

# PRINCE GEORGE'S COUNTY POLICE



## SPECIAL OPERATIONS DIVISION EMERGENCY SERVICES TEAM NINTH ANNUAL

# IRON TEAM

## ENDURANCE COMPETITION

**REVISED 07-16-18**

### **RULES, REGULATIONS & DESCRIPTION OF EVENT**

- RAIN OR SHINE EVENT (Bring chairs, food and drinks as needed)
- Thursday October 4, has been reserved as a makeup date due to any unforeseen event (i.e. Lightning Storm, Barricade, etc.)
- Volunteers (Due to the growing size of this competition, **we need them**) (should arrive at 0700 hours for a briefing. (Contact Cpl. Graf 301-980-5064 at start tent for assignment and shirt) If your volunteer name changes or was not given please contact us immediately.
- Volunteers from other departments will be used as judges or support personnel.
- Team check-in prior to walk through. 0700-0720 hours
- Walk through will be at 0730 hours (Team Captains).
- Teams will be briefed on the exercises during the walk through.
- Teams may bring their own P.F.D.'s (Personal Floation Device) but they must be checked and approved by the chief judge. You must call prior to the event and notify what kind of P.F.D. you wish to use. They also need to have your agency name on duct tape; on each of the P.F.D.'s so they can easily be found.
- Start times will be randomly selected. The first team will be scheduled to start at 0900hrs. **Teams will be staggered five to ten minutes apart thereafter. Teams should be prepared to start sooner if needed.**
- All teams shall report to the team staging area when scheduled and/or called. Any team that fails to report for their scheduled run may be disqualified

unless exigent circumstances exist. It shall be the duty of the team leader to report any exigent circumstances to the chief judge who shall determine if an exigent circumstances delay is permitted.

- Teams will be comprised of four competitors. Once teams start there will not be an option to change personnel. There will only be one division for all teams competing.
- Competitors must wear a t-shirt, BDU's, boots or running shoes. Shorts or cutoffs will not be permitted. No spikes on shoes.
- Gloves are permitted and recommended for some obstacles.
- Competitors must complete all obstacles and events or team will be disqualified, unless time penalty is assigned for that exercise.
- Only the event competitors will be permitted inside what is established as the competition perimeter. Anyone not competing in the event will be prohibited from assisting any competitor in any way during the actual running of the event. Anyone wishing to follow the event as the team runs through the events must maintain a minimal distance of 10 yards from the competitors in areas permitted. (The judges must be able to visually observe all the competitors at all times.) Any team that receives any material or physical assistance from anyone outside their own team event competitors during the course of the event will be disqualified. This rule does not apply to medical emergencies or perceived emergencies, and is not intended to preclude anyone from cheering or motivational shouting.
- **If any of the exercises call for the competitors to get into a coned box, every competitor must be in the coned box before the first person can leave to begin the exercise. They must stay in the box until they are tagged. After the last competitor is done with the exercise, they must come back to the coned box and tag one of the other competitors to move on to the next exercise.**
- Any competitor who conducts him/herself in a disorderly, unprofessional or unsafe manner will be disqualified from the competition.
- Any discrepancies will be brought to the chief judge for final decision.
- The judges will strive to make this a fair competition for all teams. Any modifications to these rules will be explained prior to the running of the event. Therefore, it is mandatory that one representative from each team attend all team leader meetings.
- **\*\*Bring a change of clothes; there will be a restroom facility near the entrance that participants may use to change clothes. \*\***
- **No alcohol is permitted at the competition.**
- The events and order of events is subject to change if needed. All distances are approximate in length.
- This is an overall timed event.
- **\*\*\*IF EVENT IS HIGHLIGHTED, THE ENTIRE TEAM CAN BE OUT OF THE BOX\*\*\***

## **EVENT DESCRIPTION**

1. Once all competitors are in the **Start station-staging box** with a supplied Avon gas mask on their face, on the command to go, the team will run to the Individual Sandbag Exercise station-staging box. Once all competitors are in the **Sandbag Exercise station-staging box**, two competitors at a time will move to the sandbag box and perform:

- **20 cleans** (*bag starts at ground, lifted up and flipped up to the front of the shoulders, then returned to the ground for one rep. Bag touches ground each rep, legs straight at top*)
- **20 Yard walking lunge** (*knee touches ground each step*), bag on right shoulder
- **20 2-1 Shoulder to shoulder**, (*bag starts on right shoulder each rep, then lift the bag over your head to touch your left shoulder, then return back to your right shoulder for one rep*)
- **20 Yard walking lunge** (*knee touches ground each step*), bag on left shoulder

The two competitors can go at their own pace. When finished, you must return the sandbag in the sandbag box and tag the next person from the staging box to go. The next two people will perform the same exercise. Only two people can be out of the box at one time. When this event is completed **4 times** and everyone is back in the box, the team will move to the monkey bar rig.

2. Once all competitors are in the **monkey bar rig station-staging box** with a supplied Avon gas mask on their face, one competitor at a time will go across the **monkey bar rig**. The first and the last bar must be touched, if a competitor falls off, they must start over from the beginning. You may not climb on top of the monkey bar rig. Only one competitor at a time can be out of the staging box. **This obstacle must be completed 4 times. The team only has a total of 4 incompletions, before they will receive a penalty time and forced to move on.**

- When this event is completed, the team has to complete the keg throw and climb station **2 times** and the rope climb station **2 times**. The team may split up and perform the two events at the same time.

3. Once all 2 competitors are in the **keg throw and climb station-staging box** with a supplied Avon gas mask on their face, one competitor at a time will take the keg out of the box and throw it over the first fence. They must then climb up and over into the cage. They will continue throwing and climbing through the center of the cage. When they get out of the third section, they will then go through the low crawl. The competitor will take the kettle bell out of the box and must move the kettle bell through the low crawl by pushing or pulling the kettle bell, then return it back to the coned

box. Then return back through the keg throw and climb event. Once complete, they will return the keg back to the staging box. If the keg is thrown out on the side of the cage, they must go through the gate and throw it back in, where it was thrown from and continue forward. **If a competitor cannot finish throwing and climbing through the center of the cage, another competitor must finish for them. They must be tagged out of the box to do this; it may be rotated by multiple teammates. Each competitor will only be given 4 chances to throw the keg over each fence. If they cannot get the keg over the fence, they are not allowed to continue with this obstacle. If this event cannot be completed 4 times, a time penalty will be issued.** When this event is completed **2 times** and everyone is back in the box, the team will remove their Avon Gas Masks and place them in the designated location, the team will move to the team tire flip/ pyramid station-staging box.

4. Once all 2 competitors are in the **Rope Climb station staging box**, one competitor at a time will climb the rope to the designated spot, then return back to the staging box for the next person to go. When this event is completed **2 times** and everyone is back in the box, the team will remove their Avon Gas Masks and place them in the designated location, the team will move to the team tire flip/ pyramid station-staging box.
5. Once all 4 competitors are in the **team tire flip/ pyramid station-staging box** the team must unstack the tires, and then flip all the tires past the designated line and restack the tires, and center appropriately in the designated circle. *Teams may use 1, 2, 3, or 4 competitors to flip the tires. Teams may rotate competitors as much as desired. The tires cannot be rolled.* Once completed, teams will then move to the push/pull sled station-staging box.
6. Once all competitors are in the **push/pull sled station-staging box** one competitor at a time will need to push the sled past the designated mark and then pull it back to the start point. When the competitors are done pulling the sled, they must come back to the coned box, to tag the next competitor. It may be rotated by multiple teammates, until the sled is in the start box. This event must be completed **four times**. Once completed the team will move to the pull up station-staging box.
7. Once all competitors are in the **pull up station-staging box**, one competitor at a time will perform a pull up. Competitors must use an overhand grip. The chin must break the plane of the bar, on the way down the elbows must break a 90-degree angle. Kipping and swinging will be allowed. The judges will keep count, and will advise if a pull up is no good. **The team must complete 50 pull-ups.** You may use different strategies to complete this. You can have one person do all 50, or break it up throughout the team. When 50 reps

- are reached and everyone is back in the box, the team will move to the chain drag station-staging box.
8. Once all the competitors are in the **chain drag station-staging box**, one competitor at a time will need to pull the chain past the designated cone, once the judge advises they are past the cone they will then have to pull it back to the start cone. Each competitor must drag the chain alone. When the competitors are done dragging the chain, they must come back to the coned box, to tag the next competitor. It may be rotated by multiple teammates, until the chain is in the start box. The chain must be dragged a total of **4 times, up and back**. When the chain is returned to the starting position and everyone is back in the box, the team will then run to the Zodiac Boat station-staging box.
  9. Teams will **launch and board Zodiac boats**. (**Competitors must don life vests prior to entering the water and will be required to wear them until they return**), the team will paddle out to the left, to a marked designated location on shore. Competitors will leave the oars in the boats, discard their life vests inside their boat and **carry the boats** through the designated cone area and back to the water where they will be left where they found them. Teams will run to the Fire hose carry station-staging box, passing Check Point 1 (CP1).
  10. Once all the competitors are in the **Fire hose carry station-staging box**, one competitor at a time will carry a fire hose up and back to the coned box. **If a competitor cannot finish carrying the fire hose, another competitor must finish for them. They must be tagged out of the box to do this, and it may be rotated by multiple teammates**. This event must be completed **four times**. Once completed, the team will then run through the Dam to the Brute Ball carry station-staging box.
  11. Once all competitors are in the **Brute Ball carry station-staging box**, the team will pick up the Brute Ball and carry it around the designated cone and back in the staging box. This event must be completed **one time**. There is no penalty for stopping and putting the equipment on the ground to rest. The Brute Ball must be moved by carrying, not rolling. When everyone is done and back in box, the Team will run back across the bridge to CP1 to retrieve their item.
  12. Once all competitors are at CP1 **station-staging box**, the team will receive their item and run to the water crossing exercise station-staging box.
  13. Teams will come to a **water crossing exercise station-staging box**. (**1 life vest, 2 buckets and 1 tennis ball per team**) **Competitors must don a life vest prior to entering the water and will be required to wear them until they are finished**. One competitor at a time, will take a tennis ball out of a bucket from their staging box and swim across the water and place the ball in another bucket on the other side, then swim back and tag the next person to swim across to

retrieve the same ball out of the bucket and return it to your staging box. This will be completed one more time with the remaining two teammates. Teams must switch life vests in their staging box. After completion of the exercise, competitors will discard their life vests in the staging box and their tennis ball must be in the staging box bucket. When everyone is done and back in box, the team will **run** back past the starting area and up into the woods, to CP2 to retrieve their item.

14. Once all competitors are at CP2 **station-staging box**, the team will receive their item and run to CP 3 to retrieve their item.
15. Once all competitors are at CP3 **station-staging box**, the team will receive their item and run to the sit up station staging box.
16. Once all the competitors are in the **sit up station-staging box**, two competitors at a time will go to an adjacent box to perform the sit ups. Only two competitors at a time can be out of the staging box. Once in the box, the two competitors will face each other and will take turns doing a full sit up with a medicine ball. The competitor with the ball must go all the way back to the ground, with the ball above their head, arms extended, the ball must touch the ground, then they can return up and pass the ball to their partner who will do the same. Each time a competitor with the ball goes down and back up, that will be one rep. **The team must complete 100 sit ups. (ONLY ONE BALL PER TEAM)** Once completed, and back in the staging box, the team will then move to the suicide station-staging box.
17. Once all competitors are in the **suicide station** staging box, **(3 tennis balls per team)** one competitor at a time will take a tennis ball out of a bucket from their staging box, run and place the ball in the first bucket, run back retrieve a second ball and place the ball in the second bucket, run back retrieve a third ball and place the ball in the third bucket, run and tag the next competitor in the staging box to retrieve all 3 balls one at a time and return them in the staging box bucket. This must be completed a second time. When everyone is done and back in the box they will move to the bear crawl station coned box.
18. Once all the competitors are in the **Bear Crawl station-staging box**, one competitor at a time will need to Bear Crawl past the designated cone, once the judge advises they are past the cone they will then have to go back to the start cone, facing the same direction. Each competitor must stay facing forward down the hill and be on their hands and feet or knees. When the competitors are done, they must come back to the coned box, to tag the next competitor. It may be rotated by multiple teammates, until completed. This must be **completed a total of four times, up and back.** When everyone is

back in the box, the team will run to the Team Sandbag Exercise station-staging box.

19. Once all competitors are in the **Sandbag Exercise station-staging box**, the team will move to the sandbag box and perform:

- **10 cleans** (*bag starts at ground, lifted up and flipped up to the front of the shoulders, then returned to the ground for one rep. Bag touches ground each rep, legs straight at top*)
- **10 Yard walking lunge** (*knee touches ground each step*), bag on right shoulder
- **10 2-1 Shoulder to shoulder**, (*bag starts on right shoulder each rep, then lift the bag over your head to touch your left shoulder, then return back to your right shoulder for one rep*)
- **10 Yard walking lunge** (*knee touches ground each step*), bag on left shoulder

When everyone is done and back in the box, the team will then run to the finish line, where the team time will stop when the last competitor crosses the finish line.

- **If all of the obstacles are filled with teams, and a new team is about to enter, the team or teams that were there the longest will have to give way to the oncoming team. Judges will time how long they have been stopped, to have their overall time adjusted.**
- **\*\*\* The events and order of events is subject to change if needed. All distances are approximate in length.**