

**2026 SBD 1**  
**Sports and Readiness Day**

**THURSDAY, 4 JUNE 2026**

**INFORMATION PACKET**

# CONFIRMED METHODS OF OPERATION

- **Concept:** Sports and Readiness Day this year will be held at various locations on Peterson Space Force Base, with multiple events scheduled throughout the day. The event is intended as a fun day with a competitive nature. The focus of the program is to promote camaraderie and a sense of cohesion amongst all the units and to provide a day away from the stresses of the work environment. Everyone should be encouraged to participate in at least one event and/or act as a volunteer. Points will be awarded based on participation, both as a competitor and as a volunteer, as well as points awarded for event winners. First through fourth place finishers earn points for most competitions.
- **Competition Categories:** Participants will sign up for events according to the unit/squadron they are assigned. Based on the historical number of participants, each squadron has been assigned to a large, medium, or small category. See page 4 for specific units and categorizations.
- **Registration:** Registration is required for all competitive events. To register or submit teams, please use the Events Page on 21 FSS website at <https://21fss.com/event/2026-sbd1-sports-readiness-day/>
  - To register for Bowling &/or Golf, please email [lawrence.mullis@spaceforce.mil](mailto:lawrence.mullis@spaceforce.mil) with your teams.
- **Disputes and Scoring:** Each event coordinator will provide general oversight for the activity and tally the scoring for Sports & Field Day. They will also handle any disputes or protests.
- **Points & Awards:** Award winners for each squadron size category (small, medium, large) will be determined by combining points for:
  1. **Competition Points:** First, second and third place points will be awarded only to the person competing in the individual events (swimming, running, walk and bike events). Points will be awarded by order of finish for every team that is participating through the top four finishers (7, 5, 3, and 1 pts will be awarded based on first through fourth place finishers for team competitions).
  2. **Participation Points:** One point is given for each individual and two points per team for participation in each event competed in. More than one entry per squadron or unit in an event is permitted, each entry receives participation points. **A no-show/forfeit results in two participation points being taken away from the team.**
  3. **Volunteer Points:** Two points will be awarded per person as a volunteer (up to 30 points total maximum) per squadron, per event. Thirty (30) volunteer points represents 15 different individuals volunteering for 1 hour per person. Crosschecks will be done. Event managers earn 10-points for their squadron. Program Staff volunteers earn 20 points for their squadron/directorate.
- **Late Entry's:** Teams may substitute or add a late entry to the roster at game time if the individual being input is from the same squadron. **The Program Officers will NOT accept late registration forms. No exceptions.**
- **Volunteers Needed:** Every organization/squadron participating in at least one competitive event is expected to provide a minimum of two volunteers from their squadron to help in at least one of the competitive events. Two volunteer points are awarded to the competing squadron's total team score, not the score of the event manager's squadron. Key volunteers *may* get a volunteer shirt and wear civilian attire.
- **Volunteer Duties:** The responsibilities of a volunteer may include:
  1. Site preparation (mark running course, horseshoe pit preparation, etc....)
  2. Obtaining the necessary equipment (brackets, sports equipment, etc....)
  3. Event oversight (rounding up competitors, help run event, etc....)
  4. Site cleanup/setup (returning support equipment to Outdoor Recreation, Fitness Center, setup tents, setup volleyball nets, load/unload trucks, etc.)

5. Helping compile the results of the event.
6. Running the official results to the Sports & Field Day scorekeeper.
7. Two (2) points will be awarded for each volunteer

**\*Volunteers should check in/ pick up shirts inside the Fitness Center at 0700\***

**\*If you are volunteering for the 5K run, report time is 0620 inside the Fitness Center.**

- **Inclement Weather Plan:** In the event of inclement weather, all outdoor events will be canceled. The points will be submitted for the conducted outdoor events leading up to the shutdown. Indoor events will still take place.
- The following dates, times and location have been established for representative meetings for this year's event; May 13<sup>th</sup>, May 27<sup>th</sup>. Meetings will be held at the Fitness Center upstairs classroom at 0900 hours.  
**DEADLINE FOR TEAM ENTRY VIA SIGN UP GENIUS ARE DUE COB 1 June 2026.**
- **Attire:** Active duty may wear PT gear or civilian athletic attire. Civilians may wear any appropriate workout clothing for event participants. No profanity or inappropriate clothing permitted.

## **SQUADRON HISTORICAL SIZE CATEGORY**

### **COMPETITION CATEGORY 2026**

**LARGE – Greater than 141 - Up military & civilians assigned.**

**MEDIUM – Based on 51-140 military & civilians assigned.**

**SMALL– Based on 1-50 military & civilians assigned.**

**Note:** Use this as a guideline for submitting entries. Category selection will be based on total military and civilians assigned to a unit.

## **PARTICIPATION SCORING METHOD**

1. Contestants must accurately identify the squadron in which they belong and work for all events in which they participate. Competition points will not be awarded to a squadron when a player participant is from outside that squadron. In this event it will count as a forfeit and the team will lose its participation points and be awarded no competition points either.
2. Mr. Roger Hill, Sports & Readiness Day Event Program Officers must approve deviations from Rule #1 in writing and they must be submitted in memo form by 28 May 2026.
3. Ineligible participants/contestants will cause a forfeiture of the game and a reduction of 10-squadron points from the squadron total.
4. Only military members and civilian employees from *within* the squadron are eligible for play on any of that squadron's teams or in individual competitions. Contractors assigned to Peterson, Cheyenne Mountain, or Schriever may not compete, but may join us in the picnic.

## Team Point Scoring

- 1<sup>st</sup> place = 7 pts.
- 2<sup>nd</sup> place = 5 pts.
- 3<sup>rd</sup> place = 3 pts.
- 4<sup>th</sup> place = 1 pts.

## Single Point Scoring

- 1<sup>st</sup> place = 7 pts.
- 2<sup>nd</sup> place = 5 pts.
- 3<sup>rd</sup> place = 3 pts.

### Special Note

Each team forfeit due to “No Show” will result in a loss of two team points.

Must have at least 4 teams registered to hold competition for team events.

Volunteers that assist with any of the Sports & Field Day activities for at least one hour in any capacity will be awarded two participation points with a maximum squadron possible of 30-points total per squadron/unit per event. See event monitor sign-in sheet and make sure it gets signed to receive the point.

Volunteers can also participate in any of the Sports Events on that day but will need to manage competition event time requirements with the volunteer responsibilities carefully.

\*Non-Scoring Events : **Free Scheduled Fitness Classes** held in Capt. Lyons Park

8 a.m. – Yoga

9 a.m. – Strength

10 a.m. – Zumba

When recording the winner, please list the unit rather than the individual person or team name.

# STARTING TIMES AND LOCATIONS

**EVENTS AT PETERSON : ALL events will be done by 1300**

<b>Events</b>	<b>Location</b>	<b>Start Times</b>	<b>Points Earned</b>
Bowling	Bowling Center	0700,0900,1100	Team Point Scoring
5K Run/ Walk Volunteers picked up at Fitness @0630	Behind Bowling Center	0700	Single Point Scoring
Racquetball- Singles	Fitness Center- CTS 2-4	OPEN PLAY	0
Soccer	Fitness Center Field	0800	Team Point Score
Tennis- Doubles	Courts #1- Near Aquatics	OPEN PLAY	0
Horseshoes *	Capt Lyon Park	0830	0
Cornhole	Capt. Lyon Park	0830	Team Point Scoring
Volleyball	Capt. Lyon Park	0830	Team Point Scoring
Basketball	Fitness Center Gym 2	0900	Team Point Scoring
E-Gaming	Hub	0900	Team Point Scoring
Swimming Events	Aquatic Center	0900	Team/Single Point Scoring
Table Tennis	Fitness Center- Gym 1	OPEN PLAY	0
Texas Hold'em	Hub	0900	Single Point Scoring
SpikeBall	Capt. Lyon Park	OPEN PLAY	0
Billiards	The Hub	0900	Team Point Scoring
Dominoes *	Hub	0930	0
Pickle Ball	Court # 2- Next to dorms	1000	Team Point Scoring
10K Bike Race	Ent Ave. Bus Stop	1000	Single Point Scoring
Track Events	Fitness Center Track	1000	Single Point Scoring
Flag Football	Fitness Center Field	1000	Team Point Scoring
Dodgeball	Fitness Center Gym 1	1100	Team Point Scoring
Wallyball	Fitness Center, CTS 2-4	1100	Team Point Scoring
Drive – Chip – Putt	Golf Course	1100	Team Point Scoring
Cribbage *	Hub	1130	0

**\* Event times must stay true to schedule \***

Participants will sign up for events on SignUpGenius. When signing up for team events, the team's point of contact will sign up their team.

**ONE ENTRY PER TEAM!**

## NOTABLE EVENTS

Free Picnic	Capt Lyon Picnic Area	1100	
Beer for Sale	Capt Lyon Picnic Area	1100	
Free Soda/water	Capt Lyon Picnic Area		1100
Awards presentation 1330	Capt Lyon Picnic Area		

## EVENT MANAGERS

Responsibilities of **Event Managers** include:

- Recruit enough volunteers to help run and manage the event.
- Keep the event running as close to the time schedule as possible.
- Resolve any disputes that may arise with competitors before the conclusion of that event.
- Keep track of who shows for your events and who is a no-show (contestants) and indicate on the provided brackets.
- For non-bracketed events, please turn-in scores, times, or places in which the individuals finished – Please do this as soon as the event is completed, so we can award points accordingly. Use a volunteer runner to take sheets to park pavilion where master score sheets are kept. Please do not use LMR to report final scores – hand delivery to the command trailer is required.
- For bracketed events, please turn-in your completed brackets–Please do this as soon as the event is completed, so we can award points accordingly.
- Provide the names, unit, and office symbol of all individuals who helped monitor and volunteer at your event. Two (2) points will be awarded for each volunteer, up to 30 total points maximum per squadron, per event.
  - For example, thirty (30) volunteer points represents fifteen (15) different individuals volunteering for one hour. **Event Managers** earn ten (10) points for their squadron/unit. Crosschecks will be done.
- Use the official Volunteer sign-in form only for turn in.
- At the conclusion of your event, please turn-in all paperwork and equipment to the Sports & Field Day Headquarters which will be located at the park pavilion.

**Note:** Several event manager positions are still vacant. Please contact the Sports & Field Day project officer Mr. Roger Hill (556-8069) if you wish to take on the responsibilities of an Event Manager.

\*Managers should check in/ pick up shirts at the Fitness Center NLT 0700\*

**\*If you are volunteering for the 5K run, report time is 0620 inside the Fitness Center.**

### **EVENT ALTERNATE MANAGERS**

Responsibilities of **Event Alternate Managers** include:

- Assist event manager with conducting their event.
- Assist event manager with keeping and submitting event scores and final team points.
- Each alternate will earn ten (10) points for their squadron/unit/directorate.

\*Alternate Managers should check in/ pick up shirts at the Fitness Center NLT 0700\*

**\*If you are volunteering for the 5K run, report time is 0620 inside the Fitness Center.**

### **EVENT RULES AT PETERSON**

**Cribbage** \* No points gained\*

*Supplies: 8 Cribbage boards and 8 poker cards*

- Games will be held at the Hub- **No Registration Required**
- Games are held for fun, no points will be gained for squadrons
- Male and/or Female teams allowed. Teams of 2
- No skunks/No double skunks
- Best 2 out of 3
- 30 minute time limit

**Dominoes** \* No points gained\*

*Supplies: 8 dominoes sets*

- Games will be held at the Hub- **No Registration Required**
- Games are held for fun, no points will be gained for squadrons
- Male and/or Female. Teams of 2
- Dispose all of your dominoes before the opposing team
- Each player draws 7 dominoes, the remaining dominoes are called the "pile"
- The player with the highest double plays first
- In order to play, a player must have a domino with a matching number of spots, and may play to either end of the line
- If a player cannot play, they must draw from the pile until they are able to play
- If after drawing from pile and they still cannot play, they must pass to the next player
- Play continues until a team is out of dominoes, and as winners, their score is the total number of spots on the dominoes held by their opponents.
- 100 Points or a 30 minute time limit

**Horseshoes** \* No points gained\*

*Supplies: 16 horseshoes from ODR*

- Games will be held at Capt Lyon Park- **No Registration Required**
- Games are held for fun, no points will be gained for squadrons
- Male and/or Female teams. Teams of 2 only
- Best 2 out of 3: Games to 15

- National Horseshoe Pitching Association (NHPA) Rules for scoring points
- 1,2,3 points dependent on where the horseshoe lands after being tossed
- 30-minute time limit for all three games, 15 min between matches.
- If tied after time limit runs out, most total points of all 3 games played will be used to declare the winner – Sudden Death if still tied, highest point total of four shoes thrown
- Any shoe that hits in the pit area to include the board is considered an eligible to score. Any shoe that contacts any area outside the pit will be considered a dead shoe, and no points will be awarded

## **Basketball**

*Two event managers needed, Supplies: one whistle, check out basketballs from fitness center.*

- 3 person teams only, can be comprised of male and or female competitors.
- Game will be to 15 points.
- “Make it Take it” Rule applies.
- Team must win by 2 points.
- 1 point per basket, Three-pointers are not counted differently.
- No foul shots (on all fouls, the ball will go to the team that was fouled at top of key)
- 20-minute time limit. Incomplete game due to time limit when team is up by only 1 point.
- Tied or incomplete Game after 20 minutes = 5 min. max Sudden Death play. First team to go up by 2 wins. Flip of a coin for first possession. After 5 minutes OT play has elapsed the Leading Team Wins even if only by 1 pt.
- Max 2 team entries per squadron or directorate.

## **Bowling**

*Bowling Manager will build brackets- Email your team information to [lawrence.mullis@spaceforce.mil](mailto:lawrence.mullis@spaceforce.mil); Event Manager will return scores to data in Capt Lyon Park*

16 teams per time period and first signup will get the time they want

- Male and/or Female teams
- There must be 4 people on each team
- Each individual will bowl 2 games, 9 pin/no tap (strike)
- Total pins for both games used in determining team’s total score. High score wins.
- Max 2 teams per squadron or unit per start shift will be accommodated (3 shifts total = 6 teams). Please indicate on entry form, desired placement based on bowling schedule. Additional teams beyond six allowed must be indicated on entry form they may or may not get placed in schedule.
- Individuals can bowl one team only. Violations result in forfeiture of teams.

## **Dodgeball-Co-ed**

*Two Event Manager, Supplies: 6 Dodge balls*

- Co-ed event. Must be two (2) female players on the court to start every game
- Max 2 team entries per squadron or directorate
- Team is comprised of ten (10) players, however, a team may start with eight (8)
- A player who is hit with a ball thrown by an opposing player is indeed out
- A player whom throws a ball which is then caught by an opposing player is also out.
  - It must be a clean catch caught inbounds; it will not count if it has touched another player, wall or ball
  - If a ball is caught a teammate from the catcher’s team may return to play.
- A player must stay within bounds to throw or catch a ball.
- A thrown/live ball is considered a dead ball after it hits the floor, a player or another ball.

- A player may defend with a ball if they choose, however if they drop that ball while defending the player is out.
- During “Initial Rush” players must start behind the line and return to it before play begins.
- No Hiding! -Players must remain in bounds during the game.

Games will be best of 5 time permitting. Ref of current game will have final say on all calls. Unsportsmanlike conduct is not tolerated, Lets have fun!

### **Golf Drive, Chip & Putt (DCP) Challenge**

*Driving Range will build brackets; first signup will get the time they want. Email your name to [lawrence.mullis@spaceforce.mil](mailto:lawrence.mullis@spaceforce.mil).*

Male and/or Female teams of 3:

- **Team Composition:** Each team consists of three members. Each member must choose exactly one discipline (Driving, Chipping, or Putting) to compete in for the team's score.
- **Driving:** The designated Driver hits three drives. The longest single drive within the 40-yard-wide landing area counts. The driver with the longest drive receives 10 points, the second longest gets 9, and so on, down to 1 point for the 10th longest (11th place and beyond will receive 0 points).
- **Chipping:** The designated Chipper hits three chip shots from an undisclosed distance. The cumulative distance from the hole for all three shots is measured. The chipper with the shortest cumulative distance receives 10 points, down to 1 point for the 10th (11th place and beyond will receive 0 points).
- **Putting:** The designated Putter hits three putts: one from 30 feet, one from 15 feet, and one from 5 feet. The cumulative distance from the hole for all three is measured. The putter with the shortest cumulative distance receives 10 points, down to 1 point for the 10th (11th place and beyond will receive 0 points).
- **Overall Winner:** The team with the most combined points from their three specialists after all contests is declared the winner.
- **Finals Tie-breaking:** In the event of a tie for the overall standings, the team selects one member to hit a single putt from 15 feet to determine the champion, with the process repeated if necessary

**Road Race Events** – Please see the attached map for course layout

#### **5K Run/ Walk**

*One Event Manager with LRM Radio, three volunteers for check in, give numbers out, and times at the end.*

*Five road guards are needed at: Peterson Blvd & Dover St, Dover St & Suffolk St, Suffolk St & Ent Ave, Ent Ave & Malmstrom St, and one at the turnaround with golf cart and LRM Radio. The turnaround volunteer will put cones out on the way to the turn around and pick them up by 915 to be in place for 10K bike race.*

*Supplies: 3 Stop Watches, 5 Orange Vests, 1 Air Horn, 3 Clip Boards, two LRM radios, one 5-gal water cooler, and cups. Pickup one table and three chairs from the Aquatic Center building #404.*

- Male & Female categories
- 5K starts behind the Bowling Center and ends at the same place.

#### **10K Bike Race**

*Two Event Managers, three volunteers for check in, give numbers out, and times at the end. seven road guards are needed at: Vincent St & Ent Ave, Ent Ave & Otis St, Ent Ave & Paine Ave, Paine Ave & Hamilton Ave, Hamilton Ave & Otis St., Hamilton Ave & Peterson Blvd, Peterson Blvd & Ent Ave. The one volunteer with golf cart will put cones out by 945 and pick them up at 1045. The 50 cones will be returned to CE after this event. Supplies: 3 Stop Watches, 7 Orange Vests, 1 Air Horn, 3 Clip Boards, one 5-gal water cooler, and cups. Pickup one table from the Fitness Center building #560.*

- Male & Female categories
- 10K Bike race will start in front of Fitness Center on Ent Ave. The race is 5 laps on Ent. Ave, Peterson Blvd, Hamilton Ave, Paine St.

### **Racquetball**

*Two Event Managers, Supplies: check out racquetballs from the fitness center*

- Male and/or Female
- Singles Only
- Current AARA Rules Apply
- Best 2 out of 3 games to 11 points will be played
- Rally Scoring (A point will be scored on each play for either the server or receiver)
- If tied when the time is up – next point wins
- Non-marking shoes must be worn
- All players must wear approved eye-protection, you provide.
- All matches will be officiated by the participants with Monitor for disputes.
- 30 Minute time limit with 5-minute warm-ups OR (30 Minute time limit with 5-minute warm-ups)
- Max 3 individual entries per squadron / directorate. Use one entry form.

### **Soccer**

*Two event managers needed, Supplies: one whistle, check out soccer balls from fitness center*

- Maximum Roster Size – 9 players
- 1 Team per squadron or directorate
- Play is five on five competition
- You must start with and always have four players on the field or forfeit game.
- Recruiting players after **DEADLINE FOR ROSTERS** is not permitted. Players will play with only one team. Violations will result in all tournament/squadron points being forfeited. Sports & Field Day Director will randomly assign players to teams needing additional players.
- No Goalkeepers or Goal Tending – Note: The crease or goal mouth is off limits to all players. Goals or goal reversals apply when player crosses goal crease.
- Un-sportsman like conduct will result in immediate player expulsion by the tournament director and possible team forfeiture.
- Unlimited substitution on a dead ball allowed
- Two 15-minute halves. Sudden Death overtime play will be for 10 minutes.
- No sliding tackles
  - 1<sup>st</sup> Offense – 2-minute penalty
  - 2<sup>nd</sup> Offense – Removal from the Game
- Replacement players are permitted
- Each team is to bring 2 different solid-colored T-shirts to the tournament (red, blue, white, green, yellow, black etc.).
- Team captains are responsible for getting their teams playing times and making sure each player is properly dressed.
- Throw-ins and Corner Kicks are permitted.
- Goals from beyond half field will not be allowed.
- No offsides allowed

### **Swimming**

*Aquatic manager will organize swim hearts. 6 volunteers needed, Supplies: 6 clip boards, 1 bull horn, 6 stop watches (Participants must have moderate swimming abilities)*

- Two female and two male individual events (25m,50m)
- Two co-ed relay events, 4x25 and 4x50
- Maximum of two entries per squadron / directorate

- Aquatic's Manager will set up all head-to-head competitions
- ALL appeals/disputes/protests/bracket adjustments and rule interpretations will be decided and enforced by the Event Manager

### **Table Tennis**

*Two event managers needed, Supplies: 8 paddles and 24 ping pong balls*

- Male and/or Female Teams of 2 players only
- Best of 3 games to 15 points
- A point is scored on each serve for either the server or the receiver
- 20-minute time limit
- Maximum of 2 team entries per squadron / directorate

### **Spike Ball**

*Two event managers needed, Supplies: spike ball net and spike balls*

- Male and/or Female Teams of 2 players only
- One of the 3 games must be co-ed. If a team cannot field a co-ed team, the team will start the match-up/ down 1 game, meaning they must win both remaining games to win the match.
- Best of 3 games to 21 points
- A point is scored on each serve for either the server or the receiver
- 20-minute time limit
- Maximum of 2 team entries per squadron / directorate

### **Tennis Doubles**

*Two event managers needed, Supplies: 4 cans of three tennis balls*

- Male and/or Female Teams of 2 players only
- One set matches only
- Players must win set by 2 games with minimum of 6 games won
- If tied at six, tie breaker will be best of 7 points only
- 40-minute time limit – 5 minute warm-up
- Maximum one team entry per squadron / directorate
- Event Manager has authority to make adjustments to the brackets and all of his/her rulings are final

### **Texas Hold'em**

*Two event managers needed, Supplies: poker chips 40, 11 boxes of chips, 17 decks of cards*

- The dealer shuffles a standard 52-card deck
- There will be 4-5 tables going at once
- The "dealer button" will move clockwise from player to player
- Game starts with the two players to the left of the dealer putting a predetermined amount of chips in the pot before any cards are dealt, ensuring that there's something to play for on every hand.
- Maximum of 4 people from every squadron/ directorate permitted entry in competition

### **Volleyball: Co-ed**

*Two event managers and two volunteers needed, Supplies: 3 whistles, two volleyball nets kits from ODR with rope line markers, 4 volleyballs*

- Co-ed category only.
- Six-person team must be submitted with alternates listed.

- There will be 3 games played to 15 points with rally scoring – Meaning that there is a point scored on every volley and a team can win by one point (i.e. 15-14)
- 30 Minute time limit
- 1 female must be on the court at all times
- Can start match with five players, 4 or less is forfeit
- 5 Minute grace period after start time, after which is a forfeit
- Only listed players on roster may play. If questioned picture ID must be presented
- Maximum of one team entry per squadron/unit

### **Wallyball**

*Two event managers, Supplies: check out Wally ball net and balls from Fitness Center*

- Co-ed category only, one female must be always on the court.
- Three to five-person teams must be submitted with alternates listed. Teams of 4 with an alternate player play.
- There will be 3 games played to 21 points with rally scoring - Meaning that there is a point scored on every volley and a team can win by one point (i.e. 21-20)

- 30 Minute time limit: 10 minutes per game
- Minimum of 3 players and maximum of 5 players, 2 or less is forfeit
- 5 Minute grace period after start time, after which is a forfeit
- Only listed players on roster may play. If questioned, picture ID may be requested by the Event Manager

- Maximum of two team entries per squadron/unit/directorate
- Federation Rules are posted on the wall by court #2 and may be used as a guide during play
- All rulings by the Event Manager are final – no appeals/delays/protests

***Special Note: Must have at least 4 teams registered to hold competition for team events.***

### **Running Events – Fitness Center Outdoor Track**

*Two event managers and four volunteers needed, Supplies: 5 batons, one air horn, 5 time watches, one clip board*

- Male & Female 100 meter dash, 200 Male & Female meter dash, 400 meter Male & Female meter dash

### **TRACK**

*Two event managers, Supplies: check out one stopwatch, one whistle, and clipboard from Fitness Center.*

- The 100, 200, 400-meter events will be run in heats with prelims and finals. Women's pre-limes first then Men's alternating them Women's finals then Men's finals. The base track is four lanes wide so heats will be of four persons and this will allow for only the first-place finisher to advance to the finals. In the prelims no times will be recorded, only the first-place finishers name will be recorded and advance to the finals. Sheets with lane indicators and competitor's names on it will be provided. These heats are set up randomly on the basis in which they are received. If a curve is incorporated in either race then the start will be staggered and not side by side, to allow for curve difference in lanes. Each complete heat should use up only 2-4 minutes worth of elapsed time to complete. It's a quick pace and after a race is announced there will be only a two-minute waiting period for competitors to get to the start line before being disqualified.
- It takes only 10-20 seconds to run the race but a few practice starts will be incorporated 1min., set in the human blocks (Starter does this with these commands "Runners take your mark", "Set", Bang), make sure finish judges are ready and have a signal between starter and finish judges before start, like

a flag waved or something, a gun or whistle or even better still a canned horn would be good to start the race. Total elapsed time for one heat should only be 4 minutes max before start of next heat.

- A judge will position themselves behind competitors with a flag or handkerchief to check for false starts. This person throws their flag up when that happens, the starter re-sounds the start mechanism, which stops the race and brings all back to start line. Two false starts eliminates competitor. Finish Judge notes the name of only the first place finisher in each heat and tells them they advance to the finals, which are to be held in 20 minutes, or so after the women's finals or men's prelims whichever the case may be. More than one finish line judge will be at finish to check for results. It's not until we get to the finals that stopwatches will be used, and times recorded.
- Female prelims will be run first in the 100 meter dash (approx. 22 minutes elapsed time duration if 20 contestants enroll) then male 100 meter dash prelims (approx. 35-40 minutes elapsed time duration with 40 contestants), then to the finals of the females (8 minutes with eight competitors, 4 minutes each heat max) and then the finals of the men's (With 10 finalists run three heats of 3,3 and 4 so max of 12 minutes duration elapsed time). This method allows for rest between prelims and finals. In the finals there will be 4-lane judges each with a stopwatch. They will report their lanes finishing time to the statistician or keeper of the finals heat sheets. Only the first four finisher's male and female will get points for their squadron. All competitors get one participation point.
- Manning requirements are as follows: 4 start judges with flags or handkerchiefs to check for false start as well as 4 finish line judges with watches, 1 starter with blow horn, whistle or cap gun, 1 statistician who records prelim finish names and prepares the finals heat sheets and records finals times and 1 event monitor with the blow horn who more or less directs the race, announces next heats, etc. and keeps things on a regular fast tempo pace. Total manning requirement is 11 persons.

**Note:** Starting blocks are not available for the track events. Each competitor has an option and can start from an upright position at the start line or each competitor who has a friend he/she provides, can start from a crouch position. The friend creates a start brace with their feet so the competitor can crouch down, one knee in front of the other, so the competitor can get the explosive start off their friend's feet which are firmly placed on the ground.

### **Corn Hole**

*Two event managers. Supplies: corn hole boards/bags and scoresheets from ODR*

- Teams of 2 only
- 1 game- first game to 21 wins. Championship game – best 2 out of 3 to 21.
- Bag "In the Hole" – **3 points** will be awarded for a bag in the hole, which is defined as a bag which is thrown through the hole in the board or a bag that is knocked in by another player's bag.
- Landing the bag on the board – **1 Point**
- The Corn hole match shall be played until the first team of players reaches 21 points exactly at the completion of a turn. If a team exceeds 21 points that **team drops back to 13 points, and the game proceeds as normal.**

### **Pickleball**

*Two event managers, Supplies: targets, tape, and scoresheets*

- Teams of 2 only
- 1 game- first game to 11 wins. Championship game – best 2 out of 3.
- The ball must stay inbounds
- There should be one bounce per side  
Serving must be done at the baseline and the serve cannot land in the no-volley zone

### **Flag Football**

*Two event managers, Supplies: whistle, check out flags and footballs from fitness center*

- Team consists of five players, four may start a game

- 2 Team per squadron or directorate
- Game consists of two 15-minute halves
- Throws will be used in place of kick-offs due to abbreviated field size
- Three players on the line of scrimmage
- Each team will receive two (one minute) time-outs per half with one additional time out for overtime
- Overtime is sudden death (5 minute time limit)-first to score. If no score game ends in a time
- All play is self-officiated and scores kept
- The Event Manager will decide all rule applications/protests/disputes on the spot

**Billiards/Pool**

*One event managers, Supplies: none*

- Teams of 2, Male and/or Female
- 8-Ball Call Shot
- Rules (Billiard Congress of America)
- Race to 4, Double Elimination, Rack Your Own, Alternate Breaks
- 2 Team entries per squadron / directorate

**Yoga, Strength and Zumba \* No points gained\***

- Events will be held at Capt Lyon Park- **Registration Required**
- No points will be gained for squadron
- Bring personal yoga mat if you have it

**eSports**

**The Hub**

<b>MarioKart 8</b>	<b>0900 to 1300</b>
<b>Super Smash Brothers</b>	<b>0900 to 1300</b>
<b>Marvel Rivals</b>	<b>0900 to 1300</b>

**Mario Kart-**

Mario Kart 8 is a popular kart racing game known for its vibrant tracks, a diverse cast of Nintendo characters, and item-based combat that can turn the tide of a race at any moment. While it has a competitive scene, it's often enjoyed casually for its chaotic and unpredictable fun.

**Super Smash Brothers-**

Super Smash Bros. is a fighting game series where iconic Nintendo characters (and some from other franchises) battle on dynamic stages, aiming to launch opponents off the screen to win. Its fast-paced, strategic gameplay and deep character rosters make it a staple in the competitive fighting game community.

**Marvel Rivals-**

In Marvel Rivals (Free-For-All) you will compete in a 4-person lobby with a massive roster of iconic heroes and villains from across the Marvel Multiverse. Players engage in fast-paced, third-person combat within destructible environments and unique abilities.