**DEPARTMENT OF THE ARMY**

GROVETOWN HIGH SCHOOL JROTC DEPARTMENT

2010 WARRIOR WAY

GROVETOWN, GEORGIA 30813-8132

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 August 8, 2023

MEMORANDUM OF INSTRUCTION (MOI) TO: ALL JROTC Instructors

SUBJECT: Guidance for participation on 23 September 2023 Grovetown Classic Raider Challenge

1. Purpose: This MOI announces the Annual *Grovetown Classic Raider Challenge* Competitionin Grovetown, GA.

2. Scope: The *Grovetown Classic Raider Challenge* is designed to:

1. Offer cadets a physically demanding competition.
2. Promote a competitive spirit among the participants.
3. Provide a Physical Fitness Challenge.
4. Develop respect and self-esteem among cadets.

3. Please RSVP the number and type of teams you will bring NLT **13 September 2023** male, female, and mixed teams with at least four females are permissible for each event with no more than 3 team total. Entry Fees: $150 per program. **Make checks payable to Grovetown High School JROTC.** We will accept payment upon arrival at the event.

4. Concessions will be available. Restrooms will be available in the stadium on the home side only.

5. Team Rules & Events: Each event will consist of 10 cadets with two alternates that can be used as needed as long as the same ten cadets that began an event finish the event.

1. Raider Fitness Challenge: Hand Release Pushup (1 min), Abdominal Row (1 min), Box Jumps (1 min), Deadlifts (1 min), and Burpees (1 min). Scoring will be compiled based on total number of completed repetitions per competitor.
2. Rope Bridge: Standard one rope bridge according to TC 90-6-1 (Military Mountaineering). Rope length must be at least 120 feet, low stretch ropes (Kermantle) may be used.
3. Cross Country Rescue: 10 Raider Team members will transport a simulated casualty over a ½ mile course with a weighted litter, 2 water jugs, and 2 ruck sacks. The objective is to complete the course in the shortest amount of time. Time will stop when the last team member crosses the finish line.
4. Team Run: 10 Raider Team members will run a 3-mile road course as a group. All 10 members will participate. The objective is to complete the course in the shortest amount of time. Time will stop when the last team member crosses the finish line.
5. Obstacle Course: 10 Raider Team members will negotiate the Grovetown High School obstacle course. The objective is that all 10 members complete the course in the shortest amount of time.

6. Schedule of events: There will be a coaches meeting at 1530 on 21 September 2023 via Zoom. A link to the meeting will be sent once we consolidate the list of participants. There will be an additional meeting with all the graders for the event at 0730 in classroom 211 in Grovetown High School JROTC main classroom. The meeting will start at 0830. Each school will start with the 3-mile team run in 3-minute intervals. A flow chart for the remaining events will be disseminated at the graders/coaches meeting the morning of the event.

7. Awards will be given to the 1st and 2nd place teams for each event in the Male, Female, and Mixed team categories. Trophies will be awarded to the 1st, 2nd, and 3rd place schools with the highest overall scores for the event.

8. Grading and Scoring: Grading/Evaluation will be conducted by disinterested military personnel. MAJ (Ret) Cecile Williams will complete scoring with the assistance of disinterested personnel.

9. If you have any questions, contact 1SG Curtis A. Marrow Jr. at (706) 955-6083.

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Cecile Williams

MAJ (Ret), USA

Senior Army Instructor

**ROPE BRIDGE**

**(Use any kind of rope, 120 feet minimum)**

1. One Rope Bridge

a. Each ten-member team must construct a one-rope bridge spanning a 45-foot distance.

b. Teams may use either a Nylon laid 120-foot rope or Kern mantle rope to construct the bridge.

2. The rope bridge will be graded in the following manner.

a. Each team will start at a designated rope bridge point and on the command "go” build the rope bridge, cross the dead zone and disassemble the bridge Time will stop when the team has crossed the bridge, the near side person has crossed the dead zone, all knots are out of the rope, and the team captain states, “Time." Swiss seats need not be taken off before time is called. The seats will be checked on the far side for accuracy of knots. 30 second Penalties will be assessed for each seat not properly tied.

b. The first and last man may wear sling ropes properly tied around the waist, with a minimum two wraps around the waist secured with square knot and tied off with an overhand knot or half hitches on each side of the square knot.

c. The rope does not have to be coiled in any special manner after being torn down but it must be free of any knots at the finish line.

d. The time will start and finish at the rope bridge site.

3. Penalties will be assessed according to the rope bridge score sheet. (Annex B).

4. Uniform will be ACUs with boots and T-shirts. Any equipment dropped will result in a 10 second penalty.

5. All teams will use the same poles at this competition. There are two sets of poles and are approximately 12 inches in diameter, 45 feet apart, and are pressure treated. There is a penalty box at the base of each pole (stepping on or over the RED LINE will result in a 10 sec. penalty per occurrence). The dead zone area is approximately 50 feet in length.

6. A rope that fails or falls will result in that team being disqualified.

**ROPE BRIDGE SCORE SHEET**

|  |  |
| --- | --- |
| **SCHOOL:** | **TEAM- MALE / FEMALE / MIX** |
| **ROPE BRIDGE SCORE SHEET** | Time Per Penalty | # Violations | Total Penalty Time |
|  |  |  |  |   |
| **EQUIPMENT/PREPARATION/INSPECTION: 5 MINUTES.** |   |   |   |
| Far and Near Side Raider Tie Aussie Seats; Square Knot w/overhand safeties | **30 SEC** |   |   |
| Remaining Raiders Tie SWISS SEAT w/Overhand safeties; Snap link surrounds all ropes and gate and when rotated to the “UP” position, gate opening is “away from Raider” | **30 SEC** |   |   |
| Coiled/Laid Rope/Rope Laid Flat on Ground No Loops or Twists | **30 SEC** |   |   |
|   |   |
| **CONSTRUCTION** |  \*Can use wireman *or* fig 8 slip on bite |   |   |   |
| Far Side Raider –Improper Bowline or Figure 8 | **30 SEC** |   |   |
| Far Side Raider not clipped in with snap link prior to entering obstacle | **30 SEC** |   |   |
| Far Side Raider not belayed properly across the obstacle | **30 SEC** |   |   |
| Far Side Raider improperly secures to far side via 180° and snap link | **30 SEC** |   |   |
| **Improper Transport Knot-Wireman’s knot or figure 8 Knot** | **DQ** |   |   |
| **Two snap links in transport knot are not opposed**  | **Safety/30 sec-fix**  |   |   |
| Secure near-side w/round turn, 2 half hitches on a bight w/4 in pig tail minimum | **30 SEC** |   |   |
|   |   |
| **CROSS:** |   |   |   |
| Any Raider Hooked up before near side is complete | **30 SEC** |   |   |
| Face rope, mount onto rope w/snap link *then* rotate body under rope | **30 SEC** |   |   |
| Any dead zone violation (touching obstacle during loading/unloading, equipment loss) | **30 SEC** |   |   |
| Crossing Raiders **FEET** touch the obstacle (accidentally or on purpose) | **30 SEC** |   |   |
| More than three (3) Raiders clipped into the bridge rope at any one time | **30 SEC** |   |   |
|  |   |
| **BREAKDOWN OF ROPE BRIDGE:** |   |   |   |
| Breaking Down rope bridge before last cadet is off rope | **30 SEC** |   |   |
| Near Side Raider not clipped in with snap link prior to entering obstacle | **30 SEC** |   |   |
| Near Side Raider not belayed properly across the obstacle | **30 SEC** |   |   |
| Near Side Raider bowline w/overhand safety incorrect | **30 SEC** |   |   |
| Knots left in the Rope after bridge break down and “TIME” is called | **1 minute** |  |  |
|  |   |
| \*Additional Possible Penalties |   |   |   |
| Instructor/Parent Coaching | **30** |   |   |
| Rope Bridge Failure, improper knots, and two half hitches on a bight | **30** |   |   |
| Use of Speed Tighteners | **30** |   |   |
| LESS THAN 8 Raiders CROSS ON BRIDGE | **30** |   |   |
| **SAFETY/SPORTSMANSHIP/OTHER:** | **30** |   |   |
|  |  |  |  | **TOTAL PENALTY TIME** |   |
|  |  |  |  | **TOTAL CROSS TIME** |   |
|  |  |  |  | **FINAL ADJUSTED TIME** |   |

**REGISTRATION FORM**

Number of Teams: \_\_\_\_\_

 Category of Teams: Male\_\_\_\_\_ Male/Mix \_\_\_\_\_ Female \_\_\_\_

 Price is $150.00 per school. (Limit two teams per category. Limit four teams per school)

Amount Enclosed: \_\_\_\_\_\_\_\_\_\_\_ (Make checks payable to Grovetown High School JROTC)

Name of POC: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

POC Email: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

POC Phone Number: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Signature of POC: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**Mail checks and registration forms to:**

**Grovetown High School**

**Attn: JROTC Department**

**2010 WARRIOR WAY**

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**(Checks will also be accepted upon arrival)**