

SOUTH CENTRAL REGION 8-8
2020 FLAGSHIP
STANDARD OPERATING PROCEDURES

(Last updated 18 Jan 2020)

The South-Central Region 8-8 Flagship will be conducted in accordance with the enclosed rules. This is a Regional Event and therefore will be monitored and controlled by the Regional Director. These rules can only be changed by the Flagship committee. The committee shall consist of the Regional Director and Commanding Officers present at the event.

The following rules provide guidance for the annual South-Central Region 8-8 Flagship. This competition will be held each February during President's Day Weekend, with the specific dates and location will be chosen by the Regional Director and Commanding Officers, however preference will be given to the current holder of the Regional Directors Trophy if they want to host the next flagship.

All rules must be followed unless the Regional Director and Commanding Officers approves a request for deviation in advance. After the competition starts all grievances must be submitted to the committee or their designated representatives within 30 minutes of the close of the particular event being protested.

All participants of Flagship will be enrolled cadets with current NSCC ID cards. To participate, cadets must be in proper uniform for all events. There will be a uniform inspection of all contestants before the start of Flagship. Minor discrepancies will be noted and the cadet will be allowed to participate as they are but should fix any problems they can. There is no penalty to their unit or team except during the actual inspection event. Major discrepancies such as wrong uniform will be dealt with on a case by case basis by the Committee and may not be able to compete. Uniforms will be as defined below with no exceptions unless a waiver is approved by the committee before the start of flagship.

Working Uniform

- NWU's or CUU's – Entire unit (NSCC or NLCC) must wear same uniform type without exception. Blouse, pants, and cover with appropriate markings
- Navy Blue T-shirt for NWU's and Brown T-Shirt with CUU's
- Black combat boots of at least 7 inches in height
- Black web belt with silver tip and silver buckle
- Black socks, white are also acceptable with high top boots.
- "Recruit" Ball caps are acceptable. Cadets who are not recruits should not be wearing ball caps.
- Shoulder, pocket, and cover flashes as appropriate
- Name tape over right rear pocket with surname
- Name tape over right pocket with surname and USNSCC over left packet.
- E-4 thru E-7 must have appropriate sewn on rank on both collar tabs (no other collar devices are authorized)
- Shoulder cords of any kind are not allowed.

Dress Uniforms

Navy League Cadets will wear Winter Dress which consists of:

- Black Long Sleeve shirt. Top button open if no tie and closed if wearing one.
- Ties are acceptable only if everyone is wearing them. Otherwise no ties.
- NLCC flash on Left sleeve and appropriate rank on right side
- Name tag placed over right shirt pocket (or just above where left pocket would be)
- Ribbons (if earned, just above left pocket)
- Black Trousers
- Black web belt with silver tip and silver buckle
- Black socks
- Black dress shoes
- White hat (Females are authorized, but not required black garrison covers with NLCC insignia)
- Shoulder cords of any kind are not allowed.

Naval Sea Cadets will wear Service Dress Blues which consist of:

- Blue Jumper with shoulder flashes and appropriate rank (name tags and ribbons) (male or female)
- Blue thirteen button trousers (male or female)
- Neckerchief (male or female)
- Black leather dress shoes (male and female)
- Black socks (male and female)
- White hat (males and female)
- White crew neck undershirt (male and female)
- Females are authorized to wear the 5 button Dress Blue Coat with the following:
 - White shirt (female only)
 - Black Necktab tie
 - Blue dress trousers/skirt (female only)
 - Black belt with silver tip and silver buckle (female only)
 - Black pump shoes (only with the wearing of a skirt)
 - Combination cover with white cover and 1.5" emblem

Color Guard

- NLCC cadets will wear Winter Dress
- NSCC cadets will wear Service Dress Blue (jumper style only)
- Color Guard Uniforms may also include:
 - White guard belts with large silver buckles
 - White leggings
 - White gloves
 - White, Navy Blue, or Gold Ascots and matching Aiguillettes

If a cadet shows up for an event out of uniform his unit has five minutes to fix the problem or forfeit the contestant from the event.

Units will make every effort to utilize ALL of their cadets to participate in as many events as possible. Sea Cadet teams and Navy League Cadet teams will compete and be judged separately. NLCC Teams will not be competing directly against NSCC teams. If there are not enough cadets from a unit (either NSCC or NLCC) present to form a team for an event, they may join forces with another unit who also is undermanned. Points will be awarded equally to both teams as if they participated on their own.

The competition will consist of twelve (12) events. Each event will award points towards the overall score. The team with the highest points after all events will be the Flagship Champion and earn the "NSCC Flagship Champion" Gold Streamer for their unit guidon. Each individual event will be awarded a first place streamer (blue) which may be affixed to the unit guidons as earned. The overall NLCC unit winner will earn the "NLCC Flagship Champion" Red Streamer for their Training Ship Guidon.

The competition shall consist of the following events and each event will be conducted by the rules listed. No one has the authority to change or modify the rules except the Flagship Committee.

EVENT #1 - PERSONNEL INSPECTION

PURPOSE - MILITARY BEARING AND PROPER WEAR OF THE UNIFORM

PARTICIPATION

1. All Cadets from all units shall stand uniform inspection in the regulation Uniform as contained in USNSCC Policies and Regulations, and as specified in the Plan of the Day.
2. All Cadets shall wear standardized Name Tags within the unit or none shall wear Name Tags.
3. All Cadets shall carry an authorized I.D. Card, and Uniforms shall carry all appropriate insignia. The wearing of ribbons is considered optional. If ribbons are worn they must be worn correctly in the proper order.
4. New Entry Cadets (joined within the last 90 days), not yet fully outfitted shall stand inspection as a Fourth Rank in a fully outfitted working uniform or appropriate civilian attire, and shall be inspected for I.D. Cards and Hair Cuts only for purposes of the event.

PROCEDURE

1. Inspecting Officers whenever possible shall be required to read NSCC Uniform Regulations for any updates immediately prior to the Flagship Competition.
2. Each unit to be inspected will be marched into the inspection area and complete the following:
 - a. The LPO will instruct their unit to face the direction of the judges and complete Open Ranks for Inspection, MARCH.
 - b. The LPO will march to the left side of the unit and stop adjacent to each squad leader so that the LPO can adjust the members of the squad who are not in alignment with their squad.
 - c. Once completed, the LPO will return to the front of the formation and order Ready, FRONT. COVER.
 - d. The LPO will complete an About FACE to face the inspecting officer and state the **“(Name of their unit) is ready for inspection.”**
3. Upon completion of inspection the Unit shall complete a Close Ranks, MARCH, give a correct facing movement, and march out of the inspection area.

JUDGING

1. 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.)
2. A recorder (who is not the LPO) attends each Inspecting Officer, but is forbidden to make any comment or inspect.
3. Gigs shall be marked for infractions based on the Inspection sheet.

SCORING

1. Scoring shall be the total number of infractions divided by the total number of cadets inspected to get an average gigs per cadet score.
2. The lowest team average of gigs per cadet score wins.
 - 1st Place – 100 Points
 - 2nd Place – 85 Points
 - 3rd Place – 70 Points
 - 4th Place – 55 Points
 - 5th Place - 40 Points
 - 6th Place – 25 Points
 - 7th Place – 10 Points

EVENT #2 - REGULATION DRILL

PURPOSE - MILITARY DISCIPLINE AND TEAMWORK

PARTICIPATION

1. Units shall field a minimum of 10 cadets to participate, or prove at registration that 100% of the Unit's complement is participating in this drill event. There is no maximum limit to the unit size.
2. Units that cannot meet minimum manning requirements may join with another unit that also does meet minimum manning requirements to reach a number above the minimum. Combined units will each receive the total amount of points scored by the marching unit.
3. If there are no other teams below minimum manning, the unit may be allowed to have cadets who will not be participating in this event chosen at random from various units at the discretion of the event judge to reach minimum manning.
4. The drill unit shall consist of a minimum of three Squads of three Cadets, or as numbers permit plus a cadet in charge of the formation.
5. Because not all units have guidons, a guidon bearer is not required for this event.

PROCEDURE

1. The unit will be required to complete an exact sequence of movements based on the drill card provided.
2. All Drill Movements shall be completed in accordance with the Navy/Marine Corps Drill and Ceremony Manual.
3. The cadet in charge will report in and request permission to enter the drill field.
4. The drill field will be marked. Once entering the drill area no part of the unit may exit the field at any time until the regulation drill has been completed.

JUDGING

Judges will determine their individual score and average it with the other judges present to determine the unit overall score.

SCORING

Units shall begin with 50 Participation points and earn from 10 to 40 points 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 Lateness, Delays from the Reporting In to the start of the Regulation Drill
- - 5 points. For each individual error within the Unit
- - 10 points For each unit violation of boundary limits
- - 10 points For each incomplete movement by the Unit
- - 10 points For any unsportsmanlike behavior or interference from other team members on or off the field.

Unit Drill Card

Complete these movements in order within the defined area. Halting your unit or calling Mark Time March to adjust your unit is allowed at any time and will not be penalized. Additional commands to adjust your unit are allowed, but you must request for permission to adjust from the judges before doing so. Not requesting permission will cost the team points for each command given without permission. Once you have adjusted the unit, you may proceed with the next command on the list without permission.

Begin with your unit dressed off at attention outside the area. Then complete the following in order:

1. **Forward MARCH** (to the center of the area)
2. **Platoon HALT**
3. **Left FACE**
4. **Parade RAST**
5. **ATTENTION**
6. **Open Ranks for Inspection MARCH** (LPO should review each squad as part of the Open Ranks adjust as necessary, then return to their post.)
7. **Ready FRONT**
8. **COVER**
9. **Close Ranks MARCH**
10. **Hand SALUTE** (LPO should face the judges, salute and request permission to continue with the drill, then continue.)
11. **Ready TWO**
12. **Right FACE**
13. **Forward MARCH**
14. **Column Right MARCH**
15. **Column Right MARCH**
16. **By the Right Flank MARCH**
17. **By the Left Flank MARCH**
18. **Mark Time MARCH**
19. **Forward MARCH**
20. **To the Rear MARCH**
21. **To the Rear MARCH**
22. **Right Oblique MARCH**
23. **Forward MARCH**
24. **Column Left MARCH**
25. **Column Left MARCH**
26. **By the Left Flank MARCH**
27. **By the Right Flank MARCH**
28. **Column Left MARCH**
29. **Eyes RIGHT**
30. **Ready FRONT**
31. **Platoon HALT** (off the field, then halt)

EVENT #3 - COLOR GUARD

PURPOSE - CEREMONIAL PROCEDURES

PARTICIPATION

- Minimum Color Guard shall be at least two flag bearers, and two guards.
- Each Color Guard must have 1 American Flag and either a U.S. Navy Flag, or a State flag from the state of their unit.
- If more than two flags are carried they will be carried in accordance with the NSCC Operations and Training Manual, the Marine Corps Drill and Ceremonies Manual and NTP-13 Manual.
- NSCC Color Guards must have rifles.
- NLCC Color Guards have the option to participate with or without arms.

PROCEDURE

1. The National Flag carrier shall be the Color Guard Commander regardless of rate.
2. Drill cards may be taped to the staff of the National Colors if needed.
3. Once having reported in and been given permission to proceed, the full drill shall be executed without breaks.
4. Upon presenting colors, the Color Guard Commander reports: **“(Unit Name) Color Guard requests permission to continue with Color Guard drill, Sir.”**
5. When executing the Drill there shall be no more than ten paces between movements.
6. The Drill Card sequence of movements shall be followed exactly:

JUDGING

Judges will determine their individual score and average it with the other judges present to determine the unit overall score.

SCORING

Each Unit shall start with 50 Participation Points.

Units shall earn an additional 10 to 40 points in each of the following:

- Military Bearing
- Unit Formation
- Appearance
- Adherence to exact procedure
- Guard Commander Performance

Penalty Points shall be assessed as follows:

- -5 points Lateness, Delays from the Reporting In to the start of the Color Guard Drill
- -5 points. For each individual error within the Color Guard
- -10 points For each unit violation of boundary limits
- -10 points For each incomplete movement by the Unit
- -10 points For any unsportsmanlike behavior or interference from other team members on or off the field.

EQUIPMENT

1. 1 – U.S. Flag mounted on a minimum 6ft. pole
2. 1 – Navy or State flag mounted on a minimum 6ft. pole
3. 2 – Flag Harnesses
4. 2 – Color Guard Rifles

Color Guard Detail Drill Card

Complete these movements in order within the defined area. Once you have begun, you must complete the sequence completely without stopping.

1. **Color Guard ATTENTION** (off the Drill pad)
2. **Carry COLORS**
3. **Ready CUT**
4. **Forward MARCH**
5. **Colors HALT**
6. **Present COLORS** (report)
7. **Carry COLORS**
8. **Ready CUT**
9. **Countermarch MARCH**
10. **Forward MARCH**
11. **Left Turn MARCH**
12. **Right Turn MARCH**
13. **Colors HALT**
14. **Order COLORS**
15. **Ready CUT**
16. **Parade REST**
17. **ATTENTION**
18. **Carry COLORS**
19. **Ready CUT**
20. **Forward MARCH**
21. **Eyes RIGHT**
22. **Ready FRONT**
23. **Colors HALT**
24. **Order COLORS**
25. **Ready CUT** (off the drill pad)

EVENT #4 - LINE HEAVING

PURPOSE - UNIT TRAINING AND INDIVIDUAL SEAMANSHIP SKILLS

PARTICIPATION

- A team consists of four cadets, each throwing independently.

PROCEDURE

1. Each cadet will be allowed two throws.
2. The better of the two throws, measured in feet and Inches shall score.
3. No practice throws are permitted. However cadets in the "on deck" area are permitted to assist in preparing the line for the thrower and place a finger knot, at the scope of the line, 3 - 6 ft from the Ball.
4. Any form or style of throw is permitted provided that the cadet's foot does not cross the boundary line.
5. The cadet must continue to keep hold of the line until the monkey fist has landed.
6. A valid throw must pass between the gate markers distanced thirty feet from the throwing line.
7. A monkey fist landing inside the boundary and then bouncing outside shall be a valid throw and measured at the point of first impact.
8. A monkey fist landing outside the boundary lines and then landing inside shall be judged as an invalid throw.
9. All measurements shall be taken at the first point of impact.
10. Changing the configuration of the provided heaving line in anyway, except as allowed in #3 above is not permitted and is subject to disqualification of the throw
11. Heaving Lines permitted shall be the same for all teams competing regardless of type, 100 ft line, with a weighted Monkey's Fist attached. The type of line and weight shall be the same for all teams and determined at the time of the event.
12. 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.
13. Should more than one cadet achieve the condition in #12 above, then the other of the two throws shall decide final placement.

JUDGING

The longest valid single throw of each team member shall be used. Cadet must continue to keep firm hold of the line until the monkey fist has landed. If a cadet does not have a valid throw, their throw is listed as 0 feet. All the lengths will be added together to make a team score. The longest overall team score wins.

SCORING

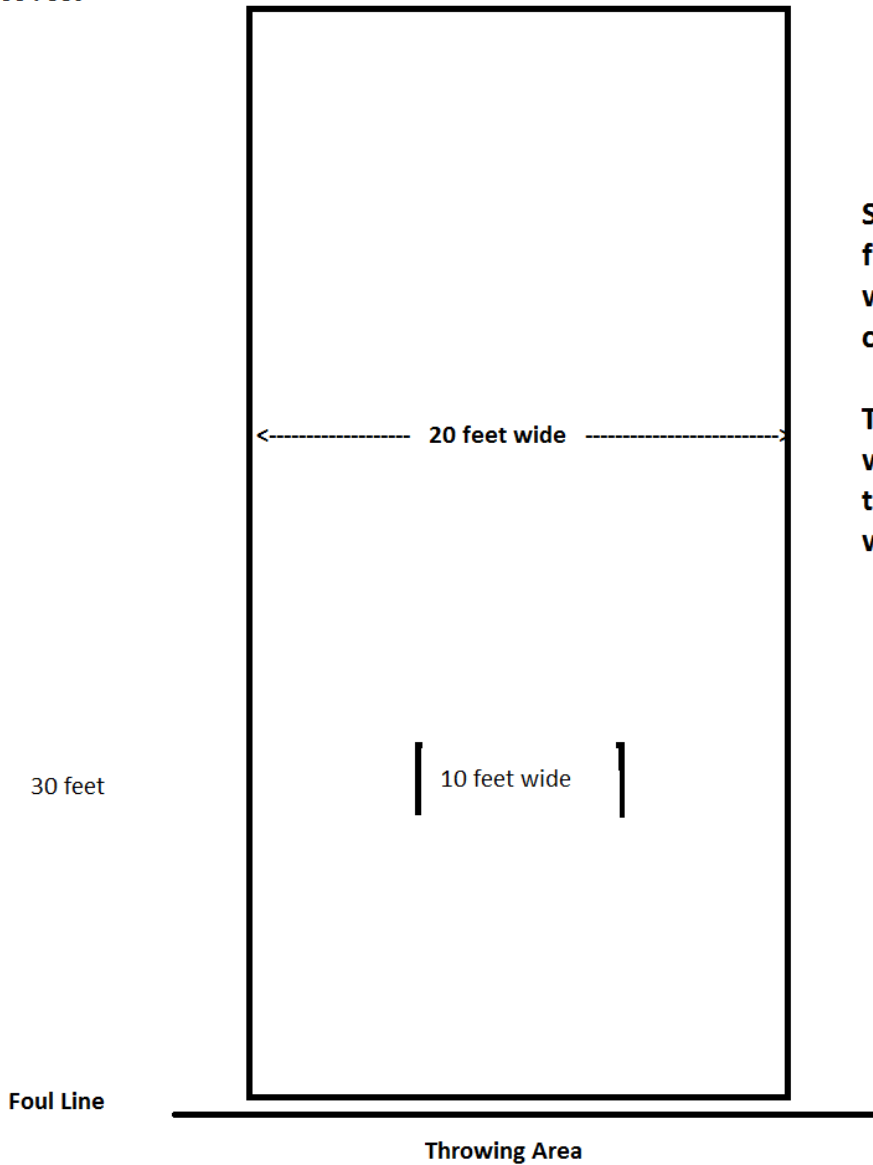
- 1st Place receives 50 Points
- 2nd Place receives 40 Points
- 3rd Place receives 30 Points
- 4th Place receives 20 Points
- 5th Place received 10 Points

EQUIPMENT

1. 100' Fiberglass Tape or Measuring Device
2. 100' Heaving Lines
3. Clipboards, score sheets and pens
4. Marking tape / chalk

Heaving Line Competition

100 Feet



Score is measured in a straight line from the center of the foul line to where the Monkey's Fist makes first contact with the ground.

The throw must pass through the 10' wide gate placed at the 30 foot mark to count and stay within the 20 foot width boundary for it to count.

EVENT #5 - KNOT TYING RELAY

PURPOSE - SPEED, ACCURACY AND KNOWLEDGE OF SEAMANSHIP SKILLS

PARTICIPATION

1. A team shall consist of five (5) Cadets from each Unit starting at a minimum distance of 50 feet from the table to complete a timed relay of 5 successful knots.
2. Each team will be allowed two opportunities to complete the relay. The best timed run shall be the score. Knots shall be tied using ½" nylon rope.

PROCEDURE

1. Cadets one at a time will proceed to the knot tying table where there will be 9 cards face down on the table.
2. Cadets will flip over one of the cards to reveal a specific knot to tie. They are to tie the knot as quickly as possible, place it on the table and return to the start to tag the next team member.
3. The next cadet must untie the line on the table and set the cleared line back on the table before flipping over a card and beginning the next knot.
4. The cadet does not have to remain at the table to wait for a judge's determination if the knot is correct.
5. If the knot is correct, that card will be removed from the table by the judge before the next person arrives to the table.
6. If the knot is not correct, the card is returned face down to the table by the judge before the next person arrives to the table.
7. All team members will continue to rotate through the event in order until 5 cards have been completed. Time stops when the cadet who completes the 5th card crosses the start/finish line.
8. The Knots shall be as follows:
 - Square Knot
 - Figure Eight
 - Bowline
 - Clove Hitch
 - Sheet Bend
 - Half Hitch
 - Two Half Hitches
 - Overhand or Half Knot
 - Sheepshank
9. A post will be available to tie around for any knots that it is necessary to do so.
10. All Knots must be fully formed and SNUG. They do NOT have to be pulled tight.

JUDGING

1. The judge shall inspect each knot and pass or fail it. The judge may not "reform" the knot presented.
2. The cadet does not have to remain at the table to wait for a judge's determination if the knot is correct.
3. The judge may inspect it for "holding" in the case of the Bowline, and the Sheepshank by gently tugging it.
4. The Judge's decision is final on each knot, and is not open to "interpretation".
5. Judges must complete their review of the knot before the next person arrives at the table. If the judge does not complete the inspection of the knot before that time, a new line will be made available to the next cadet who may select from another card facing down.

SCORING

1. The full run time to complete 5 knot cards shall be the time for that run.
2. The best time calculated from either of the two runs from each team shall be used.
3. Shortest times shall place teams in order.
 - 1st Place – 50 points
 - 2nd Place – 40 Points
 - 3rd Place – 30 Points
 - 4th Place – 20 Points
 - 5th Place – 10 Points

EQUIPMENT

1. Knot Tying Cards
2. 3 ft. sections of 1/2" nylon line
3. Stopwatches
4. Vertical or horizontal post for tying as needed (leg of a table or chair will do).

EVENT #6 – SEMAPHORE

PURPOSE - ACCURATE TRANSMISSION OF ENCODED MESSAGES / USE OF PHONETIC ALPHABET

PARTICIPATION

1. Four Cadets from each unit shall constitute a Team. They shall be divided into two pairs, A and B.
2. Pair A and pair B shall consist of a Reader/Sender, and a Receiver/Writer. Which cadet in each pair performs what function is at the choice of the team.

PROCEDURE

1. Each team shall draw a set of 2 semaphore cards at random from the choice offered. Each card shall have a code with a random 5 letter sequence. Pair A will send one sequence; Pair B will send the other.
2. The Reader should have his back to the Sender. The Sender is facing the Receiver. The Writer has his back to the Receiver. (Reader|Sender → Receiver|Writer)
3. Each pair will be a minimum of 100 feet away from the other pair. Additional distance can be added if determined that voice communication carries over the distance too easily.
4. The letter codes must be relayed from the Reader to the Sender verbally using the phonetic alphabet without raising their voice to be heard by the other pair.
5. The letter codes are then transmitted from the Sender from one pair to the Receiver in the other pair using semaphore flags. No other form of communication is allowed between pairs.
6. The Receiver then translates the received semaphore code to a phonetic alphabet letter and is spoken verbally to the Writer who records the message.
7. The ATTENTION signal (Both Flags Waving) will be sent at the beginning of each 5 letter group and the FRONT signal (Both Flags Down) will be sent at the end of every 5 letter group transmitted.
8. Each group of five letters once sent and received will be immediately followed by the answering team completing the same cycle for each five letter code as confirmation.
9. If there is a known error in sending or receiving, the ERROR signal (1 Flag Waving) will alert the team that the previous signal was incorrect and a new signal will be sent.
10. Timing starts at the drop of the ATTENTION Signal and ends at the drop of the final confirmation FRONT Signal.
11. The process is then repeated for the second card. The best time/accuracy of the two cards will be used for the team's score.
12. Corrections made by the writer during the message receiving, shall be clearly understandable by the judge, whose decision is final. The number of corrections may need to be counted in the event of a tie.

JUDGING

1. Teams will be disqualified if they are communicating verbally between sending and receiving pairs.
2. A 5 second penalty will be assessed for each incorrect letter received.
3. A 5 second penalty will be assessed for any transmission that does not have an ATTENTION signal to start or a FRONT signal to end the transmission.

SCORING

1. The lowest time of the two cards will be used for scoring. The lowest time of all units participating will receive the following:
 - 1st Place – 50 points
 - 2nd Place – 40 points
 - 3rd Place – 30 Points
 - 4th Place – 20 Points
 - 5th Place – 10 Points
2. Teams earn an additional 5 points for each letter of the code successfully sent/received for the lowest time submitted. (max. 25 additional points)
3. The Semaphore Flagship Streamer will be awarded to the team with the most overall points awarded for the event.
4. In the event of a points tie, the unit with the least number of errors shall be judged the overall winner.

EQUIPMENT

1. Two sets of Semaphore Flags
2. Two Clipboards
3. One stopwatch
4. Six sets of Semaphore Cards with 5 random letters
5. Two writing utensils

EVENT #7 - TORPEDO DRILLS

PURPOSE - DEMONSTRATING UNIT COMMANDER SKILLS, TEAMWORK, & TACTICS

PARTICIPATION

1. Units must contain a minimum of 6 cadets including unit commander and must be evenly matched with the number of their opponent. There is no limit to the unit size.
2. Units that cannot meet minimum manning requirements may join with another unit that also does meet minimum manning requirements to reach a number above the minimum. Combined units will each receive the total amount of points scored by the marching unit.
3. If there are no other teams below minimum manning, the unit may be allowed to have cadets who will not be participating in this event chosen at random from various units at the discretion of the event judge to reach minimum manning.

PROCEDURE

1. The object of the event is to have one marching unit (the torpedo) break the formation of the other marching unit (the submarine) within a five minute time period.
2. A coin toss will decide which team will be the submarine first and which will be the torpedo.
3. The unit commander may give any legal marching command from the Navy Marine Corps Drill and Ceremonies Manual for platoon/squad marching for his unit as long as it is followed correctly by the unit. The only exceptions to this rule are "Guide or Incline (left/right)", "Route Step" and "Double Time March".
4. Unit commanders may form their unit into any type of formation that is considered a valid marching unit in accordance with the Navy/USMC Drill and Ceremonies Manual.
5. Both units start from the same location. The submarine unit receives a 30 second head start before the torpedo is released.
6. Each team will receive the opportunity to be both torpedo and submarine at least once against each opponent.
7. Marching boundaries will be established at each location. They will generally be very large in size. Areas of march must be normally passable to standard pedestrian traffic without hazards (i.e., cannot cross over a concrete parking berm, go through landscaping, enter areas of automobile traffic, etc.).

JUDGING

1. A hit is scored when either physical contact is made between teams or one team breaks the ranks of the other. A torpedo marching between a unit commander and his unit is considered a break in ranks.
2. Any unit that is not maintaining a proper formation may incur a "halting penalty" by a judge.
3. If given a "Halting Penalty" the unit must immediately halt their unit, complete dress and cover using correct commands, and then may resume marching.
4. If the torpedo unit is not in proper alignment or formation when contact is made, the hit is not valid and no points will be awarded. The match may be replayed at the discretion of the judge.
5. Flagrant violations of a unit being out of step will result in a "halting penalty" from the judge. Minor missteps in marching will not be faulted unless there are no attempts to correct it over time.

SCORING

1. A valid hit by the torpedo unit on the submarine unit earns their team 10 points.
2. A submarine unit that avoids being hit for five minutes also earns their team 10 points.
3. All units will have the opportunity to compete against each other. Brackets will be posted at the time of the event.
4. In the event of a tie, a final round will be completed with a coin toss deciding which team is the torpedo/submarine.

EQUIPMENT

- Stopwatch
- Cones to define the marching area

EVENT #8 - STRETCHER CARRY

PURPOSE - DEMONSTRATING TEAM SPEED, SKILL & BASIC FIRST AID KNOWLEDGE

PARTICIPATION

1. This is an NSCC Flagship Event only. NLCC Cadets will not be allowed to participate at this time.
2. A Team shall consist of Four Cadets only.
3. The "Patient" will be a 125 lb. Rescue Dummy if available.
4. If a Rescue Dummy is not available an optional patient of the team's choice may be used whose weight does not exceed 150 lbs.
5. Cadets must be in a complete working uniform during this event. Belts must be regulation cotton web, buckled and passed through all belt loops on their pants.

PROCEDURE

1. The event requires that the team carries a Stokes stretcher 100 feet passing the equipment and all four Cadets through an obstacle to pick up a patient.
2. Upon arrival at the "patient" they will be told to splint either a left or right arm or leg. The splints will be available with the patient.
3. The splinting will be done using a splint board and secured using the cadet's uniform belts. Patient will be placed in the stretcher and carried back to starting line passing the stretcher and Cadets through the obstacle in route.
4. Each team will be asked only one first aid question upon return of the patient.

Medical Questions that can be asked:

- a) What are the ABC's of trauma resuscitation? **Airway, Breathing, Circulation**
- b) What is the initial treatment for bleeding? **Apply pressure to the site.**
- c) 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.**
- d) How do you treat a patient in shock? **Elevate their feet and cover them with a blanket.**
- e) 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.**
- f) How do you treat swelling? **Apply ice and elevate the involved area.**

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.
- Loose Straps (5 seconds each).
- Incorrect answer to first aid Medical Question.
- Incorrect placement of the splint or belt retaining straps.

Shortest Final Time shall be highest placing.

1st Place – 50 Points

2nd Place – 40 Points

3rd Place – 30 Points

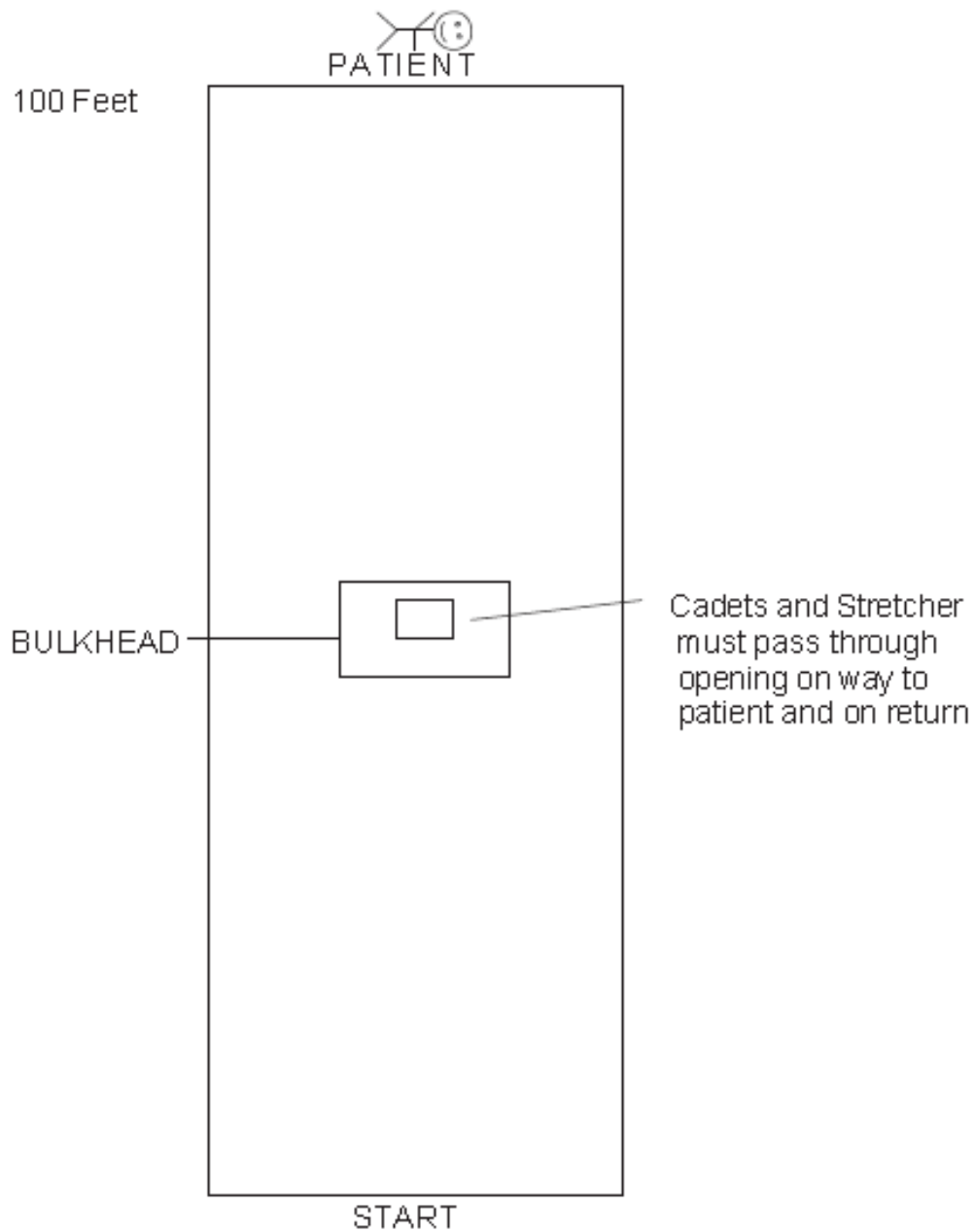
4th Place – 20 points

5th Place – 10 points

EQUIPMENT

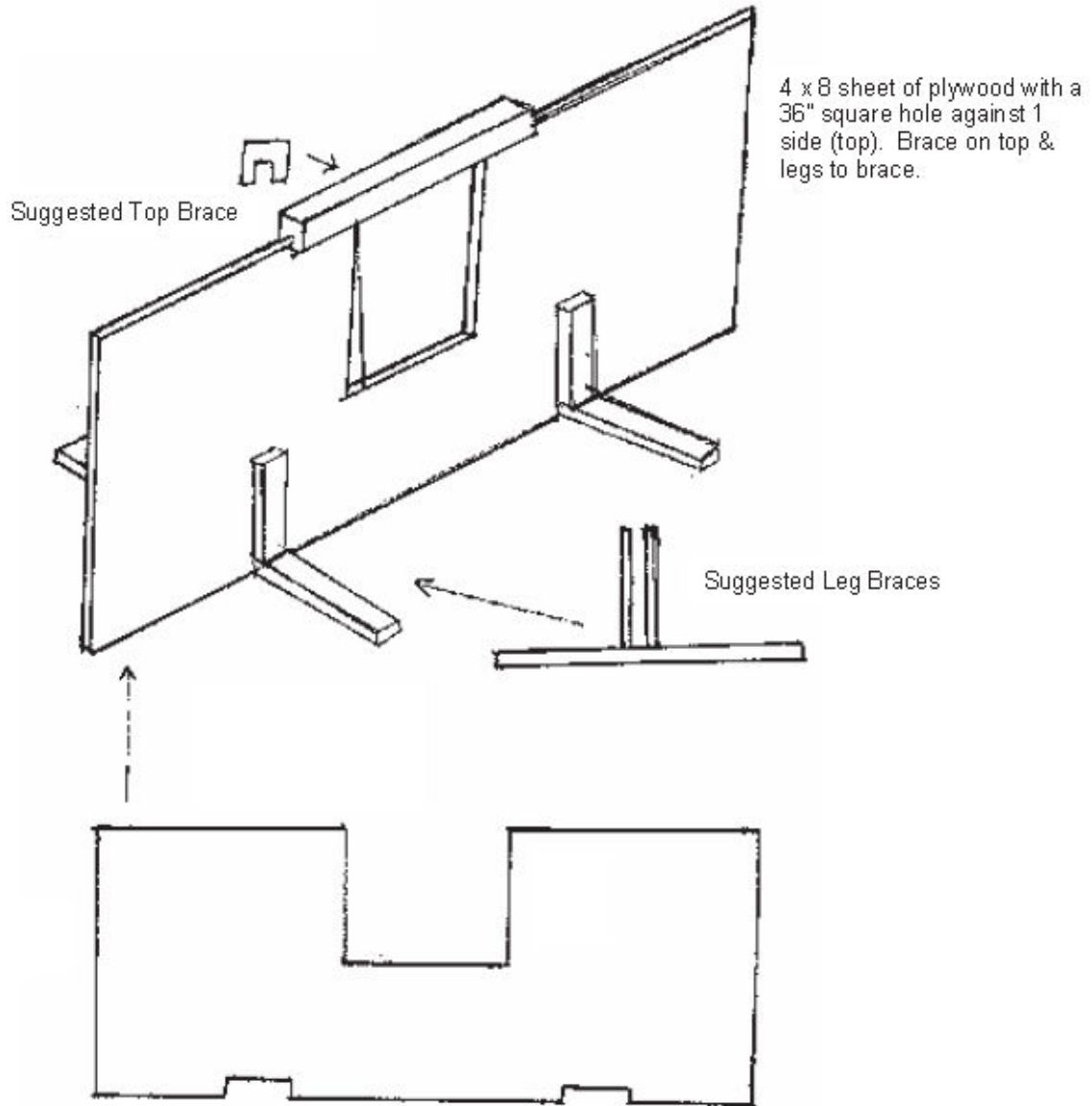
1. Stokes Stretcher with three attach straps
2. “Window” device – see enclosed drawings
3. One Arm and One Leg Splints
4. One “Oskar” 125# Dummy
5. One Pylon
6. One Stopwatch
7. First Aid Quiz and pencils
8. Clipboards, score sheets and pens
9. Chalk to mark distance

STRETCHER RACE



Team starts and ends here with stretcher.
Team will answer one first aid question upon return with patient.

Recommended Stretcher Carry Obstacle



EVENT #9 - KNOWLEDGE BOWL

PURPOSE - INDIVIDUAL MILITARY KNOWLEDGE UNDER STRESS

PARTICIPATION

All cadets from each unit MUST participate.

PROCEDURE

1. All Sea Cadet units will be given a 50 question, multiple choice knowledge exam covering areas of the Basic Military Requirements (BMR).
2. All Navy League Training Ships will be given a 25 question, multiple choice knowledge exam covering areas of the Navy League Curriculum.
3. Cadets have a maximum of 1 hour to complete the exam.
4. There is no talking during the exam.

JUDGING

- The event will be proctored by an event judge and exams will be graded by event staff.
- All exams will be collected once time expires whether they are finished or not..

SCORING

1. Each score will be graded on a percentage scale.
2. All scores from a team will be averaged to obtain a team composite score.
3. Team scoring is as follows:
 - 1st Place – 70 points
 - 2nd Place – 60 Points
 - 3rd Place – 50 Points
 - 4th Place – 40 Points
 - 5th Place – 30 Points
 - 6th Place – 20 Points
 - 7th Place – 10 Points
4. Individual awards will be given to the top three scores in the event. Individual scores will add the following to their overall team score:
 - 1st Place – 30 points
 - 2nd Place – 20 Points
 - 3rd Place – 10 Points

EQUIPMENT

1. NSCC Knowledge Exams
2. NLCC Knowledge Exams
3. Answer keys
4. Pens/Pencils

EVENT #10 - KNOCKOUT DRILL (DRILLDOWN)

PURPOSE - INDIVIDUAL KNOWLEDGE AND ATTENTION TO DETAIL UNDER STRESS

PARTICIPATION

All Cadets may participate.

PROCEDURE

1. Total Cadets shall form a single Drill Unit.
2. A single judge shall drill the Unit, giving only proper commands taken from the Navy Drill and Ceremony Manual (NAVMC 2691) for use with Platoon / Squad based drill.
3. Cadets must maintain proper military bearing at all times and follow the commands given without hesitation correctly. Cadets in error will be eliminated by a judge by being tapped on the shoulder. The drill commands shall continue until one Cadet remains.
4. If the last 2 cadets remaining are both eliminated on the same command, they will both continue into a tie breaker. If the last 3 or more cadets are all eliminated on the same command, the drill down is declared a draw and the entire Knockout Drill is repeated with all cadets re-eligible to participate.

JUDGING

- Only assigned judges may eliminate a cadet by tapping them on the shoulder. Cadets shall be eliminated by the Judges after each command, if they fail to properly execute the given command.
- Judges will NOT attempt to disrupt the concentration of cadets while they are participating during the event.

SCORING

1. There are no Participation Points for this event.
2. Points will be given based on the placing of the last person being eliminated.
 - 50 points for 1st place cadet
 - 40 points for 2nd place cadet
 - 30 points for 3rd place cadet
3. Teams may have more than one cadet in their team place for points and a single team could in theory win all 120 points available.

Event # 11 – PHYSICAL FITNESS EVENTS – (Push-ups and Sit-ups only)

PARTICIPATION

- All cadets participating in Flagship must compete in this event unless physically unable to do so.

PROCEDURE

- Cadets will complete the Push-ups event and the Sit-ups events in accordance with the NSCC / NLCC Physical Fitness Test using the same rules and time limits.
- Each event will be broken up done as separate contests throughout Flagship, not as a test taken all at once.

JUDGING

- Cadets may only participate in each event once.
- Push-ups and Sit-ups must be using the correct form and counted by the judges, not the cadets.

SCORING (Based on Age/Gender for each event per cadet)

Each cadet will be graded individually on each event as follows:

- Scores below the minimum level required to pass the PT test = 0 points / per event
- Scores at the Satisfactory Level required to pass the PT Test = 1 point / per event
- Scores at the Good Level for the PT Test = 2 points / per event
- Scores at the Excellent Level for the PT test = 3 points / per event

Since there will be different numbers of cadets participating in the different teams, the team score will be determined by taking the average number of points of all cadets on the team for each event, and multiplying by 10 for their final team score with a maximum possible score of 30 points for each event.

2.09 **CURL-UPS**

(a) **Proper form.** For a video demonstration of the proper form of a curl-up, see the U.S. Navy's video at this link: <https://youtu.be/cey3sVwrvjQ>, or read the full description of this exercise below.

(b) **Starting position.**



(1) Another cadet of the same sex as the exercising cadet holds the cadet's feet. Curl-ups are to be performed on a flat, level surface. Blankets, mats, or other suitable padding may be used, however the cadet must be entirely on or off the padding, *i.e.*, the cadet's upper body cannot be on the padding with feet off.

(2) The cadet begins by lying flat on his/her back with knees bent, and heels about 10 inches from buttocks. Arms shall be folded across and touching chest with palms of hands touching upper chest and shoulders (thumbs touching clavicle (collarbone)).

(3) Feet shall be flat on the deck and held by partner's hands. If preferred the partner may use their knees (on the side of the feet only) in addition to their hands to secure the cadet's feet. Any other means of securing the cadet's feet is not authorized.

(c) **Repetitions.**



(1) The cadet curls his/her upper body up, touching elbows to thighs (anywhere between the knees and hips) while keeping hands held firmly against the chest and shoulders (thumbs remaining in contact with clavicle (collarbone)). After touching elbows to thighs, the cadet returns to starting position, ensuring lower back and shoulder blades touch the deck. Repeat as many times as possible before the event ends.

(2) The cadet may rest in either the up or down position.

(3) Count only the number of *correctly performed* curl-ups. Curl-ups performed incorrectly shall not be counted.

(d) **Time.** Each cadet will perform as many correct repetitions as possible **within one minute**. The OIC gives a warning and, once all cadets are in position, announces the command of execution ("EXERCISE!").

(1) The curl-up event ends when the cadet:

- (i) Lowers legs;
- (ii) Lifts feet off deck;
- (iii) Lifts buttocks off deck;
- (iv) Fails to keep arms folded across the chest and/or lowers arms; or
- (v) Thirty (30) seconds elapses between repetitions.

2.10 **PUSH-UPS**

(a) **Proper form.** For a video demonstration of the proper form of a push-up, see the U.S. Navy's video at this link: <https://youtu.be/Get-JgZvI0A>, or read the full description of this exercise below.

(b) **Starting position.**



(1) Push-ups are to be performed on a flat, level surface. Blankets, mats, or other suitable padding may be used. However, the cadet must be entirely on the padding or off, *i.e.*, cadet's upper body cannot be on the padding with feet off.

(2) Cadets will begin in the "up" position on the deck (depicted above) so that body forms a straight line through the shoulders, back, buttocks, and legs. Weight is supported only with the toes and palm of the hands. Feet shall not be in contact with the bulkhead or other vertical support surface.

(3) Arms are to be straight with palms flat on the deck, directly under the shoulders or slightly wider than shoulder width. Feet will be no more than 12 inches apart.

(c) **Repetitions.**



(1) Member shall lower entire body until arms bend to at least 90 degrees while keeping shoulders, back, buttocks, and legs aligned and parallel to the deck.

(2) Member pushes entire body upward and returns to starting position ensuring arms are fully extended, without locking elbows.

(3) Member may rest only in the "up" (starting) position, maintaining a straight line with shoulders, back, buttocks, and legs.

(4) Count only the number of *correctly performed* push-ups. Push-ups performed incorrectly shall not be counted.

(d) **Time.** Each cadet will perform as many correct repetitions as possible **within one minute**. The OIC provides a suitable warning and, once all cadets are in the ready ("leaning rest") position, announces the command of execution ("EXERCISE!" or similar).

(1) The push-up event ends when the cadet:

- (i) Touches deck with any part of body except hands and feet;
- (ii) Raises one hand or foot off the deck; or
- (iii) Fails to maintain proper body alignment.

(a) **Satisfactory (Minimum Passing Standards)**

MALE CADETS				FEMALE CADETS			
AGE	CURL-UPS	PUSH-UPS	1 MILE RUN	AGE	CURL-UPS	PUSH-UPS	1 MILE RUN
10	28	12	11:40	10	26	9	13:00
11	29	14	11:25	11	28	7	12:42
12	32	15	10:22	12	30	5	12:24
13	34	20	9:45	13	32	7	12:15
14	36	20	9:30	14	32	7	12:00
15	38	25	9:15	15	31	10	11:45
16	40	25	9:00	16	30	10	12:15
17/18	40	30	8:45	17/18	29	10	12:15

(b) **Good**

MALE CADETS				FEMALE CADETS			
AGE	CURL-UPS	PUSH-UPS	1 MILE RUN	AGE	CURL-UPS	PUSH-UPS	1 MILE RUN
10	35	14	9:48	10	30	13	11:22
11	37	15	9:20	11	32	11	11:17
12	40	18	8:40	12	35	10	11:05
13	42	24	8:06	13	37	11	10:23
14	45	24	7:44	14	37	10	10:06
15	45	30	7:30	15	36	15	9:58
16	45	30	7:10	16	35	12	10:31
17/18	44	37	7:04	17/18	34	16	10:22

(c) **Excellent**

MALE CADETS				FEMALE CADETS			
AGE	CURL-UPS	PUSH-UPS	1 MILE RUN	AGE	CURL-UPS	PUSH-UPS	1 MILE RUN
10	45	22	7:57	10	40	20	9:19
11	47	27	7:32	11	42	19	9:02
12	50	31	7:11	12	45	20	8:23
13	53	39	6:50	13	46	21	8:13
14	56	40	6:26	14	47	20	7:59
15	57	42	6:20	15	48	20	8:08
16	56	44	6:08	16	45	24	8:23
17/18	55	53	6:06	17/18	44	25	8:15

EVENT CANCELLED
EVENT #10 – MINELAYER

PURPOSE – DEMONSTRATING UNIT COMMANDER SKILLS & TEAMWORK UNDER PRESSURE

PARTICIPATION

1. Units shall field a minimum of 10 cadets to participate, or prove at registration that 100% of the Unit's complement is participating in this drill event.
2. Units that cannot meet minimum manning requirements may join with another unit that also does meet minimum manning requirements to reach a number above the minimum. Combined units will each receive the total amount of points scored by the marching unit.
3. If there are no other teams below minimum manning, the unit may be allowed to have cadets who will not be participating in this event chosen at random from various units at the discretion of the event judge to reach minimum manning.

PROCEDURE

1. The object of the event is to march within the drill area avoiding increasing numbers of obstacles over time.
2. Units can form in any valid squad/platoon formation they wish that is authorized under the Navy/USMC Drill and Ceremonies Manual.
2. Once a unit begins marching, a timer starts. For every 10 seconds that passes, an obstacle of various size and shape is dropped immediately behind the unit (as if they were laying mines).
3. The unit will continue to march avoiding the obstacles for as long as possible until either an obstacle is hit, or the unit marches out of the drill area, after which the timer stops.
4. The unit who can successfully march in the drill area the longest will be the winner.
5. Units can form themselves in any legal formation they wish to march in. Once the timer begins, they must continue marching without stopping. If they stop longer than 10 seconds in any one place, the mine most recently dropped will hit the back of their ship and time will stop.
6. Marching boundaries will be an area 50' x 50' in diameter.

JUDGING

1. The timer starts once the command of Forward March is given to enter the drill field.
2. In 10 Second intervals, place one of the carpet squares immediately behind and centered on the formation such that the formation is always moving away from the obstacle.
3. The clock stops if anyone breaks the vertical plane of an obstacle or steps out of the drill area. (ie, They cannot step over obstacles.)
4. Units that cannot keep a decent formation (ie several cadets go the wrong way, etc) must stop and reform quickly. They will be given an extra 10 seconds to reform and continue forward (without a mine drop) which will be deducted from their total time. Points will not be deducted for cadets who get out of step, but they should maintain their formation to the best of their ability.

SCORING

- ~~1. 5 points will be given for each mine dropped successfully.~~
- ~~2. In the event of a tie, the winner is the unit that has the longest successful time on the drill field. The winner of a tie will receive an additional 10 points.~~

EQUIPMENT

- ~~1. Stopwatch.~~
- ~~2. Carpet Squares~~
- ~~3. Cones or markings to define the 50ft. x 50ft. drill area.~~

EVENT CANCELLED

EVENT #13 – FIRE FIGHTING (OPTIONAL)

PURPOSE – TEAM CO-OPERATION IN AN EMERGENCY MODE PARTICIPATION

~~———— This event is dependent upon availability of proper equipment and access to a fire hydrant / fire truck which may not be readily available at the event.~~

- ~~• This is an NSCC Flagship Event only. NLCC Cadets will not be allowed to participate at this time.~~
- ~~• A team consists of five cadets. Four hose men and one hydrant man.~~

PROCEDURE

- ~~1. Each team will receive one run. 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.~~
- ~~2. At the signal to start, the team shall lay out two 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 125 ft from the hydrant. **All hosemen MUST be at the nozzle before the hydrant can be charged.**~~
- ~~3. At the line up for the start, hoses may be on the ground or carried, they may be rolled or folded.~~
- ~~4. Each hose length must be initially thrown or rolled to be laid out, not dragged into position.~~
- ~~5. Coupling must be placed on the ground, not dropped.~~
- ~~6. All equipment used must have been provided, and approved by the Event Manager.~~
- ~~7. Cadets must be in working uniform, including boots. They may wear a “Flagship” T shirt during this event.~~
- ~~8. Cadets may not touch each other or their equipment, including hoses and couplings, until time has started.~~

JUDGING (4 to 5)

- ~~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 coupling~~
 - ~~➤ 5 seconds for each leaking coupling~~
 - ~~➤ 5 seconds for each dragged hose~~
 - ~~➤ 5 seconds for each Cadet touching another’s equipment or person before time begins.~~~~
- ~~3. Time stops when the target is knocked over.~~

SCORING

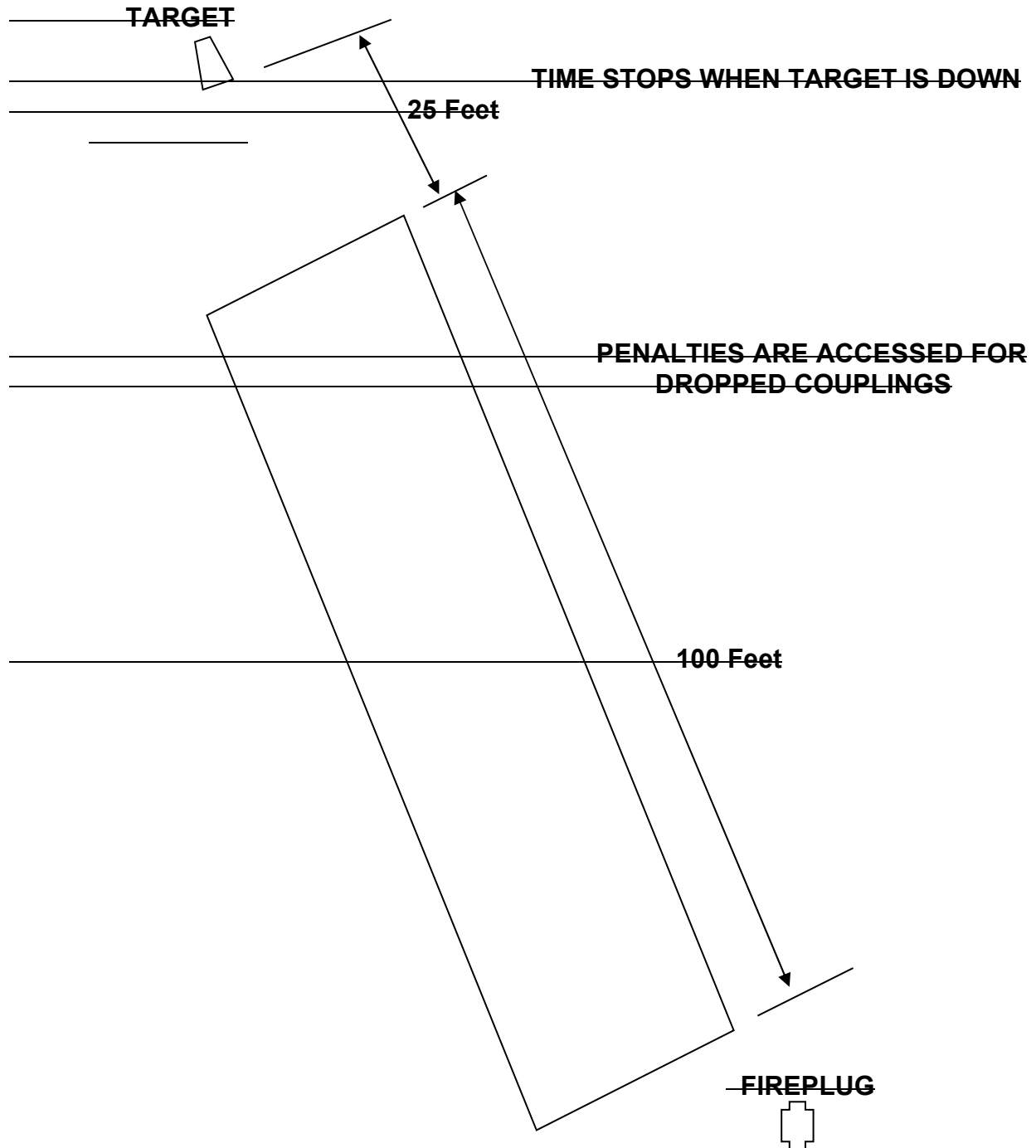
~~Shortest time after Penalty adjustments shall be highest placed~~

- ~~———— 1st Place — 50 Points~~
- ~~———— 2nd Place — 40 Points~~
- ~~———— 3rd Place — 30 Points~~
- ~~———— 4th Place — 20 Points~~
- ~~———— 5th Place — 10 Points~~

EQUIPMENT

(Double the equipment below for two runs.)

1. Two 50' lengths of 1 1/2" Fire Hose
2. One adjustable fog nozzle
3. One Hydrant Wrench (and possibly spanner wrench)
4. One active hydrant or fire engine
5. One Target
6. Stopwatches, Clipboards, scoresheets and pens



Four hose carriers and a hydrant man start behind line.
Rolled or folded hoses may be carried or be on the ground at the start, but
must be carried, not dragged, during the event