1. General Scenario:

   a. Rope bridges will be constructed in accordance with the spirit and intent of a real rope bridge situation. The basic premise must be that it be done as seriously and accurately as if a gorge or a river were actually being crossed (Refer to TC 90-6-1, paragraph d. construction, pages 6-36 and 6-37).

   b. One rope bridge sites will be used for the Male Division, Female and Mixed Divisions.

   c. 8-members of the team must compete and complete the bridge construction and crossing.

   d. The uniform for this event: ACU/BDU pants, t-shirt, riggers belt, ACU Patrol cap, and boots. NOTE: TAN WORK GLOVES or BLACK GLOVE SHELLS WILL BE PROVIDED BY THE ONE-ROPE BRIDGE COMMITTEE. Other gloves are authorized for wear, IAW the base WARNORD / OPORD.

   e. Ropes (Kernmantle) will be provided by the site committee. Teams may utilize their own rope (Kernmantle) provided it meets all safety requirements, and is inspected and approved by the site committee for use – rope MUST BE 120 feet minimum.

2. Specific Details:

   a. No loops, bights and or pre-tied knots will be allowed on the rope. The judge will assist in back coiling the rope inside a backpack, duffle bag, or ruck sack for the teams prior to starting the event. Swiss seats will be pre-tied in order to save time. Swiss/Waist seats will not be graded, only inspected for safety (if an unsafe knot is found during cursory inspection, it must be corrected prior to start of course)

   b. Swiss/Waist seats will be provided by the Site Committee. Swiss seats will be tied prior to reporting to the exact rope bridge site. All participants will wear a rappel seat (swiss seat). The first and last team members can wear sling ropes properly tied around the waist (minimum two wraps around the waist secured with square knot and tied off with an overhand knot on each side of the square knot.

   c. Upon arrival at the Start Point, the team will have their rope laid out on the ground. After the rope is in position and laid out on the ground, NO ONE may touch the rope until time is started. There cannot be any knots of any kind pre-tied in the rope prior to the start of the event. This will cause the team to be disqualified if the team is found to have pre-tied knots. On the command GO, the clock will start and the team will run to the near side anchor point, and immediately build a 1-rope bridge. Team will then cross the river as outlined. Time will continue to run until:
The entire team and all equipment is out of the water, across the river and on the far bank (to include the rope!)

(2) All knots are out of the rope.

(3) The team has announced, “TIME!”

d. The team with fastest time to include any penalty points added will be the winner.

e. The only knots allowed on the near side anchor point will be the following:

(1) Wireman’s Knot

(2) Figure 8 Slip Knot

(3) Butterfly

f. The only knots allowed on the far side anchor point will be the following:

(1) Round Turn with TWO Half Hitches

(2) Tension Anchor (A minimum of FOUR wraps on anchor)

g. Quick release for the second half hitch is recommended on both sides.

h. End of the line bowline or figure 8 is used to attach the rope to the first person to cross the gorge and must be attached to the seat or waist rope with a snap link or bowline and/or figure 8 over the shoulder.

i. A rope bridge that fails will not be counted or scored and will disqualify that team from that segment of the event. Judges will notify the team immediately to end their effort and avoid injury.

j. There is no limit on the number of snap links used in the transport knot.

k. All team members that cross the rope bridge must be hooked onto the rope and pull themselves across the obstacle. One foot and one hand must be kept in contact with rope at all times when crossing. If the members cross their feet over the top of the rope without touching the rope, it is acceptable. One leg can drag on the rope, or both legs can drag on the rope while crossing. All team members that cross the rope bridge must be hooked onto the rope with carabineer and pull themselves across the obstacle using a rappel seat method. Progress is made rotating under the rope and pulling with the hands and arms. There is NO PENALTY if feet fall below the rope while crossing).

NOTE: Cadets who have crossed to far shore MAY assist other Cadets in dismounting from the rope. Cadets who have crossed to far shore MAY ALSO grab the arm, rope, LBE/LBV, etc. of the Cadet on the rope to help them. HOWEVER, if a Cadet steps over
the far shore boundary line (aka “line of death”), THERE IS A 30-SECOND PENALTY. See FM 3-97.61 Military Mountaineering, chapter 7, fig 7-17.

NOTE: If the legs spread apart over the top of the rope, a one (1) minute penalty will be accessed.

3. **Penalties (30 seconds each, unless noted):**
   a. Wireman’s knot not removed from main rope
   b. Mounting/hanging (gate open/closed) on bridge before second hitch is tied.
   c. Cadet stepping over near shore and/or far shore limit (stepping onto obstacle).
   d. Running across the obstacle (except #1 and #8 men) (**2 minute penalty**)
   e. Legs spread apart over top of the rope while crossing the rope.
   f. Calling “time” before all knots are out of the main rope (team elects to take penalty instead of untying the knot. (**1 minute penalty**)
   g. **Individual can not cross / refuses to cross the obstacle on the rope (2 minute penalty).**

NOTE: **ONLY THREE (3) RAIDERS MAY BE SNAPPED ONTO THE BRIDGE ROPE AT ONE TIME.** In other words, one Cadet may be on the far shore side unsnapping, one Cadet midway the rope, and one Cadet holding onto the rope, prepared to mount onto the rope and snap in with carabineers/D-links gates open. Please ensure this is practiced during on-campus training, as there is a 1-minute deduction for EVERY violation on the scoresheet.

4. **Equipment:** Logistics required for the conduct of the One Rope Bridge are listed below.

   b. Engineer tape - 1 roll
   c. Stop watches – Min 4. Run event must have a backup.
   d. Kernmantle Rope “**120 Ft minimum**”. – 2 ea.
   e. Water - 10 gallons with cups (positioned at end of running event) – 2ea.
   f. Briefing chart/easel. Used to brief competitors on event task – 2ea.
   g. D-Rings “Carabineers” – 10ea.
   h. Clip boards - 4 ea (1 per evaluator)
   i. Grading sheets – 1ea per team.
   k. Canopy – 1ea.

GO TO NEXT PAGE
ROPE BRIDGE
ROUND TURN AND TWO HALF HITCHES (ANCHORS)

This knot is used to tie the end of a rope to an anchor, and it must have constant tension. It is an anchor knot.

Step 1: Route the rope around the anchor from right to left (as you face the anchor point) and wrap down (must have two wraps in the rear of the anchor, and one in the front). Run the loop around the object to provide 360-degree contact, distributing the load over the anchor.

Step 2: Bring the working end of the rope left to right and over the standing part, forming a half hitch (first half hitch). Rope must be pulled all the way through first half hitch.

Step 3: Repeat STEP 2 (last half hitch has a 6-inch pigtail or may use a bight, forming a quick release with at least a 6-inch loop). A quick release may be used on second half hitch.

Checkpoints. A complete round turn should exist around the anchor with no crossing of the rope.
ONE ROPE BRIDGE EVENT

School Name: ________________________________________
Team Name: ________________________________________

TEAM TYPE:   MALE     FEMALE     MIXED

Reason for Disqualification:
- Rope Bridge Failure/dangerous set (Judges will notify the team immediately to end their effort and avoid injury)
- Walking in obstacle vs. crossing on rope
- Instructor/Parents coaching (Judges will notify the team immediately to end their effort)
- Only Seven cadets competing
- Mixed team with less than 2 females
- Other (explain) ________________________________________

Penalties:
- Less than Eight Competitors (5 minutes penalty)
- On Rope, Touching Rope, or Simulating Transport Before Near Side Knot is completed (5-minute penalty)
- Failure to Bring All Equipment across the Finish Line (5 minutes per piece of equipment)
- # Occurrence of Cursing or Unsportsmanlike Conduct (1 minute)
- Pre-tied knots (1 minute)
- No Bowline or Figure 8 Farside used for 1st person crossing the gorge (1 minute)
- Rope not snapped in OR CORRECTLY for 1st person crossing the gorge (1 minute)
- Failure to use proper Transport Knot (1 minute) - (Wireman OR Figure 8 Slip Knot)
- Hooking up before Nearside Knot is complete (1 minute)
- Incorrect Anchor Knot (Far Side) (1 minute) - (Round Turn 2 half hitches or Tension Anchor min 4 wraps on anchor; min. 4 wraps)
- Breaking down bridge before last man off rope (1 minute)
- More than THREE CADETS snapped into the rope at any one time (1 minute PER OCCURANCE)
- Knots/Snaplink still in rope after “time” called (1 minute PER OCCURANCE)
- Dead Zone (Boundary) Violation (1 minute PER OCCURANCE)
- Other (explain) ________________________________________

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TOTAL: ______________________

BRIDGE TIME: ______________________
Lane Grader ______________________
(SIGNATURE REQUIRED)

PENALTIES: ______________________
Review by Lane OIC/NCOIC ______________________
(SIGNATURE REQUIRED)
TOTAL TIME: ____________________

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