

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

I. General information:

1 Championship teams may involve five people, including the adult captain. If the team captain is not of legal age, then the team should be accompanied by an adult guardian.

2 Age of championship participants: 16 - 21 years (determined by the year of birth).

3 In the championships, duty soldiers and professional soldiers of the reserve may not participate.

4 The team captain (guardian) is responsible for the team members' knowledge of: the programme and the rules of the championship, safety conditions during the championship (players must be trained in the use of pneumatic and sports weapons (kbks)).

5 The organizer will provide free accommodation and meals only for the people mentioned in the application for the championship.

6 participants' equipment: military-style clothing; military shoes;

7 The failure in following the dress code specified in the Rules may result in disqualification of the team or a player.

8 Each competitor is required to have: an associations membership card or membership confirmed by the association, the current accident insurance, medical certificate of no impediment to participation in sports- defense championships and:

a) minors - school ID and written parental consent to participate in the competitions;

b) a person of full age - valid ID with a photo;

c) The captain of the team - proof of current insurance of liability.

9 Players who do not meet the above conditions will not be allowed to participate in the championship.

10 Championship organizer is not responsible for the consequences of accidents during the championship.

II. COURSE CHAMPIONSHIP

Championships will be conducted on 21-24.08.2014r. The first stage of the competition will be played on August 22nd in Giżycko, the second stage – 23rd August in the training ground in Giżycko

The drawing of the starting order of teams takes place during the technical meeting for captains of the teams participating in the championship on 21 August at 20.00, in the Center (a place of accommodation). The draw will take place with the division into male and female teams.

FIRST STAGE OF THE COMPETITION - AUGUST 22, GIŻYCKO

The first step is to get the maximum number of points for the execution of all agility - technical tasks at all points in the technical pentathlon in possible the shortest time.

On the Tactical Track is located 7 technical points (PK), where the team performs the

following tasks on time. Total for the first stage of the competition that the team can get is 1000 points for the general classification of the championships.

OSF RUN - PK #1

Players start from the stated place and must overcome the OSF track as a team. Time is counted from the start of the first player till the finish moment of the last player of the team. If the obstruction is not defeated by the player, the player, on the call of the judge, must overcome the obstacle again. The failure of performing the task on the judge's command will add to 10 seconds to the team general time.

Description of the competition

- a) the first player, on the referee signal, jumps out from the starting position, the other players in turns jump in and jump out of the starting position themselves, helping each other;
- b) pass the vaults;
- c) jump over the ditch;
- d) run onto the ramp and jump with the help of a rope on a moving walkway and run along it (the rope is given to another player from the team);
- e) overcome the top wall;
- f) jump on the front circle, cone and back circle;
- g) crawl through the tunnel;
- h) overcome the railing supports by slalom between the poles;
- i) jump into the front moat ditch, pass under the central rod to the back ditch and jumps out;
- j) overcome the facade – it is allowed to go through the upper windows of the facade using a rope and the sill of the bottom window;
- k) run through the falls and runs to the finish line; the assistance on all obstacles is allowed.

Classification of teams is based on the results achieved-time collaborative OSF overcome with the addition of any penalty seconds for not overcoming the obstacles. In case of the unfavorable weather conditions this competition will be replaced by the team run on 3000 m. The team that the fastest gets to the finish scores 150 points. Other teams in the classification gain respectively fewer points.

PNEUMATIC GUN SHOOTING - PK # 2

The competition involves an accuracy shooting by the use of pneumatic weapon (gun) by the following terms and conditions.

Terms of shooting:

- 1 Distance of shooting: 8 - 10 m;
- 2 Target - Disc Sports TS-1;
- 3 Number of bullets for each competitor - 5;
- 4 Shooting time - unlimited;
- 5 Shooting Position: Standing with one hand or both hands.

Classification:

The player on command sets on the line specified by a judge and prepares for shooting. After receiving and loading the ammunition takes a stand and lead the fire to the target on the command of the judge.

Rate of shooting:

- For shooting player can get from 0 to 50 points.
- Maximum points that the team can get is 250 points.

KAYAKING - PK # 3

The team after reaching the POINT must prepare the equipment for the competition (wear life jackets, sets the canoes). The team must pass the stretch of water (about 1000 m) from the starting line to the pier along the shore in a canoe in the shortest possible time. The team that gets the fastest to the finish gains 100 pts. Other teams in the classification gain respectively fewer points.

Time limited

Penalty time for the team:

- 1 The loss paddle during competition - 2 min
- 2 The loss of a player from a kayak - 2 min

FIREFIGHTER'S COMPETITION – PK # 4

The competition is to develop a line of three fire-fighting episodes W-52 connected to the floating motor pump “NIAGARA”. The line is finished with the generator turbo - mac 52

Equipment at the starting point:

- floating motor pump Niagara;
- Three parts of a pressure hose W - 52;
- generator turbo - mac 52

On the judge's command participants must carry the motor pump into the water and put it on the mirror of water (take two players in a protective rubber shoes). Other contestants combine 3 episodes of the pressure hose W - 52 with the generator. The player supporting the motor pump connects the pressure hose with the rest while the other starts it and sends the water to a person standing at the end of the line.

When the stream of water gets to the generator and hits a moving target and the three cones it signals the end of the competition.

Penalty time:

- 1 Not hitting the target - 60 sec
- 2 1 Not hitting the cones - 60 sec
- 3 Disconnection of the pressure hose or the generator - 60 sec

The team that finishes the fastest gets 100 points. Other teams in the classification gain respectively fewer points.

Event time: limited

RUNNING STRENGTH TEST - PK # 5

The team after reaching the POINT prepares for the start of the competition: on the command "Ready" the player takes back lying position (feet hooked on the lower level) on the mattress before the ladders arms straight holding a medical ball (3 kg) lying behind the head.

On the signal the player performs:

- 1) 5 bends, the ball is touching the ladder and 5 returns to the starting position,
- 2) run slalom between the five flags with a height of 160 cm, set at 2.5 m, with two weights 17.5 kg (boys) and 10 kg, the distance of 20 m (2 x 10 m),
- 3) tiger jump over the medical ball laid on the mattress (place of jump is before the mattress)
- 4) rising up on the bar in the overhang catch - 3 times (the first pull with the jump shot and the next - with overhang) minimum height of rod - 220 cm,
- 5) overturn forward along the chest (4 parts box)
- 6) walk on the shoulders on the railing between supports - jump in front of the front outrigger poles, landing behind the final poles,
- 7) jumps on both sides of the bench with both feet joined together with medicine ball (minimum - three hops) and run to the finish line with the ball.

The team that finishes the fastest gets 100 points. Other teams in the classification gain respectively fewer points.

Event time: limited

LOADING THE GUN MAGAZINE LYING - PK # 6

The team must correctly load the school ammunition into the gun magazine in the amount of 30 pieces in position lying by each team player, connects it to the KBK AK rifle and then crawl 20 m and gets into kneeling shooting position. After completing the task team unloads magazines (out of competition). The team that finishes the fastest gets 100 points. Other teams in the classification gain respectively fewer points.

Event time: limited

SPORTS SHOOTING / kbks / - PK # 7

The competition involves making a sports rifle shooting under these conditions:

Terms of shooting:

- 1 shooting distance: 50 m target 1 - Battle Figure No. 23;
- 2 shooting distance: 75 m target 2 - Battle Figure No. 30;
- 3 shooting distance: 100 m target 3 - Battle Figure No. 40;
- 4 Number of bullets for each competitor: 3
- 5 Shooting position: lying with the use of props.

Classification:

The player on the judge's command "FORWARD", occupies the position of the fire and prepares for shooting. After detecting the target the player fires without the command.

Scoring the task: for hitting the target No. 1 player gets 5 points. , target No. 2 player gets 15 points, target No. 3 player gets 20 points. Rate of shooting:

- For shooting one player can get from 0 to 40 points.

- Maximum team can get 200 points.

Event time: limited

SECOND STAGE OF THE COMPETITION - AUGUST 23, GIŻYCKO

TEAM SLOWRUN PK # 1

The second stage of the competition is to walk or run the distance of about 17 km in the shortest possible time and complete of all technical points (PK).

In the overall classification for the second stage, a team that finishes the route in the shortest possible time (after counting the waiting times and received extra seconds) and performs tasks on all points of agility - skill (PK) in the order indicated on the map collects 1000 points.

Time measurement is done from the start signal until the last player passes the finish line. If you forget any of the PK it results in 0 points in the second stage of the championship.

THE TRANSPORT OF THE AMMUNITION ON THE BATTLE FIELD - PK # 1

The team after reaching the PK is preparing for performing the task by spreading team players in the positions at the fixed distances. Each player must transport the ammunition box (weighing about 15 kg), crawling on the side, over a distance of 20 m. The last player must bring the ammunition box from the finish line to the start, running. Competition time is unlimited and included in the general time when you open the box during the transport, the team will be punished - 5 minutes

MEDICAL COMPETITION - TRANSPORT OF THE WOUNDED PERSON - PK # 2

At a checkpoint the team puts the wounded on the rescue board (1 person from the team) and fastens the safety belts, the task is to transport the wounded from the starting point to a medical facility for approximately 200 m of the calculated route in the field (with obstacles), time is unlimited and included in the general time, in case you drop the stretcher and touch the ground, or not wearing the safety belts the team will be punished with 5 minutes extra to the general time.

CRAWLING OVER THE WATER ON THE LINES - PK # 3

The competition is about crossing a terrain 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. The time for his event is unlimited, included in the time of slow-run.

SAILING THE WATER UNIT - PK # 4

In this competition the players must pass the distance of 900 m from the starting line to the pier along the shore as soon as possible. The players on the arrival at PK wear life jackets, prepare paddles and get into the water unit. The whole team overcome the stated route. Time is unlimited and included in the time of slow-run.

Penalty time for the team:

Losing the paddle during the competition - 5 minutes

Losing the team member - 5 minutes

SHOOTING SPORTS / kbks / - PK # 5

The competition involves sports rifle shooting under these conditions:

Terms of shooting:

6 Shooting distance: 50 m target 1 - Battle Figure No. 23;

7 Shooting distance: 75 m target 2 - Battle Figure No. 30;

8 Number of bullets for each competitor: 3

9 Shooting position: lying with the use of props.

Classification:

The player on the judge's command "FORWARD", occupies the position of the fire and prepares for shooting. After detecting the target the player fires without the command.

Scoring the task: hitting the target finishes the competition. Missing the target results in the addition of penalty time (2 min for each goal). Time is unlimited and included in the time of slow-run.

III. GENERAL CLASSIFICATION

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

2 In case of identical total scores of 2 stages of the competition, a place in the general classification is determined by the general time of the first stage of the championship.

3 Rules of giving point within each competition are in accordance with the rules of the championship.

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

5 The organizers allow for the change of the competitors for substitutes but only before starting the first or second stage and if doctors decide 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 withdrawing a competitor from the contest and about the necessity of medical consultation.

6 The Championships Organising Committee honours with prizes for: the first three places in the women teams; the first three places in the men teams

IV. FINAL COMMENTS

1 Main Boards of the participating associations till the 02 August 2014 must make personal team notification on the e-mail address: tmtb@poczta.onet.pl. The application should include: name of the association, the names, year of birth of all team members (including the supervisor, captain, all registered competitors), telephone and e-mail to the contact person.

2 Organizer in case of too many entries reserves the right to limit the number of competing teams (the organization may submit a maximum of 2 teams).

3 The qualification of the team to participate in the championship will be shown till 6 August 2014.

4 The teams qualified for the championship report on the day of August 21, 2014 for hours. 19.00 at the Centre (accommodation) selected by the organizers.

5 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.

6 Each association taking part in the championships is obliged to delegate its representative to the appeal committee.

7 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, after first and second stage or the championships.

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

8 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 completing the multi – discipline event at full strength .

9 During the championships using any communication devices or vehicles is prohibited and ends with disqualification.

10 Drinking alcohol during the competitions of the championship may end up with the disqualification of the whole team.

11 Organizer allows the team captain to have the phone to ensure communication with the technical judge and in case of a situation requiring assistance team (phone numbers will be given during the technical briefing).

12 The organizer reserves the right to change these rules. Final decisions must be made during the briefing on 21 August 2014.