Rock the Belt
RULES

During our presentation each school is permitted three teams of four to participate in the Rock the Belt. When the 1st whistle blows, the team of four is at the starting line, and the following rules apply:

1. The team must have FOUR members.

2. Teams may check safety belts prior to their run to determine belt type and that there are no kinks, jams, or twists.

3. Teams start behind the starting line and between the cones.

4. For safety, all doors must remain OPEN at all times. Participants are to make a concerted effort to not touch the doors. If the Rock the Belt crew feels that the team is gaining an advantage from using the doors, the team may be penalized or disqualified.

5. Upon the first whistle being blown, the four members run to and enter the vehicle, and buckle up in one of the four seat positions.

6. As each safety belt is buckled, team members are to raise BOTH hands into the air.

7. When all four safety belts are buckled and all eight hands are in plain view, as the student in the driver’s seat blows the car horn. This signals the team members to unbuckle and rotate CLOCKWISE to the next seat.

8. Members MUST exit the vehicle after each position. Sliding across seats or across the hood is not permitted and will result in disqualification.

9. Team members advance CLOCKWISE around the car until they have buckled up in all four positions, raising BOTH hands each time, and being signaled by the blowing of the car horn.

10. The clock is stopped when all four team members buckle their safety belts in the fourth rotation, and raise their hands and blow the horn for the fourth and final time.