



Historical Eurasian Cavalry **Discipline**

Serpentine Track Rules



Introductory Information

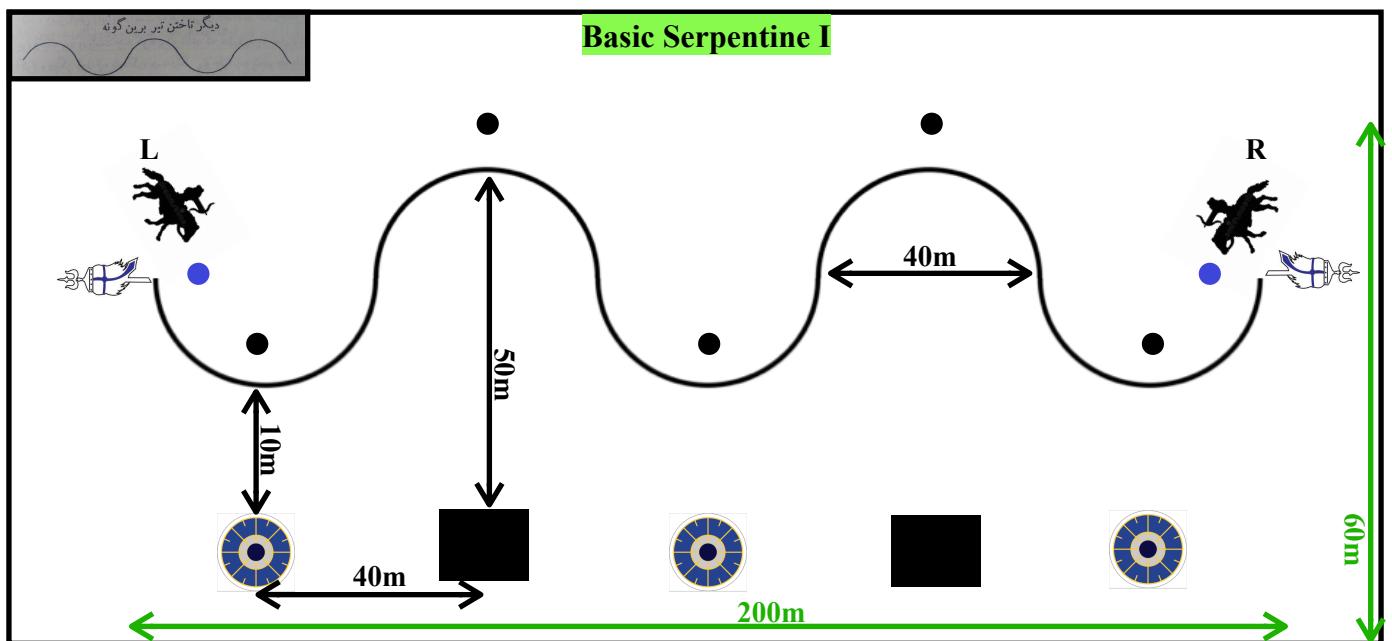
The serpentine exercise from which this track derives comes from a thirteenth-century military text, titled *Adab-al-harab va Shojaat* ('The correct usages of war and bravery'), written in Persian in Muslim India (around Lahore or Delhi). This riding exercise is specifically mentioned for training with the bow, and it represents a logical way to train for the common Eurasian cavalry hit and run or feigned retreat tactic.

The basic level for the rider involves alternating between 1) half-seat for shooting on the curve, then 2) sitting and (perhaps) collecting the reins to slow somewhat and perform a simple lead change, then 3) return to half-seat prepare for shooting the next target on the next curve. For the horse, the basic level requires general balance on both sides, the ability to follow a track with a barrier only on one side, and the ability to quickly perform canter to trot and trot to canter transitions to change canter lead.

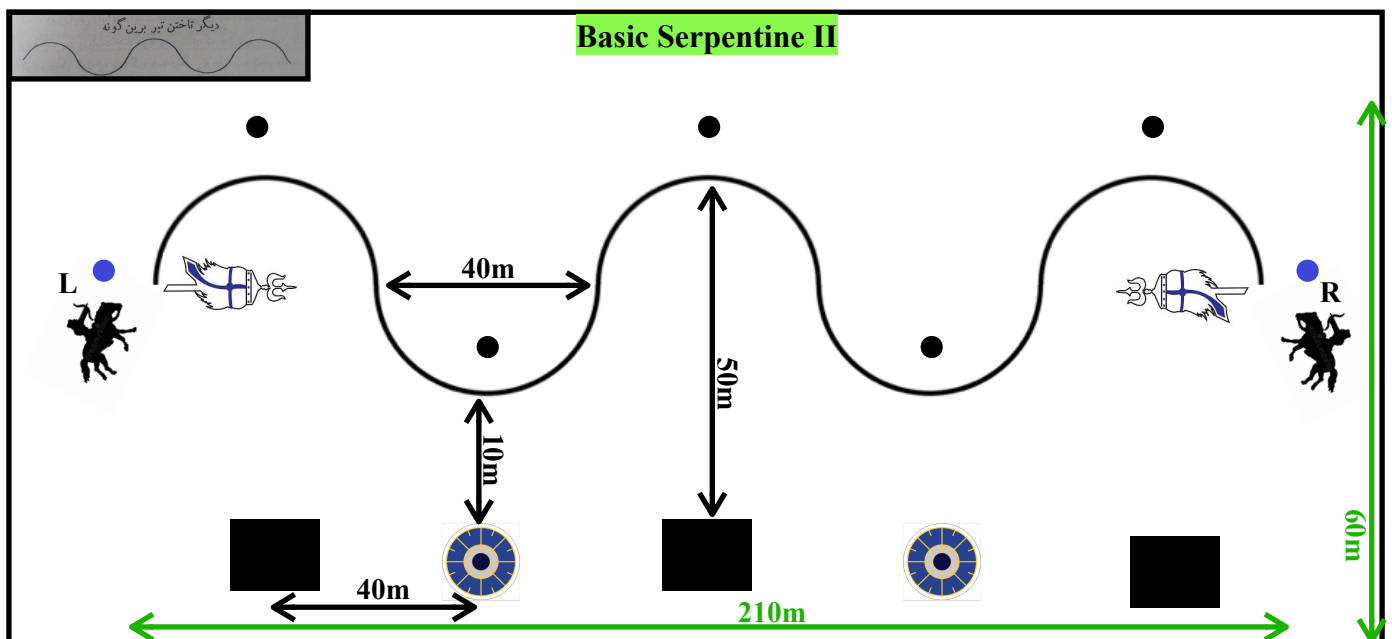
Eventually, at the highest level, the best competitors and horses will extend the canter along the curve, shoot, then between curves smoothly and swiftly collect up for a flying change. Performing flying changes allow competitor and horse to be more efficient and will allow the competitor both to have more time to line up a precise shot (or series of shots on long distance targets) and to gain more time points because of maintaining canter rather than going slower for a few strides of trot.



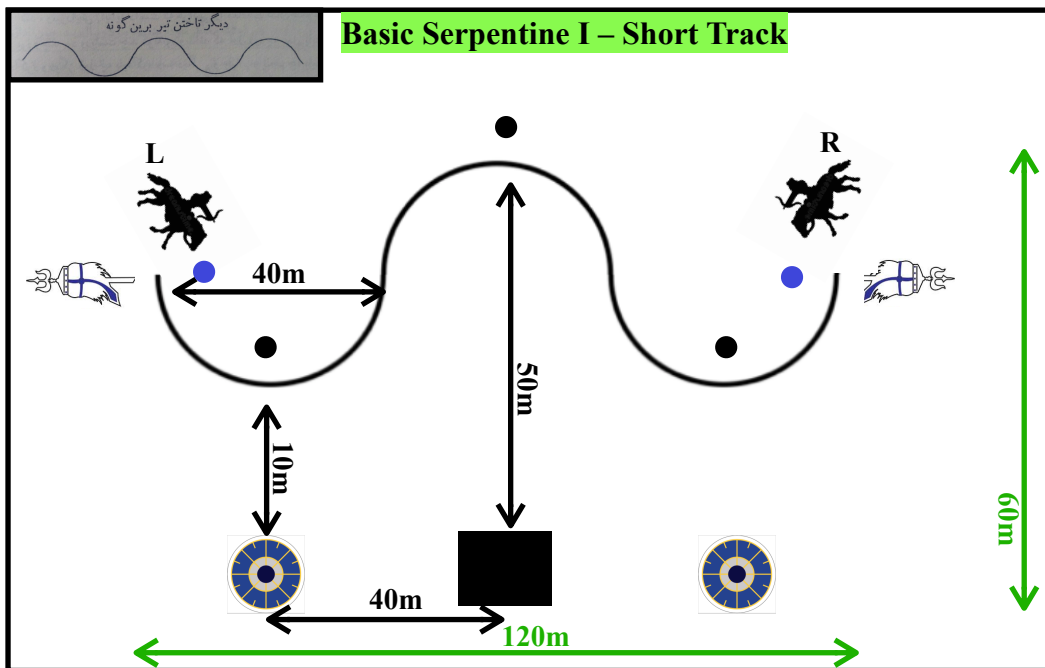
Track Diagrams



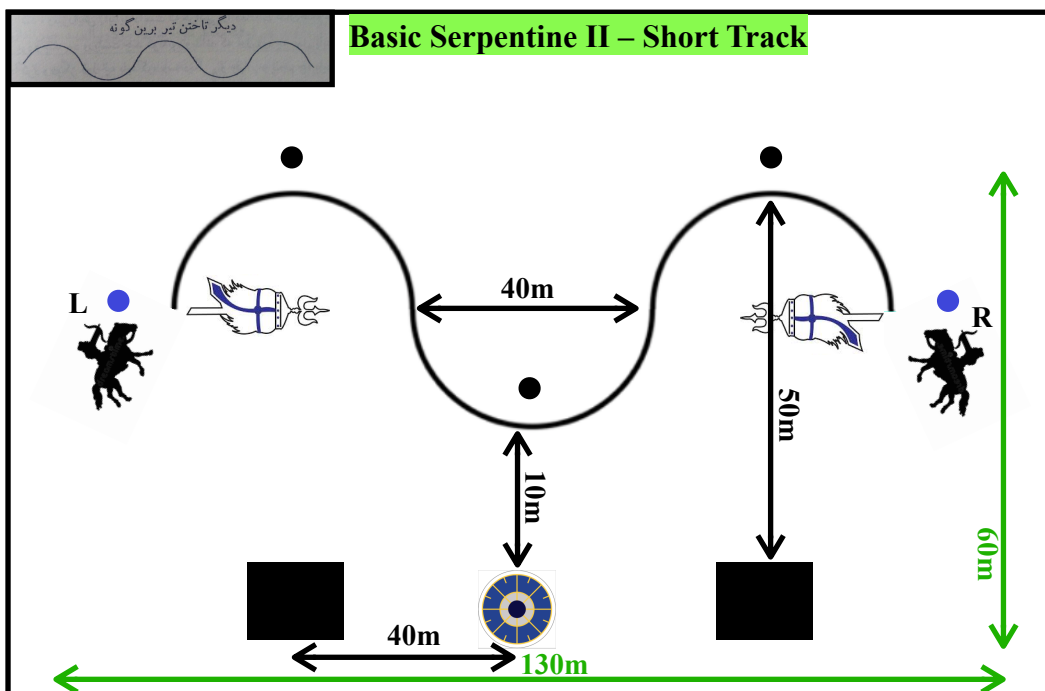
Allotted time: 75s



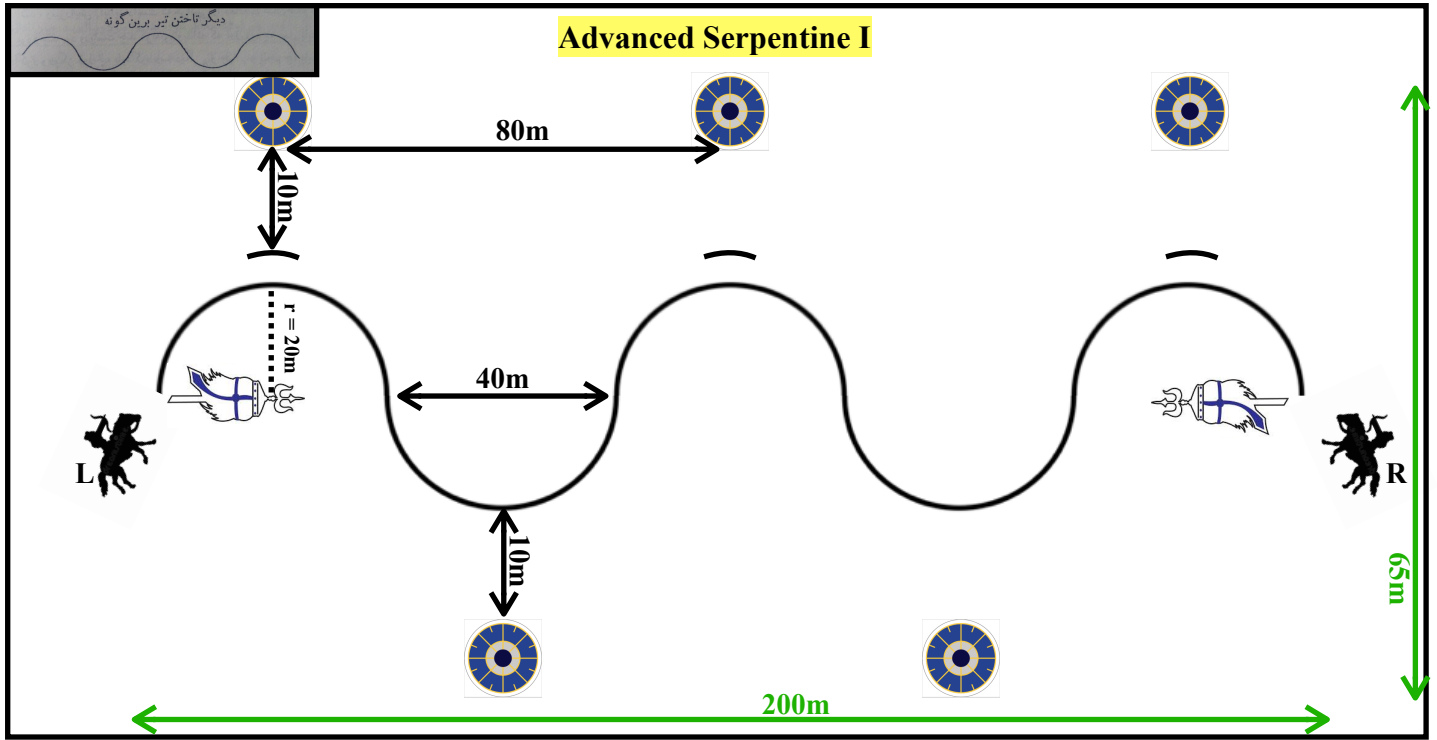
Allotted time: 75s

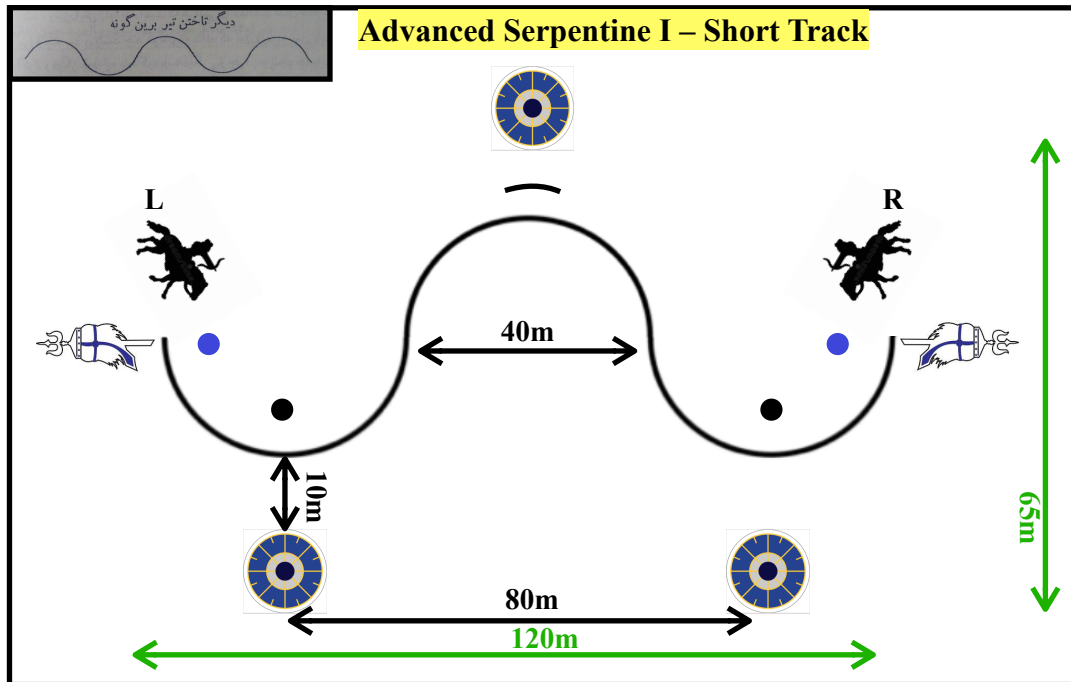


Allotted time: 45s

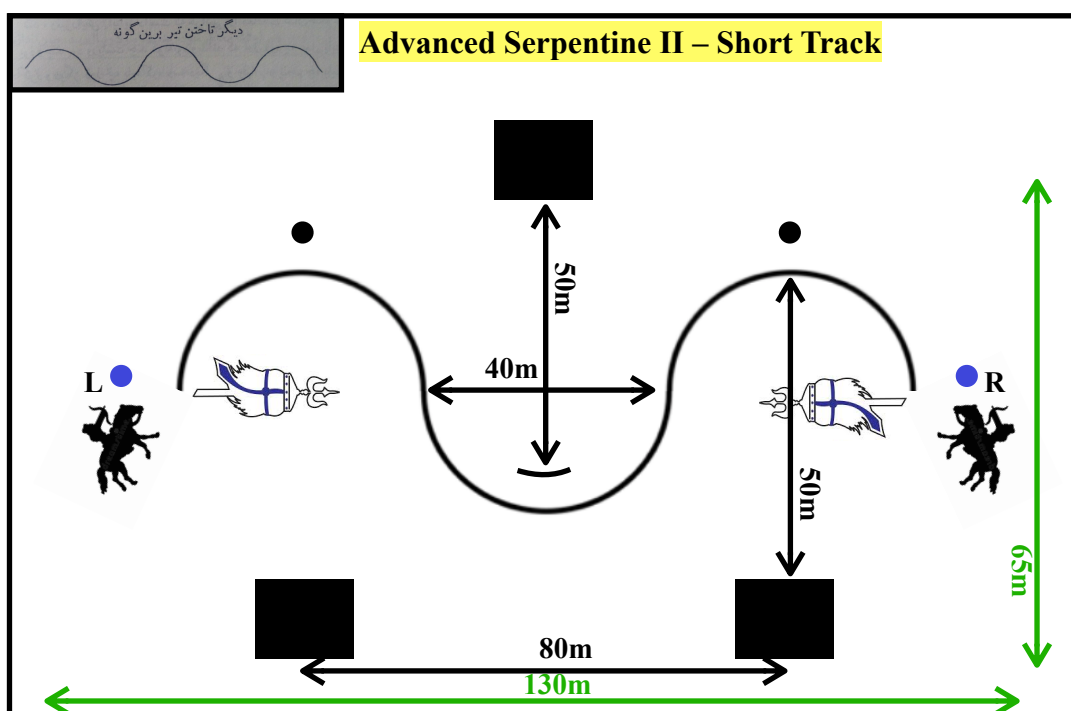


Allotted time: 45s





Allotted time: 45s



Allotted time: 45s



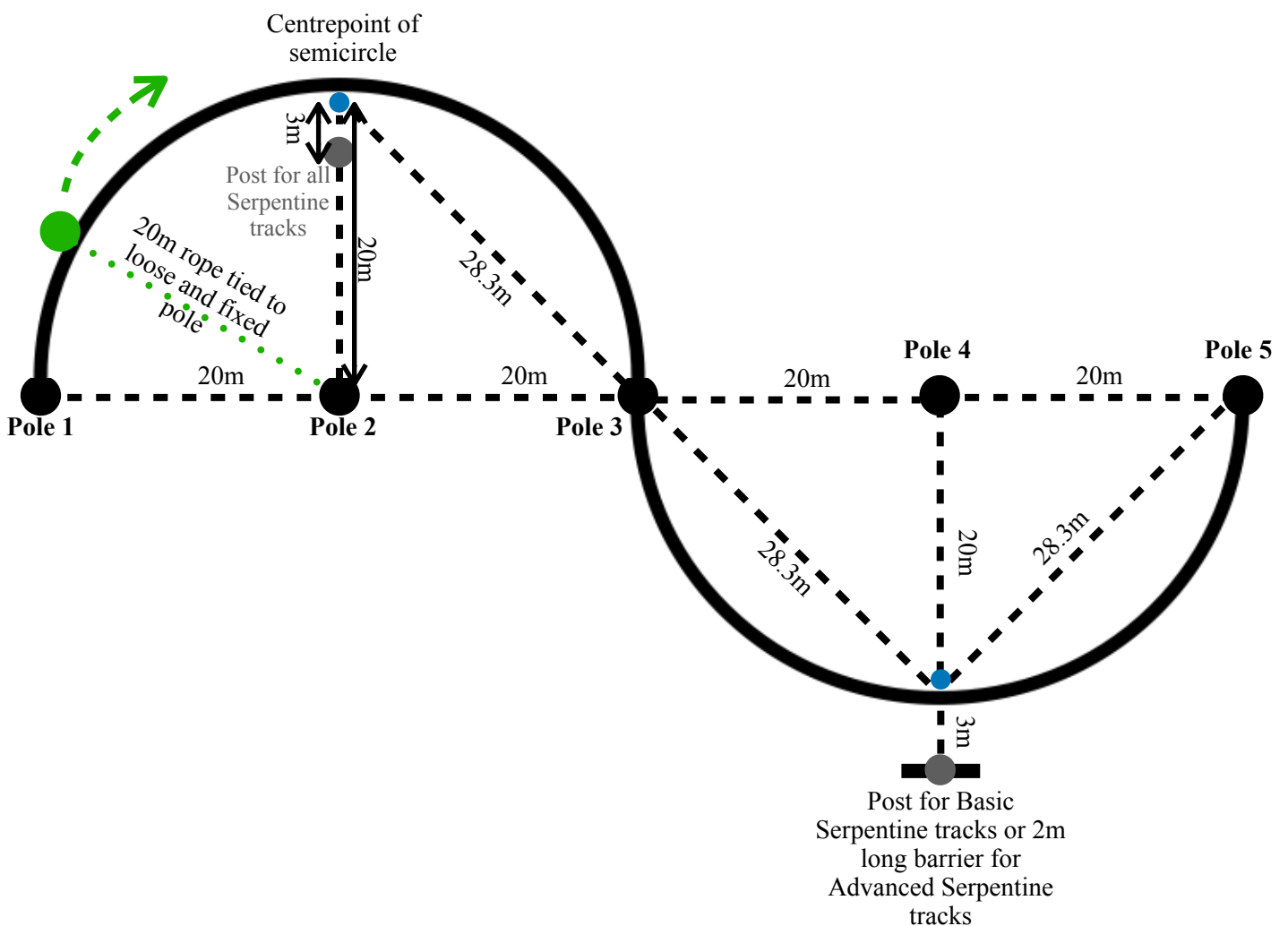
Track Setup

1.1. The track should be set up by first putting five evenly spaced poles in one line (Poles 1-5 in diagram), with 20m between each pole.

1.2. A rope should be tied to the centre pole on one end and to an additional pole on the other end—after being tied to both poles, the length of the rope from pole to pole should measure exactly 20m. This device may be used as a compass to ‘trace’ each half circle of the serpentine track, which is simply a juxtaposition of opposite semicircles.

1.2.1. Poles/cones/etc. for the actual track should be placed regularly as the loose pole with the rope is traced around the semicircle.

1.3. The **centrepoint of the semicircle** should be measured and marked, this can be determined by ensuring that the distance between **Pole 1 and the centrepoint** and between **Pole 3 and the centrepoint** both measure 28.3m. A post should be placed 3m opposite each centrepoint, so that the competitor will pass between the post and the barrier.



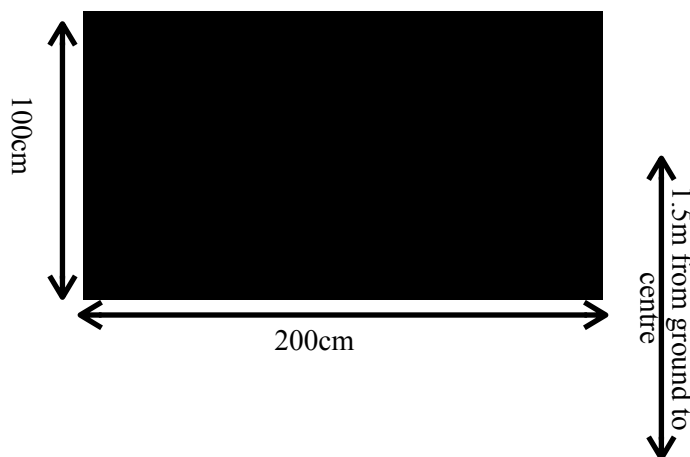


1.4. Keep adding poles to the line of poles to make more semicircles until the full length of track (long or short track) is complete. Continue the lines between the centrepoinets of the semicircles and Poles 2, 4, 6, etc. to mark where the targets are placed. Use this line also to measure the centre pole for the 2m line for Advanced Serpentine tracks, if necessary.

1.5. Remove Poles 2, 4, 6, etc. **Note:** there is only a continuous barrier on one side of the track.

1.6. Targets will be placed according to the version of track run (see above). For competitions, the centre of the target for both kinds of target (short and long distance) should be a height of 1.5m ($\pm 5\text{cm}$). (For training purposes, the targets may be placed at ground level.) There are two types of targets: 60cm targets placed the centre of each curve of the track, in side shot position and 100x200cm long distance targets. There should be 40m linear distance between the centre of each target in Basic Serpentine tracks, and 80m between each target in each line of targets in Advanced Serpentine tracks (see diagrams above). In training and standard competitions (for example, club competitions, national championships, etc.), FITA 60cm targets may be used. In international competitions (grand prix, regional championships, world championships, etc.), 60cm Turkish Tabla targets will be used.

Long distance target face:



Procedure

1.1. All shots must be made in canter, and only shots made in correct canter lead for the curve will count (any shots made in countercanter will not be considered in scoring).

1.1.1. Competitors must start with all arrows in quiver. After this, one or several arrows can be drawn from the quiver and arranged in the hand if desired.



1.2. For Basic Serpentine tracks, the competitor will follow the line of the track with the single barrier between them and the targets. Electronic timing gates will be placed at the start and finish (indicated by blue circles in the diagram), the first part of the timing gate at the single barrier on the curve and the second part 3m opposite from the first (official with stopwatch and official with flag at start and finish may be used instead of electronic timing gates in smaller competitions and training events, **BUT** a pole should be placed opposite the first pole of the single barrier at start and finish and the competitor must pass through this 'gate' for the time to start/stop). There will be a post with clear visual indicator (e.g. small flag) 3m away from the barrier **even with each target** and on the opposite side of the barrier from the targets (indicated by black circles in the diagrams). The competitor must pass through all of these 'gates' before completing the track. The competitor's time will keep running until they have passed through all gates. If the competitor passes the timing gate at the finish without passing through all these gates, the score for that run will be zero.

There are two versions of Basic Serpentine: **Basic Serpentine I** has 1 more short-distance target than long-distance target, and **Basic Serpentine II** has 1 more long-distance target than short-distance target. The organiser may decide which of these to use in a given event, based on overall calibre of the event and skill level of competitors.

1.2.1. For Advanced Serpentine tracks, in addition to the aforementioned posts opposite the barrier, with every target on the same side of the barrier as the competitor there will be a 2m long barrier opposite and 3m from the barrier running along the entire track (as depicted in the diagrams). The competitor must pass through this 'gate' for target points at those targets to be counted. There are two versions of Advanced Serpentine: **Advanced Serpentine I** has all short-distance targets, and **Advanced Serpentine II** has all long-distance targets. The organiser may decide which of these to use in a given event, based on overall calibre of the event and skill level of competitors.

1.2.1. Left-handed archers begin on one side of the track, and right-handed archers on the opposite side, as indicated in the diagram.

Scoring:

1.3. If 60cm FITA targets are used for the close distance targets, the scoring will be 2-6 points (i.e. the lowest score zone is 2 points, increasing by 1 point each zone). If 60cm Tabla targets are used, the scoring will be the normal three zones with 6,4,2 points. Each target may only be shot with one arrow.



1.3.1. The long distance targets will be scored with a single zone, as either hit or miss, and 5 points will be awarded per hit. These targets may be shot with unlimited numbers of arrows, and all hits are scored.

1.4. At every point on the track between targets (ideally halfway between), the competitor will need to change canter lead. This can be done via a **simple change** (transitioning to trot, then acquiring correct canter lead for the next curve), or it may be done via a **flying change**.

1.5. Time points will be calculated at 1pt/s for each second under the allotted time, and time penalty will be calculated at -1pt/s for each second over the allotted time. The minimum score for each run is zero. Time points are only awarded when a competitor hits at least two out of three total different targets (short track), or three out of five different targets.

1.5.1. The time begins after the competitor passes the timing gates at the start of the first curve. The competitor may take any space and shape of run-in (straight, curve, etc.) in the open area around the start and first target.

1.6. If the competitor starts in countercanter, a referee standing near the start will raise a red flag to indicate that the competitor needs to change canter lead before shooting arrows that will be counted.