

THE PROCEDURES FOR A PACE STICKING COMPETITION

Conditions

1. **Rate of Marching.** Teams will be judged on the following rates of time and pace:
 - a. Slow Time - 65 paces per minute.
 - b. Quick Time - 116 – 120 paces per minute.
 - c. Movement at the Halt - 40 movements per minute.

2. **Competition.** The following table lists the sequence and drill movements for a pace sticking competition.

Serial	Team Actions	Captain's Action and Words of Command
<i>(a)</i>	<i>(b)</i>	<i>(c)</i>
1	<p>The March On</p> <ol style="list-style-type: none"> a. Teams will be formed up in file in the 'March On' box facing left at two paces interval. b. Pace sticks will be at the Carry. c. Teams will be marked as they leave the 'March On' Box. d. Teams will march on to Form Up in Line. e. The right marker to give "UP!" from the rear. The team halts, advances right turn and Stand at Ease then Easy. 	<ol style="list-style-type: none"> a. Team Captain will be approx. 15 paces right of his team facing left. b. Team Captain steps off his team. "(UNIT NAME), BY THE RIGHT, QUICK – MARCH!". c. Team Captain marches forward with his team, halts on the right marker's "UP!", turns left and remains still, Stick at the Carry.

<p>2</p>	<p>Getting on Parade</p> <ul style="list-style-type: none"> a. On the word of command, the right marker stands to Attention and marches forward 7 paces, halts on the Inspection Line and Stands at Ease. b. The team (including the right marker) stands to Attention, steps off, marches forward 7 paces, halts and dresses by the right. c. Once the team is settled, they will look to the front and Stand at Ease in succession from the right. d. Team stands to Attention to be inspected. e. The Inspection takes place. f. The Sticks are proved. g. The WO1 of the Board moves forward. As he comes to the right marker he will stand to Attention and prepare his Stick for proving. Each member will carry out the same action returning to the Stand at Ease position on completion (see Fig 113. – Proving Sticks). 	<ul style="list-style-type: none"> a. The Team Captain with his Stick at the Carry calls forward the right marker – “RIGHT – MARKER!”. b. The Team Captain orders the team forward – “GET ON – PARADE!”. c. The Team Captain prepares his team for inspection – “TEAM – SHOW!”. d. He now turns to his right and steps off changing his Stick to his left hand still in the Carry on consecutive left feet. He moves to a point two paces to the right of his right marker and waits for the President of the Board. e. The Team Captain reports his team to the President of the Board and accompanies him on his inspection, keeping his Stick in the left hand throughout. f. On completion of the Inspection he will march to the point in rear covering off the centre man, change his Stick to the right hand, then stand the team At Ease, carrying out the same actions – “TEAM, STAND AT – EASE!”. g. The Team Captain stands the team to Attention.
<p>3</p>	<p>Drill in Slow Time</p> <ul style="list-style-type: none"> a. The team will advance, pace-stick in the right hand for 10 paces until Box 1 is reached – then in sequence: b. Change of Sticks. BOX 1 	<ul style="list-style-type: none"> a. The team to advance “BY THE RIGHT, SLOW – MARCH!” b. “Changing Sticks, CHANGE – STICKS!” to be given in the box over seven paces.

	<p>c. Pace-Stick with the left hand 10 paces.</p> <p>d. Change and Carry Sticks. BOX 2</p> <p>e. Carry Sticks for 10 paces.</p> <p>f. Pace-Sticks for 10 paces in the right hand. BOX 3</p> <p>g. Change Sticks. BOX 4</p> <p>h. Pace-Stick with left hand for 10 paces.</p> <p>i. Change Sticks. BOX 5</p> <p>j. Pace-Sticks with the right hand for 10 paces.</p> <p>k. Carry Sticks for 10 paces. BOX 6</p>	<p>c. ---</p> <p>d. “Changing Sticks, CHANGE – STICKS!”, “CARRY – STICKS!” given in the box over seven paces.</p> <p>e. ---</p> <p>f. Pacing Sticks – “PACING – STICKS!” given in the box over seven paces.</p> <p>g. Changing Sticks, “CHANGE – STICKS!” in the box over seven paces.</p> <p>h. ---</p> <p>i. Changing Sticks, “CHANGE – STICKS!” in the box over seven paces.</p> <p>j. ---</p> <p>k. Carry Sticks – “CARRY – STICKS!” in the box over seven paces.</p>
4	<p>Halting</p> <p>a. The team will be halted. They will About Turn, on the word of command “ABOUT – TURN!”.</p> <p>b. The team now takes its dressing up by the left.</p> <p>c. Stand at Ease and Easy.</p>	<p>a. Team Halt. The Team Captain lowers his Stick with the team. After the regulation pause he brings his Stick to the Carry – “TEAM WILL RETIRE, ABOUT – TURN!”.</p> <p>b. Stand at Ease and Stand Easy. On the word of command “STAND – EASY!”, he turns to his right, marches to the rear of his team, halts and then Stands at Ease and Easy.</p>
5	<p>Drill in Quick Time</p> <p>a. The team assumes the correct Stand Easy position and is</p>	<p>a. On instructions from the Board President the team is</p>

	<p>then stood to Attention and retires in Quick Time.</p> <p>b. The pace-stick actions are the same as for Drill in Slow Time.</p>	<p>made ready for Quick Time. The Team Captain stands to Attention and brings his Stick to the Carry – “TEAM, TEAM – SHUN!”.</p> <p>b. On “SHUN!” he lowers his Stick. The team will retire “BY THE LEFT, QUICK – MARCH!”.</p> <p>c. The words of command are as Drill in Slow Time (as in paragraph 3 above).</p>
6	<p>Halting</p> <p>a. The team halts and turns about.</p> <p>b. The team Stand at Ease.</p>	<p>a. Team Halt. The Team Captain brings his Stick to the Carry – “TEAM WILL ADVANCE, ABOUT – TURN!”. “RIGHT – DRESS!”. “EYES – FRONT!”. “STAND AT – EASE!”.</p> <p>b. He changes his Stick to his left hand whilst at the halt, then marches forward to the President, salutes and obtains permission to march off.</p> <p>c. Keeping his Stick in the left hand he marches to the front of his team.</p> <p>d. “TEAM – SHUN!”. “MOVE TO THE RIGHT IN FILE, RIGHT – TURN!”. He moves to a position right rear.</p> <p>e. “TEAM, BY THE LEFT, QUICK – MARCH!”.</p> <p>f. “TEAM, BY THE LEFT (OR RIGHT) (depending on the position of the President of the Board) EYES – LEFT/RIGHT!”. “EYES – FRONT!”.</p>