



UNION INTERNATIONALE
DE PENTATHLON MODERNE

2023 UIPM LASER RUN COMPETITION GUIDELINES

as at 1 January 2023

2023

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UIPM LASER RUN
COMPETITION GUIDELINES
as at 1 January 2023

ABBREVIATIONS

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

TABLE OF CONTENTS

PART A

THE EVENT

1. Presentation of the event

1.1 The Laser Run competitions

1.2 The Laser Run competition divisions

2. Authorities

2.1 UIPM TD/NTO Control
2.2 Local Organizing Committee (LOC)

2.3 Authorities appointed by the LOC

3. Organization and schedule

3.1 General aspects
3.2 Technical Meeting

3.3 Starting list and starting order
3.4 Warming up, zeroing and preparation time

4. Conduct of the competition

4.1 The Series
4.2 The Start
4.3 Shooting

4.4 Running
4.5 The Finish

5. Penalties

5.1 10 seconds
5.2 Elimination

5.3 Disqualification

6. LRWCH medals and titles

6.1 LRWCH medals

6.2 LRWCH titles

PART B

INDIVIDUAL EQUIPMENT

7. Clothing regulations

7.1 General aspects

8. PISTOL REGULATIONS

8.1 General aspects

8.2 The Laser Pistol

PART C

FACILITIES AND EQUIPMENT PROVIDED BY THE LOC

9. FACILITIES - THE FIELD OF PLAY

9.1 The Venue
9.2 The Running Course

9.3 The Shooting Range

10. EQUIPMENT PROVIDED BY THE LOC

10.1 Shooting Equipment Requirements
10.2 Boxes

10.3 LOC Control Devices and Tools

PART D

APPENDICES



PART C

THE EVENT

1. PRESENTATION OF THE EVENT

1.1 The Laser Run competitions

- The UIPM world championship in Laser Run (LRWCH) is the highest level of LR competition organized by UIPM and belongs in category A.
- Continental, Regional and National LR competitions come under category B.
- UIPM will maintain a seasonal world ranking (WR) for each age category for the Laser Run, which will include the LRWCH, Continental Championships (CC), regional and national LR and GLRCT races. The WR will count up to five competitions among the athlete's best results during the season, according to the grid shown in Appendix 2.
- If there is a tie in the WR between two or more athletes, the athlete with the best result in the LRWCH, and afterwards 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 GLRCT, etc., will be ranked in the higher position.

1.2 Laser Run competition divisions

1.2.1 ELITE Division

- For UIPM registered athletes representing the National Federations and their countries in LRWCH, Continental, Regional and National Competitions.
- For LRWCH:
 - i) Registrations will be open at least 3 months before the competition through the NF portal at top of the UIPM website (www.UIPMworld.org) homepage for LRWCH.
 - ii) Starting numbers will be distributed onsite and will be determined by random draw.
 - iii) Individual, Team and Relay medals (Mixed Relay & Gender Relay).
 - iv) Live results are available online at the UIPM website homepage and the "UIPM Central" app.

1.2.2 OPEN Division

- For athletes who are not representing the National Federations and want to compete individually in LRWCH, Continental and Regional competitions.
- For LRWCH:
 - Registration will be open at least 3 months before the competition through the LRWCH registration open link on UIPM website (www.UIPMworld.org) homepage.
 - Starting numbers will be distributed onsite and will be determined by random draw.
 - Individual, Team and Relay medals (Mixed Relay & Gender Relay).

1.2.3 Registration for Global Laser Run City Tour

- Unlike LRWCH, registrations for GLRCT will be controlled exclusively by the organizers using the online system with access to be provided by the UIPM. The results will be registered in the same system that will automatically generate WR.

1.2.4 Distances for LR Competition

- For individuals, U19, Junior & Senior athletes (for both LRWCH and GLRCT) will start to run 1 lap without shooting and then will run 4 laps of normal Laser Run (running /shooting).

1.2.4.1 LRWCH (Elite & Open), CC, Regional and National Competitions

- For relays, U19, Junior and Senior athletes will first run 1 lap without shooting and then will run 2 laps of normal Laser Run (running /shooting).

INDIVIDUAL

Category	Running sequences	Total distance	Shooting sequences	Shooting distance
Under 9	2x300 m	600 m	2	5 m with both hands
Under 11	2x300 m	600 m	2	5 m with both hands
Under 13	3x300 m	900 m	3	5 m
Under 15	3x600 m	1800 m	3	5 m
Under 17	4x600 m	2400 m	4	10 m
Under 19	5x600 m	3000 m	4	10 m
Juniors	5x600 m	3000 m	4	10 m
Seniors	5x600 m	3000 m	4	10 m
Master 40+	3x600 m	1800 m	3	10 m
Master 50+	3x600 m	1800 m	3	10 m
Master 60+	2x600 m	1200 m	2	5 m
Master 70+	2x600 m	1200 m	2	5 m

RELAYS

Category	Running sequences	Total distance	Shooting sequences	Shooting distance
Under 9	2x300 m	600 m	2	5 m with both hands
Under 11	2x300 m	600 m	2	5 m with both hands
Under 13	3x300 m	900 m	3	5 m
Under 15	3x600 m	1800 m	3	5 m
Under 17	4x600 m	2400 m	4	10 m
Under 19	5x600 m	3000 m	4	10 m
Juniors	5x600 m	3000 m	4	10 m
Seniors	5x600 m	3000 m	4	10 m
Master 40+	3x600 m	1800 m	3	10 m
Master 50+	3x600 m	1800 m	3	10 m
Master 60+	2x600 m	1200 m	2	5 m
Master 70+	2x600 m	1200 m	2	5 m

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Under 13	3x300 m	900 m	3	5 m
Under 15	4x300 m	1200 m	3	5 m
Under 17	4x300 m	1200 m	4	10 m
Under 19	5x300 m	1500 m	4	10 m
Juniors	5x300 m	1500 m	4	10 m
Seniors	5x300 m	1500 m	4	10 m
Master 40+	3x300 m	900 m	3	10 m
Master 50+	2x300 m	600 m	3	10 m
Master 60+	2x300 m	600 m	2	5 m
Master 70+	2x300 m	600 m	2	5 m

1.2.4.2 Global Laser Run City Tour



2. AUTHORITIES

2.1 UIPM TD/NTO CONTROL

UIPM LRWCH 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 Organizing Committee (LOC)

- i) The bylaws, responsibilities and obligations of the LOC must be stated in the bidding and application forms.
- 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 LRWCH, a highly visible scoreboard and projection screen in the venue is needed. (See Part C for more LOC-provided equipment details.)

2.3 Authorities appointed by the LOC

- 2.3.1 Laser Run Director (1)**, who is in charge of the competition overall. The LR 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)** who is in charge of:
- 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 warm-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)** are responsible for:
- i) checking that athletes use the right firing stations;
 - 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) inspecting athletes' clothing (shirts with name, numbers, armband, headphones, 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)**. 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 range;
 - iv) informing the Shooting Director immediately as to any infringement of the rules;
 - v) applying, and in cooperation with the Shooting Director, checking any 10-second penalty imposed on an athlete at the shooting station, such penalties need to have approval from TD/NTO in the 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.

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- 2.3.5** **The Running Director (1)** is responsible for:
- i) coordinating the activities of all Running Officials, Course Judges, Marshall, 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.
- 2.3.6** **The Course Judges (4)** are placed by the Running Director so that they may best observe the running closely. In the event 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.
- 2.3.7** 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 and remain there. The Marshall can be assisted by one or more assistants.
- 2.3.8** The **Starter (1)** has full 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 for 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 Announcers.
- 2.3.9** 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.
- 2.3.10** 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.
- 2.3.11** The **Arrival Judges (4)** are responsible for registering the arrival order of the athletes at the finish line. Two groups of two judges working independently are needed.
- 2.3.12** The **Timekeepers (3)** 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.
- 2.3.13** 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.
- 2.3.14** In the last **Penalty Stop Area** two Judges stay at the special penalty area located halfway between the shooting range and the finish line, ready to apply penalties that cannot be applied at the shooting station.
- 2.3.15** **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.

3. ORGANIZATION AND SCHEDULE

3.1 General aspects

- i. Competition materials/equipment and clothing include all the materials, equipment, competition gear and clothing that the athlete uses during the LR competition. These materials, including any advertising, must be inspected before the competition.



- a) If 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 the case of onsite tests).
- b) After the equipment has been approved (in the 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 with the agreement and under the supervision of the Range Officer.
- 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 the case of onsite tests).
- d) An appropriate CO₂ and air tank must be available on the shooting range area for the athletes using air cartridges (as long as such cartridges are in use).
- e) During Relay competition, only the competing athlete's pistol may be laid on top of the shooting table. Only the athletes are authorized to move their pistols from the pistol storage under the table to the top of the shooting table.

3.2

Technical Meeting

- i) 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' ID number) and delegate another nation or official to represent them. Teams not represented at the TM will not be allowed to start in the competition.
- ii) At the TM, the principal officers of the LOC and UIPM, members of the LOC shall be introduced and instructions concerning the competition shall be given.

3.3

Starting Order

The start is always a pack start, whether or not there are qualifications. 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.

3.4

Warming up, zeroing and preparation time

- i. For LRWCH, the warm-up must be done on a warm-up shooting range specially set up separately and next to the competition area. There will be no possibility to warm up on the competition shooting range except 5 minutes before the start to check that the connection between the pistol and the target is efficient at competition shooting range.
- ii. For national competitions without a separate warm-up shooting range, the LR Director asks athletes to enter their shooting stations. Each shooting station corresponds to the athlete's starting number. Athlete No. 1 shoots at station No. 1, athlete No. 2 shoots at station No. 2 and so on.
- iii. During warm-up at the competition shooting range, the warm-up starts after the appropriate command ("15-minute Warm-up – START") by the Shooting Director.
- iv. During the warm-up period athletes may run and take an unlimited number of shots. The use of a constant beam is only authorized in the warm-up.
- v. 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.
- vi. The Shooting Director will inform the athletes of the start of the warm-up 15 minutes before the competition as well as at the last 5 minutes, the last minute, and final 30 seconds remaining of the shooting session warm-up.
- vii. After the warm-up and before the start signal, the pistols must remain on the assigned shooting station. The reserve pistol must be under the shooting table.
- viii. 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 corridor.

4. CONDUCT OF THE COMPETITION

4.1

The Series

- i. The LR 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 dimension of 59.5 mm. 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 without being penalized after getting the sign from the shooting judge behind.
- ii. Malfunctions are not taken into consideration. Should a pistol cease to function, the athlete may use the reserve pistol or another laser container 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 to run.
- iii. Reserve targets can be used, but the athlete needs permission from the Range Officer/TD to change to a reserve target.

4.2.

The Start

- i. Athletes have 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 warm-up must be done on the warm-up shooting range anytime. Five minutes before the start of the race, athletes will be called on to check that their pistol works with their assigned targets. After that and under the command of the LR 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. 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 LR Director, the Starter will tell the athletes, **“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.**

4.2.1.

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 penalized, 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 a 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 will be added to the final running time at the end of the race.

4.3.

Shooting

- i. Athletes are responsible for shooting at the correct target.
- ii. The athlete must stand with both feet on the ground, without support, completely within the shooting station. The entire pistol must be held and shot with one hand only, except in the Under 9 and Under 11 age categories. The unarmed hand must not give support to the armed arm or hand.
- iii. The laser pistol must touch the table between every shot.



4.4. Running

- i. Athletes must follow the course from crossing the start line, going to the shooting range for each shooting series and, having completed the correspondent series of the shooting and running the distance according to their category, cross the finish line.
- ii. If 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 Area will be located halfway 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 LR Director and Technical Delegate. Running by a non-competitor with or behind an athlete may be considered unauthorized 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 unauthorized assistance.
- v. The athlete/team must complete the course by passing the finish line to register a finish time.

4.5. The Finish

- i. Athletes will be timed and placed in the order in which any part of their torso (as distinguished from the head, neck, arms, legs, hands or feet) 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.

5. PENALTIES

An athlete or team is penalized by a time penalty of **Ten Seconds** for each of the following offences:

5.1.

- i. contravening clothing regulations;
- ii. modifying the dimensions of the start numbers;
- iii. a false start;
- iv. not placing the pistol safely on the table after warm-up has ended and after each shooting series*;
- v. not touching the shooting table between each shot*; before applying such a 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;
- vi. if a coach during the warm-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.
- vii. For the second time removing their pistol(s) from the box/case before the warm-up period has started. The first breach will result in a warning;
- viii. Not standing freely, without touching the table, with both feet on the ground within the shooting station; before applying such a penalty, a warning must be issued.

5.2.

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

- i. not completing the course;
- ii. deviation, deliberate or not, from the course which in the opinion of the Course Judge gained a material advantage;
- iii. unauthorized assistance, if not disqualified;
- iv. using an unapproved pistol;
- v. shooting at the wrong target;
- vi. not stopping at the last stop penalty area when instructed by an official;
- vii. using a constant beam during the competition series and/or audio communication outside preparation and warm-up time;
- viii. holding pistol with two hands or giving support to the armed arm;

- ix. incorrect change-off in the relay;
- x. starting the running leg before the shooting time has expired without having successfully completed each shooting series*; 4 green lights → **Elimination**.

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

5.3.

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

- i. modifying or adjusting an officially approved pistol so that it violates the rules;
- ii. exchanging their pistol in violation of the rules;
- iii. a blatant attempt to start too early;
- iv. jostling, running across or obstructing another pentathlete so as to impede their progress;
- v. starting the running leg before the shooting time has expired without having successfully completed each shooting series* – 3 (or fewer) green lights → **Disqualification** (considered a blatant attempt to start early).

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

6.

AWARDS

6.1

World Championships Medals

- i) Gold, Silver and Bronze medals will be given in each category and team event competition.
- ii) The UIPM and the Organizer 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 medallists in all age groups of the LRWCH and for both genders will receive the title "UIPM Laser Run World Champion" irrespective of having registered in Elite or Open Division.



PART B

INDIVIDUAL EQUIPMENT

**7.
CLOTHING
REGULATIONS**

**7.1
General aspects**

- i) Competitive apparel may be either one-piece or two-piece. It should be made of a material to allow for a "form fitting" appearance. No unreasonably loose clothing shall be allowed.
- ii) Athletes must have their name clearly visible and professionally made on the back of the top of their apparel, below which is the NF code, of a size between 7–12 cm and in a contrasting colour to that of their shirt.
- iii) Athletes participating in UIPM LR competitions and representing the same NF must wear the same style and colours of competitive apparel in order to clearly identify the country they represent.
- iv) Athletes competing in the Mixed Relay event and representing the same NF must wear the same design and colours of competitive apparel.
- v) Competitors must compete in athletic shoes, with or without spikes. Any spike restrictions must be advised by the LOC in their invitation letter.
- vi) The LOC is responsible for providing every competitor with two start numbers.
- vii) The numbers must be worn on front and back above waist height and be visible in all weather conditions.
- viii) The UIPM logo patch must be placed on the Laser Run apparel according to 2021 UIPM Uniform Guidelines. Not placing or wrongly placing the UIPM logo patch will be penalized by deduction of 10 seconds.

**8.
PISTOL
REGULATIONS**

**8.1
General aspects**

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

**8.2
The Laser Pistol**

- i) Only a single-shot pistol is allowed, without any form of magazine or clip. 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. The minimum weight is 800 grams (tolerance 5%), for Under 17 competitions 500 grams (tolerance 5%).
- iii) The overall size of the pistol is limited to dimensions that permit it to be enclosed completely in a rectangular box within the dimensions of 420 mm x 200 mm x 50 mm. A manufacturing tolerance of + 1.0 mm in the dimensions of the box is permitted. The minimum overall size is 20% of the above dimensions (336 mm x 160 mm x 40 mm) with the same tolerance.

PART C**FACILITIES AND EQUIPMENT PROVIDED BY THE LOC****9.
FACILITIES - THE
FIELD OF PLAY****9.1****The Venue**

- i) The LR venue is the site on which the competition is conducted, and consists of the shooting range and the running course. The LOC is responsible for providing a safe and acceptable course.

9.2**The Running Course**

- i) The course must be clearly marked and defined so that an athlete is at no time in doubt as to how to follow the course. The course can be laid out on any kind of surface or surfaces. It must be designed so that there is a minimum risk of injury to the athletes and must therefore have no sharp turns or steep declines.
- ii) The total course must be wide enough to permit two runners to pass each other at any point on the course. Certain obstacles on the course are acceptable with TD approval.
- iii) The start and finish line must always be in the same area.
- iv) In the Relay competition, the start line and the finish line must be a minimum of 5 m wide. On each side of the finish line, 10 m must be set for a hand-over zone 20 m long. Thus, the dimension of the zone will be 20 m by at least 5 m. This zone must be clearly marked by demarcation lines.

9.3**The Shooting Range**

- i) The range can be indoors or outdoors and must be constructed so that direct sunlight 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 m and 10 m (according to the type of competition and the age group), measured from the shooting lane to the target face; ± 0.05 m is accepted as tolerance.
- iii) The shooting range must be prepared in such a way that the spectators can enjoy the competition and watch the finish, that is, with the finish line near the shooting range.
- iv) The shooting station must be marked with numbers at least 12 cm tall, corresponding to the shooting point number. Shooting station No. 1 must be the farthest away from the starting gates.
- v) The competitor shooting area (minimum 1 m and maximum 2 m wide by at least 1.5 m deep) must be clearly defined with lateral lines visibly painted on the ground. The paint of lateral lines can be replaced by branding triangle or small banner.
- vi) Targets must be marked with numbers corresponding to their shooting station number. The numbers must have a minimum height of 25 cm to be easily seen under normal shooting conditions with normal vision from the appropriate shooting station and from the VIP area, public seats and TV cameras.
- vii) The LOC must guarantee provision of 2 spare reserve targets, numbered R1 and R2.
- viii) The height of the target centre must be within the following height measured from the floor level of the shooting point:
 - a) standard height variation: 1.40 m +/- 0.05 m; 1.40 m +/- 0.05 m;
 - b) horizontal variation: 0.25 m.
- ix) The shooting station must be equipped with:
 - a) a table or bench, about 0.7 m – 0.8 m 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 8 cm height) to avoid disturbances on the system;
 - b) the table must have protection for the pistol in case of rain (waterproof box) or a place under the table.



10. EQUIPMENT PROVIDED BY THE LOC

10.1 Shooting Equipment Requirements

- i) In Laser Run, the Organizing committees are allowed to use these types of targets:
 - a) HIT & MISS targets
 - b) Laser Precision Targets

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

Athletes are allowed to use these types of pistols:

- a) Full Laser Pistols
- b) Laser Containers

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

10.2 Boxes

- i) 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.

10.3 LOC Control Devices and Tools

10.3.1 Material Control

Clothing inspection is done by observation, using a ruler if necessary. For inspection of all kinds of pistols the LOC must have: a box for dimensions, scale for the weight, trigger weight device, ruler, square, angle scale and a system to register and mark the approved pistols. For the laser pistols and containers, the LOC must also have instruments to check the laser beam – power, diameter and time – and the power of the battery.

10.3.2 Laser Pistol Tests

The UIPM might arrange a shooting equipment test for both targets and athletes' pistols on a random basis, the LOC will be informed such tests beforehand for needed assistance.

PART D**APPENDICES****PENALTY TABLE****LASER RUN****APPENDIX 1.**

OFFENCES	RULE		PENALTY	
Contravening clothing regulations	5.1 i	10"	-	PG
Modifying the dimensions of the start numbers	5.1 ii	10"	-	PG
False Start	5.1 ii	10"	-	SL
Not placing a pistol safely on the table after warm-up or shooting series	5.1 iv	10"	10"	SL or LPA
Not touching the shooting table between each shot	5.1 v	Warning	10"	SL or LPA
Coach assistance during warm-up outside the designated coaches' area	5.1 vi	Warning	10"	PG
Not having the pistol in the box before the official warm-up period has started.	5.1 vii	Warning	10"	PG
Not standing freely, without touching the table, with both feet on the ground.	5.1 viii	Warning	10"	SL or LPA
Not completing the course	5.2 i			Elimination
Deviation, deliberate or not, from the course	5.2 ii			Elimination
Unauthorized assistance	5.2 iii			Elimination
Using a non-approved pistol	5.2 iv			Elimination
Shooting at the wrong target	5.2 v			Elimination
Not stopping at the last penalty area when instructed by an official	5.2 vi			Elimination
Using a constant beam during the competition series and/or audio communication outside of preparation and warm-up time.	5.2 vii			Elimination
Holding the pistol with two hands or giving support to the armed arm	5.2 viii			Elimination
Incorrect change-off in the relay	5.2 ix			Elimination
Start running before having successfully completed the shooting series (5 green lights)	5.2 x			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
Jostling, running across, or obstructing another athlete	5.3 iv			Disqualification
Start running before having successfully completed the shooting series (5 green lights) with only 3 (or fewer) green lights.	5.3 v			Disqualification

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



**WR POINTS' TABLE
APPENDIX 2.**

Category A events LRWCH		Category B events Continental, regional and national events		Category C events GLRCT	
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				



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