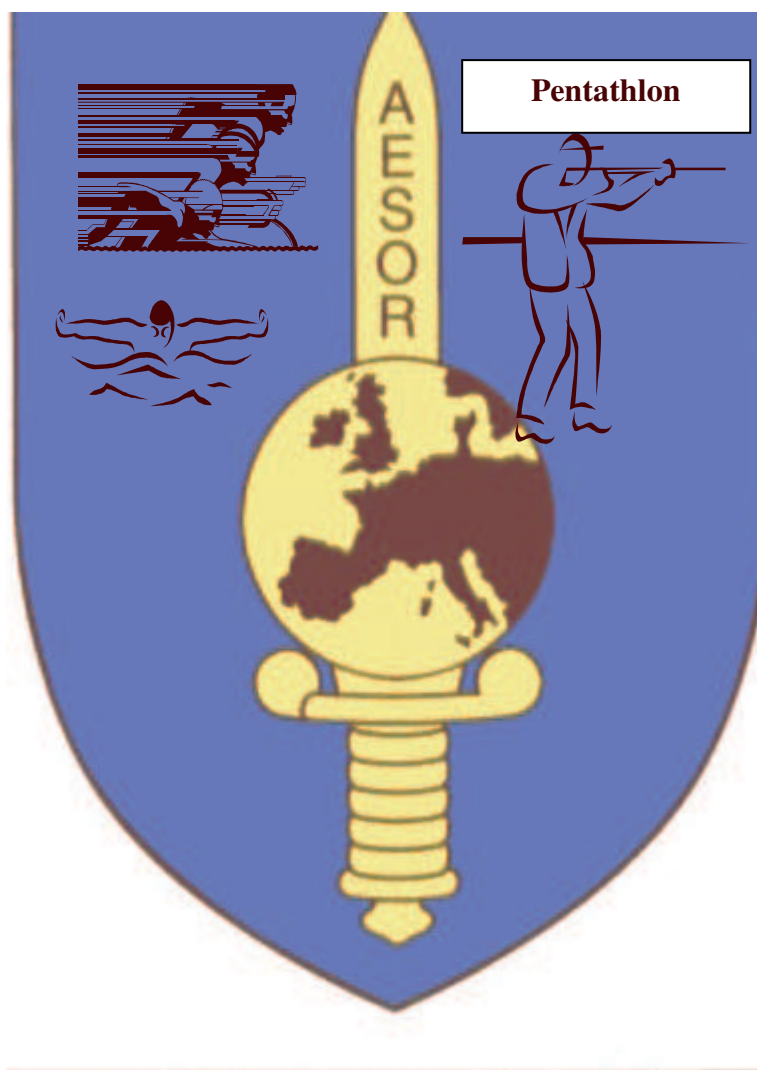

A E S O R



Rules of Competition

Edition 2005

AESOR Competition Rules

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1.0 GENERAL RULES AND REGULATIONS

The present Rules of Competition summarise the generally binding rules of the AESOR Heptathlon on the basis of the CISM Military Pentathlon Regulations.

1.0.1 Definition

The AESOR Heptathlon is an international team competition comprising swimming on a 50-metre obstacle course, swimming on a 50-metre flat course, zodiac sprint, land obstacle running, hand grenade throwing, orienteering, precision fire, sprint biathlon and cross-country.

The competition is carried out biennially in two days.

1.0.2 Competition

The competition is defined as the period between the time the competitor starts the first discipline and his/her leaving the controlled finish area after having terminated the last discipline.

1.0.3 Training

Any activity performed by competitors or coaches in preparation of the contest at the sports venues (stadium area, firing range, running track, swimming course, paddle course) during the officially or unofficially scheduled training periods as designated in the competition programme, shall be considered training.

1.1 COMPETITION CATEGORIES

1.1.1 Open category

1.1.2 Age group (42 years and over) (all 3 participants must have reached age 42 on the day of the competition)

1.1.3 Guest group

1.1.4 Women's group

1.1.5 Mixed Teams

1.1.6 Classification of individual events

1.1.7 Nation classification (for the three teams of each nation with the highest score)

1.2 COMPETITION EVENTS

- 1.2.1** Swimming, 50-metre obstacle course featuring 4 obstacles (1 swimmer)
- 1.2.2** Swimming, 50-metre flat course (2 swimmers)
- 1.2.3** Zodiac sprint race on a 400 to 500-m-long course on a body of running or standing water
- 1.2.4** Land obstacle course (500 m, 20 obstacles)
- 1.2.5** Hand-grenade throwing at window, 20 m
- 1.2.6** Orienteering race (4,000 m)
- 1.2.7** Precision fire, 200 m
- 1.2.8** Sprint biathlon, 200 m
- 1.2.9** Cross-country, approx. 8,000 - 9,000 m

1.3 TECHNICAL MEETING

1.3.1 General

1.3.1.1 Allocation of start numbers

The Technical Delegates of each country shall employ their relay teams on an individual basis from the entry lists according to the starting blocks specified by the organiser, e.g. start number 11-20 (F, A, NL, B, etc)/ 21-30 (F, A, NL, B, etc).

This allows the coaches to employ their teams in a tactical manner. The start will be performed in an ascending numeric order beginning with start number 11.

1.3.1.2 For each AESOR competition, a Technical Meeting to be chaired by the Technical Delegate of the organising country must be arranged.

1.3.1.3 The Technical Meeting must be held on the day of the official training at the latest or one day before the competition starts. Additional meetings, as required, may be arranged by the chairman or by simple majority of the Technical Delegates.

1.3.1.4 The place and time of the meetings shall be notified with the invitation.

1.3.2 Participants in the Technical Meeting

- Technical Delegate of the organising country acting as chairman
- One representative each (Technical Delegate) of the participating countries / teams
- If applicable, captains of guest teams
- Head of the Organising Committee
- In addition, one official representative of the sponsor may participate, if necessary (armed forces)
- The Competition Director
- The Chief Officers in charge of the firing range, the cross-country course, the orienteering course, the zodiac sprint course, the hand grenade range, the swimming course, and the land obstacle course
- The Chief Classification Officer
- All members of the Jury

1.3.3 Agenda for the Technical Meeting

- Welcome
- Checking the attendance of representatives of the individual countries/teams
- Additions to the Jury, if necessary
- Allocation of start number blocks and line-up of teams by the respective coaches
- Technical briefing concerning the overall contest
- Weather report and condition of sports venues
- Regulations issued by the organiser's Technical Delegate
- Arrangement of additional meetings, if applicable
- Distribution of start lists and start numbers to countries/teams at the end of the meeting
- Applications submitted to the organiser
- Miscellaneous

1.4 COACHING

1.4.1 Firing range

1.4.1.1 Any kind of coaching at the firing range, including the waiting area in front of the firing range, is prohibited during the competition.
An exception is made for coaching when firing the sighting shots.

1.4.1.2 The restricted area at the firing range shall be marked by lines or other visible markings.

1.4.1.3 Spectators shall refrain from showing general signs of approval or disappointment.

1.4.2 Cross-country course

1.4.2.1 Pace making is not allowed.

1.4.2.2 To provide the competitor with information about the ongoing contest, it is allowed to communicate times to the competitor. Other runners must not be obstructed in the process.

1.4.3 Orienteering race course

1.4.3.1 Entering the competition course, including the pre-start area, is strictly forbidden and any violation of this rule by a nation's coach may result in the suspension of the whole nation (Jury decision required).

1.4.4 Land obstacle course

1.4.4.1 Entering and crossing the obstacle course is not allowed. When standing beside the course, the coach may accompany and support his/her competitors during the race.

1.4.5 Swimming – obstacle and flat course

1.4.5.1 The swimming pool may be used by competitors only. The coach may enter the competition venue and stay in a designated area.

1.4.6 Zodiac navigation course

1.4.6.1 The coaches must not ride on the body of water (lake/river). The designated start and finish area must not be entered.

1.4.6.2 A violation of this rule by coaches and team officials may result in disciplinary measures (subtracting points/disqualification).

1.5 CONDUCT OF COMPETITIONS

1.5.1 The sponsor (organiser) will be commissioned to conduct the AESOR competition on the basis of the AESOR statutes. The sponsor will be the umbrella association of one of the AESOR-affiliated non-commissioned officers associations in charge during the competition year.

The competition shall begin with an opening ceremony and end with a closing ceremony, including the medal ceremony.

An organising committee (organising staff) shall be appointed.

1.5.2 The organising committee / sponsor shall be responsible for the overall preparation as well as the proper conduct and organisation of the AESOR competition.

1.5.3 For each AESOR competition, a **Jury** shall be constituted which is vested with decision-making powers for all sport-related issues arising during the competition. The members of the Jury shall be marked with a yellow armband.

1.5.3.1 The Jury shall consist of

- the Technical Delegate of the organising country acting as chairman
- the Technical Delegates of the AESOR member states
- the competent Officer in Charge of the event in which the protest was made.

1.5.3.2 Location of Jury meetings

- TBD.

1.5.3.3 Decisions by the Jury will be made by the respective chairman and the Technical Delegates of the AESOR member states.

1.5.3.4 The Jury shall make decisions concerning the conduct of the competition events and the pertinent environment to ensure fairness and correctness. The Jury shall impose time penalties and take disciplinary measures in case of violations of rules ascertained by the referees as well as violations of rules stipulated by the Jury itself. In addition, the Jury shall grant time or point compensations and will act on matters in connection with competition situations not covered by the present competition rules.

1.5.4.5 The Jury to be constituted for a specific competition shall be appointed and announced on the day of the Technical Meeting at the latest.

1.5.4.6 Jury meetings and decisions

1.5.4.6.1 If a meeting becomes necessary, the Jury must convene at very short notice as directed by its chairman.

1.5.4.6.2 Following the notification of the final results, the Jury must continue to be available to carry out further tasks.

1.5.4.7 Protests and how to handle them

1.5.4.7.1 Before imposing a time or point penalty, the Jury must allow the competitor/team concerned or his/its captain to state his case. The Officer in Charge of the event concerned shall be heard.

1.5.4.7.2 An appeal against a decision made by the Jury shall not be possible.

1.5.4.7.3 Decisions by the Jury shall be adopted with simple majority.

1.5.4.7.4 The Technical Delegate of the country concerned by the protest shall have no right of vote nor representation.

1.6 TECHNICAL DELEGATES

1.6.1 Technical Delegates will be dispatched by the AESOR member states. They are official representatives of AESOR and should possess considerable expert knowledge in the field of sports.
The chairman of the Technical Delegates should make every effort to produce unbiased Jury decisions.

1.6.2 Technical Delegates shall perform an inspection of the competition preparations, the organisation, the ranges, the race courses and other installations. These inspections must take place early enough prior to the start of the competition to allow for amendments to be made conforming to the rules and/or deviations from standard technical conditions to be decided on.

1.6.3 Technical Delegates may submit their requests concerning the technical conditions and matters related to the rules to the sponsor.

1.6.4 Technical Delegates may approve site-related minor deviations from the competition rules; these deviations, however, must not contradict the spirit of the rules.

1.7 OBSTACLE SWIMMING COURSE

1.7.1 The swimming course has a length of 50 metres.

1.7.2 The pool length may be 50 or 25 metres.

Fig 1 (50-m pool)

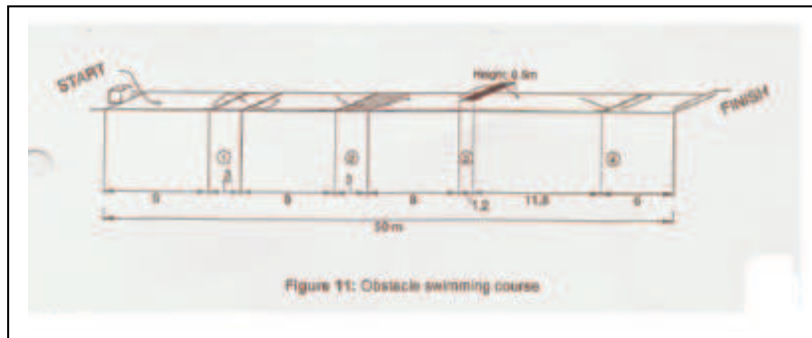
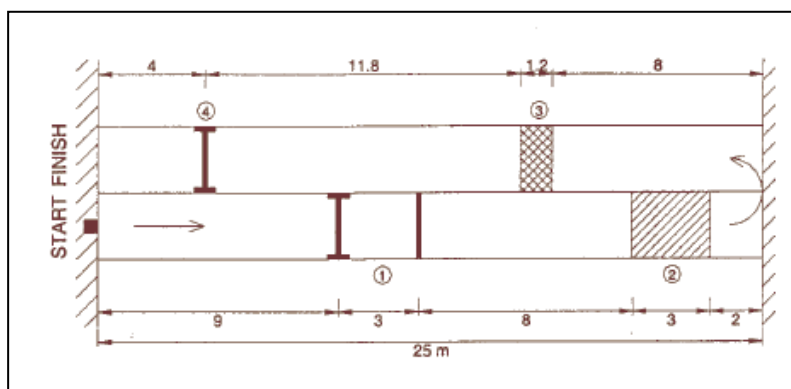


Fig 2 (25-m pool)



1.7.3 The obstacles must be passed along the shortest route.

1.7.4 The style of swimming is left to the discretion of the competitor.

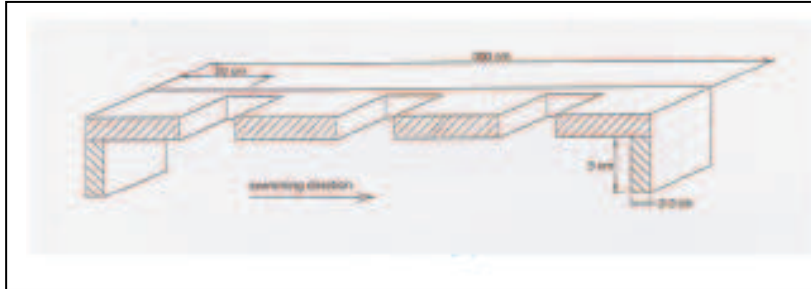
1.7.5 Characteristics of the obstacles and requirements for their negotiating:

- 1.7.5.1** Obstacle 1 (2 tubular beams with a diameter of 16 cm placed at a distance of 3 m to each other)
Pass over the first beam and dive under the second one.
The distance between the start and the first beam is 9 m.

1.7.5.2 Obstacle 2 (3-m-long raft with three uncovered areas)

The competitors must pass under the raft and may use the uncovered areas to push themselves off with their feet. (Fig 3)

Fig 3



1.7.5.3 Obstacle 3 (120-cm-long platform)

The platform is placed 50 cm above the water. The space between the platform and the water must be free. The competitor must approach the platform by swimming and surmount it without touching the floor of the pool nor using the stays or floaters of the platform. Dive into the water from the far end of the platform.

1.7.5.4 Obstacle 4 (1 tubular beam with a diameter of 16 cm fixed to the lines)

Pass under the beam. The competitors may use it to accelerate speed by pushing themselves off with their feet.

1.7.6 Distances between obstacles in a 50-m pool

- 1.7.6.1** Obstacle 1 9 m from the start
- 1.7.6.2** Obstacle 2 20 m from the start
- 1.7.6.3** Obstacle 3 31 m from the start
- 1.7.6.4** Obstacle 4 44 m from the start

1.7.7 Distances between the obstacles in a 25-m pool

- 1.7.7.1** Obstacle 1 9 m from the start
- 1.7.7.2** Obstacle 2 20 m from the start
- 1.7.7.3** Obstacle 3 8 m from the turn
- 1.7.7.4** Obstacle 4 4 m from the finish

1.7.8 Starting regulations

1.7.8.1 Referee

The referee supervises the starting procedure and has full control and authority over the competitors and all other officials employed, including the starter. He shall ensure that the regulations are observed and, if obstacles are not passed in compliance with the rules, report any time penalties imposed to the competition management in agreement with the Jury.

1.7.8.2 Starter

The starter shall be responsible for a proper starting procedure. He shall maintain close contact with the timekeeper and shall take up a position at the start where the competitors and the timekeeper can easily hear the start signal. In the event of a false start, he has to call back the competitors by blowing the whistle and repeat the starting procedure in agreement with the referee.

1.7.8.3 Starting procedure

- “Series of short whistles“ (prepare for the start),
- “Long whistle“ (the competitors take their positions on the starting block),
- Command “Take your marks“ (competitors take up a starting position),
- “Short whistle“ (competitors start with a dive),
- Command “Step back“ (starting procedure is aborted),
- In the event of a false start, the starter has to call back the competitors with a signal (whistle, horn, etc.) to make a new start without undue delay.

1.7.8.4 Penalties

- In the event of a first false start of a competitor (yellow card),
- Second false start by the same competitor (penalty of 2 seconds),
- Third false start by the same competitor (disqualification),
- Delaying the start (penalty of 2 seconds).

1.7.8.5 Timekeeping

- When electronic timekeeping equipment is used, one manual timing for each lane shall be carried out.
- When timing to 1/100 sec or 1/1000 sec is used, the time shall be rounded down or up to the nearest 1/10 sec.

1.7.9 Incorrect passing of obstacles

The penalty for not passing the obstacles in the correct fashion shall be 10 seconds for each obstacle passed incorrectly.

1.7.10 Classification

In the event of equal times (1/10 sec) the times measured in 1/100 sec and/or 1/1000 sec will be used for classification.

1.7.11 Dress

Swimwear. Goggles and bathing cap are allowed.

1.7.12 Training

The competitors shall be granted a warm-up period to be conducted 20 minutes prior to the start in a designated area.

1.7.13 Demonstration of starting procedure

If the swimming pool allows, the organiser may demonstrate the starting procedure to the competitors at their request.

1.8 <u>FLAT SWIMMING COURSE</u>
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For flat swimming, the same rules as specified at subparagraph 1.7 above shall apply. The only difference is that subparagraphs 1.7.3 – 1.7.7 shall not take effect.

1.9 <u>ZODIAC NAVIGATION COURSE</u>
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1.9.1 The paddle course shall have a length of approximately 400 – 500 metres, and the time required to pass it shall be 5 to 8 minutes depending on the body of water.

1.9.2 The body of water may be standing or running, but should not have too strong a current.

1.9.3 The paddle course shall be passed along the shortest route.

1.9.4 The distribution inside the boat is left to the discretion of the competitors.

1.9.5 Course characteristics

1.9.5.1 The course shall be laid out with buoys to force the competitors to change directions. The buoys must not be run over.

1.9.5.2 Moorings to dock and undock boats may be located either at one bank or at opposite banks (depending on the condition of the water body).

1.9.6 Equipment

1.9.6.1 The type of boat approved for use during the competition shall be the boat (2 – 3 persons) used by the military forces of the organising country.

1.9.6.2 Single-bladed paddles shall be used (1 back-up paddle in the boat).

1.9.6.3 Each competitor shall wear a lifesaving jacket.

1.9.7 Starting regulations

1.9.7.1 Referee

The referee supervises the proper starting procedure and has full control and authority over the competitors and all other officials employed, including the starter. He shall ensure that the regulations are observed and, in case buoys are not passed in compliance with the rules, report any time penalties imposed to the competition management in agreement with the Jury.

1.9.7.2 Starter

The starter shall be responsible for a proper starting procedure. He shall maintain close contact with the timekeeper and shall take up a position at the start where the competitors and the timekeeper can easily hear the start signal.

1.9.8 Starting procedure

1.9.8.1 The starter gives a signal to take up the pre-start position.

1.9.8.2 The competitors get ready in the pre-start area and put on the lifesaving jackets.

1.9.8.3 The start will be given by blowing a “whistle”.

1.9.8.4 The competitors cross the starting line, pick up the boat equipped with paddles and launch it.

1.9.8.5 At the finish, the competitors take the boat out of the water and run over the specially designed finishing line carrying the boat complete with paddles and lifesaving jackets.

1.9.9 Safety regulations

In a dinghy, emergency personnel as well as a controller shall accompany the boats while crossing the body of water.

1.9.10 Penalties

The penalty for not passing the buoys and the finishing line in the correct fashion shall be 40 seconds.

1.9.11 Timekeeping

For timekeeping manual stopwatches shall be used. A second timing shall always be carried out.

1.9.12 Dress

1.9.12.1 Field uniform in accordance with the regulations of the respective participating country or sports suit. The selection of shoes is left to the discretion of the individual teams.

1.9.12.2 Lifesaving jacket.

1.9.12.3 Start number on the back.

1.10 LAND OBSTACLE COURSE

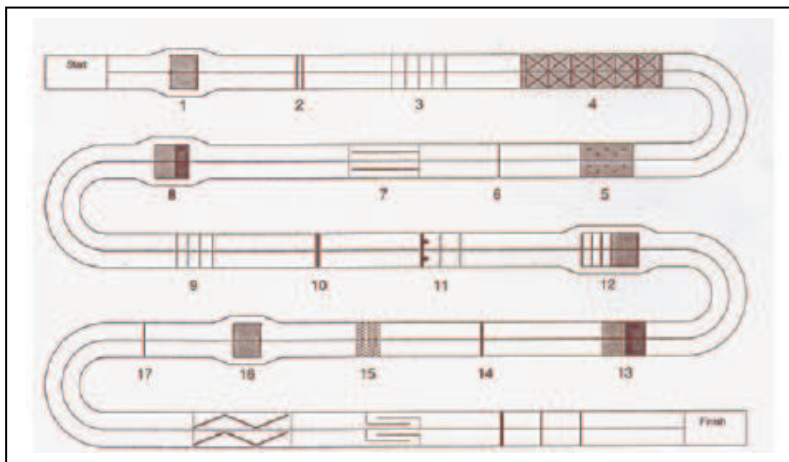
1.10.1 The obstacle course has a length of 500 metres and consists of 20 obstacles.

1.10.2 The obstacles shall be passed along the shortest route.

The lanes must not be left while passing the obstacles.

1.10.3 Characteristics of the obstacles and requirements for their negotiating (Fig 1)

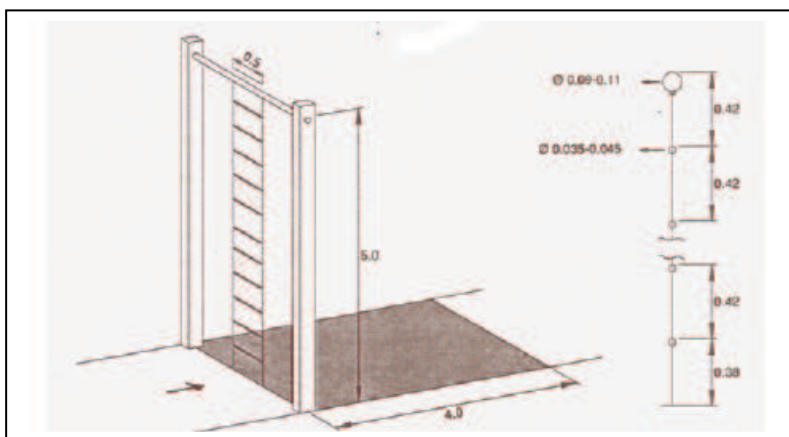
Fig 1



1.10.4 Descriptions of the obstacles

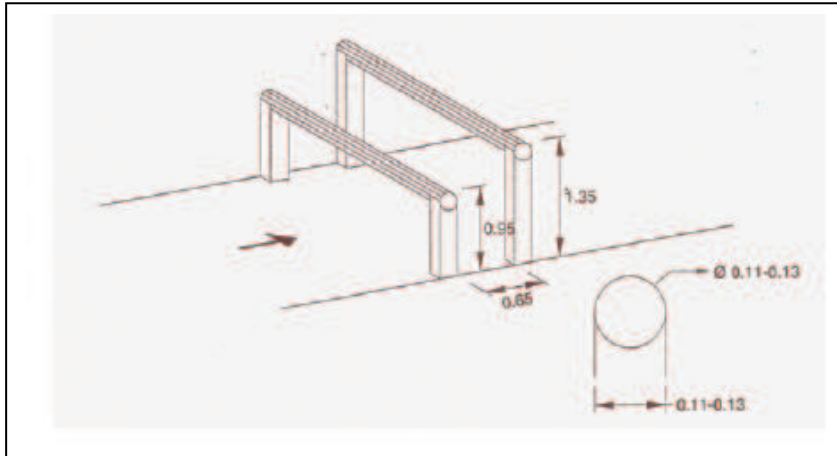
1.10.4.1 Obstacle 1 (Fig 2) Ladder with a height of 5 m and a distance of 0.50 m between the rungs. The ladder must be climbed. After climbing over the uppermost bar, the crossing of the obstacle can be completed by jumping down into the sand pit.

Fig 2



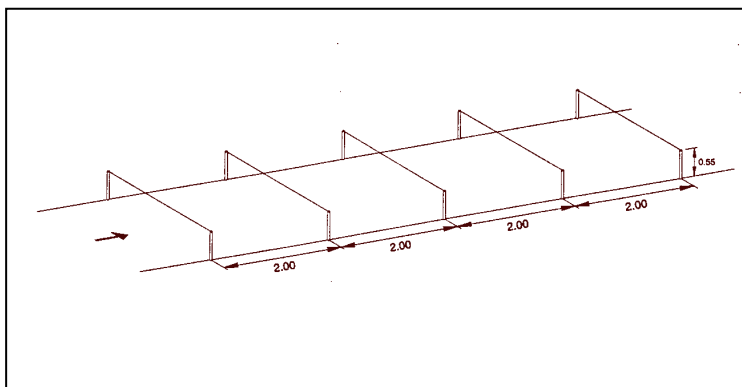
1.10.4.2 Obstacle 2 (Fig 3) Double beam

The first beam in the running direction must be crossed. Having made contact with the ground with one foot, the competitor must jump over the second beam.

Fig 3**1.10.4.3 Obstacle 3 (Fig 4) Trip wire**

5 elastic wires placed at an interval of 2.0 m and 0.55 m above the ground are to be hurdled in the running direction.

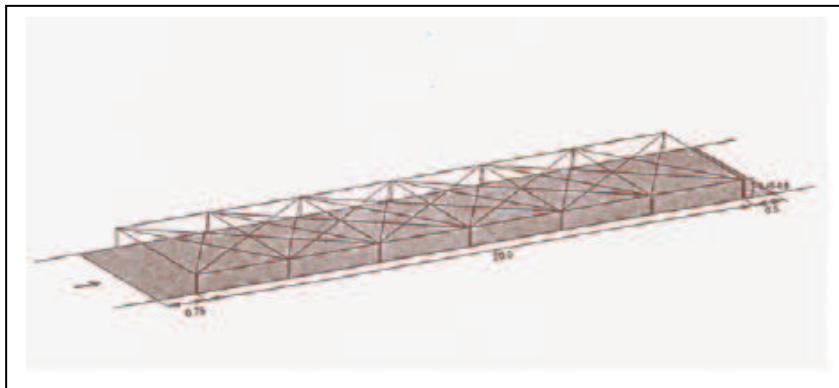
Touching the wires is permitted, whereas deliberately jumping on the wires is forbidden.

Fig 4

1.10.4.4 Obstacle 4 (Fig 5) Network of wires

A network of wires is fixed on the ground at a length of 20 m and at a height of 0.50 m. The obstacle must be passed by crawling underneath the network on knees and hands in the running direction.

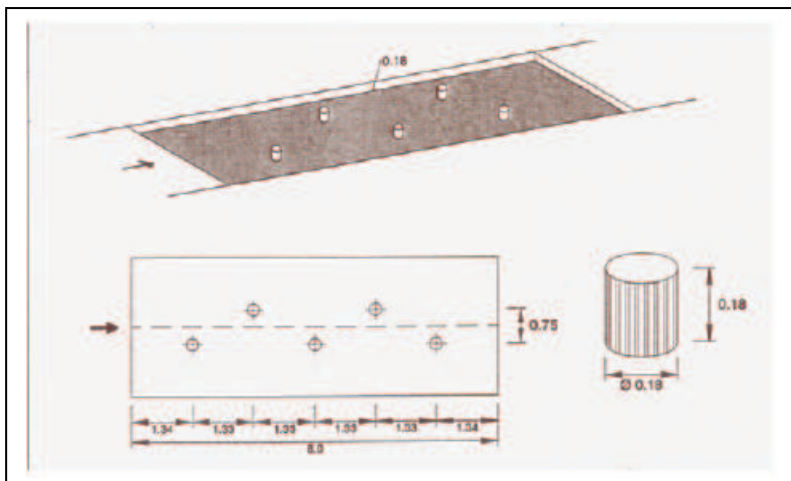
Fig 5



1.10.4.5 Obstacle 5 (Fig 6) Ford (elephant legs)

At a length of 8 m, 5 cylindrical blocks are laid out in a sand bed over a width of 0.75 m and at a distance to the axis in the running direction of 1.34 m. The obstacle shall be passed by stepping on the blocks only and jumping from one block to the other. In case of contact with the sand bed, the competitor has to recommence from the start of the obstacle.

Fig 6

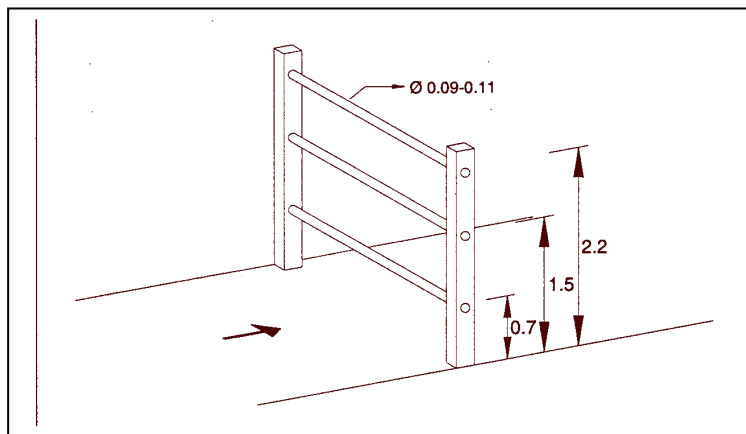


1.10.4.6 Obstacle 6 (Fig 7) Espalier

3 tubular bars with a diameter of approximately 0.10 m are arranged horizontally at the following heights: lower bar at a height of 0.70 m, middle bar at 1.5 m, upper bar at 2.20 m.

The obstacle must be crossed. Not all bars must be touched.

Fig 7

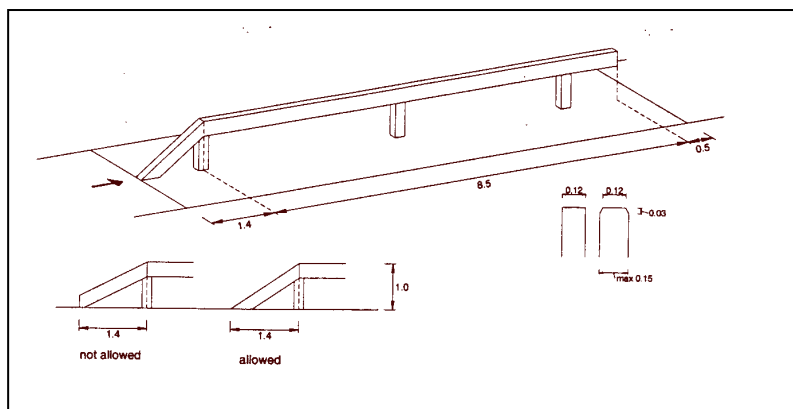
**1.10.4.7 Obstacle 7 (Fig 8) Balance beam**

The total length of the beam is 10.4 m. The horizontal beam itself has a length of 8.5 m and the distance between the beginning of the sloping plank and the beginning of the horizontal beam is 1.4 m. The horizontal beam is mounted at a height of 1.0 m above the ground. The width of the beam is 0.12 m.

The obstacle must be passed by running over it lengthwise and jumping to the ground at the far end of the beam.

Leaving the beam between the limiting lines marking the beginning and the end of the obstacle is prohibited and will require the competitor to recommence in front of the first line.

Fig 8



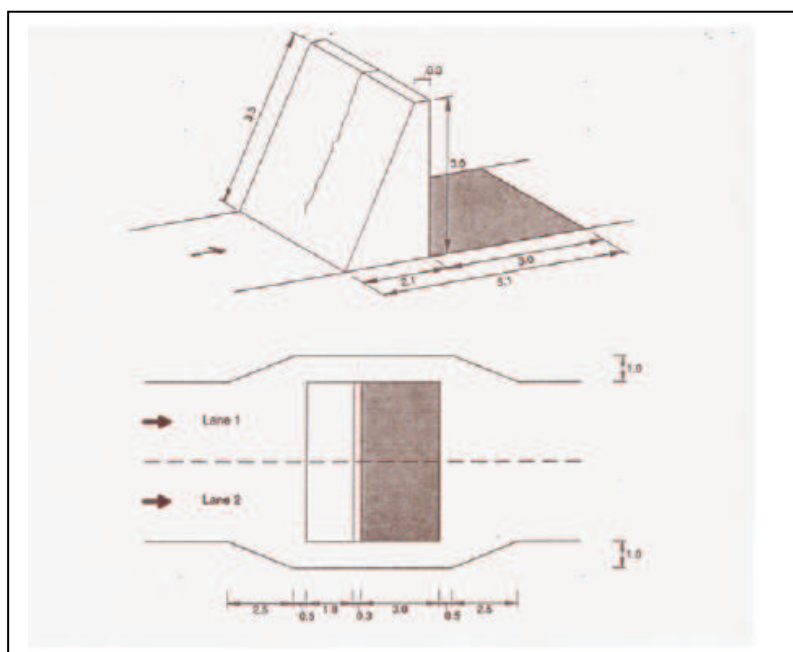
1.10.4.7 Obstacle 8 (Fig 9) Sloping wall with rope

The wall has a height of 3.0 m and its flat top a width of 0.3m.

The length of the sloping side of the wall is 3.5 m, and the overall length of the obstacle is 5.1 m.

The obstacle must be passed by climbing the wall in the running direction with or without using the rope and jumping down on the opposite side.

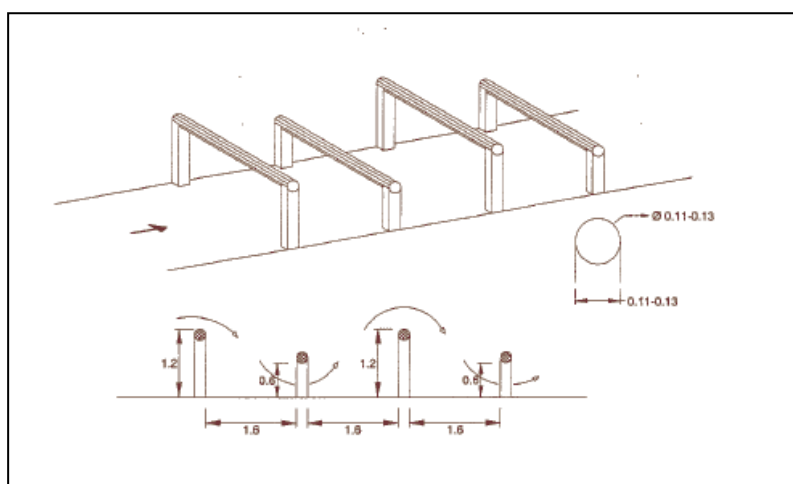
Fig 9

**1.10.4.8 Obstacle 9 (Fig 10) Horizontal beams (over-under)**

The height of the first and third beam (upper edge) is 1.2 m, and that of the second and fourth beam (lower edge) is 0.6 m. The distance between the individual beams is 1.6 m, and they have a diameter of 0.12 m.

The competitor shall negotiate the beams in the order over-under-over-under, in a style left to the competitor's choice.

Fig 10

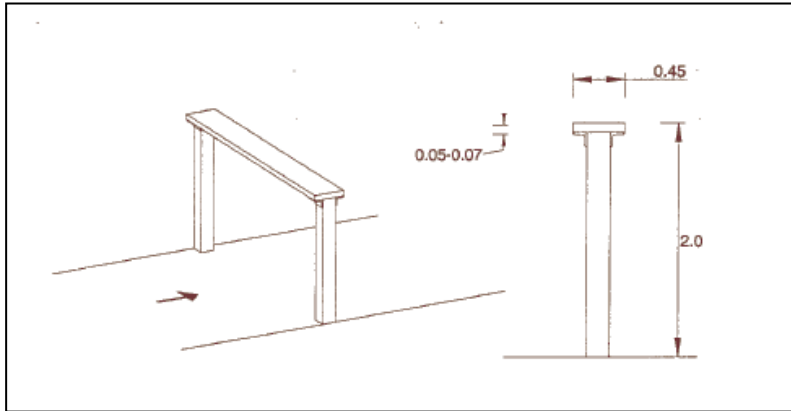


1.10.4.9 Obstacle 10 (Fig 11) Irish table

The obstacle has a height of 2.0 m and on the topside a width of 0.45 m.

The competitor shall cross the obstacle in the running direction without using the upright posts.

Fig 11



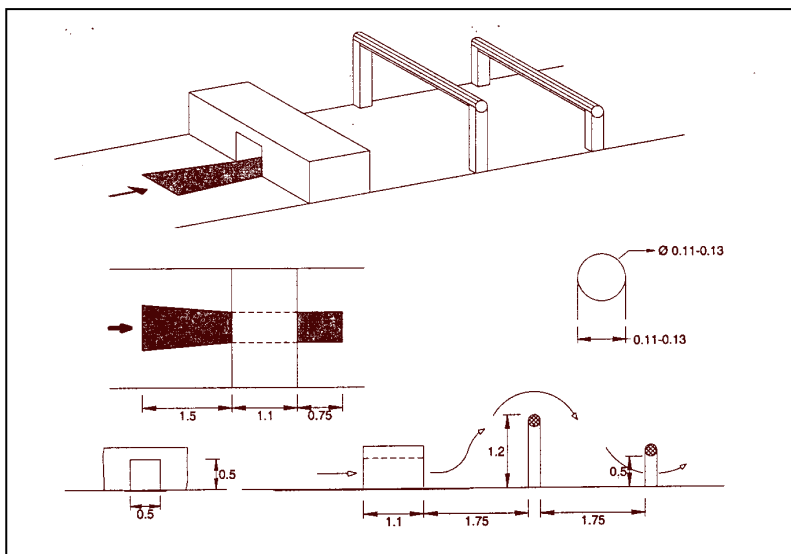
1.10.4.10 Obstacle 11 (Fig 12) Tunnel and twin beams

The tunnel has a height and width of 0.5 m and a length of 1.1 m. The first beam has a height of 1.2 m (upper edge) and is 1.75 m away from the end of the tunnel. The second beam has a height of 0.5 m (lower edge) and is 1.75 m away from the first beam.

For diving through the tunnel, the surface of the ground must be covered with material that allows easy gliding and does not have any protruding objects prone to cause injuries.

Negotiate the obstacle in the following sequence: Dive through the tunnel, climb over the first beam and pass under the second beam.

Fig 12

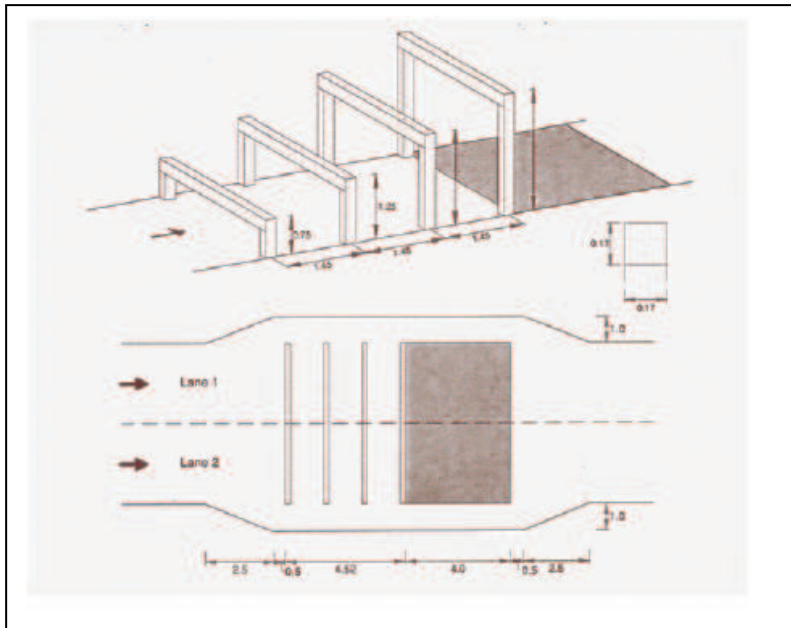


1.10.4.11 Obstacle 12 (Fig 13) “Four steps of beams”

Four horizontal beams at a height of 0.75 m, 1.25 m, 1.80 m, and 2.30 m, respectively, are arranged in a row. The distance between the individual beams is 1.45 m, and the width of the flat topside is 0.17 m.

The obstacle shall be negotiated by passing over the beams using them as steps. If the competitor aborts his run between the first and the fourth beam, he must recommence at the beginning of the obstacle.

Fig 13

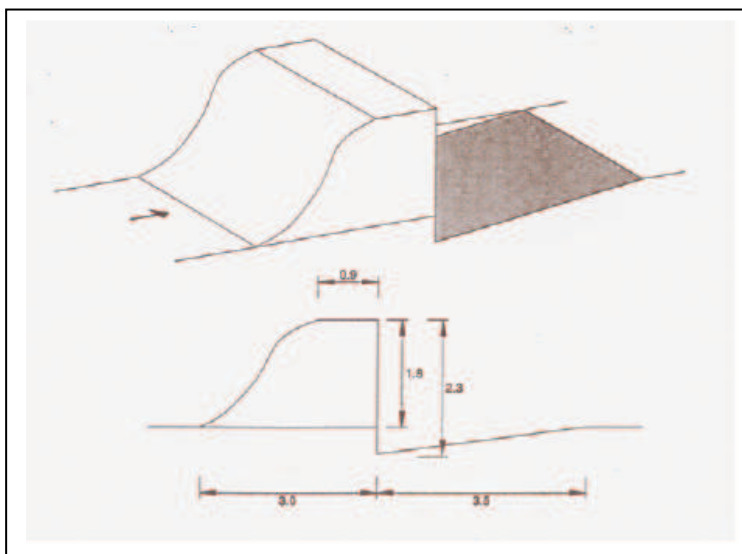


1.10.4.12 Obstacle 13 (Fig 14) Embankment and pit

The embankment has a height of 1.8 m and a (lengthwise) width of 0.9 m. Measured from the basis of the embankment, the pit is 0.5 m deep and stretches over a length of 3.5 m from the basis.

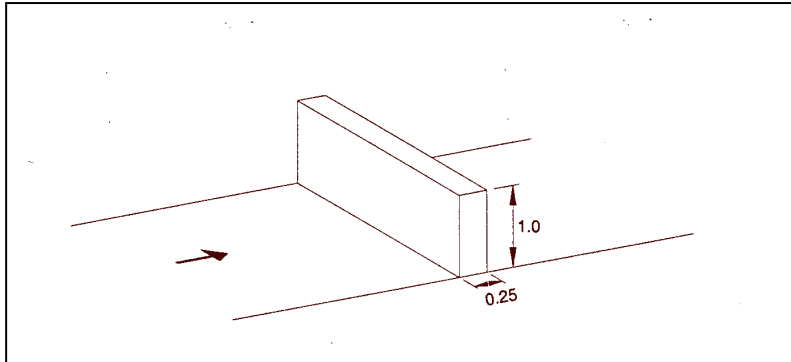
The competitor may cross this obstacle by running over it in a free style.

Fig 14



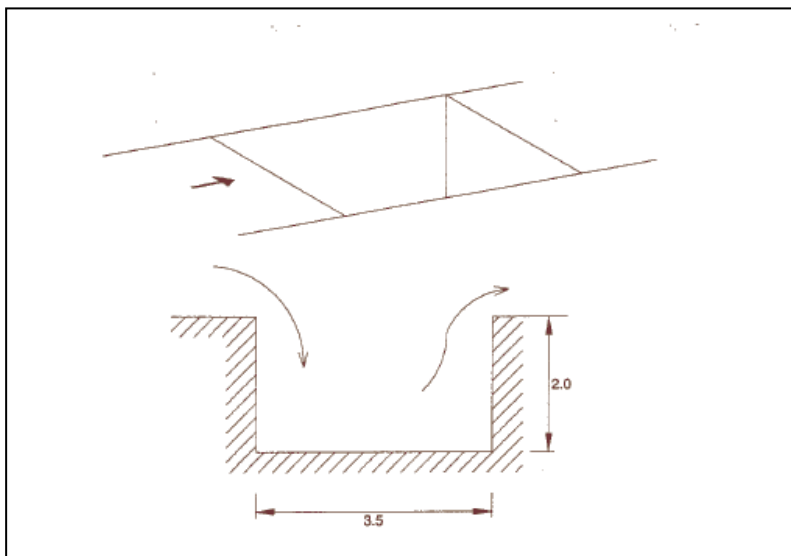
- 1.10.4.13** Obstacle 14 (Fig 15) Assault wall
The wall is 1 m high and 0.25 m deep.
To be crossed in free style.

Fig 15



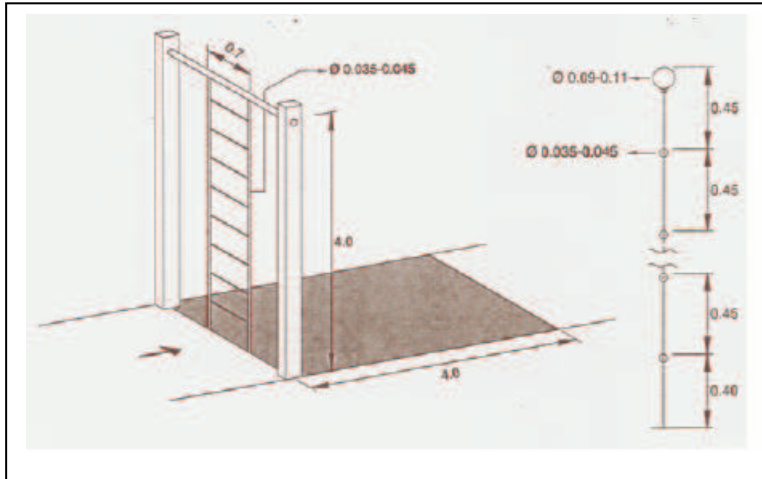
- 1.10.4.14** Obstacle 15 (Fig 16) Pit
The pit has a depth of 2.0 m and a length of 3.5 m.
Competitors shall pass this obstacle by jumping into the pit and then exit it by climbing and lifting themselves up the front parapet.

Fig 16



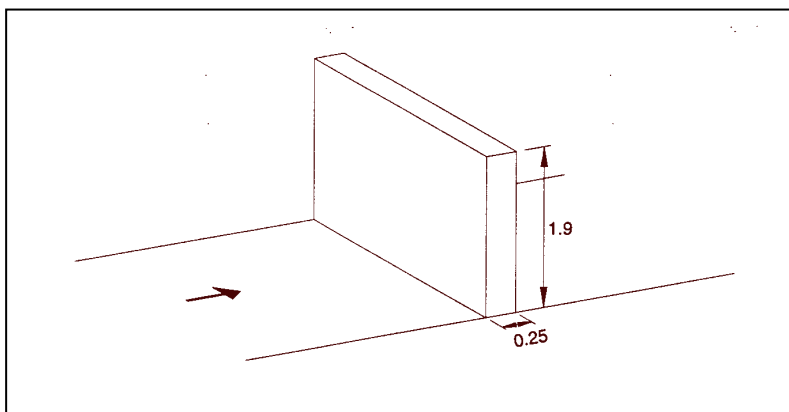
- 1.10.4.15** Obstacle 16 (Fig 17) Vertical ladder with a height of 4 m
The 0.7-m-wide ladder has 8 rungs arranged at a distance of 0.45 m.
The competitors climb up the front side of the ladder, cross it and jump (or climb down) into the sand bed on the opposite side.

Fig 17



- 1.10.4.16** Obstacle 17 (Fig 18) Assault wall II
The wall has a height of 1.9 m and a depth of 0.25 m.
The wall shall be crossed in free style.

Fig 18



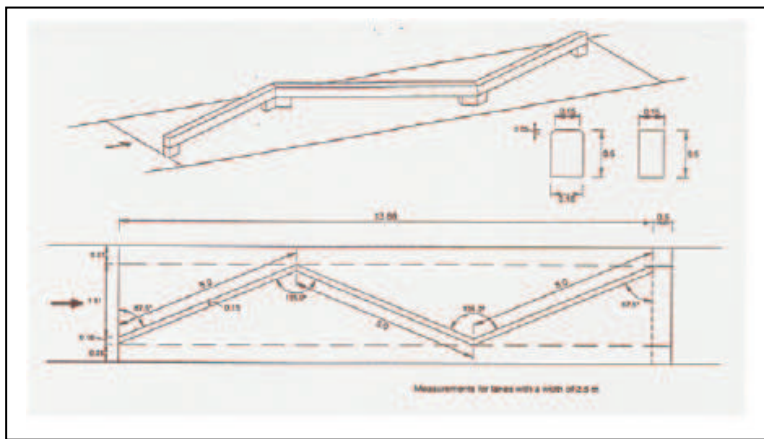
1.10.4.17 Obstacle 18 (Fig 19) Balance beam (zigzag)

The total length of the obstacle is 14.36 m, and the length of each beam is 5 m. The beams are placed 0.5 m above the ground and are 0.15 m wide. There are limiting lines marking the beginning and the end of the obstacle. Contact with the ground between the lines is not allowed.

The competitor mounts the first beam, runs across all beams lengthwise and dismounts by jumping down at the far end.

In case of leaving the balancing beam between the two limiting lines, the competitor must recommence at the beginning of the obstacle.

Fig 19

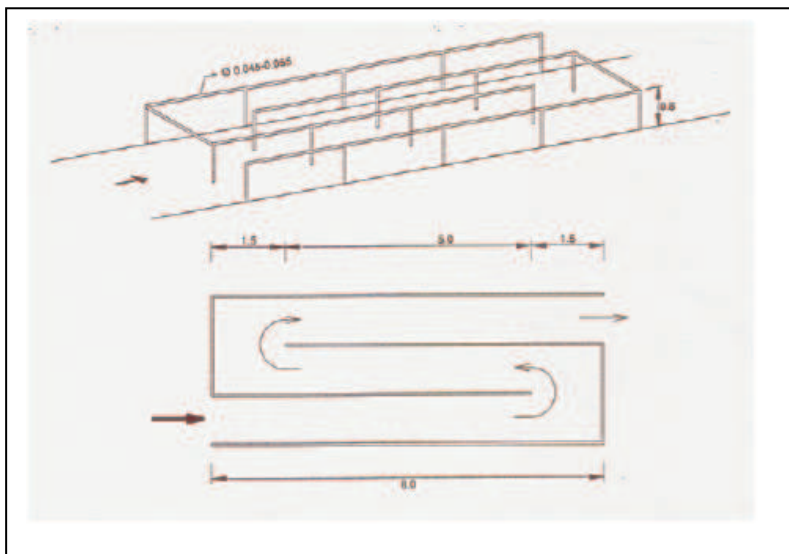


1.10.4.18 Obstacle 19 (Fig 20) Chicane

The obstacle has a length of 8.0 m with 0.05-m-thick steel pipes placed at a height of 0.8 m above the ground level.

The competitor runs through the predetermined course. When changing the direction, the competitor may use the pipes for support to accelerate speed.

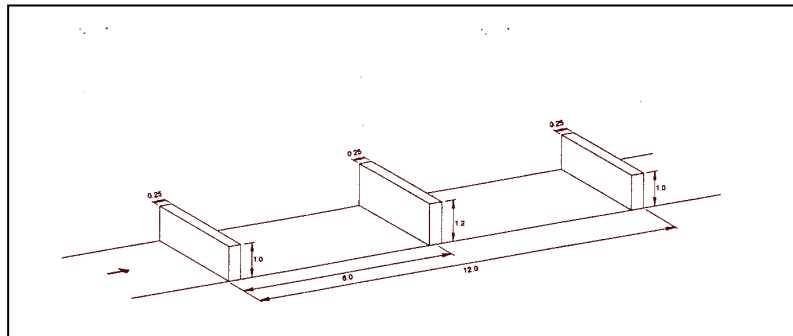
Fig 20



1.10.4.19 Obstacle 20 (Fig 21) 3 walls of different heights

The height of the first and third walls is 1.0 m, that of the second wall is 1.2 m, and their depth is 0.25 m. The distance between the walls is 6.0 m. The walls are to be crossed in free style.

Fig 21



1.10.5 Starting regulations

1.10.5.1 Referee

The referee supervises the proper starting procedure and has full control and authority over the competitors and all other officials employed, including the starter. He shall ensure that the regulations are observed and, in case obstacles are not passed in compliance with the rules, he shall instruct the competitor concerned to repeat his/her attempt at the beginning of the obstacle by giving the appropriate signal (red flag, whistle). If necessary, other officials may be employed to ensure that the rules are observed.

1.10.5.2 Starter

The starter shall be responsible for a proper starting procedure. He shall maintain close contact with the timekeeper and shall take up a position at the start where the competitors and the timekeeper can easily hear the start signal. In the event of a false start, he has to call back the competitors by blowing the whistle and repeat the starting procedure in agreement with the referee.

1.10.6 Starting procedure

- Prepare for the start
- "Take your marks" starting position
- Starting signal (shot)

1.10.7 Timekeeping

For timekeeping manual stopwatches shall be used. A second timing shall always be carried out.

1.10.8 Incorrect passing of obstacles

- The competitor will have to cross the whole obstacle again.

1.10.9 Dress

Field uniform or sports suit with combat boots or sports shoes in accordance with the regulations of the respective participating country.
Arms and legs must be covered.

1.10.10 Deviations from the CISM Regulations

1.10.10.1 The competitors shall be provided with a specially designated area for warming-up. On the day before the contest, the competition course shall be made available for free training.

1.10.10.2 Obstacle 1 (5-m-high ladder) must not be crossed; competitors may run around it.

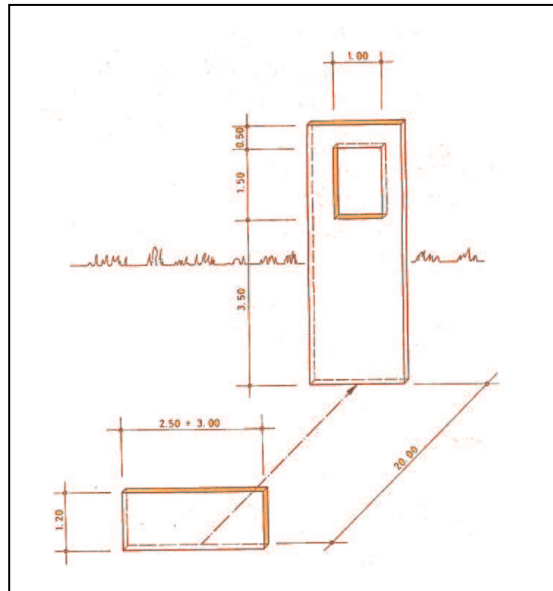
1.10.10.3 Mutual assistance by competitors shall be allowed at all obstacles.

1.10.10.4 In the pit, the angles may be used as a support.

1.11 HAND GRENADE RANGE

1.11.1 The distance between the throwing stand and the target (window opening) is 20 m.

Fig 1



1.11.2 The lower edge of the window is 3.5 m, the upper edge 5.0 m above the ground level. The window has a width of 1.0 m and a height of 1.5 m. The total height of the target stand is 5.5 m.

1.11.3 The throwing stand has a width of 2.50 – 3.00 m and a height of 1.20 m.

1.11.4 Each team shall throw 25 grenades within 5 minutes with each team member throwing at least 5 grenades. The remaining 10 grenades may be thrown by one or more of the competitors.

1.11.5 Grenades

The grenades will be furnished by the organising country and shall be distributed to the participating nations six months prior to the contest.

1.11.6 Throwing regulations

1.11.6.1 Referee

The referee supervises the proper throwing of the grenades through the target, ensures that the time limits are observed and has full control and authority over the competitors and the other officials.

1.11.6.2 Officials

The officials shall count the hits at the individual stands according to the score cards and shall be bound by the directives given by the referee. They shall also be responsible for giving the start signal as well as time keeping.

1.11.7 Throwing procedure

1.11.7.1 The starter will give a signal for the competitors to get ready for throwing.

1.11.7.2 The competitors will get ready for throwing.

1.11.7.3 The starter gives the command “Get ready for throwing 25 grenades“, counts down 5-4-3-2-1 and gives the start signal by blowing a whistle.

1.11.7.4 The competitors start throwing successively; having thrown the first series of 5 projectiles each, they complete their turn by throwing the remaining 10 grenades.

1.11.7.5 15 seconds before the throwing time expires, the starter shall announce the remaining time terminating the throwing competition when the time has elapsed by giving the cease signal (another whistle blow).

1.11.8 Safety regulations

During the throwing contest, persons are not allowed to enter the specifically marked area (safety area).

1.11.9 Other regulations

A throw shall only be scored as a hit when the whole of the grenade passes through the window. Projectiles coming to a rest on the window sill will not be counted as a hit.

1.11.10 Time keeping

For timekeeping, manual stopwatches shall be used. A second timing shall always be carried out.

1.11.11 Dress

1.11.11.1 Field uniform or sports suit with combat boots or sports shoes in accordance with the regulations of the respective participating country.

1.11.11.2 Start number on the back.

1.11.12 Other rules

Designated warming-up areas and preparation ranges shall be established.

1.12 ORIENTEERING COURSE

1.12.1 The course for the orienteering race shall be laid out in a designated tract of terrain (forests, open grassland; not in built-up areas). It should not be longer than 4 - 5 km measured in a straight line. The IOF Regulations shall generally apply.

1.12.2 The course shall be shown on an IOF competition map (scale 1:10,000) which will be handed out to the competitor. The control points shall be provided with control umbrellas and punching devices as well as additional scraps of paper. A separate area for warming-up as well as a pre-start, start and finish zone shall be established.

1.12.3 Each individual team member must complete the entire course and visit every control point verifying this by punching his/her card.

1.12.4 Equipment

1.12.4.1 Each team member shall receive a control card attached to a safety band as well as the IOF competition map including a description of control points in the official languages and the official IOF symbols.

1.12.4.2 Other navigational aids such as mobile telephones and GPS shall not be allowed.

1.12.5 Regulations for orienteering races

1.12.5.1 Referee

The referee ensures that the control points are visited in accordance with the rules and has full control and authority over the competitors and the other officials. After the race, the referee shall check whether the control cards have been punched completely and correctly. Teams with a control punch missing and/or incorrect markings shall not be placed.

1.12.5.2 Officials

The officials shall be responsible for the pre-start, start, and finish zone and shall be bound by the directives given by the referee. They shall also be in charge of the pre-start, start as well as timekeeping.

1.12.6 Race procedure

1.12.6.1 The starter shall give a signal for the competitors to get ready for pre-start and will hand out the control cards.

1.12.6.2 The starter shall give the start by blowing the whistle and simultaneously handing over the competition map.

1.12.6.3 The competitors shall start the race and cross the finishing line after having visited all control points.

1.12.7 Special regulations

During the race, only the referee and the actively running competitors may enter the area of the orienteering course located between start and finish.

A violation of this rule may result in a request to disqualify all the teams of the nation concerned participating in the orienteering race (final decision to be made by the jury).

1.12.8 Timekeeping

For timekeeping, manual stopwatches shall be used. A second timing shall always be carried out. Under IOF Regulations, a red-and-white tape shall be placed between the last control point and the finish.

1.12.9 Dress

1.12.9.1 Sports suit or orienteering racing suit with sports shoes in accordance with the regulations of the respective participating country.
Spikes are not permitted.

1.12.9.2 Start number on the breast.

13. PRECISION FIRE RANGE

1.13.1 The competition shall take place on a military firing range conforming to the regulations of the respective organising country.

1.13.2 The organiser shall provide a sufficient number of firing ranges to expedite the shooting contest.

1.13.3 The target shall be placed at a distance of 200 m from the shooter.

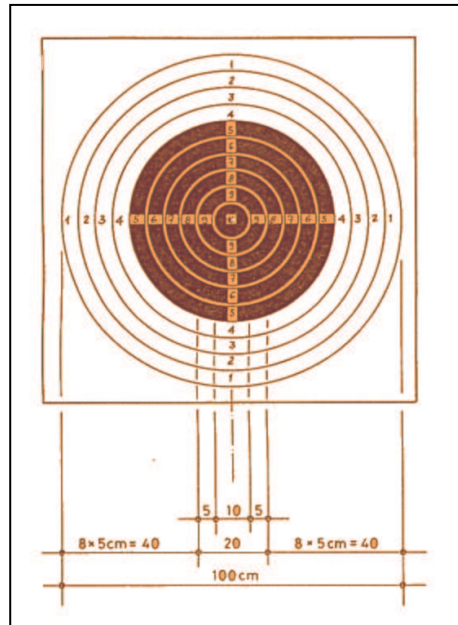
1.13.4 Weapons and ammunition

The weapon to be used shall be an infantry rifle provided by the respective organising country which uses this weapon in its military service. Weapons, ammunition and firing ranges shall comply with the organising country's safety regulations.

1.13.5 Equipment

1.13.5.1 To support the firing position, either sandbags or a rifle mount shall be permitted.

1.13.5.2 10-ring targets (UIT) shall be used.



1.13.5.3 Either electronic indicating systems (SIUS ASCO) or manual scoring by officials shall be used.

1.13.6 Firing position

- prone, rifle supported

1.13.7 Number of shots

5 sighting shots in 5 minutes and 15 competition shots in 5 minutes.

1.13.8 Shooting regulations

1.13.8.1 Chief Range Officer

The Chief Range Officer supervises the proper shooting procedures and has full control over the competitors and the other officials. He ensures that the rules are observed.

In particular, he will have to decide whether the shooter shall be required to repeat his shooting series in the event of a misfire or technical weapon malfunction. The Chief Range Officer shall also be responsible for ensuring that the shooting procedures are observed at the firing range. He shall give permission to start the shooting as well as the commands for starting and stopping the shooting.

1.13.9 Shooting procedure

1.13.9.1 The Chief Range Officer shall give a signal for the competitors and coaches to enter the firing line (2 coaches maximum for each team).

1.13.9.2 Having returned their starting list to the record keeper and received their ammunition, the competitors shall take up their positions behind their weapons.

Each competitor shall be obligated to check the ammunition received.

1.13.9.3 The Chief Range Officer shall give the order to load the weapon as well as the following command:

“5 sighting shots in 5 minutes, shooters get ready, 5-4-3-2-1“.

The shooting shall be started by a whistle blow.

1.13.9.4 After 4 min 45 sec, there will be a short whistle blow as a signal to the competitors. After 5 minutes, the command to stop the sighting will be given (3-second-long whistle blow). Scoring will be carried out after each shot (electronic system) or after the 3rd, 4th, 5th shots in case of manual scoring.

1.13.9.5 At the command of the Chief Range Officer, the coaches will have to leave the firing points of the competitors without delay.

1.13.9.6 The Chief Range Officer again shall give the order to load weapons with the command “Precision fire, 15 shots in 5 minutes 5-4-3-2-1“, “whistle“ (beginning of the precision fire).

1.13.9.7 After 4 min 45 sec, there will be a short whistle blow as a signal to the competitors. After 5 minutes, the command to stop the precision fire will be given (3-second-long whistle blow).

1.13.10 Safety regulations

Range personnel allocated to the shooters shall supervise the shooting procedure. The competitors must strictly follow the commands given by the Chief Range Officer, in particular the range orders and instructions of the respective organising country’s military agencies shall be observed.

In case of violations of this rule, the team concerned may be disqualified for the entire competition as determined by the Jury.

1.13.11 Penalties

If a shooter has fired a competition shot after the shooting time has expired (5 min), the points of the best hits shall be deducted for each such shot in case of manual scoring. If an electronic indicating system is used, the last shots that were identified will be nullified.

If there are more hit marks on a shooter’s target than shots fired, the hits with the lowest score shall be deducted.

1.13.12 Timekeeping

Timekeeping shall be carried out by the Chief Range Officer using a manual stopwatch.

1.13.13 Dress

1.13.13.1 Field uniform with combat boots according to the dress code of the respective participating country. Additional military clothing shall be permitted. Other tools and equipment such as shooting jackets, gloves shall not be permitted.

1.13.13.2 Ear protection is mandatory and shall be provided by the organiser.

1.13.13.3 Start number on the back.

1.14. <u>SPRINT BIATHLON COURSE</u>
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1.14.1 The competition shall take place on a military firing range conforming to the regulations of the respective organising country.

1.14.2 The organiser shall provide a sufficient number of firing ranges to expedite the shooting contest.

1.14.3 The target shall be placed at a distance of 200 m from the shooter.

1.14.4 Weapons and ammunition

The weapon to be used shall be an infantry rifle provided by the respective organising country which uses this weapon in its military service. Weapons, ammunition and firing ranges shall comply with the organising country's safety regulations.

1.14.5 Equipment

1.14.5.1 To support the firing position, either sandbags or a rifle mount shall be permitted.

1.14.5.2 10-ring targets (UIT) shall be used (refer to Fig 1, precision fire).

1.14.5.3 Either electronic indicating systems (SIUS ASCO) or manual scoring by officials shall be used.

1.14.6 Firing position

- prone, rifle supported

1.14.7 Number of shots

10 shots have to be fired within 2 minutes following a 200-m-run (without weapon) as well as loading the magazine and chambering a round without further command.

1.14.8 Marked running track with a length of 200 m behind the firing range.

1.14.9 Shooting regulations

1.14.9.1 Chief Range Officer

The Chief Range Officer supervises the proper shooting procedures and has full control over the competitors and the other officials. He ensures that the rules are observed.

In particular, he will have to decide whether the shooter shall be required to repeat his shooting series in the event of a misfire or technical weapon malfunction. The Chief Range Officer shall also be responsible for ensuring that the shooting procedures are observed at the firing range. He shall give permission to start the shooting as well as the commands for starting and stopping the shooting.

1.14.10 Shooting procedure

1.14.10.1 Following the precision fire, the Chief Range Officer shall give a signal to start the sprint biathlon competition.

1.14.10.2 The competitors will get ready for the start behind the weapon at the starting line.

1.14.10.3 The Chief Range Officer shall give the command“ sprint biathlon – 200 m running; load and shoot 10 rounds in 2 minutes,- 5-4-3-2-12,---“whistle.”

1.14.10.4 After 1:45 min “short whistle“ (advance announcement); then after 2 minutes a “3-second whistle“ ending the sprint biathlon with subsequent assessment of hits. (Applies to electronic scoring only; in case of manual scoring by officials, the coach may check the used targets).

1.14.11. Safety regulations

Range personnel allocated to the shooters shall supervise the shooting procedure. The competitors must strictly follow the commands given by the Chief Range Officer, in particular the range orders and instructions of the respective organising country’s military agencies shall be observed.

In case of violations of this rule, the team concerned may be disqualified for the entire competition as determined by the Jury.

1.14.12 Penalties

If a shooter has fired a competition shot after the shooting time (5 min) has expired, the points of the best hits shall be deducted for each such shot in case of manual scoring. If an electronic indicating system is used, the last shots that were identified will be nullified.

If there are more hit marks on a shooter's target than shots fired, the hits with the lowest score shall be deducted.

1.14.13 Timekeeping

Timekeeping shall be carried out by the Chief Range Officer using a manual stopwatch.

1.14.14 Dress

1.14.14.1 Field uniform with combat boots according to the dress code of the respective participating country. Other tools and equipment such as shooting jackets, gloves shall not be permitted.

1.14.14.2 Ear protection is mandatory and shall be provided by the sponsor.

1.14.14.3 Start number on the back.

1.15 CROSS-COUNTRY COURSE

1.15.1 The cross-country shall take place on paved and unpaved roads and trails. The length of the course should not exceed 9,000 m, and its difference in elevation should not be more than 300 m.

1.15.2 The course shall be marked with tape, signs and other markings which help the runners easily find the finish without having to orientate themselves. The course profile shall be displayed in the starting area.

1.15.3 Each team has to run the entire distance of the course. The runners may run together rendering each other assistance (supporting tools such as belts, ropes, etc. are permitted).

1.15.4 Officials

The officials are responsible for the pre-start, start and finish zones. They are also in charge of the pre-start and starting procedures as well as timekeeping.

1.15.5 Starting procedure

1.15.5.1 The so-called handicap starting method may be applied to the cross-country. That means the points achieved during the disciplines described at subparagraphs 1.7 – 1.14 will be used to determine the time differences required to establish the starting order (e.g. Team **A 1** - 4,500 points (position 1); Team **B 2** - 4,450 points (position 2)).
Starting time, e.g. 14:00 hours; starting order: A1 14:00:00 hours, B2 14:00:50 hours, etc.; 30 minutes after the first team has started, the remaining teams will be started at an interval of 10 seconds.

1.15.5.2 The starter shall give a signal for the runners to get ready for the pre-start and to take their starting positions in the order as specified in the starting list.

1.15.5.3 The starter shall give the starting signal to the team by blowing a whistle.

1.15.5.4 The competitors shall start the cross-country and finish it by crossing the finishing line (the time shall be recorded when the last runner crosses the finishing line).

1.15.5.5 When applying the handicap starting method, the order in which the runners cross the finishing line shall already determine the overall ranking.

1.15.6 Timekeeping

For timekeeping, electronic equipment and/or manual stopwatches shall be used. A second timing shall always be carried out.

1.15.7 Dress

1.15.7.1 Own choice (identical team dress).

1.15.7.2 Start number on the breast.

1.16. CLASSIFICATION AND POINT SYSTEM

1.16.1 For the calculation of points in disciplines involving timekeeping, a specified point rating shall be used.

1.16.2 In the shooting contest, hits shall be converted into points.

1.16.3 In case the handicap starting method is applied to the cross-country, points shall be converted into time differences prior to the start of the race, and after the contest is finished, points will again be calculated on the basis of the times stopped.

1.16.4 Obstacle swimming (1 swimmer)

The average time (= "Durchschnittszeit" DZ) of the five best swimming times shall yield 600 points, while the average of the five last swimmers equals 0 points. Points will be linearly given between 600 and 0.

Also, additional points will be given for the fastest **over** average time (DZ). For the evaluation of points, only times achieved according to the rules will be considered. Points will be **rounded up or down** to get full numbers.

1.16.5 Flat swimming (2 swimmers)

Evaluation of points as in 1.16.4, but with 200 points (instead of 600).

1.16.6 Zodiac navigation

The average of the five best paddle times shall yield 1'000 points, while the average of the five last times equals 0.

Points will be linearly given between 1'000 and 0.

Also, additional points will be given for the fastest **over** average time (DZ). For the evaluation of points, only times achieved according to the rules will be considered. Points will be **rounded up or down** to get full numbers.

1.16.7 Land obstacle race

The average of the five best running times shall yield 1'000 points, while the average of the five last running times equals 0.

Points will be linearly given between 1'000 and 0.

Also, additional points will be given for the fastest **over** average time (DZ). For the evaluation of points, only times achieved according to the rules will be considered. Points will be **rounded up or down** to get full numbers.

1.16.8 Hand grenade throwing

Each grenade hitting the target shall yield **40** points.

Highest possible score: **1'000** points.

1.16.9 Orienteering race

The average of the five best running times shall yield 1'000 points, while the average of the five last running times equals 0.

Points will be linearly given between 1'000 and 0.

Also, additional points will be given for the fastest **over** average time (DZ).

For the evaluation of points, only times achieved according to the rules will be considered. Points will be **rounded up or down** to get full numbers.

1.16.10 Precision fire

4 points for each ring

Each shooter (15 x 4 x 10) = 600 points

Each team (3 x 600) = 1'800 points

1.16.11 Sprint biathlon

4 points for each ring

Each shooter (10 x 4 x 10) = 400 points

Each team (3 x 400) = 1'200 points

1.16.12 Cross-country

The fastest running time shall yield 1'000 points.

For each second slower than the winning time, 1 point will be subtracted (handicap start).

For each second faster/slower than the average time, 1 point will be added/subtracted (no handicap start).

1.17 FINISHING, COMPETITION TIME, RESULTS**1.17.1 Finish**

The finish takes place at the time when the competition time of a team ends. When electronic timekeeping systems are used, finishing occurs when the beam of the electronic eye located on the finishing line is interrupted by the competitor.

In case of manual timekeeping, finishing occurs when the competitor crosses the finishing line with his/her breast.

1.17.2 Competition time

The competition time is the time during a competition used to determine the position of a competitor/team in the final classification.

This time shall always include the penalties imposed or time compensations granted by the Jury.

1.17.2.1 Handicap starting method – cross-country

In this discipline, the competition time of a team shall be the time passed between the start and finish of the last runner of the team.

1.17.2.2 Equality in points

When two or more teams have achieved the same number of points in a competition, they will obtain equal ranking in terms of points and placement. If point scoring is used (ranks 1 - 3), the Jury must determine prior to the start of the competitions how to proceed in the event of ties in points/time.

1.17.3 Timekeeping devices

The competition time should be recorded by using electrical or electronic measuring devices backed up by manual timekeeping. Manual timekeeping shall only be used in the event of a failure of the electronic systems during the competition.

1.17.3.1 When recording competition times by using electrical, electronic and manual equipment, timing to 1/10 second shall be used.

1.17.4 Competition results

The results shall furnish proof of the performance rendered by a team in a competition. The organiser shall be responsible for recording the results in writing and its proper distribution.

Preliminary results and final results must contain the following information:

1.17.4.1 General information

- Name and place of the event
- Type, time and date of the competition
- Competition course
- Names of the Jury members
- Signature of the referee
- Number of the registered national and international teams as well as of the guests that have completed the competition
- Number of teams that did not start
- Remarks on penalties imposed

1.17.4.2 Rankings

- Positions of all teams
- Start numbers
- Name, first name, rank
- Nation
- Running times/paddle times to be recorded right to the second
- Swimming times to be recorded right to 1/10 second
- Number of hits in the shooting competition
- Number of hits in the hand grenade throwing competition
- Number of points
- Penalties
- Disqualified competitors

1.17.5 Types of results

1.17.5.1 Intermediate results

These results show the intermediate score during the ongoing competition (as displayed at the individual stations and in the organisation office).

1.17.5.2 Preliminary results

The preliminary results are the first official results of a competition established by the organiser after the last runner has crossed the finishing line. Preliminary results shall always be subject to a protest and shall be published and displayed in the finish area as well as in the organisation office as soon as possible following the finish of the last competitor. The time at which the preliminary results were published must be indicated on this list of results.

1.17.5.3 The display of preliminary results must be generally notified.

1.17.5.4 Final results

The final results are the irrevocable official results of a competition. They shall be published as soon as the period to lodge a protest has expired or the Jury has decided on a protest.

1.18 PROTESTS

Protests must be lodged ***in writing*** to the Competition Director or the Jury. The officer in charge of the station must be notified.

1.18.1 Protests and objections submitted during and after competitions

1.18.1.1 Protests concerning the infringement of the rules by competitors and coaches, the contest conditions as well as errors made by officials shall be submitted to the Jury ***immediately*** after the occurrence.

1.18.1.2 Complaints against the classification on the basis of the preliminary results shall be handled as objections (protests). They must be submitted within half an hour after the notification of all the results of a competition.

1.19 DISCIPLINARY RULES

In case of violations of rules due to incorrect and unfair behaviour or in case of breaches of safety regulations during the training or the competition, penalties shall be imposed on the teams concerned. Penalties may be imposed by the Jury only.

1.19.1 Warning

A competitor, coach or team official who has committed a violation of rules for which no other disciplinary measure has been stipulated, shall receive a warning.

1.19.2 Time penalties

Time penalties may be imposed on competitors in accordance with the provisions laid down in subparagraph 1.7 – 1.15.

1.20 REGISTRATION AND DEADLINES

- 1.20.1** The organiser shall forward the invitations to the participating nations/guests in due course to enable them, in turn, to set up their competition teams within the required timeframe (6 months prior to the competition).
- 1.20.2** Each nation may enter 10 teams with 3 competitors each.
- 1.20.3** The participating nations/guests shall strictly abide by the deadlines set by the organiser.
- 1.20.4** The entry forms must include the following information as a minimum:
- 1.20.4.1** Name of the team and the nation (1, 2, 3, etc.),
 - 1.20.4.2** Name, first name and rank of the competitor,
 - 1.20.4.3** Date of birth of the competitor,
 - 1.20.4.4** Name of the obstacle swimmer,
 - 1.20.4.5** Note as to which team will start in age group (42); to be identified by "AK 42",
 - 1.20.4.6** Name, first name, rank of coaches and other team officials.

1.21 FINAL REGULATIONS

- 1.21.1** These Rules of Competition shall amend the Basic Regulations for AESOR competitions dated 15 January 1982.
- 1.21.2** The new Rules of Competition shall be issued in the three official AESOR languages.
- 1.21.3** The new Rules of Competition shall be submitted to the Technical Commission for discussion, decision and promulgation.
- 1.21.4** The new Rules of Competition shall come into effect by a majority vote of the Technical Commission.
- 1.21.5** This ruling of competition was decided unanimously during the session of the central committee in Lucerne on the 30th of October 2004 and is effective forthwith.