

CRM LESSON PLAN REPORT

COMPETITION RULES (TACTICAL)
071-FRGBB008 / 02.0 ©

Approved
30 Apr 2018

Effective Date: 30 Apr 2018

SCOPE:

During this block of instruction, you (the Students) will be evaluated on your ability to organize Open Tournament in accordance with the following Learning Step Activity (LSAs): Perform duties as a Referee, Timekeeper, Scorekeeper, Bracketing NCO, and a Competitor.

Distribution Restriction: Approved for public release; distribution is unlimited.

Destruction Notice: None

Foreign Disclosure: FD3 - This training product has been reviewed by the developers in coordination with the G2, MCoE, and Fort Benning GA 31905. foreign disclosure officer. This training product cannot be used to instruct international military students.

SECTION I. ADMINISTRATIVE DATA

All Course
Masters/POIs
Including This
Lesson

Courses

<u>Course Number</u>	<u>Version</u>	<u>Title</u>	<u>Phase</u>	<u>Status</u>
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None

POIs

<u>POI Number</u>	<u>Version</u>	<u>Title</u>	<u>Phase</u>	<u>Status</u>
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9E-F11/950-F7 (MC)	02.0 ©	Tactical Combatives	0	Analysis
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Task(s)
Taught(*) or
Supported

<u>Task Number</u>	<u>Task Title</u>	<u>Status</u>
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Reinforced
Task(s)

<u>Task Number</u>	<u>Task Title</u>	<u>Status</u>
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Knowledge

<u>Knowledge Id</u>	<u>Title</u>	<u>Taught</u>	<u>Required</u>
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071-OPN-0017	Safety Procedures	Yes	Yes
805C-K-0182	Army Core Values	Yes	Yes
K26154	Apply learning theory styles within an adult learning environment	No	Yes
K7613	Considerations for delivery of instruction	No	Yes
K7725	Knowledge of delivery methods	No	Yes

Skill

<u>Skill Id</u>	<u>Title</u>	<u>Taught</u>	<u>Required</u>
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S2032	Applying critical thinking skills	No	Yes
071-CMD-0017	Instill the Will to Win	No	Yes
S0411	Ability to practice safety at all times.	No	Yes
071-CMD-0018	Instill Confidence	Yes	Yes
071-WPN-0024	Follow Safety Procedures	Yes	Yes
071-CMD-0022	Instill Esprit De Corps	Yes	Yes
805P-S-0115	Follow Army regulatory guidance	Yes	Yes

Administrative/
Academic
Hours

The administrative/academic (50 min) hours required to teach this lesson are as follows:

<u>Academic</u>	<u>Resident Hours / Methods</u>		
Yes	0 hrs	30 mins	ELM - Generalize New Information
Yes	2 hrs	20 mins	Drill and Practice
Yes	8 hrs	0 mins	Practical Exercise (Hands-On/Written)
Yes	0 hrs	20 mins	Discussion (Small or Large Group)
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Total Hours(50 min):	11 hrs	20 mins	

**Instructor
Action
Hours**

The instructor action (60 min) hours required to teach this lesson are as follows:

Hours/Actions

0 hrs	10 mins	Classroom Breakdown
0 hrs	10 mins	Classroom Setup
0 hrs	10 mins	Facilitate Discussion
0 hrs	10 mins	Student Counseling

Total Hours (60 min): 0 hrs 40 mins

Test Lesson(s)

<u>Hours</u>	<u>Lesson Number Version</u>	<u>Lesson Title</u>
None		

**Prerequisite
Lesson(s)**

<u>Hours</u>	<u>Lesson Number Version</u>	<u>Lesson Title</u>
None		

**Training
Material
Classification**

Security Level: This course/lesson will present information that has a Security Classification of: FOUO – For Official Use Only.

**Foreign
Disclosure
Restrictions**

FD3. This training product has been reviewed by the developers in coordination with the G2, MCoE, and Fort Benning GA 31905. foreign disclosure officer. This training product cannot be used to instruct international military students.

References

<u>Number</u>	<u>Title</u>	<u>Date</u>
AR 350-1	ARMY TRAINING AND LEADER DEVELOPMENT	10 Dec 2017
ATP 3-34.5	Environmental Considerations	10 Aug 2015
ATP 5-19 (Change 001 09/08/2014 78 Pages)	RISK MANAGEMENT	14 Apr 2014
TC 3-25.150	Combatives	31 Mar 2017
TC 3-34.489	The Soldier and the Environment.	08 May 2001

**Student Study
Assignment**

Student Study Assignments defined:

1. Study...Master the details of the subject and fix them in your mind through application of the study process (survey, question, read, review, and recite). Prepare to test on the subject (orally, written, and/or performance).
2. Read...Be proficient in the subject for discussion in the classroom. Prepare to take one or more practical exercises on the subject (orally, written, and/or performance).
3. Scan...Be familiar with the topic(s). Read the topic sentence of each paragraph. Prepare to participate in checks on learning during classroom discussion (orally, written, and/or performance).
4. Review...Review is used for material previously discussed in class. Review all notes, Advance Sheets, and any material related to the class as applicable.

Student must study the following pages in accordance with TC 3-25.150: Appendix A

**Instructor
Requirements**

1. Primary instructor must be a graduate of the Combatives Master Trainer Course (CMTC) and the alternate instructor a Tactical Combatives graduate or a CMTC graduate.
2. Completion of the Common Faculty Development Program-Instructor Course (CFDP-IC).
3. Certified Instructor IAW Squadron/Battalion SOP and Course Management Plan (CMP).
4. Instructor Certification Program.

**Support
Personnel
Requirements**

None

**Additional
Support
Personnel
Requirements**

Name

**Student
Ratio**

Qty

**Man
Hours**

Combat Lifesaver
Remarks:

1:36

**Equipment
Required
for Instruction**

<u>ID - Name</u>	<u>Student Ratio</u>	<u>Instructor Ratio</u>	<u>Spt</u>	<u>Qty</u>	<u>Exp</u>
4110-01-485-3548 - Chest, Ice Storage, White, 162 Quart Capacity Remarks:	0:0	0:0	No	0	
4120-01-481-6048 - Cooler, Air, Evaporative Remarks:	0:0	0:0	No	0	
4470-01-359-2799 - 1050 Notebook, Special Remarks:	0:0	0:0	No	0	
6515-01-541-8147 - SUPPORT,CERVICAL Remarks:	0:0	0:0	No	0	
6530-00-405-5391 - Litter-Splint, Extrication, Metal, Carrying Case, with Zipper, Adjustable Strap Remarks:	0:0	0:0	No	0	
6530-00-783-7510 - Litter, Nonrigid, Poleless, Nylon, 78 X 26 Inch, Retaining Straps, Field Use Remarks:	0:0	0:0	Yes	3	No
6530-01-380-7309 - Litter, Folding, Rigid Pole 91.60 Inches Remarks:	0:0	0:0	No	0	
6530-01-464-4424 - Pad, Cooling, Chemical, Instant, Non-Toxic, Non-Caustic, 5 X 8 Inch Remarks:	1:6	0:0	No	0	No
6545-01-572-9963 - Medical Equipment Set Combat Lifesaver Remarks:	0:0	0:0	Yes	2	No
6645-00-126-0286 - Stopwatch Remarks:	0:0	1:1	No	0	No
6685-01-590-1047 - Monitor, Heat Stress: Questemp 44 Remarks:	0:0	0:0	No	0	
6730-01-484-2886 - SCREEN,PROJECTION Remarks:	0:0	0:0	No	0	
6730-01-C15-8387 - Projector Overhead, Portable TY SZ STY : PT-F200U Panasonic Remarks:	1:36	0:0	No	0	No
6910-01-C05-2267 - Mat, Floor: Zebra Mats Z700 Remarks: The requirement is to have an 8' X 8' or 64 square feet of training space per Soldier.	23:18	0:0	No	0	No
6910-01-C05-3780 - Interval Timer, High Intensity: Pit Ring Remarks:	0:0	0:0	Yes	2	No
7210-00-081-1417 - Sheet, Bed Cotton White Remarks:	0:0	0:0	Yes	3	No
7240-00-098-3827 - Can, Military Remarks: One can per six students.	1:6	0:0	No	0	No
7330-00-781-3859 - Jug, Insulated, 5 Gallon Remarks:	0:0	0:0	Yes	6	No
7730-01-C91-4112 - Television LED HDTV, 26LD350, LG Electronics U.S.A. Inc. Remarks:	1:36	0:0	No	0	No
7810-01-C12-6454 - Gloves Boxing, Grant Hook & Loop Remarks:	1:3	0:0	No	0	No
8415-01-519-7772 - Groin Protector Remarks:	1:1	0:0	No	0	No
8415-01-520-7449 - Head Protection, Boxing Remarks:	1:1	0:0	No	0	No

(Note: Asterisk before ID indicates a TADSS.)

**Materials
Required***Instructor Materials:*

Lesson Plan, PowerPoint slides of content, Practical Exercise, Student Handouts as needed, visitor's folder, white board, dry erase markers, and references pertaining to this lesson plan.

Student Materials:

Lesson Plan, PowerPoint slides of content, Student Handouts as needed, and references listed in the References section of this lesson plan.

**Classroom,
Training Area,
and Range
Requirements**

<u>ID - Name</u>	<u>Quantity</u>	<u>Student Ratio</u>	<u>Setup Mins</u>	<u>Cleanup Mins</u>
85210-3700 Organizational Vehicle Parking, Paved, 3700 Square Yard Remarks: Parking used by Students, Instructors and Visitors.	1	0:0	0	0
17136BEL3-36 CRXXIB-EL3: Classroom XXI Automation-Aided Instructional Building Advanced Technology-Enhanced Level 3, 36 Persons Remarks: This classroom is located in Briant Wells Fieldhouse building 933, on Main Post Fort Benning, GA.	1	0:0	0	0
17120-108630-36 General Instruction Building, 108630 Square Foot, 36 Persons Remarks: Briant Wells Fieldhouse building 933.	1	0:0	0	0

**Ammunition
Requirements**

<u>DODIC - Name</u>	<u>Exp</u>	<u>Student Ratio</u>	<u>Instruct Ratio</u>	<u>Spt Qty</u>
None				

NOTE: Before presenting this lesson, instructors must thoroughly prepare by studying this lesson and identified reference material.

NOTE: Instructor should provide guidance and feedback in a manner that helps participants to ensure students understand the objectives/concepts. INSTRUCTORS ARE EMPOWERED TO CHANGE INSTRUCTIONAL TECHNIQUES BASED ON STUDENT POPULATION AS LONG AS THEY FULLY SUPPORT MEETING THE LESSON OBJECTIVES IN SUPPORT OF (ISO) THE COURSE OUTCOMES.

Objectives:

1. Understand the proper procedures and techniques in organizing Open Tournament competitions.
2. Demonstrate the proper procedures and techniques in organizing Open Tournament competitions.

NOTE: Before presenting this lesson, instructors must thoroughly prepare by studying this lesson and identified reference material.

Instructor will utilize the current OE, CALL Lessons Learned/ OIL to draw interest and apply relevance during their Instructional Lead in and to solicit feedback/draw upon Soldiers' experiences. <http://call.army.mil>
Instructor SA: Be alert to getting focused on details at the expense of the outcome. P2P and Practical Exercises will be delivered through the problem solving format of expose, explore, construct, and apply.

NOTE:Instructor has the flexibility/can structure the material as they see fit based on student population provided the learning objectives are achieved.

NOTE:To prevent injuries, the instructor must consider the following safety precautions before conducting Combatives training:

- a. Supervise all practical work closely and constantly. Never leave a group unsupervised.
- b. Familiarize the Soldiers with each maneuver by a complete explanation and demonstration before they attempt the moves.
- c. Do not allow the Soldiers to get ahead of the instruction.
- d. Ensure the training partner offers resistance, but allows the maneuver to be freely executed during the learning stages and while perfecting the techniques.
- e. Ensure there is adequate space between Soldiers during practical work, for example, allow at least an 8-foot square for each pair of Soldiers.
- f. Ensure that Soldiers empty their pockets, and remove their jewelry, and identification tags before training.
- g. Stress that only simulated strikes to vital points, such as the head, neck, and groin areas are

to be executed.

h. Ensure that Soldiers understand the use of both physical tapping and verbal signals to indicate to the partner when to stop the pressure in grappling and choking techniques.

i. Make sure Soldiers warm up and stretch properly before practical work.

j. Teach and practice fall before conducting throws.

k. Ensure that the Soldier to be disarmed does not place his finger in the trigger guard during rifle and bayonet disarming.

l. Make sure Soldiers keep scabbards on knives and bayonet firmly attached to rifles while learning bayonet disarming methods.

m. use bayonet scabbards or rubber knives during knife disarming training.

NOTE: Two demonstrators a (Tactical or Master Trainer) will perform the technique at combat speed, assistant instructor must not allow student to get ahead.

NOTE: Instructors will immediately address any disrespectful behavior, unsportsmanlike conduct, or overly enthusiastic Soldiers during the practical exercises.

While an increase in resistance creates more realistic training for the Soldiers, it can also lead to overly competitive displays of strength and frustration.

Bruised egos, hurtful pride, and inexperience can all quickly become safety hazards in the classroom environment. To facilitate this, instructors should foster an environment of respect among Soldiers as well as exercise control while training.

NOTE: The most common injury in ground grappling occurs to the Soldier's ribs. The cause of these injuries is often improper transition from position to position.

It must be stressed to students that while transitioning from one position to another, space between the Soldiers must be minimized. The Soldier moving to the dominant position must continually strive to stay tight to their training partner. Not only is this safer, but will preclude allowing space for the Soldier to escape the position.

General Lesson Guidance:

1. Two (Combative Master Trainers) or (Tactical Combative Instructor) will act as demonstrators and perform the techniques at combat speed.

2. The instructor will then talk the two demonstrators through the technique using the step-by-step method of instructions.

3. The instructor will have the student pair up and "drill" the technique slowly, while observing the student pairs and illuminating any key points.

4. Review presentation and develop a list of questions to use during class.

5. Have on hand identified reference material linked to lesson plan.

6. Review and properly prepare conference / discussion material presented.

7. Ensure all equipment listed for this lesson plan (LP) is present, operable, and set up for use before class.

8. Refer to the practical exercise, Appendix C, of this lesson plan. If required, develop additional

situations to use during the practical exercise.

9. PowerPoint users: Ensure the SLI file you are using has been called up using Microsoft PowerPoint Viewer and SLI / slide 1 is showing on the screen before class.

10. Whenever noted, slides are available to assist in explanation of task steps. Use slides as needed during class or practical exercise to reinforce training.

The instructor may choose to use / not use the LP SLIs as developed, modify the existing SLIs content / order or insert new material as is necessary based on audience analysis to assist in Soldier learning. Changes must be annotated as a pen / ink changes on the vault file master LP, be approved through the Senior Instructor and 316th CAV Development Team notified. Content must support lesson objectives.

11. Whenever necessary, ask leading questions of Soldiers in order to prompt Soldier discussion.

12. Most materials associated with this LP are provided to resident AC Soldiers in digital format loaded on their school issued laptop computers unless stated in instructional notes. TASS BN instructors will have to issue all necessary materials to Soldiers in hard copy unless they have individual Soldier laptop / digital capability.

13. Encourage Students to relate their first hand experiences during the activities.

14. Facilitate this lesson using appropriate methodologies.

15. Control group activities using appropriate Instructor techniques.

This Lesson Supports the Course Learning Outcome:

1. Illustrate the fundamentals of striking and stand-up fighting
2. Participate as assistant instructor for Basic Combatives Certification
3. Demonstrate the ability to exercise restraint while performing as punchers during Optin 3 drill
4. Plan, conduct and supervise company's Basic Competitive Events.
5. Advise command on increasing Combatives effectiveness within their units.

This lesson supports the following General Learning Outcome:

1. Soldiers and Civilians proficient in leader attributes and competencies.
2. Soldier and Civilians proficient in character, competence, and commitment as trusted Army Professionals.
3. Soldier and Civilians demonstrate capacity in creative-critical thinking.
4. Soldier and Civilians pursue Comprehensive Fitness/ Resiliency Skills and Performance Enhancement Skills.
5. Soldier and Civilians pursue Lifelong learning, self-assessment, and goal setting
6. Soldier and Civilians are technically and tactically competent.

Consideration during Facilitations:

Keys to facilitation

A. Create action in the classroom

1. Avoid lecturing
2. Engage students in learning through activities

B. The classroom layout sets the tone

1. What layout is best for the desired setting?
 - a. Group work: work space, centric and concentric formation
 - b. Take focus off of the instructor and placed on the group but still allowing interaction with the instructor
- C. Create expectation in students that they will participate in learning
 1. This is difficult if students have been conditioned to be passive learners
 - a. Be patient and provide guidance and positive reinforcement
 - b. As students succeed they will change their expectations
- D. Some will continue to want to be passive learners despite your best efforts – do not be discouraged, eventually they may participate or other students may influence them to participate

Tips for facilitating discussion:

1. Get all of the students involved
 - a. Use small groups discussing the same idea to include all students
 - b. Inattentive students should be redirected back to the group
 - c. Move the discussion around the class
2. You don't have to comment on each person's contribution
3. Paraphrase: check your understanding and the students
4. Redirect an inaccurate or incorrect statement to the class for correction
5. Elaborate – suggest a new way, even when the student seems to have answered the question correctly
6. Energize – quicken your responses, use appropriate humor
7. Disagree (gently) or play devil's advocate
8. Mediate differences in opinion
 - a. Mediation is a balancing act; try to keep the discussion going without interjecting yourself as the authority
 - b. Encourage students to back up their statements with facts
 - c. Remind everyone to respect differing opinions
9. Pull together ideas
10. Allow students to summarize what occurred in the discussion group
11. Provide follow-up information for additional study or reading

**Proponent Lesson
Plan Approvals**

<u>Name</u>	<u>Rank</u>	<u>Position</u>	<u>Date</u>
Mark Fariello	Not available	Approver	30 Apr 2018

SECTION II. INTRODUCTION

Method of Instruction: Discussion (Small or Large Group)
Mode of Delivery: Resident Instruction
Instr Type (I:S Ratio): Military - ICH (1:12)
Time of Instruction: 10 mins

Motivator

Instructor will facilitate a brief Soldiers' discussion on the lesson plan motivator. A motivator can be in the form of a discussion, short demonstration, or video that should:

1. Provide relevance and significance to the lesson.
2. Gain Soldier's interest and focus the Soldier's on what they are to learn.
3. Explain why the Soldier's need to perform the learning objective and the consequences of nonperformance.
4. Explain the actual job or battlefield conditions that make mastering the terminal learning objective essential for the Soldiers.
5. Cadre will utilize OE, CALL Lesson Learned/OIL to draw interest and apply relevance.

Terminal Learning Objective

NOTE. Inform the students of the following Terminal Learning Objective requirements.

At the completion of this lesson, you [the student] will:

Action:	Organize Open Tournament
Conditions:	In a combative training facility, wearing sterile ACUs or other authorized uniform, 16 oz boxing gloves (gloves for striking only), mouth guard, groin protection and appropriate footgear (if outdoors).
Standards:	<p>At the completion of this lesson, you (the students) will have correctly demonstrated proficiency of the following techniques as outlined in the following Learning Step Activity (LSA)s.</p> <ol style="list-style-type: none">1. Perform Duties as a Referee.2. Perform Duties as a Time Keeper.3. Perform Duties as a Score Keeper.4. Perform Duties as a Bracketing NCO.5. Perform as a competitor in a Standard Rules Competition.
Learning Domain - Level:	Psychomotor - Precision
No JPME Learning Areas Supported:	None

Safety Requirements

Classroom:

1. Instructors will use the facility Standing Operation Procedure (SOP) to provide a safety brief as part of the introduction. Soldiers will react to any emergency situation In Accordance With (IAW) the facility SOP.
2. In the event of a fire, Soldiers will exit the classroom in an orderly manner (last one out closes the door); meet at the location the Primary Instructor has designated; class leader will hold an accountability formation and report his/her

findings to Primary Instructor.

3. In the event of severe weather or tornado, Soldiers will exit the classroom in an orderly manner; move to the location the Primary Instructor has designated (basement or center of building); class leader will hold an accountability formation and report his findings to Primary Instructor.

4. Senior Instructor will conduct a daily risk assessment.

Risk Assessment Level

Medium - The operations officer, in cooperation with the principal instructor, will prepare a risk assessment using the before, during, and after checklist and the risk assessment matrixes contained in Risk Management ATP 5-19.

Assessment: NONE

Controls: NONE

Leader Actions: Safety briefing to all students.

Environmental Considerations

NOTE: Instructor should conduct a risk assessment to include environmental considerations IAW the current environmental considerations publication, and ensure students are briefed on hazards and control measures.

This statement is automatically placed in environment:

NOTE: Instructor should conduct a Risk Assessment to include Environmental Considerations IAW FM 3-34.5, Environmental Considerations {MCRP 4-11B}, and ensure students are briefed on hazards and control measures. Based on its commitment to environmental protection, the Army will conduct its operations in ways that minimize environmental impacts. It is the responsibility of all Soldiers, DA civilians and Government Contractors to protect the environment from damage.

Instructional Lead-in

Instructor will facilitate a brief Soldiers' discussion on the lesson plan instructional lead-in. This statement should tie the TLO to previous learning or Soldiers' experiences and lead into the actual presentation.

- Describe the background of the lesson. This is a narrative description of the stage setting for the situation, scenario, or activity you are using to create a learning opportunity. In some cases this is linkages to earlier lessons or interactions.

- Describe the flow of events in big blocks (don't get too much detail yet). This should include such things as: introduction, problem/mission/task, practice, discussion, new problem, practice, discussion, review. The key here is to describe both the actions of the students and what the guide is doing.

- Activate Background Knowledge by questioning Soldiers on task being trained.

- As a Tactical Combatives graaduate you will have teh d knowledge and confidence to participates a referee in a formal and informal standard rules competitions.

SECTION III. PRESENTATION

TLO - LSA 1. Learning Step / Activity TLO - LSA 1. Perform as a Referee

Method of Instruction: Drill and Practice

Mode of Delivery: Resident Instruction

Instr Type (I:S Ratio): Military - ICH (1:12)

Time of Instruction: 30 mins

Media Type: Unassigned

Other Media: Unassigned

Security Classification: This course/lesson will present information that has a Security Classification of: FOUO – For Official Use Only.

NOTE: Instructor should provide guidance and feedback in a manner that helps participants to ensure students understand the objectives/concepts. INSTRUCTORS ARE EMPOWERED TO CHANGE INSTRUCTIONAL TECHNIQUES BASED ON STUDENT POPULATION AS LONG AS THEY FULLY SUPPORT MEETING THE LESSON OBJECTIVES IN SUPPORT OF (ISO) THE COURSE OUTCOMES.

1.This Learning Step addresses the course Outcomes:Produce Master Trainer graduates who can certify personnel in Basic and Tactical Combatives tasks and create BN and below combatives training, Integrate safety throughout Basic and Tactical Combative training across the U.S. Army, and Incorporate unit level Combatives Programs that will develop courage, confidence, resiliency, and competence in every Soldier.

2.This Learning Step addresses the following Knowledge/Skill:

Knowledge

071-OPN-0017 Safety Procedures

805C-K-0182 Army Core Values

805P-K-0102 Muscle Anatomy

K6998 Know that turning requires some twist in the upper and lower body

Skills

S2032 Applying critical thinking skills

071-CMD-0022 Instill Esprit De Corps

071-CMD-0018 Instill Confidence

071-CMD-0017 Instill the Will to Win

071-WPN-0024 Follow Safety Procedures

Objectives:

1. Understand the proper procedures and techniques in planning, conducting and supervising an Open Tournament.

2. Demonstrate the proper procedures and techniques in planning, conducting and supervising an Open Tournament.

NOTE: Avoidance controls must accompany educational controls. Before a Soldier attempts a technique in sparring, the technique should be taught correctly and drilled extensively.

NOTE: Open Tournaments must be supervised by a certified combatives Master Trainer course graduate.

WARNING: The most common injury in ground fighting occurs to the fighter's ribs. The cause of these injuries is usually improper transition from position to position. Students must therefore fully understand that space between fighters must be minimized when transitioning from one position to another. The fighter moving to the dominant position must continually strive to stay tight to his opponent. Remaining tight on the opponent is safer and denies space for escape to the dominated opponent.

CAUTION: If a competitor becomes unconscious, the referee should perform the following steps: Before separating the fighters, control the unconscious fighter's head to prevent unnecessary movement. Loosen the unconscious fighter's uniform around the collar and check for respiration and an open airway. If the athlete does not regain consciousness within 20 seconds or their vital signs fluctuate (i.e, respiratory distress, weak pulse, etc.) call for medical attention. If a competitor becomes unconscious due to a violent fall, throw or may have a cervical injury, the referee should carefully separate the fighters, while calling for medical attention. DO NOT move the injured fighter.

1. The referee must be a TCC or CMTC graduate, have completed the 12-hour referee recertification, and have a general knowledge of all rules, regulations, and tournament conduct. The referee is responsible for the safety of the fighters.
2. The referee is responsible for—
 - Starting and stopping all matches.
 - Awarding points.
 - Warning competitors for rule infractions.
 - Disqualifying competitors.
 - Communicating to the officials and signaling the match winner.
3. All referees will be impartial in their decision-making; a referee may not officiate one of their own competitors without notification to the fighter and/or coach. The opposing coach/fighter may request a referee replacement if this occurs.
4. The referee should be stationed on the mat, inside of the free zone. The referee must be identified by a uniform that can be easily recognized.
If a situation occurs that cannot be determined to be in accordance with the competition rules, referee will confer with the chief of referee or competition director to determine the fair and proper action.
5. The referee is responsible for making all of the technical calls during a match, including awarding points, warnings, and (if necessary)

disqualification of a competitor.

6. Referees also deal with competitors who approach the bounds of the mat area or who are out of bounds.

This should not impact the outcome

of the bout. Referees should use their best judgment on when to halt the action. For example, a referee

might not halt the action during a

scramble or in the middle of a submission attempt; he might wait until a dominant body position has been

established and the threat of submission

is distant. If the competitors move out of bounds, the referee performs the following actions:

a. If the contestant(s) move into the danger zone while on their feet, the referee must stop the contest for a brief moment to move them back into

the center of the contest area. Match interruption should not be signaled to the officials if the pause in the match is brief.

b. If the contestant(s) move into the danger zone while on the ground, the referee must stop the contest, tell the competitors to hold their position,

and signal to the officials to stop the clock using the signal for match interruption. The contestants will then be moved back into the center of the

contest area to resume competing in the same position. Competitor actions and referee signals.

7. Competitors actions and referee signals:

a. Takedown (nondominant position) Referee signal: Arm straight and fully flexed vertically overhead. The middle and pointer finger extended with palm facing the scorekeeper.

b. Takedown (dominant position) Referee signal: Arm straight and fully flexed vertically overhead. The middle, ring, and pointer fingers extended with the palm facing the scorekeeper (OK sign). The following action are the same as in the dominant position:

1. Passing the guard.
2. Knee mount.
3. Sweep.
4. Mount.
5. Rear mount.

The are additional communication as indicated below:

Start the Match: Referee: Facing the scoring table, the referee steps between the competitors, with their arms completely extended and palms facing the competitors. To initiate the match, the referee brings their palms together, moves backward out of the way, and verbally calls, "FIGHT."

Match Interruptions: Referee: The referee places both hands on the competitors' bodies and verbally calls, "STOP." The referee will then tell the competitors to hold their position and signal to the scorekeeper and timekeeper, with their hands forming a "T" (to indicate stopping the clock).

Disqualification: Referee: The referee separates the competitors and faces them toward the scoring table. With their fingers fully extended, the referee moves their hand directly under their chin, moving from the

opposite shoulder across the neck to the near shoulder. Then, the referee raises the arm of the competitor not being disqualified.

Match Winner: Referee: The referee separates the competitors and faces them toward the scoring table, holding both competitors' arms at the wrist. Then, the referee raises the arm of the competitor who has won the match, and leads the competitors by the wrist to face one another so that they may shake hands.

Check on Learning: Assess the Soldiers developing (skills/knowledge/situational awareness) by observation, question and Soldier explanations.

Review Summary: Facilitate brief discussion with students to determine if lesson objectives/concepts have been covered.

TLO - LSA 2. Learning Step / Activity TLO - LSA 2. Perform as a Scorekeeper.

Method of Instruction: Drill and Practice

Mode of Delivery: Resident Instruction

Instr Type (I:S Ratio): Military - ICH (1:12)

Time of Instruction: 30 mins

Media Type: Unassigned

Other Media: Unassigned

Security Classification: This course/lesson will present information that has a Security Classification of: FOUO – For Official Use Only.

NOTE: Instructor should provide guidance and feedback in a manner that helps participants to ensure students understand the objectives/concepts. INSTRUCTORS ARE EMPOWERED TO CHANGE INSTRUCTIONAL TECHNIQUES BASED ON STUDENT POPULATION AS LONG AS THEY FULLY SUPPORT MEETING THE LESSON OBJECTIVES IN SUPPORT OF (ISO) THE COURSE OUTCOMES.

1.This Learning Step addresses the course Outcomes:Produce Master Trainer graduates who can certify personnel in Basic and Tactical Combatives tasks and create BN and below combatives training, Integrate safety throughout Basic and Tactical Combative training across the U.S. Army, and Incorporate unit level Combatives Programs that will develop courage, confidence, resiliency, and competence in every Soldier.

2.This Learning Step addresses the following Knowledge/Skill:

Knowledge

071-OPN-0017 Safety Procedures

805C-K-0182 Army Core Values

805P-K-0102 Muscle Anatomy

K6998 Know that turning requires some twist in the upper and lower body

Skills

S2032 Applying critical thinking skills
071-CMD-0022 Instill Esprit De Corps
071-CMD-0018 Instill Confidence
071-CMD-0017 Instill the Will to Win
071-WPN-0024 Follow Safety Procedures

Objectives:

1. Understand the proper procedures and techniques in performing duties as a scorekeeper during a standard open tournament.
2. Demonstrate the proper procedures and techniques in performing duties as a scorekeeper during a standard open tournament.

Competition is the principal motivational tool used to spur combatives training. Competitions should not only be used to encourage excellence by giving soldiers a chance to be unit champions.

NOTE: Avoidance controls must accompany educational controls. Before a Soldier attempts a technique in sparring, it should be taught correctly and drilled extensively.

NOTE: Open tournaments must be supervised by a certified COMbatives Master Trainer Course graduate.

The scorekeeper:

- a. Must be familiar with the timekeeper's responsibilities.
- b. Must be knowledgeable of all general and referee match results, referee signals, illegal techniques, basic bracketing techniques, competitor divisions, and durations.
- c. Must have a basic understanding of the competition flow.
- d. Sits at the mat table with the timekeeper

Check on Learning:

Assess the Soldiers developing (skills/knowledge/situational awareness) by observation, question and Soldier explanations.

Review Summary:

Facilitate brief discussion with students to determine if lesson objectives/concepts have been covered.

TLO - LSA 3. Learning Step / Activity TLO - LSA 3. Perform as a Timekeeper

Method of Instruction: Drill and Practice

Mode of Delivery: Resident Instruction

Instr Type (I:S Ratio): Military - ICH (1:12)

Time of Instruction: 30 mins

Media Type: Unassigned

Other Media: Unassigned

Security Classification: This course/lesson will present information that has a Security Classification of: U - Unclassified.

NOTE: Instructor should provide guidance and feedback in a manner that helps participants to ensure students understand the objectives/concepts. INSTRUCTORS ARE EMPOWERED TO CHANGE INSTRUCTIONAL TECHNIQUES BASED ON STUDENT POPULATION AS LONG AS THEY FULLY SUPPORT MEETING THE LESSON OBJECTIVES IN SUPPORT OF (ISO) THE COURSE OUTCOMES.

1.This Learning Step addresses the course Outcomes:Produce Master Trainer graduates who can certify personnel in Basic and Tactical Combatives tasks and create BN

and below combatives training, Integrate safety throughout Basic and Tactical Combative training across the U.S. Army, and Incorporate unit level Combatives Programs

that will develop courage, confidence, resiliency, and competence in every Soldier.

2.This Learning Step addresses the following Knowledge/Skill:

Knowledge

071-OPN-0017 Safety Procedures

805C-K-0182 Army Core Values

805P-K-0102 Muscle Anatomy

K6998 Know that turning requires some twist in the upper and lower body

Skills

S2032 Applying critical thinking skills

071-CMD-0022 Instill Esprit De Corps

071-CMD-0018 Instill Confidence

071-CMD-0017 Instill the Will to Win

071-WPN-0024 Follow Safety Procedures

Objectives:

1. Understand the proper procedures and techniques in performing duties as a timekeeper during a standard open tournament.

2. Demonstrate the proper procedures and techniques in performing duties as a timekeeper during a standard open tournament.

Competition is the principal motivational tool used to spur combatives training.

Competitions should not only be used to encourage excellence by giving soldiers a chance to be unit champions.

NOTE: Avoidance controls must accompany educational controls. Before a Soldier attempts a technique in sparring, it should be taught correctly and drilled extensively.

NOTE: Open tournaments must be supervised by a certified Combatives Master Trainer Course graduate.

1.The Timekeeper keeps the time during each bout, starting and stopping the official clock for time-outs designated to them by the referee.

2.The timekeeper also keeps track of the time remaining in the match. Upon reaching the time limit, the timekeeper and the scorekeeper are responsible for ensuring that the fight is stopped if the score is not tied. The timekeeper:

a. Must be knowledgeable of the scoring process, referee signals,competitor divisions, and durations.

b. Must have a basic understanding of the competition flow.

NOTE: If a Soldier is rendered unresponsive, a second timepiece will be utilized to record the amount of time that a competitor is unresponsive.

This time will be reported to the medical authority.

3. The timekeeper sits at the mat table with the scorekeeper.

NOTE: The timekeeper reports time to the referee only.

4.The timekeeper indicates when they are ready to begin the match duration on the stopwatch by saying, “Ready,” and giving a visual cue

(i.e., nod). When the match duration has expired, the timekeeper tosses a rolled-up towel or object (typically colored white) near the referee’s feet.

Check on Learning:

Assess the Soldiers developing (skills/knowledge/situational awareness) by observation, question and Soldier explanations.

Review Summary:

Facilitate brief a discussion with the students to determine if the lesson objectives/concepts have been covered.

TLO - LSA 4. Learning Step / Activity TLO - LSA 4. Perform as Bracketing NCO

Method of Instruction: Drill and Practice

Mode of Delivery: Resident Instruction

Instr Type (I:S Ratio): Military - ICH (1:12)

Time of Instruction: 30 mins

Media Type: Unassigned

Other Media: Unassigned

Security Classification: This course/lesson will present information that has a Security Classification of: U - Unclassified.

NOTE: Instructor should provide guidance and feedback in a manner that helps participants to ensure students understand the objectives/concepts. INSTRUCTORS ARE EMPOWERED TO CHANGE INSTRUCTIONAL TECHNIQUES BASED ON STUDENT POPULATION AS LONG AS THEY FULLY SUPPORT MEETING THE LESSON OBJECTIVES IN SUPPORT OF (ISO) THE COURSE OUTCOMES.

1.This Learning Step addresses the course Outcomes:Produce Master Trainer graduates who can certify personnel in Basic and Tactical Combatives tasks and create BN and below combatives training, Integrate safety throughout Basic and Tactical Combative training across the U.S. Army, and Incorporate unit level

Combatives Programs that will develop courage, confidence, resiliency, and competence in every Soldier.

2.This Learning Step addresses the following Knowledge/Skill:

Knowledge

071-OPN-0017 Safety Procedures

805C-K-0182 Army Core Values

Skills

S2032 Applying critical thinking skills

071-CMD-0022 Instill Esprit De Corps

071-CMD-0018 Instill Confidence

071-CMD-0017 Instill the Will to Win

071-WPN-0024 Follow Safety Procedures

Objectives:

1. Understand the proper procedures and techniques in performing duties as Bracketing Noncommissioned Officer.

2. Demonstrate the proper procedures and techniques in performing duties as Bracketing Noncommissioned Officer.

Competition is the principal motivational tool used to spur combatives training.

Competitions should not only be used to encourage excellence by giving soldiers a chance to be unit champions.

NOTE: Avoidance controls must accompany educational controls. Before a Soldier attempts a technique in sparring, it should be taught correctly and drilled extensively.

NOTE: Open tournaments must be supervised by a certified Combatives Master Trainer Course graduate.

The Bracketing Noncommissioned Officer -

1. The most important staff member to the efficient flow of the competition is the bracketing Noncommissioned Officer. The bracketing Noncommissioned Officer is responsible for ensuring that fighters are in the right place on time and face the correct opponents.

2. The bracketing Noncommissioned Officer sits at the bracketing table.

Check on Learning:

Assess the Soldiers developing (skills/knowledge/situational awareness) by observation, question and Soldier explanations.

Review Summary:

Facilitate brief a discussion with the students to determine if the lesson objectives/concepts have been covered.

Method of Instruction: ELM - Generalize New Information
Mode of Delivery: Resident Instruction
Instr Type (I:S Ratio): Military - ICH (1:12)
Time of Instruction: 30 mins
Media Type: Unassigned
Other Media: Unassigned
Security Classification: This course/lesson will present information that has a Security Classification of: U - Unclassified.

NOTE: Instructor should provide guidance and feedback in a manner that helps participants to ensure students understand the objectives/concepts. INSTRUCTORS ARE EMPOWERED TO CHANGE INSTRUCTIONAL TECHNIQUES BASED ON STUDENT POPULATION AS LONG AS THEY FULLY SUPPORT MEETING THE LESSON OBJECTIVES IN SUPPORT OF (ISO) THE COURSE OUTCOMES.

1.This Learning Step addresses the course Outcomes:Produce Master Trainer graduates who can certify personnel in Basic and Tactical Combatives tasks and create BN and below combatives training, Integrate safety throughout Basic and Tactical Combative training across the U.S. Army, and Incorporate unit level Combatives Programs that will develop courage, confidence, resiliency, and competence in every Soldier.

2.This Learning Step addresses the following Knowledge/Skill:

Knowledge

071-OPN-0017 Safety Procedures

805C-K-0182 Army Core Values

805P-K-0102 Muscle Anatomy

K6998 Know that turning requires some twist in the upper and lower body

Skills

S2032 Applying critical thinking skills

071-CMD-0022 Instill Esprit De Corps

071-CMD-0018 Instill Confidence

071-CMD-0017 Instill the Will to Win

071-WPN-0024 Follow Safety Procedures

Objectives:

1. Understand the proper procedures and techniques in performing duties as a competitor to ensure safe and fair competitions.
2. Demonstrate the proper procedures and techniques in performing duties as a competitor to ensure safe and fair competitions.

Competition is the principal motivational tool used to spur combatives training. Competitions should not only be used to encourage excellence by giving soldiers a chance to be unit champions.

NOTE: Avoidance controls must accompany educational controls. Before a Soldier attempts a technique in sparring, it should be taught correctly and drilled extensively.

NOTE: Open tournaments must be supervised by a certified Combatives Master Trainer Course graduate.

Note. Should any fighter examined prove unfit for competition, the fighter must be rejected and an

immediate report of the fact made to the tournament director. It is the tournament director's responsibility to notify the Soldier's chain of command.

Classification of Competitors

1. During Informal competitions weight and size are not considered in basic competition (unlike standard, intermediate, and advanced levels of competition), certified instructor should ensure fair match-ups between competitors. Competitors are classified by weight in formal competitions.
2. Open Tournament - To avoid competitors' tendency to cut weight, competitors are divided into brackets, starting with the lightest fighter. This format should be adhered to, except with the heaviest weight class or when the weight difference will exceed 10 percent of the lighter Soldier's body weight.
3. On or before the day of the match, fighters will be weighed on the same scale by the tournament director or his authorized representative. Weight will be determined by the fighter's body weight minus their uniform.
4. Opposing teams are allowed to have a representative at the weigh-in; however, the weigh-in will not be delayed due to their absence.

NOTE: If a fighter is over their intended weight class, they will have until the end of the registration period to make weight. Fighters are not allowed to change weight classes after registration. Crash weight loss practices are not encouraged.

5. Due to the physiological difference between the sexes and in order to treat all Soldiers fairly and conduct gender-neutral competitions, female competitors will be given a 15 percent overage at weigh-in.

Uniform of Competitors

1. Competitors may use approved duty uniforms such as the Army Combat Uniform (ACUs) or equivalent and the tactical combat uniform.
2. Upon entering the competition area, all fighters must be dressed appropriately. Any fighter presenting themselves in an attire deemed inappropriate will not compete in their bout until they present themselves in appropriate attire.

NOTE: Uniforms are subject to the competition director's discretion.

3. If in the combat uniform all fighters must be dressed in serviceable Army combat uniform with bottoms, T-shirt and top. The Army combat uniform jacket may be worn inside out. The zipper of the Army combat uniform must remain unzipped with 1 ½ inch of athletic tape applied to both sides of the zipper. The sleeve cuffs of the top must be rolled down. The lapel and skirt must remain exposed; no tucking in or stitching down is permitted. The T-shirt must be tucked into the uniform bottoms, and the fighter must wear physical fitness type shorts under the Combat Uniform bottoms.
4. All fighters must be barefoot while indoors and wearing the appropriate approved footgear while outside.
5. Apparel such as earrings, body piercings, wrist and ankle bracelets, necklaces, watches and rings are prohibited.
6. Women are required to wear breast protectors and/or athletic brassiere.

Equipment of competitors

1. Fighters must be properly equipped for their bouts. Fighters who do not present themselves properly equipped at the start time of their bout may be penalized by the referee, including being counted out of the match if any equipment problems cannot be solved within five minutes of the referee's order to correct such problem.

2. Competitors are required prior to the standard competition to have the identified equipment in possession:

a. Mouth piece - all competitors must wear fitted mouthpiece and should have an extra mouthpiece ringside during their match. Mouthpieces are furnished by the fighter's.

b. Groin Protector - all competitors are required to wear an approved groin protector. A plastic cup with an athletic supporter is adequate. Competitors must furnish their own groin protectors.

c. Soft Braces and/or Pads for the Elbows, Knees and Ankles - Soft braces and/or pads for the elbows, knees, and ankles are permitted; however, they must not restrict range of motion or give an unfair advantage to the competitor wearing them. Elbow, knee, or ankle supports must be made of neoprene. The chief of referees or tournament director must inspect all elbow, knee, or ankle braces, pads, and supports prior to the conduct of bouts.

3. Martial Arts Belt - Each competitor will be designated by a colored martial arts belt. The belt will be wrapped securely around the waist and tied in front with a square knot. Martial arts belts should be supplied to the competitor.

Requirements for Competitors

NOTE: for the referee to maintain the highest standards of hygiene on the mat, he must enforce hygienic rules of conduct.

Attention to personal hygiene is a must. Fighters should—

Be clean and free of foul odors.

Keep all fingernails and toenails trimmed short.

Pull back and secure long hair.

Not wear any lubricants, analgesic cream, and/or skin cream that may inconvenience an opponent or allow an unfair advantage to the wearer.

1. All competitors must have a current physical, military acute concussion evaluation or traumatic brain injury screening and be cleared by medical staff. Competitors diagnosed with the following conditions will be prohibited from competition:

a. Chronic infectious diseases, including: Human immunodeficiency virus (HIV-AIDS); Hepatitis B and/or C.

NOTE: All athletes will receive an HIV and Hepatitis C screening within six months of competition.

b. Mononucleosis, Active herpes, open cuts and abrasions.

NOTE: All wounds including cuts, abrasions, lacerations and burns must be covered with an appropriate dressing and approved by the competition

medical staff.

c. Heart diseases and/or risk factors of heart disease to include: Arrhythmias, Heart block, Valvular heart disease, Peripheral vascular disease, Aortic stenosis, Uncontrolled angina, Congestive heart failure, Fixed rate pacemaker, Resting blood pressure >185/100, Uncontrolled diabetes mellitus, and Electrolyte abnormalities. Additional limitations to competition include: Vertigo, Chronic obstructive lung disease, Significant emotional distress (psychosis) and Advanced musculoskeletal disorders.

2. In addition to the above statutes, female competitors are restricted from competing if they suffer from any of the following cases:

—Confirmed or suspected pregnancy. (Screening must be within seven days of the competition.)

— Pelvic inflammatory disease.

— Symptomatic endometriosis.

— Abnormal vaginal bleeding.

— Recent secondary amenorrhea of undetermined cause.

— Recent breast bleeding.

— Recently discovered breast masses.

— Recent breast dysfunctions previously not present.

3. Competitors requiring corrective eyewear can wear soft contact lenses. Glasses of any type will not be permitted during competition. In order to be legal, corrective earwear must be made specifically for sports competition.

Check on Learning:

Assess the Soldiers developing (skills/knowledge/situational awareness) by observation, question and Soldier explanations.

Review Summary:

Facilitate brief a discussion with the students to determine if the lesson objectives/concepts have been covered.

SECTION IV. SUMMARY

Method of Instruction:	Discussion (Small or Large Group)
Mode of Delivery:	Resident Instruction
Instr Type(I:S Ratio):	Military - ICH (1:12)
Time of Instruction:	10 mins

Check on Learning

Assess the Soldiers developing (skills/knowledge/situational awareness) by observation, question and Soldier explanations.

Review/ Summary

Facilitate brief discussion with students to determine if lesson objectives/concepts have been covered.

SECTION V. STUDENT EVALUATION

Testing Requirements

1. This lesson plan will be informally assessed/evaluated during class using checks on learning such as questions and answers and a practical exercise that is performance based.
2. This lesson plan will be formally assessed/evaluated in (FRGBB008), and in accordance with the Individual Student Assessment Plan (ISAP). See training schedule for time.
3. Evaluation determines whether a standard was met; success or failure
4. Assessment provides feedback on performance; Strengths, Areas of Improvement, and Insights

Feedback Requirements

Feedback is essential to effective learning. Instructor will give formative verbal feedback to students throughout the lesson. Schedule and provide feedback on the assessment/evaluation and any information to help answer Soldiers questions about the training exercise.

Appendix A - Viewgraph Masters

Competition Rules (Tactical)
071-FRGBB008 / Version 02.0 ©

Sequence	Media Name	Media Type
None		

Appendix B - Assessment Statement and Assessment Plan

Assessment Statement: This is not a graduation requirement. However, student must individually participate in the Standard Rules lesson plan before continuing within the course.

Assessment Plan: None.

Appendix C - Practical Exercises and Solutions

PRACTICAL EXERCISE(S)/SOLUTION(S) FOR LESSON 071-FRGBB008 Version 02.0 ©

PRACTICAL EXERCISE SHEET 071-FRGBB008 PE1

Time: 8 hours 0 minutes

I:S Ratio: 1:12

Title	Practical Exercise						
Lesson Number/Title	071-FRGBB008 Version 02.0 © / Competition Rules (Tactical)						
Security Classification	Unclassified						
Introduction	The purposes of an open tournament are to encourage maximum participation and to give Soldiers a venue to acquire competition experience, while performing as a team or an individual.						
Motivator	Practice like you have never won. Perform like you have never lost. Each moment of glory hangs on the foundation created by the hours of unacknowledged work.						
Terminal Learning Objective	<p>NOTE. Inform the students of the following Terminal Learning Objective requirements.</p> <p>At the completion of this lesson, you [the student] will:</p> <table><tr><td>Action:</td><td>Organize Open Tournament</td></tr><tr><td>Conditions:</td><td>In a combative training facility, wearing sterile ACUs or other authorized uniform, 16 oz boxing gloves (gloves for striking only), mouth guard, groin protection and appropriate footgear (if outdoors).</td></tr><tr><td>Standards:</td><td><p>At the completion of this lesson, you (the students) will have correctly demonstrated proficiency of the following techniques as outlined in the following Learning Step Activity (LSA)s.</p><ol style="list-style-type: none">1. Perform Duties as a Referee.2. Perform Duties as a Time Keeper.3. Perform Duties as a Score Keeper.4. Perform Duties as a Bracketing NCO.5. Perform as a competitor in a Standard Rules Competition.</td></tr></table>	Action:	Organize Open Tournament	Conditions:	In a combative training facility, wearing sterile ACUs or other authorized uniform, 16 oz boxing gloves (gloves for striking only), mouth guard, groin protection and appropriate footgear (if outdoors).	Standards:	<p>At the completion of this lesson, you (the students) will have correctly demonstrated proficiency of the following techniques as outlined in the following Learning Step Activity (LSA)s.</p> <ol style="list-style-type: none">1. Perform Duties as a Referee.2. Perform Duties as a Time Keeper.3. Perform Duties as a Score Keeper.4. Perform Duties as a Bracketing NCO.5. Perform as a competitor in a Standard Rules Competition.
Action:	Organize Open Tournament						
Conditions:	In a combative training facility, wearing sterile ACUs or other authorized uniform, 16 oz boxing gloves (gloves for striking only), mouth guard, groin protection and appropriate footgear (if outdoors).						
Standards:	<p>At the completion of this lesson, you (the students) will have correctly demonstrated proficiency of the following techniques as outlined in the following Learning Step Activity (LSA)s.</p> <ol style="list-style-type: none">1. Perform Duties as a Referee.2. Perform Duties as a Time Keeper.3. Perform Duties as a Score Keeper.4. Perform Duties as a Bracketing NCO.5. Perform as a competitor in a Standard Rules Competition.						
Safety Requirements	The most common injury in ground fighting occurs to the fighter's ribs. The cause of these injuries is usually improper transition from position to position. Students must therefore fully understand that space between fighters must be minimized when transitioning from one position to another. The fighter moving to the dominant position must continually strive to stay tight to his opponent. Remaining tight on the opponent is safer and denies space for escape to the dominated opponent.						

Supervise all practical work closely and constantly. Never leave a group unsupervised. No mock bout should be performed without the direct supervision of the Primary Instructor.

Ensure that Soldiers understand physical and verbal tapping signals to indicate when to release the training partner during grappling and choking techniques.

Ensure that Soldiers empty their pockets and remove their jewelry and identification tags before training.

Make sure Soldiers warm up properly before all practical work.

Ensure that training partners offer some resistance, but allow maneuvers to be freely executed during the learning stages and while perfecting the techniques.

Risk Assessment Level

Low

Environmental Considerations

NOTE: Instructor should conduct a risk assessment to include environmental considerations IAW the current environmental considerations publication, and ensure students are briefed on hazards and control measures.

Based on its commitment to environmental protection, the Army will conduct its operations in ways that minimize environmental impacts. It is the responsibility of all Soldiers, DA civilians and Government Contractors to protect the environment from damage.

Instructor should conduct a risk assessment to include environmental considerations IAW the current environmental considerations publication, and ensure students are briefed on hazards and control measures.

Evaluation

See Practical Exercise (P.E.) #1 Assessment associated with this lesson plan.

Instructional Lead-in

Formal competitions allow for Soldiers to perform the techniques on which they train at combat speed against a competent and fully resisting opponent in a controlled environment. It is imperative to understand the safety and administrative elements of a competition in order to ensure safe, smooth, and effective training for all Soldiers involved in the competition. Your training in the following practical exercise will give you the skills and confidence to participate as a referee, time keeper, score keeper, and bracketing NCO for all Standard Rules competitions as well as the knowledge to assist Combatives Master Trainers in support of Intermediate and Advanced Rules Competitions.

Resource Requirements

Instructor Materials:

Tournament Box: 2 Timers/ Stop Watches, at least 2 Martial Arts belts of different colors, 2 wrist bands of different colors to match the belts, Score board, 2 tables, 4 chairs, White board for bracketing, Lesson Plan, PowerPoint slides of content, Practical Exercise, Student Handouts as needed, visitor's folder, white board, dry erase markers, and references pertaining to this lesson plan.

Student Materials:

Mouth Piece, Water Source, Combatives Uniform IAW TC 3-25.150, Lesson Plan, PowerPoint slides of content, Student Handouts as needed, and references listed in the References section of this lesson plan.

Special Instructions

None

Procedures

At the completion of this Practical Exercise (P.E.), you [the student] will perform to proficiency the following duties at an Open Tournament:

1. Duties as a Referee
2. Duties as a Time Keeper
3. Duties as a Score Keeper
4. Duties as a Bracketing NCO
5. Perform as a Competitor

**Feedback
Requirements**

Feedback is essential to effective learning. Instructor will give formative verbal feedback to students throughout the lesson. Schedule and provide feedback on the assessment/evaluation and any information to help answer Soldiers questions about the training exercise.

**SOLUTION FOR
PRACTICAL EXERCISE 071-FRGBB008 PE1**

A performance evaluation will be given to each student as they perform the duties as a Referee, Time Keeper, Score Keeper and Bracketing Noncommissioned Officer (NCO).

The Primary Instructor will conduct a safety brief before the first iteration of the Standard Rules Mock Competition.

The Primary Instructor will organize the general layout and flow for the mock competition and students will rotate through each duty position, to include competitors.

Students will operate in the individual official position given them for the entire duration of the "competition", until a winning competitor has been designated, after which time the mock competition will reset and the students will switch roles.

The students will run as many mock competitions as it takes until each student has performed every duty role and performed as a competitor at least once.

Students in the role of competitors will follow Standard Rules for the mock competition and will follow all rules and protocol accordingly.

The instructor will evaluate each student in accordance with the checklist and give feedback accordingly.

Students who refuse to conduct the training will not be allowed to proceed to the next lesson.

Appendix D - Student Handouts

Competition Rules (Tactical) 071-FRGBB008 / Version 02.0 ©

Sequence	Media Name	Media Type
None		