

## Instructions for Personnel Inspection Judges

1. Each unit must form into 5 ranks
2. **Head judges** make sure that you record the **actual number of cadets** present at the top of your grade sheet.
3. The knowledge that the cadets are required to know include; the orders to the sentry and the chain of command. You have a copy of both lists.
4. You may ask them other questions, but, you are only grading them on their bearing, not the right or wrong answer. **Do not ask more than three questions.** Keep the total length of the unit inspection to 15 minutes or less.
5. A runner will pick up your score sheets periodically.
6. Don't sweat Sir and Ma'am sandwiches.
7. Measurements to use as references:
  - a. Name tags and ribbons for males,  $\frac{1}{4}$  inch above right or left pocket on center
  - b. Name tags and ribbons for women, 6  $\frac{1}{4}$  inches from the shoulder seam to the bottom of the lowest ribbon row or name tag
  - c. Rank and JROTC bars are 1  $\frac{7}{8}$  inches from the point of the collar to the center of the device, bisecting the angle of the collar.
  - d. Service stars are  $\frac{1}{4}$  inch above the ribbons or  $\frac{1}{4}$  inch above the top of the left pocket on center
8. Try to keep the breaks between teams to a minimum. If you have to use the head, by all means, do so.

## Instructions for Physical Fitness Judges

1. You are judging the pushups and curl-ups. Expect 12 to 13 competing teams. The first team should arrive at your location by 0915. After the pushups and curl ups are complete, judges are needed as judges and timers for the runs, scheduled to commence at 1330.
2. We will try to provide up to 9 judges for these events. One of you will act as the head judge and the issuer of instructions.
3. The cadets, 8 boys and 8 girls (except in the case of Brother Martin who is competing with all male teams) are executing pushups and curl-ups, in that order, to a cadence. A cadence disk and player is provided. You will be given instructions on the use of the equipment prior to the first team competing.
4. The cadets must stay on cadence for both of these events.
5. Count each pushup at the top of the routine.
6. It is expected that the cadets will descend to the 90 degree position and return to the full arm extended up position
7. Failure to stay on cadence for two consecutive pushups or curl-ups terminates the cadets' efforts.
8. A curl up must be executed with the hands in contact with the chest or shoulders at all times. The elbows must touch some part of the legs and the lower back must touch the floor on the down stroke.
9. Complete the score sheets. Make name changes if necessary. I will send runners to you periodically to pick up the sheets.
10. Any team competing as an all male team will have adjustments made for the extra males during final tabulations.
11. The cadence tape goes for 5 minutes (250 curl-ups or pushups), at the end of 5 minutes they get one additional minute to do as many non-cadence curl-ups or pushups as they can.
12. Use a stop watch in the event the tape stops. The cadence is fast enough for 50 pushups or curl-ups per minute.
13. If we have 9 judges, the judges will hold the cadets and count the number of pushups and curl-ups. If we have less than 9 judges, than the cadets will have to hold each other. Males hold males, females hold females.
14. The legs of cadets can be held anyway the holder desires to hold the competitor, as long as their method does not interfere with or aid, the competitor's ability to execute curl-ups.