

CISM SPORTS REGULATIONS
NAVAL PENTATHLON
The sport of all navies



CISM



NAVAL PENTATHLON REGULATIONS

Edition 2020

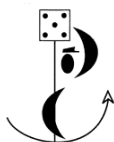


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INTRODUCTION

REFERENCIES:

- a) CISM Regulations Ed. July 2020
- b) CISM Guidance to Organizers 2014
- c) CISM Anti-Doping Rules Ed. March 2020
- d) CISM Statues Ed. May 2016

The latest versions of CISM Reference Documents and CISM Sport Regulations Naval Pentathlon can be found on and downloaded from CISM web page: **www.milsport.one**.

Naval Pentathlon is an individual and team competition for male and female competitors, consisting of the following five events, in this sequence:

- a) Obstacle Race (OR)
- b) Life Saving Swimming Race (LSSR)
- c) Utility Swimming Race (USR)
- d) Seamanship Race (SR)
- e) Amphibious Cross-country Race (ACCR)
- f) Obstacle Relay Race (ORR)

An "Individual champion male and female" is determined by the overall result in the five events. The "team champion male" and the "team champion female" are determined by adding the individual results of a country's male team / female team.

The regulations prescribe the way a CISM World Military Championship shall be conducted. On continental, regional and national level, alterations can be made, if they meet the needs of the organiser and the participants. These alterations have to be approved by the President of CISM Sports Committee for Naval Pentathlon (PCSC) before the invitation is sent out to the participating countries.



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CHAPTER 1

GENERAL REGULATIONS



1. GENERAL REGULATIONS

1.1. COMPOSITION OF A NAVAL PENTATHLON MISSION

A complete mission is composed as follows:

Chief of Mission	1
Team Captain / Manager	1
Coach for Naval Pentathlon male competitors	1
Coach for Naval Pentathlon female competitors	1
Medical Staff (optional)	1
Competitors Naval Pentathlon, male	5
Competitors Naval Pentathlon, female	3
Ad libitum*	1
Total	<hr/> 14

* Ad libitum is preferably a newcomer athlete to participate as unofficial competitor.

1.2. ADDITIONAL PERSONNEL

No additional personnel may be included in the mission without the specific authorisation of the sponsoring nation.

Additional personnel can only be brought to a competition after notifying and confirmation by the organizer. Such personnel are not included in the list above.

The President and Sports Committee (SC) members must be invited to the World Championship by the organizer together with the "Invitation File". They are considered as additional personnel for a country's mission.

1.3. VISITORS, SPECTATORS AND SUPPORTERS

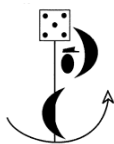
If a Mission wants to have visitors or spectators to watch the races during the competition days, this Mission must request the possibility in the Final entry. The Organizer decides to give the authorisation to enter the area. Moreover, this Mission must hand in a written list of the visitors at their arrival in the Championship.



1.4. AGENDA OF THE COMPETITIONS

The duration of a competition is up to ten days. The minimum days required for competitions at world level are six days (Travel days and cultural day not included). At regional and national level competitions the schedule may be compressed to less days at the discretion of the organiser. On the first day at least one member of the CISM Sports Committee for Naval Pentathlon, designated by the President, will check all tracks and courses, organisation, equipment, boats and craft etc to inspect and acknowledge their compliance with these regulations. The Organising Committee must support the inspection. For instance, a typical schedule is as follows:

Day	Time	Contents
01	00:00-24:00	Arrival
	08:00-12:00	Open training (if possible)
	13:00-16:30	SC inspections
02	8:00-17:00	Training according to the schedule
	9:00-10:00	Preliminary Conference (Technical Meeting)
	17:00-18:00	Opening Ceremony
	20:00	Starting order published
	20:00-22:00	Social event
03	8:00-17:00	Training according to the schedule
	19:00-21:00	Inspection of Working Dress
04	9:00-12:00	Obstacle Race
	15:00-17:00	Training according to the schedule
05	9:00-12:00	Seamanship Race
	15:00-17:00	Utility Swimming Race



06	9:00-13:00	Seamanship Race
	20:00	Starting order ACCR published
07	9:00-11:00	Amphibious Cross-Country Race
	15:00-16:00	Starting order ORR published
08	9:00-12:00	Obstacle Relay Race
	1400-1530	SC enlarged meeting
	16:00-17:00	Medal Ceremony
	18:00-20:00	Social event
09	09:00-18:00	Friendship day (not mandatory)
10	00:00-24:00	Departure

The host nations team may not have any special arrangements or facilities (transportation, equipment, training schedule and so on) than others the participating nations.

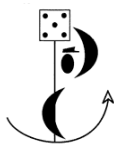
1.5. SPORTS MANAGEMENT

1.5.1 ORGANISING COMMITTEE

An Organising committee has to be established by the hosting country to prepare and run the championship. It should be established not later than two years before the championship and co-operate closely with the CISM secretariat in Brussels and the SC President.

The Organising committee is responsible for the management of the championship, which includes:

- a) Responsibility for all official actions taken for the task of organising this championship.
- b) Appointment of various commissions and definition of their duties.
- c) Stating a working schedule of preparations and work before, during and after the competitions.



- d) Organisation of a general secretariat of the competition.
- e) Continuously updating and informing the potential participating countries.
- f) Preparation and sending out of invitations (see “Invitation File” in Appendix 1).

General composition and duties of an Organising committee is stated in the references A and B. Chairman of the Organising committee is preferably the Commander of the base who organises the competition. During the championship the Chairman should co-operate closely with the CISM Official Representative (CISM OCR) and the SC President.

1.5.2 SECTIONS

The organising committee appoints sections for conducting various duties. The chairman of a section should be a member of the Organising committee. At least two management sections must be established: The General management section and The Technical (Naval Pentathlon) section. These (sub-) sections can also be established*:

- a) Information and Public Relations
- b) Financial
- c) Logistics
- d) Transportation
- e) Sponsor
- f) Liaison office

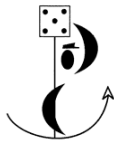
*Additional (sub-) sections may be appointed as necessary.

1.5.3 THE TECHNICAL (NAVAL PENTATHLON) SECTION

1) Composition

The Technical section shall consist of qualified military or civilian personnel. The number of members is decided by the Chairman of the Organising Committee. It may include international officials and judges if deemed necessary.

2) Function



The Technical section shall be responsible for the technical preparation and direction of the Naval Pentathlon events Technical preparations include:

- a) Arrangements, tracks, equipment, secretariat and installations in accordance with the Naval Pentathlon regulations.
- b) Provision of the special equipment, stopwatches, whistles, flags, markers etc.
- c) Schedule of training and demonstrations etc.
- d) Ensuring that anti-doping tests can be made.

Direction of the Naval Pentathlon events includes:

- a) Ensuring that CISM-Regulations are followed.
- b) Appointment and instruction of officials in charge of each of the Naval Pentathlon events and result service.
- c) Supervision of preparing the starting order and results for each event.
- d) Judging races and classifying the various questions / problems etc.

1.6. JURIES

- 1) Jury of Appeal: See Reference A.
- 2) Technical Jury for Naval Pentathlon (TJ): See Reference A.

1.7. LANGUAGE

English is the original and prevailing language used in these regulations. Any translations to other languages must refer to the latest edition written in English.

1.8. ANTIDOPING

Doping is strictly forbidden in CISM. During each CISM Military Naval Pentathlon World Championship, if possible also at other major events, anti-doping controls will be carried out according to the latest CISM Anti-Doping Regulation (Reference C) and CISM Regulations (Reference A), Chapter IX (Anti-Doping regulations).



During the World Military Naval Pentathlon Championship, at least five (5) tests must be carried out without considering world records. All competitors setting a new world record must be tested.

1.9. TITLES AND AWARDS

The official awards for World Military Naval Pentathlon Championships are as follows:

1.9.1 NAVAL PENTATHLON PERMANENT TROPHIES

There are two perpetual challenge trophies exist:

- 1) For the male pentathletes a silver cup is presented by the Italian Navy. The trophy is awarded to the winning male team - "CISM Team Champion Naval Pentathlon Male Competition".
- 2) For female pentathletes a cup is presented by the Norway Navy. The trophy is awarded to the winning female team - "CISM Team Champion Naval Pentathlon Female Competition".

The above challenge trophies are presented in addition to the CISM prizes. Nations holding these trophies for a year must perform any necessary upkeep, have the results of that year engraved and return the trophies in good condition to the host nation prior to the next competition.

1.9.2 MEDALS, BADGES AND CERTIFICATES

The following CISM-medals (Gold, Silver and Bronze) shall be presented by the sponsoring nation:

1) Team medals

- To all competitors and coaches of the first, second and third placed teams, male (six each of gold, silver and bronze medals);
- To all competitors and coaches of the first, second and third placed teams, female (four each of gold, silver and bronze medals).



2) Individual medals

- To the individual competitor in first, second and third overall places; male and female.

3) Relay medals

- To all competitors and coaches of the first, second and third placed teams, male (six each of gold, silver and bronze medals).

4) Fair-play Cup Trophy

- The PCSC will, if appropriate, award an individual or team "Fair-Play" title after the championship. Nominations must be made to the PCSC in writing before the CSC enlarged meeting. The prize is sponsored by the organizing nation.

5) Other awards

- The organizing nation is also expected to supply the CISM champions and all participants in the missions with the certificates and badges in accordance with Reference A.

- When there is an official World Records the organizing will must offer a certification to the recording athletes.

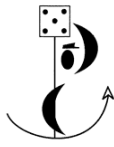
- Other prizes or awards are optional and at the discretion of the organizing nation (for example to the winner of each event).

1.10. MISCELLANEOUS

1.10.1 AMENDMENTS OF THE REGULATIONS

During the championship there will be a public SC enlarged meeting, see Reference A. The presence of at least one representative per competing nation (i.e. Chief of Mission and Team Captain or a coach) is required.

The SC is authorised to amend issues of limited technical impact by the majority of the SC members. The PCSC must introduce any proposed amendment to the regulations.



The amendment proposed must be addressed to the PSC in writing. He will examine the proposal and give his opinion to CISM Secretary General.

In this new version, minor reviews were made to the text of this regulation with intention to improve understanding and try to resolve doubts observed during 7th World Military Games. Although, the main inclusion is the rules about ORR and its the necessary adjustments along of regulation.

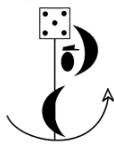


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CHAPTER 2

MANAGING AND CONDUCTING REGULATIONS OF NAVAL PENTATHLON CHAMPIONSHIPS



2. MANAGING AND CONDUCTING REGULATIONS IN NAVAL PENTATHLON CHAMPIONSHIPS

2.1. INTRODUCTION

These regulations describe the conduct of Military World Naval Pentathlon Championships. If the competitions are conducted within the framework of a CISM Military World Game they are considered as a Military World Championship. However specific MWG regulations prevails these regulations. For continental, regional, national or local events exemptions from these regulations can be decided if they meet the requirements of the organiser and athletes. These exemptions can, for example, be the order in which the events are held, the type of rifle or working dress that are used, the amount of lanes used and the starting order in the last event.

In these regulations specific regulations for female competitors are indicated after a slash with an F (/ F).

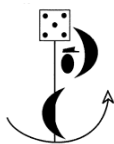
The measurements of the sketches are part of the regulations. Photos of obstacles and tracks are included for guidance and for information.

For the entire Naval Pentathlon the following international federation regulations will be consulted as guidance for T.J. when necessary:

- International Shooting Sports Federation - ISSF (Shooting);
- Fédération Internationale de Natation - FINA (Lifesaving Swimming Race and Utility Swimming Race).
- International Association of Athletics Federations - IAAF (Amphibious Cross Country Race, Obstacle Race).

2.2. COMPETITORS

A complete team of five male / three female (5/3) competitors should represent each nation. The four / two (4/2) highest scoring competitors of each nation are the "counting members" of the team. If the nation participates with a team of fewer competitors, it will be considered a team. Only competitors of a country's **team** will be considered in determining the individual champion, i. e.: no ad libitum / unofficial competitor will be taken into account in the official scoring list.



If the number of competing countries in Naval Pentathlon is larger than twenty (20), the sponsoring nation can limit ad libitum participants.

Information detailing these limitations of participants must be sent out to the participating countries two (2) months before the competition starts.

2.3. STARTING ORDER

Test runners and ad libitums (non-official competitors) starts first and before all official female and respectively male heats. All female heats (including female test runners and ad libitums) shall be started before male heats.

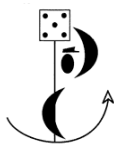
The order in which the athletes will start is based on the best results of each athlete. A starting list of the first four (5) events (OR, LSSR, USR, SR and ORR) will be prepared by the organiser, supervised by a SC member, based on the information given by the Chief of Mission of each nation. This information has to be based on the athlete's previous result in a major championship (or, in the event of a first time competitor, the best accomplished results) following these regulations.

The organiser will then prepare a starting list where the athletes with the best performances will start in the end of each event (exceptions may be made in Seamanship Race and Amphibious Cross Country Race). The athlete with the best result will start on the centre lane in his heat. The athlete with the second best result will start on the left lane of the centre lane. The athlete with the third best result will start on the right lane of the centre lane and so on.

Example:

Race direction ↑

	4	2	1	3	5
Result	1.02.5 min.	1.01.2 min.	1.00.0 min.	1.01.7 min.	1.03.3 min.
			Centre lane		
Lane	White	Red	Green	Blue	Yellow



In the USR the track is described as seen from the male competitors start. The numbers and colours of the lanes will not be changed between female and male competitions. This must be noted also when preparing the starting lists.

In SR the conditions may require that the athlete with the highest quality in performance starts in the beginning or in the middle of the competition. The organiser and the TJ, supervised by the SC, they will decide this.

In the ACCR the starting order will be based upon the overall individual standings after four (4) events. The athletes with the most points will race in the last heat. If possible, the organiser can start the athletes of the final heats in ACCR by pursuit race/ "handicap start".

The starting order for the first four events must be published in the evening of the first scheduled day of training and the starting order for ACCR and ORR must be published in the evening before each the race.

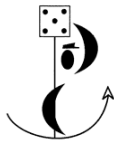
The start time of a heat must be indicated in the starting list by a specific starting time for each heat.

2.4. DETERMINATION OF AN INDIVIDUAL CHAMPION

In each event an individual competitor shall be given points based on his time, corrected with the eventual penalties (see scoring tables). After the completion of all events the individual's place shall be determined by adding up the points obtained in each event. The winner will be the one with the highest number of total points.

The individual competitor with the most points after five (5) events shall be declared the individual "CISM Champion in Naval Pentathlon in the year 20xx".

If there appears a situation of a tie with the points after all five races have been totalled, the individual with the best **time** in the Seamanship Race shall take precedence (the time must be corrected with the eventual penalties).



2.5. DETERMINATION OF A TEAM CHAMPION

After the completion of all events the place of the male team shall be determined by adding the points obtained by the four (4) highest placed male team-members in the individual overall result.

After the completion of all events the place of the female team shall be determined by adding the points obtained by the two (2) highest placed female team-members in the individual overall result.

The male team with the most points after five (5) events shall be declared "CISM Champion Male Competition in Naval Pentathlon in the year 20xx ".

The female team with the most points after five (5) events shall be declared "CISM Champion Female Competition in Naval Pentathlon in the year 20xx ".

If there is a tie between teams, the team with the best total **time** of **these four / two (4/2)** team members obtained in the Seamanship Race shall take precedence.

2.6. DETERMINATION OF OBSTACLE RELAY RACE'S TEAM CHAMPIONIN

The competition is based on an elimination system which comprises qualifications, semi-finals and finals. Men's team in the obstacle relay comprises 3 members and women's team 2 members. The team that has submitted the full number of athletes as required will automatically be eligible for the obstacle relay qualification. The four teams with the best performances in the qualification will be eligible for the semi-finals. The winning teams of semi-finals will then compete for the championship and the losing teams will compete for the third place. The top three teams will be awarded with medals.

2.7. STARTING OF RACES

It is the competitor's responsibility to be ready for start when the start signal is given. Races shall be started in accordance with the following sequence:



At the "Final call" the competitor must be standing - ready for start - behind the "first" line or the start block. On the first whistle signal (long) the competitor moves to the "first" line or enters on the block. On the command "on your marks" the competitor moves forward to the starting line and takes immediately his starting position. Start will be given by a pistol shot or an acoustic signal device when the competitors are standing still.

The start may not be given before the preceding competitor or competitors have crossed the finish line or have left the track. Exemptions in the Amphibious Cross Country Race, the next heat may be started after the previous competitors have finished feature No. 3, paddling.

2.7.1 FALSE STARTS

There will be not more than two (2) starts in one heat. The competitor who makes a false start at the second attempt will receive a **penalty of 50 points** in this event, but the start will be valid for all the competitors. The starter shall give a warning to any competitor who has made a false start.

2.8. *TIME KEEPING*

It is preferred to use an electrical time keeping system with manual back-up from stop-watches. Otherwise, for each competitor, there must be three (3) separate time-keepers. If the time of two (2) timekeepers is the same, that will be the official time of the race. If all three (3) times are different, the middle time will be valid. Readings will be in 10ths of seconds. Readings in 100ds of a second will not be taken into account, nor rounded up and of no concern in the results. Neither should these 100ds of seconds be announced by the speaker. In case of same amount of points in a race the time will decide the individual placement in that race.



2.9. WORLD RECORD REGISTRATION AND RESULT HANDLING

Official World Records will be registered only at Military World Championships. A list of all world records stating event, competitors rank, name, competition, year, time and total points will be produced by the PCSC. This list will be part of these regulations (see in Appendix 10) and also posted on CISM webpage/ Naval Pentathlon and kept updated by PCSC.

Winning times, points, ranks and names for each event and in total will be registered on a yearly basis in an Appendix in these regulations.

The organiser must provide each team the complete results before end of the championship and send the complete results list in word-format to CISM HQ in the Joint Report in accordance with reference A and B.

2.10. PRACTISING

The organiser must set up a training schedule (see example in Appendix 2) for all races and countries. This must take into consideration time for transportation, messing, ceremonies etc.

Competitors shall be given at least two (2) opportunities to try out each course before the competition starts. Each course must be outfitted as it will be during the competition. Necessary demonstrations by test runners can be arranged during the training (upon request) and just before the start of the official competition.

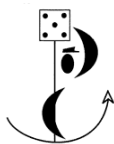
2.11. SPECIAL EQUIPMENT

The use of spiked or nailed shoes is prohibited.

The swimsuit must comply with in accordance FINA regulations.

The competitors may bring and use the following equipment as their own if it meets the specifications in these regulations: heaving lines, fins, rifle, ammunition, foot support for rowing boats.

Corresponding spare equipment and the rest of the equipment required will be arranged by the organising nation and can be used freely among the competitors. The competitor is, however, responsible for the function of the equipment he uses.



The identification card provided by the organiser must be worn and showed upon request at the start of a race.

2.12. WORKING DRESS

The working dresses must be to comply appendix 5 and used in Lifesaving Swimming Race and Amphibious Cross Country Race will be inspected by the organiser of the championship. The inspection takes place prior to the competition and under the supervision of SC and a member of the Technical Jury. The team captains may be at present at the inspection of their own team.

Possibility of practicing with these clothes cannot be guaranteed. The athlete may use his/her own spare dress for practising. The working dress will not be supplied by the organising nation.

2.13. FINS

Bi fins (one separate fin on each foot) have to be used. Size and form are optional. Mono fins are not allowed.

2.13.1 HEAVING LINES

A traditional heaving line with one end weighted and the major part placed in a bucket. Size and form is optional. The length of the lines is optional.

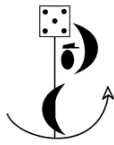
The throwing end of the line must be free from aids for throwing of any kind, for example loops or knots. The tying end of the line must have a diameter of at least 5mm and be at least 1,5 meters long.

2.13.2 GRENADES

The grenades are provided by the organising nation (See Appendix 3).

2.13.3 RIFLE

The rifle used in the Amphibious Cross Country Race is of specific standards and must meet the specified measurements. The rifle and ammunition is specified in Appendix 4.



2.14. GENERAL RULES AND RECOMMENDATIONS

Tracks are built for right-handed people. The organiser should see to that only valid marker lines etc. for male respectively female competitors are visible during their races.

It is recommended that each race of the Naval Pentathlon is organised so that at least three (3), and in the case of the Obstacle Race two (2), competitors can compete at the same time.

Care must be taken so that the length and standard of the entire course for each competitor is the same.

Lanes should be marked with colours in red, green, white, blue, yellow and black.

No physical assistance from an outsider during a race is permitted. Pacing (pace making) is not permitted. Pacing is to run with or near a competitor. There are exemptions for support in the preparations for Seamanship Race and Amphibious Cross Country Race see Chapter 6 and 7.

2.15. REFEREES AND OFFICIALS

The referees and other officials should be clearly identified by vests/clothing in colours corresponding to their function/lane. Each referee must have the necessary training and experience before the competition starts. Referees must be stationed at places where rules specify an event has to be done in a particular way or penalty points or disqualification will result.

A referee will indicate a wrong passing or work by an immediate whistle blow (not in the swimming events) and rising of a red flag. This should be done in the most obvious possible way to ensure that the competitor easily can observe and understand the signals.

Decisions taken by a referee shall be put down in writing and handed over to the leader of current race. These protocols must be saved until the end of the championship.

Referees and officials should be present during the training so that corrections of the tracks, performances and judgements can be made.



2.16. RESULTS AND DOCUMENTATION

The Preliminary results of each race must be posted in writing at a clearly visible spot in the race area where everybody can observe them. The complete preliminary result list must be presented latest ten (10) minutes after the last female / male heat has finished.

The final version of a result list of a race must be checked and approved first by the organiser and then by the Technical Jury. After this the results become official.

The military ranks of the competitors should be visible in the starting and result lists.

2.17. PROTESTS

A protest can be submitted to any member of the Technical Jury (TJ) not later than twenty (20) minutes after announcement that the preliminary results are posted visible in the race area. The start and end of the protest time must be announced by the speaker. E.g. “The time is now 1110 hrs. The preliminary results for females are now posted. Protest time starts now and ends 1130”.

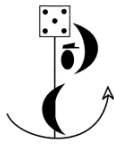
The protest must be in writing and signed by the Chief of Mission or Team Captain Each protest shall refer to the articles of these rules on which it is based.

In accordance with the CISM Regulations of Procedure a protest requires a deposit of \$ 100 (USD) or € 100 (EURO) in cash paid by the protesting team and must be given together with the protest to the TJ member. If the protest is refused by the TJ and no appeal is made, the deposit will be forfeited and paid to CISM. If the protest is accepted, the deposit will be repaid.

2.18. BASIS FOR JUDGEMENT

If a competitor, without trying to follow these regulations, passes an obstacle or a feature there will be a **300 points penalty for this negligence**.

If a competitor unintentionally passes an obstacle or feature the wrong way he may try again without special penalty until he has succeeded or decides to leave it undone. Then there will be a specific time penalty for that obstacle or feature.



If a competitor does not start or is forced to abandon an event or fails to finish the event for any reason he shall receive zero (0) points in that event. However, he/she may be included in the general classifications and receive individual and team prizes.

If a competitor is disqualified for having broken the rules of good sportsmanship he/she may not be included in any classification. He/she cannot receive any prizes.

A competitor's performance will be judged in accordance to the following basis:

1) His / her performance is in accordance to the regulations.

➤ No action will be taken.

2) He / she makes an error in a feature (e.g. steps on a line):

A referee will indicate the mistake with a whistle blow and raising a red flag.

a) He / she corrects his / her error.

➤ No action will be taken.

b) He / she continues.

➤ He / she will have a penalty in accordance to the regulations.

NOTE: It is the competitor's responsibility to observe the signals given by the referee.

3) He / she is incapable of finishing the race.

➤ He / she will receive zero (0) points in this event.

4) He / she is not capable of finishing the race before his elapsed time equals 0 points.

➤ He / she will receive zero (0) points in this event.

NOTE: The competitor has to clear the track when he /she has reached the time of zero (0) points.

5) He / she has by ignorance performed the race in a way that is not in accordance to the regulations.

➤ He / she will receive zero (0) points in this event.

6) He / she is deliberately breaking "the rules of good sportsmanship".



➤ He / she will be disqualified and cannot compete more in these present championships.

Errors or / and mistakes done by the competitor, which are not foreseen in these regulations or effects depending on local circumstances will be judged by the TJ in the context of this regulation.

A competitor should not be punished two times for one singular mistake at the same incident.

An incorrect judgement or lack of judgement can and shall immediately be corrected by the race leader, by the competition leader or by the Technical Jury. The order of precedence if there are different opinions is:

- Technical Jury
- Competition leader
- Race leader



CISM SPORTS REGULATIONS
NAVAL PENTATHLON
The sport of all navies



CHAPTER 3

NAVAL PENTATHLON OBSTACLE RACE



The distance of the Obstacle Race is 305 / F 280 m and there are ten / F nine (10 / F 9) different obstacles. The tolerance of the track distance may be 0.15 metres. The track should be at least 2.00 m wide.

3.1. GENERAL RULES

The method of clearing the obstacle is indicated by specific rules. The style to be used by the competitors at the different obstacles is optional.

If a competitor fails to perform any of the obstacles correctly the athlete may try again until he succeeds or accepts a specified penalty.

If a competitor falls back behind a white marker after he has landed on the “correct” side, he has to repeat the obstacle completely as described in these regulations or accept a specified penalty.

A competitor may (by mistake) overstep the track or his lane without disturbing any other competitor in the same race, at any point except the inner line of a curve. If the inner line of a curve is overstepped, the competitor must re-enter the track at the point of overstepping before continuing. If no correction is made there be a penalty of 10 seconds. Overstepping due to lack of balance, immediately followed by a correction is not grounds for re-entering.

Sports dress is optional, however at World Championships competitors must wear competition dress, which allows identifying the nationality easily in (e.g. identical colours or lettering) and back part (for example: BRA, GER, FIN, ESP, etc.) and too flag on the left chest side.

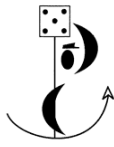
3.2. OBSTACLES AND FEATURES

Feature No. 1 - Start

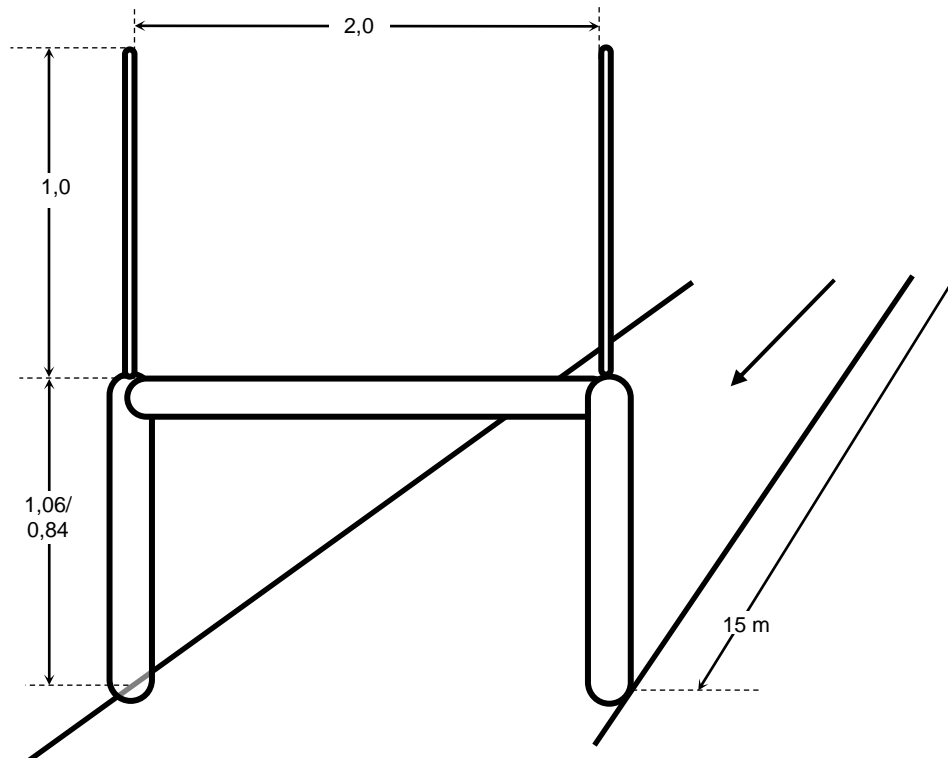
Characteristics - Two posts and white markers on the ground marking a starting line.

Condition - Start and run.

Obstacle No. 1 - The hurdle. (Distance from the start - 15 m)



Characteristics - Wood or metal, 1.06 / F 0.84 m high, extend across the track completely with 1.00 m vertical bars on each side. The hurdle shall have a minimum width of 2.00 m (see sketch).



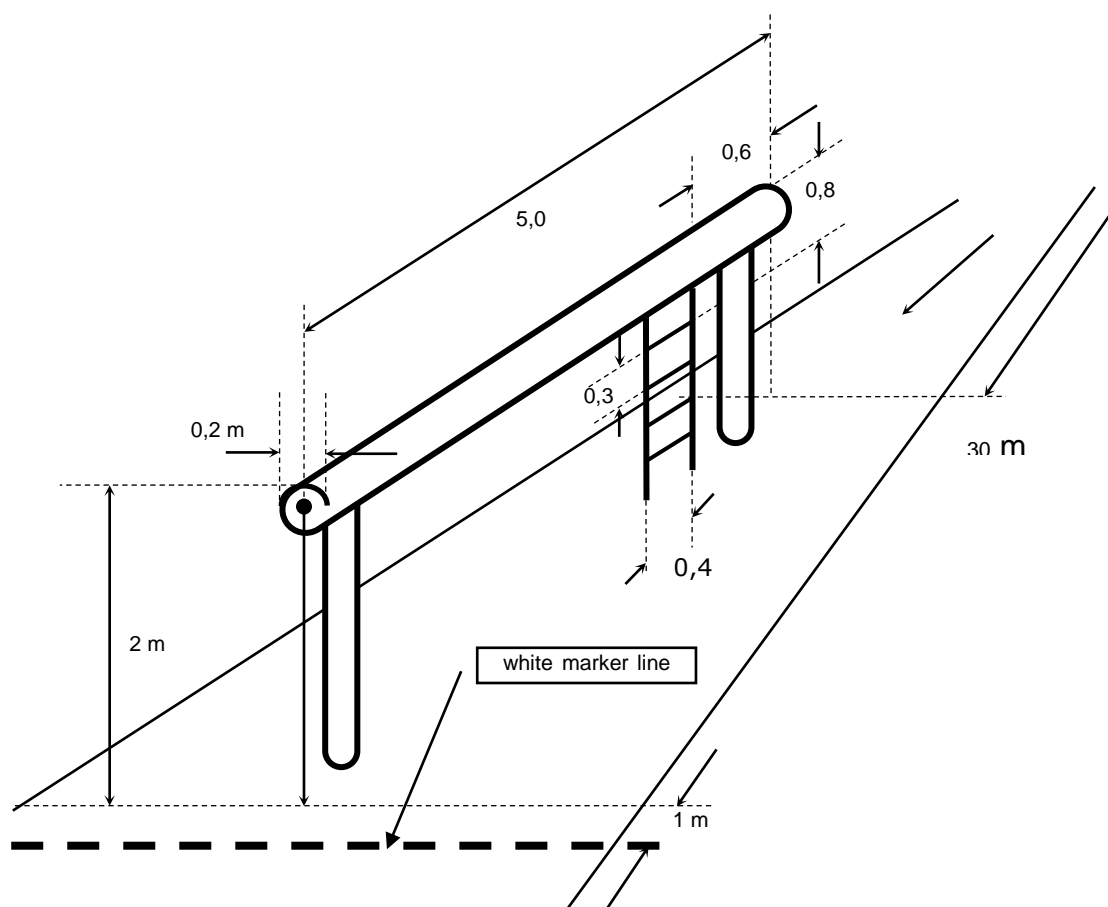
Method of clearing - Pass over the hurdle in free-style. Support with hands and / or feet are allowed. If the competitor fails to complete the obstacle correctly there will be a **20 seconds of penalty**.

Obstacle No. 2 - Balance beam. (Distance from the start - 30 m)

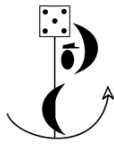
Characteristics – A round beam (slip-proof on top) resting on two upright posts so that the distance to the top of the beam is 2.00 m. Beam is placed so that it runs in the direction of the race. Length of beam is 5.00 m, the diameter of the topside is 20 cm.



A white marker on the ground at 1.00 m from the end of the beam farthest from the start (see sketch). A ladder made of two 6 to 10 cm circumference fibre ropes, approximately 40 cm apart, ca 2.00 m long and suspended from a point about 60 cm from the end of the horizontal beam nearest the start, with rungs about 30 cm apart. The distance from the top of the beam to the first rung will be about 80 cm.

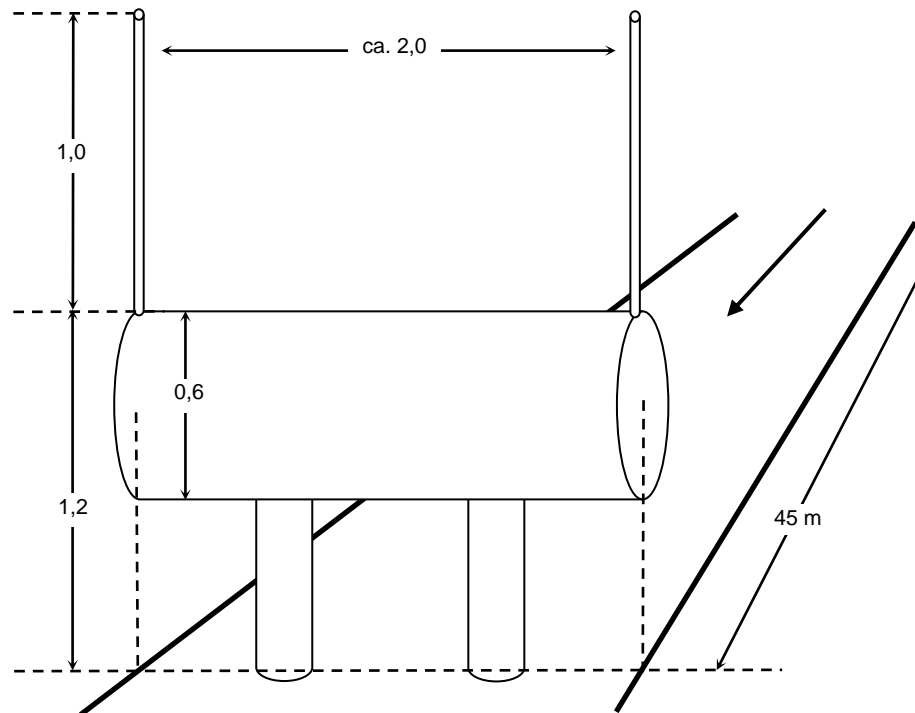


Method of clearing - Climb the ladder. Move forward and descend after the one metre line (white marker) on the ground. If the competitor fails to complete the obstacle correctly there will be a **20 sec. penalty**.

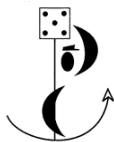


Obstacle No. 3 - Barrel. (Distance from the start - 45 m)

Characteristics - A barrel approx. 2.00 m wide and of 60 cm diameter mounted on a stand, with metal or wooden vertical bars 1.00 m above the top of the barrel on each side. Height from the ground is 1.20 m (see sketch).

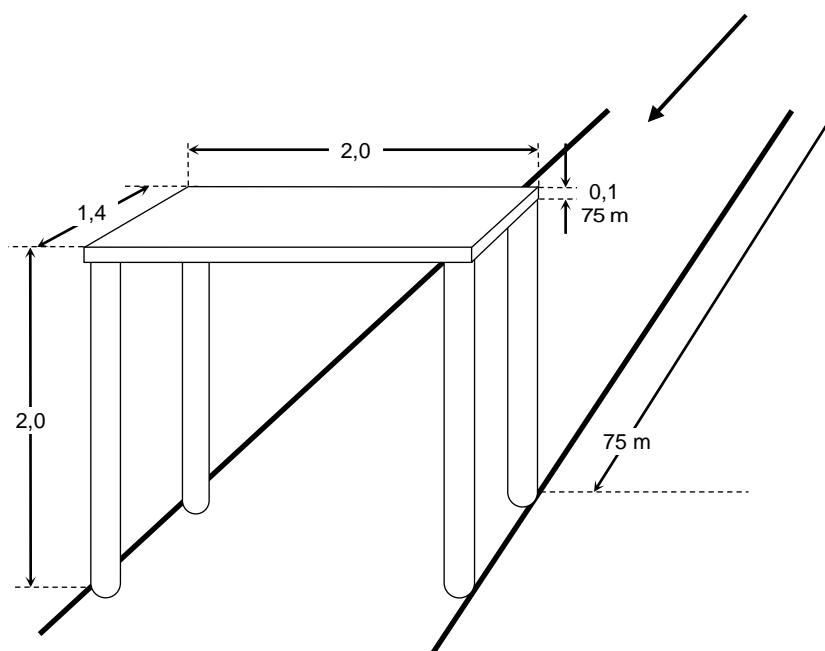


Method of clearing - Pass over the barrel free-style. Support with hands and / or feet are allowed. If the competitor fails to complete the obstacle correctly there will be a **20 sec. penalty.**



Obstacle No. 4 - Irish table. (Distance from the start - 75 m)

Characteristics - Height of table is 2.00 m, length 1.40 m, front edge not more than 10 cm in height (see sketch).

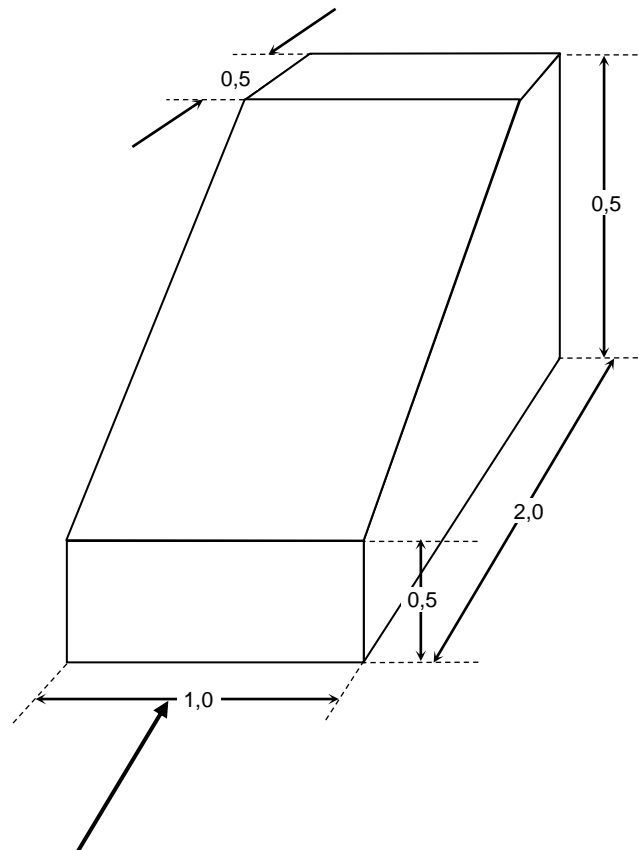


Method of clearing - Free-style. Use of posts will cause a time penalty. A competitor may unintentionally touch a post, but may not actively use it as a help to get up on the table. If the competitor fails to complete the obstacle correctly there will be a **20 sec. penalty**.

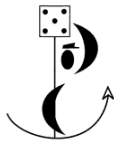


Obstacle No. 4 F - Irish table. (Distance from the start - 75 m)

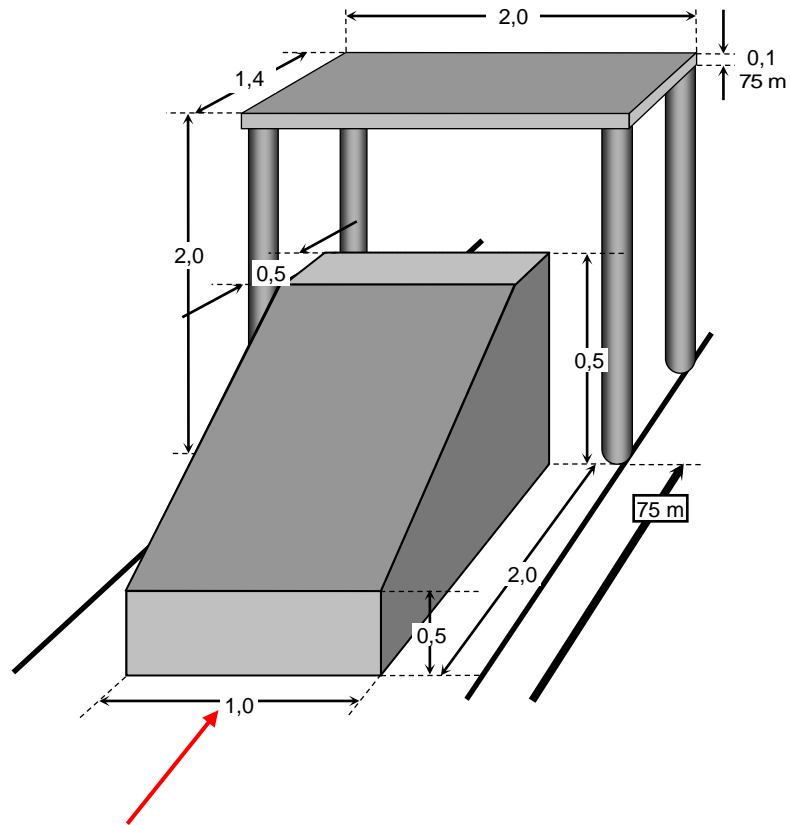
Characteristics - Inclined plane, slip proof, standing ahead of the obstacle, with its highest end directly underneath the beginning of the "Irish table" (see picture).

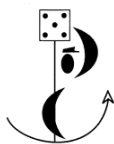


Method of clearing - Free-style. Run upwards on the sloping plane, over the table and jump down on the other side. Use of posts will cause a time penalty. A competitor may unintentionally touch a post, but may not actively use it as a help to get up on the table. If the competitor fails to complete the obstacle correctly there will be a **20 sec. penalty**.



Combined Obstacles (seen in race direction).

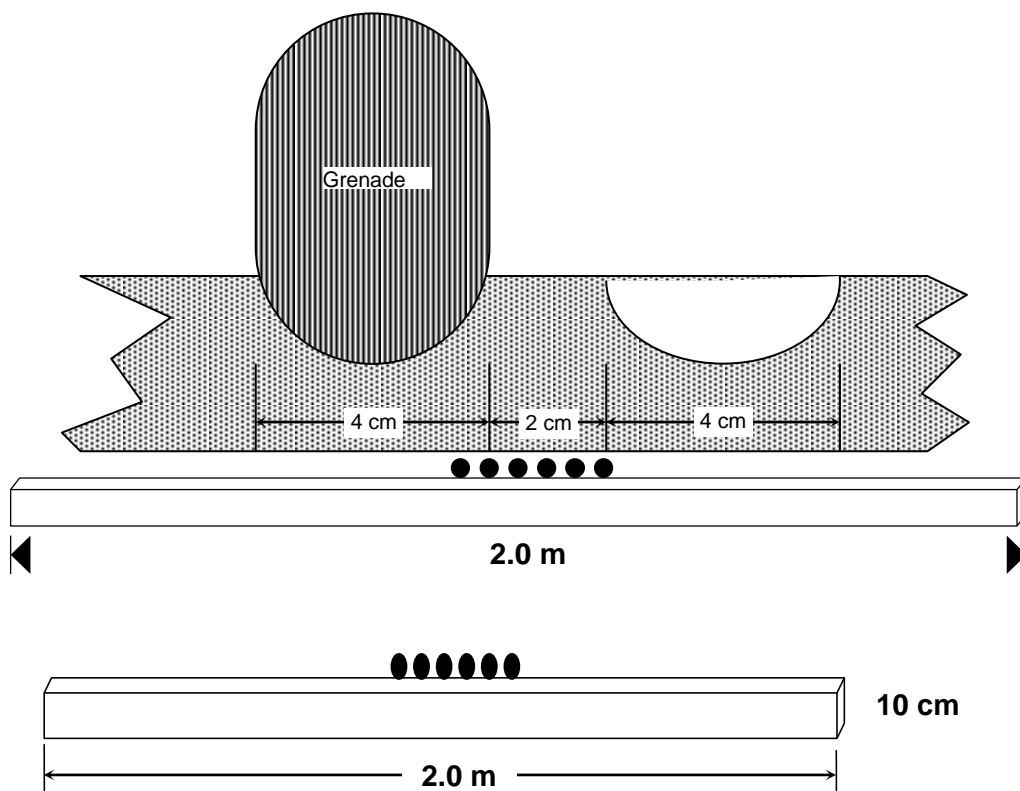




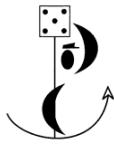
Obstacle No. 5 - Circling, grenade throwing, watertight door (Distance from the start 120 m).

Characteristics - Six poles 2.00 m high, anchored solidly to the ground, with a diameter of about 8 cm, made of metal or wood, placed at a distance of 2.00 m apart. Six grenades, placed on a plank (approximately 2m X 10 x 10cm), in a fix way by the organiser (see sketch), 2.00 / F 4.50 m from the last pole and 10.00 / F 7.50 m from the watertight door.

The watertight door shall - as close as possible - reproduce a shipboard watertight door. It shall be made of metal 1.60 m high, 60 cm wide, with the threshold 40 cm above the ground. The door shall be situated so that the frame is perpendicular to the direction of the race, while the door is opened to a position parallel to the direction of the race. The wall on which the door is situated shall be (at least) 2.00 m wide and 2.50 m high. The door in the opening shall move into the race direction and shall be hinged on its left side.

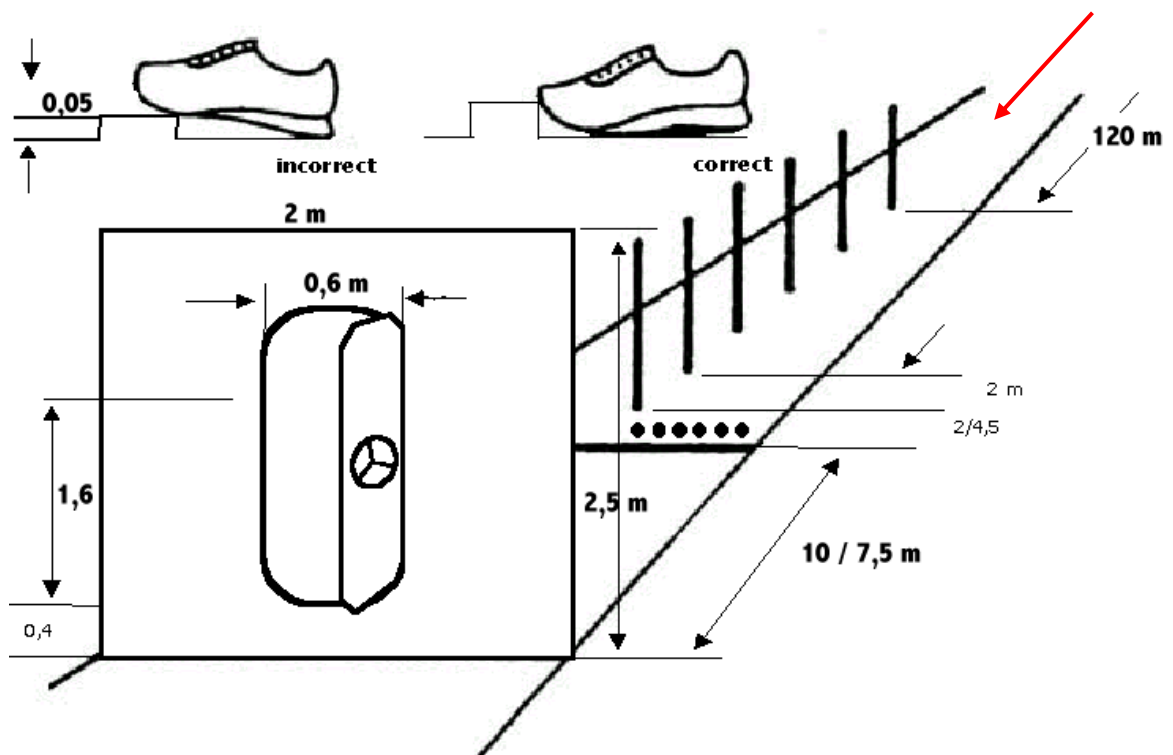


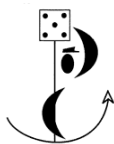
Sketch: Six holes, separated 2 cm apart, 4 cm in diameter and 1.5 cm deep, in the middle area and on top of the plank. One grenade in each hole.



Method of clearing - Circle around the poles free-style either clockwise or counter-clockwise but always in the same direction. At each pole the competitor's body itself must turn 360° , and must also turn 360° around each pole. Grasping or holding the pole is permitted. From the 10.00 / F 7.50 m line throw one grenade through the watertight door. Touching the plank with the foot is permitted, but stepping on the plank during throwing is not allowed (see sketch). Throw grenades over the shoulder one by one. After throwing one grenade through the door, pass through it free style, close and lock it completely.

If the competitor fails to complete the obstacle correctly there will be a **15 sec. penalty** for the missing grenade and a **15 sec penalty** for not closing the watertight door completely.





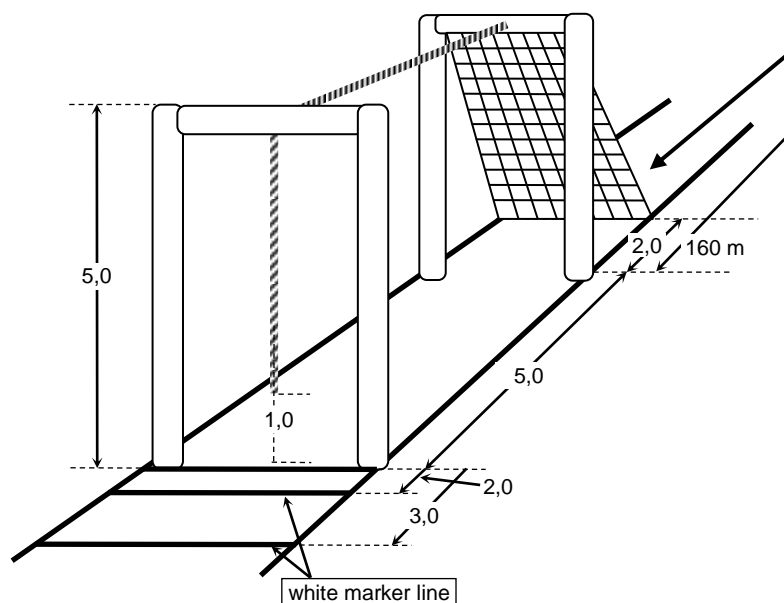
Obstacle No. 6 - Climbing net. Distance from the start - 160 m.

Characteristics – A stand, 2.00 m wide and 5.00 m long *) composed of two pairs of posts 5.00 m high, joined by two horizontal cross-bars, with the same diameter as the posts. A climbing net suspended from the first cross-bar laterally fastened between two steel wires or tubes and fastened to the ground 2.00 m from the side posts.

The net is 2.00m wide and made of rope of about 5 cm circumference and is secured as tightly as possible between the two wires, tubes and ground. The meshes, square-shaped with sides of about 25 cm, shall be arranged so that two sides are parallel to the ground.

A covered steel wire of about 8 cm circumference stretched tight from the centre of one cross-bar to the centre of the other by means of a turnbuckle placed opposite the cross-bar from which the net is suspended. A fibre rope of approximately 12 cm circumference is suspended from the centre of the cross-bar opposite the net, and extends to a point 1.00 m above the ground. A white marker line on the ground 3.00 / F 2.00 m from the second crossbar and between the posts underneath the crossbar.

A soft sandpit is placed under the obstacle and where the competitor jumps down in the landing area (see sketch).

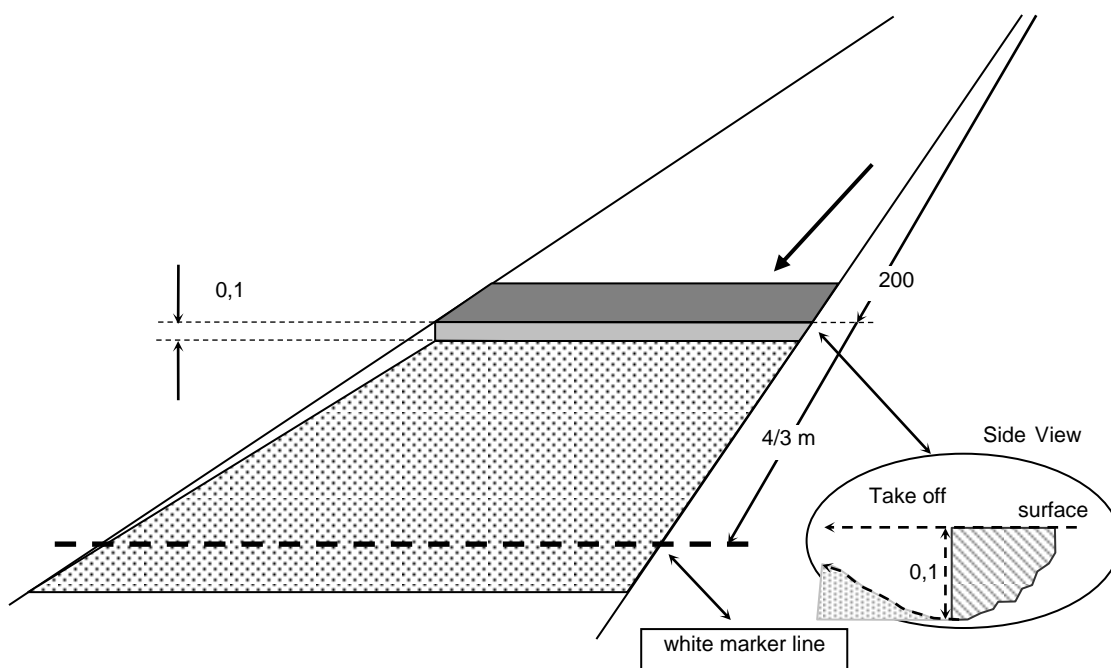


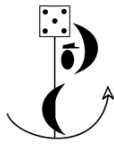


Method of clearing - Climb up the net. Move free-style along the horizontal wire from the first crossbar and touch the second crossbar. Descend free-style using the fibre rope, swing and land at least 3.00 / F 2.00 m from the second crossbar after the white marker-line. If a competitor fails to touch the second crossbar there will be a **10 sec. penalty**. If a competitor fails to jump over the 3.00 / F 2.00 m marker line, he must repeat the swing jump only. If the competitor fails to complete the swing jump there will be a **20 sec. penalty**.

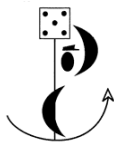
Obstacle No. 7 - Long jump (Distance from the start - 200 m).

Characteristics - Sand pit for long jump with a take-off plank. The level of the sand immediately beyond the take-off plank is 10 cm lower than the top of the plank. 4.00 / F 3.00 m from the front edge of the take-off plank a white marker line (tape/rope) crosses the sandlot (see sketch).



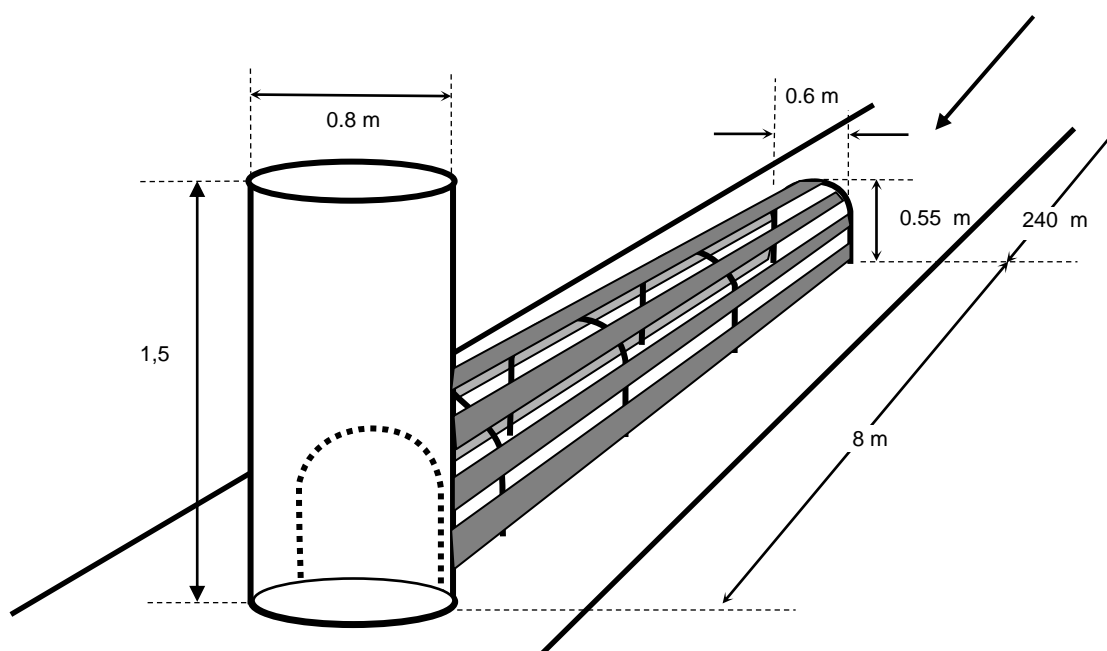


Method of clearing - Jump over the area (measured from the front edge of the take-off plank to the white marker line). Toes may cross the edge of the plank but may not touch the ground in front of the take-off plank. Successful completing of this obstacle means that at no time may the competitor's body, foot, hands etc. touch the tape or rope at the 4.00 / F 3.00 meter mark or the sand between the take-off plank and the tape. A small marker for run-up is allowed. If the competitor fails to complete the obstacle correctly there will be a **20 sec. penalty**.



Obstacle No. 8 – Tunnel (Distance from the start - 240 m).

Characteristics - Several arches and longitudinal crossbar forming a tunnel 55 cm high and 60 cm wide, with bedding of soft sand. The tunnel ends to a vertical centre-line cylinder 1.50 m high and 80 cm in diameter. Total length of the assembly is 8.00 m (see sketch). The tunnel front part hole must be padded. The inside of the tunnel must be such that the competitor won't hurt his head or back in the arches, screws etc. during the crawling.



Method of clearing - Enter in and pass through the tunnel free-style. Exit through the top of the cylinder.



Obstacle No. 9 - Combination obstacle - Parallel wire, climbing planks, yard and footrope. (Distance from the start - 260 m).

Characteristics - A stand composed of two pairs of posts, 3.50 m high and 1.50 m wide, 5.00 m long.

Two planks leaning against a bar joining the top of the first pair of posts in the centre. Planks (slip proof) are set 35cm apart; each plank is 6.00 m long and 15 cm wide.

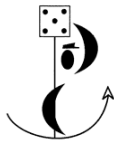
Two covered steel wire ropes of about 8 cm circumferences, the lower one 85 cm above the ground, the other 2.50 m above the ground. The ropes are drawn tight by turnbuckles between the two vertical side-posts along the obstacle's length and on its left side.

A sandlot (1.00 m wide and 5.00 m long), centred underneath the same vertical posts, with a take-off board (0,5 m wide) on the left side of the first post. The level of the sand immediately beyond the take-off plank is 10 cm lower than the top of the board and shall go up to zero at the second post. The end of the sandlot shall be marked by a white marker line underneath the second post.

A yard with footrope made of covered steel wire of about 5 cm circumference. The rope shall be fastened to the yardends itself. This yard is fastened to the uppermost ends of the righthand side posts. With an approximately 75 kg weight suspended from its centre it should drop 1.00 m below the top of the yard (see sketch).

If the organiser installs parallel tracks, it is possible to reduce the width of the obstacle from 1.50 m to 1.00 m. However, the minimum distance between the obstacles must be at least 1,0 m.

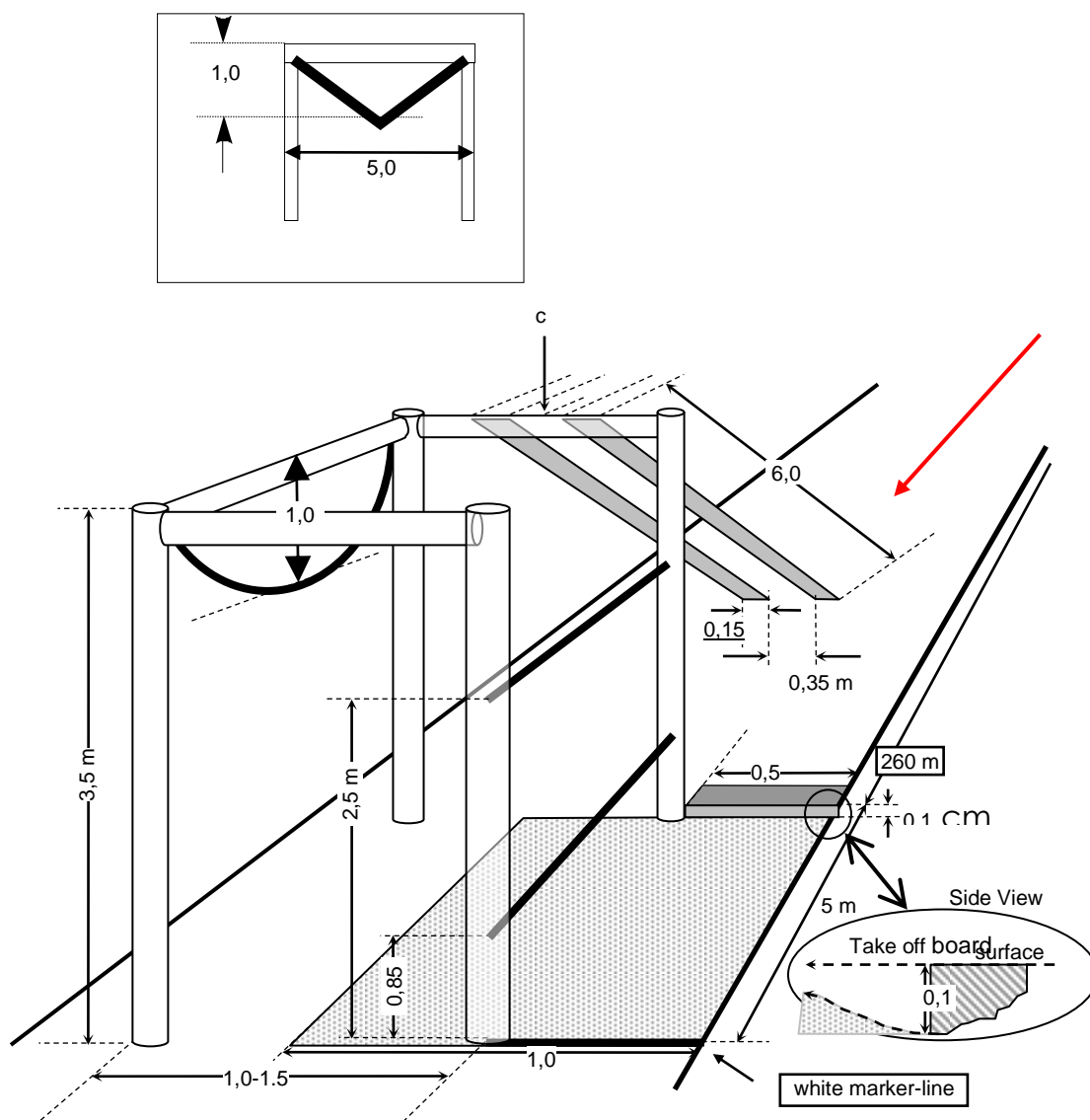
Method of clearing - Cross the sandpit by running on the lower wire (and, if necessary, holding onto the upper wire) without touching the sandpit inside the area between the take-off board and the white marker line or their lateral extensions. Run around the stand to the right. Hand support on the posts is allowed. Ascend the plank or planks free-style. Move sideways along the yard using the footrope and touch the crossbar opposite the planks. Descend free-style. Using the side-post is allowed.



If a competitor touches the sandpit (inside the area between the take-off plank and the white marker-line) or the extended side area between the posts, he must return to the beginning of the obstacle. If the competitor does not touch the crossbar he must return to "plank climb" feature only.

If the competitor fails to complete the obstacle correctly (e.g. touches the sand or fails to touch the crossbar) there will be a **20 sec. penalty** for each fault.

Sketch of obstacle No 9:

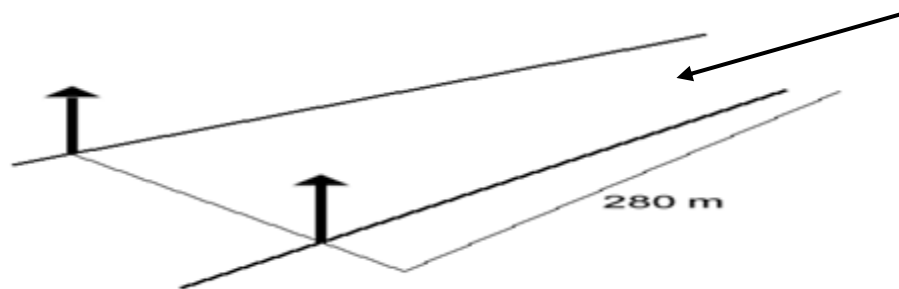




Feature No. 2 - Finish Female (Distance from the start - 280 m).

Characteristics -Two posts and a white marker on the ground marking a finish line.

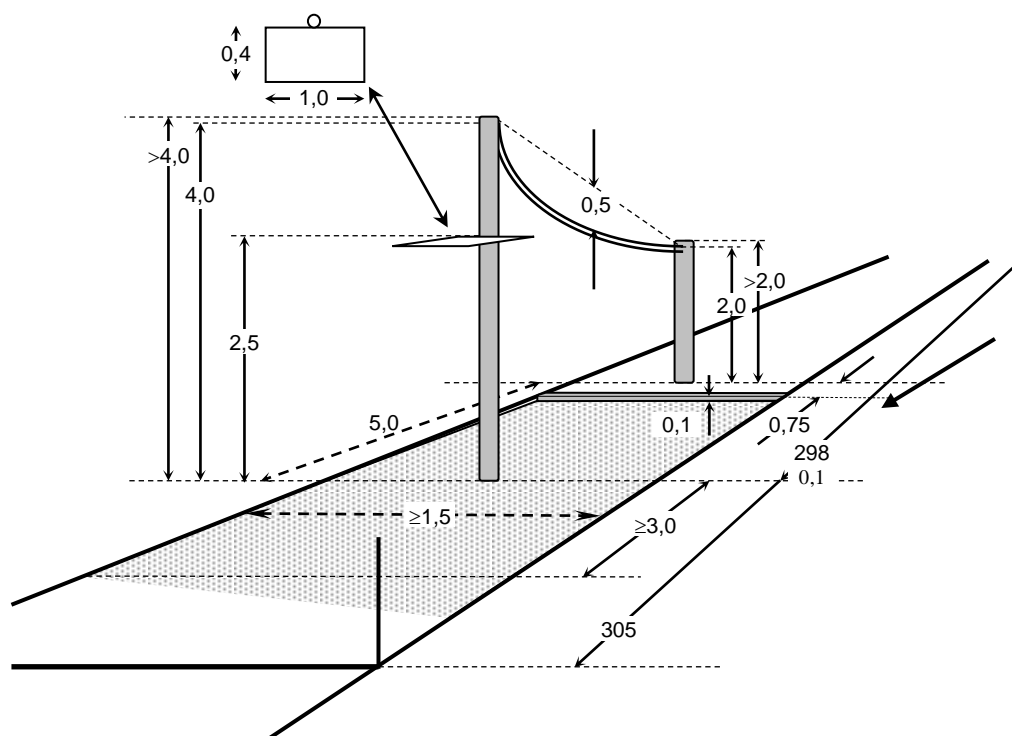
Method of clearing – Pass the finish line by running. When the competitor passes the finish line with her chest the time for the race will be taken.





Obstacle No. 10 - Sloping wire (Distance from the start - 293 m).

Characteristics – A stand composed of two posts fixed in the ground, 4.00 m and 2.00 m high, respectively, and 5.00 m long. *) On the higher post a platform, 1.00 m wide and 40 cm deep square, is located 2.50 m above the ground. A covered steel wire of 8 cm circumference is fixed between the two posts. It shall be of such length as to have a 50 cm drop at the middle of a virtual line between the two fix points. A sandpit with a take-off plank is located beneath the rope and is at least 1.50 m wide. The pit begins 75 cm from the lower post, passes and ends at least 3 m from the higher post. The level of the sand immediately beyond the take-off plank is 10 cm lower than the top of the plank, and shall go up to zero at the higher post.



Method of clearing - Climb free-style up the sloping wire without touching the sandpit. Use of the posts is allowed. Pass over the platform standing on the platform (one foot is allowed). Jump down and continue to the finish.

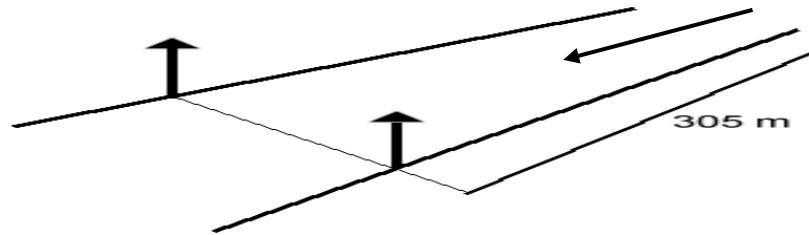


If the competitor touches the sandpit (before standing on the platform) he must return to the beginning of the obstacle. If the competitor fails to pass over the platform standing he must go up to the platform again. If a competitor fails to complete the obstacle correctly (e.g. touches the sandpit or fails to stand on the platform there will be a **20 sec penalty** for **each** fault.

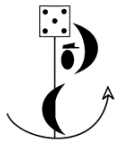


Feature No. 2 – **Finish** (Distance from the start - 305 m).

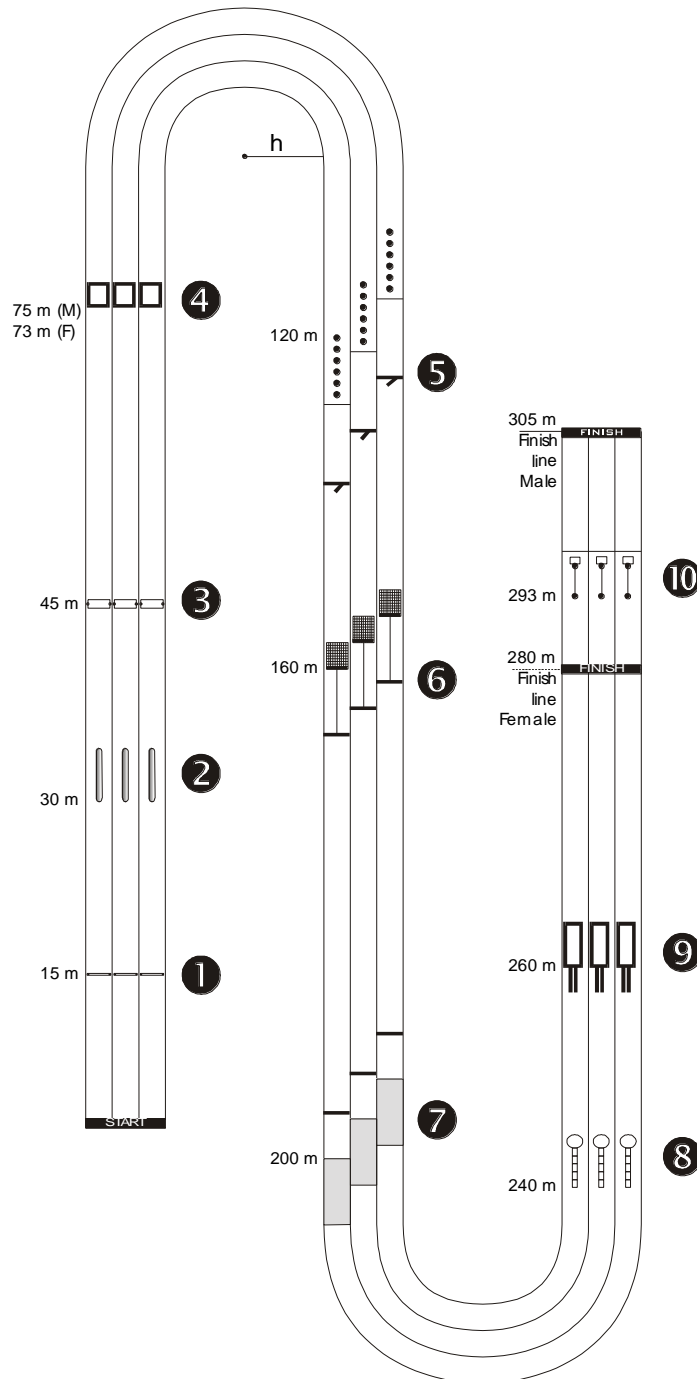
Characteristics -Two posts and a white marker on the ground marking a finish line.

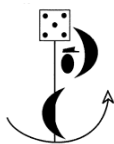


Method of clearing - Pass the finish line by running. When the competitor passes the finish line with his chest time for the race will be taken. If electrical time-keeping is used, the height of the sensor should be approximately 1,3 m.



Overview of construction of obstacle course





3.3. SCORING TABLE OF OBSTACLE RACE

Time	Points	Time	Points	Time	Points	Time	Points	Time	Points
1.20	1350	2.00	1150	3.00	850	4.00	550	5.00	250
.30	1300	.10	1100	.10	800	.10	500	.10	200
.40	1250	.20	1050	.20	750	.20	450	.20	150
.50	1200	.30	1000	.30	700	.30	400	.30	100
		.40	950	.40	650	.40	350	.40	50
		.50	900	.50	600	.50	300	.50	0

Correction table

10ths of sec.	+0	+1	+2	+3	+4	+5	+6	+7	+8	+9
+ 0 sec	- 0	- 1	- 1	- 2	- 2	- 3	- 3	- 4	- 4	- 5
+ 1 sec	- 5	- 6	- 6	- 7	- 7	- 8	- 8	- 9	- 9	-10
+ 2 sec	-10	-11	-11	-12	-12	-13	-13	-14	-14	-15
+ 3 sec	-15	-16	-16	-17	-17	-18	-18	-19	-19	-20
+ 4 sec	-20	-21	-21	-22	-22	-23	-23	-24	-24	-25
+ 5 sec	-25	-26	-26	-27	-27	-28	-28	-29	-29	-30
+ 6 sec	-30	-31	-31	-32	-32	-33	-33	-34	-34	-35
+ 7 sec	-35	-36	-36	-37	-37	-38	-38	-39	-39	-40
+ 8 sec	-40	-41	-41	-42	-42	-43	-43	-44	-44	-45
+ 9 sec	-45	-46	-46	-47	-47	-48	-48	-49	-49	-50

Example:
 2.01.3 minutes = 1150 points for 2 minutes (-) minus 5 points for one second (-) minus 2 points for 3 tenths of seconds =1143 points



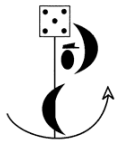
CISM SPORTS REGULATIONS
NAVAL PENTATHLON
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CHAPTER 4

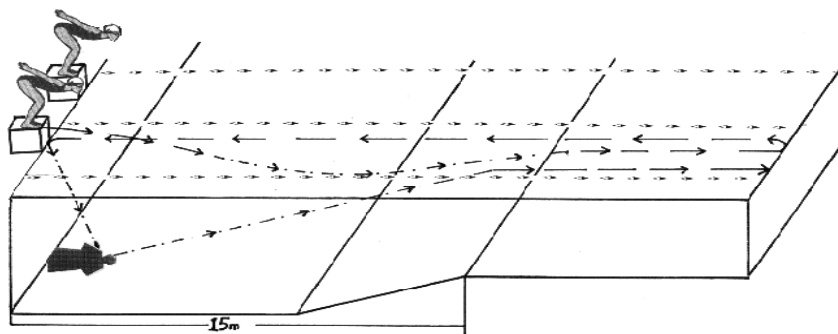
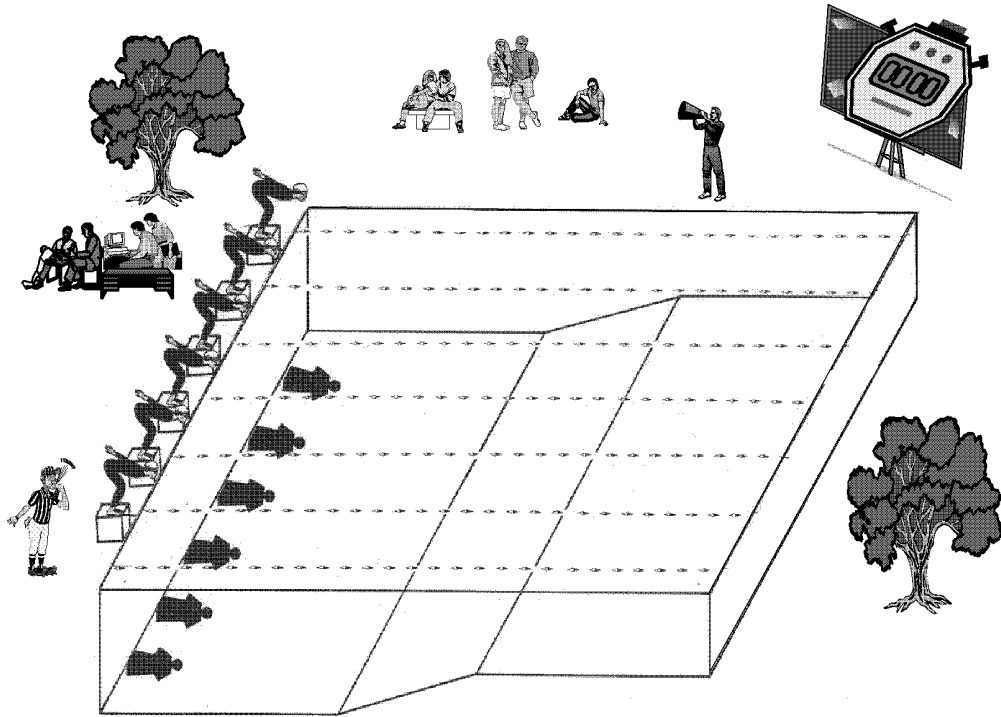
NAVAL PENTATHLON

LIFESAVING SWIMMING RACE



4. LIFESAVING SWIMMING RACE

4.1. OVERVIEW OF LIFESAVING SWIMMING RACE





The Life-Saving Swimming Race is conducted in a swimming pool, which is preferably 25 m long and more than 2 m deep. The distance of the race is 75 m (3 x 25 m). There are five (5) separate features in the race. If the swimming pool is longer than 25 m a bulkhead must be put into the pool so that each leg of the course is 25 m. A pool shorter than 25 m cannot be used.

4.2. GENERAL RULES

Dress shall be swimming suit and working dress in accordance with FINA regulations. Goggles may be used.

Any swimming stroke may be used and changed (if desired) during the race.

If a competitor fails to perform any of the features correctly he must try again until he succeeds or accept a specified penalty.

An inspection of the dummy for all its characteristics and readiness must be carried out by the Technical Jury prior the start of the race.

The competitor's working dress shall be given to him on the first call just prior to his turn in the life-saving race. He shall dress up in front of a referee and wear the uniform the same way as in the fitting. If a competitor wants to start with his working dress wet he may get into the pool and then mount the block for the start.

After a competitor has finished, his working dress must be picked up, dried and locked in the bag again by the organiser's Technical section. The working dress is given to the competitor again just prior to his turn in the Amphibious Cross-country Race.

A competitor's working dress may not be challenged by anyone (except the starter) when he is dressing or before or during the event. However, it may be examined after the race by the Technical Jury. Any intentional alteration, modification or tear - made after the "inspection", shall be grounds for judgement. However, torn away buttons shall not constitute such grounds.

In the turns the competitor must touch the wall with any part of the body. If the competitor makes a (flip) turn and does not touch the wall, he must go back and touch the wall. If a competitor doesn't hit the wall in a turn there will be a **20 sec penalty**.



The competitor has to wear the complete working dress until reaching the 50 m turn. If the competitor loses his trousers during diving/swimming, he has to put them on immediately. If a competitor is not able to put them on, he nevertheless must carry the trousers till the end of the 50 m distance. If a competitor does not fulfill the above mentioned requirements before touching the end of the pool there will be a **20 sec penalty**.

4.3. SPECIFIC RULES

Feature No. 1 - Start.

Characteristics - Start from the pool edge/ starting block, males with working dress on.

Condition – The competitor makes a start jump and dives / swims under the water.

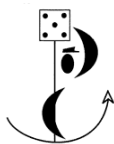
Feature No. 2 - Underwater swimming (Distance from the start - 15 m).

Characteristics - The 15 m distance must be marked by clearly visible means both on the bottom of the pool and above water. Additionally there must be video recording of the 15 m mark provided by the organiser. This video recording may be used by the Technical Jury if necessary to make judgements.

Condition - The competitor must remain submerged during the 15 m course. After reaching the 15 m mark with his head the swimmer may surface. Breaking the surface of the water with any part of the body before reaching the 15 m mark with the head will cause a penalty. If a competitor surfaces or breaks the surface earlier there will be a **20 sec. penalty**.

Feature No. 3 – Swimming (Distance from the start - 15 to 50 m).

Characteristics - Total distance of swimming on the surface is approximately 35 m.



Condition – The competitor swims free-style until he touches the end of the pool with two hands simultaneously (at 50m) before diving. He may not undress before he has touched the end of the pool.

Feature No. 4 – **Undress in the water** (Distance from the start –50 m).

Characteristics – None.

Condition – Undress after touching the end of the pool. Undressing and diving can be done at the same time. If a competitor starts the undressing before touching the end of the pool there will be a **20 sec penalty**.

Feature No. 5 - **Diving, underwater recovery and swimming with the dummy** (Distance from the start - 50 m).

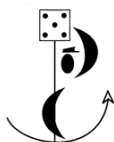
Characteristics - An F.I.S.S. standard plastic dummy 1.00m long with arm sections of 7cm, without legs, when submerged at 1.00 m depth weighting 1.50 kg. It shall be placed at 2.00 - 4.00 m depth. If the pool is deeper than 4.00 m the dummy must be placed on a platform. The dummy must be placed so that its head is in the race direction, the body close to the wall and the face of the dummy is upwards.

Condition - Dive and catch the dummy. Swim and bring the dummy to the other end of the pool. The method of carrying the dummy is optional.

Feature No. 6 – **Finish** (Distance from the start 75 m).

Condition - The event is finished when the swimmer touches the end of the pool with one of his hands, still carrying the dummy with the other hand. The competitor may not hit the end of the pool with the dummy before he hits the wall with his hand. If the dummy hits the wall earlier than the competitor there will be a **20 sec penalty**.

The competitor must hold on to the dummy without changing grip in front of a referee when finishing. If a competitor finishes without having the dummy in his hand at the same time there will be a **20 sec. penalty**.

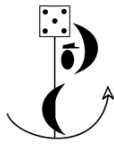


4.4. SCORING TABLE OF LIFESAVING SWIMMING RACE

Time	Points	Time	Points	Time	Points	Time	Points	Time	Points
0.30	1350	1.00	1200	2.00	900	3.00	600	4.00	300
0.40	1300	.10	1150	.10	850	.10	550	.10	250
0.50	1250	.20	1100	.20	800	.20	500	.20	200
		.30	1050	.30	750	.30	450	.30	150
		.40	1000	.40	700	.40	400	.40	100
		.50	950	.50	650	.50	350	.50	50

Correction table

sec/10 sec	+0	+1	+2	+3	+4	+5	+6	+7	+8	+9
+ 0 sec	- 0	- 1	- 1	- 2	- 2	- 3	- 3	- 4	- 4	- 5
+ 1 sec	- 5	- 6	- 6	- 7	- 7	- 8	- 8	- 9	- 9	-10
+ 2 sec	-10	-11	-11	-12	-12	-13	-13	-14	-14	-15
+ 3 sec	-15	-16	-16	-17	-17	-18	-18	-19	-19	-20
+ 4 sec	-20	-21	-21	-22	-22	-23	-23	-24	-24	-25
+ 5	-25	-26	-26	-27	-27	-28	-28	-29	-29	-30
+ 6	-30	-31	-31	-32	-32	-33	-33	-34	-34	-35
+ 7	-35	-36	-36	-37	-37	-38	-38	-39	-39	-40
+ 8	-40	-41	-41	-42	-42	-43	-43	-44	-44	-45
+ 9	-45	-46	-46	-47	-47	-48	-48	-49	-49	-50

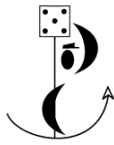


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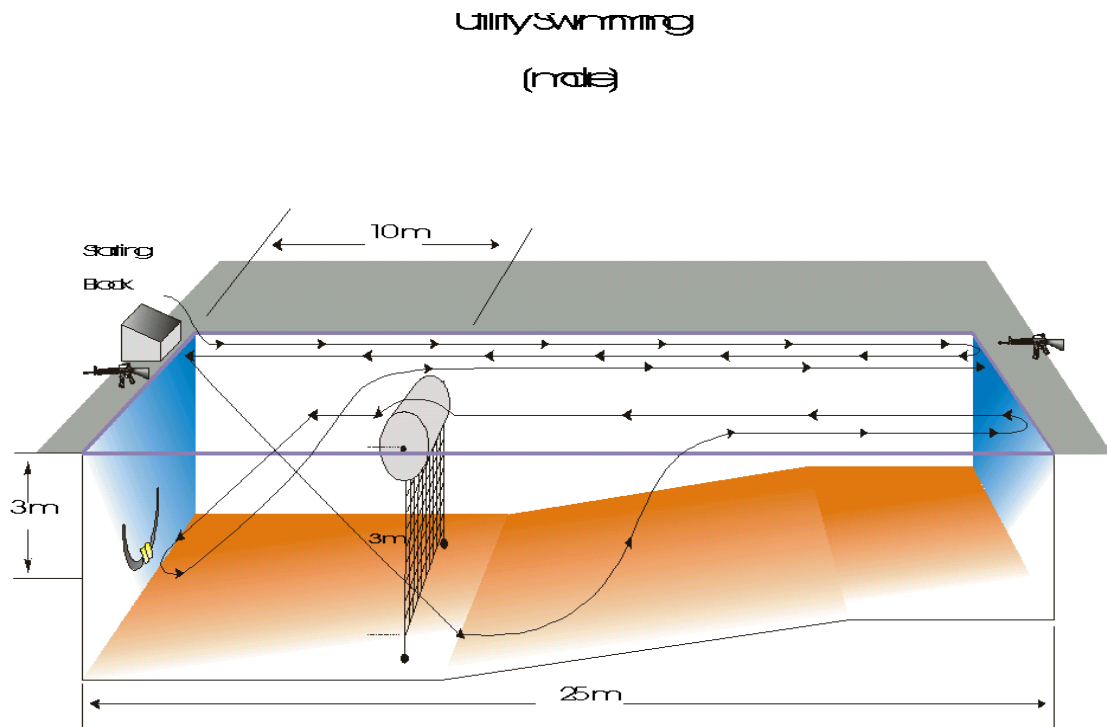
CHAPTER 5

NAVAL PENTATHLON UTILITY SWIMMING RACE

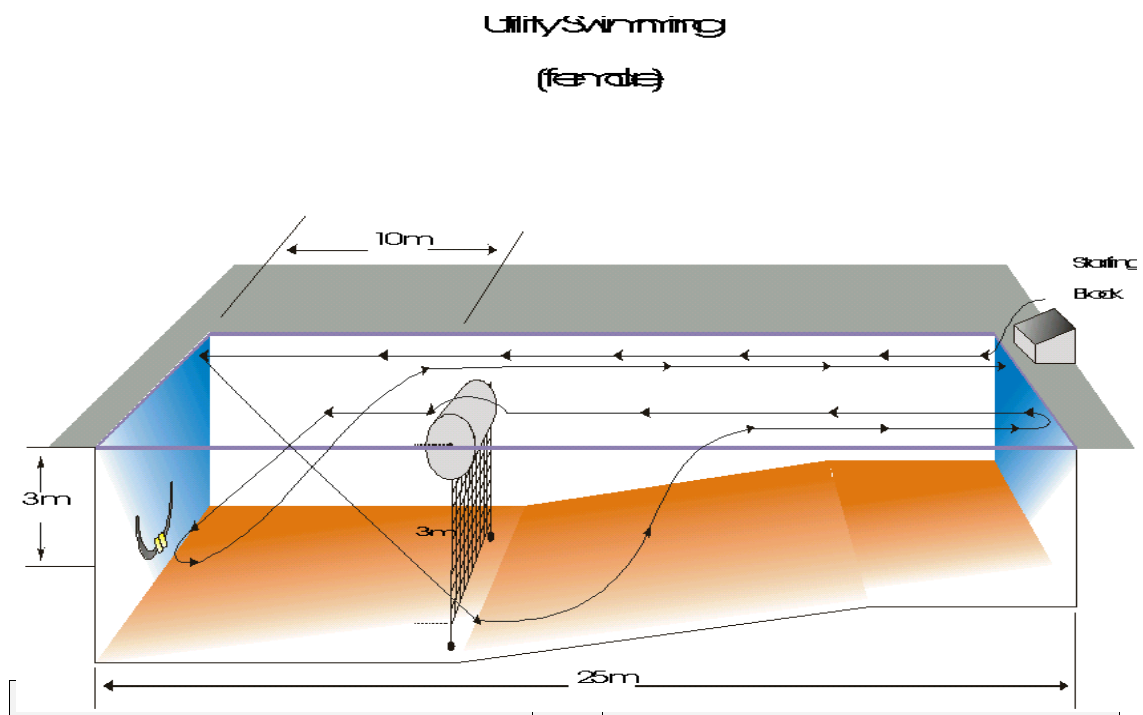


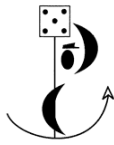
5. UTILITY SWIMMING RACE

5.1. OVERVIEW OF UTILITY SWIMMING RACE MALE



5.2. OVERVIEW OF UTILITY SWIMMING RACE FEMALE





This race is preferably conducted in the same pool as the one used for the Lifesaving Swimming Race. The overall distance of the race is 125 / F100 m, during which the competitor shall perform six / F five (6 / F 5) separate features.

5.3. GENERAL RULES

Any swimming stroke may be used. Dress is swimming suit and fins. The use of goggles is optional.

If a competitor fails to perform any of the features correctly he must try again until he has succeeded or accept a specified penalty.

Here the track is described as seen from the male competitors start. The numbers and colours of the lanes will remain unchanged for female and male competitions. The track will be set up on two (2) swimming lanes. Features No. 3, 4 and 5 will be set up in the right lane. The competitor starts on the left lane. After feature No. 2/ F1 he moves to the right lane. After feature No. 5 he moves back to the left lane.

Touching the wall with any part of the body or the fins will mark the turns. If the competitor makes a flip turn but doesn't touch the wall, he must go back and touch the wall. If a competitor doesn't touch the wall in a turn there will be a **20 sec. penalty**.

5.2. SPECIFIC RULES

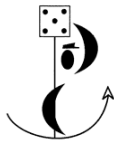
Feature No. 1 – **Start and swim.** (Female Competitors see **1F**)

Characteristics - Dive from the starting block/edge of the pool.

Condition - Start and swim or dive 25 m, free style on the starting lane.

Feature No. 2 – **Carrying the rifle.** Distance from the start is from 25 to 50 m.

Characteristics - A dummy rifle, which weighs about 3kg, is placed on the edge of the pool by the organiser in similar position for every competitor (see sketch).



Condition - The competitor shall take the rifle from the edge of the pool (at 25m) and carry it unaided until he touches the other side of the pool (at 50 m), where he has to leave the rifle outside the pool after first touching the wall. If the competitor fails to leave the rifle outside the pool or leaves it before first touching the wall there will be a **15 sec. penalty** for each fault.

Feature No. 1F – Start and swim.

Characteristics - Dive from the starting block / edge of the pool.

Condition - Start and swim or dive 25 m free style on the starting lane and turn before going to feature No. 3.

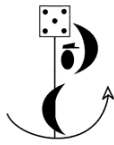
Feature No. 3 - **Passing under a net obstacle** (Distance from the start – 60 / F 35 m).

Characteristics - A vertical net across the lane. The lower edge of the net must be placed at three (3) meters depth. However, if the depth of the pool is only (3) meters or less, the lower edge of the net must be placed 70 cm above the bottom. There must be chains reaching down to the bottom from each side of the net.

Condition – Change to the left lane, dive and pass under the net. If the competitor fails to pass under the net he must, without disturbing any other competitor, swim submerged and pass the net from left side as far as he has passed the virtual lateral extension of the net with his fins. If the competitor fails to pass under the net there will be a **15 sec. penalty**.

Feature No. 4 - **Pass over the barrel obstacle** (Distance from the start – 90 / F 65 m).

Characteristics - A cylindrical floating barrel made of wood or metal, as shown in sketch, held in position across the lane by lane lines. The cylinder shall be covered with neoprene or carpet, rotate freely and submerge partly when a competitor passes over it. Height of the up most side of the barrel is 25 cm above the water.



Condition - Pass over the barrel. If the competitor fails to pass over the barrel he must swim by the barrel on the right hand side lane (as seen in swimming direction). If the competitor fails to pass over the barrel there will be a **15 sec. penalty**.

Feature No. 5 - Underwater work (Distance from the start – 100 / F 75 m).

Characteristics – Two hoses with couplings at the end of the pool. The joined ends of the hoses are 3.00 m deep from the surface. Should the pool be less than 3.00 m deep, the hoses must be placed as close as possible to the bottom. The hoses should be attached to the pool or weighted 50 cm from the ends to limit upward movement. The two hoses must be standard shipboard fire-fighting hoses and the two couplings of the fixed joint type. In the invitation the sponsoring nation shall provide participating nations with the specifications of the type of couplings to be used.

Condition - Uncouple the hoses and turn before continuing to feature no 6. If the competitor fails to uncouple the hoses there will be a **15 sec. penalty**.

Feature No. 6 - Final sprint. Distance from the start 100 – F 75 m.

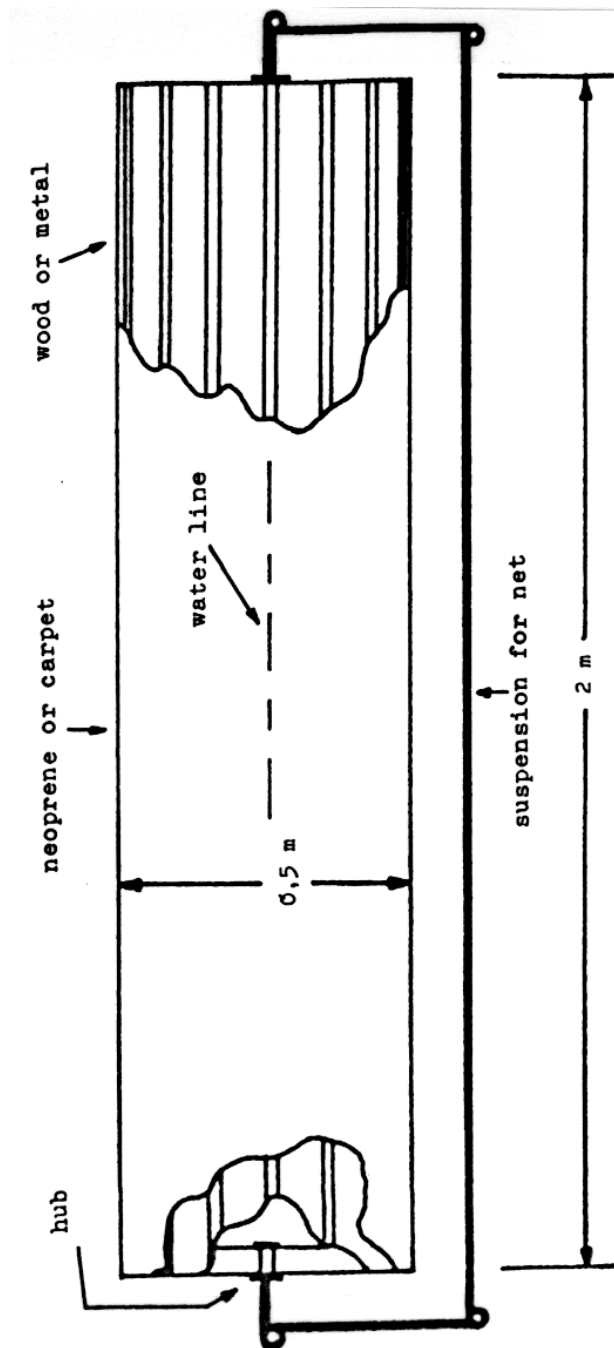
Characteristics - Distance 25 m.

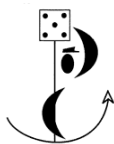
Condition – Swimming or diving free-style.

The race is finished when the swimmer touches the end of the pool on the starting lane at 125 / F 100 m. If the competitor, at the finish, touch the end of the pool on the wrong lane there will be a 15 sec. penalty.



The barrel of the Utility Swimming Race





5.4. SCORING TABLE OF UTILITY SWIMMING RACE

Time	Points	Time	Points	Time	Points	Time	Points
0.45	1500	1.00	1350	2.00	750	3.00	150
0.50	1450	.05	1300	.05	700	.05	100
0.55	1400	.10	1250	.10	650	.10	50
		.15	1200	.15	600	.15	0
		.20	1150	.20	550	.20	
		.25	1100	.25	500	.25	
		.30	1050	.30	450	.30	
		.35	1000	.35	400	.35	
		.40	950	.40	350	.40	
		.45	900	.45	300	.45	
		.50	850	.50	250	.50	
		.55	800	.55	200	.55	

Correction table

sec/10 sec	+0	+1	+2	+3	+4	+5	+6	+7	+8	+9
+0	- 0	- 1	- 2	- 3	- 4	- 5	- 6	- 7	- 8	- 9
+1	-10	-11	-12	-13	-14	-15	-16	-17	-18	-19
+2	-20	-21	-22	-23	-24	-25	-26	-27	-28	-29
+3	-30	-31	-32	-33	-34	-35	-36	-37	-38	-39
+4	-40	-41	-42	-43	-44	-45	-46	-47	-48	-49



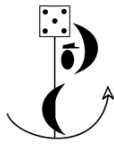
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CHAPTER 6

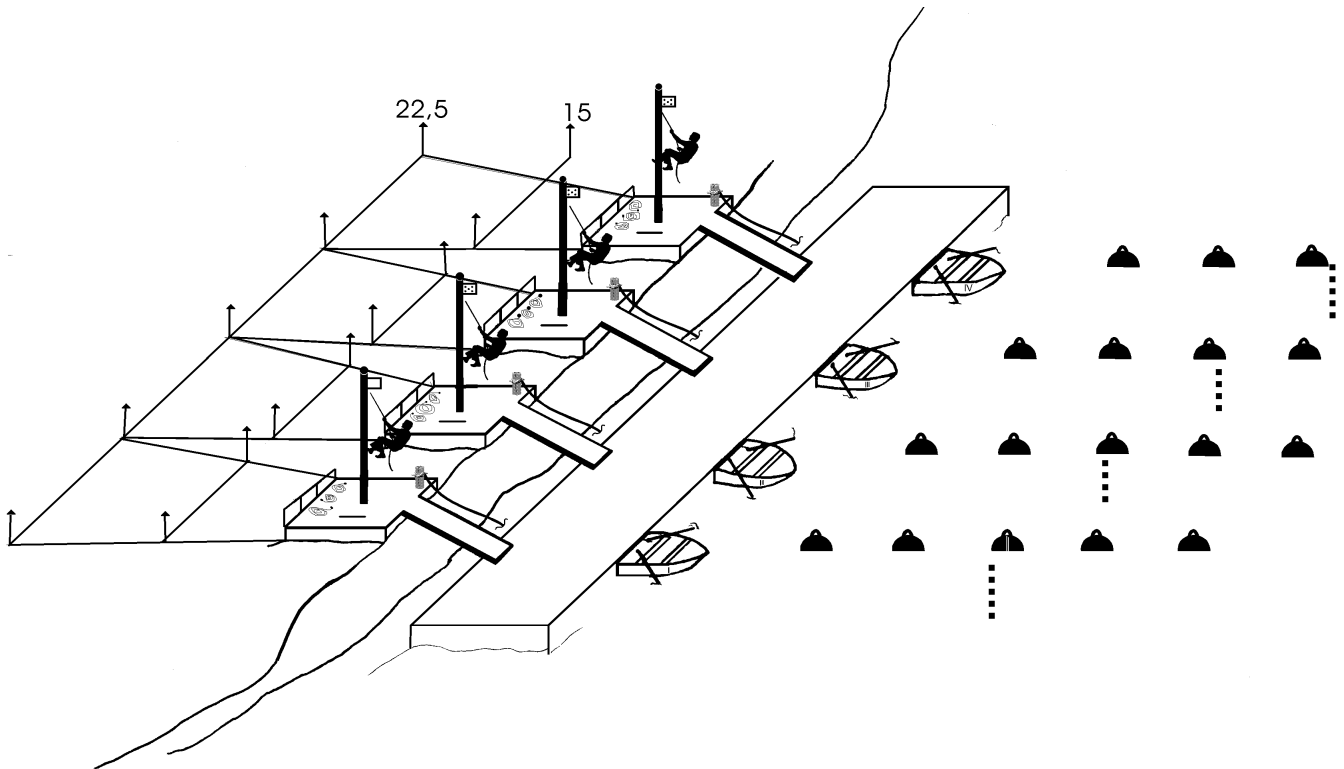
NAVAL PENTATHLON

SEAMANSHIP RACE



6. SEAMANSHIP RACE

6.1. OVERVIEW OF THE SEAMANSHIP COURSE

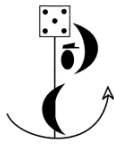


6.2. SEAMANSHIP RACE

This race shall be performed on land or pier (on a working area of approximately 5 x 5 m, see sketch) and in a pulling boat on water, over a rowing course of 270 m.

6.3. GENERAL RULES

In the Seamanship Race, particular care must be given to the factors of wind, current and equipment to ensure that the competitors have equal tracks. The tracks must be separated by at least 12 m.



The organiser must provide at least two (2) boats per track. These must be assigned and listed in the starting list for each track in a fix way by drawing of lots under the supervision of a member of the Technical Jury. A competitor has the right to choose the boat he wants to use within his own lottery group. Only in the case that every boat in the own lottery group is broken he may choose to use a reserve boat, which is provided and prepared as all the others by the organizer.

No preparations on the boats are allowed by the competitors (i.e. taping, using of sandpaper or glue). Oarlocks must be fixed to the boat and closed (See sketch). The handles of the oars should not be slippery. If the Organizing Committee can't provide a closed oarlocks then they must request authorization to the CSC of Naval Pentathlon to use an opened oarlocks but they have to hold the paddles avoiding that they leave.

Training with the boats and on the tracks is not allowed during the competition day.

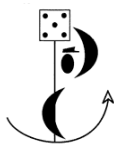
The boats should be stored in a specified "marina" or a small boat harbour during the competition, which is not more than approximately 100 m from the "competition area".

The boat will be handed over to the competitor or his/her assistant at the marina on the second call. The competitor must bring the boat back to the marina immediately after his race.

Individual foot support is optional but the feet are not allowed to be supported in a fixed way. The individual foot support created by a country / competitor must be shared with any other competitor upon request.

Dress in this race is optional. The techniques used by competitors in the different features are optional. If a competitor fails to perform any of the features correctly he will have to try again until he has succeeded or accept a specified penalty.

In the preparations before start the competitor is allowed to have one assistant to help holding the boat, preparing heaving lines etc. and also clearing the track.



6.4. SPECIFIC RULES

Feature No 1 - 4 – Land work.

Position - A working area of approximately 5 x 5 m situated on a pontoon, dock or quay, approximately 1 m above the surface.

Feature No. 1 - Start.

Characteristics - Starting line drawn on the ground at least two (2) meters from the mast. Competitors shall receive pegs for feature No.2 before the start of their heat race is ordered.

Condition - Start and continue to feature No. 2.

Feature No. 1 F - Start.

Characteristics - Starting line drawn on the ground.

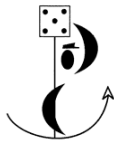
Condition - Start and continue to feature No. 3.

Feature No. 2 - Work on the mast (Approximately 2 m from start (Boatswain's chair)).

Characteristics - A Boatswain's chair which can be hoisted up to the mast using a rope of ca 7 cm circumference and a pulley.

A plate (size 50 x 40 x 5 cm) which is fixed to the top of the mast in a vertical position. The lower edge of the plate is at 6,00 m height from the ground. There are five holes in the plate which are marked in different colours. The diameter of the holes is about 4 cm.

Five 20 cm long pegs and a bag. The pegs are furnished with a stop or a stop-ring 10 cm from the leading end and a diameter of 3.5 cm. The pegs are painted with corresponding colours of the plate (see sketch).



Condition - The competitor must carry the 5 pegs. The competitor shall take his place on the platform, hoist himself up to the plate with the Boatswain's chair and put the pegs into the holes of corresponding colours.

If a competitor fails to put the pegs into the holes of corresponding colours there will be a 25 sec. penalty for each error.

If one or more pegs come out and fall down and touch the ground before the competitor touches the ground he may climb up and put them back in place again without any penalty.

If pegs fall down from the plate when he enters the mast the "second time", he does not have to put that / those pegs back.

Feature No. 3 - Hauling a cable.

Characteristics - Cable of manila or nylon which circumference is between 15 and 20 cm and which is 10.00 m long. One end of the cable is fixed to the pier / pontoon. The other end has a bight (loop) of about 50-100 cm inside diameter. The organizer puts the entire length of the cable into the water immediately before start of each heat.

Condition - The competitor must haul the whole cable in and place it on the platform beside the heaving (throwing) lines at feature No.4. The loop of the cable may not be placed on any part of the heaving lines. If the loop is not correctly placed, the competitor has to correct it, otherwise, there will be a penalty of **10 seconds**.

Feature No. 4 - Heaving lines.

Characteristics - A 1.00 m high and about 1,5 – 2,00 m wide railing on the pontoon. A 10.00 m long barrier (floating marker) moored parallel 22.50 / F 15.00 m from the railing. Three heaving or throwing lines with one end weighted and prepared for throwing placed in a bucket.



Condition - Throw one heaving line over the shoulder from behind the railing. The **weight** of the heaving line must pass over and between the ends of the barrier. After the throw fasten the end of the heaving line to the bight of the Manila cable with a bowline knot (see sketch).

Three attempts are mandatory if the competitor fails the first two throws. If a competitor fails his third throw there will be a **25 sec. penalty**. However, the competitor must still tie one of his heaving lines to the bight of the cable.

It is optional for the competitor to leave after tying the bowline or to wait for confirmation by the judge. If the knot is found not to be a bowline there will be a **25 sec. penalty**. If the judge gives confirmation and the knot is found to be invalid later, no penalty will be imposed.

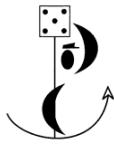
If the judge indicates that the knot is invalid and yet the competitor is certain that it is correct, the competitor should continue. The race organisation must determine during that heat whether it is correct or not.

Feature No. 5 - Slalom rowing around buoys.

Position - On the water in a pulling boat. Rowing must start no more than approximately 20 m from the working area.

Characteristics - Approximately 4 m long boat fitted with two oars and oarlocks.

Five equal size buoys shall be anchored 15,00 m from each other the maximum height being the same as the gunwale of the boats (see sketch No.14 for measurements). The three last buoys on each line must be equipped with pennants/loops on the top for fastening the shackles and chains.



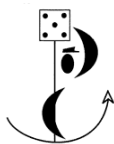
Condition - The competitor must pass each of the five buoys four (4) times during the two laps in the race. In the first lap the competitor must row slalom and pass the first buoy on the right hand side (looking at the buoys from the start) and the next (the second one from the start) on the left side and so on. When the competitor reaches the fifth buoy, he passes it on the right side and turns 180° to the left before returning. Thereafter the competitor must continue slalom rowing back to the first buoy. When the competitor reaches the first buoy, he shall pass it on the left side (looking at the buoys from the start) and turn 180° before starting second lap.

In the second lap (the way of passing the buoy is optional) the competitor has to move the chain from buoy No. 3 to buoy No. 4 (see Feature No. 6) and then pick up the shackle from buoy No. 5 and bring it to the finish line (See Feature No. 7). If a competitor fails to round a buoy correctly there will be a **25 sec. penalty** for that buoy.

Feature No. 6 - Hauling of chain.

Characteristics - A chain fastened to buoy No. 3 with a shackle. The chain is 4 to 5 m long and weighs approximately 5 kg. The diameter of the chain links can regulate the weight of the chain. Ideal depth of water for this feature is 4 to 6 metres. (This is to ensure that the chain can be hauled easily aboard during this event)

The shackle pin is fully screwed in and unscrewed one (1) full turn at buoy No. 3. The shackle and the end of the chain are so connected to each other that the shackle cannot fall from the chain. This should be checked frequently by the race organizer. The shackle pin must be turned in from the port side of the race direction but may look into any other direction due to possible swinging of the buoy. In case the shackle is in vertical position it will be turned in from the topside.



Condition - Loosen the shackle from buoy No. 3, haul the chain and move it to buoy No. 4 and fasten it there with the same shackle. If the competitor does not fasten the chain to buoy No. 4 there will be a **45 sec. penalty**. However, he has still to touch buoy No. 4 with one hand or otherwise he will receive another **15 sec. penalty**. If he fastens the chain without the same shackle or pin he will receive only a **15 sec. penalty** (in this feature).

Feature No. 7 - Mooring.

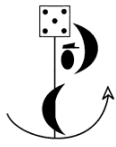
Characteristics – A shackle of the type used in mooring destroyers and weighing about 3 kg. The shackle shall be fastened to buoy No. 5. The pin must be fully screwed in and then unscrewed by one full turn. This should be checked frequently by a member of the Technical Jury.

Condition – Row to the buoy and loosen the shackle. Take the shackle and pin in to the boat and bring them to the finish line. The competitor needs not to round the buoy No. 5. After completing the race the competitor must show the shackle and pin to an official. If the competitor fails to bring the shackle or the pin to the finish line (to show it to the official) there will be a **10 sec. penalty** for each part missing.

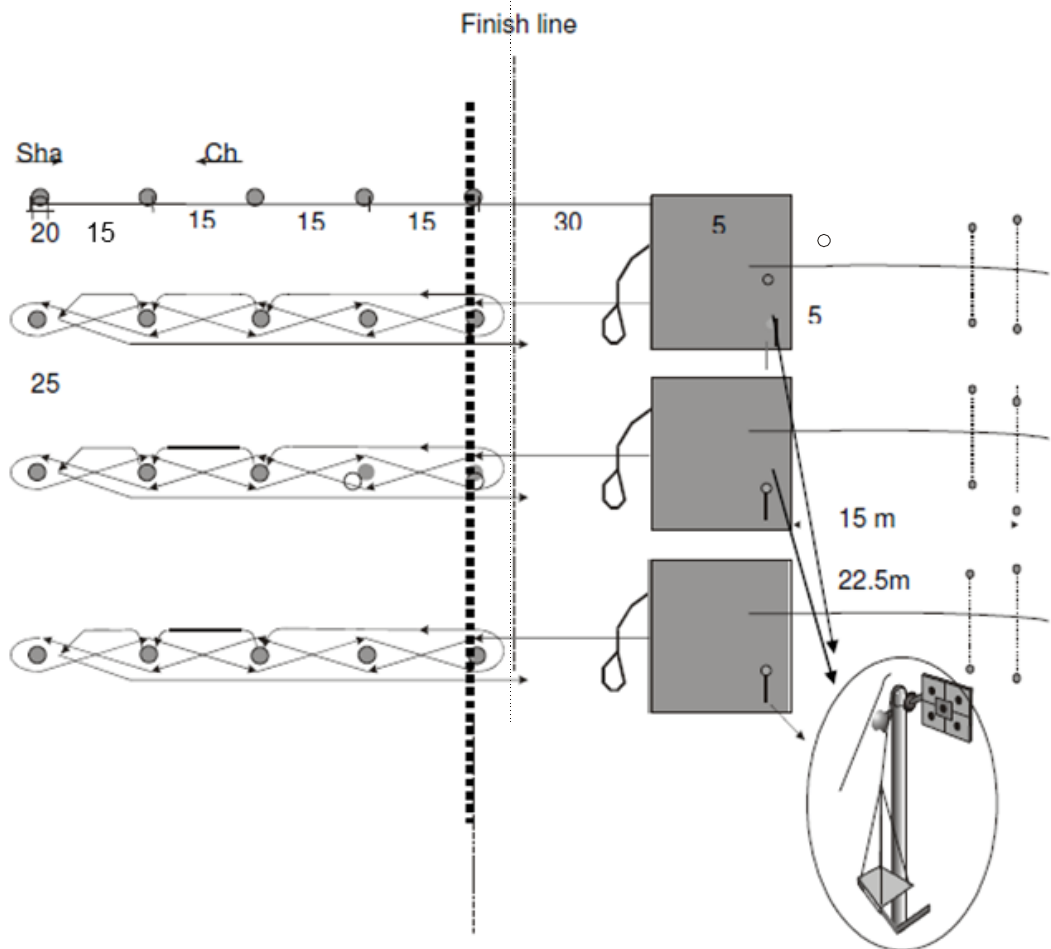
Feature No. 8 - Rowing and Finish.

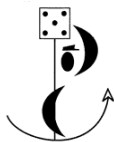
Characteristics - The finish line is determined by the line of all buoys No. 1 and is infinitely long.

Condition - Row until any part of the boat reaches the finish line.



Seamanship course

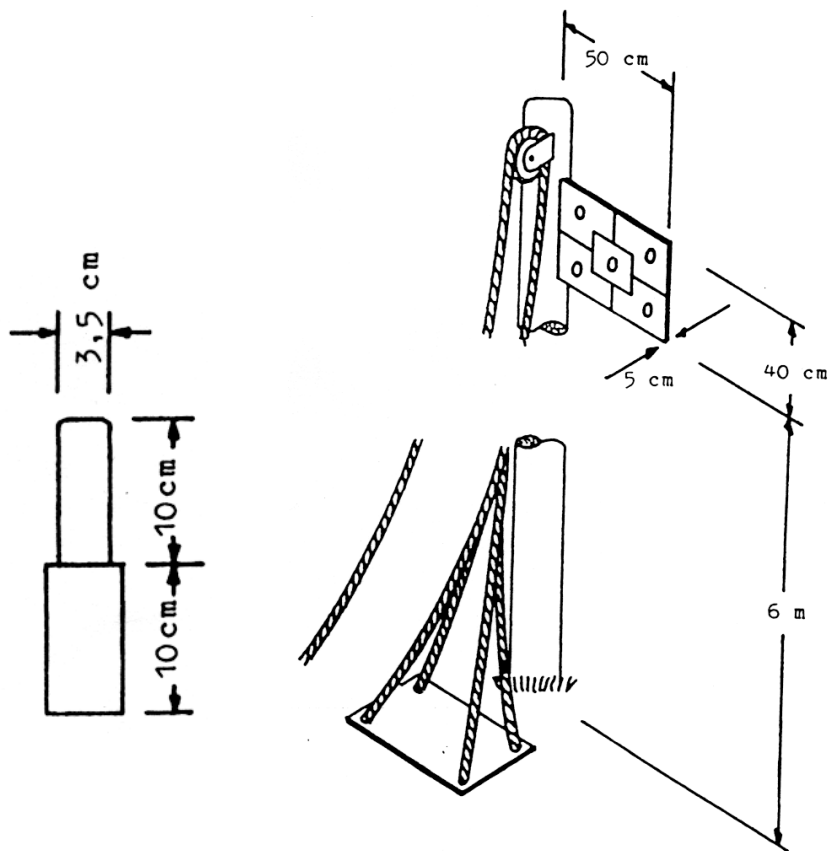


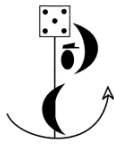


Seamanship course, details, measurements

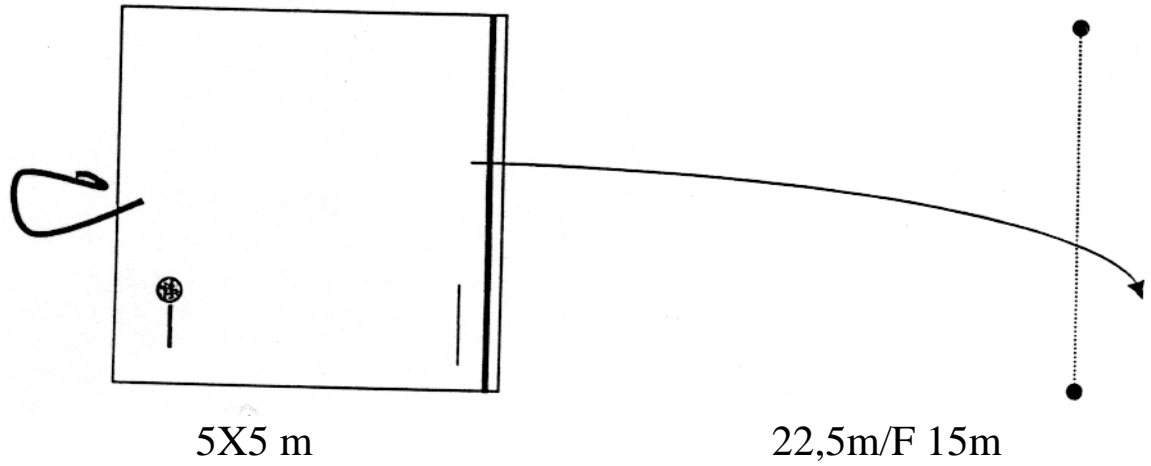
Buoy passing

Correct	Incorrect
	Examples for left turn. Right turn vice versa.





Seamanship course, details, measurements

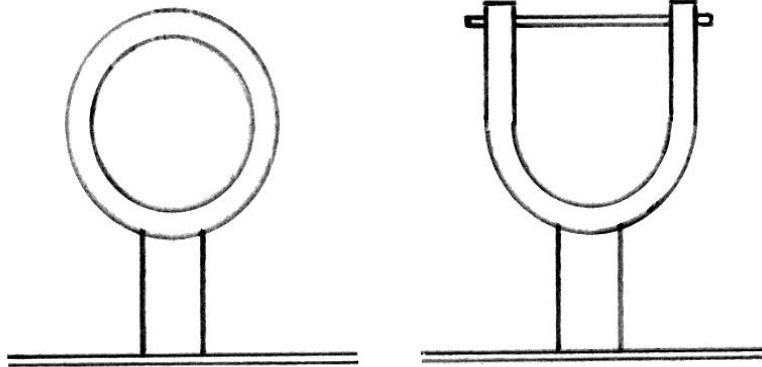


5X5 m

22,5m/F 15m

Oarlocks

Correct bowlines





6.3. SCORING TABLE OF SEAMANSHIP RACE

Time	Points	Time	Points	Time	Points	Time	Points
3.00	1420	6.00	1060	9.00	700	12.00	340
.10	1400	.10	1040	.10	680	.10	320
.20	1380	.20	1020	.20	660	.20	300
.30	1360	.30	1000	.30	640	.30	280
.40	1340	.40	980	.40	620	.40	260
.50	1320	.50	960	.50	600	.50	240
4.00	1300	7.00	940	10.00	580	13.00	220
.10	1280	.10	920	.10	560	.10	200
.20	1260	.20	900	.20	540	.20	180
.30	1240	.30	880	.30	520	.30	160
.40	1220	.40	860	.40	500	.40	140
.50	1200	.50	840	.50	480	.50	120
5.00	1180	8.00	820	11.00	460	14.00	100
.10	1160	.10	800	.10	440	.10	80
.20	1140	.20	780	.20	420	.20	60
.30	1120	.30	760	.30	400	.30	40
.40	1100	.40	740	.40	380	.40	20
.50	1080	.50	720	.50	360	.50	0

Correction table

sec/10 sec	.0 - 4.	.5 - 9.
+ 0	- 0	- 1
+ 1	- 2	- 3
+ 2	- 4	- 5
+ 3	- 6	- 7
+ 4	- 8	- 9
+ 5	-10	-11
+ 6	-12	-13
+ 7	-14	-15
+ 8	-16	-17
+ 9	-18	-19



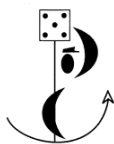
CISM SPORTS REGULATIONS
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CHAPTER 7

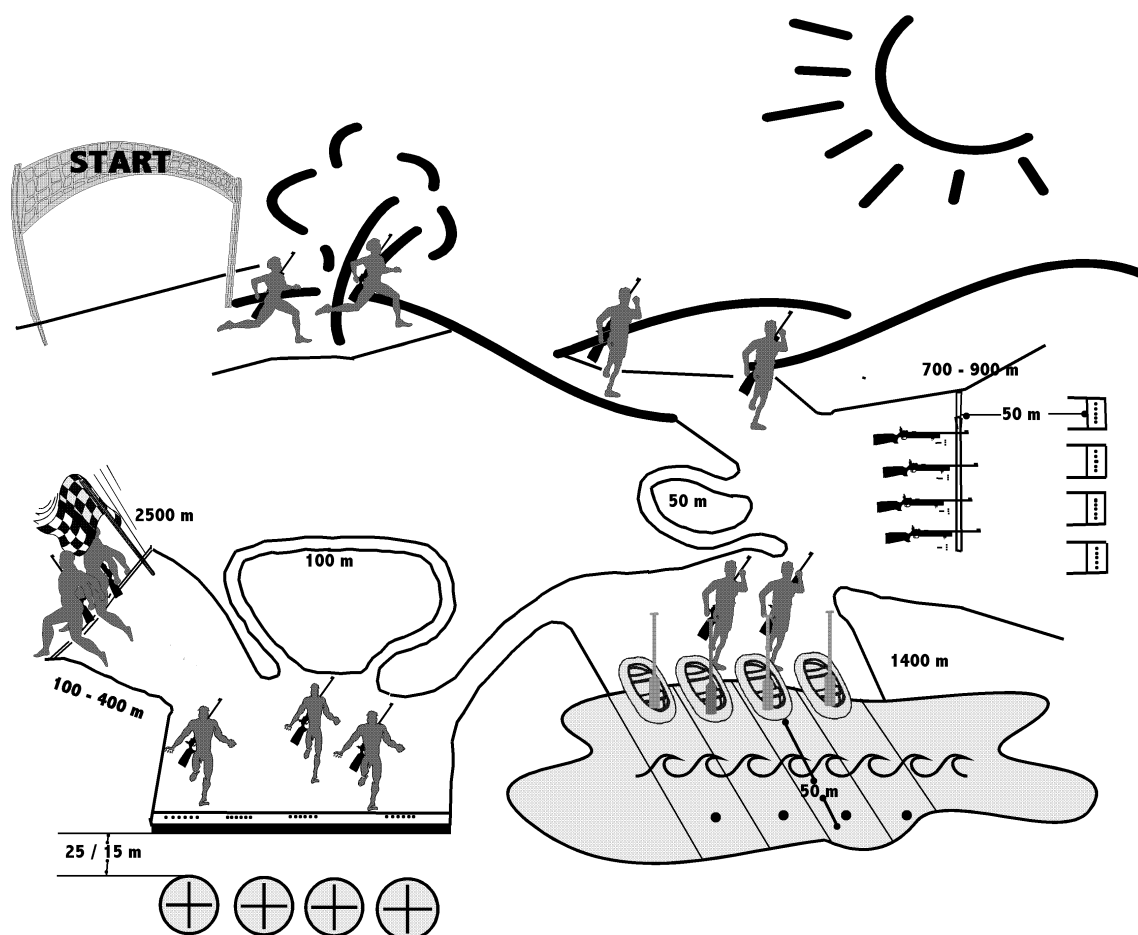
NAVAL PENTATHLON

AMPHIBIOUS CROSS COUNTRY RACE



7. AMPHIBIOUS CROSS-COUNTRY RACE

7.1. OVERVIEW AMPHIBIOUS CROSS-COUNTRY RACE COURSE



In this race the competitor performs in five (5) different features. The race should take place in a location with suitable topographic conditions near a shooting range, bay, river or basin. The distance must be 2500 m (Tolerance +/- 50 m), including the paddling (but without counting the distance of the penalty laps). If possible, the track should be situated so it is possible to observe all features of the competitors performance (running, shooting, paddling and handgrenade throwing), from the same point of view. The starting and finishing area should also be at the same area.



7.2. GENERAL RULES

Course markers must mark the track properly, by at least every 100 m. Left and right turns should be clearly indicated. The track should be placed on easily run ground, e.g. hard earth / sand, grass, concrete or asphalt. No sharp (distinct) curves (>90°) or climbing hills (>30%) are allowed. Special care must be taken at shooting range, paddling and grenade throwing place in order to organise the running track (entering and departing distances and angles) to be equal on each track, also when planning the route of the penalty rounds.

The dress for the competitor is optional, however working dress has to be worn. (See 2.12 and Appendix 5). The competitor's working dress must be given to him just prior to his turn in this race. The use of a web belt is optional. The dress and equipment a competitor starts with must be worn / carried until the race is finished (e.g. if a competitor starts with shoes, glasses, cap he/she must complete the race with equipment).

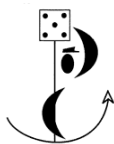
Each competitor must carry a dummy rifle during the race. It should weigh about 3 kg and will be supplied by the organising nation to all the competitors. The dummy rifle can be carried by hand or slung over the shoulder without additional lashings to the body. No additional lashings also mean that no additional padding may be added to the rifle. If the rifle provided to the competitor has a sling break during the race, the competitor may accept no additional help from anyone.

To clearly identify each competitor the organizer must provide each competitor with a colour marking (e.g. armllets) that correspond to the lanes of the athlete in a heat. See specifications of the grenades in Appendix 3.

7.3. SPECIFIC RULES

Feature No. 1 - Start

Characteristics - Starting line drawn on the ground. The competitors are given the (dummy) rifles, working dresses and colour bands before the start of their heat is ordered.



Condition - Start and run along the marked course.

Feature No. 2 – Shooting (Distance from the start at least 700 m, maximum 900 m).

Characteristics - A flat platform for shooting without support for the rifle. A rifle (specifications see in Appendix 4), not prepared for shooting, one magazine loaded with five cartridges (not loaded in the rifle) and three extra magazines with one cartridge in each magazine. All equipment is prepared by a team-member at the shooting range and checked by the responsible official of the range.

There are five targets per each competitor. The targets are made of metal and function as those used in the "Olympic Biathlon Competition". The diameter of the targets is 11.5 cm. The shooting distance is 50 m.

The coach or a team member must prepare and place the rifle before shooting and clear the track after shooting.

No physical assistance to the competitor is permitted during shooting. No physical support (e.g. sandbags, boxes, bars) may be used.

Change of weapon during the shooting is not allowed. The organising nation must provide a reserve/ stand-by rifle with magazines and ammunition available. The reserve/stand-by rifle must be secured (not loaded). The type of the rifle provided by the organiser must be announced in the invitation.

Condition - Shooting shall be performed from the prone position. All targets must be hit. Load the rifle with the magazine with five (5) bullets. Unsecure the rifle and shoot down the targets. All of the five cartridges from the first magazine must be fired before reloading the rifle. If needed, reload with each one of the spare magazines and shoot until all five targets are hit or all eight cartridges are used.

If a competitor expends all his cartridges (1 magazine with five (5) cartridges and three extra ones) and has not hit all the targets there will be a **penalty of 50 m running per each target** not hit. A judge will control the number of penalty rounds and running. If a competitor does not shoot first every one of the five (5) cartridges and then the three extra ones separately one by one there will be a **penalty of 15 sec. per each mistake made.**



Feature No. 3 - Water passage with rubber boat (Distance from the start - at least 1500 m, maximum 1700 m).

Characteristics – An inflatable rubber inflatable boat of standard (not a one man rescue boat) type for one or two man but with a single paddle. The length of the paddling course is 100 m. If the local circumstances require, the course may be split into two 50 meters sections, interrupted by a short running part.

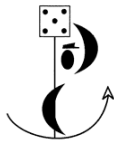
Condition - The rubber boat must be placed on land behind a marker line by a referee. It must be put in the water by the competitor. The competitor must carry the rifle during the water passage. The paddling is free-style.

Start and finish of the water passage are marked by marker lines. The competitor must pull and leave the boat and paddle up onto the marked finishing area of the paddling when he leaves this feature. No assistance is permitted. (In particular not between the possible two 50 m paddling sections, where the competitor must use the same boat and paddle).

If the competitor fails to bring the boat and paddle behind the marker line when finishing this feature, he/she have to correct it, otherwise there will be a **15 sec penalty**.

Feature No. 4 - Grenade throwing (Distance from the start is at least 2100 m, not more than 2400 m).

Characteristics – The target area is organised so that each competitor is throwing on his own lane from behind his throwing barrier, which is painted according to his lane. The target is a circular ring made of metal. The height of the ring is 5 cm and the diameter 2.00 m. The ring must be placed on the ground 25.00 / F 15.00 m from the throwing barrier. The ring must be filled with a material (e.g. sand) which indicates a hit. The number of grenades a competitor can throw is up to six (6). The size of the throwing barrier is approximately 200 x 10 x 10 cm. The grenades are placed on that barrier in a fixed way by the organiser (see sketch Obstacle Race No. 5).



Condition - The competitor throws the grenades in order to hit directly within the target ring. Hitting the ring does not constitute a hit, unless the grenade falls into the target area. Grenades must be thrown over the shoulder one after another. The rifle shall be kept by the competitor, either in his/her hand or slung over his shoulder. The rifle may not be put on the ground.

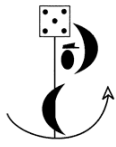
The competitor must throw grenades from behind the barrier. Touching the barrier with the foot is permitted, but the competitor must not step on or over the barrier during grenade throwing (see sketch to Obstacle Feature No. 5). After hitting inside the ring the competitor continues running to the finish line. If the competitor fails to hit inside the target with one of the six (6) grenades there will be a **penalty of 100 m running**. A referee will hold up a flag and indicate a correct hit by immediately lowering the flag. A referee must control the penalty round and running.

Feature No. 5 – **Finish** (Distance from the start is 2500 m).

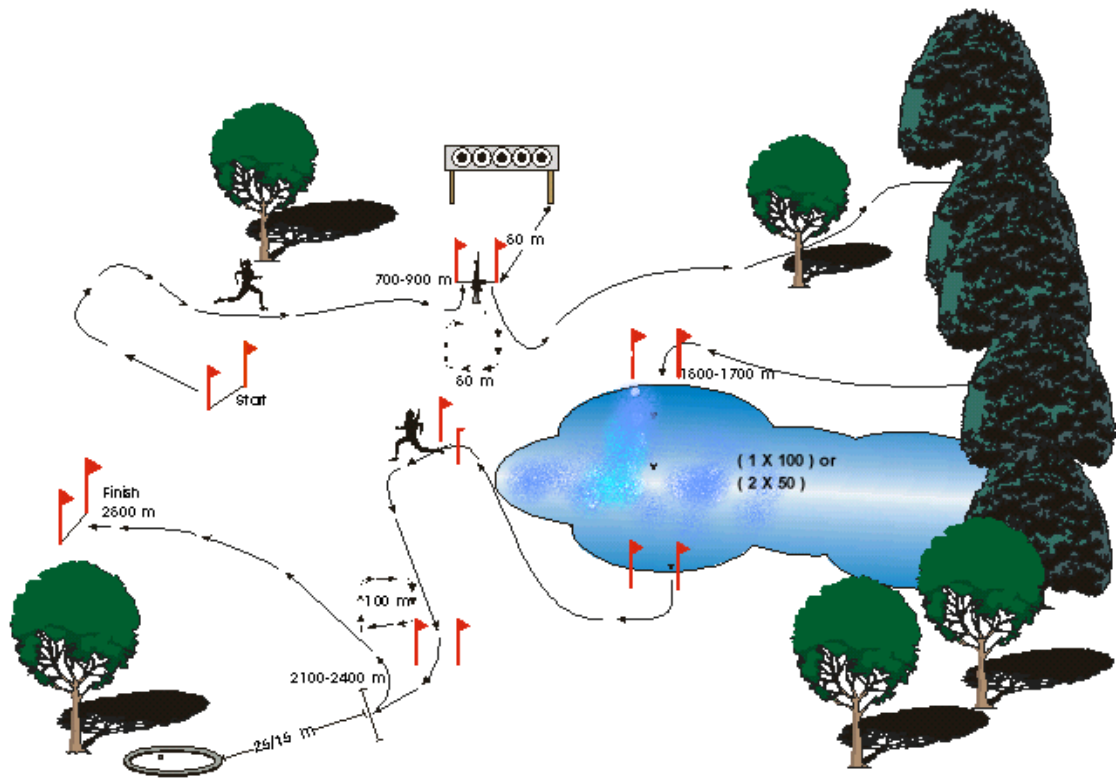
The finish line will be placed at least 100 m, but not more than 400 m from the hand grenade throwing.

Characteristics - A finish line marked with two posts and a white line on the ground.

Condition - Pass the finish line. The final time shall be taken at the moment when the competitor crosses the finish line with his/her chest.



Amphibious Cross-country Race course





7.4. SCORING TABLE OF AMPHIBIOUS CROSS-COUNTRY RACE

Time	Points	Time	Points	Time	Points	Time	Points
8.00	1360	11.00	1000	14.00	640	17.00	280
.10	1340	.10	980	.10	620	.10	260
.20	1320	.20	960	.20	600	.20	240
.30	1300	.30	940	.30	580	.30	220
.40	1280	.40	920	.40	560	.40	200
.50	1260	.50	900	.50	540	.50	180
9.00	1240	12.00	880	15.00	520	18.00	160
.10	1220	.10	860	.10	500	.10	140
.20	1200	.20	840	.20	480	.20	120
.30	1180	.30	820	.30	460	.30	100
.40	1160	.40	800	.40	440	.40	80
.50	1140	.50	780	.50	420	.50	60
10.00	1120	13.00	760	16.00	400	19.00	40
.10	1100	.10	740	.10	380	.10	20
.20	1080	.20	720	.20	360	.20	0
.30	1060	.30	700	.30	340		
.40	1040	.40	680	.40	320		
.50	1020	.50	660	.50	300		

Correction table

sec/10 sec	.0 - 4	.5 - .9
+ 0	- 0	- 1
+ 1	- 2	- 3
+ 2	- 4	- 5
+ 3	- 6	- 7
+ 4	- 8	- 9
+ 5	-10	-11
+ 6	-12	-13
+ 7	-14	-15
+ 8	-16	-17
+ 9	-18	-19

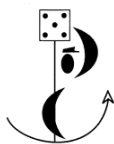


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CHAPTER 8

NAVAL PENTATHLON OBSTACLE RELAY RACE



8. OBSTACLE RELAY RACE

8.1. GENERAL RULES

The Obstacle Relay is mandatory at World Military Championships, World Military Games and Continental Championships, but other kind of competitions it is up to the decision of the organizer. Participation in this competition is possible when:

- a) The competitor has completed the 5 disciplines of the Naval Pentathlon during the actual championship; and
- b) The running time of the Amphibious Cross-Country Race of the actual championship does not exceed 14 minutes for male competitor or 16 minutes for female competitor.

It is permitted:

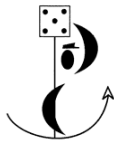
- a) to change the allocation of running distances among the competitors between the heats.
- b) to change the competitors among the competitors of a team between the heats.

At the prestart the organizer will prepare a form according the example below, in which the Team Captain must fill in the starting sequence of his team prior to each round. The organizer may add it to the official result list.

Example: Obstacle Relay starting sequence

Country	Surname	Given name	Qualification	Semi-final	Heat for 3 rd place	Final
XXX	Competitor A		1	2	2	2
	Competitor B		2	1	1	1
	Competitor C		3	3	3	3

- 1 stands for the competitor running the first part of the obstacle course in the respective round; &
- 2 stands for the competitor running the second part of the obstacle course in the respective round, etc.



8.2.4 HANDING OVER ZONE

The competitors have to touch a part of the next competitor's body. This has to be done within a limited zone of the obstacle course, delineated by clearly visible lines. The beginning of a handing over zone shall be established in such a way that the handing-over-athlete is required to run some steps after he has passed the last obstacle of his running distance.

The competitors handing over (the next athlete) must not touch or trespass the border lines of the handing over zones. The waiting competitors must be standing inside the handing over zones and it's not allowed to trespass nor touch the border lines of the handing over zones and must be with both feet in within this area. If the competitor handing over don't comply this recommendations there will be a **20 sec penalty**.

The length of the zone will be decided by the organizer after consultations with the CSC of Naval Pentathlon. The length should be approximately 10 meters. However, the handing-over zone has to be limited in the running direction before the next obstacle. The zone must not comprise any obstacle.

If the position of the handing over zones can't to comply in accordance with the recommendations this regulations, the Organizing Committee must request authorization to the CSC of Naval Pentathlon to use a mat as handing over zones but with same lane's width and minimum two meters of length .

8.3. PROCEDURES

The competition is divided into qualification, semi-final and final.

8.3.1 QUALIFICATION

The starting sequence in the qualification round will be determined by the place, the teams have achieved in the Obstacle Race team classification. The four best times will participate in the semi-final. If there are less than 12 participating teams, the qualification will be used for selecting the four teams for the semi-final.



The starting sequence will be in reverse order, with the best team of the Obstacle Race team classification running in the last qualification heat in lane 1. The opponent of this team will be the second of the Obstacle Race team classification running in lane 2. This system will be applied for the other heats accordingly (e.g. in lane 1 the team ranked 3 versus in lane 2 the team ranked 4 in the Obstacle Race team classification). In case of an uneven number of countries participating, in the first qualification heat only one team will compete starting in lane 1.

The selected teams for the next round will be determined by their running time only. In case of even result the team with the higher starting number (better result in the obstacle run team result) gets the better place.

8.3.2 SEMI-FINAL

The four best teams will go on in the sequence shown in the table below, determined by their running time in the qualification, and will compete in the semi-final in the following order.

Semi-final	Lane 1		Lane 2
Semi-final 1	1st place	versus	4th place
Semi-final 2	2nd place	versus	3rd place

8.3.3 FINALS

The winning teams of the semi-final will proceed to the final. The losing teams will compete for third place, which will take place before the final.

The method will be the knockout system. In case of even results, the both teams will be awarded. In case that both teams do not finish the race, the team with the better place in the qualification round wins the race.

8.3.4 SEQUENCE

To ensure some period of physical and mental recovery between heats, the female heats will take place before male heats. The normal sequence of the Obstacle Relay is shown in the table below.



	Sequence
1	Qualification female
2	Qualification male
3	Semi-final female
4	Semi-final male
5	Heat for third place female
6	Final female
7	Heat for third place male
8	Final male

8.4. TIME KEEPING

Taken time must be in 1/100.

8.5. MEDALS

All competitors that have competed in the actual competition and have reached rank 1 to 3 with their team will receive a medal.

8.6. TRAINING

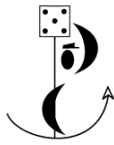
One training session for each nation should be provided after the Amphibious Cross-country Race.

8.7. PENALTIES

A **penalty of 10 seconds** will be added to the running time in the following cases:

- a) Dress regulation not respected;
- b) Verified incorrect passing of obstacle;
- c) Verified incorrect handing over procedure; and
- d) Trespassing the respective lane.

The organizing committee will adopt the most suitable equipment to allow the verification of the correct/incorrect passing of the obstacles.



Appendix 1.

INVITATION FILE

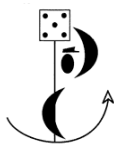
Complex competitions like Naval Pentathlon require invitation files with detailed information about equipment and tracks. To insure that a World Championship competition can be conducted, the following information, at a minimum, is required:

Naval Pentathlon requires information about

- Tracks (double, triple or...), their running surface, swimming pool, paddling site, rowing waters, type and placing.
- Equipment like pulling boats, rubber boats, hoses, rifles, shooting and throwing targets.
- Things that are of value for practising before a team enter the competition.
- A map of the locations of the different facilities with distances and directions.
- Additional personnel
- Changes of the duration / schedule.

Items listed above are besides the information required according to CISM Regulations See also reference A and B.

The host nation can inform in the invitation if there will be a possibility for spectators to enter the competition site in order to watch the races.



XXth MILITARY NAVAL PENTATHLON WORLD CHAMPIONSHIP

Informal agreement

Nation:

To be returned before ...(date)...

To: (address given by the organising country)

Copy to: Conseil International du Sport Militaire (CISM)
Secrétariat Général Permanent
Rue Jacques Jordaens 26
1050 Bruxelles
BELGIQUE

Participation: Yes No

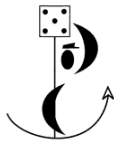
Additional Personnel (SC member):

Total number of participants:

Number of male athletes:

Number of female athletes:

Date : Signature (Chief of Delegation)



XXth MILITARY NAVAL PENTATHLON WORLD CHAMPIONSHIP (CISM)

Final entry

Nation: _____.

To be returned before ...(date)...

To : (address given by the organising country)

Copy to : Conseil International du Sport Militaire (CISM)
Secrétariat Général Permanent
Rue Jacques Jordaens 26
1050 Bruxelles
BELGIQUE

Date of arrival

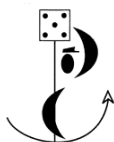
Place of arrival

Time of arrival

Means of transportation

Date, time and place of departure

Date: _____ Signature (Chief of Delegation)



COMPOSITION OF THE(nation)..... MISSION

	Position	Name	Rank	Previous Participation	Sex
1	Chief of Mission				
2	Team Captain/ Manager				
3	Coach Naval Pent. Male				
4	Coach Naval Pent. Female				
5	Medical Staff (optional)				
6	Ad libitum #				

Note: Please notify if the ad libitum is to take part as unofficial competitor

Athletes Naval Pentathlon female					
7					
8					
9					

Athletes Naval Pentathlon male					
10					
11					
12					
13					
14					

15	Additional personnel (SC member)				
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Information to the organiser

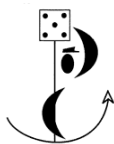
Model and serial numbers on rifles.				

Amount of ammunition (22.long).	
---------------------------------	--

Previous results (times) from a major championship per each athlete.

Name	OR	LSSR	USR	SR

Signature: _____ (Chief of Delegation)



Appendix 2.

TRAINING SCHEDULE FOR NAVAL PENTATHLON (Proposal)

The nations are organised into groups before the championship starts or latest on the day 1, supervised by a member of the SC.

Day 1. Open training if possible.

Day 2.	Obstacle	Swimming	Seamanship	Amphibious
0800-0930	a, b, c, d	e, f, g, h	i, j, k, l	m, n, o, p
1000-1130	m, n, o, p	a, b, c, d	e, f, g, h	i, j, k, l
1300-1430	i, j, k, l	m, n, o, p	a, b, c, d	e, f, g, h
1500-1630	e, f, g, h	i, j, k, l	m, n, o, p	a, b, c, d

Day 3.	Obstacle	Swimming	Seamanship	Amphibious
0800-0930	a, b, c, d	e, f, g, h	i, j, k, l	m, n, o, p
1000-1130	m, n, o, p	a, b, c, d	e, f, g, h	i, j, k, l
1300-1430	i, j, k, l	m, n, o, p	a, b, c, d	e, f, g, h
1500-1630	e, f, g, h	i, j, k, l	m, n, o, p	a, b, c, d
1830-2000	free training	free training	free training	free training

Day 4.	Swimming	Seamanship	Amphibious
(Optional)			
1300-1400	a, b, c, d, e,	f, g, h, i, j	k, l, m, n, o, p
1400-1500	k, l, m, n, o, p	a, b, c, d, e,	f, g, h, i, j
1500-1600	f, g, h, i, j	k, l, m, n, o, p	k, l, m, n, o, p

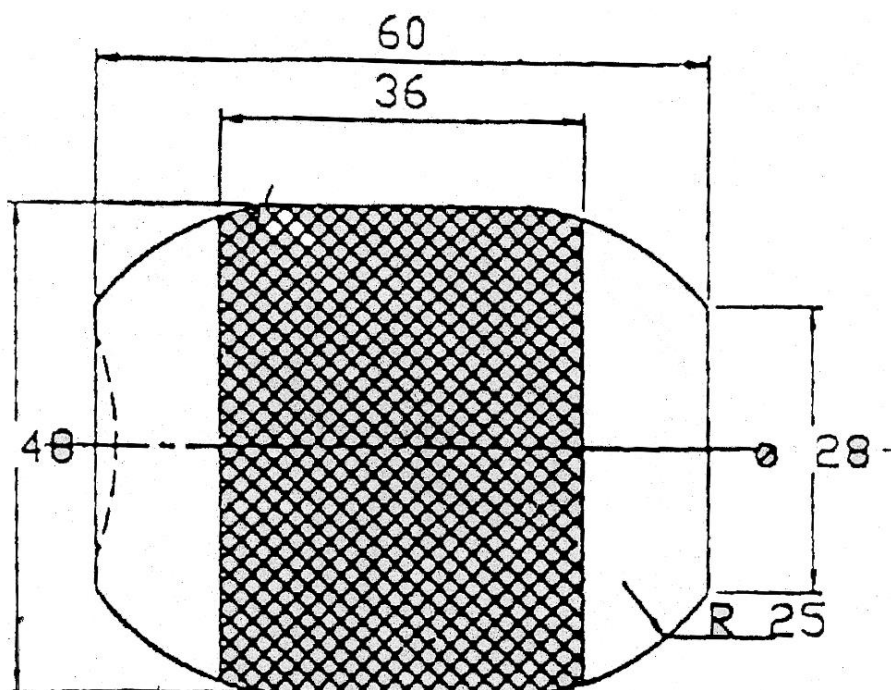
Day 7. If possible, it is recommended to organise a training opportunity for shooting during the morning before the Amphibious CC Race starts.

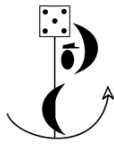


Appendix 3. GRENADE

The grenades used in Obstacle Race and Amphibious Cross Country Race are of international standards (the same as used for men in Military Pentathlon) and must meet the specified measurements. The grenades are specified in this appendix. Grenades are provided by the organiser.

Note: Weight 575 grams (Weight tolerance +/- 25 grams).





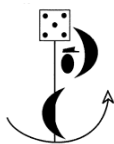
Appendix 4. **RIFLE**

The rifle used in the Amphibious Cross-Country Race (to shoot with) shall be a .22 calibre long rifle, clip loaded, semi-automatic or single action (bolt action) with adjustable open or peep sights (dioptré). Telescopic sights are forbidden in either case.

The use of orthopaedic rifle stock (e.g. specifically made for one competitor or this competition) is forbidden. The rifle may not have any legs or other things added to make support during the shooting.

It is allowed to choose to use adjustable rifles (for instance all rifle`s biathlon are adjustable). However they must be borrowed upon the request of any participant.

The ammunition is optional .22 calibre ammunition.



Appendix 5. **WORKING DRESS**

The working dress is organised by the competitor. It must be or look like a uniform used in military service (e.g. no neon colours). It must consist of a jacket and trousers of the same colour and material. The material of the uniform is optional. However, the uniform must be sinking (made of non-floating material) when put in water. The minimum weight restriction is 400 grams for the textile material and buttons .It is not allowed with any extra weights The working dress will conform to following criteria:

- When fitting of the clothes: the competitor is dressed and standing on the floor with his heels, arms, back, shoulders and head against a wall.



- The trousers must extend from the top of the hipbone to 12cm above the floor. Only one (plastic) button is allowed but making extra button holes is permitted.

- The jacket must extend 10 cm below the hipbone. Sleeves must reach the wrist bone with the arms in the down position. Maximum 4 (plastic) buttons are allowed and with a first button at the height of the lower end of the bone sternum.



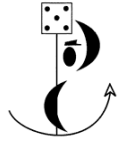
- Jacket must be marked with country identification back part (for example: BRA, GER, FIN, ESP, etc.) and too flag on the left chest side. No advertising or other markings are allowed.

After the inspection (that means that the clothing of the competitor is approved) the entire competitor's clothing will be locked up in one bag for each country and stored by the organiser. If the competitor fails the inspection it is up to him to have a spare working dress for the reinspection.



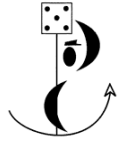
The clothes must be worn in a similar way during the fitting and during the competition. The organiser is responsible for drying the working dress after the Lifesaving Swimming Race and ensuring that the dresses are completely dry before handed out at the Amphibious Cross Country Race.



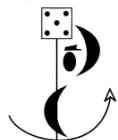


Appendix 6.
RESULTS, NAVAL PENTATHLON FEMALE

Year	Country	Team Champion	Individual Champion	OR	LSSR	SR	USR	ACCR
1993	No MWC							
1994	Norway	NOR	Mona Liverod NOR 5944	Mona Liverod NOR 1119	Cathrine Fauske NOR 1197	Cathrine Fauske NOR 1274	Cathrine Fauske NOR 1370	Helene Willix SWE 1192
1995	Italy	NOR	Helene Willix SWE 6053	Mona Liverod NOR 1125	Cathrine Fauske NOR 1170	Kvanli NOR 1330	Cathrine Fauske NOR 1346	Helene Willix SWE 1232
1996	Germany	NOR	Cathrine Fauske NOR 6035	Helene Willix SWE 2.03,7	B.Ostrowski USA 1,00.0	Tenna Gaarde DEN 4,12.7	B.Ostrowski USA 0,57.1	Helene Willix SWE 9,13.8
1997	Pakistan	NOR	Cathrine Fauske NOR 5978	Mona Liverod NOR 1111	Cathrine Fauske NOR 1192	Tenna Gaarde DEN 1297	Cathrine Fauske NOR 1387	Mona Liverod NOR 1048
1998	No MWC							
1999	Croatia	1.USA	Bridget Stamp USA (5884)	Cathrine Fauske NOR (1166)	Bridget Stamp USA (1211)	Tove Haaland NOR (1299)	Bridget Stamp USA (1421)	Bridget Stamp USA (899)
2000	Sweden	1.USA	Bridget Stamp USA (5861)	Marte Bohm NOR (1139)	Molly Salness USA (1206)	Pernilla Reutfors SWE (1309)	Bridget Stamp USA (1412)	Nataliaja Verbitschaja RUS (993)
2001	Turkey	1,USA 2. NORWAY 3. RUSSIA	Molly Salness USA (5962)	Marte Bohm NOR 1.48,0 (1210)	Molly Salness USA (1209)	Evrin Duvarci TUR (1322)	Molly Salness USA 1419	Marte Bohm NOR (963)

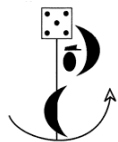


Year	Country	Team Champion	Individual Champion	OR	LSSR	SR	USR	ACCR
2002	No MWC							
2003	Spain	1.SWEDEN 2. USA 3. NORWAY	Sara Norman SWE (5765)	Victoria Solberg NOR (1166)	Molly Woodruff USA 1201	Buyudburmus Asu TUR 1310	Molly Woodruff USA 1373	Victoria Solberg NOR 966
2004	No MWC							
2005	Croatia	1.NOR 2.RUS 3.TUR	Terhi Pyyhtia FIN (5961)	Terhi Pyyhtia FIN 1172	Linda Hammersland NOR 1199	BÜYÜKDURMUS ASU TUR 1300	BUGAEVA SVETLANA RUS 1401	Sara Norman SWE 967
2006	Turkey	1.NOR 2.RUS 3.FIN	Torun Hammersland NOR (5986)	Terhi Pyyhtia FIN 1185	Torun Hammersland NOR 1201	Torun Hammersland NOR 1285	Torun Hammersland NOR 1395	Marina Kolesnikova RUS 1010
2007	Finland	1.NORWAY 2.RUSSIA 3.FINLAND	Terhi Pyyhtiä- Sassi FIN (6047)	Terhi Pyyhtiä-Sassi FIN 1.49,0 (1205)	Linda Hammersland NOR 1.03,3 (1183)*	Camilla Ianke NOR 3.32,7 (1355)	Marie Jorgensen DEN 0.56,6 (1384) *	Svetlana Bugaeva RUS 11.12,6 (975)
2008	Croatia	1.RUSSIA 2.NORWAY 3.FINLAND	Terhi Pyyhtiä- Sassi FIN (6082)	Terhi Pyyhtiä-Sassi FIN 1.53.8 (1181)	Marina Kolesnikova RUS 0.58.0 (1210)	Terhi Pyyhtiä-Sassi FIN 3.37.8 (1345)	Marina Kolesnikova RUS 0.53.5 (1415)	Terhi Pyyhtiä-Sassi FIN 11.01.8 (997)
2009	Germany	1. NORWAY 2. FINLAND 3. SWEDEN	Terhi Pyyhtiä- Sassi FIN (6022)	Terhi Pyyhtiä-Sassi FIN 1.54.0 (1180)	Torunn Hammersland NOR 1.03.0 (1185)	Terhi Pyyhtiä-Sassi FIN 3.36.3 (1348)	Carolina Nordvall SWE 0.52.4 (1426)	Terhi Pyyhtiä-Sassi FIN 11.16.9 (967)
2010	NO MWC							

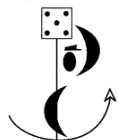


Year	Country	Team Champion	Individual Champion	OR	LSSR	SR	USR	ACCR
2011	Brazil	1. SWEDEN 2. NORWAY 3. BRAZIL	Caroline Buunk NOR (6082)	Caroline Buunk NOR 1.47.2 (1214)	Cecila Sjöholm SWE 0.57.6 (1212)	Caroline Buunk NOR 3.40.1 (1340)	Carolina Nordvall SWE 0.52.0 (1430)	Caroline Buunk NOR 10.58.1 (1104)
2012	Sweden	1. SWEDEN 2. BRAZIL 3. FINLAND	Caroline Buunk NOR (6074)	Caroline Buunk NOR 1.51.2 (1194)	Cecilia Sjöholm SWE 0.56.1 (1219)	Caroline Buunk NOR 3.31.7 (1357)	Carolina Nordvall SWE 0.51.1 (1439)	Caroline Buunk NOR 11.06.3 (988)
2013	Brazil	1. FINLAND 2. SWEDEN 3. BRAZIL	Cecilia Sjöholm SWE (6038)	Jessica Lessa BRA	Cecila Sjöholm SWE	Cecilia Sjöholm SWE	Cecilia Sjöholm SWE	Jenna Sakkinen FIN
2014	NO MWC							
2015	South Korea	1. SWEDEN 2. FINLAND 3. BRAZIL	Cecilia Sjöholm SWE (6141)	Jenna Sakkinen FIN 1.47.3 (1213)	Cecilia Sjöholm SWE 0.54.6 (1227)	Jenna Sakkinen FIN 3.46.9 (1327)	Yuliya Poturaeva RUS 0.50.5 (1445)	Tatilaine Valentim de Olive BRA 10.47.6 (1025)
2016	NO MWC							
2017	NO MWC							
2018	NO MWC							

Note: Inclusion of Obstacle Relay Race since 2019 (7thWMG)

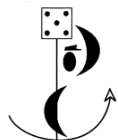


Year	Country	Team Champion	Individual Champion	OR	LSSR	SR	USR	ACCR	ORR
2019	China	1. CHINA 2 SWEDEN 3. BRAZIL	Na Zhang CHN (6270)	Ronghua Xie CHN 01:42,3 (1238) Relay CHN 01:36,7	Ekaterina Andreeva RUS 0:55,3 (1223)	Shun Li CHN 03:22,6 (1375)	Katarzyna Truszczyńska POL 0:49,2 (1458)	Jenna Sakkinen FIN 10:34,0 (1052)	1. CHINA 2. SWEDEN 3. FILAND



Appendix 7.
RESULTS, NAVAL PENTATHLON MALE

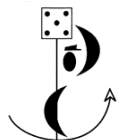
Year	Country	Team Champion	Individual Champion	OR	LSSR	SR	USR	ACCR
1954	Italy	Sweden	Falkman (SWE)					
1955	Sweden	Sweden	Nord (SWE)	Pedersen (NOR)	Holm (SWE)	Pedersen (NOR)	Bombig (ITA)	Nord (SWE)
1956	Greece	Sweden	Holm (SWE)	Lindblad (SWE)	Udovici (ITA)	Billmén (SWE)	Holm (SWE)	Holm (SWE)
1957	Norway	Sweden	Olsson (SWE)	Pedersen (NOR)	Friberg (SWE)	Pedersen (NOR)	Olsson (SWE)	Hansen (NOR)
1958	Sweden	Sweden	Liljegren (SWE)					
1959	Netherlands	Netherlands	De Wijn (NED)					
1961	Italy	Netherlands	De Wijn (NED)					
1962	Greece	Norway	De Wijn (NED)					



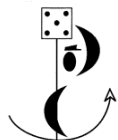
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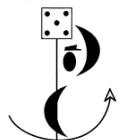
Year	Country	Team Champion	Individual Champion	OR	LSSR	SR	USR	ACCR
1963	Sweden	Sweden	Olsson (SWE)					
1964	-							
1965	Norway	Norway	Braathen (NOR)	Braathen (NOR)	Olsson (SWE)	Symponis (GRE)	Eklund (NOR)	Braathen (NOR)
1966	Sweden	Norway	Braathen (NOR)	Braathen (NOR)	Olsson (SWE)	Marolias (GRE)	Weygerse (NED)	Hjermundryd (NOR)
1967	Greece	Brazil	Belarmino (BRA)					
1968	Netherlands	USA	Tanaka (USA)	Bremmer (NED)	Rigby (SWE)	Braathen (NOR)	Inpyn (USA)	Hjermundryd (NOR)
1969	Brazil	Norway	Inpyn (USA)	Weyer (USA)	Inpyn (USA)	Esdras (BRA)	Tanaka (USA)	Braathen (NOR)
1970	Sweden	USA						
1971	USA	USA	Kirkland (USA)	Whitcomb (USA)	Joseph (USA)	Scholin (SWE)	Joseph (USA)	Whitcomb (USA)



Year	Country	Team Champion	Individual Champion	OR	LSSR	SR	USR	ACCR
1972	Sweden	Brazil						
1973	Argentina	USA	Robbins (USA)	Oslo (BRA)	Christensen (SWE)	Eriksen (NOR)	Wahlberg (SWE)	Eriksen (NOR)
1974	Norway	USA	Baird (USA)	Springborn (USA)	Baird (USA)	Eriksen (NOR)	Christensen (SWE)	Cottom (USA)
1975	Sweden	USA	Baird (USA) 5679	Springborn (USA)	Baird (USA)	Hjerpe (SWE)	Kron (SWE)	Baird (USA)
1976	Turkey	USA	Baird (USA)	Springborn (USA)	Baird (USA)	Magnusson (SWE)	Kron (SWE)	Staps (NED)
1977	Brazil	Sweden	Baird (USA) 5488	Benegas (ARG)	Kron (SWE)	Josias (BRA)	Kron (SWE)	Nylander (SWE)
1978	Netherlands	Sweden	Kron (SWE) 5770	Benegas (ARG)	Kron (SWE)	Windsant (NED)	Kron (SWE)	Augello (USA)
1979	USA	USA	Hand (USA) 5784	Benegas (ARG)	Hand (USA)	Hansen (NOR)	Hand (USA)	Cottom (USA)
1980	Sweden	Sweden	Kron (SWE) 5822	Benegas (ARG) 1:54,1	Kron (SWE) 1:01,2	Kron (SWE) 4:04,0	Raach (GER) 1:07,2	Prazeres (BRA) 11:04,2



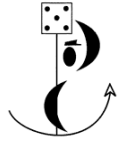
Year	Country	Team Champion	Individual Champion	OR	LSSR	SR	USR	ACCR
1981	Argentina	USA	Benegas (ARG) 5647	Benegas (ARG) 1:49,1	Hand (USA) 1:00,6	Ventura (ARG) 4:39,9	Hand (USA) 1:11,1	Benegas (ARG) 11:27,3
1982	NO MWC							
1983	Germany	Germany	Bengt Nylander (SWE) 5847	Curtis (USA) 1:57,0	Raach (FRG) 1:06,8	Lisor (USA) 4:20,6	Raach (FRG) 1:02,7	Bengt Nylander (SWE) 10:35,7
1984	Norway	Norway	Hermansden (NOR) 6006	Harper (USA) 1:55.5	Kernan (USA) 1:04.0	Hermansden(NOR) 4:13,0	Thomas Kolterud (SWE) 1:09,1	Harper (USA) 9:09,6
1985	USA	USA	Lisor (USA) 6046	Harper (USA) 1:47,9	Lisor (USA) 0:59,1	Lisor (USA) 4:19,8	Raach (FRG) 1:05,0	Harper (USA) 9:32,2
1986	Brazil	Brazil	Cardoso (BRA) 6023	Eraldo (BRA) 1:46.7	Bürger (FRG) 0:58,7	Cardoso (BRA) 3:53,3	Kolterud(SWE) 1:06.3	Cardoso (BRA) 10:00,5
1987	Sweden	SWE	Jonas Bergabo (SWE) 5995	Koech (FRG) 1:52,2	Jonas Bergabo (SWE) 1:01,2	Skaufel (NOR) 3:58,8	Jonas Bergabo (SWE) 1:05,8	Cardoso (BRA) 9:07,6
1988	Netherlands	USA	Curtis (USA) 6005	Stefan Erikson (SWE) 1:52,7	Drews (FRG) 0:58,2	Verwater (NED) 4:01,8	Niclas Fagrell (SWE) 1:04,2	Cardoso (BRA) 9:39,7
1989	Argentina	Sweden	Cardoso (BRA) 5926	Mendoza (ARG) 1.50,7	Boerema (NED) 0:59,2	Acosta (ARG) 4:05,5	Boerema (HOL) 1:04,4	Cardoso (BRA) 10:12,1



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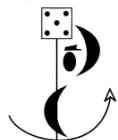
Year	Country	Team Champion	Individual Champion	OR	LSSR	SR	USR	ACCR
1990	NO MWC							
1991	Pakistan	Sweden	Jonas Bergabo (SWE) 6128	Mendoza (ARG) 1:47,9	Jonas Bergabo (SWE) 0:57,1	Niclas Fagrell (SWE) 4:02,5	Niclas Fagrell (SWE) 1:02,2	Jonas Bergabo (SWE) 9:29,5
1992	USA	Sweden	Helvenston (USA) 5996	Helvenston (USA) 1:48,8	Haferkamp (USA) 0:56,1	Kim Berg (DEN) 3:56,1	Johan Elwing (SWE) 1:02,5	Teeple (USA) 10:37,4
1993	NO MWC							
1994	Norway	Sweden	Niclas Fagrell (SWE) 6027	Mendoza (ARG) 1:49,1	Jonas Bergabo (SWE) 0:59,6	Niclas Fagrell (SWE) 4:08,7	Niclas Fagrell (SWE) 1:02,6	Anders Söyland (NOR) 9:38,4
1995	Italy	USA	Niclas Fagrell (SWE) 6036	Mendoza (ARG) 1:50,3	Haferkamp (USA) 0:58,6	Niclas Fagrell (SWE) 3:46,1	Scalabrino (ITA) 1:02,7	Jukka-Pekka Nummilla (FIN) 9:57,6
1996	Germany	USA	Hoyer (USA) 5987	Mendoza (ARG) 1:50,8	Olivier (GER) 0:55,4	Jonas Bergabo (SWE) 3:45,0	Schmitz-Hübsch (GER) 1:00,1	Jonas Wassdahl (SWE) 10:09,8
1997	Pakistan	USA	Montford (USA)	Usmau (PAK) 1:50,4	Hoyer (USA) 1:01,2	Akbau (PAK) 3:59,30	Hoyer (USA) 1:00,3	Teiseira (BRA) 9:49,2



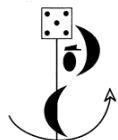
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Year	Country	Team Champion	Individual Champion	OR	LSSR	SR	USR	ACCR
1998	NO WMC							
1999	Croatia	1. USA	Sami Sorri (FIN) 6105	Ömer Sirin (TUR) 1202	Haferkamp(US A) 0:59,4	Anders Söyland (NOR) 1336	Sami Sorri (FIN) 1367	Montford (USA) 1132
2000	Sweden	1. SWEDEN 2. 3. FINLAND	Pontus Olander (SWE) 6126	Ömer (TUR) 1209	Oldenburg (GER) 1356	Pontus Olander (SWE) 1356	Pontus Olander (SWE) 1372	Usman (PAK) 9:57,7
2001	Turkey	1. FINLAND 2. TURKEY 3. SWEDEN	Sami Sorri (FIN) 6252	Sami Sorri (FIN) 1:46,4	Kevin Vance (USA) 0:57,4	Meland (NOR) 3:38,1	Sami Sorri (FIN) 0:56,9	Yilmaz (TUR) 9:57,2
2002	NO MWC							
2003	Spain	1.GERMANY 2.FINLAND 3.NORWAY	Sami Sorri (FIN) 6155	Ömer (TUR) 1:49,6	Kilen (DEN) 0:54,8	Jonas Wassdahl (SWE) 3:41,7	Sami Sorri (FIN) 0:58,4	Jonas Wassdahl (SWE) 10:08,8
2004	NO MWC							
2005	Croatia	1.GERMANY 2.NORWAY 3.TURKEY	Sami Sorri (FIN) 6117	Önder Sirin (TUR) 1:50,3	Sami Sorri (FIN) 0:56,4	Anders Meland (NOR) 3:48,7	Pontus Olander (SWE) 0:58,3	Salvador (SPA) 10:20,8



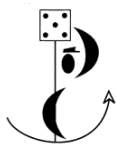
Year	Country	Team Champion	Individual Champion	OR	LSSR	SR	USR	ACCR
2006	Turkey	1. TURKEY 2. NORWAY 3. GERMANY	Sami Sorri (FIN) 6193	Sami Sorri (FIN) 1:49,6	Sami Sorri (FIN) 0:57,6	Yilmaz Cihangir TUR 3:39,2	Sami Sorri (FIN) 0:58,8	Reidar Anmarkrud NOR 09:47,1
2008	Croatia	1. GERMANY 2. NORWAY 3. SWEDEN	Matthias Weseman GER (6081)	Rainer Klink GER 1.53.5 (1182)	Gustaf Wahlberg SWE 0.55.1 (1224)	Reidar Anmarkrud NOR 3.34.0 (1352)	Mateusz Szurmiey POL 0.58.5 (1365)	Reidar Anmarkrud NOR 9.54.6 (1131)
2009	Germany	1. GERMANY 2. POLAND 3. SWEDEN	Matthias Weseman GER (6160)	Matthias Weseman GER 1.45.7 (1221)	Jesper Levander SWE 0.55.2 (1224)	Marcus Danielsson SWE 3.30.6 (1359)	Mateusz Szurmiey POL 0.58.9 (1361)	Reidar Anmarkrud NOR 10.06.4 (1108)
2010	NO MWC							
2011	Brazil	1. POLAND 2. GERMANY 3. BRAZIL	Matthias Weseman GER 1.44,7 (6215)	Matthias Weseman GER 0.52.3 (1226)	Jörg Porschöffer GER 0.52.3 (1238)	Max Santos BRA 3.33.2 (1354)	Mateusz Szurmiey POL 0.55.2 (1398)	Ali Ensipn Saribey TUR 9.56.1 (1128)
2012	Sweden	1. SWEDEN 2. GERMANY 3. POLAND	Lars Ekman SWE (6210)	Matthias Weseman GER 1.48.4 (1208)	Jesper Levander SWE 0.53.7 (1231)	Marcus Danielsson SWE 3.30.8 (1359)	Mateusz Szurmiey POL 0.56.7 (1383)	Jacek Sliwinski POL 9.44.5 (1151)



Year	Country	Team Champion	Individual Champion	OR	LSSR	SR	USR	ACCR
2013	Brazil	1. POLAND 2. GERMANY 3. BRAZIL	Matthias Weseman GER (6237)	Karol Morek POL 1:43,07 (1243)	Lehtinen Petri FIN 00:53,8 (1231)	Alex Sandro Barreto BRA 03:18,3 (1383)	Mateusz Szurmiey POL 0.54.6 (1404)	André Quiñonez ECU 09:38,2 (1164)
2014	NO MWC							
2015	South Korea	1. BRAZIL 2. POLAND 3. GERMANY	Matthias Wesman GER (6200)	Matthias Weseman GER 1.45.3 (1223)	Karol Morek POL 0.53.8 (1231)	Giacomo Gellert GER 3.40.2 (1340)	Mateusz Szurmiey POL 0.54.8 (1402)	Jacek Sliwinski POL 9.25.3 (1190)
2016	NO MWC							
2017	NO MWC							
2018	NO MWC							

Note: Inclusion of Obstacle Relay Race since 2019 (7thWMG)

Year	Country	Team Champion	Individual Champion	OR	LSSR	SR	USR	ACCR	ORR
2019	China	1. CHINA 2. BRAZIL 3. GERMANY	Ziyuan Guo CHN (6139)	Ziyuan Guo CHN 01:46,8 (1216) Relay CHN 01:34,5	João Farche BRA 00:52,0 (1240)	Jin Yang CHN 03:33,7 (1353)	Mateusz Szurmiey POL 0.55.9 (1391)	Ziyuan Guo CHN 10:07,5 (1105)	1. CHINA 2. BRAZIL 3. SPAIN



Appendix 8. **HISTORY OF CISM**

At the beginning of 1946, an American proposal led to the formation of an Allied Forces Sports Council (A.F.S.C.). At its birth it numbered 12 member countries under the chairmanship of the USA. Several military championships were held at different places in Europe. After a brilliant start dark clouds again cast shadows over the international horizon, and several member countries resigned their membership.

Dropping its inter-allied character, the organization made a new start in 1948 and became the International Military Sports Council (Conseil International due Sport Militaire (CISM)), with LtCol DEBRUS (France) as its first President.

In the Mediterranean Palace in Nice, while the second Military Fencing Championships neared completion, the delegates of France, Belgium, Luxembourg, the Netherlands and Denmark gathered in an adjoining room for the task of drawing up the first Statutes of the International Military Sports Council as proposed by the French.

A calendar was soon prepared. General Dyrssen, one of Sweden's most brilliant sportsmen, brought with him the membership of his country, while Turkey and Italy also joined the CISM. It was not long before there were 12 member countries.

Classical Sports competitions were scheduled and met with encouraging success.

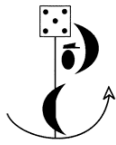
Competitions of a straight military character were proposed to the CISM. Following a Dutch Suggestion, Commandant DEBRUS (France) launched the Military Pentathlon in 1947.

In 1948 Captain PETIT (France) tried his Aeronautical Pentathlon in Vichy.

Commander VOCATURO (Italy) followed suit with his Naval Pentathlon in Venice in 1953, and a new route was mapped.

While the rules of the Sports competitions were being established on the initiative of Commandant WENDELEN (Belgium), the CISM calendar listed new and original events which were soon to become a thorough means of training for the soldier, pilot and sailor.

In the meantime, championships were organized all over the world. Egypt, Sweden, Turkey and Greece helped to relieve France, the Netherlands and Belgium of the heavy burden they had assumed up to then, by sponsoring the competitions.



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At the Cairo General Assembly (March 1951) the Council decided on a proposal originated by Captain MOLLET (Belgium) and Captain PETIT (France) to concentrate the greater part of its activities on physical training, but without reducing the interest it felt for Sports.

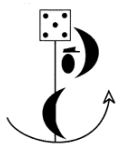
In 1959 CISM held its General Assembly in Lahore. It was its first in Asia. In 1960 CISM's first military competition in Latin America was held in Rio de Janeiro (Brazil).

CISM now has 133 member countries from all continents of the world except Australia.

Each year it organizes more than 14 military championships with an average of about 20 countries taking part in every championship.

CISM also arranges international military competitions not only in the main Sports of the Olympic tradition, but it also has its own brand of military Sports. It attaches great importance to all matters concerning physical training and Sports training and also supports medical seminars, Information courses and surveys aimed at making the findings available to all who are interested.

In addition to setting a good example in each country, CISM aims to encourage military Sports in every appropriate way and to develop friendly relations between the Armed Forces of the various countries.



Appendix 9. **HISTORY OF CISM SEAWEEK**

HISTORY OF CISM SEAWEEK (Ed. 1987)

In 1949 the Sports office of the Italian Navy considered the question of the physical fitness of naval personnel. Presuming that the basic call of the navy is the ship's crew, a training program was established based on the following criteria:

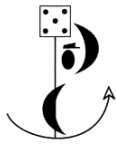
- a) Basic training necessary for the execution of an all around naval sports program.
- b) Development of physical, mental and emotional qualities necessary for seamen.
- c) Development of skills in nautical sports such as swimming, rowing and sailing, and military sports, such as shooting.
- d) Development of qualities in agility and balance required by the special living conditions and physical efforts involved in shipboard life, particularly in rough seas.

Under these four criteria numerous standard drills were set forth in order to develop discipline, speed and skill in the performance of combat duties at sea.

To measure the physical level attained, the following competitions were organized:

- a) Agility course, to control agility, balance, speed of reflexes and courage.
- b) Nautical course, to check the ability obtained in performing nautical jobs, and shooting.
- c) Swimming course, to train lifesaving, utility swimming and underwater work.
- d) Rowing race, to check physical endurance and team spirit.

In 1950 and 1951 the first competition of the above mentioned types took place in the Italian Navy. They appeared to be both useful for the service and appreciated by the personnel. The creator of the above program, Captain Guiseppe Vocaturo of the Italian Navy, submitted in August 1953 to the General Assembly of CISM in Stockholm the proposal to adopt for the Naval Forces, among the championships sponsored by CISM, a competition similar to the existing "Military Pentathlon" and "Air Force Pentathlon" and to perform in Italy the same year a preliminary competition, with the attendance of delegates from nations interested in the proposal.



CISM SPORTS REGULATIONS
NAVAL PENTATHLON
The sport of all navies

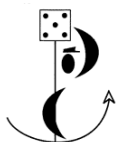


In September 1953 the proposed test competition took place in Venice with personnel from the Italian Navy and in the presence of delegates from eight nations. After discussions the selected draft formula was approved in principle with some modifications in order to make the agility course more practicable for nations not possessing old sailing ships of the types used in Italy.

In June 1954 a week of naval Sports was organized by the Italian Navy in Leghorn (Livorno). This first Seaweeek of CISM included a competition in Naval Triathlon (seamanship, swimming and agility race) and championships in sailing and rowing. Six nations participated in this manifestation of naval Sports, which became a great success.

During discussions after the competitions it was decided to split the swimming event, which had been found too exhausting, into two courses (lifesaving and utility swimming) and to include an amphibious cross-country race, for the efficient training of marines and commandos.

Since 1969 the Seaweeek has consisted of two events: the Naval Pentathlon and Sailing; Rowing has been deleted from the program. From July 2000 Sailing and Naval Pentathlon were separated in the Seaweeek framework and the two sports are nowadays conducted as separate Military World Championships.



Appendix 10. CURRENT WORLD RECORDS

Event	Rank	Name	Country	Time	Points	Competition
Females						
OR	Cpl	Ronghua XIE	China	1.42.3	1238	7 th MWG/51 st MWC 2019 China
LSSR	Pte	Cecilia SJÖHOLM	Sweden	0.54.6	1227	6 th MWG/50 th MWC 2015 Korea
USR	Pte	Katarzyna TRUSZCZINSKA	Poland	0.49.1	1458	7 th MWG/51 st MWC 2019 China
SR*	Cpl	Shun LI	China	3.22.6	1375	7 th MWG/51 st MWC 2019 China
ACCR*	Serg	Jenna SAKKINEN	Finland	10.34.0	1052	7 th MWG/51 st MWC 2019 China
Males						
OR	2 nd Lt	Karol MOREK	Poland	1.43.7	1231	49 th MWC 2013 Brazil
LSSR	Serg	João FARCHE	Brazil	0.52.0	1240	7 th MWG/51 st MWC 2019 China
USR	Cpl	Mateusz SZURMIEJ	Poland	0.54.6	1404	49 th MWC 2013 Brazil
SR*	Cpl	Alexsandro BARRETO	Brazil	3.18.6	1383	49 th MWC 2013 Brazil
ACCR*	LS	Jacek SLIWINSKI	Poland	9.25.3	1190	6 th MWG/50 th MWC 2015 Korea

**Note: Records in Amphibious cross country race and Seamanship race is hard to compare since the tracks and weather conditions could differ a lot.*