

Event: Knots and Crossarm Lift

Chief Judge: Sean Brown

Event Time: 2:00

Drop Dead Time: 3:00

Event Summary:

Each Apprentice and Journeyman Team member will perform a hand over hand cross-arm lift. They will also tie three knots (square knot, clove hitch, and running bowline). Stations will be setup at 5 foot spacing. Each station will be labeled with the appropriate knot requirements.

Event Rules:

- 1. Competitors will be allowed a 5-minute setup time prior to the start of event**
- 2. Only items needed for this event are a climbing belt and secondary safety**
- 3. Competitors will lay their climbing belt on the ground at start line during setup**
- 4. From the start line each Apprentice/Journeyman Team member will put on their climbing belt w/ secondary safety attached.**
- 5. Each competitor will proceed to the small H-Frame Structure and place their secondary safety over the cross-arm and attach back to their belt D-ring to safety off. By doing this, it will not allow the competitors to back up to get leverage on the hand-line rope.**
- 6. Each Competitor must then lift/lower an 8 ft. cross-arm (with the provided hand line) 3 times with a hand over hand motion.**
- 7. After the completion of the 3rd lift/lower, competitors will then unsafety from the small H-frame and proceed to the closest knot station.**
- 8. Each competitor will tie 3-knots in their designated order**
- 9. A collar rope will be located at each knot station**
- 10. After all knots are tied, each competitor will proceed to the finish line and ring the bell (For the Journeyman Team Division, the last competitor must cross the finish line before ringing the bell).**
- 11. Free sliding of the hand line, using a motion not conforming with hand over hand, or dropping the cross-arm to the ground will result in a 2-point deduction (For the Journeyman Team Division, ringing the bell before the last competitor crosses the finish line will also result in a 2-point deduction).**