

Event Descriptions

The events associated with the 2014 Great Plains NROTC Competition (GPNC) shall be held from 18-19 April 2014. The following is a short, informational description of each event. See chart below for specific dates and times of each event.

1. Social Event

A competition social event shall be held between all units on 18 April 2014 at 1900. The social event is designed to be a friendly, professional gathering, where members from all units meet, greet, and converse with each other during a meal. The location of this event has yet to be determined, but it will be within walking distance of the University of Nebraska-Lincoln (UNL) and most lodging accommodations.

This event is not mandatory, but highly encouraged. The authorization for the consumption of alcohol shall be unit specific. However, all attendees shall follow the USN's policy on the consumption of alcohol; refer to the Navy Alcohol and Drug Abuse Prevention (OPNAV 135F) program for more information on this policy. Additionally, units are responsible for conduct their own Operational Risk Management (ORM) assessments for the consumption of alcohol and the conduct of their attendees.

2. Key Member Meeting

At 0600 on the morning of 19 Apr 2013 and prior to the commencement of the competition, all student unit leaders, individual unit Assistant Marine Officer Instructors (AMOI) and Marine Officer Instructors (MOI), graders, scorers, and referees shall meet to confirm the day's events in the classroom, Rm 106, of the Military and Naval Science Building. The UNL NROTC MOI shall lead the meeting, reviewing all events, rules, regulations, confirming participants from all teams, and noting any changes (i.e. weather, chow, transportation, etc.). He shall also introduce all key personal, to include graders, scorers, and referees. A detailed safety brief shall be provided, along with an assessment of the local weather. In the event the weather does not support the outdoor phases of the competition, the final decision shall be made during this meeting to execute the inclement weather plan (indoor competition operations). Finally, a question and answer period shall be offered to all attendees prior to the end of the meeting.

3. Drill Competition

Unit Inspection

Each participating command shall execute a formal uniform and knowledge inspection, found in enclosure (3), conducted by USMC NCOs and Staff NCOs from the greater Lincoln, NE Recruiting Area and Omaha Reserve Company.

The inspection shall be "squad sized" and form into a single column of individuals, with a fixed total of 13 participants, with each member possessing an inert/demilitarized rifle. The squad shall consist of one unit leader and 12 squad members, one of which shall be female. In the event that a unit cannot supply the required number of students for this event, they need to contact the GPNC MIC no later than 28 FEB 2014.

Authorized rifles for the competition are standard military type such as the M-1, M-14, M-16, and Springfield M1903. A guide shall carry a standard eight-foot (8') staff with unit guide-on. The unit commander shall carry a sword. The team and the individual to receive the highest score shall receive an individual award for the inspection. The inspection shall count for 25% of the schools overall score.

Platoon Drill

This event is optional due to possible small team sizes. If a unit wishes to participate, they shall contact the GPNC MIC no later than 28 FEB 2014. This event is not factored into the final score; however, if more than one team participates, then an award shall be given for first place. The uniform shall be the same as the inspection.

The size of the unit for platoon drill shall not be less than 14 members or more than 29 members, including a unit commander and a platoon guide. The platoon shall be organized into three squads, with each member possessing an inert/demilitarized rifle.

Authorized rifles for the competition are standard military type such as the M-1, M-14, M-16, and Springfield M1903. A platoon guide shall carry a standard eight-foot (8') staff with unit guide-on. The unit commander shall carry a sword (can be provided by UNL if needed).

Each unit commander is authorized two free movements; to execute a free movement, a unit commander shall raise the drill card into the air with his left hand and receive acknowledgement from the grader before continuing with the movement. The University of Nebraska Lincoln maintains an indoor football field, in the event of inclement weather, the use of this indoor setting negates the need for an inclement weather drill card.

The event shall take place within an area 50 yards by 50 yards on a grass surface marked by cones in each corner. The drill card for this event is located in enclosure (4) and shall be conducted in accordance with MCO P5060.20.

Squad Drill Phase

Each unit shall provide a squad for drill. The uniform is the same as the inspection. The size of the unit for squad drill shall not be more or less than eight (8) members, including the squad leader. Squad Drill shall not include a unit Guide-on.

Each member shall carry a rifle. Authorized rifles for this event are standard military type such as the M-1, M-14, M-16, or Springfield M1903. The unit commander shall carry a sword (can be provided by UNL if needed). Each unit commander is authorized two free movements; to execute a free movement, a unit commander shall raise the drill card into the air with his left hand and receive acknowledgement from the grader before continuing with the movement.

Each squad is authorized to enter only one (1) squad for this event. This event shall account for 25% of the school's overall score. The single best squad shall receive an individual award for the Squad Drill event. The event shall take place within an area 30 yards by 30 yards on a grass surface marked by cones in each corner. The drill card for this event is located in enclosure (4) and shall be conducted in accordance with MCO P5060.20.

Color Guard

Each unit shall enter only one color guard for this event. Color guards shall consist of five team members: three color bearers (National Ensign, Navy colors, and Marine Corps Colors) and two riflemen. Each school is authorized to enter one (1) color guard team. This event counts for 25% of the team's overall score. The color guard with the highest score shall receive an individual award for the event. The color guard shall be executed within the University of Nebraska-Lincoln's Cook Pavilion. The competition area shall be 20 yards by 20 yards on a grass surface. The drill card for this event is located in enclosure (4) and shall be conducted in accordance with MCO P5060.20.

4. Rifle/Pistol Competition

This event is optional and dependent on the interest generated by participating NROTC unit teams. UNL NROTC reserves the right to cancel this competition in the event of insufficient interest. Weapons and ammunition shall be supplied by individual teams. The rifle and pistol phase shall be held in the UNL Rifle and Pistol Range inside the Military and Naval Science building on city campus. Since this event is optional it does not factor into the overall competition score. However, individuals and teams may earn awards for this event (Top rifle shooter: team & individual and top pistol shooter: team and individual). Weapons brought by individual teams shall be .22 caliber rifles and pistols only. Weapons may be stored in the NROTC armory upon pre-coordination with UNL NROTC's AMOI.

Teams shall consist of four (4) shooters for the rifle and four (4) shooters for the pistol (participants may compete in both, if desired). Shooters may fire both weapons for a given team. Each school is authorized one (1) team to participate in the rifle and pistol competition. At least one shooter for each weapon system shall be female.

Scoring for both rifle and pistol is the same as the University of Memphis NROTC Rifle and Pistol Competition (i.e. hit black = 1 point, anything else = 0 points).

5. Endurance Competition

The endurance phase is spread across 7 distinct, sub-events (stages). All 7 stages in the endurance phase are mandatory. In the event of inclement weather, this event shall take place inside the University of Nebraska-Lincoln's Cook Pavilion. All equipment used for this phase is supplied by the UNL NROTC. Events may be "team" based or "individuals" in groups with aggregate scores. Each unit shall supply participants to each event per the rules and procedures listed below.

Pull-Up/Flexed Arm Hang Competition

Teams shall consist of four (4) members to include a minimum of one (1) female member. Uniform is utilities w/o blouse or cover. Each individual team member shall execute pull ups/flexed arm hang in accordance with MCO P6100.12, Chapter 2, Paragraph 2101. Each Pull up shall count for five (5) points with no maximum number of total pull ups. Flexed arm hang shall be scored as follows: the first forty (40) seconds shall count for one point per second, any time past forty (40) seconds shall be scored as two (2) points for every one (1) second with no maximum length of time.

The team with the highest cumulative score shall receive first place. In the event of a tie the team with the highest individual score shall receive first place. The pull-up/flexed arm hang competition shall account for 15% of the Endurance Phase score.

Log Sit-Ups

Teams shall consist of eight (8) members, to include a minimum of one (1) female member. Teams shall execute as many correct and complete sit-ups with a log across each individual member as possible. The team with the most sit-ups wins. A team not executing the sit ups may hold the feet of the team executing sit-ups, as required or requested.

In the event of a tie, teams shall select one team member to execute individual sit-ups in accordance with MCO P6100.12. The team member to execute the highest number of correct and complete sit-ups shall be the winner of the tie breaker.

This event shall count for 15% of the Endurance Phase score.

Stretcher Relay

Teams for this event shall consist of six (6) total members, to include at least one female member. Uniform is utilities w/o covers. Teams shall be required to complete a run of a distance of approximately one half mile. Teams shall be required to carry one team member on a standard combat stretcher, carry four dummy M16-A1 rifles (not on the stretcher; i.e. by hand), and two 35 pound water jugs (not on the stretcher; i.e. by hand). Teams are authorized to rotate members on and off the stretcher as well as rotate members carrying equipment. At the midway point, all teams are required to rotate the member on the stretcher. However, there is no maximum number of authorized rotations (can do it more than once if you so choose). The stretcher shall be placed on the deck prior to member rotation. The team that crosses the finish line first wins this stage.

This event shall count for 20% of the Endurance Phase score.

Izzy Dizzy Relay

Teams shall consist of five (5) members to include a minimum of one (1) female member. The event shall consist of team members running from the starting point twenty (20) yards; upon reaching the twenty (20) yard mark team members shall place

their foreheads on the handle of a baseball bat at which point team members shall spin their body around the bat a full ten (10) rotations. Upon completion of the rotations team members shall run back to the starting point at which point the next team member shall conduct the exercise. The event shall continue until all team members have completed the exercise. The first team to complete the exercise is the winner.

This event shall count for 10% of the overall score of the endurance Phase.

Tug of War

Teams for this event shall consist of eight (8) members, to include a minimum of one (1) female member. Uniform is utilities w/o covers (also, no gloves of any kind). The teams shall form themselves on opposite ends of the rope, lying face down with feet touching the rope. On the whistle, teams shall rise and grab ahold of the rope attempting to pull the middle of the rope, marked with red cloth, past a point ten feet from the center of the rope, marked by an orange cone. Each team shall face the others in a double elimination style tournament.

This event shall count for 10% of the Endurance Phase score.

Boots & Utes Relay

Teams shall consist of five (5) members to include a minimum of one (1) female member. Teams shall execute a mile and a half run around the UNL City campus. Team members shall be arranged around the mile and a half course at .3 mile or 1/5th of a mile interval. Team members shall carry a baton from station to station. As team members arrive at each station they shall be required to complete one exercise prior to handing off the baton to the next member of their team.

The event shall be conducted as follows: Starting point, no exercise, the first team member shall run from the starting point to the first turnover point, at which point the team member shall conduct ten (10) four count push-ups, upon completion of the exercise the team member shall hand off the baton the team member waiting at the first turnover point. The second team member shall run along the course to the second turnover point, upon arrival the team member shall conduct twenty (20) four count flutter kicks, upon completion of the exercise the team member shall hand the baton off to the team member at the second turnover point. The team member shall then run along the course to the third turnover point upon arrival at the point the team member shall complete ten (10) six count

burpees, upon completion of the exercise the team member shall hand the baton off to the team member at the third turnover point. The team member shall run along the course to the fourth turnover point, upon arrival the team member shall conduct twenty (20) four count crunches, upon completion of the exercise the team member shall hand off the baton to the runner staged at the fourth turnover point. The fifth and final runner shall run along the course to the finish point, corresponding with the start point.

In the event of inclement weather this event shall be run along the same distance inside of the Cook Pavilion. This event shall count for 20% of the overall score of the endurance phase.

500 Yard Relay Swim

Teams for this event shall consist of five (5) members to include at least one female member. Each member shall complete a 100 yard leg of the 500 yard swim. Each member shall be confirmed as a second class swimmer prior to participating. Each team member's swim time shall be added together, with the fastest (shortest) total time winning the event. In the event of a tie, the team with the fastest (shortest) individual time shall be the declared the winner. This event shall count for 10% of the overall endurance phase score.

Endurance Competition Tie Breaker

In the event of a tie for the overall winner of the endurance portion of the competition, teams shall select a team of five (5) individuals, to include a minimum of one (1) female member. These (5) individuals shall complete against each other in the conduct of (5) different exercises. The team to win (3) out of (5) exercises shall be declared the winner.

The first event is a (2) lap boots and utes race around the Mable Lee Fields, one team member from both teams shall complete two laps, the first individual to complete the two laps shall be the winner. The second event is a push up competition, one team member from each team shall conduct push-ups per Naval Regulations; the team member to complete the most push-ups shall be the winner of this portion of the tie breaker. The third event shall be a sit up competition, one team member shall conduct sit ups according to MCO P6100.12, the team member to complete the most correct and complete sit-ups shall be the winner of this portion of the tie breaker. The fourth event shall be a pull up competition, one team member from each team shall complete pull-ups in accordance with MCO P6100.12. The team member to complete the most correct and complete pull-ups

shall be the winner of this portion of the tie breaker. The fifth and final event shall be the movement under fire portion of the CFT. One team member from each team shall conduct the Movement under fire portion of the CFT in accordance with MCO P6100.13. The team member to complete the Movement Under Fire event in the shortest, fastest, time shall be the winner of this portion of the tie breaker.

Great Plains Competition Events				
Event	Consists of:	Uniform	Time	Personnel
Friday, 18 April 2014				
Social Event	Dinner & Meet/Greet	ACA	1900	All MIDN
Saturday, 19 April 2014				
Drill Competition				
Inspection	Formal Uniform and Knowledge Inspection w/ Rifles	NWU/MCCUU	0700	13 MIDN minimum (at least 1 female)
Platoon Drill	Platoon Drill Card w/ Rifles	NWU/MCCUU	0830	14-29 MIDN
Squad Drill	Squad Drill Card w/ Rifles	NWU/MCCUU	0900	8 MIDN
Color Guard	Color Guard Card	NWU/MCCUU	1030	5 MIDN (Ensign, Navy/USMC colors, 2 riflemen)
Rifle/Pistol Competition				
Safety Brief	Rifle Range Rules Brief	NWU/MCCUU	0700	All MIDN Participating
Rifle Shooting	Rifles	NWU/MCCUU	0745	4 MIDN (at least 1 female)
Pistol Shooting	Pistols	MWU/MCCUU	0900	4 MIDN (at least 1 female)
Endurance Competition				
Pull-Ups		NWU/MCCUU	1300	4 MIDN (3 males, 1 female)
Log Sit-Ups		NWU/MCCUU	1315	8 MIDN (at least 1 female)
Stretcher Relay	Half-mile run w/ Stretcher, 4 Rifles, 2 (35 lbs) water jugs	NWU/MCCUU	1330	6 MIDN (at least 1 female)
Dizzy Izzy Relay	20 yd. Run and Spinning Around a Bat	NWU/MCCUU	1345	5 MIDN
Tug of War		NWU/MCCUU	1400	8 MIDN (at least 1 female)
Boots & Utes Relay	1.5 mile Run (divided in 5 parts) w/ Exercises	NWU/MCCUU	1415	5 MIDN (at least 1 female)
500 yard Swim		Swim-wear	1445	4 MIDN (at least 1 female)
Tie Breaker (if needed)	2 Lap Race, Pull-ups, Push-ups, sit-ups, Movement under fire	NWU/MCCUU	1530	5 MIDN (at least 1 female)