

2011



NATIONAL RAIDER CHAMPIONSHIPS

ALL-SERVICE RAIDER EXCELLENCE
STANDING OPERATING PROCEDURES

15 APRIL 2011 – REVISION #1

<http://raider.thenationals.net>



THIS DOCUMENT HAS BEEN REVAMPED FROM PAST YEARS – PLEASE READ CAREFULLY!

Event Manager: Sports Network International

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<http://raider.thenationals.net>

Competition Site: Gerald I. Lawhorn Scouting Base

1166 Dripping Rock Rd. Molena, GA 30258

For all site questions, please contact SNI

<http://www.flintrivercouncil.org/sitecore/content/Council095/Camp.aspx>

1) GENERAL OVERVIEW

- a) Congratulations and thank you for taking the time to review this Raider Nationals SOP! For those who are competing, you are to be commended for your fine work in preparing your unit to attend and compete at the upcoming National Raider Championships competition. The “Raider Nationals” are designed to showcase the finest all-around raider talent in the nation and to provide all cadets with an opportunity to compete against the best teams in the nation representing all-services in the most first-class environment. The Raider Nationals also serves as the official Army JROTC Raider Championship.
- b) This SOP outlines all rules & requirements for the National Raider Championships to be held throughout the day on Saturday, 5 November and Sunday morning, 6 November, 2011 at the **Gerald I. Lawhorn Scouting Base**, Molena, Georgia. The general directions & park layout for the Raider Nationals will be posted to the official website for download/review, along with all other required paperwork and spectator information.
- c) The arrival of teams and early event registration will begin in the afternoon on Friday, 4 November at the Raider Nationals HQ Room. The event registration will again occur in the morning of the competition on 5 November at the same facility. The competition will begin with a Cadre/Coaches Meeting and then the rotation of events will begin. The competition utilizes a “shotgun start”; therefore all events will start across the facility at roughly the same time. All events and the closing awards ceremony will end on Sunday late morning for this two-day competition.
- d) The “Raider Nationals” will be open to all JROTC units and other high school based cadetting programs in good standing regardless of service affiliation. However to ensure uniformity in rules, all events will be held under the guidelines of Army manuals referenced herein. These manuals can all be reviewed from the official Raider Nationals website at: <http://raider.thenationals.net>.
- e) Sports Network International of Daytona Beach, Florida will provide support with the paperwork and many other competition related items. Cedar Shoals HS in Athens, Georgia will serve as the host event unit and will provide logistical support and coordination with the local Georgia National Guard unit who will provide the bulk of the on-site judging during the competition. Along with the awesome support received from the U.S. Army Cadet Command as the official military sponsor, the Raider Nationals continues to provide the finest overall Raider experience for your cadets.
- f) PLEASE ENSURE you become VERY FAMILIAR with the dates and deadlines when money and/or paperwork submission is required. Failure to submit these items when required can have your school dropped from the event and/or removed from the camping list. Please plan ahead.
- g) While the weather for any Fall events in Southern Georgia will likely be gorgeous, nothing but lightning or other dangerous outdoor weather conditions will delay or cancel a team event. Teams must prepare for every type weather condition to be fully prepared at the Raider Nationals.

- h) **OVERNIGHT CAMPING WILL BE ALLOWED & ENCOURAGED AT THE LAWHORN SCOUTING CAMP.** While camping is highly encouraged, hotels are just 15 minutes away from the venue. Schools may attend the Raider Nationals as a “commuter school” (driving in to compete without camping or staying in a nearby accommodations), or by camping at the venue/staying overnight in town. As stated, the competition facility has unlimited camping for those with their own tents but pre-existing tents ARE limited. Full details on both the campsite and camping in general can be found later in this document under Section 7, **”CAMPING DETAILED INFORMATION”**.
- i) This competition is held through the generous support of both the Georgia National Guard and the United States Army Cadet Command. All teams should thank BOTH of these groups at every occasion during the event for their support. Without their support, this competition would not be possible.
- j) SNI also has asked SFC Edward Fincher (USA, ret), the co-founder of the original raider meet the Raider Nationals have grown to become, to serve as the **official Raider Nationals Judging Supervisor**. He is without parallel as one of the sharpest raider minds in Georgia and we are honored to have him on the team to serve as the Head Judge for this elite competition.
- k) As the Event Director for the Raider Nationals, Sports Network International (SNI) maintains sole judgment pertaining to the competition. All decisions made by SNI regarding rules, procedures or other matters are final with no protests allowed. All competitors, instructors, and supporters are subject to comply with all of the rules & procedures of this SOP and of the Raider Nationals. Any items not specifically covered by your service manual(s) or by this document are enforced at the sole determination of the SNI Judging Director. If you have any questions regarding this event, please direct your question either via phone or email to **Sports Network International**.

2. TEAM COMPOSITION & ENTRY RULES

- a) Competition Team Rules: Each team will consist of a maximum of 12 members but only 10 participate in every event, with two cadets considered “event alternates”. Every team event will require 10 cadets and these can be comprised of any combination of your 12 person team.
- b) MIXED TEAMS must have a minimum of FOUR females in every event and no more than NINE females total performing. Increased numbers of females is not generally recommended as you will be competing against teams that are made up with 6 males and 4 females in each event and this may place your team at a disadvantage.
- c) Cadets will substitute only within the team they are assigned. Male team members cannot substitute onto the Mixed Team, etc. Substitutions can be done **ONLY** prior to the start of an event and can be done for any reason. You do not have to go through a medic, nor does it have to be a medical need. You have a 12-member team to form your best 10 Raiders in any/every event.
- d) Schools may initially enter only ONE complete raider team into EACH of the three different competition events, **providing that no individual cadet competes for more than one team**. This rule allows any school to initially enter up to THREE complete teams, *but does not allow individual cadets to compete on both the male (or female) and Mixed Team*. Should spaces still be available 45 days prior to the competition, schools MAY be allowed to enter a second team in the SAME category at the discretion of SNI (i.e., two male teams, etc.).
- e) Each cadet will receive a color coded bracelet to identify which team they are eligible to compete with. Any school found using illegal cadets competing within BOTH a single-gender team AND mixed team may have their entire school removed from the Raider Nationals event without recourse, and likely WILL be placed on probation from attending the event in the future. It is the responsibility of every Raider instructor to stress to their cadet leaders the purpose and inflexibility of this reg!

3. GENERAL SCHEDULE OF EVENTS:

- a) 4 November, 1500-1900: Early School check-in/registration at **Lawhorn Scout Base** Scoring HQ.
- b) 5 November, 0600-0830: Final school check-in at Raider **Lawhorn Scout Base** Scoring HQ.
(NOTE: No school may compete WITHOUT going through event registration!)
- c) 5 November, 0700-0735: Cadre/Coaches Meeting at **Lawhorn Scout Base C** Dining Hall.
- d) 5 November, 0800: Rotation of all Team Events will begin.
- e) 6 November, roughly noon: Awards ceremony will begin shortly after Ultimate Raider event ends.

NOTE: The actual start times and rotation of events will be determined after all schools have registered. Teams will have ample ability to move between events with prior planning. This FINAL event schedule will be distributed via the official website one week prior to the competition.

4. COMPETITION EVENTS & GENERAL INFORMATION

- a) The Raider National Championship is comprised of FIVE total events. These events are designed to test your cadets physically as well as test their ability to work together as a team. Teams must enter and obtain a score in all five team events in their entered division to be eligible for the overall title. The events are as follows:
 1. **Physical Training (APFT) Test:** (Annex 11-A, APFT): 10 TEAM MEMBERS; The APFT will consist solely of push-ups & sit-ups following ARMY FM 21-20. This manual is available for download at the official Raider Nationals website: <http://raider.thenationals.net>. All schools (especially those non-Army units) are urged to review this document carefully to ensure your cadets are fully prepared for the requirements of this test.
 2. **Rope Bridge:** (Annex 11-B, Rope Bridge): 10 TEAM MEMBERS: Standard one rope bridge according to this SOP and FM 3-97.61 (Military Mountaineering). Rope length must be **at least 150** feet; low stretch ropes (Kermantle) may be used (NOTE: **YOU MUST HAVE YOUR OWN 150' ROPES** or make arrangements to borrow a rope from another team).
 3. **Cross Country Rescue:** (Annex 11-C, Cross Country Rescue): 10 TEAM MEMBERS: The event will be cross country with the raiders carrying SIX rucksacks each containing a 35 pound sand bag and one stretcher maintaining an attached 95 pound weight.
 4. **Raider Gauntlet:** (Annex 11-D, Raider Gauntlet): 10 TEAM MEMBERS: Team runs together carrying 4 rucksacks weighing approximately 35 pounds each over rough terrain up hill to the ½ way point and then return to the start point. When all equipment and team members cross the finish line, the time will stop.
 5. **5-Kilometer Team Run:** (Annex 11-E, 5K Team Run): 10 TEAM MEMBERS for this event. MIXED TEAMS ENSURE AT LEAST 4 FEMALES COMPETE IN THIS EVENT.
- b) Additionally, the “Ultimate Raider” competition is held for the single best male and best female cadet from each team. Details on this event and every other event at the Raider Nationals are maintained later in this document.
- c) ALL of the events can be physically demanding, and stressful weather conditions (heat, cold, damp, etc.) can make this tougher! However, any team that has trained hard for several months and fully prepare themselves for the events listed herein will do just fine. **Please remember to hydrate BEFORE the day of the competition** – solid hydration starts 48 hours prior!
- d) To compete safely at the Raider Nationals, teams are ENCOURAGED TO RECON the event sites THE DAY PRIOR to the competition with their instructor to plot strategy and/or look for hazards and obstacles that should be particularly noted.
- e) No schools live particularly close to the competition site, but it should be worth noting that NO SCHOOL OR CADET MAY BE PERMITTED TO PRACTICE ON ANY AREA OF THE

LAWHORN SCOUTING FACILITY in the weeks or months leading up to the event. Anyone doing so will jeopardize having their entire school disqualified from the competition.

- f) Although discipline problems are not expected at a meet of this caliber, addressing problem situations now is the best way to halt any future unpleasant problems. While all attendees are obviously on their best behavior at the Raider Nationals, there are a few key points that bear repeating. Sports Network International, Inc. as the Competition Director for the event, reserves the right to remove any individual, group or competition unit from any event or facility at any time for destructive, profane and/or immoral conduct, or any other actions unbecoming military representative or conduct detrimental to the Raider Nationals. This includes conduct in or around the competition site or any other related facilities used for the Raider Nationals.
- g) All schools should check the SOP Update/Clarifications page on the Raider Nationals website. Major and minor changes and news will be posted here first.
- h) All timed racing events will desire a clean start. If a team jumps the start early, a minimum 5-second "false start penalty" will be assessed to those teams. No re-start will occur.
- i) **PARENTS, INSTRUCTORS AND/OR SPECTATORS WILL NOT BE ALLOWED TO RUN WITH THE TEAM ON THE COURSE.** The team may be disqualified if this violation occurs. On-lookers shouting *instructions* to the team *may* cause the team to be disqualified. Ensure your spectators understand this important rule! Remember, they are not part of the team. **Cheering is not "instruction"**. Plenty of sites have been designed for observing your teams while they compete!
- j) **INSTRUCTORS AND/OR TEAMS are ENCOURAGED to RECON ANY/ALL COMPETITION SITES THE DAY PRIOR TO THE EVENT** (time constraints will generally not allow this during the day of competition). Schools are allowed and encouraged to: 1)recon the site map to find the location of every event, as well as 2)walk the course(s) with an instructor to ensure all competing cadets are prepared for the layout and any obstacles they may face (NOTE: No running the course or rope bridge construction will be allowed – this is a visual walk-through only).
- k) As stated, cadets may not "practice" on the courses by any means. One exception to this will be the wall located at the end of the CCR Course and also in use for the Ultimate Raider competition Sunday morning. Because this item is difficult for all teams to prepare and practice for back home, all schools will be allowed to physically practice climbing the wall during the day on Friday, as well as Saturday evening after the team competition concludes until sunset. **ONLY SCHOOLS WHO MAINTAIN ADEQUATE ADULT SUPERVISION AND SPOTTERS WILL BE ALLOWED TO PRACTICE - NO EXCEPTIONS!** Cadets found practicing at the wall by themselves without **BOTH** adult supervision **AND SPOTTERS** will risk having their unit disqualified from the CCR competition and/or their Ultimate Raiders withdrawn from the event
- l) No participant may leave any assigned racing area or "take a short cut" outside the marked racing area. Any cadet/team doing so and found to have gained an advantage by these actions will cause the team to receive a subjective penalty. If the shortcut was determined to be completely accidental, the penalty will be the estimated amount of seconds saved by going "off-course", plus an additional 10%. If the short cut was determined to be intentional done, the team will likely be disqualified.
- m) All schools should ensure they do not run late to a competition area. Any team attending an area late without cause may be subjectively penalized and/or removed from that segment of the competition (disqualified) at the discretion of the Competition Director.
- n) Any cadet who curses or utilizes other unsportsmanlike acts will be subject to a minimum 1 minute penalty (or a minimum -100 points in the offending cadets APFT score). Acting in this manner is unbecoming a JROTC Raider cadet and all teams should ensure this penalty is not affixed to any cadets and/or instructor with their team.

- o) A 5-minute addition to all finish times in all timed events will be added to any team competing with just 9 cadets. A team with 9 cadets may compete in the APFT but will receive zero scores for the 10th-cadet slot. Those teams with just eight or fewer cadets may not compete and will be disqualified, receiving a last place finish and a zero score.
- p) All Raider teams are expected to compete with honor befitting military JROTC cadets. Teams are expected to proactively come forward to admit guilt on any known rules violations they may incur. Teams are expected to tell the head official any cadet shortages or other known rule issues BEFORE competing in their assigned event.
- q) The variety and difficulty of the events involved in the Raider Nationals will make capturing the overall title a true test of overall JROTC excellence!

5. COSTS/PAPERWORK REQUIRED TO ATTEND THE RAIDER NATIONALS:

- a) Schools gain information regarding the Raider Nationals from the Raider Nationals official website: <http://raider.thenationals.net>. Here you can learn everything about the event and then download needed materials to register your school to attend and compete. After registration, you will be emailed acceptance and then download all your competition paperwork from the website. The website is easily organized but internet access including working email is required to be able to attend the event.
- b) To attend, all schools submit required paperwork and pay a School Registration Fee of \$75 per team to enter the Raider Nationals. Additionally, every cadet eligible to compete attends the event through the Team Package. The cost of the Team Package will be \$15 per cadet. This is how the costs for the competition are paid. For this money, each cadet will receive a specially designed event medallion on a chest ribbon, custom event t-shirt (ordered to size), a beautiful 8" x 10" Raider team photo, and the ability to compete at the event. These are the only required costs to attend. **THIS REGISTRATION FEE AND PER CADET FEE ARE REQUIRED COSTS AND ARE THE ONLY COSTS THAT ARE REQUIRED TO ATTEND.**
- c) Each school is required to submit in advance all money/paperwork as required to be able to compete. *There is no exception to this requirement.* Schools should plan ahead for unit inspections, snow days or other items that can hamper the ability to meet payment and paperwork deadlines. Only a rare, unforeseen exception would allow a school to bring a non-essential item on arrival with pre-approval, so please plan your paperwork/finances accordingly.
- d) Once you have read this SOP and agree to all of its terms and conditions, please sign and return all of the required forms downloaded on-line. No school or individual may compete in any facet of the Raider Nationals event without the proper submission of these forms, ESPECIALLY IMPORTANT is the Covenant Not to Sue Form, no exceptions!
- e) If you have a question regarding any facet of the Raider Nationals, especially regarding the money and/or paperwork required, please call and ask or email BEFORE registering to attend the event. Competition spaces are limited and we want to ensure all schools fully understand what they will need to do to attend BEFORE they go to the effort of registering to attend. In most cases, the answer is maintained in print on the website. If you do not find the answer or you need a clarification, please feel free to call/e-mail Sports Network International at the numbers listed herein.

6. FACILITY DETAILED INFORMATION:

- a) Gerald I. Lawhorn Scouting Base is a private Boy Scout facility and is rented by Sports Network International exclusively for the Raider Nationals. Their hard work and support has made hosting this event on their facility possible. We ask that you respect all property, equipment & rules while attending. A complete list of camp rules will be furnished to all schools upon entry.
- b) The huge 2,400 acre scouting base maintains two sites adjacent to each other. Camp Thunder is the base area for the competition and has several hundred fixed campsites organized into small individual areas from 16 to 64. The Flint River is down the main road and also maintains fixed campsites in the same manner as Camp Thunder. Those camping at Flint River will require ground transport to get to the adjacent competition areas. Every camping site has a fire pit available (conditions permitting), showers, and toilet facilities with water.
- c) The Lawhorn facility proudly features a newly constructed indoor Dining Hall, Camp HQ, children play area, and other fine amenities. All of these amenities make not make for a fantastic competition site, but a great site for those wishing to bring the family to watch.
- d) The Raider Nationals have been structured to maintain NO parking charges and NO gate admission charges of any kind. Parking areas will be denoted on-site. Spectators are encouraged to bring their own chairs to comfortably view the events.
- e) This facility has been reviewed by the U.S. Army Cadet Command and found to be a superior facility for hosting the Raider Nationals. This is a main reason why the U.S. Army Cadet Command has selected the Raider Nationals to be the Official Service Championship of Army JROTC.
- f) Numerous bathrooms with running water are available to fill canteens or water bottles across the facility. We STRONGLY URGE all units have personal water for every cadet available constantly. Also, porta-potties have been strategically placed near the competition sites.
- g) Cedar Shoals HS will provide pre-paid meals for the schools on-site, as well as provide standard concessions on Saturday and light breakfast Sunday morning. We encourage all competitors and spectators to check out the concessions area for your food needs should you so desire. Basic snacks will be made available for purchase throughout the day of the competition, as well as competition T-shirts for spectators (limited availability). Additional vendors, as well as event sponsor displays will be on-hand to give the event a very lively appeal.
- h) On-site ambulance support will be sustained from the time the competition starts on Saturday until it ends on Sunday afternoon. ***This support is designed for urgent medical need.*** Teams are STRONGLY ENCOURAGED to bring basic first aid materials with them on the bus and to keep these handy at all times during the Raider Nationals event (including bringing these materials to every site where your team is competing), Additionally for back-up, SNI will maintain a well-stocked medical bag filled with “bump, bruise and cut” materials located at the Event HQ facility.
- i) Two-way radio communication is provided at each competition area, as well as between SNI, SNI senior judging officials, as well as specific event judges on many of the longer courses to ensure safe and effective medical requests and rule discussion. Additionally, these radios allow questions to be asked and answered on the spot should a team have an on-site situation arise that requires immediate feedback.
- j) Cellular service at the facility maintains a strong signal for those on both T-Mobile and Verizon. AT&T service is spotty but doable, especially for text messages. Sprint service was the weakest and had few areas where communication was available. As cellular carriers consolidate, this picture may change as they absorb each other’s towers.
- k) Hotel billets have been arranged for teams, parents and other non-campers roughly 20-minutes from the Thunder River BSC. These will be listed prominently on the Raider Nationals website.

- l) You may not ride in the back of an open pick-up anywhere on the facility. This is a big deal to the campground. Ensure your shuttling of cadets does not include this method of transport. Also, please do not bring any dogs or other pets as they are not allowed. Service dogs of course are an exception. For complete [Lawhorn Scouting Base Camp Rules](#), download and review from the website or here: <http://www.thenationals.net/raider-camprules.pdf>

7. CAMPING DETAILED INFORMATION

- a) Schools may attend the Raider Nationals as “commuter schools” (driving in to compete without camping or staying in a nearby accommodations), or by camping at the venue. As stated, the facility has unlimited camping for those with their own tents but pre-existing tents ARE limited. We STRONGLY encourage all schools to maintain transportation on-site and/or their own tents as we cannot possibly have enough fixed tents for the 900 cadets and instructors expected to attend.
- b) **The costs for camping will be just \$5 per person, per night.** This cost is for ANYONE with your group staying overnight – parents, instructors, or other team followers. This cost MUST be paid in advance therefore, it is vital all those who will be camping know EXACTLY how many people will be spending the night in their facility and pay the appropriate amount of money.
- c) A \$50 refundable cleaning deposit is also required which is returned to the program with the team photos after the event. Largely, this is done to ensure the trash in your camping area is placed IN the metal dumpsters (not simply bagged and left). This has NEVER been an issue as most teams leave the facility CLEANER than it was when they arrived!
- d) There are shower facilities available within an easy walk from every camping site with HOT and COLD water. Please turn both the lights and water off every time you leave.
- e) All camping assignments will be coordinated via Sports Network International in advance of the event. **Camp sites will be awarded largely on an earliest registered basis as well as considering the distance of travel for the attending team.** Those looking to camp MUST note on the Raider National Registration Form the desire to camp along with the following information: 1)Number of expected campers w/genders estimated, 2)Whether you will use your own tents AND 3)Whether you will have transportation with you on-site the entire time. Camping facilities for those schools WITHOUT their own camping tents, gear or local transportation on-site will be limited as outlined above. Therefore, for those schools looking to camp with the fixed tents, we STRONGLY ENCOURAGE you to register early.
- f) Most campsites have access to electricity. THIS ELECTRICITY IS LOW AMP AND CANNOT BE USED TO RUN **ANY FORM OF HEATER!** Do **NOT** bring or utilize any high-amp cookware or space heaters. Damage to the electrical system by those using space heaters and similar will be billed to your program.
- g) Cars/vans may be driven directly to the campsite to unload cadets, gear and other needed items. Vehicles should stay on the driving paths to ensure no damage occurs to septic fields which are located nearby and are nearly impossible to spot. All vehicles must then leave and park in the nearest labeled parking area.
- h) Historical weather patterns should allow the use of the fire pits on-site in each camping area. This call will likely be made the week prior by the camp officials and the local fire department. Full safety procedures regarding proper care and use of the fire pits, lanterns and other items are best found on the [sni website](#). Here is the direct location: http://www.thenationals.net/raider-fire_safety.htm.

8. COMPETITION EVENTS & AWARDS

- a. The following events are counted towards a team's Overall Championship point totals: **1)Physical Training (APFT) Test; 2)Rope Bridge; 3)Cross Country Rescue; 4)Raider Gauntlet; and 5)5-Kilometer Team Run.** TEAMS MUST ENTER AND OBTAIN A SCORE IN ALL FIVE EVENTS IN THEIR ENTERED DIVISION to be eligible for the overall title.
- b. All teams are eligible to win team trophies within each specific event entered, regardless of how many total events the team enters. First through Fifth Place team trophies are awarded in each team event listed above. The top five male and female push-up/sit-up competitors will also receive a special hand-painted chest medallion.
- c. Additionally, each SCHOOL will be eligible to enter TWO CADETS MAXIMUM into the Ultimate Raider competition (only ONE male and ONE female, no exceptions). This event will be strictly for individual awards and will not factor into any team scoring. Top five male and female competitors will each receive chest medals. Full details on the Ultimate Raider event are contained later under Raider Events.

9. EVENT SCORING & TIMING

- a. An official timekeeper will keep the official performance time at every event. All event timing will begin when the starter says "GO". The time will not end until the last competing cadet AND ALL REQUIRED EQUIPMENT finalizes the task required.
- b. The overall team finish (for the crowning of Overall Championship and Overall Runner-up titles) within every division at the event is awarded based on a value earned through placements within each team event. A team's placement in all team events will produce an overall placement point total. The lowest point value earned will be considered the highest finisher. Example as follows: a team earns: 1st place finish in APFT; 7th place in Rope Bridge; 3rd place Cross Country Rescue; and a 6th place GAUNTLET; 3rd place 5-Kilometer Team Run. The aggregate value for this team would be computed as: $1+7+3+6+3=20$. Therefore, "20" would be the aggregate score regarding overall placements.
- c. The tie breaker for the overall trophies will be the total team points on the APFT.
- d. In the event of a tie in ANY team event, the 5-Kilometer Team Run time will be used as the tie breaker.

10. SCORESHEETS & SCORE TABULATION

- a. All event score sheets can be found in advance of the competition on the "Paperwork HQ" section of the event website. A complete scoring package maintaining all of the time/score sheets, as well as team placement information is designed to be available immediately following the Awards Ceremony (if time permits to prepare them for distribution) or they will be mailed to your team immediately following the event along with your team photos. Questions regarding Raider Nationals scoring are welcomed and addressed after you have received your completed score sheets.
- b. It should be noted that every scoresheet will be triple-checked by SNI personnel, as well as inputted & totaled on a computer program specially designed for the Raider Nationals by Sports Network International.
- c. Each unit will be judged by the SAME JUDGES within each event. All judges' scoring & decisions are final. As a matter of proper conduct, discussion with judges during the competition ABOUT ANY ASPECT OF COMPETITION IS STRICTLY FORBIDDEN. Judges are considered off-limits much like a jurist during a trial. Any questions from parents, cadets, or instructors regarding any portion of this competition should be directed to the Judging Director of the Raider Nationals at the Event HQ building on-site.

11. COMPETITION EVENT DETAILS - GENERAL

- a. The following items pertain to every event held at the Raider Nationals. All schools should review these items to ensure their team is in full compliance:
 1. Spectators should carefully review the prohibition on “coaching” the team and/or running with the team while they compete, or interfering with a race official to avoid severely penalizing your program. Cheering for your program while they are competing is always strongly encouraged!
 2. Team members can assist each other in any manner (except within the Ultimate Raider event), however they **MAY NOT** interfere with another team. Any such interference may result in a subjective time deduction from the offending team (up to and including disqualification) and possibly a time subtraction from the team interfered with.
 3. The course will be well marked with cones and engineer tape. Additionally, cadets/staff will be positioned along the route to ensure all teams are heading in the correct direction and following the rules. However, teams should review the route the day prior to ensure no confusion is present.
 4. The team must not interfere with the finish line judges. Other teams may be coming in at the same time. Instructors will not interfere with judges at the finish line. Any violation of this rule may cause the team to be disqualified from the competition.
 5. All events will start with a judge stating, “ON YOUR MARK, GO!” With this sound, time will start.

12. COMPETITION EVENT DETAILS - SPECIFICS

a. APFT

1) General Scenario:

- a. The APFT is the test given to test the endurance and stamina of each individual. The individual score is computed and totaled for each event. The team score is the total of all team member scores.
- b. Members of the Georgia National Guard will grade/score the competitors during the APFT event.
- c. 10 members of the team must compete in the APFT. Scores will be totaled for a team score.
NOTE: PLEASE LIST ALL TWELVE TEAM MEMBERS ON THE APFT SCORE SHEET BUT ONLY TEN MEMBERS WILL COMPETE.
- d. Instructors will be on-hand but moved away from the team with all other spectators during this competition.
- e. IMMEDIATELY AFTER the team completes the APFT, they will move directly across the street and then run the 5-Kilometer Team Run. EVERY TEAM will be given only FIVE MINUTES to report to the 5-K run starting box. Coaches please plan accordingly.

2) Specific Details:

- a. All score sheets will be completed, scored & totaled with event evaluator signature prior to turn-in.
- b. The test consists of:
 - i. Push-ups (2 minutes): all correctly executed push-ups will be counted, one point per rep.
 - ii. Sit-ups (2 minutes): all correctly executed sit-ups will be counted, one point per rep.
 - iii. Teams will complete both push-ups and sit-ups back to back. When 2 minutes of push-ups end, cadets will immediately roll over and start sit-ups. There will not be a delay for cadets to get situated. The clock will run continuously for 4 minutes. (2 min push-ups/2 min sit-ups).
- c. Push-ups and sit-ups will be done in accordance with Army FM 21-20 (copy found on Raider Nationals homepage).
- d. Athletic attire may be worn for this event.

- e. The APFT team must be self-contained, which means the TEN APFT cadets must split into five pairs of two and **MUST BE ABLE TO HOLD THE FEET** of their paired cadet during the Sit-up competition. The only exception to this will be for a cadet with a valid medical exemption (i.e., physical deformity, broken/sprained wrist, etc. in which case another member from the same school must serve as the holder on sit-ups).
- f. Ten total competition spaces will be in use, five slots per school, with one judge per competition slot. First school will enter the push-up area and take their place on the FIVE Push-up competition slots. The 2-minute clock will start and cadets will execute all possible push-ups in that time limit. Cadets will then flip around and immediately execute Sit-ups for 2 minutes. When the time has ended, the judges will have scores recorded and the cadets will trade places and have the other team member compete. When all ten team members are done, they should move immediately to the 5K Team Run which is located directly next to the APFT area. This start time is designed to be **NO MORE THAN FIVE MINUTES** from the end of the team APFT event. Teams who do not report to the 5K run within 5 minutes risk having their team disqualified.

b. ROPE BRIDGE

1) General Scenario:

- a. Rope bridges will be constructed in accordance with the spirit and intent of a real rope bridge situation. The basic premise must be that it be done as seriously and accurately *as if a gorge or a river were actually being crossed*. **SAFETY NOTE:** When teaching cadets, we should *remind them of the difference when crossing a river versus a ravine or a gorge*. When crossing a river, a bowline is over the shoulder and not snapped in a swiss seat. Refer to TC 90-6-1, paragraph d. construction, pages 6-36 and 6-37. We will be crossing a small portion of a river (knee to thigh deep) at the Raider Nationals with large trees on either bank.
- b. Two rope bridge sites will be used: Male Division will use one, Female and Mixed Divisions will use another. These two are directly next to each other in the same general location.
- c. 10-members of the team must compete and complete the bridge construction and crossing.
- d. The uniform for this event: ACU/BDU pants, t-shirt & boots. Jacket may be worn if weather dictates.
- e. All teams will provide ALL of their own rope bridge equipment. Teams may use any kind of rope they choose – rope **MUST BE 150** feet minimum! (**NOTE: YOU MUST HAVE YOUR OWN 150' ROPES or make arrangements to borrow a rope from another team**).

2) Specific Details:

- a. No loops, bights and or pre-tied knots will be allowed on the rope. The judge will assist in back coiling the rope inside a backpack, duffle bag, or ruck sack for the teams prior to starting the event. Swiss seats will be pre-tied in order to save time. Swiss seats will not be graded, only inspected for safety.
- b. **Swiss seats and waist seats will be tied prior to reporting to the rope bridge site.** All participants will wear a rappel seat (swiss seat). The first and last team members can wear sling ropes properly tied around the waist (minimum two wraps around the waist secured with square knot and tied off with an overhand knot on each side of the square knot).
- c. Upon arrival at the Start Point, the team will have their rope “back coiled” inside a backpack, duffle bag, or ruck sack. Only the end of the rope may be outside the bag at the start line. There cannot be any knots of any kind pre-tied in the rope prior to the start of the event. This will cause the team to be disqualified if the team is found to have pre-tied knots. On the command GO, the clock will start and the team will run to the near side anchor point, and immediately build a 1-rope bridge. Team will then cross the river as outlined. Time will continue to run until:

- i. the entire team and all equipment is out of the water, across the river and on the far bank (to include the rope!)
 - ii. all knots are out of the rope
 - iii. the team has announced, "TIME!"
- d. The team with fastest time to include any penalty points added will be the winner.
- e. The only knots allowed on the near side anchor point will be the following:
 - iv. Wireman's Knot OR Figure 8 Slip Knot OR Butterfly
- f. The only knots allowed on the far side anchor point will be the following:
 - i. Round Turn with TWO Half Hitches
 - ii. Tension Anchor (A minimum of FOUR wraps on anchor)
- g. Quick release for the second half hitch is recommended on both sides.
- h. End of the line bowline or figure 8 is used to attach the rope to the first person to cross the gorge and must be attached to the seat or waist rope with a snap link or bowline and/or figure 8 over the shoulder.
- i. A rope bridge that fails will not be counted or scored and will disqualify that team from that segment of the event. Judges will notify the team immediately to end their effort and avoid injury.
- j. There is no limit on the number of snap links used in the transport knot.
- k. All team members that cross the rope bridge must be hooked onto the rope and pull themselves across the obstacle. One foot and one hand must be kept in contact with rope at all times when crossing. If the members cross their feet over the top of the rope without touching the rope, it is acceptable. One leg can drag on the rope, or both legs can drag on the rope while crossing. All team members that cross the rope bridge *must be hooked onto the rope with carabineer and pull themselves across the obstacle using a rappel seat method*. Progress is made rotating under the rope and pulling with the hands and arms. There will not be a penalty if feet fall below the rope while crossing). See FM 3-97.61 Military Mountaineering, chapter 7 fig 7-17. If the legs spread apart over the top of the rope, a 30-second penalty will be assessed.

c. CROSS COUNTRY RESCUE

1) General Scenario:

- a. Your team is rescuing a casualty. This is a grueling 1-mile cross country route over rough, wooded terrain. Currently, an 8' wall is maintained at the end of the race, along with an expansive area where a low-crawl will be required.
- b. At the waiting area, a team will be given a stretcher with a pre-tied container weighing approximately 95-pounds to simulate the casualty, and six rucksacks filled with sand weighing 35lbs. each. The team will carry the litter and the equipment to the start line where the team will state they are ready. The grader will then command, "Get Set...GO!" The GO command will start the clock. At that point, the team will follow the 1-mile route WHICH **WILL BE OVER ROUGH TERRAIN**. Currently, there are no plans to have water on the course, however mother nature may change that depending on the weather - be prepared!
- c. At the finish line, all cadets must get over an 8' high wall before time is stopped. **THE LITTER WILL NOT BE TAKEN OVER THE WALL** – only the rucks due to safety concerns. Time will stop when all cadets AND rucksacks cross over the wall and touch the ground.
- d. Uniform: ACU/BDU pants, t-shirt and boots. Caps and jackets are not required. Jackets will be optional for team members in cold weather conditions. **STRONGLY SUGGEST YOU BRING EXTRA UNIFORM ITEMS.**

Specific Details:

- a. **EQUIPMENT WILL NOT BE DRAGGED OR THROWN (except during low-crawl where the items may be dragged only). THE RUCKSACKS WILL NOT BE CARRIED BY OR ATTACHED TO THE LITTER IN ANY MANNER. VIOLATORS WILL BE DISQUALIFIED.** The team can organize themselves in any manner to carry the litter and equipment. Equipment and litter can be exchanged along the route during the movement phase. You can have two, three, or four people carrying the litter. Distribution of equipment and number of raiders on the litter is up to the team.
- b. The wall must be attempted a minimum of **THREE TIMES** before a cadet or team can choose to simply bypass the wall. Failure to do this is a disqualification. After three attempts, a **TEAM MAY ELECT** and take the penalty and bypass the wall (10 minutes for an entire **TEAM** / 5 minutes for any one **INDIVIDUAL**). However, after three attempts, the meet organizers can **MANDATE** a team or cadet bypass the wall if they feel he/she is a danger to themselves or others going over the wall, or if the competition at the wall becomes so congested his/her continued attempts will hinder other teams ability to get over the wall or make the competition too dangerous.
- c. Once a cadet raider crosses the finish line, that cadet raider cannot go back and help other team members or pickup any remaining equipment – ***their event is completed at that point.*** Violation of this rule will be a 30-Second Penalty **PER OCCURANCE**. Team can place equipment near the finish line but not over the finish line before crossing it and may return to help other team members. Team members can pick-up equipment near the line to cross the finish line without penalty. However, once any team member crosses the finish line, they cannot go back onto the course.

d. RAIDER GAUNTLET

1) General Scenario:

- a. Raider Gauntlet is a two mile event over rough terrain uphill to the ½ way point (one mile each way) and then a run to return to the start line. The team will be carrying 4 rucksacks (35 pounds each).
- b. The time will stop when the last person completes the final obstacles and crosses the finish line with all equipment.
- c. The team will maintain a half-way turn-around point where all team members **MUST BE AMASSED TOGETHER AND COUNTED** before they will be given a marker that identifies the entire team as having reached the half-way point. **ALL TEAM MEMBERS MUST** mass at the turn-around point **TOGETHER** before they can be given a marker. At that point, the entire team may complete the event.
- d. Uniform: ACU/BDU UNIFORM with boots. Jackets optional. Dress for weather conditions. **BRING EXTRA UNIFORMS - YOU MAY GET WET AND MUDDY!**

Specific Details:

- a. All teams should be aware that the low crawl obstacle on the CCR route will be approximately 40 yards from wall. All cadets and all gear **MUST** be taken under the low crawl obstacle. Cadets who intentionally rise to violate the low crawl standard in this provided obstacle may face subjective time penalty if they destroy or gain advantage by standing in this area.
- b. Penalties:
 1. 5-minute penalty will be assessed for any individual failing to successfully complete the event and cross the finish line. **OR** 5-minute penalty for any rucksack failing to successfully be carried through the event and cross the finish line.

e. 5-KILOMETER TEAM RUN

1) General Scenario:

- a. 10-member teams will run as a team for FIVE KILOMETERS (roughly 3.1 miles) on an asphalt road route. No equipment of any kind is utilized or carried by the team – this is a straight cross-country team run. The road maintains low-speed limited traffic and therefore, cadets **MUST** run to the far right of the roadway at all times. Cadets may not weave across the road even when no traffic is present.
- b. The team will maintain a 2.5 kilometer turn-around point where all team members **MUST BE AMASSED AND COUNTED** before they will be given a marker that identifies the entire team as having reached the half-way point. **ALL TEAM MEMBERS MUST** mass at the turn-around point **TOGETHER** before they can be given a marker. At that point, the entire team may complete the event. The time will stop when the last team member crosses the finish line.
- c. Runners must wear appropriate athletic attire - this is left to the discretion of the unit – however, no bare midriffs are allowed and shirts are required to be worn at all times. Athletic attire should be matching and personalized to ensure your team is identifiable, even from a distance. This may be accomplished through personalized shirts, shorts, etc. Running shoes are required footwear for the team run. (NOTE: Shoes and shirts **MUST** be worn at **ALL TIMES** during the Team Run).
- d. **IMMEDIATELY AFTER** the team completes the APFT, they will move directly across the street and then run the 5-Kilometer Team Run. **EVERY TEAM** will be given only **FIVE MINUTES** to report to the 5-K run starting box. Coaches please plan accordingly.

Specific Details:

- a. **Each team MUST cross the finish line with the first and last team member within a 10-yard zone with all other raiders in-between.** The zone will be clearly marked. Teams failing to finish with all team members within this 10-yard zone will receive a 5-minute penalty.
- b. Penalties:
 - i. 5-minute penalty will be assessed for any individual failing to successfully complete the event and cross the finish line.

f. ANNEX F – ULTIMATE RAIDER COMPETITION

1) General Scenario:

- a. Each competing SCHOOL may nominate ONE or TWO individuals (one male, one female if two are selected) to compete in the Ultimate Raider event. These cadets must be maintained on your competing cadet roster to be eligible for inclusion within Ultimate Raider.
- b. This competition will be strictly an individual event among the most elite individual cadets attending the competition. The scores are not included into any team awards. The fastest male and female times will be awarded hand-painted event medals.
- c. The course will be roughly 1.75 miles in length with a ¾ mile road run followed by a 1 mile run through the woods. It will be grueling and will test both the male & female cadets involved.
- d. The competition is designed to have clustered groups of roughly 10 cadets each leave the starting line together competing by time. The time will stop when the cadet crosses the finish line.
- e. This is an individual competition, however cadets from the same school may be racing together. Cadets **may not assist other cadets** unless they feel a cadet may be in danger of injury. Failure to follow this procedure may result in a penalty up to and including disqualification.

Specific Details:

- a. The Ultimate Raider course will likely begin with the cadets running roughly ¼ mile from the starting line, then entering the woods to run through uneven terrain with numerous obstacles. These will likely include water, inclines, creek beds, gullies, low crawls, weighted carries as well as other obstacles. The competition will end with each cadet running clear in front of cheering spectators and then scaling an 8' wall (6' wall for female competitors).
- b. **ALL COMPETITORS ARE REQUIRED TO WEAR BOOTS** as much of the race is run through the woods on uneven terrain. You will not even be allowed to start the race without boots – don't even ask.
- c. **The wall must be attempted a minimum of THREE TIMES before a cadet can choose to simply bypass the wall.** Failure to do this is a disqualification. After three attempts, a cadet MAY ELECT and take the penalty and bypass the wall (5 minutes). However, after three attempts, the meet organizers can MANDATE the cadet bypass the wall if they feel he/she is a danger to their self or others going over the wall, or if the competition at the wall becomes so congested his/her continued attempts will hinder other teams ability to get over the wall or make the competition too dangerous.
- d. Spectators are allowed on virtually all aspects of the course; however the course will be designed to allow maximum spectator viewing of both the starting and finishing portions of the race to allow all attendees to cheer on their finest cadets as they start and end the race.
- e. Unlike the team competition, as stated above team members **MAY NOT ASSIST** another runner **in any manner** to include dragging, carrying, etc., unless they are doing this to prevent injury of the competitor (i.e., assisting a runner from the water, from the middle of the running course, etc.). In no way should this assistance involve reducing the competition time of the assisted cadet. Failure to follow this procedure will result in a penalty up to and including disqualification for both the assisted cadet and the cadet assisting the runner.
- f. Penalties:
 - i. Failure to follow the course laid out will be cause for a subjective time penalty or disqualification depending on the infraction. -
 - ii. Failure to get over the final wall (or removed by an event official prior to going over the wall) – 5 minute penalty