

# SWAT Challenge Rules

This is a general outline of the events that will be expected to be completed. Some details may change on the day of the event due to logistical issues setting up the course, but the general idea will remain the same.

Each entrant will be paired with an officer who will not compete against you but will advise you of the requirements of the event and will be timing you. This officer will be the judge as to any violations or penalties to be awarded.

## Events will be completed in the order below:

- Active Shooter Sprint: 40 yd dash on the track (distance will be marked out) carrying a 10 lb breaching tool.
- 3 minute break

The next three events will be done back to back with no break in between. However, you set your own pace as to how fast you finish it.

- Officer Rescue: Drag a simulated downed officer to safety. Dummy will be 155 lbs and total distance will be 15 yds.
- Equipment Carry: Carry a 25 lb breaching tool a distance of 40 yds
- Run: ¼ mile run on the track

3 minute break during which time you must get yourself (run, sprint, walk, crawl) about 100 yds to the next event.

- Simulated Obstacle Climb: Complete two weighted (10 lb vest) pull-ups.

## **Event is completed, time will be stopped.**

During the event you may be penalized for:

- Not putting the equipment on designated mat – **add 30 secs to time**
- Dropping equipment (vs gently placing it down to avoid damage) – **add 30 sec to time**
- **DNF = Did Not Finish:** If you fail to complete any portion of the overall event you will be disqualified. You may take longer to do something, but do your best to complete every event. Slowing or taking an unsanctioned break will add to your time but as long as you complete each task you will not be disqualified.