

**2025
UIPM PARA
BIATHLE/
TRIATHLE
COMPETITION
RULES**

as of 1 April 2025



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ABBREVIATIONS

EB	Executive Board	NF	National Federation
FOP	Field of Play	NTO	National Technical Observer
HQ	Headquarters	PG	Penalty Start Gate
HMT	Hit & Miss Target	QC	Qualification Competition
ID	Identification	SL	Shooting Line
BT	Biathle/Triathle	TC	Technical Committee
LOC	Local Organising Committee	TD	Technical Delegate
LPA	Last Penalty Area	TM	Technical Meeting
LPT	Laser Precision Target	UIPM	Union Internationale de Pentathlon Moderne
BTWT	Biathle/Triathle World Tour	WADA	World Anti-Doping Agency
BTWCH	Biathle/Triathle World Championships	WR	World Rankings
PMP	Para Modern Pentathlon	PARA	Referring to adaptive athletes competing in the sport which may have a physical, visual or intellectual impairment.
Mins	minutes		

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PART A

THE PARA EVENT

1 PRESENTATION OF THE EVENTS

The UIPM Para Biathlon consists of swimming and running, the format is run – swim – run. PMP1 athlete will complete the 'run' sections as a push in their wheelchair. Athletes complete half the total running distance before entering a 50-metre transition area where athletes (apart from PMP1) remove their shoes (and socks if worn), and any adaptive equipment and place them in the preassigned boxes/designated area and accomplish their swimming segment. After the swim they put back their running shoes/ adaptive equipment back on and accomplish the 2nd half of their running leg to finish.

The UIPM Para Triathlon consists of laser shooting, swimming and running. Para Triathlon starts with the Swim. When the swim is completed, each athlete has a 3-minute pause on their individual stopwatch for transition. After 3 minutes athletes will then start at the exit of transition for the Laser Run. Shooting involves laser pistol shooting in series at a range equipped with laser targets.

1.1 The Para Biathlon/ Triathlon competitions

Category A	World Championships & Games – Classification compulsory following guidelines
Category B	Continental Championships & Games – Classification compulsory following guidelines. Regional Championships & Games – National Championship.
Category C	Classification recommended for any qualifying events to Category A or B. All other events, inclusive para-activity is encouraged.

- World Ranking (WR) updated for each sports class for Para Biathlon/Triathlon which will include Category A and B competitions.
- If there is a tie in the WR between two or more athletes, the athlete with the best result in the BTWCH and after in the CC will be in the higher position. If the tie remains, the athlete with the best result in the most recent competition, including BTWT, will be ranked in the higher position, and so on.

Category A and B Para Biathlon Individual*			
PMP 1	Push 400m	Swim 100m	Push 400m
PMP 2	Run 400m	Swim 100m	Run 400m
PMP 3	Run 400m	Swim 100m	Run 400m
PMP 4	Run 400m	Swim 100m	Run 400m
PMP 5	Run 400m	Swim 100m	Run 400m
PMP 6*	Run 400m	Swim 100m	Run 400m
PMP 7	Run 400m	Swim 100m	Run 400m

*a guide is optional

Category A and B Para Triathlon Individual*								
PMP 1	Swim 100m	3 min pause	Shoot 5m (1 or 2 hands)	Push 300m	Shoot 5m (1 or 2 hands)	Push 300m	Shoot 5m (1 or 2 hands)	Push 300m
PMP 2	Swim 100m	3 min pause	Shoot 5m (1 or 2 hands)	Run 300m	Shoot 5m (1 or 2 hands)	Run 300m	Shoot 5m (1 or 2 hands)	Run 300m
PMP 3	Swim 100m	3 min pause	Shoot 5m (1 or 2 hands)	Run 300m	Shoot 5m (1 or 2 hands)	Run 300m	Shoot 5m (1 or 2 hands)	Run 300m
PMP 4	Swim 100m	3 min pause	Shoot 5m (1 or 2 hands)	Run 300m	Shoot 5m (1 or 2 hands)	Run 300m	Shoot 5m (1 or 2 hands)	Run 300m
PMP 5	Swim 100m	3 min pause	Shoot 5m (1 or 2 hands)	Run 300m	Shoot 5m (1 or 2 hands)	Run 300m	Shoot 5m (1 or 2 hands)	Run 300m
PMP 6*	Swim 100m	3 min pause	Shoot 3m (1 or 2 hands)	Run 300m	Shoot 3m (1 or 2 hands)	Run 300m	Shoot 3m (1 or 2 hands)	Run 300m
PMP 7	Swim 100m	3 min pause	Shoot 5m (1 or 2 hands)	Run 300m	Shoot 5m (1 or 2 hands)	Run 300m	Shoot 5m (1 or 2 hands)	Run 300m

*a guide is optional

2 AUTHORITIES

2.1 UIPM TD/NTO Control

UIPM Para BTWCH competitions fall under the obligatory control of UIPM Technical Delegates or National Technical Observers. The UIPM HQ will inform the LOCs on the UIPM appointed authorities at the earliest convenience.

2.2 Local Organising Committee (LOC)

- i) The constitution, responsibilities and obligations of the LOC must follow the signed bid documents and bid declaration letters.
- ii) The LOC is responsible to provide:
 - a. an unlimited supply of potable water at each event and to make available other fluid replacement. It is further responsible to provide general medical assistance and emergency transportation to a hospital, sanitary facilities at each site and throughout the competition;
 - b. the necessary technical equipment at the venues, including professional technical support and results software for displaying results. For BTWCH, a highly visible scoreboard and projection screen in the venue is needed. (See Part C for more LOC provided equipment details).
 - c. A minimum of one small accessible room with a physio bed in to allow for any classification assessments to be carried out the day prior to the competition.

2.3 Authorities appointed by the LOC

2.3.1

Para Biathlon/Triathlon Director (1), who is overall in charge of the competition. The BT Director:

- i) is responsible for the overall correct conduct of the competition;
- ii) permits the athletes to start warming up.

2.3.2

Shooting Director (1) (applies only to Triathlon) who oversees:

- i) supervising the Range Officers, Shooting Judges, Equipment Control Officers and the Range Personnel;
- ii) the correct conduct of the shooting event;
- iii) informing the athletes and coaches of the final minute and 30 seconds remaining of warming up time on the shooting range, which ends 3 minutes before start of competition;
- iv) communicating all reported irregularities and penalties to the TDs/NTOs.

2.3.3

Range Officers (1 per 10 shooting stations) (applies only to Triathlon), are responsible for:

- i) checking that athletes use the right firing points;
- ii) checking the names and start numbers of athletes to ensure that they conform to the event schedule, start list, scorecards and range register;
- iii) controlling athletes' clothing (shirts with name, numbers, armband, headphone, etc.);
- iv) verifying that athletes' pistols have been inspected and approved by the Equipment Control Section;
- v) applying and checking (in collaboration with the Shooting Judge) any 10 second penalty imposed on an athlete at their shooting station;
- vi) communicating all irregularities and penalties to the Shooting Director.

2.3.4

The Shooting Director must appoint **Shooting Judges (1 for each shooting station) (applies only to Triathlon)**. The Shooting Judges are responsible for:

- i) observing all shots;
- ii) ensuring that each athlete's pistol touches shooting table between each shot;
- iii) after each shooting series, checking that the pistols are safe. A laser pistol is safe when untouched and placed on the shooting table pointing down the range;
- iv) informing the Shooting Director immediately as to any infringement of the rules; v) penalty imposed on an athlete at the shooting station, such penalty needs to have approval from TD/NTO in range before applying;
- v) applying and in collaboration with the Range Officer checking any 10-second penalty imposed on an athlete at the shooting station, such penalty needs to have approval from TD/NTO in range before applying;
- vi) starting the stop-watch at the first attempted shot. The Shooting Judge must inform the athlete if the target lights do not indicate the first shot. The Shooting Judge must inform the athlete 5 seconds before the 50 second time limit expires by saying "Position XX 5 seconds remain", and giving the command "Position XX GO", to the athlete when the 50 second time limit has expired

2.3.5

Swimming Director (1) is responsible for:

- i.) Make sure the swimming course is well set up (turn buoys, transition boxes, swimming lane)
- ii.) Coordinate the lifeguards and judges.
- iii.) In the Triathlon Identifying an appropriate swim finish point, for example a wall touch, or a marker where the athlete's head will pass. This will be identified in as the swim finish for the stopwatch 3 – minute pause.

2.3.6

Running Director (1) is responsible for:

- i.) Coordinating the activities of the Running/pushing Officials, Course Judges, Marshalls, Starter, Deputy Starters, Starter's Assistants, Arrival Judges, Timekeepers, Recorders, Announcers, Last Penalty Stop Area Judges;
- ii) supervising the building of the course and the conduct of the event.

2.3.7

The Course Judges (4) are placed by the Running Director so that they may best observe the running/pushing closely. In case of a foul, deviation from the course, unauthorized assistance or any violation of these guidelines by anyone they shall immediately report this to the Running Director orally and later in writing.

2.3.8

The **Marshall (1)** has full charge of the start/finish area and the shooting range area. The Marshall must not allow any person other than the officials and competing athletes to enter or to remain there. The Marshall can be assisted by one or more assistants.

2.3.9

The **Starter (1)** 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. The Starter is responsible giving the start signal to the first athlete when they are due to start. The Starter will apply false start penalties and inform the Running Director who in turn will inform the Announcer.

2.3.10

The **Deputy Starters (2)**, one for each start line, are under the supervision of the Starter. Deputy Starters must not have physical contact with the athletes. Their duties are to ensure that each athlete starts on time.

2.3.11

The **Starter's Assistants (2)**, one for each start line, must check the athletes in the start line and ensure that the athletes are lined up in correct order, at the right time, wearing the correct clothing, with the correct name and national code, and with numbers properly fastened front and back. Any violation of these guidelines must be reported immediately to the Running Director.



2.3.12

The **Arrival Judges (2)** are responsible for registering the arrival order of the athletes at the finish line. Two groups of two judges working independently are needed.

2.3.13

The **Timekeepers (2)** must use their stopwatches or manually operated electronic timers with or without digital readouts. Whether automatic timing is used or not, there should always be three Timekeepers. Their responsibility is to record the times of the athletes.

2.3.14

The **Announcer (1)** is responsible for informing the public of the names and numbers of the athletes taking part in the competition and other relevant information such as intermediate times. The results (places and times) must be announced at the earliest possible moment after receipt of the information.

2.3.15

In the last **Penalty Stop Area** two Judges stay at the special penalty area located half way between the shooting range and the finish line, ready to apply penalties that cannot be applied at the shooting station.

2.3.16

Equipment Controllers (2) must inspect, measure and verify the laser shooting equipment under the guidance of a UIPM laser expert, and test the weapons and other shooting equipment and clothing.

2.4

Jury of appeal

The Jury of Appeal is composed of the Technical Delegate(s), one member nominated by the LOC and three further members elected from amongst the Team Representatives.

3 ORGANISATION AND SCHEDULE

3.1

General Aspects

- i. Competition materials/equipment and clothing includes all the materials, equipment, competition gear and clothing which the athlete uses during the BT competition. These materials, including any advertising, must be controlled before the competition.
 - a. In case a pistol ceases to function, the athlete can use another pistol as long as this reserve pistol, provided by the athlete, has previously been inspected, approved and marked by the Equipment Control Section (in case of onsite tests).
 - b. After the equipment has been approved (in case of onsite tests), the pistol must not be modified or adjusted at any time before or during the event in any way that would conflict with the UIPM Equipment Regulation unless
 - c. Any unapproved alterations or exchange will incur a penalty. If there are any doubts regarding any alteration, the pistol must be returned to the Equipment Control Area for re-inspection and approval (in case of onsite tests).
 - d. During Relay competitions, only the competing athlete's pistol may be laid on the top of the shooting table. Only the athletes are authorised to move their pistols from the pistol storage under the table to the top of the shooting table.
- ii. In BTWCH athletes have to accept and undergo doping controls according to the UIPM Anti-Doping Rules and Procedures.
- iii. For UIPM BT Category A competitions, a water quality test must be made 30 days before the competition and the certificate sent to the UIPM Headquarters. The samples must contain a mixture of water collected from three different locations on the swim course. Test results must not exceed the following standards:

Sea and Transition Water

 - a. pH between 6 and 9
 - b. Enterococci not more than 100 per 100ml (ufc/100ml)
 - c. E' coli (fresh water) not more than 250 per 100 ml (ufc/100ml)
 - d. The swim part is cancelled in presence of red tide algal Bloom

Inland Water

- a. pH between 6 and 9
- b. Enterococci not more than 200 per 100ml (ufc/100ml)
- c. E' coli (fresh water) not more than 500 per 100 ml (ufc/100ml)
- d. The presence of blue-green algal blooms/scum (cyanobacteria) with more than 100.000 cells/ml

The UIPM representatives going to check the venue for a site visit will forward any doubt about the water quality. They will then advise if more tests should be done.

- iv. The water temperature should be a minimum of 18°C and a maximum of 31°C. It should be checked the day of the race, 2 hours before the start, and in the middle of the course at a depth of 40 cm

3.2 Technical Meeting

- i. A Technical Meeting (TM) must take place one day before the Individuals for Para BTWCH. After the TM, no changes will be allowed. For Para Category B and C, it depends on the number of participants. The LOC can decide to have TM either one day before or have it 2-3 hours before the competition on the same day morning. It is encouraged to release any technical information as earlier as possible. Athletes and teams or representatives are required to take part at the TM to confirm their participation.
- ii. Room for TM shall be wheelchair user accessible
- iii. The TM is a part of the competition and is held before the first event of the competition. A team unable to be present at the TM must inform the UIPM at least 24 hours in advance with the necessary data (name of the athlete, registered athletes' license number) and delegate another nation or official to represent them at TM. Teams not represented at the TM will not be allowed to start the competition.
- iv. At the TM, LOC officials, UIPM officials and the Competition officials are introduced as well as instructions concerning the competition must be given.

3.3 Starting Order

The start is always a pack start even if there are qualifications or not. Athletes will be split into two or more semi-finals if needed, according to the number of shooting stations available. In the case of semi-finals, teams with more than one athlete should have their athletes equally split between the semi-finals. In case of semi-finals, top 3 per heat qualifies automatically for the finals, all other finalists will be qualified through their semi-finals time to reach a final with 24 athletes in ambulant PMP sports classes and 12 athletes for athletes needing a double bay in PMP1 and PMP6 and consideration given for PMP7. Direct finals with more the recommended number may happen if the safety on the course & number of targets allow it.

Mixed sports classes of ambulant athletes can compete within the same heat if numbers allow, but be still awarded within their specific classification in terms of placing.

3.4 Team Ranking

Only teams with minimum 3 athletes entered for the competition can be ranked for team consideration per each sports class PMP1, PMP2, PMP3, PMP4, PMP5, PMP6, PMP7.

Teams with more athletes in the Final are ranked higher.

Teams with 3 athletes (or more) in the Final are ranked ahead of teams with 2. Teams with 2 athletes in the Final are ranked ahead of teams with 1.

Teams with 1 athlete in the Final are ranked ahead of teams with zero.

The same logic will be applied to Semi-final results in case is needed for teams that have no athletes qualified for the final.

For any athlete qualified for the Final, her / his final result must be used. For any athlete competing in the semi-finals but not qualified for the Final, her/his Semifinal result must be used.

In a Final, among teams composed of the same number of athletes and in case of ties, the winner is the team with the best individual time in the final.

3.5 Shooting Warming up, Zeroing and Preparation Time for Triathlon

- i. For Triathlon, the shooting warm-up must be done on a warm-up shooting range specially set up separately and next to the competition area. There won't be possibility to warm-up on the competition shooting range except 5 min before the start to check that connection between the pistol and the target is efficient at competition shooting range. Then athletes will be aligned at the start line around 1 minute before the start.
- ii. For national competitions without separate warm-up shooting range, the BT Director asks athletes to enter their shooting stations. Each shooting station corresponds to the athlete's starting number. Athlete No1 shoots at station No1, athlete No2 shoots at station No2 and so on..
- iii. Athletes in sports classes PMP1 will require double bays and some of PMP6 and PMP7 will also need these depending on their level of support. Numbering can be odds or evens for ease. If any lane participation is used this must be removed for these races to allow for the double bay. If an athlete is give Bay 1 of bay 1 and 2 they are allowed to shot on either target 1 or target 2 , as long as it is consistent throughout the race.
- iv. For warm-up at the national competition shooting range, the warm-up starts after the appropriate command ("15 minutes Warm-up - START") by the Shooting Director.
- v. During the warm-up period athletes may run/push and shoot an unlimited number of shots. The use of constant beam is only authorized in the warm-up.
- vi. At the competition shooting station, athletes may use water and towels, which must be kept under the table with the reserve pistol and any binoculars used during warm-up. No video camera is allowed in the shooting station.
- vii. The Shooting Director will inform the athletes of start of the warm-up 15 minutes before the national competition as well as of the last 5 minutes, the last minute and final 30 seconds remaining of the shooting session warm-up.
- viii. After the warm-up and before the start signal, the pistols must remain on the assigned shooting station. The reserve pistol must be placed under the shooting table
- ix. During the warm-up, coaches may assist and communicate with athletes from a specially marked area for coaches outside the shooting stations and the running/pushing corridor.

4 CONDUCT OF THE COMPETITION

4.1 The Shooting Series (applies only to Triathle)

- i. The Triathle competition is in series. Each series consists of hitting 5 targets with an unlimited number of shots in a maximum time of 50 seconds on a target with a valid zone of dimension 59,5mm. If after 50 seconds one or more targets have not been hit (or the athlete has not hit the valid zone 5 times) the athlete may start running/pushing without being penalised after getting the sign from shooting judge behind.
- ii. Malfunctions are not taken into consideration. Should a pistol cease to function, the athlete may use the reserve pistol that must have also been approved by the Equipment Control Section. If a shot has not fired due to a malfunction, the athlete may use the reserve pistol without interruption. If the reserve pistol also does not work the athlete must wait at the shooting station until the 50 second shooting time has expired before starting running.
- iii. Reserve targets can be used, but the athlete needs permission from the Range Officer/TD to move to a reserve target.

4.2 The Start

- i. Athletes start in a pack start. Starting numbers will be determined randomly by draw.
- ii. Athletes are responsible for being at the start line on time and for starting on time.
- iii. The Triathle shooting warm-up must be done on the warm-up shooting range anytime. 5 minutes before the start of the race, athletes will be called to check that their pistol works with their assigned targets. After that and under the command of the BT Director, the Announcer will declare the warm-up finished. All athletes must be at the start area and the Starter/Starter Assistants will begin lining up the athletes. One minute before the start, all athletes must be at the corresponding gates assembled for the mass start.
- iv. Para Biathle will start on the start line of the running/pushing segment.
- v. Para Triathle will start on a designated area to start the swimming segment first. Athletes will start with no shoes, adaptive equipment and be out of their wheelchair. This start position will be deemed by the BT Director and announced at the TM.
- vi. The Starter will announce – **"One minute to start"**; "30 seconds", "20 seconds" and "10 seconds to the Start." After the OK has been given by the Timekeepers and the BT Director, the Starter will tell the athlete **"Take your Marks"**, followed by the start signal. All timing equipment will start at the start signal. **At the start area, a start clock must be placed so that it is easily readable from the start line and by the timekeepers.**

4.2 False Start

- i. The Starter/Announcer must immediately announce to the athlete and spectators if an athlete has started too early and inform them of their false start.
- ii. An athlete starting late will not be penalised, but his/her time will be taken from the moment they should have started in the pack start.
- iii. A false start occurs if an athlete crosses the start line before the official start time. Before the start, both feet must be behind the start line.
- iv. In the event of a false start from the shooting line, the same rules will be applied: a 10 second penalty for a false start and disqualification in the case of a blatant attempt to start too early. Such 10 second penalty on a pentathlete is imposed at their shooting station; before applying any penalty, the range officers need to have approval from TD. If the penalty cannot be imposed at the shooting station, it must be imposed at the Last Penalty Stop Area (LPA), if not possible, it will be added to the final running time at the end of the race.

**4.4
Shooting
(applies
only to
Triathlon)**

- i. Athletes are responsible for shooting on the correct target.
- ii. The athlete, if ambulant must stand without support, completely within the shooting station.
- iii. PMP1 wheelchairs must be controlled into the shooting bay, not ramming the table.
- iv. One or two handed holds on the pistol are permitted. No hands should be supporting the laser pistol past the trigger?
- v. The laser pistol must touch the table between every shot.
- vi. PMP6 have an option of a Guide during the race. The Guide must stand within the double bay shooting station whilst the shots are being taken. The Guide can communicate with the athlete only and may place their hand on the athlete's shoulder or arms or laser pistol, but cannot touch the laser pistol trigger.
- vii. PMP7 have the option of a Support person in the shooting station bay. They must stand within the double bay shooting station the whole time the race is ongoing. The Support person can communicate with the athlete and place their hand on the athlete's shoulder or arms or laser gun but cannot touch the laser pistol trigger.

**4.5
Running/
Pushing**

- i. Athletes must follow the course in the direct correction of flow.
- ii. For any penalties occurred the athlete will be informed by a Judge and/or announced by the sound system, the athlete must stop and remain in the Last Penalty Stop Area for the time indicated.
- iii. The Last Penalty Stop Area will be located half way between the shooting range and the finish line.
- iv. During the race, no athlete may accept any physical assistance or refreshment. In exceptional circumstances this can be allowed if so decided by the BT Director and Technical Delegates. Running/ pushing by a non-competitor with or behind an athlete may be considered as unauthorised assistance. A hands-on medical examination by official medical personnel during the progress of the event and verbal or other communication from a person not on the course is not unauthorised assistance.
- v. The athlete/team must complete the course by passing the finish line to register a final time.

**4.6
Swimming**

- i. Para Biathlon Athletes enter a 50-metre transition area where they must remove their shoes (and socks if worn), any adaptive equipment (splints, legs, frames) and place them in the preassigned boxes with dimensions of approximately 40cm x 30 cm x 20 cm or an area (80cm x 60cm x 40cm) which may, if that athlete requires, have a chair.
- ii. For Para Triathlon, athletes enter into the water and swim the required swimming distance freestyle before exiting the water, to go into their designated 3-minute clock pause whilst transition can occur. The transition area for each athlete follows the same in guidance as shown in i.
- iii. For Biathlon, athletes enter into the water and swim the required swimming distance freestyle before exiting the water, putting back on their shoes/ adaptive equipment or into their wheelchair and continuing the 2nd running/pushing segment.
- iv. Every item carried during any part of the competition (e.g. goggles, cap, water bottle, etc), must be carried throughout or remain in the respective athlete's transition box. Any athlete disposing of or handing over any item will incur a 10 second penalty to be added upon crossing the finish line.

4.7 The Finish

- i. Athletes will be timed and placed in the order in which any part of their body or wheelchair in the PMP1 reaches the vertical plane of the nearer edge of the finish line.
- ii. In the finals, the first athlete crossing the finish line will be the winner of the competition.
- iii. The competition result will be based on the competing time of the athletes, the fastest is ranked better.
- iv. Due to the probability of close finishes, a camera must be installed at the finish line to record and distinguish the order of the athletes as they cross the finish line. For security and media purposes, the finish line should be square against the line of the course, exiting into a straight funnel.
- v. A clock keeping global time of the competition must run for the duration of the race, until the last competitor has crossed the finish line.
- vi. Timing will be calculated in hundredths of a second For UIPM Biathle/ Triathlon World Championships, electronic timing provided by a Transponder System is compulsory for all races.
- vii. To break any tie, hundredths of a second timing shall prevail.

5 PENALTIES

5.1

An athlete or team is penalised by a time penalty of **Ten Seconds (10)** for each of the following offences:

- i. contravening clothing regulations;
- ii. modifying the dimensions of the start numbers;
- iii. a false start;
- iv. not disposing items into the respective transition box/area or handing items over to someone;
- v. not placing the pistol safely on the table after warming up has ended and after each shooting series* (applies only to Triathlon);
- vi. not touching the shooting table between each shot*; before applying such penalty, a warning must be issued. The respective judge and range officer need to have approval from TD in range before applying such penalty. This penalty will be applied for each infringement after first warning (applies only to Triathlon);
- vii. if a coach during the warming up is outside the designated coaches' area and assists an athlete: for the first time, a warning. Any subsequent offence, a 10-second penalty for the athlete (applies only to Triathlon);
- viii. For the second time removing their pistol(s) from the box/case before the official warming up period has started. The first breach will result in a warning (applies only to Triathlon);
- ix. Not standing freely, without touching the table,; before applying such penalty, a warning must be issued (applies only to Triathlon).

5.2

An athlete or team is **eliminated** for:

- i. Shortening the course;
- ii. using devices that may aid their speed, buoyancy or endurance in swimming;
- iii. swimming with shoes or any adaptive equipment on apart from swim wear, swimming cap and goggles.
- iv. deviation, deliberate or not, from the course which in the opinion of the Course Judge gained a material advantage;
- v. unauthorised assistance, if not disqualified;
- vi. using an unapproved pistol (applies only to Triathlon);
- vii. shooting on the wrong target (applies only to Triathlon);
- viii. not stopping at the last stop penalty area when instructed by an official (applies only to Triathlon);
- ix. using constant beam during the competition outside preparation and warm-up time (applies only to Triathlon);
- x. starting the running segment before the shooting
- xi. starting the running leg before the shooting time has expired without having completed successfully each shooting series*; 4 green lights → **Elimination** (applies only to Triathlon)
- xii. Being lapped by any athlete in the same sport class (see 5.4).

5.3

An athlete or team is **disqualified** for:

- i. Modifying or adjusting an officially approved pistol so that it violates the rules (applies only to Triathlon);
- ii. exchanging their pistol in violation of the rules (applies only to Triathlon);
- iii. a blatant attempt to start too early;
- iv. leaving the competition lane (course deviation);
- v. unsportsmanlike conduct;
- vi. willfully, with intent, pushing, swimming across or obstructing another athlete;
- vii. jostling, running across or obstructing another pentathlete so as to impede their progress;
- viii. starting the running leg before the shooting time has expired without having completed successfully each shooting series*; 3 (or less) green lights → Disqualification (considered as blatant attempt to start early) (applies only to Triathlon).

* These penalties are paid at the shooting range, with the exception of the final shooting series where they are paid in the Last Penalty Stop Area.

5.4

Elimination rule

Any athlete that is lapped by an athlete in their sports class, will be eliminated from the race by the Technical Delegate and/or designated judges.

6

AWARDS

6.1

World Championships Medals

- i. Gold, Silver and Bronze medals will be given in each sports class and team event competition for both genders,
- ii. The UIPM and the Organiser will share the expenses to produce the medals after the approval of the design and the cost by UIPM.

6.2

World Championships Titles

- i. Gold medalists in all sports classes of the Para BTWCH and for both genders will receive the title "UIPM Para Biathlon World Champion" or "UIPM Para Triathlon World Champion" .

PART B

7 USE OF WHEELCHAIRS AND ASSISTIVE DEVICES

INDIVIDUAL EQUIPMENT

- i. In accordance with the UIPM Para-Sport Classification Process and the IPC Athlete Classification Code, the use of a wheelchair as sport-specific equipment during Laser Run competition is permitted only for athletes classified in **Sport Class PMP1**. This classification reflects a level of physical impairment that significantly affects lower limb function, thereby justifying the use of a wheelchair for mobility and competition.
- ii. Athletes classified in all other physical impairment classes (e.g., **PMP2 through PMP5**) must compete without a wheelchair and utilize equipment appropriate to their designated sport class.
- iii. All athletes are expected to perform to the best of their abilities, in alignment with their classification and the technical rules of Para Laser Run. This provision ensures fairness, safety, and the integrity of classification across all levels of competition.

8 CLOTHING REGULATIONS

8.1 General aspects

- i. For UIPM BT competitions, athletes should wear a one or two-piece suit. In all cases, the upper body part must be covered. The nationality of the athlete must be identified on the suit (Either name of the country in full or 3-letters country code).
- ii. Athletes must have their name clearly visible and professionally made on the back of their apparel, below which is the NF code, of a size between 7-12 cm and in a contrasting colour to the colour of their shirt.
- iii. Footwear: a) must not be worn in the Swimming but b) must be worn when running.
- iv. PMP1 athletes do not need to wear any footwear at any point in the race.
- v. Athletes participating in UIPM Para BT competitions and representing the same NF must wear the same style and colours of competitive apparel in order to clearly identify the country which they represent.
- vi. The LOC is responsible for providing every competitor with two start numbers. Guides/ support personnel do not need numbers but should be clearly identified in the field of play.
- vii. Clear numbers have to be shown on the front and on both shoulders. They should be made visible using waterproof markers or stickers.
- viii. The UIPM logo patch must be placed on the Laser Run apparel according to the current UIPM Uniform Guideline available on the www.uipmworld.org website. Not placing or wrongly placing of the UIPM logo patch will result in a 10-second penalty.

9 PISTOL REGULATIONS

9.1 General aspects

Sets of pistols and targets could be provided by the UIPM to the LOC only for category B and C. All the equipment provided will be previously tested and controlled by UIPM experts according to these guidelines. For all other competitions, the following items must be followed by all competitors under the supervision and testing by the LOC.

**9.2
The Laser Pistol**

- i. Only single shot pistol is allowed without any form of magazine or clip.(Class PMP6 is allowed to use blind shooting system gun approved by UIPM) The shot must be activated by a mechanical trigger.
- ii. The weight of the pistol with all accessories must not exceed 1500 grams. There must be capability of vertical and horizontal aiming correction.
- iii. The overall size of the pistol is limited to dimensions which permit it to be enclosed completely in a rectangular box with inside dimensions of 420mm x 200mm x 50mm. A manufacturing tolerance of + 1.0mm in the dimensions of the box is permitted. The minimum overall size is 20% of the above dimensions (336mm x 160mm x 40mm) with the same tolerance.

PART C

FACILITIES AND EQUIPMENT PROVIDED BY THE LOC

**10
FACILITIES - THE
FIELD OF PLAY**

**10.1
The Venue**

The BT venue is the site on which the competition is conducted and consists of the shooting range, the swimming course and the running/pushing course. The LOC is responsible for providing a safe, acceptable and inclusive course in collaboration with UIPM and UIPM Para Commission.

**10.2
The Running/
Pushing Course**

- i. The official running/pushing courses must be made available to the teams before the competition for athletes to familiarise themselves with their respective course. General Training sessions for running/pushing and swimming must be organised in either pool or sea (according to the competition course).
- ii. The course must be clearly marked and defined so that an athlete is at no time in doubt how to follow the course. The course can be laid out on any kind of surface or surfaces however consideration must be given to selecting surfaces appropriate for a wheelchair PMP1 athlete to race. It must be designed so that there is a minimum risk of injury to the athletes, without steep inclines, steps, objects obstructing the course and an uneven surface.
- iii. It is advised that brightly colored course marker are used at any critical points in the course such as turns, approaching the range and finishing straight to aid PMP6 athletes.
- iv. The total course must be wide enough to permit two athletes in a wheelchair to pass each other at any point on the course.
- v. The para course should not be completed on sand, mud or soft grass.
- vi. The start and finish line must always be in the same area.

**10.3
The Swimming
Course**

- i. The swimming event may be in a natural or artificial body of water. The swim course should be reasonably protected from potential adverse weather conditions. For sea or lake events, the course must be designed so that safety monitor positions and mobile evacuation units can be stationed and operate from all sides of the course.
- ii. The turning points for swimming distances must be clearly identified by buoys.

- iii. Advanced notice of the layout of the swim course must be made available to athletes by the Organiser. The swim course may be one directional or an 'out and back'. If out and back, a separation lane will divide swimmers heading out and those coming back
- iv. The exit from the water should be made progressive if possible, making the transition to running/pushing smooth and easy. If this is not possible, the step or edge of the pool or other body of water must not exceed 0.30 metres from the water's surface.
- v. For safety reasons, the area near the water, and especially the diving area, must not be slippery to ensure safe entry and exit of the swimming course. This may require the installation of a slip free surface, i.e. a rubber mat.
- vi. To ensure the safety of athletes, Organisers must provide medical staff on site. Lifeguards must be present in the swimming area.
- vii. The Organiser must place preassigned boxes or areas out of the path of competitors on both sides of the transition area. Each box/ area must be identified with the respective athlete's start number. Boxes will be numbered on both sides so that it can be read from both directions. The swim course starts from a minimum depth of 90 cm. The course before that point counts as the running/pushing course.

10.4 The Shooting Range (applies only to Triathlon)

- i. The range can be indoor or outdoor and must be constructed so that direct sun does not disturb the athletes. The targets should be positioned so that the sun does not interfere directly with the registering of shots on the targets.
- ii. The shooting range must be built in such a way it can guarantee the safety of the athletes, coaches, judges and spectators. The shooting distances are 5 meters apart from PMP6 athletes at 3 meters. measured from the shooting lane to the target face $\pm 0,05m$ is accepted as tolerance.
- iii. The shooting range must be prepared in such a way the spectators can enjoy the competition
- iv. The shooting station must be marked with numbers of a minimum height 12cm, corresponding to the shooting point number. Shooting station No1 must be the farthest away from the starting gates.
- v. The competitor shooting area (minimum 1m and maximum 2m wide x 1.5m deep minimum per shooting bay) must be clearly defined with visible ground painted lateral lines. Paint of lateral lines can be replaced by branding triangle or small banner or an approved bay separation method by the TD.
- vi. Targets must be marked with numbers corresponding to their shooting station number. The numbers must have a minimum height of 25cm to be easily seen under normal shooting conditions with normal vision from the appropriate shooting station and from VIP area, public seats and TV cameras.
- vii. The LOC must guarantee provision of 2 reserve spare targets, numbered R1 and R2 and located at the beginning of the shooting range before target number1.
- viii. The height of the target center must be within the following height measured from level of the floor of the shooting point:
 - a. standard height variation: 1,40m +/- 0,05m;
 - b. horizontal variation: 0,25m.
- ix. The shooting station must be equipped with:
 - a. a table or bench, about 0,7m – 0,8m high. With laser pistol at the top of the table there should be a soft branded foam cushion provided by LOC/ UIPM (\pm A4 square size, not more than 8cm height) to avoid disturbances on the system;
 - b. the table must have a protection for the pistol in case of rain (waterproof box) or a place under the table.
 - c. For PMP1 races the tables should be securely stable so that the wheelchair is unable to push the table away when approaching the range. This can be done by using weights or sandbags.

11 EQUIPMENT PROVIDED BY THE LOC

11.1 Shooting Equipment Requirements (applies only to Triathlon)

In Laser Run, the Organizing committees are allowed to use these types of targets:

- Hit & Miss Targets
- Precision Targets

The mentioned equipment must be homologated by UIPM and allow TV graphics. If you have any doubt, please contact UIPM at maxime.papillon@pentathlon.org.

Athletes are allowed to use these types of pistols:

- Full Laser Pistols
- Laser Containers

The mentioned equipment must be homologated by UIPM. If you have any doubt, please contact UIPM at maxime.papillon@pentathlon.org

11.2 Boxes

The LOC must provide boxes in the shooting range per station for athletes' use. These boxes are to be removed from the shooting range at the start and stored in a safe place until after competition.

11.3 LOC Control Devices and Tools

11.3.1 Material Control

Clothing control is made by observation, using a ruler if necessary.

11.3.2 Laser Pistol Tests (applies only to Triathlon)

The UIPM might arrange shooting equipment test for athletes' pistols, such tests will be informed to the LOC and all delegations beforehand for needed assistance. UIPM will bring the personnel and the equipment to check the laser beam – power, diameter and time – and the power of the battery.

PART D

APPENDICES

PENALTY TABLE

BIATHLE/TRIATHLE

Appendix 1

OFFENCES	Rule	Penalty			
		1st time		Subsequent Paid at*	
Contravening clothing regulations	5.1 i	10"	-	-	PG
Modifying dimensions of start numbers	5.1 ii	10"	-	-	PG
False start	5.1 iii	10"	-	-	PG
Not disposing items into the respective transition box or handing items over to someone;	5.1.iv	10"	-	-	SL or LPA
Not placing a pistol safely on the table after warm up or shooting series	5.1 v	10"	-	-	PG
Not touching the shooting table between each shot	5.1.vi	Warning	10"	-	SL or LPA
Coach assistance during warm up outside the designated coaches' area	5.1.vii	Warning	10"	-	PG
Not having the pistol in the box before the official warm up period has started	5.1.viii	Warning	10"	-	PG
Not standing freely, without touching the table, with both feet on the ground	5.1 ix	Warning	10"	-	
Not completing the course	5.2 i				Elimination
Use of non-authorized devices in swimming or not swimming bare foot	5.2.ii and iii				Elimination
Deviation, deliberate or not, from the course	5.2. iv				Elimination
Unauthorised assistance	5.2. v				Elimination
Using a non-approved pistol	5.2. vi				Elimination
Shooting on a wrong target	5.2. vii				Elimination
Not stopping at the last penalty area when instructed by an official	5.2. viii				Elimination
Using constant beam during the competition series and or audio communication outside of preparation and warm up time.	5.2 ix				Elimination
Start running with before having successfully completed the shooting series ("5 green lights") with only 4 green lights.	5.2 xii				Elimination
Being lapped by any athlete	5.2 xiii				Elimination
Modifying or adjusting the approved pistol	5.3. i				Disqualification
Exchanging for a non-approved pistol	5.3. ii				Disqualification
Blatant attempt to start too early	5.3. iii				Disqualification
Leaving the competition lane	5.3.iv				Disqualification
Unsportsmanlike conduct	5.3.v				Disqualification
Wilfully, with intent, pushing, swimming across or obstructing another athlete	5.3.vi				Disqualification
Jostling, running across, or obstructing another athlete	5.3. vii				Disqualification
Start running with before having successfully completed the shooting series ("5 green lights") with only 3 (or less) green lights.	5.3.viii				Disqualification

* - Penalty Start Gate – PG; Shooting Line – SL; Last Penalty Area - LPA

WR POINTS' TABLE
BIATHLE/TRIATHLE

Appendix 2

Category A events BTWCH		Category B events Continental, regional and national events		Category C events BTWT	
Position	Points	Position	Points	Position	Points
1	35	1	25	1	15
2	30	2	20	2	14
3	28	3	15	3	13
4	25	4	11	4	11
5	23	5	9	5	9
6	21	6	7	6	7
7	19	7	5	7	5
8	17	8	4	8	3
9	15	9	3	9, 10, 11, 12...	1
10	13	10	2		
11	11	11, 12, 13, 14, 15, ...	1		
12	9				
13	7				
14	5				
15	3				
16, 17, 18 ...	1				

UIPM

World Pentathlon

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SOCIAL MEDIA

