



# MODERN PENTATHLON 2014 COMPETITION RULES

## BIATHLE 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
- 1.8 Clothing
- 1.9 Schedule of events
- 1.10 Participation
- 1.11 Doping Controls
- 1.12 Competition Authorities

### 2 VARIATIONS FOR WINTER BIATHLE

- 2.1 Schedule of events
- 2.2 Time keeping

### 3 AWARDS FOR WORLD CHAMPIONSHIPS

- 3.1 World Championships Medals
- 3.2 World Championships Titles

### APPENDICES

- Appendix 1 – Transition Area
- Appendix: 2 – Swimming Pool layouts
- Appendix 3 – World School Biathle

## 1 GENERAL ASPECTS

### 1.1 Definition

Modern Biathle is a UIPM sport combining Running and Swimming. Modern Biathle competitions are organised nationally and internationally.

### 1.2 Sphere of application

Modern Biathle 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

#### 1.3.1 There are two Modern Biathle Categories:

Category A: World Championships, World Tour.

Category B: Regional or Continental Competitions, Qualification Competitions.

#### 1.3.2 Modern Biathle Category A competitions are awarded following a bid and selection process by the UIPM Executive Board. In these competitions, the competition lane must be enclosed by tape, fences or other barriers. Also electronic timing and finish line monitoring is obligatory in these competitions.

#### 1.3.3 For Modern Biathle Category A competitions a water quality test must be made 14 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:

- a) pH between 6 and 9
- b) Fecal coliform (ocean) not more than 200 per 100mls
- c) E' coli (fresh water) not more than 200 per 100 mils
- d) Enterococci 35 per 100mls.



#### 1.4 **Formats**

- 1.4.1 There are two formats: Modern Biathle and Winter Modern Biathle.
- Modern Biathle is continuous and organised outdoors.
  - Winter Modern Biathle is discontinuous and organised indoors.

#### 1.5 **Age Groups and sequence of events**

1.5.1 Age groups are as follows:

Group	Age	Run	swim	run	Total Run	Total Swim
Youth F	8 and younger	200	50	200	400	50
Youth E	9-10	400	50	400	800	50
Youth D	11-12	400	50	400	800	50
Youth C	13-14	600	100	600	1200	100
Youth B	15-16	1200	200	1200	2400	200
Youth A	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 A	40-49	1200	100	1200	2400	100
Masters B	50-59	1000	100	1000	2000	100
Masters C	60 and over	800	100	800	1600	100
Masters D	70 and over	800	100	800	1600	100

1.5.2 In Modern Biathle athletes are allowed to enter in one age group only. 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. Youth E to Youth D etc) respecting the distances shown in the table above.

1.5.3 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.

1.5.4 In Modern Biathle the sequence of events is as follows: Running – Swimming – Running, in Winter Modern Biathle Running – Swimming. When indoor facilities allow Winter Modern Biathle may be organised according to the Modern Biathle sequence.

1.5.5 Competitions may be organised separately for men and women, or combined so that they compete against each other.

#### 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 The course lane in which the athletes compete must have a minimum width of 15 metres and a maximum width of 32 metres. The maximum number of athletes competing in a heat is 20 if lane width is 15 metres and 43 if the lane width is 32 metres. The minimum time for recovery between heats is 2 hours. The competitors with the fastest times will advance to the next round. In case of heats, the fastest competitors in each heat will advance to the next round (or the final). Additionally the faster losers of all heats will proceed to the next round or finals in order to complete the final starting list in respect to the entries available (20 for a width of 15 metres and 43 for a lane width of 32 metres).

1.6.3 The transition area will be placed within the final 50 metres of the first running event. (See Annex C). 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 Annex A).



- 1.6.4 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.
- 1.6.5 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. Where a pool is used, depending on the number of competitors and the size of the pool, the course may be set up to allow athletes to enter from lanes  $\frac{1}{2}$ .
- 1.6.6 In case of a discontinuous Modern Winter Biathlon event the maximum number of athletes per heat will be defined by the entries and the lanes available.
- 1.6.7 The pool should be modified using weights and swimming lines in order to provide a continuous swimming gate. The depth of the water must be at a minimum 1.2 metres when the height of the dive is 0.35 metres and up to 2.35 metres when the height is 1.5 metres. For each centimetre in the height of the dive above 0.35metres, the depth of the water must increase one centimetre. Slip-free entry ramp(s) must be provided to guard against accidents.
- 1.6.8 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.
- 1.6.9 For safety reasons, the area near the water, and especially the diving area, must not be slippery. This may require the installation of a slip free surface, i.e. a rubber mat. The same requirement applies to the first 100 metres of the running following the swimming.
- 1.6.10 If steps are present approaching or leaving the swimming course their height may not exceed 0.30 metres.
- 1.6.11 To ensure the safety of athletes, Organisers must provide medical staff on site. Lifeguards must be present in the swimming area.
- 1.6.12 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.
- 1.6.13 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.
- 1.6.14 Timing will be calculated in thousands of a second if chips are used and in hundredths of a second (unless available manual stop watches record to the third decimal point).
- 1.6.15 To break any tie hundredths of a second timing shall prevail.
- 1.7 Team**
- 1.7.1 The Team is 3 competitors or in a Mixed Relay, 2 (1 woman/1 man). Only the final timing of the best 3 athletes per team will be considered in assessing final standing.
- 1.8 Clothing**
- 1.8.1 For Modern Biathlon competitions, athletes should wear a swimsuit or tight-fitting one-piece body suit capable of being worn for each segment of the competition.
- 1.8.2 In the Modern Biathlon World Tour a t-shirt worn at the start of the race is acceptable provided it is worn for the entire duration of the race.
- 1.8.3 In Winter Modern Biathlon competitions, athletes should wear appropriate clothing for each event.
- 1.8.4 If the organiser provides competition suits in accordance with UIPM guidelines and Advertising and Media Rules, athletes must wear them. Athletes must wear their tops identifying the National Federation they represent throughout the race.



- 1.8.5 Footwear: a) must not be worn in the Swimming and b) must be worn when Running.
- 1.8.6 Clear numbers have to be shown on the front and on both shoulders. They should be made visible using waterproof markers. Where Masters compete clear letters may be shown on the calf identifying the athlete's age category.

## **1.9 Schedule of Events**

- 1.9.1 Training sessions for the athletes must be organised in the swim course. On the running course the day preceding the competition and warm up training sessions must be offered to all category groups 15 minutes before the start of the race.
- 1.9.2 The competition begins with a pack start, in which all competitors gather at the starting line. No more than three competitors of one nation may be present in the front row on the start line. Firing a start gun starts the race. In case of a false start, a second start will be made. In case of a second false start, the relevant athlete's start number will be called out and that athlete will be penalised by 10 seconds on the starting line.
- 1.9.3 The maximum number of entries before organising more than 1 heat is stated in article 1.6.2.
- 1.9.4 In all Category A events athletes will be called forward according to their Modern Biathlon World Ranking.
- 1.9.5 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.
- 1.9.6 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. 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.
- 1.9.7 After running athletes dive into the water and swim the required swimming distance freestyle before exiting the water, putting back their shoes and running the second leg of the run to the finish line. Athletes must wear their shoes when Running. In Modern Biathlon the first person to cross the finish line wins. For Team results, the best aggregate times win.
- 1.9.8 Every item carried during any part of the competition (e.g. goggles, cap, water bottle, etc), must be carried throughout. 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 competitions is co-ordinated through the athlete's National Modern Pentathlon Federation. The National Federation will forward registration information of all athletes from its country participating in a given competition to the Organiser.
- 1.10.2 Registration may also be possible on the competition site (competition secretariat) if National Federations allow. This process will be developed under UIPM supervision.
- 1.10.3 Organisers must allow 8 hours for registration.
- 1.10.4 For Modern Biathlon competitions in Category A, elite competitors may receive invitations on the basis of the Modern Biathlon World Ranking (BWR) which is established following the PWR model.

## **1.11 Doping Controls**

Doping Controls are organised in accordance with the UIPM Medical Rules.

## **1.12 Competition Authorities**

- 1.12.1 **The Competition Jury** is composed of the Competition Director or his Deputy, the Event Director for Swimming or Running respectively, and an elected Team Representative.
- 1.12.2 **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 VARIATIONS FOR WINTER BIATHLE**

### **2.1 Schedule of events**

There is a break between the events. The separate times for each athlete's performance in the running and swimming events are combined to determine his/her overall performance time. The athlete with the fastest overall time wins.

### **2.2 Time keeping**

Winter Modern Biathle requires time keeping for every athlete in running and swimming events. A computer should be used to calculate athletes' overall times.

## **3 AWARDS FOR WORLD CHAMPIONSHIPS**

### **3.1 World Championships Medals**

3.1.1 Gold, Silver and Bronze medals will be given in each category and team event competition. Teams of 3 are formed by comprising the highest placed 3 athletes from the same Nation in each category. Their times will be added together. The fastest time will be declared the winner.

3.1.2 The UIPM will provide the Organiser with medals for the men's and women's Youth A, Youth B, Juniors, Seniors and Masters categories.

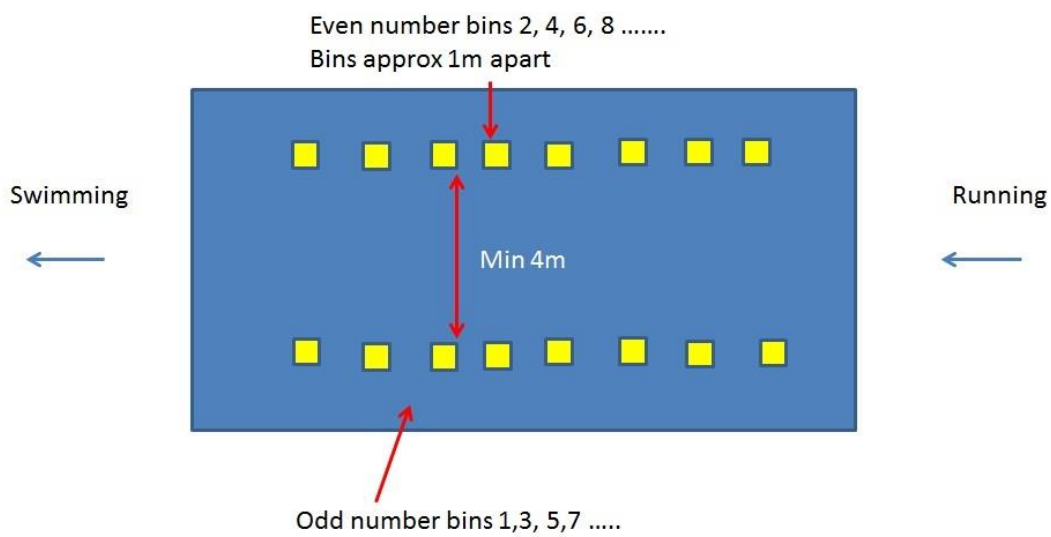
3.1.3 The Organiser will create and provide medals for the athletes in the Youth F, Youth E, Youth D, and Youth C categories.

### **3.2 World Championships Titles**

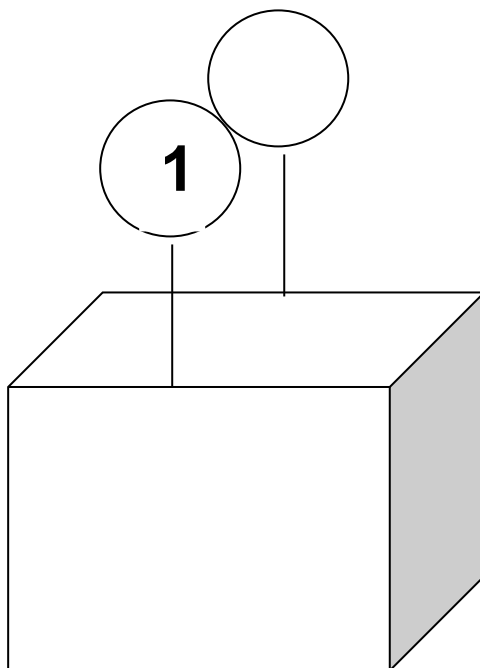
3.2.1 Gold medallists in all categories and for both genders will receive the title "Modern Biathle World Champion."

**Annex 1A**

**Example of Transition Area**

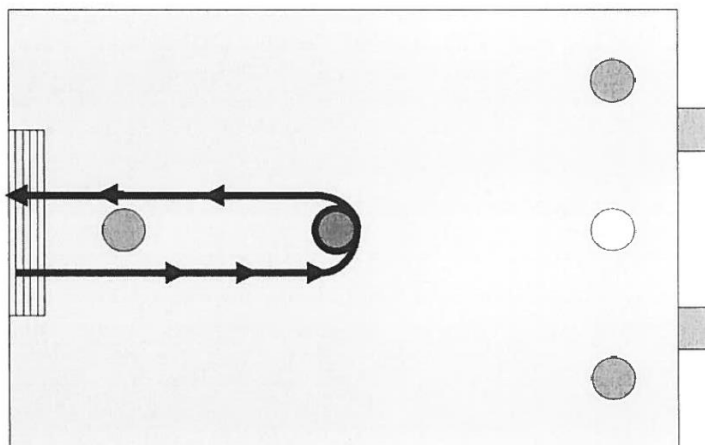


**Annex 1B**

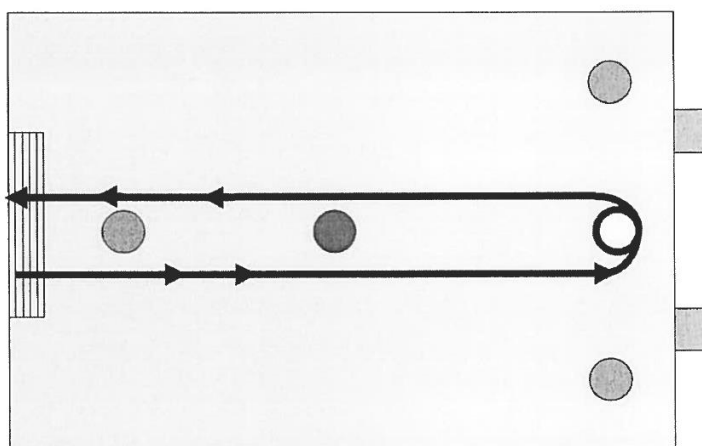


**Annex 2**

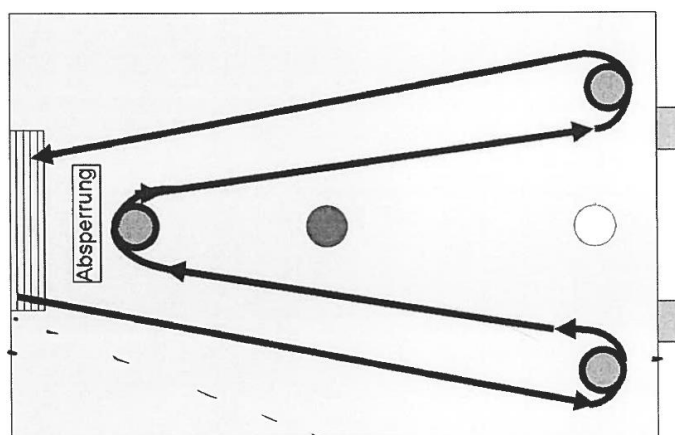
**Swimming 50m layout in a 50 m swimming pool**



**Swimming 100m layout in a 50m swimming pool**



**Swimming 200m in a 50m Swimming Pool**





## WORLD SCHOOL BIATHLON CHAMPIONSHIP

### Competition format

The event consists of two separate disciplines, the Swimming and Running disciplines. The Swimming discipline is conducted in a 25m or 50m pool and the Running discipline is conducted preferably on a standardised track (although it can also be carried out on a flat surface if extra care is taken so that the distances are correct). The times of the athletes are combined so the final result is the sum of the times achieved in both events.

AGE	BIRTH YEAR	SWIM	RUN
	<i>in 2014</i>	<i>distance</i>	<i>distance</i>
Under 9 – YF	2006 – 2007	50m	400m
Under 11 – YE	2002 – 2003	50m	800m
Under 13 – YD	2000 – 2001	50m	800m
Under 15 – YC	1998– 1999	100m	1200m
Under 17 – YB	1996 – 1997	200m	2400m
Under 19 – YA	1994 – 1995	200m	3200m

The Swimming discipline is conducted first. The running discipline follows and is a pack start.

The nations will have between 1 January 2014 to 28 February 2014, 1 March 2014 to 30 June 2014 and 1 July to 31 October 2014 to submit results to the UIPM. UIPM will upload these results to the UIPM website and keep a current world ranking.

### World Ranking

The position of the competitors are converted to World Ranking points based on the Pentathlon World Ranking appendix 1 of General Aspects.

### Awards

At the end of the season, the national federations and the participants will be able to print a certificate with their world ranking for the year clearly marked.

UIPM will award medals to the top three ranked athletes in the World for each category through the national federations.

UIPM will award a special recognition to those national federations that have registered 500 or more participants.