

THE RULES OF THE SPORTS
AND DEFENCE CHAMPIONSHIPS
OF YOUTH ASSOCIATIONS FOR
THE CUP OF MINISTER OF
NATIONAL DEFENCE

1. Five – man teams may take part in the championships including an adult captain. If a captain is not of age there should be an adult chaperon.
2. The age of the contestants is from 16 till 21 years old.(determined by the year of birth).
3. Regular soldiers and reservists cannot participate.
4. A team captain (and carer) makes sure that his team knows: the program and rules of the competition championships safety rules (competitors must be trained in using sports weapons and air guns).
5. The organizer guarantees free meals and accommodation only for the registered members of the team.
6. Competitors' equipment:
 - battledress
 - military boots
7. Disobeying the rules about outfit or boots disqualify the competitor or his team.
8. Each competitor is obliged to possess: an association membership card, valid accident insurance, medical certificate stating no contradictions for taking part in the competitions as well as:
 - a) juveniles must have a student card and a statement written by parents stating no contradictions for taking part in the competitions;
 - b) adults must have an ID card with a photo
 - c) team captain must have liability insurance.
9. Competitors who do not meet the above-mentioned rules and regulations will not be admitted for the competition.
10. The organizer is not responsible for any accident during the game.

COURSE OF EVENT .

The championship will be held on 24.08.2012
Starting order is decided by a draw during the briefing for the team captains.
Starting order will be conducted taking into consideration the classification of boys' and separately girls' teams.

TEAM SLOW-RUN

The team have to run in the shortest time possible about 28km (including 10km in a vehicle) with an hour break for a meal.

There are 9 checkpoints on the course (PK), where contestants carry out specific tasks.

Each team receives:

1. Scoring paper for recording penalty time on every checkpoint and the time of possible breaks caused by occupying the checkpoint by the other team.

When the team arrives at a technical point in which another team is accomplishing a task, the referee dispatches newly arrived team to the waiting area and writes the waiting time on the scoring paper . The team

captain confirms this fact and signs the referee's card and waiting time is subtracted from the multidiscipline event. The time of the break is counted from the moment when the last team member arrives at technical point to the START command given by the referee.

TEAM SLOW-RUN CHECKPOINTS

The team which covers the route the quickest (subtracting breaks, awaiting and adding penalty time) and carries out the

tasks on every checkpoint in order which is marked on the map will be the winner. If there is a situation that two teams gain the same time, the decision about the first place will be made after analyzing the sum of points which were scored by the team contestants during shooting the air guns. The omission of any of the checkpoints leads to disqualification of the team from the competition.

SPORTS SHOOTING (checkpoint 1)

The purpose of his event is to shoot a carbine according to the following conditions:

1. Distance 50-60 m
2. Aim - fighting position 23
3. Number of cartridges: 3
4. Unlimited shooting time
5. Shooting position: lying with support

Competitor takes position of gun site after FORWARD command and gets ready for shooting. Competitor takes lying shooting position with support and shoots (without a command) after he sees the aim.

The competitor who aims the target three times passes the competition. On the of chance that the competitor does not aim the target penalty time (120s) is added to the general time of the team.

FIRE – FIGHTING COMPETITION (checkpoint 2)

The competition consists of developing firefighting line which is made up of three segments of the hose W-52 connected to the floating motor pump,, NIAGARA ".

Firefighting line is tipped with the generator turbo - mac 52.

The equipment of the checkpoint :

- Floating motor pump NIAGARA
- Three segments of the hose W - 52;
- generator turbo - mac 52.

On hearing the command two competitors in rubber boots take the motor pump to the reservoir and put it on water. The rest of the team joins three segments of the hose W-52 and the generator. After it one of the competitors who operate the motor pump connects the hose with the the motor pump, the other starts it and sends water to the person who stands at the end of the firefighting line connected to the generator. Reaching water flow the generator, hitting the movable target with the flow of water and putting down three cones with it means that the competition is finished.

The time of this event is unlimited and included in the time of slow-run .

Penalty time:

Missing the target – 40s

Missing the cones-40s

Unfastening the hoses or the generator – 40s

EMERGENCY MEDICINE (checkpoint 3)

The whole team is on the public road . In front of them there is a car in the roadside ditch. Near the car there is an injured driver.

The accident happened just a few minutes ago. The driver is shocked and repeats constantly that he does not know how it happened. The team's task is to:

1. Take care of their own safety.
2. Secure the accident area.
3. Evaluate the condition of the casualty and provide first aid adequately to the situation.
4. Call professional medical support.

Evaluation of the task:

Completing 4 tasks properly means that the team passes the task.

Omission of the tasks causes the addition of the penalty time (30s for each omitted task) to the general time.

The time of this event is unlimited and included in the time of slow-run.

AMMUNITION TRANSPORT (checkpoint 4)

After reaching the checkpoint the team gets ready to carry out the task.

The competition consists in transport ammunition box (weigh about 15 kg), crawling on the side on a distance 20m under barbed wire entanglement . After covering the distance the contestant goes back to the starting position and passes the box to the next member of the team. The task is accomplished properly if all the members of the team crawl with the box under the barbed wire entanglement without touching them.

The time of this event is unlimited and included in the time of slow-run.

Penalty time:

- opening the ammunition box – 40s
- each touching the barbed wire entanglement – 10s

THROWING GRENADE AT A TARGET (checkpoint 5)

To accomplish the task a competitor gets four grenades. The grenades are thrown separately until the first direct hit into the fighting position 40 (a distance of 20m) and into the fighting position 23p (a distance of 15 m) .

Evaluation of the task:

The direct hit into the fighting figure causes that it lays down therefore the task is completed properly.

Competitors take turns to complete the task. Omission the target causes the addition of the penalty time(30s) to the general time.

Event time is unlimited and included in the time of slow-run.

CROSSING WATERCOURSE OBSTACLE. (checkpoint 6)

The competition is about crossing a watercourse obstacle, the gorge, by using the rope stretched between the two opposite sides.

A competitor hanging upside down will crawl along under the rope using his calves and hands and he's secured with a safety harness attached to the rope.

Falling down of the competitor or non-completion the task causes addition of the penalty time (120s) to the general time.

The time for his event is unlimited, included in the time of slow-run.

CROSSING A WATERCOURSE ON A PONTOON.(checkpoint 7)

The competition consists in rowing the pontoon on a distance 900m from the starting line to the pier along the lakeside in the shortest time possible. After coming to the checkpoint the contestants put on the life jackets , set up the oars and occupy their places on a pontoon. All members of the team take part in the competition. The time of the event is unlimited and included in the time of slow-run.

Penalty time:

- losing the oar – 30s
- falling out of the pontoon – 30s
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SHOOTING AIR GUN (checkpoint 8)

The purpose of this event is shooting at a target according to the following conditions:

1. Distance 8-10m
2. Aim – sports target TS1
3. Number of cartridges - 5
4. Unlimited shooting time
5. Standing position with one or both hands.

.Classification:

After a command a competitor stands on the indicated by the referee line and gets ready for shooting. After receiving and loading the ammunition a competitor takes shooting position and shoots at a target on referee's command.

Evaluation of the task:

Aiming the target with all 5 cartridges means that the competitor completed the task.

Omission the target with 5 cartridges means that penalty time (60s) will be added to the general time.

Event time is unlimited and included in the time of slow-run.

CLEARING TERRAIN OBSTACLE. (checkpoint 9)

The competition consists in clearing a 5-meter long terrain obstacle. A steel rope (with a supplementary one which is tipped with a loop) is stretched between two opposite sides. The task is to cross mentioned above obstacle with the help of supplementary rope without touching the ground. Each member of the team completes the task.

Event time is unlimited and included in the time of slow-run.

.GENERAL CLASSIFICATION

1. The Main Panel of Referees is responsible for the right course of events and honest scoring.

2. If there is a situation that two teams gain the same time in general classification the decision about the first place will be made after analyzing the sum of the direct hits which were scored by the team contestants during air gun shooting.

3. Scoring rules for each event are consistent with the general rules of the championships.

4. A team entered for a contest on the first day cannot be changed later.

5. The organizers allow to change the competitors for substitutes but only before starting the championships if the doctor on duty decides to pull the competitors out of the contest.

If the team cannot finish the contest at full strength because of the above mentioned problems, the remaining competitors should finish the contest. The team captain is responsible for

informing the referee at the nearest technical point about deselection a competitor from the contest and about the necessity of medical consultation

6. The Championships Organizing Committee honors with prizes for:

- three final women teams;
- three final men teams.

FINAL REMARKS

1. In the opening day of the championships the organizing announcement will be issued. It will contain a detailed program, eventual changes in scoring, time limits if they were not announced, the place

for verifying competitors, line-ups and information on how referee panels work and how to appeal.

2. Each association taking part in the championships is obliged to delegate its representative to the appeal committee (the carer of the team)

3. An appeal can only be made by a captain in writing. It must be handed over to the main referee

within 30 minutes from announcing the results of the championships.

The team that wants to appeal must pay guarantee of 300 PLN.

4. A team or a competitor may be disqualified for:

- not complying with the rules of the championships;
- not submitting to referee instructions;
- disobeying shooting rules or safety rules;
- disobeying the rules regarding the outfit stated in the championship rules;
- not completion the slow – run at full strength .

5. In the championships using any private vehicles by the contestants or the carers during the competition is prohibited and ends with disqualification.

6. The captain of the team is allowed to possess the phone in case of necessity to call the referee or the doctor if there is an emergency situation. The phone numbers will be given during the briefing for the team captains.

7. The organizers reserve the right to change the rules. The final changes have to be announced in the organizing announcement.

8. The organizers reserve the right to limit the number of registered teams, (one organization may enter up to 3 teams)

9. The organizers notify about admitting to the championships until 27 of July 2012.

10. General boards of participating associations are requested to provide candidates' names until 15 of July 2012.