

# **RUN-ARCHERY**

## **GENERAL RULES – 25<sup>th</sup> November 2019**

### Introduction:

The present rules have been voted by World Archery Europe's Executive Board the 24<sup>th</sup> November 2019.

The WORLD ARCHERY's Executive Board has voted in December 2019 the inclusion of the rules in the World Archery Constitution and rules, Book 5, Chapter 34.

The initial text was reworded and renumbered by the WA C&R Committee to comply the World Archery Constitution and Rules book.

The European Cup rules are defined in a separate document published by World Archery Europe according to the decision of the Executive Board.

# Chapter 34

## Run Archery

### 34.1 General

*There is a summary table with all Run Archery formats in Article 34.1.4. Below are descriptions of each format.*

#### 34.1.1 Introduction

*Run Archery combines cross-country running and archery.*

*In principle, all World Archery Rules apply, unless other regulations are detailed in this Chapter.*

#### 34.1.2 Shooting material

##### 34.1.2.1 Bows:

- *Compound bows are forbidden;*
- *Every other type of bow as defined in World Archery rules for Indoor, Outdoor, Field or 3D disciplines are permitted;*
- *The use of a release is forbidden.*

##### 34.1.2.2 Bow equipment:

- *accessories are allowed, as long as they do not extend more than 10 cm from the front side of the bow and are the same as the equipment for a recurve bow for shooting outdoors;*
- *The back harness fastened to the bow is allowed and is the only authorized accessory exceeding 10 centimetres.*

##### 34.1.2.3 There are three ways to carry the bow: by hand, in a back bow-quiver, or with a harness. In the case of harness the following shall apply:

- *Straps attached directly to the bow and with a container of the arrows attached to the bow. The bow shall be carried with the sight window turned toward the back of the athlete;*
- *A soft harness which shall firmly keep the bow in such a way that it cannot slip off even in case of a fall, with a container of the arrows attached to the bow. The bow shall be carried with the sight window turned toward the back of the archer;*
- *A stiff harness which shall firmly keep the bow in such a way that it cannot slip off even in case of a fall, with a container of the arrows which can be attached either to the bow or to the harness. The bow can be slipped into the harness at the discretion of the athlete.*

##### 34.1.2.4 Harness or bow quiver:

*When an athlete uses a harness or a bow quiver, the bow must be carried on the back during all the running. In case of equipment failure on the harness, the harness must be repaired and used, or removed from the bow before the athlete runs while holding the bow.*

##### 34.1.2.5 Athlete's equipment:

- *The permitted protections for the athlete are the same as for the other disciplines of World Archery A (chest guard, finger protection).*
- *back quiver is allowed, as long as the arrows are protected when the athlete is running through the course.*
- *When running, the full equipment when carried on the back (bow, harness, quivers, arrows) shall not exceed the width of the athlete's shoulders.*

##### 34.1.2.6 Permitted clothing (including ceremonies):

- *running shoes;*
- *running clothes which are adjusted to the weather conditions, including shorts and tank tops;*
- *advertising is allowed within the limits prescribed by the general rules of World Archery;*
- *in all competition zones it is strictly forbidden to have a naked upper body.*

#### 34.1.3 Classes of archers

##### 34.1.3.1 The recognised classes are the following (based on World Archery age classes)

- *Cadet Women; Cadet Men;*
- *Junior Women; Junior Men;*
- *Women; Men;*
- *Master Women; Master Men.*

*A possible combination of age classes is possible depending of the number of participants, except for continental and*

*international events which follows World Archery rules.*

### **34.1.4 Competition formats**

*The athletes go through several run loops and after each loop, they shoot an end of 4 arrows. Every arrow which misses the target causes a penalty loop for the athlete which he has to complete before entering the following run loop in the normal course of competition.*

*(see image 3: Run Archery format summary)*

*34.1.4.1*

Competition	Categories	Standard start	Run loop length		Penalty loop length	Shootings	
			Length	Number		Position	Arrows
INDIVIDUAL 4K	- C+J M - Men - Masters M - C + J W - Women - Master W	Single 30 s	1000 m	4	150 m	1 <sup>st</sup> : Standing 2 <sup>nd</sup> : Knee 3 <sup>rd</sup> : Standing	4 4 4
INDIVIDUAL SPRINT	- C+J M - Men - Masters M - C + J W - Women - Master W	Qualif: Single 30 s Finals: Simultaneous	400 m	3	60 m	1 <sup>st</sup> : Standing 2 <sup>nd</sup> : Knee	4 + 2 spare 4 + 2 spare
TEAM SPRINT	- 3 M Team - 3 W Team	Simultaneous and Tag. Next athlete after Penalty loops	400 m	3x 1 (1 each)	60 m	1 <sup>st</sup> : Standing	4 + 2 spare
						2 <sup>nd</sup> : Knee	4 + 2 spare
						3 <sup>rd</sup> : Standing	4 + 2 spare
MIXED TEAM SPRINT	1 M + 1 W team	Simultaneous and Tag. Next archer after Penalty loops	400 m	W: 1 M: 1	60 m	W: Standing	4 + 2 spare
						M: Knee	4 + 2 spare
TEAM DOUBLE SPRINT	- 3 M Team - 3 W Team	Simultaneous and Tag. Next athlete after Penalty loops	400 m	3x 2 (2 each)	60 m	1 <sup>st</sup> athlete. Standing	4 + 2 spare
						1 <sup>st</sup> athlete. Knee	4 + 2 spare
						2 <sup>nd</sup> athlete. Standing	4 + 2 spare
						2 <sup>nd</sup> athlete. Knee	4 + 2 spare
						3 <sup>rd</sup> athlete. Standing	4 + 2 spare
3 <sup>rd</sup> athlete. Knee	4 + 2 spare						
MIXED TEAM DOUBLE SPRINT	1 M + 1 W team	Simultaneous and Tag. Next athlete after Penalty loops	400 m	W: 2 M: 2	60 m	W: Standing	4 + 2 spare
						W: Knee	4 + 2 spare
						M: Standing	4 + 2 spare
						M: Knee	4 + 2 spare

*Image 3: Run Archery format summary*

### 34.1.5 The shooting

Shooting takes place on 18 metres on drop-down targets or on targets with paper target faces. The shooting zone to hit (1 per arrow) is circular with a diameter of 16 centimetres.

The movement of the drop down-target indicates that the athlete has hit the target.

All arrows (including the spare arrows if any) shall be shot until all of the targets assigned to the athlete are hit. If this is not the case, the athlete concerned will get a penalty.

### 34.1.6 The run loop

The athlete must carry the bow either in the hands or in a harness.

The arrows:

- have to be placed either in a back quiver or in the harness,
- or have to be placed at the entry of the shooting zone into cones, tubes or the quiver of the athlete.

Belt or hip quivers are forbidden.

### 34.1.7 Results

The results for each stage of the competition is the period of elapsed time between the crossing of the start line and the crossing of the finish line

- by the athlete in individual competitions and sprint 3x400.
- by the first team member (start) and the last team member (finish) for team competitions.

### 34.1.8 Equipment control before the start

Before the beginning of the competition, the athletes shall present their equipment to the judges, and the judges shall control:

- that the equipment conforms to the rules (including a possible spare bow)

- the carrying system (harness, quiver)
- clothing
- wearing of the start number

### **34.1.9 Judging procedures and results monitoring**

The judging and the control of shooting, running and timing is effectuated by several officials:

- judges
  - 1 chairperson of judges with the help of
    - 1 shooting judge who is responsible for the shooting range
    - 1 running judge who is responsible for the control of the running range
- the race officials who are responsible for the orientation of the athletes at the entrance and exit of the shooting range (in the direction of the targets, in the direction of the penalty loop, in the direction of the finish)
- the spotters who are responsible for the verification of the hit targets, the transmission of the information to the race officials and for putting the drop-down targets in place again
- the timekeepers who are responsible for the time measurement of the athletes

## **34.2 Technical specifications and regulations**

### **34.2.1 Set-up of the competition facility**

34.2.1.1 The competition facility is the site on which the Run Archery competition and practice are conducted. The site must be technically suitable and must offer the best possible viewing for the spectators.

34.2.1.2 The start and finish areas, the shooting range, the penalty loop and the relay hand-over zone shall be located on level ground and close to the majority of the spectators, with a good view of the competition activities. These areas and critical parts of the course must be fenced in order to prevent athletes from being impeded or going astray and to prevent access by unauthorized persons. There must be sufficient space for athletes and competition officials to conduct their required activities.

#### **34.2.1.3 Start area**

The start area for all competitions must be visible to spectators. The start line shall be placed at a right angle to the running direction and will be marked on the ground. The start area must have a length of 8 to 10m and a minimum width of 4m. It must be separated from the warm-up area by a fence with an opening to allow controlled access.

34.2.1.4 There shall be a board in the start area on which the course map is shown. In the case of several courses, there shall be a board on which the trail colour sequence for the competition is shown. In the start area, there must be a start timer placed in such a way that it is easily readable from the start line.

#### **34.2.1.5 Penalty loop**

For all competitions, a penalty loop shall be set up directly after the shooting range (no further than 20 m of running distance from the exit of the shooting range and the entrance of the penalty loop). The loop must be a circle with a width of 3 m. The length of the loop shall be measured along the inside perimeter of the loop. The entrance and the exit of the penalty loop shall be clearly marked by means of boards to avoid mistakes.

#### **34.2.1.6 Shooting range**

The shooting range must be located in the central area of the site, and both the targets and the shooting range should be visible to the majority of spectators. The range must be surrounded by adequate safety barrier on the sides and behind the targets. The shooting range must be set up with strict regard for safety in relation to the different loops.

#### **34.2.1.7 Shooting distance**

The distance between the target and the shooting line must be 18m (+/- 10cm). The range must be rectangular, and the measurement is made from a point vertical to the centre of each target to the shooting line.

#### **34.2.1.8 Shooting line**

Each athlete shall have a space of 2.4m minimum to 3m maximum on the shooting line and 1.5m behind the shooting line, drawn as a rectangle (called "athletes shooting zone") which shall be clearly marked. The centre of this space which is directly opposite of the centre of each target, will be marked with a number corresponding to the target number which is placed 1 to 2m in front of the shooting line.

#### **34.2.1.9 Shooting mats**

If shooting mats are used, they must be placed behind the visible shooting line. They must have a non-slip surface.

### 34.2.1.10 Space configuration

At the rear of the shooting range, there must be a fenced-off area of 7.5m to 8.5m extending along the entire back of the range which is reserved for athletes and officials. The public and coaches' area must be defined at a minimum of 10 metres behind the spotters' position. The entrance and the exit of the shooting range must be clearly fenced-off. At the entrance of the shooting range, there shall be cones for the athletes which do not have a back quiver. These cones must have the start number of the athlete whose arrows are placed in the cone. The cones must be placed at each shooting lane for leaving the arrows during the finals and relay. When the bow is carried in the back, it must be removed and remain within the athletes shooting zone, without disturbing the athletes who are on the adjacent targets. Suitably placed on the shooting range, there must be racks for the spare bows for each athlete during competition and practice. Each bow must have the start number of the athlete or nation to whom it belongs.

### 34.2.1.11 Targets

There are two kinds of targets used for Run Archery:

- Drop-down targets;
- Targets with paper target faces

The same type of targets must be used for all athletes in one competition in the shooting range. The drop-down targets shall be checked before the competition.

#### 34.2.1.11.1 Targets with paper target faces.

The target faces must be fixed on a buttress which must stop the arrows.

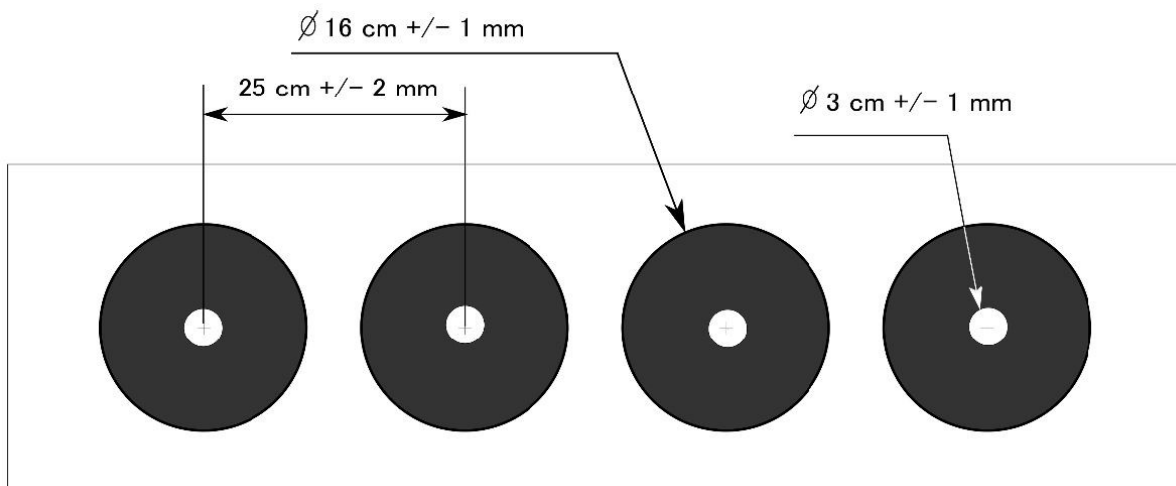
The hit zone is circular with a diameter of 16cm (+/- 1mm) and a centre with a diameter of 3cm (+/- 1mm). The space between the hit zones of a target face is 25cm (+/- 2mm) maximum from the centre of each zone.

#### 34.2.1.11.2 Drop-down targets.

The drop-down targets are made up of fold-away elements and made of material which does not cause any damage to the arrows.

The shape and the dimensions of the two targets are shown in the following diagram:

(see image 4: Run Archery targets)



**Image 4: Run Archery targets**

#### 34.2.1.11.3 Target placement.

The targets must be set up in such a way that the centre of the buttress is in line with the centre of the corresponding space visible on the shooting line. Targets have to form a visually straight line with the centre of the targets being on average 105 cm (+/-2 cm) from the ground.

#### 34.2.1.11.4 Safety behind the targets.

Behind the targets, there must be an arrow proof net or any other device to stop the arrows which have missed the target.

#### 34.2.1.11.5 Numbering of the targets.

The shooting points on the shooting line and the corresponding targets must have the same number, must be easily visible and must begin from the point furthest away from the entrance. The target numbers must be at least 30cm high. They shall alternate between black on yellow background and yellow on black background (e.g. no. 1 black on yellow background, no. 2 yellow on black background). The target numbers must be placed vertically to the centre of the target butt, below each target. The numbering (target "1") start from the exit side to the entry side of the shooting range.

### 34.2.1.12 Wind indicator

A wind indicator (windsock, flag, etc.) must be placed on both sides of the shooting range.

### 34.2.1.13 Finish area

The finish area for all competitions must be visible for the spectators.

*The last 40 metres before the finish line must be straight and at least 4m in width.  
Only the athletes and the officials are permitted in the finish area.  
A finish line must be visible on the ground.*

#### **34.2.1.14 Timing equipment**

*For manual timing, good quality professional timing devices shall be used.*

### **34.2.2 Practice and warm-up**

*Athletes must have the necessary facilities to prepare for the competition. For that purpose, the organiser must provide Official Practice times.*

#### **34.2.2.1 Exceptions**

*In extraordinary circumstances, the chairperson of judges may close the entire facility or limit practice on the facility to certain parts and times.*

#### **34.2.2.2 Access to the competition area**

*Athletes who are registered for a competition may have their Official Practice on the competition field. The athletes participate in the Official Practice of their category. Each athlete who participates in the Official Practice must wear their number.*

#### **34.2.2.3 Running practice**

*The competition course for Official Practice must be open and must be marked and fenced-off or barricaded as it is for the competition.*

#### **34.2.2.4 Shooting practice**

*Practice shall be for a period of 20 to 45 minutes maximum for each qualification day. Practice must end 15 minutes before the beginning of the competition. Practice ends after the pulling of the arrows of the last practice end. The practice targets are placed at the first shooting distance of each category. For the eliminations and the finals, the organizers may decide on the length of the practice period taking into account the schedule of each day.*

#### **34.2.2.5 Allocation of targets**

*This matter depends on the kind of competition. Refer to section below Article 34.3 of this rulebook.*

#### **34.2.2.6 Warm-up in adjacent areas**

*Each target must be set up with target faces on the same height and on the same distance as during the competition.*

### **34.2.3 Starting organisation**

#### **34.2.3.1 Assignment of start numbers**

*Athletes or teams are randomly selected from the entries for the competition, by manual or computer draw, and are assigned their start numbers based on that draw.*

### **34.2.4 The course**

#### **34.2.4.1 Penalty loops in the running range**

*For each missed target, the athletes must run a penalty loop immediately after the shooting end. It is not allowed to do the penalty loop at a later time.*

*The athletes are responsible for running the required number of loops.*

#### **34.2.4.2 Penalty loop error**

*If an athlete, due to a mistake by the organizer or a target malfunction, runs too many penalty loops, the chairperson of judges shall decide on an appropriate time allowance. The organizer shall ensure that in each competition the average penalty loop run time is recorded, based on at least five athletes.*

#### **34.2.4.3 Wrong trail**

*If an athlete takes the wrong trail which would result in a time advantage or the wrong sequence, he must return back to the point where he made the wrong turn, along the part of the trail he ran in error. In order to do so, the athlete may have to run against the correct run direction and is responsible for ensuring that he does not obstruct or*

*endanger other athletes. There is no penalty for having committed the error as long as no time advantage has been gained and there has been no interference with other athletes.*

#### **34.2.4.4 Accidents**

*If an athlete observes that another athlete has had an accident, he must report it to the next checkpoint.*

#### **34.2.4.5 Abandon**

*If an athlete withdraws from the competition before the finish, he must inform the first official he meets.*

#### **34.2.4.6 Obstruction**

*It is forbidden to impede other athletes at any time during the competition. This prohibition also includes the dropping of objects on the competition trails or the shooting range in such a way that it obstructs other athletes.*

#### **34.2.4.7 Refreshments**

*Athletes may consume refreshments during the competition. The refreshments may be carried by the athletes or be given to them in an area dedicated to that purpose.*

#### **34.2.4.8 Other assistance**

*Athletes are not permitted to receive any assistance from any person, other than as stated in these rules.*

### **34.2.5 Shooting regulations**

#### **34.2.5.1 General**

*All shooting during practice and competition takes place at the shooting range only aiming on the target. In a competition, athletes shall shoot after having completed each of the required sections of the course for the competition, except for the last, which ends at the finish or the Relay hand-over.*

#### **34.2.5.2 Communication with the athlete**

*In the shooting range, the athlete cannot receive electronic technical advice.*

#### **34.2.5.3 Shooting position**

*If a range official warns an athlete that his shooting position is not in conformity with the rules, the athlete must correct his position immediately.*

##### **34.2.5.3.1 Standing position.**

*Athletes shall shoot from a standing position without support with both feet behind the shooting line.*

##### **34.2.5.3.2 Kneeling position.**

*Athletes, while shooting in the kneeling position, shall only place one knee on the ground and place themselves behind the shooting line.*

#### **34.2.5.4 Shot arrows**

*The athlete shall shoot on the target face of the target which is assigned to him in the order he chooses.*

*If two arrows hit the same zone, one of them is considered a Miss and results in a penalty loop. The arrows shot by the athlete during the competition remain in the target or the ground until the end of the competition.*

#### **34.2.5.5 Safety**

*Shooting is permitted only on the shooting range, during officially authorized timing. It is forbidden to handle the bow in a manner which might endanger persons, or which may be perceived by others as dangerous. When the range is open for shooting, no one is permitted to be in front of the shooting line and in the safety zone behind the targets. Shooting the bow is only allowed in the direction of the targets, not intentionally into the ground. The archer is responsible for the safety of his actions and bow at all times.*

#### **34.2.5.6 Placing an arrow on the bow**

*An arrow may be placed on the bow only with the arrow pointing in the direction of the targets.*

#### **34.2.5.7 Damaged material**

##### **34.2.5.7.1 Damaged bows and arrows.**

*All Range Officials must be alerted to observe a raised hand by an athlete for spare arrows or bow exchange. The Range Officials must react with a sense of urgency and move quickly to minimize the time required to bring the arrows or to exchange the bow.*



#### 34.2.5.7.2 Repair or change of the bow.

*The athletes may repair their bows during a competition all along the course provided they receive no assistance from any person.*

#### 34.2.5.7.3 Spare bows.

*A bow which has been damaged during the competition may be exchanged with a spare bow of the athlete or the nation.*

#### 34.2.5.7.4 Bow exchange procedure.

*If he is not already in his shooting lane, the athlete can obtain his spare bow by himself in the shooting range.*

*During shooting, the athlete shall indicate that his bow needs to be exchanged by raising his hand. When a Range Official responds, the athlete will point to his bow and loudly say "Bow" and the name of his nation and his personal number. The Range Official will get the personal marked spare bow and bring it to the athlete.*

#### 34.2.5.7.5 Damaged arrows.

*An athlete who damages one or more arrows during a competition can replace them from the spare arrows in the rack at the entrance of the shooting range. If the athlete discovers a damaged arrow when on the shooting line, he may obtain replacement arrows from a Range Official by raising his hand and loudly saying "Arrow", the name of the nation and his personal number. The Range Official who responds will get the personal marked spare arrows and deliver them to the athlete.*

#### 34.2.5.7.6 Time adjustment.

*There shall be no time adjustment for repairing or exchanging a bow or obtaining spare arrows.*

### 34.2.5.8 Target malfunction

*If a target fails to function, the athlete shall be directed to another target.*

#### 34.2.5.8.1 Cross-shooting and target hit by another athlete.

*If a target on which an athlete is shooting is hit by another athlete, the incorrect athlete must be stopped immediately.*

*If no target plates have fallen, the correct athlete may continue shooting. If a target plate has been hit, the target must be reset immediately, and the athlete can then continue shooting*

*Before such a target reset, the hits and their position must be recorded. In such a case in the competition, the Spotter must inform the athlete about the number of penalty loops.*

#### 34.2.5.8.2 Time adjustment and responsibility.

*In those cases where an athlete loses time due to a target error or malfunction which is not his fault, the Competition Jury shall make an appropriate time adjustment.*

### 34.2.5.9 Scoring of shooting

*For all shooting in competition, a system of scoring the shooting must be put in place by the organiser. Each arrow that is shot in a competition must be observed by a spotter.*

### 34.2.5.10 Stop of the shootings by the judge for safety reasons

*In case that the judge must stop the shooting for safety reason, he has to start the stopwatch to measure the lost time. This time will be reduced from the final time of each athlete who was shooting at this moment.*

## 34.2.6 Start, finish, time and results

### 34.2.6.1 Competition time

*The competition time is the period of elapsed time during the competition on which the placing of an athlete or team in the results of the competition is based. The time always includes any penalties or adjustments imposed or granted by the judge.*

- Individual 4K see C.1.4.1
- Sprint 3x400 see C.2.4.1
- Team Sprint and Mixed Team Sprint see C. 3.4.1
- Team Double Sprint and Mixed Team Double Sprint see C.4.4.1

### 34.2.6.2 Units of measurement, Start organisation, Finish, Ties

*These matters depend on the kind of competition. Refer to section under article 34.3 of this rulebook.*

### 34.2.6.3 Photo finish

*In competitions with a mass start, a photo-finish camera may be installed on the finish line for recording the finish. The camera must be placed exactly in line with the finish line and in such a position that the camera sees the entire finish line. If the photo-finish record is required to decide the order of finish, the order in the record shall determine the placing. The decision shall be based on the first part of the first foot crossing the finish line.*

## **34.2.7 Penalties and sanctions**

### **34.2.7.1 Penalty types**

*The athletes are subject to penalties.*

*Penalties that may be imposed are:*

- *Start prohibition;*
- *Time penalties;*
- *Disqualification.*

#### **34.2.7.1.1 Start prohibition.**

*An athlete or team shall be prohibited from starting for:*

- *appearing for start with equipment or clothing that is not in accordance with the rules;*
- *appearing for start with the wrong start number or no start number at all due to a mistake made by the athlete or his team;*
- *violating the rules regarding Official Practice, testing, warm-up.*

*The prohibition applies for the competition in which the violation occurred.*

#### **34.2.7.1.2 Time penalties and disqualification**

*Conditions to impose a time penalty or to disqualify an athlete are:*

*(see image 5: Run Archery penalties)*

	1 min	2 min	Disq.
- Taking part in a competition for which he or she is not eligible			X
- committing a very minor violation of the principles of fair play or the requirements of sportsmanship.	X		
- Receiving prohibited assistance			X
- Avoiding start controls			X
- Modifying equipment, bow or clothing which has been inspected and marked at start control in a prohibited way			X
- Participating in a competition with a start number which has not been assigned to him by the competition start list, deliberately or due to a mistake by him or his team			X
- Accepting unauthorised assistance from any person when repairing equipment			X
- Violating the applicable safety regulations			X
- every arrow not shot by the athlete before recommencing running		X	
- every penalty loop not done immediately after the shooting		X	
- every arrow shot on the ground		X	
- Shooting 1 arrow more than the permitted number of arrows by end		X	
- Persisting to shoot more than the permitted number of arrows by end			X
- In relay competition, touching next athlete out of the relay zone (before the coming athlete crosses the entry line or if going athlete cross the exit line before being touched)			X
- not giving way at the first request by an overtaking athlete	X		
- Remaining in an incorrect shooting position or incorrect position in the shooting lane after having been warned			X
- Not following the shooting sequence specified for that competition deliberately			X
- Hindering another archer on the course or at the shooting range by serious obstruction			X
- Deviating from the marked trail or running a wrong trail deliberately, thus gaining a time advantage for himself or for his team			X

*Image 5: Run Archery penalties*

#### **34.2.7.2 Prohibitions and sanctions for non-competing persons**

*Unfair assistance or assistance not allowed by these Rules to archers during a competition is prohibited.*

##### *34.2.7.2.1 Specific prohibitions on the course:*

- *It is forbidden to run with the athletes;*
- *It is forbidden to touch the athletes.*

##### *34.2.7.2.2 Sanctions.*

*Spectators and other persons must be clearly informed of these rules.*

*A violation of these rules may lead to spectators being removed from the competition area.*

### **34.2.8 Range officials in run archery competitions**

*The tasks of the officials are:*

## **34.3 Competition formats**

### **34.3.1 Individual 4K**

*The Individual 4K (4x1000m) is an individual competition. The classes are specified in article 34.1.*

*The competition sequences are as follows in the following order:*

- *Sequence 1: first round on the run loop*
- *Sequence 2: shooting standing: 4 arrows*
- *Sequence 3: possible penalty loops*
- *Sequence 4: second round on the run loop*
- *Sequence 5: shooting kneeling: 4 arrows*
- *Sequence 6: possible penalty loops*

- Sequence 7: third round on the run loop
- Sequence 8: shooting standing: 4 arrows
- Sequence 9: possible penalty loops
- Sequence 10: run loop
- Sequence 11: finish

#### **34.3.1.1 Allocation of practice targets**

*The allocation of targets will be decided by draw.*

#### **34.3.1.2 Allocation of competition targets**

*The target on which the athlete has to shoot is indicated to him by the race official when he enters the shooting range.*

#### **34.3.1.3 Time measurement**

*The competition time of the athlete is the period of elapsed time between the crossing of the start line and the crossing of the finish line.*

*The competition time which is measured electronically or manually must be registered by 1/10 of a second (0.1).*

#### **34.3.1.4 Start**

*The start will take place as single starts or as group starts. Single starts will have start intervals of 30 or 45 seconds or one minute at the discretion of the organiser. Group starts will have start intervals of 2 to 5 minutes according to the size of the group. The group size depends on the total number of athletes in the category concerned.*

#### **34.3.1.5 Finish**

*Finish is the moment when the competition time of an athlete ends.*

*When electronic timing is used, the finish occurs when the athlete breaks the beam of the electronic sensor at the finish line.*

*When manual timing is used, the finish occurs when the athlete crosses the finish line with his body.*

#### **34.3.1.6 Ties**

*If two or more athletes of one category have the same competition time, they shall be given equal ranking in the results (equality).*

### **34.3.2 Individual Sprint**

*Individual Sprint (3x400m) is an individual competition. The classes are specified in article 34.1.*

*The competition sequences are as follows in the following order:*

- Sequence 1: first round on the run loop
- Sequence 2: shooting standing: 4 arrows +2 spare arrows if needed
- Sequence 3: possible penalty loops
- Sequence 4: second round on the run loop
- Sequence 5: shooting kneeling: 4 arrows +2 spare arrows if needed
- Sequence 6: possible penalty loops
- Sequence 7: run loop
- Sequence 8: finish

#### **34.3.2.1 Allocation of practice targets**

*The allocation of targets will be decided by draw.*

#### **34.3.2.2 Allocation of competition targets**

*The target on which the athlete has to shoot is indicated to him by the race official when he enters the shooting range.*

#### **34.3.2.3 Spare arrows**

*Each athlete must shoot the first 4 arrows, and if the targets remain standing, he must use his spare arrows (only two for each shooting).*

*If the athlete chooses to let his arrows in a cone at the entry of the shooting range, he will leave the unused arrows on the shooting line.*

#### **34.3.2.4 Time measurement**

*The competition time of the athlete is the period of elapsed time between the crossing of the start line and the*

crossing of the finish line.

The competition time which is measured electronically or manually must be registered by 1/10 of a second (0.1).

#### 34.3.2.5 Start

In the qualification and elimination phase, the start will take place as single starts or as group starts. Single starts will have start intervals of 30 or 45 seconds or one minute at the discretion of the organiser. Group starts will have start intervals of 2 to 5 minutes according to the size of the group.

The group size depends on the total number of archers in the category concerned.

In the finals, the athletes of the same category must start in the same group.

The group starts will have start intervals of two minutes.

#### 34.3.2.6 Finish

Finish is the moment when the competition time of an athlete ends.

When electronic timing is used, the finish occurs when the athlete breaks the beam of the electronic sensor at the finish line.

When manual timing is used, the finish occurs when the athlete crosses the finish line with his body.

#### 34.3.2.7 Eliminations, finals and classification phase

These competition phases will be conducted only if there are enough participants.

##### 34.3.2.7.1 Eliminations with up to 10 athletes

Finals will not be organised. The final ranking is the ranking of the qualification round.

##### 34.3.2.7.2 Eliminations with 11 to 20 athletes

The elimination phase (semi-final) will be conducted with a division into groups according to the classification after the qualification round.

In the case of a tie after the qualification, the place will be assigned by a draw.

The repartition in the groups shall be as follows:

(see image 6: Run Archery elimination round with 11-20 athletes)

Finals participants will be the 3 best athletes of each group and the 4 athletes remaining on both groups that have the best times of the semi-finals. Total: 10 archers

GROUP A	1.	4.	5.	8.	9.	
GROUP B	2.	3.	6.	7.	10.	11.

**Image 6:** Run Archery elimination round with 11-20 athletes

##### 34.3.2.7.3 Eliminations with 21 to 30 athletes

The elimination phase (semi-final) will be conducted with a division into groups according to the classification after the qualification round.

In the case of a tie after the qualification, the place will be assigned by a draw.

The repartition in the groups shall be as follows:

(see image 7: Run Archery elimination round with 21-30 athletes)

Finals participants will be the 2 best athletes of each group and the 4 athletes remaining on the whole groups that have the best times of the semi-finals. Total: 10 athletes

GROUP A	1.	6.	7.	12.	13.	18.
GROUP B	2.	5.	8.	11.	14.	17.
GROUP C	3.	4.	9.	10.	15.	16.

**Image 7:** Run Archery elimination round with 21-30 athletes

##### 34.3.2.7.4 Eliminations with more than 31 athletes

The elimination phase will be conducted with a division into groups according to the classification after the qualification round.

In the case of a tie after the qualification, the place will be assigned by a draw.

The repartition in the groups shall be as follows:

(see image 8: Run Archery elimination round with more than 31 athletes)

Finals participants will be the 2 best athletes of each group and the 2 athletes remaining on the whole groups that have the best times of the semi-finals. Total: 10 athletes

GROUP A	1.	8.	9.	16.	17.	
GROUP B	2.	7.	10.	15.	18.	
GROUP C	3.	6.	11.	14.	19.	
GROUP D	4.	5.	12.	13.	20.	

**Image 8:** Run Archery elimination round with more than 31 athletes

#### 34.3.2.8 Ties

If two or more athletes of one category have the same competition time, they shall be given equal ranking in the results (equality).

### 34.3.3 Team Sprint and Team Double Sprint

These competitions are team competitions.

The teams will be formed at the registration desk where they have to declare:

- the team members;
- the name of the team (which must not be offensive in the view of the chairperson and is subject to change if requested by the chairperson of judges);
- the team captain who is the contact person for the officials during the competition, if necessary.

#### 34.3.3.1 Range

The configuration of the range is the same as for Individual Sprint with an additional hand-over zone.

#### 34.3.3.2 Hand-over Zone

There shall be a well-marked hand-over zone, at least 20 m long and 8m wide, at the end of a straight section.

The hand-over zone must begin at the timing line. The beginning and the end of the zone must be marked with a line on the ground and a sign at the beginning: "Hand-over Zone".

#### 34.3.3.3 Composition of teams and course of the competition

##### 34.3.3.3.1 Team Sprint

In the Team Sprint competition a team consists of three archers.

Depending on the level of competition (local, National, Continental or International) and what is allowed by the concerned governing body it can be

- without regard to gender
- with only women, or with only men

The competition sequences are as follows:

- Sequence 1: running of the first team member on the run loop
- Sequence 2: shooting standing of the first team member: 4 arrows + 2 spare arrows if needed
- Sequence 3: possible penalty loops of the first team member
- Sequence 4: hand-over to the second team member
- Sequence 5: running of the second team member on the run loop
- Sequence 6: shooting kneeling of the second team member: 4 arrows + 2 spare arrows if needed
- Sequence 7: possible penalty loops of the second team member
- Sequence 8: hand-over to the third team member
- Sequence 9: running of the third team member on the run loop
- Sequence 10: shooting standing of the third team member: 4 arrows + 2 spare arrows if needed
- Sequence 11: possible penalty loops of the third team member
- Sequence 12: running of the third team member to the finish

##### 34.3.3.3.2 In the Mixed Team Sprint competition a team consists of two 2 athletes, 1 woman and 1 man.

The competition sequences are as follows:

- Sequence 1: running of the woman on the run loop
- Sequence 2: shooting standing of the woman: 4 arrows + 2 spare arrows if needed
- Sequence 3: possible penalty loops of the woman
- Sequence 4: hand-over to the man
- Sequence 5: running of the man on the run loop
- Sequence 6: shooting kneeling of the man: 4 arrows + 2 spare arrows if needed
- Sequence 7: possible penalty loops of the man
- Sequence 8: running of the man to finish

#### 34.3.3.4 Start numbers

The start number is for the team.

For differentiating the team members and facilitate the pursue of the competition, the start numbers shall have different colours and/or an additional letter or number as for example:

(see image 9: Run Archery team names)

	Single Relay	Single Sprint Mixed Relay
team "154" 1 <sup>st</sup> member	Blue and/or 154-1	Red and/or 154-1
team "154" 2 <sup>nd</sup> member	Red and/or 154-2	Yellow and/or 154-2
Team "154" 3 <sup>rd</sup> member	Yellow and/or 154-3	

**Image 9: Run Archery team names**

#### 34.3.3.5 Practice targets and target assignment

The attributed target number is the same as the start number.

#### 34.3.3.6 Spare arrows

The rules for spare arrows are the same as for Individual Sprint. See article 34.3.2.3

#### 34.3.3.7 Time measurement

The competition time of a relay team member is the elapsed time from the start or hand-over to the hand-over or the finish. The time of the incoming member stops when he crosses the timing line into the hand-over zone, and the time of the outgoing member begins at the same moment.

The total competition time of a relay team is the period of elapsed time between the crossing of the start line by the first team member and the crossing of the finish line by the last team member.

The competition time which is measured electronically or manually must be registered by 1/100 of a second (0.01).

#### 34.3.3.8 Hand-over zone

Only the team member in attendance (1 per team) shall be in the hand-over zone when the precedent team member has left the zone.

The team member must be touched by the his/her team member who is entering the hand-over zone (entry line completely crossed).

The hand-over shall only be done in the hand-over zone in between the boundary lines.

#### 34.3.3.9 Start

All first members of the team shall start simultaneously.

#### 34.3.3.10 Finish

Finish is the moment when the competition time of a team ends. When electronic timing is used, the finish occurs when the archer breaks the beam of the electronic sensor at the finish line.

When manual timing is used, the finish occurs when the last athlete crosses the finish line with his body.

#### 34.3.3.11 Results

The placing of the relay teams in the results shall be decided by the order of finish of their last athlete, except when the chairperson of judges has imposed time penalties or made time adjustments.

#### 34.3.3.12 Ties

There shall be no ties in the team finals.

### 34.3.4 Team Double Sprint and Mixed Team Double Sprint

These competitions are team competitions.

The teams will be formed at the registration desk where they have to declare:

- the team members;
- the name of the team (which must not be offensive in the view of the chairperson and is subject to change if requested by the chairperson of judges);
- the team captain who is the contact person for the officials during the competition, if necessary.

#### 34.3.4.1 Range

The configuration of the range is the same as for Individual Sprint (3x400m) with an additional hand-over zone.

#### 34.3.4.2 Hand-over zone

There shall be a well-marked hand-over zone, at least 20m long and 8m wide, at the end of a straight section.

The hand-over zone must begin at the timing line. The beginning and the end of the zone must be marked with a line on the ground and a sign at the beginning: "Hand-over Zone".

### 34.3.4.3 Composition of teams and course of the competition

#### 34.3.4.3.1 Team Double Sprint

In the Team Double Sprint competition a team consists of three athletes.

Depending on the level of competition (local, National, Continental or International) and what is allowed by the concerned governing body it can be:

- without regard to gender;
- with only women, or
- with only men.

The competition sequences are as follows:

- Sequence 1: running of the first team member on the run loop
- Sequence 2: shooting standing of the first team member: 4 arrows + 2 spare arrows if needed
- Sequence 3: possible penalty loops of the first team member
- Sequence 4: running of the first team member on the run loop
- Sequence 5: shooting kneeling of the first team member: 4 arrows + 2 spare arrows if needed
- Sequence 6: possible penalty loops of the first team member
- Sequence 7: hand-over to the second team member
- Sequence 8: running of the second team member on the run loop
- Sequence 9: shooting standing of the second team member: 4 arrows + 2 spare arrows if needed
- Sequence 10: possible penalty loops of the second team member
- Sequence 11: running of the second team member on the run loop
- Sequence 12: shooting kneeling of the second team member: 4 arrows + 2 spare arrows if needed
- Sequence 13: possible penalty loops of the second team member
- Sequence 14: hand-over to the third team member
- Sequence 15: running of the third team member on the run loop
- Sequence 16: shooting standing of the third team member: 4 arrows + 2 spare arrows if needed
- Sequence 17: possible penalty loops of the third team member
- Sequence 15: running of the third team member on the run loop
- Sequence 16: shooting kneeling of the third team member: 4 arrows + 2 spare arrows if needed
- Sequence 17: possible penalty loops of the third team member
- Sequence 18: running of the third team member to the finish

#### 34.3.4.3.2 Mixed Team Double Sprint

In the Mixed Team Double Sprint competition a team consists of two 2 archers, 1 man and 1 woman.

The competition sequences are as follows:

- Sequence 1: running of the woman on the run loop
- Sequence 2: shooting standing of the woman: 4 arrows + 2 spare arrows if needed
- Sequence 3: possible penalty loops of the woman
- Sequence 4: hand-over to the man
- Sequence 5: running of the man on the run loop
- Sequence 6: shooting standing of the man: 4 arrows + 2 spare arrows if needed
- Sequence 7: possible penalty loops of the man
- Sequence 8: hand-over to the woman
- Sequence 9: running of the woman on the run loop
- Sequence 10: shooting kneeling of the woman: 4 arrows + 2 spare arrows if needed
- Sequence 11: possible penalty loops of the woman
- Sequence 12: hand-over to the man
- Sequence 13: running of the man on the run loop
- Sequence 14: shooting kneeling of the man: 4 arrows + 2 spare arrows if needed
- Sequence 15: possible penalty loops of the man
- Sequence 16: running of the man to finish

#### 34.3.4.4 Start numbers

The start number is for the team.

For differentiating the team members and facilitate the pursue of the competition, the start numbers shall have different colours and/or an additional letter or number as for example:

(see image 10: Run Archery team names)

	Single Relay	Single Sprint Mixed Relay
team "154" 1 <sup>st</sup> member	Blue and/or 154-1	Red and/or 154-1
team "154" 2 <sup>nd</sup> member	Red and/or 154-2	Yellow and/or 154-2
Team "154" 3 <sup>rd</sup> member	Yellow and/or 154-3	

**Image 10:** Run Archery team names



#### **34.3.4.5 Practice targets and target assignment**

*The attributed target number is the same as the start number.*

#### **34.3.4.6 Spare arrows**

*The rules for spare arrows are the same as for Individual Sprint. See Article 34.3.2.3.*

#### **34.3.4.7 Time measurement**

*The competition time of a relay team member is the elapsed time from the start or hand-over to the hand-over or the finish. The time of the incoming member stops when he crosses the timing line into the hand-over zone, and the time of the outgoing member begins at the same moment.*

*The total competition time of a relay team is the period of elapsed time between the crossing of the start line by the first team member and the crossing of the finish line by the last team member.*

*The competition time which is measured electronically or manually must be registered by 1/100 of a second (0.01).*

#### **34.3.4.8 Hand-over zone**

*Only the team member in attendance (1 per team) shall be in the hand-over zone when the precedent team member has left the zone.*

*The team member must be touched by the his/her team member who is entering the hand-over zone (entry line completely crossed).*

*The hand-over shall only be done in the hand-over zone in between the boundary lines.*

#### **34.3.4.9 Start**

*All first members of the teams shall start simultaneously.*

#### **34.3.4.10 Finish**

*Finish is the moment when the competition time of a team ends. When electronic timing is used, the finish occurs when the athlete breaks the beam of the electronic sensor at the finish line.*

*When manual timing is used, the finish occurs when the last archer crosses the finish line with his body.*

#### **34.3.4.11 Results**

*The placing of the relay teams in the results shall be decided by the order of finish of their last athlete, except when the chairperson of judges has imposed time penalties or made time adjustments.*

#### **34.3.4.12 Ties**

*There shall be no ties in the relay finals.*

# Appendix 3

## Run Archery layouts

### *Example of Run Archery competition site*

(see image 11: Run Archery layout 1)  
 (see image 12: Run Archery layout 1 legend)



**Image 11:** Run Archery layout 1

Number	Zone	Competition format		
		Individual 4K (4x1000m)	Individual Sprint (3x400m)	Team Sprint, Mixed Team Sprint
1	Start zone	✓	✓	✓
2a	Run loop 400 meters		✓	✓
2b	Run loop 1000 meters	✓		
2c	Corridor last run loop	✓	✓	
3	Official shooting range on 18 meters	✓	✓	✓
4a	Penalty loop 60 meters		✓	✓
4b	Penalty loop 150 meters	✓		
5	Finish zone (40 meters straight)	✓	✓	✓
6	Hand-over zone			✓
7	Practice field	✓	✓	✓

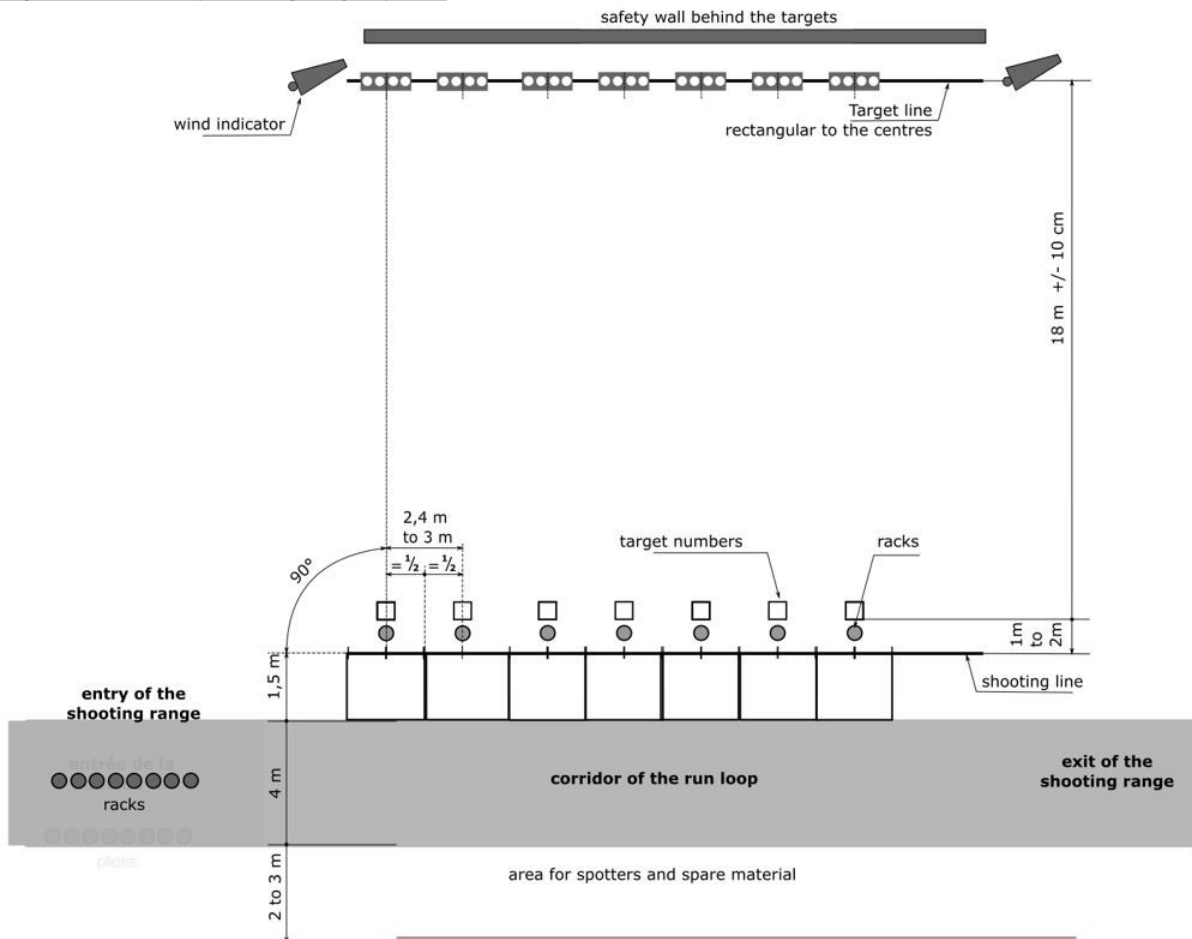
**Image 12:** Run Archery layout 1 legend

### *Shooting range configuration*

(see image 13: Run Archery shooting range layout 1)  
 (see image 14: Run Archery shooting range layout 2)



**Image 13: Run Archery shooting range layout 1**

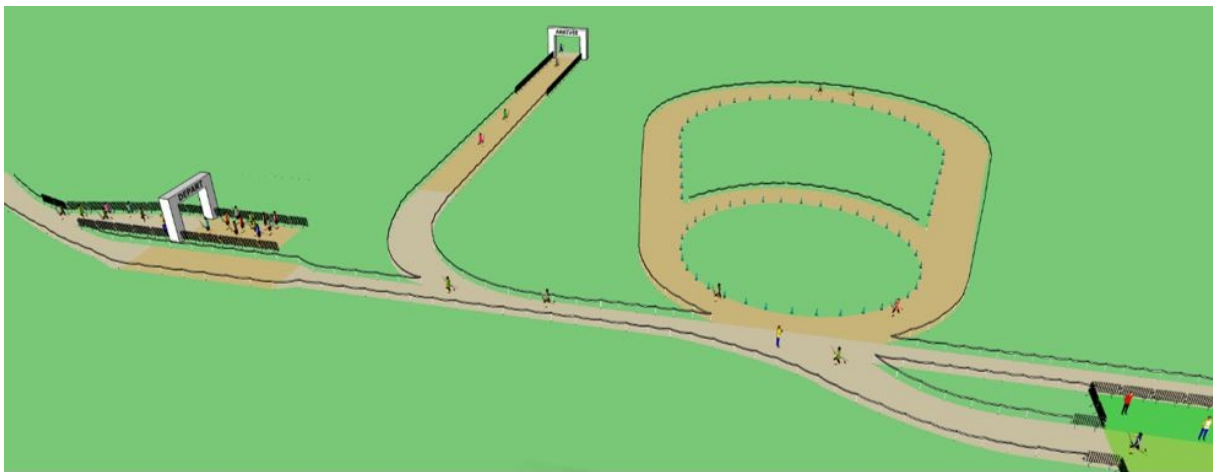


**Image 14: Run Archery shooting range layout 2**

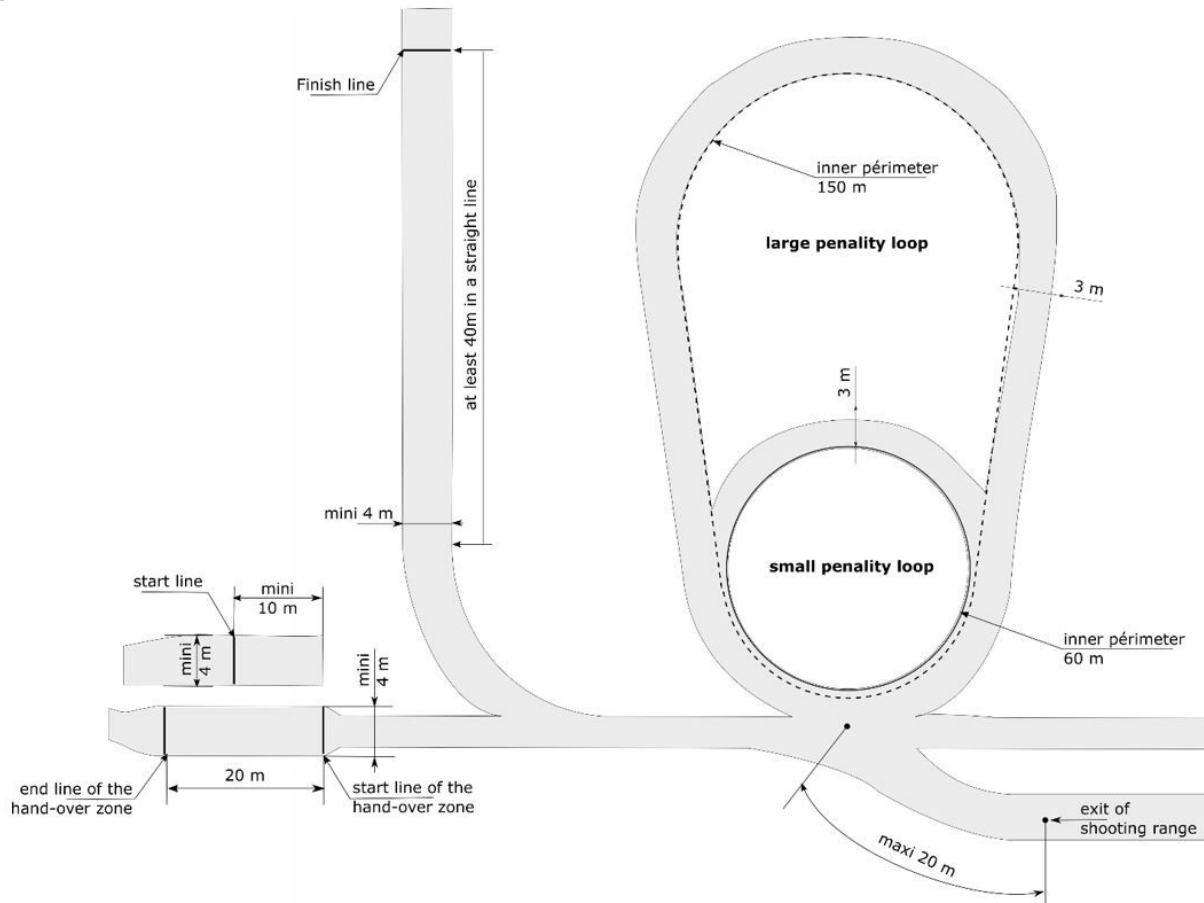
## ***Dimensions of the zones and distances***

*(see image 15: Run Archery layout 2)*

*(see image 16: Run Archery - dimensions of the zones and distances)*



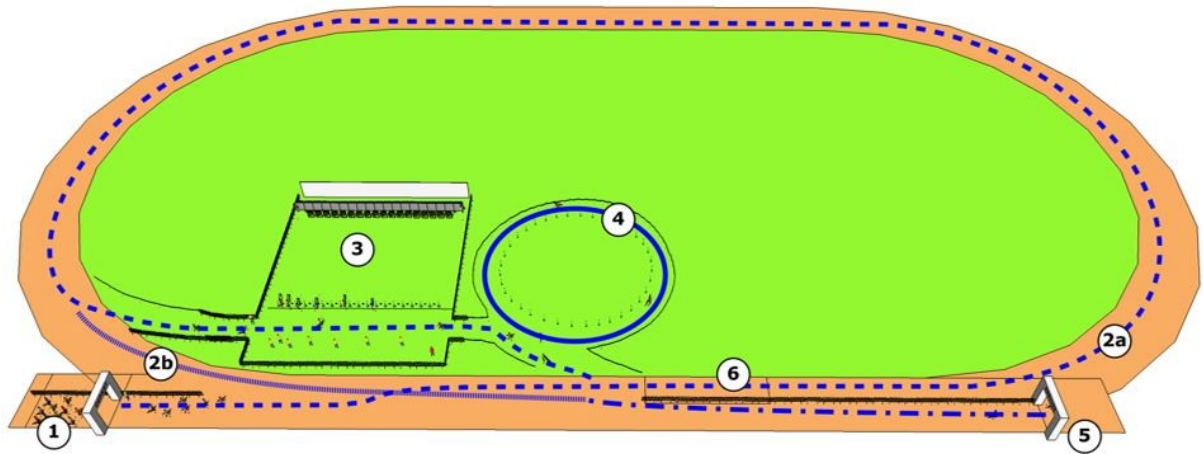
**Image 15:** Run Archery layout 2



**Image 16:** Run Archery - dimensions of the zones and distances

## Example of a configuration

Can be used in a stadium for Individual Sprint, Team Sprint, Team Double Sprint, Mixed Team Sprint and Mixed Team Double Sprint.  
(see image 17: Run Archery range layout example for Sprint formats)



Number	Zone	Competition formats	
		Individual Sprint (3x400m)	Team Sprint, Team Double Sprint, Mixed Team Sprint, Mixed Team Double Sprint
1	Start zone	✓	✓
2a	Run loop 400 meters	✓	✓
2b	Corridor last run loop	✓	
3	Official shooting range on 18 meters	✓	✓
4	Penalty loop 60 meters	✓	✓
5	Finish zone (40 meters in a straight line)	✓	✓
6	Hand-over zone		✓

**Image 17:** Run Archery range layout example for Sprint formats