



WHAT IS THE NEW MODERN PENTATHLON?

Modern Pentathlon is vaulting into the future by replacing equestrian with an Obstacle race inspired by the global TV phenomenon Ninja Warrior. After Paris 2024, the sport will feature Obstacle, Fencing, Swimming and Laser Run at all levels.

Obstacle brings a youthful, urban and highly accessible perspective to our sport – and to the Olympic Games. It will supercharge the popularity of Modern Pentathlon with a broadcast-friendly format that has proven global appeal to younger fans, commercial partners and host countries.

This is a definitive case of a sport working with the IOC to implement transformative change via Olympic Agenda 2020+5. The change will benefit the Games programme for every Olympic stakeholder, starting with the host of the Olympic Summer Games 2028 – Los Angeles.

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1. ACCESSIBILITY

- Obstacle unlocks the most challenging Olympic sport for young people worldwide.
- Training can take place indoors and outdoors with little or no equipment.
- More nations becoming fully active in Modern Pentathlon (forecasted growth from <90 to 150 by end of 2024).

2. UNIVERSALITY

- Obstacle provides a massive, built-in global fanbase that is young and digitally savvy.
- It resonates with younger generations, connecting the Olympic Movement to more people via TV and digital.
- It follows the trend of urban sports enabling the Olympic Movement to reach new communities.
- It unlocks the participation base of Obstacle Course Racing (OCR) and Adventure Racing.
- Numerous UIPM National Federations have already recruited new athletes.



3. SIMPLICITY

The new Pentathlon will engage more people by being:

- Easier for fans, media and sponsors to follow.
- A truly holistic test of the complete athlete.
- Inclusive of athletes with different skills.

4. DIVERSITY

The new portfolio of UIPM multi-sports featuring the extra dimension of Obstacle means:

- More National Olympic Committees can participate in Modern Pentathlon.
- More athletes can participate in Modern Pentathlon.
- More commercial partners can participate in Modern Pentathlon.





5. ATTRACTIVENESS

The new Modern Pentathlon adds value to the Olympic Games via:

- A prime-time TV audience.
- Obstacle shows are viewed by more than a billion people worldwide.
- Ninja Warrior (or the original, SASUKE) is televised in more than 160 countries.
- A massive social media following.
- A dynamic and global spectator profile.

6. AFFORDABILITY

Modern Pentathlon with Obstacle is low cost for both participants and organisers:

- Less expensive training facilities.
- Costs for upkeep of horses removed.
- No specialised equipment needed.
- 10x cheaper than Riding discipline in Olympic Modern Pentathlon.
- A dynamic and global spectator profile.

7. SCALABILITY

More host cities and countries will bid to organise competitions because of:

- Lower hosting costs.
- Less complexity in logistics.
- A more compact field of play in a single venue.

8. SUSTAINABILITY

The new-look sport enables UIPM to improve environmental, social and governance (ESG) ratings and foster long-term sustainability via:

- Lower carbon footprint for competitions and training.
- The use of thousands of obstacle facilities that already exist.
- The reuse of new facilities that are built for permanent access.





9. RELEVANCE

Modern Pentathlon and the Olympic Games will become more relevant to more fans via:

- A strong youth engagement profile.
- A dynamic, exciting and proven format that engages TV and social audiences.
- Popularity in urban communities.

10. FAIRNESS AND SAFETY

The change enables UIPM to remain fully gender equal and create a fairer sport by:

- Removing the 'horse lottery'.
- Ensuring the best athlete wins every time.
- Improving health and safety with reduced risk of injury.

DISCOVER MORE AT uipmworld.org/obstacle





ELODIE CLOUVEL OLY FRANCE

"We are choosing a new event that is more dynamic, more inclusive, more current and it is the DNA of our sport, the MODERN Pentathlon."



AHMED ELGENDY OLY EGYPT

"Future generations are enjoying the game and the goal is to fulfil the recommendations of the IOC by reducing costs and making our sport more accessible, universal and appealing."



SOPHIA HERNANDEZ GUATEMALA

"I love seeing how they race on Ninja Warrior and it's always fun. I took part in the Obstacle testing phase and really enjoyed the challenge."



WOONGTAE JUN OLY KOREA

"I know that Obstacle sport is really popular around the world and I'm looking forward to the challenge."



NATALYA COYLE OLY IRELAND

"I think Obstacle sports can bring a whole new range of athletes to Modern Pentathlon, not to mention a whole new range of audiences."



ALIDA VAN DER MERWE SOUTH AFRICA

"The Obstacle course is tough, but after a few times it gets so exciting and you just feel the adrenaline and energy rushing through you."



TYLER EVANS USA

"In LA28, I hope the world will be introduced to a new form of the sport that a new generation of athletes will help build and make great."



JOEL COLLINGS NEW ZEALAND

"Horse riding is very inaccessible and expensive, whereas with Obstacle you can go anywhere, to a playground, and it's very easy for anyone to get started."



MAYANK CHAPHEKAR INDIA

"The new discipline will be something we can all take part in. It's a very interesting game and many people can do it, so it will be a good step for the Modern Pentathlon."



UIPM HEADQUARTERS

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