

# COMMANDO GAMES

FRIDAY, 3 MAY, 2024

WHO WILL TAKE HOME THE PRIZE?

## COMMANDO GAMES DETAILED EVENT DESCRIPTIONS

### One Pitch Softball:

- Up to 24 teams of Ten (10) players, bracket event, single elimination, 1 team per unit
- Teams will have 25 min or 7 innings, whichever comes first
- Teams must have 8 players to start the game, only roster players may be added after play begins, to meet the 10-player max. Failure to have 8 players present at scheduled start time will result in a forfeit.
- Each batter gets one pitch to swing at and hit. If the batter fouls it, flies out, swings and misses or is thrown out, they are OUT! If the batter does not swing and the umpire calls a strike, the batter is OUT! If the pitch is considered a "ball" and the batter does not swing, they walk.
- A run is scored when a base runner rounds all of the bases by stepping on each one in order from 1st, 2nd, 3rd, and crosses home plate.
- The winners of the game will be decided after the 7 innings have all been completed or after 25 minutes has expired. The team with the most runs will be declared the winner. If the visitor team is at bat when the 25 minutes expire, the game will continue so the home team can finish there at bat unless the home team is winning.
- There will be a run-rule to keep games from getting out of hand. The game will be called if a team is winning by 20 points after 3 inning, 15 points after 4 innings, and 10 and after 5 innings.
- Home team will be determined by a coin flip.
- Anything not listed in our rules will revert to USSSA Softball rules.  
(United States Specialty Sports Association)

Any unresolved issue or issue not presented here will be at the discretion of the on-site SME

### 3 on 3 Basketball:

Up to 24 teams of 3 participants single elimination. (number depends on teams that sign up)

- One team will shoot for ball at the start of each game, teams decide who shoots
- Each game will be to 21 points. The team must win by only one point.
- Teams score by either regular two-point baskets, or by three-point shots taken from outside the three-point circle.
- After a basket has been scored or a foul called, a player must put the ball in play from a line past the three-point line above the foul key.
- All held balls will be put into play behind the three-point line with possession given alternately to each team.
- On defensive rebounds or steals, players must return the ball by dribble or pass across the three-point line before a basket may be attempted. Once across the line, they do not have to pass the ball before shooting.
- After a basket, the team scored upon will put the ball in play.
- Fouls will be called by the court monitor/referee. A foul called in the act of shooting will result in one free throw being awarded to the team. A non-shooting foul will result in the ball being checked back at the top of the three-point line.
- \*\*However, once a team reaches 15 points they will be in the bonus. Every foul committed against the offense will result in 1 free throw.
- Substitutions may be made after a free throw or an out of bounds play.
- Deadline to enroll your team will be 26 April 2024. A bracket will be sent out listing the times teams

### **3-ON-3 BASKETBALL continued**

will be playing. Teams will not be allowed to enroll any time after this date.

- Any team more than 10+ minutes late is subject to be ejected.

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#### **Dodgeball:**

Rules:

- Teams of 10 people, bracketed event, single elimination
- Game will have a 20 min time limit
- 3 balls will be placed on both side of center line (6 balls in total), each team must stand on the edge of line until the game starts.
- No face shots, any player hit below the shoulders with a ball is out.
- When a player catches a ball, the throwing player will be eliminated.
- When a player gets hit but the second person catches the ball before the ball hits on the ground, the player WON'T be eliminated.
- Players are allowed to block a live ball with another ball.
- Do not cross the midline
- If it happens that on both sides the players are almost eliminated and there is only one person left on each side, we will proceed as follows:
- In this case when this first player throws the ball, he will wait for the opponent to also throw the ball, each time they throw the ball, they will move closer to the center line (delimitation line of the two teams) by one meter, until one player wins over the other player so we won't to exceed the time limit (20 min).

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#### **Corn-hole:**

Teams of 2, maximum of 3 teams per unit

- Teammates play from opposite sides of the court, facing each other.
- Each court will consist of 2 boards: 27 feet apart, front to front.
- Adjacent courts will be a minimum of 10 feet apart, side to side.
- Pitching will be done from behind the front of the board to count. This is the games foul line.
- A coin flip will determine which team shall go first and from which side they will pitch from.
- Each team will have 4 bags, all bags start on one end of the court.
- Volunteers will watch, recorded score, and after game is finished will come tell us the score.

Points:

Scoring shall be taken after all cornhole bags have been thrown for a round

- Bags that land on the board are 1 point each.
- Bags landing inside the hole are 3 points each.
- Bags from opposing team cancels out points.
- Bags that are knocked off no longer count.
- First to 21 points or over wins

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#### **Kayak Sprints:**

Team of 2, up to 2 teams per unit

Each team starts at the starting line, when the signal to go is sounded the race begins

Each team will paddle out 60m around a set buoy and then back to shore

There will be fitness staff, volunteers, and lifeguards available for safety purposes. Each member must

## **Kayak Sprints continued**

have a life jacket on the kayak (provided)

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### **4x4 Relay:**

Team of 4 Members (Each relay team should consist of the four best and fastest individual athletes) – Up to 2 teams per unit may enter.

Runners will initial next to final time prior to leaving. Scoring will go based of fasted time recorded. Top three will receive placing points and participation points, others will receive only participation points for their units.

- 1st Leg Runner – will begin from starting point.
- 2nd Leg Runner – will begin at the 100 meter mark. Responsible for receiving baton in the exchange zone while within the designated lane and cutting in after one turn or 100 meters.
- 3rd Leg Runner / 4th Leg Runner – follow steps above.

The 4x400 meter relay handoff occurs within the designated 20-meter exchange zone, with each runner having a specific role and responsibility. Each leg of the 4x400 meter relay should hold the baton in their right hand. The baton should be firmly gripped near the base as to avoid accidental drops and to give the outgoing runner sufficient room to grab the baton. Once in the exchange zone, the incoming runner will place the baton in the outstretched arm of the outgoing runner. Although a verbal cue of “stick” or “hit” may be used, all 4x400 meter relay handoffs verbal cue is not necessarily required or needed. The outgoing runner should align themselves as close to the inside of lane 1 as possible in preparation for the incoming runner. The outgoing should be positioned with their body facing towards the track, with their left arm outstretched to receive the baton once the incoming runner has entered the exchange zone. Once the incoming runner is within a few meters of the exchange zone, the outgoing runner should take two to three hard steps or side-shuffles in a preparatory acceleration for the handoff to occur. Once the incoming runner has placed the baton in the outstretched arm of the outgoing runner, the outgoing runner should immediately switch the baton to the right hand and continue to accelerate out of the zone and run their individual leg.

- Timer: Time will only be recorded with handheld timer, no phones! Will call out the assigned team number and time loud enough for recorder to hear.
- Recorder: Will pay close attention to team number and time called out by timer, annotating it on scoresheet.

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## **E-Sports:**

### **Mortal Kombat Arcade Version Tournament**

- 1 Entry per unit
- 1 v 1, Double Elimination, best of 3 matches, winner advances.
- Rules will be explained before the event begins.

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### **Tire Flip:**

- 2 entrees per Unit
- Due to the nature of this event, show time starts between 1230 – 1430
- Rules explained day of event on site

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### **Humvee Pull:**

Team of 6, 1 team per unit. No jewelry can be worn during the event. Cones will be setup around the Humvee and the path it is being pulled. No one will be inside the cones during the event other than the

## **Humvee Pull continued**

team currently pulling. To start the team will pick up the rope and wait to be instructed to start, they will continue to pull until the front wheels pass the finish line. The fastest 3 times will be declared the winners.

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## **Big 3 (Lifting Competition):**

Each squadron will select three individuals to compete as a team, each individual work up to a 1 rep-max in one of the following lifts: bench press, deadlift, squat. During the initial brief, HP Coaches will describe and demonstrate the standards of each lift. The totals of the three lifts will be added up to yield a total team score.

Logistics: 8-9 platforms for each lift: 4 double sided racks set up for squat and bench; Will use safety catches for squats, break up participants by height so we can adjust accordingly; 8 barbells loaded for Dead in center of gym; Each participant will have roughly 20 minutes to reach 1RM, should be able to fit all squadrons in four rounds (40 minutes) At least 3 coaches per lift, so 9-10 total

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## **Tug of War:**

- Each squadron will have one team of 10 people
- First to pull the marker across the line wins
- Wrapping rope around any part of the body is prohibited
- Cleats aren't allowed
- Gloves required (Not Provided)

The tug of war competition requires a judge per rope. There are 3 different commands that the judge gives to the players. The judge first announces, "Pick up the rope", he/she then says, "Get Ready" and finally he/she tells the players to "Pull". Once the pull command is issued, the teams start pulling the rope. The judge will announce the winning team after each round. The winning team will move on to the next round and losing team will be eliminated.

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## **Tailpipe MXG Style:**

Teams of two will alternate between an echo bike sprint and double front rack kettlebell hold (single goblet rack hold for females) for 15 minutes. Standards will be described and demonstrated during warmups. At the end of 15 minutes, the score will be based off total calories scored on the Echo bike.

Logistics: We will have two heats, A and B. During the initial brief, competitors can warm up and practice both movements. Females will hold single bell in goblet rack position, while males will hold in double front rack position. Members on the bike cannot pedal until their teammate has the KBs in the front rack position and must immediately stop pedaling.

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