

STANDARD OPERATING PROCEDURE

Introduction

This SOP is intended for competitors as well as for organizers and other parties, who are engaged with military sports competitions organized by the Erna society. The instruction consists of:

- a) the overview, aims and participation rules for the competitions organized by the society
- b) information on competition structure and positions
- c) basic applicable standards for the competitions
- d) the basics of scoring
- e) safety instructions

The SOP does not contain any materials for a specific competition. The annexes for separate competitions will be published at www.erna.ee and will cover the information related to that specific competition.

GENERAL

The competitions organized by Erna society are long-range reconnaissance competitions. The duration can vary from 24h to 1 week.

Main activities at the competitions are:

1. Covert movement cross country during day and night according to predetermined timetable and coordinates.
2. Avoiding „opposing forces“ and obtaining and delivering information about them.
3. Military skills tasks under great physical strain and mental stress.

Additional activities may cover the following areas:

1. Locating and evacuating hostages
2. Locating MIA units
3. Teamwork tasks
4. Knowledge of international military laws
5. Knowledge of military history etc

The public display skills are not scored. The competitions are organised by Erna society in cooperation with national law enforcement agencies and Ministry of Defence, Ministry of the Interior, and Ministry of Foreign Affairs.

The official languages of the competitions are Estonian and English. All the competitions organised by the society are financed by partners and sponsors.

Objectives

- a) Determine the best teams able to complete the presented tasks under great physical strain
- b) Develop international military cooperation through military sports events
- c) Create opportunities by which to test contemporary military equipment and practical skills

CONCEPT

The tasks are designed for 4 competitors. The minimum size of a team traversing the course is 3 competitors (**annex 2**). The whole competition course is “enemy territory” for the teams, except the checkpoints and a perimeter of 1km around them. The teams have to apply the tactical approach, use camouflage and move covertly to avoid contacts with the “opposing forces”. Using railways and national roads is prohibited. During the mandate and a follow-up meeting the teams will receive all necessary operational information composed by “E2” and “E3” (**annex 1**). The teams will traverse competition route on foot, terrain features must be used to facilitate covert movement undetected by the “opposing forces” (**annex 3**). Teams will act as separate recon/rescue units, i.e. cooperation between teams is prohibited. Communication between teams and/or with team support is also prohibited (except in the designated areas in the presence of an umpire). If the size of the team is 4 competitors, then only 1 competitor is allowed to retire from the competition. If there are already 3 competitors left in the team, the whole team will have to retire should another competitor drop out. The only items from the equipment of the retired competitor that are allowed to be taken by the remaining team members, are food and ammunition. The teams are allowed to use only the food they have with them. Providing additional food and water is prohibited (except when instructed so by the rules of a specific competition).

COMPETITION SUPPORT

ACCOMMODATION – During competitions that last longer than 48 hours the Erna society will provide accommodation in a tent camp for all accredited foreign participants. During competitions lasting less than 48 hours, the society will provide accommodation for the organizers and umpires. All teams will provide their own accommodation.

CATERING – All accredited participants will be provided warm meals three times a day. The teams on trail will use their own rations.

TRANSPORT – All international teams are responsible for their transportation to Estonia and back.

The team support vehicle will be registered during mandate. Only vehicles with car permit can enter the checkpoints. The car permit is issued to one vehicle only and this car can enter the checkpoint within the scheduled time. Any other team vehicles are not allowed to enter the checkpoint.

FIRST AID – The availability of first aid is ensured at all checkpoints along the competition route. If necessary, the team may receive first aid from OPFOR (such emergency contact with OPFOR will not be penalised. For competitions with the duration under 48h first aid is provided by ambulance unit.

COMMUNICATIONS –The participating teams will receive handheld radios during mandate. The teams are allowed to use their own radios for team communication but their frequencies must be registered in Estonia. The communication with organizers, data and emergency communications are provided for the teams during the whole competition 24/7.

SAFETY –There is an ambulance/medical team on constant standby on the competition route and in the base camp. The trail safety is provided by at least a 4-member search and rescue unit, who is also in constant readiness.

ANNEX 1

POSITIONS AND STRUCTURE

COMMAND AND CONTROL:

Competition Chief Director – The president of Erna society, who organizes the whole competition from planning to conclusions. His executive body is the organising committee.

Chief of Staff – Senior officer from a foreign country invited by the Erna society, who coordinates the work of the competition Headquarters according to the principles and instructions stated by the society. Organizes and executes the daily staff briefings. Relays the orders and instructions from the Chief Director to the appropriate personnel.

Chief Umpire – Senior officer from a foreign country invited by the Erna society Board; runs and coordinates the work of the umpires according to the principles and instructions stated by the society.

STRUCTURE:

Competition Headquarters (HQ) – a managing body of the competition, leading and controlling the course of the competition based on principles and instructions provided by the society and if needed adopts operative resolutions necessary for normal conduct of the competition. Decisions concerning the core nature of the competition, trail route or scoring cannot be made by the HQ without the consent of the organising committee. HQ works 24/7 during the competition.

Its tasks are:

1. Provide all necessary services for the teams
2. Coordinate the activities of the umpires and observers
3. Coordinate the activities of opposing forces (OPFOR)
4. Coordinate the activities of support units and cooperation with Police and Border Guard Board, Rescue Board, Environmental Board and other services.

All teams, support units, guests and observers are under the command of the competition HQ during the competition. HQ area is off limits for all team members, observers and guests.

COMPETITION PARTICIPANTS

The team quota for each competition is different.

The unit, who has retired from the competition for two consecutive years cannot participate the next (third) year (except for if free slots are available in the list of registered participants) but can apply according to general requirements the year after that. One mixed team is allowed at each competition (team consisting of competitors from different units or countries). The mixed team must determine which unit's or country's name it will use.

Teams

The participating teams consist of four competitors and two mandatory support persons i.e. total of six people. The international teams are allowed to have more people in their delegation. If one unit or country is bringing two teams, both of them must have two support persons. The team must consist of the members of the same subunit (except for one mixed team). The individual who has worked in the competition HQ, as an instructor, or as an umpire during previous three years is not allowed to be part of a competing team. To ensure the principle of fair play, a team can assign one support person to perform as an umpire under the command of the Chief Umpire. With this position the individual will no longer have the rights of team support, meaning they cannot represent the team as a support person and can only interact with their team(s) as an umpire. The support person registered as umpire will be transferred under the command of Chief Umpire from the moment of arrival. The press representative of an international team has to be registered in advance and from the mandate of the competition all rights and obligations of the press will apply.

TRAIL

The trail (competition area) combines the following three parts:

1. Checkpoints and mailboxes
2. OPORD area (recce/rescue task)
3. Remaining route

Traversing the trail – The movement on trail is done on foot (unless stated otherwise by specific task instructions) and without outside assistance. This means any communications with other teams (including radio communications) and OPFOR (except when being caught by them). Replenishing or discarding equipment while on the trail is not allowed. Unannounced equipment checks can be performed in checkpoints.

Only one team member is allowed to retire from the competition. On such occasion the competition HQ must be notified immediately. Terrain features must be used to aid in covert movement. Appropriate distance between team members must be kept while on the move as booby traps can be encountered in various parts of the route and the whole team will be considered hit if one team member gets hit. Being spread out while moving also means smaller probability of getting the whole team caught by an OPFOR patrol. When on the move the weapons must be ready but not loaded with live rounds. It is not allowed to carry weapons in the backpack or tactical vest to facilitate movement. Weapons must be kept clean. Unannounced weapons checks can be performed in checkpoints. When arriving to checkpoint weapons must be stacked (not left on the ground) and guarded by the team. Aiming a weapon towards another person is prohibited. When imitating shooting (or when using blank rounds) the weapon must always be aimed visibly above the target (including vehicles and other objects).

1. **Checkpoints (CP)** – Checkpoints are locations established along the route according to the competition outline and timetable for the teams to perform military and weapons skills tasks. The details about a checkpoint will be disclosed to teams, observers and visitors on site of the checkpoints. In each checkpoint the coordinates for the following checkpoint will be provided.

Checkpoint names – NATO phonetic alphabet is used:

CP A – Alfa

CP B – Bravo

CP C – Charlie

etc

Activities of CP instructors – checkpoint instructors are experts in their field who set up the task(s) in a specific CP (and elsewhere on the trail if necessary), mark the task area and handle the technical aspects (tents, targets, mines etc). The instructors provide the necessary human resources to execute the task, oversee the safe execution of the task and evaluate the performance of the task by the teams. Checkpoint instructors can test the task readiness 2 hours prior the arrival of competitors.

Activities of teams in checkpoints – The teams have to arrive to the checkpoints according to the timetables issued to them in mandate. After entering the checkpoint, the team arrival time is registered at the task umpire (CPs with single task) or at the coordinator of the CP (CPs with multiple tasks). The time deviation on entering the CP can be +/- 5 minutes. If the team arrives to the CP from a not allowed direction, they have to leave the checkpoint area and re-enter from the designated place, making sure their route is not passing the danger areas of the checkpoint (e.g. shooting area).

Observing other teams' performance in checkpoints is prohibited. Being late for

the task is not allowed. If a team is late for the task, they will not be allowed to perform the task but dispatched off to the trail or to the next task of the checkpoint. When arriving to the checkpoint in time, according to the schedule, the team has 10 minutes for preparation and moving to the area of the task.

In the preparation area, the team makes necessary preparations according to the instructor's guidance and waits for the umpire to order the start of the task. On the designated time the umpire will order „Start“ and the team will begin to perform the task. The time limit for the task is 10 minutes (if the specific task description does not state otherwise). If the time limit is exceeded, the task is stopped, and the team receives maximum penalty points for this task. After the task is finished or discontinued, the team will move on to the trail according to the umpire's directions or to the next task. Moving in the checkpoint is done only on the marked routes.

Drinking water will be provided in the checkpoint according to necessity. Replenishing or changing equipment as well as using any kind of outside help (including information about the task to be performed, carrying equipment etc) is prohibited. Bigger checkpoints have a designated area for the teams for tidy-up, where the competitors can adjust their appearance and equipment and if necessary contact their support person (in the presence of an umpire).

NB! Arriving to checkpoints is mandatory even if late!

Not showing up brings the team additional penalty points.

Activities of team support persons in checkpoints – Team support persons are allowed to be in the task area only at their team's task time. This means that if there is another team coming from the same unit or country the support person is not allowed to stay and watch this team's performance as well. Therefore, the rule that each team has to have their own support persons. The duty of a support person in a checkpoint is to monitor the team and if necessary contact the team in the designated area in the presence of an umpire (e.g. issuing protests or any other problems). According to the nature of the task (if stated so in the competition description), assist the team to prepare for the task (e.g. preparation of the boat). Contacting the team is allowed in the tidy-up area, which usually is located at the end of the checkpoint in a separately marked area.

Handling unpredictable situations – unpredictable situations might arise independently from the organizers' work (e.g. short-time extreme weather changes). If this situation arises and impedes the competitors, instructors and umpires from performing their tasks promptly and fairly, the instructor of the respective task may propose to the Competition Chief Director whether to discontinue or proceed the respective task. The Competition Chief Director together with the Chief of Staff and Chief Umpire will make the final call.

Mailboxes

In between the checkpoints mailboxes may be added and passing through the mailboxes is mandatory for all the team members. Skipping a mailbox or not doing it with the whole team brings penalty points. Umpires will be present in all the mailboxes. Mailboxes are numbered after the previous checkpoint. For instance, the first mailbox after checkpoint „Charlie“ is „Charlie 1“ (CP „C1“). Mailboxes are placed to the trail in order to provide additional information or tasks to the teams if necessary or to guide them away from danger areas (e.g. shooting areas), mailboxes help to direct the teams to follow the trail prepared and controlled by the organizers.

2. OPORD area – the part of the route where the operational order received in mandate has to be executed (recce/rescue mission).

Activities of instructors in OPORD area – the task of the instructors is to establish a main camp (or any other object, according to the competition scenario) of the opposing forces and provide live activities on the object, imitating the situation mentioned in the scenario. Instructors of the task must not leave the object before the last team has reported about performing the task and left the territory.

Activities of competitors in OPORD area – the location of the area will be mostly classified i.e. unknown to the teams. They are given approximate coordinates, but they have to locate and identify the object themselves. The time for performing the task varies depending on competition (depending on the difficulty of the task). If the competition is longer than 4 days and nights, the time for performing the operational order includes up to 4 hours **mandatory rest time**.

As the operational order has been drafted as close to reality as possible, it is almost impossible that the competitors will complete it 100% within the given time limits. The organizers have determined a specific "price" for each object on the territory. Thus, the completion of the operational order will be assessed based on the totals of the "prices" of objects not found and mapped by the competitors. Directly before leaving the operational order territory, the team has to report over the radio about completion of the task and departing the territory.

It is strictly prohibited for team support persons to enter the OPORD territory or its immediate vicinity (up to 2 km). Not complying with this rule will bring the team penalty which can include disqualification.

3. General territory – the area, which remains outside the territory of checkpoints, mailboxes and the operational order, therefore this part of the trail the organizers have designated for moving from one checkpoint to the other (according to the map of the trail). This territory is also an essential part of the competition and marks the territory of the opposing forces, with the presence of live counter action units. Skilled use of the terrain features to their advantage will help the teams to avoid encountering hostile forces.

ANNEX 4

OPPOSING FORCES

In order to make the competition more realistic a pretend enemy or opposing forces (OPFOR) has been included. This role is played by the Estonian Defence League subunits. Their main task is to monitor the movement of the teams.

They control all roads (excluding roads and paths marked by dotted lines).

OPFOR units wear yellow shoulder boards and double F's on their vehicles. Their area of operations is not marked on the team's map. Wearing the yellow identifiers is mandatory all the time.

If police units have been included in OPFOR, their insignias are the police uniform, "POLITSEI" written on their vehicles and a blue flashing beacon.

OPFOR may operate only in their designated area. OPFOR has to forward their orders and commands given during the competition to the competition headquarters over the radio to keep a record of the contents and time of the order. In order to capture a team, the OPFOR unit has to be at least the same size as the

team (thus a of minimum of three people as the minimum size of the team is three). The exception is traffic police units patrolling the roads, and umpires whose patrol unit size is not set. Uniting teams to form a bigger force is not allowed.

A team or competitor is considered captured if:

- The distance between the competitors and OPFOR is less than 25 m and the team has no possibility to retreat covertly (might be prevented by a single person ambush or booby-trap)
- OPFOR has entered the team's camping area or the team has entered OPFOR territory without knowing
- The team has tried to keep in cover to avoid the contact with OPFOR but has remained without protection for too long i.e. approx. 5 seconds of time or 25 meters without disguise. In open areas, the distance between team and OPFOR has to be at least 100 m to avoid contact. In case of limited visibility it will depend on the terrain.

Team is not considered captured if:

- After the unexpected contact between the team and OPFOR, the team has succeeded in breaking contact and leaving immediately.
- The team has ambushed the OPFOR unit, „taken it down“ and not been found within 10 minutes (in this situation, the eliminated OPFOR patrol is not allowed to call for assistance for 5 minutes since they are considered „dead“)
- The contact has taken place outside the OPFOR operational area (unless the counteraction is on deployment or relocation).

If the scenario of the competition prescribes a rescue operation, the opportunities of OPFOR are also more complicated as the territory of the pretend country is hostile territory for them as well. It means they also have to hide themselves and open patrolling on roads is prohibited. They have to base their activities only on covert movement and ambush. A common sentry is not an ambush. There will not be arguments about "who shot first" as the team has no possibility "to shoot themselves free". If there is an umpire nearby, they will decide based on the developed situation, who actually won the encounter. In case of disagreements, the team can request OPFOR call an umpire, who has a duty to respond to the call. In that case, the team also has to remain where it is and wait for the umpire's verdict. Later claims are handled by the normal process of issuing protests. Each captured competitor has to give away one ticket at each capture. Competitors who have given away their all 10 of their tickets i.e. being captured 10 times, will be considered dead and they have to retire from the competition.

ANY KIND OF PHYSICAL CONTACT IS PROHIBITED!

ANNEX 5

UMPIRES AND BASICS OF ASSESSMENT

The umpires are members (or reserve members) of foreign armed forces invited by the Erna society, who act upon the instructions issued by the society.

The main goals of umpire activities are:

- to ensure conduct of the competition in the "fair play" spirit
- to observe that all teams are provided equal conditions for performing their tasks during the whole competition
- to assess the accuracy of task performance by teams and measure results

In order to achieve these goals, the umpires have to:

- maintain complete impartiality during the whole competition
- ensure that similar situations happening at different times are assessed equally
- precisely follow the instructions and orders of the chief umpire

Umpires do not award penalty points but assess and resolve situations and measure the results of the tasks performed by the competitors (hits, performance time etc). If the umpires have made a mistake while making a ruling or measuring the results of the tasks and a protest is submitted, the subsequent ruling will always be made in favour of the competitor with the goal to compensate for the harm caused to the teams whose results were affected by the umpire's incorrect actions. The decision whether a wrongful ruling was passed will be made by the Chief Umpire in cooperation with the Chief of Staff, using a case by case approach.

The protest commission, reporting about possible errors in the activities of the umpires to the Competition Chief Director will provide additional supervision. The activities of the umpires will be coordinated by the Chief Umpire via the Umpire HQ. The Umpire HQ organises, coordinates and controls the activities of the umpires during the whole competition and provides the flow of information between the competition HQ and the umpires. For this purpose, the Umpire HQ will be using a logging system to record all activities of the umpires and the information they have received about the activities on the competition trail. All documents for their work the umpires will receive from the HQ and return them immediately after completing their assignment.

Based on the type of tasks they will perform the umpires working on trail are divided into two main groups:

- umpires observing the performance of tasks at checkpoints
- mobile patrols

Checkpoint umpires:

- follow the orders of checkpoint instructors
- observe the task performance of „0“ team to ensure equal evaluation of the competing teams
- observe and assess the activities of teams, support persons and guests in their area of responsibility according to the principles set by the Erna society
- if necessary, assist the checkpoint instructors

- ensure uninterrupted task performance
- communicate with teams and assist in solving problems on site or relay them to umpire HQ
- ensure that the contact between team and support person is in accordance with the rules
- if necessary, inspect the equipment handed to the team by support person (if stated so in the instructions) is in accordance to the rules and does not contain prohibited items.

Checkpoint umpires must arrive to the checkpoint at least one (1) hour before the team.

The senior umpire of a checkpoint receives materials needed for their work (protocols, task descriptions etc) from the umpires HQ. After the checkpoint is closed they will immediately return the protocols to the HQ, from where they'll be forwarded to the scoring centre at the competition headquarters. Protocols have to be signed by the chief umpire of this task, who will also be responsible for the correctness of data provided therein (instructions for detailing results in the protocol will be provided to the umpires HQ by the scoring centre).

Mobile umpires:

- Assess whether SOP and other instructions are adhered to outside checkpoints (mailboxes) and throughout the OPORD area
- If necessary resolve disputes or relay them to the Umpire HQ
- Provide the necessary number of umpires for the OPORD object to assess and coordinate the activities there
- If necessary provide one or more (depending on the duration of the competition) patrol units to OPFOR to ensure correct procedure is followed by the OPFOR units and to resolve or relay possible disputes

Activities of umpires in checkpoints – Umpires assess the task performance and equal conditions for all teams in checkpoints according to the principles and instructions set by the Erna society. They dispatch the teams to task and stop the task if the time limit is exceeded. If necessary, they take the time spent for the task and can perform as task instructors. The umpires will receive the necessary documentation for the task from the Chief Umpire.

Activities of umpires in OPORD area – to identify the contacts between teams and OPFOR units, assess the correctness of actions on both.

Principles of determining penalty points

Results of the competition are scored with the use of penalty points system and the winner of the competition is the team who has the smallest amount of penalty points.

The penalty system is divided into two types:

- situations in which the competitor might lose their life in case of an error (e.g. crossing a minefield) – each mistake gives up to “X” penalty points.
- tasks with the aim to destroy the enemy (e.g. shooting exercises) – each mistake gives up to “X” penalty points.

The exceptions to these rules are the first aid task where the maximum penalty points are 90 and the military equipment test where each incorrect answer gives one penalty point. The maximum penalty points are subject to adjustment should the nature of the task demand. For scoring timed tasks the following formula is used:

$$\frac{(\text{team time} - \text{best time}) \times N}{\text{worst time} - \text{best time}}$$

N – maximum possible number of penalty points from a task, up to 96 depending on the difficulty of the task.

If the team has three (3) members (minimum size) one-third (1/3) of the real time used for performing the task will be added to the team's performance time. This is done if the competitors perform the task one by one.

Penalty points for not completing the tasks in the operational order are approximately equal to the sum of maximum penalty points for all other tasks. In case of partial completing of the task the difficulty of the task and the accuracy of the result is considered.

The competitors will receive detailed instructions on each task in the checkpoint. A specific time has been assigned to each team to arrive at checkpoints, with the accuracy of +/- 5 minutes.

Early arrival to the checkpoint (mailbox) brings penalty points as follows:

more than 5 minutes 6 penalty points

10 minutes 12 penalty points

15 minutes 18 penalty points

20 minutes 24 penalty points

If the team is more than 5 minutes late to the checkpoint, they will be awarded with 12 penalty points. If the team is more than 10 minutes late, it will not be permitted to perform the task and in addition to the maximum number of penalty points for this task, they will be awarded with extra 24 penalty points. In case of being late to a checkpoint where more than one task has to be completed, those tasks which starting time has passed will not be performed and the team will receive maximum penalty points for these tasks plus additional 24 penalty points. Despite of the team being late for the checkpoint, it still has to go through the checkpoint (i.e. register at respective umpire). Otherwise the team will receive maximum penalty points for all unperformed tasks plus extra 48 penalty points for not arriving to the checkpoint. Teams are not allowed to wait for their scheduled time in the neutral zone around the checkpoint (1km area around the CP), they can wait outside the neutral zone. If they are caught, the checkpoint instructors and umpires have the right to collect one ticket for each time they are caught and per each competitor. If a team support person is in the CP's neutral zone prior to their team's arrival, it will be registered and this brings additional penalty points to the team.

All team members have to pass through the mailboxes placed on the trail. Each competitor, who did not pass through a mailbox, brings 12 penalty points to their team. Therefore, for skipping a mailbox the team can get up to 48 penalty points. The competitor whose withdrawal has already been reported and who has already left the trail does not count.

Each competitor gets 10 OPFOR tickets with the value of 12 penalty points each. For losing the ticket booklet the competitor (i.e. team) can get up to 120 penalty points. Competitors are provided with detailed instructions concerning OPFOR at registration. If one competitor retires the team receives penalty points according to

the instructions of the specific competition. In case of withdrawal of 2 competitors, the team cannot continue.

Each lost item of personal equipment (including the team number) brings 3 penalty points. For losing weapons, ammunition (incl the flare gun and flares), the team's first aid kit, radio station or maps the team receives with 12 penalty points. Six (6) penalty points are awarded for an unclean weapon. For intentional damaging of equipment and auxiliary means necessary for performing a task the team will be awarded with 24 penalty points. Equipment check might occur several times during the competition unannounced. For insufficient camouflage the maximum number of penalty points is 3 per competitor (assessed at equipment check). In case of violations not covered by this section, the Chief of Staff of the competition will appoint a penalty on the basis of the Chief Umpire's proposal separately for each violation.

Protests

If a team has a controversial issue or situation they can submit a protest. Protests can be submitted on the teams' rest area at a checkpoint or if the rest area is missing, in the waiting area. The protest has to be submitted in writing in Estonian or in English and it will be submitted to the checkpoint umpire. The protest has to include the content, time, place and witnesses of the event. If possible mention the violated provision of the competition instruction. In order to start the protest, the bail of 100 euros has to be paid. If the protest is satisfied, the money will be refunded to the team. A protest commission will be established for solving protests. The latest deadline for submitting protests is 30 minutes after the last team has finished

ANNEX 6

SAFETY

As the competition trail is a high-risk area (approximately 50% of the route is over difficult terrain, soft ground and swamps) we urge all competitors (including support personnel) to read and implement these rules. This is necessary to ensure the safety of all competitors en-route.

GENERAL:

1. All competitors are required to check out each other's physical condition throughout the competition. If it is apparent that a competitor's physical condition has deteriorated, then depending on the seriousness of the situation actions have to be taken (i.e. inform the umpires or headquarters or resolve the matter some other way).
2. Competitors are not allowed to give orders to each other that may result in a hazard to the life and health of the other competitor.
3. When performing combat tasks, competitors must not endanger their own or any bystander's life and safety.
4. On trail all competitors are responsible for their own health and safety (participation of the competition is voluntary). However, competition organizers will take all possible measures to ensure the safety of the competitors.

5. First Aid teams and doctors will be present at all checkpoints and at all other hazardous sites.
6. Competitors have to give first aid to anyone in danger that they may encounter during competition and inform the competition organizers of any such case.

SWAMP AND BOG:

1. The team's mandatory equipment list includes a 15-meter 700 kg capacity safety rope, which must be used for securing movement across swamp and bog. Upon movement in swamp and bog (where quicksand can be found) team members are recommended to tie each other together.
2. Before entering a swamp or bog, each team member must cut themselves a 2.5-meter staff to ensure safe passage across the unsteady ground.
3. In case a team member sinks into quicksand, it is most important to remain calm and not to start struggling to get out. The safety staff is placed flat on the surface to provide support to the person and thus prevent them from sinking any deeper. When the remaining team members begin to pull the victim out, it is essential that the latter does not pull on the rope themselves (this is to prevent the victim from pulling his rescuers into the quicksand and thus complicating their own rescue) and instead try to pull out their legs from the quicksand one by one.
4. In swamps and hazardous bogs, the organizers have established rescue groups, who wear reflector vests and are placed in visible areas. They are not part of the OPFOR that is marked with yellow shoulder insignia. The task of the rescue groups is to assist or guide the competitors if necessary.
5. After extraction from quicksand the competitor must immediately either dry or change their clothes, since the water in quicksand is very cold. The team must also report the incident to the competition HQ or a rescue team nearby, who will forward the information to the headquarters.
6. In case a lone team member has become lost, or separated from his team, they must not under any circumstances venture into swampy areas alone.

SHOOTING TASKS:

1. Live ammunition may only be unpacked on the firing range. On-route live ammunition must be carried in an enclosed box in the backpack (with the exception that pistols or revolvers are carried loaded at all times, with no round in the barrel and safety on).
2. Loading of live ammunition into magazines will only take place at designated areas on umpire's order and only immediately before commencement of a firing practice.
3. Firing may only be commenced after having received a command from the umpire.
4. At the conclusion of the firing practice, competitors must unload their weapons and have them safety checked by the umpire.
5. On-route assault rifles must be empty!

EXPLOSIVES:

Since a large portion of the competition route crosses a former Soviet Army firing range and sites of WWII battles it is possible to encounter unexploded explosive devices regardless of the area having already been swept. Be careful!

1. In case unexploded ammunition is found team has to report either to competition headquarters by radio, to the next checkpoint commander or umpires.

2. To facilitate the subsequent finding of the explosive device, its coordinates and nearby landmarks have to be included in the report. The explosive device should be clearly marked to make the discovery easier.
3. Touching or disarming any found explosive device is prohibited!

VIPER BITE:

While moving along the competition route teams must be careful since they may encounter common vipers. In case of snakebite:

1. Report immediately to either the competition headquarters or checkpoint umpires, giving the exact coordinates of your location.
2. The casualty is to lie down, given water to drink (absolutely no alcohol) and wait for an emergency medical team.

ANNEX 7

ADDITIONAL INFO

TEAMS ARE PROHIBITED TO:

1. Use cell phones and pagers on trail.
2. Pass the trail on transportation not allowed in the competition instructions.
3. Accept or use any form of outside assistance on the trail or at the checkpoints (i.e. receive or change equipment, obtain extra rations, receive unauthorized information regarding the trail, checkpoints, mailboxes etc).
4. Use any form of narcotics or performance enhancing drugs (in case of suspicion, a doping test may be conducted).
5. Join forces with another team to facilitate their movement on the trail.
6. Use their radio to contact another team on the route (this is only permitted in the case of a real emergency).
7. Destroy the contents of shared mailboxes and take along material intended for other teams.
8. Change and destroy visible signs of mailboxes.
9. Use civilian footwear on trail or at checkpoints (spares must also be of military pattern boots or rubber boots).
10. Purchase food and refreshments from stores and restaurants en-route.
11. Disobey any orders from umpires or instructors.
12. Remove official competitor identification, unit or country insignia.
13. Replace / exchange a team member during competition

THE ABOVEMENTIONED MISCONDUCT RESULTS IN DISQUALIFYING THE TEAM.

Lesser penalty than team disqualification may be awarded for the following offences:

1. Moving along railways will bring penalty points according to the number of competitors walking on the railway
2. Having live rounds loaded in the weapon outside a firing range only the owner of the weapon will be disqualified
3. Carrying the assault rifle in the backpack
4. Deliberate damaging of equipment

SUPPORT PERSONS, MEDIA REPORTERS AND PUBLIC SPECTATORS ARE PROHIBITED

1. to render any assistance to the teams on the trail, except for necessary first aid. In the case of first aid, competition headquarters / umpires must be informed without delay.
 2. Move along the competition route with their own private transport to assist a competing team (all transport in the competition area is controlled and co-coordinated by the HQ).
 3. Disturb teams on the trail or while engaged in competition tasks.
 4. Disturb the work of headquarters and umpires.
 5. Use photo flashlights during activities conducted at night.
 6. Remove or hide their identification (support persons), except when it is changed for umpire identification.
- Support persons move on trail with the vehicle registered in mandate. Presence of support persons on trail in the vicinity of checkpoints and mailboxes **within 1 km is prohibited (2 km for the OPORD territory). Entering and departing the trail when necessary is done only along the routes marked on map by the organizers.**

MEMBERS OF THE ORGANIZING COMMITTEE AND UMPIRES ARE PROHIBITED:

1. Use or to be under the influence of alcohol while on duty.
2. Provide or arrange any assistance to competing teams which may change their standings.
3. Show preference for one team over another when assessing their competition performance or when resolving a protest.
4. Disclose confidential competition information.
5. Not forwarding necessary information to the headquarters.
6. Communicate with teams within their area of responsibility in any language other than the official competition languages.
7. Accept presents immediately before the competition and during the competition.

BASE CAMP GENERAL RULES (competition duration over 48h)

The orders of the commandant service must be followed on base camp territory. Night time quiet hours are enforced in the base camp. Night time starts 0100 and ends 0700 (unless stated differently by the order of camp commander). Night time does not apply on areas where work is done 24 hours.

Base camp general rules:

1. No pets allowed in base camp.
2. Children should not be left unattended.
3. Swimming in not designated areas is prohibited (information on swimming locations will be displayed on the info board).
4. Individual campfires in not designated areas are prohibited (bonfire site is located in the public area of the camp).
5. Unauthorized camping and putting up tents is prohibited (apply to the camp commander if necessary).
6. The speed limit for vehicles on camp area is 5 km/h.
7. Camp rules must be obeyed when parking vehicles.

HALTING AND SUSPENDING THE COMPETITION

The competition can be halted in cases, which make the continuation of the competition impossible or threaten people's life and health. Only the Competition Chief Director has the right to halt the competition!

In case of halting the competition, the result tables will be compiled on the basis of the data from the last checkpoint, which all competing teams have passed.

The competition is suspended if the circumstances make it temporarily impossible to continue. Competition Chief Director and the Chief of Staff have the authority to suspend the competition.

Competition is suspended, for example on the following cases:

1. Short-term changes in weather conditions, which do not enable to ensure conditions necessary for conducting the competition.
2. In case of serious accidents (e.g. serious injury or death of participant(s)).