



**DEPARTMENT OF THE ARMY  
ARMY JROTC BATTALION  
TIMBERLAND HIGH SCHOOL  
1418 GRAVEL HILL ROAD  
ST STEPHEN, SC 29479  
(843) 826-1695**

THS-JROTC

06 June 2017

MEMORANDUM OF INSTRUCTION

SUBJECT: 1<sup>st</sup> Annual Timberland High School Wolf Battalion Army JROTC Traditional Raider Challenge – “The Wolf Challenge”

1. **Purpose:** On 07 October 2017 Timberland High School host its first Annual traditional Raider Meet. This MOI will outline the various events and specific standards of performance.
2. **Objective:** To provide JROTC cadets a competitive program in FIVE mentally and physically challenging training events: **Core Events** - Modified Army Physical Fitness Test (MAPFT), One-Rope Bridge, 5-Kilometer Road March, Litter Carry, **Optional Event** - Vehicle Pull. In the event a vehicle is not made available the Knot Tying Relay will be substituted in.
3. **General Information:**
  - a. **Cost:** The Registration fee for this competition is \$65 per team, with a maximum to two teams per school, and due with registration form NLT 29 September 2017. Checks need to be made out to THS JROTC. Forms can be emailed or faxed.
  - b. **Location:** The competition will take place at Timberland High School.
  - c. **Manning:** Teams will be made up of 9 team members. Only 8 cadets can compete in each event with the exception of the 5K Road March – 9 members can start only 8 must finish. The extra team member can only be traded out at the discretion of the team captain between events. The same eight that start an event must finish that event.
  - d. **Grading / Scoring:** Events will be prepared, administered, and graded by selected AR/NG Units, Drill Sergeants, Cadet Corp of South Carolina State University of SC and members of the Airforce and Navy from neighboring installations. Tallying and recording scores will be completed by the meet officials. All score sheets will be given to each school after the awards ceremony. Scores will be determined based on time and in some cases completeness during competition of events. Penalties for teams in violation of standards will result in a time penalty for each event. Overall scoring will be conducted as follows: All teams will be ranked on team performance against the entire field for each event. A point value will be awarded based on the individual team’s place in that event. The overall winner of the competition will be the team with the least amount of total points for the entire competition. Additionally, in the event of a tie score, the 5K Road March time will be used to decide the final outcomes. Tallying of scores will be continuous throughout the event. Cadre are invited to view the process at any time. **Discuss any issues with grading process, penalties, times, etc. with SFC Hodges or myself.**
  - e. **Awards:** Trophies will be awarded for the 1st through 3rd places overall approximately 30 minutes after the completion of all events.
  - f. **Equipment:** Units must bring their Guidon to be carried during the 5K Road March. Units are responsible for bringing their own gear for Rope Bridge.
  - g. **Uniform:** Cadre: ACU Uniform. Cadet: ACU Uniform with the option to wear a team shirt; boots, canteen with cover and pistol belt or camel pack, and running shoes. Cadets that are not competing are required to wear the Army PFU or civilian clothing.

h. **Documentation:** At check in, units who have not paid to enter the event will be required to make payment, additionally team rosters, SAI/AI Statement, Cadet Information, Covenant Not to Sue, and Consent to Medical Treatment forms will be checked and verified. Team forms will be kept during the competition by the schools AI or SAI to expedite evacuation if required

i. **Misc:**

- Concessions will be available throughout the day
- All units are responsible for their transportation.

4. **Specific Information:** There will be a total of 5 events. 4<sup>th</sup> BDE Raider MOI DTD 09 March 2017 will provide the standards for all events unless specified in this paragraph or briefed to all participants prior to the competition.

- a. **Modified Army Physical Fitness Test:** 8 Members participate in this event. The APFT consists of 2 minutes of pushups, 2 minutes of sit-ups, and a 1 mile run.
- b. **Litter Carry:** 8 Members participate in this event. Course to be explained onsite.
- c. **Vehicle Pull (Knot Tying Relay):** 8 Members participate in this event. Event to be explained onsite.
- d. **One Rope Bridge:** 8 Members participate in this event.
- e. **5K Road March:** 9 Members can participate in this event with the option to complete with only 8 without penalty. Guidon not broken down and carried by the team.

5. **Schedule of Events:**

0730-0745	Team Check-In and Registration
0745-0800	Coaches Meeting
0800-0830	Teams Warm-Up and Prepare for MAPFT
0830-0930	MAPFT
0930-1130	Rotation of Events (Litter Carry, Vehicle Pull, Rope Bridge)
1130-1230	Briefing and 5K Road March begins starting teams in 1 minute intervals
1245	Awards and Closing

8. We look forward to your participation. Please address any comments, questions, or concerns to MAJ (R) Major Antwine or SFC (R) Fritz Hodges at (843) 826-1695 or email at [antwinet@bcsdschools.net](mailto:antwinet@bcsdschools.net) or [hodgesf@bcsdschools.net](mailto:hodgesf@bcsdschools.net) .

*Thomas Antwine*

Thomas Antwine  
MAJ (Retired), USA  
Senior Army Instructor

Encl:

- Annex A: Registration Form
- Annex B: Covenant Not to Sue
- Annex C: Medical Disclosure and Statements
- Annex D: Physical Fitness Card

**Annex A: Registration Form**

**REGISTRATION FORM**

**RETURN NLT COB 29 September 2017**

**Timberland High School 2017 1<sup>st</sup> Annual Traditional Raider Meet**

1. \_\_\_\_\_ (will) (will not) participate in the meet.  
(Name of School)

**2. Provide Team Information**

<b>Team #1</b>	Cadet	Cadet
	Cadet	Cadet
	Cadet	Cadet
	Cadet	Cadet
	<b>Alt -</b>	
<b>Team #2</b>	Cadet	Cadet
	Cadet	Cadet
	Cadet	Cadet
	Cadet	Cadet
	<b>Alt -</b>	

**3. School Information:**

School \_\_\_\_\_

Address \_\_\_\_\_

City/State \_\_\_\_\_, Zip Code \_\_\_\_\_

Instructors(s) \_\_\_\_\_

E-mail Address (es) \_\_\_\_\_

Phone Numbers: Work \_\_\_\_\_ Cell \_\_\_\_\_

Number of personnel coming \_\_\_\_\_

**5. Make check payable to Timberland High School JROTC**

**6. Fax to Timberland High School AJROTC ATTN: SFC Hodges, (843) 563-5997; OR Preferred Method EMAIL – [hodgesf@bscdschools.net](mailto:hodgesf@bscdschools.net)**

Mail to:

**SFC Fritz D. Hodges  
Timberland High School**

**1418 Gravel Hill Road  
St Stephen, SC 29479  
Annex B**

**COVENANT NOT TO SUE  
OFF-CAMPUS TRAINING AND PRACTICAL FIELD/HIGH RISK TRAINING**

---

DATA REQUIRED FOR PRIVACY ACT OF 1974

1. AUTHORITY: Title 10, US Code 2301.
  2. PRINCIPAL PURPOSE(S): To release the U.S. Government, the host institution and the state in which said institution is located, from liability for injury, death or damages for JROTC cadets participating in voluntary off-campus training programs, practical field and high risk training.
  3. ROUTINE USES: Normal personnel actions. Disclosures of information may be provided to proper authorities in actions regarding law enforcement, legal actions as a result of injury or death, and investigations of accidents resulting from such voluntary off-campus training, practical field and high risk training.
  4. MANDATORY OR VOLUNTARY DISCLOSURE AND EFFECT OF INDIVIDUAL NOT PROVIDING INFORMATION: disclosure is voluntary. Failure to complete form **will disqualify the cadet from participating** in specific voluntary training exercises.
- 

I, \_\_\_\_\_, residing at \_\_\_\_\_  
(Type/Print Full Name) (Address)  
\_\_\_\_\_, \_\_\_\_\_, do hereby agree that in consideration for being allowed to  
(City) (State)

participate in the **Raider Meet to be held at Timberland HS** and whereas I am doing so entirely on my own initiative, risk and responsibility, and being fully aware of the risks adhering to this event. I hereby **RELEASE AND DISCHARGE FOREVER**, the United States Army, the Berkeley Country School District, the State of SC, and Timberland High School, and all its officers, agents and employees, acting officially or otherwise, from any and all claims, demands, actions or causes of action, on account of my death or on account of any injury to me which may occur from any cause during said activity or continuances thereof, and I do further covenant and agree to hold the said Government of the United States, the State of South Carolina, and Timberland High School blameless for any and all damages which I may cause, either intentionally or through my negligence.

\_\_\_\_\_  
(Typed/Printed Name of Parent/Guardian)

\_\_\_\_\_  
(Signature of Parent/Guardian if cadet is a minor)

\_\_\_\_\_  
(Relationship to Cadet)

\_\_\_\_\_  
(Date and Time)

WITNESSED BY:

\_\_\_\_\_  
(Signature of Witness)

\_\_\_\_\_  
(Age/Period Covered)

\_\_\_\_\_  
(Signature of Cadet)

**Annex C**

**CONSENT TO MEDICAL TREATMENT**

**STATEMENT REQUIRED BY PRIVACY ACT OF 1974**

**(1) AUTHORITY: TITLE 10, U.S. CODE 2102.**

**(2) PRINCIPAL PURPOSES:** A statement authorizing medical care in civilian or government medical facilities while attending or traveling to or from JROTC sponsored event.

**(3) ROUTINE USES:** Normal personnel actions: Disclosure of information may be provided to proper authorities in actions regarding medical treatment, legal actions as a result of injury or death, and investigation of accident resulting from JROTC.

**(4) MANDATORY OR VOLUNTARY DISCLOSURE AND EFFECT ON INDIVIDUAL NOT PROVIDING INFORMATION:** Voluntary. Failure to complete form will disqualify JROTC cadet from participating in specific voluntary training exercises.

I (Cadets Name) \_\_\_\_\_, consent to be treated in an Army Hospital, or any other government or civilian medical facility, near or enroute to **Timberland HS** while attending or traveling to or from 4<sup>th</sup> Brigade Raider Competitions.

This consent encompasses all procedures and treatments as are found to be necessary or desirable, in the judgment of the professional staff of any of the above-named medical facilities. I understand that this consent is of a general nature and accordingly list the following exceptions to this consent (if no exceptions write "No Exceptions")

\_\_\_\_\_

I (am) (am not) on medication. (List type, if on medication)

I (am) (am not) allergic to medication. (List type, if allergic)

It is understood that this consent can be withdrawn in writing or orally at anytime.

\_\_\_\_\_  
Signature of Witness

\_\_\_\_\_  
Signature of Cadet

\_\_\_\_\_  
Print Name of Witness

\_\_\_\_\_  
Print Name of Cadet

**PARENT OR GUARDIAN:** (When cadet is a minor or unable to give consent),

I \_\_\_\_\_, parent/guardian of \_\_\_\_\_ have read and understood the above consent to treatment and hereby expressly consent to the above-described treatment.

\_\_\_\_\_  
Signature of Witness

\_\_\_\_\_  
Signature of Parent

\_\_\_\_\_  
Print Name of Witness

\_\_\_\_\_  
Print Name of Parent

**NOTE: List another person to contact in case of emergency if parent or guardian can't be reached.**

Emergency Contact: \_\_\_\_\_  
(Name and Address)

Telephone: \_\_\_\_\_ Other: \_\_\_\_\_

**STATE OF PHYSICAL CONDITION**

(\_\_\_\_) Initials

To the best of my knowledge, my son/daughter/ward is in good physical condition. Participation in the 4<sup>th</sup> Brigade Raider Competition, in my opinion, will not have an adverse affect on his/her health and well being. I will inform the Senior Army Instructor of any changes.

(\_\_\_\_) Initials

My son/daughter/ward has a history of (identify illnesses; Heart disease, Asthma, Overweight, Sinus, Rheumatic Fever, Ear Infection, Headaches, or any other ailments)

\_\_\_\_\_, and is on the following  
\_\_\_\_\_ medication. He/she is allergic to the following medication:

\_\_\_\_\_.

**NOTE:** Students that are found to have previous history of any type illness, past injury, and/or symptoms of suspected medical ailment, will be returned home if treatment is needed or desired.

\_\_\_\_\_  
(Signature of Cadet/Parent/Guardian)

\_\_\_\_\_  
(Signature of Cadet/Parent)







## **MODIFIED ARMY PHYSICAL FITNESS TEST**

**TASK:** To measure the cadet's physical fitness.

**CONDITION:** During daylight under safe weather conditions wearing MAPFT uniform. Team members will take the MAPFT.

**STANDARD:** Team consistency for this event is EIGHT (8) cadets. No alternate is authorized once the test has begun. The team must finish all 3 events with the same (8) cadets that started the event. All 8 Cadets will be scored according to the APFT matrix for push up's and sit up's. The mile run will be scored IAW the Cadet Challenge score table. A maximum score of 100 and a minimum score of 0 per event. With a maximum of 300 points and a minimum of 0 overall.

**UNIFORM:** This test will be conducted in ACU pants, t-shirt and appropriate footwear designed for running or a cross training tennis shoe. An alternate t-shirt may be worn, but only if the entire testing team has an approved team logo t-shirt and all cadet members are wearing the team shirt.

### **SCORING:**

- a. Score cadets using the Raider Challenge Matrixes for their gender.
- b. Team placement will be determined by highest team MAPFT score.
- c. If a cadet becomes injured during any of the three events and cannot continue, no substitution will be authorized. The team score will reflect the last event the injured cadet completed and that partial score will be added to the overall team score. All raw scores will be calculated for a total score and then all 8 total scores will be added together for a team score. The team with the highest total score will be declared the winner in this event.
- d. The Army standard 2 minute physical fitness test push up and sit up tables will be utilized to score those events utilizing the 17-21 age categories. Host schools can modify the time limit to one minute if needed. The one mile run score will be IAW Cadet Challenge standard.
- e. Rotate graders between teams, after each iteration of the push-up and sit-up event. Calibrate all graders to apply the Army standards IAW TC 3-22.20
- f. Give safety brief.

### **Event NCOIC or OIC will read the following to all cadets.**

“YOU ARE ABOUT TO TAKE THE MODIFIED ARMY PHYSICAL FITNESS TEST, A TEST THAT WILL MEASURE YOUR MUSCULAR ENDURANCE AND CARDIORESPIRATORY FITNESS. The test sequence is the push-up, sit-up, and 1-mile run. The order of events cannot be changed. There are no exceptions to this sequence. (If scorecards have not already been issued, they are handed out at this time.) The OIC or NCOIC then says the following: “IN THE APPROPRIATE SPACES, PRINT IN INK THE PERSONAL INFORMATION REQUIRED ON THE SCORECARD.” “YOU ARE TO CARRY THIS CARD WITH YOU TO EACH EVENT. BEFORE YOU BEGIN, HAND THE CARD TO THE SCORER. AFTER YOU COMPLETE THE EVENT, THE SCORER WILL RECORD YOUR RAW SCORE, INITIAL THE CARD, AND RETURN IT TO YOU. ”The event supervisor is the timer. He calls out the time remaining every 30 seconds and every second for the last 10 seconds of the two minutes for the push-up and sit-up events. He ends the events after two minutes by the command “Halt!”. Scorers must allow for differences in body shape and structure of each cadet.

**TASK:** Perform the push-up event for the Raider challenge MAPFT.

**CONDITION:** On a flat dry surface conduct as many correct push-ups as possible in two (2) minutes. This event will be conducted outdoors (when weather permits) on the host schools football field or an area equivalent to the approximate size of one football field. There will be one scorer for each tester at this station. All scorers will be on a single line with a minimum of five (5) feet spacing between scorers. This is known as the test line. The ready line will be a minimum of 10 ft behind the test line with all cadets in a single line behind a scorers test line facing away from the testing cadet. A foam ½ inch thick physical training mat may be used when the ground is damp to avoid cadets becoming extremely wet or to prevent hands from slipping on wet surfaces. In the event of inclement weather, the modified physical fitness test may be conducted indoors at the host school's gymnasium. In the event the push ups are conducted indoors, the test line will be the front boundary of the host schools basketball court, and the ready line will be no closer than the half court line of the host schools basketball court.

**STANDARDS:** The event supervisor must read the following:

**“THE PUSH-UP”**

**THIS EVENT MEASURES THE ENDURANCE OF THE CHEST, SHOULDER, AND TRICEPS MUSCLES. ON THE COMMAND ‘GET SET,’ ASSUME THE FRONT-LEANING REST POSITION BY PLACING YOUR HANDS WHERE THEY ARE COMFORTABLE FOR YOU. YOUR FEET MAY BE TOGETHER OR UP TO 12 INCHES APART. WHEN VIEWED FROM THE SIDE, YOUR BODY SHOULD FORM A GENERALLY STRAIGHT LINE FROM YOUR SHOULDERS TO YOUR ANKLES. ON THE COMMAND ‘GO,’ BEGIN THE PUSH-UP BY BENDING YOUR ELBOWS AND LOWERING YOUR ENTIRE BODY AS A SINGLE UNIT UNTIL YOUR UPPER ARMS ARE AT LEAST PARALLEL TO THE GROUND. THEN, RETURN TO THE STARTING POSITION BY RAISING YOUR ENTIRE BODY UNTIL YOUR ARMS ARE FULLY EXTENDED. YOUR BODY MUST REMAIN RIGID IN A GENERALLY STRAIGHT LINE AND MOVE AS A UNIT WHILE PERFORMING EACH REPETITION. AT THE END OF EACH REPETITION, THE SCORER WILL STATE THE NUMBER OF REPETITIONS YOU HAVE COMPLETED CORRECTLY. IF YOU FAIL TO KEEP YOUR BODY GENERALLY STRAIGHT, TO LOWER YOUR WHOLE BODY UNTIL YOUR UPPER ARMS ARE AT LEAST PARALLEL TO THE GROUND, OR TO EXTEND YOUR ARMS COMPLETELY, THAT REPETITION WILL NOT COUNT, AND THE SCORER WILL REPEAT THE NUMBER OF THE LAST CORRECTLY PERFORMED REPETITION. AN ALTERED, FRONT-LEANING REST POSITION IS THE ONLY AUTHORIZED REST POSITION. THAT IS, YOU MAY SAG IN THE MIDDLE OR FLEX YOUR BACK. WHEN FLEXING YOUR BACK, YOU MAY BEND YOUR KNEES, BUT NOT TO SUCH AN EXTENT THAT YOU ARE SUPPORTING MOST OF YOUR BODY WEIGHT WITH YOUR LEGS. IF THIS OCCURS, YOUR PERFORMANCE WILL BE TERMINATED. YOU MUST RETURN TO, AND PAUSE IN, THE CORRECT STARTING POSITION BEFORE CONTINUING. IF YOU REST ON THE GROUND OR RAISE EITHER HAND OR FOOT FROM THE GROUND, YOUR PERFORMANCE WILL BE TERMINATED. YOU MAY REPOSITION YOUR HANDS AND/OR FEET DURING THE EVENT AS LONG AS THEY REMAIN IN CONTACT WITH THE GROUND AT ALL TIMES.**

**THE FOLLOWING POINTS MUST BE MADE PRIOR TO STARTING EVENT:**

- The cadets chest may touch the ground or mat provided the touch does not provide an advantage (I.E cadet pauses as if resting in the down position)
- Repositioning of the hands and feet are authorized as long as the cadets hands or feet remain in contact with the ground
- If a mat is used, the entire body must remain on the mat
- The feet may not be braced at any time during the push up event Cadets may not cross their feet at any time during the

**TASK:** Perform the sit-up event for the Raider challenge MAPFT.

**CONDITION:** On a flat dry surface conduct as many correct sit-ups as possible in two (2) minutes. This event will be conducted outdoors (when weather permits) on the host schools football field or an area equivalent to the approximate size of one football field. There will be one scorer for each tester at this station. All scorers will be on a single line with a minimum of five (5) feet of spacing between scorers. This is known as the test line. The ready line will be a minimum of 10 feet behind the test line with all cadets in a single line behind a scorers test line facing away from the testing cadet. A foam ½ inch thick physical training mat may be used when the ground is damp to avoid cadets becoming extremely wet or to prevent the torso from slipping on wet surfaces. In the event of inclement weather, the sit up event may be conducted indoors at the host school’s gymnasium. In the event the push ups are conducted indoors, the test line will be the front boundary of the host schools basketball court, and the ready line will be no closer than the half court line of the host schools basketball court.

**(The event supervisor must read the following)**

**“THE SIT-UP”**

**THIS EVENT MEASURES THE ENDURANCE OF THE ABDOMINAL AND HIPFLEXOR MUSCLES. ON THE COMMAND “GET SET”, ASSUME THE STARTING POSITION BY LYING ON YOUR BACK WITH YOUR KNEES BENT AT A 90-DEGREE ANGLE. YOUR FEET MAY BE TOGETHER OR UP TO 12 INCHES APART. ANOTHER PERSON WILL HOLD YOUR ANKLES WITH THE HANDS ONLY. NO OTHER METHOD OF BRACING OR HOLDING THE FEET IS AUTHORIZED. THE HEEL IS THE ONLY PART OF YOUR FOOT THAT MUST STAY IN CONTACT WITH THE GROUND. YOUR FINGERS MUST BE INTERLOCKED BEHIND YOUR HEAD AND THE BACKS OF YOUR HANDS MUST TOUCH THE GROUND. YOUR ARMS AND ELBOWS NEED NOT TOUCH THE GROUND. ON THE COMMAND “GO”, BEGIN RAISING YOUR UPPER BODY FORWARD TO, OR BEYOND, THE**

**VERTICAL POSITION. THE VERTICAL POSITION MEANS THAT THE BASE OF YOUR NECK IS ABOVE THE BASE OF YOUR SPINE. AFTER YOU HAVE REACHED OR SURPASSED THE VERTICAL POSITION, LOWER YOUR BODY UNTIL THE BOTTOM OF YOUR SHOULDER BLADES TOUCH THE GROUND. YOUR HEAD, HANDS, ARMS, OR ELBOWS DO NOT HAVE TO TOUCH THE GROUND. AT THE END OF EACH REPETITION, THE SCORER WILL STATE THE NUMBER OF SIT-UPS YOU HAVE CORRECTLY COMPLETED. A REPETITION WILL NOT COUNT IF YOU FAIL TO REACH THE VERTICAL POSITION, FAIL TO KEEP YOUR FINGERS INTERLOCKED BEHIND YOUR HEAD, ARCH OR BOW YOUR BACK AND RAISE YOUR BUTTOCKS OFF THE GROUND TO RAISE YOUR UPPER BODY, OR LET YOUR KNEES EXCEED A 90-DEGREE ANGLE. IF A REPETITION DOES NOT COUNT, THE SCORER WILL REPEAT THE NUMBER OF YOUR LAST CORRECTLY PERFORMED SIT-UP. THE UP POSITION IS THE ONLY AUTHORIZED REST POSITION. IF YOU STOP AND REST IN THE DOWN (STARTING) POSITION, THE EVENT WILL BE TERMINATED.**

**TASK:** Perform the One (1) mile run event for the Raider MAPFT.

**CONDITION:** On a flat dry surface conduct the one mile run in the least amount of time as possible. This event will be conducted outdoors only on the host schools track that is oval in shape and completes one lap length of 440 yards which is the equivalent of ¼ of a mile. There will be one scorer for each (8) tester at this station. All scorers will be on a single line at the start/finish line. Cadets must wear a number on their chest and back for easy identification. This number will be recorded on the cadets score card.

**(The event supervisor must read the following)**

**“THE ONE MILE RUN”**

**THIS EVENT IS USED TO ASSESS YOUR AEROBIC FITNESS AND YOUR LEG MUSCLES' ENDURANCE. YOU MUST COMPLETE THE RUN WITHOUT ANY PHYSICAL HELP. AT THE START, ALL CADETS WILL LINE UP BEHIND THE STARTING LINE. ON THE COMMAND 'GO,' THE CLOCK WILL START. YOU WILL BEGIN RUNNING AT YOUR OWN PACE. TO RUN THE REQUIRED ONE MILE, YOU MUST COMPLETE (describe the number of laps, start and finish points, and course layout). YOU ARE BEING TESTED ON YOUR ABILITY TO COMPLETE THE 1-MILE COURSE IN THE SHORTEST TIME POSSIBLE. ALTHOUGH WALKING IS AUTHORIZED, IT IS STRONGLY DISCOURAGED. IF YOU ARE PHYSICALLY HELPED IN ANY WAY (FOR EXAMPLE, PULLED, PUSHED, PICKED UP, AND/OR CARRIED) OR LEAVE THE DESIGNATED RUNNING COURSE FOR ANY REASON, YOU WILL BE DISQUALIFIED. (IT IS LEGAL TO PACE A CADET DURING THE 1-MILE RUN. AS LONG AS THERE IS NO PHYSICAL CONTACT WITH THE PACED CADET AND IT DOES NOT PHYSICALLY HINDER OTHER CADETS TAKING THE TEST, THE PRACTICE OF RUNNING AHEAD OF, ALONG SIDE OF, OR BEHIND THE TESTED CADET, WHILE SERVING AS A PACER, IS PERMITTED. CHEERING OR CALLING OUT THE ELAPSED TIME IS ALSO PERMITTED). THE NUMBER ON YOUR CHEST IS FOR IDENTIFICATION. YOU MUST MAKE SURE IT IS VISIBLE AT ALL TIMES.**

## One Rope Bridge

**TASK:** Conduct a one-rope bridge and cross an obstacle.

- a. This exercise will provide a competitive standardized rope bridge event in order to facilitate teamwork, motivation, and esprit de corps.
- b. Utilize the Ranger Challenge grading mechanism to facilitate standardization in team scoring.

**CONDITION:** At a field location with a 40 foot crossing obstacle and a 6 foot safety zone at the near side and far side anchor point for a total distance of approximately 52 feet between anchor points. Given the bridging equipment listed in “Keys to a successful one-rope bridge crossing” (below in this document) during daylight hours, in existing weather conditions.

**STANDARD:** Teams will be given one opportunity to conduct a successful Rope Bridge crossing within 10 minutes.

**SCRIPT:** The script below contains the minimum instruction to be given at the beginning of the event. It is only a guide and the OIC may add to it, as appropriate, to accommodate any unique environment requirements at their site. This briefing will be given to the **Team Captain only** before moving into the prep site.

### THE ONE ROPE BRIDGE OIC WILL SAY:

"Let me have your attention. At this site you will be required to correctly construct and safely cross a one-rope bridge over a simulated water obstacle. Teams will compete head-to-head if possible. Your team will have 5 minutes in the prep site before moving to the bridge site. The prep site is used to put on rappel seats, uncoil your rope and finalize your plan. Inspection of the swiss seat will be conducted at the end of the 5 minute period. TIME WILL START WHEN YOU OR SOMONE YOU DESIGNATE SAYS GO; TIME WILL END WHEN YOU OR SOMEONE YOU DESIGNATE SAYS STOP AT THE COMPLETION OF THE ROPE BRIDGE CROSSING or until the 10 minute time limit is reached. Are there any questions?"

### PRE-CROSSING REQUIREMENTS:

- a. There can be no pre-tied knots in the main rope.
- b. The rope cannot overlap itself in any manner.
- c. The FIRST and LAST man to cross must have an Australian rappel seat with snap link.
- d. All other team members 2-7 must have a Hip Rappel/Swiss seat with snap link. Seats must be tied IAW this SOP.
- e. No part of the rope or a team member may be forward of the anchor point before the start.

**NOTE:** IN THE EVENT ANY EQUIPMENT BREAKS OR THE SNAP LINKS USED IN THE TRANSPORT TIGHTENING SYSTEM OPEN, THE TEAM WILL BE TOLD TO STOP. FAULTY EQUIPMENT WILL BE REPLACED AND THE TEAM WILL BE ALLOWED A SECOND ATTEMPT, NO PENALTY ASSESSED.

### CROSSING REQUIREMENTS:

- a. TIME will begin when TEAM CAPTIAN says GO. TIME will continue to run until TEAM CAPTAIN tells lane grader/timer to STOP.
- b. The first and last man crossing must be secured into the main rope using an end of the rope bowline (a half hitch “safety” knot is not required).
- c. The number one man must temporarily secure the rope to itself after crossing. (The #1 man must wrap the rope around the far side anchor point and temporarily secure the rope by **closing the snap link** on the main rope).
- d. Team members 2-7 must have on a seat Hip Rappel/Swiss seat, tied IAW this SOP. Teams will be inspected for proper rappel seat at the conclusion of the timed crossing.
- e. Only two members may be snapped onto the Main Rope at any time.
- f. Team members cannot snap into the Main Rope until both anchor points are fully secured.
- g. Team members or their equipment (other than the first and last man crossing) may not touch the obstacle or the 6’ safety zone markers on either side of the obstacle.
- h. Equipment cannot be dropped into the obstacle or left on the near side crossing point.
- i. All Knots must be untied from the main rope and the rope may not lie over itself when time is called.
- j. The only knot authorized for the transport tightening system is the WIREMAN'S KNOT.
- k. No anchor knots may be disassembled while a cadet is snapped in to the bridge.

**NOTE:** 2 additional snap links may be utilized in the Wireman’s knot to facilitate untying the wireman’s knot after crossing has taken place.

Far and near side anchor points must be tied with a ROUND TURN WITH TWO HALF HITCHES (THE ENTIRE ROPE MUST PASS THRU THE FIRST HALF HITCH, A QUICK RELEASE CAN THEN BE TIED IN THE SECOND HALF HITCH).

**NOTE:** If the rope is tightened to a point where the transport tightening system is pulled against the anchor point and the round turn with two half hitches cannot be secured between the transport tightening system and the anchor point a Safety Violation penalty will be assessed and the team must correct the problem prior to anyone crossing the obstacle. The time will not stop while this corrective action takes place.

#### **REFERENCES:**

- a. Cadet Command Regulation 385-10, Cadet Command Safety Program, 6 June 2003.
- b. FM 3-91.61, Military Mountaineering, 2000.
- c. TC 21-24 RAPELLING.

#### **GENERAL INFORMATION:**

- a. Ideally, two teams will conduct the Rope Bridge event simultaneously (depending on resources). Two sets of poles or trees will be located side by side if possible. If trees are utilized for this event the distance between each tree will be approx 52 feet between anchor points.
- b. Each team will conduct one bridge crossing. The obstacle will be simulated and marked with a 6’ safety zone on each side of the obstacle. The distance from pole to pole for each site is approximately 52 feet. The score for the crossing will determine placement of the team. The Raider Challenge Rope Bridge score sheet will be utilized to calculate run time, penalty points, and overall event placement (See Task, Conditions, and Standards.
- c. A team will consist of 8 cadets. A team with less than 8 team members may compete but will be assessed a two (2) minute time penalty which will be added to their run time. Teams cannot compete with less than 7 team members.

- d. When the first rotation is ready to begin, all graders and assistants must be at the site with all appropriate resources. All graders and assistants will be familiar with this SOP and grading requirements
- e. Only the team captain or AI/SAI may file protest or complaint. The complaint or protest must be filed immediately after the run is completed. Protest will be made to the Rope Bridge OIC. This protest will be forwarded to the OIC of the meet for ruling. Rotational schedules will not be postponed to await protest ruling. Any make-up runs for the Rope Bridge event will be conducted prior to the awards ceremony.
- f. Each team will provide their own Ropes, Snap Links and Swiss Seat Ropes.
- g. The rope bridge equipment will be inspected for unauthorized marking and serviceability. If the equipment is faulty the unit is responsible for replacing it with serviceable equipment.

**UNIFORM:** Each team member will cross the obstacle with the following equipment:

- a. Complete ACU with Boots and headgear (Headgear may be placed in cargo pocket).
- b. One pistol belt with canteen and cover or Camelback.

**SCORING:**

- a. Teams will be ranked based on their overall times, including penalty times, the team with the fastest time will be ranked 1st and will receive one point toward overall standings.
- b. Penalty times are added to the overall time for scoring purposes.

**PENALTIES:**

**10 Second Penalties for Minor Violations will be assessed as follows:**

- Incorrectly tied Rappel Seat.
- Calling time while team member is still touching rope.
- Having equipment or personnel forward of the near side anchor point prior to the start.
- Failure to secure into the main rope with an end of the rope bowline (1st and last man only)
- Failure of the number one man to temporarily secure the rope to itself after crossing. (The #1 man must wrap the rope around the far side anchor point and temporarily secure the rope by closing the snap link on the main rope).
- Team member clipped on rope prior to Anchor points being secure.
- Touching the obstacle (marked 6' boundary lines or the ground between the marked boundary lines).
- Team member or equipment touches the obstacle while crossing (ex: boundary line or ground).
- Equipment left on the near side or in the obstacle (ex: canteen or hat drops off and is not recovered).
- Rope lying over itself when time is called.

**NOTE:** Individual Penalties are assessed “per-individual.” Example of “per-individual”: If an individual Cadet has multiple violations regarding a specific violation type (tying of the Swissseat with two or more incorrect knots or touching the obstacle more than once while crossing) he will be assessed only one 10 second penalty for that specific violation type. Additional 10 second penalties may be assessed for any other violation type or any other team member committing similar violations, but again, only one 10 second penalty per-individual per violation type. Team Penalties on the other hand can be cumulative, for

example: Multiple team penalties may be assessed for repeated violations such as knots left in the main rope and equipment left in/on the obstacle.

### **30 Second penalties for Major Violations will be assessed as follows:**

- Failure to completely remove all knots from the main rope after time is called.
- More than two members clipped on the rope at any time.

### **1 Minute penalties for Extreme Violations will be assessed as follows:**

- Slacked Rope where person crossing is running/walking across the obstacle, #2 thru #7 man only.
- Any member #2 thru #7 that does not cross, each will be assessed a penalty.
- Failure to have a full 8 man raider team, competing with 7 team members.

### **1 Minute penalties for Safety Violations will be assessed as follows:**

- Failure to use the wireman's knot for the transport tightening system. No other knot may be used.
- Failure to correctly tie a round turn with two half hitches at each anchor point. **NOTE:** The entire rope must pass through the first half hitch, a quick release can then be tied in the second half hitch.
- Tightening of the main rope to the point that the transport tightening system is against the anchor point, preventing the proper tying of the round turn with two half hitches.
- Disassembly of any anchor knot prior to all cadets unsnapped from the rope. **NOTE:** Since these infractions are safety related the team will be stopped by the lane-grader and be instructed to correct the problem before crossing of the obstacle is permitted. Time will not stop during this corrective action.

### **Disqualifications:**

- Not completed within the 10 minute time limit.
- Competing with less than 7 raiders.

**CONCLUSION.** At the conclusion of the rope bridge, while the team is putting up the equipment, the lane graders will confer and tally the score sheet. The team captain will then be briefed as to how his team did and as to their final time.

**KEYS TO A SUCCESSFUL ONE-ROPE BRIDGE CROSSING:** The one-rope bridge is constructed using a 100 Foot or longer, 7/16" Main Rope (There are many types of rope available. The Main Rope must be approved for Climbing/Rappelling). The rope is anchored with an anchor knot on the far side of the obstacle (round turn with two half hitches) and is tied at the near end with a tightening system. A one-rope bridge may be built many ways; however, they all share common elements to safely emplace and use the bridge: two suitable anchors: good loading and unloading: a tightening system: and a rope tight enough for ease of crossing.

- a. **AUSTRALIAN RAPPEL SEAT.** Find the center of the sling rope. Reach down and grab hold of the two remaining ends. While holding on to the two ends of the rope reach behind you and grasp the other end of the rope and bring it around to the front of your waist. You should have the center of the rope and the two ends of the rope in front of you and the rope is doubled around your waist. Now take the double rope, tie a square knot, and secure it with over hand knots. Rotate the square knot to the opposite side of your

break hand. Attach the snap link. Insert the snap link with the gate down and the opening towards the body. Rotate the snap link one half turns so that the gate opens down and away from the body.

b. **HIP/SWISS RAPELL SEAT:** Refer to Section III Rappelling Procedures para 1-11 of TC 21-24 for illustrations and detailed instructions of tying this seat

c. **Bridging Equipment.** The one-rope bridge kit will include:

- 1) A Main Rope (7/16-inch nylon) 100 Foot or longer in length (SAI/AI will attest to the minimum length of the rope by initialing the Rope Bridge Score Sheet prior to competing).
- 2) A sling rope and one snap link for each member (Sling Rope will meet the criteria of the Main Rope but may be of any length. Snap Link must be approved for climbing/rappelling).
- 3) Three snap links (approved for Climbing/Rappelling) for tightening system (two snap links may be used in the Wireman's knot).

d. **Preparation of Troops and Equipment:**

- 1) The #1 and #8 man tie an Australian Rappel Seat with snap link. The #2 through #7 man tie on rappel seats with snap links for use in transporting across the rope-bridge.
- 2) The Main Rope will be laid out in a fashion so that it does not overlap itself in any way prior to starting construction.

e. **Construction:**

- 1) The #1 man ties an end of the line bowline in the Main Rope; attaches the loop to the snap link in the Australian Rappel Seat, then moves across the obstacle. Another man belays the #1 man to the far side. An anchor point should be established approximately 52 feet from the near anchor point (starting point).
- 2) When the #1 man has reached the far side, he moves to his anchor point, detaches the snap link from his waist and wraps the rope around the anchor point. He temporarily secures the rope by closing the snap link on the main rope.
- 3) One man on the near side ties a wireman's knot as close to the obstacle as possible and places a snap link into the loop of knot (two additional snap links may be used in the knot for ease of disassembly). The opening gate must be up and away from the loop. If two snap links are used, the opening gates will be opposite. At that time, team members route the remainder of the rope around the near side anchor point and hook the rope into the snap link, then the far-side cadet (#1 Man) pulls the wireman's knot out at least two meters from the near side anchor point. This is due to the stretch factor and slack in the Main Rope.
- 4) The far side man (#1 Man) secures the rope to the anchor point using a round turn with two half hitches (a quick release may be tied in the second half hitch, but the half hitch must go over all wraps, not just one side).
- 5) Team members on the near side tighten the Main Rope. A transport tightening system is used to tighten and secure the one rope bridge. The tightening system is secured on the near side utilizing a round turn and two half hitches (a quick release may be tied in the second half hitch, but the half hitch must go over all wraps-not just one side).

f. **Method of Crossing.**

- 1) The rappel seat method is preferred. Team members tie a rappel seat with snap link facing up and away from the body. Progress is made by snapping into the rope and rotating under the rope, then pulling with the hands and arms. Feet and legs may also be used to assist movement on the rope.
- 2) Only two team members may be snapped in on the rope at any time. No part of the body or equipment may touch the obstacle while crossing.

g. **Disassembly of the rope.**



- 1) The #8 man disassembles the transport system on the near side, but not the wireman's knot.
- 2) He secures an end of the bowline (on the Main Rope) to his Australian Rappel Seat using the snap link (the bowline may be tied at any time during construction of the bridge).
- 3) The #8 man ensures that the rope is not wrapped around the anchor point and moves across the obstacle. If the rope is still around the obstacle and he must return to the near side to correct it.
- 4) Once the #8 man is across the obstacle, one man disassembles the wireman's knot while the rest of the team ensure that all other knots are taken out of the rope and that the rope is not laid on itself.
- 5) When the team captain is satisfied that all knots are removed from the rope and that all equipment is accounted for, he will call STOP and time will cease.

# One Rope Bridge

## SCORE SHEET

SCHOOL \_\_\_\_\_ TEAM \_\_\_\_\_

AI/SAI initials \_\_\_\_\_ attesting that Main Rope is serviceable, free of markings, and at least 100 feet in length.

### 10 Second penalties for Minor Violations

- Having equipment or personnel forward of the near side anchor point prior to the start.
- Failure to secure into the main rope with an end of the rope bowline (1st and last man only)
- Failure of number one man to temporarily secure the rope to itself after crossing.
- Team member clipped on rope prior to Anchor points being secure.
- Team Member or Equipment touching the obstacle.
- Equipment left on the near side or in obstacle.
- Rope lying over itself when time is called.
- Calling time while team member is touching the rope.

### 30 Second penalties for Major Violations

- Any knots not removed from the main rope after time is called.
- More than two members clipped on the rope at any time.

### 1 Minute penalties for Extreme Violations

- If rope is too low and raider walks or runs across the obstacle
- Competing with 7 members
- Any member of the team that does not cross

### 1 Minute penalties for Safety Violations

If there is a safety violation the team must be stopped and correct the violation before they may proceed. The time continues to run as they are correcting their violation. Ex: If the transport tighten system is pulled to the anchor point, they must be stopped and adjust the system to a proper length.” Time will NOT stop as the violation is being corrected. The time constraints for this event will remain in effect.

- Failure to use the wireman’s knot for the transport tightening system.
- Failure to correctly tie a round turn w/2 half hitches at ea anchor point
- Transport tightening system against the anchor point.
- Disassembly of any anchor knot prior to all cadets unsnapped from rope

Raw Time: \_\_\_\_\_ Total Penalty Time: \_\_\_\_\_

FINAL TIME: \_\_\_\_\_ Lane Grader Initials: \_\_\_\_\_

**Disqualifications:** Time will be stopped and team disqualified if the team has not completed within a 10 minute time limit. Teams with less than 7 raiders cannot compete.

SCORER SIGNATURE: \_\_\_\_\_

## **Litter Carry**

**TASK:** Safely transport a simulated casualty on a litter, 200 - 400 yards, maneuvering through obstacles.

**CONDITION:** Teams will be provided a simulated casualty on a litter, during daylight hours, and under existing weather conditions. Each team will consist of eight (8) raiders, uniform will be full raider meet field uniform with boots.

**STANDARD:** Transport the casualty on the litter without the simulated casualty falling off the litter. Teams may walk or run the course. Team members can be utilized in any manner directed by the team captain, there is no restriction of how many raiders can carry the litter. All (8) team members must participate in the event. ONLY competing raiders are allowed on the course. If a team member sustains an injury other team members may assist/carry teammate to finish line.

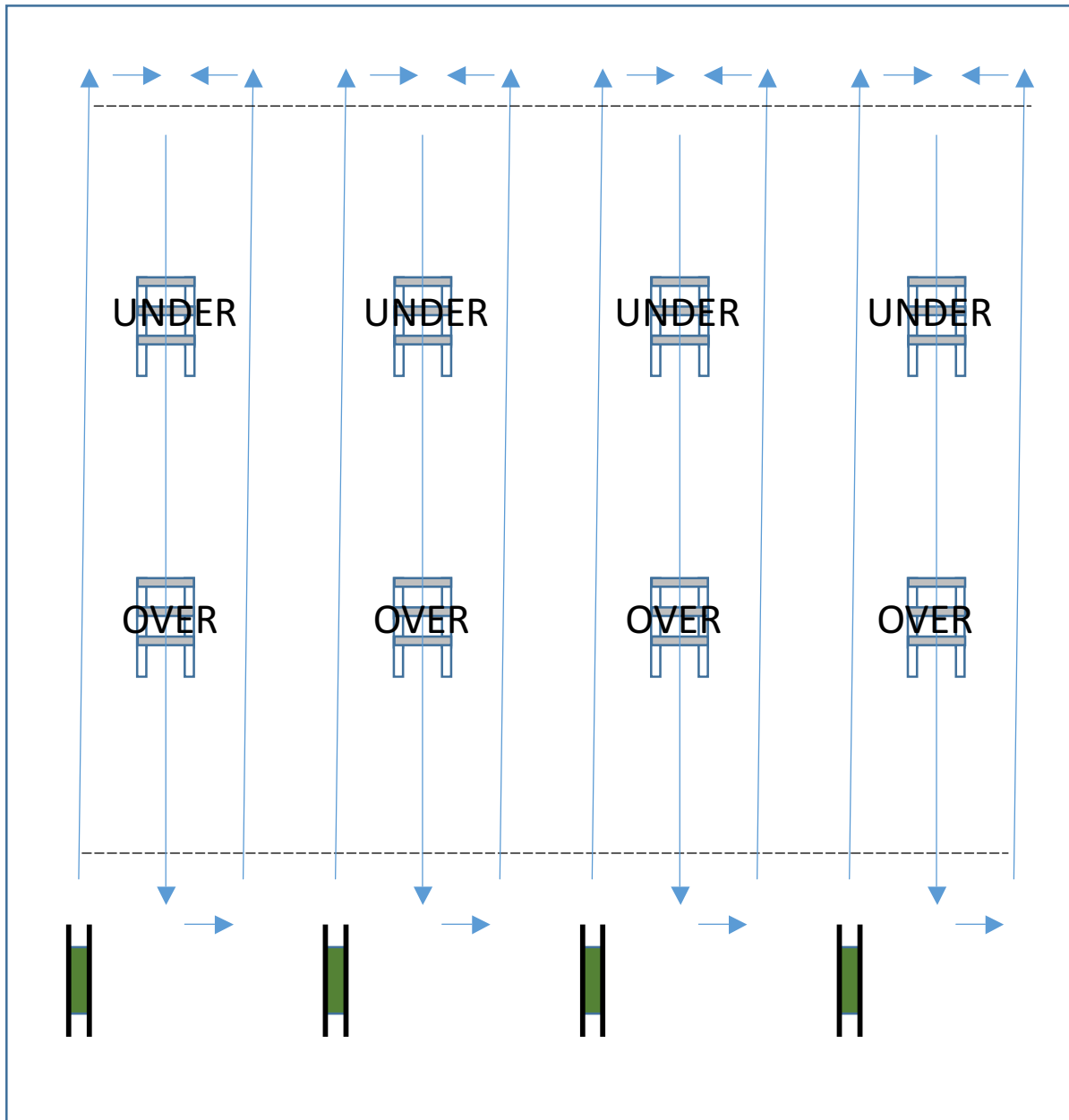
**SCORING:** This event will be graded in accordance with the following score sheet. The team with the fastest Total Run Time will be declared the winner of the event. Times will be scored to the 100ths. Example: 2:12.76, 2 minutes, 12 seconds, .76 of a second. This should greatly minimize the chance for a tie. In the rare case of a tie: First tie breaker: the team who did not acquire any penalties during the course will be declared the winner. In the event the tied teams had penalties, the team with the least penalty time will be declared the winner. If all the previous tie breakers are considered or if neither team had penalties and a tie remains the team with the fastest averaged mile time during the PT test will be declared the winner.

### **GUIDELINES:**

FOUR Teams will compete head-to-head on a 100-yard field. A simulated casualty weighing approximately 100lbs will be transported over a 400 yard course.

**Script:** The grader will brief the team captain only. **Brief:** “At this station your team will be required to transport the simulated casualty, on litter, over the designed course for a total of 400 yards, and negotiate all obstacles. Your team will first carry the litter 100 yards down and then return to the starting position. On your return you will negotiate two hurdle obstacles. Your team will go under the first set of hurdles. **The Litter will not be dragged!!** Your team will go over the second set of hurdles. Your team will complete the course a second time. The Litter may touch the obstacle. The time will start when I say go and stop when the litter and the last raider crosses the start/finish line the second time. All eight members of your team must complete the course.” If one of your team member sustains an injury other team members may assist carry teammate to finish line. “Do you have any questions?” If “no”, you will have two minutes to brief your team and prepare.

# Litter Carry Course



# LITTER CARRY

## SCORE SHEETS

SCHOOL NAME: \_\_\_\_\_

TEAM NAME: \_\_\_\_\_

_____	RUN TIME
+ _____	TOTAL PENALTY TIME
= _____	TOTAL RUN TIME

**DISQUALIFICATION - TEAM FAILS TO FINISH WITH 8 TEAM MEMBERS or DOES NOT COMPLETE OBSTACLE COURSE**

### PENALTIES:

Team fails to negotiate obstacle

**1 Minute**

- Team avoids or fails to complete an obstacle
- Penalty for each obstacle

*Mark through number that applies for total penalties*

1   2   3   4   5

---

The simulated casualty touches the ground

**15 Seconds**

- If team fails to control the litter and it hits the ground
- Each time casualty touches is a penalty

*No penalty if the team has control and the litter is set down. Mark through number that applies for total penalties*

*Mark through number that applies for total penalties*

1   2   3   4   5

SCORER SIGNATURE: \_\_\_\_\_

## Vehicle Pull

**TASK:** Conduct a team pull of a HMMWV type Vehicle.

**CONDITION:** At a field location on a relatively flat surface measuring between 40 and 80 yards between start and finish line, during daylight hours, in existing weather conditions.

**STANDARD:**

- a. Teams will be given two opportunities to conduct a successful vehicle pull. **The lower of the two times** will be recorded for scoring purposes.
- b. Teams must PULL the vehicle by means of a Tug-a-War type rope (provided by event host); teams may not PUSH the vehicle or move it by any other means other than by pulling on the rope provided.
- c. Teams will start by standing in front of the vehicle on either side of the pull-rope (pull-rope is secure to the front of the vehicle and laid out in front of the vehicle, on the ground, in the direction of travel). On the command GO, time will start and team members will pick up the rope and start pulling in the direction of travel. Pulling will continue until the entire vehicle crosses a designated finish line, at which point the time will STOP.
- d. The vehicle will be placed in neutral by an adult driver who will insure safe steering and breaking as necessary. For consistency the same driver should be utilized throughout the competition.
- e. The timer/score-keeper must be able to visualize all activity and the start/finish line.

**PURPOSE:** To provide guidance for the conduct and coordination of the Optional Vehicle-Pull event at Sanctioned Raider Challenge Competitions.

**REFERENCES:** Cadet Command Regulation 385-10, Cadet Command Safety Program, 6 June 2003

**OBJECTIVES:**

- a. Provide a competitive standardized Optional event in order to facilitate creativity, teamwork, motivation, and esprit de corps.
- b. Utilize the Raider Challenge grading mechanism to facilitate standardization in team scoring.

**GENERAL INFORMATION:**

- a. Ideally, Host teams will coordinate for use of a HMMWV Type vehicle from a local National Guard, Army Reserve, Recruiting Station or Active Duty Installation. However, a vehicle of approximate weight and dimensions is appropriate and acceptable.
- b. When the first rotation is ready to begin, all graders and assistants must be at the site with all appropriate resources. All graders and assistants will be familiar with this SOP and grading requirements.
- c. Each team will be given two minutes for each attempt to pull the designated vehicle (With driver in the vehicle) a distance of no less than 40 yards and no more than 80 yards in the fastest possible time. The fastest pull time of the two will be recorded as the team time.

- d. A team will consist of 8 cadets. A team with less than 8 team members may compete but will receive no special compensation for the loss of the 8th team member. Teams cannot compete with less than 7 team members.
- e. Rope used for pulling the vehicle must be a minimum of 1" in diameter and at least 30' feet in length from the anchor point to the end of rope

**UNIFORM:** Each team member will compete with the following equipment:

- a. Complete ACU with Boots and headgear (Headgear may be placed in cargo pocket)
- b. One canteen with cover or Camelback

**SCORING:** Teams will be ranked based on the faster of two pull times. The team with the fastest time will be ranked 1st and will receive one point toward overall standings.

# VEHICLE PULL

## SCORE SHEET

SCHOOL NAME: \_\_\_\_\_

TEAM NAME: \_\_\_\_\_

Best Time (Determined to nearest 100<sup>th</sup> of a second): \_\_\_\_\_

Grader's Initials: \_\_\_\_\_

**1<sup>st</sup> Attempt** \_\_\_\_\_

**2<sup>nd</sup> Attempt** \_\_\_\_\_



**TASK:** An 8 member raider team broke down into 4ea 2 man teams will correctly tie four knots while moving from station to station in the fastest time to achieve the highest team score.

**CONDITION:** Given four separate rope corral stations with eight individual ropes at each station. Individual cadet will move around track about 250 Meters total (High School Track is an option) to four separate rope stations and tie one of four knots at each station given by the evaluator at that station.

**STANDARD:** All eight team members will participate. Two Cadets will start at a time at a 30 Seconds interval between their two man teams. The four knots to be evaluated are the Bowline, Wireman's, Figure Eight and Square Knots. On the command of "GO" time will start with the first team and will continue until the last 2 cadet team of the eight finishes their knots at the last station.

**UNIFORM:** Complete ACU'S Pistol Belt with Canteen or Camelback Combat Boots

**SCORING:** Individuals will receive no time penalties for each rope tied correctly at each station. On the command of "GO" each two man team (based on 30 second interval) will run to the first station and tie that specified knot. Once the knot has been tied (determined by the cadet) the two man team will then immediately move to the next station and tie the next knot specified by that evaluator. Once the last team finishes their knots at the last station the time will stop. The team with the fastest time will win that event. Each incorrect tied knot will be penalized 30 second from overall time. Fastest time wins event.

**PENALTIES:** Time penalties will be assessed for the following violations:

- a. Starting before the command of "GO" is given. Immediate disqualification.
- b. Incorrectly tied knot. Individual cadet will receive "30 second time penalty" for only that knot.

\* No penalty for rope falling onto the ground.

**Script** – The grader will brief the team captain.

"At this event your Raider Team will break down into four groups of two raiders. Each Raider Team member will be tying the **Bowline, Wireman's, Figure 8, and Square knots**. On the command of "GO" the first team of two cadets will move around a 400 meter track to the first of four stations approximately 100 meters apart. Once at the station the lane grader will direct you to tie one of the four knots. Once each team member has tied their designated knots they will leave the knots at the station and immediately go the next station. As the team members are going to the next station their knot will be evaluated and the next group will move to the station. Team members, in two man groups, will continue moving through the stations until all 2 man groups have tied all the knots at each station. The time will stop when the last cadet's knot is completed at the final station. All eight members must complete all stations. If all eight do not complete all stations the team will be disqualified. There will be a 30 second penalty for each knot tied improperly.  
Question?"

## KNOT TYING

# SCORE SHEET

SCHOOL NAME: \_\_\_\_\_

TEAM NAME: \_\_\_\_\_

\_\_\_\_\_ RUN TIME  
+ \_\_\_\_\_ TOTAL PENALTY TIME  
= \_\_\_\_\_ TOTAL RUN TIME

## PENALTIES:

Starting before the command of "GO" is given. **(Disqualified – Restart if Possible)**

Not completing all stations. **(Disqualified)**

Incorrectly ties knot. **(30 seconds per knot)**

**(Circle the number 1 if knot tied incorrectly)**

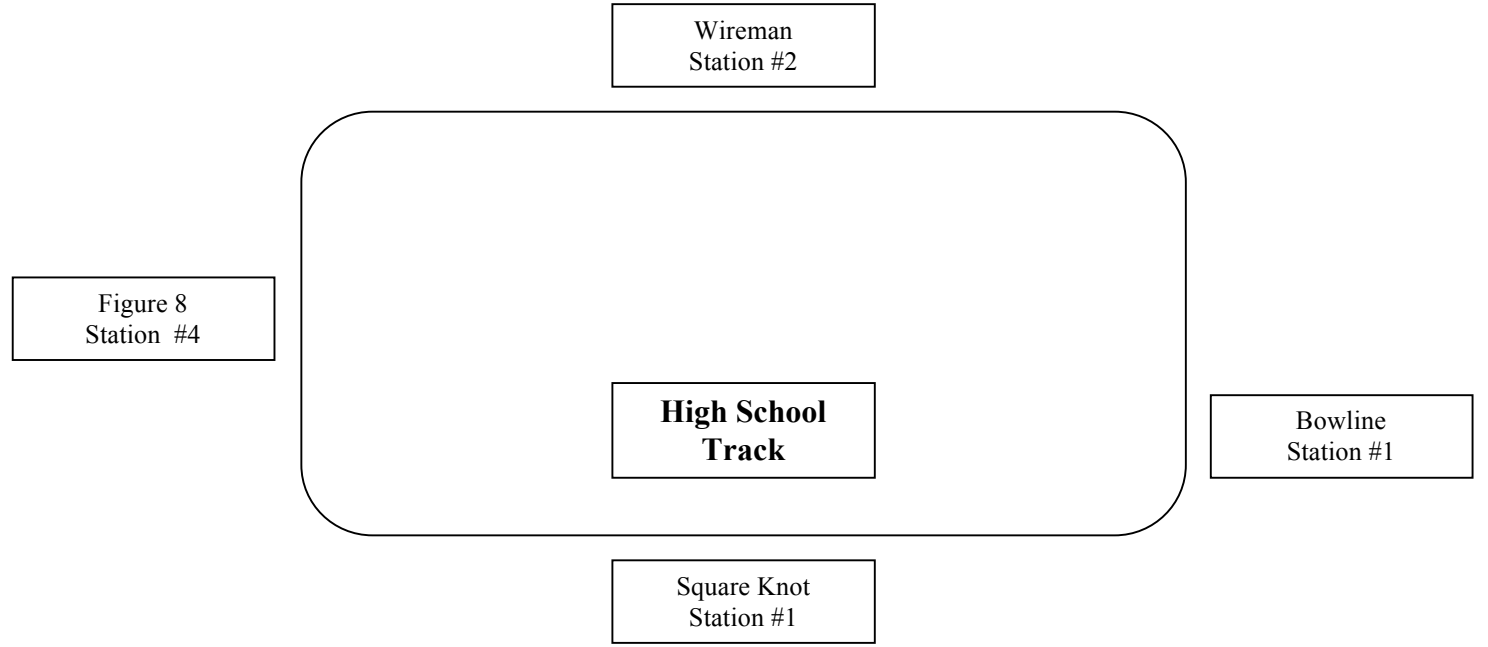
Cadet	Bowline	Wireman	Figure 8	Square	Total Penalties
1. _____	1	1	1	1	_____
2. _____	1	1	1	1	_____
3. _____	1	1	1	1	_____
4. _____	1	1	1	1	_____
5. _____	1	1	1	1	_____
6. _____	1	1	1	1	_____
7. _____	1	1	1	1	_____
8. _____	1	1	1	1	_____

Team Penalties: \_\_\_\_\_

Times (30 sec) = \_\_\_\_\_

Graders Initials: \_\_\_\_\_

## Knot Tying Relay Course



**5 Kilometer Road March**

**TASK:** Complete a 5 Kilometer road march with 8 cadets finishing the course.

**CONDITION:** During Daylight, under existing weather conditions and carrying all items of prescribed equipment.

**STANDARD:** Teams must complete the 5K road march within 60 minutes.

**UNIFORM:** Mandatory equipment to be carried or worn: - ACU Complete (**Running Shoes are optional**) - Brown ACU T-Shirt or Team Shirt all the same - Pistol belt with canteen w/cover or camelback (Must be full with water at start of course). - Guidon assembled and carried by the team

**SCRIPT:** The 5KOIC says: "Let me have your attention. At this station you will be required to complete a 5K-road march. You may walk or run. You must wear or carry the equipment specified in the SOP during the 5K march. Each cadet should carry his or her own equipment throughout the entire march. **Teams will consist of nine cadets for this event.** The first eight to cross the finish line will be counted only. Teams with less than seven finishers will be disqualified. A team member may assist another team member by pushing or pulling another team member in the spirit of teamwork. Teams will maintain unit integrity throughout the course. Team members must remain within 20-meters of each other during the march. I have marked three 20-meter zones along the course, one at the start, one at the mid point, and one at the finish line for verification of the 20-meter rule. The route is clearly marked; insure you pay attention to the route signs along the way. Additionally, you have a strip map outlining the course to refer to as you negotiate the course. Route violations will result in team disqualification. Teams will not cross the finish line until all eight team members have entered the 20-meter zone. Each team member who is not within the 20-meter zone when the first team member crosses the finish line will be assessed as a 5-minute penalty. Time will stop when the eighth team member has crossed the finish line. Additionally, a team will be disqualified if it does not make the 60-minute time limit. Upon completion, your evaluator will move you to a designated equipment inspection area and begin the equipment inspection. You will be assessed a 2 minute penalty for each piece of missing equipment. Do you have any questions?"

**NOTES:**

- a. All spectators and school cadre will stay off the 5K course during the event.
- b. Teams will be started at designated intervals.
- c. Teams should finish with 8 cadets. Teams may finish with 7 but will receive a 5 minute penalty. Teams finishing with less than 7 will be disqualified.

**SCORING:** This event will be scored IAW scoring procedures outlined earlier in this document. Team overall time score will reflect overall place in the event. This score is based on time to the second decimal.

**PENALTIES:**

- a. Finish with less than 8 team members = + 5 minutes less than 7 team will be disqualified
- b. Time is over 60 minutes = disqualification
- c. Team member(s)out of 20 meter zone = + 2 minutes

- d. Leaving the 5K route = Disqualification
- e. One item/piece of equipment missing = 2 minutes each occurrence
- f. Any team impeding another teams progress = 5 minute penalty for each infraction.  
Ex: Spreading your team across the road or running directly in front of a team to slow them down.
- g. Disqualification team will be listed at bottom of the ranking chart and cannot win 1st place overall.

**NOTES:** The overall team score is determined by the total time + penalty times from the attached time matrix.

## **5 Kilometer Road March**

### **SCORE SHEET**

**TEAM SCHOOL:** \_\_\_\_\_

**TEAM NAME / BRACKET:** \_\_\_\_\_

**START TIME:** \_\_\_\_\_ **STOP TIME:** \_\_\_\_\_

**PENALTIES:**

<b>5 Minute Penalty:</b>	<b>Total Infractions</b>	<b>Penalty</b>
--------------------------	--------------------------	----------------

Finishing with less than 8 team members	_____	_____
---	-------	-------

Impeding another team	_____	_____
-----------------------	-------	-------

**2 Minute Penalty:**

Team member(s) out of 20 meter zone when 1st team member crosses finish line. Per infraction.	_____	_____
---	-------	-------

Per item/piece of equipment missing after march is completed.	_____	_____
---	-------	-------

**Disqualification:**

Total march time is greater than 60 minutes	_____	_____
---	-------	-------

Leaving the 5K route (short cutting)	_____	_____
--------------------------------------	-------	-------

Ending with less than 7 team members	_____	_____
--------------------------------------	-------	-------

Being paced by any non-team member	_____	_____
------------------------------------	-------	-------

**TOTAL PENALTY TIME:** \_\_\_\_\_

**SCORE:**

1. COMPLETION TIME: \_\_\_\_\_

2. PENALTY TIME: \_\_\_\_\_

3. FINAL SCORE TIME (1-2) \_\_\_\_\_

**DISQUALIFIED? YES / NO (circle one)**

**SCORER SIGNATURE:** \_\_\_\_\_