

## Welcome Letter

# 2019 LACERDA CUP REGISTRATION FORM

UNIT: \_\_\_\_\_  
ARMY COMPONENT: \_\_\_\_\_ (RA/AR/NG) (Non-Army personnel may compete, but they must work directly with an army unit.)

COACH/OIC/NCOIC/POC: \_\_\_\_\_ CELL NUMBER: \_\_\_\_\_ EMAIL: \_\_\_\_\_

Weight Class	Rank	Last Name	First Name	MI	Last 4 SSN	Contact #	EMAIL
Bantamweight: M: 110 lbs and under; F: 126.5lbs and under							
Flyweight: M: 110.1-125 lbs; F: 126.6-143.70 lbs							
Lightweight: M: 125.1-140 lbs; F: 143.80-161 lbs							
Welterweight: M: 140.1-155 lbs; F: 161.1-178.20 lbs							
Middleweight: M: 155.1-170 lbs; F: 178.30-195.5 lbs							
Cruiserweight: M: 170.1-185 lbs; F: 195.60-212.70							
Light Heavyweight: M: 185.1-205 lbs; F: 212.80-235.70 lbs							
Heavyweight: M: 205.1 lbs and over; F: 235.80 lbs and up							

**\*\*REGISTRATION WILL CLOSE ON 03APRIL 2019\*\***

**All competitors must be pre-registered for the tournament, there will be no late or on-site registration.**

**All competitors must weigh in at their registered weight, failure to make weight will result in the competitors not being able to participate in the competition.**  
**ADDITIONALLY ALL COMPETITORS MUST BE IAW AR 600-9.**

**ALL COMPETITORS MUST HAVE ALL MEDICAL DOCUMENTATION AT THE TIME OF WEIGH IN'S.**

## 2019 LACERDA CUP MEDICAL SCREENING FORM

Instructions – Fill in the information requested. If you have any condition that might be a source of concern or may be aggravated by your participation in this activity, indicate below:

**NAME (Please print):** \_\_\_\_\_ **UNIT:** \_\_\_\_\_ **CO:** \_\_\_\_\_

**SSN:** \_\_\_\_\_ **MAC LEVEL:** \_\_\_\_\_ **HEIGHT:** \_\_\_\_\_ **WEIGHT:** \_\_\_\_\_

When was your last physical? \_\_\_\_\_ (MM-DD-YYYY)

Current physical condition: **EXCELLENT / GOOD / FAIR / BELOW STANDARD**

Are you currently on profile? **Y / N** If yes, for what? \_\_\_\_\_

Did you require a waiver for vision to enter the military? **Y / N**

If so, why? \_\_\_\_\_

Have you ever had LASIC or any other eye surgery? **Y / N** If yes, when? \_\_\_\_\_

Have you **EVER** been knocked unconscious? **Y / N** If yes, When \_\_\_\_\_ have you been cleared **Y/N**

\* Have you been in contact with anyone that has Hepatitis? **Y/N** Must have a HEP Screening done within 6 months of competition: date test was administered \_\_\_\_\_

\* MACE exam date and score must be within 6 months of competition: date test was administered \_\_\_\_\_

\* Must have an HIV screen done within 6 months of competition: date test was administered \_\_\_\_\_

**(FEMALES ONLY)** Are you pregnant or feel you may become pregnant? **Y/N** Pregnancy test must be within 48 hrs. Of competition. Date test was administered: \_\_\_\_\_

**(FEMALES)** Have you undergone breast augmentation? **Y / N**

Do you have, or have you had, any injuries in the following areas?

	<b>YES</b>	<b>NO</b>		<b>YES</b>	<b>NO</b>
1. Head	____	____	11. Wrist	____	____
2. Nose	____	____	12. Hand	____	____
3. Jaw or teeth	____	____	13. Arm	____	____
4. Facial Bones	____	____	14. Knee	____	____
5. Neck	____	____	15. Ankle	____	____
6. Back	____	____	16. Foot	____	____
7. Elbow	____	____	17. Leg	____	____
8. Shoulder	____	____	18. Kidney/Spleen	____	____
9. Headaches	____	____	19. Memory Loss	____	____
10. Dizziness	____	____	20. Numbness	____	____

**Do you have any other injuries not listed above? If yes, provide details of the injury on the back of this sheet. If you answered "Yes" to any of the above items, please provide details of the incident on the back of this sheet.**

I understand that under the provisions of 5 USC 552a, The Privacy Act of 1974, that it is prohibited to release any of the information contained in this file to agencies or individuals outside the U.S. Government without my consent. I also understand that I am under no obligation to authorize or allow such release for whatever purpose it deems appropriate or necessary; and should I withhold such authorization, the information will not be released to private third parties and no consequences of any kind will result.

**PA/Physician Signature:** \_\_\_\_\_ **DATE:** \_\_\_\_\_

**Competitor Signature:** \_\_\_\_\_ **DATE:** \_\_\_\_\_

\* Hepatitis/ HIV screening must be completed no more than 6 months prior to competition. You must provide a printout of AHLTA/CHCS showing negative on both screenings.

### 2019 Lacerda Cup Timeline

<u>Time</u>	<u>3-Apr-2019</u>	<u>Cadre</u>
0900-1600 1700	Referee Certification/ Time Keeper Certification/ Bracketing Certification Registration Team Entry Concludes  ***Need Bracketing and Time Keeper detail starting this day*** ***6 CMTC Graduates, 15 LT's from IBOLC***	SFC Sayles/SFC Farris/ SSG Oakes
<u>Time</u>	<u>5-Apr-2019</u>	<u>Cadre</u>
0900-1500 1600	Referee Certification/ Time Keeper Certification/ Bracketing Certification Welcom Packets/ Tactical Scenerio CONOPs sent to Coaches and Competitors	SFC Sayles/SFC Farris
<u>Time</u>	<u>5-Apr-2019</u>	<u>Cadre</u>
900-1500 1400	Layout of Tournament Equipment and Resources Inspection of Tournament Equipment Prep Equipment for Transport to Freedom Hall  ***Need Detail Starting this day*** *** 20 PAX from BDE and E Company***	SFC Farris/ SFC Sayles/ SFC Cortez
<u>Time</u>	<u>8-Apr-2019</u>	<u>Cadre</u>
0900-1130 1300-UTC	Prep Equipment for Transport to Freedom Hall Set up for Weigh ins at Kelley Hill Rec Center	SFC Cortez/ All
<u>Time</u>	<u>9-Apr-2019</u>	<u>Cadre</u>
0900-UTC 0900-UTC 1400 1700	Transport Equipment to Freedom Hall Set Up Freedom Hall Plotter At Kelley Hill Rec Center Audio Visual Checks/Key Leader Rehearsal	SFC Cortez SFC Farris SSG Richardson SSG Richardson
<u>Time</u>	<u>9-Apr-2019</u>	<u>Cadre</u>
530 0600-1900 1700 1800 1900 1900 1930	Arrival Kelley Hill Rec Center Weigh Ins First Look at Brackets 2nd Look Brackets Brackets Complete Coaches Meeting Bout Sheets Complete	All All SFC Farris/SFC Sayles
<u>Time</u>	<u>10-Apr-2019</u>	<u>Cadre</u>
700 800 855 900 930 1200-1300 1300-UTC 1700-UTC	Arrival Freedom Hall start checks, detail placing, and rehearsals Coaches/Competitor Brief Competitors/Coaches/Instructors/etc... Formation Opening Ceremony Opening Ceremony Complete/Clear Mat/Start Competition Intermediate Rules Intermission Resume Competition until Semi Finals Clean up/Pick up Mats/Police call/Prep for next day	All SFC Farris/SFC Sayles All All All All All All All
<u>Time</u>	<u>11-Apr-2019</u>	<u>Cadre</u>
700 800 900-1100 1100-1200 1200-UTC 1600-UTC	Arrival Freedom Hall start checks, detail placing, and rehearsals Coaches/Competitor Brief Advance Rules Competition 3rd/4th Begins Intermission Resume competition 1st/2nd (Best Ranger Awards Ceremony) Clean up/Take down Tactical Enclosure/Police Call/Prep for next day  ***Individuals will receive award after each bout***	All SFC Farris/SFC Sayles All All All All
<u>Time</u>	<u>12-Apr-2019</u>	<u>Cadre</u>
700 800 900 905-UTC 1200-UTC 1400-UTC 1500	Arrival Freedom Hall start checks, detail placing, and rehearsals Coaches/Competitor Brief Introduce Top 4 Teams Start 1st Scenerio (All 4 Teams) Start 2nd Scenerio (Top 2 Teams) Awards(Team Champions)/Closing Ceremony Breakdown/Police Call/Prep Equipment for Transport  ***Lacerda Cup overall Team Championship***	All SFC Farris/SFC Sayles All All All
<u>Time</u>	<u>12-Apr-2019</u>	<u>Cadre</u>
0900-UTC	Transport Equipment back to Kelley Hill Rec Center and Reset	All
<u>Time</u>	<u>16-Apr-2019</u>	<u>Cadre</u>
0900-UTC	Finish Reset of Kelley Hill	All

# 2019 LACERDA CUP RULES AND EQUIPMENT

## INTERMEDIATE COMPETITION

A-1. Intermediate competition rules are used—

- During the finals at a battalion or regimental championship tournament.
- During the semi-finals at division or higher-level championship tournaments.

A-2. Striking is introduced at the intermediate competition level. Fighters can use open hand strikes to the face, closed fist strikes to the body, kicking with the foot and shin, knee strikes from the waist down takedowns, ground fighting techniques with chokes, and joint locks (shoulder, elbow, straight ankle and straight knee) to submit their opponents.

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**Note.** These competitions must be supervised by a certified Combatives Master Trainer Course graduate.

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## ADVANCED COMPETITION

A-3. Advanced competitions allow for closed fist strikes, kicks with the feet and shins, and knee strikes below the head. In this level, competitors can use takedowns to a dominant body position, ground- fighting with chokes, joint locks (shoulder, elbow, straight ankle and straight knee), and muscle manipulation to submit their opponents.

## SCENARIO COMPETITION

A-4. Scenario competitions allow for closed fist strikes, elbow strikes, head butts, kicks with feet and shins, and knee strikes below the head while in full tactical combat gear and weapon. In this level, competitors can use takedowns to a dominant body position, ground fighting with chokes, joint locks, weapon and tactical techniques (shoulder, elbow, straight ankle and straight knee, muscle strike and head butt), and muscle manipulation to subdue the enemy with the proper escalation of force.

A-5. Advanced and scenario competition rules are used during the finals for division and higher-level tournaments.

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**Note.** Advanced and scenario competitions must be staff by a minimum of four certified Combatives Master Trainer Course graduates.

**Note.** Uniforms are subject to the competition director's discretion.

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**Table A-8. Level of competition and required uniform**

UNIFORM LEVEL	BASIC		STANDARD		INTERMEDIATE		ADVANCED		SCENARIO	
	M	F	M	F	M	F	M	F	M	F
ACUS	X	X	X	X	X	X	X	X	X	X
Tactical Uniform									X	X

**Note.** M indicates male competitors and F indicates female competitors.

## COMBAT UNIFORMS

All fighters must be dressed in a serviceable ACU with bottoms, sand T-shirt, and top.

# 2019 LACERDA CUP RULES AND EQUIPMENT

## **Jacket**

The ACU jacket may be worn inside out. The zipper of the ACU 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.

## **T-Shirt**

The sand T-shirt must be tucked into the uniform bottoms.

## **Bottoms**

Competitors must wear appropriate physical fitness type shorts under the Combat Uniform bottoms.

## **Footwear**

The fighter must be barefoot or wear wrestling shoes.

## **SHORTS**

The fighter may wear shorts with appropriate service or unit symbols and must present a neat and tidy appearance .During informal completion. I.E during PT

## **Footwear**

The fighter must be barefoot.

## **TACTICAL COMBAT UNIFORM**

All fighters must wear all components of the Army Combat Uniform as outlined in paragraphs A-125 through A-128.

## **Footwear**

All fighters must wear military boots.

## **Tactical Vest**

All fighters must wear the proper improved outer tactical vest (IOTV) or military equivalent.

## **Helmet**

Fighters will wear the Army Combat Helmet (ACH) or military equivalent.

## **Personal Protective Equipment**

Fighters will wear the proper personal protective equipment. (See table A-9.)

## **UNDERGARMENTS AND OTHER APPAREL**

Earrings and all other body piercings, wrist and ankle bracelets, necklaces, watches, and rings are prohibited.

Women must wear breast protectors and/or an athletic brassiere.

## **COMPETITORS' EQUIPMENT**

Fighters must be properly equipped for their bouts (Table A-9). 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.

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**Note.** Pieces of equipment are required only to the extent outlined in table A-9 and will be further enforced by the tournament director.

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# 2019 LACERDA CUP RULES AND EQUIPMENT

## MOUTHPIECE

All competitors must wear fitted mouthpieces. All competitors should have an extra mouthpiece ringside during their match. Competitors must furnish their own mouthpieces.

## 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.

## 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.

**Table A-9. Equipment required for each level of competition**

<b>EQUIPMENT LEVEL</b>	<b>BASIC</b>	<b>STANDARD</b>	<b>INTERMEDIATE</b>	<b>ADVANCED</b>	<b>SCENARIO</b>
Mouthpiece	S	S	R	R	R
Groin protector	S	S	R	R	R
Soft braces and/or pads for the elbows, knees and ankles	S	S	S	S	S
Hard braces	N/R	N/R	N/R	N/R	N/R
Shin and instep pads	N/R	N/R	R	S	N/R
Knee pads	S	S	R	S	S
Martial arts belt	S	S	R	S	N/R
Tape and gauze for wrapping feet or ankles	N/R	N/R	S	S	N/R
Tape and gauze for wrapping hands	N/R	N/R	N/R	R	N/R
Gloves	N/R	N/R	N/R	R	N/R
Helmet	N/R	N/R	N/R	N/R	R
Tactical Vest	N/R	N/R	N/R	N/R	R
PPE: Eye and ear pro, gloves, knee and elbow pads	N/R	N/R	N/R	N/R	R
Impact Reduction Suit (OPFOR)	N/R	N/R	N/R	N/R	R
<p>Note. R indicates that equipment is required. S indicates that the equipment is suggested or recommended. N/R indicates that the equipment is not recommended or permitted.</p>					

# Training Scenario

## Columbianstan / Augusta Region

## Area of Responsibility Kelly

**UNCLASSIFIED**

*For Training Purpose Only in USACC*

# MISSION

Alpha Squad will deploy to AO Kelly on **DATE** IOT capture and detain HVT Ben Jenkins who possess key information on Insurgent Forces in Southern Columbiastan. Allowing for Stability Operations along the Columbia-Augusta international border. IOT maintain Augusta territorial integrity and prevent enemy forces from influencing the local population.

## AREA OF OPERATION

### Columbianstan

- 54 419sq. mi.; slightly bigger than Idaho
- Ethnic groups: Columbiana 51%; Atropian 24%; Gilaki and other 24%. Note: the northwest territories are almost 100% Augustan
- Predominant Language: English
- Religions: Roman Catholic 90%; and Other10%;

### Augusta

- 59,425 sq. mi. slightly bigger than New Mexico
- Ethnic groups: Augustan 90%, Columbianian 2.5%, and other 7.5%.
- Predominant Language: English
- Religion: Approximately 95% of the population of Augusta is Shi'a Muslim.

**AO Kelly – Will Align  
With Fort Benning  
Terrain**

# Operation Safe Home

**Phase 1:** Begins with USASS deploying Alpha squad to the Columbianstan / Augusta Theater of Operations; occupying the Intermediate Staging Base (ISB) Benning. Alpha squad completes combat preparations by verifying soldiers received CONOP, additional equipment required, and completing individual training. Ends with all other individual tasks being completed within the AO

**Phase 2:** Begins with movement to Assembly Area 1 IOT conduct individual and collective training required for small-unit level combat operations. Ends with completion of training tasks.

**Phase 3:** Begins with breach of BLDG 1 conducting room clearing IOT capture HVT Ben Jenkins. Alpha squad will conduct room clearing operations IOT capture critical intel on Insurgent Forces in Southern Columbiastan . Alpha squad will have limited time on site due to possible QRF in area. Ends when HVT Ben Jenkins has been captured.

**Phase 4:** Begins with Alpha squad movement to Assembly Area 1; Alpha squad will complete operations and conduct recovery operations in preparation for redeployment. Ends with soldiers prepared for follow on operations.

# AREA OF OPERATION

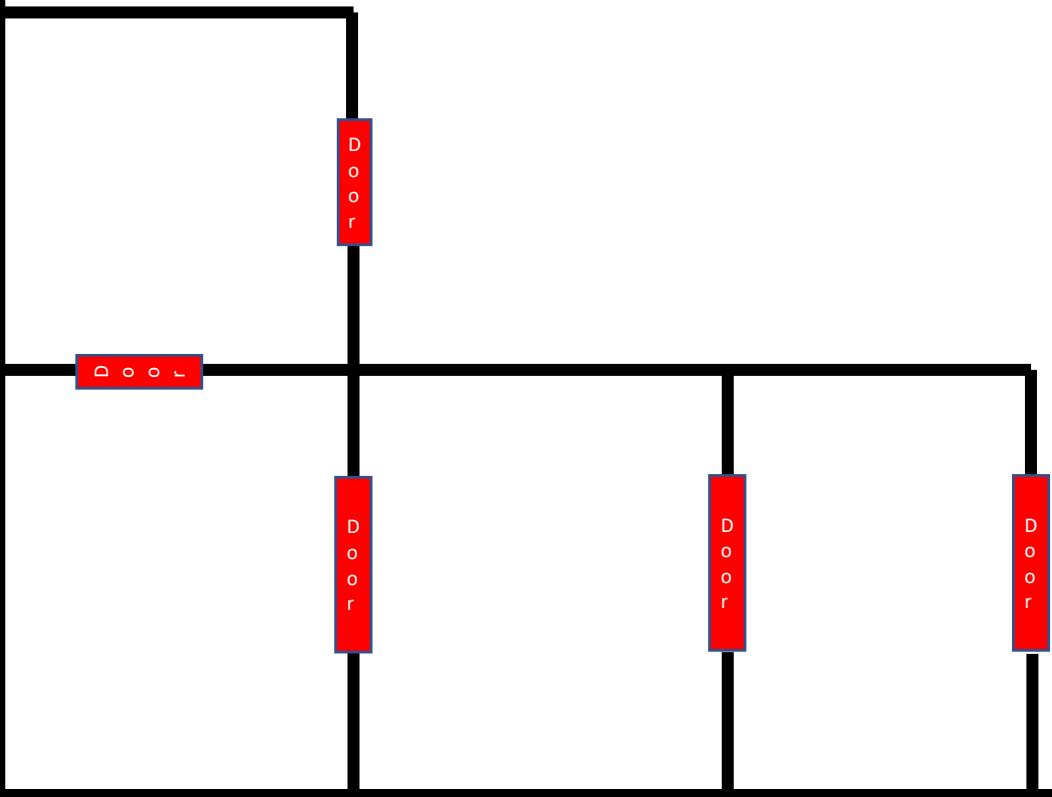
## Satellite Overview



## BLDG 1 (Floor Plan)

### Items of Interest

- Predicted doorway location are marked in RED
- Doorway can be either hard standing or flimsy covers. Assume doorways will not provide security or protection.
- Unknown if there is standing furniture within the building



## PHASE I

Alpha Squad conducts Planning, and complete combat operations preparation

## PHASE II

Alpha Squad moves to AA1. Conducts PCC/PCI.

## PHASE IV

Alpha Squad reconsolidates at AA1 with HVT and intel.

## PHASE III

Alpha Squad breaches BLDG 1 and conducts Room Clearance for HVT



HVT  
Ben Jenkins



Name Last: Jenkins

Name First: Ben

Height: 5' 11"

Weight: 170 lbs

Hair: Black

Eyes: Blue

Details:

- Last seen in Kelly Hill Recreation Center AO, around BLDG 1
- Known to possess sensitive materials of Insurgent Forces in Southern Columbiastan.
- Typically travels with security detail; 2-3 combatants armed with light weapons.

# Rules of Engagement

Nothing in these Rules of Engagement limits your right to take appropriate actions to defend yourself and your unit.

- A. You have right to use force to defend yourself against attacks or threat of attack.
- B. Hostile fire may be returned effectively and promptly to stop a Hostile Act.
- C. When U.S Forces are attacked by unarmed Hostile Elements, MOBS, and / or Rioters, U.S Forces should use the minimum force necessary under the circumstances and proportional to the threat.
- D. You may not seize the property of others to accomplish your mission.
- E. Detention of civilians is authorized for security reasons or in self-defense.

## Remember

- 1. The United States is Not at War
- 2. Treat all persons with dignity and respect
- 3. Use Minimum Force to carry out mission
- 4. Always be prepared to act in self-defense.

# Training Scenario 2

## **Columbianstan / Augusta Region**

## **Area of Responsibility Kelly**

**UNCLASSIFIED**

*For Training Purpose Only in USACC*

# MISSION

Alpha Squad will deploy to AO Kelly on **DATE** IOT capture and detain HVT Ben Jenkins who possess key information on Insurgent Forces in Southern Columbiastan. Allowing for Stability Operations along the Columbia-Augusta international border. IOT maintain Augusta territorial integrity and prevent enemy forces from influencing the local population.

## AREA OF OPERATION

### Columbianstan

- 54 419sq. mi.; slightly bigger than Idaho
- Ethnic groups: Columbiana 51%; Atropian 24%; Gilaki and other 24%. Note: the northwest territories are almost 100% Augustan
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**AO Kelly – Will Align  
With Fort Benning  
Terrain**

# Operation Safe Roads

**Phase 1:** Begins with USASS deploying Alpha squad to the Columbianstan / Augusta Theater of Operations; occupying the Intermediate Staging Base (ISB) Benning. Alpha squad completes combat preparations by verifying soldiers received CONOP, receiving additional equipment required, and completing individual training. Ends with all other individuals tasks being completed within the AO

**Phase 2:** Begins with movement and establishment of TCP 1 IOT conduct individual and collective training required for small-unit level combat operations. Ends with completion of training tasks.

**Phase 3:** Begins with executing TCP operations IOT capture HVT Ben Jenkins. Alpha squad conduct TCP operations IOT capture critical intel from captured HVT Ben Jenkins on Insurgent Forces in Southern Columbiastan .. Ends when HVT Ben Jenkins captured.

**Phase 4:** Begins with Alpha squads securing intel; Alpha squad will complete operations and conduct recovery in preparation for redeployment. Ends with soldiers prepared for follow on operations.

# AREA OF OPERATION

## Satellite Overview



## Traffic Control Point 1

### Items of Interest

- Route leading up to TCP 1 is un-secured.
- Route is commonly traveled by civilians and hostile forces.
- Unknown if hostile forces contain QRF in un-secured zone.

## PHASE I

Alpha Squad conducts Planning, and complete combat operations preparation

## PHASE II

Alpha Squad conducts movement and establishment of TCP 1

## PHASE IV

Alpha Squad reconsolidates at TCP 1 with HVT and intel.

## PHASE III

Alpha Squad executes TCP Operations to capture HVT and data.



HVT  
Ben Jenkins



Name Last: Jenkins

Name First: Ben

Height: 5' 11"

Weight: 170 lbs

Hair: Black

Eyes: Blue

Details:

- Last seen in Kelly Hill Recreation Center AO, around BLDG 1
- Known to possess sensitive materials of Insurgent Forces in Southern Columbiastan.
- Typically travels with security detail; 2-3 combatants armed with light weapons.
  - Security is unknown when HVT travels in Vehicle.



Make: Chrysler

Model: 200

Color: Black

Doors: 4

Type: Sedan

### Details:

- Last seen being used HVT Ben Jenkins
- Known to contain sensitive materials of Insurgent Forces in Southern Columbiastan.
- Known to contain bullet resistant armor

# Rules of Engagement

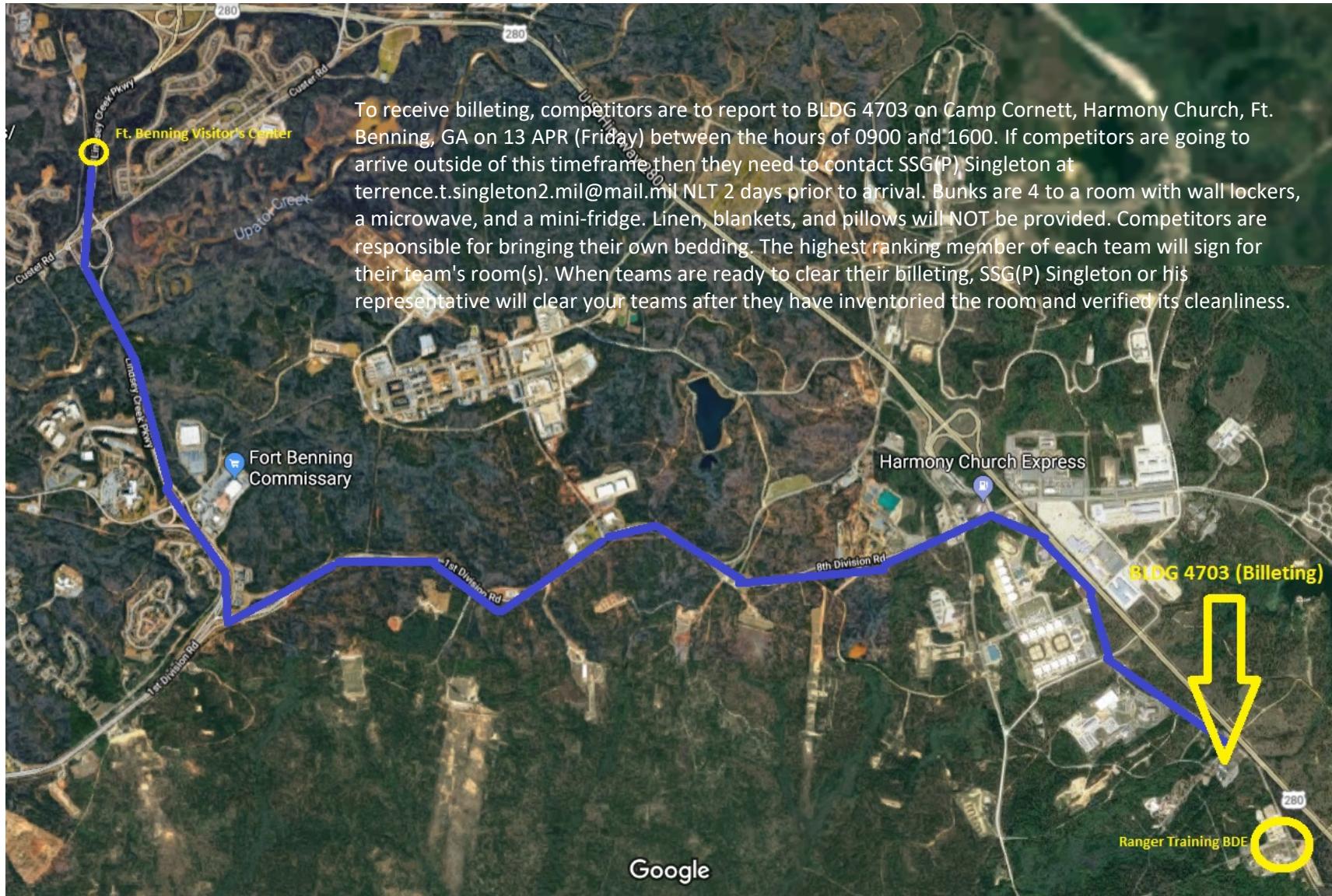
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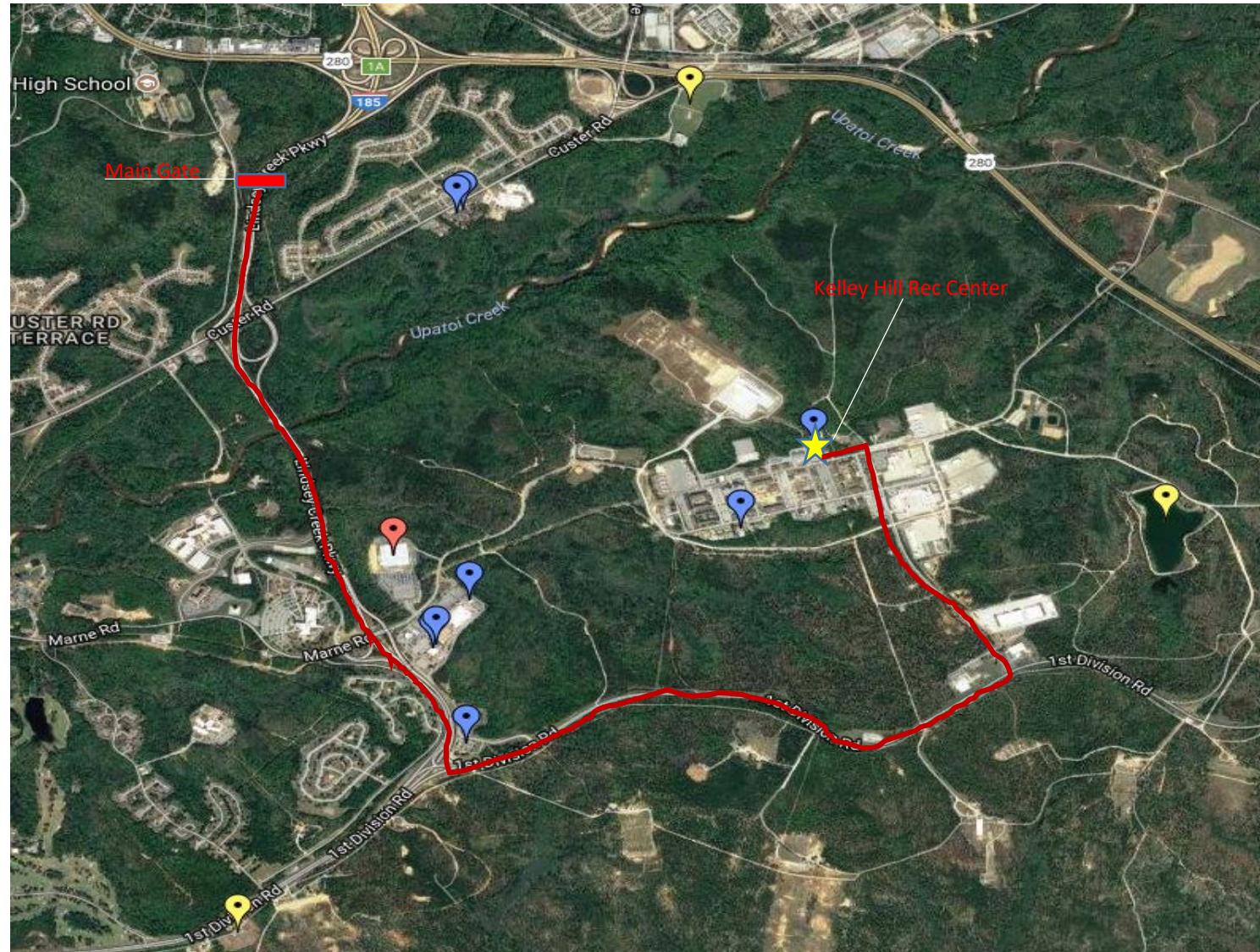
## Remember

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# DIRECTIONS TO BILLITING



# 2019 LACERDA CUP WEIGH IN DIRECTIONS TO KELLEY HILL REC CENTER BLDG 9079



# **FORT BENNING ( Main Post )**

