

## ADVENTURE CHALLENGE Rules & Regulations

## The University of Akron Student Recreation & Wellness Services Intramural Sports

Participation in any and all activities within this facility and/or sponsored by The University of Akron is voluntary. All participants understand and agree that use of this facility and/or participation in an activity sponsored by the university is at their own risk and that the university is not responsible for any incidents, injuries or loss of property that may occur.

All team representatives, including players, substitutes, replaced players, coaches, trainers, spectators and/or other persons affiliated with the team are subject to the rules of the game and shall be governed by decisions of officials assigned to the game as well as the site supervisor.

### GENERAL INFORMATION:

- All students, faculty or staff can participate provided they meet the eligibility requirements outlined in the Intramural Sports Participants Handbook. All participants must present a valid, physical copy, University of Akron ZipCard. **NO ID, NO PLAY!**
- The activities will take place in various locations within the Student Recreation & Wellness Center and the Ocasek Natatorium. Please refer to the "Challenge Format" section below for details.
- Each team will consist of two (2) people, and may be any combination of males or females.
  - A minimum of one (1) person must be present for each activity, in order to participate.
  - No substitutes may be made at any point throughout the challenge.
- A player may only play on one (1) team in any given league (i.e.: one single-gender team, and one co-rec team).
- Each team shall designate to the Officials a player as the court captain. This person is the only player who may communicate with the Officials.

### EQUIPMENT/SAFETY:

- All required equipment will be provided by Student Recreation & Wellness Services.
- Participants must complete a Rock Wall Waiver, prior to participating in the events.
- All belaying will be done by Rock Wall staff, regardless of participants' certifications.
- Where applicable, climbing shoes/harnesses and personal flotation devices will be available, free of charge, at the event.

### CHALLENGE FORMAT:

- The Adventure Challenge will consist of five (5) events, each one consisting of a different adventure-related activity:

<u>Activity</u>	<u>Location</u>
Speed Climb	SRWC Rock Wall
Traverse Climb	SRWC Rock Wall
Paddle Board Relay	ONAT Pool
Slackline	SRWC 2-Court Gym
Crate Stack	SRWC 2-Court Gym

### SPEED CLIMB:

Each team member will attempt to climb as quickly as possible to a designated hold at the top of the 40 ft. climbing wall.

- Two (2) routes will be used on the wall. Each member will have one (1) single attempt on both routes.
- Each climber will be timed individually for his/her respective climbs.
- The times from each climber on both walls will be taken; times will be averaged for a team total.

- In the event of a fall, climbers may continue to climb to the top of the wall; there will be no penalties assessed, but the clock shall continue running.
- Should a team member be absent or unable to participate, the member present may choose which route to climb; however, a time penalty of one (1) minute will be added to his/her total.

### **TRAVERSE CLIMB:**

Each team member will attempt to traverse the wall from side-to-side as many times as possible, within specified boundaries of the climbing wall for three (3) minutes.

- In this bouldering-type event, each team member will have one (1) attempt on the wall.
- The bouldering wall will be split into 3 sections. Climbers will gain points by completing each section and the team with the most points will win.
- Each climber must match their hands on the designated hold before continuing back across the traverse in the opposite direction. Matching means both hands must touch the designated hold.
- In the event of a fall, climbers may continue to climb but must reestablish the same position on the wall before advancing. There will be no penalties assessed for a fall, but the clock shall continue running.
- Points will be awarded only if a participant's entire body crosses a designated line or matches their hands on the designated hold. Points will be added together for a team total.
- Should a team member be absent or unable to participate, the member present will have his/her score count as the team's total.

### **SLACKLINE:**

Each team member will individually attempt two (2) different slack line events, which will each count as a separate point-awarding event. The first will be for distance, the second for time.

In the distance event, team members will attempt to walk the furthest possible distance he/she can, without contacting the floor.

- The slackline will be divided into sections marked on the floor, with points awarded accordingly for each section reached, based on location of the feet.
- If successfully completing his/her attempt to walk the entire length of the slackline, participants may step onto the ending box.
  - He/she must re-establish position on the line within ten (10) seconds, and continue walking towards the start; scoring will continue in similar fashion on the return walk.
- Each team member shall have three (3) attempts, which will begin when both feet have lost contact with the starting box.
- Should a team member be absent or unable to participate, the member present will have his/her individual score count as the team's total.

In the timing event, each team member will attempt to remain on the slackline for as long as possible, within a designated area at the center of the line.

- Participants will have three (3) attempts, which shall begin when the participant notifies the Intramural Sports staff member who is keeping time. Timing will stop when contact is made with the floor.
- Should a team member be absent or unable to participate, the member present will have his/her individual time count as the team's total.
- Both the team members fastest times will be averaged for the teams time.

### **CRATE STACKING:**

Each team member, while being belayed, will stack and climb a singular column of milk crates.

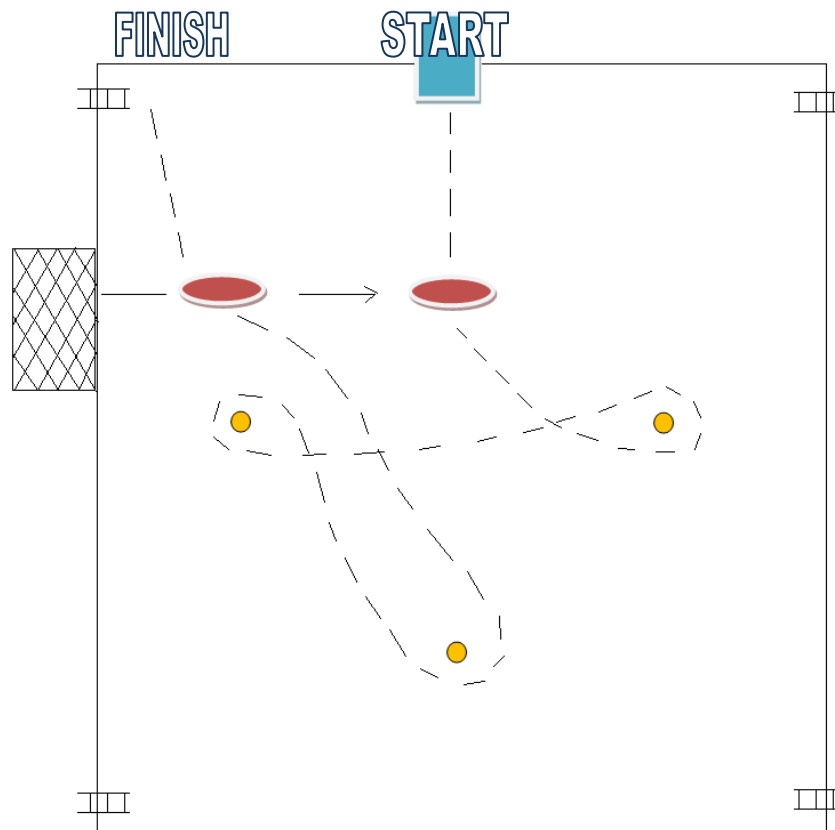
- Milk crates will be handed to the climber by his/her teammate, with the assistance of a long pole.
- In the event of a fall, prior to reaching five (5) crates, a second attempt will be granted; upon reaching more than five (5) crates, a fall will end the attempt and be scored accordingly.




- Participants may choose to attempt to stand on the very top of the stacked milk crates, for an additional two (2) points; however, this will end his/her attempt.
- Points will be awarded as one (1) point for each crate, based on the crate being contacted by the participant's weight-bearing foot.
- Scores will be added together for a cumulative team total; should a team member be absent or unable to participate, the member present will have his/her score count as the team's total.

### PADDLE BOARD RELAY:

Teams will compete in a timed paddle boarding obstacle relay.

- Starting and transitions will occur with all participants on the pool deck.
  - On the whistle, members will have to enter the pool and get on the board.
  - The first team member will paddle the course, attempt to throw the ball in the net, and upon reaching the finish line, the second member may enter the pool to get on the board.
- Buoys will be numbered, and a prescribed course will be outlined prior to the event.
- Participants must remain **STANDING** on the board at all times; in the event of a fall, you must re-establish your position on the board before advancing through the course.
- Each participant's board and paddle must remain in his/her possession, and travel with him/her through the entire course.
- Should a team member be absent or unable to participate, the member present will paddle the course once; however, a time penalty of three (3) minutes will be added to his/her total.
- A running clock will be used throughout, and time will stop when the second participant touches finish line.
- Each member must have possession of a ball at all times using only your physical body (ie: no clothing, no biting the ball).
- Each team member will have a chance to throw the ball in the net provided after the completion around the buoys. A ten (ten) second deduction off the teams total time will be awarded if the ball makes it completely in the goal.



	Buoys		Paddleboard
- - -	Racers traveling route		Goal

**SCORING/AWARDS:**

- At the completion of a specific event, all team's scores and/or times will be ranked relative to each other. Points will then be awarded, using the following scale:

<b>Placing</b>	<b>Points</b>
1 <sup>st</sup>	10
2 <sup>nd</sup>	8
3 <sup>rd</sup>	6
4 <sup>th</sup>	4
5 <sup>th</sup>	2
6 <sup>th</sup>	1

- Following all events, team points will be added together for the team's final Adventure Challenge total.
- The winning team will receive Intramural Sports Champion T-shirts.

*Updated 7/30/18*