



**U.S. ARMY CADET COMMAND (USACC)  
JUNIOR RESERVE OFFICERS' TRAINING CORPS (JROTC)  
NATIONAL RAIDER CHALLENGE COMPETITION  
STANDARD OPERATING PROCEDURES (SOP)**

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**Any changes, deviations or additional information will be posted on the SOP Updates section of the main event website found below:**

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## **CHANGE 3 to USACC JROTC NATIONAL RAIDER CHALLENGE COMPETITION STANDARD OPERATING PROCEDURES (SOP)**

### **1. GENERAL OVERVIEW:**

a. Purpose. This SOP provides the rules and procedures for USACC's JROTC National Raider Challenge Competition held annually at Fort Knox, Kentucky on the last weekend of October 2024. This SOP will prepare JROTC programs for the event, to include registration, arrival on Fort Knox, and competing in all events. USACC will update this SOP as required and also provide updated information at <https://www.usarmyjrotc.com/fortknoxRaider/> and social media sites.

b. The JROTC National Raider Challenge Competition is a 3-day event held on Fort Knox, Kentucky. USACC will hold the Challenge Level (novice) Division competition and Masters Division Battle Fit Challenge Event on Friday and the All-Services and Masters Level Division competitions (including the Ultimate Raider Buddy Team competition) on Saturday and Sunday. Within each division, there will be a male, female, and mixed team competitor categories. The Masters Level is for the more experienced Army JROTC teams. Less experienced Army programs should consider the Challenge Level Division or even the All-Service Division.

c. Teams can check-in and complete final registration beginning on Thursday morning through the morning of their competition day. All teams should plan on arriving Thursday, 02 November, before the competition starts. However, due to circumstances beyond a team's control, teams can check-in the day of their competition. All Masters and Challenge Division teams must check-in with all required documents NLT 0600 on Friday, 25 October, All-Services teams must check-in NLT 0600 on Saturday, 26 October, Teams will check-in and complete registration at building 5942, 140 15<sup>th</sup> Calvary Drive, Fort Knox, KY 40121. The team coaches are responsible for completing registration and providing all required documents at time of check in.

d. Lodging: Fort Knox offers a variety of lodging options for competitors, JROTC instructors/coaches, and family/spectators. USACC will provide barracks for Cadets, coaches, and a single civilian chaperone per gender specific team and 2 chaperones of one gender each for mixed teams. Teams must coordinate for barracks before arrival and provide accurate information during the registration process that states the number of Cadets/Adults by gender. USACC will also provide primitive and RV camping sites near the competition. Coordination for RV parking or tenting areas must be made NLT 4 weeks before arrival. Please reference the RV camping areas in the welcome packet for authorized camping sites. Families can also stay at one of the Fort's hotels (based on availability) or off-post in the nearby towns of Radcliff, Elizabethtown, or Muldraugh. Spectators are responsible for setting up their own lodging arrangements. Full details on cadet/coach/chaperone billeting, camping and campsites in general are found later in this document under paragraph 8, FORT KNOX DETAILED INFORMATION.

### **2. TEAM COMPOSITION and ENTRY RULES:**

a. Brigade commanders will approve all teams attending based on the Brigade's selection criteria and process.

b. Competition Team Rules: Every team in each division will consist of 10 (minimum) - 14 (maximum) members. However, only 10 can participate in each event. The other four Cadets are alternates. Teams can task organize with the 10 best Cadets for each event to give them the most competitive team.

c. Any Army JROTC team that placed in the Top 3 overall in the 2023 Raider Challenge All Service or Challenge Divisions MUST register for the Masters Division. This includes all cadets that were rostered on the trophied teams. Those individual cadets **CAN NOT** be rostered on

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new teams that are competing within the Challenge or All Service Divisions.

d. Mixed teams must have a minimum of four females in every event and no more than nine females total performing. Male teams may contain females due to injury or personal preference. However, if they register as a male team, they cannot compete as a mixed team. Female teams are comprised solely of females. Mixed teams should have both female and male alternates to ensure they have the required number of females for both events. Mixed teams that do not have at least 4 females available for each event will be disqualified.

e. Cadets can substitute only within their assigned team. Male team members cannot substitute onto the Mixed team, etc. Teams can substitute a member only before an event and can do so for any reason (it does not have to be for a medical reason). Therefore, teams can organize the 14 members as desired to have the best 10 Cadets available for each event.

f. Schools may enter a Raider team into each competition division with any mix of a male, female, or mixed teams. However, a Cadet cannot compete on more than one team during the entire competition. A school can enter a total of six teams (three complete teams in each division as long as each team has separate rosters with separate Cadets).

g. Raider Policy on Transgender Student-Athlete Participation: Per CCR 145-2, USACC will follow the rules of the school district in how they recognize the student's gender.

**3. SCHEDULE OF EVENTS (SCHEDULE FINAL ONE WEEK PRIOR):**

a. 24 October: In-person registration opens at 0700, Fort Knox, Building 5942 and ends at 2000. Registration will resume at 0600 on Friday, 25 October and close at 0700 for Challenge and Masters Divisions final registration and 1000 for All-Service Divisions. On 26 October there will be a final window of registration from 0600-0700 for the All-Service Division only. The event director can permit a late registration after 0700 on the day of a team's competition based on extenuating circumstances. NOTE: No school may compete without going through in-person event registration.

b. 25 October:

(1) No later than 0700, Masters and Challenge Divisions team final school registration at Fort Knox, Building 5942.

(2) No later than 1000, All-Service Division team final school registration at Fort Knox, Building 5942.

(3) Challenge Division rotation through all events beginning just after sunrise – all day.

(4) Masters Division Battle Fit Challenge begins at the 1-Mile Track.

c. 26 October:

(1) No later than 0700, All-Service Division final school registration at Fort Knox, Building 5942.

(2) Masters and All-Service Divisions rotation through all events beginning just after sunrise – all day.

(3) Challenge Division award ceremony **(1200/1-Mile Track)**

d. 27 October:

(1) Ultimate Raider Buddy Team competition

(2) Award ceremony at Brooks Field.

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e. Teams will find the tentative weekend schedule on the official event website. The final event schedule is posted one week prior with minor time adjustments.

f. No later than the week prior to the event, USACC will publish the team competition schedule and any updated information.

**4. COMPETITION EVENTS and GENERAL INFORMATION:**

a. All National Raider Challenge Competition events are governed under this SOP and the guidelines of the U.S. Army and USACC manuals referenced herein.

b. Inclement weather. Only lightning or other dangerous conditions will delay a team event. Teams must prepare for every type of weather condition.

c. The National Raider Challenge Competition is comprised of 5 scored events for the Challenge Division, 6 scored events for the All-Service Division, and 7 scored events for the Masters Division. These events are designed to test a Cadets' physical fitness, critical thinking, and their ability to work as a team. USACC will recognize the top 5 teams in each scored event by team category and division. However, teams must enter and score in all 5 events in their division to be eligible for the overall title. In addition to the five required events, Masters Division and All Services Division teams will compete in the Ultimate Raider Buddy Team challenge on the last day. The Ultimate Raider Buddy Team challenge results will be factored into the overall scoring at a 1.5x weighted scoring factor. Masters Division and All Services Division teams that do not compete in the Ultimate Raider Buddy team competition will not be eligible for their divisional overall title. In addition to the 5 required events and the Ultimate Raider, the Masters Division will also compete in the Battle Fit Challenge. The event overviews are as follows:

(1) Physical Team Test (PTT): (Paragraph 10a., PTT): 10 TEAM MEMBERS; The PTT will consist of numerous items that require individual and team agility, strength, balance, and stamina.

(2) Rope Bridge: (Paragraph 10c., Rope Bridge): 10 TEAM MEMBERS: Cadets will construct a rope bridge over a water obstacle and have the team cross (IAW this SOP, USACC 1-Rope Bridge SOP, and FM 3-97.61, *Military Mountaineering*).

(3) Cross Country Rescue: (Paragraph 10c., Cross Country Rescue): 10 TEAM MEMBERS: The event will be a cross country run carrying rucksacks and weighted stretcher.

(4) Raider Gauntlet: (Paragraph 10d., Raider Gauntlet): 10 TEAM MEMBERS: Team maneuvers through 1-mile of wooded terrain while overcoming numerous technical obstacles that require teamwork and strategy to complete.

(5) 5-Kilometer Team Run: (Paragraph 10e., 5K Team Run): 10 TEAM MEMBERS. Team runs a 5K looped route without any equipment. Team must all be within the 10-yard box at the completion to finish without disqualification.

(6) Ultimate Raider Buddy Team Challenge: Male Division (M/M), Mixed (M/F) and Female (F/F) buddy teams will be formed for each team entering the event. The buddy teams will be released in three 10 team waves for Leg #1 of the event up an arduous hill leading to a 14-station obstacle course. Each Cadet buddy team time will be recorded for Leg #1. Leg #2 will begin after a short break (NOTE: the exact length of the break will be determined by the speed buddy teams finish Leg #1 of the course, but it is designed to be roughly 20-30 minutes). Teams will then be sent on Leg #2, the final buddy team 2-mile run to the finish line at Brooks Field to record their Leg #2 time. During the run, teams will be directed at a predetermined checkpoint to complete a 25m swim before continuing their

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run. These two times will be added together and constitute their team final time for the Ultimate Raider event. The Ultimate Raider score will contribute to a 1.5x weight to their final competition score.

(7) Battle Fit Challenge: Masters Division Teams are required to complete the Battle Fit Challenge on 25 October and the teams scores **WILL BE** factored into the overall competition scoring. This event grades individual performance to complete 1 minute of push-ups, 1 minute of modified sit-ups, and a 1-mile run. The team score is an aggregate of all 10 team members' scores. Additionally, individual scores will be kept for record and used for scholarship consideration. Executing the Battle Fit Challenge is optional for All-Service and Challenge Division Teams on 24 October and their scores **WILL NOT** be counted towards their overall competition score.

d. All schools must read and understand this SOP. Schools should also check the website leading up to the competition for changes, clarifications, and general event news.

e. Any Cadet who curses or utilizes other unsportsmanlike acts will subject their team to a major penalty.

f. Any coach who violates the JROTC Coach Code of Conduct could result in a major penalty or could jeopardize their team's ability to continue the event or future attendance at the National Raider Challenge Competition.

g. A team can finish an event with nine Cadets but will receive a major penalty (e.g., one gets injured in route). The only exception to this will be the 5K run Event where all 10 team members must finish within a 10-yard box. If a Cadet is injured along the 5K route, teams must move the injured Cadet to a designated checkpoint before continuing. Teams competing or finishing with eight or fewer Cadets or those teams who compete with unauthorized gender configurations will be disqualified. Any team that is disqualified in any event is ineligible to compete for the overall title in that division.

h. Uniform: JROTC Cadets will compete in the Army Camouflage Uniforms (ACU) with boots. These can be either the old UCP or the new OCP pattern uniforms. Other service JROTC teams must compete in their equivalent uniform. They cannot compete in physical training shorts, t-shirts, and athletic shoes. They are not required to wear either the pistol belt or a canteen. However, teams are required to bring canteens or water bottles with them during all events (i.e., 5K run, Gauntlet, CCR, etc.). Teams may make water available to their teams during any event. Teams can choose to compete in t-shirts or wearing the uniform shirts based on weather. All team members will compete in the same uniform combination. Teams will get wet and muddy competing in one or more events during the competition. Bringing extra uniforms, staying dry and planning your day will be essential for a safe and fun experience during this Raider competition. Teams will receive team numbers and corresponding color wrist bands to wear during final registration on 24 October. The team numbers will be pinned to the competitors back of the T-shirt or uniform jacket. The color wrist band will be worn on the right wrist.

## **5. SAFETY:**

a. The safety of Raider competitors and spectators is paramount. For the general health and safety of everyone involved, all teams should remain in ready areas and avoid interference with other teams and spectators until ready to start the event. Spectators must also avoid interfering with teams on the courses.

b. USACC Safety Office will conduct risk assessments and provide mitigation factors to minimize risk to Cadets and viewers.

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c. Teams and coaches will take direction from the people in charge of each event station and assistants throughout the lanes. Failure to follow these directions will result in a penalty and could result in a disqualification.

d. Coaches are responsible for a continuous safety program for their team. This includes hand washing, hydration, reporting all injuries, observing for illness, and general sanitation.

e. USACC will provide on-site medical support via a medic and/or ambulance during competition hours. This support is designed for urgent medical needs only. Teams are encouraged to bring basic first aid materials with them to treat minor cuts, bruises, and bumps.

f. A Deliberate Risk Assessment Worksheet (DRAW) will be followed with guidance provided by the USACC Safety Office. Weather will determine special daily risk assessments and changes to events for safety reasons.

g. Each team must have two identified cell phone contacts to ensure emergency calls can reach schools in the fastest possible manner. "Shelter in Place", "Take a Head Count" or other safety requests may be given in the event sudden bad weather, active shooter, abduction or other unlikely scenarios.

h. In the event of severe storms or lightning, the event OIC will suspend the competition immediately. Teams that are on the course will continue to completion unless directed otherwise by event officials. Judges, coaches, and all other Raider teams will move to the nearest safe area and wait for instructions.

### **6. RAIDER PREPARATION – EVENT INTERRUPTION:**

a. Each event is physically demanding and stressful weather conditions (heat, cold, humidity, etc.) can make this harder. Teams that have trained hard will be prepared. Teams should ensure proper nutrition and begin hydrating 48 hours before the event and continue to eat properly and drink water throughout the competition.

b. Event site recon will not be permitted, and teams will not be allowed on the course until conducting the graded event. Any team caught conducting a reconnaissance of the event sites other than the start/finish line and authorized viewing areas in order to gain an advantage will be considered for disqualification from the event. Teams may practice in open areas. Before any practice, team coaches should clear it with the event OIC to ensure they do not use an off-limits area.

c. Teams must remain in the designated event lanes or areas while competing. No participant may leave the assigned event area to take a short cut outside the marked areas. Any Cadet/team taking a short cut will receive a penalty. If the shortcut was determined to be completely accidental, **the penalty will be subjectively added by the event OIC**. They will add any estimated time saved going "off-course", plus an additional 10%. If the short cut was determined to be intentional, the team will be disqualified. **Neither penalty is subject to a protest.**

d. If the competition ends early due to weather/safety, these rules apply:

(1) Overall championship trophies will be presented only if all events have been held and all teams have had the ability to compete.

(2) If any event is cut short for any reason, event team trophies will be provided only among those teams who completed that event.

### **7. REGISTRATION:**

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Online registration. Online registration will be provided from 05 August to 13 September. The registration link will be provided in future updates to your Brigade JROTC Chief.

a. Registration is free

b. Each Raider Team will provide the Hold Harmless/Covenant Not to Sue waiver required of each Cadet (signed by legal guardian if Cadet is under the age of 18). Each school/coach should make a duplicate copy of these forms and provide the originals during the in-person team registration at Fort Knox. Failure to maintain this form will not allow the Cadet to compete at the event – no exceptions.

c. Each Cadet must have a completed Sports Physical IAW CCR 145-2 signed by their physician. Each school must report to their brigade that this requirement has been met. It is the brigades' responsibility to provide a signed Memorandum for Record (MFR) validating this prerequisite and each team will submit a copy at registration.

d. After a team has completed registration to include submission of all required items, each Cadet on your competition team(s) will receive a color-coded bracelet and a numbered bib to identify which group or chalk they are assigned based on division and team. Cadets must wear this bracelet and number throughout the competition. Any school found having Cadets competing on both single-gender team and a mixed team or within different Raider Division teams will be disqualified from the event without recourse. Also, the school may be placed on probation from attending the event in the future. Instructors must ensure Cadets understand this rule, so they do not look to problem-solve in an illegal manner causing a team/school to be disqualified.

e. Each school is required to submit in advance all documents 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 administrative deadlines.

f. Team coaches must agree to all terms and electronically sign all of the required forms. No school or individual may compete in the National Raider Challenge Competition without the proper submission of these forms. If you have a question regarding any facet event, especially paperwork required, please call/email and ask before registering to attend the event.

### **8. FORT KNOX DETAILED INFORMATION:**

a. Entrance into Fort Knox. All spectators 12 or older must have an individual pass to enter Fort Knox. Spectators that do not have a military ID can register in advance for a fast pass **within 60 days of the event** that will cover the duration of the event. Spectators that do not get a fast pass must stop at the visitor's center and register. Under no circumstances will someone receive access to the post that is not eligible for a post pass. Spectators that are non-US citizens must be sponsored and accompanied by a DoD ID Card holder to access the installation. USACC will not provide any sponsors or escorts for spectators that are non-US citizens. Detailed instructions for accessing the post are found here:

<https://home.army.mil/knox/index.php/about/Garrison/directorate-emergency-services/physical-security-division/access-control>

b. Staying at Fort Knox (Billeting/camping):

(1) USACC will provide barracks to house Cadets, JROTC instructors, and designated chaperones. The number of participants and coaches or chaperones must be accurately depicted by gender during the registration process in order to ensure adequate accommodations are resourced. Barracks are off limits to spectators (including family members unless identified as an official chaperone). Male and female Cadets will be

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housed separately. **Linen will not be provided in the barracks.**

(2) USACC will provide complimentary primitive camping sites to both teams and families. Camping sites near the event venue will have port-a-johns (no showers). Campfires are not authorized at these sites. If contracted tents are arranged, prior coordination must be made with USACC prior to arrival.

(3) USACC will provide complimentary RV parking for families. These sites are near the venue but **will not have an electrical hook-up, water hook-ups, sewer connections, or dump station**. For families planning to utilize the free RV parking, they must notify their team's coach who will subsequently notify their brigade **NLT 15 SEP 24**. For a small fee, RV campers can use the dump station at Camp Carlson. (<https://knox.armymwr.com/programs/carlson-campgrounds>).

(4) Nearby Camp Carlson offers a tent and RV camping for a fee. Camp Carlson has electricity, sewer, running water, and dump stations. These sites are on a first come, first serve basis. Find out more here: <https://knox.armymwr.com/programs/carlson-campgrounds>.

(5) All campers (teams and spectators) will need to provide their own tents and camping equipment. USACC will provide port-a-johns for services. USACC will not provide showers or flush toilets for any campers using either the complimentary primitive or RV camping sites. Also, USACC will not provide any tents for teams. If teams wish to use camping sites, they will provide their own personal hygiene articles (towels, washcloths, baby-wipes, soap, etc.).

(6) On-post lodging. Fort Knox offers on-post lodging through IHG Army Hotels. The Newgarden Inn is the closest facility (less than 10 minutes from the event location). These locations are available at [https://www.ihg.com/armyhotels/content/us/en/installations#scmisc=nav\\_installations\\_ma](https://www.ihg.com/armyhotels/content/us/en/installations#scmisc=nav_installations_ma). Reservations and transportation to/from hotels is an individual responsibility.

(7) Off-post lodging. There are numerous off-post options available for various price ranges in nearby Radcliff, Muldraugh, and Elizabethtown. Reservations and transportation to/from hotels is an individual responsibility.

c. Parking. Fort Knox will have free parking available near the event location. **Parking is not authorized at the Saunders Spring events site.** The only authorized mode of transportation for spectators is dedicated buses that will routinely transport spectators to and from the event site. Competition teams will not use the spectator buses.

d. The use of golf carts, All Terrain Vehicle (ATVs), or Utility Terrain Vehicles (UTVs) is unauthorized for use on the Fort Knox Military Installation.

e. **Change.** Meals. All competitors will be provided a **Fort Knox MWR breakfast voucher and one lunch MRE daily to ensure adequate nutrition intake occurs from 25-27 October 2024.** The dinner meal is the responsibility of the coaches to coordinate with their respective brigade. Spectators are responsible for their own meals. Fort Knox offers a variety of food options around the post including fast food and casual dining. Food trucks will be available near the event sites. Food trucks and MWR can take cash or card for payment. Please reference the welcome packet for a complete list of restaurants and dining options within the local area.

f. Transportation. Most of the events are a short walking distance from the barracks/camp sites. Spectators are encouraged to walk between the event sites as roads will be closed to vehicle traffic for safety reasons. USACC will provide bus transportation to any event sites not within walking distance. The terrain between event sites and viewing locations can be rugged



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and not always handicap friendly. USACC will have limited handicap parking identified. Teams and spectators are responsible for all movement outside of transportation to the event sites during a team's actual competition day.

g. Select Army and Air Force Exchange System (Post Exchange) facilities will be open to all attendees. These include Shopettes and gas stations. The Main PX is only open to authorized patrons. Additional vendors, as well as event sponsor displays will be on-hand at the 1-mile track event site.

**9. COMPETITION EVENTS AND AWARDS:**

a. The following events are counted towards a team's Overall Championship point totals:

- (1) Physical Team Test (PTT)
- (2) Rope Bridge
- (3) Cross Country Rescue (CCR)
- (4) Raider Gauntlet
- (5) 5-Kilometer Team Run (5K)
- (6) Ultimate Raider buddy-team run (Masters and All-services Division only) 1.5x weighted score
- (7) Battle Fit Challenge (Masters Division only)

b. Teams must enter and gain a score in every division team event to be eligible for the overall title.

c. All teams are eligible to win team trophies within each specific event entered. Each division and event will offer 1st through 5th place team trophies (unless less than 10 teams are placed in an event, whereby 1st through 3rd place trophies will be awarded in that event).

d. Event Scoring and Timing.

(1) An official judge/timekeeper will keep the official performance time at every event. All event timing will begin when the starter says "GO". The time will end when the team completes all required tasks.

(2) All events at this competition are scored for time, Therefore, to ensure proper order of finish, a team is assigned a time for scoring purposes if they did not finish. Example: if a judge removes a team from Rope Bridge for "failure to complete the event", they will receive an assigned time of 79:99 minutes (essentially, Did Not Finish \*DNF), Any DISQUALIFIED team will receive a 99:99-minute time and will appear below a DNF team.

(3) The overall team finish 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 PTT; 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 those five events for this team would be computed as:  $1+7+3+6+3=20$ . Therefore, "20" would be the aggregate score regarding overall placements.

e. There are NO ties at the National Raider Challenge Competition. The tie breaker for the overall trophies will be:

- (1) Team winning more events.

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- (2) Most team trophies earned.
- (3) Lowest time on the PTT event.

f. The tie breaker for individual team events will be:

- (1) Team w/least penalty points,
- (2) Lowest time on the Rope Bridge event.

g. Scoresheets and Score Tabulation

(1) A complete scoring package maintaining all 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. Teams can send questions regarding scoring after reviewing packets. Questions can be sent to the POC located in this SOP, Mr. Nickolas Flowers.

(2) Each unit will be judged by the same judges within each event where any subjectivity is in play. All judges' scoring and decisions are final.

(3) Team coaches are the only authorized personnel that can discuss items with event judges that pertain to correct procedures or to double check timing. Team coaches are the only authorized personnel to initial scoresheets for their team on the lanes after competing, bring questions about proper procedures, scoring/timing, etc., to the event OIC at the competition site. It is strongly recommended team coaches take a picture of the initialed scorecard before departing to the next event. Any score or results protest will only be at the event competition site. No protests will be permitted at the Raider Challenge HQs. **Team coaches will at no time contest or protest any items with obstacle lane judges. These protests can disrupt the flow of the competition and distract the judge from performing their duties. Protest with lane obstacle judges can result in a major penalty or team disqualification.** Reference coaches protest flowchart for a complete description of the process.

## 10. COMPETITION EVENT DETAILS:

a. Competition Event Details - General

(1) The following items pertain to every event held at the National Raider Challenge Competition. All schools should review these items to ensure their team is in full compliance:

(2) Spectators must not interfere with any teams competing at the events as well as event judges, timekeepers, safeties, etc. All spectators must remain in the designated viewing areas.

(3) Competing teams may receive several penalties on both obstacles or courses by a judge or event official. There are shown below:

- **Disqualified (DQ)** - The team performed in a manner where the judge or event official removed the team from the competition scoring process for that event. The team would no longer be eligible for any overall awards or any awards in the event they are disqualified from. The penalty assessed will be 99:99 for that event.
- **Did Not Finish (DNF)** - The team performed in a manner where a judge or event official directed the teams to end their competition on a specific course either due to time or injury. The penalty assessed will be 79:99 for that event.
- **Failure to Attempt (FTA)** – The team was deemed by a judge or event official to have

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failed to properly attempt an obstacle. Attempt will be defined as, “to make a significant effort to accomplish the task given”. A Major Penalty assessed for an FTA.

- **Failure to Complete (FTC)** - The team was deemed by a judge or event official to have Failed to Complete an obstacle. This is after two attempts, or a judge may direct them past an obstacle due to time, injury or improper technique which may cause injury. A standard penalty will be assessed for an FTC.
- **Minor Penalty (MINOR)** - 30 second time addition to the team’s overall event time per occurrence.
- **Standard Penalty (STANDARD)**- 1 minute time addition to the team’s overall event time per occurrence.
- **Major Penalty (MAJOR)** - 10 minutes time addition to the team’s overall event time per occurrence.

(4) Only 10 team members may compete in each event. All 10 competing team members will show their team numbers on their back and raise their right arm to display their colored wristband to the judge before the start of every event so the judge may sign off on the correct team formation regarding both number and gender.

(5) Non-competing Cadets can and should cheer on their team but cannot assist in any way. This will include running with the team in any manner. Non-competing Cadets will be considered spectators and will be limited to view the event in those designated areas. If non-competing Cadets interfere with any competing teams, their team will be disqualified. As a reminder, mixed teams must have at least 4 females and no more than 9 females competing in each event. Additionally, Cadets can only compete on one team within the division.

(6) Each event course will be marked with ropes. Additional Cadre will be positioned along the route to ensure all teams are heading in the correct direction and following the rules.

(7) Teams may not use any tools (to include but not be limited to ropes, chairs, steps, knives, bags, sticks or other items) unless the event SOP specifically calls for them (e.g., rope bridge). The penalty for violation may range from Minor to Major depending on advantage gained. Teams are recommended to carry water bottles/canteens and use gloves and eye protection in all events.

(8) Teams will adhere to the published schedule by showing up on time at all event start points and bus pick-up points. Teams will not be penalized if they arrive on time but have to wait for transportation. Teams that arrive late without just cause will receive a DNF penalty and not allowed to execute the missed event.

(9) All timed events will have a clean start. If a team jumps the start early, a Minor "false start penalty" will be assessed to violators. No re-start will occur. All events will start with a judge stating, “**GET SET, GO!**” With this sound, time will start.

(10) Team coaches should handle any/all protests or disputes on site with the event OIC immediately following the event in question when they are shown the scoresheet. If you fail to get a resolution that you are satisfied with, you may bring your issue to the site OIC. Only team coaches can bring a dispute to the operations center at each site. Here the Site OIC will review your protest. The **Site OIC’s decision is not subject to appeal or protest.**

(11) Although discipline problems are not expected during the competition, the

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competition OIC reserves the right to remove any individual, group or school from the competition for destructive, profane, immoral and/or conduct unbecoming a JROTC Cadet/instructor or competition spectator. **The competition OIC's decision is not subject to appeal or protest.**

(12) Teams should inform event judges of any Cadet shortages or other known rule issues before competing in an event. While this may result in a penalty, failing to notify judges before an event will be seen as an act of unsportsmanlike conduct and may result in disqualification for your team.

(13) Cadets may not hurdle any vault. All Cadets must have supportive contact with the vault, using either hands or another body part as they go over. Failure to follow this rule will result in a Major penalty per occurrence.

- An event judge can mandate a team or Cadet to move off of a wall or other obstacle to allow a faster team to not have to wait and slow their time. The judge may direct the team to move to the side to let a team behind them navigate the wall and push on, and then allow that team BACK onto the wall in the same condition they were previously (i.e., 4 have completed but 6 still need to get over – they do NOT have to start over). In this case, no penalty is assessed since their “penalty” is having to wait and then execute the obstacle after.
- A judge may order a team to bypass an obstacle after making two failed attempts. The team was deemed by a judge or event official to have Failed to Complete an obstacle. This is after two attempts, or a judge may direct them past an obstacle due to time, injury or improper technique which may cause injury. A standard penalty will be assessed for an FTC.
- On the events that maintain multiple teams on the course at a time, it is possible, even likely that a faster team may approach your team from the rear and seek to pass. as a slower team, **you must allow the faster team to pass, or you will face a major penalty.** During such a pass, the team behind should call out loudly to notify the lead team they are seeking a pass. The team in the lead should continue running, move to one side and form a column to allow sufficient room for the rear team to pass. Doing this ensures you are not blocking the team(s) behind. This will ensure interference is not placed on the slower team in the lead. (Major penalty, per occurrence).

(14) Every event course has been developed to accommodate multiple teams simultaneously to sustain throughput. Where there are obstacles, there will be two sets. Therefore, two items come into play for all teams:

- Every cadet on a single team must use the same obstacle (i.e., teams cannot send half their cadets over one wall, and the other half over the adjacent, identical wall. (Major penalty)
- Every team coming to an obstacle should take the open obstacle, negotiate the obstacle and then move on. If there are two obstacles and both are in use, the judge will direct the team that has spent the most time at the obstacles to “stand down and make way” and your team will be allowed to complete the obstacle when your entire team is ready. **A judge will not take an entire team down off an obstacle if your entire team isn't ready to negotiate the contested obstacle.**

(15) Injuries: If a Cadet is injured along a course and cannot safely continue,

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depending on the severity of the injury, the competing team should ensure the Cadet is either shielded from following runners and not moved at all (head or neck injury); carefully moved to a nearby position out of danger of being further injured by following runners (strained or twisted ankle, possible broken ankle or similar) or assisted and brought to the closest forward checkpoint and left with a judge maintaining a radio where medical assistance can be summoned before the team moves on. In all cases, the teams must complete the course with a minimum of nine Cadets to receive a scoring time. Failure to adhere will subject your team to disqualification from the event.

(16) Task, conditions, and standards for each event will be published. The event descriptions that follow provide an overview of what to expect. The sequence of the actual obstacles and stations may be different in all events held at the Raider Competition Weekend. Teams that prepare for the event will be successful regardless of the order of the stations.

**b. PHYSICAL TEAM TEST (PTT)**

(1) General Scenario: The PTT is the team event to test strength, stamina, strategy, and endurance over approximately a half-mile using a variety of physical obstacles. The team score is the time it takes to complete the tasks, put all course items back in their starting positions, and finish the course. **Competing teams must stay together throughout the course and cannot move to the next obstacle until every team member has completed the current obstacle.**

(2) 10 Cadets must start the PTT. The time to complete the course will be kept and recorded for each team. Judges will be stationed along the route to ensure compliance with all rules.

(3) Multiple lanes will be in use. Teams will be assigned a lane by the event judge. Teams will only utilize the lane assigned. Interference with another team will result in a Major penalty.

(4) Unless otherwise specified, Cadets can carry items in any manner as long as they do not abuse, drop or throw the items. Cadets must place water and ammo cans upright in the marked area where they were received or designated, or they will receive a Minor penalty.

(5) Teams may not move or adjust equipment on the lane(s). The lane personnel will ensure any portable lane equipment is placed in the exact, identical manner for each team.

(6) Specific Details:

- The team will be assembled behind a starting line. The grader will command, "GET SET, GO!" The GO command will start the clock. At that point, the team begins the course.
- The PTT is a half mile loop event. Each event within the course is a down and back performance. Cadets will carry all items back to their original position as this will reset the course for the next team. Time will end once all items are in their start position and the last team member crosses the finish line. Event judges will be placed at each obstacle to ensure safety and rule compliance throughout the course.

(7) The course will consist of the following items. The sequence shown below may vary:

- 10' long, 30" diameter tunnel crawl.
- 30-yard Water Can carry (6 cans) and 60lb. Ammo Can carry (4 cans). (15-yards

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down and back)

- 40" Team Vault
- Speed Agility Maze (a tight zig-zag maze accomplished in column formation)
- Agility tires placed on the ground in a staggered pattern.
- **Add. Atlas Stone Lift**
- 250lb.weighted drag.
- Tire Flip down and back

(8) General Run Overview:

- **Add.** All members must go through the tunnel crawl. The Water Cans and Ammo Cans will then be picked up from a designated area and placed upright and inside that area upon return. Teams cannot continue until all equipment is properly placed. All team members will go OVER the 40" vault. All team members then run in column through the narrow Agility Maze. All team members run forward to the staggered tires where every Cadet attempts to place a single foot in each tire hole and continues running forward. **8 Atlas Stones consisting of 2 each weighing 40lb ,60lbs, 80lbs & 100bs, must be lifted and placed atop of a 55-gallon drum.** A 250lb. weighted drag is then moved from behind a line on the ground over another line on the ground in a looped distance. Once the weighted drag is placed back on the original starting line, the team then proceeds to the tire flip in which a large tire must be flipped down and back. The team will decide how many and which Cadets to devote to both pulling the 250-lb. weighted drag and flipping the tire **Three times each way** (while keeping the tire within the designated box) before continuing to the finish line.
- Cadets will be required to execute every obstacle within the parameters of this SOP. Team members may assist other team members. Any/every Cadet who fails to complete any obstacle will receive a Minor penalty, per occurrence.

(9) Uniform and Equipment

- The uniform is OCP pants, t-shirt and/or OCP blouse, and boots. Caps and jackets are not required but optional in cold weather conditions.
- Teams can and are recommended to carry a water source such as water bottle, hydration bladder, or canteen when negotiating the course. Water points will also be staged throughout the course at designated checkpoints.
- Gloves and eye protection are recommended to further reduce risks of scratches or cuts from vegetation throughout the course.
- Unless otherwise specified, Cadets can carry items in any manner as long as they do not abuse or throw them.
- Cadets must place water and ammo cans upright to avoid Minor penalty per occurrence.

(10) Assistance, Support, & Organization

- Once a Cadet completes a task (i.e., crosses the finish line after completing the course), they may not return to the course to help other Cadets. Minor penalty
- Team members may provide assistance to each other on any obstacle in any chosen

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manner.

- Teams may not carry or fully support a Cadet on the course unless it is to facilitate moving an injured Cadet to a designated checkpoint.

(11) Spectators:

- Judges and Cadre are the only authorized personnel on the entirety of the PTT course. **Coaches and spectators must remain in designated spectator areas.**
- Any non-participant found on the course and not in a designated viewing area, will be escorted from the course and potentially from the event entirely. If the team affiliation of the unauthorized spectator is determined, consideration for penalties can be assessed on the participating team.

**c. ROPE BRIDGE**

(1) General Scenario: Rope bridges will be constructed in accordance with TC 3-97.61, *Military Mountaineering*. SAFETY NOTE: Safety is foremost in this event. There is a primary and alternate rope bridge site for this competition. The primary site goes over Mill Creek which flows year-round. If weather does not allow access to Mill Creek, USACC has an alternate site over a wide ravine. All divisions will use the same crossing sites which will have multiple lanes available. Examples and detailed instructions for the tying of authorized knots and crossing techniques are provided in TC 3-97.61 and are the standard for this event with exceptions as noted in the USACC 1-Rope Bridge SOP and reinforced in this SOP. **All gear used in this event will be the common type and style of equipment listed. This equipment cannot be manufactured in any way to gain an advantage on the course. This includes carabiners or snap-links with pullies or anything else that is outside of the standard construction of the required item. All questions pertaining to equipment that might fall into this category must be cleared with the competition OIC NLT 10 September 24. All inquiries must be sent by that date to [nickolas.j.flowers.civ@army.mil](mailto:nickolas.j.flowers.civ@army.mil) for approval.**

- Aluminum carabiners (i.e., snap links) are not authorized in transport tightening systems on the Rope Bridge (only steel). There is no limit on the number of snap links used in the transport knot.
- Aluminum carabiners are allowed for the Swiss seat used for individual Cadets. Pre-tied seats are also allowed.
- Teams will use only the rope as outlined and as many carabiners (i.e., “snap links”) as they require to accomplish the task at hand. Teams may use a bag to carry the rope. Sticks or other items(s) not listed above may not be used at any time.
- All teams must provide their own rope bridge equipment. **Teams rope must be 150’ minimum.** USACC will not provide any items for this event other than safety helmets. Teams may use their own helmets if desired. No team will be allowed to cross the rope bridge without wearing helmets. Teams that are missing an item may borrow it from another team.

(2) Safety, Support, & Organization

- A maximum of three Cadets may be snapped into the rope for transport at a time. (Major penalty, per occurrence)
- Quick release for the second half hitch is recommended but not required.

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- All Cadets crossing the rope bridge must wear protective headgear (helmets) and must not proceed without them. **(DQ if a Cadet fails to maintain a helmet while on the transport rope).**
- Judges may stop a team at any time if safety hazards are identified, and the team will not receive a score. **(Judge will declare a DQ and the rope bridge will end immediately with Cadets coming down from the rope in the safest manner as directed by the judge.)**
- Failure to return helmets after completion may result in team disqualification.

(3) Equipment and Uniform:

- The uniform is OCP pants, t-shirt and/or OCP blouse, and boots. Caps and jackets are not required but optional in cold weather conditions. (Major penalty per team for failure to comply).
- Teams can and are recommended to carry a water source such as water bottle, hydration bladder, or canteen when negotiating the course.
- Gloves are recommended.

(4) Penalties and Limitations:

- Injuries: If a Cadet is injured and cannot safely continue, the competing team will not be disqualified from the event but will receive a Major penalty
- Time Limit: **Teams will be given a maximum of 8 minutes to complete the bridge.** If the time limit is exceeded, the team will receive a DNF and be ordered off the course.

(5) Spectators:

- Judges, Cadre, and Coaches are the only authorized personnel on the near side of the Rope Bridge site. Spectators are not authorized to enter the near side of the event site at any time. **There is no coaching on the near side of the rope bridge.** Coaches are only authorized to view from a designated area and sign their score sheet at the scoring table.
- Spectators and coaches may observe at the designated spectator viewing areas on the far side.
- Any non-participant found on the near side of the event site, will be escorted from the site and potentially from the event entirely. If the team affiliation of the unauthorized spectator is determined, consideration for penalties can be assessed on the participating team.

(6) Specific Details:

- Swiss seats will be tied prior to reporting to the rope bridge site. 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).
- No loops, bights, tape and/or pre-tied knots will be allowed on the rope. For safety reasons, all teams will have their Swiss seats and ropes inspected by a separate judge 10 minutes prior to your event start time to clear eligibility for competing (NOTE: Those teams using a bag, the rope will have to come out of the bag for inspection.)



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- Teams can use any/all team members to display the rope for the judge just before the competition starts for your team but must execute any backlay/backcoil prior to the teams scheduled start time. A team's time will start when they are scheduled regardless of the status of their rope. Upon arrival at the Start Point, two team members will be given a maximum of two minutes to prepare their rope next to the near side anchor. An 18-inch tail on either side of the rope may be placed apart from the rest of the rope to identify the top and bottom ends.
- Upon arrival at the Start Point, the team will check-in with the event judge. When told, the team will ready the rope as listed above. On the command "GET SET", "GO", the clock will start, and all Cadets will run forward roughly 20 yards from the starting line to the near side anchor point and begin building their 1-rope bridge. The team will then cross the river as outlined within this SOP, the USACC 1-Rope Bridge SOP, and the TC 3-97.61, *Military Mountaineering*. Time runs until the entire team and all equipment are out of the water, across the river and on the far bank (to include the rope, bag (if used) carabineers, everything), all knots and snap-links are out of the rope, **the team has announced with hands over their head in a loud voice, "TIME!"**
- The team with fastest time to include any penalty points added will be the winner.
  - (7) The only knots allowed on the near side anchor point will be:
- Anchor Point Knot:
  - Near Side Anchor Point: Anchor Point Knot must be a round turn and two half-hitches.
  - Far Side Anchor Point: Round Turn with two half-hitches or a tensionless anchor (minimum of four wraps on the anchor).
- Wireman's Knot OR Figure 8 Slip Knot (no hybrid knots-use USACC 1-Rope Bridge SOP for correct techniques)

(8) Teams can use one or two steel carabiners at the anchor points. If a team uses two, they must have the gates opposite of each other.

(9) The manual lists "three people pull the rope". For this competition rope bridge, there is no limitation on the number of people that can pull the rope setting the transport rope.

(10) Quick release for the second half hitch is recommended on both sides but not required.

(11) End of the line bowline or figure 8 is used to attach the rope to the first person to cross the gorge/river and must be: 1) attached to the seat or waist rope with a snap link or bowline and/or 2) figure 8 on the shoulder. (Loop is over both the head AND shoulder and must be under the opposite arm).

(12) All Cadets will wear protective headgear while executing rope bridge. These helmets will be similar to those worn during rappelling. Teams can bring their own helmets or use the USACC-provided helmets. No Cadets may execute rope bridge without the use of a helmet. Helmets will be sprayed with disinfectant after every use. Teams must return helmets to the staging area upon completion of their event before moving to any other location. Failure to return helmets may result in a team disqualification.

(13) A rope bridge that fails will not be counted or scored (i.e., a DNF) and will

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disqualify that team from that segment of the event. Judges may stop a team at **any time** if they recognize any safety hazards. In the event of a safety hazard, the team will cease the event and not receive any score.

(14) All Cadets crossing the rope bridge must be hooked onto the rope and pull themselves across using their hands, feet or both. The snap link (steel or aluminum allowed for snapping Cadets in for transport) when properly snapped on the rope is considered a safe transport system for the Cadet. Only three Cadets may be snapped into the rope at a time. A Major penalty for every violation will occur for teams who violate this safety measure.

(15) Cadets awaiting transport: The snap link is NOT above the rope OR open prior to the far side knot being completed. This reduces subjectivity. Teams have in the past had the snap link open hovering above the rope prior to the near side knot completed. (Minor penalty).

(16) Any “dead zone” or out of bounds area near the far side anchor tree will be clearly covered by the on-site judge prior to your competition. These areas will be dictated by water depth, vegetation and other factors not determined in advance.

(17) There is no requirement for the feet to be above the rope so there will not be a penalty if feet fall below the rope while crossing. See TC 3-97.61 Military Mountaineering (2012), chapter 7 fig 7-17.

(18) **The maximum time a team will be permitted to complete the bridge is 8 minutes.** At that point, the team will be given a DNF by the judge and a max time listed at 79:99 (tied for last). This is required because a team that completes a bridge in 7 minutes but maintains 2 minutes in penalties will finish ahead of these teams.

#### **d. CROSS COUNTRY RESCUE**

(1) General Scenario: Your team is “rescuing” a casualty with gear. The “rescue” course is one mile in length through a wooded terrain with obstacles. **Competing teams must stay together throughout the course and cannot move to the next obstacle until every team member has completed the current obstacle.**

(2) 10 Cadets must compete in this event. Teams will receive a penalty if they are missing one team member (Major penalty). Teams will not be allowed to compete with less than 9 team members (team will be disqualified).

(3) There will be a staggered start. This does not preclude a team from passing a slower team on the route.

(4) Specific Details: The team will select six rucksacks filled with sand each weighing 35lbs. and wait behind the starting line.

- On the command, “GET SET, GO,” the team will immediately go over an 8’ wall with all team members and the rucks. The wall is a required component of the event. Failure to attempt this segment of the course is FTA penalty. After 2 attempts, a team may elect to take a penalty and bypass the wall (Major penalty).
- After completing the wall, the team will pick-up a simulated casualty located directly next to the wall in a pre-designated area. Male teams will use a litter marked “M” (the 130lbs.). Mixed and Female teams will use the ones marked “F” (the 100lbs.). The team will then run to a 40’ long water/mud pit. The team will negotiate the obstacle with litter and rucksacks. Once the team is complete, they will continue along the

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marked trail.

- The team will encounter a series of over and over obstacles. These are 4' wide with the over obstacles 40" high and the other over obstacles 24" high. The team will go over both gates with the litter and rucks.
- **Change.** After the over/over obstacles, the team will move to the tire swing obstacle. The obstacle will have six tires suspended 3' off the ground. **6 of the 10 members will have 5 minutes to negotiate the obstacle. The other 4 members will hold/wear the 6 rucks and litter at the end of the obstacle until their team is complete or their 5 minutes is up, whichever comes first. The rucks and litter will never touch the ground.** The 6 members must negotiate the obstacle without making contact with the ground. If they touch the ground, they must go to the back of their team's line on the obstacle and then attempt to negotiate the obstacle again. **At the competition of the 5 minutes, every member that hasn't successfully negotiated the obstacle will receive a minor penalty.**
- Once complete, teams will secure their litter and move to the finish line with rucks and litter. Once the last person crosses the finish line with all gear having crossed the line, the time will stop.
- Teams will be ushered to 1 of 4 tents to complete, as a team, a 10-question medical test. The questions will be derived from the JROTC education elective curriculum.

(5) Uniform: ACU pants, t-shirt and boots. Caps and jackets are not required.

Jackets will be optional for team members in cold weather conditions. Gloves are recommended.

(6) Teams may not attach the rucks to the litter in any manner as this will result in the team being disqualified. The team can organize themselves in any manner to carry the litter and equipment. Team members may exchange the rucks and litter during movement. Teams can have as many people as desired carry the litter. Therefore, distribution of equipment and number of Cadets on the litter is up to the team. Dropping or throwing either of these items anywhere on the course will be enforced as a Major penalty.

(7) Gloves and eye protection are recommended to further reduce risks of scratches or cuts from vegetation throughout the course.

(8) Penalties and Limitations:

- Judges will be positioned throughout the course in designated areas of responsibility to ensure teams stay on the designated route, attempt and perform the obstacles safely, and to assist with any medical incidents.
- Adjudication of any contested scores lies within the decision of the lane OIC on-site at the competition event.

(9) Spectators:

- Judges and Cadre are the only authorized personnel on the Cross-Country Rescue Course. Spectators are not authorized to enter the course at any time.
- Spectators may observe at the designated spectator areas.
- Any non-participant found on the course, will be escorted from the course and potentially from the event entirely. If the team affiliation of the unauthorized spectator is determined, consideration for penalties can be assessed on the participating team.

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**e. RAIDER GAUNTLET**

(1) General Scenario: Raider Gauntlet is a one-mile event through rolling terrain with numerous obstacles throughout the route. **Competing teams must stay together throughout the course and cannot move to the next obstacle until every team member has completed the current obstacle.**

(2) The course will consist of the following items over a one-mile course (order of sequence may vary):

- 12' wall. All teams will go over that wall. Teamwork is necessary to safely complete this obstacle.
- 8' wall. All teams will go over that wall. Teamwork is necessary to safely complete this obstacle.
- 3.5' square window obstacle that all Cadets must go through.
- 30' long, 30" diameter culverts that all Cadets must go through
- A series of over and under gates. Cadets will go over the 4-foot wide 40" high obstacles and under the 4-foot wide 24" obstacles.
- 30' low crawl
- Suspended 23" diameter radial tire obstacle that all Cadets must go through.
- Cargo Net in which teams will use to scale a 9' high creek bank.
- Horizontal Ladder in which teams must negotiate without losing their grip and falling.
- L Shaped Culverts. Two sets of two, 30' long, 30" diameter culverts that all Cadets must go through.
- A 7' ramp wall with ropes. Upon completion of the final obstacle, the team will cross the finish line with time stopping when the last Cadet crosses.

(3) On the command of "GET SET, GO," time will start, and teams will begin. The latter starting team may pass the earlier starting team on the course should they catch up to them.

(4) Time will end when the last Cadet in the team crosses the finish line.

(5) The course is marked, and the finish line is adjacent to the starting position. Judges are positioned throughout the course to ensure all teams safely complete the obstacles listed and stay on the course.

(6) Team members may provide assistance to each other on any/all obstacles in any manner chosen by the teams. However, once a Cadet scales a wall, they may not return to the backside to help other Cadets over. Major penalty

(7) Uniform: The uniform is OCP pants, t-shirt and/or OCP blouse, and boots. Caps and jackets are not required but optional in cold weather conditions. Teams can and are recommended to carry a water source such as water bottle, hydration bladder, or canteen when negotiating the course. Water points will also be staged throughout the course at designated checkpoints. Gloves and eye protection are encouraged to further reduce risks of scratches or cuts from vegetation throughout the course. Major penalty.

(8) Penalties and Limitations:

- Judges will be positioned throughout the course in designated areas of responsibility

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to ensure teams stay on the designated route, attempt and perform the obstacles safely, and to assist with any medical incidents.

- Adjudication of any contested scores lies within the decision of the event OIC.

(9) Judges and Cadre are the only authorized personnel on the entirety of the Gauntlet course. Spectators may observe at the designated spectator areas. Any non-participant found on the course, will be escorted from the course and potentially from the event entirely. If the team affiliation of the unauthorized spectator is determined, consideration for penalties can be assessed on the participating team.

**f. 5K TEAM RUN**

(1) General Scenario: 10-member teams will run as a team on a 5K route through rolling terrain. This is a straight team run with no gear required. The course is on a path through woods that goes through varying terrain. At points, the path can be narrow, necessitating a single file. Teams need to be careful due to uneven terrain and rocky areas.

(2) Specific Details:

- This is a team run for unity and safety. The team will start together, run together and finish together. Each team must cross the finish line with all team members inside the 10-yard box at the finish. Teams that fail to finish with all members will be disqualified. Since this is a team run, there is no advantage to running ahead.
- Teams may not carry or otherwise fully support a Cadet on the course. Teams can help a struggling or injured team member.

(3) Uniform and Equipment:

- Cadets will run the course in OCP and boots. Cadets can wear t-shirts on the course or ACU shirts. Due to the vegetation on the route and the narrow path, wearing ACU shirts will help protect against scratches and cuts, but it is the team's choice. Cadets may also wear gloves to protect hands from branches and other risks.
- A water source such as water bottle, hydration bladder, or canteen is recommended when negotiating the course. Water points will also be staged throughout the course at designated checkpoints.
- Gloves and eye protection are encouraged to further reduce risks of scratches or cuts from vegetation throughout the course.

(4) Penalties and Limitations:

- A team finishing with only nine cadets in the 5k Team Run will receive a Major penalty.
- Judges will be positioned throughout the course in designated areas of responsibility to ensure teams stay on the designated route and to assist with any medical incidents.
- Adjudication of any contested scores lies within the decision of the event OIC.

(5) Spectators:

- Judges and Cadre are the only authorized personnel on the 5K course. Spectators are not authorized to enter the course at any time.
- Spectators may observe at the designated spectator areas at the start and finishing points of the course.

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- Any non-participant found on the course, will be escorted from the course and potentially from the event entirely. If the team affiliation of the unauthorized spectator is determined, consideration for penalties can be assessed on the participating team.

**g. BATTLE FIT CHALLENGE**

(1) General Scenario: This event is a required event for the Masters Division only and optional for the All-Service and Challenge Division at predetermined times.

- Event will be conducted at the one-mile track and will assess each team member's ability to conduct 1 minute of push-ups, one minute of modified sit-ups, and a 1-mile run.
- Individual Scores will be kept for record and used for scholarship application.

(2) Specific Details

- The Battle Fit Challenge will be conducted with 20 lanes. One grader for each lane and 20x Competitors executing simultaneously.
- Competitors will execute as a Team and will remain in that team throughout the event.
- Competitors will have 10 minutes between the execution of each exercise.
- The competition will begin with each individual completing 1 minute of push-ups.
- When all are complete competitors will move to the sit-up bars. The competitors will then execute 1 minute of modified sit-ups.
- At the competition of both push-ups and sit-ups, competitors will move to the 1-mile track for a 1-mile run.
- All competitors will complete a given event before commencing the next event.

(3) Uniform and Equipment:

- Competitors can compete in APFU. Unit or school shirts or sweatshirts are authorized replacements for the APFU top. If a Cadet does not have an issued APFU, similar fitness apparel is authorized.
- A water source such as water bottle, hydration bladder, or canteen is recommended. Water points will also be staged throughout the push-up and sit-up location as well as the start/finish line of the 1-mile start point.

(4) Scoring & Penalties

- Team scores will be an aggregate of the 10 members and will be calculated into the overall competition scores for the National Raider Challenge Competition.
- **If a Cadet fails to complete all 3 events, a total score of 0 will be factored into the team aggregate score.**

**h. ULTIMATE RAIDER BUDDY TEAM COMPETITION:**

(1) General Scenario: The culminating event for the Masters and All-Services Division competitions will be the Ultimate Raider Buddy Team competition on Sunday morning.

- Each team competing in the Masters and All-services Division competitions should select their 2 best Cadets for this final event. Teams that do not compete in this

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competition will not be eligible for any overall competition trophies.

- This is a buddy-team competition. The 2-person duo teams must stay together throughout the course. Teams that do not cross the finish line together will be disqualified from this event and therefore, not eligible for any overall competition trophies.
- Cadets will wear ACUs with boots for this run. Teammates can select to wear ACU shirts as long as both are in the same uniform.
- All buddy teams will start at the same time. Time will end when both teammates have crossed the finish line together after completing all the tasks. Teams that deviate off the course will be disqualified.
- Teammates can and should assist each other to complete the course in the best time possible. Any Cadet failing to progress after two attempts will move on to the next obstacle and be receive an FTC penalty.

(2) **Change.** Specific Details. The top **7 Masters division and the top 3 All-Service teams overall from the Male, Mixed, and Female Divisions from the Saturday competition will be selected to compete in the Ultimate Raider duo event.** In this way, Masters Division and All-Service Division teams will battle for these slots. Without direct competition against each other, event times will be used in a common event(s) to make these selections.

The Ultimate Raider Buddy Team results will be tabulated into the overall scoring totals. All teams not earning a place in this prestigious event will have their placements computed and frozen from their five or six event competition the day prior. The Buddy Run scoring will be used to help determine the overall Masters and All-Service top finishers and ultimately the Event Champions.

- Leg #1 of the timed race is a run that is 800m in length. At this elevated point, the Buddy Teams navigate a 14-station obstacle course to which each team member must traverse each obstacle. At the completion of the final obstacle, the time will stop for the duo, and the buddy teams will move to a nearby staging area to rest and get ready for the completion of the course.
- Leg #2 of the timed race will consist of all of buddy teams executing a 2-mile run to Brooks Field with a mid-point diversion to conduct a 25m swim before continuing. (NOTE: This is the home of the final awards ceremony, so parents are strongly encouraged to be near the finish line to end the competition).
- For each team, the Leg #1 time and the Leg #2 time will be added together to yield the total Ultimate Raider Buddy Team time. These times will be compared, and placement points will be generated for these events between the participating teams in each division at both the All-Service and the Masters Divisions. These placement scores will be added to the other five event placement scores for these teams to determine the final scoring for the overall top finishers in every division.

(3) Spectators. Spectators may not interfere with any team and should remain in the viewing areas. Spectators must stay clear of the start and finish points to judges can keep accurate time. Spectators may watch along the road.

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The final awards ceremony for both the Masters Division and the All-Service Division will be held at Brooks Field, directly adjacent to the Ultimate Raider endpoint.

**11. EQUIPMENT/OBSTACLE LIST:**

**a. Physical Team Test (For 2 parallel lanes)**

**(1) Obstacles**

- 2 ea. 10-foot long, 30" diameter tube/culverts
- 2 ea. 40" high, 6' wide wall (hurdle event)
- 4x50' Lengths of rope/engineer tape for the agility maze
- 20 metal poles to hold rope/engineer tape for the agility maze.
- 2x8 staggered car tires
- 2x300 lb. tractor tire

**(2) Equipment**

- 30 water cans (filled)
- 10 20mm ammunition cans filled with sand.
- Skedco with 250 lbs.
- 18 Orange traffic cones – PER LANE USED
  - (to denote the start/finish line (2),
  - Two sets of four to create two "boxes" for the water & ammo can placements.
  - Two sets of two for creating the distance of the Skedco pull.
  - One set of four to create the 10-yard box for the tire flip.

**b. Rope Bridge (teams provide their own rope, Swiss seats, and carabiners)**

(1) 30 climbing helmets per lane (up to 120 total)

(2) Disinfectant spray for helmets after use

**c. Cross-country Rescue**

**(1) Obstacles**

- 8-foot tall, 8-foot-wide wall
- 40-foot-long mud/water pit
- Four 4-feet wide, 40" high "over" obstacles
- Four 4-feet wide, 24" high "over" obstacles
- Four 6 suspended tire swings

**(2) Equipment**

- 12 rucksacks weighing 35 lbs. each.
- Two litters, each with 130 lbs. for male teams + one spare litter
- Two litters with 100 lbs. for female/mixed teams + one spare litter



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- 4 Orange traffic cones – PER LANE USED
  - One set of four to create the starting box for the teams to begin their event

**d. Raider Gauntlet**

**(1) Obstacles**

- 23” diameter opening tire, suspended between 2 poles with bottom edge of the tire 3’ off the ground.
- 12’ wall
- 8’ wall
- Four 4-foot wide, 40” high “over” obstacles
- Four 4-foot wide, 24” high “under” obstacles
- 9’ Cargo Net
- Horizontal Ladder
- Four 30-foot long, 30” diameter tubes/culverts
- 7’ ramp wall with ropes attached to assist in getting over
- Window obstacle, 3.5’ wide, 5’ high with bottom sill 2’ off ground

**(2) Equipment**

- 4 Orange traffic cones – PER LANE USED
  - One set of four to create the starting box for the teams to begin their event

**e. 5K Team Run**

**(1) Equipment**

- Running bibs with numbers to track team completion and avoid confusion.
- 6 Orange traffic cones – PER LANE USED
  - One set of two to create the start line for teams to use
  - One set of four to create the 10-yard finish box for the teams to end their event

**f. Ultimate Raider Buddy Team**

**(1) Obstacles** – Pre-set obstacle course will be utilized.

**(2) Equipment**

- Running bibs with numbers to track team completion and avoid confusion.
- Two sets of 2 TALL Orange traffic cones (to better denote the two finish lines)

**12. CADET PACKING LIST:** Cadets should bring the following items to the event.

**a. Personal Gear:**

- Hydration system (Camelbak Canteen or water bottle)

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- Personal identification documents (ID card, driver's license)
- Watch
- Personal hygiene kit
- Towel
- Shower Shoes
- Toothbrush
- Toothpaste,
- Soap
- Deodorant
- Disposable or reusable razor
- Shaving cream or gel
- Comb or hairbrush
- Hair ties or clips (if applicable)
- Feminine hygiene products (if applicable)
- Nail clippers or nail file
- Tissues or toilet paper
- Hand sanitizer
- Sunscreen and insect repellent
- Hat or cap for sun protection or black fleece cap (weather will dictate headgear)
- Spare clothing and extra socks
- Comfortable and sturdy footwear (running shoes or issued service boots)
- Rain jacket or poncho
- Cold weather gear (jacket, hat, gloves)
- Combination lock for wall locker

b. Uniform and PT Gear (Cadet uniforms must be worn IAW CCR 145-2, Chapter 8):

- School T Shirt
- OCP Top
- OCP or ACU Bottoms
- PT gear (shorts, t-shirts) (School Shirts are allowed)
- Athletic shoes for PT activities or sleeping.

c. Recommended Equipment for Course Preparation:

- Good attitude
- Rugged notebook and pen for notetaking.
- **All required equipment needed to execute the 1-rope bridge event. USACC will provide a helmet for all competitors.**
- Eye protection (goggles, Sunglasses, or Approved eye protection)
- Gloves with good grip

d. Emergency Communication:

- Personal cell phone for emergency calls
- USACC Contact List (Will be provided in Welcome Packet.)

e. Event Registration and Documentation (Team Coach and Captain):

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- Event registration confirmation and paperwork
  - MFR for physical requirements met.
  - Paper Signed waiver form (signed by parent if Cadet is under 18 years of age)
- f. Sleeping and Camping Gear: (Barracks will be available for competitors)
- Pillow, linen, and blanket for barracks (**Army will not issue linen**).
  - Sleeping bag
  - Tent or shelter (if camping on-site)
  - Sleeping pad or air mattress
  - Pillow
  - Flashlight or headlamp with spare batteries