

Technical Newsletter

**Dear Member Federations,
Coaches, Athletes and Technical
Officials**

In the aftermath of the UIPM 2024 Joint Athletes, Coaches, and Technical Committees Meeting, coupled with a comprehensive analysis of competitions held in recent months, UIPM aims to provide crucial updates and essential information along with important reminders at the beginning of the season.

A

MODERN PENTATHLON COMPETITION RULES

FENCING**Article 4.6.1 – Principles**

The above-mentioned article reads in its point i):

“ ... At the end of the bout and after the Referee has made their decision, the pentathletes must shake their unarmed hands. Failure to do so incurs a penalty as specified in Rule 4.6.3 v). This applies to both Ranking Round and Bonus Round.”

Exception: Pentathletes may opt to salute with their weapon from the on guard line and/or touch their blades instead of shaking hands, provided that due respect is shown to their opponent and/or referee.

B

LASER RUN, BIATHLE AND TRIATHLE COMPETITION GUIDELINES

In addition to the stipulations detailed in the UIPM Biathle/Triathle Competition Rules and the UIPM Laser Run Competition Guidelines, the following criteria should be followed when determining the Team Classification in an individual competition:

- I. At the end of the Individual competition, the best 3 team members per nation will be considered for the team ranking.
- II. The total time combined from a nation's best 3 team members' total times determines the results of the team classification.
- III. Only teams with minimum 3 athletes entered for the competition can be ranked for team classification.
- IV. Teams with more athletes in the Final are ranked higher.
Teams with 3 athletes in the Final are ranked ahead of teams with 2.
Teams with 2 athletes in the Final are ranked ahead of teams with 1.
Teams with 1 athlete in the Final are ranked ahead of teams with zero.
- V. For any athlete qualified for the Final, her/ his final result must be used.
- VI. For any athlete qualified for the Semi-finals but not for the Final, her/his Semi-final result must be used.
- VII. In a Final among teams composed of the same number of athletes, the winner is the team with the shortest time. If there is a tie, the team with the athlete ranked higher wins.

C

UIPM UNIFORM GUIDELINES

UIPM stresses the significance of athletes adhering strictly to the UIPM Uniform Guidelines which are available for reference [here](#).

We also remind you that the UIPM logo patch must be set in all uniforms and apparel worn by athletes and coaches during major UIPM competitions

(Pentathlon World Cups & Pentathlon World Cup Final, all World Championships). The entrance to the areas restricted to the athletes and coaches will be subjected to compliance with these rules.

Besides, according to article 1.22.2 of the Competition Rules, in case of changes from previous year, **NFs shall submit details, including a photo of their kit (National Uniform), for the following year to the UIPM before the first Pentathlon World Cup.**

D

OBSTACLE

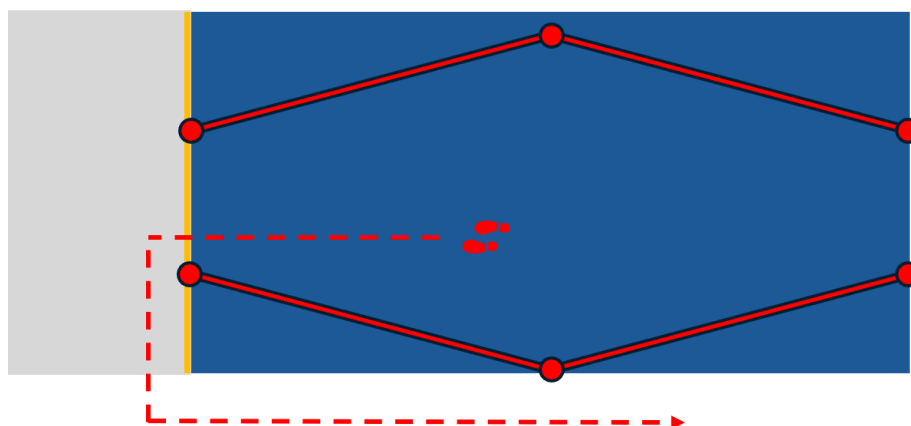
1) Clarification on balance obstacles repetition

Obstacle Competition and Equipment Guidelines Article 1.5.4 – The Course

The above-mentioned article reads in its point vi):

" ... For balance elements including steps, the athlete must continue past the end of the obstacle before returning to its beginning using the external adjacent side."

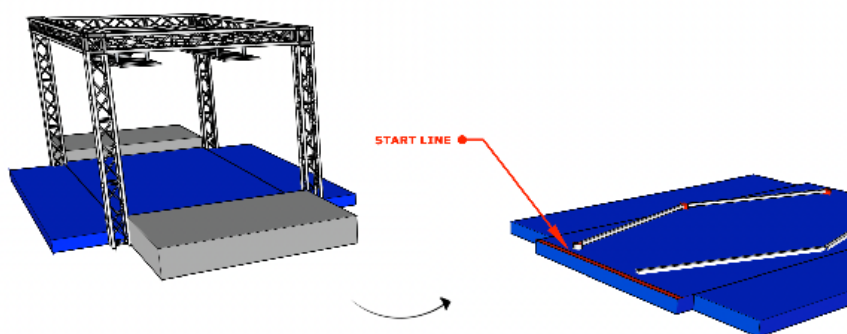
Clarification: The athlete must step on the landing platform or cross the finish line of the obstacle itself before returning to the beginning of the same obstacle. Turning around the truss of the next obstacle is not required.



2) Clarification on platforms

In instances such as curves used in "U" shape courses, where the 1.5 m Wall, Over-Under, Over-Under-Through, Balance Beam, Giant Steps, and Lisbon Steps obstacles are not seamlessly connected to the preceding and/or subsequent obstacle(s), they are exempt from the necessity of having designated take-off and/or landing platform(s).

In these situations, it is necessary to clearly mark the starting and/or finish lines of the obstacle in a professional manner.



3) Safety

- a) As per point 1.10.4 of the UIPM Obstacle Competition and Equipment Guidelines, it is crucial to emphasize the role of correctly positioning safety mattresses to ensure the safety and security of all pentathletes.

UIPM strongly encourages National Federations and Events Organisers at every level to prioritise the accurate placement of safety mattresses at the Obstacle Course during all training sessions and competitions. This safety measure is fundamental to safeguarding the well-being of participants and to uphold the highest sport standards during pentathlon events of any level.

- b) As stated in the safety requirements outlined in the UIPM Obstacle Equipment Guidelines, it is paramount having a professional responsible for constantly inspecting structural components and obstacle elements to ensure they are maintained in safe conditions, not only for competitions but also in training sites.
- c) In regard to safety measures and injury prevention during training, athletes need to be instructed on effective landing techniques with essential tools and strategies to address potential risks during this phase. By promoting these practices, federations and clubs not only enhance athlete's performance but also prioritize their well-being and longevity in the sport.

4) Resources

Obstacle Equipment

- a) After the launch in early 2023 of the Obstacle Competition Kit and in pursuit of UIPM dedication to fostering accessibility within the Obstacle, UIPM proudly introduces two offers for National Federations as of the onset of 2024: the **National Competition Kit** and the **Training Kit**.

By augmenting the suite of products tailored for both training and competitive events, UIPM reaffirms its commitment to the core tenets of the sport: Accessibility, Affordability, Dynamism, Universality, and Organisational simplicity. If your National Federation or Club is interested in purchasing any of the sets mentioned above, please reach out to UIPM at uipm@pentathlon.org.

Athletes and Coaches Education

- b) In 2023, UIPM provided training tips and videos, laying the groundwork for a smooth implementation of the Obstacle discipline. Following the experiences gained during the UIPM 2023 U17, U19 and Junior World Championships, discussions with on-site coaches revealed a need for additional tools and guidelines.

This led to the creation of a new publication entitled "Introduction to Coaching Obstacle", a technical manual that builds upon the earlier "UIPM Obstacle Training Tips" published in the 2022/23 off-season, offering a more in-depth and sophisticated approach to preparing pentathletes for the new discipline.

With a blend of written, photographic and video content. UIPM envisions that this comprehensive resource will be widely used by NFs, athletes and coaches, empowering the global community to embrace the future of the sport with this exciting discipline.

You can access this publication by clicking [here](#).

E

RIDING - REMINDERS

1) Riding Review Panel

An expert review panel, composed of independent members, will keep to continuously evaluate all UIPM events throughout the season. The panel sessions are connected to competition debriefings and encompass a broad spectrum of riding competition quality aspects, utilizing event reports, videos, course plans, and results. The panel holds the responsibility for scrutinizing all athletes' riding performances, with a particular emphasis on incidents that necessitate debriefing to pinpoint opportunities for improvement. In instances where problems arise due to insufficient riding ability, the UIPM will maintain close communication with the respective National Federation, encouraging them to undertake the necessary measures to rectify potential issues.

UIPM highlights that the following documents are available in its Educational Platform focusing on the improvement of athletes' Riding abilities:

- UIPM Riding Training Technical Guidelines ([link](#) - translated to Chinese, French, Russian, and Spanish)
- Riding training tips videos ([link](#))
- UIPM book "Start coaching in Modern Pentathlon" available in the UIPM Shop ([link](#))

2) Riding License

Effective from 2022, athletes participating in the Riding discipline within UIPM and International Modern Pentathlon events are required to possess a Senior Riding Licence, which must be uploaded to their profiles on the UIPM Portal, emphasising the importance of adherence to the specified format, provided by the UIPM via this link.

Verification of compliance with this regulation will be conducted prior to each competition and pentathletes participation in the event will be subjected to the article 1.12.1 of the UIPM Competition Rules and Regulations.

3) International Equestrian Federation (FEI) Online Courses

Effective from 2022, participants in the Riding discipline within UIPM and International Modern Pentathlon events, including coaches entering in the riding warm-up arena, are mandated to possess a certificate of completion from three specified FEI online courses. These courses specifically address the crucial aspects of horse welfare. Compliance with this regulation is subject to verification during competition Technical Meetings.

The mentioned courses are accessible on the [FEI Campus platform](#), and participants are required to upload the certificates onto their profiles on the UIPM Portal. Please find below the details of the designated courses:

- Horsemanship study course ([link](#))
- Handling in challenging situations ([link](#))
- Equine Behaviour ([link](#))

F

PISTOL TEST

Subsequent to the pistol tests conducted at the UIPM 2023 Pentathlon and Laser Run World Championships in Bath, GBR, UIPM will organize additional pistol tests during the UIPM 2024 Pentathlon and Laser Run World Championships in Zhengzhou, CHN.

G

2024 FISU WORLD UNIVERSITY CHAMPIONSHIPS

The 2024 FISU World University Championships Modern Pentathlon is set to take place in Kaunas, Lithuania, from August 21st to 25th, featuring the engaging Obstacle Laser Run format. This format not only promises an exciting experience for all participants but also enhances accessibility for university students.

Open to students aged between 18 and 25 years old, this event provides a unique platform for young talents to showcase their skills on an international stage. The competition format encompasses Individual, Mix Team (1 athlete per discipline), and Mixed Relay competitions throughout the five days of the championship.

To facilitate a smooth registration process, UIPM strongly encourages National Federations to coordinate with the relevant National University Sport Federation (NUSF), which is responsible for formalizing the delegation's registration through the FISU Accreditation System (OAS). You can find the contact details of your National University Sport Federation by visiting this [link](#). Initiating communication with your NUSF promptly is essential to ensure the completion of the registration according to the following deadlines:

- **General registration** - 2024 February 21st
- **Quantitative registration** - 2024 May 21th
- **Individual registration** - 2024 July 21th

For further details, you can access the official invitation to the event on the [UIPM website](#) and visit the [event webpage](#) and the [UIPM university page](#).

H

ATHLETES SAFEGUARDING

UIPM has launched an updated [Athletes Safeguarding Policy \(ASP\)](#) as part of its commitment to fostering a secure and supportive environment for athletes worldwide.

The ASP encompasses a comprehensive set of measures and initiatives designed to prevent harassment, abuse and exploitation within the realm of Modern Pentathlon. This policy establishes a robust framework that mandates adherence from all UIPM National Federations.

As UIPM takes this proactive step towards safeguarding, athletes can expect a safer and more secure sporting environment that prioritises their safety and well-being, on and off the field of play.

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UIPM U15 WORLD CHAMPIONSHIPS

In December 2024, Guatemala will host the inaugural edition of the UIPM U15 World Championships. This Championships marks a significant opportunity for budding talents in Modern Pentathlon, serving as a platform to nurture future generations of athletes.

Open to participation from all National Federations and with unlimited registrations for NFs, the championship will be featuring the tetrathlon format (Obstacle, Swimming and Laser Run) and promises inclusivity and global engagement. In the upcoming months, the official Invitation Letter will be made available on the UIPM website, providing comprehensive details for interested parties.

J

UIPM COACHES CERTIFICATE PROGRAMME (CCP)

In February 2024, UIPM announced the forthcoming CCP Courses Level 3, scheduled to take place from April 6th to April 9th, and Level 4, set for February 2025. All relevant instructions for enrollment have been communicated to National Federations via email and are available on the UIPM website by following this [link](#), Educational Platform, and social media channels.

K

WADA ADEL ANTI DOPING E-LEARNING COURSES

Since 2023, athletes engaged in any Olympic Qualification event must fulfill the mandatory completion of the WADA e-learning program, specifically the "International-Level Athletes Education Program" accessible on the WADA educational platform, ADEL and upload their certificate of completion onto the UIPM Portal as evidence of compliance with this educational mandate. This educational program is directly associated with essential anti-doping education and plays a crucial role in upholding the principles of Clean Sport. ADEL platform is designed to accommodate users in multiple languages.

L

ATHLETE365 E-LEARNING OPPORTUNITIES

The Athlete365 platform serves as a continuous source of e-learning opportunities for athletes and coaches. UIPM remains dedicated to promoting the utilization of this platform for ongoing education and development.

1) **Competition Manipulation**

The course entitled "Preventing Competition Manipulation", available by clicking this [link](#).

In this course, it is possible to learn more about competition manipulation as well as the risks involved in sports betting, and how to handle different situations in order to protect yourself and your sport.

The course is spread across the following sections and concludes in a final quiz:

- What is competition manipulation?
- The risks of sports betting
- Who can manipulate a competition and how?
- Small mistakes, big consequences

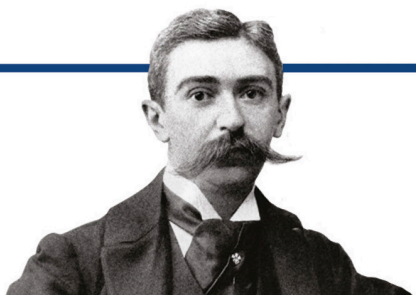
2) **Beyond Performance**

The course entitled "Beyond Performance: Empowering Athletes and Entourage Members", available by clicking this [link](#).

This course aims to help you understand what holistic development is and how it can help athletes become the best they can be, both in and out of their sporting careers.

There are seven topics in this course, each designed specifically around how you can support your athlete.

- Beyond performance outcomes' will introduce you to the idea of a holistic approach to coaching.
- 'Embracing holistic development' will focus on how a holistic approach can be applied in a constructive way.
- 'It takes a village to train a successful athlete' will cover the importance of stakeholder alignment in achieving a holistic approach.
- 'Creating a climate of care' will focus on prioritising the well-being of the athlete, especially their mental health.
- 'Adopting a long-term approach' will look at how a holistic approach should be applied over a long period of time, and why.
- 'Integrating life skills' will focus on other life skills an athlete needs to have outside their sport to create a healthy mindset and climate of care.
- 'Top tips for parents' will cover how parents can support their child, taking a holistic approach to their coaching and sporting career.



Baron Pierre de Coubertin

"The Modern Pentathlon event would test a man's moral qualities as much as his physical resources and skills, producing thereby the ideal, complete athlete."

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