

APPROVED
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Association of Legal Entities
"International Union for
Military-Applied sports»
(hereinafter referred to as **the International Union for
Military-Applied sports**)
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**RULES FOR MILITARY-APPLIED SPORTS
OF THE INTERNATIONAL UNION FOR MILITARY-APPLIED SPORTS**

Section 1. General provisions

Chapter 1. General provisions for military-applied sports

1. These Rules for military-applied sports (hereinafter referred to as the Rules) determine the procedure for organizing military-applied sports by the International Union for military-applied sports (hereinafter referred to as the Union). Military sports competitions are held using military professional techniques and actions, exercises from the physical training program, the Military Sports Complex and military-applied sports. Sports competitions in the sport of "military-applied sports" are held in accordance with the Rules of the sport (hereinafter referred to as the Rules), as well as the Regulations on competitions (hereinafter referred to as the Regulations).

2. Military-applied sports include:

- 1) military-sports multiathlon;
- 2) athletics and accelerated movement;
- 3) skiing;
- 4) throwing grenades;
- 5) tug-of-war;
- 6) applied swimming;
- 7) overcoming an obstacle course;
- 8) shooting from service weapons;
- 9) exercises on special equipment;
- 10) army hand-to-hand combat;
- 11) parachute biathlon;
- 12) high-speed maneuvering in a car;
- 13) high-speed maneuvering on a truck.

2.1. For citizens of pre-prescription age:

- 1) paramilitary cross;
- 2) GCE obstacle course;
- 3) throwing a GD grenade (at a distance);
- 4) throwing a GT grenade (for accuracy);
- 5) diving in length;
- 6) tug-of-war in the uniform;
- 7) swimming with a rifle;
 - 8) military multiathlon (VT-3);
 - 9) military multiathlon (VT-4);
- 10) officer summer quadrathlon;
- 11) officer winter quadrathlon.

3. According to the nature of the offset, competitions in military-applied sports are divided into:

- 1) personal - competitions based on the results of which the places occupied by individual athletes are determined (by gender, age category, weight category of sports qualification);
- 2) team - competitions based on the results of which, the results of individual participants are summed up in the overall result with the subsequent determination of the place for each team;
- 3) individual-team - competitions based on the results of which, based on the results, places are displayed, both for individual participants and teams.

The nature of the competition in each individual case is determined by the Competition Regulations.

4. Regulations on the competition are developed by individual members of the "Union" conducting the competition (hereinafter referred to as institutions) and approved by the "Union", which contains the following requirements:

- 1) the name of the competition in the military-applied sport;
- 2) goals and objectives;
- 3) the place and time of the competition;
- 4) the system of the competition;
- 5) participating organizations;
- 6) the number of athletes, coaches, judges and other participants;
- 7) gender and year of birth of athletes;
- 8) the system for evaluating results;
- 9) medical and sanitary provision;
- 10) the procedure and deadline for filing applications for participation in the competition;
- 11) conditions of secondment of participants and judges;
- 12) the procedure for awarding champions and prize-winners of the competition;
- 13) the procedure for filing protests and their consideration;
- 14) day of arrival and day of departure of competitors and judges.

4.1. Regulations on competitions must not contradict the Competition Rules.

4.2. Regulations must not duplicate the Competition Rules.

4.3. Regulations on the championships, cups and championships of the International Union in military-applied sports should be sent to potential participants in military-applied sports at least 3 months before the start of the competition, for other competitions - no later than 2 months.

4.4. Changes to the Regulations can only be made by the organization that approved it. Participants must be notified about all changes no later than 30 days before the start of the competition.

Chapter 1-1. Organizing Committee.

1-1.1. For the preparation and holding of competitions, by order (decision) of the relevant head (head) of the institution, an organizing committee is created, the composition of which is determined depending on the status of the competition and the number of participants.

1-1.2. The Organizing Committee performs the following tasks:

- preparation and equipment of competition sites, provision of referee equipment;
- notification of the participants of the competition;
- providing participants of the competitions with equivalent courts and equipment in accordance with the Regulations on competitions;
- organization of medical care;
- ensuring the safety of participants, judges and spectators during the competition;
- compiling a list of local judges - candidates for the composition of the judiciary;
- drawing up a program of competitions by day;
- organization of propaganda and information about competitions;
- ensuring the meeting, accommodation and dispatch of participants and judges;

provision of transport for participants and judges during the competition;
catering for participants and judges;
appointment of the chairman of the commission for admission to competitions (credential commission)
and organization of its work;
holding solemn events of opening and closing of competitions;
preparation and holding of a cultural program for participants;
ensuring the work of the secretariat (allocation of computer equipment and stationery accessories).

1-1.3. The Organizing Committee must transfer to the Chief Referee of the competition all the information about the readiness of sports facilities and technical services for holding a sports competition.

Chapter 2. Admission of participants to competitions in military-applied sports

5. The following are allowed to compete:

- athletes (citizens, military personnel and citizens of pre-conscription age who have undergone appropriate training) who recognize these Rules, who can swim, who have received a doctor's permission (have passed a medical examination) and meet age and qualification requirements.

1) Competitions are held in the following age groups:

men - 18 years and older;

citizens of pre-conscription age: older boys (17 years old), boys (15-16 years old).

2) The athlete must reach the required age in the calendar year of participation in the competition;

3) In the same sports competitions, an athlete can compete in one age group of participants only;

6. The admission of athletes to participate in competitions is carried out by the mandate commission (the commission for admission to competitions and the organization of its work) by checking the compliance of the submitted documents with the requirements of the Rules and Regulations. The list of documents submitted to the admission committee is determined by the Competition Regulations. Mandatory documents are:

1) an application approved by the head (chief) of the team (according to Appendix 1 to these Rules) for participation in specific competitions with a personal permission of the doctor for each athlete and an indication of duties in the team (team representative, team captain, helmsman, etc.);

2) an identity document, or a document replacing it, for each athlete;

3) a military card or an officer's identity card, if the athlete is a member of the military;

4) a report on the holding of qualifying competitions in certain types of military-applied sports, if any;

5) card of the participant of the competition (Appendix 2 to these Rules).

The credentials committee is approved by the institution conducting the competition. The mandate commission includes the chairman of the commission, the chief referee, the deputy chief referee, the chief secretary of the competition, and the doctor. The basis for the inclusion of athletes in the lists of participants in the competition is the protocol of the admission commission (Appendix № 5).

Chapter 3. Determination of personal and team standings in military-applied sports

7. Personal results and places occupied by participants in competitions are determined by individual military-applied sports in accordance with the Regulations on the competition.

8. The team score in competitions in military-applied sports is determined in accordance with the Regulations on the competition:

1) according to the best sum of the results of the qualifying participants;

2) according to the largest sum of points scored by the test participants according to the tables for evaluating the results and scoring in military sports multiathlon events (by sports), in accordance with Appendix 2 to these Rules;

3) by the smallest amount of places occupied by the qualifying participants;

4) according to the best average result of all participants.

In case of equality of results for two or more teams, the determination of the place is stipulated by the Regulations on the competition for the sport.

9. During the Spartakiad, the team championship is determined by the smallest amount of places occupied by teams in certain types of the program.

In case of equality of the sum of places, preference is given to the team that took more than 1, then 2 and 3 places.

Chapter 4. Filing protests

10. A protest to the panel of judges is submitted by the head (in his absence - the team captain) of the sports team in writing indicating the sections, paragraphs of the Rules violated by the participants or judges and submitted no later than 1 hour after the end of this competition.

11. The panel of judges considers the protest, makes a decision and notifies the applicant no later than 24 hours from the moment of its submission and before the approval of the results of the competition. The decision of the protest judge is final and not subject to review.

Section 2. Military-Applied Sports of the International Union for Military-Applied Sports

Chapter 5. Military sports multiathlon

Paragraph 1. MILITARY TRIATHLON - 1

12. The program of competitions in military triathlon - 1 (hereinafter - VT-1) includes:

1) shooting from a Kalashnikov assault rifle, exercise - 1 (hereinafter - AK-1) at 100 meters;

2) throwing an F-1 grenade (600 grams) at a distance (3 throws);

3) overcoming an obstacle course, a general control exercise (hereinafter - GCE) in combination with a 400-meter run.

13. AK-1 shooting competitions are held in accordance with paragraph 2 of Chapter 12 of these Rules and the conditions for exercises in shooting competitions, in accordance with Appendix 3 to these Rules.

14. Throwing F-1 grenades (600 grams) at a distance is carried out in accordance with paragraph 1 of Chapter 8 of these Rules.

15. Overcoming the obstacle course according to the GCE in combination with a 400-meter run is carried out in accordance with Chapter 11 of these Rules.

16. The equipment of the participant is: uniform - military field style, or military field, a machine gun with a magazine and a pouch with 2 magazines. It is not allowed to wrap the machine with improvised materials.

17. Competitions of a regional scale and above are held within 3 calendar days:

1st day - AK-1 shooting;

2nd day - throwing F-1 grenades (600 grams) at a distance;

3rd day - overcoming the GCE obstacle course in combination with a 400-meter run.

Competitions at the level of individual sports associations and clubs are held within 2 calendar days:

1st day - shooting from a Kalashnikov AK-1, throwing F-1 grenades at a distance;

2nd day - overcoming the GCE obstacle course in combination with a 400-meter run.

Paragraph 2. MILITARY TRIATHLON - 2

18. The program of competitions in military triathlon - 2 (hereinafter - VT-2) includes:

- 1) shooting from a Kalashnikov assault rifle, exercise - 2 (hereinafter - AK-2) at 200 meters;
- 2) throwing an F-1 grenade (600 grams) for accuracy (16 throws);
- 3) overcoming the GCE obstacle course in combination with a 400-meter run.

19. AK-2 shooting competitions are held in accordance with paragraph 2 of Chapter 12 of these Rules and the conditions for exercises in shooting competitions, in accordance with Appendix 3 to these Rules.

20. Throwing F-1 grenades (600 grams) for accuracy of hit is carried out in accordance with paragraph 2 of Chapter 8 of these Rules.

21. Overcoming the obstacle course of the GCE in combination with the 400-meter run is carried out in accordance with Chapter 11 of these Rules.

22. The equipment of the participant is: uniform - military field style, or - military field style, machine gun with a magazine and a pouch with 2 magazines. It is not allowed to wrap the machine with improvised materials.

23. Competitions of a regional scale and above are held within 3 calendar days:

1st day - AK-2 shooting;

2nd day - throwing F-1 grenades for accuracy;

3rd day - overcoming the GCE obstacle course in combination with a 400-meter run.

Competitions at the level of individual sports associations and clubs are held within 2 calendar days:

1st day - shooting AK-2, throwing F-1 grenades for accuracy;

2nd day - overcoming the GCE obstacle course in combination with a 400-meter run.

Paragraph 3. MILITARY PENTATHLON - 1

24. The program of competitions in military pentathlon - 1 (hereinafter - VP-1) includes:

1) shooting from a standard rifle of caliber 7.62 millimeters at 200 meters from a prone position without a stop (20 shots);

2) overcoming an obstacle course of 500 meters;

3) swimming 50 meters with obstacles;

4) throwing F-1 grenades (600 grams) for accuracy (16 throws) and range (3 throws);

5) cross-country race for 8 kilometers.

Competitions are held within 3 calendar days:

1st day shooting and overcoming the obstacle course;

2nd day - swimming and throwing grenades;

Day 3 - cross-country race for 8 kilometers.

25. Shooting at 200 meters from a prone position, without support using a belt, includes slow and high-speed shooting. Weapon - standard rifle caliber - 7.62 mm with a magazine capacity of 5 or 10 rounds. Trigger force of at least 1.5 kilograms. Target № 3 with 10 circles and the minimum size of the white field of the target is 1300x1300 mm.

Before the start of shooting, 5 trial shots are performed within 7 minutes, slow shooting - 10 shots in 12 minutes, high-speed shooting - 10 shots in 1 minute. High-speed firing is carried out 3 minutes after the end of slow firing.

Trial shots are made after 2 minutes of preparation. After 1 minute 45 seconds, the command is given: "15 seconds left!" The start of shooting is carried out on command: "Fire!" or whistle. After 6 minutes 45 seconds, the command is given: "15 seconds left!" Cease-fire - at the whistle.

High-speed shooting is carried out after a 2-minute preparation. After 1 minute 45 seconds, the command is given: "15 seconds left!", then after 1 minute 55 seconds the command is given: "Get

Ready!" and after 2 minutes - the command: "Fire!" or a short whistle. After 1 minute, the shooting ends with a short whistle. For each shot fired before the signal to open fire, 2 points are deducted. Each shot fired after the command to end shooting is scored as a miss (the best hole is removed). When conducting high-speed shooting for each shot before the opening of fire or after the end of shooting, the best results of the scoring series are annulled. A shot fired by a competitor at another competitor's target is counted as a miss. If there are more than 10 hits in the competitor's target, the best results count. If a competitor fires more than 10 shots in one series, the best hits will be annulled. Uniform - military field.

26. Obstacle course 500 meters with 20 obstacles. The width of one track of the obstacle course is 2 meters. Each athlete runs only in his lane and overcomes all obstacles in a certain way. If the obstacle is not overcome correctly, the judge indicates to the athlete with a flag and a whistle to overcome the obstacle again. The commands to start overcoming obstacles are: "Ready, set, Go!". In case of a false start, the race is stopped and a restart is given. Uniform - military field.

27. Competitions are held in an open or closed 50-meter swimming pool (water station) on a swimming track with 4 obstacles. Distance 50 meters freestyle with overcoming 4 obstacles in the established way.

The start in freestyle heats is carried out by jumping from the starting table. After a long whistle of the referee, the participants stand on the starting table. At the command of the starter "On the start!" the participants assume the starting position by placing one foot on the front of the starting block. The position of the hands is not regulated. Participants take a stationary position, after which the starter gives the starting signal. An athlete who makes a false start receives a warning, after the second - is subject to disqualification. The dress code is sportswear for swimming.

28. Throwing F-1 grenades (600 grams) for accuracy and range. Throwing grenades for accuracy of hit is carried out from a place or from a run (no more than 3 meters) in circles at a distance of 20, 25, 30, 35 meters. Circles have 2 concentric zones with a diameter of 2 and 4 meters. A flag 20 centimeters high is placed in the center of the circle. The participant is given 16 grenades, 4 grenades for each circle. Throwing is performed from behind a parapet 125 centimeters high. Grenades are located on the top of the parapet. Throwing time - 4 minutes. Throwing begins and ends at the whistle signal. A throw made ahead of time or after the end of the throw is counted as a miss in the corresponding circle. If a participant throws more than 4 grenades in 1 circle, then each extra grenade is counted as a miss. Points for hitting the circles are awarded as follows:

- circle number 1 (20 meters) - inner zone - 7 points, outer zone - 3 points;
- circle number 2 (25 meters) - inner zone - 8 points, outer zone - 4 points;
- circle number 3 (30 meters) - inner zone - 9 points, outer zone - 5 points;
- circle number 4 (35 meters) - inner zone - 10 points, outer zone - 6 points.

The maximum number of points in one series is 136.

Throwing grenades for a distance is carried out after the end of throwing grenades for accuracy. The time allotted for throwing is 3 minutes. The start and end of throwing is carried out at the whistle signal. The participant is given 3 attempts. Throwing is carried out in a sector indicated by lines that are a continuation of the sector for throwing grenades for accuracy. Grenades that fall into the sector or on its borders are counted. The place where the grenades fall is marked with signs. The best result counts. The result is rounded to the nearest decimeter. The uniform for throwing is military field style, or military field.

29. The start is made according to the protocol of results after 4 types of the competition program in reverse order. Participants start at 1-minute intervals. The participant under № 1 starts 1 minute after the start of the stopwatch. The distance is marked with signs every kilometer. The dress code is sportswear.

30. The definition of the personal-team standings is determined by adding the points received in each event in accordance with the table for evaluating the results and scoring points in military sports multiathlon (by sports), in accordance with Appendix 2 to these Rules.

Paragraph 4. MILITARY PENTATHLON - 2

31. The program of competitions in military pentathlon - 2 (hereinafter - VP-2) includes:

1) shooting AK-1 at 100 meters, from a prone position without a stop using a belt. The competition is held in accordance with paragraph 2 of Chapter 12 of these Rules and the conditions of exercises in shooting competitions, in accordance with Appendix 3 to these Rules;

2) overcoming the GCE obstacle course in combination with a 400-meter run. The competition is held in accordance with Chapter 11 of these Rules. Uniform - military field;

3) 50m swimming Competitions are held in an open or closed 25m or 50m swimming pool (water station). Swimming style is freestyle without obstacles. The start in freestyle heats is carried out by jumping from the starting table. After a long whistle of the referee, the participants stand on the starting table. At the command of the starter "On the start!" the participants assume the starting position by placing one foot on the front of the starting block. The position of the hands is not regulated. Participants take a stationary position, after which the starter gives the starting signal. An athlete who makes a false start receives a warning, after the second - is subject to disqualification. Dress code - sportswear for swimming;

4) throwing F-1 grenades (600 grams) for range and accuracy. Throwing F-1 grenades (600 grams) for range and accuracy of hit are carried out in accordance with paragraphs 1, 2 of Chapter 8 of these Rules;

5) cross for a distance of 8 km. The start is made according to the protocol of results after 4 types of the competition program in reverse order. Participants start at 1-minute intervals. The participant under № 1 starts after 1 minute after the start of the stopwatch. The distance is marked with signs every kilometer. The dress code is sportswear.

Paragraph 5. OFFICER TRIATHLON

32. The program of the competition in officer triathlon includes:

1) for 1 age category (men under 30):

running 3000 meters (in winter - skiing 10 kilometers);

300m freestyle swimming

firing from service weapons Makarov pistol, exercise-3 (hereinafter - PM-3);

2) for the 2nd age category (men from 30 to 40 years old):

running 2000 meters (in winter - skiing for 5 kilometers);

swimming 200m freestyle;

shooting from service weapons PM-3;

3) for the 3rd age category (men aged 40 and older):

running 1000 meters (in winter - skiing for 5 kilometers);

100m freestyle swimming;

shooting from service weapons PM-3;

4) for female military personnel of all age categories:

running 1000 meters (in winter - skiing for 5 kilometers);

100m freestyle swimming;

firing from service weapons Makarov pistol, exercise -1 (hereinafter - PM-1).

33. Running for 1000, 2000, 3000 meters. The number of participants in the 1000 meters run does not exceed 10 people, for 2000 meters - 20 people, for 3000 meters - 30 people. The interval between group starts is at least 3 minutes for 1000 meters, 3-4 minutes for 2000 meters and 5-6

minutes for 3000 meters. The arrangement of participants at the start is carried out according to the draw in 1 or 2 lines. The number of participants in the lines is determined by the panel of judges.

During the race, the participants are not allowed to interfere with each other. For violation, the participant is removed from the competition. A runner who has retired from the race takes off his bib number and reports this to the nearest judge - the controller, upon arrival at the finish line - to the judge at the finish line.

The end of the distance is fixed at the moment when the participant overcomes the finish line or retreats. The time of the participants is recorded without stopping the stopwatch (on the "sliding" arrow) with an accuracy of 1 second.

34. Swimming at 100, 200, 300 meters is carried out in an open or closed 25 or 50-meter swimming pool (water station). Swimming style is freestyle without obstacles. The start in freestyle heats is carried out by jumping from the starting table. After a long whistle of the referee, the participants stand on the starting table. At the command of the starter "On the start!" the participants assume the starting position by placing one foot on the front of the starting block. The position of the hands is not regulated. Participants take a stationary position, after which the starter gives the starting signal. An athlete who makes a false start receives a warning, after the second - is subject to disqualification.

35. Shooting from service weapons PM-1, PM-3 is carried out in accordance with paragraph 1 of Chapter 12 of these Rules and the conditions of exercises in shooting competitions, in accordance with Appendix 3 to these Rules.

36. Competitions are held within 3 calendar days:

1st day - shooting;

2nd day - swimming;

3rd day - running (cross-country skiing).

Athletes compete in age categories.

Dress code: when shooting - military field style, or military field, in swimming and running competitions (cross-country skiing) - sports. For each type of performance, the participant is given one attempt.

37. The individual championship is determined by the largest amount of points received by the participant for the results shown in each type of multiathlon. Points are awarded according to the tables for evaluating the results and scoring in military sports multiathlon (by sports), in accordance with Appendix 2 to these Rules.

Paragraph 6. MULTIATHLON OF MILITARY-SPORTS COMPLEX

38. The program of multiathlon competitions of the military sports complex (hereinafter referred to as VSC) includes:

1) shooting from an AK-1 assault rifle;

2) throwing an F-1 grenade (600 grams) at a distance;

3) pull-ups on the crossbar;

4) running 100 meters;

5) running 3000 meters.

Uniform - military field style, or military field.

39. Throwing F-1 grenades at a distance is carried out in accordance with paragraph 1, chapter 8 of these Rules.

40. AK-1 shooting competitions are held in accordance with paragraph 2 of Chapter 12 of these Rules and the conditions for exercises in shooting competitions, in accordance with Appendix 3 to these Rules.

41. Conditions for performing pull-ups on the crossbar: hang with a grip from above, pull up (chin above the level of the crossbar), from a stationary position in the hang on straight arms (pause 1-2 seconds), legs together without jerks and swing movements.

42. Competitions in the 100 and 3000 meters run are held on the stadium's running track or on flat terrain with any surface. During the race, the participants are not allowed to interfere with each other. For violation, the participant is removed from the competition. A runner who has retired from the race takes off his bib number and reports this to the nearest judge - the controller, upon arrival at the finish line - to the judge at the finish line. The end of the distance is fixed at the moment when the participant overcomes the finish line. The time of the participants is recorded without stopping the stopwatch (on the "sliding" arrow) with an accuracy of 1 second.

43. The individual championship is determined by the largest amount of points received by the participant for the results shown in each type of multiathlon. Points are awarded according to the tables for evaluating the results and scoring in military sports multiathlon (by sports), in accordance with Appendix 2 to these Rules.

Chapter 6. ATHLETICS AND SPEED MOVEMENT

Paragraph 1. Forced march for 5 and 10 km

44. Forced march competitions are held at distances of 5 and 10 kilometers on medium rough terrain.

Participant equipment: Uniform - military field style, or military field, Kalashnikov assault rifle (carbine), gas mask, bag with 2 magazines (pouch).

Start is allowed group or general. During the start, the participants are dressed in uniform, weapons in the "behind the back" position on the fuse. In the group start, participants start in groups of 2-10 people at intervals of at least 1 minute. With a general start (by division), the intervals between starts are from 5 to 10 minutes.

Before the start, equipment, weapons and uniforms are checked. If by the time of the start the shortcomings in weapons, equipment and uniforms found during the check have not been eliminated, the start of the unit (participant) is delayed until they are completely eliminated. The start time remains the one recorded in the start protocol.

Each participant overcomes the forced march distance independently (without anyone's help), including when starting as part of a unit.

45. The time for the participant is determined with an accuracy of 1 second. All personnel at the finish line are dressed in uniform, have all the equipment registered at the start. For any missing item of equipment and weapons, the participant is removed from the competition.

Paragraph 2. Paramilitary Cross

46. The competition program includes: running 3000 meters for men and 1500 meters for women athletes with shooting from a Kalashnikov assault rifle, exercise-5 (AK-5.45 millimeters, 100 meters), a small-caliber rifle (50 meters) or a Makarov pistol (at 25 meters), throwing an F-1 grenade (600 grams) at a distance.

47. Start and finish are equipped in one place. A place for shooting (shooting range) at a distance of 3000 meters is equipped on a 1500-meter segment (at a turning, oncoming or intermediate at annular distances) from the start. At a distance of 1500 meters, it is equipped on a 750-meter section. The start of the competition is single, double or group (but not more than 5 people in a group). When starting, the weapon is put on the fuse. Competitors receive cartridges at the shooting range, take their place at the direction of the controller and are prepared for shooting. When the athlete equips the magazine with cartridges, the referee calls the number of the target at which the participant needs to fire. Fire opens as soon as it is ready, without additional command from the referee.

48. Participants shoot from a machine gun (small-caliber rifle) from a prone position with their hands, from a pistol - while standing, with three single shots, until 3 targets are hit (4 cartridges are issued to the participant).

Shooting from a Kalashnikov assault rifle and PM is carried out at target № 4 (chest figure with circles), from a small-caliber rifle at target № 7 ("falling" on the lifts). When shooting, it is allowed to use the belt of the machine gun (rifle).

The participant performs all actions with weapons independently. To eliminate delays and malfunctions, the participant is allowed, with the permission of the judge, to use the help of a gunsmith.

If a participant, instead of single shots, opened fire with a burst from a Kalashnikov assault rifle, then the shooting is counted. For equipping the store with cartridges more than specified by the Regulations on the competition, the participant is removed from the competition.

In the case when a participant hit someone else's target, shooting is counted for him, but 15 seconds are added to the result in the cross.

If the participant's target fell during the shooting, and the athlete did not fire a shot, the referee gives a signal to the operator to raise the target, after which the shooting continues, while the time of the forced shooting delay is subtracted from the total result in the cross-country.

For each target not hit, the participant is penalized with one additional (penalty) circle of 100 meters.

After the end of shooting, the referee examines the weapon, when the participant is still in the prone position, removes the remaining cartridges and gives the command to continue running.

49. For throwing grenades, at the beginning of the third kilometer or the last 500 meters at a distance of 1500 meters, corridors 10 meters wide, 40 and 25 meters long are equipped. F-1 grenades (600 grams) are located at a distance of 10 meters from the throwing line. To complete the exercise, 3 grenades are given. If the failure to throw a grenade to the control line of 40 meters (for men) and 25 meters (for women) in the best attempt is less than 5 meters, the participant is penalized with one penalty loop, from 5 to 10 meters - two penalty loops. If the under-throw exceeds 10 meters of all 3 grenades or not 1 of them hit the corridor, then the participant is penalized with 3 penalty circles. The penalty loop distance is 100 meters.

50. The number of places for shooting and throwing is determined depending on the number of participants. The end of the distance is fixed at the moment when the participant touches the finish plane with any part of the body. The time of the participants is recorded without stopping the stopwatch (on the "sliding" arrow) with an accuracy of 1 second.

51. Personal places in the paramilitary cross are determined by the best result. In case of equality of results, the advantage is given to the participant who hit the target, then threw the grenade beyond the border of 40 (25) meters.

If taking into account the defeat of the target and the successful throw of the grenade does not allow to determine the winner, the participants are given the same places.

Chapter 7. SKIING

Paragraph 1. Team Patrol Shooting Race

52. The start of the teams is separate with an interval of 1 - 2 minutes, according to the draw. The starting number of the team also determines the direction on the firing line. Distance 10 kilometers with shooting at 1 firing line from a prone position. Weapon - a small-caliber rifle is on the back of an athlete, such as TOZ-8 (Tula Arms Plant-8), TOZ-12 (Tula Arms Plant-12) or sports (for biathlon) with any sight, except for an optical one.

The team consists of 4 people.

Shooting distance 50 meters, target with a diameter of 11 centimeters (biathlon for shooting from a prone position), "falling".

Shooting is carried out in turn by each team member until their target is hit (the participant is given 3 cartridges). In total, the team needs to hit 4 targets. For each target not hit, the team is penalized with 1 penalty loop - 150 meters (the whole team passes).

All team members pass the distance together, any assistance between team members is allowed.

After the firing line, 1 of the participants can leave the race (including the head (leader) of the patrol) and the team continues the race with 3 people.

It is necessary for the team to finish with an interval between participants of no more than 20 meters, the finish time is determined by the last member of the team.

Paragraph 2. Patrol Relay Race

53. Teams with a full complement of participants at all stages are allowed to participate in the relay. The start of the 1st stage is general.

The distance of the stage is 5 kilometers, with shooting at one firing line from a prone position. Shooting is carried out by each team member until 3 targets are hit (4 rounds are given to the participant). For each target not hit, the participant is penalized with 1 penalty loop - 150 meters.

54. Winners in the team standings are determined by the smallest sum of places of 2 types of the program:

- 1) cross-country skiing: individual cross-country skiing plus cross-country skiing;
- 2) patrol ski race with shooting: patrol team race plus patrol relay race.

If this indicator is equal, the advantage is given to the team with the best performance in the cross-country shooting patrols.

Chapter 8 GRENADE THROWING

Paragraph 1. Throwing grenades at a distance

55. Throwing grenades at a distance is carried out from a running start or from a place with F-1 training grenades without a safety lever. The weight of the grenade is 600 grams. Grenades are provided to the participant by the panel of judges at the place of throwing.

Uniform - military field style, or military field, with a machine gun in hand. It is allowed to unfasten the collar, loosen the waist belt, use the automatic belt without unfastening it from the weapon. Hats are not allowed to be removed.

Throwing is carried out from a bar or line 4 meters long, 7 centimeters wide, along a 10 meters wide corridor. The bar is fixed at the same level with the ground of the runway and painted white. At the ends of it, colored flags or pointers are installed.

The corridor is marked with parallel white lines, which are drawn every 5 meters (starting from 40 meters). At both ends of the lines, pointers with numbers showing the distance of the line from the bar are installed. The width of the sidelines is not included in the corridor boundaries.

The runway is tight. The width of the track is at least 1.25 meters, the length is 25 - 30 meters. On the last 6 - 8 meters in front of the bar, the track expands to 4 meters.

56. The throw is counted after the senior referee's command "Yes!", which is pronounced in the case when the grenade fell within the corridor, and the participant after the throw took a stable position. Command "Yes!" the judge accompanies by raising the flag up, which is a signal for the measuring judges and gives the right to mark the result.

In case of violation, the chief referee says the command "No!" and at the same time makes a signal with a flag lowered down.

An attempt is considered failed if the contestant:

- 1) at the time of the throw or after it touches the ground behind the bar with any part of the body, uniform or machine gun;

2) steps on the bar or touches it from above;

3) will release (even accidentally) during the takeoff (swing) a grenade that will fall in front of the bar. An accidental drop of a grenade in the throwing sector (up to the bar) is not considered a mistake;

4) will go forward through the bar after the throw before the command "Yes!". The throw also does not count if the grenade fell outside the corridor.

The trace left by a grenade on the ground when it fell in the corridor is marked with a peg with a number. The peg is placed at the track point closest to the bar.

The measurement is made with a tape measure from the peg to a line perpendicular to the bar. When measuring, the zero mark of the tape measure is applied to the peg. The result is determined with an accuracy of 1 centimeter. The measurement is made after all 3 throws have been made and only the result of the best throw is recorded in the protocol.

In case of equality of results for two or more participants, they are given the same places. Subsequent places do not move. Participants who showed the same results and claim the title of the winner of the competition are given an additional 3 throws.

Paragraph 2. Throwing grenades for accuracy

57. Throwing grenades for accuracy is carried out from a place or from a running start with a machine gun in hand at a distance of 40 meters in 3 circles: 1st (central) - with a radius of 0.5 meters, 2nd - 1.5 meters, 3rd - 2.5 meters.

The 1st circle is made of metal, installed flush with the ground and painted white. A red flag measuring 15x20 centimeters is fixed in the center of the circle, the height of the flagpole is 30 centimeters from the ground. The remaining circles are marked with lines 5 centimeters wide. The marking line is included in the size of the smaller circle. Throwing is carried out with F-1 training grenades without a safety lever. The weight of the grenade is 600 grams. Grenades are issued to the participant by the panel of judges at the place of throwing.

Each participant is given 3 test and 15 test throws. Time for throwing trial grenades - 1 minute, test - 6 minutes. After the test throws are completed, the participant reports on his readiness to make test throws and, at the referee's permission, starts throwing. Until the end of throwing all grenades, the participant is allowed to leave the sector only with the permission of the judge.

When performing test throws, the assessment is made by the judge in the sector (near the circle) by raising a pointer with a number corresponding to the value of the throw and duplicated by voice. Throwing another grenade is allowed only after receiving a score for the previous throw.

The criteria for evaluating attempts (successful or unsuccessful) are similar to the conditions for holding competitions in throwing grenades at a distance.

Throws when a grenade hits a target are scored: 1st (central) circle - 115 points, 2nd - 75 points, 3rd - 45 points. Hitting the flag in the center circle is worth 115 points.

Uniform for competitions - military field style, or military field. It is allowed to unbutton the collar and loosen the waist belt.

For safety reasons, when throwing a grenade, a metal mesh fence is installed behind the circles.

58. The individual championship is determined by the highest amount of points scored. In case of equality of results, the best place is awarded to the participant who has more hits in the central circle (in the 2nd circle, then the 3rd). The team championship is determined by the average result of the total points of the qualifying participants or by other conditions of the Regulations on the competition.

Chapter 9. Tug-of-war

59. A tug-of-war competition is held between 2 teams until 2 wins for one of the teams. Between tug-of-war, participants are given a rest of no more than 5 minutes.

Before the first pull, lots are drawn using a coin to select the ends of the rope. Before the second drag, the teams change places. If a third pull is necessary, the choice of ends is again determined by drawing lots.

60. The team consists of 8 people (1 substitute). The participant is replaced by a substitute immediately before the start of the tug-of-war. Tug-of-war competitions are held in the following team weight categories:

- 1) light weight - no more than 560 kilograms;
- 2) average weight - not more than 640 kilograms;
- 3) heavy weight - no more than 720 kilograms;
- 4) super heavy weight - over 720 kilograms.

Weighing of participants is carried out on the eve of the competition for 1 hour in the nude or underpants (swimming trunks).

The coach of the team is not allowed to talk to the team during its participation in the tug.

61. The venue for the tug-of-war competition is a flat and level surface.

The length of the rope is not less than 22 meters and not more than 34 meters, the diameter is 10-13 centimeters. The rope is marked with marks in the following places:

- 1 (red) - in the center;
- 2 (white) - at a distance of 4 meters from the central mark on both sides;
- 3 (green) - at a distance of 5 meters from the center mark on both sides.

One central line is drawn on the area designated for the competition, perpendicular to the direction of the rope.

Uniform - military field style, or military field. For competitions in the gym, it is allowed to use the usual sports uniform. It is not allowed to have a metal toe or metal plates on the shoes, the presence of spikes and nails protruding from the soles or heels of the shoes. Uniform for boys: baseball cap, jacket (t-shirt) with long sleeves, ankle-length sports trousers (breeches), sports shoes without spikes.

62. Each competitor is allowed to hold the rope with both hands, gripping in the usual way, that is, the palms of both hands are turned up, and the rope is between the body and the shoulder. Any other hold that prevents the rope from releasing is a brake and is considered a violation.

The trailing member of the team grabs the rope with his hands in the usual way, and passes the end of the rope through the armpit, then through the back, the opposite shoulder and clamps in the other armpit.

The rope is constantly in tension.

A team is disqualified upon receiving 3 warnings related to a violation in one tug. A violation committed by one participant is considered a violation of the rules by the team.

At the beginning of the tug-of-war, the rope is taut, the center mark on it is above the center line marked at the competition site.

63. Not allowed:

- 1) grab the rope within the length limited by green marks;
- 2) knit loops or knots;
- 3) intentionally sit down on the ground (floor) or slowly get up after an unintentional fall;
- 4) touch the ground with any part of the body other than the soles of the feet;
- 5) perform any rope grab that is contrary to the current rules;
- 6) to make any excavations in the ground before the command "Tighten the rope!";
- 7) go beyond the surface on which the competition is held.

64. The tug-of-war process is served by three judges (senior judge and 2 side judges). When the chief referee receives a signal of readiness from 2 instructors, he gives the participants the following commands by voice or gesture:

- 1) "Raise the rope!" (on this command, the rope is captured);
- 2) "Tighten the rope!" (participants pull the rope tightly);
- 3) "Rope - to the center!" (the rope is moved to the central position);
- 4) "Keep steady!" (the rope is in a stable position and the center mark is above the center line on the ground).

After a short pause, the command is given: "Tug the rope!"

If the referee fixes the violation, stops the bout, gives a warning to the corresponding team and points to the center mark, after which the tug-of-war begins anew.

The victory in the tug-of-war is recorded by the senior referee with a whistle and a hand gesture towards the winning team.

The tug-of-war is considered won if one of the teams has moved the rope to the required distance indicated by the marks or if the other team is disqualified.

Chapter 10. APPLIED SWIMMING

Paragraph 1. Swimming with weapons

65. When swimming in uniform with weapons, the uniform is established for athletes of all categories - military field style, or military field, high-top boots, a belt, a modernized Kalashnikov assault rifle or a special Kalashnikov assault rifle.

The weapon or machine gun model corresponds to the size and weight, has negative buoyancy - not less than 2 kilograms.

When swimming in uniform with a weapon, it is not allowed to use any device that speeds up movement, improves the buoyancy of the body or weapon at the water surface, improves endurance or other physical qualities, as well as roll up trousers, sew up or cut off pockets on the uniform.

When swimming in uniform with weapons, participants are allowed to unbutton the top button of the jacket collar and the button on the sleeves, roll up the sleeves of the jacket, fasten the machine gun and shoes behind the back with a waist belt. This equipment of the competitor is checked by the senior referee before the start.

In case of inconsistency in the form of clothing, weapons or machine gun layout, the participant is not allowed to start. After swimming the distance, the senior judge at the finish line checks the availability of uniforms, equipment and weapons for each participant in the swim. For each item of clothing or equipment lost, the completed category is reduced by 1 category.

66. Competitions are organized in artificial or natural pools. Competitions held in natural water bodies with a current, participants overcome half of the distance against the current. At the place where the starting jump is performed, the depth is at least 1.2 meters. The surface of the launch bridge (launch tables) is horizontal (slope not more than 7° is allowed) with a non-slip coating, the swivel shields are even, without slots, with a height of the above-water part of at least 0.3 meters and underwater - 1.8 meters. The lanes of the pool are not narrower than 2.5 meters each, separated by ropes with round floats with a diameter of no more than 10 centimeters. Tracks are identified by their serial numbers. To stop the participants in case of an incorrect start, above the water, across the pool, at a height of 1.5 meters and at a distance of 15 meters from the start, a cord is pulled, which is lowered under the water when it is necessary to return the starters back. The bottom of the pool is clean, level and without objects that could cause injury to the participants.

The lane numbers of the participants are determined by a draw immediately before the start of the next heat.

67. The start is made by jumping from the starting bridge (bedside table). The height of the starting table is not more than 0.75 meters from the water level.

The starter, upon the readiness of the timekeepers, gives a preliminary command "Participants take their places!" or a long whistle. On this command, the participants stand on the starting tables determined by the lottery. At the command "Start!" - participants slowly prepare for the start, taking a stationary position. The starter fires a shot or gives the executive command "March!", while lowering the flag raised above his head.

The start is considered correct if before the command "March!" or before the shot, all participants kept a stationary position. If one or more participants before the start signal (team) started moving or jumped into the water, the start is considered not taken (false start), all participants return to their original position and the start is repeated. The number of repetitions of the start is not more than 2 times. An athlete who violates the conditions for the second time is disqualified (regardless of whether he violated the first false start or not).

When restarting, the participants in the swim do not return. Swim the distance completely. By the decision of the chief referee, those who, in his opinion, started prematurely, are disqualified. Their results do not count.

68. Participants swim the entire distance on the surface of the water. During the starting jump and on turns, diving under water is allowed. In the freestyle swim, when making a turn and at the finish line, the participants touch the swivel shield or the wall of the pool with their hand or any other part of the body, while breaststroke swimming - with 2 hands at the same time.

An athlete who finds himself on someone else's lane and interferes with another participant is disqualified. In this case, the best time from 2 heats is counted.

When passing the distance, participants are not allowed to pull themselves up, grabbing the paths, ladder handrails and other objects, as well as push off from them or stand on the bottom. Unintentionally touching objects or the bottom is not a violation.

It is not allowed to perform any leading actions (give instructions, accompany the athlete along the side of the pool) while passing the distance.

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

69. The end of the distance (finish) is fixed at the moment when the participant touches the swivel shield or the pool wall with his hand.

The time of the participant who came first in his heat is fixed by three stopwatches and is determined with an accuracy of 0.1 seconds. In case of discrepancy in the readings of the timekeepers, the data of two stopwatches are taken that recorded the same time or the readings of the average stopwatch in case of a discrepancy between all three. If the time is taken by only two stopwatches, the worst time is taken. The time of each of the others is fixed by a separate stopwatch.

If the stopwatch readings differ from the record of the order in which the participants arrived at the finish line, then personal places are determined according to the arrival recorded by the judges at the finish line, and the results that cause doubts are established according to the stopwatch readings that determined the result of the participant who came to the finish line first.

Determination of the winner and occupied personal places is made according to the results shown. If two or more participants finish the distance with the same time, they are given the same places for which they claim, and subsequent places do not move. For prize-winning places, in case of equality of results, a repeated swim is assigned.

Paragraph 2. LONG DIVING

70. Diving in length is carried out with a water transparency of at least 1 m in pools or at water stations with a longitudinal flooring on one side.

In the pools, competitions are held on 2 extreme lanes.

71. At the summer water station, a diving site is equipped as follows. At a distance of 2 meters from the longitudinal flooring along the pool at a depth of 1 meter, a 1-1.5 centimeters thick white cord is stretched, without knots and tears. There are 3 marks on the cord:

the first, painted in black (a section of 20 centimeters) - at a distance of 30 meters from the start of the dive;

the second, painted in red, at a distance of 40 meters;

the third, blue - at a distance of 45 meters.

72. To ensure participants' safety during diving, a 0.5 centimeters thick nylon cord is used, one end of which is fixed on the belt, and the other is in the hands of the controller judge. Cord length 6-7 meters. The cord is strong, without knots and tears.

To ensure safety measures, a rescue team (2-4 people) of swimmers is allocated at the disposal of the controller-judge, which are located along the floor, in the places indicated by the panel of judges.

73. The start of diving participants is strictly individual. When ready to perform the exercise, the participant gives a signal by raising his hand up and voice: "Ready!".

The start is performed by jumping from the starting table. In the process of diving, the participant is under water all the time. If any part of the body appears on the surface of the water, the exercise is terminated. The result of the participant is determined by the appearance of his head on the surface.

The participant moves forward due to rowing movements with arms and pushing legs. It is not allowed during the exercise to move forward, clinging to the guiding cord.

74. If the competition is held in a 25-meter pool, then the exercise starts from the starting wall. After diving 25 m, a turn is made under water, and the participant, after a push from the wall, dives the remaining meters of the distance. The participant, when turning, touches the turning shield with any part of the body.

There are 3 marks on the side of the pool: 30, 40 and 50 meters, which the controller-controller is guided by when determining the result. The swivel shield in the open water is painted white.

In pools with high water transparency at the bottom, 2 transverse lines are drawn at a distance of 30, 40 meters from the start of the dive. The length of the line is 1 meter, the width is 10 centimeters.

Marks on the bottom of the pool and on the guide line are used by the competitors to control the distance.

Chapter 11. OVERCOMING THE OBSTACLES

75. Competitions on the obstacle course are included in the program of military triathlon - 1, military triathlon - 2, military quadrathlon, military pentathlon - 2, and are also held as a separate sport.

The equipment of obstacle courses and the procedure for performing exercises are carried out by analogy with the requirements of the order of the Minister of Defense of the Republic of Kazakhstan dated August 10, 2017 № 438 "On Approval of the Rules for Physical Training in the Armed Forces of the Republic of Kazakhstan" (registered in the Register of State Registration of Normative Legal Acts under № 15729).

76. Competitions in the general control exercise on a single obstacle course in combination with a 400-meter run are held in the following sequence:

1) running 200 meters;

2) overcoming an obstacle course and running 200 meters (throwing grenades is excluded).

77. In jumping competitions, only the pair start is used. At the command of the judge-starter "On your marks!" the participants of the next race take their starting position in accordance with the conditions of this exercise. Team "March!" is made by a shot from a starting pistol or by voice and is accompanied by a sharp lowering of the flag. The participant who, before the starter's signal, was the first to start the exercise, is considered to have made an incorrect start (false start). In this case, the participants of the race return with a second shot or the "Back!" command. The starter gives a warning to the participant who violated the start conditions. The participant who received the warning raises his hand to confirm that he heard the warning made to him.

A participant who receives a warning and then again violates the start conditions is removed from the competition.

78. Participants are allowed to run only along their own track or section (direction) of the obstacle course. For violation, the participant is removed from the competition. If a participant ran any section of someone else's track (section of the strip) and at the same time interfered with another participant, the last one, with the permission of the chief referee, a restart is given on the same day. In this case, the best of the 2 results shown by him is credited to the participant.

79. Techniques for overcoming obstacles are allowed to be carried out in any way, if their implementation is not specified in the description of the exercise. To overcome each obstacle, the participant is given no more than 3 attempts. In case of violation of the conditions for overcoming obstacles, the participant is removed from the competition.

80. During the competition, any leading of the participant (accompaniment in front or from the side) and the provision of any outside assistance to him are not allowed. In case of violation, the participant is removed from the competition.

81. The time of each participant is recorded by a separate stopwatch with an accuracy of 0.1 second. Individual championship is determined by the results of each participant. In case of equal results for two or more participants, they are awarded the same places. Subsequent places do not move.

Chapter 12. Shooting from service weapons

82. In order to ensure safety in organizing and holding competitions in military sports shooting from standard weapons, as well as when handling weapons, it is not allowed:

1) keep the weapon in an open (not sheathed) form;

2) at a shooting range, in a shooting range (outside the firing line), prepare to shoot and aim somewhere, have a loaded weapon, a pistol cocked, leave one's own weapon unattended and take someone else's without permission;

3) on the firing line, load and shoot without a command, shoot from a faulty weapon, turn the barrel of the weapon away from the direction of fire (up and down is allowed - up to 450), touch the weapon in between series, when there are on the target line or in the firing zone people carrying weapons loaded and cocked after the command "Unload!";

4) make any changes to the design of the weapon, including: changing the shape and size of the sights, the trigger, parts of the firing mechanism, the handle.

Trigger tension for a Makarov pistol, a Kalashnikov assault rifle is at least 2 kilograms, for a Sniper rifle at least 1.5 kilograms.

A sports club or a sports institution on the basis of which competitions are held provides participants with ammunition of exactly one nomenclature. Participants are not allowed to bring and use their own ammunition.

Paragraph 1. Shooting from a Makarov pistol

83. Shooting from a pistol of the Makarov system exercise-1 (PM-1), exercise-3 (PM-3). Uniform - military field style, or military field.

When performing exercises, participants stand in their designated areas (firing positions) without relying on foreign objects. At the same time, the pistol is held and shots from it are made only with one and the same hand.

3 minutes are allotted to prepare the shift for the exercises, after taking up firing positions.

Participants are not allowed to have any bandages (pads) on their arm to fix the hand, as well as shooting with two hands.

84. In the PM-1 exercise, participants are given 3 trial, 10 test shots. Time for trial shots - 3 minutes, test series - 4 minutes for each series (2 series of 5 shots). 10 shots are fired at a new target. Target number 4 - chest with circles. Distance - 25 meters.

85. In the PM-3 exercise, participants are given 5 trial, 30 test shots. Time for trial shots - 5 minutes. Shooting for offset - 6 series of 5 shots, time for shooting - 4 minutes for each series (or 3 series of 10 shots - 8 minutes for each series). In competitions below the regional command and in officer triathlon, the change of targets is made after 10 shots. Target number 4 - chest with circles. Distance - 25 meters.

When performing exercises, the pistol magazine for each series is equipped with 5 rounds. In the absence of optical observation devices, after the trial and each scoring series in the PM-1 and PM-3 exercises, the shift, at the command of the senior referee on the firing line, is brought to the targets for inspection.

Paragraph 2. Shooting from a machine gun and a rifle

86. Shooting from a Kalashnikov assault rifle (Kalashnikov assault rifle (AK-74), modernized Kalashnikov assault rifle (AKM) and their modifications) exercise-1 (AK-1), exercise-2 (AK-2), exercise-3 (AK-3). Shooting from a Dragunov sniper rifle (hereinafter referred to as SVD), exercise-1 (SV-1) and exercise-2 (SV-2). Uniform - military field style, or military field.

To prepare for shooting from each position, 3 minutes are allotted.

When shooting from a machine gun, it is allowed to use a belt without unfastening it from the weapon; when shooting from a rifle, it is not allowed to use a belt.

87. Shooting is carried out with single shots. Each participant is given 13 cartridges, which are equipped with 2 magazines (3 and 10 cartridges). Exercise AK-1 (AK-3, SV-1, SV-2) is performed, trial series of 3 shots, time - 2-3 minutes. Scoring series, prone (10 shots) is executed on a new target. Shooting from the knee and standing in the AK-3 exercise is performed similarly to shooting from the prone position for the time allotted by the conditions of the competition. When shooting from a knee, it is allowed to use 1 roller - a knee pad with a diameter of not more than 180 millimeters, and when shooting while standing - a magazine bag (as a stop) for the elbow of the left (right) hand, moving it along the belt, but not turning. It is not allowed to use a belt with a pouch in the chest area.

88. AK-2 shooting is performed from a machine gun in bursts at 200 meters at target № 7 (half-length figure) from 3 positions (lying, kneeling, standing) without stop, 10 test shots in each position. Before shooting, it shows the location of the targets for 30 seconds, after which the targets are removed and after 30 seconds appear for 15 seconds to shoot from a prone position.

Before shooting from the kneeling and standing positions, 1 minute is given for preparation without first showing the targets. The time to perform shooting from the knee is 20 seconds, while standing - 25 seconds, shooting is carried out in bursts of 2-3 shots. A single shot is allowed only with the last cartridge. If the participant fired single shots at the beginning or in the middle of the series, then he is penalized with the number of holes equal to the number of single shots.

When performing the exercise, the participant performs all actions with weapons independently. To eliminate delays and malfunctions, it is allowed, with the permission of the judge, to use the help of a gunsmith. A participant who is late for the start of the exercise is not allowed to shoot. Re-registration of participants and their replacement in individual-team competitions is allowed no later than 1 hour before the start of shooting.

In competitions, all shots are counted, regardless of whether they were fired at the will of the competitor or by accident. For a shot outside the firing line, the participant is suspended from participation in the competition. For an extra shot, the result of the entire position in which the violation was discovered is deducted from the participant.

From the participant who fired a shot before the appearance of targets for shooting, holes are removed, according to the number of shots fired. For shots after the command "Hang up!" the participant is removed from the competition.

A participant whose target was mistakenly shot is given a shootout if the number of holes in his target was more than allowed (from a prone position - 10 holes, from a knee - 5 holes, while standing - 5 holes).

Participants and prize-winners, who showed the same result in all 3 positions, shoot the entire exercise.

When shooting stops for reasons beyond the control of the participants, they are given the right to repeat the exercise from the position in which there was a delay. Breaks in shooting due to the fault of the participant are not considered and additional time for shooting is not provided.

89. The shooting results of each participant in the competition are determined by the amount of points scored in the targets of the scoring series or by the amount of holes in the scoring targets. A hit on a belt target is counted if the hole is in the area of the figure or covers at least part of its border. A hole in a target with boundary circles is considered to have violated the dimension around which it is located and is counted upwards if it even touches the outer side of the boundary line. The assessment of the controversial hole is made using a template made of transparent material with circles printed on it. The outer circle is equal to the caliber of the weapon, the inner one is the control (for centering). The size of the template, equal to the caliber of the weapon, is 7.62 mm for an assault rifle and a sniper rifle, and 9.00 mm for a pistol. In the absence of measuring instruments, a violation of the contour line of the dimension is considered to be a break in its hole or the presence, on the outer side of the dimension line, of a clearly visible trace from a bullet. Breakage of the marker line by radial rays, diverging from the hole, is not taken into account. An oval hole from a bullet that hit the target at the time of its opening is counted if the length of the bullet hole does not exceed 12 millimeters when shooting from a machine gun, rifle and pistol. The combined hole (hit "bullet to bullet") is determined and certified by at least 2 judges.

The presence and value of holes in the targets are determined by at least 2 judges. The decision of the panel of judges in assessing the dignity of holes is final and not subject to appeal.

Individual championship in exercises performed on targets with overall circles is determined by the largest amount of points scored, and if they are equal:

- 1) by the highest number of points in the last series of 10 shots, penultimate;
- 2) more "tens", then "nines", "eights", "sevens", "sixes", "fives", "fours", "triples", "twos";
- 3) by more points scored from a standing position, then from a kneeling position, lying down;
- 4) by the smallest distance from the center of the worst hole in the last target, the penultimate one, and so on.

If the advantage is not revealed, the same places are awarded.

The individual championship in exercises performed on targets without overall circles is determined by the largest amount of hits on scoring targets, and if they are equal, by the best

shooting standing, then kneeling and lying down. If the advantage is not revealed, then repeated shooting for prize-winning places is assigned.

Repeated shooting is carried out from a standing position, but not more than 2 times.

Chapter 13. COMPETITIONS ON SPECIAL EQUIPMENT

90. Competitions are held on standard apparatus: loping, stationary wheel, gymnastic wheel.

91. Loping competitions are held in 2 exercises.

In the first exercise - "Turns with a change in the direction of rotation (4x5)" - 4 series of 5 turns are performed with a change in the direction of rotation after each series. The assessment of the exercise is made according to the total time spent on 4 series of turns. The number of swings during the exercise is unlimited. In the first 5 turns, the direction of rotation is determined by the participant. The exercise begins and ends at the moment the participant passes the upper vertical position. The score of turns in the series is kept by the judge by voice. The participant is warned about performing less than 5 turns in a series. In this case, the participant completes a series of turns. An exercise is not counted if it takes more than 90 seconds to complete.

In the second exercise - "Revolutions with turns of 3600" - an arbitrary number of revolutions with turns of 3600 in one direction is performed. The result is determined by the time spent on 5 turns. After each turn, the referee calls the score. A turn is considered completed if it is completed in the process of 1 turn. The exercise begins at the moment the participant passes the upper vertical position and ends at the completion of the 5th turn. An exercise is not counted if it takes more than 90 seconds to complete.

92. Exercise on a stationary wheel (2x10) includes 10 turns to the left and 10 turns to the right.

Upon the participant's readiness, the senior referee gives an order to perform the exercise with the command "Start the exercise!", after which the participant from a stationary position makes 10 full turns in one direction, and then the same number of turns in the other direction. The time of the exercise is determined by the stopwatch. The exercise ends on the twentieth revolution at the moment the participant passes the vertical position with his head up. During the exercise, the judge keeps a count of turns. After the first 10 turns, the counting stops without turning off the stopwatch, and the extra turns performed are not counted. The account is resumed only after a change in the direction of turns. If less than 10 turns are completed in one of the series, the exercise is not counted.

93. Exercise on the gymnastic wheel includes 3 series of spirals in various combinations:

for the 3rd sports category - 3 series of 10 front spirals in 1 direction (at the choice of the participant), a fully and accurately performed exercise is estimated at 28 points;

for 2 sports categories - 3 series of 10 front spirals, 1 of the series - in the opposite direction, a completely and accurately performed exercise is estimated at 30 points;

for 1 sports category - 10 front right, 10 front left and 10 rear spirals in an arbitrary sequence, a completely and accurately performed exercise is estimated at 32 points.

94. Technical requirements for exercise on the gymnastic wheel:

1) start the exercise from the starting position "standing in the gymnastic wheel, holding 2 handles", at the referee's command "Start the exercise!";

2) perform 3 series of spirals, 10 in each. A series of spirals ends with an exit to 2 rims (it is allowed: rest for 10 seconds, during a stop between series, get out of the wheel, release the handles, turn the wheel);

3) 5 seconds before the end of the rest between the series of spirals, the judge warns the participant: "5, 4, 3, 2, 1 seconds left!";

4) start and finish the spiral at the moment of passing the legs in the lower position (the count of the spirals from 1 to 10 is led by the senior referee);

5) the exercise must be performed on a platform measuring 5x5 meters, delineated by a field of 8x8 meters.

95. Deduction of points for violation of the requirements for performing an exercise on a gymnastic wheel:

- 1) rest between spirals - more than 10 seconds, for each extra second - 0.1 points;
- 2) additional attempt to enter the spiral - 0.5 points;
- 3) not lifting the wheel by 2 turns - 0.5 points;
- 4) going beyond the site 5x5 meters - 0.5 points;
- 5) loss of connection with the wheel by hand (hands) - 0.5 points;
- 6) loss of connection with the wheel with the leg(s) - 0.5 points;
- 7) non-fulfillment or excessive fulfillment of spirals - 0.5 points;
- 8) wheel fall - 1.0 points;
- 9) when leaving the area 8x8 m, the exercise is not counted.

Chapter 14. ARMY HAND-TO-HAND COMBAT

96. Competitions are held: according to the Olympic system, according to the circular system (wall to wall).

97. According to the Olympic system, the competitor ends the performance after the first defeat. According to this system, both personal and personal-team competitions are held. The serial number of each participant is determined according to the draw. In the individual championship, 1st, 2nd and two 3rd places are played.

98. According to the circular system (wall to wall), the participants of the competition finish the team performance if the advantage of defeats in the team exceeds the victories.

99. Persons declared by the coach (representative of the team) and who have undergone a medical examination no earlier than 14 days before the start of the competition are allowed to participate in the competition.

100. Competitors are divided into the following weight categories: up to 55, up to 60, up to 65, up to 70, up to 75, up to 80, up to 85, up to 90 and over 90 kilograms.

Note: weight categories are determined by the Competition Regulations.

101. Weigh-in participants:

1) weighing of participants is carried out the day before the start of the competition and ends at least 1 hour before the start of the draw. Competitors of the same weight category are weighed on the same scales;

2) when weighing, the weighing results are recorded in the weighing protocol;

3) a participant who is late for weighing is not allowed to compete;

4) weighing is carried out by a commission, which includes: deputy chief judge, secretary and doctor;

5) in individual and personal competitions with a team standing, the participant competes only in the weight category established during the weigh-in;

6) the serial number of each fighter or team is determined by lot immediately after the end of the weigh-in. The draw is carried out during the weigh-in process. An electronic draw is allowed.

102. For being late on a call or when correcting remarks on equipment before the fight, the athlete is announced:

1) up to 1 minute - remark;

2) from 1 to 1.30 minutes - 1st warning - 1 point to the opponent;

3) from 1.30 to 2 minutes - 2nd warning - 2 points to the opponent;

4) more than 2 minutes - defeat, and his opponent - victory by a clear advantage to the opponent.

103. Participants are allowed:

- 1) apply to the panel of judges through a representative of their team;
- 2) in individual competitions, in the absence of a representative, apply directly to the panel of judges;
- 3) 1 hour before the start of the weigh-in, check their weight on the scales of the official weigh-in;
- 4) give a prearranged signal by raising a hand when injured or refusing to continue the fight, as well as, if necessary, putting protective equipment in order.

104. Equipment of participants - a field jacket and straight-cut trousers in camouflage colors (if available, a suit of the established color "Multicam" is allowed).

The name of the team represented by the athlete, the surname and initials are applied on the back of the participant (on the bulletproof vest). Uniform for the whole team is the same.

105. Protective equipment for athletes:

- 1) a helmet with a metal grille (red or blue);
- 2) a helmet with a plastic grid (for boys) (red and blue);
- 3) body armor (without plates);
- 4) sink;
- 5) gloves for hand-to-hand combat (red or blue) - up to 75 kilograms - 10 ounces, over 75 kilograms - 12 ounces;
- 6) shin pads;
- 7) wrestling shoes - feet with instep and heel protection.

The color of the helmet and crag gloves corresponds to the color of the corner of the athlete, in which the participant is invited to the fight.

Protective equipment, except for unloading, shin pads, shells, is worn only under clothing.

106. Number of fights:

- 1) the number of fights during the day for each participant is determined by the Competition Regulations (but not more than 4 per day);
- 2) before each fight, the participant is given at least 30 minutes to rest.

Start and end of the match:

- 1) before the start of the fight, the participants stand on the lines of the starting positions indicated on the site. The judge on the carpet stands on the referee line. The athlete from the red corner is to the right of the judge on the mat, the athlete from the blue corner is to the left;
- 2) the participants exchange greetings with the opponent before the start of the fight, and after the end they shake hands;
- 3) the fight begins with the referee's command on the mat "on the whistle" and ends with the command "on the whistle";
- 4) after the fight, before the announcement of the result of the fight, the participants take off their helmets.

107. Battle duration:

- 1) the fight lasts - 5 minutes (for juniors - 3 minutes);
- 2) after the time expires, the fight stops regardless of the position of the fighters. Technical actions in the period between the signal about the end of the fight and the command of the referee on the mat are counted, and violations are counted;
- 3) in case of violations in the protective equipment of a fighter, the fight is stopped to eliminate the shortcomings (the help of a second is allowed);
- 4) it is not allowed to stop the fight on your own to put the equipment or protective equipment in order, as well as to leave the area without the permission of the referee on the mat.

108. Technical actions include: punches, elbows, knees and kicks; throws; pain and suffocation techniques.

Impact zones: head, chest, abdomen, lateral parts of the body, legs.

109. The following techniques and actions during combat are prohibited:

- 1) striking with fingers in the eyes;
- 2) performing painful holds on the neck, spine, hand, foot;
- 3) jumping with feet on a lying opponent;
- 4) blows to the groin, neck, back of the head, back and spine;
- 5) gripping the helmet or grille of the helmet-mask;
- 6) striking and carrying out attacking actions after the "STOP" command (whistle);
- 7) deliberate exits from the site during the fight;
- 8) violation of discipline, rude, unethical behavior in relation to his opponent, competitors, judges or spectators;
- 9) for gross interference of a team representative in the work of a judge, medical personnel or organizers of the competition, warnings are announced to the fighter.

110. The fighter is removed from the fight or competition (disqualification for the competition):

- 1) when inflicting an injury that removes the enemy from the battle;
- 2) when inflicting an injury that removes the opponent from the competition;
- 3) in case of gross violation of ethics;
- 4) in case of refusal to participate in the award ceremony.

Disqualification at the competition means that the place in the competition is not determined for the fighter.

111. The conditions for awarding a clear advantage, the judicial assessment of the actions of athletes that lead to injuries, the procedure for scoring points and determining the results of the fight, are set out in Appendix 4 to these Rules.

112. The protest is submitted only by the second serving the duel. The protest is submitted by the second, only during the fight, that is, for each moment of disagreement with the decision of the judges, with the throwing out of the "Challenge" (red and blue dice). When considering a protest, the judges are offered a video recording in which all the actions of the fighters and the gestures of all the judges serving the fight are clearly visible. The decision of the protest is considered by the judges serving this duel, in the presence of the chief judge; if the protest is not justified, then the opponent is given 1 point.

113. In individual competitions with a team standings, places are determined depending on the personal results of the participants included in the standings of the teams. The scoring number of participants is determined by the Competition Regulations.

The team classification is carried out according to any of the systems adopted for individual competitions and is determined by the Regulations on the competition.

Chapter 15. PARACHUTE BIATHLON

1. Competitions are held in the following types of programs:

1.1. 1 exercise: parachute jump from An-12, An-22 or Il-76 aircraft from a height of 800 - 1000 m with fall stabilization for 3 s; forced march for 1 km with weapons, equipment and parachute (main and reserve);

1.2. 2 exercise: parachute jump from an An-2 aircraft from a height, ensuring the opening of the parachute at an altitude of 800 - 900 m above the level of the site; fall stabilization for 15 s; forced march for 1 km with weapons, equipment and parachute (main and reserve);

1.3. 3rd exercise (for air force and air defense flight personnel): parachute jump at an aircraft (helicopter) flight speed of at least 100 km/h from a height of 800 m; forced march for 1 km with weapons, equipment, parachute (main and reserve) and NAZ (carried emergency stock).

2. Competition conditions.

2.1. Exercises are performed on serial parachutes in accordance with the Competition Rules.

2.2. Landing of participants of the competition is carried out:

a) in 1 exercise - on the start line, laid out from laying panels along the site;

b) in the 2nd and 3rd exercises - to the area of the starting assembly point, located 1 km from the finish line.

2.3. To participate in competitions, the following uniform is set: overalls, helmet, boots (boots), machine gun (pistol), bag with magazine and bayonet-knife.

2.4. Each participant must have a number measuring 30x20 cm, fixed above the knee on the front side of the left leg.

2.5. Inside the aircraft group, the sequence of jumps is established by the senior group, depending on the mass of the parachutist.

2.6. Jumps are allowed to be made at wind speed near the ground and at heights within the established norms. In case of exceeding them, the meteorological post must immediately inform the leader of the jumps and the chief referee of the competition.

2.7. The jump leader, the navigator at the landing site and the aircraft crew commander are responsible for the accuracy of the parachutist drop.

2.8. In the event of a change in wind direction during the competition in 1 exercise, the landing of athletes stops. The competition is resumed after the navigator makes new calculations of the aircraft's approach course at the landing site or after the wind returns to its previous direction.

3. The order of the exercises.

3.1. Separation of participants from the aircraft must be carried out at the command (signal) of the navigator of the aircraft.

3.2. The time for performing the exercises will be determined from the moment the athletes leave the aircraft and until they arrive at the finish line.

3.3. In the 2nd and 3rd exercises, the separation time of each athlete is recorded, in the 1st exercise - the first athlete in the series, which is the starting time for all athletes in this series.

3.4. A series of skydivers separating in one run can be: in 1 exercise - up to 60 people, in the 2nd and 3rd - 5-10 people each.

3.5. In 1 exercise, several finish points are set, but not more than four per 1 km of the length of the landing area.

3.6. Finishing points can be located:

a) I option - parallel to the start line, to the right and left of it at a distance of 1 km;

b) II option - on the start line itself. In this case, turning points are equipped to the right and left of the start line parallel to it at a distance of 500 m.

3.7. In 2 and 3 exercises, one starting collection point and one finish point are established.

3.8. After landing and packing parachutes into portable bags, participants performing 1 exercise follow:

a) in option I - to the nearest finish point;

b) in option II - to the nearest turning point, where they are marked by the judge and return to the start line to the nearest finish point.

3.9. When performing the second and third exercises, the participants, after landing and assembling parachutes in portable bags, arrive at the starting collection point, check in with the judge and run to the finish line.

3.10. Finishing points and turning points must be well marked for the orientation of the competitors in the air and on the ground.

3.11. At the moment of landing, when performing 1 exercise, by decision of the chief referee or his deputy, the participants can be given directions of movement (to the right or left of the start line) using signal rockets or other means.

3.12. All athletes arrive at the finish line with their parachutes packed in portable bags,

weapons and equipment. If items of equipment, weapons and a parachute are lost, the result will be canceled.

3.13. Violations in the operation of the stopwatch, safety device, malfunction of uniforms, equipment or poor fitting of the parachute harness, which affected the result of the jump, do not give the participant the right to re-jump.

3.14. If necessary, to ensure a successful outcome of the jump and safe landing, the competitor is obliged to use a reserve parachute, regardless of the result of the jump.

4. Definition of results.

4.1. Participants' time is recorded with an accuracy of 1 s.

4.2. Determination of the winner and occupied personal places is made according to the results shown.

4.3. If two or more participants show the same results, then they are given the same places. Subsequent places do not move.

Chapter 16. SPEED MANEUVERING IN A MOTOR CAR, SPEED MANEUVERING ON A CARGO CAR.

1. General provisions.

1.1. High-speed maneuvering competitions are held on army vehicles at any time of the year and in any weather.

1.2. Nine figures of a certain configuration and size are installed on the competition track. All figures must be included in any high-speed maneuvering competition. The choice of exercises and their number is determined by the organizer depending on the scale of the competition and the qualifications of the participants.

1.3. Several participants are allowed to compete in one car, but at the same time, each participant must set his own start number on the car.

1.4. If due to the fault of the panel of judges or another participant, as well as due to a technical malfunction of the car, the driver is unable to continue driving, he is given a restart or when determining the result, the forced downtime is excluded.

1.5. If the participant cannot continue the competition due to a technical malfunction of the car or for any other reason, he must report this to the nearest judge and, at his direction, remove the car from the track.

1.6. Training on a track equipped for competitions is not allowed. Familiarization with the figures and exercises located on the track is carried out before the start of the competition by walking around the participants, accompanied by a judge.

2. Track requirements.

2.1. As a high-speed maneuvering route, any horizontal platform with a hard, smooth surface or compacted soil can be used.

2.2. It is allowed to conduct competitions on a grassy area or on packed snow.

2.3. The area or section of the road for holding competitions in high-speed maneuvering must be of a size that allows you to place all the figures with respect to distances sufficient for performing exercises.

2.4. The limiters in the figures are set after 1 m for cars and after 1.5 - 2 m for trucks, unless other dimensions are indicated in the description of the figures.

2.5. If the height of the limiters is not specified in the description of the exercises, then for cars it must be at least 1 m, and for trucks - at least 1.5 m.

2.6. The location of the figures on the track, as well as the sequence of performing exercises, is determined by the organizer of the competition and indicated in the Regulations. The STOP exercise is performed last.

2.7. The penalty circle is marked approximately in the center of the competition area. If the figures are placed in one row, then two penalty laps are marked off the track.

2.8. Approximate route schemes are given in Appendix № 1.

2.9. If there are sufficient areas, several parallel identical tracks can be marked.

3. The order of start and movement on the track.

3.1. The distribution of cars among the participants, the order of entry to the start is determined by the Regulations.

3.2. The car, braked by the parking brake, is installed on the "START" line of the track with the engine running and the doors closed.

3.3. The starting participant is at a distance of 50 m from his car. He has no right to go to the car until the start signal is given. Start is given only individual. After the starting signal is given, the participant runs towards the car and starts moving along the track.

3.4. Between the figures and inside them, any maneuvering of the car is allowed, except for stops in the zone of the STOP line.

3.5. The participant has the right to use all the methods generally accepted by car drivers.

3.6. When driving in reverse, it is allowed to open the car door. In this case, it is forbidden to put your foot on the footrest of the car.

3.7. Before moving forward, the door must be closed. For moving forward with the door open, the participant is excluded from the competition.

3.8. Each participant must complete all exercises in the assigned sequence.

3.9. An athlete who violates the sequence, evaded at least one exercise, and also deliberately did not complete the exercise, is eliminated from the competition.

3.10. When touching the limiters and other violations of the order of the exercises, the participant is given a penalty circle, after passing which he makes a second attempt to perform this exercise.

3.11. If the second attempt also fails, the exercise is considered failed and the participant proceeds to the next exercises without going around the penalty loop.

3.12. The end of the attempt is considered to be the complete departure of the car from the figure, which is fixed by the judges by raising the appropriate flags.

3.13. Participants who do not complete two exercises are eliminated from the competition.

3.14. In the exercise "STOP" the second attempt is not allowed. If the car stops outside the "STOP" line, the exercise is considered failed and the participant is eliminated from the competition.

3.15. When touching the limiters of the figure in which the exercise was not performed at the moment, the participant goes around the penalty circle.

3.16. When touching the limiters of the penalty circle, the participant is eliminated from the competition.

4. List of figures, calculation of their sizes, description of exercises.

4.1. Symbols for vehicle dimensions:

B - car base;

D - overall length of the car;

W - overall width of the car;

Shsh - vehicle tire width;

OOTR - outer overall turning radius at the most protruding point of the car;

IOTR - internal overall turning radius of the car.

4.2. "Circle" - two concentric circles, marked by delimiters and forming a carriageway, which is entered through a gate in the outer circle.

4.2.1. The participant must drive through the gate to the carriageway of the circle and, having described a full circle, take the car out of the gate.

4.2.2. Figure dimensions:

a) The radius of the outer circle - $ROC = 1.07R_{ng}$.

b) The radius of the inner circle - $RIC \approx IOTR - 10 \text{ cm}$.

c) The width of the gate - $B = OOTR - RIC$.

4.2.3. Exercises performed:

a) Moving around the circle in a clockwise direction.

- b) Moving around in a circle in a counterclockwise direction.
- c) Moving in a circle in reverse clockwise.
- d) Moving in a circle in reverse counterclockwise.

4.3. "Restricted U-turn" - a rectangle marked with stops on all sides, with a gate on one side for the entry and exit of the vehicle.

4.3.1. The participant must drive into a limited place through the gate using any maneuver, turn around in it and drive the car out through the same gate without touching the limit posts so that the projection of not a single part of the car goes beyond the perimeter of the figure.

4.3.2. Figure dimensions:

- a) Length: $H_{house} = 3D$.
- b) Width: $Sh_{om} = 2D$.
- d) Gate width: $W = W + 1.5 \text{ m}$.

4.3.3. Exercise being performed:

- a) Turning the car in a limited place.

4.4. "Multiple Snake" - five limiters in the form of racks installed in a straight line and forming four passages.

4.4.1. The participant must pass them sequentially, completely leaving the last passage and not touching the limiters.

4.4.2. Figure dimensions:

- a) Distance between the first and second posts: $Dz_1 = 1.4D$.
- b) Distance between the second and third posts: $Dz_2 \approx 1.4D + 0.5 \text{ m}$.
- c) Distance between the third and fourth posts: $Dz_3 \approx 1.2D$.
- d) Distance between the fourth and fifth posts: $Dz_4 \approx 1.2D$.

4.4.3. Exercises performed:

- a) Passing a snake forward.
- b) Driving a snake in reverse.

4.5. "Eight" - four limiters in the form of racks installed on the same line, of which the middle racks form the gate. The movement is carried out with a change of direction around the extreme limiters.

4.5.1. Entry and exit through the gate - perpendicular to the line on which the limiters are installed. The direction of the initial movement along the circle - depending on the placement of the figures.

4.5.2. Figure dimensions:

- a) The width of the gates of the "eight": $W_{ge} = W + 1 \text{ m}$.
- b) Distance between goal post and end stop: $D_{ov} \approx 2D$.

4.5.3. Exercise being performed:

- a) Entering forward through the gate, avoiding the limiters and leaving through the gate.

4.6. "Saw" consists of two parallel overall corridors with a distance of 5 m between them. Overall corridors are marked by the installation of two rows of limiters with different widths of the carriageway.

4.6.1. The participant must drive through the first corridor using the reverse gear, then - between the corridors in the forward direction and the second corridor - in the reverse direction.

4.6.2. Figure dimensions:

- a) Corridor length: $C_1 \approx 2D$.
- b) Width of the first corridor: $W_{c1} = W + 1 \text{ m}$.
- c) Width of the second corridor: $W_{c2} = W + 0.5 \text{ m}$.

4.6.3. Exercise being performed:

- a) Movement in the overall corridors with a change of direction forward and reverse.

4.7. "Track" - a board (whole or composite in length and width), forming a passage for the wheels of one side of the car.

4.7.1. The participant must drive the car along the board so that the front and rear wheels of one side of the car do not come off the board.

4.7.2. Figure dimensions:

- a) Track width: $T_w = 1,95Shsh. P$

b) With twin rear wheels: $T_w = 2,95Shsh$.

c) Board length: $B_l = D$.

4.7.3. Exercises performed:

a) Passage of the track on the left side forward.

b) Passage of the track on the right side in the forward direction.

c) Passage of the track on the left side in reverse.

4.8. "Hemp" - two wooden or plastic cylinders with a height determined by the smallest ground clearance of the car, installed at a distance B between them.

4.8.1. The participant must drive the car over the stumps without hitting them.

4.8.2. Exercises performed:

a) Driving over the stumps forward.

b) Driving over the stumps in reverse.

4.9. "Boxing" - a rectangle marked with limiters on three sides, with an open narrow side.

4.9.1. The participant must place the car through the narrow side so that at the moment of stopping the projection of none of its parts goes beyond the perimeter of the figure, and then drive the car out without hitting the limiters.

4.9.2. Figure dimensions:

a) Boxing depth: $B_d = 1.04D$.

b) Boxing width: $B_w \approx 1.24Sh$.

4.9.3. Exercises performed:

a) Entering the box in reverse.

b) Entry into the box in front.

4.10. "Stop" - a line 3 m long and 15 cm wide, drawn on the surface of the site perpendicular to the scoring direction of movement.

4.10.1. Two lines are drawn in front of the main line "Stop" and behind it at a distance of 1 m, which limit the area of the figure.

4.10.2. The participant, moving non-stop from the first line, must stop the car so that both front wheels are in contact with the main stop line. In this case, after a complete stop of the car, the stopwatch is turned off.

4.10.3. If the wheels of the car at the moment of stopping were in the zone in front of the main line "Stop", then a penalty time of 5 seconds is added to the time spent on passing the track. If the wheels of the car at the moment of stopping were in the zone behind the main stop line, then the penalty time is doubled.

4.11. "Penalty circle" - three racks located in the form of an equilateral triangle from a side equal to 5 m.

4.11.1. The participant must describe the penalty loop without hitting any of the racks. Movement is carried out in a clockwise direction.

5. The order of the route.

5.1. If the Regulations of the competition do not specify the number and name of the exercises, then the competitions are held in the following order:

- movement in a circle forward in a clockwise direction;

- entry into the box in reverse;

- turning the car in a limited place;

- passage of a snake forward;

- passage of a snake in reverse;

- passage "eight";

- movement in the overall corridors ("saw") in alternating directions forward and reverse;

- passage of the track on the left side in the forward direction;

- passage over the stumps forward;

- stop by the front wheels after moving forward.

SECTION 3. MILITARY-APPLIED SPORTS OF THE INTERNATIONAL UNION FOR MILITARY-APPLIED SPORTS FOR CITIZENS OF PRE-CONSCRIPTION AGE

Chapter 17. MILITARY CROSS

1. Types of programs.

1.1. For citizens of pre-conscription age:

1.1.1. Older boys (17 years old):

- running 3 km;
- shooting from an air rifle at 10 m;
- throwing grenades weighing 450 g at 35 meters

1.1.2. Boys (15-16 years old):

- running 1 km;
- shooting from an air rifle at 10 m;
- throwing grenades weighing 350 g at 35 meters

2. Competitors.

2.1. Citizens of pre-conscription age compete in age groups: older boys (17 years old), boys (15-16 years old).

3. Competition conditions

3.1. Paramilitary cross-country competitions are held on any terrain.

3.2. Each citizen of pre-conscription age performs an exercise in the form of clothing for citizens of pre-conscription age and a gas mask.

3.3. Uniform for citizens of pre-conscription age: a baseball cap, a jacket (T-shirt) with long sleeves, ankle-length sports trousers (breeches), sports shoes without spikes and a gas mask.

3.4. Any additional fastening and equipment that prevent their immediate use for their intended purpose is prohibited (including additional belts and other devices not provided for by the corresponding uniform).

3.5. The equipment, design, measurement and marking of the course are the same as in the sports disciplines "running in the form of 1000 m, running in the form of 3000 m".

3.6. The number of places for shooting and throwing is determined depending on the number of participants.

3.7. Start and finish are equipped in one place, and the turn is at a distance of 500 m when running 1 km and 1500 m when running 3 km.

4. Start.

4.1. During the start, military personnel must be dressed in uniform, have weapons in the "On the belt" position. At the start and finish, the weapons of the servicemen must be on the fuse.

4.2. Start single, pair or group (no more than 5 people in a group). The interval between group starts must be at least 3-4 minutes per 1 km and 5-6 minutes per 3 km.

4.3. Before the start of the run, the command "*On your marks*" is given. The signal to start running is given by a shot from a starting pistol or by the "*March*" command, accompanied by a sharp lowering of the flag.

5. Passing the distance.

5.1. When running, participants should not interfere with each other. The participant must not push the overtaking person or hold him with his hands, for violation of this he is removed from the competition.

5.2. A runner who has retired from the race is obliged to remove his bib number and inform the nearest controller judge about it, and upon arrival at the finish line, to the judge at the finish line.

5.3. Leading (accompanying while running) is not allowed. If this rule is violated, the leading participant is removed from the competition. The judge determines the lead at a distance.

6. The order of firing from a machine gun.

6.1. A place for shooting from a machine gun and an air rifle is equipped at the turning point.

6.2. The servicemen are firing from a machine gun, from a prone position, with three single shots, until the first hit on a falling target № 7 (half-length figure).

6.3. After arriving at the firing line, the participants receive cartridges, take their place as directed by the referee and are prepared for firing. When an athlete fills the magazine with cartridges, the referee must tell him the number of the target at which he must shoot.

6.4. Fire opens as soon as it is ready, without additional command from the referee. When shooting, it is allowed to use a machine gun belt and an emphasis on the ground with a magazine. The participant performs all actions with weapons independently. To correct delays and malfunctions, he may, with the permission of the referee, use the help of a gunsmith.

6.5. If the shooter, instead of single shots, began firing in a burst, the shooting is counted to him. For equipping the store with more than three cartridges, the participant is removed from the competition.

6.6. In the case when a participant hit someone else's target, shooting is counted for him, but 15 seconds are added to the result of the cross.

6.7. If the target has fallen and the competitor has not fired, the referee must signal the operator to pick up the target, after which shooting continues. At the same time, the time of the forced delay in firing is subtracted from the overall result in the cross-country.

6.8. After the end of shooting, the referee examines the weapon, when the participant is still in the prone position, accepts the remaining cartridges and gives the command to continue running.

7. Air Rifle Firing Procedure.

7.1. Air rifles are placed on the firing line by team representatives or coaches.

7.2. For air rifles, bullets of any type and shape in 4.5 mm caliber, made of lead or a similar soft alloy (material), are used.

7.3. Steel or jacketed bullets are prohibited. It is forbidden to have bullets for shooting at the start.

7.4. Boys are shooting from an air rifle, lying down with five single shots at target № 8 at a distance of 10 m.

7.5. After arriving at the firing line, the participants receive bullets, take their place at the direction of the referee and are made for firing. Fire opens as soon as it is ready, without additional command from the referee.

7.6. The participant performs all actions with weapons independently. To correct delays and malfunctions, he may, with the permission of the referee, use the help of a gunsmith.

7.7. In the event that the judge on the firing line recorded that the participant fired more than five shots, then he is removed from the competition.

7.8. If less than five holes are found in the black part of the target, then 15 seconds of penalty time for each missing hole is added to the result of the participant's run.

7.9. If more than five holes are found in the target, then the result of the run of the participant is added 5 from the penalty time for each extra hole.

7.10. In the case when a participant hit someone else's target, shooting is counted for him, but 20 seconds of penalty time is added to the result of the run.

7.11. After the end of the shooting, the participant unloads the rifle on his own, leaves it on the firing line and, without the referee's command, continues the cross.

8. Throwing grenades.

8.1. For throwing grenades, servicemen at the beginning of the third kilometer are equipped with corridors 10 m wide and 40 m long. Three F-1 grenades are located at the throwing point. The participant occupies any free corridor and sequentially throws F-1 grenades (600 g) from a place or from a run up to the first throw beyond the 40 m line, after which, at the command of the judge, continues to run.

8.2. For a miss in shooting or throwing a grenade by less than 40 m, a serviceman is penalized and 20 s or 10 s are added to the time of the participant shown at the finish line, respectively.

8.3. When throwing grenades by boys at a distance of 200 m to the finish line when running for 1 km and at the beginning of the third kilometer when running for 3 km, corridors 10 m wide and 30 m or 35 m long, respectively, are equipped. Three grenades are located at the throwing point. The participant occupies any free corridor and successively throws grenades from a place or from a running start to the first throw abroad 30 m for boys (15-16 years old) and 35 m for older boys (17 years old), after which, at the command of the judge, continues to run.

8.4. For throwing a grenade less than 35 m for older boys (17 years old) or 30 m for boys (15-16 years old), the participant is penalized and 20 seconds are added to the time shown at the finish line.

8.5. An attempt is considered failed if the contestant:

- a) at the time of the throw or after it touches the ground behind the bar with any part of the body, uniform or machine gun;
- b) steps on the bar or touches it from above; will release a grenade during the run-up (waving), which will fall in front of the bar. An accidental drop of a grenade in the throwing sector (up to the bar) is not considered a mistake;
- c) will go forward through the bar after the throw to the “Yes” command. The throw also does not count if the grenade fell outside the corridor.

9. Finish.

9.1. The end of the distance is fixed at the moment when the participant touches the imaginary finish plane with any part of the body.

9.2. If the participant, after touching the finish plane with his torso, falls on the line, then the time and order of arrival are saved if he then crosses the finish plane on his own.

10. Definition of results.

10.1. The time for the participants is fixed without stopping the stopwatch (along the “sliding” arrow) with an accuracy of 1 s.

10.2. Determination of the winner and occupied personal places is made according to the results shown, taking into account the penalty time. If two or more participants finish the distance in different races with the same result (including penalty time), then they are given the same places. Subsequent places do not move.

Chapter 18. GCE OBSTACLE COURSES

1. General provisions.

1.1. GCE obstacles courses are held at sports competitions as separate sports disciplines.

1.2. The equipment of obstacle courses and the procedure for performing exercises are carried out in accordance with the requirements of the Manual on Physical Training in the Armed Forces of the Republic of Kazakhstan (hereinafter referred to as NFP) and these Rules.

1.3. Before the start of competitions on a mountain obstacle course, it is necessary to check the correct fastening of ropes. Their reliability is established by external inspection and testing, worn ropes and ropes are replaced with new ones. Particular attention is paid to checking the fastenings of logs, beams, cornices, railings and other parts located at a considerable height.

1.4. All parts with which the hands and body of the participants come into contact must not have burrs, scale, torn joints and irregularities. Climbing ropes are hung immediately before the competition, and removed at the end. Landing pits are dug up and loosened. Tension collars and bolts are lubricated and tightened.

2. Competitors.

2.1. Citizens of pre-conscription age compete in age groups: older boys (17 years old), boys (15-16 years old).

3. Dress.

3.1. Uniform for citizens of pre-conscription age: a baseball cap, a jacket (T-shirt) with long sleeves, ankle-length sports trousers (breeches), sports shoes without spikes and a gas mask.

4. Start.

4.1. Before the start of each race, a presentation of its participants is made. When introducing a competitor, the athlete must take a step forward. In competitions in overcoming obstacles, only pair start is used.

4.2. The start is taken from a standing position. At the starter's command "***On your marks***", go to the starting line, put one foot forward without stepping on the line, put the other half a step back on the toe. At the "Attention" command, transfer the weight of the body to the forward leg, move the body forward and take a stationary position. On the command "March" start running.

4.3. The signal to start running is given by a shot from the starting pistol or the "March" command, accompanied by a sharp lowering of the starting flag.

4.4. After the "Attention" command and before the "March" command, the participants must stop all movement. The interval between these commands can be different.

4.5. The participant who, before the starter's signal, was the first to start the run, is considered to have started incorrectly (false start). In this case, the participants of the race are returned to the start by the commands "Stop", "Back" or by a second shot of the starting pistol.

4.6. A participant who violates the start rules is given a warning. The person who received the warning should raise his hand to confirm that he heard the warning made to him. A participant who violates the start rules for the second time is removed from the competition.

4.7. In case of breakage of obstacles that occurred through no fault of the participant, he is allowed to restart on the same day.

5. General requirements for overcoming obstacles.

5.1. Each participant must overcome the obstacle course on his own, without any help.

5.2. The participant is allowed to run only along his own track or section (direction) of the obstacle course. For violation of this rule, the participant is removed from the competition.

5.3. If an athlete ran any section of someone else's track (section of the strip) and at the same time interfered with another participant, the latter, with the permission of the chief referee, can be given a start on the same day. In this case, the best of the two results shown by him is credited to the participant.

5.4. Techniques for overcoming obstacles, throwing grenades, as well as special tricks and actions are allowed to be carried out in any way, if their implementation is not specified in the description of the exercise.

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

5.6. An athlete of adolescence, who dropped any item of clothing while overcoming obstacles, is obliged to return back and pick up the lost item, and then continue the exercise.

5.7. A runner who has retired from the race is obliged to remove his bib number and inform the nearest controller judge about it, and upon arrival at the finish line, to the judge at the finish line.

5.8. Leading (accompanying while running) is not allowed. If this rule is violated, the leading participant is removed from the competition. The judge determines the lead at a distance.

6. The procedure for overcoming the obstacle course GCE in combination with a 200-meter run for citizens of pre-conscription age.

6.1. Competitions in the general control exercise on a single obstacle course in combination with a 200-meter run for boys are held in the following sequence: 100-meter run, overcoming an obstacle course, 100-meter run. Throwing grenades is not carried out.

6.2. The order of overcoming the obstacle course for older boys (17 years old):

- run 100 m along the track, towards the line of the beginning of the lane;
- run around the flag and jump over a ditch 2 m wide;
- run through the passages of the labyrinth;
- climb over the fence, climb the vertical ladder to the second (curved) section of the destroyed bridge;
- run along the beams, jumping over the gap, and jump to the ground from the end of the last section of the beam;
- overcome three steps of the destroyed stairs with the obligatory touch of the ground between the steps with both feet, run under the fourth step;
- climb through the wall jump into the trench, go along the message;
- jump out of the well, run to the wall and jump over it;
- run up the sloping stairs to the fourth step and run down the stairs of the ruined stairs;
- climb the vertical ladder onto the beam of the destroyed bridge, run along the beams, jumping over the gaps, and escape along the inclined board;
- jump over a ditch 2 m wide;
- run 20 m and, having run around the flag, run in the opposite direction 100 m along the track to the finish line.

6.3. The order of overcoming the obstacle course for boys (15-16 years old):

- run 100 m along the track, towards the line of the beginning of the lane;
- run around the checkbox;
- jump over a ditch 2 m wide;
- run through the passages of the labyrinth;
- climb over a fence 2 m high using a stand;
- run past the destroyed bridge;
- overcome the three steps of the destroyed stairs in any way with the obligatory touch of the ground between the steps and run under the fourth step;
- climb through the breach in the wall and run to the trench;
- jump into it and, along the way, run to the well and jump out of it;
- run to the wall and overcome it with a jump;
- run up the sloping stairs to the fourth step and run down the stairs of the ruined stairs;
- run past the destroyed bridge and fence;
- jump over a ditch 2 m wide;
- run 20 m and, having run around the flag, run in the opposite direction 100 m along the track to the finish line.

6.3.1. Cabinets with a height of no more than 55 cm are used as stands.

7. Finish.

7.1. The end of the distance is fixed at the moment when the participant touches the imaginary finish plane with any part of the body.

7.2. The participant at the finish line must be dressed in uniform and have weapons, uniforms and equipment registered at the start. For any missing item of uniform, equipment and weapons, the participant is removed from the competition.

7.3. If the participant, after touching the finish plane with his body, falls on the line, then the time and order of arrival are saved, if he then crosses the finish plane on his own.

8. Definition of results.

8.1. The result of each participant who finished the distance is determined by a separate stopwatch with an accuracy of 0.1 s.

8.2. The determination of the winner of the race and the occupied personal places is made according to the results shown.

8.3. In case of equal results for two or more participants, the best place is awarded to the athlete who started earlier. If two participants have shown the same results in one race, they are awarded the same places. Subsequent places do not move.

Chapter 19. GRENADE THROWING

1. When throwing grenades by boys at a distance of 200 m to the finish line when running for 1 km and at the beginning of the third kilometer when running for 3 km, corridors 10 m wide and 30 m or 35 m long, respectively, are equipped. Three grenades are located at the throwing point. The participant occupies any free corridor and successively throws grenades from a place or from a running start to the first throw abroad 30 m for boys (15-16 years old) and 35 m for older boys (17 years old), after which, at the command of the judge, continues to run.

2. For throwing a grenade less than 35 m for older boys (17 years old) or 30 m for boys (15-16 years old), the participant is penalized and 20 seconds are added to the time shown at the finish line.

3. An attempt is considered failed if the contestant:

a) at the time of the throw or after it touches the ground behind the bar with any part of the body, uniform or machine gun;

b) steps on the bar or touches it from above; will release a grenade during the run-up (waving), which will fall in front of the bar. An accidental drop of a grenade in the throwing sector (up to the bar) is not considered a mistake;

c) will go forward through the bar after the throw to the "Yes" command. The throw also does not count if the grenade fell outside the corridor.

Finish.

1. The end of the distance is fixed at the moment when the participant touches the imaginary finish plane with any part of the body.

2. If the participant, after touching the finish plane with his torso, falls on the line, then the time and order of arrival are saved if he then crosses the finish plane on his own.

Definition of results.

1. The time for the participants is fixed without stopping the stopwatch (along the "sliding" arrow) with an accuracy of 1 s.

2. Determination of the winner and occupied personal places is made according to the results shown, taking into account the penalty time. If two or more participants finish the distance in different races with the same result (including penalty time), then they are given the same places. Subsequent places do not move.

Chapter 20. GRENADE THROWING GD (at a distance).

1. Competition conditions.

1.1. Throwing grenades at a distance is carried out from a running start or from a place, with F-1 training grenades without a safety lever. The mass of grenades for citizens of pre-conscription age: for older boys (17 years old) - 450 g; for boys (15-16 years old) - 350 g.

1.2. The athlete throws 3 grenades. Participants are obliged to use grenades provided only by the panel of judges. When using other grenades, the result of throwing is not counted.

1.3. Throwing is carried out from a bar or line 4 m long and 7 cm wide along a 10 m wide corridor. The plank is fixed flush with the ground of the runway and painted white. At the ends of it, colored flags and pointers are installed.

1.4. The corridor is marked with parallel white lines, which are drawn every 5 m, starting at 40 m. At both ends of the lines, pointers with numbers are installed that show the distance from the bar. The width of the sidelines is not included in the corridor boundaries.

1.5. The runway must be tight. The width of the track is at least 1.25 m, the length is 25 - 30 m. On the last 6 - 8 meters in front of the bar, the path expands to 4 m.

2. Dress.

2.1. Uniform for boys: baseball cap, jacket (t-shirt) with long sleeves, ankle-length sports trousers (breeches), sports shoes without spikes. Boys perform the exercise without weapons.

3. Competitors.

3.1. Citizens of pre-conscription age compete in age groups: older boys (17 years old), boys (15-16 years old).

4. Definition of results.

4.1. The throw is counted after the command of the senior referee "Yes", if the grenade fell within the boundaries of the corridor, and the participant did not violate the rules of throwing and after the throw did not step over the bar or sideline. The referee accompanies the "Yes" command by raising the flag up, which is a signal for the measuring judges and gives them the right to mark the result.

4.2. In case of violation of the rules of throwing, the chief referee pronounces the command "No" and at the same time makes a signal with a flag lowered down.

4.3. An attempt is considered failed if the contestant:

a) at the time of the throw or after it touches the ground behind the bar with any part of the body, uniform or machine gun;

b) steps on the bar or touches it from above; will release a grenade during the run-up (waving), which will fall in front of the bar. An accidental drop of a grenade in the throwing sector (up to the bar) is not considered a mistake;

c) will go forward through the bar after the throw to the "Yes" command. The throw also does not count if the grenade fell outside the corridor.

4.4. The trace left by a grenade after it fell into the corridor is marked with a pointer with a number. The pointer is placed on the track point closest to the bar.

4.5. The measurement is made with a tape measure from a pointer along a line perpendicular to the bar. When measuring, the zero mark of the tape measure is applied to the pointer. The result is determined with an accuracy of 1 cm.

4.6. The measurement is taken after all three throws have been made. Only the result of the best throw is recorded in the protocol.

4.7. In the event of an equal result for two or more participants, they are given the same places. Subsequent places do not move. Participants who have shown the same results and claim to be the winner of the competition are given an additional three throws.

Chapter 21. GRENADE THROWING GT (for accuracy).

1. Competition conditions.

1.2. Throwing grenades for accuracy is carried out from a place or from a run to a distance of 35 m in three circles: 1st circle (central) with a radius of 0.5 m; 2nd - 1.5 m; 3rd - 2.5 m.

The distance to the center of the circle for citizens of pre-conscription age is 35 m.

1.3. The first circle is made of metal, flush with the ground and painted white. A red flag 15x20 cm in size, 30 cm high from the ground, is fixed in the center of the circle.

1.4. Other circles are marked with lines 5 cm wide. The marking line is included in the size of the smaller circle.

1.5. Throwing is carried out with F-1 training grenades weighing 350 g and 450 g without a safety lever. The mass of grenades for citizens of military age: for boys (15-16 years old) - 350 g; for older boys (17 years old) - 450 g. Grenades are issued to the participant by the judges at the place of throwing.

1.6. Participants are obliged to use grenades provided by the panel of judges. When using other grenades, the result of throwing is not counted.

1.7. Throwing grenades can be carried out simultaneously in several sectors, subject to the necessary security measures.

1.8. For safety reasons, when throwing grenades, a metal mesh fence is installed behind the circles.

1.9. Throwing rules and criteria for evaluating an attempt are similar to the conditions for holding competitions in throwing grenades at a distance. The size of the sector is similar to the size of the sector for throwing grenades at a distance.

2. Competitors.

2.1. Citizens of pre-conscription age compete in age groups: older boys (17 years old), boys (15-16 years old).

3. Dress.

3.1. Uniform for boys: baseball cap, jacket (t-shirt) with long sleeves, ankle-length sports trousers (breeches), sports shoes without spikes. Hats are not allowed to be removed. Boys perform the exercise without weapons.

4. Definition of results.

4.1. Each participant is allowed three trial and fifteen test throws. The time for throwing trial grenades is 1 min, test grenades - 6 min.

4.2. After performing test throws, the participant reports on his readiness to make test throws and, at the command of the judge, starts throwing. Until the end of throwing all grenades, the participant can leave the sector only with the permission of the judge.

4.3. When performing test throws, the assessment is made by the judge at the circle by raising a pointer with a number corresponding to the value of the throw, and is duplicated by voice. Throwing another grenade is allowed only after receiving a score for the previous throw.

4.4. Throws when a grenade hits a target are scored: 1st circle (central) - 115 points; 2nd round - 75 points; 3rd round - 45 points.

4.5. Hitting the flag in the center circle is worth 115 points.

4.6. The winner is determined by the highest total points scored. In case of equal points, the best place is determined by the participant who has more hits in the 1st round, then - 2nd, 3rd.

Chapter 22. LONG DIVING

1. Competition conditions.

1.1. Military personnel and citizens of pre-conscription age perform the exercise in sportswear.

1.2. From the starting position on the starting pedestal, jump into the water and swim underwater in any way, guided by the line at the bottom of the pool or a stretched cord at a depth of 1-1.5 m.

1.3. The start is taken individually according to the readiness of the serviceman to perform the exercise. In pools, the start is taken by a push from the wall.

1.4. When holding a competition at a water station, the start is given from the starting pedestal, at the request of the athlete, it is allowed to take the start with a push from the floor board.

1.5. Diving in length is carried out when the transparency of the water is not less than 1 m in the pool.

1.6. When diving in length at water stations, it must be equipped with at least one side of the longitudinal flooring.

1.7. In swimming pools, competitions can be held on two extreme lanes.

1.8. At the summer water station, a diving site is equipped as follows. At a distance of 2 m from the longitudinal flooring along the pool at a depth of 1 m, a white cord 1–1.5 cm thick is stretched. The cord should not have knots and tears. Three marks are made on the cord: one - at a distance of 30 m from the start of the dive, painted black (section 20 cm), the other - at a distance of 40 m, painted red, the third at a distance of 45 m, painted blue.

1.9. To insure the swimmer while diving, a nylon cord 0.5 cm thick is used, which is fixed at one end on the belt, the other is in the hands of the controller judge. Cord length - 7 - 6 m. The cord must be strong and not have knots or tears.

1.10. To ensure security measures, a rescue team (2-4 people) of swimmers is allocated at the disposal of the controller-judge, which are located along the flooring, in the places indicated by the panel of judges. Rescuers must be provided with a diving mask, breathing tube, and swimming fins.

2. Competitors.

2.1. Military personnel take part in competitions from the age of 18. Citizens of pre-conscription age compete in age groups: older boys (17 years old), boys (15-16 years old).

3. Start.

3.1. The start of swimmers is strictly individual. When ready to perform the exercise, the participant gives a signal by raising his hand up and saying "Ready".

3.2. During the exercise, the swimmer must be under water at all times. If any part of the body appears on the surface of the water, the exercise is terminated. The result of the participant is determined by the appearance of his head on the surface.

3.3. The participant is obliged to move forward due to the rowing movements of the arms and legs. It is forbidden to move forward during the exercise, clinging to the travel cord.

3.4. During the performance of the exercise by the participant, the control judge accompanies him along the pool, holding the signal cord in a relaxed position and observing the correctness of the participant's passage of the distance.

3.5. If the swimmer stops underwater or deviates away from the guiding cord, the control judge is obliged to immediately raise the participant to the surface of the water by pulling the cord, and, if necessary, order the swimmers of the rescue team to jump into the water and provide assistance.

3.6. After diving 25 m (or 50 m), a turn is made under water, and the participant, after a push from the wall, dives the remaining meters of the distance.

3.7. The participant is obliged to touch the rotary shield when turning. If this condition is violated, the exercise is considered failed.

3.8. Three marks must be made on the side of the pool: 30, 40 and 50 meters, which the controller judge is guided by when determining the result.

3.9. In a pool with high water transparency, three transverse lines are drawn at the bottom 30, 40 and 50 m from the start of the dive. For boys, additional transverse lines of 20 m and 10 m are applied. Line length - 1 m, width - 10 cm.

3.10. Marks on the bottom of the pool and on the guiding cord are used by the competitors to control the distance traveled.

4. Definition of results.

4.1. The end of the distance (finish) is fixed at the moment when the participant touches the swivel shield or the pool wall with his hand.

4.2. The time of the participant who finished first in his swim is recorded by three stopwatches and is determined with an accuracy of 0.2 s. In the event of a discrepancy in the readings of the timekeepers, the data of two stopwatches that recorded the same time are taken, or the indications of the average stopwatch in case of a discrepancy between all three. The time of the other participant is recorded by a separate stopwatch.

4.3. If the stopwatch readings differ from the record of the order in which the participants arrived at the finish line, then personal places are determined in the order in which they arrived. The result in doubt is set according to the readings of the stopwatches that determined the result of the participant who came to the finish line first.

4.4. Determination of the winner and occupied personal places is made according to the results shown. If two or more participants finish the distance with the same time, they are given the

same places for which they claim, and the subsequent places are not shifted. To determine the prize places, a repeated swim is assigned.

Chapter 23. TUG-OF-WAR IN UNIFORM

1. General requirements.

1.1. The venue for the tug-of-war competition must be a flat and level surface. One central line is drawn on the surface perpendicular to the direction of rope movement.

1.2. The length of the rope is 33-34 m, its diameter is 10-13 cm. The rope must have marks in the following places:

one (red) in the center;

two (white) at a distance of 4 m from the center mark on both sides;

two (green) at a distance of 5 m from the center mark on both sides.

1.6. The team consists of eight people. One substitute is allowed. Replacing a participant with a substitute is allowed immediately before the start of the tug-of-war.

1.7. Team weight categories are established in accordance with the Regulations on the competition.

1.8. Weighing of participants is carried out on the day of the competition for one hour in shorts (swimming trunks) and stops one hour before the start.

1.9. Each team must have its own instructor who directs its actions during the tug. The coach is not allowed to talk to the team while it is participating in the tug.

2. Competitors.

2.1. Citizens of pre-conscription age compete in age groups: older boys (17 years old), boys (15-16 years old).

3. Dress.

3.1. Uniform for boys: baseball cap, jacket (t-shirt) with long sleeves, ankle-length sports trousers (breeches), sports shoes without spikes.

3.2. It is not allowed to have a metal toe cap or metal plates on shoes. Spikes and nails protruding from the soles or heels of shoes are not allowed.

4. Rope grip requirements.

4.1. Competitors must not grab the rope within the length indicated by the green marks.

4.2. There should be no knots or loops on the rope. Before the start of the tug-of-war, the rope must be taut, the center mark on it must be above the center line marked at the competition site.

4.3. Each competitor is allowed to hold the rope with both hands, gripping it in the normal way, i.e. with the palms of both hands turned up and the rope passing between the body and the shoulder.

4.4. Any other grip that prevents the free movement of the rope is a brake and is considered a violation of the rules.

4.5. The trailing team member grabs the rope with his hands in the usual way, and passes the end of the rope through the armpit, then along the back over the opposite shoulder and clamps in the other armpit.

4.6. The rope must always be in the tension position.

4.7. A team is disqualified upon receiving three warnings related to the violation of the rules in one tug. A violation committed by one participant is considered a violation of the rules by the team.

5. It is forbidden to:

a) intentionally sit down on the ground (field) or slowly get up after an unintentional fall;

b) touch the ground with any part of the body other than the soles of the feet;

any grip on the rope preventing its free movement;

- c) make any excavations in the ground before the command "Tighten the rope";
- d) leaving the surface on which the competition is held.

6. Competition conditions.

6.1. A tug-of-war competition between two teams is played up to two victories. Between tug-of-war, participants are given a rest of no more than 5 minutes.

6.2. Before the first pull, lots are drawn to select the ends of the rope. On the second drag, the teams change ends. If a third pull is necessary, the choice of ends is again determined by drawing lots.

6.3. After the chief judge receives a signal from the judges about readiness, he gives the participants the following commands by voice or gesture:

"Raise the rope" - on this command, the rope is captured;

"Tighten the rope" - participants are required to pull the rope tightly;

"Rope to the center" - the rope is transferred to the central position;

Hold Steady - The rope is in a stable position and its center mark is above the center line on the ground.

After a short pause, the command "Pull the rope" is given.

6.4. If the referee fixes a violation, he stops the bout, gives a warning to the corresponding team and points to the center mark, after which the tug-of-war begins anew.

6.5. The victory in tug-of-war is fixed by the chief referee with a whistle and a gesture.

7. Commands and gestures of the chief referee.

| <i>Command</i> | <i>Signal</i> |
|----------------------------------|---|
| <i>Get ready</i> | <i>Right hand raised up</i> |
| <i>Raise the rope</i> | <i>Arms outstretched, palms up</i> |
| <i>Pull the rope</i> | <i>Hands up, palms up</i> |
| <i>Rope to the center</i> | <i>Points with one hand towards the team, which must move to the center</i> |
| <i>Keep in a stable position</i> | <i>Arms outstretched with palms out</i> |
| <i>Tug-of-war</i> | <i>Quickly lowers arms down to sides</i> |
| <i>Victory</i> | <i>Blows the whistle and points to the winning team</i> |
| <i>Swap rope ends</i> | <i>Blows his whistle and crosses his arms over his head</i> |
| <i>Stop</i> | <i>Blows the whistle and crosses his arms in front of him</i> |
| <i>A warning</i> | <i>Raises hand towards the offending team and points with one or two fingers to the number of the warning</i> |

8. Determination of the winner.

8.1. The tug-of-war is considered won by the team if it has moved the rope to the required distance indicated by the marks, or if the other team is disqualified by the referee.

8.2. The process of tug-of-war is served by at least three judges: a senior judge and two side judges.

Chapter 24. SWIMMING WITH A RIFLE.

1. General requirements.

1.1. Competitions are held in artificial and natural pools.

1.2. At the place where the starting jump is performed, the depth must be at least 1.2 m. The surface of the starting table must be horizontal or with a slope of 7 degrees and non-slip. The height of the starting table should be no more than 0.75 m from the water level.

1.3. Underwater shields must be even, without gaps, with a height of the above-water part of at least 0.3 m and underwater - 1.8 m.

1.4. The pool lane should be no narrower than 2.5 m each. They are separated from each other by ropes (cables) with floats with a diameter of not more than 10 cm. The lanes are numbered from right to left, when viewed from the start side.

1.5. To stop swimmers in case of an incorrect start above the water, a cord is pulled across the pool at a height of 1.5 m, at a distance of 15 m from the start, which is lowered into the water when it is necessary to return those who started back.

1.6. The turntable in open water must be painted white.

2. Competition conditions.

2.1. Boys perform an exercise in the form of clothes with a model of a machine gun (AKM or AKS).

2.2. The layout of the machine must correspond to the size and weight of at least 2 kg, have negative buoyancy.

3. Dress.

3.1. For boys: a waist belt, a jacket (t-shirt) with long sleeves, ankle-deep sports trousers (breeches), sports shoes without spikes, a mock-up of a machine gun.

4. Competitors.

4.1. Citizens of pre-conscription age compete in age groups: older boys (17 years old), boys (15-16 years old).

5. Start.

5.1. From the starting position on the starting bollard or from the water (boots, boots, sports shoes are removed and tucked into the waist belt in front or behind with the soles outward, the tops are bent to the toes of the foot, the machine with a fastened magazine behind the back; for boys, sports shoes are tucked into the waist belt, model of the machine behind the back) at the command of the judge-starter, the participants must swim the distance in any way.

5.2. The lane numbers for the participants are determined by a draw immediately before the start of the next heat. It is allowed to draw lots in advance.

5.3. The starter, having checked the readiness of the timekeepers, gives a preliminary command "Participants to take their places" or a long whistle. On this command, the participants take places on the starting table according to the draw. On the command "*On your marks*", the participants must immediately prepare for the start by assuming a stationary position. After making sure that the participants are ready for the start, the starter gives the command "March", while lowering the flag raised above his head.

5.4. If one or more participants start moving or jump into the water before the start signal (team), then the start is considered incorrect (false start). All participants return and the start is repeated. In the event of a second false start, any contestant who breaks the rule will be disqualified.

5.5. At the second start, the swimmer does not return. All participants swim the distance completely, the starter, by his decision and with the consent of the chief judge, disqualifies the athlete who, in his opinion, started prematurely. Result to the competitor who violated rule 4.4. does not count.

6. Overcoming distance.

6.1. The participant must swim the entire distance on the surface of the water. During the starting jump and turns, diving under water is allowed.

6.2. When performing turns and at the finish, the participant must touch the turntable or the wall of the pool with his hand or any other part of the body.

6.3. A participant who finds himself on someone else's lane and interferes with another participant is disqualified. The injured participant is given a new attempt on the same day, in this case the best time from two heats is counted.

6.4. When passing the distance, participants are prohibited from pulling themselves up, grabbing paths, stair handrails and other objects, as well as pushing off them or from the bottom.

6.5. It is not allowed to perform any leading actions (give instructions, accompany the athlete along the side of the pool, etc.) while the athlete is passing the distance.

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

6.7. After overcoming the distance, the senior judge at the finish line checks the availability of uniforms, equipment and weapons for each participant in the swim. In case of loss of weapons or uniforms, the result is not counted to the participant.

7. Finish.

7.1. The end of the distance is fixed at the moment when the participant touches the swivel shield or the wall of the pool with his hand.

8. Definition of results.

8.1. The time of the participant who came first in his swim is recorded by three stopwatches and is determined with an accuracy of 0.2 s.

8.2. In the event of a discrepancy in the readings of the timekeepers, the data of two stopwatches that recorded the same time are taken, or the readings of the average stopwatch in the event of a discrepancy between all three.

8.3. The time of each of the other participants in the swim is recorded by a separate stopwatch.

8.4. If the stopwatch readings differ from the entry order of the participants to the finish line, then the personal places are determined according to the arrival.

8.5. The results that cause doubts are established according to the readings of the stopwatches that determined the result of the participant who came to the finish line first.

8.6. Determination of the winner and occupied personal places is made according to the results shown. If two or more participants finish the distance with the same time, they are given the same places for which they claim, and subsequent places do not move. For prize-winning places, a repeated swim is assigned.

Chapter 25. MILITARY MULTIATHLON (VT-3).

1. Types of programs:

1.1. For citizens of pre-conscription age:

a) older boys (17 years old):

- shooting VP-2 (20 shots at 10 m, standing);

- throwing grenades at a distance;

-GCE obstacle course combined with 200m run.

b) boys (15-16 years old):

- shooting VP-1 (20 shots at 10 m, standing, with support on the table);

- throwing grenades at a distance;

-GCE obstacle course combined with 200m run.

2. Competition conditions.

2.1. VT-3 competitions are held at the championship of the type (type of troops) of the Armed Forces, the military district (fleet), the championship of citizens of pre-conscription age for three days:

1st day - AK-1 shooting (for boys - VP-1, VP-2);

2nd day - throwing F-1 grenades at a distance;

3rd day - overcoming the obstacle course of the GCE in combination with a 400-meter run (for boys - in combination with a 200-meter run).

2.2. The championship of a military unit, formation, association, military educational institution is held within 2 days:

1st day - shooting and throwing F-1 grenades at a distance;

2nd day - GCE obstacle course combined with a 400-meter run.

2.3. The conditions and procedure for overcoming obstacles and throwing grenades at a distance (GD) for military personnel and boys are set out respectively in Chapter 20 of Section 3 of these Rules.

2.4. Judging of competitions and conditions for AK-1 shooting are set out in chapters 2 and 3 of the sport "shooting from standard or service weapons".

2.5. To complete each exercise of the program, the participant is given one attempt, except for the cases specified in the overcoming obstacles section of these Rules.

2.6. When performing exercises, the participant performs all actions with weapons independently. To eliminate delays and malfunctions, he may, with the permission of the referee, use the help of a gunsmith or another person (trainer).

2.7. A participant who is late for the start of the exercise is not allowed to shoot.

2.8. When shooting, all shots are counted, regardless of whether they were fired at the will of the shooter or accidentally.

2.9. For a shot outside the firing line, the participant is suspended from participation in the competition. For an extra shot, the best hole is removed from the participant.

2.10. In all other cases, when shooting, not provided for by these Rules, one should be guided by the Rules of competitions in bullet shooting and the Regulations on competitions.

3. Competitors.

3.1. Citizens of pre-conscription age compete in age groups: older boys (17 years old), boys (15-16 years old).

4. Dress.

4.1. Uniform for boys: baseball cap, jacket (t-shirt) with long sleeves, ankle-length sports trousers (breeches), sports shoes without spikes.

5. The procedure and conditions for performing exercises from an air rifle.

| Exercise Index | Distance (m) | Target | Shooting position | Number of trial targets | Number of trial shots | Test shot time | Number of scoring shots | Time for scoring shots |
|----------------|--------------|--------|-------------------------------------|-------------------------|-----------------------|----------------|-------------------------|------------------------|
| VP-1 | 10 | 8 | Standing, with support on the table | 1 | 5 | 10 min. | 20 | 40 min. |
| VP-2 | 10 | 8 | standing | 1 | 5 | 10 min. | 20 | 40 min. |

5.1. For air rifles, bullets of any type and shape in 4.5 mm caliber, made of lead or a similar soft alloy (material), are used. Steel or jacketed bullets are prohibited.

5.2. The order of the exercise VP-1.

5.2.1. On the command "Replacement is invited to the firing line", the participants of the competition go to the firing line and stop behind their firing positions opposite the tables, the numbers of which are determined by drawing lots.

5.2.2. On the command "Ready", the shooters begin to prepare for shooting from a standing position with support on the table. It is not allowed to touch the surface of the table with the weapon, as well as foreign objects during shooting. Preparation time - 5 minutes.

5.2.3. At the end of the preparation time, the Chief Firing Officer announces: "Attention, exercise VP-1 is being performed. Trial series, 5 shots, time - 10 minutes", gives commands: "Charge" and after 3-5 seconds - "Fire". After completing the trial series, the following commands are given: "Stop", "Unload", "Weapon for inspection". After inspection, the rifles are placed on a table with an open lock, the shooters remove the test targets.

5.2.4. Scoring series with support on the table - 20 shots, performed one or two shots at the target. When shooting, it is allowed to use a shooting pad 10 mm thick for the elbows of the hands.

5.2.5. The Chief Range Officer announces: "Attention, exercise VP-1 is being performed. Scoring series, 20 shots, time - 40 minutes", gives commands: "Charge" and after 3-5 seconds - "Fire".

5.2.6. After the test series is completed, the following commands are given: "Stop", "Unload", "Weapon to be examined", "Inspected", "Remove weapon". Rifles are put away in cases or boxes, the shift is taken away from the firing line.

6.3. The order of the exercise VP-2.

6.3.1. Boys perform the VP-2 exercise similarly to the VP-1 exercise, except that the trial and test series are performed without support on the table or on any other objects.

7. Determination of shooting results.

7.1. The shooting results of each participant in the competition are determined by the amount of points scored in the targets of the scoring series or by the amount of holes in the scoring targets.

7.2. A hole in a target with boundary circles is considered to have violated the dimension near which it is located, and is counted up if it at least touches the outer side of the boundary line.

7.3. The assessment of the controversial hole is made using a template made of transparent material with circles printed on it. The outer circle is equal to the caliber of the weapon, the inner one is the control (for centering).

The size of the template, equal to the caliber of the weapon, must be 4.5 mm.

7.4. If there are no measuring devices, a violation of the contour line of the dimension should be considered a break in its hole or the presence of a clearly visible trace of a bullet on the outer side of the dimension line.

7.5. Breakage of the marker line by radial rays radiating from the hole is not taken into account.

7.6. Combined hole (hitting a bullet into a bullet) is determined and certified without removing the target from the backboard, at least two judges.

7.7. The presence and value of holes in the targets are determined by at least two judges. If they do not have a unanimous opinion, the final decision is made by the senior judge of the KOR.

7.8. The decision of the panel of judges in assessing the dignity of holes is final and not subject to appeal.

7.9. The winner in the exercises performed on targets with overall circles is determined by the largest amount of points scored, and if they are equal, by the greater number of "10", then - "9", "8", etc.

8. Determining the results of the competition.

8.1. The winner is determined by the largest amount of points received by the participant for the results shown in each multiathlon exercise.

8.2. Points are awarded to participants according to the tables for evaluating the results of the norms, requirements and conditions for their implementation in the sport "military-applied sport".

8.3. If the result shown is between the two results indicated in the table, then the interpolation method is used to determine the number of points with an accuracy of 0.5 points. In all other cases, the table is equalized to the worst result.

8.4. The procedure for determining the team standings is established by the Competition Regulations.

Chapter 26. MILITARY MULTIATHLON (BT-4).

1. Types of programs:

1.1. For citizens of pre-conscription age:

1.2.1. Older boys (17 years old):

- pulling up;
- running 3 km;
- running 100 m;
- Overcoming obstacles GCE in combination with a 200m run or a 100m swim.

1.2.2. Boys (15-16 years old):

- pulling up;
- running 1 km;
- running 60 m;
- Overcoming obstacles GCE in combination with a 200m run or a 50m swim.

2. Competition conditions.

2.1. Military multiathlon competitions (VT-4) are held for 2-3 days.

2.2. The conditions and procedure for running 1 km and 3 km are set out in § 2 of Section 4 of these Rules.

2.2.1. The conditions and procedure for running 60 m and 100 m are set out in § 1 of Section 4 of these Rules.

2.2.2. The conditions and procedure for overcoming obstacles are set out in Chapter 18 (GCE Obstacle Courses) of Section 3 of these Rules and the Manual on Physical Training for the Armed Forces of the Republic of Kazakhstan (hereinafter referred to as NFP).

2.2.3. Swimming 50 m and 100 m are held in accordance with the Competition Rules of the sport "swimming".

2.3. To complete each exercise of the program, the participant is given one attempt, except for the cases specified in the overcoming obstacles section of these Rules.

3. Competitors.

3.1. Citizens of pre-conscription age compete in age groups: older boys (17 years old), boys (15-16 years old).

4. Dress.

4.1. For boys in running 60 m, 100 m and overcoming obstacles: a baseball cap, a jacket (t-shirt) with long sleeves, ankle-length sports trousers (breeches), sports shoes without spikes. In running 1 km, 3 km and swimming - sports.

5. The order of performing sports exercises.

5.1. Pulling up on the crossbar.

5.1.1. Hanging with a grip from above, bending the arms, pull up (the chin is higher than the bar of the crossbar), unbending the arms, lower into the hang. The position of the hang is fixed.

5.1.2. Slight bending and spreading of the legs, a slight deviation of the body from a fixed position in the hang is allowed.

5.1.3. It is forbidden to perform movements with a jerk and a swing.

5.2. Lifting a coup on the crossbar.

5.2.1. Hanging with a grip from above, bending your arms, raise your legs to the crossbar and turning around the axis of the projectile, go into focus on straight arms. The positions of the hang and the stop are fixed, lowering into the hang is performed in an arbitrary way.

5.2.2. Slight bending and spreading of the legs, a slight deviation of the body from a fixed position in the hang is allowed.

5.2.3. It is forbidden to perform swing movements.

5.3. Loping exercise (turns forward, backward with turns on loping).

5.3.1. 4 series of 5 revolutions are performed with a change in the direction of rotation after each series.

5.3.2. The exercise begins and ends at the moment the frame passes the loping of the upper vertical position. The number of swings during the exercise and between series is not limited.

5.3.3. The exercise is evaluated by the amount of time spent on the implementation of 4 series.

6. Determining the results of competitions.

6.1. The winner is determined by the largest amount of points received by the participant for the results shown in each multiathlon exercise.

6.2. Points are awarded to participants according to the tables for evaluating the results of the norms, requirements and conditions for their implementation in the sport "military-applied sport".

6.3. If the result shown is between the two results indicated in the table, then the interpolation method is used to determine the number of points with an accuracy of 0.5 points. In all other cases, the table is equalized to the worst result.

6.4. The procedure for determining the team standings is established by the Competition Regulations.

Chapter 27. OFFICER'S WINTER QUADRATHLON, OFFICER'S SUMMER QUADRATHLON.

1. Officers' winter quadrathlon.

1.1. Types of programs:

1.1.1. For citizens of pre-conscription age:

a) older boys (17 years old):

-2 exercise - shooting PP-1 at 10 meters (3+10); pull-up;
swimming 100 m; ski race 10 km.

b) boys (15-16 years old):

-3 exercise - shooting PP-1 at 10 meters (3+10); pull-up;
swimming 50 m; ski race 5 km.

2. Officer's summer quadrathlon.

2.1. Types of programs:

2.1.1. For citizens of pre-conscription age:

a) older boys (17 years old):

-2 exercise - shooting PP-1 at 10 meters (3+10); pull-up;
swimming 100 m; run 3 km.

b) boys (15-16 years old):

-3 exercise - shooting PP-1 at 10 meters (3+10); pull-up;
swimming 50 m; run 1 km.

3. Competition conditions.

3.1. The PM-1 shooting exercise is performed on target № 4 with a black circle. The judging of competitions and the conditions for conducting PM-1 shooting are set out in chapters 2 and 3 of the Rules for the sport of "shooting from standard or service weapons".

3.2. The conditions and procedure for running 1 km and 3 km are set out in § 2 of Section 4 of these Rules.

3.3. The conditions and procedure for holding competitions for boys in pull-ups are set out in Chapter 26, Section 3, paragraph 5.1. sports discipline "military multiathlon (VT-4)" of these Rules.

3.4. Swimming 50 m and 100 m are held in accordance with the Rules of the sport "swimming".

3.5. Competitions before the championship of the military district are held in two days:

1st day - gymnastics, swimming;

2nd day - shooting, running or cross-country skiing (in winter).

3.6. The championship of the military district and above, the championships of citizens of pre-prescription age are held on three days:

1st day - gymnastics;

2nd day - shooting, swimming;

3rd day - running or cross-country skiing (in winter).

3.7. For each exercise, the participant is allowed one attempt.

4. Dress.

4.1. For military personnel, the following uniform is established: for shooting - military № 4B, according to Appendix № 26, for gymnastics, running, skiing and swimming - sports.

4.2. Boys' dress code:

- in shooting - a baseball cap, a T-shirt (jacket) with long sleeves, ankle-deep sports trousers (breeches), sports shoes without spikes;

- in gymnastics, running, cross-country skiing and swimming - sports.

5. Competitors.

5.1. Citizens of pre-prescription age compete in age groups: older boys (17 years old), boys (15-16 years old).

6. The procedure and conditions for performing an exercise from an air pistol (PP-1).

| Exercise Index | Distance (m) | target number | Number of trial targets | Number of shots | | Time (min) | |
|------------------|--------------|---------------|-------------------------|-----------------|------|------------|------------|
| | | | | Trial | test | For trial | for credit |
| Air gun shooting | | | | | | | |
| PP-1 | 10 | 9 | 1 | 3 | 10 | 3 | 12 |

6.1. Shooting is carried out from a Makarov pneumatic pistol manufactured by the Izhevsk Mechanical Plant.

6.2. For shooting, bullets of any type and shape of 4.5 mm caliber are used.

6.3. The trigger tension for an air pistol must be at least 0.5 kg.

6.4. When performing the exercise, the shooters must stand in the areas allocated to them (firing positions) without relying on foreign objects. At the same time, the pistol is held, and shots from it are fired with the same hand.

6.5. 3 minutes are allotted to prepare the shift for the exercise after taking up firing positions.

6.6. When handling a pneumatic pistol and conducting shooting, it is strictly prohibited:

- a) when transporting (carrying) a weapon, keep it open (without a case);
 - b) at the shooting range, in the shooting range (outside the firing line) to prepare for shooting and aim somewhere;
 - c) keep the weapon loaded, the pistol - with a closed contactor;
 - d) leave weapons unattended and take someone else's without permission;
 - e) on the firing line, load and shoot without a command, shoot from a faulty weapon;
 - f) turn the barrel of the weapon away from the direction of fire (it is allowed up and down - up to 45°);
 - g) to touch the weapon during breaks between series, when there are people on the target line or in the zone of fire,
 - h) keep the weapon loaded, the pistol with an open circuit breaker after the "Unload" command;
- 6.7. It is not allowed to simultaneously hold test and training shootings in the same shooting range, as well as competitions in different exercises.
- 6.8. Weapons for checking by the participants of the competition are presented to the weapons judge on the day of shooting.
- 6.9. It is forbidden to make any changes to the design of the weapon, including: changing the shape and size of sights, trigger, parts of the firing mechanism, handle, etc.

7. The order of the exercise from the air pistol.

- 7.1. The next shift, at the command of the senior referee of the firing line, lines up at the starting position according to the list of shifts.
- 7.2. According to the commands "Change is invited to the firing line", "Ready", the shooters take up firing positions, prepare places for shooting, prepare for shooting and perform shooting without a cartridge. After the preparation time has elapsed, the chief firing line judge announces which exercise is being performed and proceeds to conduct shooting.
- 7.3. Before trial shots, the chief judge of the firing line gives the commands: "Three test shots. Charge" and after 2-3 seconds - "Fire". At the end of the shooting or the expiration of 3 minutes, the command is given: "**Discharge.**" "**Weapon for inspection**". Pistols are inspected, placed on a table (bedside table) with an open contactor. Scoring series - 10 shots are fired one or two shots at the target.
- 7.4. The following commands are given to perform test shots: "**Regular series. Load**" and after 2-3 seconds - "**Fire**", and after shooting or after 12 minutes - the commands: "**Stop**", "**Unload**", "**Remove weapon**". Pistols are removed in cases or boxes, the shift is taken away from the firing line.

8. Gymnastics.

- 8.1. In gymnastics competitions, participants act as teams. The team is led by a captain. He takes a place on the right flank of the team.
- 8.2. In competitions, exercises are performed in gymnastic trousers (underpants), T-shirts, and shoes (or socks without shoes).
- 8.3. Participants must have the emblem of their sports organization on their suit. Team members must wear the same uniform.
- 8.4. Gymnastic apparatus and equipment must meet certain requirements.
- Crossbar.** Neck length - 2400 mm ± 2 mm, diameter - 28 mm ± 1 mm, height from the floor - 2550 mm. Mats 2 m wide must be placed under the crossbar at a distance of 4.5 m in each direction. The neck, loaded in the middle with a mass of 220 kg, must bend by 100 mm ± 10 mm.
- Bars.** The height of the upper surface of the bars is 1750 mm ± 5 mm from the floor. The distance between the inner surfaces of the poles is 480-520 mm. Profile poles oval - 41-51 mm. A pole loaded in the middle with a mass of 135 kg must bend by 60 mm ± 6 mm.
- Gymnastic bridge.** The maximum height of the bridge at the point of repulsion is 140 mm ± 10 mm. The bridge, loaded at a distance of 300 mm from the high edge with a mass of 600 kg, should deflect by 85 mm ± 10 mm.

Mats. The thickness over the entire surface is 60-65 mm. Near the bars, mats are laid in one layer, near the crossbar and during vaults, mats can be stacked in two or three layers. The use of foam mats is not permitted.

Jumping horse. Length - 1600-1630 mm, width - 350 mm, height - 1300 mm. The horse must be attached to the floor. There must be at least 5 m from the projectile from the landing side to the nearest obstacle, the distance from the horse to the start of the takeoff run is 20 m.

8.5. Content and evaluation of gymnastic exercises:

Crossbar

| <i>Exercise #1</i> | | <i>points</i> |
|--------------------|--|---------------|
| 1 | Hang, swing, kip raise | 1.5 |
| 2 | Turn forward | 1.0 |
| 3 | Sweep to the vis, large swoop forward coup at point-blank range | 2.5 |
| 4 | Arc swing with turn | 1.5 |
| 5 | Lifting with two, interception with the right (left) grip from below | 1.5 |
| 6 | Forward turn in dismount | 2.0 |
| <i>Total</i> | | 10.0 |
| <i>Exercise #2</i> | | |
| 1 | Hang, roll up | 1.0 |
| 2 | Max arc | 1.5 |
| 3 | Kickback, swing back | 2.5 |
| 4 | Turn back in emphasis | 2.0 |
| 5 | Max arc | 1.5 |
| 6 | Swing back dismount bending over | 1.5 |
| <i>Total</i> | | 10.0 |

Bars

| <i>Exercise #1</i> | | |
|--------------------|--|-------------|
| 1 | Hanging at an angle, kip-up at close range | 2.0 |
| 2 | Swing back somersault forward | 1.0 |
| 3 | Swing back | 1.5 |
| 4 | Swing forward corner (hold) | 0.5 |
| 5 | Force, pike, shoulder stand (hold) | 1.0 |
| 6 | Swing forward roll with the interception of hands in emphasis on the hands and rise with a swing forward | 2.0 |
| 7 | Swing back dismount to the left (right) with a turn of the shoulder forward ("leg") | 2.0 |
| <i>Total</i> | | 10.0 |
| <i>Exercise #2</i> | | |
| 1 | Swinging in emphasis on the hands, lifting with a swing forward | 2.5 |
| 2 | Swing Back Shoulderstand (hold) | 2.0 |
| 3 | Swing forward, roll with interception of hands at point-blank range on hands bent over | 1.0 |

| | | |
|--------------|--|-------------|
| 4 | Kickback, swing back | 2.5 |
| 5 | Swing forward dismount with an angle to the right (left) with a turn to the left (right) in a circle | 2.0 |
| <i>Total</i> | | 10.0 |

Bounce

| | | |
|-------------|--|-------------|
| Exercise #1 | Long pike jump | 10.0 |
| Exercise #2 | Jump with legs bent over the horse in length | 10.0 |
| Exercise #3 | Long leg jump over a horse | 10.0 |

The height of the horse is 1300 mm.

8.6. For testing gymnastic equipment, equal time is allocated for all participants at the rate of 30-40 seconds per participant.

8.7. The signal for the exit of the participant is a call by his senior judge.

8.8. The participant, being in the starting position, must turn to face the chief referee, raise his right hand up as a sign of readiness and then start the exercise. If 35 seconds after the call, the participant does not start the exercise, a deduction of 0.3 points is made. A participant may receive a zero score if he does not start the exercise 1 min 5 s after the call of the chief referee.

8.9. Performing an exercise without a call is not evaluated. In this case, the participant may be given a second attempt with the permission of the chief judge with a deduction of 0.3 points.

8.10. A participant can be removed from the competition by the chief referee for indiscipline and in case of obvious unpreparedness for the competition.

8.11. Refereeing is carried out in an open way. The measurement of the exercise is determined depending on the quality of the performance. The exercise must be performed in accordance with the description, without errors, with good posture, with a large range of motion, clearly, easily, confidently, beautifully and expressively.

8.12. The beginning of the exercise is a combat stance taken by the participant in front of the projectile (in the vault - the moment the bridge touches).

8.13. The end of the exercise is the moment when the participant, after landing, takes a combat stance.

8.14. All deviations from the impeccable performance of elements, connections and exercises in general lead to appropriate deductions. The exercise is evaluated with an accuracy of 0.1 points.

8.15. Penalties for mistakes in performing exercises:

8.15.1. When performing exercises, small (0.1 point deduction), medium (0.3 point deduction) and gross (0.5 point deduction) errors can be made.

8.15.2. Minor errors in bending the arms, legs and body are considered deviations of up to 30 ° from the required position; during landings - significant oscillatory movements without moving from the spot, moving from the spot in one step or jump.

8.15.3. Average errors are deviations up to 45° from the required position, convergence with two or more steps (jumps) upon landing.

8.15.4. Gross mistakes - deviation up to 60 °, jog on landing or touching the floor with your hand.

8.16. The participant may not complete the element. In this case, the corresponding cost of the item is deducted from the total score.

8.17. Failure of an element is considered:

a) strong bending of the arms, legs or body (more than 60 °);

b) landing on any part of the body, except for the feet;

c) additional support on the projectile in jumps;

d) execution of a clearly different element due to a larger or smaller turn;

e) execution of the swing element by force;

e) underexposure of the static position for more than 1 s.

8.18. In elements that are considered failed, there is no deduction for execution errors, including deductions for landing errors.

8.19. Each time a participant adds one element (or several elements in a row in one place of the exercise), a deduction of 0.5 points is made. The repetition of a completed element or part of a combination is considered as adding an element.

8.20. For assistance during the exercise, a deduction of 0.5 points is made, and the element in which assistance is provided is considered not completed.

8.21. If the gymnast falls or leaves the apparatus, then a deduction of 0.5 points is made. He may continue the exercise (except for jumps) before the Chief Judge says: *"Thirty Seconds"*.

8.22. Adding an element after a fall or providing assistance is allowed.

8.23. During the exercise, you must not talk to the gymnast or give him any signals. For such violations, the score is reduced by 0.3 points.

8.24. Derivation of the final score.

8.24.1. Estimates are shown at the signal of the senior judge.

8.24.2. The final score is determined by:

with three judges - an average mark,

with two - the arithmetic mean of two estimates.

8.24.3. The final score for the exercise № 1 is determined by multiplying the average score by a factor of 1.1 (on jumps for the exercise № 2 - by 1.05). The final score is immediately announced to the participant.

8.24.4. The discrepancy between the scores (between the two closest scores with three judges) should not exceed:

0.1 points - with a final score of 9.55 points and above;

0.2 points - with a final score of 9.0 to 9.5 points;

0.3 points - with a final score of 8.0 to 8.95 points;

0.5 points - with a final score of 7.0 to 7.95 points;

1.0 points - with a final score below 6.95 points.

9. Definition of results.

9.1. The winner in the officer's summer (winter) quadrathlon is determined by the largest amount of points received by the participant for the results shown in each exercise.

9.2. In case of equality of points, the advantage is given to the participant with the best result in shooting, then in running (cross-country skiing), swimming, and gymnastics.

9.3. Points are awarded to participants according to the tables for evaluating the results of the norms, requirements and conditions for their implementation in the sport "military-applied sport".

9.4. If the result shown is between the two results indicated in the table, then the interpolation method is used to determine the number of points with an accuracy of 0.5 points. In all other cases, the table is equalized to the worst result.

9.5. The procedure for summing up the team standings at the championships is established by the Competition Regulations.

Section 4. PROGRAM AND CONDITIONS OF COMPETITIONS IN SPORTS DISCIPLINES OF MILITARY-APPLIED SPORTS.

§ 1. RUN IN THE UNIFORM 100 m, RUN IN THE UNIFORM 400 m.

1. Competition conditions.

1.1. Competitions in 100m running and 400m running are held on the stadium's running track or flat terrain with any surface.

1.2. Between the start and finish lines are marked for the running of each participant. The width of the tracks is 1.25 m, including the width of the lines. The last 5 meters of the distance

(before the finish line) are marked across the entire track with lines every meter. All markings are made with white lines 5 cm wide. The width of the lines is included in the total length of the distance.

1.3. The running distance is measured with a metal measuring tape (roulette) or a metal rope (cable) 50 m long.

1.4. Uniform for competitions: military - № 2B or № 3B, according to Appendix № 26.

1.5. The lanes on which the competitors must run are determined by a draw held on the eve of the day of the competition or immediately before the start.

2. Start.

2.1. Before the start of each race, a presentation of its participants is made. When introducing a competitor, the athlete must take a step forward.

2.2. The start is taken from a standing position. At the starter's command "*On your marks*", go to the starting line, put one foot forward without stepping on the line, put the other half a step back on the toe. At the "Attention" command, transfer the weight of the body to the forward leg, move the body forward and take a stationary position. On the command "March" start running.

2.3. The signal to start running is given by a shot from the starting pistol or the "*March*" command, accompanied by a sharp lowering of the starting flag.

2.4. After the "*Attention*" command and before the "*March*" command, the participants must stop all movement. The interval between these commands can be different.

2.5. The participant (group of participants), who, before the starter's signal, was the first to start the run, is considered to have started incorrectly (false start). In this case, the participants of the race are returned to the start by the commands "*Stop*", "*Back*" or by a second shot of the starting pistol.

2.6. A participant who violates the start rules is given a warning. The person who received the warning should raise his hand to confirm that he heard the warning made to him. A participant who violates the start rules for the second time is removed from the competition.

3. Passing the distance.

3.1. Each participant must run in his own lane.

3.2. If a participant moved to another lane while running and interfered with another participant, then he is removed from the competition.

3.3. Leading (accompanying while running) is not allowed. If this rule is violated, the leading participant is removed from the competition. The judge determines the lead at a distance.

3.4. In the 400m run, a group start is allowed, but not more than six people.

4. Finish.

4.1. The end of the distance is fixed at the moment when the participant touches the imaginary finish plane with any part of the body.

4.2. If the participant, after touching the finish plane with his torso, falls on the line, then the time and order of arrival are saved if he then crosses the finish plane on his own.

5. Definition of results.

5.1. The result of each participant who finished the distance is determined by a separate stopwatch.

5.2. The determination of the winner of the race and the occupied personal places is made according to the results shown.

5.3. If two or more participants finish the distance in different races with the same result, then the participant who started earlier has the advantage, and if the participants started in the same race, then the places taken are determined by the order in which the participants touch the finish plane.

§ 2. RUN IN THE UNIFORM 1000 m, RUN IN THE UNIFORM 3000 m.

1. Competition conditions.

1.1. At the championships of the military district and above, running is carried out along the paths of the stadium, at sports competitions of a different status, running can be held on level ground, with a turn at half the distance. Start and finish are equipped in one place.

1.2. The running distance can be measured with a metal measuring tape (tape measure) or a metal rope (cable) 50 m long or a special bicycle wheel with a footage counter.

1.3. The running distance is marked with colored flags or other means of coloring. Turns are indicated by garlands of flags, direction and mileage indicators. At a distance of 3 km running, 500 m before the finish line, a sign ***“500 m Until the finish line”*** is set. Start and finish corridors are equipped at the start and finish.

1.4. Controllers are placed at the running distance to monitor the correctness of the participants passing the distance. The number of judges must ensure reliable control over the correct passage of the distance by the participants of the race.

1.5. Uniform for competitions: military - № 3B or № 4B, according to Appendix № 26. When performing an exercise in the form of clothing № 4B, participants are allowed to remove their headgear and hold it in their hand only during the run and at the finish line.

2. Start.

2.1. The start is taken from a standing position. The number of participants in the race for 1 km should not exceed 10, and for 3 km - 30 people (when running around the stadium - 20 people).

2.2. When running with a turn in the middle of the distance, the interval between group starts should be at least 3-4 minutes per 1 km and 5-6 minutes per 3 km.

2.3. The arrangement of participants at the start is carried out according to the draw in one or more lines. The number of participants in the lines is determined by the panel of judges.

2.4. Before the start of the run, the commands ***“To the start”*** are given. The signal to start running is given by a shot from a starting pistol or by the ***“March”*** command, accompanied by a sharp lowering of the flag.

2.5. After the ***“On your marks”*** command and before the “March” command, the participants must stop all movement. The interval between these commands can be different.

2.6. The participant (group of participants), who, before the starter's signal, was the first to start the run, is considered to have started incorrectly (false start). In this case, the participants of the race are returned to the start by the commands ***“Stop”***, ***“Back”*** or by a second shot of the starting pistol.

2.7. A participant who violates the start rules is given a warning. The person who received the warning should raise his hand to confirm that he heard the warning made to him. A participant who violates the start rules for the second time is removed from the competition.

3. Passing the distance.

3.1. When running, participants should not interfere with each other. The participant must not push the overtaking person or hold him with his hands, for violation of this he is removed from the competition.

3.2. A runner who has retired from the race is obliged to remove his bib number and inform the nearest controller judge about it, and upon arrival at the finish line, to the judge at the finish line.

3.3. Leading (accompanying while running) is not allowed. If this rule is violated, the leading participant is removed from the competition. The judge determines the lead at a distance.

4. Finish.

4.1. The end of the distance is fixed at the moment when the participant touches the imaginary finish plane with any part of the body.

4.2. If the participant, after touching the finish plane with his torso, falls on the line, then the time and order of arrival are saved if he then crosses the finish plane on his own.

5. Definition of results.

In total, _____ people were allowed to participate in the competition.
 Team Representative _____ Doctor _____
 (signature) (signature, doctor's seal)

Appendix 2 to the Rules
 of military-applied sports of the
 International Union for Military-
 Applied Sports

TABLE for evaluating results and scoring points in military sports multiathlon (by sports)

| Exercises | Result valued at 1000 points | Scoring above (below) | | |
|--|--|---|---|--|
| 1 | 2 | 3 | | |
| Pull-ups on the bar | 26 pull ups | 1 pull up (plus or minus) | | 30 points |
| Military Uniform | | | | 50 points |
| 100m Run: High | 12.6 seconds | 12.6 seconds - better than 0.1 seconds | | 25 points |
| Top Boots | | 12.6 seconds - worse than 0.1 seconds | | 25 points |
| 1 kilometer run | 3 minutes 05 seconds (men) 3 minutes 30 seconds (women) | men | women | 7 points 20 points 10 points 5 points |
| | | 3 minutes 05 seconds - better than 1 second | 3 minutes 30 seconds - better than 1 second | |
| | | 3 minutes 10 seconds - 1 second | 3 minutes 30 seconds - 1 second | |
| | | 3 minutes 05 seconds - 1 second | 3 minutes 35 seconds - 1 second | |
| | | 3 minutes 10 seconds - 1 second | 3 minutes 35 seconds - 1 second | |
| | | 4 minutes 00 seconds - 1 second | 4 minutes 25 seconds - 1 second | |
| | | 4 minutes 00 seconds - worse - 1 second | 4 minutes 25 seconds - worse - 1 second | |
| 2 km run | 6 minutes 25.0 seconds | 1 second (plus or minus) | | 5 points |
| 3 km run | 10 minutes 10.0 seconds | 1 second (plus or minus) | | 4 points |
| Running 3 kilometers in military uniform: high-top boots | 10 minutes 40 seconds | 1 second (plus or minus) | | 4 points |
| Cross for 3 kilometers with calculation | 11 minutes 30 seconds | 1 second is better than 11 minutes 30 seconds | | 5 points |
| | | 1 second is worse than 11 minutes 30 seconds | | 3 points |
| Exercises | Result valued at 1000 points | Scoring above (below) | | |
| 1 | 2 | 3 | | |

| | | | | |
|--|--|---|---|--|
| Ski race: for 5 kilometers for 10 kilometers | men 19 minutes 20 seconds | women 24 minutes 00 seconds | 2 seconds (plus or minus) 2 seconds (plus or minus) | 3 points |
| | 43 minutes 00 seconds | 49 minutes 30 seconds | | 1 point |
| Shooting from service weapons: Kalashnikov assault rifle-1 (target № 4, chest) | 90 | | 1 knocked out point over 90 1 knocked out point from 6 to 90 1 knocked out point from 0 to 6 | 20 points 10 points 25 points |
| Makarov-1 pistol (target № 4, chest) Makarov pistol-1 (target number 4 with a black circle) Makarov-3 pistol (target № 4, chest) Makarov-3 pistol (target number 4 with a black circle) | 88 80 255 230 | | 1 knocked out point over 88 1 point scored below 88 1 knocked out point over 80 1 point scored below 80 1 knocked out point over 265 1 point scored below 265 1 point scored (give or take) | 50 points 20 points 30 points 20 points 20 points 10 points 10 points |
| Swimming: per 100 meters at 200 meters at 300 meters | men 1 minute 13.0 seconds 2 minutes 41.5 seconds 4 minutes 30.0 seconds | women 1 minute 20.0 seconds - | 0.5 seconds (give or take) 0.5 seconds (give or take) 0.5 seconds (give or take) | 7 points 5 points 4 points |
| gymnastic wheel | 28.0 points | | 0.1 points over 28.0 0.1 points below 28.0 | 10 points 5 points |
| Exercises | Result valued at 1000 points | | Scoring above (below) | |
| 1 | 2 | | 3 | |
| Loping | 45.0 seconds | | 0.1 seconds | 2 |

| | | | |
|---|------------------------|-------------------------------|--------------|
| | | | points |
| Throwing an F-1 grenade at a distance | 55 meters | 10 centimeters (give or take) | 5 points |
| Overcoming obstacles: General control exercise in combination with a 400-meter run | 2 minutes 25.0 seconds | 0.1 seconds (give or take) | 4 points |
| General control exercise in combination with a 200-meter run | 1 minute 55.0 seconds | 0.1 seconds (give or take) | 4 points |
| Military pentathlon-1: Bullet shooting (rifle 7.62) | | | 7 points |
| Overcoming obstacle course | 180 | 1 knocked out | 7 point |
| Throwing a grenade for accuracy and range | 2 minutes 40 seconds | 1 | second point |
| Cross for 8 kilometers | 170 | 1 | point |
| | 28 minutes | 1 second | 4 points |
| | | | 1 point |
| Military pentathlon-2 Obstacle Course (GCE) in combination with a 400-meter run (in sportswear) | | | 4 points |
| Shooting from a Kalashnikov-1 assault rifle (target №. 4, chest) | 2 minutes 25 seconds | 0.1 seconds (give or take) | 20 points |
| Swimming 50 meters | 90 | 1 knocked out point over 90 | points |
| Throwing a grenade for accuracy and range | 35.5 | 0.1 seconds (give or take) | 10 points |
| Cross for 8 kilometers | 170 | 1 | point |
| | 28 minutes | 1 second | 4 points |
| | | | 1 point |

| | | | |
|------------|--|--|--|
| kilometers | | | |
|------------|--|--|--|

TABLE for evaluating results and scoring points in military sports multiathlon (by sports)

Shooting from service weapons: Kalashnikov-1 assault rifle exercise - shooting from a Kalashnikov assault rifle (5.45) at 100 meters, at a fixed target № 4 (chest figure with circles), single, 3 trial and 10 test shots

| Result | Points | Result | Points | Result | Points | Result | Points | Result | Points |
|--------|--------|--------|--------|--------|--------|--------|--------|--------|--------|
| 100 | 1200 | 79 | 890 | 58 | 680 | 37 | 470 | 16 | 260 |
| 99 | 1180 | 78 | 880 | 57 | 670 | 36 | 460 | 15 | 250 |
| 98 | 1160 | 77 | 870 | 56 | 660 | 35 | 450 | 14 | 240 |
| 97 | 1140 | 76 | 860 | 55 | 650 | 34 | 440 | 13 | 230 |
| 96 | 1120 | 75 | 850 | 54 | 640 | 33 | 430 | 12 | 210 |
| 95 | 1100 | 74 | 840 | 53 | 630 | 32 | 420 | 11 | 200 |
| 94 | 1080 | 73 | 830 | 52 | 620 | 31 | 410 | 10 | 190 |
| 93 | 1060 | 72 | 820 | 51 | 610 | 30 | 400 | 9 | 180 |
| 92 | 1040 | 71 | 810 | 50 | 600 | 29 | 390 | 8 | 170 |
| 91 | 1020 | 70 | 800 | 49 | 590 | 28 | 380 | 7 | 160 |
| 90 | 1000 | 69 | 790 | 48 | 580 | 27 | 370 | 6 | 150 |
| 89 | 990 | 68 | 780 | 47 | 570 | 26 | 360 | 5 | 125 |
| 88 | 980 | 67 | 770 | 46 | 560 | 25 | 350 | 4 | 100 |
| 87 | 970 | 66 | 760 | 45 | 550 | 24 | 340 | 3 | 75 |
| 86 | 960 | 65 | 750 | 44 | 540 | 23 | 330 | 2 | 50 |
| 85 | 950 | 64 | 740 | 43 | 530 | 22 | 320 | 1 | 25 |
| 84 | 940 | 63 | 730 | 42 | 520 | 21 | 310 | 0 | 0 |
| 83 | 930 | 62 | 720 | 41 | 510 | 20 | 300 | | |
| 82 | 920 | 61 | 710 | 40 | 500 | 19 | 290 | | |
| 81 | 910 | 60 | 700 | 39 | 490 | 18 | 280 | | |
| 80 | 900 | 59 | 690 | 38 | 480 | 17 | 270 | | |

TABLE for evaluating results and scoring points in military sports multiathlon (by sports)

Exercise Kalashnikov-2 assault rifle - shooting from a Kalashnikov assault rifle (5.45) at 200 meters, from three positions (lying, kneeling, standing), at target № 7 (half-length figure), bursts of 3 series (10 rounds each)

| Number of holes | Points | Number of holes | Points | Number of holes | Points |
|-----------------|--------|-----------------|--------|-----------------|--------|
| 1 | 420 | 8 | 724 | 15 | 1273 |
| 2 | 450 | 9 | 786 | 16 | 1381 |
| 3 | 487 | 10 | 854 | 17 | 1500 |
| 4 | 527 | 11 | 923 | 18 | 1620 |

| | | | | | |
|---|-----|----|------|----|------|
| 5 | 569 | 12 | 1000 | 19 | 1740 |
| 6 | 613 | 13 | 1083 | 20 | 1860 |
| 7 | 667 | 14 | 1174 | | |

TABLE for evaluating results and scoring points in military sports multiathlon (by sports)

Exercise Makarov Pistol-1 - shooting from a Makarov pistol at 25 meters at a fixed target № 4 (chest figure with circles), 3 test and 10 test shots (2x5)

| Result | Points | Result | Points | Result | Points | Result | Points |
|--------|--------|--------|--------|--------|--------|--------|--------|
| 100 | 1600 | 80 | 840 | 60 | 440 | 40 | 40 |
| 99 | 1550 | 79 | 820 | 59 | 420 | 39 | 20 |
| 98 | 1500 | 78 | 800 | 58 | 400 | 38 | 0 |
| 97 | 1450 | 77 | 780 | 57 | 380 | | |
| 96 | 1400 | 76 | 760 | 56 | 360 | | |
| 95 | 1350 | 75 | 740 | 55 | 340 | | |
| 94 | 1300 | 74 | 720 | 54 | 320 | | |
| 93 | 1250 | 73 | 700 | 53 | 300 | | |
| 92 | 1200 | 72 | 680 | 52 | 280 | | |
| 91 | 1150 | 71 | 660 | 51 | 260 | | |
| 90 | 1100 | 70 | 640 | 50 | 240 | | |
| 89 | 1050 | 69 | 620 | 49 | 220 | | |
| 88 | 1000 | 68 | 600 | 48 | 200 | | |
| 87 | 980 | 67 | 580 | 47 | 180 | | |
| 86 | 960 | 66 | 560 | 46 | 160 | | |
| 85 | 940 | 65 | 540 | 45 | 140 | | |
| 84 | 920 | 64 | 520 | 44 | 120 | | |
| 83 | 900 | 63 | 500 | 43 | 100 | | |
| 82 | 880 | 62 | 480 | 42 | 80 | | |

| | | | | | | | |
|----|-----|----|-----|----|----|--|--|
| 81 | 860 | 61 | 460 | 41 | 60 | | |
|----|-----|----|-----|----|----|--|--|

TABLE for evaluating results and scoring points in military sports multiathlon (by sports)

Exercise Makarov Pistol-3 - shooting from a Makarov pistol at 25 meters at a fixed target № 4 (chest figure with circles), 5 test and 30 test shots (6x5)

| Result | Points | Result | Points | Result | Points | Result | Points |
|--------|--------|--------|--------|--------|--------|--------|--------|
| 300 | 1700 | 280 | 1300 | 260 | 950 | 240 | 750 |
| 299 | 1680 | 279 | 1280 | 259 | 940 | 239 | 740 |
| 298 | 1660 | 278 | 1260 | 258 | 930 | 238 | 730 |
| 297 | 1640 | 277 | 1240 | 257 | 920 | 237 | 720 |
| 296 | 1620 | 276 | 1220 | 256 | 910 | 236 | 710 |
| 295 | 1600 | 275 | 1200 | 255 | 900 | 235 | 700 |
| 294 | 1580 | 274 | 1180 | 254 | 890 | 234 | 690 |
| 293 | 1560 | 273 | 1160 | 253 | 880 | 233 | 680 |
| 292 | 1540 | 272 | 1140 | 252 | 870 | 232 | 670 |
| 291 | 1520 | 271 | 1120 | 251 | 860 | 231 | 660 |
| 290 | 1500 | 270 | 1100 | 250 | 850 | 230 | 650 |
| 289 | 1480 | 269 | 1080 | 249 | 840 | 229 | 640 |
| 288 | 1460 | 268 | 1060 | 248 | 830 | 228 | 630 |
| 287 | 1440 | 267 | 1040 | 247 | 820 | 227 | 620 |
| 286 | 1420 | 266 | 1020 | 246 | 810 | 226 | 610 |
| 285 | 1400 | 265 | 1000 | 245 | 800 | 225 | 600 |
| 284 | 1380 | 264 | 990 | 244 | 790 | 224 | 590 |
| 283 | 1360 | 263 | 980 | 243 | 780 | 223 | 580 |
| 282 | 1340 | 262 | 970 | 242 | 770 | 222 | 570 |
| 281 | 1320 | 261 | 960 | 241 | 760 | 221 | 560 |

Table continuation

| Result | Points | Result | Points | Result | Points |
|--------|--------|--------|--------|--------|--------|
| 220 | 550 | 200 | 350 | 180 | 150 |
| 219 | 540 | 199 | 340 | 179 | 140 |
| 218 | 530 | 198 | 330 | 178 | 130 |
| 217 | 520 | 197 | 320 | 177 | 120 |
| 216 | 510 | 196 | 310 | 176 | 110 |
| 215 | 500 | 195 | 300 | 175 | 100 |
| 214 | 490 | 194 | 290 | 174 | 90 |
| 213 | 480 | 193 | 280 | 173 | 80 |
| 212 | 470 | 192 | 270 | 172 | 70 |
| 211 | 460 | 191 | 260 | 171 | 60 |
| 210 | 450 | 190 | 250 | 170 | 50 |
| 209 | 440 | 189 | 240 | 169 | 40 |

| | | | | | |
|-----|-----|-----|-----|-----|----|
| 208 | 430 | 188 | 230 | 168 | 30 |
| 207 | 420 | 187 | 220 | 167 | 20 |
| 206 | 410 | 186 | 210 | 166 | 10 |
| 205 | 400 | 185 | 200 | 165 | 0 |
| 204 | 390 | 184 | 190 | | |
| 203 | 380 | 183 | 180 | | |
| 202 | 370 | 182 | 170 | | |
| 201 | 360 | 181 | 160 | | |

TABLE for evaluating results and scoring points in military sports multiathlon (by sports)

Throwing F-1 grenade (600 grams) at a distance

| Result (meters) | Points | Result (meters) | Points | Result (meters) | Points | Result (meters) | Points |
|-----------------|--------|-----------------|--------|-----------------|--------|-----------------|--------|
| 70.00 | 1750 | 67.50 | 1625 | 65.00 | 1500 | 62.50 | 1375 |
| 69.90 | 1745 | 67.40 | 1620 | 64.90 | 1495 | 62.40 | 1370 |
| 69.80 | 1740 | 67.30 | 1615 | 64.80 | 1490 | 62.30 | 1365 |
| 69.70 | 1735 | 67.20 | 1610 | 64.70 | 1485 | 62.20 | 1360 |
| 69.60 | 1730 | 67.10 | 1605 | 64.60 | 1480 | 62.10 | 1355 |
| 69.50 | 1725 | 67.00 | 1600 | 64.50 | 1475 | 62.00 | 1350 |
| 69.40 | 1720 | 66.90 | 1595 | 64.40 | 1470 | 61.90 | 1345 |
| 69.30 | 1715 | 66.80 | 1590 | 64.30 | 1465 | 61.80 | 1340 |
| 69.20 | 1710 | 66.70 | 1585 | 64.20 | 1460 | 61.70 | 1335 |
| 69.10 | 1705 | 66.60 | 1580 | 64.10 | 1455 | 61.60 | 1330 |
| 69.00 | 1700 | 66.50 | 1575 | 64.00 | 1450 | 61.50 | 1325 |
| 68.90 | 1695 | 66.40 | 1570 | 63.90 | 1445 | 61.40 | 1320 |
| 68.80 | 1690 | 66.30 | 1565 | 63.80 | 1440 | 61.30 | 1315 |
| 68.70 | 1685 | 66.20 | 1560 | 63.70 | 1435 | 61.20 | 1310 |
| 68.60 | 1680 | 66.10 | 1555 | 63.60 | 1430 | 61.10 | 1305 |
| 68.50 | 1675 | 66.00 | 1550 | 63.50 | 1425 | 61.00 | 1300 |
| 68.40 | 1670 | 65.90 | 1545 | 63.40 | 1420 | 60.90 | 1295 |
| 68.30 | 1665 | 65.80 | 1540 | 63.30 | 1415 | 60.80 | 1290 |
| 68.20 | 1660 | 65.70 | 1535 | 63.20 | 1410 | 60.70 | 1285 |
| 68.10 | 1655 | 65.60 | 1530 | 63.10 | 1405 | 60.60 | 1280 |
| 68.00 | 1650 | 65.50 | 1525 | 63.00 | 1400 | 60.50 | 1275 |
| 67.90 | 1645 | 65.40 | 1520 | 62.90 | 1395 | 60.40 | 1270 |
| 67.80 | 1640 | 65.30 | 1515 | 62.80 | 1390 | 60.30 | 1265 |
| 67.70 | 1635 | 65.20 | 1510 | 62.70 | 1385 | 60.20 | 1260 |

| | | | | | | | |
|-------|------|-------|------|-------|------|-------|------|
| 67.60 | 1630 | 65.10 | 1505 | 62.60 | 1380 | 60.10 | 1255 |
|-------|------|-------|------|-------|------|-------|------|

Table continuation

| Result (meters) | Points | Result (meters) | Points | Result (meters) | Points | Result (meters) | Points |
|-----------------|--------|-----------------|--------|-----------------|--------|-----------------|--------|
| 60.00 | 1250 | 57.50 | 1125 | 55.00 | 1000 | 52.50 | 875 |
| 59.90 | 1245 | 57.40 | 1120 | 54.90 | 995 | 52.40 | 870 |
| 59.80 | 1240 | 57.30 | 1115 | 54.80 | 990 | 52.30 | 865 |
| 59.70 | 1235 | 57.20 | 1110 | 54.70 | 985 | 52.20 | 860 |
| 59.60 | 1230 | 57.10 | 1105 | 54.60 | 980 | 52.10 | 855 |
| 59.50 | 1225 | 57.00 | 1100 | 54.50 | 975 | 52.00 | 850 |
| 59.40 | 1220 | 56.90 | 1095 | 54.40 | 970 | 51.90 | 845 |
| 59.30 | 1215 | 56.80 | 1090 | 54.30 | 965 | 51.80 | 840 |
| 59.20 | 1210 | 56.70 | 1085 | 54.20 | 960 | 51.70 | 835 |
| 59.10 | 1205 | 56.60 | 1080 | 54.10 | 955 | 51.60 | 830 |
| 59.00 | 1200 | 56.50 | 1075 | 54.00 | 950 | 51.50 | 825 |
| 58.90 | 1195 | 56.40 | 1070 | 53.90 | 945 | 51.40 | 820 |
| 58.80 | 1190 | 56.30 | 1065 | 53.80 | 940 | 51.30 | 815 |
| 58.70 | 1185 | 56.20 | 1060 | 53.70 | 935 | 51.20 | 810 |
| 58.60 | 1180 | 56.10 | 1055 | 53.60 | 930 | 51.10 | 805 |
| 58.50 | 1175 | 56.00 | 1050 | 53.50 | 925 | 51.00 | 800 |
| 58.40 | 1170 | 55.90 | 1045 | 53.40 | 920 | 50.90 | 795 |
| 58.30 | 1165 | 55.80 | 1040 | 53.30 | 915 | 50.80 | 790 |
| 58.20 | 1160 | 55.70 | 1035 | 53.20 | 910 | 50.70 | 785 |
| 58.10 | 1155 | 55.60 | 1030 | 53.10 | 905 | 50.60 | 780 |
| 58.00 | 1150 | 55.50 | 1025 | 53.00 | 900 | 50.50 | 775 |
| 57.90 | 1145 | 55.40 | 1020 | 52.90 | 895 | 50.40 | 770 |
| 57.80 | 1140 | 55.30 | 1015 | 52.80 | 890 | 50.30 | 765 |
| 57.70 | 1135 | 55.20 | 1010 | 52.70 | 885 | 50.20 | 760 |
| 57.60 | 1130 | 55.10 | 1005 | 52.60 | 880 | 50.10 | 755 |

Throwing F-1 grenade (600 grams) at a distance

| Result (meters) | Points | Result (meters) | Points | Result (meters) | Points | Result (meters) | Points |
|-----------------|--------|-----------------|--------|-----------------|--------|-----------------|--------|
| 50.00 | 750 | 48.00 | 650 | 46.00 | 550 | 44.00 | 450 |
| 49.90 | 745 | 47.90 | 645 | 45.90 | 545 | 43.90 | 445 |
| 49.80 | 740 | 47.80 | 640 | 45.80 | 540 | 43.80 | 440 |
| 49.70 | 735 | 47.70 | 635 | 45.70 | 535 | 43.70 | 435 |
| 49.60 | 730 | 47.60 | 630 | 45.60 | 530 | 43.60 | 430 |
| 49.50 | 725 | 47.50 | 625 | 45.50 | 525 | 43.50 | 425 |
| 49.40 | 720 | 47.40 | 620 | 45.40 | 520 | 43.40 | 420 |
| 49.30 | 715 | 47.30 | 615 | 45.30 | 515 | 43.30 | 415 |

| | | | | | | | |
|-------|-----|-------|-----|-------|-----|-------|-----|
| 49.20 | 710 | 47.20 | 610 | 45.20 | 510 | 43.20 | 410 |
| 49.10 | 705 | 47.10 | 605 | 45.10 | 505 | 43.10 | 405 |
| 49.00 | 700 | 47.00 | 600 | 45.00 | 500 | 43.00 | 400 |
| 48.90 | 695 | 46.90 | 595 | 44.90 | 495 | 42.90 | 395 |
| 48.80 | 690 | 46.80 | 590 | 44.80 | 490 | 42.80 | 390 |
| 48.70 | 685 | 46.70 | 585 | 44.70 | 485 | 42.70 | 385 |
| 48.60 | 680 | 46.60 | 580 | 44.60 | 480 | 42.60 | 380 |
| 48.50 | 675 | 46.50 | 575 | 44.50 | 475 | 42.50 | 375 |
| 48.40 | 670 | 46.40 | 570 | 44.40 | 470 | 42.40 | 370 |
| 48.30 | 665 | 46.30 | 565 | 44.30 | 465 | 42.30 | 365 |
| 48.20 | 660 | 46.20 | 560 | 44.20 | 460 | 42.20 | 360 |
| 48.10 | 655 | 46.10 | 555 | 44.10 | 455 | 42.10 | 355 |

Table continuation

| Result (meters) | Points | Result (meters) | Points | Result (meters) | Points | Result (meters) | Points |
|-----------------|--------|-----------------|--------|-----------------|--------|-----------------|--------|
| 42.00 | 350 | 40.00 | 250 | 38.00 | 150 | 36.00 | 50 |
| 41.90 | 345 | 39.90 | 245 | 37.90 | 145 | 35.90 | 45 |
| 41.80 | 340 | 39.80 | 240 | 37.80 | 140 | 35.80 | 40 |
| 41.70 | 335 | 39.70 | 235 | 37.70 | 135 | 35.70 | 35 |
| 41.60 | 330 | 39.60 | 230 | 37.60 | 130 | 35.60 | 30 |
| 41.50 | 325 | 39.50 | 225 | 37.50 | 125 | 35.50 | 25 |
| 41.40 | 320 | 39.40 | 220 | 37.40 | 120 | 35.40 | 20 |
| 41.30 | 315 | 39.30 | 215 | 37.30 | 115 | 35.30 | 15 |
| 41.20 | 310 | 39.20 | 210 | 37.20 | 110 | 35.20 | 10 |
| 41.10 | 305 | 39.10 | 205 | 37.10 | 105 | 35.10 | 5 |
| 41.00 | 300 | 39.00 | 200 | 37.00 | 100 | 35.00 | 0 |
| 40.90 | 295 | 38.90 | 195 | 36.90 | 95 | | |
| 40.80 | 290 | 38.80 | 190 | 36.80 | 90 | | |
| 40.70 | 285 | 38.70 | 185 | 36.70 | 85 | | |
| 40.60 | 280 | 38.60 | 180 | 36.60 | 80 | | |
| 40.50 | 275 | 38.50 | 175 | 36.50 | 75 | | |
| 40.40 | 270 | 38.40 | 170 | 36.40 | 70 | | |
| 40.30 | 265 | 38.30 | 165 | 36.30 | 65 | | |
| 40.20 | 260 | 38.20 | 160 | 36.20 | 60 | | |

| | | | | | | | |
|-------|-----|-------|-----|-------|----|--|--|
| | | | | | | | |
| 40.10 | 255 | 38.10 | 155 | 36.10 | 55 | | |

TABLE for evaluating results and scoring points in military sports multiathlon (by sports)

Throwing F-1 grenade (600 grams) for accuracy

| 1 (central) circle | | 2 circle | | 3 circle | |
|--------------------|--------|----------------|--------|----------------|--------|
| Number of hits | Points | Number of hits | Points | Number of hits | Points |
| 1 | 115 | 1 | 75 | 1 | 45 |
| 2 | 230 | 2 | 150 | 2 | 90 |
| 3 | 345 | 3 | 225 | 3 | 135 |
| 4 | 460 | 4 | 300 | 4 | 180 |
| 5 | 575 | 5 | 375 | 5 | 225 |
| 6 | 690 | 6 | 450 | 6 | 270 |
| 7 | 805 | 7 | 525 | 7 | 315 |
| 8 | 920 | 8 | 600 | 8 | 360 |
| 9 | 1035 | 9 | 675 | 9 | 405 |
| 10 | 1150 | 10 | 750 | 10 | 450 |
| 11 | 1265 | 11 | 825 | 11 | 495 |
| 12 | 1380 | 12 | 900 | 12 | 540 |
| 13 | 1495 | 13 | 975 | 13 | 585 |
| 14 | 1610 | 14 | 1050 | 14 | 630 |
| 15 | 1725 | 15 | 1125 | 15 | 675 |

TABLE for evaluating results and scoring points in military sports multiathlon (by sports)

Overcoming an obstacle course (general control exercise) in combination with a 400-meter run

| Result (minutes, seconds) | Point | Result (minutes, seconds) | Point | Result (minutes, seconds) | Point | Result (minutes, seconds) | Point | Result (minutes, seconds) | Point | Result (minutes, seconds) | Point |
|---------------------------|-------|---------------------------|-------|---------------------------|-------|---------------------------|-------|---------------------------|-------|---------------------------|-------|
| 2.14.5 | 1420 | 2.17.0 | 1320 | 2.19.5 | 1220 | 2.22.0 | 1120 | 2.24.5 | 1020 | 2.27.0 | 920 |
| 2.14.6 | 1416 | 2.17.1 | 1316 | 2.19.6 | 1216 | 2.22.1 | 1116 | 2.24.6 | 1016 | 2.27.1 | 916 |
| 2.14.7 | 1412 | 2.17.2 | 1312 | 2.19.7 | 1212 | 2.22.2 | 1112 | 2.24.7 | 1012 | 2.27.2 | 912 |
| 2.14.8 | 1408 | 2.17.3 | 1308 | 2.19.8 | 1208 | 2.22.3 | 1108 | 2.24.8 | 1008 | 2.27.3 | 908 |
| 2.14.9 | 1404 | 2.17.4 | 1304 | 2.19.9 | 1204 | 2.22.4 | 1104 | 2.24.9 | 1004 | 2.27.4 | 904 |
| 2.15.0 | 1400 | 2.17.5 | 1300 | 2.20.0 | 1200 | 2.22.5 | 1100 | 2.25.0 | 1000 | 2.27.5 | 900 |
| 2.15.1 | 1396 | 2.17.6 | 1296 | 2.20.1 | 1196 | 2.22.6 | 1096 | 2.25.1 | 996 | 2.27.6 | 896 |
| 2.15.2 | 1392 | 2.17.7 | 1292 | 2.20.2 | 1192 | 2.22.7 | 1092 | 2.25.2 | 992 | 2.27.7 | 892 |
| 2.15.3 | 1388 | 2.17.8 | 1288 | 2.20.3 | 1188 | 2.22.8 | 1088 | 2.25.3 | 988 | 2.27.8 | 888 |
| 2.15.4 | 1384 | 2.17.9 | 1284 | 2.20.4 | 1184 | 2.22.9 | 1084 | 2.25.4 | 984 | 2.27.9 | 884 |
| 2.15.5 | 1380 | 2.18.0 | 1280 | 2.20.5 | 1180 | 2.23.0 | 1080 | 2.25.5 | 980 | 2.28.0 | 880 |

| | | | | | | | | | | | |
|--------|------|--------|------|--------|------|--------|------|--------|-----|--------|-----|
| 2.15.6 | 1376 | 2.18.1 | 1276 | 2.20.6 | 1176 | 2.23.1 | 1076 | 2.25.6 | 976 | 2.28.1 | 876 |
| 2.15.7 | 1372 | 2.18.2 | 1272 | 2.20.7 | 1172 | 2.23.2 | 1072 | 2.25.7 | 972 | 2.28.2 | 872 |
| 2.15.8 | 1368 | 2.18.3 | 1268 | 2.20.8 | 1168 | 2.23.3 | 1068 | 2.25.8 | 968 | 2.28.3 | 868 |
| 2.15.9 | 1364 | 2.18.4 | 1264 | 2.20.9 | 1164 | 2.23.4 | 1064 | 2.25.9 | 964 | 2.28.4 | 864 |
| 2.16.0 | 1360 | 2.18.5 | 1260 | 2.21.0 | 1160 | 2.23.5 | 1060 | 2.26.0 | 960 | 2.28.5 | 860 |
| 2.16.1 | 1356 | 2.18.6 | 1256 | 2.21.1 | 1156 | 2.23.6 | 1056 | 2.26.1 | 956 | 2.28.6 | 856 |
| 2.16.2 | 1352 | 2.18.7 | 1252 | 2.21.2 | 1152 | 2.23.7 | 1052 | 2.26.2 | 952 | 2.28.7 | 852 |
| 2.16.3 | 1348 | 2.18.8 | 1248 | 2.21.3 | 1148 | 2.23.8 | 1048 | 2.26.3 | 948 | 2.28.8 | 848 |
| 2.16.4 | 1344 | 2.18.9 | 1244 | 2.21.4 | 1144 | 2.23.9 | 1044 | 2.26.4 | 944 | 2.28.9 | 844 |
| 2.16.5 | 1340 | 2.19.0 | 1240 | 2.21.5 | 1140 | 2.24.0 | 1040 | 2.26.5 | 940 | 2.29.0 | 840 |
| 2.16.6 | 1336 | 2.19.1 | 1236 | 2.21.6 | 1136 | 2.24.1 | 1036 | 2.26.6 | 936 | 2.29.1 | 836 |
| 2.16.7 | 1332 | 2.19.2 | 1232 | 2.21.7 | 1132 | 2.24.2 | 1032 | 2.26.7 | 932 | 2.29.2 | 832 |
| 2.16.8 | 1328 | 2.19.3 | 1228 | 2.21.8 | 1128 | 2.24.3 | 1028 | 2.26.8 | 928 | 2.29.3 | 828 |
| 2.16.9 | 1324 | 2.19.4 | 1224 | 2.21.9 | 1124 | 2.24.4 | 1024 | 2.26.9 | 924 | 2.29.4 | 824 |

Overcoming an obstacle course (general control exercise) in combination with a 400-meter run

| Result (minutes , seconds) | Point | Result (minutes , seconds) | Point | Result (minutes , seconds) | Point | Result (minutes , seconds) | Point | Result (minutes , seconds) | Point | Result (minutes , seconds) | Point |
|-------------------------------------|-------|-------------------------------------|-------|-------------------------------------|-------|-------------------------------------|-------|-------------------------------------|-------|-------------------------------------|-------|
| 2.29.5 | 820 | 2.32.3 | 708 | 2.35.1 | 596 | 2.37.9 | 484 | 2.40.7 | 372 | 2.43.5 | 260 |
| 2.29.6 | 816 | 2.32.4 | 704 | 2.35.2 | 592 | 2.38.0 | 480 | 2.40.8 | 368 | 2.43.6 | 256 |
| 2.29.7 | 812 | 2.32.5 | 700 | 2.35.3 | 588 | 2.38.1 | 476 | 2.40.9 | 364 | 2.43.7 | 252 |
| 2.29.8 | 808 | 2.32.6 | 696 | 2.35.4 | 584 | 2.38.2 | 472 | 2.41.0 | 360 | 2.43.8 | 248 |
| 2.29.9 | 804 | 2.32.7 | 692 | 2.35.5 | 580 | 2.38.3 | 468 | 2.41.1 | 356 | 2.43.9 | 244 |
| 2.30.0 | 800 | 2.32.8 | 688 | 2.35.6 | 576 | 2.38.4 | 464 | 2.41.2 | 352 | 2.44.0 | 240 |
| 2.30.1 | 796 | 2.32.9 | 684 | 2.35.7 | 572 | 2.38.5 | 460 | 2.41.3 | 348 | 2.44.1 | 236 |
| 2.30.2 | 792 | 2.33.0 | 680 | 2.35.8 | 568 | 2.38.6 | 456 | 2.41.4 | 344 | 2.44.2 | 232 |
| 2.30.3 | 788 | 2.33.1 | 676 | 2.35.9 | 564 | 2.38.7 | 452 | 2.41.5 | 340 | 2.44.3 | 228 |
| 2.30.4 | 784 | 2.33.2 | 672 | 2.36.0 | 560 | 2.38.8 | 448 | 2.41.6 | 336 | 2.44.4 | 224 |
| 2.30.5 | 780 | 2.33.3 | 668 | 2.36.1 | 556 | 2.38.9 | 444 | 2.41.7 | 332 | 2.44.5 | 220 |
| 2.30.6 | 776 | 2.33.4 | 664 | 2.36.2 | 552 | 2.39.0 | 440 | 2.41.8 | 328 | 2.44.6 | 216 |
| 2.30.7 | 772 | 2.33.5 | 660 | 2.36.3 | 548 | 2.39.1 | 436 | 2.41.9 | 324 | 2.44.7 | 212 |
| 2.30.8 | 768 | 2.33.6 | 656 | 2.36.4 | 544 | 2.39.2 | 432 | 2.42.0 | 320 | 2.44.8 | 208 |
| 2.30.9 | 764 | 2.33.7 | 652 | 2.36.5 | 540 | 2.39.3 | 428 | 2.42.1 | 316 | 2.44.9 | 204 |
| 2.31.0 | 760 | 2.33.8 | 648 | 2.36.6 | 536 | 2.39.4 | 424 | 2.42.2 | 312 | 2.45.0 | 200 |
| 2.31.1 | 756 | 2.33.9 | 644 | 2.36.7 | 532 | 2.39.5 | 420 | 2.42.3 | 308 | 2.45.1 | 196 |
| 2.31.2 | 752 | 2.34.0 | 640 | 2.36.8 | 528 | 2.39.6 | 416 | 2.42.4 | 304 | 2.45.2 | 192 |
| 2.31.3 | 748 | 2.34.1 | 636 | 2.36.9 | 524 | 2.39.7 | 412 | 2.42.5 | 300 | 2.45.3 | 188 |
| 2.31.4 | 744 | 2.34.2 | 632 | 2.37.0 | 520 | 2.39.8 | 408 | 2.42.6 | 296 | 2.45.4 | 184 |
| 2.31.5 | 740 | 2.34.3 | 628 | 2.37.1 | 516 | 2.39.9 | 404 | 2.42.7 | 292 | 2.45.5 | 180 |

| | | | | | | | | | | | |
|--------|-----|--------|-----|--------|-----|--------|-----|--------|-----|--------|-----|
| 2.31.6 | 736 | 2.34.4 | 624 | 2.37.2 | 512 | 2.40.0 | 400 | 2.42.8 | 288 | 2.45.6 | 176 |
| 2.31.7 | 732 | 2.34.5 | 620 | 2.37.3 | 508 | 2.40.1 | 396 | 2.42.9 | 284 | 2.45.7 | 172 |
| 2.31.8 | 728 | 2.34.6 | 616 | 2.37.4 | 504 | 2.40.2 | 392 | 2.43.0 | 280 | 2.45.8 | 168 |
| 2.31.9 | 724 | 2.34.7 | 612 | 2.37.5 | 400 | 2.40.3 | 388 | 2.43.1 | 276 | 2.45.9 | 164 |
| 2.32.0 | 720 | 2.34.8 | 608 | 2.37.6 | 496 | 2.40.4 | 384 | 2.43.2 | 272 | 2.46.0 | 160 |
| 2.32.1 | 716 | 2.34.9 | 604 | 2.37.7 | 492 | 2.40.5 | 380 | 2.43.3 | 268 | 2.46.1 | 156 |
| 2.32.2 | 712 | 2.35.0 | 600 | 2.37.8 | 488 | 2.40.6 | 376 | 2.43.4 | 264 | 2.46.2 | 152 |

Overcoming an obstacle course (general control exercise) in combination with a 400-meter run

| Result (minutes, seconds) | Points | Result (minutes, seconds) | Points |
|---------------------------|--------|---------------------------|--------|
| 2.46.3 | 148 | 2.48.3 | 68 |
| 2.46.4 | 144 | 2.48.4 | 64 |
| 2.46.5 | 140 | 2.48.5 | 60 |
| 2.46.6 | 136 | 2.48.6 | 56 |
| 2.46.7 | 132 | 2.48.7 | 52 |
| 2.46.8 | 128 | 2.48.8 | 48 |
| 2.46.9 | 124 | 2.48.9 | 44 |
| 2.47.0 | 120 | 2.49.0 | 40 |
| 2.47.1 | 116 | 2.49.1 | 36 |
| 2.47.2 | 112 | 2.49.2 | 32 |
| 2.47.3 | 108 | 2.49.3 | 28 |
| 2.47.4 | 104 | 2.49.4 | 24 |
| 2.47.5 | 100 | 2.49.5 | 20 |
| 2.47.6 | 96 | 2.49.6 | 16 |
| 2.47.7 | 92 | 2.49.7 | 12 |
| 2.47.8 | 88 | 2.49.8 | 8 |
| 2.47.9 | 84 | 2.49.9 | 4 |
| 2.48.0 | 80 | 2.50.0 | 0 |
| 2.48.1 | 76 | | |
| 2.48.2 | 72 | | |

TABLE for evaluating results and scoring points in military sports multiathlon (by sports)

Swimming 100-meter freestyle (women)

| Result (minutes, seconds) | Points | Result (minutes, seconds) | Points | Result (minutes, seconds) | Points | Result (minutes, seconds) | Points |
|---------------------------|--------|---------------------------|--------|---------------------------|--------|---------------------------|--------|
| 1.10.0 | 1140 | 1.21.0 | 986 | 1.32.0 | 832 | 1.43.0 | 678 |
| 1.10.5 | 1133 | 1.21.5 | 979 | 1.32.5 | 825 | 1.43.5 | 671 |
| 1.11.0 | 1126 | 1.22.0 | 972 | 1.33.0 | 818 | 1.44.0 | 664 |
| 1.11.5 | 1119 | 1.22.5 | 965 | 1.33.5 | 811 | 1.44.5 | 657 |

| | | | | | | | |
|--------|------|--------|-----|--------|-----|--------|-----|
| 1.12.0 | 1112 | 1.23.0 | 958 | 1.34.0 | 804 | 1.45.0 | 650 |
| 1.12.5 | 1105 | 1.23.5 | 951 | 1.34.5 | 797 | 1.45.5 | 643 |
| 1.13.0 | 1098 | 1.24.0 | 944 | 1.35.0 | 790 | 1.46.0 | 636 |
| 1.13.5 | 1091 | 1.24.5 | 937 | 1.35.5 | 783 | 1.46.5 | 629 |
| 1.14.0 | 1084 | 1.25.0 | 930 | 1.36.0 | 776 | 1.47.0 | 622 |
| 1.14.5 | 1077 | 1.25.5 | 923 | 1.36.5 | 769 | 1.47.5 | 615 |
| 1.15.0 | 1070 | 1.26.0 | 916 | 1.37.0 | 762 | 1.48.0 | 608 |
| 1.15.5 | 1063 | 1.26.5 | 909 | 1.37.5 | 755 | 1.48.5 | 601 |
| 1.16.0 | 1056 | 1.27.0 | 902 | 1.38.0 | 748 | 1.49.0 | 594 |
| 1.16.5 | 1049 | 1.27.5 | 895 | 1.38.5 | 741 | 1.49.5 | 587 |
| 1.17.0 | 1042 | 1.28.0 | 888 | 1.39.0 | 734 | 1.50.0 | 580 |
| 1.17.5 | 1035 | 1.28.5 | 881 | 1.39.5 | 727 | 1.50.5 | 573 |
| 1.18.0 | 1028 | 1.29.0 | 874 | 1.40.0 | 720 | 1.51.0 | 566 |
| 1.18.5 | 1021 | 1.29.5 | 867 | 1.40.5 | 713 | 1.51.5 | 559 |
| 1.19.0 | 1014 | 1.30.0 | 860 | 1.41.0 | 706 | 1.52.0 | 552 |
| 1.19.5 | 1007 | 1.30.5 | 853 | 1.41.5 | 699 | 1.52.5 | 545 |
| 1.20.0 | 1000 | 1.31.0 | 846 | 1.42.0 | 692 | 1.53.0 | 538 |
| 1.20.5 | 993 | 1.31.5 | 839 | 1.42.5 | 685 | 1.53.5 | 531 |

Table continuation

| Result (minutes, seconds) | Points | Result (minutes, seconds) | Points | Result (minutes, seconds) | Points | Result (minutes, seconds) | Points |
|---------------------------------|--------|---------------------------------|--------|---------------------------------|--------|---------------------------------|--------|
| 1.54.0 | 524 | 2.05.0 | 370 | 2.16.0 | 216 | 2.27.0 | 62 |
| 1.54.5 | 517 | 2.05.5 | 363 | 2.16.5 | 209 | 2.27.5 | 55 |
| 1.55.0 | 510 | 2.06.0 | 356 | 2.17.0 | 202 | 2.28.0 | 48 |
| 1.55.5 | 503 | 2.06.5 | 349 | 2.17.5 | 195 | 2.28.5 | 41 |
| 1.56.0 | 496 | 2.07.0 | 342 | 2.18.0 | 188 | 2.29.0 | 34 |
| 1.56.5 | 489 | 2.07.5 | 335 | 2.18.5 | 181 | 2.29.5 | 27 |
| 1.57.0 | 482 | 2.08.0 | 328 | 2.19.0 | 174 | 2.30.0 | 20 |
| 1.57.5 | 475 | 2.08.5 | 321 | 2.19.5 | 167 | 2.30.5 | 13 |
| 1.58.0 | 468 | 2.09.0 | 314 | 2.20.0 | 160 | 2.31.0 | 6 |
| 1.58.5 | 461 | 2.09.5 | 307 | 2.20.5 | 153 | 2.31.5 | 0 |
| 1.59.0 | 454 | 2.10.0 | 300 | 2.21.0 | 146 | | |
| 1.59.5 | 447 | 2.10.5 | 293 | 2.21.5 | 139 | | |
| 2.00.0 | 440 | 2.11.0 | 286 | 2.22.0 | 132 | | |
| 2.00.5 | 433 | 2.11.5 | 279 | 2.22.5 | 125 | | |

| | | | | | | | |
|--------|-----|--------|-----|--------|-----|--|--|
| 2.01.0 | 426 | 2.12.0 | 272 | 2.23.0 | 118 | | |
| 2.01.5 | 419 | 2.12.5 | 265 | 2.23.5 | 111 | | |
| 2.02.0 | 412 | 2.13.0 | 158 | 2.24.0 | 104 | | |
| 2.02.5 | 405 | 2.13.5 | 251 | 2.24.5 | 97 | | |
| 2.03.0 | 398 | 2.14.0 | 244 | 2.25.0 | 90 | | |
| 2.03.5 | 391 | 2.14.5 | 237 | 2.25.5 | 83 | | |
| 2.04.0 | 384 | 2.15.0 | 230 | 2.26.0 | 76 | | |
| 2.04.5 | 377 | 2.15.5 | 223 | 2.26.5 | 69 | | |

TABLE for evaluating results and scoring points in military sports multiathlon (by sports)

Swimming 100-meter freestyle (men)

| Result (minutes, seconds) | Points | Result (minutes, seconds) | Points | Result (minutes, seconds) | Points | Result (minutes, seconds) | Points | Result (minutes, seconds) | Points |
|---------------------------------|--------|---------------------------------|--------|---------------------------------|--------|---------------------------------|--------|---------------------------------|--------|
| 0.58.5 | 1203 | 1.08.5 | 1063 | 1.18.5 | 923 | 1.28.5 | 783 | 1.38.5 | 643 |
| 0.59.0 | 1196 | 1.09.0 | 1056 | 1.19.0 | 916 | 1.29.0 | 776 | 1.39.0 | 636 |
| 0.59.5 | 1189 | 1.09.5 | 1049 | 1.19.5 | 909 | 1.29.5 | 769 | 1.39.5 | 629 |
| 1.00.0 | 1182 | 1.10.0 | 1042 | 1.20.0 | 902 | 1.30.0 | 762 | 1.40.0 | 622 |
| 1.00.5 | 1175 | 1.10.5 | 1035 | 1.20.5 | 895 | 1.30.5 | 755 | 1.40.5 | 615 |
| 1.01.0 | 1168 | 1.11.0 | 1028 | 1.21.0 | 888 | 1.31.0 | 748 | 1.41.0 | 608 |
| 1.01.5 | 1161 | 1.11.5 | 1021 | 1.21.5 | 881 | 1.31.5 | 741 | 1.41.5 | 601 |
| 1.02.0 | 1154 | 1.12.0 | 1014 | 1.22.0 | 874 | 1.32.0 | 734 | 1.42.0 | 594 |
| 1.02.5 | 1147 | 1.12.5 | 1007 | 1.22.5 | 867 | 1.32.5 | 727 | 1.42.5 | 587 |
| 1.03.0 | 1140 | 1.13.0 | 1000 | 1.23.0 | 860 | 1.33.0 | 720 | 1.43.0 | 580 |
| 1.03.5 | 1133 | 1.13.5 | 993 | 1.23.5 | 853 | 1.33.5 | 713 | 1.43.5 | 573 |
| 1.04.0 | 1126 | 1.14.0 | 986 | 1.24.0 | 846 | 1.34.0 | 706 | 1.44.0 | 566 |
| 1.04.5 | 1119 | 1.14.5 | 979 | 1.24.5 | 839 | 1.34.5 | 699 | 1.44.5 | 559 |
| 1.05.0 | 1112 | 1.15.0 | 972 | 1.25.0 | 832 | 1.35.0 | 692 | 1.45.0 | 552 |
| 1.05.5 | 1105 | 1.15.5 | 965 | 1.25.5 | 825 | 1.35.5 | 685 | 1.45.5 | 545 |
| 1.06.0 | 1098 | 1.16.0 | 958 | 1.26.0 | 818 | 1.36.0 | 678 | 1.46.0 | 538 |
| 1.06.5 | 1091 | 1.16.5 | 951 | 1.26.5 | 811 | 1.36.5 | 671 | 1.46.5 | 531 |
| 1.07.0 | 1084 | 1.17.0 | 944 | 1.27.0 | 804 | 1.37.0 | 664 | 1.47.0 | 524 |
| 1.07.5 | 1077 | 1.17.5 | 937 | 1.27.5 | 797 | 1.37.5 | 657 | 1.47.5 | 517 |
| 1.08.0 | 1070 | 1.18.0 | 930 | 1.28.0 | 790 | 1.38.0 | 650 | 1.48.0 | 510 |

Table continuation

| Result (minutes, seconds) | Points | Result (minutes, seconds) | Points | Result (minutes, seconds) | Points | Result (minutes, seconds) | Points |
|---------------------------|--------|---------------------------|--------|---------------------------|--------|---------------------------|--------|
| 1.48.5 | 503 | 1.58.5 | 363 | 2.08.5 | 223 | 2.18.5 | 83 |
| 1.49.0 | 496 | 1.59.0 | 356 | 2.09.0 | 216 | 2.19.0 | 76 |
| 1.49.5 | 489 | 1.59.5 | 349 | 2.09.5 | 209 | 2.19.5 | 69 |
| 1.50.0 | 482 | 2.00.0 | 342 | 2.10.0 | 202 | 2.20.0 | 62 |
| 1.50.5 | 475 | 2.00.5 | 335 | 2.10.5 | 195 | 2.20.5 | 55 |
| 1.51.0 | 468 | 2.01.0 | 328 | 2.11.0 | 188 | 2.21.0 | 48 |
| 1.51.5 | 461 | 2.01.5 | 321 | 2.11.5 | 181 | 2.21.5 | 41 |
| 1.52.0 | 454 | 2.02.0 | 314 | 2.12.0 | 174 | 2.22.0 | 34 |
| 1.52.5 | 447 | 2.02.5 | 307 | 2.12.5 | 167 | 2.22.5 | 27 |
| 1.53.0 | 440 | 2.03.0 | 300 | 2.13.0 | 160 | 2.23.0 | 20 |
| 1.53.5 | 433 | 2.03.5 | 293 | 2.13.5 | 153 | 2.23.5 | 13 |
| 1.54.0 | 426 | 2.04.0 | 286 | 2.14.0 | 146 | 2.24.0 | 6 |
| 1.54.5 | 419 | 2.04.5 | 279 | 2.14.5 | 139 | 2.24.5 | 0 |
| 1.55.0 | 412 | 2.05.0 | 272 | 2.15.0 | 132 | | |
| 1.55.5 | 405 | 2.05.5 | 265 | 2.15.5 | 125 | | |
| 1.56.0 | 398 | 2.06.0 | 258 | 2.16.0 | 118 | | |
| 1.56.5 | 391 | 2.06.5 | 251 | 2.16.5 | 111 | | |
| 1.57.0 | 384 | 2.07.0 | 244 | 2.17.0 | 104 | | |
| 1.57.5 | 377 | 2.07.5 | 237 | 2.17.5 | 97 | | |
| 1.58.0 | 370 | 2.08.0 | 230 | 2.18.0 | 90 | | |

TABLE for evaluating results and scoring points in military sports multiathlon (by sports)
Swimming 200-meter freestyle (men)

| Result (minutes, seconds) | Point | Result (minutes, seconds) | Point | Result (minutes, seconds) | Point | Result (minutes, seconds) | Point | Result (minutes, seconds) | Point | Result (minutes, seconds) | Point |
|---------------------------|-------|---------------------------|-------|---------------------------|-------|---------------------------|-------|---------------------------|-------|---------------------------|-------|
| 2.31.5 | 1100 | 2.44.0 | 975 | 2.56.5 | 850 | 3.09.0 | 725 | 3.21.5 | 600 | 3.34.0 | 475 |
| 2.32.0 | 1095 | 2.44.5 | 970 | 2.57.0 | 845 | 3.09.5 | 720 | 3.22.0 | 595 | 3.34.5 | 470 |
| 2.32.5 | 1090 | 2.45.0 | 965 | 2.57.5 | 840 | 3.10.0 | 715 | 3.22.5 | 590 | 3.35.0 | 465 |
| 2.33.0 | 1085 | 2.45.5 | 960 | 2.58.0 | 835 | 3.10.5 | 710 | 3.23.0 | 585 | 3.35.5 | 460 |
| 2.33.5 | 1080 | 2.46.0 | 955 | 2.58.5 | 830 | 3.11.0 | 705 | 3.23.5 | 580 | 3.36.0 | 455 |
| 2.34.0 | 1075 | 2.46.5 | 950 | 2.59.0 | 825 | 3.11.5 | 700 | 3.24.0 | 575 | 3.36.5 | 450 |

| | | | | | | | | | | | |
|--------|------|--------|-----|--------|-----|--------|-----|--------|-----|--------|-----|
| 2.34.5 | 1070 | 2.47.0 | 945 | 2.59.5 | 820 | 3.12.0 | 695 | 3.24.5 | 570 | 3.37.0 | 445 |
| 2.35.0 | 1065 | 2.47.5 | 940 | 3.00.0 | 815 | 3.12.5 | 690 | 3.25.0 | 565 | 3.37.5 | 440 |
| 2.35.5 | 1060 | 2.48.0 | 935 | 3.00.5 | 810 | 3.13.0 | 685 | 3.25.5 | 560 | 3.38.0 | 435 |
| 2.36.0 | 1055 | 2.48.5 | 930 | 3.01.0 | 805 | 3.13.5 | 680 | 3.26.0 | 555 | 3.38.5 | 430 |
| 2.36.5 | 1050 | 2.49.0 | 925 | 3.01.5 | 800 | 3.14.0 | 675 | 3.26.5 | 550 | 3.39.0 | 425 |
| 2.37.0 | 1045 | 2.49.5 | 920 | 3.02.0 | 795 | 3.14.5 | 670 | 3.27.0 | 545 | 3.39.5 | 420 |
| 2.37.5 | 1040 | 2.50.0 | 915 | 3.02.5 | 790 | 3.15.0 | 665 | 3.27.5 | 540 | 3.40.0 | 415 |
| 2.38.0 | 1035 | 2.50.5 | 910 | 3.03.0 | 785 | 3.15.5 | 660 | 3.28.0 | 535 | 3.40.5 | 410 |
| 2.38.5 | 1030 | 2.51.0 | 905 | 3.03.5 | 780 | 3.16.0 | 655 | 3.28.5 | 530 | 3.41.0 | 405 |
| 2.39.0 | 1025 | 2.51.5 | 900 | 3.04.0 | 775 | 3.16.5 | 650 | 3.29.0 | 525 | 3.41.5 | 400 |
| 2.39.5 | 1020 | 2.52.0 | 895 | 3.04.5 | 770 | 3.17.0 | 645 | 3.29.5 | 520 | 3.42.0 | 395 |
| 2.40.0 | 1015 | 2.52.5 | 890 | 3.05.0 | 765 | 3.17.5 | 640 | 3.30.0 | 515 | 3.42.5 | 390 |
| 2.40.5 | 1010 | 2.53.0 | 885 | 3.05.5 | 760 | 3.18.0 | 635 | 3.30.5 | 510 | 3.43.0 | 385 |
| 2.41.0 | 1005 | 2.53.5 | 880 | 3.06.0 | 755 | 3.18.5 | 630 | 3.31.0 | 505 | 3.43.5 | 380 |
| 2.41.5 | 1000 | 2.54.0 | 875 | 3.06.5 | 750 | 3.19.0 | 625 | 3.31.5 | 500 | 3.44.0 | 375 |
| 2.42.0 | 995 | 2.54.5 | 870 | 3.07.0 | 745 | 3.19.5 | 620 | 3.32.0 | 495 | 3.44.5 | 370 |
| 2.42.5 | 990 | 2.55.0 | 865 | 3.07.5 | 740 | 3.20.0 | 615 | 3.32.5 | 490 | 3.45.0 | 365 |
| 2.43.0 | 985 | 2.55.5 | 860 | 3.08.0 | 735 | 3.20.5 | 610 | 3.33.0 | 485 | 3.45.5 | 360 |
| 2.43.5 | 980 | 2.56.0 | 855 | 3.08.5 | 730 | 3.21.0 | 605 | 3.33.5 | 480 | 3.46.0 | 355 |

Swimming 200m freestyle (men)

| Result (minutes, seconds) | Points | Result (minutes, seconds) | Points | Result (minutes, seconds) | Points | Result (minutes, seconds) | Points |
|---------------------------------|--------|---------------------------------|--------|---------------------------------|--------|---------------------------------|--------|
| 3.46.5 | 350 | 3.57.0 | 245 | 4.07.5 | 140 | 4.18.0 | 35 |
| 3.47.0 | 345 | 3.57.5 | 240 | 4.08.0 | 135 | 4.18.5 | 30 |
| 3.47.5 | 340 | 3.58.0 | 235 | 4.08.5 | 130 | 4.19.0 | 25 |
| 3.48.0 | 335 | 3.58.5 | 230 | 4.09.0 | 125 | 4.19.5 | 20 |
| 3.48.5 | 330 | 3.59.0 | 225 | 4.09.5 | 120 | 4.20.0 | 15 |
| 3.49.0 | 325 | 3.59.5 | 220 | 4.10.0 | 115 | 4.20.5 | 10 |
| 3.49.5 | 320 | 4.00.0 | 215 | 4.10.5 | 110 | 4.21.0 | 5 |
| 3.50.0 | 315 | 4.00.5 | 210 | 4.11.0 | 105 | 4.21.5 | 0 |
| 3.50.5 | 310 | 4.01.0 | 205 | 4.11.5 | 100 | | |
| 3.51.0 | 305 | 4.01.5 | 200 | 4.12.0 | 95 | | |
| 3.51.5 | 300 | 4.02.0 | 195 | 4.12.5 | 90 | | |
| 3.52.0 | 295 | 4.02.5 | 190 | 4.13.0 | 85 | | |
| 3.52.5 | 290 | 4.03.0 | 185 | 4.13.5 | 80 | | |

| | | | | | | | |
|--------|-----|--------|-----|--------|----|--|--|
| 3.53.0 | 285 | 4.03.5 | 180 | 4.14.0 | 75 | | |
| 3.53.5 | 280 | 4.04.0 | 175 | 4.14.5 | 70 | | |
| 3.54.0 | 275 | 4.04.5 | 170 | 4.15.0 | 65 | | |
| 3.54.5 | 270 | 4.05.0 | 165 | 4.15.5 | 60 | | |
| 3.55.0 | 265 | 4.05.5 | 160 | 4.16.0 | 55 | | |
| 3.55.5 | 260 | 4.06.0 | 155 | 4.16.5 | 50 | | |
| 3.56.0 | 255 | 4.06.5 | 150 | 4.17.0 | 45 | | |
| 3.56.5 | 250 | 4.07.0 | 145 | 4.17.5 | 40 | | |

TABLE for evaluating results and scoring points in military sports multiathlon (by sports)
Swimming 300-meter freestyle (men)

| Result (minutes, seconds) | Points | Result (minutes, seconds) | Points | Result (minutes, seconds) | Points | Result (minutes, seconds) | Points |
|---------------------------------|--------|---------------------------------|--------|---------------------------------|--------|---------------------------------|--------|
| 3.40.0 | 1400 | 3.52.5 | 1300 | 4.05.0 | 1200 | 4.17.5 | 1100 |
| 3.40.5 | 1396 | 3.53.0 | 1296 | 4.05.5 | 1196 | 4.18.0 | 1096 |
| 3.41.0 | 1392 | 3.53.5 | 1292 | 4.06.0 | 1192 | 4.18.5 | 1092 |
| 3.41.5 | 1388 | 3.54.0 | 1288 | 4.06.5 | 1188 | 4.19.0 | 1088 |
| 3.42.0 | 1384 | 3.54.5 | 1284 | 4.07.0 | 1184 | 4.19.5 | 1084 |
| 3.42.5 | 1380 | 3.55.0 | 1280 | 4.07.5 | 1180 | 4.20.0 | 1080 |
| 3.43.0 | 1376 | 3.55.5 | 1276 | 4.08.0 | 1176 | 4.20.5 | 1076 |
| 3.43.5 | 1372 | 3.56.0 | 1272 | 4.08.5 | 1172 | 4.21.0 | 1072 |
| 3.44.0 | 1368 | 3.56.5 | 1268 | 4.09.0 | 1168 | 4.21.5 | 1068 |
| 3.44.5 | 1364 | 3.57.0 | 1264 | 4.09.5 | 1164 | 4.22.0 | 1064 |
| 3.45.0 | 1360 | 3.57.5 | 1260 | 4.10.0 | 1160 | 4.22.5 | 1060 |
| 3.45.5 | 1356 | 3.58.0 | 1256 | 4.10.5 | 1156 | 4.23.0 | 1056 |
| 3.46.0 | 1352 | 3.58.5 | 1252 | 4.11.0 | 1152 | 4.23.5 | 1052 |
| 3.46.5 | 1348 | 3.59.0 | 1248 | 4.11.5 | 1148 | 4.24.0 | 1048 |
| 3.47.0 | 1344 | 3.59.5 | 1244 | 4.12.0 | 1144 | 4.24.5 | 1044 |
| 3.47.5 | 1340 | 4.00.0 | 1240 | 4.12.5 | 1140 | 4.25.0 | 1040 |
| 3.48.0 | 1336 | 4.00.5 | 1236 | 4.13.0 | 1136 | 4.25.5 | 1036 |
| 3.48.5 | 1332 | 4.01.0 | 1232 | 4.13.5 | 1132 | 4.26.0 | 1032 |
| 3.49.0 | 1328 | 4.01.5 | 1228 | 4.14.0 | 1128 | 4.26.5 | 1028 |

| | | | | | | | |
|--------|------|--------|------|--------|------|--------|------|
| 3.49.5 | 1324 | 4.02.0 | 1224 | 4.14.5 | 1124 | 4.27.0 | 1024 |
| 3.50.0 | 1320 | 4.02.5 | 1220 | 4.15.0 | 1120 | 4.27.5 | 1020 |
| 3.50.5 | 1316 | 4.03.0 | 1216 | 4.15.5 | 1116 | 4.28.0 | 1016 |
| 3.51.0 | 1312 | 4.03.5 | 1212 | 4.16.0 | 1112 | 4.28.5 | 1012 |
| 3.51.5 | 1308 | 4.04.0 | 1208 | 4.16.5 | 1108 | 4.29.0 | 1008 |
| 3.52.0 | 1304 | 4.04.5 | 1204 | 4.17.0 | 1104 | 4.29.5 | 1004 |

Table continuation

| Result (minutes, seconds) | Points | Result (minutes, seconds) | Points | Result (minutes, seconds) | Points |
|---------------------------|--------|---------------------------|--------|---------------------------|--------|
| 4.30.0 | 1000 | 4.42.5 | 900 | 4.55.0 | 800 |
| 4.30.5 | 996 | 4.43.0 | 896 | 4.55.5 | 796 |
| 4.31.0 | 992 | 4.43.5 | 892 | 4.56.0 | 792 |
| 4.31.5 | 988 | 4.44.0 | 888 | 4.56.5 | 788 |
| 4.32.0 | 984 | 4.44.5 | 884 | 4.57.0 | 784 |
| 4.32.5 | 980 | 4.45.0 | 880 | 4.57.5 | 780 |
| 4.33.0 | 976 | 4.45.5 | 876 | 4.58.0 | 776 |
| 4.33.5 | 972 | 4.46.0 | 872 | 4.58.5 | 772 |
| 4.34.0 | 968 | 4.46.5 | 868 | 4.59.0 | 768 |
| 4.34.5 | 964 | 4.47.0 | 864 | 4.59.5 | 764 |
| 4.35.0 | 960 | 4.47.5 | 860 | 5.00.0 | 760 |
| 4.35.5 | 956 | 4.48.0 | 856 | 5.00.5 | 756 |
| 4.36.0 | 952 | 4.48.5 | 852 | 5.01.0 | 752 |
| 4.36.5 | 948 | 4.49.0 | 848 | 5.01.5 | 748 |
| 4.37.0 | 944 | 4.49.5 | 844 | 5.02.0 | 744 |
| 4.37.5 | 940 | 4.50.0 | 840 | 5.02.5 | 740 |
| 4.38.0 | 936 | 4.50.5 | 836 | 5.03.0 | 736 |
| 4.38.5 | 932 | 4.51.0 | 832 | 5.03.5 | 732 |
| 4.39.0 | 928 | 4.51.5 | 828 | 5.04.0 | 728 |
| 4.39.5 | 924 | 4.52.0 | 824 | 5.04.5 | 724 |
| 4.40.0 | 920 | 4.52.5 | 820 | 5.05.0 | 720 |
| 4.40.5 | 916 | 4.53.0 | 816 | 5.05.5 | 716 |
| 4.41.0 | 912 | 4.53.5 | 812 | 5.06.0 | 712 |
| 4.41.5 | 908 | 4.54.0 | 808 | 5.06.5 | 708 |
| 4.42.0 | 904 | 4.54.5 | 804 | 5.07.0 | 704 |

Swimming 300-meter freestyle (men)

| Result (minutes, seconds) | Points | Result (minutes, seconds) | Points | Result (minutes, seconds) | Points | Result (minutes, seconds) | Points |
|---------------------------|--------|---------------------------|--------|---------------------------|--------|---------------------------|--------|
| 5.07.5 | 700 | 5.21.5 | 588 | 5.35.5 | 476 | 5.49.5 | 364 |
| 5.08.0 | 696 | 5.22.0 | 584 | 5.36.0 | 472 | 5.50.0 | 360 |

| | | | | | | | |
|--------|-----|--------|-----|--------|-----|--------|-----|
| 5.08.5 | 692 | 5.22.5 | 580 | 5.36.5 | 468 | 5.50.5 | 356 |
| 5.09.0 | 688 | 5.23.0 | 576 | 5.37.0 | 464 | 5.51.0 | 352 |
| 5.09.5 | 684 | 5.23.5 | 572 | 5.37.5 | 460 | 5.51.5 | 348 |
| 5.10.0 | 680 | 5.24.0 | 568 | 5.38.0 | 456 | 5.52.0 | 344 |
| 5.10.5 | 676 | 5.24.5 | 564 | 5.38.5 | 452 | 5.52.5 | 340 |
| 5.11.0 | 672 | 5.25.0 | 560 | 5.39.0 | 448 | 5.53.0 | 336 |
| 5.11.5 | 668 | 5.25.5 | 556 | 5.39.5 | 444 | 5.53.5 | 332 |
| 5.12.0 | 664 | 5.26.0 | 552 | 5.40.0 | 440 | 5.54.0 | 328 |
| 5.12.5 | 660 | 5.26.5 | 548 | 5.40.5 | 436 | 5.54.5 | 324 |
| 5.13.0 | 656 | 5.27.0 | 544 | 5.41.0 | 432 | 5.55.0 | 320 |
| 5.13.5 | 652 | 5.27.5 | 540 | 5.41.5 | 428 | 5.55.5 | 316 |
| 5.14.0 | 648 | 5.28.0 | 536 | 5.42.0 | 424 | 5.56.0 | 312 |
| 5.14.5 | 644 | 5.28.5 | 532 | 5.42.5 | 420 | 5.56.5 | 308 |
| 5.15.0 | 640 | 5.29.0 | 528 | 5.43.0 | 416 | 5.57.0 | 304 |
| 5.15.5 | 636 | 5.29.5 | 524 | 5.43.5 | 412 | 5.57.5 | 300 |
| 5.16.0 | 632 | 5.30.0 | 520 | 5.44.0 | 408 | 5.58.0 | 296 |
| 5.16.5 | 628 | 5.30.5 | 516 | 5.44.5 | 404 | 5.58.5 | 292 |
| 5.17.0 | 624 | 5.31.0 | 512 | 5.45.0 | 400 | 5.59.0 | 288 |
| 5.17.5 | 620 | 5.31.5 | 508 | 5.45.5 | 396 | 5.59.5 | 284 |
| 5.18.0 | 616 | 5.32.0 | 504 | 5.46.0 | 392 | 6.00.0 | 280 |
| 5.18.5 | 612 | 5.32.5 | 500 | 5.46.5 | 388 | 6.00.5 | 276 |
| 5.19.0 | 608 | 5.33.0 | 496 | 5.47.0 | 384 | 6.01.0 | 272 |
| 5.19.5 | 604 | 5.33.5 | 492 | 5.47.5 | 380 | 6.01.5 | 268 |
| 5.20.0 | 600 | 5.34.0 | 488 | 5.48.0 | 376 | 6.02.0 | 264 |
| 5.20.5 | 596 | 5.34.5 | 484 | 5.48.5 | 372 | 6.02.5 | 260 |
| 5.21.0 | 592 | 5.35.0 | 480 | 5.49.0 | 368 | 6.03.0 | 256 |

Table continuation

| Result (minutes, seconds) | Points | Result (minutes, seconds) | Points | Result (minutes, seconds) | Points |
|---------------------------|--------|---------------------------|--------|---------------------------|--------|
| 6.03.5 | 252 | 6.17.5 | 140 | 6.31.5 | 28 |
| 6.04.0 | 248 | 6.18.0 | 136 | 6.32.0 | 24 |
| 6.04.5 | 244 | 6.18.5 | 132 | 6.32.5 | 20 |
| 6.05.0 | 240 | 6.19.0 | 128 | 6.33.0 | 16 |
| 6.05.5 | 236 | 6.19.5 | 124 | 6.33.5 | 12 |
| 6.06.0 | 232 | 6.20.0 | 120 | 6.34.0 | 8 |
| 6.06.5 | 228 | 6.20.5 | 116 | 6.34.5 | 4 |
| 6.07.0 | 224 | 6.21.0 | 112 | 6.35.0 | 0 |
| 6.07.5 | 220 | 6.21.5 | 108 | | |

| | | | | | |
|--------|-----|--------|-----|--|--|
| 6.08.0 | 216 | 6.22.0 | 104 | | |
| 6.08.5 | 212 | 6.22.5 | 100 | | |
| 6.09.0 | 208 | 6.23.0 | 96 | | |
| 6.09.5 | 204 | 6.23.5 | 92 | | |
| 6.10.0 | 200 | 6.24.0 | 88 | | |
| 6.10.5 | 196 | 6.24.5 | 84 | | |
| 6.11.0 | 192 | 6.25.0 | 80 | | |
| 6.11.5 | 188 | 6.25.5 | 76 | | |
| 6.12.0 | 184 | 6.26.0 | 72 | | |
| 6.12.5 | 180 | 6.26.5 | 68 | | |
| 6.13.0 | 176 | 6.27.0 | 64 | | |
| 6.13.5 | 172 | 6.27.5 | 60 | | |
| 6.14.0 | 168 | 6.28.0 | 56 | | |
| 6.14.5 | 164 | 6.28.5 | 52 | | |
| 6.15.0 | 160 | 6.29.0 | 48 | | |
| 6.15.5 | 156 | 6.29.5 | 44 | | |
| 6.16.0 | 152 | 6.30.0 | 40 | | |
| 6.16.5 | 148 | 6.30.5 | 36 | | |
| 6.17.0 | 144 | 6.31.0 | 32 | | |

TABLE for evaluating results and scoring points in military sports multiathlon (by sports)
100-meter run (high top boots)

| Result (seconds) | Points | Result (seconds) | Points | Result (seconds) | Points | Result (seconds) | Points |
|------------------|--------|------------------|--------|------------------|--------|------------------|--------|
| 10.9 | 1850 | 12.6 | 1000 | 14.3 | 575 | 16.0 | 150 |

| | | | | | | | |
|------|------|------|-----|------|-----|------|-----|
| 11.0 | 1800 | 12.7 | 975 | 14.4 | 550 | 16.1 | 125 |
| 11.1 | 1750 | 12.8 | 950 | 14.5 | 525 | 16.2 | 100 |
| 11.2 | 1700 | 12.9 | 925 | 14.6 | 500 | 16.3 | 75 |
| 11.3 | 1650 | 13.0 | 900 | 14.7 | 475 | 16.4 | 50 |
| 11.4 | 1600 | 13.1 | 875 | 14.8 | 450 | 16.5 | 25 |
| 11.5 | 1550 | 13.2 | 850 | 14.9 | 425 | 16.6 | 0 |
| 11.6 | 1500 | 13.3 | 825 | 15.0 | 400 | | |
| 11.7 | 1450 | 13.4 | 800 | 15.1 | 375 | | |
| 11.8 | 1400 | 13.5 | 775 | 15.2 | 350 | | |
| 11.9 | 1350 | 13.6 | 750 | 15.3 | 325 | | |
| 12.0 | 1300 | 13.7 | 725 | 15.4 | 300 | | |
| 12.1 | 1250 | 13.8 | 700 | 15.5 | 275 | | |
| 12.2 | 1200 | 13.9 | 675 | 15.6 | 250 | | |
| 12.3 | 1150 | 14.0 | 650 | 15.7 | 225 | | |
| 12.4 | 1100 | 14.1 | 625 | 15.8 | 200 | | |
| 12.5 | 1050 | 14.2 | 600 | 15.9 | 175 | | |

TABLE for evaluating results and scoring points in military sports multiathlon (by sports)
1 km run (female military)

| Result (minutes, seconds) | Points | Result (minutes, seconds) | Points | Result (minutes, seconds) | Points | Result (minutes, seconds) | Points |
|---------------------------------|--------|---------------------------------|--------|---------------------------------|--------|---------------------------------|--------|
| 3.05 | 1175 | 3.26 | 1028 | 3.47 | 780 | 4.08 | 570 |
| 3.06 | 1168 | 3.27 | 1021 | 3.48 | 770 | 4.09 | 560 |
| 3.07 | 1161 | 3.28 | 1014 | 3.49 | 760 | 4.10 | 550 |
| 3.08 | 1154 | 3.29 | 1007 | 3.50 | 750 | 4.11 | 540 |
| 3.09 | 1147 | 3.30 | 1000 | 3.51 | 740 | 4.12 | 530 |
| 3.10 | 1140 | 3.31 | 980 | 3.52 | 730 | 4.13 | 520 |
| 3.11 | 1133 | 3.32 | 960 | 3.53 | 720 | 4.14 | 510 |
| 3.12 | 1126 | 3.33 | 940 | 3.54 | 710 | 4.15 | 500 |
| 3.13 | 1119 | 3.34 | 920 | 3.55 | 700 | 4.16 | 490 |
| 3.14 | 1112 | 3.35 | 900 | 3.56 | 690 | 4.17 | 480 |
| 3.15 | 1105 | 3.36 | 890 | 3.57 | 680 | 4.18 | 470 |

| | | | | | | | |
|------|------|------|-----|------|-----|------|-----|
| 3.16 | 1098 | 3.37 | 880 | 3.58 | 670 | 4.19 | 460 |
| 3.17 | 1091 | 3.38 | 870 | 3.59 | 660 | 4.20 | 450 |
| 3.18 | 1084 | 3.39 | 860 | 4.00 | 650 | 4.21 | 440 |
| 3.19 | 1077 | 3.40 | 850 | 4.01 | 640 | 4.22 | 430 |
| 3.20 | 1070 | 3.41 | 840 | 4.02 | 630 | 4.23 | 420 |
| 3.21 | 1063 | 3.42 | 830 | 4.03 | 620 | 4.24 | 410 |
| 3.22 | 1056 | 3.43 | 820 | 4.04 | 610 | 4.25 | 400 |
| 3.23 | 1049 | 3.44 | 810 | 4.05 | 600 | 4.26 | 395 |
| 3.24 | 1042 | 3.45 | 800 | 4.06 | 590 | 4.27 | 390 |
| 3.25 | 1035 | 3.46 | 790 | 4.07 | 580 | 4.28 | 385 |

Table continuation

| Result (minutes, seconds) | Points | Result (minutes, seconds) | Points | Result (minutes, seconds) | Points | Result (minutes, seconds) | Points |
|---------------------------------|--------|---------------------------------|--------|---------------------------------|--------|---------------------------------|--------|
| 4.29 | 380 | 4.50 | 275 | 5.11 | 170 | 5.32 | 65 |
| 4.30 | 375 | 4.51 | 270 | 5.12 | 165 | 5.33 | 60 |
| 4.31 | 370 | 4.52 | 265 | 5.13 | 160 | 5.34 | 55 |
| 4.32 | 365 | 4.53 | 260 | 5.14 | 155 | 5.35 | 50 |
| 4.33 | 360 | 4.54 | 255 | 5.15 | 150 | 5.36 | 45 |
| 4.34 | 355 | 4.55 | 250 | 5.16 | 145 | 5.37 | 40 |
| 4.35 | 350 | 4.56 | 245 | 5.17 | 140 | 5.38 | 35 |
| 4.36 | 345 | 4.57 | 240 | 5.18 | 135 | 5.39 | 30 |
| 4.37 | 340 | 4.58 | 235 | 5.19 | 130 | 5.40 | 25 |
| 4.38 | 335 | 4.59 | 230 | 5.20 | 125 | 5.41 | 20 |
| 4.39 | 330 | 5.00 | 225 | 5.21 | 120 | 5.42 | 15 |
| 4.40 | 325 | 5.01 | 220 | 5.22 | 115 | 5.43 | 10 |
| 4.41 | 320 | 5.02 | 215 | 5.23 | 110 | 5.44 | 5 |
| 4.42 | 315 | 5.03 | 210 | 5.24 | 105 | 5.45 | 0 |
| 4.43 | 310 | 5.04 | 205 | 5.25 | 100 | | |
| 4.44 | 305 | 5.05 | 200 | 5.26 | 95 | | |
| 4.45 | 300 | 5.06 | 195 | 5.27 | 90 | | |
| 4.46 | 295 | 5.07 | 190 | 5.28 | 85 | | |
| 4.47 | 290 | 5.08 | 185 | 5.29 | 80 | | |
| 4.48 | 285 | 5.09 | 180 | 5.30 | 75 | | |
| 4.49 | 280 | 5.10 | 175 | 5.31 | 70 | | |

| | | | | | | | |
|--|--|--|--|--|--|--|--|
| | | | | | | | |
|--|--|--|--|--|--|--|--|

TABLE for evaluating results and scoring points in military sports multiathlon (by sports)

1 km run (men)

| Result (minutes, seconds) | Points | Result (minutes, seconds) | Points | Result (minutes, seconds) | Points | Result (minutes, seconds) | Points |
|---------------------------------|--------|---------------------------------|--------|---------------------------------|--------|---------------------------------|--------|
| 2.40 | 1175 | 3.01 | 1028 | 3.22 | 780 | 3.43 | 570 |
| 2.41 | 1168 | 3.02 | 1021 | 3.23 | 770 | 3.44 | 560 |
| 2.42 | 1161 | 3.03 | 1014 | 3.24 | 760 | 3.45 | 550 |
| 2.43 | 1154 | 3.04 | 1007 | 3.25 | 750 | 3.46 | 540 |
| 2.44 | 1147 | 3.05 | 1000 | 3.26 | 740 | 3.47 | 530 |
| 2.45 | 1140 | 3.06 | 980 | 3.27 | 730 | 3.48 | 520 |
| 2.46 | 1133 | 3.07 | 960 | 3.28 | 720 | 3.49 | 510 |
| 2.47 | 1126 | 3.08 | 940 | 3.29 | 710 | 3.50 | 500 |
| 2.48 | 1119 | 3.09 | 920 | 3.30 | 700 | 3.51 | 490 |
| 2.49 | 1112 | 3.10 | 900 | 3.31 | 690 | 3.52 | 480 |
| 2.50 | 1105 | 3.11 | 890 | 3.32 | 680 | 3.53 | 470 |
| 2.51 | 1098 | 3.12 | 880 | 3.33 | 670 | 3.54 | 460 |
| 2.52 | 1091 | 3.13 | 870 | 3.34 | 660 | 3.55 | 450 |
| 2.53 | 1084 | 3.14 | 860 | 3.35 | 650 | 3.56 | 440 |
| 2.54 | 1077 | 3.15 | 850 | 3.36 | 640 | 3.57 | 430 |
| 2.55 | 1070 | 3.16 | 840 | 3.37 | 630 | 3.58 | 420 |
| 2.56 | 1063 | 3.17 | 830 | 3.38 | 620 | 3.59 | 410 |
| 2.57 | 1056 | 3.18 | 820 | 3.39 | 610 | 4.00 | 400 |
| 2.58 | 1049 | 3.19 | 810 | 3.40 | 600 | 4.01 | 395 |
| 2.59 | 1042 | 3.20 | 800 | 3.41 | 590 | 4.02 | 390 |
| 3.00 | 1035 | 3.21 | 790 | 3.42 | 580 | 4.03 | 385 |

Table continuation

| Result (minutes, seconds) | Points | Result (minutes, seconds) | Points | Result (minutes, seconds) | Points | Result (minutes, seconds) | Points |
|---------------------------------|--------|---------------------------------|--------|---------------------------------|--------|---------------------------------|--------|
| 4.04 | 380 | 4.25 | 275 | 4.46 | 170 | 5.07 | 65 |
| 4.05 | 375 | 4.26 | 270 | 4.47 | 165 | 5.08 | 60 |
| 4.06 | 370 | 4.27 | 265 | 4.48 | 160 | 5.09 | 55 |
| 4.07 | 365 | 4.28 | 260 | 4.49 | 155 | 5.10 | 50 |
| 4.08 | 360 | 4.29 | 255 | 4.50 | 150 | 5.11 | 45 |
| 4.09 | 355 | 4.30 | 250 | 4.51 | 145 | 5.12 | 40 |
| 4.10 | 350 | 4.31 | 245 | 4.52 | 140 | 5.13 | 35 |
| 4.11 | 345 | 4.32 | 240 | 4.53 | 135 | 5.14 | 30 |
| 4.12 | 340 | 4.33 | 235 | 4.54 | 130 | 5.15 | 25 |

| | | | | | | | |
|------|-----|------|-----|------|-----|------|----|
| 4.13 | 335 | 4.34 | 230 | 4.55 | 125 | 5.16 | 20 |
| 4.14 | 330 | 4.35 | 225 | 4.56 | 120 | 5.17 | 15 |
| 4.15 | 325 | 4.36 | 220 | 4.57 | 115 | 5.18 | 10 |
| 4.16 | 320 | 4.37 | 215 | 4.58 | 110 | 5.19 | 5 |
| 4.17 | 315 | 4.38 | 210 | 4.59 | 105 | 5.20 | 0 |
| 4.18 | 310 | 4.39 | 205 | 5.00 | 100 | | |
| 4.19 | 305 | 4.40 | 200 | 5.01 | 95 | | |
| 4.20 | 300 | 4.41 | 195 | 5.02 | 90 | | |
| 4.21 | 295 | 4.42 | 190 | 5.03 | 85 | | |
| 4.22 | 290 | 4.43 | 185 | 5.04 | 80 | | |
| 4.23 | 285 | 4.44 | 180 | 5.05 | 75 | | |
| 4.24 | 280 | 4.45 | 175 | 5.06 | 70 | | |

TABLE for evaluating results and scoring points in military sports multiathlon (by sports)
2 km run (men)

| Result (minutes, seconds) | Points | Result (minutes, seconds) | Points | Result (minutes, seconds) | Points | Result (minutes, seconds) | Points |
|---------------------------------|--------|---------------------------------|--------|---------------------------------|--------|---------------------------------|--------|
| 6.05 | 1100 | 6.29 | 980 | 6.53 | 860 | 7.17 | 740 |
| 6.06 | 1095 | 6.30 | 975 | 6.54 | 855 | 7.18 | 735 |
| 6.07 | 1090 | 6.31 | 970 | 6.55 | 850 | 7.19 | 730 |
| 6.08 | 1085 | 6.32 | 965 | 6.56 | 845 | 7.20 | 725 |
| 6.09 | 1080 | 6.33 | 960 | 6.57 | 840 | 7.21 | 720 |
| 6.10 | 1075 | 6.34 | 955 | 6.58 | 835 | 7.22 | 715 |
| 6.11 | 1070 | 6.35 | 950 | 6.59 | 830 | 7.23 | 710 |
| 6.12 | 1065 | 6.36 | 945 | 7.00 | 825 | 7.24 | 705 |
| 6.13 | 1060 | 6.37 | 940 | 7.01 | 820 | 7.25 | 700 |
| 6.14 | 1055 | 6.38 | 935 | 7.02 | 815 | 7.26 | 695 |
| 6.15 | 1050 | 6.39 | 930 | 7.03 | 810 | 7.27 | 690 |
| 6.16 | 1045 | 6.40 | 925 | 7.04 | 805 | 7.28 | 685 |
| 6.17 | 1040 | 6.41 | 920 | 7.05 | 800 | 7.29 | 680 |
| 6.18 | 1035 | 6.42 | 915 | 7.06 | 795 | 7.30 | 675 |
| 6.19 | 1030 | 6.43 | 910 | 7.07 | 790 | 7.31 | 670 |
| 6.20 | 1025 | 6.44 | 905 | 7.08 | 785 | 7.32 | 665 |
| 6.21 | 1020 | 6.45 | 900 | 7.09 | 780 | 7.33 | 660 |

| | | | | | | | |
|------|------|------|-----|------|-----|------|-----|
| 6.22 | 1015 | 6.46 | 895 | 7.10 | 775 | 7.34 | 655 |
| 6.23 | 1010 | 6.47 | 890 | 7.11 | 770 | 7.35 | 650 |
| 6.24 | 1005 | 6.48 | 885 | 7.12 | 765 | 7.36 | 645 |
| 6.25 | 1000 | 6.49 | 880 | 7.13 | 760 | 7.37 | 640 |
| 6.26 | 995 | 6.50 | 875 | 7.14 | 755 | 7.38 | 635 |
| 6.27 | 990 | 6.51 | 870 | 7.15 | 750 | 7.39 | 630 |
| 6.28 | 985 | 6.52 | 865 | 7.16 | 745 | 7.40 | 625 |

Table continuation

| Result (minutes, seconds) | Points | Result (minutes, seconds) | Points | Result (minutes, seconds) | Points | Result (minutes, seconds) | Points |
|---------------------------------|--------|---------------------------------|--------|---------------------------------|--------|---------------------------------|--------|
| 7.41 | 620 | 8.05 | 500 | 8.29 | 380 | 8.53 | 260 |
| 7.42 | 615 | 8.06 | 495 | 8.30 | 375 | 8.54 | 255 |
| 7.43 | 610 | 8.07 | 490 | 8.31 | 370 | 8.55 | 250 |
| 7.44 | 605 | 8.08 | 485 | 8.32 | 365 | 8.56 | 245 |
| 7.45 | 600 | 8.09 | 480 | 8.33 | 360 | 8.57 | 240 |
| 7.46 | 595 | 8.10 | 475 | 8.34 | 355 | 8.58 | 235 |
| 7.47 | 590 | 8.11 | 470 | 8.35 | 350 | 8.59 | 230 |
| 7.48 | 585 | 8.12 | 465 | 8.36 | 345 | 9.00 | 225 |
| 7.49 | 580 | 8.13 | 460 | 8.37 | 340 | 9.01 | 220 |
| 7.50 | 575 | 8.14 | 455 | 8.38 | 335 | 9.02 | 215 |
| 7.51 | 570 | 8.15 | 450 | 8.39 | 330 | 9.03 | 210 |
| 7.52 | 565 | 8.16 | 445 | 8.40 | 325 | 9.04 | 205 |
| 7.53 | 560 | 8.17 | 440 | 8.41 | 320 | 9.05 | 200 |
| 7.54 | 555 | 8.18 | 435 | 8.42 | 315 | 9.06 | 195 |
| 7.55 | 550 | 8.19 | 430 | 8.43 | 310 | 9.07 | 190 |
| 7.56 | 545 | 8.20 | 425 | 8.44 | 305 | 9.08 | 185 |
| 7.57 | 540 | 8.21 | 420 | 8.45 | 300 | 9.09 | 180 |
| 7.58 | 535 | 8.22 | 415 | 8.46 | 295 | 9.10 | 175 |
| 7.59 | 530 | 8.23 | 410 | 8.47 | 290 | 9.11 | 170 |
| 8.00 | 525 | 8.24 | 405 | 8.48 | 285 | 9.12 | 165 |
| 8.01 | 520 | 8.25 | 400 | 8.49 | 280 | 9.13 | 160 |
| 8.02 | 515 | 8.26 | 395 | 8.50 | 275 | 9.14 | 155 |
| 8.03 | 510 | 8.27 | 390 | 8.51 | 270 | 9.15 | 150 |
| 8.04 | 505 | 8.28 | 385 | 8.52 | 265 | 9.16 | 145 |

2 km run (men)

| Result(minutes, seconds) | Points | Result (minutes, seconds) | Points | Result (minutes, seconds) | Points | Result (minutes, seconds) | Points |
|-----------------------------|--------|---------------------------------|--------|---------------------------------|--------|---------------------------------|--------|
| 9.17 | 140 | 9.25 | 100 | 9.33 | 60 | 9.41 | 20 |

| | | | | | | | |
|------|-----|------|----|------|----|------|----|
| 9.18 | 135 | 9.26 | 95 | 9.34 | 55 | 9.42 | 15 |
| 9.19 | 130 | 9.27 | 90 | 9.35 | 50 | 9.43 | 10 |
| 9.20 | 125 | 9.28 | 85 | 9.36 | 45 | 9.44 | 5 |
| 9.21 | 120 | 9.29 | 80 | 9.37 | 40 | 9.45 | 0 |
| 9.22 | 115 | 9.30 | 75 | 9.38 | 35 | | |
| 9.23 | 110 | 9.31 | 70 | 9.39 | 30 | | |
| 9.24 | 105 | 9.32 | 65 | 9.40 | 25 | | |

TABLE for evaluating results and scoring points in military sports multiathlon (by sports)
3 km run (men)

| Result (minutes, seconds) | Points | Result (minutes, seconds) | Points | Result (minutes, seconds) | Points | Result (minutes, seconds) | Points |
|---------------------------------|--------|---------------------------------|--------|---------------------------------|--------|---------------------------------|--------|
| 9.30 | 1160 | 9.54 | 1064 | 10.18 | 968 | 10.42 | 872 |
| 9.31 | 1156 | 9.55 | 1060 | 10.19 | 964 | 10.43 | 868 |
| 9.32 | 1152 | 9.56 | 1056 | 10.20 | 960 | 10.44 | 864 |
| 9.33 | 1148 | 9.57 | 1052 | 10.21 | 956 | 10.45 | 860 |
| 9.34 | 1144 | 9.58 | 1048 | 10.22 | 952 | 10.46 | 856 |
| 9.35 | 1140 | 9.59 | 1044 | 10.23 | 948 | 10.47 | 852 |
| 9.36 | 1136 | 10.00 | 1040 | 10.24 | 944 | 10.48 | 848 |
| 9.37 | 1132 | 10.01 | 1036 | 10.25 | 940 | 10.49 | 844 |
| 9.38 | 1128 | 10.02 | 1032 | 10.26 | 936 | 10.50 | 840 |
| 9.39 | 1124 | 10.03 | 1028 | 10.27 | 932 | 10.51 | 836 |
| 9.40 | 1120 | 10.04 | 1024 | 10.28 | 928 | 10.52 | 832 |
| 9.41 | 1116 | 10.05 | 1020 | 10.29 | 924 | 10.53 | 828 |
| 9.42 | 1112 | 10.06 | 1016 | 10.30 | 920 | 10.54 | 824 |
| 9.43 | 1108 | 10.07 | 1012 | 10.31 | 916 | 10.55 | 820 |
| 9.44 | 1104 | 10.08 | 1008 | 10.32 | 912 | 10.56 | 816 |
| 9.45 | 1100 | 10.09 | 1004 | 10.33 | 908 | 10.57 | 812 |
| 9.46 | 1096 | 10.10 | 1000 | 10.34 | 904 | 10.58 | 808 |
| 9.47 | 1092 | 10.11 | 996 | 10.35 | 900 | 10.59 | 804 |
| 9.48 | 1088 | 10.12 | 992 | 10.36 | 896 | 11.00 | 800 |
| 9.49 | 1084 | 10.13 | 988 | 10.37 | 892 | 11.01 | 796 |
| 9.50 | 1080 | 10.14 | 984 | 10.38 | 888 | 11.02 | 792 |
| 9.51 | 1076 | 10.15 | 980 | 10.39 | 884 | 11.03 | 788 |
| 9.52 | 1072 | 10.16 | 976 | 10.40 | 880 | 11.04 | 784 |
| 9.53 | 1068 | 10.17 | 972 | 10.41 | 876 | 11.05 | 780 |

Table continuation

| Result (minutes, seconds) | Points | Result (minutes, seconds) | Points | Result (minutes, seconds) | Points | Result (minutes, seconds) | Points |
|---------------------------------|--------|---------------------------------|--------|---------------------------------|--------|---------------------------------|--------|
| 11.06 | 776 | 11.30 | 680 | 11.54 | 584 | 12.18 | 488 |
| 11.07 | 772 | 11.31 | 676 | 11.55 | 580 | 12.19 | 484 |
| 11.08 | 768 | 11.32 | 672 | 11.56 | 576 | 12.20 | 480 |
| 11.09 | 764 | 11.33 | 668 | 11.57 | 572 | 12.21 | 476 |
| 11.10 | 760 | 11.34 | 664 | 11.58 | 568 | 12.22 | 472 |
| 11.11 | 756 | 11.35 | 660 | 11.59 | 564 | 12.23 | 468 |
| 11.12 | 752 | 11.36 | 656 | 12.00 | 560 | 12.24 | 464 |
| 11.13 | 748 | 11.37 | 652 | 12.01 | 556 | 12.25 | 460 |
| 11.14 | 744 | 11.38 | 648 | 12.02 | 552 | 12.26 | 456 |
| 11.15 | 740 | 11.39 | 644 | 12.03 | 548 | 12.27 | 452 |
| 11.16 | 736 | 11.40 | 640 | 12.04 | 544 | 12.28 | 448 |
| 11.17 | 732 | 11.41 | 636 | 12.05 | 540 | 12.29 | 444 |
| 11.18 | 728 | 11.42 | 632 | 12.06 | 536 | 12.30 | 440 |
| 11.19 | 724 | 11.43 | 628 | 12.07 | 532 | 12.31 | 436 |
| 11.20 | 720 | 11.44 | 624 | 12.08 | 528 | 12.32 | 432 |
| 11.21 | 716 | 11.45 | 620 | 12.09 | 524 | 12.33 | 428 |
| 11.22 | 712 | 11.46 | 616 | 12.10 | 520 | 12.34 | 424 |
| 11.23 | 708 | 11.47 | 612 | 12.11 | 516 | 12.35 | 420 |
| 11.24 | 704 | 11.48 | 608 | 12.12 | 512 | 12.36 | 416 |
| 11.25 | 700 | 11.49 | 604 | 12.13 | 508 | 12.37 | 412 |
| 11.26 | 696 | 11.50 | 600 | 12.14 | 504 | 12.38 | 408 |
| 11.27 | 692 | 11.51 | 596 | 12.15 | 500 | 12.39 | 404 |
| 11.28 | 688 | 11.52 | 592 | 12.16 | 496 | 12.40 | 400 |
| 11.29 | 684 | 11.53 | 588 | 12.17 | 492 | 12.41 | 396 |

3 km run (men)

| Result (minutes, seconds) | Points | Result (minutes, seconds) | Points | Result (minutes, seconds) | Points | Result (minutes, seconds) | Points | Result (minutes, seconds) | Points |
|---------------------------------|--------|---------------------------------|--------|---------------------------------|--------|---------------------------------|--------|---------------------------------|--------|
| 12.42 | 392 | 13.02 | 312 | 13.22 | 232 | 13.42 | 152 | 14.02 | 72 |
| 12.43 | 388 | 13.03 | 308 | 13.23 | 228 | 13.43 | 148 | 14.03 | 68 |
| 12.44 | 384 | 13.04 | 304 | 13.24 | 224 | 13.44 | 144 | 14.04 | 64 |
| 12.45 | 380 | 13.05 | 300 | 13.25 | 220 | 13.45 | 140 | 14.05 | 60 |
| 12.46 | 376 | 13.06 | 296 | 13.26 | 216 | 13.46 | 136 | 14.06 | 56 |
| 12.47 | 372 | 13.07 | 292 | 13.27 | 212 | 13.47 | 132 | 14.07 | 52 |
| 12.48 | 368 | 13.08 | 288 | 13.28 | 208 | 13.48 | 128 | 14.08 | 48 |
| 12.49 | 364 | 13.09 | 284 | 13.29 | 204 | 13.49 | 124 | 14.09 | 44 |
| 12.50 | 360 | 13.10 | 280 | 13.30 | 200 | 13.50 | 120 | 14.10 | 40 |

| | | | | | | | | | |
|-------|-----|-------|-----|-------|-----|-------|-----|-------|----|
| 12.51 | 356 | 13.11 | 276 | 13.31 | 196 | 13.51 | 116 | 14.11 | 36 |
| 12.52 | 352 | 13.12 | 272 | 13.32 | 192 | 13.52 | 112 | 14.12 | 32 |
| 12.53 | 348 | 13.13 | 268 | 13.33 | 188 | 13.53 | 108 | 14.13 | 28 |
| 12.54 | 344 | 13.14 | 264 | 13.34 | 184 | 13.54 | 104 | 14.14 | 24 |
| 12.55 | 340 | 13.15 | 260 | 13.35 | 180 | 13.55 | 100 | 14.15 | 20 |
| 12.56 | 336 | 13.16 | 256 | 13.36 | 176 | 13.56 | 96 | 14.16 | 16 |
| 12.57 | 332 | 13.17 | 252 | 13.37 | 172 | 13.57 | 92 | 14.17 | 12 |
| 12.58 | 328 | 13.18 | 248 | 13.38 | 168 | 13.58 | 88 | 14.18 | 8 |
| 12.59 | 324 | 13.19 | 244 | 13.39 | 164 | 13.59 | 84 | 14.19 | 4 |
| 13.00 | 320 | 13.20 | 240 | 13.40 | 160 | 14.00 | 80 | 14.20 | 0 |
| 13.01 | 316 | 13.21 | 236 | 13.41 | 156 | 14.01 | 76 | | |

TABLE for evaluating results and scoring points in military sports multiathlon (by sports)
3 km run (high boots)

| Result (minutes, seconds) | Points | Result (minutes, seconds) | Points | Result (minutes, seconds) | Points | Result (minutes, seconds) | Points |
|---------------------------|--------|---------------------------|--------|---------------------------|--------|---------------------------|--------|
| 9.30 | 1280 | 9.50 | 1200 | 10.10 | 1120 | 10.30 | 1040 |
| 9.31 | 1276 | 9.51 | 1196 | 10.11 | 1116 | 10.31 | 1036 |
| 9.32 | 1272 | 9.52 | 1192 | 10.12 | 1112 | 10.32 | 1032 |
| 9.33 | 1268 | 9.53 | 1188 | 10.13 | 1108 | 10.33 | 1028 |
| 9.34 | 1264 | 9.54 | 1184 | 10.14 | 1104 | 10.34 | 1024 |
| 9.35 | 1260 | 9.55 | 1180 | 10.15 | 1100 | 10.35 | 1020 |
| 9.36 | 1256 | 9.56 | 1176 | 10.16 | 1096 | 10.36 | 1016 |
| 9.37 | 1252 | 9.57 | 1172 | 10.17 | 1092 | 10.37 | 1012 |
| 9.38 | 1248 | 9.58 | 1168 | 10.18 | 1088 | 10.38 | 1008 |
| 9.39 | 1244 | 9.59 | 1164 | 10.19 | 1084 | 10.39 | 1004 |
| 9.40 | 1240 | 10.00 | 1160 | 10.20 | 1080 | 10.40 | 1000 |
| 9.41 | 1236 | 10.01 | 1156 | 10.21 | 1076 | 10.41 | 996 |
| 9.42 | 1232 | 10.02 | 1152 | 10.22 | 1072 | 10.42 | 992 |
| 9.43 | 1228 | 10.03 | 1148 | 10.23 | 1068 | 10.43 | 988 |
| 9.44 | 1224 | 10.04 | 1144 | 10.24 | 1064 | 10.44 | 984 |
| 9.45 | 1220 | 10.05 | 1140 | 10.25 | 1060 | 10.45 | 980 |
| 9.46 | 1216 | 10.06 | 1136 | 10.26 | 1056 | 10.46 | 976 |
| 9.47 | 1212 | 10.07 | 1132 | 10.27 | 1052 | 10.47 | 972 |
| 9.48 | 1208 | 10.08 | 1128 | 10.28 | 1048 | 10.48 | 968 |
| 9.49 | 1204 | 10.09 | 1124 | 10.29 | 1044 | 10.49 | 964 |

Table continuation

| Result (minutes, | Points | Result (minutes, | Points | Result (minutes, | Points | Result (minutes, | Points |
|------------------|--------|------------------|--------|------------------|--------|------------------|--------|
|------------------|--------|------------------|--------|------------------|--------|------------------|--------|

| | | | | | | | |
|----------|-----|----------|-----|----------|-----|----------|-----|
| seconds) | | seconds) | | seconds) | | seconds) | |
| 10.50 | 960 | 11.10 | 880 | 11.30 | 800 | 11.50 | 720 |
| 10.51 | 956 | 11.11 | 876 | 11.31 | 796 | 11.51 | 716 |
| 10.52 | 952 | 11.12 | 872 | 11.32 | 792 | 11.52 | 712 |
| 10.53 | 948 | 11.13 | 868 | 11.33 | 788 | 11.53 | 708 |
| 10.54 | 944 | 11.14 | 864 | 11.34 | 784 | 11.54 | 704 |
| 10.55 | 940 | 11.15 | 860 | 11.35 | 780 | 11.55 | 700 |
| 10.56 | 936 | 11.16 | 856 | 11.36 | 776 | 11.56 | 696 |
| 10.57 | 932 | 11.17 | 852 | 11.37 | 772 | 11.57 | 692 |
| 10.58 | 928 | 11.18 | 848 | 11.38 | 768 | 11.58 | 688 |
| 10.59 | 924 | 11.19 | 844 | 11.39 | 764 | 11.59 | 684 |
| 11.00 | 920 | 11.20 | 840 | 11.40 | 760 | 12.00 | 680 |
| 11.01 | 916 | 11.21 | 836 | 11.41 | 756 | 12.01 | 676 |
| 11.02 | 912 | 11.22 | 832 | 11.42 | 752 | 12.02 | 672 |
| 11.03 | 908 | 11.23 | 828 | 11.43 | 748 | 12.03 | 668 |
| 11.04 | 904 | 11.24 | 824 | 11.44 | 744 | 12.04 | 664 |
| 11.05 | 900 | 11.25 | 820 | 11.45 | 740 | 12.05 | 660 |
| 11.06 | 896 | 11.26 | 816 | 11.46 | 736 | 12.06 | 656 |
| 11.07 | 892 | 11.27 | 812 | 11.47 | 732 | 12.07 | 652 |
| 11.08 | 888 | 11.28 | 808 | 11.48 | 728 | 12.08 | 648 |
| 11.09 | 884 | 11.29 | 804 | 11.49 | 724 | 12.09 | 644 |

3 km run (high boots)

| Result (minutes, seconds) | Points | Result (minutes, seconds) | Points | Result (minutes, seconds) | Points | Result (minutes, seconds) | Points |
|---------------------------------|--------|---------------------------------|--------|---------------------------------|--------|---------------------------------|--------|
| 12.10 | 640 | 12.34 | 544 | 12.58 | 448 | 13.22 | 352 |
| 12.11 | 636 | 12.35 | 540 | 12.59 | 444 | 13.23 | 348 |
| 12.12 | 632 | 12.36 | 536 | 13.00 | 440 | 13.24 | 344 |
| 12.13 | 628 | 12.37 | 532 | 13.01 | 436 | 13.25 | 340 |
| 12.14 | 624 | 12.38 | 528 | 13.02 | 432 | 13.26 | 336 |
| 12.15 | 620 | 12.39 | 524 | 13.03 | 428 | 13.27 | 332 |
| 12.16 | 616 | 12.40 | 520 | 13.04 | 424 | 13.28 | 328 |
| 12.17 | 612 | 12.41 | 516 | 13.05 | 420 | 13.29 | 324 |
| 12.18 | 608 | 12.42 | 512 | 13.06 | 416 | 13.30 | 320 |
| 12.19 | 604 | 12.43 | 508 | 13.07 | 412 | 13.31 | 316 |
| 12.20 | 600 | 12.44 | 504 | 13.08 | 408 | 13.32 | 312 |
| 12.21 | 596 | 12.45 | 500 | 13.09 | 404 | 13.33 | 308 |
| 12.22 | 592 | 12.46 | 496 | 13.10 | 400 | 13.34 | 304 |
| 12.23 | 588 | 12.47 | 492 | 13.11 | 396 | 13.35 | 300 |

| | | | | | | | |
|-------|-----|-------|-----|-------|-----|-------|-----|
| 12.24 | 584 | 12.48 | 488 | 13.12 | 392 | 13.36 | 296 |
| 12.25 | 580 | 12.49 | 484 | 13.13 | 388 | 13.37 | 292 |
| 12.26 | 576 | 12.50 | 480 | 13.14 | 384 | 13.38 | 288 |
| 12.27 | 572 | 12.51 | 476 | 13.15 | 380 | 13.39 | 284 |
| 12.28 | 568 | 12.52 | 472 | 13.16 | 376 | 13.40 | 280 |
| 12.29 | 564 | 12.53 | 468 | 13.17 | 372 | 13.41 | 276 |
| 12.30 | 560 | 12.54 | 464 | 13.18 | 368 | 13.42 | 272 |
| 12.31 | 556 | 12.55 | 460 | 13.19 | 364 | 13.43 | 268 |
| 12.32 | 552 | 12.56 | 456 | 13.20 | 360 | 13.44 | 264 |
| 12.33 | 548 | 12.57 | 452 | 13.21 | 356 | 13.45 | 260 |

Table continuation

| Result (minutes, seconds) | Points | Result (minutes, seconds) | Points | Result (minutes, seconds) | Points |
|---------------------------|--------|---------------------------|--------|---------------------------|--------|
| 13.46 | 256 | 14.10 | 160 | 14.34 | 64 |
| 13.47 | 252 | 14.11 | 156 | 14.35 | 60 |
| 13.48 | 248 | 14.12 | 152 | 14.36 | 56 |
| 13.49 | 244 | 14.13 | 148 | 14.37 | 52 |
| 13.50 | 240 | 14.14 | 144 | 14.38 | 48 |
| 13.51 | 236 | 14.15 | 140 | 14.39 | 44 |
| 13.52 | 232 | 14.16 | 136 | 14.40 | 40 |
| 13.53 | 228 | 14.17 | 132 | 14.41 | 36 |
| 13.54 | 224 | 14.18 | 128 | 14.42 | 32 |
| 13.55 | 220 | 14.19 | 124 | 14.43 | 28 |
| 13.56 | 216 | 14.20 | 120 | 14.44 | 24 |
| 13.57 | 212 | 14.21 | 116 | 14.45 | 20 |
| 13.58 | 208 | 14.22 | 112 | 14.46 | 16 |
| 13.59 | 204 | 14.23 | 108 | 14.47 | 12 |
| 14.00 | 200 | 14.24 | 104 | 14.48 | 8 |
| 14.01 | 196 | 14.25 | 100 | 14.49 | 4 |
| 14.02 | 192 | 14.26 | 96 | 14.50 | 0 |
| 14.03 | 188 | 14.27 | 92 | | |
| 14.04 | 184 | 14.28 | 88 | | |
| 14.05 | 180 | 14.29 | 84 | | |
| 14.06 | 176 | 14.30 | 80 | | |
| 14.07 | 172 | 14.31 | 76 | | |

| | | | | | |
|-------|-----|-------|----|--|--|
| 14.08 | 168 | 14.32 | 72 | | |
| 14.09 | 164 | 14.33 | 68 | | |

TABLE for evaluating results and scoring points in military sports all-around (by sports)

Pull-ups on the crossbar (uniform - military field)

| Result (number of times) | Points | Result (number of times) | Points | Result (number of times) | Points | Result (number of times) | Points |
|--------------------------------|--------|--------------------------------|--------|--------------------------------|--------|--------------------------------|--------|
| 59 | 1990 | 41 | 1450 | 23 | 910 | 5 | 370 |
| 58 | 1960 | 40 | 1420 | 22 | 880 | 4 | 340 |
| 57 | 1930 | 39 | 1390 | 21 | 850 | 3 | 310 |
| 56 | 1900 | 38 | 1360 | 20 | 820 | 2 | 280 |
| 55 | 1870 | 37 | 1330 | 19 | 790 | 1 | 250 |
| 54 | 1840 | 36 | 1300 | 18 | 760 | | |
| 53 | 1810 | 35 | 1270 | 17 | 730 | | |
| 52 | 1780 | 34 | 1240 | 16 | 700 | | |
| 51 | 1750 | 33 | 1210 | 15 | 670 | | |
| 50 | 1720 | 32 | 1180 | 14 | 640 | | |
| 49 | 1690 | 31 | 1150 | 13 | 610 | | |
| 48 | 1660 | 30 | 1120 | 12 | 580 | | |
| 47 | 1630 | 29 | 1090 | 11 | 550 | | |
| 46 | 1600 | 28 | 1060 | 10 | 520 | | |
| 45 | 1570 | 27 | 1030 | 9 | 490 | | |
| 44 | 1540 | 26 | 1000 | 8 | 460 | | |
| 43 | 1510 | 25 | 970 | 7 | 430 | | |
| 42 | 1480 | 24 | 940 | 6 | 400 | | |

Appendix 3 to the Rules
of military-applied sports of the
International Union for Military-

Practice conditions in shooting competitions

Makarov pistol-1 - shooting from a Makarov pistol at 25 meters at a fixed target № 4 (chest figure with circles), 3 test and 10 test shots.

Makarov pistol-3 - shooting from a Makarov pistol at a target № 4 (chest figure with circles) at 25 meters, 5 test and 30 test shots (6x5).

Kalashnikov-1 assault rifle - firing from a machine gun with single shots at 100 meters at target № 4 (chest figure with circles) from a prone position without a stop, 3 test and 10 test shots.

Kalashnikov-2 assault rifle - shooting from a machine gun in bursts at 200 meters at target № 7 (half-length figure) from three positions (lying, kneeling, standing) without stop, 10 test shots in each position (3x10).

Kalashnikov-3 assault rifle - shooting from a machine gun with single shots at 100 meters at target № 4 (chest figure with circles) from three positions (lying, kneeling, standing) without stop, 3 trial and 10 test shots in each position (3x10).

Sniper rifle-1 - shooting from a sniper rifle with an optical sight at 300 meters at target № 4 (chest figure with circles) from three positions (lying, kneeling, standing) without rest, 3 test and 10 test shots in each position (3x10).

Sniper rifle-2 - shooting from a sniper rifle with an optical sight at 300 meters at target № 4 (chest figure with circles) from a prone position from the hand, 5 test and 20 test shots (2x10).

Conditions for doing exercises

| Exercise Index | Shooting distance, (meters) | Target | Number of shots | | Shooting time | | Number of series and (shots) |
|------------------|-----------------------------|---|-----------------|---------|---------------|---------------------------|------------------------------|
| | | | Trial | Credits | Trial | Credits | |
| Makarov-1 pistol | 25 | № 4 - chest figure with circles (fixed) | 3 | 10 | 3 minutes | 8 minutes | 2 x 5 |
| Makarov-3 pistol | 25 | № 4 - chest figure with circles (fixed) | 5 | 30 | 5 minutes | 4 minutes - for 1 episode | 6 x 5 |

Conditions for doing exercises

| Exercise Index | Shooting distance, (meters) | Target | Number of shots | | Shooting time | | Position and type of shooting |
|-----------------------------|-----------------------------|---------------------------------|-----------------|-----------|---------------|--|------------------------------------|
| | | | Trial | Credits | Trial | Credits | |
| Kalashnikov-1 assault rifle | 100 | № 4 - chest figure with circles | 3 | 10 | 2 minutes | 8 minutes | Lying (from the hand); single fire |
| Exercise Index | Shooting distance, (meters) | Target | Number of shots | | Shooting time | | Position and type of shooting |
| Kalashnikov-2 assault rifle | 200 | № 7 - waist figure | - | 30 (3x10) | - | Lying - 15 seconds, from the knee 20 seconds standing - 25 seconds | |

| | | | | | | | |
|-----------------------------|-----|---------------------------------|---------|-----------|--|---|---|
| Kalashnikov-3 assault rifle | 100 | № 4 - chest figure with circles | 9 (3x3) | 30 (3x10) | lying-2 minutes, from the knee 3 minutes, standing - 4 minutes | lying-8 minutes from the knee - 10 minutes, standing-12 minutes | From three positions: lying (from the hand), from the knee, standing; single fire |
| Sniper Rifle-1 | 300 | № 4 - chest figure with circles | 9 (3x3) | 30 (3x10) | 3 minutes in each position | 15 minutes in every position | From three positions: lying (from the hand), from the knee, standing; single fire |
| Sniper Rifle-2 | 300 | № 4 - chest figure with circles | 6 | 20 | 5 minutes | 30 minutes | Lying (from the hand); single fire |

Appendix 4 to the Rules
by military-applied types
Sports of the International Union
for Military-Applied Sports

Conditions for awarding a clear advantage, scoring points and determining the results of the duel referee assessment of the actions of athletes leading to injuries,

1. The technical action of the fighters is evaluated by the judges on the mat.

The duel ends:

- 1) after the expiration of time;
- 2) when one of the participants has a clear advantage;
- 3) in case of disqualification of one of the participants;
- 4) due to the inability to continue the fight by one of the participants due to an injury.

2. A clear advantage is awarded to:

- 1) to the participant for an attacking action, as a result of which the opponent loses coordination of movements and is unable to defend himself - KNOCKOUT;
- 2) to the participant, in case of receiving two KNOCKDOWNS by the opponent;
- 3) to a participant who performed a painful or suffocating hold;
- 4) a participant whose opponent refused to continue the fight;
- 5) to a participant whose opponent did not show up for the fight or was disqualified for committed violations;
- 6) a participant whose opponent did not appear for the fight within 2 minutes after the second invitation to the fight;
- 7) a participant whose representative (second) withdrew his athlete or refused to continue the fight;
- 8) to the participant, in case of an advantage of 10 points;

9) according to the assessment of the actions of the participants, leading to injury during the fight.

The presence of an injury, its severity and the possibility of an injured participant to continue the fight (competition) are determined by the doctor of the competition. Guilty in inflicting injury is determined by the judging trio.

3. Scoring table.

| № p / p | Action evaluation | Points | | | |
|---|---|--|----------|---------------|---|
| | | 1 point | 2 points | Clear victory | |
| 1. | punches | to the body | + | | |
| | | to the head | + | | |
| 2. | Series of punches and (or) kicks | to the head | | + | |
| | | to the body | | + | |
| 3. | Kicks | to the body | + | | |
| | | to the head | | + | |
| | | legs are not evaluated | | | |
| 4. | Painful hold to perform a painful hold, the athlete is given no more than 20 seconds. It is counted after the athlete's signal (voice or clap of the hand or foot) to surrender | | | | + |
| 5. | Choke hold | | | | + |
| 6. | Knockdown When knocked down, 2 points are added to the number of points for a technical action. | | | + | |
| 7. | Knockout | | | | + |
| 8. | Throws No more than 15 seconds are given to perform a grappling throw or grappling. | throw on the back, on the side with a fall | + | | |
| | | throw on the back, on the side without falling | | + | |
| Note: When striking, only strong accented strikes delivered to permitted areas are counted. Hits in the hold, on the legs and in the "prone" position are not evaluated, but the knockdown and knockout received as a result of such blows are evaluated. | | | | | |
| 9. | Warning prohibited technical action (points are credited to the opponent) | 1 time - remark | | | |
| | | 2 times - 1st warning | + | | |
| | | 3 times - 2nd warning | | + | |

| | | | | | |
|-----|---|--|---|---|--|
| | | 4 times - 3rd warning followed by disqualification | | | |
| 10. | During the fight for going out with two feet beyond the border of the mat, a reprimand is announced | with each subsequent exit beyond the border of the mat, a warning is announced to the fighter, and 1 point for his opponent, regardless of the number of exits beyond the border of the carpet | + | | |
| 11. | For being late on a call or when correcting remarks on equipment before the fight, the athlete is announced (points are credited to the opponent) | up to 1 minute - note | | | |
| | | 1 to 1.30 minutes - 1st warning | + | | |
| | | from 1.30 to 2 minutes - 2nd warning | | + | |
| | | more than 2 minutes 3rd warning followed by disqualification | | | |
| 12. | A clear advantage is awarded for a difference of 10 points | | | | |

If the score of the duel is equal, the victory is awarded according to the first technical action.

4. Judicial assessment of the actions of athletes leading to injuries:

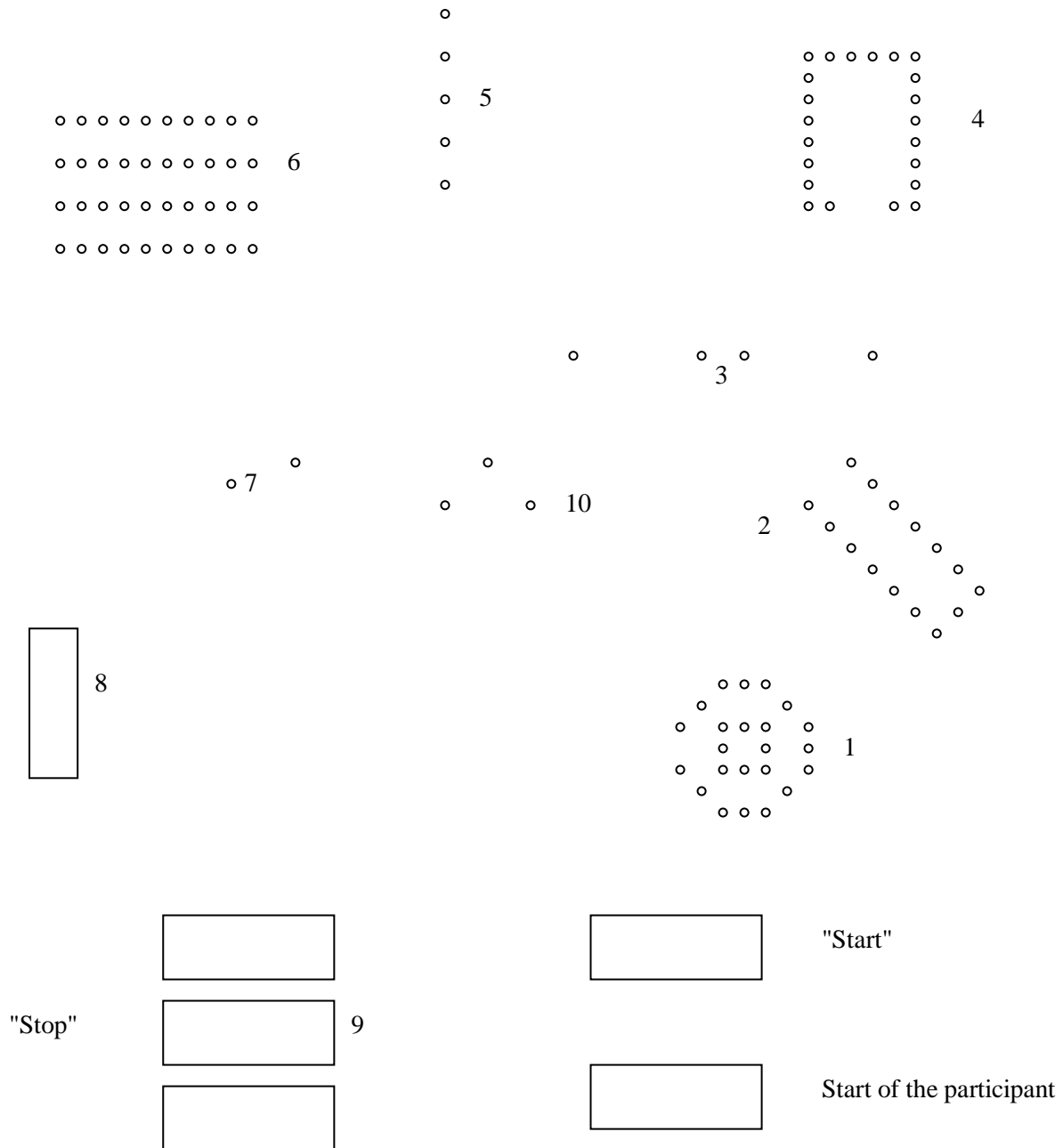
1) the presence of an injury, its severity and the ability to continue the fight are determined by the doctor of the competition. Exemption from the duel is given to the chief referee or his deputy on the basis of a doctor's opinion;

2) a participant, through whose fault an injury is inflicted as a result of an illegal hold, as a result of which the opponent is not able to continue the fight, is disqualified for this fight and a defeat is credited to him, and his opponent wins;

3) if the participant is injured through no fault of the opponent and is unable to continue the fight, he is considered defeated. His opponent is awarded the victory;

4) if 2 participants are injured at the same time and are unable to continue the fight (mutually to blame), then both are awarded a defeat.

Speed maneuvering course with a penalty loop (option)



- 1 – "A circle"
- 2 – "Boxing"
- 3 – "Eight"
- 4 – "Restricted Turning Point"
- 5 – "Snake multiple"

- 6 – "Saw"
- 7 – "Hemp"
- 8 – "Track"
- 9 – "Stop"
- 10 – Penalty loop

(competition group)

Starting № _____

(name of competition)

(location)

(competition date, teams)

Membership card

Military rank _____

Full Name _____

Date of birth _____

Sports category _____

Driving license _____

Result _____

Result for team standings _____

Position _____

Classification points _____

locus sigilli

Chief Secretary _____

(category, signature, FULL NAME.)

Protocol

Of competition results _____ for high-speed maneuvering
 (name of competition)

 (location)

 (date of the competition)

Participants started _____

I sports category - _____

III sports category - _____

II sports category - _____

combat rank - _____

Competition group _____

| Starting number | Surname initials | Sports category | Team | Travel time distances (tracks) | Occupied space | Number of points for team standings | Number of classification points |
|-----------------|------------------|-----------------|------|--------------------------------------|----------------|---|---------------------------------------|
| | | | | | | | |
| | | | | | | | |

Main judge _____

(category, signature, FULL NAME.)

Chief Secretary _____

(category, signature, FULL NAME.)

Commander (chief) _____

(military rank, signature)

« » _____ 20 ____ y.

APPLICATION

For the participation of a team of a military unit (military educational institution) _____

in the championship _____ on _____
 (name of competition) (type of sport)

| № | Military rank | FULL NAME | Date of birth | Sports category | Doctor's visa for admission to competitions and seal |
|---|---------------|-----------|---------------|-----------------|--|
| | | | | | |
| | | | | | |
| | | | | | |

Chairman of the sports committee _____
 (military rank, FULL NAME)

Assistant Commander for Physical Training _____
 (military rank, FULL NAME)

Doctor _____
 (signature, FULL NAME)

Protocol of the commission for admission to participation in competitions

_____ on _____
 (name of competition)

« _____ » 20 _____ y. city _____
 (competition dates) (location)

| № | FULL NAME | Date of birth | Sports category | Sports organization |
|-----------------------------------|-----------|---------------|-----------------|---------------------|
| Team name | | | | |
| 1 | | | | |
| 2 | | | | |
| 3 | | | | |
| 4 | | | | |
| 5 | | | | |
| 6 | | | | |
| 7 | | | | |
| FULL NAME. of team representative | | | | |
| FULL NAME. of team coach | | | | |
| Team name | | | | |
| 1 | | | | |
| 2 | | | | |
| 3 | | | | |
| 4 | | | | |
| 5 | | | | |
| 6 | | | | |
| 7 | | | | |
| FULL NAME. of team representative | | | | |
| FULL NAME. of team coach | | | | |

Chairman of the Admission Commission _____ (FULL NAME)

Chief Competition Secretary _____ (FULL NAME)

Doctor _____ (FULL NAME)

PROTOCOL
of competition distance control

(name of competition)

Distance _____

Checkpoint № _____

| № | 1 lap. | 2 lap. | 3 lap. | 5 lap. | 6 lap. | 7 lap. | 8 lap. | 9 lap. | finish |
|----|--------|--------|--------|--------|--------|--------|--------|--------|--------|
| 1 | | | | | | | | | |
| 2 | | | | | | | | | |
| 3 | | | | | | | | | |
| 4 | | | | | | | | | |
| 5 | | | | | | | | | |
| 6 | | | | | | | | | |
| 7 | | | | | | | | | |
| 8 | | | | | | | | | |
| 9 | | | | | | | | | |
| 10 | | | | | | | | | |
| 11 | | | | | | | | | |
| 12 | | | | | | | | | |
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| 14 | | | | | | | | | |
| 15 | | | | | | | | | |
| 16 | | | | | | | | | |
| 17 | | | | | | | | | |
| 18 | | | | | | | | | |
| 19 | | | | | | | | | |
| 20 | | | | | | | | | |

Referee: _____

(signature, FULL NAME)

« ____ » _____ 20__ y.

FINISH AND TIMING PROTOCOL

Distance _____
 (name of competition)

Race № _____

| № | № of participant | Start time | Finish time | Result | Note |
|----|------------------|------------|-------------|--------|------|
| 1 | | | | | |
| 2 | | | | | |
| 3 | | | | | |
| 4 | | | | | |
| 5 | | | | | |
| 6 | | | | | |
| 7 | | | | | |
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| 16 | | | | | |
| 17 | | | | | |
| 18 | | | | | |
| 19 | | | | | |
| 20 | | | | | |

Senior referee-timekeeper: _____
 (category, signature, FULL NAME)

Referee-timekeeper _____
 (category, signature, FULL NAME)

Secretary _____
 (category, signature, FULL NAME)

« ____ » _____ 20__ y.

STARTING PROTOCOL

of competition _____

(name of competition)

Race № _____

| № П/П | Surname, initials | Number of the team | Number of participant | Start time |
|-------|----------------------|-----------------------|--------------------------|------------|
| 1 | | | | |
| 2 | | | | |
| 3 | | | | |
| 4 | | | | |
| 5 | | | | |
| 6 | | | | |
| 7 | | | | |
| 8 | | | | |
| 9 | | | | |
| 10 | | | | |
| 11 | | | | |
| 12 | | | | |
| 13 | | | | |
| 14 | | | | |

Chief Referee _____

(category, signature, FULL NAME)

Secretary: _____

(category, signature, FULL NAME)

« ____ » _____ 20__ y.

PROTOCOL

of competition _____

(name of competition)

pull-ups _____

| № | FULL NAME | Result | Number of points |
|----|-----------|--------|------------------|
| 1 | | | |
| 2 | | | |
| 3 | | | |
| 4 | | | |
| 5 | | | |
| 6 | | | |
| 7 | | | |
| 8 | | | |
| 9 | | | |
| 10 | | | |
| 11 | | | |
| 12 | | | |
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| 14 | | | |
| 15 | | | |
| 16 | | | |
| 17 | | | |
| 18 | | | |
| 19 | | | |
| 20 | | | |

Chief Referee _____

(category, signature, FULL NAME)

Secretary: _____

(category, signature, FULL NAME)

« ____ » _____ 20__ y.

PROTOCOL

of competition _____ in a special complex exercise
 (name of competition)

| № | Military rank | Surname, initials | Team | Bib number | Result | | | | Age group | Sports category | Position |
|---|---------------|-------------------|------|------------|------------|----------------|------------|--------|-----------|-----------------|----------|
| | | | | | Total time | Number of hits | Final time | Points | | | |
| | | | | | | | | | | | |
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Chief Referee _____
 (category, signature, FULL NAME)

Secretary: _____
 (category, signature, FULL NAME)

« ____ » _____ 20__ y.

PROTOCOL

Individual-team results for _____
(name of multiathlon)

at the championship _____
(name of competition) (location of competition)

| Team | Military rank | Surname, initials | Result | | | |
|------|---------------|-------------------|--------------|----------|--------------|----------|
| | | | personal | | team | |
| | | | Total points | Position | Total points | Position |
| | | | | | | |
| | | | | | | |
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Chief Referee _____
(category, signature, FULL NAME)

Chief Secretary: _____
(category, signature, FULL NAME)

«____» _____ 20__ y.

PROTOCOL

competitions on the crossbar (bars, vault) in gymnastics in the winter (summer) championship

projectile name _____

Location _____

| № | Surname, initials | № of participant | Team | № of exercise | Judges' assessment, points | | | Average rating | Final Score | Note |
|---|----------------------|------------------|------|---------------|-------------------------------|---|---|----------------|-------------|------|
| | | | | | 1 | 2 | 3 | | | |
| | | | | | | | | | | |
| | | | | | | | | | | |
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Chief Referee _____
(category, signature, FULL NAME)

Referees _____
(category, signature, FULL NAME)

«____» _____ 20__ y.

SUMMARY PROTOCOL
gymnastics competitions in the winter (summer) championship

(name of championship)

| № | Surname, initials | № of participant | Team | Exercise number, score | | | Total | Points | Personal position | Note |
|---|----------------------|---------------------|------|------------------------|------|------|-------|--------|----------------------|------|
| | | | | Crossbar | Bars | Jump | | | | |
| | | | | | | | | | | |
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Chief Referee for Gymnastics _____
(category, signature, FULL NAME)

Secretary _____
(category, signature, FULL NAME)

«_____» _____ 20__ y.

PROTOCOL
of competition _____ on throwing grenades
(name of competition)

| № | Surname, initials | Team | № of participant | For distance | | For accuracy | Performed category | Position | Note |
|---|----------------------|------|---------------------|--------------|-----------------------------|---------------------|-----------------------|----------|------|
| | | | | Result | Points (for multiathlon) | Result in points | | | |
| | | | | | | | | | |
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| | | | | | | | | | |

Chief Referee _____
(category, signature, FULL NAME)

Secretary _____
(category, signature, FULL NAME)

«____» _____ 20__ y.

PROTOCOL

of competition _____ in the parachute duathlon
(name of the competition)

| № | Surname, initials | Team | № of Exercise | Landing start time. | Finish time | Total time | Performed category | Location | Note |
|---|----------------------|------|------------------|------------------------|----------------|------------|-----------------------|----------|------|
| | | | | | | | | | |
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Chief Referee _____
(category, signature, FULL NAME)

Secretary _____
(category, signature, FULL NAME)

« ____ » _____ 20__ y.

PROTOCOL

of competitions _____ on swimming
(name of the competition)

| № | Military rank | Surname, initials | № of the team | Swim | Track | Result | | Performed category | Position |
|---|---------------|----------------------|------------------|------|-------|--------|-----------------------------|-----------------------|----------|
| | | | | | | Time | Points (for multiathlon) | | |
| | | | | | | | | | |
| | | | | | | | | | |
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| | | | | | | | | | |
| | | | | | | | | | |

Chief referee-timekeeper _____
(category, signature, FULL NAME)

Secretary _____
(category, signature, FULL NAME)

« ____ » _____ 201__

The composition of the Main Jury Board (MJB) and referee teams, depending on the scale and nature of competitions in sports disciplines of the sport "military-applied sport"

| № | Composition of the board of judges | Competition Status | | |
|-----------------|---------------------------------------|--------------------------|---|---|
| | | 1 | 2 | 3 |
| MJB | | Required quantity | | |
| 1. | Chief Referee | 1 | 1 | 1 |
| 2. | Chief Secretary | 1 | 1 | 1 |
| 3. | Deputy Chief Referee | 2 | 2 | 1 |
| 4. | Deputy Chief Secretary | 1 | 1 | 1 |
| Referees | | | | |
| 1. | Chief Referee for Type of sport | 5 | 5 | 5 |
| 2. | Referee for type of sport | 5 | 5 | 5 |
| 3. | Secretary for type of sport | 5 | 5 | 5 |
| 4. | Referee-Secretary | 5 | 5 | 5 |
| 5. | Referee-controller | 8 | 7 | 6 |
| 6. | Referee on the turn | 2 | 2 | 2 |
| 7. | Referee at a distance | 5 | 4 | 4 |
| 8. | Chief track referee | 1 | 1 | 1 |
| 9. | Referee for the tracks | 1 | 1 | 1 |
| 10. | Chief Grenade Throwing Referee | 1 | 1 | 1 |
| 11. | Grenade Throwing Referee | 6 | 5 | 4 |
| 12. | Chief Weapons and Equipment Referee | 1 | 1 | 1 |
| 13. | Weapons and Equipment Referee | 2 | 2 | 2 |
| 14. | Referee with participants | 2 | 2 | 2 |
| 15. | Referee at checkpoint | 6 | 6 | 6 |
| 16. | Chief referee at the start | 1 | 1 | 1 |
| 17. | Referee at the start | 3 | 2 | 1 |
| 18. | False start referee | 1 | 1 | 1 |
| 19. | Assistant starter on false start cord | 2 | 2 | 2 |
| 20. | Referee assistant starter | 2 | 2 | 1 |
| 21. | Chief referee at the finish line | 1 | 1 | 1 |

| | | | | |
|---------------|------------------------------------|------------|------------|-----------|
| 22. | Referee at the finish line | 4 | 4 | 4 |
| 23. | Fixator-referee at the finish line | 4 | 4 | 4 |
| 24. | Parish Order Referee | 4 | 4 | 4 |
| 25. | Secretary of Parish Order Referee | 4 | 4 | 4 |
| 26. | Chief referee-timekeeper | 1 | 1 | 1 |
| 27. | Referee-timekeeper | 5 | 3 | 2 |
| 28. | Chief Referee of the KOR | 1 | 1 | 1 |
| 29. | KOR Referee | 3 | 3 | 3 |
| 30. | Referee of the line of fire | 1 | 1 | 1 |
| 31. | Target Line Referee | 1 | 1 | 1 |
| 32. | Sector referee of the line of fire | 2 | 1 | 1 |
| 33. | Secretary of Target Line Referee | 2 | 1 | 1 |
| 34. | Target preparation referee | 3 | 3 | 3 |
| 35. | Referee-counter | 8 | 7 | 6 |
| 36. | Referee-demonstrator | 3 | 3 | 1 |
| 37. | Informant judge | 2 | 1 | 1 |
| TOTAL: | | 125 | 108 | 99 |

Appendix № 29

Table № 3

The number of technical staff appointed depending on the scale and nature of the competition in the sport of "military-applied sports"

| № | Service staff | Competition Status | | |
|----|--|--------------------|---|---|
| | | 1 | 2 | 3 |
| 1. | Doctor | 1 | 1 | 1 |
| 2. | Medical and sanitary workers (with an ambulance) | 2 | 1 | 1 |
| 3. | The commandant of the competition | 1 | 1 | 1 |
| 4. | Head of the distance | 1 | 1 | 1 |
| 5. | Workers | 6 | 5 | 4 |

| | | | | |
|---------------|-------------------------|---|---|---|
| 6. | Head of the rescue team | 1 | 1 | 1 |
| 7. | Head of Communications | 1 | 1 | 1 |
| 11. | Award Group | 6 | 2 | 2 |
| | | | | |
| | | | | |
| | | | | |
| TOTAL: | | | | |

Competition status:

1 – Championship (cup) of the Armed Forces, championship of the type (type of troops) of the Armed Forces, championship of the Armed Forces among citizens of pre-conscription age;

2 – Championship of the military district (fleet), Spartakiad of the Universities of the Armed Forces, Spartakiad of Suvorov, Nakhimov military schools and cadet corps, championship of Suvorov, Nakhimov military schools and cadet corps, championship of the region among citizens of pre-conscription age;

3 – Championship of an association, formation, military unit, military educational institution of the Ministry of Defense, championship of the Suvorov military school, championship of the Nakhimov military school, championship of the cadet corps, championship of a military unit among citizens of pre-conscription age, championship of a municipal formation among citizens of pre-conscription age.

Appendix № 26

**THE UNIFORMS OF ATHLETES FOR PERFORMING SPORTS EXERCISES, IN WHICH
MILITARY UNIFORMS ARE PROVIDED IN THE FORM OF SPORTS "MILITARY-
APPLIED SPORTS"**

(IN ACCORDANCE WITH THE NFP-2009)

Uniform № 2B – casual, loose trousers, boots (boots with a high beret), without a headdress, with a naked torso (in a T-shirt).

Uniform № 3B – casual, the waist belt is loosened, boots (boots with a high beret), without a headdress, the collar is unbuttoned.

Uniform № 4B – casual, the waist belt is loosened, boots (boots with a high beret), in a headdress, without a insulated jacket.

Uniform № 5B – casual, waist belt loosened, boots (boots with a high beret), in a headdress, without winter casual, in insulated jacket, trousers, waist belt loosened, in a headdress insulated jacket.