



Bed Construction Rules

Each bed must have four (4) load bearing wheels safely in contact with the ground at all times.

Rear wheels must be fixed, front wheels may be swivel.

Beds may not be motorized or have any steering mechanism. Human power only.

Beds must be pushed, not pulled. Push bars are permitted but cannot extend more than 16 inches from the bed frame.

Decorated and themed beds are strongly encouraged. However, bed decorations cannot interfere with the line of sight of any pusher.

Although the bed does not have to be an actual bed and bed frame, each bed must include a twin size mattress, headboard and footboard.

The bed must be at least 10 inches from the ground to the support frame.

Each bed must include a safety restraint, harness or strap securely attached to the bed frame and easily accessible by the bed rider.

Beds should not have any sharp edges.

Team names must be clearly displayed on the front of each bed.

Beds must be a minimum of three (3) feet wide and five (5) feet long and must be able to support a twin size mattress.

Each mattress must be securely fastened to the bed.

Beds will be subject to a visual safety inspection by an event judge prior to the beginning of the race. Any bed failing to pass the initial inspection will be given the opportunity to correct the problem. Failure to do so may result in a team's disqualification.



A partnering agency of



United Way, Central Texas.



Bed Race Rules

Each team is made up of five (5) members: four “bed pushers” and one “bed rider.” The rider must sit or lay flat on the bed at all times during the race.

Each bed must include (and each rider must hold) a safety restraint, harness or strap securely attached to the bed frame.

All four (4) pushers must maintain a line of sight with the race course at all times and must stay in contact with the bed until the entire bed has passed through the finish line and has come to a complete stop.

No person may be a member of more than one team.

Closed toe shoes must be worn at all times. Helmets, knee pads, goggles, other safety equipment is encouraged. All bed riders must wear helmets to participate.

Each team member MUST sign a Waiver of Liability and acknowledgement of the Bed Race Rules and Regulations before participating in the race. Parents must sign a Waiver of Liability for all children under the age of 18.

All “bed pushers” must be at least 16 years old. All “bed riders” must be at least 18 years old. There are no exceptions.

There will be NO use of alcohol or illegal drugs.

All participants must display good sportsmanship. Foul language and obscene gestures will not be tolerated. Any team member guilty of such will be disqualified from competition.

Any team purposefully making contact with the opposing team’s bed or members during the race will be automatically disqualified.

Team costumes and bed decorations are encouraged but must be family friendly.

Family Promise of East Bell County reserves the right to disqualify or remove, at its discretion, any team, costume, or bed decoration that is deemed inappropriate or defies the spirit of the bed race.