

BEACH FEST 2008 RULES, SCORING AND EVENTS

RULES

Teams will consist of 30 team members. All teams must submit an official roster prior to the start of competition. There will be no change allowed on the roster once the first event (9:00am 5-K run) has started. All team members must sign a wavier form when their team roster is submitted. Team captains are responsible for getting team members organized and to events two minutes prior to the start of the event. **Beach Fest will take place rain or shine.**

SCORING

The overall scoring will consist of eight events (listed on following page).

The scoring will be as follows for each event;

1 st place – 8 points	2 nd place – 7 points
3 rd place – 6 points	4 th place – 5 points
5 th place - 4 points	6 th place - 3 points
7 th place – 2 points	8 th place – 1 point

In the case of a tie during an event; if a tie cannot be broken (see tie breaker for each event) then the teams in question will share the higher position and points. Example; team “A” comes in 1st, teams “B” and “C” tie for 2nd and team “D” is next in order, Teams E and F are tied for the next spot and team G is next followed by team H in the 5 – k run. Points will be as follows; team “A” – 8 points, teams “B” and “C” – will get 7 points each, their will not be any 3rd place points and team “D” – 5 points for 4th place and teams E and F will get 4 points for 5th and there will not be any 6th place points, team G – 2 points and team H – 1 point.

The Maximum a team can score if they come in first in all eleven events is 88 points. If there is a tie for any position at the end of all events then the following order of tiebreakers will be used;

1. The number of 1st place finishes.
2. Total time in the Pyramid stack.
3. Place finish in the ocean relay race.
4. Place finish in the Tug of War.

The event management committee will make the final decisions on all concerns, rulings, scoring, etc. during the event.

EVENTS

1. JACK DANIELS 5-K Run With Weight Vest

Start: 9:00am

Rules: Three people from each team. Each person from each team runs one mile (out and back) in a relay format wearing a **weighted jacket**. Place finish is determined by the fastest time. One runner from each team will start at the same time. Runners start under the pier and run south along the beach for ½ mile (turn around point) run back to the start line and transfer **weight jacket** to runner # 2, repeat and then transfer **weight jacket** to runner # 3. This is an out and back course with an official check person at the turn around point.

2. APPLETON RUM Ocean Relay Race (100 yards from the shore line into the ocean)

Start: Approximately 9:30am

Rules: Four person team and will consist of the following; Each team (one person) will paddle out in the ocean around a designated buoy (100 yards from the shore line) and paddle back to shore to a designated area and tag off to team member # 2 team member # 2 will paddle out in the ocean around the designated buoy and paddle back to shore to a designated area and tag off to Team member # 3, team member # 3 will paddle out into the ocean around the designated buoy and paddle back to shore to a designated area and tag off to team member # 4 who will swim out, with a buoy can tied to them, into the ocean around the designated buoy and back to shore where he/she will pick up team member # 3 and carry him/her to the designated area approximately 50 yards down the beach to complete the race. Points are awarded by team place finish. Teams will be disqualified for not going around the buoy. This event is weather permitting and **only STRONG SWIMMERS are recommended for this event.**

3. GREY GOOSE VODKA Volleyball Tournament

Start: Approximately 10:00am (will play tournament throughout the day)

Rules: Tournament format (see bracket). Teams will pick numbers at “check-in” to decide placing in tournament bracket. All matches will be scored by the Rally Point scoring system. One game will determine the winner. This game will be played to 15 points and teams do not have to win by 2 points in any match. Teams will consist of 6 players with 4 playing at any one time. Teams are allowed to substitute freely with the 2 remaining team members. Substitutions must be done at the server’s

position and they must complete through the 4-man rotation. **Teams that win 1st round games will move on and play for 1st through 4th place points. Teams that lose in the 1st round will automatically receive 3 points towards their total team points. (4 losing teams in the 1st round receive 3 points) Officials will be from opposing teams for the games.**

4. Tug Of War

Start: Approximately 4:00pm

Rules: Tournament format (see bracket). **Winners of 1st round pulls will be bracketed and pull for 1st through 4th place points. Losers of the 1st round pulls will be bracketed and pull for 5th through 8th place points. All teams will pull 3 times to determine their team points in this event.** Teams will pick numbers at “check-in” to decide placing in the tournament bracket. One pull will determine the winner of a game/heat. Teams will consist of 7 players with 5 pulling at any one time. Teams are allowed to substitute freely with the remaining 2 players after each pull. All pulls will be single elimination pulls with a 2-minute time limit for each heat. (The winner will be determined by the position of the flag, in the middle of the rope, if the 2-minute time limit has expired). **Gloves are allowed.** Footwear – sneakers, sandals or bare feet only. If a team is in back to back heats the team in question will receive a 3-minute rest period before starting the next heat.

5. FINLANDIA VODKA Beach Relay race.

Start: Approximately 10:30am

Rules: Seven people from each team. This event will consist of 4 races, which will run simultaneously (wheel barrel race, sack race, 3-legged race and piggy-back race). Races will be conducted in the following order/format; 2-person wheel barrel will race to designated area and tag off to a 1-person sack race, sack race will race to a designated area (turn around area/half way) and tag off to a 2-person 3-legged race, 3-legged race will race to a designated area and tag off to the 2-person piggy-back race, piggy-back will race to the finish line. Teams 1, 2, 3, 4 (from numbers picked at the 8am captains meeting) will race at the same time in separate lanes in heat #1, teams 5, 6, 7, 8 will race in heat #2. Overall team points will be awarded according to finishing times of heats 1 and 2.

6. COCOA BEACH PIER Pyramid Stack

Start: Approximately 2:00pm

Rules: Teams will consist of 15 people and will follow a 5-4-3-2-1 format. The base of the pyramid (5 team members) will be in place prior

to the start of this event. Teams will stack against each other with overall team points being awarded to the fastest stacks of the combined heats. Heat # 1 will consist of teams 1, 3, 5, 7 (from numbers picked at the 8:00am captains meeting) heat # 2 will consist of teams 2, 4, 6, 8. The heat will be completed once the last team member is in place on all fours on top of the stack. Judges will have the final say on completed stacks. Teams will be disqualified for any outside assistance.

7. PAPA JOHNS PIZZA Hands of Stone

Start: Approximately 3:00pm

Rules: Three persons (One All Female Heat) from each team. Team member #1 will hold two 5-gallon buckets of sand (standing) in each hand at arms length for time. Team member # 2 will also hold two 5-gallon buckets of sand (standing) in each hand at arms length for time. Team Member #3 (FEMALE) will hold two 2.5 gallon buckets of sand (standing) in each hand at arms length for time. Team members will be in separate heats and the combine time of all three team members will determine place finish. Time starts on the commissioner's whistle and time stops once one or both buckets touches the ground. The order will be as follows; Heat one – Team member #1 from all teams. Heat two – Team member #2 from all teams. Heat three – Female team member (#3) from each team **GLOVES WILL NOT BE ALLOWED FOR THIS EVENT. WEIGHT BELTS ARE ALLOWED.**

8. MICHELOB LIGHT Hang Time

Start: Approximately 2:30pm

Rules: Two people from each team (**mandatory at least one female from each for an all female heat**) will hang on a chin bar for time. Winners will be determined by the total **“Hang Time”** of both team members. Team member #1 (all female heat) will hang using their body weight only. Team member #2 will hang wearing a 15lb.-weighted vest. Once a team member breaks a grip with both hands or touches the ground or the sides of the chin-up apparatus with any part of their body, the time stops. (Special note; you can hang with one arm as long as no other part of the body touches the ground or the sides of the chin-up apparatus, you can change grips as often as you want and you can use over hand or under hand grips). Gloves, straps, chalk, pine tar, etc. will NOT be allowed. **Bare hands ONLY.** Heat # 1 – teams 1 & 3, teams 2 & 4, teams 5 & 7, teams 6 & 8. Heat # 2 - same order of teams as heat # 1 only team member # 2 will wear weighted vest.

9. TOTAL HOME CONSTRUCTION Hammer Time

Start: Approximately 3:30pm

Rules: Two people from each team will maneuver a sled from one end of the stage (course) to the other and back using a sledge hammer. Team member #1 will hammer the sled to a designated area (half way point), once team member #1 has reached this area (half way point), team member #2 will take over and hammer the sled back to the original starting point. This is a two person timed event. Place finishes are determined by the total time the sled is moved down the course and back to the starting point. **Gloves and weight belts are allowed and a Hard Hat is Mandatory.** Order of teams – 8, 7, 6, 5, 4, 3, 2, 1

10. STOTTLER STAGG Bench Press – 3 Person (one being a female for an all female press)

Start: 12:00 noon (**one time weigh-in at 12 noon sharp!**)

Rules: Each team will consist of 3 members competing in separate heats. Team member #1 will weigh in at 170 lbs or below (170.4 or below, can weigh-in with or without shoes or shirt). Team Member #2 can weigh above 170lbs. Team member #3 will be an all female heat. The team member weighing in at 170 lbs or below will bench press 185 lbs as many times as possible in one set. Team member weighing in at 170 lbs or above will bench press 225lbs as many times as possible in one set. Team member #3 (female) will bench press 65 lbs as many times as possible in one set. Team placing is determined by the total number of times that all 3 team members can bench press 185, 225 and 65lbs **correctly.**

Rules

1. The lifters head, shoulders and buttocks must stay in contact with the bench at all times.
2. The lifters feet must remain in contact with the floor or block surface at all times.
3. The bar shall have markings or tape indicating the maximum hand grip.
4. A spotter may lift off the bar to the lifter.
5. After the bar is lifted from the supports, the lifter must bring the bar to full arms length. The lifter must wait for the officials command; there will be two commands for each repetition. The official will say bench and the lifter will bring the bar down to the chest, the judge will say press, the lifter will bring the bar to full arms length. The lifter may

not do either motion without the officials command. One judge will count every full repetition and a second judge will count only the repetitions where the buttocks have lost contact with the bench or if one or both feet have moved in position. At the end of the lifting, any repetition that the second judge counted will be deducted from the overall count. **BOUNCING OR SINKING THE BAR WILL NOT BE COUNTED REPS.**

6. Lifting equipment will consist of a belt, wrist wraps, chalk for the bar/hands and a shirt. No lifting suits and all lifters must have shoes on to lift, no sandals.

11. CABO WABO Capture the Flag – 2 person teams (one being an all female heat)

Start: 11:30am

Rules: All teams will have 2 team members, one each in separate heats. And one heat (heat one) will be an all female heat. Heat 1 (all Female) will consist of all 8 teams with team member #1 and Heat 2 (any gender) will consist of all 8 teams with team member #2. There will be 8 flags placed in the sand 50 yards from the start line. All 8 teams from heat 1 will lie face down with their feet behind the start line facing in the opposite direction of the flags. On the officials command (competitors chin up competitors chin down) all 8 teams will race to grab one of the 7 flags in the sand. The team member that does not grab a flag will receive 8th place points (1 point). All teams will jog back to the start line to start the next round (there will be 7 rounds in each heat until we get to 1st place points – 8), teams will have 2 minutes to get back to the start line to start the next round. Round 2 will have 6 flags with 7 teams competing for them. The heat will end when there are 2 teams competing for one flag. Heat 2 will be run the same way. Points from each heat will be totaled and the team with the most combined points after the 2 heats will be awarded overall 1st place points (8) and the team with the second highest points will be awarded second place points (7) and so on. In the event that 2 competitors grab a flag at the same time the competitor with their hand closest to the taped portion of the flag will be declared the winner of that flag. All teams are not allowed to grab, tackle or touch **intentionally** (officials discretion) any other team member while competing for the flag and all teams must be back to the start line faced down with-in the 2 minute time limit. The official in charge has the right to disqualify any team for violation of any of the rules stated above. If a team is disqualified during a heat, that team will receive the points that are available at the time of disqualification.

BEACH FEST 2008 ORDER OF EVENTS

9:00am – JACK DANIELS 5-K Run with Weight Vest

9:30am – APPLETON RUM Ocean Relay Race

10:00am – GREY GOOSE Volleyball Tournament STARTS.

10:30am – FINLANDIA VODKA Beach Relay Race

11:00am – CABO WABO Capture the Flag

12 noon – STOTTLER STAGG Bench Press

12:30pm – Lunch

1:30pm – COCOA BEACH PIER Pyramid Stack

2:00pm – MICHELOB LIGHT Hang Time

2:30pm – PAPA JOHNS PIZZA Hands of Stone

3:00pm – TOTAL HOME CONTRACTORS Hammer Time

4:00pm – BUDWEISER Tug of War

**5:00pm – Presentation of COCOA BEACH PIER BEACH FEST
Championship Trophy**