

ADMINISTRATIVE INFORMATION

**MILITARY MULTINATIONAL SPORTS
AND SHOOTING GAMES 2025**



I. PURPOSE, DATE AND VENUE OF THE EVENT

1. PURPOSE:

- 1) Enabling soldier from NATO and non-NATO countries to present their level of training.
- 2) Inspiring soldiers and military universities in Europe to improve and maintain high personal physical fitness level.
- 3) Promoting active forms of recreation and participation in various general sports activities among cadets of European military universities.
- 4) Integrating cadets from various NATO and non-NATO countries.
- 5) Promoting Polish history and culture among allied military universities from NATO and non-NATO countries.
- 6) Stimulating promotional activities of Military University of Technology.

2. DATE:

- 22-26.04.2025

3. VENUE:

- Military University of Technology (WAT), Warsaw, Poland

II. ORGANIZER AND HONORARY PATRONAGE

1. ORGANIZER OF THE EVENT:

- Military University of Technology

2. HONORARY PATRONAGE:

WAT Commandant-Rector

Brig. Gen. Prof. Przemysław WACHULAK, D.Sc., Ph.D. Eng.

III. SPORTS DISCIPLINES AND PARTICIPATION ISSUES

1. SPORTS DISCIPLINES:

- 1) Physical fitness test of the Polish Army:
 - 2 min sit-ups
 - Pull-ups – M / Push-ups – W
 - 10 x 10 m shuttle run
 - 3000 m run
- 2) 100 m swimming with training rifle
- 3) Air pistol shooting
- 4) Land Obstacle Course
- 5) Orienteering
- 6) Military fitness run – recreational discipline, not scored

2. PARTICIPATION ISSUES:

Soldiers representing the allied armies are eligible to take part in the event – two men and one woman.

IV. SAFETY REGULATIONS DURING THE COMPETITION

- 1) Participants of the event are obliged to comply with the rules of using sports facilities selected for sports competition.
- 2) It is absolutely necessary to follow the current instructions of the organizers and officials of respective disciplines.
- 3) The team manager or the designated leader of a particular team is responsible for compliance with health and safety regulations and military discipline.
- 4) In case of an injury, immediately notify the event director about the accident, informing about the current condition of the injured person and the medical and organizational actions that have been taken.
- 5) The organizer does not provide medical care in cases not related to participation in the competition.
- 6) The organizer ensures that only basic medical assistance is provided. In the case of complex injuries, assistance will be provided in accordance with the provisions of the National Health Fund.
- 7) Consumption of alcoholic beverages and smoking is strictly prohibited in sports facilities.
- 8) The team leader decides about the participation of competitors in respective disciplines, taking into account the current psychophysical condition of the competitor and the prevailing weather conditions.

SAFETY REGULATIONS AT THE SHOOTING RANGE:

1. The weapon must be used with extreme caution.
2. After taking the weapon in hand, check whether it is unloaded.
3. It is forbidden to point the muzzle at people.
4. Dry-firing training is generally permitted only at the shooting station or, with the consent of the shooting supervisor, in another designated place.
5. Weapons may not be left unattended.
6. It is prohibited to put away a loaded weapon during breaks in shooting.
7. The weapon may only be loaded at the shooting station, with the barrel pointed into the bullet trap, only after the shooting supervisor's command.
8. No other persons may be used for loading the weapon.
9. After the "STOP" command or signal, all shooters must immediately stop shooting.
10. After the "UNLOAD" command, the weapon must be unloaded and secured by inserting the safety indicator into the chamber (barrel) and then placed in the firing position.
11. The use of a safety indicator, confirming that the weapon is unloaded and the bolt is open, is mandatory for all pistols, rifles and smoothbore shotguns.

12. The shooting supervisor is responsible for issuing the commands "LOAD", "START", "STOP", "UNLOAD" and other necessary commands and must be certain that the commands are followed and that the weapon is used safely.

13. In the event of failure to comply with the shooting supervisor's instructions, any person present at the shooting range may be removed from the place.

14. After shooting, and before leaving the shooting station, the weapon must be unloaded and secured with a visible safety indicator and presented for inspection to the shooting supervisor.

15. Anyone present at the shooting range must immediately notify the shooting supervisor of a situation that may be dangerous or cause an accident.

16. It is recommended that the shooter and other persons present at the shooting range in the immediate vicinity of the shooting stations use individual hearing protection.

17. It is recommended that shooters use anti-splinter shooting glasses or other while shooting.

18. It is forbidden to be on the shooting range under the influence of alcohol and/or psychoactive substances that can alter consciousness or have a similar effect.

V. DISCIPLINES DURING THE EVENT

1. AIR PISTOL SHOOTING

1) DISCIPLINES:

- a) individual shooting – men
- b) individual shooting – women

2) CLOTHING:

battledress uniform

3) INSTRUCTIONS:

Weapon – 4,5 mm air pistol

Shooting distance – 10 m

Target – 155,5 mm Olympic shooting target

Number of shots – 3 test shots and 10 shots to be counted

Shooting time – 8 minutes

Position – standing with one hand

2. LAND OBSTACLE COURSE (LOC)

1) DISCIPLINES:

- c) individual run – men
- d) individual run – women

2) CLOTHING:

battledress uniform, sports shoes

3) INSTRUCTIONS:

a) individual run – LOC track:

The participant encounters the obstacles as follows:

- 1) Rope ladder – Climb over the upper beam and descend with the help of a ladder.
- 2) Double beam – Jump onto the first beam, then make contact with the ground between the two beams and jump over the second beam.
- 3) Wires (rubbers) – Jump over each of the wires (rubbers) in turn in any way. Touching or tugging on the wire (rubber) is permitted, but deliberate stepping on the wire (rubber) is forbidden.
- 4) Wire net – under the wires.
- 5) Ford – tackle the ford by jumping only over blocks. It is forbidden to come into contact with the ground between the ropes bordering the ford. By "contact" is meant "support". In the event of contact with the ground, the participant will start tackling the obstacle from the starting line and is not obliged to use all the blocks.
- 6) Hurdle – In any way so that the highest beam is tackled.
- 7) Balance beam – Step onto the balance beam. Tackle it along. At the end, jump to the ground behind the end line. Any ground contact between two lines is considered a fault. The participant must return to the line marking the beginning of the obstacle and repeat it.
- 8) Slant wall with rope – with or without a rope. Reach the top of the wall and jump down to a specially prepared landing area on the opposite side.
- 9) Horizontal beams – Climb the beams in any way: over - under - over - under.
- 10) Irish Table – tackle the obstacle upwards in the running direction without using vertical posts.
- 11) Tunnel and double beam – tackle the obstacle as follows: go through the tunnel, jump over the first beam, go under the second beam.
- 12) Four beams – Jump and walk over all beams (using the wooden footbridge is allowed).
- 13) Bank with ditch – Over the top.
- 14) Wall – Over the top.
- 15) Pit – Jump into the pit, then climb out.
- 16) Ladder – Cross the upper beam and descend using the ladder.
- 17) Wall – Over the top.
- 18) Balance beam – Step onto the first beam. Walk over the next beams and jump down behind the end line. Any contact with the ground between two lines is considered a fault. The participant must return to the line marking the beginning of the obstacle and repeat it.
- 19) Chicane – Run through the chicane. Support is allowed.
- 20) Three barrier walls – Jump over all three walls in any way upwards.

Women:

- do not tackle obstacles no. 1, 8, 12, 16;
- obstacles no. 10, 15 and 17 are tackled using portable stands.

Men:

- do not tackle obstacles no. 8.

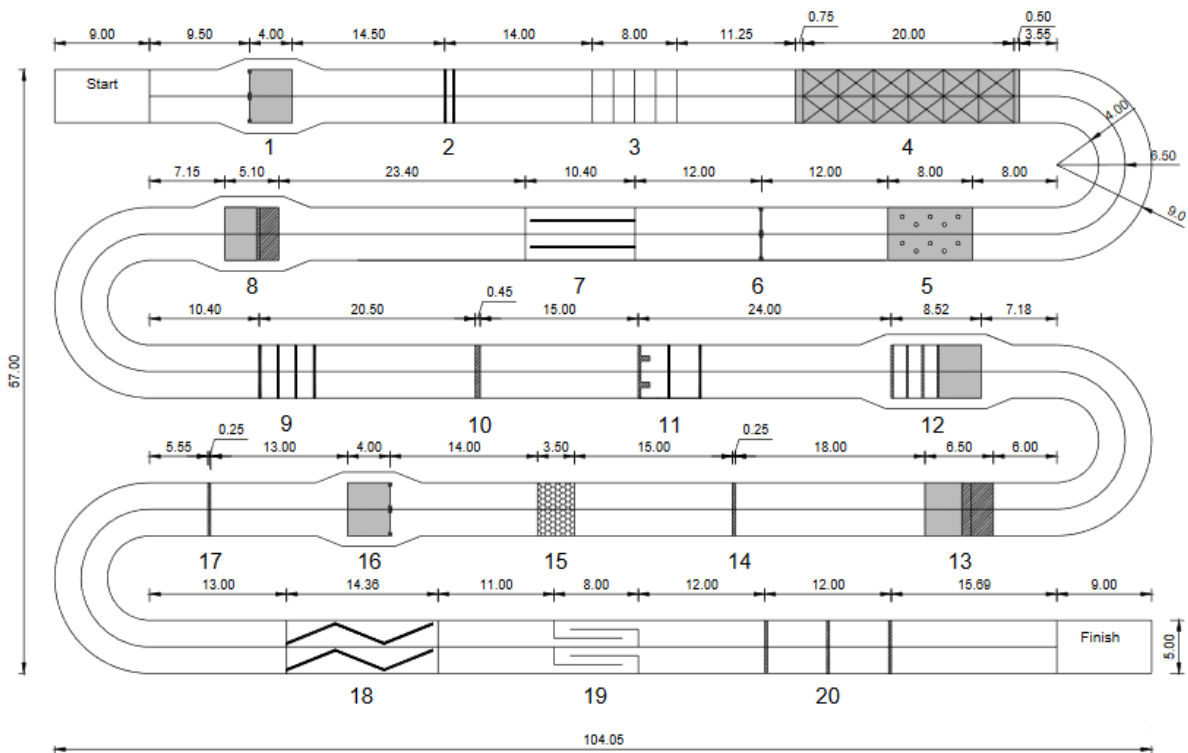


Fig. 1. Land Obstacle Course

b) individual run – organizational issues:

- each participant is entitled to one start,
- failure to show up at the scheduled start time will result in disqualification,
- time is measured with an accuracy of 0,1 sec. from the "START" command (sound signal) until crossing the finish line.

3. 100 M SWIMMING WITH TRAINING RIFLE

1) DISCIPLINES:

- a) individual swim – men
- b) individual swim – women

2) CLOTHING:

swimsuit, swimming cap, training rubber rifle (provided by organizers)

3) INSTRUCTIONS:

Swimming takes place in an indoor swimming pool (25 meters), in a swimsuit, without the use of swimming equipment (except for swimming goggles), and with a rubber training rifle. Jumping from a starting block or from the water. Swimming is conducted individually or in series. At the command "On your marks", the participant stands on the starting block. At the command "Start" or a signal, one jumps into the water and covers a distance of 100 m freestyle. The time is measured with an accuracy of 0,1 sec.

4. ORIENTEERING

1) DISCIPLINES:

- a) individual run - men
- b) individual run - women

2) CLOTHING:

sports shoes, sportswear, chip and compass provided by organizers

3) INSTRUCTIONS:

Classes: men and women

Sprint Run - estimated winner's time approximately 15 minutes

Map - Area of sports facilities of the Military University of Technology, scale 1:4,000.

The area is mostly urbanized and park-like with small forest parts.

Men's Route approximately 2,5 km – 20 Checkpoints

Women's Route approximately 2 km – 17 Checkpoints

The competition will be conducted based on the Sport-Ident electronic timing system in accordance with the regulations of the International Orienteering Federation.

5. PHYSICAL FITNESS TEST OF THE POLISH ARMY

1) DISCIPLINES:

- a) individual men
- b) individual women

2) CLOTHING:

sports shoes, sportswear

3) INSTRUCTIONS:

3000 M RUN

Sportswear is required. This competition takes place on an athletics track, on a road or in a field with an even and solid surface (with an equal sum of slopes and hills). Instructions: series (groups), time measured, the group should consist of up to 30 soldiers. Upon the command "start" or a signal, a group of soldiers starts running. The time is measured with an accuracy of 1 second from the starting signal to the moment of crossing the finishing line.

2 MIN SIT-UPS

Sportswear is required. Upon the command "ready", the participant takes up the following position: lies on the back with fingers intertwined and placed behind the head, arms touch the mattress, legs are bent at the knee joints (maximum to a right angle), feet are hip-width

apart and can be held by a fellow competitor or hooked to the bottom rung of the ladder. Upon the command "Go!" the person bends forward while touching his or her elbows to his or her knees and immediately returns to lying down to allow the intertwined fingers on the head to make contact with the ground (first repetition). **While performing the exercise, you do not lift your hips off the ground.** The evaluator (controller) loudly announces the number of correctly performed repetitions. If the person does not perform the exercise as described, e.g., does not touch the elbows to the knees or does not touch the surface of the mattress with both shoulder blades and intertwined fingers of the hands in the starting position to repeat the exercise, the evaluator (controller) repeats the last number of completed bends.

PULL-UPS - MEN

Sportswear is required. The minimum height of the high bar to perform the exercise is 220 cm, the diameter of the bar is from 25 mm to 35 mm. Upon the command "ready", the participant performs a hang with a pronated grip with arms straight at the elbow joints – starting position. **Upon the command "Go!" one pulls up so that the chin is above the high bar. Then, the person returns to the starting position and repeats the exercise.** The evaluator (controller) loudly announces the number of completed pull-ups. If the inspected person does not perform the exercise as described, e.g., does not pull up to the required position or does not return to the hanging position with the arms straight at the elbow joints, the evaluator (controller) repeats the last number of completed pull-ups.

PUSH-UPS - WOMEN

Sportswear is required. Upon the command "ready", the participant supports the body while lying on the front (arms straight at the elbow joint) on a bench with legs together or with his legs slightly apart - maximum hip-width apart. Upon the command "Go!" one bends the arms so that the shoulder joints are below the elbow joints (straight silhouette – i.e., shoulders, hips, knees and ankles form a straight line), then returns to the support and repeats the exercise. The exercise is performed in one sequence (**without breaks between repetitions**). The evaluator (controller) loudly announces the number of completed repetitions. If the person performs the exercise inconsistently with the description, e.g., does not bend the arms or straighten them completely, stops, or does not keep the whole body in a straight line, the evaluator (controller) gives the last number of repetitions.

10 x 10 m SHUTTLE RUN

Sportswear is required. Upon the command "Go" (sound signal), the participant starts running towards the opposite flag, runs around it, returns to the flag on the starting line, runs around it and covers this route five times. **Knocking the flag down causes the attempt to be repeated. The repeated trial is the final trial.** The time is measured with an accuracy of 0,1 second, from the starting signal to the moment of crossing the finishing line. For the exercise, flags with the following parameters are used: height at least 160 cm, stand diameter not exceeding 30 cm and weight up to 3,5 kg.

VI. TIMETABLE OF THE EVENT*

Timetable for Military Multinational Sports and Shooting Games 2025						
Time	22.04	23.04	24.04	25.04	26.04	
	Tuesday	Wednesday	Thursday	Friday	Saturday	
7.00 - 08.00	Arrival	Breakfast				Departure
08.00 - 09.30		Welcome address	100 m swimming with training rifle			
09.30 - 11.40		Physical fitness test of the Polish Army (2 min sit-ups, pull-ups-M, push-ups-W, 10 x 10 m shuttle run, 3000 m run) (Venue: Physical Education Centre)	Air pistol shooting	Land Obstacle Course		
11.40 - 13.10			Orienteering	Military fitness run		
13.10 - 14.00		Lunch				
14.00 - 15.30		Free time	MUT sightseeing	Decoration Ceremony		
15.30 - 17.00		Land Obstacle Course training	Free time	Free time		
17.00 - 19.00			Free time	Farewell dinner		
19.00 - 21.00		Welcome dinner	Free time	Free time		

*Times of some events and events themselves could be subject to changes due to unforeseen developments or weather conditions.

VII. DETAILED PLAN FOR OPENING AND CLOSING OF THE COMPETITION

- 1) The opening ceremony of the Military Multinational Sport And Shooting Games will take place on April 23, 2025 at 8.30 Location: WAT Headquarters. Clothing: battlefield uniforms.
- 2) Closing ceremony of the Military Multinational Sport And Shooting Games on April 25, 2025 at 14.00 Location: WAT Stadium. Clothing: battlefield uniforms.

VIII. SCORING AND AWARDING RULES

1. SCORING:

1) points will be awarded for all individual classifications in each discipline according to the regulations:

- 1st place – $n+1$;
- 2nd place – $n-1$;
- 3rd place – $n-2$;
- 4th place – $n-3$;
- etc.

n – stands for the number of competitors taking part in the individual discipline with the highest number of participants.

2) If two or more teams obtain the same number of points, the order in the team classification of the competition will be determined by the higher number of first places, second places, etc.

2. AWARDS:

1) Competitors who take top positions in the men's and women's categories will be awarded medals.

2) The teams that take top places in the general classification of the competition will be awarded statuettes.