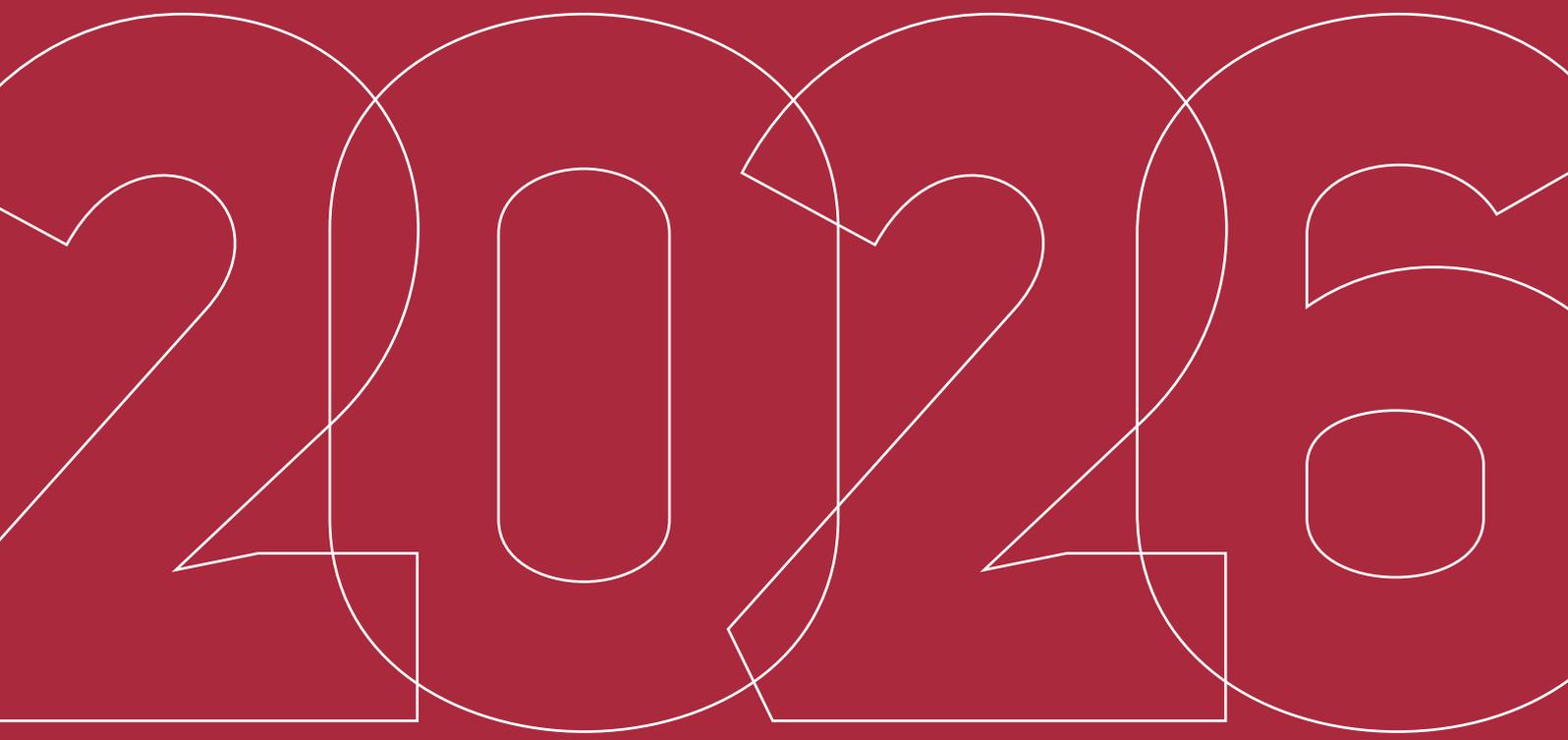


UIPM

UIPM OBSTACLE LASER RUN COMPETITION GUIDELINES

as of 1 January 2026





UIPM OBSTACLE LASER RUN

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1. OBSTACLE LASER RUN

Obstacle Laser Run (OLR) consists of three of the five Modern Pentathlon disciplines: obstacle, running, and laser shooting.

The competition begins with the Obstacle event, where athletes earn points based on their completion time. The final stage, the Laser Run – combining running and laser shooting – features a handicap start based on the points accumulated in the Obstacle event. In a handicap start, competitors begin at intervals that correspond in seconds to the point's difference between themselves and the athlete in front. The first athlete to cross the finish line is the overall winner.

The Obstacle Laser Run World Championships represent the pinnacle of competition in the newest event of UIPM Obstacle Laser Run.

The Obstacle Laser Run World Tour has been designed by UIPM in the same way as for the Global Laser Run City Tour and the Biathle/Triathlon World Tour. The goal is to have a Tour including Obstacle and Laser Run to promote the new obstacle discipline to the UIPM pyramid with a fun and exciting sport format.

As a new sport, OLR is being included in the programs of events organized by other multi-sports organizations such as CISM and FISU, as well as in regional multi-sport Games.

These guidelines are designed to support all OLR events and are organized in accordance with the most recent [UIPM Modern Pentathlon \(MP\) Competition Rules and Equipment Regulations](#), providing specific clarifications for the points outlined in this document.

2. INDIVIDUAL AND RELAY COMPETITIONS

Individual and Relay events shall be organized for both genders –female and male– and Mixed Relay and may only be held for the following age groups:

- U15
- U17
- U19
- Juniors
- Seniors
- Masters

These age groups correspond to the categories that already include the Obstacle event in their respective World Championships.

3. QUALIFICATION RULES

Athletes may be divided into Groups, depending on the total number of entries and the number of shooting stations available. When more than one Group is necessary, athletes from the same nation shall be distributed as evenly as possible across the different Groups.

For international OLR competitions, the minimum number of shooting stations required is 24. However, the Final may be organised with 24, 30 or 36 shooting stations, depending on the organiser's infrastructure capacity.

The number of qualified athletes shall correspond to the number of shooting stations available in the Final, as follows:

Final with 24 shooting stations

- 2 Groups: Top 12 from each Group
- 3 Groups: Top 8 from each Group

Final with 30 shooting stations

- 2 Groups: Top 15 from each Group
- 3 Groups: Top 10 from each Group

Final with 36 shooting stations

- 2 Groups: Top 18 from each Group
- 3 Groups: Top 12 from each Group

4. DISCIPLINE RULES

The conduct of the event will adhere to the UIPM Modern Pentathlon Competition Rules and Equipment Regulations.

4.1 Obstacle

- i. Obstacle is a race that consists of overcoming obstacles from a start line to a finish point organised for Individuals and Relays.
- ii. Athletes will be seeded into head-to-head race heats.
- iii. The points are awarded according to the performance times presented in Appendix A of the UIPM MP Competition Rules and Equipment Regulations. Every 0.33 seconds is equal to 1 MP point.

4.2 Laser Run (running and laser shooting)

- i. The shooting is carried out with laser pistols and electronic laser targets.
- ii. The competitor/team with the most points after the Obstacle event starts first in the Laser Run. The remaining athletes start with time handicaps (one second for every point after the Obstacle event).
- iii. The first competitor/team to cross the finish line in the Laser Run phase is the winner.

5. LASER RUN DISTANCES

5.1 Individual

| Category | Running sequences | Total running distance | Shooting sequences | Shooting distance |
|----------|-------------------|------------------------|--------------------|-------------------|
| U15 | 3x600m | 1800m | 3x5 hits | 5m |
| U17 | 4x600m | 2400m | 4x5 hits | 10m |
| U19 | 5x600m | 3000m | 5x5 hits | 10m |
| Juniors | 5x600m | 3000m | 5x5 hits | 10m |
| Seniors | 5x600m | 3000m | 5x5 hits | 10m |
| Masters | 3x600m | 1800m | 3x5 hits | 10m |

5.2 Mixed Relay

| Category | Running sequences | Total running distance | Shooting sequences | Shooting distance |
|----------|-------------------|------------------------|--------------------|-------------------|
| U15 | 2x2x600m | 2400m | 2x2x5 hits | 5m |
| U17 | 2x2x600m | 2400m | 2x2x5 hits | 10m |
| U19 | 2x3x600m | 3600m | 2x3x5 hits | 10m |
| Juniors | 2x3x600m | 3600m | 2x3x5 hits | 10m |
| Seniors | 2x3x600m | 3600m | 2x3x5 hits | 10m |
| Masters | 2x2x600m | 2400m | 2x2x5 hits | 10m |

5.3 FISU & CISM World Championships

| Category | Running sequences | Total running distance | Shooting sequences | Shooting distance |
|----------|-------------------|------------------------|--------------------|-------------------|
| Seniors | 2x3x600m | 3600m | 2x3x5 hits | 10m |

5.4 Obstacle Laser Run World Tour

| Category | Running sequences | Total running distance | Shooting sequences | Shooting distance |
|----------|-------------------|------------------------|--------------------|-------------------|
| U15 | 3x300m | 900m | 3x5 hits | 5m |
| U17 | 4x300m | 1200m | 4x5 hits | 5m |
| U19 | 5x300m | 1500m | 5x5 hits | 5m |
| Juniors | 5x300m | 1500m | 5x5 hits | 5m |
| Seniors | 5x300m | 1500m | 5x5 hits | 5m |
| Masters | 3x300m | 900m | 3x5 hits | 5m |

6.

AUTHORITIES

6.1 Local organising committee (LOC)

The constitution, responsibilities and obligations of the LOC must follow the guidelines stated in this document. The LOC is responsible to provide:

- i. An unlimited supply of potable water at each event and to make available other fluid replacement. It is further responsible to provide general medical assistance and emergency transportation to a hospital, sanitary facilities at each site and throughout the competition.
- ii. The necessary technical equipment at the venue, including professional technical support.
- iii. After the event, the LOC must provide the results in the format indicated by UIPM.

6.2 Authorities appointed by the LOC

6.2.1 Competition Director (1)

- i. Responsible for the overall competition and for ensuring its proper conduct.

The list of individuals below represents the ideal number required to run a competition. However, depending on the local circumstances, this number may be reduced.

OBSTACLE

6.2.2 Obstacle Director (1)

- i. Is responsible for the overall correct conduct of the Obstacle event, appoints all the aforementioned officials and is responsible for managing and coordinating the activities of all the officials appointed.
- ii. Adjudicates on any verbal complaints received from athletes/team representatives relating to the event in progress.

6.2.3 The Secretary (1)

- i. Takes care of all worksheets during the event.

6.2.4 The Call Room Judge (1)

- i. Assembles the athletes prior to each heat.
- ii. Checks uniforms, and accessories, refusing any athlete with nonconforming equipment to go to the start including unauthorised substances on their hands.
- iii. Checks that athletes are not using safety pins for the start numbers. iv. Is responsible for ensuring that the athletes are ready for the start prior to each heat.

6.2.5 The Course Judges (6)

- i. Are placed by the Obstacle Director so that they may best observe the event closely.
- ii. In the case of an athlete's first failure on an obstacle, the Course Judge shall immediately raise a yellow flag and loudly call "Fail" to ensure the competing athlete understands an infringement has occurred, which corresponds to a warning. In the case of a second failure on the same obstacle, the judge must raise a red flag and give the voice "Stop" to confirm the elimination of the athlete.
- iii. Two judges are needed on each lane, and each one of them covers four out of eight obstacles. Another two judges are required, one positioned on each side of the Finish Wall, in case of a "failure" on obstacle #7. Their role is to be ready to raise the flag and stop the athlete before they start climbing the wall.
- iv. The Course Judges' flags must have the dimensions of 25x25cm (± 5 cm).

- 6.2.6
The Starter (1)**
- i. Has the entire control of the athletes while on their marks and is the sole judge of any potential transgression connected with the start of the race.
 - ii. Is responsible for giving the start signal to the athletes when they are due to start.
 - iii. Is responsible for applying false start penalties.

- 6.2.7
The Timekeepers (2)**
- i. Are responsible for recording the times of the athletes. They must use their stopwatches or manually operated electronic timers. Whether automatic timing is used or not, there should always be at least two timekeepers.

- 6.2.8
The Finish Wall
Judge (1)**
- i. Is responsible for registering the arrival order of the athletes in case of electronic timing failure, or if manual timing is used.
 - ii. Is responsible for keeping the order up the Finish Wall, avoiding athletes' lanes crossing.
 - iii. Takes care of opening and closing the gate up the wall and ensures that the athletes are in a condition to descend safely from the Finish Wall structure.

LASER RUN

- 6.2.9
Lasr Run Director (1)**
- i. Is responsible for the overall correct conduct of the LR event.
 - ii. Permits the athletes to start warming up.

- 6.2.10
Shooting Director (1)**
- i. Supervises the Range Officers, Shooting Judges, Equipment Control Officers and the Range Personnel.
 - ii. Ensures the correct conduct of the shooting event.
 - iii. Informs the athletes & coaches of the final minute and 30 seconds remaining of warm up time on the shooting range, which ends 3 minutes before the start of the competition.
 - iv. Communicates all reported irregularities and penalties to the TDs/NTOs (or Competition Director in cases where no TD/NTO is assigned to the competition).

- 6.2.11
Range Officers
(1 per 10 shooting
stations)**
- i. Check that athletes use the right firing points.
 - ii. Check the names and start numbers of athletes to ensure that they conform to the event schedule, start list, scorecards and range registrations.
 - iii. Control athletes' clothing (shirts with name, numbers, armband, headphone, etc.).
 - iv. Verify that athletes' pistols have been inspected and approved by the Equipment Control Section.
 - v. Apply and check (in collaboration with the Shooting Judge) any 10 second penalty imposed on an athlete at their shooting station.
 - vi. Communicate all irregularities and penalties to the Shooting Director.

- 6.2.12
Shooting Judges (1
for each shooting
station)**
- i. Observe all shots.
 - ii. Ensure that each athlete's pistol touches shooting table between each shot.
 - iii. After each shooting series, check that the pistols are safe. A laser pistol is safe when untouched and placed on the shooting table pointing down the range.
 - iv. Inform the Shooting Director immediately as to any infringement of the rules.
 - v. In collaboration with the Range Officer, apply and check any 10-seconds penalty imposed on an athlete at the shooting station. Such penalty needs to have approval from the TD, NTO or Competition Director at range before applying.
 - vi. Start the stopwatch at the first attempted shot. The Shooting Judges must inform the athlete if the target lights do not indicate the first shot. The Shooting Judges must inform the athlete 5 seconds before the 50 second time limit expires by saying "Position XX 5 seconds remaining", and giving the command "Position XX GO", to the athlete when the 50 second time limit has expired.

- 6.2.13
Running Director (1)**
- i. Coordinates the activities of all Running Officials: Course Judges, Marshall, Starter, Deputy Starters, Starter's Assistants, Arrival Judges, Timekeepers, Recorders, Announcers, Last Penalty Area Judges.
 - ii. Supervises the building of the course and the conduct of the event.
- 6.2.14
Course Judges (4)**
- Are placed by the Running Director so that they may best observe the running closely. In case of a foul, deviation from the course, unauthorised assistance or any violation of these guidelines by anyone they shall immediately report this to the Running Director orally and later in writing. Supervises the building of the course and the conduct of the event.
- 6.2.15
The Marshall (1)**
- Has full charge of the start/finish and shooting range areas. The Marshall must not allow any person other than the Officials and competing Athletes to enter or remain there. The Marshall can be assisted by one or more assistants.
- 6.2.16
The Starter (1)**
- Has entire control of the Athletes while on their marks and is the sole judge of any fact connected with the start of the race. The Starter is responsible for giving the start signal to the Athlete when they are due to start. The Starter will apply false start penalties and inform the Running Director who in turn will inform the Announcer.
- 6.2.17
The Deputy Starters (2)**
- One for each start line, are under the supervision of the Starter. Deputy Starters must not have physical contact with the athletes. Their duties are to ensure that each athlete starts on time.
- 6.2.18
The Starter's Assistants (2)**
- One for each start line, must check the athletes in the start line and ensure that the athletes are lined up in correct order, at the right time, wearing the correct clothing, with the correct name and national code, and with numbers properly fastened front and back. Any violation of these guidelines must be reported immediately to the Running Director.
- 6.2.19
The Arrival Judges (4)**
- Are responsible for registering the arrival order of the athletes at the finish line. Two groups of two judges working independently are needed.
- 6.2.20
The Timekeepers (3)**
- Must use their stopwatches or manually operated electronic timers with or without digital readouts. Whether automatic timing is used or not, there should always be three Timekeepers. Their responsibility is to record the times of the athletes.
- 6.2.21
The Announcer (1)**
- Is responsible for informing the public of the names and numbers of the athletes taking part in the competition and other relevant information such as intermediate times. The results (places and times) must be announced at the earliest possible moment after receipt of the information.
- 6.2.22
Last Penalty Area Judges (2)**
- Stay at the special penalty area located halfway between the shooting range and the finish line, ready to apply penalties that cannot be applied at the shooting station.

7. CONDUCT OF THE COMPETITION

7.1 Training session

It is highly recommended to have the Obstacle course set up the day before the competition to allow participants to familiarize themselves with it. Similarly, it is recommended to have the shooting range ready in advance for the same purpose.

7.2 Obstacle

7.2.1 Starting order

In Qualifications and Direct Finals, the athletes will be placed according to:

1. PWR Obstacle time
2. Entry time (if PWR Obstacle time is not available)
3. Draw seeding (if PWR Obstacle time or entry time are not available)

In Finals, the athletes will be placed according to:

1. The Obstacle time achieved in the Qualifications.

The athlete/team with the slower entry time and/or lower ranking will compete first and will be placed in lane A.

7.2.2 Control in the call room

Athletes/teams with non-conforming equipment will not be authorised to compete unless they change to approved equipment before the start of the presentation. Disqualification will be applied if an athlete refuses to comply with this rule.

7.2.3 Warm-up

- i. The warm-up time for Qualifications will be at least 20 minutes.
- ii. In the Finals, there will be 30 minutes of general warm-up time for all the disciplines before the competition starts.

7.2.4 Safety guidelines

- i. During the warm-up it is forbidden for an athlete to start one obstacle while another athlete is still overcoming it in the same lane.
- ii. In the event of thunder and lightning strikes in outdoor competitions all activities must be immediately suspended.
- iii. In case of rain, wind, or other adverse weather conditions or in any exceptional circumstances such as a broken or failing obstacle element, the Technical Delegates (or Competition Director in cases where no TD/ NTO is assigned to the competition) may postpone the competition, exclude obstacles, reduce the number of elements of an obstacle or declare it mandatory to start obstacles with hanging elements by a specific element, and any other measure to ensure the safety of the athletes including, for example, the use of ropes with knots to climb obstacles and anti-slip elements.

7.2.5 The start

- i. Athletes will be introduced by the announcer and invited to take their places close to the starting platform.
- ii. If an athlete is not present in the Call Room at the time assigned for the beginning of the event, there will be two repetitions of the call by the referee at the start at intervals of one minute. An athlete not appearing by the third call will be eliminated.
- iii. On the long whistle from the Starter, the athletes must step on the starting platform and remain there until the start signal. On the Starter's command "Take your marks" the athletes must immediately take up a starting position. When both competitors are stationary, the Starter gives the start signal by using a start pistol, horn, whistle, buzzer, beep or command.

7.2.6 False start

- i. If an athlete has started too early, the Starter/Announcer must announce a false start as soon as possible at a level audible to the athletes and spectators.
- ii. An athlete starting late will not be penalised, but their time will be taken from the moment they should have started according to the starting signal.
- iii. A false start occurs if an athlete:
 - a. Departs the starting platform before the starting signal.
 - b. Begins their start movements prior to the starting signal.
- iv. An athlete is penalised by a deduction of 10 seconds in case of a false start.
- v. An athlete is disqualified in the case of a blatant attempt to start too early.

7.2.7

The course

- i. Each obstacle includes a take-off and a landing platform.
- ii. For correct obstacle completion, athletes must traverse the distance between take-off and landing platforms. Stepping off the platform to the sides after landing incurs no penalty.
- iii. If an athlete slips, brushes, or glides against the crash mats or the vertical trusses without gaining any benefit, such as obtaining momentum or regaining balance, it will not be considered a failure.
- iv. The athletes must overcome all obstacles in their dedicated lane according to the instructions published in these Guidelines. They can run, walk, jump, climb, crawl, slither, scramble, lift, carry, or otherwise propel themselves across, under, over, along or through the obstacles.
- v. Weighting an obstacle, for example by applying body weight to an obstacle element, is considered to be the start of an attempt to overcome an obstacle element.
- vi. After an unsuccessful attempt to overcome an obstacle, the athlete may repeat it by continuing to the end of this obstacle, turning around the vertical truss of the main structure of the obstacle and returning to its beginning using the external adjacent side. 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.
- vii. At the UIPM Obstacle Laser Run World Championships, FISU World University Championships and CISM World Championships, after an unsuccessful second attempt to overcome the same obstacle, the athlete will be stopped, must immediately leave the course and will be eliminated. At the UIPM Obstacle Laser Run World Tour, after an unsuccessful second attempt to overcome the same obstacle, the athlete will be allowed to move to the next obstacle.
- viii. Once an athlete starts the race, it is strictly prohibited to purposefully discard clothing, equipment (e.g. gloves), or rubbish along the course; if done this shall result in a penalty.
- ix. Starting an obstacle and then stepping backwards on the take-off platform will lead to a failure on the obstacle.
- x. Jostling, running across, or obstructing another athlete in a way that impedes their progress, or any unsportsmanlike behaviour, results in disqualification.
- xi. If an athlete crosses into another athlete's lane to overcome obstacles with hanging elements, they will be eliminated.
- xii. In the case of articles safety guidelines iii., the course xi. and the course xii. where the affected athlete has been unfairly compromised in the opinion of the Course Judge, with the approval of the Technical Delegate (or Competition Director in cases where no TD/NTO is assigned to the competition), the athlete will have the right to perform the whole course again.

7.2.8

The finish

- i. Athletes complete the course the moment they activate the finish buzzer with any part of their hands, arms, or forearms. The buzzer must be connected to a horn, scoreboard, or another finish device. The winner of the heat is the first one to push the buzzer. In Relay competition, as soon as the first athlete in the team completes the course by activating the finish buzzer, the second athlete is allowed to start the course.
- ii. If an athlete pushes the buzzer of the opposite lane to their assigned lane, it will result in elimination. In such cases, manual timing will be used to record the performance on the lane that was stopped. If it is evident that the performance on the lane that was stopped athlete's opposite lane athlete's performance was significantly affected, they will be granted the opportunity to repeat the race.

7.2.9

Timing

- i. When automatic judging and timing equipment is provided, it must be used to determine the winner, placings and times for each athlete. The results and time have precedence over the decisions of Timekeepers. In the case of a breakdown or mechanical failure in one or both lanes, the decisions of the Timekeepers will have priority in the affected lanes.
- ii. Athletes will have their results ranked according to their performance times measured to 1/100th of a second.

7.3 Laser Run

7.3.1 Warming up, Zeroing and Preparation Time

- i. For national competitions without separate warm up shooting range, the LR Director asks athletes to go to their shooting stations. Each shooting station matches the athlete's starting number. Athlete N°1 shoots at station N°1, athlete N°2 shoots at station N°2 and so on.
- ii. For warm-up at the competition shooting range, the warm-up starts after the appropriate command ("15 minutes Warm-Up - START") by the Shooting Director.
- iii. During the warm-up period athletes may run and shoot an unlimited number of shots. The use of constant beam is only authorised in the warm-up.
- iv. At the competition shooting station, athletes may use water and towels, which must be kept under the table with the reserve pistol and any binoculars used during warm-up. No video camera is allowed in the shooting station.
- v. The Shooting Director will inform the athletes of start of the warm-up 15 minutes before the competition as well as of the last 5 minutes, the last minute and final 30 seconds remaining of the shooting session warm-up.
- vi. After the warm-up and before the start signal, the pistols must remain on the assigned shooting station. The reserve pistol must be under the shooting table.
- vii. During the warm-up, coaches may assist and communicate with athletes from a specially marked area for coaches outside the shooting stations and the running corridor.

7.3.2 The Series

- i. The LR competition is in series. Each series consists of hitting 5 targets with an unlimited number of shots in a maximum time of 50 seconds on a target with a valid zone of dimension 59.5mm. If after 50 seconds one or more targets have not been hit (or the athlete has not hit the valid zone 5 times) the athlete may start running without being penalised after getting the sign from shooting judge behind.
- ii. Malfunctions are not taken into consideration. Should a pistol cease to function, the athlete may use the reserve pistol or another cylinder that must have also been approved by the Equipment Control Section. If a shot has not fired due to a malfunction, the athlete may use the reserve pistol without interruption. If the reserve pistol also does not work the athlete must wait at the shooting station until the 50 second shooting time has expired before starting running.
- iii. Reserve targets can be used, but the athlete needs permission from the Range Officer / TD to move to a reserve target.

7.3.3 The Start

- i. Starting numbers will be determined by the overall ranking after the Obstacle event.
- ii. Athletes are responsible for being at the start line on time and for starting on time.
- iii. All athletes must be at the start area and the Starter/Starter Assistants will begin lining up the athletes. One minute before the start, all athletes must be at the corresponding gates assembled for the handicap start.
- iv. The Starter will announce – "One minute to start"; "30 seconds", "20 seconds" and "10 seconds to the Start." After the OK has been given by the Timekeepers and the LR Director, the Starter will tell the athlete "Take your Marks", followed by the start signal. All timing equipment will start at the start signal. At the start area, a start clock must be placed so that it is easily readable from the start line and by the timekeepers.

**7.3.4
False Start**

- i. The Starter/Announcer must immediately announce to the athlete and spectators if an athlete has started too early and inform them of their false start.
- ii. An athlete starting late will not be penalised, but his/her time will be taken from the moment they should have started.
- iii. A false start occurs if an athlete crosses the start line before the official start time. Before the start, both feet must be behind the start line. iv. In the event of starting the running leg before the shooting time has expired without having completed successfully each shooting series:
 - a. **4 green lights** - Elimination
 - b. **3 (or less) green lights** - Disqualification

**7.3.5
Shooting**

- i. Athletes are responsible for shooting on the correct target.
- ii. The athlete must stand with both feet on the ground, without support, completely within the shooting station. The entire pistol must be held and shot with one hand only. The unarmed hand must not give support to the armed arm or hand.
- iii. The laser pistol must touch the table between every shot.

**7.3.6
Running**

- i. Athletes must follow the course from crossing the start line, going to the shooting range for each shooting series and, having completed the correspondent series of the shooting and running the distance according to their category until crossing the finish line.
- ii. If informed by a Judge and/or announced by the sound system, the athlete must stop and remain in the Last Penalty Stop Area for the time indicated.
- iii. The Last Penalty Area will be located halfway between the shooting range and the finish line.
- iv. During the race no athlete may accept any physical assistance or refreshment. In exceptional circumstances this can be allowed if decided by the LR Director and Technical Delegate/Competition Director. Running by a non-competitor with or behind an athlete may be considered as an unauthorised assistance. A hands-on medical examination by official medical personnel during the process of the event and verbal or other communication from a person not on the course is not an unauthorised assistance.

**7.3.7
The Finish**

- i. Athletes will be timed and placed in the order in which any part of their torso (as distinguished from the head, neck, arms, legs, hands or feet) reaches the vertical plane of the nearer edge of the finish line.
- ii. In the finals, the first athlete crossing the finish line will be the winner of the competition.

8. FACILITIES AND EQUIPMENT PROVIDED BY THE LOC

8.1 The Venue

- i. The venue is the site on which the competition is conducted, and consists of the obstacle course, the shooting range and the running course. The LOC is responsible for providing a safe and acceptable course.

8.2 The Obstacle Course

- i. The course can be straight, U-shape or curved.
- ii. Eight obstacles on a course 70m in length will be used.
- iii. The course can be set up indoor or outdoor.

Table 1. Course configuration

| | | | |
|----------|--------------------|----------|--------------|
| 1 | STEPS | 5 | WHEELS |
| 2 | BIG WHEEL | 6 | BALANCE BEAM |
| 3 | RINGS | 7 | MONKEY BARS |
| 4 | OVER-UNDER-THROUGH | 8 | FINISH WALL |

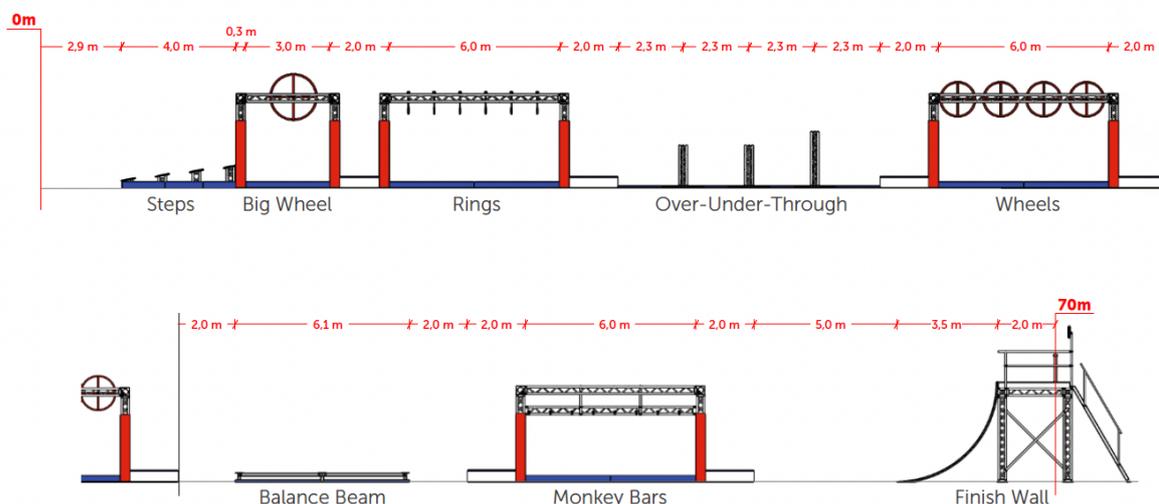


Figure 1. Obstacle course configuration

8.3 The running course

- i. The course must be clearly marked and defined so that an athlete is at no time in doubt how to follow the course. The course can be laid out on any kind of surface or surfaces. It must be designed so that there is a minimum risk of injury to the athlete, without any sharp turns or steep declines.
- ii. The total course must be wide enough to permit two runners to pass each other at any point on the course. Certain obstacles on the course are acceptable with the TD or Competition Director approval.
- iii. The start and finish line must always be in the same area.
- iv. In the Relay competition, the start line and the finish line must be a minimum 5m wide. 10m on each side of the finish line must be set for a hand-over zone of 20m length. Thus, the dimension of the zone will be 20m x minimum 5m. This zone must be clearly marked by demarcation lines.

8.4 The shooting range

- i. The range can be indoor or outdoor and must be constructed so that direct sun does not disturb the athletes. The targets should be positioned so that the sun does not interfere directly with the registering of shots on the targets.
- ii. The shooting range must be built in such a way it can guarantee the safety of the athletes, coaches, judges and spectators. The shooting distances are 5 and 10 meters (according to the age groups), measured from the shooting lane to the target face $\pm 0,05m$ is accepted as tolerance.
- iii. The shooting range must be prepared in such a way that spectators can enjoy the competition and watch the finish, so with the finish line near the shooting range.

- iv. The shooting stations must be marked with numbers of a minimum height 12cm, corresponding to the shooting point number. Shooting station N°1 must be the farthest away from the starting gates.
- v. The competitor shooting area (minimum 1m and maximum 2m wide x 1.5m deep minimum) must be clearly defined with visible ground painted lateral lines. Paint of lateral lines can be replaced by branding triangle or small banner.
- vi. Targets must be marked with numbers corresponding to their shooting station number. The numbers must have a minimum height of 25cm to be easily seen under normal shooting conditions with normal vision from the appropriate shooting station and from VIP area, public seats and TV cameras.
- vii. The LOC must guarantee provision of 2 reserve targets, numbered R1 and R2. The height of the target centre must be within the following height measured from level of the floor of the shooting point:
 1. Standard height variation: 1,40m +/- 0,05m.
 2. Horizontal variation: 0,25m.
- viii. The shooting station must be equipped with:
 1. A table or bench, about 0,7m – 0,8m high. With laser pistol at the top of the table there should be a soft branded foam cushion provided by LOC/ UIPM (± A4 square size, not more than 8cm height) to avoid disturbances on the system.
 2. The table must have a protection for the pistol in case of rain (waterproof box) or a place under the table.

8.5 Shooting equipment requirements

In Laser Run, the LOCs are allowed to use these types of targets:

- Hit & Miss Targets
- Precision Targets

The mentioned equipment must be homologated by UIPM. If you have any doubt, please contact UIPM at maxime.papillon@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 maxime.papillon@pentathlon.org.

8.6 Boxes

The LOC must provide boxes in the shooting range for each shooting station to be used by Athletes. These boxes must be removed from the shooting range at the start and stored in a safe place until the competition finishes.

9. CLOTHING REGULATIONS

9.1 Obstacle

- i. Athletes must compete with athletic shoes without spikes.
- ii. The LOC is responsible for providing every athlete with a start number. Safetypins must not be used to fast start numbers on the frontal part of the top or pentasuit, only adhesive start numbers will be allowed in this case. Startnumber must be worn on the front, above waist height and be visible in allweather conditions.
- iii. Gloves, wristbands, callus guards, compressive sleeves and similar items are not allowed.
- iv. The use of tape on wrists and hands is prohibited, with the exception of medical tape.
- v. Watches, necklaces, rings, earrings, bracelets, piercings (of any type), loose apparel, and any other item that could catch on an obstacle are prohibited. Athletes are also not allowed to wear caps/hats.
- vi. Headbands and tiaras are prohibited.
- vii. Any type of piercing, whether fixed or removable, is not permitted.
- viii. Hair must be secured in a way so as not to cover the start number.
- ix. Sunglasses or eyeglasses are only allowed with safety stripes.
- x. Climbing, weightlifting, gymnastics, football, basketball, and similar "chalk" (magnesium), and any other sticky substance in all its forms (liquid, powder, etc.) are prohibited.
- xi. Cameras, phones, radios, tape recorders or any type of communication systems are prohibited.

**9.2
Laser Run**

- i. Competitive apparel may be either one piece or two piece. It should be made of a material to allow for a "form fitting" appearance. No unreasonably loose clothing shall be allowed.
- ii. Competitors must compete with athletics shoes, with or without spikes. Any spike restrictions must be advised by the LOC in their invitation letter.
- iii. The LOC is responsible for providing every competitor with two start numbers.
- iv. The numbers must be worn on front and back above waist height and be visible in all weather conditions.

10. INFRINGEMENTS & PENALTIES

**10.1
Obstacle**

| Offences | Penalty |
|--|------------------|
| Failing an obstacle for the first time | Warning |
| Any form of contact between any part of the athletes body and the vertical trusses or the crash mattresses for the first time. Except in the situations described in Art. 7.2.7 iii | Warning |
| Contravening clothing/ equipment guidelines | 10 points |
| Modifying dimensions of start numbers | 10 points |
| False start | 10 points |
| Deliberately discarding any clothing, equipment, or rubbish along the course | 10 points |
| Second failure on the same obstacle | Elimination |
| After a warning on an obstacle, any form of contact between any part of the athletes body and the vertical trusses or the crash mattresses on the same obstacle, except in the situations described in Art. 7.2.7 iii and 7.2.7 viii | Elimination |
| Retiring from the competition during the race | Elimination |
| Crossing and running into another athlete's lane to overcome obstacles with hanging elements | Elimination |
| An incorrect changeover in the Relay | Elimination |
| Use of cameras, phones or other prohibited devices | Elimination |
| Use of chalk (magnesium) or any other sticky substances on the hands | Elimination |
| Jostling, running across, or obstructing another athlete | Disqualification |
| Refusing to comply with Equipment Guidelines | Disqualification |
| A blatant attempt to start too early | Disqualification |

10.2
Laser Run

| Offences | Penalty | | |
|--|----------|------------------|-----------|
| | 1st time | Subsequent | Paid at |
| Contravening clothing regulations | 10" | - | PG |
| Modifying dimensions of start numbers | 10" | - | PG |
| False start | 10" | - | SL |
| Not placing a pistol safely on the table after warm-up or shooting series | 10" | 10" | SL or LPA |
| Not touching the shooting table between each shot | Warning | 10" | SL or LPA |
| Coach assistance during warm up outside the designated coaches' area | Warning | 10" | PG |
| Not having the pistol in the box before the official warm-up period has started | Warning | 10" | PG |
| Not standing freely, without touching the table, with both feet on the ground | Warning | 10" | SL or LPA |
| Not completing the course | | Elimination | |
| Deviation, deliberate or not, from the course | | Elimination | |
| Unauthorised assistance | | Elimination | |
| Using a non-approved pistol | | Elimination | |
| Shooting on a wrong target | | Elimination | |
| Using a non-approved pistol | | Elimination | |
| Not stopping at the last penalty area when instructed by an official | | Elimination | |
| Using constant beam during the competition series and or audio communication outside of preparation and warm-up time | | Elimination | |
| Holding pistol with two hands or giving support to the armed arm | | Elimination | |
| Incorrect change of in the Relay | | Elimination | |
| Start running with before having successfully completed the shooting series ("5 green lights") with only 4 green lights | | Elimination | |
| Modifying or adjusting the approved pistol | | Disqualification | |
| Exchanging for a non-approved pistol | | Disqualification | |
| Blatant attempt to start too early | | Disqualification | |
| Jostling, running across, or obstructing another athlete | | Disqualification | |
| Start running with before having successfully completed the shooting series ("5 green lights") with only 3 (or less) green lights. | | Disqualification | |

PG - Penalty Start Gate; SL - Shooting Line; LPA - Last Penalty Area



UIPM OBSTACLE LASER RUN

UIPM

UNION INTERNATIONALE DE PENTATHLON MODERNE

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SOCIAL MEDIA

