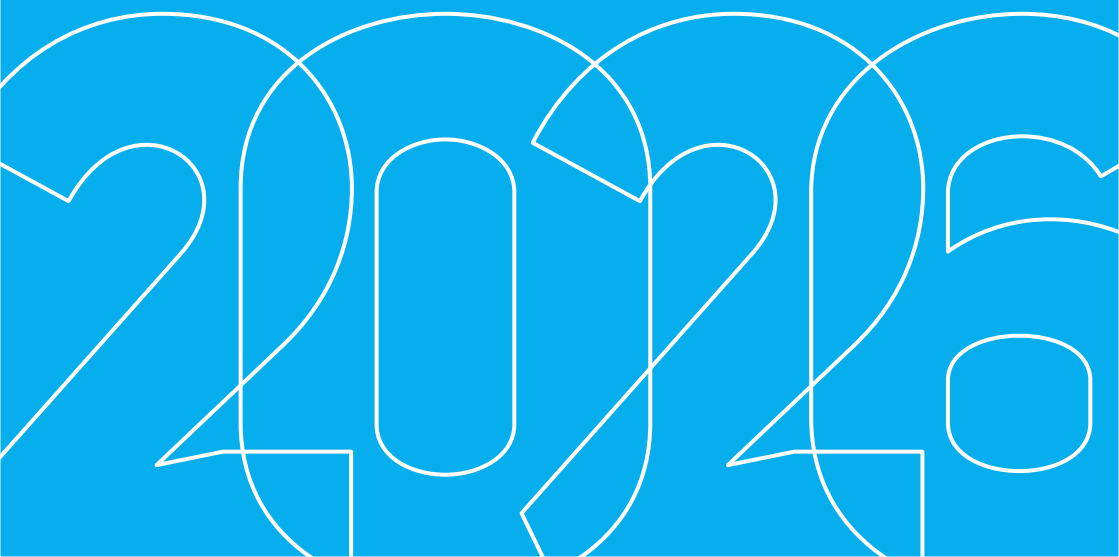


UIPM

**PARA
TETRATHLON
COMPETITION
GUIDELINES**

as of 1 March 2026

Sport Classifications PMP2, PMP4, PMP5, PMP7b



UIPM

UIPM COMPETITION RULES AND EQUIPMENT REGULATIONS

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UIPM

**PARA
TETRATHLON
COMPETITION
GUIDELINES**

GENERAL ASPECTS

ABBREVIATIONS

CCh	Continental Championships	NF	National Federation
EB	Executive Board	NTO	National Technical Observer
FOP	Field of Play	PMP	Para Modern Pentathlon (para athletes sports classifications)
HQ	Headquarters	PTWR	Para Tetrahlon World Ranking
IJ	International Judges	TC	Technical Committee
IPC	International Paralympic Committee	TD	Technical Delegate
LOC	Local Organising Committee	TM	Technical Meeting
Mins	minutes	UIPM	Union Internationale de Pentathlon Moderne
MD	Medical Delegate	WCh	World Championships
MP	Modern Pentathlon		

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1 GENERAL ASPECTS

PART A - PARA TETRATHLON (PMP4 PMP5 PMP7b)

1.1 SPHERE OF APPLICATION

The following rules must be applied at all official UIPM competitions classified as Category "A" and "B", and are recommended for application as far as reasonable and feasible in Category "C" competitions.

The UIPM Para Pentathlon Commission, para athletes, LOC and the wider para community network will review these rules on an annual basis.

1.2 AGE GROUPS

When not explicitly stated otherwise, these rules relate to all ages of para athletes competing. To compete at an international as Category "A" and "B" para athletes minimum age must be 12 years old on 1st January.

1.3 THE EVENTS

1.3.1 Disciplines

- i) The four disciplines of a Para Tetrathlon competition are organised in three events: Obstacle, Swimming and Laser Run (Laser Shooting and Running).

1.4 CATEGORIES

1.4.1 Official UIPM competitions in Para Tetrathlon

Category A: World Championships, Continental Championships and Games,

Category B: Regional Championships, Cups and Games, World Ranking Competitions.

Category C: Other international competitions and international Championships of any kind organised by UIPM member federations or IPC recognised sporting bodies.

1.4.2 UIPM TD/NTO Control

Category "A" and "B" competitions fall under the obligatory control of UIPM TDs/NTOs. At Category "C" competitions a TD/NTO may be appointed.

1.5 FORMATS

1.5.1 Individual Competitions

- i) Category "A" official UIPM Individual competitions are organised ideally as one-day final competitions. It is preferred that all events take place on one site and within walking distance of each other. Team classification may also be included, using the MP points, with para athletes making teams from the same gender and sports class.
- ii) Category "B" and "C" competitions may be organised over one or two days.

1.6 ORDER OF THE EVENTS

1.6.1 Individual

- i) Category "A" competitions the order of events must be as follows: Obstacle, Swimming and Laser Run.
- ii) In Category "A" competitions, the recommended minimum designated intervals (breaks) between the disciplines shall be as follows:
 - a) twenty (20) minutes break between the Obstacle and Swimming disciplines,
 - b) twenty (20) minutes break between the Swimming and Laser Run disciplines.
- iii) In Category "A" competitions and in all other competitions the order of events may be different and adjusted to the LOC's needs. However, the Laser Run must be the final event.

1.6.2 Victory Ceremony

The Victory ceremony is conducted immediately after the final event whether there are protests or not. In Category "A" competitions, the LOC must play the national anthem of the Victor's country and display the national flags of the medalists. Para athletes must wear their national uniform on the podium and without baseball caps or hats.

Headscarves are permitted. Flags, mobile phones, cameras, electronic devices, bottles, items of sport equipment, political statements and accreditations are not allowed on the podium.

PART B - THE COMPETITIONS

1.7 TYPES OF COMPETITIONS

1.7.1 UIPM Category "A" Competitions

i) **UIPM Individual Para Tetrathlon World Championships**

UIPM Para Tetrathlon World Championships are organised annually in an Open age group (minimum of 12 years old as of the 1st January that season).

ii) **Continental Championships**

Every UIPM Continental Confederation has the right to organise Continental Championships for open para competitions. Continental Championships must not take place on the same dates as the World Championships or World Ranking Series. Continental Championships, as well as all other regional competitions organised by UIPM confederations, fall under the application of the UIPM Rules and are an integral part of the annual UIPM Calendar. With the agreement of the Continental Confederation and the LOC, the organiser of the Continental Championships may open the Continental Championships to para athletes from other continents than the host continent. If para athlete(s) belonging to a continent other than the host continent win the competition, the Continental title and medals will be assigned to the first para athlete(s) and team(s) from the host continent.

1.7.2 UIPM Category "B" Competitions

i) **World Ranking Competitions**

World Ranking Competitions are official international competitions open to all eligible participants (PMP4 PMP5 PMP7b). They fall under the UIPM Rules and the supervision of a UIPM TD/NTO. They must be included in the annual UIPM Calendar. The results count towards the PWR.

ii) **Regional Competitions**

"Region" means the territory of more than one UIPM member federation. This could be considered as a contribution to world ranking points if the format is considered eligible and course approved by UIPM Para Commission. A TD/NTO must be appointed on this account.

1.7.3 UIPM Category "C" Competitions

This category includes such competitions as:

- i) Open national championships. If they meet the criteria and a TD/NTO is appointed, the national Championships will become a World Ranking Competition.
- ii) International open events (both LOC NF federations and hosted under IPC recognized organisations)
- iii) Certain Youth competitions. (both LOC NF federations and hosted under IPC recognized organisations)

1.8 APPLICATIONS FOR UIPM COMPETITIONS

1.8.1 World Championships

Applications for UIPM World Championships, must be submitted by UIPM NFs or Bidding Cities to the UIPM EB through the UIPM HQ by completing specific, detailed bidding forms available from UIPM HQ. The TC will give its opinion and make proposals. Deadlines for receiving completed candidatures are set by the UIPM EB, as appropriate.

1.8.2 Continental and Regional Championship

Applications for Continental Championships and other Regional competitions must be submitted in writing to the President of the relevant Continental Confederation in accordance with deadlines set by the relevant Confederation, which for Continental Championships will be two years prior to the event.

1.8.3 World Ranking Competitions

Applications for World Ranking Competitions must be submitted in writing by e-mail to the UIPM para pentathlon Commission para@pentathlon.org Submission recommendation 8 months before the start of the next season.

1.8.4 Other Competitions

For all other UIPM competitions, no application procedure is necessary.

1.9 ASSIGNMENT OF UIPM COMPETITIONS

1.9.1 Assignment

Venues of and Para UIPM World Championships, competitions are agreed by the UIPM Para Pentathlon Commission and then awarded by the UIPM EB. Venues of Continental Championships and Regional competitions are assigned by the body authorised by the Statutes of the relevant Continental Confederation.

1.9.2 Declaration of Duties - Signature

UIPM NFs/Bidding Cities that are awarded UIPM World Championships, are obliged to sign a Declaration of Duties and to abide by the signed bidding documentation.

1.9.3 Annual UIPM Calendar

An annual calendar of official UIPM competitions, as defined above, must be prepared and drawn up by the UIPM HQ. The annual UIPM Calendar is approved by the UIPM EB. The UIPM HQ circulates the calendar to all NFs. The calendar must be continuously updated.

1.10 INVITATIONS

1.10.1 Invitation Schedule

Invitations to take part in an official UIPM competition should be addressed and sent to all NFs concerned in good standing at least 90 days before the competition. The invitation letters are sent by UIPM HQ and/or the Continental Confederation. The official invitation has to be sent at the same time to the UIPM appointed TDs/ NTOs and UIPM HQ.

1.10.2 Items in the Invitation

The invitation form should clearly state the following:

- i) the format of the competitions,
- ii) the order of events,
- iii) whether a Classification opportunity will be available
- iv) the length and type of swimming pool,
- v) the running surface and any requirement for special footwear,
- vi) the nature and characteristics of the targets to be used,
- vii) the approximate number of para athletes and officials to be invited,
- viii) the date(s) and times of TM, equipment controls and events,
- ix) the financial terms of entry (and any accommodation, travel packages offered, etc.),
- x) the nature and extent of the organised training facilities,
- xi) the date for receipt and/or online registration of informative, preliminary and final entries, which shall be by name and UIPM ID number,
- xii) the relevant address, continuously operating telephone and e-mail of the LOC for the 72 hours before and during the competition,
- xiii) any relevant visa conditions,
- xiv) the laser pistol regulations in the relevant country in question,
- xv) Obstacle event details (shape, surface, and obstacle types).

PART C - THE PREPARATION OF THE COMPETITIONS

1.11 PROGRAMME OF EVENTS AT UIPM COMPETITIONS

1.11.1 World Championships for Individuals

- i) Sports classes of PMP2, PMP4, PMP5, PMP7b can compete alongside each other but will medal within their own sport classification. If numbers exceed 28 then the sports classes will be split appropriately into separate races in all disciplines.
- ii) Ideally if numbers allow males and females will compete in separate races/disciplines. It is encouraged to provide a good competitive race environment.

1.12 PARA ATHLETES PARTICIPATION

1.12.1 UIPM International Licence

- i) Only para athletes holding a UIPM International Licence are allowed to compete in Category "A" and "B" competitions and must hold a valid UIPM Classification Sports Class.

1.12.2 Participation in World Championships for Individuals

- i) Each para athlete must meet the eligible impairment criteria and be classed into PMP2, PMP4, PMP5 or PMP7b to compete.
- ii) Every NF has the right to enter unlimited para athletes across the sports classes.

1.12.3 Participation in World Ranking Competitions

World Ranking Competitions are competitions for para athletes to achieve points for PWR lists.

1.12.4 Participation in Continental Championships

The rules of Art. 1.12.1, will be applied to Continental Championships accordingly.

1.13 PARTICIPATION OF OFFICIALS

1.13.1 Number of Officials

In UIPM competitions, each NF may be represented in each gender by a maximum of 2 officials when there are 2 or more para athletes from that NF, or by 1 official when there is 1 para athlete competing.

1.14 ENTRIES AND ACCREDITATION

1.14.1 Dates for Entries

For UIPM Category "A" and "B" competitions, the deadline for receipt of preliminary entries, if requested by the LOC, is 6 weeks before the beginning of the competition and 30 days for final entries. If the deadline for final entries is missed, the NF or individual para athlete is considered as non-participating and may be replaced by another NF or para athlete upon invitation.

1.14.2 Final Entries

In the final entries, NFs must list the names of the para athletes, reserves and officials attending the competition. No delegation may arrive at the competition with more than the invited number of para athletes and officials including substitutes.

1.14.3 Bank Transfer

At the same time as submitting the Final Entry Forms all NFs must send to the Organising Nation/LOC/ UIPM by electronic bank transfer or other means, 30% of the total amount of their accommodation invoice, otherwise their reservation will not be guaranteed. If on arrival for the competition, the team has fewer para athletes and/or officials than listed on their Final Entry Form and without informing the Organising Nation/LOC at least 7 days prior to their arrival, the NF will pay a fine to the Organising Nation/LOC of 200 Euros for each person not attending.

1.14.4 Substitute Para Athletes

If a NF intends to enter a substitute para athlete listed in its Final Entry Form in the competition, it must inform the LOC by e-mail at least 24 hours before the TM. Final entries are used by the LOC and UIPM TD to prepare the Start Lists of the Individual Qualification groups. Para athletes not included in the Final Entries or not listed in an e-mailed amendment as starting para athletes, will not be allowed to enter the competition.

1.14.5 NF Failing of Presentation

Following confirmation of the Final Entries, a NF must enter the competition with at least one para athlete/ team per confirmed gender. Any NF failing to take part after having sent their Final Entries will pay a fine of 600 Euros to the UIPM.

1.15 FINANCE

1.15.1 Covering of Costs

At UIPM competitions, the Organising Federation/LOC covers all costs of the competition. Costs of the competition do not include hosting (i.e. local transport, accommodation and meals) of the participants. However, the Organising Federation/LOC may offer an Accommodation Package as described in Art.1.15.3 below to cover hosting costs (local transport, accommodations and meals).

1.15.2 Accreditation Fee

In competitions in which the Organising Federation/LOC offers NF participants (para athletes, coaches, accompanying persons) an Accommodation Package (pursuant to Art. 1.15.3 below), any participant that does not select and pay for an Accommodation Package are obliged to pay an Accreditation Fee to the Organising Federation/LOC/UIPM. In addition, in competitions where the Organising Federation/LOC does not offer an Accommodation Package, the Organising Federation/LOC may charge any participant an Accreditation Fee.

- i) The Accreditation Fee entitles participants to access the official transportation from the Headquarters hotel to the competition sites and back, and to have lunch packets and water/ refreshments during the competition.

1.15.3 Accommodation package

If not financially covered by the Organising Federation/LOC, adequate lodging and meals at the lowest possible prices must be offered to all NFs and UIPM family. The accommodation package includes local transport, accommodation, meals and the same entitlements as the Accreditation Fee. NFs may then either

- i) accept the proposal of Accommodation Packages proposed by the LOC in the invitation, or
- ii) arrange their own accommodation, in which case they are obliged to pay only an Accreditation Fee to the LOC.

1.15.4 Category "A" Competitions

For those UIPM Category "A" competitions which have been awarded through a bidding procedure, the financial details referenced in the bidding document will be applied to the competition irrespective of when the competition was awarded. A financial report must be submitted to the UIPM within 6 months after the end of the competition.

PART D - THE CONDUCT OF THE COMPETITIONS

1.16 COMPETITION AUTHORITIES

The UIPM HQ will inform the LOCs on the UIPM appointed authorities at the earliest convenience.

1.16.1 UIPM Technical Delegates

- i) A UIPM TD is a UIPM Level 3 Certified International Judge in all disciplines proposed by the UIPM TC and appointed by the UIPM EB. For Category "A" competitions TDs must be members of the TC. The UIPM TD is tasked to ensure that all UIPM competitions are run in conformity with the UIPM Rules and agreements. In these circumstances of Para competition this may also be a member of the UIPM Para Pentathlon Commission who understands the rules and regulations within this guidance working with the LOC.
- ii) It is mandatory that a UIPM TD must not come from the host country. Between one and four TDs will be appointed depending on the level and size of the competition.
- iii) The costs of travel and per diem, including travel days, of the UIPM TD are borne by UIPM. The costs of full board accommodation and local transportation are borne by the Organising Federation/LOC.
- iv) Within their overall authority UIPM TDs are tasked in particular:
 - a) to inspect and approve the sites and equipment use throughout the 4 disciplines.
 - b) to inspect and approve the transport for participants if offered by the LOC.
 - c) to cooperate with the LOC in the administration of the TM and ensure the latest information concerning competition rules are available.
 - d) to supervise the arrangements for checking the clothing and equipment of the participants.
 - e) to ensure correct management of Jury of Appeal procedures.
 - f) to check the entries and prepare the groups together with the LOC.
 - g) to ensure the accuracy of the results of the competition, which shall be verified by their signature, and promptly send the results, as well as a final report, by email to the UIPM HQ and the Chairman of the TC.
 - h) to ensure that the LOC promptly sends these results to the UIPM HQ.

1.16.2 UIPM Classifier

- i) The costs of travel and per diem, including travel days, of the UIPM Classifier are borne by UIPM Para Commission. The costs of full board accommodation and local transportation are borne by the Organising Federation/LOC.
- ii) Within their overall authority UIPM classifier (medical and technical) are tasked in particular
 - a) to work with LOC to provide a suitable private classification area/room to accommodate 4 people and a physio bed provision.
 - b) to work with the Head of Classification on any prior paperwork submitted by para athletes wishing to be classified
 - c) to manage the classification communication and schedule after the initial list of para athletes to be classified has been circulated introducing the classifier team and confirming classification appointment slots
 - d) be responsible for filling out the relevant UIPM Classification forms post classification and communicating these to UIPM Para Co-Ordinator.
 - e) be responsible for reporting to the competition director prior to the event start confirming the outcome of the classification session.
 - f) be responsible for any further follow up communications with para athletes / head of classification or UIPM representative post classification session.

1.16.3 UIPM National Technical Observer

- i) In Category "B" competitions, a UIPM NTO, from the official UIPM Judges list may be appointed instead of a TD by the Chairperson of the UIPM Technical Committee.
- ii) A NTO must:
 - a) be an UIPM Level 3 certified International Judge in all disciplines,
 - b) live in the country or near to the place where the competition will take place,
 - c) be integrated in the national organiser's competition staff, so that they are usually present at international competitions organised in that nation,
 - d) guarantee their presence throughout the competition.
- iii) The per diem costs of the UIPM NTO are borne by UIPM. The costs of full board accommodation and local transportation are borne by the Organising Federation/LOC.
- iv) The NTO has the same obligations at competitions as the TD.

1.16.4 UIPM International Judges

- i) A minimum of two and a maximum of nine persons depending on the level and size of the competition are selected from the official UIPM Judges list by the UIPM TC and approved by the UIPM EB to act as IJs in Category "A" and "B" competitions.
- ii) The UIPM IJ will be available to the Organising Federation/LOC in all events, but the UIPM IJ must be used in Obstacle and Laser Run. No judge may officiate at a bout or race which includes a pentathlete from his own federation.
- iii) The NF of the IJ covers the costs of the flight ticket from the home country of the UIPM IJ to the place of the competition. UIPM covers the cost of per diem for working and travel days, for other expenses. The Organising Federation/LOC bears the costs of accommodation, meals, and local transportation.
- iv) UIPM International Judges have to qualify as defined in specific Technical Officials Guidelines.

1.16.5 UIPM Medical Delegates

- i) It is advised but not essential that one MD is appointed by the Chair of the UIPM Medical Committee to UIPM World Championships and other major events to ensure compliance with UIPM Anti-Doping Procedures and UIPM Medical Rules, and to advise team captains who intend to administer drugs to sick or injured para athletes, so as to ensure that no substance or method forbidden by the WADA Code is used by mistake.
- ii) The costs of travel and per diem costs, including travel days, of the UIPM MD are borne by UIPM. The costs of full board accommodation and local transportation are borne by the Organising Federation/ LOC.

1.16.6 Jury of Appeal

- i) At official UIPM Category "A" competitions, the Jury of Appeal consists of seven members. At all other official UIPM competitions, it consists of five members.
- ii) At World Championships two of these members are TDs.
 - a) The third member of the Jury of Appeal is the representative of the LOC who must hold an International Judge's licence for the five Modern Pentathlon events.
 - b) Three further members must be members of the UIPM TC or UIPM Para Pentathlon Commission.
 - c) The seventh member of the Jury of Appeal must be a team representative holding an International Judge's licence for the five Modern Pentathlon events. This NFs' Representative is elected by the team representatives at the first TM taking place at the relevant competition.
 - d) Members of the UIPM TC may be substituted by persons holding an International Judges licence for the five Modern Pentathlon disciplines.
- iii) At official UIPM Category "B" competitions one of the five Jury members must be a UIPM TD/NTO and holds the chair. The Jury of Appeal further consists of one representative of the LOC who must hold an International Judge's licence for the five Modern Pentathlon events.
 - a) Two other members must be International Judges holding the licence for the five Modern Pentathlon events or be a Para Pentathlon Commission Member.
 - b) The fifth member of the Jury of Appeal must be a team representative holding an International Judge's licence for the five MP disciplines. This NFs' Representative is elected by the team representatives at the first TM taking place at the relevant competition.
- iv) The Jury of Appeal must not include an Event Director. It is recommended to appoint a reserve member, holding an International Judge's license for the five disciplines, in case of conflict as below in Art. 1.16.6 v).
- v) In matters in which a nation or a coach is concerned of which the chairperson or a member of the Jury of Appeal is a citizen or works for this nation, this member shall be considered ineligible and shall not have the right to vote or participate. If the chairperson is considered ineligible, the senior member by age of the Jury of Appeal shall take the chair. Discussion and voting will take place without the presence or participation of the ineligible person.
- vi) Elections for the Jury are made by show of hands at the first TM, with one vote per NF.
- vii) The Jury of Appeal meets to decide on appeals and protests and also on request of the Pentathlon Director or UIPM TD/NTO to decide on controversial legal issues raised during the course of a UIPM event. In cases, unforeseen by the UIPM Rules or in exceptional circumstances, it is the duty of the Jury of Appeal to make a decision in a sporting spirit with due respect to the intention, aims and purposes of the UIPM Rules.
- viii) The Jury of Appeal meets immediately after the end of the Laser Run competition and makes its decision before the awards ceremony. In cases of potential disqualification, disciplinary punishment or disciplinary measures, the Pentathlon Director, and in all other cases the relevant Event Director, must set out the reasons for the decision protested or appealed against. The person affected concerned must be given the opportunity of a legal hearing and access to the services of an advisor.
- ix) The Jury of Appeal's decision is taken by secret ballot without the presence of the person involved or his advisor. A majority vote is acceptable. If there is any doubt the Jury must decide in favour of the person liable to disqualification, disciplinary punishment or a disciplinary measure. In case of an equal number of votes, the President of the Jury of Appeal has a further deciding vote. The terms of the decision and brief reasons are to be put in writing and kept at the premises of the UIPM. Any appeal or protest will be rejected in case of the unjustified non-appearance of the person concerned.
- x) The Jury of Appeal is not restricted in the admission or evaluation of evidence. Its decisions are final.

1.16.7 Local Organising Committee (LOC)

- i) The constitution, responsibilities and obligations of the LOC must follow the bidding forms as submitted under Art. 1.8 and declarations under Art. 1.9.
- ii) The LOC will be invited for discussion with a representative from the UIPM Para Pentathlon Commission for guidance pre and during the event to help support, promote and plan the event.
- iii) The LOC must appoint:
 - a) A Tetrathlon Director, holding the IJ licence for the five disciplines, and having the authority to act as member of the Jury of Appeal, acting as liaison on behalf of the LOC with the UIPM TDs and who is responsible for the application of the UIPM Rules at the competition under the supervision of the UIPM TDs.
 - b) Qualified National Technical Officials and sports specialist volunteers to take on the duties and responsibilities of all the Discipline Authorities listed in the UIPM Competition Rules.
 - c) LOC members and volunteers to manage the requirements of successfully staging a UIPM event according to the Bidding documentation, Declaration of Duties, UIPM Rules, Statutes and Guidelines in force at the time of the competition.
- iv) The LOC is responsible to provide all the equipment and event logistics as listed in UIPM Rules, Regulations and Guidelines in force at the time of the competition.
- v) The LOC must immediately send the final results of the competition in the appropriate format as indicated by UIPM to the Technical Committee Chair and to UIPM HQ.

1.16.8 Technical Meeting

- i) The Technical Meeting (TM) is a part of the competition and is held before the first event of the competition. There must be a separate TM per gender taking place the day before each gender competition. Attendance of the coaches or representatives of all participating teams is compulsory. Each team is entitled to be represented by a maximum of two members. A team unable to be present at the TM must inform the LOC at least 24 hours in advance with the necessary data (name of the pentathlete, Licence ID number, results in swimming, start position in team, etc.) and delegate another nation or official to represent them. Teams not represented at the TM will not be allowed to start the competition.
- ii) At the TM, roll call of the participants takes place and the Event Directors, International Judges and Medical Delegate are introduced to the teams. Instructions concerning the competition must be given and elections for the Jury of Appeal take place. The following information must be distributed:
 - a) The programme, including transport and meals.
 - b) The Medical Plan.
 - c) The Obstacle course plan.
 - d) Details of the Laser Run course.
 - e) The composition of the groups and the start list in Obstacle and Swimming for the Qualifications (which shall be prepared after the roll call).
 - f) Equipment Controls information.

1.17 START LIST AND START ORDER

1.17.1 Publication of the Start Lists

- i) The LOC must publish the start lists for the Obstacle and Swimming at the TM. Media, VIP and the public must also receive the start lists via application and/or on the large display scoreboard on site.
- ii) If a para athlete has DNF or DNS in the previous discipline they may take part in the following discipline. A para athlete/team has to confirm immediately, but at latest 10 minutes before the start of the next event their participation. The para athlete's name remains published on the start list with the remark 'DNS' in case of non-participation.
- iii) Athletes sports classifications must be present on the start list unless they are currently going under classification observations, in which case it would be represented as 'Pending' until the classifiers can confirm sports class status.

1.18 COMPETITION RESULTS

1.18.1 Modern Pentathlon Points

Modern Pentathlon (MP) Points are awarded according to the para athletes' performances in each discipline of Obstacle, Swimming and Laser Run.

1.18.2 Displaying the Results

- i) Immediately after the end of the competition in each event, the Event Director must present the results received from the results team to the Technical Delegate, who must sign them before distribution, most preferably in digital format. The same procedure must be followed with the accumulated results after the already disputed disciplines and the Start Order for Obstacle, Swimming or Laser Run. If the competition also has a classification by teams, the team results outputs must also be signed and distributed.
- ii) At UIPM Category "A" competitions the results of the different disciplines and the accumulated results must be shown on a large display scoreboard during the events, and online results must also be distributed to the coaches and media at the end of each event. The same procedure applies to the Start Orders.
- iii) In Laser Run Category "A" competitions, during the event, the scoreboard must show the development of the competition and the results in the shooting range.

1.18.3 Final Positions and Points

- i) The first para athlete to cross the finish line in the Laser Run phase is the winner.
- ii) If the winner has fewer points in total score, then Modern Pentathlon points must be added to this para athlete/team so that their pentathlon score is the same.
- iii) A final result list of all para athletes/teams is made at the end of a competition. This list must be distributed in digital format by the LOC to all participating NFs and UIPM Delegates before they leave.

1.18.4 Ties

- i) If para athletes finish the Laser Run (Running/Shooting) phase in a tie (and placings cannot be determined by Photo Finish), the para athlete with the best result in Laser Run (Running/Shooting) will be placed in the higher position. If the tie remains, the para athlete with the best result in the immediately previous phase (Swimming), and so on (Obstacle) will be placed in the higher position. If the tie remains, the para athlete with the better Para Tetrathlon World Ranking (PTWR) position will be placed higher.

1.18.5 Teams within each sports class in an Individual Event

- i) At the end of the Individual competition, including results for the best 3 team members (if 4 para athletes, only the best 3 count). The total number of points combined from a nation's highest 3 total scores determines the results of the team classification.
- ii) Only teams with minimum 3 para athletes entered for the competition can be ranked for a team classification.
- iii) Teams with more para athletes in the Final are ranked higher.
Teams with 3 para athletes (or more) in the Final are ranked ahead of teams with 2.
Teams with 2 para athletes in the Final are ranked ahead of teams with 1.
Teams with 1 para athlete in the Final are ranked ahead of teams with zero.

1.18.6 Prizes and Awards

- i) At UIPM World Championships medals with ribbon provided by UIPM/LOC are as follows:
 - a) A gold medal is awarded for the first placed para athlete in the Individual (PMP2, PMP4, PMP5, PMP7b) and for each team member of the first placed team.
 - b) a silver medal is awarded for the second place for (PMP2, PMP4, PMP5, PMP7b).
 - c) and a bronze medal awarded for third place (PMP2, PMP4, PMP5, PMP7b).

PART E - REGISTRATION OF THE PERFORMANCES

1.19 PARA TETRATHLON WORLD RANKING (PTWR) LISTS

1.19.1 Official List

- i) The PTWR is the official list used to rank para athletes competing in the Tetrathlon. It includes the ranking points awarded to the para athletes according to their two best placing in the official UIPM international competition.
- ii) Every para athlete earns PTWR Points according to the level of the competition and their final place as specified in the PWR Point Table, in Appendix 1 below. Only para athletes that have completed the competition will earn PTWR points.
- iii) There are PTWR individual lists for each sports class PMP2, PMP4, PMP5, PMP7b for both genders, updated in the UIPM website after each competition and the official confirmation of the results by the TD/NTO.

1.19.2 Levels of UIPM Competitions

- i) For the purpose of establishing the PTWR, the UIPM competitions are divided into two levels:

Level 1: World Championships

Level 2: Continental Championships/Games/ Open Internationals/ World Series, that meet the criteria for level 2.

1.19.3 Tie-Breaker Applied to PTWR

- i) In the PTWR list, if two or more para athletes have accumulated an equal amount of PTWR points, the para athlete who is placed higher is the one who achieved the highest place their two competitions.
- ii) If the amount of PTWR still remains equal, the para athletes who collected the most PTWR points in his/her most recent competition takes the higher position.
- iii) If the amount of PTWR still remains equal, the para athlete placed higher is the one who collected more PTWR points in the most recent World Championships.

1.20 PARA TETRATHLON WORLD RECORDS

Para Tetrathlon Pentathlon World Records may only be achieved in Category "A" competitions for each gender and sports class (PMP2, PMP4, PMP5, PMP7b). World Records can only be validated if no penalties to the para athlete in the respective event have been applied.

- i) The different records are

Obstacle – The fastest time on any course and the corresponding Pentathlon points.

Swimming – The fastest time and the corresponding Pentathlon Points over 100m for 25m pool and 50m pool.

Laser Run – The fastest time on any course and the corresponding Pentathlon points.

Overall Points – The most Pentathlon points overall in a competition.

- ii) Continental Bests and Personal Bests may be recorded for statistical purposes.

PART F - SAFETY AND DISCIPLINE

1.21 SAFETY

1.21.1 Responsibility of Para Athletes

Para athletes equip and clothe themselves and compete at their own responsibility and at their own risk, but on the condition that they must observe all the Rules of each discipline.

1.21.2 Safety Measures and LOC Responsibilities

The safety measures and standards specified in the Rules are designed to increase the para athletes' safety but cannot guarantee it. They cannot, therefore, whatever the manner in which they are applied, give rise to responsibility on the part of the UIPM, or the organisers of competitions, or to officials and personnel who assist in such organisation, or anyone who may cause an accident.

1.21.3 Equipment

All para athletes taking part in competitions must use equipment which complies with the requirements set out in these Rules, Technical Equipment Regulations and other guidelines established by UIPM. Any Adaptive Equipment must align with their PMP class and be presented during classification, this may include but not limited to, prosthetics, supports, strapping, walking aids, braces.

1.21.4 Behaviour

All persons taking part or attending the different events must act in appropriate and orderly manner. During the competition, no person is allowed to approach the FOP, to advise the para athletes, to criticise or insult the referees or other officials, to applaud before the Referee's decision or to hinder the organisation or presentation of the event in any other way. The Referee may, if it is possible immediately stop any act that disturbs the smooth running of the competition.

1.21.5 Entrance in the FOP

Only the following persons are allowed to enter the Event Area:

- i) The UIPM President and a member of the Executive Board;
- ii) The UIPM Technical Delegates/National Technical Observers/UIPM Para Pentathlon Commission Member;
- iii) The UIPM Medical Supervisors;
- iv) The members of the Jury of Appeal;
- v) The para athletes in their official national uniform, each of whom being allowed to be accompanied by a member of their team, also in their official national uniform;
- vi) The nominated Referees and auxiliaries and persons specifically accredited by the LOC.
- vii) Para athlete support member which would need prior approval from the TD/ UIPM Para Pentathlon Commission.

1.21.6 Restricted Entrance

If there is a Restricted Fenced Area within the Event Area (e.g. marked by boards) or an area specifically designated as a Zone for Coaches, only the para athletes, coaches, referees, ground judges, timekeepers, scorers and the UIPM TDs/NTOs all of them in their own official national uniform may be present in this area. All other persons must stay outside in the areas assigned to them by the Organising Committee.

1.21.7 Zones for Coaches (ZFC)

- i) The Organising Committee may set up a ZFC or ZFCs, clearly marked as such, for any discipline adjacent to the FOP, and in the tribune.
- ii) All coaches in the ZFC must wear national uniform according to Art. 1.22.2.
- iii) The number of coaches from any NF within a ZFC must not exceed the number of para athletes from that NF competing in the discipline in question.

1.22 OBLIGATIONS OF ATHLETES, OFFICIALS, NFS AND THEIR MEMBERS, LOCS AND LOC MEMBERS

1.22.1 Declarations

Para athletes as well as team officials and members of the LOC of a UIPM competition are obliged to follow the UIPM Statutes and UIPM Rules and to respect the principles of fair play. Para athletes as well as team officials are obliged to sign a UIPM Declaration of Obligations for Para athletes and Team Officials and a Declaration concerning the Acceptance of the UIPM Court of Arbitration, both provided for by the UIPM HQ. Para athletes and team officials receiving equipment within UIPM sponsor programs free of charge are obliged to sign a Marketing Declaration.

1.22.2 Clothing

- i) Para athletes must wear clothing and equipment as specified in the Rules for each event.
- ii) Officials must be dressed properly, at a minimum by the National Federation's tracksuit.
- iii) No para athlete is allowed to compete with dirty clothing or with a mark, flag, emblem, country or city name that belongs to a NF other than the NF of the para athlete.
- iv) Para athletes or officials dressed incorrectly are liable to a penalty or disciplinary measures.

1.22.3 Equipment and Equipment Control

- i) The LOC must inform team officials and para athletes at the Accreditation Centre where and when they will have their equipment inspected.
- ii) Para athletes are obliged to present themselves at the Equipment Control Checking Centre, at the time advised in the timetable of each UIPM official competition, with the equipment they intend to use during the event referred to.
- iii) The number of articles handed to the Equipment Control Checking Centre is limited two pistols in Laser Run. Each nation must submit its equipment in a bag/case.
- iv) The checked equipment, signed with a distinctive mark, will be handed over to the team representative a minimum one hour before the beginning of the event and in one-day competitions before the beginning of the first event.
- v) A final check is made in each event according to the Rules in the corresponding chapter. Para athletes will not be allowed to start the event if their equipment does not have the check mark. Para athletes and teams without complying equipment are liable to be penalised.

1.22.4 Start Numbers

The start numbers, indicating the start order for the Obstacle, and Laser Run, are provided by the LOC in accordance with UIPM Visual Guidelines and must be worn by the para athletes.

1.22.5 Anti-Doping

Para athletes have to accept and undergo doping controls according to the UIPM Anti-Doping Rules and Procedures.

1.22.6 Insurance

All NFs must ensure that their para athletes and officials are adequately insured against all relevant risks including any accident or illness during any competition organised under the UIPM Rules. The LOC, and the UIPM disclaim any liability, financial or otherwise, for any injury, physical damage or illness suffered by any member of a delegation entered for a UIPM competition.

1.22.7 Smoking

Smoking is forbidden at all competition sites.

1.23 Discipline

Everybody participating at the different events must remain orderly and must not disturb the smooth running of the competitions, para athletes must demonstrate good behaviour and respect the authorities' orders and decisions during the entire event, warm-up periods included. They must observe the regulations and the decisions of the Referees, be respectful towards the Event Directors and the members of Juries and obey the orders, requirements and injunctions of Referees and judges. Any breach of this rule will be liable to proceedings according to the UIPM Rules.

1.23.1 Disciplinary Actions

Penalties and punishments are applied to para athletes. Disciplinary measures are applied according to the UIPM Code of Ethics.

1.23.2 Penalties for Para Athletes

Violations of the rules of any event by para athletes, as laid down by the UIPM Competition Rules, are sanctioned by penalties. The rules for each event define the elements of the offences and the type of penalty to be imposed.

- i) Penalties are applied by referees, who immediately notify the para athlete and/or the coach and who must register the nature of the violation and the penalty.
- ii) Penalties that may be imposed are a start prohibition, warnings, time and point penalties and elimination.

1.23.3 Punishments for Para Athletes

Violations of the principles of fair play and unsporting conduct as well as offences against the UIPM Statutes, the UIPM Code of Ethics, and all UIPM Rules and Resolutions by para athletes are liable to be sanctioned by disciplinary punishments. The UIPM Code of Ethics defines the elements of the offences and prerequisites for disciplinary punishments as well as the types that are imposed.

1.23.4 Disciplinary Measures - Other Persons

Violations of the principles of fair play and unsporting conduct, offences against the UIPM Statutes, the UIPM Code of Ethics or any other UIPM Rules or the resolutions of organs of the UIPM by coaches, trainers, officials and staff of the UIPM and its members, individual members of the UIPM and members of the UIPM Committees and spectators are sanctioned by disciplinary measures.

1.23.5 Disciplinary Measures - NFs and LOCs

For Sanctions on NFs and LOCs see UIPM Statutes, Rules on the Internal Organisation and UIPM Code of Ethics

1.23.6 Decisions on Penalties

Decisions on penalties by the competent authorities according to the Rules for the relevant event that are not the subject of a verbal complaint at the time or any protest at the time or immediately thereafter are final. In these cases no legal hearing takes place. Where a penalty is imposed, the competent authority will immediately notify the para athlete or the representative of his team or other person concerned the fact and terms of the penalty and officially register the type of and reason for the penalty.

1.23.7 Elimination and Disqualification

- i) Elimination (EL): Elimination is a penalty for a serious mistake concerning the Rules of the event that may not have been committed deliberately. A para athlete eliminated from an event scores zero points in the relevant event, but is allowed to compete in the following events of the competition.
- ii) Disqualification (DSQ): Disqualification is a penalty for deliberately attempting to circumvent or deliberately circumventing the Rules of the event. A para athlete disqualified in an event will not compete in any of the subsequent events in that competition.
- iii) Disqualification for unsportsmanlike Behaviour (DQB): For serious cases of unsportsmanlike behaviour, the para athlete can receive DQB. In this case the para athlete will not compete in any of the subsequent events in that competition, neither in any competition of the championships. Further sanctions may be applied.

1.23.8 Verbal Complaints

- i) Any decision taken by a Referee on a point of fact on the field of play is final and can not be complained or protested against.
- ii) A para athlete or another person concerned believing the competent authority's decision to be incorrect, may ask for an explanation of the decision from the authority making the decision. If the explanation is not satisfactory, they may carry the matter, politely and without formality, to the relevant Event Discipline Director by a verbal complaint. A verbal complaint is an oral expression of dissatisfaction, made by a para athlete or team official, concerning an action done by a competition official.

1.23.9 Protests

- i) The decision on a verbal complaint is subject to a protest to the Jury of Appeal. A protest is an expression of dissatisfaction with a decision taken by the competition official. All protests must be filed in writing using the UIPM form available on the UIPM website, referring to the relevant Article, in English, and made within fifteen minutes of the decision in question.
- ii) A protest may be raised orally before the end of the relevant event if it refers to an error in a result or to the breach of the UIPM Competition Rules in the preceding event which influences the starting place of a para athlete in the next event.
- iii) All protests must be accompanied by a deposit of 60 Euros or the equivalent sum in convertible currency. In case of a successful protest the sum is returned to the person who raised the protest, in case of unjustified protest the deposit becomes the property of the UIPM.

1.23.10 Interruptions Caused by Protests or Appeals

- i) If the protest does not oblige the checking of any of the equipment, the competition will continue without interruption.
- ii) Should the Jury of Appeal order a replay this will take place at the earliest possible opportunity.
- iii) If such a protest or appeal is deemed unjustified the para athlete will be penalised.

APPENDIX 1 – PARA TETRATHLON WORLD RANKING POINTS TABLE

Place	Competition levels	
	1	2
1	80	60
2	75	55
3	70	51
4	66	48
5	63	46
6	60	44
7	58	42
8	56	40
9	54	39
10	52	38
11	50	37
12	48	36
13	46	35
14	44	34
15	42	33
16	40	32
17	39	31
18	38	30
19	33	25
20	32	24
21	31	23
22	30	22
23	29	21
24	28	20
25	27	19
26	26	18
27	25	17
28	24	16
29	23	15
30	22	14
31	21	13
32	20	12
33	19	11
34	18	10
35	17	9
36	16	8
37	15	7
38	14	6
39	13	5
40	12	4
41/42/43..	11/10/9....	3/2/1/.....

PARA OBSTACLE

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2 PARA OBSTACLE

PART A - THE EVENT

INTRODUCTION

In light of the rapid advancement in para athlete performance during the implementation phase of the obstacle discipline, and to uphold the principles of fairness and competitive balance, the UIPM Executive Board retains the discretionary authority to amend or modify the provisions contained within this chapter following the conclusion of the 2026 season, if deemed necessary, to ensure the continued integrity and equity of the competition.

2.1 PRESENTATION OF THE EVENT

- i) The Obstacle event is a race that consists of overcoming obstacles from a start line to a finish point.
- ii) UIPM Category A competitions will be organised always as head-to-head races.

2.2 AUTHORITIES

At all official UIPM competitions, the following officials must be appointed: Obstacle Director, Secretary, Call Room Judge, Course Judges, Starter, Timekeepers and Finish Judge. All decisions by the relevant official regarding potential infringements are final.

2.2.1 Obstacle Director (1)

- i) Responsible for the overall correct conduct of the Obstacle event, including the appointment of all previously mentioned officials and the coordination and management of their activities.
- ii) A Authorized to adjudicate on any verbal complaints received from para athletes representatives relating to the event in progress.

2.2.2 Secretary (1)

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

2.2.3 Call Room Judge (1)

- i) Assembles the para athletes prior to each heat.
- ii) Checks uniforms, and accessories, refusing any para athletes with irregular equipment to go to the start including unauthorised substances on their hands.
- iii) Ensure that each para athletes is not using safety pins for attaching their start numbers.
- iv) Responsible for ensuring that the para athletes are ready for the start prior to each heat.

2.2.4 Course Judges (6)

- i) Placed by the Obstacle Director to ensure optimal observation in close proximity.
- ii) In the case of a para athlete's first failure on an obstacle, the Course Judge shall immediately raise a yellow flag and loudly call "Fail" to ensure the competing para athlete understands an infringement has occurred, which corresponds to a warning. If a para athlete has failed the obstacle for the second time they will continue on but the flag will remain raised on 'Red' for the Technical Director to make note of the penalty.
- 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 the event of a para athlete failing to clear the obstacle preceding the final one. Their role is to be ready to raise the flag.
- iv) The Course Judges' flags must have the dimensions of 25x25cm (±5 cm).
- v) Responsible for applying failed obstacle penalties (15 seconds per obstacle failed)

2.2.5 Starter (1)

- i) Has the entire control of the para athletes while on their marks and is the sole judge of any potential transgression connected with the start of the race.
- ii) Responsible for giving the start signal to the para athletes when they are due to start.
Responsible for applying false start penalties.



2.2.6 Timekeepers (2)

- i) Responsible for recording the times of the para 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.

2.2.7 Finish Wall Judge (1)

- i) Responsible for registering the arrival order of the para athletes in case of electronic timing failure, or if manual timing is used.
- ii) Responsible for keeping the order up the Finish Wall, avoiding para athletes' lanes crossing.
- iii) Responsible for checking the rope Is In the correct position before each attempt on the wall.
- iv) Takes care of opening and closing the gate up the wall and ensures that the para athletes are in a condition to descend safely from the Finish Wall structure.

2.3 ORGANISATION AND SCHEDULE

2.3.1 General Aspects

- i) The competition can be organised indoors or outdoors with the course placed on any surface where the course can be settled on a level and solid base.
- ii) It is recommended that there Is eight obstacles on a course of 70m in length.
- iii) The discretion of the obstacles will be set no higher than the expected obstacle difficulty for the U19 obstacle course.

2.3.2 Start Order

- i) The para athletes will be placed according to their PWR Obstacle time. If the para athlete team does not have a PWR, entry times will be used. The para athlete with the slower PWR Obstacle time or slower entry time will compete first and will be placed in lane A.
- ii) In the event of identical entry times, the para athlete with the lower PWR position competes first. If neither para athlete has a PWR, the alphabetical order of their NOC (National Olympic Committee) Code will determine the order. In case of an odd number of para athletes assigned to the group, the para athlete in the first heat will compete alone.

2.3.3 Control in the Call Room

- i) Para athletes with irregular equipment (see Art. 3.8) will need to be authorised to compete, this includes any adaptive equipment, taping or support. Disqualification will be applied if a para athlete refuses to comply with this rule.

2.3.4 Warm-up

- i) The LOC will announce all warm-up details at the Technical Meeting.



2.4 CONDUCT OF THE COMPETITION

2.4.1 Safety

- i) During the warm-up, it is forbidden for a para athlete to start one obstacle while another para 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) Rain, wind, or other adverse weather conditions or in any exceptional circumstances such as a broken or failing obstacle element, the Technical Delegates 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.

2.4.2 The Start

- i) Para athletes will be introduced by the announcer and invited to take their places close to the starting platform.
- ii) If a para 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. A para athlete not appearing by the third call will be eliminated.
- iii) On the long whistle from the Starter, the para athletes must step on the starting platform and remain there until the start signal. On the Starter's command "Take your marks" the para 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.

2.4.3 False Start

- i) The Starter must announce a false start as soon as possible and audible to the para athletes and spectators if a para athlete has started too early.
- ii) A para 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 a para athlete:
 - a) Departs the starting platform before the starting signal.
 - b) Begins their start movements prior to the starting signal.
- iv) A para athlete is penalised by a deduction of 10 points in case of a false start.
- v) A para athlete is disqualified in the case of a blatant attempt to start too early.

2.4.4 The Course

- i) It will be at the TD discretion if para athlete race side by side (lanes A and B) or as solos.
- ii) Each obstacle includes a take-off and a landing platform/marker.
- iii) For correct obstacle completion, para athletes must traverse the distance between take-off and landing platforms. Stepping off the platform to the sides after landing will not result in a penalty.
- iv) If a para 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.
- v) The para athletes must overcome all obstacles on 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.
- vi) 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.
- vii) After an unsuccessful attempt to overcome an obstacle, the para 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 para athlete must proceed beyond the end of the obstacle before returning to its beginning using the external adjacent side.
- viii) After an unsuccessful second attempt to overcome the same obstacle, the para athlete will be allowed second attempt. If this is then failed again, the para athlete can continue through the obstacle but will be given a 15 second time penalty.
- ix) Once a para athlete starts the race, it is strictly prohibited to purposefully discarding clothing, or rubbish along the course shall result in a penalty.
- x) Starting an obstacle and then stepping backwards on the take-off platform will lead to a failure on the obstacle.
- xi) Jostling, running across, or obstructing another para athlete in a way that impedes their progress, or any unsportsmanlike behaviour, results in disqualification.
- xii) If a para athlete crosses into another para athlete's lane to overcome obstacles with hanging elements, they will be eliminated.
- xiii) Failure to adhere with instructions issued by an official following an unsuccessful attempt to overcome an



obstacle shall result in elimination.

- xiv) In the case of Art. 2.4.1 iii), 2.4.4 x) and xi) where the affected para athlete has been unfairly compromised in the opinion of the Course Judge, with the approval of the Technical Delegate, the para athlete will have the right to perform the whole course again.
- xv) Para athletes are allowed to run over the side mats positioned at each outer side of the truss structure when returning to restart the obstacle after a failed attempt. Running over these mats incurs no penalties.
- xvi) Para athletes are permitted to touch the trusses when returning to restart the obstacle after a failed attempt.

2.4.5 The Finish

- i) Para 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.
- ii) If a para 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 para athlete's performance on the lane that was stopped. If it is evident that the opposite lane para athlete's performance was significantly affected, they will be granted the opportunity to repeat the race.
- iii) If adaptations are needed for PMP2 or PMP4 athletes where the finish wall requires the finish to be a top of the wall touch, rather than a climb over to the buzzer then this must be decided in the Technical Meeting.

2.4.6 Timing

- i) When automatic judging and timing equipment is provided, it must be used to determine the winner, placings and times for each para 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) Para athletes will have their results ranked according to their performance times measured to 1/100th of a second.

2.5 OBSTACLES OVERCOMING REQUIREMENTS

The provisions in this section outline the permitted and prohibited actions for overcoming the obstacles specified in these rules. Any Obstacle deviating from this list must be approved by the UIPM Para Pentathlon Commission prior to the event Invitation being sent out. Any minimal adaptations required for individual para athletes must be discussed and established at the Technical Meeting. The list of obstacles below is the standardised options however if any other obstacles are presented by the LOC within a Competition B or C competition then they must be approved by UIPM Para pentathlon Committee prior to the invitation for the event being sent out.

2.5.1 Steps

Traverse the steps with their lower limbs. Grasping or touching the steps with the hands is forbidden. There is no obligation to use all the steps except in circumstances described in Art. 2.4.1 iii).

2.5.2 Big Wheel

Jump from the previous obstacle, grasping the wheel and swinging forward. Touching the ground between the platforms is forbidden, except in the situations described in Art. 2.4.4 iii).

2.5.3 Over-Under-Through

Pass over the over wall, under the under wall and through the opening in the through wall. Any part of the walls can be used or touched except for the vertical supporting frames.

2.5.4 Rings

Use only the upper body on the rings to traverse the obstacle. Touching the ground between the platforms is forbidden, except in the situations described in Art. 2.4.4 iii). There is no obligation to use all the rings except as described in Art. 2.4.1 iii).

2.5.5 Balance Beam

Complete the length of the obstacle using only lower limbs on the beams. Contact with the ground between the start and finish lines is forbidden. Crawling or hugging the beam is forbidden.

2.5.6 Giant Steps

Complete the length of the obstacle using only the lower limbs on the steps. Grasping or touching the steps with the hands is forbidden. Touching the ground between the platforms is forbidden. There is no obligation to use all the steps except as described in Art. 2.4.1 iii).



2.5.7 Wheels

Traverse between platforms using only the upper body on the wheels. Touching the ground between the platforms is forbidden, except in the situations described in Art. 2.4.4 iii). There is no obligation to use all the wheels except as described in Art. 2.4.1 iii).

2.5.8 Monkey Bars

Use only upper body on the bars to traverse the obstacle. Touching the ground between the platforms is forbidden, except in the situations described in Art. 2.4.4 iii). There is no obligation to use all the bars except as described in Art. 2.4.1 iii).

2.5.9 Ascension Bars

Use only the upper body on the bars to traverse the obstacle. Touching the ground between the platforms is forbidden, except in the situations described in Art. 2.4.4 iii). There is no obligation to use all the bars except as described in Art. 2.4.1 iii).

2.5.10 Finish Wall

Run up the wall to reach the top platform. Any part of the wall except the sides can be touched or held with any part of the body provided the para athlete's feet remain below head height at all times. The rope can be used for assistance if that para athlete needs to use it.

2.6 SCORING POINTS

Modern Pentathlon points are awarded according to the performance times presented in Appendix 2B1 of these rules. Each 0.33 seconds is equal to 1 MP point.

2.7 INFRINGEMENTS AND PENALTIES

2.7.1 Warning

- i) Para athletes failing an obstacle for the first time.
- ii) Any form of contact between any part of the para athlete's body and the vertical trusses or the crash mattresses for the first time, except in the situations described in Art. 2.4.4 iii).

2.7.2 10 Points

- i) Contravening clothing/equipment guidelines.
- ii) Modifying dimensions of start numbers.
- iii) False start.
- iv) Deliberately discarding any clothing, equipment, or rubbish along the course.

2.7.3 Elimination

- i) After a warning on an obstacle, any form of contact between any part of the para athlete's body and the vertical trusses or the crash mattresses on the same obstacle, except in the situations described in Art. 3.4.4 iii).
- ii) Crossing and running into another para athlete's lane to overcome obstacles with hanging elements.
- iii) Use of cameras, phones, or other prohibited devices.
- iv) Use of gloves, tape, chalk (magnesium) or any other sticky substances on the hands unless approved by the medical team.
- v) Failure to adhere with instructions issued by an official following an unsuccessful attempt to overcome an obstacle shall result in elimination.

2.7.4 Disqualification

- i) Jostling, running across, or obstructing another para athlete.
- ii) Refusing to comply with Equipment Guidelines.
- iii) A blatant attempt to start too early.



PART B - INDIVIDUAL EQUIPMENT

2.8 CLOTHING

- i) In Category A competitions, para athletes from the same National Federation must wear their national uniforms.
- ii) The para athlete must wear a top or pentasuit with their surname clearly visible and professionally made, printed, or embroidered, on the back of the top or pentasuit, below which is the NF code, of a size between 7-12cm and in a colour contrasting to that of their shirt or pentasuit.
- iii) The UIPM logo patch must be placed on the top or pentasuit according to the current version of the UIPM Uniform Guidelines. Missing or wrongly placing the UIPM logo patch will be penalised by a deduction of 10 points.
- iv) Para athletes must compete with athletic shoes without spikes.
- v) The LOC is responsible for providing each para athlete with a start number. Safety pins must not be used to fasten start numbers on the frontal part of the top or pentasuit, only adhesive start numbers will be allowed in this case. Start number must be worn on the front, above waist height and be visible in all weather conditions.
- vi) Gloves, wristbands, callus guards, compressive sleeves and similar items are not allowed, unless approved by the medical team.
- vii) The use of tape on the wrists and hands is prohibited, with the exception of medical tape.
- viii) Watches, necklaces, rings, earrings, bracelets, piercings (of any type), loose apparel, and any other item that could catch on an obstacle are prohibited. Para athletes are also not allowed to wear caps/ hats.
- ix) Headbands, diadems and tiaras are prohibited.
- x) Any type of piercing, whether fixed or removable, is not permitted.
- xi) Hair must be secured in a way so as not to cover the name printed on the top/pentasuit or the start number.
- xii) Sunglasses or eyeglasses are only allowed with safety stripes.
- xiii) Climbing, weightlifting, gymnastics, football, basketball, and similar "chalk" (magnesium), and any other substance in all its forms (liquid, powder, etc.) are prohibited. Para athletes must ensure their hands are thoroughly cleaned before competition.
- xiv) Cameras, phones, radios, tape recorders or any type of communication systems are prohibited.

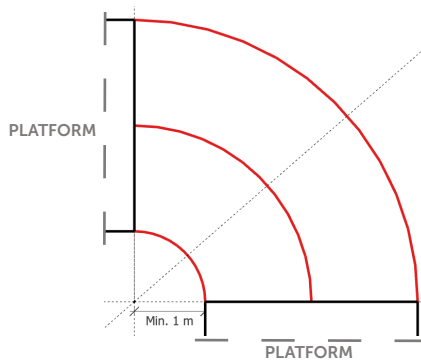


PART C - EQUIPMENT PROVIDED BY THE LOC

2.9 COURSES

2.9.1 Definitions

- i) The course comprises eight (8) obstacles spread across a distance of 70 meters for Individual and Relay competitions.
- ii) The course length is the horizontal distance measured along the central line of a lane extending from the vertical plane at the starting platform's starting point to the vertical plane at the finish buzzer centerline, with the athletes competing in two lanes.
- iii) The course can be set on a straight line, curve, "u" or "v" shape.
- iv) For courses designed in a "U" or "V" shapes, a tolerance of up to 10% of the prescribed 70-meter length may be applied to accommodate the curvature of the course. This adjustment ensures that the total course length compensates for any deviations caused by the shape, while maintaining compliance with established standards.
- v) When designing a course shaped like a "U" or "V", careful attention must be given to constructing the curves to ensure balance between lane lengths and a smooth approach to the turn. The following criteria apply to the construction of curves:
 - a) The curve radius should be, at least, 1 meter measuring from the inner corner of the platform/obstacles. This radius must be carefully selected to ensure that the total distance of the obstacle course does not exceed the maximum length of 70 meters (+ up to 10%).



- b) Both lines delineating the lanes must be visible and professionally painted on the ground.
- c) Each athlete is required to complete the course within their designated lane without stepping on the separation line. Any instance of an athlete crossing into another athlete's lane will be subject to the rules outlined in Art. 3.4.4 iv).
- vi) Take-off and landing platforms must be installed before and after each obstacle, with mattresses covering all areas where a fall from height can happen (see Art. 3.10.2 and 3.10.3). The platforms must be installed aligned to the truss's inner edge, on the obstacle's internal side.



2.9.2 Para Competitions

In the Para Obstacle "A", "B" and "C" competitions, can be a course configuration can be made up of the 6 of the following obstacles with two Draw additions to create 8 obstacles seen In Table 2, but don't need to feature in that order.

In a "B" and "C" competition there may be a variation of different obstacles used which need to be agreed by the UIPM Para Pentathlon Commission and must give a similar standard of difficulty to the course.

Table 1. Course configuration for Para Athletes

OBSTACLES		DRAW OPTIONS	
1	STEPS		GIANT STEPS
2	BIG WHEEL		CRAWL
3	OVER-UNDER-THROUGH		MONKEY BARS
4	DRAW		RINGS
5	BALANCE BEAM		ASCENSION BARS
6	WHEELS		
7	DRAW		
8	FINISH WALL WITH ROPE		

Figure 1 below provides a simplified view of the course.

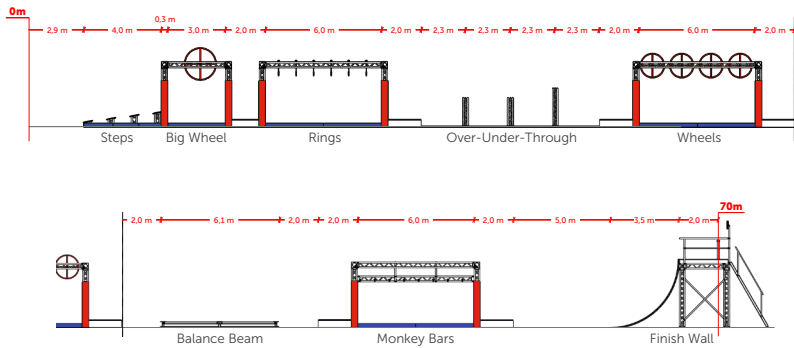


Figure 1. Course configuration for para athletes.



2.10 STRUCTURAL COMPONENTS

2.10.1 UIPM Competitions

- i) The architecture of obstacles is an essential part of the course to maintain long-term consistency across competitions and ensure the safety of para athletes. The technical specifications for the obstacles, including their dimensions and structural integrity, are outlined in Art. 3.11.
- ii) In UIPM Category 'A' competitions, the structures used are of the truss type, with a square cross-section.
- iii) For these competitions, the standardised truss structure is made in 6082 Aluminium alloy with TUV Homologation. It is chosen for its high strength-to-weight ratio, durability, and ease of assembly, making it the ideal choice for temporary structures that need to be set up and taken down frequently. Additionally, the square cross-section allows for a greater degree of flexibility in terms of layout.
- iv) When the course is constructed on an elevated structure, the trusses must have a square cross-section with minimum dimensions of 40 cm x 40 cm and a wall thickness of no less than 3 mm. This provides more rigidity and stability to accommodate the increased obstacle heights. For other competitions, the trusses square cross-section dimensions should be set at 30cm x 30cm. These dimensions are fundamental to ensure the safety of the course.
- v) To ensure the safety and stability of structural components of rings, wheels, monkey bars, swinging globes and tilting ladders, in UIPM competitions only 600cm long trusses will be accepted. Therefore, two segments of 300cm each will not be allowed.
- vi) All truss structures load calculations must follow the norm UN-ENV 1999-1-1 (Eurocode 9).

Technical description of the truss

- Alloy: EN-AW 6082 T6
- Chords: Extruded tube Ø50mm x 2mm
- Diagonals: Extruded tube Ø16mm x 2mm
- Welding Process: TIG (EWF - EN ISO 9606-2 - 2004)

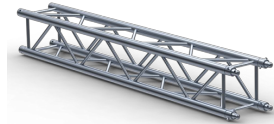


Figure 3. Truss structure

2.10.2 Platforms

- i) The platforms described in this section are designed to mitigate the impact load on the para athletes and make the course faster and easier to judge for referees. They all have the same dimensions and are referred to as obstacle take-off and landing platforms, as well as the starting platform (the one from which the para athletes commence the race).
- ii) The platform measures must be standardised according to Figure 4; 200cm (depth) x 300cm (length) x 40cm (height). Using two platforms of 20cm in height is allowed provided they are securely joined together.
- iii) Platforms can be constructed using materials such as wood, metal and plastic and should always be covered with a "Platform mat" (see references on Art. 3.10.3 ii) to ensure a non-slip surface and provide a secure footing for take-off and landing.
- iv) Maintaining the platforms properly is crucial to ensure the surface remains smooth and free of hazards throughout the competition.
- v) The starting platform should be positioned 3m before the first step of obstacle number 1. That extra distance added to the course does not affect its maximum length (70m).
- vi) In instances such as curves used in "U" shape courses, where the 1.5m Wall, Over-Under, Over-Under-Through, Balance Beam and Giant Steps obstacles are not seamlessly connected to the preceding and/or subsequent obstacle(s), they are exempt from the necessity of having designated take-off and/or landing platform(s). In these situations, it is necessary to clearly mark the starting and/or finish lines of the obstacle in a professional manner.
- vii) Except in the case described in Article 3.10.2 vi), the first and last pillars of the Balance Beam must maintain a distance of 2 meters from/to the take-off and landing platform respectively. Additionally, obstacle's start and finish lines should be clearly painted on the floor before and after the first and last pillars, respectively, indicating the beginning and end of the obstacle.

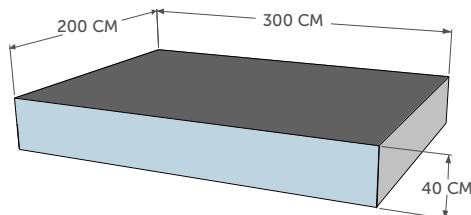


Figure 4. Platform detail



2.10.3 Safety Mattresses

- i) Correct positioning of the safety mats is essential for the safety and security of participants. The mattresses should be placed in a manner that minimises the risk of injury to para athletes while they are traversing the course.
- ii) Two kinds and thicknesses of mats shall be used for this purpose:
 - a) Crash mats - The mat should be 20cm thick with a recommended density of 21 kg/m³.
 - b) Platform mats - The mat should be 4cm thick with a recommended density of 200 kg/m³.
- iii) Both platform mats and crash mats must be finished with non-slip materials such as carpet bonded foam. Installing self-adhesive textured bands in both mat types is recommended to enhance their anti-slip properties.
- iv) Crash mats must fully cover the surface under the obstacle and extend beyond its boundaries by a minimum of 100cm on each side, to provide impact attenuation for the para athletes in case of a fall from height.
- v) Crash mats should not have space between them and adjacent structures (e.g., trusses). Gaps can create a tripping or entrapment hazard and increase the risk of injury so all connections between the parts that make up the complete mats must be perfectly tightened and sealed with velcro.
- vi) Platform mats should be placed on the starting, take-off and landing platforms, providing an extra layer of protection for the para athletes and a softer landing surface. Edges facing a competitor should be completely covered by wrapping the platform foam over the edge.
- vii) In the case of obstacle courses mounted on hard surfaces, platform mats must be installed on the ground after the obstacle "Over" and under the obstacle "Under" to provide impact attenuation for the para athletes.
- viii) The vertical pillars of the truss structures must be covered with impact- absorbing soft material to protect para athletes against potential impacts from any part of the body.

2.11 OBSTACLE DESCRIPTION

2.11.1 Measuring Height of Elements

The height of the hanging elements must be measured from the bottom of the vertical trusses to the lowest part of the element. Mattresses should not be considered for this measurement.

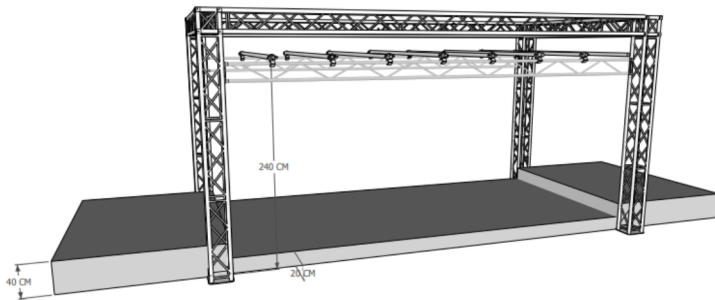
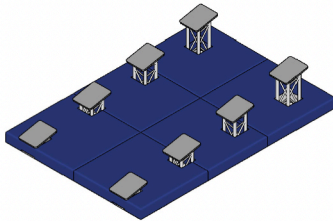


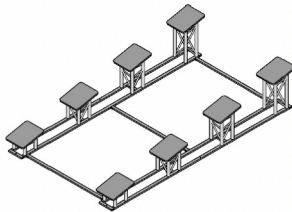
Figure 5. Example for measuring the height of a hanging element.



2.11.2 Obstacle #1 - Steps



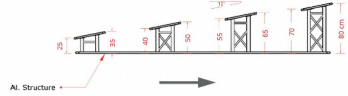
STEPS - ISO COMPLETE
Scale: 1:35



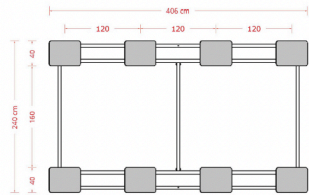
STEPS - ISO STRUCTURE
Scale: 1:35



STEP - PLAN VIEW
Scale: 1:35



STEPS - SIDE VIEW
Scale: 1:35



STEPS - PLAN VIEW
Scale: 1:35

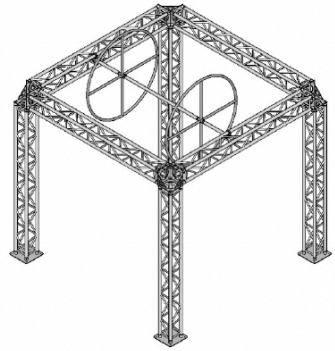
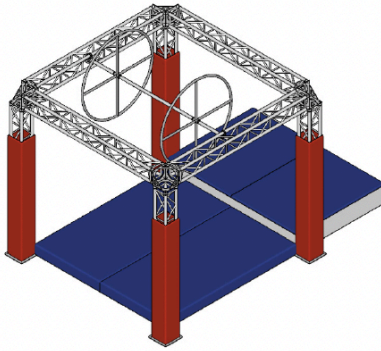
- Length 400cm
- Lateral elements spacing 160cm (±10 cm)
- Steps spacing* 120cm (±10 cm)
- Step base 30cm x 30cm
- Step top 50cm x 40cm
- Steps height (lower part-upper part)
 - > First step 25cm-35cm (±10 cm)
 - > Second step 40cm-50cm (±10 cm)
 - > Third step 55cm-65cm (±10 cm)
 - > Four step 70cm-80cm (±10 cm)

Supports must ensure stability and prevent movement.

*Measured between the bases of the steps.

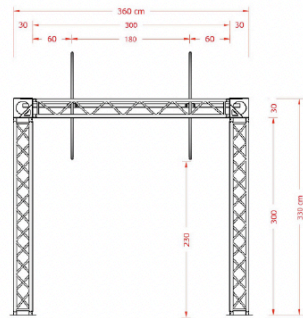
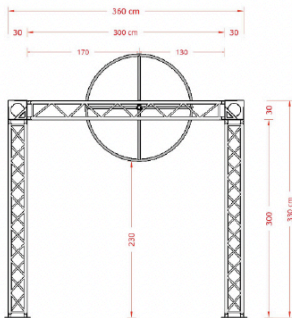


2.11.3 Obstacle #2 - Big Wheel



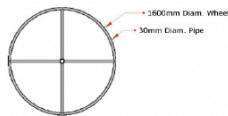
BIG WHEELS - ISO COMPLETE
SCALE: 1:20

BIG WHEELS - ISO STRUCTURE
SCALE: 1:20



BIG WHEELS - SIDE VIEW
SCALE: 1:20

BIG WHEELS - FRONT VIEW
SCALE: 1:20

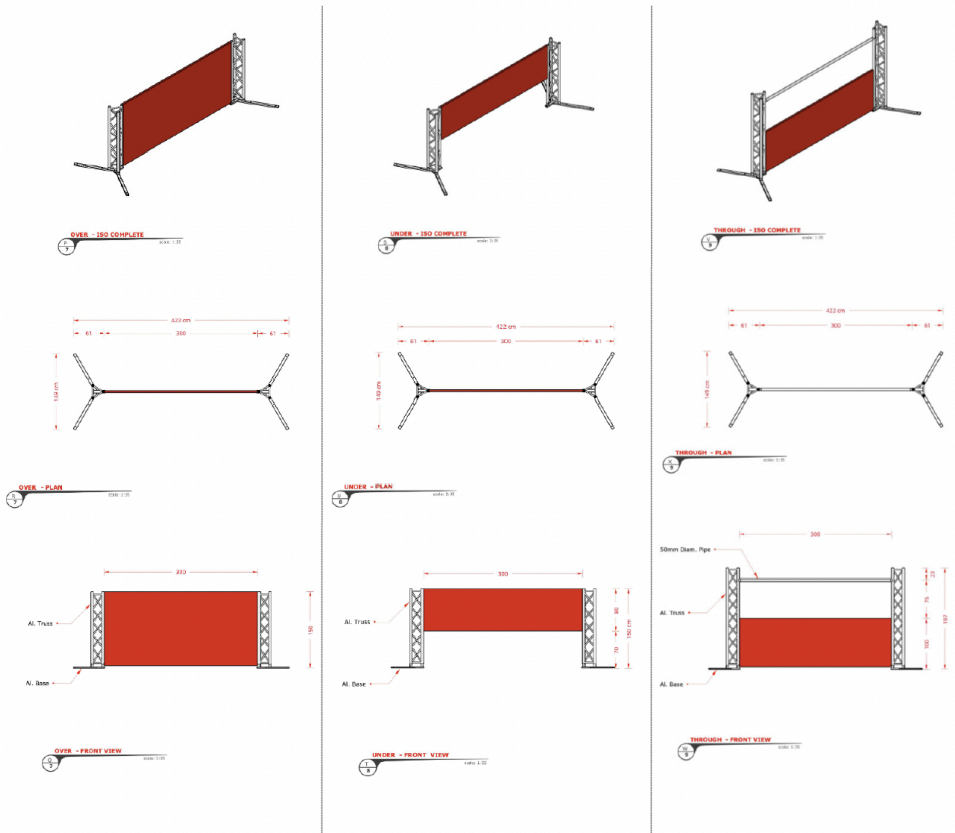


BIG WHEEL - FRONT VIEW
SCALE: 1:20

- Length 300cm
- Lateral elements spacing 180cm (±10 cm)
- Support bar at 170cm
- Wheel diameter Ø160cm
- Height (Wheel lowest part) 230cm (±10 cm)
- Wheel spoke diameter 3cm
- Bar wall thickness (EN 39 steel) 4mm - 5mm
- Wheel wall thickness (6082 T6 Aluminium) 2mm



2.11.4 Obstacle #3 - Over-Under-Through

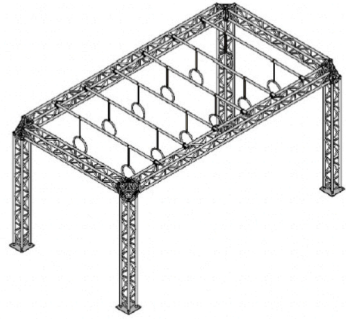
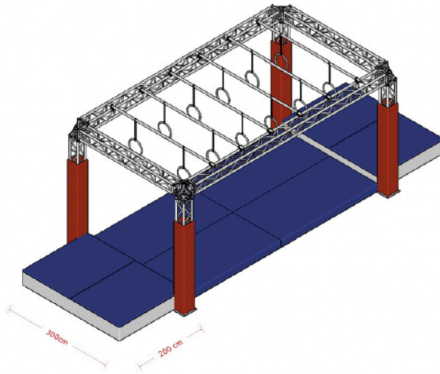


- Width 300cm
- B 150cm
- B1 70cm
- B2 100cm
- B3 75cm
- Thickness 4cm to 10cm
- Distance between walls 230cm

If trusses are used, the exposed top of the truss must be covered with padding and to prevent shoes, clothing, etc. getting caught on the tubes.

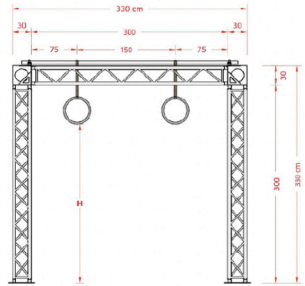
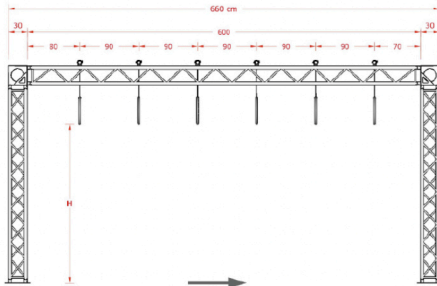


2.11.5 Obstacle #4 - Rings



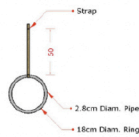
RINGS - ISO COMPLETE
SCALE: 1:50

RINGS - ISO STRUCTURE
SCALE: 1:50



RINGS - SIDE VIEW
SCALE: 1:50

RINGS - FRONT VIEW
SCALE: 1:50

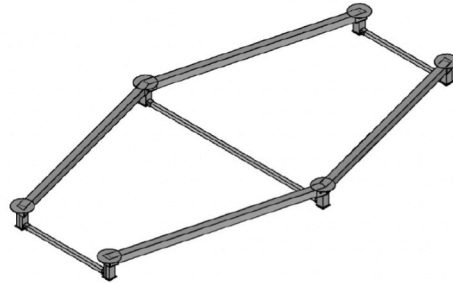


RING - FRONT VIEW
SCALE: 1:25

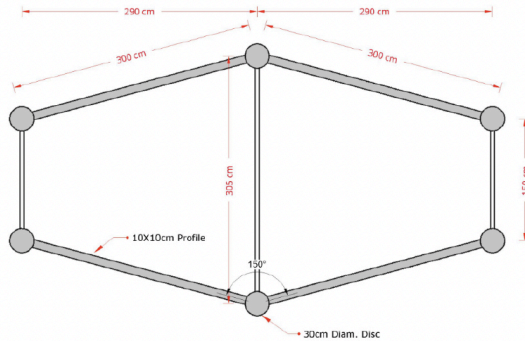
- Lateral elements spacing 150cm (±10 cm)
- Support bar spacing 90cm (±10 cm)
- Ring inner diameter (standard gymnastics ring-synthetic, no wood) Ø18cm
- Ring spoke diameter 2.8cm
- Ring support strap 50cm
- Height (H) (lowest part of ring) 260cm



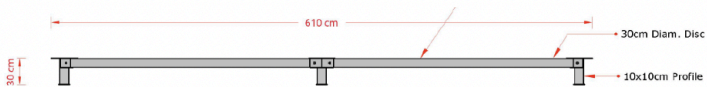
2.11.6 Obstacle #5 - Balance Beam



BALANCE BEAM - ISO
AE 12 scale: 1:35



BALANCE BEAM - PLAN
AE 12 scale: 1:35

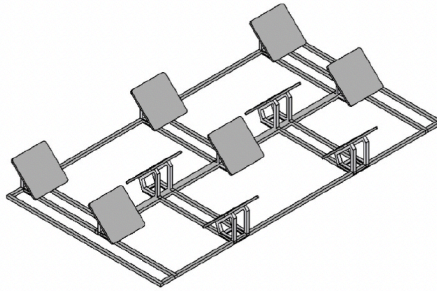


BALANCE BEAM - SIDE VIEW
AE 12 scale: 1:35

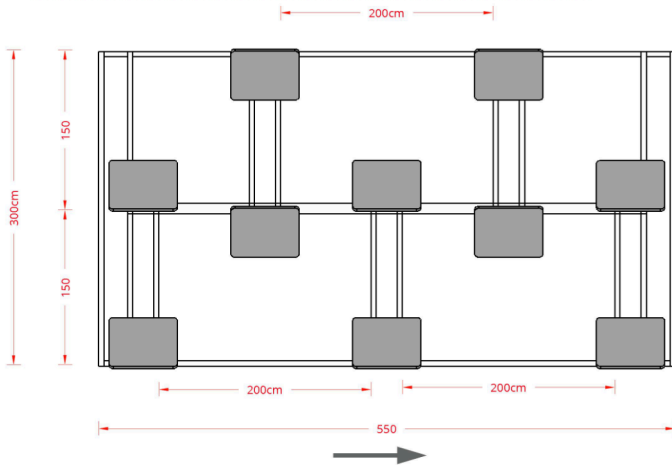
- Beam length (each) 300cm
- Lateral elements spacing (start and finish) 150cm (±10 cm)
- Lateral elements spacing (beams junction) 305cm (±10 cm)
- Pillar height 30cm (±10 cm)
- Pillar diameter Ø30cm (±10 cm)
- Angle between beams 150°
- Beam squared section 10cm x 10cm



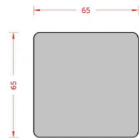
2.11.7 Obstacle #6 - Giant Steps



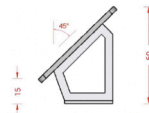
GIANT STEPS - ISO
AH 1.3 scale: 1:35



GIANT STEPS - PLAN
AH 1.3 scale: 1:35



GIANT STEPS - PLATFORM
AH 1.3 scale: 1:15

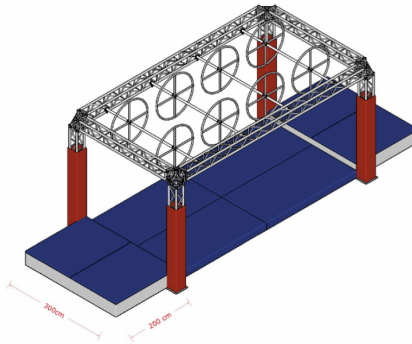


GIANT STEPS - SIDE VIEW
AH 1.3 scale: 1:15

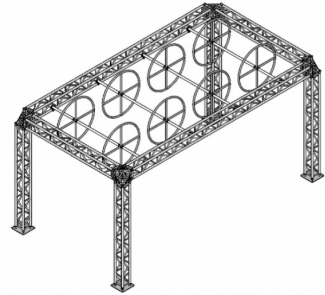
- Length 550cm
- Steps spacing 200cm (+10 cm)
- Steps dimensions 65cm x 65cm
- Steps height (lower part-upper part) 15cm-60cm
- Step angle ≈45°



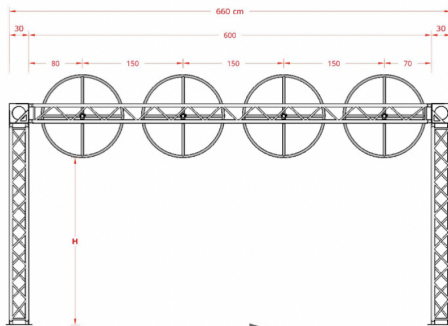
2.11.8 Obstacle #7 - Wheels



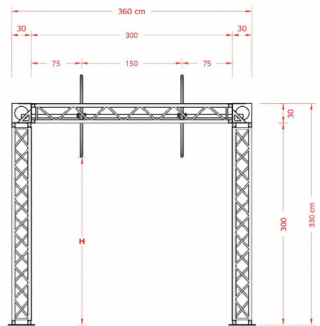
WHEELS - ISO COMPLETE scale 1:50



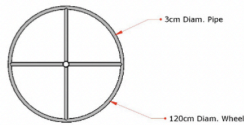
WHEELS - ISO STRUCTURE scale 1:50



WHEELS - SIDE VIEW scale 1:25



WHEELS - FRONT VIEW scale 1:25

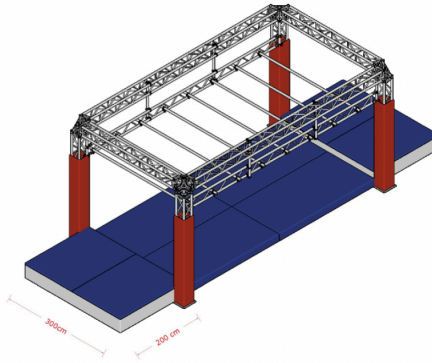


WHEEL - FRONT VIEW scale 1:25

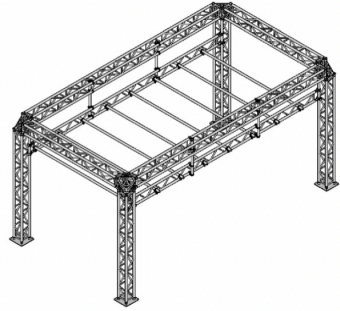
- Lateral elements spacing 150cm (±10 cm)
- Support bar spacing 150cm (±10 cm)
- Wheel diameter Ø120cm
- Wheel spoke diameter 3cm
- Bar wall thickness (EN 39 steel) 4mm - 5mm
- Wheel wall thickness (6082 T6 Aluminium) 2mm
- Height (lowest part) 260cm



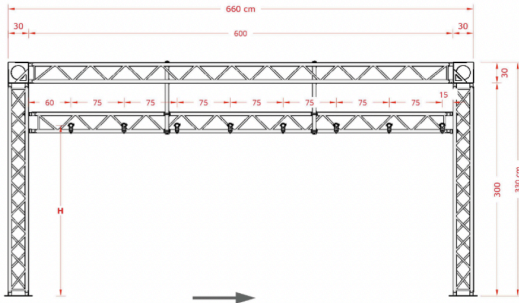
2.11.9 Obstacle #8 - Monkey Bars



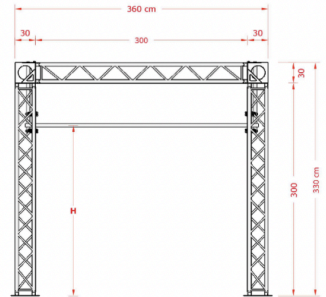
MONKEY BARS - ISO COMPLETE
SCALE 1:50



MONKEY BARS - ISO STRUCTURE
SCALE 1:50



MONKEY BARS - SIDE VIEW
SCALE 1:50

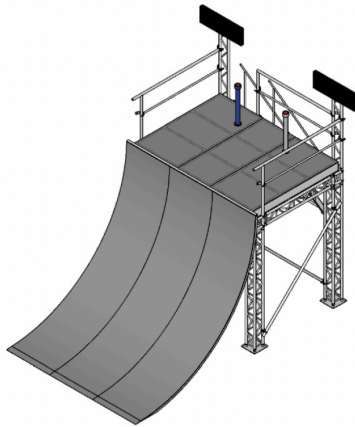


MONKEY BARS - FRONT VIEW
SCALE 1:50

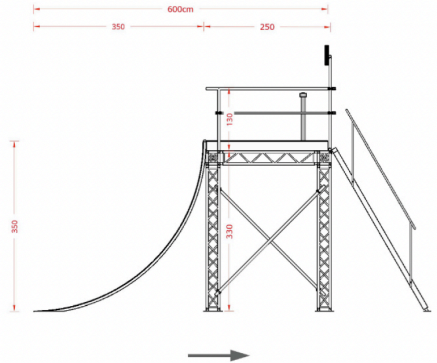
- Bar spacing 75cm (±10 cm)
- Bar diameter Ø5cm
- Bar wall thickness (EN 39 steel) 4mm - 5mm
- Height (lowest part) 260cm



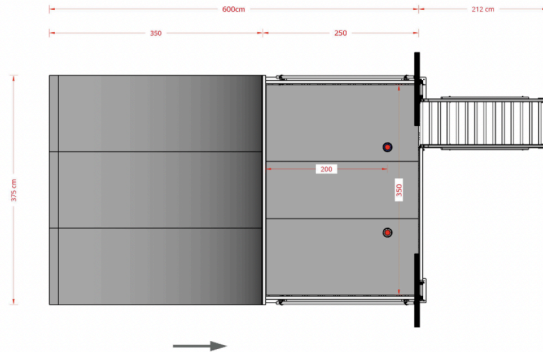
2.11.11 Obstacle #10 - Finish Wall



FINISH WALL - ISO COMPLETE
SCALE: 1:50



FINISH WALL - SIDE VIEW
SCALE: 1:50



FINISH WALL - PLAN
SCALE: 1:50

The wall surface must be smooth and free of splinters, sharp edges, gaps, or protrusions exceeding 0.5mm. The surface should provide good grip for athletic shoes but should not be textured in a manner that could cause injuries to athletes due to abrasions. It can be covered with 2mm or 3mm of smooth, recycled rubber of 900 kg/m² density, providing a durable, slip-resistant surface that will help minimise injuries to athletes due to abrasions. The buzzer must be installed measuring 200cm from the edge of the ramp.

The top platform of the Finish Wall must have a minimum 1m high fence on the three sides outside of the ramp. This fence should include, at least, one top handrail, two parallel bars in the middle, and a 10cm high plinth at the bottom. An opening and closing gate must be provided for security. Additionally, ladders or pole for athletes' descent must be provided at the rear. A Finish Wall Rope must hang down half the ramp length and be secured at the top of the ramp. Diameter 5cm.

- Ramp length 350cm
- Top platform length 250cm (±10 cm)
- Width 375cm (±10 cm)
- Height 350cm
- Ramp curve angle 90°



2.12 SAFETY REQUIREMENTS

It is the responsibility of the LOC (under the supervision of UIPM in UIPM events), to guarantee a safe competition tailored to the environmental conditions, course design, obstacles used, participant abilities and other factors that may influence safety for the obstacle course and event.

2.12.1 Structure Approval

- i) All obstacles that include a structural element require written approval from a qualified professional before being used at events.
- ii) Upon approval of obstacle drawings, a qualified professional must document the structural element design loads for the event organiser considering the following factors, including but not limited to: anticipated environmental factors, wind, participant volume, maximum participant weight, maximum number of participants on an obstacle at one time, maximum expected forces applied by participants to the obstacle, and other safety factors.
- iii) If the national laws of the host country require professional certification for the assembly of the obstacle course, the LOC must submit the professional's credentials to UIPM prior to the start of the event.
- iv) When two trusses of dimensions differing from those specified in Art. 3.10.1 v) are used to cover the length of a 600 cm hanging obstacle, professional and certified load calculations must be performed for the connection junctions and any additional supporting structures required.

2.12.2 Building and Inspection

- i) Obstacles with structural elements must be built according to qualified professional approved design(s).
- ii) Event organisers must conduct and document a pre-event inspection and confirm the integrity of obstacles before each day of the event.
- iii) Any modifications to a structural obstacle that change the overall structural integrity of the obstacle relative to qualified professional approved designs must be approved and documented by a qualified professional before intended use.
- iv) The event organisers shall periodically monitor obstacles throughout the event for fitness for use. A comprehensive inspection of the course elements' condition shall be conducted five minutes prior to the start of the warm-up and again five minutes before the start of the competition. This meticulous check is essential to ensure the safety and proper functioning of all elements involved in the course.
- v) Special attention must be given to all trusses and screw tips, which must be countersunk or be covered with plastic/rubber caps to prevent injury and reduce the risk of tripping. The caps must be placed on the external adjacent side of the course, facing outward, for maximum visibility and safety.
- vi) Wooden obstacles, such as balance beams, must have all edges and corners rounded to prevent injury. Sharp angles can cause splinters, cuts, scrapes or other injuries, and must be eliminated through proper rounding and smoothing of the wooden surfaces. All wooden surfaces must be treated to prevent moisture damage and decay which can weaken the obstacle.

2.12.3 Risk Assessment

- i) Obstacles must be subject to a risk assessment created and written by a qualified risk assessor in coordination with the competition medical team before the course is open for training and/or competition. The risk assessment must identify general hazards and hazardous obstacle elements, evaluate the probability and severity of a potential injury, and develop risk mitigation plans associated with the use of obstacles by participants.
- ii) For any obstacle with a fall from height (hazardous obstacle element), the risk assessment must consider the following factors: assessment of height of fall, landing surface, type of participant fall, participant body orientation throughout the obstacle, participants falling on each other, appropriate fall warning signage and landing surface maintenance.

2.12.4 Medical Provision

- i) Medical provision is mandatory during the competition and must be conducted according to UIPM Competition Rules and Regulations and UIPM Medical Rules in order to ensure prompt and effective medical attention if necessary.
- ii) All medical staff must be trained on rescue protocols, specific hazards of the obstacles, locations of life-saving equipment and emergency response protocols.
- iii) All obstacles must be disinfected in cases where there are traces of blood to prevent the risk of disease transmission.
- iv) Hand sanitiser must be provided at the start and the finish of the obstacle course.



2.12.5 Electrical System

- i) Electrical systems placed in temporary structures such as open-air competitions involve an increase in electrical risk, due to the temporary nature of the systems, the risk of fire, the presence of the public and the environmental conditions that change depending on the location installation; for this reason, their execution requires greater and careful evaluation in order to reduce the electrical risk.
- ii) Plugs and sockets must have an adequate degree of protection against the penetration of water.
- iii) The equipment, tools, panels and pipes, in addition to complying with the regulations in force, must always be kept in good condition and not be a source of risk for workers.
- iv) The systems and materials used must be certified as compliant with the regulations in force.



Appendix 2A - Penalty Table Para Obstacle

Offences	Article	Penalty
Failing an obstacle for the first time	2.7.1 i)	Warning
Any form of contact between any part of the athlete's body and the vertical trusses or the crash mattresses for the first time, except in the situations described in Art. 3.4.4 iii)	2.7.1 ii)	Warning
Contravening clothing/equipment guidelines	2.7.2 i)	10 points
Modifying dimensions of start numbers	2.7.2 ii)	10 points
False start	2.7.2 iii)	10 points
Deliberately discarding any clothing, equipment or rubbish along the course.	2.7.2 iv)	10 points
Second failure on the same obstacle	2.7.3 i)	45 points
After a warning on an obstacle, any form of contact between any part of the athlete's body and the vertical trusses or the crash mattresses on the same obstacle, except in the situations described in Art.3.4.4 iii)	2.7.3 ii)	Elimination
Crossing and running into another athlete's lane to overcome obstacles with hanging elements	2.7.3 iii)	Elimination
Use of cameras, phones, or other prohibited devices	2.7.3 v)	Elimination
Use of gloves, tape, chalk (magnesium) or any other sticky substances on the hands unless otherwise approved by Medical team.	2.7.3 vi)	Elimination
Failure to adhere with instructions issued by an official following an unsuccessful attempt to overcome an obstacle	2.7.3 vii)	Elimination
Jostling, running across, or obstructing another athlete	2.7.4 i)	Disqualification
Refusing to comply with Equipment Regulations	2.7.4 ii)	Disqualification
A blatant attempt to start too early	2.7.4 iii)	Disqualification



Appendix 2B1 - Individual Para Obstacle Points PMP5 & PMP7

Time(s)	Pts	Time(s)	Pts	Time(s)	Pts	Time(s)	Pts	Time(s)	Pts	Time(s)	Pts	Time(s)	Pts
15.00	400	34.33	342	53.66	284	73.00	226	92.33	168	111.66	110	131.00	52
15.33	399	34.66	341	54.00	283	73.33	225	92.66	167	112.00	109	131.33	51
15.66	398	35.00	340	54.33	282	73.66	224	93.00	166	112.33	108	131.66	50
16.00	397	35.33	339	54.66	281	74.00	223	93.33	165	112.66	107	132.00	49
16.33	396	35.66	338	55.00	280	74.33	222	93.66	164	113.00	106	132.33	48
16.66	395	36.00	337	55.33	279	74.66	221	94.00	163	113.33	105	132.66	47
17.00	394	36.33	336	55.66	278	75.00	220	94.33	162	113.66	104	133.00	46
17.33	393	36.66	335	56.00	277	75.33	219	94.66	161	114.00	103	133.33	45
17.66	392	37.00	334	56.33	276	75.66	218	95.00	160	114.33	102	133.66	44
18.00	391	37.33	333	56.66	275	76.00	217	95.33	159	114.66	101	134.00	43
18.33	390	37.66	332	57.00	274	76.33	216	95.66	158	115.00	100	134.33	42
18.66	389	38.00	331	57.33	273	76.66	215	96.00	157	115.33	99	134.66	41
19.00	388	38.33	330	57.66	272	77.00	214	96.33	156	115.66	98	135.00	40
19.33	387	38.66	329	58.00	271	77.33	213	96.66	155	116.00	97	135.33	39
19.66	386	39.00	328	58.33	270	77.66	212	97.00	154	116.33	96	135.66	38
20.00	385	39.33	327	58.66	269	78.00	211	97.33	153	116.66	95	136.00	37
20.33	384	39.66	326	59.00	268	78.33	210	97.66	152	117.00	94	136.33	36
20.66	383	40.00	325	59.33	267	78.66	209	98.00	151	117.33	93	136.66	35
21.00	382	40.33	324	59.66	266	79.00	208	98.33	150	117.66	92	137.00	34
21.33	381	40.66	323	60.00	265	79.33	207	98.66	149	118.00	91	137.33	33
21.66	380	41.00	322	60.33	264	79.66	206	99.00	148	118.33	90	137.66	32
22.00	379	41.33	321	60.66	263	80.00	205	99.33	147	118.66	89	138.00	31
22.33	378	41.66	320	61.00	262	80.33	204	99.66	146	119.00	88	138.33	30
22.66	377	42.00	319	61.33	261	80.66	203	100.00	145	119.33	87	138.66	29
23.00	376	42.33	318	61.66	260	81.00	202	100.33	144	119.66	86	139.00	28
23.33	375	42.66	317	62.00	259	81.33	201	100.66	143	120.00	85	139.33	27
23.66	374	43.00	316	62.33	258	81.66	200	101.00	142	120.33	84	139.66	26
24.00	373	43.33	315	62.66	257	82.00	199	101.33	141	120.66	83	140.00	25
24.33	372	43.66	314	63.00	256	82.33	198	101.66	140	121.00	82	140.33	24
24.66	371	44.00	313	63.33	255	82.66	197	102.00	139	121.33	81	140.66	23
25.00	370	44.33	312	63.66	254	83.00	196	102.33	138	121.66	80	141.00	22
25.33	369	44.66	311	64.00	253	83.33	195	102.66	137	122.00	79	141.33	21
25.66	368	45.00	310	64.33	252	83.66	194	103.00	136	122.33	78	141.66	20
26.00	367	45.33	309	64.66	251	84.00	193	103.33	135	122.66	77	142.00	19
26.33	366	45.66	308	65.00	250	84.33	192	103.66	134	123.00	76	142.33	18
26.66	365	46.00	307	65.33	249	84.66	191	104.00	133	123.33	75	142.66	17
27.00	364	46.33	306	65.66	248	85.00	190	104.33	132	123.66	74	143.00	16
27.33	363	46.66	305	66.00	247	85.33	189	104.66	131	124.00	73	143.33	15
27.66	362	47.00	304	66.33	246	85.66	188	105.00	130	124.33	72	143.66	14
28.00	361	47.33	303	66.66	245	86.00	187	105.33	129	124.66	71	144.00	13
28.33	360	47.66	302	67.00	244	86.33	186	105.66	128	125.00	70	144.33	12
28.66	359	48.00	301	67.33	243	86.66	185	106.00	127	125.33	69	144.66	11
29.00	358	48.33	300	67.66	242	87.00	184	106.33	126	125.66	68	145.00	10
29.33	357	48.66	299	68.00	241	87.33	183	106.66	125	126.00	67	145.33	9
29.66	356	49.00	298	68.33	240	87.66	182	107.00	124	126.33	66	145.66	8
30.00	355	49.33	297	68.66	239	88.00	181	107.33	123	126.66	65	146.00	7
30.33	354	49.66	296	69.00	238	88.33	180	107.66	122	127.00	64	146.33	6
30.66	353	50.00	295	69.33	237	88.66	179	108.00	121	127.33	63	146.66	5
31.00	352	50.33	294	69.66	236	89.00	178	108.33	120	127.66	62	147.00	4
31.33	351	50.66	293	70.00	235	89.33	177	108.66	119	128.00	61	147.33	3
31.66	350	51.00	292	70.33	234	89.66	176	109.00	118	128.33	60	147.66	2
32.00	349	51.33	291	70.66	233	90.00	175	109.33	117	128.66	59	148.00	1
32.33	348	51.66	290	71.00	232	90.33	174	109.66	116	129.00	58	148.33	0
32.66	347	52.00	289	71.33	231	90.66	173	110.00	115	129.33	57		
33.00	346	52.33	288	71.66	230	91.00	172	110.33	114	129.66	56		
33.33	345	52.66	287	72.00	229	91.33	171	110.66	113	130.00	55		
33.66	344	53.00	286	72.33	228	91.66	170	111.00	112	130.33	54		
34.00	343	53.33	285	72.66	227	92.00	169	111.33	111	130.66	53		



Appendix 2B2 - Individual Para Obstacle Points PMP2 & PMP4

Time(s)	Pts	Time(s)	Pts	Time(s)	Pts	Time(s)	Pts	Time(s)	Pts	Time(s)	Pts	Time(s)	Pts
35.00	400	54.33	342	73.66	284	93.00	226	112.33	168	131.66	110	151.00	52
35.33	399	54.66	341	74.00	283	93.33	225	112.66	167	132.00	109	151.33	51
35.66	398	55.00	340	74.33	282	93.66	224	113.00	166	132.33	108	151.66	50
36.00	397	55.33	339	74.66	281	94.00	223	113.33	165	132.66	107	152.00	49
36.33	396	55.66	338	75.00	280	94.33	222	113.66	164	133.00	106	152.33	48
36.66	395	56.00	337	75.33	279	94.66	221	114.00	163	133.33	105	152.66	47
37.00	394	56.33	336	75.66	278	95.00	220	114.33	162	133.66	104	153.00	46
37.33	393	56.66	335	76.00	277	95.33	219	114.66	161	134.00	103	153.33	45
37.66	392	57.00	334	76.33	276	95.66	218	115.00	160	134.33	102	153.66	44
38.00	391	57.33	333	76.66	275	96.00	217	115.33	159	134.66	101	154.00	43
38.33	390	57.66	332	77.00	274	96.33	216	115.66	158	135.00	100	154.33	42
38.66	389	58.00	331	77.33	273	96.66	215	116.00	157	135.33	99	154.66	41
39.00	388	58.33	330	77.66	272	97.00	214	116.33	156	135.66	98	155.00	40
39.33	387	58.66	329	78.00	271	97.33	213	116.66	155	136.00	97	155.33	39
39.66	386	59.00	328	78.33	270	97.66	212	117.00	154	136.33	96	155.66	38
40.00	385	59.33	327	78.66	269	98.00	211	117.33	153	136.66	95	156.00	37
40.33	384	59.66	326	79.00	268	98.33	210	117.66	152	137.00	94	156.33	36
40.66	383	60.00	325	79.33	267	98.66	209	118.00	151	137.33	93	156.66	35
41.00	382	60.33	324	79.66	266	99.00	208	118.33	150	137.66	92	157.00	34
41.33	381	60.66	323	80.00	265	99.33	207	118.66	149	138.00	91	157.33	33
41.66	380	61.00	322	80.33	264	99.66	206	119.00	148	138.33	90	157.66	32
42.00	379	61.33	321	80.66	263	100.00	205	119.33	147	138.66	89	158.00	31
42.33	378	61.66	320	81.00	262	100.33	204	119.66	146	139.00	88	158.33	30
42.66	377	62.00	319	81.33	261	100.66	203	120.00	145	139.33	87	158.66	29
43.00	376	62.33	318	81.66	260	101.00	202	120.33	144	139.66	86	159.00	28
43.33	375	62.66	317	82.00	259	101.33	201	120.66	143	140.00	85	159.33	27
43.66	374	63.00	316	82.33	258	101.66	200	121.00	142	140.33	84	159.66	26
44.00	373	63.33	315	82.66	257	102.00	199	121.33	141	140.66	83	160.00	25
44.33	372	63.66	314	83.00	256	102.33	198	121.66	140	141.00	82	160.33	24
44.66	371	64.00	313	83.33	255	102.66	197	122.00	139	141.33	81	160.66	23
45.00	370	64.33	312	83.66	254	103.00	196	122.33	138	141.66	80	161.00	22
45.33	369	64.66	311	84.00	253	103.33	195	122.66	137	142.00	79	161.33	21
45.66	368	65.00	310	84.33	252	103.66	194	123.00	136	142.33	78	161.66	20
46.00	367	65.33	309	84.66	251	104.00	193	123.33	135	142.66	77	162.00	19
46.33	366	65.66	308	85.00	250	104.33	192	123.66	134	143.00	76	162.33	18
46.66	365	66.00	307	85.33	249	104.66	191	124.00	133	143.33	75	162.66	17
47.00	364	66.33	306	85.66	248	105.00	190	124.33	132	143.66	74	163.00	16
47.33	363	66.66	305	86.00	247	105.33	189	124.66	131	144.00	73	163.33	15
47.66	362	67.00	304	86.33	246	105.66	188	125.00	130	144.33	72	163.66	14
48.00	361	67.33	303	86.66	245	106.00	187	125.33	129	144.66	71	164.00	13
48.33	360	67.66	302	87.00	244	106.33	186	125.66	128	145.00	70	164.33	12
48.66	359	68.00	301	87.33	243	106.66	185	126.00	127	145.33	69	164.66	11
49.00	358	68.33	300	87.66	242	107.00	184	126.33	126	145.66	68	165.00	10
49.33	357	68.66	299	88.00	241	107.33	183	126.66	125	146.00	67	165.33	9
49.66	356	69.00	298	88.33	240	107.66	182	127.00	124	146.33	66	165.66	8
50.00	355	69.33	297	88.66	239	108.00	181	127.33	123	146.66	65	166.00	7
50.33	354	69.66	296	89.00	238	108.33	180	127.66	122	147.00	64	166.33	6
50.66	353	70.00	295	89.33	237	108.66	179	128.00	121	147.33	63	166.66	5
51.00	352	70.33	294	89.66	236	109.00	178	128.33	120	147.66	62	167.00	4
51.33	351	70.66	293	90.00	235	109.33	177	128.66	119	148.00	61	167.33	3
51.66	350	71.00	292	90.33	234	109.66	176	129.00	118	148.33	60	167.66	2
52.00	349	71.33	291	90.66	233	110.00	175	129.33	117	148.66	59	168.00	1
52.33	348	71.66	290	91.00	232	110.33	174	129.66	116	149.00	58	168.33	0
52.66	347	72.00	289	91.33	231	110.66	173	130.00	115	149.33	57		
53.00	346	72.33	288	91.66	230	111.00	172	130.33	114	149.66	56		
53.33	345	72.66	287	92.00	229	111.33	171	130.66	113	150.00	55		
53.66	344	73.00	286	92.33	228	111.66	170	131.00	112	150.33	54		
54.00	343	73.33	285	92.66	227	112.00	169	131.33	111	150.66	53		





SWIMMING

PART A - THE EVENT

3.1 PRESENTATION OF THE EVENT

3.1.1 The Distances

3.2 AUTHORITIES

3.2.1 The Swimming Director

3.2.2 The Referee

3.2.3 The Starter

3.2.4 The Chief Inspector of Turns

3.2.5 The Inspectors of Turns

3.2.6 The Clerk of Course

3.2.7 The Arrival Judge

3.2.8 The Chief Timekeeper

3.2.9 Lane Timekeeper

3.2.10 The Announcer

3.3 ORGANISATION AND SCHEDULE OF EVENTS

3.3.1 Heats and Lanes

3.3.2 Pool open

3.3.3 Control in the Call Room

3.4 CONDUCT OF THE COMPETITION / JUDGEMENT OF THE PERFORMANCE

3.4.1 The Start

3.4.2 Technical Rules

3.4.3 The Finish

3.5 SCORING OF POINTS

3.5.1 Recording of Times

3.5.2 Calculation of Points

PART B - INDIVIDUAL EQUIPMENT

3.6 SWIMWEAR

3.6.1 Conditions

3.6.2 Number of Pieces

3.6.3 Dimensions

3.6.4 Devices

3.6.5 Tape

PART C - EQUIPMENT PROVIDED BY LOC

3.7 THE POOL

- 3.7.1 Pools
- 3.7.2 Number of Lanes
- 3.7.3 Starting Blocks
- 3.7.4 Water Temperature
- 3.7.5 False Start Rope

3.8 INFRINGEMENTS AND PENALTIES

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- 3.8.2 Elimination

ANNEXES

Appendix 3A - Penalty Table Swimming

Appendix 3B1 - Distances and Points Table

Appendix 3B2 - Points Table Swimming 100m



3 SWIMMING

PART A - THE EVENT

3.1 PRESENTATION OF THE EVENT

The Swimming event is a free-style event. Para athletes may swim and change any stroke or style. At the turning and at the finish, the para athlete must touch the end of the pool with some part of their body.

3.1.1 The Distances

All para sports classes will complete a 100m swim.

3.2 AUTHORITIES

At all official UIPM competitions there must be a Swimming Director, a Referee, a Starter, a False Start Auxiliary, a Chief Inspector of Turns, Inspectors of Turns, Arrival Judges, Clerks of the Course, a Chief Timekeeper, Timekeepers and an Announcer. Upon a question of fact, a decision by the relevant official is final.

3.2.1 The Swimming Director

- i) Appoints all the afore-mentioned officials and is responsible for managing and coordinating the activities of all the officials appointed.
- ii) Decides on any verbal complaints received from para athlete representatives relating to the event in progress.

3.2.2 The Referee

- i) Holds the responsibility for the enforcement of the UIPM Competition Rules and may intervene in the event at any stage to ensure the observance of all UIPM Rules.
- ii) Determines placing by consultation with the automatic officiating equipment, if available and operating. If no automatic officiating equipment is used, he/she determines placing when the decision of the Arrival Judges at the finish and the times recorded do not agree.
- iii) At the beginning of each heat, signals to the para athlete by a series of short whistles that they are invited to remove all clothing except for swim wear, and then by a long whistle thereafter that they must take their positions on the starting block.
- iv) When the para athlete and officials are ready to start, indicates to the Starter with a stretched-out arm that the para athletes are now under the Starter's control.
- v) Gives the "clear watches" signal to the Timekeepers after all the data from the previous heat are collected.

3.2.3 The Starter

- i) Has full control of the para athletes from the time the Referee turns the para athletes over to him.
- ii) Reports a para athlete to the Referee for delaying the start, for wilfully disobeying an order or for any other misconduct taking place at the start.
- iii) Has power to decide whether the start is fair, subject only to the control of the Referee. Once the start signal has been given the Starter must not change his opinion and must not recall the para athlete.
- iv) Must stand on the side of the pool within approximately five (5) meters of the starting end so that the Timekeepers can see and the para athlete hear the start signal.



3.2.4 The Chief Inspector of Turns

- i) Ensures that the Inspectors of turns fulfil their duties during the event.
- ii) Receives their reports if any infringement has occurred and presents the reports to the Referee immediately.

3.2.5 The Inspectors of Turns

- i) Shall be assigned for two lanes at the far end of the pool and ensures that the para athlete comply with the relevant rules for turning.
- ii) Reports any violation to the Chief Inspector of turns.

3.2.6 The Clerk of Course

- i) Assembles the para athlete prior to each heat.
- ii) Check swimsuits, refusing any para athlete with nonconforming swimwear to go to the start.
- iii) Will refuse any para athlete who has used oil or another fat solution on their bodies to go to the start.
- iv) Is responsible for ensuring that the para athletes are ready for the Starter prior to each heat.

3.2.7 The Arrival Judge

- i) The Arrival Judges register the order of arrival of the para athlete.

3.2.8 The Chief Timekeeper

- i) Assigns the positions of all the Timekeepers at the starting end of the pool and assigns the lanes for which they are responsible.
- ii) Designates two additional Timekeepers, either of whom must be directed to replace any Timekeeper whose watch did not start or stopped during the event, or for any other reason is not able to record the time.
- iii) Collects from each Timekeeper a card showing the time recorded and, if necessary, inspects their watches.
- iv) Examines and records the official time on the card for each lane.
- v) Starts a back up watch for each race.

3.2.9 Lane Timekeeper

There must be at least two **Timekeepers** appointed for each lane in all official UIPM competitions. It is Timekeepers' responsibility to:

- i) Take the time of the para athletes in their lane.
- ii) Start their watches at the start signal and stop it when the para athletes in their lane touch the end of the pool, having completed the race.
- iii) Record the times of their watches on the card for their lane and, if requested, present their watches for inspection.
- iv) Must not clear their watches until they have received the "clear watches" signal.
- v) Act as Inspector of Turns at their end of the pool.

3.2.10 The Announcer

The Announcer Keeps the para athlete and spectators informed about the course of the event. In particular, the Announcer presents the para athlete before each heat, broadcasts the swimming times of the para athlete from the previous heat, announces any false starts and after the last heat, declares the results after two events.



3.3 ORGANISATION AND SCHEDULE OF EVENTS

3.3.1 Heats and Lanes

- i) If the swimming is not the first discipline lane order will be according to their total results after the previous event. Para athletes swimming in the same heat will be seeded with the para athlete with more Pentathlon points in lane 1, and so on.
- ii) The number of para athletes in each heat must remain as equal as possible, with the later heat(s) containing more para athletes if needed be.
- iii) The LOC must indicate at the Technical Meeting how many para athletes will be in each heat and which lanes, if any will not be used.
- iv) If the swimming discipline is first seeding times will be used and in a pool with an even number of 6, 8 or 10 lanes, the central lane will be 3, 4 or 5. The para athlete having the next fastest swim time is to be placed on their left, then alternating the others right and left in descending order by their swimming times.
- v) The para athletes are assembled by heats in the Call Room and then conducted in a parade to the starting line, beside the starting blocks. In this place they are presented individually (at least lane, name and nation) by the Announcer, starting at lane 1.

3.3.2 Pool open

- i) It is recommended that within the Finals of the Tetrathlon events the pool must be open 60 minutes prior to the start of the first para athlete in the first discipline of the competition to give an optional warm up period.

3.3.3 Control in the Call Room

- i) Para athletes with nonconforming swimwear will not be authorised to compete unless they change to appropriate swimwear before the start of the presentation.
- ii) Disqualification will be applied if a para athlete refuses to comply with this rule.
- iii) Para athletes with oil or grease on the body will be disqualified immediately.
- iv) Para athletes are not permitted to use any prosthetic or assistance clothing nor devices on the swim. Doing so will result in disqualification.

3.4 CONDUCT OF THE COMPETITION / JUDGEMENT OF THE PERFORMANCE

3.4.1 The Start

- i) The start begins with a dive or para athletes can choose to start in the water. On the long whistle from the Referee the para athletes must either step on the starting block, or enter the water for a non-dive start and remain there. On the Starter's command, "Take your Marks", the para athletes must immediately take up a starting position with at least one foot at the front of the starting block, or within the water a part of their body in contact with the wall. When all competitors are stationary, the Starter gives the start signal by using a start pistol, horn, whistle or command.
- ii) In the case of a false start, the responsible para athlete will be penalised and the para athletes name will be announced during the course of that race. Such a false start is given:
 - a) If a para athlete jumps or falls into the water who is starting on the side/blocks before the command "Take your Marks",
 - b) If after the command "Take your Marks" and before the starting signal, any para athlete jumps or falls into the water before the start signal; In this case the false start rope will be used.
 - c) If a para athlete begins their start movements prior to the start signal,
- iii) A para athlete that is injured may start in the water holding the rail of the pool.
- iv) A para athlete whom, in the opinion of the referee, has been fouled in such a way that they have been impeded, must be allowed to swim again after an appropriate period of rest.

3.4.2 Technical Rules

Some part of the para athlete must break the surface of the water throughout the race, except it shall be permissible for the swimmer to be completely submerged during the turn and for a distance of not more than 15 metres after the start and each turn. By that point, the head must have broken the surface.



3.4.3 The Finish

- i) After finishing, the para athlete must stay in the water, in their assigned lane, until the Referee has given permission to leave the water by using a whistle and hand sign.
- ii) The para athlete is not allowed to leave the water by the front side.
- iii) The para athlete is not allowed to leave the swimming line before the Referee's command.
- iv) As soon as the last heat is over, the Referee blows the whistle and the para athletes must exit the pool. The Referee can then confirm that the competition is finished and gives permission for the pool to be open to all para athletes if they wish to perform a swim down.

3.5 SCORING OF POINTS

3.5.1 Recording of Times

- i) Points and positions are decided by actual time. At Category A official UIPM competitions an electrical timing device registering 1/100 seconds is compulsory.
- ii) When automatic judging and timing equipment approved by FINA is provided, it must be used to determine the winner, placing and times for each lane. The results and time so determined have precedence over the decisions of the Timekeepers.
- iii) In the case of a breakdown or mechanical failure of the automatic officiating equipment, the Timekeepers' decisions will take precedence and reference must be made to all manual times recorded in that particular heat.
- iv) When two Timekeepers are used for a lane and the times recorded do not agree, then the average time of the two recorded times will be taken. When only one timekeeper is used per lane then his recorded time is to be the accepted time.

3.5.2 Calculation of Points

For the purpose of calculating the score, times will be recorded:

01:30.00 - .19 = 250 points

01:30.20 - .39 = 249 points

01:30.40 - .59 = 248 points

01:30.60 - .19 = 247 points

01:30.80 - .99 = 246 points

PART B - INDIVIDUAL EQUIPMENT

3.6 SWIMWEAR

It is advised that only swimwear approved by FINA as set out in its published list of approved swimwear in the preceding and current year may be worn in an UIPM Category A and B official competition. In addition, the pentasuit also can be worn at Swimming. It is desirable that the UIPM logo patch must be placed on the swimsuit/pentasuit according to the current version of the UIPM Uniform Guideline. Missing or wrongly placing of the UIPM logo patch will be penalised by deduction of 10 points.

3.6.1 Conditions

All para athletes swimwear/pentasuit must be in good condition and non-transparent.

3.6.2 Number of Pieces

In Swimming competitions, the competitor must wear only one swimsuit/pentasuit in one-piece for male and one or two pieces for female. No additional items, like arm bands or leg bands shall be regarded as part of a swimsuit. Except the pentasuit no zipper or other fastening system is allowed.

3.6.3 Dimensions

Swimwear for men shall not extend above the navel or below the knee, and for women, shall not cover the neck, extend past the shoulder, nor shall extend below knee. All swimsuits/pentasuits shall be made from textile materials.

3.6.4 Devices

No swimmer shall be permitted to use or wear any device or swimsuit/pentasuit that may aid their speed, buoyancy or endurance during a competition (such as webbed gloves, flippers, fins, etc.). Goggles and swimming caps may be worn.

3.6.5 Tape

Any kind of tape on the body is not permitted unless approved by the UIPM Technical Delegate, or where applicable, the UIPM Medical Director (in accordance with FINA Rules).



PART C - EQUIPMENT PROVIDED BY LOC

3.7 THE POOL

A video camera must be provided by the LOC for recording the starts. In case of discrepancy the video decides.

3.7.1 Pools

- i) At official UIPM competitions, pools of 50m, 33m and 25m length may be used upon agreement by the UIPM EB.
- ii) When touch panels for electronic timing equipment are used on the starting end, or additionally on the turning end, the pool must be of such length that it ensures the required distance between the two panels.
- iii) Ideally, the pool is 1.80m deep throughout, but must be minimum 1.35m depth at the starting blocks.

3.7.2 Number of Lanes

- i) The minimum number of lanes in a pool of 50m must be 8. Each must be 2.5m wide with 2 spaces of 50cm width each outside of lanes 1 and 8 respectively.
- ii) Next to each starting lane block the LOC must provide a box for the athlete to put his clothes before the start.

3.7.3 Starting Blocks

- i) The height of the starting blocks above the water surface may be from 0.5m to 0.75m.
- ii) The surface area must be at minimum 0,5m x 0,5m. The surface must be and covered with non-slip material.
- iii) The maximum slope is 10 degrees.
- iv) The starting blocks must be clearly numbered on all four sides. Lane n°1 is on the right side.

3.7.4 Water Temperature

The water temperature shall have a temperature of 25 to 28°C during the competition, the water in the pool must be kept at a constant level, with no noticeable movement.

3.7.5 False Start Rope

A false start rope should be hung across the pool not less than 1.20 meters above the water level from fixed points placed 15.00 meters in front of the starting end.



3.8 INFRINGEMENTS AND PENALTIES

3.8.1 A pentathlete or team is penalised by deduction of 10 points for:

- i) Making contact with the bottom of the pool.
- ii) Not touching the end of the pool with some part of the body when turning.
- iii) Leaving the swimming lane before the command to leave the lane.
- iv) Leaving the water by the front side.
- v) After the last heat is over, entering the water without waiting for the Referee's permission.
- vi) Beginning of start movements prior to start signal, or jumping or falling into the water after the command "Take your marks" and before the start signal.

3.8.2 A pentathlete or team is eliminated for:

- i) For not breaking the surface after 15 meters.
- ii) Delaying a start, wilfully disobeying an order or for any other misconduct taking place at the start.
- iii) Jumping or falling into the water before the command "Take your Marks".
- iv) Using any other device that may aid the para athlete's speed, buoyancy or endurance during the swim, such as webbed gloves, flippers, buoyancy shorts and fins.
- v) Wilfully, and with intent, pushing, swimming across or obstructing another para athlete, so as to impede their progress or to intentionally gain an early start.
- vi) Using oil or grease.
- vii) Refusing to wear conforming swimwear.



Appendix 3A- Penalty Table Swimming

The pentathlete infringes the rules and is penalised for:	Article	Penalty
Taking a step on the bottom of the pool.	3.6.1 i)	Deduction of 10 Modern Pentathlon points
Failure to touch the end of the pool when Turning.	3.6.1 ii)	
Leaving the swimming lane before the command to leave the lane.	3.6.1 iii)	
Leaving the water by the front side.	3.6.1 iv)	
After the last heat is over, entering the water without waiting for the Referee's permission.	3.6.1 v)	
Beginning of start movements prior to start signal, or jumping or falling into the water after the command "Take your marks" and before the start signal.	3.6.1 vi)	
For not breaking the surface after 15m.	3.6.2 i)	Elimination
Delaying a start, wilfully disobeying an order or for any other misconduct taking place at the start.	3.2.3 ii) 3.6.2 ii)	
Jumping or falling into the water before the command "Take your Marks".	3.4.1 ii) 3.6.2 ii)	
Incorrect change over in the Relay.	3.6.2 iv)	
Using devices that may aid his speed, buoyancy or endurance (webbed gloves, flippers, fins, tapes etc.).	3.6.2 iii)	
Wilfully, and with intent, pushing, swimming across or obstructing another para athlete to impede his progress.	3.6.3 i)	Disqualification
Using oil or grease.	3.6.3 ii)	
Refusing to wear conforming swimwear.	3.6.3 iii, 3.7	

(Note: for explanation and application, please refer to Article 3.6)

Appendix 3B1- Distances and Points Table

Age	Individual	250 pts	Each 0.20 sec
PMP5 PMP7	100 m	1:30.00	+/- 1 point
PMP2 PMP4	100 m	1:50.00	+/- 1 point



Appendix 3B2 - Points Table Swimming 100m PMP5 & PMP7

time	pts	time	pts	time	pts	time	pts	time	pts	time	pts	time	pts	time	pts
01:05.00	375	01:15.00	325	01:25.00	275	01:35.00	225	01:45.00	175	01:55.00	125	02:05.00	75	02:15.00	25
01:05.20	374	01:15.20	324	01:25.20	274	01:35.20	224	01:45.20	174	01:55.20	124	02:05.20	74	02:15.20	24
01:05.40	373	01:15.40	323	01:25.40	273	01:35.40	223	01:45.40	173	01:55.40	123	02:05.40	73	02:15.40	23
01:05.60	372	01:15.60	322	01:25.60	272	01:35.60	222	01:45.60	172	01:55.60	122	02:05.60	72	02:15.60	22
01:05.80	371	01:15.80	321	01:25.80	271	01:35.80	221	01:45.80	171	01:55.80	121	02:05.80	71	02:15.80	21
01:06.00	370	01:16.00	320	01:26.00	270	01:36.00	220	01:46.00	170	01:56.00	120	02:06.00	70	02:16.00	20
01:06.20	369	01:16.20	319	01:26.20	269	01:36.20	219	01:46.20	169	01:56.20	119	02:06.20	69	02:16.20	19
01:06.40	368	01:16.40	318	01:26.40	268	01:36.40	218	01:46.40	168	01:56.40	118	02:06.40	68	02:16.40	18
01:06.60	367	01:16.60	317	01:26.60	267	01:36.60	217	01:46.60	167	01:56.60	117	02:06.60	67	02:16.60	17
01:06.80	366	01:16.80	316	01:26.80	266	01:36.80	216	01:46.80	166	01:56.80	116	02:06.80	66	02:16.80	16
01:07.00	365	01:17.00	315	01:27.00	265	01:37.00	215	01:47.00	165	01:57.00	115	02:07.00	65	02:17.00	15
01:07.20	364	01:17.20	314	01:27.20	264	01:37.20	214	01:47.20	164	01:57.20	114	02:07.20	64	02:17.20	14
01:07.40	363	01:17.40	313	01:27.40	263	01:37.40	213	01:47.40	163	01:57.40	113	02:07.40	63	02:17.40	13
01:07.60	362	01:17.60	312	01:27.60	262	01:37.60	212	01:47.60	162	01:57.60	112	02:07.60	62	02:17.60	12
01:07.80	361	01:17.80	311	01:27.80	261	01:37.80	211	01:47.80	161	01:57.80	111	02:07.80	61	02:17.80	11
01:08.00	360	01:18.00	310	01:28.00	260	01:38.00	210	01:48.00	160	01:58.00	110	02:08.00	60	02:18.20	10
01:08.20	359	01:18.20	309	01:28.20	259	01:38.20	209	01:48.20	159	01:58.20	109	02:08.20	59	02:18.40	9
01:08.40	358	01:18.40	308	01:28.40	258	01:38.40	208	01:48.40	158	01:58.40	108	02:08.40	58	02:18.60	8
01:08.60	357	01:18.60	307	01:28.60	257	01:38.60	207	01:48.60	157	01:58.60	107	02:08.60	57	02:18.80	7
01:08.80	356	01:18.80	306	01:28.80	256	01:38.80	206	01:48.80	156	01:58.80	106	02:08.80	56	02:19.00	6
01:09.00	355	01:19.00	305	01:29.00	255	01:39.00	205	01:49.00	155	01:59.00	105	02:09.00	55	02:19.20	5
01:09.20	354	01:19.20	304	01:29.20	254	01:39.20	204	01:49.20	154	01:59.20	104	02:09.20	54	02:19.40	4
01:09.40	353	01:19.40	303	01:29.40	253	01:39.40	203	01:49.40	153	01:59.40	103	02:09.40	53	02:19.60	3
01:09.60	352	01:19.60	302	01:29.60	252	01:39.60	202	01:49.60	152	01:59.60	102	02:09.60	52	02:19.80	2
01:09.80	351	01:19.80	301	01:29.80	251	01:39.80	201	01:49.80	151	01:59.80	101	02:09.80	51	02:20.00	1
01:10.00	350	01:20.00	300	01:30.00	250	01:40.00	200	01:50.00	150	02:00.00	100	02:10.00	50		
01:10.20	349	01:20.20	299	01:30.20	249	01:40.20	199	01:50.20	149	02:00.20	99	02:10.20	49		
01:10.40	348	01:20.40	298	01:30.40	248	01:40.40	198	01:50.40	148	02:00.40	98	02:10.40	48		
01:10.60	347	01:20.60	297	01:30.60	247	01:40.60	197	01:50.60	147	02:00.60	97	02:10.60	47		
01:10.80	346	01:20.80	296	01:30.80	246	01:40.80	196	01:50.80	146	02:00.80	96	02:10.80	46		
01:11.00	345	01:21.00	295	01:31.00	245	01:41.00	195	01:51.00	145	02:01.00	95	02:11.00	45		
01:11.20	344	01:21.20	294	01:31.20	244	01:41.20	194	01:51.20	144	02:01.20	94	02:11.20	44		
01:11.40	343	01:21.40	293	01:31.40	243	01:41.40	193	01:51.40	143	02:01.40	93	02:11.40	43		
01:11.60	342	01:21.60	292	01:31.60	242	01:41.60	192	01:51.60	142	02:01.60	92	02:11.60	42		
01:11.80	341	01:21.80	291	01:31.80	241	01:41.80	191	01:51.80	141	02:01.80	91	02:11.80	41		
01:12.00	340	01:22.00	290	01:32.00	240	01:42.00	190	01:52.00	140	02:02.00	90	02:12.00	40		
01:12.20	339	01:22.20	289	01:32.20	239	01:42.20	189	01:52.20	139	02:02.20	89	02:12.20	39		
01:12.40	338	01:22.40	288	01:32.40	238	01:42.40	188	01:52.40	138	02:02.40	88	02:12.40	38		
01:12.60	337	01:22.60	287	01:32.60	237	01:42.60	187	01:52.60	137	02:02.60	87	02:12.60	37		
01:12.80	336	01:22.80	286	01:32.80	236	01:42.80	186	01:52.80	136	02:02.80	86	02:12.80	36		
01:13.00	335	01:23.00	285	01:33.00	235	01:43.00	185	01:53.00	135	02:03.00	85	02:13.00	35		
01:13.20	334	01:23.20	284	01:33.20	234	01:43.20	184	01:53.20	134	02:03.20	84	02:13.20	34		
01:13.40	333	01:23.40	283	01:33.40	233	01:43.40	183	01:53.40	133	02:03.40	83	02:13.40	33		
01:13.60	332	01:23.60	282	01:33.60	232	01:43.60	182	01:53.60	132	02:03.60	82	02:13.60	32		
01:13.80	331	01:23.80	281	01:33.80	231	01:43.80	181	01:53.80	131	02:03.80	81	02:13.80	31		
01:14.00	330	01:24.00	280	01:34.00	230	01:44.00	180	01:54.00	130	02:04.00	80	02:14.00	30		
01:14.20	329	01:24.20	279	01:34.20	229	01:44.20	179	01:54.20	129	02:04.20	79	02:14.20	29		
01:14.40	328	01:24.40	278	01:34.40	228	01:44.40	178	01:54.40	128	02:04.40	78	02:14.40	28		
01:14.60	327	01:24.60	277	01:34.60	227	01:44.60	177	01:54.60	127	02:04.60	77	02:14.60	27		
01:14.80	326	01:24.80	276	01:34.80	226	01:44.80	176	01:54.80	126	02:04.80	76	02:14.80	26		



Appendix 3B3 - Points Table Swimming 100m PMP2 & PMP4

time	pts	time	pts	time	pts	time	pts	time	pts	time	pts	time	pts	time	pts
01:25.00	375	01:35.00	325	01:45.00	275	01:55.00	225	02:05.00	175	02:15.00	125	02:25.00	75	02:35.00	25
01:25.20	374	01:35.20	324	01:45.20	274	01:55.20	224	02:05.20	174	02:15.20	124	02:25.20	74	02:35.20	24
01:25.40	373	01:35.40	323	01:45.40	273	01:55.40	223	02:05.40	173	02:15.40	123	02:25.40	73	02:35.40	23
01:25.60	372	01:35.60	322	01:45.60	272	01:55.60	222	02:05.60	172	02:15.60	122	02:25.60	72	02:35.60	22
01:25.80	371	01:35.80	321	01:45.80	271	01:55.80	221	02:05.80	171	02:15.80	121	02:25.80	71	02:35.80	21
01:26.00	370	01:36.00	320	01:46.00	270	01:56.00	220	02:06.00	170	02:16.00	120	02:26.00	70	02:36.00	20
01:26.20	369	01:36.20	319	01:46.20	269	01:56.20	219	02:06.20	169	02:16.20	119	02:26.20	69	02:36.20	19
01:26.40	368	01:36.40	318	01:46.40	268	01:56.40	218	02:06.40	168	02:16.40	118	02:26.40	68	02:36.40	18
01:26.60	367	01:36.60	317	01:46.60	267	01:56.60	217	02:06.60	167	02:16.60	117	02:26.60	67	02:36.60	17
01:26.80	366	01:36.80	316	01:46.80	266	01:56.80	216	02:06.80	166	02:16.80	116	02:26.80	66	02:36.80	16
01:27.00	365	01:37.00	315	01:47.00	265	01:57.00	215	02:07.00	165	02:17.00	115	02:27.00	65	02:37.00	15
01:27.20	364	01:37.20	314	01:47.20	264	01:57.20	214	02:07.20	164	02:17.20	114	02:27.20	64	02:37.20	14
01:27.40	363	01:37.40	313	01:47.40	263	01:57.40	213	02:07.40	163	02:17.40	113	02:27.40	63	02:37.40	13
01:27.60	362	01:37.60	312	01:47.60	262	01:57.60	212	02:07.60	162	02:17.60	112	02:27.60	62	02:37.60	12
01:27.80	361	01:37.80	311	01:47.80	261	01:57.80	211	02:07.80	161	02:17.80	111	02:27.80	61	02:38.00	11
01:28.00	360	01:38.00	310	01:48.00	260	01:58.00	210	02:08.00	160	02:18.00	110	02:28.00	60	02:38.20	10
01:28.20	359	01:38.20	309	01:48.20	259	01:58.20	209	02:08.20	159	02:18.20	109	02:28.20	59	02:38.40	9
01:28.40	358	01:38.40	308	01:48.40	258	01:58.40	208	02:08.40	158	02:18.40	108	02:28.40	58	02:38.60	8
01:28.60	357	01:38.60	307	01:48.60	257	01:58.60	207	02:08.60	157	02:18.60	107	02:28.60	57	02:38.80	7
01:28.80	356	01:38.80	306	01:48.80	256	01:58.80	206	02:08.80	156	02:18.80	106	02:28.80	56	02:39.00	6
01:29.00	355	01:39.00	305	01:49.00	255	01:59.00	205	02:09.00	155	02:19.00	105	02:29.00	55	02:39.20	5
01:29.20	354	01:39.20	304	01:49.20	254	01:59.20	204	02:09.20	154	02:19.20	104	02:29.20	54	02:39.40	4
01:29.40	353	01:39.40	303	01:49.40	253	01:59.40	203	02:09.40	153	02:19.40	103	02:29.40	53	02:39.60	3
01:29.60	352	01:39.60	302	01:49.60	252	01:59.60	202	02:09.60	152	02:19.60	102	02:29.60	52	02:39.80	2
01:29.80	351	01:39.80	301	01:49.80	251	01:59.80	201	02:09.80	151	02:19.80	101	02:29.80	51	02:40.00	1
01:30.00	350	01:40.00	300	01:50.00	250	02:00.00	200	02:10.00	150	02:20.00	100	02:30.00	50		
01:30.20	349	01:40.20	299	01:50.20	249	02:00.20	199	02:10.20	149	02:20.20	99	02:30.20	49		
01:30.40	348	01:40.40	298	01:50.40	248	02:00.40	198	02:10.40	148	02:20.40	98	02:30.40	48		
01:30.60	347	01:40.60	297	01:50.60	247	02:00.60	197	02:10.60	147	02:20.60	97	02:30.60	47		
01:30.80	346	01:40.80	296	01:50.80	246	02:00.80	196	02:10.80	146	02:20.80	96	02:30.80	46		
01:31.00	345	01:41.00	295	01:51.00	245	02:01.00	195	02:11.00	145	02:21.00	95	02:31.00	45		
01:31.20	344	01:41.20	294	01:51.20	244	02:01.20	194	02:11.20	144	02:21.20	94	02:31.20	44		
01:31.40	343	01:41.40	293	01:51.40	243	02:01.40	193	02:11.40	143	02:21.40	93	02:31.40	43		
01:31.60	342	01:41.60	292	01:51.60	242	02:01.60	192	02:11.60	142	02:21.60	92	02:31.60	42		
01:31.80	341	01:41.80	291	01:51.80	241	02:01.80	191	02:11.80	141	02:21.80	91	02:31.80	41		
01:32.00	340	01:42.00	290	01:52.00	240	02:02.00	190	02:12.00	140	02:22.00	90	02:32.00	40		
01:32.20	339	01:42.20	289	01:52.20	239	02:02.20	189	02:12.20	139	02:22.20	89	02:32.20	39		
01:32.40	338	01:42.40	288	01:52.40	238	02:02.40	188	02:12.40	138	02:22.40	88	02:32.40	38		
01:32.60	337	01:42.60	287	01:52.60	237	02:02.60	187	02:12.60	137	02:22.60	87	02:32.60	37		
01:32.80	336	01:42.80	286	01:52.80	236	02:02.80	186	02:12.80	136	02:22.80	86	02:32.80	36		
01:33.00	335	01:43.00	285	01:53.00	235	02:03.00	185	02:13.00	135	02:23.00	85	02:33.00	35		
01:33.20	334	01:43.20	284	01:53.20	234	02:03.20	184	02:13.20	134	02:23.20	84	02:33.20	34		
01:33.40	333	01:43.40	283	01:53.40	233	02:03.40	183	02:13.40	133	02:23.40	83	02:33.40	33		
01:33.60	332	01:43.60	282	01:53.60	232	02:03.60	182	02:13.60	132	02:23.60	82	02:33.60	32		
01:33.80	331	01:43.80	281	01:53.80	231	02:03.80	181	02:13.80	131	02:23.80	81	02:33.80	31		
01:34.00	330	01:44.00	280	01:54.00	230	02:04.00	180	02:14.00	130	02:24.00	80	02:34.00	30		
01:34.20	329	01:44.20	279	01:54.20	229	02:04.20	179	02:14.20	129	02:24.20	79	02:34.20	29		
01:34.40	328	01:44.40	278	01:54.40	228	02:04.40	178	02:14.40	128	02:24.40	78	02:34.40	28		
01:34.60	327	01:44.60	277	01:54.60	227	02:04.60	177	02:14.60	127	02:24.60	77	02:34.60	27		
01:34.80	326	01:44.80	276	01:54.80	226	02:04.80	176	02:14.80	126	02:24.80	76	02:34.80	26		





LASER RUN

RUNNING/LASER SHOOTING

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ANNEXES

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PMP4, PMP5, PMP7b



4 LASER RUN

PART A - THE EVENT

4.1 PRESENTATION OF THE EVENT

The Laser Run comprises two disciplines: Laser Shooting and Running. Laser Shooting involves a series of shots with a laser pistol in a range equipped with laser targets. Each series of shooting is followed by a running segment. Both the shooting and running segments are specified as follows:

4.1.1 The Sequence

For all classes the laser run race will start with running into a shoot station first.

		INDIVIDUAL			
		Running Sequences	Total Distance	Shooting Sequences	Target Distance
PMP2 PMP4	PMP5 PMP7b	4 x 300	1200 m	4 x 5 hits	5 m (optional both hands)

4.1.2 Target Models

3 main types of laser target models are used for Modern Pentathlon competitions:

- a) HT - Hit Laser Target
- b) HTM – Hit/Miss Laser Target
- c) LPT - Laser Precision Target

4.2 AUTHORITIES

4.2.1 The LOC must appoint a Laser Run Director, who is overall in charge of the Laser Run

The Laser Run Director:

- i) must appoint two deputy Laser Run directors, one for Running and one for Shooting;
- ii) is responsible for the overall correct conduct of the Laser Run;
- iii) permits the para athletes to start warming-up.

4.2.2 Deputy Laser Run Director for Shooting (Shooting Director) who is in charge of:

- i) appointing and supervising the Range Officers, Shooting Judges, Target Officers, Equipment Control Officers and the Range Personnel;
- ii) the correct conduct of the Shooting event;
- iii) the rapid correction, in conjunction with the appointed Range Officers, of any equipment failure and for ensuring that the necessary experts and material are available to operate the range;
- iv) informing the pentathletes and coaches of the final minute and 30 seconds remaining of warming-up time on the shooting range, which ends 3 minutes before start of competition;
- v) communicating all reported irregularities and penalties to the TDs/NTOs.

4.2.3 Range Officers, appointed one per 9 to 12 firing points, are responsible for:

- i) Checking that para athletes use the right firing points;
- ii) checking the names and start numbers of pentathletes to ensure that they conform to the Laser Run schedule, start list, scorecards and range register;
- iii) controlling para athletes' clothing (shirts with name, numbers, armlet, head phone, etc.);
- iv) assist in conducting possible weapon checks and post competition controls;
- v) checking that para athletes assume the correct shooting position;
- vi) checking that the para athletes do not disturb the other para athletes;
- vii) applying and checking (in collaboration with the Shooting Judge) any 10 second penalty imposed on a para athletes at their shooting station, before applying any penalty the range officers need to have approval from TD in range;
- viii) supervising the correct operation of the targets;
- ix) maintaining order on the range, with particular attention to safety;
- x) ensuring the recording of all irregularities, disturbances, penalties;
- xi) communicating all irregularities and penalties to the Shooting Director.



4.2.4 Target Officers must:

- i) prepare the shooting targets before the competition;
- ii) assist the Shooting Director during the entire competition;
- iii) assist with pistol testing and help the Equipment Controllers.

4.2.5 The Shooting Director must appoint one Shooting Judge for each shooting station in Category A competitions, and 1 Shooting Judge per 2 shooting stations in all the other competitions. The Shooting Judges are responsible for:

- i) Observing all shots fired;
- ii) ensuring that each para athletes using a laser pistol touches, with the pistol, the shooting table between each shot;
- iii) after each shooting series, checking that the pistols are safe. A laser pistol is safe when untouched and placed on the shooting table pointing down the range;
- iv) informing the Shooting Director immediately as to any infringement of the Rules;
- v) applying and in collaboration with the Range Officer checking any 10-second penalty imposed on a pentathlete at the shooting station;
- vi) with all pistol models, starting the stop-watch at the first attempted shot. The Shooting Judge must inform the pentathlete if the target lights do not indicate the first shot. The Shooting Judge must inform the pentathlete 5 seconds before the 50 second time limit expires by saying "*Position XX 5 seconds remain*", and giving the command "*Position XX GO*", to the pentathlete when the 50 second time limit has expired.

4.2.6 The Deputy Laser Run Director for Running (the Running Director) is responsible for:

- i) Appointing and coordinating the activities of all Running Officials: Course Judges, Marshall, Starter, Deputy Starters, Starter's Assistants, Arrival Judges, Timekeepers, Recorders, Announcers, Last Penalty Stop Area Judges;
- ii) supervising the building of the course and the conduct of the event;
- iii) ensuring that the course or track and all equipment, including marketing banners, are in accordance with UIPM Rules;
- iv) ensuring that UIPM Rules are observed. The Running Director has authority to penalise para athletes or other persons infringing these Rules;
- v) appointing special judges to coordinate the application of penalties from the starting area, shooting range penalties and the last penalties stop area.

4.2.7 Course Judges

The Course Judges are assistants of the Running Director. They do not have authority to make final decisions. They 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 rules by anyone they shall immediately report this to the Running Director orally and later in writing.

4.2.8 Marshall

The Marshall has full charge of the start/finish area and the shooting range area. The Marshall must not allow any person other than the officials and competing para athletes to enter or to remain there. The Marshall can be assisted by one or more assistants.

4.2.9 Starter

The Starter has entire control of the para 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 synchronising their own, the Timekeepers' and Deputy Starters' watches and for giving the start signal to the first para athletes when they are due to start and informing them before the start as to the time remaining before the start. The Starter will apply false start penalties and inform the Running Director who in turn will inform the Announcer.

4.2.10 Deputy Starter

The Deputy Starters, one for each start line, are under the supervision of the Starter. Deputy Starters must not have physical contact with the para athletes. Their duties are to ensure that each para athletes starts on time.

4.2.11 Starter's Assistants

The Starter's Assistants, one for each start line, must check the para athletes in the start-lanes and ensure that the pentathletes 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 rules must be reported immediately to the Running Director.



4.2.12 Arrival Judges (2)

The Arrival Judges are responsible for registering the arrival order of the para athletes at the finish line. Two groups of two judges (Arrival Judge + Timekeeper) working independently are needed.

4.2.13 Timekeepers (2)

The Timekeepers must use their stopwatches or manually operated electronic timers with or without digital readouts. All such timing devices are termed "watches" for the purpose of these Rules. Whether automatic timing is used or not, there should always be two Timekeepers.

4.2.14 Announcer

The Announcer is responsible for informing the public of the names and numbers of the para athletes taking part in the Laser Run and other relevant information such as intermediate times. The Announcer must broadcast the first part of the count down to the start of the event up until one minute to departure, after which the countdown is under the control of the Starter. The results (placing, times and points) must be announced at the earliest possible moment after receipt of the information.

4.2.15 Penalty Stop Area Judge

In the last Penalty Stop Area two Judges stay at the special penalty area located 200 after the end of the shooting range, ready to apply penalties that cannot be applied at the shooting station.

4.2.16 Equipment Controllers

Equipment Controllers must inspect, measure and verify the laser shooting equipment under the guidance of a UIPM laser expert, and test the weapons and other shooting equipment and clothing.

4.3 ORGANISATION AND SCHEDULE

Competition materials/equipment and clothing includes all the materials, equipment, competition gear and clothing which the para athletes uses during the Laser Run. These materials, including any advertising, must be controlled before the competition.

4.3.1 General Aspects

- i) Equipment inspections may be organised before the competition. Pistols may be tested and controlled the day before the competition in which case the pistols will be kept by the LOC or sealed until warm-up. Random pistol tests may take place directly following the Laser Run. For UIPM category "A" competitions they are mandatory.
- ii) UIPM will provide the relevant laser test equipment, LOC will provide other shooting test equipment. Such pistol tests may be organised one day before the start of competition, separately for each gender, and/or post competition. All technical parameters, according to current Modern Pentathlon Equipment Regulations can be tested. Post-competition tests will take place immediately after the Laser Run. The shooting range shall be closed immediately after the last para athlete has begun her/his closing lap. The para athletes selected for inspection and/or one (1) representative may follow the testers and be present during the inspection and test of the pistol.
- iii) Para athletes shall report at the materials/equipment and clothing inspection area at the scheduled time in order to have their equipment checked and marked, and their clothing inspected.
- iv) A maximum of one reserve pistol or cylinder per para athlete is to be brought to the Equipment Control Area and clothing checkpoint for inspection and marking. The reserve pistol must be taken directly to the range and deposited closed in the para athletes' box at their own shooting station. The range staff will not permit the deposit of the reserve pistol after the warming-up time has ended.
- v) The Equipment Control Area must provide a complete set of gauges and instruments for equipment control before the event.
- vi) In case a pistol ceases to function the para athlete can use another pistol provided this reserve pistol, provided by the para athlete, has previously been inspected, approved and marked by the Equipment Control Area.
- vii) Pistols are checked as to calibre, weight, single shot and dimensions. All accepted pistols are marked as being allowed for competition. Laser pistols are checked also in the parameters according to Art.5.8.
- viii) All approved equipment must be marked with a seal or sticker and recorded on the control card. The Equipment Control Area must register the name of the para athlete, the maker (manufacturer), type and serial number of the pistol. Such approval is valid only for the relevant event. In the case of laser containers, the seal/sticker should be placed so that the laser container cannot be interfered with after the equipment test.
- ix) After the equipment has been approved, the pistol must not be modified or adjusted at any time before or during the event in any way that would conflict with the Laser Run Rules, unless with the agreement and under the supervision of the Range Officer.



- x) Any unapproved alterations or exchange will incur a penalty. If there are any doubts regarding any alteration, the pistol must be returned to the Equipment Control Area for re-inspection and approval.
- xi) During a Relay competition only, a competing para athlete's pistol may be laid on the shooting range table top. Only the para athletes are authorised to move their pistols from the pistol storage under the table to the shooting table top.

4.3.2 Starting Order

Each para athlete's score in points after the previous Pentathlon disciplines is totalled. These scores are converted to create staggered starting times for the Laser Run. A difference of 1 pentathlon point equates to 1 second running. The para athlete with most points will be the first to start at the Start Signal (0'00") and will shoot at station N° 1.

If Para Classes are being run together, but medalled separately, the TD can has final say on where leaders from the past 2 disciplines from each class start on zero together or whether athletes want to race each other (but still medal separately).

4.3.3 The Series

The Shooting competition is in series. Each series consists of reaching five (5) hits with an unlimited number of shots in a maximum time of 50 seconds on a target with a valid zone of dimension 59.5mm diameter. If after 50 seconds from the first shot the five (5) hits are not reached, the para athlete may start running without being penalised, provided the pistol is made safe in accordance with Art. 5.4.1.

4.3.4 Range open

- i) A minimum of 20 minutes must be given for warm-up. In the Finals of any competition organised general warm-up time of 60 minutes will be given before the whole competitions starts. The shooting range must be open during that time period for the warm-up. The LOC will confirm the format of the warm-up at the Technical Meeting.
- ii) The Laser Run Director asks para athletes to enter their shooting stations. Each shooting station corresponds to the para athlete's starting position. Para athlete N° 1 shoots at station N° 1, para athlete N° 2 shoots at station N° 2 and so on.
- iii) There will be a preparation time of 7 minutes in the Final before the start of the laser run event. The preparation time commences from the end of the previous discipline until 3 minutes prior to the start of the laser run event.
- iv) Warm-up will start, after the appropriate command "Range Open" by the Shooting Director.
- v) One coach per para athlete is allowed to assist, but is requested to stay in the area behind the judges during the entire warm-up in order to avoid disturbance and clashes with running para athletes. A "one way" system is in place to avoid disturbance and clashes with running para athletes. 5 minutes in the Finals before the start all coaches have to clear the field of play on the command "Coaches please, leave the range".
- vi) During the warm-up period or preparation time para athletes may run and shoot an unlimited number of shots. The use of constant beam (for laser pistols) is only authorised in the warm-up.
- vii) At the Shooting Station, para athletes may use water and towels, which must be kept under the table with the reserve pistol. No video camera or phones are allowed in the shooting station. During the actual competition, the shooting table must be cleared of any other items than the pistol of the para athlete and the provided protective foam. Any medication or glasses must be approved by the Event Director.
- viii) The Shooting Director will inform the para athletes of the last 5 minutes, the last minute and 30 seconds remaining of the shooting session warm-up or preparation time.
- ix) After the warm-up or preparation and before the start signal, pistols must be on the assigned shooting station. The reserve pistol must be closed in its box, under the shooting table.
- x) During the warm-up or preparation coaches may assist and communicate with para athletes from a specially marked area for coaches outside the shooting stations and the running corridor.
- xi) The Shooting warm-up or preparation session must be ended 3 minutes before the start of the Laser Run competition and the para athletes must go to the Laser Run starting line.



4.4 CONDUCT OF THE COMPETITION

4.4.1 Particular Safety Regulations

- i) Safety Regulations are to be established by the LOC in accordance with the respective national laws of the organising country. The LOC is responsible for informing all event participants of these rules and providing for their application.
- ii) The safety of all event participants and spectators requires self-discipline, careful attention to pistol handling and caution in moving about the competition area by everybody concerned. It is the responsibility of para athletes and team representatives to ensure they handle their pistols safely and efficiently.
- iii) The UIPM TD/NTO, Shooting Director or Range Officers may stop the Laser Run at any time in the interest of safety. Para athletes and team officials must immediately notify Range Officers of any situation that may be dangerous or which may cause an accident. When the pistol is not on the firing point, it must always be in its box.
- iv) Pistols may be loaded only at the firing station, and only after the command "Range Open" is given.
- v) If the command "Stop" is given, all para athletes must stop shooting immediately and place the pistol on the table pointing in a safe direction and untouched.

4.4.2 The Start

- i) The handicap start must use three gates: two gates "A" and "B" and one additional Penalty ("P") Gate. The Start Line for running shall be denoted by a white line 5cm wide on the ground.
- ii) Para athletes with a handicap after the previous events of more than 1 minute and 30 seconds will start in a pack start at 1'30".
- iii) In the event of a false start from the shooting line the same rules for a false start will be applied: a 10 second penalty for a false start and disqualification in the case of a blatant attempt to start too early. Para athletes are responsible for knowing their own start time, for being at the start line on time and for starting on time. If the para athlete needs assistance on knowing when to leave the start line the Event Director must be made aware prior to the start so that the para athlete can be supported appropriately.
- iv) The Announcer will announce "10 minutes" and "5 minutes" prior to the start of the Laser Run. The Announcer, under the command of the Laser Run Director, will declare warming-up or preparation time on the shooting range finished. All para athletes must be at the start area and the Starter/Starter Assistants will begin lining up the para athletes. One minute before the start, all para athletes must be at the corresponding gates assembled in the order of their start time.
- v) The Starter will announce – "One minute to start"; "30seconds", "20 seconds" and "10 seconds to the Start". After the OK has been given by the Timekeepers and the Laser Run Director, the Starter will tell the first para 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. The start time for the first para athlete will be '00.00'. para athlete N° 1 starts at time '00.00'. Para

4.4.3 False Start

- i) The Starter/Announcer must immediately announce to the para athlete and spectators if a para athlete that has started too early and inform them of their false start.
- ii) A para athlete starting late will not be penalised, but their time will be taken from the moment they should have started according to the start list.
- iii) A false start occurs if a para athlete crosses or touches the start line before the official start time. Before the start both feet/prosthetics must be behind the start line.

4.4.4 Shooting Series

- i) Each para athlete must always use their allocated shooting station.
- ii) Para athletes are responsible for shooting on the correct target. If support is required in the range for PMP7b (para athletes with an Intellectual Impairment) this should be communicated in the Technical Meeting prior to the event starting.
- iii) The para athlete must stand freely and without touching the table with any part of their body, completely within the shooting station. Otherwise, 10 seconds penalty are applied for each infringement.
- iv) The pistol must touch the table between each shot otherwise a warning will be issued and then on the second offence the para athlete will be penalised.
- v) Only after successfully completing each shooting series, or 50 seconds has elapsed, may the para athlete start running. After the last series the para athlete must cross the running finish line.
- vi) Malfunctions are not taken into consideration. Should a pistol cease to function, the para athlete may use the reserve pistol. If a shot has not fired due to a malfunction, the para athlete may use the reserve pistol without interruption. If the reserve pistol also does not work the para athlete must wait at the shooting station until the 50 second shooting time has expired before starting running.
- vii) Reserve targets can be used, but the para athlete needs permission from the range officer/TD to change to a reserve target. They must do this by alerting their shoot judge.



4.4.5 Running Course

- i) Para athletes must follow the course from crossing the start line, going to the shooting range for each shooting series and, having completed the shooting, cross the finish line.
- ii) If informed by a Judge and announced by the sound system, the para athlete must stop and remain in the Last Penalty Stop Area for the time indicated.
- iii) During the race no para athlete may accept any physical assistance or refreshment. In exceptional circumstances this can be allowed if so decided by the Penetration Director, Laser Run Director and Technical Delegate. Running by a non-competitor with or behind a para athlete may be unauthorised assistance. A hands-on medical examination by official medical personnel during the progress of the event and verbal or other communication from a person not on the course is authorised assistance. PMP7b may receive verbal assistance on the range.
- iv) A para athlete must complete the course for both individual or team standings.

4.4.6 The Finish

The last 30 metres shall be straight and well visible for any media and spectators. The finish line shall be denoted by a white line on the ground 5cm wide. Para 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, prosthetics, waling aids or feet) reaches the vertical plane of the nearer edge of the finish line.

4.4.7 Timing

Times for all finishers shall be recorded. Three alternative methods of timekeeping are recognised as official: Manual Timing; Fully Automatic Timing obtained from a Photo Finish System; Timing provided by a Transponder System. In Category 'A' competitions manual timing is not allowed.

When automatic judging and timing equipment is provided, it must be used to determine the winner, placings and times for each para athlete. The results and time so determined has precedence over the decisions of Timekeepers. In the case of a breakdown or mechanical failure, the Timekeepers' decisions will take precedence and reference must be made to all manual times recorded. In all Category 'A' Competitions video recording is compulsory at the finish line.

- i) Manual Timing:
 - a) Timekeepers shall be in line with the finish and where possible.
 - b) Timekeepers shall use manually operated electronic timers with digital readouts.
 - c) Two official Timekeepers shall time all the para athletes.
 - d) Each Timekeeper shall act independently and without showing his watch to, or discussing their time with, any other person, shall enter his time on the official form and, after signing it, hand it to the Running Director who may examine the watches to verify the reported times.
 - e) For all manually-timed races, times shall be read and recorded as an exact $1/10^{\text{th}}$ of a second. If both times are recorded and they differ, the slower time will be considered official.
 - f) The Chief Timekeeper Running Director, acting in accordance with the Rules mentioned above, shall decide the official time for each para athlete and provide the result for distribution.
- ii) Fully Automatic Timing obtained from a Photo Finish System:
 - a) Fully Automatic Timing and Photo Finish System approved by UIPM should be used at all Olympic Competitions. It shall be started automatically by the Starter.
 - b) The System must record the finish through a camera with a vertical slit, positioned in the extension of the finish line, producing a continuous image. The image must also be synchronised with a uniformly marked time-scale graduated in $1/100^{\text{th}}$ of a second.
 - c) The placing of the para athletes shall be identified from the image by means of a cursor with its reading line perpendicular to the time scale.
 - d) The System must automatically determine and record the finish times of the para athlete and must be able to produce a printed image which shows the time of every para athlete.
 - e) There should be at least two photo finish cameras in action, one from each side. Preferably, these timing systems should be technically independent, i.e. with different power supplies and recording.
 - f) The Running Director shall determine the placing of the para athletes and their official times. They shall ensure that these results are correctly entered in or transferred to the competition results system and conveyed to the Results team.
 - g) Times from Photo Finish System shall be regarded as official unless for any reason the appropriate official decides that they obviously must be inaccurate. If such is the case, the times of the back-up Timekeepers, if possible adjusted based on information on time intervals obtained from the Photo Finish image, shall be official. Such back-up Timekeepers must be appointed where any possibility exists of failure of the timing system. If a "fractional handicap" start order has been used, this must be taken into consideration when producing final placings and final result list.
 - h) Times shall be read and recorded from the Photo Finish image as follows; the time shall be read to $1/100^{\text{th}}$ of a second and recorded to $1/10^{\text{th}}$ of a second.



- iii) Timing provided by a Transponder System:
 - a) None of the equipment used at the start, along the course or at the finish line should constitute a significant obstacle or barrier to the progress of a para athlete.
 - b) The System is started by the Starter's gun or synchronised with the start signal.
 - c) The Transponder can be attached to the para athletes ankle or prosthetic but must be secure.
 - d) The System requires no action by a para athlete during the competition, at the finish or at any stage in the result processing.
 - e) The resolution is 1/10th of a second (i.e. it can separate para athletes finishing 1/10th of a second apart). For all races, time shall be read to 1/10th of a second and recorded to the whole second.
 - f) When transponders are used on the feet Art. 5.4.7 still applies.

4.5 SCORING

500 points are awarded for obtaining the following times, ± 1 point for each second faster or slower.

	Individual	
	Distance	500 pts
PMP2 PMP4	1200m	7'20"
PMP5, PMP7b	1200m	5'20"

4.6 INFRINGEMENTS AND PENALTIES

4.6.1 A para athlete or team is penalised by a time penalty of Ten Seconds for each of the following offences:

- i) Contravening clothing regulations;
- ii) modifying the dimensions of the start numbers;
- iii) a false start;
- iv) not placing the pistol safely on the table after warming-up has ended and after each 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 TD in range before applying such penalty. This penalty will be applied for each infringement after first warning;
- vi) if a coach during the warming-up is outside the designated coaches area and assists a para athlete: for the first time, a warning. Any subsequent offence, a 10 second penalty for the para athlete;
- vii) for the second time removing their pistol(s) from the box/case before the official warming-up period has started. The first breach will result in a warning;
- viii) not standing freely, without touching the table; before applying such penalty, a warning must be issued.

* These penalties are paid before the start of the subsequent shooting series at the shooting range, with the exception of the final shooting series where they are paid in the Last Penalty Stop Area.



4.6.2 A para athlete or team is eliminated for:

- i) Not completing the course set;
- ii) deviation, deliberate or not, from the course which in the opinion of the Course Judge gained a material advantage;
- iii) unauthorised assistance, if not disqualified;
- iv) using an unapproved pistol;
- v) shooting on the wrong target;
- vi) not stopping at the Last Stop Penalty Area when instructed by an official;
- vii) using constant beam during the competition series and/or audio communication outside preparation and warm-up time;
- viii) starting the running leg before the shooting time has expired without having completed successfully each shooting series.

Achieving 4 green lights then leaving the range → Elimination

4.6.3 A para athlete or team is disqualified for:

- i) Modifying or adjusting an officially approved pistol so that it violates the Rules;
- ii) a blatant attempt to start too early;
- iii) jostling, running across or obstructing another para athlete so as to impede their progress;
- iv) starting the running leg before the shooting time has expired without having completed successfully each shooting series.

3 (or less) green lights → Disqualification (considered as blatant attempt to start early)



PART B - INDIVIDUAL EQUIPMENT

4.7 CLOTHING

- i) A para athlete must wear athletic clothing. In Category "A" competitions, para athletes from the same country must wear matching uniform.
- ii) In a Category "A" competition para athletes must wear a top or pentasuit with their name clearly visible and professionally made, printed or embroidered, on the back of the top or pentasuit, below which is the NF code, of a size between 7-12 cm and in a contrasting colour to the colour of their shirt or pentasuit.
- iii) In a Category "A" competition the UIPM logo patch must be placed on top or pentasuit according to the UIPM Uniform Guideline. Missing or wrongly placing of the UIPM logo patch will result in a ten second penalty, to be paid at the Penalty Start Gate.
- iv) Para athletes must compete with shoes on their feet, with or without spikes. Any spike restrictions must be advised by the LOC in their invitation letter and reinforced in the Technical Meeting. This will also apply to prosthetic blades or walking aids.
- v) The LOC is responsible for providing every para athlete with two start numbers.
- vi) Start numbers, indicating the start order are provided by the LOC in accordance with UIPM Visual Guidelines and must be worn by the para athletes. Numbers must be worn on front and back above waist height and be visible in all weather conditions. The start numbers can be made of adhesive material.
- vii) The para athlete who is in first place before the Laser Run shall be assigned N° 1, the second place para athlete/team, N° 2, and so on.
- viii) No para athlete will be allowed to take part in a competition without appropriate numbers.
- ix) It is forbidden for para athletes to modify the dimensions (size and width) of the start numbers given by the LOC.
- x) Wristbands, compressive sleeves, taping or similar items that might provide support to the shooting hand are prohibited on the hand, elbow and arm unless approved in advance by the Event Director.
- xi) A sports watch is permitted on the non-shooting hand.
- xii) Radios, tape recorders or any type of sound-producing or communication systems are prohibited. Devices whose sole function is noise reduction may be worn.
- xiii) It is strongly recommended that current Olympic and World Champions wear clothing, vests or armbands which identify their Champion status to spectators.

4.8 THE LASER PISTOL

Laser Pistol

- i) Only single shot pistol is allowed without any form of magazine or clip. The shot must be activated by a mechanical trigger (trigger lever movement). Electronical triggers are forbidden but sensors and actuators for activating the emitting of the Laser signal can be used within the pistol.
- ii) The single shot laser pistol must be loaded by a loading lever. The loading lever must serve the purpose of loading each (laser) shot. The loading lever must be opened mechanically by hand, and with a movement from 0° to a minimum of 35° before the next shot will be enabled.
- iii) The overall size of the complete pistol is limited to dimensions which permit it to be enclosed completely in a rectangular box with inside dimensions of 420mm x 200mm x 50mm. A manufacturing tolerance of + 1.0 mm in the dimensions of the box is permitted. The minimum overall size is 20% of the above dimensions (336mm x 160mm x 40mm) with the same tolerance. In each axis the size of the pistol must be greater than or equal to the Minimum-Dimension.
- iv) Only open sights are allowed. Optical mirror, telescope, laser-beam, electronic sights, active lights, activated material (other than by ambient light) or electronically projected dot sights are prohibited. Any aiming device programmed to activate the firing mechanism or to give an indication to this is prohibited. No protective covering is permitted on front or rear sights. There should be possibility of vertical and horizontal aiming correction.
- v) No part of the grip or accessories may encircle the hand. The heel rest must extend at an angle not less than 90° to the grip. Any upward curvature of the heel and/or thumb rests and/or downward curvature of the side opposite the thumb is prohibited (see figure 2). The thumb support must allow the free upward vertical movement of the thumb. However, curved surfaces on the grips or frame, including the heel and/or thumb rest (see figures 3 and 4) in the longitudinal direction of the pistol are permitted.
- vi) Only one (1) laser cartridge/module per pistol is allowed.
- vii) The laser cartridge must carry the UIPM laser signal of 15.6 ms laser signal duration, red colour (635-650 nm), ± 10 nm. The laser power must be in the range of 2.5 mw–3.4 mw. The technical specifications concerning the UIPM laser signal (shot signal) are given in details in the UIPM document "Technical Specifications Laser Shooting" and in the current UIPM Homologation documents.



- viii) The following items can be tested at competitions by the Equipment Control Officers:
 - a) weight and overall size of pistol;
 - b) whether the used laser modules comply with the specified max./min. laser power;
 - c) wavelength of the Laser: 635 to 650nm \pm 10 nm;
 - d) the parameters of the embedded and approved UIPM laser signal, (also called "short laser signal");
 - e) beam diameter: max. 6mm at 10 m distance;
 - f) the time the laser beam is released from the pistol, after pushing the trigger, must be between 6ms and 10ms;
 - g) wire and radio free;
 - h) after approval for the competition the change of any setting for that competition period is blocked.
- ix) Laser security: The used laser modules must comply with laser class 1 (EN 60825-1:2014/IEC 60825-1:2014, and all updates) in view of the UIPM laser signal 15.6. The providers are responsible to provide a certificate for each type of the laser modules they have embedded in their pistols and cartridges intended for the use in Modern Pentathlon.

PART C - EQUIPMENT AND FACILITIES PROVIDED BY THE LOC

4.9 THE VENUE

4.9.1 The Field of Play

- i) The Laser Run field of play is the site on which the Laser Run competition is conducted, and consists of the Shooting Range and the Running Course. The LOC is responsible for providing a safe and acceptable Laser Run course.
- ii) The field of play must be technically suitable, according to these rules, to allow all the types of Laser Run competition to be held. It must offer the best possible viewing of the competitions to spectators, and fulfil all the requirements of media coverage taking into account protection against sunlight as specified below under Art. 5.9.4.i and 5.10.1. viii).

4.9.2 The Different Areas

- i) There must be the start/finish area, shooting range, last penalties stop area, relay hand-over zone, running course 300m lap, judges area, coaches area, media and photographers area, spectator areas, as well as buildings and offices necessary for the UIPM and LOC.
- ii) All the areas and most of the running course shall be located on level ground and close together, so as to provide good viewing of competition for the majority of the spectators but without permitting the spectators to access the restricted areas.
- iii) These areas and critical parts of the course must be fenced off in order to prevent para athletes from being impeded or going off course and to prevent access by unauthorised persons. However, the height and extent of the fencing must be minimised as much as possible to avoid interference to media coverage.
- iv) There must be sufficient space for para athletes and competition officials to conduct their required activities and adequate room for team support staff, media, photographers and spectators, and enough space for media camera crews and their broadcasting facilities without the broadcasting interfering with the competition.
- v) A sheltered area for the para athletes must be provided by the LOC to protect them from the weather.
- vi) Zones for media coverage of the competitions will be established on the course, in consultation with the LOC, the UIPM TD/NTO and TV advisor responsible for the event. The primary purpose of the zones shall be to ensure the best possible coverage of the competition and in particular to prevent obstruction of the TV image by non-competing persons.
- vii) Adjacent to the finish zone, a fenced-off area (Mixed Zone) has to be established for TV/media company representatives, media and photographers to have close contact with the competitors for interviews and pictures after they finish.
- viii) An exclusive seating area for VIPs and sponsors must be located by the LOC in the place most appropriate for optimal viewing of the event.



4.9.3 The Running Course

- i) The course must be clearly marked and defined so that a para 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 para athletes.
- ii) The maximum elevation gain of the course is 50 metres.
- iii) The total elevation gain is measured by calculating the vertical distance between the lowest and the highest point of the course.
- iv) The last 30 metres of the course shall be straight and flat.
- v) The course must be marked with a signpost at 150 metres.
- vi) The total course must be wide enough to permit two runners to pass each other at any point on the course.
- vii) The start and finish line must always be in the same area, but not necessarily at the same exact point.
- viii) The course must be clearly marked with flags, triangles, barriers, tape etc. and/or marks on the ground so that the direction of the course is always visible for the para athletes. All angles on the courses in competitions category "A" and "B" have to be marked clearly visible 0.5-1m above the ground, 10m before and 10m after the corner. It is the obligation of the UIPM TD/NTO to check the course.
- ix) The start line and the finish line must be marked by a white line at least 5cm wide on the ground at the place of the start and the finish. It is recommended that a gantry (arch, gate, etc.), vertical poles or something similar also mark the start line and the finish line.
- x) The finish area behind the finish line must be large enough to permit the LOC to take care of the para athletes having completed the course.
- xi) The Finish Gate shall be utilized exclusively for the final lap when para athletes complete the race and may also serve as the Start Gate. For all intermediate laps, para athletes shall bypass the Finish Gate and proceed through a separate, designated corridor adjacent to the gate. This corridor must be properly prepared and of sufficient width to allow at least two runners to pass concurrently at any time.
- xii) Access to the finish area with the timing device and timekeepers must be suitably restricted so as not to allow access by para athletes, media or spectators. Particular attention must be paid to the running shooting zone, to avoid collision between the para athletes entering the running course after the shooting phase.
- xiii) At all official UIPM Category "A" and "B" competitions a UIPM TD/NTO must inspect and validate the length and path of the course and make changes if necessary. At World Championships, this inspection must take place at least two days before the start of the competition, in all other competitions, at least one day before the start of the competition.
- xiv) At least 60 minutes before the start of the first discipline of the competition, the course must be marked so it is possible to start the warming-up.
- xv) At least 5 minutes before the start all necessary restrictions must be settled.

4.9.4 Shooting Range Requirements

- i) The range can be indoor or outdoor and must be constructed so that direct sun has minimal disturbance for the para athletes. The targets should be positioned so that the sun does not interfere directly with the registering of shots on the targets. The targets shall be placed $1m \pm 15$ cm apart from each other.
- ii) If the venue is outdoors and being organised in low / no sunlight, the running course and the targets should be sufficiently illuminated. In this case, and in indoor shooting ranges, the minimum light condition shall be 500 lux at the target and 300 lux in the shooting range area.
- iii) The shooting range must be built in such a way it can guarantee the safety of the para athletes, coaches, judges and spectators. The firing distance is measured from the firing lane to the target face, $\pm 0,05m$ is accepted as tolerance.
- iv) With laser pistols no lateral walls and no back wall are required, but no-access to the range by unapproved people must be in place.
- v) If the weather forecast is predicted as bad the shooting range must protect the para athletes from the rain using special roof coverage and a waterproof box to protect the pistols, water, towels all located under the shooting table.
- vi) The shooting range must be prepared in such a way the spectators can enjoy the competition and watch the finish, so with the finish line near the shooting range.
- vii) During training, warm-up and competition, competitors must enter the range from one side and exit the other side.
- viii) The shooting station must be marked with numbers of a minimum height of 12 cm, corresponding to the firing point number. Shooting station N° 1 must be the farthest away from the starting gates.
- ix) The para athlete shooting area ($1m \pm 15cm$ wide x $1.5m$ deep minimum) must be clearly defined with visible ground painted lateral lines and back line (start line for each running leg). Paint of lateral lines can be replaced by tape, cones or small advertising banner.
- x) There must be sufficient space (minimum 4 meters) behind the firing points to allow the para athletes, before and after each shooting series, to run to their shooting station without disturbing the other para athletes and to permit the Range Officials and the UIPM TDs/NTOs to perform their duties.



- xi) The LOC must guarantee provision of 2 reserve targets, numbered R1 and R2. In case of insufficient number of targets for all the para athletes, the Laser Run can be organised in two or more series with the top para athletes competing in the last series.
- xii) The targets and all the other equipment (target numbers, results display, target covers, lights) must be fixed in such a manner that they have no appreciable movement.
- xiii) The height of the target centre must be within the following height measured from level of the floor of the firing point:
 - a) Standard Height Variation: $1.40\text{m} \pm 0.05\text{m}$
 - b) Horizontal variation: 0.25 m
- xiv) The firing point must be equipped with:
 - a) A table or bench, about 0.7m–0.8m high.
 - b) A soft pad/foam cushion provided by LOC (\pm A4 size, 8cm height recommended) to avoid disturbances on the system,
 - c) The table must have a protection for the pistol in case of rain (waterproof box) or a place under the table.
- xv) Para athletes shall maintain a tidy shooting position with only essential equipment on the table. During the actual competition, the shooting table must be cleared of any other items (Unless previously approved) than the pistol of the para athlete and the provided protective pad/foam.
- xvi) With electronic and laser targets an adequate uninterrupted power backup system (UPS System) allowing a minimum of 20 minutes run of the system must be provided by LOC in case stadium/ arena is not already equipped. The power cable must be 3*2.5mm² section with a waterproof box equipped with a 20A security. This box has to be fixed on the back side of the wall at minimum 0.5m above ground.

4.10 OTHER EQUIPMENT

4.10.1 Target Requirements

- i) In UIPM Category "A" competitions laser precision targets are mandatory.
- ii) Only targets homologated by UIPM can be used at Category "A" and "B" competitions and PWR competitions. At the beginning of each season the UIPM publishes a list with the homologation standards, which can be used in Category "A" and "B" competitions.
- iii) In a single laser target application, the Hit and Hit/Miss targets should be able to operate without any external computer.
- iv) Front target side minimum 170mm X 170mm. The colour of the target centre zone is black (visible dark from 10m distance). The dimension of this area is 59.5mm, with a tolerance of 0.5mm. Target surface must be white so that the black aiming area (centre) is clearly visible under normal light conditions at the appropriate distances. Targets are compliant with 10m air pistol target draw, see also figures, 5,6 and 8. Max. input 24V and all standards concerning power over data networks.
- v) The valid zone for a "hit" is described, in detail for each target type in detail below.
- vi) The targets must work in all weather conditions including rain and direct sunlight (max 30klx).
- vii) Indoor and night competitions, the LOC must check whether the targets would be interfered by the used artificial lights (Pre-Test of a target in cooperation with UIPM and the provider).
- viii) No active wireless communication by the individual targets in competition mode. For result presentations purposes, the network computer can serve wireless devices. The network computer must be protected against any external communication-interferences.

4.10.2 Laser "HIT" Target (HT)

This kind of targets detects the presence of a laser signal only in the black zone of the target. Therefore, a feedback arises only with a hit indication.

- i) The technical requirements are:
 - a) the target must identify the approved UIPM signal. Details are specified within the homologation documents,
 - b) 200ms reaction time maximum concerning internal/external light interface,
 - c) a shot that hits the black centre zone is a valid shot. A minimum of 80% of the UIPM signal duration has to be detected.
- ii) Specific requirements to all level competitions:
 - a) 1.0mm precision of the laser dot detection at the border line between black and white zone. For a hit indication, a minimum part of the laser dot (1mm radius from center point) must be inside of the black aiming area. The valid zone is of diameter 59.5mm (black zone);
 - b) able to be used outdoor;
 - c) external perturbation protected (no reactions caused by incident light, which is different to the UIPM signal). Some more details are provided by the technical documents and homologation documents, "Technical Specifications Laser Shooting" and the current UIPM Homologation documents.



4.10.3 Laser "HIT/MISS" Target (HMT) (figure 5)

This kind of targets detects the presence of a laser signal on the target and determines in which zone (black or white), the incident laser light was detected.

- i) The technical requirements are:
 - a) The target must identify the approved UIPM signal. Details are specified within the homologation documents,
 - b) 200ms maximum reaction time concerning light interface and the data interface (network to the competition server),
 - c) the detection procedure must follow the First-Impact-Detection scheme. A shot that hits the black centre zone first is a valid shot. A shot that hits the white centre zone first is a missed shot,
 - d) able to send data of shots (Hit&Miss results in compliance with the UIPM Open Target Protocol),
 - e) interference from any non-visible light has to be avoided and must be blocked by an IR-filter; Visible light different from the laser light (wavelength range) should be blocked,
 - f) connector for external lights.
- ii) Specific requirements to all level competitions:
 - a) Live display of shots (Hit and Miss) via a data network (UIPM Open Target Protocol),
 - b) indication of "Hit and Miss" shots on external lights,
 - c) 1.0mm precision of the laser dot detection at the border line between black and white zone. For a Hit indication a minimum part of the laser dot (1mm radius from centre point) must be inside of the black aiming area. The valid zone is of diameter 59.5mm (black zone),
 - d) able to be used outdoor,
 - e) external perturbation protected (no reactions caused by incident light, which is different to the UIPM Signal),
 - f) competition mode must log all settings and shooting data. All data must be available after the competition for judges' purposes. All targets must have the same behaviour and performance (network management).
 - g) the shooting time starts when the target is hit by the first shot (registered shot, valid or not).

Some more details are provided by the technical documents and homologation documents, "Technical Specifications Laser Shooting" and the current UIPM Homologation documents.

4.10.4 Laser Precision Targets (LPT) (figure 6)

This kind of targets detects the presence of a Laser signal on the target and captures an image of the resulting laser dot. Image capturing is synchronized with the UIPM-Signal timing. The embedded image processing procedure provides afterwards a precise position information of the dot. Mandatory in Senior A Category competitions.

- i) The technical requirements are:
 - a) The target must identify the approved UIPM signal and needs synchronization between the signal and the laser dot analysis. Details are specified within the homologation documents,
 - b) 200ms maximum reaction time concerning light interface and the data interface (network to the competition server),
 - c) the reconstruction procedure must follow the First-Impact-Detection scheme. A shot is valid if after the automatic reconstruction of the calibre 4.5mm from the beam centre impact it hits 7.3 or more. This equals a valid zone of diameter 54.7mm,
 - d) able to send data of shots (X & Y position of a shot from the impact centre point in compliance with the UIPM Open Target Protocol),
 - e) interference from any non-visible light has to be avoided and must be blocked by an IR-filter. Visible light different from the laser light wavelength range should be blocked,
 - f) connector for external lights.



- ii) Specific requirements to all level competitions:
 - a) Live display of shots on screen in 1/10 units via a data network during warm up (UIPM Open Target Protocol). Result presentations during warm-up by wireless connected devices are recommended,
 - b) indication of "Hit and Miss" shots on external lights,
 - c) 0,5mm precision of the laser dot detection concerning the x/y coordinate's (it concerns the whole target),
 - d) able to be used outdoor,
 - e) external perturbation protected (no reactions caused by incident light, which is different to the UIPM Signal),
 - f) competition mode must log all settings and shooting data. All data must be available after the competition for judges' purposes. All targets must have the same behaviour and performance (network management),
 - g) the shooting time starts when the target is hit by the first shot (registered shot, valid or not).
- iii) The dimensions of all scoring rings are measured from the outside edges (outside diameter) of the scoring rings (see figure 8).

Some more details are provided by the technical documents and homologation documents, "Technical Specifications Laser Shooting" and the current UIPM Homologation documents.

4.10.5 Indicators (Result Display Lights) (Figure 7)

- i) Indicator Wavelength: Red colour must be 640nm and green colour 520nm. (± 20 nm.) Indicators must be installed minimum 80cm up to the top of the target.
- ii) For "A" Category competitions, indicators must be clearly visible for the para athletes and spectators and should be 55mm diameter with minimum of 120° viewing angle. Background of the indicators must be a contrasting colour. Distance between each red/green lamp must be about 40mm.
- iii) For all other competitions, different indicators can be used but the lights must be clearly visible for para athletes and coaches.
- iv) The electrical interface must comply with the UIPM specifications.
- v) Indicators can be placed horizontally or vertically.

4.10.6 Boxes

The LOC must provide designated storage boxes at each shooting station for para athletes' use. These boxes must be removed from the Shooting Range prior to the commencement of the competition and securely stored in a safe location until the conclusion of the event.

4.11 LOC CONTROL DEVICES AND TOOLS

4.11.1 Control Material

Clothing control is made by observation, using a ruler if necessary. For the control of all kind of pistols (Art. 5.8) the LOC must have: box for dimensions, scale for the weight, ruler, square, angle scale and a system to register and mark the approved pistols. For the laser pistols and laser cartridges, the LOC/ UIPM must also have instruments to check the laser beam - power, diameter and time - and the power of the battery.

4.11.2 Built Material and Tools

The LOC must have available material and tools to build, maintain and rebuild the FOP as described in Art. 5.3 and 5.4 – Other Equipment. This includes measuring tapes, rulers, measuring wheels, hammers, tools and equipment to repair the ground, barriers, poles or posts, tape, ink, paintbrush, plastic cones, and so on.



Appendix 4A - Penalty Table Laser Run

OFFENCES	Rule	Penalty		
		1st time	Subsequent	Paid at
Contravening clothing regulations	4.6.1 i	10"		PG
Modifying dimensions of start numbers	4.6.1 ii	10"		PG
False start	4.6.1 iii	10"		SL
Not placing a pistol safely on the table after warm-up or shooting series	4.6.1 iv	Warning	10"	SL or LPA
Not touching the shooting table between each shot	4.6.1 v	Warning	10"	SL or LPA
Coach assistance during warm-up outside the designated coaches area	4.6.1.vi	Warning	10"	PG
Not having the pistol in the box before the official warm-up period has started	4.6.1 vii	Warning	10"	PG
Not standing freely, without touching the table, with both feet on the ground	4.6.1 viii	Warning	10"	SL or LPA
Not completing the course	4.6.2 i		Elimination	
Deviation, deliberate or not, from the course	4.6.2 ii		Elimination	
Unauthorised assistance	4.6.2 iii		Elimination	
Using a non-approved pistol	4.6.2 iv		Elimination	
Shooting on a wrong target	4.6.2 v		Elimination	
Not stopping at the last penalty area when instructed by an official	4.6.2 vi		Elimination	
Using constant beam during the competition series and or audio communication outside of preparation and warm-up time	4.6.2 vii		Elimination	
Holding pistol with two hands or giving nsupport to the armed arm	4.6.2 viii		Elimination	
Incorrect change of in the relay	4.6.2 ix		Elimination	
Start running with before having successfully completed the shooting series ("5 green lights") with only 4 green lights	4.6.2 x		Elimination	
Modifying or adjusting the approved pistol	4.6.3 i		Disqualification	
Exchanging for a non approved pistol	4.6.3 ii		Disqualification	
Blatant attempt to start too early	4.6.3 iii		Disqualification	
Jostling, running across, or obstructing another athlete	4.6.3 iv		Disqualification	
Start running with before having successfully completed the shooting series ("5 green lights") with only 3 (or less) green lights	4.6.3 v		Disqualification	

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

The penalties for the offences of Art. 4.6.1 iv and viii, if committed in the final shooting series, will be paid in the Last Penalty Area.



**Appendix 4B1 - Points Table Para Laser Run
PMP5, PMP7b**

TIME	PTS	TIME	PTS	TIME	PTS	TIME	PTS	TIME	PTS	TIME	PTS
<u>02:00</u>	700	<u>02:40</u>	660	<u>03:20</u>	620	<u>04:00</u>	580	<u>04:40</u>	540	<u>05:20</u>	500
02:01	699	02:41	659	03:21	619	04:01	579	04:41	539	05:21	499
02:02	698	02:42	658	03:22	618	04:02	578	04:42	538	05:22	498
02:03	697	02:43	657	03:23	617	04:03	577	04:43	537	05:23	497
02:04	696	02:44	656	03:24	616	04:04	576	04:44	536	05:24	496
02:05	695	02:45	655	03:25	615	04:05	575	04:45	535	05:25	495
02:06	694	02:46	654	03:26	614	04:06	574	04:46	534	05:26	494
02:07	693	02:47	653	03:27	613	04:07	573	04:47	533	05:27	493
02:08	692	02:48	652	03:28	612	04:08	572	04:48	532	05:28	492
02:09	691	02:49	651	03:29	611	04:09	571	04:49	531	05:29	491
<u>02:10</u>	690	<u>02:50</u>	650	<u>03:30</u>	610	<u>04:10</u>	570	<u>04:50</u>	530	<u>05:30</u>	490
02:11	689	02:51	649	03:31	609	04:11	569	04:51	529	05:31	489
02:12	688	02:52	648	03:32	608	04:12	568	04:52	528	05:32	488
02:13	687	02:53	647	03:33	607	04:13	567	04:53	527	05:33	487
02:14	686	02:54	646	03:34	606	04:14	566	04:54	526	05:34	486
02:15	685	02:55	645	03:35	605	04:15	565	04:55	525	05:35	485
02:16	684	02:56	644	03:36	604	04:16	564	04:56	524	05:36	484
02:17	683	02:57	643	03:37	603	04:17	563	04:57	523	05:37	483
02:18	682	02:58	642	03:38	602	04:18	562	04:58	522	05:38	482
02:19	681	02:59	641	03:39	601	04:19	561	04:59	521	05:39	481
<u>02:20</u>	680	<u>03:00</u>	640	<u>03:40</u>	600	<u>04:20</u>	560	<u>05:00</u>	520	<u>05:40</u>	480
02:21	679	03:01	639	03:41	599	04:21	559	05:01	519	05:41	479
02:22	678	03:02	638	03:42	598	04:22	558	05:02	518	05:42	478
02:23	677	03:03	637	03:43	597	04:23	557	05:03	517	05:43	477
02:24	676	03:04	636	03:44	596	04:24	556	05:04	516	05:44	476
02:25	675	03:05	635	03:45	595	04:25	555	05:05	515	05:45	475
02:26	674	03:06	634	03:46	594	04:26	554	05:06	514	05:46	474
02:27	673	03:07	633	03:47	593	04:27	553	05:07	513	05:47	473
02:28	672	03:08	632	03:48	592	04:28	552	05:08	512	05:48	472
02:29	671	03:09	631	03:49	591	04:29	551	05:09	511	05:49	471
02:30	670	03:10	630	03:50	590	04:30	550	05:10	510	05:50	470
<u>02:31</u>	669	<u>03:11</u>	629	<u>03:51</u>	589	<u>04:31</u>	549	<u>05:11</u>	509	<u>05:51</u>	469
02:32	668	03:12	628	03:52	588	04:32	548	05:12	508	05:52	468
02:33	667	03:13	627	03:53	587	04:33	547	05:13	507	05:53	467
02:34	666	03:14	626	03:54	586	04:34	546	05:14	506	05:54	466
02:35	665	03:15	625	03:55	585	04:35	545	05:15	505	05:55	465
02:36	664	03:16	624	03:56	584	04:36	544	05:16	504	05:56	464
02:37	663	03:17	623	03:57	583	04:37	543	05:17	503	05:57	463
02:38	662	03:18	622	03:58	582	04:38	542	05:18	502	05:58	462
02:39	661	03:19	621	03:59	581	04:39	541	05:19	501	05:59	461



TIME	PTS	TIME	PTS	TIME	PTS	TIME	PTS	TIME	PTS	TIME	PTS
<u>06:00</u>	460	<u>06:40</u>	420	<u>07:20</u>	380	<u>08:00</u>	340	<u>08:40</u>	300	<u>09:20</u>	260
06:01	459	06:41	419	07:21	379	08:01	339	08:41	299	09:21	259
06:02	458	06:42	418	07:22	378	08:02	338	08:42	298	09:22	258
06:03	457	06:43	417	07:23	377	08:03	337	08:43	297	09:23	257
06:04	456	06:44	416	07:24	376	08:04	336	08:44	296	09:24	256
06:05	455	06:45	415	07:25	375	08:05	335	08:45	295	09:25	255
06:06	454	06:46	414	07:26	374	08:06	334	08:46	294	09:26	254
06:07	453	06:47	413	07:27	373	08:07	333	08:47	293	09:27	253
06:08	452	06:48	412	07:28	372	08:08	332	08:48	292	09:28	252
06:09	451	06:49	411	07:29	371	08:09	331	08:49	291	09:29	251
<u>06:10</u>	450	<u>06:50</u>	410	<u>07:30</u>	370	<u>08:10</u>	330	<u>08:50</u>	290	<u>09:30</u>	250
06:11	449	06:51	409	07:31	369	08:11	329	08:51	289	09:31	249
06:12	448	06:52	408	07:32	368	08:12	328	08:52	288	09:32	248
06:13	447	06:53	407	07:33	367	08:13	327	08:53	287	09:33	247
06:14	446	06:54	406	07:34	366	08:14	326	08:54	286	09:34	246
06:15	445	06:55	405	07:35	365	08:15	325	08:55	285	09:35	245
06:16	444	06:56	404	07:36	364	08:16	324	08:56	284	09:36	244
06:17	443	06:57	403	07:37	363	08:17	323	08:57	283	09:37	243
06:18	442	06:58	402	07:38	362	08:18	322	08:58	282	09:38	242
06:19	441	06:59	401	07:39	361	08:19	321	08:59	281	09:39	241
<u>06:20</u>	440	<u>07:00</u>	400	<u>07:40</u>	360	<u>08:20</u>	320	<u>09:00</u>	280	<u>09:40</u>	240
06:21	439	07:01	399	07:41	359	08:21	319	09:01	279	09:41	239
06:22	438	07:02	398	07:42	358	08:22	318	09:02	278	09:42	238
06:23	437	07:03	397	07:43	357	08:23	317	09:03	277	09:43	237
06:24	436	07:04	396	07:44	356	08:24	316	09:04	276	09:44	236
06:25	435	07:05	395	07:45	355	08:25	315	09:05	275	09:45	235
06:26	434	07:06	394	07:46	354	08:26	314	09:06	274	09:46	234
06:27	433	07:07	393	07:47	353	08:27	313	09:07	273	09:47	233
06:28	432	07:08	392	07:48	352	08:28	312	09:08	272	09:48	232
06:29	431	07:09	391	07:49	351	08:29	311	09:09	271	09:49	231
06:30	430	07:10	390	07:50	350	08:30	310	09:10	270	09:50	230
<u>06:31</u>	429	<u>07:11</u>	389	<u>07:51</u>	349	<u>08:31</u>	309	<u>09:11</u>	269	<u>09:51</u>	229
06:32	428	07:12	388	07:52	348	08:32	308	09:12	268	09:52	228
06:33	427	07:13	387	07:53	347	08:33	307	09:13	267	09:53	227
06:34	426	07:14	386	07:54	346	08:34	306	09:14	266	09:54	226
06:35	425	07:15	385	07:55	345	08:35	305	09:15	265	09:55	225
06:36	424	07:16	384	07:56	344	08:36	304	09:16	264	09:56	224
06:37	423	07:17	383	07:57	343	08:37	303	09:17	263	09:57	223
06:38	422	07:18	382	07:58	342	08:38	302	09:18	262	09:58	222
06:39	421	07:19	381	07:59	341	08:39	301	09:19	261	09:59	221



TIME	PTS	TIME	PTS	TIME	PTS	TIME	PTS	TIME	PTS	TIME	PTS
<u>10:00</u>	220	<u>10:40</u>	180	<u>11:20</u>	140	<u>12:00</u>	100	<u>12:40</u>	60	<u>13:20</u>	20
10:01	219	10:41	179	11:21	139	12:01	99	12:41	59	13:21	19
10:02	218	10:42	178	11:22	138	12:02	98	12:42	58	13:22	18
10:03	217	10:43	177	11:23	137	12:03	97	12:43	57	13:23	17
10:04	216	10:44	176	11:24	136	12:04	96	12:44	56	13:24	16
10:05	215	10:45	175	11:25	135	12:05	95	12:45	55	13:25	15
10:06	214	10:46	174	11:26	134	12:06	94	12:46	54	13:26	14
10:07	213	10:47	173	11:27	133	12:07	93	12:47	53	13:27	13
10:08	212	10:48	172	11:28	132	12:08	92	12:48	52	13:28	12
10:09	211	10:49	171	11:29	131	12:09	91	12:49	51	13:29	11
<u>10:10</u>	210	<u>10:50</u>	170	<u>11:30</u>	130	<u>12:10</u>	90	<u>12:50</u>	50	<u>13:30</u>	10
10:11	209	10:51	169	11:31	129	12:11	89	12:51	49	13:31	9
10:12	208	10:52	168	11:32	128	12:12	88	12:52	48	13:32	8
10:13	207	10:53	167	11:33	127	12:13	87	12:53	47	13:33	7
10:14	206	10:54	166	11:34	126	12:14	86	12:54	46	13:34	6
10:15	205	10:55	165	11:35	125	12:15	85	12:55	45	13:35	5
10:16	204	10:56	164	11:36	124	12:16	84	12:56	44	13:36	4
10:17	203	10:57	163	11:37	123	12:17	83	12:57	43	13:37	3
10:18	202	10:58	162	11:38	122	12:18	82	12:58	42	13:38	2
10:19	201	10:59	161	11:39	121	12:19	81	12:59	41	13:39	1
<u>10:20</u>	200	<u>11:00</u>	160	<u>11:40</u>	120	<u>12:20</u>	80	<u>13:00</u>	40	<u>13:40</u>	0
10:21	199	11:01	159	11:41	119	12:21	79	13:01	39		
10:22	198	11:02	158	11:42	118	12:22	78	13:02	38		
10:23	197	11:03	157	11:43	117	12:23	77	13:03	37		
10:24	196	11:04	156	11:44	116	12:24	76	13:04	36		
10:25	195	11:05	155	11:45	115	12:25	75	13:05	35		
10:26	194	11:06	154	11:46	114	12:26	74	13:06	34		
10:27	193	11:07	153	11:47	113	12:27	73	13:07	33		
10:28	192	11:08	152	11:48	112	12:28	72	13:08	32		
10:29	191	11:09	151	11:49	111	12:29	71	13:09	31		
<u>10:30</u>	190	<u>11:10</u>	150	<u>11:50</u>	110	<u>12:30</u>	70	<u>13:10</u>	30		
10:31	189	11:11	149	11:51	109	12:31	69	13:11	29		
10:32	188	11:12	148	11:52	108	12:32	68	13:12	28		
10:33	187	11:13	147	11:53	107	12:33	67	13:13	27		
10:34	186	11:14	146	11:54	106	12:34	66	13:14	26		
10:35	185	11:15	145	11:55	105	12:35	65	13:15	25		
10:36	184	11:16	144	11:56	104	12:36	64	13:16	24		
10:37	183	11:17	143	11:57	103	12:37	63	13:17	23		
10:38	182	11:18	142	11:58	102	12:38	62	13:18	22		
10:39	181	11:19	141	11:59	101	12:39	61	13:19	21		



**Appendix 4B1 - Points Table Para Laser Run
PMP2, PMP4**

TIME	PTS	TIME	PTS	TIME	PTS	TIME	PTS	TIME	PTS	TIME	PTS
<u>04:00</u>	700	<u>04:40</u>	660	<u>05:20</u>	620	<u>06:00</u>	580	<u>06:40</u>	540	<u>07:20</u>	500
04:01	699	04:41	659	05:21	619	06:01	579	06:41	539	07:21	499
04:02	698	04:42	658	05:22	618	06:02	578	06:42	538	07:22	498
04:03	697	04:43	657	05:23	617	06:03	577	06:43	537	07:23	497
04:04	696	04:44	656	05:24	616	06:04	576	06:44	536	07:24	496
04:05	695	04:45	655	05:25	615	06:05	575	06:45	535	07:25	495
02406	694	04:46	654	05:26	614	06:06	574	06:46	534	07:26	494
04:07	693	04:47	653	05:27	613	06:07	573	06:47	533	07:27	493
04:08	692	04:48	652	05:28	612	06:08	572	06:48	532	07:28	492
04:09	691	04:49	651	05:29	611	06:09	571	06:49	531	07:29	491
<u>04:10</u>	690	<u>04:50</u>	650	<u>05:30</u>	610	<u>06:10</u>	570	<u>06:50</u>	530	<u>07:30</u>	490
04:11	689	04:51	649	05:31	609	06:11	569	06:51	529	07:31	489
04:12	688	04:52	648	05:32	608	06:12	568	06:52	528	07:32	488
04:13	687	04:53	647	05:33	607	06:13	567	06:53	527	07:33	487
04:14	686	04:54	646	05:34	606	06:14	566	06:54	526	07:34	486
04:15	685	04:55	645	05:35	605	06:15	565	06:55	525	07:35	485
04:16	684	04:56	644	05:36	604	06:16	564	06:56	524	07:36	484
04:17	683	04:57	643	05:37	603	06:17	563	06:57	523	07:37	483
04:18	682	04:58	642	05:38	602	06:18	562	06:58	522	07:38	482
04:19	681	04:59	641	05:39	601	06:19	561	06:59	521	07:39	481
<u>04:20</u>	680	<u>05:00</u>	640	<u>05:40</u>	600	<u>06:20</u>	560	<u>07:00</u>	520	<u>07:40</u>	480
04:21	679	05:01	639	05:41	599	06:21	559	07:01	519	07:41	479
04:22	678	05:02	638	05:42	598	06:22	558	07:02	518	07:42	478
04:23	677	05:03	637	05:43	597	06:23	557	07:03	517	07:43	477
04:24	676	05:04	636	05:44	596	06:24	556	07:04	516	07:44	476
04:25	675	05:05	635	05:45	595	06:25	555	07:05	515	07:45	475
04:26	674	05:06	634	05:46	594	06:26	554	07:06	514	07:46	474
04:27	673	05:07	633	05:47	593	06:27	553	07:07	513	07:47	473
02428	672	05:08	632	05:48	592	06:28	552	07:08	512	07:48	472
04:29	671	05:09	631	05:49	591	06:29	551	07:09	511	07:49	471
04:30	670	05:10	630	05:50	590	06:30	550	07:10	510	07:50	470
<u>04:31</u>	669	<u>05:11</u>	629	<u>05:51</u>	589	<u>06:31</u>	549	<u>07:11</u>	509	<u>07:51</u>	469
04:32	668	05:12	628	05:52	588	06:32	548	07:12	508	07:52	468
04:33	667	05:13	627	05:53	587	06:33	547	07:13	507	07:53	467
04:34	666	05:14	626	05:54	586	06:34	546	07:14	506	07:54	466
04:35	665	05:15	625	05:55	585	06:35	545	07:15	505	07:55	465
04:36	664	05:16	624	05:56	584	06:36	544	07:16	504	07:56	464
04:37	663	05:17	623	05:57	583	06:37	543	07:17	503	07:57	463
04:38	662	05:18	622	05:58	582	06:38	542	07:18	502	07:58	462
04:39	661	05:19	621	05:59	581	06:39	541	07:19	501	07:59	461



TIME	PTS	TIME	PTS	TIME	PTS	TIME	PTS	TIME	PTS	TIME	PTS
08:00	460	08:40	420	09:20	380	10:00	340	10:40	300	11:20	260
08:01	459	08:41	419	09:21	379	10:01	339	10:41	299	11:21	259
08:02	458	08:42	418	09:22	378	10:02	338	10:42	298	11:22	258
08:03	457	08:43	417	09:23	377	10:03	337	10:43	297	11:23	257
08:04	456	08:44	416	09:24	376	10:04	336	10:44	296	11:24	256
08:05	455	08:45	415	09:25	375	10:05	335	10:45	295	11:25	255
08:06	454	08:46	414	09:26	374	10:06	334	10:46	294	11:26	254
08:07	453	08:47	413	09:27	373	10:07	333	10:47	293	11:27	253
08:08	452	08:48	412	09:28	372	10:08	332	10:48	292	11:28	252
08:09	451	08:49	411	09:29	371	10:09	331	10:49	291	11:29	251
08:10	450	08:50	410	09:30	370	10:10	330	10:50	290	11:30	250
08:11	449	08:51	409	09:31	369	10:11	329	10:51	289	11:31	249
08:12	448	08:52	408	09:32	368	10:12	328	10:52	288	11:32	248
08:13	447	08:53	407	09:33	367	10:13	327	10:53	287	11:33	247
08:14	446	08:54	406	09:34	366	10:14	326	10:54	286	11:34	246
08:15	445	08:55	405	09:35	365	10:15	325	10:55	285	11:35	245
08:16	444	08:56	404	09:36	364	10:16	324	10:56	284	11:36	244
08:17	443	08:57	403	09:37	363	10:17	323	10:57	283	11:37	243
08:18	442	08:58	402	09:38	362	10:18	322	10:58	282	11:38	242
08:19	441	08:59	401	09:39	361	10:19	321	10:59	281	11:39	241
08:20	440	09:00	400	09:40	360	10:20	320	11:00	280	11:40	240
08:21	439	09:01	399	09:41	359	10:21	319	11:01	279	11:41	239
08:22	438	09:02	398	09:42	358	10:22	318	11:02	278	11:42	238
08:23	437	09:03	397	09:43	357	10:23	317	11:03	277	11:43	237
08:24	436	09:04	396	09:44	356	10:24	316	11:04	276	11:44	236
08:25	435	09:05	395	09:45	355	10:25	315	11:05	275	11:45	235
08:26	434	09:06	394	09:46	354	10:26	314	11:06	274	11:46	234
08:27	433	09:07	393	09:47	353	10:27	313	11:07	273	11:47	233
08:28	432	09:08	392	09:48	352	10:28	312	11:08	272	11:48	232
08:29	431	09:09	391	09:49	351	10:29	311	11:09	271	11:49	231
08:30	430	09:10	390	09:50	350	10:30	310	11:10	270	11:50	230
08:31	429	09:11	389	09:51	349	10:31	309	11:11	269	11:51	229
08:32	428	09:12	388	09:52	348	10:32	308	11:12	268	11:52	228
08:33	427	09:13	387	09:53	347	10:33	307	11:13	267	11:53	227
08:34	426	09:14	386	09:54	346	10:34	306	11:14	266	11:54	226
08:35	425	09:15	385	09:55	345	10:35	305	11:15	265	11:55	225
08:36	424	09:16	384	09:56	344	10:36	304	11:16	264	11:56	224
08:37	423	09:17	383	09:57	343	10:37	303	11:17	263	11:57	223
08:38	422	09:18	382	09:58	342	10:38	302	11:18	262	11:58	222
08:39	421	09:19	381	09:59	341	10:39	301	11:19	261	11:59	221



TIME	PTS	TIME	PTS	TIME	PTS	TIME	PTS	TIME	PTS	TIME	PTS
<u>12:00</u>	220	<u>12:40</u>	180	<u>13:20</u>	140	<u>14:00</u>	100	<u>14:40</u>	60	<u>15:20</u>	20
12:01	219	12:41	179	13:21	139	14:01	99	14:41	59	15:21	19
12:02	218	12:42	178	13:22	138	14:02	98	14:42	58	15:22	18
12:03	217	12:43	177	13:23	137	14:03	97	14:43	57	15:23	17
12:04	216	12:44	176	13:24	136	14:04	96	14:44	56	15:24	16
12:05	215	12:45	175	13:25	135	14:05	95	14:45	55	15:25	15
12:06	214	12:46	174	13:26	134	14:06	94	14:46	54	15:26	14
12:07	213	12:47	173	13:27	133	14:07	93	14:47	53	15:27	13
12:08	212	12:48	172	13:28	132	14:08	92	14:48	52	15:28	12
12:09	211	12:49	171	13:29	131	14:09	91	14:49	51	15:29	11
<u>12:10</u>	210	<u>12:50</u>	170	<u>13:30</u>	130	<u>14:10</u>	90	<u>14:50</u>	50	<u>15:30</u>	10
12:11	209	12:51	169	13:31	129	14:11	89	14:51	49	15:31	9
12:12	208	12:52	168	13:32	128	14:12	88	14:52	48	15:32	8
12:13	207	12:53	167	13:33	127	14:13	87	14:53	47	15:33	7
12:14	206	12:54	166	13:34	126	14:14	86	14:54	46	15:34	6
12:15	205	12:55	165	13:35	125	14:15	85	14:55	45	15:35	5
12:16	204	12:56	164	13:36	124	14:16	84	14:56	44	15:36	4
12:17	203	12:57	163	13:37	123	14:17	83	14:57	43	15:37	3
12:18	202	12:58	162	13:38	122	14:18	82	14:58	42	15:38	2
12:19	201	12:59	161	13:39	121	14:19	81	14:59	41	15:39	1
<u>12:20</u>	200	<u>13:00</u>	160	<u>13:40</u>	120	<u>14:20</u>	80	<u>15:00</u>	40	<u>15:40</u>	0
12:21	199	13:01	159	13:41	119	14:21	79	15:01	39		
12:22	198	13:02	158	13:42	118	14:22	78	15:02	38		
12:23	197	13:03	157	13:43	117	14:23	77	15:03	37		
12:24	196	13:04	156	13:44	116	14:24	76	15:04	36		
12:25	195	13:05	155	13:45	115	14:25	75	15:05	35		
12:26	194	13:06	154	13:46	114	14:26	74	15:06	34		
12:27	193	13:07	153	13:47	113	14:27	73	15:07	33		
12:28	192	13:08	152	13:48	112	14:28	72	15:08	32		
12:29	191	13:09	151	13:49	111	14:29	71	15:09	31		
<u>12:30</u>	190	<u>13:10</u>	150	<u>13:50</u>	110	<u>14:30</u>	70	<u>15:10</u>	30		
12:31	189	13:11	149	13:51	109	14:31	69	15:11	29		
12:32	188	13:12	148	13:52	108	14:32	68	15:12	28		
12:33	187	13:13	147	13:53	107	14:33	67	15:13	27		
12:34	186	13:14	146	13:54	106	14:34	66	15:14	26		
12:35	185	13:15	145	13:55	105	14:35	65	15:15	25		
12:36	184	13:16	144	13:56	104	14:36	64	15:16	24		
12:37	183	13:17	143	13:57	103	14:37	63	15:17	23		
12:38	182	13:18	142	13:58	102	14:38	62	15:18	22		
12:39	181	13:19	141	13:59	101	14:39	61	15:19	21		



Figure 1. Shooting range measurements

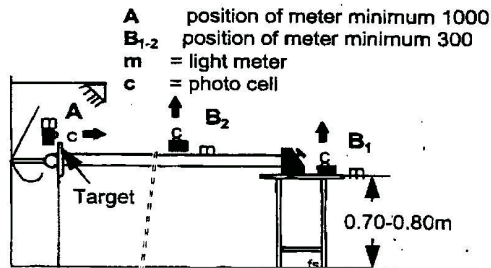


Figure 2. The Pistol Grip

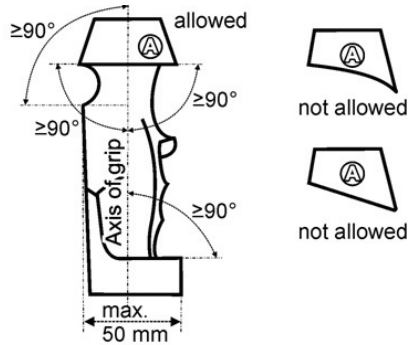


Figure 3. Bends in the Grip

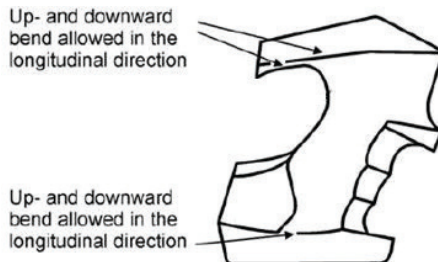


Figure 4. The Thumb in the Grip

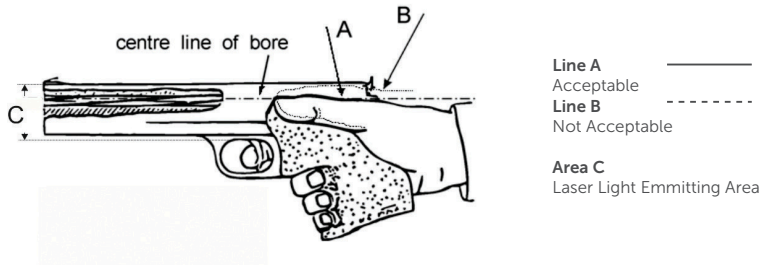


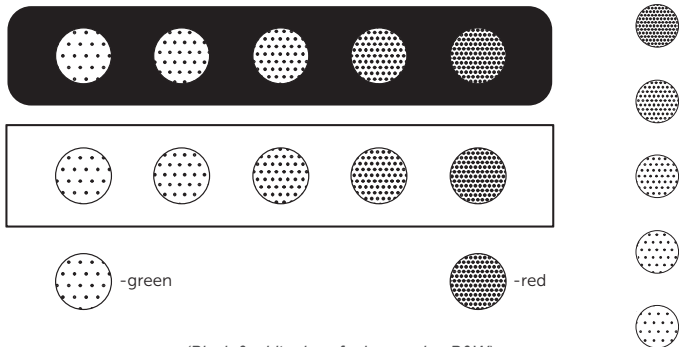
Figure 5. Laser Hit&Miss Target (examples)



Figure 6. Laser Precision Target (examples)



Figure 7. Indicators (Result Display Lights) (examples)



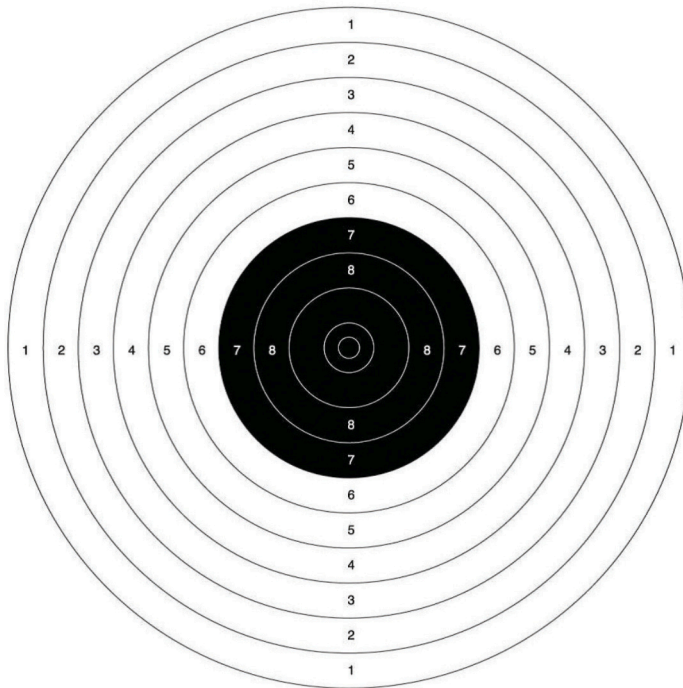
(Black & white draw for impression B&W)





Figure 8. The Precision Target and Hit-Miss Target

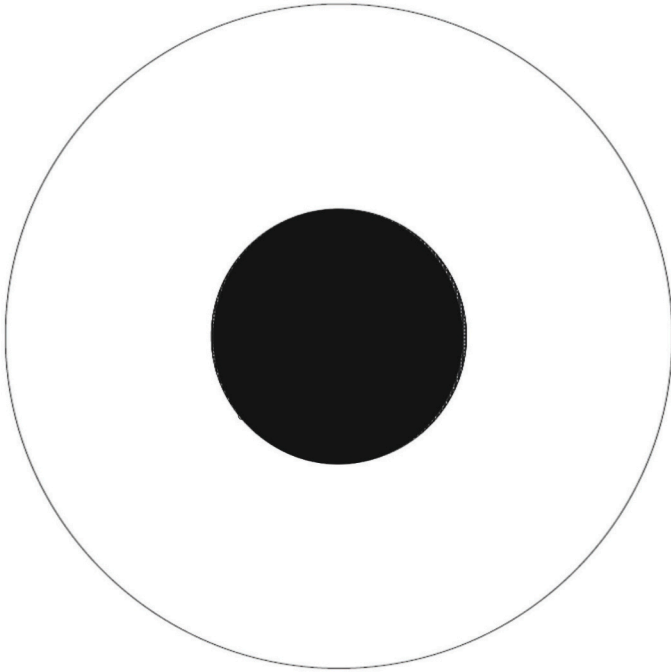
10 ring	11.5 mm (± 0.1 mm)	5 ring	91.5 mm (± 0.5 mm)
9 ring	27.5 mm (± 0.1 mm)	4 ring	107.5 mm (± 0.5 mm)
8 ring	43.5 mm (± 0.2 mm)	3 ring	123.5 mm (± 0.5 mm)
7 ring	59.5 mm (± 0.5 mm)	2 ring	139.5 mm (± 0.5 mm)
6 ring	75.5 mm (± 0.5 mm)	1 ring	155.5 mm (± 0.5 mm)



Central ten: 5.0 mm (+/- 0.1mm)
 Black from 7 to 10 rings = 59.5 mm
 Ring thickness: 0.1 mm to 0.2 mm
 Minimum visible size of target card 170 mm x 170 mm



Figure 9. Hit-Miss Target: Ring values are optional, ring drawings 2 - 6 and 8 - 10 are optional. Example:



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