



ALL ROUNDER 2022

OBSTACLE COURSE RUNNING



START: Day 1 / 09:00 hrs.

RESULT: The lowest total time means the best position.

LOCATION: Sports ground by the Department of Physical Education and Sport.

- 200 meters length
- National battledress (cap and gloves are allowed)
- 1 run for each member of team

SPECIAL RULES: Hand grenade throwing at 3 x 6 meters target:

- First ONLY / First + Second grenade hit the target: -5 second
- Second grenade hits the target: 0 second
- Missing the target by both grenades: +10 seconds

HAND GRENADE THROWING



START: Day 1 / 11:00 hrs.

RESULT: The highest total number of hits determines team's rank.

LOCATION: Sports ground by the Department of Physical Education and Sport.

- 350g rubber imitation of hand-grenade
- 3 x 6 meters target + frame of target at 30 meters distance
- Every member has 10 attempts
- Don't cross the start line (cross the start line = missed shot)
- Run-up is allowed
- White flag is valid attempt and red flag is false attempt
- National battledress (cap is allowed / glasses are forbidden)

SWIMMING RELAY 6 x 50 meters



START: Day 1 / 13:30 hrs.

RESULT: Total time of the team determines a rank in discipline.

TYPE: Open-water swim.

LOCATION: Open water area - pond in Bobrovec.

- Each member of the team swims 50 meters
- Free-style swim
- Battledress and belt (bandage) is provided by organizer (swimming cap and glasses are allowed)
- Don't use the swimming rope for help
- Handover relay by hand

SMG AIRSOFT M4 & Pistol CZ P 09 SHOOTING



START: Day 1 / 15:30 hrs.

RESULT: The team's results is given by the summary of points achieved by its members. In case of the identical results in shooting, the team that scored more shots worth the higher value will gain more points of both rounds in final results.

TYPE: Virtual shooting.

LOCATION: Simulation centre; Armed Forces Academy.

- Shooting in standing position with airsoft gas M4 rifle (Tokyo Marui/WE) and pistol CZ P09
- 1st round - M4 SMG - target distance is 25m in form of silhouette paper target with circles
- 2nd round - CZ P09 pistol - target distance is 15m in form of silhouette paper target with circles
- First 5 zero shots followed by 10 shots with time limit for one shooter is 2 minutes.
- Time limit for one shooter is 1 minute in every round.
- National battledress

6 KM TRAIL RUNNING



START: Day 2 / 09:00 hrs.

RESULT: Ranking of the teams in event is determined by adding up the places at which team member finishes - that is 1 point is awarded for a first place. The team with the lowest score wins.

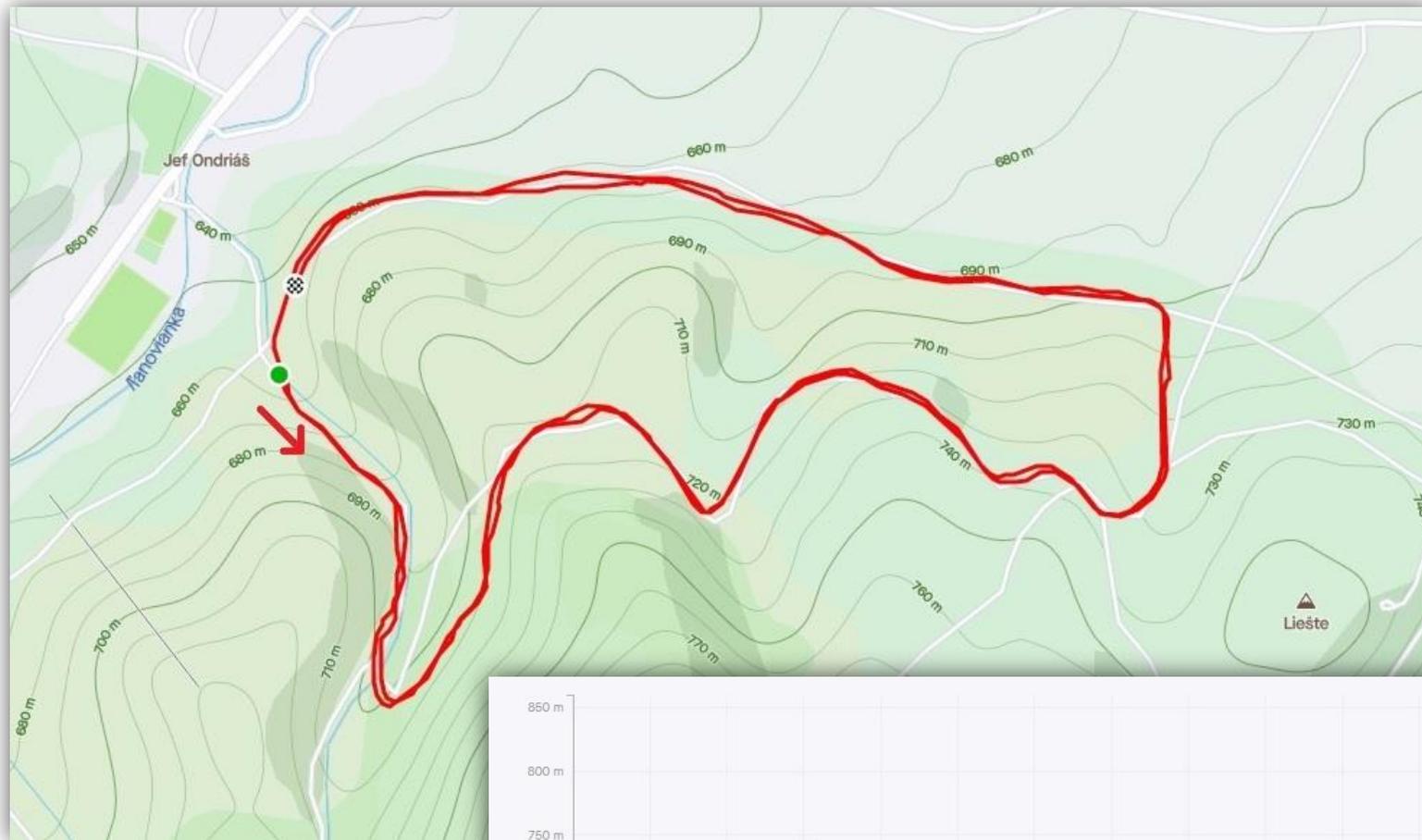
TYPE: cross-country run

LOCATION: Il'anovo village.

- 6 km track length
- 188 meters elevation gain
- Rocks, Clay and Grass surface
- Athletic clothing
- Hit the segment on Strava !



TRAIL RUN MAP AND ALTITUDE



RAFTING



START: Day 2 / 11:30 hrs.

RESULT: The lowest total time of both runs determines rank in the event.

TYPE: Wild-water rafting

LOCATION: Ondrej Cibak Whitewater Slalom Course.

- Organizer provides rafts, life jackets, helmets and rescue service
- Life jacket, helmets are mandatory
- 2 runs of 6 person raft
- 400 meters length
- 7,5 meters drop
- Neoprene is recommended (not provided by the organizer)
- 1 practise drive

Ondrej Cibak Whitewater Slalom Course



COMPLEMENT TO THE RULES

▶ **ASSIGNING THE PLACINGS**

The winner of the whole competition is the team with the lowest total addition of ranking in the individual disciplines. In case of the same time or position in discipline, ranking is divided. In case of the same total addition after the 6th discipline, it's obstacle course better ranking that decides.

▶ **INJURY**

If there's an injury during the competition and the racer is unable to continue in the competition, lots are drawn from the remaining team members, the „winner“ of the draw will go through the discipline twice. Each discipline is drawn individually.

▶ **OBSTACLE COURSE**

If a racer doesn't master a hurdle technically but reaches the finish line, 1 minute will be added to final time. If a racer doesn't reach the finish line at all, 5 minutes will be added to the final time.

▶ **SWIM**

Athlete must stand in the water and his must hold the colour marker in his hand. Colour marker on the rope is the relay handover. If racer uses the rope line for help and if next racer starts before the actual relay handover, 5 minutes penalty time will be added to the team.

▶ **TRAIL RUN**

If a racer doesn't reach the finish line or doesn't start, he / she will get signed to the last rank (the same happens in case there are more such racers). In case of the same total addition of the ranking at more teams, it's the total addition of times in a team that decides.

▶ **RAFT**

If there isn't a complete team on a boat reaching the finish line, 1 minute will be added to the final time. If a boat without a crew on board „up the bottom“ reaches the finish line, 5 minutes will be added to the total time.

GOOD LUCK !