REGUATIONS
On the order of international military medical multidiscipline competition “Military Medical Relay”
in the framework of the International Army Games - 2019

1. General provisions

1.1. Regulations on the procedure for holding international military-medical multidiscipline competitions "Military Medical Relay" (hereinafter referred to as the Regulations) was developed in accordance with the decision of the Minister of Defense of the Russian Federation on September 4, 2018 on the organization of the International Army Games in 2019.

1.2. Regulations determine the venue of international on military-medical multidiscipline competitions "Military Medical Relay" (hereinafter referred to as international competitions), the composition of teams, the conditions for organization, the content of the stages, the order of performing exercises.

1.3. Compliance with the requirements of this Regulation is the basis for an objective evaluation of the results of each team and the safety requirements of international competitions participants.

1.4. The general management of the preparation and conduct of international competitions is entrusted to the Main Military Medical Directorate of the Ministry of Defense of the Russian Federation (hereinafter - the MMMD of the RF MD).

1.5. International competitions are a set of professionally oriented military sports contests among servicemen who are undergoing military contract service on military positions of medical staff, secondary and junior medical personnel of the military (naval) unit of the medical service of the armed forces of the countries participating in the International Army Games.

1.6. International competitions are held at the Kirov Military Medical Academy (St. Petersburg, Krasnoe Selo, hereinafter - the Academy) at the infrastructure facilities of the Educational process support base.

1.7. The objectives of the international competition are:

– stimulating the interest of medical and paramedical personnel, junior medical specialists of the military (naval) unit of the medical service of the armed forces of the countries participating in the International Army Games (hereinafter referred to as medical specialists) in deepening their military theoretical level and in improving practical and professional skills in the organization and providing medical support in combat operations units;

– improvement of the field training of medical specialists in the search, collection and evacuation of the wounded from the battlefield, providing of medical assistance;
– development of military-applied sports, increasing physical, moral and psychological readiness and motivation towards military professional activities of medical specialists;
– promotion of sport as an important means of military education and training of medical personnel.

1.8. Teams of the countries participating in the International Army Games are allowed to participate in international competitions.

The necessary conditions for the admission of the team are:
– readiness and arrival of the team within the time limit established by this provision;
– compliance of servicemen-team members with the criteria established by this Regulation;
– studying the safety requirements when using firing ranges, firing and driving combat vehicles.

Servicemen 35 years of age or younger, undergoing contracted military service in military positions of doctors, secondary and junior medical personnel of the military (naval) units of the armed forces (up to the commander of the medical subunit within the unit, the head of the medical service of the unit or similar military bodies of the participating countries) who have been occupying medical positions for at least 6 months, as well as cadets of up to graduate courses of military medical educational institutions.

1.9. To participate in international competitions, each country presents a joint team consisting of administration, male team members, female team members and technical personnel.

**Composition of the joint team**

**Administration (3 persons):**
- Team leader – 1,
- Coach – 1,
- Escort (interpreter) – 1.

**Male team (7 persons):**
- doctor – 1 person,
- medical specialist – 3 persons,
- driver of MTLB – 1 person,
- reserve participants – 2 persons

**Female team (7 persons):**
- doctor – 1 person,
- medical specialist – 3 persons,
- driver of MTLB – 1 person,
- reserve participants – 2 persons
In total, the joint team of each country participating in international competitions includes no more than 20 people (with technical personnel).

If the composition of the team exceeds 20 people (with technical personnel), accommodation, meals, transport and other services for team members in excess of the number set by this Regulations are at the expense of the country participating in the competitions.

1.10. The uniform for participation in international competitions and for training is a summer field uniform with high-top boots (at least two sets: training and competition).

1.11. To participate in international competitions lists of teams (with photos) are submitted to the Main International Military Cooperation Directorate of the Ministry of Defense no later than two months before its start and to the headquarters of the International Army Games no later than two months before the start of international competitions in accordance with the established procedure.

In the event that one of the teams does not have a full composition, then such team may be allowed to participate in certain stages of international competitions by the decision of the panel of referees.

1.12. The team leader is responsible for the safety of small arms and ammunition, military discipline, reliability of documents and information submitted to the headquarters of the International Army Games, compliance with the rules of international competitions of the team members (in accordance with this Regulation), established uniform, safety requirements and execution of the daily routine.

Obligations and rights of the international competitions participants are listed in the Appendix № 1.

2. Conditions of the competition conduct

2.1. The international military-medical multidiscipline competitions "Military Medical Relay" are held in two stages:
the first stage - "Individual skills";
the second stage - "Team Championship".

Also, the "The best driver" contest is held among mechanics-drivers of MTLB (out of overall standing of the competitions).

2.2. After the arrival and accommodation of teams, the administration conducts their admission to participate in international competitions. During this process, the compliance of the submitted documents, certifying a serviceman identity and occupying position with the requirements of the present Regulations (the age of the participants, the occupied positions) is checked. In the document presented to the host country, it is necessary to indicate: surname, name,
patronymic (if any) of the serviceman; position (indicating the unit where one serves); term of service in the position (in years and months); an identification document with the number; status (position) in the team. For the medical personnel, the year of graduation out of a military-medical educational organization, specialty (qualification) is additionally indicated, a copy of the diploma (or other document) certifying its completion is attached.

For the admission of drivers to drive the MTLB (or similar), a document should be submitted for the right to drive a vehicle. Responsibility for preparation and driving the MTLB (or similar) is vested in the team leader. Copies of documents certified by the signature of the team leader and translated into Russian are submitted to the headquarters of international competitions.

Upon the arrival of teams and before the beginning of each stage, a medical examination of the participants is conducted. Participants of competitions should not have contra-indications to participation in military sports competitions in terms of health conditions. The organization of comprehensive medical support is entrusted to the headquarters of international competitions.

2.3. During the preparation and conduct of the competitions, a control inspection of weapons and military (special) equipment is carried out, and at the end of each day - their maintenance and preparations for the next day's activities. Preparation of equipment is carried out in accordance with the requirements for the operation of this weapon. Before the beginning of each stage of the competition, the team leader (coach) has the right to check weapons, military and medical equipment used. After the end of the competition, appeals on the technical condition of weapons and equipment, as well as medical equipment, are not accepted.

2.4. Bringing security requirements to the personnel of the teams is drawn up by a protocol after conducting practical training on safety precautions. Personnel who violated security requirements are punished with a fine or are withdrawn from the competition stage by the decision of the board of referees. Safety requirements are established by the chief referee of the competition (Appendix No. 2).

2.5. In case of appearance of pre-conditions for violation of safety requirements, appearance of force-major circumstances or influence of insuperable force, able to influence final results, chief referee is obliged to stop the competition till normal conditions for its conduct are created. After elimination of the stop reasons competitions can be continued by the command of the chief referee.

The issues, related to the comprehensive support of participating countries teams, as well as their responsibility with respect to harm or injury of participants, are resolved by agreement with the leaders of the teams participating in international competitions.

2.6. Teams are prohibited to use the radio networks of the panel of referees and the administration of international competitions during the stages of the competitions.

2.7. The organizer of competitions provides team members with the necessary small arms and military equipment.
2.8. Contradictions between the parties are resolved through negotiations between the team leader and the administration of international competitions.

3. Program of the international competitions

International competitions are held in accordance with the present Regulations and the Program of international military medical multidiscipline competitions "Military Medical Relay" (hereinafter referred to as the Program). The fixed events of the international competitions include solemn opening and closing ceremonies (with official lunches), commission for admission to the competitions, medical checks, drawing procedure, classes on safety requirements, familiarization of the team members with the areas (distances, facilities), conduct of the competitions, as well as the whole range of military-sport and professionally oriented events, stipulated by the Regulations and the Program.

Changes to the program of international competitions are not allowed. In exceptional cases, by decision of the panel of referees, the shift of separate competitions due to force majeure (weather conditions) or other insuperable circumstances is permitted.

4. Order of the competitions

The first stage is the "Individual Mastery" of international military-medical multidiscipline competitions "Military Medical Relay" and it includes the following military sports events:

- shooting from the regular weapon (for secondary and junior medical personnel from a rifle (AK-74M or similar), for higher medical staff - from a pistol (PM or similar);
- performing an integrated obstacle course exercise;
- competition in special training.

The second stage «Team Championship» includes the conduct of two competitions: medical personnel (with the use of simulation equipment) and junior (secondary) medical personnel.

The competition for medical personnel is conducted in the educational and training facility (simulation center). It consists of the practical elements - the sequential passage of stations, where it is necessary to perform a number of medical manipulations and interpret medical data (indicators).

The competition for junior (secondary) medical personnel is conducted at the educational tactical field, where skills of approaching the wounded, their removal from damaged equipment, dragging, carrying out (taking out) from the battlefield, first aid, transporting the wounded through a water barrier, loading into ambulance vehicles are demonstrated.

"The best driver" contest within the international military-medical multidiscipline competitions "Military Medical Relay" is held among drivers of MTLB (or similar) and includes the performance of the following exercises:

- shooting from the regular weapon (rifle AK-74M);
performing an integrated obstacle course exercise; special equipment driving.

The results are taken into account only among drivers and are not summed with the results of teams; winner and medalists are awarded in a separate nomination.

A substitution of participants at the “Individual Mastery” stage is not allowed. The substitution can be made in exceptional cases (injury, illness of the participant), with the permission of the chief referee of the competition: if there are less than 2 junior and middle-level military personnel (i.e. one participant) or a member of the team of doctors was injured, not allowing him to complete the exercise, which may affect the overall final result of the team. By decision of the chief referee, when a serviceman from the medical staff of the country participating in international competitions is injured, the reserve participant may be allowed to participate after the medical diagnosis is made.

5. Order of the first stage competitions «Individual mastery» of the international military medical multidiscipline competitions «Military Medical Relay»

The order of conduct: shooting from regular weapons, performing an integrated obstacle course exercise, competition on special training.

According to the results of the first stage, the individual place of each participant in the overall rating is determined: 1 – among junior and secondary medical personnel (among male and female participants separately); 2 – among medical staff (among male and female participants separately); 3 – drivers (among male participants).

Evaluation criteria (with penalties) are given in the Regulations on the refereeing of international military-medical multidiscipline competitions "Military-Medical Relay" or are specified separately in the present Regulation.

5.1. The order of the exercises
"Shooting from a regular weapon" of the first stage
"Individual mastery" of international competitions

General provisions

Shooting from a regular weapon for secondary and junior medical personnel, for drivers includes performing exercises in shooting from a Kalashnikov assault rifle (AK-74M).

Shooting from a regular weapon for medical staff includes performing an exercise in shooting from a Makarov pistol (PM).

Shooting exercises are carried out on a closed-type shooting range (or training ground).

Shooter uniform - military (field) (summer field suit, summer field headdress, summer field shoes) (hereinafter referred to as uniform (field).

Requirements for weapons:
For rifle shooting exercise, a 5.45-mm Kalashnikov assault rifle (AK-74M) is used.

For pistol shooting exercise, a 9 mm Makarov pistol (PM) is used.

Ammunition for shooting from the indicated weapons must belong to the same nomenclature.

The use of optical sights and other devices for shooting is prohibited. The use of special glasses for shooting (without magnifying glasses or other devices) and headphones is allowed.

The tension of the trigger of the weapon must be at least 2 kilograms. The participant is not allowed to apply any pads and make any changes to the weapon's design, including: changing the shape and size of the aiming devices, the trigger, and the parts of the trigger system or the handle.

When performing exercises in shooting both from a pistol, and from the assault rifle, all actions with weapons are performed by a participant independently. To eliminate delays and failures, he can, with the permission of an arbitrator, take the help of an arms master or another person.

Breaks in shooting through the fault of a participant are not considered and additional time for shooting is not provided.

After shooting, the arbitrator on the line of fire is obliged to declare the number of shots he made.

When the shooting ceases for reasons beyond the control of the participants they are given the right to re-exercise from the position in which there was a delay.

**Condition of performing the exercise**

«Shooting from a Makarov pistol (PM)»

**Participants:** medical staff.

**Target:** chest figure with circles (target number 4), fixed at eye level height, not moving (Appendix № 3). Each scoring group is performed on a new target.

**Range:** to the target in all scoring groups - 25 meters.

**Position for shooting:** standing with one hand.

**Shooting groups:** two groups – one test and two scoring.

**Test shooting group:**
- amount of ammunition – 5 shots;
- shooting time - 3 minutes.

**First scoring group:**
- amount of ammunition – 10 (2 groups 5 shots each group);
- shooting time – 5 minutes.

**Second scoring group:**
- amount of ammunition – 10 (2 groups 5 shots each group).
- shooting time – 1 minute.

**The order of performing the exercise**

«Shooting from a Makarov pistol (PM)»
Before the test shots, the chief arbitrator of the line of fire submits the commands: "FIVE TEST SHOOTS, LOAD!" And after 2-3 seconds - "FIRE!"

At the end of shooting or the expiration of 3 minutes, the following commands are given: "UNLOAD!", "ARMS INSPECTION!" The pistols are inspected, placed on the safety lock, and placed on the table (stand) with the safety lock on top on the command "LAY DOWN THE ARMS!"

Inspection and replacement of targets are performed.

The magazine of the pistol is equipped with five cartridges. For the execution of each scoring group the following commands are given: "FIRST (SECOND) scoring group, TIME 5 (1) MINUTES, LOAD!" And after 2-3 seconds - "FIRE!" Recharging the gun with the second magazine shooter performs independently.

After completing the groups or expiration of 5 minutes (1 minute) all the participants of the shift are given the commands: "CEASE!", "UNLOAD!", "ARMS INSPECTION!", "INSPECTED!", "ARMS AWAY!". Pistols are put into holsters; the shift is withdrawn from the shooting range.

**Condition of performing the exercise**

«Shooting from Kalashnikov assault rifle (AK-74M)»

**Participants:** junior and secondary medical personnel, drivers.
**Target:** chest figure with circles (target number 4), not moving.
**Position for shooting** – prone position with hands, single fire.
**Range** – 100 meters.

**Shooting groups:** two groups – one test and two scoring. Scoring groups are performed on the same target.

**Test shooting group:**
- shooting time - 2 minutes;
- amount of ammunition – 5 shots.

**First scoring group:**
- shooting time – 4 minutes;
- amount of ammunition – 10 shots.

**Second scoring group:**
- shooting time – 1 minute;
- amount of ammunition – 10 (2 groups 5 shots each group).

**The order of performing the exercise**

«Shooting from Kalashnikov assault rifle (AK-74M)»

Kalashnikov assault rifles (AK-74M) are on the firing line. To prepare for shooting 3 minutes are given. When shooting, it is allowed to use the belt without unfastening it from the weapon. The next change under the direction of the arbiter of the line of fire is built on the initial line. Each shooter receives 25 rounds, and equips three magazines with them.
On the command "SHIFT, TO THE FIRING LINE FORWARD – MARCH" participants of competitions go to the firing line and stop behind the indicated firing positions.

On the command "READY" the shooters begin to prepare for shooting from the position, prone with their hands. Touching the surface of the firing position as well as foreign objects with weapon during the shooting is not allowed. During preparation, the shooter disconnects the magazine and assumes the position for shooting from prone position.

When the time for preparation ends, the arbitrator of the fire line announces: "Attention, the exercise is performed, the test shooting group, 5 shots, the time is 2 minutes", commands: "LOAD" and after 2 - 3 seconds. - "FIRE"

After the execution of the test run, the following commands are given: "CEASE", "UNLOAD", "ARMS INSPECTION". The shift examines the test targets and hangs up targets for scoring groups.

After examining the targets, the arbitrator of the line of fire announces: "ATTENTION, FIRST (SECOND) SCORING GROUP, 10 SHOTS, TIME 4 (1) MINUTES", gives commands: "LOAD" and after 2 - 3 seconds. - "FIRE". When time for shooting ends, "CEASE", "UNLOAD", "ARMS INSPECTION" commands are given.

For shots produced before the command "FIRE" a participant is withdrawn from the competition. For shots produced after the command "CEASE", the results of the best holes are taken from a participant.

At the end of the shooting, the arbitrator gives the commands "CEASE", "UNLOAD", "ARMS INSPECTION".

In the absence of optical observation devices after the test and scoring groups, the shift is brought to the targets for their inspection.

5.2. The order of the competition on overcoming the obstacle course of the first stage "Individual mastery" of international competitions

General requirements

**Dress** is military (field) (summer field suit, summer field headdress, summer field shoes) (hereinafter referred to as military (field)), the exercise is performed without weapons.

Distance:
- obstacle course for junior and secondary medical personnel, and driver is 400 meters, distance for crawling under the BTR-80 is 15-20 meters;
- obstacle course for medical staff - 350-355 meters (the distance of the obstacle course, the length of the crawling under the BTR-80 distance and the length of the distance to run depends on the location of the BTR).

**Obstacle course and stadium(distance) equipment:**
- for junior and secondary medical personnel, and drivers: a ditch, a labyrinth, a fence with an inclined board, a destroyed bridge consisting of three segments with bends, breaks and vertical ladders (at the beginning and end of the
destroyed bridge), a destroyed staircase with four steps with an inclined ladder, a wall with breaks and with an adjacent platform, a trench and a communication trench;

- for medical staff: a ditch, a labyrinth, a fence with an inclined board, a destroyed staircase with four steps with an inclined ladder, a wall with breaks and an adjoining platform, a trench, a well and a communication trench, a running track of a stadium.

In addition to obstacles in the distance, the following places are equipped: for crawling under the BTR-80, incomplete disassembly and assembly of the AK-74M assault rifle (or a PM-9 pistol) and carrying weapon boxes.

On the run track to the start line, the following things are on the table:
- for junior and secondary medical personnel, and drivers – Kalashnikov assault rifle (AK-74M) dedicated for incomplete disassembly and assembly of the weapon;
- for medical staff – Makarov pistol (PM-9) dedicated for disassembly and assembly of the weapon.

Exercise on the obstacle course is carried out simultaneously by two participants. The choice of the direction of the obstacle course is made by preliminary drawing. A participant is allowed to run only along his path (section of the strip, direction) of the obstacle course. If a participant runs any segment of another path (the section of the strip, the direction) and at the same time prevents the other participant, the latter with the permission of the chief referee can be given the start on the same day, with the participant being counted the best of the two results shown by him, and the participant who violated the given rule is removed from this type of competition with the zero result.

Techniques for overcoming obstacles, throwing grenades, as well as special techniques and actions are allowed to be carried out in any way, unless their implementation is stipulated in the description of the exercise.

To overcome each obstacle, the participant is given no more than three attempts.

In the event that a participant, after three attempts, has not overcome an obstacle, the penalty time is charged to him:
- for not overcoming an obstacle of the BTR-80 (crawling under the bottom of armored vehicles (BTR-80) in a bellied manner - 15 seconds;
- for not overcoming a ditch 2.5 m wide by jumping or in depth - 5 seconds;
- for not overcoming a ditch in depth with sequential transfer of two boxes weighing 20 kg each (for participants of male teams), weighing 10 kg each (for participants of female teams) to the opposite edge of the ditch 3 m wide – 10 seconds;
- for not overcoming a labyrinth - 10 seconds
- for not overcoming a fence with an inclined board – 10 seconds;
- for not overcoming a destroyed bridge consisting of three segments with bends, breaks and vertical ladders (in two directions) – 25 seconds;
- for not overcoming a destroyed staircase with four steps with an inclined ladder (in two directions) – 10 seconds;
- for not overcoming a wall with breaks (in two directions) – 10 seconds;
- for not overcoming a trench, a well and a communication trench – 15 seconds.

The competitor who dropped any item of uniform (hat, waist belt, etc.) is obliged to return back and pick up the lost object, then continue the exercise.

When holding a competition, the participant is not allowed to lead and rendering him any other help.

In the event of a breakdown of obstacles that occurred not through the fault of the participant, he is allowed to restart again on the same day.

The time of each participant is fixed by a separate stopwatch with an accuracy of 0.1 seconds.

When performing the exercises by participants the use pyrotechnical means of moral and psychological influence, shooting blank cartridges from the Kalashnikov assault rifle (AK-74M) and smoke screens can be used.

**The order of the competition**

**among secondary and junior medical personnel**

(among male participants)

The starting position is standing in the trench. (Appendix №4).

At the signal of the referee (with the voice "Grenade - FIRE!" and the flap of the red flag), a participant must:
- throw one by one a grenade from behind the head weighing 600 grams from the trench by 20 meters along the wall (breaks) or on the site 1x2.6 meters in front of the wall (a direct hit is counted);
- if the first grenade does not hit the target, continue throwing, but no more than three grenades before the target is hit (in case the grenade does not hit the target, the 5 seconds penalty time is added to the result of a participant);
- jump out of the trench, run to the place of performance of incomplete disassembly (assembly) of an assault rifle and perform its incomplete disassembly;
- continue running along the track towards the start line of the obstacle course;
- to run round the flag;
- to overcome a 2,5 meters wide ditch by a jump or in depth;
- to run along the labyrinth passages;
- to climb over the fence, climb the vertical staircase to the second (curved) section of the destroyed bridge;
- run along the beams, jumping over the gap, and jump to the ground from the standing position from the end of the last section of the beam;
- to overcome three steps of the destroyed staircase with obligatory touching of the ground between the steps with two feet, run under the fourth step;
- crawl into the wall break;
- jump into the trench, pass along the communication trench;
- to jump out of the well;
- jump over the wall;
- run up the inclined ladder to the fourth step and run down the steps of the destroyed staircase;
- climb the vertical ladder on the beam of the destroyed bridge, run along the beams, jumping over the gaps, and run down the inclined board;
- run to the ditch and jump into it;
- alternately transfer two boxes of 20 kg each to the opposite edge of the 3.0 meters wide trench; jump out of the ditch;
- crawl under the bottom of the installed armored vehicles (BTR-80);
- to run round the flag, run in the opposite direction to the place of performance of incomplete disassembly (assembly) of an assault rifle and perform its assembly (correctness of the assembly of an assault rifle is evaluated by the arbitrators after the finish of the participant);
- run along the track to cross the finish line.

The order of the competition among secondary and junior medical personnel (among female participants)

The starting position - standing in a trench on a stand 50 cm high.
At the signal of the referee (with the voice "Grenade - FIRE!" And the flap of the red flag), the contestant must:
- throw one by one a grenade from behind the head weighing 600 grams from the trench by 10 meters in a circle with a diameter of 2 meters;
- if the first grenade does not hit the target, continue throwing, but no more than three grenades before the target is defeated (in case the grenade does not hit the target, the 5 seconds penalty time is added to the result of a participant);
- jump out of the trench, run to the place of performance of incomplete disassembly (assembly) of an assault rifle and perform its incomplete disassembly;
- continue running along the track towards the start line;
- to run round the flag;
- jump a ditch 2 meters wide or overcome it in depth;
- run along the labyrinth passages;
- climb over a fence with a height of 2 meters using a stand 50 cm high;
- run past the destroyed bridge;
- to overcome two steps of the destroyed ladder by any means with the obligatory touching of the ground by two feet between the steps and run through on the third and fourth steps;
- overcome the wall with a break from above;
- run to the trench, jump into it and run along the message to reach to the well and jump out of it;
- run to the wall, overcome it with a jump;
- run to the destroyed staircase, run under the fourth and third steps, and overcome the second and first steps from above;
- run past the destroyed bridge and fence;
- run to the ditch and jump into it;
- alternately transfer two boxes of 10 kg each to the opposite edge of the 3.0 meters wide trench of; jump out of the ditch;
- crawl under the bottom of the installed armored vehicles (BTR);
- having run round the flag, un in the opposite direction to the place of performance of incomplete disassembly (assembly) of an assault rifle and perform its complete assembly (correctness of the assembly of an assault rifle is evaluated by the arbitrators after the finish of the participant);
- run along the track to cross the finish line.

The order of the competition
among officers of medical service (medical staff)
(among male participants)

The time for overcoming obstacles is calculated separately (the starting point from the start, the end of the count-down before the special training competition (Appendix 5)).

The starting position is standing in the trench of the integrated obstacle course.

By the referee’s signal (verbal command «Grenade - FIRE!» and the signal of the red flag) the participant has to:
- throw one by one a grenade from behind the head weighing 600 grams from the trench by 20 meters along the wall (breaks) or on the site 1x2.6 meters in front of the wall (a direct hit is counted);
- if the first grenade does not hit the target, continue throwing, but no more than three grenades before the target is hit (in case the grenade does not hit the target, the 5 seconds penalty time is added to the result of a participant);
- run along the connecting trench; get out of the well;
- climb over the wall with a single jump;
- run up to the destroyed staircase up to the fourth stairs, and run down the stairs of the destroyed staircase;
- climb over a fence with a height of 2 meters using a stand 50 cm high;
- run along the labyrinth passages;
- perform an incomplete disassembly a pistol;
- run up to the 2.5 m. wide ditch and jump down into it;
- carry over one at a time two 20 kg. boxes to the opposite side of the ditch with the width of 3.0 meters;
- jump out of the ditch;
- crawl under the bottom of the installed armored vehicles (BTR-80);
- reach the flag (bar) and run it around;
- run up to the place of the pistol partial disassembly (assembly), assemble
  the pistol and put it on the table (surface) (the correctness of the pistol assembly is
  estimated by the arbitrators after the finish line of the participant);
- run through the passages of the labyrinth and get out of it, keep on running
  along the corridor, overcome the bars using a serpent walk before the beginning
  of the stage of personal skills with their accomplishment.

The order of the competition
among officers of medical service (medical staff)
(among male participants)

The time for overcoming obstacles is calculated separately (the starting point
from the start, the end of the count-down before the special training competition).
The Initial position - standing in the integrated obstacle course’s trench
on a 50 cm. foot-stand. By the referee’s signal (verbal command «Grenade -
FIRE!» and the signal of the red flag) the participant has to:
- throw the 600-gramm grenade behind the neck one-at-a-time from a trench
  in a circle 2 m. in diameter located 10 meters away (only direct hit is scored);
- in the case of miss during the first attempt continue throwing until the target
  will be hit, but not more than 3 grenades in total (in the case of miss the target, a
  participant’s result is charged with 5 sec. of the penalty time);
- run along the connecting trench; get out of the well;
- climb over the wall with a single jump;
- run up to the destroyed staircase run under the third and fourth stairs, and
  climb over the second and the first;
- run past the destroyed bridge; run through the passages of the labyrinth;
- perform a pistol partial disassembly;
- run up to the 2.5 m. wide ditch and jump down into it;
- carry over one at a time two 10 kg. boxes to the opposite side ditch with the
  width of 3.0 meters;
- jump out of the ditch; get under a mounted armored vehicle (BTR-80);
- reach the flag (bar) and run it around;
- run up to the place of the pistol partial disassembly (assembly), assemble the
  pistol and put it on the table (surface) the correctness of the pistol assembly is
  estimated by the arbitrators after the finish line of the participant);
- run through the passages of the labyrinth and get out of it, keep on running
  along the corridor, overcome the bars using a serpent walk before the beginning
  of the stage of personal skills with their accomplishment.

5.3. Order of the competitions on special training
of the first stage «Individual mastery»

The order of the competition on special training
among junior and secondary medical personnel
The participants shall demonstrate the skills of special training through the exercise course of approaching to the wounded, temporary stop external bleeding, pulling the wounded aside, cardiopulmonary resuscitation, primary dressing, removal of the wounded (Figure 1).

**Figure 1** – Scheme of the first stage "Individual Mastery" of the Professional Skills Contest.

**Conditions of the exercise execution**

The total length of the distance is 60 m.
The start line is the finish line.
Tourniquet application line is located 30 m. from the start line, dressing application line is at 15 m. from the start line.

The participant's equipment is as follows: summer field uniform with high ankle boots, first aid kit (bag) and carrying sling. In the course of the exercise the content of the first aid kit will be used (bleeding stop rubber tourniquet, individual dressing kit (IDK). The mass of the first aid bag is 3.5 kg.

The equipment and characteristics of the simulated wounded are as follows: weight 60-70 kg, height 165-170 sm., summer field uniform with high ankle boots, AK-74M assault rifle mockup of the same size and weight, 3rd protection level differentiated body armor, standard military protective helmet. Simulated injury is a blunt wound of outer surface of the middle third of the right shoulder.

The characteristics of the simulated wounded for the cardiopulmonary resuscitation are as follows: the simulated wounded with autonomous power, light and sound indicators for fixing the results (their correctness) of the exercise execution.

Starting position. The participants stand on the starting line; the simulated wounded are on the tourniquet application line lying on the backs with the heads directed towards the start line; the simulated wounded for the cardiopulmonary resuscitation are at the dressing application line with the heads directed towards the start line.
The order of execution

The participant runs to the simulated wounded and lies down beside him (it is allowed to lean on one elbow).

Observing camouflage security (it is allowed to lean on one elbow) temporal external bleeding arrest is executed using the rubber tourniquet available. The result (correctness) of tourniquet application and time is controlled by a field referee at the dressing application line during participant’s execution of the cardiopulmonary resuscitation of the simulated wounded.

Observing camouflage security, the simulated wounded is pulled supinely or sideways away to the dressing application line provided that the wounded has to entirely cross the indicated dressing application line, which is to be recorded by the field referee.

At first cardiopulmonary resuscitation of the simulated wounded is conducted at the dressing application line. If participants succeed, that is recorded by a Field referee upon the triggering of the relevant indicators; they can proceed to the element of dressing application. If participants fail to fulfill cardiopulmonary resuscitation within 3 minutes time range, they are removed from the contest.

In case of impossibility of conducting of cardiopulmonary resuscitation due to technical reasons (equipment failure, unplanned power outage) participants are given an opportunity to retrace the distance after the contest. At the same time it is possible to be provided with rest and preparation time, but no more than 60 minutes.

Then first-aid bandage is applied over clothing on the injured limb. The bandage roll from the dressing kit should be used up completely. The dressing should be pressing with the ends fixed with a knot or pin. Field referee verifies the accuracy of dressing application at the finish line.

The wounded then is extricated (carried out) from the dressing application line by the participant using carrying sling folded in a "ring" or "8" shape (by choice of the participant). Female participants instead of “carrying out” are allowed to “drag (pull aside)” the wounded in the upright position using a martial cloak. However, this results in additional 30 seconds of penalty time.

Order of the competitions on special training
of the first stage «Individual mastery» among officers of the medical service (medical personnel)

The present competition is held in conjunction with the obstacle course racing and provides for the implementation of medical manipulations in a number of emergency situations.

The distance for the professional skills contest among medical personnel includes - approach to the simulated wounded, sequential conicotomy, thoracocentesis with intense pneumothorax and cardiopulmonary resuscitation (Figure 2).
**Figure 2** – Exercising scheme on profession skills of the first stage "Individual Mastery" contest among officers of the medical service.

**Conditions of the exercise execution**

The total length of the distance is 60 m. The start line is the finish line. Conicotomy application line is located 30 m from the start line, thoracocentesis with intense pneumothorax application line is at 15 m from the start line, cardiopulmonary resuscitation application line is at 5 m from the finish line.

The participant's equipment is as follows: summer field uniform with high boots, with no arms and body armor, medical bag with kits for conicotomy and thoracocentesis. The weight of a military medical bag is 10 kg.

The initial position. After overcoming the obstacle course, the runners approach the start line, men simulators (phantoms) to perform conicotomy, thoracocentesis, and drainage of the pleural cavity are placed on the field dressing tables, and the man simulator (phantom) to perform cardiopulmonary resuscitation on the ground at the established headlines in the direction of the start line. Medical bag is at the start line.

**The order of execution**

To provide conicotomy participant runs to the simulated wounded and lies down beside him without observing camouflage security (the simulated wounded is located 30 m. from the start line).

The conicotomy is provided with the use of military medical bag’s kit.

After the correct implementation of conicotomy, which is recorded by the field referee, participant runs to the thoracocentesis with intense pneumothorax application line and performs it using a kit from military medical bag.
After the correct implementation of conicotomy, which is recorded by the field referee, participant runs to the cardiopulmonary resuscitation line and performs it.

After the correct performance of cardiopulmonary resuscitation, which is recorded by the field referee, participant with the military medical bag crosses the finishing line.

In case of impossibility of conducting of cardiopulmonary resuscitation due to technical reasons (equipment failure, unplanned power outage) participants are given an opportunity to retrace the distance after the contest. At the same time it is possible to be provided with rest and preparation time, but to a maximum of 60 minutes.

6. Order for performing exercise of the second stage
“Team Championship” of the international military medical multidiscipline competitions «Military Medical Relay»

**Conditions of the exercise execution.**

The stage competitions are held on the equipped route (100 m. long) of the tactical field and equipped route for movement of specialized vehicles and deployment site for medical equipment (conditional stage of medical evacuation) (Appendix 6-8).

The participant's equipment is as follows: 3rd protection level differentiated body armor weighing at least 7.5 kg (7.5-7.8 kg.), helmet protective general (mass - 0.95 - 1.10 kg), first aid bag (weight 3,5kg), AK-74M assault rifle mockup of the same size and weight, carrying sling, special-purpose sling (SH-4), equipment to overcome water obstacles.

Initial position:
MT-LB (or its equivalent) is at the starting line, the participants are in the troop compartment, driver is on his seat. Hatches are closed, the engine is off.

**The order of execution of the second stage**
«Team championship» competition.
**Competition for junior (secondary) medical personnel**

Upon the signal of a field arbitrator (raising flag – stopwatch starts) driver gets out of MT-LB and opens the hatches of the troop compartment. Participants 1, 2, 3 leave the troop compartment and begin to perform the exercise.

One-by-one sequentially crawling on their bellies, observing camouflage security, participants are overcoming natural and artificial obstacles: ditch 2 m. wide, 0.5 m. deep; log 0.3 m thick; three craters 2 m. in diameter and 0.3 m. deep; logjam; passage in the barbed wire 5 m. long, 2 m. wide, 0.5 m. high.

The participant 1 after overcoming obstacles, approaches the simulated wounded (who is lying on his back, head towards the direction of movement, at a distance of 3 m. from the edge of the last obstacle).
Having approached simulated wounded, the participant 1 applies a rubber tourniquet on the middle third of the right thigh, marks the time and pulls him aside on the back, observing camouflage security, to the shelter (wounded shelter), provided that simulated wounded has to entirely cross the indicated first aid line, which is to be recorded by the field arbitrator.

Female participants pull the wounded using a martial cloak and carrying sling. Martial cloak folded in stowed condition and carrying sling wounded up as a reel are placed on the ground near the simulated wounded.

After pulling simulated wounded to the shelter, participant provides him medical assistance (dresses spiral bandage on the injured limb).

First aid is delivered in prone position, observing camouflage security (it is allowed to lean on one elbow). During dressing of spiral bandage on the injured limb, field arbitrator verifies the accuracy of a tourniquet application, records elapsed time and loosens the tourniquet.

Tourniquet and bandage are applied over clothing, bandage is dressed with the use of IDK (individual dressing package).

The participants 2 and 3 after overcoming obstacles, run to the damaged vehicle (BTR-80), without observing camouflage security, in order to extract simulated wounded out of the damaged equipment. At the same time, it is allowed to put off arms and equipment.

The participants 2 and 3 using special-purpose sling (SH-4) carry out the extraction of simulated wounded out of the driver's hatch of BTR-80. Other options of extraction of simulated wounded (without applying special-purpose sling (SH-4) or from other hatches) are not allowed.

After extracting the simulated wounded, the participant 2 delivers him the first aid - dresses (a circular) bandage on his head.

After delivering the first aid, the participant 2 and carries the wounded with the help of carrying sling folded in a "ring" or "8" shape (at the choice of participant) to the shelter (wounded refuge).

The participant 3 after extraction of wounded (along with participant 2) from damaged vehicle, moves to a water obstacle crossing location and starts to prepare it.

The driver, after the participants leave the landing compartment of the MT-LB, closes all the hatches behind them and moves independently to the place of the crossing arrangement where the additional MT-LB is installed with the equipment for arrangement of crossing loaded before the start. He starts the equipment of the crossing at the command of the field arbitrator.

The participant 1, after providing first-aid to the simulated wounded, proceeds to arrange crossing.

The participant 2, after carrying simulated wounded to the shelter, proceeds to arrange the crossing.

In course of arranging the crossing, the driver throws the free end of the rope over the crossing. A rope-block system is created for the transfer of the other necessary equipment to arrange the crossing.
Participants 1, 2 and 3 arrange the crossing, afterward one participant crosses the obstacle to the driver in order to receive wounded by rope crossing.
Participants 1, 2, 3, and a driver conduct crossing of simulated wounded.
The remained two participants after conducting crossing of the wounded, one by one cross the obstacle to the MT-LB. **The transfer of the wounded and the participants is carried out in compliance with the safety requirements.**
Transferred simulated wounded lying on a stretcher with a head forward are put in MT-LB.
Participants 1, 2 and 3 take their seats in the MT-LB. The driver closes the hatches, takes his seat and closes his hatch.
The moment when the driver closes (locks) his hatch is recorded by field arbitrator (stopwatch stops) as the end of the distance.

**Medical staff competition.**

The venue - Training site (Simulation Center) of the Kirov Military Medical Academy.
The uniform - field, high boots, without a headdress. The number of participants - 1 (from each team, medical staff).
At the conditional stage of medical evacuation in the training building (simulation center), the medical nursing team (2 people) operates the tasks at 4 station sites.
The contest consists by the demonstration of skills in rendering pre-medical and first medical aid at the conditional stage of medical evacuation.

**Conditions of the exercise execution.**
The competition is held in specially equipped separate rooms (tents) in accordance with the number of practical stations.
Each station is equipped in accordance with verifiable practical skills: simulation equipment and medical equipment. At each practical station there is 1 person - the referee of the practical station with the aim of assessing the skills of the military doctor.
For the purpose of linguistic support of doctors participating in foreign teams, when performing an exercise at a practical station, there can be one translator in the classroom.
The time of passage of each practical station is not more than 8 minutes.
For incorrectly executed practical manipulations, violations of the procedure and other violations, a penalty is awarded in the form of seconds (more detailed below). The penalty is announced to the participant immediately after the completion of the practical station.
All stations are passed sequentially in the group of participants. Competitions at practical stations are videotaped. Video recording is carried out only by representatives of the organizing country.
If desired, the participant can use his microstethoscope for listening to cardiac and pulmonary pathology.
The order of execution
The participant consistently passes all practical stations in accordance with the draw, where he demonstrates the required (verifiable) medical skills. The passage of the station can begin from any station, then the participant passes through all the stations in turn.

Practical station site №1
Situation (scenario plan-briefing): during the foot march, the soldier had a circulatory arrest (there are no signs of life). The time from the moment of loss of consciousness - 20 seconds. It is necessary to proceed with cardiopulmonary resuscitation.

Station site equipment: a robot model simulator for testing cardiopulmonary resuscitation with a computer (Umnik type), antiseptic, napkins, other medical equipment. Phantom is a full-growth mannequin with special sensors to determine the correctness of performing cardiopulmonary resuscitation.

Rules for cardiopulmonary resuscitation (recommendations): During chest compression it is necessary to push it to a depth of at least 5 cm and not more than 6 (for adults). The frequency of chest compression should be at least 100 and no more than 120 movements in 1 min. The volume of inhaled air in the affected (adult) should be not less than 600 and not more than 700 ml. of air from the rescuer’s lungs. The effective inspiratory criterion for baseline CPR is the apparent rise of the chest. The hands of the accredited for compression should be folded into the lock and, it is important that the palmar surface does not detach from the chest surface after the cessation of pressure, and the hands do not bend at the elbow joints. For chest compression it is necessary to use the strength of the shoulder girdle (and the pelvis), and not the biceps. Your knees should be shoulder width apart. For 30 compressions - 2 breaths. Do not take extra actions (determine the width of the pupils, the presence of foreign bodies in the airways, apply a mirror to the mouth, etc.). Before starting CPR, perform an action to clear the respiratory tract: pick up the victim's jaw with two fingers, then tilt the victim's head back.

Before compression it is necessary to free the chest from clothes.

With mechanical ventilation, it is necessary to hold the victim's nose, tilt the victim's head back, get air into the lungs, clasp the victim's lips and breathe into the victim. The time between breaths should not exceed 10-15 seconds.

Practical station site №2
Situation (scenario plan-briefing): 2 military servicemen arrived at the medical unit. During the collection of anamnesis and physical examination, one of them had a suspicion of a disease of the respiratory (digestive, urogenital) system, and another had a bone fracture. To verify the diagnosis of the military, X-rays were taken, which must be interpreted.

Station site equipment: a computer with a monitor or laptop, an interactive whiteboard (if conditions exist), a negatoscope (if necessary), X-rays of
pathological conditions (diseases of the respiratory, digestive, urinary systems, fractures).

**Rules for execution:** the participant enters the station, he presents himself to the station referee. The participant at the suggestion of the referee chooses a ticket. According to the ticket, 2 radiographs are presented to the participant for interpretation and diagnosis (including localization of pathology).

The referee presents to the participant alternately radiographs on the monitor screen (laptop or interactive whiteboard), an average of 3-4 minutes for each, for the diagnosis (the name of the pathology) with the pathology in the picture.

**Practical station site №3**

**Situation (scenario-briefing plan):** a soldier with incised wounds on the arm (leg) entered the medical institution division. It is necessary to stitch up wounds, inject drugs intravenously from 2 (5) ml ampoules.

**Station site equipment:** arm phantom (legs) for suturing, arm phantom for intravenous injections, suture material, napkins, medical gloves, antiseptic, 2 or 5 ml syringes, ampoules with 2 or 5 ml solution, medical instrument, tourniquet and other necessary medical equipment.

**Rules for execution (recommendations):** the participant enters a practical station, he presents himself to the referee. At first, the participant demonstrates the skill of intravenous drug administration.

**Intravenous injection of the drug.** The manipulation is carried out with gloves. A vial of 2 or 5 ml. is processed before opening with an antiseptic. It is necessary to open the ampoule carefully, using a gauze ball (napkin) to prevent cuts. The ampoule is carefully opened and the drug (water) is collected with a syringe. The needle of the syringe should not be in contact with the walls (bottom) of the ampoule. Next, you need to remove the air from the syringe, and hold the injection. Before injection, it is necessary to treat with a cloth with an antiseptic field movement from the center to the periphery. For intravenous injection, the venous tourniquet should be applied over the clothes, while ensuring that the pulsation is maintained so that blood flow through the artery is maintained (mark the action). For intravenous injection, the needle must be turned up, the syringe is located at an angle of 15-20 degrees to the patient's forearm surface. Then align the needle of the syringe parallel to the patient's forearm and guide the needle further into the vein by 10-15 mm. After that, perform a piston syringe traction on yourself and make sure that blood has appeared in the cavity of the syringe with the drug. Then, administer the drug to the vein (slowly 0.5 ml per second), loosen the tourniquet and apply a bandage.

**Rules for suturing:** stitches are superimposed on a 10 cm incision on the phantom of the arm and the phantom of the leg. Sutures are performed with a needle holder, tweezers and a surgical needle. At suturing surgical suture material is used. Manipulation is performed in medical gloves. The distance between the seams should correspond to the width of the fabric in the seam (i.e., the distance between the seams, and the width of the seam should form a square). It is necessary to use single seams. The thread is consistently held through the edges of
the wound held by tweezers. For this, the needle is perpendicular through the skin and obliquely through the subcutaneous tissue. The distance from the needle to the edge of the wound and the depth of the stitch should be the same on both sides. Threads should be tied with a slight tension to avoid tissue ischemia. The stitches are applied one by one at a distance of 0.5-1.0 cm from the wound edge and between the stitches by 1.5 cm. The thread is tied with a surgical knot, and after that with a simple knot. It is necessary to ensure that the nodes are not located on the cut line, but to the side of it, on the one hand, you also need to pay attention so that the edges do not tuck and pockets form.

**Practical station site №4**

**Situation (scenario plan-briefing):** a serviceman, while at the exercises, felt a sharp chest pain and weakness. Hospitalized in the medical unit. It is necessary to conduct auscultation of the heart and lungs, as well as interpret the electrocardiogram (ECG).

**Station equipment:** a robot dummy, a physicist - patient simulator, a physical examination (with a computer), a stetofonendoscope, an antiseptic, napkins and other necessary medical equipment.

**Rules for execution:** the participant enters the premises, he presents himself to the referee of the practical station. The participant at the suggestion of the referee chooses a ticket. In accordance with the ticket, the participant is presented with listening on a dummy of 1 pulmonary and 1 cardiac pathology on a dummy “Physic”, as well as a transcript of the electrocardiogram. Auscultation can be carried out both on a mannequin and on other sound reproducing equipment. ECG is presented on a special form in paper or electronic form.

The medical terminology used is in accordance with the International Classification of Disease Current Revision.

### 7. The Order of the competition «The Best Driver» among MT-LB drivers

The competition "The best driver" is held among MT-LB driver-mechanics (or its analogues with a specific power of not more than 25 hp / ton, hereinafter referred to as analogs) and includes competitions in performing exercises in shooting, overcoming obstacle lanes (conditions described above in section 5.1 and section 5.2) and driving special equipment.

As a special training competition, MT-LB drivers (or their analogues) perform the exercise “Driving in difficult terrain conditions”. Tactical and technical requirements for the route are listed in Appendix 9.

The competition on driving specialized vehicles is held on MT-LB or (its equivalent vehicles).

The exercise is executed off-road, in the day time, on 1km 200 m. long route with natural and artificial obstacles.

The route is furnished with:

- straight limited passage (obstacle №10);
mockup of tread way bridge (obstacle №5);
stop place on the ascending slope (obstacle №8);
track passage on the minefield (obstacle №9);
area of barrage and maneuvering (obstacle №9);
passage between poles (obstacle №12);
antitank ditch with passage (obstacle №1).

**Conditions under which elements of the route are considered accomplished:**

1. Movement along the straight limited passage without touching poles, using reverse movement or stopping engine.
2. Driving on the tread way bridge: access to the tread way bridge without reverse movement, stopping and falling off.
3. Stopping and restarting the movement at the designated place on ascending slope without going beyond its borders, touching poles and stopping the engine.
4. Moving along designated track passage on the minefield without stopping and touching pickets and limiters (pegs), stopping engine and reverse movement.
5. Movement along the barrage and maneuvering area without going beyond its borders, bypassing the maneuvering area, touching limiters, stopping engine and reverse movement.
7. Overcoming antitank ditch without stopping, rolling back, touching walls and restrictive poles, stopping engine and reverse movement.

In case of violation of safety requirements (by the decision of the panel of referees by a majority of votes), the shown result is not counted, repeated arrival to perform the exercise is prohibited.

**8. Procedure for determining winners and medalists**

Winners and prize awardees of the competition are determined by the decision of the panel of referees of the international competition according to the following procedures:

1. The winner and medalists of the first stage “Individual mastery” of international competitions (in individual championship) are determined by the highest amount of points gained in all competitions of the first stage “Individual mastery”. In case of equality of the sum of points of two or more participants, the participant, who showed the best result when performing standards for special training (further in overcoming the obstacle course, in shooting, at the lowest penalty time), has the advantage.
2. According to the results of the second stage “Team Championship” of international competitions, the winner and medalists among the teams are determined by the maximum total (men plus women) number of points received. In case of the same result, the first (second, third, etc.) place is determined by the smallest penalty time.
3. The results of international competitions for national teams (in the overall standings) are determined by the sum of points of the first stage “Individual mastery” and the second stage “Team championship” of international competitions.

At the same time, for the first stage “Individual Mastery” the sum of the scores of the two best results of the team members from the middle and junior medical staff and the points scored by the doctor are taken into account. In the case of the same final result, the first (second, third, etc.) place is awarded on the best result of the second stage “Team Championship” of the international competitions.

According to the results of the international military medical multidiscipline competitions "Military Medical Relay" the winners in the nominations are determined:

- participant – the winner of the stage "Individual Mastery" among medical specialists of secondary and junior medical personnel (separately among male and female participants);
- participant – the winner of the stage "Individual Mastery" among medical officers (military doctors) (separately among male and female participants);
- team – the winner of the "Team Championship" stage;
- team – the winner of the international military medical multidiscipline competitions «Military Medical Relay» in the overall standing;
- best driver – the winner of the competition among drivers (out of the overall standing of the competition).

The participants and the teams that took the second and third places are determined in the same categories.

Head of organizational and planning department
Deputy Chief of the Main Military Medical Directorate
of the Ministry of Defense of the Russian Federation
Major General of the Medical Service

O. Kalachev

« » september 2018
Appendix 1

Rights and responsibilities
of the international competitions participants

Team Leader:
is responsible for:
timely arrival of the team to the venue of international Competition and submission of an application for participation in Competitions to the Chief Referee; ensuring the safety requirements of team personnel; compliance with the requirements of the Regulation during the stages of Competition; the serviceability of small arms, military equipment teams and compliance with the rules of their operation; military discipline of command personnel; observance by personnel of the established daily routine.

shall:
organize the timely arrival of the team to the venue of Competition and its departure to the point of permanent deployment upon their completion; know the content and requirements of the Regulation on the conduct of Competition and require its observance by the personnel of the team; submit to the Chief Referee the established reference data for the team before the deadline; constantly be present in the venues of Competition, absence is possible only upon the permission of the Chief Referee; inform the team about the decisions of the Panel of Referees, changes in the daily routine and the program of Competition; timely inform the Chief Referee about the participants who left the Competition for health condition or other reasons; know the results shown by the team, sum up the performance of the team for the day and determine the tasks for the following days; report to the Chief Referee about the detected faults of the weapons and military special vehicles as well as incidents in the team; on completion of Competition, organize the maintenance and handover of vehicles, weapons, equipment and other materiel received for the duration of the Competition.

The Team Leader has the right to apply to the Panel of Referees in writing or verbally with statements and protests about the detected violations no later than 1 hour after the completion of the Competition stage.

Team leader is prohibited to do the following:
interfere with the work of the Panel of Referees; make independent decisions on withdrawal from the Competition or replacement of individual participants (crews, platoons) without written decision of the Panel of Referees; render assistance to members of the team during the stages of Competition.
Participants of the Competition shall:
know the content and requirements of the Regulation and strictly follow them;
check technical condition of weapons, military equipment and ammunition before using (combat use) them;
be present in the places reserved for the participants, follow the established schedule and rules of conduct;
comply with the instructions of the Panel of Referees and Field Arbitrators, strictly comply with safety requirements, rules for handling weapons and ammunition;
report to the Team Leader on all incidents and malfunctions on the assigned equipment and weapons, as well as on the deterioration of their own or teammates’ health (illness).

Participants of the Competition have the right to do the following:
conduct training in designated places during the hours determined by the Chief Referee of Competition under the direction of Team Leaders;
contact the Field Arbitrators on urgent issues concerning the conditions of the exercise, in all other cases – appeal to the Panel of Referees with oral or written statements via the Team Leader.
Security requirements for weapon handling during the competition.

While handling and shooting it is strictly prohibited:
1. To keep it non-covered while transporting (carrying).
2. In the shooting range (outside the firing line) – to prepare for shooting and to aim somewhere, keep a loaded gun, a pistol with the hammer cocked, leave the gun unattended and take someone else gun without permission.
3. On the firing line – to load and shoot without command, to shoot from a defective weapon; to turn the barrel away from the shooting direction (acceptable upwards and downwards - up to 45 °); touch the weapon between series of shooting when people are on the aiming line; keep guns loaded, pistols - with the hammer cocked after the command "UNLOAD".
4. In the shooting range it is not allowed to carry out record training and firing practice at the same time, as well as competitions in different exercises.
5. Weapons for testing are presented by competitors to the referee in-arms on the day of shooting on the appointed time.
6. It is forbidden to make any changes in the design of weapons, including changing the shape and size, sighting system, trigger, details of the trigger, grip, etc.
7. Tension of the shutter trigger for all kinds of weapons should not be less than 2 kg.

General requirements for the safe driving of combat vehicles

1. During driving exercises all hatches should be closed and locked, personnel should be on their proper seats.
2. Start of the engine and commencement of moving is permitted only on the Referee’s signal (white flag).
3. The commands on the movement of vehicles from the starting line must be given by Referee on the radio or via a traffic light.

When the vehicle stops due to technical malfunction, the emergency repair team should immediately put up a red flag of emergency stop on top (the tower) of the MT-LB (or its equivalent) (it is located to the right under the seat of the driver). The evacuation of damaged equipment from the track is performed by means of the organizer of the Competition.
4. It is prohibited to do the following: get into the vehicle, leave it and stay in front and behind of it when the engine is running; start driving without a signal from the Referee; move with unlocked hatches and without giving a warning signal; be on the hull and turret of MT-LB; be in the MT-LB without helmet and in an amount exceeding the team members number; continue to move in the absence of visibility; drive on the MT-LB in reverse.
General Safety Requirements  
when Equipping a Rope Crossing

Participants of the crossing and support personnel (referees, cordon, etc.) must be trained in safe methods and techniques for working at height and instructed on the methods and sequence of the crossing and safety measures (requirements).

Access by unauthorized persons (not directly involved in the equipment of the crossing) on the platform is prohibited.

Crossing with a wind speed of more than 10 m/s is not allowed.

Safety equipment (restraint and safety systems and devices, ropes, carbines, block rollers, etc.) are provided by the receiving party.

Team members should conduct an inspection of their safety equipment and personal protection equipment before using them.

Before allowing the crossing to be carried out, the referee must ensure that all participants are properly fastened to the security system.

Personal protection equipment must be fitted by the participants in body shape. The referee has the right to double-check the participant's personal protection equipment and demand that they be adjusted before being allowed to carry out the crossing.

All the requirements of the referees in the course of the equipment and the implementation of the crossing are mandatory for the participants to carry out. Failure to comply with the requirements of the referee shall be punished by a penalty time, repeated failure to comply with the requirements of the referee - removal of the team from the race.

For a safe crossing from one bank to another (without using transitional bridges with a protective fence) safety systems and personal protection equipment should be used, using an anchor line (cable between the stationary supports, which is used for crossing) as a anchor device (cable offset no more than 70 to the horizon).

Use of strapless safety belts is prohibited.

Work with random supports (boxes, barrels, etc.) is not allowed.

The weight of objects and elements of the crossing per one participant should be no more than:
- 25 kg - when at a height (directly during the crossing on the cable);
- 50 kg - while on the platform.

The safety of the simulated casualty transported on a suspended stretcher must be ensured by the use of a safety system.

Simultaneous crossing (cable load) of more than one person is not allowed.

In case participants use non-standard units (devices) for the equipment of the crossing the crossing can be tested for a load exceeding the designed one (the referees on both sides of the crossing simultaneously test their weight on the tensioned cable), the time required for checking (testing) is included in the total time of the crossing.
Half-silhouette target with concentric circles

Half-silhouette target with concentric circles (target №4)
Obstacle Course for Junior and Secondary Medical Personnel

Obstacle Course for Junior and Secondary Medical Personnel includes:

1. Start and finish lines.
2. Smooth running ground.
3. A ditch, 2 m (2.5 and 3) wide and 1 m deep.
4. The labyrinth, 6 m long, 2 m wide, 1.1 m high (the number of passages is 10, the width of one passage is 0.5 m).
5. The fence, 2 m high, 0.25 m tick with an inclined board with a length of 3.2 m and a width of 0.25 - 0.3 m
6. Destroyed bridge, 2 m high consisting of three segments (rectangular beams 0.2x0.2 m): the first is 2 m long, the second is 3.8 m with a bend of 135° (length from the beginning to the bend - 1 m), the third - 3.8 m with a bend of 135° (length from the beginning to the bend ~ 2.8 m); the gaps between the segments of the beams are 1 m, at the beginning of the second and third segments of the beam and at the end of the obstacles there are vertical stairs with three steps.
7. The destroyed staircase, 2 m wide (the height of the steps is 0.8; 1.2; 1.5 and 1.8 m, the distance between them is 1.2 m, at the highest step there is an inclined staircase 2.3 m long with four steps).
8. A wall, 1.1 m high, 2.6 m wide and 0.4 m thick with two breaches (the lower
one is 1x0.4 m and is located at ground level, the upper is 0.5x0.6 m - at a height of 0.35 m from the ground) and with the adjacent 1x2.6 m ground.
9. The well and the passage (the depth of the well is 1.5 m, the sectional area along the top is 1x1 m; in the rear wall of the well there is a slot of 1x0.5 m, connecting the well with the blocked passage 1.5 m deep and 8 m long with one bend; the distance from the well to the trench in a straight line - 6 m).
10. Trench, 1.5 m deep.
11. Running track, 2 m wide
12. Place of the BTR parking.
13. Place of assault rifle disassembly (assembly).

1. Conditions of the course overcoming for male military medical (junior and secondary) personnel.
   1.1. Grenade throwing
   Conditions of performance: Initial position - standing in trench. Upon the referee signal («Grenade-throw!» rise red flag) the participant has: to toss a grenade of 600 grams in overhead from trench to the distance of 20 m. at the wall and into 1 x 2.6 m. area (full hit is counted); when missing a target by first grenade the participant has to continue a toss but not more than 3 (three) grenades to destroy a target.
   1.2. Jump out of trench and sprint to AK-74M assault rifle field stripping spot.
   Conditions of performance: after throw of grenades it is necessary to jump out of trench and run up to AK-74M assault rifle field stripping spot.
   1.3. AK-74M assault rifle field stripping
   Conditions of performance: the Kalashnikov assault rifle field stripping is done on flat surface (on a table).
   Field stripping of AK-74M:
   remove magazine – hold assault rifle by small of stock or fore grip with left hand, grab magazine with right hand; depress lock with your thumb, pull forward bottom part of magazine and remove it;
   make sure chamber is empty – pull running-fire lever down, pull breechblock handle back, inspect chamber, release breechblock handle and pull trigger;
   remove cleaning kit – depress cleaning kit cap with your right hand finger for the spring to release kit and lay it on the table without opening;
   detach wiping rod – pull rod end from barrel to release rod head from latch lock under muzzle sight, pull rod upward;
   remove the receiver cover - by clicking on the back of the recoil spring remove the receiver cover;
   detach recoil spring guide assembly – hold assault rifle by small of stock with left hand, pull forward with right hand guiding rod of recoil spring guide assembly to make sure rod end leaves breech frame groove, lift guiding rod back end and take recoil assembly out of beltway;
detach bolt carrier assembly with breechblock – while holding assault rifle with left hand, pull all the way back bolt carrier assembly with right hand, lift it along with breechblock and detach from receiver;

detach breechblock from bolt carrier assembly – take bolt carrier assembly in left hand breechblock upward, pull breechblock back, rotate it till front breechblock edge slides through the shaped latch of breech frame, and pull breechblock forward;

detach forearms with gas tube assembly – hold assault rifle in left hand, place by right hand gas tube lock inside rectangular latch of cleaning kit, turn lock into vertical position and remove gas tube from gas chamber nozzle.

Fig.4. AK-74M field stripping

After field stripping of AK-74M assault rifle continue to sprint towards course starting line, run around flag.

1.4. Jump over the 2.5 meter wide ditch or overcome it by getting in and out

Conditions of performance: jump over the 2.5 meter wide ditch.

1.5. Pass through labyrinth passages.

Conditions of performance: run through labyrinth passages.

1.6. Fence climbing, climbing vertical staircase on the second (curved) segment of ruined bridge; beam walk, jump over gap, beam end dismount from standing position.

Conditions of performance: fence climbing, climb vertical staircase, jump over gap and jump down.

1.7. Overcoming of three steps of ruined staircase (with obligatory ground touch down between steps), running under the fourth step.

Conditions of performance: overcome the steps of the ruined staircase (with the obligatory touch of the ground by both feet between the steps), running under the fourth step.

1.8. Creeping through the wall; slip into the trench, pass along the connecting trench; jumping out of the well.

Conditions of performance: climb through the wall, jump into the trench, go through the connecting trench and jump out of the well.

1.9. Overcoming the jump wall; running up the inclined stairs to the fourth step and running down the steps of the ruined staircase.

Conditions of performance: Jump over the wall, run up the inclined staircase and run down the steps of the ruined staircase.
1.10. **Climbing the vertical ladder to the beam of the destroyed bridge, jogging along the beams, jumping over the gaps, and running down an inclined board.**

   **Conditions of performance:** climb the vertical ladder to the beam of the destroyed bridge, run through the beams, jump over the gaps and run along the inclined board.

1.11. **Running to the ditch and jumping into it. Carrying alternately to the opposite edge of the ditch 3 m wide, two boxes weighing 24 kg.**

   **Conditions of performance:** run to the ditch, jump into it, move 2 boxes weighing 24 kg to the opposite edge of the ditch 3 meters wide.

1.12. **Creeping under the bottom of the armored personnel carrier (BTR-80).**

   **Conditions of performance:** creep under the bottom of armored personnel carrier (BTR-80) on the stomach.

1.13. **Partial assembly of the AK-74M after field stripping.**

   **Conditions of performance:** perform partial assembly of the AK-74M after field stripping.

   The sequence of assembly of the rifle after partial disassembly.
   1. Connect the gas pipe with the barrel.
   2. Attach the bolt to the bolt frame.
   3. Attach the bolt frame with the bolt to the receiver.
   4. Attach the return mechanism.
   5. Attach the receiver cover.
   6. Release the trigger from the combat platoon and put it on the fuse.
   7. Connect the ramrod.
   8. Put the pencil case in the nest of the butt.
   9. Connect the store to the rifle.

1.14. **Running to the finish line**

   **Conditions of performance:** smooth running to the finish.

2. **Conditions for the female military personnel.**

   The technique and sequence of obstacle course overcoming by the female military personnel is identical to requirements for the male military personnel including all the conditions specified above.
Obstacle Course for Medical Service Officers

Obstacle Course for medical service officers includes:

1. Start line.
2. The ditch, 1.5 m deep, the well and the passage (the depth of the well is 1.5 m, the sectional area along the top is 1x1 m; in the back wall of the well there is a 1x0.5 m gap connecting the well with the blocked passage 1.5 m deep, 8 m long with one bend, the distance from the well to the ditch in a straight line - 6 m).
3. The wall, 1.1 m high, 2.6 m wide and 0.4 m thick with two breaks.
4. The ruined staircase, 2 m wide (the height of the steps is 0.8; 1.2; 1.5 and 1.8 m, the distance between them is 1.2 m, at the highest step there is an inclined staircase 2.3 m long with four steps).
5. The fence, 2 m high, 0.25 m thick with an inclined board with a length of 3.2 m and a width of 0.25 - 0.3 m
6. Labyrinth, 6 m long, 2 m wide, 1.1 m high (the number of passages - 10, width of one passage - 0.5 m).
7. Place of pistol disassembly (assembly).
8. Ditch, 2 m (2.5 and 3) wide and 1 m deep;
9. Place of BTR parking.
1. Conditions of the course overcoming for male medical service officers.
   1.1. **Grenade throwing**
   **Conditions of performance:** Initial position - standing in trench. Upon the referee signal («Grenade-throw!» rise red flag) the participant has: to toss a grenade of 600 grams in overhead from trench to the distance of 20 m. at the wall and into 1 x 2,6 m. area (full hit is counted); when missing a target by first grenade the participant has to continue a toss but not more than 3 (three) grenades to destroy a target.
   1.2. **Overcoming the passage, jumping out of the well.**
   **Conditions of performance:** overcome the passage, jump out of the well.
   1.3. **Overcoming the wall with jump.**
   **Conditions of performance:** overcome the wall by jumping, run up the inclined stairs and run down the steps of the ruined staircase.
   1.4. **Run up the inclined stairs to the fourth step and run down the steps of the ruined staircase.**
   1.5. **Climbing over the fence.**

![Fig.5. Climbing over the fence](image)

**Conditions of performance:** climb the fence with the help of a stand 50 cm height.
   1.6. **Passage through the labyrinth passages.**
   **Conditions of performance:** run through the labyrinth passages.
   1.7. **Perform partial disassembly of the Makarov pistol.**
   **Conditions of performance:** disassembly of the Makarov pistol is made on a flat surface (on the table).
   Partial disassembly of the Makarov pistol is produced in the following order:
   1. Remove the magazine from the base of the handle (fig. 6). Holding the pistol by the handle with one hand, with the thumb of the other hand, pull the magazine latch back to full, while pulling the protruding part of the magazine cover with the index finger, remove the magazine from the base of the handle. Check whether there is a cartridge in the chamber, for which the fuse is turned off (drop the flag down), move the breechblock to the rear position with your free hand and, after examining the chamber, release the breechblock.
2. Separate the breechblock from the frame. Taking the pistol in one hand by the handle, with the other hand pull the trigger guard down (Fig. 7) and, twisting it to the left, rest against the frame so that it is held in this position.

With your free hand, move the breechblock to the rearmost position and, raising its back part, give it the opportunity to move forward under the action of a return spring. Separate the breechblock from the frame (Fig. 8).
3. Remove the return spring from the barrel.
Holding the frame with one hand on the handle and rotating the return spring towards yourself with the other hand, remove it from the barrel.

1.8. **Running to the ditch and jumping into it. Carrying alternately to the opposite edge of the ditch 3 m wide, two boxes weighing 24 kg.**

   **Conditions of performance:** run to the ditch, jump into it, move 2 boxes weighing 24 kg to the opposite edge of the ditch 3 meters wide.

1.9. **Creeping under the bottom of the armored personnel carrier (BTR-80).**

   **Conditions of performance:** creep under the bottom of armored personnel carrier (BTR-80) on the stomach.
After that, run around the box, run in the opposite direction to the place of the partial assembly of the gun.

1.10. **Assembly of the Makarov pistol after the partial disassembly.**

   **Conditions of performance:** assembly of the Makarrov pistol is made on a flat surface (on the table).
After that, run around the box, run in the opposite direction to the place of the partial assembly of the gun.

   1. Slide the return spring onto the barrel. Taking the pistol frame by the handle in one hand, with the other hand, put the return spring on the barrel with the necessary end, in which the extreme turn has a smaller diameter compared to other turns.

   2. Attach the breechblock to the frame. Holding the frame by the handle in one hand and the breechblock in the other, insert the free end of the return spring into the boltway (Fig. 10) and pull the bolt to the rearmost position so that the barrel muzzle passes through the boltway and protrudes (Fig. 11).
Fig. 10. The injection of the free end of the return spring in the boltway.

Lower the rear end of the breechblock on the frame so that the longitudinal protrusions of the breechblock fit into the grooves of the frame, and, pressing the shutter against the frame, release it. The breechblock under the action of the return spring vigorously returns to the front position, pull the trigger. Turn on the fuse (raise the flag up).

Fig. 11. Adjusting the breechblock to the frame.

Note. To attach the breechblock to the frame, it is not necessary to pull it down and twist the trigger guard. At the same time, by retracting it to the rearmost position, it is necessary to lift its rear end up to the point of failure so that the lower front wall of the breechblock does not stick into the crest of the trigger guard, limiting the movement of the breechblock back.

3. Insert the magazine into the base of the handle.

Holding the pistol in one hand, insert the magazine into the base of the handle through the bottom window of the handle base with the thumb and forefinger of the other hand (fig. 12). Push the magazine cover with your thumb so that the latch (lower end of the mainspring) jumps over the ledge on the wall of the magazine; a click should happen.

Hits of the magazine with the palm are not allowed.

1.11. **Overcome the labyrinth passages and jump out of it (see conditions for performing para 1.6), continue running along the corridor**
(marked with racks), run out onto the stadium running track, cross the counters with a smooth run, and proceed to the beginning of the special skills stage with its subsequent implementation.

Рис. 13. Схема выполнения пункта 1.11.

2. Conditions for the female military personnel.
   2.1. **Grenade throwing**
   **Conditions of performance:** Initial position - standing in trench. Upon the referee signal («Grenade-throw!» rise red flag) the participant has: to toss a grenade of 600 grams in overhead from trench to the distance of 20 m. at the wall and into 1 x 2.6 m. area (full hit is counted); when missing a target by first grenade the participant has to continue a toss but not more than 3 (three) grenades to destroy a target.
   2.2. **Overcoming the passage, jumping out of the well.** (see para 1.2 for male personnel).
   2.3. **Overcoming the wall with jump.** (see para 1.3 for male personnel).
   2.4. **Run under the fourth and third steps, overcome the second and the first from above.**
   **Conditions of performance:** overcome the steps of the ruined staircase.
   2.5. **Run past the destroyed bridge and fence; run along the labyrinth passages (see 1.6 for male personnel).**
   2.6. **Perform partial disassembly of the Makarov pistol (see 1.7 for male personnel).**
   2.7. **Running to the ditch and jumping into it. Transferring alternately to the opposite edge of a ditch 3 m wide two boxes weighing 24 kg each.**
   **Conditions of performance:** run up to the ditch, jump into it, alternately transfer 2 boxes weighing 24 kg to the opposite edge of the ditch 3 m wide.
   2.8. **Creeping under the bottom of the armored personnel carrier (BTR-80).** (see para 1.9 for male personnel).
   2.9. **Reach the flag (stand) and run around it, run to the place of partial disassembly (assembly) of the pistol.**
2.10. **Assemble the Makarov pistol after partial disassembly** (see para 1.10 for male personnel).

2.11. **Walk along the labyrinth passages and jump out of it** (see para 1.6 for the male personnel), **continue running along the corridor** (marked with racks), **run out onto the stadium running track**, **cross the counters with a smooth run**, and **proceed to the beginning of the special skills stage with its subsequent implementation**. (see para 1.11 for male personnel).

After the completion of the integrated exercise on a single obstacle course, the participants, without stopping, begin the exercise at the site of special skills.

![Fig. 14. Scheme of medical skill course](image)

![Fig 15. Medical military bag](image)
Scheme of the Course of the second stage «Team Championship» of the international military medical multidiscipline competitions «Military Medical Relay»

1—место старта (десантный отсек МТ.ЛБ), место стоянки МТ.ЛБ (за пределами схемы).
2—преодоление естественных и искусственных препятствий (ров шириной 2 метра, глубиной 0,5 метра; бревно толщиной 0,3 метра; три воронки диаметром 2 метра глубиной 0,3 метра; завал; проход в инженерных заграждениях из колючей проволоки длиной 5 метров, шириной 2 метра, высотой 0,5 метра).
3—место оказания помощи условно раненому (наложение резинового жгута), оттачивание его в укрытие.
4—специальные пункты оказания помощи—наложение давящей повязки.
5—извлечение условно раненого из поврежденной техники (КТР-80), оказание медицинской помощи (круговая (циркулярная) повязка на голову).
6—перенос раненного с помощью лямки санитарной;
7—оборудование переправы участниками команды;
8—оборудование переправы механизмом водителем;
9—переправа условно раненных и участников команды с обмунированием;
10—погрузка раненых и участников команды в МТ.ЛБ

1. Start line (MT-LB landing compartment), MT-LB parking ground (beyond the scheme).
2. Overcoming of natural and artificial obstacles (ditch – 2 m wide, 0,5 m deep; log – 0,3 thick; 3 craters – 2 m in diameter, 0,5 m deep; obstruction; passage in engineer obstacle made of barbed wire – 5 m long, 2 m wide, 0,5 m high).
3. Ground for the medical aid rendered to the simulated casualty (applying of the rubber tourniquet), evacuation to the safety ground).
4. Injured assembly ground (medical aid – applying of the compressing bandage).
5. Evacuation a simulated casualty from a damaged vehicle (BTR-80), medical aid – head circular bandage).
6. Carrying of the injured with the help of sanitary string.
7. Equipment of the crossing by the participants.
8. Equipment of the crossing by the driver.
9. Crossing of the simulated casualties and participants with their gear.
10. Loading of the participants and simulated casualties.
Colors: Black – 1\textsuperscript{st} participant; Orange – 2\textsuperscript{nd} participant; Blue – 3\textsuperscript{rd} participant; Purple – driver
Tactical and technical requirements to the Water barrier artificial obstacle

Water barrier artificial obstacle is an element of the educational and material base, designed to demonstrate the participants (students) skills to overcome narrow water obstacles or natural folds of the area (ravines, gorges, etc.) using a rope crossing, including the evacuation of the wounded (sick).

The area of the obstacle provides for overcoming the obstacle in several ways: by mounted (rope) crossing, crossing over a log (logs) and crossing over fording with the participation of 6 people (4 competitors, 2 imitants). The number of directions when performing exercises is two.

The height of the platform imitating the shore is 2.0 m above ground level, the depth of the bowl simulating the channel of the reservoir is 1.0 m, the width of the “channel” is 6.0 m, the height of the beam for attaching attachments is 2.0 m. The obstacle scheme is presented in Figure 1. A general view of the Water obstacle is shown in photo 1-3.

Fig. 1. Water obstacle scheme.
Sequence of rope crossing equipment

Equipment for the crossing of the team and wounded includes:
- big bag - 1 piece;
- 10 mm static rope (main and auxiliary) - 2 pcs;
- 10 mm static rope (participant's lanyard) - 4 pcs.;
- 10 mm static rope (the basic part of the crossing) - 1 pc.;
- 6 mm cord for tensioning of main rope - 1 pc.;
- safety system - 4 pcs.;
- carabineer with clutch - 15 pcs.;
- carabineer without clutch with a straight latch - 5 pcs.;
- haul-safe - 3 pieces;
- sanitary litters - 1 pc.;
- sanitary sling - 4 pcs.

The equipment for crossing before the start of the team is loaded into the landing compartment of the MT-LB. It is extracted from there by the driver after the MT-LB overcomes the established distance.

For equipment crossing the driver secures on pole in any sequence main (must be made two turns around pole; allowed knots: "simple bayonet" knot plus simple knot) and lower pole ("bowline" knot plus simple knot) of the rope (Fig. 1). Then throws the loose ends of the main and auxiliary ropes on the opposite side of the water hazard.

Throwing the rope not fastened to the pole and equipment that is not attached to the ropes is not allowed.

Figure 1

Fastening of the main and auxiliary rope by the driver: the main rope knot is a "simple bayonet" plus a simple knot, an auxiliary rope knot "bowline knot" plus a simple knot.
The participant(s) of the team takes the ends of the ropes and fastens them on their side of the obstacle.

the auxiliary rope is fastened to the pole by "bowline" knot plus a simple knot or by "slip" knot.

For fastening and tension of the main rope is assembled the "z-pulley" system. For this around the pole is fixed the base part of crossing from the part of main rope (length 2-4 meters) by use of "self-slipped" knot. Into the loop of the safety carabineer is inserted "self-slipped" knot (it is allowed to use a carabineer without a clutch with a straight latch, in the absence of a sufficient number of carbines it is allowed to insert a wooden stick with a diameter of not less than 1 centimeter into the loop of the self-slipped knot).

The main rope is attached to the base part by the "Garda" knot (two identical carbines with a clutches must be used in the "Garda" knot) (Fig. 2).

![Figure 2](image)

Fastening of the main rope to the base part of the crossing
1 - base part of the crossing (the length of the main rope is 2-4 meters, 2 – safety carabineer, 3 - self-slipped knot, 4 - the "Garda" knot, 5 - main rope for the crossing, 6 - main rope for tensioning.

Then, to the main rope an Austrian knot is knitted a cord (6 mm long, 1 m) for tensioning of the main rope. A carabineer is attached to the other end of the cord, through which the free end of the main rope is threaded (Figure 3). This carabineer (which has the maximum load at tension), in order to avoid injury in case of rupture, is fastened with an additional carabineer to the main rope (Fig. 4).
Figure 3
The "z-pulley" system for tensioning of the main rope:
a – "z-pulley" on carabineers, b – "z-pulley" with use of haul-safe (1 – Garda knot, 2 – additional carabineer, 3 – Austrian knot, 4 – z-pulley carabineer, 5 – haul-safe, red arrow – direction of tensioning).
Figure 4

Protection from injuries when tensioning the "z-pulley" system by fastening the pulley carabiner with an additional carabiner.

Using the assembled "z-pulley" system, participants pull the main rope. During the tension, it is allowed to use the haul-safe and move, if necessary, the Austrian knot along the main rope. Use clamping devices for rope tension.

After the main rope necessary for crossing the tension, the Garda knot is blocked.

A carabineer (carabineer with a haul-safe) is attached to the main rope, the middle of the auxiliary rope is fastened to the carabineer with use of the "Butterfly" knot (a shuttle is made to facilitate the crossing of the serviceman and pulling loads) (Fig. 5).

Figure 5

Making of the shuttle (1 - without haul-safe, 2 - with haul-safe).
Participants wear climbing harnesses. The locking of the climbing harness is carried out by lanyard with use of the "double butterfly" knot. To the climbing harness, a (central) carabineer is fastened, and to one end of the lanyard by the "figure-8" knot is tied (safety) carabineer.

One of the participants is strapped to the main rope by the central carabineer of the climbing harness and the carabineer of lanyard and is transferred to the opposite shore by pulling of hands over the rope and pushing with his feet (Figure 6). A driver can pull a crossings man forward for an auxiliary rope.

![The crossing of serviceman.](image)

Figure 6

The crossing of serviceman.

With shuttle can be carried out the crossing of loads. (Fig.7).

![The crossing of loads.](image)

Figure 7

The crossing of loads.

The crossing of wounded is permitted only after one of the participants crosses over to the driver. With a fragmentation wound in the head, it can be
crossed using a climbing harness (in that case, the same climbing harness is worn on the wounded as on the participants) or lying on a barrow (at the team's discretion), and the wounded with the hip injury only lying on a barrow. Barrows are attached to two "shuttle" carabiners with the help of two sanitary slings, folded by a ring and stretched through the legs of a barrow. The wounded person is securely fixed to the barrow by two other sanitary slings, excluding his fall in case of a coup.

After the crossing of the wounded, the remaining two participants are transferred with the use of climbing harnesses. At the same time, the last participant removes the safety carabiner from the lanyard, unfastens the auxiliary rope from the pole, ties it to the free end of the base part of the crossing (Figure 8), and is transported.

After crossing the last participant, the rope crossing is removed.

![Figure 8](image)

Figure 8  
Preparation for removal (pulling) of the crossing  
1 - the safety carabiner from the lanyard is removed, 2 - the auxiliary rope is untied from the pole and tied to the free end of the base part of the ferry, the red arrow - the pulling direction.

**General requirements.**  
1. Carabiners with clutches are twisted.  
2. The distance from the end of the rope to the knot should be at least 10 cm.  
3. The detention of equipment and kit or its loss is punishable by a penalty.
Tactical and technical requirements for race track organization

Obstacle numbers and sizes of mockups of the structures and supplemental equipment stipulated by conditions of the contest (in meters)

1. Straight limited passage (155 m from start line).

2. Mockup of tread way bridge (246 m from start line).
3. The ascents and descents (obstacles), "Hill", 5m high, the width of the base - not less than 15m, width on the ascent - at least 8m, length on the ascent - 12m and elevation percentage - 25%. (449 m from the start line).

4. Track passage in the minefield (625 m from the start line).

5. Area of barrage and maneuvering (752 m from the start line).

6. Passage between poles (1045 m from the start line).

7. Antitank ditch with passage (1126 m from the start line).
8. Parking ground.