

FARFROMSNOOZIN

RULES AND REGULATIONS:

The following rules and regulations are intended to promote fairness among competitors. All rules, regulations, and time schedules must be adhered to. Failure to observe the rules and/or the instructions from Race Officials may result in your team's disqualification from the race (no refund of registration fee). The beds will be raced in time trials, and heats. Double or single elimination will be based on the number of entries. All teams are guaranteed two (2) races.

THE BEDS:

All beds for the competition will be provided. During time trials, teams will have their choice of bed. During heat races, the higher seeded team will have first choice of bed and lane.

THE TEAMS:

---A team will consist of five (5) persons. One (1) rider and four (4) pushers, (1) one each side and two (2) pushing from behind the bed. At least one (1) team member must be a female. The rider is also required to wear some sort of helmet.

---A team may have one (1) alternate member that can substitute for the rider or a pusher.

---All team members must be at least 21 years old.

---**The use of helmets for all team members is strongly encouraged.** Pushers may wear ice cleats, spikes, etc. Safety is the primary goal of the race.

---Team members cannot interfere with their opponents in any way.

---All participants must follow the instructions of the race officials.

---The entrance fee (\$25.00) must be turned in by the registration deadline to be eligible for the race.

---A waiver form must be signed by each participant on the day of the race, including alternate members.

THE COURSE:

All teams must push their bed (foot end first) to the far end of the course. The rider will get off the bed and retrieve a stuffed animal. While the rider is off the bed, the pushers

will pick the bed up and turn the bed around. Once the rider is back on the bed, the team will push the bed (foot end first) back to the start/finish line.

---Once all teams have run a time trial, they will be placed in heat races based on that time. Heat races will be single or double elimination based on number of entries.

PRIZES:

---Prizes will be paid to the top three (3) teams. Prize money will be based on the number of entries.