

THE WHITE BOOK

CHAPTER 1

Cadet Organization and Training

SECTION 4

Varsity Athletic Team Directives

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Position: Deputy Commandant

- I. **Organization:** This section is managed by the Deputy Commandant in coordination with the Athletic Department Military Liaison.
- II. **Functions:** This section describes procedures for the following:
 - A. **Varsity Team Captain.**
 - B. **Orders-Season**
 - C. **Uniforms**
- III. **Procedures:**
 - A. **Varsity Team Captains.**
 1. A Cadet Athlete Team captain will be nominated for each team by the Head Coach. Once approved by the Commandant, he/she will hold the rank of Second Lieutenant, unless a 2/C (will be designated a SFC). They must be in and maintain a proficient status to hold these ranks.
 2. Duties. Team Captains serve as a vital link in the communication chain necessary for the success of the NCAA Sports program and the cadet training.
 - i. Team captain is responsible to the head coach, Corps Leadership, and Commandant in representing his/her team in matters dealing with cadet duties and requirements within the Corps.
 - ii. Team captains are expected to lead by example and are responsible for assisting the coaching staff in maintaining high morale, good sportsmanship, proper discipline, and conduct among team members.
 - iii. Team captains will attend monthly leadership meetings with the Corps leadership and Commandant.
 - iv. Team captains serve a significant role for maintaining positive relations between Cadet Athletes, coaches and the rest of the Corps.
 - B. **Season Orders:** There are 3 types of Season Orders: In –Season, In-Season Non-Championship, and Off-Season
 1. **In Season and In-Season-Non Championship.** This category is for an athletic team that has entered the playing season. This includes NCAA designated in-season practice dates during the off-season (non-championship). Cadet Athletes participate or are excused from Cadet duties/events as depicted in the example of a Citadel Sport Season Chart in Figure 1.4.1.
 2. **Off Season.** An off-season Cadet Athlete is one that is not participating in the regularly scheduled Southern Conference playing season or NCAA designated in-season practice dates

during the off-season. Cadet Athletes participate or are excused from Cadet duties/events as depicted in the example of a Citadel Sport Season Chart in Figure 1.4.1.

3. Support Staff (Managers, Trainers, Film staff). These cadets are part of the team they support and receive similar privileges as other team members and abide by the same orders with some exceptions. Cadet Support Staff participate or are excused from Cadet duties/events as depicted in the example of a Citadel Sport Season Chart in Figure 1.4.1.

2025-2026 Sport Season Grid												
Sport	AUG	SEP	OCT	NOV	DEC	JAN	FEB	MAR	APR	MAY	Total Days Allowed	# Contests Allowed
Baseball	08/27/25	09/15/25	11/09/25	11/10/25	12/17/25	01/12/26				05/02/26	132	56
Basketball	08/27/25	09/01/25						04/12/26	TBD		N/A	29
Cross Country	08/25/25			11/16/25	12/17/25						144	7
Football	08/01/25			11/30/25	12/01/25	01/12/26	02/08/26	02/09/26	04/06/26	04/07/26	N/A	11, 1
Golf	08/25/25		11/02/25	11/03/25	12/17/25	01/12/26			04/19/26	04/20/26	144	24
Rifle	08/25/25							02/22/26	02/23/26		144	13
Soccer	08/01/25		11/02/25	11/03/25		02/08/26	02/09/26		04/18/26	04/19/26	132	20, 5
Tennis	08/27/25	09/15/25		11/21/25		01/12/26			04/19/26	04/20/26	144	25
Track and Field	08/27/25	09/12/25	09/22/25				Indoor	Outdoor		05/02/26	156	18
Volleyball	08/01/25			11/30/25	12/01/25	01/12/26	02/13/26	04/22/26	04/23/26		132	28, 4
Wrestling	08/27/25	09/14/25	09/15/25				03/08/26	03/09/26	04/15/26	04/16/26	144	16
Cheer	08/27/25										N/A	N/A
Key	Mon & Thu PT & PT Formation	PLS/Drill 12:30	Tue-Wed-Fri Knobs & UC Breakfast Formations	1945 Formation Study Hall	Consi/Tours	4C Retreat Formation	Guard Duty	SMI	Parade	CPFT	LTE	FB Game
Off Season: 8 hours a week + Meeting Time	Participate Unless on PT Accountability	Participate	Participate	Participate Unless on PT Accountability	Participate	Participate Unless Practical/S&C	Participate	Participate	Participate	Participate	Coordinated w/Jenkins H	Participate
In-Season Non Championship 20 hours a week	Excused	Excused	Participate Unless on Special Orders	Participate Unless on PT Accountability	Excused In-Season Modified	Excused	Excused	Excused	Participate Unless Special Order	Excused	Coordinated w/Jenkins H	Coordinated w/Jenkins H
In-Season: 20 hours a week	Excused	Excused	Participate Unless on Special Orders (morning practice/lift)	Participate Unless on PT Accountability	Excused In-Season Modified	Excused	Excused	Excused	Excused	Excused	Coordinated w/Jenkins H	Excused
Managers/Support Staff on In-Season orders	Participate Only Travel Exemptions	Excused	Participate Unless on Special Orders	Participate Unless on PT Accountability	Excused In-Season Modified	Participate Unless Practice	Excused	Excused	Excused	Excused	Participate ONLY travel Exemptions	Coordinated w/Jenkins H
Cheer	Participate Only Travel Exemptions	Participate	Participate Unless on Special Orders	Participate	Excused In-Season Modified	Participate Unless Practical/S&C	Participate	Participate	Participate Unless Special Order	Participate Unless Special Order	Participate ONLY travel Exemptions	Participate

**Teams OFTEN have training and practices that prevent them from participating in headers that are RED, Refer to Orders or Military Liaison for Context

Figure 1.4.1 Example of a Citadel Sport Season Chart

In addition to this chart, Cadet off-season athletes may be granted Special exemptions to miss Cadet events/duties. This will be published weekly by the Deputy Commandant and Military Liaison and will look similar to the example in Figure 1.4.2

Figure 2.4.2 Special Exemptions

CITADEL ATHLETICS: PT ACCOUNTABILITY				
1945 ACCOUNTABILITY				
*EXEMPT	*EXEMPT	*EXEMPT	*EXEMPT	*EXEMPT
<u>SUNDAY</u>	<u>MONDAY</u>	<u>TUESDAY</u>	<u>WEDNESDAY</u>	<u>THURSDAY</u>
	PT (0530)		Form (0730)	PT (0530)
	Football	Volleyball	Tennis	Football
			Volleyball	
Form (1945)	Form (1945)	Form (1945)	Form (1945)	Form (1945)
Teams currently on In-Season Orders: Exempt From PT				
Baseball	Golf	MW Track	Tennis	
Teams currently on In-Season Orders (Non-Championship): Exempt from PT				
Soccer	Volleyball	Wrestling		
Teams currently on Off-Season Orders:				
Rifle	Basketball	Football		

C. Uniforms:

1. **Athletic Uniforms.** The prescribed Citadel team Athletic travel/warmup uniform may be worn both on/off campus as directed by the Athletic Director **ONLY** for Athletic events in Athletic venues. Otherwise cadet uniforms are required with one exception--Team Athletic Uniforms [travel/warm-up] may be worn in the Mess Hall only for Pre or Post game meals--there are no other exceptions. In all cases, the uniforms will be uniform.
2. **Travel Uniforms:** Team members will be in uniform at all times while on Travel orders. Team uniform is identified as either the Seasonal Leave uniform, athletic team uniforms worn in matches, or identical travel wear provided by the Athletic department. If identical travel gear is not available, the Citadel PT gear/sweats may be worn. Uniformity and positive image will be used as a rule.
3. **Backpacks:** Team issued backpacks may only be worn on backs/shoulders when moving to and from one Athletic facility to another Athletic facility (ex. Locker room to practice field).
4. For additional information on uniforms, refer to Chapter 7.