



# Command Challenge Rulebook & Event Guide

To: Team Captains, International Command Challenge, Yokosuka, Japan  
From:

MWR is excited about our first Command Challenge Competition taking place at Berkley turf field on Friday, September 20, 2024. In order to make this a successful event we need your help and support. We encourage you to recruit people throughout your command to participate in this year's exciting and competitive events. The Challenge is open to US Military & Civilians members who are part of a command only. All commands regardless of size are encouraged to participate, along with command sponsored private organizations (e.g. CPO Association). Large commands may enter more than one team. Team members may participate in more than one event, but all members of your team must participate in at least one event. Check the schedule of events and plan your entries accordingly. If a judge calls a registrant's name to compete and they are not there, the team will forfeit that event. We have added many new events and twists to this year's challenge and we are sure you will enjoy them. We encourage you to have your team members arrive early and do a proper warm-up prior to participating. Thank you for your support.

Good luck!

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# Suggestions and Guidelines for Team Captains

1. Commands must submit a roster of up to 15 personnel. Larger commands may field more than one team, but participants can only compete for one team. Teams must have at least 3 female participants as each event will require at least 1 female to participate.
2. Commands must compete in all events to be eligible for Captain's Cup points and awards.
3. In addition to your captain, you must appoint a co-captain to assist in organizing and assisting your team. Please ensure that we have accurate phone numbers and e-mail addresses for the captain and co-captain on the team roster form (provided in this packet).
4. Be organized! Know exactly which team members will be participating in each event. Make sure your team members are ready and on time for their event.
5. Make sure your team gives the utmost respect to all officials and volunteers. This also applies to non-participating command members. Unruly participants will be removed from an event and all points received will be forfeited.
6. Tell your team to wear appropriate and comfortable PT gear and be prepared to get wet and dirty! You may want to bring a change of clothes.
7. Bring Sunscreen!
8. In the event of inclement weather, event point standings will remain.
9. No glass bottles, food, smoking/tobacco products, or sunflower seeds allowed on the turf field. Please help us by picking up and placing any garbage in the trash or recycling receptacles.
10. Team Captains **MUST** attend the meeting prior to the event on September 12<sup>th</sup> at 1630 at the Fleet Basketball Court A.

# Command Challenge

## September

### SCHEDULE OF EVENTS

1400 – 1430 Team Captains check-in at Purdy Pavilion

1430 - Opening Ceremonies (Banner Presentation & Judging)

1445 - Let the Games Begin!

1 – Keep on Trikin’

2 – Dueling Skid Marks

3 – Don’t Stop Horsin’ Around Relay

4 – Heartbreak Bridge

5 – Tug-O-War

Trophy Presentation

### EVENTS AND NUMBER OF ENTRANTS REQUIRED FOR EACH EVENT

1. Keep on Trikin’	Total (4)
2. Dueling Skid Marks	Total (3)
3. Don’t Stop Horsin’ Around Relay	Total (11)
4. Heartbreak Bridge	Total (15)
5. Tug-O-War	Total (8)

### BANNER COMPETITION

**Teams will line up at the Berkley softball turf field no later than 1400 displaying their banner.**

Teams will stand behind their banners during opening ceremonies which will start at 1430. Banner winners will be announced after 1<sup>st</sup> event. The top three most creative banners will win points for their team. Banners are judged by MWR.

#### Points Awarded

Points will be awarded as follows per event: **1<sup>st</sup> Place** = 25 points

**2<sup>nd</sup> Place** = 15 points

**3<sup>rd</sup> Place** = 10 points

## Rules

1. **“Keep on Trikin”**: Each team will provide 4 participants (1 must be female) in a relay race. 2 teams will compete on the course at the same time. The teams will draw for lane selection. The event will begin with the 1<sup>st</sup> team member on the standard oversized tricycle. The team members will make their way through a slalom course of cones while holding an orange between their chin and collar bone. If the orange drops, the participant must stop and place the orange back in place before continuing. At the end of the 1<sup>st</sup> stage the participant will get off the tricycle and pass the orange to their 2<sup>nd</sup> team member’s neck without using their hands. If the orange is dropped during the exchange the 1<sup>st</sup> team member must put the orange back in their neck and attempt to pass it again to the 2<sup>nd</sup> team member. Once the 2<sup>nd</sup> team member has the orange in place they will make their way through a slalom course on the upright trikes. Participants must keep one foot on the trike at all times and may not run next to it or behind it. One foot may be used to push the trike like a scooter. They will finish their stage of the course and pass the orange in the same manner as above to the 3<sup>rd</sup> team member who will reverse the course on P.E. scooters. After finishing the 3<sup>rd</sup> stage the 3<sup>rd</sup> team member will place the orange in the trash can. The 4<sup>th</sup> team member will compete for the final stage of the course reversing the 1<sup>st</sup> stage of the slalom course with a surprise twist. The team who completes the course the fastest is the winner!

**Team Points Awarded:**

1 <sup>st</sup> Place	25 points
2 <sup>nd</sup> Place	15 points
3 <sup>rd</sup> Place	10 points
Participation	3 points

2. **Dueling Skid Marks**: Each team will provide 3 participants (1 must be female) in a “skid” for distance. The event will begin with the 1<sup>st</sup> team member racing to the start of the slide and attempting to go as far as they can. All SLIDES MUST BE HEADFIRST ON YOUR STOMACH. This is a head-to-head competition, and 2 teams will compete at the same time. Each attempt by the participant must be from behind or on the foul line. Crossing the line will result in a failed attempt. A participant may receive one second chance for a “clean” skid. The 2<sup>nd</sup> and 3<sup>rd</sup> team members will make their attempts in the same manner as the 1<sup>st</sup> team member. Distance will be measured from the beginning of the slide to the farthest point of the participants reach when they come to a stop. If a competitor slides off the course, the measurement is taken where the competitor exited the course. Once all 3 team members have completed the course the distance will be totaled to determine the winners.

**Team Points Awarded:**

1 <sup>st</sup> Place	25 points
2 <sup>nd</sup> Place	15 points
3 <sup>rd</sup> Place	10 points
Participation	3 points

3. **Don’t Stop Horsin’ Around Relay**: Each team will provide 11 competitors for this event (9 male & 2 female). 2 teams will compete on the course at the same time. 2 competitors will begin the relay with the “Michelin Man”. A single competitor will be placed inside inner tubes by their partner and must race through the course holding a giant exercise ball over their heads. After reaching the end of the course a race official will raise a flag signaling the final competitors to start the next part of the relay.

**Stage 2** will require 5 team (3 male and 2 female) members. The 5 team members will be performing the Octopus. At the start of the course all team members will be seated with their backs to each other around a giant exercise ball. Team members will interlock arms and stand up with the giant ball on their backs, rising together as one Octopus. Once standing, a team will race to the finish line to complete the event. If the giant ball touches the ground then the team must restart from the beginning. After 3 minutes if a team cannot stand up, they may drop a team member and attempt to rise up. After 5 minutes if a team cannot stand up, they may drop a final team member and attempt to rise up. If after 10 minutes a team fails to stand up as a 3 person Octopus they will stop and leave the course. Once the team reaches the finish line (home plate) Stage 3 will begin.

**Stage 3** requires 4 team members (3 male and 1 female). The event will begin with the 1<sup>st</sup> team member on the Mr. Jones Horse hippidy hopper at home plate on the baseball diamond on the turf field. The 3 other teammates will be positioned at 1<sup>st</sup>, 2<sup>nd</sup> and 3<sup>rd</sup> base. Team members will make their way to first base bouncing on the hippidy hopper. Participants must keep their rears in contact with the hopper at all times, and can only advance towards the next base by bouncing. No walking, jumping with the hopper, or running is allowed at any time.

At the end of the 1<sup>st</sup> leg of the race, the participant will touch hands with the teammate positioned next to the base. This same transfer will happen from 2<sup>nd</sup> to 3<sup>rd</sup> base.

The 4<sup>th</sup> team member for the final leg of the course must be positioned with their back to home plate. Once the 3<sup>rd</sup> team member arrives from second base, the fourth team member will hop backwards to home plate. The first team to cross home plate with their hopper is the winner of that heat.

This is a TIMED event. The overall winner will be determined by the fastest time. In case of a tie for any of the top 3 times, a bounce-off will be held, running those two teams head-to-head.

CAUTION: Failing to maintain contact with the hopper or walking/running on the course will result in a 5 second penalty!!

Team Points Awarded:

1 <sup>st</sup> Place	25 points
2 <sup>nd</sup> Place	15 points
3 <sup>rd</sup> Place	10 points
Participation	3 points

4. **Tug-O-War:** Each team will provide a total of 8 competitors for this event (5 men and 3 females). The center line is marked on the rope and corresponds with a center line on the field. There will be a marking on either side of the center of the rope. This is the point where the first member of each team will stand. As a team's mark crosses over the center line on the field, the team wins the game. There is a particular technique that needs to be applied while playing this game or 2 points will be deducted from your overall score. For example, lowering your elbow below the knee level while pulling the rope is considered to be a foul and is called 'locking'.

Team Points Awarded:

1 <sup>st</sup> Place	25 points
2 <sup>nd</sup> Place	15 points
3 <sup>rd</sup> Place	10 points
Participation	3 points

5. **Heartbreak Bridge:** All competitors must compete in this event! 15 competitors total are needed. Teams will divide their competitors into units of 3, 3, 3, and 6 for each stage of the event. Stage 1 requires the first 3 team members to use the bridge 'building blocks' to build their bridge to the first event. If any person falls off of the bridge the competitors will have a 10 second penalty added to their final time. At the first event, the 3 team members will individually throw their own bean bag at the corn hole board. As soon as one team member successfully make the bag in the hole, three more team members will join and an additional building block will be added. Once the 6 team members reach the 2<sup>nd</sup> event, the 6 team members will all have a shot at 'rope golf'. Throwing one at a time until a team member successfully loops the rope golf balls on a ladder rung, 3 more team members join the group, but no bridge pieces are added. The 9 team members must now build their bridge to the 3<sup>rd</sup> event. At the 3<sup>rd</sup> event all 9 team members will have a shot at the mini soccer goal. Team members will line up and kick one at a time, retrieving their own missed balls until a goal is made. Once a goal is made, the remaining 6 team members will then start moving on the ski to the final event. The team will walk together on two planks holding the rope handles. For the final event, all 15 participants are needed. Teams must keep hold of the strap handles at all times. Competitors will remain on the prepared bridge course and make their way to the end of the bridge without letting go of the strap or falling off the bridge. **If at any point a competitor falls off the bridge" the team will receive a 10 second penalty.** At the end of the bridge, all team members must crawl under the final obstacle course while holding on to the rope. Once all members have crawled under the final obstacle, the team must run to the finish line together holding the rope. This is a timed event. The team who completes the course the fastest is the winner!

Team Points Awarded:

1 <sup>st</sup> Place	50 points
2 <sup>nd</sup> Place	30 points
3 <sup>rd</sup> Place	20 points
Participation	6 points

## AWARDS

Top three US commands will receive Captain's Cup points and awards for first, second and third place.

## **Questions?**

Contact [Jermaine.r.Weekes.naf@us.navy.mil](mailto:Jermaine.r.Weekes.naf@us.navy.mil) or 241-4486

The Captain of the Command Team must attend the Captain's meeting on 12 September at 1630 at the Fleet Basketball Court A.

For more information call 241-4486 or email [Jermaine.r.Weekes.naf@us.navy.mil](mailto:Jermaine.r.Weekes.naf@us.navy.mil)

**Command and Team Name:** \_\_\_\_\_

**Captain's Name (one per team)** \_\_\_\_\_

**Co Captain's Name (one per team)** \_\_\_\_\_

**E-mail:** \_\_\_\_\_

Phone: \_\_\_\_\_

**ROSTER (three females must be on each team)**

1.	Team Captain
2.	Team Co-Captain
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