



RUCK-A-THON

OFFICIAL RULES

GENERAL RULES:

1. The Boulder Crest Ruck-a-Thon will begin with the sound of an air horn at 9:30 am sharp.
2. All competitive teams must begin behind the starting line at the top of the Dirt Farm driveway.
3. Teams have 2 hours to ruck up and down the Dirt Farm hill / driveway as many times as possible – as quickly as possible.
4. The air horn will sound a second time at 11:30 am sharp to signal the end of the Ruck-a-Thon. Participants/Teams may not complete any laps or collect poker chips (see scoring below) once the final air horn has sounded. At this time, teams should return to the timing station at the top of the hill to turn in their lap chips for counting.

COMPETITIVE TEAM REQUIREMENTS:

1. Teams of 3 are required.
2. Teams may be same sex or coed.
3. Each team must stay together throughout the entire ruck.
(i.e. If one team member needs to walk or stop, each member must walk or stop. If the team starts to run, all team members must run together. No running ahead or leaving a team member behind.)
4. Female competitors must adhere to the weight vest / rucksack / backpack requirement of **14 lbs**.
5. Male competitors must adhere to the weight vest / rucksack / backpack requirement of **20 lbs**.
6. Each team member must have their weighted vest / rucksack / backpack weighed at check-in to ensure no one's weight is below standard.

Boulder Crest will not have additional weights on-hand should the weight requirement not be met. Please come prepared with additional weight if needed, and weigh your rucksack / vest / backpack prior to arrival. If your weighted vest / rucksack / backpack weighs above the standard requirement, weight can be removed to reach the standard but cannot go below the standard. If enough weight cannot be removed to reach the standard, competitors may ruck above standard, but not below.

7. Each competitive team must designate a team captain to be held responsible for collecting the team's poker chips as laps are accomplished (see scoring below). Each team captain is required to wear a bib with their team number to ensure that volunteers/staff can easily identify each team.

Hold onto your poker chips securely! Fanny packs will be provided with registration, also consider a secure pocket, change purse, wrist locker, etc.

RUCK-A-THON SCORING:

1. There will be markers at both the top and bottom of the Dirt Farm hill driveway to signal where team participants may turn around to continue up or down the hill.
2. Event organizers and/or volunteers will give team captains a poker chip each time the **entire** team has crossed the top marker, and each time the **entire** team has crossed the bottom marker. The designated team captain will be responsible for grabbing the team's poker chip.
3. Lost poker chips will not be counted.
4. The team of 3 who rucks the most lengths of the driveway in two hours wins the grand prize!
5. In the event of a tie, the top scoring teams captains will participate in a final ruck lap from the bottom to the top of the Dirt Farm Brewery Driveway. Whichever team that crosses the finish line first will be determined the 2022 Ruck-A-Thon champions!

All 3 team members MUST participate and cross the line together