



UNION INTERNATIONALE
DE PENTATHLON MODERNE

2018 UIPM BIATHLE/TRIATHLE COMPETITION RULES

as at 1 January 2018





UNION INTERNATIONALE
DE PENTATHLON MODERNE

2018
UIPM BIATHLE/TRIATHLE
COMPETITION RULES
as at 1 January 2018

2018 UIPM BIATHLE COMPETITION RULES

1
GENERAL ASPECTS

- 1.1 Definition
- 1.2 Sphere of application
- 1.3 Categories
- 1.4 Formats
- 1.5 Age Groups and sequence of events
- 1.6 Organisation of events

- 1.7 Teams and Mixed Relay
- 1.8 Clothing
- 1.9 Schedule of events
- 1.10 Participation
- 1.11 Doping Controls
- 1.12 Competition Authorities

2
PENALTIES

3
AWARDS

- 3.1 World Championships Medals
- 3.2 World Championships Titles

- 3.3 World Rankings

APPENDICES

Appendix 1 – Transition Area

Appendix 2 – Transition Area Boxes

1 GENERAL ASPECTS

1.1 DEFINITION

UIPM Biathlon is a UIPM sport combining Running and Swimming. UIPM Biathlon competitions are organised nationally and internationally. All competitions can be organised on any surface (grass, sand asphalt etc.).

1.2 SPHERE OF APPLICATION

UIPM Biathlon is covered by the UIPM Rules, especially the UIPM Competition, Medical and Advertising and Media Rules, as far as not specified differently in the following.

1.3 CATEGORIES

There are two UIPM Biathlon Categories:

1.3.1

Category A
UIPM Biathlon-Triathlon World Championships, Continental Championships, Multisport Games.

Category B
Regional Competitions, UIPM Biathlon National Tour.

1.3.2

UIPM Biathlon Category A competitions are awarded following a bid and selection process by the UIPM Executive Board or Continental Confederations. The organizers need to organize both Biathlon and Triathlon events. In UIPM World Championships the competition lane must be enclosed by UIPM branded tape or UIPM branded triangles. Also, electronic timing and finish line monitoring is obligatory in these competitions.

1.3.3

For UIPM Biathlon Category A competitions a water quality test must be made 30 days before the competition and the certificate sent to the UIPM Headquarters. The samples must contain a mixture of water collected from three different locations on the swim course. Test results must not exceed the following standards:

Sea and Transition Water

- pH between 6 and 9
- Enterococci not more than 100 per 100ml (ufc/100ml)
- E' coli (fresh water) not more than 250 per 100 ml (ufc/100ml)
- The swim part is cancelled in presence of red tide algal Bloom

Inland Water

- pH between 6 and 9
- Enterococci not more than 200 per 100ml (ufc/100ml)
- E' coli (fresh water) not more than 500 per 100 ml (ufc/100ml)
- The presence of blue-green algal blooms/scum (cyanobacteria) with more than 100.000 cells/ml

The UIPM representatives going to check the venue for a site visit will forward any doubt about the water quality. They will then advise if more tests should be done.

1.3.4

The water temperature should be a minimum of 18°C and a maximum of 31°C. It should be checked the day of the race, 2 hours before the start, and in the middle of the course at a depth of 40 cm.

1.4 FORMATS

1.4.1

UIPM Biathlon in Category A and Category B events is continuous and organised outdoors.

1.5 AGE GROUPS AND SEQUENCE OF EVENTS

Age groups and sequence of events for UIPM Biathlon are as follows:

1.5.1

INDIVIDUAL

Group	Age	Run	Swim	Run	Total Run	Total Swim
Under 9	8 and younger	200	50	200	400	50
Under 11	9-10	400	50	400	800	50
Under 13	11-12	400	50	400	800	50
Under 15	13-14	800	100	800	1600	100
Under 17	15-16	1200	200	1200	2400	200
Under 19	17-18	1600	200	1600	3200	200
Juniors	19-21	1600	200	1600	3200	200
Seniors	22 and over	1600	200	1600	3200	200
Masters 40+	40-49	1200	100	1200	2400	100
Masters 50+	50-59	1200	100	1200	2400	100
Masters 60+	60 and over	800	100	800	1600	100
Masters 70+	70 and over	400	100	400	800	100

MIXED RELAY

Group	Age	Run (per person)	Swim (per person)	Run (per person)	Total Run (per person)	Total Swim (per person)
Under 9	8 and younger	200	50	200	400	50
Under 11	9-10	400	50	400	800	50
Under 13	11-12	400	50	400	800	50
Under 15	13-14	400	50	400	800	50
Under 17	15-16	600	100	600	1200	100
Under 19	17-18	800	100	800	1600	100
Juniors	19-21	800	100	800	1600	100
Seniors	22 and over	800	100	800	1600	100
Masters 40+	40-49	600	100	600	1200	100
Masters 50+	50-59	600	100	600	1200	100
Masters 60+	60 and over	400	50	400	800	50
Masters 70+	70 and over	400	50	400	800	50

1.5.2

In UIPM Biathlon individual events, athletes are allowed to enter in one age group only.

1.5.3

In the event of there being insufficient participants in an age category to justify organisation of a separate race, the organiser may permit athletes to compete in the immediately adjacent upper category (e.g. U11 to U13 etc.) and in the younger categories for Masters. If there are free places in one age group, then two or more age groups can be merged to form one heat, as long as the distances of the age groups are respected.

1.5.4

In the case of relays with team composed by athletes from different age groups, they can compete together in the immediately adjacent upper category (e.g. an U11 with an U13 will compete in the U13 age group.) For Masters, athletes from different age groups can compete together but must register in the younger Masters age group (e.g. a Master 40+ with a Master 50+ will compete in the Master 40+ age group).

1.5.5

In accordance to this principle, athletes classified as "Junior" and competing in a "Senior" category because of insufficient number of athletes of the same age, will be awarded a World Junior Champion title according to their age and despite the time and place of their arrival on the finish line.

- 1.5.6** In Beach Biathle, if the running course is very soft sand, the running distances must be reduced by 20%. If only a part of the loop is run on very soft sand, 20% of the total sand surface per loop will be deducted (for example if 200m are run on very soft sand each loop, 40 meters will be deducted to the loop distance).
- 1.5.7** In UIPM Biathle the sequence of events is as follows: Running – Swimming – Running
- 1.5.8** Competitions may be organised separately for men and women, or combined so that they compete against each other.
- 1.5.9** In the UIPM Biathle/Triathlon World Championships, one (1) additional division is created besides the Elite Division (for UIPM registered athletes); it's the Open Division (for individual participants or athletes coming from other sports with certain athletic background).

1.6 ORGANISATION OF EVENTS

- 1.6.1** Each of the different events of the competition must be organised in one area, so as to provide a flow from one event to another. Spectators must be able to see as much as possible of the entire competition from their designated area.
- 1.6.2** A technical meeting must take place for each competition day. The TM defines the final start list. Following the Technical Meeting, no changes will be allowed.
- 1.6.3** For safety reasons, a maximum of 24 athletes will be allowed to participate in one heat. If the course is not wide enough for athletes to stand in single line, athletes will be split into two or more semi-finals if needed.
- In the case of semi-finals, National Federations with more than one athlete should have their athletes equally split between the semi-finals.
- The first three (3) athletes per semi-finals will be automatically qualified for the final. Depending on the number of semi-finals, the others finalists will qualify through their time.
- A total of 24 athletes will be allowed in the final after qualifications.
- 3 teams maximum per National Federations are allowed in the Elite Division Mixed Relay competition, but only the best ranked team will be allowed to receive a medal.
- 1.6.4** The transition area will be placed within the final 50 meters of the first running event. (See Appendix 1). Competitors must remove their shoes in this area. The Organiser must place preassigned boxes out of the path of competitors on both sides of the transition area. Each box must be identified with the respective athlete's start number. Boxes will be numbered on both sides so that it can be read from both directions (because athletes will wear the shoes again after the swimming event (See Appendix 2)). The swim course starts from a minimum depth of 90 cm. The course before that point counts as the running course.
- 1.6.5** The swimming event may be in a natural or artificial body of water. The swim course should be reasonably protected from potential adverse weather conditions. For sea or lake events, the course must be designed so that safety monitor positions and mobile evacuation units can be stationed and operate from all sides of the course.
- 1.6.6** Advanced notice of the layout of the swim course must be made available to athletes by the Organiser. The swim course may be one directional or an 'out and back'. If out and back, a separation lane will divide swimmers heading out and those coming back.
- 1.6.7** The exit from the water should be made progressive if possible, making the transition to Running smooth and easy. If this is not possible, the step or edge of the pool or other body of water must not exceed 0.30 metres from the water's surface.

-
- 1.6.8** For safety reasons, the area near the water, and especially the diving area, must not be slippery to ensure safe entry and exit of the swimming course. This may require the installation of a slip free surface, i.e. a rubber mat.
- 1.6.9** To ensure the safety of athletes, Organisers must provide medical staff on site. Lifeguards must be present in the swimming area.
- 1.6.10** Due to the probability of close finishes, a camera must be installed at the finish line to record and distinguish the order of the athletes as they cross the finish line. For security and media purposes, the finish line should be square against the line of the course, exiting into a straight funnel.
- 1.6.11** A clock keeping global time of the competition must run for the duration of the race, until the last competitor has crossed the finish line.
- 1.6.12** Timing will be calculated in hundredths of a second For UIPM Biathle/Triathle World Championships, electronic timing provided by a Transponder System is compulsory for the Elite Division races.
- 1.6.13** To break any tie hundredths of a second timing shall prevail.

1.7 TEAMS AND MIXED RELAY

- 1.7.1** Teams comprise 3 athletes and are formed by comprising the highest placed 3 athletes from the same Nation in each category. Their times will be added together to decide the final placings.
- 1.7.2** The Mixed Relay comprises 2 athletes: 1 male and 1 female

1.8 CLOTHING

- 1.8.1** For UIPM Biathle competitions, athletes should wear a one or two-piece suit. In all cases, the upper body part must be covered. The nationality of the athlete must be identified on the suit (Either name of the country in full or 3-letters country code).
- 1.8.2** Footwear: a) must not be worn in the Swimming but b) must be worn when running.
- 1.8.3** Clear numbers have to be shown on the front and on both shoulders. They should be made visible using waterproof markers.

1.9 SCHEDULE OF EVENTS

- 1.9.1** The official running courses must be made available to the teams before the competition for athletes to familiarise themselves with their respective course. General Training sessions for running and swimming must be organised in either pool or sea (according to the competition course).
- 1.9.2** The competition begins with a pack start, in which all competitors gather at the starting line. Firing a start gun, a whistle or an air horn starts the race. In case of a false start, the relevant athlete's start number will be called out and that athlete will be penalised by 10 seconds which will be add to the final running time at the end of the race.
- 1.9.3** Competitors must stay inside the competition lane during the race. Competitors leaving the competition lane will be disqualified. Jockeying for position during the first metres of the race will be accepted but unsportsmanlike conduct will not be tolerated and will result in disqualification.
- 1.9.4** Runners complete half the total running distance before entering a 50-metre transition area where athletes remove their shoes (and socks if worn) and place them in the pre-

assigned boxes with dimensions of approximately 40cm x 30 cm x 20 cm. Athletes are required to place all their kit in the transition boxes and must not hand them to other persons or leave them on the ground or anywhere else.

1.9.5 After running athletes dive into the water and swim the required swimming distance freestyle before exiting the water, putting back on their shoes and running the second leg of the run to the finish line. Athletes must wear their shoes when running. In UIPM Biathlon the first person to cross the finish line wins.

1.9.6 Every item carried during any part of the competition (e.g. goggles, cap, water bottle, etc), must be carried throughout or remain in the respective athlete's transition box. Any athlete disposing of or handing over any item will incur a 10 second penalty to be added upon crossing the finish line.

1.10 PARTICIPATION

1.10.1 Registration for Category A Competitions is coordinated through the athlete's National Modern Pentathlon Federation. For UIPM World Championships the National Federation has to register all the delegation (athletes, coaches and officials) through the NF Portal.

1.10.2 Organisers must allow time, on the day preceding the event, for accreditation and for the confirmation of registered competitors. No change in registration will be allowed after the Technical Meeting.

1.11 DOPING CONTROLS

1.11.1 Doping Controls are organised in accordance with the UIPM Anti-Doping Rules and Procedures.

1.12 COMPETITION AUTHORITIES

1.12.1 **The Jury of Appeal** is composed of the Chairperson nominated by the UIPM Executive Board, one member nominated by the LOC and three further members elected from amongst the Team Representatives.

2 PENALTIES

2.1 An athlete will be penalised by a time penalty of a 10 seconds penalties for each of the following offences:

- i. starting the race before the official start given by the judge (false start);
- ii. not disposing items into the respective transition box or handing items over to someone;
- iii. contravening clothing regulations (including also what mentioned in 1.9.5);

2.2 An athlete is eliminated for:

- i. not completing the course (either total running or swimming distance);
- ii. using devices that may aid his speed, buoyancy or endurance in swimming;
- iii. not swimming bare foot or using any other items except swimming caps and swimming goggles;

2.3 An athlete is disqualified for:

- i. leaving the competition lane (course deviation);
- ii. unsportsmanlike conduct;
- iii. wilfully, with intent, pushing, swimming across or obstructing another athlete;
- iv. jostling, running across or obstructing another athlete;

Offences	Rule	Penalty	Paid at
False start	2.1.i	10"	End of the race
Not disposing items in the transition boxes	2.1.ii	10"	End of the race
Contravening clothing regulations	2.1.iii	10"	Start / End of the race
Not completing the course	2.2.i	Elimination	
Use of non-authorized devices in swimming	2.2.ii / iii	Elimination	
Leaving the competition lane	2.3.i	Disqualification	
Unsportsmanlike conduct	2.3.ii	Disqualification	
Obstruction in swimming	2.3.iii	Disqualification	
Obstruction in running	2.3.iv	Disqualification	

3 AWARDS

3.1 WORLD CHAMPIONSHIPS MEDALS

- 3.1.1** Gold, Silver and Bronze medals will be given in each category and team event competition.
- 3.1.2** The UIPM and the Organiser will share the expenses to produce the medals after the approval of the design and the cost by UIPM.

3.2 WORLD CHAMPIONSHIPS TITLES

- 3.2.1** Gold medallists in all categories of Elite and Open division and for both genders will receive the title "UIPM Elite Biathle World Champion" and "UIPM Open Biathle World Champion".

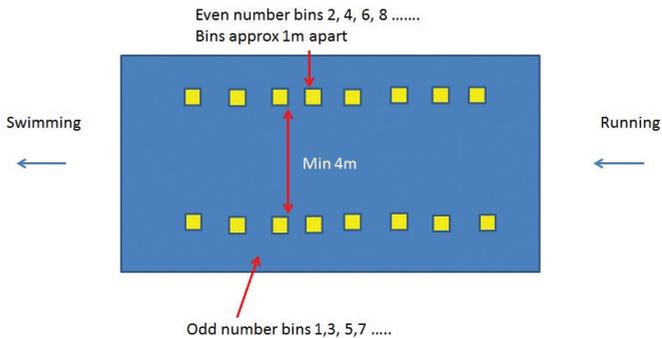
3.3 WORLD RANKINGS

- 3.3.1** The UIPM Biathle World Ranking follows the UIPM Modern Pentathlon World Ranking. Athletes participate in different competitions (UIPM Biathle and Triathle World Championships, Continental Championships and National and Regional Competitions) will be awarded relevant points according to the result and the competition level as demonstrated in the following world ranking points chart (see next page).

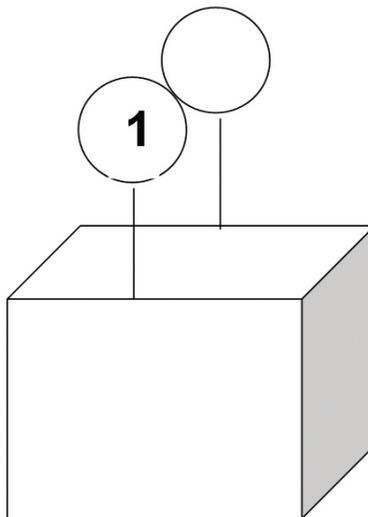
Category A Competitions		Category B Competitions	
Place	Points	Place	Points
1	35	1	25
2	30	2	22
3	27	3	20
4	24	4	18
5	22	5	16
6	20	6	15
7	19	7	14
8	18	8	13
9	17	9	12
10	16	10	11
11	15	11	10
12	14	12	9
13	13	13	8
14	12	14	7
15	11	15	6
16	10	16	5
17 / 18 / 19 / 20 / ...	1	17 / 18 / 19 / 20 / ...	1

APPENDIX 1

Example of Transition Area



APPENDIX 2



dimensions of approximately 40cm x 30 cm x 20cm

2018
UIPM BIATHLE/TRIATHLE
COMPETITION RULES
as at 1 January 2018

2018 UIPM TRIATHLE COMPETITION RULES

1 GENERAL ASPECTS

- 1.1 Definition
- 1.2 Sphere of application
- 1.3 Categories
- 1.4 Formats
- 1.5 Age Groups and sequence of events
- 1.6 Organisation of events
- 1.7 Shooting equipment

- 1.8 Teams and Mixed Relay
- 1.9 Clothing
- 1.10 Schedule of events
- 1.11 Participation
- 1.12 Doping Controls
- 1.13 Competition Authorities

2 PENALTIES

3 AWARDS

APPENDICES

- 3.1 World Championships Medals
- 3.2 World Championships Titles

- 3.3 World Ranking

- Appendix 1** – Shooting Station example
- Appendix 2** – Transition Area

- Appendix 3** – Transition Boxes

1 GENERAL ASPECTS

1.1 DEFINITION

UIPM Triathlon is a UIPM sport combining the disciplines of Shooting, Swimming and Running. Triathlon competitions are organised nationally and internationally. All competitions can be organised on any surface (grass, sand asphalt etc.).

1.2 SPHERE OF APPLICATION

UIPM Triathlon is covered by the UIPM Rules, especially the UIPM Modern Pentathlon Combined Event rules and the Modern Pentathlon Swimming Event rules, Medical/Anti-Doping and Advertising and Media Rules insofar as not specified differently in the following.

1.3 CATEGORIES

There are two UIPM Triathlon Categories:

1.3.1

Category A

UIPM Biathlon-Triathlon World Championships, Continental Championships, Multisport Games.

Category B

Regional Competitions, UIPM Triathlon National Tour.

1.3.2

For UIPM Triathlon Category A competitions are awarded following a bid and selection process by the UIPM Executive Board or Continental Confederations. In UIPM World Championships the competition lane must be enclosed by UIPM branded tape or UIPM branded triangles. Electronic timing and finish line monitoring is obligatory in these competitions.

1.3.3

For UIPM Triathlon Category A competitions a water quality test must be made 30 days before the competition and the certificate sent to the UIPM Headquarters. The samples must contain a mixture of water collected from three different locations on the swim course. Test results must not exceed the following standards:

Sea and Transition Water

- a. pH between 6 and 9
- b. Enterococci not more than 100 per 100ml (ufc/100ml)
- c. E' coli (fresh water) not more than 250 per 100 ml (ufc/100ml)
- d. The swim part is cancelled in presence of red tide algal Bloom

Inland Water

- a. pH between 6 and 9
- b. Enterococci not more than 200 per 100ml (ufc/100ml)
- c. E' coli (fresh water) not more than 500 per 100 ml (ufc/100ml)
- d. The presence of blue-green algal blooms/scum (cyanobacteria) with more than 100.000 cells/ml

The UIPM representatives going to check the venue for a site visit will forward any doubt about the water quality. They will then advise if more tests should be done.

1.3.4

The water temperature should be a minimum of 18°C and a maximum of 31°C. It should be checked at the day of the race, 2 hours before the start, and in the middle of the course at a depth of 40 cm.

1.4 FORMATS

1.4.1

UIPM Triathlon in Category A and Category B events is continuous and organised outdoors.

1.5 AGE GROUPS AND SEQUENCE OF EVENTS

1.5.1 Age groups and sequence of events for UIPM Triathlon are as follows:

INDIVIDUAL

Group	Age	Sequence	Total Swim	Total Run	Total Hits	Shooting Distance
Under 11	10 and younger	2x200 run + 2x25 swim + 2x5 hits	50	400	10	3m (both hands)
Under 13	11-12	2x400 run + 2x50 swim + 2x5 hits	100	800	10	5m
Under 15	13-14	4x400 run + 4x25 swim + 4x5 hits	100	1600	20	5m
Under 17	15-16	4x600 run + 4x50 swim + 4x5 hits	200	2400	20	10m
Under 19	17-18	4x800 run + 4x50 swim + 4x5 hits	200	3200	20	10m
Juniors	19-21	4x800 run + 4x50 swim + 4x5 hits	200	3200	20	10m
Seniors	22 and over	4x800 run + 4x50 swim + 4x5 hits	200	3200	20	10m
Masters 40+	40-49	4x600 run + 4x50 swim + 4x5 hits	200	2400	20	10m
Masters 50+	50-59	4x600 run + 4x50 swim + 4x5 hits	200	2400	20	10m
Masters 60+	60 and over	4x400 run + 4x25 swim + 4x5 hits	100	1600	20	5m

MIXED RELAY

Group	Age	Sequence (per person)	Swim (per person)	Run (per person)	Hits (per person)	Shooting Distance
Under 11	10 and younger	2x200 run + 2x25 swim + 2x5 hits	50	400	10	3m (both hands)
Under 13	11-12	2x400 run + 2x50 swim + 2x5 hits	100	800	10	5m
Under 15	13-14	2x400 run + 2x50 swim + 2x5 hits	100	800	10	5m
Under 17	15-16	2x600 run + 2x50 swim + 2x5 hits	100	1200	10	10m
Under 19	17-18	2x800 run + 2x50 swim + 2x5 hits	100	1600	10	10m
Juniors	19-21	2x800 run + 2x50 swim + 2x5 hits	100	1600	10	10m
Seniors	22 and over	2x800 run + 2x50 swim + 2x5 hits	100	1600	10	10m
Masters 40+	40-49	2x600 run + 2x50 swim + 2x5 hits	100	1200	10	10m
Masters 50+	50-59	2x600 run + 2x50 swim + 2x5 hits	100	1200	10	10m
Masters 60+	60 and over	2x400 run + 2x25 swim + 2x5 hits	50	800	10	5m

1.5.2 In UIPM Triathlon individual events, athletes are allowed to enter in one age group only.

1.5.3 In the event of there being insufficient participants in an age category to justify organisation of a separate race, the organiser may permit athletes to compete in the immediately adjacent upper category (e.g. U11 to U13 etc.) and in the younger categories for Masters. If there are free places in one age group, then two or more age groups can be merged to form one heat, as long as the distances of the age groups are respected.

1.5.4 In the case of relays with team composed by athletes from different age groups, they can compete together in the immediately adjacent upper category (e.g. an U11 with an U13 will compete in the U13 age group.) For Masters, athletes from different age groups can compete together but must register in the younger Masters age group (e.g. a Master 40+ with a Master 50+ will compete in the Master 40+ age group).

1.5.5 In accordance to this principle, athletes classified as "Junior" and competing in a "Senior" category because of insufficient number of athletes of the same age, will be awarded a World Junior Champion title according to their age and despite the time and place of their arrival on the finish line.

- 1.5.6** In Beach Triathlon, if the running course is very soft sand, the running distances must be reduced by 20%. If only a part of the loop is run on very soft sand, 20% of the total sand surface per loop will be deducted (for example if 200m are run on very soft sand each loop, 40 meters will be deducted to the loop distance).
- 1.5.7** The sequence of the competition in continuous UIPM Triathlon is:
- Pack Start – up to 25 m from the shooting station;
 - Shooting – 5 green lights with laser;
 - Swimming;
 - Running;
 - Number of sequences SHO-SWI-RUN according 1.5.1; for Relay, the first athlete completes the first two series and hands over to the second athlete for the last two series;
 - Finish Line (or transition in Relay).
- 1.5.8** Individual events can be organised separately for men and women, or combined so that they compete against each other. If there are free places in one age group, then two or more age groups can be merged to form one heat, as long as the distances of the age groups are respected.
- 1.5.9** In the UIPM Biathlon/Triathlon World Championships, one (1) additional divisions is created besides the Elite Division (for UIPM registered athletes); the Open Division (for individual participants or athletes coming from other sports with certain athletic background).

1.6 ORGANISATION OF EVENTS

- 1.6.1** Each of the different events of the competition must be organised in one area, so as to provide a flow from one event to another. Spectators must be able to see as much as possible of the entire competition from their designated area.
- 1.6.2** A technical meeting must take place for each competition day. The TM defines the final start order. Following the Technical Meeting, no changes will be allowed.
- 1.6.3** The current UIPM Triathlon Rules apply to the provision of equipment and its use during the course of the competition. Additionally, for the Shooting leg(s) only, the competition organiser must provide shooting targets according to Rule 1.7 below, respecting the information given in Appendix 1, stating in the invitation letter the type and number of targets that will be available for the competition.
- 1.6.4** In case for safety reasons, a maximum of 24 athletes will be allowed to participate in one heat and in all cases if the course is not wide enough for athletes to stand in single line, athletes will be split into two or more semi-finals if needed. In the case of semi-finals, National Federations with more than one athlete should have their athletes equally split between the semi-finals.
- The first three (3) athletes per semi-finals will be automatically qualified for the final. Depending on the number of semi-finals, the others qualified athletes will be qualified through their time.
- 24 athletes will be allowed in the final after qualifications.
- 3 teams maximum per National Federations are allowed in the Elite Division Mixed Relay competition, but only the best ranked team will be allowed to receive a medal.
- 1.6.5** In addition to any other UIPM Biathlon rule applicable to UIPM Triathlon, in the specific case of an event run on sand (Beach Triathlon), the course has to be cleaned and set up appropriately by the event organiser so that will not create any danger for the athletes (from stones etc). The sand has to be flattened at the end of every third competition with appropriate equipment.

1.7 SHOOTING EQUIPMENT

1.7.1

In Triathlon, the Organizing committees are allowed to use these types of targets:

- Hit Targets
- Hit & Miss Targets
- Hybrid Targets
- Precision Targets

The mentioned equipment must be homologated by UIPM. If you have any doubt, please contact UIPM at development@pentathlon.org

Athletes are allowed to use these types of pistols:

- Full Laser Pistols
- Laser Containers

The mentioned equipment must be homologated by UIPM. If you have any doubt, please contact UIPM at development@pentathlon.org

1.8 TEAMS AND MIXED RELAY

1.8.1

Teams comprise 3 athletes and are formed by comprising the highest placed 3 athletes from the same Nation in each category. Their times will be added together to decide the final placings.

1.8.2

The Mixed Relay comprises 2 athletes: 1 male and 1 female.

1.9 CLOTHING

1.9.1

The clothing rules for UIPM Biathlon apply to Triathlon in all its forms. Footwear must be worn for Running, if not on soft sand surface. Competition invitations must state the surface type.

1.10 SCHEDULE OF EVENTS

1.10.1

The official running courses must be made available to the teams before the competition for athletes to familiarise themselves with their respective course. General Training sessions for running and swimming must be organised in either pool or sea (according to the competition course).

1.10.2

For shooting, open training sessions must be organised before the competition. A separate shooting warm up area must be provided for athletes for 15 minutes warm up before the competition. At latest 5 minutes before the start, athletes should have set up their shooting position on the competition range.

1.10.3

The competition begins with a pack start, in which all competitors gather at the starting line. Firing a start gun, a whistle or an air horn starts the race. In case of a false start, the relevant athlete's start number will be called out and that athlete will be penalised by 10 seconds. Such 10 second penalty on a pentathlete is imposed at their shooting station; before applying any penalty, the range officers need to have approval from TD. If the penalty cannot be imposed at the shooting station, it will be added to the final running time at the end of the race.

1.10.4

Competitors must stay inside the competition lane during the race. Competitors leaving the competition lane will be disqualified.

1.10.5

Athletes start in a line up to 25 m from the shooting position. In Street Triathlon they must previously have placed their shoes in boxes with dimensions of approximately 40cm x 30 cm x 20 cm in the Transition Area. If the shooting position is also on a hard surface, athletes start the competition with shoes: The Transition Area must be placed before the swimming segment.

-
- 1.10.6** Transitioning back on to the running leg, athletes are not allowed to throw any personal items (including goggles, water bottles and cap) away and are not allowed to hand them over to anyone. Any violation will be punished with a 10 second penalty.
- 1.10.7** At the shooting range, athletes must complete successfully 5 hits before continuing to the next segment (the swimming). If after 50 seconds the athlete has not completed 5 hits, the athlete may continue to the swimming.
- 1.10.8** Athletes are not allowed to stop shooting until the end of their 50 seconds or before reaching the 5 hits: otherwise they will incur a 10 second' penalty to be given at the shooting range before proceeding to the next leg.
- 1.10.9** The swim course starts from a minimum depth of 90cm. The course before that point counts as the running course. Athletes then dive into the water and swim free style (in any fashion) for the required swimming distance before exiting the water, putting back their shoes (if necessary) to start the running segment.
- 1.10.10** After finishing the running leg, athletes return to their dedicated shooting position for the next shooting series. After the last lap they will cross the finish line in Individual events or changeover zone in Relay. The last team member in the Relay crosses the finish line.
- 1.10.11** Due to the probability of close finishes, a camera must be installed at the finish line to record and distinguish the order of the athletes as they cross the finish line. For security and media purposes, the finish line should be square against the line of the course, exiting into a straight funnel.
- 1.10.12** A clock keeping global time of the competition must run for the duration of the race, until the last competitor has crossed the finish line.
- 1.10.13** Timing will be calculated in hundredths of a second for UIPM Biathlon/Triathlon World Championships, electronic timing provided by a Transponder System is compulsory for the Elite Division races.
- 1.10.14** To break any tie hundredths of a second timing shall prevail.

1.11 PARTICIPATION

- 1.11.1** The current Biathlon Rules apply to UIPM Triathlon.

1.12 DOPING CONTROLS

- 1.12.1** The current Biathlon Rules apply to UIPM Triathlon.

1.13 COMPETITION AUTHORITIES

- 1.13.1** **The Jury of Appeal** comprises the Chairperson nominated by the UIPM Executive Board, one member nominated by the LOC and three further members elected from the Team Representatives.

2. PENALTIES

- 2.1** An athlete will be penalised by a time penalty of a 10 seconds penalties for each of the following offences:
- i. starting the race before the official start given by the judge (false start);
 - ii. not disposing items into the respective transition box or handing items over to someone;
 - iii. contravening clothing regulations;
 - iv. not placing the pistol safely on the table after warm-up or shooting series; *

- v. not touching the shooting table between each shot*, before applying such penalty, a warning must be issued. The respective judge and range officer need to have approval from the TD in the range before applying such penalty.

* These penalties are paid at the shooting range, with the exception of the final shooting series where they are paid in the Last Penalty Stop Area.

2.2

An athlete is eliminated for:

- i. not completing the course (either total running or swimming distance);
- ii. using devices that may aid his speed, buoyancy or endurance in swimming;
- iii. not swimming bare foot or using any other items except swimming caps and swimming goggles;
- iv. starting to run before the shooting time has expired without having successfully completed 5 green lights (4 green lights only);
- v. using a non-approved pistol (In case of pistol tests, athlete must use a pistol which was approved by the testing team);
- vi. shooting on the wrong target;
- vii. using a constant beam during the competition series;
- viii. using audio communication outside of the preparation or warm up time.

2.3

An athlete is disqualified for:

- i. leaving the competition lane (course deviation);
- ii. unsportsmanlike conduct;
- iii. wilfully, with intent, pushing, swimming across or obstructing another athlete;
- iv. jostling, running across or obstructing another athlete;
- v. starting to run before the shooting time has expired without having successfully; completed 5 green lights (3 green lights or less only);
- vi. Athlete exchanging his/her pistol for a non-approved pistol.

Offences	Rule	Penalty	Paid at
False start	2.1.i	10*	LPA or shooting range
Not disposing items in the transition boxes	2.1.ii	10*	LPA or shooting range
Contravening clothing regulations	2.1.iii	10*	LPA or shooting range
Not placing the pistol safely	2.1.iv	10*	LPA or shooting range
Not touching the shooting table	2.1.v	10*	LPA or shooting range
Not completing the course	2.2.i	Elimination	
Use of non-authorized devices in swimming	2.2.ii/iii	Elimination	
Starting before the 50 seconds (4 green lights)	2.2.iv	Elimination	
Use a non-approved pistol	2.2.v	Elimination	
Shooting on the wrong target	2.2.vi	Elimination	
Use of a constant beam during competition	2.2.vii	Elimination	
Use audio communication during competition	2.2.viii	Elimination	
Leaving the competition lane	2.3.i	Disqualification	
Unsportsmanlike conduct	2.3.ii	Disqualification	
Obstruction in swimming	2.3.iii	Disqualification	
Obstruction in running	2.3.iv	Disqualification	
Starting before the 50 seconds (3 green lights or less)	2.3.v	Disqualification	
Exchanging pistol for a non-approved pistol	2.3.vi	Disqualification	

3. AWARDS

3.1 World Championships Medals

3.1.1 Gold, Silver and Bronze medals will be given in each category and event competition.

3.1.2 The UIPM and the Organiser will share the expenses for the production of the medals after the approval of the design and the cost by UIPM.

3.2 WORLD CHAMPIONSHIPS TITLES

3.2.1 Gold medalists in all categories of the Elite and Open Division will receive the title of "UIPM Elite Triathlon World Champion" and "UIPM Open World Triathlon Champion".

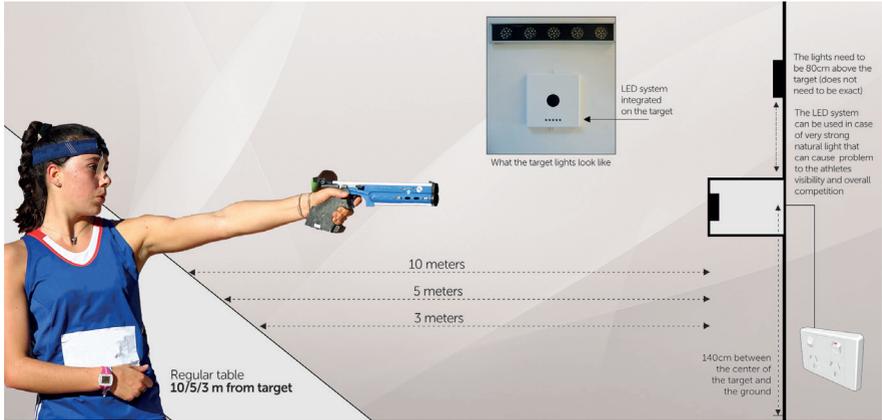
3.3 WORLD RANKINGS

3.3.1 The UIPM Triathlon World Ranking will work like the UIPM Modern Pentathlon World Ranking: Athletes who participate in different competitions (UIPM Biathlon and Triathlon World Championships, Continental Championships and National and Regional Competitions) will be awarded relevant points according to the result and the competition level as demonstrated in the following world ranking points chart (see next page).

3.3.2

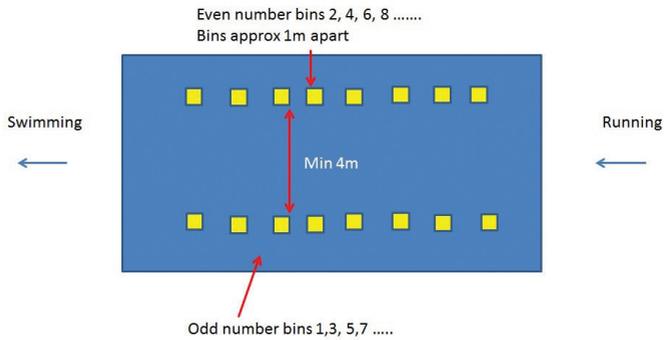
Category A Competitions		Category B Competitions	
Place	Points	Place	Points
1	35	1	25
2	30	2	22
3	27	3	20
4	24	4	18
5	22	5	16
6	20	6	15
7	19	7	14
8	18	8	13
9	17	9	12
10	16	10	11
11	15	11	10
12	14	12	9
13	13	13	8
14	12	14	7
15	11	15	6
16	10	16	5
17 / 18 / 19 / 20 / ...	1	17 / 18 / 19 / 20 / ...	1

APPENDIX 1 SHOOTING STATION EXAMPLE

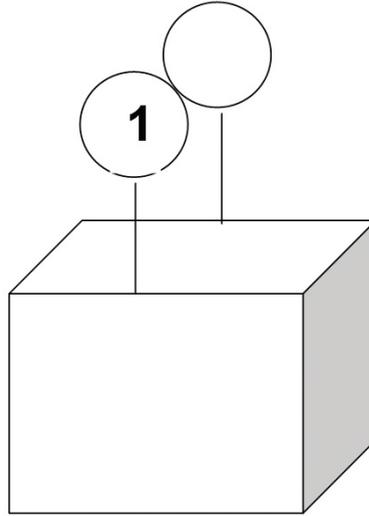


APPENDIX 2

Example of Transition Area



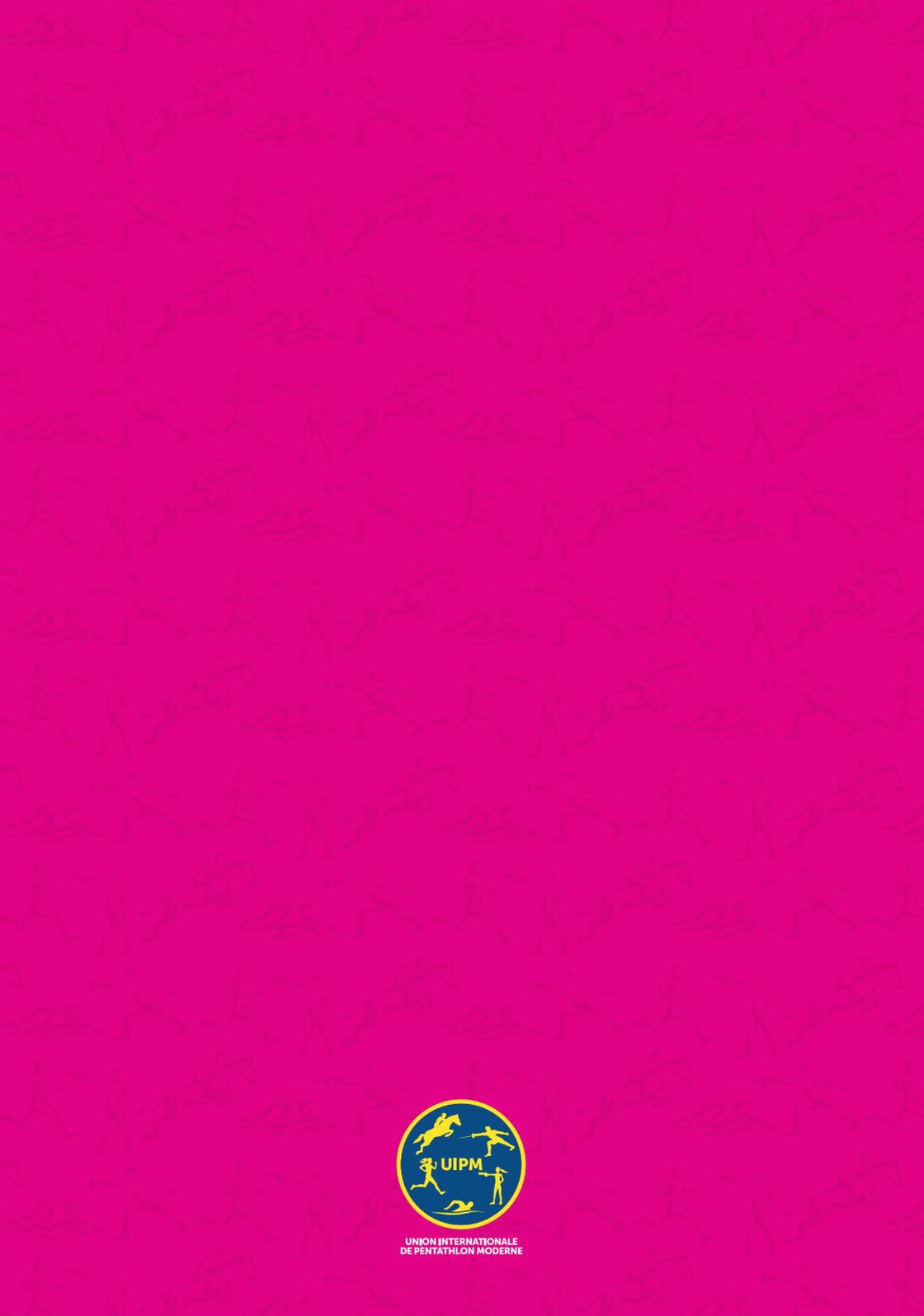
APPENDIX 3



dimensions of approximately 40cm x 30 cm x 20cm



UNION INTERNATIONALE
DE PENTATHLON MODERNE



UNION INTERNATIONALE
DE PENTATHLON MODERNE