

Rules & Regulations

Housing and Credit Counseling, Inc. *8th Annual HCCI Great Topeka Bed Race*

Race Day is Sat, March 12, 2016

The following rules and regulations are intended to promote safety and fairness for competitors. All rules, regulations and time schedules will be enforced by the race officials. Failure to observe the rules and/or instructions from the HCCI Great Topeka Bed Race officials may result in disqualification of teams from the race. Registration fees will not be refunded. Beds will be raced in heats for the best overall times.

REGISTRATION CLOSING DATE IS MARCH 11, 2016.

For more information go to www.hcci-ks.org or call Lynne at (785) 234-0217 Ext. 330.

General Information:

1. Race will begin promptly at 10:00 AM on 10th street in front of the Statehouse. Teams must arrive by 9:15 AM for bed safety inspectors to make sure all beds conform to the specifications. The course is 75 meters from the start line on a paved public street to a line defined as the beginning of the turnaround area, then 75 meters from that same point to the finish line. Each heat will be one length down and one length back. No reworking or modification of beds allowed once inspected and approved.
2. Two teams will race at a time. The fastest 8 teams will move on to the second round. The fastest 4 teams will move on to the final four round. The two fastest teams from the final four will race for the championship.
3. Each team has the option to race 2 initial times with the fastest time recorded as that team's official time.
4. Each team will consist of 5 first string members: 1 rider and 4 pushers (runners). As teams advance after the first race, a team may have one substitute runner per race.
5. Beds may not be pulled—only pushed from the sides and/or back. **No steering devices are allowed. No horizontal push/pull handles that protrude beyond the edges of the bed will be allowed.**
6. Teams will push the beds 75 meters at which point they will stop their bed in a marked area. The rider must either lie down or be seated the entire time the bed is in motion and until the rear wheels of the bed have crossed the beginning line of the marked area. Without any intentional assistance by the pushing team members, the rider will get off the bed and enter a designated changing area. The rider must put on an XL night shirt that will be provided by HCCI. The rider may leave the designated changing area and get back on the bed after the official Judges have approved that the rider has met all of the following criteria:
 - 1.) head is fully through the top of the night shirt;
 - 2.) both arms are through the sleeves;
 - 3.) the bottom hem of the shirt is pulled down below the rider's waist.

Teams leaving the designated changing area without completing all three parts of the criteria and/or before the official judge's approval will be flagged and assessed an addition 5 second time penalty. Teams not even attempting to put on the provided shirt will be assessed an additional 15 second time penalty for a total penalty of an additional 20 seconds.

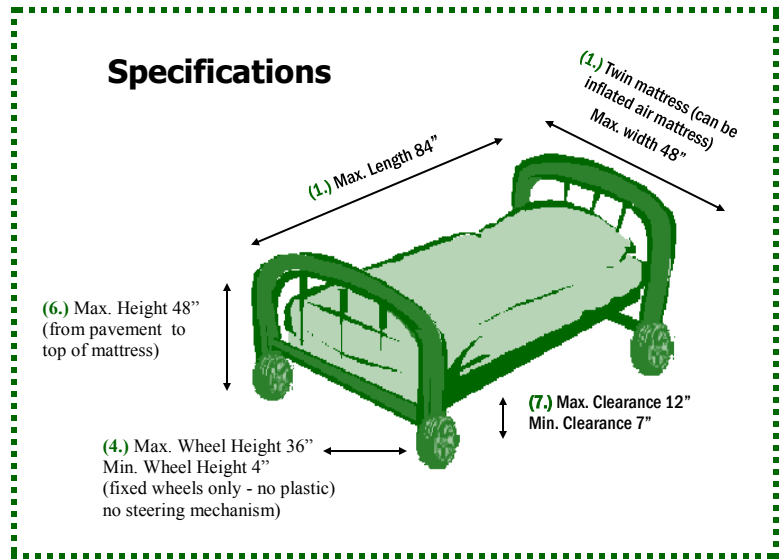
The team will then push the bed 75 meters to the finish line. All four pushers must be in contact with the bed during the return run and the team's time will be stopped when the front wheels of their bed crosses the finish line. If all of the members are not in contact with the bed at the finish line, time will continue until the final member crosses the finish line.

7. **The use of helmets (bicycle, motorcycle, skateboard, etc.) and knee/elbow pads are strongly encouraged for all team participants.** Everyone's safety is a primary goal of the race.
8. Team members may not interfere with opponents in any way during the race. The bed and all team members must stay in their lane for the entire race and may not cross the center line of the race course (street). Any Team that crosses over into an opponent's lane will be flagged and assessed an additional 5 second time penalty.
8. All contestants shall conduct themselves according to the highest standards of sportsmanship. Bed decorations and participant's attire shall be appropriate for this family oriented event. Rules will be strictly enforced.
9. **Decisions made by Race Officials are final.**

Bed Requirements:

Each team is responsible for providing its own bed that meets the HCCI Great Topeka Bed Race specifications below. A few “loner” beds are available from HCCI for a rental fee. Call HCCI (234-0217) for details or go to www.hcci-ks.org.

1. The bed must use a twin mattress (inflated air mattress is allowed) and the overall size should not exceed 48” wide x 84” long.
2. Headboards and footboards are required to be used as pushing points. No extended horizontal side push bars are allowed.
3. The point of the bed axle will be aligned with the starting line. The same point will be used to judge the race finish.
4. The bed must have four fixed wheels (no less and no more — one wheel at each corner). Minimum wheel diameter can be no less than 4” – maximum wheel diameter can be no more than 36”. No swivel wheels.
5. No steering mechanism is allowed and the bed must have no means of mechanical propulsion.
6. Measurement from pavement to the top of mattress may not be over 48”.
7. Maximum clearance from pavement to mattress 12” - Minimum clearance from pavement to mattress 7”.
8. Decorated beds are encouraged, but no sharp objects, projections, or anything that may be dangerous will be allowed. Prizes are given for “best decorated” beds. Use good judgment for this family event.
9. A bed that does not meet the specifications will have the opportunity to be fixed or altered prior to the race start time or the team will be disqualified (no refund of registration fee).
10. The company/organization/team name must be displayed on the bed (both sides at a minimum) and securely fastened.
11. All contestants shall conduct themselves according to the highest standards of sportsmanship. This is a “G” rated event. Bed decorations and participant’s attire shall be appropriate for this family oriented event. Rules will be strictly enforced. The \$100 entry fee and Entry/Waiver form for each participant (including alternate members) must be turned in by the Team Captain by the announced deadline to be eligible to race.



Specific location and other information will be included in the information packet.

Trophies and other prizes will be awarded to winners at the end of the races.

All Bed Racers are encouraged to push their decorated beds in the St. Patrick’s Day Parade at noon. There is no charge to join the Parade.



BE IMAGINATIVE AND HAVE FUN!