

**Version 1.0**

# **UIPM OBSTACLE DISCIPLINE COMPETITION GUIDELINES**

30th November 2022

# 1. GENERAL ASPECTS

These guidelines serve to regulate Obstacle Discipline in Modern Pentathlon competitions in the 2023 season for Under 17, Under 19 and Junior age groups.

The UIPM 2023 Pentathlon World Championships for the above-mentioned groups will be organized with qualifications leading directly to a Final with 36 athletes (no Semi-finals).

The UIPM Obstacle Catalogue will be published in January 2023 and will contain details linked to the obstacles to be used in different competition levels, as well as their dimensions, parameters, safety requirements, sequence, and placement on the course.

Both the Competition Guidelines and the Obstacle Catalogue will be revised and updated before the beginning of the 2024 season with special attention to the number of obstacles, length of the course and Modern Pentathlon points system.

## 1.1 DEFINITION

- i) Obstacle Discipline is a race that consists of overcoming obstacles from a start line to a finish point organised both for Individuals and for Relays.
- ii) UIPM Category A competitions will be organized always as head-to-head races.
- iii) In the final of the Category A competitions the order of the events must be as follows: Fencing Bonus Round, Obstacle, Swimming, Laser Run.

## 1.2 VENUE

The competition can be organized indoors or outdoors with the course placed on any surface where the course can be settled on a solid base.

## 1.3 THE COURSE

- i) eight obstacles on a course 60m-70m in length will be used for both Individual and relay competitions.
- ii) in UIPM Pentathlon U17, U19 and Junior World Championships and any Category A, B and C competition for those age groups, six of the eight obstacles will be fixed by UIPM for consistency across all events during the season, while each LOC can select the other two obstacles. All obstacles must be selected from the UIPM Obstacle Catalogue.
- iii) LOCs can have more flexibility in Category B and C competitions for U17, U19 and Junior age groups, according to conditions that will be specified in the UIPM Obstacle Catalogue. But where this flexibility is applied, no Pentathlon World Ranking (PWR) points will be granted.
- iv) for all national competitions, LOCs can have the same flexibility mentioned in iii) according to conditions that will be specified in the UIPM Obstacle Catalogue.

## 2. AUTHORITIES APPOINTED BY THE LOC

### 2.1 OBSTACLE DISCIPLINE DIRECTOR (1)

i) is responsible for the overall correct conduct of the Obstacle competition.

### 2.2 THE SECRETARY (1)

i) takes care of all worksheets during the event.

### 2.3 THE CLERK OF THE COURSE (1)

i) assembles the athletes prior to each heat.

ii) checks uniforms, gloves, and accessories, refusing any athlete with non-conforming equipment to go to the start including non-authorized substance on their hands.

iii) is responsible for ensuring that the athletes are ready for the start prior to each heat.

### 2.4 THE COURSE JUDGES (4)

i) are placed by the Obstacle Discipline Director so that they may best observe the running closely.

ii) in the case of an athlete's first failure on an obstacle, the course judge shall immediately raise a yellow flag and loudly call "Fail" to ensure the competing athlete understands an infringement has occurred, which corresponds to a warning. In the case of a second failure on the same obstacle, the judge must raise a red flag and give the command "Stop" to confirm the elimination of the athlete.

iii) two judges are needed on each lane, and each one of them covers four out of eight obstacles.

### 2.5 THE STARTER (1)

i) has entire control of the athletes while on their marks and is the sole judge of any fact connected with the start of the race.

ii) is responsible for giving the start signal to the athletes when they are due to start.

iii) is responsible for applying false start penalties.

### 2.6 THE ARRIVAL JUDGE (1)

i) is responsible for registering the arrival order of the athletes in case of timing device failure, or if manual timing is used. The judge must have a clear view of the finish buttons placed on the top of the last obstacle of the course.

### 2.7 THE TIMEKEEPERS (2)

i) are responsible for recording the times of the athletes. They must use their stopwatches or manually operated electronic timers. Whether automatic timing is used or not, there should always be two timekeepers.

## 3. CONDUCT OF THE COMPETITION

### 3.1 STARTING ORDER

- i) in competitions with Qualifications, the athletes/teams will be placed according to their PWR Obstacle time. If the athlete/team does not have a PWR, entry times will be used. The athlete with the slower PWR Obstacle time or slower entry time will be placed in lane 1.
- ii) in Finals, the start order is the reverse of the ranking after the Fencing Bonus Round.
- iii) in Finals, two athletes/teams will compete in two lanes (head-to-head). The athlete/team lowest ranked after fencing will be placed in lane 1.

### 3.2 CONTROL IN THE CALL ROOM

Athletes with nonconforming equipment (see No.4 below) will not be authorised to compete unless they change to appropriate equipment before the start of the presentation. Disqualification will be applied if an athlete refuses to comply with this rule.

### 3.3 THE START

- i) athletes will be announced by the announcer and invited to take their places behind the starting line.
- ii) on the Starter's command "Take your Marks" the athletes must immediately take up a starting position with both feet behind the starting line. The Starter gives the start signal by using a start pistol, horn, whistle, or command.

### 3.4 FALSE START

- i) the Starter/Announcer must immediately announce a False Start to the athletes and spectators if an athlete has started too early.
- ii) an athlete starting late will not be penalised, but their time will be taken from the moment they should have started according to the starting signal.
- iii) a false start occurs if an athlete crosses or touches the start line before the official start time.
- iv) an athlete or team is penalised by a deduction of 10 points in case of False Start.
- v) an athlete or team is disqualified in the case of a blatant attempt to start too early.

### 3.5 THE COURSE

- i) the athletes must overcome all obstacles on their dedicated lane according to the instructions published in these Guidelines and the UIPM Obstacle Catalogue. They can run, walk, jump, climb, crawl, slither, scramble, lift, carry, or otherwise propel themselves across, under, over, along or through the obstacles.
- ii) after an unsuccessful attempt to overcome an obstacle, the athlete may repeat it by continuing to the end of the obstacle and returning to its beginning using the external adjacent side.
- iii) after an unsuccessful second attempt to overcome the same obstacle, the athlete will be stopped and eliminated.
- iv) "weighting" an obstacle, for example by applying body weight to an obstacle bar, is considered to be the start of an attempt to overcome an obstacle element.
- v) if an obstacle is followed by a landing platform, the condition for its correct completion is to land on the platform, or, if no platform, to jump with both feet beyond the line marked on the ground or mattresses underneath the obstacle. An athlete who lands on a platform and falls or steps backward has failed the obstacle.
- vi) jostling, running across, or obstructing another athlete in a way that impedes their progress results in disqualification.
- vii) if an athlete crosses and runs into another athlete's lane to overcome obstacles with hanging elements, they will be eliminated.

viii) in the case of Art 3.5 vi) and vii) where the affected athlete has been unfairly compromised in the opinion of the Course Judge, they will have the right to perform the whole course again.

ix) athletes will have their results ranked according to their performance times measured to 1/100th of a second.

### 3.6 THE FINISH

Athletes will complete the course the moment they activate the finish button with any part of their hands, arms, or forearms. The button must be connected to a horn, scoreboard, or another finish device. The winner of the heat is the first one to push the button.

### 3.7 MODERN PENTATHLON POINTS

Modern Pentathlon points are awarded according to the performance times presented in the Appendix A to these Guidelines. Each 0.50 second is equal to 1 MP point.

### 3.8 SAFETY

i) during the warm-up it is forbidden for an athlete to start one obstacle while another athlete is still overcoming it.

ii) in case of lightning strikes in outdoor competitions all activities must be immediately suspended.

iii) in case of rain, wind, or other adverse weather conditions the Technical Delegates have the power to postpone the competition, exclude obstacles, reduce the number of elements of an obstacle and 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.

iv) additional safety measures will be published in the UIPM Obstacle Catalogue.

## 4. EQUIPMENT REGULATIONS

i) in Category A competitions, athletes from the same National Federation must wear their national uniforms.

ii) the athlete 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 7-12cm 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) athletes must compete with athletic shoes without spikes.

v) the LOC is responsible for providing every 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 athletes. Numbers must be worn on the front and back above waist height and be visible in all weather conditions. The start numbers can be made of adhesive material.

vii) it is forbidden for athletes to modify the dimensions (size and width) of the start numbers given by the LOC.

viii) gloves, wristbands, compressive sleeves, taping, and similar items are allowed.

ix) watches, necklaces, rings, earrings, bracelets, piercings, loose apparel, unsecured hair, and any other item that could catch on an obstacle are prohibited.

x) sunglasses or eyeglasses are only allowed with safety stripes.

xi) climbing, weightlifting, gymnastics, football, basketball, and similar "chalk" (magnesium) in all its forms (liquid, powder, etc.) are prohibited.

xii) cameras, phones, radios, tape recorders or any type of communication systems are prohibited.

## 5. INFRINGEMENTS AND PENALTIES

### 5.1 AN ATHLETE OR TEAM IS PENALIZED BY A WARNING WHEN:

- i) they fail on an obstacle for the first time.

### 5.2 AN ATHLETE OR TEAM IS PENALIZED BY A DEDUCTION OF TEN POINTS FOR EACH OF THE FOLLOWING OFFENCES:

- i) contravening clothing/equipment regulations
- ii) modifying dimensions of start numbers
- iii) False Start.

### 5.3 AN ATHLETE OR TEAM IS ELIMINATED FOR:

- i) the second failure on the same obstacle
- ii) crossing and running into another athlete's lane to overcome obstacles with hanging elements
- iii) an incorrect change in the relay
- iv) use of cameras, phones, or other prohibited devices
- v) use of chalk (magnesium).

### 5.4 AN ATHLETE OR TEAM IS DISQUALIFIED FOR:

- i) jostling, running across, or obstructing another athlete
- ii) refusing to comply with Equipment Regulations
- iii) a blatant attempt to start too early.

OFFENCES	RULE	PENALTY
Obstacle first failure	5.1.i)	Warning
Contravening clothing regulations	5.2.i)	10 pts
Modifying dimensions of start numbers	5.2.ii)	10 pts
False Start	5.2.ii)	10 pts
Second failure at same obstacle	5.3.i)	Elimination
Crossing and running into another athlete's lane to overcome obstacles with hanging elements	5.3.ii)	Elimination
Incorrect change in the relay	5.3.iii)	Elimination
Use of cameras, phones, and other devices	5.3.iv)	Elimination
Use of chalk	5.3.v)	Elimination
Refusing to comply with Equipment Regulations	5.4.i)	Disqualification
Jostling, running across or obstructing another athlete	5.4.ii)	Disqualification
A blatant attempt to start too early	5.4.iii)	Disqualification

## APPENDIX A | OBSTACLE DISCIPLINE POINTS TABLE

Time(s)	Pts	Time(s)	Pts	Time(s)	Pts	Time(s)	Pts	Time(s)	Pts	Time(s)	Pts	Time(s)	Pts	Time(s)	Pts	Time(s)	Pts	Time(s)	Pts	Time(s)	Pts
20.00	340	35.50	309	51.00	278	66.50	247	82.00	216	97.50	185	113.00	154	128.50	123	144.00	92	159.50	61	175.00	30
20.50	339	36.00	308	51.50	277	67.00	246	82.50	215	98.00	184	113.50	153	129.00	122	144.50	91	160.00	60	175.50	29
21.00	338	36.50	307	52.00	276	67.50	245	83.00	214	98.50	183	114.00	152	129.50	121	145.00	90	160.50	59	176.00	28
21.50	337	37.00	306	52.50	275	68.00	244	83.50	213	99.00	182	114.50	151	130.00	120	145.50	89	161.00	58	176.50	27
22.00	336	37.50	305	53.00	274	68.50	243	84.00	212	99.50	181	115.00	150	130.50	119	146.00	88	161.50	57	177.00	26
22.50	335	38.00	304	53.50	273	69.00	242	84.50	211	100.00	180	115.50	149	131.00	118	146.50	87	162.00	56	177.50	25
23.00	334	38.50	303	54.00	272	69.50	241	85.00	210	100.50	179	116.00	148	131.50	117	147.00	86	162.50	55	178.00	24
23.50	333	39.00	302	54.50	271	70.00	240	85.50	209	101.00	178	116.50	147	132.00	116	147.50	85	163.00	54	178.50	23
24.00	332	39.50	301	55.00	270	70.50	239	86.00	208	101.50	177	117.00	146	132.50	115	148.00	84	163.50	53	179.00	22
24.50	331	40.00	300	55.50	269	71.00	238	86.50	207	102.00	176	117.50	145	133.00	114	148.50	83	164.00	52	179.50	21
25.00	330	40.50	299	56.00	268	71.50	237	87.00	206	102.50	175	118.00	144	133.50	113	149.00	82	164.50	51	180.00	20
25.50	329	41.00	298	56.50	267	72.00	236	87.50	205	103.00	174	118.50	143	134.00	112	149.50	81	165.00	50	180.50	19
26.00	328	41.50	297	57.00	266	72.50	235	88.00	204	103.50	173	119.00	142	134.50	111	150.00	80	165.50	49	181.00	18
26.50	327	42.00	296	57.50	265	73.00	234	88.50	203	104.00	172	119.50	141	135.00	110	150.50	79	166.00	48	181.50	17
27.00	326	42.50	295	58.00	264	73.50	233	89.00	202	104.50	171	120.00	140	135.50	109	151.00	78	166.50	47	182.00	16
27.50	325	43.00	294	58.50	263	74.00	232	89.50	201	105.00	170	120.50	139	136.00	108	151.50	77	167.00	46	182.50	15
28.00	324	43.50	293	59.00	262	74.50	231	90.00	200	105.50	169	121.00	138	136.50	107	152.00	76	167.50	45	183.00	14
28.50	323	44.00	292	59.50	261	75.00	230	90.50	199	106.00	168	121.50	137	137.00	106	152.50	75	168.00	44	183.50	13
29.00	322	44.50	291	60.00	260	75.50	229	91.00	198	106.50	167	122.00	136	137.50	105	153.00	74	168.50	43	184.00	12
29.50	321	45.00	290	60.50	259	76.00	228	91.50	197	107.00	166	122.50	135	138.00	104	153.50	73	169.00	42	184.50	11
30.00	320	45.50	289	61.00	258	76.50	227	92.00	196	107.50	165	123.00	134	138.50	103	154.00	72	169.50	41	185.00	10
30.50	319	46.00	288	61.50	257	77.00	226	92.50	195	108.00	164	123.50	133	139.00	102	154.50	71	170.00	40	185.50	9
31.00	318	46.50	287	62.00	256	77.50	225	93.00	194	108.50	163	124.00	132	139.50	101	155.00	70	170.50	39	186.00	8
31.50	317	47.00	286	62.50	255	78.00	224	93.50	193	109.00	162	124.50	131	140.00	100	155.50	69	171.00	38	186.50	7
32.00	316	47.50	285	63.00	254	78.50	223	94.00	192	109.50	161	125.00	130	140.50	99	156.00	68	171.50	37	187.00	6
32.50	315	48.00	284	63.50	253	79.00	222	94.50	191	110.00	160	125.50	129	141.00	98	156.50	67	172.00	36	187.50	5
33.00	314	48.50	283	64.00	252	79.50	221	95.00	190	110.50	159	126.00	128	141.50	97	157.00	66	172.50	35	188.00	4
33.50	313	49.00	282	64.50	251	80.00	220	95.50	189	111.00	158	126.50	127	142.00	96	157.50	65	173.00	34	188.50	3
34.00	312	49.50	281	65.00	250	80.50	219	96.00	188	111.50	157	127.00	126	142.50	95	158.00	64	173.50	33	189.00	2
34.50	311	50.00	280	65.50	249	81.00	218	96.50	187	112.00	156	127.50	125	143.00	94	158.50	63	174.00	32	189.50	1
35.00	310	50.50	279	66.00	248	81.50	217	97.00	186	112.50	155	128.00	124	143.50	93	159.00	62	174.50	31	190.00	0



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