



# UIPM LASER RUN COMPETITION Guidelines

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# UIPM LASER RUN

## PART A THE EVENT

### 1 PRESENTATION OF THE EVENT

The UIPM Laser Run consists of shooting and running. The shooting involves laser pistol shooting in series at a range equipped with laser targets (as in Article 1.1.2) each of the series of shooting being followed by Running over set distances shown immediately below.

UIPM Laser Run can be organised in different divisions.

#### 1.1 The Laser Run divisions

##### Elite Division:

- For UIPM-registered athletes representing the National Federations and the countries
- Registered by NFs through NF portal.
- Starting numbers will be determined by entry times registered by the NFs.

##### Individual:

Category	Sequences	Total distance	Distance to the targets
Youth E (Under 11)	2x400	800m	5m (2 hands)
Youth D (Under 13)	3x400	1200m	5m
Youth C (Under 15)	4x400	1600m	7m
Youth B (Under 17)	4x400	1600m	10m
Youth A (Under 19)	4x800	3200m	10m
Juniors (19-21 years)	4x800	3200m	10m
Seniors (22-39 years)	4x800	3200m	10m
Master A (40-49 years)	4x400	1600m	10m
Master B (50-59 years)	3x400	1200m	7m
Master C (60 and over)	3x400	1200m	7m

##### Mixed Relay:

Category	Sequences	Total distance	Distance to the targets
Youth E (Under 11)	2x2x400	1600m	5m (2 hands)
Youth D (Under 13)	2x2x400	1600m	5m
Youth C (Under 15)	2x2x400	1600m	7m
Youth B (Under 17)	2x2x400	1600m	10m
Youth A (Under 19)	2x2x800	3200m	10m
Juniors (19-21 years)	2x2x800	3200m	10m
Seniors (22-39 years)	2x2x800	3200m	10m
Master A (40-49 years)	2x2x400	1600m	10m
Master B (50-59 years)	2x2x400	1600m	7m
Master C (60 and over)	2x2x400	1600m	7m

##### Open Division:

- For individual participants and entries who are not representing the NFs and the countries but with certain athletic background
- Registered individually through open division link on UIPM website ([www.pentathlon.org](http://www.pentathlon.org)).
- Starting numbers will be determined by either entry time or random draw.

##### Individual:

Category	Sequences	Total distance	Distance to the targets
Under 11	2x800m	1600m	5m (2 hands)
Under 15	3x800m	2400m	7m
Under 19	4x800m	3200m	10m
Juniors - Seniors (19-39 years)	4x800m	3200m	10m
Masters (40 and over)	3x800m	2400m	7m



### Mixed Relay:

Category	Sequences	Total distance	Distance to the targets
Under 11	2x2x800m	3200m	5m (2 hands)
Under 15	2x2x800m	3200m	7m
Under 19	2x2x800m	3200m	10m
Juniors - Seniors (19-39 years)	2x2x800m	3200m	10m
Masters (40 and over)	2x2x800m	3200m	7m

### **Laser Run for All:** *purely for fun and to enjoy the Laser Run experience!*

- Division for fans, friends, spectators, and families of others divisions' participants or whomever interested in discovering Laser Run.
- Participants register directly at the competition site.
- Starting numbers determined by random draw.
- The title 'World Champion' cannot be applied to this division.

### Individual:

Category	Sequences	Total Distance	Distance to the targets
All Together	3x400	1200m	5m

### Mixed Relay:

Category	Sequences	Total Distance	Distance to the targets
All Together	2x2x400	1600m	5m

## **2 ORGANISATION AND SCHEDULE**

### **2.1 General Aspects**

- i) 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.
- ii) After the equipment has been approved, the pistol must not be modified or adjusted at any time before or during the event in any way that would conflict with the Laser Run Rules, unless with the agreement and under the supervision of the Range Officer.
- iii) 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.
- iv) Appropriate CO2 and air must be available on the shooting range area for the athletes using containers with air (as long as such containers are in use).
- v) During Relay competition, only the competing athlete's pistol may be laid on the shooting range table top. Only the athletes are authorised to move their pistols from the pistol storage under the table to the shooting table top.

### **2.2 Starting Order**

The start is always a mass start even if there are qualifications or not.

### **2.3 The Series**

The Shooting competition is in series. Each series consists 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.

### **2.4 Warming up, Zeroing and Preparation Time**

- i) The LOC will confirm the format of the warm up, zeroing and preparation time at the Technical Meeting.
- ii) The Laser Run 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 No 2 shoots at station No 2 and so on.



- iii) 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 (for laser pistols) is only authorised in the warm-up.
- v) At the 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 18 minutes before the 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 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.
- ix) The Shooting warm up session must end 3 minutes before the start of the Laser Run competition. At the end of the warm up coaches must clear the Field of Play and the athletes must go to the starting line.

### 3 CONDUCT OF THE COMPETITION

#### 3.1 The Start

- i) Athletes start packed in a mass start. Starting numbers will be determined as follow:
  - Elite Division: according to entry times registered by NFs
  - Open Division: according to entry time or determined randomly by draw
  - Laser Run for All: determined randomly by draw
- ii) Athletes are responsible for being at the start line on time and for starting on time.
- iii) The Announcer will announce “10 minutes” and “5 minutes” prior to the start of the laser run event. The Announcer, under the command of the Laser Run Director, will declare warming up on the shooting range 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 Laser Run 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.

##### 3.1.1 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) A athlete starting late will not be penalised, but their time will be taken from the moment they should have started in the mass 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

#### 3.2 Shooting Series

- i) Each athlete must always use their allocated shooting station. Each team must use always the same designated target(s).
- ii) Athletes are responsible for shooting on the correct target.
- iii) The athlete must stand with both feet on the ground, without support, completely within the shooting station. The entire pistol must be held and fired with one hand only. The unarmed hand must not give support to the armed arm or hand.
- iv) The laser pistol must touch the table between every shot.
- v) Only after successfully completing each shooting series, or 50 seconds has elapsed, may the athlete start running. After the last series the athlete must cross the running finish line.
- vi) Malfunctions are not taken into consideration. Should a pistol cease to function, the athlete may use the reserve pistol or another cylinder/container 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, and can inform the shooting range officer by raising their hand.

### 3.3 Running Course

- i) Athletes must follow the course from crossing the start line, going to the shooting range for each shooting series and, having completed 4 series of the shooting and running, cross the finish line.
- ii) If informed by a Judge and 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 Area will be located 300m after the shooting range
- 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 Laser Run Director and Technical Delegate. 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 to register a finish time.

## 4 CLOTHING REGULATIONS

### 4.1 General guidelines

- i) Competitive apparel may be either one piece or two piece. It should be made of a material to allow for a “form fitting” appearance. No unreasonably loose clothing shall be allowed.
- ii) Members of the same national team by gender shall wear identical competitive apparel with the name and nation clearly identified according to UIPM rules.
- iii) Some combination of the national colours of the country should be clearly identified in the design of the competitive apparel.

### 4.2 Competitors

- i) Athletes participating in UIPM Laser Run 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.
- ii) Such competitive apparel shall conform to general guidelines.
- iii) Athletes competing in the mixed relay event and representing the same NF must wear the same style and colours of competitive apparel and shall comply with the general guidelines.

## 5 INFRINGEMENTS AND PENALTIES

5.1 A athlete 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 placing the pistol safely on the table after warming up has ended and after each shooting series\*;
- v) with laser pistol, not touching the shooting table between each shot\*;
- vi) 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;
- vii) 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;
- viii) starting the running leg before the shooting time has expired without having completed successfully each shooting series\*;

\* 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.

5.2 A athlete is **eliminated** for:

- i) not completing the course;
- ii) deviation, deliberate or not, from the course which in the opinion of the Course Judge gained a material advantage;
- iii) unauthorised assistance, if not disqualified, at the discretion of the Competition Jury;
- iv) using an unapproved pistol;



- v) shooting on the wrong target;
- vi) not stopping at the last stop penalty area when instructed by an official;
- vii) using constant beam during the competition series and/or audio communication outside preparation and warm up time.

**5.3** A athlete is **disqualified** for:

- i) modifying or adjusting an officially approved pistol so that it violates the rules;
- ii) exchanging their pistol in violation of the rules;
- iii) a blatant attempt to start too early;
- iv) jostling, running across or obstructing another athlete so as to impede their progress.


**PENALTY TABLE**
**LASER RUN**
**Appendix 1A**

OFFENCES	Rule	Penalty		
		1st time	Subsequent	Paid at *
Contravening clothing regulations	5.6.1 i	10"		PG
Modifying dimensions of start numbers	5.6.1 ii	10"		PG
False start	5.6.1 iii	10"		SL
Not placing a pistol safely on the table after warm up or shooting series	5.6.1 iv	10"	10"	SL or LPA
Not loading each shot with the pistol in contact with the shooting table	5.6.1 v	10"	10"	SL or LPA
Coach assistance during warm up outside the designated coaches area	5.6.1.vi	Warning	10"	PG
Not having the pistol in the box before the official warm up period has started	5.6.1 vii	Warning	10"	PG
Starting running before the shooting time has expired without having successfully completed the shooting series ("5 green lights")	5.6.1 viii	10"	10"	SL or LPA
Not completing the course	5.6.2 i	Elimination		
Deviation, deliberate or not, from the course	5.6.2 ii	Elimination		
Unauthorised assistance	5.6.2 iii	Elimination		
Using a non-approved pistol	5.6.2 iv	Elimination		
Shooting on a wrong target	5.6.2 v	Elimination		
Not stopping at the last penalty area when instructed by an official	5.6.2 vi	Elimination		
Using constant beam during the competition series and or audio communication outside of preparation and warm up time.	5.6.2 vii	Elimination		
Modifying or adjusting the approved pistol	5.6.3 i	Disqualification		
Exchanging for a non approved pistol	5.6.3 ii	Disqualification		
Blatant attempt to start too early	5.6.3 iii	Disqualification		
Jostling, running across, or obstructing another athlete	5.6.3 iv	Disqualification		

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

The penalties for the offences of 5.6.1 iv and viii, if committed in the 3<sup>rd</sup> shooting series, will be paid in the Last penalty Area.