



BIATHLE RULES

1 GENERAL ASPECTS

1.1 **Definition**

Biathle is a UIPM sport combining Running and Swimming. Biathle competitions are organised nationally and internationally.

1.2 **Sphere of application**

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

1.3 **Categories**

1.3.1 There are two Biathle Categories:

Category A: World Championships, World Tour, World Tour Final.

Category B: Regional Competitions, Qualification Competitions.

1.3.2 For Biathle 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. Also electronic timing and finish line monitoring is obligatory in these competitions.

1.3.3 For Biathle 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 mils
- d) Entero-cocci 35 per 100mls.

1.4 **Formats**

1.4.1 There are two formats: Biathle and Winter Biathle.

- Biathle is continuous and organised outdoors.
- Winter Biathle is discontinuous and organised indoors.

1.5 **Age Groups and sequence of events**

1.5.1 The age groups are as follows:

Group	Age	Run	Swim
Youth E	10 and under	1000m	50m
Youth D	11-12	1000m	50m
Youth C	13-14	1000m	100m
Youth B	15-16	2000m	200m
Youth A	17-18	3000m	200m
Juniors	19-21	3000m	200m
Seniors	22 and over	3000m	200m
Masters A	40-49	2000m	100m
Masters B	50-59	2000m	100m
Masters C	60 and over	2000m	100m.

1.5.2 In Biathle the sequence of events is as follows: Running – Swimming – Running, in Winter Biathle Running – Swimming. When indoor facilities allow Winter Biathle may be organised according to the Biathle sequence.

1.5.3 Competitions 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 Each of the different events of the competition must be organised in one area, so as to provide a flow from one event to another. The spectators must be able to see the entire competition from their designated area.
- 1.6.2 The course lane in which the athletes compete must have a minimum width of 15 meters and a maximum of 32 meters. The maximum number of athletes competing in a heat is 32 if lane width is 15 meters and 64 if lane width is 32 meters. However, amendment to this rule is possible with the acceptance of the UIPM Executive Board. The minimum time for recovery between heats is 2 – 4 hours. The competitors with the fastest times will advance to the next round.
- 1.6.3 Inside the final 50 meters of the first running event - transition area - in which the competitors remove their shoes, the organiser must place preassigned boxes out of the way of competitors on the right side of the course lane. Each box is identified with the respective athlete's start number. The box is numbered on both sides so that it can be read from both directions because the athletes will wear the shoes again after the swimming event (see design, Annex A).
- 1.6.4 The swimming event of the race may occur in a natural or artificial body of water. The swim course should be reasonably protected from potentially 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.
- 1.6.5 The swim course, an advanced notice of the layout of which must be sent to the athletes by the Organiser, will be one directional, or an out and back. If it is an out and back course, there will be a separation lane between the swimmers heading out and those coming back. In cases where a pool is used in the swimming event, depending on the number of competitors and the size of the pool, the course may be set up in such a way to allow athletes to enter from lanes 1/2 or 5/6.
- 1.6.6 The pool is to be modified using weights, ropes, swimming lines and aluminium poles in order to provide a continuous swimming gate (see Annex B). The depth of the water must be minimum 1.2m when the height of the dive is 0.35m, and up to 2.35m when the height is 1.5m. For each centimetre in the height of the dive above 0.35m, the depth of the water must increase one centimetre. Slip-free entry ramp(s) must be constructed to ensure against accidents.
- 1.6.7 The exit from the water should be made progressive if possible, making the transition to Running smooth and easy. If this is not possible, the step or edge of the pool or other body of water must not exceed 0.30m from the water's surface.
- 1.6.8 For safety reasons, the area near the water, and especially the diving area, must not be slippery. This may require the installation of a slip free surface, i.e.: rubber mat. The same requirement applies to the first 100m of the running event following the swimming event.
- 1.6.9 In order to ensure the safety of the athletes, the Organisers must provide medical staff on site. Lifeguards must be present in the swimming area.
- 1.6.10 Due to the probability of close finishes, a camera must be installed at the finish line to record and distinguish the placing of the athletes as they cross the finish line. For security and media purposes, the finish line should be square to the course exiting into a straight funnel.
- 1.6.11 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.

1.7 **Clothing**

- 1.7.1 For Biathlon competitions, athletes should wear a swimsuit or tight-fitting one-piece body suit that is capable of being worn for each segment of the competition.
- 1.7.2 In Winter Biathlon competitions, athletes should wear appropriate clothing for each event.



- 1.7.3 If the organiser provides competition suits in accordance with UIPM guidelines and Advertising and Media Rules, athletes must wear them. Athletes must wear their tops identifying the National Federation they represent throughout the race.
- 1.7.4 In UIPM Category A competitions (World Championships, World Tour), shoes must be worn during the running events. Furthermore, it is forbidden for shoes to be worn during the swim in UIPM Category A competitions. In all other types of UIPM competitions, the wearing of shoes is not obligatory and shoes can be worn during the swim, when the swimming occurs in a natural body of water.

1.8 Schedule of events

- 1.8.1 Training sessions for the athletes must be organised in the pool and on the running course the morning of the day preceding the competition.
- 1.8.2 The competition begins with a pack start, in which all competitors gather at the starting line. The firing of a start gun commences the race. In case of a false start, a second start will be given. In case of a second false start, the respective athlete's start number will be called and the athlete will be penalised with 10 seconds on the starting line.
- 1.8.3 The competitors must stay inside the competition lane during the race. Competitors leaving the competition lane will be disqualified. Jockeying for position during the first meters of the race will be accepted, however, unsportsmanlike conduct will not be tolerated and will result in disqualification.
- 1.8.4 The runners complete one-half of the total running distance before entering a 50m transition area. Athletes there remove their shoes (and socks, if worn) and place them in the pre-assigned boxes. Athletes are required to place all their kit in the transition boxes and not to hand them to other persons or leave them on the ground or elsewhere other than in their assigned transition box.
- 1.8.5 Then athletes dive into the water and swim free style (in any fashion) the required swimming distance before exiting the water, putting back their shoes and running the second leg of the run to the finish line in Biathle. Athletes must wear their shoes during the running events of the competition. In Biathle the first person to cross the finish line wins.

1.9 Participation

- 1.9.1 Registration for competitions is co-ordinated through the athlete's National Modern Pentathlon Federation. The National Federation will then forward the registration information of all athletes from its country participating in a given competition to the organiser.
- 1.9.2 Registration may also be possible on the competition site (competition secretariat) if National Federations allow. This process will be developed under UIPM supervision.
- 1.9.3 Organisers must allow 8 hours for registration.
- 1.9.4 For Biathle competitions Category A, elite competitors can receive invitations on the basis of the Biathle World Ranking (BWR) which is established following the PWR model.

1.10 Doping Controls

Doping Controls are organised in accordance with the UIPM Medical Rules.

1.11 Competition Authorities

- 1.11.1 **The Competition Jury** is composed of the Competition Director or his Deputy, the Event Director for Swimming or Running respectively, and an elected Team Representative.
- 1.11.2 **The Jury of Appeal** is composed of the Chairperson nominated by the UIPM Executive Board, one



member nominated by the LOC and three further members elected from amongst the Team Representatives.

2 VARIATIONS FOR WINTER BIATHLE

2.1 Schedule of events

There is a break between the events and the separate times for each athlete's performance in the running and swimming events are combined to determine his/her overall performance time. The athlete with the fastest overall time wins.

2.2 Time keeping

Winter Biathle requires time keeping for every athlete in running and swimming events. A computer should be used for the calculation of the 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.

3.1.2 The UIPM will provide the Organiser with medals for the men's and women's Youth A, Juniors, Seniors and Masters categories.

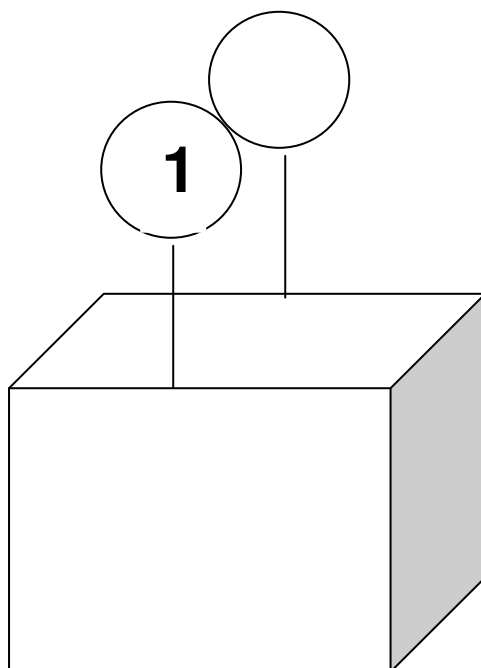
3.1.3 The Organiser will create and provide medals for the athletes in the Youth E, Youth D, Youth C, Youth B categories.

3.2 World Championships Titles

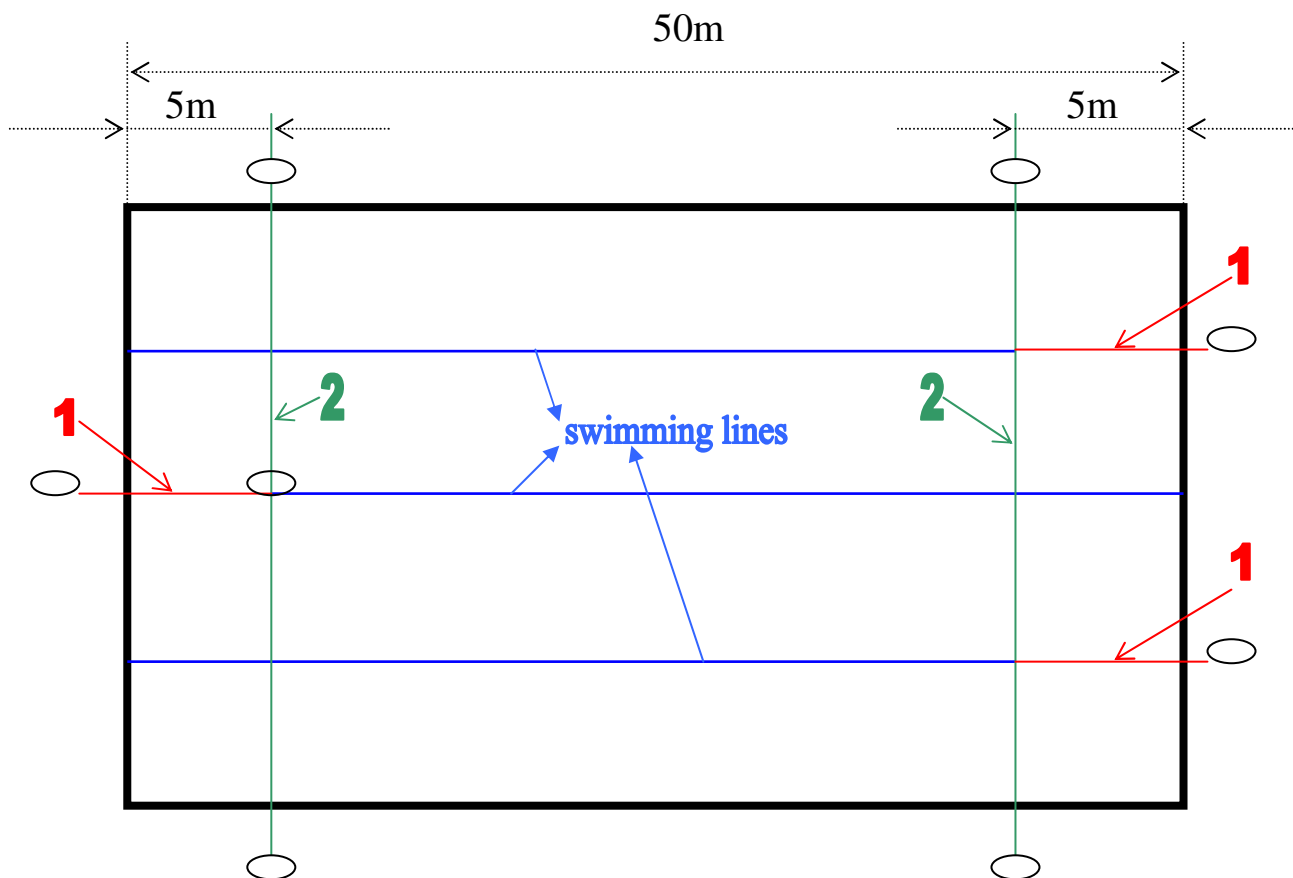
3.2.1 The gold medallists in the men's and women's Youth A, Juniors, Seniors and Masters categories will receive the title "Biathle World Champion."

3.2.2 The gold medallists in the Youth E, Youth D, Youth C, and Youth B categories will receive the title "World's Best Performance."

Annex A

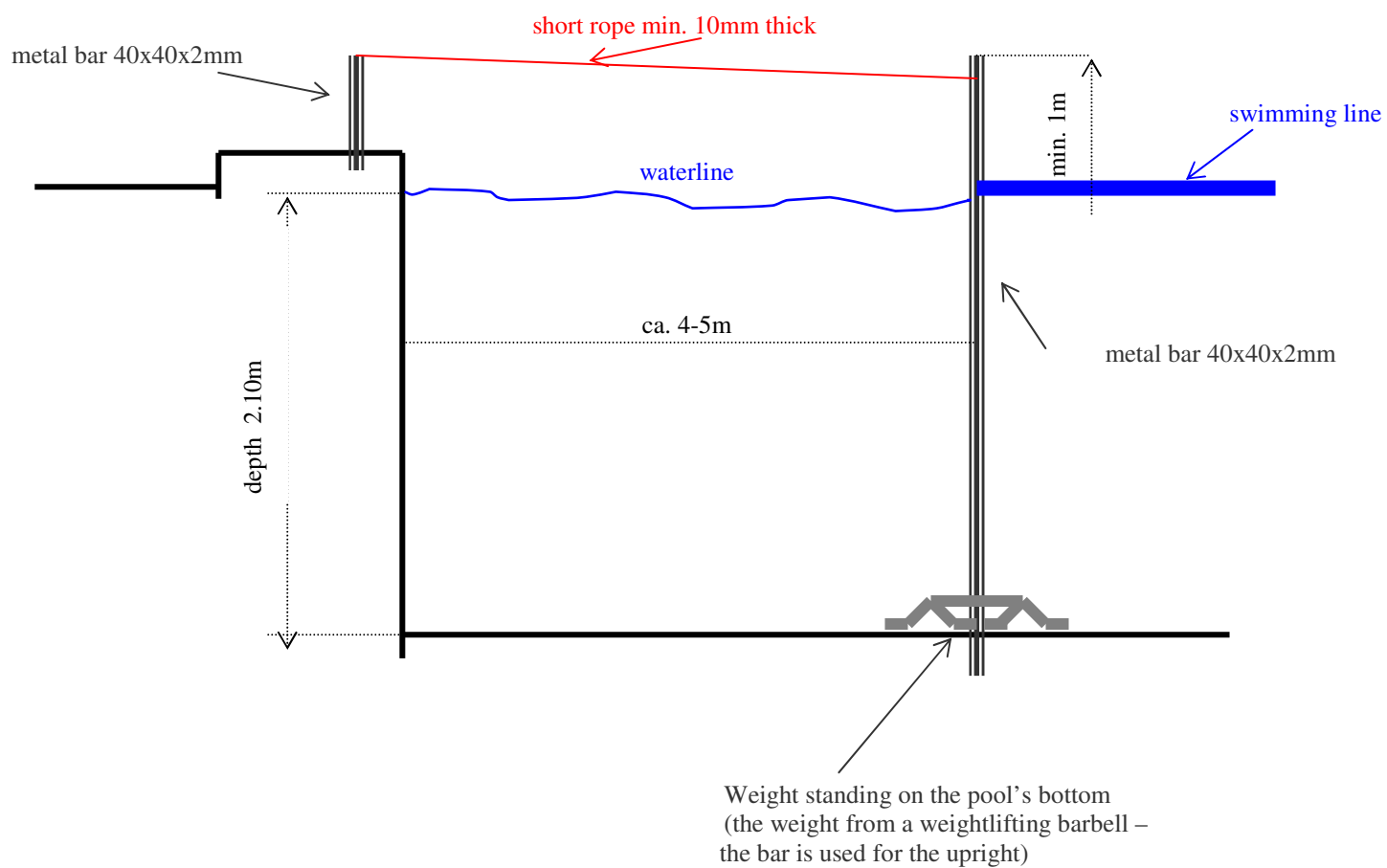


Annex B System for fixing the lines - view from above



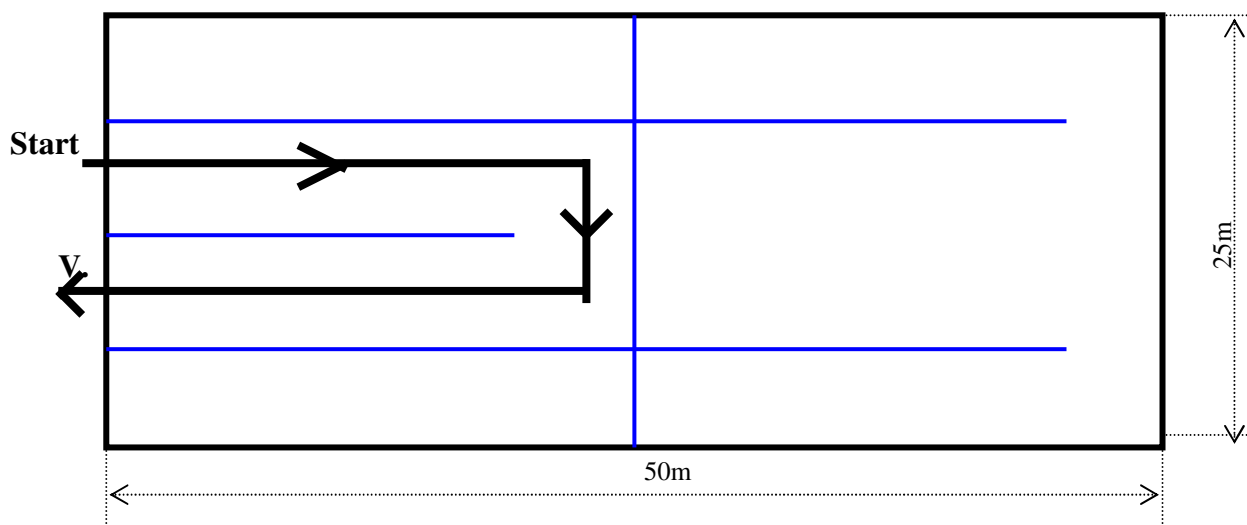
- 1** Short ropes min 10mm thick
- 2** Long ropes min 10mm thick
- Fixing points

System for fixing the lines - side view

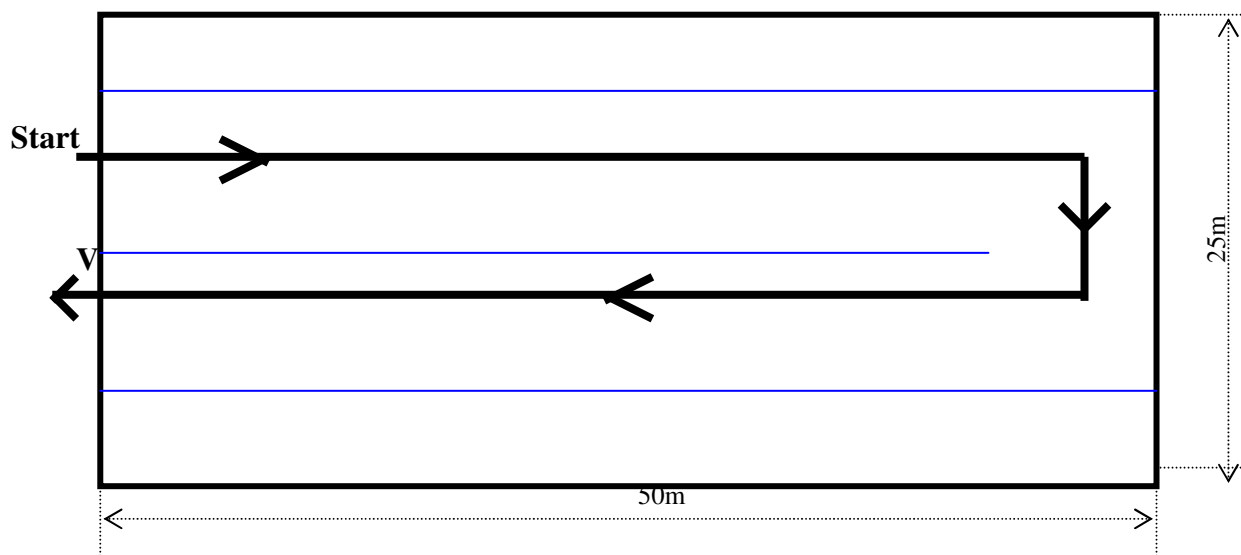




Lane plan for 50m course



Lane plan for 100m course



Lane plan for 200m course

