



REGULATION
of the contest «Warrior of the Peace»

I. GENERAL PROVISIONS

The Regulations determine the procedure for organization and performance of the Warrior of the Peace International Military Contest (hereinafter referred to as the Contest) within the framework of the International Army Games - 2021 (hereinafter referred to as the Games) among the military personnel serving as enlisted personnel (soldiers, sailors, sergeants, foremen (cadets up to graduate courses of military educational organizations), warrant officers, naval warrant officers (or equal in the armed forces of the Participating States of the Contest)) and younger officers of the armed forces of the Participating States of the Contest.

The Contest includes the following Stages:

Literary-Artistic and Dance Stage - Sir (Lady);

Military Sports Stage - Athlete;

Military Professional Stage - Professional;

Firing Stage - Sniper;

Awareness of Military History and International Humanitarian Law Stage - Erudite;

1.3 The composition of the delegations of the Participating States of the Contest is up to 14 people: Head of the Delegation, Referee of the Contest, Assistant Referee of the Contest for Photo and Video Recording, Medical Professional, Senior Representative of the Team, Assistant Senior Representative of the Team on Combat and Physical training (coach), Assistant Senior Representative of the Team - Culture and Art Specialist (member of the jury of the Sir (Lady) Stage), Assistant Senior Representative of the Team - History and Humanitarian Law Specialist (member of the jury of the Erudite Stage), four military persons, including one female soldier (hereinafter referred to as participants), and two soldiers, including one reserve female soldier. If the number of delegates is exceeded, all expenses for accommodation and meals of each additional participant are borne by the Sending Party.

1.4 Each participant is assigned one AK-74 assault rifle, properly functioning and ready for shooting, to participate in the Athlete and Professional stages. Assault rifles are chosen by the drawing procedure. The participants personally conduct weapon check and make it ready for shooting.

1.5 Exercises are performed (practiced) in accordance with the Regulations.

1.6 In case of refusal to perform any exercise or the participant's withdrawal from the race at any stage of the Contest, he is considered to the last place of the corresponding stage (replacement is not allowed).

1.7 In case of weather conditions or other factors affecting the safety of the participants of the Contest, Senior Referee of the Contest may decide to change the content of the elements of the exercise.

II. LITERARY-ARTISTIC AND DANCE STAGE - SIR (LADY)

2.1 This Stage is performed in order to determine the creative abilities of the Contest participants.

2.2 The Stage is held on the opening day of the Houses of Friendship.

2.3 The main objectives of the Stage are the following:

education of military personnel with the use of propaganda and art of high spirituality and moral qualities;

familiarization of participants with the values of the culture of states, the development of amateur art.

2.4 Drawing procedure takes place before the start of the Stage.

2.5 Each participant personally performs a number in one of the nominations: song, dance, playing a musical instrument, reading a poem or prose (at least 2 pages of printed text) on a patriotic or lyrical theme.

2.6 When performing a vocal piece, the participants of this Stage of the Contest perform the pieces as follows: at their own accompaniment; a capella (without instrumental accompaniment) or accompanied by an audio recording without lyrics (CD or mini-disk), which is provided directly by the contestant.

2.7 In the performance of a number in which two or more participants of the same team participate, only one participant who performs according to the drawing shall be assessed. It is not allowed to assess several team members in one number.

2.8 The following themes are recommended for the performance: patriotic theme, theme of service in the armed forces, friendship, military team spirit, love of the motherland.

At this Stage the performance lasts no more than five minutes.

2.9 The performance of the participant is assessed by the Referee Subcommittee, which includes culture and art specialists.

2.10 The Referee Subcommittee shall assess the designated performance according to the following main criteria:

stage skills of the participants (ability to keep oneself on stage);

patriotism of the performance (reflection of patriotic theme);

ingenuity (originality), creative approach to the performance;

vocal (choreographic, oratory) characteristics of participants;

artistry and stage culture;

performance decorations (costumes, presentation, and so on).

2.11 According to each of the criteria, members of the Referee Subcommittee give from 1 to 5 points to all participants. The sum of points for all criteria of all members of the Referee Subcommittee is a personal assessment of the participant at the Stage. Places are determined by the highest total points received.

III. MILITARY SPORTS STAGE – ATHLETE

3.1 Military Sports Stage - Athlete is performed in order to determine the level of physical fitness of the Contest participants.

3.2 The main objectives of the Military Sports Stage are the following:

- increasing the level of physical and sports training of military personnel, education of the will, determination, self-confidence;
- promotion of a healthy lifestyle and harmonious development of personality;
- development of the desire to win, the ability to endure high physical activities and mental stress in conditions of sports competition, improvement of skills in performing a variety of professional techniques and actions.

3.3 Athlete Military Sports Stage is organized and performed in the form of multi-discipline competition, the program of which includes the following exercises:

- for male military personnel: distance grenade throwing, accurate grenade throwing, pull-ups, 100m running, Athlete integrated military sports exercise;
- for female military personnel: distance grenade throwing, accurate grenade throwing, integrated strength exercise, 100 m running.

3.4 All exercises of the Athlete Military Sports Stage are carried out in field uniform and military style footwear in accordance with the rules for military uniform wearing for military personnel of the Participating States of the Contest; it is not allowed to wear special (lightened) uniform, camouflage cloaks, shoes, etc.

3.5 Distance Grenade Throwing

Grenade weight is 600 gr (+/- 20 gr). 3 attempts of throwing are performed with an assault rifle in hand (female military personnel - without weapons) from a place or at a run from a 4 m long line into a 10 m wide corridor marked with parallel lines. The best result is scored. An attempt counts when a grenade lands in the corridor. It is allowed to use belt for the assault rifle in hand during throwing.

Attempts are not counted (though considered used), if the participant do the following:

- at the time of throwing or after it any part of the body, uniform or assault rifle touched the ground behind the throwing line or the participant stepped on it,
- at the time of running, swing or throwing, the participant dropped the grenade out of his hand.

A small flag is placed at the location of the grenade landing (to the nearest edge to the throwing line). After three attempts, the best throw is measured. Measurements are taken in meters and centimeters. Participants' places are determined by the best throw. In the case of the same result the participants are given the same place, but the next place is skipped.

3.6 Accurate Grenade Throwing

Grenade weight is 600 gr (+/- 20 gr). Grenades are thrown at 4 targets located at distances of 20 m, 25 m, 30 m and 35 m respectively (for female military personnel - 15 m, 20 m, 25 m and 30 m respectively). Each target consists of two circles with a common center. The diameter of the circle is 2 and 4 meters. There is

a 20-30 cm high small flag in the center. Throwing is carried out from behind a 1-1.25 m high wall. The participants have 4 grenades for each target and 2 minutes for all throws (16). The result of throwing is considered only at the first touch of the ground. Points are awarded for hits of the target according to the following system:

Target	POINTS	
	Small circle	Big circle
No 1 (20/15 m)		
No 2 (25/20m)		
No 3 (30/25m)		
No 4 (35/30m)		

The participant who gained the most amount of points is the winner. If two or more participants have equal points, then preference is given to the one with a large number of tens, then nines, and so on. If there is again equality in all previous indicators, then the first participant to start is preferred.

3.7 Pull-ups

Starting position - hanging position (basic grip, body is motionless, arms are straightened, hold for at least 1 second); the participant bends his arms, pull himself up (chin above the bar), then unbends arms and returns into the hanging position. Participant shall hold the hanging position awhile.

It is allowed to slightly bend and straddle legs

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

Places of participants are determined by the largest number of pull-ups. In the case of the same result the participants are given the same place, but the next place is skipped.

3.8 Integrated Strength Exercise for Female Military Personnel

The exercise is performed during 1 minute: first 30 seconds include the maximum number of crunches with elbows touching the knees, starting position - lying on the back, arms behind the head, legs on the floor (slight bending of the legs is allowed; when returning to the starting position it is necessary to touch the floor with the shoulder blades); following 30 seconds - the maximum number of push-ups. During push-ups arm shall be bend till the straight angle in the elbow joints, straightening shall be done until the arms are fully stretched The body is in the straight position.

Places of participants are determined by the largest number of push-ups. In the case of the same result the participants are given the same place, but the next place is skipped.

3.9 100 m Running

The exercise is performed from standing start along the athletic track of the stadium or flat ground with any surface.

3.10 Athlete Integrated Military Sports Exercise

The exercise is performed with small arm (AK-74, 2 magazines, cartridge pouch). Two participants start simultaneously according to the drawing results. The distance between start and finish lines is 1500-2000 meters. Starting position - standing start with small arm in the hand.

When on the track the participant shall do the following:

- accurate grenade throwing (600 gr) at the 30 m distance into the horizontal circle, 3 m in diameter. Three attempts are allowed till the first loss, If throwing is not performed the participant is imposed 30 penalty seconds.
- assault rifle prone firing with single shots against emerging targets: waist-figure target (100x50 cm) at 150 m distance, gun team target (75x100 cm) at 250 m distance and body-shaped target (150x50 cm) at 300 m distance. The participant occupies his position at the command of the referee, gets 3 rounds and loads the rifle. Firing starts after the participant's readiness report - Ready for combat - and the referee's command - Fire. The shooting is carried out independently, at the end of the shooting the referee at the firing line inspects the weapon while the participant is still in the prone position and gives the Forward command to continue running. For each target that was not hit, the participant is imposed 30 penalty seconds;
- accurate grenade throwing (600 gr) at the 40 m distance into the horizontal circle, 10 m in diameter. Three attempts are allowed till the first loss, If throwing is not performed the participant is imposed 30 penalty seconds.
- throwing of 3 knives at the target from 5 m distance. The target is at a height of 100 cm above the ground, dimensions are 90x60 cm, inside is the silhouette of a person: diameter of the head is 22 cm, diameter of the chest is 45 cm, neck is 12 cm, the total height of the silhouette is 75 cm. The target is considered to be hit if the knife hits it with the blade and remains in it. For each target that was not hit, the participant is imposed 20 penalty seconds. Knives are provided by the organizers.

Places are determined by the time shown by the participant at the finish. In case of the same result, the participant who gets the least amount of penalties gets a higher place. If there is again equality in all previous indicators, then the first participant to start is preferred.

3.11 Winners of the Athlete Stage. The winners are determined by the smallest sum of placings taken by the participant in each category of exercises. In case of equality of sum of placings for two or more female participants, preference is given to the participant who has a greater number of the first, then the second, etc. places. In case of equality of sum of placings for two or more male participants, preference is given to the participant who showed the best result when performing the Athlete integrated military sports exercise.

IV. MILITARY PROFESSIONAL STAGE – PROFESSIONAL

4.1 The main objectives of the Professional Military Professional Stage are the following:

- development and improvement of professional qualities, abilities to fulfill the specified standards of combat training,
- education of the will and desire to win among the participants.

4.2 Professional Military Professional Stage is organized and performed in

the form of multi-discipline competition, the program of which includes the following exercises.

- combat training exercise series,
- Individual Excellence military medical exercise,
- orienteering.

4.3 All exercises of the Professional Military Professional Stage are carried out in field uniform and military style footwear in accordance with the rules for military uniform wearing for military personnel of the Participating States of the Contest; it is not allowed to wear special (lightened) uniform, camouflage cloaks, shoes, etc.

4.4 Combat Training Exercise Series

The exercise is performed with the assault rifle, in the field uniform without armor vest and helmet (footwear - combat boots);

two participants start simultaneously according to the drawing results;

the participants shall overcome separate sections of the obstacle course;

jump down into the trench and put on a gas mask,

jump out of the trench and overcome the gully using the log, go along it to the end and jump off to the ground;

overcome the blockage;

jump off into the moat, take a box with two containers full of 5.45 mm rounds from the rear parapet and carry it to the front parapet, then back to the rear parapet (women do not carry the box);

remove the gas mask and put it into the bag, jump out of the moat,

run through the maze aisles; run up the sloping board to the fence, go to the beam, run along it, jumping over the gaps, and jump to the ground from the standing position from the end of the last section of the beam;

overcome the destroyed stairs by jumping, stepping on each step, and to jump off the last step to the ground; (women overcome the first two steps of the ladder by jumping, the third and fourth - under it);

overcome the wall from above (it is allowed to use the window);

jump into the well, run along the passage to the trench, throw a grenade weighing 600 g at 15 m at a shield 2x1 m in size, if the first grenade doesn't hit the target, continue throwing (but not more than three grenades) until the target is hit (in case grenade misses the target the participant is imposed 30 penalty seconds);

run a segment of the course;

throw a knife (3 attempts) from 5 meters (for women from 3 meters) at the target till the first loss (the target is considered to be hit if the knife hits the target with the blade and remains in it), if the participant doesn't hit the target after three attempts, 30 penalty seconds are imposed (knives are provided by the organizers). The target is at a height of 100 cm above the ground, dimensions are 90x60 cm, inside is the silhouette of a person: diameter of the head is 22 cm, diameter of the chest is 45 cm, neck is 12 cm, the total height of the silhouette is 75 cm.;

run a segment of the course;

carrying a box with ammunition for 20 m under a barbed wire - height 50 cm (for women - without a box);

fulfillment of CBRN standards: put on protective boot covers, pull on the boot covers and fold them on the outside of the legs, fasten the straps of the ribbon and tie them to the waist belt, put on a gas mask, put on protective gloves, put on a cloak in the sleeves (when putting on a cloak in the sleeves, the equipment and a gas mask bag is located under the cloak), put a hood on the head and fasten the sides of the cloak, put on loops on the thumbs of the hands;

after the referee's command run 20 m., remove the CBRN equipment, place it in a designated area;

run a segment of the course;

qualify the firing training standard No. 13 on Field stripping of the rifle; Having completed the field stripping, hold the position, and immediately proceed to assembly of the assault rifle (performed on the table);

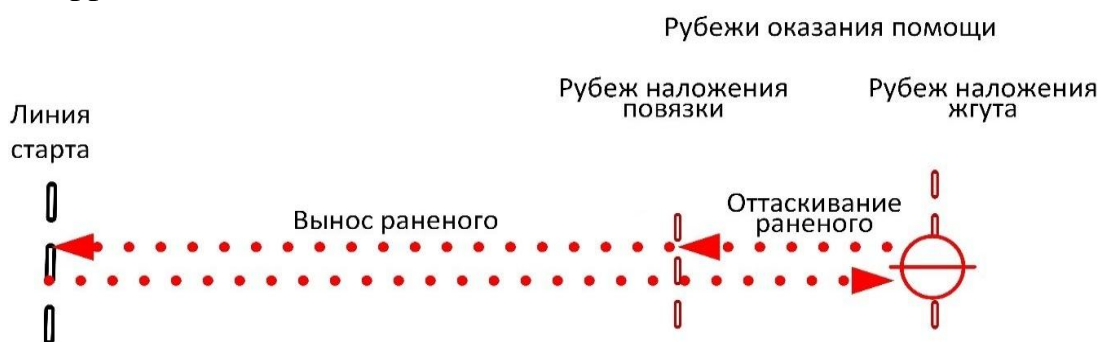
qualify the firing training standard No. 14 on Assembling weapons after field stripping;

run to the finish line.

Places are determined by the time shown by the participant at the finish including the penalty second. In case of the same result, the participant who gets the least amount of penalties gets a higher place. If there is again equality in all previous indicators, then the first participant to start is preferred.

4.5 Individual Excellence Military Medical Exercise

The total distance for men is 60 meters, for women - 30 meters. The start and finish lines are located in one place. The area where the tourniquet is applied is at a distance of 30 meters (for women 15 m.) from the start, the area where the bandage is applied is at a distance of 15 meters (for women 10 m.) from the start.



Pic. 1 - Layout of Individual Excellence exercise

Participant's equipment: uniform - summer field uniform in combat boots with the assault rifle. During the exercise the first-aid equipment is used (rubber tourniquet, an individual dressing package) located in the participant's pocket. A soldier shall simulate a wounded man: 60-75 kg heavy, 160-175 cm high, in summer field uniform, combat boots and without weapons.

Starting position.

Participants are at the start line, the wounded soldier is in the area where the tourniquet is applied in the lying position with his head in the direction of the start line.

Approaching the wounded soldier is carried out by running, after that the participant takes a lying position next to the wounded soldier (it is allowed to lean on the elbow);

in compliance with the rules of camouflage discipline (it is allowed to lean on the elbow) the participants temporary stops the external arm bleeding using a rubber tourniquet above the elbow joint, he also puts the date and time of applying the tourniquet, without taking off clothing from the wounded soldier. The field referee controls the correctness of applying the tourniquet;

in compliance with the rules of camouflage discipline, the participants draws the aside crawling on the back or on the side till the area where the bandage is applied; the wounded must be completely inside the designated area (cross the line) that is controlled by the field referee;

then, the participant performs the primary bandaging of the wounded arm (elbow, without removing the tourniquet). the individual bandage shall be fully used. The bandage should be pressing, the ends of the bandage are tied in a knot. The field referee checks the correctness of bandage at the finish;

The participant draws the **wounded** from the area of applying the bandage to the finish on a cloak tent, it is allowed to draw in a standing position. The folded cloak tent lies in the area where bandage is applied.

Penalty Second for Each Element

Element	Mistake	Penalty
Approaching the wounded	Loss of weapon or equipment.	Collect
First-aid Temporary stop of the bleeding of the upper limb using a rubber tourniquet	Application of the tourniquet to a wrong place (without wound)	Repeat
	The time of tourniquet applying if not written	+10 sec
	Violation of camouflage discipline (the participant raises higher that elbow height)	+5 sec
	Wrong tourniquet application that may lead to another life threatening bleeding (bandage is loosen or slides off).	+10 sec
Drawing of the wounded crawling on the back or on the side for 15 m.	Violation of camouflage discipline (the participant raises higher that elbow height, onto all fours, or sits)	+5 sec
	Loss of weapon or equipment	Collect
First-aid Primary bandaging	The bandage is poorly applied (slides off or dislocated) or pockets or wrinkles appear during the application	+10 sec
	The bandage is not fully used during the application	+20 sec
	Package is applied to a wrong place	Repeat
	Bandage is not fastened or tied in a knot above the wound	+5 sec
Drawing of the wounded	Sliding out or slipping off of the wounded during the drawing	Repeat
	Loss of weapon or equipment.	Collect
FAILURE TO FOLLOW REFEREE'S COMMANDS		+30 sec
REPEATED FAILURE TO FOLLOW REFEREE'S COMMANDS		Disqualification

Places are determined by the time shown by the participant at the finish including the penalty second. In case of the same result, the participant who gets the least amount of penalties gets a higher place. If there is again equality in all previous indicators, then the first participant to start is preferred.

4.6 Orienteering. Orienteering is performed in accordance with IOF rules.

Distance - average, 3,5 - 5 km.

Conditions - in the woods, in the daytime, with map.

Military uniform No 3.

Each participant receives a bib number. For the orienteering the participants are only allowed to use map, checkpoint descriptions and compass. Communications means at the venue are permitted only with the consent of the organizers. Start is given separately with intervals from 2 to 5 minutes. Start sequence is determined by drawing procedure. Members of the same team cannot start one by one. All participants should have the opportunity to prepare and warm up on the pre-start ground for at least 30 minutes. Only non-starting participants and team representatives may be present on this ground.

A participant who comes late is allowed to start, but his commence time counts from the moment when he should have started. The organizers are obliged to calculate the time so that the start of a latecomer does not interfere with the start of the following participants. If due to the fault of the organizers the participant is late to start, then he is given a new chance to start.

Immediately after crossing the finish line, the participant submits the registration card (electronic media) and the map. A participant who has attempted to gain an advantage by careless, incorrect entries is disqualified. Each participant is allowed a maximum of 1 error. For example, take a note outside the cell or on the next cell if all other notes were made clearly and in strict order. Referees have the right to check notes and even make remarks on the maps of participants.

Participants who have lost the card (electronic media), missed a checkpoint or have violated the sequence of checkpoints are disqualified.

The participant who completes running is prohibited to have any influence on the course of the competition, and to contact other participants. The participant who violates this rule may be disqualified or suspended from the competition.

Time is set when the participant's waist crosses the finish line, and if using the electronic system - when electronic media is registered on the finish line. Time is determined with pinpoint accuracy (up to seconds).

Winners of the Professional Military Professional Stage. The winners are determined by the smallest sum of placings taken by the participant in each category of exercises. In case of equality of sum of placings for two or more participants, preference is given to the participant who has a greater number of the first, then the second, etc. places. In case of equality the higher place is assigned to the participant who showed the better results combat training exercise series.

V. FIRING STAGE – SNIPER

5.1 This stage is carried out in order to determine the most trained soldiers participating in the Contest in firing AK-74 assault rifle.

4.2 The main task is to test the practical skills of military personnel in firing AK-74.

4.3 The exercise is performed according to the drawing: one participant from each state for each stage. The participant makes three test shots, examines the target with the referee, then performs the exercise.

Firing is performed by single shots from a prone position, from a knee and

standing.

The target is a breast target with circles (target No 4).

The participant has 50, 60 and 70 seconds to shoot from every position. The interval between positions is 15 sec.

Distance to the target is 100 m.

Number of rounds is 15. The rounds are loaded into the magazines, 5 round each.

Military uniform is field uniform (with combat boots).

Places of participants are determined by the amount of points scored. A hole in a target with overall circles is considered to have crossed the line of the circle near which it is located, and is rounded up if it at least touches the outer side of the dimension line.

Assessment of the disputable hole is made using a template made of a transparent material with circles drawn on it. The outer circle is equal to the caliber of the weapon, the inner circle is the control one (for centering). The size of the template is equal to the caliber of the 5.45 mm weapon . In the absence of measuring instruments, the contour dimension line is considered to be crossed if there is a hole or a clearly visible trace of a bullet outside of the dimension line. A crack in the dimension line made by radial rays diverging from the hole is not taken into account. The combined hole (bullet in the bullet hit) is determined and assessed, without removing the target from the shield by at least two referees.

The presence and scoring value of holes in the targets is determined by at least two referees. If they fail to reach a common opinion, the final decision is made by the Chief Referee of the Contest. The decision of the Referee Commission in assessing the scoring value of the holes is final and not subject to change.

If the amount of points scored is equal, the participant's place is determined by:

- The greater number of tens, then nines, etc .;
- the smallest distance of the worst hole from the center in the last, second last and other targets.

VI. THE STAGE OF MILITARY HISTORY KNOWLEDGE AND INTERNATIONAL HUMANITARIAN LAW “ERUDITE”

6.1. This stage is held for the best knowledge of military history and international humanitarian law.

6.2. The main tasks:

- to improve the level of knowledge about the most important events of the World War II;
- to form high moral qualities of military personnel, the feeling of pride in heroic past.

6.3. The stage is conducted in the form of quiz, according to results determine a winner.

6.4. Specialists make up a unified base of questions about military history

and international humanitarian law (further - unified base of questions). The base consists of 700 questions with 3 variants of answer.

6.5. The unified base of questions is reported to participating states in advance (no later than 2 weeks after approving participation)

6.6. For conduction the stage and estimation knowledge of participants the referee commission is formed, commission includes specialists in military history and international humanitarian law.

6.7. The referee commission of this stage under the guidance of the main referee composes tests by means of drawing lots from unified base of questions, and assign numbers. The drawing and composing of tests is conducted 30 minutes before the start a stage at the venue.

6.8. The content of questions includes:

- the history of the World War II;
- international humanitarian law.

6.9. Participants receive the same blanks with 20 questions and answer them in writing within 40 minutes. After completion the test the members of the referee commission check the tests within 50 minutes and determine the total score of each participant. Points are scored in the following way: for a correct answer- 5 points, for an incorrect answer – 0 points.

6.10. Each participant is tested individually. The form is filled manually.

6.11. Places are determined by the highest total of points. If two or more participants receive the same amount of points, preference is given to the participant who solves the test earlier in time.

VII. REFEREE COMMISSION (SUBCOMMISSION) OF THE CONTEST

7.1 The Referee Commission of the Contest assesses the results of the participants.

7.2 The Chief Referee of the Contest and the referees are appointed in accordance with the Regulations on the Refereeing of the Contest. For the purpose of refereeing neutrality, history and art experts are included in the Referee Commissions of the Sir (Lady) and Erudite Stages.

7.3 Claims and comments on the quality of work of the members of the Referee Commission of the Contest and the assessments made are accepted and considered before the signing of the final protocol by the members of the Referee Commission. In case of disagreement with the results of the Contest, the decision on the final assessment to the participant is made by the Chief Referee of the Contest.

VIII. DETERMINATION AND AWARDS OF COMPETITION WINNERS

8.1 Winners are determined at each Stage.

8.2 The final places of the Contest participants are determined by the smallest sum of places received at each stage.

8.3 In case of equality of sum of placings for two or more participants,

preference is given to the participant who has a greater number of the first, then the second, etc. places.

8.4 Participants who won prizes in the Contest are awarded with cups, medals and certificates. Awarding of the winners of the Contest is held at the closing ceremony.

8.5 The winning team is determined by the smallest sum of placings received by the team members according to the results of the Contest. In case of equality, the advantage is given to the team, which has participants who have gained a greater number of first, second, third and subsequent places.