



UIPM BIATHLE-TRIATHLE COMPETITION Guidelines

(Additional info for Open and Biathle-Triathle for All divisions)

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PART A THE EVENT

1 PRESENTATION OF THE EVENT

The UIPM Biathle consists of swimming and running when Triathle is adding the shooting discipline. The shooting involves laser pistol shooting in series at a range equipped with laser targets each of the series of shooting being followed by Running and Swimming over set distances shown immediately below.

UIPM Biathle-Triathle can be organised in different divisions.

1.1 The Biathle-Triathle divisions

- For the age category with less than 5 entries, they will be merged with the older age group accordingly.

Elite Division:

- For UIPM-registered athletes representing the National Federations and the countries
- Registered by NFs through NF portal.
- Starting numbers will be determined randomly in the Technical Meeting.

Biathle Individual: mandatory to be organized

Category	Run – Swim – Run	Total distance Run - Swim
Youth F (8 and younger)	200m – 50m – 200m	400m – 50m
Youth E (Under 11)	400m – 50m – 400m	800m – 50m
Youth D (Under 13)	400m – 50m – 400m	800m – 50m
Youth C (Under 15)	800m – 100m – 800m	1600m – 100m
Youth B (Under 17)	1200m – 200m – 1200m	2400m – 200m
Youth A (Under 19)	1600m – 200m – 1600m	3200m – 200m
Juniors (19-21 years)	1600m – 200m – 1600m	3200m – 200m
Seniors (22-39 years)	1600m – 200m – 1600m	3200m – 200m
Master A (40-49 years)	1200m – 100m – 1200m	2400m – 100m
Master B (50-59 years)	1200m – 100m – 1200m	2400m – 100m
Master C (60 and over)	800m – 100m – 800m	1600m – 100m
Master D (70 and over)	400m – 100m – 400m	800m – 100m

Biathle Mixed Relay (1 woman 1 man): not mandatory to be organized

Category	Run – Swim – Run (per person)	Total distance Run – Swim (per person)
Youth F (8 and younger)	200m – 50m – 200m	400m – 50m
Youth E (Under 11)	400m – 50m – 400m	800m – 50m
Youth D (Under 13)	400m – 50m – 400m	800m – 50m
Youth C (Under 15)	400m – 50m – 400m	800m – 50m
Youth B (Under 17)	600m – 100m – 600m	1200m – 100m
Youth A (Under 19)	800m – 100m – 800m	1600m – 100m
Juniors (19-21 years)	800m – 100m – 800m	1600m – 100m
Seniors (22-39 years)	800m – 100m – 800m	1600m – 100m
Master A (40-49 years)	600m – 100m – 600m	1200m – 100m
Master B (50-59 years)	600m – 100m – 600m	1200m – 100m
Master C (60 and over)	400m – 50m – 400m	800m – 50m
Master D (70 and over)	400m – 50m – 400m	800m – 50m

Triathle Individual: mandatory to be organized

Category	Sequence	Rounds	Total distance Run - Swim	Total shots	Shooting Distance
Youth E (Under 11)	200 run + 25 swim + 5 shots	2	400m – 50m	10	3m (2 hands)
Youth D (Under 13)	400 run + 50 swim + 5 shots	2	800m – 100m	10	5m
Youth C (Under 15)	400 run + 25 swim + 5 shots	4	1600m – 100m	20	5m
Youth B (Under 17)	600 run + 50 swim + 5 shots	4	2400m – 200m	20	10m
Youth A (Under 19)	800 run + 50 swim + 5 shots	4	3200m – 200m	20	10m
Juniors (19-21 years)	800 run + 50 swim + 5 shots	4	3200m – 200m	20	10m
Seniors (22-39 years)	800 run + 50 swim + 5 shots	4	3200m – 200m	20	10m
Master A (40-49 years)	600 run + 50 swim + 5 shots	4	2400m – 200m	20	10m
Master B (50-59 years)	600 run + 50 swim + 5 shots	4	2400m – 200m	20	10m
Master C (60 and over)	400 run + 25 swim + 5 shots	4	1600m – 100m	20	5m

Triathle Mixed Relay (1 woman 1 man): mandatory to be organized

Category	Sequence (per person x 2 rounds)	Total distance Run – Swim per person	Total shots	Shooting Distance
Youth E (Under 11)	200 run + 25 swim + 5 shots	400m – 50m	10	3m (2 hands)
Youth D (Under 13)	400 run + 50 swim + 5 shots	800m – 100m	10	5m
Youth C (Under 15)	400 run + 50 swim + 5 shots	800m – 100m	10	5m
Youth B (Under 17)	600 run + 50 swim + 5 shots	1200m – 100m	10	10m
Youth A (Under 19)	800 run + 50 swim + 5 shots	1600m – 100m	10	10m
Juniors (19-21 years)	800 run + 50 swim + 5 shots	1600m – 100m	10	10m
Seniors (22-39 years)	800 run + 50 swim + 5 shots	1600m – 100m	10	10m
Master A (40-49 years)	600 run + 50 swim + 5 shots	1200m – 100m	10	10m
Master B (50-59 years)	600 run + 50 swim + 5 shots	1200m – 100m	10	10m
Master C (60 and over)	400 run + 25 swim + 5 shots	800m – 50m	10	5m



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).
- Starting numbers will be determined by either entry time or random draw.

Biathle Individual: mandatory to be organized

Category	Run – Swim - Run	Total distance Run - Swim
Under 11	400m – 50m – 400m	800m – 50m
Under 15	800m – 100m – 800m	1600m – 100m
Under 19	1600m – 100m – 1600m	3200m – 100m
Juniors - Seniors (19-39 years)	1600m – 200m – 1600m	3200m – 200m
Masters (40 and over)	800m – 100m – 800m	1600m – 100m

Biathle Mixed Relay (1 woman 1 man): not mandatory to be organized

Category	Run – Swim – Run (per person)	Total distance Run – Swim (per person)
Under 11	200m – 50m – 200m	400m – 50m
Under 15	400m – 100m – 400m	800m – 100m
Under 19	800m – 100m – 800m	1600m – 100m
Juniors - Seniors (19-39 years)	800m – 100m – 800m	1600m – 100m
Masters (40 and over)	400m – 100m – 400m	800m – 100m

Triathle Individual: mandatory to be organized

Category	Sequence	Rounds	Total distance Run - Swim	Total shots	Shooting Distance
Under 11	200 run + 25 swim + 5 shots	2	400m – 50m	10	3m (2 hands)
Under 15	400 run + 50 swim + 5 shots	2	800m – 100m	10	5m
Under 19	400 run + 50 swim + 5 shots	4	1600m – 200m	20	10m
Juniors - Seniors (19-39 years)	800 run + 50 swim + 5 shots	4	3200m – 200m	20	10m
Masters (40 and over)	400 run + 50 swim + 5 shots	4	1600m – 200m	20	10m

Triathle Mixed Relay (1 woman 1 man): mandatory to be organized

Category	Sequence (per person x 2 rounds)	Total distance Run – Swim (per person)	Total shots	Shooting Distance
Under 11	200 run + 25 swim + 5 shots	400m – 50m	10	3m (2 hands)
Under 15	400 run + 50 swim + 5 shots	800m – 100m	10	5m
Under 19	800 run + 100 swim + 5 shots	1600m – 200m	10	10m
Juniors - Seniors (19-39 years)	800 run + 100 swim + 5 shots	1600m – 200m	10	10m
Masters (40 and over)	400 run + 50 swim + 5 shots	800m – 100m	10	10m



Biathle-Triathle for All: *purely for fun and to enjoy the Biathle-Triathle experience!*

- Division for fans, friends, spectators, and families of others divisions' participants or whomever interested in discovering Biathle and Triathle.
- Registered individually through open division link on UIPM website (www.pentathlon.org).
- Starting numbers determined by random draw.
- The title 'World Champion' cannot be applied to this division.

Biathle Individual: mandatory to be organized

Category	Run – Swim - Run	Total distance Run - Swim
All Together	800m – 50m – 800m	1600m – 50m

Biathle Mixed Relay (1 woman 1 man): not mandatory to be organized

Category	Run – Swim – Run (per person)	Total distance Run – Swim (per person)
All Together	400m – 50m – 400m	800m – 50m

Triathle Individual: mandatory to be organized

Category	Sequence	Rounds	Total distance Run - Swim	Total shots	Shooting Distance
All Together	800 run + 50 swim + 5 shots	2	1600m – 100m	10	5m

Triathle Mixed Relay (1 woman 1 man): mandatory to be organized

Category	Sequence (per person)	Total distance Run – Swim (per person)	Total shots	Shooting Distance
All Together	800 run + 50 swim + 5 shots	1600m – 100m	10	5m



2 ORGANISATION AND SCHEDULE

2.1 General Aspects

- i) In Biathlon, the sequence is running – swimming – running.
- ii) In Triathlon, the sequence is running – shooting – swimming repeated 2 or 4 laps according to the above divisions and age categories.
- iii) Competitions may be organised separately for men and women, or combined so that they compete against each other.
- iv) 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.
- v) A technical meeting must take place for each competition day for the Elite Division. The TM defines the final start list. Following the Technical Meeting, no changes will be allowed.

2.2 Starting Order

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

2.3 How to conduct the races?

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 in the Elite Division, National Federations with more than one athlete should have their athletes equally split between the semi-finals.

The first three (3) athletes per semi-finals will be automatically qualified for the final. Depending on the number of semi-finals, the others finalists will qualify through their time.

A total of 16 athletes will be allowed in the final after qualifications.

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

2.4 Change of running course

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

2.5 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 Triathlon 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 15 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) 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
 - Biathlon-Triathlon 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 Biathlon-Triathlon event. 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 Competition Director, the Starter will tell the athletes “**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

The Shooting discipline 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.

- 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.

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 Biathlon-Triathlon



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.

3.4 Swimming Course

- i) Athletes must follow the course from entering the water until the exit.
- ii) Athletes must put their running equipment (shoes, tee-shirts, glasses, hats) inside their allocated boxes (they will have a number on it to be easily identified).
- iii) If some equipment falls outside the boxes, it will result in a 10-seconds penalty

4 CLOTHING REGULATIONS

4.1 General guidelines for Elite Division

- i) In Elite Division, 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) Athletes participating in UIPM Biathlon-Triathlon Elite Division 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.
- iii) Members of the same national team by gender shall wear identical competitive apparel with the name and nation clearly identified according to UIPM rules.
- iv) Some combination of the national colours of the country should be clearly identified in the design of the competitive apparel.
- v) 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.

4.2 General guidelines for Open Division and Biathlon-Triathlon for All Division

- i) Athletes competing in Biathlon-Triathlon Open Division and Biathlon-Triathlon for All are not representing their NFs so they can wear normal sporting clothes outside the competition and normal swimming suit for the competition.

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) a false start;
- iii) not touching the shooting table between each shot;
- iv) 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;
- v) 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.
- vi) If some equipment falls outside the boxes, it will result in a 10-seconds penalty

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) shooting on the wrong target;
- v) not stopping at the last stop penalty area when instructed by an official;
- vi) using constant beam during the shooting 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

BIATHLE-TRIATHLE

Appendix 1A

OFFENCES	Rule	Penalty		
		1st time	Subsequent	Paid at *
Contravening clothing regulations	5.1 i	10"		PG
False start	5.1 ii	10"		SL
Not loading each shot with the pistol in contact with the shooting table	5.1 iii	10"	10"	SL or LPA
Coach assistance during warm up outside the designated coaches' area	5.1 iv	Warning	10"	PG
Starting running before the shooting time has expired without having successfully completed the shooting series ("5 green lights")	5.1 v	10"	10"	SL or LPA
Throwing out of swimming box some running equipment	5.1 vi	10"	10"	SL or LPA
Not completing the course	5.2 i	Elimination		
Deviation, deliberate or not, from the course	5.2 ii	Elimination		
Unauthorised assistance	5.2 iii	Elimination		
Shooting on a wrong target	5.2 iv	Elimination		
Not stopping at the last penalty area when instructed by an official	5.2 v	Elimination		
Using constant beam during the shooting series and or audio communication outside of preparation and warm up time.	5.2 vi	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		
Jostling, running across, or obstructing another athlete	5.3 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 3rd shooting series, will be paid in the Last Penalty Area.