2022 UIPM
BIATHLE/TRIATHLE
COMPETITION RULES

as at 1 January 2022
2022
UIPM BIATHLE/TRIATHLE
COMPETITION RULES
as at 1 January 2022

2022
UIPM BIATHLE
COMPETITION
RULES
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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. All competitions can be organised on any surface (grass, sand, asphalt etc.).

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 Category A

UIPM Biathle-Triathle World Championships, Continental Championships, Multisport Games.

1.3.2 Category B

Regional Competitions, UIPM Biathle National Tour.

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:

- **Sea and Transition Water**
  - a. pH between 6 and 9
  - b. Enterococci not more than 100 per 100ml (ufc/100ml)
  - c. E’ coli (fresh water) not more than 250 per 100 ml (ufc/100ml)
  - d. The swim part is cancelled in presence of red tide algal Bloom

- **Inland Water**
  - a. pH between 6 and 9
  - b. Enterococci not more than 200 per 100ml (ufc/100ml)
  - c. E’ coli (fresh water) not more than 500 per 100 ml (ufc/100ml)
  - d. The presence of blue-green algal blooms/scum (cyanobacteria) with more than 100,000 cells/ml

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.

1.3.4 The water temperature should be a minimum of 18°C and a maximum of 31°C. It should be checked the day of the race, 2 hours before the start, and in the middle of the course at a depth of 40 cm.

1.4 FORMATS

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

Age groups and sequence of events for UIPM Biathle are as follows:
# 1.5 Age Groups and Sequence of Events

## 1.5.1 Individual

<table>
<thead>
<tr>
<th>Group</th>
<th>Age</th>
<th>Run (per person)</th>
<th>Swim (per person)</th>
<th>Run (per person)</th>
<th>Total Run (per person)</th>
<th>Total Swim (per person)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Under 9</td>
<td>8 and younger</td>
<td>200</td>
<td>50</td>
<td>200</td>
<td>400</td>
<td>50</td>
</tr>
<tr>
<td>Under 11</td>
<td>9-10</td>
<td>400</td>
<td>50</td>
<td>400</td>
<td>800</td>
<td>50</td>
</tr>
<tr>
<td>Under 13</td>
<td>11-12</td>
<td>400</td>
<td>50</td>
<td>400</td>
<td>800</td>
<td>50</td>
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<tr>
<td>Under 15</td>
<td>13-14</td>
<td>800</td>
<td>100</td>
<td>800</td>
<td>1600</td>
<td>100</td>
</tr>
<tr>
<td>Under 17</td>
<td>15-16</td>
<td>1200</td>
<td>200</td>
<td>1200</td>
<td>2400</td>
<td>200</td>
</tr>
<tr>
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<td>1600</td>
<td>200</td>
<td>1600</td>
<td>3200</td>
<td>200</td>
</tr>
<tr>
<td>Juniors</td>
<td>19-21</td>
<td>1600</td>
<td>200</td>
<td>1600</td>
<td>3200</td>
<td>200</td>
</tr>
<tr>
<td>Seniors</td>
<td>22 and over</td>
<td>1600</td>
<td>200</td>
<td>1600</td>
<td>3200</td>
<td>200</td>
</tr>
<tr>
<td>Masters 40+</td>
<td>40-49</td>
<td>1200</td>
<td>100</td>
<td>1200</td>
<td>2400</td>
<td>100</td>
</tr>
<tr>
<td>Masters 50+</td>
<td>50-59</td>
<td>1200</td>
<td>100</td>
<td>1200</td>
<td>2400</td>
<td>100</td>
</tr>
<tr>
<td>Masters 60+</td>
<td>60 and over</td>
<td>800</td>
<td>100</td>
<td>800</td>
<td>1600</td>
<td>100</td>
</tr>
<tr>
<td>Masters 70+</td>
<td>70 and over</td>
<td>400</td>
<td>100</td>
<td>400</td>
<td>800</td>
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</tr>
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</table>

## 1.5.2 Mixed Relay

<table>
<thead>
<tr>
<th>Group</th>
<th>Age</th>
<th>Run (per person)</th>
<th>Swim (per person)</th>
<th>Run (per person)</th>
<th>Total Run (per person)</th>
<th>Total Swim (per person)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Under 9</td>
<td>8 and younger</td>
<td>200</td>
<td>50</td>
<td>200</td>
<td>400</td>
<td>50</td>
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<td>Under 11</td>
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<tr>
<td>Under 13</td>
<td>11-12</td>
<td>400</td>
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<td>Under 15</td>
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<td>400</td>
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<td>50</td>
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<tr>
<td>Under 17</td>
<td>15-16</td>
<td>600</td>
<td>100</td>
<td>600</td>
<td>1200</td>
<td>100</td>
</tr>
<tr>
<td>Under 19</td>
<td>17-18</td>
<td>800</td>
<td>100</td>
<td>800</td>
<td>1600</td>
<td>100</td>
</tr>
<tr>
<td>Juniors</td>
<td>19-21</td>
<td>800</td>
<td>100</td>
<td>800</td>
<td>1600</td>
<td>100</td>
</tr>
<tr>
<td>Seniors</td>
<td>22 and over</td>
<td>800</td>
<td>100</td>
<td>800</td>
<td>1600</td>
<td>100</td>
</tr>
<tr>
<td>Masters 40+</td>
<td>40-49</td>
<td>600</td>
<td>100</td>
<td>600</td>
<td>1200</td>
<td>100</td>
</tr>
<tr>
<td>Masters 50+</td>
<td>50-59</td>
<td>600</td>
<td>100</td>
<td>600</td>
<td>1200</td>
<td>100</td>
</tr>
<tr>
<td>Masters 60+</td>
<td>60 and over</td>
<td>400</td>
<td>50</td>
<td>400</td>
<td>800</td>
<td>50</td>
</tr>
<tr>
<td>Masters 70+</td>
<td>70 and over</td>
<td>400</td>
<td>50</td>
<td>400</td>
<td>800</td>
<td>50</td>
</tr>
</tbody>
</table>

### 1.5.2 In UIPM Biathlete individual events, athletes are allowed to enter in one age group only.

### 1.5.3 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. U11 to U13 etc.) and in the younger categories for Masters. 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.

### 1.5.4 In the case of relays with team composed by athletes from different age groups, they can compete together in the immediately adjacent upper category (e.g. an U11 with an U13 will compete in the U13 age group.) For Masters, athletes from different age groups can compete together but must register in the younger Masters age group (e.g. a Master 40+ with a Master 50+ will compete in the Master 40+ age group).

### 1.5.5 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.
1.5.6 In Beach Biathle, 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).

1.5.7 In UIPM Biathle the sequence of events is as follows: Running – Swimming – Running

1.5.8 Competitions may be organised separately for men and women, or combined so that they compete against each other, but they will be classified separately.

1.5.9 In the UIPM Biathle/Triathle World Championships, one (1) additional division is created besides the Elite Division (for UIPM registered athletes); it’s 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 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 24 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 per nation will be allowed to receive a medal.

1.6.4 The transition area will be placed within the final 50 meters of the first running event. (See Appendix 1). 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 Appendix 2). 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.

1.6.7 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.
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.

To ensure the safety of athletes, Organisers must provide medical staff on site. Lifeguards must be present in the swimming area.

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.

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.

Timing will be calculated in hundredths of a second. For UIPM Biathle/Triathle World Championships, electronic timing provided by a Transponder System is compulsory for all races.

To break any tie, hundredths of a second timing shall prevail.

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.

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

For UIPM Biathle 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).

Footwear: a) must not be worn in the Swimming but b) must be worn when running.

Clear numbers have to be shown on the front and on both shoulders. They should be made visible using waterproof markers or stickers.

Athletes participating in UIPM BT competitions 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.

The UIPM logo patch must be placed on the Biathle-Triathle apparel according to 2021 UIPM Uniform Guidelines. Non placing or wrongly placing of the UIPM logo patch will be penalized by deduction of 10 seconds.

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).

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.
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 preassigned boxes with dimensions of approximately 40cm x 30 cm x 20 cm. 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 on their shoes and running the second leg of the run to the finish line. Athletes must wear their shoes when running. In UIPM Biathle 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 Category A Competitions is coordinated through the athlete’s National Modern Pentathlon Federation. For UIPM World Championships the National Federation has to register all the delegation (Elite Division athletes, coaches and officials) through the NF Portal. For Open Division, athletes will register through a link accessible on UIPM website homepage.

1.10.2 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

1.11.1 Doping Controls are organised in accordance with the UIPM Anti-Doping Rules and Procedures.

1.12 COMPETITION AUTHORITIES

1.12.1 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 PENALTIES

2.1 An athlete will be penalised by a time penalty of a 10 seconds penalties for each of the following offences:
   i. starting the race before the official start given by the judge (false start);
   ii. not disposing items into the respective transition box or handing items over to someone;
   iii. contravening clothing regulations (including also what mentioned in 1.9.5);

2.2 An athlete is eliminated for:
   i. not completing the course (either total running or swimming distance);
   ii. using devices that may aid his speed, buoyancy or endurance in swimming;
   iii. not swimming bare foot or using any other items except swimming caps and swimming goggles;

2.3 An athlete is disqualified for:
   i. leaving the competition lane (course deviation);
   ii. unsportsmanlike conduct;
   iii. wilfully, with intent, pushing, swimming across or obstructing another athlete;
   iv. jostling, running across or obstructing another athlete;
3 AWARDS

3.1 WORLD CHAMPIONSHIPS MEDALS

3.1.1 Gold, Silver and Bronze medals will be given in each category and team event competition. The UIPM and the Organiser will share the expenses to produce the medals after the approval of the design and the cost by UIPM.

3.2 WORLD CHAMPIONSHIPS TITLES

3.2.1 Gold medallists in all categories age groups of the BTWCH Elite and Open division and for both genders will receive the title "UIPM Elite Biathle World Champion" and "UIPM Open Biathle World Champion" irrespective of having registered via NF portal or via web link.

3.3 WORLD RANKINGS

3.3.1 The UIPM Biathle World Ranking follows the UIPM Modern Pentathlon World Ranking. Athletes participate in different competitions (UIPM Biathle and Triathle 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).

3.3.2

<table>
<thead>
<tr>
<th>Category A Competitions</th>
<th>Category B Competitions</th>
</tr>
</thead>
<tbody>
<tr>
<td>Place</td>
<td>Place</td>
</tr>
<tr>
<td>Points</td>
<td>Points</td>
</tr>
<tr>
<td>1</td>
<td>35</td>
</tr>
<tr>
<td>2</td>
<td>30</td>
</tr>
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<td>3</td>
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<td>10</td>
</tr>
<tr>
<td>17 / 18 / 19 / 20 / ...</td>
<td>1</td>
</tr>
</tbody>
</table>
APPENDIX 1

Example of Transition Area

Even number bins 2, 4, 6, 8 .......
Bins approx 1m apart

Min 4m

Odd number bins 1, 3, 5, 7 ......

Swimming

Running

dimensions of approximately 40cm x 30 cm x 20cm

APPENDIX 2
2022
UIPM BIATHLE/TRIATHLE
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1
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1.7 Shooting equipment

1.8 Teams and Mixed Relay
1.9 Clothing
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2
PENALTIES

3
AWARDS
3.1 World Championships Medals
3.2 World Championships Titles

APPENDICES
Appendix 1 – Shooting Station example
Appendix 2 – Transition Area
Appendix 3 – Transition Boxes

2022 UIPM BIATHLE/TRIATHLE COMPETITION RULES
as at 1 January 2022
1 GENERAL ASPECTS

1.1 DEFINITION

UIPM Triathle is a UIPM sport combining the disciplines of Shooting, Swimming and Running. Triathle competitions are organised nationally and internationally. All competitions can be organised on any surface (grass, sand, asphalt etc.).

UIPM Triathle 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 Category A
UIPM Biathle-Triathle World Championships, Continental Championships, Multisport Games.

1.3.2 Category B
Regional Competitions, UIPM Triathle National Tour.

1.3.3 For UIPM Triathle 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.

1.3.4 For UIPM Triathle 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:

**Sea and Transition Water**
- a. pH between 6 and 9
- b. Enterococci not more than 100 per 100ml (ufc/100ml)
- c. E coli (fresh water) not more than 250 per 100 ml (ufc/100ml)
- d. The swim part is cancelled in presence of red tide algal Bloom

**Inland Water**
- a. pH between 6 and 9
- b. Enterococci not more than 200 per 100ml (ufc/100ml)
- c. E coli (fresh water) not more than 500 per 100 ml (ufc/100ml)
- d. The presence of blue-green algal blooms/scum (cyanobacteria) with more than 100,000 cells/ml

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

1.5 AGE GROUPS AND SEQUENCE OF EVENTS

The water temperature should be a minimum of 18°C and a maximum of 31°C. It should be checked at the day of the race, 2 hours before the start, and in the middle of the course at a depth of 40 cm.
Age groups and sequence of events for UIPM Triathle are as follows:

U19, Junior & Senior athletes will start to run 1 lap without shooting & swimming and then will have 4 laps of normal Triathle (running / shooting / swimming).

U13, U15, M40 & M50 will start to run and shoot 1 lap without swimming and then will have 2 laps of normal Triathle (running / shooting / swimming).

INDIVIDUAL

<table>
<thead>
<tr>
<th>Group</th>
<th>Age</th>
<th>Sequence</th>
<th>Total Swim</th>
<th>Total Run</th>
<th>Total Hits</th>
<th>Shooting Distance</th>
</tr>
</thead>
<tbody>
<tr>
<td>Under 11</td>
<td>10 and younger</td>
<td>2x200 2x300 run + 2x25 swim + 2x5 hits</td>
<td>50</td>
<td>400</td>
<td>10</td>
<td>5m (both hands)</td>
</tr>
<tr>
<td>Under 13</td>
<td>11-12</td>
<td>2x400 3x300 run + 2x50 swim + 2x5 3x5 hits</td>
<td>100</td>
<td>800</td>
<td>10 15</td>
<td>5m</td>
</tr>
<tr>
<td>Under 15</td>
<td>13-14</td>
<td>4x400 3x600 run + 4x25 2x50 swim + 4x5 3x5 hits</td>
<td>100</td>
<td>1600</td>
<td>20 15</td>
<td>5m</td>
</tr>
<tr>
<td>Under 17</td>
<td>15-16</td>
<td>4x600 run + 4x50 swim + 4x5 hits</td>
<td>200</td>
<td>2400</td>
<td>20</td>
<td>10m</td>
</tr>
<tr>
<td>Under 19</td>
<td>17-18</td>
<td>4x800 5x600 run + 4x50 swim + 4x5 hits</td>
<td>200</td>
<td>3200</td>
<td>20</td>
<td>10m</td>
</tr>
<tr>
<td>Juniors</td>
<td>19-21</td>
<td>4x800 5x600 run + 4x50 swim + 4x5 hits</td>
<td>200</td>
<td>3200</td>
<td>20</td>
<td>10m</td>
</tr>
<tr>
<td>Seniors</td>
<td>22 and over</td>
<td>4x800 5x600 run + 4x50 swim + 4x5 hits</td>
<td>200</td>
<td>3200</td>
<td>20</td>
<td>10m</td>
</tr>
<tr>
<td>Masters 40+</td>
<td>40-49</td>
<td>4x600 3x600 run + 4x50 2x50 swim + 4x5 3x5 hits</td>
<td>200 100</td>
<td>2400 1800</td>
<td>20 15</td>
<td>10m</td>
</tr>
<tr>
<td>Masters 50+</td>
<td>50-59</td>
<td>4x600 3x600 run + 4x50 2x50 swim + 4x5 3x5 hits</td>
<td>200 100</td>
<td>2400 1800</td>
<td>20 15</td>
<td>10m</td>
</tr>
<tr>
<td>Masters 60+</td>
<td>60 and over</td>
<td>4x600 2x600 run + 2x25 2x50 swim + 4x5 2x5 hits</td>
<td>100 100</td>
<td>1600 1200</td>
<td>20 10 5</td>
<td>5m</td>
</tr>
</tbody>
</table>

Age groups and sequence of events for UIPM Triathle Mixed Relay are as follows:

Each U19, Junior & Senior athletes of the Relay will start to run 1 lap without shooting & swimming and then will have 2 laps of normal Triathle (running / shooting / swimming).

MIXED RELAY

<table>
<thead>
<tr>
<th>Group</th>
<th>Age</th>
<th>Sequence (per person)</th>
<th>Swim (per person)</th>
<th>Run (per person)</th>
<th>Hits (per person)</th>
<th>Shooting Distance</th>
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<tbody>
<tr>
<td>Under 11</td>
<td>10 and younger</td>
<td>2x200 2x300 run + 2x25 swim + 2x5 hits</td>
<td>50</td>
<td>400</td>
<td>10</td>
<td>5m (both hands)</td>
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<tr>
<td>Under 13</td>
<td>11-12</td>
<td>2x400 2x300 run + 2x50 swim + 2x5 3x5 hits</td>
<td>100</td>
<td>800</td>
<td>10 15</td>
<td>5m</td>
</tr>
<tr>
<td>Under 15</td>
<td>13-14</td>
<td>2x400 2x600 run + 2x50 swim + 2x5 3x5 hits</td>
<td>100</td>
<td>800</td>
<td>10</td>
<td>5m</td>
</tr>
<tr>
<td>Under 17</td>
<td>15-16</td>
<td>2x600 run + 2x50 swim + 2x5 3x5 hits</td>
<td>100</td>
<td>1200</td>
<td>10</td>
<td>10m</td>
</tr>
<tr>
<td>Under 19</td>
<td>17-18</td>
<td>2x800 3x600 run + 2x50 swim + 2x5 3x5 hits</td>
<td>100</td>
<td>1600</td>
<td>10</td>
<td>10m</td>
</tr>
<tr>
<td>Juniors</td>
<td>19-21</td>
<td>2x800 3x600 run + 2x50 swim + 2x5 3x5 hits</td>
<td>100</td>
<td>1600</td>
<td>10</td>
<td>10m</td>
</tr>
<tr>
<td>Seniors</td>
<td>22 and over</td>
<td>2x800 3x600 run + 2x50 swim + 2x5 3x5 hits</td>
<td>100</td>
<td>1600</td>
<td>10</td>
<td>10m</td>
</tr>
<tr>
<td>Masters 40+</td>
<td>40-49</td>
<td>2x600 run + 2x50 swim + 2x5 3x5 hits</td>
<td>100</td>
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<td>100 100</td>
<td>1600 1200</td>
<td>20 10 5m</td>
<td>5m</td>
</tr>
</tbody>
</table>

1.5.2

In UIPM Triathle individual events, athletes are allowed to enter in one age group only.

1.5.3

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. U11 to U13 etc.) and in the younger categories for Masters. 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.

1.5.4

In the case of relays with team composed by athletes from different age groups, they can compete together in the immediately adjacent upper category (e.g. an U11 with an U13 will compete in the U13 age group.) For Masters, athletes from different age groups can compete together but must register in the younger Masters age group (e.g. a Master 40+ with a Master 50+ will compete in the Master 40+ age group).
1.5.5
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.

1.5.6
In Beach Triathle, 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).

1.5.7
The sequence of the competition in continuous UIPM Triathle 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).

1.5.8 1.5.7
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.

1.5.9 1.5.8
In the UIPM Biathle/Triathle 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 Triathle 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 Appendix 1, 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.

24 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 Biathle rule applicable to UIPM Triathle, in the specific case of an event run on sand (Beach Triathle), 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 Triathle, 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 TEAMS AND MIXED RELAY

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.

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

1.9 CLOTHING

The clothing rules for UIPM Biathle apply to Triathle in all its forms. Footwear must be worn for Running, if not on soft sand surface. Competition invitations must state the surface type.

Clear numbers have to be shown on the front and on both shoulders. They should be made visible using waterproof markers or stickers.

Athletes participating in UIPM BT competitions 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.

The UIPM logo patch must be placed on the Biathle-Triathle apparel according to 2021 UIPM Uniform Guidelines. Non placing or wrongly placing of the UIPM logo patch will be penalized by deduction of 10 seconds.

1.10 SCHEDULE OF EVENTS

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).

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.

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 Triathle they must previously have placed their shoes in boxes with dimensions of approximately 40 cm x 30 cm x 20 cm 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 90 cm. 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 Biathle/Triathle 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

1.11.1 The current Biathle Rules apply to UIPM Triathle.

1.12 DOPING CONTROLS

1.12.1 The current Biathle Rules apply to UIPM Triathle.

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. PENALTIES

### 2.1

An athlete will be penalised by a time penalty of a 10 seconds penalties for each of the following offences:

i. starting the race before the official start given by the judge (false start);
ii. not disposing items into the respective transition box or handing items over to someone;
iii. contravening clothing regulations;
iv. not placing the pistol safely on the table after warm-up or shooting series; *

v. not touching the shooting table between each shot*, before applying such penalty, a warning must be issued. The respective judge and range officer need to have approval from the TD in the range before applying such penalty.

* 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.

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### 2.2

An athlete is eliminated for:

i. not completing the course (either total running or swimming distance);
ii. using devices that may aid his speed, buoyancy or endurance in swimming;
iii. not swimming bare foot or using any other items except swimming caps and swimming goggles;
iv. starting to run before the shooting time has expired without having successfully completed 5 green lights (4 green lights only);

v. using a non-approved pistol (In case of pistol tests, athlete must use a pistol which was approved by the testing team);
vi. shooting on the wrong target;

vii. using a constant beam during the competition series;

viii. using audio communication outside of the preparation or warm up time.

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### 2.3

An athlete is disqualified for:

i. leaving the competition lane (course deviation);
ii. unsportsmanlike conduct;
iii. wilfully, with intent, pushing, swimming across or obstructing another athlete;
iv. jostling, running across or obstructing another athlete;

v. starting to run before the shooting time has expired without having successfully completed 5 green lights (3 green lights or less only);

vi. Athlete exchanging his/her pistol for a non-approved pistol.

---

<table>
<thead>
<tr>
<th>Offence</th>
<th>Rule</th>
<th>Penalty</th>
<th>Paid at</th>
</tr>
</thead>
<tbody>
<tr>
<td>False start</td>
<td>2.1.i</td>
<td>10&quot;</td>
<td>LPA or shooting range</td>
</tr>
<tr>
<td>Not disposing items in the transition boxes</td>
<td>2.1.ii</td>
<td>10&quot;</td>
<td>LPA or shooting range</td>
</tr>
<tr>
<td>Contravening clothing regulations</td>
<td>2.1.iii</td>
<td>10&quot;</td>
<td>LPA or shooting range</td>
</tr>
<tr>
<td>Not placing the pistol safely</td>
<td>2.1.iv</td>
<td>10&quot;</td>
<td>LPA or shooting range</td>
</tr>
<tr>
<td>Not touching the shooting table</td>
<td>2.1.v</td>
<td>10&quot;</td>
<td>LPA or shooting range</td>
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<tr>
<td>Not completing the course</td>
<td>2.2.i</td>
<td>Elimination</td>
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</tr>
<tr>
<td>Use of non-authorized devices in swimming</td>
<td>2.2.ii/iii</td>
<td>Elimination</td>
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<tr>
<td>Starting before the 50 seconds (4 green lights)</td>
<td>2.2.iv</td>
<td>Elimination</td>
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<tr>
<td>Use a non-approved pistol</td>
<td>2.2.v</td>
<td>Elimination</td>
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<tr>
<td>Shooting on the wrong target</td>
<td>2.2.vi</td>
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<tr>
<td>Use of a constant beam during competition</td>
<td>2.2.vii</td>
<td>Elimination</td>
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<tr>
<td>Use audio communication during competition</td>
<td>2.2.viii</td>
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<td>Leaving the competition lane</td>
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<td>Disqualification</td>
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<tr>
<td>Unsportsmanlike conduct</td>
<td>2.3.ii</td>
<td>Disqualification</td>
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<tr>
<td>Obstruction in swimming</td>
<td>2.3.iii</td>
<td>Disqualification</td>
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<tr>
<td>Obstruction in running</td>
<td>2.3.iv</td>
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<tr>
<td>Starting before the 50 seconds (3 green lights or less)</td>
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<td>Disqualification</td>
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<tr>
<td>Exchanging pistol for a non-approved pistol</td>
<td>2.3.vi</td>
<td>Disqualification</td>
<td></td>
</tr>
</tbody>
</table>
3. AWARDS

3.1 World Championships Medals

3.1.1

Gold, Silver and Bronze medals will be given in each category and event competition.

3.1.2

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.

3.2 WORLD CHAMPIONSHIPS TITLES

3.2.1

Gold medalists in all categories age groups of the BTWCH Elite and Open division and for both genders will receive the title "UIPM Elite Triathle World Champion" and "UIPM Open Triathle World Champion" irrespective of having registered via NF portal or via web link.

3.3 WORLD RANKINGS

3.3.1

The UIPM Triathle World Ranking will work like the UIPM Modern Pentathlon World Ranking. Athletes who participate in different competitions (UIPM Biathle and Triathle 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).

<table>
<thead>
<tr>
<th>Place</th>
<th>Category A Competitions</th>
<th>Category B Competitions</th>
</tr>
</thead>
<tbody>
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<td>17 / 18 / 19 / 20 / ...</td>
<td>1</td>
<td>17 / 18 / 19 / 20 / ...</td>
</tr>
</tbody>
</table>
APPENDIX 1
SHOOTING STATION
EXAMPLE

Regular table: 10/5/3 m from target
LED system-integrated on the target
What the target looks like

10 meters
5 meters
3 meters

140 cm between the center of the target and the ground

The lights need to be 80 cm above the target (does not need to be exact)
The LED system can be used in case of very strong natural light that can cause problems to the athletes, visibility and overall competition

APPENDIX 2
Example of Transition Area

Even number bins 2, 4, 6, 8 ....
Bins approx 1m apart

Swimming

Min 4m

Running

Odd number bins 1, 3, 5, 7 ....
dimensions of approximately 40cm x 30 cm x 20cm