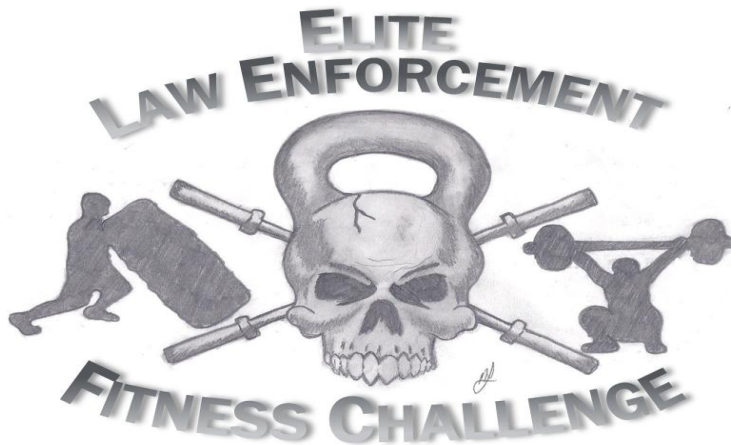




Manchester Twp. Police



RULES, REGULATIONS & DESCRIPTION OF EVENT

- RAIN OR SHINE EVENT (Bring chairs, food and drinks as needed)
- Team check-in prior to walk through 0800-0820
- Walk through / questions with team captains only – 0830
- Teams will be briefed on exercises during the walk through.
- Teams may bring their own P.F.D.'s (Personal Floatation Device), but they must be checked and approved by the chief judges. You must call prior to the event and notify what kind of P.F.D. you wish to use. They also need to have your agency name on duct tape on each of the P.F.D.'s so they can easily be found.
- Team start times will be appointed by staff organizers, and the teams will be made aware of their start time prior to the event. The first team will be scheduled to start at 0900 hrs. **Teams will be staggered approximately 10 minutes apart thereafter. Teams should be prepared to start sooner if needed.**
- All teams shall report to the team staging area when scheduled and/or called. Any team that fails to report for their scheduled run may be disqualified unless exigent circumstances exist. It shall be the duty of the team leader to report any exigent circumstances to the chief judge who shall determine if an exigent circumstances delay is permitted.
- Teams will be comprised of four competitors. Once teams start, there will not be an option to change personnel. There will only be one division for all teams competing.
- **Competitors must wear a T-shirt, BDU's, boots or running shoes. Shorts or cutoffs will not be permitted.**



- It is recommended competitors have some type of gloves (sport / exercise) as they will be beneficial during several exercises. In addition, personal hydration devices are allowed during the event as well as swimming goggles for the swim portion.
- No portable music devices are allowed to be carried or worn during the event as each competitor must be able to hear all instructions by event staff.
- Competitors / teams must complete all obstacles and events or the team will be disqualified, unless a time penalty is assigned for that exercise.
- Spectators are welcome, but only the event competitors will be permitted inside what is established as the competition perimeter. Anyone not competing in the event will be prohibited from assisting any competitor in any way during the actual running of the event. Anyone wishing to follow the event as the team runs through the event must maintain a minimal distance of 10 yards from the competitors in the areas permitted. (The judges must be able to visually observe all the competitors at all times.) Any team that receives any material or physical assistance from anyone outside their own team during the course will be disqualified. This rule does not apply to medical emergencies or perceived emergencies and is not intended to preclude anyone from cheering or motivational shouting.
- **If any of the exercises call for the competitors to get into a coned or marked box, every competitor must be in the box before the first person can leave to begin the exercise. They must stay in the box until they are tagged. After the last competitor is done with the exercise, they must come back to the box and tag one of the other competitors to move on to the next exercise.**
- Any competitor who conducts himself/herself in a disorderly, unprofessional or unsafe manner will be disqualified from the competition.
- Any discrepancies will be brought to the chief judge for final decision.
- The judges will strive to make this a fair competition for all teams. Any modifications to these rules will be explained prior to the running of the event; therefore, it is mandatory that one representative from each team attend all team leader meetings.
- **Bring a change of clothes; there will be a restroom facility that participants may use to change clothes.**
- No alcohol is permitted at the competition.
- **The events and order of events are subject to change and all distances are approximate.**
- This is an overall timed event and the team with the fastest time will be declared the winner.



EVENT DESCRIPTION

If the event is highlighted, the entire team can be out of the box

1) Humvee Pull / Push

- Once all competitors are in the start station box on the command of "go" the teams will utilize four tow straps / ropes to pull the Humvee approximately 50 ft. Once the team has completed the pulling distance, the team will then push the Humvee back to the starting point. Once the Humvee is back at the starting point the judge will instruct the team to move on to the next exercise.

2) Team Tire Flip

- Once all competitors are in the team tire flip box, the four team members will flip one large tire 4 times out and 4 times back. When the tire has been flipped a total of 8 times, the tire must be returned to the starting location prior to moving to the next exercise.

3) Team Member Carry

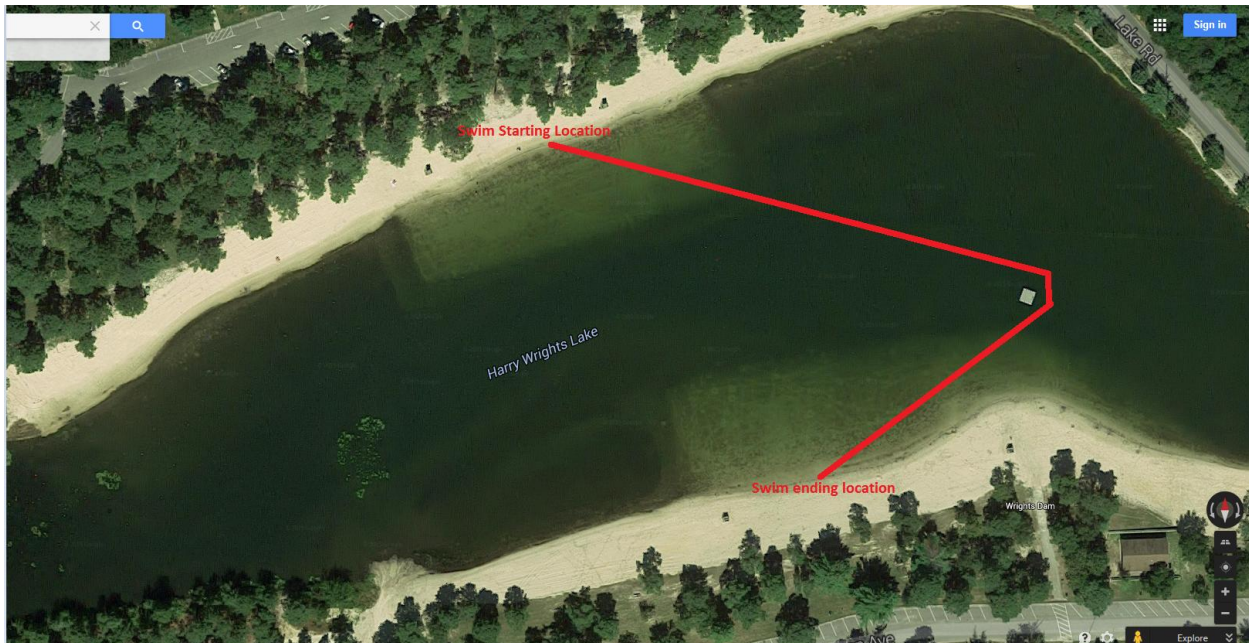
- Once all competitors are in the team member carry starting box, one competitor at a time will carry one of their team members a distance of approximately 50 feet, turn around and return 50 feet back to the starting box. Each team member must be carried once and only once, preventing a team from carrying their lightest member four times. The team members not actively performing this exercise will wait in the starting box until tagged by another team member before beginning their portion. If a team member cannot complete the full carry in one continuous motion, they may put the person they were carrying down, run back to the starting box and tag in another competitor who can finish their leg of this event. This can be done as many times as needed to complete the four revolutions of this exercise. Once each team member has been carried the length of this course and all competitors are back in the starting box, the team can move onto the swim.

4) Water Crossing / Swim

- Competitors must don life vests prior to entering the water and will be required to wear them until they are on the other side. Competitors will swim from the beach area diagonally toward a floating dock located approximately 50 feet from the opposing shoreline. Competitors will then swim around the dock diagonally to the opposing shoreline where a judge will be positioned. (See image below) Once exiting the water, the competitors will proceed up the beach area to the parking lot where a vehicle / judge will be waiting. At this location the competitors will remove



their life vest and place it on the ground before proceeding to the rope climb location.



5) Clean and Press

Once all competitors are in the clean and press station box, one competitor at a time will move to the adjacent box and perform individual clean and presses. They must lift the barbell from the ground over their head and fully extend up to lock out, then return it to the ground for one repetition, or they will not be counted. When completed, tag the next competitor in the coned box. If you need to stop and rest, you may do so. The team must complete 150 clean and presses. The first competitor may do as many reps as he/she wants, and the next person will continue the reps where he/she left off. This will continue until 150 reps are reached. Competitors must tag in and out of the box when switching. When 150 reps are reached and everyone is back in the box, the team will begin the running portion until reaching the next exercise.

6) Rope Climb

- Once all competitors are in the rope climb station box, one competitor at a time will complete their rope climb. The team as a whole has to complete four total rope climbs. The team can use one competitor or all four to complete the climbs, meaning one team member can complete all of the



climbs if they would like; therefore, if a team has a competitor who is unable to complete this event, one of their teammates can complete their climb.

7) Barrel Roll

- Once all the competitors are in the barrel roll station box, one competitor at a time will push the barrel around the designated cones and back to the coned box. If a competitor cannot finish pushing the barrel, another competitor must finish for them. They must be tagged out of the box to do this, and it may be rotated by multiple teammates. This event must be completed four times. When everyone is done and back in the box, the team will move to the burpee wall jumps.

8) Burpee wall jumps

- Once all the competitors are in the burpee wall jump station box, one competitor at a time will perform burpee wall jumps. The competitor will start with a burpee followed by a climb / jump over a six foot wall. This will count as one rep. Once on the other side of the wall, the competitor will do another burpee before climbing / jumping back over the wall, which would count as a second rep. When completed, tag the next competitor in the coned box. If you need to stop and rest, you may do so. Each team must complete a total of twenty burpee wall jumps. These reps can be broken up equally between team members or done entirely by one person. (See attached link for video of this event.) Once completed, teams will continue running until coming to the pole flip / carry.

https://www.youtube.com/watch?v=zQ_AkDXgVC8

9) Pole Flip / Carry

- Once all competitors are in the pole flip / carry station box, one competitor at a time will flip the pole end over end. The pole cannot be rolled. Each competitor must flip the pole alone. If a competitor cannot finish flipping the pole, another competitor must finish for them. They must be tagged out of the box to do this, and it may be rotated by multiple teammates. The pole must be flipped a total of 16 times, but after each revolution of 4 flips, all team members will leave the box, pick the pole up, and carry it back to the starting point. This means the team will have to carry the pole back to the starting point a total of 4 times. When the pole is returned to the starting point and all 16 flips are completed, the team will continue the run until reaching the farmers carry.

10) Farmers Carry

- Once all competitors are in the farmers carry station box, one competitor at a time will lift two buckets filled with concrete and carry them for



approximately 50 feet, turn around, and return back to the starting location. If a competitor is unable to complete the farmers carry, they may place the buckets on the ground, run back to the starting box, and tag in their teammate who can complete the farmers carry for them. Each team must complete 4 carries of down and back. When the farmers carry buckets are returned to the starting position and all team members are back in the starting box, the team will continue the run until reaching the individual tire flip.

11) Individual Tire Flip

- Once all competitors are in the individual tire flip station box, one competitor at a time will begin flipping the tire. The team must complete a total of 16 tire flips. If a competitor is unable to complete her/his tire flips, they may return to the box and tag in another competitor who can finish the remaining tire flips for them. The tire flips can be broken up equally between team members or completed entirely by one team member. When all 16 tire flips have been completed, the tire returned to its starting position and all team members are back in the box, the team may move to the slosh pipe carry.

12) Slosh Pipe Carry

- Once all competitors are in the slosh pipe carry station box, one competitor at a time will lift the slosh pipe off of the ground and carry it approximately 50 feet, turn around and walk 50 feet back to the starting point. The competitor will then **gently** place the slosh pipe on the ground and tag in the next competitor to begin their portion of this event. Multiple team members may be used to pick up and put down the slosh pipe at the starting / ending location; however only one team member will carry the slosh pipe during this event. **Each team must carry the slosh pipe up and back 4 times.** This can be equally distributed between teammates or done completely by one team member. In the event a competitor cannot finish their carry, they can gently place the slosh pipe on the ground, return to the box, and tag in another team member who can complete the carry. These pipes are made of PVC and can be easily broken if dropped or slammed to the ground. When all 4 carries are completed, the slosh pipe is returned to the starting position and all competitors are in the box, the team may continue on the run till the completion of the course. (See below link for video.)

<https://www.youtube.com/watch?v=rIKVscQncUY>



*The course will end back at the starting position. Once reaching the finish line the team's timer will be stopped, yielding their course time. There will be multiple stations at each exercise in order to prevent a backup. In the event a team reaches an exercise station and all of the equipment is being used by other teams, **which is highly unlikely**, a team member must go directly to a staff member and inform them. This will immediately be radioed to the starting tent where all times are being captured so this team's clock can be paused. When the team does begin their exercise, the staff member will again radio the starting tent and the team's clock will begin again. Teams will not be informed of their time until all teams have completed the course. When all teams have finished and placement is determined, we will announce the winner. The top three finishers will be awarded trophies.*