



CPO SELECTEE COMPETITIONS

REGISTRATION DEADLINE

SEPTEMBER 1, 2025

Rules and Requirements:

- ALL Selectees must have prior authorization from their Command Master Chief, Command Senior Chief, or Senior Enlisted Leader to participate in all the Selectees Competitions.
- ALL entries **WILL** be **FY-26** CPO Selectees (or going through the current year CPO Initiation Season) representing their Command's CPO Mess within the Southeast Region.
- Explicit words and inappropriate or offensive suggestive material will not be tolerated and are grounds for immediate disqualification. All Vessels and Guidons should be creative and in good taste.
- The Command's Point Of Contact is responsible for ensuring that all information on the registration form is correct and that they receive confirmation beforehand. Command P.O.C. is also responsible for coordinating their Selectees' participation in the events. Last-minute or day-of registrations will not be accepted.
- Routines must be original and not spin-off from a previous year's group routine. (INTRODUCTION MARCH, DRILL, & CADENCE and HERITAGE SKIT)
- Team conduct will be exemplary at all times. Poor conduct and inappropriate behavior is unacceptable. Rude gestures, words, inappropriate or offensive conduct, or suggestive material will not be tolerated and is grounds for disqualification and immediate termination of routine.

Any violations of conduct (NOT TIME VIOLATIONS) will lead to the immediate disqualification of the team and their entire CPO mess***GOOD ORDER AND DISPLINE***.

All members, including the Command Master Chief, will be requested to vacate the venue

INTRODUCTION MARCH, DRILL, AND CADENCE

The group performs an introductory march, which should also include a drill and cadence.

- All Drill and Cadence Competition entries must be present at the start of CPO Pride Day at the Veterans Memorial Wall. Any Mess Competitors that are not present during the start of the event will be disqualified.
- The entire team must participate in the cadence performance in its entirety.
- Every group has a time limit of five (5) minutes to perform their introduction march. If the performance exceeds five (5) minutes, it could result in disqualification.



PUSH-UPS

1 Selectee competitor from each group to see who can do the most push-ups to place 1st, 2nd, or 3rd place for the max points.

FOREARM PLANKS

1 Selectee competitor from each group to see who can do the longest Plank to place 1st, 2nd, or 3rd place for the max points.

HERITAGE SKIT

Choose between 1 to 7 Team Members to perform a CPO Medal of Honor Recipient history lesson and a heritage skit.

EXAMPLES of Heritage Skits:

- How long have you been in the Navy?
- How high is up?
- What time is it?
- All Heritage Skit competition entries must be present at the start of CPO Pride Day at the Veterans Memorial Wall. Any Competitors that are not present during the beginning of the event will be disqualified.
- Every group has a time limit of five (5) minutes to perform their skit. If the performance exceeds five (5) minutes, it could result in disqualification.

GUIDON

A Guidon that represents CPO Pride and Professionalism.

VESSELS

Vessel(s) representing NAVY CHIEF, NAVY PRIDE.



QUESTIONS OR CONCERNS

If you have questions before, during, or after the competition, don't hesitate to contact us.

SOCIAL MEDIA

Facebook: <HTTPS://WWW.FACEBOOK.COM/CPOPRIDEDAYJACKSONVILLE>

Instagram: <HTTPS://WWW.INSTAGRAM.COM/CPOPRIDEDAYJAX/>

WEB

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