One Rope Bridge

Task: Demonstrate proficiency in the near side, far side, and crossing functions for the one rope bridge, and cross two personnel plus equipment over an obstacle.

Conditions: Utilizing a 120’ rope, individual sling ropes, no more than 6 snap links, 2 M16/M4 “rubber ducks,” 2 ALICE packs w/ standard load, and 2 LCE’s during daylight under existing weather conditions.

Standards: Show correct technique in tying Australian and Swiss rappelling seats, constructing wireman’s knot, near side knot and far side knot, and crossing the one rope bridge with all equipment.

Equipment: Personnel Equipment- ACU’s, soft cap, boots, black gloves, eyepro LCE or MOLLE equivalent, Alice pack or MOLLE ruck w/ standard load. Equipment provided- 150’ rope, 2 Swiss seat ropes, 6 snap links.

References: FM 3-97.61, Military Mountaineering, 26 August 2002.

1. Description of Event:
   All equipment is located approx. 5m behind near side tree; competitors start in same place as equipment. No equipment prep is allowed, i.e. no laying out of rope (near side grader coils the rope with no knots before each team starts), no touching of any equipment prior to start, snap links must all be on the ground, no snap links hooked to any piece of equipment prior to start, and the rope is not marked in any way. At the command “GO” competitors must:
   -Near side man ties a Swiss seat.
   -Far side man ties an Australian seat.
TIME STOPS AND SWISS SEAT AND AUSTRALIAN SEAT ARE CHECKED. If there is a deficiency, grader points it out, starts time again, and then stops time when deficiency is corrected. After seats are a “Go,” near side grader confirms that buddy team is ready and says “Go” and time begins again. Competitors can negotiate the ORB in any manner they wish as long as they meet required standards for crossing the obstacle.

2. Recommended Strategy
   -Both put on LCEs and connect snap links to seats and sling M-16s.
   -Far side lays out 150’ rope while near side puts on his ruck and attaches snap link to far side’s ruck.
   -When far side finishes laying out rope they tie the wireman’s knot.
   -When finished with the wireman’s knot far side hands off rope to near side (who should be finished attaching snap links).
   -Near side completes tying/connecting near side anchor point while far side crosses the obstacle, touches far side tree, and yells “TREE”.
   -Far side then ties far side knot (round turn and two half hitches).
   -Far side yells “PULL”, near side pulls the slack out of the rope and ties the knot
to secure the near side (round turn and two half hitches).
- Near side then hooks up far side’s ruck and either slides it across or hooks himself to the rope, loops his foot in ruck and pulls himself across the obstacle.
- Once near side man reaches far side, far side helps him unhook and removes ruck.
- Both members untie far side knot, throw excess rope across the obstacle and sprint towards the finish point approximately 5m beyond the far side tree. Time stops when competitors cross the finish line behind the far side tree with:
  - 2 rucksacks
  - 2 M16 “rubber ducks”
  - All personal equipment (LCE w/canteens, etc.)
  - Near side and Far side knots are required; no plain wrapping the rope around the tree and holding it.

3. Scoring: No points are deducted for equipment or persons touching the obstacle. 30 seconds are added to the total time for each piece of equipment that falls into the obstacle with the exception of the 150’ rope. Eyepro must be worn for the duration of the event and teams may be disqualified for this safety violation. Competitors are not authorized to go back into the obstacle to retrieve lost equipment.