1) General: The Civil Air Patrol Iron Man Competition is a team-based competition that challenges cadets and senior members in their knowledge and experience in Civil Air Patrol’s three chartered missions: Aerospace Education, Emergency Services and Cadet Programs. The competition is held annually at different locations. This year’s competition will be held on 1-2 November, 2019 at the Moundville Archaeological Park, 1 Mound State Parkway, Moundville, AL 35474. Teams of six participate in a selected number of events that evaluate skills and proficiency in various facets of Civil Air Patrol. Information can be found on the event website: https://alwg.cap.gov/programs/iron-man-competition.

   a) PT: Participants complete a workout in a specific order and their scores are tallied to make up the overall team event score.

   b) Battle Dress Uniform Inspection (BDUs or ABUs): Teams are inspected for correct uniform wear and professional appearance while wearing the Civil Air Patrol Battle Dress Uniform.

   c) Aerospace Education Challenge: Teams compete in Aerospace Education related events that will challenge their knowledge of the Cadet AE Program, including aircraft identification.

   d) Emergency Services Competition: Teams complete various ES tasks that may include orientation and triangulation as well as other ground search and rescue skills.

   e) Leadership: Teams complete tasks testing their leadership skills and knowledge obtained in the first three chapters of Learn to Lead.

   f) The Iron Man Run: Teams complete a 3-5 mile run that includes several task-objective stops along the route that test leadership, teamwork, fitness, emergency services, and general CAP knowledge.

2) Registration and Arrival

   a) Registration: All teams will register in advance of the competition. The registration deadline is 18 October, 2019. Teams that attempt to register after the deadline will not be allowed to compete. Teams will register for the Iron Man Competition using the registration link found on the event’s website: https://alwg.cap.gov/programs/iron-man-competition. Registration of new teams for the competition will end 18 October, 2019. Existing team information will be editable until 27 October, 2019.

   b) Arrival: Teams will arrive at the Friday Competition Area (to be released by Sept 20) no earlier than 1700 and no later than 2000 on Friday night, 1 November, to facilitate the timely completion of all of Friday night’s events. Please arrive in PT uniform. All teams are encouraged to arrive as soon as possible to ensure that everyone gets an appropriate amount of sleep before Saturday’s activities. Teams that arrive after 2000 Friday night will not be allowed to complete those competitive events, and will receive zero competition
points. Teams are required to contact the Asst. Competition Director (Lt. Johnston @ 205-394-8284) when they leave their home station to advise that they are en route (a text with your Squadron name, driver’s name, # of passengers, city, state, time of departure and estimated time of arrival is acceptable and actually preferred for documentation). Any team that encounters unforeseen delays during their trip must contact the Asst. Competition Director and inform him accordingly to be allowed to complete all events should they arrive after 2000 due to delays that are out of their control. If teams experiencing delays do not contact the Asst. Competition Director upon encountering the delay, they will not be allowed to complete the night’s events upon a late arrival. Completion deadline for Friday Competition Events will be 2200 in order to allow sufficient rest before Saturday Events.

3) Participants: Any cadet or senior member that is in good membership standing and with their Squadron Commander’s approval is permitted to compete in the CAP Iron Man Competition.

   a) Cadets: Cadets must meet all membership requirements as outlined in CAPR 39-2 and must also have a current CAPID card or be current on the E-Services website. All cadets must have their first achievement (Curry Achievement) in order to participate.

   b) Seniors Members: Senior members must meet all membership requirements as outlined in CAPR 39-2 and must also have a current CAPID card or be current on the E-Services website. All senior members must also complete Level 1 Training & CPPT before the competition begins.

   c) Participation & Physical Fitness Categories: All cadets and senior members competing in the Iron Man Competition must participate fully in each event. The nature of this activity is designed to be very physically demanding, and the course is not amenable to accommodations. Members subjective to physical fitness categories III & IV (see CAPR 60-1) will not be permitted to participate in the event for safety reasons. Those members falling within Category II of the CAPR 60-1 must submit their request to participate through their team leader to the Competition Director for review. The Competition Director has the discretion to allow or disallow a member to participate if that member’s participation could result in further harm to themselves or added risk to fellow CAP members or the event. It is the responsibility of the CAP member to alert their team leaders and competition staff of any physical ailments that will be detrimental to their health and well-being. Any member who is unable to participate on a team due to physical fitness restrictions is highly encouraged to request a staff position at the event. Contact the Competition Director for assistance on staff applications.

4) Teams: Teams will consist of six members from the same squadron or flight. Composite teams with members from different units must have approval from the Asst. Competition Director. Teams may consist of any
number combination of males, females, cadets, and senior members, with the exception of a limit of two senior members per team (requests to have additional SM’s must be approved by the Competition Director Asst). Each team will designate one team member as the team captain. Teams may not have substitute members that swap in and out of the competition.

5) Required Gear List.
   a) Individual Gear:
      i) Sleeping bag
      ii) Hygiene kit
      iii) Sunscreen
      iv) Mosquito spray if desired
      v) Complete BDU or ABU Uniform
      vi) Complete PT Uniform with running shoes (Team PT uniform must be standardized across the team)
      vii) Extra pair of boot socks
      viii) Prescription or OTC Medicines if applicable (including inhalers/Epi-pens/Benadryl...)
      ix) Complete set of appropriate civilian attire
      x) Portable hydration equipment (preferably camelback-type system)
      xi) CAPID card, CAPF 60-80, CAPF 160 and CAPF 161
      xii) ANSI II or III compliant safety vests (per CAPR 62-1) (preferably all standardized across the team, but not required)
      xiii) Flashlight with red and white lenses
      xiv) Appropriate pajamas
      xv) Sleeping pad or air mattress (highly recommended)
      xvi) Female items: Athletic bras

We are currently working with local churches to secure housing for Friday night. There will be inside floor space for housing, as well as outside tent and trailer space available. There may be LIMITED shower availability.

   b) Team Gear:
      i) One set of 24-hour gear per team: compass, notepad and pencil, whistle, pocket or utility knife, signal mirror, personal medical kit, flagging tape, paracord.
      ii) Team DF unit (DF unit may be used by staff and other teams as needed, and a CAPF 174-1 Temporary Issue Receipt will be issued to the team leader)
      iii) Hand-held CAP radio (ICOM & EF Johnson portable radios should accompany each team. These may be used by event staff, and a CAPF 174-1 Temporary Issue Receipt will be issued to the team leader)
      iv) Cell Phone: The team leader will carry a cell phone within the 24-hour gear, which may only be used in the
event of an emergency. The team leader shall furnish the phone number to the competition staff at registration. The phone may be kept on, but shall not be utilized for any purpose other than emergency calling during the event. No other cell phones are allowed.

c) Restricted Items:
   i) All weapons with the exception of the 24-hr gear knife
   ii) Hand-held GPS units, including cell phones (with the exception noted in 5.b.iv)
   iii) Non-regulation haircuts
   iv) Bad attitudes!

6) Safety: The safety of the participants in the Iron Man Competition is paramount. Safety will always be the number one priority during each event in the competition.

   a) Safety Officer: A Safety Officer will be appointed for the competition. The Safety Officer’s responsibility is to ensure the safety of participants, staff, and spectators at the competition at all times. The Safety Officer will inspect physical training equipment for damage, etc. and will ensure that the area where physical activity will be occurring is free from hazards. The Safety Officer will ensure that the teams possess and use the required safety equipment for the competition (reflective orange vests, 24-hour gear, etc.). The Safety Officer will also monitor weather conditions and make recommendations to the Competition Director to ensure participants and spectators are not exposed to hazardous weather conditions. The Safety Officer will also ensure that water is available throughout the competition for the participants and spectators.

   b) Medical Officer: A Medical Officer will also be appointed for the competition. The Medical Officer will oversee the health of all participants during the competition and will provide first-aid in the event of an accident or notify local EMTs if services are needed. The Medical Officer will be a state-certified Emergency Medical Technician Basic or higher. The Medical Officer will have a comprehensive first-aid kit on hand at the competition. The Medical Officer will ensure the local ambulance company is aware of the events taking place and request a stand-by ambulance if one is available.

   c) Water Coolers: Coolers full of water will be available to participants and spectators throughout the competition. Participants should drink plenty of water and Gatorade before and during the competition to prevent dehydration.

   d) Safety Vests: During the Emergency Services competition and the Iron Man Run, participants will wear ANSI Class II or III reflective safety vests for visibility.

   e) Roadways/Traffic Areas: Parts of the competition will require participants to move on or across roadways and parking lots.
Participants and staff will use extreme caution when crossing roads, and will never run or walk down the middle of a road or street. Participants will stay on the shoulder or curb if moving down a street. Competition areas that use parking lots will be marked off with orange road cones or other markings.

f) Medical Records: Upon in-processing to the competition, the Medical Officer will take into his/her possession a CAPF 160 & 161 from each participant. At in-processing, all participants are required to inform the Check-in Staff if they have been prescribed new medication, have any new health concerns or any injuries. Safety is and will be our main concern for all participants.

g) Team Van Drivers: Each team is now required to have one additional senior member designated as the vehicle driver for the drive home. Due to the extended timeframe of the event, and best practices at other CAP events, a relief driver is now required to drive the team home so that a competing senior member is not burdened with the added responsibility of a safe journey home. Every van driver will have an approved CAP DL.

h) Any person who witnesses an unsafe or potentially unsafe situation is required to immediately make known their concerns to the nearest senior member, who will then notify the competition Safety Officer and Competition Director. The safety concern will be addressed, and if safe, competition will resume.

7) Competition Scoring: Teams will be scored against each other based on their placement in each event. The team that places first in each event will receive the most competition points, followed by the team that places second, third, etc. Teams will receive competition points based on the number of teams that participate in the competition. If seven teams participate in the competition, then the team that comes in first at an event gets seven competition points, the team that comes in second gets six competition points, third place gets five competition points, and so on. Teams will also receive bonus competition points for having senior member and female participants. Teams will receive 2 competition points if a senior member is on the team, with a max of 2 points possible. Teams will receive 2 competition points for each female on the team, with a max of 4 points possible. An all-female team with 2 female senior members would earn 2 bonus points for having a senior member and 4 bonus points for two of the females, with a max of 6 total bonus competition points. These bonus competition points go towards the final point standing for the competition.

8) Rule Violations and Appeals: Teams that violate the rules set forth for this competition are subject to various penalties and point losses for each event. The penalties and point losses are spelled out in the competition rulebook under each event, and include time penalties, point deductions, having to complete an event without needed equipment, or total forfeiture of points for that event.
a) Disqualification: A team may be disqualified from the competition for one of the following infractions:

i) Arguing with a judge or station proctor.

ii) Competing with a member that does not meet the participant guidelines in paragraph 2.

iii) Cheating during any event of the competition. This includes, but is not limited to, using unauthorized reference texts on knowledge tests, using a GPS during any portion of the competition or Iron Man Run, discussing sensitive details of the competition with staff members or other participants, and using outside sources to give away locations of ELT beacons or compass course points.

iv) Any integrity violation is subject to complete disqualification from the competition.

b) Rule Appeals: If a team feels it was judged unfairly or receives a penalty without just cause, the team must continue with that portion of the competition until that event is complete. AFTER the event is complete, the team captain may make an appeal to the Chief Judge. The Chief Judge will determine the validity of the penalty in question, and make any corrections or changes to the scoring or the event to correct the situation. THE DECISION OF THE CHIEF JUDGE IS FINAL. The Chief Judge will apply the rules and any changes based on an appeal evenly to each team. In the event that an error occurs that is not addressed in these rules, the Chief Judge will confer with the Competition Director to decide the best way to address the situation. Any rules amendments that come from this will be applied to all teams as best as possible.

9) Event Descriptions and Rules: Teams will be issued a schedule upon check-in detailing Friday and Saturday’s events. Each team will be assigned a time slot for each of the events and will need to be waiting “on deck” at the event’s staging area at that time. If a team does not arrive at an event for their assigned time slot, they will not be allowed to compete and will receive zero competition points for that event. Possible event descriptions and rules may be:

a) PT: Specific workouts or exercises will be given upon arrival to the station along with directions/demonstrations for performing the movement correctly. Points will be awarded for each correct movement. No points will be awarded for incorrectly performed movements. In an AMRAP (As Many Reps As Possible) workout, the total number of reps done by the entire team will be added together. In a ‘for time’ event, the times of the entire team are added together with the lowest time being ranked highest. Competitors and spectators are asked not to disclose any information about the event to any other teams before they have completed it. Teams are encouraged to motivate other teams in a positive manner. Gloves and other wrist supports and joint protection are permitted. Rigid hooks, lifting straps or any device deemed inappropriate for competition will not be
permitted. Competitors must wear closed toe athletic shoes.

b) Airman/Battle Dress Uniform (ABU/BDU) Inspection: Every member of every team will have their uniform inspected during the ABU/BDU inspection.

i) The basic ABU/BDU uniform will be inspected in accordance with CAPM 39-1. All team members must wear the same color T-shirt (CAP Iron Man t-shirt, squadron t-shirt, etc.). Participants will be inspected for appearance and correct wear of the uniform. Participants should be clean shaven and have their hair in regulations, all insignia and patches must be placed correctly, boots should be polished, uniforms should be ironed (if BDU) with creases in the arms and front of the pants legs, and all buttons should be buttoned. SLEEVES WILL BE WORN DOWN FOR THE INSPECTION.

ii) Scoring: Participants’ uniforms will be assessed according to a standardized scorecard with category items. Each category is assigned a specific number of points according to the total number of identical items in that category. For every item in the category that is incorrect on a participant’s uniform, they will lose 1 point. For example, if there are 12 buttons to be buttoned on a uniform and the participant has only buttoned 8 of them, they will receive 8 of the 12 possible points for buttoning buttons.

(1) To determine a participant’s score, two scores will be summed. “Points Awarded” is the total number of correct items on the participant’s uniform. “Points Possible” is the total number of items against which the participant was judged. The team score will consist of the sum of all team members’ individual scores. Team “Points Awarded” will be divided by Team “Points Possible” to determine a percentage score carried out to two decimal places. The team with the highest percentage score will receive the most competition points.

(2) Certain items are only applicable to certain participants based on grade or gender. These will not be judged or summed against those to whom they are not applicable.

(3) Optional items on the uniform will be considered “bonus” items. If they are worn, they will be inspected. If they are correct, the participant will receive 1 bonus point for each correct item towards their total points awarded, but will be docked 1 point from their points awarded for every incorrect item. Bonus items are not included in the calculation of “Points Possible.”

(4) Additional gigs (such as strings on the uniform) will hold a default value of 0 points (applied to “Points Possible”). For every additional gig that is found, the participant will be docked 1 point from their total “Points Awarded” score.
c) Aerospace Challenge: The Aerospace Challenge event will test the competitor’s knowledge and skills as they relate to the CAP Cadet Programs Aerospace Education Curriculum, and may include aircraft identification. Directions will be given at the event. Portions of this event may be incorporated into the Iron Man Run.

d) Emergency Services Competition: The Emergency Services (ES) Competition tests each team’s skill in the area of Ground Search and Rescue. It may consist of Orienteering, ELT/DF Triangulation or other ES skills and may be an independent event or incorporated into the Iron Man Run. Directions will be given at the event.

e) Leadership: The Leadership Challenge may consist of quizzes or hands-on demonstrations from the first three chapters of Learn to Lead and knowledge of the Alabama Wing & Southeast Region Command structures, and may be separate or incorporated into the Iron Man Run.

f) Iron Man Run: The Iron Man Run is the final event of the competition. This is a 3-5 mile timed run consisting of several challenge stops or stations along the way. The teams must stay together to complete the run, and must attempt each station. At the start of the run, the teams are given a map that shows the path of the run and the location of the stations. The teams must stay on the path and complete each station in the correct order. The judges will stagger the team start times so the teams start approximately 10-15 minutes apart. Teams can expect several stations testing teamwork and general CAP knowledge.

i) Rules:

(1) Teams are expected to stay together for the entire run. If a team has members spread out with more than 10-15 feet between any team members, a 10 minute penalty will be assessed for each infraction.

(2) Teams may choose to run or walk portions of the run. Please use all caution and walk carefully when on uneven terrain.

(3) If a team fails to successfully complete an objective stop as described by the station proctor, 15 minutes will be added to their time.

(4) A team that skips a station and does not correct for it prior to crossing the finish line will fail the run and receive zero competition points for the event.

(5) All members will wear their portable hydration during the run as well as their reflective orange vests.

(6) Teams must complete the run course as it is laid out on the map provided. If a team does not follow the route expressed on the map, they will receive a 30 minute time penalty.

(7) If a team misses a station, or sees that they have taken an incorrect route, they may backtrack to the previous point of deviation and continue on without being
assessed any time or competition penalties.

(8) The uniform for this event is BDUs. Members are allowed to remove their BDU shirt and cover for the run. We recommend cadets wear boots instead of tennis shoes for the run for added ankle support.

(9) Time on Station: While a team is on station, whether performing the station objectives or waiting for another team to complete the station, that waiting time will not count towards the overall run time. Station proctors will log the time on station and deduct that time from the overall time upon completion.

(10) If a team must wait for another team to compete a station, the waiting team shall not be permitted to watch or listen (if possible) to the team currently on station. While waiting, team members shall drink water.

ii) Scoring: Placement is determined by the total time it takes to complete the run, including penalties. 1 minute will be added to the final time for each test question answered incorrectly during the run. The team with the fastest run time will receive the most competition points, the team with the slowest run time will receive the least competition points.

iii) Run Tie Breaker: If two teams obtain the same time during the run, the tie will be broken by the team who has the least missed questions on the previously identified tie breaker, as deemed by the Event OIC. This tie breaker will be announced prior to any teams starting the event.

f) Competition Tie Breaker: If at the end of the competition, when the competition points are compiled together, two or more teams tie, the tie will be broken by using the placement obtained during the Iron Man Run. The team that placed higher in the run will place higher in the competition.

10) Awards Ceremony: The awards ceremony will begin shortly after the final team has completed the Iron Man Run. Please be patient during this time, as the Iron Man staff must compile the event scores and review them to ensure that the final scores are correct and error free. The location of the ceremony will be at the Moundville Archaeological Park. As soon as the awards are handed out and all pictures are taken, the teams will be required to clean the facility (if not completed prior to the Awards Ceremony). This includes cleaning and organizing rooms and taking out all trash to the dumpsters. Teams will be responsible for making sure that the facilities they have used are in better shape than when they found them. Participants will not be released to depart until the facility has been inspected and approved by the Competition Director.
Contacts:

Competition Director - Lt. Cindy Collette 205-305-0429/
cynthiadcollette@gmail.com

Competition Dir. Assistant - Lt. Stephen Johnston 205-394-8284/
sjohnston@pecofoods.com