

Raider Competition
New Hampstead JROTC



NHHS JROTC

9 Sept 2023

MEMORANDUM FOR RAIDER COACHES

SUBJECT: Memorandum of Instruction (MOI) 2023 Phoenix Raider Meet – 9 Sep 2023

1. General Information. This event is an invitational meet. The following teams will be competing: TBD.

2. Venue. The event will be held at New Hampstead High School, 2451 Little Neck Rd, Bloomingdale, GA. There are six events: Team Run, Obstacle Course, PTT, Sandbag Relay, Gauntlet and Rope Bridge. Overall awards will be given to first, second and third places in the Male Division and 1st Place in the Mixed Division. As of now, no school has entered a Female Team. **The competition will start at 0830 and end NLT 1400. Coaches Meeting at 0730.**

3. Teams. Teams will consist of ten raiders at all times. Female teams can include only females. Mixed teams must have at least four females competing on each event. Male teams may include males or females. Coaches may substitute cadets using only cadets that have not competed on another team. Once out, cadets are no longer eligible to compete. If any team drops below the required 10 cadets, the team may continue, but without eligibility for awards on those stations. **Schools will turn in team rosters during registration including possible cadet substitutions.** Teams will be assigned to a starting location and a rotation sequence and complete each event within the time limit or risk disqualification. Teams delayed will be skipped and not allowed to participate in a missed event. The New Hampstead Senior Air Force Instructor will make final decisions.

4. Weather. Plan for temperatures ranging from cool to hot and some possible rain. Light rain will not cancel all competition, but safety is our top priority. If weather is severe enough we will stop competition and move to safety. We will resume as soon as weather allows it. Cadre will escort students and visitors to the buildings if bad weather dictates. A series of three blasts on air horns will signal to stop training and to move quickly to the shelters. Schools will account for their personnel and notify the meet OIC/NCOIC accordingly. A signal blast of TWO Long Whistle blasts indicates an “all-clear” and continuation of training. Teams should then return to their previous location when training halted.

5. Uniforms and Equipment. Schools must provide all of their own uniforms and will be responsible for damaged or lost equipment. Events will not require schools providing equipment beyond ACUs and boots or shoes. The one event requiring additional equipment is the one-rope bridge. Bring enough Swiss seats, snap links and ropes for your cadets.

6. Vehicles and Parking. Bus parking will be in the Staff parking lot and will be marked accordingly. All other vehicles can park in designated spaces for single vehicles near the bus parking or student parking lot on opposite side of the school (See Map).

7. Cost. Entry Fee: \$100.00 per school. No additional cost for extra teams. Mail in advance is the preferred method but payment on the day of the event will be accepted by checks or cash. Checks need to be made out to: New Hampstead High School AFJROTC. **Waiver** form is attached at the end of this MOI.

8. Medical/Emergencies.

a. Dangers. School cadre will ensure that they brief/train their cadets and all safety issues associated with the competition. Keep off of the course obstacles until competition time. Each participating raider team, IAW their own school policies, is responsible to assume their own risk, plan for medical insurance/payments, and secure applicable waivers for their own personnel while traveling to/from and while participating in the meet. **There is a waiver attached that all competitors must complete before the competition (Annex F). Please bring forms and turn into the event OIC on morning of competition after check-in.**

b. Problems and Reporting. In case of a minor injury, each school will be responsible for treating or transporting injured cadets. We have coordinated with school nurses and a trainer to be on/near location in case of major emergencies. In case of a major injury, training will immediately cease at that location. A series of THREE blasts on a whistle indicates that there is a problem at that location. The event cadre will contact the Event OIC or NCOIC who will call 911. An adult school representative from the injured cadet’s school must ride in the ambulance with the cadet to the medical center. In case of a severe injury, the Local EMS will provide care and possible transport to the nearest medical treatment facility.

9. Timeline Matrix.

Dates / Times	Event	Notes
9 SEP 0700	Support Staff Meeting	Activities Room

9 SEP 0730	Cadre/Team Briefing/Q&A	Activities Room
9 SEP 0830	Team Run (Male, Mix, Female)	
9 SEP 0915 approx	All other events begin	Practice field/obstacle course
9 SEP 1430	All Competition ends	Follow rotation plan
9 SEP 1445	Awards Ceremony	

10. Event Plan.

a. General Information. Teams will be assigned a team number and a starting point for the second event. This will happen after we receive your team rosters. We are planning on 10 teams. For the Team Run, teams will have a staggered start due to the “width” of the course at some points. After the run, each team will individually move to the next event chosen during the coaches meeting. After that event, teams can choose in what order they would like to do the last 4 events. To keep things moving along, each team will have up to 10 minutes to complete their event at each station. Most events will require less time. Use available time to arrive early, strategize, eat/drink, use the restrooms, but; remember not to waste time. All events, except the team run, require cadets to wear ACUs and boots. No headgear is needed. Teams will be assessed time penalties or disqualification from awards for deviation from course, dropped equipment, team members not completing portions of the event, bad language, poor attitude, instructor or cadet assistance/coaching, spectator interference, etc. Motivate your teams!

b. Judges and Support. The Army National Guard will provide event support for this competition. We appreciate positive support.

c. Watching vs. Coaching During Event. No coaching allowed during events. Team coaches may follow teams through the event to monitor safety and the welfare of his/her own cadets. Safety concerns are welcome. Questions or concerns about grading should be addressed to the event OIC or NCOIC. Unwelcomed comments hurt morale and if directed towards the judges may incur team penalties or disqualification. Likewise, spectators are welcome in designated areas around the competition areas. Interference, directly or indirectly, will result in team penalties. We believe everyone would rather avoid penalties of this nature.

d. Use of Tobacco, Drugs, and Alcohol, etc. This is a school event subject to school discipline policies and procedures. We will not allow any tobacco, drugs or alcohol use in the vicinity of cadets or the competition. School cadre is responsible for the conduct of their personnel. Please tell parents in advance.

e. Uniforms. All Team members must be in the same uniform at all times. See Team Run details. All other events require ACU bottoms, boots, and t-shirts. ACU tops are optional and no headgear is needed. No camel backs or pistol belts allowed on confidence course. Gloves are optional on some events. Ensure uniformity for the awards ceremony.

f. Scoring. Composite score sheets will be used at each event. The overall scoring matrix will be emailed out within one week after the event. In the event of a tie between teams on an event, we will use a “tug-o-war” contest (best two out of three tries) to determine winner placement or head-to-head matchup on the obstacle course (fastest time).

g. Events. Remember the team run will be a “staggered” start and after that, each team will be assigned their second event (random draw during coaches meeting). After completing your second event, you may choose what order you want to do your last 4 events. Copies of the map will be available at the competition site. All events are within a ½ mile distance from the Obstacle Course. No team vehicles allowed between event sites. Make sure that the team captain reports in and informs the grader which type of team category you are competing in and how many cadets of each gender you have. Do this at every event to help us score you accurately!

1) Team Run The team run will be conducted on a concrete road/ pavement for a distance of about 1.5 miles. Each team captain will have a team card and give it to the judge at the finish line in order to be counted. Failure to give the team card to the judge at the finish line immediately or before the next team finishes will result in a lower placement of the team. Assemble near the start NLT 0815 hours. Each group will be started about 1 minute apart with the commands “Get Ready, Get Set, GO!”. Finish point will be at the same spot as the starting line near the HQ/Operations as shown on the map. Teams must cross within 10 meters of individual team members (a 10 meter box is just prior to the finish line). Penalties will be assessed for each team member not within 10 meters. All team members must finish the run together. Turn in the team card to the judge as you cross the line. **Uniform is ACU bottoms and tennis shoes. Tennis shoes are mandatory, thus no competing in boots on the run.** Cadets without proper shoes may not enter this event. **Teams must change back into boots for all other events.**

2) Obstacle Course is a timed event where teams complete 8 obstacles, in order. **The 10 obstacles will be provided to you in the event handout at coaches meeting.** This is a team obstacle course and cadets are encouraged to help each other over walls etc. Teams should remain together but not a requirement. Each team will report to the holding area as scheduled. When the team is called forward to the start line they will be told to “Get Ready, Get Set, GO!” The time will end when all members of the team have finished the last obstacle. Scoring for this event is based on finish times.

3) One-Rope Bridge We have one rope bridge site to conduct the rope bridge challenge. Each team is responsible for providing a rope and associated equipment for their use. Each team will report to the holding area and send a battle buddy team to sign in at the start line. **Teams will put on their swiss seats in the ready area.** When the team is called forward to the start line they will be told that they have 10 minutes total to prepare and conduct a one-rope bridge. The 10 minutes includes prep time and execution time (10 min. max.). Ropes may be bagged or coiled out. Rope bridge time will start when the grader says, “GO”. No extra time allowed. Knots tied and bridge construction must be safe and IAW brigade standards. After all raiders are across, all knots are cleared of the rope and the team has gathered all equipment, the time will stop. Any team that has not completed the event inside the 10 minutes will be disqualified. Loss

of equipment or using feet to propel any member on the rope will incur scoring penalties. Dangerous or unsafe acts will cause a DQ. Scoring for this event is based on finished times.

4) **Gauntlet** is a timed event consisting of multiple obstacles on a course. Team members will carry multiple heavy items throughout the obstacle course and around the school/school track. Each team will be given instructions on how to negotiate the course. This is a timed event, and points will be counted similar to the Obstacle Course. The clock will stop once the last person has boots on ground after the ladder wall. Scoring for this event is based on overall finished times.

5) **PTT** is a timed event consisting of a log carry weighing approximately 30-50 lbs and other obstacles taking place on the football field. (25 lbs female & mixed, 35 lbs male). Each team will navigate the course bringing back all equipment. Each team will report to the holding area and send a battle buddy team to report in at the start line. When the team is called forward to the start line they will be told to “Get Ready, Get Set, GO!” Time will stop when all members and equipment are across the finish line. Penalties will be assessed for dropping or throwing equipment. The team must finish inside the 10-meter box at the end. Scoring for this event is based on overall finish times.

6) **Sandbag Carry.** This 10-Raider activity has the Raider team breaking up into two groups of five. Raiders 1 through 5 will move ten, 30-pound sandbags (six for female division) from Circles A through F. Raiders 6 through 10 reset the course. Time stops when all sandbags are returned to Circle A. To start, Raider 1 will grab up to two sandbags from Circle A, carry them around a cone 25-yards away, and then run the bags to Circle B where they will be set (not dropped or thrown!) down. Raider 1 will then return to Circle A in the most direct manner possible to repeat this process until all ten sandbags have been moved to Circle B. Raider 2 will carry any available bags from Circle B to Circle C by carrying them around a cone 25-yards away. As soon as Raider 3 has any bags to carry in Circle C, Raider 3 will carry those bags around a cone 25-yards away and place them in Circle D. This process will continue until all ten sandbags have been moved by Raider 5 from Circle E to Circle F. At this point, Raiders 6 through 10 repeat the process in reverse Circle order until all sandbags have been returned to Circle A. For mixed teams, females will be Raiders 4 through 7. Raider 4 will only take six of the ten sandbags brought to Circle D, leaving the other four, and move them to Circle E where female Raider 5 will take the bags around the cone to Circle F. Female Raider 6 will take the six sandbags from Circle F around the cone to Circle E where female Raider 7 will take the six sandbags from Circle E around the cone to Circle D. At that point, Raider 8 needs to move all ten sandbags around the cone to Circle C and so on. Three notes worth mentioning here. First, every Raider will only carry the appropriate number of sandbags (ten or six). In other words, no Raider can do the course twice so a weaker Raider does not get a turn. Second, if a mixed team uses more than four females for this event, only female Raiders 4 through 7 carry six bags. In other words, any additional female will be required to carry all ten. Last, also for mixed teams, because female Raiders 4 through 7 are carrying six bags, this means that there are four bags waiting in Circle D as mentioned above. Raider 8 cannot begin moving those bags early in an effort to get a head start on getting those bags moved from Circle D to Circle C. Raider 8 can only begin carrying bags when female Raider 7 starts bringing the bags from Circle E to Circle D. Uniform will be ABU/ACU/OPCs with boots.

7) **TOP RAIDER Competition.** Each team may select one member to represent their school in a series of challenging events. This competition will take place after all events have been completed. Winner will be recognized during the Awards Ceremony as the best of the best, Top Raider!

h. Awards Ceremony. See the event timeline. The awards ceremony will begin shortly after the final event near the Operations Center between the track and the obstacle course. Awards will be given out to the top 3 teams based on overall score. Cadets should hold their noise down while announcements are made and then cheer (loudly) after the awards are given.

i. Concessions Stand. There will not be a concession stand for this event. See next item for food options.

11) Food and Beverages. Teams may plan to bring their own food and water.

12) Additional Information. Included in this document for your use are the following documents: scoring sheets and a mandatory permission slip which must be turned in during coaches meeting. We hope you and your cadets will enjoy the Phoenix Invitational and return again in future years. Help us keep this a safe event. Contact us if you have any questions/concerns.

13) Contact. Office: (912) 395-6789
CELL (757) 329-5377
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KELVIN OXENDINE
MAJ, USAF (Ret.)
SASI, New Hampstead HS

ANNEX A
ONE ROPE BRIDGE

1. Each team has **ONE ATTEMPT** to construct a one-rope bridge during this event. A 120 ft rope will be needed for this event. Swiss seats must be used for all team members crossing the bridge. An over the shoulder figure 8 or bowline will be used for those team members not crossing the bridge. If a bridge is deemed unsafe by a grader the team will have the opportunity to fix the bridge without any penalties. Bridge will be built IAW FM 3-97.61 Military Mountaineering (AUG 2002).
2. There will be no pre-tied knots used on the bridge
3. A briefing will be given at the start point on the route.
4. Uniform will be BDU/ACU uniform and boots.
5. Scoring will be based on total time to negotiate the course by the team.

EXECUTION: TEAMS WILL NOT RECEIVE INSTRUCTION ON KNOT TYING NOR CONSTRUCTION OF THE ONE-ROPE BRIDGE,

1. NO PRE-TIED KNOTS IN THE MAIN ROPE
2. FIRST AND LAST TEAM MEMBERS ARE NOT REQUIRED TO WEAR RAPPEL SEATS WHEN THEY CROSS BUT MUST HAVE THE ROPE ATTACHED TO THEIR BODIES.
3. ALL OTHER MEMBERS MUST USE RAPPEL SEATS AND SNAP LINK.
4. SCORES WILL BE BASED UPON THE EVENT COMPLETION TIME PLUS PENALTIES ASSESSED AS DESCRIBED FURTHER IN THIS BRIEFING.
5. ALL KNOTS USED IN CONSTRUCTING THE BRIDGE MUST BE APPROVED BY FM 3-97.61, MILITARY MOUNTAINEERING.
6. TIME WILL START WHEN THE GRADER SAYS “GO” AND WILL STOP WHEN THE TEAM LEADER YELLS “CLEAR”. AT THAT TIME ALL KNOTS MUST BE CLEARED OF THE ROPE AND ALL EQUIPMENT AND PERSONNEL SHOULD BE ON THE FAR SIDE TO AVOID PENALTY.
7. **Penalties:**
 - a. 10 SECOND PENALTY: FOR EACH CADET WHO ENTERS (TOUCHES) THE DEAD ZONE WITH HIS/HER BODY OR EQUIPMENT.
 - b. 45 SEC PENALTY: FOR ANY PERMANENT KNOT LEFT IN THE MAIN ROPE AFTER CROSSING AND 20 SEC PENALTY FOR TEMPORARY KNOTS REMAINING AFTER CROSSING.
 - c. 10 SEC PENALTY: FOR FAILURE OF THE FIRST OR LAST CADET TO SECURE THE MAIN ROPE (OVERHAND LOOP OVER SHOULDER OR SEAT AND SNAP LINK METHOD IS ACCEPTABLE).
 - d. 10 SEC PENALTY: FOR EACH PIECE OF EQUIPMENT LOST IN CROSSING.

NOTE: TEAM WILL BE DISQUALIFIED IF BRIDGE IS NOT CROSSED WITHIN 10 MINUTES (TIME RECORDED – 10 MIN)

ONE ROPE BRIDGE SCORE SHEET

SCHOOL: _____ TEAM NAME: _____

INSTRUCTOR NAME: _____ Male – Female – Mix

		PENALTIES	TIME	TOTAL
1	All team members have Swiss seats/waist rope on		10 SEC	
2	Pre-tied knots		30 SEC	
3	No end of the line bowline or figure 8 far side man		10 SEC	
4	Rope not snapped into far side man, or over the shoulder bowline		10 SEC	
5	Failure to temporarily secure rope to far side		10 SEC	
6	Failure to secure far side		30 SEC	
7	Failure to secure near side		30 SEC	
8	Hooking up before 2 nd half hitch is tied on near side		30 SEC	
9	Improper transport knot		30 SEC	
10	Failure to hook into the rope during crossing		10 SEC	
11	Violation of dead zone (per occurrence)		10 SEC	
12	Failure to keep points of contact on the rope while crossing		10 SEC	
13	Breaking bridge down before last raider is off of rope		30 SEC	
14	Knots in the rope after time/stop is called		45/20 SEC	
15	Equipment left behind or dropped in the obstacle		10 SEC	
16	Violation of more than (3) on the rope at one time		30 SEC	

TIME BEFORE PENALTIES: _____ TOTAL PENALTIES TIME: _____

OFFICIAL TIME: _____

NO GOS: WALKING IN OBSTACLE, SPEED TIGHTENERS, ROPE BRIDGE FAILURE

SCORER'S SIGNATURE: _____

ANNEX B

GAUNTLET GRADE SHEET

This is a team obstacle course and raiders are encouraged to assist other team members. (**Raiders may not assist each other on the following obstacles: balance beam) Raiders may not go back on course once they cross finish line.

Score Sheet

SCHOOL NAME _____

MALE TEAM

FEMALE TEAM

MIXED TEAM

CADET FAILED TO
NEGOTIATE OBSTACLE

of Violations _____ x 20 sec _____

DROP OUT/
NON COMPLETION

of Violations _____ x 5 Min _____

COURSE TIME

PENALTY TIME

TOTAL TIME

ANNEX C

Team Run

Score Sheet

SCHOOL NAME _____

MALE TEAM

FEMALE TEAM

MIXED TEAM

10 METER RULE # of Violations _____ x 30 Sec _____

DROP OUT # of Violations _____ x 5 Min _____

COURSE TIME _____

PENALTY TIME _____

TOTAL TIME _____

ANNEX D

PTT

SCHOOL NAME _____

MALE TEAM

FEMALE TEAM

MIXED TEAM

DROP OUT # of Violations _____ x 5 Min _____

DROP EQUIPMENT # of Violations _____ x 30 Sec _____

COURSE TIME _____

PENALTY TIME _____

TOTAL TIME _____

ANNEX E

OBSTACLE COURSE

This is a team obstacle course and raiders are encouraged to assist other team members. (**Raiders may not assist each other on the following obstacles: monkey bars) Raiders may not go back on course once they cross finish line

SCHOOL NAME _____

MALE TEAM

FEMALE TEAM

MIXED TEAM

DROP OUT # of Violations _____ x 5 Min _____

FAIL OBSTACLE # OF Violations _____ x 3 Min _____

ASSISTING ON THE # of Violations _____ x 5 Min _____
MONKEY BARS

COURSE TIME _____

PENALTY TIME _____

TOTAL TIME _____

ANNEX F
New Hampstead RAIDER MEET
Sandbag Relay Score Sheet

School: _____ Male Mix Female

Team Commander: _____

Penalties Assessed:

Penalty	Incidents	Incident Total Time
Sandbag dropped anywhere on the course (30 seconds per incident) From Higher than ankle.		
Any cadet starting prior to the previous teammate moving all their bags (30 seconds per incident)		
boundary Violation: Any Sandbag not in the marked spot before the next cadet begins. (30 Seconds per incident)		
Profanity (1-minute per incident)		
	Cumulative Penalty Time	

Event Time: _____

+

Penalty Time: _____

Total Time: _____

Head Judges Signature: _____

Commanders Signature: _____

JROTC PARENT PERMISSION FOR OBSTACLE COURSE PARTICIPATION

Dear Parent or Legal guardian:

Your son/daughter is eligible to participate in activities involving the use of an Obstacle Course. The activity will take place under the guidance and supervision of qualified JROTC instructors.

The obstacle course consists of obstacles that are intended to build confidence, motivation, and test the stamina of cadets. Majority of the obstacles involve some type of climbing with the highest obstacle standing 10 feet tall.

If you would like your child to participate in this training, please complete, sign, and return the following statement of consent and acknowledgement. As parent or legal guardian, you remain fully responsible for any medical and legal responsibility, which may result from any personal actions taken by the named student or injuries that might occur. You also agree that your child has no current medical conditions that could interfere with your child participating.

DATA REQUIRED FOR PRIVACY ACT OF 1974

1. AUTHORITY: Title 10 U.S. Code 2301. 2. PRINCIPAL PURPOSE(S): To release the U.S. Government, the host institution and the state in which said institution is located from liability for injury, death, or damages for JROTC cadets participating in voluntary training programs, practical field and high-risk training. Also, by signing this permission slip, you are confirming that your child has current medical insurance.

I hereby consent to participation by my child, _____,
(print last and first name)

during the New Hampstead High School Raider Competition which will be held on the JROTC obstacle course. I understand that this event will take place on, and/or away from the school grounds and that my child will be under the supervision of the designated school employee for the duration. I further consent to the conditions stated above, and in the Raider SOP on participation in this event.

Insurance Provider: _____ Policy #: _____

(Print parent's name)

(Parent's signature)

(Date)

Please return this Parent Permission Form to Maj Kelvin Oxendine