



# 2023 UIPM PARA LASER RUN GUIDELINES

*as at 24 April 2023*







UNION INTERNATIONALE  
DE PENTATHLON MODERNE

2023 UIPM  
PARA LASER RUN COMPETITION GUIDELINES  
as at 24 April 2023

# ABBREVIATIONS

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<b>EB</b>	Executive Board	<b>NF</b>	National Federation
<b>FOP</b>	Field of Play	<b>NTO</b>	National Technical Observer
<b>GL</b>	Guidelines	<b>PG</b>	Penalty Start Gate
<b>HQ</b>	Headquarters	<b>QC</b>	Qualification Competition
<b>HMT</b>	Hit & Miss Target	<b>SL</b>	Shooting Line
<b>ID</b>	Identification	<b>TC</b>	Technical Committee
<b>LR</b>	Laser Run	<b>TD</b>	Technical Delegate
<b>LOC</b>	Local Organising Committee	<b>TM</b>	Technical Meeting
<b>LPA</b>	Last Penalty Area	<b>UIPM</b>	Union Internationale de Pentathlon Moderne
<b>LPT</b>	Laser Precision Target	<b>WADA</b>	World Anti-Doping Agency
<b>GLRCT</b>	Global Laser Run City Tour	<b>WR</b>	World Rankings
<b>LRWCH</b>	Laser Run World Championships		
<b>Mins</b>	minutes		



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<b>1.</b>	<b>PURPOSE</b>
<b>2.</b>	<b>DEFINITIONS AND BACKGROUND INFORMATION</b>
<b>3.</b>	<b>CLASSIFICATION SYSTEM</b>
<b>4.</b>	<b>TYPES OF EVENTS</b>
<b>5.</b>	<b>LASER RUN DISTANCES</b>
<b>6.</b>	<b>RACE VENUES</b>
<b>7.</b>	<b>EQUIPMENT REQUIRED</b>
<b>8.</b>	<b>ADDITIONAL STAFF AND VOLUNTEERS REQUIRED</b>
<b>9.</b>	<b>STEPS IN ORGANIZING AN EVENT</b>
<b>10.</b>	<b>FURTHER INFORMATION</b>

## 1.

### PURPOSE

These guidelines provide Local Organising Committees (LOCs) and other event organisers with the tools and information required to run an accessible and inclusive Para Laser Run event.

The guidelines include:

Definitions

Events and location and stadium requirements

Equipment requirements

Staff and volunteer requirements

How to guide for running an event

Links to further information and Para classifications.

It is important to remember that the purpose of running a Para Laser Run is to promote accessibility for the sport. With this in mind, LOCs should work with relevant coaches and groups to encourage wide participation across all the LR categories.

It is assumed that in most instances LOCs and other event organisers will be running Para Laser Run events in conjunction with able-bodied events. This presents both challenges and opportunities, and as such, these guidelines are designed to be either stand-alone, or read in conjunction and compatible, with able-bodied Laser Run events.

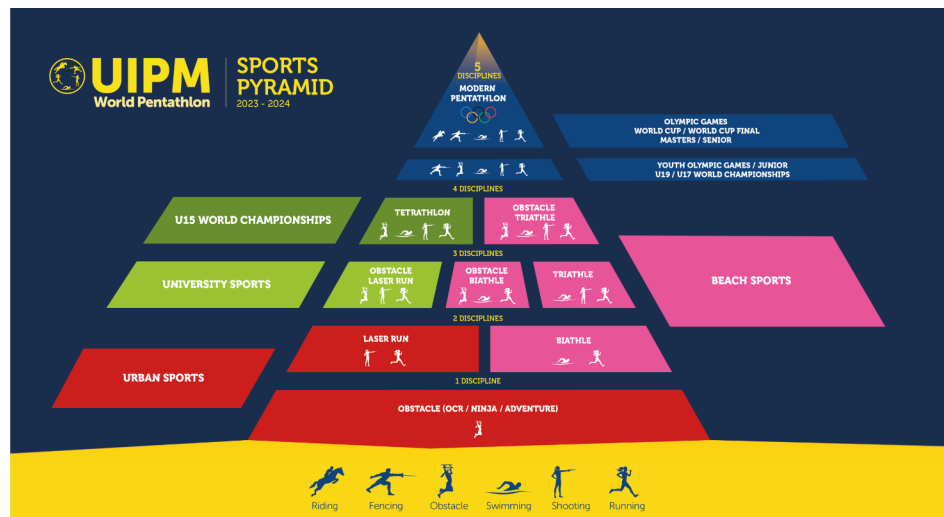
## 2.

### DEFINITIONS & BACKGROUND INFORMATION

DEFINITION	DETAILS
Para Laser Run Rules of Engagement	<p>The rules for a Para Laser Run are based on those of the UIPM for an able-bodied Laser Run with amendments appropriate to include the needs of Para athletes listed within the Laser Run Classifications.</p> <p>Key differences include:</p> <ul style="list-style-type: none"><li>• Guides for vision impaired athletes</li><li>• Use of audio laser pistols</li><li>• Shorter shooting times (reduced from 50 seconds to 30 seconds)</li><li>• Shorter course (300m loops and 3m to 5m shooting) to cater for athletes of all needs.</li></ul>
Classifications	<p>The following Classifications exist for the Para Laser Run:</p> <ul style="list-style-type: none"><li>• LR1: Body impediment category one</li><li>• LR2: Body impediment category two</li><li>• LR3: Body impediment category three</li><li>• LR4: Wheelchair</li><li>• LR5: Vision impediment</li></ul> <p>Full details can be found in the classification documentation via this link.</p>



DEFINITION	DETAILS
Para Laser Run athlete	<p>Para Laser Run athletes who have a range of impairments and compete in any of the sub-sports listed on the Modern Pentathlon Pyramid. Impairments can include, but not be limited to:</p> <ul style="list-style-type: none"> <li>• Vision impairment</li> <li>• Wheelchair</li> <li>• Amputee</li> <li>• Cerebral palsy</li> <li>• Intellectual impairment.</li> </ul> <p>UIPM has specific classifications for each of the sub-sports that make up the UIPM Sports Pyramid (see below).</p>
Stadium Event Venue	This is not specifically limited to stadiums. Rather it considers the location of any event that is held for a Laser Run event.
Guide	Generally, refers to a Guide for a LR5 category 'vision impaired' athlete who guides the athlete for the entire race.
Athlete Supporter	A supporter who helps Para athletes before and after events or at a specific part of the course e.g. Shooting station.



### 3.

## CLASSIFICATION SYSTEM

UIPM World Pentathlon has developed an evidence-based Classification System for Para Pentathletes as well as for each of the sub-sports of Modern Pentathlon. The system includes five classes with male and female athletes competing separately.

**LR1**, **LR2** and **LR3** relate specifically to varying levels of body impediments. **LR4** relates to wheelchairs while **LR5** is for vision impaired. A **LR6** category for mental impediments is currently being considered.

### 4.

## TYPES OF EVENTS

In the majority of instances Para Laser Run events will be held alongside able-bodied events. It is envisaged that Para Laser Run will be undertaken at the following:

- UIPM Laser Run World Championships
- National championships
- Regional events
- UIPM Global Laser Run City Tours
- Any other Confederation or Championship event that includes Laser Run as an individual event.

UIPM regulations, requirements and guidance for various events can be found at [www.uipmworld.org](http://www.uipmworld.org).

### 5.

## LASER RUN DISTANCES

Category	Running/ wheelchair Sequence	Total distance	Shooting sequences	Distance to target
LR1	3x300m	900m	3x5 hits	5m
LR2	3x300m	900m	3x5 hits	5m
LR3	3x300m	900m	3x5 hits	5m
LR4	3x300m	900m	3x5 hits	5m
LR5	3x300m	900m	3x5 hits	3m
LR6*	3x300m	900m	3x5 hits	3m

Note: These distances are proposed to be reassessed at the end of 2024 as the sport continues to grow

## 6.

### RACE VENUES

When running a Para Laser Run event, specific consideration needs to be given to the location to ensure it is accessible for all. This includes consideration of both:

- Access to the venue
- The venue, course and facilities.

#### 6.1

##### Access To The Venue

Appropriate transport, pick-up and drop-off points should be considered when choosing both the venue and accommodation.

Accommodation selected should be consistent with the IPC Accessibility Guide – 4th edition – October 2020.

The LOC should prepare a travel corridor plan to the event that is compliant with relevant international accessibility guidance.

From a logistics perspective many of the teams will organise transport, however it is the LOC and organisers that help with the early planning by selecting an appropriate hotel and choosing the most appropriate travel options.

#### 6.2

##### Venue

When selecting a venue, the LOC should check that it is consistent with international accessibility standards. If the venue has been used for previous Para events, then there is a high chance it will.

A preferred location is an athletic track, as these are generally designed with accessibility in mind and suitable for all athletes. However, it is acknowledged that not all events can be held at athletic stadiums, and one may not be available in the host city or town.

For inclusiveness, the venue should be communicated to participants in the invitation letter, with a brief description and pictures (where relevant).

The LOC should consider the following when choosing a venue location.

CRITERIA	DETAILS
Surface	<p>The surface should be smooth and flat with minimal slipping areas. This allows for athletes of all impediments to compete.</p> <p><b>Concrete:</b> Works well for all impediments.</p> <p><b>Athletics track:</b> Works well for all impediments.</p> <p><b>Stone:</b> works well for all impediments, but can become very slippery with rain; a back-up plan should be prepared.</p> <p><b>Crushed rock gravel:</b> while not preferred, is acceptable as it can provide a stable surface. Gravel pieces should not be so large as to prohibit ease of motion for wheelchairs or cause a tripping hazard for other Para athletes.</p> <p><b>Grass and rough surface:</b> While not ideal, can be used if all wheelchair competitors have a freewheel wheelchair attachment.</p>
Accessibility	<p>Relevant international accessibility guidance and the <a href="#">IPC Accessibility Guide – October 2020</a> should be considered when selecting a location.</p>

CRITERIA	DETAILS
<b>Gradient and corners</b>	<p><b>Gradient</b></p> <p>A flat course is the best option where feasible.</p> <p>If a flat course is not feasible, gradients should be no steeper than 1:33. In terms of maximums, the general rule of thumb is that no gradient be steeper than 1:12 on the course. For individual ramps on a course over a short distance, a maximum gradient of 1:8 is proposed.</p> <p><b>Corners</b></p> <p>The space needed for a smooth wheelchair U-turn is 197cm by 153cm.</p>

## 7. EQUIPMENT REQUIRED

The equipment requirements are detailed within the UIPM Laser Shooting Equipment Guidelines.

For Para Laser Run the following additional requirements and equipment should be considered:

- Vision impaired pistols (based on sound)
- Distance between shooting stations should be double
- Guides and supporters can access the course.

### 7.1 Guide and Supporter Requirements

#### Guide

- Where athletes use a guide the following rules apply:
- Guides should be provided by the athlete or National Federation
- If the athlete or National Federation cannot provide a guide, the guide can be supplied by the LOC
- Guides should be confirmed and approved by the Technical Director
- The guide should be the same gender as the athlete
- The guide should be able to be at least one minute faster (running component) over a 3km distance than the athlete's seasonal best time
- The guide should be running level with the athlete and cross the finishing line at the same time as the athlete
- A guide should have the word 'Guide' visible on front and back of their top. It is recommended LOC prepares re-utilisable bibs for this purpose or (if budget allows) the special event T-shirt, which will remain with the guide as "memorabilia".

#### Supporter

Supporters are an option for athletes who need additional support on the course. Supporters provide advice rather than direct guiding of athletes on the course for aspects such as shooting. They are also able to walk with athletes and offer course direction information as required. The following is required of a supporter:

- A supporter should have the word 'Supporter' visible on the front and back of their top, LOC shall provide a bib or (if budget allows) print a specific T-shirt.

## 8.

### ADDITIONAL STAFF AND VOLUNTEERS REQUIRED

Laser Run Guidelines (as detailed in Section 5) should be followed to ascertain specific roles required for the event. Dependent on the event, the following staff and volunteers should be in attendance:

STAFF/VOLUNTEER	DETAILS
Medical Practitioner	<p>This should be a registered Doctor or Nurse. The role includes:</p> <ul style="list-style-type: none"> <li>Assessing athletes and confirming classifications</li> <li>Providing support to athletes</li> <li>Being on the Jury of Appeal.</li> </ul>
Support personnel	<p>The role includes carrying bags and providing support as follows:</p> <ul style="list-style-type: none"> <li>Supporting athletes before and after events</li> <li>Liaising with other relevant staff.</li> </ul>
Additional staff for classification	<p>The role includes:</p> <ul style="list-style-type: none"> <li>Providing classification support to the Medical Practitioner.</li> </ul>
Medical and Head of Classification	<p>The role includes:</p> <ul style="list-style-type: none"> <li>A Head of Classification needs to be present at all Para Laser Run events</li> <li>Being on the Jury of Appeal</li> <li>Can be the same person as the Medical Practitioner.</li> </ul>
Para Laser Run Director	<ul style="list-style-type: none"> <li>Can be same person as Laser Run Director.</li> </ul>

## 9.

### STEPS IN ORGANIZING AN EVENT

The following steps should be considered to run an event:



## 10.

### FURTHER INFORMATION

Should you require further information, please contact the Para Pentathlon Commission:

Email	<a href="mailto:Para@pentathlon.org">Para@pentathlon.org</a>
Para Pentathlon Commission Chair: <b>Andrew Collings</b>	+642102589605
Para Pentathlon Commission Coordinator: <b>Radka Zapletalova</b>	+420604430873

## ATTACHMENT A

## PARA PENTATHLON CLASSIFICATIONS

The following classification information is provided by UIPM:

DESCRIPTION	SCORE	CLASS
Includes athletes with comparable activity limitation and an impairment of, but not limited to, limb deficiency, hypertonia, ataxia and or athetosis, impaired conditions could include a partial hand/foot amputation and mild cerebral palsy. In Fencing, Swimming and Running segments, the athlete may use approved prosthesis or other supportive devices	< or 5	LR1
Includes athletes with comparable activity limitation and an impairment of, but not limited to, limb deficiency, hypertonia, ataxia and or athetosis, impaired conditions could include a below knee/elbow amputation and mild cerebral palsy. In Fencing, Swimming and Running segments, the athlete may use approved prosthesis or other supportive devices.	< or 10	LR1
Includes athletes with comparable activity limitation and an impairment of, but not limited to, limb deficiency, hypertonia, ataxia and or athetosis, impaired conditions could include above knee amputation and moderate cerebral palsy. In Fencing, Swimming and Running segments, the athlete may use approved prosthesis.	< or 20	LR2
Includes athletes with comparable activity limitation and an impairment of, but not limited to, limb deficiency, hypertonia, ataxia and or athetosis, impaired conditions could include a complete brachial plexus, above knee amputation, strokes and severe cerebral palsy. In Fencing, Swimming and Running segments, the athlete may use approved prosthesis or other supportive devices.	< 30	LR3
Athletes who predominantly use a wheelchair for their daily ambulation. Includes athletes with comparable activity limitation and an impairment of, but not limited to, limb deficiency, hypertonia, ataxia and or athetosis. Common health conditions could include spinal cord lesions, strokes, above knee and one more amputation, and severe cerebral palsy. In Fencing, Swimming and Running segments, the athlete may use approved prosthesis or other supportive devices.	> or 30	LR4
Total or partial visual impairment (IBSA/IPC). One guide is mandatory throughout the race. Must ride a tandem during Running and Fencing.	V	LR5







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19 avenue des Castelans  
MC-98000 Monaco



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