



Naval Base San Diego Captain's Cup 2022

January 2022- December 2022

- (1) The Naval Base San Diego Captain's Cup is symbolic of the Command that has the best overall sports program and will be awarded by the Commanding Officer, Naval Base San Diego, to the Command that accumulates the most points during the calendar year at an awards ceremony tentatively scheduled for the December of each year.
- (2) The Cup will be retained and displayed in the Admiral Prout Gym Trophy Case for the calendar year and updated for the next winner each December. Any command winning the cup three consecutive years will retire that cup in the command trophy case, and a new cup will be reinstated into the program the following year.
- (3) The Captain's Cup program operates in conjunction with the Intramural Sports Program. Teams comprised of less than 75% from the same command may participate for the intramural sports season post season trophies, but are ineligible for Captain's Cup points.
- (4) Members from the Command of Captain's Cup eligible teams may be added to the team Roster at any point during the regular season. Additions to rosters cannot be made at any point during playoffs.
- (5) Roster updates must be submitted by email to the Sports Manager BEFORE the first game a new player plans to participate.
- (6) 75% Rule:
 - a. 75% of the Team Roster must be from the same Command.
 - b. 75% of the Daily Roster (if applicable) must be from the same command.
 - c. 75% of the players on the field must be from the same command.
 - d. For sports with less than 8 players on the field or Daily Roster, round down one player, e.g. (7v7) 6 players, (3v3) 2 players.
- (7) Captain's Cup Point Structure: Points will be awarded to the highest placing team or individual from each command. Subsequent teams or individuals from each command may not earn additional points for multiple placements. The next command in line will get the appropriate points. For example, if COMMAND A has a team places 1st and 2nd, then the 3rd place team will get 2nd place points, and so on down the line. Points are available for the top 20 places for each sport. Points will be awarded for the end of regular season standings, as well as playoffs finish, when applicable.



(8) Eligible Sports Leagues: All Flag Football, Soccer, Softball, Basketball, and Volleyball, Kickball, Ultimate Frisbee & Dodgeball Sports leagues offered by the Naval Base San Diego are captain's Cup Points eligible.

(9) Eligible Tournaments: MLK Sports Week Tournament and other NBSD Sports Tournaments.

(10) Individual Tournaments: All home run derby's, 3-point shootouts, racquet sport tournaments, soccer skills challenges, & quarterback accuracy challenges are Captains Cup points eligible.

(11) Eligible Run/ Events: St Patrick's Day 5K Run, Ultimate Navy Fitness Run, POW/ MIA 2 Mile Run, & the Veterans Day 5K Run.

(12) **TEAM SPORTS LEAGUES**

- a) 1st Place: 60 Points
- b) 2nd Place: 50 Points
- c) 3rd Place: 44 Points
- d) 4th Place: 40 Points
- e) 5th place: 35 Points
- f) 6th Place: 31 Points
- g) 7th Place: 28 Points
- h) 8th Place: 25 Points
- i) 9th Place: 22 points
- j) 10th Place: 19 Points
- k) 11th Place 16 points
- l) 12th Place: 14 points
- m) 13th Place: 12 Points
- n) 14th Place: 10 Points
- o) 15th Place: 8 Points



- p) 16th Place: 6 Points
- q) 17th Place: 5 Points
- r) 18th Place: 4 Points
- s) 19th Place: 3 Points
- t) 20th Place and below: 2 points

13) TEAM SPORTS TOURNAMENTS

- 1st Place: 30 Points
- 2nd Place: 25 Points
- 3rd Place: 22 Points
- 4th Place: 20 Points
- 5th place: 17.5 Points
- 6th Place: 15.5 Points
- 7th Place: 14 Points
- 8th Place: 12.5 Points
- 9th Place: 11 points
- 10th Place: 9.5 Points
- 11th Place 8 points
- 12th Place: 7 points
- 13th Place: 6 Points
- 14th Place: 5 Points
- 15th Place: 4 Points
- 16th Place: 3 Points



17th Place: 2.5 Points

18th Place: 2 Points

19th Place: 1.5 Points

20th Place and below: 1 point

14) **INDIVIDUAL SPORT TOURNAMENT/ EVENT**

1st Place: 30 Points

2nd Place: 25 Points

3rd Place: 22 Points

4th Place: 20 Points

5th place: 17.5 Points

6th Place: 15.5 Points

7th Place: 14 Points

8th Place: 12.5 Points

9th Place: 11 points

10th Place: 9.5 Points

11th Place 8 points

12th Place: 7 points

13th Place: 6 Points

14th Place: 5 Points

15th Place: 4 Points

16th Place: 3 Points

17th Place: 2.5 Points



18th Place: 2 Points

19th Place: 1.5 Points

20th Place and below: 1 point

15) **INDIVIDUAL RUNS** (*male and female categories*)

a) 1st Place: 15 Points

b) 2nd Place: 10 Points

c) 3rd Place: 5 Points

16) **COMMAND FITNESS COMPETITIONS**

1st Place: 30 Points

2nd Place: 25 Points

3rd Place: 22 Points

4th Place: 20 Points

5th place: 17.5 Points

6th Place: 15.5 Points

7th Place: 14 Points

8th Place: 12.5 Points

9th Place: 11 points

10th Place: 9.5 Points

11th Place 8 points

12th Place: 7 points

13th Place: 6 Points



- 14th Place: 5 Points
- 15th Place: 4 Points
- 16th Place: 3 Points
- 17th Place: 2.5 Points
- 18th Place: 2 Points
- 19th Place: 1.5 Points
- 20th Place and below: 1 point

17) **Negative Point Systems**

- a) Player Ejection: -5 Points
- b) Forced Removal from League: -10 Points
- c) Forfeit under 24 hours notice: -3 Points

18) **TWO CATEGORIES:**

- a) Small/ Medium: Less than 500 sailors assigned to Command (examples: LCS, DDG, CG, etc.)
- b) Large: Greater than 500 sailors assigned to command (examples: LHD, LHA, LPD, CVN, etc.)