

2025 UIPM PARA LASER RUN GUIDELINES

as at 24 April 2025



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ABBREVIATIONS

EB	Executive Board	NF	National Federation
FOP	Field of Play	NTO	National Technical Observer
GL	Guidelines	PG	Penalty Start Gate
HQ	Headquarters	QC	Qualification Competition
HMT	Hit & Miss Target	SL	Shooting Line
ID	Identification	TC	Technical Committee
LR	Laser Run	TD	Technical Delegate
LOC	Local Organising Committee	TM	Technical Meeting
LPA	Last Penalty Area	UIPM	Union Internationale de Pentathlon Moderne
LPT	Laser Precision Target	WADA	World Anti-Doping Agency
GLRCT	Global Laser Run City Tour	WR	World Rankings
LRWCH	Laser Run World Championships	PMP	Para Modern Pentathlon
Mins	minutes		

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1.

PURPOSE

These guidelines provide Local Organising Committees (LOCs) and other event organisers with the tools and information required to run an accessible and inclusive Para Laser Run event.

The guidelines include:

Definitions

Events and location and stadium requirements

Equipment requirements

Staff and volunteer requirements

How to guide

Links to further information and Para classifications.

It is important to remember that the purpose of running a Para Laser Run is to promote accessibility for the sport. With this in mind, LOCs should work with relevant coaches and groups to encourage wide participation across all the PMP sports classes.

It is assumed that in most instances LOCs and other event organisers will be running Para Laser Run events in conjunction with able-bodied events. This presents both challenges and opportunities, and as such, these guidelines are designed to be either stand-alone, or read in conjunction and compatible, with able-bodied Laser Run events.

2.

DEFINITIONS & BACKGROUND INFORMATION

DEFINITION	DETAILS
Para Laser Run Rules of Engagement	<p>The rules for a Para Laser Run are based on those of the UIPM for an able-bodied Laser Run with amendments appropriate to include the needs of Para athletes listed within the Laser Run Classifications.</p> <p>Key differences include:</p> <ul style="list-style-type: none">• Guides for vision impaired athletes• Use of audio laser pistols• Shorter course (300m loops and 3m to 5m shooting) to cater for athletes of all needs.
Classifications	<p>At international competition level the UIPM Para Commission support 5 sports classes for physical impaired athletes, 1 for visual impaired and 1 for intellectual impaired. This classification system is aligned with the International Paralympic Committee Code Compliance.</p> <p>Sports classifications link to UIPM Classification document.</p>

DEFINITION	DETAILS
Para Laser Run athlete	Para Laser Run athletes who have a range of impairments and compete in any of the sub-sports. Impairments can include, but not be limited to: <ul style="list-style-type: none">• Vision impairment• Wheelchair• Amputee• Cerebral palsy• Intellectual impairment.
Stadium Event Venue	This is not specifically limited to stadiums. Rather it considers the location of any event that is held for a Laser Run event.
Guide	Generally, refers to a Guide for a PMP6 category 'vision impaired' athlete who guides the athlete for the entire race.
Athlete Supporter	A supporter who helps Para athletes before and after events or at a specific part of the course e.g. Shooting station.

3.

CLASSIFICATION SYSTEM

The UIPM Classification system is sport specific covering all the sport disciplines in pentathlon including athletes with physical, visual and intellectual impairments. This has been developed through evidence and best practice research and aligns with the International Paralympic Committee Classification Code. Classification is the cornerstone of the Paralympic Movement, it determines which athletes are eligible to compete in a sport and how athletes are grouped together for competition. In Para sports, athletes are grouped by the degree of activity limitation resulting from the impairment. This, to a certain extent, is similar to grouping athletes by age, gender or weight. (link to IPC code here)

The UIPM is an official Para sport, therefore at major international competitions a valid UIPM Classification is needed for all competing athletes.

4.

TYPES OF EVENTS

In the majority of instances Para Laser Run events will be held alongside able-bodied events. It is envisaged that Para Laser Run will be undertaken at the following:

- UIPM Laser Run World Championships
- National championships
- Regional events
- UIPM Global Laser Run City Tours
- Any other Confederation or Championship event that includes Laser Run as an individual event.

UIPM regulations, requirements and guidance for various events can be found at www.uipmworld.org.

5.

LASER RUN DISTANCES

Category	Running/ wheelchair Sequence	Total distance	Shooting sequences	Distance to target
PMP1	4x300m	1200m	3x5 hits	5m
PMP2	4x300m	1200m	3x5 hits	5m
PMP3	4x300m	1200m	3x5 hits	5m
PMP4	4x300m	1200m	3x5 hits	5m
PMP5	4x300m	1200m	3x5 hits	5m
PMP6	4x300m	1200m	3x5 hits	3m
PMP7	4x300m	1200m	3x5 hits	5m

Note: These distances are proposed to be reassessed at the end of 2025 as the sport continues to grow

6.

RACE VENUES

When running a Para Laser Run event, specific consideration needs to be given to the location to ensure it is accessible for all. This includes consideration of both:

- Access to the venue
- The venue, course and facilities.

6.1 Access To The Venue

Appropriate transport, pick-up and drop-off points should be considered when choosing both the venue and accommodation.

Accommodation selected should be consistent with the IPC Accessibility Guide – 4th edition – October 2020.

The LOC should prepare a travel corridor plan to the event that is compliant with relevant international accessibility guidance.

From a logistics perspective many of the teams will organise transport, however it is the LOC and organisers that help with the early planning by selecting an appropriate hotel and choosing the most appropriate travel options.

6.2 Venue

When selecting a venue, the LOC should check that it is consistent with international accessibility standards. If the venue has been used for previous Para events, then there is a high chance it will.

A preferred location is an athletic track, as these are generally designed with accessibility in mind and suitable for all athletes. However, it is acknowledged that not all events can be held at athletic stadiums, and one may not be available in the host city or town.

For inclusiveness, the venue should be communicated to participants in the invitation letter, with a brief description and pictures (where relevant).

The LOC should consider the following when choosing a venue location.

There maybe guide dogs or support dogs accompany athletes on the venue. Check venue for areas to dispose of dog waste.

CRITERIA	DETAILS
Surface	<p>The surface should be smooth and flat with minimal slipping areas. This allows for athletes of all impediments to compete.</p> <p>Concrete: Works well for all impediments.</p> <p>Athletics track: Works well for all impediments.</p> <p>Stone: works well for all impediments, but can become very slippery with rain; a back-up plan should be prepared.</p> <p>Crushed rock gravel: while not preferred, is acceptable as it can provide a stable surface. Gravel pieces should not be so large as to prohibit ease of motion for wheelchairs or cause a tripping hazard for other Para athletes.</p> <p>Grass and rough surface: While not ideal, can be used if all wheelchair competitors have a freewheel wheelchair attachment.</p>
Accessibility	<p>Relevant international accessibility guidance and the IPC Accessibility Guide – October 2020 should be considered when selecting a location.</p>

CRITERIA	DETAILS
Gradient and corners	<p>Gradient</p> <p>A flat course is the best option where feasible.</p> <p>If a flat course is not feasible, gradients should be no steeper than 1:33. In terms of maximums, the general rule of thumb is that no gradient be steeper than 1:12 on the course. For individual ramps on a course over a short distance, a maximum gradient of 1:8 is proposed.</p> <p>Corners</p> <p>The space needed for a smooth wheelchair U-turn is 197cm by 153cm. Turns and straight lines are preferred over long sweeping bends.</p>

7.

EQUIPMENT REQUIRED

The equipment requirements are detailed within the UIPM Laser Shooting Equipment Guidelines.

For Para Laser Run the following additional requirements and equipment should be considered:

- Vision impaired pistols (based on sound) for PMP6 athletes.
- Distance between shooting stations should be double for PMP1 and potentially PMP6 and PMP7.
- Guides and supporters can access the course.
- Shoot tables may need to have weights placed on the target side to stop tables from moving when PMP1 athletes enter.

7.1

Guide and Supporter Requirements

Guide

- Where athletes use a guide the following rules apply:
- Guides should be provided by the athlete or National Federation
- If the athlete or National Federation cannot provide a guide, the guide can be supplied by the LOC
- Guides should be confirmed and approved by the Technical Director
- The guide should be able to be at least one minute faster (running component) over a 3km distance than the athlete's seasonal best time
- The guide should be running level with the athlete and cross the finishing line at the same time as the athlete
- A guide should have the word 'Guide' visible on front and back of their top. It is recommended LOC prepares re-utilisable bibs for this purpose or (if budget allows) the special event T-shirt, which will remain with the guide as "memorabilia".

Supporter

Supporters are an option for athletes who need additional support on the course. Supporters provide advice rather than direct guiding of athletes on the course for aspects such as shooting. They are also able to walk with athletes and offer course direction information as required. The following is required of a supporter:

- A supporter should have the word 'Supporter' visible on the front and back of their top, LOC shall provide a bib or (if budget allows) print a specific T-shirt.

8.

ADDITIONAL STAFF AND VOLUNTEERS REQUIRED

Laser Run Guidelines (as detailed in Section 5) should be followed to ascertain specific roles required for the event. Dependent on the event, the following staff and volunteers should be in attendance:

STAFF/VOLUNTEER	DETAILS
Medical Practitioner	<p>This should be a registered Doctor or Nurse. The role includes:</p> <ul style="list-style-type: none"> Assessing athletes and confirming classifications Providing support to athletes Being on the Jury of Appeal.
Support personnel	<p>The role includes carrying bags and providing support as follows:</p> <ul style="list-style-type: none"> Supporting athletes before and after events Liaising with other relevant staff.
Additional staff for classification	<p>The role includes:</p> <ul style="list-style-type: none"> Providing classification support to the Medical Practitioner.
Medical and Head of Classification	<p>The role includes:</p> <ul style="list-style-type: none"> A Head of Classification needs to be present at all Para Laser Run events Being on the Jury of Appeal Can be the same person as the Medical Practitioner.
Para Laser Run Director	<ul style="list-style-type: none"> Can be same person as Laser Run Director.

9.

STEPS IN ORGANIZING AN EVENT

The following steps should be considered to run an event:



10.

FURTHER INFORMATION


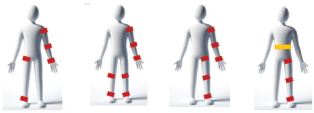





Should you require further information, please contact the Para Pentathlon Commission:

Dr Nicola Robinson

N.J.Rowley@lmu.ac.uk

ATTACHMENT A PARA PENTATHLON CLASSIFICATIONS

UIPM Classification classes Profile Approach overview as of June 2024

Code - Para Modern Pentathlon (PMP)	Description of profile	Profile examples
PMP1	Wheelchair athlete typical conditions may include complete and incomplete spinal cord injury and sort lower limbs stump (bilateral)	
PMP2	Ambulant class with athletes who have a combined multi limb impairments in both upper and lower limbs. Typical medical condition could include neurological and polytrauma.	
PMP3	Upper limbs combined impairments. Typical medical condition could include neurological and trauma	
PMP4	Lower limbs combined impairments. Typical medical condition could include neurological and trauma.	
PMP5	Upper or lower limbs impairments. Typical medical condition could include neurological and trauma.	
PMP6	Visual Impairment (VI) bycertified by International Blind Sport Federation (IBSA) includes eligibility of athlete class B1, B2, B3	
PMP7	Eligibility criteria used by Virtus/PNZ. Intellectual Disability is a disability characterised by significant limitation both in Intellectual functioning and in adaptive behavior as expressed in conceptual, social, and practical adaptive skills. This disability originates before the age of 22.	

Designed by NROBINSON Liverpool John Moores University

UIPM

World Pentathlon

Union Internationale de Pentathlon Moderne
Stade Louis II – Entrée C
19 avenue des Castelans
MC-98000 Monaco



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