

Manchester High School
12th Annual RAIDER CHALLENGE
Midlothian, VA 10 March 2012

I. SITUATION:

A. Enemy Forces: None

a. Weather. TBA

b. Terrain: Flat to Rolling Terrain with light to moderate vegetation

B. Friendly Forces:

a. Supporting Units: Manchester JROTC, Virginia State University ROTC, VANG Petersburg, Area Recruiters

b. JROTC Units Participating: TBA

II. MISSION:

The goal of the Manchester Raider Challenge is to provide a quality raider meet that promotes esprit de corps, teamwork, self-confidence, self-discipline and citizenship among JROTC units. This event will also prepare qualified teams for the 4th Brigade Best of the Best Raider Competition. The first 30 teams to register with full payment will be entered in the competition.

III. EXECUTION:

A. Concept of the Operation

a. Phase I: Advance Party: Manchester JROTC has the primary mission of setting up equipment for the competition sites, conducting rehearsals, and a briefing of the overall event by the competition OIC.

b. Phase II: Arrival of JROTC units, and in-processing: Upon arrival units will report to the Manchester High School football stadium for in-processing from 0630-0730 on 12 March 2011. SAI/AI will present the required forms (Appendix A) for all cadets participating and/or not participating. The teams will be introduced to the OIC/NCOIC. SAI/AI is responsible for the conduct and accountability of their cadets, and will not leave them unsupervised. A Commanders meeting will be held by the competition OIC at 0730, which will be followed by the question and answer/discrepancy session.

c. Phase III: Conduct of Competition: All events will be conducted at or near the Manchester stadium area 12 March 2011.

Timeline

12 March 2011

0630-0730 First Call/Registration

0730-0745 Commanders Meeting

0750-0800 Formation/Accountability/Roll Call/Opening Ceremony

0800-0930 Physical Fitness Challenge

0945-1500 Competition Rotation

(Vehicle Pull, Rope Bridge, First Aid/Litter Carry)

1500-1615 5-KM Road March
1615-1645 Compilation of scores
1645-1700 Closing/Awards Ceremony

Rotation for Events: (Vehicle Pull, Litter Carry/First Aid, Rope Bridge,) All tentative, TBA

Raider Teams should consist of eight (8) team members and one (1) alternate. The size of groups and the number of rotations are dependent on the number of teams participating in the competition. **Alternate can be substituted for another team member up to the start of the Physical Fitness Challenge. After this event, the alternate can be substituted only for any injured cadet with zero point deductions, the substitute must now compete in all remaining events and the injured cadet becomes the alternate.**

Upon arrival at the competition site, the group will receive an administrative and safety briefing by the Competition Commander. The task conditions and standards for each event are listed in the attached appendixes. Once all teams in the group complete an event, the evaluator for that group will send the group to the next event and begin necessary preparations. The teams must wait in the administrative area and wait for instructions from the event OIC. The event OIC will be the final call in any matter of discrepancy at their respective station. At approximately 1500hrs, all teams will move to the start line of the 5-KM road march in the correct uniform. The teams will receive a safety briefing and route orientation. At 1500hrs the road march begins. Guides will be positioned along the route to ensure all teams remain oriented. After the 5-KM march, JROTC units will move back to the bleacher area. The cadets will be called for a formation on the track for the Closing/Awards Ceremony.

B. Coordinating Instructions:

a. SAI/AI

i. Submit team application and fees by **2 March 2012 (First 30 Teams Only)**

ii. Complete all forms APPENDEX A-D

1. Covenant Not To Sue

2. JROTC Cadet Personal Information Form

3. Health and Physical Fitness Statement

4. Power of Attorney Consent to Medical Treatment

iii. Ensure all cadets meet eligibility requirements

1. Be a full time High School Student

2. Be a member of JROTC

3. Passing all High School Classes (2.0 on 4.0 Scale)

4. Volunteer for the competition

5. Complete all forms properly and thoroughly (Appendix A)

iv. Uniform for the Competition: (minimum requirements)

1. Army Combat Uniform

2. ACU Cap

3. Tan Boots

4. Running Shoes (for APFT only)
5. Pistol Belt
6. One Canteen w/cover
7. Cold Weather Gear (if needed)
8. Team Guidon

Note: If uniform requirements cannot be met, signify this by attaching a letter with registration forms. Exceptions to the uniform requirement can be made ONLY in advance.

v. Teams must have a guidon and team motto

b. SERVICE AND SUPPORT

i. Meals

1. A concession stand will have food, snacks and drinks for sale.
2. Schools will provide or purchase their own meals.
3. Water will be available at each site and throughout the competition area

ii. Medical

1. Certified Medical Personnel will be present at the event

a. RTI or VANG will provide certified Combat Lifesaver personnel equipped with necessary aid equipment.

iii. Port-a-Johns and/or restroom facilities will be available.

c. COMMAND AND SIGNAL

i. Command

1. OIC-LTC Carr, SAI Manchester
2. Hand held radios will be used to enhance command and control.
3. SCORING FOR OVERALL POSITIONS:

A. Each event will be scored to determine team placement. Team with the best score will be ranked first, the next best score will be 2nd, and so on until all teams are ranked.

B. Each team will receive points based on their finishing position in each event as follows:

1 st Place = 20 Points	2 nd Place = 18 Points
3 rd Place = 16 Points	4 th Place = 14 Points
5 th Place = 12 Points	6 th Place = 10 Points
7 th Place = 8 Points	8 th Place = 6 Points
9 th Place = 4 Points	10 th Place = 2 Points
All other Placements = 0 Points	

C. In the event of a tie, the team with the most 1st Place finishes in events will be declared the winner. If there is still a tie, the team with the most 2nd Place finishes will be declared the winner. If there is still a tie, the team with the most 3rd Place finishes will be declared the winner. This method will be continued through all placements until a winner is determined.

Original Signed/

LTC Lennie J. Carr

lennie_carr@ccpsnet.net

SAI, Manchester High School

Phone: 804-639-6679

MOI INFORMATION ON EACH EVENT:

1. SITUATION (No Change)
2. MISSION: Manchester Battalion Officers conducts the Opening Ceremony at the stadium at 0755 Hrs to officially open the Raider Challenge Competition.
3. EXECUTION:
Concept of the operation. All teams assemble on the track in two ranks with team captain's two steps forward with guide-on NLT 0750 hrs. The Manchester Battalion Commander will get the TEAMS formed

Coordinating Instructions:

- (1) Ensure cadets are in formation NLT 0750Hrs.
- (2) Uniform for Opening Ceremony: ACU pants, running shoes, school sweatshirt or tee-shirt.
- (3) Ensure PT cards are filled out prior to arrival at the PT Challenge site.
- (4) Ensure team has a motto and a guide-on.

PT CHALLENGE

1. Task. To measure the cadet's physical fitness.
2. Conditions. During daylight, wearing uniform prescribed by Raider Challenge Competition OIC, all team members will take the Modified Army Physical Fitness Test.
3. Standards. All cadets will be evaluated on 17-21 year old standards IAW FM 21-20, Chapter 11.
4. Execution.

At this station you will be required to take the Army Physical Fitness Test (APFT), which consists of three, timed events: push-ups, sit-ups, and a 1-mile run. The push-ups and sit-ups must be completed within 1 minutes per event. The event supervisor timer will call out the time at each 30-second interval and on every second for the last 10 seconds of the 1 minutes. The 1-mile run is scored on elapsed time. The team with the highest team average score wins. In the event of a tie, the team with the lowest cumulative run time will be declared the winner." **Maximum score of 100 can be given for each event, however, in the event of a tie the team or individual with the most repetitions will be declared the winner.**

Demonstrate correct push-ups and sit-ups.

"Cadets, assume the proper push-up position; Ready; Go". At the end of the 1 minute, announce loudly:

"STOP".

Repeat procedure until all cadets have completed the push-ups.

SIT-UP:

"Cadets, assume the proper sit-up position; Ready; Go". At the end of 1 minute, say loud enough for cadets to hear:

"STOP".

Repeat procedure until all cadets have completed the sit-ups.

Move cadets to Mile Run start points.

Have all cadets' line up for the 1-mile run. Give them numbers and when ready, say, " GO." (Run may be broken into several groups depending on the number of participants. Start timing when the last cadet in the group crosses the start line. When cadets pass the finish line, post the time on their score card.

NOTES: Score cadets using the 17-21 standard for their gender.

Rotate graders between teams after each iteration of the push-up and sit-up events. Calibrate all graders to apply the Army standards. Current Army standards are contained in Chapter 11, FM21-20, with Change 1. Give safety briefing.

5. SCORING:

Nine cadets from each team will compete in this event. **The eight best scores will be averaged for the team score and divided by three.** Should a cadet become injured, only eight cadets need compete.

Sample Score (Lowest score was dropped leaving these eight.):

$234 + 300 + 299 + 222 + 270 + 300 + 277 + 288 = 2190 / 8 = 273.75 / 3 = 91.25$

*MAXIMUM POSSIBLE 100

In the event of a tie, the team with the lowest cumulative run time will be declared the winner for this event. Any Cadet who does not score a minimum of 60 points in every event will not be considered for top cadet in any of the three PT events.

Push-ups Scoring (17+years old)				Sit-ups Scoring (17+years old)	
Males		Female		Male & Females	
Reps	Score	Reps	Score	Reps	Score
71	100	42	100	78	100
70	99	41	98	77	98
69	97	40	97	76	97
68	95	39	95	75	95
67	94	38	93	74	94
66	93	37	91	73	92
65	92	36	90	72	90
64	90	35	88	71	89
63	89	34	86	70	87
62	88	33	84	69	86
61	86	32	83	68	84
60	85	31	81	67	82
59	83	30	79	66	81
58	82	29	77	65	79
57	81	28	76	64	78
56	79	27	74	63	76
55	78	26	72	62	74
54	77	25	70	61	73
53	75	24	69	60	71
52	74	23	67	59	70
51	72	22	65	58	68
50	71	21	63	57	66
49	70	20	62	56	65
48	68	19	60	55	63
47	67	18	58	54	62
46	66	17	57	53	60
45	64	16	55	52	58
44	63	15	53	51	57
42	60	14	51	50	55
41	59	13	50	49	54
40	57	12	48	48	52
39	55	11	46	47	50
38	54	10	44	46	49
37	53	9	43	45	47
36	52	8	41	44	46
35	50	7	39	43	44
34	49	6	37	42	42
33	48	5	36	41	41
32	46	4	34	40	39
31	45	3	32	39	38
30	43	2	30	38	36
29	42	1	29	37	34
28	41			36	33
27	39			35	31
26	38			34	30
25	37			33	28
24	35			32	26
23	34			31	25
22	32			30	23
21	30			29	22
19	28			28	20
18	27			27	18
17	26			26	17
16	24			25	15
15	23			24	14
14	21			23	12
13	20			22	10
12	19			21	9
11	17			<21	0
10	16				
9	14				
8	13				
7	12				

ONE MILE RUN/WALK

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

Male	Age 17+		Female	Age 17+
Time	Percentile		Time	Percentile
4:46	100		6:20	100
5:35	95		7:22	95
5:57	90		7:58	90
6:06	85		8:15	85
6:14	80		8:34	80
6:23	75		8:52	75
6:32	70		9:15	70
6:40	65		9:33	65
6:50	60		9:51	60
6:57	55		10:08	55
7:04	50		10:22	50
7:14	45		10:48	45
7:24	40		11:05	40
7:35	35		11:20	35
7:52	30		12:00	30
8:06	25		12:11	25
8:25	20		12:40	20
8:56	15		13:03	15
9:23	10		14:01	10
10:15	5		15:14	5
16:49	0		28:50	0

First Aid Litter Carry

1. TASK. Safely transport a simulated casualty on a litter 200 yards, maneuvering through obstacles.
2. CONDITIONS. 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 in full raider meet field uniform.
3. STANDARDS. Transport the casualty on a litter without the 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 on 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 the finish line. If the injury is severe the grader must stop the event and seek medical assistance. The alternate raider can then replace the injured raider and the team will start the event again.
4. EXECUTION:
 - a. Concept of the Operation.
Upon arrival at the testing site the Raider Team receives a safety brief and site orientation. The team will not move to the start line until brought forward by the OIC.

OIC: "Let me have your attention. At this station you will be required to move a casualty, administer first aid, transport the victim utilizing a litter to an aid station. The team will evaluate the casualty and perform first aid for a suspected fracture. Teams will compete head to head. 8 team members will participate in this task and carry all equipment. Time will begin after the casualty has been treated, the team will wait for the OIC to give the command "GO"."

5 SCORING: This event will be graded in accordance with the First Aid score sheet. The team with the fastest total run time (event time plus penalty time) will be declared the winner of this event. Scores will be recorded to the 100th of a second (2:14:27 = 2 minutes, 14 seconds, 27/100th second) In the event of a tie, the team with the least penalty time will be declared the winner. If a tie still exist after considering penalty time, the team with the fastest average Mile Run time from the PT test will be declared the winner.

5. EQUIPMENT: MHS will provide litters, casualties, first aid materials and stop watches.

FIRST AID LITTER CARRY Evaluation

Team: _____

The standard below are for the evaluation and treatment of the casualty and will not be used for the final event score. Final event score will be determined by the score sheet attached to this MOI.

Evaluation Standards

- | | | |
|---|----|-------|
| 1. Check for responsiveness. | GO | NO GO |
| 2. Check for breathing, if necessary. | GO | NO GO |
| 3. Check for bleeding. | GO | NO GO |
| 4. Check for shock. | GO | NO GO |
| 5. Check for fractures and immobilize neck or back injuries if found. | GO | NO GO |
| 6. Check for burns. | GO | NO GO |
| 7. Check for a head injury. | GO | NO GO |
| 8. Seek medical aid. | GO | NO GO |
| 9. Perform all necessary steps in sequence. | GO | NO GO |

Treatment Standards

- | | | |
|--|----|-------|
| 1. Use splints that reach beyond the joints above and below the fracture. | GO | NO GO |
| 2. Check the blood circulation below the fracture before and after applying the splints. | GO | NO GO |
| 3. Apply padding between the splints and all bony areas. | GO | NO GO |
| 4. Use at least four ties (two above and two below the fracture) to secure the splints, if possible. | GO | NO GO |
| 5. Tie non-slip knots on the splint, which are away from the injury. | GO | NO GO |
| 6. Immobilize the splinted arm or leg using a sling and/or swathes as required to prevent easy movement. | GO | NO GO |
| 7. Check the splint for tightness. | GO | NO GO |
| 8. Watch the casualty for life-threatening conditions and check for other injuries. | GO | NO GO |

4TH BRIGADE RAIDER MOI DTD 30 April 2010
Core Event – LITTER CARRY

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 Each time
casualty touches is a penalty

_____ if litter tips over and casualty touches

_____ if casualty falls off litter

Total Number Penalties: _____

**Team fails to negotiate obstacle: 3 Minutes penalty for each
obstacle**

_____ Team goes around obstacle intentionally

_____ Team misses obstacle

Total Number Penalties: _____

**Team fails to properly negotiate course: 1 Minute only one
penalty per obstacle**

_____ Litter touches ground, PENALTY EACH TOUCH

_____ Litter touches any part of obstacle

Total Number Penalties: _____

5-kilometer ROAD MARCH

1. Task: To measure the cadet's physical strength and endurance.
2. Conditions: During daylight, under existing weather conditions, given equipment described below.
3. Standards: Raider Challenge teams must complete the 5-kilometer Road March within 60 minutes.
4. Execution

At this station you must complete a 5-kilometer Road March. You must wear or carry the equipment specified. **Teams consist of eight or nine cadets for this event. The team must complete the event with all personnel who started the march (Minimum of 8 Cadets).**

This event is a road march and will be conducted and monitored to ensure it follows the spirit and the intent of such a competition. Teams will maintain unit integrity throughout the event by maintaining no more than 20-meters between the first and last team member during the entire course of the march. Evaluators at various points along the route will check movement and unit integrity. Team integrity violations will be assessed as one-minute penalty **for each violation**. A marker will identify a 20-meter zone at the finish line and the turnaround point. Teams will not cross the finish line until all team members have entered the zone. Each team member who is not within this zone when the first team member crosses the finish line will be determined not to have finished with the team and a 1-minute penalty will be assessed. Time will stop when the last team member crosses the finish line

5. SCORING:

- a. Score the 5-kilometer Road March as follows:
 1. Each team will successfully complete the event for time with all prescribed equipment and with all team members, or be assessed the appropriate penalties.
 2. Penalties:
 - 1-minute penalty for each violation of team integrity.
 - 1-minute penalty for each team member who is not within the 20-meter zone prior to the finish line at the time the first team member crosses the finish line.
 - Disqualify teams that finish with less than the number of team members they started with.
 3. The overall team score is determined by the total time + penalty times.

5-kilometer ROAD ROAD MARCH SCORESHEET
TEAM SCHOOL:

Stop Time _____

Start Time _____

Raw Time _____

Penalty Time: _____

TOTAL TIME: _____ Score: _____

Scorer's Signature _____

ROPE BRIDGE

1. TASK: Cross an obstacle using a one (1) rope bridge.
2. CONDITIONS: Under existing weather conditions, each Raider Challenge Team will cross a 40 foot obstacle on a one - rope bridge spanning approximately 52 feet.
 - a. Teams will compete against the clock.
 - b. Teams will construct, cross, and take down their own bridge.
(One pre-constructed bridge will be available for teams that can not construct their own bridge, however, using this bridge will disqualify the team from any rope bridge or overall meet trophies)
 - c. Rappel seat will be worn by all team members.
 - d. Preparation phase will last for five (5) minutes.
 - e. Eight (8) members must cross the rope bridge.
 - f. Penalties will be assessed in accordance with the One Rope Bridge Score Sheet:
 - g. There are many different types of rope that can be used to construct a bridge. The SAI/AI will certify that the rope is at least 100 feet in length and meets the standards of a military climbing rope.
3. Scoring: Score will be the construction time plus any penalty time.

In the event of a tie, place will be determined by quickest time (excluding penalties) in completing the obstacle. The second tie breaker will be the lowest penalty time.

For the Rope Bridge event, each team will be required to cross a one rope bridge using rappel seat and snap link. Penalties will be assessed for crossing boundaries, dropping equipment, not constructing, and members not crossing the bridge. Score sheet penalty deduction will be used for this competition.

See Appendix E for Instructions and details for a One Rope Bridge competition.

ONE-ROPE BRIDGE SCORE SHEET

SCHOOL _____ TEAM _____

AI/SAL 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.
- _____ Laying 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 Violation

- _____ 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.

Raw Time: _____ Total Penalty Time: _____

FINAL TIME: _____ **Lane Grader Initials:** _____

Vehicle Pull Event:

1. **TASK:** Conduct a team pull of a Military type Wheeled 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. Scores will be recorded to the 100th of a second (2:14:27 = 2 minutes, 14 seconds, 27/100th second). In the event of a tie, the team with the fastest combined time for the two pulls will be declared the winner. If a tie still exist, the team with the highest average push-ups from the PT test will be declared the winner.

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:

a. Ideally, Host teams will coordinate for use of a Military Type wheeled 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) 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. Time will be recorded to the 100th second. In the event of a tie, the team with the fastest combined time for the two pulls will be declared the winner. If a tie still exist, the team with the highest average push-ups from the PT test will be declared the winner.

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.

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. Teams will be ranked in chronological order with the fastest time being ranked first.

Vehicle Pull Score Sheet

School Name: _____

Team Name: _____

First Pull Time: _____

Second Pull Time: _____

Best Time: _____

Grader's Initials: _____

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 DISCIPLINE 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

NOTE: If a parent or guardian cannot be contacted, please list another person to contact in case of an emergency.

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 Manchester Raider Challenge, in my opinion, will not have an adverse effect 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 Parent/Guardian)

(Signature of Cadet)

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 annual JCLC.

(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.

I _____, consent to be treated in an Army Hospital, or any other government or civilian medical facility, near or enroute to _____

(Installation, State)

while attending or traveling to or from Manchester Raider Challenge _____ .
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 cadet

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

Manchester High School
12th Annual RAIDER CHALLENGE
Midlothian, VA 10 March 2012

**Registration Form (Due 2 Mar 2012 / Limited to 30 Teams / First
Come First served)**

Make Checks Out To Manchester High School

School Name: _____
Address: _____

Contact Person: _____
Work phone: (_____)

E-mail: Unit: _____ School: _____

Number Raider: _____
of Teams (9 members): _____
Cost per Team
\$ 50
Total Cost : _____

Adult Leadership:
SAI _____
AI _____

Mail Registration form and entry fee to;

Manchester High School
ATTN: JROTC
12601 Bailey Bridge Road
Midlothian, VA 23112
Phone: 804-639-6679

**Manchester High School Raider Challenge
Rope Bridge Construction directions**

Each team is required to have a 120' bridge rope and a sling rope and snap link for each team member.

Team may use a Kern mantle rope or a 7/16th inch laid nylon.

NOTE: A Kern mantle rope is considered to be any rope that has a woven outer covering around the rope creating a smooth surface.

UNIFORM:

- a. Complete ACU uniform (Coat & Pants)
- b. Brown T-shirt or Team shirt
- c. Boots, no running shoes
- d. Pistol belt with canteen and cover
- e. ACU cap (may be placed in cargo pocket)
- f. Any additional items the team brings to the bridge site must cross with them (i.e. gloves, field jacket)
- g. Guidon may be placed in the bridging area during competition, however it is not required to be transported across the bridge

TASK: Construct a one rope bridge and cross an obstacle.

CONDITIONS: At a field location with a 52' obstacle, during daylight hours and existing weather conditions, given a 120' rappel rope, rappel seat ropes, snap links and in the prescribed uniform and all required equipment.

STANDARDS: All team members will attempt one successful crossing, without losing any equipment, or touching the obstacle. The obstacle will be simulated.

SCRIPT: The script below contains the minimum instructions 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 environmental 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. While you are waiting to move to the prep site you can check and organize your equipment. Each team will be given 5 minutes in the

prep site to put on their rappel seats and lay-out their bridge rope. At the end of the 5 minutes you will be inspected for proper rappel seats and that your bridge rope is laid out with no knots, or overlaps in the rope. After you have been inspected your team will be told to get ready. Time will begin when the Team Leader says START (Go) and will end when the Team Leader Calls STOP. Are there any questions?"

PRE-CROSSING REQUIREMENTS:

- There can be no pre-tied knots in the bridge rope.
- The rope can not overlap itself in any manner
- The first and last man to cross **must** have an Australian rappel seat with snap link.
- All other team members (2 - 7) **must** have a hip rappel seat with snap link on. Seats must be tied in accordance with this MOI.
- No part of the rope or a team member may be forward of the anchor point before the command to START.
- **In the event any equipment breaks, or a snap link used in the Wiremen's Knot opens, the Team will be told to STOP. New equipment will be issued, or the snap link fixed, and the team will be allowed to start again. No penalty will be assessed.**

CROSSING REQUIREMENTS:

- Once the team has been told to START, or GO, time will begin. The time will continue to run until the Team Captain tells the timer to STOP.
- The first person crossing must be secured into the main rope using an end of line bowline.
- Team members 2 - 7 must have on a hip rappel seat tied in accordance with this MOI. Failure to have a properly tied seat will result in a penalty.
- Any team member, other than the first and last man crossing, who touches the obstacle will be assessed a penalty.
- Any equipment that touches the obstacle (i.e. canteen, LCE) will be assessed a penalty.
- Any individual touching the obstacle while crossing, or assisting will be assessed a penalty.
- Individuals may continue to incur penalties for repeatedly touching the obstacle.
- Failure to untie the Wiremen's Knot from the bridge rope will result in a penalty.
- Knots left in the bridge rope, other than the Wiremen's Knot will result in a penalty.
- Calling time before all knots are out of the bridge rope will result in a penalty.

- Equipment lost, or dropped into the obstacle will result in a penalty for each item.
- Equipment left on the near side will result in a penalty for each item (i.e. pair of gloves, web gear)

PREPARATION:

The OIC, or the scorer will inform the Team Captain that they have 5 minutes to prepare their team and the prep period will start. At the end of the 5 minutes the Team will be told to STOP, and the Team will be inspected. After the inspection the Team will be told to GET READY. When the Team is ready they will be told to START, or GO. Time will continue to run until the Team Captain tells the scorer to STOP.

At the conclusion of the bridge crossing, while the Team is putting away their equipment, the scorers will confer and tally the score sheet. The Team Captain will then be briefed as to what their Team did and their time. Placement in the event can not be determined at this time.

PENALITIES:

- a. 10 second penalties;
 - Incorrectly tied rappel seat.
 - Having equipment, or personnel forward of the near side anchor point before the command START.
 - Failure to secure into the rope with an end of line bowline (first and last man only).
 - Failure to maintain one leg in contact with, or above the rope while crossing.
 - Touching the obstacle while crossing, or assisting.
 - Equipment touches the obstacle while crossing.
 - Equipment left on the near side (penalty for each item i.e. pair of gloves = 10 sec., LCE = 10 sec. hat = 10 sec. Total penalty 30 seconds)
 - Failure of the number one man to temporarily secure the rope to itself after crossing. (When the # 1 man gets across the obstacle and wraps the rope around the far side anchor he must secure the rope to itself using the end of line bowline and snap link)
 - Knots left in the main rope, or the rope laying over itself when time is called (except the Wiremen's Knot)
 - Equipment left in the obstacle. (i.e. a canteen drops off and is not recovered, a hat is dropped and not recovered)

- b. 2 minute penalties;

- The Wiremen's Knot is not removed from the bridge rope.
- A team member does not cross.
- Running across the obstacle (team members 2 - 7)
- Calling time before all knots are removed from the bridge rope (i.e. electing to take a penalty rather than untie the Wiremen's Knot)
- More than 2 members on the rope at any time
- Failure to have a full 8 man Raider Team

c. 3 Minute Penalty

- Failure to correctly tie the Wiremen's Knot.
- Failure to correctly tie a round turn and 2 half hitches on both the near and far side anchor points.
- Tightening the main rope to the point that the transport tightening system is against the anchor point, preventing the proper tying of a Round Turn and 2 Half Hitches.

An example of cumulative penalties is as follows; The Team calls time but has not untied the Wiremen's Knot = 2 minutes for calling time with knots in the bridge rope, and 2 minutes for not untying the Wiremen's Knot. Upon inspection it is found that the rope is laying over itself = 30 sec penalty, and an end of line bowline was not untied = 30 sec. penalty. Total penalty time for this scenario is 5 minutes.

AUSTRALIAN RAPPEL SEAT:

Find the center of the sling rope. Reach down and grab hold of the two remaining ends. While holding the two ends reach behind you and grasp the other end of the rope and bring it around to the front of your waist. You should now have the center of the rope and the two ends of the rope in front of you and the rope doubled around your waist. Now take the double rope and tie a square knot. Secure it with an overhand knot on each side of the square knot. Rotate the square knot to the back of your body. Attach the snap link. Attach the snap link with the gate down and the opening toward your body. Rotate the snap link one half turn so that the gate opens down and away from your body. With the gate up, the end of line bowline will be placed into the snap link.

HIP RAPPEL SEAT:

Tuck your ACU blouse into your pants to prevent problems when attempting to hook into the snap link. Find the center of the sling rope. If you are right handed, place the center of the sling rope on your left hip (opposite for left hand). Keeping the center of the rope on your hip, reach around your back and bring the other end of the rope around your body. Cross the two ends of rope in front of you. Take one end of the rope and make two wraps around the other side of the rope. Pull the rope tight around your waist. Let the two ends of the rope drop in front of you.

Reach from behind, through your legs and grasp the two ends of the rope (ensure that the ends do not cross) and pull them to the rear. Take each end of the rope and tuck it through the rope around your waist going from the top to the bottom. The ends of the rope should come out toward the center of your back and the leg ropes should be to the outside of the ends. Bring the two ends of the rope to your left hip if you are right handed (right hip if you are left handed) and secure them with a square knot. Tie an overhand knot on each side of the square knot with the remaining ends. (Half hitch only goes around the rope that is used to tie the square knot, not the waist strap) Tuck any excess rope into your pocket. Hold the snap link with the gate down and the opening toward your body. Place the snap link over your waist strap and the wraps which form the leg straps (ensure that the snap link is between the leg straps and on attached to one side). Rotate the snap link one half turn. The gate should now be on top and the opening away from your body.

KEYS TO A SUCCESSFUL ONE-ROPE BRIDGE:

The one rope bridge is constructed using a 120 foot rope. Obstacles exceeding 65 feet should not be bridged with a 120 foot rope. The rope is anchored with an anchor knot on the far and near sides of the obstacle (round turn and 2 half hitches). A tightening system is used on the near side consisting of a Wiremen's Knot and snap link.

- a. A one rope bridge kit should include;
 1. a bridge rope (7/16th inch nylon) long enough to span the obstacle.
 2. a 12 to 14 foot sling rope and one snap link for each team member.
 3. 3 snap links for the tightening system (two snap links may be used in the Wiremen's Knot to assist in untying)

- b. Preparation of troop equipment;

- (1) The # 1 and #8 man tie Australian rappel seat with snap link. The #2 through #7 man tie hip rappel seat with snap link for use in transporting across the bridge.
- (2) The 120' rope will be laid out in a fashion that it does not overlap itself in any way prior to construction.

- c. Construction;

Step 1: The # 1 man ties an end of line bowline in the 120' rope, attaches the loop to the snap link on the Australian rappel seat and moves across the obstacle. (The #8 man can tie his end of line bowline in the other end of the rope at this time)

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 it around the anchor point. **He temporarily secures the rope by closing the snap link on the main rope. (A penalty will be assessed if this is not done)**

Step 3; One man on the near side ties a Wiremen's Knot as close to the obstacle as possible and places a snap link into the loop of the knot. (two 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 gates will be opposite each other. At that time, team members route the rest of the rope around the near side anchor point and hook the rope in the snap link. The # 1 man will now pull the Wiremen's Knot across the obstacle far enough to allow stretching of the rope.

Step 4; The # 1 man will now secure the rope to the far side anchor point with a round turn and 2 half hitches. (All of the far side rope must pass through the first half hitch.)

Step 5; The members on the near side tighten up the rope. Only 6 cadets are used to tighten the rope until the snap link is within 1 meter of the anchor point and the rope is as tight as possible. The bridge rope is secured on the near side using a round turn and 2 half hitches. The half hitches **MUST** pass over both parts of the main rope that go around the anchor point. (All of the near side rope must pass through the first half hitch.)

d. Method of Crossing;

The rappel seat method of crossing **WILL** be used. The cadet faces the rope with the far side anchor point on his left and clips into the rope. Thus, the snap link runs with the lay of the rope and produces less friction. Progress is made by rotating under the rope and pulling with the hands and arms. Feet and legs may be used to assist in crossing. One foot must remain in contact with, or above the rope at all times while crossing. Only 2 members may be on the rope at any time. No part of the body or equipment may touch the obstacle while crossing.

e. Disassembly of the Bridge;

Step 1; The # 8 man unties from the near side anchor point, but does not untie the Wiremen's Knot. He then secures the rope to his snap link with the end of line bowline. At the same time the # 1 man us untying the far side anchor point.

Step 2; The # 8 man ensures that the rope is not wrapped around the near side anchor point. He then moves across the

obstacle. If the rope is still around the obstacle and he must return to the near side to correct it he will receive a penalty.

Step 3; Once the # 8 man has crossed the obstacle one man will untie the Wiremen's Knot. All other team members will ensure that all of the rope is across the obstacle, that all knots are out of the rope, and that the rope is not laying upon itself.

Step 4; 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 or TIME and the time will cease.

NOTE: If you need instructions for tying any of the knots required for this bridge, look on the internet. There are numerous sites with step by step instructions, many of them with drawings or pictures.

5-kilometer ROAD ROAD MARCH SCORESHEET
TEAM SCHOOL:

Stop Time _____

Start Time _____

Raw Time _____

Penalty Time: _____

TOTAL TIME: _____ Score: _____

Scorer's Signature _____

ANNEX B TO 4th BRIGADE RAIDER MOI DTD 30 April 2010
Core Event – One — Rope Bridge Event

ONE-ROPE BRIDGE SCORE SHEET

SCHOOL _____ TEAM _____

AI/SAL 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.

_____ Laying 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 Violation

_____ 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.

Raw Time: _____ **Total Penalty time:** _____

FINAL TIME: _____ **Lane Grader Initials:** _____

Vehicle Pull Score Sheet

School Name: _____

Team Name: _____

Best Time: _____

Grader's Initials: _____

4TH BRIGADE RAIDER MOI DTD 30 April 2010
Core Event – LITTER CARRY

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 Each time
casualty touches is a penalty

_____ if litter tips over and casualty touches

_____ if casualty falls off litter

Total Number Penalties: _____

**Team fails to negotiate obstacle: 3 Minutes penalty for each
obstacle**

_____ Team goes around obstacle intentionally

_____ Team misses obstacle

Total Number Penalties: _____

**Team fails to properly negotiate course: 1 Minute)nly one
penalty per obstacle**

_____ Litter touches ground, PENALTY EACH TOUCH

_____ Litter touches any part of obstacle

Total Number Penalties: _____