

MODERN PENTATHLON 2016 COMPETITION RULES

BIATHLE RULES 2016

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1 GENERAL ASPECTS

1.1 Definition

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

1.2 Sphere of application

UIPM 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 UIPM Biathle Categories:

Category A: World Championships, World Tour.

Category B: Regional or Continental Competitions, Qualification Competitions.

1.3.2 UIPM Biathle Category A competitions are awarded following a bid and selection process by the UIPM Executive Board. National Federations should organize both Biathle and Triathle events. In these competitions, the competition lane must be enclosed by UIPM branded tape or UIPM branded triangles. Also electronic timing and finish line monitoring is obligatory in these competitions.

1.3.3 For UIPM Biathle 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) Entero-cocci 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 two formats: UIPM Biathle and Winter UIPM Biathle.

- UIPM Biathle is continuous and organised outdoors.
- Winter UIPM Biathle is discontinuous and organised indoors or outdoors.

1.5 **Age Groups and sequence of events**

1.5.1 Age groups and sequence of events for UIPM Biathle 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	800	100	800	1600	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	1200	100	1200	2400	100
Masters C	60 and over	800	100	800	1600	100
Masters D	70 and over	400	100	400	800	100

1.5.2 In UIPM 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 UIPM Biathle the sequence of events is as follows: Running – Swimming – Running, in Winter UIPM Biathle Running – Swimming. When indoor facilities allow Winter UIPM Biathle may be organised according to the UIPM Biathle sequence. Where not, the World School Biathle distances are applied. The age groups are the same. Open water is not recommended for Youth F.

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 A technical meeting must take place for each competition day. The TM defines the final start list. Following the Technical Meeting, no changes will be allowed.
- 1.6.3 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 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 Mixed Relay competition, but only the best ranked team will be allowed to receive a medal.
- 1.6.4 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).
The swim course starts from a minimum depth of 90 cm. The course before that point counts as the running course.
- 1.6.5 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.
- 1.6.6 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 according to Annex 2.
- 1.6.7 In case of a discontinuous UIPM Winter Biathlon event the maximum number of athletes per heat will be defined by the entries and the lanes available.
- 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 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.
- 1.6.10 To ensure the safety of athletes, Organisers must provide medical staff on site. Lifeguards must be present in the swimming area.
- 1.6.11 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.

- 1.6.12 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.
- 1.6.13 Timing will be calculated in hundredths of a second (unless available manual stop watches record to the third decimal point).
- 1.6.14 To break any tie hundredths of a second timing shall prevail.

1.7 Team

- 1.7.1 The Team event is 3 competitors, the Mixed Relay 2 (1 woman/1 man). Only the final timing of the best 2 for Mixed Relay will be considered in assessing final standing. Team result will be calculated from the best three (3) positions of each National Federations.

1.8 Clothing

- 1.8.1 For UIPM Biathlon 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).
- 1.8.2 In Winter UIPM Biathlon competitions, athletes should wear appropriate clothing for each event.
- 1.8.3 Footwear: a) must not be worn in the Swimming and b) must be worn when running.
- 1.8.4 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 There will be a 15-minute walk of the course for all athletes after any change in the run distance.
- 1.9.2 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.
- 1.9.3 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.
- 1.9.4 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.
- 1.9.5 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 UIPM Biathlon the first person to cross the finish line wins.
- 1.9.6 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.

1.10 Participation

- 1.10.1 Registration for competitions is co-ordinated through the athlete's National Modern Pentathlon Federation. The National Federation has to register all the delegation (athletes, coaches and officials) through the NF Portal. Access with email and password exists for all NFs.
- 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 and will happen in any case before the Technical Meeting.
- 1.10.3 Organisers must allow time, on the day preceding the event, for accreditation and for the confirmation of registered competitors. No change in registration will be allowed after the Technical Meeting.

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 UIPM 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

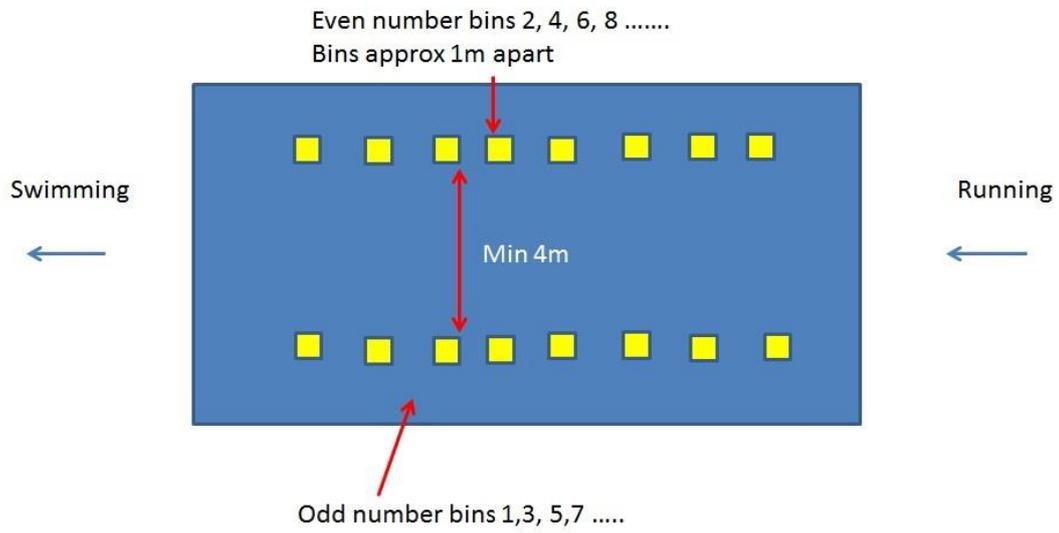
- 3.1.1 Gold, Silver and Bronze medals will be given in each category and team event competition. Teams of 3 are formed by comprising the highest placed 3 athletes from the same Nation in each category. Their times will be added together.
- 3.1.2 The UIPM and the Organiser will share the expenses for the production of the medals.
- 3.1.3 There won't be any medals distributed at the end of the season for Biathle World Tour, only certificates to Top 3 in each category in Individual.

3.2 World Championships Titles

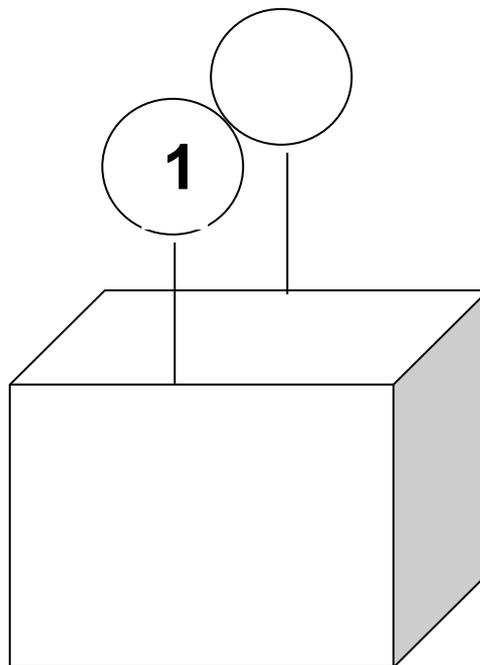
- 3.2.1 Gold medallists in all categories and for both genders will receive the title "UIPM Biathle World Champion."

Annex 1A

Example of Transition Area

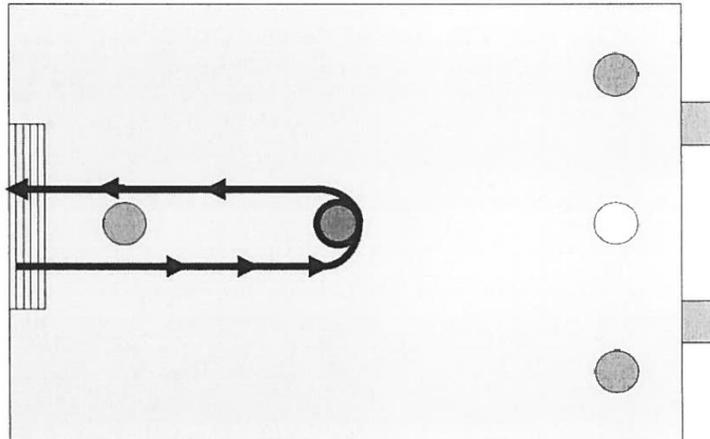


Annex 1B

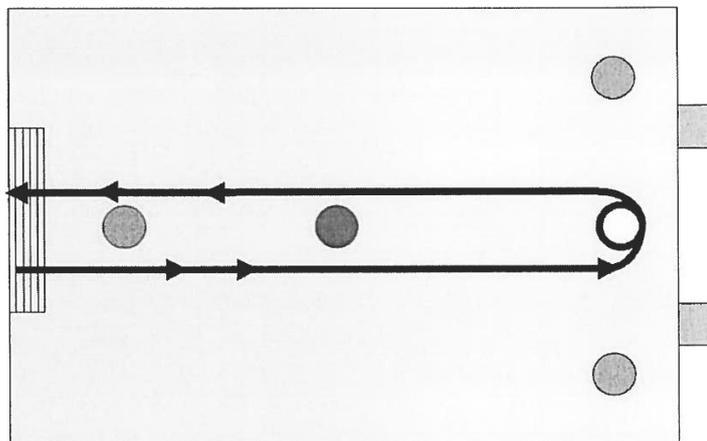


Annex 2

Swimming 50m layout in a 50 m swimming pool



Swimming 100m layout in a 50m swimming pool



Swimming 200m in a 50m Swimming Pool

