



UNION INTERNATIONALE
DE PENTATHLON MODERNE

2025 UIPM BIATHLE/ TRIATHLE COMPETITION RULES

as of 1 January 2025



2025
UIPM BIATHLE/TRIATHLE
COMPETITION RULES
as of 1 January 2025

ABBREVIATIONS

EB	Executive Board	NF	National Federation
FOP	Field of Play	NTO	National Technical Observer
HQ	Headquarters	PG	Penalty Start Gate
HMT	Hit & Miss Target	QC	Qualification Competition
ID	Identification	SL	Shooting Line
BT	Biathle/Triathle	TC	Technical Committee
LOC	Local Organising Committee	TD	Technical Delegate
LPA	Last Penalty Area	TM	Technical Meeting
LPT	Laser Precision Target	UIPM	Union Internationale de Pentathlon Moderne
BTWT	Biathle/Triathle World Tour	WADA	World Anti-Doping Agency
BTWCH	Biathle/Triathle World Championships	WR	World Rankings
Mins	minutes		

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PART A

THE EVENT

1 PRESENTATION OF THE EVENTS

The UIPM Biathlon consists of swimming and running, the format is run – swim – run. Runners complete half the total running distance before entering a 50-metre transition area where athletes remove their shoes (and socks if worn), place them in the preassigned boxes and accomplish their swimming leg. They put back their running shoes and accomplish the 2nd half of their running leg to finish.

The UIPM Triathlon consists of laser shooting, swimming and running. Triathlon starts with a Laser Run. After the last shooting only, athletes will accomplish their swimming leg and will finish by a running leg. Shooting involves laser pistol shooting in series at a range equipped with laser targets.

1.1 The Biathlon/Triathlon competitions

Category A	UIPM BTWCH
Category B	Continental Championships & Games – Regional Championships & Games – National Championships
Category C	BTWTs

- UIPM will keep along the season a World Ranking (WR) updated for each age category for Biathlon/Triathlon which will include BTWCH; Continental Championships (CC), Regional and National BT competitions; and BTWT. The WR will count up to five competitions among the best results of the athlete during the season, according to the grid shown in Appendix 2.
- If there is a tie in the WR between two or more athletes the athlete with the best result in the BTWCH and after in the CC will be in the higher position. If the tie remains, the athlete with the best result in the most recent competition, including BTWT will be ranked in the higher position, and so on.

1.2 The Biathlon/Triathlon competition divisions

1.2.1 Elite Division

- For UIPM registered athletes representing the National Federations and their countries in BTWCH, Continental, Regional and National Competitions.
- For BTWCH:
 - Registrations will be open at least 3 months before the competition through the UIPM NF portal accessible at the top of the UIPM website (www.UIPMworld.org)
 - Starting numbers will be distributed onsite and will be determined by random draw
 - Individual, Team and Relay medals (Mixed Relay (mandatory) & Gender Relay (not mandatory))
 - Live results available online on UIPM website homepage & app "UIPM Central"

1.2.2 Open Division

- For athletes who are not representing the National Federations and want to compete individually in BTWCH, Continental and Regional competitions.
- For BTWCH:
 - Registrations will be open at least 3 months before the competition through the BTWCH registration open web link accessible on UIPM website (www.UIPMworld.org) homepage
 - Starting numbers will be distributed on site and will be determined by random draw
 - Individual and Relay medals (Mixed Relay (mandatory) & Gender Relay (not mandatory))

Athletes from Elite & Open Divisions will compete together irrespective of having been registered via NF Portal or via Open web link, and the winner of the race will be awarded as the Biathle Or Triathle World Champion.

1.2.3 Registrations for BTWT

Unlike BTWCH, registrations for BTWT will be controlled exclusively by the organizers using the online system with an access provided by the UIPM. The results will be registered in the same system that will automatically generate the WR.

1.2.4 Distances for Biathle/ Triathle competitions

1.2.4.1 BTWCH (Elite & Open), CC, Regional & National competitions

BTWCH Biathle Individual			
Under 9 (7-8 years old only)	Run 200m	Swim 50m	Run 200m
Under 11	Run 400m	Swim 50m	Run 400m
Under 13	Run 400m	Swim 100m	Run 400m
Under 15	Run 800m	Swim 100m	Run 800m
Under 17	Run 800m	Swim 200m	Run 800m
Under 19	Run 800m	Swim 200m	Run 800m
Juniors	Run 800m	Swim 200m	Run 800m
Seniors	Run 800m	Swim 200m	Run 800m
Masters 40+	Run 800m	Swim 100m	Run 800m
Masters 50+	Run 800m	Swim 100m	Run 800m
Masters 60+	Run 800m	Swim 50m	Run 800m
Masters 70+	Run 400m	Swim 50m	Run 400m

BTWCH Biathle Mixed Relay (distances per person)			
Under 9 (7-8 years old only)	Run 200m	Swim 50m	Run 200m
Under 11	Run 400m	Swim 50m	Run 400m
Under 13	Run 400m	Swim 100m	Run 400m
Under 15	Run 800m	Swim 100m	Run 800m
Under 17	Run 800m	Swim 100m	Run 800m
Under 19	Run 800m	Swim 100m	Run 800m
Juniors	Run 800m	Swim 100m	Run 800m
Seniors	Run 800m	Swim 100m	Run 800m
Masters 40+	Run 400m	Swim 100m	Run 400m
Masters 50+	Run 400m	Swim 100m	Run 400m
Masters 60+	Run 400m	Swim 50m	Run 400m
Masters 70+	Run 400m	Swim 50m	Run 400m

BTWCH Triathlon Individual

Under 9	Shoot 5m (2 hands)	Run 300m	Shoot 5m (2 hands)	Swim 50m	Run 300m					
Under 11	Shoot 5m (2 hands)	Run 300m	Shoot 5m (2 hands)	Swim 50m	Run 300m					
Under 13	Shoot 5m	Run 300m	Shoot 5m	Run 300m	Shoot 5m	Swim 100m	Run 300m			
Under 15	Shoot 5m	Run 600m	Shoot 5m	Run 600m	Shoot 5m	Swim 100m	Run 600m			
Under 17	Shoot 10m	Run 600m	Shoot 10m	Run 600m	Shoot 10m	Run 600m	Shoot 10m	Swim 200m	Run 600m	
Under 19	Run 600m	Shoot 10m	Run 600m	Shoot 10m	Run 600m	Shoot 10m	Run 600m	Shoot 10m	Swim 200m	Run 600m
Juniors	Run 600m	Shoot 10m	Run 600m	Shoot 10m	Run 600m	Shoot 10m	Run 600m	Shoot 10m	Swim 200m	Run 600m
Seniors	Run 600m	Shoot 10m	Run 600m	Shoot 10m	Run 600m	Shoot 10m	Run 600m	Shoot 10m	Swim 200m	Run 600m
Masters 40+	Shoot 10m	Run 600m	Shoot 10m	Run 600m	Shoot 10m	Swim 100m	Run 600m			
Masters 50+	Shoot 10m	Run 600m	Shoot 10m	Run 600m	Shoot 10m	Swim 100m	Run 600m			
Masters 60+	Shoot 5m	Run 300m	Shoot 5m	Run 300m	Shoot 5m	Swim 50m	Run 300m			
Masters 70+	Shoot 5m	Run 300m	Shoot 5m	Run 300m	Shoot 5m	Swim 50m	Run 300m			

BTWCH Triathlon Mixed Relay (distances per person)

Under 9	Shoot 5m (2 hands)	Run 300m	Shoot 5m (2 hands)	Swim 50m	Run 300m	
Under 11	Shoot 5m (2 hands)	Run 300m	Shoot 5m (2 hands)	Swim 50m	Run 300m	
Under 13	Shoot 5m	Run 300m	Shoot 5m	Swim 100m	Run 300m	
Under 15	Shoot 5m	Run 600m	Shoot 5m	Swim 100m	Run 600m	
Under 17	Shoot 10m	Run 600m	Shoot 10m	Swim 100m	Run 600m	
Under 19	Run 600m	Shoot 10m	Run 600m	Shoot 10m	Swim 100m	Run 600m
Juniors	Run 600m	Shoot 10m	Run 600m	Shoot 10m	Swim 100m	Run 600m
Seniors	Run 600m	Shoot 10m	Run 600m	Shoot 10m	Swim 100m	Run 600m
Masters 40+	Shoot 10m	Run 600m	Shoot 10m	Swim 100m	Run 600m	
Masters 50+	Shoot 10m	Run 600m	Shoot 10m	Swim 100m	Run 600m	
Masters 60+	Shoot 5m	Run 300m	Shoot 5m	Swim 50m	Run 300m	
Masters 70+	Shoot 5m	Run 300m	Shoot 5m	Swim 50m	Run 300m	

1.2.4.2
BTWT

BTWT Biathlon Individual			
Under 9	Run 200m	Swim 50m	Run 200m
Under 11	Run 400m	Swim 50m	Run 400m
Under 13	Run 400m	Swim 100m	Run 400m
Under 15	Run 800m	Swim 100m	Run 800m
Under 17	Run 800m	Swim 200m	Run 800m
Under 19	Run 800m	Swim 200m	Run 800m
Juniors	Run 800m	Swim 200m	Run 800m
Seniors	Run 800m	Swim 200m	Run 800m
Masters 40+	Run 800m	Swim 100m	Run 800m
Masters 50+	Run 800m	Swim 100m	Run 800m
Masters 60+	Run 800m	Swim 50m	Run 800m
Masters 70+	Run 400m	Swim 50m	Run 400m

BTWT Triathlon Individual										
Under 9	Shoot 5m (2 hands)	Run 300m	Shoot 5m (2 hands)	Swim 50m	Run 300m					
Under 11	Shoot 5m (2 hands)	Run 300m	Shoot 5m (2 hands)	Swim 50m	Run 300m					
Under 13	Shoot 5m	Run 300m	Shoot 5m	Run 300m	Shoot 5m	Swim 100m	Run 300m			
Under 15	Shoot 5m	Run 600m	Shoot 5m	Run 600m	Shoot 5m	Swim 100m	Run 600m			
Under 17	Shoot 10m	Run 600m	Shoot 10m	Run 600m	Shoot 10m	Run 600m	Shoot 10m	Swim 200m	Run 600m	
Under 19	Run 600m	Shoot 10m	Run 600m	Shoot 10m	Run 600m	Shoot 10m	Run 600m	Shoot 10m	Swim 200m	Run 600m
Juniors	Run 600m	Shoot 10m	Run 600m	Shoot 10m	Run 600m	Shoot 10m	Run 600m	Shoot 10m	Swim 200m	Run 600m
Seniors	Run 600m	Shoot 10m	Run 600m	Shoot 10m	Run 600m	Shoot 10m	Run 600m	Shoot 10m	Swim 200m	Run 600m
Masters 40+	Shoot 10m	Run 600m	Shoot 10m	Run 600m	Shoot 10m	Swim 100m	Run 600m			
Masters 50+	Shoot 10m	Run 600m	Shoot 10m	Run 600m	Shoot 10m	Swim 100m	Run 600m			
Masters 60+	Shoot 5m	Run 300m	Shoot 5m	Run 300m	Shoot 5m	Swim 50m	Run 300m			
Masters 70+	Shoot 5m	Run 300m	Shoot 5m	Swim 50m	Run 300m					

2 AUTHORITIES

2.1 UIPM TD/NTO Control

UIPM BTWCH competitions fall under the obligatory control of UIPM Technical Delegates or National Technical Observers. The UIPM HQ will inform the LOCs on the UIPM appointed authorities at the earliest convenience.

2.2 Local Organising Committee (LOC)

- i) The constitution, responsibilities and obligations of the LOC must follow the signed bid documents and bid declaration letters.
- ii) The LOC is responsible to provide:
 - a. an unlimited supply of potable water at each event and to make available other fluid replacement. It is further responsible to provide general medical assistance and emergency transportation to a hospital, sanitary facilities at each site and throughout the competition;
 - b. the necessary technical equipment at the venues, including professional technical support and results software for displaying results. For BTWCH, a highly visible scoreboard and projection screen in the venue is needed. (See Part C for more LOC provided equipment details).

2.3 Authorities appointed by the LOC

2.3.1 **Biathlon/Triathlon Director (1)**, who is overall in charge of the competition. The BT Director:

- i) is responsible for the overall correct conduct of the competition;
- ii) permits the athletes to start warming up.

2.3.2 **Shooting Director (1) (applies only to Triathlon)** who is in charge of:

- i) supervising the Range Officers, Shooting Judges, Equipment Control Officers and the Range Personnel;
- ii) the correct conduct of the shooting event;
- iii) informing the athletes and coaches of the final minute and 30 seconds remaining of warming up time on the shooting range, which ends 3 minutes before start of competition;
- iv) communicating all reported irregularities and penalties to the TDs/NTOs.

2.3.3 **Range Officers (1 per 10 shooting stations) (applies only to Triathlon)**, are responsible for:

- i) checking that athletes use the right firing points;
- ii) checking the names and start numbers of athletes to ensure that they conform to the event schedule, start list, scorecards and range register;
- iii) controlling athletes' clothing (shirts with name, numbers, armband, headphone, etc.);
- iv) verifying that athletes' pistols have been inspected and approved by the Equipment Control Section;
- v) applying and checking (in collaboration with the Shooting Judge) any 10 second penalty imposed on an athlete at their shooting station;
- vi) communicating all irregularities and penalties to the Shooting Director.

- 2.3.4** The Shooting Director must appoint **Shooting Judges (1 for each shooting station) (applies only to Triathlon)**. The Shooting Judges are responsible for:
- i) observing all shots;
 - ii) ensuring that each athlete's pistol touches shooting table between each shot;
 - iii) after each shooting series, checking that the pistols are safe. A laser pistol is safe when untouched and placed on the shooting table pointing down the range;
 - iv) informing the Shooting Director immediately as to any infringement of the rules; v) penalty imposed on an athlete at the shooting station, such penalty needs to have approval from TD/NTO in range before applying;
 - v) applying and in collaboration with the Range Officer checking any 10-second penalty imposed on an athlete at the shooting station, such penalty needs to have approval from TD/NTO in range before applying;
 - vi) starting the stop-watch at the first attempted shot. The Shooting Judge must inform the athlete if the target lights do not indicate the first shot. The Shooting Judge must inform the athlete 5 seconds before the 50 second time limit expires by saying "Position XX 5 seconds remain", and giving the command "Position XX GO", to the athlete when the 50 second time limit has expired
- 2.3.5** **Swimming Director (1)** is responsible for:
- i.) Make sure the swimming course is well set up (turn buoys, transition boxes, swimming lane)
 - ii.) Coordinate the lifeguards and judges
- 2.3.6** **Running Director (1)** is responsible for:
- i) coordinating the activities of all Running Officials: Course Judges, Marshall, Starter, Deputy Starters, Starter's Assistants, Arrival Judges, Timekeepers, Recorders, Announcers, Last Penalty Stop Area Judges;
 - ii) supervising the building of the course and the conduct of the event.
- 2.3.7** **The Course Judges (4)** are placed by the Running Director so that they may best observe the running closely. In case of a foul, deviation from the course, unauthorised assistance or any violation of these guidelines by anyone they shall immediately report this to the Running Director orally and later in writing.
- 2.3.8** The **Marshall (1)** has full charge of the start/finish area and the shooting range area. The Marshall must not allow any person other than the officials and competing athletes to enter or to remain there. The Marshall can be assisted by one or more assistants.
- 2.3.9** The **Starter (1)** has entire control of the athletes while on their marks and is the sole judge of any fact connected with the start of the race. The Starter is responsible giving the start signal to the first athlete when they are due to start. The Starter will apply false start penalties and inform the Running Director who in turn will inform the Announcer.
- 2.3.10** The **Deputy Starters (2)**, one for each start line, are under the supervision of the Starter. Deputy Starters must not have physical contact with the athletes. Their duties are to ensure that each athlete starts on time.
- 2.3.11** The **Starter's Assistants (2)**, one for each start line, must check the athletes in the start line and ensure that the athletes are lined up in correct order, at the right time, wearing the correct clothing, with the correct name and national code, and with numbers properly fastened front and back. Any violation of these guidelines must be reported immediately to the Running Director.
- 2.3.12** The **Arrival Judges (2)** are responsible for registering the arrival order of the athletes at the finish line. Two groups of two judges working independently are needed.
- 2.3.13** The **Timekeepers (2)** must use their stopwatches or manually operated electronic timers with or without digital readouts. Whether automatic timing is used or not, there should always be three Timekeepers. Their responsibility is to record the times of the athletes.

- 2.3.14** The **Announcer (1)** is responsible for informing the public of the names and numbers of the athletes taking part in the competition and other relevant information such as intermediate times. The results (places and times) must be announced at the earliest possible moment after receipt of the information.
- 2.3.15** In the last **Penalty Stop Area** two Judges stay at the special penalty area located half way between the shooting range and the finish line, ready to apply penalties that cannot be applied at the shooting station.
- 2.3.16** **Equipment Controllers (2)** must inspect, measure and verify the laser shooting equipment under the guidance of a UIPM laser expert, and test the weapons and other shooting equipment and clothing.
- 2.4**
Jury of appeal The Jury of Appeal is composed of the Technical Delegate(s), one member nominated by the LOC and three further members elected from amongst the Team Representatives.

3 ORGANISATION AND SCHEDULE

3.1 General Aspects

- i. Competition materials/equipment and clothing includes all the materials, equipment, competition gear and clothing which the athlete uses during the BT competition. These materials, including any advertising, must be controlled before the competition.
 - a. In case a pistol ceases to function, the athlete can use another pistol as long as this reserve pistol, provided by the athlete, has previously been inspected, approved and marked by the Equipment Control Section (in case of onsite tests).
 - b. After the equipment has been approved (in case of onsite tests), the pistol must not be modified or adjusted at any time before or during the event in any way that would conflict with the UIPM Equipment Regulation unless
 - c. Any unapproved alterations or exchange will incur a penalty. If there are any doubts regarding any alteration, the pistol must be returned to the Equipment Control Area for re-inspection and approval (in case of onsite tests).
 - d. During Relay competitions, only the competing athlete's pistol may be laid on the top of the shooting table. Only the athletes are authorised to move their pistols from the pistol storage under the table to the top of the shooting table.
- ii. In BTWCH athletes have to accept and undergo doping controls according to the UIPM Anti-Doping Rules and Procedures.
- iii. For UIPM BT 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.

- iv. 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

3.2 Technical Meeting

- i. A Technical Meeting (TM) must take place one day before the Relays and one day before the Individuals for BTWCH. In addition, if both individuals and relays are going to take place, it is needed to arrange one TM for individual and one TM for relay. After the TM, no changes will be allowed. For BTWT, it depends on the number of the participations. The LOC can decide to have TM either one day before or have it 2-3 hours before the competition at the same day morning. Athletes and teams or representatives are required to arrive to the TM to confirm their participation.
- ii. The TM is a part of the competition and is held before the first event of the competition. A team unable to be present at the TM must inform the UIPM at least 24 hours in advance with the necessary data (name of the athlete, registered athletes' ID number) and delegate another nation or official to represent them. Teams not represented at the TM will not be allowed to start the competition.
- iii. At the TM, LOC officials, UIPM officials and the Competition officials are introduced as well as instructions concerning the competition must be given.

3.3 Starting Order

The start is always a pack start even if there are qualifications or not. Athletes will be split into two or more semi-finals if needed, according to the number of shooting stations available. In the case of semi-finals, teams with more than one athlete should have their athletes equally split between the semi-finals. In case of semi-finals, top 3 per heat qualifies automatically for the finals, all other finalists will be qualified through their semi-finals time to reach a final with 24 athletes. Direct finals with more than 24 athletes may happen if the safety on the course & number of targets allow it.

3.3.1 Athletes Order inside the Team in the Relay Order

- i. The start order in the Relay must be declared in writing by the team representative for each participating team member before the TM and, once approved by the UIPM TD/NTO, cannot be changed. It is not possible to substitute the registered athletes after the TM, except in case of force majeure, which shall be determined by the decision of the UIPM TD/NTO.
- ii. For the Mixed Relay, Women compete first, then Men.
- iii. In the case of relays with teams composed by athletes from different age groups, athletes from U9 to U19 are allowed to "jump up" 2 age groups maximum (examples: U9 with U13 will compete in U13, U19 with Seniors will compete in Seniors). Athletes from M50 to M70 are allowed to "jump down" 2 age groups as well (examples: M60 with M40 will compete in M40, M50 with Seniors will compete in Seniors).

Teammate age	U9	U11	U13	U15	U17	U19	Juniors	Seniors	M40	M50	M60	M70
Athlete Age	U9	U11	U13	U15	U17	U19	Juniors	Seniors	M40	M50	M60	M70
U9	U9	U11	U13									
U11	U11	U11	U13	U15								
U13	U13	U13	U13	U15	U17							
U15		U15	U15	U15	U17	U19						
U17			U17	U17	U17	U19	Juniors					
U19				U19	U19	U19	Juniors	Seniors				
Juniors					Juniors	Juniors	Juniors	Seniors				
Seniors						Seniors	Seniors	Seniors	Seniors			
M40								Seniors	M40	M40	M40	
M50								Seniors	M40	M50	M50	M50
M60									M40	M50	M60	M60
M70										M50	M60	M70

3.3.2 Mixed Relay quota

National Federations are allowed to register unlimited teams in the Mixed Relay competition, but only the best ranked team per nation will be allowed to receive a medal.

3.4 Team Ranking

Only teams with minimum 3 athletes entered for the competition can be ranked for team classification.

Teams with more athletes in the Final are ranked higher.

Teams with 3 athletes (or more) in the Final are ranked ahead of teams with 2.

Teams with 2 athletes in the Final are ranked ahead of teams with 1.

Teams with 1 athlete in the Final are ranked ahead of teams with zero.

The same logic will be applied to Semi-final results in case is needed for teams that have no athletes qualified for the final.

For any athlete qualified for the Final, her / his final result must be used. For any athlete competing in the semi-finals but not qualified for the Final, her/his Semifinal result must be used.

In a Final, among teams composed of the same number of athletes and in case of ties, the winner is the team with the best individual time in the final.

3.5 Shooting Warming up, Zeroing and Preparation Time for Triathlon

- i. For Triathlon, the shooting warm-up must be done on a warm-up shooting range specially set up separately and next to the competition area. There won't be possibility to warm-up on the competition shooting range except 5 min before the start to check that connection between the pistol and the target is efficient at competition shooting range. Then athletes will be aligned at the start line around 1 minute before the start.

- ii. For national competitions without separate warm-up shooting range, the BT Director asks athletes to enter their shooting stations. Each shooting station corresponds to the athlete's starting number. Athlete No1 shoots at station No1, athlete No2 shoots at station No2 and so on..
- iii. For warm-up at the national competition shooting range, the warm-up starts after the appropriate command ("15 minutes Warm-up - START") by the Shooting Director.
- iv. During the warm-up period athletes may run and shoot an unlimited number of shots. The use of constant beam is only authorised in the warm-up.
- v. At the competition shooting station, athletes may use water and towels, which must be kept under the table with the reserve pistol and any binoculars used during warm-up. No video camera is allowed in the shooting station.
- vi. The Shooting Director will inform the athletes of start of the warm-up 15 minutes before the national competition as well as of the last 5 minutes, the last minute and final 30 seconds remaining of the shooting session warm-up.
- vii. After the warm-up and before the start signal, the pistols must remain on the assigned shooting station. The reserve pistol must be placed under the shooting table
- viii. During the warm-up, coaches may assist and communicate with athletes from a specially marked area for coaches outside the shooting stations and the running corridor.

4 CONDUCT OF THE COMPETITION

4.1 The Shooting Series (applies only to Triathlon)

- i. The Triathlon competition is in series. Each series consist of hitting 5 targets with an unlimited number of shots in a maximum time of 50 seconds on a target with a valid zone of dimension 59,5mm. If after 50 seconds one or more targets have not been hit (or the athlete has not hit the valid zone 5 times) the athlete may start running without being penalised after getting the sign from shooting judge behind.
- ii. Malfunctions are not taken into consideration. Should a pistol cease to function, the athlete may use the reserve pistol that must have also been approved by the Equipment Control Section. If a shot has not fired due to a malfunction, the athlete may use the reserve pistol without interruption. If the reserve pistol also does not work the athlete must wait at the shooting station until the 50 second shooting time has expired before starting running.
- iii. Reserve targets can be used, but the athlete needs permission from the Range Officer/TD to move to a reserve target.

4.2 The Start

- i. Athletes start in a pack start. Starting numbers will be determined randomly by draw.
- ii. Athletes are responsible for being at the start line on time and for starting on time.
- iii. The Triathlon shooting warm-up must be done on the warm-up shooting range anytime. 5 minutes before the start of the race, athletes will be called to check that their pistol works with their assigned targets. After that and under the command of the BT Director, the Announcer will declare the warm-up finished. All athletes must be at the start area and the Starter/Starter Assistants will begin lining up the athletes. One minute before the start, all athletes must be at the corresponding gates assembled for the mass start.
- iv. The Starter will announce – "**One minute to start**"; "30 seconds", "20 seconds" and "10 seconds to the Start." After the OK has been given by the Timekeepers and the BT Director, the Starter will tell the athlete "**Take your Marks**", followed by the start signal. All timing equipment will start at the start signal. **At the start area, a start clock must be placed so that it is easily readable from the start line and by the timekeepers.**

4.2 False Start

- i. The Starter/Announcer must immediately announce to the athlete and spectators if an athlete has started too early and inform them of their false start.
- ii. An athlete starting late will not be penalised, but his/her time will be taken from the moment they should have started in the pack start.
- iii. A false start occurs if an athlete crosses the start line before the official start time. Before the start, both feet must be behind the start line.
- iv. In the event of a false start from the shooting line, the same rules will be applied: a 10 second penalty for a false start and disqualification in the case of a blatant attempt to start too early. 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 must be imposed at the Last Penalty Stop Area (LPA), if not possible, it will be added to the final running time at the end of the race.

4.3 Shooting (applies only to Triathlon)

- i. Athletes are responsible for shooting on the correct target.
- ii. The athlete must stand with both feet on the ground, without support, completely within the shooting station. The entire pistol must be held and shot with one hand only excepted in Under 9 and Under 11 age categories. The unarmed hand must not give support to the armed arm or hand.
- iii. The laser pistol must touch the table between every shot.

4.4 Running

- i. Athletes must follow the course from crossing the start line, going to the shooting range for each shooting series and, having completed the correspondent series of the shooting and running the distance according to their category, to crossing the finish line.
- ii. If informed by a Judge and/or announced by the sound system, the athlete must stop and remain in the Last Penalty Stop Area for the time indicated.
- iii. The Last Penalty Stop Area will be located half way between the shooting range and the finish line.
- iv. During the race, no athlete may accept any physical assistance or refreshment. In exceptional circumstances this can be allowed if so decided by the BT Director and Technical Delegates. Running by a non-competitor with or behind an athlete may be considered as unauthorised assistance. A hands-on medical examination by official medical personnel during the progress of the event and verbal or other communication from a person not on the course is not unauthorised assistance.
- v. The athlete/team must complete the course by passing the finish line to register a final time.

4.5 Swimming

- i. Athletes enter a 50-metre transition area where they must remove their shoes (and socks if worn) and place them in the preassigned boxes with dimensions of approximately 40cm x 30 cm x 20 cm.
- ii. For Biathlon, athletes dive into the water and swim the required swimming distance freestyle before exiting the water, putting back on their shoes and continuing the 2nd running leg. For Triathlon, athletes dive into the water and swim the required swimming distance freestyle before exiting the water, putting on their shoes and pass to the last running leg.
- iii. 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..

4.6 The Finish

- i. Athletes will be timed and placed in the order in which any part of their torso (as distinguished from the head, neck, arms, legs, hands or feet) reaches the vertical plane of the nearer edge of the finish line.
- ii. In the finals, the first athlete crossing the finish line will be the winner of the competition.
- iii. The competition result will be based on the competing time of the athletes, the fastest is ranked better.
- iv. 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.
- v. 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.
- vi. 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 all races.
- vii. To break any tie, hundredths of a second timing shall prevail.

5 PENALTIES

5.1

An athlete or team is penalised by a time penalty of **Ten Seconds (10)** for each of the following offences:

- i. contravening clothing regulations;
- ii. modifying the dimensions of the start numbers;
- iii. a false start;
- iv. not disposing items into the respective transition box or handing items over to someone;
- v. not placing the pistol safely on the table after warming up has ended and after each shooting series* (applies only to Triathlon);
- vi. 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 TD in range before applying such penalty. This penalty will be applied for each infringement after first warning (applies only to Triathlon);
- vii. if a coach during the warming up is outside the designated coaches' area and assists an athlete: for the first time, a warning. Any subsequent offence, a 10-second penalty for the athlete (applies only to Triathlon);
- viii. For the second time removing their pistol(s) from the box/case before the official warming up period has started. The first breach will result in a warning (applies only to Triathlon);
- ix. Not standing freely, without touching the table, with both feet on the ground within the shooting station; before applying such penalty, a warning must be issued (applies only to Triathlon).

5.2

An athlete or team is **eliminated** for:

- i. not completing the course;
- 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. deviation, deliberate or not, from the course which in the opinion of the Course Judge gained a material advantage;
- v. unauthorised assistance, if not disqualified;
- vi. using an unapproved pistol (applies only to Triathlon);
- vii. shooting on the wrong target (applies only to Triathlon);
- viii. not stopping at the last stop penalty area when instructed by an official (applies only to Triathlon);
- ix. using constant beam during the competition series and/or audio communication outside preparation and warm-up time (applies only to Triathlon);
- x. holding pistol with two hands or giving support to the armed arm (applies only to Triathlon);
- xi. incorrect change of in the relay;
- xii. starting the running leg before the shooting time has expired without having completed successfully each shooting series*; 4 green lights → **Elimination** (applies only to Triathlon)
- xiii. Being lapped by any athlete (see 5.4).

5.3

An athlete or team is **disqualified** for:

- i. Modifying or adjusting an officially approved pistol so that it violates the rules (applies only to Triathlon);
- ii. exchanging their pistol in violation of the rules (applies only to Triathlon);
- iii. a blatant attempt to start too early;
- iv. leaving the competition lane (course deviation);
- v. unsportsmanlike conduct;
- vi. wilfully, with intent, pushing, swimming across or obstructing another athlete;
- vii. jostling, running across or obstructing another pentathlete so as to impede their progress;
- viii. starting the running leg before the shooting time has expired without having completed successfully each shooting series*; 3 (or less) green lights → **Disqualification** (considered as blatant attempt to start early) (applies only to Triathlon).

* 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.

5.4

Elimination rule

Any athlete that is lapped, will be eliminated from the race by the Technical Delegate and/or designated judges. This rule is valid for both individual and mixed relay events.

6

AWARDS

6.1

World Championships Medals

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

6.2

World Championships Titles

- i. Gold medalists in all age groups of the BTWCH and for both genders will receive the title "UIPM Biathlon World Champion" or "UIPM Triathlon World Champion" irrespective of having registered in Elite or Open Division.

PART B

INDIVIDUAL EQUIPMENT

7 CLOTHING REGULATIONS

7.1 General aspects

- i. For UIPM BT 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).
- ii. Athletes must have their name clearly visible and professionally made on the back of their apparel, below which is the NF code, of a size between 7-12 cm and in a contrasting colour to the colour of their shirt.
- iii. Footwear: a) must not be worn in the Swimming but b) must be worn when running.
- iv. Athletes participating in UIPM BT competitions and representing the same NF must wear the same style and colours of competitive apparel in order to clearly identify the country which they represent.
- v. Athletes competing in the Mixed Relay event and representing the same NF must wear the same design and colours of competitive apparel.
- vi. The LOC is responsible for providing every competitor with two start numbers.
- vii. Clear numbers have to be shown on the front and on both shoulders. They should be made visible using waterproof markers or stickers.
- viii. The UIPM logo patch must be placed on the Laser Run apparel according to the current UIPM Uniform Guideline available on the www.uipmworld.org website. Not placing or wrongly placing of the UIPM logo patch will result in a 10-second penalty.

8 PISTOL REGULATIONS

8.1 General aspects

Sets of pistols and targets could be provided by the UIPM to the LOC only for UIPM BTWT. All the equipment provided will be previously tested and controlled by UIPM experts according to these guidelines. For all other competitions, the following items must be followed by all competitors under the supervision and testing by the LOC.

8.2 The Laser Pistol

- i. Only single shot pistol is allowed without any form of magazine or clip. The shot must be activated by a mechanical trigger.
- ii. The weight of the pistol with all accessories must not exceed 1500 grams. There must be capability of vertical and horizontal aiming correction.
- iii. The overall size of the pistol is limited to dimensions which permit it to be enclosed completely in a rectangular box with inside dimensions of 420mm x 200mm x 50mm. A manufacturing tolerance of + 1.0mm in the dimensions of the box is permitted. The minimum overall size is 20% of the above dimensions (336mm x 160mm x 40mm) with the same tolerance.

PART C

FACILITIES AND EQUIPMENT PROVIDED BY THE LOC

9 FACILITIES - THE FIELD OF PLAY

9.1 The Venue

The BT venue is the site on which the competition is conducted and consists of the shooting range, the swimming course and the running course. The LOC is responsible for providing a safe and acceptable course in collaboration with UIPM.

9.2 The Running Course

- i. 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).
- ii. The course must be clearly marked and defined so that an athlete is at no time in doubt how to follow the course. The course can be laid out on any kind of surface or surfaces. It must be designed so that there is a minimum risk of injury to the athletes without therefore no sharp turns or steep declines.
- iii. The total course must be wide enough to permit two runners to pass each other at any point on the course. Certain obstacles on the course are acceptable with the TD approval.
- iv. If the running course is done on a 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).
- v. The start and finish line must always be in the same area.
- vi. In the Relay competition, the start line and the finish line must be a minimum 5m wide. 10m on each side of the finish line must be set for a hand-over zone of 20m length. Thus, the dimension of the zone will be 20m x minimum 5m. This zone must be clearly marked by demarcation lines.

9.3 The Swimming Course

- i. 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.
- ii. The turning points for the different swimming distances must be clearly identified by buoys.
- iii. 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.
- iv. 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.
- v. 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.
- vi. To ensure the safety of athletes, Organisers must provide medical staff on site. Lifeguards must be present in the swimming area.
- vii. The transition area will be placed within the final 50 meters of the first running event. (See Appendix 1). 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.

9.4 The Shooting Range (applies only to Triathlon)

- i. The range can be indoor or outdoor and must be constructed so that direct sun does not disturb the athletes. The targets should be positioned so that the sun does not interfere directly with the registering of shots on the targets.
- ii. The shooting range must be built in such a way it can guarantee the safety of the athletes, coaches, judges and spectators. The shooting distances are 5 and 10 meters (according to the type of competition and the age group), measured from the shooting lane to the target face $\pm 0,05\text{m}$ is accepted as tolerance.
- iii. The shooting range must be prepared in such a way the spectators can enjoy the competition and watch the finish.
- iv. The shooting station must be marked with numbers of a minimum height 12cm, corresponding to the shooting point number. Shooting station No1 must be the farthest away from the starting gates.
- v. The competitor shooting area (minimum 1m and maximum 2m wide x 1.5m deep minimum) must be clearly defined with visible ground painted lateral lines. Paint of lateral lines can be replaced by branding triangle or small banner.
- vi. Targets must be marked with numbers corresponding to their shooting station number. The numbers must have a minimum height of 25cm to be easily seen under normal shooting conditions with normal vision from the appropriate shooting station and from VIP area, public seats and TV cameras.
- vii. The LOC must guarantee provision of 2 reserve spare targets, numbered R1 and R2 and located at the beginning of the shooting range before target N^o1.
- viii. The height of the target centre must be within the following height measured from level of the floor of the shooting point:
 - a. standard height variation: 1,40m +/- 0,05m;
 - b. horizontal variation: 0,25m.
- ix. The shooting station must be equipped with:
 - a. a table or bench, about 0,7m – 0,8m high. With laser pistol at the top of the table there should be a soft branded foam cushion provided by LOC/ UIPM (\pm A4 square size, not more than 8cm height) to avoid disturbances on the system;
 - b. the table must have a protection for the pistol in case of rain (waterproof box) or a place under the table.

10 EQUIPMENT PROVIDED BY THE LOC

10.1 Shooting Equipment Requirements (applies only to Triathlon)

- In Laser Run, the Organizing committees are allowed to use these types of targets:
- Hit & Miss Targets
 - Precision Targets

The mentioned equipment must be homologated by UIPM and allow TV graphics. If you have any doubt, please contact UIPM at maxime.papillon@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 maxime.papillon@pentathlon.org

10.2 Boxes

The LOC must provide boxes in the shooting range per station for athletes' use. These boxes are to be removed from the shooting range at the start and stored in a safe place until after competition.



10.3 LOC Control Devices and Tools

10.3.1 Material Control

Clothing control is made by observation, using a ruler if necessary.

10.3.2 Laser Pistol Tests (applies only to Triathlon)

The UIPM might arrange shooting equipment test for athletes' pistols, such tests will be informed to the LOC and all delegations beforehand for needed assistance. UIPM will bring the personnel and the equipment to check the laser beam – power, diameter and time – and the power of the battery.

PART D

APPENDICES

PENALTY TABLE

BIATHLE/TRIATHLE

Appendix 1

OFFENCES	Rule	Penalty			
		1st time	Subsequent	Paid at*	
Contravening clothing regulations	5.1 i	10"	-	PG	
Modifying dimensions of start numbers	5.1 ii	10"	-	PG	
False start	5.1 iii	10"	-	PG	
Not disposing items into the respective transition box or handing items over to someone;	5.1.iv	10"	-	SL or LPA	
Not placing a pistol safely on the table after warm up or shooting series	5.1 v	10"	-	PG	
Not touching the shooting table between each shot	5.1 vi	Warning	10"	SL or LPA	
Coach assistance during warm up outside the designated coaches' area	5.1.vii	Warning	10"	PG	
Not having the pistol in the box before the official warm up period has started	5.1 viii	Warning	10"	PG	
not standing freely, without touching the table, with both feet on the ground	5.1 ix	Warning	10"		
Not completing the course	5.2 i			Elimination	
Use of non-authorized devices in swimming or not swimming bare foot	5.2.ii and iii			Elimination	
Deviation, deliberate or not, from the course	5.2. iv			Elimination	
Unauthorised assistance	5.2. v			Elimination	
Using a non-approved pistol	5.2. vi			Elimination	
Shooting on a wrong target	5.2. vii			Elimination	
Not stopping at the last penalty area when instructed by an official	5.2. viii			Elimination	
Using constant beam during the competition series and or audio communication outside of preparation and warm up time.	5.2 ix			Elimination	
holding pistol with two hands or giving support to the armed arm.	5.2 x			Elimination	
incorrect change of in the relay	5.2 xi			Elimination	
Start running with before having successfully completed the shooting series ("5 green lights") with only 4 green lights.	5.2 xii			Elimination	
Being lapped by any athlete	5.2 xiii			Elimination	
Modifying or adjusting the approved pistol	5.3. i			Disqualification	
Exchanging for a non-approved pistol	5.3. ii			Disqualification	
Blatant attempt to start too early	5.3. iii			Disqualification	
leaving the competition lane	5.3.iv			Disqualification	
Unsportsmanlike conduct	5.3.v			Disqualification	
Wilfully, with intent, pushing, swimming across or obstructing another athlete	5.3.vi			Disqualification	
Jostling, running across, or obstructing another athlete	5.3. vii			Disqualification	
Start running with before having successfully completed the shooting series ("5 green lights") with only 3 (or less) green lights.	5.3.viii			Disqualification	

* - Penalty Start Gate – PG; Shooting Line – SL; Last Penalty Area - LPA

WR POINTS' TABLE
BIATHLE/TRIATHLE

Appendix 2

Category A events BTWCH		Category B events Continental, regional and national events		Category C events BTWT	
Position	Points	Position	Points	Position	Points
1	35	1	25	1	15
2	30	2	20	2	14
3	28	3	15	3	13
4	25	4	11	4	11
5	23	5	9	5	9
6	21	6	7	6	7
7	19	7	5	7	5
8	17	8	4	8	3
9	15	9	3	9, 10, 11, 12...	1
10	13	10	2		
11	11	11, 12, 13, 14, 15, ...	1		
12	9				
13	7				
14	5				
15	3				
16, 17, 18 ...	1				



UNION INTERNATIONALE
DE PENTATHLON MODERNE

UNION INTERNATIONALE DE PENTATHLON MODERNE

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