

UIPM TRIATHLE RULES 2017

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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. All competitions can be organised on any surface (grass, sand asphalt etc.).

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/Anti-Doping 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 Biathlon-Triathlon World Championships,
Continental Championships, Multisport Games.
Category B: Regional Competitions, UIPM Triathlon National Tour.

1.3.2 For UIPM Triathlon Category A competitions are awarded following a bid and selection process by the UIPM Executive Board or Continental Confederations. In UIPM World Championships 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:

- pH between 6 and 9
- Fecal coliform (ocean) not more than 200 per 100mls
- E' coli (fresh water) not more than 200 per 100 ml
- 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

UIPM Triathlon in Category A and Category B events is continuous and organised outdoors.

1.5 Age Groups and sequence of events

1.5.1 Sequence of events are as follows for Individual/Relay:

Group	Age	Sequence	Total Swim	Total Run	Total Hits	Shooting Distance
Under 11	10 and younger	2x200 run + 2x25 swim + 2x5 hits	50	400	10	3m (both hands)
Under 13	11-12	2x400 run + 2x50 swim + 2x5 hits	100	800	10	5m
Under 15	13-14	4x400 run + 4x25 swim + 4x5 hits	100	1600	20	5m
Under 17	15-16	4x600 run + 4x50 swim + 4x5 hits	200	2400	20	10m
Under 19	17-18	4x800 run + 4x50 swim + 4x5 hits	200	3200	20	10m
Juniors	19-21	4x800 run + 4x50 swim + 4x5 hits	200	3200	20	10m
Seniors	22 and over	4x800 run + 4x50 swim + 4x5 hits	200	3200	20	10m
Masters 40+	40-49	4x600 run + 4x50 swim + 4x5 hits	200	2400	20	10m
Masters 50+	50-59	4x600 run + 4x50 swim + 4x5 hits	200	2400	20	10m
Masters 60+	60 and over	4x400 run + 4x25 swim + 4x5 hits	100	1600	20	5m



- 1.5.2 In UIPM Triathlon, 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. Under 11 to Under 13 etc.) respecting the distances shown in the table above. If there are free places in one age group, then two or more age groups can be merged to form one heat, as long as the distances of the age groups are respected.
- 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 Beach Triathlon, if the running course is very soft sand, the running distances must be reduced by 20%. If only a part of the loop is run on very soft sand, 20% of the total sand surface per loop will be deducted (for example if 200m are run on very soft sand each loop, 40 meters will be deducted to the loop distance).
- 1.5.5 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;
 - 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).
- 1.5.6 Individual events can be organised separately for men and women, or combined so that they compete against each other.
If there are free places in one age group, then two or more age groups can be merged to form one heat, as long as the distances of the age groups are respected.
- 1.5.7 In the UIPM Biathlon/Triathlon World Championships, one (1) additional divisions is created besides the Elite Division (for UIPM registered athletes); the Open Division (for individual participants or athletes coming from other sports with certain athletic background).

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 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 Rule 1.7 below, 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 In case for safety reasons, a maximum of 24 athletes will be allowed to participate in one heat and in all cases 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 Elite Division Mixed Relay competition, but only the best ranked team will be allowed to receive a medal.



1.6.5 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 Team and Mixed Relay

1.9.1 Teams comprise 3 athletes and are formed by comprising the highest placed 3 athletes from the same Nation in each category. Their times will be added together to decide the final placings.

1.9.2 The Mixed Relay comprises 2 athletes: 1 male and 1 female.

1.10 Schedule of Events

1.10.1 The official running courses must be made available to the teams before the competition for athletes to familiarise themselves with their respective course. General Training sessions for running and swimming must be organised in either pool or sea (according to the competition course).

1.10.2 For shooting, open training sessions must be organised before the competition. A separate shooting warm up area must be provided for athletes for 15 minutes warm up before the competition. At latest 5 minutes before the start, athletes should have set up their shooting position on the competition range.

1.10.3 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. Such 10 second penalty on a pentathlete is imposed at their shooting station; before applying any penalty, the range officers need to have approval from TD. If the penalty cannot be imposed at the shooting station, it will be added to the final running time at the end of the race.

1.10.4 Competitors must stay inside the competition lane during the race. Competitors leaving the competition lane will be disqualified.

1.10.5 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.

1.10.6 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.



- 1.10.7 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.
- 1.10.8 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.
- 1.10.9 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.
- 1.10.10 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.
- 1.10.11 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.
- 1.10.12 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.
- 1.10.13 Timing will be calculated in hundredths of a second for UIPM Biathlon/Triathlon World Championships, electronic timing provided by a Transponder System is compulsory for the Elite Division races.
- 1.10.14 To break any tie hundredths of a second timing shall prevail.
- 1.11 Participation:** The current Biathlon Rules apply to UIPM Triathlon.
- 1.12 Doping Controls:** The current Biathlon Rules apply to UIPM Triathlon.
- 1.13 Competition Authorities**
- 1.13.1 **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 AWARDS**
- 2.1 World Championships Medals**
- 2.1.1 Gold, Silver and Bronze medals will be given in each category and event competition.
- 2.1.2 The UIPM and the Organiser will share the expenses for the production of the medals after the approval of the design and the cost by UIPM.
- 2.2 World Championships Titles**
- 2.2.1 Gold medallists in all categories of the Elite and Open Division will receive the title of "UIPM Elite Triathlon World Champion" and "UIPM Open World Triathlon Champion".
- 2.3 World Rankings**
- 2.3.1 The UIPM Triathlon World Ranking will work like the UIPM Modern Pentathlon World Ranking: Athletes who participate in different competitions (UIPM Biathlon and Triathlon World Championships, Continental Championships and National and Regional Competitions) will be awarded relevant points according to the result and the competition level as demonstrated in the following world ranking points chart (see next page).

2.3.2

Category A Competitions		Category B Competitions	
Place	Points	Place	Points
1	35	1	25
2	30	2	22
3	27	3	20
4	24	4	18
5	22	5	16
6	20	6	15
7	19	7	14
8	18	8	13
9	17	9	12
10	16	10	11
11	15	11	10
12	14	12	9
13	13	13	8
14	12	14	7
15	11	15	6
16	10	16	5
17 / 18 / 19 / 20 / ...	1	17 / 18 / 19 / 20 / ...	1

ANNEX 1 - SHOOTING STATION EXAMPLE

