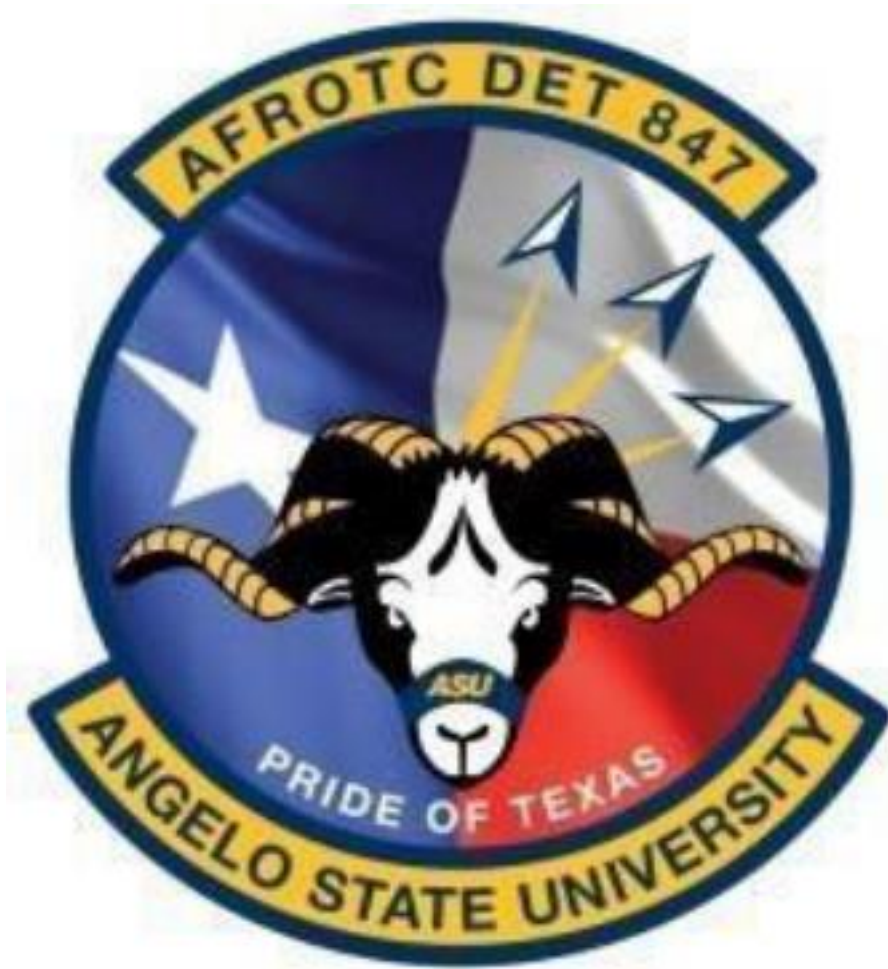


2024 AFROTC DETACHMENT 847 DRILL MEET STANDARD OPERATING PROCEDURE (SOP)



Date: 23th March 2024

Time: 0800-1700

Location: Angelo State University
2601 W. Avenue N San Angelo, TX 76909

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SECTION 1—OVERVIEW

PURPOSE: The purpose of ASU’s AFROTC Detachment 847 Annual Drill Meet is to provide

JROTC units with the opportunity to compete against other JROTC units from around the state, visit ASU and our detachment, interact with college cadets, instructors, and military personnel, and earn individual and team awards to bring home to their units.

FEES: We will be waiving all registration fees!

INCLEMENT WEATHER: In the event of inclement weather, all events will be held in the Junell Center.

EMERGENCY CONTACTS: In case of emergency, call 911 or contact ASU PD at 325-942-2071

POINTS OF CONTACT:

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Detachment Number

[325-942-2036](tel:325-942-2036)

SECTION 2—EVENTS AND GENERAL COMPETITION GUIDELINES

EVENTS

- a. Unarmed Drill
 1. Regulation
 2. Exhibition
- b. Armed Drill

1. Regulation
2. Exhibition
- c. Color guard
- d. Individual Armed Exhibition
- e. Warrior Challenge (mixed)
- f. Knockout Drill

GENERAL COMPETITION GUIDELINES

a. **Drill Manuals.** All drill will be judged in accordance with DEPARTMENT OF THE AIR FORCE PAMPHLET 34-1203 with the following exceptions:

1. The manual of arms for armed drill will be judged in accordance with U.S. Army Training Circular 3-21.5
2. All color guard drill, with the exception of the Air Force 24-inch step, will be judged in accordance with U.S. Army Training Circular 3-21.5
3. Terms such as “Team” or “Drill Team” may be substituted for “Flight” or “Platoon” in regulation drill events.

b. **Scoring** for armed drill, unarmed drill, exhibition, and solo events begins when the commander has reported-in and will end when the commander has reported-out. Color Guard scoring will also include the uncasing of the colors.

c. **Judging.** Judges are volunteer Goodfellow AFB personnel. Any issues about judging will be brought to the attention of your ASU cadet sponsor. At no time during the competition should a judge be approached by any cadet, instructor, parent, or other person from the competing schools. All judges’ decisions will be final.

d. **Reporting Statements.** Reporting statements for all drill events must contain at a minimum the school name and must request permission to use the drill area. Other items may certainly be mentioned but are not required. The verbiage of the report out is left up to the unit but it must make clear the unit has completed their performance.

e. **Team Composition.** The teams can consist of all males, all females or coed with the exception of the Warrior Challenge event. For the Warrior Challenge event, your team must consist of four members with at least one female competing.

f. **Arrival.** Schools may begin reporting in at 0730 at Angelo State University in front of the Rassmen/ Norris-Vincent College of Business Building (see competition site map.) Buses may drop off cadets in front of Rassmen/ Norris-Vincent College of Business Building. Buses will be directed where to park upon arrival along with any supporting SUV/Cars.

g. **Dressing/Common areas.** Classrooms will be used for cadets to change and store their gear. **AFROTC DET 847 and Angelo State University assume no responsibility for lost,**

damaged, or stolen equipment. Please ensure all personal valuables (i.e. money, cell phones, iPods, etc.) are secured on buses or with associated school instructors.

SECTION 3—SCORING AND AWARDS

SCORE SHEETS/TEAM SCORING

- a. Runners. As each team finishes a phase of competition, the score sheets will be collected by the runners for that area
- b. Scoring HQ. All score sheets will be taken here for tabulation and to be entered into the award tracking matrix. This room will be off limits for any team member, coach, or parent to ensure fairness of scoring.

c. Score sheets. By request, final score sheets for events can be sent to the school after the completion of the drill meet.

d. Each school will be allowed to compete multiple teams for each event; *however*, the school's team that will count towards the points for the award will be that which receives the highest score. The only exception to this is armed individual in which multiple teams from the same school will be able to win trophies if they are the highest scoring in the category.

AWARDS

a. Overall Breakdown

*To determine placement for the Unarmed Overall award, scores from each of the Unarmed categories (Regulation, and exhibition) will be added up together. The school with the most total points will receive the award.

** To determine placement for the Armed Overall award, scores from each of the Armed categories (Regulation, and exhibition) will be added up together. The school with the most total points will receive the award.

*** To determine placement for the Overall award, the scores from Unarmed regulation, unarmed exhibition, Armed regulation, armed exhibition, warrior challenge, and the highest scoring color guard entered by the school will be added together. The schools with the most total points will receive the awards.

b. The awards ceremony will be held at 1700 in the Junell Center.

c. Schools who do not stay for the awards ceremony may make arrangements for another school to collect their awards or they will be mailed to them at a later date.

a. Awards for each event will be as follows:

Unarmed Regulation	First, Second, and Third
Unarmed Exhibition	First, Second, and Third
Unarmed Overall *	First
Armed Regulation	First, Second, and Third

Armed Exhibition	First, Second, and Third
Armed Overall **	First
Color Guard	First, Second, and Third
Warrior Challenge	First, Second, and Third
Armed Individual	First, Second, and Third
Knockout Drill	First
Overall ***	First, Second, and Third

TIE BREAKING CRITERIA

- a. Drill Phase: In the event of a tie in any drill competition area, the following criteria will be used to break the tie.
 1. Least Number of Penalty Points
 2. Highest Head Judge Score
 3. Highest Commander Score
 4. Highest Total Judges Score *excluding* the Head Judge

- b. WARRIOR CHALLENGE: In the event of a tie in any drill competition area, the following criteria will be used to break the tie.
 1. Highest Team Push-up Score
 2. Highest Team Sit-up Score
 3. Highest Team Standing Power
 4. Fastest Team 1 Mile Relay

SECTION 4—UNARMED REGULATION PHASE

TEAM COMPOSITION. A team must consist of a minimum of 10 members. The 10 members must consist of a team commander and nine cadets.

UNARMED PREPARATION AREA. Teams will report to the designated drill pad when they are scheduled to do so. Teams will fall in outside of the drill area once they have completed the inspection phase and wait for the judges to be ready for them, then proceed as directed by the head judge.

UNARMED DRILL AREA. The unarmed phases will be outside on a concrete or asphalt surface.

The regulation area will measure 75' x 75'. Teams will be penalized for breaking boundaries.

GENERAL. All instructions regarding unarmed regulation rules are carried out to the letter to earn a top score. This event will be judged strictly in accordance with DAFPAM34-1203. Any deviations from this manual will result in lower scores. All judging will begin once the first member of the team enters the drill area and will end once the last person of the team has exited the drill area.

PREPARATION AREA/DRILL PAD ENTRY AND EXIT POINTS. While the preceding unit is performing, the Cadet Commander will let the event runner know their team is ready and QUIETLY assemble their team in the unarmed preparation area. Both unarmed regulation and unarmed exhibition will be conducted in the same drill area. If a team is performing BOTH unarmed regulation AND unarmed exhibition, they will exit the drill pad immediately after reporting out from regulation and reform for exhibition. If a team is NOT performing unarmed exhibition, they will exit the drill pad.

REPORTING IN. The Head Judge will state, "XYZ HIGH SCHOOL, REPORT!" Cadet Commander will then command the cadets into the unarmed area centering the unit on the Head Judge. The head judge will be standing at a fixed point exactly halfway onto the drill pad, just inside the boundary. The cadet commander should be approximately 3 paces from the head judge when reporting in.

UNARMED REGULATION PROCEDURES. All of the Flight Regulation drill movements must be executed from memory, in the order they are listed, using the sequence on the score sheet in accordance with DAFPAM34-1203. The entire sequence must be completed from memory. No external notes or assistance may be used to complete the drill. Any team violating this rule will receive a zero from each judge for all individual graded commands performed after violating this rule. All judges will look for cadence and boundary, movement pause and other violations.

REPORT OUT AND EXIT. Conducted correctly, the unarmed regulation sequence ends with the commander/team facing the same way as when reporting in. After reporting out, the commander will have the team exit the drill pad.

Unarmed Regulation Phase

School Name:

Team Name:

Head Judge #1

Total points = 380							
1. Forward March (ENTER)*							
2. Report In (VERBAL)							
3. Parade Rest							
4. Attention							
5. PRESENT ARMS							
6. Order Arms							

	1	2	3	4	5	6	7
29. Normal Interval March							
29a. Forward March							
30. Column Left March							
31. Change Step March							
32. Mark Time March (5 seconds)							
32a.FLIGHT HALT							

7. Right Face (Optional)						
8. COUNT OFF						
9. Close Interval March						
10. Normal Interval March						
11. Left Face (Optional)						
12. Right Face						
13. Left Face						
14. Open Ranks March						
15. CLOSE RANKS MARCH						
16. Left Step March / Flight HALT						
17. Left Face						
18. Right Step March, (Flight Halt)						
19. About Face						
19a. Forward March						
20. Column Right March						
21. Column Right March						
22. Column Right March						
23. Left Flank March						
24. Right Flank March						
24a. FLIGHT HALT						
25. Column Left March						
26. Rear, March						
27. Rear, March						
28. Close Interval March						
28a Forward March						

32b. Forward March						
33. Column Left March						
34. Change Step March						
34a. FLIGHT HALT						
35. Column Left March						
36. Column 1/2 Left March						
37. Column 1/2 Left March						
38. Rear March						
39. Rear, March						
40. FLIGHT HALT						
40a. Forward March						
41. Eyes Right						
42. Ready Front						
43. Column Left March						
44. Half Step march						
45. Forward March						
46. Column Left March						
47. Left Flank March						
48. Right Flank March						
48a. FLIGHT HALT						
49. Left Face						
50. Report Out (VERBAL)						
50a. Depart the Drill Floor **						

*Forward March (ENTER): Enter the drill floor together in a military fashion, front/center the unit 3 paces from HJ to C/CMDR & 3 paces from c/CMDR to the unit.

**Cadet Commander will VERBALLY report out and then command the unit to depart the drill floor in a precision military fashion (floor departure is unscored).

Common: **AL**-Alignment / **DAC**-Dress/Alignment/Cover / **OS**-Out of Step/ **RA**-Rifle Angles / **IE**-Improper Execution / **SM**-Secondary Movement / **B**-Bearing

PENALTIES <i>(list number of occurrences)</i>	
_____ Boundary Violations (-10ea)	Uneven/Poor Cadence:
_____ Incorrect Commands (-5 ea.)	_____ Minor (-20)/Major (-50)
_____ Pause Violations (-5 ea.)	Uniform Violations:
	_____ Minor (-20)/Major (-50)
Specify Issue:	
Total Penalties	

Technical Impression...(0-15) _____ <i>(adherence to service/meet regulations)</i>	
Precision Impression...(0-15) _____ <i>(overall precision displayed by unit)</i>	
PAGE TOTAL	Penalty Box – 25 points per cadet: (8 to 12 cadets + C/Commander Required)
	ONE CADET -25 TWO CADETS -50
	C/Cdr. Initials: _____

Unarmed Regulation Phase
Common: **AL**-Alignment / **DAC**-Dress/Alignment/Cover / **OS**-Out of Step/ **RA**-Rifle Angles / **IE**-Improper Execution / **SM**-Secondary Movement / **B**-Bearing

Judge's Name: _____
Notes:

A 5-second pause should be maintained
after **executing all BOLD UPPERCASE
COMMANDS**

Total points = 356						
1. Forward March (ENTER)*						
2. Report In (VERBAL)						
3. Parade Rest						
4. Attention						

	1	2	3	4	5	6	7
29. Normal Interval March							
29a. Forward March							
30. Column Left March							
31. Change Step March							

5. PRESENT ARMS						
6. Order Arms						
7. Right Face (Optional)						
8. COUNT OFF						
9. Close Interval March						
10. Normal Interval March						
11. Left Face (Optional)						
12. Right Face						
13. Left Face						
14. Open Ranks March						
15. CLOSE RANKS MARCH						
16. Left Step March / FLIGHT HALT						
17. Left Face						
18. Right Step March, (FLIGHT Halt)						
19. About Face						
19a. Forward March						
20. Column Right March						
21. Column Right March						
22. Column Right March						
23. Left Flank March						
24. Right Flank March						
24a. FLIGHT HALT						
25. Column Left March						
26. Rear, March						
27. Rear, March						
28. Close Interval March						
28a Forward March						

32. Mark Time March (5 seconds)						
32a. FLIGHT HALT						
32b. Forward March						
33. Column Left March						
34. Change Step March						
34a. FLIGHT HALT						
35. Column Left March						
36. Column 1/2 Left March						
37. Column 1/2 Left March						
38. Rear March						
39. Rear, March						
40. FLIGHT HALT						
40a. Forward March						
41. Eyes Right						
42. Ready Front						
43. Column Left March						
44. Half Step march						
45. Forward March						
46. Column Left Match						
47. Left Flank March						
48. Right Flank March						
48a. FLIGHT HALT						
49. Left Face						
50. Report Out (VERBAL)						
50a. Depart the Drill Floor **						

*Forward March (ENTER): Enter the drill floor together in a military fashion, front/center the unit 3 paces from HJ to C/CMDR & 3 paces from c/CMDR to the unit.

**Cadet Commander will VERBALLY report out and then command the unit to depart the drill floor in a precision military fashion (floor departure is unscored).

Common: AL-Alignment / DAC-Dress/Alignment/Cover / OS-Out of Step/ RA-Rifle Angles / IE-Improper Execution / SM-Secondary Movement / B-Bearing

JUDGE OVERALL SCORING SECTION	
Technical Impression...(0-10) _____	
(adherence to service/meet regulations)	
Precision Impression...(0-10) _____	
(overall precision displayed by unit)	

Judge's Name: _____

Judge's Notes:

SECTION 5—UNARMED EXHIBITION PHASE

TEAM COMPOSITION. A team must consist of a minimum of nine members and one team commander for a total of 10.

DRILL AREA. The unarmed phases will be outside on a concrete or asphalt surface. The boundaries for this phase will measure 75' x 75'.

GENERAL. Exhibition routines consist of stationary/marching drill movements that are limited only by

the imagination & creativity of the drill unit. **HOWEVER**, units should remember this is a military competition with military judges – therefore design your routines with good military taste. All judging will begin once the first member of the team enters the drill area and will end once the last person of the team has exited the drill area.

JUDGING AND SCORING. Exhibition judging is subjective. Judges are asked to look at the routine mechanics as well as the togetherness, "snap", style and difficulty of the performance. Also, while the degree of difficulty a unit displays is most certainly a consideration, the flawless perfection of a performance cannot be overlooked.

NO CADET MAY BE LIFTED OFF THE MARCHING SURFACE BY ANY MEANS. Therefore, all cadets must drill and perform **ENTIRELY** on the floor. Any cadet who is lifted or otherwise raised off the floor in any manner will cause the judge to immediately move to the team and tell the raised cadet to dismount and the team to leave the floor. The team will also be disqualified from that event at that point. **MAKE SURE YOUR CADETS ARE NOT INCLUDING THIS MANEUVER!**

PREPARATION AREA/DRILL PAD ENTRY AND EXIT POINTS. After exiting the drill pad from the Regulation Phase, the team will be given a few moments to prepare for exhibition. After performing exhibition, **ALL** teams will exit the drill opposite of the side they entered on.

REPORTING IN. The Head Judge will state, “XYZ HIGH SCHOOL, REPORT!” Cadet Commander will then command the cadets into the unarmed area centering the unit on the Head Judge. If the cadet commander desires the head judge to be in a different position other than centered on the front boundary, they must inform the head judge prior to entering the drill pad.

UNARMED EXHIBITION PROCEDURES. The Routine should be derived from basic drill movements – nothing that hints as dancing moves or excessive hand slapping – professionalism is key. Teams should display their imagination, creativity, pride and spirit within the content of military bearing.

TIME REQUIREMENTS. Time will begin when the reporting salute is dropped and it will end when the team commander reports Exhibition Drill completed. Routine must be a minimum of six (6) minutes and a maximum of nine (9) minutes. Teams will be penalized one point for each second under or over these time limits.

REPORT OUT AND EXIT. The unarmed exhibition routine may end at any point on the drill pad. After reporting out, the commander will have the team exit the drill pad.

Unarmed Division – Team Exhibition

CC Initials

School Name:
Team Name:

Grand Total

Head Judge #1	Max Points	Poor*	Average	Exceptional	Notes
Performance Overview					

1. REPORT IN Verbal report in; all movements to enter floor & report in to HJ	15	1-3	4-12	13-15	
2. REPORT OUT Verbal report out; all movements to report out to HJ & exit floor	15	1-3	4-12	13-15	
3. Team/Cadet APPEARANCE Uniform / overall preparation & presentation	15	1-3	4-12	13-15	
4. Routine SHOWMANSHIP Flair, style and "wow factor" that turns heads / rivets watchers	15	1-3	4-12	13-15	
5. Team/Cadet BEARING Body & facial control, military carriage	30	1-6	7-24	25-30	
6. Routine MARCHING Dress, alignment and marching proficiency;	30	1-6	7-24	25-30	
7. Routine VARIETY Diversity of movements to display overall excellence	30	1-6	7-24	25-30	
8. Routine DIFFICULTY Routine as presented required MUCH PRACTICE!	30	1-6	7-24	25-30	
9. Routine PRECISION Exacting, flawless & meticulous maneuvers – "anti-sloppy"	30	1-6	7-24	25-30	
10. Routine FLOOR USE Meaningful use of the entire drill floor	30	1-6	7-24	25-30	
11. Routine COMPOSITION & FLOW Routine is unique & well-constructed w/ fitting transitions	30	1-6	7-24	25-30	
12. OVERALL IMPRESSION Subjective score of entire routine as presented	30	1-6	7-24	25-30	
13. MILITARY Flavor Routine proudly befits a military competition	40	1-8	9-32	33-40	
(Max Points 340)		PAGE TOTAL:			

*Any score in the POOR category above MUST have details written below

Number	PENALTIES – HEAD JUDGE ONLY	Total Points
	Boundary Violations @ 10 points each	
	Seconds over/under time @ 1 point per second (Minimum 6 minutes - Maximum 9 Minutes)	
	TOTAL PENALTY POINTS	

Penalty - 25 points per missing cadet:
(8 cadets + c/CDR MIN. – NO MAX LIMIT)

Unit Missing One Cadet	Unit Missing Two Cadets
-25	-50
Cadet Commander's Initials:	

Judge's Name: _____

Unarmed Division – Team Exhibition

School Name: _____

Team Name: _____

«Team_ID» _____

Judge #	Max Points	Poor*	Average	Exceptional	Notes
Performance Overview					
1. REPORT IN Verbal report in; all movements to enter floor & report in to HJ	15	1 - 3	4 - 12	13 - 15	
2. REPORT OUT Verbal report out; all movements to report out to HJ & exit floor	15	1 - 3	4 - 12	13 - 15	
3. Team/Cadet APPEARANCE Uniform / overall preparation & presentation	15	1 - 3	4 - 12	13 - 15	
4. Routine SHOWMANSHIP Flair, style and “wow factor” that turns heads / rivets watchers	15	1 - 3	4 - 12	13 - 15	
5. Team/Cadet BEARING Body & facial control, military carriage	30	1 - 6	7 - 24	25 - 30	
6. Routine MARCHING Dress, alignment and marching proficiency;	30	1 - 6	7 - 24	25 - 30	
7. Routine VARIETY Diversity of movements to display overall excellence	30	1 - 6	7 - 24	25 - 30	
8. Routine DIFFICULTY Routine as presented required MUCH PRACTICE!	30	1 - 6	7 - 24	25 - 30	
9. Routine PRECISION Exacting, flawless & meticulous maneuvers – “anti-sloppy”	30	1 - 6	7 - 24	25 - 30	
10. Routine FLOOR USE Meaningful use of the entire drill floor	30	1 - 6	7 - 24	25 - 30	
11. Routine COMPOSITION & FLOW Routine is unique & well-constructed w/ fitting transitions	30	1 - 6	7 - 24	25 - 30	
12. OVERALL IMPRESSION Subjective score of entire routine as presented	30	1 - 6	7 - 24	25 - 30	
13. MILITARY Flavor Routine proudly befits a military competition	30	1 - 6	7 - 24	25 - 30	
(Max Points 330)		PAGE TOTAL:			

*Any score in the POOR category above MUST have details written below

Judge’s Name: _____

Judge’s Notes:

CC
Initials

SECTION 6—ARMED REGULATION PHASE

TEAM COMPOSITION. A team must consist of a minimum of 10 members. The 10 members must consist of a team commander and nine cadets.

ARMED PREPARATION AREA. Teams will report to the designated drill pad when they are scheduled to do so. Teams will fall in outside of the drill area once they have completed the inspection phase and wait for the judges to be ready for them, then proceed as directed by the head judge.

ARMED DRILL AREA. The armed phases will be outside on a concrete or asphalt surface. The regulation area will measure 75' x 75'. Teams will be penalized for breaking boundaries.

REPORTING IN. The Head Judge will state, "XYZ HIGH SCHOOL, REPORT!" Cadet Commander will then command the cadets into the armed area centering the unit on the Head Judge. The head judge will be standing at a fixed point exactly halfway onto the drill pad, just inside the boundary. The cadet commander should be approximately 3 paces from the head judge when reporting in.

ARMED REGULATION PROCEDURES. All of the Flight Regulation drill movements must be executed from memory, in the order they are listed, using the sequence on the score sheet in accordance with DAFPAM34-1203 and US Army TC 3-21.5. The entire sequence must be completed from memory. No external notes or assistance may be used to complete the drill. Any team violating this rule will receive a zero from each judge for all individual graded commands performed after violating this rule. All judges will look for cadence and boundary, movement pause, and other violations deemed as such.

REPORT OUT AND EXIT. Conducted correctly, the armed regulation sequence ends with the commander/team facing the same way as when reporting in. After reporting out, the commander will have the team exit the drill pad.

WEAPON REGULATIONS: Teams may utilize any rifle regardless of weight. The drill rifle **MUST** be rendered non-fireable by either leading the barrel or removing/maintaining no firing pins.

CADET COMMANDER REGULATIONS: All armed competition cadet commanders must carry a rifle, saber, or sword. When a commander chooses to use a saber or sword, it is not permitted for this weapon to leave the commander's hand at any time upon entering the drill floor.

School Name:

Team Name:

CMDR TOTAL

GRAND TOTAL

Head Judge - #1

CMDR NAME: _____

Total points = 453	1	2	3	4	5	6	7
POOR	AVG			EXCEL.			
1. Forward March (ENTER)							
2. Inspection, Port, Order Arms							
3. Report In (VERBAL)							
4. Parade Rest							
5. Attention							
6.15-COUNT MANUAL ARMS**	4	8	12	16	20	24	28
7. Count Off							
8. Open Ranks							
9. Close Ranks							
10. Left Step March / Flight Halt							
11. Left Face							
12. Right Step March / FLIGHT HALT							
13. About Face							
14. Right Shoulder Arms							
14a. Forward March							
15. Column Right March (Forward Mch)							
16. Column Right March (Forward Mch)							
17. Column Right March (Forward Mch)							
18. Left Flank March							
19. Right Flank March							
19a. FLIGHT HALT							
20. Column Left March (Forward Mch)							
21. To the Rear, March							
22. To the Rear, March							
23. Close, March (Forward Mch)							
24. Extend, March (Forward Mch)							
24a. FLIGHT HALT							

	1	2	3	4	5	6	7
POOR	AVG			EXCEL.			
25. Port Arms							
26. Column Left March (Forward Mch)							
27. Change Step March							
28. Mark Time March							
28a. Forward March							
29. Column Left March (Forward Mch)							
30. Right Shoulder Arms							
30a. FLIGHT HALT							
31. Forward March							
32. Column Left March (Forward Mch)							
33. Column 1/2 Left March							
34. Column 1/2 Left March							
35. Rear March							
36. Rear March							
36a. FLIGHT HALT							
37. Forward March							
38. Eyes Right							
39. Ready Front							
40. Column Left March (Forward Mch)							
41. Left Shoulder Arms							
42. Column Left March (Forward Mch)							
43. Left Flank March							
44. Right Flank March							
44a. FLIGHT HALT / Order Arms							
45. Left Face							
46. Report Out (VERBAL)							
46a. Depart the Drill Floor ***							

*Forward March (ENTER): Enter the drill floor together in a military fashion, front/center the unit 3 paces from HJ to C/CMDR & 3 paces from c/CMDR to the unit.

**15-Count Manual of Arms: consists of: right shoulder, left shoulder, (port), present, order arms. Movements are executed at the standard military cadence.

***Cadet Commander will VERBALLY report out and then command the unit to depart the drill floor in a precision military fashion (floor departure is unscored).

PENALTIES (list number of occurrences)		CADET CDR SCORE (1-100)	Technical	Impression...(0-15)
_____ Boundary Violations (-10ea) _____ Incorrect Commands (-5 ea.) _____ Pause Violations (-5 ea.) Specify Issue: _____	Uneven/Poor Cadence: _____ Minor (-20)/Major (-50) Uniform Violations: _____ Minor (-20)/Major (-50)		(adherence to service/meet regulations)	
Total Penalties		PAGE TOTAL	Penalty Box – 25 points per cadet: (8 to 12 cadets + C/Cmdr. Required) ONE CADET -25 TWO CADETS -50 C/Cdr. Initials: _____	

Judge's Name: _____
Notes: _____

Common: **AL**-Alignment / **DAC**-Dress/Alignment/Cover / **OS**-Out of Step/
RA-Rifle Angles / **IE**-Improper Execution / **SM**-Secondary Movement / **B**-Bearing

School Name:

Team Name: _____

Judge # _____

Total points = 453	1	2	3	4	5	6	7
POOR	AVG			EXCEL.			
1. Forward March (ENTER)							
2. Inspection, Port, Order Arms							
3. Report In (VERBAL)							
4. Parade Rest							
5. Attention							
6.15-COUNT MANUAL ARMS**	4	8	12	16	20	24	28
7. Count Off							
8. Open Ranks							
9. Close Ranks							
10. Left Step March / Flight Halt							
11. Left Face							
12. Right Step March / FLIGHT HALT							
13. About Face							
14. Right Shoulder Arms							
14a.Forward March							
15. Column Right March (Forward Mch)							
16. Column Right March (Forward Mch)							
17. Column Right March (Forward Mch)							
18. Left Flank March							
19. Right Flank March							
19a.FLIGHT HALT							
20. Column Left March (Forward Mch)							
21. To the Rear, March							
22. To the Rear, March							
23. Close, March (Forward Mch)							
24. Extend, March (Forward Mch)							
24a.FLIGHT HALT							

	1	2	3	4	5	6	7
POOR	AVG			EXCEL.			
25. Port Arms							
26. Column Left March (Forward Mch)							
27. Change Step March							
28. Mark Time March							
28a. Forward March							
29. Column Left March (Forward Mch)							
30. Right Shoulder Arms							
30a.FLIGHT HALT							
31. Forward March							
32. Column Left March (Forward Mch)							
33. Column 1/2 Left March							
34. Column 1/2 Left March							
35. Rear March							
36. Rear March							
36a.FLIGHT HALT							
37. Forward March							
38. Eyes Right							
39. Ready Front							
40. Column Left March (Forward Mch)							
41. Left Shoulder Arms							
42. Column Left March (Forward Mch)							
43. Left Flank March							
44. Right Flank March							
44a.FLIGHT HALT / Order Arms							
45. Left Face							
46. Report Out (VERBAL)							
46a. Depart the Drill Floor ***							

*Forward March (ENTER): Enter the drill floor together in a military fashion, front/center the unit 3 paces from HJ to C/CMDR & 3 paces from c/CMDR to the unit.

**15-Count Manual of Arms: consists of: *right shoulder, left shoulder, (port), present, order arms. Movements are executed at the standard military cadence.*

***Cadet Commander will VERBALLY report out and then command the unit to depart the drill floor in a precision military fashion (floor departure is unscored).

Common: AL -Alignment / DAC -Dress/Alignment/Cover / OS -Out of Step/ RA -Rifle Angles / IE -Improper Execution / SM -Secondary Movement / B -Bearing	CADET CDR SCORE (1-100)	Technical Impression...(0-15)
	(adherence to service/meet regulations)	Precision Impression...(0-15)
		(overall precision displayed by unit)

Judge's Name: _____

Notes:

SECTION 7—ARMED EXHIBITION PHASE

TEAM COMPOSITION. A team must consist of a minimum of 10 members. The 10 members must

consist of a team commander and nine cadets.

PREPARATION AREA. Teams will report to the designated drill pad when they are scheduled to do so. Teams will fall in outside of the drill area and wait for the judges to be ready for them, then proceed as directed by the head judge.

DRILL AREA. The armed phases will be outside on a concrete or asphalt surface. The boundaries for this phase will measure 75' x 75'.

WEAPONS. Teams may utilize any rifle regardless of weight (either demilitarized or facsimile). In either case, the drill rifle must be rendered unfireable by either leading the barrel or removing/maintaining no firing pin. Judges will be **STRONGLY** instructed they should score **EVERY** routine granting full points for all movements regardless of weapon weight, however understand judges will fully understand the degree of difficulty present in moving a full weight weapon versus a light facsimile. Armed team cadet commanders **MUST** either carry a rifle, saber or sword during both regulation and exhibition. It is not permitted for a saber/sword to leave a commander's hand at any time upon entering the drill pad. At no time should rifles be shouldered (as if to simulate firing a weapon,) nor should rifle barrels strike the ground. Shouldering of any weapon at any time during the meet **WILL** result in team disqualification. A five-point penalty is assessed for each dropped drill rifle during Armed Team Exhibition.

GENERAL. Exhibition routines consist of stationary/marching drill movements as well as trick rifle maneuvers limited only by the imagination & creativity of the drill unit. **HOWEVER**, units should remember this is a military competition with military judges – therefore design your routines with good military taste. All judging will begin once the first member of the team enters the drill area and will end once the last person of the team has exited the drill area.

JUDGING AND SCORING. Exhibition judging is subjective. Judges are asked to look at the routine mechanics as well as the togetherness, "snap", style and difficulty of the performance. Also, while the degree of difficulty a unit displays is most certainly a consideration, the flawless perfection of a performance cannot be overlooked.

PREPARATION AREA/DRILL PAD ENTRY AND EXIT POINTS. After exiting the drill pad from the Regulation Phase, the team will be given a few moments to prepare for exhibition. After performing exhibition, **ALL** teams will exit the drill opposite of the side they entered on.

REPORTING IN. The Head Judge will state, "XYZ HIGH SCHOOL, REPORT!" Cadet Commander will then command the cadets into the armed area centering the unit on the Head Judge. If the cadet commander desires the head judge to be in a different position other than centered on the front boundary, they must inform the head judge prior to entering the drill pad. Page 18

ARMED EXHIBITION PROCEDURES. The Routine should be derived from basic drill movements – nothing that hints as dancing moves or excessive hand slapping – professionalism is key. Teams should display their imagination, creativity, pride and spirit within the content of military bearing.

TIME REQUIREMENTS. Time will begin when the reporting salute is dropped, and it will end when the team commander reports Exhibition Drill completed. Routine must be a minimum of six (6) minutes and a maximum of nine (9) minutes. Teams will be penalized one point for each second under or over these time limits.

REPORT OUT AND EXIT. The armed exhibition routine may end at any point on the drill pad. After reporting out, the commander will have the team exit the drill pad.

Grand Total

Armed Exhibition Phase

CC Initials

School Name:
Team Name:

Head Judge #1	Max Points	Poor*	Average	Exceptional	Notes
Performance Overview					
1. REPORT IN & REPORT OUT Verbal report in/out; all movements to enter/exit floor	15	1 - 3	4 - 12	13 - 15	
2. Team/Cadet APPEARANCE Uniform / overall preparation & presentation	15	1 - 3	4 - 12	13 - 15	
3. Routine SHOWMANSHIP Flair, style and "wow factor" that turns heads / rivets watchers	15	1 - 3	4 - 12	13 - 15	
4. OVERALL IMPRESSION Subjective score of entire routine as presented	15	1 - 3	4 - 12	13 - 15	
5. Team/Cadet BEARING Body & facial control, military carriage	30	1 - 6	7 - 24	25 - 30	
6. Routine MARCHING Dress, alignment & marching proficiency; use of drill floor	30	1 - 6	7 - 24	25 - 30	
7. Routine VARIETY Diversity of movements to display overall excellence	30	1 - 6	7 - 24	25 - 30	
8. Routine PRECISION Exacting, flawless & meticulous maneuvers - "anti-sloppy"	30	1 - 6	7 - 24	25 - 30	
9. Routine COMPOSITION & FLOW Routine is unique & well-constructed w/ fitting transitions	30	1 - 6	7 - 24	25 - 30	
10. Handling of the WEAPON Weapon maneuvers & manipulation look skilled & effortless	30	1 - 6	7 - 24	25 - 30	
11. Routine DIFFICULTY (Floor) Cadence changes, interweaving and other difficult marching	30	1 - 6	7 - 24	25 - 30	
12. Routine DIFFICULTY (Aerial) Rifle spins, tosses and throws that leave the hand	30	1 - 6	7 - 24	25 - 30	
13. MILITARY Flavor Routine proudly befits a military competition	40	1 - 8	9 - 32	33 - 40	
(Max Points 340)		PAGE TOTAL:			

*Any score in the POOR category above MUST have details written below

Number	PENALTIES – HEAD JUDGE ONLY	Total Points
	Boundary Violations @ 10 points each occurrence	
	Dropped weapons: For each Drop -5Pts.	
	Seconds over/under time @ 1 point per second (Minimum 6 minutes - Maximum 9 Minutes)	
	TOTAL PENALTY POINTS	

Judge's Name: _____

Armed Exhibition Phase

School Name: _____

Team Name: _____

Judge #2	Max Points	Poor*	Average	Exceptional	Notes
Performance Overview					
1. REPORT IN & REPORT OUT Verbal report in/out; all movements to enter/exit floor	15	1 - 3	4 - 12	13 - 15	
2. Team/Cadet APPEARANCE Uniform / overall preparation & presentation	15	1 - 3	4 - 12	13 - 15	
3. Routine SHOWMANSHIP Flair, style and "wow factor" that turns heads / rivets watchers	15	1 - 3	4 - 12	13 - 15	
4. OVERALL IMPRESSION Subjective score of entire routine as presented	15	1 - 3	4 - 12	13 - 15	
5. Team/Cadet BEARING Body & facial control, military carriage	30	1 - 6	7 - 24	25 - 30	
6. Routine MARCHING Dress, alignment & marching proficiency; use of drill floor	30	1 - 6	7 - 24	25 - 30	
7. Routine VARIETY Diversity of movements to display overall excellence	30	1 - 6	7 - 24	25 - 30	
8. Routine PRECISION Exacting, flawless & meticulous maneuvers - "anti-sloppy"	30	1 - 6	7 - 24	25 - 30	
9. Routine COMPOSITION & FLOW Routine is unique & well-constructed w/ fitting transitions	30	1 - 6	7 - 24	25 - 30	
10. Handling of the WEAPON Weapon maneuvers & manipulation look skilled & effortless	30	1 - 6	7 - 24	25 - 30	
11. Routine DIFFICULTY (Floor) Cadence changes, interweaving and other difficult marching	30	1 - 6	7 - 24	25 - 30	
12. Routine DIFFICULTY (Aerial) Rifle spins, tosses and throws that leave the hand	30	1 - 6	7 - 24	25 - 30	
13. MILITARY Flavor Routine proudly befits a military competition	30	1 - 6	7-24	25 - 30	
(Max Points 330)		PAGE TOTAL:			

*Any score in the POOR category above MUST have details written below

Judge's Name: _____

Judge's Notes:

SECTION 8—COLORGUARD PHASE

GENERAL. All schools will utilize US Army TC 3-21.5 for all movements and flag uncasing procedures. Read CAREFULLY EXACTLY what is specified within the TC 3-21.5 and execute as outlined to gain a top score.

TEAM COMPOSITION. Each school may enter no more than two teams in the color guard category. Teams may be of any composition of males, and/or females. All teams are required to have four members with two cadets bearing arms and two bearing flags. The National Colors will be the American Flag with a state, service, or other appropriate flag used as the second color.

PREPARATION AREA. Teams will report to the designated drill pad when they are scheduled to do so. Teams will fall in outside of the drill area and wait for the judges to be ready for them, then proceed as directed by the head judge.

COLOR GUARD AREA. The Color Guard phase will be outside on a concrete or asphalt surface. The Color Guard drill area will measure 50' x 50'.

REPORTING IN. The Head Judge will state, "XYZ HIGH SCHOOL, REPORT!" The Cadet Commander will then command the cadets into the unarmed area. The color guard will enter the drill pad and execute uncase colors (this may be done at any point on the drill pad). After uncasing the colors, the color guard commander will command the color guard to a point centering the unit on the Head Judge and then Report in. The head judge will be standing at a fixed point exactly halfway onto the drill pad, just inside the boundary. The sequence must be committed to memory. Missed or additional commands will result in a penalty. Exhibition drill maneuvers will not be allowed in the Color Guard competition. Teams are expected to abide by the drill sequence and perform all maneuvers in regulation style.

COLOR GUARD PROCEDURES. All of the color guard drill movements must be executed from memory, in the order they are listed, using the sequence on the score sheet in accordance with TC 3-21.5. The entire sequence must be completed from memory. No external notes or assistance may be used to complete the drill. Any team violating this rule will receive a zero from each judge for all individual graded commands performed after violating this rule. All judges will look for cadence and boundary, movement pause, and other violations.

REPORT OUT AND EXIT. Conducted correctly, the color guard sequence ends with the color guard facing the same way as when reporting in. After reporting out, the commander will have the team exit the drill pad.

All Divisions - Color Guard

School Name:

Team Name:

CC Initials

Head Judge

Grand Total

Color Guard Sequence	Point Range	Judge's Score
March onto drill floor CENTER on HJ judge 6 paces away		
1. Uncase Colors ¹	0-25	
2. Report In (VERBAL)	0-10	
3. Colors Reverse March (forward march)	0-10	
4. Left Wheel March (forward march)	0-10	
5. Colors Reverse March (forward march)	0-10	
5a. Color Guard Halt		
6. Mark Time, March (5 seconds)	0-10	
7. COLOR GUARD, HALT	0-10	
8. Order Colors	0-10	
9. Parade Rest	0-10	
10. Colors Guard Attention	0-10	
11. CARRY COLORS	0-10	
11a. Forward March		
12. Right Wheel March (forward march)	0-10	
13. Right Wheel March (forward march)	0-10	
14. Colors Reverse March (forward march)	0-10	
15. Eyes Right	0-10	
16. Ready Front	0-10	
17. Left Wheel March (forward march)	0-10	
18. Left Wheel March (forward march)	0-10	
19. Left Wheel March (forward march)	0-10	
20. Color Guard, Halt	0-10	
21. Report Out (VERBAL)	0-20	
OVERALL TECHNICAL SCORE	0-15	
OVERALL PRECISION SCORE	0-15	

1 Uncase Colors - scoring for all of the movements required to correctly uncase the colors.

NOTE: Marching to move the CG to the judge for verbal **Report In** AND to leave the drill floor after verbal **Report Out** are not scored individually, however may be included in the judge's overall precision and technical score. **LOOK SHARP at ALL TIMES!**

PENALTY TOTALS

1. Boundary Violations:
Occurrences @ 10 points per = _____

2. Incorrect Commands:
Occurrences @ 5 points per = _____

3. Pause Violations:
_____ Occurrences @ 5 points per = _____

4. Uneven/Improper Cadence:
Minor (-20 pts.) OR Major (-50 pts.)
SPECIFY DEDUCTION BELOW = _____

5. Uniform Violations:
Minor (-20 pts.) OR Major (-50 pts.)
SPECIFY DEDUCTION BELOW _____

PENALTY TOTAL = _____

Judges Name: _____

Judge's Notes:



All Divisions - Color Guard

School Name: _____

Team Name: _____

Judge # ____

Color Guard Sequence	Point Range	Judge Score
March onto drill floor CENTER on HJ judge 6 paces away		
1. Uncase Colors ¹	0-50	
2. Report In (VERBAL)	0-20	
3. Colors Reverse March (forward march)	0-10	
4. Left Wheel March (forward march)	0-10	
5. Colors Reverse March (forward march)	0-10	
5a. Color Guard Halt		
6. Mark Time, March (5 seconds)	0-10	
7. COLOR GUARD, HALT	0-10	
8. Order, Colors	0-10	
9. Parade Rest	0-10	
10. Color Guard, Attention	0-10	
11. CARRY COLORS	0-10	
11a. Forward March		
12. Right Wheel March (forward march)	0-10	
13. Right Wheel March (forward march)	0-10	
14. Colors Reverse March (forward march)	0-10	
15. Eyes Right	0-10	
16. Ready Front	0-10	
17. Left Wheel March (forward march)	0-10	
18. Left Wheel March (forward march)	0-10	
19. Left Wheel March (forward march)	0-10	
20. Color Guard, Halt	0-10	
21. Report Out (VERBAL)	0-20	
OVERALL TECHNICAL SCORE	0-15	
OVERALL PRECISION SCORE	0-15	

¹ **Uncase Colors** - scoring for all of the movements required to correctly uncase the colors.

NOTE: Marching to move the CG to the judge for verbal **Report In** AND to leave the drill floor after verbal **Report Out** are not scored individually, however may be included in the judge's overall precision and technical score. **LOOK SHARP at ALL TIMES!**

Judges Name: _____

Judge's Notes: _____



SECTION 9—INDIVIDUAL ARMED DRILL

TEAM COMPOSITION. The competing individual may be male, or female. All cadets participating in the individual drill phases must be armed.

PREPARATION AREA. Individuals will report to the designated drill pad when they are scheduled to do so. Individuals will fall in outside of the drill area and wait for the judges to be ready for them, then proceed as directed by the head judge.

DRILL AREA. The armed individual drill will be outside on a concrete or asphalt surface and will measure 30' x 30'. There will be a 10-point deduction for every boundary violation.

INDIVIDUAL ARMED DRILL PRODUCED. The individual can execute any movement they may have, centered on the Head Judge to report in. The individual will render the appropriate salute when reporting in (Armed Exhibition Salute) When reporting in for exhibition phase, contestants may create a unique reporting statement. (It must be tasteful and of military fashion.) Timing and judging will begin at this time (Minimum 2 minutes – Maximum 3 minutes). The Head Judge will then direct the contestant to execute the drill phase. Each individual will have a minimum of two minutes and a maximum of three minutes and thirty seconds to execute their routine. A penalty of one point will be deducted from the exhibition drill phase score for each second under or over these time limits. If a weapon is shouldered during the Drill, the contestant will be disqualified. A penalty will be assessed for each piece of dropped equipment. There are no restrictions on the types of movements a team performs for its drill routine; however, precision, originality, and difficulty are among the criteria used for grading. Grading and timing will cease when the contestant renders the salute to report out. The contestant need not be in any specific position in the area in order to report out.

Individual Armed Exhibition

Grand Total

CC Initials

School Name:
Cadet Name(s):

Head Judge	Max Points	Poor*	Average	Exceptional	Notes
Performance Overview					
1. REPORT IN & REPORT OUT Verbal report in/out; all movements to enter/exit floor	15	1 - 3	4 - 12	13 - 15	
2. Team/Cadet APPEARANCE Uniform / overall preparation & presentation	15	1 - 3	4 - 12	13 - 15	
3. Routine SHOWMANSHIP Flair, style and "wow factor" that turns heads / rivets watchers	15	1 - 3	4 - 12	13 - 15	
4. OVERALL IMPRESSION Subjective score of entire routine as presented	15	1 - 3	4 - 12	13 - 15	
5. Team/Cadet BEARING Body & facial control, military carriage	30	1 - 6	7 - 24	25 - 30	
6. Routine MARCHING Dress, alignment & marching proficiency; use of drill floor	30	1 - 6	7 - 24	25 - 30	
7. Routine VARIETY Diversity of movements to display overall excellence	30	1 - 6	7 - 24	25 - 30	
8. Routine PRECISION Exacting, flawless & meticulous maneuvers - "anti-sloppy"	30	1 - 6	7 - 24	25 - 30	
9. Routine COMPOSITION & FLOW Routine is unique & well-constructed w/ fitting transitions	30	1 - 6	7 - 24	25 - 30	
10. Handling of the WEAPON Weapon maneuvers & manipulation look skilled & effortless	30	1 - 6	7 - 24	25 - 30	
11. Routine DIFFICULTY (Floor) Cadence changes, interweaving and other difficult marching	30	1 - 6	7 - 24	25 - 30	
12. Routine DIFFICULTY (Aerial) Rifle spins, tosses and throws that leave the hand	30	1 - 6	7 - 24	25 - 30	
13. MILITARY Flavor Routine proudly befits a military competition	40	1 - 8	9 - 32	33 - 40	
(Max Points 340)		PAGE TOTAL:			

*Any score in the POOR category above MUST have details written below

Number	PENALTIES – HEAD JUDGE ONLY	Total Points
	Boundary Violations @ 10 points each	
	Dropped weapons: Dropped weapons: Each Drop	
	Seconds over/under time @ 1 point per second <small>(Minimum 2 minutes - Maximum 3 Minutes)</small>	
TOTAL PENALTY POINTS		

Judge's Name: _____

Individual Armed Exhibition

School Name:
Cadet Name(s):

Judge #	Max Points	Poor*	Average	Exceptional	Notes
Performance Overview					
1. REPORT IN & REPORT OUT Verbal report in/out; all movements to enter/exit floor	15	1 - 3	4 - 12	13 - 15	
2. Team/Cadet APPEARANCE Uniform / overall preparation & presentation	15	1 - 3	4 - 12	13 - 15	
3. Routine SHOWMANSHIP Flair, style and "wow factor" that turns heads / rivets watchers	15	1 - 3	4 - 12	13 - 15	
4. OVERALL IMPRESSION Subjective score of entire routine as presented	15	1 - 3	4 - 12	13 - 15	
5. Team/Cadet BEARING Body & facial control, military carriage	30	1 - 6	7 - 24	25 - 30	
6. Routine MARCHING Dress, alignment & marching proficiency; use of drill floor	30	1 - 6	7 - 24	25 - 30	
7. Routine VARIETY Diversity of movements to display overall excellence	30	1 - 6	7 - 24	25 - 30	
8. Routine PRECISION Exacting, flawless & meticulous maneuvers - "anti-sloppy"	30	1 - 6	7 - 24	25 - 30	
9. Routine COMPOSITION & FLOW Routine is unique & well-constructed w/ fitting transitions	30	1 - 6	7 - 24	25 - 30	
10. Handling of the WEAPON Weapon maneuvers & manipulation look skilled & effortless	30	1 - 6	7 - 24	25 - 30	
11. Routine DIFFICULTY (Floor) Cadence changes, interweaving and other difficult marching	30	1 - 6	7 - 24	25 - 30	
12. Routine DIFFICULTY (Aerial) Rifle spins, tosses and throws that leave the hand	30	1 - 6	7 - 24	25 - 30	
13. MILITARY Flavor Routine proudly befits a military competition	30	1 - 6	7 - 24	25 - 30	
(Max Points 330)		PAGE TOTAL:			

*Any score in the POOR category above MUST have details written below

Judge's Name: _____

Judge's Notes:

SECTION 10—WARRIOR CHALLENGE

Detachment 847 insists that cadets participating in the Warrior Challenge be in top shape and prepared for a physical challenge.

PHYSICAL FITNESS TEST. This test will consist of maxing out push-ups and sit-ups within 1 minute, a standing power throw and a 1 mile relay race. Members will receive age and gender-specific composite scores based on the following maximum component scores: 10 points for push-up, 10 points for sit-ups, 50 points for standing power throw , and 60 points for the 1 mile relay race for a max total of 130 points. Scoring will come directly from AFPC Fitness Scoring Charts. Scoring for the standing power throw will be similar to the Army Combat Fitness Test. Physical Training gear will be worn for this event. The group's score will be calculated by adding each member's score together. The relay will be the only event scored as a team.

TEAM COMPOSITION. Each team will consist of 4 members with at least one female.

EQUIPMENT. Cadets participating in the warrior challenge must wear their unit's issued physical training gear and running shoes. Cadets failing to bring proper attire will not be permitted to participate in the challenge.

WARRIOR CHALLENGE PROCEDURES.

a. Push-Ups: The member will begin in the starting position, with arms fully extended and the body in a straight line from head to heel. The feet may be no more than 12 inches apart. The body should maintain a rigid form from head to heel (the body may not bow unless resting in the up position). The member may rest in the up position only. The member will lower the body to the ground until the elbow is bent at least 90 degrees before pushing back up to the starting position. If the member does not come down far enough, the push-up does not count. The member completes one full push-up after returning to the starting position.

b. Sit-Ups: The member will lie face-up on the ground. The member's knees will be bent at a 90o angle, with the feet/heels in contact with the floor. The heels and buttocks must remain on the floor during the entire assessment. The member's arms will be crossed over the chest with the hands resting on the upper chest. The member may request to have their feet held down with the hands or by putting knees on feet but the monitor may not anchor the member's legs by holding onto the calves. A complete crunch is accomplished when the upper torso of the member is raised off the floor, the elbows touch the knees or thighs, and the upper torso is lowered back to the floor until the shoulder blades touch the floor. Please refer to this link for the grading criteria

c. Standing Power Throw: The member will face away from the start line, grasp the medicine ball (10 pounds) with both hands at hip level and stand with both heels at (but not on or over) the start line. Grasp the ball firmly and as far around the sides of the ball as possible. They will then proceed to throw the ball behind them as far as they can. Towels will be provided to remove excess moisture/debris from the medicine ball. The member is allowed two attempts for this event. Please refer to this link for the grading criteria

d. 1 Mile Relay Race: This is a timed event. Min of 2 teams with Max of 3 teams will be competing at a time. They will be spaced out thought the different lanes of the track. The lanes will be pre-decided and non-negotiable. The race will consist of 4 runners which will run 400 meters and the hand off the baton to the next runner, this goes for all but the last leg as they will be finishing the race. Each team member will be wearing a Pennie to indicate the 27 different teams. Please refer to the event specifics for scoring.

1 Mile Relay Race

The Exchange Zone

The 4x400 meter relay handoff occurs within a strict 20-meter exchange zone. This exchange zone will be marked by two large triangles—one at the start of the exchange zone and one at the end of the exchange zone. A legal exchange, with the baton changing hands, must occur within this zone.

1. 1st Leg Runner- The 1st leg of the 1 Mile relay will begin from the indicated staggered start lines.
2. 2nd Leg Runner- The 2nd leg of the relay will receive the baton in the exchange zone while within the designated lane and cutting in after one turn or 100 meters indicated on the track by cones.
3. 3rd Leg Runner- The 3rd leg of the relay will receive the baton in the exchange zone. The officiant will instruct and guide participants with when to get on track for exchange
4. 4th Leg Runner- The 4th leg of the relay will receive the baton in the exchange zone while within the designated lane and finishing out the race all the way through the finish line. The officiant cadet will instruct and guide participants with when to get on track for exchange.
5. The 1 Mile Relay handoff occurs within the designated 20-meter exchange zone, If handoff occurs outside of the exchange area this will result in disqualification of their team from the relay race and a forfeit of point that would have been earned by the race.

FIRST EXCHANGE IN THE 1 MILE RELAY - The first runner will hand off to the second runner in the staggered triangle to staggered triangle exchange zone in their assigned lane. After completing their exchange, they are to stay in their lane until dismissed. The second runner will receive the baton from the first runner in the staggered triangle to staggered triangle exchange zone in their assigned lane. They will stay in their lane through the first turn. As they come out of the turn and cross the dotted cut line, they may break to the inside of the track as long as they are at least one full stride ahead of or behind another runner, clear of traffic, and do not interfere or impede another runner in any way. - The First runner must not leave their lane until they have handed of the baton and been instructed to leave. Failing to stay with in their designated lane will result in disqualification of their team from the relay race and a forfeit of point that would have been earned by the race.

SECOND & THIRD EXCHANGE IN THE 1 MILE RELAY -

- **The incoming runner** will hand off to the outgoing runner in the common exchange zone (Triangles in a row to triangles in a row). The lane of exchange will be determined by the incoming runners' position with the other runners as they come out of the final turn. The incoming runner will need to run to their teammate. After the incoming runner has completed their exchange, they will continue straight ahead in their lane and slow down. They should exit the track to the left (toward the inside of the track) as soon as they are clear of traffic, being careful not to interfere with either an incoming or outgoing runner. 28
- **The outgoing runner** will receive the baton from the incoming runner in the common exchange zone (Triangles in a row to Triangles in a row). The lane of exchange will be determined by the incoming runners' position with the other runners as they come out of the final turn. An official will help line up the outgoing runners, but it is the responsibility of the outgoing runner to take a position that corresponds to your incoming teammates

position. The outgoing runner will hold their position. As the outgoing runner prepares for and makes their exchange they need to be aware of their surroundings to avoid interference situations as they break to the inside of the track. They must make sure it's clear of traffic, and do not interfere or impede another runner in any way

-
- Scoring will be based of time of team finishing.
- 1st team – 60 points for race
- 2nd team – 45 points for race
- 3rd team – 30 points for race
- 4 th team – 15 points for race
- 10 point for all other participating team for completion

Please refer to the following links for the grading criteria of the Warrior Challenge:

<https://www.afpc.af.mil/Career-Management/Fitness-Program/>

<https://www.youtube.com/watch?>

<https://www.armycombatfittestest.com/scoringstandards>

<https://seanbernstein.com/4x400>

Warrior Challenge Score Sheet

School Name:

CC Initials

Team Name:

Grand Total

Head Judge	Member 1	Member 2	Member 3	Member 4		Notes
Performance Overview						
1. PUSH-UPS Write the number of Push-ups completed						
2. SIT-UPS Write the number of Sit-ups completed						
3. STANDING POWER THROW Write the distance thrown						
4. RELAY RACE	TEAM TIME:					
(Max Points 130)		PAGE TOTAL:				

Judge's Name: _____

SECTION 11 – KNOCK-OUT DRILL PHASE

The Knock-out Drill Phase will be conducted after all other events are complete and competition results are being tabulated. This competition is designed to be fun and build spirit amongst the competitors. A series of stationary drill movements will be given, and cadets will be eliminated until there is 1 winner, that person will win individually and for their school. All judges' decisions are final

and may not be questioned. Once a competitor is “knocked out” they are to leave the formation immediately. Any cadet who argues, complains, or otherwise does not comply with these instructions, may be cause for their entire team/school being eliminated from the competition. All rules and expectations will be explained prior to the start of the competition along with an opportunity for cadets to ask questions. A sample of drill commands will also be given prior to the start of the competitions to allow cadets the chance to get accustomed to the drill sergeant’s voice. This competition phase is FREE and has no bearing on the overall outcome of the competition standings.