

NATIONAL CADET COMPETITION

16-1. General. This chapter describes format and procedures for conducting the National Cadet Competition (NCC).

a. To be eligible to compete in the NCC a team must first be selected by the wing commander and then the region commander. Commanders are encouraged to use the NCC procedures to select the teams. Region commanders must ensure a CAPF 7 listing the team arrives at National Headquarters/CP **no later than 1 November**. The CAPF 7 must include name, rank, serial number, unit charter number, and home address of the 16 cadets, the two escorts, and the wing and region representatives, along with name and business telephone numbers for the team escorts. Copies of the CAPF 7 should also be sent to the appropriate CAP-USAF liaison office.

b. The NCC is based on traits of leadership and personal responsibility. Any behavior contrary to the highest standards will not be tolerated and may result in an individual team member or an entire team being disqualified

16-2. Participants. Participants from each region are limited to:

a. A team of 16 cadets who are listed on the October monthly membership list prior to the competition. NOTE: A team may compete with as few as 13 members but will be assessed a scoring penalty in the measured mile run and written examination. Region commanders selecting teams with fewer than 16 cadets may augment the team with cadets from any wing in the region.

(1) All 16 team members will compete in all competitive events except innovative drill and standard drill.

(2) For innovative and standard drill, teams will consist of 12 members, the team captain, and 3 alternates. Alternates may be used as substitutes for regular team members if the substitution is made before the competing team takes the field.

b. Two senior member escorts, selected by the wing commander with the region commander's concurrence. NOTE: If the team is comprised of both male and female cadets, one male and one female escort will be required. Escorts will be billeted with the team, carrying out the responsibilities assigned to them by the NCC project officer.

c. The wing commander of a competing team or a designated representative. (A designated representative for the wing commander should be used when the wing commander is unable to personally attend the NCC.)

d. The region commander of a competing team or a designated representative. (A designated representative for the region commander should be used when the region commander is unable to personally attend the NCC.)

NOTE: Other cadets and senior members who wish to accompany the participating team will be authorized to fly on airlift only if space remains on the aircraft after all participating teams are provided for. Available airlift space must be coordinated with CAP- USAF/XOO for all those members not on a participating team. A Transportation Authorization (TA) or Military Support Authorization (MSA) must be accomplished for each team of 20 members and hand-carried to Maxwell AFB. Team members and escorts will be billeted at Maxwell AFB Visiting Officer Quarters (VOQ) and normally fed in the dining hall at no personal cost. Other cadets and senior members who

utilize airlift on a space remaining basis must be on a separate TA or MSA. These personnel must make their own arrangements for billeting and eating.

16-3. NCC Spectators. Spectators are invited and encouraged to attend the NCC.

a. They must understand they are spectators only and will not be involved in the competition.

b. They must make their own arrangements for transportation, lodging, and meals.

16-4. Events. The NCC consists of three areas which include seven scored events as follows:

a. Drill

(1) In-ranks Inspection

(2) Innovative Drill

(3) Standard Drill

b. Physical Fitness

(1) Volleyball

(2) Mile Run

c. Cadet Bowl

(1) Written Examination

(2) Panel Quiz

16-5. NCC Scoring:

a. The rank order method of relative scoring will be used for the NCC. The lowest rank order score achieved by a team for the seven events, listed above, will be declared the winner of the NCC. In case of a tie for first or second place, the rank order finish of the in-ranks inspection will be referenced to break the tie. If the teams are still tied, the order of finish in the panel quiz will be used to break the tie.

b. To understand the rank order method of scoring one must first be familiar with the teams raw score and relative score.

(1) Raw Score. A raw score is a directly derived numerical score. As an example, if a test has 100 questions, each question is worth one point, and answering 90 questions correctly would be a raw score of 90.

(2) Relative Score. A relative score is based on the standing or position within a group from the best to the worst. As an example, 92 in the following sequence has a relative position of 3—99, 97, 92, 84, and 78.

c. Rank Order Scoring. Rank order scoring is one method of relative scoring. It is expressed as a fraction of which the denominator indicates the number in the group, and the numerator indicates a position from the top of the group. As an example, if we wanted to determine the rank order scores for five teams from their raw scores for an event, the raw scores must be arranged from the highest to the lowest. If the raw scores in this example were 99, 97, 92, 84, and 78, the score 92 would be expressed as 3/5, the third highest score of the total number of scores. For another example; if two or more scores are identical, 94, 88, 82, 76, 76, 76, 72, and 66, the formula for expressing the rank order of the score 76 is:

Rank Order Used (4 + 5 + 6) = 15

Number of Positions Used 3

$15 / 3 = 5$

Therefore, each number 76 in the above sequence would be expressed as 5/8, 5/8, 5/8; the score 82 is 3/8; and the score 72 is 7/8. For the in-ranks inspection, standard drill, innovative drill, written examination, and measured mile run raw scores will be converted to rank order scores to determine each team's score for each event. The panel quiz and volleyball rank order score for each team will be determined by the order of finish.

16-6. Awards. Awards for the NCC will be provided by National Headquarters as listed below:

a. Event Awards:

(1) USAF Chief of Staff Sweepstakes Award—first, second, and third place teams in the overall competition.

(2) In-ranks Inspection Award—first and second place teams in the in-ranks inspection.

(3) Innovative Drill Award—first and second place teams in the innovative drill.

(4) Standard Drill Award—first and second place teams in the standard drill.

(5) Volleyball Award—first and second place teams in the volleyball competition.

(6) Mile Run Award—first and second place teams in the mile run.

(7) Fleet Foot Awards—fastest run times for male and female.

(8) Written Examination Award—first and second place teams in the written examination.

(9) Written Examination High Score Award—given to the cadet who scores the highest in the written examination.

(10) Panel Quiz Award—first and second place teams in the panel quiz.

b. NCC Special Team Award. The USAF Reserve staff will nominate the team whose overall bearing, appearance, and attitude are the best throughout the competition. Input will be requested from each team for use in making this selection.

c. NCC Outstanding Cadet Award. The USAF Reserve staff will nominate the cadet who should be recognized for top leadership qualities, appearance, attitude, and demonstrated performance. The cadet chosen will be considered as most exemplary of the spirit of the competition. Input will be requested from each team for use in making this selection.

16-7. Uniforms:

a. The authorized cadet uniform for male cadets will be the short sleeve blue shirt (with epaulets), tie, and blue slacks (all male members for a specific team must be in the same style shirts and each will wear the same style headgear.) For female cadets the authorized uniform is the short sleeve blue blouse with tab and blue slacks (all female members for a specific team must have the same style blouse, tab, and headgear.) Ribbons will be worn. The above uniforms are to be worn for the drill competition, panel quiz, and the awards banquet.

b. Volleyball and Measured Mile Run. Males will wear athletic shorts and shirts, athletic shoes, and socks. Females will wear

athletic shorts and shirts, athletic shoes, and socks. Athletic shoes worn during the volleyball competition must be specifically designed for indoor court wear and have non-marking soles. Running shoes or athletic shoes designed for outdoor use will not be worn, except during the mile run. Knee pads are required during the volleyball competition, and participants wearing glasses must have them secured with a sports strap.

16-8. Cadet Drill Competition. The drill portion of the competition consists of three events: in-ranks inspection, innovative drill, and standard drill.

a. Sequencing of Contest Procedures:

(1) The order in which the teams will perform will be randomly determined at the initial team commanders' meeting. The recorder enters team names on scoring records, arranges the records in proper order, and will deliver them to the judges.

(2) The cards containing the required commands and sequence for the standard drill are given to the team commanders at the initial meeting. All cards will contain the same commands and sequence.

(3) Call to the Field. The chief judge will signal for a team to be called to the field. The team marches onto the field from the judges' right and halts twelve paces at the front and center of the chief judge's position. Vocalization by the team or the calling of cadence is not allowed during the call to the field. (Each succeeding team answers the "call to the field" in the same manner.)

b. Cadet Drill Team Commander. The drill team commander's voice, appearance and bearing, control of team, and manner of reporting are judged only as they affect team performance.

c. Penalties. Penalty points are assessed for stepping out of bounds, not completing movements in sequence, or totally omitting a required movement. Penalty points are assessed for exceeding the specified time limits for drill events.

d. Competition Officials:

(1) To ensure the most objective evaluation a minimum of three judges will be assigned. The project officer designates one of the judges as chief judge. One female judge should be assigned, if possible. In no case will a relative of any participating drill team member be selected or any person who has any affiliation with a competing unit.

(2) In addition to judges, a timekeeper and a recorder will be needed. The timekeeper's primary function will be to record the total time a unit uses during its routine and to notify the chief judge of time used. The recorder is responsible for distributing and collecting the judges' scoring records, tabulating totals, transcribing scores, and checking records for accuracy.

(3) Judges will familiarize themselves with the standards.

e. In-Ranks Inspection. The in-ranks inspection is the first item judged after the team commander has reported. The team will be judged on the following items:

(1) Personal appearance.

(a) Haircut of male cadets and hair styles of female cadets must meet standards shown in CAPM 39-1.

(b) Female cadets should wear cosmetics that are in good taste and complement their complexions.

(c) Articles are not allowed in the pockets of shirts. Only flat, non-bulky items may be carried in pants' pockets.

(d) The correct posture for a cadet in the in-ranks inspection is the position of attention.

(2) Military Bearing. The score awarded for this item reflects the judges' overall impression of the military bearing displayed throughout the inspection phase of the contest.

(3) Report for Inspection. With the team exactly twelve paces in front of the chief judge's position, the team commander commands "HALT," then "Left, FACE." At the same time, the team commander faces right, executes an about face, takes three paces forward, halts, salutes, and reports, "Sir/Ma'am, the _____ drill team reports for drill competition." The chief judge returns the salute and commands, "Prepare your team for inspection." The team commander salutes, does an about face, and commands, "Open Ranks, MARCH." The team commander proceeds and aligns the flight. Once the flight is aligned the team commander will march three paces beyond the front rank, halt, face to the left and command "Ready, FRONT." The team commander then takes one step forward and faces to the right in a position in front of the first element leader.

(4) The Inspection. With the chief judge in front, all judges march directly toward the team commander and halt three paces in front of the team commander. The team commander reports, "Sir/Ma'am, the team is prepared for inspection." The chief judge commands, "Very well, maintain your position," and the judges proceed with their inspection. To speed the process, judges should arrange their inspection paths so that each element is being inspected simultaneously. As the judges complete the inspection tour, each judge marches directly to the positions occupied prior to the beginning of the inspection. The chief judge reports to the team commander, "The inspection is concluded," and the team commander salutes the chief judge. The judges march back to their original station by the most direct route. At the same time, the team commander commands the team to close ranks, takes the position front and center of the team, commands, "Right, FACE," and then marches the team from the field.

f. Innovative Drill:

(I) This is a form of drill that is innovative and creative in nature. Teams will use no music or noise-making devices during the performance. There will be no team vocalization, other than counting cadence, allowed during innovative drill. Rifles, sabers, flags, or similar objects are prohibited.

(2) Innovative Drill Movements. There are no standardized team movements required in innovative drill, however teams are prohibited from using any type of movement that would detract from proper military bearing. Five minutes are allowed for the innovative drill.

(a) Cadence. The criterion for evaluating cadence is not whether the cadence is slow, fast or changes but how precise the team is in execution of the cadence.

(b) Individual Element Movements. The individual elements may move independently of each other. The judging is on precision, smartness of execution and how well the elements are positioned when they again come together as a team.

(c) Individual Cadet Movements. Just as the elements may move independently of each other, so may the cadets. In some cases it may seem that individual members may be moving in every direction completely independent of each other. The point to

remember, and evaluate, is that, eventually the members must come back together into elements, and the elements must reform into a team.

(3) Recall to the Field. The recall to the field for innovative drill will be identical to the original call to the field as in paragraph 16-8a(3).

(4) Report for Innovative Drill. With the team twelve paces in front of the chief judge's position, the team commander commands, "HALT," then "Left, FACE." At the same time, the team commander faces right, executes an about face, takes three paces forward, halts, salutes, and reports "Sir/Ma'am, the _____ drill team reports for innovative drill." The chief judge returns the salute and commands, "Begin the drill." The team commander salutes, does an about face, commands the drill team, "Present, ARMS," performs an about face and salutes the judges holding the salute until the chief judge commands, "Continue the drill." The drill team commander does an about face, commands, "Order, ARMS," and proceeds with the innovative drill. The timekeeper starts timing the five minutes allowed at the command, "Order, ARMS."

(5) Conclusion of Innovative Drill Performance. The drill team commander maneuvers the team back to a position twelve paces front and center of the judges' position and halts the team there. Next, the team commander faces the team toward the judges, salutes the head judge and reports "Sir/Ma'am the _____ drill team has concluded innovative drill." When the chief judge returns the salute, the team is dismissed and the team commander will march the team off the field to the judges left. The timekeeper stops timing when the team commander salutes the chief judge signifying completion of the drill.

g. Standard Drill Performance:

(I) Standard Drill Movements. Drill movements contained in the CAP Drill and Ceremonies Manual (AFR 50-14) will apply at the NCC. Standard drill movements must be completed in five minutes. Prior to the contest, the team commander is given a card containing the required commands and movements and sequence to be evaluated. The movements must be done in the order on the card but may be intermixed with additional commands and movements at the discretion of the team commander to use the drill field properly. The commands need not be memorized and no penalty will be assessed for left hand movement while reading the card during the drill sequence.

(2) Recall to the field. The recall to the field for standard drill will be identical to the original call to the field as in paragraph 16-8a(3).

(3) Report for Standard Drill Performance. With the team twelve paces in front of the chief judge's position, the team commander commands, "HALT," then "Left, FACE." At the same time, the team commander faces right, executes an about face, takes three paces forward, halts, salutes, and reports "Sir/Ma'am, the _____ drill team reports for standard drill." The chief judge returns the salute and commands, "Begin the drill." The team commander salutes, does an about face, commands the drill team, "Present ARMS," performs an about face and salutes the judges holding the salute until the chief judge commands, "Continue the drill." The drill team commander does an about face, commands, "Order ARMS," and proceeds with the standard drill movements contained on the card. The timekeeper starts timing the five minutes allowed at the command, "Order, ARMS."

(4) Execution of Drill Movements. The team commander takes the team through all standard movements in sequence shown on the card. Team commanders give commands for each movement their teams perform. Movements are made in the standard cadence of 120 steps per minute.

(a) In-Place Movements. These include all facing movements, present and order arms, and rests. Attention should be given to cadence, precision, and smartness.

(b) Forward Marches. Judges should monitor closely any anticipation of command and deduct points accordingly.

(c) Left and Right Step Marches. Cadence and unison of heel clicks are the principal factors to judge these movements; there is a natural tendency for team members to increase cadence if the movement is prolonged.

(d) Extend and Close Marches. From the halt, extend, and close march, errors are likely in cadence and in the number and stride of the side steps taken. When the team is marching, the command of execution should be given at the moment the right foot strikes the ground, and the drill team's first and second elements should make their pivotal movements sharply, while keeping proper alignment. Judges be aware of possible changes in cadence while the team marches at half step.

(e) Column Movements. As each element arrives at the 90 degree pivot point of a column movement, pivot persons should step off sharply with a normal 30-inch step and begin the half step. Throughout the movement, heads and eyes should be directly to the front, although the tendency for some is to look down or to the right or left in an effort to maintain proper alignment. Column movements are not to be performed in inverted column formation.

(f) Flanking and To-the-Rear Marches. These are done without variation in alignment or "dipping" of the body. Judges will detect dipping movements easily by observing the plane established by the team members' caps.

(g) Halts. Heels should be brought together sharply in perfect unison, and all body movements should stop. There should not be any attempt to establish proper alignment after the movement is concluded.

(S) Conclusion of Standard Drill Performance. Procedures for the conclusion of standard drill are identical to the conclusion of innovative drill as in paragraph 16-8f(6).

h. Scoring.

(I) Each of the individual events (in-ranks inspection, innovative drill, and standard drill) will be scored separately by each judge. Following the completion of each event, the recorder will collect the scoring records (attachment 1) from each judge, and the individual scores for the event will be put into rank order to determine the event winner. When all teams have completed all events of the drill competition, the recorders will add the rank order score of each event on the Master Scoring Record, to determine the overall winner of the drill competition.

(2) Event Ties. In case of a tie for first place in any event, the teams tied will repeat the event to break the tie. However, in no case will the scores given on tie-breaking performances effect the rank order score or be entered on the Master Scoring Record. The tie will be broken only to determine the overall winner of the drill competition.

(3) Drill Competition Tie. In case of a tie for first or second place in the overall drill competition, the rank order finish for

the in-ranks inspection will be referenced to determine the winner. If two or more teams are still tied, the rank order finish for the standard drill will be referenced to break the tie. If the tie is still not broken, the rank order finish of the innovative drill will be used to determine the drill competition winner.

16-9. Physical Fitness. The physical fitness portion of the competition consists of volleyball and a mile run.

a. Volleyball Match. The volleyball competition will be conducted in a round-robin or double elimination tournament as time, facilities and/or number of teams permit. Matches will consist of one game to 15 points.

(1) Rules and definitions. The rules and definitions for volleyball are listed in Attachment 2.

(2) Scoring. The tournament order of finish determines a team's rank order score. The win-loss record of each team will determine order of finish.

b. Mile Run:

(1) Starting Order. The starting order of teams will be determined by a drawing conducted at the initial team captain and escort meeting.

(2) Officials. Competition officials will include one starter/judge, two timekeepers, and two recorders.

(3) Scoring. The total times of each team will be rank ordered for score. If a team has fewer than 16 cadets present for the mile run, regardless of the reason, the cadet or cadets not present will receive a time of 30 seconds slower than the slowest individual time recorded in the mile run.

(4) Event Ties. In case of a tie for first place in the mile run, the fastest individual time on the tied teams will be used to break the tie. However, the tie will be broken only to determine the recipient of the event award and will not affect the rank order score.

c. Physical Fitness Ties. In case of a tie for first or second place in the physical fitness competition, the rank order score for the mile run will be referenced to break the tie.

16-10. Cadet Bowl Competition. The cadet bowl portion of the competition consists of a written examination and a panel quiz.

a. Written Examination. The written examination (see attachment 3) will consist of 50 multiple-choice questions selected to test knowledge in the following areas: (1) aerospace education requirements in Phase II of the program; (2) leadership requirements in Phases I and II of the program; (3) general knowledge of the Civil Air Patrol Corporation, including history, mission, and organizational structure; and (4) general knowledge of current events.

(1) The test is administered to all cadets concurrently. At the time prescribed, the doors to the testing area will be closed, and only cadets present will be administered the exam. A time limit of 45 minutes will be in effect, with cadets leaving the room upon completion of the exam; once cadets have left the exam room, they will not return.

(2) Officials. Competition officials will include one examiner and three scorers/recorders.

(3) Scoring. The total number of questions answered correctly by a team will be used to determine the rank order score for each team. If a team has less than 16 cadets present for the written examination regardless of the reason, the cadet or cadets not

present will receive a score of 10 points lower than the lowest individual score recorded in the written examination.

(4) Event Ties. In case of a tie for first place in the written examination, the best individual raw score or scores in sequence will be referenced until the tie is broken. The tie will be broken only to determine the recipient of the event award and will not affect the rank order score.

b. Panel Quiz:

(1) The panel quiz is an event in which teams of three cadets participate in a round robin tournament based upon the format of the GE College Bowl." (See attach 3.)

(2) Rules and Definitions. To allow the maximum number to participate in the panel quiz, each region must use all cadets of the team at least once and no cadet more than twice during the competition. If eight regions are represented at the NCC, each region plays seven matches and needs seven teams. In this case, five cadets would be used twice. Regions provide team lists to the judges when requested after arrival.

(a) The panel quiz will test rapid recall of facts in the same areas listed in paragraph J6-l(a) including current events.

(b) During each panel quiz two types of questions are asked. First, a ten-point toss-up" question, with each team having an opportunity to answer. The first team member signaling will be allowed five seconds to answer the question. No discussion between team members is permitted on a "toss-up" question. A correct answer will earn the team ten points. An incorrect answer results in a ten-point penalty, plus an opportunity for the other team to answer the question. When a team answers a "toss-up" question correctly, they will be asked a bonus question worth five points. On a bonus question, a maximum of ten seconds will be allowed for team discussion. A single team answer is given. There is no penalty for incorrect answers on bonus questions.

(c) A panel quiz match consists of 10 "toss-up style" questions with no overall time limit on the match. In the event of a tie, the contest will go into "sudden-death" with "toss-up style" questions asked. The team signaling first will have an opportunity to answer each tie breaker question. Each correct answer is worth one point; an incorrect answer results in a one-point penalty. The "sudden-death" portion will continue until a correct or incorrect answer is given and a winner is determined.

(3) Scoring. The tournament order of finish determines a team's rank order score.

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Attachments

VOLLEYBALL

SECTION I: DEFINITIONS

1. **BLOCK.** A block is a defensive play by front row players in an attempt to intercept a spike or intended spike as it crosses the net. It includes raising a hand or hands over the head without attempting to spike.
2. **BLOCKER.** A player performing or attempting a block.
3. **DEAD BALL.** A ball is dead after a point, side out, or any other decision temporarily suspending play. A ball is not dead until an official's whistle has blown, or the ball strikes the ground or any object outside the court. A dead ball ends when the ball is served.
4. **ERROR.** An error is a lack of playing proficiency.
5. **FOUL.** A foul is an act of violating a game rule
6. **GAME.** A game is won when a team scores 12 points, provided they have a two-point advantage. If a team does not have a two-point lead, the game will continue until one team leads by two points, in which case that team will be declared the winner.
7. **HARASSING.** Any action by a team member, visible or audible, which interferes with, or is intended to interfere with, an opponent's attempt to play the ball. Harassing includes stamping the feet, shouting, or waving the arms when an opponent is about to play the ball. During the serve, it includes jumping or shouting so as to distract the opposing team.
8. **MATCH.** A match at the national level consists of one game only.
9. **PLAY-OVER.** A play-over is the act of putting the ball in play again without awarding a point or side out. The following are examples of situations calling for play-over: (1) outside interference with the game, such as a ball other than game ball rolling onto court; (2) inadvertent whistle by officials; (3) double fouls; and (4) player injury.
10. **SIDE OUT.** A side out denotes loss of serve. When a side out is called, the serve changes from one team to the other.
11. **SPIKE.** A spike is a hard-driven ball at or above the top level of the net and hit horizontally or toward the ground.
12. **UNSPORTSMANLIKE CONDUCT.** Any team member who makes derogatory remarks about or to opponents or of officials, persistently challenges the of officials decisions, or commits acts derogatory to the of officials or attempts to influence their decision, shall be guilty of unsportsmanlike conduct.

SECTION II: FIELD OF PLAY

1. **Volleyball Court.** The volleyball court is rectangular and measures 30 feet by 60 feet. The court is divided by a center line that extends to infinity (see figure A3-1).
2. **Net and Tape.** The net is directly along the center line of the court and is eight feet high. It extends beyond the side lines. There is a vertical tape marker on each side of the net one volleyball width away from the outside edge of the sidelines. There is a wand attached to the vertical tape marker (see figure A3- 1).

SECTION III: GAME OFFICIALS

1. USAF personnel will usually officiate each scheduled match. Two of officials are required to officiate a match: a chair official and a line official.
2. The official's responsibilities are to enforce the rules and to prevent injuries (see figure A3-2). Their decisions are final. The official's jurisdiction begins with the initial briefing and terminates with the end of the match.
3. The chair official shall have the power to make decisions on any matters or questions not specifically covered in the rules.

SECTION IV: PLAYERS

1. NUMBER OF PLAYERS:

- a. All team members must be available for rotation during the volleyball game or be officially excused.
- b. The minimum number of players required to play a match is nine. If a team cannot provide the minimum number for a match, that team must forfeit. If a team cannot play all sixteen members, the opposing team has the option of eliminating the number of players to equal their opponents' team strength or may opt to play all team members.
- c. The position of the players where the line-up is checked prior to the start of each game, shall be as indicated on the court diagram (see figure A3-1).

NOTE: When the ball is served, players must be in their relative position. There can be no overlap of players to either side or from front to rear.

- d. The team captain of the receiving team may request permission to back up one position after the line-up is checked and prior to the start of the game.
2. **INJURED PLAYERS.** If an injury occurs to any player, an official time out will be called. If an injured player leaves the game, the player may re-enter the same game or succeeding games once and only once in the original line-up position relative to other players on the team. The chair official may call play over for a serious injury.

3. **PLAYERS EQUIPMENT.** Watches and large rings must be removed before play. Hard-billed caps will not be worn. Eye glasses must have non-breakable lenses and be secured by an elastic band or wrap-around ear pieces. All players on the court must wear knee pads. **All players must wear white-soled, non-marking, athletic court shoes at the National level competition.**

SECTION V: TIMING OF GAME AND TIME OUTS

1. **LENGTH OF GAME.** Play continues until one team has scored 12 points and has a two-point advantage. If a team does not have a two-point advantage, the game will continue until one team leads by two points, in which case that team will be the winner. A match is won by the team that wins three out of five games.
2. **TIME OUTS.** Each team is allowed two time outs per game. A time out shall not exceed one minute.
 - a. Any team member on the court may call a time out during a dead ball. If a team calls time out prior to the ball's being halted on the serve and gets the official's attention, it is legal. Officials

will, when asked, advise teams of how many time outs they have taken.

b. In the event of an injury, officials will stop play and direct a play-over.

3. **TIME BETWEEN GAMES.** The rest period between games shall not exceed three minutes. Play may be resumed prior to the end of the three minute rest period if both teams agree. Officials will give a 30-second warning prior to the start of each game and a two-minute warning prior to the start of the match.

4. **START OF PLAY.** When the official indicates play should start, each team captain will have 10 seconds to acknowledge the team is ready to play. If a team is not ready to play, a time out will be charged.

SECTION VI: PLAY OF GAME

1. NORMAL PLAY:

a. Coin Toss. Prior to the start of a match, the chair official shall conduct a coin toss with the captain of the two teams to determine the choice of serve or playing area. The winner has the choice of serve or court; the loser gets the remaining choice. The first serve of each game will be alternated in subsequent games. If a fifth game is necessary, the chair official will repeat the initial coin toss procedure.

b. Start of Game. A game begins when the first server of game serves the ball.

c. **Serve.** The server has 10 seconds to serve the ball from a position behind the end line and within the serving area. The ball may be struck with open or closed hand, under or overhand, or with any part of the arm. A foul shall be called if, at service impact, any part of the server's body touches the court, boundary line, or imaginary extension of the specific serving area (see figure A3-1). A part of the server's body may be in the air over or beyond these lines. The server shall continue to serve until side out is declared.

d. Change of Position. Players (except server) must be in their relative positions when the server strikes the ball. After the ball has been served—moment of impact—players may change position with any other player in the same row, however, a player may not change position between front, middle, and back rows.

NOTE: This rule does not prevent a player from playing a ball from any position on the court. However, a player may not maintain a position in a row other than that designated during a play.

e. Rotation. After a side out, the team receiving the ball for serve shall rotate as indicated in figure A3-1 before serving. The player coming off the court shall enter the end of the rotation line. All 16 members will rotate into play and no change of relative position in the rotation line is allowed.

f. Playing the Ball. The ball may be hit by any part of the body above and including the waist.

g. One Play. A player shall not play the ball twice in succession except when blocking or while making an attempt to play a hard driven spike.

NOTE: A player effecting a block may make the team's second hit.

h. Simultaneous Contacts by Teammates. Simultaneous contacts by teammates shall be considered as one play. Players involved in simultaneous contact may not play the ball until another player not involved in the simultaneous contact has played the ball. If simultaneous contact occurs while blocking, either blocker may make the second hit.

i. Number of Plays. A team may not play the ball more than three times before returning it over the net.

j. Recovery from Net. A ball may be played from the net.

k. Ball Contacting and Crossing the Net. A ball other than a serve may touch the net within or on the tape markers when crossing the net to enter the opponent's playing area.

l. Ball Considered Crossing Net. When only part of the ball crosses the net and is contacted by an opponent, it is considered as having crossed the net. Any ball legally contacted by blocker(s) on their opponents side of the net, may be considered to have legally crossed the net.

m. Player Leaving the Court. A player may leave the court only for the purpose of playing the ball provided the player does not cross beyond the imaginary extension of the center line. A player may not maintain a position off the court.

n. Ball Touching Boundary Lines. A ball striking a side line or back line is in bounds. A ball touching the vertical wand intersecting its imaginary extension, or touches the tape marker, is out.

o. Change of Court. Teams shall change courts at the end of each game. When a fifth game of a match is necessary, either team captain may request a change of court during any dead ball from when the first sixth point of the game is scored. An of officials' time out will be called and the teams will change courts. Players must remain in their same relative position held prior to the court change. Only one change of court is allowed.

p. Safety Call. A safety call will be called anytime, if in the judgment of the of officials, a player or players are in danger of being injured. If an outside interference such as a ball other than the game ball rolls on the court, the of officials will call for a play-over. If the players on the court cause the dangerous situation such as hitting the ball toward the spectators, benches, net supports, or the official's chair, a point or side out will be assessed against the offending team.

2. INFRACTIONS (FOULS and ERRORS):

a. Fouls. A foul is an act of violating a game rule. A foul is committed when a player:

(1) Plays the ball on the opponent' s side of the net except when blocking a spike or intended spike. ("Offensive play over the net.")

NOTE: A player may follow through over the net providing the player first contacts the ball on their side of the net.

(2) Touches the net, cable, supports, or of ficial' s chair. ("Into the net.")

NOTE: When the ball strikes the net so as to drive the net into a player, the player shall not have violated this rule. This is the only exception to touching the net.

(3) Reaches under the net and interferes with an opponent's play by touching the ball or an opponent. ("Interference.")

NOTE: Any part of a player's body may go under the net legally providing the net center line or opposing team's court is not touched. ("Over the center line.")

(4) Completely crosses beyond center line or its imaginary extension (see dotted line, figure A3-1).

(5) If out of position or overlaps another player, in the same row, or between rows, when the ball is served. ("Front to-back overlap or side-to-side overlap.")

NOTE: Overlap applies to the part of a player's body that is in contact with the ground. Parts of the body not in contact with ground may overlap. Overlap does not apply to the server.

(6) Spikes or blocks in front of the 7 1/2 foot line when not in a front row playing position. ("Illegal spike or illegal block.")

(7) Touches on or in front of the 7 1/2 foot line when executing a middle or back row spike. ("Illegal spike.")

(8) Displays unsportsmanlike conduct. ("Unsportsmanlike conduct.")

(9) While serving, touches the lines bounding the service area or the ground outside this area at the instant the ball is contacted when hit for the serve or at take-off for a jump serve. ("Foot fault.")

(10) Re-enters the game more than once. ("Illegal substitution.")

(11) Re-enters the game in a position other than original relative position. ("Out of position.")

(12) Commits any action which, in the opinion of the officials, causes an unnecessary delay of the game. ("Delay of game.")

(13) Harasses the opponents ("Harassment.") NOTE: Screening during the serve is not harassment.

(14) Not in the game line-up (for example, ball shagger, substitutes, etc.) touches the playing area, interferes with opponents, of officials, or the ball..(" 10 players.")

NOTE: Team captain must assign ball shaggers to cover the boundaries of the playing area and will retrieve dead balls. If the game is delayed because of no ball shagger, a point or side out will be awarded to the opposing team.

(15) Calls for the third time out in a game. ("Illegal time out.")

NOTE: This third time out will be allowed, however, a point or side out will be awarded to the opposing team.

(16) Addresses official when not the team captain, except to call for a time out. ("Player other than the team captain addressing an official.")

(17) Changes playing position between front, middle, and back rows. ("Playing out of position.")

(18) Is off the court at service impact. A player is legally on the court when any part of the players foot is within or on the court boundary. ("Off the court.")

(19) Leaves the second or third row to attempt a block. ("Illegal block.")

(20) Serves out of turn. A side out shall be declared, and any points won while the player served will be declared void. The team must regain proper position before the opponents serve. If a player serves out of turn and it is not noted by the

officials until after the opposing team has gained possession and served, there shall be no loss of points. ("Illegal serve.")

(21) Coaches from the sidelines. (This includes giving advice as to whether a ball will fall in or out of bounds to active team members.)

(22) Fails to get in position to serve as soon as possible after receiving the ball. ("Delay of game.")

(23) Fails to serve the ball within 10 seconds after being judged able to serve. ("10 seconds.")

(24) Leaves the court during the course of play other than for the purpose of playing the ball or maintains a position off the court during play. ("Off the court during play.")

(25) Attack the serve. Front row players may not attack the serve, i.e., make a play on the ball while it's still above the top level of the net. This includes blocking the serve. ("Attacking the serve.")

(26) Is out of position when score keeping. ("Scorekeeper out of position.")

(27) Is out of position or fails to perform duties when shagging. ("Shagger not performing duties.")

b. Errors. An error is a lack of playing proficiency. The player commits an error when:

(1) The ball visibly comes to rest on any part of a player's body (including closed fist) so that it is held, thrown, caught, or rolled. The ball must be clearly hit so that the impact causes a crisp rebound. ("Carry.")

(2) The ball is played with an underhand motion with an open hand except when serving. (A crisp impact with the heel of the hand is not an error.) ("Carry.")

(3) The ball is hit out of bounds. ("Out.")

(4) The ball is not returned to the opponent's court in less than four hits. ("Four hits.")

(5) A double hit occurs. A player cannot play the ball more than once until it has touched another player except after effecting a block. A player effecting a block may take the team's first hit. Inadvertent successive hits are legal when receiving hard driven spikes and count as only one of the team's three hits. ("Double hits.")

(6) Failing to make a good serve. A side out shall be called if the ball touches the net; passes under the net; lands outside the boundary lines without being touched by an opponent; touches a teammate, or official. ("Bad serve.")

(7) The ball is served or returned completely outside the wand or tape marker, or passes through the imaginary vertical extension of the wands, or strikes the post, chair, or any portion of the net or cable outside the tape markers. (If the ball touches the tape marker, the ball is out.) ("Out.")

(8) The ball is struck with any part of the body below the waist. ("Below the waist.")

(9) Ball comes to rest between two opponents. ("Hold ball.")

3. MISCELLANEOUS:

a. Unsportsmanlike Conduct of Spectators. The chair official has the prerogative to remove from the playing area any spectators who make derogatory comments to the playing team

members. Spectators may cheer for their favorite team, but may not harass players on the court.

b. Rules Interpretation. Officials will recognize requests by team captains for rule interpretations. The team captain must request a "rules interpretation" immediately after the rules infraction occurs—and before the next service impact. The chair official will clarify the interpretation of the rule.

This is an official's time out and will not count as one of the two time outs allowed each team per game; however, the teams must be ready to play immediately after the chair official tells the team captains the rules interpretation.

c. Talking with Officials. To facilitate communication between officials and players, players should use these phrases when talking with an official:

(1) For the team captain:

- (a) "Ready" when asked if he/she is ready to play.
- (b) "Request backup" when requesting a backup rotation prior to acknowledging ready to play when asked by the chair official at the start of the game (receiving team only).
- (c) "Rules interpretation" when requesting the chair official to interpret a rule.
- (d) "Request court change" when requesting the teams change courts during the fifth game.

(2) For team members:

- (a) "Time out" when requesting a team time out (on-court players only).
- (b) "Substitution" when requesting a substitution.

d. Time Out Offenses. The chair official will charge a team with a time out under these circumstances:

- (1) The team violates the procedures for making substitutions as described above.
- (2) The team captain fails to acknowledge within 10 seconds that his/her team is ready to play (at the start of a game and after time outs).
- (3) The team's line-up card or relative position of lineup **at the start of the game** is incorrect. For example, if the receiving team gets out of rotation during backup before the start of a game, officials will assess a time out against the team to correct a rotation. If either team is out of position at service impact after the start of the game, the officials will assess a point or side out against the offending team.
- (4) The team captain fails to give the **line official** a line-up card at the 30-second warning before a game.

4. SCORING:

a. Point or Side Out. The penalty for a foul or error shall be point or side out, as applicable. In case of unsportsmanlike conduct, the chair official has the option of removing the offending participant(s) from the game.

b. Foul Takes Precedence. When a foul and an error occur simultaneously, only the foul shall be penalized.

NOTE: First Foul Preference. In the event two fouls are committed by opposing players, the foul first committed shall be

penalized. A double foul shall be called when opposing players commit a foul simultaneously.

SECTION VII: POSTPONED GAMES

NO GAME AND NO MATCH. If the game or match is halted because of wind, weather, or any other circumstances beyond the officials control, the following rules will apply:

- a. If play is temporarily suspended at any time during the match, play will continue where it left off. The score, relative player position, serve, and all other conditions will be resumed as they were when play was suspended.
- b. If play is suspended at any time and cannot be restarted, then "No Game" shall be declared. The results of the completed games will be discarded and the volleyball event will not count toward team standings.

SAMPLE CADET BOWL COMPETITION QUESTIONS

Questions for the NCC written examination and panel quiz are based on aerospace education requirements in Phase II of the cadet program; leadership laboratory requirements in Phases I and II; a general knowledge of the CAP corporation including history, mission, and organizational structure; and current aerospace-related events. Sources include CAPM 50-1, Introduction to Civil Air Patrol; The Leadership Laboratory Manual; the cadet aerospace education textbook; and for current events, network aerospace-oriented programs/news, magazines, wire-service stories~ and the CAP News. Sample questions are listed below

The following are examples of the types of questions used on the written exam for the National Cadet Competition. These questions are taken from CAPM 50-1, Introduction to Civil Air Patrol; The Leadership Laboratory Manual; and the cadet aerospace education textbook.

1. On which of the following uniform items is the wing shoulder patch not worn?
 - a. Shirts worn as undergarments
 - b. Overcoat
 - c. Work utility coat
 - d. Flight suit
2. A CAP color guard that will carry the U.S. flag and the Civil Air Patrol flag is composed of how many personnel?
 - a. 4
 - b. 6
 - c. 8
 - d. 12
3. What is the term for the point at which an orbiting satellite is closest to its parent body?
 - a. Apogee
 - b. Perigee
 - c. Apex
 - d. Base
4. What is the name of the United States corporation that produces the largest number of light aircraft per year?
 - a. Beech
 - b. Piper
 - c. Cessna
 - d. American Aviation
5. Which planet in our solar system is farthest from the sun?
 - a. Saturn
 - b. Pluto
 - c. Earth
 - d. Neptune

The following are examples of the types of questions used in the Panel Quiz at the National Cadet Competition. These questions are taken from CAPM 50-1, Introduction to Civil Air Patrol; The Leadership Laboratory Manual; and the cadet aerospace education textbook.

CAPM 50-16 Chapter 16 (Reprint)

TOSS-UP QUESTIONS: These questions are very general in nature stressing instant recall of facts. Discussion between team members is not allowed.

1. The official nickname of the F-15 is the Eagle. What is the official nickname of the F-14.
2. Who is the current Secretary of the Air Force?
3. A CAP color guard that carries both the U.S. flag and the CAP flag is composed of how many personnel?
4. The term that describes the point at **which an orbiting** satellite is closest to its parent body is known as what?
5. Name the USAF transport aircraft **retired this year from the** active Air Force inventory.

BONUS QUESTIONS: These questions are generally intended to be more difficult. Discussion between panel members is allowed.

1. The angle of incidence or angle of wing setting is measured with respect to which axis of rotation?
2. Name two of the space shuttle crewmembers aboard the Challenger when it exploded January, 1986.
3. What type of cadet enlisted grade is authorized for wear on the utility uniform and where on the uniform may it be placed?
4. Give the names and ranks of CAP's current National Commander and Executive Director.
5. Of the six types of precipitation, name four.