, additional rifles, etc.

Judging & Scoring

1. Judging during any exhibition event is obviously quite subjective. However, all judges are looking primarily at the mechanics of the routine as well as the togetherness and "snap" the unit presents — while also reviewing with equal intensity the overall style and flow of the performance.

While the degree of difficulty a unit displays is also a strong consideration in judging, flawless perfection cannot be overlooked.

Important Note!

Judges at this event within all Drill Phase Events express a fairly straight-forward approach to judging drill. They are very by the book in both Regulation and Color Guard, and look at the Exhibition Drill events in a deeply traditional military manner. Schools who incorporate many non-military steps and movements within their exhibition routines should be aware that what worked well for you back home may not play very well at this event

2. Within the Armed Platoon Exhibition event, a penalty is assessed for each occurrence of a dropped drill rifle. The first occurrence is a minus 5 points; all subsequent drops will be minus 1 point. All units should review their routines and minimize this penalty's occurrence whenever possible.

COLOR GUARD DRILL

General Information

1. The four-person color guard will be comprised of two rifle bearers and two flag bearers. The Color Guard Unit will prepare their unit to begin the routine by placing their unit in line formation at the entryway of the competition area with the colors uncased.
2. The National Colors will be the senior flag with an issued unit OR service flag ONLY! No other secondary flag may be used. The cadet commander for the Color Guard unit must be the National Colors bearer. However, the cadet commander is not required to be the highest ranking member of the Color Guard unit.
3. Color Guards MUST utilize EITHER one of the three following flag and pole combinations:
 - (A) 9-1/2' wooden pole with Battle-Ax,
 - (B) 8' or 9' aluminum pole with Battle-Ax; or
 - (C) 8' wooden pole with spear tip
4. Rubber sleeves or tips for guide-on ferrels and color guard flag poles will be allowed as optional equipment.
5. All schools should ensure that their equipment is maintained and prepared properly prior to entering the competition area. Schools maintaining an equipment issue that could have been prevented through proper pre-event care may be awarded a subjective penalty on the Color Guard HJ scoresheet.

6. A special area has been set-up just outside the Color Guard area for these schools to case and re-case the colors (again, ungraded) before leaving the color guard area. Units are instructed NOT TO WALK AROUND THE COMPETITION VENUE WITH UNCASSED COLORS! Use the case and uncase area set aside for this purpose.

KNOCKOUT DRILL

General Information

1. All cadets maintained on a JROTC competition roster may enter the Unarmed Knockout Drill.
2. Cadets will assemble on the floor and will be arranged in a manageable, double-arm interval set-up. Cadets will be given basic verbal instructions, as well as a few practice commands to get used to the Knockout caller's voice. Cadets will be eliminated one by one until only one remains as the respective knockout champion.

Judging, Scoring and Procedures

1. Knockout Drill judging is handled by all event judges. Knockout is a single elimination event, one mistake and out. All judges' decisions are final. Cadence for the event is rhythmic. These movements will not be published in advance but will be basic, largely stationary commands.
2. Upon being knocked out, any cadet who refuses to leave the floor immediately may cause for that cadet's entire remaining team on the floor to be eliminated from the Knockout Drill. Cadets are expected to maintain their military bearing while leaving the drill floor. Cadets and spectators in the audience are expected to maintain exemplary behavior during knockouts, keeping noise and commentary to an absolute minimum so that the knockout may be conducted without distractions.
3. Cadets will be knocked out until THREE cadets remain on the floor. These final cadets will then be knocked out one at a time, until one cadet remains on the floor. All three of these final cadets will each receive medals that will be presented at the beginning of the Awards Ceremony.

SECTION 3: PHYSICAL FITNESS

1. The physical fitness competition will be coed in all events. Males and females will compete as members of the same team as follows:

- a. 8x100-yd Shuttle relay W/ Ammo Cans: 8 members (6 males/2 females)**
- b. Squad race (6 males/2 females)**
- c. Buddy Pair Race (6 males/2 females)**

General Information

1. All running/relay events are scheduled indoors and utilize a flat artificial turf football field.
2. Any running/athletic shoes of any kind, to include toe shoes, are authorized for all running/athletic events. Metal spikes of any kind are prohibited.
3. In the 8x100 yard relay, teams may have their males and females compete in any order they desire.
4. No protests will be entertained for judgment calls made by any judges during any facet of the athletic competition. Mistakes WILL be made but understand all judges are well trained and totally impartial.
5. All timed events will desire a clean start. If any team jumps across the start line early, a 5- second "false start penalty" will be assessed to those teams. No re-start will occur.
6. Time Penalties (assessed on a per occurrence basis) are as follows:

MIMUMUM 5-SECOND PENALTY INFRACTIONS: False Start; Interference or Breaking Lane Boundary; Additional time penalties may be added at the discretion of the VUNROTC Staff should they believe the team gained an unfair advantage through the violation more than the penalty imposed.

7. ENSURE your completed runner does not wander into the running path of a trailing team. Doing so may cost your team a minimum 5- second interference penalty. A team interfering of another team (i.e., runner knocked to the ground or blocking, etc.) WILL have their total time disqualified for that event. This decision is not subject to review/protest and is SOLELY AT THE DISCRETION of the VUNROTC Staff.
8. No participant may leave the relay area in any manner. Any cadet doing so may cause his team to be penalized up to a disqualification for egregious violations.
9. Please ensure your non-racing cadets DO NOT pace their racing cadets in any manner (i.e., running along with them generally to shout encouragement). This is an illegal action, PLEASE do not let this happen to your team.
10. Water sources may be placed at the start line for finished buddy pairs to hydrate after they are complete.

Event specific procedures

8x100-YARD RELAY WITH AMMO CANS

1. Each school will have 6 males & 2 females — they may compete in any order.
2. Proper execution of this event will have cadets leaving the start line, running 100yds and then passing the ammo cans to the next runner inside the end zone line. Subsequent runners will cover the same ground in the same manner until the last member completes the relay.
3. Judges will start the time on the command given to start and stop the time when the last cadet crosses the finish line with the ammo cans.

Squad race

1. Each school will have 6 males & 2 females — they may compete in any order.
2. Proper execution of this event will have each cadet conduct - 20 (6 count) burpees, 20 (4 count) air squats at the start line, then running 100 yards to the next runner. Subsequent runners will execute the same exercises and cover the same ground in the same manner until the last member completes the relay.
3. Judges will start the time on the command given to start and stop the time when the last cadet crosses the finish line.

Buddy pair race

1. Each school will have 6 males & 2 females — they may compete in any order
2. Each school will have their team organized in buddy pairs at the start line. The first buddy pair will begin with a 50 yard buddy carry, once they reach 50 yard line, the buddy pair will switch positions and run 50 yards back to the start line.
3. Once the buddy pair gets back to the start, the same buddy pair will execute a 50 yard buddy drag, once they reach 50 yard line, the buddy pair will switch positions and drag 50 yards back to the start line.
4. Once that set of buddy pair finishes, they will sit with their legs crossed on the deck to indicate that they are done. The next set of buddy pair will begin once the buddy pair before them have completed their set.