



UIPM
World Pentathlon

Obstacle Implementation Season 2023 - Report to National Federations

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BACKGROUND

Background

Dear National Federations,

The continuous evolution of Modern Pentathlon into a more dynamic and exciting sport appealing to future generations of athletes and fans gathered pace after the Olympic Summer Games Tokyo 2020.

UIPM undertook a comprehensive and transparent process examining options for a potential new discipline, following the recommendations of the IOC, and after extensive discussions within the UIPM Executive Board and media and marketing consultants, as well as the UIPM Athletes, Coaches and Technical Committees and the UIPM Innovation Commission.

Now, two years after the process began, and 18 months since Obstacle was identified as UIPM's preferred solution, the new discipline has been extensively tested and now successfully integrated into Modern Pentathlon at three UIPM World Championships, as well as multiple national and regional competitions.

This report tells the story of the Obstacle implementation this season, focusing on what UIPM has done to meet the challenge set by the IOC in December 2021 and how the Modern Pentathlon can be an asset to the Games and the wider Olympic movement.

Background

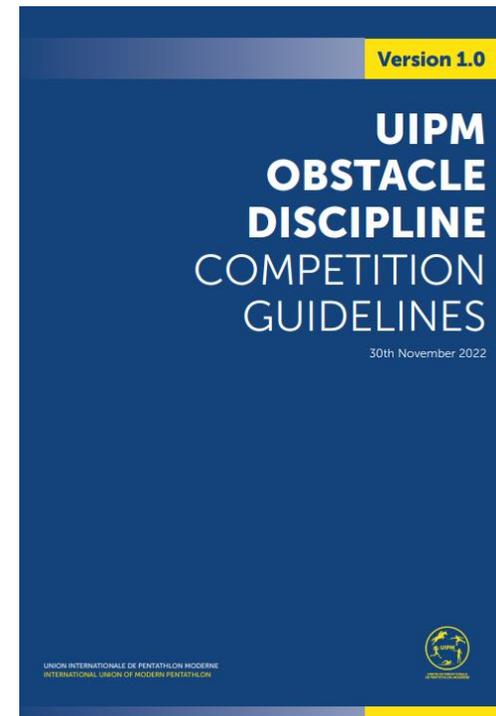
After the UIPM 2022 Congress approved the inclusion of Obstacle Discipline in the UIPM Statutes, the first edition of the UIPM Obstacle Discipline Competition Guidelines is published.

The Guidelines serve to regulate Obstacle Discipline in Modern Pentathlon competitions in the 2023 season.

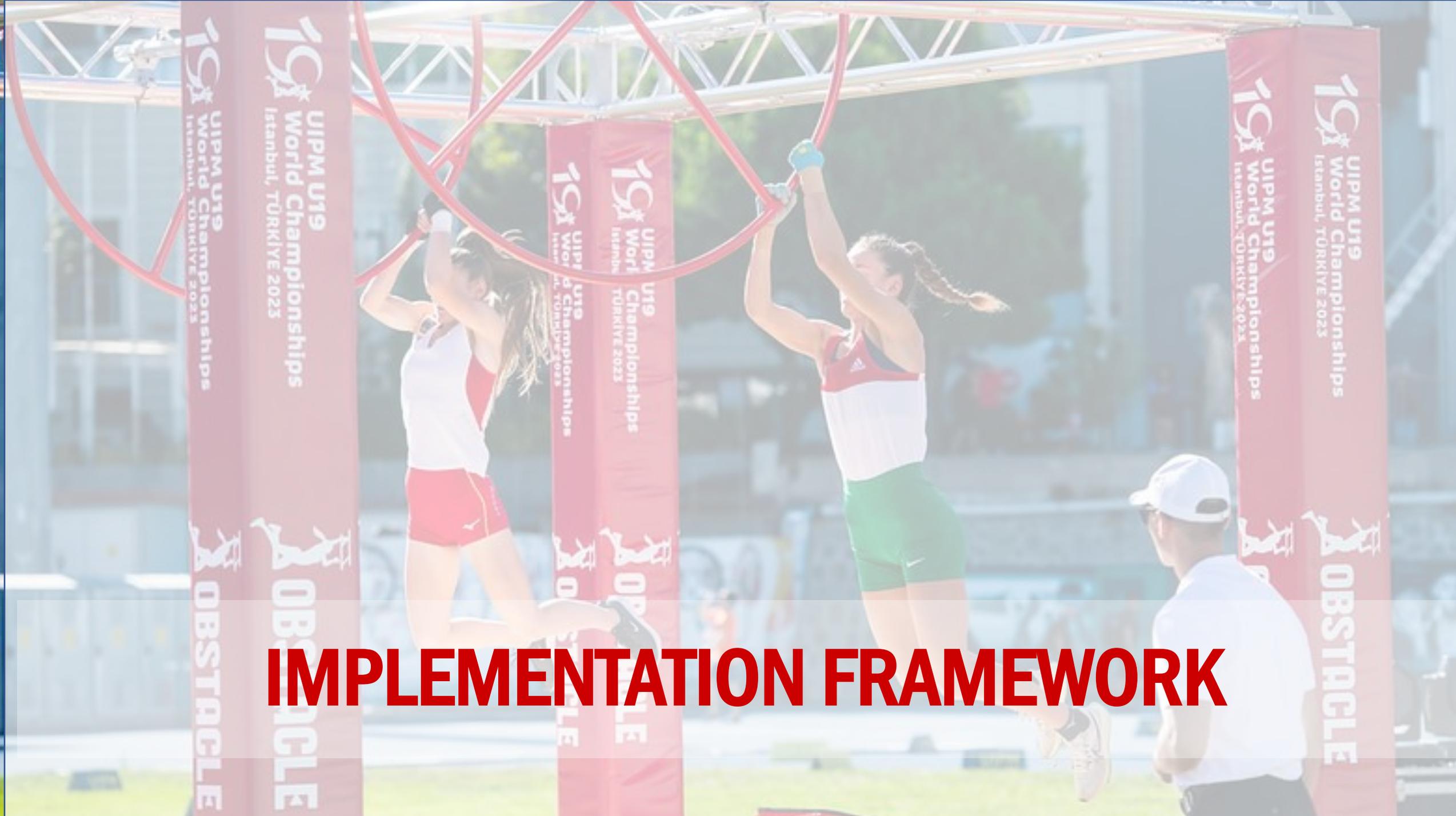
The below-mentioned age groups are the focus of the new discipline implementation process in 2023. UIPM hosted the following events in the season, all of them with the five Modern Pentathlon disciplines:

- **U17 World Championships | Alexandria (EGY) | 11-16 Jul**
- **U19 World Championships | Istanbul (TUR) | 25-30 Jul**
- **Junior World Championships | Druskininkai (LTU) | 11-17 Sep**

Besides, UIPM National Federations started to organise national, regional and international tournaments in 2023.



2022



IMPLEMENTATION FRAMEWORK

Orientation documents

In January 2023, UIPM launches the **UIPM Obstacle Discipline Training Tips**. The document highlights UIPM's ongoing commitment to informing and supporting the Modern Pentathlon community.

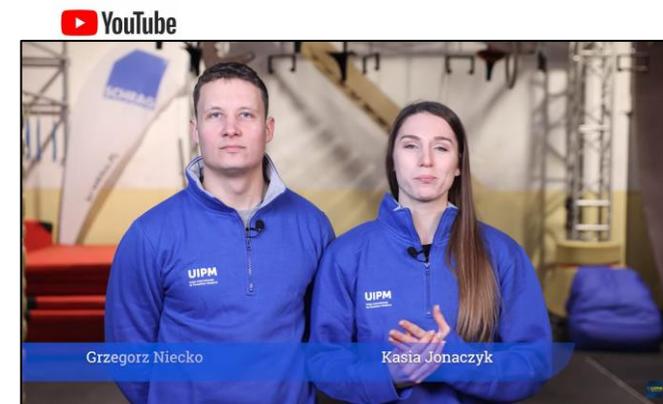
Together with the document a series of 3 videos is launched in both the **UIPM Educational Platform** and the **UIPM YouTube channel**. These resources are assisting the community in creating and implementing obstacle training programmes in the wider context of Pentathlon training.

The UIPM Medical Committee has overseen and contributed to the preparation of all documents presented in this report.

Click on the image to see the document online

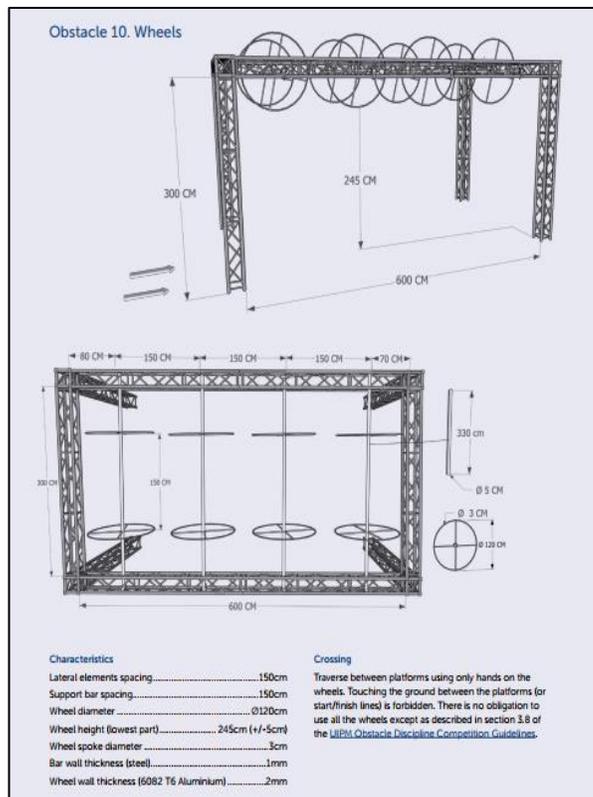
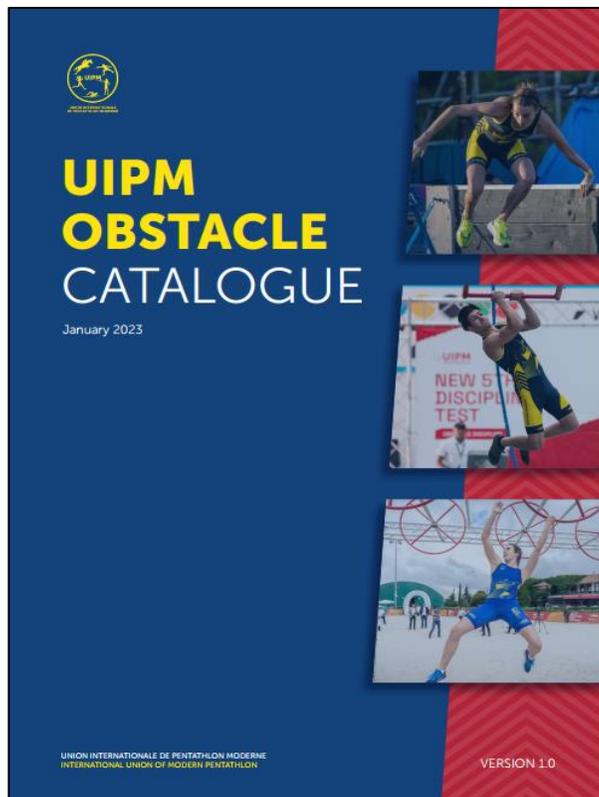


2023



Click on the image to play the video online

Orientation documents



Also in January 2023, UIPM launches the **UIPM Obstacle Catalogue**. This essential resource gives athletes, coaches, National Federations and competition organisers the dimensions, parameters, sequence and placement of obstacles to be used at all competition.

The obstacles presented in the catalogue are selected by the ad-hoc group assigned to elaborate and test competition features and technical details.

2023

Orientation documents

From February 2023, dedicated modules about the Obstacle Discipline are inserted into course outlines for the UIPM Coaches and Judges Certification Programmes (CCP and JCP respectively).

With a hybrid approach of online and onsite learning, the courses are in the process of certifying about 200 coaches and 450 judges internationally at various levels this season.

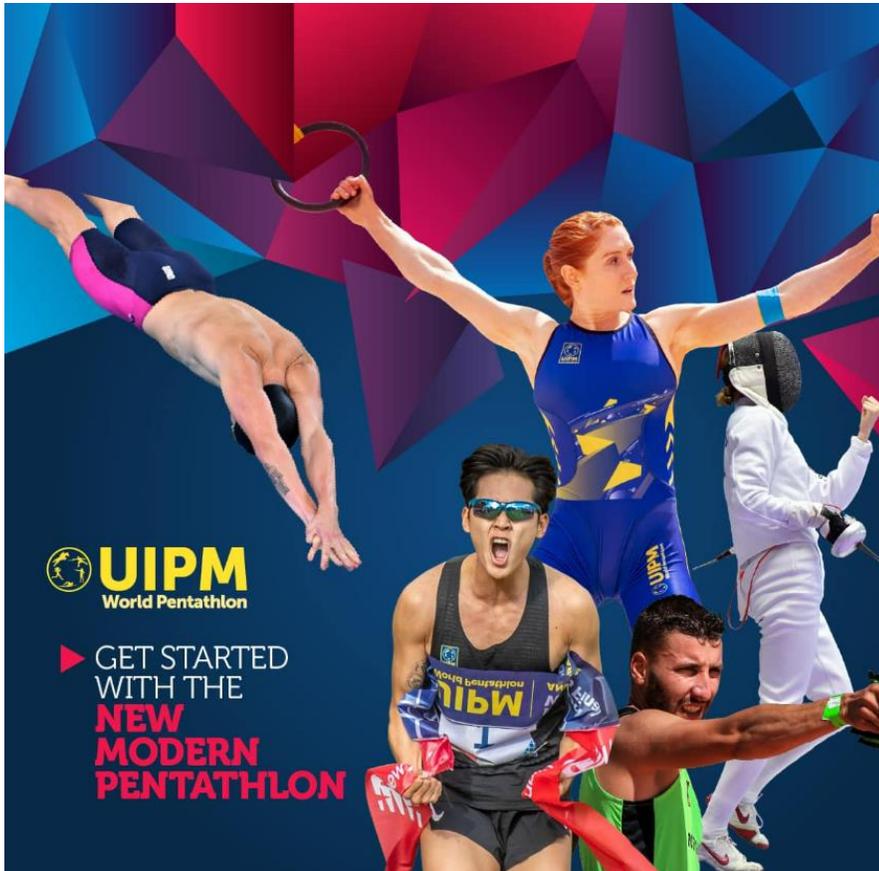
In 2023, UIPM is on course to reach a record of 16 onsite courses worldwide, delivering to developing nations and frequent event organisers with special focus on Africa and Asia.



2023



Orientation documents



Click on the image to see the document online

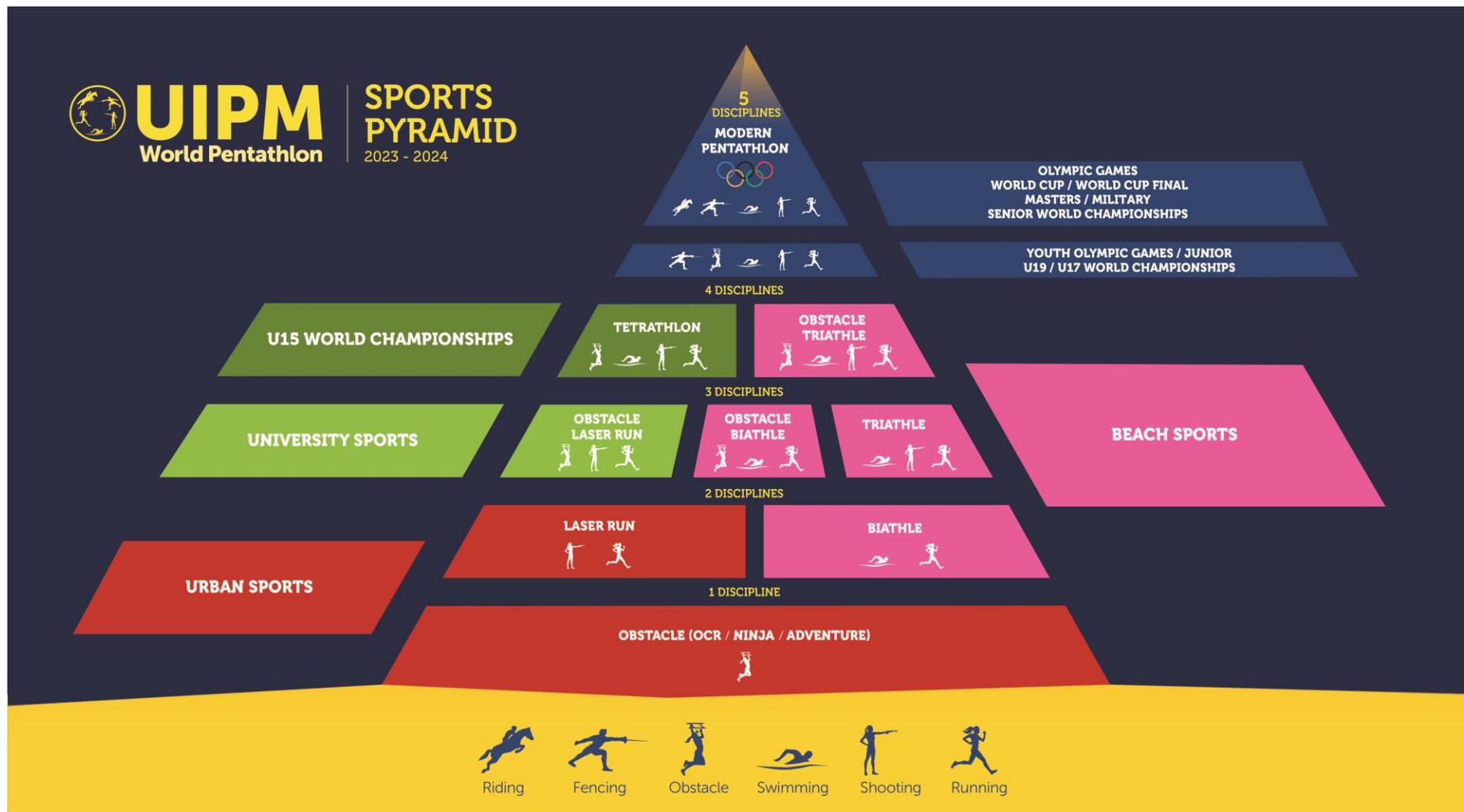
In March 2023, UIPM releases a brochure entitled **‘Get started with the new Modern Pentathlon’**.

The 12-page publication is an introductory manual for **Ninja, Obstacle Course Racing (OCR) or Adventure Racing participants** who are contemplating a switch to Modern Pentathlon during its dramatic transformation.

The brochure provides tips on the **initial steps of converting to Modern Pentathlon** and aims to support not only the generation of athletes targeting LA28 but Obstacle participants at all levels.

2023

2023



In March, the new UIPM Sports Pyramid is launched with the integration of Obstacle Discipline and inclusion of new UIPM sub-sports.



NATIONAL LEVEL

Tenders



Obstacle Competition Kit Tender

All correspondence relating to this Tender should be addressed to:
Alexandre França
UIPM – Union Internationale de Pentathlon Moderne
Stade Louis II, Entrée C
19 avenue des Castelans
MC-98000 Monaco
Tel. No: +377 97 77 85 55
e-mail: alex.franca@pentathlon.org

In May, **UIPM concludes two tenders** for Obstacle Competition and Obstacle Training Kits. The tenders are aimed at obtaining **fair and effective prices** for Obstacle Kits that **guarantee a safe and sustainable infrastructure** for National Federations willing to purchase equipment for training and competitions.

The **Competition Kits** are used by the UIPM, its National Federations, and local organizing committees for indoor and outdoor events.

The **Training Kits** are modular structures designed to be used exclusively for grip obstacle training indoors and outdoors. The main aim of the kits is to develop UIPM NFs awarded with training kits.

Obstacle training



Obstacle training facilities include parks, squares, beaches and also specialized gyms like CrossFit, Ninja and climbing centres. **The culture of playing with Obstacle has existed for a long time but in the past 10 years has spread worldwide.**

There are an estimated **30,000 permanent obstacle courses** and training gyms in the world besides **100,000 public training spaces**. With obstacle sets/courses being immensely cheaper to build and maintain, UIPM is committed to a **sustainable model based on universal accessibility** and low cost.

The images on this slide showcase just a few practical examples of creativity and adaptability among the **many National Federations worldwide that have already initiated national competitions and training programmes**. The Modern Pentathlon Federations of Venezuela, Egypt, Portugal, Guatemala and Lithuania are examples of those that have developed training resources using simple, affordable, and accessible materials while maintaining quality and ensuring athletes' safety.



Implementation monitoring process

The monitoring process for national and regional events consists of statistical results analysis and the study of feedback collected from event organisers and national federations.

Feedback Form
Obstacle Discipline Competition Organisers

UIPM
World Pentathlon

NATIONAL FEDERATION	COMPETITION NAME	DATE

AGE CATEGORIES	FORMAT	PHASES	GENDER
<input type="checkbox"/> U15	<input type="checkbox"/> Pentathlon	<input type="checkbox"/> Qualification	<input type="checkbox"/> Female
<input type="checkbox"/> U17	<input type="checkbox"/> Tetrathlon	<input type="checkbox"/> Semi-finals	<input type="checkbox"/> Male
<input type="checkbox"/> U19		<input type="checkbox"/> Finals	<input type="checkbox"/> Mixed Relay
<input type="checkbox"/> Junior			

1. Has the competition followed the parameters established in the UIPM Obstacle Catalogue?

Yes
 No

If the answer was "No" please present in detail the adaptations done to the Obstacle course.

2. Has the UIPM received the competition results for publication (competitions in the UIPM Calendar)?

Yes
 No

If the answer was "No" please attach the results to the email when sending this form back.

3. Was there any injury case?

Yes
 No

If the answer was "Yes" please inform:

<input type="checkbox"/> Male	Location (quantity):	<input type="checkbox"/> Hand	<input type="checkbox"/> Hip	<input type="checkbox"/> Ankle
<input type="checkbox"/> Female		<input type="checkbox"/> Arm	<input type="checkbox"/> Shoulder	<input type="checkbox"/> Foot
		<input type="checkbox"/> Forearm	<input type="checkbox"/> Leg	<input type="checkbox"/> Knee
		<input type="checkbox"/> Head	<input type="checkbox"/> Thorax	<input type="checkbox"/> Neck
			<input type="checkbox"/> Back	

Did any of the injuries required the transport to the hospital or requires check-up?

Yes
 No

For detailed info please inform who to be contacted in the LOC: _____

Feedback Form
Obstacle Discipline Competition Organisers

UIPM
World Pentathlon

4. Regarding the obstacles level of difficulty for gender/age category, do you have any suggestion?

5. In terms of refereeing, is there any remarks that you would like to share?

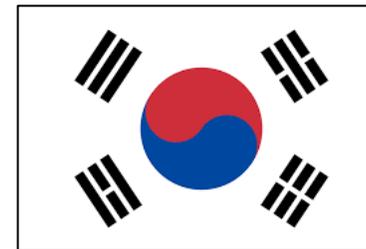
6. When it comes to obstacles setting/construction, do you have any suggestion that could potentially be adopted for future competitions?

7. Please present any other suggestion that could be relevant for the improvement of the discipline.

RESPONSIBLE FOR THE INFORMATION	
Name	
Position	
Date	

Please send this form to alex.franco@pentathlon.org.

More than 50 nations have already started to organize or participate in competitions with obstacles. **By clicking on the flags below you can see videos with examples of national events organized with the Obstacle Discipline in those countries.**



Nat'l Champs (KOR)



Nat'l Champs (TUR)



European Cup (POR)



Nat'l Champs (GER)



INTERNATIONAL LEVEL



Completed events

During the 2023 season, five main international events were organized, besides several other regional competitions, as part of the seamless implementation process for the new discipline with **athletes from 43 nations competing**. These events have been instrumental in laying the groundwork and fine-tuning various aspects of the innovative approach.

- **European U17/U19 Championships**
Druskininkai (LTU), 1-9 June
- **European Junior Championships**
Istanbul (TUR), 14-19 June
- **UIPM U17 World Championships**
Alexandria (EGY), 10-16 July
- **UIPM U19 World Championships**
Istanbul (TUR), 24-30 July
- **Junior World Championships**
Druskininkai (LTU), 11-17 September

Completed events

By clicking on each of the images below you can see videos of the UIPM 2023 U17 and U19 World Championships – the first organized with the new Modern Pentathlon including the Obstacle discipline.



U17 Girls



U17 Boys



U19 Girls



U19 Boys



Jr Girls



Jr Boys

Performances

The athletes showcased exceptional performance throughout the season on U17/U19 and Junior-designed courses, highlighting their swift adaptation to the new challenges encountered.

Fastest U17 women's time in the season: 29"34

Fastest U19 women's time in the season: 33"87

Fastest Jr women's time in the season: 44"63*

Fastest U17 men's time in the season: 24"22

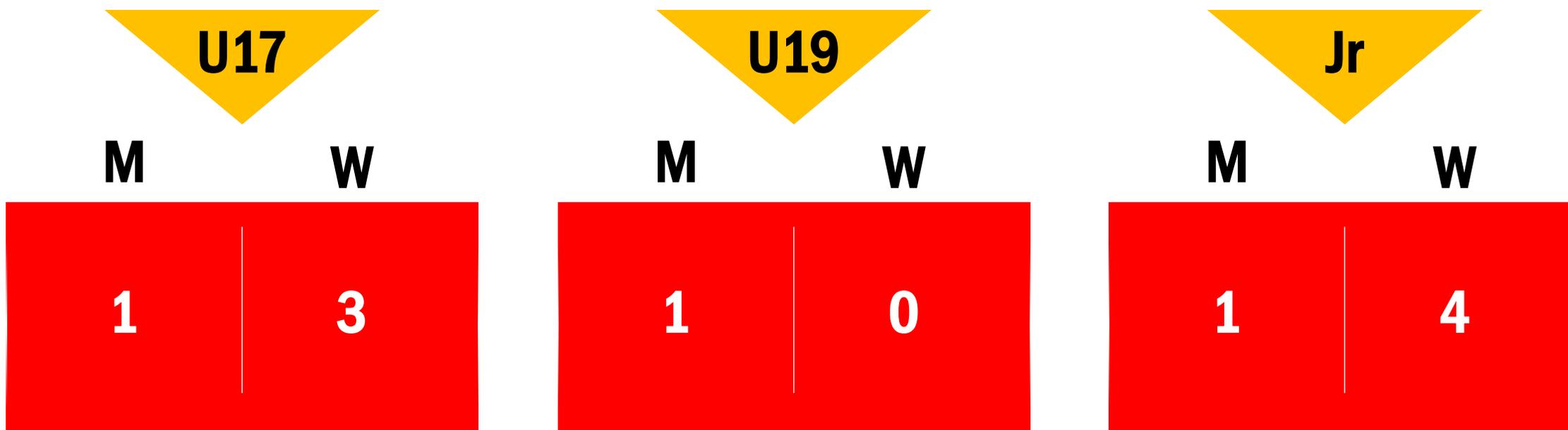
Fastest U19 men's time in the season: 25"13

Fastest Jr men's time in the season: 25"00*

** While U17 and U19 athletes share the same course, juniors have a separate course designated for their races.*

Eliminations in Finals

Given that it was the inaugural season and considering the limited training workload of several athletes attending the three World Championships organized this year, the number of eliminations in the Finals (each contested by 36 athletes) across the events reflects a highly positive outcome. Especially given the difficulties experienced by many athletes in the earlier rounds of some of these competitions.



Risk assessment

Risk Assessment
Obstacle Course Test – Ankara (TUR) June 27-28 June, 2022

This document aims at providing the risk assessment for the Obstacle Course Test to be held in the Ankara Equestrian Club (Ankara, TUR) on June 27-28, 2022. As in any other UIPM event, 2 ambulances with medical teams will be permanently on site for both testing days. The main points to be covered are presented as follows:

- Identify what could cause injury
- Decide how likely/frequently it is that someone could be harmed
- Take action to eliminate, or if not possible, control the risk

Supporting tables to be used

1. **Likelihood:** Evaluate how frequently the risk is likely to occur.

Likelihood	Level	Definition
Rare	1	The risk may occur only in highly exceptional circumstances
Unlikely	2	The risk is not expected to occur
Possible	3	The risk might occur at some time
Likely	4	The risk will probably occur more than once
Almost Certain	5	The risk is likely to occur frequently or on a regular basis

2. **Severity:** Evaluate the consequences of a risk occurring.

Severity	Level	Definition
Insignificant	1	No injury
Minor	2	Injury requiring first aid
Moderate	3	Injury requiring medical attention
Major	4	Injury requiring hospital admission
Severe	5	Fatality

3. **Risk Matrix:** Interaction between the likelihood and the consequences.

Likelihood	Severity				
	Insignificant	Minor	Moderate	Major	Severe
Almost Certain	Medium	High	Critical	Critical	Critical
Likely	Medium	Medium	High	Critical	Critical
Possible	Low	Medium	Medium	High	Critical
Unlikely	Low	Low	Medium	Medium	High
Rare	Low	Low	Low	Medium	Medium

Risk Assessment
Obstacle Course Test – Ankara (TUR) June 27-28 June, 2022

Risk	Existing Controls	Risk Matrix L,S	Further Action to Take
Falling from height	Sitting on walls-ramps must not be allowed. Soft ground cover (crash mats).	Medium 1,4	Staff and judges to ensure all participants understand the briefing monitoring it during training and competition. Medical services in standby mode.
Adverse weather conditions	In case of lightning or high winds, the course should not be used.	Medium 3,2	Suspend the competition till the risk ceases and the course is checked again. Medical services in standby mode.
Falling or slipping from obstacles	Remind participants that shoes are mandatory, and gloves are allowed.	Medium 4,2	Medical services in standby mode.
Cuts, abrasions, friction burns to skin	Regular inspection of equipment and element to ensure it's safe to use. Ensure all slides and ladders have no sharp or rough surfaces.	Medium 4,2	
Slips and trips in the FOP (not linked to obstacles)	Ensure all walkways are clear of hazards and the obstacles clear and dry.	Medium 4,2	
Impact injury by not correctly negotiating an obstacle	Athletes will practice proper techniques on landing from an obstacle on day 1 after the demonstration session. -The impact areas will be prepared prior to day 1.	Medium 3,3	
Collapse of stall or other structure	All structures to be erected by a professional company based on a plan to be provided by FISO experts	Medium 1,4	Technical staff to regularly inspect mainly obstacle elements that need to be screwed. Staff and judges to ensure all participants are following the procedure. Medical services in standby mode.
Collisions between athletes	Only one person on an obstacle at a time in separate lanes.	Low 1,2	Staff and judges to ensure all participants are following the procedure. Medical services in standby mode.

* Other than what is described under "Further Actions to Take", 2 (two) ambulances must be on site in the same as Pentathlon competitions are organized. Medical services in standby mode next to the obstacle course during both training and competition days.



A tailored risk assessment matrix was prepared by the UIPM Medical Committee since 2022 to map all potential risks linked to the athletes' safety during the events.

The overall injury rate in the obstacle competition of the three World Championships hosted by UIPM this year, as indicated by the number of athletes attended to by medical delegates, was remarkably low at 0.02%. These few cases were minor injuries, mostly hands blisters.

Athlete feedback

Pentathlete Survey
Obstacle Discipline U17 U19 2023 European Championships



The goal of this anonymous survey is to collect your impressions after you have competed in the Obstacle Discipline. Please rate the topics below and provide us with as many comments as possible (if you prefer, you can express yourself in your own language).
Your opinion really matters!

Are you an Athlete or a Coach? Athlete Coach

QUESTIONS: How much were you satisfied with ...	Very satisfied	Satisfied	Neutral	Unsatisfied	Very unsatisfied
Enjoyment of competition?					
Obstacle design (look and feel)?					
Technical difficulty levels?					
Course safety?					
Physical demands of course?					
Overall experience?					
COMMENTS All suggestions and impressions are welcome! if you prefer, you can express yourself in your own language.					

Among the athletes involved in the key events in 2023, as mentioned on page 17, 38% shared their feedback by participating in a post-competition survey.

Participants rated their level of satisfaction with 6 different topics as very satisfied – satisfied – neutral – unsatisfied – very unsatisfied.

Other than that, respondents could present their remarks and suggestions in a dedicated space for an open answer expressing their thoughts in their own language, if needed.

Athlete feedback | survey results

Following the surveys conducted after each of the test events in 2022, the statistics from the completed events in 2023 vividly illustrate the impressions of young athletes concerning the Obstacle discipline. **Notably, these athletes, currently aged between 16 and 21, represent the future contenders in the Olympic Games of 2028.**

When asked to respond to the **six questions featured in the survey**, the athletes provided the following ratings for their satisfaction levels: **a significant majority expressed being 'satisfied' and 'very satisfied' with the following aspects:**

- **94% of pentathletes** were satisfied or very satisfied with the overall competition experience
- **95% of pentathletes** were satisfied or very satisfied with the enjoyment of the competition
- **77% of pentathletes** were satisfied or very satisfied with the level of technical difficulty
- **82% of pentathletes** were satisfied or very satisfied with the course safety
- **81% of pentathletes** were satisfied or very satisfied with the physical demands of the course
- **88% of pentathletes** were satisfied or very satisfied with the obstacles design (look and feel).



“I think the Obstacle is good, it’s amazing to compete on. It’s good to see so many young athletes now and they’re happy with the Obstacle discipline. It’s an adventure game!”

Malak Ismail (EGY), U19 Women’s Individual & Team gold medallist



“Obstacle is a very nice discipline, there is a lot of complexity but we can train for it and be better next time and all the time. My dream is to be Olympic champion one day, and it’s a good start, winning this competition.”

Etienne Clergeau (FRA), U19 Men’s Individual, Team & Mixed Relay gold medallist



HOW ATHLETES FEEL ABOUT IT!



ELODIE CLOUVEL OLY
FRANCE

"We are choosing a new event that is more dynamic, more inclusive, more current and it is the DNA of our sport, the MODERN Pentathlon."



WOONGTAE JUN OLY
KOREA

"I know that Obstacle sport is really popular around the world and I'm looking forward to the challenge."



TYLER EVANS
USA

"In LA28, I hope the world will be introduced to a new form of the sport that a new generation of athletes will help build and make great."



AHMED ELGENDY OLY
EGYPT

"Future generations are enjoying the game and the goal is to fulfil the recommendations of the IOC by reducing costs and making our sport more accessible, universal and appealing."



NATALYA COYLE OLY
IRELAND

"I think Obstacle sports can bring a whole new range of athletes to Modern Pentathlon, not to mention a whole new range of audiences."



JOEL COLLINGS
NEW ZEALAND

"Horse riding is very inaccessible and expensive, whereas with Obstacle you can go anywhere, to a playground, and it's very easy for anyone to get started."



SOPHIA HERNANDEZ
GUATEMALA

"I love seeing how they race on Ninja Warrior and it's always fun. I took part in the Obstacle testing phase and really enjoyed the challenge."



ALIDA VAN DER MERWE
SOUTH AFRICA

"The Obstacle course is tough, but after a few times it gets so exciting and you just feel the adrenaline and energy rushing through you."



MAYANK CHAPHEKAR
INDIA

"The new discipline will be something we can all take part in. It's a very interesting game and many people can do it, so it will be a good step for the Modern Pentathlon."

Obstacle events co-hosting

- In May, **UIPM and World Obstacle** announce the rebranding of two major Obstacle competitions to include the name of both International Federations (IFs):
 - World Obstacle/UIPM 2023 Ninja World Cup (Orlando, USA) in July
 - World Obstacle/UIPM 2023 OCR World Championships (Genk, BEL) in September
- The co-hosting agreement backs up UIPM's commitment to **provide a pathway for Obstacle athletes** around the world to realise their Olympic dream. 54% of survey respondents during those events expressed interest in learning more about training in other pentathlon disciplines.
- Social media videos and publications on UIPM channels enables the continued growth of audience for Modern Pentathlon, **engaging fans who watch and follow globally popular Obstacle TV shows and the worldwide community of Obstacle racers.**

Click on the banner to watch the highlights online



2023

Global appeal

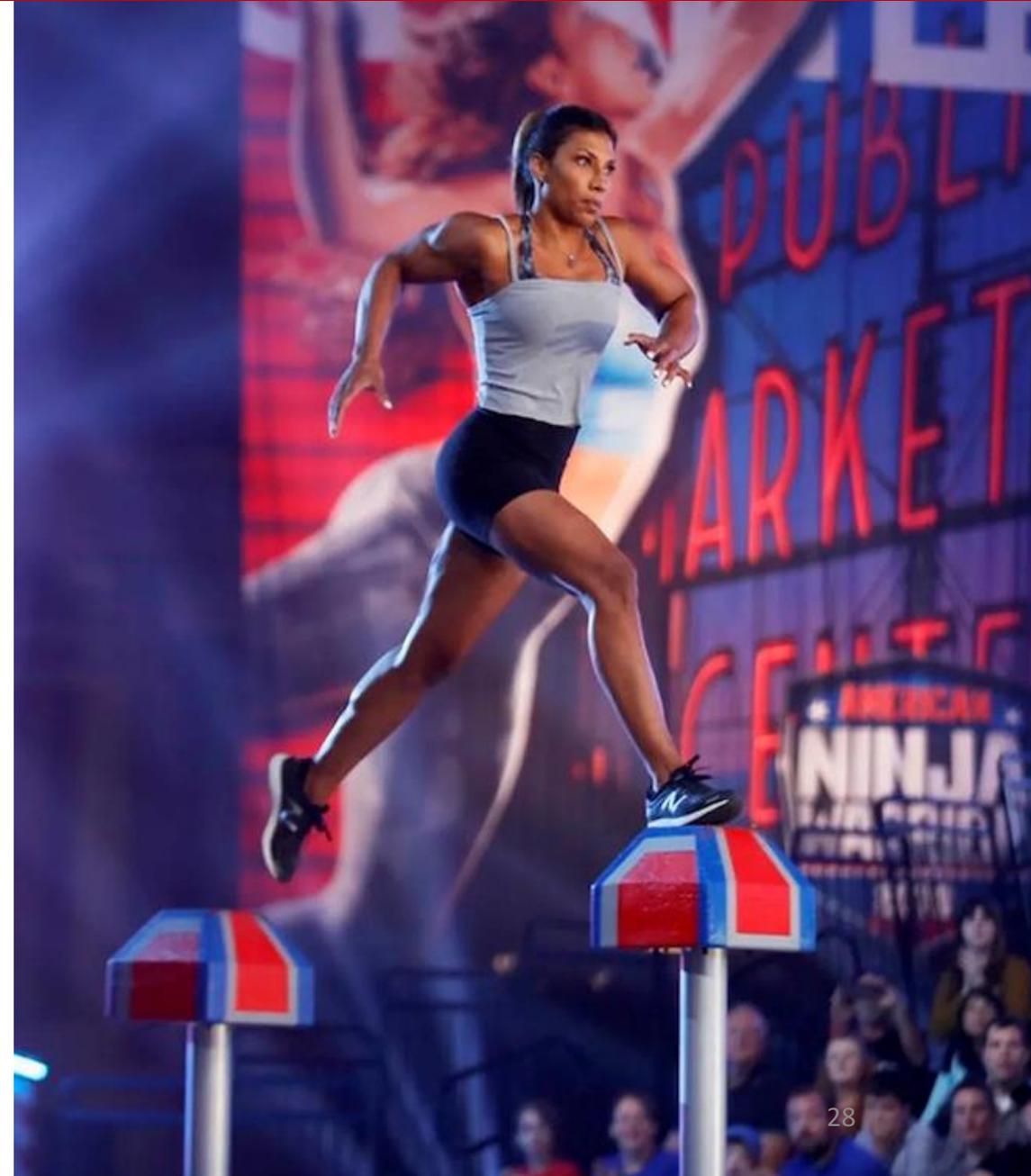
Obstacle racing has millions of participants globally and generates thousands of events per year.

The most recognised obstacle competitions are Ninja Warrior and similar TV shows currently aired in about 150 countries, very popular with young adults and kids.

Besides its clear global appeal to fans across the world, Obstacle has an established participant base from which athletes are already being recruited to Modern Pentathlon.

More than a third (36%) of Obstacle athletes who attended UIPM test events in 2022 said afterwards that they would like to start training for other MP disciplines.

Obstacle's widely accessible training facilities with little or no specific equipment required besides existing sport skills related to Modern Pentathlon are a big attraction factor for obstacle athletes.



Media coverage



By clicking [here](#), you can access a comprehensive document containing media coverage of the entire new discipline process.

Overall reach of media coverage



649

Pieces of coverage

Total number of online and offline articles covering the integration of Obstacle in Modern Pentathlon



45.9 Million

Estimated Views

Prediction of lifetime views of coverage, based on audience reach & engagement rate on social



NEXT STEPS

UIPM
OBSTACLE



UIPM U17
World Championships
Alexandria, Egypt 2023

OBSTACLE

UIPM

Next steps

2023

December

- Publication of the manual “*Introduction to Coaching Obstacle*”
- Publication of the “*UIPM Obstacle Competition Guidelines and Equipment Regulations*” for the 2024 season. The document encompasses both the competition norms and the obstacle catalogue within a single document
- Publication of UIPM NFs Governing Obstacle Guidelines
- Launching of the UIPM Obstacle National Competition Kit, a cheaper solution for NF domestic competitions

2024

- Integration of World Obstacle organization
- Adaptation and preparation for senior competitions in 2025



UIPM U17
World Championships
Alexandria, EGYPT 2023

UIPM U17

UIPM U17
World Championships
Alexandria, EGYPT 2023

OBSTACLE



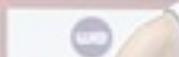
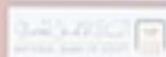
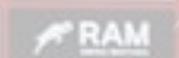
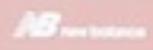
UIPM
World Federation



UIPM U17
World Championships
Alexandria, EGYPT 2023



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OBSTACLE



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World Federation



CONCLUSION

OBSTACLE



OBSTACLE

Conclusion

In this season, UIPM accomplished its mission in the implementation of Obstacle namely:

- 1) To integrate it to the overall competition format
- 2) To demonstrate improvement across the areas of:
 - safety
 - accessibility
 - universality
 - appeal for youth and general public.

The outcome is a **reimagined sport** designed to deliver on the promised improvements, not only **benefiting the Olympic movement** but potentially securing the future of a heritage sport for the **enjoyment of many generations to come.**



UIPM

World Pentathlon