

**DEPARTMENT OF THE ARMY**  
Headquarters, Fourth Brigade (ROTC)  
ATTN: ATCC-DDJ  
Building 2-1120 Macomb Street  
Fort Bragg, North Carolina 28310-5000

ATCC-DDJ

15 July 2011

MEMORANDUM FOR Fourth Brigade JROTC

SUBJECT: Fourth Brigade JROTC Raider Challenge Competition Memorandum of Instruction (MOI)

1. **PURPOSE:** To provide guidance for the conduct of Raider Challenge.

2. **REFERENCES:**

- a. CC Regulation 385-10, Cadet Command Safety Program
- b. FM 21-20, Physical Fitness Training
- c. FM 3-97.61, Military Mountaineering
- d. Cadet Command Regulation 145-2
- e. Cadet Reference Guide Version 4

3. **COMMANDERS INTENT:**

a. All JROTC units have the opportunity to participate in Raider Challenge competitions at unit level.

b. All JROTC units are encouraged, within resources, to provide Raider Challenge opportunities. In order to be selected to compete at the 4<sup>th</sup> Bde Best of the Best Raider Championship, teams must have competed in a Brigade sanctioned State/Regional Level Raider Competition. They may then be selected by 4th Bde based on their standing to attend the Raider Best of the Best.

4. **OBJECTIVES:**

a. To promote esprit de corps, teamwork, and self-confidence among JROTC cadets.

b. To provide JROTC cadets a competitive program in five mentally and physically challenging training events: Modified Army Physical Fitness Test (MAPFT), One-Rope Bridge, 5-Kilometer Road March, Litter Carry and one of the optional events.

c. To serve as a JROTC cadet recruiting and retention vehicle.

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5. **RESPONSIBILITIES:**

a. 4th **Bde:**

- (1) Serve as proponent for the Raider Challenge program.
- (2) Conduct a Raider Challenge Best of the Best Competition annually.
- (3) Determine eligibility criteria for teams to participate in 4<sup>th</sup> Bde - sanctioned competitions.
- (4) If funds are available, publish Invitational Travel Orders (ITOs) for SAIs/AIs attending brigade competitions. **Note: Cadre will travel with cadets.**
- (5) Implement a Raider Challenge training safety program.
- (6) If conducted, ensure PAO coverage of Bde competitions.
- (7) Invite civilian and military dignitaries to 4<sup>th</sup> Bde competitions, as appropriate.
- (8) Competition evaluators should come from nearest support installation, Reserve, National Guard unit, or SROTC.
- (9) Process requests for awards and certificates utilizing DA Form 3953 or JROTC IMPAC card.
- (10) Approve Host School and Host School LOI.

b. Host School - Director of Army Instruction/Senior Army Instructors:

- (1) Directors of Army Instruction/Senior Army Instructors are encouraged to field Raider Challenge teams, conduct informal competitions and, when applicable, participate in 4<sup>th</sup> Bde-State/Regional level competitions.
- (2) Sanctioned competition conducted locally must include the 4 mandatory core events listed below. One optional event must be added at local meets.
- (3) Ensure teams meet eligibility criteria set by Bde and have trained for each event prior to entering 4<sup>th</sup> Bde-State/Regional level competition.

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(4) Ensure cadets meet the requirements of their local school for participating in curricular activities before participating in Raider Challenge.

(5) Ensure all required forms are filled out by each participant and turned in for verification prior to the competition.

6. 4<sup>th</sup> Bde - **LEVEL COMPETITION:**

a. The Raider Challenge Competition consists of four core events:

Core Events

- (1) Modified Army Physical Fitness Test (MAPFT)
- (2) One-Rope Bridge
- (3) 5-Kilometer Road March
- (4) Litter Carry

b. One Optional Event must be added from the optional list below. This event is selected at the discretion of the host JROTC program from one of the four optional events. Other optional events can be added but must be approved by Brigade 90 Days prior.

Optional Events

- (1) Shuttle Run
- (2) Logistics Relay
- (3) Vehicle Pull
- (4) Knot Tying Relay

7. **GENERAL INFORMATION:**

a. This MOI is permanent and will be used each year, unless superseded or rescinded.

b. The location, date, and time of the 4<sup>th</sup> Bde Raider Challenge Best of the Best Championship and Bde sanctioned State/regional competitions will be published in a separate LOI.

c. All units are responsible for their own Class I and transportation to and from the state/regional competitions.

d. During the Brigade Best of the Best Championship lodging and Class I will be determined on a case-by-case basis. This is dependent on the location of the competition and available resources.

8. **EXECUTION:**

a. Concept of Operations: Teams must report to competition Command Post (CP) according to the event LOI. The location of the CP will be determined by event OIC and will be included on entry form information. At check in, units who have not paid to enter the event

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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 checked and verified. **Team forms will be kept during the competition by the schools AI or SAI to expedite evacuation if required.**

b. **TEAM COMPOSITION:** Teams will be made up of 9 raider team members. Only 8 cadets can compete in each event. 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.

c. Sample sequence **of events:**

<b>0630-0700</b>	Report with teams and necessary paperwork.
<b>0700-0730</b>	Commanders Meeting.
<b>0730-0800</b>	Prep for Physical Training Event
<b>0800-0900</b>	Modified Army Physical Fitness Test
<b>0930-1330</b>	Team Rotation thru remaining events
<b>1400</b>	Awards and Closing Ceremony

NOTE: The goal is to end competitions early in order to allow teams to return to home stations at a reasonable hour.

## 9. **SCORING:**

a. 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 on 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.

b. Complaints are to be handled as follows:

(1) SAI/AI and Cadet Team Captains are the only individuals authorized to file a complaint.

(2) Complaints must be filed with the event prior to leaving that station. If team leaves station, the complaint will not be heard.

## 10. **UNIFORM AND EQUIPMENT:**

a. Cadre Uniform: All SAI's and AI's must wear the complete ACU or class B Uniform in order for their team to be eligible to compete (no exceptions).

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b. Cadet Uniform: Minimum uniform for participants is complete ACU uniform (Army T-shirt or team shirt); boots, pistol belt, canteen with cover, running shoes.

c. Equipment:

- Guidon for ceremony
- Additional equipment per event
- Two each Road Guard Vests per team

**11. CEREMONIES AND AWARDS:**

a. Ceremonies: All competitions will end with a closing/award ceremony. Opening Ceremonies are optional.

b. Awards: Awards will be established by host school and may include:

(1) 1st, 2nd, and 3rd place overall team trophies and top Male and Female cadet for the APFT.

(2) Ribbon for each participant.

(3) Team streamers will be awarded to the top three places in each event along with an overall 1<sup>st</sup>, 2<sup>nd</sup>, 3<sup>rd</sup> place.

**10. CADET LIABILITY:** Senior Army Instructors must ensure each cadet participating in Raider Challenge training or competition has personal medical coverage. Raider Challenge team members must complete all forms prior to participating.

**12. SAFETY:**

a. Responsibility: Commanders at every echelon are responsible for conducting a continuous, rigorous safety program ensuring adequate provisions for safe practices and safe physical standards are incorporated into all aspects of training

b. Safety Requirements:

(1) Risk Management Program methodology will be incorporated into training and competitions.

(2) Cadet Buddy Teams and the "Buddy Team" process will be incorporated into training and competitions.

(3) Applicable training safety publications will be available and adhered to during training and competitions.

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(4) All cadre and cadets will be thoroughly briefed on pertinent safety and range regulations prior to the start of the competitions. Additionally, each event OIC will conduct a safety briefing for cadets prior to the start of each event. Competition evaluators must attend the briefings.

(5) Medical support and medical evacuation plan will be in accordance with Cadet Command Regulations. Ice Sheets and water points will be readily available at all events sites.

(6) SIR's will be submitted in accordance with Cadet Command Policies and Regulations.

  
JOHN W. SOVINE, JR.  
Chief, JROTC  
Fourth Brigade

12 Encls

1. ANNEX A - MAPFT
2. ANNEX B - Rope Bridge
3. ANNEX C - 5K Road March
4. ANNEX D - Litter Carry
5. ANNEX E - Shuttle Run
6. ANNEX F - Logistics Relay
7. ANNEX G - Vehicle Pull
8. ANNEX H - Knot Tying Relay
9. SAI/AI Statement of Cadet Health, Fitness Qualification
10. Consent to Medical Treatment
11. State of Physical Condition
12. Covenant Not To Sue
13. Risk Assessment (Blank)

**ANNEX A TO 4<sup>TH</sup> BRIGADE RAIDER MOI DTD 15 July 2011**  
**Core Event - Modified Army Physical Fitness Test (MAPFT)**

1. **TASK:** To measure the cadet's physical fitness.
2. **CONDITION:** During daylight under safe weather conditions wearing MAPFT uniform. Team members will take the MAPFT.
3. **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.
4. **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.
5. **SCORING:**
  - a. Score cadets using the Raider Challenge Matrixes for their gender.
  - c. Team placement will be determined by highest team MAPFT score.
  - d. If a cadet becomes injured during any of the three events and can not 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.
  - e. 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 category. The one mile run score will be IAW Cadet Challenge standard.
  - f. Rotate graders between teams, after each iteration of the push-up and sit-up event. Calibrate all graders to apply the Army standards IAW FM 21-20.

**ANNEX A TO 4<sup>TH</sup> BRIGADE RAIDER MOI DTD 15 July 2011**  
**Core Event - Modified Army Physical Fitness Test (MAPFT)**

g. 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 schools 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

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**ANNEX A TO 4<sup>TH</sup> BRIGADE RAIDER MOI DTD 15 July 2011**

**Core Event - Modified Army Physical Fitness Test (MAPFT)**

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

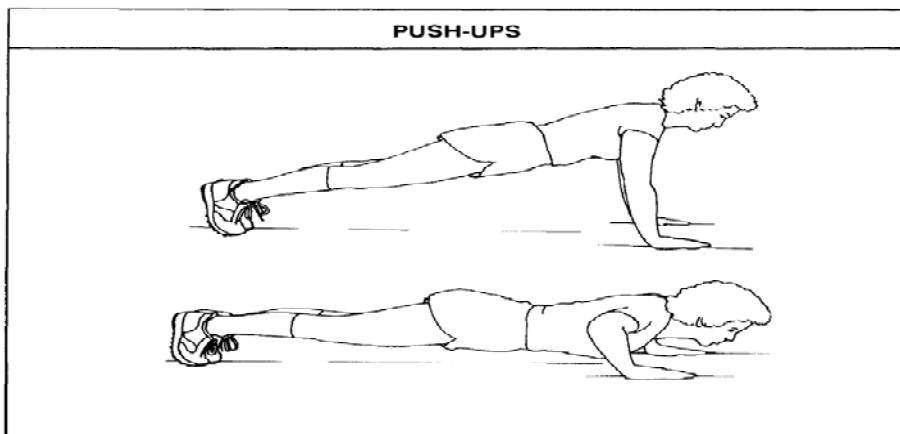


Figure 14-3

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ANNEX A TO 4<sup>TH</sup> BRIGADE RAIDER MOI DTD 15 July 2011  
Core Event - Modified Army Physical Fitness Test (MAPFT)

**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 schools 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:**

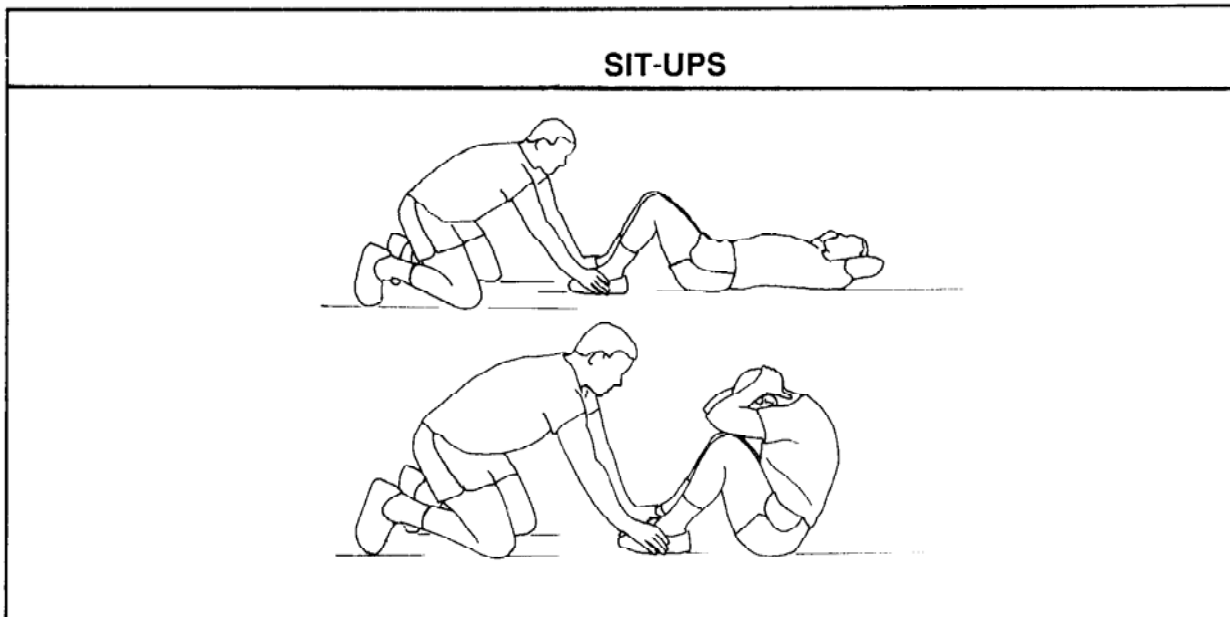
**"THE SIT-UP"**

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**

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**ANNEX A TO 4<sup>TH</sup> BRIGADE RAIDER MOI DTD 15 July 2011  
Core Event - Modified Army Physical Fitness Test (MAPFT)**



**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  $\frac{1}{4}$  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.

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**ANNEX A TO 4<sup>TH</sup> BRIGADE RAIDER MOI DTD 15 July 2011**  
**Core Event - Modified Army Physical Fitness Test (MAPFT)**

**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.

ANNEX A TO 4<sup>TH</sup> BRIGADE RAIDER MOI DTD 15 July 2011  
 Core Event - Modified Army Physical Fitness Test (MAPFT)

PUSH-UPS

	MALES 17-21	FEMALES 17 - 21
71	100	
70	99	
69	97	
68	96	
67	94	
66	93	
65	92	
64	90	
63	89	
62	88	
61	86	
60	85	
59	83	
58	82	
57	81	
56	79	
55	78	
54	77	
53	75	
52	74	
51	72	
50	71	
49	70	
48	68	
47	67	
46	66	
45	64	
44	63	
43	61	
42	60	100
41	59	98
40	57	97
39	56	95
38	54	93
37	53	91
36	52	90
35	50	88
34	49	86
33	48	84
32	46	83
31	45	81
30	43	79
29	42	77
28	41	76
27	39	74
26	38	72
25	37	70
24	35	69
23	34	67
22	32	65
21	31	63
20	30	62
19	28	60
18	27	58
17	26	57
16	24	55
15	23	53
14	21	51
13	20	50
12	19	58
11	17	46
10	16	44
9	14	43
8	13	41
7	12	39
6	10	37
5	9	36
4	8	34
3	6	32
2	5	30
1	3	28

SIT-UPS

	17 - 21
82	Male/Female
81	
80	
79	
78	
77	100
76	98
75	97
74	95
73	94
72	92
71	90
70	89
69	88
68	87
67	84
66	82
65	81
64	79
63	78
62	76
61	74
60	73
59	71
58	70
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54	63
53	62
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40	41
39	39
38	38
37	36
36	34
35	33
34	31
33	30
32	28
31	26
30	25
29	23
28	22
27	20
26	18
25	17
24	15
23	14
22	12
21	10

ANNEX A TO 4<sup>TH</sup> BRIGADE RAIDER MOI DTD 15 July 2011  
Core Event - Modified Army Physical Fitness Test (MAPFT)

## ONE-MILE RUN/WALK FOR BOYS

Percentile Scores Based on Age/Test Scores in Minutes and Seconds

<b>PERCENTILE</b>	<b>AGE</b>
100	<u>17+</u> 4:46
95	<u>5:35</u>
90	<u>5:57</u>
85	<u>6:06</u>
80	<u>6:14</u>
75	<u>6:23</u>
70	<u>6:32</u>
65	<u>6:40</u>
60	<u>6:50</u>
55	<u>6:57</u>
50	<u>7:04</u>
45	<u>7:14</u>
40	<u>7:24</u>
35	<u>7:35</u>
30	<u>7:52</u>
25	<u>8:06</u>
20	<u>8:25</u>
15	<u>8:56</u>
10	<u>9:23</u>
5	<u>10:15</u>
0	<u>16:49</u>

## ONE MILE RUN-WALK FOR GIRLS

Percentile Scores Based on Age/Test Scores in Minutes and Seconds

<b>PERCENTILE</b>	<b>AGE</b>
100	<u>17+</u> 6:20
95	<u>7:22</u>
90	<u>7:58</u>
85	<u>8:15</u>
80	<u>8:34</u>
75	<u>8:52</u>
70	<u>9:15</u>
65	<u>9:33</u>
60	<u>9:51</u>
55	<u>10:08</u>
50	<u>10:22</u>
45	<u>10:48</u>
40	<u>11:05</u>
35	<u>11:20</u>
30	<u>12:00</u>
25	<u>12:11</u>
20	<u>12:40</u>
15	<u>13:03</u>
10	<u>14:01</u>
5	<u>15:14</u>
0	<u>28:50</u>

ANNEX A TO 4<sup>TH</sup> BRIGADE RAIDER MOI DTD 15 July 2011  
 Core Event - Modified Army Physical Fitness Test (MAPFT)

Raider Competition  
Physical Fitness Score Sheet

Team School \_\_\_\_\_

Team Name \_\_\_\_\_

Name	Sex	Age	P/U Raw	P/U PTS	S/U Raw	S/U PTS	RUN Raw	Run PTS	Total
1)									
2)									
3)									
4)									
5)									
6)									
7)									
8)									

OIC SIGNATURE \_\_\_\_\_

TOTAL TEAM POINTS =
---------------------

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

**ANNEX B TO 4<sup>TH</sup> BRIGADE RAIDER MOI DTD 15 July 2011**  
**Core Event - One-Rope Bridge Event**

1. **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.

2. **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.

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

4. **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.

**a. 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 five 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?"

**b. PRE-CROSSING REQUIREMENTS:**

- There can be no pre-tied knots in the main rope.
- The rope cannot overlap itself in any manner.
- The FIRST and LAST man to cross must have an Australian rappel seat with snap link.

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**Core Event - One-Rope Bridge Event**

- All other team members 2-7 must have a Hip Rappel/Swiss seat with snap link. Seats must be tied IAW this MOI.

- 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.

**c. CROSSING REQUIREMENTS:**

- TIME will begin when TEAM CAPTIAN says GO. TIME will continue to run until TEAM CAPTAIN tells lane grader/timer to STOP.

- 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).

- 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).

- Team members 2-7 must have on a seat Hip Rappel/Swiss seat, tied IAW this MOI. Teams will be inspected for proper rappel seat at the conclusion of the timed crossing.

- Only two members may be snapped onto the Main Rope at any time.

- Team members cannot snap into the Main Rope until both anchor points are fully secured.

- 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.

- Equipment cannot be dropped into the obstacle or left on the near side crossing point.

- All Knots must be untied from the main rope and the rope may not lie over itself when time is called.

- The only knot authorized for the transport tightening system is the WIREMAN'S KNOT.

- No anchor knots may be disassembled while a cadet is snapped in to the bridge.

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**Core Event - One-Rope Bridge Event**

**NOTE:** Two 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.

**5. 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

**6. 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.

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**Core Event - One-Rope Bridge Event**

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 MOI and grading requirements.

e. The top three finishers for the Rope Bridge event will receive a streamer for the event.

f. 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.

g. Each team will provide their own Ropes, Snap Links and Swiss Seat Ropes.

h. 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.

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

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

8. **SCORING:**

a. Teams will be ranked based on there overall times, including penalty times, the team with the fastest time will be ranked 1<sup>st</sup> and will receive one point toward overall standings.

b. Penalty times are added to the overall time for scoring purposes.

9. **PENALTIES:**

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

- Incorrectly tied Rappel Seat.
- Having equipment or personnel forward of the near side anchor point prior to the start.

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**Core Event - One-Rope Bridge Event**

- 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 on rope prior to Anchor points being secure.
- Touching the obstacle (marked 6' boundary lines or the ground between the marked boundary lines).
- Equipment touches the obstacle while crossing.
- Equipment left on the near side.
- Equipment left in the obstacle (i.e. a canteen drops off and is not recovered, a hat, etc...)
- Knots left in the main rope or the rope lying over its self when time is called (Except the Wireman's knot; see two minute penalty below).

**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 Swiss-seat 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.

**b. 2 Minute penalties for Major Violations will be assessed as follows:**

- The wireman's knot *not* removed from the main rope.
- An individual not crossing.
- More than two members on the rope at any time.
- Running across the obstacle, slack rope (#2 thru #7 man)
- Calling time before all knots are out of the rope (Team elects to take penalty instead of trying to get knots out).
- Failure to have a full 8 man raider team.

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**Core Event - One-Rope Bridge Event**

c. 3 Minute penalties for Safety Violations will be assessed as follows:

- Failure to use the wireman's knot for the transport tightening system.
- 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.

**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.

10. GENERAL.

a. **EVENT 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.

b. **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.

c. **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.

11. **KEYS TO A SUCCESSFUL ONE-ROPE BRIDGE CROSSING**

a. 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

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**Core Event - One-Rope Bridge Event**

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.

(1) **Bridging Equipment.** The one-rope bridge kit will include:

(2) 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).

(3) 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).

(4) Three snap links (approved for Climbing/Rappelling) for tightening system (**two snap links may be used in the Wireman's knot**).

**b. 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.

**c. Construction:**

(1) **Step 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) **Step 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) **Step 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

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**Core Event - One-Rope Bridge Event**

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) **Step 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) **Step 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).

**d. 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.

**e. 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.

**ANNEX B TO 4<sup>TH</sup> BRIGADE RAIDER MOI DTD 15 July 2011**  
**Core Event - One-Rope Bridge Event**

**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:**

\_\_\_\_\_ Incorrectly tied Rappel Seat.

\_\_\_\_\_ 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.

\_\_\_\_\_ Team member on rope prior to Anchor points being secure.

\_\_\_\_\_ Team Member or Equipment touching the obstacle.

\_\_\_\_\_ Equipment left on the near side or in obstacle.

\_\_\_\_\_ Knots left in the main rope or the rope lying over its self when time is called.

**2 Minute penalties for Major Violations:**

\_\_\_\_\_ The wireman's knot not removed from the main rope.

\_\_\_\_\_ An individual not crossing.

\_\_\_\_\_ More than two members on the rope at any time.

\_\_\_\_\_ Running across the obstacle

\_\_\_\_\_ Calling time before all knots are out of the rope

\_\_\_\_\_ Failure to have a full 8 man raider team.

**3 Minute penalties for Safety Violations:**

\_\_\_\_\_ Failure to use the wireman's knot for the transport tightening system.

\_\_\_\_\_ Failure to correctly tie a round turn with two half hitches at each anchor point.

\_\_\_\_\_ Transport tightening system against the anchor point.

\_\_\_\_\_ Disassembly of any anchor knot prior to all cadets unsnapped from the rope.

**ANNEX B TO 4<sup>TH</sup> BRIGADE RAIDER MOI DTD 15 July 2011**  
**Core Event - One-Rope Bridge Event**

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

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

Team is stopped and disqualified if not completed within 10 minutes time limit.

**ANNEX C TO 4<sup>TH</sup> BRIGADE RAIDER MOI DTD 15 July 2011**  
**Core Event - 5 KILOMETER ROAD MARCH**

1. **TASK:** Complete a 5 Kilometer road march with 8 cadets finishing the course.
2. **CONDITION:** During Daylight, under existing weather conditions and carrying all items of prescribed equipment.
3. **STANDARD:** Teams must complete the 5K road march within 60 minutes.
4. **UNIFORM:** Mandatory equipment to be carried or worn:
  - (1) Pair of tennis shoes or brown boots may be worn
  - (1) ACU jacket
  - (1) ACU trousers
  - (1) ACU belt
  - (1) Brown ACU T-Shirt or Team Shirt all the same
  - (1) Pistol belt
  - (1) Full Canteen of water at start of course w/cover
  - (1) Headgear
  - (1) Guidon assembled and carried by the team
5. **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 MOI during the 5K march. Each cadet should carry his or her own equipment throughout the entire march. Teams will consist of eight cadets for this event. Time stops when the eighth cadet crosses the finish line. If an injury occurs prior to the start, the alternate cadet can participate with no infractions. Teams with less than seven finishers will be disqualified. If a team does not have an alternate, a five-minute penalty will be given to that team for the loss of its eighth member. 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?"

**ANNEX C TO 4<sup>TH</sup> BRIGADE RAIDER MOI DTD 15 July 2011**  
**Core Event - 5 KILOMETER ROAD MARCH**

**6. NOTES:**

a. All spectators and school cadre will stay off the 5K course during the event.

b. Teams will be started at 2-minute intervals.

c. Teams starting with 9 cadets must finish with 8 cadets. Teams starting with 8 cadets may finish with 7 but will receive a 5 minute penalty.

**7. 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.

**8. 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. Disqualification team will be listed at bottom of the ranking chart and cannot win 1<sup>st</sup> place overall.

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

ANNEX C TO 4<sup>TH</sup> BRIGADE RAIDER MOI DTD 15 July 2011  
Core Event - 5 KILOMETER ROAD MARCH

5-Kilometer FORCED MARCH TIME MATRIX

Time	Points	Time	Points	Time	Points	Time	Points
25:00	200	35:00	100	45:00	30	55:00	4
26:00	190	36:00	90	46:00	25	56:00	3
27:00	180	37:00	80	47:00	20	57:00	2
28:00	170	38:00	70	48:00	15	58:00	1
29:00	160	39:00	60	49:00	10	59:00	1
30:00	150	40:00	55	50:00	9	60:00	0
31:00	140	41:00	50	51:00	8		
32:00	130	42:00	45	52:00	7		
33:00	120	43:00	40	53:00	6		
34:00	110	44:00	35	54:00	5		

More than 60:00 = 0

NOTE: Each 6 second interval=1 point

ANNEX C TO 4<sup>TH</sup> BRIGADE RAIDER MOI DTD 15 July 2011  
Core Event - 5 KILOMETER ROAD MARCH

5-KILOMETER FORCED ROAD MARCH SCORESHEET

TEAM SCHOOL:

\_\_\_\_\_

Stop Time \_\_\_\_\_

Start Time \_\_\_\_\_

Raw Time \_\_\_\_\_

Equipment missing #\_\_\_ x 2m =\_\_\_\_\_ 20 meter zone #\_\_\_ x 5 =\_\_\_\_\_

Only 7 finish + 5m Disqualified  
reason\_\_\_\_\_

Penalty Time: \_\_\_\_\_

TOTAL TIME: \_\_\_\_\_ Score: \_\_\_\_\_

Scorer's Signature \_\_\_\_\_

**ANNEX D TO 4<sup>TH</sup> BRIGADE RAIDER MOI DTD 15 July 2011**

**Core Event - LITTER CARRY**

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

2. **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.

3. **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.

4. **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.

5. **EQUIPMENT:** The host school will provide a litter for each lane used, sandbags or equivalent weight totaling 80 - 100 pounds, an obstacle course and predetermined obstacles throughout the course. *Other simulated weights may be a log, dummy, bags of concrete, etc..* Graders will need a stop watch that keeps time to the hundredths.

6. **GUIDELINES:**

**COURSE LAYOUT:** Host schools need to determine how many lanes need to be used, during a large raider meet it is recommended that 2 - 4 lanes be utilized. It is recommended to have no less than three obstacles and no more than five, this is not set in stone, use this as a guideline. Situations may dictate differently. Obstacles should be set up so teams may negotiate in less than a minute. Time will start when grader says, "GO", and stop when the litter and last raider on the team crosses the start/finish line. No land obstacle should be more than 5 feet high, contain any wire such as barb, etc., or other material that may put raiders at risk for injury. If obstacle is going over or through a creek, or any other water obstacle, the water should no more than 3 feet deep with little or no current. Host schools should use caution and have extra adults on this site for

**ANNEX D TO 4<sup>TH</sup> BRIGADE RAIDER MOI DTD 15 July 2011**

**Core Event - LITTER CARRY**

supervision and safety. NO OBSTACLE SHALL BE AUTHORIZED IN WHICH RAIDERS HAVE TO SUBMERGE HEAD UNDER WATER. If conducting obstacle course in woods instructors should walk the course more than once and mark any danger zones that are not easily seen and may cause injury. Examples but not limited to, holes in ground, roots protruding out of ground, ruts, stumps, thorn bushes, poison ivy, hanging tree branches etc...

**SAMPLE OBSTACLE CATEGORIES:**

Teams must push/the litter on the ground through a tube or under a similar obstacle.

Teams must lift the casualty over an obstacle no more than 5 feet high without touching the obstacle.

Teams must cross a depression no more than 5 feet deep.

Teams must negotiate the litter through a maze.

Teams must negotiate the litter through a course similar to a Leadership Reaction Course.

If on a football field must carry the litter over a set number of track hurdles.

7. **Script** - The grader will brief the team captain only.

*Sample brief*, "At this station your team will be required to transport the simulated casualty, on litter, over the designed course, between 200 - 400 yards, and negotiate all obstacles. The time will start when I say go and stop when the litter and the last raider crosses the start/finish line. 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 SCORE SHEET

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:

**The simulated casualty touches the ground: 5 Minutes**

- If litter tips over and casualty touches
- If casualty falls off litter
- Each time casualty touches is a penalty

Mark *through number that applies for total penalties*

1    ②    ③    ④    ⑤    ⑥

**Team fails to negotiate obstacle: 3 Minutes**

- Team goes around obstacle intentionally
- Team misses obstacle
- Penalty for each obstacle

Mark *through number that applies for total penalties*

1    ②    ③    ④    ⑤    ⑥

**Team fails to properly negotiate course: 1 Minute**

- Litter touches ground, penalty each touch
- Litter touches any part of obstacle
- Litter or casualty touches water during water obstacles
- Only one penalty per obstacle regardless how many touches

Mark *through number that applies for total penalties*

1    ②    ③    ④    ⑤    ⑥

**ANNEX E TO 4<sup>TH</sup> BRIGADE RAIDER MOI DTD 15 July 2011**  
**Optional Event #1 Shuttle Run**

**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.** If a cadet becomes injured during any of the three events and can not 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. 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.

**TASK:** "YOU ARE ABOUT TO TAKE THE COMMANDERS ALTERNATE EVENT FOR THE RAIDER CHALLENGE **"The Shuttle Run"**, A TEST THAT WILL MEASURE YOUR CARDIORESPIRATORY FITNESS.

**CONDITIONS:** Conduct this event on an area that is flat, soft and dry. Have two parallel lines 30 feet apart and a non-slip semi porous material such as a rubberized running track or outdoor basketball court. Under no circumstances will this event be conducted on dirt, sand, or any material that may cause a cadet to loose his or her footing. The width of a regulation volleyball court or a marked indoor basketball court can serve as a suitable area. Blocks will be made of a wood or other suitable material that is a minimum of 6 inches and a maximum of 8 inches in length and its diameter to be 2x2 inches in square. All cadets start at the standing position. No method of bracing or blocking the cadet foot will be authorized. No shoes specifically designed for gripping with rubber or metal cleats are authorized for wear.

**STANDARDS:** At the command **"ready, go,"** the cadet will run to the opposite line, 30 feet from the start point, pick up one block, run back to the starting line, and place the block on the ground behind the line. Cadets then run back and pick up the second block, which they carry across the start/finish line. Two runs are allowed for this event with the better of the runs recorded. Scoring should be to the nearest tenth of a second. In the event a cadet looses his/her footing on any of the two authorized runs, the better of the two runs will be used to determine the cadets score. A third attempt is not authorized under any circumstances. Only the best run will be tallied for the team score. A one second penalty will be added to the cadets time if they fail to place the entire 1<sup>st</sup> block on the ground behind the start line, throw a block over the start line or fail to carry the second block past the finish line with them.

ANNEX E TO 4<sup>TH</sup> BRIGADE RAIDER MOI DTD 15 July 2011  
 Optional Event #1 Shuttle Run

**SHUTTLE RUN FOR BOYS**

PERCENTILE	AGE		
	15	16	17+
100	6.3	6.5	6.9
95	8.5	8.4	8.5
90	8.8	8.6	8.6
85	9.0	8.7	8.7
80	9.1	8.9	8.9
75	9.2	8.9	8.9
70	9.3	9.0	9.0
65	9.4	9.1	9.1
60	9.5	9.2	9.2
55	9.5	9.3	9.3
50	9.7	9.4	9.4
45	9.8	9.5	9.5
40	9.9	9.6	9.6
35	10.0	9.7	9.6
30	10.1	9.8	9.8
25	10.2	10.0	9.9
20	10.4	10.1	10.1
15	10.7	10.3	10.3
10	11.0	10.6	10.6
5	11.8	11.1	11.1
0	19.8	23.0	23.0

**SHUTTLE RUN FOR GIRLS**

PERCENTILE	AGE		
	15	16	17+
100	8.3	6.4	7.6
95	9.5	9.6	9.5
90	9.8	10.0	9.9
85	10.0	10.1	10.0
80	10.1	10.2	10.2
75	10.3	10.4	10.3
70	10.4	10.5	10.4
65	10.6	10.6	10.6
60	10.7	10.7	10.7
55	10.8	10.8	10.9
50	11.0	10.9	11.0
45	11.1	11.0	11.1
40	11.2	11.2	11.2
35	11.4	11.4	11.3
30	11.5	11.5	11.5
25	11.7	11.7	11.7
20	11.9	11.9	11.9
15	12.2	12.2	12.1
10	12.6	12.6	12.7
5	13.2	13.2	13.2
0	16.6	15.4	19.8

ANNEX E TO 4<sup>TH</sup> BRIGADE RAIDER MOI DTD 15 July 2011  
 Optional Event #1 Shuttle Run

Alternate Event Shuttle Run Score Sheet

Team School \_\_\_\_\_

Team Name \_\_\_\_\_

Name	Sex	Age	1 <sup>st</sup> Run Raw	1 <sup>st</sup> Run PTS	2 <sup>nd</sup> Run Raw	2 <sup>nd</sup> Run PTS	OIC Initials	Total
1)								
2)								
3)								
4)								
5)								
6)								
7)								
8)								

OIC SIGNATURE \_\_\_\_\_

TOTAL TEAM POINTS =
---------------------

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

**ANNEX F TO 4<sup>TH</sup> BRIGADE RAIDER MOI DTD 15 July 2011**

**Optional Event #2 Logistics Relay**

1. **TASK:** An 8 member raider team will negotiate a series of 4 relay events to achieve an overall timed team score.

2. **CONDITION:** Given a flat open field measuring between 100 to 200 yards. Each team will break down into 4 each 2 man buddy teams that will be pre-positioned along the relay course. Each 2 man team will be assigned a specific relay task to be accomplished within a set distance. (*For actual site lay out refer to illustrations listed at the back of this annex*).

3. **STANDARD:** The entire team will participate, once a member has been assigned to complete a specific phase of the relay he or she cannot be utilized for any other part of the race. Once the 4 each 2 man buddy teams have been pre-positioned at there assigned start points the command will be given by the lane evaluator to "GO". The time will start once the command is given and will continue thru each phase of the relay. The time will stop once the last relay buddy team crosses the finish line.

**4. Relay Events:**

**#1 Tire Flip:** The tire should be a comparable in size and weight to a bus tire or a 2 ½ Ton Truck Tire. The event coordinator may elect to include the tire rim for additional weight if desired.

**#2 PLL Box:** This will be an ammo type box weighing between 50 to 75 pounds.

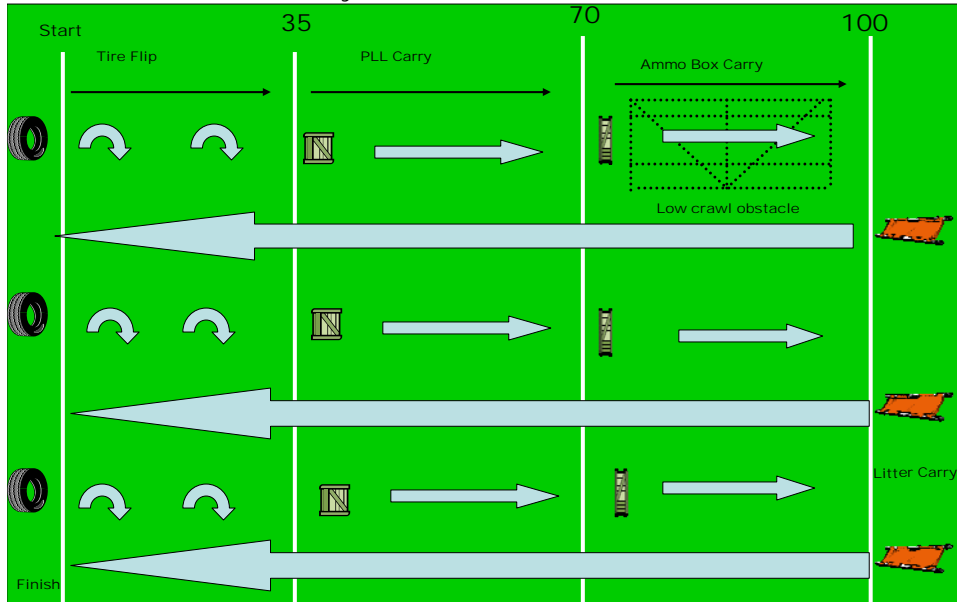
**#3 Ammo Box:** This will be an ammo type box weighing between 35 to 50 Pounds. On this relay phase the two man team must carry the box under and thru a low crawl obstacle.

**#4 Litter Carry:** This will be a litter weighing between 95 to 125 pounds.

ANNEX F TO 4<sup>TH</sup> BRIGADE RAIDER MOI DTD 15 July 2011  
Optional Event #2 Logistics Relay

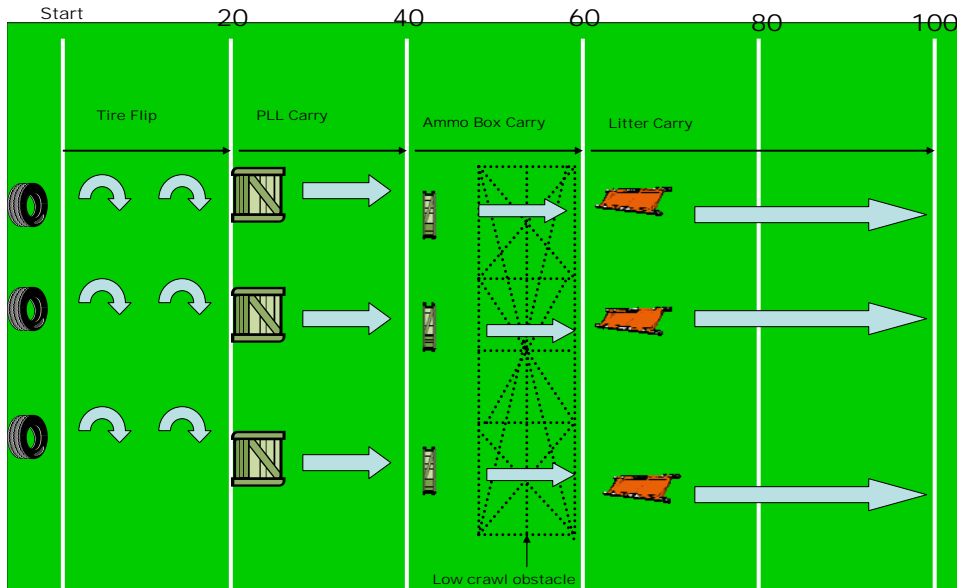
**SITE LAYOUT:**

Recommended Site Lay Out 3 Lanes



Logistics Relay event 4<sup>th</sup> Brigade Raider MOI

**OPTIONAL OR ALTERNATE SITE LAYOUT:**



Logistics Relay event 4<sup>th</sup> Brigade Raider South

Finish

**ANNEX F TO 4<sup>TH</sup> BRIGADE RAIDER MOI DTD 15 July 2011**  
**Optional Event #2 Logistics Relay**

5. **UNIFORM:** Complete ACU'S (include PC or Beret)  
Pistol Belt with Canteen  
Combat Boots

6. **SCORING:** Scoring of this event is a straight timed relay. The time will start at the command of the lane evaluator and the time will stop when the final relay team (litter carry) crosses the finish line. The team with the overall fastest time will be determined the winner and will hold the 1<sup>st</sup> place position. Points for the event will be accessed based on the overall team standings; i.e. team finishing in 5<sup>th</sup> place will be accessed 5 points for this event.

7. **PENALTIES:** Penalties will be assessed for the following violations:

- a. Starting before the command of "GO" is given = 10 sec
- b. Relay team starting before preceding relay team crosses there end line = 10 sec
- c. Crossing into another teams lane = 10 sec
- d. Throwing or tossing relay item = 10 sec
- e. Dropping the litter during movement = 10 sec
- f. Dropping and not recovering personnel equipment during conduct of each buddy teams relay event = 10 sec
- g. Failure to have both buddy team members carry and drag assigned item = 10 sec.

*\* note a 10 second penalty will be accessed for each infraction committed during the race. I.e. dropping the litter 2 times will incur a 20 second penalty.*

ANNEX F TO 4<sup>TH</sup> BRIGADE RAIDER MOI DTD 15 July 2011  
Optional Event #2 Logistics Relay

LOGISTICS RELAY SCORE SHEET

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

LETTER DESIGNATION: \_\_\_\_\_

TOTAL RUN TIME: \_\_\_\_: \_\_\_\_ . \_\_\_\_ (must carry out finishing times to 2 one hundreds of a second or two places)

PENALTY TIME: \_\_\_\_\_ Total combined seconds.

OVERALL FINISHING TIME: \_\_\_\_\_: \_\_\_\_\_ . \_\_\_\_\_

Evaluator Signature: \_\_\_\_\_

Raider Commander Signature: \_\_\_\_\_

**ANNEX G TO 4<sup>TH</sup> BRIGADE RAIDER MOI DTD 15 July 2011**

**Optional Event #3 Vehicle Pull**

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

2. **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.

3. **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.

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

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

6. **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.

7. **GENERAL INFORMATION:**

**ANNEX G TO 4<sup>TH</sup> BRIGADE RAIDER MOI DTD 15 July 2011**  
**Optional Event #3 Vehicle Pull**

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 MOI and grading requirements.

c. Each team will be given two attempts 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 8<sup>th</sup> 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.

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

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

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

**ANNEX G TO 4<sup>TH</sup> BRIGADE RAIDER MOI DTD 15 July 2011**  
**Optional Event #3 Vehicle Pull**

**Vehicle Pull Score Sheet**

School Name: \_\_\_\_\_

Team Name: \_\_\_\_\_

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

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

**ANNEX H TO 4<sup>TH</sup> BRIGADE RAIDER MOI DTD 15 July 2011**  
**OPTIONAL EVENT #4 KNOT TYING**

1. **TASK:** An 8 member raider team will correctly tie four knots in an allotted time to achieve the highest team score.

2. **CONDITION:** Given a rope corral and individual ropes. Individual cadet will move a given distance (about 10-15 feet) to a rope corral and tie one of four knots given by the evaluator.

3. **STANDARD:** All eight members will participate simultaneously. The four knots to be evaluated are the **Bowline (10 seconds)**, **Wireman's knot (10 seconds)**, figure eight on-a-bight (10 seconds), and **Square Knot (15 seconds including overhands)**. **Only square knot requires an overhand knot on each side.** On the command of "GO" time will start and will continue until the command "STOP" is given.

4. **UNIFORM:**

Complete ACU'S (include PC or Beret)  
Pistol Belt with Canteen  
Combat Boots

5. **SCORING:** Individuals will receive one point for a "GO" and no points for a "NO GO". On the command of "GO" all team member will tie the specified knot and get back to the start line within the ten seconds to receive a "GO". Teams with the most overall points will be determined the winner for this event. Points for the event will be assessed based one point per knot, per cadet with 32 points being a perfect score.

6. **PENALTIES:** "NO Go's" will be assessed for the following violations:

- **Starting before the command of "GO" is given.** Individual cadet will receive a "NO GO" for only that knot.

- Not getting back across the start line. Individual cadet will receive a "NO GO" for only that knot.

- Incorrectly tied knot. Individual cadet will receive a "NO GO" for only that knot.

*\* No penalty for rope falling onto the ground.*

ANNEX H TO 4<sup>TH</sup> BRIGADE RAIDER MOI DTD 15 July 2011  
 OPTIONAL EVENT #4 KNOT TYING

**KNOT SCORING SCORE SHEET**

**Script** - The grader will brief the team captain. Sample brief, "At this station your team will be required to tie four types of knots and return to the start position , you will be give 10-15 seconds depending on the knot. After time is called knots will be evaluated and scored.

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

**PENALTIES:**

- Starting before the command of "GO" is given. Individual cadet will receive a "NO GO" for only that knot.
- Not returning to the start position. Individual cadet will receive a "NO GO" for only that knot.
- Incorrectly tied knot. Individual cadet will receive a "NO GO" for only that knot.

*\* No penalty for rope falling onto the ground.*

<u>Name</u>	<u>Knots</u>				<u>Score</u>
	Bowline	Wireman	Fig 8-bight	Square Knots	
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	_____
<b>Total Points:</b>					_____
*Example: • <u>John Doe</u>	1	1	1	1	<u>3</u>

\*Note - all four knot are tied correctly, circle amount of knots tied correctly.\*

**Evaluator Signature:** \_\_\_\_\_



Encl 9

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## 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 annual JCLC.

**(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.

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I \_\_\_\_\_, consent to be treated in an Army Hospital, or any other government or civilian medical facility, near or enroute to \_\_\_\_\_, while attending or traveling to or  
(Installation, State)  
from 4<sup>th</sup> Brigade Raider Competition \_\_\_\_\_.  
(date)

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: \_\_\_\_\_

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**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 \_\_\_\_\_ 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)

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

**(1) AUTHORITY:** Title 10, U.S. Code 23-1.

**(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 ON INDIVIDUAL NOT PROVIDING INFORMATION:** Voluntary. Failure to complete form will disqualify JROTC cadet from participating in specific voluntary training exercises.

I \_\_\_\_\_, residing at \_\_\_\_\_,  
(Type or print full name) (Address) (City)

do hereby agree that in consideration for being allowed to participate in JROTC Activities

conducted by \_\_\_\_\_ Army JROTC detachment, and Army  
(Name of JROTC Instructor Group)

supervised activity, and whereas I am doing so entirely on my own initiative, risk, and responsibility; and being fully aware of the risk adhering to this type of training, I hereby **RELEASE AND DISCHARGE FOREVER**, the United States Army, the State of \_\_\_\_\_ and \_\_\_\_\_ and all of  
its officers, agents, and employees, acting officially or (Name of School)

from any and all claims demands, actions or causes of action, on account of myself 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, State of \_\_\_\_\_, \_\_\_\_\_

\_\_\_\_\_ and all of its officers, agents, and employees, acting officially or otherwise, blameless for any and all damages which I may cause either intentionally or thru my negligence.

\_\_\_\_\_  
Typed/Printed Name of Parent or Guardian if  
Participant is a Minor

\_\_\_\_\_  
Signature of Parent or Guardian if  
Participant is a Minor

\_\_\_\_\_  
Relationship to Cadet

\_\_\_\_\_  
Date

WITNESSED BY:

\_\_\_\_\_  
Age/Period Covered

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

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