



Criminal Justice Obstacle Course

Purpose: To encourage public service students to develop physical coordination and endurance by participation in a fitness obstacle course that simulates physical tasks a law enforcement officer might encounter in emergency situations.

Description of Event: Prior to each contestant starting this event, the chairperson will ensure that the police vehicle being used for the contest is equipped with a nightstick placed on the trunk of the vehicle.

Limit: Regional competition unlimited per chapter

Limit: State Leadership Conference 2 males and 2 females per chapter

Dress Code: Appropriate dress to include business attire, chapter uniform or other attire appropriate for the competition, or as directed by your chapter advisor.

Phase 1

- a. The contest begins with the contestant seated in the police vehicle with his/her seat belt properly buckled. The contestant will place both hands on the steering wheel to signal that they are ready to begin.
- b. A timekeeper will give the start signal and will start the time clock. A second timekeeper will also start a time clock at the same time.
- c. Contestants will unbuckle the seat belt, exit the vehicle, and close the driver's door upon exiting.
- d. Contestants will go to the trunk compartment and recover the nightstick from the top of the trunk compartment, which will be carried throughout the rest of the obstacle course with noted exceptions.) Contestants will then proceed to Phase 2 of the course.

Note: Timekeeper #2 will note the contestant's time when he or she passes the driver's door after leaving the trunk compartment to begin the second phase. This time will only be used as a tie breaker in the event there is a tie. The timekeeper should allow the clock to keep running when time is noted and should not stop the second-time clock.

Phase 2

- a. Contestants will depart from the rear of the police vehicle carrying the nightstick and will sprint 50 yards, turn around and sprint 50 yards back. The distance will be marked by cones and should begin no more than 25' from the front left of the police vehicle.
- b. Contestants will jog to and climb over a 40" wall. The actual distance to the wall will be determined when the course is set up by the chairperson the day of the event but should be no more than 35' from the first cone in Phase 2(a).
- c. Contestants will run 15 yards and will jump over an 18", 24", and 30" barricade. Each barricade will have a space of 5' between them. Contestants must jump over the barricade and cannot deliberately knock it down.



- d. Contestants will run 15 yards through a serpentine course marked by cones spaced 5' apart, from center to center. The first cone will be located no more than 10' from the 30" barricade.
- e. Contestants will run to a 15' tunnel located no more than 10' from the last cone in the serpentine course, will drop down and crawl on hands and knees or on their stomach through the tunnel. The tunnel will be 2 feet high and 3 feet wide. **AT THE END OF THE TUNNEL THE CONTESTANT WILL DROP THE NIGHTSTICK AND STAND UP.**
- f. The contestant will run to a dummy, weighing no more than 80 pounds and located no more than 25' from the end of the tunnel. Contestants will drag the dummy to a cone located 50' from its original location and will leave the dummy at the new location.
- g. Contestants will return to the tunnel, pick up the nightstick, and complete the tunnel, serpentine course, barricades, wall, and sprint course in reverse order, returning to the rear of the police vehicle.

Phase 3

- a. The contestant will place the nightstick back on the trunk.
- b. The contestant will return to the driver side, get in the vehicle, properly secure his/her seat belt buckle, and place his/her hands on the steering wheel. Time is called by Timekeeper #1 when the contestant's hands are placed on the steering wheel. Both timekeepers will stop their stop watches.

NOTE: Time will continue to run at the end of the course until the contestant places his/her hands on the steering wheel, or one additional minute lapse, whichever occurs first.

Rules:

- 1. To be eligible for the competition a student must be enrolled in a secondary public service education program or a program completer as recognized by Florida Department of Education.
- 2. This event is a walk-up event and contestants will compete in the order they arrive at the event.
- 3. Competition heats will be gender integrated; however, awards will be presented to the 5 top male competitors and the 5 top female competitors.
- 4. All supplies/equipment for the event will be supplied by the chairperson.
- 5. Two stopwatches will run during each heat. The lowest time of the two will be the time recorded for scoring, unless one of the watches malfunctions during the heat. Winners will be decided based on their recorded time.
- 6. In the event of a tie, the time recorded during Phase 1 (**see "NOTE" in Description of Event: Phase 1**) by the second timekeeper will be used as a tie breaker.
- 7. Penalty points will be assessed for **EACH** of the following:
 - i. Failure to close driver's door in Phase 1(c)
 - ii. Removal of trunk key in Phase 1(d)
 - iii. Failure to remove utility belt in Phase 1(d)

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- iv. Failure to pick up night stick in Phase 1(d)
- v. Failure to clear final cone at beginning and end of sprint in Phase 2(a) and when reversing order.
- vi. Failure to clear 40" wall after 2 tries going and returning
- vii. Failure to clear 18", 24", and 30" barricades with **BOTH** legs going and returning
- viii. Knocking down a single barricade or cone in any phase
- ix. Failure to drop nightstick at end of tunnel in Phase 2(e)
- x. Failure to clear cone with dummy in Phase 2(f)

Required Personnel:

1 Judge
1 Timekeeper
1 Recorder
1 Courtesy Corps member

Facilities and Equipment:

100' x 250' athletic field
1 police vehicle with trunk key
15 small (12") cones
8 medium (28") cones
10 big (36") cones
1 dummy weighing 100 lbs.
1 nightstick
1 tape measure
Competition form (1 per student)
4 tunnel sticks (1/2-inch PVC, 3 feet wide, and 2 feet tall)
40" wall
30" barricade
24" barricade
18" barricade



Obstacle Course

Obstacle Course Penalty Assessment Sheet
Penalty points will be assessed for **EACH** of the following:

Student Name _____ Final Score _____

School Name _____

Male ☐ Female ☐ Raw Score _____

Penalties _____

Judge's Name _____

Judge's Name _____

- 1 Failure to close driver's door in Phase 1(c) _____
- 2 Failure to pick up night stick in Phase 1 (d) _____
- 3 Failure to clear final cone at beginning and end of sprint in Phase 2 (a) and when reversing order _____
- 4 Failure to clear 40' wall after 2 tries going and returning _____
- 5 Failure to clear 18", 24", and 30" barricades with **BOTH** legs going and returning _____
- 6 Knocking down a single barricade or cone in any phase _____
- 7 Failure to drop nightstick at end of tunnel in Phase 2 (e) _____
- 8 Failure to clear cone with dummy in Phase 2 (f) _____
- 9 Failure to retrieve nightstick when returning through obstacle course in reverse order _____
- 10 Failure to place night stick on trunk compartment Phase 3 (b) _____
- 11 Failure to secure seat belt in Phase 3 (c) _____
- 12 One second for EACH penalty point will be added to the contestant's final time. _____



Obstacle Course Judge's Winner Sheet Male

1st Place School

Student

2nd Place School

Student

3rd Place School

Student

4th Place School

Student

5th Place School

Student



Obstacle Course

Judge's Winner Sheet
Female

1st Place School

Student

2nd Place School

Student

3rd Place School

Student

4th Place School

Student

5th Place School

Student