

OFFICIAL JACC CAMPING TRIP RULEBOOK

Two Out-Two Back

- The Two Out-Two Back event shall occur on the Friday morning at 8:00 A.M.
- Teams are to assemble at the campsite, then jog the woodland trail to the first stop sign in the Warren Dunes State park. This constitutes the warm-up, and the teams may run as one whole entity, or stagger slightly according to teams for strategy sessions.
- The teams shall stretch, in the same manner as the warm-up, and shall toe the start line (at that first stop sign) by 8:00 A.M.
- The starter shall be the Chaperone, who shall use a method of his/her choosing (if there are multiple Chaperones, the captains will elect one to serve as the starter). There will be no stagger, no waterfall, no box alley, and no California style starts. If there are too many runners to be accommodated by the breadth of one starting line, captains shall reach a consensus as to who should be placed in a second row, directly behind the first, making every effort to retain equity between all teams.
- The Chaperone (who may be assisted by any number of other chaperones and/or alumni) shall be considered the official umpire of this event, and shall have the final word with regards to all rule disputes (though not so for the assistants). Disputes will be settled in a manner of the umpire's choosing. The umpire and/or assistants should also record the placement of the returning runners at the end of the event, as well as their times.
- Scoring shall be performed by captains, and shall not commence at the site of the event, nor until breakfast of that Friday has concluded. Scoring shall occur outside the presence of all but the current JACC captains. Captains shall not disclose scoring information to anyone else, and shall not use information obtained during the scoring to gain an unfair advantage. Noncaptain team members shall not be informed of any of the scoring results or team placements. The scoring shall be done Dual Meet style, with each individual earning points for his team equal to his/her place, and the team with the fewest total points being declared the victor. Bonus points shall also be added for complete team arrival pursuant to these rules, and pre-determined (optional) bonus categories.
- The course is a 2 mile run through the woods, on an asphalt road, to the Warren Dunes beach. The purpose of the event is to emphasize the Cross Country duality between the necessity of a team, and the plight of the individual. Runners shall remain on the road at all times, or on the grass directly adjacent and parallel to the course. Runners shall not cut corners, or attempt to shorten the course in anyway. Specifically, at what is approximately the halfway mark, there is a z shaped turn in the vicinity of a guardhouse. It would be a simple matter for runners to cut across the field and eliminate part of the course, this is strictly prohibited. Remain on the road at all times. A runner determined to be in breach of this rule by the umpire will earn his/her team a three point penalty in overall standings.
- Runners (including alumni) are expected to act as representatives of the JACC program at all times during the event. There is to be no horseplay, or activity that would be considered cheating during a cross country meet. Athletes should be respectful and courteous. They are

also encouraged to be encouraging. A runner determined to be in breach of this rule by the umpire will earn his/her team a three point penalty in overall standings.

- The halfway mark, and, thus, the turning point, is marked by a (yellow) gate at the top of a gradual incline at the entrance to the beach. Teams who arrive at the gate as a unit, and who *place one hand each on the gate in unison, so that every member of the team is touching the gate simultaneously shall receive the team arrival bonus*. The team arrival bonus value shall not be disclosed by the captains until the awards ceremony, Saturday night. It is not necessary to obtain the team arrival bonus. Indeed, it may be tactically unwise. Teams are not required to run the entire first 2 miles together in order to receive the bonus (though they are *supposed* to try and stay together for the entire run, in the spirit of the event), they must simply arrive at, and touch the gate together. Runners are not required to continue running forward, though they must remain on the course, and teams can turn around to pick up other team members. It is strictly prohibited for some members of a team to arrive at the gate and then wait for other members to arrive before touching, and a team arrival bonus will not be rewarded in such a case. If only some members of a team arrive, and they wish to obtain the bonus, they must double back and retrieve their teammates, such that the team arrives as one. Teams that arrive and then wait in order to obtain the bonus shall be penalized ten points in overall standings.
- When a runner has touched the gate, his/her responsibilities change, and he/she becomes an individual in a dual meet style race. The course shall be retraced backwards by the runners, who shall race to the finish line with tactics, speed, and placement in mind. Runners who have completed their return shall be allowed to head back onto the course, but shall not be allowed to pace teammates for competitive advantage. Runners are to shake hands with all competitors and teammates.
- If teams competing are composed of more than 7 runners, only the top 7 individuals from a given team shall be considered in the scoring. If teams are not of equal numbers, then the number of individuals considered in scoring shall be equal to the number of individuals competing from the smallest team (maximum 7).
- After the event, runners should hydrate, stretch, and run back to the campsite as a cool down. Everyone eats breakfast together.

The Beach Relays

- The Beach Relays is to occur as the Friday evening event, occurring at either 6:00 P.M. or 7:00 P.M., to be determined by the current JACC captains. Teams shall warm up and stretch separately from one another, though they must be at the starting line on time, or face penalization/disqualification.
- The aim of the beach relays is to introduce runners to the value of intervals and team based strategy. Three courses beginning and ending at the traditional campsite have been set up, and measured at approximately 200, 300, and 800m. Though those woodland trails may have changed, or been mismeasured, they are still referred to by the numbers 200,400, and 800. Teams are encouraged to run these routes as part of their warm-up. Teams are assigned a set

total of intervals to complete, to be determined by the number of competitors involved. There are more 200s than 400s, and more 400s than 800s. in the ratio of 4:3:2. The objective is to complete the intervals before any other team.

- Captains shall construct a relay zone approximately 15m in length and 8m in diameter, and shall mark the corners. All exchanges must occur within the area of the zone. A faulty exchange (one occurring outside the exchange zone, will earn a team a 30 second penalty. If a team is guilty of 4 or more faulty exchanges, they are disqualified from all non-bonus scoring. Exchanges are to be California exchange, and batons are optional (hand slaps will suffice). Should a team wish to use a baton, a standard baton shall always be acceptable, as will any item that is not a weapon and/or does not offer tactical advantage (i.e. a power bar that could be consumed, or a sports drink). The umpire shall reserve the right to outlaw any baton, should he/she consider it necessary or prudent. If a team begins with a baton, they must utilize it for the entire competition. Batons are encouraged because they add a layer of challenge and fun to the event. Except during an exchange, only two team members from any given team shall be inside the exchange zone. A violation of that requirement shall result in a 30 second team penalty.
- Teams shall submit competitive running pools of an even number (8 or 10 is strongly recommended), and be advised that only two runners from each team shall be allowed on the course at any given moment. Competitive pools must be designed gender balanced to the utmost (i.e. not all male competitive pools, they have to be equal numbers of male and female). Failure to comply with this gender clause shall be grounds for disqualification from the non bonus scoring of the event. It follows that each team shall compete as if it were comprised of two continuous relay sub-units. No runner shall complete two intervals in a row, and at the conclusion of his/her first interval of a set, he/she must hand off. If there are 8 competitors, then each team member must complete a minimum of 10% of the teams overall interval requirement, and if there are 10 members, then 8% is the requirement. Other requirements for team numbers shall be adjusted accordingly by the current captains. [Example: 8 team members , 16 200s required, 12 400s, 8 800s. Team member "John" must complete a minimum of 10% of 36 intervals rounded down, or 3. Each member shall complete three, meaning that 24 intervals are required before a team can strategize about who is to run the final 12.] The intervals do not have to be run in any particular order, nor do the requirements have to be met before other runners may take on extra intervals. In addition, "John's" requirement of 3 intervals can be met by any three (i.e. 3 200s, or 2 200s and a 400). Any breach of this rule shall earn a 1:00 minute penalty for the team in question.
- The team who completes all intervals first shall be declared the victor.
- Each respective distance has a signpost or tree that acts as a right hand turn (yellow) flag would on a standard Indiana cross country course. Flag rules apply, and a runner seen to have cut a "flag", and thus the course, or determined by the event umpire to have done so, will earn his team a 30 second penalty.
- An umpire shall be selected by the current captains, and shall be a chaperone. This should be a different umpire than that of the Two Out-Two back, if possible. That umpire shall have the final call with any and all rule disputes, and runners will accept the decision as final. The umpire shall have all the powers and responsibilities expressly mandated under these rules.

- At the end of each interval, each runner is required to report in person to the scoring crew, which shall be comprised of a minimum of three non competitors (not necessarily including the umpire). Failure to report in person shall result in the dissolve of the interval in question (it will be run again) and a 30 second team penalty. One score panelist shall record a simple tick mark next to the interval distance under the specific team (e.g. "team 1, 200m tick) in order to keep a running total and determine when a team has met its requirement and completed the event. A second panelist will record the distance that the runner has covered next to his/her name, to keep track of which runners complete which distances, to create a double check system, to assist with bonus scoring, and to ensure that all percentage requirements are met. The third panelist shall exist with a clipboard to try and ease the jobs of the first two panelists, and assist in keeping fair track. The third panelist should also keep a watch running so as to record the overall times of each team. It follows that the third panelist should keep an eye on who will be finishing soon. The third panelist exists to try and avoid mistakes, as many runners will be checking in constantly, especially if many 200s are being run, and it may be difficult to record fairly and accurately. Decisions of the scoring panel may be appealed to the umpire, whose decision is final.
- Team members shall not communicate with the panelists except to report in after an interval. They shall not enquire as to any numbers or statistics, nor shall they attempt to observe the numbers or interfere in any way. The umpire shall announce, publicly, when each team has 2 of any give interval remaining, or a total of 6 (of any mix) remaining. These are the only guidelines by which teams shall operate. The umpire and panelists shall not disclose any information regard number of intervals completed by any team or any individual, except as described in these rules.
- Each team shall be awarded points pre-determined by the current captains for their placement. Scoring shall not occur on Friday, but Saturday at the earliest, and shall only be done in accordance with the scoring rules of the first event.

The Great Hill Climb

- This is the most prestigious of the events, occurring on Saturday morning. Teams should stretch before warming up, and then warm-up out to the course. Everyone should stretch, and walk the course as a group, led by their captains. While walking the course, captains should talk about proper hill running form and economy, and the team should block off any non course pathways, and clear branches and debris from the runways. The purpose of the great hill climb to challenge the individual mentally. It is a test of strength, endurance, and toughness, both of the mind, and of the body. The course begins with a 250m flat strait, which is generally sprinted. Runners make a pin hook turn into the first 60m incline, then a slight left into the next steeper 50m incline. Runners turn right uphill and into a sprint climb. They will dip and bob up and down minor hills (in the woods at the top of the hill at this point), before a brief winding but flat reprieve. Runners will stride downhill until a sharp two right hand turns into the sand. They'll stride down the steep sandy slope into the hard fast forest trail which comprises the last 80m, runners must

pass the wooden post adjacent to the former exchange zone before their partner can depart, no physical contact is required.

- The event is a set time limit, and shall last a minimum of 1 hour and 30 minutes (captains may choose to extend the time *prior to the commencement of the event*). During that time, much in the same manner as the Beach Relays, teams will submit a competitive, gender balanced, even numbered pool, that will act as two continuous relay groups. Every member of the pool is required to complete at least two loops (captains may increase that requirement prior to the event). The object of the event is to log as many completed loops as possible in the allotted time frame (team totals). Unlike the beach relays, exchanges do not actually have to occur, and the next runner may begin his/her leg when they note that their partner has passed the pre determined boundary. Runners shall incur a 1 point overall team deduction if they are judged to have left the relay zone early, and shall incur a 5 point overall team penalty if a team has more than two runners on the course for a period of 10 seconds or more.
- An umpire shall once more be selected, as per the rules of previous event, but is required, in the Great Hill Climb, to have a minimum of one assistant. That umpire and assistant shall keep total time, and issue time statements every 15 minutes. No member of any team is allowed to enquire as to the time remaining, or time used, at any time, until the last fifteen minutes of the event. Repeated requests about time before the last fifteen minutes will be punished with a 5 point overall team deduction from standing (a heavy punishment). At the conclusion of each leg, a runner shall report to the umpire and see that his/her repeats are recorded. Team members shall not be aware of any team totals, and may not ask the umpire or assistant for stats of any kind (though they may figure it out amongst themselves). The umpire and assistant shall not disclose any information regard number of repeats completed by any team or any individual.
- The assistant and umpire shall record each individual complete circuit, giving one mark next to the name of the individual who completed the loop, and one in the team's total box, so that a running total can be kept. Consecutive loops (2 in a row or more by one individual) should be distinguished by a different mark (an x instead of a check).
- Unlike the Beach Relays, runners may complete multiple loops of the circuit consecutively without handing off. Runners are allowed to enquire as to time remaining within the last fifteen minutes so as to weigh their decisions against the fact that runners who are on the course when time expires will NOT be able to log their repeat. While runners are not on circuit, they must remain within the staging area, and may hydrate or socialize. Runners may not pace their teammates, or enter the circuit backwards. They can attempt to shout to teammates who are on the circuit. Breaches of this rule will result in a 1circuit deduction for the runner in question.
- After the event, runners should hydrate, stretch, and run back to the campsite as a cool down. Everyone eats breakfast together.

Up and Over's

- The final event, held on the Saturday evening, is often hailed as the most difficult. After three hard workouts in two days, runners face a different kind of challenge, and the uphill, in that

sense, in both literal and figurative. The Up and Over event combines the elements of all other three: The duality of the individual and team from the Two Out-Two back, the speed interval work, and relay team style of the Beach Relays, and the hill work and mental challenge of the Great Hill Climb. There is something quietly satisfying about this realization, though the event itself is anything but. The event occurs at the beach, on the back side of the main dune. Teams arrive at the beach by driving, and make the climb together, often in the heat. The event cannot occur late, as dinner at Redamaks awaits. 5:00 P.M. should offer enough time to complete the event, wash in the lake, and drive to Redamaks (stopping at the campsite if necessary).

- Each team submits two teams of four, though they designate only one team for scoring (that team must be 2 girls and 2 guys). That team of four will station each member at a different exchange point. Two will remain at the start, one will be stationed at the hilltop, and one at the bottom of the hill. Batons are outlawed, and physical contact is required for exchanges to be fair. Three umpires are required to moderate the exchanges, and an unfair exchange results in a 10 second penalty. The Umpire at the start line will keep the overall time, and officially declare the placements. At the commencement of the event, the first runner will sprint the strait and the curve and descend the hill, where he/she will hand off. The second competitor will ascend the hill and exchange with the third who will sprint the straight and curve in reverse, handing off to the fourth competitor, who will re-initiate the cycle. The first team to complete the cycle three times is declared the victor (the first competitor will return to the start line).
- No runner may impede or make contact with a competitor, and all other rules regarding conduct herein are echoed. The event is brief, but can be agonizing. Afterwards, bathe and go and enjoy dinner!

Non Running Competitive Events

- The main traditional event is the meal competition. On Thursday evening, the current JACC captains are responsible for preparing and serving a meal to all present. On Friday, the first team will prepare and serve Hamburgers for lunch, and be scored by the alumni present on the grounds of Food Quality, Service, and Team Theme. The second meal is the Spaghetti dinner (Friday Night, served and prepared by the second team, scored in the same manner), and the third is the Saturday Sloppy Joe lunch. At the conclusion of the third meal, the alumni will confer, tabulate scores, and submit them to the current captains, sealed. The captains are prohibited from opening the packet until their score tabulation meeting, to be discussed in an upcoming section regarding scoring. The alumni will thank and reward the JACC runners by preparing and serving breakfast on Sunday morning.
- Captains may choose, before the trip begins, to include other non running events in the scoring. As a general rule, none of these events should be capable of awarding more than 75% of the winning score of the least value running event, so it should be difficult to win without scoring well in the running events. Possibilities include:
 - Euchre Tournament (Friday Night)
 - Watermelon Eating Contest (Right after Up and Overs)
 - Miniature Ultimate Frisbee, Soccer, or Volleyball tournament: Swiss style.

- Scored Go-Kart race or Mini Golf tournament at Captain Mikes
- Alumni push-up challenge

Scoring

- Captains shall be responsible for scoring all events, and tabulating the scores at the conclusion of the events. At no point should a captain reveal any information about scoring, specifically point values of a particular event or accomplishment. All rules regarding scoring aforementioned are herein re-enstated, and shall be followed. Scoring shall occur with the greatest secrecy, and non captains should not inquire as to the scores, or nature of the scoring. Scores and placements will not be disclosed until immediately before the senior speeches. It is suggested that the captains take a short excursion upon arriving at Redamaks (perhaps you have to wait on tables) to score the events and add the numbers.
- During that time, it is suggested that the non captain competitors be furnished with ballots for certain traditional awards, and the captains can then tally those for incorporation into the senior speeches/awards ceremony. The following awards are suggestions, based on those that have been given in the past:
 - Nick Kovatch Memorial "Sweat Hog" Award
 - Nick Yugo "Downer" Award
 - Most Determined
 - Most Valuable New Runner (not necessarily the fastest)
 - Most Positive
 - Funniest Runner (Everything's funner with a runner)
 - Responsible for the Most memorable event of the trip award
 - Strangest/Weirdest/Most Awkward moment award
 - Most Unexpected Award
 - Biggest "Team Player" (most encouraging/supportive)
- The idea is to select 5-8, and have people vote, and maybe give small prizes, like candy, or an old shoe nailed to a 2x4 as a trophy (spray painted gold?) (or simply recognition). This forces runners to think back over their experiences and look at what's happened to them and others while its fresh in mind, and fosters a team camaraderie
- Scores shall be determined based upon the system derived prior to the trip.
- If there is a tie with a bonus category score, then that category is simply eliminated from the scoring.