UNION INTERNATIONALE
DE PENTATHLON MODERNE

2025
UIPM LASER RUN COMPETITION GUIDELINES

as of 1 January 2025

2025

ABBREVIATIONS

EB	Executive Board
FOP	Field of Play
GL	Guidelines
HQ	Headquarters
HMT	Hit & Miss Target
ID	Identification
LR	Laser Run
LOC	Local Organising Committee
LPA	Last Penalty Area
LPT	Laser Precision Target
GLRCT	Global Laser Run City Tour
LRWCH	Laser Run World Championships
Mins	minutes
NF	National Federation
NTO	National Technical Observer
PG	Penalty Start Gate
QC	Qualification Competition
SL	Shooting Line
TC	Technical Committee
TD	Technical Delegate
TM	Technical Meeting
UIPM	Union Internationale de Pentathlon Moderne
WADA	World Anti-Doping Agency
WR	World Rankings

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PART A

THE EVENT

1 PRESENTATION OF THE EVENT

The UIPM Laser Run (LR) consists of laser shooting and running. The shooting involves laser pistol shooting in series at a range equipped with laser targets. Each series of shooting is followed by running set distances shown throughout this guideline.

1.1 The Laser Run competitions

Category A	UIPM LRWCH
Category B	Continental Championships & Games – Regional Championships & Games – National Championships
Category C	GLRCTs

- UIPM will keep along the season a World Ranking (WR) updated for each age category for Laser Run which will include LRWCH; Continental Championships (CC), Regional and National LR competitions; and GLRCT. The WR will count up to five competitions among the best results of the athlete during the season, according to the grid shown in Appendix 2.

- If there is a tie in the WR between two or more athletes the athlete with the best result in the LRWCH and after in the CC will be in the higher position. If the tie remains, the athlete with the best result in the most recent competition, including GLRCT will be ranked in the higher position, and so on.

1.2 The Laser Run competition divisions

1.2.1 Elite Division

- For UIPM registered athletes representing the National Federations and their countries in LRWCH, Continental, Regional and National Competitions.
- For LRWCH:
    - Registrations will be open at least 3 months before the competition through the UIPM NF portal accessible at the top of the UIPM website (www.UIPMworld.org)
    - Starting numbers will be distributed onsite and will be determined by random draw
    - Individual, Team and Relay medals (Mixed Relay (mandatory) & Gender Relay (not mandatory))
    - Live results available online on UIPM website homepage & app "UIPM Central"

1.2.2 Open Division

- For athletes who are not representing the National Federations and want to compete individually in LRWCH, Continental and Regional competitions.
- For LRWCH:
    - Registrations will be open at least 3 months before the competition through the LRWCH registration open web link accessible on UIPM website (www.UIPMworld.org) homepage
    - Starting numbers will be distributed on site and will be determined by random draw
    - Individual and Relay medals (Mixed Relay (mandatory) & Gender Relay (not mandatory))

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Athletes from Elite & Open Divisions will compete together irrespective of having been registered via NF Portal or via Open web link, and the winner of the race will be awarded as the Laser Run World Champion.

1.2.3 Registrations for GLRCT

Unlike LRWCH, registrations for GLRCT will be controlled exclusively by the organizers using the online system with an access provided by the UIPM. The results will be registered in the same system that will automatically generate the WR.

1.2.4 Distances for LR Competitions

For individuals, U19, Junior & Senior athletes (for both 1.2.4.1 & 1.2.4.2) will start to run 1 lap without shooting and then will run 4 laps of normal Laser Run (running / shooting).
For relays, U19, Junior & Senior athletes will start to run 1 lap without shooting and then will run 2 laps of normal Laser Run (running / shooting).

1.2.4.1 LRWCH (Elite & Open), CC, Regional and National Competitions

LRWCH Individual									
Under 9	Shoot 5m (2 hands)	Run 300m	Shoot 5m (2 hands)	Run 300m					
Under 11	Shoot 5m (2 hands)	Run 300m	Shoot 5m (2 hands)	Run 300m					
Under 13	Shoot 5m	Run 300m	Shoot 5m	Run 300m	Shoot 5m	Run 300m			
Under 15	Shoot 5m	Run 600m	Shoot 5m	Run 600m	Shoot 5m	Run 600m			
Under 17	Shoot 10m	Run 600m	Shoot 10m	Run 600m	Shoot 10m	Run 600m	Shoot 10m	Run 600m	
Under 19	Run 600m	Shoot 10m	Run 600m	Shoot 10m	Run 600m	Shoot 10m	Run 600m	Shoot 10m	Run 600m
Juniors	Run 600m	Shoot 10m	Run 600m	Shoot 10m	Run 600m	Shoot 10m	Run 600m	Shoot 10m	Run 600m
Seniors	Run 600m	Shoot 10m	Run 600m	Shoot 10m	Run 600m	Shoot 10m	Run 600m	Shoot 10m	Run 600m
Masters 40+	Shoot 10m	Run 600m	Shoot 10m	Run 600m	Shoot 10m	Run 600m			
Masters 50+	Shoot 10m	Run 600m	Shoot 10m	Run 600m	Shoot 10m	Run 600m			
Masters 60+	Shoot 5m	Run 300m	Shoot 5m	Run 300m	Shoot 5m	Run 300m			
Masters 70+	Shoot 5m	Run 300m	Shoot 5m	Run 300m					

LRWCH Mixed Relay or Gender Relay (distances per person)					
Under 9	Shoot 5m (2 hands)	Run 300m	Shoot 5m (2 hands)	Run 300m	
Under 11	Shoot 5m (2 hands)	Run 300m	Shoot 5m (2 hands)	Run 300m	
Under 13	Shoot 5m	Run 300m	Shoot 5m	Run 300m	
Under 15	Shoot 5m	Run 600m	Shoot 5m	Run 600m	
Under 17	Shoot 10m	Run 600m	Shoot 10m	Run 600m	
Under 19	Run 600m	Shoot 10m	Run 600m	Shoot 10m	Run 600m
Juniors	Run 600m	Shoot 10m	Run 600m	Shoot 10m	Run 600m
Seniors	Run 600m	Shoot 10m	Run 600m	Shoot 10m	Run 600m
Masters 40+	Shoot 10m	Run 600m	Shoot 10m	Run 600m	
Masters 50+	Shoot 10m	Run 600m	Shoot 10m	Run 600m	
Masters 60+	Shoot 5m	Run 300m	Shoot 5m	Run 300m	
Masters 70+	Shoot 5m	Run 300m	Shoot 5m	Run 300m	

1.2.4.2 GLRCT

GLRCT Individual									
Under 9	Shoot 5m (2 hands)	Run 300m	Shoot 5m (2 hands)	Run 300m					
Under 11	Shoot 5m (2 hands)	Run 300m	Shoot 5m (2 hands)	Run 300m					
Under 13	Shoot 5m	Run 300m	Shoot 5m	Run 300m	Shoot 5m	Run 300m			
Under 15	Shoot 5m	Run 300m	Shoot 5m	Run 300m	Shoot 5m	Run 300m			
Under 17	Shoot 10m	Run 300m	Shoot 10m	Run 300m	Shoot 10m	Run 300m	Shoot 10m	Run 300m	
Under 19	Run 300m	Shoot 10m	Run 300m	Shoot 10m	Run 300m	Shoot 10m	Run 300m	Shoot 10m	Run 300m
Juniors	Run 300m	Shoot 10m	Run 300m	Shoot 10m	Run 300m	Shoot 10m	Run 300m	Shoot 10m	Run 300m
Seniors	Run 300m	Shoot 10m	Run 300m	Shoot 10m	Run 300m	Shoot 10m	Run 300m	Shoot 10m	Run 300m
Masters 40+	Shoot 10m	Run 300m	Shoot 10m	Run 300m	Shoot 10m	Run 300m			
Masters 50+	Shoot 10m	Run 300m	Shoot 10m	Run 300m	Shoot 10m	Run 300m			
Masters 60+	Shoot 5m	Run 300m	Shoot 5m	Run 300m	Shoot 5m	Run 300m			
Masters 70+	Shoot 5m	Run 300m	Shoot 5m	Run 300m					

2 AUTHORITIES

2.1 UIPM TD/NTO Control

UIPM LRWCH competitions fall under the obligatory control of UIPM Technical Delegates or National Technical Observers. The UIPM HQ will inform the LOCs on the UIPM appointed authorities at the earliest convenience.

2.2 Local Organising Committee (LOC)

i) The constitution, responsibilities and obligations of the LOC must follow the signed bid documents and bid declaration letters.

ii) The LOC is responsible to provide:

a. an unlimited supply of potable water at each event and to make available other fluid replacement. It is further responsible to provide general medical assistance and emergency transportation to a hospital, sanitary facilities at each site and throughout the competition;

b. the necessary technical equipment at the venues, including professional technical support and results software for displaying results. For LRWCH, a highly visible scoreboard and projection screen in the venue is needed. (See Part C for more LOC provided equipment details).

2.3 Authorities appointed by the LOC

2.3.1 **Laser Run Director (1)**, who is overall in charge of the competition. The LR Director:

i) is responsible for the overall correct conduct of the competition;
ii) permits the athletes to start warming up.

2.3.2 **Shooting Director (1)** who is in charge of:

i) supervising the Range Officers, Shooting Judges, Equipment Control Officers and the Range Personnel;
ii) the correct conduct of the shooting event;
iii) informing the athletes and coaches of the final minute and 30 seconds remaining of warming up time on the shooting range, which ends 3 minutes before start of competition;
iv) communicating all reported irregularities and penalties to the TDs/NTOs.

2.3.3 **Range Officers (1 per 10 shooting stations)**, are responsible for:

i) checking that athletes use the right firing points;
ii) checking the names and start numbers of athletes to ensure that they conform to the event schedule, start list, scorecards and range register;
iii) controlling athletes' clothing (shirts with name, numbers, armlet, headphone, etc.);
iv) verifying that athletes' pistols have been inspected and approved by the Equipment Control Section;
v) applying and checking (in collaboration with the Shooting Judge) any 10 second penalty imposed on an athlete at their shooting station;
vi) communicating all irregularities and penalties to the Shooting Director.

2.3.4 The Shooting Director must appoint **Shooting Judges (1 for each shooting station).** The Shooting Judges are responsible for:

i) observing all shots;
ii) ensuring that each athlete's pistol touches shooting table between each shot;
iii) after each shooting series, checking that the pistols are safe. A laser pistol is safe when untouched and placed on the shooting table pointing down the range;
iv) informing the Shooting Director immediately as to any infringement of the rules; v) penalty imposed on an athlete at the shooting station, such penalty needs to have approval from TD/NTO in range before applying;
v) applying and in collaboration with the Range Officer checking any 10-second penalty imposed on an athlete at the shooting station, such penalty needs to have approval from TD/NTO in range before applying;
vi) starting the stop-watch at the first attempted shot. The Shooting Judge must inform the athlete if the target lights do not indicate the first shot. The Shooting Judge must inform the athlete 5 seconds before the 50 second time limit expires by saying "Position XX 5 seconds remain", and giving the command "Position XX GO", to the athlete when the 50 second time limit has expired.

2.3.5 **Running Director (1)** is responsible for:

i) coordinating the activities of all Running Officials: Course Judges, Marshall, Starter, Deputy Starters, Starter's Assistants, Arrival Judges, Timekeepers, Recorders, Announcers, Last Penalty Stop Area Judges;
ii) supervising the building of the course and the conduct of the event.

2.3.6 **The Course Judges (4)** are placed by the Running Director so that they may best observe the running closely. In case of a foul, deviation from the course, unauthorised assistance or any violation of these guidelines by anyone they shall immediately report this to the Running Director orally and later in writing.

2.3.7 The **Marshall (1)** has full charge of the start/finish area and the shooting range area. The Marshall must not allow any person other than the officials and competing athletes to enter or to remain there. The Marshall can be assisted by one or more assistants.

2.3.8 The **Starter (1)** has entire control of the athletes while on their marks and is the sole judge of any fact connected with the start of the race. The Starter is responsible giving the start signal to the first athlete when they are due to start. The Starter will apply false start penalties and inform the Running Director who in turn will inform the Announcer.

2.3.9 The **Deputy Starters (2)**, one for each start line, are under the supervision of the Starter. Deputy Starters must not have physical contact with the athletes. Their duties are to ensure that each athlete starts on time.

2.3.10 The **Starter's Assistants (2)**, one for each start line, must check the athletes in the start line and ensure that the athletes are lined up in correct order, at the right time, wearing the correct clothing, with the correct name and national code, and with numbers properly fastened front and back. Any violation of these guidelines must be reported immediately to the Running Director.

2.3.11 The **Arrival Judges (2)** are responsible for registering the arrival order of the athletes at the finish line. Two groups of two judges working independently are needed.

2.3.12 The **Timekeepers (2)** must use their stopwatches or manually operated electronic timers with or without digital readouts. Whether automatic timing is used or not, there should always be three Timekeepers. Their responsibility is to record the times of the athletes.

2.3.13 The **Announcer (1)** is responsible for informing the public of the names and numbers of the athletes taking part in the competition and other relevant information such as intermediate times. The results (places and times) must be announced at the earliest possible moment after receipt of the information.

2.3.14 In the last **Penalty Stop Area** two Judges stay at the special penalty area located half way between the shooting range and the finish line, ready to apply penalties that cannot be applied at the shooting station.

2.3.15 **Equipment Controllers (2)** must inspect, measure and verify the laser shooting equipment under the guidance of a UIPM laser expert, and test the weapons and other shooting equipment and clothing.

2.4
Jury of appeal

The Jury of Appeal is composed of the Technical Delegate(s), one member nominated by the LOC and three further members elected from amongst the Team Representatives.

3 ORGANISATION AND SCHEDULE

3.1 General Aspects

i. Competition materials/equipment and clothing includes all the materials, equipment, competition gear and clothing which the athlete uses during the LR competition. These materials, including any advertising, must be controlled before the competition.
   a. In case a pistol ceases to function, the athlete can use another pistol as long as this reserve pistol, provided by the athlete, has previously been inspected, approved and marked by the Equipment Control Section (in case of onsite tests).
   b. After the equipment has been approved (in case of onsite tests), the pistol must not be modified or adjusted at any time before or during the event in any way that would conflict with the UIPM Equipment Regulation unless with the agreement and under the supervision of the Range Officer.
   c. Any unapproved alterations or exchange will incur a penalty. If there are any doubts regarding any alteration, the pistol must be returned to the Equipment Control Area for re-inspection and approval (in case of onsite tests).
   d. During Relay competitions, only the competing athlete's pistol may be laid on the top of the shooting table. Only the athletes are authorised to move their pistols from the pistol storage under the table to the top of the shooting table.

ii. In LRWCH athletes have to accept and undergo doping controls according to the UIPM Anti-Doping Rules and Procedures.

iii. A Technical Meeting (TM) must take place one day before the Relays and one day before the Individuals for LRWCH. In addition, if both individual and relay are going to take place, it is needed to arrange one TM for individual and one TM for relay. After the TM, no changes will be allowed. For GLRCT, it depends on the number of the participations. The LOC can decide to have TM either one day before or have it 2-3 hours before the competition at the same day morning. Athletes and teams or representatives are required to arrive to the TM to confirm their participation.

3.2 Technical Meeting

i. The TM is a part of the competition and is held before the first event of the competition. A team unable to be present at the TM must inform the UIPM at least 24 hours in advance with the necessary data (name of the athlete, registered athletes' ID number) and delegate another nation or official to represent them. Teams not represented at the TM will not be allowed to start the competition.

ii. At the TM, LOC officials, UIPM officials and the Competition officials are introduced as well as instructions concerning the competition must be given.

3.3 Starting Order

The start is always a pack start even if there are qualifications or not. Athletes will be split into two or more semi-finals if needed, according to the number of shooting stations available. In the case of semi-finals, teams with more than one athlete should have their athletes equally split between the semi-finals. In case of semi-finals, top 3 per heat qualifies automatically for the finals, all other finalists will be qualified through their semi-finals time to reach a final with 24 athletes. Direct finals with more than 24 athletes may happen if the safety on the course & number of targets allow it.

3.3.1
Athletes Order inside the Team in the Relay Order

i. The start order in the Relay must be declared in writing by the team representative for each participating team member before the TM and, once approved by the UIPM TD/NTO, cannot be changed. It is not possible to substitute the registered athletes after the TM, except in case of force majeure, which shall be determined by the decision of the UIPM TD/NTO.
ii. For the Mixed Relay, Women compete first, then Men.
iii. In the case of relays with teams composed by athletes from different age groups, athletes from U9 to U19 are allowed to "jump up" 2 age groups maximum (examples: U9 with U13 will compete in U13, U19 with Seniors will compete in Seniors). Athletes from M50 to M70 are allowed to "jump down" 2 age groups as well (examples: M60 with M40 will compete in M40, M50 with Seniors will compete in Seniors).

Teammate age / Athlete Age	U9	U11	U13	U15	U17	U19	Juniors	Seniors	M40	M50	M60	M70
U9	U9	U11	U13									
U11	U11	U11	U13	U15								
U13	U13	U13	U13	U15	U17							
U15		U15	U15	U15	U17	U19						
U17			U17	U17	U17	U19	Juniors					
U19				U19	U19	U19	Juniors	Seniors				
Juniors					Juniors	Juniors	Juniors	Seniors				
Seniors						Seniors	Seniors	Seniors	Seniors			
M40								Seniors	M40	M40	M40	
M50								Seniors	M40	M50	M50	M50
M60									M40	M50	M60	M60
M70										M50	M60	M70

3.3.2
Mixed Relay quota

National Federations are allowed to register unlimited teams in the Mixed Relay competition, but only the best ranked team per nation will be allowed to receive a medal.

3.4
Team Ranking

Only teams with minimum 3 athletes entered for the competition can be ranked for team classification.
Teams with more athletes in the Final are ranked higher.
Teams with 3 athletes (or more) in the Final are ranked ahead of teams with 2.
Teams with 2 athletes in the Final are ranked ahead of teams with 1.
Teams with 1 athlete in the Final are ranked ahead of teams with zero.
The same logic will be applied to Semi-final results in case is needed for teams that have no athletes qualified for the final.
For any athlete qualified for the Final, her / his final result must be used. For any athlete competing in the semi-finals but not qualified for the Final, her/his Semifinal result must be used.
In a Final, among teams composed of the same number of athletes and in case of ties, the winner is the team with the best individual time in the final.

3.5 Warming up, Zeroing and Preparation Time

i. For LRWCH, the warm-up must be done on a warm-up shooting range specially set up separately and next to the competition area. There won't be possibility to warm-up on the competition shooting range except 5 min before the start to check that connection between the pistol and the target is efficient at competition shooting range. Then athletes will be aligned at the start line around 1 minute before the start.
ii. For national competitions without separate warm-up shooting range, the LR Director asks athletes to enter their shooting stations. Each shooting station corresponds to the athlete's starting number. Athlete No1 shoots at station No1, athlete No2 shoots at station No2 and so on.
iii. For warm-up at the national competition shooting range, the warm-up starts after the appropriate command ("15 minutes Warm-up - START") by the Shooting Director.
iv. During the warm-up period athletes may run and shoot an unlimited number of shots. The use of constant beam is only authorised in the warm-up.
v. At the competition shooting station, athletes may use water and towels, which must be kept under the table with the reserve pistol and any binoculars used during warm-up. No video camera is allowed in the shooting station.
vi. The Shooting Director will inform the athletes of start of the warm-up 15 minutes before the national competition as well as of the last 5 minutes, the last minute and final 30 seconds remaining of the shooting session warm-up.
vii. After the warm-up and before the start signal, the pistols must remain on the assigned shooting station. The reserve pistol must be placed under the shooting table
viii. During the warm-up, coaches may assist and communicate with athletes from a specially marked area for coaches outside the shooting stations and the running corridor.

4 CONDUCT OF THE COMPETITION

4.1 The Series

i. The LR competition is in series. Each series consist of hitting 5 targets with an unlimited number of shots in a maximum time of 50 seconds on a target with a valid zone of dimension 59.5mm. If after 50 seconds one or more targets have not been hit (or the athlete has not hit the valid zone 5 times) the athlete may start running without being penalised after getting the sign from shooting judge behind.
ii. Malfunctions are not taken into consideration. Should a pistol cease to function, the athlete may use the reserve pistol that must have also been approved by the Equipment Control Section. If a shot has not fired due to a malfunction, the athlete may use the reserve pistol without interruption. If the reserve pistol also does not work the athlete must wait at the shooting station until the 50 second shooting time has expired before starting running.
iii. Reserve targets can be used, but the athlete needs permission from the Range Officer/TD to move to a reserve target.

4.2 The Start

i. Athletes start in a pack start. Starting numbers will be determined randomly by draw
ii. Athletes are responsible for being at the start line on time and for starting on time.
iii. The warm-up must be done on the warm-up shooting range anytime. 5 minutes before the start of the race, athletes will be called to check that their pistol works with their assigned targets. After that and under the command of the LR Director, the Announcer will declare the warm-up finished. All athletes must be at the start area and the Starter/Starter Assistants will begin lining up the athletes. One minute before the start, all athletes must be at the corresponding gates assembled for the mass start.
iv. The Starter will announce – "**One minute to start**"; "30 seconds", "20 seconds" and "10 seconds to the Start." After the OK has been given by the Timekeepers and the LR Director, the Starter will tell the athlete "**Take your Marks**", followed by the start signal. All timing equipment will start at the start signal. **At the start area, a start clock must be placed so that it is easily readable from the start line and by the timekeepers.**

4.2.1 False Start

i. The Starter/Announcer must immediately announce to the athlete and spectators if an athlete has started too early and inform them of their false start.
ii. An athlete starting late will not be penalised, but his/her time will be taken from the moment they should have started in the pack start.
iii. A false start occurs if an athlete crosses the start line before the official start time. Before the start, both feet must be behind the start line.
iv. In the event of a false start from the shooting line, the same rules will be applied: a 10 second penalty for a false start and disqualification in the case of a blatant attempt to start too early. Such 10 second penalty on a pentathlete is imposed at their shooting station; before applying any penalty, the range officers need to have approval from TD. If the penalty cannot be imposed at the shooting station, it must be imposed at the Last Penalty Stop Area (LPA). If not possible, it will be added to the final running time at the end of the race.

4.3 Shooting

i. Athletes are responsible for shooting on the correct target.
ii. The athlete must stand with both feet on the ground, without support, completely within the shooting station. The entire pistol must be held and shot with one hand only excepted in Under 9 and Under 11 age categories. The unarmed hand must not give support to the armed arm or hand.
iii. The laser pistol must touch the table between every shot.

4.4 Running

i. Athletes must follow the course from crossing the start line, going to the shooting range for each shooting series and, having completed the correspondent series of the shooting and running the distance according to their category, to crossing the finish line.
ii. If informed by a Judge and/or announced by the sound system, the athlete must stop and remain in the Last Penalty Stop Area for the time indicated.
iii. The Last Penalty Stop Area will be located half way between the shooting range and the finish line.
iv. During the race, no athlete may accept any physical assistance or refreshment. In exceptional circumstances this can be allowed if so decided by the LR Director and Technical Delegates. Running by a non-competitor with or behind an athlete may be considered as unauthorised assistance. A hands-on medical examination by official medical personnel during the progress of the event and verbal or other communication from a person not on the course is not unauthorised assistance.
v. The athlete/team must complete the course by passing the finish line to register a final time.

4.5 The Finish

i. Athletes will be timed and placed in the order in which any part of their torso (as distinguished from the head, neck, arms, legs, hands or feet) reaches the vertical plane of the nearer edge of the finish line.
ii. In the finals, the first athlete crossing the finish line will be the winner of the competition.
iii. The competition result will be based on the competing time of the athletes, the fastest is ranked better.

5 PENALTIES

5.1

An athlete or team is penalised by a time penalty of **Ten Seconds** for each of the following offences:

i. contravening clothing regulations;
ii. modifying the dimensions of the start numbers;
iii. a false start;
iv. not placing the pistol safely on the table after warming up has ended and after each shooting series*;
v. not touching the shooting table between each shot*; before applying such penalty a warning must be issued. The respective judge and range officer need to have approval from TD in range before applying such penalty. This penalty will be applied for each infringement after first warning;
vi. if a coach during the warming up is outside the designated coaches' area and assists an athlete: for the first time, a warning. Any subsequent offence, a 10-second penalty for the athlete;

vii. For the second time removing their pistol(s) from the box/case before the official warming up period has started. The first breach will result in a warning;

viii. Not standing freely, without touching the table, with both feet on the ground within the shooting station; before applying such penalty, a warning must be issued.

5.2

An athlete or team is **eliminated** for:

i. not completing the course;
ii. deviation, deliberate or not, from the course which in the opinion of the Course Judge gained a material advantage;
iii. unauthorised assistance, if not disqualified;
iv. using an unapproved pistol;
v. shooting on the wrong target; vi.
vii. using constant beam during the competition series and/or audio communication outside preparation and warm-up time;
viii. holding pistol with two hands or giving support to the armed arm;
ix. incorrect change of in the relay;
x. starting the running leg before the shooting time has expired without having completed successfully each shooting series*; 4 green lights ➔ **Elimination**.
xi. Being lapped by any athlete (see 5.4).

5.3

An athlete or team is **disqualified** for:

i. modifying or adjusting an officially approved pistol so that it violates the rules;
ii. exchanging their pistol in violation of the rules;
iii. a blatant attempt to start too early;
iv. jostling, running across or obstructing another pentathlete so as to impede their progress;
v. starting the running leg before the shooting time has expired without having completed successfully each shooting series*;
3 (or less) green lights ➔ **Disqualification** (considered as blatant attempt to start early).

* These penalties are paid at the shooting range, with the exception of the final shooting series where they are paid in the Last Penalty Stop Area.

5.4
Elimination rule

Any athlete that is lapped, will be eliminated from the race by the Technical Delegate and/or designated judges. This rule is valid for both individual and mixed relay events.

6 AWARDS

6.1
World Championships Medals

i. Gold, Silver and Bronze medals will be given in each category and team event competition.
ii. The UIPM and the Organiser will share the expenses to produce the medals after the approval of the design and the cost by UIPM.

6.2
World Championships Titles

i. Gold medallists in all age groups of the LRWCH and for both genders will receive the title "UIPM Laser Run World Champion" irrespective of having registered in Elite or Open Division.

PART B

INDIVIDUAL EQUIPMENT

7 CLOTHING REGULATIONS

7.1 General aspects

i. Competitive apparel may be either one piece or two piece. It should be made of a material to allow for a "form fitting" appearance. No unreasonably loose clothing shall be allowed.
ii. Athletes must have their name clearly visible and professionally made on the back of the top of their apparel, below which is the NF code, of a size between 7-12 cm and in a contrasting colour to the colour of their shirt.
iii. Athletes participating in UIPM LR competitions and representing the same NF must wear the same style and colours of competitive apparel in order to clearly identify the country which they represent.
iv. Athletes competing in the Mixed Relay event and representing the same NF must wear the same design and colours of competitive apparel.
v. Competitors must compete with athletic shoes, with or without spikes. Any spike restrictions must be advised by the LOC in their invitation letter.
vi. The LOC is responsible for providing every competitor with two start numbers.
vii. The numbers must be worn on front and back above waist height and be visible in all weather conditions.
viii. The UIPM logo patch must be placed on the Laser Run apparel according to the current UIPM Uniform Guidelines available on the www.uipmworld.org website. Not placing or wrongly placing of the UIPM logo patch will result in a 10-second penalty.

8 PISTOL REGULATIONS

8.1 General aspects

Sets of pistols and targets could be provided by the UIPM to the LOC only for UIPM BTNT. All the equipment provided will be previously tested and controlled by UIPM experts according to these guidelines. For all other competitions, the following items must be followed by all competitors under the supervision and testing by the LOC.

8.2 The Laser Pistol

i. Only single shot pistol is allowed without any form of magazine or clip. The shot must be activated by a mechanical trigger.
ii. The weight of the pistol with all accessories must not exceed 1500 grams. There must be capability of vertical and horizontal aiming correction.
iii. The overall size of the pistol is limited to dimensions which permit it to be enclosed completely in a rectangular box with inside dimensions of 420mm x 200mm x 50mm. A manufacturing tolerance of + 1.0mm in the dimensions of the box is permitted. The minimum overall size is 20% of the above dimensions (336mm x 160mm x 40mm) with the same tolerance.

PART C

FACILITIES AND EQUIPMENT PROVIDED BY THE LOC

9 FACILITIES - THE FIELD OF PLAY

9.1 The Venue

The LR venue is the site on which the competition is conducted and consists of the shooting range and the running course. The LOC is responsible for providing a safe and acceptable course in collaboration with UIPM.

9.2 The Running Course

i. The course must be clearly marked and defined so that an athlete is at no time in doubt how to follow the course. The course can be laid out on any kind of surface or surfaces. It must be designed so that there is a minimum risk of injury to the athletes without therefore no sharp turns or steep declines.
ii. The total course must be wide enough to permit two runners to pass each other at any point on the course. Certain obstacles on the course are acceptable with the TD approval.
iii. The start and finish line must always be in the same area.
iv. In the Relay competition, the start line and the finish line must be a minimum 5m wide. 10m on each side of the finish line must be set for a hand-over zone of 20m length. Thus, the dimension of the zone will be 20m x minimum 5m. This zone must be clearly marked by demarcation lines.

9.3 The Shooting Range

i. The range can be indoor or outdoor and must be constructed so that direct sun does not disturb the athletes. The targets should be positioned so that the sun does not interfere directly with the registering of shots on the targets.
ii. The shooting range must be built in such a way it can guarantee the safety of the athletes, coaches, judges and spectators. The shooting distances are 5 and 10 meters (according to the type of competition and the age group), measured from the shooting lane to the target face ±0,05m is accepted as tolerance.
iii. The shooting range must be prepared in such a way the spectators can enjoy the competition and watch the finish.
iv. The shooting station must be marked with numbers of a minimum height 12cm, corresponding to the shooting point number. Shooting station No1 must be the farthest away from the starting gates.
v. The competitor shooting area (minimum 1m and maximum 2m wide x 1.5m deep minimum) must be clearly defined with visible ground painted lateral lines. Paint of lateral lines can be replaced by branding triangle or small banner.
vi. Targets must be marked with numbers corresponding to their shooting station number. The numbers must have a minimum height of 25cm to be easily seen under normal shooting conditions with normal vision from the appropriate shooting station and from VIP area, public seats and TV cameras.
vii. The LOC must guarantee provision of 2 reserve spare targets, numbered R1 and R2 and located at the beginning of the shooting range before target N°1.
viii. The height of the target centre must be within the following height measured from level of the floor of the shooting point:
    a. standard height variation: 1,40m +/- 0,05m;
    b. horizontal variation: 0,25m.
ix. The shooting station must be equipped with:
    a. a table or bench, about 0,7m – 0,8m high. With laser pistol at the top of the table there should be a soft branded foam cushion provided by LOC/UIPM (± A4 square size, not more than 8cm height) to avoid disturbances on the system;
    b. the table must have a protection for the pistol in case of rain (waterproof box) or a place under the table.

10 EQUIPMENT PROVIDED BY THE LOC

10.1 Shooting Equipment Requirements

In Laser Run, the Organizing committees are allowed to use these types of targets:

- Hit & Miss Targets
- Precision Targets

The mentioned equipment must be homologated by UIPM and allow TV graphics. If you have any doubt, please contact UIPM at maxime.papillon@pentathlon.org

Athletes are allowed to use these types of pistols:

- Full Laser Pistols
- Laser Containers

The mentioned equipment must be homologated by UIPM. If you have any doubt, please contact UIPM at maxime.papillon@pentathlon.org

10.2 Boxes

The LOC must provide boxes in the shooting range per station for athletes' use. These boxes are to be removed from the shooting range at the start and stored in a safe place until after competition.

10.3 LOC Control Devices and Tools

10.3.1 Material Control

Clothing control is made by observation, using a ruler if necessary.

10.3.2 Laser Pistol Tests

The UIPM might arrange shooting equipment test for athletes' pistols, such tests will be informed to the LOC and all delegations beforehand for needed assistance. UIPM will bring the personnel and the equipment to check the laser beam – power, diameter and time – and the power of the battery.

PART D

PENALTY TABLE

LASER RUN

Appendix 1

APPENDICES

OFFENCES	Rule	Penalty		
		1st time	**Subsequent**	**Paid at***
Contravening clothing regulations	5.1 i	10"	-	PG
Modifying dimensions of start numbers	5.1 ii	10"	-	PG
False start	5.1 iii	10"	-	SL
Not placing a pistol safely on the table after warm up or shooting series	5.1 iv	10"	10"	SL or LPA
Not touching the shooting table between each shot	5.1 v	Warning	10"	SL or LPA
Coach assistance during warm up outside the designated coaches' area	5.1.vi	Warning	10"	PG
Not having the pistol in the box before the official warm up period has started	5.1 vii	Warning	10"	PG
Not standing freely, without touching the table, with both feet on the ground	5.1 viii	Warning	10"	SL or LPA
Not completing the course	5.2 i	Elimination		
Deviation, deliberate or not, from the course	5.2 ii	Elimination		
Unauthorised assistance	5.2 iii	Elimination		
Using a non-approved pistol	5.2 iv	Elimination		
Shooting on a wrong target	5.2 v	Elimination		
Not stopping at the last penalty area when instructed by an official	5.2 vi	Elimination		
Using constant beam during the competition series and or audio communication outside of preparation and warm up time.	5.2 vii	Elimination		
holding pistol with two hands or giving support to the armed arm.	5.2 viii	Elimination		
incorrect change of in the relay	5.2 ix	Elimination		
Start running with before having successfully completed the shooting series ("5 green lights") with only 4 green lights.	5.2 x	Elimination		
being lapped by an athlete	5.2 xi	Elimination		
Modifying or adjusting the approved pistol	5.3 i	Disqualification		
Exchanging for a non-approved pistol	5.3 ii	Disqualification		
Blatant attempt to start too early	5.3 iii	Disqualification		
Jostling, running across, or obstructing another athlete	5.3 iv	Disqualification		
Start running with before having successfully completed the shooting series ("5 green lights") with only 3 (or less) green lights.	5.3 v	Disqualification		

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

WR POINTS' TABLE

LASER RUN

Appendix 2

Category A events LRWCH		**Category B events** Continental, regional and national events		**Category C events** GLRCT	
Position	**Points**	**Position**	**Points**	**Position**	**Points**
1	35	1	25	1	15
2	30	2	20	2	14
3	28	3	15	3	13
4	25	4	11	4	11
5	23	5	9	5	9
6	21	6	7	6	7
7	19	7	5	7	5
8	17	8	4	8	3
9	15	9	3	9, 10, 11, 12...	1
10	13	10	2		
11	11	11, 12, 13, 14, 15, ...	1		
12	9				
13	7				
14	5				
15	3				
16, 17, 18 ...	1				

UNION INTERNATIONALE
DE PENTATHLON MODERNE

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SOCIAL MEDIA

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