

Sports Day Roster/Team Sign-up

The following Sports Day guide line include: deadlines for submitting rosters, rules for each sport and scoring. For addition information or question please e-mail Mr. Speck @ trevor.speck@us.af.mil or call 654-3550/5792

26 April 21 – Teams Roster submitted to Mathis **NLT 1630** (e-mail)

28 April 21 – Fitness Center forward brackets to units **NLT 1630**

Racquetball - 1 individuals per team Max teams – 2 per squadron

Tennis - 2 individuals per team Max teams – 2 per squadron

Dodgeball - 5 individuals per team @ Basketball court Max teams – 2 per squadron

Sand Volleyball - 6 vs 6 - 8 individuals per team Max teams - 2 per squadron

One-Pitch Softball 10 vs 10 – 12 individuals per team Max teams - 1 per squadron

3 on 3 basketball - 4 individuals per team Max teams - 2 per squadron

Kickball 9 vs 9 - 12 individuals per team Max teams - 2 per squadron

NOTE: Each game will conclude by either points scored or a time expiration, this is subject to change based on participation and start times.

Scoring: all team entered may earn points for their unit.

1st Place 100 points

2nd Place 95 points

3rd Place 90 points

4th Place 85 points

Individual sport rules

Dodge Ball

1. Three minute time limit per game.
2. One 30 second time out is allowed.
3. You may substitute a player during the time out.
4. If there is no declared winner at the end of played time a one minute sudden death will determine the winner.
5. Five second Violation: A team may not have control of all six (6) balls for more than five (5) seconds.
6. Do not intentionally throw a ball at an opposing player's head per Wing Safety.

Kick Ball

1. Single elimination tournament. Games are 7 innings or a 20 minute time limit. Teams must be at the field and ready to play 15 minutes prior to their scheduled game time. A coin toss will determine who is the home and visiting team.
2. Each kicker gets one pitch only.
3. Pitchers pitch to their own team, teams must supply their own pitcher and catcher, both must be in the team's batting order.
4. Coin flip will determine who has ball first.
5. No lead-offs or base stealing.
6. If a ball is pitched before the pitcher or catcher is in their place, or while someone is still in fair territory, the ball is dead and the batter is automatically out.

Sand Volleyball

1. First team to 15 points or leading after 10 minutes wins; must win by 2 points.
2. Serve must be from behind the line.

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3. A serve may only be returned by a bump (no setting or attacking).
4. Rally scoring will be used.
5. Every serve will result in a score.
 - a. Offense will score on a defense miss or out of bounds hit.
 - b. Defense will score on an offensive miss, out of bounds hit, or serve into the net.
6. All other basic rules apply.
7. Best of 3 games.

3 on 3 Basketball

1. First team to 21 points or has the most points at the end of a 15 minute running clock wins.
2. Scoring: Shots made inside the 3-point line will be counted as 1 point and shots outside the 3-pt line will be counted as 2 points. FC staff will keep score.
3. Tie Breaker #1: Three players from each team will shoot one free-throw a piece and the team with the free-throw point's wins.
4. Tie Breaker #2: A coin flip will determine which team shoots first in a free-throw shoot-off; teams will alternate shooting from the free-throw line and the first team to miss loses, acknowledging the shooter preceding them made the shot.
5. Fouls are called by the players.
 - a. Defensive fouls – The ball must be taken outside the 3-pt line.
 - b. Offensive fouls – The ball will be turned over to the defense.
6. Turn-over on each made basket – No make-it take-it. If a shot is missed and rebounded by the defending team, the ball must be taken beyond the 3-pt line before a shot may be made.

RACQUET BALL RULES

1. A single elimination tournament will be conducted.
2. Play will consist of the best 2 of 3 games to 11 points or 20 minutes whichever comes first. If a 3rd game is necessary it will be sudden death to 7 points.
3. Each team must have a minimum of 2 players present for the match. If a second player doesn't arrive within posted game time then team will forfeit the match.
4. Eye protection must be worn at all times while participating in racquetball competition.

TENNIS RULES

1. All teams will compete in a singles elimination tournament.
2. Each team will play a Set.
3. Sets will follow standard tennis scoring: LOVE, 15, 30, 40, ad in/ad out.
4. The first team to win 2 games or 20minutes whichever comes first will be declared the winner of the set.
5. Each team must have a minimum of 2 players present for the match. If a second player doesn't arrive within posted game time then team will forfeit the match.

One Pitch Softball

1. Single elimination tournament. Games are 7 innings or a 20 minute time limit. Teams must be at the field and ready to play 15 minutes prior to their scheduled game time. A coin toss will determine who is the home and visiting team.
2. Each batter gets one pitch only. If the batter swings and misses or does not swing, it's an automatic out. If a pitched ball bounces, the pitch may be hit. The batter must hit a fair ball, or they are out.
3. Pitchers pitch to their own team, teams must supply their own pitcher and catcher, both must be in the team's batting order.
4. At the conclusion of a half-inning, the team up to bat may begin play as soon as the offensive pitcher, offensive catcher and batter are in their places and all players of the new offensive team have cleared fair territory. If a ball is

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pitched before the pitcher or catcher is in their place, or while someone is still in fair territory, the ball is dead and the batter is automatically out. Defensive teams must get to their positions as fast as possible as the offensive team does not have to wait for the defense to be set before pitching. When checking the ball after each play, the person returning the ball to the pitcher must do so immediately. Each team will be given one warning for delay of game. Any further delays may result in a forfeit.

5. The defense may position 10 players anywhere on the field.
6. Offensive pitchers must not interfere with the play. If the offensive pitcher interferes with a live ball or a live play, the batter will be declared out and base runners must return to the base they occupied (umpires discretion).
7. Offensive catcher returns the few balls that are not struck. They will not be a part of any defensive play or tag. If there is a play at home, a defensive player must cover home.
8. The home run rule is two (2) and one (1) up. Once a team hits its second home run over the fence, they may not hit their third until the opposing team has hit two home runs. If the third homerun is hit before a team gets their second, the result is an out.
9. No lead-offs or base stealing.
10. Bunting is an automatic out.

Team Challenge

1. Top four squadrons will compete in the finale for the Sports Day Championship
2. Teams will consist of 5 individuals 1 must be female
3. Team Challenge will include:
 - * Standing Over Head Press 95 lbs. /15 reps
 - * Pull ups 20 reps
 - * Farmers Carry 2 x 25 Ammo Cans
 - * Agility Test
 - * 400m Sprint
4. Each team member will participate in 1 of the 5 challenges.
5. Each team member will tag their teammate upon completing their challenge.
6. 1st place finishing squadron will be crowned champions.

Corn Hole Tournament

1. Single elimination tournament
2. Each team will play a set
3. Each team must have a minimum of 2 players present for the match. If a second player doesn't arrive within posted game time then team will forfeit the match.
4. Coin flip will determine who throws first.
5. Corn Hole Tournament wins will not be counted towards points to win the Commanders Trophy

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Sport Day Unit Team/Roster for _____

3 on 3 Basketball Team 1

3 on 3 Basketball Team 2

Racquetball Team 1

Racquetball Team 2

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Tennis Team 1

Tennis Team 2

Dodgeball Team 1

Dodgeball Team 2

Sand Volleyball Team 1

Sand Volleyball Team 2

