## SOUTHERN WAYNE HIGH SCHOOL AFJROTC

## Kitty Hawk Group

## 124 Walter Fulcher Road

## Dudley, NC 28333

Telephone: (919) 705-6060

SWHS-AFJROTC 4 April 2019

MEMORANDUM FOR Wayne County JROTC Instructors

SUBJECT: Memorandum of Instruction (MOI) for Wayne County’s Annual JROTC Fitness Challenge Competition 2019

1. PURPOSE: This memorandum provides guidance and pertinent information for JROTC Instructors, Cadets and other attendees of this fitness competition.
2. GENERAL.
   1. The Wayne County JROTC Fitness Challenge will be hosted by Southern Wayne High School kicking off at 0900 hours, 11 May 2019. **All schools participating should reply via email confirmation NLT COB 19 April 2019.** The judges will consist of Multi-Service Recruiters and JROTC Instructors. There will be a Judges Meeting at 0800 hours and a Commanders Meeting at 0830 in SWHS’ JROTC main classroom. There will be an opening ceremony on the track field at 0915. All units are expected to be in a horse shoe formation at this time. The competition will commence at 0920. **All schools are highly encouraged to fill out their teams with little redundancy to ensure as few conflicts as possible when events overlap.**
   2. Sportsmanship and fair play will govern the conduct of participants. Infractions of discipline or poor sportsmanship are grounds for individual(s) or team disqualification. All participants **must be JROTC Cadets** in good standing. Col Schantz and Master Sergeant Hall will serve as the Sporting Competition Directors. Only instructors may file protests with the Directors. Any change to the rules or protest will be decided by the Directors.
   3. The coed competitive events consist of a Push-Up Derby, Sit-up Derby, Shuttle Run, 1 Mile 4x4 Relay, 100 Meter Sprint, 9 Person Team Kickball Tournament, Marine Combat Fitness Test and Tug Of War. Additionally, the Army National Guard will provide an inflatable obstacle course for a timed relay race.
   4. JROTC Medals will be awarded to all individual participants for 1stt and 2nd place in Push-Up Derby, Sit-up Derby, 4x4 1 Mile Run Derby, 100 Meter Sprint, and Shuttle Run events.

The school that displays the highest standard of sportsmanship throughout the day will be awarded the “Wayne County JROTC Fitness Challenge Trophy”.

* 1. The winner of this trophy will be determined by cumulative points earned in each event (1st Place-5 Points, 2nd Place-4 Points, 3rd Place-3 Points, 4th Place-2 Point, and 5th place 1 point). Should there be a tie, the final decision will be determined by the Tug-O-War tie breaker rules. See Encl 1 for game rules and requirements.
  2. During the Commander’s meeting, each school will draw a number to identify who they will initially compete against in the Tug-O-War tournament bracket. However, as eliminations occur it may require schools to compete in events at the same time. If this happens, schools please be prepared to play. Schools are encouraged to keep things moving to minimize delays. Any purposeful delays during competition will result in a warning the first time. Any subsequent delays will result in disqualification in that event. Event rules are enclosed.
  3. The awards ceremony is scheduled to be complete NLT 1300 hours. All competing teams/individuals should be prepared to participate **EARLY** in an effort to conclude the competition in a timely manner. **All Units are expected to attend the Awards Ceremony**.

1. ADMINISTRATION.
   1. Parking. All school activity buses will park in the parking lot which is adjacent to the Football Field. Cars and vans may park in the parking lot by the football field, when there’s no more space to park, people may park where the buses park at. The parking lot is indicated on the enclosed map. Additionally, Cadets will be posted at these locations to help parking.
   2. Cadet Health and Safety. It is imperative that instructors ensure Cadets have a completed health statement in their JROTC records. Cadets not having the statement on file, WILL NOT be allowed to participate. Units are responsible for bringing water for their Cadets.
   3. Meals. Southern Wayne High School JROTC will provide hotdogs, hamburgers, chips, dill pickle and cold drinks for Cadet athletes and JROTC Cadre. Meal tickets will be provided on the morning of the challenge to those cadets officially signed up for events and to instructors.
   4. Uniform. Athletic attire (Unit PT Shirt and any shorts), sneakers or tennis shoes should be worn to compete in events. Cleats or boots will not be worn during any competition. Gloves are permitted during the Tug-O-War event ONLY.
   5. Inclement Weather. A weather decision will be made NLT 0630 hours for a GO or NO Go for the competition. Call Master Sergeant Hall at 919-738-9249, or Col Schantz at 919-988-5125 if in doubt.
   6. Registration. The entry fee for this competition is $50.00 per school (Which covers the awards). Please mail fee to ATTN: Col Schantz, Southern Wayne AFJROTC 124 Walter Fulcher Road, Dudley, NC 28333 or bring to Commanders meeting. Fees are NON-Refundable after deadline unless the competition is cancelled. Make all checks payable to Southern Wayne HS JROTC.

4.The Point of contact for this action is Col Schantz, 919-705-6060, E-mail: georgeschantz@wcps.org.

3 Encl George Schantz

1. Event Description Col (Ret), USAF
2. Site Map SWHS SASI
3. Kickball Tournament Rules

Encls 1: Events Rules

**Push-Up Derby (Coed – 2 Males and 2 Females).** This is a timed event using four-member teams; 2 males and 2 females. The objective is for the team to do as many correct push-ups as possible within a four-minute time limit. Only one team member does push-ups at a time. The four team members may rotate as often as desired. On the command ‘get set,’ assume the push- up position by placing your hands where they are comfortable for you. Your feet may be together or up to 12 inches apart. Your body should form a generally straight line from your shoulders to your ankles. On the command ‘go,’ begin the push-up by bending your elbows and lowering your entire body as a single unit until your upper arms are at least parallel to the ground (90 degree bend). Then, return to the starting position by raising your entire body until your arms are fully extended. Your body must remain rigid in a generally straight line and move as a unit while performing each repetition. At the end of each repetition, the scorer will state the number of repetitions you have completed correctly. You are allowed to rest in any position; however, time will continue. The winner will be judged on the greatest number of accumulated “good” push-ups completed in 4 minutes.

## Sit-Up Derby (Coed – 2 Males and 2 Females)

This is a timed event using four-member teams; 2 males and 2 females. The objective is for the team to do as many correct sit-ups as possible within a four-minute time limit. Only one team member does sit-ups at a time while another team member holds the feet. The four team members may rotate as often as desired. Cadets start in a lying position flat on their backs with their knees flexed at a 90-degree angle, hands inter-locked behind their heads. Their feet are to be held by a partner using their hands only, with the heel no more than 18-inches from their buttocks. On the command “go”, cadets raise their trunks so the base of their neck is perpendicular to or exceeds perpendicular to the base of their spine and then return so that their shoulder blades touch the ground. Fingers must stay interlocked behind their heads at all times for the repetition to count. Cadets cannot raise their buttocks up off the ground to “bounce up,” their buttocks must stay in contact with the ground at all times. They cannot use their hands to push, pull or hold themselves in the up position. A cadet may rest during the event in any position; however, time will continue. The winner will be judged on the greatest number of accumulated “good” sit-ups completed in 4 minutes.

## 4x4 1-Mile Relay (Coed – 2 Males and 2 Females)

This is a timed event using four-member teams; 2 males and 2 females. The objective is for the team to complete one mile/four laps (1 lap per team member) around the track in the shortest amount of time. A baton will be provided for teams to pass in succession to each team member. The race will be run in a single heat on the track. Each runner will ONLY run 1-lap around the track. The running order is as follows:

1st Leg Runner – Female

2nd Leg Runner – Male

3rd Leg Runner – Female

4th Leg Runner – Male

## 100m Sprint (Male/ Female Heats)

This is a timed event using two heats; one all male and one all-female. Each school can only provide one runner for each heat. The objective is for the runner to complete the 100 meters in the shortest time possible. Each runner is required to stay in their assigned lane during the entire event. If a runner fails to stay in their assigned running lane, they will be disqualified. The race will be run in two heats; Heat 1-Male, Heat 2-Female.

## Shuttle Run (Male/Female Heats)

\* This event measures speed, quickness and agility. Cadets start behind the start line. On the signal "Ready? Go!" the student runs 30 feet to the blocks, picks one up, runs back to the starting line, places block behind the line, runs back and picks up the second block and runs back across starting line. The race will be run in two heats; Heat 1-Male, Heat 2-Female.

**Team Kickball (9 person teams). SEE ENCLOSURE 3 FOR RULES**

**Marine Corps CFT (Coed 2 Males 2 Female)**

This is a timed event which consist of three combined events that will be explained by the USMC prior to the event beginning. Cadets will sprint a timed 880 yards, lift a 30-pound ammunition can overhead from shoulder height repeatedly for two minutes, and perform a maneuver-under-fire event, which is a timed 300-yard shuttle run in which Cadets are paired up by size and perform a series of combat-related tasks that includes a partner drag, carry, and grenade throw.

## Tug-of-War (Coed Teams)

\*Each school may enter a team consisting of 10 Cadets with a minimum of 3 Females. The team that pulls the rope past the displayed line wins the match. All teams will start by grasping the rope in hand and awaiting commands from the referee.

* Gloves may be worn, but no cleats are allowed.

\*Single elimination tournament

## \*\* Sportsmanship Trophy (Tie Breaker) Tug-O-War 4 Males and 4 Females\*\*

Encl 2: Site Map



Parking for buses

JROTC Building

Parking for POVs

Walter Fulcher Road

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Softball field on left is where kickball tournament will take place. To the right is the SWHS track where the opening ceremony will take place.

Encl 3:

KICKBALL TOURNAMENT RULES 

I. The Playing Field will be the SWHS Softball Field located across the parking lot from the Football Field. 

II. Equipment

a. Athletic shoes are required.   Metal cleats are NOT allowed.

b. A World Kickball Association (WAKA) ball will be used. It will be inflated to regulation standards.

III. Officials

a. Games must be officiated by at least one umpire. The Head Umpire governs all game play and issues all final rulings. Other referees may assist these officials when available.

IV. Player Eligibility   
 a. All participants must be enrolled in their respective school’s JROTC program.

V. Teams

a. Each team will consist of 9 players.

b. Teams must field at least eight players. There must be at least 3 active females on the team, participating.

c. Each team shall have one Captain. The captain will be responsible for the team.

The Team Captains must ensure that:

1. All team players kick in the same order.

2. Only the Captain may dispute calls.

VI. Base Coaches

a. Two members of the team at bat may coach first and third base. The base coaches will assist in retrieving foul balls and may switch with other team members to remain in the proper kicking lineup.

b. Base coaches Will Not touch runners while the ball is in play - any contact seen by the umpire during play results in an OUT.

VII. Regulation Games

a. Games are 5 full innings. No new inning will start after 30 minutes (unless the game is tied).

b. A game that is called off by the umpire after 4 full innings of play shall be considered a regulation game. The game score at the end of the last full inning shall determine the winner. \*In the event of a tie score at the end of the game, extra full innings shall commence until a winner is determined.      
 c. Extra Innings -- In the event a game is tied after 5 innings or the time limit has expired (whichever comes first), each team will begin their half inning with a runner on second. This runner must be the last person who kicked in the prior inning.

VIII. Pitching/Catching/Fielding

a. Pitch speed - no missiles. Must be a slow to medium speed pitch.

b. The pitcher must stay behind the pitching strip until the ball is kicked. Failure to do so results in a single if the ball is kicked.

c. No player may advance in front of the first-to-third line until the ball is kicked.

d. The catcher must field directly behind the kicker and may not cross home plate before the ball is kicked. Violations of rules VIII a, c, and d result in:

- kicker is guaranteed AT LEAST a single if they kick the ball and all runners may advance safely to ONE base.

- if the kicker reaches base safely despite the infraction, the play remains live and the kicker and runners may continue running at their own risk.

- if a fly ball is caught or the kicker or runners are thrown out, the play is dead and all runners are ruled safe, no outs recorded

e. Each team may have a designated "Rover" that can play anywhere on the field with the exception of playing inside a straight line drawn from 1  st base to 3  rd base, intersection with the pitchers line.

f. No blocking the plate (runner gets priority)

IX. Kicking

a. All kicks must be made by foot.

b. All kicks must occur at or behind home plate and inside the kicking lines. A kick in front of home plate or outside the kicking lines is a FOUL.

c. Bunting is NOT allowed. A bunted ball is a FOUL.   A bunt is defined as follows:

- a kicked ball that does not cross the 1st-3rd diagonal or reach a fielder (whichever comes first) before the kicker crosses the hash mark halfway down first base line.

- a kicked ball that comes to a complete stop on its own before reaching the 1st-3rd diagonal line

d. Two males may kick in a row, but no more (after 2 males a female must kick)

X. Running

a. Runners must stay within the base line. Fielders must stay out of the base line. Fielders trying to make an out on base may have their foot on base, but must lean out of the baseline. Runners hindered by any fielder within the base line shall be safe at the base to which they were running.

b. Neither leading off base, nor stealing a base is allowed. A runner off of his/her base when the ball is kicked is out.

c. Hitting a runner with the ball above shoulder level is not allowed. Any runner hit above the shoulders is safe and advances one base. If the runner intentionally uses the head to block the ball, and is so called by the umpire, the runner is out.

d. Runners must tag up on a caught ball. If the defense tags the runners originating base before they return to it, the runner is out.    First-touch tag-up:  When a kicked then caught ball is first touched by a fielder, runners must tag their originating base before running to the next base. Runners do not have to wait for the fielder to secure the catch, but must not leave the base before first touched without tagging up.

e. One extra base on an overthrow out of play.   The runner gets the base to which he/she was running at the time the ball was released, plus the extra base. (Note: "Out of play" is defined as hitting the fence or crossing the painted boundary line.)

\* A ball that is deflected  out of play  (i.e. hitting the fence or going beyond designated line) will be considered  dead with the following base allowances:

1.    Runners DO advance one extra base if the ball deflects off a runner who is ruled SAFE.

2.    Runners DO advance one extra base if the ball deflects off a fielder.

3.    Runners DO NOT advance if the ball deflects off a runner who is ruled OUT.

f. Runners may overrun first base, and may only be tagged out if actively attempting to advance to second base. This is at the sole discretion of the umpire and is not up for debate.     
 g. A runner hit directly by a kicked ball is out due to interference and play is dead, and runners in front of the hit runner must return to their previous base, while runners behind them advance to the base they were running to at the time of interference.      
 \* A runner hit by a ball that deflects off of a fielder is still out, but the play is NOT dead and continues as normal.     
 h. No sliding allowed.  This includes both feet-first and head-first slides.

XI. Fouls

a. A count of four fouls constitutes an out.

b. A foul is:

1. A kick landing out of bounds;     
 2. A kick landing in bounds, but traveling out of bounds on its own before   reaching first or third base. (Any in-bounds ball touched by a fielder is automatically in play.)

c. A kick that does not pass the 1 st-3rd diagonal.  
d. A bunted ball  
e. A ball kicked in front of the plate.  
f.  An unkicked pitch within 1 foot of either side of the plate that in the umpire's opinion was flat and of reasonable speed.

XII. Outs

a. A count of three outs by a team completes the team's half of the inning.

b. An out is:     
  1. A runner touched by the ball at ANY time while not on base;    
  2. Any kicked ball (fair or foul) that is caught;    
  3. A ball caught by a defensive player on a base to which a runner is forced to run.     
  4. A runner off of his/her base when the ball is kicked.    
  5. A count of 4 fouls on a kicker.

XIII. Ball in Play

a. Once a defender has the ball inside the base diamond and runners have stopped moving, they may hold the ball or hand up and ask the umpire for time-out. The play is over ONLY when the umpire yells, "TIME!" (not when the player calls for it) and all runners must stay on or go back to their base.

b. If a runner is off base but not moving when a defender has the ball inside the base diamond, the defender has the option to try to get them out, thus keeping the play alive, or asking the umpire for time- out, at which point rule XIII.a. takes effect.

XIV. Designated Runner/Player Positions

a. In cases of injury of illness, a time-out may be requested for participant removal and replacement with a substitute of the same sex. An injured participant requesting a designated runner may not return to the game.  If they are too injured to run, they are too injured to play.  This is to prevent abuse of designated runner rules.

b. If a player is ejected, injured, or becomes ill and cannot continue, the lineup will continue in the same formation, less the removed player.  An out will be recorded in the ejected player's spot.  No penalty for injured/ill players unless it results in more than 3 males kicking in a row.

c. The pitcher may be replaced on the mound once per inning.

XV. Co-Ed Modifications

a. A female may only substitute for a female, a male for a male.

b. Males and females do not have to alternate defensively on the bases or in the outfield. The catcher and pitcher do not have to be of opposite sexes and are considered infielders.

c. All outfielders must remain in the outfield until the ball is kicked.