



Brief Sheet

What is Rocksport Challenge?

Rocksport Challenge is an interschool adventure race that tests the physical and mental strength of a team while assessing their combined leadership qualities.

To complete the race participants have to complete a 3KM (junior category) or 5 KM (senior category) race circuit in the uneven terrain of Aravali hills through jungles and fields. In the race circuit teams are challenged to face obstacles similar to those used in military training such as climbing rocks, carrying heavy objects, traversing bodies of water, crawling under barbed wire and many more. These obstacles and challenges are employed throughout the circuit to test endurance, strength, speed, dexterity and decision making while working in a team.

The Objective behind the challenge:-

- To promote adventure sports amongst youth
- To develop sensitivity towards nature
- To inspire the youth to achieve more than they ever through possible
- To develop team coordination

Eligibility

Entries are allowed from schools from anywhere in the world. No individual group from any club or society can take part in the interschool race.

Only one entry is allowed from a school in each of the following category:

Junior Team (2 Boys and 2 Girls from class 6 to 8) (Scheduled race will be on 17th January 2014)

Senior Team (2 Boys and 2 Girls from class 9 to 12) (Scheduled race will be on 18th January 2014)

Selection of the team

Rocksport gives recommendation certificates to a few students during its adventure camps.

Schools can select the teams on their own or from the ones recommended

Schools can take help of Rocksport to select their teams.

Final team should be physically and mentally fit to take up the challenge.

Registration Form and fee

Last date of registration is 15th December 2014.

Each team must fill the prescribed entry form for their participation in the Race and pay Rs. 1000/- (entry fee) prior to the last date of registration.

Participation fee can be collected from the students or it can be paid by the school in cash (against proper receipt)/ cheque/ DD or bank transfer.

Each team may nominate 1 boy and 1 girl as a waiting list member for their team. Wait listed members will be included in the team, if any member of the main team is unable to compete due to any reason.

Registration form has **seven sheets**, first sheet has to be filled and signed by the school authorities and remaining **six sheets** have to be filled by the students with their Parents' consent.

Once your entry is verified you will get a confirmation of your participation through a participation fee receipt (race date and timing will be mentioned on the receipt).

Teams must report one hour before their respective race time and show their fee receipt for final registration and chest number.



Rocksport Challenge

SEASON 3

Preparation

The Participants should practice endurance, strength, speed, dexterity and decision making. They should practice by attempting adventure challenges and overcoming obstacles. It could be through jogging, yoga or stretching exercises.

For the welfare of participants Rocksport is organizing free practice **Boot Camps at Camp Tikling** on 28th Sept., 26th Oct., 30th Nov. and 28th Dec 2014. For more details about the boot camp contact Mr. Mrinal +91 8860076635.

Rules and Regulations of Race

1. Each team will be given 25 complimentary entry tickets for their family and teacher escort.
2. 1 Food coupon will be issued for a single teacher accompanying each team.
3. Students can bring their packed food or they can buy the food from stalls at the venue.
4. Parents accompanying the kids can participate in Rocksport Challenge Open and enjoy the Adventure Carnival, Stalls and Live band Performance.
5. Race will be organised on 17th and 18th January 2015 in Hourly Slots. The teams have to report at the registration desk 1 hour before their respective race start time.
6. School teams coming from outside Delhi will run on 18th January.
7. Only racing team members are allowed in the warm up area and race circuit.
8. All racers must wear Rocksport Challenge bibs on their racing sportswear while racing on the circuit.
9. All racers of a team should run together.
10. Once the race starts the race clock will run continuously throughout and no racer/team will be allowed to continue the race after 60 Minutes (Maximum time to complete the Race).
11. Selection of winners will be on basis of lowest time taken by a team to complete the circuit.
12. A team will be allowed to attempt the obstacles or Challenges, only when the complete team reaches there.
13. All racers & team supporters must take great care of nature and environment while on the circuit or at CAMP TIKKLING.
14. All racers & team supporters must display courtesy, decorum, and sportsmanship at all times.
15. It is expected from all the racers that they will not disturb other team while competing.
16. 50 Rocksport instructors will be present on the race circuit to guide the route and help the participant in case of any emergency.
17. The Chief Judge can alter, amend or change the course of the race as well as the rules and regulations without any prior notice.

Safety and Medical

- ❖ Participants are responsible for their own safety and well being during the race and at the venue.
- ❖ We are expecting that all the schools are sending physically fit student only.
- ❖ 50 First Aid trained Rocksport Instructors will be there on the Race Circuit with First Aid Kits for racers safety.
- ❖ Ambulance service with qualified doctor will be available on standby for any unforeseen emergency.

Prizes

Prizes worth Rs. 5, 00,000/- will be awarded to the winners, 1st Runner up and 2nd Runner up in Each Category
Participation certificate will be awarded to every participant and School.