



# MODERN PENTATHLON 2014 COMPETITION RULES

## 7. MODERN TRIATHLE RULES 2014

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### 1 GENERAL ASPECTS

#### 1.1 Definition

Modern Triathlon is a UIPM sport combining the disciplines of Shooting, Swimming and Running. Triathlon competitions are organised nationally and internationally.

#### 1.2 Sphere of application

Modern Triathlon is covered by the UIPM Rules, especially the UIPM Competition, Medical and Advertising and Media Rules insofar as not specified differently in the following.

#### 1.3 Categories

##### 1.3.1 There are two Modern Triathlon Categories:

- Category A: Modern Triathlon World Tour and Modern Triathlon World Championships (including Beach Triathlon).
- Category B: Regional and Continental Championships, World Ranking Competitions (including Beach Triathlon at local level).

1.3.2 Modern Triathlon Category A competitions should with preference take place one day after Modern Biathlon Category A competitions using the same facilities.

1.3.3 For Modern Triathlon Category A competitions a bid and selection process by the UIPM Executive Board takes place. In these competitions, the competition lane must be enclosed by tape, fences or other barriers. Electronic timing and finish line monitoring is obligatory in these competitions.

1.3.4 For Modern Triathlon Category A competitions a water quality test must be made 14 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:

- a) pH between 6 and 9
- b) Fecal coliform (ocean) not more than 200 per 100mls
- c) E' coli (fresh water) not more than 200 per 100 ml
- d) Entero-cocci 35 per 100mls.



## 1.4 **Formats**

1.4.1 There are three formats: Modern Beach Triathlon, Modern Street Triathlon and Discontinuous Triathlon

- (i) Beach Triathlon is continuous, outdoor and athletes compete barefoot.
- (ii) Street Triathlon is continuous, outdoor. The running is on a hard surface. Athletes must wear footwear for Running.
- (iii) In Discontinuous Triathlon the three disciplines are disputed separately although the Shooting and Running can be disputed as a Combined Event, outdoors or indoors, starting with a penalty handicap system by timing.

## 1.5 **Age Groups and sequence of events**

1.5.1 **Age groups** are as follows:

10 years and younger:	Under 11 (YE)
11 – 12 years:	Under 13 (YD)
13 – 14 years:	Under 15 (YC)
15 – 16 years:	Under 17 (YB)
17 – 18 years:	Under 19 (YA)
19 – 21 years:	Junior
22 and over:	Senior
40– 49 years:	Master A
50 – 59 years:	Master B
60 and above	Master C.

1.5.2 **Sequence** of events are as follows for Individual/Relay:

	sh	sw	ru	sh	sw	ru	sh	sw	ru	sh	sw	ru	Tot Ru	Tot Sw	Tot Sh	750 pts
Sen	5	100	800	5	100	800	5	100	800	5	100	800	3200	400	20	18'20"
Jun	5	100	800	5	100	800	5	100	800	5	100	800	3200	400	20	18'20"
YA	5	100	800	5	100	800	5	100	800	5	100	800	3200	400	20	18'20"
YB	5	100	600	5	100	600	5	100	600	5	100	600	2400	400	20	18'20"
YC	5	50	400	5	50	400	5	50	400	5	50	400	1600	200	20	10'20"
YD	5	50	200	5	50	200	5	50	200	5	50	200	800	200	20	6'40"
YE	5	25	100	5	25	100	5	25	100	5	25	100	400	100	20	5'30"
MA	5	100	600	5	100	600	5	100	600	5	100	600	2400	400	20	18'20"
MB	5	100	600	5	100	600	5	100	600	5	100	600	2400	400	20	18'20"
MC	5	50	400	5	50	400	5	50	400	5	50	400	1600	200	20	10'20"
MD	5	50	400	5	50	400	5	50	400	5	50	400	1600	200	20	10'20"

1.5.2 In Beach Triathlon, if the running course is very soft sand, the running distances must be reduced by 20%.

1.5.3 The sequence of the competition in continuous Modern Triathlon is:

- Pack Start – up to 25 m from the shooting station;
- Shooting – 5 targets down with pellet, 5 green lights with laser;
- Swimming.

(In Street Triathlon, a transition area with numbered boxes must be provided before running segment)

- Running;
- number of sequences SHO-SWI-RUN according 1.5.1; for Relay, the first athlete completes the first two series and hands over to the second athlete for the last two series;
- Finish Line (or transition in Relay).

1.5.4 Individual events can be organised separately for men and women, or combined so that they compete against each other.



## **1.6 Organisation of events**

- 1.6.1 Organisation of events is in accordance with current Modern Biathlon Rules.
- 1.6.2 Additionally, two Judges must be stationed at the Last Penalty Stop Area, located in the middle of the running leg, ready to apply penalties that cannot be applied at the shooting station.
- 1.6.3 The current Modern Biathlon Rules apply to the provision of equipment and its use during the course of the competition. Additionally for the Shooting leg(s) only, the competition organiser must provide shooting targets according to UIPM Modern Biathlon Rule 5.1.2, respecting the information given in Annex A, stating in the invitation letter the type and number of targets that will be available for the competition.
- 1.6.4 For the swimming leg, in any discontinuous triathlon event, the swimming results will be added to the combined (run-shoot) results or to the results of running and shooting, if conducted separately.
- 1.6.5 In a discontinuous Modern Triathlon, swimming conducted in a pool will be managed according to the number of entries (with possible heats) and available lanes.
- 1.6.6 In addition to any other Modern Biathlon rule applicable to Modern Triathlon, in the specific case of an event run on sand (Beach Triathlon), the course has to be cleaned and set up appropriately by the event organiser so that will not create any danger for the athletes (from stones etc). The sand has to be flattened at the end of every third competition with appropriate equipment.

## **1.7 Clothing**

The clothing rules for Modern Biathlon apply to Triathlon in all its forms. Footwear must be worn for Running, if not on soft sand surface. Competition invitations must state the surface type.

## **1.8 Schedule of Events**

- 1.8.1 General Training sessions for running and swimming must be organised in either pool or sea (according to the competition course). A running training opportunity has to be offered the same day of the competition as final warm up. For shooting, open training sessions must be organised during the day preceding the competition at the competition range. A shooting warm up must be provided 15 minutes before the start of each competition as well.
- 1.8.2 The competition begins with a pack start, in which all competitors gather at the starting line. Firing a start gun or blowing a whistle starts the race. In case of a false start, a second start will be given. In case of a second false start, the relevant athlete's start number will be called and the athlete will be penalised with 10 seconds on the starting line.
- 1.8.3 Competitors must stay inside the competition lane during the race. Competitors leaving the competition lane will be disqualified.
- 1.8.4 Athletes start in a line up to 25 m from the shooting position. In Street Triathlon they must previously have placed their shoes in the boxes in the Transition Area. If the shooting position is also on a hard surface, athletes start the competition with shoes: the Transition Area must be placed before the swimming segment.
- 1.8.5 Transitioning back on to the running leg, athletes are not allowed to throw any personal items (including goggles, water bottles and cap) away and are not allowed to hand them over to anyone. Any violation will be punished with a 10 second penalty.
- 1.8.6 At the shooting range, athletes must complete successfully 5 hits before continuing to the next segment (the swimming). If after 50 seconds the athlete has not completed 5 hits, the athlete may continue to the swimming.
- 1.8.7 Athletes are not allowed to stop shooting until the end of their 50 seconds or before reaching the 5 hits: otherwise they will incur a 10 second' penalty to be given at the shooting range before proceeding to the next leg.
- 1.8.8 Athletes then dive into the water and swim free style (in any fashion) for the required swimming distance before exiting the water, putting back their shoes (if necessary) to start the running segment.

1.8.9 After finishing the running leg, athletes return to their dedicated shooting position for the next shooting series. After the last lap they will cross the finish line in Individual events or changeover zone in Relay. The last team member in the Relay crosses the finish line.

1.9 **Participation:** The current Biathlon Rules apply to Modern Triathlon.

1.10 **Doping Controls:** The current Biathlon Rules apply to Modern Triathlon.

### 1.11 **Competition Authorities**

1.11.1 **The Competition Jury** comprises the Competition Director or his Deputy, the Event Director for Swimming, for Running and Shooting respectively, and an elected Team Representative. Referees for each discipline must be appointed.

1.11.2 **The Jury of Appeal** comprises the Chairperson nominated by the UIPM Executive Board, one member nominated by the LOC and three further members elected from the Team Representatives.

## 2 **VARIATIONS FOR DISCONTINUOUS TRIATHLE**

### 2.1 **Schedule of events**

There is a break between the events (Swimming and Combined Event Running/Shooting or among all the three disciplines) and the separate times for each athlete's performance in the different events are added to determine his/her overall performance time. The athlete with the fastest overall time wins.

### 2.2 **Time keeping**

Discontinuous Triathlon requires time keeping for every athlete in shooting, running and swimming events. A computer should be used to calculate overall athletes' times.

## 3 **AWARDS FOR WORLD CHAMPIONSHIPS**

### 3.1 **World Championships Medals**

3.1.1 Gold, Silver and Bronze medals will be given in each category and event competition.

3.1.2 The UIPM will provide the Organiser with medals for the Men's and Women's Youth, Junior and Senior categories while the Organiser will provide all the rest.

### 3.2 **World Championships Titles**

3.2.1 Gold medallists in the Men's and Women's Youth, Junior and Senior categories will receive the title of "Modern Triathlon World Champion."

For Annexes see below. For any other annexes please refer to the current Biathlon Rules.

### ANNEX 1 (SHOOTING RANGE – HIT TARGET for LASER SYSTEM)

