

CHAPTER 6

DRILL, PHYSICAL TRAINING, AND COMPANY COMPETITION

601. DRILL AND PHYSICAL TRAINING

a. Naval Science Lab is generally scheduled on Tuesdays and Thursdays at 1400 throughout the year. On Tuesdays, it is normally held on the lawn in front of the Nichols Center and consists primarily of drill fundamentals; manual of arms; close order drill; inspections; squad, platoon, company, and battalion formations and movements; parades; and reviews. On Thursdays it consists mostly of classroom leadership training, General Military Training (GMT), and warfare area specific training and briefs. The value of drill in leadership training cannot be overemphasized. It affords an opportunity for NROTC students to practice handling and training personnel. It is also the best means of developing command presence and confidence; both essential qualities of leadership. The Battalion Advisor is responsible for the conduct of drill; however, the actual drill is conducted by the BN.

b. Drill will begin promptly at the assigned time and all NROTC students will form in normal BN formation at that time. Attendance at all Drills is mandatory. Permission to be late or absent from any formation (drill, ceremony, physical training, etc.) will be granted via the BN chain of command.

c. Commanders (BN, company, or platoon) may conduct additional leadership training with the NROTC students under their command with the approval of the Battalion Advisor. This additional training may consist of physical training, drill, lectures on topics relevant to the naval service, or practical application of leadership training topics. Any deviation from the above list must be approved by the Battalion Advisor. All leadership training will be published in the POW.

d. Physical training will be conducted as prescribed by the PNS. The purpose of BN PT is to promote unity and esprit-de-corps within the BN. The evolution will also give an indication of the NROTC students' preparedness for the Physical Fitness Assessment (PFA)/Physical Fitness Test (PFT). In the colder months, the determination of whether or not to have a particular PT session is made by the

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Battalion Advisor. Outdoor PT is never permitted when the absolute temperature or the wind-chill is less than 40 degrees Fahrenheit. On such days, the BN will move indoors to the Coliseum or the Student Activities Building. Sweat suits are mandatory when the temperature is below 50 degrees.

602. UNIFORMS

a. A complete uniform will be worn on campus from the first class period through 1600 (unless attending a laboratory where the uniform might be soiled; e.g., chemistry lab) on Drill Day and as specified in the POW. The prescribed uniform will be posted in the POW, and changes will be announced in advance of the effective date. The uniform must be worn properly. Under no circumstances will any part of the uniform be worn in a manner that may reflect unfavorably on the USN. Refer to Appendix B of these regulations or the Navy Uniform Regulations for further instructions on uniform care.

b. All NROTC students are authorized to wear USN or USMC (as applicable) windbreakers or raincoats while in uniform except during the actual drill periods. The prescribed outer-gear for the Drill period will be promulgated via Standing Orders, if required.

c. During BN PT all NROTC students will wear the PT uniform as prescribed in Appendix B.

603. CHANGES TO DRILL/PT SCHEDULE AND UNIFORM OF THE DAY. Occasionally, it is necessary to change the scheduled Drill because of inclement weather. When this occurs, any outdoor activities will be held indoors. Battalion members should always be prepared for a change in the schedule (e.g. if the event is a game in which you would normally wear cleats, always have running shoes available).

604. PHYSICAL FITNESS ASSESSMENT. Physical Fitness Assessment (PFA) includes Body Composition Assessment (BCA) and Physical Readiness Test (PRT). BCA is the maximum weight for height screening and body fat percentage estimation based on circumference measurements. The PRT is the sit-reach, curl-ups, push-ups, and run or swim. The PFA for all Navy Option MIDN and OCs is conducted semiannually (usually in March and October) in accordance with NROTCUAUINST 6100.1, PHYSICAL FITNESS. The dates for

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testing are published in the Operations Calendar. The BN Athletic Officer coordinates all aspects of the assessment.

605. PHYSICAL FITNESS TEST. All Marine Option MIDN and MECEPs take the USMC PFT instead of the Navy PFA. The USMC PFT is conducted the same week as the Navy PFA and consists of the standard USMC PFT. The BN Athletics Officer coordinates with the AMOI to administer this test.

606. CAPTAIN'S CUP COMPETITION

a. Purpose. The purpose of the Captain's Cup Competition is to promote teamwork and camaraderie within the companies and within the Battalion. Companies will compete for the Captain's Cup throughout each billet set.

b. Events. The following events and their relative values towards the total score will be used to determine the winner of the Captain's Cup:

(1) Company Sports Competition	100
(2) Motivation/Esprit de corps	100
(3) GMT Exams	100
(4) Average Semester GPA	100
(5) Average PFA/PFT Scores	100
(6) BNCDR's Inspection	100
(7) Community Service	100
(8) Drill Competition	100
(9) Company Unauthorized Absences	100
(10) Naval Student of the Term Bonus	50

Each semester's Captain's Cup competition may not include all these events. The total score will only be computed from events that occurred.

c. Discussion. The following is an explanation of each event:

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(1) Company Sports Competition. During the semester, companies will compete against one another in games designated by the Athletics Officer. Companies will be ranked by their win-loss record in sporting events. The first place company will receive 100 points, the second place 75, and the third place 50.

(2) Motivation. The BNCDR will rank the companies according to the level of motivation they have demonstrated over the course of the semester. The first place company will receive 100 points, the second place 75, and the third place 50.

(3) General Military Training (GMT) Exam. Companies will be ranked by their average score on the GMT Exam. The first place company will receive 100 points, the second place 75, and the third place 50.

(4) Average Semester GPA. Companies will be ranked by their average semester GPA. The first place company will receive 100 points, the second place 75, and the third place 50.

(5) Average PFA/PFT Scores. Companies will be ranked using the average official PFA/PFT scores on the 300-point scale.

<u>PFA</u>	=	<u>PFT</u>
Outstanding		300 - 285
Excellent		284 - 250
Good		249 - 225
Satisfactory		224 - 200
Fail		Below 200

The company with the highest average will receive 100 points, the second highest 75, and the third highest 50.

(6) Battalion Commander's Inspection. Each semester an inspection will be held by the BNCDR. The BN staff will inspect the companies and they will be ranked by their average scores. The first place company will receive 100 points, the second place 75, and the third place 50.

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(7) Community Service. Throughout the semester, volunteer activities will arise for the Battalion such as the ODK Cake Race. Additionally, companies may select community service projects apart from the Battalion. Each time a company member volunteers for one of these activities, that company will receive points. These points will vary by activity and will be determined by the BNCDR, considering the impact of the service, the sacrifice of the company member, etc. Company Commanders will keep the BNCDR informed of their company's volunteer service. Additionally, from time to time the Battalion will hold charity drives and other events. The BNCDR may assign points for participation in these events on a case-by-case basis. Community service performed by naval society members may earn the individual's company points, as well. Companies will be ranked by total number of points. The first place company will receive 100 points, the second place 75, and the third place 50.

(8) Drill competition. Platoons will compete in personnel inspection and close order drill. Platoons will be ranked and the winning company will be determined by the total of the company. The first place company will receive 100 points, the second place 75, and the third place 50.

(9) Company Unauthorized Absences (UAs). At the end of the term the total numbers of UAs will be tallied and the companies will be ranked according to the number of UAs per capita for each company. The company with the lowest number of UAs per capita will receive 100 points, the second lowest 75, and the third lowest 50.

(10) Naval Student of the Term Bonus. The company from which the Naval Student of the Term is selected will receive 50 bonus points.

d. Awarding the Captain's Cup Trophy. The Captain's Cup Trophy shall be awarded after all points are tallied (generally awarded at the last drill period of each billet set). The Captain's Cup will be engraved with the winning company's designation and will be displayed in the trophy case on the Quarterdeck.