

UIPM 2016 COMPETITION RULES

UIPM TRIATHLE RULES 2016

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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.

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 and Advertising and Media Rules insofar as not specified differently in the following.

1.3 Categories

1.3.1 There are two UIPM Triathlon Categories:

Category A: UIPM Triathlon World Tour and UIPM Triathlon World Championships (including Beach Triathlon).

Category B: Regional and Continental Championships, World Ranking Competitions (including Beach Triathlon at local level).

1.3.2 For UIPM Triathlon Category A competitions a bid and selection process by the UIPM Executive Board takes place. In these competitions, 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:

- 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.

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.

1.4 Formats

1.4.1 There are three formats: UIPM Beach Triathlon, UIPM Street Triathlon and Discontinuous Triathlon

- (i) Beach Triathlon is continuous, outdoor and athletes compete barefoot.
- (ii) Street Triathlon is continuous, outdoor. The running is on a hard surface. Athletes must wear footwear for Running.
- (iii) In Discontinuous Triathlon the three disciplines are disputed separately although the Shooting and Running can be disputed as a Combined Event, outdoors or indoors, starting with a penalty handicap system by timing.

1.5 Age Groups and sequence of events

1.5.1 Age groups are as follows:

10 years and younger:	Under 11 (YE)
11 – 12 years:	Under 13 (YD)
13 – 14 years:	Under 15 (YC)
15 – 16 years:	Under 17 (YB)
17 – 18 years:	Under 19 (YA)
19 – 21 years:	Junior
22 and over:	Senior
40– 49 years:	Master A
50 – 59 years:	Master B
60 and over:	Master C

1.5.2 **Sequence** of events are as follows for Individual/Relay:

Group	Age	Sequence	Total Swim	Total Run	Total Shots	Shooting Distance
Youth E	10 and younger	2x200 run + 2x25 swim + 2x5 shots	50	400	10	3m
Youth D	11-12	2x400 run + 2x50 swim + 2x5 shots	100	800	10	5m
Youth C	13-14	4x400 run + 4x25 swim + 4x5 shots	100	1600	20	5m
Youth B	15-16	4x600 run + 4x50 swim + 4x5 shots	200	2400	20	10m
Youth A	17-18	4x800 run + 4x50 swim + 4x5 shots	200	3200	20	10m
Juniors	19-21	4x800 run + 4x50 swim + 4x5 shots	200	3200	20	10m
Seniors	22 and over	4x800 run + 4x50 swim + 4x5 shots	200	3200	20	10m
Masters A	40-49	4x600 run + 4x50 swim + 4x5 shots	200	2400	20	10m
Masters B	50-59	4x600 run + 4x50 swim + 4x5 shots	200	2400	20	10m
Masters C	60 and over	4x400 run + 4x25 swim + 4x5 shots	100	1600	20	5m

1.5.3 In Beach Triathlon, if the running course is very soft sand, the running distances must be reduced by 20%.

1.5.4 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.

(In Street Triathlon, a transition area with numbered boxes must be provided before running segment)

- 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).

1.5.5 Individual events can be organised separately for men and women, or combined so that they compete against each other.

If the minimum number of athletes per gender is 8, individual races for each gender must be organized.

1.6 **Organisation of events**

1.6.1 Organisation of events is in accordance with current UIPM Biathlon Rules.

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 UIPM Combined Rule 5.1.2, respecting the information given in Annex A, stating in the invitation letter the type and number of targets that will be available for the competition.

1.6.4 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 qualified athletes will be qualified through their time.

16 athletes will be allowed in the final after qualifications.

3 teams maximum per National Federations are allowed in the Mixed Relay competition, but only the best ranked team will pretend to receive a medal.

The starting position will be determined by qualification time.

1.6.5 For the swimming leg, in any discontinuous triathlon event, the swimming results will be added to the combined (run-shoot) results or to the results of running and shooting, if conducted separately.

1.6.6 In a discontinuous UIPM Triathlon, swimming conducted in a pool will be managed according to the number of entries (with possible heats) and available lanes.

1.6.7 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**

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 **Clothing**

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.

1.9 **Schedule of Events**

1.9.1 There will be a 15-minute walk of the course for all athletes after any change in the run distance.

1.9.2 General Training sessions for running and swimming must be organised in either pool or sea (according to the competition course). A running training opportunity has to be offered the same day of the competition as final warm up. For shooting, open training sessions must be organised during the day preceding the competition at the competition range. A shooting warm up must be provided 15 minutes before the start of each competition as well.

1.9.3 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 which will be added to the final running time at the end of the race.
- 1.9.4 Competitors must stay inside the competition lane during the race. Competitors leaving the competition lane will be disqualified.
- 1.9.5 Athletes start in a line up to 25 m from the shooting position. In Street Triathlon they must previously have placed their shoes in the boxes 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.
- 1.9.6 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.
- 1.9.7 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.
- 1.9.8 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.
- 1.9.9 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.
- 1.9.10 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 Participation**
The current Biathlon Rules apply to UIPM Triathlon.
- 1.11 Doping Controls**
The current Biathlon Rules apply to UIPM Triathlon.
- 1.12 Competition Authorities**
- 1.12.1 **The Competition Jury** comprises the Competition Director or his Deputy, the Event Director for Swimming, for Running and Shooting respectively, and an elected Team Representative. Referees for each discipline must be appointed.
- 1.12.2 **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 VARIATIONS FOR DISCONTINUOUS TRIATHLE

2.1 Schedule of events

There is a break between the events (Swimming and Combined Event Running/Shooting or among all the three disciplines) and the separate times for each athlete's performance in the different events are added to determine his/her overall performance time. The athlete with the fastest overall time wins.

2.2 Time keeping

Discontinuous Triathlon requires time keeping for every athlete in shooting, running and swimming events. A computer should be used to calculate overall athletes' 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 event competition.

3.1.2 The UIPM and the Organiser will share the expenses for the production of the medals.

3.1.3 There won't be any medals distributed at the end of the season for Triathlon World Tour, only certificates to Top 3 in each category in Individual.

3.2 World Championships Titles

3.2.1 Gold medallists in the Men's and Women's Youth, Junior and Senior categories will receive the title of "UIPM Triathlon World Champion."

For Annexes see below. For any other annexes please refer to the current Biathlon Rules.

ANNEXES

Annex 1 – Shooting Range – Hit Target for Laser System

