

COMPETITION:

KNOT TYING

JUDGES: Minimum, 2 or more

REQUIREMENTS: 1. Line;
2. Stopwatch.

RULES: 1. Each team consists of 2 or 3 cadets;
2. Each team ties the same five (5) knots;
3. The competitor will begin tying the knot on the signal from the judge. Time begins at the judge's signal;
4. Time stops when the line is thrown to the ground.

KNOTS: The knots for the competition are:
a. Square Knot;
b. Single Becket Bend;
c. Bowline;
d. Round Turn and Two Half Hitches;
e. Clove Hitch.

SCORING:

1. The best times for each knot added together will constitute each team's score;
2. An improperly tied knot incurs a 60-second penalty;
3. The unit with the quickest time wins the team competition;
4. The League Cadet and Sea Cadet with the fastest time for all five (5) knots wins the individual competition.

NOTES:

1. The purpose of a bowline is to put a temporary eye in the end of a line; therefore, Bowlines tied using both ends of the competition line will not be accepted.
2. The purpose of the Square Knot is for bending together two lines of the same size (diameter), therefore tying a knot in one length of line will not be accepted. Two lengths of line must be utilized.
3. The purpose of the Becket Bend is to bend together two lines of different size (diameter) therefore the knot must be secured using two lengths of competition line. A becket bend made at the bitter end of a line is not acceptable.

COMPETITION:

SIGNAL FLAG RECOGNITION

JUDGES: Minimum 1, or more

REQUIREMENTS: 1. One Complete Flag Bag;
2. One (1) Stopwatch.

RULES: 1. Each team consists of two (2) cadets. Each cadet must be able to send and receive;
2. Each cadet will identify by PHONETIC ALPHABET:
a. Five (5) letter flags;
b. Two (2) numeral pennants.
3. The message signaled shall be provided by the judges and shall consist of five (5) letters, in groups of five (5), non-conforming words, not repeating any letter of the alphabet in any group;
4. The message must be sent in less than five (5) minutes;
5. After the message has been sent and received, the competitors switch roles.

Note: Letters must be applied VERTICALLY to the pole provided.

SCORING:

1. Highest possible score is 70 points;
2. One point shall be deducted for each missing or incorrect letter;
3. The team with the highest score wins the competition.

COMPETITION:

MORSE CODE

JUDGES: Minimum 1, or more

REQUIREMENTS: 1. Code device--Flashing light or Sound;
2. One (1) Stopwatch.

RULES: 1. Each Team consists of two (2) cadets. Each cadet must be able to send and receive;
2. The message signaled will be provided by the judges and shall consist of five (5) letters, in groups of five, non-conforming words, not repeating any letter of the alphabet in any group;
3. Cadet sending may indicate to the receiving cadet the number of the row or group being sent;
4. The message must be sent in less than five (5) minutes;
5. After the message has been sent and received, the competitors switch roles;

SCORING: 1. Highest possible score is fifty points;
2. One (1) point shall be deducted for each missing or incorrect letter;
3. The team with the highest score wins the competition.

Note: Cadets may choose either flashing light or sound for the competition.
Receiving cadet will record the letters horizontally on the sheet provided.

COMPETITION:

SEMAPHORE SIGNALLING

JUDGES: Minimum 1, or more

REQUIREMENTS: 1. One set of standard Signal Flags;
2. One (1) Stopwatch.

RULES: 1. Each team consists of two (2) cadets. Each cadet must be able to send and receive;
2. The two competitors stand approximately 50 feet apart;
3. The message signaled shall be provided by the judges and shall consist of five (5) letters, in groups of five (5) non-conforming words, not repeating any letter of the alphabet in any group;
4. Cadet sending may indicate to the receiving cadet the number of the row or group being sent;
5. The message must be sent in less than five (5) minutes;
6. After the message has been sent and received, the competitors switch roles.

SCORING: 1. The highest possible score is fifty (50) points;
2. One point shall be deducted for each missing or incorrect letter;
3. The team with the highest score wins the competition.

Note: Receiving cadet will record the letters horizontally on the sheet provided.

COMPETITION: CLOSE ORDER DRILL

JUDGES: Minimum 2, or more

REQUIREMENTS: 1. Drill Area, approximately 150 feet x 150 feet;
2. Drill Card.

RULES: 1. All Cadets brought to the Competition must compete;
2. Leader/Drill Instructor will form the unit on directions from the judges, in a rank formation;
3. Leader/Drill Instructor will report to the judges when ready to begin;
4. Unit Must Remain in the Drill Area;
5. Unit must end at the same place on the field from which it began.
6. Drill Instructor or Leading Cadet may carry a copy of the drill card.

DRILL CARD:

- | | |
|-------------------|--------------------|
| 1. Attention; | 13. Right Oblique; |
| 2. Dress Right; | 14. Forward |
| 3. Hand Salute; | 15. Left Oblique; |
| 4. Left Face; | 16. Forward; |
| 5. Right Face; | 17. Column Right; |
| 6. About Face; | 18. Column Right; |
| 7. Left Face; | 19. Half Step; |
| 8. Forward March; | 20. Forward |
| 9. Column Right; | 21. To the Rear |
| 10. Column Right; | 22. Halt |
| 11. Right Flank; | 23. Right Face; |
| 12. Left Flank | 24. Hand Salute |

SCORING: 1. Each of the following is evaluated on a scale of 1--10, one point deducted for each violation;
a. Rank and File Alignment;
b. In Step;
c. Military Bearing;
d. Proper Execution of Commands;
e. Leader's Ability.
2. A unit's score is the sum of all three (3) judges' scores;
3. The Unit's Score will be decreased by five (5) points for either a boundary violation or failure to end at the origination point.

COMPETITION:

HEAVING LINE

JUDGES: Minimum 2, or more

1. One foul line;
2. One distance;

- REQUIREMENTS:**
1. One (1) Heaving Line; approximately 85 feet long, with an approximately 1 lb. Monkey's Fist (USCG Heaving Line recommended)
 2. Two pylons;
 3. One tape measure, minimum 85 feet;
 4. Competition Area, 20 feet by 100 feet;

- RULES:**
1. Each team consists of three (3) cadets;
 2. Each cadet has two (2) throws to qualify;

- SCORING:**
1. The distance is marked where the monkey's fist strikes the ground, not the distance rolled after impact;
 2. Using either of two proper means of throwing, the line must pass through, but not touch the pylons;
 3. The cadet may not cross the foul line;
 4. The top 3 individual throws on each team constitutes that team's score;
 5. The team with the highest score (furthest throws) wins the team competition;
 6. The individual cadet with the furthest throw, wins the individual trophy.

COMPETITION

HONOR GUARD

JUDGES: Minimum 2, or more.

REQUIREMENTS: Honor Guard Equipment

- RULES:
1. Honor Guard Must follow the sequence of the Drill Card; a designated cadet may read the drill card to the Honor Guard Captain, without penalty, and without contributing to the Team's score;
 2. Drill Must stay within the boundaries set by the judges;
 3. Drill Must end at the starting point;
 4. Judging begins when the Honor Guard Captain reports readiness to the Judges;
 5. Judging ends when the Honor Guard Captain reports completion to the Judges;
 6. Utility Uniforms may be worn.
 7. The Team Captain may carry a copy of the drill card OR a cadet may accompany the team, providing instructions to the Team Captain.

NOTE: Drill Card Commands conform to the "USMC Manual."

DRILL CARD:

- | | |
|---------------------------|---------------------------|
| 1. Report Readiness; | 17. Forward, March; |
| 2. Attention; | 18. Right Turn, March; |
| 3. Carry Colors; | 19. Forward, March; |
| 4. Ready, Cut; | 20. Right Turn, March; |
| 5. Present Arms; | 21. Forward, March; |
| 6. Ready, Too; | 22. Ready, Halt; |
| 7. Carry Colors; | 23. Mark Time, March; |
| 8. Ready, Cut; | 24. Counter March, March; |
| 9. Mark Time, March; | 25. Forward, March; |
| 10. Counter March, March; | 26. Left Turn, March; |
| 11. Forward, March; | 27. Forward, March; |
| 12. Right Turn, March; | 28. Ready, Halt; |
| 13. Forward, March; | 29. Order Arms; |
| 14. Left Turn, March; | 30. Parade Rest; |
| 15. Forward, March; | 31. Attention; |
| 16. Left Turn, March; | 32. Report Completion. |

- SCORING:
1. Each of the following is evaluated on a scale of 1--10, one point deducted for each violation:
 - a. Rank and File Alignment;
 - b. In Step;
 - c. Military Bearing;
 - d. Proper Execution of Commands;
 - e. Captain's Ability.
 2. Team's score is the sum of all three judges' scores;
 3. Team's score will be decreased by five (5) points for either a boundary violation or failure to end at the origination point.

COMPETITION:

FIREFIGHTING

JUDGES: Minimum 2, or more

1. Safety;
2. Timekeeper

- REQUIREMENTS:
1. Two (2) Fifty-foot lengths of 1 1/2 inch hose;
 2. One (1) Navy All Purpose Nozzle (APN);
 3. One (1) Hydrant Wrench;
 4. One (1) Stop Watch;
 5. Competition area approximately 30 feet x 150 feet.
 6. Cone target

- RULES:
1. Each team consists of four (4) cadets;
 2. On the signal from the Timekeeper, the hose will be unrolled (not uncoiled) from the starting line and then coupled. The female end will be attached to the hydrant while the APN is attached to the male end of the hose;
 3. One (1) cadet will man the hydrant as the remaining three (3) man the hose nozzle;
 4. When the nozzle is manned by three (3) cadets, all on the same side of the hose, the hose will be charged. The APN will be opened to the solid stream position and the stream directed at the target;
 5. The APN will be closed and the water secured at the hydrant;
 6. The Team will have two attempts and the best recorded time will constitute the Team's score;
 7. The next team to compete will roll the hose in any recognized/accepted manner.

- SCORING:
1. Time starts upon signal from the Judge (Timekeeper);
 2. Time stops when the water stream contacts the target (knocks it down if the target used can be knocked down);
 3. A fifteen (15) second penalty will be levied for each observed safety violation which consists of:
 - a. kinks;
 - b. leaks at any connection;
 - c. uncontrolled hose.

Note: Work-gloves are permitted for this event. Cadets may bring their own or use the gloves provided.

COMPETITION:

FIRST AID SKILLS

JUDGES: Minimum 2, or more

1. First aid/patient handling;
2. Timekeeper.

REQUIREMENTS: 1. One (1) Stokes Stretcher
2. Splint and bandage material;
3. Fifty (50) foot area;
4. One (1) Stopwatch.

RULES: 1. Each team consists of four (4) cadets (medics) and one cadet victim or "dummy" victim;
2. The patient must be of comparable weight and size to the medics, e.g. no League cadets will serve as a victim for a Sea Cadet team and vice-versa;
3. Tennis shoes or utility shoes/boots may be worn;
4. a. On the signal from the time judge, the medics will carry the stretcher, head first, along with the splints and bandages, fifty feet to the patient;
b. Simulated bleeding on the right forearm will be stopped by wrapping a pressure bandage on the arm;
c. Simulated fracture to the left lower leg will be immobilized using material and two (2) boards as a splint;
d. The patient will then be safely lifted into the stretcher;
e. The team will safely, properly lift the stretcher, using two hands, back straight, knees performing the lifting (bend the knees before lifting the stretcher or patient) ;
5. Time stops when the stretcher is lifted clear of the deck;
6. Each team will have two (2) opportunities to compete;

SCORING: 1. Each team's fastest time will be recorded;
2. The team with the fastest time wins the competition;
3. A five (5) second penalty shall apply for the following:
a. Bandage and/or splint improperly applied or not secured;
b. Patient assisting medics;
c. Dropping any part of the stretcher;
d. Improper lifting technique.

PERSONNEL INSPECTION
CADET PERSONAL CHECKLIST

Checklist provided is a baseline, and recognizes not all items are worn by all units. Uniform items listed are applicable if worn, by the home unit. This checklist will be used by both Inspection teams and conforms to National standards.

HAT: (Males) Clean White Hat;

HAIR: (Males) Regulation Cut--not touching ears or collar;
(Females) Must be worn up; no pony or pig tails, must not touch the collar;

T-SHIRT: White and snug -fitting around the neck, no scallops;

JUMPER: Properly pressed, no lint or hairs (Recommend professional cleaners, use of tape or lint brush)

SHIRT: Properly pressed, no lint or hairs; (Recommend professional cleaners, use of tape or lint brush)

FLASHES: Centered on the sleeve, one inch down from shoulder seam;

PIPING: White, not yellow; (If yellow, recommend cleaning with cold soapy water and/or toothbrush & toothpaste. Rinse with cold water.)

NECKERCHIEF: Washed, ironed, rolled and tied with square knot. Tied at the "V" of the Jumper;

NECKTIES: (Males) Tied with a four-in-hand knot, no lint or hairs. Must not extend below the top of the belt line;
(Females) Snug fit against neck, no lint or hairs;

LANYARD: White

RIBBONS: Located over the top of the left breast pocket in correct order of display;

ID CARD: (Males) In Jumper or left shirt pocket;
(Females) In Blazer, shirt, or slack/skirt pocket;

TROUSERS: Properly pressed, no lint or hairs. (Recommend professional cleaners, use of tape or lint brush)

BELT: Black with silver tip/buckle;

SOCKS: Black;

SHOES: Leather: Spit-shined ("well blackened" not acceptable); NO CORAFAMS
Soles: Blackened, no scuffs

COMPETITION:

PERSONNEL INSPECTION

JUDGES: Two (2)

RULES: 1. All cadets brought to the Competition will stand inspection;
2. Cadets will be inspected using the checklist of standards provided.

SCORING: 1. Each discrepancy has a value of one (1) point;
2. Total discrepancies, divided by the number of cadets inspected, is the unit's score;
3. The Unit with the fewest discrepancies wins the competition.

COMPETITION:

MARKSMANSHIP

JUDGES: Two (2)

1. Scoring;
2. Timekeeper.

REQUIREMENTS: 1. One .22 cal. Rifle; (SEA CADETS); Air Rifle (League Cadets)

2. One target;
3. One (1) Stopwatch;
4. Spotting binoculars;
5. Range.

RULES: 1. Each team consists of two (2) cadets;

2. Each cadet will fire 5 rounds for practice and 10 rounds for competition;
3. Firing will commence and cease on signal from the Range Master;
4. A maximum of 12 minutes will be allotted for the 10 competition rounds;
5. Each competitor will designate and sign their respective practice and competition target;

SCORING: 1. The two cadets' scores will total the team score;

2. In the event of any tie, those teams will compete again firing an additional 10 rounds only;
3. Both NSCC judges will review, score and sign each target;

NOTES:

1. No NSCC personnel will bring any weapons or ammunition to the Mass. Military Reservation (Joint Base Cape Cod);
2. Weapons and Range Masters will be provided;
3. All competing cadets will compete with the same make/model rifle;
4. NSCC judges will score the completed targets and time the event;

“TRIPLE THREAT”

The relay will be made up of the following events:

Firefighting;
First Aid;
Heaving Line.

Each team will consist of a minimum of 5 personnel and may consist of all adults. Teams will complete the firefighting event, then run to the first aid event and complete it then run to the heaving line event and complete it. Each team will leave the line uncoiled for the next team. The next team's thrower must first coil the line. The heaving line must be thrown correctly using one of the two correct methods for throwing a heaving line. The distance must be thrown while still retaining part of the line. Each team will leave the line uncoiled for the next team. The next team's thrower must first coil the line. Only one team member will throw the heaving line. All normal penalties will be invoked per the individual event profiles. A ten second penalty will be invoked if the heaving line goes out of bounds. If a tie occurs, the tie—breaker for the overall event will be to the team which throws the heaving line the furthest.