

**THE MIAMI-DADE COUNTY HOMELESS TRUST'S**  
***SPRINT FOR SENIORS BED RACE!!***  
**NOVEMBER 7, 2025**

**RULES AND REGULATIONS FOR BEDS**

**SAFETY SUMMARY!**

For your safety and the safety of the crowd:

- Only approved wheels are allowed – no bike wheels, no metal wheels only rubber as seen [here](#).
- Four (4) runners are necessary; only one (1) person can ride on bed.
- You must bring a helmet for the person sitting on the bed and they must wear it at all times during the run.
- Crocs may not be worn by runners - only sneakers or appropriate running shoes.

**BED SPECIFICATIONS**

Bed Sizes:

- Only Twin or Full-sized beds allowed (so nothing smaller than a twin and nothing larger than a Full-sized bed - no Queen or King beds allowed).

Bed Construction:

- Beds must have a sturdy frame with four legs or a stable base.
- The frame should be able to support the weight of at least one participant and be secured to prevent collapse.

Bed Decoration:

- Beds can be decorated to match the team's theme but must not obstruct the bed's functionality or safety.

Mattress:

- Beds must have a mattress or equivalent padding to ensure participant comfort and safety.

Wheels:

- Wheels must be a maximum of 8 inches.
- RUBBER WHEELS only.
- [Here](#) are [two](#) sample wheels you can purchase that meet the requirements.

## **VIDEO SAMPLES**

[Here](#) is a video of The M Network CEO making his bed. It will give you a snapshot of what it takes to make one from scratch.

[This](#) video shows not-so-fancy beds that might give you ideas!

## **COSTUME DESIGN**

**PARTICIPANTS ARE ENCOURAGED TO DECK OUT THEIR BED AND WEAR CORRESPONDING COSTUMES. LET'S HAVE FUN!!!**

Safety:

- Costumes should be designed to ensure full range of motion and not obstruct vision.
- No costumes should have sharp objects or elements that could pose a hazard to participants or spectators.
- With media expected, please ensure all costumes are family friendly! Judges have the right to disqualify inappropriately dressed teams.

## **RACE DISTANCE**

Distance

- The final racecourse length will be around 40 yards.
- The course is straight – beds go as fast as they can until they pass the finish line at which time their time is recorded.

## **TIMING AND SCORING**

Timing:

- Each team will be timed using electronic timing systems or manual stopwatches operated by trained officials.

Scoring:

- The team with the shortest completion time wins.
- In case of a tie, there will be a runoff for the fastest time.

## 2 Penalties:

- Teams may receive time-deduction penalties for leaving the designated course area or causing obstruction to other competitors.

## **GENERAL SAFETY AND CONDUCT**

### Safety Checks:

- All beds will be inspected prior to the race to ensure they meet safety standards.
- Participants must wear closed-toed footwear (NO CROCS OR SANDLES!).
- Helmets are recommended as are knee and elbow padding.
- All runners and riders must remain in contact with the bed at all times and be in control of the bed until it comes to a complete stop. Runners must remain behind or on the side of the bed.
- Losing control of the bed is an automatic disqualification.

### Conduct:

- Teams must follow the instructions of race officials and respect the rules set forth for fair play.
- Unsportsmanlike conduct, including intentional interference with other teams, will result in disqualification.

### First Aid:

- A first aid station will be available at the event. All participants should be aware of its location and report any injuries immediately.