

# USNSCC South East Flagship Rules – revised 19 SEP 2015

**Please note: Any Sea Cadet Officer/Instructor who speaks to Cadet Participants during any event may cause disqualification of his unit from that event. This may be pointed out to the judges by anyone present. There will be NO League Cadet teams in Armed Exhibition Drill, Unarmed Exhibition Drill, Fire Fighting, Stretcher Race or Marksmanship. League Cadets may compete on Sea Cadet Teams in any event.**

## ALL HANDS EVENTS-PARADE GROUND

### **PERSONNEL INSPECTION - MILITARY BEARING AND PROPER WEAR OF THE UNIFORM**

#### **PARTICIPATION:**

1. All Cadets from all units shall stand inspection in their NWU's with sleeves down, as contained in USNSCC Regulations, and as specified in the Plan of the Day.
2. There will be one combined color guard from all units.
3. All Cadets shall carry an authorized ID Card.
4. New Entry Cadets, not yet outfitted, shall stand inspection as a Fourth Rank, and shall be inspected for ID Cards and Hair Cuts only.
5. # of Cadets Present ( \_\_\_\_\_ )  
# of Cadets Enrolled ( \_\_\_\_\_ ) = "Percent Present" \_

#### **PROCEDURE:**

1. Inspecting Officers are to judge the cadet in front of them regardless of size of unit.
2. Inspecting Officers shall gig for cause, not opinion and shall not gig a Cadet for Uniform discrepancies that are beyond the control of the Cadet. (i.e. obvious used Uniform, Pants too short, which cannot be let down any further etc.)
3. A writer attends each Inspecting Officer.
4. Upon completion of inspection all Units shall pass in review, then march off and prepare for the following event.

#### **JUDGING:**

1. Gigs shall be marked for infractions based on the Inspection sheet.
2. Scoring shall be as follows:

Divide: # of gigs \_\_\_\_\_ ( \_\_\_\_\_ )  
# of cadets inspected ( \_\_\_\_\_ ) = "Inspection Score"

4.000-"Inspection Score" ( \_\_\_\_\_ ) X "Percent Present" ( \_\_\_\_\_ ) = Score

#### **3. HIGHEST FINAL SCORE GIVES HIGHEST PLACING.**

##### **DISCREPANCIES (GIGS)**

UNIFORMS \_\_\_\_\_

HATS/CAPS \_\_\_\_\_

INSIGNIA \_\_\_\_\_

HAIR \_\_\_\_\_

SHOES \_\_\_\_\_

ID CARDS \_\_\_\_\_

TOTAL \_\_\_\_\_

## **REGULATION DRILL - MILITARY DISCIPLINE**

### **PARTICIPATION:**

1. Sea Cadet Units shall field a minimum of Fifteen (15) Sea Cadets to participate. If less than 15 Cadets are present then 100% of the Unit's complement must participate in this drill event.
2. League Cadet Units shall field a minimum of Ten (10) League Cadets to participate. If less than 10 League Cadets are present, then 100% of the Unit's complement must participate in this drill event.
2. Each Sea Cadet Drill Unit shall consist of three Squads of five Cadets, or as numbers permit, plus a Guidon and LPO.
3. Each League Cadet Drill Unit shall consist of 2 squads of 4 Cadets, or as numbers permit, plus a Guidon and LPO.
3. All Drill Movements shall be selected from the Navy Drill and Ceremony Manual, (NAVMC 2691) or as amended OPNAV p 3403 and executed on a 50 x 70 foot parade ground. The area will be coned off and measured before the event commences.
4. There shall be no more than ten paces between each movement.
5. The LPO and the judge will each receive a copy of the same pre-prepared drill card. The Drill shall be carried out exactly as stated on the Drill card issued. The LPO may carry and the read Drill Card.
6. The commands that will be used, but not necessarily in this order, are:

FORWARD MARCH

HALT

COLUMN RIGHT AND LEFT

TO THE REAR MARCH

HALF STEP

MARK TIME

EYES RIGHT OR LEFT

READY FRONT

RIGHT AND LEFT FLANK

### **JUDGING:**

Units shall earn from 10 to 40 points (10 points = passing, 20 points = average, 30 points = above average, 40 points = outstanding) in each of the following:

Military Bearing

Unit Formation

Appearance

Adherence to Exact Procedure

LPO Performance

Penalty Points shall be assessed as follows:

5 points for lateness. If the Unit reports more that 10 minutes late for their designated time. The judge can use their discretion if an adult officer explains the reason for the lateness, and may waive the lateness penalty.

5 points for each individual error within the Unit

5 points for each violation of pace limits

10 points for each incomplete movement by the Unit

10 points for any unsportsmanlike behavior or interference

Each Unit receives 50 Participation Points.

## **KNOCKOUT DRILL - INDIVIDUAL KNOWLEDGE AND ATTENTION TO DETAIL UNDER STRESS**

### **PARTICIPATION:**

All Cadets from each Unit may participate.

### **PROCEDURE:**

1. Total Sea Cadets shall form a single Drill Unit, with Sea Cadets and League Cadets in separate formations.
2. Appropriate judges shall drill the Unit, giving commands taken from the Navy Drill and Ceremony Manual (NAVMC 2691) and using a microphone.
3. After each command, Cadets eliminated shall quickly leave the field and the process shall continue until one Cadet remains.
4. The individual calling the commands will **not** say “by my command” prior to each command. “By my command” will only be required prior to the first command issued when changing to a new command issuer, in order to be considered a valid command.

### **JUDGING:**

Cadets shall be eliminated by the Judges after each command, if they fail to properly execute the given command.

### **SCORING:**

#### **SEA CADETS:**

1. Fourth remaining Sea Cadet shall be placed fourth for the Sea Cadets.
2. Third last remaining Sea Cadet shall be placed Third for the Sea Cadets.
3. Second last remaining League Cadet shall be placed Second for the Sea Cadets.
4. Last Sea Cadet remaining shall be placed First for the Sea Cadets.

#### **LEAGUE CADETS:**

1. Fourth remaining League Cadet shall be placed Fourth for the League Cadets.
2. Third last remaining League Cadet shall be placed Third for the League Cadets.
3. Second last remaining League Cadet shall be placed Second for the League Cadets.
4. Last Sea Cadet remaining shall be placed First for the League Cadets.

### **EQUIPMENT:**

1. PA System

## **EXHIBITION DRILL WITH RIFLES**

Exhibition Drill team must contain Four (4) Cadets. Parade Ground is 50 x 70 feet.

### **PROCEDURE:**

1. Exhibition Drill content is limited solely by the ingenuity of the Unit presenting it. The emphasis is on Exhibition.
2. Team Uniforms and equipment shall comply with USNSCC Regulations.
3. Drill shall take no less than three (3) and no more than five (5) minutes from start to finish.
4. The Drill team shall always be presented to the judges at Competition.
5. The exhibition drill team must have a **minimum** of six (6) rifle moves.
6. Military bearing must be maintained at all times.
7. Rifles will weigh at least 5 lbs. No lightweight rifles allowed.

### **JUDGING:**

1. The LPO shall report in to the Judge when called and ready to proceed.
2. The timing shall start when the first command is given to the Unit. Asking permission to take the field will not be interpreted as the first command.
3. The timing shall end when the LPO reports "This completes – unit - Exhibition Drill Sir".

### **SCORING:**

1. The Judges shall rate the Drill Performance giving 10, 20, 30, 40, 50 points for each of the following.

DIFFICULTY

UNIQUENESS

INGENUITY

PRECISION

2. The Judges shall gig for each of the following. Each gig shall count as five points.

IMPROPER UNIFORM

IMPROPER INDIVIDUAL MOVEMENT

IMPROPER UNIT EXECUTION OF A MOVEMENT

3. Outside time limits shall disqualify the team, producing a "NO SCORE"
4. Highest final score shall be highest placing.
5. Each Unit shall receive 50 Participation Points.
6. Score shall be the evaluation number plus Participation Points minus gigs.

### **EQUIPMENT:**

Stopwatch

## **COLOR GUARD - CEREMONIAL PROCEDURES**

Four (4) Cadets, Color Guard shall be two flag bearers, and two Guards with arms. Parade Ground is 50 x 70 feet.

### **PROCEDURE:**

1. The National Flag carrier shall be the Guard Commander.
2. If more than two flags are carried the second flag shall be the USN Flag, third flag shall be any service flag, State of Florida Flag or the NSCC Flag.
3. Once having reported in and been given permission to proceed, the full drill shall be executed without breaks.
4. When completed the Drill Commander reports "This completes \_ unit \_ Drill Sir"
5. When executing the Drill there shall be no more than ten paces between movements.
6. The following sequence of movements shall be followed.

Carry COLORS  
Forward MARCH  
Counter MARCH  
Left Turn MARCH  
Right Turn MARCH  
Colors HALT  
Order COLORS  
Parade REST  
ATTENTION  
Carry COLORS  
Forward MARCH  
Eyes RIGHT  
Ready FRONT  
Colors HALT  
Present COLORS

### **JUDGING:**

Each Unit shall receive 50 Participation Points.  
Units shall earn from 10 to 40 points in each of the following.  
Military Bearing  
Unit Formation  
Appearance  
Adherence to exact procedure  
Guard Commander Performance

Additional changing tents adjacent to the Color Guard Parade Ground will be supplied by Boca Delray Division and American Veterans Division.

## **FIRE FIGHTING - TEAM CO-OPERATION IN AN EMERGENCY MODE**

### **PROCEDURE:**

1. A team consists of five cadets.
2. Each team will receive two runs. If a run is stopped by the Judge due to personnel error or safety reasons that run may not be done again and will count as a completed run. If the run fails due to equipment failure the team may re-run at the discretion of the Event Judge.
3. At the signal to start, the team shall lay out four lengths of 50 ft, 1 ½ inch fire hose, couple it to a Hydrant, pressurize it and knock down a target set at a distance of 225 ft from the hydrant. **All cadets MUST be at the nozzle before the hydrant can be charged.**
4. At the line up for the start, hoses must be on the ground, and should be flaked (folded accordion-style).
5. The nozzle may not be connected prior to the start of time.
6. Each Hose length must be flaked into position, past the starting line, not dragged into position.
7. Coupling must be placed on the ground, not dropped or dragged.
8. Cadets must be in uniform, including boots.
9. Cadets may not touch their equipment, including hoses and couplings, until time has started.

### **JUDGING:**

1. Each team is allowed two runs, and the event is run against the clock, with the best time used.
2. Penalties are assessed as follows:

5 seconds for each dropped or dragged coupling

5 seconds for each leaking coupling

5 seconds for each Cadet touching another's equipment before time begins.

3. Time stops when the target is knocked over.

### **SCORING:**

Shortest time after Penalty adjustments shall be highest placed

### **EQUIPMENT:**

1. Four 50' lengths of 1 ½" Fire Hose
2. One adjustable fog nozzle set for solid stream.
3. One Hydrant Wrench
4. One Target
5. Two Stopwatches

## **LINE HEAVING - UNIT TRAINING AND INDIVIDUAL SKILLS**

### **PROCEDURE:**

1. A team consists of four (4) Cadets.
2. Each Cadet will be allowed two throws.
3. The better of the two throws, measured in Feet and Inches shall score.
4. No practice throws are permitted. However, Cadets in the "on deck" area are permitted to prepare the line and place a finger knot, at the scope of the line, 3 - 6 ft from the Ball.
5. Any form or style of throw is permitted provided that the Cadet's foot does not cross the chalk boundary line.
6. The Cadet must continue to keep hold of the Line until the monkey fist has landed.
7. A valid throw must pass between the Gate markers.
8. A monkey fist landing inside the boundary and then bouncing outside, shall be a valid throw and measured at the point of first impact.
9. A monkey fist landing outside the boundary lines and then landing inside, shall be judged as an invalid throw.
10. All measurements shall be taken at the first point of impact.
11. Changing the configuration of the provided Heaving Line in anyway, except as allowed in number four above, is not permitted, and is subject to disqualification of that throw.
12. The only Heaving Line permitted shall be the new issue, 100 ft line, with a rubber Monkey fist attached.
13. A line that stretches out in midair, and is in boundary, but then jerks back to fall short, shall be judged as a 100 ft throw.
14. Should more than one Cadet achieve the condition in #13 above, then the other of the two throws shall decide final placement.
15. Modification for League Cadets will be 85 ft. instead of 100 ft.

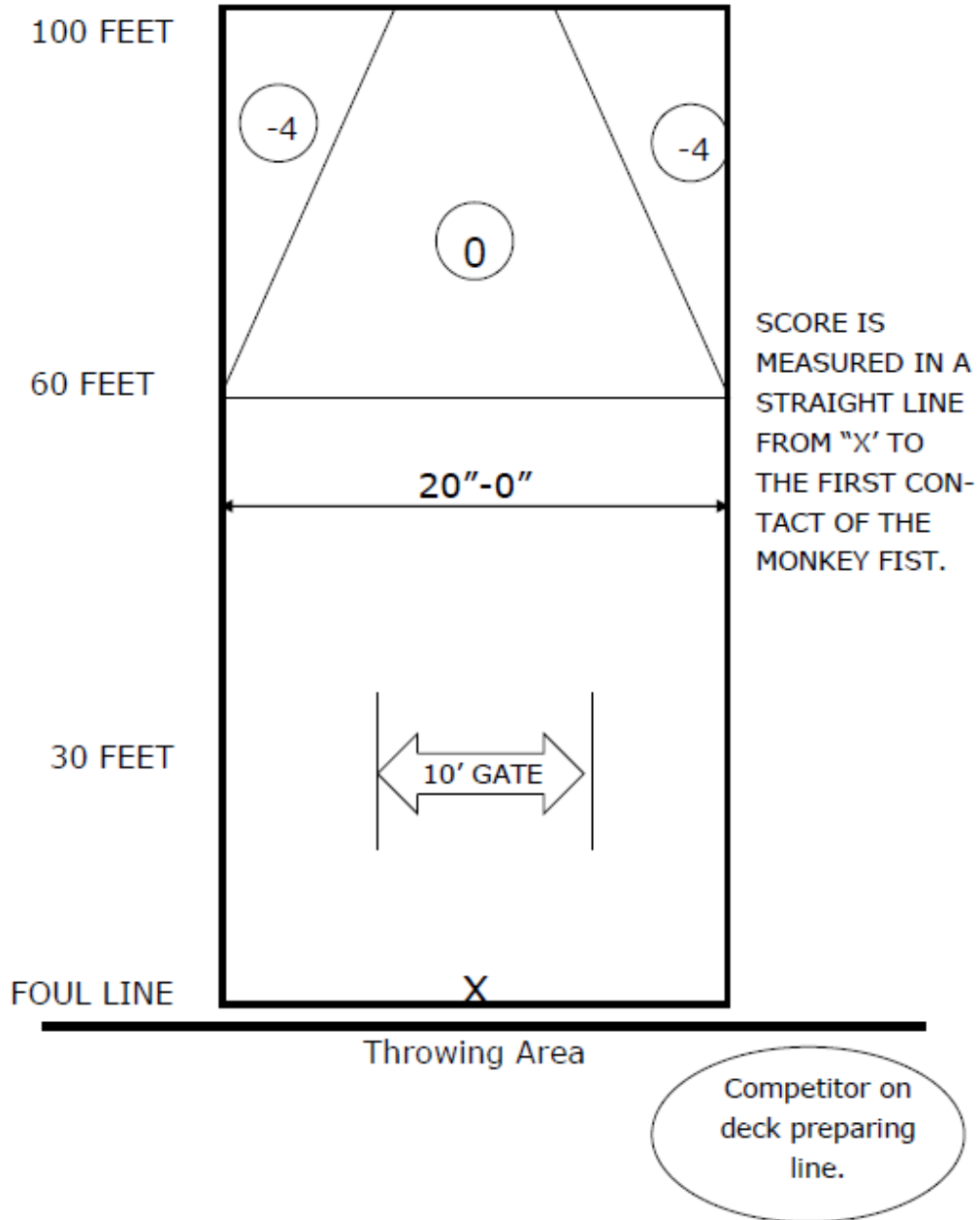
### **JUDGING:**

The longest throw for each Cadet will be counted. These will all be added together for the team score.

### **EQUIPMENT:**

1. 150' Fiberglass Tape or Measuring Device
2. Two Heaving Lines

# LINE HEAVING





## **EXHIBITION DRILL WITHOUT RIFLES**

Exhibition Drill team must contain a minimum of four (4) Cadets. Parade Ground is 50 x 70 feet.

### **PROCEDURE:**

1. Exhibition Drill content is limited solely by the ingenuity of the Unit presenting it. The emphasis is on Exhibition.
2. Team Uniforms and equipment shall comply with USNSCC Regulations.
3. Drill shall take no less than three (3), and no more than five (5) minutes from start to finish.
4. The Drill team shall always be presented to the judges at Competition.
5. Military bearing must be maintained at all times.

### **JUDGING:**

1. The LPO shall report in to the Judge when called and ready to proceed.
2. The timing shall start when the first command is given to the Unit.
3. The timing shall end when the LPO reports "This completes -- unit-- Exhibition Drill Sir".

### **SCORING:**

1. The Judges shall rate the Drill Performance giving 10, 20, 30, 40, 50 points for each of the following.

DIFFICULTY  
UNIQUENESS  
INGENUITY  
PRECISION

2. The Judges shall gig for each of the following. Each gig shall count as five points.

IMPROPER UNIFORM

IMPROPER INDIVIDUAL MOVEMENT

IMPROPER UNIT EXECUTION OF A MOVEMENT

3. Outside time limits shall disqualify the team, producing a "NO SCORE"
4. Highest final score shall be highest placing.
5. Each Unit receives 50 Participation Points.
6. Score shall be the evaluation number plus Participation Points minus gigs.

### **EQUIPMENT:**

Stopwatch

## **STRETCHER RACE - DEMONSTRATING TEAM SPEED, SKILL & BASIC FIRST AID KNOWLEDGE**

### **PROCEDURE:**

1. A Team shall consist of Four (4) Cadets.
2. The event requires that a team of four Cadets, pick up a stokes stretcher and run 150 feet passing the stretcher and all four Cadets thru the window to pick up a patient. Upon arrival at the "patient" they will be told which leg to splint. The splinting will be done with Cadet's Belts. Patient will be placed on stretcher and carried back to starting line passing the stretcher and Cadets through the window in route.
3. Each team will be asked only one first aid question, posed by the Judge to the whole team.
4. The "Patient" will be a 50 pound Rescue Dummy.
5. Cadets must be in uniform during this event. **Belts must be regulation cotton web, buckled and passed through all belt loops on their pants.**
6. Feet first coming back thru the port hole.

### **JUDGING:**

1. One run only is allowed, and time starts when team is set in motion and stops when all four Team members have returned back through the window to the starting position.
2. During this time penalties for rough handling shall also be applied.
3. Actual Time plus any five second penalties assessed shall be final time.

### **SCORING:**

Event is scored for time, and five second penalties are assessed as follows:

Stepping over or on the patient.

Rough Handling of the patient.

Poor support of the patient while loading into the stretcher.

Each time patient falls off stretcher.

Incorrect answer to first aid Medical Question.

Incorrect placement of the splint or belt retaining straps.

Shortest Final Time shall be highest placing.

### **EQUIPMENT:**

1. Stokes Stretcher
2. "Window" device
3. Two Leg Splints
4. One "Oscar" 100 pound Dummy
5. One Stopwatch

### **First Aid Questions:**

1. What are the CAB's of trauma resuscitation? Circulation, Airway, Breathing
2. What is the initial treatment for bleeding? Apply pressure to the site.
3. Why should the head, neck and shoulders be moved as a unit? To avoid injury to the spinal cord in case the patient's neck is broken.
4. How do you treat a patient in shock? Lay patient flat on their back, elevate their feet and cover them with a blanket.
5. How do you treat a patient who has a bloody nose? Apply pressure by pinching the nose together between your thumb and index finger and have them lean forward.
6. How do you treat swelling? Apply ice and elevate the involved area(RICE- Rest, Ice, Compression & Elevation will also be an acceptable answer.)

## **AIR RIFLE MARKSMANSHIP**

Range Officer will supervise this event.

Team shall consist of Four (4) Cadets.

### **PROCEDURE:**

1. Daisy Avanti Model 853 Legend Air Rifle is used for this event.
2. Target is located 33 feet from safety line.
3. All sites will be set on zero and reset after each Cadet. Cadets may adjust their own sites.
4. Muzzle of rifle cannot cross over line.
5. Weapons must be pointed down range at all times.
6. Four targets will be set up side-by-side for each team.
7. Each cadet may fire into only one designated target. Rifle actions will be kept open when not being loaded or fired.
8. Fingers will be off triggers until cadets are given the command to commence firing.
9. Practice round will consist of 5 rounds for each cadet.
10. The Range master of the competition will give the command for the cadets to load and make their weapons ready.
11. Judges will give the command to fire when ready.
12. After practice round, each cadet will fire 5 rounds per shooting position (i.e. prone, standing, and kneeling in that order) into target for event scoring.
13. Judge gives commands to retrieve targets.
14. Units may bring their own rifles, as long as they are the exact same model specified.

### **JUDGING:**

1. All four cadets' scores for all three shooting positions are added together. If the shot breaks the scoring line it takes the higher value.
2. Total score minus penalties is the final team score.
3. Highest scoring team wins.

### **SCORING:**

Event is scored for points, and five to twenty point penalties are assessed as follows:

Foot/muzzle over safety line before given command to retrieve targets – 5 points.

Weapons not pointed down range at all times – 10 points.

Firing weapon before command to commence firing – disqualification.

### **EQUIPMENT:**

1. Daisy Avanti Model 853 Legend Air Rifles
2. Safety lines (chalk, spray paint or rope)
3. 5 gallon buckets
4. Bowls for pellets
5. Pellets
6. Safety Glasses
7. Mats
8. Targets

## **KNOT TYING - SPEED, ACCURACY AND KNOWLEDGE**

A team shall consist of four (4) Cadets from each Unit, and each Cadet shall have Two runs through the assigned knots. The best-timed run shall be the score. Knots shall be tied using ½" nylon rope. The ends shall be neatly trimmed and whipped.

### **PROCEDURE:**

1. The Knots shall be as follows, done in order.

#### **Square Knot**

Bowline on the Body. (Bite must not slip down below the waist)

Bowline on the Bite

Sheep Shank. ( weighted end of line must be not touching the ground)

Becket Bend

Rolling Hitch, (fully formed, top (load) lead taut.).

2. Each knot incorrectly tied or not attempted shall be given a ten second penalty.
3. Teams shall start together at the given signal, which starts the time.
4. They shall individually raise their hands to signal time to stop.
5. All Knots must be fully formed and SNUG. They do NOT have to be pulled tight.
6. From the time that a Cadet signals he has finished, until the 'judge has inspected ALL of that competitors knots, no cadet shall touch any knot. Violation will cause an automatic ten second time for that knot whether it is correct or not.

### **JUDGING:**

1. The judge shall inspect each knot and pass or fail it. The judge may not "re-form" the knot presented.
2. He may inspect it for "holding" in the case of the Bowline on the Body, and the Sheep Shank, by gently tugging it.
3. The Judge's decision is final on each knot, and is not open to "interpretation".
4. Judges shall not use any "hidden Standards", i.e. their own pet ideas about Knots.

### **SCORING:**

1. The run time plus any incorrect or failed knot penalties shall be the time for that run.
2. The best time calculated from either of the two runs from each Cadet shall be added to compute TEAM SCORE.
3. Shortest three such times shall be the placing teams in order.

### **EQUIPMENT:**

1. Knot Tying Gantry
2. Four stopwatches

## PHYSICAL TRAINING EVENTS

Sea Cadets and League Cadets will compete separately. 4 events with four (5) Sea Cadets competing in each event (total of 20 Sea Cadets), and four (4) events with four (5) League Cadets competing in each event (total of 20 League Cadets).

Sea Cadet Mile Run (5 Sea Cadets)

League Cadet Mile Run (5 League Cadets)

Sea Cadet Push-ups (5 Sea Cadets)

League Cadet Push-ups (5 League Cadets)

Sea Cadet Sit-ups (5 Sea Cadets)

League Cadet Sit-ups (5 League Cadets)

Sea Cadet Pull-ups (5 Sea Cadets)

League Cadet Pull-ups (5 League Cadets)

### PROCEDURE:

1. Each PT team event will consist of Four Cadets.
2. A cadet cannot participate in more than two PT events.
3. Athletic shoes must be worn for mile run.
4. Push-ups: The Cadet lies face down on the mat in push-up position with hands under shoulders, fingers straight, and legs straight, parallel, and slightly apart, with the toes supporting the feet. The Cadet straightens the arms, keeping the back and knees straight, then lowers the body until there is a *90-degree angle at the elbows*, with the upper arms parallel to the floor. A judge holds her/his hand at the point of the 90-degree angle so that the Cadet being tested goes down only until her/his shoulder touches the judge's hand, then back up. Then the body is pushed up, keeping the back straight, with elbows extended each time, for one push-up. To start, the judge calls out the signal "Ready? Go!" and begins timing Cadet for two (2) minutes. The Cadet stops on the word "stop." You may only rest in the upright position. Only push-ups performed correctly will be counted. Each correct push-up will be counted out loud by the judge. Two (2) minute time limit.
5. Sit-ups: Cadets lie on cushioned surface with knees flexed and feet about 12 inches from buttocks. Partner holds feet. Arms are crossed with hands placed on opposite shoulders and elbows held close to chest. Keeping this arm position, Cadet raises the trunk curling up to touch elbows to thighs and then lowers the back to touch judge's fist on the ground, for one sit-up. To start, the judge calls out the signal "Ready? Go!" and begins timing Cadet for two (2) minutes. The Cadet stops on the word "stop." "Bouncing" off the floor is not permitted. The sit-up should be counted only if performed correctly. Each correct sit-up will be counted out loud by the judge. Rest allowed only in upright position. Two (2) minute time limit.
6. Pull-ups must be performed by first grasping the pull-up bar and hanging straight down. Palms away, at shoulder width. Chin is pulled over the bar for one pull-up. No swinging or bicycling of feet as chin is pulled over the bar. Cadet must extend elbows completely between pull-ups. To start, the judge calls out the signal "Ready? Go!" Each correct pull-up will be counted out loud by the judge. No time limit.

### JUDGING:

1. Run-First to pass finish line wins.
2. Push-ups, sit-ups, and pull-up must be performed correctly to count.
3. Judges will count exercises done correctly out loud.

### SCORING:

League Cadets and Sea Cadets will be judged separately. Each event will earn points for the top 5 League Cadet performers and the top 5 Sea Cadet Performers:

1<sup>st</sup> place – 10 points

2<sup>nd</sup> place – 7 points

3<sup>rd</sup> place – 5 points

4<sup>th</sup> place – 3 points

5<sup>th</sup> place – 1 point

Points will be added together for a Team Score.

Team with highest total points for each event will be the winner of that event.

There will be individual awards for the winning Sea Cadet and the winning League Cadet.

EQUIPMENT:

Stopwatch  
Pull-up bar  
Mile Course  
Exercise Mats