

Rulebook

Germanys open Runarchery Cup



Version of
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Rulebook of Germany Cup for Runarchery

1 Runarchery

1.1 Runarchery is a combination sport of running and archery, whereby the running course can also be a cross-country course.

The rules refer to the international rules of the World Archery Europe (WAE) and to the competition rules of the DBSV. Thus all athletes of different nations, age groups (AK) and bow classes, except compound bows, have permission to participate in the German Cup for Runarchery.

2 Categories

2.1 Gender

There is a classification into female and male athletes.

2.2 Age groups (AK)

All age groups are allowed. The age and bow classes can be found in the overview in the following text (under 2.2.2 bow classes, overview: age class, bow class and target size).

2.2.1 The age groups are classified according to the international Run-Archery (WAE) rules.

AK U12/14 (Aspirants)

AK U17/20 (Juniors)

AK 21-49 (Seniors)

AK > 49 (Masters)

In all archery competitions of the Cup, the age groups Ü 40 (over 40 years) and Ü 50 (over 50 years) are offered for female and male athletes. For the Cup classification, the age group Ü40 is combined with the other age groups to form one age group; Senior (21-49 years).

The length of the running course varies according to the age group and independent of the bow class according to the following overview: age group and running distance.

Age groups	Häufigkeit und Distanz der Laufrunden	distance of the penalty lap (ca. 15 % of the running lap)
U10 (Cadets)	4 x 300-400 m	ca. 45-60 m
U12/U14 (Aspirants)	4 x 400-600 m	ca. 60-90 m
all other (Juniors, Seniors, Masters)	4 x 800-1000 m	ca. 100-120 m

Overview: age group and running distance

2.2. Bow classes

You can participate in the traditional and/or in the standard bow class. Shooting with a compound bow is not allowed. If runs are offered and carried out in the standard and traditional bow class, then the athletes will be evaluated in the corresponding bow class. A double entry in both above mentioned bow classes is allowed..

The same target size of 20 cm applies to all bow classes.

Age groups	Bow class	Target size
U10 (Cadets)	traditional	20 cm
	standard	20 cm
U12/U14 (Aspirants)	traditional	20 cm
	standard	20 cm
all others (Juniors, Seniors, Masters)	traditional	20 cm
	standard	20 cm

Overview: age groups, bow class, target size

2.2.3 Target and shooting distance

The target has a size of 20 cm in all bow classes. The target can be paper supports, so-called spots (field) or Drop-down targets, which are aligned in a horizontal plane (see Fig. Targets). The four targets are shot with four arrows each. A hit can only be given if the arrow is inside the black field. A shooting order can be specified when using the paper pads. It is recommended to shoot from left to right. At the end each target must be hit with an arrow, only then the shooting is to be evaluated as error-free. The non-meeting of one or more targets is punished with appropriate penalty rounds. The number of penalty rounds corresponds to the number of missed targets. For example: one error means one penalty round and two errors lead to two penalty rounds.

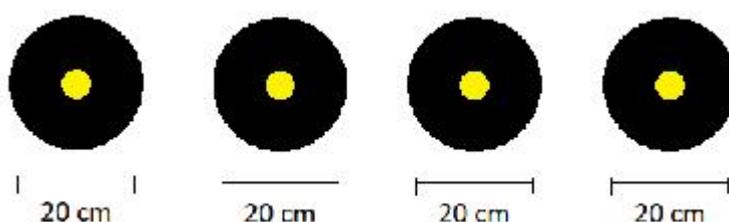


Fig. Targets

The distance to the finish depends on the age group. This means the younger athletes in the AK U12/U14 (Aspirants) and younger, shooting at a shorter distance, of 10 m. All other age groups from U17 and older (Juniors, Seniors, Masters) shoot at a maximum distance of 20m. Therefore there are two shooting lines: for the children of the age group U12/14 and younger, in the distance of 10 m to the target and for all other age groups a shooting line with a maximum distance of 20 m (see overview: age groups and shooting distance and illustration shooting distance).

Age groups	Shooting distance	Schießlinie
U10 (Cadets)	10 m	2
U12/U14 (Aspirants)	10 m	2
all others (Juniors, Seniors, Masters)	max. 20 m	1

Overview: Age groups and Shooting distance

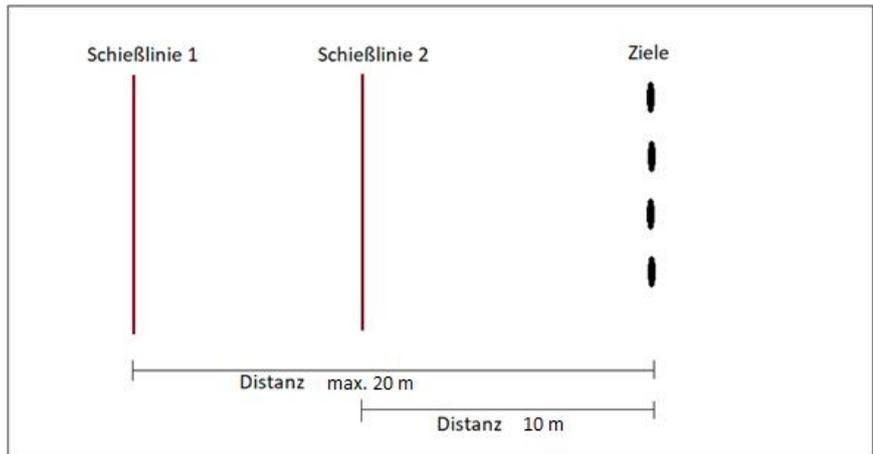


Fig. Shooting distance

2.2.4 Running and shooting position

In total, all age groups run four times and shoot three times with four arrows each, so that each athlete needs a total of 12 arrows. All athletes from the age group U17 shoot standing after the first round, kneeling after the second and standing again after the third (see figure). Athletes of the age groups under U17 and from 50 years of age are free to shoot in alternating positions or standing only.

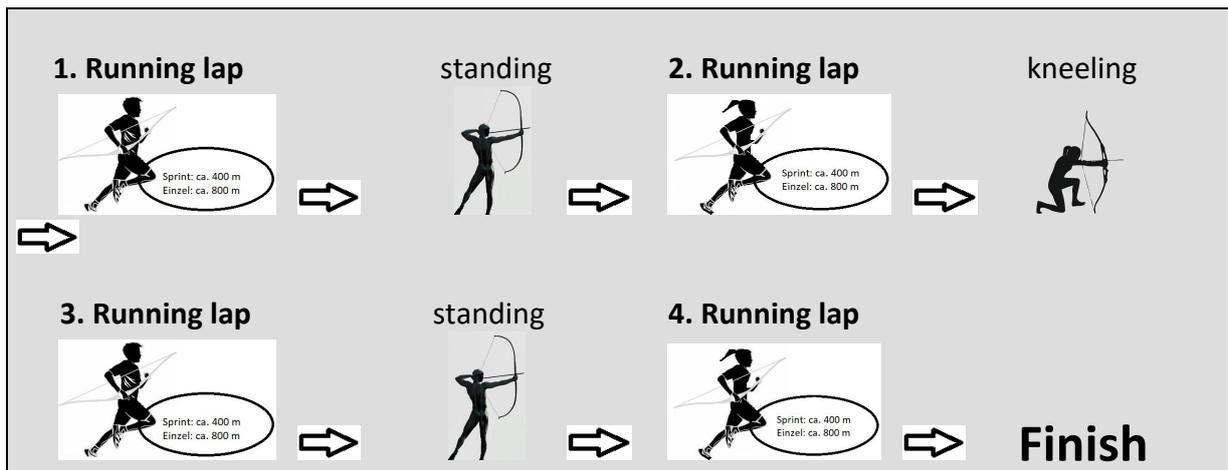


Fig. Procedure Running - Shooting - Running

3 Competition

3.1 There are different competition modules (see overview below)

1	2	3	4	5
Age groups	Distance and competition modules	Running laps	Shooting position 4 arrows per Target and shooting position	Penalty lap ca. 15% of the running lap
U10, U12/14	1,2-1,6 km Individual (long distance) 1,6-2,4 km Individual (long distance)	4 x 300-400 m 4 x 400-600 m	standing, standing, standing ⁱ	45-60 m 60-90 m
U17/20 21-49	3,2 km Individual (long distance) +/- 5%	4 x 800 m	standing, kneeling, standing,	100-120 m
Ab 50	3,2 km Individual (long distance) +/- 5%	4 x 800 m	standing, standing, standing ⁱ	100-120 m
ALLE	Relay two Athletes mixed female/male in sprint +/- 5%	2 x 400 m per athletes	first athletes standing, second athletes kneeling, and 2 spare arrows per shot	60 m
	Relay three Athletes same gender in sprint +/- 5%	2 x 400 m per athletes	first athletes standing, second athletes kneeling, third athletes standing and 2 spare arrows per shot	60 m
	1,2 km Sprint +/- 5%	3 x 400 m	standing, kneeling ⁱⁱ and 2 spare arrows per shot	60 m

ⁱ Athletes in this age group are free to change their shooting position or to shoot standing only.

ⁱⁱ Athletes of the AK U10, U12/14 and over 50 years of age are free to change their shooting position or to shoot standing only.

4 Scoring system

4.1 Documentation of the competition performance

For the documentation of the competition performance of athletes a point system is used within the cup. The athletes who have scored the most points in the Cup season win the Cup. Four out of six competitions will be scored. The four best results will be included in the overall ranking of the German Bow Running Cup. Athletes should have taken part in at least three competitions in order to be included in the overall ranking. A lower participation in the competitions will not be considered in the overall evaluation and will not be awarded.

4.2 Scoring system

The following scoring systems are used.

- a. Runarchery Cup: Total result;
- b. Runarchery Cup: Individual result (long distance);
- c. Runarchery Cup: Sprint result;
- d. Runarchery Cup: Relay rating;
- e. Runarchery Cup: Clubs rating.

The point systems a. and b. are mandatory. All other scores can be consulted later by the clubs if further competitions are to be offered in the future.

4.3 Points for the placement

1st place	66 points;
2nd place	60 points;
3rd place	54 points;
4th place	50 points;
5th place	46 points;
6th place	42 points;
7th place	38 points;
8th place	36 points;
9th place	34 points;
10th place	32 points;
11th place	30 points one point less will be awarded for each of the further descending places
... 40th place	(1 point).

5 Award ceremony

5.1 Award ceremony at station competitions

In the station competitions, the first three winners in the above four age groups, divided into male and female, will receive a prize.

For example, in the form of a medal, trophy, material prize or similar. In addition, a certificate is awarded up to the sixth place. This certificate should show the athletes' performance data as well as all the clubs and sponsors who will carry out and support the Cup.

5.2 Award of the Cup in the total ranking

Here only the first three places with a trophy or bigger material prize in the above mentioned four age groups and the corresponding bow classes will be awarded, each subdivided into female and male excellent. The award ceremony of the Cup will take place at the last stage of the competition.