

Air Force and Space Force Junior ROTC

INTRODUCTION TO DRILL AND CEREMONIES ARMED REGULATION DRILL



AFJROTC Drill and Ceremony Pamphlet

1 November 2024

INTRODUCTION TO DRILL AND CEREMONIES

ARMED REGULATION DRILL

Armed Drill is broken down into two categories: Regulation and Exhibition. Armed Drill is a highly professional team that combines precision drill, physical fitness, and creativity. Team members must be dedicated to learning the Manual of Arms. Air Force publications do not have a manual for drilling with arms. AFJROTC units will utilize this publication and the Army TC 3-21.5 publication for all Armed Drill movements requiring a drill rifle.

If you have any questions regarding Armed Drill, please send correspondence to jrotc.ldr@au.af.edu.

Armed Drill rifle manual movements covered by this pamphlet are extrapolated from Army T.C. 3-21.5.

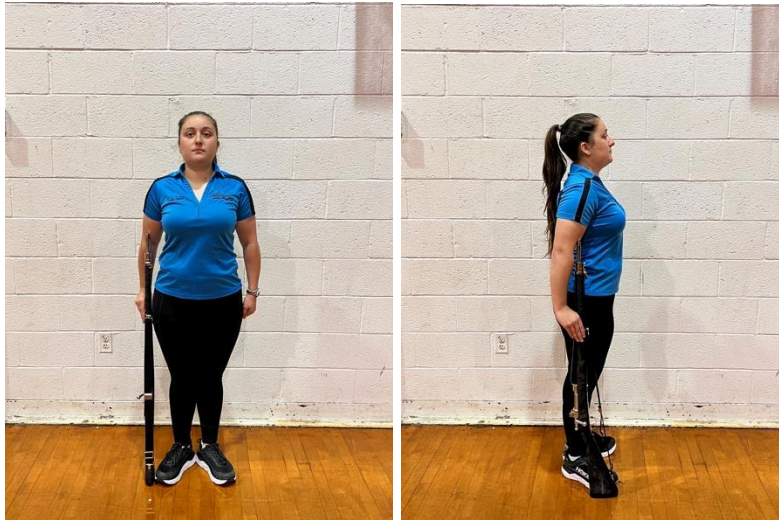
Name and Location of Rifle Parts:

- Stock
 - The main synthetic plastic portion of the Drill Rifle that houses the majority of rifle parts
- Upper Handguard
 - The top synthetic plastic portion of the stock that covers the metal barrel and other internal components of the Drill Rifle
- Receiver & Barrel Assembly
 - The largest metal component of a Drill Rifle consisting of the receiver (into which the Bolt Handle sides) as well as the barrel
- Butt
 - The lowermost portion of the stock
- Butt Plate
 - Lowermost end of the Drill Rifle that makes contact with the marching surface when resting at Order Arms
 - Toe: The forwardmost point of the butt plate located on the “bottom” or sling side of the Drill Rifle
 - Heel: The rearmost rounded end of the butt plate located on the “top” or receiver side of the Drill Rifle
- Lower Sling Swivel
 - The lowermost attachment point for the sling
- Small of the Stock
 - The narrow pistol grip area of the stock located immediately “beneath” the receiver
- Trigger Guard Plate
 - The metal plate seated into the stock that simulates the trigger, trigger guard, etc.
- Bolt Handle
 - The metal component with a ball-shaped protrusion used to simulate opening and closing the chamber of the rifle

- M1903A3 Springfield Drill Rifles DO NOT have an exposed chamber with the bolt handle retracted
- Rear Ironsight
 - The small metal component affixed to the “top” of the receiver simulating an adjustable ironsight
 - REMOVING THIS ITEM USING A SMALL ALLEN WRENCH IS HIGHLY RECOMMENDED FOR SAFETY AS THE SIGHTS SERVE NO FUNCTIONAL PURPOSE ON A DRILL RIFLE
- Center Balance Point
 - The central portion of the stock immediately forward of the receiver located where the handguard meets the receiver
- Sling Swivel
 - The metal ring that forms the upper attachment point for the sling
- Stacking Swivel
 - The small band located near the muzzle of the rifle that holds a “C” shaped loop; this is utilized to “stack” the rifles together while not in active use and is NOT an attachment point for your Drill Rifle’s sling
- Upper Band
 - The thick metal “collar” simulating a bayonet lug (but devoid of any actual attachment “lugs”) which also serves to hold the barrel of the rifle into the stock
- Muzzle
 - The forwardmost point of the barrel
- Front Sight Blade
 - The metal post at the end of the muzzle that simulates the front sight of a rifle
 - REMOVING THIS ITEM USING A PUNCH AND HAMMER IS HIGHLY RECOMMENDED FOR SAFETY AS THE SIGHTS SERVE NO FUNCTIONAL PURPOSE ON A DRILL RIFLE

Command/Movement

Order Arms:



This is the starting point or finishing point of all armed rifle movements.

- Rest the butt of the rifle with the heel in contact with the marching surface and the barrel to the rear.
- Hold the front of the butt of the rifle against the right shoe and on line with the front of the toe (foot).
- Hold the rifle between the thumb and fingers of the right hand, keeping the open part of the hand to the front and hand and forearm behind the weapon.
- Hold left hand as in the position of attention.

Best-Practice Tips:

- Allow the muzzle of the rifle to make contact with the arm (thus ensuring proper alignment of the Drill Rifle) by allowing the heel of the butt plate to rest on the marching surface.
- For maximum uniformity, extend the right arm straight as possible.
- For maximum uniformity, consider interpreting the “toe” of the foot to mean the forwardmost point of the shoe.

Parade Rest:

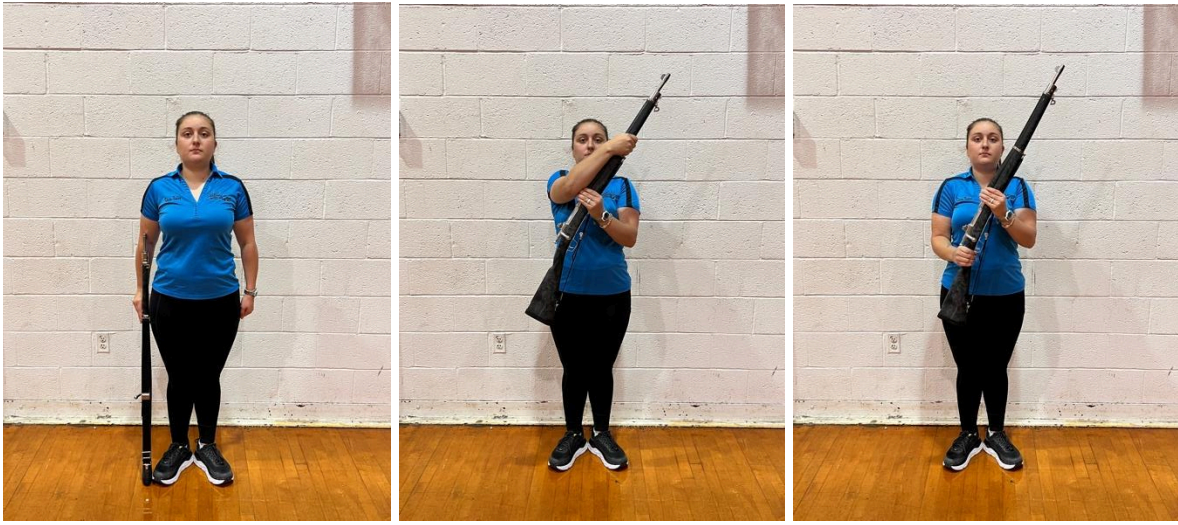


- On the command of execution thrust the muzzle forward while sliding the hand upward to grab the upper part of the stock just below the upper sling swivel.
- Keep the toe of the butt on line with the front of the right foot.
- Keep the right arm straight.
- Feet will be 12 inches apart.
- There are two ways to do this and be correct either way. 1). The left arm will be placed behind you with the arm extended and the fingers extended and joined. 2). Units may place the left arm behind you with the arm across the small of the back and the fingers extended and joined.

Best Practice Tips:

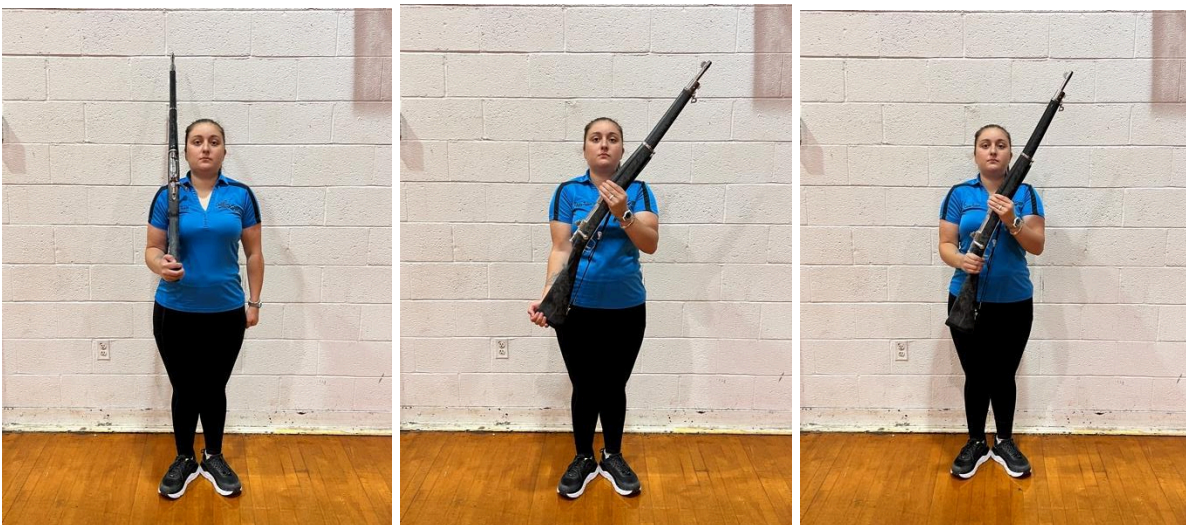
- When executing Parade Rest, apply a consistent forward pressure with the webbing of the right hand while allowing the fingers to loosen their grip slightly.
- The right arm should remain straight without any bend in the elbow as it moves from the Position of Attention to Parade Rest.

Port Arms:



- On the command “Port Arms”, raise the rifle with the right hand without “dipping” the shoulder.
- Bring the rifle across the body at a 45-degree angle and about 4 inches from the body.
- The right arm should rest naturally across the rifle hand guard. At the same time bring the left hand up to the rifle and grab it at the “Upper Receiver”.
- Place the right hand on the small of the stock or the pistol grip.
- The rifle should divide in half the natural 90-degree angle created by the left shoulder and neck. This movement is a 2-count movement and should be completed in a normal 120 count cadence.
- This movement can also be executed from either Right Shoulder Arms or Left Shoulder Arms as described further in this document.

From Right Shoulder Arms:



From Left Shoulder Arms:

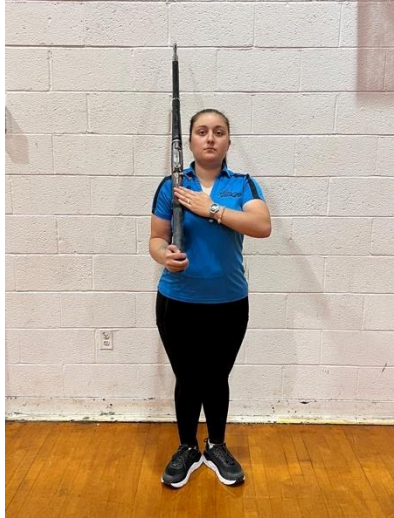


- When executing from Right Shoulder Arms, on Count 1, pull the right elbow to the rear slightly to separate the rifle and shoulder while simultaneously extending the arm downward and twisting the wrist to resume the correct angle of Port Arms. The head is in no danger of being struck with the rifle when the extension of the arm and the twist are conducted suitably forward of the torso so as to return to the correct position of Port Arms described herein.
- When executing from Left Shoulder Arms, on Count 1, grasp the small of the stock with the thumb grasping the rifle.
- In both cases, on Count 2, the hand should quickly resume the position of Port Arms without excessive motion.

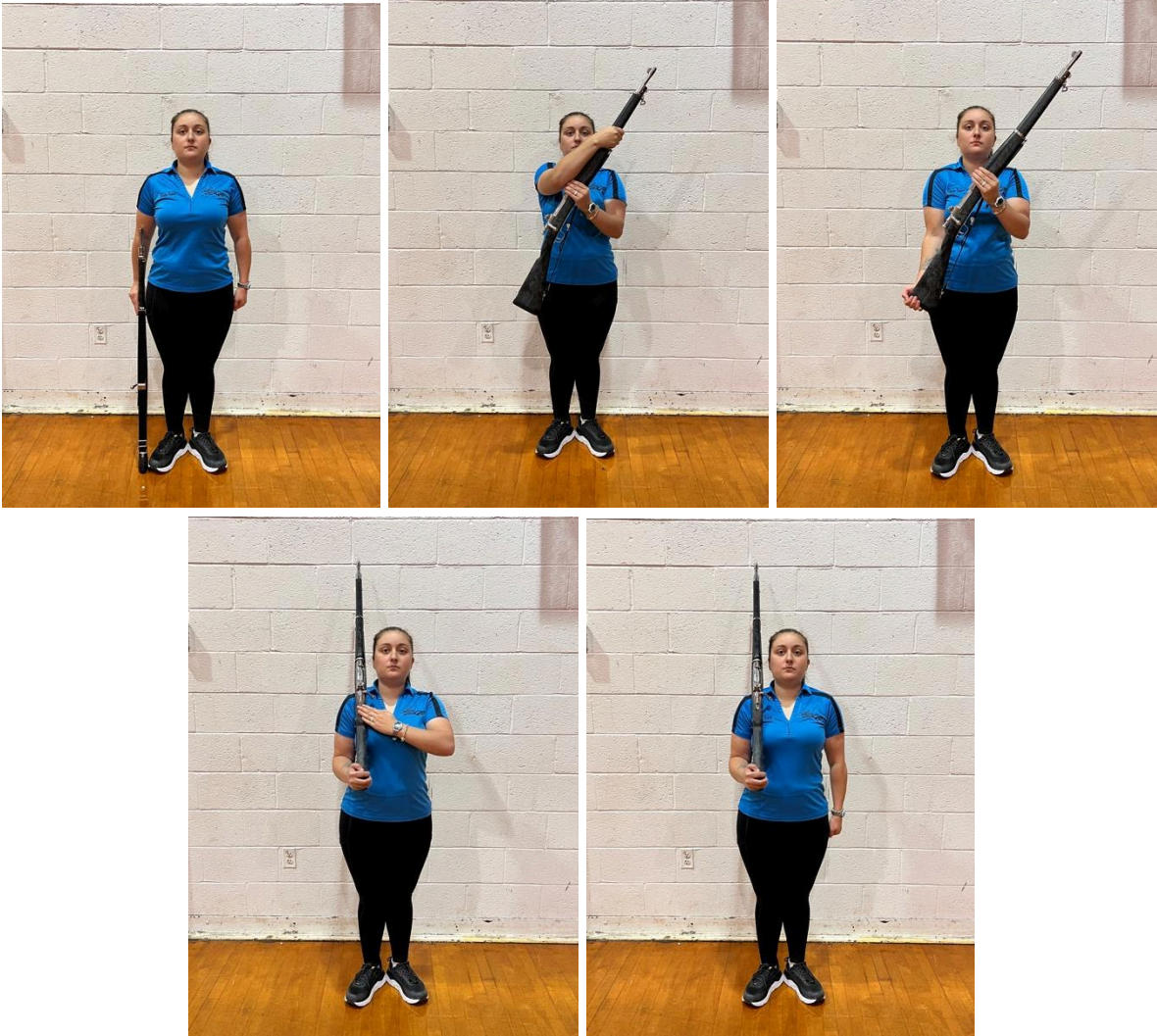
Best Practice Tips:

- Because cadets are not fully-grown, adult Soldiers, Sailors, Airmen, Marines, or Guardians, consider avoiding over-prioritizing the 4" distance from the body (technically the belt) as varying heights, builds, etc. will create great variance from cadet to cadet. Beyond the 45-degree angle of the rifle, the priority should be a parallel right forearm with a 90-degree bend in the elbow with the tricep aligned perpendicular to the marching surface. Many times, this forearm shape required by the manual can become distorted in an effort to maintain a 4" distance from the rifle to the body.
- On the first count of the movement, consider having cadets raise the rifle to a 45-degree angle in a manner that places the palm of the right hand in FRONT of the handguard, the forearm of the right arm on TOP of the stock, and the tricep of the right arm parallel to the ground. This will place the rifle in an anatomically correct position and the cadet should be able to simple rotate their entire right arm from the shoulder, moving the right elbow close to the body, to assume the final position of Port Arms.

Right Shoulder Arms:



- On the command “Right Shoulder Arms”, grasp the heel of the butt between the first two fingers with the thumb and forefinger touching at the first joint.
- Twist the rifle, so that the sling is towards the body, fingers will be towards the body and thumb is on “top” of the stock. Pull the rifle into the shoulder until the right arm forms a 90-degree angle with elbow tight to the body, and the right forearm is parallel to the marching surface.
- The left hand will be placed, with fingers and thumb extended and joined, just to the rear of the end of the bolt handle (which simulates the extractor)
- Return left hand to the position of attention
- The right forearm will be parallel to the marching surface.
- Keep the elbow in touching the side.
- The left arm will be at the side with the hand cupped and the thumb extended down the seam of the pants as in the Position of Attention.
- While marching the left arm will swing in a coordinated arm swing.
- When executing the movement from Order Arms, Count 2 of Port Arms is skipped.



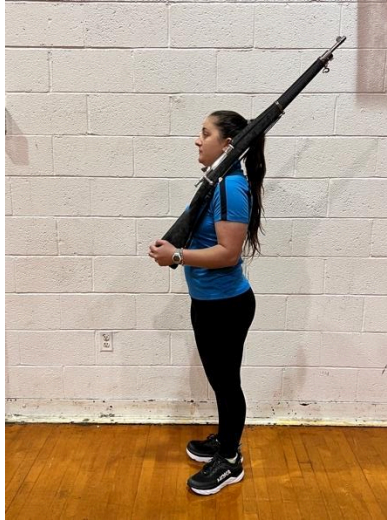
Best Practice Tips:

- The rifle should sit at approximately a 45-degree angle when looked at from the side. The rifle barrel should not be angled or turned behind the head or outside the shoulder when observed from the front or rear. If these conditions occur, have the cadet adjust the stock by turning the hand in or out as needed or by moving the hand in or out to correct the position of the barrel.
- Consider avoiding teaching this movement in relation to where the trigger guard will sit on the shoulder. This placement will vary based on build, height, etc. and an overemphasis on the trigger guard touching a particular spot may distort the intended shape of the arm at right shoulder arms.
- When executed with extreme snap and intensity, on Count 2 of the movement, placement of the finger tips against the bolt handle itself may become impossible. In this case, consider placing the finger tips in contact with the stock itself just below the metal of the receiver to maintain better control of the rifle when moving it at high speeds.

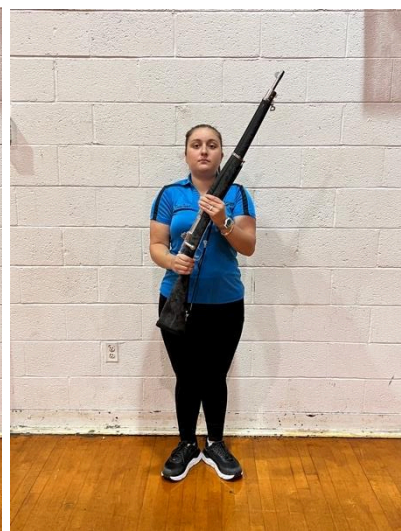
Left Shoulder Arms:

This movement can be accomplished from the order arms/position of attention, port arms, or right shoulder arms.





If completed from “Order Arms/Position of Attention”, all movements will be the same once the cadet has the rifle in the “Port Arms” position, from Right Shoulder Arms.



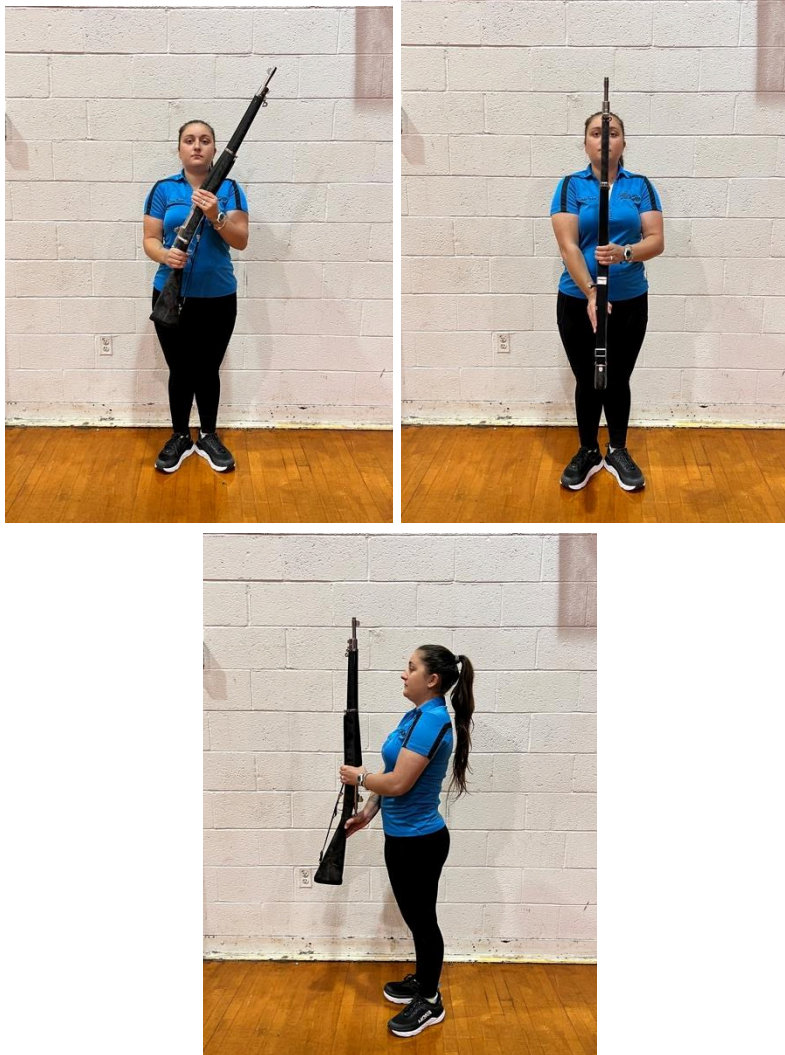


- On the command “Left Shoulder Arms” pop the rifle off the shoulder by pulling the right hand back towards the rear. The pull should be just enough to cause the rifle to come off the shoulder.
- At the same time, twist the rifle towards the left, simultaneously bring the left hand up and “catch” the rifle in the left hand at the “Upper Receiver”, once the left hand is on the rifle, bring the right hand up to the “Small” or “Pistol” grip portion of the rifle.
- Simultaneously grasp the heel of the butt between the first two fingers of the left hand, with the thumb and forefinger touching at the first joint and place the right on the shoulder such that the left forearm is parallel, the left elbow bent at 90-degrees, and the left tricep perpendicular to the marching surface (as in Right Shoulder Arms)
- Return the Right hand to the position of attention.
- The left forearm will be parallel to the marching surface.
- Keep the left elbow in, touching the side.
- The right arm will be at the side with the hand cupped and the thumb extended down the seam of the pants.
- While marching the right arm will swing in a coordinated arm swing.

Best Practice Tips:

- The rifle should sit at approximately a 45-degree angle when looked at from the side. The rifle barrel should not be angled or turned behind the head or outside the shoulder when observed from the front or rear. If these conditions occur, have the cadet adjust the stock by turning the hand in or out as needed or by moving the hand in or out to correct the position of the barrel.
- Consider avoiding teaching this movement in relation to where the trigger guard will sit on the shoulder. This placement will vary based on build, height, etc. and an overemphasis on the trigger guard touching a particular spot may distort the intended shape of the arm at right shoulder arms.

Present Arms:



This movement can be completed from the Position of Attention/Order Arms, Right Shoulder Arms, Port Arms and Left Shoulder Arms.

If completed from the position of attention/order arms or right shoulder arms, all movements will be the same once the cadet has returned the rifle to the position of port arms.

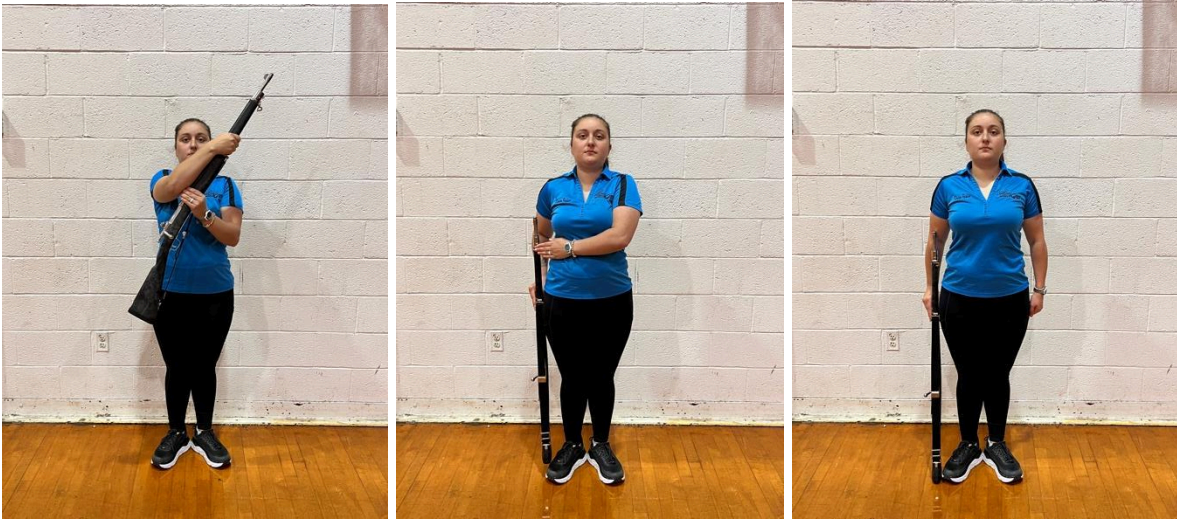
- On the command of “Present Arms”, grasp the rifle at the pistol grip or “small” of the stock.
- Simultaneously bring the rifle across the body back to the position of port arms and place the left hand on the upper receiver (natural balance point).
- Twist the rifle with the right hand so that the sights are to the rear and move the rifle to a vertical position about 4 inches in front and centered on the body. Lower the rifle until the left forearm is horizontal; keep the elbows in at the sides.

From Present Arms, the cadet can return the rifle to any position by calling appropriate command.

Best Practice Tips:

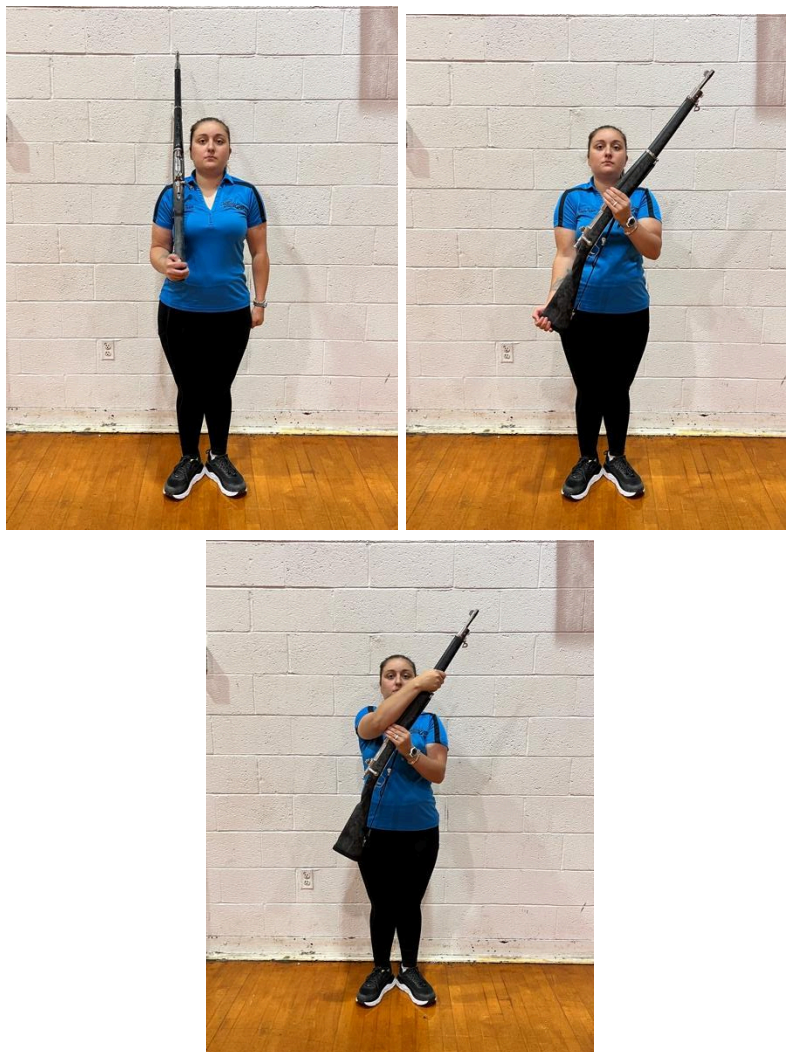
- Prioritize the placement of the left forearm at parallel when teaching this movement. As in all rifle manual, the height, build, etc. of each cadet makes using “reference points” on the rifle ineffective in creating the outcome intended by the drill manual. For example, consider avoiding using phrasing such as “the stacking swivel should be level with your eyes” or similar.

Order Arms:



Order Arms is the final position of all rifle movements. This position can be ordered from any rifle position, Right Shoulder Arms, Left Shoulder Arms, Port Arms and Present Arms.

- Twist the rifle to the left and move the rifle up to the correct position of “Port Arms”.
 - Right hand is on the small of the stock or pistol grip
 - Left hand is at the upper receiver (natural balance point of the rifle).
 - NOTE: When executing Order Arms from Right Shoulder Arms, the Count 2 of Port Arms is skipped as in below:



- Bring the right hand to the upper band of the hand guard
- Simultaneously lower the rifle with the right hand to the right side of the body while guiding the rifle with the left hand at the “Stacking Swivel”.
- Once the rifle is at the cadet’s side and approximately 1 inch off the ground.
- Place the butt of the rifle on the marching surface, centered on the right foot with the sights to the rear and smartly return the left hand to the left side and position of attention
- The toe of the rifle is on-line with the front of the right foot.
- Secure the rifle with the right hand in a “U” formed by the fingers (extended and joined) and thumb.
- Hold the rifle above the upper band so that the thumb is pointing at the ground and on the seam of the pants with the fingers extended and joined pointing to the ground.
- Body is at the position of attention.

Best Practice Tips:

- For uniformity, when grasping the upper handguard with the right hand, find a position similar to the recommended position for obtaining Port Arms. HOWEVER, for many

cadets, the spot grasped in the right hand will NOT correlate to a straight arm when the rifle is brought to its final resting position. To accomplish both a uniform first count AND a correct ending position, while the rifle is being lowered from the Port Arms position to the side, slide the right hand, without noticeable movement, to a position on the rifle such that when the arm is fully extended and the rifle lowered, that the arm will rest perfectly straight.

- Using the method above helps achieve the most important element of the final count of Order Arms: the rifle should make no discernable, intentional sound as its lowered to the marching surface.

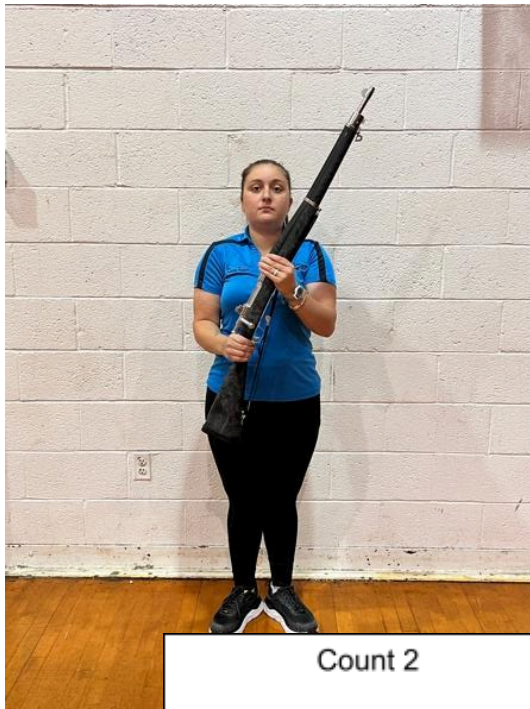
Inspection Arms:



Starting Position



Count 1



Count 2



Count 3



Count 4



Count 5

Inspection Arms from Order Arms is a five-count movement.

Counts 1 and 2. The command is Inspection, ARMS. On the command of execution ARMS, execute Port Arms in two counts.

Count 3. On count three, grasp the bolt handle with the thumb and forefinger of the right hand rotate the handle upward and draw the bolt back.

Count 4. On count four, lower the head and eyes and visually inspect the magazine.

Count 5. On count five, return the head and eyes to the front as in the Position of Attention, and come to Inspection Arms.

For a video of the Inspection Arms, you can review this process at:

<https://www.youtube.com/watch?v=DyeYHs1yJ0A>

Port, ARMS is the only command given from Inspection Arms.

- On the command **PORT**, push the bolt forward and rotate the handle down locking the bolt in place, then release the grasp of the right hand and regrasp the small of the stock with the right forefinger on the trigger.
- On the command **ARMS**, pull the trigger and resume Port Arms (NOTE: the images above show the motions performed to return the bolt handle to the closed position and bring the right index finger to the trigger guard area, not necessarily the PRESCRIBED COUNTS!)



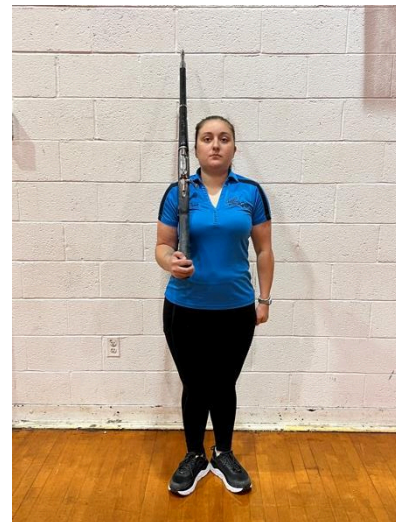
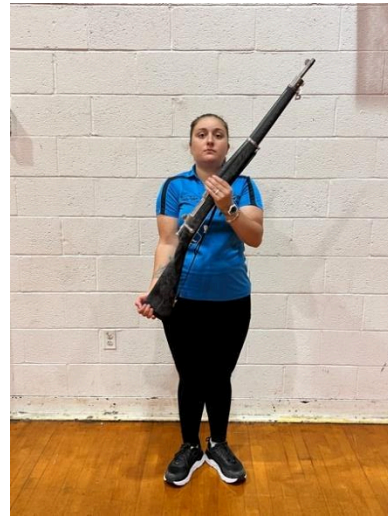
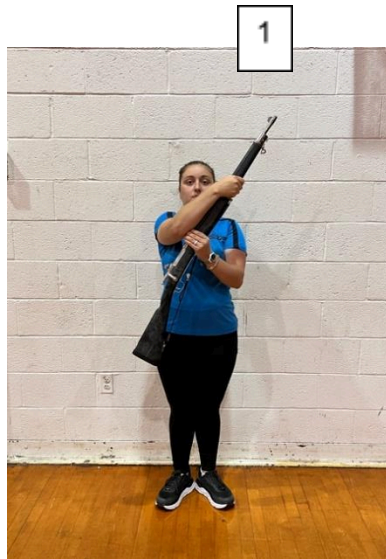


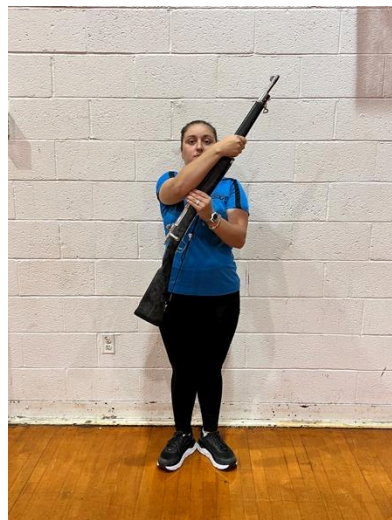
After trigger has been pulled,
return to Port Arms.

Best Practice Tips:

- Though many drill sequences maintain the command of, **“Ready, Port, ARMS,”** **THERE IS NO SUCH COMMAND FOR THE M1903 SPRINGFIELD RIFLE.** **The correct command is, “Port, ARMS.”** Consider giving the preparatory command, “Port” in counts to assist your cadets in executing the first movements in time together.
- Again, **THERE IS NO COMMAND OF “READY” GIVEN WHEN RETURNING THE BOLT HANDLE TO ITS CLOSED POSITION.** The command would be **“Port Arms.”**

The 15-Count Manual of Arms:





Army TC 3-21.5 notes ONLY the following concerning the execution of the 15-Count Manual of Arms:

- **Note.** Experienced Cadets should be able to execute the 15-count manual of arms in unison from *Order*, to *Right Shoulder*, to *Left Shoulder*, to *Present*, to *Order Arms*. **The command is 15-Count Manual, ARMS.** This command should be executed between 110 and 115 beats per minute (bpm) with all cadets in tempo.

Best Practice Tips:

- This movement is executed exactly as described using the procedures outlined above when moving between transitions. While it is meant to be executed at a quick time cadence, consider lowering the cadence for cadets whilst learning the movements.
- BIG movements such as Port Arms from Order Arms take more motion to complete than SMALL ones such as Present Arms from Port Arms. The larger the motion required, the quicker cadets will have to execute that motion to remain in time while the smaller the motion required, the longer cadets will need to hold in the position so as to avoid speeding up.
- The command to execute this sequence of movements does **NOT** contain the word “of” at any point. It is **NOT** given as “15-Count Manual, of ARMS” **nor** “15-Count Manual of, ARMS.”
- When grasping the rifle at the small of the stock while at Left Shoulder Arms returning to Port Arms (and therefore Present Arms), consider “rolling” the wrist SLIGHTLY to achieve a small, non-visible micro-bend in the wrist upon returning to Port Arms which will facilitate a sharp pop of the rifle to Present Arms.

DRILL TEAM TRAVEL AND PREPARATION TIPS

Making The Hotel Reservation:

1. Start now. Other Instructors have already started and the last thing you want is to be 20 miles and you must leave so early in the morning to get to the drill competition.
2. Become friends with the Hotel's Group Reservation person. Somewhat of a thankless job and doing so can pay off in the long run.
3. Locate one with food choices close by.

Travel:

1. Whenever the team travels, they will be in a team uniform. The way one looks they all will look. This could be a unit PT shirt or unit polo, but put everyone in the same shirt and same pants.
2. Prior departure we will be 100% on hair grooming standards, everyone would be checked before departure.
3. Prepare strict rules for the bus and take care of the bus driver.
4. Rest stops: The team moves together and returns together. Drill Team Commander does a physical count getting off and back on the bus. A count is also conducted prior to the bus moving. Don't forget the chaperones.
5. Snacks bought at rest stops. Some cadets never traveled with their parents, so they had to endure seeing other parents buy snacks for their cadet. I quickly learned to point this out to parents and our parents developed the mindset of treating every cadet as their own. They also avoided contact with their cadet as much as possible.

Pre-Blocking Your Rooms Together:

1. My preference was to have the team's room blocked in between the two Instructors. Parents' rooms were placed on the sides of the instructors and not mixed in with the cadets.
2. Get individual room confirmation numbers if possible and attach them to your team room roster.
3. Have a plan before you arrive with who goes where.

Share The Hotel Contact With The Parents:

1. Make sure that all the team's parents have hotel contact Information.
2. Parents also had the team chaperone numbers as well as the instructors phone number, just in case of an emergency.

Hotel Conduct Policy of The Team:

1. Set and establish a room conduct policy letter. Signed by the cadet and parent.
2. Refrained from putting any cadets' names on doors for obvious safety reasons. They were only on the rooming roster by last name and without the first name.
3. The only ones allowed in the rooms were individuals assigned to that room.
4. Each morning prior to breakfast; beds were made at 95%, towels stacked in the same location near the sink, all clothes clean or dirty put away. No excessive trash.
5. When you depart the hotel, the room was checked and rechecked and again to ensure nothing was left behind. Towels put together and excessive trash removed.

Set Rules For Traveling Parents:

1. This is probably the trickiest item when traveling with your team.
2. We set ground rules prior to leaving home station that the cadets belonged to head instructor on that trip.
3. At no time do the parents interact with the cadets during any portion of the competition.

Meals:

1. Parents sit together, and they order first before the team.
2. Cadets sit together in the restaurant. The corps commander and/or the drill team commander understands they're responsible for the cadets conduct in the eating establishment.
3. Morning of the comps: no caffeine. Only water, juice, Gatorade/Powerade.
4. Cadets never eat in a uniform!

Uniform Tips:

1. It's important to have more than one uniform for each cadet. Recommend the following:
 - Inspection uniform – follow the SOP for that drill competition. Read it carefully. DO NOT put more stuff on a uniform than what the SOP requires. Remember, ribbons are an optional item on a SS blue shirt. If the SOP doesn't mandate ribbons on a SS shirt, then don't put them on the shirt.
 - Marching uniform – Armed team only put rank and a shoulder cord if you wish on the jacket.
 - Exhibition team uniform – could be the same as the marching uniform for armed drill and for unarmed drill, if the cadets have already gone through inspection, they can wear their inspection uniform.
 - Color Guard – wear the same type of uniform that an Armed Drill team would wear.

2. A few recommendations:
 - Only put the AFJROTC and or SFJROTC Patch on the uniforms and make sure they are on correctly (no more than 1-inch from the shoulder seam) and the patch is on straight.
 - Shirt garters for all cadets.
 - Double knots on all shoes and tuck in laces. Makes for a clean look!
 - Ladies' hair, no fly aways – my cadets used a “hair freeze” spray that fixed all those issues. Also use “bobby pins” for ladies' head gear, so it won't fall off.
 - Do not use shoulder cords on Armed or Color Guard uniforms. Equipment could get caught/tangled in that shoulder cord - just one more variable to eliminate.
 - Keep the inspection uniform 100% IAW Chapter 7, Ops Supplement. Eliminate the variables that could get you dings from the judges. Read the SOP!
 - No berets or wheel caps during inspection. Wear a flight cap.
 - No silver stripes on pants or jacket sleeves during inspection.
 - Never wear Medals on any uniform!

Team Packing List:

1. Prepare a packing list and distribute it to the cadets 2-weeks prior to departure.
2. It's important to have more than one uniform for each cadet. Recommend the following:
 - Inspection uniform – follow the SOP for that drill competition. Read it carefully. DO NOT put more stuff on a uniform than what the SOP requires. Remember, ribbons are an optional item on a SS blue shirt. If the SOP doesn't mandate ribbons on a SS shirt, then don't put them on the shirt.
 - Marching uniform – Armed team only put rank and a shoulder cord if you wish on the jacket.
 - Exhibition team uniform – could be the same as the marching uniform for armed drill and for unarmed drill, if the cadets have already gone through inspection, they can wear their inspection uniform.
 - Color Guard – wear the same type of uniform that an Armed Drill team would wear.
3. The Friday night prior to the competition have all cadets attend and establish an assembly line process to ensure all uniforms were properly put together and checked by each station.
4. Packing list items were inventoried and then placed in the garment bag.
5. Recommend a shoe box sized, clear box for shoes, ties/tabs, socks, and t-shirts. This way everything is in one place.
6. When the items were called out the cadets held up each item before putting them in

- the bag. You can put head gear, belts, and buckles in a clear Ziplock plastic bag.
7. Once everything was 100% in the bags, they were locked up prior to being placed on the bus.

Equipment Manager:

1. Select a cadet who is responsible to be the corps Equipment Manager. They can wear a unit PT or polo shirt, and are a very important part of the team.
2. They will ensure all the equipment is loaded on the bus.
3. In a large clear bin, place all the miscellaneous equipment, i.e., color guard harnesses, competition flag cases, tool kit for drill rifles, lint rollers, and a few extra hats, ties/tabs, etc.
4. These cadets march in with the drill team just like they are part of that team.
5. Equipment Manager will assist in doing the final uniform prep for inspection, ensuring laces are tucked in and head gear is firmly secured on cadet's heads.
6. Equipment Manager will ensure all slings on rifles are all the same and on color guard slings the latching mechanism works correctly for the "sling arms" command.

Before Going on the Floor:

1. Instructors and Equipment Managers give the cadets the last look over.
2. Recommend the following:
3. Give each cadet a Listerine type breath strip, so they don't have bad breath when talking to an inspector.
4. Use the same type of cologne on the cadets. This way each cadet will have a pleasant smell. Don't overdo the cologne, a dab/spritz will do.
5. Have the cadets face away from other schools currently marching on the drill floor.
6. It's game time and game faces should be on!
7. Tell your cadets that, "This is a business trip, and we are in the business of winning."
8. When the cadets come off the floor, move quickly to a spot where you can talk with the cadets. Praise them for doing an outstanding job and doing the best they could do. NEVER, dress down any of the cadets at a drill competition. Be positive and SMILE.

REFERENCES

1. Army TC 3-21.5
2. Matt Wendling for the help in ensuring content is IAW publications
3. Drill Team Dynamics for the photos
4. First Sergeant Jim Tadayeski for the Drill Team Travel and Preparation Tips

DRILL COMPETITIONS

1. Units participating in Drill Competitions – Use the host units, Standard Operating Procedure (SOP) to follow rules that may be specific to that particular drill meet. Read this SOP carefully.
2. Exhibition Drill, Is broken down into Armed Exhibition and Unarmed Exhibition.
3. Armed exhibition is where a unit performs a routine designed by the unit. This routine will typically have rifle tosses and spinning incorporated into the routine. However, the following is strictly prohibited in Armed Drill.

BANNED ACTIONS

(currently policy for all AFJROTC and SFJROTC units)

1. Drill rifle exchanges/tosses are potentially dangerous. With safety paramount, a person-to-person rifle exchange or toss is permitted. Blind (suicide) and/or backwards rifle tosses are prohibited. A “Blind” toss is when the cadet receiving the rifle cannot see the rifle at all times as it travels towards them.
2. The use of fixed **bayonets on drill rifles are strictly prohibited** by AFJROTC. Units must design drill routines in a manner that ensures the safety of all team members.
3. Due to safety concerns, cadets **using sabers or swords must have a firm grasp on and control of the saber or sword at all times**. Cadets are not permitted to flip, toss and/or palm spin the saber or sword at any time. Routines using sabers or swords must be designed with safety in mind and adhere to this policy.