



DEPARTMENT OF THE ARMY

Headquarters, Sixth Brigade
U.S. Army Cadet Command
246 Blanton Road, Bldg. 1031
Hunter Army Airfield, Georgia 31409-4615

ATCC-FFJ

17 August 2017

MEMORANDUM FOR 6th BDE JROTC DAI's, SAI's, AI's and PMS's

SUBJECT: Standard Operating Procedures (SOP) 6th BDE JROTC Raider Challenge Competitions (Base Document)

1. Purpose: To establish responsibilities and procedures for the conduct of all Raider Challenge Competitions in Sixth Brigade Army JROTC. This is a BASE document. Warning Orders (WARNORDS) will be used to announce changes, adjustments, or improvements.

2. References:

- a. TC3-22-20, Physical Fitness Training.
- b. TC 3-97.61 Military Mountaineering July 2012
- c. USACC, LET 2, Unit 4, Chapter 2, Lessons 1-9, First Aid
- d. JROTC Cadet Desk Reference, Unit 4:Wellness, Fitness and First Aid

3. Objectives:

a. To provide 6th BDE JROTC Cadets a competitive program in **9 athletic and curriculum** skilled events. The events are as follows: Raider Fitness Challenge, One-Rope Bridge, Cross Country Rescue, Team Run 5KM, Tire Flip, Obstacle Course, HUMVEE Push, Raider Fitness Test and **Relay Run**. The following are supporting objectives: Ethical Values and Good Citizenship, Leadership Potential, Effective Communication and Logical Thinking, Improved Physical Fitness, Incentive to live drug-free, Positive Self-Motivation and Management, the skills to work as a team member and motivation to graduate from high school and pursue a successful career. The five events for the State competition will be published at the beginning of each raider season.

SAFETY NOTE: UNDER NO CIRCUMSTANCES WILL CADETS PRACTICE ANY EVENT WITHOUT THE DIRECT SUPERVISION OF A JROTC CADRE AND RISK ASSESSMENT BEING COMPLETED ANNEX N. NO OTHER EVENTS THAN THE NINE ABOVE ARE AUTHORIZED AT ANY RAIDER COMPETITION UNLESS APPROVED BY BRIDAGE

b. To provide the maximum number of Raiders the opportunity to compete in skills associated with Raider Skills competition.

c. To provide JROTC Cadets the opportunity to practice and familiarize for similar type Raider Challenge Competitions held throughout the school year.

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d. To JUDGE competing Raider Teams and designate the State Raider Challenge Competition Champions in the five events and recognize the top teams in the overall point totals.

4. Concept and Policy:

a. Headquarters, Sixth Brigade will represent U.S. Army Cadet Command in all matters requiring coordination with the facilities or activities at each State Raider Challenge Competition.

b. The locations and date for each state competition will be published in the yearly warning order. Each Raider Team will be responsible for their meals, transportation, and their respective Raider Challenge Competition entry fee(s).

c. At the State Competition there will be three categories of competing Raider Teams. They are All Male Teams = 10 Males competing at all times plus up to 2 additional male team members that can be freely substituted at the discretion of the team captain; **NOTE** (Females can be on male teams, they must compete as if they were a male and not as a female). All Female Teams = 10 Females competing at all times plus up to 2 additional female team members that can be freely substituted at the discretion of the team captain; Mixed Teams = 10 members competing at all times, 4 of whom must be females plus up to 2 additional team members that can be freely substituted at the discretion of the team captain as long as at least 4 females compete in each event. Mixed teams may have more than the minimum females and no less than 2 males. For local competitions area's will decide the make-up of teams to have more cadets to participate.

d. The number of teams for each area varies based on the "historical" participation in Raider Competitions. Each school will be allowed to bring only 1 Team per category to the state competition (1 Male, 1 Mixed , 1 Female) with the follow exception.

1. A single gender organizations such as military academies may qualify more than one team, but no more than two teams for the state Raider meet. Only one team will be recognized as a trophy placing winner. The trophy placing winner will be identified by their placement at the area qualifier. The other teams will be presented with a 6th Brigade Honorable Mention certificate, if they would have also placed in the top 5. This allows for equitability and farness between all school regardless of size or structure, while allowing academy Cadets to still benefit from participating in the competition. All teams must qualify at their respective area qualifier.

2. These teams will be included in the number of teams allowed for that area.

d. All competing teams at the state meet should be present for the awards ceremony. Teams that are not present for the awards ceremony and receive a trophy must pay for the trophy to be shipped from their own funds or have someone there to accept the trophy for your team.

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e. The SAI/AI's of the competing teams will make arrangements for all matters associated with travel, lodging, feeding, security of personal belongings, and accountability of personnel and equipment while at all Raider Challenge Competitions.

f. Cadre Uniforms.

1) ALL JROTC Cadre, **regardless** of the reason for attendance, will wear the ACU uniform with ACU cap.

2) All cadets will compete in ACU uniform. The ACU Uniform will consist of the ACU jacket with school logo t-shirt / tan t-shirt underneath, ACU trousers, rigger belt, socks, boots, some type of water carrying devise (pistol belt, full canteen with cover, water bottle, camel back) and ACU Cap. Running style shoes (No Spikes) is authorized for the Team Run and **Relay Run**. At a minimum the JROTC and School tag will be on the front of the jacket. The ACU Cap does not have to have the cadet name on the back. Programs with approved Distinctive Unit Insignia are allowed to wear them on the ACU jacket, **cadet names on ACU jacket is a uniform violation.**

g. Deviations from this SOP must be approved by the Headquarters, 6th Brigade USACC, JROTC Chief or **his representative for all** Raider Challenge Competitions.

h. Judges: Will primarily come from JROTC Cadre as determined by HQs, 6th Brigade USACC which will be identified in Annex L to this Memorandum of Instruction.

i. Entry Fee: There will be an entry fee of \$50.00 first team, \$75.00 for two teams and \$100.00 should a school have three Raider Teams. This money will be used to pay for trophies and medallions and offset expenses for the State Raider Challenge Competition. Make checks payable to Headquarters 6th BDE for the Raider Challenge Competition.

j. Florida and Georgia areas that host competitions will identify **the** meet or meets as "The Qualifier." Area Coordinators must ensure that area members are invited to "The Qualifier." The Area Coordinator will then identify the qualifying teams to brigade. Below is the breakdown of the number of teams from each area that will be eligible to compete in the state meet. Below is the breakdown of the number of teams from each area that will be eligible to compete in the state meet.

k. Florida Areas a total of 55 Teams

(1.) Areas 1, 2, 4, 10, 11 – 3 Raider Teams per Area

(2.) Area 12 – 4 Raider Teams

(3.) Areas 3, 5, 6, 7, 8, 9 – 6 Raider Teams per Area

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1. Georgia Areas a total of 70 teams.

- (1) Area 1 - 4 Raider Teams
- (2) Area 2 - 2 Raider Teams
- (3) Areas 3, 4, 5, 6, 9, 12 - 5 Raider Teams
- (4) Area 7 - 10 Raider Teams
- (5) Area 8- 11 Raider Teams
- (5) Area 10 - 7 Raider Teams
- (6) Area 11- 6 Raider Teams

4. Cadre, Cadet and Chaperone Travel:

(1) ONLY JROTC Cadre, Senior ROTC Program Cadre or Senior ROTC Cadets performing duties as the OIC, Judge and/or other Designated Meet Support Cadre may travel to the State Raider Challenge Competition Meet at government expense. Once identified, Judges/Designated Meet Support Cadre should submit their authorization in DTS.

(2) Chaperones will not be provided travel or per diem at government expense. Chaperones will travel only at their respective school's expense.

5. Responsibilities:

a. Sixth Brigade staff:

- (1) Overall responsibility for the conduct of the State Raider Challenge Competitions.
- (2) Provide payment for trophies and awards for the State Raider Challenge Competitions.
- (3) Coordinate for JROTC Cadre and other judges as required for state meet.
- (4) Determine the Meet Director for the each State Raider Challenge Competition.
- (5) Arrange for the contracts for each State Raider Challenge Competition.
- (6) Monitor local Raider meets to ensure SOP guidelines are being followed.
- (7) Direct State Raider Challenge Competition:

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(8) Responsible to the Commander, 6th BDE USACC for conduct of the State Raider Challenge Competition.

(9) Final approving authority for any grievances or judging decisions at the State Raider Challenge Competition.

c. SAI's/AI's at Local and State Competitions:

(1) Prepare your respective teams for competition IAW the provisions of this SOP and event annexes published separately.

(2) Provide a list of all cadets participating on a Statement of Eligibility that lists all of the members of the Raider Team and certifies that each Raider is enrolled in JROTC for the current school year and meets the State Athletic Association rules for eligibility for participation in extracurricular high school sports. This Statement of Eligibility will be signed by a school official (principal, assistant principal, or counselor). DAI's, SAI's, and AI's cannot sign the form. **Teams will not compete without this form (NO CALL IN'S ALLOWED AT STATE).**

(3) Ensure your team(s) follows the meet schedule and rotation plan.

(4) Supervise your Cadets at all times, especially in the latrine, bathing and dressing room areas, and throughout the entire camp site. Destruction of camp or park facilities and other school's property will not be tolerated.

(5) Ensure all cadre, parents, boosters, etc. **REFRAIN FROM COACHING ONCE THE COMPETITION BEGINS** (at State Competitions)– encouraging your team is welcomed but **NO COACHING PLEASE!** Let the Raider Team Commanders lead their teams and make leadership decisions.

(6) Will coordinate with the representative from the 6th BDE USACC on all grievances and judging decisions to ensure that they are in agreement with this SOP.

6. Scoring Procedures at State Competition: Score sheets will be verified for administrative accuracy while the team is in the ready area. The competing team's score sheets will be completed prior to the beginning of competition. Immediately after the performance is completed, the event Head Judge will give a quick out brief to the Raider Team's Commander. SAI's/AI's may listen but cannot contest or question the Head Judge. The Head Judge will give the score sheet to the scoring committee that will be responsible for tabulating the scores. When the tabulation process is finished the score sheets will be placed in each school's/team's folder and will be available for pick-up immediately following the awards ceremony. In the event of a

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tie for overall team trophy placement determination the total team time on the team run or relay run will be the deciding factor.

a. If a scoring dispute arises at one of the stations, the Head Judge for that event will attempt to resolve the matter. If the matter is not resolved to the satisfaction of the affected Team, then the SAI/AI must follow the protest/appeal process outlined in paragraph 7 of the Raider Challenge Competition Meet SOP.

7. Protests and Appeals: Should any protests, dispute or appeal of a judge's scoring or any other similar circumstance arise, it will be the responsibility of the Raider Meet Director (state is the senior brigade member on site) to decide on the question/issue. No further appeal is available. Protest will be submitted in writing to the Meet Director within 30 minutes of the conclusion of the protested event and only by a Cadre member from that school/team.

8. Penalties at State Level Events:

a. Participating teams are required to meet all scheduled events as outlined in the State Meet Itinerary of Events (TBP once all of the participating teams have been identified). ALL TEAMS will have a rotation schedule for the 5 events. If a team fails to make their rotation report time to their next event, that team will lose ten points for being late. After 10 Minutes, the team will be disqualified and no points earned for that event. Teams that are delayed due to event backlog must send a team representative to their next scheduled event OIC of the delay and give the approximate time the team will arrive.

b. Any team that fails to show up with their required team members will be disqualified from participating in that event.

c. Teams that report without proper uniform/equipment will be penalized 50 penalty points/seconds. The team may be disqualified depending on the event and significance of the violation as it relates to safety and the teams' ability to accomplish the event. Event OIC must make an annotation on the offending team's scorecard what the violation was and what decision was rendered.

d. In any case of unsportsmanlike conduct involving a team member or the entire team, the Meet Director will determine the severity of the infraction and may assess any penalty up to and including disqualification from an event to the entire State Raider Challenge Competition.

e. Substitutions of the two authorized additional cadet team members will be allowed during the competition before any event starts. All team members who are on the official team roster at the start of the competition can be employed on any event at the discretion of the team captain. Regardless of the substitutions cadet team members by the captain, teams must meet the minimum gender requirements specified in paragraph 4. c of this SOP. Bottom Line: Your team captains can choose between any registered team members to construct the team best suited to maximize team performance in that event while meeting gender requirements.

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f. Cadets will follow CCR 145-2, paragraph 11-6, Personal Appearance in regard to hair color, length, styles and authorized accessories (female wearing ribbons, bows, etc.) and jewelry while wearing the modified ACU (any type earrings, rings, bracelets, etc.) in the field environment. If a cadet is found to be in violation 50 team penalty points/seconds will be added to the team overall score. Also see ANNEX M.

g. No coach, instructor or team is authorized to practice on or walk any part of the State Raider Course, team/s that are found on the course before the competition will be disqualified from the ENTIRE competition.

9. Awards:

Trophies will be awarded to the Top 1st, 2nd, 3rd, 4th, and 5th places in each event and the Top 1st, 2nd, 3rd, 4th, 5th places overall in the three categories of teams – All Male Teams, All Female Teams, and All Male/Mixed Teams.

10. Inclement Weather Procedures: In the event of light rain all competition will continue as scheduled. In the event of severe storms or lightning, competition will be immediately stopped. Judges, Coaches, and ALL Raider Teams will move to the nearest building or safe area and wait for instructions, as soon as cadets are under positive control. At that time a weather decision will be made based on weather reports. If the competition must be halted, the following rules will apply at State level, local level should be published in their MOI:

a. If due to inclement weather any event in which more than half of the competing teams have completed, the results in that event will stand and awards will be awarded to the teams placing up to that point.

b. Events that are less than half completed as a result of inclement weather, no results will be scored and no awards will be awarded.

c. Due to the nature of the event, all funds are used to purchase the necessary items to support the State Raider Challenge Competition Meet. The 6th BDE will not be in a position to reimburse schools, if the Inclement Weather Procedures go into effect and the competition is not completed.

d. There will be a judges meeting held at a time and place to be determined the evening of before the state competition to finalize decisions impacting the conduct of events the following day, final uniform decision, to discuss judging specifics and weather information.

11. Safety:

a. Responsibility: Cadre at every level will be responsible for conducting a continuous, rigorous safety program. Cadre must ensure that adequate provisions for safe physical standards are incorporated into all aspects of training (see CCR 385-10, Cadet Command Safety Program).

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b. Safety Requirements:

(1) A Composite Risk Management Worksheet will be completed for all of the events by the Event OIC and Director, for each Raider Challenge Competition and sent to HQs, 6th BDE USACC for approval 30 days prior. Weather will determine daily risk assessments and changes to events for safety reasons.

(2) All applicable training and safety publications will be available and adhered to during the conduct of the 6th BDE State Raider Challenge Competition Meet.

c. Qualified Medical Support will be on station during the conduct of ALL Events.

d. Accident/injury reporting requirements are contained in USACC Regulation 385-10.

12. POC for the 6th BDE State Raider Challenge Competition Meets is Mr. Smith HQ, 6th BDE USACC at telephone 912-315-8410 and Mr. Denniston 912-315-8010.

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Date: 2017.11.22 09:50:00 -0400

JAMES E. KNAUFF, GS
Chief, JROTC
6th Brigade, USACC

ANNEXES:

- A. Raider Fitness Challenge
- B. One Rope Bridge
- C. Cross Country Rescue
- D. Team Run
- E. Tire Flip
- F. Obstacle Course
- G. HUMVEE Push
- H. Raider Fitness Test
- I. Relay Run
- J. Statement of Eligibility
- K. JROTC Cadre Judge Tasking by Area
- L. Raider Areas in Florida and Georgia
- M. Cadet Uniform Standards
- N. Risk Assessment

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ANNEX A (Raider Fitness Challenge) To 6th BDE JROTC Raider Challenge SOP, Raider Fitness Challenge

RAIDER FITNESS CHALLENGE

1. Task: Complete the Raider Fitness Challenge course which is designed to exam strength, stamina, strategy and endurance of the team of cadets over a course **approximately** ½ mile in length using various obstacles.

2. Conditions: During daylight hours and under existing weather conditions, each member of the 10 member Raider Team will complete the Raider Fitness Challenge in the Raider Team uniform: Boots, ACU trousers, and school t-shirt with sleeves or ACU t-shirts. ACU tops may be worn depending on weather conditions. Gloves are not to be worn for this event.

3. Standards: The Team will be scored on the amount of time that it takes all 10 members to complete the course.

4. Concept:

a. A course will be set up IAW the diagram in this annex. The team will complete the course and time will be recorded. The grader will command “Get set...Go” which will start the clock. The course will consist of the following items in order:

1. **Approximately** 10 yd low crawl with 5 lanes established.
2. **Approximately** 40 yd Water Can, Ammo Can, or kettle bell (each item will vary in weight from 10-30 lbs) carry.
3. An obstacle to either go over or under
4. A speed agility maze
5. A weighted object to carry around **approximately** 50’ in length
6. A turn around point (either a cone or pole) and repeats the course in reverse.

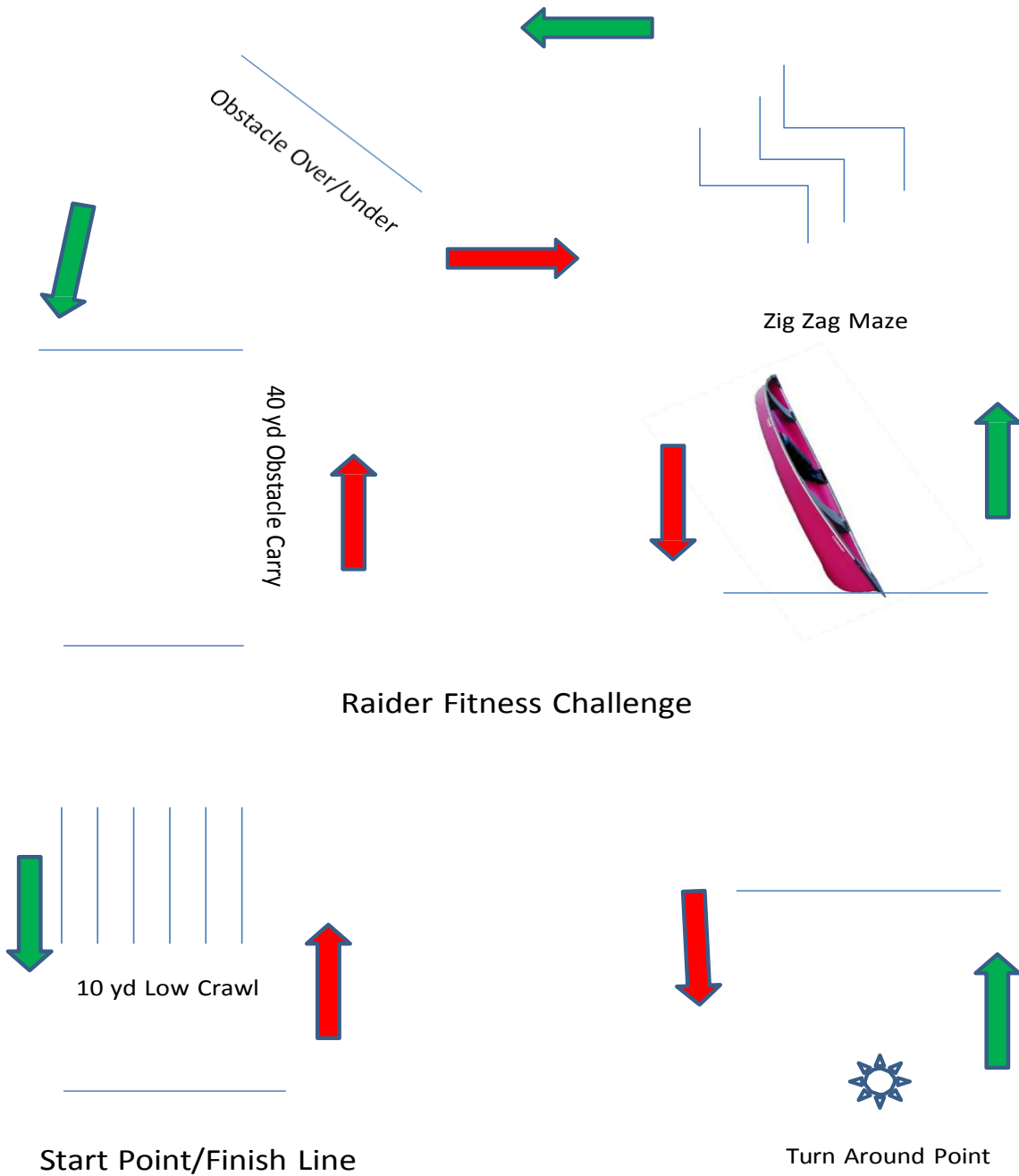
b. There will be only one team on the course at a time. Teams should be able to complete the course in 5-6 minutes. Any team still on the course at the 10 minute mark will be stopped and will receive no time for that event. There will be enough items for each team member to carry two items on phase 2 of the course. The weighted object will be determined and will not weigh more than 250 pounds. The **entire** team will have to pick the object up as a team and transport it 50 feet which will be designated with a line. The team will have to go around the turnaround point and complete the course in reverse so that all items will be where you originally picked them up from. Once a cadet crosses the finish line he or she cannot go back to assist and their event is complete at that point. Once the last cadet crosses the finish line time will stop.

c. Judges will record each Team’s total time on the score sheet. Once the Raider Team completes the event score sheets will be sent to the Raider Meet Headquarters for checking and posting.

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ANNEX A (Raider Fitness Challenge) To 6th BDE JROTC Raider Challenge SOP, Raider Fitness Challenge

This is an example of lane setup no matter the number of cadets.



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ANNEX A (Raider Fitness Challenge) To 6th BDE JROTC Raider Challenge SOP, Raider Fitness Challenge

RFC SCORE CARD

TEAM/SCHOOL _____ TM CHECK IN TIME _____

TYPE TEAM (CIRCLE ONE)

MALE

FEMALE

MIXED

PENALTY TIME

Note: A 60 second team penalty will be added to the total team time for a cadet going back to assist once crossing the finish line to assist.

CADET CROSSED FINISH LINE BACK TO ASSIST OTHER CADETS

OF VIOLATIONS 60 SEC = _____

Uniform penalties CCR 145-2, paragraph 10-6, Personal Appearance and wear of the uniform. 50 seconds TEAM penalty

Sportsmanship Penalties:

____: 30 seconds can be disqualified for multiple violations.

ROUTE TIME _____

PENALTY TIME _____

TOTAL TIME _____

COMMENTS:

SCORER'S NAME: _____

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Annex B (One Rope Bridge) To 6th BDE JROTC Raider Challenge SOP, ONE-ROPE BRIDGE

1. TASK: Construct a one-rope bridge spanning approximately 40 to 100 feet

2. CONDITIONS:

a. Under existing weather conditions and in a field environment each Raider Team will cross an obstacle (**stream crossing or ravine**) on a one-rope bridge spanning approximately 40 to 100 feet.

b. Teams will make only one timed crossing and will compete against the clock. Time will not stop during the conduct of the event unless Teams go over the 10 minute time limit. Penalties will be assessed for rule infractions and safety lapses. Total event time will be calculated from the crossing time plus any assessed penalty time.

c. Ten cadets should compete as a Team in this event. Teams with less than 9 will not compete. All Raiders must cross the obstacle on the rope with the exception of the first and last Raider.

d. A complete ACU uniform will be worn by all Team members. Caps may be carried in the cargo pocket prior to commencing construction of their one rope bridge. Uniform may be adjusted by Brigade at the beginning of the meet depending on heat category. **Pistol belts and extra equipment may be grounded. ACU caps are with the cadets.**

e. The bridge site will include a suitable anchor point on the near and far-side of the obstacle, mounting and dismounting points, and barriers (log, plank or tape) to mark the obstacle boundary.

f. Each Raider Team is responsible for providing their own equipment; 1-bridge rope minimum requirement 120feet long X 7/16inch diameter (static rope), 8-10-Swiss ropes 14 feet or longer X 7/16inch diameter, and proper number of snap links to construct rope bridge and Swiss seats.

3. STANDARDS:**IAW the new TC 3-97.61 dated July, 2012**

a. The Swiss seat must be secured with a **square knot** and with an **overhand knot** at each side of the square knot to prevent the knot from becoming untied with at least a four (4) inch pig tail on each knot. First and last Raider may wear ropes tied around their waist using a **Swami belt(pg. 6-28)**. Swami belt will be tied IAW TC 3-97.61, Military Mountaineering page 6-28 using at least two wraps around the waist and tied off with a square knot with overhand safeties with a minimum 4 inch pig tail on each side. An end of the line bowline w/overhand knot or figure 8 hooked into the far side Raider's snap link is used to secure the far side Raider while crossing the stream.

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ANNEX B (One Rope Bridge) To 6th BDE JROTC Raider Challenge SOP, ONE-ROPE BRIDGE

The Swiss seat (rappel seat) will be tied IAW TC 3-97.61, Military Mountaineering, page 4-29.

Note: On Step 5, the two ends may travel from bottom to top or top to bottom as long as a half hitch is created on both hips creating a bite.

b. The only knots allowed for the far side anchor point will be one round turn around the anchor point secured by two half hitches on a bight, or a tensionless anchor knot (see Pg.5-7) with a minimum of 4 round turns around the anchor point secured by a snap link which must be secured to the rope bridge rope by an end of the line bowline w/overhand knot or figure 8 knot. The only knots allowed for the near side anchor point/tightening system will be: the wireman's knot and /or the figure 8 slip knot (Transport Tightening System Pg 7-15 Fig 7-10) as the tightening system knot; round turn around the near side anchor point secured by two half hitches on a bight. The half hitches on a bight are not required to go over all ropes as long as it provides a safe knot extending toward the tightening system knot.

c. The two anchor knots, the wireman's knot or figure 8 slip knot (either may be used to construct the one rope bridge) and the two half hitches on a bight will be visually inspected for safety prior to Raiders mounting the bridge rope. If improperly tied team is STOPPED (allowed to fix knots but time still continues to run).

d. After each Raider Team has been given five minutes to tie their Swiss Seats and to prepare their rope by either back laying the rope or coiling the rope. **The Swiss seat must pass the CHECKPOINTS on page 4-29 of the TC 3-97.61 to be considered safe and team penalty assessed for unsafe seat. THE ROPE MUST BE FLAT ON THE GROUND WITH NO LOOPS OR TWISTS, BIGHTS, or MARKINGS THAT MAY ASSIST WITH TYING THE KNOTS (if found disqualified from event).**

e. When crossing, **only three Raiders** will be clipped onto the bridge rope with the Swiss seat at any one time. While crossing each **Raider is not required to have one leg/foot** in contact with and over the bridge rope. The bridge will not be disassembled until the last Raider has crossed and safely unclipped on the far-side.

4. CONCEPT: Upon arrival at the bridge site, the Team will enter the holding area with their bridging equipment and wait for further instructions from a guide or judge. Teams will receive a safety briefing and be given the Task, Conditions and Standards for the event. When a lane is clear, the Team will then move to the preparation area, be given a site orientation and begin the 5 minute cross preparations, for tying Swiss seats and to prepare your rope. "Time Start" begins the exercise/event. "Time Stop" ends the crossing/event, the Team then gathers their equipment, is given a short debrief and proceeds to the next event.

5. BRIDGING PREPARATION, CONSTRUCTION, CROSS, & DISASSEMBLY:

a. Preparation:

(1) The first and last Raiders can tie either a **Swami belt (pg 6-28)**(around-the-waist harness or a Swiss Seat.. The recommended method for the Swami Belt will be with a rope double wrapped around the waist and tied off with a square knot with overhand safeties with a minimum 4 inch pig tail on each side. The snap-link is then clipped around all coils of the harness. The remaining Raiders will tie Swiss seats with snap-links to aid in transporting themselves across the rope bridge. The snap-link is centered on the body and closed over all the rope parts with the gate facing up and away from the body. The seat must be snug.

(2) The minimum requirement 120 foot or longer bridge rope is uncoiled and by either back laying the rope or coiling the rope.

b. Construction: The following steps can be conducted simultaneously.

(1). Step One: The Far-Side Raider ties a end of the line bowline w/overhand knot or figure 8 and snaps in before crossing into the stream (dead zone) and is belayed across the stream (no figure 8 across the body). Belaying involves a stationary Raider or Raiders having control of the bridge rope as the Raider crosses the obstacle (pg. 9-5). Too much “slack” is to be avoided in order to sense the movement of the crossing Raider and to ensure an immediate safety response.

(2) Step Two: When the Far-Side Raider reaches the far-side, he/she moves to the anchor point, wraps the bridge rope around the anchor 360 degrees and “temporarily” secures it by the snap-link on the bridge rope or ties one to the approved anchor knots must be complete before he stopped being belayed.

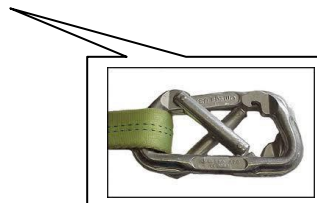
NOTE: Step three can be executed at the same as Step one and two as long as the Far side Raider is on belay.

(3) Step Three: On the near-side, approximately 3 Meters from the near-side anchor, a wireman’s knot or figure 8 slip knot is tied into the bridge rope, a wooden, metal, plastic stick/implement or snap link can be used to aid in the disassembly of the knots can be used for securing the nearside (**Transport Tightening System Pg. 7-15 Fig. 7-10**). Inserting the stick/implement is accomplished by placing it into the upper wing above the butterfly of the knot (upper bight of the wireman’s knot). The stick/implement or snap links may not be used as a speed tightener. The fixed loop formed in the knot must naturally lie toward the near-side anchor. The fixed loop is placed into **one (locking carabineer/snap link minimum standard are 9 kilonewton**

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ANNEX B (One Rope Bridge) To 6th BDE JROTC Raider Challenge SOP, ONE-ROPE BRIDGE

(KN) military steel or aluminum) or (2) snap-links with gates opposed Pg. 5-5. The remainder of the bridge rope is routed around the anchor point and through the snap-links. Carabineers cannot be altered or modified in any way if so Disqualified from event.



(4) Step Four: When the bridge rope has been passed through and been secured by a snap link or two (2) snap-links in the wireman's knot or figure 8 slip knot, the far-side Raider now detaches the "temporary" snap-link and pulls the wireman's knot or figure 8 slip knot out from the near-side anchor point approximately 4 to 6 feet and then secures the Far side bridge rope to the anchor with one round turns and two (2) half hitches on a bight w/4" pig tail, or tensionless anchor knot ensuring the anchor is at least waist high.

Note: the Far side knot should be placed approximately to same distance away from the anchor as the diameter of the anchor (pg. 5-7 Figure 5-10).

(5) Step Five: The Raiders on the near-side tighten the bridge rope with their pull team. The pull team on the near side pulls the slack out of the bridge rope. The snap link or two (2) snap-links should be close enough to the near side anchor to allow personnel to easily load the bridge. The bridge rope should be tight enough to prevent crossing Raiders from making contact with the stream. The transport tightening system is then secured to the anchor using a round turn and two (2) half hitches on a bight.. The half hitches do not have to pass around/over all the ropes between the anchor point and the wireman's knot or figure 8 slip knot.

c. Crossing: The Raider will use the Rappel Seat Method (pg. 7-20), **with the carabiner facing up and away from his body**. He then faces the rope and clips into the rope bridge. He/she rotates under the rope and pulls with his/hers hands and arms to make progress until across the obstacle. No more than three (3) Raiders will be on or clipped (carabineer closed) into the bridge rope at any one time. No part of the body or equipment may touch the obstacle (dead zone) when hooking up or getting off the rope bridge. **(Do not touch the boundary marker or any part of the obstacle)**. Raiders are not required to have one leg or foot in contact with bridge rope as long as the cadet is clipped into the rope.

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ANNEX B (One Rope Bridge) To 6th BDE JROTC Raider Challenge SOP, ONE-ROPE BRIDGE

d. Disassembly:

(1) When the last Raider has crossed and unclipped from the bridge rope the far-side anchor may be untied while the Near Side Raider disassembles the transport system on the near-side. He/she can tie a bowline w/overhand in the end of the bridge rope or uses the existing Wiremans or Figure 8 slip knot loop and secures the snap-link on his/her rappel seat or harness. The bowline may be tied during construction or crossing. The Near Side Raider is then belayed across the obstacle by Raiders on the far-side.

(2) Once the Near Side Raider is across, all **tyed** knots/snap links (the wireman's knot or figure 8 slip knot and bowline knot) will be removed from the bridge rope. When the Team leader is certain that all **tyed** knots/snap links are out of the rope, equipment, Raiders are accounted for and the obstacle has been cleared he/she will call "TIME". No individual equipment needs to be removed nor do any Swiss seats/around-the-waist harnesses untied and removed.

6. SCORING: The score earned by the Team will be the total time based on the time for the crossing plus any penalty time. The fastest time is first etc. (See Score Sheet B-7)

7. PENALTIES: **50 second TEAM** penalties will be assessed for the following rule violations, except as otherwise noted.

a. Equipment/Preparation/Inspection Penalties:

(1) The Raider Team not having as a minimum 1 - 120 foot long X 7/16 inch diameter static bridge rope, 10- Swiss seat ropes 14 feet long or longer X 7/16 inch diameter, or enough snap links to build the bridge and Swiss seats.

(2) A Swiss Seat that is determined to be unsafe.

(3) Far Side and Near Side Raider Swami belt found to be unsafe.

b. Construction Penalties:

(1) Far Side Raider fails to secure the bridge rope to his/her waist harness with a figure 8 or bowline knot w/overhand and snap-link.

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ANNEX B (One Rope Bridge) To 6th BDE JROTC Raider Challenge SOP, ONE-ROPE BRIDGE

(2) The Far Side improperly belayed across the stream (pg. 9-5 a.).

(3) Far Side Raider fails to “temporarily” secure the bridge rope with a 360 degree turn around on the far-side anchor and secures it by the snap-link on the bridge rope or ties one to the approved anchor knots must be complete before he is stopped being belayed and before calling secure.

(4) Failure to tie the wireman’s knot or figure 8 slip knot – If the Team must retie for safety– safety stop, time continues to run. The wireman’s knot must naturally lie toward the near-side anchor and both ends should exit opposite each other without any bends, the loop formed in the wireman’s and figure eight slip knot must not be less than twelve (12) inches in length, and the steel carabineer opening gate must be up, locked and away from the loop, if two snap links are used gates must be opposed and form a X when locked.

(5) Failure to secure the bridge system on the far-side or near-side with round turns with two (2) half hitches on a bight.

c. Crossing Penalties:

(1) Mounting (clipping into) the bridge rope before all bridge knots are secure.

(2). More than three (3) Raiders on the bridge rope or clipped into the bridge rope at any one time MORE THEN FOUR (4) DISQUALIFIED.

(3). Each Raider who enters and touches the obstacle with his/her body this includes members on the far and near-side attempting to assist Raiders who are crossing. Any equipment that the Raider loses in the obstacle while crossing or mounting and dismounting of the bridge.

NOTE: The Remaining Raiders “CAN” touch while crossing, as long as they don’t push off with their FEET and they don’t stand up and run across.

(4). Parts of the uniform/equipment dropped into the obstacle 10 second TEAM penalty. (Body can touch when crossing but cannot use feet to assist)

(5). Less than seven (7) Raiders crossing on the rope bridge disqualified.

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ANNEX B (One Rope Bridge) To 6th BDE JROTC Raider Challenge SOP, ONE-ROPE BRIDGE

d. Disassembly Penalties:

(1) Near Side Raider fails to secure the bridge rope to his/her waist harness with a figure 8 or bowline knot w/overhand, or transport knot and snap-link. The use of an improper belay.

(2) All **tied** knots/snap links not remove from the rope.

e. Other:

(1) Safety issues – clock runs while corrected.

(2) Sportsmanship – profanity, abusive or unethical conduct –possibly disqualification depending on the nature of the conduct.

SWISS SEAT CHECKPOINTS.

- 1. THERE ARE TWO OVERHAND KNOTS IN THE FRONT**
- 2. THE ROPES ARE NOT CROSSED BETWEEN THE LEGES.**
- 3. A HALF HITCH IS FORMED ON EACH HIP**
- 4. SEAT IS SECURED WITH A SQUARE KNOT WITH OVERHAND SAFETIES ON THE NON-BRAKE HAND SIDE**
- 5. THERE IS A MINIMUM 4-INCH PIGTAIL AFTER THE OVERHAND SAFETIES ARE TIED.**

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ANNEX B (One Rope Bridge) To 6th BDE JROTC Raider Challenge SOP, ONE-ROPE
BRIDGE

SCHOOL: _____

TEAM TYPE: Male / Female / Mixed

SWISS SEATS AND SWAMI BELT ARE SAFE TEAM PENALTY _____

Disqualification Penalties:

- ___ Less than 9 cadets or less than four females and 2 males on a Mix Team
- ___ Walking/Running across obstacle vs. crossing on rope
- ___ Rope Bridge Failure
- ___ Use of Speed Tightener (twisting dowel/stick or the snap links in the knot.)
- ___ **More than four Raiders snapped into the rope bridge at one time.**

Set-Up Penalties:

- ___ Only 9 competitors 50 second penalty

Construction Penalties:

- ___ No Bowline w/safety, or Figure 8 not used for Far-Side Raider
- ___ Far-Side Raider not snapped in prior to entering the dead zone
- ___ Far-Side Raider not belayed while crossing the dead zone
- ___ Far-Side Raider failed to temporarily snap in or fails to tie tensionless anchor and remain that way until near-side is "secure" (transport tightening system complete and snapped in)
- ___ Incorrect far-side knot anchor knot (round turn w/2 half hitches –or- tensionless anchor with a minimum of 4 wraps)
- ___ Near-Side fails to tie a proper wireman or figure 8 slip knot for the transport knot
- ___ Single locking snap link not 9kn or higher and properly locked w/gate closed
- ___ Single locking snap link is position incorrectly (the steel carabineer opening gate must be up, locked and away from the loop)
- ___ Two snap links (if used instead of 1 single locking snap link) are not opposed with the gates forming an "X" when depressed
- ___ Incorrect near-side knot (must use a round turn w/2 half hitches)
- ___ Any Raider is snapped into the bridge rope prior to the near side knot being completed

Crossing Penalties:

- ___ Danger area violation(s) (1, 2, 3, 4, 5, 6, 7, 8) (circle "1" for 1st, "2" for 2nd, etc...)
- ___ More than 3 Raiders snapped in to the rope bridge at one time
- ___ Failure to bring all rope bridge and each Raiders gear across to the far-side

Deconstruction Penalties:

- ___ Near-Side or Far-Side knots untied prior to last Raider being removed from rope
- ___ Near-Side Raider not fully snapped into rope knot prior to entering danger area
- ___ Near-Side Raider not properly belayed across the danger area
- ___ All knots and snap links are not out/off rope prior to TL calling "time"

Uniform penalties CCR 145-2, paragraph 10-6, Personal Appearance and wear of the uniform. 50 second team penalty.

Sportsmanship Penalties:

: 30 seconds can be disqualified for multiple violations.

TOTAL PENALTIES: x 30 seconds = _____ -Minute(s), _____ -Seconds

RAW TIME: _____ -Minute(s), _____ -Seconds, _____ -10ths of Seconds

FINAL TEAM ADJUSTED TIME: _____ -Minute(s), _____ -Seconds, _____ -10th's of Seconds

Judge Name/Signature: _____

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ANNEX C (CROSS COUNTRY RESCUE) To 6th BDE JROTC Raider Challenge SOP, CROSS COUNTRY RESCUE

1. TASK: 10 member Raider Team will take a 20 question multiple choice written first aid exam followed by transporting a simulated casualty over approximately one mile course on an unapproved terrain. There will be obstacles success as (low crawl, hurtles, tires, walls) that all Team members, along with the weighted litter and ruck sacks must negotiate along the route. The objective is to complete the course in the shortest time.

2. CONDITIONS: The uniform for the Cross Country Rescue is ACU trousers, rigger belt, Team or tan t-shirt, ACU shirt and boots. Upon arrival to the site the Raider Team will be administered a 20 question multiple choice written exam. There will be several different versions of the written exam published. The version give to each Raider Team will be at the discretion of the Head Judge. Teams will have 5 minutes to complete the written exam. All exam work must be completed on an team basis; no assistance can be offered or received between Coaches or alternate mates. Each Raider Team must begin and end this event with the same 10 members. No substitutes are allowed between the written exam and the litter carry portions. Each Raider Team will be given a litter with a pre-tied container(s) weighing approximately 80 pounds for female Teams and approximately 100 pounds for mixed Raider Teams and 120 pounds for the male Teams. Also, each Team will be given three rucksacks with 20 pounds for the female Raider Teams and 30 pounds for the male and mixed Raider Teams. Each Raider Team will be given 5 minutes to confirm their pre-tied containers are sufficiently secured to not fall off the litter during the carry. There will be an approximately five obstacles that all Team members, along with the weighted litter and ruck sacks must negotiate along the route. Incorrect answers on the written exam will result in 50 seconds per wrong answer time being added to the Teams' total run time.

3. STANDARDS: All 10 Raider Team members will complete a 20 question multiple choice written exam. All exam questions will come from a 25 questions study guide taken from the JROTC Curriculum Manager published in advance of the event. After the 5 minutes for the written exam has expired the Team will move to the adjacent litter carry area. Upon arrival, of the first cadet the 5 minute weighted litter check clock will begin. The Raider Team Captain will notify the evaluator when the simulated casualty is ready to be transported. Upon the command "GO" each Raider Team will transport the simulated casualty and the rucksacks to their destination in the fastest possible time. Upon reaching the obstacle all Team members and all equipment must negotiate the obstacle. No penalties will be assessed for the weighted containers falling off the litter but if the container does come off the litter the Team must stop immediately and re-secure the container before continuing the carry. All equipment and Raider Team members must be across the finish line before the time stops. Equipment will not be dragged (except under the obstacle) or thrown. The rucksacks will not be carried on or attached to the litter in any manner. Each Raider Team Commander may task organize their Teams and decide how many cadets will carry the litter and who is carrying the rucksacks and how they switch off during the actual event. Once a Raider Team member or any of their equipment crosses the finish line he or she cannot go back to aid their Raider Team in any capacity.

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ANNEX C (CROSS COUNTRY RESCUE) To 6th BDE JROTC Raider Challenge SOP, CROSS COUNTRY RESCUE

Raiders may however place their equipment by the finish line without penalty before crossing it and may return to help their fellow Raider Team members. During the litter carry all Raider Team member must remain within line of sight of each other. Fifty (50) penalty seconds will be added to the Teams' total time for each incorrect answer on the written exam. IF ALL Raiders cross the finish line without ALL of their equipment there will be a 5 minute penalty.

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ANNEX C (CROSS COUNTRY RESCUE) To 6th BDE JROTC Raider Challenge SOP, CROSS COUNTRY RESCUE

First Aid

1. Q- What is the definition of First Aid?

A- The immediate care given to victim until qualified medical personnel arrives.

2. Q- What is the law designed to protect the rescuer and encourage people to assist others in distress by granting them immunity against lawsuits?

A- The Good Samaritan Law

3. Q- List 6 items in a well stocked First Aid kit.

A- Bandages, band-aids, tape, aspirin, antiseptic cream and cleanser, safety pins, scissors, tweezers, cotton, and tissues.

4. Q- List the 7 steps to Evaluating a Casualty ?

A- 1) Consciousness

2) Breathing

3) Bleeding

4) Shock

5) Fractures

6) Burns

7) Head Injury

5. Q- List 3 signs of Shock.

A- Sweaty but cool skin, paleness, restlessness(nervousness), thirst, loss of blood, confusion, fast breathing, blotchy(bluish) skin, vomiting(nausea)

6. Q- What are the ABCD's of First Aid?

A- Airway, Breathing, Circulation, Disability

7. Q- What are the 2 procedures that make up CPR?

A- Mouth-to-mouth resuscitation and closed chest heart massage

8. Q- Only under what circumstance should you use a tourniquet?

A- As the last resort

9. Q- What is the name of the best known method to clear a person's airway?

A- The Heimlich Maneuver

10. Q- What are the 2 types of fractures?

A- Simple and Compound

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ANNEX C (CROSS COUNTRY RESCUE) To 6th BDE JROTC Raider Challenge SOP, CROSS COUNTRY RESCUE

11. Q- What are the 3 degrees of burns?

A- 1st, 2nd, 3rd

12. Q- What are the 3 types of heat injuries from least severe to most severe?

A- Heat cramps, heat exhaustion, heat stroke (most)

13. Q- What are the 3 types of venom?

A- Neurotoxins, hemotoxins (skin), cardiotoxins

14. Q- What are 4 symptoms of insects bites and stings?

A- Pain at site, itching(hives), weakness, anxiety, headache, breathing difficulty, nausea(vomiting), diarrhea

15. Q- What type of venom does the Black Widow spider produce?

A- Neurotoxins

16. Q- What type of venom does the Brown Recluse spider produce?

A- Hemotoxins

17. Q- What are 2 precautions to avoid poisonous plants?

**A- Dress appropriately;
Avoid areas where poisonous plants grow;
Do not eat plants you don't recognize.**

18. Q- Within how long does shock usually occur after a severe injury?

A- Within the first hour after

19. Q- When treating for shock, you should position the victim on his/her_____;

However, if the victim is having difficulty, allow him/her to_____;

Or if the victim is vomiting, position the person on his/her_____.

A- Back, sit up, side

20. Q- What are the 3 types of bleeding and how do you recognize each?

A- Arterial- bright red blood that spurts with the heartbeat

Venous- steady flow of dark blood

Capillary- slow flow of blood

21. Q- When is the best time to give food/drink to a shock victim?

A- Not to, unless help is not coming for awhile, then give small amounts of fluids with salt every 15 min.

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ANNEX C (CROSS COUNTRY RESCUE) To 6th BDE JROTC Raider Challenge SOP, CROSS COUNTRY RESCUE

22. Q- Which body part is least likely to be affected by frostbite?

- A) Neck
- B) Forehead
- C) Wrists
- D) Cheeks

A- A) Neck

23. Q- List 2 precautions to take to prevent heat injuries.

**A- Avoid working outside in hot, humid weather;
Drink at least 1 quart of water every hour;
Limit your exposure to high temp.**

24. Q- What are 2 types of cold-weather injuries?

**A- Frostbite, immersion foot/ trench foot, hypothermia, snow blindness,
dehydration**

25. Q- What is the RICE procedure for muscle injuries?

A- Rest, Ice, Compression, Elevation

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 ANNEX C (CROSS COUNTRY RESCUE) To 6th BDE JROTC Raider Challenge SOP, CROSS
 COUNTRY RESCUE

CROSS COUNTRY RESCUE SCORE SHEET

TEAM/SCHOOL _____

TEAM CHECK IN TIME _____

TYPE TEAM (CIRCLE ONE) MALE FEMALE MIXED

Penalties

Uniform penalties CCR 145-2, paragraph 10-6, Personal Appearance and wear of the uniform. 50 seconds
 Sportsmanship Penalties:
 : 30 seconds can be disqualified for multiple violations.

#	NAME	Incorrect Answers	Time Added: 50 sec per incorrect answer
1.			
2.			
3.			
4.			
5.			
6.			
7.			
8.			
9.			
10.			
Route Time	_____ Min _____ Sec	Total Penalty Time	
		Total Time	

COMMENTS: _____

SCORER'S NAME: _____

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ANNEX D (TEAM RUN) To 6th BDE JROTC Raider Challenge SOP, TEAM RUN

1. **TASK:** Each Team must complete a 5 Km Team Run over a designated marked course along an unimproved terrain.
2. **CONDITIONS:** During daylight hours and under existing weather conditions, each 10 member Raider Team will negotiate **approximately** a 5 Km course consisting of unimproved terrain and sandy trails in their prescribed Raider uniform (ACU trousers, Team or tan t-shirt, running shoes). Team members must stay together and be within 10 meters of each other. Coaches, parents, chaperones or other Team members will not be allowed to run with the Team.
3. **STANDARDS:** Team scores will be based on total time it takes for the Team to finish the course. All Raider Team members must cross the finish line within 10 meters (**THAT WILL BE CLEARLY MARKED**) of each other and the time will stop when the last member of the Team crosses the finish line. If any Raider violates the 10 meter rule there will be a 50 second team penalty. Raider Team Members cannot push, pull, hold or carry their Teammates at any time during the Team Run Event. No Coach, Cadet, Team member, parent, chaperone or Cadre may run along or “pace” a Raider Team. Any Raider Team caught violating this rule will be **DISQUALIFIED**. If for any reason a Raider Team member drops out of the Team Run Event the Team will be assessed a 5 minute penalty but must finish with the minimum number (9) of cadets.
4. **CONCEPT:** Each Raider Team will report to the Team Run ready area and will be briefed on the task, conditions and standards for the course. The Team will be given 3 minutes to get ready and to conduct any last minute preparations. When told to report to the starting line, the Team will move forward and a judge will give the command “Get Ready” and “Go”. Time will stop when ALL Raiders have crossed the finish line.

6th BDE JROTC State Raider Challenge Competition
Team Run

Score Sheet

SCHOOL NAME _____

MALE TEAM FEMALE TEAM MIXED TEAM

TM CHECK IN TIME _____

Uniform penalties CCR 145-2, paragraph 10-6, Personal Appearance and wear of the uniform. 50 seconds

Sportsmanship Penalties:

: 30 seconds can be disqualified for multiple violations.

10 METER RULE # of Violations 50 Sec _____

DROP OUT # of Violations _____ x 5 Min _____

ROUTE TIME _____

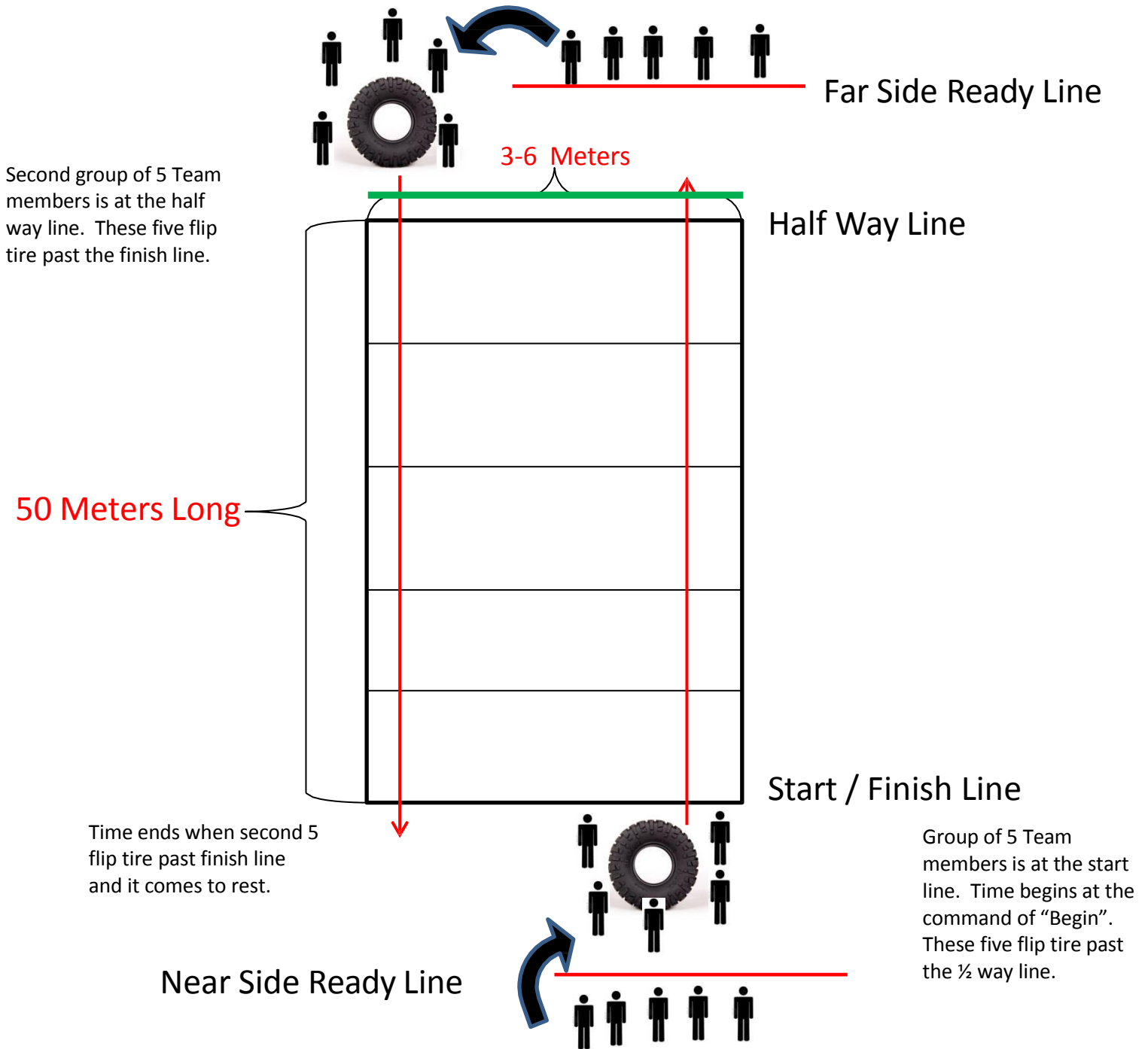
PENALTY TIME _____

TOTAL TIME _____

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ANNEX E (TIRE FLIP) To 6th BDE JROTC Raider Challenge SOP, TIRE FLIP

1. **TASK:** 10 member Raider Teams will flip a large tire a distance of 50 meters, cross a mid-point line and flip the same tire back to the start / finish line. Team captains will structure their teams into 2 groups of 5 cadets each. Time begins at the command of “Begin” and stops when the whole tire is completely across the start / finish line and on the ground.
2. **CONDITIONS:** Event will be relay style for time. Uniform for this event is ACU shirt, ACU trousers, boots and gloves for safety reasons. This event will take place in a grassy area / field marked in lanes approximately 50 meters long and a minimum of 3 meters wide. See Diagram below. Team captains will structure their teams into 2 groups of 5 cadets each. Each team type will flip the same size tire. If possible female teams, mixed teams and male teams will flip tires of progressive larger size. The Judge will command “Get Ready” then “Begin”. Time stops when the entire tire comes to rest across the start / finish line.
3. **STANDARDS:** The first group of five moves forward from a near side ready line then flips the tire 50 meters out, past a midpoint line. The second 5 member section will move forward from a far side ready line and flips the tire back past the finish line. The members of the other section not flipping cannot lead or follow the section doing the flipping. Time starts when the judge commands “Begin” and ends when the entire tire comes fully to rest past the start / finish line. In the interest of safety, all 5 team members must remain behind or to the side of the tire at all times. The first group of 5 must flip the entire tire past the mid-point line and let it come to rest before the second group of 5 comes forward to begin flipping the entire tire past the start line. The lane judge will walk along with the 5 member teams as they traverse the approximately 50 meters course to observe and maintain a safe event execution. The tire cannot be allowed to twist or roll while being flipped. The tire must remain completely within the lane at all times while being flipped. If any portion of the tire comes in contact with the boundary line the team has committed a lane violation.
4. **SAFETY:** Team members cannot stand or move in front of the tire as it is being flipped.
5. **PENALTIES:**
 - a. Allowing tire to roll in order to cover more ground: 30 seconds
 - b. Allowing tire to twist in order to cover more ground: 30 seconds
 - c. Cadets moving forward from the ready line before tire comes to rest: 30 seconds
 - d. Lane violation: 30 seconds
 - e. Intentional safety violation: Team is Disqualified.
 - f. Sliding the tire to cover more ground: 30 seconds
 - g. Rolling tire disqualified.



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ANNEX E (TIRE FLIP) To 6th BDE JROTC Raider Challenge SOP, TIRE FLIP

6THBDE Raider Challenge Meet

TIRE FLIP

Score Sheet

SCHOOL NAME _____

TM CHECK IN TIME _____

MALE TEAM FEMALE TEAM MIXED TEAM

TIME: ____ . ____ Sec

Disqualified

_____ No Gloves (full fingered)

_____ Intentionally Rolling Tire

_____ Intentional safety violation: Team is Disqualified.

Penalties

- a. Allowing tire to roll in order to cover more ground: 30 seconds per occurrence
- b. Allowing tire to twist in order to cover more ground: 30 seconds per occurrence
- c. Cadets moving forward from the ready line before tire comes to rest: 30 seconds per occurrence
- d. Lane violation: 30 seconds per occurrence
- e. Sliding the tire to cover more ground: 30 seconds per occurrence

Penalties

_____ Uniform penalties CCR 145-2, paragraph 10-6, Personal Appearance and wear of the uniform. 50 seconds

Sportsmanship Penalties:

_____ : 30 seconds can be disqualified for multiple violations.

Total violations _____

Time: _____

TOTAL TIME ____ . ____ Sec

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ANNEX F (OBSTACLE COURSE) To 6th BDE JROTC Raider Challenge SOP
OBSTACLE COURSE

1. **TASK:** The Obstacle Course will be approximately one mile event over rough terrain with various obstacles each obstacle must be on the approved list according to the Cadet Command Annual Training Guidance. The each team will carry three rucksacks 25-30 pounds.
2. **CONDITION:** During daylight hours under existing weather conditions each Raider Team will negotiate the Obstacle Course carrying the three rucksacks that are provided for this event. All Raider Teams will report to the Obstacle Course ready area wearing ACUs and boots. ALL Raider Team members must stay within 10 meters of each other at all times or they will be penalized 2 minutes for each violation.
3. **STANDARDS:** Team scores will be based upon the total time it takes for the team to finish the Obstacle Course. All Obstacles must be negotiated or the Raider Team will be disqualified. ALL Raider Team members must cross the finish line within 10 meters of each other. The time will “STOP” when ALL Raiders and their equipment has crossed the finish line.
4. **CONCEPT:** Each Raider Team will report to the Obstacle Course Ready Area and will be briefed on the task, condition, and standards for the Obstacle Course. At this time they will be issued three rucksacks. The rucksacks will weight 25-30 pounds each. Next the Raider Teams will be given five minutes to prepare themselves to get ready and to conduct any last minute planning or preparations. When told to report to the starting line, the Raider Team will move forward and one of the Judges/Graders will give the commands “GET READY” and “GO”. The Raider Team will start to negotiate the Obstacle Course with the team staying within 10 meters of each other. The course will be marked by yellow caution tape, orange traffic cones, signs or guides at strategic points. Along the course, the teams will negotiate a minimum of 3 obstacles. The Obstacles for each State Raider Meet will be announced NLT 1 September of each School Year by the Meet Director so that Raider Teams may prepare for their particular State Raider Meet.

Obstacles may consist of but are not limited to:

- a. Low crawl
- b. 10 Foot Wall
- c. Tires either stacked or placed flat to negotiate
- d. TBD

6th BDE JROTC Raider Challenge Competition

Obstacle Course

Score Sheet

SCHOOL NAME _____

MALE TEAM FEMALE TEAM MIXED TEAM

Uniform penalties CCR 145-2, paragraph 10-6, Personal Appearance and wear of the uniform. 50 seconds

Sportsmanship Penalties:

: 30 seconds can be disqualified for multiple violations.

10 METER RULE Go _____ No Go _____ 2 Minute Penalty

ANYONE DROP OUT Go _____ No Go _____ 5 Minute Penalty

NEGOTIATE ALL OBSTACLES Go _____ No Go _____ 10 Minute Penalty

TOTAL TIME _____

PENALTY TIME _____

FINAL TIME _____

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ANNEX G (HUMVEE PUSH) To 6th BDE JROTC Raider Challenge SOP,
HUMVEE PUSH

1. **TASK:** Raider Teams will push a Military HUMVEE for 100 meters on a flat surface, preferably an asphalt or hard surface road.
2. **CONDITIONS:** Five Raider Team members will begin pushing the HUMVEE 50 meters when the Judge has given “GET READY” and “GO”. Once team one reaches the 50 meter mark the next five raiders will push the remaining 50 meters. ALL Raiders can only push from the rear of the HUMVEE and there will be NO pushing on the sides of the HUMVEE. Any Raider Team or Raiders attempting to push from the side will be disqualified. ACU patrol caps and ACU shirts may be grounded for this event. The military driver of the military HUMVEE will release his/her foot from the brake on the command of “GO” and will steer the HUMVEE to the end of the 100 meter line and will not stop the HUMVEE until its rear bumper clears the finish line. Once at the end of the course, the judge will stop time.
3. **STANDARDS:** ALL Raider Team members must push from the REAR of the HUMVEE, if any Raider moves to the side of the HUMVEE or attempts to push the HUMVEE from any other position than the rear of the HUMVEE a penalty time of 60 seconds will tacked upon their final time. If any Raider drops out, the Team will be assessed a 5 minute penalty but must finish with the minimum number (9) of cadets.
4. **SAFETY:** Ensure ALL Raider Team members are thoroughly briefed on the dangers of pushing from the side and possibly falling and have an arm or leg happen to be in front of one of the HUMVEE’s rear wheels. Also, ensure all Raider Team members are briefed about looking out for their fellow Raider Team members and try to keep their teammates from falling or getting hurt while pushing the HUMVEE.

6th BDE JROTC State Raider Challenge Competition

HUMVEE PUSH

Score Sheet

SCHOOL NAME _____

MALE TEAM FEMALE TEAM MIXED TEAM

Uniform penalties CCR 145-2, paragraph 10-6, Personal Appearance and wear of the uniform. 50 team seconds

Sportsmanship Penalties:

: 30 seconds can be disqualified for multiple violations.

MORE THAN 1 DROP OUT Go _____ No Go _____ DQ

PUSHING FROM THE SIDE Go _____ No Go _____ DQ

Team 1 Time _____

TOTAL TIME _____

PENALTY TIME _____

FINAL TIME _____

ATCC-FF

Annex H (Raider Fitness Test) To 6th BDE JROTC Raider Challenge SOP, Raider Fitness Test

1. Task: Complete the Raider Fitness Test consisting of each Team member carrying a designated number of 25-30 pound sand bags or like items from one location to another in the shortest time. Team score is the total time it takes all Team members to complete the fitness test.

2. Conditions: During daylight hours and under existing weather conditions, each member of the 10 member Raider Team will complete the Raider Fitness test in the Raider Team uniform: Running Shoes, ACU trousers, and school t-shirt with sleeves or ACU t-shirts. Gloves are not to be worn for this event.

3. Standards: The Team will be scored on the amount of time that it takes all 10 members can individually carry a designated number of sand bags six (6) for all males and four (4) for all females from one location to another.

4. Concept:

a. A course will be set up IAW the diagram in this annex. Each Raider Team member will carry one or two sandbags or like items at a time from Line A approximately 25 meters to Line B where they will place (**NOT THROW**) the carried sand bags or like items. They will return to the first line in the most direct manner possible and repeat the course until all sandbags or like items from their first line have been carried to the other line. If a team members begins the event carrying two sand bags or like items but in the course of moving between lines decides that it is too difficult to continue to carry two, they must ground the second item in place, continue to carry the one item to next line, return to the grounded item by retracing their route, pick up the grounded bag and carry it to the next line. Once the second item is across the line, the team member can travel via the most direct route to first line to continue the carry. Once the first Team member has carried all of the items from line A to B, the next Team member, who will be standing behind a “ready line”, will be tagged by the first team member, he/she will move to Line B and will carry the items in the same manner described above but from Line B to Line A. Time stops when the last Team member has placed the final item across the line.

b. Regardless of the type of team, all male competitors will carry 6 25-30 pound items and all female competitors will carry 4 25-30 pound items. The Head Judge will insure that the correct number of sand bags (either 6 or 4) are across start line before that team members begins the event. For Mixed Teams the female members will go last to avoid confusion concerning number of items that are required to be carried.

c. Judges will record each Team’s total time on the score sheet. Once the Raider Team completes the event score sheets will be sent to the Raider Meet Headquarters for checking and posting.

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Annex H (Raider Fitness Test) To 6th BDE JROTC Raider Challenge SOP,
Raider Fitness Test

d. Penalties. A 50 second team penalty will be added to the total time for a item being thrown. A 50 second team penalty will be assessed for a item not completely across the line before the next member starts and at the end of the event.

e. If a scoring dispute arises at one of the stations, the Head Judge for that event will attempt to resolve the matter. If the matter is not resolved to the satisfaction of the affected Team, then the SAI/AI must follow the protest/appeal process outlined in paragraph 7 of the State Raider Challenge Competition Meet SOP.

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Annex I (Raider Fitness Exam) To 6th BDE JROTC Florida State Raider Challenge Meet Competition SOP, Raider Fitness Test

This is an example of lane setup no matter the number of cadets.

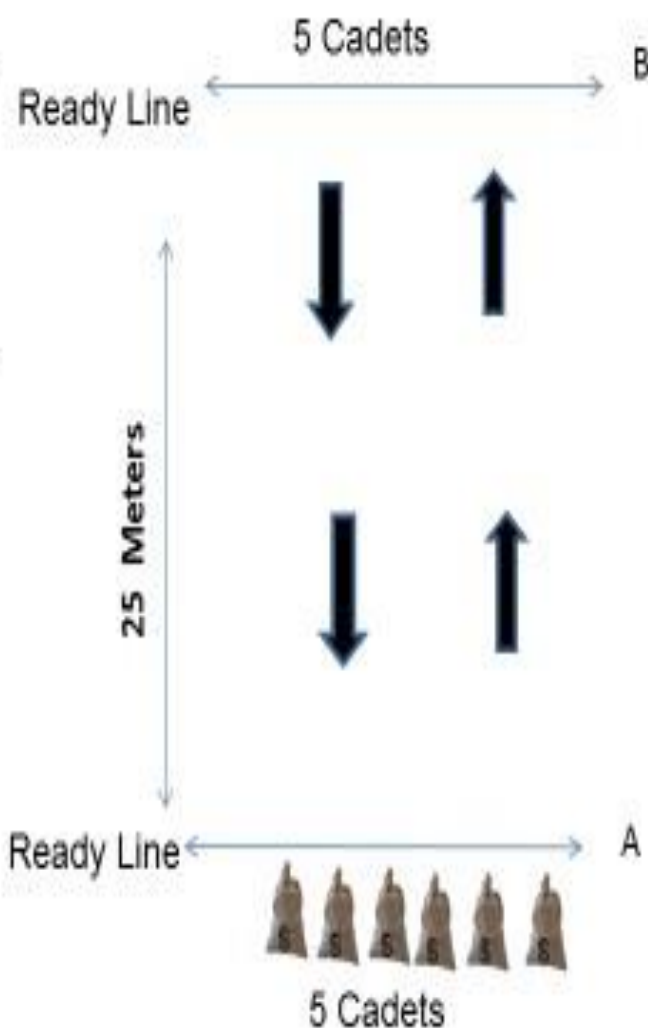
Raider Fitness Test

CONCEPT

10 Person team lines up (5 on either Side) 1st Cadet moves Sandbags From line A to line B as quickly as possible (Can carry up to 2 Sandbags at once) once all items are across Line B, 2nd Cadet Moves items back to line A and So on, until all cadets have moved bags. Time stops when All 10 cadets have gone and Team Captain says time.

6 Sandbags or like item
Male & Mix Tm's

4 Sandbags or like item
Female Teams



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Annex H (Raider Fitness Test) To 6th BDE JROTC Raider Challenge SOP,
Raider Fitness Test

RFT SCORE CARD

TEAM/SCHOOL _____

TYPE TEAM (CIRCLE ONE)

MALE FEMALE MIXED

Uniform penalties CCR 145-2, paragraph 10-6, Personal Appearance and wear of the uniform. 50 team seconds
Sportsmanship Penalties:
: 30 seconds can be disqualified for multiple violations.

PENALTY TIME

ITEM THROWN OF VIOLATIONS 50 SEC = _____

ITEM NOT ACROSS THE LINE # OF VIOLATIONS 50 SEC = _____

ITEM ON ROUTE NOT RECOVERD PROPERLY OF VIOLATIONS 50 SEC = _____

ROUTE TIME _____

PENALTY TIME _____

TOTAL TIME _____

COMMENTS:

SCORER'S NAME: _____

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ANNEX I (RELAY RUN) To 6th BDE JROTC State Raider Challenge Competition (SOP), RELAY RUN

1. **TASK:** Each 10 member Team must complete 12 laps around a designated marked course of approximately ¼ mile long.

2. **CONDITIONS:** During daylight hours and under existing weather conditions, 10 members of the Raider Team will negotiate approximately a ¼ mile course consisting of either improved or unimproved tracks, roads and / or sandy trails in their prescribed Raider uniform (ACU trousers, Team or tan t-shirt, and running shoes). Two members of your choose will negotiate the course twice at any interval. This will make it approximately 5k run. Each team member must run the course individually. Coaches, parents, chaperones or other Team members will not be allowed to run with the Team.

3. **STANDARDS:** Team scores will be based on total time it takes for the Team to finish the course. All Raider Team members must individually run the course while carrying a patrol cap (or other light object) to be handed off to the next member in the relay. The receiving member will be stationary at a designated start / receiving line and remain there until the current member running the track completes the lap and hands the patrol cap to them. Then the new runner will immediately run the designated lap and hand off to the next member and so on until all 10 members complete the 12 lap course. No Coach, Cadet, Team member, parent, chaperone or Cadre may run along or “pace” any Raider Team member. Any Raider Team caught violating this rule will be **DISQUALIFIED**. If for any reason a Raider Team member drops out, the Team will be assessed a 5 minute penalty.

4. **CONCEPT:** Each Raider Team will report to the Team Run ready area and will be briefed on the task, conditions and standards for the course. The Team will be given 2 minutes to get ready and to conduct any last minute preparations. When told to report to the starting line, the first Team member will move forward and a judge will give the command “Get Ready” and “Go”. The rest of the team will be in a staging area and one at a time will move to the start / receiving line when the judge directs them to. Time will stop when the last member crosses the finish line of the 12th lap.

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ANNEX I (RELAY RUN) To 6th BDE JROTC State Raider Challenge Competition (SOP),

6th BDE JROTC State Raider Challenge Competition
Relay Run

Score Sheet

SCHOOL NAME _____

MALE TEAM FEMALE TEAM MIXED TEAM

DROP OUT # of Violations _____ x 2 Min _____

ROUTE TIME _____

PENALTY TIME _____

TOTAL TIME _____

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ANNEX J (STATEMENT OF ELIGIBILITY) To 6th BDE JROTC Raider Challenge SOP,
STATEMENT OF ELIGIBILITY

STATEMENT OF ELIGIBILITY

DATE: _____

NAME OF SCHOOL: _____

RAIDER TEAM: ALL MALE ALL FEMALE MALE/MIXED
(Circle One)

I CERTIFY THAT THE FOLLOWING NAMED JROTC CADETS PARTICIPATING IN STATE RAIDER CHALLENGE COMPETITION ARE ELIGIBLE TO PARTICIPATE. THEY MEET THE CRITERIA OF THE FLORIDA OR GEORGIA HIGH SCHOOL ATHLETIC ASSOCIATIONS AND COUNTY AND SCHOOL STANDARDS FOR EXTRA-CURRICULAR ACTIVITIES PARTICIPATION BY HAVING A 2.0 GPA OR HIGHER:

- 1.
- 2.
- 3.
- 4.
- 5.
- 6.
- 7.
- 8.
- 9.
- 10.
- 11.
- 12.

SIGNED : _____
(School Official Only)

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ANNEX K (JROTC CADRE JUDGE TASKING BY AREA) To 6th BDE JROTC Raider Challenge SOP,
JROTC CADRE JUDGE TASKING BY AREA

Judge assignments will be published with the Warning Order. Judges will be able to travel at government expense for the night prior to the event and the event day. Once identified, judges should create their Authorizations/Orders in DTS. DTS Authorizations/Orders should be created NLT two weeks prior to the events. Judges cannot travel without approved Authorization by BDE. Vouchers will be complete 7 working days, failure to complete will result in trip cancel.

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ANNEX L (Raider Team Areas) To 6th BDE JROTC Raider Challenge SOP

FLORIDA SCHOOLS/DRILL AREAS

AREA 1

Bradford HS
Crescent City HS
Englewood HS
Interlachen HS
Matanzas HS
Palatka HS
Paxon HS
Raines HS
St Augustine HS
Union Co HS
Wolfson HS AC
Keystone Heights HS

AREA 2

Bell HS
Francis Marion Acad
Columbia HS
Lake Weir HS
Lecanto HS
Taylor Co HS
West Port HS AC
Williston HS

AREA 3

Astronaut HS
Atlantic HS
Cocoa Beach HS
Cocoa HS
Dwyer HS
Forest Hill HS
Ft Pierce Westwood HS
Jupiter HS
Merritt Island HS
Okeechobee HS
Port St Lucie HS
Rockledge HS
South Fork HS AC
Seminole Ridge HS
Viera HS
Heritage HS
Ft Pierce Central HS
Santaluces HS

AREA 4

Deltona HS
Hagerty HS
Harmony HS
Jones HS
Lyman HS
St Cloud HS
Spruce Creek HS
Winter Springs HS
Liberty HS
East River Hs
University HS
Umatilla HS AC

AREA 5

Bayshore HS
Booker HS
Braden River HS
DeSoto Co HS
Lakewood Ranch HS
Manatee HS
Palmetto HS
Riverview HS
Sarasota HS
Sarasota Mil Acad AC
Southeast HS

AREA 6

Cape Coral HS
Cypress Lake HS
Dunbar HS
East Lee Co HS
Esterro HS
Ft Myers HS
Ida S. Baker HS
Lehigh HS
Mariner HS
North Ft Myers HS
Riverdale HS
South Ft Myers HS
Island Coast HS
Oasis Charter HS
Lee Co DAI AC

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ANNEX L (Raider Team Areas) To 6th BDE JROTC Raider Challenge SOP

AREA 7

Blanche Ely HS
Boyd Anderson HS
Coconut Creek HS
Coral Glades HS
Cypress Bay HS
Everglades HS
Hallandale HS
McArthur HS
Miramar HS
Monarch HS
Piper HS
Plantation HS
Pompano Beach HS
South Broward HS
South Plantation HS
Stoneman Douglas HS
Western HS
West Broward Co HS
Hollywood Hills HS
Broward Co DAI AC

AREA 10

Barron Collier HS
Golden Gate HS
Gulf Coast HS
Immokalee HS
Lely HS
Naples HS
Palmetto Ridge HS AC

AREA 8

American HS
Coral Gables HS
Hialeah-Miami Lakes HS
Miami Carol City HS
Miami Central HS
Miami Coral Park HS
Miami Jackson HS
Miami Killian HS
Miami Norland HS
Miami Northwestern HS AC
Miami Senior HS
Miami Edison HS
Miami Sunset HS
North Miami Beach HS
North Miami HS
South Dade HS
South Miami HS
Southwest Miami HS
Dade Co DAI

AREA 11

Baker HS AC
Chipley HS
Crestview HS
East Gadsden HS
Holmes Co HS
Liberty Co HS
Tate HS
Vernon HS
West Gadsden HS
FAMU RDS
Jefferson Co HS
Rickards HS
Deane Bozeman HS

AREA 9

Hudson HS
Alonso HS
Armwood HS
Boca Ciega HS
Brandon HS
East Bay HS
Hillsborough HS
Plant City HS
Gibbs HS
Dixie Hollins HS
Joe Newsome HS
Zephyrhills HS
South Co Career Center
Hillsborough Co DAI AC
Steinbrenner HS
Lennard HS
Strawberry Crest HS
Anclote HS

AREA 12

Bartow Summerlin Acad HS
Haines City HS
George Jenkins HS
Lake Gibson HS AC
Lake Wales HS
Lakeland HS
Mulberry HS
Winter Haven HS
Ridge Comm HS
Lake Placid HS
Tenoroc HS

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ANNEX L (Raider Team Areas) To 6th BDE JROTC Raider Challenge SOP

GEORGIA SCHOOLS/DRILL AREAS

AREA 1

Beach HS
Benedictine Mil School-AC
Bradwell Inst HS
Groves HS
Liberty Co HS
Richmond Hill HS
Savannah HS
Ware Co HS
Windsor Forest HS

AREA 2

Worth Co HS
Crisp Co HS
Early Co HS
Dodge Co HS
Dooley Co HS AC
Fitzgerald HS
Turner Co HS
Wilcox Co HS
Taylor Co HS
Americus-Sumpter HS
Irwin Co HS

AREA 3

Fulton Co DAI Office AC
Banneker HS
Centennial HS
Creekside HS
North Springs HS
Langston Hughes HS
Roswell HS
Tri-Cities HS
Westlake HS
The Kings Academy
Creekview HS

AREA 4

Evans HS AC
Acad of Richmond Co
Grovetown HS
Hancock Central HS
Harlem HS
Hephzibah HS
Lakeside HS
Laney HS

AREA 5

Muscogee Co DAI AC
Carver HS (Columbus)
Columbus HS
Hardaway HS
Jordan HS
Kendrick HS
Northside HS
Shaw HS
Spencer HS
Stewart Co HS
Chattahoochee Co HS
Central HS (Talbotton)
Harris Co HS

AREA 6

Atlanta Public Schools DAI AC
Carver HS
Grady HS
Mays HS
North Atlanta HS
South Atlanta HS
Maynard Jackson HS
Therrell HS
Washington HS
The BEST Academy
Frederick Douglas HS
Coretta Scott King NDCC

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ANNEX L (Raider Team Areas) To 6th BDE JROTC Raider Challenge SOP

AREA 7

Hiram HS
Alexander HS
Campbell HS
Douglas Co HS
Haralson Co HS
Osborne HS
Paulding Co HS
Pebblebrook HS AC
South Cobb HS
North Paulding Co HS
South Paulding Co HS

AREA 8

Cedar Shoals HS
Clarke Central HS
Elbert Co HS
Hart Co HS
Jackson Co HS
Banks Co HS
East Jackson Co HS
Apalachee HS- AC
Winder-Barrow HS
Stephens Co HS

AREA 9

Jenkins Co HS
Bryan Co HS
Metter HS AC
Southeast Bulloch HS
Statesboro HS
Swainsboro HS
Emanuel Co Inst
Vidalia HS

AREA 10

Adairsville HS
Cass HS
Dalton HS
LaFayette HS AC
Lakeview-Ft Oglethorpe HS
Ringgold HS
Sonorville HS
Gordon Central HS

AREA 11

Norcross HS
South Gwinnett HS
Grayson HS NDCC
Miller Grove HS
Dawson Co HS
Lumpkin Co HS
White Co HS
Riverside Mil Acad
Social Circle HS
Chamblee HS
Decatur HS AC
Berkmar HS NDCC
Union Co HS 1 JAN 17

AREA 12

Fayette Co HS
Lamar Co HS
Griffin HS-AC
Spalding HS
Central HS (Macon)
Northeast HS
Putnam HS
GMC Prep
Crawford Co HS

11-3. Cadet Uniforms

a. Authority. Each Cadet authorized to participate in JROTC may be furnished, at government expense, in-kind uniforms. The authority for issuing in-kind uniforms to Cadets is CTA 50-900. Schools that provide a Cadet-type uniform or desire to purchase issue-type uniforms from the Army or commercial sources may be authorized to do so in place of receiving Army-issued uniforms at no cost to the Government. The operating policies and procedures concerning the supply of issue uniforms to schools are outlined in AR 700-84.

b. Types of uniforms. This section outlines basic policies on uniforms for JROTC Cadets and students. The Army uniform and the ACU are authorized for wear by JROTC Cadets. The Class A or B uniform is the standard for the classroom and campus. The ACU is to be worn only on an exceptional basis for adventure training, JCLC, or special team activities, but not on campus during the school day. Cadre may request to wear the ACU in exceptional circumstances. The request must be signed by either the principal or superintendent and be sent through brigade to USACC.

(1) Army issue uniform. This uniform is identical to that issued to enlisted members of the Army Active, Reserves, and National Guard. JROTC units electing to wear the Army issue uniform must comply with the following guidelines.

(a) Uniform wear and display of ribbons and accouterments must comply with this regulation.

(b) Army issued uniforms must include insignia which distinguish them from standard active duty Active Army uniforms.

(c) Braids and stripes are not an authorized part of the uniform.

(2) Distinctive uniform. This uniform must be so distinctive in design and/or fabric that it cannot be confused with an Army uniform. Units electing to wear distinctive uniforms must request and receive approval, from USACC, for uniform design, style, and material.

c. The mix of civilian attire with the Army uniform, such as school jacket, sweater, etc, is not authorized.

d. Institutions are encouraged to support drill teams, raider teams, rifle teams, drum and bugle corps, bands, color guards, and other appropriate integrated-curricular activity teams.

Modification of the Army uniform for these activities is not authorized. However, special uniform accessories such as chrome helmets, and colored webbing are acceptable if obtained at no cost to the government.

11-4. Wear of the JROTC Uniform by Cadets

a. Cadets will wear Class A or B uniforms at least once a week.

(1) Class A Uniform. The Class A uniform is generally worn for inspections in the winter. The Class A uniform is also worn during ceremonies, social functions, and formal inspections. The tie or neck tab must be worn with this uniform and all buttons must be buttoned. Underneath the jacket, the Cadet will wear the AG 344 or the AG 415 shirts.

(2) Class B Uniform. The Class B uniform is generally worn for inspections in the summer months and in the late spring. The Class B uniform is always worn under the Class A uniform. You do not have to wear a tie or a neck tab with this uniform unless it has long sleeves or with the Class A uniform coat. The placement of awards and ornamentation in the pocket areas is the same as on the Class A uniform.

b. Unless specifically authorized, uniforms will not be worn outside the United States and its territories. The local installation commander will establish guidelines for the wear of uniforms in the DODDS schools.

c. The DAI/SAI publishes guidelines for wearing the uniform. However, a DAI/SAI may not publish guidelines which counter this regulation or that support any activity other than those specifically related to JROTC. The following are considered appropriate occasions to wear the Army uniform.

(1) Leadership laboratory.

(2) When visiting a military installation to participate in military drill or exercises.

(3) Military social functions.

(4) Parades and similar ceremonies.

d. JROTC Cadets are prohibited from wearing the Army uniform in the following situations:

(1) In connection with the furtherance of any political or commercial interests, or when engaged in off-duty civilian employment.

(2) When participating in public speeches, interviews, picket lines, marches, rallies, or public demonstrations, except as authorized by the CG, USACC.

(3) When attending any meeting or event that is a function of, or is sponsored by, an extremist organization.

(4) When wearing the uniform would bring discredit upon the Army.

(5) When specifically prohibited by Army regulations.

e. Instructors who fail to inform Cadets of this regulatory guidance or permit Cadets to participate in such activities in uniform will be immediately probated and/or decertified. Cadets who knowingly violate this regulation will be disenrolled from JROTC.

f. School administrators may not authorize or ask instructors to authorize wear of the uniform when supporting any activity other than those specifically related to the JROTC Program.

11-5. Uniform Appearance

a. Uniforms must present a neat and clean appearance. Loose strings will be cut from the uniform. No jewelry, watch chain, combs, checkbooks, pens, pencils or similar items will appear exposed on uniforms. The Army uniform will not be mixed with civilian clothing. Bulky items in pockets distract from the uniform. While in uniform, Cadets will not place their hands in their pockets except momentarily to place or retrieve items.

b. Headgear is part of the uniform. Cadets are required to wear the gray berets while outdoors or when carrying air/drill rifles or a saber. The gray berets with a distinctive flash is the only authorized headgear to be worn with the dress uniform.

c. Cadets are approved to wear the following religious headgear with the JROTC uniform: turban, hijab and yarmulke. Headgear will be conservative and subdued in color (black, brown, green, dark or navy blue or a combination of these colors). The headgear cannot bear any writing, symbols or pictures. Cadets may wear approved religious headgear in place of military headgear (e.g., turban and hijab). Standard JROTC headgear will be worn when it can completely cover the religious headgear (e.g., yarmulke). Approved headgear are authorized for wear during all JROTC activities (i.e., drill team, color guard, parades, speaking engagements, etc) that do not pose a risk to the safety of the Cadet, Cadre or others. For example, a Cadet wearing religious headgear can be exempted from certain —Special Hazard Training events that may result in injury to the Cadet or support personnel such as obstacle courses / rappelling etc.

d. To ensure consistency across the JROTC program, exceptions to Cadet uniform policies will be forwarded to and approved by the Commander, USACC on a case-by-case basis. To ensure appropriate compliance with current laws and regulations, the Commander, USACC will forward recommendations for disapproval to the Army G-1 within 30 days of the initial request for final adjudication.

11-6. Personal Appearance

JROTC is a uniformed organization which is judged, in part, by how a Cadet wears a prescribed uniform and maintains their personal appearance. Therefore, a neat and well-groomed appearance by all Cadets is fundamental to JROTC and contributes to building the pride and esprit essential to an effective Corps of Cadets.

a. Hair Styles. Many hairstyles are acceptable, as long as they are neat and conservative. Hair will be neatly groomed. The length and bulk of hair will not be excessive or present a ragged, unkempt, or extreme appearance. Hair will not fall over the eyebrows or extend below the bottom edge of the collar. Lines or designs will not be cut into the hair or scalp. If dyes, tints, or bleaches are used, colors used must be natural to human hair and not present an extreme appearance. Applied hair colors which are prohibited include, but are not limited to, purple, blue, pink, green, orange, bright (fire-engine) red, and fluorescent or neon colors. It is the responsibility of instructors to use good judgment in determining if applied colors are acceptable, based upon the overall effect on Cadets' appearance.

(1) Males. Sideburns will be neatly trimmed. The base will not be flared and will be a clean-shaven, horizontal line. Sideburns will not extend below the lowest part of the exterior ear opening. The face will be clean-shaven, except for permitted mustaches. Males are not authorized to wear braids, cornrows, or dreadlocks (unkempt, twisted, matted, individual parts of hair) while in uniform. Hair that is clipped closely or shaved to the scalp is authorized.

(2) Females. Hairstyles will not interfere with proper wearing of military headgear. Hair holding ornaments (barrettes, pins, clips), if used, must be transparent or similar in color to hair, and will be inconspicuously placed. Beads or similar ornamental items are not authorized. Females may wear braids and cornrows as long as the braided style is conservative and the braids and cornrows lie snugly on the head. Hair will not fall over the eyebrows or extend below the bottom edge of the collar at any time during normal activity or when standing in formation. Long hair that falls naturally below the bottom edge of the collar, to include braids, will be neatly and inconspicuously fastened or pinned, so that no free-hanging hair is visible.

b. Fingernails. Cadets will keep fingernails clean and neatly trimmed so as not to interfere with performance of duty. Females may wear polish that is not exaggerated, faddish, or of extreme coloring (such as purple, gold, blue or white) while in uniform.

c. Hygiene and Tattoos. Cadets are expected to maintain good hygiene while in uniform. Tattoos are authorized except in areas of the body which would cause the tattoo to be exposed while in Class A uniform. Tattoos or brands that are extremist, indecent, sexist, or racist are prohibited, regardless of location on the body, as they are prejudicial to good order and discipline within the unit, the school, and the community.

d. Religious wear.

(1) Cadets may wear religious headgear while in uniform as long as it meets the following criteria.

(a) It must be subdued in color (black, brown, green, dark or navy blue, or a combination of these colors).

(b) It must be of a style and size that can be completely covered by standard military headgear.

(c) The headgear cannot bear any writing, symbols, or pictures.

(2) Exceptions to appearance standards based on religious practices.

(a) The term —religious apparell is defined as articles of clothing worn as part of the observance of the religious faith practiced by the Cadet. Religious articles include, but are not limited to, medallions, small booklets, pictures, or copies of religious symbols or writing carried by the individual in wallets or pockets. Except as noted below, Cadets may not wear religious items if they do not meet the standards of this regulation. Requests for accommodation will not be entertained.

(b) Cadets may wear religious apparel, articles, or jewelry with the uniform, if they are neat, conservative, and discreet. —Neat conservative, and discreet is defined as meeting the uniform criteria of this regulation. In other words, when religious jewelry is worn, the uniform must meet the same standards of wear as if the religious jewelry were not worn. For example, a religious item worn on a chain may not be visible when worn with uniforms. The width of chains worn with religious items should be approximately the same size as the width of the ID tag chain.

11-8. Authorized Uniforms and Insignia

a. The insignia and accouterments prescribed in this regulation will be worn on the issue-type uniform.

b. Insignia other than that prescribed for wear with the issue-type uniform may be worn with the Cadet-type uniform at the discretion of the institutional officials. However, the distinctive JROTC shoulder sleeve insignia is mandatory. TIOH approves school distinctive insignia and accouterments.

11-9. Unauthorized Uniforms and Insignia

The following are not authorized for wear with JROTC uniforms or by persons associated with JROTC:

a. Designs of medals, badges, ribbons, and shoulder cords which conflict with those authorized for wear by the federal or any foreign government.

b. Insignia consisting of the letters 'U.S.

c. Badges or insignia, other than JROTC Marksmanship qualification badges, which resemble badges of other services.

d. Oak leaf clusters, palms, stars, or similar items that, that resemble federal designs.

e. JROTC Cadets are not authorized to wear **similar colors of the following Total Army units: Special Forces (green); Ranger (tan); Airborne (maroon); and other Soldiers (black) berets.**

The wear of the above berets is reserved exclusively for units of the Total Army.

f. Cadets are not authorized to wear the full color US flag insignia.

11-11. Corps and Collar Insignia

(3) ACU by all Cadets. No Corps collar insignia on ACU.

11-12. Insignia of Grade for Cadet Officers

a. Description. The insignia for Cadet officers consists of silver (white) color on black background, cloth epaulet sleeve with lozenges and discs. The sleeve is 4 inches in length for males and 3 inches in length for females. Cadets may wear disc insignia at the discretion of JROTC instructors.

b. Grades will be indicated on the shoulder epaulet sleeve as follows.

(1) Cadet Colonel: three lozenges.

(2) Cadet Lieutenant Colonel: two lozenges.

(3) Cadet Major: one lozenge.

(4) Cadet Captain: three discs.

(5) Cadet First Lieutenant: two discs.

(6) Cadet Second Lieutenant: one disc.

c. How worn. These grade insignia are worn on both shoulder epaulets of the AG 344 and the Army Shade 415 gray-green shirt. When wearing grade disc insignia, the disc will be centered between the bottom of the button hole and the top of the shoulder seam of the garment. On ACU: Embroidered grade is centered on the hook and loop-face pad of the ACU coat. Multiple-disc grades are worn vertically on the ACU coat, but horizontally on the ACU cap.

11-13. Insignia of Grade for Cadet Noncommissioned Officers and Enlisted Members

a. Description. Insignia is of silver (white) color on black background, cloth shoulder epaulet sleeve with chevrons, bars, and diamond, star or star within wreath, indicating noncommissioned officer grades. The shoulder epaulet sleeve is four inches long for males and three inches long for females. Cadets may wear pin-on insignia of grade at the discretion of JROTC instructors.

b. Grades will be indicated on the shoulder epaulet sleeve as follows.

(1) Cadet Sergeant Major: three chevrons above three bars with a star within a wreath between the chevrons and bars.

(2) Cadet Staff Sergeant Major: three chevrons above three bars with a star between the chevrons and bars.

(3) Cadet First Sergeant: three chevrons above three bars with a diamond between the chevrons and bars.

(4) Cadet Master Sergeant: three chevrons above three bars.

(5) Cadet Sergeant First Class: three chevrons above two bars.

(6) Cadet Staff Sergeant: three chevrons above one bar.

(7) Cadet Sergeant: three chevrons.

(8) Cadet Corporal: two chevrons.

(9) Cadet Private First Class: one chevron above one bar.

(10) Cadet Private: one chevron.

(11) Cadet Basic: no insignia of grade.

c. How worn. The shoulder epaulet sleeve is slipped over shoulder epaulet of uniform so that the insignia will be centered on the outer half of both shoulder loops of the coat, overcoat, or shirt when worn as an outer garment. When wearing grade disc insignia, the disc will be centered between the bottom of the button hole and the top of the shoulder seam of the garment. On ACU the embroidered grade is centered on the front hook and loop-face pad of the ACU coat, with chevrons pointed up.

11-14. JROTC and School Shoulder Sleeve Insignia

a. The JROTC shoulder sleeve insignia.

(1) Description. The shoulder sleeve insignia is a rectangular device 3 5/8 inches in height and 2 1/2 inches in width, consisting of a gray center edged with a 1/8 inch scarlet border at the top and bottom. On this device is a yellow olive wreath surmounted in the vertical center by a yellow torch inflamed. Above the center is a white horizontal scroll inscribed 'U.S. Army' and below the center is a white scroll inscribed 'JROTC' all in scarlet letters 5/16 inch in height. The entire device is within a 1/8 inch scarlet border.

(2) How worn. It is worn on the upper part of the outer half of the left sleeve of the Army coat and ACU uniform. The top of the insignia will be worn 1/2 inch below the top of the shoulder seam.

(3) Uniform worn. Issue or Cadet-type uniform.

(4) JROTC subdued shoulder sleeve insignia. The subdued shoulder sleeve insignia will be worn when wearing the ACU.

b. School shoulder sleeve insignia may be procured at government expense.

(1) Description. Approved designs that have been submitted to and approved by TIOH, USA.

- (2) How worn. On right sleeve in the corresponding position to the shoulder sleeve of the Army coat and ACU. The top of the insignia will be worn 1/2 inch below the top of the shoulder seam.
- (3) Uniform worn. On issue or Cadet-type uniform.

11-18. Nametape

The JROTC nametape will be:

- a. Woven tape of olive green cloth, one inch wide, with the inscription 'JROTC' in black block letters 3/4 inch high.
- b. The insignia tape is worn immediately above, and parallel to the top edge of the left breast pocket of temperate, hot-weather, ACU coat; ACU field jackets; and on organizational clothing when required and prescribed by the commander issuing the organizational clothing.



Motivating young people to be better citizens



Pin on Rank or Velcro on front... Nothing on back

School Name Velcro nametape

JROTC Unit Patch Velcro

Combat Boot hot weather, or Combat Boot temperate weather

Patrol Cap

JROTC Patch

JROTC Velcro nametape

Velcro backed rank insignia

Wear of the ACU Coat / Trousers

- The coat is worn hook and looped and zipped.
- The coat has a hook and loop fasteners for wearing shoulder sleeve insignia, rank, JROTC patch, and school name tape.
- The mandarin collar will be normally worn in the down position.
- Cadets are authorized to wear the mandarin collar in the up position when weather conditions dictate the wear as prescribed by the SAI/AI.
- The coat is normally worn outside the trousers, and the trousers are worn with a belt. The coat may also be worn inside the trousers when directed by the SAI/AI. The coat will not extend below the top of the cargo pocket on the trousers and will not be higher than the bottom of the side pocket on the trousers.
- The elbow pouch with hook and loop closure for internal elbow pad inserts must be closed at all times.
- Sleeves will be worn down at all times, and not rolled or cuffed.
- The moisture wicking tan t-shirt or cotton t-shirt is worn underneath the coat and it is tucked inside the trousers at all times.
- Cadets will wear the trousers tucked into the top of the boots or bloused using the draw strings at the bottom of the trousers. When bloused, the trousers should not extend below the third eyelet from the top of the boot.
- The ACU is meant to fit loosely and comfortably. Alterations to hinder this is not authorized.
- Cadets will wear the ACU in accordance with CCR 145-2.
- Cadets will not wrap the trouser leg around the leg tightly enough to present a pegged appearance or insert any items inside the trouser leg to create a round appearance at the bottom of the trouser leg.

Wear of the ACU Headgear

- The ACU Patrol Cap will be the only headgear worn with the uniform.
- Cadets will wear the ACU Patrol Cap straight on the head so that the cap band creates a straight line around the head, parallel to the ground.
- The Patrol Cap will fit snugly and comfortably around the largest part of the head without distortion or excessive gaps. The cap is worn so that no hair is visible on the forehead beneath the cap. Sewn or pin on rank is worn on the ACU Patrol Cap.
- The Velcro area on the rear of the cap will remain blank at all times.

Wear of Desert / Optional Boots

- Black boots are NOT authorized for wear with the ACU.
- Army Combat Boots – (Hot Weather and temperate weather) made of tan rough side out cattle hide leather with a plain toe and tan rubber outsoles.
- The boots are laced diagonally with tan laces, with excess lace tucked into the top of the boot under the bloused trousers, or wrapped around the top side of the boot.
- Only boots with tan rubber outsoles are authorized for wear.

The ACU Care Policy

- Wash in cold water and mild detergent containing no optical brighteners or bleach. Tumble dry at low heat (not to exceed 130 degrees Fahrenheit).
- Remove immediately from the dryer and fold flat or place on a rustproof hanger to ensure heat from the dryer does not set wrinkles.
- To drip dry, remove from the washer/water and place on a rustproof hanger. Do not wring or twist. "

...DO NOT STARCH THE ARMY COMBAT UNIFORM UNDER ANY CIRCUMSTANCES. THE USE OF STARCH, SIZING, AND ANY PROCESS THAT INVOLVES DRY-CLEANING OR A STEAM PRESS WILL ADVERSELY AFFECT THE TREATMENTS AND DURABILITY OF THE UNIFORM AND IS NOT AUTHORIZED'

ACU MILPER MESSAGE, AMENDMENT TO AR 670-1

1. MISSION/TASK DESCRIPTION	2. DATE (DD/MM/YYYY)
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3. PREPARED BY		
a. Name (Last, First, Middle Initial)	b. Rank/Grade	c. Duty Title/Position
d. Unit	e. Work Email	f. Telephone (DSN/Commercial (Include Area Code))
g. UIC/CIN (as required)	h. Training Support/Lesson Plan or OPORD (as required)	i. Signature of Preparer

Five steps of Risk Management: (1) Identify the hazards (2) Assess the hazards (3) Develop controls & make decisions
 (4) Implement controls (5) Supervise and evaluate (Step numbers not equal to numbered items on form)

4. SUBTASK/SUBSTEP OF MISSION/TASK	5. HAZARD	6. INITIAL RISK LEVEL	7. CONTROL	8. HOW TO IMPLEMENT/ WHO WILL IMPLEMENT	9. RESIDUAL RISK LEVEL
Raider Meet Events, OBSTACLE AND FIRST AID REACTION COURSE, ONE-ROPE BRIDGE, TEAM RUN/RELAY TIRE FLIP PHYSICAL FITNESS TEST CLOSING CEREMONY	DEHYDRATION		Provide and Consume water IAW Heat Category Level	How: - Dress according to weather conditions. -Conduct Risk Assessment Safety Briefing. -Ensure Cadets are drinking water or regular basses. -Give class on snakes, spiders and poisonous plants in the area. -Brief Cadets on behavior and safety standards. -Direct Supervision by Cadre. Who: Event OIC/NCOIC and Safety Officer and BDE STAFF	
	HOT WEATHER INJURIES		Dress Appropriate/Hydrate Night Prior/heat category/monitor WET BULB every hour.		
	BODILY INJURIES DUE TO OBSTACLE AND UNEVEN GROUND		Brief Terrain and Safety Issues and concerns.		
	WILDLIFE/ SNAKES/ ARTHROPODS		Brief Terrain and Safety Issues and concerns		
	HORSEPLAY BY CADETS		CLOSE SUPERVISION OF CADETS BY JROTC INSTRUCTORS AND CHAPERONES		

10. OVERALL RESIDUAL RISK LEVEL (All controls implemented):

EXTREMELY HIGH
 HIGH
 MEDIUM
 LOW

11. OVERALL SUPERVISION PLAN AND RECOMMENDED COURSE OF ACTION
 Reason Risk is a Medium is we will have over 200 cadets competing at the state raider Meet.

12. APPROVAL OR DISAPPROVAL OF MISSION OR TASK		APPROVE	DISAPPROVE
a. Name (Last, First, Middle Initial)	c. Rank/Grade	d. Duty Title/Position	d. Signature of Approval Authority
b. Additional Guidance:			

4. SUBTASK/SUBSTEP OF MISSION/TASK	5. HAZARD	6. INITIAL RISK LEVEL	7. CONTROL	8. HOW TO IMPLEMENT/ WHO WILL IMPLEMENT	9. RESIDUAL RISK
Obstacle and First Aid Reaction Course	Bodily injuries Due to Obstacle		Brief task, Conditions, Standards, perform crawl, walk phase, station cadre at each obstacle to ensure safety standards are met	How: Train Cadets on proper procedures before each event. Who: Event OIC/NCOIC and Safety Officer and BDE STAFF	
One Rope Bridge	Falls During to Performing Event		Brief Task, Conditions, Standards. Train cadets on proper Procedures before event	How: Cadre Control and constant supervision. Who: Event OIC/NCOIC and Safety Officer and BDE STAFF	
	Rope Burns		Maintain proper wear of equipment	How: Ensure all safety gear is readily available and worn. Who: Event OIC/NCOIC and Safety Officer and BDE STAFF	
Tire Flip	Tire landing on foot		OIC/NCOIC and Cadre will ensure all personnel have proper boots with steel toe, five cadets will be flipping tire	How: Brief Cadets five cadets must be flipping tire at all times Who: Event OIC/NCOIC and Safety Officer and BDE STAFF	
Team Run	Blisters on feet		All cadets will wear running shoes	How: Brief Cadets and inspect running shoes for serviceability. Who: Event OIC/NCOIC and Safety Officer and BDE STAFF	
PHYSICAL FITNESS TEST	FALLING WITH CODDLE BALLS		Cadets can't carry more than two Coddle Balls, all cadets wear proper boots with steel toe.	How: Brief Cadets and inspect boots for serviceability. Who: Event OIC/NCOIC and Safety Officer and BDE STAFF	
	NO SUPPORTING DOCUMENTS		All supporting documents are attached to this Risk Assessment to make this operation safe. CONOPS, Communications Plan, CASVAC Plan, Rappel Tower Inspection (annual), Master Rappel Cert. High COPEs inspection, License Vendor(White Water Rafting, Rock Climbing, Zip Line)	How : Receive and attach all supporting documents to the Risk Assessment to ensure safe operations. Drive CASVAC Route to ensure its correct and no problems. Sent to BDE Max.d.denniston.civ@mail.mil Who: SAI/AI or Camp commander/	