

Rensselaer Polytechnic Institute

NROTC Athletics Competition

From: MIDN 3/C Wilkes

To: All MEC Team Commanders

Subj: 2020 RPIAC SOP

1. The RPI NROTC Athletics Competition (RPIAC) will be held on 28 March 2020. The events are as follows:
 - a. 4x100 Swim Relay
 - b. 4x100 Relay
 - c. Basketball Tournament
 - d. Air Rifle Competition
 - e. Endurance Challenge
 - f. 5k Ruck
2. There will be a team captain briefing in AR209 at 0645. Shower facilities will be available for competitors.
3. Any further questions should be directed to the Athletics Competition Officer, MIDN 3/C Wilkes or wilkel@rpi.edu.

Very Respectfully,
MIDN 3/C Lucas G. Wilkes
RPI MEC Athletics OIC

I. 4 x 100 Swim Relay:

A. Location: Robison Pool.

B. Event Rules:

1. Each team member will swim one length (25 yards) of the pool, using the stroke of their choice.
2. The fastest total time will determine the overall place.

II. 4 x 100 Relay: A. Location: ECAV Track Backup:

Armory. B. Event Rules:

1. Four (4) member teams.
2. Teams will be assigned lanes before the race. In the event of four or more teams, there will be multiple heats.
3. The team with the fastest time wins.
4. There will be a 5 minute break between the relay events for recovery.
5. Batons will be provided by RPI NROTC.
6. Track spikes are NOT allowed.

III. Basketball Tournament

A. Location: East Campus Athletic Village

B. Event Rules:

1. Each team will consist of 5 players.
2. Teams will play in a double-elimination tournament with 8 minute halves and a 3 minute half time.
3. All rules will be standard NCAA basketball rules except those rules modified above.
4. The winning team will be the team that wins the championship game.

IV. Air Rifle

A. Location: Armory Basement Rifle Range.

B. Event Rules:

1. This is an individual competition.
2. Competitors will be issued an air rifle on site.
3. Competitors will be briefed prior to the start on firing positions and rifle safety rules.
4. Each participant will be given six NRA AR-5/10 target sheets, and will write their name and school/unit in the upper right-hand corner of each sheet.
5. Each participant will label two of their target sheets with a "P," two with a "K," and two with an "S" at the top next to their name. These will correspond to the Prone, Kneeling, and Standing events, respectively.
6. The range facilitator will allow time for the participants to place their targets in their respective slots.
7. Prone will be the first event. Slings are allowed, boxes and other supports are not. The participants will be given 3 minutes to sight in their rifles using the two indicated bull'seyes in the center of their targets. Once the 3 minutes have elapsed, the participants will be given 20 minutes to shoot ONE shot in each bull's-eye. The Prone event will end once 20 minutes have elapsed or when all participants have finished shooting, whichever comes first.
8. The range facilitator will call "Cease Fire" upon the end of the Prone event, all participants will secure their rifles as described in the safety brief, and the facilitator will collect the targets. Participants will then be allowed to place their new targets in their respective slots.
9. Kneeling will be the second event. Slings are allowed, boxes and other supports are not. The participants will be given 3 minutes to sight in their rifles using the two indicated bull's-eyes in the center of their targets. Once the 3 minutes have elapsed, the participants will be given 30 minutes to shoot ONE shot in each bull's-eye. The Kneeling event will end once 30 minutes have elapsed or when all participants have finished shooting, whichever comes first.
10. The range facilitator will call "Cease Fire" upon the end of the Kneeling event, all participants will secure their rifles as described in the safety brief, and the facilitator will collect the targets. Participants will then be allowed to place their new targets in their respective slots.
11. Standing will be the third event. Slings, boxes, and other supports are not allowed. The participants will be given 3 minutes to sight in their rifles using the two indicated bull's-eyes in the center of their targets. Once the 3 minutes have elapsed, the participants will be given 40 minutes to shoot ONE shot in each bull's-eye. The

Standing event will end once 40 minutes have elapsed or when all participants have finished shooting, whichever comes first.

12. The range facilitator will call "Cease Fire" upon the end of the Standing event, all participants will secure their rifles as described in the safety brief, and the facilitator will collect the targets.
13. Participants will leave the air rifles on the ground with barrel pointed downrange and the bolt open.
14. The targets will be collected by a range facilitator and scored. C. Scoring:
 1. Shots will be scored in the full ring value in which they hit.
 2. Torn shots will be scored by the scorer's discretion on where the bead hit.
 3. Shots landing in the border of two rings will take the value of the higher ring.
 4. Ties will be given the competitor with the most number of inner tens, if both have the same number of inner tens, then it will be determined by number of eights, and then back.
 5. All scores are final.

V. Endurance Challenge:

A. Location: RPI Campus.

B. Event Rules:

1. Two (2) member teams.
2. Pre-competition brief will include course and event details.
3. Teams will be assigned start order before the event. Start times will be five (5) minutes apart.
4. The team with the fastest time and that completes all events, wins.
5. A team that completes all events will automatically beat a team that has not, regardless of their time.
6. RPI NROTC will supply ammo cans and weighted sea bags.
7. Any deviation from the course will result in disqualification.
8. RPI NROTC personnel will be stationed at each event to facilitate the competition. RPI NROTC personnel will also clearly mark the course. Lifeguards will be stationed at the Robison pool.
9. Location/Events
 - i. Armory Gym
 - a. 40 pull-ups (completed as a team, one partner goes at one time)
 - b. 100 push-ups (completed as a team, one partner goes at one time)
 - c. Rope climb
 - ii. Harkness Field
 - a. Low crawl to 50 yard line (simultaneous)
 - b. Burpee long jumps to end zone (simultaneous)
 - c. Buddy carry (switch at 50 yard line)
 - iii. Armory
 - a. 200 ammo can squats (completed as a team, one partner goes at one time)
 - b. Ammo can suicide run (simultaneous)
 - iv. Robinson pool
 - a. Relays
 - b. Each partner swims 100 yards individually
 - i. Partners will swim separately (i.e. one partner swimming in the pool at one time)

- ii. Partners can break up the distance (i.e. the first partner completes 50 yards, the second partner completes 50 yards, repeat)

10. Weather Contingency Plan **MODIFIED: IN ACTION**

i. Armory Gym

- a. 40 pull-ups (completed as a team, one partner goes at one time)
- b. 100 push-ups (completed as a team, one partner goes at one time)
- c. Rope climb

*** 1/2 mile run indoor: 4 laps***

ii. Armory Gym: Basketball court

- a. Low crawl across court
- b. Burpee long jumps across court
- c. Buddy carry across court ***1/2 mile

run indoor: 4 laps***

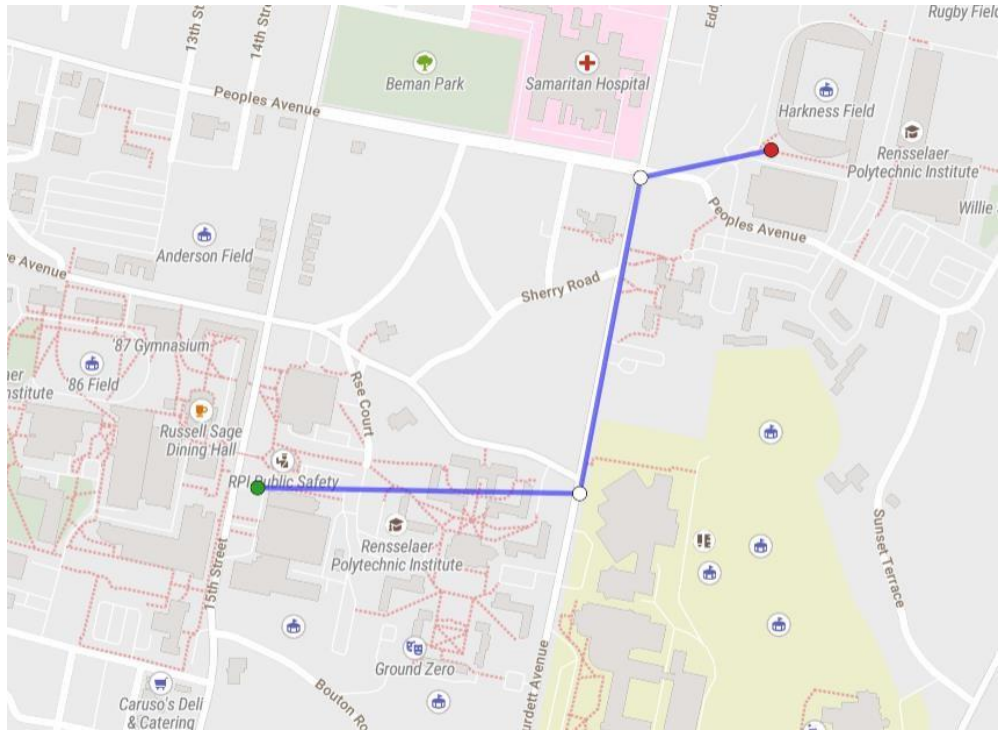
iii. Armory

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11. Below is a map of the course.



VI. 5k Ruck:

A. Location: RPI Campus

B. Event Rules:

1. Each school will register competitors as individuals.
2. Course will explained and clearly marked. RPI NROTC personnel will be at various points in the race to guide runners.
3. Any deviation from the course will result in disqualification.
4. Below is a map of the route. Maps will be printed and distributed to participants.

