

## **Bed Construction Guidelines**

1. Teams are responsible for the entry fee and construction costs.
2. Bed must be at least 3 feet by 6 feet in area. For safety reasons, it cannot be made out of particle wood or particle board.
3. Bed must have either a box spring OR mattress and must lay flat in the bed frame.
4. **No air mattresses.**
5. Push bars (handles) are allowed, but may not extend more than 16 inches away from the bed frame. They must be designed for safety with no sharp or jagged edges allowed.
6. Beds must have four wheels (4-inch minimum in diameter). All four wheels must have contact on the ground at the finish line. All wheels must be load-bearing but do not have to be the same size.
7. No bed may have motorized or mechanical means of motion. However, steering mechanisms may be used. All means of motion shall be limited to race team members.
8. The bed must be constructed in a fashion that all pushers must be able to see the course in front of the bed.

## **Team Rules**

1. Five (5) people per team. Substitutions are not allowed. However, teams can make a rider/runner switch before any heat.
2. The rider must be riding on the bed for the entire heat. The main division rider must be at least 13 years old and weigh at least 100 lbs.
3. **Riders MUST wear helmets or protective head gears. All team members MUST wear closed-toe shoes.** Knee and elbow pads are encouraged. The track is made of asphalt.
4. All four runners must be in contact with the bed when crossing the finish line to qualify.
5. No alcoholic beverages or illegal drugs are allowed.
6. Failure to report for bed inspection prior to race time will mean disqualification and forfeiture of entry fee.
7. **Every team member MUST sign a waiver/release form.**
8. **Children 12 years and under can join a team to compete for the Merit Award (most money raised), Best Theme, Crowd's Choice, and Team Spirit. However, they cannot to race the bed.**