



CPO PRIDE DAY JAX

2026 COMPETITION RULES & SELECTEE TRAINING GUIDE

FY-27 CPO SELECTEES

For Command Training, Rehearsal & Competition Preparation

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cpopridedayjax.com/competition-rules

COMMAND TRAINING GUIDE

Competition rules, training priorities, Jeopardy study subjects and official resources

PURPOSE OF THIS GUIDE

This printable guide is designed for Command CPO Messes to train FY-27 CPO Selectees for the five CPO Pride Day JAX championship events. It mirrors the published competition framework and expands the Jeopardy subject areas into a practical study plan. It is NOT the actual Jeopardy question bank or answer key.

The live Competition Rules webpage remains the controlling public source. If a rule is updated after this PDF is downloaded, the version published online takes precedence.

CHAMPIONSHIP EVENT	RAW MEASURE	MAX CHAMPIONSHIP POINTS
Introduction March, Drill & Cadence	100-point judging rubric	20
CPO Pride Day Jeopardy	Raw game points / placement	20
Push-Ups	Valid reps in 2:00	20
Forearm Planks	Longest valid hold	20
Guidon	100-point judging rubric	20

LIVE COMPETITION RULES



cpropridedayjax.com/competition-rules

COMPETITION REGISTRATION



cpropridedayjax.com/competition-registration

COMMAND POC REMINDER

Your Command POC is responsible for registration accuracy, Selectee coordination, competitor assignments and ensuring all participants understand the published rules before event day.

GENERAL RULES & REQUIREMENTS

Applies to all five championship events

- All Selectees must have prior authorization from their Command Master Chief, Command Senior Chief, or Senior Enlisted Leader to participate.
- All competitors must be FY-27 CPO Selectees, or Selectees participating in the current Chief Petty Officer Initiation Season, representing their Command's CPO Mess.
- Each Command/Mess must designate a Point of Contact responsible for competition registration, accuracy of submitted information, competitor coordination and communication with the CPO Pride Day JAX Competition Committee.
- Last-minute and day-of competition registrations will not be accepted.
- Team conduct will be exemplary at all times. Explicit language, rude gestures, inappropriate behavior, offensive or suggestive material, or conduct inconsistent with good order and discipline will not be tolerated.
- Guidons, cadences, performances, uniforms, props and competition materials must remain professional and in good taste.
- Conduct violations may result in immediate termination of a performance or competition entry and disqualification from that event.
- Serious conduct violations may result in disqualification of the entire Chief's Mess from the overall championship and/or removal from the venue at the discretion of Event Leadership and the Chief Judge.
- Decisions involving rules interpretation, scoring disputes, disqualification or competition integrity will be adjudicated by the designated Chief Judge.

TRAINING STANDARD

Train to the published rule - not to a rumor, prior-year practice, or an unofficial answer received from another Mess. When in doubt, the Command POC should contact the Events/Competition Committee before event day.

OVERALL CHAMPIONSHIP SCORING

Five events. Equal championship weight. 100 points maximum.

Each competition keeps its own natural raw measurement. Raw results determine event placement. Event placement is then converted into Championship Points using the same scale for every event.

EVENT FINISH	CHAMPIONSHIP POINTS
1st Place	20
2nd Place	16
3rd Place	13
4th Place	10
5th Place	8
6th Place	6
7th Place	5
8th Place	4
9th Place	3
10th Place	2
11th Place & Below - Qualified Finish	1
DNS / DNF / Event Disqualification	0

Five Events x 20 Maximum Points = 100 Maximum Championship Points.

Overall Championship Tie-Breakers

1. Most individual event 1st-place finishes.
2. Most total podium finishes (1st, 2nd or 3rd).
3. Highest combined raw score from Introduction March/Drill/Cadence and Guidon.
4. Highest raw CPO Pride Day Jeopardy score.
5. If still tied, one sudden-death Naval/CPO Heritage question administered by the Chief Judge.

WHY PLACEMENT POINTS ARE USED

Jeopardy can generate a large raw score, push-ups are measured in repetitions, planks are measured in time, and judged events use 100-point rubrics. Converting placement to one common Championship Point scale prevents any single event from mathematically overpowering the others.

EVENT #1 - INTRODUCTION MARCH, DRILL & CADENCE

Military bearing, precision, teamwork, projection and CPO pride

Each Chief's Mess performs an introductory march incorporating drill, cadence, military bearing, teamwork and CPO pride.

Official Requirements

- All Introduction March, Drill & Cadence entries must be present at the beginning of CPO Pride Day at the Veterans Memorial Wall.
- Any registered Mess competition team not present at the start of the event may be disqualified from this competition.
- The entire participating team must take part in the cadence performance in its entirety.
- Maximum performance time is five (5) minutes.
- The official timer will call TIME at 5:00. If the routine has not been completed, a 10-point deduction from the raw judging score will be assessed and the performance must immediately conclude.
- Failure to stop when directed by the official timer or Chief Judge may result in disqualification.

100-Point Judging Rubric

JUDGING AREA	POINTS	WHAT JUDGES ARE LOOKING FOR
Formation, Precision & Synchronization	25	Alignment, spacing, coordinated movement, command response and overall precision.
Drill Execution	20	Quality, control, execution and transitions between drill movements.
Cadence Execution & Projection	20	Clarity, rhythm, command presence, energy and participation.
CPO Pride & Professionalism	15	Military bearing, professionalism and connection to Chief Petty Officer pride and heritage.
Team Participation & Cohesion	10	The team performs together as a coordinated unit.
Creativity & Overall Impact	10	Memorable and appropriate presentation without sacrificing military professionalism.

MARCH / DRILL / CADENCE - TRAINING CHECKLIST

Recommended preparation - not additional competition rules

- **Rehearse under 5:00.** Build the finished routine to approximately 4:15-4:30 so there is margin for event-day movement and timing.
- **Start and finish clean.** Practice the exact first command, entry point, final position and dismissal.
- **Use one command voice.** The person giving drill commands should be unmistakable, audible and consistent.
- **Train transitions.** Most visible errors happen between movements, not during the movement itself.
- **Cadence must include the entire team.** Practice projection, rhythm and coordinated response at the same tempo used during the event.
- **Judge from the front.** Have Chiefs who did not build the routine observe alignment, spacing and presentation from the same perspective as event judges.
- **Video the rehearsal.** Use one full-speed recording to identify drifting alignment, delayed responses, weak projection and dead time.
- **Conduct a no-stop final rehearsal.** Run the routine once exactly as it will be performed - no coaching, restarts or pauses.

TRAINING GOAL

Precision beats complexity. A clean, confident, professional routine that finishes comfortably inside the time limit is stronger than an overbuilt routine that creates timing and execution risk.

EVENT #2 - CPO PRIDE DAY JEOPARDY

New for 2026 - Naval heritage, leadership tools, vocabulary, customs, movie trivia and sea power

CPO Pride Day Jeopardy replaces the previous Heritage Skit/Level of Knowledge competition format and is part of the overall CPO Pride Day JAX Competition Championship.

Team Composition & Lunch-Split Format

- Each participating Chief's Mess submits a team of 2-4 CPO Selectees.
- Each team designates one Primary Spokesperson.
- Teams may collaborate before giving a response, but only the recognized spokesperson provides the official answer unless directed otherwise by the Quizmaster.
- Jeopardy operates during the designated lunch rotation: while one assigned competition group is at lunch, the other participates.
- Separate but equivalent question boards are used for the competition groups to protect fairness.

Published Game Format

ROUND	STRUCTURE	RAW VALUES	MAX RAW
First Round	6 categories x 3 clues	2 / 6 / 10 points	108
Sea Power Championship Round	1 category x 5 clues	4 / 8 / 12 / 16 / 20	60
TOTAL	23 clues	-	168

Game Rules

- All responses must be provided in the form of a question (for example: Who is...?, What is...?, Where is...?).
- Teams have approximately five (5) seconds to signal after a clue has been completely read.
- Once recognized, the spokesperson must begin the team's response within five (5) seconds.
- A correct response earns the assigned raw points. An incorrect response earns zero points; there is no negative-point deduction.
- Following an incorrect response, the clue may be opened for one rebound opportunity to another properly recognized team.
- A team providing the correct response receives control of the board and selects the next clue. If no team answers correctly, control remains with the team that originally selected the clue.
- Electronic quiz buzzers are preferred. If unavailable, a numbered signaling system and designated Signal Judge will be used.
- The Quizmaster's recognition of the team permitted to answer is final.
- A tie affecting Jeopardy placement is resolved by sudden death using Naval/CPO Heritage clues.

QUESTION INTEGRITY

All competition clues should have an official correct response, acceptable alternate responses when appropriate, a documented source and a designated validator/reviewer. The validated answer key is used by the Chief Judge to resolve challenges.

JEOPARDY STUDY GUIDE

Detailed subject areas for Command training - not the actual competition question bank

Rebecca Nugent's POC plan establishes seven subject areas: The Anchors Aweigh, MCPON Before and After, The Sailorization Toolbox, The Nautical Word, The Mess and The Customs, Hollywood At Sea, and Sea Power. The pages that follow expand those categories into study targets and online resources. The original plan identifies NHHHC, MyNavyHR and Goatlocker as reference sources.

IMPORTANT

This study section intentionally provides SUBJECT AREAS, not the competition clues or answer key. Questions may address any fact reasonably contained within the published category description. Commands should teach understanding and recall - not memorize a single practice sheet.

Best Study Method

- Build a 2-4 person Jeopardy team with complementary strengths rather than having every Selectee study independently.
- Assign one lead Selectee to each category, but cross-train every team member on the core material.
- Use short timed recall drills. Knowing the answer after 30 seconds will not help in a 5-second signaling game.
- Practice all responses in question form.
- Practice with a spokesperson: team members quietly confer, spokesperson commits to the response.
- Use maps, timelines, acronym flashcards and MCPON surname cards - not only paragraph reading.
- End each study session with a short mock board under time pressure.

JEOPARDY CATEGORY 1 - THE ANCHORS AWEIGH

Naval and Chief Petty Officer history

What Selectees Should Study

- **Origins of the U.S. Navy.** Founding era, Continental Navy roots, important early ships and major dates in the development of the naval service.
- **Origins of the Chief Petty Officer.** Early use of the term, formal establishment of the CPO grade on 1 April 1893, original ratings and the evolution of the grade.
- **Evolution of senior enlisted pay grades.** Development of E-7, creation of Senior Chief and Master Chief pay grades, and the growth of the senior enlisted leadership structure.
- **CPO identity and insignia.** CPO uniforms, rating badges, anchors, the fouled anchor, covers and the visible symbols associated with the Mess.
- **CPO Creed, Pledge and public leadership principles.** Know the themes, purpose and major concepts associated with CPO leadership and responsibility.
- **Notable Chiefs.** Historically significant Chief Petty Officers, Medal of Honor recipients, pioneers and Chiefs associated with major Navy milestones.
- **Major Navy history.** Key wars, battles, ship classes, famous ships, naval aviation, submarines, surface warfare and changes in the force over time.
- **Navy heritage dates.** Be comfortable connecting major dates and anniversaries to the event or institution they commemorate.

High-Value Resources

Naval History and Heritage Command - Chief Petty Officer:

<https://www.history.navy.mil/browse-by-topic/communities/chief-petty-officers.html> - Primary public CPO history hub, including history, uniforms, creed, pledge and notable Chiefs.

Naval History and Heritage Command: <https://www.history.navy.mil/> - Primary Navy history and heritage source.

Goatlocker.org - Resources: <https://www.goatlocker.org/resources/#navy> - Supplemental CPO community archive. Not affiliated with the Department of the Navy; verify disputed facts against official Navy sources.

PRACTICE PROMPT

Ask Selectees to build a one-page CPO timeline from 1775 to present, then explain each milestone aloud without reading. If they can teach the timeline, they are more likely to recognize it under game pressure.

JEOPARDY CATEGORY 2 - MCPON BEFORE AND AFTER

MCPON surnames merged with Naval/CPO terms through an overlapping-word mechanic

The POC plan describes this as a word-overlap category: the last name, or part of the last name, of a real MCPON merges directly into the beginning of the next Naval term. To prepare, Selectees should know MCPON surnames cold and also have a strong vocabulary of Naval/CPO terms.

MCPONs to Know - Chronological Order

#	MCPON	TENURE
1	Delbert D. Black	1967-1971
2	John "Jack" Whittet	1971-1975
3	Robert J. Walker	1975-1979
4	Thomas S. Crow	1979-1982
5	Billy C. Sanders	1982-1985
6	William H. Plackett	1985-1988
7	Duane R. Bushey	1988-1992
8	John Hagan	1992-1998
9	James L. Herdt	1998-2002
10	Terry D. Scott	2002-2006
11	Joe R. Campa Jr.	2006-2008
12	Rick D. West	2008-2012
13	Mike D. Stevens	2012-2016
14	Steven S. Giordano	2016-2018
15	Russell L. Smith	2018-2022
16	James M. Honea	2022-2025
17	John Perryman	2025-present

How to Train This Category

- Memorize full names, surnames and chronological order.
- Practice recognizing surnames when only part of the name appears inside a larger combined term.
- Review common CPO, seamanship, shipboard, warfare and leadership vocabulary because the second half of the clue may come from another category.
- Use flashcards with the MCPON surname on one side and order/tenure on the other.
- Conduct rapid verbal drills: a Chief calls a number (1-17), a Selectee immediately gives the MCPON surname; then reverse the drill.

NHHC - Master Chief Petty Officers of the Navy: <https://www.history.navy.mil/browse-by-topic/people/master-chief-petty-officers.html> - Official chronological list, tenures and individual MCPON pages.

JEOPARDY CATEGORY 3 - THE SAILORIZATION TOOLBOX

Official Navy programs, acronyms and initiatives used to develop Sailors and support families

What Selectees Should Know

- **Enlisted Leader Development (ELD).** Purpose of the leadership continuum, CPO-LDC, Sailor 360, coaching, mentoring, feedback, character and ethics.
- **Career Development Boards (CDBs).** Why they are conducted, who participates, what career topics are discussed and how Chiefs help Sailors turn goals into an actionable plan.
- **MyNavyHR / MyNavy Career Center.** Know where Sailors find authoritative personnel, advancement, career management and support information.
- **Career and education tools.** Navy COOL, USMAP, tuition/education programs, credentialing, advancement and career-management resources.
- **Fleet & Family Support Program (FFSP).** Work and Family Life, deployment readiness, relocation, transition, financial readiness, life skills and family support.
- **Family readiness and accountability.** Ombudsman Program, Exceptional Family Member Program (EFMP), Navy Family Accountability and Assessment System (NFAAS) and emergency/family support resources.
- **Counseling, advocacy and prevention.** Know the purpose and referral pathways for SAIL, Family Advocacy Program, SAPR and other command/family support services.
- **Chief as connector.** For every acronym, know what problem it solves, who it serves, where the Sailor is referred and why the program matters to readiness.

High-Value Resources

MyNavyHR: <https://www.mynavyhr.navy.mil/> - Primary Navy personnel and career-management portal.

Navy Enlisted Leader Development - NETC: <https://www.netc.navy.mil/ELD/> - Official ELD program overview, course information and current leader-development resources.

Fleet & Family Support Program - CNIC: <https://ffr.cnic.navy.mil/Family-Readiness/Fleet-And-Family-Support-Program/> - Official Navy family readiness, counseling, relocation, financial and support-program directory.

MyNavyHR Career Counseling: <https://www.mynavyhr.navy.mil/Career-Management/Career-Counseling/> - Career development and counseling resources.

STUDY RULE

Do not stop at spelling out acronyms. Train Selectees to answer: What is it? Who needs it? When would a Chief use it? Where do I send the Sailor?

JEOPARDY CATEGORY 4 - THE NAUTICAL WORD

Naval and CPO vocabulary, shipboard language and traditional nautical terms

Core Vocabulary Families

- **Ship orientation and structure.** Bow, stern, port, starboard, amidships, hull, keel, deck, overhead, bulkhead, passageway, forecastle, fantail, quarterdeck, bridge, galley, mess and head.
- **Seamanship and navigation.** Course, heading, bearing, nautical mile, knot, fathom, line, mooring, underway, coxswain, boatswain, boatswain's pipe and common deck evolutions.
- **Watchstanding and time.** Watches, ship's bells, dog watches, relief, log entries and basic shipboard timekeeping traditions.
- **Commands and expressions.** Aye aye, avast, all fast, belay, bravo zulu, mayday and other common Naval expressions or signal phrases.
- **Origins of Navy phrases.** Know that many everyday expressions have nautical roots; be prepared to identify the traditional meaning or origin of a term.
- **Rank/rate/rating language.** Be precise about the difference between rank, rate, rating, paygrade and positional titles.
- **Traditional slang and heritage terms.** Terms associated with shipboard life, Chiefs, deckplate leadership and historical Navy culture.

Suggested Term Drill

☐ bow / stern	☐ port / starboard
☐ fore / aft	☐ deck / overhead / bulkhead
☐ quarterdeck	☐ forecastle
☐ fantail	☐ galley / mess / head
☐ keel / hull	☐ coxswain
☐ boatswain	☐ line vs. rope
☐ knot / nautical mile / fathom	☐ course / heading / bearing
☐ underway	☐ avast
☐ all fast	☐ belay
☐ bravo zulu	☐ mayday
☐ ship's bell	☐ dog watch
☐ plank owner	☐ binnacle list
☐ brightwork	☐ Charlie Noble
☐ piping	☐ toe the line

NHHC - Meaning and Origin of Nautical Terms: <https://www.history.navy.mil/browse-by-topic/heritage/speak-like-a-sailor/nautical-terms-and-phrases-their-meaning-and-origin.html> - Official heritage explanations of commonly used nautical terms and phrases.

National Museum of the U.S. Navy - Nautical Vocabulary:

<https://www.history.navy.mil/content/history/museums/nmusn/education/educational-resources/ships-to-the-sea-1/nautical-vocabulary-list.html> - Basic ship and seamanship vocabulary refresher.

JEOPARDY CATEGORY 5 - THE MESS AND THE CUSTOMS

Naval and CPO customs, ceremonies, traditions and professional etiquette

What Selectees Should Study

- **Colors and saluting.** Morning/evening colors, respect to the national ensign, saluting customs and basic ceremonial expectations.
- **Quarterdeck customs.** Boarding/leaving ships, honors, watchstanding etiquette and respect for the ship and command.
- **Honors and ceremonies.** Side honors, piping, manning the rails, passing honors, gun salutes, change of command, commissioning/decommissioning and burial at sea.
- **Ship's bell traditions.** Functional and ceremonial uses, timekeeping, announcements and heritage.
- **Rites and heritage.** Plank owners, crossing the line, unofficial seagoing certificates, New Year's deck log tradition and other documented Navy customs.
- **CPO heritage.** Publicly documented CPO Creed, Pledge, symbols, history and traditions that define professional expectations of the Mess.
- **Good order and discipline.** Understand the difference between a tradition, a local practice and an official regulation. Formal customs should be verified against current Navy guidance.

High-Value Resources

NHHC - Customs and Traditions: <https://www.history.navy.mil/browse-by-topic/heritage/customs-and-traditions0.html> - Official heritage hub covering shipboard ceremonies, traditions and rites.

NHHC - The Ship's Bell: <https://www.history.navy.mil/content/history/nhhc/browse-by-topic/heritage/customs-and-traditions0/the-ship-s-bell.html> - History and ceremonial uses of the ship's bell.

U.S. Navy Regulations: <https://www.secnav.navy.mil/doni/US%20Navy%20Regulations/Forms/AllItems.aspx> - Use Chapter 12 for Flags, Pennants, Honors, Ceremonies and Customs.

NHHC - Chief Petty Officer: <https://www.history.navy.mil/browse-by-topic/communities/chief-petty-officers.html> - Public CPO history, Creed, Pledge, uniforms and notable Chiefs.

JEOPARDY CATEGORY 6 - HOLLYWOOD AT SEA

Naval movie trivia

The POC plan identifies this category only as "Naval Movie Trivia" and does not publish an official film list. The list below is therefore a recommended training list - not a guarantee that a title will appear in the competition.

Suggested Review List

TITLE	STUDY FOCUS
Top Gun (1986)	Naval aviation / fighter community
Top Gun: Maverick (2022)	Modern Naval aviation
Men of Honor (2000)	Navy diving / Carl Brashear
The Hunt for Red October (1990)	Submarine warfare
Crimson Tide (1995)	Ballistic-missile submarine drama
The Caine Mutiny (1954)	Surface Navy / command at sea
Greyhound (2020)	WWII Atlantic convoy escort
Midway (1976 or 2019)	Battle of Midway / WWII Naval aviation
Down Periscope (1996)	Submarine comedy
Battleship (2012)	Modern surface Navy action
Annapolis (2006)	Naval Academy setting
A Few Good Men (1992)	Navy/Marine Corps military justice drama

What to Pull From Each Film

- Title and release era.
- Primary Navy community or platform represented.
- Major character names and military roles/ranks.
- Ship, submarine or aircraft names that are central to the story.
- Historical event or time period if the movie is based on real history.
- Recognizable plot facts - without relying on memorized quotations.

Goatlocker.org - CPO Resources: <https://www.goatlocker.org/resources/> - Includes a CPOs in Movies and TV archive; use as supplemental study and verify historical facts independently.

TRAINING IDEA

Divide the recommended titles across the Mess. Each Selectee gives a 60-second brief on one title: platform/community, major characters, setting, historical connection and two memorable non-quote facts.

JEOPARDY CHAMPIONSHIP CATEGORY - SEA POWER

Global geography and maritime awareness

What Selectees Should Study

- **Five named ocean basins.** Pacific, Atlantic, Indian, Arctic and Southern - plus major seas and gulfs connected to them.
- **Strategic maritime chokepoints.** Know where they are and what bodies of water/regions they connect: Strait of Hormuz, Strait of Malacca, Bab el-Mandeb, Strait of Gibraltar, Turkish Straits (Bosporus/Dardanelles), Danish Straits, Suez Canal and Panama Canal.
- **Major maritime regions.** Mediterranean Sea, Red Sea, Persian Gulf, Gulf of Oman, Arabian Sea, South China Sea, Philippine Sea, Sea of Japan, Caribbean Sea, North Sea, Baltic Sea and other high-traffic areas.
- **Land-water relationships.** Countries bordering key straits, canals, seas and gulfs; peninsulas, capes, islands and archipelagos that shape sea routes.
- **Major ports and naval geography.** Be able to locate important world ports and understand the basic geography around them.
- **Route thinking.** If a ship moves from one region to another, identify the waterways or chokepoints it would likely transit.
- **Map recognition.** Practice unlabeled world maps. Be able to point to a waterway or region without relying on a text description.

High-Value Resources

U.S. Energy Information Administration - World Oil Transit Chokepoints:

https://www.eia.gov/international/analysis/special-topics/World_Oil_Transit_Chokepoints - Excellent current maps and explanations of the major strategic maritime chokepoints.

National Geospatial-Intelligence Agency - World Port Index: <https://fgmod.nga.mil/apps/WPI-Viewer/> - Interactive global port reference for maritime geography practice.

NOAA - Ocean & Coasts Education Resources: <https://www.noaa.gov/education/resource-collections/ocean-coasts> - Ocean basins, currents and maritime geography foundations.

BEST PRACTICE

Put an unlabeled world map on a screen. One Chief calls a strait, sea, gulf, canal, port or country; the Jeopardy team has five seconds to point to it and state what it connects.

JEOPARDY TEAM TRAINING PLAN

A repeatable 30-45 minute command session

BLOCK	TRAINING ACTION
5 minutes - Rapid Recall	MCPON surnames, CPO timeline dates, Navy acronyms or nautical vocabulary. No notes.
10 minutes - Category Deep Dive	One Selectee teaches one subject category using the official online sources.
5 minutes - Map Drill	Sea Power locations on an unlabeled map.
10 minutes - Mock Board	Use six categories, timed signaling and question-form responses.
5 minutes - Rebound Drill	Deliberately give the first team a hard clue; train other teams to listen and recover the rebound.
5 minutes - Review	Write down misses, identify the source, and make those items the first questions at the next session.

Spokesperson Skills

- Listen for a teammate's answer but make a fast final decision.
- Use the correct question form automatically - no hesitation.
- Do not blurt before recognition.
- If the answer is a person, place, acronym or title, say it clearly enough for the judge to hear and score.
- If unsure between two possibilities, commit to one. The clock will not pause for debate.

MOCK-BOARD RULE

Practice with the same five-second timing that will be used at the event. A slow, academically perfect team will lose to a team that can retrieve the right answer quickly and communicate it cleanly.

EVENT #3 - PUSH-UPS

One Selectee competitor per Mess

Competition Standard

- Objective: complete the highest number of valid push-ups within two (2) minutes.
- Competitor begins in the front-leaning-rest position.
- Body remains generally straight from shoulders through hips to ankles.
- DOWN: lower until the upper arms reach at least approximately parallel with the deck.
- UP: return to full arm extension.
- Only repetitions meeting the published standard are counted.
- Competitors may rest in the UP position, but the two-minute clock continues.
- The knees may not be used to support the body while continuing the competition.
- The Fitness Judge will demonstrate the approved standard during the competitor brief.

Scoring & Tie-Breaker

Raw score = total valid repetitions completed in two minutes. Highest valid repetition total receives 1st Place. Valid-repetition totals will also be recorded at approximately 30 seconds and 60 seconds for tie-breaking.

6. Higher valid repetition count at 1:00.
7. Higher valid repetition count at 0:30.
8. If still tied, competitors share the applicable event placements and the Championship Points assigned to those placements are averaged.

Recommended Training

- Have the same Chief count and no-count repetitions during practice so the competitor learns the standard.
- Train pacing for the full two minutes - not only max reps in the first 30 seconds.
- Practice a legal resting position without dropping to the knees.
- Conduct at least one full two-minute mock attempt under event-counting standards.
- Avoid exhausting the competitor with repeated max-effort tests immediately before the event.

SAFETY

Commands should conduct physical preparation under their normal command PT and medical-risk controls. Stop training for pain, injury symptoms, dizziness or other concerning symptoms and follow appropriate command/medical guidance.

EVENT #4 - FOREARM PLANKS

One Selectee competitor per Mess

Competition Standard

- Objective: maintain the approved forearm-plank position for the longest valid time.
- Competitors support themselves on forearms and feet.
- Elbows should remain generally beneath the shoulders.
- Body maintains straight alignment from shoulders through hips and legs.
- Hips may not remain excessively raised or lowered.
- Timing begins on the official command.
- A judge may direct a competitor to immediately correct a minor position deviation.
- Failure to immediately regain the approved position - or loss of the plank position - ends the attempt.
- Official time stops when the Fitness Judge determines the competitor can no longer maintain the approved position.
- Times are recorded to at least one-tenth of a second.

Scoring & Tie

Raw score = total valid plank time. Longest valid hold receives 1st Place. If an exact recorded timing tie occurs, competitors share the applicable event placements and the Championship Points assigned to those placements are averaged.

Recommended Training

- Train the exact legal body position before training duration.
- Have a Chief watch hip position from the side; self-perception is often inaccurate under fatigue.
- Practice immediate correction on a judge's verbal cue.
- Build controlled breathing and mental focus while maintaining position.
- Use progressive holds and adequate recovery instead of repeated all-out attempts every session.

SAFETY

Commands should conduct physical preparation under their normal command PT and medical-risk controls. Stop training for pain, injury symptoms, dizziness or other concerning symptoms and follow appropriate command/medical guidance.

EVENT #5 - GUIDON COMPETITION

CPO pride, professionalism, heritage and Mess identity

Each participating Chief's Mess may present a Guidon representing CPO Pride, Professionalism, Heritage and Mess Identity. Guidons should demonstrate creativity and pride while maintaining a professional appearance appropriate for CPO Pride Day.

CONTENT STANDARD

Explicit, inappropriate, offensive or suggestive material is prohibited and may result in disqualification.

100-Point Judging Rubric

JUDGING AREA	POINTS	WHAT JUDGES ARE LOOKING FOR
CPO Pride & Heritage Representation	25	Clearly represents Chief Petty Officer identity, heritage, pride and Mess spirit.
Professionalism & Military Appearance	20	Disciplined and polished presentation appropriate for CPO Pride Day.
Craftsmanship & Construction	20	Quality, finish, durability, construction and attention to detail.
Originality & Creativity	15	Distinctive concept and execution while remaining appropriate and professional.
Readability & Mess Identification	10	Mess identity and important design elements are clearly recognizable.
Overall Presentation & Impact	10	Complete, cohesive and memorable overall appearance.

Recommended Design Review

- ☐ Mess/Command identity is readable from a reasonable distance.
- ☐ CPO heritage connection is immediately recognizable.
- ☐ Front/back orientation and display method are intentional.
- ☐ Construction is durable enough for event handling and movement.
- ☐ No loose pieces, sharp hazards or fragile attachments create safety risk.
- ☐ Colors, lettering and symbols are professional and in good taste.
- ☐ A Chief who was not involved in the design has reviewed it against the judging rubric.

COMMAND COMPETITION READINESS CHECKLIST

Use this page during the final training/rehearsal

- [] Competition registration submitted and confirmation received.
- [] Command POC identified and contact information verified.
- [] Introduction March/Drill/Cadence team assigned.
- [] Full march routine timed under 5:00.
- [] Entire team participates in the cadence.
- [] Jeopardy team of 2-4 Selectees assigned.
- [] Jeopardy Primary Spokesperson assigned.
- [] Jeopardy team has trained all seven subject areas.
- [] Jeopardy team has completed at least one timed mock board.
- [] Push-up competitor assigned and trained to the valid-repetition standard.
- [] Forearm-plank competitor assigned and trained to the valid-position standard.
- [] Guidon completed and reviewed against the 100-point rubric.
- [] All competitors know their event-day report time and location.
- [] All competitors understand conduct and disqualification rules.
- [] Command has a backup copy of this guide available on event day.
- [] Command POC has checked the live rules page for any last-minute published changes.

COMPETITION MINDSET

The overall champion is determined across five different skill sets. Train for consistency. A Mess that stays competitive in every event can outperform a Mess that wins one event and gives away points elsewhere.

COMMAND COMPETITION ASSIGNMENT SHEET

Print and complete one copy for your Mess

COMMAND / CPO MESS: _____

COMMAND POC: _____

POC PHONE / EMAIL: _____

CMC / CSC / SEL: _____

EVENT	PRIMARY COMPETITOR / TEAM	BACKUP / NOTES
March / Drill / Cadence		
Jeopardy Team		
Jeopardy Spokesperson		
Push-Ups		
Forearm Planks		
Guidon Lead		

Jeopardy Category Leads

CATEGORY	SELECTEE LEAD	TRAINING STATUS
The Anchors Aweigh		☐ Not Started ☐ In Progress ☐ Ready
MCPON Before and After		☐ Not Started ☐ In Progress ☐ Ready
The Sailorization Toolbox		☐ Not Started ☐ In Progress ☐ Ready
The Nautical Word		☐ Not Started ☐ In Progress ☐ Ready
The Mess and The Customs		☐ Not Started ☐ In Progress ☐ Ready
Hollywood At Sea		☐ Not Started ☐ In Progress ☐ Ready
Sea Power		☐ Not Started ☐ In Progress ☐ Ready

PRACTICE COMPETITION SCORECARD

Use for command mock competitions and rehearsal feedback

EVENT	RAW SCORE / RESULT	PLACE	CHAMP. PTS	COACH NOTES
March / Drill / Cadence				
Jeopardy				
Push-Ups				
Forearm Planks				
Guidon				
COACHING NOTE:				
COACHING NOTE:				
COACHING NOTE:				
COACHING NOTE:				
COACHING NOTE:				
COACHING NOTE:				
COACHING NOTE:				

AFTER-ACTION METHOD

Do not only record what went wrong. For every miss, assign one corrective action, one owner and one deadline. Then verify the correction at the next rehearsal.

ONLINE STUDY RESOURCE DIRECTORY

Use official Navy/federal sources first; use community sources as supplemental references

CPO Pride Day JAX - Live Competition Rules: <https://cpopridedayjax.com/competition-rules> - Controlling public competition rules.

CPO Pride Day JAX - Competition Registration: <https://cpopridedayjax.com/competition-registration> - Register Selectees for the competitions.

Naval History and Heritage Command - CPO: <https://www.history.navy.mil/browse-by-topic/communities/chief-petty-officers.html> - CPO history, uniforms, Creed, Pledge and notable Chiefs.

NHHC - Master Chief Petty Officers of the Navy: <https://www.history.navy.mil/browse-by-topic/people/master-chief-petty-officers.html> - Official MCPON chronological list and biographies.

NHHC - Customs and Traditions: <https://www.history.navy.mil/browse-by-topic/heritage/customs-and-traditions0.html> - Naval customs, rites, ceremonies and traditions.

NHHC - Nautical Terms and Phrases: <https://www.history.navy.mil/browse-by-topic/heritage/speak-like-a-sailor/nautical-terms-and-phrases-their-meaning-and-origin.html> - Meaning and origin of common nautical terms.

MyNavyHR: <https://www.mynavyhr.navy.mil/> - Current personnel, career, advancement and program information.

Navy Enlisted Leader Development - NETC: <https://www.netc.navy.mil/ELD/> - ELD, CPO-LDC and leadership development information.

Fleet & Family Support Program - CNIC: <https://ffr.cnic.navy.mil/Family-Readiness/Fleet-And-Family-Support-Program/> - Family readiness, counseling, relocation, transition and support programs.

U.S. Navy Regulations: <https://www.secnav.navy.mil/doni/US%20Navy%20Regulations/Forms/AllItems.aspx> - Formal Navy Regulations; see Chapter 12 for honors, ceremonies and customs.

EIA - World Oil Transit Chokepoints: https://www.eia.gov/international/analysis/special-topics/World_Oil_Transit_Chokepoints - Current maps and descriptions of strategic maritime chokepoints.

NGA - World Port Index: <https://fgmod.nga.mil/apps/WPI-Viewer/> - Interactive world-port geography reference.

NOAA - Ocean & Coasts: <https://www.noaa.gov/education/resource-collections/ocean-coasts> - Ocean basin and maritime geography fundamentals.

Goatlocker.org - Resources: <https://www.goatlocker.org/resources/#navy> - Supplemental CPO community archive; not affiliated with the Department of the Navy.

SOURCE HIERARCHY

For current Navy programs, policy, leadership or formal customs, an official .mil / Navy / federal source should be treated as authoritative. Community archives are valuable for heritage and additional reading, but verify disputed or time-sensitive facts against the current official source.

QUESTIONS / FINAL REVIEW

Keep this page with the Command POC

For questions before, during or after the competition, contact the CPO Pride Day JAX Events/Competition Committee.

EMAIL

INFO@CPOPRIDEDAYJAX.COM

WEB

<https://www.cpopridedayjax.com>

COMPETITION RULES

<https://cpopridedayjax.com/competition-rules>

COMPETITION REGISTRATION

<https://cpopridedayjax.com/competition-registration>

Final Command POC Check

- ☐ I have the latest live rules.
- ☐ My Selectees are registered.
- ☐ Each event has a competitor/team assigned.
- ☐ Our Jeopardy team has studied all seven subject areas.
- ☐ Our physical competitors understand the valid repetition/position standards.
- ☐ Our March/Drill/Cadence routine is safely under 5:00.
- ☐ Our Guidon has been reviewed for professionalism and rubric alignment.
- ☐ Our team understands that conduct and competition integrity rules apply throughout the event.

BRING YOUR KNOWLEDGE. BRING YOUR STRENGTH. BRING YOUR TEAMWORK. BRING YOUR PRIDE.

WHO WILL TAKE HOME THE 2026 CPO PRIDE DAY JAX OVERALL CHAMPIONSHIP?