

TECH INSTRUCTIONS

2nd INTERNATIONAL PACES COMPETITION-2018

1. **General.** PACES (Physical Agility and Combat Efficiency System) has become a brand name in physical fitness not only in Pak Army but International after successful completion of 1st International PACES Competition. Physical fitness being the cornerstone of combat readiness is known to all Armies of the world. These competitions have not only motivated and inspired soldiers; they have incentivized them through emergence of the “Fittest of the Fit” role models. 2nd International PACES Competition is scheduled from **08 to 14 Oct 2018 at Lahore, Pakistan.**

2. **Aim.** To provide technical guidelines to all concerned for smooth conduct of 2nd International PACES Competition.

3. **Scope.** These instructions will remain confined to the technical conduct of 2nd International PACES Competition 2018. Following aspects will be covered in the Instructions:-

- a. Basic parameters.
- b. Conduct modalities.
- c. Miscellaneous aspects.

4. **Basic Parameters**

- a. **Team Composition.** Composition of each team as per their participation status is enunciated as follows:-

Serial	Team	Manager	Participants Included Team Captain	Reserve	Total	Remarks
(1)	International	1	9	2	12	Competitive status
(2)	“	Any number of participants				Participation status

Serial	Team	Manager	Participants Included Team Captain	Reserve	Total	Remarks
(3)	“	Any Individual for any single event				“
(4)	National	1	9	2	12	

- b. **Participation.** Following teams will participate in the subject competition:-
- (1) International teams - All International teams of friendly countries
 - (2) National teams - 10 x Field Army teams
- 5 x Regimental Training Centers teams
- c. **Eligibility Criteria.**
- (1) The Championship will be open for all ranks.
 - (2) There is no bar on age of participants.
- d. **Run Time display of results**
- (1) **Championship Management System (CMS)** will be deployed for automated scoring
 - (2) Real time updating of **scoring will be screened** for all stake holders and spectators, ensuring transparency
- e. **Scoring System.** Detailed scoring system is placed at Annexure A.
5. **Incentive and Awards.**
- a. **Team.** Team positions for award of Gold, Silver and Bronze medals will be ascertained by following procedure.
- (1) **Points distribution.**

(a) Points for first 5 **team positions** achieved in each event (3.2 Km, Pull Ups, Sit Ups, Push Ups, CET) by the teams are as under:-

- i. 1st position in each event - 50 points
- ii. 2nd position in each event - 45 points
- iii. 3rd position in each event - 40 points
- iv. 4th position in each event - 35 points
- v. 5th position in each event - 30 points
- vi. Total points for 5 x events (50x5) =**250 points**

(b) Points for First 5 **Individuals Positions** in Each Event (3.2 Km, Pull Ups, Sit Ups, Push Ups, CET) are as under:-

<u>Serial</u>	<u>Position</u>	<u>Points</u>	<u>Total Event</u>	<u>Marks</u>
i.	1 st position	10	5	50
ii.	2 nd position	8	5	40
iii.	3 rd position	6	5	30
iv.	4 th position	4	5	20
v.	5 th position	2	5	10
vi.	Max Attainable Points			82

(c) **Team positions**. Team positions will be determined by following formula.

$$\frac{\text{Total points achieved by a team}}{332} \times 100 = \%age$$

b. **Prizes**. Following prizes will be awarded to competing teams:-

(1) **Team Medals** Gold, Silver and Bronze Medals as per following band of %ages will be awarded to the teams:-

(a) Gold - 75% - 100%

(b) Silver - 60% - 74%

(c) Bronze- 40% - 59%

(2) 3 out of 15 National Teams (Pak 1,2,3) will be considered for award of Gold, Silver and Bronze medals respectively.

(3) **Individuals Medals.**

(a) Overall Top three participants "**Fittest of the Fit**" will be announced as recipients of Gold, Silver and Bronze Medals.

(b) Top three position holders of all 5 events will be awarded Gold, Silver & Bronze medals.

(4) **Certificates** Following certificates will be awarded:-

(a) Merit Certificates - Top 100 Individuals

(b) Participation Certificates - All participants

(5) **Consolation Prize.** The individuals of friendly countries attempting for any event will be awarded with consolation prizes.

c. **Schedule of Event.** Schedule of each event will be as under:-

Serial	Event	Date	Event Time
(1)	Opening Ceremony	D-Day	Afternoon
(2)	3.2 Km	D+1	Morning
(3)	Pull Ups	D+1	After Noon
(4)	Sit Ups (time for each detail 30 mins)	D+2	Morning
(5)	Push Ups (time for each detail 30 mins)	D+3	Morning
(6)	CET	D+4	Morning
(7)	Closing Ceremony / Prize Distribution	D+5	After Noon

6. **Composition of Board / Committees.**

- a. **Technical Committee.** Details to be:-
- (1) Director Competition- Director Army PACES Cell.
 - (2) Members - 1 x Major ex PACES Cell.
 - 1 x Officer ex Regimental Training Centers
 - 1 x Major ex Junior Leadership Academy
 - **1 x Representative from each International Team**
 - 1 x Junior Commissioned Officer ex PACES Cell.
 - 5 x Member Committee of Championship Management System
- b. **Evaluation Board.** Details to be:-
- (1) President - To be detailed by Military Training Directorate
 - (2) Members - 1x Lieutenant Colonel ex Inspector General & Evolution Branch
 - 1x Major ex Army Services Corps Center
- c. **Tabulation Committee.** Details to be:-
- (1) 1 x Major - Army PACES Cell
 - (2) 1 x Junior - Army PACES Cell
Commissioned Officer
 - (3) 2 x Clerks - Army PACES Cell

- (4) 1 x Member - Each International team of competitive status

d. **Technical Officials - 3.2 Kilometer Run.**

- (1) 2 x Starter (including 1 x International Official).
 (2) 8 x Track Judges.
 (3) 3 x Time Keepers (including 1 x International Official).
 (4) 10 x Points Umpires.
 (5) 20 x Position Judges (including 2 x International Officials).
 (6) 3 x Disc Judges (including 1 x International Official).
 (7) 2 x Recorder.
 (8) 1 x Master Judge for announcement of time.

e. **Technical Officials - Sit Ups / Push Ups / Pull Ups Events**

- (1) Time Keeper / Starter.
 (2) Recorder.
 (3) 45 x Repetition Judges with 07 x Reserves.
 (4) 10 x International Repetition Judges.

f. **Technical Officials – Combat Efficiency Test**

- (1) Chief Judge - 2 x Lieutenant Colonels ex Military Training and Army Sports Directorate
 (2) Ground Referee - 2 x Majors ex Army PACES Cell
 (3) 3 x Technical Officials ex International Teams.
 (4) 4 x Time Keepers with whistle & score sheets (Start Point & Finish Point).
 (5) 4 x Starter (including 2 x International Officials).
 (6) 8 x corner judges with penalty cards & red flags (Agility Run, Ammunition Box lift & Fireman Lift).

7. Conduct Modalities

a. 3.2 Kilometer Test

- (1) Details will be made included 1 or 2 individuals of each team.
- (2) All team captains to give individuals name for each detail on the day of competition to PACES Tech Committee (Office) on a given performa.
- (3) Pushing / obstructing by any participant from Start Point till Finish Point is not allowed. If any participant is checked by Technical Officials he will be disqualified.
- (4) Supporting / helping in the form of pulling or pushing own team member during the course of run will render to disqualified of the individual who is found supporting / helping by Technical Officials or video coverage.
- (5) Points / scoring will be as per PACES Scoring System.

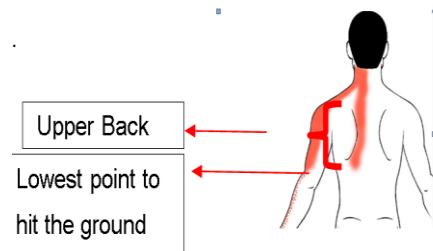
b. Pull Ups.

- (1) Details will be made included 1 or 2 individuals of each team.
- (2) No correction / indication of mistake will be announced by Technical Officials during test to avoid exhaustion.
- (3) Only repetition counted / not counted will be announced loudly by concerned Technical Official and counted repetitions will be shown to the participant after completion of event.
- (4) **Only over grip will be allowed for Pull Ups test.** The body must hang limply before attempting the first Pull Up (i.e. Pull Ups performed by jumping off the ground and using the ensuing momentum will not be allowed).

- (5) Minimum standard to qualify a single count of repetition is that chin should clear the bar.
- (6) The body is then lowered until the arms are straight.
- (7) Maximum allowable "Back and Forth" swing of body is 1.5 x feet while considering Pull Up bar as a Pivot.
- (8) Joining / Crossing of feet and straightening of legs is not binding. Swinging of body while attempting Pull Up is not permitted.
- (9) Knurled Pipe of 5 inches circumference will be used for Pull Ups.
- (10) No rest with chin or chest on the bar during Pull Ups. Only rest can be taken while leaving one hand.
- (11) Hand powder can be sprinkled by the participants before start of Pull Ups.
- (12) Gloves may be used for Pull Ups at the discretion of participant.
- (13) Three different set of Pull up bars of 7.5, 8, & 8.5 feet height and pipe with rough (*knurling*) surface will be used for individuals to undergo the Pull Up test.
- (14) Any participant if fell down from the bar will not be allowed to continue the test.
- (15) No physical help / support is allowed for any participant from start till finish.
- (16) Manual counting system along with time for test will be employed.
- (17) Marks as per the scoring system.

c. **Sit Ups.**

- (1) Details will be made included 1 or 2 individuals of each team.
- (2) All team captains to give individuals name for each detail on the day of competition to PACES technical committee (Office) on a given performa.
- (3) Maximum Time for the event is 30 mins.
- (4) Initial start is from lying on the back, fingers intertwined behind lapel of the neck; however fingers must remain in line / touched both ears during complete test. Hands are allowed to slide behind or beside the head in the line of ears.
- (5) Pipe fixed at 6 inches high from ground will be used.
- (6) Feet will be fixed under the sit up bar. If any participant takes out his feet he will be stopped from cont the test by Technical Official. Repetitions conducted before bringing the foot out of the bar will only be counted.
- (7) In the “up” position, the elbows must touch the middle of both thighs.
- (8) Separation of both knees in the line of shoulders during test is allowed.
- (9) Sit ups performed by lifting the seat will not be counted. Seat can only slide to and fro while remaining on gr. There must be gape of 6 inches b/w seat and heel.
- (10) Upper back must touch the ground for each repetition (lower end of seapula Bone.



- (11) Rest is allowed once in sitting position **while remaining in stance**. If the stance is broken then the individual will not be allowed to continue the test.
- (12) Marks will be given as per PACES scoring system.
- (13) Only repetition counted / not counted will be announced loudly by concerned Technical Official and counted repetitions will be shown to participant after completion of event.

d. **Push Ups.**

- (1) Details will be made included 1 or 2 individuals of each team.
- (2) All team captains to give individuals name for each detail on the day of competition to PACES technical committee (Office) on a given performa.
- (3) Maximum Time for the test is 30 mins.
- (4) While adopting push up position, torso to remain straight.
- (5) Separation of feet in the line of shoulders is allowed.
- (6) While adopting Push Up position, 5 inch lateral extension of both hands from the shoulder line is allowed.
- (7) Complete body must be lowered until at least a 90 degree angle is attained at the elbow complete body means lowering and raising of upper back and hips simultaneously like a plank.
- (8) The body is then raised until the arms are straight although they do not need to be locked at the elbow.
- (9) Rest is allowed while remaining in the stance. At any instance three out of four contact points (two hands and two

feet) with ground are to be ensured. Folding of leg outside prescribed line is not permitted.

- (10) In “**Up Position**” although elbows not locked but will be fully straighten.
 - (11) Only repetition counted / not counted will be announced loudly by concerned Technical Official and counted repetitions will be shown to the participant after completion of event.
 - (12) Marks as per the running scoring system.
- e. **Combat Efficiency Test (CET).**
- (1) Details will be made included 1 or 2 individuals of each team.
 - (2) Competition will be held on 2 x grounds, at firing ranges.
 - (3) 165 meters distance is covered in this test, soldiers’ time starts from point “A” who covers 40 meters distance of zigzag run and reaches point “F” (as per sketch given at **Annexure Q**) with speed and agility. From point “F”, he picks up the casualty (Fireman lift) by using his strength and **places** (not throwing) him at point “G” covering distance of 25 meters. Point “G” to “H” covers the distance of 12.5 meters by doing leopard crawl, and then he applies his tactical skills from point “H” to point “A” under 20 inch high, pitched barbed wire for 12.5 meters by doing kitten crawl. Then he clears 9 feet ditch from point “I”. From point “J” he lifts up ammunition box of 18 Kg weight in **both hands** and covers a distance of 25 meters (running in bowing forwarded position), places ammunition box at point “F”. While standing at point “K” picks up a grenade and lob it at a distance of 35 meters in target area (O-P) having diameter of 10 meters

(grenade **must cross** the grenade line vide Annexure Q) After, lobbing the grenade, he adopts push up position and counts 1-5 in a loud and clear voice. From point “K” he starts running towards point “L”, covering distance of 15 meters where he crosses 3 feet hurdle by dive roll. He picks up his weapon from point “M” by doing side roll. Finally he picks up loaded magazine from point “N” and fires 5 bullets at 1 x 1 target at 25 meters distance in kneeling position (specification of tgt are given at **Annexure P**). His time stops after the last bullet is fired from his weapon. Layout of CET ground is given at **Annexure Q**. Penalties of CET are given at para 5 of **Annexure B**. Detail conduct methodology of CET is as follows:-

- (4) Details will be made included 1x individual of each team.
- (5) Weapon - SMG / M4
- (6) Position - Kneeling
- (7) Minimum 2 x hits on target will be considered as qualified.
- (13) Figure 1' x 1' target will be used for live fire from 25 meters for each individual.
- (8) Loaded magazine will be placed at the firing point. Once the contestant reaches the spot, he will adopt kneeling position and load the weapon to fire 5 x rounds.
- (9) Spare weapon at firing point will be placed on the discretion of the individual.
- (10) While firing the feet of the individual must not cross the line at point “N”
- (11) Firing single shot or burst will be the discretion of participant.

- (12) Rounds not fired will be considered as rounds missed on target and additional 1 second for each unfired round will be added in total time.
- (13) Ammunition box of 18 Kgs weight will be used.
- (14) During CET, dummy grenade will be thrown.
- (15) A circle (diameter of 10 meters) will be mark at a distance of 30 meters from point F.
- (16) The grenade must cross the grenade line and land inside the circle. Landing of the grenade on the grenade line of 3 x inch width will also be considered as disqualified.
- (17) 1 x 1 meter box will also be prepared at the throwing point of the grenade. Participant must remain inside the box while lobbing the grenade.
- (18) Every participant has to negotiate all the obstacles. **If any obstacle is skipped intentionally or unintentionally**, the participant will be disqualified.
- (19) In fireman lift, casualty of any weight out of own team members will be selected and no dummy will be used.
- (20) While lifting ammunition box in both hands, body should be bent forwarded slightly while running to point "F".
- (21) Participant can adjust his weapon position as per his discretion at the firing point i.e., left handed firer / right handed firer.
- (22) Participants will fix their magazine by themselves and will not be rendered any support in case of any stoppage or malfunctioning of the weapon during conduct of fire.
- (23) Support or helping is strictly forbidden. Coacher is not allowed at firing point.

- (24) Reattempt for crossing the ditch is not allowed.
- (25) Odd Numbers details 1,3,5,7,9,11,13,15,17,19,21,23,25,27, 29 will run on ground 1 and even no details 2,4,6,8,10,12,14 16,18,20,22,24,26,28,30 on ground 2.

8. **Miscellaneous Aspects.**

- a. **PACES Championship Secretariat.** In order to ensure a smooth Technical Conduct of Competition, a Secretariat will be established at Ayub Stadium Lahore. This will serve as a facilitation center under 4 Corps and will be functional with effect from 20 Sep 2018 till completion of competition.
- b. **Dress.**
- (1) **3.2 Kilometer, Pull Ups, Sit Ups and Push Ups.** Sports kit of Respective Countries / Regimental Colours will be worn during above mentioned events.
- (2) **Combat Efficiency Test.** Respective Combat Dress without Helmet and Weapon shall be worn during Combat Efficiency Test.
- (3) All participating teams will wear respective Tracksuits and Camouflage Combat Dress at opening & closing ceremony respectively.
- c. **Chest Numbers.** All participants will display a **Chest Number** on front and back side. The chest numbers for all participating teams will be prepared by Organizing Unit of suitable material and dimensions with respective countries National flags (local teams will display Pakistani and Regimental Flag). Colour scheme, design and font size be so selected to afford identification of each individual through live video coverage.
- d. **Protests**

- (1) Written protest will be launched within 1 hour after the completion of test by specific detail to Secretary Jury of Appeal.
- (2) In case of fake / rejected protest for any event, the protesting team will be penalized by subtraction of bonus marks in the all events of one player nominated by Team Captain.
- (3) No audio / video evidence other than the authorized source will be accepted in case of protest.
- (4) The decision of jury of appeal will be taken as final. Technical Officials will assist, if require.

e. **Tie for Team / Individual Position**

- (1) In case of tie when two or more teams achieve same aggregate marks then the team who scores better in Combat Efficiency Test will be declared as winner.
- (2) In case of tie during Pull Up event the individual performing repetitions in lesser time will be considered as winner.
- (3) In case of overall “**Fittest of the Fit**” tie, the individual perform better in Combat Efficiency Test will be declared as winner.

Annexure A**PACES SCORING SYSTEM**

1. The aggregate score of **all 9 x individuals** of a team will be counted for final position of the team.
2. **Scoring System.** *Upward and downward trend will continue* in sliding scale of the scoring system as per its incremental value as given below:-
 - b. **3.2 Km.** At 10:30 mins, 50 x marks are given. Beyond 50 marks, every 3 x secs drop from 10:30 mins will add 1 mark in the score.
 - c. **Push Ups.** At 220 reps, 50 x marks are given. Beyond 50 x marks, every 4 x repetitions will add 1 x mark in the score.
 - d. **Pull Ups.** After scoring 10 x marks each rep will add 1 x mark in the score.
 - e. **Sit Ups.** At 340 repetitions, 50 x marks are given. Beyond 50 x marks, every 4 x repetitions will add 1 x mark in the score.
 - f. **CET.** At 80 secs included 5 x bullets hits on target, 10 x marks are given (centi secs will only be counted for tie position). For every 1 x sec of drop from 80 secs will add 5 x marks in the score.
 - g. Marking System is as fol:-

3.2 Km		PULL UPS		PUSH UPS		SIT UPS		CET	
Time	Mks	Reps	Mks	Reps	Mks	Reps	Mks	Time (Secs)	Mks
10.30	50	55	55	220	50	340	50	35	235
10.33	49	54	54	216	49	336	49	36	230
10.36	48	53	53	212	48	332	48	37	225
10.39	47	52	52	208	47	328	47	38	220
10.42	46	51	51	204	46	324	46	39	215
10.45	45	50	50	200	45	320	45	40	210
10.48	44	49	49	196	44	316	44	41	205
10.51	43	48	48	192	43	312	43	42	200

3.2 Km		PULL UPS		PUSH UPS		SIT UPS		CET	
Time	Mks	Reps	Mks	Reps	Mks	Reps	Mks	Time (Secs)	Mks
10.54	42	47	47	188	42	308	42	43	195
10.57	41	46	46	184	41	304	41	44	190
11.00	40	45	45	180	40	300	40	45	185
11.04	39	44	44	176	39	295	39	46	180
11.08	38	43	43	172	38	290	38	47	175
11.12	37	42	42	168	37	285	37	48	170
11.16	36	41	41	164	36	280	36	49	165
11.20	35	40	40	160	35	275	35	50	160
11.24	34	39	39	156	34	268	34	51	155
11.28	33	38	38	152	33	261	33	52	150
11.32	32	37	37	148	32	254	32	53	145
11.36	31	36	36	144	31	247	31	54	140
11.40	30	35	35	140	30	240	30	55	135
11.44	29	34	34	136	29	232	29	56	130
11.48	28	33	33	132	28	224	28	57	125
11.52	27	32	32	128	27	216	27	58	120
11.56	26	31	31	124	26	208	26	59	115
12.00	25	30	30	120	25	200	25	60	110
12.05	24	29	29	116	24	191	24	61	105
12.10	23	28	28	112	23	182	23	62	100
12.15	22	27	27	108	22	173	22	63	95
12.20	21	26	26	104	21	164	21	64	90
12.25	20	25	25	100	20	155	20	65	85
12.30	19	24	24	95	19	145	19	66	80
12.35	18	23	23	90	18	135	18	67	75
12.40	17	22	22	85	17	125	17	68	70
12.45	16	21	21	80	16	115	16	69	65

3.2 Km		PULL UPS		PUSH UPS		SIT UPS		CET	
Time	Mks	Reps	Mks	Reps	Mks	Reps	Mks	Time (Secs)	Mks
12.50	15	20	20	75	15	105	15	70	60
12.55	14	19	19	70	14	95	14	71	55
13.00	13	18	18	65	13	85	13	72	50
13.10	12	17	17	60	12	75	12	73	45
13.20	11	16	16	55	11	65	11	74	40
13.30	10	15	15	50	10	55	10	75	35
14.00	9.5	14	14	48	9.5	53	9.5	76	30
14.30	9	13	13	45	9	50	9	77	25
15.00	8.5	12	12	43	8.5	48	8.5	78	20
15.30	8	11	11	40	8	45	8	79	15
16.00	7.5	10	10	38	7.5	43	7.5	80.99	10
16.30	7	9	9	35	7	40	7	82	9
17.00	6.5	8	8	33	6.5	38	6.5	84	8
17.30	6	7	7	30	6	35	6	86	7
18.00	5	6	6	28	5.5	33	5.5	88	6
		5	5	25	5	30	5	90	5

Note: Centi secs will only be counted for tie positions.

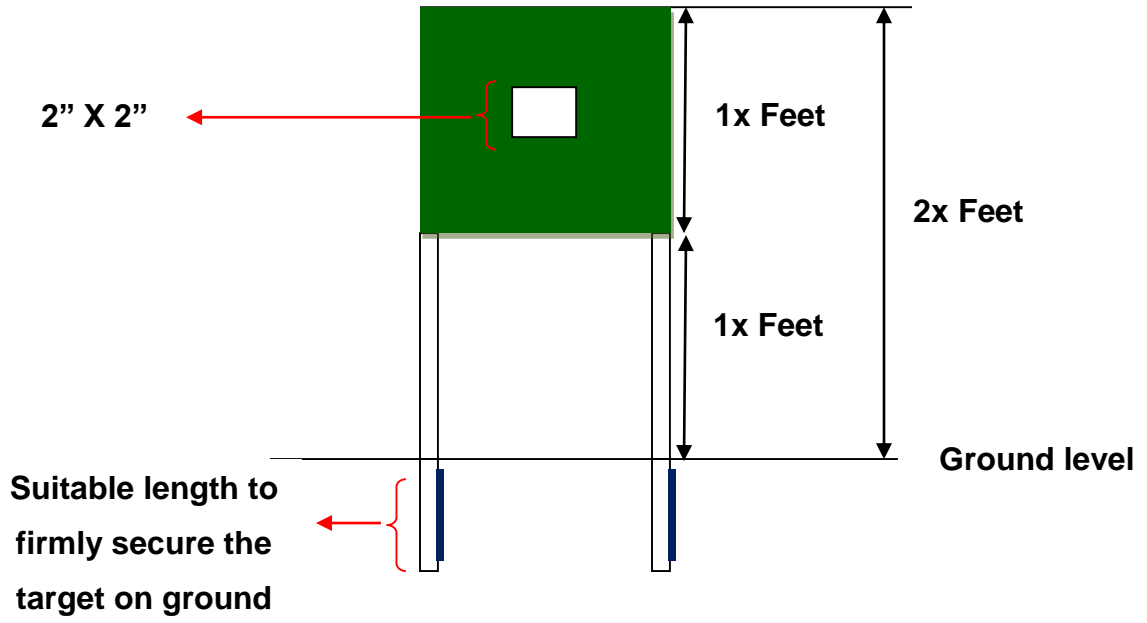
3. **Multiplication Factor.** A factor of 6,5,4,3 and 2 will be applied to total marks attained by a team in each following five events:-

- h. CET - 6
- i. Pull Ups - 5
- j. 3.2 Km Run - 4
- k. Push Ups - 3
- l. Sit Ups - 2

Annexure B**PENALTIES.**

Ser	Obs	Action	Penalty	Remarks
1.	Zigzag Run	Incomplete maneuver or by passing any of the points from A to F	Disqualified	
2.	Corner Points	If not reached fully, short cuts on each cone	Disqualified	
3.	Fireman Lift	Casualty must be placed at Point "N". Placing the casualty before Point "N"	2 Secs	
4.	Leopard Crawl	Not using four limbs properly	2 Secs	
5.	Kitten Crawl	Can crawl in any style	No penalty of touching	Height of barbed wire 22 inches *The barbed wire will be narrowly inter woven
6.	9 Feet Ditch	Falling in the ditch / by passing.	Disqualified	
7.	3 Feet Hurdle	Falling of hurdle	2 Secs	
		Not attempting the hurdle	Disqualified	
8.	Grenade throw	Not throwing	Disqualified	
		Not landing in target area	1 Sec	
		Throwing the Grenade out of box / touching the line	1 Sec	
		Not adopting Push Ups position and counting 1-5	Disqualified	
		Grenade landing before the grenade line	Disqualified	
		Grenade landing on the grenade line	1 Sec	
	Firing point	Individual touching the firing point "N"	1 Sec	
9.	Ammunition Box (Weight 18 Kgs)	Lifting on shoulder, carrying in one hand.	Disqualified	
		Throwing away the ammunition box	2 Secs	

TARGET DIMENSIONS a- COMBAT EFFICIENCY TEST



LAYOUT OF CET GR

