

## Suggestions for Guidelines and Team Captains

1. Commands must submit a roster of up to 10 personnel. Larger commands may field more than one team and will play in accordance with Captain Cup rules for intramural sports. Teams must have at least **2** females as each event will require at least 1 to participate. If you are having trouble meeting this requirement, contact the MWR Judges ASAP to configure a solution.
2. Commands must compete in all events to be eligible for Captain's Cup points and the prizes.
3. In addition to your captain, you must appoint a co-captain to assist in organizing and assisting your team. Please ensure that we have accurate phone numbers and emails for the captain and co-captain on the team roster form (provided in this packet).
4. Be organized! Know exactly which team members will be participating in each event. Make sure your team members are ready and on time for their event.
5. Ensure your team gives the utmost respect to all officials and volunteers. This also applies to non-participating command members there to cheer on their team. Unruly participants will be removed from an event and all points received will be forfeited.
6. In the possibility of extreme inclement weather, the event may be canceled, and judges will notify the commands 24 hours prior.

Water bottles must be closed and no glass of any kind will be allowed on the fields or in the gym. Please help us keep the area clean and safe.

We are excited to see you there!