UIPM RULES REVIEW 2025

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Context and Background

Following the successful implementation of the revised 90 minutes format at the Paris 2024 Olympic Games, and the effective delivery of major indoor senior events in 2025, **the UIPM has continued to engage in active dialogue with the International Olympic Committee (IOC) and Olympic Broadcasting Services (OBS).** Based on their direct feedback, as well as the insights and recommendations of the **UIPM Innovation Commission**, further refinements have been deemed necessary to optimise Modern Pentathlon for future Olympic editions, particularly with regard to broadcast value and operational efficiency.

With the final decision on the sports programme for the Brisbane 2032 Olympic Games expected in the first half of 2026, it is essential that UIPM continues to take timely and well-considered action. This moment represents a critical opportunity to demonstrate the sport's evolution, its relevance to the Olympic values, and its appeal to future generations.

As such, the sport must present an updated and consolidated format from the very beginning of the 2026 season. By acting now, we **strengthen the position of Modern Pentathlon within the Olympic Programme and contribute collectively to securing its long-term future**.

The proposed adjustments therefore require an extraordinary decision in end of 2025 to allow timely rule implementation and early alignment with the IOC's evaluation timeline. It is not only procedural but also strategic, **ensuring that Modern Pentathlon continues to evolve in line with Olympic values and remains a strong, modern and relevant sport within the Games framework**.

Structure of Proposed Changes

To facilitate transparent decision-making and ensure regulatory clarity, the proposed revisions have been organized into two distinct sets:

Set 1

These updates are critical for ensuring compliance with expectations for LA28 and future Games.

- **Fencing** – Change in Bout Timing from 60” to 45”
- **Swimming** – Change of Distance from 200m to 100m
- **Laser Run** – Addition of a Fifth Shooting Series at the beginning of Laser Run

Set 2

The second set includes important refinements unrelated to Set 1 but identified as necessary following the operational experience gained during the inaugural editions of the U15 World Championships and shall be implemented from 2026.

- **General Aspects U15 World Championships**

SET 1

- Fencing – Change in Bout Timing from 60” to 45”
- Swimming – Change of Distance from 200m to 100m
- Laser Run – Addition of a Fifth Shooting Series at the beginning of Laser Run

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FENCING

Change in Bout Timing to 45”

Bout Duration

Current Rule:

The effective duration of each bout is one (1) minute, excluding interruptions, in the Ranking Round, Seeding Round and Direct Elimination phases.

Review and IOC/OBS feedback Findings:

While this timing format functions effectively, particularly in the Direct Elimination phase it results in the **fencing segment lasting more than twice longer** than Obstacle, Swimming or Laser Run within the overall competition. This creates an imbalance in the competition format.

A reduced duration would enhance **the dynamism and spectator engagement** of the event.

Bout Duration

Proposed solution:

Reduce the effective duration of **each bout to 45 seconds**, excluding interruptions, and apply this standard uniformly across the Ranking Round, Seeding Round and Direct Elimination phases.

Rationale:

- Ensures better balance among the disciplines’ duration.
- Improves the spectator experience through a more dynamic and continuous competition flow.

Expected Impact:

A more compact and engaging fencing format that improves the overall competition rhythm and enhances the experience of spectators and broadcast audiences.

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Swimming

Change of Distance from 200m to 100m

Background and Testing Phases

Following an **initial round of swimming tests conducted in July**, open to all NFs and carried out on a voluntary basis, the UIPM Executive Board reviewed the outcomes from participating athletes, coaches and Federations.

After a thorough analysis, the Board decided not to pursue further testing of the handicap system in swimming, due to the complexity of its implementation. However, it was agreed that the **possibility of reducing the swimming distance to 100 metres, accompanied by an adjusted points-per-second ratio**, should be further explored. The aim was to ensure that the performance of strong swimmers continues to be appropriately rewarded, without diluting their competitive advantage.

This direction is consistent with the IOC's recommendations aimed at making Modern Pentathlon more dynamic, faster and more appealing for athletes, spectators and fans worldwide.

A second and more streamlined testing phase was launched in September. This round focused on comparing athlete performances in both 100m and 200m distances under controlled conditions, with particular attention to point differentials. NFs had the opportunity again to submit their reports and opinions, while athletes shared their feedback through a survey made available online to all participants.

Background and Testing Phases

The initial test results provided a modest quantitative basis for comparing the two swimming distances. Therefore, the findings were exploratory in scope, as the tests involved a limited group of athletes, were conducted under varying local conditions, and included a highly heterogeneous group ranging from high-performance to youth-level pentathletes.

To develop a more robust understanding of the relationship between 200m and 100m performances, comparative data from elite swimmers at the World Aquatics Championships* was analysed. Based on this data, a statistical model was constructed **to estimate 100m pentathlon performances from actual 200m performances by pentathletes ****. This estimation was necessary due to the absence of individual 100m performance data in pentathlon competitions***. Although athletes swim 100m in relay events, the UIPM database records only the overall team time, not individual splits.

The developed model served as the foundation for a revised and more consistent scoring table shown from the next slide. The objective of this model is to preserve the rightful value of swimming within the Pentathlon and to maintain the current overall balance and integrity of the sport's structure.

*2018; 2021; 2022; 2024.

** Finals of Olympic Games (Tokyo and Paris), World Championships (Bath 2023 and Kaunas 2025) and World Cup Finals (Ankara 2023 and 2024)

*** Conversion factors were applied to standardize all swimming performances in * and ** , thereby ensuring that results from 25m and 50m pools were evaluated under a uniform reference condition.

New Scoring Table

Using a reference time of 1:10.00 equating to 250 points, **three scoring tables were analysed, applying conversion rates of 4, 5, and 6 points per second.**

The objective was to determine **which model best preserves the current relative weight** of the swimming discipline and **upholds the competitive integrity of the sport**.

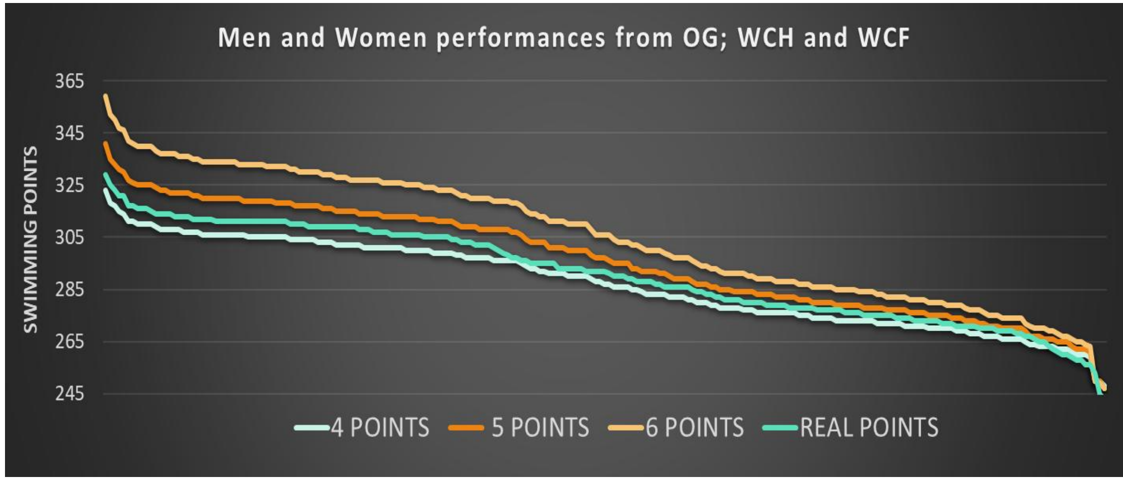
Points within 1 second					
4 PTS		5 PTS		6 PTS	
Points	Time (s)	Points	Time (s)	Points	Time (s)
250	70.00	250	70.00	250	70
251	69.75	251	69.80	251	69.83
252	69.50	252	69.60	252	69.67
253	69.25	253	69.40	253	69.50
254	69.00	254	69.20	254	69.33
		255	69.00	255	69.17
				256	69.00

Validation with actual data

Using the developed model mentioned in the previous slides, **100m performance times were predicted based on real 200m pentathlon results***. These predictions were then used to validate the proposed 100m scoring models.

Three scoring models were assessed using a reference time of 1:10.00 = 250 points, applying conversion rates of 4, 5, and 6 points per second. The **4-point model** tended to underestimate performances, while the **6-point model** inflated results, both leading to distortions that affect scoring accuracy and fairness.

In contrast, the model using a conversion rate of **5 points per second** (orange line) showed better alignment with the actual performance curve (green line), with a slight positive deviation. This indicates that the model preserves the relative value of performances, **offering the most balanced and reliable basis for scoring among the three.**



** Top 18 men and women at the Olympic Games (Tokyo and Paris), World Championships (Bath 2023 and Kaunas 2025), and World Cup Finals (Ankara 2023 and 2024)*

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Proposed Solution

To adopt the 100m swimming distance for all age groups currently competing over 200m, with the points table adapted to a rate of 5 points per second.

1. The 100m format increases **dynamism and spectator engagement**, aligning with IOC guidance.
2. Feedback from athletes and National Federations **consistently indicates greater motivation and training relevance associated with the 100m distance.**
3. **The 5 points per second** model ensures proportional scoring and maintains fairness among disciplines under the current weighting, with additional real 100m data to be incorporated in future reviews.
4. Statistical comparison with **Olympic benchmarks (Tokyo & Paris)** confirms strong consistency with current performance distributions.

While no changes are proposed at this stage for the U15 and younger age groups, further studies will be conducted during the next season to support adjustment proposals for UIPM 2026 Congress.

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Laser Run

Addition of a Fifth Shooting Series at the Beginning of Laser Run

Background

Current Rule:

In **U19, Junior and Senior age groups**, the Laser Run begins with the completion of the first running lap before the first shooting series.

Review Findings:

The analysis of recent major competitions confirms that, despite natural variability introduced by weather, terrain or course design, **running has become the overwhelmingly decisive factor in Laser Run outcomes**.

Background

Review Findings:

When isolating performances in running and shooting from the **finals of the last three World Championships**, the analysis of time gaps between the best and worst performances shows that total shooting time varied considerably. At the same time, the time gaps observed in the running segments were significantly larger, often two to three times greater than those in shooting.

This imbalance suggests a **disproportionate weight of running within the discipline**, reducing the relative influence of shooting on overall performance.

To address this issue and **restore a more equitable distribution of skills**, it is proposed to introduce a fifth shooting series in place of the current four. This adjustment is expected to increase the technical and strategic relevance of shooting, thereby **reducing the performance gap between the two components** and enhancing the integrity of the Laser Run.

Proposed Solution

Add a fifth shooting series for U19, Junior and Senior categories. The Laser Run now begins directly with the first shooting series before the first running lap.

Rationale:

- Enhances the importance of shooting in Laser Run.
- Reflects the evolution of athlete performance levels and encourages continued technical excellence.
- Creates a more balanced integration between running and shooting skills.
- More exciting start of Laser Run, with directly running to the shooting range, to increase the uncertainty and drama of the event.

Expected Impact:

Stronger emphasis on shooting technique, improved fairness, and a more dynamic and engaging competition.

Proposed Solution

U19, Junior and Senior

Current rule Individual

Run 600m	Shoot	Run 600m	Shoot	Run 600m	Shoot	Run 600m	Shoot	Run 600m

Proposed rule Individual

Shoot	Run 600m	Shoot	Run 600m	Shoot	Run 600m	Shoot	Run 600m	Shoot	Run 600m

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Current rule Relays

Run 600m	Shoot	Run 600m	Shoot	Run 600m	Run 600m	Shoot	Run 600m	Shoot	Run 600m
Athlete 1					Athlete 2				

Proposed rule Relays

Shoot	Run 600m	Shoot	Run 600m	Shoot	Run 600m	Shoot	Run 600m	Shoot	Run 600m	Shoot	Run 600m
Athlete 1						Athlete 2					

Set 2

- General aspects – U15 World Championships

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U15 World Championships

General aspects

Organization of Events

Current Rule:

Fixed time intervals are established between disciplines (5 minutes between Fencing and Obstacle, 5 minutes between Obstacle and Swimming, and 10 minutes between Swimming and Laser Run).

Reviews Findings:

At U15 Category “A” Events, which represents an **initiation and development age group**, it is often challenging to find venues with ideal facilities or distances between areas. Strict enforcement of fixed break times within this entry-level age group may cause unnecessary logistical difficulties and disrupt the smooth flow of the event.

Organization of Events

Proposed Solution:

For the U15 World Championships and other U15 Category “A” Events, flexibility may be granted with respect to the scheduled breaks, allowing adjustments **according to the specific constraints of the venue**.

Rationale:

- Acknowledges the developmental nature of the U15 age group.
- Provides organisational flexibility in diverse local contexts.
- Ensures smooth operation even in non-standard venues, without compromising fairness.

Expected Impact:

Improved athletes' adaptability and reduced pressure, while maintaining competition quality.

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Relays Participation

Current Rule:

National Federations are limited to registering only one team for the Mixed Relay event.

Reviews Finding:

The spirit of the U15 events, which allow for an **unlimited number of athletes per nation**, is to promote mass participation and encourage development across all levels. However, **the current rules impose restrictions that limit additional participation opportunities**, thereby reducing valuable competitive exposure for athletes in this key developmental age group.

Relays Participation

Proposed Solution:

Allow National Federations to register an unlimited number of **Relay teams**. Only the **highest-ranked team per nation** will be eligible to receive a medal.

Rationale:

- Enhances **athlete development** through additional race experience.
- Promotes **inclusivity and engagement** among young athletes.
- Maximises the use of **existing participants** and resources.
- Maintains fairness by limiting medal eligibility to the top national team.

Expected Impact:

Greater participation, improved athlete learning, and stronger competition atmosphere without affecting official medal standings.

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