

Naval Air Station Lemoore Captain's Cup Rules and Regulations



Standard Operating Procedures (SOP)

Reference: CNICINST 1710.3, Operation of Morale, Welfare, and Recreation

1. PURPOSE

The purpose of this Standard Operating Procedure is to establish comprehensive policy and procedural guidance for the planning, administration, and conduct of the Naval Air Station Lemoore Captain's Cup Sports Program.

2. PROGRAM OBJECTIVES

The Captain's Cup Sports Program is designed to:

- Promote morale, esprit de corps, teamwork, and unit cohesion.
- Encourage physical readiness and healthy lifestyles.
- Develop leadership, accountability, and sportsmanship consistent with Navy Core Values.
- Foster positive competition among tenant commands.
- Identify teams and individuals to represent NAS Lemoore in higher-level athletic competition, including All Navy Sports when applicable.

3. PROGRAM AUTHORITY & ADMINISTRATION

The Captain's Cup Program is administered by MWR Fitness, Naval Air Station Lemoore.

The MWR Sports Coordinator is the final authority regarding:

- League and tournament structure
- Eligibility determinations
- Scheduling and rescheduling of contests
- Rule interpretation and enforcement
- Discipline, suspensions, and removals
- Resolution of disputes and protests

Commanding Officers are encouraged to actively support the Captain's Cup Program as an essential component of command morale and physical readiness.

4. ELIGIBILITY

Participation is limited to authorized patrons assigned or attached to tenant commands aboard NAS Lemoore on official orders, including:

- Active Duty Service Members



- Reservists
- Dependents (18 years of age or older)
- Department of Defense Civilians

Participants must represent their assigned tenant command.

If a command does not field a team, individuals may participate as free agents with approval from the Sports Coordinator.

Participation with one command team renders the individual ineligible to compete for another command during the same league season.

5. TEAM ENTRY & ROSTERS

Tenant commands may enter multiple teams per league.

Captain's Cup placement points will be awarded only to the highest placing team per command.

Additional teams may earn participation points only.

Roster additions are permitted during the regular season with Sports Coordinator approval.

All roster changes must be submitted on an official roster form prior to participation.

Roster additions are not permitted once postseason play begins.

6. ESTABLISHMENT OF CAPTAIN'S CUP EVENTS

Leagues:

- Basketball
- Soccer
- Softball
- Volleyball
- Flag Football

Tournaments:

- Ultimate Frisbee
- Bowling
- Golf
- Dodgeball
- Racquetball
- Tennis
- Swimming

Fitness Events:

- Runs
- Powerlifting Competitions



7. CONDUCT, SPORTSMANSHIP & DISCIPLINE

All participants are expected to uphold the Navy Core Values of Honor, Courage, and Commitment.

Unsportsmanlike conduct including verbal abuse, profanity, threats, fighting, or disrespect toward officials, staff, opponents, or spectators will not be tolerated.

Penalties:

- First offense: Ejection from the contest and formal warning.
- Second offense: Ejection and removal from all remaining Captain's Cup competition.

Officials and/or the Sports Coordinator may eject players, coaches, spectators, or teams when necessary to preserve safety and order.

Ejected individuals must immediately leave the playing area and remain out of sight and sound.

Failure to comply will result in forfeiture.

8. CAPTAIN'S CUP OVERVIEW

The Captain's Cup symbolizes the command with the strongest overall sports program aboard NAS Lemoore.

The Cup is awarded annually by the Commanding Officer to the command accumulating the most points during the calendar year.

The trophy will be displayed at the NAS Lemoore Fitness Center and updated each December.

9. COMMAND COMPOSITION – 75% RULE

To be eligible for Captain's Cup points:

- 75% of the team roster must be from the same command.
- 75% of the daily roster must be from the same command.
- 75% of participants on the field must be from the same command.

Teams not meeting this requirement may participate in intramural competition but are ineligible for Captain's Cup points.

10. POINTS STRUCTURE

Eligible Leagues:

Flag Football, Soccer, Softball, Basketball, Volleyball

Eligible Tournaments:

Kickball, Dodgeball, Golf, Cornhole, Water Polo, and others as designated

Individual Events:

Tennis, Racquetball, Powerlifting



Runs:

Sweati Yeti (January), Armed Forces 8K (May), Summer Sizzler 5K (June), Turkey Trot 5K (November), Jammie Jingle Jog 5K (December)

League & Tournament Placement Points:

60, 50, 45, 40, 35, 30, 28, 26, 24, 22, 20, 18, 16, 14, 12, 10, 5, 4, 3, 2

Individual Runs (Male & Female):

1st – 15 points

2nd – 10 points

3rd – 5 points

Participation – 1 point

11. NEGATIVE POINT SYSTEM

- Player ejection: -5 points
- Forced removal from league: -10 points
- No-show forfeit: -3 points

12. AMENDMENTS & FINAL AUTHORITY

MWR Fitness reserves the right to amend these rules as necessary to ensure safety, fairness, and program integrity. All interpretations and decisions rendered by the MWR Sports Coordinator are final.



*MWR Fitness • Naval Air Station Lemoore • Captain's Cup Intramural Sports
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