GENERAL RULES AND SCORING

ELIGIBILITY: Sports Events are open to all military and DOD civilians and their dependents 16 years and older assigned or attached to Holloman AFB. Participants are to represent the squadron they are attached to administratively.

REGISTRATION: Unit Commanders will appoint a Sports Day Representative. The Representative will advertise the events throughout their entire squadron. It is highly encouraged for individuals not participating in any sporting event to volunteer to assist with setup and breakdown. Please complete the attached registration sheets and submit to the Fitness Center NLT 1300hrs Monday, 14 September 2015. Lip Sync CD and act info must be turned into Community Center, Ms. Meghan Louk, NLT 16 September 2015.

PARTICIPATION: An individual may enter as many events as he/she desires. They should remember to check the overlapping time schedule when signing up for the events. Event time is forfeit time. Events will not be held up because they are competing in another event. Names may be changed up to the time of the event (individual must be assigned to the same squadron). Ineligible participants (not assigned to unit) on a team will cause the team to be disqualified and the offending unit will be penalized 20 pts!

RULES: The governing rules are attached and will be upheld by event managers. Changes, interpretations and/or appeals shall be made to the Sports Director. Appeals must be made immediately or rights to appeal will be forfeited.

EVENTS: Events will be single elimination with a consolation game for 3rd place.

SCORING: TEAM EVENTS:

<table>
<thead>
<tr>
<th>Place</th>
<th>Points</th>
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<tbody>
<tr>
<td>1st</td>
<td>10 pts</td>
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<tr>
<td>2nd</td>
<td>6 pts</td>
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<tr>
<td>3rd</td>
<td>3 pts</td>
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PARTICIPATION POINTS: Five (5) points will be given to the squadron when the registration sheet is turned in on time and one (1) point for each volunteer a squadron supplies.

FAILURE TO SHOW: Each individual/team registered for an event that does not show will cause one (1) point to be deducted from the squadron total points.
**SQUADRON RESPONSIBILITIES:** Appoint one (1) individual from each squadron as “Squadron Sports Day Coordinator”

**COORDINATOR:** This will be the individual to whom all questions will be directed from their squadron. He/she will then bring them to the Fitness Center’s attention. This individual will receive a packet pertaining to the Sports Day and he/she will pass information on to the squadron and collect all participant packets and turn them in to the Fitness Center. The coordinator must ensure that all individuals are aware of event times and rules. Select one (1) individual as team captain for each event. **THE COORDINATOR MAY NOT PARTICIPATE IN EVENTS.**

**TEAM CAPTAIN:** The team captain will ensure that each person in his/her event is aware of time and place. **THE TEAM CAPTAIN MAY PARTICIPATE IN THE EVENTS.**

**UOD:** Participants are encouraged to wear unit morale shirts for Sports Day.

**Remember – Squadrons must compete in Lip Sync Contest to be eligible for GRAND PRIZE**

**G – Rated Acts for Lip Sync**
(Anything other than G-Rated Acts will cause the Squadron to be forfeited from all events)
EVENT RULES

EVENT: GOLF

LOCATION: APACHE MESA GOLF COURSE

TIME: 0930 or 1200 hrs

CHECK IN: 0915 or 1145 hrs

RULES: 9 Hole, 2 person team. Play will consist of alternating shots. Team with the lowest total wins. $15.00 per person. Please pay the day of the tournament at check in time.

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EVENT: BOWLING

LOCATION: BOWLING CENTER

TIME: 0930 hrs

CHECK IN: 0900 hrs

RULES: Teams will consist of five (5) players (one (1) female must be on each team). 9 Pin No Tap Bowling format. Teams will bowl 3 games. The highest teams series will determine the winner.

($1.00 per game/$15.00 per team. Have team captain collect fees and pay prior to event)

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EVENT: 5 K RUN

LOCATION: FITNESS CENTER

TIME: 0930hrs

CHECK IN: 0900hrs

RULES: Teams will consist of four (4) runners per team (one must be a female); unlimited number of teams per squadron but one team must be designated as the scoring team. Participation points up to three (3) teams, total of twelve (12) points. The total race finishes (places) of all four (4) teammates will be added together. The lowest number will win.

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EVENT: 3 ON 3 BASKETBALL (Bracket)

LOCATION: FITNESS CENTER

TIME: 0930hrs

CHECK IN: 0915hrs

RULES: Current NCAA rules apply with the following exceptions: Teams must have three (3) to compete with a maximum of five (5) players per team; maximum of two (2) teams per squadron. Half court play. Fifteen (15) minute time limit. Ball must go back out over three (3) point line after a basket, on a defensive rebound if the shot attempt touches the back board or rim, or goes out of bounds. Game will be called on the HONOR SYSTEM, call your own. If a team stalls for time for any reason, they will forfeit the game. If a tie exists at the end of the time the first team to have reached the tied score will declared the winner.

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EVENT: ONE PITCH SOFTBALL (Bracket)

LOCATION: JOHNSON SOFTBALL FIELD

TIME: 0930hrs

CHECK IN: 0915hrs

RULES: Current USSSA rules apply with the following exception; maximum two (2) teams per squadron, pitcher will pitch to own team. Only one (1) pitch per batter. Teams need a minimum of (8) players and a maximum of (15) players. All teams must have one (1) female that participates on field and in the batting lineup the entire game. Games will be seven (7) innings or thirty (30) minutes time limit, whichever comes first. Ties will be played out with the first person to bat in extra innings to go automatically to second base. If the pitcher interferes with the defense, that batter shall be out. (Exception: hard ball driven up the middle, batter takes first, runner advances to next base). Pitcher does NOT have to bat.

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EVENT: SAND VOLLEYBALL (Bracket)

LOCATION: SAND VOLLEYBALL PIT

TIME: 1000hrs

CHECK IN: 0945hrs

RULES: Competition will consist of 4 V 4 (a female must be on the court at all times); must have a minimum of 2 players to compete at all times with a maximum of five (5) players per team. Maximum of two (2) teams per squadron. Free substitution. Play will consist of one (1) game to fifteen (15) rally points or 15 minute time limit, whichever occurs first. You do not have to win by two (2) points. If time permits the championship game will be best two out of three. Games will be called on the HONOR SYSTEM; call your own. If both teams agree, a volunteer official may be used.

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**EVENT:**  SINGLES RACQUETBALL (Bracket)

**LOCATION:**  FITNESS CENTER

**TIME:**  1000hrs

**CHECK IN:**  0945hrs

**RULES:**  Squadrons may submit 2 Players for both male and female tournaments. Games will be played the best 2 out of 3 to 15, rally scoring will be used. The tournament is single elimination with a consolation bracket for 3rd and 4th place.

* Squadrons must compete in Lip Sync Contest to be eligible for the **GRAND PRIZE**

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**EVENT:**  4 PERSON 100M SWIM RELAY (Open)

**LOCATION:**  INDOOR POOL

**TIME:**  1030hrs

**CHECK IN:**  1015hrs

**RULES:**  Teams will consist of 4 participants, one of which must be female. Maximum two (2) teams per squadron. Each member will swim one leg (25 Meters) of the Relay. The relay will consist of traditional strokes. The 1st leg being freestyle, 2nd leg breaststroke, 3rd leg freestyle, and the 4th leg being breaststroke. All four swimmers must be in the pool and remain in their own lane. If a swimmer gets out of their lane that team will be disqualified. The team with the fastest relay time will win.

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EVENT: DODGEBALL (Bracket)

LOCATION: GYMNASIUM

TIME: 1030 hrs

CHECK IN: 1015 hrs

RULES: The team must consist of 6 players (1 female must be on the court to start the game). Maximum two (2) teams per squadron. The game will be played within the volleyball court boundaries. During the game, all players must remain inside of the boundaries. Stepping out of bounds will result in that player being “OUT”. Players may not cross the centerline towards the opposing team. At the start of the match both teams will start on their baseline, the balls will placed along the center line. Following a signal from the official, players may approach the center line and retrieve the balls. If a ball is thrown and caught by an opposing player then the thrower will be declared out. On a caught ball you may pull a player that was out back into the game!

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EVENT: FIRE MUSTER (Open)

LOCATION: Fitness Center Parking Lot

TIME: 1030hrs

CHECK IN: 1015hrs

RULES: Teams will consist of 5 members, 1 must be a female. The “Muster” will consist of 4 events: Bunker Drill, Axe Spin Race, Hose Pull/Dummy Drag, and Water Bucket Relay. The team that has the fastest time of all combined musters will win.

**Bunker Drill:** 2 personnel will lie on cots, at sound of alarm bunker out in FD gear and run a course to the fire victim. They will perform a 2 person drag of the fire victim to the finish line.

**Axe Spin:** 2 personnel will perform a selected number of spins over an axe, then run the cone marked course to the finish line.

**Hose Pull/Dummy Drag:** 1 individual of the team will drag a hose line a selected length and then perform a dummy drag back to the finish line.

**Bucket Relay:** All 5 members will meet at the water bucket and relay water from the water source to the fire area until water is raised to the selected height.
EVENT: 4x400M RELAY
LOCATION: Track
TIME: 1200hrs
CHECK IN: 1145hrs
RULES: Teams will consist of 4 members. 1 member must be female. Members will complete one (1) lap (400M) and hand the baton to the next runner within the exchange zone.

* Squadrons must compete in Lip Sync Contest to be eligible for the GRAND PRIZE

EVENT: TUG OF WAR
LOCATION: FITNESS CENTER
TIME: 1300hrs
CHECK IN: 1245hrs
RULES: Maximum of two (2) teams per squadron, with maximum of eight (8) players per team. Each team must include one female. Single elimination format.

* Squadrons must compete in Lip Sync Contest to be eligible for the GRAND PRIZE

EVENT: LIP SYNC COMPETITION
LOCATION: Outdoor Basketball Court Pavilion
TIME: 1430hrs
CHECK IN: 1415hrs
RULES: Each squadron is required to enter one lip sync team in order to be eligible to win overall events team trophy. Teams must lip sync to one song. All songs must be turned into the Community Center, Ms Meghan Louk, on Compact Disc NLT 16 September 2015 to ensure they are suitable for public family entertainment. All teams will be judged on movement, costume, lip sync ability, and originality.

** G-RATED ACTS ONLY!!!! **

The entertainment will be reviewed for content prior to the contest.