



PENTATHLON·GB

RULES FOR MODERN BIATHLON **Effective from 1st September 2015**

Modern Pentathlon is an Olympic Sport

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RULES FOR MODERN BIATHLON

1. INTRODUCTION

The Modern Pentathlon Association of Great Britain (Pentathlon GB) is the governing body for the Olympic sport of Modern Pentathlon and the multi sports events which make up the five disciplines of Pentathlon. It is the governing body for (and as such administers, promotes and encourages) the sport of Modern Pentathlon in Great Britain and Northern Ireland ('Great Britain').

Pentathlon GB is fully committed to the principles of equality of opportunity and will therefore apply best efforts to ensure that no one is disadvantaged on the grounds of a gender, race, ethnic origin, nationality, colour, parental or marital status, religious belief, social status, sexual orientation or political belief. Disability competitors will have the opportunity to take part in the disciplines for which safe provision can be made.

The following Rules apply to the BRITISH MODERN BIATHLON CHAMPIONSHIPS AND THE BRITISH SCHOOLS' MODERN BIATHLON CHAMPIONSHIPS and their qualifying competitions, including HOME COUNTRY AND REGIONAL CHAMPIONSHIPS for Biathlon (Swimming and Running). These Rules are intended only for the use of CLUBS AND ORGANISATIONS which are affiliated to Pentathlon GB and/or who are organising Pentathlon GB Approved Competitions. These Rules are subject to change at any time, which if made will be posted on the Pentathlon GB website.

Pentathlon GB insurance cover is available in accordance with policy terms to individual members of Pentathlon GB.

Organisers are encouraged to follow these Rules but may adapt a competition to take into consideration availability of venues and local conditions. The amalgamation of classes and introduction of a younger age group is acceptable in club and regional competitions. It is essential that any 'local' rules are indicated on the entry form.

For the purposes of these Rules, the following definitions apply:

- 1.1. **British Championships:** refers to both the British Modern Biathlon Championships and the British Schools' Modern Biathlon Championships.
- 1.2. **British Modern Biathlon Championships:** means a Championship for individual members of Pentathlon GB who are British Citizens and reside in Great Britain or Northern Ireland and affiliated Schools and affiliated Clubs that are situated in Great Britain or Northern Ireland.
- 1.3. **British Schools' Modern Biathlon Championships:** means a Championship for athletes of School age and their teachers, who are individual members of Pentathlon GB, are British Citizens and reside in Great Britain or Northern Ireland and Schools that are situated in Great Britain or Northern Ireland.
- 1.4. **Regional Championships:** means a Championship for one of the four Home Countries that make up Great Britain and/or specified Regions within the Home Countries.
- 1.5. **Qualifying Competition:** means a Competition where athletes can qualify for the British Championships.
- 1.6. **Pentathlon GB Approved Competition, County Championships or Time Trial:** means a Competition that is not organised by Pentathlon GB or its Regions but has been approved by a member of Pentathlon GB.
- 1.7. **Competition:** means the entire constituent contest incorporating the run and swim disciplines as defined in Sections 3 & 4.
- 1.8. **Discipline:** means a component part of the Competition such as the run or swim.
- 1.9. **World Schools Biathlon:** A system of competition which allows National Federations to submit run and swim results achieved by their athletes during each calendar year. The International Federation for Modern Pentathlon, (UIPM) compiles the results and maintains the current World standings on the UIPM website www.pentathlon.org.

2. GENERAL ASPECTS

2.1. Composition:

The official Pentathlon GB competition programme may comprise the following Individual, Club Team and Relay events:

I. Modern Biathlon	swim – run
II. Biathle	continuous run-swim-run
III. Modern Triathlon	swim – shoot – combined run/shoot
IV. Modern Tetrathlon	swim – fence – combined run/shoot
V. Modern Pentathlon	swim – fence – ride – combined run/shoot

Competitions may be organised over one or two days. The order of disciplines is to be decided by the Competition Organiser, but wherever possible the run or combined run/shoot should be the final discipline. Competition Organisers should make every effort to refer to 'Pentathlon GB' whenever possible within their marketing material.

2.2. Competition Format:

Modern biathlon comprises a run and swim (in any order). There is a break between disciplines and the distances are dependent upon age.

2.2.1. Individual Competition:

British Championships, Regional Championships, Qualifying Competitions, Pentathlon GB Approved Competitions and Time Trials may be held in the following classes, for both male and female competitors: Organisers may amalgamate classes with low numbers of entries.

CLASS Age as at 31st December	2015	2016	2017
U10	2006	2007	2008
U11	2005	2006	2007
U12	2004	2005	2006
U13	2003	2004	2005
U14	2002	2003	2004
U15	2001	2002	2003
U16	2000	2001	2002
U17	1999	2000	2001
U19	1997/1998	1998/1999	1999/2000
Junior	1994/1996	1996/1997	1998/1999
Senior	1993 or earlier	1994 or earlier	1995 or earlier
Masters	1980 or earlier	1981 or earlier	1982 or earlier
Teachers	n/a	n/a	n/a

2.2.2. Competitors have the right to compete in one class above their own with the exception of the Masters classes and where a minimum and/or maximum age restriction applies. A competitor who qualifies for a British Championship MUST compete in the same age group in both competitions.

2.2.3. Teams:

- 2.2.3.1. Teams are not pre-defined before the competition.
- 2.2.3.2. In all competitions, the three top scoring individuals from a School or Club in a class will count as a team. This might mean that the team members change from the previous competition.
- 2.2.3.3. After qualifying for the British Championships, all qualifying team members will be re-designated as individual entries.
- 2.2.3.4. Schools/Clubs may have more than one team in a class.
- 2.2.3.5. Only Schools/Clubs affiliated to Pentathlon GB may have teams represent them at the Qualifying Competitions, Regional Championships and British Modern Biathlon Championships. Schools wishing athletes to represent them at these competitions should apply for Club membership. The form can be downloaded from www.pentathlongb.org/pentathlongb/resources.php?tab=0

2.2.4. Team Relay:

If a team relay competition is organised the above Rules should apply.

2.3. Inter/Intra School or Club Competitions:

- 2.3.1. Schools or Clubs wishing to organise an inter/intra school or club competition are encouraged to follow these rules but are permitted to adapt a competition to take into consideration availability of facilities. The amalgamation of classes and introduction of a younger age group is acceptable within these competitions. Any 'local' rules must be indicated on the entry form.
- 2.3.2. Organisers of inter/intra school or club competitions and individuals are responsible for and must check their own insurance cover as Pentathlon GB insurance cover is only available in accordance with policy terms to individual members of Pentathlon GB.

2.4. Eligibility – Local, Pentathlon GB Approved Competitions or Time Trials:

- 2.4.1. To be eligible to compete in local inter/intra school/club competitions, Pentathlon GB approved competitions and time trials, an individual must be:
 - 2.4.1.1. A 'first steps' member of Pentathlon GB before the start of the competition.
 - 2.4.1.2. A British Citizen and legally resident in the United Kingdom of Great Britain and Northern Ireland.
- 2.4.2. Competitors who are not British Citizens or legally resident in the United Kingdom of Great Britain and Northern Ireland may participate as 'guests' at the Competition Organisers' discretion. Their scores for each discipline may appear in the results but will not count for awards.

2.5. Eligibility – County, Regional, British Championships:

- 2.5.1. To be eligible to compete at the following levels of competition (County Championships, Regional Championships, Scottish Championships, British Championships) and to be entitled for their scores to count towards final placings and awards an individual must be:
 - 2.5.1.1. A fully paid up member of Pentathlon GB or of a British National Governing Body of Modern Pentathlon recognised by Pentathlon GB (i.e. 'the Home Nations') before the start of the competition. Application for membership should be sent to Pentathlon GB and/or the appropriate Home Country Federation together with the appropriate membership fee.

- 2.5.1.2. A British Citizen and legally resident in the United Kingdom of Great Britain and Northern Ireland.
- 2.5.2. Competitors who are not British Citizens or legally resident in the United Kingdom of Great Britain and Northern Ireland may participate as 'guests' at the Competition Organisers' discretion. Their scores for each discipline may appear in the results but will not count for awards.
- 2.5.3. Members will be eligible to compete for qualification for the British Modern Biathlon Championships in the Region in which they are:
 - 2.5.3.1. Normally resident; OR
 - 2.5.3.2. Resident whilst attending school, college, university or work, or as a member of HM forces; OR
 - 2.5.3.3. A member of a Pentathlon GB Club or School affiliated to the applicable Region.
- 2.5.4. Individuals with dual qualification may compete under the name of their School or Club, even if that School or Club is not affiliated to the Region in which they wish to compete.
- 2.5.5. Competitors who have dual qualification and wish to enter more than one qualifying competition must advise Pentathlon GB Competitions Office which competition they have selected as their qualifier BEFORE competing in any of the competitions.
- 2.5.6. Individuals with dual qualification may only compete at the British Championships under the Region through which they qualified and under the same School/Club name.
- 2.5.7. For training purposes, individuals may enter any number of qualifying competitions out of their own region as guests, but cannot qualify for the British Championships in this way. It is the Qualifying Competition Organisers decision as to whether these competitors will figure in the final placings and presentation of Regional awards.
- 2.5.8. Competitors who have applied for an automatic or discretionary 'bye' entry to the British Championships may enter a Qualifying Competition outside of their own Region as a guest and have their run and swim times taken into account for seeding of heats at the British Championships. It is the Competition Organisers decision as to whether these competitors will figure in the final placings and presentation of Regional awards.

2.6. Submission of Entries:

- 2.6.1. All competitors must enter each competition as individuals and pay the appropriate entry fee.
- 2.6.2. There is no direct team entry. In all competitions the three top scoring individuals from an affiliated School or Club in a class will count as a team. This means that if the School or Club has more than three qualifying individuals in a class, the team members may change from the previous round.
- 2.6.3. Entries will be online and must be submitted prior to the official closing date.
- 2.6.4. The closing date for the British Championships will be four weeks before the competition itself and will be strictly observed.
- 2.6.5. The Organisers may amalgamate classes with low numbers of entries.
- 2.6.6. No refund is possible for withdrawal for any reason, once the closing date has passed.
- 2.6.7. Competition entries are not transferable between competitors.

2.7. Substitution – REGIONAL AND QUALIFYING COMPETITIONS:

After the closing date for entries, no substitution may be made, except in cases of illness of other unavoidable circumstances, which must be approved by the Competition Organiser. In such cases substitution may only be made with another bona fide member of the School or Club.

2.8. Substitution – BRITISH CHAMPIONSHIPS:

2.8.1. Substitution is not allowed under any circumstances.

2.8.2. Before the closing date, in the event of a qualified individual not being able to compete in the British Modern Biathlon Championships, the next highest placed individual on the rankings list may be offered the place.

2.9. Rankings List:

2.9.1. Results of all the Qualifying Competitions, Pentathlon GB approved Competitions and Time Trials will be combined to produce a British Ranking List.

2.9.2. If an athlete has competed in more than one competition, the best combined score will be included on the rankings list. If an athlete scores the same points over two or more competitions, the score with the best swim time will be used.

2.9.3. Scores will be adjusted for the ranking list as shown below.

POOL LENGTH	200m SWIM	100m SWIM	50m SWIM
50m to 25m	- 2.5 seconds	- 1.1 second	- 0.5 second
25m to 50m	+ 2.5 seconds	+ 1.1 second	+ 0.5 second

2.10. Age Handicap:

Men and women competing in the Masters and Teachers classes are given bonus points over the age of 40. Points will be added or deducted to the total score, as indicated in the table below. Once the age of 70 has been reached the number of bonus points remains the same. For the purpose of deciding the places in each discipline the actual time or score will be used.

MASTERS and TEACHERS +/- POINTS TABLE

Teachers aged 40 and under will not have points deducted.

AGE	MEN	WOMEN	AGE	MEN	WOMEN
35	-67	-78	53	+210	+273
36	-54	-62	54	+231	+301
37	-41	-47	55	+255	+334
38	-27	-32	56	+280	+367
39	-14	-16	57	+305	+401
40	0	0	58	+331	+435
41	+12	+16	59	+356	+469
42	+24	+32	60	+390	+516
43	+36	+49	61	+425	+564
44	+49	+65	62	+461	+612
45	+64	+84	63	+497	+661
46	+80	+103	64	+533	+710
47	+97	+123	65	+578	+773
48	+113	+142	66	+625	+837
49	+129	+162	67	+673	+902
50	+149	+189	68	+721	+967
51	+169	+217	69	+769	+1033
52	+190	+244	70	+818	+1100

2.11. Qualification for the British Modern Biathlon Championships:

- 2.11.1. The following number of athletes attending the Qualifying Competitions organised by the **Pentathlon GB Regions** and the **Scottish Biathlon Championships** will qualify by right:
 - 2.11.1.1. The top six scoring individuals (with competition scores of 2000 points and above) plus the three individual members of the first placed affiliated School/Club team (minimum 5000 points) in the U10, U11, U12 and U13 classes.
 - 2.11.1.2. The top three scoring individuals (with competition scores of 2000 points and above) plus the three individual members of the first placed affiliated School/Club team (minimum 5000 points) in the U14, U15, U16, U17 and U19 classes. (see 2.11.2.).
 - 2.11.1.3. Other highly ranked individuals who have entered a competition organised on 20th October or before and have not qualified under the above criteria will be invited to participate. There are not a defined number of places for each class therefore additional invitees will be offered places on merit rather than their place on the rankings list.
- 2.11.2. In **all** competitions, the three top scoring individuals from an affiliated School or Club in a class will count as a team. This means that if the School or Club has more than three qualifying individuals in a class, the team members may change from the previous round.
- 2.11.3. If a qualified individual is not able to enter the British Championships for whatever reason, the next ranked individual may be invited to participate in their place.
- 2.11.4. If, within a week of the competition, classes are not at full capacity, athletes further down the rankings list may be invited to compete at the absolute discretion of the Competition Organiser. Any decision made in this respect is final with no right of appeal or recourse.
- 2.11.5. In exceptional circumstances Pentathlon GB may alter the qualification criteria.

2.12. Qualification for the British Schools' Modern Biathlon Championships:

- 2.12.1. The following number of athletes attending the Qualifying Competitions organised by the **Pentathlon GB Regions** will qualify by right:
 - 2.12.1.1. The top three scoring individuals (with competition scores of 2000 or above) in the U10, U11, U12, U13 and U14 classes
 - 2.12.1.2. The top scoring individual (with a competition score of 2000 or above) in the U15, U16, U17 and U19 classes
- 2.12.2. The following number of athletes attending a **County Championship** will qualify by right:
 - 2.12.2.1. The top two scoring individuals (with competition scores of 2000 points and above) in the U10, U11, U12 and U13 classes.
 - 2.12.2.2. The top scoring individual (with a competition score of 2000 points and above) in the U14, U15, U16, U17 and U19 classes.
 - 2.12.2.3. Other highly ranked individuals who have entered a competition organised on 20th October or before and have not qualified under the above criteria will be invited to participate. There are not a defined number of places for each class therefore additional invitees will be offered places on merit rather than their place on the rankings list.
- 2.12.3. In **all** competitions, the three top scoring individuals from a School in a class will count as a team. This means that if the School has more than three qualifying individuals in a class, the team members may change from the previous round.

- 2.12.4. If a qualified individual is not able to enter the British Championships for whatever reason, the next ranked individual may be invited to participate in their place.
- 2.12.5. If, within a week of the competition, classes are not at full capacity, athletes further down the rankings list may be invited to compete at the absolute discretion of the Competition Organiser. Any decision made in this respect is final with no right of appeal or recourse.
- 2.12.6. If an individual qualifies for the British Championships but changes School following selection/qualification they may choose to represent the new School at the British Championships.
- 2.12.7. In exceptional circumstances Pentathlon GB may alter the qualification criteria.

2.13. Discretionary 'Bye; Applications:

2.13.1. British Modern Biathlon Championships:

- 2.13.1.1. These will be awarded only in exceptional circumstances to competitors who have a history of competing in the British Modern Biathlon Championships or to assist the Pentathlon GB Performance Team in talent identification.
- 2.13.1.2. Competitors unable to attend a Qualifying Competition because they have been selected to represent Great Britain at either a Modern Pentathlon or Biathlon International Competition or who are engaged on a World Class Programme event (this does not include Talent Identification Camps) as directed by the Performance Director or the World Class Pathway Manager may apply for a discretionary 'bye' entry to the British Championships.
- 2.13.1.3. Discretionary 'bye' applications must be supported by either a medical certificate or a copy of the entry form to a County or National Competition for another sport which has taken precedence over the Qualifying Competition.
- 2.13.1.4. Applications must be made via the special 'Application for a Discretionary Bye' form counter signed by the Regional Competition Secretary, or for members of the National Squad by a member of the Pentathlon GB Performance Team.
- 2.13.1.5. The completed form must be sent, together with the supporting evidence, a cheque covering the correct entry fee and a stamped addressed envelope, to the Pentathlon GB Competitions Office, to arrive within two weeks of the date of the Qualifying Competition of the Region concerned.
- 2.13.1.6. All applications for a discretionary 'bye' will be considered on their merit by The National Competitions and Events Manager. Applicants should check the website (www.pentathlongb.org) after the closing date to see if their membership number appears in the list of accepted entries.

2.13.2. British Schools' Modern Biathlon Championships:

Discretionary 'bye' applications will not be awarded in any circumstances.

2.14. Cancellation:

- 2.14.1. If a competition has to be cancelled by Pentathlon GB for any reason, notification will be posted on the website www.pentathlongb.org as soon as the decision has been made.
- 2.14.2. If a qualifying competition organised by the Pentathlon GB Regions is cancelled for whatever reason, each athlete entered into that competition will be offered an alternative competition (where possible) and in default their submitted run and swim times added to the rankings list for the British Championships.
- 2.14.3. If a competition organised by Pentathlon GB or its regions is cancelled for reasons within our control, each athlete entered into that competition will be offered an alternative competition (where possible) and in default a full refund.

- 2.14.4. If the decision to cancel is made because of circumstances beyond the control of Pentathlon GB, e.g. adverse weather conditions or the strong possibility of adverse weather conditions, there will be no refund.
- 2.14.5. Competitors entering time trials or competitions organised by third parties should check the cancellation policy with the Competition organiser.

2.15. Correspondence:

- 2.15.1. Any correspondence will be with the person who made submitted the initial entry to the regional qualifying competition, Pentathlon GB Approved competition or time trial. The main method of communication will be the Pentathlon GB website. However, a valid email address must be given when entering athletes into any competition.
- 2.15.2. Pentathlon GB accepts no responsibility for information regarding the competition not being passed to a competitor.

2.16. Starting Order:

The Competition Organiser will publish a programme listing the competitors entered into each class for distribution before the start of the competition.

2.17. Results:

The results of the Competition will be posted as soon as possible after the completion of each class of the Competition. At the time of publication the results will be considered PROVISIONAL until 15 minutes after publication at which time they become FINAL.

2.18. Placings:

- 2.18.1. Final positions are decided by points, according to the results obtained from each discipline.
- 2.18.2. The competitor with the highest total score is the winner. Second place will go to the second highest score etc.
- 2.18.3. If there is a tie, the winner is the competitor who has gained a first place in one of the disciplines.
- 2.18.4. If there is still a tie, the competitors' placing in each discipline will be added together and the competitor with the lowest total will be declared the winner.
- 2.18.5. If there is still a tie the competitors' run times will be taken into consideration and the competitor with the faster time will be declared the winner.
- 2.18.6. If there is still a tie the competitors' swim times will be taken into consideration and the competitor with the faster time will be declared the winner.
- 2.18.7. In the Team or Team Relay competition, if there is a tie in the Team placings, the individual placings in each discipline for each athlete for each team will be added together and the lowest total will be declared the winner.
- 2.18.8. If there is still a tie the run times of the athletes in each team will be aggregated and the team with the faster time will be declared the winner.
- 2.18.9. If there is still a tie the swim times of the athletes in each team will be aggregated and the team with the faster time will be declared the winner.

2.19. Official Prizes:

2.19.1. The Presentation of Awards will take place as soon as possible after the provisional results have been published even if there is an unresolved protest.

2.19.2. The official prizes awarded at the British Championships in each class are:

Individual Competition - 1st – 6th

Team Competition - 1st – 3rd

Best individual swim time

Best individual run time

2.20. Did not Start (DNS) & Did not Finish (DNF):

2.20.1. Competitors, who without prior notice and appropriate explanation do not report for any discipline for which they have been entered (DNS), will automatically be excluded from the start list for any subsequent discipline. Their scores (if any) will be included in the final results and they may take part in the awards ceremony only with the permission of and at the discretion of the Competition Organiser.

2.20.2. A competitor who does not finish (DNF) in both the run and swim disciplines may not qualify for the British Championships.

2.20.3. If a competitor, who recorded as DNF, is placed in the top six individuals or is a member of a team which is placed 1st, 2nd or 3rd they may take part in the awards ceremony only with the permission of and at the discretion of the Competition Organiser. The decision will be based upon whether the competitor made an appropriate attempt to complete the discipline(s). Putting a foot over the start line to achieve a DNF instead of a 'did not start' (DNS) is not an attempt to complete the discipline.

2.21. Elimination and Disqualification:

2.21.1. Attention should be paid to the difference between elimination and disqualification;

2.21.1.1. Elimination is a penalty for a serious infringement of the Rules that may not have been committed deliberately.

2.21.1.2. Disqualification is a punishment for a deliberate attempt to circumvent the Rules.

2.21.2. A competitor who abandons (DNF) or is eliminated in a discipline scores zero points in that particular discipline, but is allowed to compete in the subsequent discipline.

2.21.3. A competitor who is disqualified in a discipline may not take any further part in the competition and will be excluded from the final results.

2.21.4. The Competition Organiser's decision is final with no appeal or further recourse.

2.22. Official Steward:

Pentathlon GB may appoint an Official Steward for each Competition. The duties of the Steward are:

2.22.1. To inspect and approve all the venues before the start of the competition, including provision for First Aid cover.

2.22.2. To insist on an alteration if, in his opinion, the venues are not in all respects within the limits laid down in the Rules or if they are unsuitable for the competition, especially on the grounds of safety.

2.22.3. To ensure that the competition is run in accordance with current Pentathlon GB Modern Biathlon Rules.

- 2.22.4. To be present and participate if necessary, in the briefing of the judges and to act as Chairman of the Jury of Appeal.
- 2.22.5. To give whatever guidance or help that may be required.
- 2.22.6. The Official Steward should not undertake any other duties.

2.23. Jury of Appeal:

- 2.23.1. A Jury of Appeal will be appointed by the Competition Organiser and will consist of a minimum of 3 persons including the Competition Organiser and two other Individuals.
- 2.23.2. The Members of the Jury of Appeal shall be independent of the event in issue.

2.24. Appeals:

- 2.24.1. The Competition Organiser is responsible for appointing Officials for the various disciplines. These Officials are responsible for enforcing the competition rules.
- 2.24.2. If an Official determines that a rule has been violated in a material respect or that a competitor has sustained a penalty in connection with the discipline, he will notify the competitor or his representative as soon as possible and officially register the violation, the reason for the violation, the penalty together with the number of penalty points (as appropriate).
- 2.24.3. A competitor or his representative, who believes a competition official's decision to be incorrect, may make a verbal appeal to the relevant Discipline Director.
- 2.24.4. A verbal appeal is an oral expression of dissatisfaction, made by a competitor or his representative, regarding an action or decision of a competition official.
- 2.24.5. An appeal may only be made in respect of a matter which:
 - 2.24.5.1. may realistically be expected to have a material influence on the outcome of the discipline and/or competition results.
 - 2.24.5.2. is about a judgment or decision affecting events on the field of play.
- 2.24.6. A verbal appeal against participation of an athlete must be raised with the Competition Organiser not later than one hour after the start of the competition. After considering the verbal appeal, the decision of the Competition Organiser is final with no further right of appeal or other recourse.
- 2.24.7. A verbal appeal in connection with a rule violation or imposed penalty must be made to the relevant Discipline Director within 15 minutes of the decision being notified to the competitor or his representative.
- 2.24.8. A verbal appeal concerning an allegedly erroneous result should be made within 15 minutes of the result being made known to the competitor or his representative.
- 2.24.9. A verbal or written appeal will be handled as quickly as possible. The fact of an outstanding decision should not affect the commencement of the presentation of awards.
- 2.24.10. If the competitor or his representative believes the decision regarding the verbal appeal to be incorrect, at that point and not before, he may appeal the matter in writing to the Jury of Appeal which will either confirm or reverse the decision of the Discipline Director.
- 2.24.11. An appeal must be written in English, summarising the decision appealed against and the brief reasons why the decision is wrong, and must be accompanied by a deposit of £20.00 in cash.

- 2.24.12. The Jury of Appeal may adopt any procedure suitable to the resolution of the point in issue bearing in mind time constraints. Its decision may be a majority decision and made if it wishes in private. This decision is final with no further right of appeal or other recourse.
- 2.24.13. The competitor or his representative will be informed of the Jury of Appeal's decision but not necessarily of the reasons for it.
- 2.24.14. If the Jury of Appeal decides that the appeal is valid, the deposit will be returned to the person who submitted it. If the Jury of Appeal rejects the appeal, the deposit will be credited to Pentathlon GB and the competitor or his representative given a receipt.
- 2.24.15. The Jury of Appeal may also meet when there is need to discuss the application of a specific Rule.

2.25. The intention of the Rules:

Pentathlon GB Competition Rules are designed to be as comprehensive as possible. It is the right and duty of all concerned, including the Jury of Appeal, in applying the Rules to act and take decisions in a sporting spirit and to conform as near as possible with the intention of the Rules. In every case the decision of the Jury of Appeal is final with no further right of appeal or other recourse.

2.26. Rules and Safety:

- 2.26.1. It is the responsibility of Competitors and Team Officials to know and obey the Rules and to take positive thought for their own safety and the safety of others.
- 2.26.2. The warm-up period for each discipline is an integral part of the competition. The Rules for safety and equipment are the same as for the Competition itself.
- 2.26.3. During the competition, competitors must wear the equipment specific to each discipline, in accordance with the Rules for each discipline.
- 2.26.4. Smoking is strictly forbidden at all competition sites.
- 2.26.5. Organisers must ensure that adequate First Aid cover is provided.
- 2.26.6. Organisers should complete a written Risk Assessment for each discipline. Templates of Risk Assessments for each discipline may be obtained from www.pentathlongb.org.
- 2.26.7. Pentathlon GB observes a strict Child Protection Policy, the provisions of which must be observed at all times. Any individual wishing to use a mobile phone camera, still or video camera at the competition must first register their name, address and telephone number at competition registration on the appropriate form, before the start of the competition. Permission for the use of such equipment is at the discretion of the Competition Organiser, Pentathlon GB and the Venue Management. A copy of Pentathlon GB's Child Protection Policy is available for download from www.pentathlongb.org.
- 2.26.8. Any general rules and/or requirements imposed by the Venue Management shall be respected by all persons including all athletes and supporters involved with the competition.

2.27. Force Majeure and Calendar Change:

Pentathlon GB reserves the right at any time to amend the Biathlon Rules, and to change dates and venues if need be. Any such amendments will be made known to competitors by any available method including publication on the www.pentathlongb.org website.

2.28. Limitation of Liability:

Pentathlon GB, the Organisers and all those acting on their behalf disclaim responsibility, financial or otherwise, for any loss or damage to personal or other property. It is the responsibility of competitors and spectators to look after and take care of their possessions. Pentathlon GB, the Organisers and all those acting on their behalf only accept responsibility for physical harm suffered by a competitor or spectator to the extent imposed by law.

3. SWIMMING

3.1. Freestyle Swimming:

- 3.1.1. The competition is a freestyle event. A competitor may swim any stroke or style.
- 3.1.2. In turning, the competitor must touch the end of the pool with some part of the body. It is forbidden to take a step or more on the bottom of the pool.
- 3.1.3. In finishing the competitor must touch the end of the pool with some part of the body,

3.2. Swimming Competence:

- 3.2.1. All competitors must be capable of swimming at least the distance appropriate for their class without contact with the bottom of the swimming pool and they shall be capable of treading water unaided for a minimum of two minutes. The Organisers and/or the Competition Venue Management may require this competence to be demonstrated before the event for any individual or group of swimmers.
- 3.2.2. Only those swimmers who have reached the standard of the ASA Competitive Start Award are permitted to start with a shallow racing dive from the blocks. See 3.17.4.
- 3.2.3. Swimmers who have reached the standard of the ASA Preliminary Competitive Start Award are permitted to start with a shallow racing dive from the side of the pool. Swimmers who have not reached the standard must start in the water. See 3.17.3.
- 3.2.4. If in the opinion of the Referee a competitor does not appear to be competent to dive safely, the competitor must start in the water. The Referee's decision is final.

3.3. Distances and Scoring:

3.3.1. Individual Competition

CLASS (ages as at 31st December)	DISTANCE	TIME FOR 1,000 POINTS	POINTS ± PER 0.2 SEC
U10	50m	45 seconds	6
U11	50m	42 seconds	6
U12	50m	40 seconds	6
U13	100m	1 minute 17 seconds	4
U14	100m	1 minute 14 seconds	4
U15	200m	2 minutes 30 seconds	2
U16	200m	2 minutes 30 seconds	2
U17	200m	2 minutes 30 seconds	2
U19	200m	2 minutes 30 seconds	2
Junior	200m	2 minutes 30 seconds	2
Senior	200m	2 minutes 30 seconds	2
Female Teachers	50m	40 seconds	6
Male Teachers	50m	35 seconds	6
Masters Women	100m	1 minute 35 seconds	4
Masters Men	100m	1 minute 25 seconds	4

3.3.2. Team Relay

CLASS (ages as at 31st December)	DISTANCE	TIME FOR 1,000 POINTS	POINTS ± PER 0.2 SEC
U10	3 x 50m	2 minutes 30 seconds	6
U11	3 x 50m	2 minutes 15 seconds	6
U12	3 x 50m	2 minutes	6
U13	3 x 100m	3 minutes 50 seconds	4
U14	3 x 100m	3 minutes 40 seconds	4
U15	3 x 100m	3 minutes 30 seconds	4
U16	3 x 100m	3 minutes 15 seconds	4
U17	3 x 100m	3 minutes 15 seconds	4
U19	3 x 100m	3 minutes 15 seconds	4
Junior	3 x 100m	3 minutes 15 seconds	4
Senior	3 x 100m	3 minutes 15 seconds	4
Female Teachers	3 x 25m	1 minute	6
Male Teachers	3 x 25m	50 seconds	6
Masters Women	3 x 50m	2 minutes	6
Masters Men	3 x 50m	1 minute 45 seconds	6

3.3.3. For the purpose of deciding positions, the actual time taken recorded to 1/100 second will be used, not the time which is used for calculating the points. An electrical timing device or stopwatches registering 1/100ths second are compulsory.

3.3.4. For the purpose of calculating the score, times are recorded at intervals of 0.2 seconds. . The respective intervals in each second ending after 0.2s, 0.4s, 0.6s, and 0.8s.

3.3.5. For example: the measured time 1.10.11 will be recorded as 1.10.00 and 2.20.75 will be recorded as 2.20.60.

3.4. Swimwear:

3.4.1. The swimwear (swimsuit, cap and goggles) of all competitors in all competitions shall be in accordance with the FINA General Rules and Bylaws on swimwear, in force on the date of the competition.

3.4.2. The competitor must wear only one swimsuit in one piece (men) and one or two pieces (women) which for men shall not extend above the navel nor below the knee and for women, shall not cover the neck, extend past the shoulder, nor shall extend below the knee. No additional items, such as arm bands or leg bands shall be regarded as parts of a swimsuit. All swim suits must be made of textile materials. No zipper or other fastening system is allowed.

3.4.3. Any kind of tape on the body is not permitted unless approved by the Swim Director.

3.4.4. Swimmers are not permitted to use or wear any device that may aid their speed, buoyancy or endurance during a competition (webbed gloves, flippers, fins etc). Goggles and caps may be worn.

3.4.5. All swimsuits must be non-transparent, in good taste and suitable for the swimming discipline. Swimwear should not carry any symbol which may be considered offensive.

3.4.6. Identification in the form of logos on swimwear, i.e. swimsuit, cap and goggles, and pool deck equipment, i.e. track suits, officials' uniforms, footwear, towels and bags, is permitted. A two-piece swimsuit shall, in relation to advertising, be regarded as one. The

name and the flag of the Country of the competitor or the Country code shall not be regarded as advertisements.

- 3.4.7. Body advertisement is not allowed in any way.
- 3.4.8. Advertising tobacco or alcohol is not allowed.
- 3.4.9. The penalty for not being correctly dressed, using tape on the body without approval, using devices to aid speed, buoyancy or endurance, having body advertisements or advertising tobacco or alcohol is 40 points. The referee will require that the competitor remove all non-allowed advertising (if applicable) and change into clothing that complies with the Rules.
- 3.4.10. The referee may exclude and eliminate any competitor unable or unwilling to comply with the above Rules.

3.5. Officials:

For all Competitions the following Officials are considered necessary although the Competition Organiser has the right to vary this where local circumstances dictate:

- 3.5.1. Swimming Director, Referee, Starter, Chief Timekeeper, Timekeepers, Clerk of the Course, Turns Judges, Placings Judges, False Start Rope Personnel and Announcer.
- 3.5.2. Upon a question of fact, a decision by the appropriate Official, with the concurrence of the Referee, is final.

3.6. The Swimming Director:

- 3.6.1. Is responsible for the overall safety of the discipline including the completion of a risk assessment.
- 3.6.2. Appoints all of the Officials and is responsible for managing and co-ordinating activities of all the Officials appointed.
- 3.6.3. Ensures the discipline is properly carried out in accordance with the programme.
- 3.6.4. Decides on any verbal complaints received from competitors or Team representatives relating to the competition in progress.

3.7. The Referee:

- 3.7.1. Shall have full control and authority over all Officials, shall approve their assignments and instruct them regarding all special features or regulations related to the competition.
- 3.7.2. Shall enforce all Rules and decisions of Pentathlon GB and has the authority to disqualify, eliminate or impose penalty points in accordance with the Rules.
- 3.7.3. May intervene in the competition at any stage to ensure that the Pentathlon GB Rules are observed and has the authority to penalise competitors or other persons who infringe these Rules.
- 3.7.4. Shall adjudicate, with the Swimming Director, all verbal protests related to the competition in progress.
- 3.7.5. Shall ensure that all necessary officials are in their respective positions for the conduct of the competition; may appoint a substitute for any official who is absent, incapable of acting, or found to be inefficient; and may appoint additional officials if considered necessary.
- 3.7.6. At the start of each heat shall signal to the competitors by a series of short whistles, inviting them to prepare for the start. This is followed by a long whistle indicating that they should take their position on the starting blocks.

- 3.7.7. When the competitors and officials are ready, the Referee shall indicate to the Starter, with an outstretched arm, that the competitors are now under the Starter's control. The outstretched arm will remain in that position until the starting signal is given.
- 3.7.8. Has the power to recall the competitors to the start, if any external occurrence has caused any competitor in the race to suffer an unfair disadvantage. In such case it shall not be a false start.
- 3.7.9. When automatic judging and timing equipment (AOE) is used, it shall be used to determine the winner, placings and the times for each lane. The results and times so determined shall have precedence over the decisions of Judges and Timekeepers.
- 3.7.10. If no AOE is used or there is a breakdown, mechanical failure or, if in the opinion of the Referee, a failure has occurred, the Judges and Timekeepers will take precedence and the Referee should determine the finish order following consultation with the Placings Judge and the manual times taken.

3.8. The Starter shall:

- 3.8.1. Have full control of the race from the time the Referee hands over the race to the Starter until the race has commenced.
- 3.8.2. Report a competitor to the Referee for delaying the start, for wilfully disobeying an order or for any other misconduct taking place at the start, but only the Referee may eliminate a competitor for such an occurrence.
- 3.8.3. Have power to decide whether the start is fair, subject only to the decision of the Referee. Once the start signal has been given, the Starter must not change his opinion and must not recall the competitors unless 3.8.4. applies.
- 3.8.4. With the concurrence of the Referee, recall the competitors with a repeat of the starting signal if an external occurrence has caused any competitor in the race to suffer an unfair disadvantage. In such a case, it shall not be a false start.
- 3.8.5. When starting a race, the Starter shall stand on the side of the pool within approximately 5m of the starting end, where the Timekeepers can see the starting signal and the competitors can hear or see the signal.

3.9. The Chief Turns Judge shall:

- 3.9.1. Ensure that the Turns Judges fulfil their duties during the competition.
- 3.9.2. Receive the reports from the Turns Judges and, if any infringement occurs, shall pass the report to the Referee immediately.

3.10. The Turns Judge shall:

- 3.10.1. Be assigned at the non-starting end of the pool.
- 3.10.2. Ensure that the competitors comply with the relevant Rules for turning commencing from the beginning of the last arm stroke before touching and ending with the completion of the first arm stroke after turning.
- 3.10.3. Report any violation to the Chief Turns Judge, who shall immediately convey the report to the Referee.
- 3.10.4. The Timekeepers shall act as Turns Judges at the starting end and shall ensure that competitors comply with the relevant Rules from the start and ending with completion of the first arm stroke.

3.11. The Placing Judges shall:

Report their finish order to the Referee, who will use them to determine the finishing order when AOE is not in use or in their opinion there is a malfunction in the AOE.

3.12. The False Start Rope Officials shall:

Lower the false start rope upon hearing the recall signal given by the Starter.

3.13. The Chief Timekeeper shall:

3.13.1. Instruct the timekeepers in their duties and, assign the positions for all the timekeepers and the lanes for which they are responsible. There shall be one, two or three timekeepers for each lane. Where possible, there shall be two additional timekeepers designated, either of whom will be directed to replace a timekeeper whose watch does not start or is stopped during the race or who for any other reason is not able to record the time.

3.13.2. Collect from each timekeeper either the time or a card showing the time recorded and, if necessary, inspect their watches.

3.13.3. For each lane record the time on the 'swim race results' paperwork, examine the official time and if necessary enter it on the competitor's card.

3.14. The Timekeepers shall:

3.14.1. Take the time of the competitors in the lane assigned to them.

3.14.2. Start their watch at the starting signal and stop it when the competitor in their lane touches the end of the pool, having completed the race.

3.14.3. If AOE is in use, operate the semi-automatic back up stop button, as instructed by the Chief Timekeeper.

3.14.4. Check that the competitors in their lane touch the end of the pool when turning.

3.14.5. Promptly after the race, record the time for their competitor, from their watch on the competitor's card (if used) and on their timekeepers' results sheet and, if requested, present their watch for inspection. Their watches must not be cleared until the short whistle of the Referee announcing the following race.

3.15. The Clerk of the Course shall:

3.15.1. Assemble competitors before each heat.

3.15.2. Not allow any competitor to go to their starting place whose costume is not in accordance with the Rules.

3.15.3. Check and refuse to allow any competitor who has used oil, grease, solution or other substance on their bodies to go to the start.

3.15.4. Ensure that the relevant competitors are lined up and ready for the start of each heat.

3.16. The Announcer shall:

3.16.1. Before the start of each session, make an announcement of the safety requirements of the competition, as provided in writing by the Competition Organiser and/or the pool authorities.

3.16.2. Comply with the Referee's instructions regarding giving information about heats.

3.16.3. Make other announcements only as directed by the Swimming Director, Referee or other authorised person.

3.17. Health and Safety Announcements include:

- 3.17.1. 'You are reminded that the depth of water in the shallow end is (announce depth) and the deep end is (announce depth). Starting blocks are (announce height) above water level. Lane(s) (announce lane number(s)) only are to be used for sprinting and diving.'
- 3.17.2. When the water depth is less than 0.9m at the end of the pool where starting and/or turning takes place, the following should be announced 'As the water depth is below 0.9m at (name end(s)) of the pool, all starts at that end must be in the water and you are reminded that this depth is considered insufficient for tumble turns.'
- 3.17.3. When the water depth is 0.9m but less than 1.5m and the height of the pool edge is not more than 0.38m above the level of the water the following announcement must be made 'Coaches and Team Managers are reminded that only those swimmers who have reached the standard of the ASA Preliminary Competitive Start Award are permitted to start with a shallow racing dive from the side of the pool. Swimmers who have not reached this standard must start in the water.'
- 3.17.4. When the water depth is 0.9m but less than 1.5m and starting blocks are provided the following announcement must be made 'Coaches and Team Managers are reminded that only those swimmers who have reached the standard of the ASA Competitive Start Award are permitted to start with a shallow racing dive from the starting blocks.'
- 3.17.5. 'If there is a recall, which is a repeat of the starting signal, you must continue with a shallow racing dive, you must not topple into the water head downwards as this is dangerous.'
- 3.17.6. 'If you are starting in the water, you must lower yourself over the side, do not jump or dive.'
- 3.17.7. 'The signal that you will hear if it becomes necessary to evacuate the building will be (announce here the nature of the alarm, as given in the Pool Safety Operating Procedures and give a sample sounding if possible).'
- 3.17.8. 'To evacuate the building, all those present must use the marked emergency exits (announce where they are). Swimmers and Officials must not return to the changing rooms to collect their clothes and belongings.'
- 3.17.9. When the competition involves Competitors under the age of 18 years the following announcement must be made 'In line with the recommendation of the Pentathlon GB Child Protection Policy, the Competition Organiser requires that any person wishing to engage in any video, zoom or close range photography must register their details with staff at the Reception Desk before carrying out any such photography.'

3.18. Warm-up:

This is an integral part of the competition. The Rules of safety and equipment are the same as in the competition itself. The length of the warm-up period is at the discretion of the organiser and should be stated in the programme.

3.19. Heats:

- 3.19.1. Competitors will swim in heats seeded according to their swimming time declared on the entry form or in the case of Semi-finals or British Championships, the time achieved at the preceding qualifying competition.
- 3.19.2. In each heat the competitor with the best time will swim in the centre lane of the pool. In a pool with an even number of lanes 4, 6, 8 or 10, the centre lane will be 2, 3, 4, or 5. The competitor having the next fastest time is to be placed on their left, then alternating the others right and left in descending order by their swimming times. The placing of relay teams at the start will be the same as in the individual competition.
- 3.19.3. When there are two or more heats in a class, wherever practical there shall be a minimum of three competitors seeded into any one heat.

- 3.19.4. The Competition Organiser will endeavour to indicate how many swimmers there will be in each heat and which lanes (if any) will not be used.

3.20. Start:

- 3.20.1. The start in freestyle races shall be with a dive or with the competitor in the water holding the pool rail or end.
- 3.20.2. The start must take place at the deep end of the pool.
- 3.20.3. Where the depth of water is less than 1.5m a warning must be given to all competitors. Under no circumstances may any competitor be allowed to dive into a pool with a depth of less than 0.9m.
- 3.20.4. In a pool with a depth of between 0.9m and 1.5m, only competitors who have reached the standard of the ASA Preliminary Competitive Start Award should be allowed to dive in from the side of the pool. Only competitors who have reached the standard of the ASA Competitive Start Award should be allowed to dive in from the blocks.
- 3.20.5. If the pool is not the required minimum depth or the competitors are inexperienced then they must start in the water.
- 3.20.6. On the long whistle blast from the Referee, competitors shall immediately stand on the starting blocks or at the end of the pool and remain there, or if starting in the water, enter the pool in their lane.
- 3.20.7. The Referee shall then signal to the Starter, by means of an outstretched arm, that he may proceed to start the race. The outstretched arm will remain in that position until the starting signal is given.
- 3.20.8. On the Starter's command 'Take Your Marks', competitors shall immediately take up a starting position at the front of their starting block, edge of the pool or at the end of the lane with one hand on the rail or pool end if starting in the water.
- 3.20.9. When all competitors are stationary, the Starter shall give the starting signal (using a starting pistol, horn, whistle or command).

3.21. False Start:

- 3.21.1. If a competitor jumps or falls into the water **before** the command 'take your marks' they will be eliminated.
- 3.21.2. If a competitor jumps or falls into the water **after** the command 'take your marks' but before the start signal, they will be penalised by 40 points and the start will recommence.
- 3.21.3. If a competitor is moving when the starting signal is given they will have committed a false start and will be penalised by 40 points. There will be no recall.
- 3.21.4. In the event of a false start the offending competitor(s) must be informed of the penalty immediately on finishing the heat.
- 3.21.5. A competitor whom in the opinion of the Referee has been fouled in such a way that he has been impeded, must be allowed to swim again after an appropriate period of rest.
- 3.21.6. If, in the opinion of the Referee, there is an external occurrence which causes any competitor to move, false start or suffer an unfair disadvantage then the competitors will be recalled. This is not a false start and competitors will not be penalised.
- 3.21.7. The recall signal will be the same as the starting signal. A rope shall be used for the purpose of stopping the competitors.

3.22. Turning:

Competitors must touch the end of the pool with some part of the body when turning. A competitor who does not touch the end of the pool will be penalised by 40 points.

3.23. Resting:

A competitor may stand on the bottom of the pool or hold the lane ropes for the purpose of resting, but they may not walk or propel themselves forward. A single step / movement or more forward will incur 40 penalty points.

3.24. Finish:

3.24.1. After finishing, competitors must stay in the water in their appointed lane, until the Referee has given permission to clear the water by using a verbal instruction/whistle blast and hand sign. Competitors leaving the water before the command will be penalised by 40 points.

3.24.2. Swimmers must not leave the pool by climbing out over the end whether or not electronic touch pads are installed. Any competitor doing so will be penalised by 40 points.

3.25. Timing and Automatic Officiating Procedures:

3.25.1. When automatic judging and timing equipment (AOE) is used, it shall be used to determine the winner, placings and the times for each lane. The results and times so determined shall have precedence over the decisions of Judges and Timekeepers.

3.25.2. In the event of a malfunction of the AOE, no-one but the Referee shall have the authority to carry out any changes to the results.

3.25.3. If the AOE fails to be started by the starting signal, the AOE operator should start the equipment, which may then be used to determine placings. Under these circumstances the scoreboard should be rendered inoperative.

3.25.4. The official time will be determined as follows:

3.25.4.1. When an AOE time is available for **all** competitors in a class, then the official time will be that time.

3.25.4.2. When the AOE fails to record the time of one or more competitors in a class then the official time for all competitors within that class will be the semi-automatic back-up time or if not available for all members within a class, the official time recorded by the timekeepers.

3.25.4.3. If a competitor does not have a recorded time of any sort then the Referee will look at the official placings and give the competitor concerned the same time as the competitor placed in front or behind. The Referee's decision as to which time is given will be dictated by each situation as it arises.

3.25.5. Any certified timing device that is terminated by an official shall be considered a watch. Such manual times must be taken wherever possible by three timekeepers. Manual timing shall be registered to 1/100 of a second.

3.25.6. Where no Automatic Officiating Equipment (AOE) is used, official manual times shall be determined as follows:

3.25.6.1. Where three Timekeepers are used for a lane - If two of the three watches record the same time and the third disagrees, the two identical times shall be the official time.

3.25.6.2. If all three watches disagree, the watch recording the intermediate time shall be the official time.

- 3.25.6.3. Where two Timekeepers are used for a lane, and the times do not agree, then the average time of the two recorded times will be taken.
- 3.25.6.4. Where only one Timekeeper is used for a lane, then their recorded time shall be the official time.
- 3.25.7. The times recorded by the Timekeeper(s) assigned to a lane shall be the only times considered. Where a Chief Timekeeper times a competitor then that time shall only be considered when they are timing in place of the appointed Timekeeper, who is unable to take a time and no other substitute is available.
- 3.25.8. If the times registered by the timekeepers do not support the official placings, the times of the competitors concerned shall be added together and divided by the number of such competitors who shall all be credited with that time, raised if necessary to the nearest hundredth of a second.

3.26. Infractions, Fouling and Penalties:

Infractions of these Rules will be penalised by deduction of points, by elimination or disqualification.

3.26.1. Competitors will be penalised by **deduction of 40 points** for:

- 3.26.1.1. Wearing non-conforming swimwear, having body advertisements or advertising tobacco or alcohol.
- 3.26.1.2. Using tape on the body without approval.
- 3.26.1.3. Using oil, grease, solution or other substance.
- 3.26.1.4. Any false start which is not penalised by elimination.
- 3.26.1.5. Taking a step or more on the bottom of the pool or pulling themselves forward on the lane ropes.
- 3.26.1.6. Not touching the end of the pool with some part of the body when turning.
- 3.26.1.7. Leaving the swimming lane before the Referee has given the command to do so.
- 3.26.1.8. Leaving the water from the front side whether or not electronic touch pads are installed.
- 3.26.1.9. An incorrect change over in relay.

3.26.2. Competitors will be penalised by **elimination** for:

- 3.26.2.1. Delaying the start of a race, wilfully disobeying an order or for any other misconduct taking place at the start.
- 3.26.2.2. Jumping or falling into the water before the command 'take your marks'.
- 3.26.2.3. Being unable or unwilling to change into swimwear that complies with the Rules.
- 3.26.2.4. Pushing, swimming across or obstructing another competitor so as to impede their progress.
- 3.26.2.5. Using any device that may aid speed, buoyancy or endurance during the race, such as webbed gloves, flippers, fins, kickboards etc.

3.26.3. Competitors will be penalised by **disqualification** and his team (if applicable) eliminated for wilfully and with intent, pushing, swimming across or obstructing another competitor so as to impede their progress. This includes an intentional false or early start.

3.27. Penalty Table - Swimming:

The Competitor infringes the Rules and is penalised for:	Rule	Penalty
Wearing non-conforming swimwear, having body advertisements or advertising tobacco or alcohol.	3.4. & 3.26.1.1.	Deduction of 40 points
Using tape on the body without approval.	3.4.3., 3.4.9. & 3.26.1.2.	Deduction of 40 points
Beginning start movements before the start signal.	3.21.3., 3.21.8, 3.26.1.4.	Deduction of 40 points
Jumping or falling into the water after the command 'take your marks' and before the start signal.	3.21.2. & 3.26.1.4.	Deduction of 40 points
Using oil, grease, solution or other similar substance applied to the body.	3.26.1.3.	Deduction of 40 points
Taking a step or more on the bottom of the pool or pulling themselves forward on the lane ropes.	3.23. & 3.26.1.5.	Deduction of 40 points
Failure to touch the end of the pool when turning.	3.22. & 3.26.1.6.	Deduction of 40 points
Leaving the water before the Referee's command or climbing out over the front end of the pool.	3.24., 3.26.1.7. & 3.25.1.8.	Deduction of 40 points
Delaying the start, wilfully disobeying an order or other misconduct at the start.	3.26.2.1.	Elimination
Jumping or falling into the water before the command 'take your marks'	3.21.1. & 3.26.2.2.	Elimination
Being unable, or refusing to remove body advertising and/or change into clothing that complies with clothing regulations.	3.4.7. & 3.4.10 & 3.26.2.3.	Elimination
Pushing, swimming across or obstructing another competitor so as to impede their progress.	3.26.2.4.	Elimination
Using any device to aid speed, buoyancy or endurance such as webbed gloves, flippers, fins etc.	3.4.4. & 3.26.2.5.	Elimination
Wilfully and with intent, pushing, swimming across or obstructing another competitor so as to impede their progress.	3.26.3.	Disqualification of competitor Elimination of team

4. RUNNING

4.1. Time Trial Running:

4.1.1. In the British Championships and Qualifying Competitions the start will be a pack start.

4.1.2. Inter/Intra-school and Club Competition Organisers may start runners at intervals.

4.2. Distances and Scoring:

4.2.1. Individual Competition

CLASS (ages as at 31st December)	DISTANCE	TIME FOR 1,000 POINTS (MALE)	TIME FOR 1,000 POINTS (FEMALE)	POINTS ± PER 0.2 SEC
U10	800m	3 mins 10 secs	3 mins 15 secs	3
U11	800m	3 mins	3 mins 15 secs	3
U12	800m	2 mins 55 secs	3 mins	3
U13	1600m	6 mins 15 secs	6 mins 35 secs	1
U14	1600m	6 mins 10 secs	6 mins 30 secs	1
U15	1600m	5 mins 50 secs	6 mins 15 secs	1
U16	1600m	5 mins 45 secs	6 mins 15 secs	1
U17	1600m	5 mins 35 secs	6 mins 15 secs	1
U19	1600m	5 mins 35 secs	6 mins 15 secs	1
Junior	1600m	5 mins 35 secs	6 mins 15 secs	1
Senior	1600m	5 mins 35 secs	6 mins 15 secs	1
Teachers	800m	2 mins 40 secs	3 mins 20 secs	3
Masters	1600m/800m	6 mins 40 secs	3 mins 20 secs	1 M / 3 F

4.2.2. Team Relay

CLASS (ages as at 31st December)	DISTANCE	TIME FOR 1,000 POINTS (MALE)	TIME FOR 1,000 POINTS (FEMALE)	POINTS ± PER 0.2 SEC
U10	3 x 400m	3 mins 40 secs	3 mins 45 secs	3
U11	3 x 400m	3 mins 40 secs	3 mins 45 secs	3
U12	3 x 400m	3 mins 30 secs	3 mins 35 secs	3
U13	3 x 400m	3 mins 25 secs	3 mins 30 secs	3
U14	3 x 400m	3 mins 20 secs	3 mins 35 secs	3
U15	3 x 400m	3 mins 10 secs	3 mins 20 secs	3
U16	3 x 400m	3 mins	3 mins 10 secs	3
U17	3 x 400m	3 mins	3 mins 10 secs	3
U19	3 x 400m	3 mins	3 mins 10 secs	3
Junior	3 x 400m	3 mins	3 mins 10 secs	3
Senior	3 x 400m	3 mins	3 mins 10 secs	3
Teachers	3 x 400m	3 mins 30 secs	3 mins 35 secs	3
Masters	3 x 400m	3 mins 25 secs	3 mins 30 secs	3

- 4.2.3. For the purpose of calculating the score, times are recorded at intervals of 0.2 seconds. . The respective intervals in each second ending after 0.2s, 0.4s, 0.6s, and 0.8s.
- 4.2.4. For example: the measured time 3.30.11 will be recorded as 3.30.00 and 3.30.75 will be recorded as 3.30.60.
- 4.2.5. For the purpose of deciding the positions, the actual time taken, recorded to 1/100 second will be used, not the time which is used for calculating the points.

4.3. Clothing and Shoes:

- 4.3.1. Competitors must wear clothing that is in good taste and suitable for the running discipline.
- 4.3.2. Clothing must not carry any symbol which may be considered offensive.
- 4.3.3. The clothing must be made of material which is non-transparent even when wet.
- 4.3.4. Identification in the form of logos on running clothing i.e. track suits, footwear, officials' uniforms and bags is permitted. The name and the Coat of Arms of the School of the competitor or the Country code shall not be regarded as advertisements.
- 4.3.5. Body advertisement is not allowed in any way.
- 4.3.6. Advertising for tobacco or alcohol is not allowed.
- 4.3.7. Team relay members should if possible be identically dressed as far as style and colour of clothing is concerned.
- 4.3.8. The penalty for not being correctly dressed is 40 points. The Running Director will request that the competitor change into clothing that complies with the Rules.
- 4.3.9. The Running Director has the authority to exclude and eliminate any competitor unable or unwilling to change into clothing that complies with the Rules.

4.4. Shoes:

- 4.4.1. Competitors must not compete in bare feet but must wear appropriate footwear on both feet. Shoes must not be constructed so as to give the competitor any additional assistance.
- 4.4.2. Spring devices or an appliance of any kind inside or outside the shoe is prohibited. Only shoes that have not been adapted from a manufactured shoe may be worn.
- 4.4.3. There is no restriction concerning the thickness of the sole.
- 4.4.4. The number and size of spikes is not limited. However the Competition Organiser may ban the use of spikes or prescribe restrictions concerning dimensions of spikes when the competition is conducted on a synthetic or indoor surface. This will be declared on the entry form or written notice at the competition.
- 4.4.5. The penalty for wearing non-conforming footwear is 40 points. The Running Director will request that the competitor change into footwear that complies with the Rules.
- 4.4.6. The Running Director has the authority to exclude and eliminate any competitor unable or unwilling to change into footwear that complies with the Rules.

4.5. Numbers:

- 4.5.1. Every competitor must wear the number card(s) provided by the Competition Organiser. If only one number is provided then it must be worn on the chest. The number should be properly fastened, clearly visible and easy to read in all weather conditions.
- 4.5.2. If a competitor modifies the dimensions or appearance of the starting number card(s) given by the Competition Organiser, they shall be penalised by 40 points.
- 4.5.3. No competitor will be allowed to take part in the discipline without the correct number(s).

4.6. Officials:

- 4.6.1. For all Competitions, the following officials are considered necessary although the Competition Organiser has the right to vary this where local circumstances dictate.
- 4.6.2. Running Director, Starter, Starter's Assistant, Chief Time Keeper, Time Keepers, Arrival Judges, Marshals.

4.7. The Running Director:

- 4.7.1. Appoints all the officials, is responsible for managing and co-ordinating activities of all the officials appointed and instructs them regarding all special features or regulations related to the competition.
- 4.7.2. Shall enforce all Rules and decisions of Pentathlon GB and has the authority to disqualify, eliminate or impose penalty points in accordance with the Rules.
- 4.7.3. May intervene in the competition at any stage to ensure that the Pentathlon GB Rules are observed and has the authority to penalise competitors or other persons who infringe these Rules.
- 4.7.4. Decides on any verbal complaints received from competitors or team representatives relating to the discipline in progress.
- 4.7.5. Supervises the laying out of the running course.
- 4.7.6. Ensures the discipline is properly carried out in accordance with the programme.
- 4.7.7. Ensures that the course and all equipment is in accordance with Pentathlon GB Rules.
- 4.7.8. Is responsible for the overall Health and Safety of the discipline including the completion of a Risk Assessment.
- 4.7.9. Shall ensure that all necessary officials are in their respective positions for the conduct of the competition; may appoint a substitute for any official who is absent, incapable of acting, or found to be inefficient; and may appoint additional officials if necessary.

4.8. The Starter:

- 4.8.1. Has entire control of the competitors whilst on their marks and is the judge of any fact connected with the start of the race.
- 4.8.2. Is responsible for synchronising his own and the timekeepers' watches and for giving the start signal to competitors at the moment when they are due to start the race.
- 4.8.3. Will apply false start penalties and communicate them immediately to the Running Director.

4.9. The Starter's Assistant(s):

- 4.9.1. Must check that competitors are on the start line and make sure that they are in the correct order, wearing the correct numbers (which must be properly fastened) on the chest and on the back if a second number card has been supplied.
- 4.9.2. Must be prepared to stop and send runners back to the start line if the Starter signals that they have made a false start.
- 4.9.3. In the team relay, will check that the start and changeovers are properly carried out in the relay box; check the arrival order and if there are any issues, communicate them immediately to the Running Director.

4.10. Chief Timekeeper:

Is in charge of the Timekeepers and is responsible for the accurate recording of the competitors' times.

4.11. Timekeepers:

- 4.11.1. Whether or not automatic timing is used there should be three timekeepers (Including the Chief Timekeeper).
- 4.11.2. Record the times of all the competitors.
- 4.11.3. When manual timing is used the official time is from the Chief Timekeeper. In case of failure, the second timekeeper's stopwatch must be used as the official time and so on
- 4.11.4. Act as 'back up' in case of failure of the automatic timing equipment.

4.12. The Arrival Judges:

Are responsible for registering the arrival order and run times of the competitors at the finish line.

4.13. Course Marshals:

Shall be placed by the Running Director in such positions that they may observe the running closely. In case of a foul, deviation of the course, unauthorised assistance, or violation of these rules by other persons the Course Marshal should make an immediate oral report of the incident to the Running Director.

4.14. Start and Finish Marshals:

Have full control of the starting and finishing area and shall not allow any person other than the officials and competing competitors to enter or remain there.

4.15. Inspection Of The Course:

At least 1 hour before the start of the discipline the course should be marked so that it is possible for competitors to inspect it. 15 minutes before the warm-up is due to start the course should be cleared of competitors and spectators. At least 5 minutes before the start all restrictions preventing competitors and supporters from viewing the course must be removed.

4.16. Heats:

- 4.16.1. Competitors will run in heats seeded according to their run time declared on the entry form or in the case of Semi-finals or British Championships, the time achieved at the preceding qualifying competition.
- 4.16.2. Where there are two or more heats in a class, the Competition Organiser will endeavour to make the heats as even in numbers as possible.

4.17. Start Procedure:

- 4.17.1. A single start line is used, marked on the ground by a line, the colour of which contrasts with the surface.
- 4.17.2. Competitors are responsible for knowing their start time and for being at the start line at least 15 minutes before the published time. They must obey the Starter's Assistant's instructions regarding their position on the start line.
- 4.17.3. For the Individual competition the start will be a pack start.
- 4.17.4. The pack start may also be used for the Team Relay, with the 1st runners starting together, 2nd and 3rd runners will start once they have been touched by their team's preceding runner once he has completed the course.
- 4.17.5. An incorrect or early take-over in the relay competition will be penalised by 40 points.
- 4.17.6. The incoming runner may touch any part of their team member's body, within a 20m hand over zone.

- 4.17.7. Competitors line up according to their start number.
- 4.17.8. One minute before the start of a heat all competitors must be in their correct place on the start line. The Starter will announce 'One minute to start'.
- 4.17.9. Thirty seconds before the start and then subsequently 20 and 10 seconds the Starter will give a '30 (20) (10) seconds to start' warning to the competitors.
- 4.17.10. After the OK from the Timekeepers the Starter will give the 'Take Your Marks' command, followed by the starting signal.
- 4.17.11. All timing equipment will be started on the start signal.
- 4.17.12. Wherever possible, a large, official clock indicating the correct time should be placed at the start so that it is visible to competitors, officials and spectators.

4.18. False Start:

- 4.18.1. A false start is deemed to have occurred if the competitor puts one foot on the ground outside of the start line before the start signal is given.
- 4.18.2. If a competitor starts **before** the command 'take your marks', he will have committed a false start by making a blatant attempt to start too early. The competitor will be eliminated and the start will recommence.
- 4.18.3. If a competitor starts **after** the command 'take your marks' but before the start signal is given, he will have committed a false start and will be penalised by 40 points. There will not be a recall.
- 4.18.4. In the event of a false start, the offending competitor(s) must be informed of the appropriate penalty as soon as possible after finishing the heat.
- 4.18.5. If, in the opinion of the Starter, there is an external occurrence which causes any competitor to move, false start or suffer an unfair disadvantage, then the competitors will be recalled. This is not a false start and competitors will not be penalised.
- 4.18.6. The recall signal will be the same as the starting signal.
- 4.18.7. If a competitor starts late they will not be penalised, but their time will be taken from the moment they should have started the discipline.

4.19. Unauthorised Assistance:

- 4.19.1. A competitor will be eliminated if during the race they accept any physical assistance or refreshment (unless taken from a drink station specifically provided by the organiser).
- 4.19.2. The running of any person (such as a coach, parent or spectator) with or behind a competitor for more than 50m qualifies as unauthorised assistance. A warning will be given to the person concerned that 'pacing' is considered unauthorised assistance.
- 4.19.3. If the unauthorised assistance persists and the 'pacing' continues, the competitor will be eliminated.
- 4.19.4. A hands-on medical examination by official medical personnel during the progress of the event and verbal or other communication from a person who is not inside the course is not considered to be unauthorised assistance.

4.20. The Finish:

The finish will be marked by a single line, marked on the ground by a line the colour of which contrasts with the ground.

4.21. Timing:

- 4.21.1. An electronic time keeping system which is capable of registering time in 1/100th seconds is obligatory. If electronic time keeping system is not available then a stop watch capable of recording times to 1/100th second must be used.
- 4.21.2. The time must be taken from the starting signal for a given heat (race) until the moment at which any part of the competitor's body (i.e. torso, as distinguished from the head, neck, arms, legs, hands or feet) reaches the perpendicular plane of the finish line.

4.22. Infringements, Fouling and Penalties:

Infringements of these Rules will be penalised by deduction of points, by elimination or disqualification.

4.22.1. Competitors will be penalised by deduction of **40 points** for:

- 4.22.1.1. Contravening footwear or clothing regulations.
- 4.22.1.2. Modifying the dimensions of the start numbers.
- 4.22.1.3. A false start which is not penalised by elimination.
- 4.22.1.4. A relay team will be penalised for an incorrect hand over.

4.22.2. A Competitor will be penalised by **elimination** for:

- 4.22.2.1. A blatant attempt to start too early held to be a severe infringement of the principle of fair play.
- 4.22.2.2. Unintentional or accidental deviation from the course, but only if it is found that such an action resulted in a material advantage for the competitor. Any shortening of the course is considered a material advantage.
- 4.22.2.3. Not completing or voluntarily leaving the run course.
- 4.22.2.4. Improper jostling, running across or obstructing another competitor so as to impede their progress.
- 4.22.2.5. Being unable or refusing to change into footwear or clothing that complies with the rules.
- 4.22.2.6. Persistent unauthorised assistance.

4.22.3. A Competitor will be penalised by **disqualification** for deliberate deviation from the course irrespective of whether a material advantage was gained.

4.23. Penalty Table – Running:

The Competitor infringes the Rules and is penalised for:	Rule	Penalty
Contravening footwear or clothing regulations	4.3., 4.4. & 4.22.1.1.	Deduction of 40 points
Modification of start numbers	4.5. & 4.22.1.2.	Deduction of 40 points
Starting after 'take your marks' but before the start signal is given	4.18.3. & 4.22.1.3.	Deduction of 40 points
Incorrect relay hand-over	4.17.5. & 4.22.1.4.	Deduction of 40 points
Unintentional deviation from the course if this resulted in a material advantage for the competitor	4.22.2.2.	Elimination
Not completing the course	4.22.2.3.	Elimination
Improper conduct by jostling, running across or obstructing another competitor	4.22.2.4.	Elimination
Persistent Unauthorised assistance	4.19. & 4.22.2.6.	Elimination
Being unable, or refusing to change into footwear or clothing that complies with the Rules	4.3.9., 4.4.6. & 4.22.2.5.	Elimination
A blatant attempt to start too early	4.18.2. & 4.22.2.1.	Elimination
Deliberate deviation from the course	4.22.3.	Disqualification

4.24. The Running Course:

- 4.24.1. The run should wherever possible be on a 400m track.
- 4.24.2. If this is not possible, then the course should be designed so that there is a minimum risk of injury to the competitors; therefore no sharp turns or steep declines should be included. The course can be laid out on any kind of surface or surfaces. Changes or variations to the surface of the course should be avoided wherever possible.
- 4.24.3. The length of the course can be made in one or more laps. The race should be run in an area which will assist and encourage the access of spectators.
- 4.24.4. The maximum climb of the course should be no more than 50m. The total climb is measured from a perpendicular angle from the starting area and adding together the total metres of climb from each level.
- 4.24.5. The course should wherever practical be marked with a sign post, at every 500m to inform competitors of the distance they have run.
- 4.24.6. The total course must be wide enough to permit two runners to pass each other at any point.
- 4.24.7. The start and finish should, if possible, be in the same place.
- 4.24.8. The start line and the finish line should be marked by a single line at least 5cm wide the colour of which contrasts with the ground. It is recommended that a gantry (arch, gate, etc.), vertical poles or something similar also mark the start line and the finish line.
- 4.24.9. The start and finish areas must be wide enough to permit the starting/finishing procedures to take place without unnecessary crowding
- 4.24.10. The course must be clearly marked with flags, tape and/or markers above ground level, so that the direction of the course is always obvious to the competitors.
- 4.24.11. At least 1 hour before the start of the discipline the course should be marked so that it is possible for competitors to inspect it. 15 minutes before the warm-up is due to start

the course should be cleared of competitors and spectators. At least 5 minutes before the start all restrictions preventing competitors and supporters from viewing the course must be removed.

- 4.24.12. At all qualifying competitions the course must be known by the Steward (if present) before the start of the discipline. The Steward has the right to make changes if necessary.