

MODERN PENTATHLON 2015 COMPETITION RULES

UIPM LASER RUN - RUNNING/SHOOTING Guidelines

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1 UIPM LASER RUN

PART A THE EVENT

1.1 PRESENTATION OF THE EVENT

The UIPM Laser Run consists of shooting and running. The shooting involves pistol shooting in series at 10 meters in a range equipped with targets (as in Article 1.1.2 below) each of the four series of shooting being followed by Running for the distances shown immediately below.

UIPM Laser Run can be organized in different divisions.

1.1.1 The Laser Run divisions

Olympic Division: for UIPM-registered athletes from National Federations. Starting numbers will be determined on entry times registered by the NFs.

	INDIVIDUAL			RELAY				INDIVIDUAL			RELAY		
	DIST	D TOT	D TOT	DIST	D TOT	D TARGET		DIST	D TOT	D TOT	DIST	D TOT	D TARGET
Sen	4x800	3200	3200m	2x2x800	3200m	10m	Mas	3x800	2400	2400m	2x2x800	3200m	10m
Jun	4x800	3200	3200m	2x2x800	3200m	10m	YB	3x800	2400	2400m	2x2x800	3200m	10m
YA	4x800	3200	3200m	2x2x800	3200m	10m							

Olympic Hope Division: for non-UIPM-registered athletes and participants with certain athletic level. Starting numbers will be determined by random draw.

	INDIVIDUAL			RELAY		
	DISTANCE	TOTAL DISTANCE	D TARGET	DISTANCE	TOTAL DISTANCE	D TARGET
All	4x800	3200	10m	2x2x800	3200m	10m

Laser Run for All: for any person interested in discovering Laser Run. Starting numbers will be determined by random draw.

	INDIVIDUAL			RELAY		
	DISTANCE	TOTAL DISTANCE	D TARGET	DISTANCE	TOTAL DISTANCE	D TARGET
Under 17	3x400	1200	5m	2x2x400	1600	5m
Under 30	3x400	1200	5m	2x2x400	1600	5m
Under 50	3x400	1200	5m	2x2x400	1600	5m
50 and over	3x400	1200	5m	2x2x400	1600	5m

1.2 ORGANISATION AND SCHEDULE

1.2.1 General Aspects

- i) In case a pistol ceases to function the athlete can use another pistol provided this reserve pistol, provided by the athlete, has previously been inspected, approved and marked by the Equipment Control Section.
- ii) After the equipment has been approved, the pistol must not be modified or adjusted at any time before or during the event in any way that would conflict with the Laser Run Rules, unless with the agreement and under the supervision of the Range Officer.
- iii) 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.
- iv) Appropriate CO2 and air must be available on the shooting range area for the athletes using containers with air (as long as such containers are in use).



- v) During a Relay competition only, a competing athlete's pistol may be laid on the shooting range table top. Only the athletes are authorised to move their pistols from the pistol storage under the table to the shooting table top.

1.2.2 Starting Order

The start will be given in mass start if there are qualifications or not.

1.2.3 The Series

The Shooting 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 without being penalised, provided the pistol is made safe in accordance with Rule 1.4.1 x.

1.2.4 Warming up, Zeroing and Preparation Time

- i) The LOC will confirm the format of the warm up, zeroing and preparation time at the Technical Meeting.
- ii) The Laser Run 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 No 2 shoots at station No 2 and so on.
- iii) The warm-up starts, after the appropriate command ("15 minutes Warm Up - START") by the Shooting Director.
- iv) During the warm up period athletes may run and shoot an unlimited number of shots. The use of constant beam (for laser pistols) is only authorised in the warm-up.
- v) At the 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 start of the warm up 18 minutes before the competition the last 5 minutes, the last minute and 30 seconds remaining of the shooting session warm up. The warm up will stop 3 minutes before the competition.
- vii) After the warm up and before the start signal pistols must be on the assigned shooting station. The reserve pistol must be in its box, 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.
- ix) The Shooting warm up session must be ended 3 minutes before the start of the combined event competition. At the end of the warm up coaches must clear the Field of Play and the athletes must go to the Combined Event starting line.

1.3 CONDUCT OF THE COMPETITION

1.3.1 The Start

- i) Athletes start packed in a mass start. Starting numbers will be determined as follow:
 - Elite Division: according to entry times registered by NFs
 - Olympic Hope Division: determined randomly by draw
 - Laser Run for All: determined randomly by draw
- ii) In the event of a false start from the shooting line the same rules for a false start will be applied: a 10 second penalty for a false start and disqualification in the case of a blatant attempt to start too early
- iii) Athletes are responsible for being at the start line on time and for starting on time.
- iv) The Announcer will announce "10 minutes" and "5 minutes" prior to the start of the laser run event. The Announcer, under the command of the Laser Run Director, will declare warming up on the shooting range 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.
- v) 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 Laser Run 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.

1.3.2 False Start

- i) The Starter/Announcer must immediately announce to the athlete and spectators if an athlete that has started too early and inform them of their false start.

- ii) A athlete starting late will not be penalised, but their time will be taken from the moment they should have started in the mass 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.

1.3.3 Shooting Series

- i) Each athlete must always use their allocated shooting station. Each team must use always the same designated target(s).
- ii) Athletes are responsible for shooting on the correct target.
- iii) The athlete must stand with both feet on the ground, without support, completely within the shooting station. The entire pistol must be held and fired with one hand only. The unarmed hand must not give support to the armed arm or hand.
- iv) With laser pistol the pistol must touch the table between every shot.
- v) Only after successfully completing each shooting series, or 50 seconds has elapsed, may the athlete start running. After the last series the athlete must cross the running finish line.
- vi) Malfunctions are not taken into consideration. Should a pistol cease to function, the athlete may use the reserve pistol or another cylinder 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.

1.3.4 Running Course

- i) Athletes must follow the course from crossing the start line, going to the shooting range for each shooting series and, having completed the shooting, cross the finish line.
- ii) If informed by a Judge and 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 300m after the shooting range
- 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 Laser Run Director and Technical Delegate. Running by a non-competitor with or behind a athlete may be 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) A athlete/team must complete the course.

1.4 INFRINGEMENTS AND PENALTIES

1.4.1 A athlete 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 placing the pistol safely on the table after warming up has ended and after each shooting series*;
- v) with laser pistol, not touching the shooting table between each shot*;
- vi) if a coach during the warming up is outside the designated coaches area and assists a 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 official warming up period has started. The first breach will result in a warning;
- viii) starting the running leg before the shooting time has expired without having completed successfully each shooting series*;

* 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.

1.4.2 A athlete 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) unauthorised assistance, if not disqualified, at the discretion of the Competition Jury;
- iv) using an unapproved pistol;
- v) shooting on the wrong target;
- vi) not stopping at the last stop penalty area when instructed by an official;
- vii) using constant beam during the competition series and/or audio communication outside preparation and warm up time.

1.4.3 A athlete 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 athlete so as to impede their progress.

PENALTY TABLE

LASER RUN

Appendix 1A

OFFENCES	Rule	Penalty		
		1st time	Subsequent	Paid at *
Contravening clothing regulations	5.6.1 i	10"		PG
Modifying dimensions of start numbers	5.6.1 ii	10"		PG
False start	5.6.1 iii	10"		SL
Not placing a pistol safely on the table after warm up or shooting series	5.6.1 iv	10"	10"	SL or LPA
Not loading each shot with the pistol in contact with the shooting table	5.6.1 v	10"	10"	SL or LPA
Coach assistance during warm up outside the designated coaches area	5.6.1.vi	Warning	10"	PG
Not having the pistol in the box before the official warm up period has started	5.6.1 vii	Warning	10"	PG
Starting running before the shooting time has expired without having successfully completed the shooting series ("5 green lights")	5.6.1 viii	10"	10"	SL or LPA
Not completing the course	5.6.2 i	Elimination		
Deviation, deliberate or not, from the course	5.6.2 ii	Elimination		
Unauthorised assistance	5.6.2 iii	Elimination		
Using a non-approved pistol	5.6.2 iv	Elimination		
Shooting on a wrong target	5.6.2 v	Elimination		
Not stopping at the last penalty area when instructed by an official	5.6.2 vi	Elimination		
Using constant beam during the competition series and or audio communication outside of preparation and warm up time.	5.6.2 vii	Elimination		
Modifying or adjusting the approved pistol	5.6.3 i	Disqualification		
Exchanging for a non approved pistol	5.6.3 ii	Disqualification		
Blatant attempt to start too early	5.6.3 iii	Disqualification		
Jostling, running across, or obstructing another athlete	5.6.3 iv	Disqualification		

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

The penalties for the offences of 5.6.1 iv and viii, if committed in the 3rd shooting series, will be paid in the Last penalty Area.