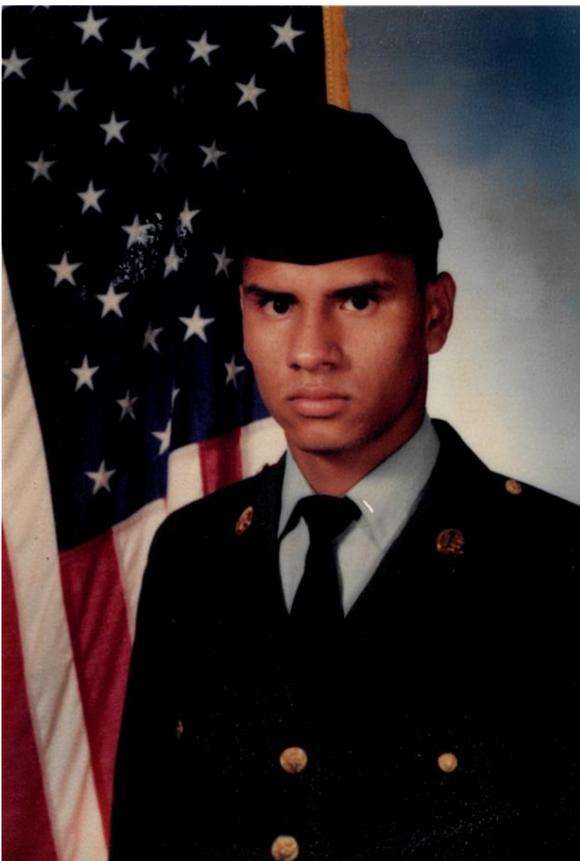




## 8th Annual SSG Jorge Armando Padilla Invitational Meet

Rio Rico High School

U.S. Army JROTC



# Standard Operating Procedures

November 3, 2018

# Schedule of Events

1. 0800 Opening Ceremony/  
Safety and Rule Briefing /  
Marksmanship Begins
2. 0830 Raiders  
Competitions Begin
3. 1430 Drill Down
4. 1500 Awards Ceremony

**NOTE: Time may change based on entries**

## **Section 1: Introduction**

This Standard Operating Procedure will include all information that is pertinent to the competition and necessary for your team's preparation and participation at the 2018 8th Annual Jorge Armando Padilla Invitational Meet at Rio Rico High School. This meet is designed to motivate JROTC cadets to be better citizens; by building teams to complete and develop sportsmanship, camaraderie, and leadership skills in a safe, orderly, proficient, military manner.

### **1. TIME AND PLACE**

The Meet will take place at Rio Rico High School on November 3, 2018. The Meet will start at 0800 with the opening ceremony and end approximately at 1500 with the awards ceremony.

#### **Directions to Rio Rico High School**

**From Tucson (45 minutes)** - Take I-19 South to Rio Rico/Exit-22, turn West (right) to West Frontage Road. Turn South (left) onto West Frontage Road. Take 1<sup>st</sup> right onto Camino Lito Galindo drive 600 meters uphill to Rio Rico HS.

**From Sierra Vista (75 minutes)** – Take AZ-82 West through Sonoita/Patagonia to Nogales, follow signs to I-19 North. Take I-19 to Rio Rico/Exit-22. Turn West (left) to West Frontage Road. Turn South (left) onto West Frontage Road. Take 1<sup>st</sup> right onto Camino Lito Galindo drive 600 meters uphill to Rio Rico HS.

### **2. REGISTRATION AND FEES**

Registrations are due 24 October 2018, you may FAX your registration to the following phone number: (520) 375-8761, or email your registration to (rstclair@scv35.org).

Fee for registration is \$25.00. Checks can be made out to (Rio Rico JROTC). Registration fees are nonrefundable, late entries will be accepted after 24 October 2018.

### 3. GENERAL INFORMATION

1. **General:** entry into the competition by all JROTC school units indicate acceptance of the provisions of the rules and procedures of the Meet SOP. It is the responsibility of the school instructors from each school to ensure all participants are familiar with provisions of this SOP.
2. **Scoring:** Judges will be from U.S. Army Recruiting Centers, Rio Rico High School Staff, and local law enforcement organizations. See grading sheets (**Annex A**).
3. **Awards:** First through third place trophies will be awarded to the teams with the highest overall scores in each event.
4. **School Instructors:** Cadets are expected to display good order and discipline during their entire visit at Rio Rico High School Jorge Armando Padilla Invitational Meet. School cadets and visitors should not interfere with judging of events. Judges have been instructed to stop competition and contact the host OIC if there is interference. The scoring area is off limits to cadets, participants, parents, and chaperones.
5. **Order of Participation:** There will be a “Shotgun Start” teams will be assigned a start point at the Opening Ceremony. Luck of draw – all team will draw for station they will start at.
6. **Dressing Room:** Lockers are the only place for changing of uniforms and no item may be left in these areas.

7. **Damage:** Any damage to Rio Rico High School property which occurs through negligence or malice on the part of individuals will be charged to the unit responsible.
8. **Parking:** There will be parking areas available.
9. **Awards Ceremony:** The ceremonies will be conducted on the Rio Rico High School Athletic Field Basketball Courts. This will start immediately after completion of events and scores tallied.
10. **Concessions:** Will be available the day of the meet. Advance meal deal available (\$4.00 – hamburger or hotdog, chips, drink)
11. **Schools:** Schools may enter up to 3 teams

**a. Raiders events**

- Push-ups (1 min)
- Sit-ups (1 min)
- Pull-ups (1 attempt)
- 8 x 400 meter relay run
- Fireman's Carry (50 Meters)
- 1 Rope Bridge
- 1 rope Rescue Stretcher Carry
- Vehicle Pull
- Kettle Bell Relay
- Long Distance Run Obstacle Course (Tire Pull, Tire Flip, Tire pass through)

Questions about this competition/ SOP should be referred to the Rio Rico High School Senior Army Instructor LTC Ronnie St. Clair @ (520) 375-8862, or email [rstclair@scv35.org](mailto:rstclair@scv35.org)).

## SECTION 2: TEAM SPECIFICATIONS

### A. GENERAL

1. The following specifications dictate the number of cadets required for each event:

Each team must be comprised of **2 Female & 6 Males cadets**

2. **Uniforms:** Battle Dress/Camouflage Uniform or Army Combat Uniforms (long pants) are mandatory for the one rope bridge.
3. **Safety:** At no time will any cadet or instructor put their safety in danger or the safety of another cadet. Any safety violations will lead to disqualification.
4. Timing for each event will begin when the head judge says, "take charge of your unit."

### B. Scoring and Penalties

1. Refer to Annex A for scoring sheet information.

Schools not following the SOP - Disqualification LTC St. Clair

2. In the event of a tie in any portion of the Meet the following tiebreaker will be used. 2 out of 3 Coin flips between the tied teams
3. **Protest:** Schools that have a grievance about any part of the Meet should bring it to the attention of the Meet Coordinator (LTC St. Clair)

# RIO RICO JROTC

## Last Shooter Standing and JORGE ARMANDO PADILLA MEMORIAL RAIDER CHALLENGE OPERATIONS ORDER

### 1. Situation

- Raider and Marksmanship Teams from Invited Schools
  - Situation (enemy, weather and terrain): Raider (6 male and 2 female cadets) and marksmanship (4 shooters) teams from each school; weather TBD; terrain(Google: RRHS Rio Rico, AZ)
  - Capabilities: We shall see
  - Probable course of action: Compete to win
- Friendly Forces.
  - Mission of next higher unit: Rio Rico High School JROTC will host the event
  - Mission of adjacent units: Tombstone High School JROTC will run the rifle shoot
  - Mission and location of supporting elements: National Guard Unit set to provide HMMWV (Humvee).
- Attachments and Detachments. Friendly Forces.
  - Military Recruiters
  - University of Arizona ROTC Cadets.

### 2. Mission, Who, What, When, Why and Where (coordinates).

Invited schools along with RRHS Army JROTC will report to Rio Rico High School track and field area at 0800 hours on 3 November, 2018 in order to compete in the 8th annual Jorge Armando Padilla Memorial Raider Challenge. This competition is to build confidence and demonstrate athleticism and team work.

Invited schools along with RRHS Army JROTC may also compete in the 1st annual "Last Shooter Standing". The competition will consist of a 3X20 (standing) shoulder to shoulder rifle match. The first firing order will begin at 0800 hours and proceeding matches beginning in increments of 100 minutes. 4 shooter limit per shooting team and coaches must provide all competitors full name, date of birth, and CMP registration number by 1500 hours 27<sup>th</sup> of October.

### 3. Execution.

- Concept of Operation.
  - Scheme of maneuver: Units will provide their own transportation and take the safest route possible to RRHS Rio Rico, AZ. (From Tucson, Take I-19 South toward Nogales, exit 22 Peck Canyon Rd. and head South on the Frontage Rd. to Camino Lito Galindo (Turn at Tubac Fire Station)
  - If traveling from Sierra Vista take I-19 north towards Tucson, exit 22 Peck Canyon Rd. and head south on the Frontage Rd to Camino Lito Galindo (Turn at Tubac Fire Station).
  - First Formation will be at 0800 hours on the double basketball courts on the track and field area of Rio Rico High School. Rifle teams in first relay do not attend.

#### 4. Service Support.

- Required Uniform for Raiders will be a modified ACU (Cammies) uniform with no blouse and athletic running shoes. Substitution for the ACU undershirt will be a uniform shirt up to the discretion of the JROTC Unit. (i.e. A JROTC Unit T-Shirt consisting of school colors.) Shooters will wear CMP approved gear.

#### 5. Command and Signal.

- If any questions arise please feel free to contact:  
Lieutenant Colonel St. Clair (520) 375-8862 or cell (915)-727-2779

# ANNEX A

Working with the Education System C6 - 1 11/97

## A. Stretcher

### Equipment

- 40 ft rope (6-11mm diameter)

### Scenario

Your team is midway through a mountain training exercise when one person slips and injures their leg. You must get them quickly and safely to the nearest Mountain Rescue post, where you will find emergency medical supplies. Your companion is unable to walk, and must be carried to the Mountain Rescue post on an improvised stretcher. All you have available is 40 foot climbing rope, but you know that a stretcher can be made using this. Time is short and you must work quickly to produce a safe and comfortable stretcher.

### Aim

To make a rope stretcher that will carry a casualty for 200m.

### Rules

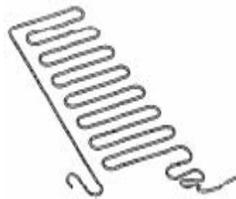
- Only the rope may be used to make the stretcher.
- The stretcher must provide support all along the length of the injured person.
- The stretcher must not unravel whilst the injured person is being carried 200m
- Stretcher must contain at least 7 knots on each side.

### Solution

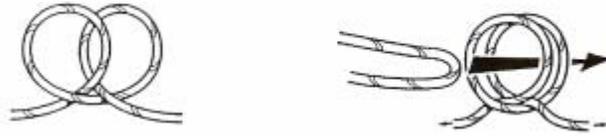
There are a number of ways of constructing a rope stretcher. The simplest is the clove hitch stretcher, which is constructed as follows:

1. Lay out 8-10 loops from the centre third of the rope, to form the 'bed' of the stretcher. This need only be as long as the casualty, or in this case the plank, and about 25-30 cm wider.

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2. Take the long tail of rope on one side, and use it to tie a clove hitch near the end of each loop, leaving a 10cm loop sticking out beyond the clove hitch.



3. When one side is complete, repeat along the other side.



4. Thread the remaining rope tails through the small loops, until none remains.
5. The clove-hitches can now be pulled outwards to trap the rope tails in the small loops.



6. Finally, ensure each clove hitch is tight, and that the transverse ropes form an even support for the casualty.
7. The stretcher is now ready for use.

## **B. PUSH-UP DRILL**

### **Equipment**

- 8 Motivated JROTC Cadets

### **Scenario**

Your team is tasked with doing as many push-ups as possible for a minute up to Army JROTC standard.

### **Aim**

As a team complete as many correct push-ups as possible.

### **Rules**

On the command of "Get set," everyone will assume the front-leaning rest position. This position consists of placing your hands on the ground, putting your feet together or less than 12 inches apart, and your body should form a generally straight line from shoulders to ankles. When told, "Start," you will begin your push-up by bending at the elbows, lowering your whole body in unison until your upper arms are, at least, parallel to the ground. Once you've achieved the down position, immediately return to the up position. You must be sure that your body remains rigid and moves as a single unit when going up and down.

The scorer will call out the number of times you correctly executed a push-up at the completion of each repetition. A repetition will not count if you fail to:

- keep your body generally straight
- lower your whole body until your upper arms are, at least, parallel to the ground
- Extend your arms completely.

If you fail to complete the first ten push-ups correctly, the scorer will tell you to go to your knees. He will explain to you what your mistakes were. You will then be sent to the end of the line of your group to be retested. After the first ten push-ups have been completed, no restarts will be allowed and the test will continue. Any incorrectly performed push-ups will not be counted toward your final score.

Your chest or abdomen may touch the ground as long as the contact does not provide an advantage such as bouncing your body off the ground or resting it on the ground. You are not allowed to have your feet braced during the event. You may not cross your feet during the push-ups, nor are you allowed to perform bare footed. You are allowed to do the push-ups on your fists, if you prefer. It is not recommended that you wear glasses during the push-up event.

There is one authorized alternate rest position - you may sag in the middle of your body or flex your back. When flexing your back, you may bend your knees, but not enough that you shift most of your body's weight to your legs. If this occurs, your performance will be terminated. You must then return to, and pause in, the correct starting position before continuing. If you rest on the ground or raise either of your hands or feet from the ground, your performance will be terminated. You may reposition your hands and feet during the event, if needed, but they must remain in constant contact with the ground.

## **C. Curl-up Drill**

### **Equipment**

- 8 Motivated JROTC Cadets

### **Scenario**

Your team is tasked with doing as many Curl-ups as possible for a minute up to Army JROTC standard.

### **Aim**

As a team complete as many correct sit-ups as possible.

### **Rules**

On the command of "Get set," you will lie on your back with your knees bent at a 90-degree angle for the starting position. You can put your feet together or can separate them by no more than 12 inches. Someone will hold your ankles with their hands. This is the only authorized method of bracing or holding of your feet. The heel is the only part of your foot that must maintain contact with the ground. Your arms will be crossed across your chest with your hands touching your shoulders.

When told "Go," raise your body forward to, or beyond, the vertical position. The vertical position is defined as the point where you are able to touch your elbows to your upper leg. Once you've reached or surpassed this point, you may lower your body until the bottom of your shoulder blades make contact with the ground.

The scorer will tell you how many Curl-ups you have completed after each repetition. If you fail to successfully complete a repetition, he will repeat the number of correctly executed Curl-ups. A repetition will not count if you:

- fail to reach the vertical position
- fail to keep your fingers interlocked behind your head
- arch or bow your back
- raise your buttocks off the ground to raise your upper body
- let your knees exceed a 90-degree angle

Cadets are not allowed to swing his arms or hands in order to help attain the up position. If this occurs, that repetition will not count. You are allowed to wiggle to attain the up position.

The up position is the only authorized rest position. If you stop in the down position, the event will be terminated. You are not allowed to push or pull yourself into the rest position and cannot use your hands or anything else to hold yourself in the rest position. If you violate these rules, your event will be terminated.

## **D. Pull-up Drill**

### **Equipment**

- 8 Motivated JROTC Cadets

### **Scenario**

Your team is tasked with doing as many pull-ups as possible during one attempt - up to Army JROTC standard.

### **Aim**

As a team complete as many correct pull-ups as possible.

### **Rules**

On the command of "Get set," everyone will assume the hanging position. This position consists of placing your hands on the bar and hanging with elbows fully extended. When told, "Start," you will begin your pull-up by pulling up until the chin is above the bar. Then you must return to the hanging position with elbows fully extended before attempting the next pull-up.

The scorer will call out the number of times you correctly executed a pull-ups at the completion of each repetition. A repetition will not count if you fail to:

- Get your chin above the bar
- lower your whole body until your elbows are straight
- kick to help get your chin above the bar.

If you fail to complete the first two pull-ups correctly, the scorer will tell you to drop. He/she will explain to you what your mistakes were. You will then be sent to the end of the line of your group to be retested. After the first two pull-ups have been completed, no restarts will be allowed and the test will continue. Any incorrectly performed pull-ups will not be counted toward your final score.

There is one authorized alternate rest position - you hang with your elbows extended and hands of the pull-up bar.

## **E. Fireman's Carry**

### **Equipment**

- 8 Motivated JROTC Cadets

### **Scenario**

A meteor strikes the Earth and hits your patrol base. Your Lieutenant is downed with fatal wounds to his right leg. It is your job, with a great amount of courage, to carry your platoon leader to the nearest combat medic 50 yards away.

### **Aim**

You must individually carry a casualty for 50 yards.

### **Rules**

1. Raise the casualty to a standing position. Start by rolling them on their stomach and kneel by their head. Stick your arms under their armpits and around their back. Raise the victim to his feet. Lift with your legs, not with your back.
2. Shift your weight to your right leg and stick it between the casualty's legs. Grab the casualties' right hand with your left, and drape it over your shoulder. With your head under the casualty's right armpit, wrap your arm around the back of his right knee. Squat down and position his body on your shoulders. Try to equally distribute his body weight on each side.
3. Grab the casualty's right hand with your right hand.
4. Transport your casualty
  - After carrying your casualty for 50 yards, the casualty and the combat life saver must switch positions and carry the new casualty 50 yards back.
  - Casualties can only be transported after the above guidelines have been completed.
  - Casualty must be transported in your lane.
  - If casualty is not in the correct carry, there is a 30 second penalty.

## **F. 1 Rope Bridge**

### **Equipment**

- One rope, harnesses, carabineers, gloves, tightening rod
- 8 Motivated JROTC Cadets

### **Scenario**

At the 6th annual Jorge Armando Padilla Memorial Raider Challenge First Sergeant Brown tasks the team to cross a stream.

### **Aim**

You will build a 1 rope bridge between to set poles.

### **Rules**

- Swimmers must attach themselves to the rope prior to crossing water
- First swimmer must use round turn with 2 half-hitches (second half-hitch may have a quick release) to attach the rope to the far pole.
- The tightening system on the near side must be secured with 2 half-hitches. (second half-hitch may have a quick release)
- Cadets may not touch the water
- 6 cadets must cross the bridge
- No substitutions are allowed
- 30 second penalty for each cadet or equipment touching the water

## **G. 8X400 Relay Race**

### **Equipment**

- 8 Motivated JROTC cadets.

### **Aim**

To complete a 400 meter relay race as fast as possible with 8 competitors.

### **Rules**

- All 8 cadets must complete the 400 meter distance with the rifle carried at Port Arms (above the waste)
- No substitutions are allowed if the cadet has already completed one relay.
- Cadets may not be pushed, pulled, dragged, or carried at any point during the race.
- Cadets may be motivated by their fellow team members.

## H. Long Distance Obstacle Run

Each team will run two laps around the athletic field perimeter. During the first lap they must also negotiate the tire pass through obstacle on the south side of the perimeter run. After each lap they face the following two obstacles. Time will start when judge says go, time will stop when the team completes the 2nd Obstacle and reassembles at the designated Point.

### 1. Tire Flip

#### Equipment

- 8 Motivated JROTC cadets.
- 1 tractor tire

#### Aim

As a team, flip a tire 50 meters. (25 meters down and return to start point)

#### Rules

- One tire flip is counted if the entire opposite side of the tire is in contact with the ground before beginning a new flip.
- Tire may not be rolled. Entire tire must cross the turnaround line before flipping back toward start and it must rest completely beyond the start/finish line before continuing.

### 2. Tire Pull

#### Equipment

- 8 Motivated JROTC cadets.
- 1 tractor tire attached to a rope

#### Aim

As a team, pull a tire for 100 meters. (50 meters down and return to start)

#### Rules

- The tire may not be pushed.
- Tire may not be carried.
- Stay in the designated lane

### 3. Tire Pass Through

#### Equipment

- 8 Motivated JROTC cadets.

- 1 tire hanging

## **Aim**

As a team, put all team members through the tire without tearing the tire down

## **Rules**

- The team members must get through the tire.
- Only team members who have passed through may help other team members on the far side of the tire.
- No throwing cadets
- Cadets may not put their weight on the tire as they pass through.

# **I. Vehicle Pull**

## **Equipment**

- 8 Motivated JROTC cadets.
- 1 Vehicle attached to a rope

## **Aim**

As a team, you must pull a Vehicle 50 yards.

## **Rules**

- The vehicle may not be pushed
- You must stay in the designated lane/box.

# **J. Kettle Bell Relay**

## **Equipment**

- 8 Motivated JROTC cadets.
- 5 varied Kettle Bells

## **Aim**

Individually, each team member must carry a set of various size and weight kettle bells from the starting point to the designated end point then the next team member will carry them back to the start point until all 8 have moved the kettle bells. Male cadets must carry all 5 kettle bells; Female cadets must carry 3 kettle bells.

## **Rules**

- The kettle bells may not be dragged or pulled, if dropped, the cadet must return to the starting circle with that kettle bell.
- Cadets may not carry more than one kettle bell at a time.
- Cadets may motivate each other but cannot assist each other in carrying the kettle bell in any way.

# **ANNEX B**

## **“Last Shooter Standing”**

- **Shooting will take place in the RRHS Gym**
- **20 firing points will be available.**
- **Each team may shoot 4 shooters.**
- **CMP rules and guidelines will be followed.**
- **Match will be a 3 x 20 (standing position)**
- **Awards will be given to the teams with the top 3 overall scores as well as the top three shooters.**
- **Firing will begin at 08:00 on a first come first serve basis.**
- **Contact LTC St. Clair with questions regarding this event.**