



2026

NJROTC Nationals Academic, Athletic & Drill Championship

STANDARD OPERATING PROCEDURES

Rev. 1 – 09/01/25

SECTION 1 — EVENT OVERVIEW

A. This NJROTC Nationals SOP

1. Congratulations! You are to be commended for your fine work in preparing a unit eligible to attend the 2026 NJROTC Nationals Academic, Athletic and Drill Championships. The NJROTC Nationals are designed to showcase the finest all-around units in the nation, provide all cadets with an opportunity to compete against the best the Navy has to offer, and experience the excitement of traveling to such an outstanding facility as **NAS Pensacola, Pensacola, Florida**.
2. This SOP will include all information that is pertinent to the competition and necessary for your school's preparation & attendance at the NJROTC Nationals. Along with the rules & regulations of the meet, there will also be extensive information on the management of the event by Sports Network International, Inc. (SNI).
3. Once you have read this SOP and agree to all of its terms and conditions, please sign the Acceptance of Responsibility Form located in this NJROTC NATIONALS School Folder in Section 2, Page 2-1. As the form indicates, please return it to SNI by the date on the form. No school or organization may compete at the NJROTC NATIONALS without the proper submission of this form.
4. All units must maintain the NJROTC Standard Release Form (NJROTC Health Risk Screening Questionnaire — NSTC form 1533/10 G) for all participating cadets. Units must have completed and have these forms on-site for each cadet. All cadets competing within the athletic portion of the competition must complete their participation sports physicals and risk screening questions prior to attendance at the Navy Nationals competition. While not required, it is strongly suggested that all cadets attending the Navy Nationals maintain these items.
5. All competitors, instructors, and team supporters are subject to comply with all of the rules & procedures of this SOP and of the NJROTC NATIONALS. Any items not specifically covered by the regulations of this meet will be at the discretion and determination of NSTC, with input from SNI.

B. Event Management & Sponsorship

1. The NJROTC Nationals are sponsored by NSTC, supported by the Navy League and managed by national event manager, Sports Network International, Inc. (SNI). As the Event Manager, SNI is responsible for organizing the competition. This includes but is not limited to: providing rules & procedures, scoresheets, training judges, maps & competition schedules, providing competition T-shirts and medallions to all competitors, on-site event management as well as post-event scoring packages for all competing units.
2. Much of the on-site, advanced groundwork for the NJROTC Nationals will be handled by NSTC HQ. As the hosts, their responsibilities will include but not be limited to: assistance / coordination of billeting and meals, obtaining judges, and local ROTC/JROTC and base support, as well as local transportation needed for teams. They are also the final word on any regulations in use for the competition.
3. Sports Network International of Florida has been the Event Manager for the Navy Nationals for over 20 years and has hosted the venerable [National High School Drill Team Championships](#) for nearly double that. SNI works to assist you in attending the Navy Nationals 24/7 to help you make your trip organized, safe and successful. Pre-event, SNI maintains the on-line entry, paperwork & finances system known as "[MyTeam](#)". This system allows you to download, submit and then track required paperwork, finances and most other items needed to attend. **For the Navy Nationals, this site becomes active on December 15th as most every attending team is not nominated to attend until well after that date.** However, we leave everything posted from the previous event as little changes annually to allow you to plan.
4. **The Covid virus will likely NOT impact rules in place, procedures and permissions up to and including how the meet is hosted.** Any changes/limitations put in place to deal with this by NJROTC HQ will be sent under separate cover directly to each attending and competing school cover to the kickoff.
5. Post-event constructive comments/criticisms/suggestions are encouraged through your Area Managers or directly through SNI! Many of the improvements made to the event annually have been done through the insight of cadets, parents and instructors actually "in the trenches" of the Navy Nationals event.

SECTION 2 — GENERAL EVENT SPECIFICATIONS

A. Entering the Event

1. NJROTC Area Managers will nominate several schools per area to attend this National competition. The criterion for school selection is left to the sole discretion of each Area Manager. Additionally, the previous year champion will be granted an entry space. Other factors may be considered at the discretion of the NJROTC Director. This provides a well-rounded competition field annually.
2. Only schools planning to enter and compete within all events at the NJROTC Nationals are eligible and encouraged to attend this prestigious event. All units must be selected far enough in advance to allow those chosen sufficient time to:
 - *Raise the necessary funds to attend the event.*
 - *Meet the minimum paperwork and timeframe deadlines set forth within this S.O.P.*
3. All nominated units who plan to attend the NJROTC Nationals, upon their firm decision, must download and forward to SNI a completed NJROTC NATIONALS SCHOOL REGISTRATION FORM immediately after they have been nominated.
4. Schools will formulate a Master Roster that will represent their NJROTC Unit at the NJROTC Nationals. This roster may have a maximum of 40 persons listed. A sample Master Roster can be found in Section 2 of this folder. All cadets who are on the team are required to stand Unit Personnel Inspection. This roster will also be broken down into sub-teams where individual cadets are competing to include:
 - *15-person Academic Exam Team*
 - *Curl-ups & Push-up teams*

*NOTE: More than 40 cadets may attend but a maximum of 40 who stand inspection may compete in any facet of the event. Additional cadets are treated as spectators and are INELIGIBLE to compete **without exception**.*

B. Competition Discipline & Conduct

1. Although discipline problems are not expected at a drill meet of this caliber, addressing problem situations now is the best way to halt any future unpleasant problems. While all cadets are obviously to be on their best behavior at the NJROTC Nationals, there are a few key points that bear repeating. NSTC and NAS Pensacola reserves the right to remove any individual, group or competition unit from any event or facility for destructive or profane conduct, cheating, or any other actions unbecoming military personnel or conduct detrimental to the NJROTC Nationals. This includes conduct in or around the competition site or any other related facilities used for the NJROTC Nationals.
2. Dress, conduct and other requirements of cadets and instructors while on-base at NAS Pensacola are under the control of NAS Pensacola. A complete list of base regulations are included with the school folder. Schools who have any questions regarding these rules should contact NSTC.
3. Prior to the event, all cadets and team followers should be briefed on the requirements for sportsmanlike conduct and the traits of character expected of disciplined members of the NJROTC Program, as well as the consequences for lapses in these areas. NSIs are reminded to maintain close control of all cadets at all times; this is particularly important for those cadets who are spectators and supporters of the units.
4. Teams should bring with them all equipment to clean & shine shoes, belts, buckles, uniforms etc. Towels or other items found on-site or at hotels are NOT to be used to polish shoes or otherwise ready the uniform. This problem occurs most frequently — make sure your cadets do not engage in this activity!
5. **No practice can be allowed in the actual drill competition areas in use for the event at any time.** All practicing must be done outdoors in the large grass areas adjacent to the competition areas or in vacant parking lots nearby. Under no circumstances will a team be allowed to practice in any competition drill area, either in the days/hours before or during any breaks in the competition as well.
6. Area Managers are heavily involved with supporting all event judges and other scoring officials to ensure rules within this S.O.P. are followed. SCHOOLS ARE NOT PERMITTED to approach any event judge directly on any matter. Schools must go to the Area Manager(s) assigned to that competition venue OR to their own Area Manager to bring forth any event-related issue.
7. Once a competition unit moves into the Ready Area for either Unit Personnel Inspection and/or Drill Phase Events, only uniformed 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. **THIS WILL BE STRICTLY ENFORCED!**

(21 total pages)

SECTION 3 — COMPETITION RELATED ITEMS

A. Competition Venue and Venue Related Items

1. The overall Navy JROTC Nationals competition will take place at the Naval Air Station, Pensacola, Florida. Being a huge, multi-use facility, NAS Pensacola is ideal for an event of this magnitude. This facility is very easy to get to by air or ground and is located in northwest Florida. Teams may fly into Pensacola, or may get better airfares flying into nearby Mobile, Alabama (roughly 55 miles West of Pensacola).
2. While the weather is uncertain for springtime outdoor events in Pensacola, plans are to have all athletic relay/running events outdoors. Lightning or other dangerous outdoor weather conditions (or even the later threat of such) may dictate implementation of standing broad jump and kneeling basketball throw indoors in lieu of the planned running events. Details regarding these actions are contained within this S.O.P. under, Section 10, "Athletic Phase Events."
3. All non-athletic events are scheduled to be held within a single building on base. The Unit Personnel Inspection, Academic Exam, Drill Phase Events and Knockout Drills are all scheduled to be held in large rooms within this building. The primary room in use is a 140'x266' hangar within the building. The hangar maintains tall ceilings, concrete floors, nearby restrooms, as well as adequate but limited floor seating.
4. The Academic Exam is scheduled to be held in two adjacent classrooms within this building in the evening (the building will be empty except for our cadets). Two exam times will be scheduled on Friday evening.
5. Specific room names and specific on-base and off-base directions have been included within this folder.
6. NSTC will ensure on-base room(s) available for males & females to quick change uniforms between events on Friday. However, the event schedule has been designed to keep this from being an issue in most cases. With teams staying "off-base", please organize your team to ensure you have all necessary items with you when needed. The restroom areas on-site are not designed to be used as a changing facility. Additionally, the restroom areas on-site should be left CLEANER that when you arrived.
7. While medical services will be available on-site, it is HIGHLY recommended that all units maintain a basic first-aid kit to attend to minor injuries sustained while performing, practicing or other times when not competing. SNI will have minimal first-aid supplies available at the Information Desk (Band-Aids, cold-packs, etc.). Should you require immediate medical assistance while at the athletic/drill portion of Nationals, please go to the Information Desk or First-Aid station (see map on page 3-5 / 3-6).

B. Billeting, Meals and Ground Transportation

1. FOR 2024, Meal Plans will be available to schools on site. Food trucks and other options may supplement. Teams will be notified in the weeks leading up to the event. Billeting and local transportation is largely off-base and the responsibility of each school to arrange. A listing of local hotels and room rates has been prepared by NSTC and is available through their offices.
2. Schools will submit two complete lists of attending personnel to SNI (one list for competing cadets, one list for instructors, non-competing cadets and other spectators). These lists will specify who is receiving the \$15.00 team package and the optional base meal plans in addition to the competing cadets. All fees for team packages and meal plans will be submitted to SNI along with the corresponding paperwork. After submission, any revisions to these lists must be called in to SNI.
3. Travel arrangements should be made by the unit's SNSI/NSI as far in advance as possible once the school has been selected to attend.

C. Planned Event Schedule

1. The event schedule is tentatively set as follows:

FRIDAY – ALL DAY:

0800 – 1400

UNIT PERSONNEL INSPECTION / COLOR GUARD

1100 – 1730

ALL ATHLETIC (TRACK AND FIELD) PHASE EVENTS

1830 (time #1) & 1945 (time #2)

ACADEMIC EXAMS

SATURDAY – ALL DAY:

0800 – 1600

ALL DRILL PHASE EVENTS (EXCEPT COLOR GUARD) / TEAM PHOTO

1615 – 1730

ARMED & UNARMED KNOCKOUT DRILLS

1745 – 1845

DINNER BREAK

1930 – 2030

AWARDS CEREMONY

(21 total pages)

SECTION 4 — COMPETITION RULES

A. Team Composition & Event Regulation Standard

1. The official regulations in use for the NJROTC Nationals come from several sources. This NJROTC Nationals S.O.P. will be the superseding regulation in all areas. Procedures and specific details not covered within this S.O.P. will be governed by the NJROTC Cadet Field Manual (NAVEDTRA 37116 — most recent edition). Any items not covered by either of these two sources will be covered by MCO P5060.20, most recent edition. All competition units are expected to follow their prescribed regulations TO THE LETTER in this hierarchy at the event.
2. Each school attending the NJROTC Nationals may be comprised of UP TO 40 competing cadets maximum. No minimum number is required but no team may have MORE than 40 total cadets competing for their school. **Everybody you bring up to 40 stands personnel inspection.** A complete roster of cadets broken down into teams shall be submitted to SNI in advance of the event as prescribed within the dates and deadlines section of this SOP. Each school entered in the NJROTC Nationals must compete in all events.
3. Every team member must be an NJROTC cadet in good standing. Each cadet selected to attend should be in solid physical condition and fully capable of safely performing the events they have been selected to enter. Teams may elect to bring additional cadets outside those competing to spectate only.

B. Competition Start Times & Schedules

1. The complete Event Schedule (with all event performance times) will be posted on the official NJROTC Nationals website in the days immediately prior to the event. Units should plan to be at the competition ready area at least 15-20 minutes before any scheduled performance time. Sufficient time is allowed in the schedule for you to prepare uniforms for any event, but time is tight!
2. Teams must be in the event ready area immediately prior to the completion of the group just before them. Teams who delay an event due to tardiness may be removed from that event. It is solely your responsibility to ensure the team is ready to perform at the correct time & location.

C. Uniform Requirements

1. The NJROTC Nationals event maintains three distinct phases. Uniform regulations for these phases are as follows:
 - ◆ **Drill Phase Events & the Unit Personnel Inspection:** The correct and official uniform for all events shall be Navy Service Uniform (NSU) - khaki shirt/blouse, black trousers. Garrison Caps and regulation NJROTC issue **leather oxford shoes** are required for all participating cadets. No Corfram shoes are allowed at any time for any reason and no leather luster polish may be used on any shoes. No anodized brass is permitted or allowed! **Name tags and ribbons (if awarded)** are required to be worn by cadets during the Unit Personnel Inspection (U.P.I.), but are optional for the Drill Phase Events. Only correctly placed NJROTC awarded ribbons as defined by the Cadet Field Manual (NAVEDTRA 37116 — most recent edition) and the NJROTC Ribbon Chart (CNET1533/61) may be worn. NOTE: **ALL** awarded ribbons must be worn by each cadet. A single silver cord is permitted to be worn. Maximum points may be gained through only authorized uniform preparation and alterations (unauthorized uniform preparation or alterations are subject to penalty point deductions during every related event at Navy Nationals).
 - ◆ **DURING PLATOON EXHIBITION DRILL, UNITS WILL WEAR THIS SAME JROTC UNIFORM.** Any deviation from the prescribed authorized uniform as specifically outlined by the Cadet Field Manual (NAVEDTRA 37116 — most recent edition) will be subject to penalty point deductions during every related event at Navy Nationals.
 - ◆ **Athletic Phase Events:** Entrants must wear appropriate athletic attire — this is left to the discretion of the unit — however, no bare midriffs are allowed. Athletic attire MUST be personalized to ensure your unit is identifiable. This may be accomplished through personalized shirts, sash, etc. The key is to **maintain distinctive style, color and/or markings to ensure your unit identification is clear, even from a distance.** Running shoes are required footgear for athletics (NOTE: Shoes MUST be worn at ALL TIMES during ALL events).
 - ◆ **Academic Event, Galley and to/from any points on the NAS:** Entrants may wear the standard prescribed military uniform or athletic attire (suggested as sweat pants, sweat shirt and jacket in school colors). Rules regarding athletic attire are that: **(1)** it must look sharp (nothing ragged, cut-off or sloppy); **(2)** it must maintain team or school identification, and **(3)** it must be worn in a manner that is consistent/professional through the unit (i.e., if one member has a jacket, they ALL wear a jacket, shirts all tucked in, etc.). Detailed base regulations are contained within the Navy Nationals Team Folder.

2. Instructors are to wear summer khaki uniform at all times during the competition. The only exception to this is instructors may wear personalized ball caps identifying themselves as being with their particular school/team. Instructors may also wear school athletic attire while PTing.
3. Teams are reminded that no medals of any kind are permitted on uniforms during the competition. Teams may wear medals ONLY during the closing awards presentation ceremony. Teams are allowed to remove name tags and ribbons from uniforms during all Drill Phase Events (Platoon Exhibition Drill, Platoon Basic Drill & Color Guard). This will prevent these items from breaking or ripping a uniform. Uniforms may NOT be altered to diminish their functionality, e.g., sewing pockets shut, etc. Female shirts shall be un-tucked for all events.
4. Face Painting is authorized for Athletic Phase Events only.

SECTION 5 — EVENTS & SCORING SPECIFICS

A. NJROTC Nationals Events

1. The structure of the NJROTC Nationals competition will remain basically unchanged from years past. Events held at the NJROTC Nationals are held in the following categories:
 - ◆ **ACADEMIC EXAM** — **ONE event** — 1,000 point max - academic test (drafted by SNI/reviewed by NSTC)
 - ◆ **UNIT PERSONNEL INSPECTION** — **ONE event** — 1,500 point maximum
 - ◆ **DRILL PHASE EVENTS** — **FIVE events**: Armed Platoon Basic Drill, Unarmed Platoon Basic Drill, Armed Platoon Exhibition, Unarmed Platoon Exhibition, Color Guard — 2,500 point max — 500 pts. per event
 - ◆ **ATHLETIC PHASE EVENTS** — **THREE events**: 1)Curl-ups (333 points), 2)Push-ups(333 points), 3)16 x 100-yd relay(334 points) — total points 1,000.
 - ◆ **KNOCKOUT DRILLS** — **Armed & Unarmed Knockout Drills** — (not scored towards overall totals)

B. Scoresheets

1. Scoresheets are triple-checked by SNI personnel, as well as inputted/totaled on a computer program designed for this event. The scoresheets to be used at this event are located in Section 5 of this folder.
2. Complete scoring packages are planned to be given to each school immediately after the Awards Ceremony on Saturday evening. If not available, SNI will mail them after the event. Questions regarding scoring or score tabulation may be addressed either before or after the event by contacting SNI at our office.

C. Proportional Event Scoring

1. The fundamental scoring system in use for the NJROTC Nationals is called "proportional scoring". Scoring in this manner will ensure all facets of the competition receive the exact percentage of points available in each event as outlined above, while still factoring in the level of excellence each school displays in their raw score / time earned within competition event. This will eliminate the variance that artificial tables, low/high scoring judges and academic test difficulty/ease have on the overall point totals under the current raw score approach.
2. The scoring system overview is simple. The school winning any particular event receives the max points within that event. For example, the school with the highest raw point total earned in Unit Personnel Inspection earns 1,500 points. The team finishing in 2nd place will receive a percentage of the 1,500 points identical to the percentage they finished behind the first place team. All others will receive points in the same manner.
3. A practical example of this application is shown in the shortened table below. The judges raw points earned are listed, along with the percentage each team finished behind the winner. These percentages then multiply into the total max points available to generate a Scoring Points total for each school within that event.

U.P.I.	Judge Raw Score Earned	Percentage of Winning team score	Proportional Scoring Points Earned
1 st place team	1000 pts.	100% (1,000 of 1,000)	1,500 pts. awarded (100% of 1,500)
2 nd place team	900 pts.	90% (900 of 1,000)	1,350 pts. awarded (90% of 1,500)
3 rd place team	672 pts.	67.2% (672 of 1,000)	1,008 pts. awarded (67.2% of 1,500)
4 th place team	500 pts.	50% (500 of 1,000)	750 pts. awarded (50% of 1,500)
5 th place team	408 pts.	40.8% (208 of 1,000)	612 pts. awarded (40.8% of 1,500)
6 th place team	300 pts.	30% (100 of 1,000)	450 pts. awarded (30% of 1,500)

4. All judge scored events use this method. For the Academic Exam and Push-up & Curl-up Totals, the team total is used. Within the two relay events, the times are converted to seconds, then ranked fastest to slowest and the same methodology is used. Again, scoring in this method will reward schools who win an event by a significant margin over their peers, while also ensuring that low or high scoring judges, difficult/easy academic tests, or difficult/easy grading by judges do not artificially degrade the scoring percentages the Navy Nationals maintains within each event.
5. The only deviation from this scoring system will be during the two athletic runs. In both of these events, the winning team will receive the max points allowed (334 points), and every other team will receive 3 points less per WHOLE second they finish behind the winning team (partial seconds are discarded). Therefore, a winning team running the Shuttle Relay in 3:30:17 seconds would receive 334 points. A team who finishes with a time of 3:50:98 would receive 274 total points (20 whole seconds behind the leader x 3 points per whole second equals 60 points less in scoring). This is done to spread out the scoring in these relatively short-distance relay-style races. (*NOTE: the scoring was changed from 5 seconds to 3 seconds in 2017 and beyond; the 8x220' relay has been removed as a pilot in 2020.*)
6. Should weather become an issue on Day #1 Friday competition, no running event will be held indoors due to safety concerns. The Push-up and Curl-up competition will be moved inside and competed at the same competition times assigned without change. Since there will NOT be two events held the value of the other events will be reduced to 90% of their original total. For example instead of 1000 maximum points for academics it will be 900. This is to keep the scoring ratios similar with a 9-event competition.

D. Tie-Breaking

1. All efforts are made to prevent scoring ties at the NJROTC Nationals. All event and Overall Championship scoring ties are broken by re-totaling scoresheets utilizing the applicable tie-breaker in the following order:

All Drill Phase Events & U.P.I.:

- ◆ Level #1 — Highest Head Judge's overall score
- ◆ Level #2 — Highest overall evaluation score (where applicable)
- ◆ Level #3 — Highest Judge 2 total, Judge 3 total, etc.
- ◆ Level #4 — Fewest penalty points total
- ◆ Level #5 — Team competing EARLIEST in the day

Academic Exam & Curl-up/Push-up Team ties:

- ◆ Level #1 — Highest team median score
- ◆ Level #2 — Team w/highest, low-scoring cadet

Relay Event Team ties:

- ◆ Level #1 — Team running in the slowest winning heat

Academic Exam Individual ties:

- ◆ Level #1— Individual missing the question found LATEST in the test

2. Should a tie remain even after applying the above tie-breaking methods, the score will be declared a tie and duplicate awards will be presented.

E. Event Protests & Penalties

1. A NSTC representative will be stationed at every competition venue at the NJROTC Nationals. This individual will be responsible to ensure all rules & regulations regarding SOP compliance and NJROTC Cadet Field Manual are followed. This individual may also be approached to begin an official protest.
2. An NSI from any competing team who believes that a team or individual competitor has failed to follow the rules of this meet may bring forward an official protest to the NSTC representative within any competition area. This protest must be made within 30 minutes after the event has completed.
3. This protest will be reviewed and may be finalized in three possible outcomes:
 - ◆ **UPHELD:**the protest is upheld and penalty points will be assigned to the offending team. Penalties are subjective and range from MINOR (1 to 25 points) to MAJOR (greater than 25-points to forfeiture of all points).
 - ◆ **NEUTRAL:**a rule violation may have occurred but cannot be sufficiently substantiated; or the violation is so minor it is not felt the fairest remedy involves a scoring point penalty.
 - ◆ **BASELESS:**no rules were violated and the protest was baseless. This finding will result in the team bringing the protest assessed a 25-point penalty on their overall score total for the protested event.

SECTION 6 — TROPHIES & AWARDS

A. Team & Individual Awards

1. Trophies have been expanded to include 1st - 5th place awards in all team events as outlined above, as well as an NJROTC Nationals Championship, Runner-up, and 3rd through 5th Place Unit trophies for the top five overall finishing schools. Also, an Overall Drill Championship and Athletic Championship, Runner-up and 3rd Place trophy are awarded.
2. NSTC will award medallions to the top 10 finalists in all individual competitions, including: **(1)** Male Curl-ups; **(2)** Female Curl-ups; **(3)** Male Push-ups; **(4)** Female Push-Ups; **(5)** Academic Exam; and **(6)** Armed & Unarmed Knockout Drills. These medals will all be awarded at the closing night Awards Ceremony Saturday evening.

B. Awards Ceremony

1. The Awards Ceremony will be held following the Knockout Drills (after the dinner break) on Saturday evening at the NAS Pensacola Museum. No placements are announced or scores posted in advance. The Awards Ceremony is as much a part of the NJROTC Nationals as any team event — all teams are expected to attend. Failure to attend the ceremony without sufficient cause will be construed as a lack of interest and may preclude a future nomination.
2. All teams should attend the awards ceremony in uniform. During the ceremony, when trophy placements are announced, the unit company commander (or their designee) should come to the center stage area to receive the unit's trophy and then return to their unit's formation with the trophy.
3. Seating for parents and other spectators will be in the rear of the facility. Please ensure your parents treat this museum as a living memorial. The static displays are not to be touched and the seating is not to be moved for any reason. Teams are ENCOURAGED to have a photographer rush FORWARD.

SECTION 7 — THE ACADEMIC EXAM

A. General Information

1. The Academic Exam will consist of 100 multiple choice questions with 50 minutes allowed for completion. The test is designed to be EXTREMELY difficult with a top score target of just 85 correct answers.
2. The academic exam **will not** be generated from the test bank. All test questions will come directly from the latest editions of the NS-I/Cadet Field Manual & Cadet Guide Book (30 questions), NS-II (30 questions), NS-III (30 questions) and current events (past 60 days before exam — 10 questions). The question will be in typical multiple choice format and easily understood by all cadets. The test will be constructed by Sports Network International with oversight/review by NSTC personnel.
3. Standard exam rules apply just like any other competition test. No cellular phones of any kind may be accessible by test takers during the event. Covers of any kind may NOT be worn while taking the academic exam as well. No jackets or other unnecessary clothing items may be worn. Cadets will be encouraged to use the bathroom BEFORE the test begins. Any cadet who must leave the room for any reason after the test has begun will end their test at that point. No team may request or receive a copy of the test afterwards.

B. Team Composition & Test Taking Specifics

1. Academic Exam teams will be comprised of **15 cadets**. Each team will be given a single exam time. At this time, all academic exam team cadets will take the exam together. Multiple schools will take the test at the same time and in the same location.
2. No cadets may enter the exam area once the test has begun until the official end time of the exam 60 minutes after the start. Any cadet who must leave the exam area prior to the official completion of the event must turn in the exam at that point.
3. Cadets will sign out a complete exam package. This exam package will include: pencils, scratch paper, bubble answer sheet, and the test itself. Brief instructions will be given. At the completion of instructions, the test will be opened by the cadets. Sixty minutes will be allowed to complete the exam.
4. When a cadet has finished the exam, he/she should sit quietly in their seat. All cadets will be dismissed and turn in their test booklet, answer sheet and scratch paper in an orderly fashion at the conclusion of the test.

5. This is an individual exam taken as a team effort. Keep your eyes on your own work. Do not look around the room for any reason. Any individual found to be cheating in any manner will result in an appropriate penalty up to disqualification of every scoresheet for the ENTIRE TEAM. Do not let this happen to your unit!
6. Cadets should bring NOTHING with them into the room NOR ARE THEY ALLOWED TO REMOVE ANY ITEMS PROVIDED TO TAKE THE TEST. No backpacks, bags, pencils or other items will be necessary. Everything you will need to take the exam will be waiting for you on arrival into the exam room.

C. Exam Grading & Scoring

1. All academic exam cadets will have their exams scored and totaled. The scores from each cadet on the team will be added together giving the team a grand total score. These scores will be ranked in order and the proportional scoring system will then assign a point value to your school.
2. If for any reason less than 15 cadets represent a school in the Academic Exam competition, the total of those who took the exam will be the score for the team. No allowance can be made for teams with less than 15 testing cadets.
3. Each question will have only one correct answer. Bubble sheets marked with no answer or multiple answers to any question will be marked incorrect. Scoring is done by machine and we do not look for "intent" in any score sheet. Because of this, be careful making ANY stray marks on your bubble sheet.

SECTION 8.1 — THE DRILL PHASE

A. Drill Phase Events

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

<i>Armed Platoon Basic – 500 pts.</i>	<i>Unarmed Platoon Exhibition – 500 pts.</i>
<i>Unarmed Platoon Basic – 500 pts.</i>	<i>Color Guard – 500 pts.</i>
<i>Armed Platoon Exhibition – 500 pts.</i>	<i>Knockout Drills – not scored towards overall</i>

B. Drill Phase Area Sizes and Specifics

1. All drill areas have a flat, concrete surface. All drill areas maintain ample ceiling heights. The drill area dimensions are as follows:

♦ . Armed & Unarmed Platoon Basic Drill	85' x 70' (main arena - concrete flooring)
♦ . Armed & Unarmed Platoon Exhibition Drill	85' x 70' (main arena - concrete flooring)
♦ . Color Guard Drill	75' x 75' (main arena - concrete flooring)
2. Drill areas are created using blue fluorescent tape connected to 20" traffic pylons on the floor. All drill areas use a single entrance/exit point. This point will vary depending on the drill area (see maps). All drill area entrances are 25' wide. This is the only point where a team may enter/exit the drill area — **no exceptions**.
3. The Head Judge in both Basic and Color Guard Drill will be positioned directly in front of an orange cone with a small, yellow "X" placed denoting the center point of that drill area length. This will denote the correct position for teams to execute Report-In/Out and Eyes Right/Left. This is the position where the cadet commander should execute these maneuvers REGARDLESS OF THE PHYSICAL POSITION OF THE HEAD JUDGE. It is the JUDGES RESPONSIBILITY to be on this "X" at the correct time. Units who feel the judge was stationed in the wrong position may approach the Area Manager stationed within the event for a clarification.
4. The Head Judge location for the Exhibition Drill 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(s) to the Head Judge while the team is in the ready area prior to their performance.
5. 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.

C. 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) NJROTC Unit from (city, state) reporting in for (event)**"
2. Armed & Unarmed Drill Teams will maintain the following competing cadet team sizes:
 - ◆ **Color Guard** — 4 cadets, two rifles/two flags (ONLY units of 4 compete - no exceptions)
 - ◆ **Platoon Basic (Armed/Unarmed)** — 14 cadets (12 cadets, one guidon bearer, and a cadet commander)
 - ◆ **Platoon Exhibition (Armed/Unarmed)** — 12 cadets plus a commander min. no max. limit — no guidon permitted but an Unarmed Guide in Unarmed Ex and Armed Guide in Armed Ex are permitted, but NOT REQUIRED.
 - ◆ **Knockout Drill (Armed/Unarmed)** — All NJROTC competition roster cadets may enter both the Armed & Unarmed Knockouts
3. During Platoon Basic & Exhibition competition, teams will receive a 25-point penalty per missing cadet. With a maximum of two missing cadets allowed (for a 50-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**. Teams performing these movements **will NOT begin the execution of the following movement until directed to do so by the event head judge**. This will be done with a simultaneous verbal ("CONTINUE") and visual (THUMBS UP SIGN) cue from the judge. Failure to wait for the judge 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 **MAY NOT BE WORN** during **ANY FACET** of the NJROTC Nationals 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 NJROTC Nationals 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 uniformed 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. **THIS WILL BE STRICTLY ENFORCED!**

D. General Drill Rifle Requirements & Regulations

1. To compete at the NJROTC Nationals with arms the unit may utilize any rifle if it meets the minimum weight requirement of at least 8 lbs. (the standard weight of a Daisy Drill Rifle). The judges will verify the weight of the rifles by inspecting a unit's rifles prior to entering the floor for an armed event." 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. As per NJROTC HQ, new procedures for Inspection Arms for the Daisy rifle, color guard, etc. This can be found in Ser 14-12: CHANGE 1; NJROTC CADET DRILL MANUAL. Please make sure your unit is in accordance with these new procedures for the upcoming event as judges will be fully briefed on this change.
3. Within Armed events, drill rifle slings are required drill rifle equipment 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.
4. 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).
5. 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.
6. 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. This drill rifle hand-off will be made only by a performing cadet leaving the formation, moving to the boundary, exchanging the broken drill rifle (HANDED, NOT THROWN) to the cadet by someone against the boundary **outside the competition area**. He/she will then rejoin the formation with the replacement rifle and continue their performance. No one may enter the drill area – the rifle handoff is made over the boundary tape. No additional time will be allowed for such an occurrence.

E. Cadet Commander Regulations

1. All armed event cadet commanders **MUST** carry a rifle or sword. Unarmed event cadet commanders **MAY NOT** carry a rifle or sword. When a commander chooses to use a sword, it must be accompanied by a sword belt & scabbard. 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).
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. Cadet Commanders **ARE** permitted to call cadence during their non-exhibition drill performances to assist with cadence. IT IS NOT REQUIRED! Traditional military sounds **will be allowed** to assist teams in maintaining cadence.
4. 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. A 25-point penalty on the Head Judge's scoresheet will be assessed if the commander does not lead the group during the routine or transfers this duty to someone else within the unit. 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.
5. 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.
6. The report in and report out for each event at the NJROTC Nationals 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.

F. Event Judging

1. Three judges will be utilized as scoring judges in each competition area. A fourth judge may be used in certain areas to maintain cadence and serve other necessary functions. 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. Judges will not discuss personal evaluations concerning completed performances among themselves. They will, however gather after each Platoon Basic Drill and Color Guard performance to discuss correct rulings on any boundary violations, omitted commands, SOP-related items & other non-subjective matters. This will ensure a correct ruling from each judge on these crucial items.
3. Area Managers will be responsible for the awarding of major/minor penalties for teams that violate regulations found within this Navy Nationals SOP that may or may not be caught by event judges. These penalties are subjective based on the nature of the offense and/or the advantage gained from such violation.
4. The SAME JUDGES will judge each team in a particular event. Qualified, active duty individuals from OTC – Newport, RI, NAS Pensacola and/or surrounding Naval/Marine Corps installations will judge each event wherever possible.
5. It should be noted that NSTC goes to great lengths to obtain the highest qualified judges possible. With the world situation as it is today, these judges can be called away on a moment's notice. NSTC reserves the right to modify the judging make-up noted above, while still maintaining the fairest possible competition for all schools.
6. 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.
7. All judges' scoring & decisions are final. Protests regarding violations of Navy Nationals regulations will be considered as prescribed under Section 5D, "Event Protests & Penalties." No other protests will be considered. Many double check processes are in place to ensure event mistakes are kept to a minimum.
8. As a matter of proper conduct, discussion with judges during the competition about any facet of the NJROTC Nationals 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 Judging Director of the NJROTC Nationals, Justin Gates. Should the issue go beyond the scope of the written SOP and warrant outside input, the Judging Director will consult with the designated NSTC representative.
9. All scoresheets will be collected from event judges by the Area Manager stationed within that event. He/she will ensure an explanation is given for any penalties issued by the judge and that all S.O.P. regs are in effect. The scoresheets will then be quickly scanned to ensure no omitted scores are present. After this brief review, the scoresheets will be given to the runners where they are then taken directly to the scoring table and entered into the Navy Nationals scoring database.
10. A single SNSI or NSI with the competing team just leaving the floor may approach the Area Manager near the entry/exit point for the drill area to learn if any penalties were issued and why. The Area Manager will inform the instructor of any penalties at this point before the next team takes the floor.

G. 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 / Unarmed 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 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.

SECTION 8.2 — PLATOON BASIC DRILL

A. 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. To gain a max score, the cadet commander is expected to move the platoon to a position front and centered on the Head Judge using correct marching maneuvers (column movements, flanking movements, oblique marching, etc.) with squad leaders in the correct position — while having the platoon ready to execute the entire Regulation Drill sequence immediately after your Report In. Exactly HOW your unit chooses to do this is left up to the each school. The judges will all expect this and look forward to your personal execution of this maneuver.
4. As inferred above, schools must be MARCHED into/out of all Basic drill areas. The use of the Fall In/Fall Out commands are prohibited.
5. All commands given by the unit leader while the platoon is halted will be 6 paces in front of the unit.
6. 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.
7. 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.
8. Teams should review this Standard Operating Procedures in its entirety before readying their Platoon Basic Unit for the NJROTC NATIONALS.

B. 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. The winning school in both the Armed and Unarmed events will receive 400 Scoring Points each.
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 worthy of attending the NJROTC Nationals 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. The position of the Head Judge is fixed and denoted by a large "X" placed on the floor against the boundary. Teams will report in and report out to this spot. It is the responsibility of the Head Judge to ensure he or she is on this spot during both the report-in and report-out. **See enclosed drill area layout for the exact position of the Head Judge.**
4. 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.

C. Platoon Basic Drill Sequence Movements

1. All of the prescribed movements in the Platoon Basic Drill sequence are located on the event scoresheet, located in Section 5 of this folder under "Event Scoresheets".

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.

SECTION 8.3 — PLATOON EXHIBITION DRILL

A. General Information

1. Armed and Unarmed 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 NJROTC Nationals. Please keep in mind however that this is a **military competition with military judges**.
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 of the NJROTC Nationals.
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. Platoon guides are optional for Armed and Unarmed Exhibition Drill events, however neither may carry a guidon. Within Armed Exhibition, the guide, if used, MUST be armed with a rifle.
6. 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). Additionally, teams may NOT throw any rifle to a receiving cadet that does not have the initiator of the throw in their visual field at the time of the throw. Judges who feel EITHER of these rules have been violated will have their scores reduced within the Overall Evaluation segment of the scoresheet under consultation with the Area Manager overseeing the event.
7. 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.
8. 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. Cadets may use a replacement drill rifle as prescribed in Section 8.1D, "General Drill Rifle Requirements & Regulations."

B. 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 are no-nonsense Marines who 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 – you have been warned!

2. The scoresheets for Platoon Exhibition are located in Section 5 of this folder. This scoresheet should be studied to see how your performance may receive the maximum amount of points available in these events.
3. Within the Armed Platoon Exhibition event, a penalty is assessed for each occurrence of a dropped drill rifle with a minus 5 point deduction from the overall score for a first team drop, with -10 for each subsequent drop by the team. All units should review their routines for safety and rifle security to minimize this change this penalty will affect your team whenever possible.
4. The Platoon Exhibition Drill scoresheet is composed of many scoring sections for a total of 400 points maximum possible. The scores will be ranked in order and the proportional scoring system will then assign a point value to your school. The winning school in both the Armed and Unarmed events will receive 400 Scoring Points each.
5. Teams should carefully review this scoresheet in order to maximize their score.

SECTION 8.4 — COLOR GUARD DRILL

A. 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 (see enclosed map for the exact location of this entry point).
2. Teams should review this Standard Operating Procedure manual in its entirety before readying their Color Guard Unit for the NJROTC NATIONALS.
3. Color Guard start times will be exactly 30 minutes following their U.P.I. start times. Schools drawing the early start times on Friday will receive the latest average start times on Saturday to provide the fairest possible overall competition starting grid.

B. Judging & Scoring

1. The position of the Head Judge is fixed and denoted by a large "X" placed on the floor against the boundary. Teams will report in and report out to this spot. It is the responsibility of the Head Judge to ensure he or she is on this spot during both the report-in and report-out. See enclosed map layout for the exact position of the Head Judge.
2. Teams are reminded to report in and out 6 paces from the Head Judge to receive an optimal score.
3. In the Platoon Basic Drill sequence each movement is scored, on a scale of 1 to 5. The sequence for Color Guard competition is comprised of many graded regulation movements and a Judge's Overall Impression Score yielding 400 points maximum possible. The scores will be ranked in order and the proportional scoring system will then assign a point value to your school. The winning school in both the Armed and Unarmed events will receive 400 Scoring Points each.

C. Color Guard Regulations & Performance Issues

1. The National Colors will be the senior flag with a JUMS 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.
2. Color Guards MUST utilize EITHER one of the three following flag and pole combinations: (A) the JUMS provided 9-1/2' wooden pole with Battle-Ax, (B) the JUMS provided 8' or 9' aluminum pole with Battle-Ax; or (C) the JUMS provided 8' wooden pole with spear tip
3. All units must utilize and properly display the JUMS-requisitioned sling, including color harness during color guard competition. (NOTE: the black harness IS JUMS APPROVED and allowed at this event. Combo Covers are NOT AUTHORIZED, but JUMS issued white guard belts are optional).
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 UNCASED COLORS! Use the case and uncase area set aside for this purpose. See enclosed map layout for the exact position of this case/uncase area.

D. Sequence Movements

1. All of the prescribed movements in the Color Guard sequence are located on the event scoresheet, located in Section 5 of this folder under "Event Scoresheets".

SECTION 8.5 — KNOCKOUT DRILLS

A. General Information

1. All cadets maintained on a NJROTC competition roster may enter both the Armed Knockout Drill and the Unarmed Knockout Drill. There is no separate fee to enter either Knockout competition.
2. No inspection for this event will be conducted; however, the drill uniform should be worn appropriately. This applies particularly to females who must continue to have their long hair pinned-up under their cover. Those cadets not in compliance may be "knocked out" immediately at the start of the Knockout by the event judges.
3. 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.
4. No swords are allowed in the Armed or Unarmed Knockout competition.

B. Judging, Scoring and Procedures

1. Knockout Drill judging is handled by 12-15 judges. Knockout is a single elimination event, one mistake and out. All judges' decisions are final. Cadence for the event is rhythmic but NOT 112 to 120 counts-per-minute. These movements will not be published in advance but will be basic, largely stationary commands.
2. Knockout commands will be given in clear, understandable language. However, a few commands may be given which either cannot be executed from the position issued or is a two-part command with only the first part of the command given. These are not trick commands, but are given to test the cadet's ability to both know the military manual of arms as well as to react correctly to any given command.
3. Upon being knocked out, any cadet who refuses to leave the floor immediately may be 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.
4. Cadets will be knocked out until TEN 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 ten of these final cadets will each receive medals that will be presented at the beginning of the Awards Ceremony that evening denoting their order of finish.
5. Teams should understand that the Knockout Drill is highly subjective. Oftentimes, winners are crowned by a combination of superior talent and a bit of luck.

SECTION 9 — UNIT PERSONNEL INSPECTION

A. General Information

1. Unit Personnel Inspection is a required event **for every member of your team at the NJROTC Nationals.**
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 standing Unit Personnel Inspection **MUST WEAR** a name tag. Additionally, all cadets **MUST WEAR** all and ONLY NJROTC ribbons earned that appear on the NJROTC ribbon chart (CNET 1533/61). The NJROTC Nationals Unit Personnel Inspection will look for a sharp uniform, as well as a sharp cadet INSIDE the uniform! Remember, **all cadets must wear all NJROTC ribbons earned for this personnel inspection.** Teams who "strip down" cadets to wear less than their full compliment of ribbons earned will be graded down.
4. The scoresheet for Unit Personnel Inspection is located in Section 5 of this folder. This scoresheet should be studied to see how your performance can receive the maximum score in each area.
5. Under any circumstances, cadets **ARE NOT** to seek out and return to Unit Personnel Inspection judges with answers to previously asked, inspection-related questions.

6. Schools and their followers will be allowed inside the AD Hangar. Schools are encouraged to come forward to the boundary tape to watch **THEIR OWN SCHOOL PERFORM** Unit Personnel Inspection and Color Guard on Friday. However, they are not allowed to "hang around" throughout the morning and watch other schools perform. Along with the advanced prep this encourages, we do not want the bleachers to become a permanent home – there is not enough seating to allow all attendees, cadets and spectators a seat throughout the day. When your unit has completed their performance, it will be expected that your group will LEAVE the facility. We are looking for SNSI/NSI interaction to control their own spectators for compliance on this important matter.

B. Inspection Judging

1. After formation 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 (OR MA'AM), THE FIGHTING BLUE KNIGHTS FROM ACME HIGH SCHOOL IN MINNEAPOLIS, MINNESOTA REQUEST PERMISSION TO FORM FOR INSPECTION."**

C. Special Emphasis Inspection Matters

1. 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.
2. Hair length and style should correspond to the NJROTC 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. Standard-issue leather oxford shoes are required wear for all portions of the event.

D. Cadet Verbal Responses

1. **Judges are instructed to ask every cadet THREE questions and THREE QUESTIONS ONLY during Unit Personnel Inspection.** NSTC has determined that questions asked of cadets during Unit Personnel Inspection will be much more defined AND **will come from two areas ONLY: Chain of Command** (as defined on page FM-79 in the Cadet Field Manual) **and the Cadet Field Manual.** The exact questions asked will not be published in advance for the cadets. These questions will be given only to the judges in advance.
2. When answering questions pertaining to the Chain-of-Command the cadet will BEST respond by: 1)repeating the question, 2)identifying the individual by title, 3)first name and 4)last name. For example, if asked, "who is the Secretary of the Navy?", the cadet would best respond, "Sir/Ma'am the Secretary of the Navy is, Secretary First Name, Last Name".
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 "thus & so" is correct". Do not lose military bearing! After completing the inspection process, immediately reach the Area Manager overseeing the U.P.I. competition and discuss the incident. He will then contact the judge and assure the correct ruling and scores are in place.

E. Exact Unit Personnel 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 U.P.I. area, the school next up for U.P.I. should immediately move their formation to just outside the entrance of the U.P.I. area. When the judges have completed their scoring, a U.P.I. official will meet the cadet commander in this entry area to ensure the whole team is present and ready to compete (NOTE: remember, any cadet failing to participate in the U.P.I. for the school is INELIGIBLE to compete in any event for the duration of the weekend). This official will ensure the cadet commander is prepared to form the unit into FIVE squads of cadets (no more than 8 cadets per squad with each squad **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 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. **THIS WILL BE STRICTLY ENFORCED!**
3. On the direction of this U.P.I. official, the cadet commander will MARCH the cadets forward (Fall In/Out commands are prohibited) and then face the cadets, centered and facing the U.P.I. Head Judge who will be stationed directly in front of a large orange traffic cone. This march will begin the Report-In scoring for the U.P.I. event. No Mustering Petty Officer is utilized; the cadet commander leads the unit.
4. The cadet commander (**NOTE: NOT THE ENTIRE UNIT**) will execute a hand salute to the Head Judge. The cadet commander will also verbally report in to the Head Judge. An example of this verbal report-in could be: **"SIR (OR MA'AM), THE FIGHTING BLUE KNIGHTS FROM ACME HIGH SCHOOL IN MINNEAPOLIS, MINNESOTA REQUEST PERMISSION TO FORM FOR INSPECTION."**
5. The Head Judge will return the salute and state, **"Form for Unit Inspection"**. The cadet commander will then execute about face and instruct the unit to, **"Open Ranks"**, and then **"Ready, Front; Cover"**. **NOTE: The cadet commander WILL move smartly to check alignment of the squads.** This movement should be done expeditiously. Teams viewed by the judges as dragging out this simple process will be penalized.
6. Upon completion of Ready, Front; Cover, the inspection judges will move to begin their personnel inspections. The Head Judge will then inspect the cadet commander. After the Head Judge concludes the inspection of the cadet commander he/she will instruct the cadet commander to "precede him (her) thru the inspection of first squad." At the completion of the inspection of the last cadet in first squad the cadet commander will step off as in marching and proceed down the rear of first squad and take their correct position 3 paces beyond the right flank cadet (guidon). 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 senior 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 move to the correct position to march the unit out of the inspection area.
7. One judge will inspect each squad. Each cadet will receive an individual score (see score sheet for details).
8. The cadet commander removes the unit from the floor smartly with a simple Right Face/Forward March, thereby exiting from the opposite side of the area from where they entered. Judges then finalize their scoring of the unit and prepare for the next school. The final cadet leaving the floor will end the scoring for the Report Out segment of the U.P.I. event.
9. Schools should evaluate the U.P.I. / Friday diagram located in this folder to best understand and properly execute the written directions contained above.

SECTION 10 — ATHLETIC PHASE

A. Athletic Phase Events

1. The physical fitness competition will be coed in all events within the Athletic Phase competition. Males and females will compete as members of the same team as follows:
 - ◆ **Curl-ups: 16 members — (8 males/8 females)**
 - ◆ **Push-ups: 16 members—(8 males/8 females)**
 - ◆ **16x100-yd shuttle relay: 16 members — (8 males/8 females)**
2. Only the competing runners and a coach from the teams called to compete in that specific heat may enter the inside of the track area. This is to allow better race monitoring for safety AND better race execution by event.

B. Athletic Phase Specifics

1. All running/relay events are scheduled outdoors (weather permitting) and utilize a flat, grass athletic area (Parade Grounds) for the 16x100yd relay.
2. In both the relay events, teams may have their males and females compete in any order they desire.
3. NSTC will obtain an on-base facility for quick uniform changing between events on Friday. The restroom areas on-site are not designed to be used as a changing facility. Additionally, the restroom areas on-site should be left CLEANER that when you arrived.

4. Where cones are used for racing lanes, lane violations MAY be penalized when any part of a cadet or his clothing comes in contact with any part of the support cones or crosses the imaginary line created by these cones to gain an advantage. Should the cones become dislodged during an event, a violation may occur when a cadet crosses the point where a cone should have been were it not displaced.
5. In any athletic contest, should circumstances dictate that a school has been perceived as being deprived of the ability to gain an accurate count (push-ups/curl-ups) or an accurate time (shuttle relay) through no fault of their own, the Navy Area Manager on hand has the discretion to allow such team to undertake their event again to gain a solid score. The decision is NOT subject to protest and will be final.
6. No protests can 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. Suggestions for improving NEXT year's competition are welcome AFTER the Athletic Phase is concluded.

C. Relay Event General Regulations

1. Shoe regulations have been clarified from previous years. 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.
2. **Teams will bring their own baton.** The baton shall be of approximate standard track & field size and weight. Batons shall not be tossed. The baton must be passed to the following runner within the 10-yard passing zone. A dropped baton may be picked up by any runner without penalty and no additional dropped baton penalty will be enforced – the delay in retrieving the baton has been deemed the penalty.
5. Cadets will run in one of several heats. Each heat will contain from 6 to 8 teams. Each runner may only run one time per race. Any team failing to finish the race with possession of the baton by the last runner will receive zero points.
6. A "lane-based" start and run will be in use for the Shuttle Relay. All competitors within a heat will start together utilizing an unassisted start at a single start/finish line.
7. All timed events will desire a clean start. If one or two teams jump across the start line early, a minimum 5-second "false start penalty" will be assessed to those teams. No re-start will occur.
8. Time Penalties (assessed on a per occurrence basis) are as follows:
 - **5-SECOND PENALTIES will be maintained for all minor race infractions.** These include but not limited to: false start; minor interference, breaking inside track boundary; failure to pass the baton within the Passing Zone. Additional time penalties may be added at the discretion of the Area Manager should they believe the team gained an unfair advantage through the violation more than the penalty imposed.
9. After a baton pass, ENSURE your completed runner does not wander into the running path of another team. Doing so may cost your team a minimum 5-second interference penalty. A team which is SEVERELY impeded by interference (i.e., runner knocked to the ground, etc.) MAY have other remedies imposed. This decision is not subject to review/protest and is SOLELY at the discretion of the track officials.
10. The position of any runner will be based on their point of contact with the ground. Therefore, a runner will be considered within the passing zone if the ONLY contact with the ground is occurring inside the passing zone even if the runner reaches out of the zone to acquire the baton. A baton may not be THROWN, it must be passed only.
11. No participant may leave the track in any manner. Any cadet doing so may cause his team to be penalized up to a disqualification for egregious violations.
12. The last runner in both relay events will wear a pull-over vest that will denote them as the final runner for their school. This will assist in getting the correct time and to ensure all 16 runners have participated.
13. 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 and highly subjective to penalize but it has been penalized in the past. PLEASE don't let this happen to your team!
14. Teams are encouraged to post their guidon flag, school banners, school mascots or other reasonable displays in the grass near the competition site during all Athletic Phase Events to display to everyone who is competing – SHOW YOUR SCHOOL SPIRIT!

D. General Curl-Up/Push-Up Regulations

1. One station will be used for all performing teams, therefore every team will be judged by the same set of judges. This will eliminate any problem of un-even judging between stations. Area Managers will be on hand for the entire competition and will play an active role to ensure judges are fairly and accurately exercising their duties. Area Managers can and will intervene with judges who are allowing incorrect procedures to occur.
2. Both the Curl-up & Push-up competitions utilize a cadence that all competitors must hear clearly to execute the required movements. The male & female cadence will generate 50 curl-ups/push-ups every minute; therefore cadets who can execute correct curl-ups/push-ups throughout will receive a perfect score of 250 for the five- minute period. It is the responsibility of the competing school to ensure that assisting cadets, spectators and others affiliated with the school maintain sufficient quiet to allow the competitors and judges to hear the cadence.
3. Non-competing cadets **MAY NOT** enter the station area to hold cadets feet or serve in any other required function or capacity. The curl-up team and push-up team must be able to accomplish all of the required tasks set forth in this document without external support from non-competing cadets. Specifically, this means that curl-up cadets may be the only cadets in the curl-up area. No other person may come in to hold the feet of the competing cadets or interfere with the competition/judging. Teams must practice this in advance to be successful.
4. If the participant breaks form in any manner, the judge will immediately physically touch the cadet on the shoulder and state the violation verbally to the cadet (example: "get in cadence, cadet" OR "arms parallel to the deck, cadet"). Upon hearing this, **THE CADET SHOULD RESPOND AYE, SIR!** The judge will not count incorrectly executed movements. A second break in form announced by a judge WILL cause the judge to again touch the cadet on the shoulder and announce, "Good Job, You're Done" or similar. The judge stops the count and the cadet will not be allowed to execute further curl-ups/push-ups.
5. Males and females will execute both curl-ups & push-ups in the same manner – no gender differences. The time limit for the event is **5 minutes**. NO RESTING IS PERMITTED during either event. The count for each competitor will be recorded immediately following the completion of the event. Cadets are directed to NOT leave their competition area until their count has been recorded from their judge.
6. Cadets who complete the entire five minute segment of curl-ups/push-ups will be given a one-minute bonus time period to correctly execute as many curl-ups/push-ups as they can, without cadence tape. This one-minute segment total will be used exclusively to break ties and it will not count towards the team scoring total. Cadets who believe they can execute the full five minutes of curl-ups should PRACTICE not stopping at the end when the tape states, "**Cadence Stops – one minute bonus time continues!**" Cadets may not rest in any fashion during this bonus time. The cadence may slow, but not cease. Cadets who break form a single time or fail to continue (cease) as outlined above will have their bonus time curl-up count stopped at that point.

E. Event Specific Rules, Procedures & Regulations

CURL-UPS

1. Curl-ups will start from the fully prone **DOWN position** with: shoulders on the deck, knees bent, thighs at a 45° angle with the ground, feet together and flat on the deck, butt in contact with the deck. Arms will be crossed on the chest with the hands on the opposite shoulders (NOTE: some competitors have grasped their t-shirts in the past — this is NOT ALLOWED and you will be warned then stopped for this practice. Hands go on the shoulders.)
2. A team member (partner) will hold the **FEET** of the competing cadet with only their hands. Ensure cadet partners hold **ONLY THE FEET** of the cadet competitor. Holding the calves, ankles, or legs is not allowed, so cadet partners should practice holding **JUST** the feet with only their hands.
3. The command in use to start the Curl-up competition for each school will be the now famous, "aaaand, UP!"
4. One curl-up is counted each time the elbows touch the **MIDDLE OF THE THIGH** so long as the hands remain in contact with the shoulders & the body originates in the required start position (special note: BOTH shoulder blades must touch the deck, butt must STAY on the deck, and back may not "arch").

PUSH-UPS

1. Push-ups will be performed starting with the body flat on the deck.
2. The command in use to start the Push-up competition for each school will be the now famous, "aaand, UP!"
A push-up is counted on correct movement to the "UP" position while properly executing the movement in cadence. On the command "UP", the arms will straighten and fully extend, the legs, torso and head will remain in a straight line, fingers forward and directly under the shoulders. The cadet must maintain this straight body line as well as all other regulations for correct form at all times during the push-up competition.
3. On the command "DOWN", upper arms are parallel to the deck, legs, torso & head are in a straight line, fingers forward and under the shoulders. Done correctly, this places the chest roughly 3" from the ground.

16X100-YARD SHUTTLE RELAY

1. Proper execution of this event will have cadets leaving the start/finish line, running 100-yards to the other end of the arena and passing the baton to the next runner who then runs in the opposite direction. Subsequent runners will run in the same manner until the last member completes the relay.
2. Each school will have 8 males & 8 females — they may compete in any order.
3. A single 10-yd., face-to-face baton passing zone will be utilized at both runner start points. Receiving runners will receive the baton within this zone. Failure to execute the pass within this zone will result in a MINIMUM 5-second penalty as outlined above under penalties. See diagram on page 3-5 for the diagram of the track in use.
4. The time for each competing school will be recorded immediately following the completion of the heat.

F. Inclement Weather Options

1. **The call for an inclement weather change to the standard schedule will be made solely by NJROTC HQ.** It is not subject to review or protest and very well can modify the way scores have been outlined within these competition regulations. The on-site call regarding exactly how the event will be modified to include the cancellation or modification of specific events, their scoring, or any other modifications to be implemented, will be made on-site and distributed to the teams by the Area Managers.
2. There will be NO supplemental events to replace any events deemed too dangerous to host. With this, the Standing Broad Jump competition and the Kneeling Basketball Throw competition have been removed as options for the Navy Nationals. Teams are no longer required to practice these events as they will NOT be used under any circumstances.

SECTION 11 — PENALTIES

A. General Information

1. This is not meant to be an all-encompassing list of penalties, but it is meant to give Navy Instructors and competitors alike an idea of what NSTC feels will be a MAJOR violation and MINOR violation, with the corresponding penalty points for each. Athletic events maintain a 5% individual or team deduction (push/curl) or 5 second reduction for all minor violations. All major violations maintain a 10% individual or team deduction (push/curl) or 10-second penalty MINIMUM for all major violations. Many examples of these are as follows:

◆ MINOR (0 to 50 point deduction - 5 Second / 5% penalty (athletics))

- Minor Uniform Violations
- Unintentional Boundary Violations in Drill
- Dropped Drill rifle in Exhibition Drill
- Coming late to a competition area!
- Any penalty handed out during the track event that is a “basic” penalty where someone does NOT gain an advantage approaching 5 or more seconds. Boundary, stepping off the track, passing zone, false starts, etc.

◆ MAJOR (50 points to disqualification – 10 seconds/ 10% penalty or more (athletics))

- Cheating or assisting in cheating during any competition
- Unsportsmanlike conduct
- Illegal Equipment / Glaring Uniform Violations (to include Incorrect / Illegal Drill rifle in use)
- Intentional Boundary Violations (advantage gained)
- Illegal items affixed to a drill rifle
- Use of metal spiked cleats by a athletic runner
- Major race interference
- Coming VERY late to a competition area!
- Illegal participation by any cadet or incorrect gender in athletic events (generally, a cadet who did NOT stand inspection who participates in any event for the school).

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