

APPENDIX G

10-KILOMETER FORCED MARCH

1. **Task.** To measure the cadet's physical strength and endurance.
2. **Conditions.** During daylight, under existing weather conditions, given equipment described below; prescribed uniform: D.
3. **Standards.** Ranger Challenge teams must complete the 10-K Forced March within 90 minutes. Scores will be recorded on CC Form 203-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 environmental requirements at their site.

The 10-K OIC says:

"Let me have your attention. At this station you must complete a 10-K Forced March. You must wear or carry the equipment specified in the MOI during the march and each cadet must carry his/her own equipment throughout the entire march. Teams consist of nine cadets for this event. The first eight finishers will be counted for the total team time. Should a cadet become injured, only eight cadets need finish. Teams with less than eight finishers will be disqualified. This event is a forced march and will be conducted and monitored to ensure it follows the spirit and the intent of such a competition. Teams will maintain unit integrity throughout the event by maintaining no more than 25-meters between the first and eighth team member during the entire course of the march. Evaluators at various points along the route will check movement and unit integrity. Team integrity violations will be assessed as one-minute penalties for each violation. A marker will identify a 25-meter zone at the finish line. Teams will not cross the finish line until eight team members have entered the zone. Each team member who is not within this zone when the first team member crosses the finish line will be determined not to have finished with the team and a 10-minute penalty will be assessed. Time will stop when the eighth and final member crosses the finish line. The team will immediately report to the scorer for an equipment check. A 3-minute penalty will be assessed for each piece of equipment missing (see score sheet). If a weapon is missing, the entire team is disqualified. Do you understand what you must do?"

If there are no questions, organize the teams, move them to the start line, and conduct a staggered 2-minute start of team pairs.

After starting teams, scorers move to the finish line. Teams that do not cross the finish line within the 90-minute time frame receive 100 points.

5. **Notes.**

- a. Conduct this event as the last event of the brigade competition.
- b. To minimize gamesmanship and ensure a level playing field, the competition commander should rule on contestant footwear for this event. Guidance should be provided early to allow footwear break-in and adherence to this rule.
- c. Give safety briefing.

6. **Scoring.**

- a. Score the 10-K Forced March as follows:
 1. Each team will successfully complete the event for time with all prescribed equipment and with eight team members, or be assessed the appropriate penalties. Each team can receive a maximum of 600 points and minimum 100 points based on completion time.
 2. Penalties:
 - 1 minute penalty for each violation of team integrity.
 - 3 minute penalty for each piece of equipment missing.
 - 10-minute penalty for each team member who is not within the 25-meter zone prior to the finish line at the time the first team member crosses the finish line.
 - Disqualify teams that finish with less than eight team members, or are missing a weapon at the finish.
- b. The overall team score is determined by the total team time, minus penalty times, from the following time matrix.

10-KILOMETER FORCED MARCH 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>
50:00	600	60:00	500	70:00	400	80:00	300
51:00	590	61:00	490	71:00	390	81:00	290
52:00	580	62:00	480	72:00	380	82:00	280
53:00	570	63:00	470	73:00	370	83:00	270
54:00	560	64:00	460	74:00	360	84:00	260
55:00	550	65:00	450	75:00	350	85:00	250
56:00	540	66:00	440	76:00	340	86:00	240
57:00	530	67:00	430	77:00	330	87:00	230
58:00	520	68:00	420	78:00	320	88:00	220
59:00	510	69:00	410	79:00	310	89:00	210
						90:00	200
						ANY TEAM COMPLETING IN MORE THAN 90:00	100

NOTE: Each six second interval = 1 point