

GREAT KNARESBOROUGH BED RACE EVENT – JUNE

BED TEAM RULES

It is the nominated and registered Team Captains' duty to ensure all Bed Team members are aware of these rules and any safety briefings supplied by the event organisers.

RULES: The team

1. Each team **MUST** provide the name and contact details of **two adult (18-years or above)** marshals at the time of their application to take part in the Bed Race. It is a requirement of entry on the day that each team's marshals (who must have attended a marshal brief), report to the marshal reception point in the Castle Grounds by 1200-hrs. Failure to do so will lead to disqualification.
2. The bed and runners must be decorated to the published theme of the year. Failure to do so leads to disqualification.
3. The bed and team will take part in the parade and must follow the requests at all times of the marshals and race officials.
4. The **running team** [both adult and junior] will be made up of either 6 males, or 6 females, or a mixed team of 3 male and 3 female, ... Plus one passenger. Non-Standard mixed teams will be regarded as male.
5. A junior team must be in years **8 to 11** inclusive of the school year to qualify for entry.
6. The **passenger** must be no younger than **10 years old (Year 6)** and all passengers **must** wear protective headgear and lifejackets throughout the race.
7. No substitutions will be allowed during the race.
8. Riding on the bed except for the passenger is forbidden.
9. **All** competitors must be able to swim.
10. During the race all beds must keep to the left unless overtaking or at request of race officials.
11. The throwing of objects/liquids is extremely dangerous and is strictly forbidden. Failure to comply leads to disqualification.
12. No alcohol to be consumed by the team runners until after the race has ended. Any team found to be under the influence of alcohol will be disqualified and banned from future races.
13. The team must be able to complete the course within 30 minutes. Please ensure you are able to do so before the race on the day.
14. Bed race is a family event, all members of the team and parade must conduct themselves appropriately at all times i.e. no swearing, no inappropriate gestures. The organisers reserve the right to withdraw a team at any point.
15. Each team must have a named Captain who takes responsibility for ensuring the safety of the team during the race and the parade.
16. To enter for the Fastest New Team, no team member must have completed in a previous bed race.
17. To qualify for the non-club competition, no team member can belong to an England Athletics-affiliated club.

18. All Teams are to complete a Team Detail Sheet to show any change from the Original Entry Form. This is to have signed parental consent for ALL runners and passengers aged 16 or under. The Detail Sheet will be issued in the team pack at the team brief and must be handed in to the scrutineers on the day. If your team changes category from your original entry form due to changes in runners, you must inform the organisers at least 48 hours before the start of the race; otherwise you will not be eligible for a category prize.
19. The provided wrist bands must be worn by all team members and the two helpers throughout the day. Only the team and two helpers will be allowed into the race start point at Conyngham Hall.
20. At least one member of the team must attend the team briefing and collect the team pack. Any trophies won during previous year's event must be returned at or before the team briefing.

RULES: The Bed

1. Each team **must** provide
 - A bed decorated in the theme for the year
 - An audible air horn / hooter
 - A helmet for the passenger
 - A lifejacket for the passenger
2. When decorated, the bed **must not** exceed 2 metres in width, 4 metres in length and 3 metres in height.
3. Decorations **must** be removed from the bed before the start of the Race.
4. The bed must have no means of mechanical propulsion.
5. All beds **must** have been examined and passed by the scrutineers prior to the start of the Race.
6. The Bed numbers must be attached to the Float prior to the Parade and reused for the race. Five race numbers **must** be displayed, **one** on the front of the Bed and **one** on each side of the bed and **one** on each side of the passenger's helmet. It is the team captain's responsibility to ensure that these numbers stay attached until after the Race element and crossing the finish line.
7. Each bed **must** have a built-in buoyancy aid capable of supporting the bed and the passenger for not less than five minutes and have an aperture large enough to allow the passenger to escape quickly if required.
8. Each bed **must:**
 - i) Have four wheels of **not more** than 260mm in diameter including tyres, and a **minimum** tyre width of 55mm.
 - ii) Allow a gauge of 150mm by 450mm wide to pass under the bed in the direction of travel (i.e. ground clearance of 150mm and the wheels must be at least 450mm apart, side to side).
 - iii) Allow a gauge of 150mm by 1250mm long to pass under the bed at 90 degrees to the direction of travel (i.e. ground clearance of 150mm and the wheels must be at least 1250mm apart, front to rear).
 - iv) Have a minimum length of 1750mm and a minimum width of 750mm.
 - v) Have a maximum length of 3.0m and a maximum width of 1.35m.
 - vi) Two ropes, not more than 3.5 metres in length, may be attached to the front of the Bed. These must not be secured to any member of the Team. No ropes are to be attached to the rear of the bed. Ropes must not include loops or knots along any part of their length or at the non-bed end/s. Beds may be inspected more than once so please do not tie loops or knots after original scrutineering.