

APPENDIX D

ONE-ROPE BRIDGE

1. **Task.** Construct a one-rope bridge and cross an obstacle.
2. **Conditions.** At a field location with a 40-foot or longer obstacle, during daylight and existing weather conditions, given a 120-foot rope, rappel seat ropes, and snap links; prescribed uniform: C.
3. **Standards.** All teams will make two timed crossings, on two separate lanes, without losing any equipment, within 16 minutes. At battalion competitions, obstacles may be simulated. At brigade competition, actual obstacles must be negotiated. Scores will be recorded on CC Form 200-R.
4. **Script.** The script below contains the minimum instructions to be announced at the beginning of the event. It is a guide and OICs may add to it, as appropriate, to accommodate unique environmental requirements at their site.

The One-Rope Bridge OIC will say:

"Let me have your attention. At this station you will be required to correctly construct a one-rope bridge and safely cross a 40-foot obstacle two times. You will have 5 minutes to prepare for the first crossing and there will be a 5-minute break between the first and second run. The second run will be performed in the same manner as the first run.

There will be no pre-tied knots in the main rope. The first and last team members are not required to wear a rappel seat when they cross the obstacle; however, all other team members will cross the rope using a rappel seat and snap link. Time will stop during the event if a rope or snap link breaks. If this occurs, the run will be nullified, the equipment will be replaced, and the team will be permitted to restart the event from the beginning. Scores will be based upon the combined times of both runs, minus penalties assessed.

Assess penalties as follows:

-- Team disqualification for failure to utilize a wireman's knot for the transportation tightening system or for loss of any weapon. Zero points awarded for the event.

-- 45 seconds for each piece of equipment dropped into the obstacle or not taken across the obstacle per crossing attempt.

-- 30 seconds for each cadet (except first and last) who enters (touches) the obstacle with his/her body or equipment per crossing attempt (including cadets on near and far banks attempting to assist team members negotiate the obstacle).

-- 30 seconds for any knot left in the main rope after crossing.

-- 20 seconds each for the first or last cadet for failure to secure the main rope to their waist with an end-of-line bowline and a snap link.

-- 10 seconds for each piece of equipment lost in crossing."

Ask:

"Are there any questions?"

Pause and say:

"You have 5 minutes to prepare for the first crossing."

At the end of 5 minutes, say:

"Time is up. Prepare to cross."

Pause and say:

"Begin."

Start timing. Stop timing when the team completes the first crossing. Repeat the procedure until the teams have completed two runs. Assure each team has 5 minutes between runs to formulate strategy for the second run.

5. **NOTES:**

a. Have the Ranger Challenge Team Leader fill in required information on score sheet (encl).

b. Teams will make the two crossings on different lanes.

c. Eight cadets will compete in the event. Except for the first and last cadet, all cadets must cross the obstacle on the rope and remain dry.

d. All equipment and LBE must be carried across the obstacle. Weapons will be carried by the cadet assigned the weapon (exceptions may be made in the interest of safety). Weapons are not required for head-to-head competitions.

e. Use only standard military ropes (NSN 4020-00-931-8793) and snap links (NSN 8465-00-360-0228).

f. All knots used in constructing the bridge must be approved by TC 90-6-1, Military Mountaineering. Construct the transport tightening system with a wireman's knot. All other knots selected for use in the construction must be safe and designed for their intended purposes.

g. Each individual lane will be evaluated for its relative degree of difficulty. Schedule the teams between lanes to provide equal degrees of difficulty over the two crossings among the teams.

h. "Speed tighteners" (metal, wooden, plastic, etc.) are not allowed.

i. The term "Dry" in paragraph 3 above implies that procedures must be correct and team members #2 through #7 not touch the water/obstacles.

j. Cadets on either bank may assist team members. Assess penalties for them entering (touching) the obstacle.

k. Crossing site must permit teams adequate space to take slack out of the rope without interference and under comparable terrain conditions.

l. Give safety briefing. Provide for downstream water safety (e.g., safety lines, boat, lifeguards) as appropriate.

6. SCORING:

a. Teams can receive a maximum of 210 points for properly completed construction and crossing (7 points for each of the 30 "GOs" on the event scoresheets for both runs).

b. Teams may receive a maximum of 90 additional points by averaging the two run times and applying the below matrix against each team's average time.

c. Apply penalties to determine each run time prior to averaging.

EXAMPLE:

Team A's first run was 2:33, with no penalties and all "GOs." Team A's second run was 2:41 with one 20-second penalty, one 30-second penalty, and one "NO GO."

$$2:33 + 3:31 = 6:04/2 = 3:02 = 59.75 \text{ matrix points}$$

$$29 \text{ GOs} \times 7 \text{ points each} = 203$$

$$59.75 + 203 = 262.75 \text{ total points}$$

ONE ROPE BRIDGE TIME MATRIX

<u>TIME</u>	<u>POINTS</u>	<u>TIME</u>	<u>POINTS</u>	<u>TIME</u>	<u>POINTS</u>	<u>TIME</u>	<u>POINTS</u>
1:01	- 90.00	1:23	- 84.50	1:45	- 79.00	2:07	- 73.50
1:02	- 89.75	1:24	- 84.25	1:46	- 78.75	2:08	- 73.25
1:03	- 89.50	1:25	- 84.00	1:47	- 78.50	2:09	- 73.00
1:04	- 89.25	1:26	- 83.75	1:48	- 78.25	2:10	- 72.75
1:05	- 89.00	1:27	- 83.50	1:49	- 78.00	2:11	- 72.50
1:06	- 88.75	1:28	- 83.25	1:50	- 77.75	2:12	- 72.25
1:07	- 88.50	1:29	- 83.00	1:51	- 77.50	2:13	- 72.00
1:08	- 88.25	1:30	- 82.75	1:52	- 77.25	2:14	- 71.75
1:09	- 88.00	1:31	- 82.50	1:53	- 77.00	2:15	- 71.50
1:10	- 87.75	1:32	- 82.25	1:54	- 76.75	2:16	- 71.25
1:11	- 87.50	1:33	- 82.00	1:55	- 76.50	2:17	- 71.00
1:12	- 87.25	1:34	- 81.75	1:56	- 76.25	2:18	- 70.75
1:13	- 87.00	1:35	- 81.50	1:57	- 76.00	2:19	- 70.50
1:14	- 86.75	1:36	- 81.25	1:58	- 75.75	2:20	- 70.25
1:15	- 86.50	1:37	- 81.00	1:59	- 75.50	2:21	- 70.00
1:16	- 86.25	1:38	- 80.75	2:00	- 75.25	2:22	- 69.75
1:17	- 86.00	1:39	- 80.50	2:01	- 75.00	2:23	- 69.50
1:18	- 85.75	1:40	- 80.25	2:02	- 74.75	2:24	- 69.25
1:19	- 85.50	1:41	- 80.00	2:03	- 74.50	2:25	- 69.00
1:20	- 85.25	1:42	- 79.75	2:04	- 74.25	2:26	- 68.75
1:21	- 85.00	1:43	- 79.50	2:05	- 74.00	2:27	- 68.50
1:22	- 84.75	1:44	- 79.25	2:06	- 73.75	2:28	- 68.25

ONE-ROPE BRIDGE TIME MATRIX (CONT'D)

<u>TIME</u>	<u>POINTS</u>	<u>TIME</u>	<u>POINTS</u>	<u>TIME</u>	<u>POINTS</u>	<u>TIME</u>	<u>POINTS</u>
2:29	- 68.00	3:03	- 59.50	3:37	- 51.00	4:11	- 42.50
2:30	- 67.75	3:04	- 59.25	3:38	- 50.75	4:12	- 42.25
2:31	- 67.50	3:05	- 59.00	3:39	- 50.50	4:13	- 42.00
2:32	- 67.25	3:06	- 58.75	3:40	- 50.25	4:14	- 41.75
2:33	- 67.00	3:07	- 58.50	3:41	- 50.00	4:15	- 41.50
2:34	- 66.75	3:08	- 58.25	3:42	- 49.75	4:16	- 41.25
2:35	- 66.50	3:09	- 58.00	3:43	- 49.50	4:17	- 41.00
2:36	- 66.25	3:10	- 57.75	3:44	- 49.25	4:18	- 40.75
2:37	- 66.00	3:11	- 57.50	3:45	- 49.00	4:19	- 40.50
2:38	- 65.75	3:12	- 57.25	3:46	- 48.75	4:20	- 40.25
2:39	- 65.50	3:13	- 57.00	3:47	- 48.50	4:21	- 40.00
2:40	- 65.25	3:14	- 56.75	3:48	- 48.25	4:22	- 39.75
2:41	- 65.00	3:15	- 56.50	3:49	- 48.00	4:23	- 39.50
2:42	- 64.75	3:16	- 56.25	3:50	- 47.75	4:24	- 39.25
2:43	- 64.50	3:17	- 56.00	3:51	- 47.50	4:25	- 39.00
2:44	- 64.25	3:18	- 55.75	3:52	- 47.25	4:26	- 38.75
2:45	- 64.00	3:19	- 55.50	3:53	- 47.00	4:27	- 38.50
2:46	- 63.75	3:20	- 55.25	3:54	- 46.75	4:28	- 38.25
2:47	- 63.50	3:21	- 55.00	3:55	- 46.50	4:29	- 38.00
2:48	- 63.25	3:22	- 54.75	3:56	- 46.25	4:30	- 37.75
2:49	- 63.00	3:23	- 54.50	3:57	- 46.00	4:31	- 37.50
2:50	- 62.75	3:24	- 54.25	3:58	- 45.75	4:32	- 37.25
2:51	- 62.50	3:25	- 54.00	3:59	- 45.50	4:33	- 37.00
2:52	- 62.25	3:26	- 53.75	4:00	- 45.25	4:34	- 36.75
2:53	- 62.00	3:27	- 53.50	4:01	- 45.00	4:35	- 36.50
2:54	- 61.75	3:28	- 53.25	4:02	- 44.75	4:36	- 36.25
2:55	- 61.50	3:29	- 53.00	4:03	- 44.50	4:37	- 36.00
2:56	- 61.25	3:30	- 52.75	4:04	- 44.25	4:38	- 35.75
2:57	- 61.00	3:31	- 52.50	4:05	- 44.00	4:39	- 35.50
2:58	- 60.75	3:32	- 52.25	4:06	- 43.75	4:40	- 35.25
2:59	- 60.50	3:33	- 52.00	4:07	- 43.50	4:41	- 35.00
3:00	- 60.25	3:34	- 51.75	4:08	- 43.25	4:42	- 34.75
3:01	- 60.00	3:35	- 51.50	4:09	- 43.00	4:43	- 34.50
3:02	- 59.75	3:36	- 51.25	4:10	- 42.75	4:44	- 34.25

ONE-ROPE BRIDGE TIME MATRIX (CONT'D)

<u>TIME</u>	<u>POINTS</u>	<u>TIME</u>	<u>POINTS</u>	<u>TIME</u>	<u>POINTS</u>	<u>TIME</u>	<u>POINTS</u>
4:45	- 34.00	5:19	- 25.50	5:53	- 17.00	6:27	- 8.50
4:46	- 33.75	5:20	- 25.25	5:54	- 16.75	6:28	- 8.25
4:47	- 33.50	5:21	- 25.00	5:55	- 16.50	6:29	- 8.00
4:48	- 33.25	5:22	- 24.75	5:56	- 16.25	6:30	- 7.75
4:49	- 33.00	5:23	- 24.50	5:57	- 16.00	6:31	- 7.50
4:50	- 32.75	5:24	- 24.25	5:58	- 15.75	6:32	- 7.25
4:51	- 32.50	5:25	- 24.00	5:59	- 15.50	6:33	- 7.00
4:52	- 32.25	5:26	- 23.75	6:00	- 15.25	6:34	- 6.75
4:53	- 32.00	5:27	- 23.50	6:01	- 15.00	6:35	- 6.50
4:54	- 31.75	5:28	- 23.25	6:02	- 14.75	6:36	- 6.25
4:55	- 31.50	5:29	- 23.00	6:03	- 14.50	6:37	- 6.00
4:56	- 31.25	5:30	- 22.75	6:04	- 14.25	6:38	- 5.75
4:57	- 31.00	5:31	- 22.50	6:05	- 14.00	6:39	- 5.50
4:58	- 30.75	5:32	- 22.25	6:06	- 13.75	6:40	- 5.25
4:59	- 30.50	5:33	- 22.00	6:07	- 13.50	6:41	- 5.00
5:00	- 30.25	5:34	- 21.75	6:08	- 13.25	6:42	- 4.75
5:01	- 30.00	5:35	- 21.50	6:09	- 13.00	6:43	- 4.50
5:02	- 29.75	5:36	- 21.25	6:10	- 12.75	6:44	- 4.25
5:03	- 29.50	5:37	- 21.00	6:11	- 12.50	6:45	- 4.00
5:04	- 29.25	5:38	- 20.75	6:12	- 12.25	6:46	- 3.75
5:05	- 29.00	5:39	- 20.50	6:13	- 12.00	6:47	- 3.50
5:06	- 28.75	5:40	- 20.25	6:14	- 11.75	6:48	- 3.25
5:07	- 28.50	5:41	- 20.00	6:15	- 11.50	6:49	- 3.00
5:08	- 28.25	5:42	- 19.75	6:16	- 11.25	6:50	- 2.75
5:09	- 28.00	5:43	- 19.50	6:17	- 11.00	6:51	- 2.50
5:10	- 27.75	5:44	- 19.25	6:18	- 10.75	6:52	- 2.25
5:11	- 27.50	5:45	- 19.00	6:19	- 10.50	6:53	- 2.00
5:12	- 27.25	5:46	- 18.75	6:20	- 10.25	6:54	- 1.75
5:13	- 27.00	5:47	- 18.50	6:21	- 10.00	6:55	- 1.50
5:14	- 26.75	5:48	- 18.25	6:22	- 9.75	6:56	- 1.25
5:15	- 26.50	5:49	- 18.00	6:23	- 9.50	6:57	- 1.00
5:16	- 26.25	5:50	- 17.75	6:24	- 9.25	6:58	- .75

ONE-ROPE BRIDGE TIME MATRIX (CONT'D)

<u>TIME</u>	<u>POINTS</u>	<u>TIME</u>	<u>POINTS</u>	<u>TIME</u>	<u>POINTS</u>	<u>TIME</u>	<u>POINTS</u>
5:17	- 26.00	5:51	- 17.50	6:25	- 9.00	6:59	- .50
5:18	- 25.75	5:52	- 17.25	6:26	- 8.75	7:00	- .25