

TEST COMPETITION RULES – OBSTACLE COURSE

The test comprises an obstacle course as a standalone discipline. The competition rules are adapted specifically for this test.

1. ATHLETES CONDUCT

1.1. Athletes are required to:

- 1.1.1. Practice good sportsmanship at all times.
- 1.1.2. Know, understand, and follow the Rules.
- 1.1.3. Obey instructions from race officials.
- 1.1.4. Treat other athletes, officials, volunteers, media, sponsors and spectators with respect and courtesy.
- 1.1.5. Inform a Technical Official immediately after withdrawing from the race. In case the athletes fail to do this before the end of the event, it may result a suspension.
- 1.1.6. Compete without receiving assistance other than from event personnel and officials.
- 1.1.7. Not dispose litter or equipment around the course except at clearly identified places. All items must be kept with the athlete and disposed of appropriately at the end of the race.
- 1.1.8. Not attempt to gain unfair advantage in any way.

2. SPECIFIC RULES

2.1. The Course

- 2.1.1. The course is a running track up to 100m long consisting of a start line, up to ten (10) obstacles and a finish line. The obstacles are specified in a separate document and substitutions may be made at the discretion of the organizers.
- 2.1.2. On both testing days elite obstacle athletes will perform a course demonstration with technical practical explanations followed by a free training session to all competitors.
- 2.1.3. The course shall be up to four (2) lanes, each lane being no less than 1.5 m wide.
- 2.1.4. The athletes shall run, walk, climb, crawl, slither scramble or otherwise propel themselves across, under, over, along or through the course.
- 2.1.5. An athlete failing an obstacle may attempt the obstacle a second time. If failing a second time, the athlete must proceed to the next obstacle.
- 2.1.6. An athlete will be judged as "finished," the moment they activate the finish button. This may activate a horn, whistle, pyrotechnic, light(s), stop clock or other finish device or combination of devices.
- 2.1.7. In the event there is a failure of the finish device; photography, video, and/or manual timing may be used to determine the finish time.

- 2.1.8. Athletes finishing with the same time (measured to 1/100th [0.01] of a second) shall be awarded a tie unless the video can determine a winner.
- 2.1.9. It is forbidden to intentionally block another athlete. Blocking will result in disqualification.

2.2. Equipment

- 2.2.1. It is mandatory to run with shoes. Shoes with spikes of any material are not allowed.
- 2.2.2. Gloves are allowed.
- 2.2.3. Climbing chalk is not allowed.

2.3. Timing

- 2.3.1. Time for each race is “gun time”. The clock starts when the starter signals the start (gun, buzzer, horn, whistle, etc.) and finishes when the finish button is activated.
- 2.3.2. Time will be measured to 1/100th [0.01] of a second.

2.4. Penalties

- 2.4.1. Failure to comply with the Rules may result in an athlete being verbally warned, subject to disqualification.
- 2.4.2. An athlete may be issued a verbal warning or disqualified for failing to abide by the Rules.
- 2.4.3. The Technical Officials are allowed to assess penalties, even if the infringement is not listed, if the Technical Official deems an unfair advantage has been gained, or if a dangerous situation has been created.

2.5. Competition Format

- 2.5.1. The competition will be organized separately for pentathletes U17 and U19, age categories/genders. The same competition program will be repeated in the two testing days.
- 2.5.2. The competition consists of heats and finals to determine the winners.
- 2.5.3. Two (2) runs may be allowed by each athlete in the heats. This allows athletes an opportunity to have a time for a faster run if they fail in the first run.
- 2.5.4. After the heats, athletes will be ranked according to their fastest performance.
- 2.5.5. In finals, only the 6 best ranked athletes compete.
- The 1st and 2nd fastest athletes qualify for the Gold Medal Final (Gold and Silver).
 - The 3rd and 4th fastest athletes qualify for the Bronze Medal Final (Bronze Medal).

PREVIOUS COMPETITIONS VIDEOS

The competition videos shown below contain obstacles and strategies that are included in the 5th Discipline Test course in Ankara.

- SEA Games 100m bronze medal race: <https://youtu.be/91mbTBew8pY>
- American Ninja Warrior Junior: <https://youtu.be/rn5CShML1Y>

TRAINING TIPS

Training tips and exercises are included below to assist pentathletes in their preparation for the 5th Discipline Test in Ankara. These simple exercises “wake up” some small muscles that are not typically accustomed to heavy work.

Grip strength is a major requirement for obstacle success. If you have access to a pull-up bar at home, in a gym, or at your local park, then you have all you need to get started with basic exercises to improve your grip strength.

1. Include at least 1 but no more than 2 grip-specific sessions each week in your training.
2. For optimal adaptation you should allow at least 48-hours recovery, and ideally 72-hours, between grip strength sessions. Optimal recovery will lead to ‘super compensation’, bigger gains in the long-term and reduce your risk of injury.
3. The use of a towel or rope can also easily increase the complexity of your grip strength session.
4. Start with bodyweight only.

The exercises can be adapted to your routine with the supervision of your Pentathlon coach to avoid workload issues.

Weekly session 1

| | |
|--------------------------|---|
| Kipping pullup | <i>5x 5 pullups (or 10x 3 EMOM)</i> |
| Rope/towel dead hang | <i>4x 10s and 30s rest</i> |
| Pullup (eccentric phase) | <i>10 reps from up position</i> |
| Finger sock extensions | <i>5x 4s stretch hold and 4s rest</i> |
| Single arm dead hang | <i>4x 6s with 30s rest</i> |
| Bar swing technique | <i>5x 10s kip swinging and 10s rest</i> |
| Hollow hold (core) | <i>To fail or to 2 min max</i> |

Weekly session 2

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|-----------------------|--|
| Double hand dead hang | <i>4x 20s hang and 60s rest</i> |
| Frenchie bar pull up | <i>5x 4s at each position and 60s rest</i> |
| Bent arm dead hang | <i>3x 12s and 120s rest</i> |

Test Competition Rules (draft TBC)

New 5th Discipline Test, Lignano (ITA) – 9/10 Sep 2022

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|------------------------|---|
| Finger sock extensions | <i>3x 10s and 60s rest</i> |
| Rope/towel dead hang | <i>3x 60s and 120s rest</i> |
| Bar swing technique | <i>4x 25s kip swinging and 60s rest</i> |
| Toes to bar | <i>5 x 5 reps</i> |

Instructional videos with the training tips:

- Grip strength warm up: <https://youtu.be/KWdUy1HXTCw>
- Dead hangs: <https://youtu.be/OSJ--EBw-io>
- Strict pull up and rope assist: https://youtu.be/4_0My2rORfw
- Bar swing and kipping: <https://youtu.be/dSSqf42baTg>
- Basic obstacle skills: <https://www.youtube.com/watch?v=nqx23f29wL4>
- Intermediate obstacle skills: https://www.youtube.com/watch?v=YgDIHsZ_XRA
- Intermediate / Advanced Obstacle Skills: <https://www.youtube.com/watch?v=RkGkIx5rLU>