



Technical Newsletter – 2023/3

# Technical Newsletter

## Dear Member Federations, Athletes, Coaches and Technical Officials

---

The third edition of our Technical Newsletter 2023 brings you updates and clarifications on specific aspects of the UIPM Obstacle Competition Guidelines and the UIPM Obstacle Catalogue, along with important reminders about essential procedures for organizing competitions that feature the new discipline.

Earlier this month, UIPM Technical Delegates joined by UIPM staff had the chance to attend both the Junior and Youth European Championships collecting important information to keep improving the quality standard of competitions organized with the new discipline included in their programs. Besides, UIPM is permanently collecting feedback (with documents and videos) from National Federations that have started to organize obstacle competitions and training programs.

Based on the explained above, the following topics will be adopted in the upcoming competitions this season and will be further incorporated into the regulating documents of the obstacle discipline.

## A

### ADAPTATIONS ON THE COURSE

- 1) For the U17 age group (women and men), two platforms should be placed on top of each other before the Rings, Wheels, and Monkey Bars obstacles. This creates a platform height of 0.4m before those obstacles, in place of a single platform measuring 0.2m height (Figure 1 below). This action aims to reduce the height gap for the shortest athletes of that age group and give them better conditions to properly hang the obstacles.

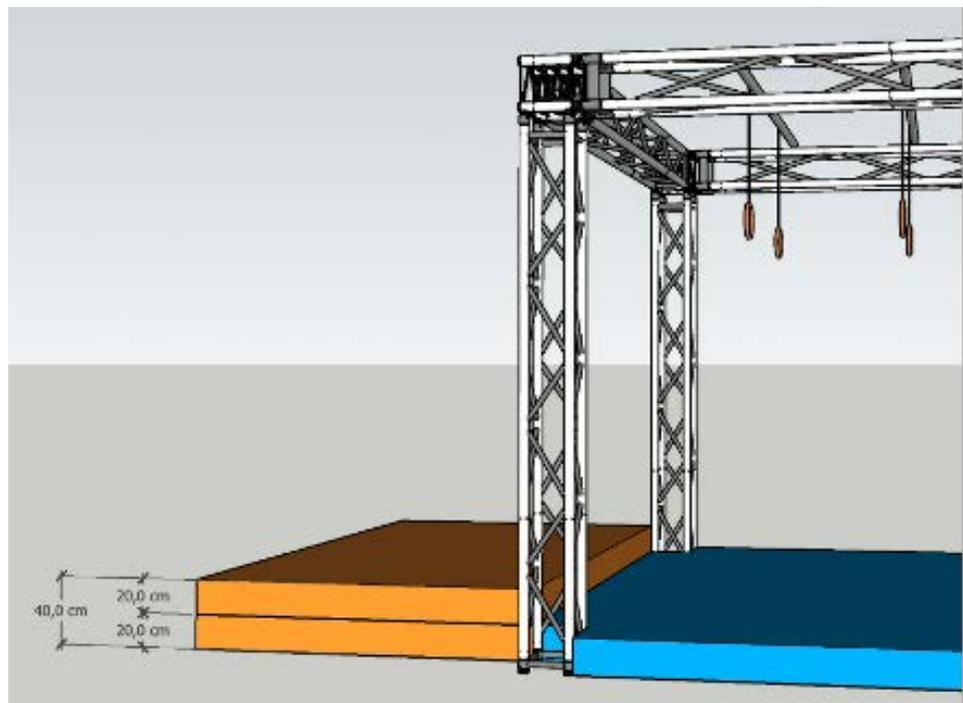


Figure 1 – Double platform (U17 age group)

- 2) The starting platform should be positioned between 1m-3m before the first step of Obstacle #1. That extra distance added to the course does not affect its maximum length (70m).



Figure 2 – Starting platform

- 3) The obstacle "Monkey Bars" will incorporate an additional bar, resulting in a total of 8 bars. The spacing between bars (in cm) is shown in Figure 3 below.

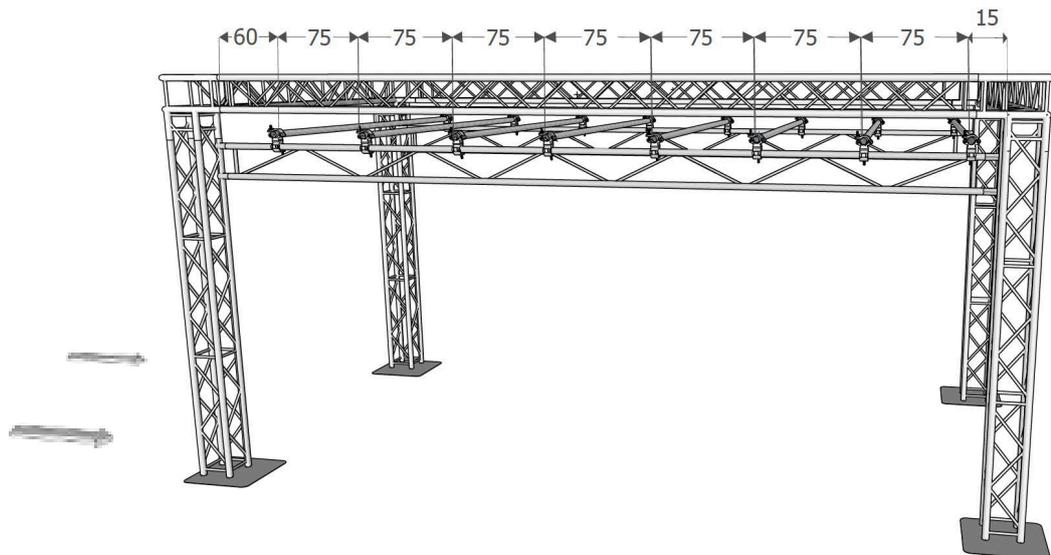


Figure 3 – Monkey Bars

---

**B**

**ADAPTATIONS ON THE CONDUCT OF THE COMPETITION**

---

- 1) If a pentathlete is not present at the place and 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 pentathlete not appearing by the third call will be eliminated.
- 2) If a pentathlete 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 pentathlete's performance on the lane that was stopped. If it is evident that the pentathlete's performance was significantly affected, they will be granted the opportunity to repeat the race.
- 3) Any form of contact between any part of the athlete's body and the vertical trusses is not allowed and it will lead to a failure on the obstacle.
- 4) Once an athlete starts the race, it is strictly prohibited to purposefully discard any clothing or equipment (e.g., gloves) along the course.
- 5) Athletes are not allowed to wear caps/hats.
- 6) If an athlete steps on the ground next to a platform, this is not considered a failure.

---

**C**

**SAFETY RECOMMENDATIONS**

---

- 1) A comprehensive inspection of the course elements' condition shall be conducted five minutes prior to the start of the warmup 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.
- 2) Safety pins must not be used to fast Bib/Start numbers on the frontal part of the top or pentasuit. Only adhesive bib numbers will be allowed in this case.



Baron Pierre de Coubertin

*"The Modern Pentathlon event would test a man's moral qualities as much as his physical resources and skills, producing thereby the ideal, complete athlete."*

**UIPM HEADQUARTERS**

Stade Louis II – Entrée C  
19 avenue des Castelans  
Tel. +377 9777 8555 | Fax +377 9777 8550  
E-mail: [uipm@pentathlon.org](mailto:uipm@pentathlon.org)

**WEB**

[www.uipmworld.org](http://www.uipmworld.org)

**SOCIAL MEDIA**



[/WorldPentathlon](#)



[/WorldPentathlon](#)



[/uipmchannel](#)



[/theuipm](#)