



**DEPARTMENT OF THE ARMY**  
**DIRECTORATE OF FAMILY & MORALE, WELFARE & RECREATION**  
1675 ELLIS STREET, BLDG. 1217  
FORT CARSON, COLORADO 80913-4145

IMCR-MWR

14 January 2020

MEMORANDUM FOR ALL FORT CARSON Intramural, Extramural, Individual Sports Participants, and Team Participants

SUBJECT: Memorandum of Instruction (MOI) for the Annual Fort Carson Commander's Cup Program.

1. Reference:

a. AR 215-1, Morale, Welfare and Recreation, 24 September 2010.

2. Purpose. To set forth the organization and conduct of the Fort Carson Commander's Cup Intramural Sports Program. The Commander's Cup program is established for the purpose of recognizing a unit/units that accumulate the highest number of points from consistent involvement, participation, and team achievements in Intramural Sports Programs. The Commander's Cup trophy will be awarded to the Regiment/Group that accumulates the most Commander's Cup points throughout the calendar year. The program will provide opportunities for participation in a variety of Intramural individual and team sports. The sports program promotes physical fitness, troop morale and esprit de corps. This program is also designed to develop team cooperation and effectiveness through athletic competition as well as individual self-confidence and leadership qualities in a competitive and recreational program.

3. Applicability. This MOI applies to all personnel who participate in the Fort Carson Commander's Cup Intramural Sports Program. Each Commander's Cup Program year is based on the calendar year.

4. General.

a. The Intramural Sport Programs will be team and individual sport competitions in which the participation of units is recommended and valued. Sporting events may be added/deleted at the discretion of the Supervisory Community Recreation Coordinator, the Intramural Sports Director, or designated Representative. Sporting events are made with the best interests of the Fort Carson population and the spirit of competition in mind. The following Sporting events will make up the Commanders Cup Program.

(1) Team Sport Leagues:

- (a) Basketball
- (b) Volleyball
- (c) Outdoor Soccer
- (d) Softball
- (e) Flag Football
- (f) Fall Softball

(2) Other competitions that may be included based on the Sports Program Calendar:

- (a) Ping Pong League
- (b) Racquetball League

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- (c) 3 Point Shoot Out
- (d) War Dog Memorial 5K
- (e) Color Fest Run 5K
- (f) Early Bird Softball Tournament
- (g) Officers vs. Enlisted Softball Tournament
- (h) Run Club
- (i) Trail Run Club
- (j) Combatives Tournament
- (k) Spartan Race
- (l) Ivy Week
- (m) Freedom Run 5K
- (n) 10 Miler Qualifications
- (o) Rocky Mountain State Softball Tournament
- (p) Homerun Derby
- (q) Sand Volleyball Tournament
- (r) Inner Tube Water Polo Tournament
- (s) Corn Hole Tournament
- (t) Kickball League
- (u) 3 on 3 Basketball Tournament
- (v) Zombie Dash 5K
- (w) Turkey Bowl Tournament
- (x) Preseason Basketball Tournament
- (y) Jingle Bell Run 5K

b. Supplemental rules and other general information will be provided prior to the start of each league and/or tournament. League play will be followed by a post season tournament in which all teams with a .500 record or better will advance. The number of leagues throughout the post will be determined by the number of teams submitted.

c. In alliance with the Department of the Army and the All Army Sports Program, the National Governing Sports Body Rules, and the Fort Carson MOI pertaining to that particular sport, will govern all play. The National Governing Bodies Rules used are:

- (1) National Collegiate Athletic Association (NCAA) – Basketball
- (2) United States Soccer Federation (USSF) – Soccer
- (3) Amateur Softball Association (ASA) – Softball
- (4) USA Volleyball (USAV) – Volleyball
- (5) United States Flag and Touch Football (USFTL) – Flag Football

## 5. Eligibility.

a. All ID card holders (18 years and older) assigned or attached to Fort Carson on official orders are eligible to participate.

b. All units in the Fort Carson Military Community (all permanently assigned units) are eligible to enter an unlimited number of teams, as long as all members are assigned or attached through official orders in league/championship play.

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c. Unit Level Participation:

(1) Participation with one company level team renders the individual ineligible to participate with another company team during the current season.

(2) Participant will be assigned and/or attached by orders to the unit they represent prior to the start of league play.

(3) If a participant is transferred or reassigned from one major command to another, that participant must declare via a memorandum signed by their gaining Commander, prior to participating in another game, with which command they wish to finish that season's league and championship play.

(4) If a unit does not have enough Soldiers to form their own unit team for a particular sports season, personnel from that particular unit may still participate in the league by submitting a written request of release from their Commander to Intramural Sports Director.

(5) Individuals must play with a team within their own Regiment/Group and annotate the unit in the memorandum signed by their Commander.

(6) If no other teams are formed within their parent Regiment/Group, players will go into the Players' Pool.

(7) All waiver requests must be submitted to the Intramural Sports Director a minimum of 24 hours prior to participation in any games.

(8) Intramural Sports Director has the final decision on approving or disapproving any and all waivers/requests.

(9) If any player fails to meet the eligibility requirements, the individual will be banned from further competition during that sports season and will be subject to further penalty as deemed necessary by the Intramural Sports Director. All games in which the ineligible player participated in will be declared forfeit and the league/championship standings will be adjusted accordingly.

(10) Unit Commanders, League Coordinators, and the Supervisory Community Recreation Coordinator and/or the Intramural Sports Director will ensure all players meet eligibility requirements. All players are subject to an ID card check/verification at any time.

6. Entries.

a. Units may enter one or more teams in the Commander's Cup Leagues by submitting a Letter of Intent (LOI) signed by their Commander, Tab A, to the Intramural Sports Director during or prior to the Coach's Meeting. The team coach will provide a copy of the complete official unit Alpha Roster to the Intramural Sports Coordinator no later than 3 days prior to the beginning of league play.

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b. Units are authorized to drop or add players from their Alpha Roster at any time. It is the responsibility of the team coach to ensure any player meets all eligibility requirements (section 5) prior to participation, and that they inform the Intramural Sports Director when any/all changes to the roster are made.

c. All units advancing to the Post Championship must submit a final team roster to the Intramural Sports Director at the Championship Tournaments Coaches Meeting. Players can no longer be added or dropped once the Championship Tournament has begun.

d. League schedules will be published one week prior to the scheduled start of league play. Championship Tournament Brackets will be published three days prior to the start of Championship play.

#### 7. League/Championship Play.

a. Games may be postponed or canceled due to military commitments, only if 50% of the roster is affected. Coaches must notify the Intramural Sports Director by 1200 of that scheduled game day in order for that game to be rescheduled and not ruled a forfeit. Coaches are responsible to notify the Intramural Sports Director, before the league schedule is published, of any military commitments that may affect game scheduling. Unit planned activities such as Organizational Days or Hail and Farewells will not be recognized as an official military commitment.

b. Postponements will be rescheduled, providing the game has a bearing on the league final standings.

c. The scheduled starting time is game time. The first game of each day may be granted a 10 minute grace period at the determination of the Intramural Sports Director.

d. Every effort will be made to ensure all games are played and/or rescheduled to play.

e. If a team is dropped or withdraws from league play, all games played will stand. The remaining scheduled games will remain and be considered wins for the opponents, unless special circumstances apply.

f. Teams which forfeit two games will be dropped from the league and forfeit all Commanders Cup points for that subject sport.

g. Players of teams that have been dropped from the league due to forfeits are not eligible to participate with any other team for the remainder of that sports season. If a player is found to be participating with another unit, that team will automatically be dropped from the league and or Championship and forfeit all Commander's Cup points for that subject sport.

#### 8. Responsibility.

a. The Fort Carson Recreation & Athletic Services Branch will conduct the Commander's Cup Intramural Sports Program for personnel assigned and or attached to Fort Carson. They

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will ensure that established safety measures within the sports program and the facilities under their supervision are maintained in the highest degree of military and professional standards.

b. The Intramural Sports Director will provide/issue athletic equipment for the leagues and Championship play (unless outlined prior to the league).

c. The Intramural Sports Director will ensure field and/or court preparations, schedules, games, officials, standings and team information as it applies.

d. Coaches are responsible for conduct of themselves, their assistant coaches, their players, and their fans. Any player and/or coach ejected from any game will immediately leave the area (facility/grounds) and be suspended for their next 2 scheduled games. All ejected personnel will be subject to further punishment upon the discretion of the Supervisory Community Recreation Coordinator and/or the Intramural Sports Director.

#### 9. Commanders Cup Awards/Points.

a. The Commander's Cup will be a rotating award to be retained by the winning Battalion for 1 year following presentation by the Commander. At the end of the year, the Championship unit will return the Cup to the Intramural Sports Director. A second award will be provided to the unit to keep.

b. Points are awarded according to how a unit places in league and championship competition. Participation Points, League Final Standings and Final placing points are added together to form the overall unit score.

c. A unit may only receive points for one team per sport. The highest placing unit in the final standings will be awarded unit points that count toward the Commander's Cup standings. However, all teams entered and compete in the league, will receive league participation points.

d. 25 points will be deducted from the total unit score for each forfeiture in league and/or Championship play.

e. 10 points will be deducted from the total unit score for each player and/or coach ejected from competition for un-sportsman like conduct.

f. All-Army Sports Program. Units will be awarded 25 points for Soldiers selected/invited to attend an All-Army Trial Camp. Units will be awarded an additional 25 points if a member of their unit was selected to be a member of an All-Army Sports Team.

g. Tie Breaker. In the event of a tie, the unit having the least number of forfeitures during the entire course of the Commander's Cup year, will receive an additional 5 points. If still tied, head to head winners will be awarded 5 points.

h. Awarding of participation points will be as follows:

First Place: 100 points

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Second Place: 90 points  
Third Place: 80 points  
Fourth Place: 70 points  
Fifth Place: 60  
Sixth Place & Lower: 50 points

i. If there is more than one division of play, these points will be awarded for each division, i.e., the first-place team in Division I & Division II both get 100 points. If there is more than one unit team in any league, only the highest finishing of these teams will receive standings points.

j. Each forfeit by a unit team in league play will result in -25 points. Two forfeits by a unit team results in -50 points and forfeiture out of the league.

k. In individual sporting events and/or special events (i.e. fun runs), one participation point will be given for each individual who actually participates for his/her unit. These points will be added to the actual event points to determine the final order of finish. Event points are as follows: first place (10), second place (7) and third place (4). No event points are awarded for fourth place and lower.

l. Each unit will receive 25 points for attending each Intramural League coach's meeting.

m. Total points will be calculated per calendar year. Permanent first and second place trophies will be awarded to the top 2 units.

n. A request will be submitted through the DFMWR by the Recreation & Athletic Services Branch to the Fort Carson Garrison Commander asking that he/she present the awards on a date selected in early January of the following year.

o. League sports that commence in one year and finish in the next will be considered for points in the year in which the sport started.

10. Program Director/Management. The Fort Carson Intramural Sports Director, Lorraine Thorson, is the point of contact for this MOI. Ms. Thorson can be reached at 719-526-3972 or [lorraine.thorson.naf@mail.mil](mailto:lorraine.thorson.naf@mail.mil). The Fort Carson Supervisory Community Recreation Coordinator oversees the Sports Program and reserves the right to make changes as deemed necessary.

Sarah M. Rumpza  
Supervisory Community Recreation Coordinator  
Family and Morale, Welfare and  
Recreation