



ألعاب مدارس دبي

DUBAI
SCHOOLS GAMES

LASER SHOOTING CHAMPIONSHIP

In partnership with



اتحاد الإمارات للخماسي الحديث
UAE MODERN PENTATHLON FEDERATION



UNITED ARAB EMIRATES
MINISTRY OF SPORTS

Presenting Partner



Presenting Partner



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Venue Partner



Organised By



EVENT DETAILS

Building on the spirit of innovation and youth sport development, we are excited to bring back the Dubai Schools Games Laser Run Shooting Championship

EVENT DATES: 21st November 2026

VENUE: GEMS SRI

TIME: 9 AM - 2 PM

AGE CATEGORIES: U9, U11, U13, U15 (Girls & Boys)

A maximum of 100 male and 80 female participants can register for this championship. Registrations will automatically close once we reach full capacity or on 12th November 2026, whichever comes sooner.



AGE CATEGORY

- U9 - Born after 01st September 2017 and 31st August 2019
- U11 - Born after 01st September 2015 and 31st August 2017
- U13 - Born between 01st September 2013 and 31st August 2015
- U15 - Born between 01st September 2011 and 31st August 2013



HOW TO REGISTER?

- If you haven't created an account already, please do so by clicking [Dubai School Games Teachers Portal](#) and registering your child.
- To enter your child please click on the Individual Event Entries tile and Select Laser Run Shooting Championship.
- Select the Participants Name whom you would like to take part.
- Enter required information.
- You will receive a registration confirmation email from the Dubai Schools Games team.



Rules & Regulations

1. General Format:

- The championship consists of two disciplines: running and shooting with a laser pistol.
- The two disciplines are combined in an alternating sequence, where athletes run specific distances according to their age category, followed by shooting with a laser pistol at targets set for each age group.
- Distances and shooting requirements vary depending on the athlete's age group

2. Shooting Rules:

- Athletes must hit the required targets during each shooting series.
- Each shooting series consists of 5 valid shots. The athlete must complete them in the shortest possible time to gain an advantage in running.
- If the athlete fails to achieve 5 valid hits, they may continue shooting for a maximum of 50 seconds per shooting series.
- Once the 50-second limit is reached, the athlete must stop shooting and proceed immediately to complete the next running segment of the race



Rules & Regulations

3. Scoring:

- The winner is determined by the athlete who records the fastest total time from start to finish, combining both running and shooting.
- All competitors are ranked according to their total time



Shooting Regulations:

1. Each athlete must always use their designated shooting lane.
2. The athlete is responsible for shooting at the correct target.
3. The athlete must stand fully inside the shooting lane with both feet on the ground, without external support.
 - o Only one hand may be used to hold and fire the pistol.
 - o The non-shooting hand must not provide support, unless the age category permits the use of both hands.
4. When using a laser pistol, the pistol must touch the shooting table between shots.
5. Athletes may not start running until they have successfully completed the shooting series or until the 50-second limit has expired.
6. Athletes must cross the running finish line after completing their final shooting series.



Running Regulations:

1. Athletes must follow the designated running course: starting from the start line, proceeding to the shooting range for each shooting series, completing the shooting, and continuing to run until crossing the finish line.

2. During the race, no physical assistance or unauthorized coaching is allowed unless permitted by the Competition Director or the Technical Delegate.

- o Running alongside or behind an athlete by non-competitors may be considered unauthorized assistance.

- o Medical intervention by official medical staff during the competition or verbal communication from outside the track will not be considered unauthorized assistance



Shooting and Running Championship:

LASER RUN			
Age	Running Distance	Total	Shooting Distance
U9	2x300m	600m	Both Hands 5m
U11	2x300m	600m	Both Hands 5m
U13	3x300m	900m	5m
U15	4x300m	1200m	10m

Sportswear:

- 1. Sports uniform (T-shirt + shorts or sports trousers) - For girls T-shirt + Sports pants
- 2. Sports shoes

THE RULES, REGULATIONS, AND FORMAT MAY BE CHANGED AT THE DISCRETION OF THE DUBAI SCHOOLS GAMES AND THE UAE MODERN PENTATHLON FEDERATION.

TECHNICAL PARTNER

Do not hesitate to reach out to the UAE Modern Pentathlon Federation, if you would like to train, learn new skills or develop your game further.



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If you may have any further queries, comments or suggestions feel free to contact us.

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