

Cadet-a-ree Rules

Ice Rescue Relay :

- there are 8 boys on the team
- one boy is seated on a mat about 7 metres from the foul line
- there are 8 different pieces of rope, each approximately 2 metres long
- on the sound of the whistle , the individual ropes will be tied end to end and one end will be thrown to the boy on the mat
- the boy on the rug **MUST** tie a **BOWLINE** around his waist
- when he is ready , he is to be hauled across the foul line
- when being hauled in , he may not hold on to the rope
- if a rope comes apart or slips out of the thrower's hand , it may be retrieved or thrown back by the cadet on the mat as long as they do so within the rules.

penalties :

- a 15 second penalty for stepping over the foul line
- a team is disqualified if the boy leaves the mat to retrieve the rope
- a team is disqualified if any cadet steps over the foul line to retrieve a rope
- a team is disqualified if the boy on the mat holds onto the rope while being hauled in . This becomes a rope foul.
- a team is disqualified if the boy on the mat does not use a **BOWLINE**

Lashing :

- there are 8 boys on the team
- they will lash a four rung ladder together
- the **SQUARE LASH** must be used with a minimum of 3 wraps and 2 fraps
- the starting and finishing clove hitches must be on opposite poles
- all the boys will work on the ladder at the same time
- when they have completed the lashing they will hold the ladder up and one team member will climb the ladder by stepping on each rung and placing both feet on the top rung and raising one hand into the air above him to stop the clock

