



## **SCHOOLS' MODERN BIATHLON RULES 2008**

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PentathlonGB, Norwood House, University of Bath, Claverton Down, Bath, BA2 7AY

tel:+44 (0)1225 386808

fax:+44 (0)1225 386995

admin@pentathlongb.org

[www.pentathlongb.org](http://www.pentathlongb.org)

# SCHOOLS' MODERN BIATHLON RULES

## 1. INTRODUCTION

The following Rules apply to the British Schools' Biathlon Championships and qualifying competitions.

Details of the events to be organised within the British Schools' Biathlon Championships may be found on the PentathlonGB website at [www.pentathlongb.org](http://www.pentathlongb.org)

## 2. GENERAL

### 2.1. Entries

- 2.1.1. All competitors must enter the competitions as individuals. Entries and any amendment to entries must be sent on the official entry form to arrive by the published closing date. Competitors qualifying for British Championships as part of a team must also be entered in the Individual competition.
- 2.1.2. The Organisers reserve the right to amalgamate classes with low numbers of entries.
- 2.1.3. If PentathlonGB cannot supply the entered competition then each entrant will receive a full refund.
- 2.1.4. No refund is possible for withdrawal for any reason, once the closing date has passed.
- 2.1.5. Competition entries are not transferable.
- 2.1.6. Entry forms will be sent to schools and individuals (on request). However, all entries must be approved and signed by a full-time permanent teacher (see Eligibility below).

### 2.2. Eligibility

- 2.2.1. As competitors represent their school, a bona-fide full-time permanent teacher from the school must verify their entry.

### 2.3. Correspondence

- 2.3.1. All correspondence will be with the school. The teacher signing the entry form may, at the time of entry, request correspondence to be directed to another responsible adult at the school.
- 2.3.2. PentathlonGB accepts no responsibility for information regarding the competition not being passed from a school to a competitor.

### 2.4. Inter-Schools Competitions

- 2.4.1. Schools wishing to organise an inter-school competition are encouraged to follow these Rules but are permitted to adapt an event to take into consideration availability of facilities. The amalgamation of classes and introduction of a younger age group is acceptable within inter-school competitions. Any 'local' Rules must be indicated on the entry form.
- 2.4.2. Organisers of inter-school competitions and individuals are responsible for and must check their own insurance cover as PentathlonGB insurance cover is only available in accordance with policy terms to qualifying organisations and individual members of PentathlonGB. If in any doubt you should contact PentathlonGB for clarification.

## **2.5. Individuals**

2.5.1. British Championships and Qualifying Championships are held in the following age groups, for both male and female competitors:

School Year 5, Year 6, Year 7, Year 8, Year 9, Year 10, Year 11, Years 12/13 and Teachers. The year groups are based on the dates of birth detailed in Appendix 1

2.5.2. Competitors have the right to compete in one school year higher than their own, but Year 4 pupils may not compete up as Year 5. In order to compete as Year 6, pupils must be 10 years of age by 31 December. Year 5 pupils under 10 by 31 December must compete as year 5. Any election to compete up a year must be made when entries are submitted and will not be accepted at any later date. A competitor who qualifies for the British Championships MUST compete in the same class in both the qualifier and the British Championships.

2.5.3. Competitors who are in a school year which is inappropriate to their age group must compete in their correct age group as defined in Appendix 1 – on provision of signed verification by their head teacher.

## **2.6. Teams**

The top scoring three individuals from a school in a class will count as a team. Schools may have more than one team in a class.

## **2.7. Qualifying Competitions**

Competitors in England and Wales may only compete in the qualifying competition set out in Appendix 2 of these rules as is appropriate for the county in which their school is located. Competitors in Scotland may compete in either of the Regional Competitions established for 2008/09 season.

## **2.8. Substitution – Qualifying Competitions**

Substitutions may only be made before the start of the competition.

## **2.9. Substitution – British Championships**

Schools with a team or teams qualified for the Championships may make substitutions up to the start of the Championships but may substitute only one competitor, per three entries in a class, with a competitor who has not participated in a qualifying competition.

## **2.10. Qualification for British Championships**

2.10.1. In each class of the Qualifying Competitions the following will qualify by right:

2.10.1.1. The first placed individual

2.10.1.2. The first placed team and members thereof.

2.10.2. A ranking list will be produced following the completion of all qualifying competitions. Remaining places for the British Championships will be allocated from the ranking list. The number of places for each age group will be weighted according to the aggregate level of entries for each age group in the qualifying competitions. Adjustments will be made to take account of swim times achieved in 25m and 50m swimming pools.

## **2.11. Byes – British Championships**

2.11.1. In exceptional circumstances, PentathlonGB will award byes. Applications for a bye must be made in writing, with an explanation of the circumstances under which the bye is requested with supporting evidence. This should include details of the competitor's previous results over the relevant distances. This may include results from swimming galas or athletics meets, not just biathlon competitions and should be countersigned by the competitor's schoolteacher. All applications will be considered by PentathlonGB on their merit and applicants will be notified of the Organiser's decision by post or email.

2.11.2. In exceptional circumstances a competitor unable to compete in their qualifying competition may be permitted to compete in an alternative qualifying competition. A

competitor competing on this basis may only achieve a place at the British Championships through the ranking list.

2.11.3. The Competition Organiser's decision is final.

## **2.12. Starting Order**

2.12.1. The Competition Organiser will decide the starting order.

## **2.13. Placing**

2.13.1. Final positions are decided by points, according to the results obtained from each discipline. Only competitors who start in both disciplines may figure in the final placing and the award ceremony.

2.13.2. The competitor with the highest total score is the winner, second place will go to the second highest score etc.

2.13.3. If there is a tie, the winner is the competitor who has gained a first place in either of the events.

2.13.4. If there is still a tie, the competitors' placing in each event will be added together and the competitor with the lowest total will be declared the winner.

2.13.5. If there is still a tie the competitors' run times will be taken into consideration and the competitor with the faster time will be declared the winner.

2.13.6. The same procedure is applicable for the team competition.

## **2.14. Results**

The Results for the Competition will be posted as soon as possible after the completion of the Competition in each Class. At the time of publication the Results shall be considered PROVISIONAL until 15 minutes after publication at which time they become FINAL. The awards shall not be presented until the Results are FINAL.

## **2.15. Official Prizes**

The official prizes awarded at Qualifying Competitions and The British Championships in each class are:

2.15.1. Individual Competition - 1<sup>st</sup> – 6<sup>th</sup>

2.15.2. Team Competition - 1<sup>st</sup> – 3<sup>rd</sup>

2.15.3. Best Swim time

2.15.4. Best Run time

## **2.16. Elimination and Disqualification**

2.16.1. Attention should be drawn to the difference between elimination and disqualification:

2.16.1.1.1. Elimination is a penalty for a mistake.

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

2.16.2. A competitor who abandons or is eliminated in an event scores zero points in that particular event, but is allowed to compete in the following event.

2.16.3. A competitor who is disqualified in an event may take no further part in the competition and will be excluded from the official Results.

2.16.4. The Organisers decision is final.

## **2.17. Officials**

2.17.1. The Competition Organiser is responsible for providing recognised Referees for the disciplines. The Referees are responsible for enforcing the Competition Rules.

2.17.2. PentathlonGB reserves the right to appoint an Official Steward for each qualifying competition in order to ensure that the event is run in accordance with these Rules.

## **2.18. Jury of Appeal**

- 2.18.1. A Jury of Appeal will be appointed by the Competition Organiser and will consist of a minimum of 3 persons including the Competition Organiser, an Event Director and a Referee. The Event Director and Referee shall be from the respective event (discipline) where appropriate.

## **2.19. Penalties, Appeals and Protests**

- 2.19.1. If a Referee determines that a Rule has been violated or that a competitor has sustained a penalty in connection with the discipline, he will notify the competitor or his representative as soon as possible and officially register the reason for the penalty together with the number of penalty points (where appropriate).
- 2.19.2. If a competitor or another person concerned believes a competition official's decision to be incorrect, he may carry the matter to the respective Event Director by a verbal appeal. A verbal appeal is an oral expression of dissatisfaction, made by a competitor or team official, with an action done by a competition official and must be made within 15 minutes of the decision being made or an erroneous result being published.
- 2.19.3. If the competitor or his representative believes the Event Director's decision to the verbal appeal to be incorrect, he may protest the matter in writing to the Jury of Appeal which will either confirm or reverse the decision of the Event Director. A protest must be written in English and must be accompanied by a deposit of £20.00 in cash. The competitor or his representative must be informed of the Jury's decision.
- 2.19.4. A protest will only be considered by the Jury if it is delivered to a member of the Jury within 15 minutes of the decision given to the verbal appeal.
- 2.19.5. The Jury's decision, which may be a majority decision and made if necessary by secret ballot, is final.

## **2.20. Legal Liability**

Neither the Organisers nor any person acting on their behalf accept any responsibility, financial or otherwise, for any injury or illness suffered by any Competitor or Spectator, or for any loss or damage to personal property whatsoever.

## **2.21. Rules and Safety**

- 2.21.1. Competitors and Team Officials must know and obey these Rules.
- 2.21.2. The warm up for each event is an integral part of the competition. The Rules for safety, discipline and equipment are the same as in the relevant event.
- 2.21.3. During the competition, competitors must wear the equipment specific to the event in accordance with the Rules for that event.
- 2.21.4. Smoking is forbidden in all competition areas.
- 2.21.5. Organisers must ensure that adequate First Aid cover is provided.
- 2.21.6. PentathlonGB observes a strict Child Protection Policy. Anyone wishing to use a mobile phone camera, still or video camera at the competition must first register their name, address and telephone number at competition registration on the appropriate form, prior to the start of the event.

## **2.22. Unforeseen Cases**

PentathlonGB Competition Rules are designed to be as comprehensive as possible. In unforeseen cases or exceptional circumstances it is the duty of Event Referees and the Jury of Appeal to make a decision in a sporting spirit and approach, as near as possible to the intention of these Rules.

### 3. SWIMMING

#### 3.1. The Event

The competition is a freestyle event.

#### 3.2. Scoring

CLASS	Swim Distance	TIME FOR 1,000 POINTS	POINTS ± PER 0.33 SEC
Year 5 Boys and Girls	50 m	40 secs	4
Year 6 Boys and Girls	50 m	40 secs	4
Year 7 Boys and Girls	50 m	40 secs	4
Year 8 Boys and Girls	50 m	40 secs	4
Year 9 Boys and Girls	100 m	1 min 20 secs	4
Year 10 Boys and Girls	100 m	1 min 20 secs	4
Year 11 Boys and Girls	100 m	1 min 20 secs	4
Years 12/13 Boys and Girls	100 m	1 min 20 secs	4
Teachers	50 m	40 secs	4

- 3.2.1. For the purpose of deciding positions, the actual time taken recorded to 1/100 second will be used, not the time which is used for calculating the points.
- 3.2.2. For the purpose of calculating the score, times will be recorded at one-third of a second intervals. The respective intervals in each second ending after 0.33s and 0.66s, for example:
- 3.2.3. 39.68 is recorded as 39.66 = 1004 points
- 3.2.4. 40.19 is recorded as 40.00 = 1000 points
- 3.2.5. 1:19.42 is recorded as 1:19.33 = 1,008 points
- 3.2.6. 1:20.54 is recorded as 1:20.33 = 994 points

#### 3.3. Swimming Competence

- 3.3.1. All competitors must be capable of swimming the distance appropriate to their year group without contacting the bottom of the swimming pool and they shall be capable of treading water unaided for a minimum of two minutes. The Responsible Adult who submits the entries must sign the declaration on the entry form to this effect. The Organisers and/or the Competition Venue Management retain the right for this competence to be demonstrated for any individual or group of swimmers.
- 3.3.2. Only those swimmers who have reached the standard of the ASA Competitive Start Award are permitted to start with a shallow racing dive from the side of the pool. Swimmers who have not reached this standard must start in the water. If in the opinion of the Referee a competitor does not appear to be competent to dive safely the competitor must start in the water. The Referee's decision shall be final.

### **3.4. Swimwear**

- 3.4.1. The swimwear (swimsuit, cap and goggles) of all competitors shall be in good moral taste and suitable for the swimming discipline. Swimwear should not carry any symbol which may be considered offensive.
- 3.4.2. All swimsuits shall be non-transparent.
- 3.4.3. In swimming competitions the competitor must wear a swimsuit in one or two pieces which shall not extend beyond the ankles, the wrists and the neck. No additional items, like arm bands or leg bands shall be regarded as parts of a swimsuit.
- 3.4.4. Identification in the form of logos on swimwear, i.e. swimsuit, cap and goggles, and pool deck equipment, i.e. track suits, officials' uniforms, footwear, towels and bags, is permitted. A two-piece swimsuit shall, in relation to advertising, be regarded as one. The name and the flag of the country of the competitor or the country code shall not be regarded as advertisements.
- 3.4.5. Body advertisement is not allowed in any way whatsoever.
- 3.4.6. Advertising for tobacco or alcohol is not allowed.
- 3.4.7. The penalty for not being correctly dressed is 20 points. The referee will request that the competitor change into clothing that complies with this rule 3.4.
- 3.4.8. The referee has the authority to exclude and eliminate any competitor if they are unable to, or refuse to change into clothing that complies with this rule 3.4.

### **3.5. Officials**

- 3.5.1. For all open competitions there should be:
- 3.5.2. Swimming Director, Referee, Starter, Chief Timekeeper, Timekeepers, Clerk of the Course, Turn Judges, False Start Rope Personnel and Announcer.
- 3.5.3. Upon a question of fact, a decision by the appropriate official, with the concurrence of the Referee, is final.

### **3.6. The Swimming Director**

- 3.6.1. Appoints all of the officials and is responsible for managing and co-ordinating activities of all the officials appointed.
- 3.6.2. Decides on any verbal complaints received from competitors or team representatives relating to the event in progress.
- 3.6.3. Is responsible for the overall safety of the event including the completion of a risk assessment.

### **3.7. The Referee:**

- 3.7.1. Shall have full control and authority over all officials, shall approve their assignments and instruct them regarding all special features or regulations related to the competition. He shall enforce all rules and decisions of PentathlonGB and shall decide, with the concurrence of the Swimming Director, all questions.
- 3.7.2. May intervene in the competition at any stage to ensure that PentathlonGB rules are observed, and shall adjudicate, with the Swimming Director, all protests related to the competition in progress.
- 3.7.3. Shall ensure that all necessary officials are in their respective positions for the conduct of the competition. He may appoint a substitute for any official who is absent, incapable of acting, or found to be inefficient. He may appoint additional officials if considered necessary.
- 3.7.4. At the commencement of each heat he shall signal to the competitors by a series of short whistles, inviting them to prepare for the start. This is followed by a long whistle indicating that they should take their position on the starting blocks. When the competitors and officials are ready, the Referee shall indicate to the Starter, with an outstretched arm, that the competitors are now under the Starter's control.

- 3.7.5. Have the power to recall the competitors to the start, if in his opinion an external occurrence has caused any competitor in the race to suffer an unfair disadvantage. In such case it shall not be a false start.
- 3.7.6. Determine placing by consultation with the Automatic Officiating Equipment (AOE), if available and operating, with the decision of the judges and if the times recorded do not agree.
- 3.7.7. Disqualify, eliminate or impose penalty points in accordance with the rules.

**3.8. The Starter shall:**

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

**3.9. The Chief Inspector of Turns shall:**

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

**3.10. The Inspector of Turns shall:**

- 3.10.1. Be assigned to two lanes at the non-starting end of the pool.
- 3.10.2. Ensure that the competitors comply with the relevant rules for turning.
- 3.10.3. Report any violation to the Chief Inspector of Turns, who shall immediately convey the report to the Referee.
- 3.10.4. The Timekeepers shall act as Inspectors of Turns at the starting end.

**3.11. The Placing Judges shall:**

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

**3.12. The Chief Timekeeper shall:**

- 3.12.1. Instruct the timekeepers in their duties and, assign the positions for all the timekeepers and the lanes for which they are responsible. There shall be one, two or three Timekeepers for each lane. There shall be two additional Timekeepers designated, either of whom will be directed to replace a Timekeeper whose watch does not start or is stopped during the race or who for any other reason is not able to record the time.
- 3.12.2. Collect from each Timekeeper either the time or a card showing the time recorded and, if necessary, inspect their watches.
- 3.12.3. For each lane record the time, examine the official time and if necessary enter it on the competitor's card.

**3.13. The Timekeepers shall:**

- 3.13.1. Take the time of the competitors in the lane assigned to them.

- 3.13.2. Start their watch at the starting signal and stop it when the competitor in their lane touches the end of the pool, having completed the race.
- 3.13.3. If AOE is in use, operate the electronic back up stop button, as instructed by the chief timekeeper.
- 3.13.4. Shall check that the competitors, in their lane, touch the end of the pool when turning.
- 3.13.5. Promptly after the race, record the time, for their competitor, from their watch on the competitor's card (if used) and on their programme, give it to the Chief Timekeeper and, if requested, present their watch for inspection. They shall not clear their watch until they receive the "clear watches" signal from the Chief Timekeeper or the Referee.

**3.14. The Clerk of the Course shall:**

- 3.14.1. Assemble competitors prior to each heat.
- 3.14.2. Be responsible for the behaviour in the dressing rooms and report any misbehaviour to the Referee.
- 3.14.3. Not allow any competitor to go to their starting place whose swimwear is not in accordance with Rule 3.4 above
- 3.14.4. Check and forbid the start of competitors who have used oil, grease or other solution on their bodies 3.24.4
- 3.14.5. Be responsible for ensuring that the competitors are ready for the start prior to each heat.

**3.15. The Announcer shall:**

- 3.15.1. Before the start of each session, make an announcement of the safety requirements of the competition, as provided in writing by the Organiser and/or the pool authorities.
- 3.15.2. Comply with the Referee's instructions regarding giving information about heats.
- 3.15.3. Make other announcements only as directed by the Swimming Director, Referee of other authorised person.

**3.16. Health & Safety Announcement:**

- 3.16.1. "You are reminded that the depth of water in the shallow end is (announce depth) and the deep end is (announce depth). Starting blocks are (announce height) above water level. Lane(s) (announce lane number(s)) only are to be used for sprinting and diving."
- 3.16.2. When the water depth is less than 0.9m at the end of the pool where starting and/or turning takes place, the following should be announced "As the water depth is below 0.9m at (name end(s)) of the pool, all starts at that end must be in the water and you are reminded that this depth is considered insufficient for tumble turns."
- 3.16.3. When the water depth is 0.9m but less than 1.5m and the height of the pool edge is not more than 0.38m above the level of the water the following announcement must be made "Coaches and Representatives are reminded that only those swimmers who have reached the standard of the ASA Preliminary Competitive Start Award are permitted to start with a shallow racing dive from the side of the pool. Swimmers who have not reached this standard must start in the water."
- 3.16.4. When the water depth is 0.9m but less than 1.5m and starting blocks are provided the following announcement must be made "Coaches and Representatives are reminded that only those swimmers who have reached the standard of the ASA Competitive Start Award are permitted to start with a shallow racing dive from the starting blocks."
- 3.16.5. "If there is a recall, which is a repeat of the starting signal, you must continue with a shallow racing dive, you must not topple into the water head downwards as this is dangerous."

- 3.16.6. "If you are starting in the water, you must lower yourself over the side, do not jump or dive."
- 3.16.7. "The signal that you will hear if it becomes necessary to evacuate the building will be (announce here the nature of the alarm, as given in the Pool Safety Operating Procedures and give a sample sounding if possible)."
- 3.16.8. "To evacuate the building, all those present must use the marked emergency exits (announce where they are). Swimmers and officials must not return to the changing rooms to collect their clothes and belongings."
- 3.16.9. When the competition involves competitors under the age of 18 years the following announcement must be made "In line with the recommendation of the PentathlonGB Child Protection Policy, the Organisers of the competition request that any person wishing to engage in any video, zoom or close range photography must register their details with staff at the Reception Desk before carrying out any such photography."

### **3.17. Warm Up**

- 3.17.1. This is an integral part of the competition. The rules of safety, discipline and equipment are the same as in the event. The length of the warm up period is at the discretion of the Organiser.

### **3.18. Heats**

- 3.18.1. Competitors will swim in heats according to their swimming time declared on the entry form or, in the case of British Championships, taken from the Qualifying Competition. A competitor awarded a discretionary bye into the British Championships or a competitor not declaring a time on the entry form, will swim in the slowest heat, in a lane allotted by lot.
- 3.18.2. For the British Championships, the heats will be seeded according to the swimming times achieved at the qualifying competition.
- 3.18.3. In each heat the competitor with the best time will swim in the centre lane of the pool. In a pool with an even number of lanes 4, 6, 8 or 10, the centre lane will be 2, 3, 4, or 5. The competitor having the next fastest time is to be placed on, their left, then alternating the others right and left in descending order by their swimming times. The placing of relay teams at the start will be the same as in the individual event.
- 3.18.4. When there are two or more heats in an event, wherever practical there shall be a minimum of three competitors seeded into any one heat.
- 3.18.5. The Organiser will endeavour to indicate how many swimmers there will be in each heat and which lanes (if any) will not be used.

### **3.19. Start**

- 3.19.1. The start in freestyle races shall be with a dive or with the competitor in the water holding the pool rail or end.
- 3.19.2. The start must take place at the deep end of the pool. Where the depth of water is less than 1.5m a warning must be given to all competitors. Under no circumstances must any competitor be allowed to dive into a pool with a depth of less than 0.9m. In a pool with a depth of between 0.9m and 1.5m. only those competitors who have reached the standard of the ASA Competitive Start Award are permitted to start with a shallow racing dive. If the pool is not the required minimum depth or the competitors are inexperienced then they must start in the water.
- 3.19.3. On the long whistle blast from the Referee, competitors shall immediately stand on the starting blocks or at the end of the pool and remain there, or if starting in the water, enter the pool in their lane.
- 3.19.4. The Referee shall then signal to the Starter, by means of an outstretched arm, that he may proceed to start the race. The outstretched arm will remain in that position until the starting signal is given.

- 3.19.5. On the Starter's command "take your marks", competitors shall immediately take up a starting position at the front of their starting block, edge of the pool or at the end of the lane with one hand on the rail or pool end if starting in the water.
- 3.19.6. When all competitors are stationary, the Starter shall give the starting signal (using a starting pistol, horn, whistle or command).

### **3.20. False Start**

- 3.20.1. If a competitor is moving when the starting signal is given they will have committed a false start and will be penalised by 40 points – there will be no recall.
- 3.20.2. In the event of a false start the offending competitor(s) must be informed of the penalty immediately on finishing the heat.
- 3.20.3. If, in the opinion of the referee, there is an external occurrence which causes any competitor to move, false start or suffer an unfair disadvantage then the competitors will be recalled. This is not a false start.
- 3.20.4. The recall signal will be the same as the starting signal. A rope shall be used for the purpose of stopping the competitors.
- 3.20.5. In the team relay each wrong relay change is penalised by 40 points.

### **3.21. Turning**

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

### **3.22. Walking**

- 3.22.1. A competitor may stand on the bottom of the pool for purpose of resting, but they may not walk. A single step forward will incur 40 penalty points.

### **3.23. Finish**

- 3.23.1. After finishing the competitors must stay in the water, in their appointed lane, until the referee has given permission to clear the water. Competitors leaving the water before the command will be penalised by 40 points.
- 3.23.2. Swimmers must leave by the side of the pool and must not leave the pool by climbing out over the end whether or not electronic touch pads are installed. Any competitor doing so will incur 40 penalty points.

### **3.24. Fouling and other penalties**

- 3.24.1. Pushing, swimming across or obstructing another competitor so as to impede their progress, shall eliminate the offender.
- 3.24.2. If, in the opinion of the referee and judges, a wilful foul has been committed, the offender shall be disqualified.
- 3.24.3. A competitor deliberately delaying the start of a race will be eliminated by the Referee.
- 3.24.4. A competitor using oil, grease or any other substance applied to the body during a swimming heat will be eliminated.
- 3.24.5. A competitor using any device that may aid speed, buoyancy or endurance during the race, such as webbed gloves, flippers, fins, kickboards etc, will be eliminated.

### **3.25. Recording of Time**

- 3.25.1. When automatic judging and timing equipment (AOE) is used, it shall be used to determine the winner, placings and the times for each lane. The results and times so determined shall have precedence over the decisions of human judges and timekeepers.
- 3.25.2. In the case of a breakdown, mechanical failure or, if in the opinion of the Referee, a failure has occurred, the human judges and timekeepers will take precedence.

- 3.25.3. Where three timekeepers are used for a lane:- If the times recorded by all three or two of the timekeepers agree, that shall be the accepted time. In the case where the time recorded of all three timekeepers disagrees, the time recorded by the middle watch shall be accepted.
- 3.25.4. Where two timekeepers are used for a lane:- If the times recorded do not agree, then the average of the times shall be accepted.
- 3.25.5. Where only one timekeeper is used for a lane, then their time recorded shall be the accepted time.
- 3.25.6. The times recorded by the timekeeper(s) assigned to a lane shall be the only times considered. Where a Chief Timekeeper times a competitor then that time shall only be considered when they are timing in place of the appointed timekeeper, who is unable to take a time and no other substitute is available.
- 3.25.7. If the times registered by the timekeepers do not support the official placings, the times of the competitors concerned shall be added together and divided by the number of such competitors who shall all be credited with that time, raised if necessary to the nearest hundredth of a slower time.
- 3.25.8. In the event of a malfunction of the AOE, no-one but the Referee shall have the authority to carryout any changes to the results.

### **3.26. AOE (Automatic Timing Equipment) Malfunction Adjustments.**

- 3.26.1. Such AOE placings and times as are available shall be used.
- 3.26.2. For the remaining competitors the placings shall be determined by the Referee and Judges, and the times shall be those of the electronic back up system. In the absence of a back up time, the manual time will be used.
- 3.26.3. Electronic back up times are regarded as manual times but take precedence over timekeepers' manual times.
- 3.26.4. The relative placings and times of competitors who have AOE recorded placings and times may not be changed.
- 3.26.5. The placings of competitors who do not have AOE recorded places shall be in accordance with the human placings and shall be interpolated among the AOE recorded placings.
- 3.26.6. A competitor not having an AOE place but having an AOE time shall be given a placing by comparing the AOE time with the other AOE times.
- 3.26.7. The times of competitors who do not have AOE times shall be firstly the electronic back up time and secondly the timekeepers manual (hand held) time. Where a competitor has no recorded time then no time shall be given.
- 3.26.8. Where manual times of competitors placed in adjacent positions do not support the placings they are adjusted as in rule 3.25.7.
- 3.26.9. Where a manual time is faster than that of a competitor with an earlier placed AOE time or slower than that of a competitor with a later placed AOE time, the manual time shall be adjusted to equal that of the earlier or later placed competitor, but the placings shall not be changed. The times should be marked "Referee's Decision".
- 3.26.10. If the AOE fails to be started by the starting signal, the AOE operator should start the equipment, which may then be used to determine placings. Under these circumstances the scoreboard must be rendered inoperative.

### 3.27. PENALTY TABLE

	<b>The Competitor infringes the rule and is penalised for:</b>	<b>Section:</b>	<b>Penalty:</b>
a	False start or every wrong change in relay	3.20.1; 3.20.5	Deduction of 40 points
b	Using oil, grease or other substance applied to the body	3.24.4	Deduction of 40 points
c	Failure to touch the end of the pool	3.21.1	Deduction of 40 points
d	Taking a step on the bottom of the pool	3.22.1	Deduction of 40 points
e	Leaving the water before the command or climbing out over the end of the pool	3.23.1	Deduction of 40 points
f	Using a device to aid speed, buoyancy etc	3.24.5	Elimination
g	Wearing non conforming swimwear	3.4.7	Deduction of 20 points
h	Being unable, or refusing to change into clothing that complies with clothing regulations	3.4.8	Elimination
i	Delaying the start, wilfully disobeying an order or other misconduct at the start	3.24.3	Elimination
i	Pushing, swimming across or obstructing another competitor so as to impede their progress	3.24.1	Elimination
k	Pushing, swimming across or obstructing <u>wilfully</u> and with intent to impede another competitor's progress	3.24.2	Disqualification

## 4. RUNNING

4.1.1. The event is a time trial which is run in mass starts. The distance is 1,000 m for all classes.

### 4.2. Scoring

4.2.1. Years 5, 6, 7 and Teachers – 4.00 minutes = 1,000 points ± 8 points per second.

4.2.2. Years 8, 9, 10, 11, 12/13 - 3.30 minutes = 1,000 points ± 8 points per second

4.2.3. In order to record the results, times are recorded in complete seconds. For example: the measured time 3.30.11 will be recorded as 3.30.00 and 3.30.75 will also be recorded as 3.30.00.

4.2.4. For the purpose of deciding the positions, the actual time taken, recorded to 1/100 second will be used, not the time which is used for calculating the points.

- 4.3. The start will be a pack start.
- 4.3.1. Club Competition Organisers may start runners at intervals.
- 4.4. Officials**
- 4.4.1. The following officials are considered necessary for the British Championships:
- 4.4.2. Running Director, Referee, Starter, Starter's Assistant, Chief Time Keeper, Time Keepers, Arrival Judges, Marshals. However the organising committee has the right to vary these where local circumstances require.
- 4.5. The Running Director** as the authority of the event and is responsible for:
- 4.5.1. Managing and co-ordinating the activities of all officials;
- 4.5.2. Supervise the laying out of the running course;
- 4.5.3. Ensuring the event is properly carried out in accordance with programme;
- 4.5.4. Ensuring that the track and all equipment and implements are in accordance with PentathlonGB rules.
- 4.5.5. The overall Health & Safety of the event and that a Risk Assessment is completed for the event.
- 4.6. The Referee** must ensure that the Rules are observed. He has the authority to penalise competitors or other persons who infringe these rules.
- 4.7. The Starter** has entire control of the competitors whilst on their marks and he is the sole judge of any fact connected with the start of the race. He is responsible for synchronising his own and the timekeepers' watches and for giving the start signal to competitors at the moment when they are due to start the race.
- 4.8. The Starter's Assistant(s)** must check that competitors on the start line and make sure that they in the correct order, wearing the correct numbers which must be properly fastened on the chest, if only one number has been provided by the Organiser. They must be prepared to stop and send runners back to the start line if the Starter signals that they have made a false start. In the team relay the Starter's Assistant will check that the start and changeovers are properly carried out in the relay box; check the arrival order and if there are any incorrect passes, communicate them immediately to the Running Director.
- 4.9. Chief Timekeeper** will be in charge of the Timekeepers and is responsible for the accurate recording of the competitors' times.
- 4.10. Timekeepers.**
- 4.10.1. Whether or not automatic timing is used there should be three timekeepers (Including the Chief timekeeper). Their responsibility is to record the times of all the competitors. When electronic timing is available they should act as "back up" in case of failure of the automatic timing equipment.
- 4.10.2. When manual timing is used the times recorded by the additional timekeepers' watches shall not be considered unless the Chief (Official) Timekeeper's watch fails to record the time correctly, in which case the additional timekeepers' shall be called upon, in such order as has previously been decided.
- 4.11. The Arrival Judges** Are responsible for registering the arrival order of the competitors at the finish line.
- 4.12. Course Marshals.** Will stand at such points as the Running Director may determine to watch the competition closely and in the case of a foul or deviation from the course by a competitor or violation by other persons make an immediate report of the incident to the Running Director.
- 4.13. Start & Finish Marshals** have full control of the starting and finishing area and shall not allow any person other than the officials and competing athletes to enter or remain there.

#### **4.14. Clothing And Equipment**

- 4.14.1. Competitors must wear clothing that is in good moral taste and suitable for the running discipline. Clothing should not carry any symbol which may be considered offensive.
- 4.14.2. The clothing must be made of material which is non-transparent even when wet.
- 4.14.3. Identification in the form of logos on running clothing ie track suits, footwear, officials' uniforms and bags is permitted. The name and the flag of the country of the competitor or the country code shall not be regarded as advertisements.
- 4.14.4. Body advertisement is not allowed in any way whatsoever.
- 4.14.5. Advertising for tobacco or alcohol is not allowed
- 4.14.6. The competitor must not wear clothing which could impede the view of the judges.
- 4.14.7. Team-relay members should if possible be identically dressed as far as style and colour of clothing is concerned.
- 4.14.8. The penalty for not being correctly dressed is 20 points. The referee will request that the competitor change into clothing that complies with this rule 4.14.
- 4.14.9. The referee has the authority to exclude and eliminate any competitor if they are unable to or refuse to change into clothing that complies with this rule 4.14.

#### **4.15. Shoes**

- 4.15.1. Competitors may not compete in bare feet and must wear appropriate footwear on both feet. Shoes must not be constructed so as to give the competitor any additional assistance. Spring devices or an appliance of any kind inside or outside the shoe is prohibited. Only shoes that have not been adapted from a manufactured shoe may be worn. There is no restriction concerning the thickness of the sole.
- 4.15.2. The number and size of spikes is not limited. However the Organiser may prescribe restrictions concerning dimensions of spikes when the competition is conducted on a synthetic surface. This should be declared on the entry form.

#### **4.16. Numbers**

- 4.16.1. Every competitor must wear the numbers provided by the Organiser. If only one number is provided then it must be worn on the chest. The numbers should be clearly visible and easy to read in all weather condition.
- 4.16.2. It is forbidden for competitors to modify the dimensions of the starting numbers given by the Organisers.
- 4.16.3. No competitor will be allowed to take part in the event without the appropriate number or numbers.
- 4.16.4. Team Relay members must wear start numbers which distinguish their team and order of running ie 1a, 1b, 1c, 2a, 2b, 2c etc. if available.
- 4.16.5. A competitor who quits the competition must take off his number immediately and hand it to the officials in the finishing area.

#### **4.17. Event Procedure**

##### **4.17.1. Start**

- 4.17.1.1. A single start line is used, marked on the ground by a line the colour of which contrasts with the surface.
- 4.17.1.2. For the Individual competition the start will be a pack start.
- 4.17.1.3. The pack start may also be used for the team relay, with the 1<sup>st</sup> runners starting together, 2<sup>nd</sup> & 3<sup>rd</sup> runners will start once they have been touched by their team's preceding runner. The incoming runner may touch any part of their team member's body, within a 20m hand over zone.
- 4.17.1.4. The commands of the starter are "Take your marks" start signal will then be given.

- 4.17.1.5. Competitors are responsible for knowing their start time and for being at the start line on time. They must obey the Starter's Assistant's instructions regarding their position on the start line.
  - 4.17.1.6. Competitors line up according to their start number.
  - 4.17.1.7. One minute prior to the start of a heat all competitors must be in their correct place on the start line. The Starter will announce "One minute to start".
  - 4.17.1.8. Thirty seconds prior to the start and then subsequently 20 and 10 seconds the Starter will give a "30 (20) (10) seconds to start" warning to the competitors.
  - 4.17.1.9. After the OK from the Timekeepers the Start will give the "Take your marks" command, followed by the starting signal.
  - 4.17.1.10. All timing equipment will be started on the start signal.
  - 4.17.1.11. Wherever possible, a large, official clock indicating the correct time should be placed at the start so that it is visible to competitors, officials and spectators.
- 4.17.2. **False Start.**
- 4.17.2.1. When a competitor starts too early, the Starter will recall the competitor and remind him not to start before the start signal is given. If there is a second false start the Starter shall not recall the competitors but the competitor who made the false start who made the false start shall be penalised. The Starter must immediately announce which competitor will be penalised for the 2<sup>nd</sup> false start.
  - 4.17.2.2. If a competitor starts late he will not be penalised, but his time will be taken from the moment he should have started the event.
- 4.17.3. **Conduct of Competitors**
- 4.17.3.1. Competitors must follow the course from crossing the start line until crossing the finish line. A competitor who does not complete the course will be eliminated.
  - 4.17.3.2. Any competitor jostling, running across or obstructing another competitor so as to impede his progress shall be eliminated.
  - 4.17.3.3. It is forbidden for any competitor to deviate, deliberately or not, from the course, otherwise he will be penalised. In case of accidental deviation, a penalty will be imposed if it is found that such action resulted in a material gain for the competitor. Any shortening of the course is considered a material advantage.
  - 4.17.3.4. A competitor who, in the opinion of the Running Director has deliberately deviated from the course will be disqualified.
  - 4.17.3.5. If the Running Director considers that the deviation was unintentional he may, at his discretion eliminate the competitor if he is of the opinion that a material advantage was gained.
  - 4.17.3.6. A competitor who voluntarily leaves the course will not be allowed to continue the race.
  - 4.17.3.7. During the race no competitor is allowed to accept any physical assistance or refreshment. The Running Director in co-operation with the Organising Committee can decide that a drinking/sponging or refreshment station shall be provided if weather conditions warrant such provision.
  - 4.17.3.8. Unauthorised assistance will be penalised. The running of any other people (coaches, spectators etc), with or behind a competitor on the running course is considered unauthorised assistance.
- 4.17.4. For the purpose of this rule the following shall not be considered unauthorised assistance:
- 4.17.4.1. A medical examination during the running event, by the medical personnel designated by the Organisers.
  - 4.17.4.2. Verbal communication from an individual who is not in the competition area.

4.17.4.3. The decision of the Running Director is final

#### 4.17.5. **The Finish**

4.17.5.1. The finish will be marked by a line, the colour of which contrasts with the surface.

#### 4.17.6. **Timing**

4.17.6.1. An electronic time keeping system which is capable of registering time in 1/100<sup>th</sup> seconds should be used (100<sup>th</sup> sec stop watch)

4.17.6.2. When manual timing is used the official time is from the Chief Timekeeper. In case of failure, the second timekeeper's stopwatch must be used as the official time.

4.17.6.3. The time must be taken from the starting signal for a given heat (race) until the moment at which any part of the competitor's body (ie torso, as distinguished from the head, neck, arms, legs, hands or feet) reaches the perpendicular plane of the finish line).

### 4.18. **Penalty Table - Running**

<b>The Competitor infringes the rules and is penalised for:</b>	<b>Rule</b>	<b>Penalty</b>
Contravening clothing regulations	4.14.8	Deduction of 20 points
Being unable or refusing to change into clothing that complies with clothing regulations	4.14.9	Elimination
Modification of start numbers	4.16.2	Deduction of 20 points
The second occasion of a false start	4.17.2.1	Deduction of 40 points
Not completing the course	4.17.3.1	Elimination
Unintentional deviation from the course	4.17.3.3	Elimination
Improper conduct by jostling, running across or obstructing another competitor	4.17.3.2	Elimination
Unauthorised assistance	4.17.3.8	Elimination
Deliberate deviation from the course	4.17.3.4	Disqualification
Unauthorised assistance deemed to be a severe infringement of the principle of fair play	4.17.3.8	Disqualification

### 4.19. **THE COURSE**

- 4.19.1. The Organiser is responsible for providing an acceptable course, free of obstacles and spectators. It must be designed so that there is minimum risk of injury to the competitors (no sharp turns or steep declines).
- 4.19.2. The course can be laid out on any kind of surface, but wherever possible a synthetic track should be used. Changes or variations to the surface of the course should be avoided wherever possible. Details of any unavoidable variations to the running surface should be included on the entry form.
- 4.19.3. The course can be made in one or more laps (1,000m laps are the norm). The race should be run in an area which will assist and encourage the access of spectators.
- 4.19.4. The maximum climb of the course is 50m. The total climb is measured from a perpendicular angle from the starting area and adding together the total metres of climb from each level.
- 4.19.5. The course should be marked with a sign post, at every 500m to inform competitors of the distance they have run.
- 4.19.6. The total course must be wide enough to permit two runners to pass each other at any point.

- 4.19.7. The starting area must be wide enough to permit the starting procedures to take place without unnecessary crowding.
- 4.19.8. If necessary, the course must be clearly marked with flags, tape and/or markers above ground level, so that the direction of the course is always obvious to the competitors.
- 4.19.9. The finish area must be wide enough to permit the finishing procedures to take place without unnecessary crowding and be designed so that it provides good access for spectators and media to view the finish. Access to the finish area containing the timekeepers should be suitably restrictive not to allow access by anyone other than authorised personnel, to enable timekeepers to carry out their duties un-hindered.
- 4.19.10. At least 1 hour before the start of the event the course must be marked so that it is possible for competitors to inspect it. At least 5 minutes before the start all necessary restrictions must be settled.
- 4.19.11. At all qualifying competitions the course must be known by the Steward (if present) before the start of the event. The Steward has the right to make changes if deemed necessary.
- 4.19.12. The start and finish should, if possible, be in the same place.

## Appendix 1 – Year Groups Defined

Year Groups for the Academic Year 2008/2009  
(i.e. from 1 September 2008 to 31 August 2009)

<b>Year</b>	<b>Ages</b>	<b>Date of Birth</b>
Year 5	9 - 10	01/09/1998 - 31/08/1999
Year 6	10 - 11	01/09/1997 - 31/08/1998
Year 7	11 - 12	01/09/1996 - 31/08/1997
Year 8	12 - 13	01/09/1995 - 31/08/1996
Year 9	13 - 14	01/09/1994 - 31/08/1995
Year 10	14 - 15	01/09/1993 - 31/08/1994
Year 11	15 - 16	01/09/1992 - 31/08/1993
Year 12/13	16 - 18	01/09/1990 - 31/08/1992

## Appendix 2 - Qualification Schedule

<b>Region</b>	<b>Venue &amp; Date</b>	<b>Location of School</b>
<b>1 North East</b>	<b>Wentworth Sports Centre, Hexham. NE46 3PD</b> 07 December 2008	Darlington, Durham, Gateshead, Hartlepool, Middlesbrough, Newcastle-upon-Tyne, North Tyneside, Northumberland, Redcar & Cleveland, South Tyneside, Stockton-on-Tees, Sunderland
<b>2 Yorkshire</b>	<b>John Charles Centre for Sport, Middleton Grove, Leeds. LS11 5DJ</b> 23 November 2008	Barnsley, Bradford, Calderdale, Doncaster, East Riding of Yorkshire, Kingston-upon-Hull, Kirklees, Leeds, North Lincolnshire, North East Lincolnshire, North Yorkshire, Rotherham, Sheffield, Wakefield, York
<b>3 North West</b>	<b>Wavertree Sports Park, Wellington Road, Liverpool. L15 4LE</b> 9 November 2008	Blackpool, Blackburn with Darwen, Bolton, Bury, Cheshire, Cumbria, Halton, Knowsley, Lancashire, Liverpool, Manchester, Oldham, Rochdale, St Helens, Salford, Sefton, Stockport, Tameside, Trafford, Warrington, Wigan, Wirral
<b>4 West Midlands</b>	<b>Tudor Grange Sports Centre, Blossomfield Road, Solihull. B91 1NB</b> 19 October 2008	Birmingham, Coventry, Dudley, Herefordshire, Sandwell, Shropshire, Solihull, Staffordshire, Stoke-on-Trent, Telford & Wrekin, Walsall, Warwickshire, Wolverhampton, Worcester, Wales
<b>5 East</b>	<b>The Regional Fitness &amp; Swimming Centre Bishops Road, Peterborough. PE1 5BW</b> 30 November 2008	Bedfordshire, Cambridgeshire, Essex, Hertfordshire, Luton, Norfolk, Peterborough, Southend-on-Sea, Suffolk, Thurrock, Derbyshire, Derby City, Leicestershire, Leicester City, Lincolnshire, Northamptonshire, Nottingham City, Nottinghamshire, Rutland
<b>6 South</b>	<b>Aldershot Garrison Sports Centre, Aldershot. GU11 2LQ</b> 22 November 2008	Berkshire, Bracknell Forest, Buckinghamshire, Hampshire, Isle of Wight, Milton Keynes, Oxfordshire, Slough, Windsor & Maidenhead, Portsmouth, Reading, Southampton, West Berkshire, Wokingham Hillingdon, Hounslow
<b>7 South East (East)</b>	<b>Sevenoaks School, Sevenoaks, Kent TN13 1HU</b> 30 November 2008	East Sussex Kent, Brighton & Hove, West Sussex, Medway, Lewisham, Bexley, Greenwich, Havering, Barking, Dagenham and Redbridge
<b>8 South East (West)</b>	<b>Wycombe Sports Centre, Handy Cross, High Wycombe. HP11 1TJ</b> 6 December 2008	Surrey, Kensington and Chelsea, Bromley Kingston upon Thames, Lambeth Merton, Croydon, Richmond upon Thames, Sutton, Southwark, Wandsworth, City of London, Hammersmith and Fulham, Barnet, Brent, Camden, Ealing, Enfield, Hackney, Haringey, Harrow, Islington, Newham, Tower Hamlets, Waltham Forest Westminster
<b>9 South West</b>	<b>Millfield School, Street, Somerset. BA16 0YD</b> 9 November 2008	Bath & North East Somerset, Bournemouth, Bristol, Cornwall, Devon, Dorset, Gloucestershire, Isles of Scilly, North Somerset, Plymouth, Poole, Somerset, South Gloucestershire, Swindon, Torbay, Wiltshire