



8th TZMO Group Olympics 2018

Regulations for individual competitions

The final regulations can be changed and shall be published together with championship systems, when lists of teams and participants are prepared.

Badminton

Court dimensions: 4.5x12m.

Games shall be played with shuttlecocks provided by the Organiser. The Organiser shall provide racquets, when necessary. It is also possible to use own racquet.

1. A match shall be played to best of three sets. A set shall be won by a player first scoring 15 points.
Should the score be 14:15, the players shall continue until one of them gains 2 point advantage.
2. Service court.
 - a. The server and receiver stand on their right service courts if the server's current score is an even number (0, 2, 4, 6, 8...)
 - b. The server and receiver stand on their left service courts if the server's current score is an odd number (1, 3, 5, 7, 9...)
3. Serving
 - a. The server and receiver shall stand on diagonally opposing service courts, not touching any lines.
 - b. The shuttlecock may touch the net both during service and play.
 - c. Both service methods are permitted:
 - i. Short service – the server holds his racquet close to his body, torso height
 - ii. Long service – the server moves the racquet from behind his back.
4. For safety reasons, the players must have proper shoes, preventing slipping on the court's surface.

Running

1. The mass start competition shall be held over a distance of 3000 meters.
2. The final order shall depend on the best times.
3. The race shall be started with a whistle.
4. The race shall be run along the course designated by the Organisers.
5. General fair play rules
 - 5.1. A runner starting twice before the whistle shall be disqualified.
 - 5.2. A runner hindering other runners can be disqualified.
 - 5.3. A runner attempting to take a short-cut can be disqualified.

Dart - team competition

1. Rules for the game and settling the match:
 - 1.1 The match shall cover three games. One game shall be played by a pair of players from two competing teams.
 - 1.2 Pairs of players from two competing teams shall be drawn before the match.
The competition shall be held simultaneously on three boards.
 - 1.3 A team scoring 2:1 or 3:0 in the games shall the match.
 - 1.4 A game shall be contested between two players to two legs won (1 leg = 1 game). A game (leg) shall be started by the player whose dart hits closer to the centre.
 - 1.1 Each player shall have three throws per one turn. The throwing player must stand behind the oche located 2.37 m away from the board.

1.5 A game (leg) shall be started with a score of 301.

1.6 The leg shall be won by the player first reaching an exact score of "0" by throwing 3 darts and deducing the obtained score from the current result. When a player hits a section reducing their score below zero, their turn ends and their score is reset to the value prior to starting that turn. In the "double out" version, in force from the semi-finals stage, the last throw must hit directly a double section ("the double") or the centre (bull's eye) and reduce the player's score to zero.

1.5 When no player scores 0 during 15 turns, and both players have less than 50 points, a throw to the centre of the board shall be decisive. In other event, a player with lower score wins.

2. Scoring rules.

2.1 Each throw scores according to points assigned to a section hit by a dart. There following exceptions shall apply:

a. when a narrow external part of a section (double ring) is hit, points assigned to the hit sections are multiplied by 2;

b. when a narrow inner part of a section (triple ring) in the middle between an outer wire and inner ring is hit, points assigned to the hit sections are multiplied by 3.

2.2 The centre of the board is divided into:

- external ring ("bull"), worth 25 points when hit;
- inner, central ring ("bull's eye"), worth 50 points when hit.

2.3 Hitting outside the outer wire scores zero.

Rowing ergometer

Individual competition

The competition shall be held on rowing ergometers Concept II, drawn by competitors before the start, at a distance of 1000 meters for men and 500 meters for women.

1. The contestant with the best time of all contestants, as measured by computer, shall win.
2. Contestants with the same time shall compete at the additional distance of 200 meters for men and 100 meters for women.
3. When any ergometer fails within 20 seconds from the start, the race shall be stopped and then restarted.
4. A technical failure of the ergometer later in the run shall authorise a contestant to an individual attempt to cover the distance no later than within 30 minutes of the planned start in a given competition.
5. An airflow damper and a gear (load and gear) can be selected freely. They can be set by a contestant before the race.

Streetball

Court dimensions: 10m x 15m.

Orlik type pitch.

1. Rules for teams:

1.1. A team shall consist of 3 players plus 1 substitute.

1.2. A match must be started by 3 players, but can be ended by 2.

2. Rules of the game:

2.1. A coin toss shall decide which team starts the game.

2.2. After each change in possession resulting from the game, the ball must be taken behind the 6.25 m line, e.g., when the ball is taken over or after rebounding in defence. When this is not done, the ball shall be lost automatically.

2.3. After a foul or mistakes such as steps, out and any other violation resulting in a change of possession, the ball shall return to the game from behind the end line.

2.4. There shall be no jump balls. When the ball is held, the ball shall be granted to a defending team.

2.5 Player substitutions shall be flying and possible only when play is stopped.

Substitutions in each team shall be unlimited.

2.6 For each 5 and subsequent team foul, a fouled player shall make one free throw for 1 point.

2.7 An unsporting foul of a player or a technical foul shall result in one free throw and passing the ball to the opponent team.

2.8. A referee can order a throwing action when the play is passive.

3. Rules for scoring and settling the match:

3.1. The play shall continue until 15 points are scored or for 10 minutes. During free throws the time shall be stopped. The Organiser reserves a right to change the play time, depending on a number of the teams entering.

3.2. When the game ends after 10 minutes, a team with the higher score shall win.

3.3 In the event of the draw, the "golden basket" rule shall apply - the team that scores in the maximum overtime of 3 minutes, shall win. When the outcome is not settled, there shall be a series of free throws, one for each team, until one team wins.

3.4. All throws from within a semi-circle marked with the 6.25 m line shall be worth 1 point.

Throws from behind the 6.25m line shall be worth 2 points.

Football

Pitch dimensions: 30m x 62m.

Goal dimensions: 5m x 2m.

Orlik type pitch.

1. Rules for teams:

1.1. A team shall consist of maximum 10 players (minimum 6).

1.2. 6 players, including a goalkeeper, shall be present in the pitch during the match.

1.3. Footwear approved for use on an artificial surface, without studs or screw-in studs, shall be worn.

1.4 The Organiser reserves a right to disqualify individual players, when they use inappropriate footwear.

2. Rules of the game:

2.1. A coin toss shall decide which team starts the game.

2.2. The play time shall be 2 x 10 minutes, with a 3 minutes break and switching ends of the field, and it can be prolonged or shortened depending on the number of team entries.

2.3. "No offside" rule shall apply.

2.4. A penalty shall be made from a distance of 8 meters from the goal.

2.5. Player substitutions shall be made in designated places and shall be free (flying) according to the hockey system. During substitution a player can enter the field only when their partner from the team leaves the field. The substitutions must be done near the field middle line, within 3 meters of it.

The goalkeeper can be substituted by any player, but solely and only during a break in play, and always with a referee consent.

2.6. When the ball is kicked out of bounds, it shall be re-kicked from the spot of original kickoff.

2.7. Individual penalties:

- warning;

- yellow card - a player leaves the field for 2 minutes;

- second yellow card - a player leaves the field for 5 minutes;

- red card - a player is excluded from the play and from the subsequent match;

- unsporting behaviour - disqualification.

Table football

1. A team shall consist of two contestants.

2. Substitutions between players (forward, defender) shall be possible:

- between matches;

- after each goal;

- during the break.

3. A team scores a goal when the ball gets into the goal. When the ball is kicked into the goal and falls out, the goal has not been scored.

4. It is forbidden to spin a figure more than 360 degrees. A goal scored this way is not acknowledged.
5. In case of any disputes during the match, players shall follow the Fair Play rule and select the best solution themselves.

Plank

Rules:

1. Position supported on forearms, with, elbows set in one line with shoulders
2. Legs together or slightly apart – max. hip width
3. The body straight (shoulders, hips and ankles are in a straight line)
4. After the "start" command it is forbidden to change your body alignment by:
 - setting your legs and/or arms wider or closer apart;
 - lifting or lowering your hips;
 - lifting your feet and/or arms;
 - supporting a knee on the ground;
 - supporting your head on forearms or hands.
5. The only allowed movement is of your head.

Long-distance regatta on Wisła

1. Teams of 3–5 people compete in the regatta.
2. Open cockpit yachts of PUCK type will compete in the regatta.
3. Before the start, yachts will be towed to the height of the motorway bridge.
4. The regatta will be held on Wisła between the motorway bridge and the AZS heaven, downstream (one race).
5. The start of the race is foreseen for June 9, 2018, 10:00 a.m. and the end on the same day, 12:00 p.m.
6. The teams should arrive to the AZS port at 8:00 a.m., to rig the yachts and prepare them for towing.
7. Details of the race will be discussed at a briefing before the regatta (depending on a direction and strength of the wind on that day).
8. Use of other than wind driving power during the regatta will result in disqualification of the team.
9. The team captain must have **yachtmaster qualificatons.**
10. The whole team must wear life jackets.

Medicine ball throw

1. The competition shall be held separately for women (ball weight - 3 kg) and men (ball weight - 5 kg).
2. The throw should be made with two hands, overhead, while standing with a back to the throwing line. Crossing the line and touching the ground with any part of the body before the ball touches the ground means a miss-throw.
3. Each contestant has 3 throws. The best result shall be taken into account.
4. When several contestants achieve the same distance, the second best result shall be decisive.
5. Any doubts, disputes or inaccuracies shall be settled by a referee.

Beach volleyball

Court dimensions:

- a rectangle of 16 x 8 m (one half of the field is 8 x 8 m);
- two side lines and two end lines mark the field and are located in the field;
- there is no middle line.

Net height: 224 cm.

1. Rules for teams:
 - 1.1 A team shall consist of 3 players plus 1 substitute.
 - 1.2. A match must be started by 3 players, but can be ended by 2.
2. Rules of the game:
 - 2.1 A coin toss shall decide which team starts the game.
3. Rules for scoring and settling the match:
 - 3.1 A match during the group stage shall consist of 2 sets to 11 points (without advantages). A match can end with a win at 2:0 or draw at 1:1.
 - 3.2 In semifinals, third place playoff, and the final match, the match shall be played to best of 3 sets played to 11 points (without advantages).
4. Individual penalties:
 - warning;
 - yellow card - a point is lost;
 - red card - a player is excluded from the play;
 - unsporting behaviour - disqualification.

Air pistol shooting

1. The Organiser shall provide pistols used in the competition.
2. A distance to the target is 10 m.
3. Each contestant shall be entitled to 5 sighting shots and 10 competition shots. The jury shall establish a score based on 10 competition shots. Hitting a line shall be treated as hitting a section with higher score. When shooters score the same number of points, the number of shots with higher score shall be decisive for the order. Rules for calculating the score and for classification conform to PZSS regulations.
4. The total time of the competition is 15 minutes.
5. The shooting positions are assigned by drawing.

Chess

1. Chess tournament shall be held in the Swiss system, with 7 rounds.
2. Game rate: 10 minutes per player per game.
3. Regulations of the Chess Code for the fast chess shall apply.
4. The tournament shall be judged by a judge with the PZSzach licence.
5. Computer matching.

Table tennis

1. Rules for the game and settling the match:
 - 1.1 A coin toss shall decide which player starts the game.
 - 1.2 A match shall be played to best of three sets.
 - 1.3 Sets shall be played up to 11 points, with 2 points advantage maintained; without a limiting point.
 - 1.4 Each player serves twice, alternately, and from the moment the game reaches 10:10, once, until one player achieves a 2-point advantage.
 - 1.5 Each player must have their own table tennis racquet.

Tennis

1. Rules for the game and settling the match:
 - 1.1 Each player must have their own tennis racquet. The Organiser provides tennis balls.
 - 1.2 Matches shall be played to best of three sets (at a score of 6:6, a tiebreak to 7 points, with 2 point advantage).
 - 1.3 In the event of many entries, the matches shall start at 2:2 in each set, and at a score of 1:1 in sets - a super tiebreak to 10 points, 2 point advantage.
 - 1.4 In the event of many entries, matches can be held on Friday, June 10 and on Saturday, June 11, 2016, or on any other day preceding the Olympics.

Cycling ergometer

The competition shall be held on a bicycle installed on the Elite trainer.

Distance – 1.51 km. Route name - ANDORRA

1. A participant can use their own bicycle or a bicycle provided by the Organiser. When the participant uses their own bicycle, it must be provided with *slick-type* tyres (*for a simulator other than Real Turbo Muin or Real Turbo Muin B+*). When the participant's bicycle does not meet the requirement specified in the previous sentence, the participant can only use the bicycle provided by the Organiser.
2. The Organiser shall provide an option to install participant's pedals on the provided bicycle, provided it is technically feasible.
3. The winner is a participant with the best time. When two participants achieve the same time, an extra race shall be held over the same distance.
4. The start is from the spot (0 km/h), and contestants can start pedalling when the countdown appearing before the start ends.