

2018 MCAGCC JROTC Devil Dog Challenge-The Battle at Bandini

Below is a list and brief description of the events taking place aboard the Marine Corps Air Ground Combat Center (MCAGCC) February 23-25, 2018. This event will be limited participation. Events are subject to change. Any changes will be posted to the website and email notification to those already registered.

This event will be limited to 28 teams. Teams will consist of a 6 member squad. 4 team members will compete at each event with all 6 competing at the Rope Bridge Challenge. Teams can be either in the all male division or mixed division. Schools can register one team per division. The mixed division must have at least two females on each team. Registration will be accepted on a "first come, first accepted" basis. Any team signing up after the card is full will be placed on a "call back" list in the event a team has to withdraw.

[] **Event 1.** A challenging course that tests the participant's ability to negotiate a variety of manmade obstacles requiring physical dexterity, strength, endurance, and agility. This course was specially designed to provide a complete functional workout utilizing all or part of the course. The Tactical Course begins with a door breacher obstacle and consists of walls varying in height from 4 feet to 8 feet, horizontal pipes that must be traversed. The Platoon Trainer is a series of linked exercises that include rope climbs and window obstacles. The Urban Trainer simulates navigating thru a damaged building. This is a timed, team event. All team members must complete each obstacle before moving on to the next obstacle. Time penalties will be assessed for each obstacle not completed.

Rules: All obstacles must be completed as described/demonstrated. The team must complete each obstacle before moving on to the next obstacle. Time will be stopped when the entire team crosses the finishline. 25 minute time cap (minus penalties). If the time cap is reached, points will be assessed at time cap plus penalties incurred.

1. Door breacher requires the door to be breached using a 50lb battering hammer. **This obstacle is timed at 60 seconds. If the door is not breached by then the participants may move on to the next obstacle.**
2. Hand over hand bars- a series of ascending bars that require hand over hand movement. **Any participant not able to complete the entire obstacle will be assessed a 60 second time penalty.**
3. Rope Swing – members must swing across the gap without touching the mat. Once across they must swing the rope back to the next person. **A 60 second time penalty for any team member not able to properly complete the obstacle**
4. Over-n-Under – requires the participant to negotiate the horizontal bars by going over and under the bars. **A 60 second time penalty for any team member not able to complete the obstacle.**
5. 5' wall- Lift a 70lb medicine ball over the wall, climb over the wall, then lift the ball over again. **One try per member to fully complete the obstacle. A 30 second time bonus for each member that successfully completes the challenge. Teams may choose not to lift the medicine balls. All team members must negotiate the obstacle. A 60 second time penalty for any team member that does not climb over the wall.**

6. 12" Diameter Horizontal Tactical Movement Standard – Team members must negotiate the obstacle from one end to another. Once they climb on the obstacle they cannot fall off until they touch the red painted area at the other end. If a team member falls off the bar, they incur a time penalty and may not try again. A 60 second time penalty for any team member not able to complete the obstacle.
7. 8' wall – climb over the wall. A 60 second time penalty for any team member not able to complete the obstacle.
8. 4' wall – Lift a 80lb medicine ball over the wall, climb over the wall, then lift the ball over again. One try per member to fully complete the obstacle. A 30 second time bonus for each member that successfully completes the challenge. Teams may choose not to lift the medicine balls. All team members must negotiate the obstacle. A 60 second time penalty for any team member that does not climb over the wall.
9. Horizontal bar wall – a series of horizontal bars that require climbing over from one side to the other. A 60 second time penalty for any team member not able to complete the obstacle.
10. 10" Diameter Horizontal Tactical Movement Standard – Team members must negotiate the obstacle from one end to another. Once they climb on the obstacle they cannot fall off until they touch the red painted area at the other end. If a team member falls off the bar, they incur a time penalty and may not try again. A 60 second time penalty for any team member not able to complete the obstacle.
11. 6' wall – Lift a 50lb medicine ball over the wall, climb over the wall, then lift the ball over again. One try per member to fully complete the obstacle. A 30 second time bonus for each member that successfully completes the challenge. Teams may choose not to lift the medicine balls. All team members must negotiate the obstacle. A 60 second time penalty for any team member that does not climb over the wall.
12. Platoon trainer – Simulates a blown out building. Participants must climb thru the obstacle without touching the ground. A 60 second time penalty if your feet touch the ground. Max penalty is 60 seconds per team member.
13. The Weaver – participants must ascend then descend the obstacle stepping on top of each bar. A 60 second time penalty for any team member not able to complete the obstacle. Three points of contact must be maintained throughout the execution of this obstacle.
14. 7' wall – Lift a 40lb medicine ball over the wall, climb over the wall, then lift the ball over again. One try per member to fully complete the obstacle. A 30 second time bonus for each member that successfully completes the challenge. Teams may choose not to lift the medicine balls. All team members must negotiate the obstacle. A 60 second time penalty for any team member that does not climb over the wall.
15. 8" Diameter Horizontal Tactical Movement Standard – Team members must negotiate the obstacle from one end to another. Once they climb on the obstacle they cannot fall off until they touch the red painted area at the other end. If a team member falls off the bar, they incur a time penalty and may not try again. A 60 second time penalty for any team member not able to complete the obstacle.
16. Cargo net - Climb up and over the cargo net. A 60 second time penalty for any team member not able to complete the obstacle.

17. Urban Trainer – Urban Agility Trainer – Team enters the obstacle thru the end windows and then weaves out an in through the side windows. **All team members must negotiate the obstacle. A 60 second time penalty for any team member not able to complete the obstacle.**

Sprint to the finish line. Entire team must be within 5 yards of each other when crossing the finish line. **A 60 second penalty will be assessed if all team members are not within the 5 yard box**

[] **Event 2.** A series of events linked together requiring the team to initiate the increase in muscle power through both speed in starting and stopping function. Events will include weaving through a series of tackling dummies, sled push, Wheel barrows, agility hurdles and arches. This will be a relay race with one team member competing at a time. The course will reset itself as each participant will reset the course as they come back through the course. Teams will compete in a head to head match but they are competing against the clock. Time penalties will be assessed for each obstacle not completed.

Rules: All obstacles must be completed as described/demonstrated. One team member will compete at a time. Time will start on the first person and stop once the 4th team member has crossed the finish line.

Tackling dummy weave- a 20 yard zig zag thru tackling dummies.

Arches – ducking thru a series of arches for 20 yards

Sled Push – a 100lb sled must be pushed 20 yards

Tire Flip – a 200lb tire must be flipped 10 yards

Agility pads – negotiate the agility pads for 20 yards

Cone weave - weave thru a series of cones over a 20 yard distance.

Retrace your steps back to the start line where the next team member will begin.

Each obstacle will incur a 60 second penalty, per person, if not executed correctly.

[] **Event 3.** Participants will be required to transport a variety of equipment 40 yards then return the equipment to the starting position. Possible equipment will include a weighted sled w/rope, multiple balls (i.e. atlas stones, slam balls, dynamax balls), yokes, fingal finger, farmers blocks, dummy and stretcher. All team members will be competing at the same time. All equipment will be moved from one point to another. Each team member can carry one piece of equipment at a time. Team mates can assist each other but only one piece can move. Once all the pieces of equipment have been moved 40 yards a cognitive puzzle must be completed before the team can begin moving all the equipment back to its original starting place. Once all the equipment is back another cognitive puzzle must be completed. Time will stop when the last puzzle has been correctly completed. There are no time penalties for this event. There is a 25 minute time cap. Those teams not finishing in this time cap will not receive a score for the event.

Rules: Beginning with equipment staged behind the start line, all equipment must be moved 40 yards and be placed across the finish line. Once all equipment has been moved a cognitive exercise must be completed. The cognitive exercise will consist of a variety of different sizes and colors of weights. These weights must be moved back to the starting line and assembled according to the picture provided. After correctly assembling the weights all equipment will be moved back to the starting line. Once the equipment has been returned to

its starting position the weights used for the cognitive puzzle must be moved back to their original position and reassembled according to the picture provided. Time will stop once the cognitive puzzle has been completed and all team members have returned to the original starting point. **There are no penalties assessed for this station. However, there is a 25 minute time cap.**

Team members can move one piece of equipment each at a time. You may use more than one person to move equipment if desired. However, a team member cannot carry a piece of equipment and help another teammate at the same time (i.e. Carry a d-ball and pull the sled).

[] **Event 4.** Conducted on an improved surface with minor elevation rises. Challenge will consist of various obstacles/events stationed approximately every .25 mile. Events will feature combinations such as cannonball pushups, kettlebell swings, and kettlebell snatches. At the turnaround each team will grab one 70lb dummy and transport it back using a fireman's carry technique. **A 60 second time penalty, per station, per person for any team member not able to complete the obstacle.**

[] **Event 5.** Conducted on an improved/unimproved surface with minor elevation rises. . Participants will be under load carrying a stretcher with a 90lb dummy and navigating obstacles along the way. **A 60 second time penalty for any team member not able to complete the obstacle.**

[] **Event 6. *One line Rope Bridge.*** Del Valle Fitness Area. This is a timed event; time stops when team reaches the platform and grounds all required equipment. Rules and penalties can be assessed via separate correspondence.

[] **Event 7.** A series of man made obstacles strategically stationed around the running track. Teams must complete 4 laps around the track. Each lap will require the team to carry a different piece of equipment. **All team members must negotiate each obstacle. A 60 second time penalty for any team member not able to complete each obstacle.**