

**1st Annual  
Cougar Nation Classic  
AFJROTC Drill Competition  
5 November 2016**



**Standard Operating Procedure (SOP)**

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## SECTION 1 - OVERVIEW

- 1. PURPOSE.** The purpose of the Cougar Nation Classic JROTC Drill Competition is to provide an opportunity for JROTC Drill Teams to participate in a drill competition and for the cadets of the TX-794 AFJROTC to plan and manage a service event for other programs.
- 2. LOCATION/DATE/TIMES.** The competition will be held at Cooper High School, 3639 Sayles Blvd, Abilene, TX, 79605, on Saturday, 5 November 2016. Competition times will start at 0900 and end with the awards ceremony at approximately 1700.
- 3. ENTRY FEES.** The fee for **each team/event is \$35.00**. Please make checks payable to “Cooper HS AFJROTC.”
- 4. HOW TO ENTER.** Email or call to tell us which teams you will enter. Then complete the enclosed entry form and return it, with a check for your entry fees, as soon as possible, but, NLT 7 October 2016. Please try to pay your entry fees when you enter. Because we pay almost all of the expenses up-front, it helps us if you do that. However, you may bring payment with you as long as we have a definite commitment from you. The deadline for canceling, if you have already paid, is 28 October 2016. After that date we will not be able to refund any fees.
- 5. ARRIVAL.** Schools may begin reporting in at 0730, 5 November 2016 at Cooper High School in the rear foyer of the gym (see competition site map.) Buses may drop off cadets in this corner of the parking lot, but then must circle around to park at the north end of the lot. Cars/SUVs may park in this area as well. Overflow parking will have to park on the curb outside of the parking lot.
- 6. DRESSING/COMMON AREAS.** The Cooper gym male/female locker rooms will be available for cadets to change. Additionally, the Cooper cafeteria will be open as a common gathering spot for schools to use. *AFJROTC TX-794, Cooper High School and Abilene ISD 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.
- 7. INCLEMENT WEATHER.** This completion will be held regardless of weather conditions. In case of bad weather, we will attempt to move the competition into the gyms and cafeteria.
- 8. CONCESSIONS/FOOD.** TX-794 will operate a concession stand until 1500 hours. Additionally, there are several eating establishments within a short drive of the campus.
- 9. COMPETITION DIRECTOR.** The Competition Director is MSgt Ron Deos, [ronald.deos@abileneisd.org](mailto:ronald.deos@abileneisd.org), office phone 325-691-1000 ext 8382, cell phone 325-864-7591. Questions concerning any portion of this SOP should be addressed to the Competition Director.
- 10. SOP REVIEW AND COMPLIANCE.** It is imperative each team commander and instructor thoroughly review and comply with all rules and procedures contained in this SOP.

## **SECTION 2 – EVENTS AND GENERAL COMPETITION GUIDELINES**

**1. EVENTS:** The following events will be offered. The specific rules and procedures for each event are outlined in that section of the SOP.

- a. Inspection
- b. Unarmed Regulation
- c. Unarmed Exhibition
- d. Armed Regulation
- e. Armed Exhibition
- f. Male Color Guard
- g. Female/Co-ed Color Guard
- h. Sabre/Sword Regulation
- i. First-year Regulation
- j. Male PT
- k. Female PT
- j. Knock-out Drill (FREE! Does not count toward overall standing.)

**2. NUMBER OF TEAMS.** Each competing school is limited one team in each event, which means you may enter a maximum of 11 teams. Extra teams WILL NOT be added, even if just for “JV” or “practice.” You may not compete more than one team in the same event. Cadets may participate in as many categories as they wish, but they may not participate in the same category more than once. Just so that there is no confusion, for Color Guard and PT (all other teams may be Co-Ed) this means that you may have:

a. 1 male and 1 female or 1 male and 1 mixed Color Guard Team. You may **not** enter 2 male, 2 female or a co-ed and a female. (As indicated, female and co-ed color guard are the same category.)

b. 1 male and 1 female PT team. You **cannot** have 2 male or 2 female teams.

### **3. GENERAL COMPETITION GUIDELINES.**

a. Drill Manuals. All drill will be judged in accordance with Air Force Manual 36-2903, Drill and Ceremonies 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, Drill and Ceremonies.

(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, Drill and Ceremonies.

(3) All sabre/sword 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, Drill and Ceremonies and the USAF Honor Guard Training Manual (used to judge ceremonial at ease and sabre arch movements.)

(4) Terms such as “Team” or “Drill Team” may be substituted for “Flight” in regulation drill events.

b. Uniform Regulations. With the exception of the Inspection Phase (see inspection phase section for specifics,) all cadet uniform combinations will be at the discretion of the competing team as long as they conform to the HQ AFJROTC Director’s Policy Letter on Drill Team uniforms.

(1) The wearing of any “utility” uniform during a competition phase to include ABUs is **prohibited** at this competition.

(2) Cadets participating in PT **must** be in Air Force PT and grooming standards or they will not be allowed to compete.

(3) Leather shoes or Corfram shoes are appropriate wear for all portions of the competition. While Corframs are comparatively easy to maintain, leather shoes will require far more effort to achieve the same appearance. Should Corfram shoes be worn, the judging standard will demand absolute perfection to achieve the same score as a well-maintained leather shoe.

**4. TEAM COMPOSITION.** If a team does not have the required number of cadets to compete in a category, the following penalties will be applied. Missing one cadet – 25 points. Missing two cadets – 50 points. Missing more than 2 cadets, team will not be allowed to compete.

a. Inspection Phase. Each team **MUST** have 10 cadets (commander + 9 members.)

b. Unarmed Regulation and Exhibition Phase. Each team **MUST** have a **MINIMUM** of 10 cadets (commander + 9 members.)

c. Armed Regulation and Exhibition Phase. Each team **MUST** have a **MINIMUM** of 10 cadets (commander + 9 members.)

d. Color guard. Each team **MUST** have 4 cadets, **NO EXCEPTIONS.**

e. Sabre/Sword Regulation Phase. Each team **MUST** have 9 cadets (commander + two 4-person elements.)

f. First-year Regulation Phase. Each team **MUST** have a **MINIMUM** of 10 cadets (commander + 9 members.) To qualify as a member of the “1<sup>st</sup> Year Regulation” team, the cadet must be in their 1st year of JROTC. Their year in high school does not matter. The commander may be no more than a 2nd Year Cadet.

g. Male/Female PT Phase. Each team **MUST** have 4 male/female cadets respectively, **NO EXCEPTIONS.**

NOTE 1: Except for PT and Male Color Guards, all teams may be co-ed.

NOTE 2: The same cadet may not command both male and co-ed color guards.

**5. SCHEDULE.** It is very important that each school indicate their anticipated arrival time for the day of the competition on their entry form. The competition schedule will be published approximately 1 week prior to the competition.

a. There are no “requested” time slots. If a school has a particular order of competition they would like to follow, they should contact the competition director. In keeping the schedule realistic, we will try to schedule time between a school’s events to allow cadets who are on more than one team to make it from one event to another. Also, we’ll attempt to meet any start and finish time constraints for a school traveling a long distance.

b. Although not required, it is desired schools make every effort to arrive prior to the first competition time of 0900.

c. The schedule will be strictly enforced. Any team not ready to perform at their designated time will incur a 25 point penalty and may result in the competition time being moved to another time in the schedule. Any questions or concerns should be directed to the Competition Director.

## **6. JUDGES AND JUDGING STANDARDS.**

a. Judges will be volunteer active-duty service members from Dyess AFB.

b. All judges will be provided a copy of this SOP and will be thoroughly briefed on the competition rules and standards.

c. At no time during the competition should a judge be approached by any cadet, instructor, parent or other person from the competing schools. Any questions regarding rules, procedures, judging standards, etc., should be directed to the Competition Director.

d. All judges decisions will be final. Judges will not confer with each other on scores for any particular movement in a drill sequence, however, they may confer on the matter of penalties such as boundary or time penalties, team composition, etc.

**7. RERPORTING STATEMENTS.** Reporting statements for all drill events must contain as a minimum the school and team name. 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.

**8. USE OF SPORTS NETWORK INTERNATIONAL (SNI) AIR FORCE NATIONAL DRILL MEET INFORMATION.** This document maintains copyrighted materials in use for the Air Force National Drill Championships competition. Permission has been granted by Event Manager, Sports Network International. For event details, training materials or other drill information, please contact SNI Competition Director Justin Gates at: 800-327-9311 / drill@thenationals.net / <http://drill.thenationals.net>.

## SECTION 3 – SCORING AND AWARDS

**1. SCORE SHEETS, RUNNERS, SCORE TABULATION CENTER.** As each team finishes a phase of competition, the score sheets will be collected by the runners for that area and turned into the score tabulation center. Approximately 1 hour after a team has competed, the team commander and/or instructor may review the score sheets in the score tabulation center (AFJROTC classroom.) Score sheets will be mailed to participating schools approximately 1 week after the competition.

### **2. AWARDS.**

a. Awards for each event will be as follows as determined by each team’s total points:

Inspection	First, second and third place trophies
Unarmed Regulation	First, second and third place trophies
Unarmed Exhibition	First, second and third place trophies
Armed Regulation	First, second and third place trophies
Armed Exhibition	First, second and third place trophies
Male Color Guard	First, second and third place trophies
Female/Co-ed Color Guard	First, second and third place trophies
Sabre/Sword Regulation	First, second and third place trophies
First-year Regulation	First, second and third place trophies
Male PT	First, second and third place trophies Plus medals for the first place team members
Female PT	First, second and third place trophies Plus medals for the first place team members
Knock-out Drill*	First, second and third place medals

\*Does not count towards overall awards.

b. Overall Awards. To determine placement for the overall awards, each school will be awarded points based on their teams finish in that phase. For example, 1st Place = 1 point, second place = 2 points, etc. Schools that do not field a team in a particular phase will receive an overall point total equal to the number of competing teams in that event + 1. For example, if you do not field an Armed Exhibition team and there are 10 competing teams, your overall total for that phase will be 11. This scoring method is designed to encourage schools to participate in as many competition phases as follows. The placement points will then be added and the schools with the “**lowest**” totals will be awarded the following trophies.

1st Place Overall – Grand Champion Trophy  
2nd Place Overall – 2nd Place Overall Trophy  
3rd Place Overall – 3rd Place Overall Trophy

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 approximately 1 week after the competition.

**NOTE:** As the host of this event, TX-794 will not compete in this meet. We look forward to providing this competition for **your** teams.

## **2. TIE-BREAKING CRITERIA.**

a. In the event of a tie in any drill competition area, the following criteria will be used to break the tie.

- (1) Least Penalties
- (2) Highest Head Judge Score
- (3) Total judges score *excluding* Head Judge

b. In the event of a tie in a PT competition area, the following criteria will be used to break the tie.

- (1) Most team pushups
- (2) Most team Situps
- (3) Fastest team run time

c. In the event of a tie in the overall awards, the following criteria will be used to break the tie.

- (1) Best overall raw point total.
- (2) School that participated in the higher number of events.
- (3) Best total finish in Inspection, Unarmed Regulation, and Armed Regulation.



## SECTION 4 – INSPECTION PHASE

**1. GENERAL.** All instructions regarding Flight Inspection rules & regulations are carried out to the letter to earn a top score. Several procedures have been changed from AFMAN 36-2203 for safety and/or time reasons. Other deviations from this manual will result in lower scores.

**2. INSPCETION AREA.** Inspection will take place in the gymnastics gym. There are no specific boundaries other than centering the team on the head judge.

**3. UNIFORM.** Cadets are *required to wear their service's* Regulation Service Dress uniform, authorized ribbons (NO medals), and appropriate JROTC shoulder patch – no ascots, gloves, cords/ropes, parade belts, or berets. Headgear will be required to be worn during inspection. The only headgear allowed will be the garrison cap (flight cap).

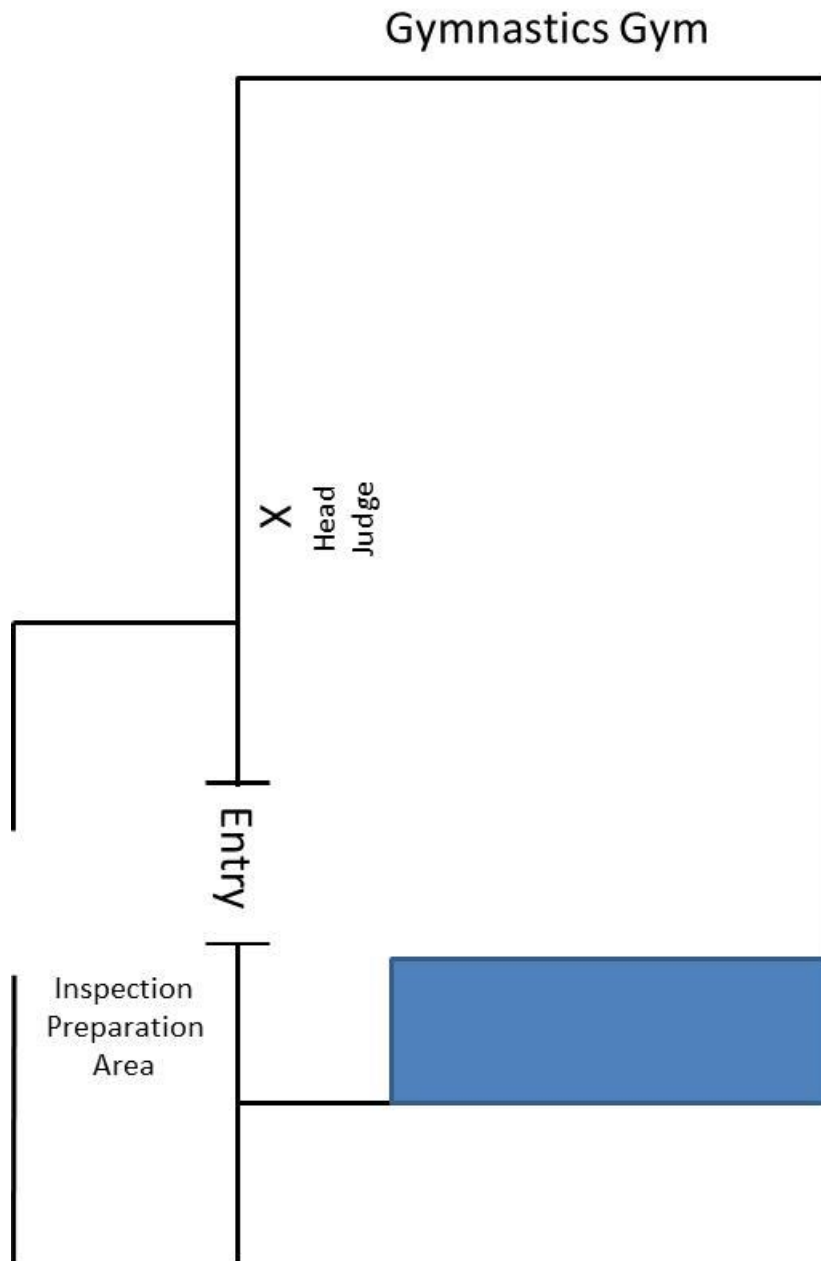
**4. PREPARATION AREA.** While the preceding unit is being inspected, the Cadet Commander will let the event runner know their team is ready and QUIETLY assemble their inspection cadets in the inspection preparation area. As soon as this prior team is finished, spectators should enter the inspection room and turn off all cell phones. At this point, the cadet commander may also very briefly look into the gym to get a feel for the layout.

**5. REPORTING IN.** The Head Judge will state, “XYZ HIGH SCHOOL, REPORT!” Cadet Commander will then command the cadets into the inspection area centering the unit on the Head Judge. The flight MUST be placed in THREE ELEMENTS of THREE cadets in each. The specific manner of entry is up to the unit but you must finish with three elements. Once inside the room, the Cadet Commander halts the flight and faces them centered. At this point, the Cadet Commander will command, “Open Ranks, March”, “Ready Front”, execute an About Face, salute, and then verbally Report In to the Head Judge with the unit at attention. NOTE: Cadet Commander WILL NOT MOVE TO CHECK ALIGNMENT DURING INSPECTION.

**6. INSPECTION PROCEDURES.** After Report-In, the Head Judge will inspect the commander. The Head Judge will then tell the commander, "PRECEED ME through the Inspection". Cadet Commander will follow these instructions and LEAD the Head Judge through the first rank. The remaining two judges will then step off and begin their Inspection of the other elements. All cadets in ranks should provide a very brief greeting to the Inspection judges when they halt in front of them. An example would be, “Good morning Staff Sergeant, Cadet Phillips ready for your inspection” or similar. When the Head Judge inspects cadet #3 of the 1st squad, the cadet commander is “in space” to the judge’s right. The judge then moves to the rear of the 1st squad and at that point the cadet FOLLOWS the head judge. When the judge reaches the end of the rank, both the judge and the cadet commander move directly to their original positions at the front of the formation. The cadet commander then FACES THE UNIT to ensure ALL judges have completed their inspection. **NOTE:** While there will be no specific “military knowledge questions,” the judges may engage the cadets in conversation about things such as number of years in JROTC, goals in life, etc. There is no score for “knowledge” although this could affect the cadets “bearing” score.

**7. REPORT OUT AND EXIT.** Upon seeing all inspection has been completed, the commander then executes “Close Ranks”. The commander then initiates About Face, salutes and verbally reports out to the Head Judge. The judge returns the salute and with that, the cadet commander executes About Face, and issues a command for the unit to exit the area (generally a "Column of Files" command to exit.) An extra cadet, parent or team follower moves quickly and quietly to open and hold the exit door (if present) for the team.

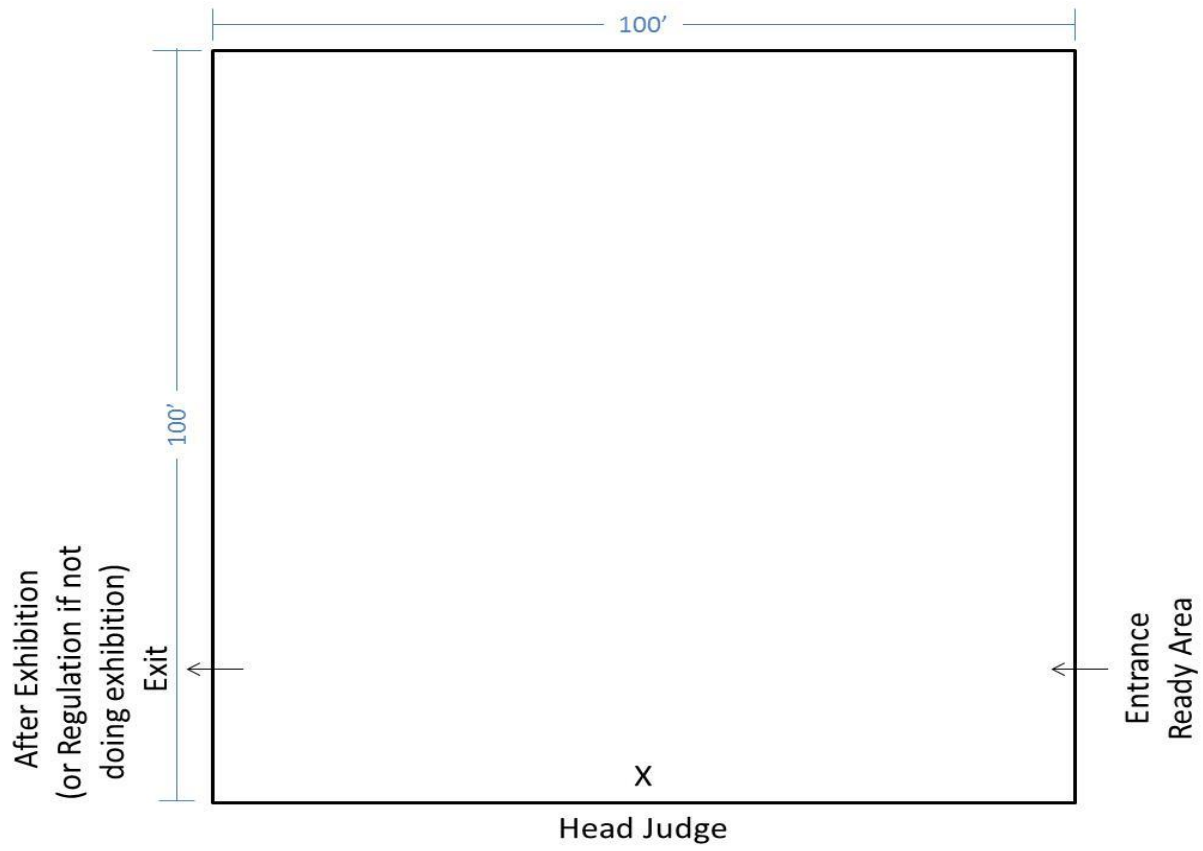
**6. INSPECTION AREA LAYOUT.**



## SECTION 5 – UNARMED REGULATION PHASE

- 1. 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 AFMAN 36-2203. 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.
- 2. UNARMED REGULATION AREA.** The unarmed regulation phase will take place in the East Parking Lot. The Drill Area will be 100' x 100'.
- 3. UNIFORM.** The uniform for the unarmed regulation phase will be at the discretion of the competing team as long as they conform to the HQ AFJROTC Director's Policy Letter on Drill Team uniforms.
- 4. 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, to the right of the head judge (see unarmed area diagram in this section.) 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 to the head judge's right (the same side they entered on) and reform for exhibition. If a team is NOT performing unarmed exhibition, they will exit the drill pad to the head judge's left (opposite of the side they entered on,) to make room for the next team. After performing exhibition, ALL teams will exit the drill area to the head judge's left (opposite of the side they entered on.)
- 5. 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.
- 6. 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 AFMAN 36-2203. 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.
- 7. 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 to the appropriate side as described in paragraph 4 above.

## 8. UNARMED AREA LAYOUT.



## SECTION 6 – UNARMED EXHIBITION PHASE

**1. 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 that 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.

**2. 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.

**3. 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!**

**4. UNARMED EXHIBITION AREA.** The unarmed exhibition phase will take place in the East Parking Lot. The Drill Area will be 100' x 100'.

**5. UNIFORM.** The uniform for the unarmed exhibition phase will be at the discretion of the competing team as long as they conform to the HQ AFJROTC Director's Policy Letter on Drill Team uniforms.

**6. 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.

**7. 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.

**8. 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.

**9. 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 five (5) minutes and a maximum of eight (8) minutes.** Teams will be penalized 1 point for each second under or over these time limits.

**10. 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 to the appropriate side as described in paragraph 6 above.

**11. UNARMED DRILL AREA.** See paragraph 8 in the unarmed regulation section.

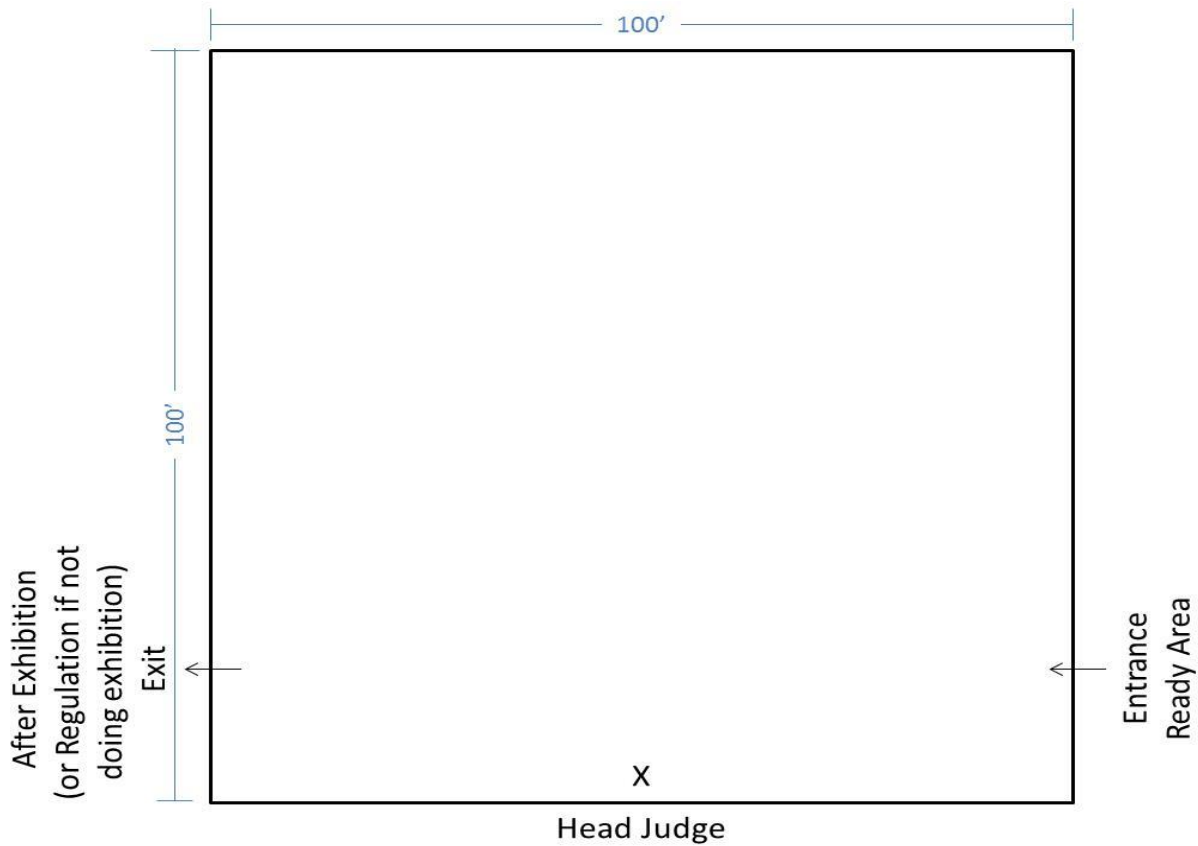
## SECTION 7 – ARMED REGULATION PHASE

- 1. GENERAL.** All instructions regarding armed regulation rules are carried out to the letter to earn a top score. The marching for this event will be judged strictly in accordance with AFMAN 36-2203 and weapon handling will be judged strictly in accordance with US Army TC 3-21.5. Any deviations from these 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.
- 2. ARMED REGULATION AREA.** The armed regulation phase will take place in the East Parking Lot. The Drill Area will be 100' x 100'.
- 3. UNIFORM.** The uniform for the armed regulation phase will be at the discretion of the competing team as long as they conform to the HQ AFJROTC Director's Policy Letter on Drill Team uniforms.
- 4. WEAPONS.** Teams may utilize any rifle **regardless of weight** (either demilitarized or facsimile). In either case, the drill rifle must: a) be rendered unfireable by either leading the barrel or removing/maintaining no firing pin, AND b) maintain an adjustable sling. 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.
- 5. 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 armed preparation area, to the right of the head judge (see armed area diagram in this section.) Both armed regulation and armed exhibition will be conducted in the same drill area. If a team is performing **BOTH** armed regulation AND armed exhibition, they will exit the drill pad to the head judge's right (the same side they entered on) and reform for exhibition. If a team is **NOT** performing armed exhibition, they will exit the drill pad to the head judge's left (opposite of the side they entered on,) to make room for the next team. After performing exhibition, **ALL** teams will exit the drill area to the head judge's left (opposite of the side they entered on.)
- 6. 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.
- 7. 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 AFMAN 36-2203 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.

**8. 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 to the appropriate side as described in paragraph 4 above.

**9. ARMED AREA LAYOUT.**





## **SECTION 8 – ARMED EXHIBITION PHASE**

**1. GENERAL.** 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. HOWEVER, units should remember that 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.

**2. 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.

**3. 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!

**4. WEAPONS.** Teams may utilize any rifle **regardless of weight** (either demilitarized or facsimile). In either case, the drill rifle must: a) be rendered unfireable by either leading the barrel or removing/maintaining no firing pin, AND b) maintain an adjustable sling. 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. A 5-point penalty is assessed for each dropped drill rifle during Armed Team Exhibition.

**5. ARMED EXHIBITION AREA.** The armed exhibition phase will take place in the East Parking Lot. The Drill Area will be 100' x 100'.

**6. UNIFORM.** The uniform for the armed exhibition phase will be at the discretion of the competing team as long as they conform to the HQ AFJROTC Director's Policy Letter on Drill Team uniforms.

**7. 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.

**8. 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.

**9. 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.

**10. 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 five (5) minutes and a maximum of eight (8) minutes.** Teams will be penalized 1 point for each second under or over these time limits.

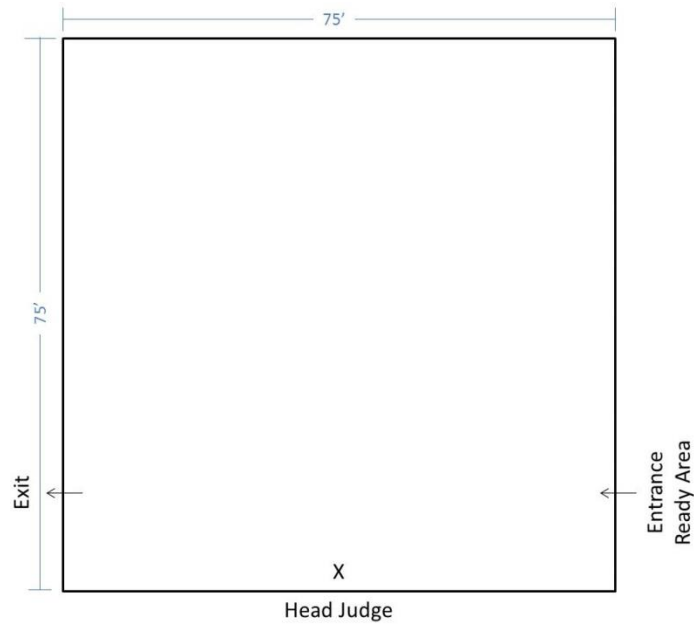
**11. REPORT OUT AND EXIT.** The armed exhibition routine may end at any point on the drill pad. After reporting out, the commander will have the team exit the drill pad to the appropriate side as described in paragraph 7 above.

**12. ARMED DRILL AREA.** See paragraph 9 in the armed regulation section.

## SECTION 9 – COLOR GUARD PHASE

- 1. 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.
- 2. COLOR GUARD AREA.** The color guard phase will take place in the East Parking Lot. The Color Guard Area will be 75' x 75'.
- 3. UNIFORM.** The uniform for the color guard phase will be at the discretion of the competing team as long as they conform to the HQ AFJROTC Director's Policy Letter on Drill Team uniforms. As outlined within TC 3-21.5, cartridge/pistol belts are REQUIRED equipment as a part of the color guard competition as regs dictate the folded canvas cases are placed **inside** these belts during Uncase Colors.
- 4. 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 color guard preparation area, to the right of the head judge (see unarmed area diagram in this section.) Teams will exit the drill pad to the head judge's left (opposite of the side they entered on,) to make room for the next team.
- 5. REPORTING IN.** The Head Judge will state, "XYZ HIGH SCHOOL, REPORT!" 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. The head judge will be standing at a fixed point exactly halfway onto the drill pad, just inside the boundary.
- 6. 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.
- 7. 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 to the appropriate side as described in paragraph 4 above.

## 8. COLOR GUARD AREA LAYOUT.




## **SECTION 10 – SABRE/SWORD REGULATION PHASE**

- 1. GENERAL.** All instructions regarding sabre/sword regulation rules are carried out to the letter to earn a top score. This event will be judged in accordance with US Army TC 3-21.5 and the USAF Honor Guard Manual. 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.
- 2. SABRE/SWORD REGULATION AREA.** The unarmed regulation phase will take place in the East Parking Lot. The Drill Area will be 100' x 100'.
- 3. UNIFORM.** The uniform for the sabre/sword regulation phase will be at the discretion of the competing team as long as they conform to the HQ AFJROTC Director's Policy Letter on Drill Team uniforms.
- 4. 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 sabre/sword preparation area, to the right of the head judge (see sabre/sword area diagram in this section.) Teams will exit the drill pad to the head judge's left (opposite of the side they entered on,) to make room for the next team.
- 5. REPORTING IN.** The Head Judge will state, "XYZ HIGH SCHOOL, REPORT!" Cadet Commander will then command the cadets into the sabre/sword 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 6 paces from the head judge when reporting in.
- 6. SABRE/SWORD REGULATION PROCEDURES.** All of the Sabre/Sword Regulation drill movements must be executed from memory, in the order they are listed, using the sequence on the score sheet in accordance with US Army TC 3-21.5 and the USAF Honor Guard Manual. 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.

## 7. CEREMONIAL AT EASE.


### CEREMONIAL AT EASE

**CEREMONIAL AT, EASE!**



**START OF MOVEMENT**


**1**



On the preparatory command of Ceremonial-At, the officer/enlisted individual will stand fast.


On the command of Ease, the right hand lowers with the saber/sword straight, not an angle inward or outward in relationship to the body, the thumb facing outward and the tip of the saber/sword about 6 inches from the matching surface. Simultaneously, the left foot will leave the right foot 6 to 8 inches apart and the left hand is placed in the small of the back, fingers extended and joined, palm is to the rear.

**2**



(1-2 inches)


**3**



The saber/sword is positioned to the front and centered on the body. The tip of the saber/sword is directly between and on-line with the left and right foot. The tip of the saber/sword is approximately 1-2 inches from the marching surface, the right thumb closest to the body, remaining fingers extended and joined farthest from the body. The left hand remains in the small of the back.

The left hand repositions and meets the right hand in front of the body. Left hand (fingers extended and joined) lies on top of right hand and thumb wraps around the palm of the hand. NOTE: Once count 3 is complete, slowly lower the saber/sword gently resting on the marching surface.


**END OF MOVEMENT**



USAF HONOR GUARD  
VISUAL GUIDE TO PERFECTION

3 / 5 SABER/SWORD MANUALS

DATE: JAN 06




115.

### ORDER FROM CEREMONIAL AT EASE

**HONOR, GUARD**


**START OF MOVEMENT**

**1**



The grip of the saber/sword is grasped securely with the right hand, left hand remains in position.


**2**



Assume the position of Parade Rest


**ATTENTION!**

**3**



Snap to the Position of Attention by sharply returning the saber/sword to the position of carry.


**END OF MOVEMENT**



USAF HONOR GUARD  
VISUAL GUIDE TO PERFECTION

4 / 5 SABER/SWORD MANUALS

DATE: JAN 06



116.

## **8. THE SABER ARCH: INSTRUCTIONS ADAPTED FROM THE USAF HONOR GUARD MANUAL.**

a. To do this movement, the team must be in two elements, four members per element. There should be no problem considering the team should not be more than 9 members including the commander, as per this SOP.

b. Prior to the command Center Face, have one element take one right step and the other one left step. This will create the extra space needed to do the arch.

c. The command Dress Center Dress, calls for the team members to snap their heads down, using their peripheral vision to make small adjustments.

d. On the command Ready, Front, the team members will snap their heads back up and to the front – looking at each other.

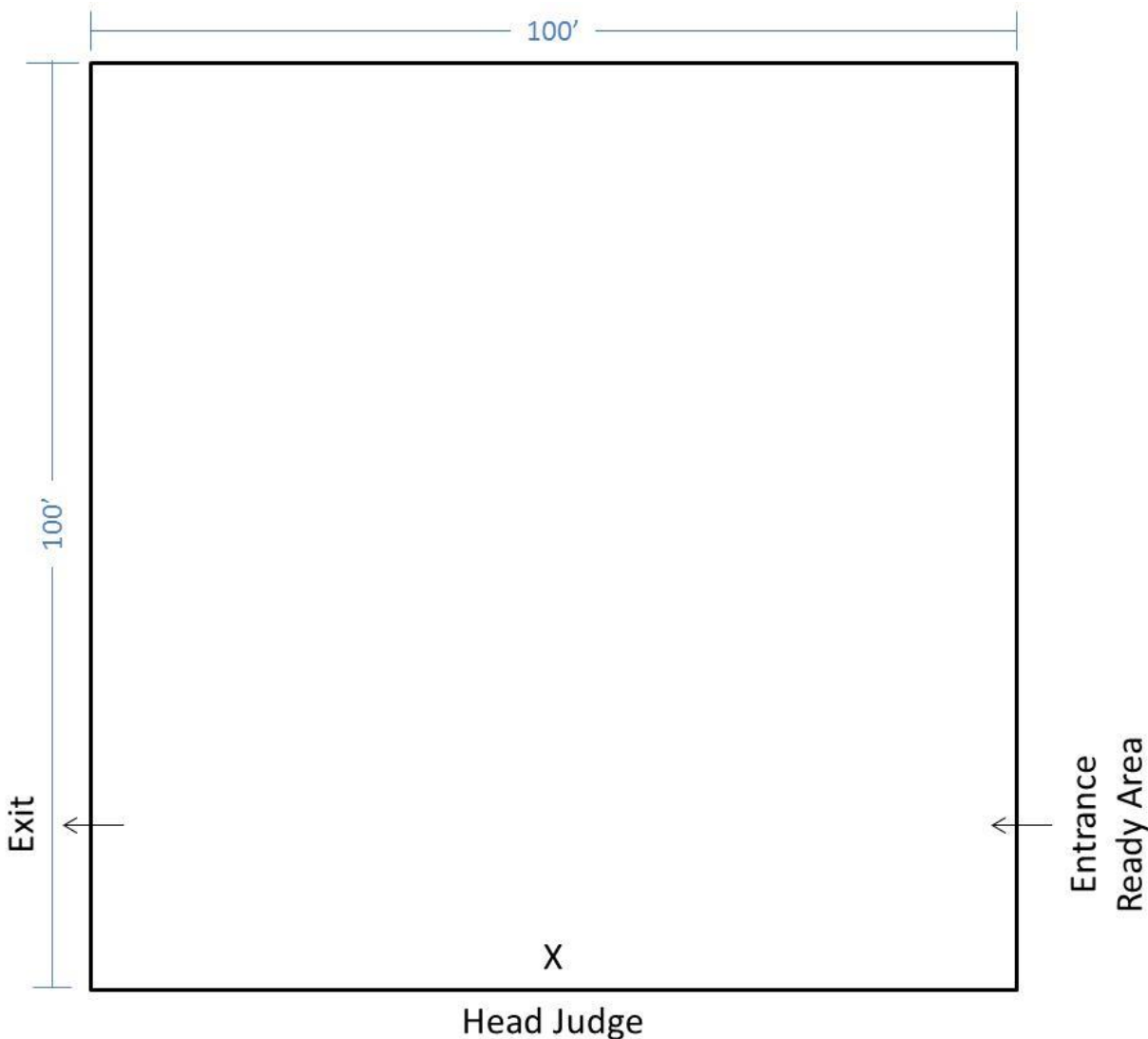
e. On the command Present Arch, the team members form the arch by extending their right arm, forming a straight line with their arm and saber. The saber is at a 45 degree upward angle. At this point, the commander will be the only one to march through the arch. The commander will then halt, do an about face and then give the next command.

f. The next command is Order Arch. On this command, the team members will return to the position of order arms.

g. Finally, the command Ready, Face is given. The team members will face in the direction that will create a column formation in preparation for the next command on the command sheet (Column Right). After facing, the elements will again take one left and right step, the opposite of what they did for Center Face, to close the distance between them. The commander will once again position themselves on their flight in preparation for forward march.

**9. REPORT OUT AND EXIT.** Conducted correctly, the sabre/sword 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 to the appropriate side as described in paragraph 4 above.

**10. SABRE/SWORD AREA LAYOUT.**





## **SECTION 11 – FIRST YEAR REGULATION PHASE**

**1. GENERAL.** All instructions regarding first year regulation rules are carried out to the letter to earn a top score. This event will be judged strictly in accordance with AFMAN 36-2203. 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.

**2. FIRST YEAR REGULATION AREA.** The first year regulation phase will take place in the East Parking Lot. The Drill Area will be 100' x 100'.

**3. UNIFORM.** The uniform for the first year regulation phase will be at the discretion of the competing team as long as they conform to the HQ AFJROTC Director's Policy Letter on Drill Team uniforms.

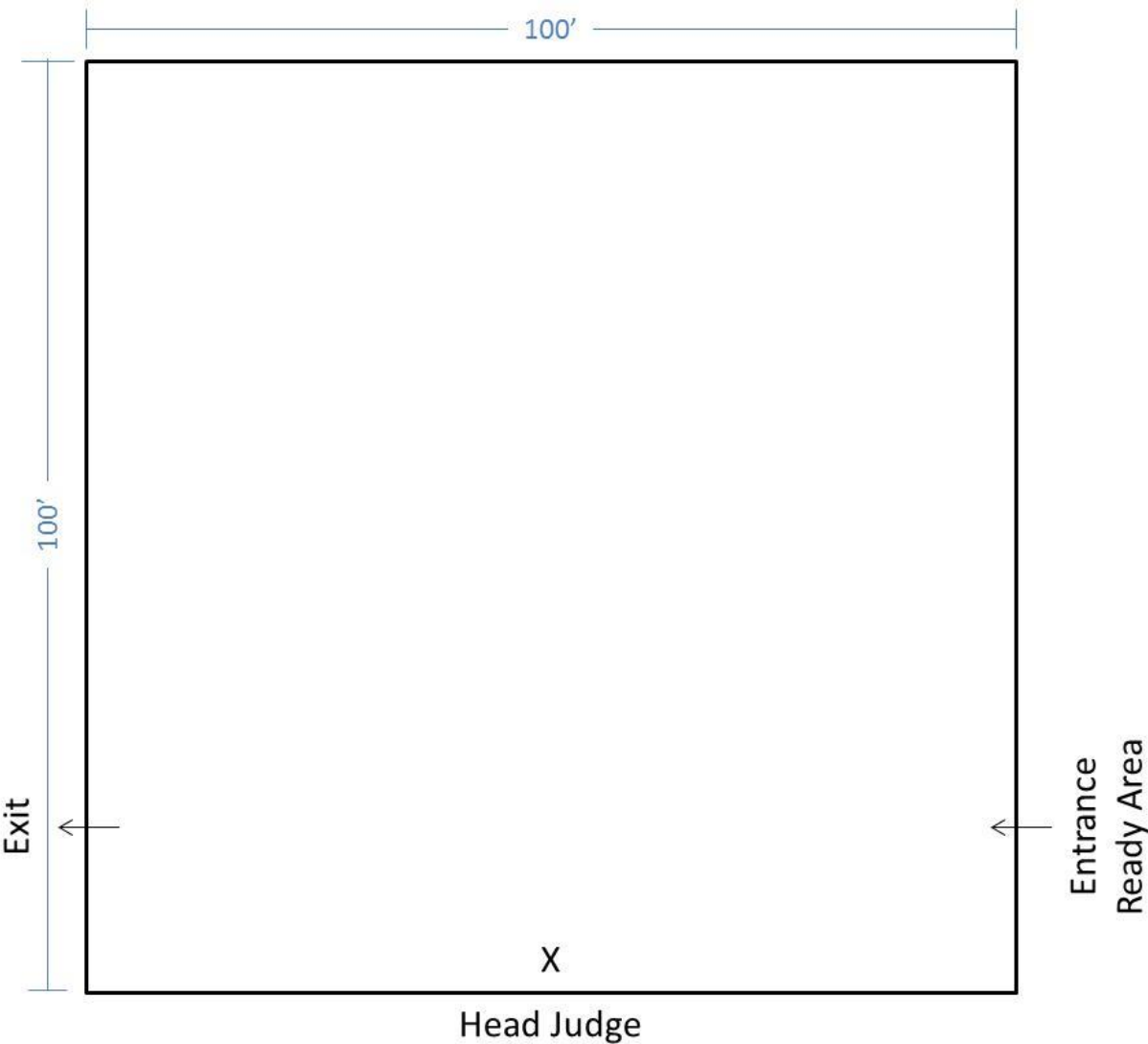
**4. PREPARATION AREA/DRILL PAD ENTRY AND EXIT POINTS.** While the preceding unit is performing, the Cadet Commander will let the event runner know their team is ready and QUIETLY assemble their team in the first year regulation preparation area, to the right of the head judge (see first year regulation area diagram in this section.) Teams will exit the drill pad to the head judge's left (opposite of the side they entered on,) to make room for the next team.

**5. REPORTING IN.** The Head Judge will state, "XYZ HIGH SCHOOL, REPORT!" Cadet Commander will then command the cadets into the first year 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.

**6. FIRST YEAR REGULATION PROCEDURES.** All of the first year regulation drill movements must be executed from memory, in the order they are listed, using the sequence on the score sheet in accordance with AFMAN 36-2203. 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.

**7. REPORT OUT AND EXIT.** Conducted correctly, the first year 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 to the appropriate side as described in paragraph 4 above.

**8. FIRST YEAR AREA LAYOUT.**



## SECTION 12 – PHYSICAL TRAINING (PT) PHASE

**1. GENERAL.** The PT Phase will be conducted IAW Air Force Instruction 36-2905. Each school participating in the PT portion must enter a four male team **and/or** a four female team. PT events are as follows: Push-ups, Sit-ups, Standing Long Jump, and a 4x100 relay team. The same four cadets must participate in all four events.

**2. TIMING/ORDER OF PT COMPONENTS.** The four PT components will be conducted in the order listed in paragraph 1 above. There will be a 1-minute rest period between components. All 4 members of the team will perform the push-ups at the same time and the sit-ups at the same time.

**3. PUSH-UPS.** The cadet will begin in the starting position with hands slightly wider than shoulder width apart, palms or fists on the floor 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 member may rest in the up position only. The cadet may remove their hands or feet from the floor, or bridge or bow their back, but only in the up/rest position. The body should maintain a rigid form from head to heel. The feet may not be supported or braced (e.g., no crossing of the feet). **Complete Push-up.** From the starting position (elbows extended), the member will lower the body to the ground until the upper arm is at least parallel to the floor (elbow bent at least 90 degrees or less) before pushing back up to the starting position (the chest may touch but not rest on or bounce off the floor). The member completes one full push-up after returning to the starting position with elbows fully extended. Incorrect push-ups (e.g., member does not lower body until upper arm is at least parallel to the floor, member does not fully extend elbows when returning to starting position, body bows at the waist, etc.) will not be counted and the cadet counting will RESTATE THE LAST “GOOD NUMBER” until the competitor properly performs the movement. **COMPRESSION SHIRTS OR OTHER “WEIGHTLIFTING” AIDS ARE NOT ALLOWED.**

**4. SIT-UPS.** The cadet’s knees will be bent at a 90 degree angle (throughout the assessment), with the feet or heels in contact with the floor at all times. The cadet’s arms will be crossed over the chest with the hands/fingers on the shoulders or resting on the upper chest (Army/Navy may lock hands behind the head). **Foot Hold.** The member’s heels must remain anchored to the floor throughout the assessment. 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 or stand on the feet during the assessment. **Complete Sit-up.** A complete sit-up is accomplished when the upper torso of the member is raised off the floor/mat, the elbows touch the knees or thighs, and the upper torso is lowered back to the floor/mat until the shoulder blades touch the floor/mat. Elbows must touch the knees or thighs at the top of the sit-up, and the shoulder blades must touch the floor/mat at the bottom of the sit-up. Any part of your hands/fingers must remain in contact with your shoulders/upper chest at all times. Incorrect sit-ups (e.g., elbows do not touch the knees or thighs at the top of the sit-up, shoulder blades do not touch the floor/mat at the bottom of the sit-up, hands/fingers lift completely off the shoulders/upper chest, etc.) will not be counted and the cadet counting will RESTATE THE LAST “GOOD NUMBER” until the competitor properly performs the movement.

**5. STANDING LONG JUMP.** There will be no running start. **CLEATS ARE NOT ALLOWED.** The distance measured is between the starting line and the closest body part of the jumper to the starting line.

**6. 4X100 RELAY.** The lead runner will start with a relay baton, handing off the baton to follow-on runners. Each runner will cover approximately 100 yds, with lower times garnering higher points totals. Shoes **ARE** required. **CADETS WILL NOT WEAR SPECIALTY RUNNING/TRACK CLEATS.**

### **SECTION 13 – 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 are top 3 finishers and 1 champion. 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 of the 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. The top three finishers will receive medals.



## 1st Annual Cougar Nation Classic Drill Competition Entry Form

***Make Checks payable to: Cooper HS AFJROTC.*** All Drill Entry Fees must be received by the day of the competition. This form must be mailed, faxed, or E-mailed back to us by **7 October 2016.**

School \_\_\_\_\_

Point-of-Contact \_\_\_\_\_

Phone/E-mail \_\_\_\_\_

Anticipated Arrival Time \_\_\_\_\_

<i>Team</i>	<i>Cost</i>	<i>Will your school enter a team in this phase (yes or no)</i>	<i>\$ Total</i>
Inspection	\$35		
Unarmed Regulation Drill	\$35		
Unarmed Exhibition Drill	\$35		
Armed Regulation Drill	\$35		
Armed Exhibition Drill	\$35		
Male Color Guard	\$35		
Female/Co-Ed Color Guard	\$35		
Saber/Sword Regulation Drill	\$35		
1 <sup>st</sup> Year Regulation Drill	\$35		
Male PT	\$35		
Female PT	\$35		
			<i>*Total</i>

\*If a school enters a team in every category, their total due will be reduced to \$350.00. In other words, enter 10 teams and get 1 free!

***Contact Info:***

***Address:*** Cooper High School, TX-794 AFJROTC, 3639 Sayles Blvd, Abilene, Texas 79605

***Email:*** [ronald.deos@abileneisd.org](mailto:ronald.deos@abileneisd.org)

***Phone:*** 325-864-7591 ext 8382

*1st Annual Cougar Nation Classic Drill Competition*  
**PHYSICAL TRAINING COMPETITION PERMISSION  
and STATEMENT OF WAIVER**

I, \_\_\_\_\_, the Parent/Guardian of \_\_\_\_\_,  
Printed name of Parent/Guardian Printed name of cadet

hereby grant permission for my son or daughter to participate in the Physical Training Competition portion of the Cougar Nation Classic Drill Competition on 5 November 2016, at Cooper High School in Abilene, Texas. I release the United States Air Force, the Abilene Independent School District, Cooper High School, its staff and faculty, the TX-794 AFJROTC Department, the AFJROTC instructors, those involved in the conduct of the PT competition, and all agents and sponsors of the above, of any liability for any injury sustained by my son or daughter during this drill meet.

\_\_\_\_\_  
Signature of Cadet Competitor

\_\_\_\_\_  
Date

\_\_\_\_\_  
Signature of Parent / Guardian

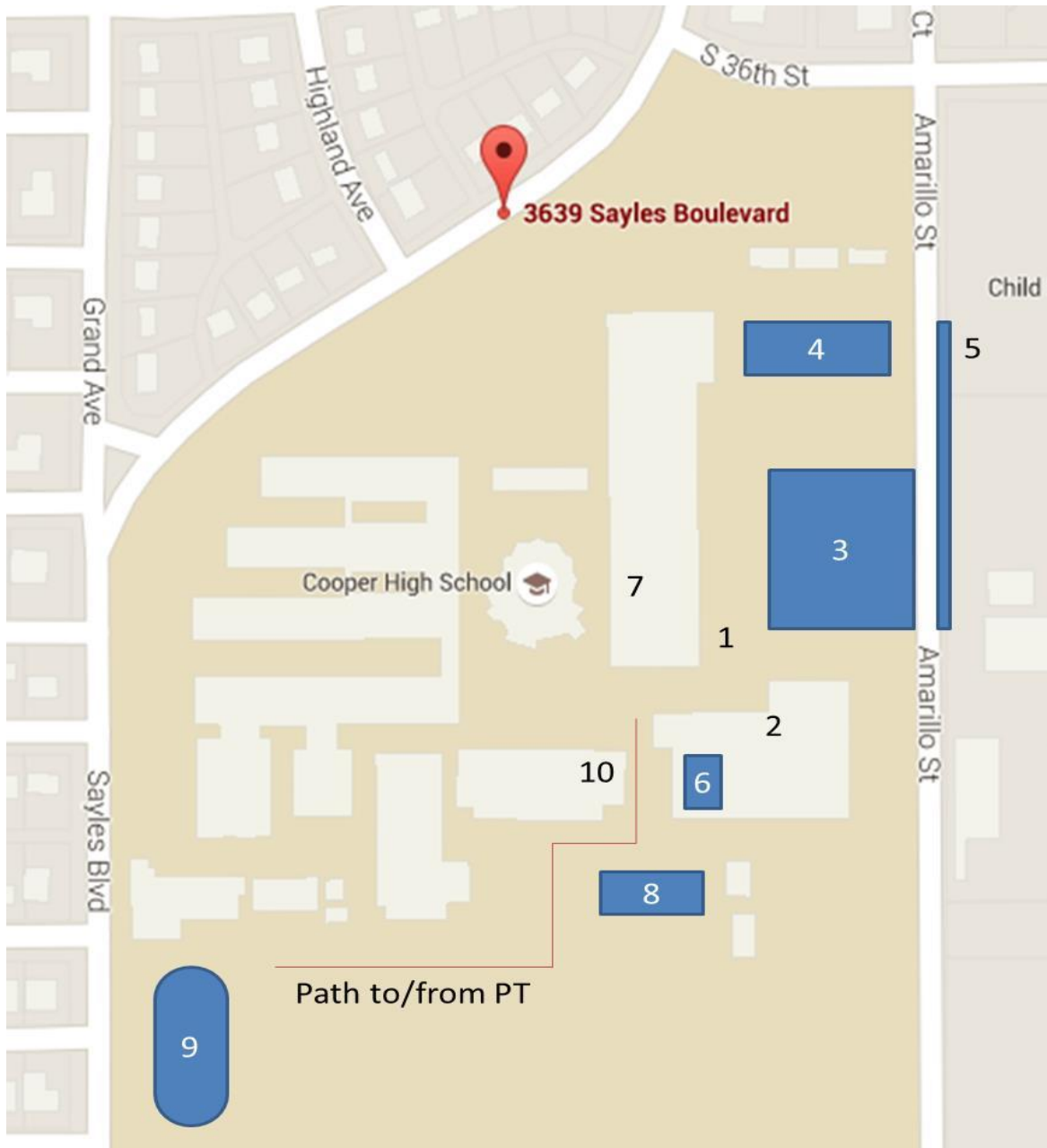
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Date

\_\_\_\_\_  
Signature of JROTC Instructor

\_\_\_\_\_  
Date

**NOTE: *This form must be completed and turned in before a cadet is allowed to participate in the PHYSICAL TRAINING COMPETITION.***

*1st Annual Cougar Nation Classic Drill Competition*  
**COMPETITION AREA MAP**



- |                                       |  |
|---------------------------------------|--|
| 1. Drop-off Point                     | 8. JROTC Drill Pad (Practice Area)       |
| 2. Check-in Station/Locker Rooms      | 9. Track (PT Area)                       |
| 3. Drill Competition Area             | 10. ROTC Classroom (Scoring/Hospitality) |
| 4. Bus/spectator Parking              | ----- Path to Track                      |
| 5. Overflow Parking (curbside)        |  |
| 6. Inspection Area (Gymnastics Gym)   |  |
| 7. Cafeteria (Common Area/Concession) |  |