

# State Leadership & Skills Conference 2024

## Tactical Response Team Competition Update

Teams will operate as a group of 4, however, if someone becomes ill or cannot attend, they may operate as a team of 3. When it comes to the P.T. Test, the following procedure will be used in the event there are only 3 team members.

- Option #1 – Someone will perform it twice.
- Option #2 – The team will complete the PT, but will automatically will finish in last place.

### **Physical Agility / Obstacle Course**

Due to limitations this year, the introduction of the competition, local law enforcement no longer being able to commit their time to the event, there will ONLY be a P.T. Course. The below is the P.T. Course.

All teams will start at the same time with a goal of being first to complete the test while completing all tasks appropriately. Teams will have one person from their team go at a time. They will do the following, in order:

- 200 yard run
- 15 pushups (military style)
- 15 sit-ups (someone may hold their feet, elbows to knees, lower back must touch)
- 20 unweighted squats (thighs must go parallel to the ground)
- 15 pushups (military style)
- 15 sit-ups (someone may hold their feet, elbows to knees, lower back must touch)
- 20 unweighted squats (thighs must go parallel to the ground)
- 200 yard run
- Partner Drag – must drag the previous person that went 20 feet, they must be deadweight and the dragger must have their weapon on target while dragging. If the first to go, they will drag the person that will go last.

Teams are scored on completing the test appropriately and in the fastest time. Points are rewarded based on the finish, meaning 1<sup>st</sup> get more than 2<sup>nd</sup> who gets more than 3<sup>rd</sup>, etc.

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## **Scenarios**

After the PT, each team, in a predetermined order, will perform in 2 scenarios without the other teams seeing.

In the case that the smaller rooms near the competition space are unavailable, cones or rope will be used to designate wall, doors, and entry locations.

Once complete, they may watch the others or leave.