

APPROVED

Order of the President

Public Union

"International organization of  
military-sports all-round"

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**RULES  
Military and Sports  
All-Round Competitions (MSAC)**

**I. General provisions**

1. These Rules determine the basic principles of organizing and conducting sports competitions in sports and sports alliances, requirements for participants in competitions, sports facilities, special equipment and inventory, organization and conduct of judging, as well as the conditions and procedure for determining the results and winners of competitions in military sports all-round.

2. The rules developed by the Public Association "International Organization of military and sports all-round competitions".

3. The requirements of these rules apply to all disciplines from which competitions are held in MSAC.

4. MSAC includes the following disciplines:

1) Combined martial.

2) Military and applied seven-around:

5. The terms used in these Rules, if not specified in the text of the Rules itself, are used in their generally accepted meanings.

6. The conditions of the competition are determined by the Regulations (Regulations) on the competition (hereinafter - the Regulations), approved by the organizer of the competition, which conducts them.

7. The provision shall comply with these Rules and contain the following sections:

1) goals and objectives;

2) the dates and place of conducting;

- 3) organization and management;
  - 4) participants of the competition;
  - 5) the nature (type) of competitions (personal, team, personal-team);
  - 6) competition program;
  - 7) safety and preparation of competitions;
  - 8) the conditions for determining the championship and rewarding winners and prize-winners;
  - 9) conditions for financing the competition and material support of the participants;
  - 10) the procedure and terms for submitting applications for participation in competitions;
  - 11) other conditions that ensure the quality of a specific event.
13. The provision is sent to the organizations that will take part in the competition no later than one month before the start of the competition.
14. Only the organization that approved it is allowed to change and supplement the Regulations no later than a week before the first day of the competition. All members of the teams participating in the competitions and representatives of the mass media shall inform the changes made.

## **II Combined martial**

1. Competitions in ***Combined martial*** are carried out in two sections:
  - All-Styles fighting;
  - Shooting.
2. All-Styles fighting versions:
  - B-1 (light contact - to the first technical action)
  - B-2 (dosated contact - to complete the combination)
  - B-3 (full contact - without strikes by elbows and knees)
  - B-4 (full contact - with strikes by elbows and knees in body only)
  - B-5 (no contact - demonstration of receptions)
  - B-6 (Kata)
3. Participants who compete in the B-6 competition compete in two directions:  
The stylistic direction of ***Combined martial*** arts is an individual kind of program (B-6 msac);  
Different direction - an individual type of program (B-6 all styles);
3. Shooting is made of an air rifle or pneumatic gun (hereinafter - pneumatic weapon).
4. Competitions in ***Combined martial*** arts are divided into the following types:
  - 1) personal;
  - 2) team;
  - 3) person-team.
5. In personal competitions only the personal places of the participants are determined.

6. Team competitions team meet with each other. The results of these meetings determine the place of each team.

7. In personal-team competitions, personal places of the participants are determined, and the place of the team is determined depending on the personal results of its participants.

8. Competitions under the section " All-Styles fighting " are held in a sports hall with a soft cover (tatami) thickness 40-50 mm.

On the Tatami there is a playground for 8x8 m size fighters. The boundaries of the playground, as well as the starting points of the competition participants, are indicated by the corresponding lines. The distance from the edge of the playground to the walls should be at least 5 m, and to the referees - not less than 4 m.

9. The competition under the section "Shooting" is carried out in small shooting galleries, demonstration or sports halls, the equipment of which allows to perform exercises on shooting from a pneumatic rifle (PG-1 and PG-3) or pneumatic pistol (PP-2 and PP-4) observing security measures.

10. Tire (premises) for the competition under the section "Shooting" must meet the following requirements:

1) the equipment of the shooting room (premises) should provide equal conditions for all participants and provide the judges with the opportunity to control the observance by the participants of the rules of sporting competitions in MSAC;

2) the shooting range (room) must be equipped with a line of fire (firing positions) for firing, a line of targets, an area (barrier zone) for the preparation of participants for the exercise, an area (barrier zone) for the work of the panel, an information stand (a special place) for placement of preliminary results of competitions and other information of the panel of judges;

3) the fire line must be divided into two zones:

fire zone with fire arrows for positions (minimum dimensions: width of position 1.0 m, depth of 1.5 m) and places for work of sector judges of the line of fire; a zone for trainers, separated by an aisle and a barrier from fire positions;

4) all fire positions must be located in one straight line;

5) the target line should be parallel to the line of fire and equipped with shields or target units with numbers that are visible from the fire line.

### **III Competitors**

#### **1. Age groups of participants**

Age groups of participants are determined by the number of full years on the first day of the competition in the following match:

1) children of the I age group - 6 - 7 years;

- 2) children of the 2nd age group - 8 - 9 years;
- 3) younger boys, girls - 10 - 11 years old;
- 4) boys, girls - 12 to 13 years old;
- 5) senior boys, girls - 14 - 15 years old;
- 6) juniors - 16 - 17 years;
- 7) adults - 18 - 39 years old;
- 8) veterans - from 40 years old.

## **2. Weight categories and age groups of competitors**

### 1. Male competition participants:

1) children of the I age group (6 - 7 years) have the following weight categories:

Super lightweight - up to 18 kg;  
 light weight - up to 20 kg;  
 1 light weight - up to 22 kg;  
 2 light weight - up to 24 kg;  
 Medium - up to 26 kg;  
 1 average - up to 28 kg;  
 2 average - up to 30 kg;  
 light heavy - up to 35 kg;  
 heavy - over 35 kg;

2) children of the 2nd age group (8 - 9 years) have the following weight categories:

super lightweight - up to 20 kg;  
 light weight - up to 22 kg;  
 1 light weight - up to 24 kg;  
 2 light weight - up to 26 kg;  
 Medium - up to 28 kg;  
 1 average - up to 30 kg;  
 2 average - up to 35 kg;  
 light heavy - up to 40 kg;  
 heavy - more than 40 kg;

3) junior boys (10 - 11 years) have the following weight categories:

super lightweight - up to 24 kg;  
 light weight - up to 26 kg;  
 1 light weight - up to 28 kg;  
 2 lightweight - up to 30 kg;  
 welterweight - up to 35 kg;  
 1 average - up to 40 kg;  
 2 average - up to 45 kg;  
 light heavy - up to 50 kg;  
 heavy - more than 50 kg;

4) boys (12-13 years) have the following weight categories:

Super lightweight - up to 30 kg;  
 light weight - up to 35 kg;

- 1 light weight - up to 40 kg;  
2 lightweight - up to 45 kg;  
Medium - up to 50 kg;  
1 average - up to 55 kg;  
2 average - up to 60 kg;  
light heavy - up to 65 kg;  
heavy - more than 65 kg;
- 5) senior boys (14-15 years) have the following weight categories:  
Super lightweight - up to 35 kg;  
light weight - up to 40 kg;  
1 light weight - up to 45 kg;  
2 lightweight - up to 50 kg;  
Medium - up to 55 kg;  
1 average - up to 60 kg;  
2 average - up to 65 kg;  
light weight - up to 70 kg;  
heavy - up to 75 kg;  
heavyweight - over 75 kg;
- 6) juniors (16 - 17 years) have the following weight categories:  
Super lightweight - up to 45 kg;  
light weight - up to 50 kg;  
1 light weight - up to 55 kg;  
2 lightweight - up to 60 kg;  
Medium - up to 65 kg;  
1 average - up to 70 kg;  
2 average - up to 75 kg;  
light weight - up to 80 kg;  
heavy - up to 85 kg;  
heavyweight - over 85 kg;
- 7) adults (18-39 years) and veterans (40 years and older) have the following weight categories:  
Super lightweight - up to 55 kg;  
light weight - up to 60 kg;  
1 light weight - up to 65 kg;  
2 lightweight - up to 70 kg;  
Medium - up to 75 kg;  
1 average - up to 80 kg;  
2 average - up to 85 kg;  
light heavy - up to 90 kg;  
heavy - up to 100 kg;  
heavyweight - over 100 kg;
- 2 Women's contestants:
- 1) children of the I age group (6 - 7 years) have the following weight categories:  
Super lightweight - up to 18 kg;

light weight - up to 20 kg;  
1 light weight - up to 22 kg;  
2 light weight - up to 24 kg;  
Medium - up to 26 kg;  
1 average - up to 28 kg;  
2 average - up to 30 kg;  
light heavy - up to 35 kg;  
heavy - over 35 kg;

2) children of the 2nd age group (8 - 9 years) have the following weight categories:

super lightweight - up to 20 kg;  
light weight - up to 22 kg;  
1 light weight - up to 24 kg;  
2 light weight - up to 26 kg;  
Medium - up to 28 kg;  
1 average - up to 30 kg;  
2 average - up to 35 kg;  
light heavy - up to 40 kg;  
heavy - more than 40 kg;

3) junior girls (10 - 11 years) have the following weight categories:

super lightweight - up to 24 kg;  
light weight - up to 26 kg;  
1 light weight - up to 28 kg;  
2 lightweight - up to 30 kg;  
welterweight - up to 35 kg;  
1 average - up to 40 kg;  
2 average - up to 45 kg;  
light heavy - up to 50 kg;  
heavy - more than 50 kg;

4) girls (12-13 years) have the following weight categories:

Super lightweight - up to 30 kg;  
light weight - up to 35 kg;  
1 light weight - up to 40 kg;  
2 lightweight - up to 45 kg;  
Medium - up to 50 kg;  
1 average - up to 55 kg;  
2 average - up to 60 kg;  
light heavy - up to 65 kg;  
heavy - more than 65 kg;

5) senior girls (14-15 years) have the following weight categories:

Super lightweight - up to 35 kg;  
light weight - up to 40 kg;  
1 light weight - up to 45 kg;  
2 lightweight - up to 50 kg;  
Medium - up to 55 kg;

1 average - up to 60 kg;  
2 average - up to 65 kg;  
light heavy - up to 70 kg;  
heavy - up to 75 kg;  
heavyweight - over 75 kg;  
6) juniors (16 - 17 years) have the following weight categories:  
Super lightweight - up to 40 kg;  
light weight - up to 45 kg;  
1 light weight - up to 50 kg;  
2 light weight - up to 55 kg;  
Medium - up to 60 kg;  
1 average - up to 65 kg;  
2 average - up to 70 kg;  
light heavy - up to 75 kg;  
heavy - up to 80 kg;  
heavyweight - over 80 kg;  
7) adults (18-39 years) and veterans (40 years and older) have the following weight categories:  
Super lightweight - up to 45 kg;  
light weight - up to 50 kg;  
1 light weight - up to 55 kg;  
2 lightweight - up to 60 kg;  
Medium - up to 65 kg;  
1 average - up to 70 kg;  
2 average - up to 75 kg;  
light heavy - up to 80 kg;  
heavy - up to 85 kg;  
heavyweight - over 85 kg.

### **3. Features of the competition**

1. In the absolute weight category, only adult men declared in one of the last three weight categories act.
2. If the number of competitors in a category of less than three athletes, by the decision of the chief secretary, agreed with the team representative, the athlete may perform either in the heavier category of his age, following his category, or in the older age category of his weight, the next by its category.
3. It is not allowed to transfer the participant to the heavier and senior category at the same time.
4. The junior performance in adult competitions is not allowed.
5. Girls and women are prohibited from speaking in full-time competitions (versions B-3, B-4).
6. Participants in competitions under the version B-3 are allowed sportsmen from  
14 years old who have not lower than the second sports category.

7. Participants in competitions under the version B-4 are allowed athletes from the age of 18, who are not below the first sports category.
8. In competitions for versions B-5 and B-6, athletes perform in their age categories without weight.
9. Participation in B-5 competitions is allowed for couples, which include athletes of the same age category as one and various articles (for example, 2 men, 2 women, 1 person + 1 woman). In this case, individual assessments are credited to each athlete in his age category of the relevant gender. Athlete's performance with an assistant is allowed (the performance of the assistant is not evaluated).

#### **4. Admission to the competition**

1. The personal admission of an athlete to the competition is carried out by the mandate commission on the basis of:
  - 1) the registered application (Annex 1);
  - 2) a document certifying the identity of the athlete;
  - 3) the admission of a doctor dated not earlier than fourteen days before the day of the meeting of the mandate commission;
  - 4) insurance certificate (policy, certificate).
2. The sequence of the performance, as well as the composition of the pairs of participants in the competitions, are determined by drawing lots.
3. Drawings for versions B-1, B-2, B-3 and B-4 are held by the head secretary of the competition in each weight category and in the age group separately.
4. In the case of competitions for versions B-5 and B-6, a draw for the turn of the performance shall be held by the judge with the participants and the secretary immediately before the performance of the participants of the competition of a certain age category.
5. The turn of the performance of athletes in the version of B-5 inside the bet is determined by the athletes themselves.
6. Weighing of participants of competitions is conducted on the eve or on the first day of competitions. Weighing is allowed to use several weights, while participants in one weight category and age group are weighed on the same scales. Within 1 hour before the beginning of weighing the participants are given the right to control weighing.
7. A competitor who is late or has not arrived for weighing shall not be allowed to compete.
8. Weighing of athletes for versions B-5 and B-6 is not carried out.

#### **5. Rights and obligations of the participants of the competition**

1. Competitors must:

- 1) to know and comply with the requirements of these Rules and to familiarize themselves with the Regulations;
  - 2) arrive on time in a race;
  - 3) to comply indisputably with the instructions of judges and other officials specified in these Rules;
  - 4) have equipment of the participant of the competition and personal protective equipment in accordance with the requirements of these Rules;
  - 5) have a second in the competition (except versions B-5 and B-6);
  - 6) in competitions for versions B-5 and B-6, after drawing lots, to be in a specially designated place of waiting during the performances of all athletes of their age group until the final announcement of the results;
  - 7) the participant who was declared the first, binds the red belt (except version B-6);
  - 8) before the demonstration of the technical complex (version B-6) to name the surname, declare the names of the complex, school, style.
2. Competitors have the right to:
    - 1) apply to the judges through the team representative, and during the match - after a second;
    - 2) at any time to refuse the competition;
    - 3) to carry out control weighting before weighing;
    - 4) at any time to seek medical assistance.
  3. Participants are prohibited from:
    - 1) during the competition, leave the competition to the announcement of the result by the judge;
    - 2) interfere with the work of judges, enter into disputes with them;
    - 3) violate these Rules and security measures;
    - 4) during the fight to have foreign objects not included in the equipment;
    - 5) during the performances in versions B-5 and B-6, use dimensional models of firearms and cold weapons that during the performance may injure athletes, judges, other officials and spectators.
  4. By a decision of the Chief Justice the competitor may be withdrawn from the competition for rude and indiscriminate results by canceling the result in a personal score. Also, by the decision of the Chief Justice the competitor can be withdrawn for technical unpreparedness, but in this case the result in the personal score is not canceled.

#### **IV Team representative, second**

##### **1. Responsibilities and rights of the team representative**

1. The team representative participating in the competition is the team leader and provides discipline and organization. In the absence of a team representative, his duties are performed by the captain of the team.

2. Representative of the team must:
  - 1) submit in due time to the secretary an application for participation in the competition;
  - 2) inform team members about the decision of the panel of judges;
  - 3) to ensure timely appearance of athletes to the venues;
  - 4) attend (in an advisory capacity) meetings of the panel of judges if they are held in conjunction with the representatives of the teams.
3. A representative of the team is prohibited from interfering with the work of judges, the secretariat and the organizer of the competition.
4. A representative of the team has the right:
  - 1) to be present at weighing and lotteries;
  - 2) to receive information on all issues of the competition and the results of the performance of their athletes;
  - 3) to submit protests in accordance with these Rules;
  - 4) to withdraw from the competitions of athletes of his team.
5. A team representative may not be a judge at the same time.

## **2. Obligations of the second**

1. The second is obliged:
  - 1) during a duel and in breaks between the rounds, be at the Tatami to assist the athlete in removing defects in the equipment in accordance with the instructions of the judges;
  - 2) to declare the premature completion of the battle if his athlete is unable to fight;
  - 3) to prevent interference with the work of judges and to provide advice during a fight to an athlete.
2. For the violation of these Rules, as well as unethical behavior of a second, observations may be made, the first and second warnings or to his athlete is subject to disqualification in accordance with these Rules.

## **V. Equipment of competitors**

1. Athletes who perform in versions B-1, B-2, B-3, B-4 must be dressed in a special cut suit (jacket or T-shirt, pants) without costume jewelry, without shoes and any solid elements of the fittings (zippers, hooks, buttons, etc.), girded with a white or red belt, whose length is 2.5 - 3 m, width - 4-5 cm.
2. For athletes who are in version B-5, soft-sided shoes are allowed.
3. During the performance in versions B-1, B-2, B-3, B-4, B-5 it is not allowed to be in glasses. Nails on the hands and feet of the participants should be trimmed short.

4. Athletes who are in version B-6 have clothing that meets the requirements of one of the two chosen directions.

5. In the stylistic direction, a t-shirt or kimono dressed in trousers is allowed.

6. In a different direction, the clothes (suit) must correspond to the presented martial arts style.

The presence of the emblem of the style of martial arts in a suit is obligatory.

The color of the belt must correspond to the athlete's attestation in the martial arts system that he represents during his performance.

The belt must be tied in a square knot so that the jacket is not too loose and long enough to allow it to be worn twice with the waist. The length of the ends of the belt on each side of the knot must not exceed 2/3 of the length of the thigh.

Sleeves and pants should be moderately free so as not to interfere with movements, close the larger half of the shin and forearm, leaving the feet and wrists uncovered. Not allowed to roll sleeves jackets and pants. Underwear, under a kimono in the form of a smooth white t-shirt or a t-shirt, is allowed to be worn only for women and girls.

7. Hair, longer shoulders, should be picked up with any soft hair straps.

8. Athletes performing in version B-6 during the performance are not allowed to carry jewelry and footwear, but the presence of glasses is allowed if their wear is due to visual impairment.

9. In the course of competitions in the section "Shooting" athletes perform in a form of sport (or in military form, if the participants of the competition are servicemen).

## **VI. Personal protective equipment**

1. During a performance in versions B-1, B-2, B-3, B-4 the athlete must have:

1) protective helmet;

2) gloves on hands;

3) a protective shell on the groin;

4) lining on the legs;

5) a protective vest (for women and participants of competitions according to the B-4 version, obligatory for athletes of other versions);

6) feet (which close the foot, toes, and heel);

7) cape.

2. Individual protection means during appearances in versions B-1, B-2, B-3, B-4 must meet the following requirements:

1) the protective helmet must protect the eyebrows, temples, jaws, ears, upper and back of the head. Chin may be left unprotected;

- 2) gloves must be free of ruptures and seams. If the gloves are corded, the seam is closed by the adhesive plaster;
- 3) the use of open-ended gloves is permitted only in the version B-4 for athletes weighing up to 80 kg;
- 4) gloves for athletes weighing:  
up to 30 kg should be closed with fingers and weighing not less than 170 grams (6 ounces);  
Over 30 kg and up to 50 kg should be closed with fingers and weighing not less than 227 grams (8 ounces);  
more than 50 kg should be at least 284 grams (10 ounces) if they are with their fingers closed and have a protective pad of at least 4 cm if open with fingers;  
over 70 kg should be at least 340 grams (12 ounces) if they have closed fingers and have a protective pad of at least 5 cm if open thumbs;  
more than 90 kg should only be closed with fingers and weighing not less than 397 grams (14 ounces);
- 5) the protective sink should be made of solid material, fitted in size and worn under pants;
- 6) the lining of the legs should be made of soft material not less than 1 cm thick, close the legs, and also the foot, the toes and the heel, if feet are not used;
- 7) feet should be soft, protect the entire foot, heel and toes;
- 8) the use of protective footwear that combines the foot and the shin lamp should not be prohibited if it meets the prescribed requirements.
3. An athlete who has come out on a fight with individual means of protection and in an equipment which does not meet the requirements of these Rules and within 2 minutes could not eliminate deficiencies, is considered to be not appearing on a duel.
4. In versions B-5 and B-6, athletes perform without individual protection. If necessary, wrists (in version B-5) and legs of legs (in versions B-5 and B-6) are allowed.
5. In applications using weapons, it is allowed to use powders in the form of talc, powder, chalk, etc. to improve the contact of the palm of the weapon.
5. During the B-4 battles and in the event of participation only masters of sports, masters of international class masters and honored masters of sports of Ukraine or athletes of their respective qualifications, the athlete may perform without a protective vest and helmet in the event of a trainer and a representative written consent teams.

## VII. Judicial panel

## **1. The composition of the panel of judges**

1. The referees shall ensure the conduct of matches and the evaluation of performances of athletes.

The composition of the panel of judges is approved by the organizer not later than 7 days prior to the start of the competition.

2. The composition of the panel of judges shall include:

- 1) the chief judge;
- 2) the deputy chief judge - the inspector-judge;
- 3) deputies according to the sections of competitions;
- 4) the chief secretary;
- 5) secretaries by sections of competitions;
- 6) Judicial Brigades by sections of the competition;
- 7) a doctor;
- 8) commandant.

## **2. Composition of the Judge Brigade under the section " All-Styles fighting "**

1. The structure of the judiciary brigade in easy contact (version B-1) includes:

- 1) arbitrator;
- 2) the referee;
- 3) the referee;
- 4) the secretary;
- 5) Judge-timekeeper.

2. The composition of the jury brigade in the metered contact (version B-2) and full contact (versions B-3 and B-4) include:

- 1) arbitrator;
- 2) the referee;
- 3) two side judges;
- 4) the secretary;
- 5) Judge-timekeeper.

3. The composition of the referees in the B-5 and B-6 competitions includes:

- 1) arbitrator;
- 2) five lateral judges;
- 3) the secretary;
- 4) judge with the participants.

4. Technical actions of athletes in a light contact (version B-1) estimate:

- 1) arbitrator;
- 2) the referee;
- 3) side referee.

Referees and side referees show marks with the help of set gestures (Appendix 2). Points are credited to the majority rule "2 of 3".

5. Technical actions of athletes in the metered contact (version B-2) and full contact (versions B-3, B-4) estimate:

- 1) arbitrator;

2) two lateral judges.

During the match, the referee and the referees are presenting the referees (Annex 3).

The referees and the referee can count the points of the participants with the help of clickers.

Upon completion of the battle, the side referees, having scored the points, submit the referees' notes (clicker data) to the referee, who determines the outcome of the match in accordance with the majority rule "2 of 3".

6. The technical actions of athletes for versions B-5 and B-6 are estimated by five lateral judges.

At the end of each performance in versions B-5 and B-6, lateral judges evaluate the participants by:

1) Subtracting points from the highest estimation of the range according to the level of mistakes made (for version B-6);

2) subtracting scores from the lower scoring of the range according to the level of mistakes made while adding points for superior qualities (for version B-5).

The score is scored within the range of ratings in versions B-5, B-6 (Appendix 4). Exhibits are presented by side judges using ball point labels. All ratings are recorded in the protocol, while the higher and lower scores are excluded, and the sum of other evaluations determines the result of the statement.

In the case of an equal amount of points in two athletes in version B-6, the determination of the seats shall be made after a repeat performance by a general vote of the lateral judges on the basis of a comparative assessment without counting points and without the use of the plates by specifying an elongated right hand on the winning athlete. In this case, the result is determined by the majority rule "3 of 5".

In the case of an equal amount of points in two athletes in the B-5 version, the determination of the seats shall be made after repeated performance by three athletes of any techniques and re-evaluation. The previous results are hereby canceled.

In the case of an equal amount of points in three or more athletes (in versions B-5 and B-6), the determination of the places in the beginning is made without the repeat performance of the athletes by adding the excluded lower scores. If this does not solve the situation, the excluded higher scores are added. And in case of possible further not a solution to the situation, the decision is made by the judges collegially with a double superiority of the arbitrator's voice.

The referee shall observe the judges of the admitted by the athlete of gross technical errors leading to the disqualification or the setting of 0 points. Decisions on placing 0 points for systematic or gross mistakes made or disqualification of an athlete shall be taken by all judges collectively with a double superiority of the arbitrator's vote.

8. In the event that the competition continues for a long time, the replacement of judges is envisaged.

### **3. Composition of the Judge Brigade under the section "Shooting":**

- 1) judges at the fire line;
- 2) two technical judges;
- 3) the secretary.

## **VIII. Responsibilities and rights of members of the panel of judges, medical support**

### **1. Chief Justice**

1. Chief judge is obliged:

- 1) to timely check the preparation of places of competitions, equipment and inventory;
- 2) to monitor compliance with these Rules;
- 3) resolve disputes;
- 4) to manage the work of the judging panel;
- 5) make decisions regarding the declared protests;
- 6) make decisions regarding the disqualification of athletes in the cases determined by these Rules;
- 7) submit the report and protocols of the competitions to the organizer of the competition (within three days after they are held);
- 8) to instruct participants of competitions and judges on security measures and control their implementation;
- 9) before the start of the competition and after each day of the competition to hold a meeting of the members of the panel of competitions.

2. The Chief Justice has the right:

- 1) delay the beginning of the competition if the inventory and venue are not prepared;
- 2) to temporarily suspend the competition in cases in which it is impossible to conduct them;
- 3) move judges (if necessary);
- 4) eliminate judges from the competition of judges (in the event of gross mistakes made by them);
- 5) to cancel false judges decisions;
- 6) to remove from competitions of participants, which allow rude, indistinct and have weak technical training.

### **2. Deputy Chief Judge - Inspector-judge**

1. The Deputy Chief Judge - the Inspector-Judge shall be appointed from among the most qualified judges and shall be subject to the Chief Judge of the Competition.
2. The Deputy Chief Judge - the Inspector-Judge shall:
  - 1) to control the objectivity and quality of judging by judges, including using photo and video equipment;
  - 2) to consider protests (photo and video materials), to prepare proposals to the chief judge for making the appropriate decision;
  - 3) analyze the results of the work of judges in competitions, prepare relevant materials for further coverage during the conduct of judicial seminars.
3. In the event that competitions are conducted with a relatively small number of participants, the duties of the Inspector-Judge shall be allowed as deputy chief judge of the competition under the section "All-Winning Battle".

### **3. Deputy Chief Referee of the competition by sections**

1. The Deputy Chief Justice under the section " All-Styles fighting " is subordinate to the Chief Justice and is required to:
  - carry out direct management of the competitions by section and be responsible for their conduct;
  - to control the correctness of the judging by the judge's brigade, which is subject to it;
  - to perform the duties of an arbitrator;
  - Assist judges on the site;
  - make proposals to the chief judge for the decision on the declared protests;
  - discuss disputes between judges;
  - monitor the appearance of participants in competitions and judges;
  - control the appearance of judges in competitions;
  - Instruct participants and judges on security measures and monitor their implementation;
  - after the end of each day of the competition to summarize and report to the Chief Judge the results.
2. The deputy chief judge under the section "Shooting" is subordinated to the chief judge and is obliged:
  - Before starting the competition to carry out the inspection of pneumatic weapons in terms of its safety and compliance with the requirements for the exercises PG-1 and PP-2 of these Rules;
  - manage the competitions by section and be responsible for their conduct;
  - to control timely preparation of places of competitions;
  - provide athletes with pneumatic weapons and bullets for firing from it;
  - to direct the actions of the judiciary brigade, which is subject to it;

to instruct safety measures in the handling of pneumatic weapons and to demand their implementation;  
give permission to start and end competitions under this section;  
sign protocols of shooting and targets of the participants of the competition.

#### **4. Chief Secretary**

1. The Chief Secretary shall submit to the Chief Judge. The secretary is subordinated to the secretaries by sections of the competition.
2. The Chief Secretary shall:
  - 1) organize the work of the credentials commission and the secretariat;
  - 2) draw drawings of the participants in the competitions in versions B-1, B-2, B-3, B-4;
  - 3) to keep records of meetings of the judging panel;
  - 4) to control the correctness of keeping minutes from the sections of competitions and the work of the secretariat;
  - 5) to calculate the results (results) of performances as for separate sections of the battle, and for the competition as a whole.
3. In the event that competitions are held with a relatively small number of participants, the Secretary General shall be permitted to perform the secretary's duties in the section entitled "**All-Styles fighting**".

#### **5. Secretaries by sections of competitions**

1. The secretaries on the section of the " All-Styles fighting " competition are required to:  
accept applications from participants;  
draw up protocols of competitions;  
to conduct protocols of combat in versions B-1, B-2, B-3, B-4, demonstrations of self-defense techniques in version B-5 and demonstration of formal technical complexes (hereinafter - FTK) in version B-6;  
record in the minutes the knockouts, knockdowns and cases of withdrawal of athletes from the competition;  
to mark the time of the protest in the minutes and in the appropriate form of protest;  
after the end of the match, record in the protocol the actual local current time and time of the duel, if it is completed ahead of schedule;  
draw drawings of participants in versions B-5 and B-6;  
after the end of the competition on the section to sign the protocols and submit them to the chief secretary of the competition.
2. The secretary on the section of the "Shooting" competition is obliged:  
accept applications from contest participants;

complete and maintain the competition protocol in the section "Shooting" (Annex 5);  
after counting the points scored to give the athlete's targets for the signature of the team;  
after the end of the competition, sign the competition record and hand it over to the Deputy Chief Referee.

## **6. Arbitrator**

1. The referee who is the senior in the referee's team under the heading "All-Styles fighting", is responsible for the organization and quality of the referee's competitions on the tattoo, controls the actions of the referee, lateral judges, secretary, judge Stopwatch, enforces these Rules and safety measures, assesses the athlete's performance , calls on the floor and presents the participants of the competition, announces the winner and the result of the performance.
2. During the competition in an easy contact (version B-1) the referee shall:
  - 1) personally assess the technical actions of athletes and determine the final score, guided by the majority rule "2 of 3";
  - 2) to declare aloud appraisal of athletes' actions;
  - 3) determine the quality of the victory and declare the winner of the battle, guided by these Rules.
3. During the competitions in the section "**All-Styles fighting**" in the dose contact (version B-2), as well as in full contact (versions B-3, B-4) the referee is obliged:
  - 1) to personally assess the technical actions of athletes by means of a referee's note or a clicker;
  - 2) to determine the winner, guided by the majority rule "2 of 3" (by voting judicial notes or testimonies of clickers);
  - 3) determine the quality of the victory and declare the winner of the battle, guided by these Rules.
4. During the competitions in versions B-5 and B-6, the referee shall:
  - 1) to evaluate violations and gross technical errors of athletes;
  - 2) to observe, in the light of judges, the permission of the athlete of gross technical errors leading to disqualification or disposition 0;
  - 3) make decisions on placing 0 points for committed systematic errors, gross mistake or disqualification of an athlete with a double voice advantage;
  - 4) to submit commands about the beginning and the end of the performance of athletes, as well as on the rating, while keeping a pause of at least 5 seconds for the final decision of the judges;
  - 5) announce the current set points and their total result;
  - 6) declare the division of places in the weight category;

- 7) before each new age category of participants, inform the lateral judges about the range of assessments in accordance with the range of assessments in versions B-5 and B-6;
  - 8) to stop, suspend or cancel performances of an athlete in the event of a threat to health, violation of safety measures;
  - 9) during the draw in version B-5 in each age category inspect the simulators of the weapon for danger;
  - 10) determine the winner with a double voice advantage.
5. During the competition in all versions, the arbitrator is obliged to make a decision (alone or jointly with the judges) and declare aloud remarks, warnings and apply disqualification in accordance with these Rules.
6. The referee has the right:
- 1) make decisions on the final evaluation of judges, guided by the majority rule "2 of 3" in a light contact (in version B-1);
  - 2) stop the fight if an obstacle to the normal conduct of the battle has arisen or a violation of these Rules has been committed by the referee or judges;
  - 3) to stop the performance (battle) in case of violations in the equipment of the athlete;
  - 4) propose to the judges to cancel a decision if it is contrary to this Regulation;
  - 5) in cases of violations by an athlete of these Rules for which the disqualification is stipulated, to stop the performance (battle) and to declare the disqualification or to report to the chief judge of the competition for making the corresponding decision, if provided by these Rules;
  - 6) to stop the fight, if the assessments of judges differ significantly, eliminate errors, report to the deputy chief judge of the competition.

## **7. Referee**

1. Referees must:
  - 1) gestures and teams manage the tournament on the tatami;
  - 2) check the state of personal protective equipment and report to the referee the readiness for the match;
  - 3) during the fight, evaluate and display the effective actions of athletes during the competitions in the section "**All-Styles fighting**" in the version B-1, as well as warnings and warnings in versions B-1, B-2, B-3, B-4 with relevant explanatory gestures;
  - 4) to observe compliance of athletes and lateral judges of these Rules;
  - 5) after the match in the versions B-2, B-3, B-4 to collect the referees and provide them with an arbitrator;

6) when moving to the tatami within the site for the match, the referee takes a place that allows to control the actions of the participants of the match, as well as see the signals of the side judge and the referee.

2. Referee announces the beginning and end of the match.

3. Referee stops the fight in case:

- 1) the ending time of the match (by the command of the referee);
  - 2) the end of 5 seconds after capture during a fight in the rack or at the end of 20 seconds from the beginning of a continuous struggle in the hallway;
  - 3) achieving a clean victory;
  - 4) knockdown or knockout;
  - 5) violation of these Rules (except for cases when the stop of a fight may prevent effective attack or counterattack of the opponent of the infringer of these Rules);
  - 6) signs of passive combat;
  - 7) Exit the boundary of the site for the duel;
  - 8) the need for medical assistance;
  - 9) submission by the athlete of a signal that he seems to be;
  - 10) at the request of a side referee, an arbitrator or a second;
  - 11) the inability of the athlete to fight or if the athlete himself stops the fight;
  - 12) violations in the equipment of an athlete (except when the stop of a fight may prevent the completion of the onset of pain or suffocating reception, provided that the violation of equipment on the part of the athlete against which the pain or suffocating reception is performed does not lead to an increase in injury);
  - 13) the occurrence of a traumatic situation or other circumstances that interfere with the normal conduct of the match.
4. If during a match the participant has received an injury, the referee is obliged to call the doctor or accompany the athlete to him and during the provision of medical assistance is nearby.

## **8. Side Judge**

1. Lateral judge during competitions with conducting contact matches (in versions B-1, B-2, B-3, B-4) must:

- 1) before the beginning of the match, check the conformity of equipment and clothing of athletes to the requirements of the Rules;
- 2) during the competitions under the B-1 version of the "All-Wing Battle" competition, to evaluate the technical actions of athletes and display gestures of assessment, as well as observations and warnings in versions B-1, B-2, B-3, B-4 from relevant explanatory gestures;
- 3) during the competitions under the section "**All-Styles fighting**" for versions B-1, B-2, B-3, B-4 to conduct a ballot paper of the established form or record on clichés, defining assessments of effective actions of

athletes, fixing violations in accordance with these Rules, declared by the arbitrator; after the end of the fight, the athletes will calculate the overall result, determine the winner in the match and hand over the referee's note to the referee;

4) During the match, while on a tattoo, move beyond the boundary of the court to hold the match, not blocking the field of view of the referee and referee.

2. The side judge during the B-5 and B-6 competitions must:

1) during the assessment of the actions of athletes in versions B-5 and B-6, they shall be in a specially designated refereeing zone sitting in a chair, positioned on the same line with the other judges between the referee's table and the playground face to the speakers and back to the table of the referee;

2) after the performance of the athlete on the team of the referee "Prepare ratings", not raising the tablets, determine the assessment of the performance;

3) with the Arbitrator team "Show estimates" simultaneously with other judges to raise the plate in the right hand upwards, showing its athlete;

4) on the Arbitrator's team to deploy the nameplate 180 degrees towards the arbitrator for placing the ratings assigned by the secretary to the B-5 and B-6 protocols (appendix 6); then, under the command of the referee, "Lower", lower the plate;

5) in the case of equality of points (B-6), to conduct an assessment of the performance of the athlete by universal vote on the basis of a comparative assessment without counting the marks and without the use of the plaque, indicating the extended right hand on the winner of the athlete;

6) in the case of equality of points (B-5) to conduct an assessment of the performance of the athlete after the display of additional three techniques.

When evaluating performances of athletes in version B-6, the position of lateral judges at different angles of the tatami is allowed.

## **9. Judge- timekeeper**

1. The time-honored judge is at the table next to the referee. The referee starts the match by the referee team and starts the stopwatch. A timekeeper judge submits a signal to the referee about the expiration of the time required for the fixation.

2. The judge-timekeeper must record:

1) the time of the beginning and end of the match;  
2) time of delay of the athlete on the playground (after 1 to 4 minutes);  
3) the time of elimination of defects in the equipment and the form of clothing (no more than 2 minutes) when entering the site;

- 4) the time of the participant's request to the doctor and the time of elimination of deficiencies in his outfit and the form of clothes (in the amount of up to 5 minutes per participant for the period of one duel or speech);
- 5) 1 minute rest between the rounds and before the extra minute of the match, if appointed in accordance with these Rules;
- 6) 5 s stay in delight and 20 s with continuous struggle in the party.
3. During the breaks in a match, the referee judge, after the order of the referee or referee, stops and starts the stopwatch, calculating the time of the match.
4. It is not prohibited to take part in the duties of a judge-timekeeper and secretary.

## **10. Judge at the firing line**

The referee must:

- prepare for the competition a fire border;
- manage the athlete's actions at the fire line;
- to ensure the implementation of security measures at the fire line.

## **11. Technical judge**

The technical judge must:

- Before the start of the competition, check the airworthiness of the pneumatic sport weapon through inspection and execution of target shots on the targets;
- To sign on the targets of sportsman's surnames (numbers);
- on the firing line, to consolidate the targets;
- mark holes, record the results of firing in the protocol;
- Pass targets with results by secretary under the section "Shooting".

## **12. Judge with participants**

The judge is obliged by the participants:

- to ensure the appearance of athletes for drawing;
- to lace up athletes of a certain category before their performances in front of the tatami;
- check their availability according to the competition protocol, appearance and models of weapons that are used;
- during the competition, be constantly at the same time as the athletes in the established area to control their readiness to exit, the state of clothing and the layout of the weapon in accordance with the requirements of these Rules;
- immediately notify the referee of the absence or refusal of the participant from the statement;

associate the red banner of the contestant belt, which is currently being evaluated in a pair in version B-5;

when playing seats in the case of an equal number of points, lining the participants in a certain position before the judges on the right and left of themselves and on the gestures of the side judges to determine the outcome of the joint voting by majority rule, pointing the hand to the participant who won.

### **15. Doctor**

1. Before the beginning of the competition the doctor is obliged:

1) check the presence of athletes in the presence of a doctor to participate in competitions in the prescribed form;

2) check the sanitary and hygienic condition of the competitions and special equipment.

2. During the competition the doctor is obliged:

1) to exercise medical control over the state of health of the participants of the competition;

2) decide on the possibility (impossibility) further participation in competitions athlete who got knockout (knockdown) or applied for medical assistance;

3) to provide medical assistance to the participants of the event in the event of injury.

3. After the end of the competition, the doctor is required to prepare a report in an arbitrary form on the health care of the competition.

4. The doctor is subject to Chief Justice of the competition and has the right to stop the fight and give medical treatment without the consent of judges, referring directly to the arbitrator.

### **16. Commandant**

1. The commandant submits to the deputy chief judge according to the section of the competition, the chief judge of the competition.

2. The commandant is obliged:

1) equip places of competitions;

2) to maintain order in the venues of the competition;

3) control the observance of safety measures in the premises and venues of the competition;

4) provide telephone communication (if necessary).

### **17. Medical support of competitions**

1. During the competition, every athlete has the right to receive medical assistance. The need for medical care may be initiated by an arbiter, a

referee, an athlete or a doctor without the consent of the judges and the athlete.

The medical support of the participants of the competition is carried out by the medical service (physician) of the organizer of the competition.

The competition physician is the Deputy Chief Medical Officer and is a member of the Mandate Commission for the right to vote on medical matters.

All decisions of the doctor of the competition, taken within its competence, must be performed by athletes, coaches, team representatives, judges and organizers of the competitions.

An obligatory condition for admission of an athlete to participate in competitions is the presence in the registered application of the signature and seal of the physician of the medical-physical therapy dispensary or the appropriate medical establishment.

2. Actions of an arbitrator and a referee in case of provision of medical assistance to participants:

1) if after an effective action (in the absence of violation of these Rules) the athlete needs emergency medical assistance, the referee or referee stops the fight and calls the doctor without opening an account. In this case, the athlete is knockout;

2) if a sportsman receives light injuries that do not significantly affect the possibility of a duel (bleeding from the nose, dissection, etc.), the referee or the referee may stop the fight and send the athlete (accompanied by a referee) for medical assistance without opening an account;

3) the referee is forbidden to refuse the athlete in the treatment during a duel to the doctor. In this case, if immediately before the appeal were technical actions by any of the rivals, the referee opens the account of the athlete who appeals to the doctor;

3. In all cases, the athlete's appeal during a duel (speech) for medical assistance, the decision of the possibility or impossibility to continue the battle (speech) is taken by the doctor of the competition.

4. In cases where a physician removes an athlete from a fight or from a competition during a battle (provided that there was no violation of these Rules), the athlete is declared losing for obvious advantage.

5. In the event of an Athlete receiving a head strike (or head-to-head strike) that has led to a knockout or repeated (second in the current duel) knockdown, the referee gives the athlete to the doctor, even if the traumatized athlete does not want to seek medical assistance. The decision on the further participation in the competitions for the athlete, who repeatedly received the knockdown from the head to the head, receives the doctor. In the case of a knockout from such an attack, the athlete is removed from the competition.

4. All cases of getting a knockout athlete from head to head (or head shot at the fall), characterized by dizziness, partial or complete loss of

orientation and / or consciousness, must be recorded and reported to the event organizer. Athletes who have received such a knockout are not allowed to compete for a period not less than 6 months after receiving a knockout.

## **IX Protests, procedure for submission and consideration**

### **1. Submission of protests**

1. Protests shall be filed by a representative of the team in cases of violations by the judges of the requirements of these Rules and the Regulations in writing indicating the paragraph of these Rules and the provisions that have been violated. The protest may be filed before the start of the competition or not later than 20 minutes after the end of the athlete's performance.
2. In the event of opposition to the results of the match or speeches, the team representative will comply with the requirements for lodging a protest by the outcome of the match (s) referred to in paragraph 4 of this chapter. The intention to file a protest must be filed with the referee immediately or no later than 5 minutes after the end of the match or speech, as indicated by the secretary in the minutes indicating the time of the protest.
3. The protest regarding participation in the competitions of the athlete or the team as a whole is submitted to the draw during the meeting of the credentials commission.
4. Requirements for protest against the outcome of a fight or a statement:
  - 1) in case of disagreement of the team representative with the results of the match (statement) for the purpose of protest, the representative of the team makes a statement to the referee on the tatami in which the battle was conducted (performance), no later than 5 minutes after its completion;
  - 2) after the oral statement of disagreement with the results of the fight (statement) and the intention to file a protest from the team representative, the referee (secretary) issues a protest form (Annex 7) with a note on the time when the controversial battle is completed (speaking). The team representative, filling in the form, must indicate which paragraph of these Rules and the Regulations is violated and which are the officials themselves. The requirement to review all ratings for all technical actions can only take place for combat in versions B-2, B-3, B-4, and for version B-1 there are certain technical actions, the rating of which the representative of the team disagrees;
  - 3) a representative of the team shall submit to the Inspector-judge a completed protest form with suitable video analysis materials and / or other evidence of possible judge mistakes or violations by judges of

these Rules and Regulations, not later than 20 minutes after the completion of the battle (statement), the results of which are being challenged. The quality of the submitted materials should allow for their complete analysis within 30 minutes.

5. The reason for the refusal to consider the protest may be:

- 1) exceeding time according to any time limit for submission and consideration of a protest;
  - 2) submission of protest not in accordance with the established form and absence of necessary information in the form of protest;
  - 3) the absence of video materials and other evidence of possible judge mistakes or violations by judges of these Rules or Regulations;
  - 4) unsatisfactory quality of the submitted video material, which does not allow objectively to consider the protest within 30 minutes;
  - 5) gross and unreasonable behavior of the representative of the team (or athlete, if by the decision of the inspector-judge it is involved in the analysis of the submitted evidence of a misdemeanor) regarding the inspector's judge, other athletes, fans, other judges or other officials.
6. If necessary, if this does not delay the competition, the Inspector-judge may consider the protest within a period exceeding 30 minutes, but not more than two hours.

## **2. The procedure of consideration of protests**

1. The protest is considered by the judge-inspector with the analysis of photo and video materials. Judicial records and testimony of judges are considered as necessary.
2. The decision on the protest shall be taken by the chief judge of the competition

## **X. Versions and the order of the competitions under the section "All-Styles fighting"**

### **1. Competition versions in the form of contact matches**

1. Easy contact (version B-1). In the event of a competition in a light contact it is not allowed to carry out strikes and throws that can lead to knockdown or knockout.
2. Metered contact (version B-2). Competitions in the metered contact are conducted with a controlled force of impact (throwing), that is allowed strikes (throws) that do not lead to a knockout.
3. Full contact (versions B-3, B-4). Competitions in full contact are carried out without limitation of the impact forces (throws), while it is allowed strikes (throws) that can lead to a knockout.  
In the version B-4 it is allowed to strike the body with the knees and elbows.

## **2. Versions of competitions in the form of contactless fights (speeches)**

1. Couple demonstration of self-defense technology (version B-5):

1) the program of the performance of each pair must necessarily include a certain number of techniques of self-defense, to be demonstrated by each participant, in the following:

for the age of 6 - 7, 8 - 9 years - four receptions;

for the age of 10 - 11, 12-13 years - six receptions;

for the age of 14 - 15, 16 - 17 years - eight receptions;

for the age of 18 and over - ten receptions;

2) the first half of the demonstrated technique of self-defense is used against non-weapon action, the second one - against the actions of the weapon.

2. Demonstration of formal technical complexes (version B-6):

1) B-6 msac - Competitions are held in the form of a demonstration of a formal technical complex of combat combinations style in an individual performance. The basic principle in the assessment is to identify technical errors in the technology of this complex;

2) B-6 all styles - competitions are held in the form of a demonstration of traditional formal technical complexes, representing different styles of martial arts in an individual performance without weapons.

Demonstration of a technical complex of arbitrary nature is also allowed. The main principle in evaluating such performances is not the analysis of interstellar errors, but the detection of mistakes inherent in all styles (violation of coordination of movements, stability, equilibrium, lack of concentration in movements, violation of the balance of the center of gravity, lack of concentration of force and control of action, lack of combat spirit, violation breath, as well as look, facial expression, rhythm, expressive style writing, etiquette, simplicity or complexity of the technique of execution). On the eve of the performance of an athlete from the FTK an arbitrary character of the brigade of judges is given a description of the specified complex.

## **3. The order of the competition**

1. Fights in versions B-1, B-2, B-3, B-4 begin with the command of the referee "Fight" and ends with the signal of the gong (sound signal) or by the referee's command "Stop".

Duration of the match is:

for children of the 1st age group 6 - 7 years and the second age group of 8 - 9 years of both sexes - 1 round 2 min;

for younger males males 10 - 11 years old, boys males 12 - 13 years and all age groups of women under 18 years - 1 round 3 min;

for older boys males from 14 to 15 years of age, junior males 16 - 17 and women from 18 years old - 2 rounds for 2 min;

for all ages men from 18 years old - 2 rounds for 3 minutes.

Before the start of the match, the athletes start at the starting positions marked on the court to hold the match. By the referee team, the red belt participant takes the place to the right of the referee, the participant with the white belt - to the left, congratulating each other in the beginning and after the end of the match handshake or bow.

During the competition after the first round, athletes rest for 1 minute, sitting on a chair in the established places.

After the time of the match stops, the technical actions after the gong or the referee's team "Stop" are not counted (violations - credited).

A match by a referee team can be interrupted for each participant for the entire duration of the match for no more than 5 minutes (for providing (receiving) medical care, eliminating disadvantages and inconvenience in clothing and equipment, etc.), after which the participant who did not have this time , the defeat is counted, and the opponent is awarded a pure victory.

The duel ends ahead of time in the event of awarding one of the participants a clear victory, a victory over the obvious advantage or disqualification of one of the participants.

If the rival in the rack is more than 5 seconds more enthusiastic, the battle stops and continues from the middle of the playground.

The time of the fight in the party (lying down) does not exceed 20 seconds. If during this time, none of the rivals failed to perform a painful or stifling reception, the battle stops and continues from the rack. In the absence of active actions on the part of both athletes during the fight in the party (lying) the referee may stop the fight until the end of 20 seconds. Continuation of the battle comes from the rack. Note on passive combat is not announced at this time.

For one and the same athlete, a break between the end of the previous match and the beginning of the next must be at least 5 minutes.

2. During the conduct of fights, the effective actions (attacks) of athletes shall be assessed.

An effective attack in the match is allowed by these Rules to strike, inflicted on the score zone of the opponent's body, a throw, as well as pain or suffocating reception.

The criterion of the effectiveness of the attacker is the correct implementation of the technique of military sports all-round blow, throw or admission in accordance with these Rules.

Striking is not prohibited.

It is allowed to mark (without contact) blows in the score zone of the body, if at least one of the rivals is in the hallway. The position of the sideboard is the position of the athlete, which involves contacting the tatami with any part of the body, except the stop.

A blow, the execution of which begins at the rack, and ends with the attacker's fall, is considered to be executed in the rack.

3. During the competition in the light contact of the B-1 after the attack, the command "Stop" is presented and the evaluation of the actions of the athlete, who first performed an effective action.

In the course of B-1 matches, only accented strikes are subject to evaluation, which, if applied to an unprotected score zone without limitation of the force of contact, can lead to the impossibility of temporarily or at all continuation of the fight (fight). In this case, the impact technique, the speed and the impact force are confirmed by the presence of the attacking fighter, the impact control, in accordance with the requirements of these Rules to the version in which the fight is conducted.

These requirements also apply to benchmark markings for all versions with contact bouts (B-1, B-2, B-3, B-4).

4In assessing the effectiveness of blows during the B-1 series of matches and the punctuation markings for all versions, the criteria are:

1) direct strike closer to the opponent by hand is considered effective if at the same time it meets the following requirements:

the blow is inflicted on the disruption of the distance with the simultaneous staging (step) of the same leg (if the hand is left - the left leg and vice versa);

the shoulder (shoulder joint) of the attacking arm is forward;

2) direct strikes by hand that farther away from the rival, as well as side-by-side hands and blows with hands at the bottom (pepper) are considered effective if at the same time they meet the following requirements:

the shoulder (shoulder joint) of the attacking arm is forward;

the shoulder (shoulder joint) closer to the opponent hand is pulled back;

3) kicking the leg, as well as reverse circular impacts on the back of the fist should be amplitude and accented with power generation.

An indication of power generation during kick-offs is the scrolling of the attacking athlete's body on the support foot and the passing of the knee of the attacking leg in the plane of rotation ahead of the shock-stroke movement. If the specified criteria of kick-off efficiency are not met in full, but the attacked opponent falls from the impact, such a blow is also subject to evaluation.

An attack on the leg with the attacker falling in version B-1 is estimated only if the attacked opponent falls.

5. In the course of competition with the B-2 dose contact and in full contact for versions B-3 and B-4, the points are awarded without interrupting the match.

6. If after the end of the main time of the match in both rivals is equal to the number of points, the B-1 version of the battle continues until the first effective action, and for versions B-2, B-3 and B-4, one additional minute of the battle is assigned. The outcome of the battle in this case is determined solely by the results of the appointed additional minute of

the battle (the results of the main time of the match both relative to the sum of assessments of effective actions, as well as with respect to comments and warnings, canceled). If, after an extra minute, the score remains equal, the battle continues until the first effective action.

Before the extra minute of the battle, athletes are given a rest for 1 min.

#### 7. The order of the competition in version B-5:

- 1) the performance of each athlete is evaluated separately with the definition of his place in the personal championship among athletes of the corresponding age category (separately for men and women). The assessment is carried out not for each reception separately, but for the whole program as a whole;
- 2) in order to determine the places in the personal championship in the event of an equal number of points in two athletes, an additional demonstration by athletes of three different methods, the reassessment of which is repeated (with the cancellation of the preliminary results), is appointed. Based on the results of the evaluation of the three techniques, the higher and lower places for these athletes are determined. If the amount of points received by the athletes for an additional demonstration of the three methods is identical, decisions regarding the allocation of seats for these athletes shall be taken by the judges by simple ballot with a double superiority of the arbitrator's vote;
- 3) determining the places in the personal championship in the event of an equal amount of points in three or more athletes shall be conducted without the repeat performance of athletes by adding the excluded lower points. In the event that the two or more athletes score again at the same time, the excluded points will be added to the amount of points for these athletes. If, after this, two or more athletes score the same amount, the decision is made by the judges by simple ballot with a double superiority of the arbitrator's vote;
- 4) athletes' performances are evaluated by five lateral judges using rating labels.

During the demonstration of the performance, the diversity of military equipment, methods of self-defense is not limited. Mandatory elements should be various attacks, throws, pain and suffocating techniques, counterattacking actions, possession of methods of self-defense against attack with any weapon or improvised means.

The demonstration of the first reception begins at the center of the playground on the tatami with the greetings by the bows of judges and each other. The division of receptions should be fixed by the time interval of up to 4 s.

The demonstration program, which consists of the required number of receptions, ends with bows to each other, judges and expectations of the outcome of the statement.

During the demonstration of a drum technique, the slight touch of the athlete is allowed. Athletes need to safely perform techniques of throwing equipment, pain and suffocating techniques.

In the event of non-compliance with such conditions, an athlete may be advised, warned or disqualified.

A compulsory component of throwing equipment is the correct implementation of the methods of insurance and self-insurance, as well as pain and suffocating techniques.

8. The order of the competition in version B-6:

- 1) after calling the athlete takes the starting position in the far right corner of the site marked on the tatami for the performance. The athlete demonstrates his willingness to raise his right hand. From this moment begins its evaluation;
- 2) before reaching the playground for the performance, the athlete baptizes those present. Approaches the judges to a distance of 1 m and bowing congratulates them and, having taken the position of the front rack (the bow and rack can have stylistic features), represents himself and his performance;
- 3) at the time of submission, the athlete names his / her name, FTC name, style or school, and informs the judges of the need to cross the platform for the performance (if any) during the implementation of the complex with the generally accepted gesture and the phrase "Exit the playground";
- 4) the demonstration of the FTC begins after the athlete occupies the appropriate place on the playground. After completing the complex, the athlete is in the waiting position at the center of the site and waits until the judges make their decision;
- 5) the athlete leaves the playground for the Arbitrator team "Participant free". To move on the site and leave the site is allowed only face to the judges;
- 6) the fact of violation of these Rules, which leads to disqualification, the lateral judge signals the rotation of the index finger raised up in the right hand. If such signals come from most judges, the referee must stop the demonstration and gather the judges for a collegial decision on disqualification.

## XI Technical actions and their evaluation

### 1. Scoring areas

Scoring areas of the body for attacking are:

- 1) head (except for the nape);
- 2) anterior and lateral surfaces of the chest;
- 3) back (except for the kidneys and spine);
- 4) stomach;

- 5) legs (except for joints);
- 6) block if, as a result of a hit, the opponent has got a knockdown or knockout, in cases where this is permitted by these Rules.

## **2. Evaluation of technical actions in versions with contact fights**

### **(B-1, B-2, B-3, B-4)**

1. A pure victory in the course of competition in light, metered and full contact (B-1, B-2, B-3, B-4) is awarded to:
  - 1) for carrying out a pain or suffocating reception;
  - 2) for a knockout or two knockdowns in full contact;
  - 3) for two knockdowns in the metered contact;
  - 4) in case of disqualification of the opponent;
  - 5) for obvious advantage (if one of the athletes can not withstand the attacks of the opponent, misses many strokes or constantly retreats and dodges the battle).
2. 6 points are awarded for knockdown (except version B-1).
3. Three points are awarded for:
  - 1) kicking in the head;
  - 2) a throw executed technically correctly and quickly, through which an opponent fell on his back, stomach or side, and the performer of the throw remained in the rack;
  - 3) a series of strikes by the hands of the head, if the strikes are carried out one after another without ruptures in time as one action, with two or more strikes effective (except version B-1).
4. Two points are awarded for:
  - 1) hand-to-head strike;
  - 2) kicking in the torso or back;
  - 3) a series of strikes by the hands in the trunk, if the strikes are carried out one after the other without breakage in time as one action, with two or more strikes effective (except version B-1);
  - 4) a throw executed technically correctly and quickly, through which an opponent fell on his back, stomach or side, with the attacker falling;
  - 5) knee injury in the torso (only for version B-4).
5. One ball is awarded for:
  - 1) carrying out a strike by the hand in the torso;
  - 2) strike the elbow over the body (for version B-4 only);
  - 3) strike on the leg;
  - 4) any technical attack or counterattacking of the wrestling technique (other than the blockages) leading to the opponent's fall (touching the tatami or carpet with any part of the body except the foot) that do not match the score of three or two points. At the same time, it is considered substandard poor performance of the reception of wrestling

technology, due to which both athletes fall, and the athlete who started the attack does not receive a tactical advantage.

In the case of a strike on a raised leg, one point is not counted, but if, as a result of this strike, the opponent falls, one ball is counted.

If, as a result of a blow to the block (in versions B-3 and B-4) the opponent is in a knockout, the knock is counted.

If, as a result of a blow to the block (in versions B-2, B-3, B-4) the opponent is in a knockdown, the knockdown is credited.

If, as a result of violation of these Rules one participant, his opponent receives an injury or temporarily loses his ability to withstand attacks, the effective actions of the offender after the violation of these Rules and the command "Stop" are not evaluated.

#### 6. Throws:

1) a throw is considered a reception, as a result of which the rival is deprived of support and, falling, touching the tatami with any part of the body, except the stop. Throws are executed without falling and falling attacker;

2) a throw can be a consequence of the appropriate action on the opponent's attempt to conduct technical actions. When evaluating a throw, it takes into account the effectiveness of its execution, regardless of whether the throw from the stand or not. It is prohibited to perform throws that are dangerous to the life of the rival and can lead to fractures or severe injuries;

3) a throw, the execution of which has begun on the site and performed outside the boundaries of the battle area, is evaluated;

#### 4) it is prohibited to carry out throws:

falling on an opponent with an emphasis on the elbow or knee;

on the head and with enthusiasm for the pain reception;

with the capture of only one head and / or neck of the opponent with two hands in the castle.

Capturing a rival's head or neck during a rollover or a coup in a party is allowed only in one hand (without a lock with the other hand) or to capture two hands with the neck and / or head lock only with the hand, foot, body or neck of the opponent's jacket .

The capture of an opponent without an admission must not exceed 5 seconds, and the time of the fight in the party - 20 seconds.

#### 7Pain Receptions:

1) a painful admission is considered to be the grip of an opponent's hand or leg in the struggle against lying and performing actions that cause pain and compel the opponent to surrender;

2) pain receptions are carried out only in the partner smoothly without jerks to the appearance of pain and performed on the upper or lower limbs:

on the brush joint - bending in the direction of natural bending without twisting;

on the elbow joint - bending without twisting;  
on the shoulder joint - twisting and / or stretching without twisting;  
on the ankle joint - only bending;  
on the knee joint - bending in the plane of the natural bend (not in the side) without twisting;  
on the hip joint - bending;  
on the Achilles tendon, biceps and calf muscle - oppression;  
3) in order not to get injured, the participant signals his defeat by splashing his hand or foot over the area, the opponent's body or a shout (the signal of the defeat is any cry of the athlete against which he or she takes the pain in the fight);  
4) the referee has the right to enroll a pain reception, without waiting for a signal of defeat, if further admission can lead to injury.

#### 8. Soothing techniques:

1) the effects of suppressing the carotid arteries of the rival with the side of the jacket, forearm, forearm and shoulder, the side of the jacket and forearm, the side of the jacket and the shin, and also the legs of the carotid arteries and / or diaphragm are considered as suffocating methods, as a result of which the competitor gives a signal of defeat or loses the ability to lead fight. Soothing receptions are held only in the hallway. It is forbidden to capture the legs in the lock only behind the neck or head;

2) the referee has the right to qualify as a stifling reception, without waiting for a signal of defeat, if the athlete against which a stifling technique is carried out may lose consciousness.

9. Knockdown - short-term loss of combat capability due to missed (in the score areas of the body) strikes or throws. In the case of a knockdown, the referee opens the account. The command "Fight" is not served before the account "eight". In the event that the athlete is ready to continue the fight before knockdown before the end of the account (10 seconds), he takes the battle stand. If the referee considers the athlete to be able to continue the fight, the duel continues.

10. Knockout - loss of combat capability due to missed (in the score zone of the body) strikes or throws for more than 10 seconds.

In the case of a knockout referee opens an account and leads him to 10, after which the battle ends with the command "Stop". In the case of serious injury, the referee may, calling a doctor, credit knockout without opening an account. After the knockout decision, the competitor takes the decision on the further participation of the athlete in the competitions.

#### 11. Prohibited technical actions:

grip of the genitals;  
wringing your fingers and toes;  
biting and tweaking;

striking an open glove;  
strike by elbow (except version B-4);  
knee bending (except version B-4);  
strike in the throat, in the back of the neck, in the joints, in the groin, in the kidneys and in the spine;  
execution of uncontrollable blows (strokes that are applied with closed eyes or anyway);  
strike the head;  
execution of dangerous throws (throws that lead to the drop of an opponent on the head, as well as high-flush throws without the performance of the opponent's insurance);  
execution of throws with falling on an opponent with emphasis on his elbow or knee, as well as with capture on a painful reception;  
making contact strikes, if at least one of the rivals is in the party;  
striking a knee or elbow to the head and back;  
squeezing the head with his feet, arms or head to the tatami;  
Stamina with a hand or foot in the face of the opponent (except for cases of squeezing the head of the attacker in the party up), closing the nose or mouth, preventing the opponent from breathing, exercising pressure on the larynx;  
Any actions leading to twisting of the neck in any direction, with capture only over the neck and / or head with both hands;  
execution of painful and stuffy techniques for an athlete who is in the rack;  
pain medications on the wrist, elbow, shoulder, ankle or knee joints through their twisting;  
attacking actions to the command "Fight" and after the "Stop" command.  
The strike, started from the rack and completed in the fall, is considered to be made of a rack.  
If a painful or suffocating reception is started in the partner, and during the course of its execution the athlete against whom the reception is being performed stops at the stand, then the "Stop" command is presented. Penalties for the violation do not occur.

### **3. Evaluation of technical actions in version B-5**

1. The score is scored by the secretary according to the section within the range of assessments established by these Rules.  
Before the performance, the participant has an initial score equal to the lowest rating of the range (for example, if the athlete has a range of 2.0 - 4.0, his starting score is 2.0).  
During the presentation, the current assessment of the participant is formed by reducing the initial estimate for each error or increasing its preference for the performance.

## 2. Evaluation criteria:

1) inefficiency of action - reduces the points for each error in the technique or neglect self-defense. Subtraction from the lower range estimate is performed in increments of 0.2 to 0.5 points.

0.2 points is withdrawn for every small violation of the technique of performance that is not systematic (less than 3 times) and does not lead to a violation of the logical completion of admission, namely:

obscurity or inaccuracy of the element of impact or throwing equipment;

lack of breathing control;

inconsistency of positions, movements, eyes and shouts;

lack of sense of tempo and rhythm;

absence during demonstration of such physical qualities as endurance, strength, speed;

lack of concentration and controllability of actions;

violation of etiquette when leaving the tatami;

0.5 ball is removed for:

each significant deviation in the technique of implementation of actions;

significant violations in the self-insurance technique;

constantly repeated minor errors that have a systematic nature (3 times or more);

uniformity of the demonstrated technique;

stops in execution, including those accompanied by the hints of the partner;

missed hit;

absence or loss of control over an opponent or weapon after an admission;

lack of logical-sequential admission actions.

An athlete may be disqualified if, during a statement, his actions become dangerous to athletes, spectators or if the conditions regarding the number of techniques of protection of the equipment are not met.

An athlete who has committed mistakes related to stopping in movements without further reaction, the score is reduced to 0 points.

An athlete, who has been scaled down below the lower range for various violations of rules, receives 0 points. The place for such an athlete is not determined;

2) Effectiveness of action - increases the points with a step of 0.1 or 0.5 points.

The increase from the lower range estimate is due to the superior qualities associated with etiquette and spectacle performance.

To the prevailing qualities, for which a score of 0.1 is added, include:

appropriate appearance of an athlete;

entrance to the tatami and exit from the tatami;

performance of etiquette or ritual;

facial expressions, eyes, shouts.

The prevailing qualities, for which a score of 0.5 is added, include:  
complexity of technology;  
entertainment performance;  
variety of technology;  
the variety of weapons used (more than 2 species).

The highest number of points, which can increase the result of the performance, is equal to 2.4 points.

3. Performing technical actions of self-defense techniques, the athlete must fully achieve the goal set before him. Reception should include the following items:

departure from the line of attack;  
blocking of strikes;  
strikes, capture, switch to counterattack.

Reception should end with full control over the opponent (the use of pain or suffocating reception, finishing by striking in vital organs or convoys, etc.).

Attack and protective actions should be performed technically correct and realistic.

#### **4. Evaluation of technical actions during the competition in the version**

##### **B-6 - stylistic direction**

1. Evaluation of the FTC style "Combat Combinations" in the style direction is based on the principle of subtracting points from the initial evaluation in accordance with the level of errors.
2. The score is scored within the range of ratings defined by these Rules for a particular age group.
3. Before the performance, the participant has an initial estimate equal to the highest rating of the range. If an athlete has a range of 2.0 - 4.0, his starting score is 4.0.
4. During the presentation, the initial estimate can only be reduced for each error, subtraction from the initial estimate is made in step of 0.1, or 0.5, or 1.0 points.
5. Mistakes that are subtracted from the 0.1 point and which are not systemic (less than three times) are:
  - 1) lack of greetings (bowing);
  - 2) lack of clarity of motions at the exit;
  - 3) the absence of the announcement of the complex (does not apply to persons who have language defects);
  - 4) lack of clarity of facial expressions, sound and body position during the implementation of the complex (does not apply to persons who have language defects);

- 5) movement of the site during the demonstration of the FTC with his back to the judges;
- 6) excessive lifting of the head;
- 7) failure to turn the head, body in the direction of attack, protection;
- 8) scattered, unconcentrated look, actions are not controlled by the look;
- 9) incorrect formation of a fist;
- 10) excessive straightening of the arm in the elbow during strikes and block execution;
- 11) incorrect positioning of the shoulder while striking and performing blocks;
- 12) incorrect positioning of the foot during impact, lack of tension;
- 13) the absence of a hard stubby feet during a strike;
- 14) lack of tension and relaxation during strikes and block execution;
- 15) lack of proper breathing or breathing failure while performing complex exercises;
- 16) absence of a military crash, emission of energy in the corresponding place of the complex;
- 17) loss of equilibrium;
- 18) insufficient concentration during strikes and execution of blocks both hands and feet.

6. Systems (three or more times) and gross mistakes, for which a score of 0.5 or 1.0 is deducted or 0 points are given, are:

- 1) errors associated with the stop and the lock in the movements with a rapid response (minus 0.5 points);
  - 2) errors associated with stop and shutter in slow-motion movements (minus 1.0 points);
  - 3) mistakes associated with stop and lock in the movements without further reaction (the score is reduced to 0 points);
  - 4) errors associated with the drop of an athlete with a rapid response (minus 0.5 points);
  - 5) mistakes associated with the fall of an athlete with a slow response (minus 1.0 points);
  - 6) errors associated with the loss of the athlete without further reaction (the score is reduced to 0 points);
  - 7) going out of the playground, separated by a tattoo for a performance, if this has not been warned (minus 0.5 points);
  - 8) non-exit outside the site, if the exit was warned (minus 0.5 points);
  - 9) lack of combat spirit (minus 0.5 ball);
  - 10) minor system errors in shock technology (minus 0.5 points).
- Rapid response is a reaction to an error that does not violate the integrity and dynamics of movements, but maintains the logical completion of technical actions or a set of technical actions.
- Slow response - a reaction to an error that results in the integrity of the action being violated, the dynamics, speed and rhythm of movements

decrease, but the logical completion of technical actions or a set of technical actions is maintained.

Without further reaction - the absence of any response and reaction to the error, as a result of which the athlete stops the demonstration, violating the logical completion of the technical actions of the complex. Exit beyond the platform for a performance is considered to be the athlete's exit with both legs at the specified limits.

An estimate of 0 points can be set at the amount of errors or for the low technical level of the complex.

7. Disclaimer may be announced for:

- 1) the non-conformity of the FTC with the declared;
- 2) non-compliance of the FTC Regulations.

8 Requirements for FTC:

- 1) the conformity of age and the level of waist recognition of an athlete from **Combined martial**;
- 2) displaying an arsenal of techniques for a real battle with one or more opponents;
- 3) with stylistic FTK - the compliance of the complex with the standards of combat combinations style compliance with the established pace, rhythm and consistency;
- 4) manifestation of physical, psychological, combat state of mind;
- 5) execution of movements in the position of balance clearly, quickly, coordinated;
- 6) the presence of maximum concentration of force in the corresponding phases;
- 7) breath control;
- 8) consistency of positions, movements, eyes and shouts;
- 9) the conformity of movement techniques to the requirements of the style;
- 10) understanding by the athlete of the martial essence of movements;
- 11) the presence of combat spirit, concentration, facial expression, expression, that is, a vivid manifestation of feelings, mood, emotions, expressiveness;
- 12) speed, clarity, strength, balance;
- 13) compliance with the etiquette.

## **5. Evaluation of technical actions during the competition in version B-6 - a different direction**

1. Evaluation of the performance is based on the principle of subtracting points with a higher rating of the range according to the level of mistakes that are inherent in all styles.
2. The score is scored within the range of ratings defined by these Rules.

3. Before the performance, the participant has an initial score equal to the highest rating of the range (for example, if the athlete has a range of 2.0 - 4.0, his starting score is 4.0).

4. During the presentation, the initial estimate may decrease for each error, deduction from the initial estimate is made in step of 0.1, or 0.5, or 1.0 points.

5. Mistakes that are subtracted from the 0.1 point and which are not systemic (less than three times) are:

- 1) lack of greetings (bowing);
- 2) lack of clarity of motions at the exit;
- 3) the absence of the announcement of the complex (does not apply to persons who have language defects);
- 4) lack of clarity of facial expression, sound and body position during presentation of the complex (does not apply to persons who have language defects);
- 5) movement of the site during the demonstration of the complex with his back to the judges;
- 6) failure to turn the head or body in the direction of attack, protection;
- 7) scattered, unconcentrated look, actions are not controlled by the look;
- 8) lack of compression of the fist;
- 9) excessive straightening of the arm in the elbow during strikes and block execution;
- 10) blockage of the body;
- 11) no voltage;
- 12) the absence of a rigid stops;
- 13) lack of tension and relaxation during strikes and block execution in the final phases;
- 14) delay and failure of breathing;
- 15) absence of combat shout, energy release;
- 16) loss of equilibrium;
- 17) insufficient concentration during strikes and execution of blocks both hands and feet.

6. Harsh and systemic (more than three times) mistakes, for which a score of 0.5 or 1.0 is deducted or 0 points is given, are:

- 1) errors associated with the stop and the lock in the movements with a rapid response (minus 0.5 points);
- 2) errors associated with stop and shutter in slow-motion movements (minus 1.0 points);
- 3) mistakes associated with stop and lock in the movements without further reaction (the score is reduced to 0 points);
- 4) errors associated with the drop of an athlete with a rapid response (minus 0.5 points);
- 5) mistakes associated with the fall of an athlete with a slow response (minus 1.0 points);

- 6) errors associated with the loss of the athlete without further reaction (the score is reduced to 0 points);
  - 7) exit beyond the site, if this has not been warned (minus 0.5 points);
  - 8) non-exit outside the site, if the withdrawal was warned (minus 0.5 points).
7. Disclaimer is declared if the FTC does not comply with the declared or the Regulation.
  8. The minimum score can be set at the sum of errors or if the complex is as much as possible simplified by technique and time.
  9. The formal technical complex of the versatile direction of the version B-6 must meet the requirements of a certain type of martial arts or a program of arbitrary style.

## **XII The order of the competition according to the section "Shooting"**

### **1. Organization of shooting events**

1. Competitions shall be held in shooting galleries, demonstration or sports halls equipped in accordance with the requirements of these Rules to equip a place for shooting pneumatic weapons, the type and mark of which is determined by the Regulations.
2. Before the start of the competition, the following measures are mandatory:
  - 1) conducting an instructing of a judge's brigade, representatives of teams and athletes regarding the procedure for firing and ensuring security measures;
  - 2) checking applications for participation in firing teams;
  - 3) inspection of the pneumatic weapon, from which the exercise will be performed.
3. During the competition, one type of ammunition is used.

### **2. Security measures during firing**

1. It is not allowed to hold competitions and training simultaneously, as well as competitions for different exercises in one dash.
2. It is prohibited to make any changes in the design of pneumatic weapons that are not in accordance with the manufacturer's technical specifications and also to use optical devices.
3. Only persons who have studied the requirements and precautions for the performance of shooting with pneumatic weapons, the procedure for the execution of shooting exercises in accordance with these Rules, the general device of the pneumatic weapon used, the procedure and rules for its use shall be allowed to the competitions under the section "Shooting".

4. In order to ensure safety during the organization and holding of the competition under the section "Shooting" participants of the competition must strictly adhere to the following requirements:

- 1) each shooter timely and accurately executes all rules and safety measures during shooting in accordance with these Rules, as well as all teams of judges of competitions under the section "Shooting";
- 2) in the event of delays or uncertainties in their actions during the firing, without changing the position of the weapon, to stop the onslaught on the trigger and immediately report the referee on the fire line;
- 3) without the permission of the judge at the firing line not to transfer his weapon to others and not to take someone else's;
- 4) to immediately stop the firing in case of providing the appropriate team from any judge of the competition under the section "Shooting";
- 5) if the weapon is left behind after the command "Vibration", then report it to the referee at the firing line.

5. Participants of the competition during shooting exercises are strictly forbidden:

- 1) to charge pneumatic weapons with balls to the command "Charge";
- 2) start firing without the command "Fire";
- 3) continue the shooting after the command "Defeat";
- 3) aim and send pneumatic weapons to people, to the side or rear of the shooting room, regardless of whether it is charged or not;
- 4) shooting outside the line of fire;
- 5) to be at the turn of the opening of the fire, except for the shoots;
- 6) leave the fire line with a charged weapon;
- 7) Leave somewhere charged weapon.

### **3. Exercises with pneumatic rifle PG-1, pneumatic pistol PP-2 and rules for their implementation**

1. The pneumatic rifle and pneumatic gun are driven by compressed air or compressed gas. Weapons must only be charged with a 4.5 mm bulb. Chicken pull tension is arbitrary.
2. The participant of the competition during the exercise exercises the same weapon. In the event of breakage of a weapon by a judge's permission, it may be replaced by another of the same type and caliber, provided that it has been verified by a technical judge.
3. The weapons intended for firing must be presented to the technical judge in due time.
4. Shooting PG-1 at a distance of 10 m on the target msac-1 (Annex 8) is carried out by three shots lying from the stop. Time taken for firing is 5 minutes.

5. The shooting of the PP-2 at a distance of 10 m at the target msac-2 (Annex 9) is carried out by three shots standing without support and stop. Time taken for firing is 5 minutes.

6. The exercises of PG-1 and PP-2 are made of pneumatic rifles or pneumatic pistols, subject to the following requirements:

use of any open sight that does not contain a system of lenses or other means of optical magnification;

use bullets of a caliber of 4.5 mm (.177) of any shape made of lead and other soft material;

match the targets for the competition to the following target requirements:

1) the targets should be paper-based, printed on a dense white or cream-colored paper. For each exercise, the target for the test and counting shots must be one print run. Targets must be matte (do not reflect light), the black target area (center) must be clearly visible at the appropriate distance for firing under normal lighting conditions;

2) the test target is indicated by a diagonal black line in the upper right corner of the target, which must be clearly visible at the appropriate distance for normal lighting;

3) the sizes of all zones for evaluation are measured by the outer diameter of the circles. The thickness of the dimensional lines is 0.2 - 0.5 mm.

7. Another change is arranged in the original position. Each team is given 3 balls per team. By the command "Changing, on the fire border by the step of the rush", the participants of the competition go to the fire line and occupy places in their fire positions (directions of shooting). Under the "Prepare" command, arrows are prepared to shoot from position, respectively, exercises. After the referee's commands on the firing line: "Charge" (for PG-1 exercise "Lying Charge"), after 2 - 3 with "Fire" - perform the exercise.

8. After performing the exercise, all the arrows of the change are followed by the command: "Defeat", "Armor to the review". After reviewing the weapons - the command: "Change" ("Change, get up" for the exercise PG-1), "Round", "Step bye" (change comes from the fire line), "Technical judge, to the targets". After reviewing the targets, the results are taken into account and recorded.

#### **4. Penalties for breach of these Rules under the section "Shooting"**

1. In the event of violation of these Rules or failure to comply with the instructions of a judge to a participant, depending on the degree of violation, the following punishments may be applied:

- 1) subtraction of points from the results of shooting;
- 2) removal from exercise;
- 3) elimination from participation in competitions.

2. Violations of these Rules shall be qualified as:

- 1) Clear, easy to install. These violations relate to weapons, clothing, equipment, exercise conditions, behavior, etc .;
- 2) hidden, which participant deliberately performs in order to gain an advantage over other participants.
3. In the case of a clear violation, the participant shall be warned and given the opportunity to correct the mistake. For a repeated violation a participant is fined for 2 points. If the arrow and then does not correct the error, it is released from performing the exercises.
4. Without warning the participant shall be discharged from exercising if he:
  - 1) grossly violates the security measures (made a shot to the command "Charge" or after the commands "Hang up", sending weapons (even unloaded) towards spectators, judges or other arrows);
  - 2) admitting any hidden violation;
  - 3) after the inspection and admission of weapons has introduced weapons, clothing or equipment changes that are prohibited by these Rules;
  - 4) without good reason, ceased to perform the exercise he initiated;
  - 5) made a shot outside the firing position;
  - 6) deliberately made a shot on the frames of the targets of the target, the numbers of shields, elements of the firing structure, etc.
5. Errors, violation of these Rules and errors:
  - 1) a scored shot without touching the target ring of the target is counted as an error ("zero") and not repeated;
  - 2) performance by the participant during the firing of a pneumatic weapon of a category of compression camera ("cotton") without a bullet in a muzzle of weapons is credited to him as a bug ("zero"). In this case, the participant makes one shot less;
  - 3) a shot made after the command "Charge", but to the command "Fire", is counted as an error ("zero") and does not repeat;
  - 4) if a competitor, performing a shot, hits a stranger's target, it is credited to him as an error. As a result of a false shot, the shooter shoots one shot at his target;
  - 5) if the participant wants to refuse a possible stranger to his target, he must immediately declare this to the referee of the line of fire:
    - if the line judge is sure that the shooter did not shoot this shot, the hit is canceled;
    - if the referee does not have absolute certainty that the shooter did not shoot this shot, the hit is credited;
  - 6) in case if the participant has done more than the shooting shots in exercises more than provided by these Rules, the extra shots shall be canceled;
  - 7) if the affiliation of the extra shots can not be established, the best targets (by the number of extra shots) are eliminated in the target target.

In case of determining the affiliation of extra shots, the participant who performed them is fined by 2 points, which are subtracted from his lowest score.

For a flagrant violation of security measures during firing (sending a charged weapon (without a shot) or directly firing towards spectators, judges or other arrows, as well as hidden violations associated with fraud in order to gain an advantage over potential opponents or favor members of a particular teams (deliberate implementation of extra shots, shots not in their target, etc.)) participant at the request of judges at the fire line by the decision of the chief judge of the competition can be eliminated from the competition (disqualified for the whole period of the competition).

The judge officially informs the participant about the imposition of a penalty and makes the corresponding entries in the protocol of the **Combined martial arts** section under the section "Shooting".

### **XIII. Determination of the results of competitions in the discipline "Combined martial "**

#### **1. Determination of the results of the match in the competitions under the section "All-Styles fighting" for versions B-1, B-2, B-3, B-4**

1. A pure victory is awarded to the participant:
  - 1) for performing actions that are estimated as pure victory;
  - 2) if after the end of the time of the match the number of points varies twice and more, with the winner of the athlete being scored 12 or more points;
  - 3) in the event of non-appearance or withdrawal from the competitor's physician, as well as disqualification of the opponent.
2. Winning points are awarded if, after the end of the match time, the number of points varies less than twice, or none of the participants scored 12 points (the victory is awarded to a participant who scored more points with a difference of more than 1 point).
3. A victory with a slight advantage is awarded if after the end of the time of the match the advantage in the account is not more than 1 point, and also if, as a result of the calculation of points in version B-1, or as a result of voting judge notes in versions B-2, B-3, B -4 after the end of the main and extra time of the match there is a draw and the battle was conducted until the first effective action.
4. In the course of the competition in the metered contact (version B-2) and the full contact (versions B-3, B-4), if there is a difference in the quality of the victory in the referee's notes of the lateral judges, the referee shall be given the right to make the final decision.

## **2. Determination of the results of the performance in the competitions by section**

" All-Styles fighting " for versions B-5, B-6

1. At the end of each performance in versions B-5 and B-6, side judges shall evaluate the participants by subtracting points from the lower rating of the range (for version B-5) or the higher rating of the range (for version B-6) according to the level of mistakes made, as well as the simultaneous addition of points for superior qualities (for version B-5).
2. The score is scored within the range of ratings defined by these Rules.

Estimates are shown by side judges using ball point labels. All ratings are recorded in the competition record. Higher and lower grades are excluded, and the sum of other evaluations determines the result of the statement. In version B-6, the score for the performance of the FTC instructor level is added to the score of 0,2, and for the performance of the FTK of the master level - 0,4 points.

3. In the case of an equal amount of points in two athletes in the B-6, the seats are determined after a repeat performance by a general vote of the side judges on the basis of a comparative assessment without counting points and without the use of the plates, indicating the extended right hand on the winner. In this case, the result is determined by the majority rule.
4. In the case of equal personal results, two athletes in the B-5 version are assigned an additional performance with the demonstration of three different techniques and their re-evaluation, with the annulment of the previous result of the performance.

5. In the case of an equal amount of points in three or more athletes (in versions B-5 and B-6), the determination of the seats shall be carried out without the repeat performance of the athletes by adding excluded their lower marks. In case if afterwards two or more athletes will score the amount of points, their excluded higher marks will be added to the sum of the points of those athletes. In case if and after the addition of higher marks the amount of points in two or more athletes remains equal, the decision is made by the judges by simple ballot with a double superiority of the arbitrator's voice.

6. The decision to put 0 points for a gross mistake or because of disqualification of the athlete is taken by all judges collectively with a double superiority of the arbitrator's vote.

7. The calculation of penalty points by the outcome of the match (except for versions B-5 and B-6) occurs as follows:

- 1) the participant who won the net victory gets 0 penalty points, and the defeated - 5 penalty points;
- 2) the participant who has won the points, receives 1 penalty point, and the winner - 4 penalty points;

3) a member who has won a slight advantage, receives 2 penalty points, and the winner - 3 penalty points.

### **3. Determination of the results in shooting competitions**

1. The results of shooting each competitor are determined by the sum of the holes in the target. If the hole is on the circle line (the target with circles), the best result of the shot is scored. Testing of the results of shooting is carried out by a technical judge and deputy chief judge.
2. If the athletes have the same shooting result, the winner will receive the one who has the best pitch. For the same firing pitch or in the case where the determination of curvature is not possible, the winner is determined by comparing the values of a better hole (holes located closer to the center of the target).

### **4. Remarks, warnings and disqualification of competitors**

1. Remarks, warnings and disqualifications (except versions B-5 and B-6) the competitor is declared for:
  - 1) exit beyond the site;
  - 2) passive combat;
  - 3) actions that cause damage to **Combined martial arts**;
  - 4) neglect of protection;
  - 5) violation of these Rules.
2. Exits beyond the site are:
  - 1) standing in position, if both parties of the participant cross the outer line (the boundary of the court for the duel);
  - 2) in a position lying, if the back and shoulders of the athlete are both beyond the platform.
3. Exits beyond the site are not considered:
  - 1) exit after the command "Stop";
  - 2) the exit beyond the site due to inertia from the hit, the thrust of an opponent, or a rifle made by a throw;
  - 3) the attacker's exit outside the site during or as a result of his effective attack.
4. Effective attacking activities conducted outside the site are not evaluated.
5. Penalties outside the boundaries of the site are announced according to the scheme:
  - 1) remarks are made for the first, second and third outings of the platform;
  - 2) for the fourth one - the first warning, the opponent receives 2 points;
  - 3) For the fifth - the second warning, the opponent receives 3 points;
  - 4) For the sixth - disqualification for one fight, the opponent receives a pure victory.

6. Signs of passing a passive battle are:

- 1) permanent retreat, which does not allow an opponent to conduct attacking actions;
- 2) the absence of attempts to carry out attacks or counterattacks;
- 3) excessive abuse of the time of preparation for the attack;
- 4) cessation of the fight without a referee team.

The unwillingness to fight in a party is not a sign of passive combat.

7. Penalties for passive fighting are announced according to the scheme:

- 1) the first time - a remark;
- 2) the second time - the first warning, the opponent receives 2 points;
- 3) the third time - the second warning, the opponent receives 3 points;
- 4) For the fourth time - disqualification for one fight, the opponent receives a pure victory.

8. The actions of the participant of the competition, which are harmful to Combined martial arts:

- 1) simulation of injury (in any way) or an attempt to exaggerate the severity of an injury in order to gain an advantage over an opponent.

For such actions the competitor is disqualified, and his opponent receives a pure victory;

- 2) rough and undisciplined behavior.

9. A competitor may be punished for actions that harm the Combined martial if he, the representative of his team, his second-hand or his fans:

- 1) attempt to influence the decision of judges regarding the assessment of the action or the outcome of the match;

2) enter into disputes with judges or threaten them, offend their judges, participants, spectators and other presenters by their actions;

3) deliberately do not comply with the current requirements of the judges defined by these Rules;

- 4) in any way interfere with the conduct of the competition (duel);

5) if a competitor deliberately or attempts to injure an opponent, leaves the playground without the referee's permission (arbitrator) or intentionally violates these Rules.

In case of such violations, the referee stops the battle and informs the Chief Referee.

For the specified violations the competitor can be declared by the decision of the chief judge:

remark;

The first warning, the opponent receives 2 points;

The second warning, the opponent receives 3 points;

disqualification for one duel or for the whole period of the competition.

10. Inability or unwillingness to block strokes (including blows that are indicated in the party), to take self-insurance techniques in the fall, the use of technically irregular injuries, the release of seizures in the event

of exposure to pain and suffocating receptions are considered to be neglected protection.

Punishment for neglecting protection is announced according to the scheme:

for the first violation - remarks;

For the second violation - the first warning, the opponent receives 2 points;

For the third violation - the second warning, the opponent receives 3 points;

for the fourth violation - disqualification for one fight, the opponent receives a pure victory.

11 Violations of these Rules are:

- 1) carrying out technical actions prohibited by these Rules;
- 2) delay with the exit to the playground;
- 3) intentional violation of these Equipment Regulations;
- 4) minor disputes with judges, unauthorized conversations.

12. For the violation of these Rules, the following punishments are applied:

- 1) for the first violation of these Rules or delay with the access to the site for 1 min - a remark;
- 2) for the second violation of these Rules or the delay with the exit to the court for 2 minutes - the first warning, the opponent receives 2 points;
- 3) for the third violation of these Rules or delay with the exit to the court for 3 minutes - the second warning, the rival receives 3 points;
- 4) for the fourth violation of these Rules or the delay with the exit to the court for 4 minutes - disqualification for one fight, the opponent receives a pure victory.

13. Record of violations of the athlete is recorded in the protocol of the version separately for each of the five types of violations.

14. By decision of the arbitrator, the participant may be disqualified for one speech (battle) if he:

is late with the exit to the playground for 4 minutes;

For the sixth time goes beyond the limits of the Tatami (versions B-1, B-2, B-3, B-4);

does not go on tatami;

within two minutes he could not eliminate the disadvantages in the equipment before the beginning of the match (versions B-1, B-2, B-3, B-4);

went into battle without a second and within two minutes could not eliminate this defect before the beginning of the match (versions B-1, B-2, B-3, B-4);

demonstrates not the complex that was declared, or a complex that does not comply with the Regulation (version B-6);

did not complete in full FTK (version B-6) or performance (in version B-5);

violates the order of the technique (version B-6);

permits breakage of weapons imitator (version B-5);

does not adhere to the requirements for the appearance and form of athlete's clothing;

received in total three warnings for any violation of these Rules, as well as passive combat or neglect of protection;

exceeding the established degree of contact established for versions B-1 and B-2 (except for causing contact strokes in case one of the rivals is in the party for which the notice or warning is announced);

demonstrates an unidentified number of receptions;

if, due to a violation of these Rules, the athlete received an injury that does not enable him to continue the battle;

if the opponent has a clear advantage in the match (the candidate for disqualification can not withstand the opponent's attacks, misses many strokes, constantly retreats and dodges the battle).

15. Upon the decision of the Chief Judge of the competition at the request of the arbitrator, the participant may be disqualified for one speaking (battle) if:

intentionally violates these Rules;

constantly neglects protection, creating conditions for injury;

passively battles and dodges the battle;

shows a low level of technical training that can lead to injury;

his rude and undisciplined behavior discredits a martial battle.

16According to the decision of the Chief Judge at the request of an arbitrator or deputy chief judge under the section "Shooting", depending on the seriousness of the violation, the participant may be disqualified for the whole duration of the competition, if he, or his coach, or team members, or representative of the team:

1) admits gross and undisciplined behavior;

2) tries to influence the decision of the judges regarding the assessment of the actions or outcome of the battle (speech, performance of the exercise);

3) enter into a dispute with the judges, threatening them;

4) offends the personal behavior of judges, participants, spectators, etc .;

5) deliberately inflicts or attempts to injure an opponent;

6) simulates injury (in any way) or attempts to exaggerate the severity of an injury in order to gain an advantage over an opponent;

7) leaves the court without the referee or referee's permission (except for cases connected with the necessity of receiving medical aid);

8) grossly violates security measures during shooting, creating conditions for traumatizing participants, spectators and judges;

9) admits deliberate misalignment of targets during firing (shoots on another's target);

10) commit an offense that discredits Combined martial;

11) if, due to violation of these Rules, an athlete was injured, which does not allow him to continue the competition.

17. A decision on the disqualification of a competitor exceeding the established contact level for versions B-1 and B-2 or regarding the simulation of an injury shall be taken by the referee taking into account the message from the doctor of the presence of indistinct signs of injury as a result of violation of the rules of the competition (temporary loss of orientation and consciousness ( can qualify directly by judges), hematoma, cramp, tissue swelling or joint, etc., and if such injuries: prevent the injured person from taking a full participation in the fight for no more than 10 seconds after the injury, qualifying the state of the knockdown, which leads to the disqualification of the offender in version B-1;

prevent injured brothers from participating fully in a fight for 10 s or more after receiving an injury, qualifying the status of a knock, which leads to disqualification of the offender in versions B-1 and B-2.

In the absence of any signs of injury and in the event of refusal by judges to qualify opponent's attacks as an attack exceeding the established degree of contact, a decision on the simulation and the corresponding disqualification of the competitor in accordance with these Rules shall be made.

If the competition physician establishes signs of gain as a result of an opponent's attack on the injury received by the competitor earlier and in the event of refusal by the judges to qualify an opponent's attack as an attack exceeding the established degree of contact, the simulation decision is not taken even if the referee's account is opened and continued to 10. If the competitor is able to continue the fight and the doctor does not deny the fight continues, and an effective attack by the opponent is subject to evaluation in accordance with these Rules.

If the doctor can not clearly identify the signs of injury, but involves a short-term loss of the competitor's ability to continue the match due to its possible presence and if the judge denies the excess contact with the opponent, the decision on the simulation is not accepted and if the competitor is able to continue the fight and the doctor does not denies the duel continues, and an effective attack on the opponent's side is subject to evaluation in accordance with these Rules.

A violator of the established degree of contact may be either a competitor of an injured athlete or a traumatized participant who was injured as a result of exceeding the established degree of contact.

18. Depending on the seriousness of the violation of the competitor's decision by the arbitrator or the chief judge upon the request of the arbitrator within the limits of their authority, the first or second warning,

or disqualification for one duel or for the whole period of the competition may be immediately announced. A competitor who is disqualified for the entire period of the competition is not determined.

19. The fact of the disqualification of the participant for the whole period of the competition is entered with the indication of the reasons for the protocol of the competition from the version and the report of the chief judge of the competition. The decision on the appropriate disqualification of the participant shall be taken by the refereeing board of the competitions. The disqualifier also informs the competitor organizer and the organization that sent the competitor.

## **5. Procedure for determining the general result of the statement participant of the competition on discipline " Combined martial "**

1. The place for each section of the competition is determined by the sum of the points scored in accordance with the table for calculating the points on the discipline "Combat Combinations" (Annex 10).
2. The place of the athlete in the sections of the competitions to be followed by the matches is determined as follows:
  - 1) seats up to 4 inclusive are determined by the athlete's position in the tournament scheme for fighting (Annex 11) based on the results of the final match and the match for 3 and 4 places;
  - 2) among participants of the competition, between which the matches were not conducted or conducted according to the pivot system according to the table of pairing by the circular system (see the tournament scheme of fighting), or in the event that both athletes, as a result of the match between them, received a defeat or a disqualification on one battle, the places are determined by the amount of penalty points (the smaller the penalty points, the higher the place), while for each missed round of competitions due to the first defeat, except for the case "Free", the athlete gets 5 penalty points;
  - 3) in the case of the same amount of penalties collected above the place occupies an athlete with a greater number of matches actually performed;
  - 4) for the same number of fights and penalty points, the sum of the points scored for all the fights is taken into account. For performing technical actions that led to an early victory (a blow to the score zone or a throw that led to a knockout, as well as a pain or stinging reception), the participant who performed them additionally counts 12 points.
3. The general result of the participant's performance in the "Combat Combinations" discipline is determined from the table of points calculation from the discipline "Combat Combinations" as the sum of the points calculated for each section of the competition according to the place occupied by him in each section.

4. If athletes have the same total amount of points, a higher overall place is occupied by the athlete who has the best result under the section entitled "All-Wing Battle".

## **XIV. Military and applied seven-around**

### **1. Features of the competition**

1. Competitions in the *Military and applied seven-around* are divided into personal and personal-team.
2. Personal competitions, which determine the results of each participant and occupy his place.
3. Individual teams include competitions in which the results of individual team members are summed up in the overall result with the subsequent definition of teams occupied by places.
4. The nature of the competition, as well as the terms of the score in each individual case, are determined by the Regulations.
5. The results of the competitions are considered valid if they were shown on official competitions.

### **2. Competition program**

1. The program of competitions in the *Military and applied seven-around* includes:
  - 1) tightening on the crossbar;
  - 2) running at 100 m;
  - 3) swimming at 50 m;
  - 4) throwing a grenade F-1 on a range;
  - 5) Overcoming the barrier of obstacles, general control exercises (ZKV);
  - 6) shooting from a pneumatic rifle or pneumatic gun;
  - 7) running for 3 km.

## **XV Competitors and representatives, statements and protests**

### **1. Admission of competitors to the competition**

1. Athletes who have undergone appropriate sports training and have doctor's permission are allowed to take part in the competitions.
2. Athletes aged 14 or over take part in the competition. The admission is made in accordance with these Rules and the Regulations, as well as on the basis of the registered application (Annex 12), which is submitted to the credentials commission.

### **2. Rights and obligations of competitors**

1. Competitors have the right to:

- 1) apply directly to the judges only on urgent issues related to the exercise of exercises; in all other cases related to the competition - to the representative of the team, coach or captain of the team;
- 2) to train and train at the designated places for the day and time determined by the panel of judges.

2. Competitors must:

- 1) to know and comply with these Terms and Conditions;
- 2) bear the identity documents and other documents provided for in clause 1 of Chapter 4 of Section III of these Rules and the Regulations and present them at the first request of the organizer of the competition;
- 3) have a neat appearance and a form of clothing that is appropriate to the sport and is determined by these Rules and the Regulations;
- 4) comply with the instructions of the judges, adhere to the order established for the competitions, be present at the places designated for the participants;
- 5) to observe safety measures when handling pneumatic weapons.

### **3. Rights and responsibilities of the team representative**

1. A team representative has the right to:

- 1) apply to the judges on matters within their competence;
- 2) submit applications (protests) to the panel of judges;
- 3) to take part in the draw of the participants of the competition.

2. Representative of the team must:

- 1) to provide to the Chief Referee a statement about conducting an instruction with the participants of the competition on safety measures during the performance of the competitions;
  - 2) ensure the timely appearance of the participants to the venues, adhere to the implementation of these Rules and Regulations;
  - 3) attend meetings of meetings with judges of the meetings, take part in the draw, inform the members of his team about the requirements of the panel of judges and its decision on changes in the program of competitions;
  - 4) to know the results shown by the team members, to sum up their results in a timely manner;
  - 5) to solve issues related to the material provision of the team;
  - 6) to support discipline in the team.
3. A representative of a team is prohibited:
- 1) to cancel the decision of the judges or interfere in their actions;
  - 2) provide participants with assistance during exercises;
  - 3) withdraw from competitions or the location of participants.

### **4. Statements and protests**

1. Representatives of the teams are allowed during the competition to address the main panel of judges with comments or objections if they recorded certain violations of the order and conditions of the

competition, or if questions arose about the objectivity of decisions taken by individual judges.

2. The remark is given orally directly during the competition, but not later than in 15 minutes from the moment of the fixation of a certain violation. If the remark has not been edited in time or needs further verification, the team representative must file it in writing in the form of a protest (Annex 13) with a mandatory reference to the relevant paragraphs of these Rules and Regulations that have been violated.

3. The main panel of judges may not consider the protest, which does not refer to the relevant paragraphs of these Rules and Regulations that have been violated.

4. The protest shall be submitted by the representative of the team to the Senior Judge with a view not later than 30 minutes after the violation has been discovered and shall be considered immediately or before the end of the competition for this type of all-round and before the summing-up.

5. The Senior Judge shall, upon receiving the protest, notify him of the time of his submission and report immediately to the Chief Judge of the competition.

6. If a protest submitted to a participant or a team before the start can not be considered immediately, the panel of judges shall allow the participant or the team to the competition conditionally, which the representative of the team and participants must be warned. If the violations indicated in the protest are confirmed, the result of the participant or the team is canceled.

7. The decision of the main panel of judges regarding the consideration of the protest shall be made in writing, communicated to the representative of the team that submitted the protest, and, together with the protest, shall be attached to the report of the competition.

8. If the remark or protest is not confirmed and the team representative interferes with the normal conduct of the competition, the chief referee has the right to make a warning to him or to disqualify the team.

9. If the main refereeing board of the competition for any reason can not reach a definite decision, the final decision on the results of the consideration of the protest shall be taken by the appeal committee of the competition.

## **XVI Organization of competitions in discipline "Military Applied All-Round"**

1. The organizer of the competition must:

- 1) to develop and approve the Regulations on conducting competitions;
- 2) to establish an organizing committee for the preparation and conduct of the competition;
- 3) to form and approve the composition of the chief judge's board;

- 4) prepare the venue for the competition and solve the issues of material, technical, transport and medical provision of the competition;
  - 5) organize the accommodation and food of competitors, representatives of teams and judges;
  - 6) to ensure the storage of pneumatic weapons and balls for firing from it;
  - 7) to provide the participants of the competition with the only two-sided breastplates of size 25 x 20 cm.
2. Competitions can be canceled only by the organizers of these competitions.
3. Competitions may be postponed or interrupted by a decision of the Chief Judge in the event that:
- 1) place of competition is not prepared;
  - 2) the equipment does not meet the requirements of these Rules;
  - 3) adverse weather conditions and for other reasons if there is a danger to competitors or violations of the requirements of these Rules;
  - 4) there is no medical provision of the competition.
4. For participants who have already completed the exercise (in case of postponement of the competition or after a break), the re-opportunity to perform the exercise that has already been performed is not granted.
5. The members of the organizing committee shall not have the right to interfere in the decision-making process of the panel or otherwise influence the decision-making process.

## **XVII Judge panel of the competition and its responsibilities**

### **1. The composition of the panel of judges**

1. The composition of the panel of judges shall be approved by the organization conducting the competition. The panel of judges includes the main panel of judges and the judiciary brigades of individual types of mixed events.
2. The selection and training of judges, as well as the holding of competitions in accordance with these Rules and the Regulations, the determination of the results and the summing up of the competitions shall be assigned to the main judging panel.
3. The Main Judicial Panel shall include:
  - 1) the chief judge;
  - 2) Deputy Chief Justice;
  - 3) the judge of the appellate commission;
  - 4) the chief secretary;
  - 5) a doctor.

## **2. The composition of the judiciary brigades for individual types of all-round**

1. The composition of the referees from running on 100 m and 3000 m consists of:

- 1) the senior judge of type;
- 2) Chief of the route (distance);
- 3) the senior judge at the start;
- 4) starter;
- 5) senior judge at the finish;
- 6) judges at the finish;
- 7) a judge with the participants;
- 8) senior judge-timekeeper;
- 9) judges-timekeeper;
- 10) informant judge;
- 11) judges-controllers on a distance;
- 12) judges-meters;
- 13) the secretary.

2. The composition of the Judicial Brigade to overcome the obstacle course includes:

- 1) the senior judge of type;
- 2) the head of the distance;
- 3) the senior judge at the start;
- 4) starter;
- 5) senior judge at the finish;
- 6) judges-timekeeper;
- 7) controlling judges;
- 8) informant judge;
- 9) a judge with the participants;
- 10) the secretary.

3. The composition of the refereeing brigade on the crossbar shall include:

- 1) the senior judge of type;
- 2) judge-accountants near the projectile (at least two for each projectile);
- 3) a judge with the participants;
- 4) the secretary.

4. The F-1 grenade fighter jets shall include:

- 1) the senior judge of type;
- 2) the judge at the start;
- 3) judge in the sector for throwing;
- 4) judge-meters;
- 5) informant judge;
- 6) a judge with the participants.

5. The composition of the refereeing brigade includes:

- 1) the senior judge of type;
- 2) the secretary;

- 3) the fire line judge;
  - 4) controllers;
  - 5) the target line judge;
  - 6) senior judge of the commission for determining the results;
  - 7) judges of the commission for determining the results;
  - 8) a weapon judge;
6. The composition of the jugular crew includes:
- 1) the senior judge of type;
  - 2) the senior judge at the start;
  - 3) the senior judge at the finish;
  - 4) judges-timekeeper;
  - 5) judges on turns;
  - 6) informant judge;
  - 7) the secretary;
  - 8) judge with the participants.
7. Depending on the type of competition and the number of participants, the referee teams may be completed, in whole or in part, from certain types. It is allowed to perform several duties by one judge.

### **3. General duties of judges**

1. The judge is obliged:
  - 1) during the refereeing, be guided by the requirements of these Rules;
  - 2) being in the venue of the competition, have the appropriate form of clothing with the indication of the category of judges;
  - 3) immediately notify the Chief Judge of each case of violation of these Rules.
2. Judges are prohibited:
  - 1) to leave the place of the competition without the permission of the senior judge of the mind;
  - 2) to provide assistance to the participants, with the exception of medical;
  - 3) Be a team representative at the same time.
3. The Chief Judge is obliged:
  - 1) pre-check the preparation of the venues, equipment and inventory, their suitability and compliance with these Rules;
  - 2) to participate in the selection of judges and to instruct them with safety measures on the performance of individual exercises;
  - 3) to manage the work of the judges panel;
  - 4) to monitor the correctness of the competition, the work of judges and service personnel;
  - 5) to hold a meeting of the panel of judges;
  - 6) to consider statements (protests) of representatives of teams and to take decisions on them;
  - 7) submit the report and protocols to the organization that conducted the competition within the established terms;

8) to instruct safety measures on the implementation of individual exercises with team representatives at the time of the competition.

The Chief Referee may, temporarily, leave the competition venue temporarily, instructing one of his deputies to perform his duties.

4. The Chief Justice shall be the Head of the Competition and shall ensure that they are conducted in accordance with these Rules and Regulations.

5. Chief Justice has the right:

1) delay the beginning of the competition if the inventory used was unsuitable;

2) to make a break in the event of adverse weather conditions, as well as conditions threatening the safety or health of the participants of the competition;

3) to eliminate participation in the competitions of athletes who grossly violated these Rules, the order of the competition, discipline and requirements of safety measures;

4) to cancel a judge's decision that is contrary to this Regulation.

6. Deputy Chief Referees:

1) organize and manage the holding of competitions in the sections entrusted to them;

2) organize the preparation of the venues for the competitions and make their acquisition of the necessary technical means;

3) carry out the necessary training and briefing on safety measures in relation to the exercises of members of the judiciary brigades;

4) report to the Chief Justice about the readiness for the competition.

#### **4. The chief secretary of the competition**

1. The Secretary General of the Competition manages the work of the secretariat, which ensures the preparation and execution of all documentation of the competition. On the instructions of the Chief Secretary or, in the absence of him, the Chief Secretary is acting as his deputy.

2. The Chief Secretary of the Competition shall:

1) accept requests from teams;

2) to participate in the work of the Mandate Commission;

3) to prepare protocols of competitions;

4) draw drawings of the participants of the competition;

5) provide the judicial panel with the necessary documentation;

6) to prepare materials for the information on the results of the competition;

7) to keep records of meetings of the judging panel;

8) keep records of personal and team results;

9) prepare a report on the competition.

## **5. Judge-secretaries**

1. The secretaries of the judiciary shall be headed by the chief secretary.
2. Judicial secretaries are required to:
  - 1) to collect information on holding competitions;
  - 2) to process the received information in a timely manner and submit it for approval to the chief secretary.

## **6. Senior judges from individual types of all-round**

1. Senior judges from separate types of all-round organizations carry out a general organization, control the correctness of the judiciary and timely summing up the results of the competition of its kind.
2. Senior judges from separate types of all-round are obliged:
  - 1) to instruct judges;
  - 2) check the status of the venues of the competition;
  - 3) check equipment and inventory;
  - 4) to take measures to eliminate the identified shortcomings before the start of the competition;
  - 5) to manage the work of their judiciary brigades;
  - 6) monitor the strict implementation of these Rules by participants and judges.

## **7. Starter**

1. The starter must:
  - 1) to ensure the readiness of time-delayed judges and participants before the start;
  - 2) determine the correctness of the start.
2. The decision of the starter may only be canceled by the chief judge in the event of his presence in the starting area.
3. The starter has the right not to allow participants to start, the form of clothing, equipment or number does not comply with this Regulation.

## **8. Senior referee and referee at the finish**

The senior referee and referee at the finish line determine:

- 1) the accuracy of the determination of results;
- 2) the order of arrival to the finish of each participant.

## **9. Senior judge-timekeeper**

1. Senior judge-timekeeper before the start of the competition must:
  - 1) check the correctness, precision and timing of the operation of the stopwatch or special equipment;
  - 2) check the readiness of the stopwatch and allocate responsibilities between them.
2. The judge-timekeeper launches the stopwatch on the signal of the judge-starter and stops them after the end of the distance by the participant in accordance with these Rules. The time on the stopwatch

is reset by the judges with the permission of the senior judge-timekeeper.

#### **10. Informant judge**

1. The informant judge is appointed to provide qualified information of the participants, spectators, representatives of the press, radio and television about the conditions, course, results of the competition and promotes a clear organization and conduct of the competition.
2. Prior to the competition, the informant judge shall study these Rules and Regulations, the program of competitions, and prepare data describing the participants and teams.
3. The informant judge receives information from the chief secretary, secretaries of sports, which is approved by the chief judge of the competition.
4. The informant judge must:
  - 1) use the means of visual information (tables, charts, boards, etc.);
  - 2) during the competition to monitor their timely filling;
  - 3) provide operational information about the participants and their results;
  - 4) to inform the organizing committee and the panel of judges in a timely manner;
  - 5) take part in organizing the opening and closing of the competition.

#### **11. Judge with participants**

The judge is obliged by the participants:  
to ensure the acquisition of regular races (changes, etc.) in accordance with the start protocols;  
check the correspondence of the names of the participants to their breastplates, the form of clothing, equipment, etc.;  
verify the identity documents of the participants.

#### **12. Judge at turns**

The judge on the turns must:  
to control the correctness of the turn by the participant of the competition;  
notify the Senior Navigation Judge of any violation, indicating the swim, track number, and the substance of the violation.

#### **13. Judge in the sector for throwing grenades**

The judge in the grenade throwing area is obliged:  
to monitor the accuracy of the mark of falling grenades in the sector;  
monitor the implementation of safety in the sector;  
give permission to perform the next attempt.

#### **14. Chief of the course (distance)**

Chief of the course (distance) is obliged:

select the route, accurately measure it, draw up the scheme and act on the equipped track and submit them for approval to the chief judge;

Before starting the competition, mark the route, place the controlling judges on it;

in agreement with the Chief Justice to ensure familiarization of the participants with the route;

before the start to report to the Chief Referee on the readiness of the course to the competition.

### **15 Judge controllers**

Judge controllers are required to:

monitor the exact observance by the participants of the route and record the cases of violations and report on their detection to a senior judge;

In the event of an accident on the road, immediately take measures to assist the victim and inform the senior judge thereof;

Inadvertently stay on the designated boss of the road.

### **16. The judge-meter**

The referee must monitor the correctness of the attempt, denote the place of the grenade's fall.

### **17. Senior shooting judge**

1. The senior shooting judge shall:

1) prior to commencement of the competition, together with the commandant and the representative of the organizer conducting the competition, check the shooting range, the locations of the participants and judges, to report the deficiencies revealed to the chief judge of the competition;

2) to hold a meeting of judges before the competition and distribute them to places of competitions;

3) during the competition, to direct the work of the judiciary brigade;

4) to bring to the attention of the main judge the protests of participants and team representatives;

5) at the final meeting of the panel of judges to declare judges an assessment of their work;

6) submit the report to the chief judge of the competition after the end of the competition.

2. The senior shooting judge has the right to:

1) in agreement with the chief judge of the competition to make changes to the schedule of competitions;

2) to exclude a competitor from the competition or performance of the exercise in cases provided for by these Rules.

### **18. Judge of the line of fire**

1. The judge of the line of fire organizes the work of judges and controllers, monitors the compliance of the participants with these Rules

and safety measures in dealing with weapons, interacts with the judges of the target line.

2. The judge of the fire line must:

- 1) in conjunction with the chief secretary of the competition, to draw the participants at the appointed time for the distribution of their rifle places;
- 2) prior to the beginning of exercise exercises, verify the conformity of the line of fire with the requirements of these Rules and safety measures and, if necessary, apply for its refinement;
- 3) to organize the placement of judges, controllers and provide them with the necessary documentation;
- 4) call the participants to the rifle places to perform the exercise by another change;
- 5) clearly submit the commands prescribed by these Rules, fix the time specified for the preparation and execution of the exercise;
- 6) make a decision on the causes of the malfunction (delay) during firing;
- 7) together with the judges of the line of fire and the controllers to find out, through the judge of the target line, the result of holes and the number of shots falsely carried out on other's targets;
- 8) in the case of making decisions on controversial issues, coordinate them with the senior judge of shooting;
- 9) to exclude from the performance of the participants' actions for non-observance of their safety measures in the course of handling weapons and other gross violations of these Rules during performance of exercises, to announce comments to participants or representatives of teams;
- 10) at any time stop the firing by giving the command "Defeat" if there were people in the shooting sector or for other valid reasons.

#### **19. Controller**

The controller is obliged:

Placing in a designated place and marking each shot shot; after the end of a series of shots, determined by the conditions of the exercise, inform the judge of the line of fire.

#### **20. Judge of the line of the targets**

1. The target line judge is responsible for preserving the targets he has received.

2. The target line judge is obliged to:

- 1) before the competition, check the status of the targets, their compliance with these Rules;
- 2) personally check the absence of people in the area of the target line outside the shelter, and then submit a signal that allows firing;

- 3) monitor the correct setting of the targets, their compliance with the start protocol;
- 4) do not allow outsiders to target;
- 5) at the request of the referee, examine the line of fire together with subordinate target judges in order to detect failures, dual holes, and breakdowns from shootings of participants who shot not at their targets;
- 6) write decisions on controversial issues directly on the targets before they are removed from shields, sign them with the signature and signature of the sector judge of the target line;
- 7) submit to the commission to determine the results of firing shot targets.

## **21. Senior judge of the commission to determine the results of shooting**

1. The senior judge of the fire survey commission (hereinafter - CWR) works under the direction of a senior firing judge, organizes the work of the judges included in the CWR, is responsible for the correct determination of the results of the shooting.
2. The CWR consists of three judges, one of whom is appointed by the senior.
3. Senior CWR judge is required to:
  - 1) not to allow non-members of the CRE to work;
  - 2) together with the members of the CPR determine the outcome of the disputed holes, fix the decision taken on the target and sign it with his signature;
  - 3) to check the work of judges of the CWR on the calculation of points on the targets, the correspondence of the results of counting the records of the secretary;
  - 4) determine the places of the participants of the competition;
  - 5) provide the informant judge with the results of shooting for the preparation of information about the course and results of the competition;
  - 6) ensure the possibility of reviewing targets by team representatives.

## **22. Judge of the commission to determine the results of shooting**

1. A judge of the CWR is run by a senior CWR judge.
2. The CWR judge shall:
  - 1) determine the quantity and result of holes that are in the target targets;
  - 2) to count the amount of points, record the results to the protocol of the competition, record the record with his signature;
  - 3) invite a Senior CJR Judge to determine the number and outcome of disputed holes.

### **23. A weapon judge**

The weapon judge is obliged:

prior to the beginning of the exercise, verify the compliance of the documents certifying the person, equipment and clothing of the participants with the requirements of these Rules;

Check pneumatic weapons for compliance with the requirements for pneumatic rifles and stops used during the competition;

in agreement with the senior judge of the line of fire, to selectively check on the line of fire the weapon of the participant after the end of his aim and execution of the shot (in the absence of an urgent need - after the completion of the exercise or in intervals between the series), even without his permission, but in his presence;

to conduct a protocol for checking pneumatic weapons.

### **24. The secretary of shooting**

1. The shooting secretary shall be responsible to the chief secretary of the competition and the senior judge for firing.

2. The secretary of shooting must:

- 1) to plan the holding of shooting;
- 2) obtain from the chief secretary of the target, inventory necessary for the competition, and provide them with a refereeing brigade;
- 3) control the placement of the required markings on the target;
- 4) accept applications from the chairman of the mandate commission for the participation of teams in competitions;
- 5) draw lots together with the representatives of the teams and, according to its results, draw up lists of changes, bring them to the attention of the representatives and participants of the competition;
- 6) ensure timely processing of judicial documents, minutes of meetings of the judiciary brigade, protocols of the results of personal and team championship;
- 7) issue copies of the protocols of competitions to team representatives on the day of the end of the competition;
- 8) prepare, together with the senior firing judge, a report of the referee's team on the competition, fix the judges' judgments.

### **25. Appeal Commission**

1. The composition of the Appeal Commission shall include not less than three persons from the most trained judges present at the competitions.

The chairman of the commission is a representative of the relevant organization in the field of sports.

Commission members - judges not lower than the first category.

2. The functions of the Appeal Commission include:

1) implementation of general supervision over the course of competitions, monitoring the consistency and objectivity of their

conduct, as well as promoting the provision of high organizational level competitions;

- 2) resolving disputes related to these Rules and the Regulations;
- 3) consideration of protests, including decisions of the main judge panel.

3. In the course of consideration of controversial issues or protests, the Appeals Commission has the right to engage in the consultation of appropriate specialists for the purpose of obtaining the necessary information.

4. The decision of the appeal committee shall be taken by a majority vote, signed by its members and transmitted to the secretariat of the competition, as well as be communicated to the chief judge of the competition and the head of the relevant sports organization.

5. The Chairman of the Appeal Commission has the right to cancel the decision of the panel of judges regarding the protest, if it does not meet the requirements of these Rules and the Regulation.

## **26. A doctor**

1. The doctor submits to the chief judge.

2The doctor is obliged:

1) to check the correctness of filling in medical documents, the presence in the applications for the admission of a doctor to participate in competitions;

2) in case of doubt, conduct control medical examinations;

3) to check the sanitary condition of the places of competitions and sports equipment;

4) decide on the possibility of holding competitions under the existing hydro meteorological conditions, in the event of their changes, to give an opinion on the possibility of further continuation of the competition;

5) organize the placement of medical points in the locations of competitors and in the main venues of the competition and provide them with the necessary property and sanitary transport for the provision of medical care to the injured (sick);

6) organize the provision of medical care to athletes who need it;

7) to report on injuries and illness of participants of sports competitions to the chief judge, to take urgent measures for elimination of the reasons which caused the injuries or other violations of the health status of the participants of the competition;

8) at the request of the chief judge or at the request of the commander of the team to give an opinion on the possibility of continuing the suffered athletes to participate in the competition;

9) summarize the results of the medical support of the competition and report on them at the meeting of the panel of judges.

## **27. Commandant**

1. The commandant is responsible for equipping and preparing the venues for the competition.
2. The commandant is subject to the chief judge.
3. The commandant is obliged:
  - 1) provide the preparation of property and equipment;
  - 2) to check the complete set of places of competitions, to organize their protection;
  - 3) organize timely repair of equipment, targets, property and weapons during the competition;
  - 4) provide the necessary order and safety in the venues of the competition;
  - 5) organize radio communication at the venues of the competition and between the judges on the instructions of the chief judge or his deputies.

## **XVIII Rules of competitions for certain types of Military and applied seven-around**

### **1. Lifting up on the crossbar**

1. Treadmill competitions are held in sports halls or open pitches.
2. Requirements for the projectile to perform the exercise:
  - 1) standard gymnastic bar;
  - 2) a neck with a diameter of  $28 \pm 1$  mm;
  - 3) the height of the crossbar is  $2750 \pm 250$  mm;
3. Check time for exercise - 4 minutes.
4. Lifting on the crossbar is executed from the initial position with a hinged top. Touching the floor (ground) with your legs is not allowed.
5. When pulling from the starting position the competitor must climb the chin above the crossbar, lower the hinge, fix the immovable position (not less than 1 s) and continue the exercise.
6. When lifting is prohibited:
  - 1) to push from the floor (ground) or touch the floor, the ground;
  - 2) start pulling out of scope;
  - 3) apply a glue to the palm or stamp;
  - 4) to make legs and trunk unauthorized movements ("jerks", "foes", "waves");
  - 5) to make hand-catching along the stamp of the cross-beam;
  - 6) let go of the grip, open the palm;
  - 7) touch the chin of the bar.

Slight deviation of straight legs up to  $30^\circ$  (when this does not lead to a violation of the exercise rules) is permitted during pull-up.

7. Within 1 min after the call to the projectile the participant takes the initial position and after the command "To the projectile" begins to perform the exercise.

8. Each correctly executed pull-up is indicated after the participant has fixed the initial position (hereinafter - PP) for 1 s with the account statement. Account announcement is at the same time a permission to continue the exercise. In case of violation of the rules of execution of the exercise, the judge instead of the regular account submits the command "Do not count", briefly calls the error, and after the next occupation, the PP announces a preliminary account. If the "Do not count" command is repeated three times in succession, the participant stops performing the exercise. At the last minute of the control, the timekeeper informs: "There is 1 minute left," "10 seconds left," "Time". The timekeeper-judge switches off the chronometer.

If the participant in the control time did not record before the start of the next account the last correctly executed movement, this movement is not counted to him.

#### 9 Errors:

- 1) "no fixation" - the participant did not accept the PP for 1 s, the chin not raised above the crossbar;
- 2) "jerk" - a sharp movement in one direction;
- 3) "shoots of the shin" - swivel motion with a stop;
- 4) "swaddling hips" - swivel motion with a stop;
- 5) "wave" - a repeated sharp violation of the straight lines of the legs.

The indicated errors are shown in the drawing diagram (Annex 14).

#### Other mistakes:

bending of hands alternately - obvious visible lateral bending of the hands;

hands bent - during the acceptance of PP hands bent in the elbow joint; interception - the participant opened his palm.

10. The form of clothes for pulling - a shirt, shorts or clothes, determined in accordance with the Regulation.

## **2. Running for 100 m**

1. 100 m races are held on the treadmill of the stadium or on an equal footing with any coating. Between the start and the finish, tracks are marked in width of 1.25 m for running each participant. This distance includes the width of the lines that are on the right in the direction of running. The last 5 m before the finish through each meter are marketed along the entire track lines. All markings for running are made by white lines 5 cm wide. The width of the starting line is included in the total length of the distance.

2. The tracks run by participants are determined by drawing lots on the eve of the competition or immediately before running.

3. Start is made of high rack.

4. By the command "On start" participants take the starting position for running. After the "Attention" team and the "Rush" team, the participants take a fixed position.
5. The signal for the start of the run may be a "Rush" command or a shot from the starting pistol.
6. It is believed that the participant (group of participants) started (started) incorrectly (false start), if he (she) started (started) running to the starter signal "Rush". In this case, the participant, who started running the first starter signal, is considered to have started incorrectly (admitted false start). In this case, the starter returns the participants to the start with the "Step-Back" team or a shot from the starting pistol. A participant who admits false start is warned. The participant who received the warning should raise his hand. If a participant violates this rule for the second time, he will be removed from the competition, regardless of whether he has previously violated the rules for starting this race or not.
7. If the participant switches to another track during the run, while preventing another competitor from running, he will be removed from the competition. Leadership (accompaniment during running) is prohibited.
8. The ending of the distance is fixed at the moment when the participant touches the torso of the imaginary plane of the finish.
9. The result of each participant who has completed the distance is determined by a separate stopwatch with an accuracy of 0,01 s. The result of the first on the finish is fixed by three stopwatches. In case of discrepancy in the testimony of the stopwatch, the two stopwatches recorded at the same time shall be taken, and in the case of a discrepancy in all three, the mean reading (for example, at the 12.08 s, 12.20 s, 12.18 s, 12.18 s is taken into account, result 12.18 with).
10. The form of clothes for running - sports shoes, shirt, panties or other in accordance with the Regulations.

### **3. The bar of obstacles**

1. The obstacle course is 400 m. Competitions are carried out on one or more obstacle strips, if they are the same.
2. The obstacle band includes:
  - 1) line of the beginning of the band;
  - 2) a section of high-speed run of 20 m in length;
  - 3) the breadth of the width at the top is 2, 2,5, 3 m, depth 1 m;
  - 4) a maze of 6 m in length, a width of 2 m, a height of 1.1 m (the number of passes is 10, the width of the passage is 0.5 m);
  - 5) a fence with a height of 2 m, a thickness of 0,25 m with an inclined board in length of 3,2 m, width 0,25-0,3 m;

- 6) the bridge is broken down 2 m, consisting of three sections (rectangular beams 0,2x0,2): the first length of 2 m, the second - 3,8 m with a bend of 135 ° (length from the beginning to the bend - 1 m), the third - 3.8 m with a bend of 135 ° (the length from the beginning to the bend - 2.8 m), the gap between the beams - 1 m at the beginning of the second and third segments of beams and at the end of the obstacle - vertical ladders with three steps;
- 7) destroyed a ladder width of 2 m (stairs height - 0.8 m, 1.2 m, 1.5 m and 1.8 m, the distance between them is 1.2 m);
- 8) inclined ladder length of 2.3 m with four steps;
- 9) the wall is 1,1 m high, 2,6 m wide and 0,4 m thick with two breaks (the bottom is 1 x0,4 m, located on the ground level, the upper dimension 0,5x0,6 m - at a height of 0, 35 m from the ground with the area adjoining to it 1,6 m);
- 10) the well and the course of the connection (the depth of the well - 1.5 m, the area of the section at the top - 1x1 m, in the back wall wells slit size 1x0.5 m, length 8 m with one bend);
- 11) trench depth of 1.5 m;
- 12) racetrack width 2 m.

3. By the command of the start-up judge "On start", the regular riders take the starting position according to the conditions of the exercise. By the "Attention" team and the "Rush" team, the participants stop any movement. The "Rush" team is shot with a starting pistol or a voice and is accompanied by a sharp lowering of the flag. The participant who started the exercise first before the starter signal is considered to have made an incorrect start (false start). In this case, the runners will be returned with a re-shot or the "Back" command. The starter makes a warning to the participant who has violated the rules of the start. The warning participant must raise his hand up to confirm that he has heard the warning given to him. Any participant who has committed such a violation of the rules, regardless of whether he violated the rules of start in this race or not, is removed from the competition.

4. The participant is allowed to run only on his own track (section of the band) obstacles. For violation of this rule the competitor is removed from the competition. If a participant runs any segment of someone else's track (strips) and while interfering with running another participant, he will be removed from the competition. The participant who was prevented from running, with the permission of the Chief Judge may be given a repeated start of the same day. In this case, he is scored the best of the two results shown to him.

To overcome each obstacle, the party is given no more than three attempts. In case of violation of the rules of overcoming obstacles the competitor is removed from the competition.

During the competition, any accompaniment of the participant (front or side) and the provision of any third-party assistance is prohibited. In

case of violation of this rule the competitor is removed from the competition.

5 The order of overcoming the barrier of obstacles:

1) the form of sportswear (T-shirt, long-sleeved jacket) or special with headdress, spiked shoes are not allowed;

2) initial position - standing in the trench;

3) the order of the exercise:

jump out of the trench and run 100 m in the direction towards the line of the beginning of the lane;

Run the flag and jump over a 2.5-meter wide raft;

run through the passages of the labyrinth;

overcome the fence;

climb up the vertical ladder on the second (curved) section of the destroyed bridge;

run along the beams, jump over the gap and jump to the ground from the standing position from the end of the last section of the beam;

to overcome three steps of the ladder, necessarily having touched both legs of the ground between stages, and to run under the fourth step;

to break through the gap of the wall;

jump into the trench;

go through the trench;

jump out of the trench well;

jump to overcome the brick wall;

run on an inclined stairs to the fourth stage and run along the steps of the destroyed ladder;

climb the vertical ladder to the bridge of the destroyed bridge;

run along the beam, jump over the breaks and run down the sloping board;

jump over a 2 meter wide racetrack, run 20 meters, run around the flag, and run back in a 100 m path.

6. A competitor who has lost his uniforms or any equipment must return and raise the lost, and then continue to perform the exercise.

7. During the competition, any accompaniment of the participant (front or side) and any other assistance to him is prohibited. In case of violation of this rule the competitor is removed from the competition.

8. In the event of a breakdown of obstacles not by the fault of the participant it is allowed to restart the same day.

9. The ending of the distance is fixed at the moment when the participant touches the body of the imaginary plane of the finish. The results are recorded with an accuracy of 0.1 s.

10. Personal championship is determined by the results of each participant. In the case of identical results, two or more participants will be best judged by those who started earlier. If two participants have shown the same results in one run, they are awarded the same place, the next seats are not shifted.

#### **4. Running for 3 km**

1. The 3 km race runs on the treadmill of the stadium or on any level ground in a counterclockwise direction of the overall start.
2. Number of participants in runs - up to 20 people.
3. During the run, participants should not interfere with each other. The participant who runs ahead does not prevent those who overtake him. For violation of this rule the competitor is removed from the competition. Tracking while running is prohibited.
4. The end of the distance is fixed at the moment when the participant touches the torso of the imaginary plane of the finish.
5. In races, the time of the first participant is determined by three stopwatches, while the other time is fixed without stopping the stopwatch (for the "sliding" arrow) to within 1 s.
6. Form of clothes for running on endurance: sneakers with spikes, panties, shirt (training suit) or in accordance with the Regulations.

#### **5. Shooting**

1. Competitions are held in shooting ranges, in demonstration or sports halls equipped in accordance with the requirements of these Rules. The firing exercises are made of pneumatic weapons, the type and mark of which are determined by the Regulations.
2. Requirements for pneumatic rifles and stops used during the competition:
  - 1) During the competition, spring-piston or gas piston pneumatic rifles are used, the energy of which does not exceed 16 J. All air guns are single-charge. Gun caliber - does not exceed 4.5 mm. Trigger is arbitrary. Sight - any, except optical;
  - 2) allowed fully adjustable slides and casings of any kind and without restrictions. Pneumatic weapons that are not tested or not compliant with the requirements are not allowed;
  - 3) weapons that present a threat to the health and safety of people are not allowed in the competition. It is forbidden to change weapons on competitions;
  - 4) at competitions it is allowed to use only a proper weapon, the same for all athletes, which prevents arbitrary shots;
  - 5) participants of the competition while exercising use the same weapon. Weapons intended for firing must be presented to the weapons judge at the appointed time. In the event of breakage of weapons by the permission of a senior judge, it may be replaced by another weapon of the same type and caliber, provided that it has been verified by a weapons judge;

6) as reliefs, rifle shooting ribs or densely packed bags of any material are used. It is prohibited to fasten the stops to the floor in any way.

3. Conditions for exercising with a pneumatic rifle (hereinafter - PG-3): shooting at 10 m lying from the target on the target msac-1 trial (Appendix 15) - 3 test shots and 10 targets for the target msac-1.

4. Conditions for exercising with a pneumatic gun (hereinafter referred to as PP-4): 10m gun stand without support of the trunk and stall of the target arm msac-2 trial (Appendix 16) - 3 test shots and 10 target targets msac-2.

5. Procedure for performing shooting exercises:

1) shooting is performed before firing, which gives 3 shots for 3 minutes;

2) shot shooting - 10 shots (5 shots in one target) for 10 minutes. Shooting is carried out simultaneously by all shooters of change;

3) the firing direction is determined by a draw on the eve of the competition. According to the draw, the competition secretary changes and creates a protocol;

4) another change under the direction of the senior judge of the line of fire is arranged at the original position and instructed. All teams during the performance of the exercise are given by the senior line judge;

5) by the team "Changing, at the fire border in a pitch of the rush", the contestants go to the fire line and stop at their fire positions. By the team "Time to prepare - 2 minutes" participants take the position for shooting down. At the end of the training time, the senior judge of the line of fire announces "Attention: Exercise (PG-3, PP-4), trial (score) series, 3 (10) shots, time - 3 (10) minutes," submits the command "Charge" and in 2-3 seconds - "Fire". After performing the test and score series, the teams are given: "Defeat", "Armament to the review". In the absence of visual observation means, test targets are submitted for review;

6) a short whistle may be used instead of the "Fire" and "Hang up" commands;

7) judge-controllers are arranged for each of the shooters and count the executed shots, hits on the target, and also ensure that the shots do not take place before the start signal and after the firing ending signal;

8) the athlete himself is responsible for the delay, misalignment, damage to the weapon, etc., resulting from the fault of the rifle. In this case, no additional time for the exercise is given;

9) in the event of malfunctions (breakage of weapons, defect of ammunition), the superior judge may not provide additional time for performing the exercise at the expense of 1 minute per shot.

6The order of counting points on targets:

1) after each series of target shots, they are transferred to the commission for the determination of the results (for the calculation of points);

2) during firing for each shot to the command of fire or after the shooting, the best results in the score series are canceled. A shot made by a shooter at the target of another athlete is considered to be a mistake. If the target has more than ten holes, better results are scored. If the shooter performs more than ten shots in a series, his best testimony is discarded;

3) controversial hits are checked using a template (standard) with a diameter of 4.5 mm, which is inserted no more than once in each of the holes in the target. The protests after the application of this method are not accepted, since its results are final. Targets after each series of shots and after counting the results are exposed for a 10-minute look. During this time, the results of shots and scoring can be challenged.

7. Procedure for determining the technical results of the participants and their occupied places in competitions:

1) the technical result of an athlete is determined by the amount of points awarded to him for holes in the target (targets);

2) it is prohibited for anyone to approach the target with holes to determine the number of holes by judges of the commission for the determination of results;

3) the senior target line judge ensures the preservation of the target targets and their immediate receipt by the commission for the determination of the results;

4) if the bullet's caliber covered or touched the outer side of the marker line, which is higher than the assessment of the hole zone on the target, the higher result is scored;

5) the presence of a double hole (hit the ball in the hole from the previous shot) in the target is determined without removing the target from the shield, and such a breakdown is counted only when it is visible to another bullet on the target or shield, on which the target is fixed, or on the screen for the target;

6) if, when gluing the components of the target, the lines of dimensions do not coincide completely, the breakdown at the junction of such lines is considered to be made on that part of the target, where most of this hole is located;

7) the assessment of the disputed hole is determined by means of a caliber with a flange inserted into the hole, or by means of a template of a transparent material, applied in the center of the template by circles. One of the circles of the template is control, the other (external) must be a diameter equal to the bulb's caliber. The diameter of the flange and outer circle on the pattern should be equal to the diameter of the hole from the 4.5 mm shot;

8) the caliber is inserted into the hole in the horizontal placement of the target only once with the commission to determine the results of the target marks and certify its own signatures. In the case of a discrepancy in the assessment of the hole decision is taken by vote;

9) if the boundaries of one breakdown are torn apart by another breakdown, the determination of their evaluation is carried out only by a pattern.

8. Places of athletes in competitions in individual exercises are determined by the highest amount of points scored. In the case of an equal amount of points in two or more shooters the advantage is determined by:

- 1) for the best result shown in the shooting;
- 2) for the most holes with the result of 10, 9, 8, etc. points in the exercise;
- 3) for the largest number of "internal" (those that are completely located in one assessment zone).

In the case of identical indicators, the participants are scored identical places, and in the protocol they are arranged in alphabetical order.

9. In the event of violation of these Rules or failure to comply with the instructions of a judge regarding a participant, depending on the degree of violation, the following punishments may be applied:

- 1) subtraction of points from the results of shooting;
- 2) removal from exercise;
- 3) elimination from participation in competitions.

10. Violations of these Rules shall be qualified as:

- 1) Clear, easy to install. Such violations relate to weapons, clothing, equipment, position during firing, conditions of an exercise, behavior, etc.;
- 2) hidden, which participant deliberately performs in order to gain an advantage over other participants.

11. In the case of a clear violation, the participant shall be warned and given the opportunity to correct the mistake. For a repeated violation a participant is fined for 2 points. If the arrow still does not correct the error, it is released from the exercise.

12. Without warning the participant shall be discharged from exercising if he:

- 1) grossly violated the security measures, that is, made a shot to the command "Charge!" or after the commands "Bounce!", sends weapons (even unloaded) towards spectators, judges or other arrows;
- 2) admitting a hidden violation;
- 3) after the inspection and admission of weapons has introduced weapons, clothing or equipment changes that are prohibited by these Rules;
- 4) without good reason, ceased to perform the exercise he initiated;
- 5) made a shot outside the firing position;
- 6) deliberately made a shot in the frame of target installations, the numbers of shields, elements of the firing structures.

13. Errors and violation of these Rules:

- 1) a score shot (or a trial in exercises with a limited number of test shots) that does not hit the target ring of the target is an error ("zero") and does not repeat;
  - 2) if a competitor performs a discharge compression chamber ("cotton") without a bullet in a muzzle of a weapon during the firing of a pneumatic weapon after placing the first target, this is credited to him as an error ("zero"). In this case, the participant performs one shot at less than the target (or the next target, if the "cotton" is made before the next target is set);
  - 3) a shot made after the command "Charge!", But to the command "Fire!", Is counted as an error and does not repeat. The participant does not perform the first shot (it is counted as "zero");
  - 4) if in the exercise with a limited number of test shots, the participant, performing a test shot, hits another's test target, he is not allowed to repeat this shot;
  - 5) if the participant, performing a shot, hits a stranger's score or test goal, it is credited to him as a mistake. A competitor who has made such a mistake makes one shot smaller in his target if more than one shot is played in the competition;
  - . 6) if the participant wants to refuse from the possibility of another's holes in his target, he must immediately declare this to the judges of the line of fire:
    - if the line judge is sure that the shooter has not made this shot, such a breakdown in the arrow is canceled;
    - if the line judge is not sure that the shooter did not shoot this shot, such a breakdown arrow is counted;
  - 7) if the competitor has done more than the shooting shots in the exercises than provided by these Rules, the extra shots shall be canceled;
  - 8) if the use of extra shots can not be established, the best targets are eliminated in the target (by the number of extra shots). In case of determining the affiliation of extra shots, the participant who performed them is fined by 2 points, which are subtracted from his lowest score.
14. For gross violation of security measures during firing (sending of charged weapons or direct shot to spectators, judges or other arrows, hidden violations related to fraud in order to gain advantage over potential opponents or to favor members of a certain team (intentional realization extra shots, shots not in their target, etc.)) a participant upon the petition of the judges at the firing line may, by decision of the chief judge of the competition, be removed from the competition (disqualified for the whole period of the competition).
15. The judge, having punished the participant, must officially inform him about it and make an appropriate record in the shooting protocol.

## **6. Swimming 50 meters**

1. Swimming competitions are held in an open or closed 25-50 m swimming pool (at a water station).
2. An athlete is allowed to swim in a free style. Finishing, the swimmer can touch the finish wall of the pool with any part of the body.
3. Athletes should be dressed in trunks of opaque cloth. You can use glasses and hats.
4. The number of tracks for participants is determined by lot and recorded in the start protocol. The packages are completed at the venue of the participants' gathering, after which the participants of the swing under the command of the judge at the participants are shown at the start.
5. Starting rules:
  - 1) start with a jump from the starting bridge (bedside tables). The height of the starting bed should be no more than 0,75 m from the water level;
  - 2) the starter, having checked the readiness of the judges-stopwatches, submits the preliminary command in the voice "Participants to take seats" or perform a lengthy whistle. For this team, participants get to the far edge of the starter cabinets. By the team "On start" participants prepare to take the start, taking a fixed position. After making sure that the participants are ready to start, the starter submits the team with a whistle, either by a shot, or by the "Rush" voice, simultaneously lowering the flag raised above his head;
  - 3) start is considered correct, if the command "Rush" voice or to a whistle or shot, all participants kept a fixed position. If one or more participants to the start signal (commands) start moving or jump into the water, the start is considered not to be taken (false start). In this case, the start is repeated. To stop the athletes in the case of false start, a cord that falls into the water across the pool is used;
  - 4) during each next false start, any competitor is disqualified regardless of whether he has violated the rules for the first time or second time. Begins are repeated for an unlimited number of times until all the participants of the swing fail to comply with it without violating the rules.
6. Passage of distance:
  - 1) the participant must fly all the distance along the surface of the water. During the starting jump and turning the submersion is allowed under the water. In swing-free style during turning and at the finish, the competitor must touch the turning shield with his hand or any other part of the body;
  - 2) a participant who has appeared on another's track and prevented another participant may be disqualified. The Chief Judge has the right to give the participant whom they have prevented, a new attempt to

perform the exercise of the same day. In this case, the best time of two swings is counted.

During the passage of the course, participants are not allowed to pull up, clutch for tracks, railings stairs and other objects, as well as lean from them or from the bottom. Accidental touching of items is not considered a violation of the rules. The case when the participant stood at the bottom, but does not follow it, is not a violation of these Rules.

It is forbidden to accompany the athlete on the side of the pool, to give directions during the passage of the course.

For violation of the rules of turns, finish and passing distance participants are removed from the competition.

7. On each track time is measured by three stopwatches or electronic equipment (clocks), which are duplicated by stopwatches. The result is recorded with an accuracy of 0.1 s. If two stopwatches of three identical results, the time is counted, is shown on two stopwatches. In case of different indications on three stopwatches the average result is taken (for example, 30,1 s, 29,6 s, 30,0 s, the result is 30,0 s). The time of 31.5 seconds per table is equal to 1000 points. Every 0.1 seconds below or above this result increases or decreases the result by 2.4 points.

8. Definition of the winner and occupied personal places is carried out according to the shown results. If two or more participants complete a course at the same time, they will be awarded the same place, the following seats will not be shifted. For the prize places, repeated swings are appointed.

## **7. Flip grenade F-1 on range**

1. Competitions for throwing grenades at a range are held at a stadium or another level ground in length 100-110 m and a width of 30-40 m.

2. The grenade throwing on a range is carried out from a run or from a place by training grenades F-1. Weight of grenades - 600 g (for women - 500 g).

3. The form of clothes - sportswear.

4. Each participant has the right to three throws, which are carried out in a row.

5. The turn of the participants' speech is determined by lot.

6. Flipping is made from a slat or a line of 4 m in length and wide 7 cm in the corridor width of 10 m. Planck is fixed on the ground, not protruding above the ground, on the path for running, and painted in white. At the ends of the bar, colored check boxes or pointers are set.

7. The corridor is marked with parallel white lines every 5 meters (starting at 30 meters). At both ends of the lines, numeric indicators are displayed that indicate the distance from the line to the bar. The width of the lateral lines does not fall within the limits of the corridor.

8. The runway should be integral (width - not less than 1.25 m, length - 25-30 m). In the last 6-8 m in front of the lane, the track extends to 4 m.  
9. A throw is credited after the command of the senior judge "E", which he submits in the event that the grenade fell within the corridor and the participant has not violated the rules of throwing and after the throw has fixed the position. The "E" command accompanies the judge by raising the flag, which is a signal to the controlling judges to measure their result.

In case of violation of the rules of throwing the senior judge submits the command "No" and at the same time makes a roll of the flag, lowered down.

10. An attempt is considered unsuccessful if the participant:
  - 1) during or after the throw, touches any part of the body, clothing, or a machine gun on the strap;
  - 2) step on the bar or touch it from above;
  - 3) issue (even accidentally) during a run (swing) of a grenade falling to the front of the straps (the accidental drop of a grenade in the throwing sector (to the bar) is not considered a mistake);
  - 4) step on the bar or exit from the corridor for throwing after the throw to the command "E";
  - 5) if the player throws a grenade will fall outside the corridor.

11. The track left by the grenade on the ground in the event of its fall in the corridor is marked with a peg with a number placed at the nearest point of the track.

12. Measurement is carried out by the measuring device from the flag in a line perpendicular to the throwing line

13. The result is determined with an accuracy of 1 cm.

Measurement is carried out after all three throws.

The results of all throws are measured and recorded to the protocol.

The best attempt is taken.

14. If the results are the same for two or more participants, the best place will be awarded to the participant who has the best second result.

The order of determining the team championship is determined in the Position.

## **XIX. Definition of the results of the competition**

1. Personal championship is determined by the highest amount of points scored by the participant in all types of all-round. Points for a separate form of *Military and applied seven-around* are calculated according to the results evaluation tables (Appendix 17). For an equal amount of points in two or more participants, the advantage is given to an athlete who has the best result in overcoming the barrier of obstacles, and for

equality and this result - an athlete who has the best result from the cross.

2. A team championship is determined by the smallest sum of seats, if the sum of seats is the same - for the greatest amount of points scored by all athletes.