

# DRILLS

## DRILL DEFINITIONS

### Alignment

A straight line on which more than one marcher is formed or is to be formed.

### Beat

A beat is a measure of marching time. If the march is conducted at correct speed, there will be 120 beats to the minute. A beat is the time occupied by the movement of the leg from rear to forward when straight marching, regulated pacing, shortened pacing or the movement up and down of one foot when marking time.

### Command

A command is a verbal order, given to carry out drill. Command details are specified (when they are a judging aspect) within drill detail.

### Covering

The act of one marcher placing herself directly to the rear of the marcher in the front of a file.

### Discs

Discs are placed on the ground at the correct measurement pertaining to each grade.

### Dressing

The act of taking up a position to ensure that a correct alignment, taken across the back of the shoulders of each marcher, is achieved.

### Drill

Movement or action of any part of the body.

### File

A line of more than one member, one behind the other.

### Front

The direction on which marchers are facing or moving at any given time.

### Hesitation

A hesitation is a perceptible stop during which no movement takes place. It must be plainly visible but is of no set time duration unless the detail explicitly states a length.

### Line

Marchers formed on the same alignment.

### March

Stepping out in tempo with an armswing.

### Pace

Length of a pace, unless otherwise specified, is 75cm (Senior & Masters), 68cm (Under 18) and 61cm (Under 13 & Introductory).

### Pause

A Pause during drill will be equal to one beat of marching time, unless otherwise specified, during which no movement takes place.

### Pivot During Drill

A turn of the body by pivoting on the ball of the foot to a specified angle (e.g. 90°).

**Clarification of Pivot wording in Q/C/M's**

Eg: Pivot 90 degrees to the left on the ball of the right foot, pause one beat = 2 beats  
Pivot 90 degrees to the left on the ball of the right foot, march 3 paces = 4 beats  
Pivot 90 degrees to the left on the ball of the right foot AND march 3 paces = 3 beats

**Radius**

Distance from pivot point to marcher (e.g. No 2 radius 2 paces, No 3 radius 4 paces etc) when wheeling.

**Rank**

A line of marchers side by side.

**Shuffle**

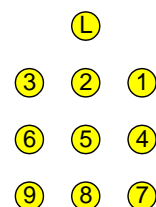
Short, quick, foot movements by Team members to achieve their correct position. Only the feet may be adjusted and the body must remain in the position of attention.

**Spacing**

The interval between adjacent marchers on the same alignments (e.g. rank, file, or line) measured by the distance between identical positions of the same foot of those marchers.

**Team Formation**

The position of the Leader and Team members. Leader (where applicable) in front, Nos. 1, 2 & 3 from the right forming a front rank, Nos. 4, 5 & 6 from the right forming a centre rank and Nos. 7, 8 & 9 from the right forming a rear rank, all at two pace spacing from each other.



**Tempo**

Marching in time with the music, i.e. the heel of the left foot must reach the ground on the loud or strong beat of the music or rhythm.

A bar of music is divided into an even number of beats. Teams, starting from "QUICK MARCH" with the left foot, will complete the first pace on the end of the first beat of the bar. Successive paces with the left foot will be completed on the third, fifth and seventh beats. Paces with the right foot will be completed on the second, fourth, sixth and eighth beats.

**Wheeling**

The action of altering direction about a fixed pivot through specified degrees of the arc of a circle (e.g. 90° wheel, radius 2 paces).

**Whistle Signals**

Whistle signals to be used throughout the Technical Drill (at each of the discs and where else stipulated) will be a two beat, two pace, one continuous blast signal of consistent or varying volume and/or tone. For example, for a right turn on the sixteenth pace, the whistle will commence as the right foot comes to the ground on the fourteenth pace, and will cease as the right foot comes to the ground on the sixteenth pace.

MASTERS GRADE ONLY – Whistle signals will be optional

**STANDARD DRILLS – ALL GRADES**

At all times during competitive aspects of Championships/Competitions unless specifically provided for otherwise, the following Set Drill shall be executed. Where it is required that more than one member executes identical drill, then such drill must be executed in a uniform manner (e.g. feet angles at position of attention).

**Position of Standing Easy**

Body: The body will be in the Position of Attention except –

Feet: Heels at least 25cm apart and in line.  
Feet turned out at an angle of at least five degrees each.

Arms: Arms behind the rear of the marcher, and bent, with the right hand being placed in the palm of the left hand, with the fingers of the right hand touching the fingers of the left hand, thumbs crossed with the right thumb uppermost.

### **Position of Standing at Ease**

Body: The body will be in the Position of Attention except –

Feet: Heels at least 25cm apart and in line.  
Feet turned out at an angle of at least five degrees each.

Arms: Arms behind the rear of the marcher as straight as the natural bend will permit with the right hand being placed in the palm of the left hand, with the fingers of the right hand touching the fingers of the left hand, thumbs crossed with the right thumb uppermost.

### **Moving From Standing Easy to Stand at Ease**

After the command 'TEAM" on the left beat, pause one beat and during the next left beat:

Body: The body will be in the Position of Attention except –

Arms: *Left Beat:* There will be a movement of the arms, in unison, to obtain the position of Stand at Ease.

*Right Beat:* Pause

### **Moving From Standing at Ease to Attention**

After the command "ATTEN" / "TION" (other than when the Review detail specifies otherwise) given on successive left beats, pause one beat, and during the next left beat:

Leg Action:

*Left Beat:* The left leg will be carried across to the Position of Attention with the knee being bent sufficiently to allow the foot to just clear the ground.

Arms/Hands: The arms and hands will move to the Position of Attention with the inwards movement of the foot.

*Right Beat:* Pause

Body: The body will be in the Position of Attention

### **Moving From Attention to Standing at Ease**

After the command "STAND AT" / "EASE" given on successive left beats, pause one beat and during the next left beat:

Leg Action:

*Left Beat:* The left leg will be carried across to the position of Stand at Ease with the knee being bent sufficiently to allow the foot to just clear the ground.

Arm/Hands: The arms and hands will move to the position of Stand at Ease with outwards movement of the foot.

*Right Beat:* Pause

Body: The body will be in the Position of Attention

### **Moving From Standing at Ease to Standing Easy**

After the command "STAND" / "EASY" given on successive left beats, pause one beat and during the next left beat:

Body: The body will be in the Position of Attention except –

Arms:

*Left Beat:* There will be a movement of the arms, in unison, to obtain the Position of Standing Easy.

### **Pivoting when in the Stationary Position**

For a Pivot to the left:

Body: The body will be in the Position of Attention except –

Leg Action: Bend the left leg sufficiently to allow the foot to just clear the ground and pivot on the ball of the right foot 90° to the left.

Foot Placement: On completion of the pivot the feet will be beside each other, close together, parallel and toes in line.

For a Pivot to the right read "right leg" for "left leg" and "left foot" for "right foot".

### **Position of Attention**

Feet: Heels together and in line.  
Feet turned out at an angle of at least five degrees each.

Legs: Naturally straight.

Body: Body erect with the weight centred evenly over both feet.

*From the side:* An imaginary line should pass approximately through the ear, tip of the shoulder, behind the hip, middle of the knee and in front of the ankle.

*From the front:* An imaginary line should pass through the centre of head and body and between the knees and ankles. Shoulders should be level and square to the front.

Arms: As straight as the natural bend of the arm will permit.

Hands: Fingers will be rolled in so that the tips rest on the palm of the hand with the outside base of the fingers forming a fairly flat area. The thumb will lie straight over the crook of the index finger. An imaginary line should pass, approximately, through the centre of the forearm and through the centre of both the wrist and the hand, passing over the knuckles of the longest finger.

Hand Position: The hand will rest lightly against the outside of the thigh in such a position for the thumb and hand to be pointing in the line of march both front and rear.

### **Stationary Position**

As per Position of Attention except feet will be beside each other, close together, parallel and toes in line.

### **Armswing**

As per "Body" under Position of Attention except -

Action/Timing: Arms will swing naturally from the shoulder in a pendulum action from front to rear or rear to front. The speed of the arm will remain constant throughout with no changes in speed being apparent. Each swing will take one full beat of music unless otherwise specified within the drill detail. The two arms, naturally straight, will reach the peak of the swing (extended position) at the same time as the heel of each foot reaches the ground, ie the right arm must reach the front extended position on the loud or strong beat of the music or rhythm.

**Direction:** Arms will swing in the direct line of march both front and rear (ie; arms will not cross, nor swing out from the body). When the body is required to change direction during a drill, the arms will be held at the sides during the change of direction.

**Height:** A Team's arm-swing height must at least reach the waist height front and rear of the shortest marcher. The Team's front arm height and rear arm height can vary – but must be swung to the set height uniformly (i.e. all team members must swing to the height set).

### **Armdrop**

As per "Body" under Position of Attention except -

**Action/Timing:** Arms will drop, from their maximum height (as detailed under Armswing), to the position of attention at the same time and at the same speed as the travelling foot moves forward to execute a drill.

### **Armswing Out**

As per "Body" under Position of Attention and -

**Action/Timing:** Arms will swing from the Position of Attention to their maximum height (as detailed under Armswing), at the same time and at the same speed as the travelling foot moves forward in the step out pace following a drill.

### **Handgrip When Marching**

As per "Body" under Position of Attention detail plus -

**Hand Position:** Hands should remain steady at the Position of Attention after an armdrop has been executed.

### **Leg and Foot Action When Marching**

As per "Body" under Position of Attention except -

**Action:** The legs will be swung forward naturally from the hip joints in a smooth even speed. Each leg as it swings forward will be relaxed sufficiently at the knee and ankle to enable the foot to just clear the ground. The foot will be carried straight to the front, and without being drawn back, will be placed on the ground heel first. The leg is not required to be naturally straight at the end of the pace, however, the grounded leg will progressively straighten as the weight of the body is moved forward during the next pace and should be naturally straight as the foot of the travelling leg passes the alignment of the stationary foot when taking a further pace or when a turn or mark time is being executed. The angle of each foot (taken along the sole of the boot) as each heel touches the ground, will be uniform within the Team. Each foot will be directed so that the inside of the heel is placed on the line of march with the front part of the foot being as near as possible to the same line. This line does not have to be uniform within the team but all members must be within 5° of the line.

### **Slow March**

As per "Body" under Position of Attention except -

**Action:** Each leg as it swings forward will be relaxed sufficiently at the knee and ankle to enable the foot to just clear the ground. The foot will be carried straight to the front, directed in the line of march, and will be at an angle to the ground. The angle (taken along the sole of the boot) will decrease evenly throughout the pace from the angle attained at the commencement of the pace. The leg will progressively straighten as the travelling foot passes the stationary foot and, without being drawn back, will be placed on the ground ball first with the leg naturally straight.

**Foot Placement:** As per Leg and Foot action detail.

The weight of the body should move onto the front leg as the heel makes contact with the ground at the end of the pace.

Arms/Hands: As per Position of Attention.

Speed: Each slow march pace will be executed in an even speed throughout and will take two beats of marching time to complete (i.e. each pace will be completed on the loud beat of the music - the left beat).

First Pace if moving from the Stationary Position:

Hesitate and then lift the right heel so that the foot is in the position it would be at when toes are in line at the halfway point of each pace (right beat) then complete the first pace in slow time (left beat).

### **Mark Time**

As per "Body" under Position of Attention except –

Action: Feet will be raised alternately from the stationary position, knees to the front. The raised position is optional but the toe of the raised leg must be in front of the stationary leg and must not go past the alignment of the tip of the toe under the tip of the knee. The optional raised position must be uniform throughout the team. Having made the raised position, the foot will be immediately lowered to the ground toe first.

Foot Placement: Each foot will return to the exact position on the ground held prior to the lift (i.e. if both feet were on the ground at the same time they would be as per the stationary position).

Height: The tip of the toe must be at least 15cm from the ground. Height may differ from movement to movement but must be a uniform height if more than one marcher is marking time.

Speed: Each beat of Mark Time will be executed at an even speed. The speed must be uniform within the team.

Arms/Hands: As per Position of Attention details.

### **To Mark Time From The March**

As per "Body" under Position of Attention except –

Action: The rear foot will travel forward directly to the mark time position (as specified in Mark Time detail) when it will be immediately lowered to the ground to complete the first mark time beat.

Arms: As per Armdrop detail.

Speed: The time taken by the foot travelling to and from the Mark Time position will take one beat of music.

### **Stepping Out From Mark Time**

As per "Body" under Position of Attention except –

Action: Hesitate and then step out in the same manner and at approximately the same speed as a normal marching pace.

Arms: As per Armswing Out detail.

### **Posture in Marching**

As per "Body" under Position of Attention.

### **Pivot on the March**

Action: The rear foot will travel forward in the same manner as a normal marching pace until the toe of the travelling foot approximately reaches the rear of the stationary foot, to turn in the specified direction in the same manner and approximately the same speed as in a normal marching pace. With the

stationery foot pivoting on the ball of the foot to the required angle of the turn. The speed of the arms will remain constant throughout with no changes in speed being apparent.

Note: If the pivot requires an off-step turn, the toe of the rear travelling foot shall approximately reach the toe of the stationary foot prior to pivoting in the specified direction.

### Regulated Paces

As per Position of Attention except -

Action: The foot will be lifted directly to a height relative to the length of pace being taken before being lowered to the ground, toe first, with the leg straightening in one complete action. At its maximum height the toe of the travelling foot will be approximately in line with or slightly ahead of the toe of the stationary foot.

Note: The longer the pace that is taken the travelling foot may give more of an appearance of a rounded action due to the lifting movement of the heel as it leaves the ground and the need to round the peak of the lift. A shorter pace (e.g. the second marcher in a fixed pivot line with more than 3 marchers) may give a similar appearance to a marcher marking time while moving forward.

Foot Placement: Each foot will be placed on the ground directly on the line of march and when wheeling will follow the arc of the wheel as specified (e.g. 2 pace radius) so as to maintain constant distance from the pivot point.

Height: Uniform if more than one marcher is taking the same length pace. When wheeling the height will progressively decrease from the pivot to the outer file or to the outside marcher in the case of a wheel in line (i.e. Shortest length = highest raised position, longest length = lowest raised position)

Length: When wheeling the length of paces being taken will progressively increase from the pivot to the outer file or to the outside marcher in the case of a wheel in line.

Speed: Each regulated pace will be executed at an even speed and will occupy one beat of music.

Arms: Arms will be swung during all regulated paces unless otherwise specified.

### Stepping Out From Regulated Paces

Action: As per leg and foot action.

Speed: The speed of the foot coming through from the rear may vary depending on the length of pace, however, as the moving foot passes the stationary foot then normal marching timing should re-commence and all members feet should then be in unison i.e. the shorter the pace the slower the foot from the rear to the alignment of the stationary foot. There should be no visible stop shown on the final regulated pace.

### Side Pacing From The Halt

Action: *Beat One:* Hesitate and then carry the foot across in the specified direction, with the leg being bent sufficiently for the foot to just clear the ground.

*Beat Two:* Carry the other foot across in the same manner and hesitate.

Foot Placement: On completion of the second beat the feet will be beside each other, close together, parallel and toes in line.

- Length: The length of a side pace will be the same measurement as the length of paces being taken (i.e. Under 13 grade, 0.61cm etc), unless otherwise specified.
- Arms: Held at Position of Attention.
- Step out: Hesitate and then step out in the same manner and at approximately the same speed as a normal marching pace.

**Side Pacing From The March:**

As per side pacing from the halt except:

Action: *Beat One:* The rear foot will travel forward in the same manner as a normal marching pace until the toe of the travelling foot reaches the toes in line alignment of the stationary foot, when it will be carried straight across in the specified direction, with the leg being bent sufficiently for the foot to just clear the ground.

*Beat Two:* Carry the other foot across in the same manner and hesitate.

**Halts**

Halts are detailed within the "Drills for Quickstep/Compliments/ Movements" section for each grade.

**Turns**

Turns are detailed within the "Drills for Quickstep/Compliments/ Movements" section for each grade.

**Head Turns**

Action/Timing: Heads will turn during the heel toe action at the end of a pace (e.g. straight marching) or the toe heel action (e.g. regulated pacing and mark times).

Position: Heads will turn to the position of the eye being aligned with the front of the shoulder.

**Salute At The Halt**

Action Up: Bring the right hand to the head with a circular motion, palm to the front, fingers extended and together, point of forefinger at least 3cm above the right eye, or touching the edge of a peaked cap (if the right eye position cannot be attained). The thumb will be alongside the forefinger and the elbow will be in line and square with the shoulder (i.e. not forward or back of the shoulder alignment). An imaginary line should pass through the index finger, the centre of the wrist and the forearm.

Timing: The movement of raising the arm upwards will take one beat of quick time.

Pause: Two beats (unless specified otherwise within the drill detail).

Action Down: The cutting down of the arm will be made by the shortest route with the hand closing during the downward movement to finish at the Position of Attention on completion.

Speed: The down action will take one beat.

Total: Four beat action.

**Salute On The March With Head Turn**

All detail: As for Salute at the halt except that the head will be turned to the right.

Pause: The length of time the salute will be held up will be specified within the drill detail for each grade (e.g. 10 paces).