



**BRITISH MODERN BIATHLON AND
BRITISH MODERN TRIATHLON RULES
Effective from 1 September 2010**

Modern Pentathlon is an Olympic Sport

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1. INTRODUCTION

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

The following Rules apply to BRITISH CHAMPIONSHIPS and their qualifying competitions, including HOME COUNTRY AND REGIONAL CHAMPIONSHIPS for Biathlon (Swimming and Running), and Triathlon (Shooting, Swimming and Running). These Rules are intended only for the use of CLUBS AND ORGANISATIONS which are affiliated to Pentathlon GB. These Rules are subject to changes, which will be posted on the Pentathlon GB website. Competitors, Clubs and Organisers are reminded that they may have no third party liability insurance cover if participating in non-affiliated competitions.

Clubs are encouraged to follow these Rules but may adapt a competition to take into consideration availability of venues and local conditions. The amalgamation of classes and introduction of a younger age group is acceptable in club and regional competitions (BUT please note that there is a minimum qualifying age of 10 years by 31 December in the year of competition for the BRITISH CHAMPIONSHIPS). It is essential that any 'local' rules are indicated on the entry form.

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

- 1.1. **British Championships:** means a Championship for individual members of Pentathlon GB who are British Citizens and reside in Great Britain or Northern Ireland and affiliated clubs that are situated in Great Britain or Northern Ireland.
- 1.2. **Regional Championships:** means a Championship for one of the four Home Countries that make up Great Britain and/or specified Regions within the Home Countries.
- 1.3. **Qualifying Competition:** means a Competition where athletes can qualify for the British Championships.
- 1.4. **Competition:** means the entire contest incorporating the disciplines as defined below.
- 1.5. **Discipline:** means a component part of the Competition such as the run, swim or shoot.

2. GENERAL ASPECTS

2.1 Composition:

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

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

Competitions may be organised over one or two days. The order of disciplines is to be decided by the Competition Organiser. Competition Organisers should make every effort to refer to 'Pentathlon GB' whenever possible.

2.2. Forms of Competition:

2.2.1. Individual:

- 2.2.1.1. British Championships, Regional Championships and Qualifying Competitions may be held in the following classes, for both male and female competitors: Organisers may amalgamate classes.

CLASS	Age on Dec 31	2010	2011	2012	2013
Masters	35 and over	1975 or earlier	1976 or earlier	1977 or earlier	1978 or earlier
Senior	22 and over	1988 or earlier	1989 or earlier	1990 or earlier	1991 or earlier
Junior	19 – 21	1989 – 1991	1990 - 1992	1991 - 1993	1992 - 1994
Youth A	17 – 18	1992 – 1993	1993 - 1994	1994 - 1995	1995 - 1996
Youth B	15 – 16	1994 – 1995	1995 - 1996	1996 - 1997	1997 - 1998
Youth C	13 – 14	1996 – 1997	1997 - 1998	1998 - 1999	1999 - 2000
Youth D	11 – 12	1998 – 1999	1999 - 2000	2000 - 2001	2001 - 2002
Youth E	10	2000	2001	2002	2003

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

2.2.1. Club Teams:

Club teams are pre-defined before the competition and consist of 3 members of the same Club in the same class. Only Clubs affiliated to Pentathlon GB may enter teams in Regional Championships, British Championships and Qualifying Competitions. Team members must also be entered as individuals in the competition.

2.2.2. Team Relay:

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

2.3. Entries:

2.3.1. All competitors must enter the competition as individuals and pay the appropriate entry fee. Entry fees for the team competition may be an additional amount set by the organiser. Entries must be sent on the official entry form to the organiser, to arrive by the official closing date.

2.3.2. The closing date for the British Championships will be four weeks before the competition itself.

2.3.3. The Organisers may amalgamate classes with low numbers of entries.

2.3.4. No refund is possible for withdrawal for any reason, once the closing date has passed.

2.3.5. Competition entries are not transferable between competitors.

2.4. Eligibility:

2.4.1. To be eligible for all levels of competition (Club, Regional Championships, British Championships) and to be entitled for their scores to count towards final placings and awards an individual must:

2.4.1.1. Be a member of Pentathlon GB or of a British National Governing Body of Modern Pentathlon recognised by Pentathlon GB (i.e. 'the Home Nations') before the start of the competition. Application for membership should be sent to Pentathlon GB and/or the appropriate Home Country Federation together with the appropriate membership fee.

2.4.1.2. Be a British Citizen and legally resident in the United Kingdom of Great Britain and Northern Ireland.

- 2.4.2. Competitors who are not British Citizens or legally resident in the United Kingdom of Great Britain and Northern Ireland may participate as 'guests' at the Competition Organisers' discretion. Their scores for each discipline may appear in the results but will not count for awards.
- 2.4.3. Members will be eligible to compete for qualification for the British Championships in the Region in which they are:
 - 2.4.3.1. Normally resident; OR
 - 2.4.3.2. Resident whilst attending school, college, university or work, or as a member of HM forces; OR
 - 2.4.3.3. A member of a Pentathlon GB Club affiliated to the Region applicable.
- 2.4.4. Individuals with dual qualification may compete under the name of their Club, even if that Club is not affiliated to the Region in which they wish to compete.
- 2.4.5. The Club Secretary is required to certify that all competitors entered in Club teams are, and have been, bona fide members of that Club for at least three months before to the date of the British Championships or Qualifying Competition whichever is applicable. Transfer of Club membership after the three months deadline may be allowed if caused by change of address.
- 2.4.6. Competitors who have dual qualification and wish to enter more than one qualifying competition must advise Pentathlon GB Competitions Office which competition they have selected as their qualifier BEFORE competing in any of the competitions.
- 2.4.7. Individuals who have dual qualification may only compete at the British Championships under the Region through which they qualified and under the same Club name.
- 2.4.8. For training purposes, individuals and teams may enter any number of qualifying competitions out of their own region as guests, but cannot qualify for the British Championships in this way. It is the Qualifying Competition Organisers decision as to whether these athletes will figure in the final placings and presentation of Regional awards.
- 2.4.9. Competitors who have applied for an automatic or discretionary 'bye' entry to the British Championships may enter a Qualifying Competition outside of their own Region as a guest and have their run and swim times taken into account for seeding of heats at the British Championships. It is the Competition Organisers decision as to whether these athletes will figure in the final placings and presentation of Regional awards.

2.5. Cancellation:

If a qualifying competition has to be cancelled by Pentathlon GB because of insufficient entries, adverse weather conditions or venue closure, notification will be posted on the website www.pentathlongb.org as soon as the decision has been made. Each athlete entered into that competition will be offered a full refund.

2.6. Substitution – QUALIFYING COMPETITIONS:

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

2.7. Substitution – BRITISH CHAMPIONSHIPS:

- 2.7.1. Before the closing date, in the event of a qualified individual not being able to compete in the British Championships, the Competitions Secretary must offer the place to the next highest placed individual in the qualifying competition.
- 2.7.2. Before the closing date, Club Secretaries may substitute competitors in the qualified team with Club members who competed in the same qualifying competition.
- 2.7.3. In the event of a qualifying Club team not being able to take their place at the British Championships the next highest placed Club team must be offered the place. Team members of the team which is replaced do not automatically retain their qualification status unless they have qualified by being placed in the six top scoring individuals.
- 2.7.4. After the closing date for entries for the British Championships, team substitutes are only permitted on medical grounds or other exceptional circumstance and only with the approval from Pentathlon GB. All applications for substitutions must be made to The Competitions Office together with supporting evidence before the start of the Competition. Substitutes must have competed in the relevant Qualifying Competition and be eligible under Rule 2.4.5.

2.8. Qualification for British Championships:

- 2.8.1. In each class of the Qualifying Competitions, the following will qualify by right:
 - I. Modern Biathlon - The six top scoring individuals plus the TOP THREE placed Club teams and the members thereof.
 - II. Modern Triathlon – The six top scoring individuals plus the FIRST placed Club team and the members thereof.
- 2.8.2. The top 6 individuals and top team from each class of the British Schools’ Biathlon Championships will be awarded an ‘automatic bye’ entry to the British Biathlon Championships.
- 2.8.3. In exceptional circumstances Pentathlon GB may alter the qualification criteria.

2.9. British Ranking List:

- 2.9.1. Results of all the Qualifying Competitions will be combined to produce a British Ranking List from which other highly ranked individuals who have not qualified under the above criteria may be invited to participate.
- 2.9.2. If three members from the same Club qualify either as Individuals or through the rankings list, they may enter the British Championships as a Team.
- 2.9.3. Scores will be adjusted for the ranking list as shown below.

SWIMMING – CONVERSION TABLE

POOL LENGTH	200m SWIM	100m SWIM	50m SWIM
50m to 25m	+ 36 points	+ 36 points	+ 18 points
25m to 50m	- 36 points	- 36 points	- 18 points

2.10. Byes – British Championships:

2.10.1. Discretionary 'Bye' Applications

- 2.10.1.1. These will be awarded only in exceptional circumstances to athletes who have a history of competing in the British Championships or to assist the Pentathlon GB Performance Team in talent identification.
- 2.10.1.2. Discretionary 'bye' applications must be supported by either a medical certificate or a copy of the entry form to a County or National Competition for another sport which has taken precedence over the Qualifying Competition.
- 2.10.1.3. Applications must be made on the special 'Application for a Discretionary Bye' form, counter signed by the Competition Secretary, or for members of the National Squad by a member of the Pentathlon GB Performance Team.
- 2.10.1.4. The completed form must be sent, together with the supporting evidence, a cheque covering the correct entry fee and a stamped addressed envelope, to the Pentathlon GB Competitions Office, to arrive within two weeks of the date of the Qualifying Competition of the Region concerned.
- 2.10.1.5. All applications for a discretionary 'bye' will be considered on their merit by The Competitions Office and all applicants will be notified of the decision in writing.
- 2.10.1.6. Competitors awarded a discretionary 'bye' entry are not eligible to compete as a member of a Club team unless the application is on medical grounds.

2.10.2. Automatic 'Bye' Awards:

- 2.10.2.1. Will be awarded to athletes unable to attend their own Qualifying Competition because they have been selected to represent Great Britain at either a Modern Pentathlon or Biathlon International Competition. In these circumstances, run and swim times from their most recent competition will be used to seed heats at the British Championships. These athletes should wherever possible enter another Qualifying Competition as a guest in order to gain these times.
- 2.10.2.2. Athletes who are engaged on a World Class Programme event as directed by the National Performance Director or the World Class Pathway Manager will be awarded an automatic 'bye' entry if they are unable to attend their Qualifying Competition. These athletes should enter another Qualifying Competition as a guest competitor to gain run and swim times to be used to seed heats at the British Championships.
- 2.10.2.3. Applications must be made on the special 'Application for an Automatic Bye' form, counter signed by the Competition Secretary, or for members of the National Squad by a member of the Pentathlon GB Performance Team.
- 2.10.2.4. The completed form must be sent, together with the supporting evidence, a cheque covering the correct entry fee and a stamped addressed envelope, to the Pentathlon GB Competitions Office, to arrive within two weeks of the date of the Qualifying Competition of the Region concerned.
- 2.10.2.5. Competitors awarded an 'Automatic 'Bye' may at the discretion of the Competition Organiser, compete at the British Championships as a member of a Club Team.
- 2.10.2.6. The top 6 individuals and top team from each class of the British Schools' Biathlon Championships will be awarded an 'automatic bye' entry to the British Biathlon Championships.

2.11. Start List:

The Competition Organiser must publish the start list before the start of the competition.

2.12. Age Handicap:

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

MASTERS +/- POINTS TABLE

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

2.13. Team Relay Competition:

The ages of the Team members will be added together and divided by three to find the average age, rounded down to the nearest number. Points \pm as per the individual table.

2.14. Results, DNS & DNF:

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

2.14.2. A competitor who does not finish (DNF) in both the run and swim disciplines may not qualify for the British Biathlon or Triathlon Championships. Their shoot scores (if any) will be included in the final results and they may take part in the awards ceremony only with the permission of and at the discretion of the Competition Organiser. The decision will be based upon whether the competitor made an appropriate attempt to complete the discipline/s. Putting a foot over the start line to achieve a DNF instead of a 'did not start' (DNS) is not an attempt to complete the discipline.

2.14.3. 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.

2.15. Placings:

2.15.1. Final positions are decided by points, according to the results obtained from each discipline.

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

2.15.3. If there is a tie, the winner is the competitor who has gained more first places in the two or three disciplines.

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

2.15.5. 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.

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

2.15.7. In the Club team or Team Relay competition, if there is a tie in the Team placings, the individual placings in each discipline for each athlete for each team will be added together and the lowest total will be declared the winner.

2.16. Official Prizes:

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

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

Individual competition with less than 10 competitors	1 st – 3 rd
10 – 14 competitors	1 st – 4 th
15 – 19 competitors	1 st – 5 th
20 and over competitors	1 st – 6 th
Club team competition	1 st – 3 rd

2.16.3. Regional trophies are awarded at the British Modern Biathlon and British Modern Triathlon Championships to the highest scoring Region. The scores of the highest placed Regional competitor in each class are added together to give the Regional scores.

2.17. Elimination and Disqualification:

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

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

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

2.17.2. A competitor who abandons or is eliminated in a discipline scores zero points in that particular discipline, but is allowed to compete in the subsequent disciplines.

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

2.17.4. The Competition Organisers' decision is final with no appeal.

2.18. Official Steward:

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

- 2.18.1. To inspect and approve all the venues before to the start of the competition, including provision for First Aid cover.
- 2.18.2. To insist on an alteration if, in his opinion, the venues are not in all respects within the limits laid down in the Rules or if they are unsuitable for the competition, especially on the grounds of safety.
- 2.18.3. To ensure that the competition is run in accordance with current Pentathlon GB Rules.
- 2.18.4. To be present and participate if necessary, in the briefing of the judges and to act as Chairman of the Jury of Appeal.
- 2.18.5. To give whatever guidance or help that may be required.
- 2.18.6. The Official Steward should not undertake any other duties.

2.19. Jury of Appeal:

- 2.19.1. A Jury of Appeal will be appointed by the Competition Organiser and will consist of a minimum of 3 persons including the Competition Organiser and two other Individuals who shall be chosen because of their knowledge about the respective discipline.
- 2.19.2. The Members of the Jury of Appeal shall be independent of the event in issue.

2.20. Appeals:

- 2.20.1. The Competition Organiser is responsible for appointing Officials for the various disciplines. These Officials are responsible for enforcing the competition Rules.
- 2.20.2. If an Official determines that a Rule has been violated in a material respect or that a competitor has sustained a penalty in connection with the discipline, he will notify the competitor or his representative as soon as possible and officially register the violation, the reason for the violation, the penalty together with the number of penalty points (as appropriate).
- 2.20.3. A competitor or his representative who believes a competition official's decision to be incorrect, may appeal the matter to the relevant Discipline Director by a verbal appeal. A verbal appeal is an oral expression of dissatisfaction, made by a competitor or his representative, regarding an action or decision of a competition official.
- 2.20.4. An appeal may only be made in respect of a matter which:
 - (a). may realistically be expected to have a material influence on the outcome of the discipline and/or Competition results.
 - (b) is about a judgment or decision affecting events on the field of play.
- 2.20.5. A verbal appeal must be made within 15 minutes of the decision being notified to the competitor or his representative or an allegedly erroneous result first being made known to the competitor.
- 2.20.6. A verbal appeal against participation of an athlete must be raised not later than one hour after the start of the competition.
- 2.20.7. A verbal or written appeal must be handled as quickly as possible and an outstanding decision should not affect the commencement of the presentation of awards.

- 2.20.8. If the competitor or his representative believes the Discipline Director's decision regarding the verbal appeal to be incorrect, at that point and not before, he may appeal the matter in writing to the Jury of Appeal which will either confirm or reverse the decision of the Discipline Director.
- 2.20.9. An appeal must be written in English, summarising the decision appealed against and the brief reasons why the decision is wrong, and must be accompanied by a deposit of £20.00 in cash.
- 2.20.10. The Jury of Appeal may adopt any procedure suitable to the resolution of the point in issue bearing in mind time constraints. Its decision, may be a majority decision, and made if it wishes in private. This decision is final with no further right of appeal or other recourse.
- 2.20.11. The competitor or his representative will be informed of the Jury of Appeal's decision but not necessarily of the reasons for it.
- 2.20.12. If the Jury of Appeal decides that the appeal is valid, the deposit will be returned to the person who submitted it. If the Jury of Appeal rejects the appeal, the deposit will be credited to Pentathlon GB and the competitor or his representative given a receipt.
- 2.20.13. The Jury of Appeal may also meet when there is need to discuss the application of a specific Rule.

2.21. The intention of the Rules:

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

2.22. Rules and Safety:

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

2.23. Force Majeure and Calendar Change:

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

2.24. Legal Liability:

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

3. SWIMMING:

3.1. Freestyle Swimming:

3.1.1. The competition is a freestyle event. A competitor may swim any stroke or style.

3.1.2. In turning, the competitor must touch the end of the pool with some part of the body. It is forbidden to take a step or more on the bottom of the pool.

3.1.3. In finishing the competitor must touch the end of the pool with some part of the body,

3.2. Distances and Scoring for each class:

CLASS	INDIVIDUAL			TEAM RELAY		
	Distance	Time for 1000 pts	Pts ± per 0.33 sec	Distance	Time for 1000 pts	Pts ± per 0.33 sec
Masters Men	100m	1 min 25 secs	8	3 x 50m	1 min 40 secs	8
Masters Women	100m	1 min 35 secs	8	3 x 50m	1 min 40 secs	8
Senior Men	200m	2 mins 30 secs	4	3 x 100m	3 mins 15 secs	4
Senior Women	200m	2 mins 30 secs	4	3 x 100m	3 mins 15 secs	4
Junior Men	200m	2 mins 30 secs	4	3 x 100m	3 mins 15 secs	4
Junior Women	200m	2 mins 30 secs	4	3 x 100m	3 mins 15 secs	4
Youth A Boys	200m	2 mins 30 secs	4	3 x 100m	3 mins 15 secs	4
Youth A Girls	200m	2 mins 30 secs	4	3 x 100m	3 mins 15 secs	4
Youth B Boys	200m	2 mins 30 secs	4	3 x 100m	3 mins 15 secs	4
Youth B Girls	200m	2 mins 30 secs	4	3 x 100m	3 mins 15 secs	4
Youth C Boys	100m	1 min 14 secs	8	3 x 50m	1 min 45 secs	8
Youth C Girls	100m	1 min 14 secs	8	3 x 50m	1 min 45 secs	8
Youth D Boys	50m	35 secs	12	3 x 25m	1 min	12
Youth D Girls	50m	35 secs	12	3 x 25m	1 min	12
Youth E Boys	50m	40 secs	12	3 x 25m	1 min	12
Youth E Girls	50m	40 secs	12	3 x 25m	1 min	12

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. Electrical timing devices registering 1/100ths second are compulsory.

- 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 example:
- 3.2.3. For Youth E competitors:
0:39.68 is recorded as 0:39.66 = 1012 points
0:40.19 is recorded as 0:40.00 = 1000 points
- 3.2.4. For Youth C competitors:
1:19.42 is recorded as 1:19.33 = 872 points
1:12.54 is recorded as 1:12.33 = 1040 points
- 3.2.5. For Youth B, Youth A, Junior and Senior competitors:
2:15.35 is recorded as 2:15.33 = 1176 points
2:43.75 is recorded as 2:43.66 = 836 points

3.3. Swimming Competence:

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

3.4. Swimwear:

- 3.4.1. The swimwear (swimsuit, cap and goggles) of all competitors in all competitions shall be in accordance with the FINA General Rules and Bylaws on swimwear, in force on the date of the competition.
- 3.4.2. The competitor must wear only one swimsuit in one piece (men) and one or two pieces (women) which for men shall not extend above the navel nor below the knee and for women, shall not cover the neck, extend past the shoulder, nor shall extend below the knee. No additional items, such as arm bands or leg bands shall be regarded as parts of a swimsuit. All swim suits must be made of textile materials.
- 3.4.3. All swimsuits must be non-transparent, in good taste and suitable for the swimming discipline. Swimwear should not carry any symbol which may be considered offensive.
- 3.4.4. 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.
- 3.4.6. Advertising tobacco or alcohol is not allowed.
- 3.4.7. The penalty for not being correctly dressed, having body advertisements or advertising tobacco or alcohol is 40 points. The referee will require that the competitor remove all

non-allowed advertising (if applicable) and change into clothing that complies with the Rules.

- 3.4.8. The referee may exclude and eliminate any competitor unable to remove body advertisements, or unwilling to change into clothing that complies with the Rules.

3.5. Officials:

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

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

3.6. The Swimming Director:

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

3.7. The Referee:

- 3.7.1. Shall have full control and authority over all Officials, shall approve their assignments and instruct them regarding all special features or regulations related to the competition.
- 3.7.2. Shall enforce all Rules and decisions of Pentathlon GB and has the authority to disqualify, eliminate or impose penalty points in accordance with the Rules.
- 3.7.3. May intervene in the competition at any stage to ensure that the Pentathlon GB Rules are observed and has the authority to penalise competitors or other persons who infringe these Rules.
- 3.7.4. Shall adjudicate, with the Swimming Director, all verbal protests related to the competition in progress.
- 3.7.5. Shall ensure that all necessary officials are in their respective positions for the conduct of the competition; may appoint a substitute for any official who is absent, incapable of acting, or found to be inefficient; and may appoint additional officials if considered necessary.
- 3.7.6. At the start of each heat shall signal to the competitors by a series of short whistles, inviting them to prepare for the start. This is followed by a long whistle indicating that they should take their position on the starting blocks.
- 3.7.7. When the competitors and officials are ready, the Referee shall indicate to the Starter, with an outstretched arm, that the competitors are now under the Starter's control. The outstretched arm will remain in that position until the starting signal is given.
- 3.7.8. Has the power to recall the competitors to the start, if any external occurrence has caused any competitor in the race to suffer an unfair disadvantage. In such case it shall not be a false start.

- 3.7.9. When automatic judging and timing equipment (AOE) is used, it shall be used to determine the winner, placings and the times for each lane. The results and times so determined shall have precedence over the decisions of Judges and Timekeepers.
- 3.7.10. If no AOE is used or there is a breakdown, mechanical failure or, if in the opinion of the Referee, a failure has occurred, the Judges and Timekeepers will take precedence and the Referee should determine the finish order following consultation with the Placings Judge and the manual times taken.

3.8. The Starter shall:

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

3.9. The Chief 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 at the non-starting end of the pool.
- 3.10.2. Ensure that the competitors comply with the relevant Rules for turning commencing from the beginning of the last arm stroke before touching and ending with the completion of the first arm stroke after turning.
- 3.10.3. Report any violation to the Chief 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 and shall ensure that competitors comply with the relevant Rules from the start and ending with completion of the first arm stroke.

3.11. The Placing Judges shall:

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

3.12. The False Start Rope Officials shall:

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

3.13. The Chief Timekeeper shall:

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

3.14. The Timekeepers shall:

- 3.14.1. Take the time of the competitors in the lane assigned to them.
- 3.14.2. Start their watch at the starting signal and stop it when the competitor in their lane touches the end of the pool, having completed the race.
- 3.14.3. If AOE is in use, operate the semi-automatic back up stop button, as instructed by the Chief Timekeeper.
- 3.14.4. Check that the competitors in their lane, touch the end of the pool when turning and shall ensure that competitors comply with the relevant Rules from the start, ending with completion of the first arm stroke.
- 3.14.5. Promptly after the race, record the time, for their competitor, from their watch on the competitor's card (if used) and on their results sheet, give it to the Chief Timekeeper and, if requested, present their watch for inspection. Their watches must not be cleared until the short whistle of the Referee announcing the following race.

3.15. The Clerk of the Course shall:

- 3.15.1. Assemble competitors before each heat.
- 3.15.2. Not allow any competitor to go to their starting place whose costume is not in accordance with the Rules.
- 3.15.3. Check and forbid the start of competitors who have used oil, grease, solution or other substance on their bodies.
- 3.15.4. Be responsible for ensuring that the competitors are ready for the start before each heat.

3.16. The Announcer shall:

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

3.17. Health and Safety Announcements include:

- 3.17.1. 'You are reminded that the depth of water in the shallow end is (announce depth) and the deep end is (announce depth). Starting blocks are (announce height) above water level. Lane(s) (announce lane number(s)) only are to be used for sprinting and diving.'

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

3.18. Warm-up:

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

3.19. Heats:

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

3.20. Start:

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

3.21. False Start:

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

3.22. Turning:

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

3.23. Resting:

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

3.24. Finish:

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

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

3.25. Infringements, Fouling and Penalties:

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

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

3.25.1.1. Wearing non-conforming swimwear.

3.25.1.2. Any false start which is not penalised by elimination.

3.25.1.3. Using oil, grease, solution or other substance.

3.25.1.4. Taking a step or more on the bottom of the pool or pulling themselves forward on the lane ropes.

3.25.1.5. Not touching the end of the pool with some part of the body when turning.

3.25.1.6. Leaving the swimming lane before the Referee has given the command to do so.

3.25.1.7. Leaving the water from the front side whether or not electronic touch pads are installed.

3.25.1.8. An incorrect change over in relay.

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

3.25.2.1. Delaying the start of a race, wilfully disobeying an order or for any other misconduct taking place at the start.

3.25.2.2. Jumping or falling into the water before the command 'take your marks'.

3.25.2.3. Being unable or unwilling to change into swimwear that complies with the Rules.

3.25.2.4. Pushing, swimming across or obstructing another competitor so as to impede their progress.

3.25.2.5. Using any device that may aid speed, buoyancy or endurance during the race, such as webbed gloves, flippers, fins, kickboards etc.

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

3.26. Timing and Automatic Officiating Procedures:

- 3.26.1. When automatic judging and timing equipment (AOE) is used, it shall be used to determine the winner, placings and the times for each lane. The results and times so determined shall have precedence over the decisions of Judges and Timekeepers.
- 3.26.2. In the event of a malfunction of the AOE, no-one but the Referee shall have the authority to carry out any changes to the results.
- 3.26.3. If the AOE fails to be started by the starting signal, the AOE operator should start the equipment, which may then be used to determine placings. Under these circumstances the scoreboard should be rendered inoperative.
- 3.26.4. The official time will be determined as follows:
- 3.26.4.1. When an AOE time is available for **all** competitors in a class, then the official time will be that time.
- 3.26.4.2. When the AOE fails to record the time of one or more competitors in a class then the official time for all competitors within that class will be the semi-automatic back-up time or if not available for **all** members within a class, the official time recorded by the timekeepers.
- 3.26.4.3. If a competitor does not have a recorded time of any sort then the Referee will look at the official placings and give the competitor concerned the same time as the competitor placed in front or behind. The Referee's decision as to which time is given will be dictated by each situation as it arises.
- 3.26.5. Any certified timing device that is terminated by an official shall be considered a watch. Such manual times must be taken wherever possible by three timekeepers. Manual timing shall be registered to 1/100 of a second.
- 3.26.6. Where no Automatic Officiating Equipment (AOE) is used, official manual times shall be determined as follows:
- 3.26.6.1. Where three Timekeepers are used for a lane - If two of the three watches record the same time and the third disagrees, the two identical times shall be the official time.
- 3.26.6.2. If all three watches disagree, the watch recording the intermediate time shall be the official time.
- 3.26.6.3. Where two Timekeepers are used for a lane, one should be nominated as the official time. The time recorded by the second watch should be recorded as back-up.
- 3.26.6.4. Where only one Timekeeper is used for a lane, then their time recorded shall be the official time.
- 3.26.7. The times recorded by the Timekeeper(s) assigned to a lane shall be the only times considered. Where a Chief Timekeeper times a competitor then that time shall only be considered when they are timing in place of the appointed Timekeeper, who is unable to take a time and no other substitute is available.
- 3.26.8. If the times registered by the timekeepers do not support the official placings, the times of the competitors concerned shall be added together and divided by the number of such competitors who shall all be credited with that time, raised if necessary to the nearest hundredth of a second.

3.27. Penalty Table - Swimming:

The Competitor infringes the Rules and is penalised for:	Rule	Penalty
Wearing non conforming swimwear, having body advertisements or advertising tobacco or alcohol.	3.4. & 3.25.1.1.	Deduction of 40 points
Beginning start movements before the start signal or every wrong change in relay.	3.21.3., 3.21.8, 3.25.1.2. & 3.25.1.8.	Deduction of 40 points
Jumping or falling into the water after the command 'take your marks' and before the start signal.	3.21.2. & 3.25.1.2.	Deduction of 40 points
Using oil, grease, solution or other similar substance applied to the body.	3.25.1.3.	Deduction of 40 points
Taking a step or more on the bottom of the pool or pulling themselves forward on the lane ropes.	3.23. & 3.25.1.4.	Deduction of 40 points
Failure to touch the end of the pool when turning.	3.22 & 3.25.1.5.	Deduction of 40 points
Leaving the water before the Referee's command or climbing out over the end of the pool.	3.24., 3.25.1.6. & 3.25.1.7.	Deduction of 40 points
Delaying the start, wilfully disobeying an order or other misconduct at the start.	3.25.2.1.	Elimination
Jumping or falling into the water before the command 'take your marks'	3.21.1. & 3.25.2.2.	Elimination
Being unable, or refusing to remove body advertising and/or change into clothing that complies with clothing regulations.	3.25.2.3.	Elimination
Pushing, swimming across or obstructing another competitor so as to impede their progress.	3.25.2.4.	Elimination
Using any device to aid speed, buoyancy or endurance such as webbed gloves, flippers, fins etc.	3.25.2.5.	Elimination
Wilfully and with intent, pushing, swimming across or obstructing another competitor so as to impede their progress.	3.25.3.	Disqualification of competitor Elimination of team

4. RUNNING:

4.1. Time Trial Running:

- 4.1.1. In the British Championships and Regional Championships the start will be a pack start.
- 4.1.2.. Club Competition Organisers may start runners at intervals.
- 4.1.3. For the Team Relay competition is a relay race, with teams of three competitors using a pack start.

4.2. Distances & Scoring for each class:

4.20.1. 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.

CLASS	INDIVIDUAL			TEAM RELAY		
	Distance	Time for 1000 pts	Pts ± per 0.5 sec	Distance	Time for 1000 pts	Pts ± per 0.5 sec
Masters Men	1500m	6 mins	3	3 x 1000m	10 mins 30 secs	3
Masters Women	1000m	4 mins	4	3 x 500m	5 mins 30 secs	4
Senior Men	1500m	5 mins	3	3 x 1000m	10 mins	3
Senior Women	1500m	5 mins 30 secs	3	3 x 1000m	10 mins 30 secs	3
Junior Men	1500m	5 mins	3	3 x 1000m	10 mins	3
Junior Women	1500m	5 mins 30 secs	3	3 x 1000m	10 mins 30 secs	3
Youth A Boys	1500m	5 mins	3	3 x 1000m	10 mins	3
Youth A Girls	1500m	5 mins 30 secs	3	3 x 1000m	10 mins 30 secs	3
Youth B Boys	1500m	5 mins 5 secs	3	3 x 1000m	10 mins	3
Youth B Girls	1500m	5 mins 30 secs	3	3 x 1000m	10 mins 30 secs	3
Youth C Boys	1500m	5 mins 30 secs	3	3 x 1000m	10 mins 30 secs	3
Youth C Girls	1500m	5 mins 45 secs	3	3 x 1000m	10 mins 30 secs	3
Youth D Boys	1000m	3 mins 40 secs	4	3 x 500m	4 mins 30 secs	4
Youth D Girls	1000m	3 mins 50 secs	4	3 x 500m	4 mins 30 secs	4
Youth E Boys	500m	1 min 50 secs	6	3 x 500m	4 mins 30 secs	4
Youth E Girls	500m	1 min 50 secs	6	3 x 500m	4 mins 30 secs	4

4.3. Clothing And Equipment:

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

4.4. Shoes:

- 4.4.1. Competitors must not compete in bare feet but must wear appropriate footwear on both feet. Shoes must not be constructed so as to give the competitor any additional assistance.

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

4.5. Numbers:

- 4.5.1. Every competitor must wear the number card(s) provided by the Competition Organiser. If only one number is provided then it must be worn on the chest. The number should be properly fastened, clearly visible and easy to read in all weather conditions.
- 4.5.2. If a competitor modifies the dimensions or appearance of the starting number card(s) given by the Competition Organiser, they shall be penalised by 40 points.
- 4.5.3. No competitor will be allowed to take part in the discipline without the correct number(s).
- 4.5.4. Team Relay members must wear start numbers which distinguish their team and order of running i.e. 1a, 1b, 1c, 2a, 2b, 2c etc. if available.

4.6. Officials:

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

4.7. The Running Director:

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

4.8. The Starter:

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

4.9. The Starter's Assistant(s):

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

4.10. Chief Timekeeper:

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

4.11. Timekeepers:

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

4.12. The Arrival Judges:

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

4.13. Course Marshals:

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

4.14. Start and Finish Marshals:

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

4.15. Inspection Of The Course:

At least 1 hour before the start of the discipline the course should be marked so that it is possible for competitors to inspect it. 15 minutes before the warm-up is due to start the course

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

4.16. Heats:

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

4.17. Start Procedure:

- 4.17.1. A single start line is used, marked on the ground by a line, the colour of which contrasts with the surface.
- 4.17.2. Competitors are responsible for knowing their start time and for being at the start line at least 15 minutes before the published time. They must obey the Starter's Assistant's instructions regarding their position on the start line.
- 4.17.3. For the Individual competition the start will be a pack start.
- 4.17.4. The pack start may also be used for the Team Relay, with the 1st runners starting together, 2nd and 3rd runners will start once they have been touched by their team's preceding runner once he has completed the course.
- 4.17.5. An incorrect or early take-over in the relay competition will be penalised by 40 points.
- 4.17.6. The incoming runner may touch any part of their team member's body, within a 20m hand over zone.
- 4.17.7. Competitors line up according to their start number.
- 4.17.8. One minute before the start of a heat all competitors must be in their correct place on the start line. The Starter will announce 'One minute to start'.
- 4.17.9. Thirty seconds before the start and then subsequently 20 and 10 seconds the Starter will give a '30 (20) (10) seconds to start' warning to the competitors.
- 4.17.10. After the OK from the Timekeepers the Starter will give the 'Take Your Marks' command, followed by the starting signal.
- 4.17.11. All timing equipment will be started on the start signal.
- 4.17.12. Wherever possible, a large, official clock indicating the correct time should be placed at the start so that it is visible to competitors, officials and spectators.

4.18. False Start:

- 4.18.1. A false start is deemed to have occurred if the competitor puts one foot on the ground outside of the start line before the start signal is given.
- 4.18.2. If a competitor starts **before** the command 'take your marks', he will have committed a false start by making a blatant attempt to start too early. The competitor will be eliminated and the start will recommence.
- 4.18.3. If a competitor starts **after** the command 'take your marks' but before the start signal is given, he will have committed a false start and will be penalised by 40 points. There will not be a recall.
- 4.18.4. In the event of a false start, the offending competitor(s) must be informed of the appropriate penalty as soon as possible after finishing the heat.

- 4.18.5. If, in the opinion of the Starter, there is an external occurrence which causes any competitor to move, false start or suffer an unfair disadvantage, then the competitors will be recalled. This is not a false start and competitors will not be penalised.
- 4.18.6. The recall signal will be the same as the starting signal.
- 4.18.7. If a competitor starts late they will not be penalised, but their time will be taken from the moment they should have started the discipline.

4.19. Unauthorised Assistance:

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

4.21. The Finish:

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

4.22. Timing:

- 4.22.1. An electronic time keeping system which is capable of registering time in 1/100th seconds is obligatory (1/100th sec stop watch)
- 4.22.2. The time must be taken from the starting signal for a given heat (race) until the moment at which any part of the competitor's body (i.e. torso, as distinguished from the head, neck, arms, legs, hands or feet) reaches the perpendicular plane of the finish line.

4.23. Infringements, Fouling and Penalties:

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

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

- 4.23.1.1. Contravening footwear or clothing regulations.
- 4.23.1.2. Modifying the dimensions of the start numbers.
- 4.23.1.3. A false start which is not penalised by elimination.
- 4.23.1.4. A relay team will be penalised for an incorrect hand over.

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

- 4.23.2.1. A blatant attempt to start too early held to be a severe infringement of the principle of fair play.
- 4.23.2.2. Unintentional or accidental deviation from the course, but only if it is found that such an action resulted in a material advantage for the competitor. Any shortening of the course is considered a material advantage.

- 4.23.2.3. Not completing or voluntarily leaving the run course.
- 4.23.2.4. Improper jostling, running across or obstructing another competitor so as to impede their progress.
- 4.23.2.5. Being unable or refusing to change into footwear or clothing that complies with the rules.
- 4.23.2.6. Persistent unauthorised assistance.

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

4.24. Penalty Table – Running:

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

4.25. The Running Course:

- 4.25.1. The course should be designed so that there is a minimum risk of injury to the competitors; therefore no sharp turns or steep declines should be included. The course can be laid out on any kind of surface or surfaces. Changes or variations to the surface of the course should be avoided wherever possible.
- 4.25.2. The length of the course can be made in one or more laps. The race should be run in an area which will assist and encourage the access of spectators.
- 4.25.3. The maximum climb of the course should be no more than 50m. The total climb is measured from a perpendicular angle from the starting area and adding together the total metres of climb from each level.
- 4.25.4. The course should wherever practical be marked with a sign post, at every 500m to inform competitors of the distance they have run.
- 4.25.5. The total course must be wide enough to permit two runners to pass each other at any point.
- 4.25.6. The start and finish should, if possible, be in the same place.
- 4.25.7. The start line and the finish line should be marked by a single line at least 5cm wide the colour of which contrasts with the ground. It is recommended that a gantry (arch, gate, etc.), vertical poles or something similar also mark the start line and the finish line.
- 4.25.8. The start and finish areas must be wide enough to permit the starting/finishing procedures to take place without unnecessary crowding
- 4.25.9. 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.
- 4.25.10. At least 1 hour before the start of the discipline the course should be marked so that it is possible for competitors to inspect it. 15 minutes before the warm-up is due to start the course should be cleared of competitors and spectators. At least 5 minutes before the start all restrictions preventing competitors and supporters from viewing the course must be removed.
- 4.25.11. At all qualifying competitions the course must be known by the Steward (if present) before the start of the discipline. The Steward has the right to make changes if necessary.
- 4.25.12. In relay competitions:
 - 4.25.12.1. The start and finish lines shall be a minimum of 5m wide.
 - 4.25.12.2. The hand-over zone shall be 20m long, placed 10m each side of the finish line. Thus the dimensions of the hand-over zone will be 20m x minimum 5m.
 - 4.25.12.3. The hand-over zone shall be clearly marked by limit lines.

5. SHOOTING:

5.1. Shooting Format:

- 5.1.1. Shooting with an air pistol that complies with Rule 5.31.2. fired at a standing target from a distance of 10 metres.
- 5.1.2. Shooting is on command and all competitors have 20 seconds in which to fire each shot.

Class	Competition		Preparation and Sighting Period	Loader
	Individual	Relay	Time	
Senior, Junior, Youth A Youth B	20	3 x 10	10 minutes – includes aiming/holding exercises, dry firing and sighting shots – see Rule 5.16. (Dry firing means to operate the trigger without discharging the propellant.)	NO
Masters	20	3 x 10		NO
Youth C, Youth D, Youth E	10	3 x 5		Allowed

5.2. Targets for Competition:

British Championships	One shot per target if electronic returning targets are used otherwise a maximum of 5 shots per target	2/4 competition targets dependent on class if manual collection of targets. 10/20 competition targets if electronic returning targets are used
Regional Competitions	Maximum of 5 shots per target	2/4 competition targets dependent on class
Club Competitions	Can amend to suit conditions (recommend max 5 shots per target)	

5.3. Clothing:

- 5.3.1. A competitor may only wear normal athletic or everyday clothing. Long trousers (ankle length) are compulsory. Special jackets and trousers, such as worn by a rifle shooter, undergarments or accessories which may be constructed to offer support for the shooting position, are prohibited.
- 5.3.2. The use of any special devices, means or garments, which support the shooter's leg, body or arms are prohibited.
- 5.3.3. Competitors must wear shoes which do not reach the anklebone. Shooting without shoes is prohibited.
- 5.3.4. Bracelets, wristwatches, wrist bands or similar items which might provide support are prohibited on the hand and arm which hold the pistol.
- 5.3.5. A sports watch is permitted on the non-shooting hand.
- 5.3.6. Radios, tape recorders or any type of sound-producing or communication systems are prohibited. Only sound-reducing devices may be worn.
- 5.3.7. The penalty for contravening the clothing regulations is 40 points.
- 5.3.8. The Chief Range Officer or Shooting Director may exclude and eliminate any competitor unable or unwilling to change into clothing that complies with the Rules.

5.4. Officials:

For all Competitions, the following officials are considered necessary, although the Competition Organiser may vary this where local circumstances dictate: Shooting Director, Chief Range Officer, Range Officers, Target Officer, Assistant Target Officers, Chief Classification Officer, Classification Officers, Equipment Control Officer.

5.5. The Shooting Director:

- 5.5.1. Appoints all the officials, is responsible for managing and co-ordinating activities of all the officials appointed and instructs them regarding all special features or regulations related to the competition.
- 5.5.2. Shall enforce all Rules and decisions of Pentathlon GB and has the authority to disqualify, eliminate or impose penalty points in accordance with the Rules.
- 5.5.3. May intervene in the competition at any stage to ensure that the Pentathlon GB Rules are observed and has the authority to penalise competitors or other persons who infringe these Rules.
- 5.5.4. Decides on any verbal complaints received from competitors or team representatives relating to the discipline in progress.
- 5.5.5. Produces a layout for shooting and support activities (e.g., Equipment Control, Classification/scoring, dry fire area).
- 5.5.6. Ensures the discipline is carried out in accordance with the programme.
- 5.5.7. With the agreement of the Chief Range Officer has the right to stop shooting temporarily for justifiable reasons.
- 5.5.8. Ensures that the range and all equipment are in accordance with Pentathlon GB Rules.
- 5.5.9. Ensures that the necessary experts and materials are available to operate the range.
- 5.5.10. Is responsible for the overall Health and Safety of the discipline including the completion of a Risk Assessment.
- 5.5.11. Shall ensure that all necessary officials are in their respective positions for the conduct of the competition; may appoint a substitute for any official who is absent, incapable of acting, or found to be inefficient; and may appoint additional officials if necessary.

5.6. The Chief Range Officer:

Supervises all the Range Personnel and is responsible for:

- 5.6.1. The correct conduct of the shooting discipline and where centralised control is exercised, for all range commands.
- 5.6.2. The rapid correction with the appointed Range Officers, of any equipment failure and for ensuring that the necessary experts and materials are available to operate the range.
- 5.6.3. Resolving any irregularities which the Range Officers cannot resolve.
- 5.6.4. The efficient and rapid scoring of all targets in co-operation with the Chief Classification Officer.
- 5.6.5. Deciding the length of time to be given to repair a malfunctioning pistol.

5.7. Range Officer:

There will be one Range Officer for a maximum of 12 firing points. (If there are 15 firing points there should be two Range Officers). Each Range Officer shall be responsible for:

- 5.7.1. Maintaining order on the range, with particular attention to safety.
- 5.7.2. Calling competitors to their firing points.
- 5.7.3. Checking the names and start numbers of the competitors to ensure that they agree with the shooting schedule, start list, scorecards and range register.
- 5.7.4. Supervising the target distribution.
- 5.7.5. Checking that the competitors' clothing after being checked at Equipment Control still complies with Rule 5.3.
- 5.7.6. Verifying that the competitors' pistols have been inspected and approved by the Equipment Control Officers.
- 5.7.7. Giving the range commands in his group, if necessary.
- 5.7.8. Checking to see that the competitor loads each shot with the pistol in contact with the shooting table.
- 5.7.9. Checking that competitors stand with both feet on the ground, without support, completely within the firing point. For Masters, Youth C, Youth B, Junior and Senior competitors, the entire pistol must be held and fired with one hand only. Youth E and Youth D competitors may use two hands, but both hands must be behind the trigger guard. Under no circumstances may the barrel be supported by the non-shooting hand.
- 5.7.10. Checking malfunctions, as far as explicitly authorised.
- 5.7.11. Supervising the correct operation of the targets, if necessary.
- 5.7.12. Checking that no communication between coaches and competitors occurs after the preparation and sighting period.
- 5.7.13. Ensure the recording of all irregularities disturbances, penalties, misses, malfunctions, extra time allowed, repeated shots or series etc. in the Range Register, on the target and on the small scoreboard as appropriate.
- 5.7.14. Communicating all irregularities and penalties to the Chief Range Officer and Chief Classification Officer.
- 5.7.15. Assisting the Equipment Control Officer in checking the trigger weight at random firing points immediately after the last shot is finished.
- 5.7.16. On completion of the shoot detail, checking that the pistol has no pellets in its breech or barrel before allowing casing.

5.8. Target Officer:

There will be one Target Officer for a maximum of 12 firing points to operate with each Range Officer. Each Target Officer is responsible for:

- 5.8.1. Distributing the group of targets entrusted to him unless other provision has been made for their distribution.
- 5.8.2. Ensuring that targets are rapidly changed and delivered securely to the classification office.

- 5.8.3. Assisting the Range Officer to resolve doubtful situations according to Pentathlon GB Rules.

5.9. Chief Classification Officer and Classification Officers:

The Classification Officers are responsible for the scoring of targets. The Chief Classification Officer supervises the work of the Classification Officer and takes the final decision in the case of a difference of opinion of the Classification Officers.

- 5.9.1. Two Classification Officers, or one Classification Officer and one scoring machine will score every target independently. Their responsibilities are to:
- 5.9.1.1. Resolve issues of differences in the measured score.
 - 5.9.1.2. Record scores.
 - 5.9.1.3. Keep shot targets in detail and competitor order.
 - 5.9.1.4. Deliver or transmit scores to the Results team.
 - 5.9.1.5. Retaining shot targets for collection by competitors.

5.10. Chief Equipment Control Officer and Equipment Control Officer:

The Chief Equipment Control Officer and Equipment Control Officer are responsible for:

- 5.10.1. Checking that the equipment and clothing of the competitor complies with Pentathlon GB Rules and regulations before the competition.
- 5.10.2. With the assistance of the Range Officer, checking the trigger weight at random firing points immediately after the last shot is finished.

5.11. Safety Regulations:

Safety is paramount and is everyone's responsibility. The safety of the competitors, range personnel and spectators requires continued and careful attention to pistol handling and caution in moving around the Range. Self-discipline is necessary on the part of everyone. Where such self-discipline is lacking, it is the duty of Range Officials to enforce discipline and the duty of competitors and team officials to assist in such enforcement.

- 5.11.1. A notice must be displayed at the shooting venue referring to the safety procedures and the Firearms Act. A copy is available upon request from Pentathlon GB Competitions Office.
- 5.11.2. All competitors and any supporting adult MUST BE FAMILIAR WITH THE LAW RELATING TO AIR PISTOLS a summary of which is available for download from the Pentathlon GB website www.pentathlongb.org/downloads/guidance/pdf/FirearmsGuidance.pdf.
- 5.11.3. Competitors must be familiar with range procedure before entering a competition.
- 5.11.4. Competitors must be competent in handling their pistols. The Range Officer has the discretion to eliminate those who, in his opinion, are not competent.
- 5.11.5. In the interests of safety, the Shooting Director with the agreement of the Chief Range Officer may stop shooting at any time.
- 5.11.6. Competitors or their representatives must immediately notify The Shooting Director, Chief Range Officer or Range Officer of any situation that may be dangerous or which may cause an accident.

5.12. THE FOLLOWING SAFETY REGULATIONS MUST BE ENFORCED BY OFFICIALS AND FOLLOWED BY COMPETITORS AND THEIR SUPPORT PERSONNEL (PARENT, GUARDIAN, COACH, TEACHER ETC) AT ALL TIMES.

CONTRAVENTION OF THESE REGULATIONS BY A COMPETITOR OR HIS LOADER OR COACH MAY LEAD TO ELIMINATION OF THAT COMPETITOR FROM THE DISCIPLINE OR DISQUALIFICATION.

- 5.12.1. **Pistols MUST BE KEPT IN A SECURELY FASTENED CASING AT ALL TIMES except at the firing point and in the designated areas for dry-firing and equipment control. The case may be opened within the above areas to put in or take out other equipment. This should not be done in public areas.**
- 5.12.2. **Handling or carrying an UNCASED PISTOL outside of the designated equipment control area, dry-fire area, or firing range will result in ELIMINATION.**
- 5.12.3. **Having a LOADED PISTOL anywhere other than on the firing point during the preparation and sighting period or competition will result in DISQUALIFICATION.**
- 5.12.4. **On arrival at the firing point competitors MUST WAIT for the command 'UNCASE PISTOLS' before removing and placing the pistol or other contents on the table.**
- 5.12.5. **Pistols must be made SAFE by OPENING the COCKING HANDLE and/or LOADING PART at ALL TIMES, immediately after they are UNCASED, whilst BEING CARRIED or HANDLED, or NOT BEING USED at the firing point. This includes at Equipment Control.**
- 5.12.6. **When uncased, the PISTOL must ALWAYS be POINTED in a SAFE DIRECTION and be in SAFE condition. A pistol is safe when placed on the table pointing at the targets, unloaded in an open position.**
- 5.12.7. **If a pistol is to be MOVED OR CARRIED UNCASED, it should be held by the barrel and/or cylinder, rather than by the grip.**
- 5.12.8. **PISTOLS must NOT be TOUCHED when PERSONNEL are FORWARD of the FIRING LINE.**
- 5.12.9. **The Chief Range Officer, or other appropriate Range Officer, is responsible for giving the commands 'LOAD', 'START', 'STOP' and other necessary commands. Range Officials must also be sure that the commands are obeyed and that all pistols are handled safely. Any competitor who touches a pistol or magazine without permission of the Range Officer after the command 'STOP' has been given may be ELIMINATED.**
- 5.12.10. **AT THE FIRING POINT, the PISTOL may be LOADED only after the command to 'LOAD' is given.**
- 5.12.11. **The PISTOL must always be in contact with the shooting table when being LOADED and pointed in a safe direction. This can be any part of the pistol i.e. grip, barrel or cylinder. Where continuous contact is not possible because of the design of the pistol, it must be in contact for the final action, e.g., closing the barrel assembly or the loading lever.**
- 5.12.12. **After loading the LOADER must MAINTAIN HOLD of the pistol until the competitor takes it. A loaded pistol must not be left unheld.**
- 5.12.13. **In the event of a MALFUNCTION, the competitor, must MAINTAIN HOLD of the pistol, keeping it POINTED towards the BACKSTOP, and raise a hand to inform the Range Officer.**

- 5.12.14. **When the command 'STOP' is given, all competitors must STOP SHOOTING immediately and place their pistols on the TABLE in the 'SAFE' CONDITION. THE COMPETITOR MUST RAISE THEIR FREE HAND IF THEIR GUN IS STILL LOADED AND FOLLOW THE INSTRUCTIONS OF THE RANGE OFFICER.**
- 5.12.15. **Shooting may only resume when the appropriate command is given.**
- 5.12.16. **At the END of SHOOTING, the competitor must AWAIT 'CLEARANCE' from a Range Officer before changing the target or 'casing' the pistol.**
- 5.12.17. **After the last shot, the competitor must ascertain, before leaving the firing point, and the Range Officer will verify, that there are no pellets in the chamber or magazine(s). The pistol may not be cased without this check having taken place.**
- 5.12.18. **A pistol other than those operated by pre-compressed air or CO₂, can be discharged, with permission, before being put into its case. Air or CO₂ pistols should not be cocked after the last shot in the series or match. If this is unavoidable, discharge as for spring or pneumatic pistols.**
- 5.12.19. THE RANGE OFFICER'S COMMANDS MUST ALWAYS BE OBEYED.

5.13. Equipment Control and Clothing Checkpoint:

- 5.13.1. The Competition Organiser must provide a complete set of gauges and instruments for equipment control before and during the discipline.
- 5.13.2. The Competition Organiser must inform competitors and team officials where and when they will have their equipment inspected.
- 5.13.3. The competitor, or coach/guardian in the case of competitors under the age of 18, is responsible for presenting all pistols, spare cylinders, equipment and accessories for official inspection to ensure conformity with Rule 5.31. Competitors must be present and dressed in the same clothing they intend to shoot in.
- 5.13.4. Before the shooting discipline each competitor's air pistol must be checked and approved by the Equipment Control Officer for calibre, dimensions, weight and trigger weight to ensure that it conforms to the Rules.
- 5.13.5. When testing the weapons the propellant charge must be activated.
- 5.13.6. Clothing, other equipment and accessories will be checked to ensure conformity with Rules 5.3. and 5.31.
- 5.13.7. A competitor beginning the discipline with a non-approved pistol will be penalised by elimination.
- 5.13.8. All approved equipment should be marked with a seal or sticker.
- 5.13.9. After the equipment has been approved, it must not be altered at any time before or during the competition in any way that would conflict with Pentathlon GB Rules. Nor must it be exchanged for a non-approved pistol. The competitor will be disqualified if any alterations or exchange takes place. If there are any doubts regarding the alteration the pistol must be returned to equipment control for re-inspection and approval.
- 5.13.10. Approval of any equipment is valid only for the competition for which the inspection was made.
- 5.13.11. The competitor must use the same pistol in all stages and series of the competition unless it ceases to function.

- 5.13.12. In this instance, the Range Officer may grant the competitor permission to continue with another pistol. It must comply with the Rules for the competition and must have been approved by the Equipment Control Officer. Failure to ask permission will result in a 40 point penalty.
- 5.13.13. Exchanging an approved pistol for one that has not been approved by the Equipment Control Officer will result in disqualification.

5.14. Designated Dry-Firing Area:

- 5.14.1. The Competition Organiser wherever possible should provide competitors with a designated, secure area to dry-fire before the preparation and sighting period.
- 5.14.2. 'Dry firing' means the release of the air pistol trigger mechanism by use of a fitted device which enables the trigger to be operated without discharging any propellant air or gas.
- 5.14.3. Aiming exercises are permitted in this area.
- 5.14.4. Dry firing in a non-designated area will result in elimination.

5.15. Shooting Position:

- 5.15.1. The competitor must stand free, without support, completely within the firing point. For Masters, Youth C, Youth B, Junior and Senior competitors, the pistol must be held and fired with one hand only. Youth E and Youth D competitors may use two hands, but both hands must be behind the trigger guard. Under no circumstances may the barrel be supported by the non-shooting hand.
- 5.15.2. The wrist must be visibly free of support. Bracelets, wrist watches, wrist bands or similar items which might provide support are prohibited on the hand and arm which holds the pistol.
- 5.15.3. Competitors must not mark their shooting stance on the floor under any circumstances.

5.16. Preparation and Sighting Period:

- 5.16.1. The Competition Organiser must provide competitors with a preparation and sighting period immediately before the competition series begins.
- 5.16.2. The Chief Range Officer will invite competitors to place their equipment at the firing point.
- 5.16.3. The Range Officers will verify the names and start numbers of the competitors to ensure that they agree with the shooting schedule, start list, scorecards and range register.
- 5.16.4. After the command 'UNCASE PISTOLS', competitors will be allowed to set up their equipment.
- 5.16.5. Preparation and sighting targets must be clearly marked, with a block strip, or have the corner cut off from the upper right hand side of the target. It must be clearly visible from the firing point under normal lighting conditions.
- 5.16.6. Youth B, Youth A, Junior, Senior and Masters Competitors may include aiming exercises, dry-firing and for any number of sighting shots in their 10 minute preparation and sighting period.
- 5.16.7. During the preparation and sighting period, Youth C, Youth D & Youth E competitors may be assisted by their loader or coach. These competitors will have 3 minutes in which to perform aiming and dry firing exercises. They will have 5 commanded sighting shots followed by 2 minutes for sight adjustment.

- 5.16.8. The Chief Range Officer must inform the competitors of the time remaining 30 seconds before the end of the preparation and sighting period.
- 5.16.9. The targets from the preparation and sighting period will be returned to the competitors by the Target Officer at the end of the period.
- 5.16.10. There will be 2 minutes allowed for sight adjustment.
- 5.16.11. The preparation and sighting period may not be repeated due to malfunctions of the pistol or ammunition.
- 5.16.12. After the preparation and sighting period has ended no communication between the competitor and other persons with the exception of the shoot officials is allowed and will be, after warning, penalised by 40 points each time.

5.17. Competition:

- 5.17.1. The Discipline consists of 10 or 20 shots (see Rule 5.1.) and will be conducted shot-for-shot. Each shot will be under the command of the Range Officer. Loaders must wait for the command 'LOAD' before moving forward to load the pistol.
- 5.17.2. The Competition is considered as having started from the moment the command 'LOAD' is given by the Chief Range Officer. Every shot fired after this must be counted in the competition.
- 5.17.3. The PISTOL must always be in contact with the shooting table when being LOADED and pointed in a safe direction. This can be any part of the pistol i.e. the grip, barrel or cylinder. Where continuous contact is not possible because of the design of the pistol the competitor must notify the Shooting Director before the start of the discipline and have the 'loading action' agreed. In any event, the pistol must be in contact for the final action, e.g., closing the barrel assembly or the loading lever.
- 5.17.4. The timing must start with the command 'START' and must stop after 20 seconds at the command 'STOP' or at the appropriate signal.
- 5.17.5. If automatic target carriers or target changers are used the competitor may control target changing.
- 5.17.6. The competitor is responsible for shooting on the correct target.
- 5.17.7. After the changing of the targets, when carried out by the competitor, following the command 'CHANGE TARGETS' the competitor must put the targets in a convenient place ready for them to be collected by the Target Officer and taken to the Classification Office for scoring.
- 5.17.8. Any release of the propelling charge after the first competition target is in place, without the pellet hitting the target, whether a pellet has been loaded or not, will be scored as a miss.

5.18. Range Commands:

“UNCASE PISTOLS”

On arrival at the firing point competitors MUST WAIT for the command 'UNCASE PISTOLS' before removing their pistol from the case.

Allow competitors to arrange their equipment

For Youth C, Youth D & Youth E Competitors, the command will be:

‘You have a preparation and sighting period of ten minutes. For the first 3 minutes you should prepare your equipment, do aiming exercises and dry fire.

After 5 minutes, you will be able to fire 5 shots on command. You will then have 2 minutes to adjust your sights.

The commands should be given for 5 sighting shots in the same sequence as below.

For Masters, Youth B, Youth A, Junior & Senior Competitors, the command will be:

'You have a preparation and sighting period of ten minutes. You may dry fire and shoot any number of sighting shots. There will be a warning thirty seconds before the end'.

After 9 minutes 30 seconds

'You have thirty seconds remaining'

Instructions for commanded shots:

'LOAD' Competitors and Judges will take their position. The pellet will be loaded into the chamber and the pistol cocked only after this command.

Allow time for 'loaders' to load and step back (YC, YD & YE)

or

About five seconds after this command the next command will be:

'START' Competitors may start to shoot.

Twenty seconds after this command the next command will be:

'STOP' Competitors must stop shooting and ensure that their pistols are unloaded and placed on the table in the 'safe' condition.

The Range Officers will check that the weapons are safe and if there were no malfunctions during the series the Chief Range Officer will give the order, either

'LOAD' for next shot

or

'CHANGE TARGETS' The targets will be changed.

On completion of the shooting competition:

Range Officers check pistols are clear' (not loaded)

'CASE PISTOLS when told by Range Officer'

5.19. Malfunctions:

- 5.19.1. Should a pistol break down or cease to function, the competitor may be allowed to repair the pistol. The repair should not disturb other competitors or delay the rest of the competition.
- 5.19.2. If the repair will delay the rest of the competition, the Shooting Director and/or Chief Range Officer may at their discretion allow the competitor to shoot in a later detail, if there is a position free and if time allows.
- 5.19.3. If the competitor has a reserve pistol and wishes to continue the competition using this pistol, they must ask the permission of the Range Officer, The pistol must have also been inspected and approved by Equipment Control.

- 5.19.4. If a shot has not fired due to a malfunction, and if the competitor wishes to claim a malfunction, he must hold his pistol pointing down the range, retain his grip and immediately inform the Range Officer by raising his free hand. He must not disturb other competitors.
- 5.19.5. A competitor may try to correct a malfunction and continue the series, but after any correction he may not claim a malfunction.
- 5.19.6. If a malfunction occurs in the preparation and sighting period it must not be registered as a malfunction. The preparation and sighting period cannot be repeated. A competitor may try to correct a malfunction and continue the preparation and sighting period.
- 5.19.7. When determining the cause of a malfunction, if the external appearance of the pistol does not show an obvious reason for the malfunction the Range Officer must pick up the pistol without interfering with, or touching the mechanism, point the pistol in a safe direction and pull the trigger one time only to determine whether the trigger mechanism had been released. If the pistol does not discharge the Range Officer must complete the examination of the pistol to determine the cause of the malfunction and decide whether or not the malfunction is allowable.
- 5.19.8. A malfunction considered an 'ALLOWABLE' when:
 - 5.19.8.1. A pellet sticks in the barrel.
 - 5.19.8.2. The trigger mechanism has failed to operate.
 - 5.19.8.3. There is a pellet in the chamber and the trigger mechanism has been released and operated.
 - 5.19.8.4. The magazine, cylinder or other part of the pistol has 'jammed'.
 - 5.19.8.5. Any part of the pistol is damaged sufficiently to prevent the pistol from functioning.
- 5.19.9. If the Range Officer after inspection of the pistol decides that there was an allowable malfunction, which was not the competitor's fault, he has the right to fire a new shot instead of the one that did not fire.
- 5.19.10. The above procedure is allowable without penalty only once in the course of 10 competition shots. If there are any further allowable malfunctions they will be penalised each time by the deduction of 20 points.
- 5.19.11. A malfunction is considered 'NON-ALLOWABLE' when:
 - 5.19.11.1. The competitor has touched the breech or safety catch or the pistol has been touched by another person before being inspected by the Range Officer.
 - 5.19.11.2. The safety catch had not been released or has gone on 'safe' during shooting.
 - 5.19.11.3. The competitor had not loaded his pistol.
 - 5.19.11.4. The pistol had been loaded with the wrong pellets.
 - 5.19.11.5. The pistol runs out of CO₂ or air.
 - 5.19.11.6. The malfunction was due to any other cause that could reasonably have been controlled by the competitor.

5.19.11.7. If the Range Officer after inspection of the pistol, decides that the failure was not a permissible malfunction, the competitor loses the shot that did not fire, but has the right to fire the remaining shots.

5.20. Misses and shots on the wrong target:

5.20.1. Every shot that does not hit the competitor's own target within the scoring rings shall be recorded as a miss.

5.20.2. The following Rules will apply if a competitor fires a competition shot into the target of another competitor:

5.20.2.1. When it can clearly be established which hits belong to whom, the hits caused by the erroneous competitor will be disregarded.

5.20.2.2. If a competitor receives a confirmed crossfire shot, but it is impossible to determine which shot is his, he must be credited with the highest value undetermined shot.

5.21. Classification Office:

5.21.1. The Competition Organiser must establish an office for testing, stamping, numbering and preparing the targets before the competition, for scoring and controlling targets during the competition and for recording and producing results lists after the competition. The office must be under the supervision of the Chief Classification Officer.

5.21.2. All results, if they are scored at the shooting range, are considered preliminary results.

5.21.3. All targets to be scored in the Classification Office must be transported from the target line to the Classification Office under suitable security.

5.21.4. Competition targets must be scored by 2 Classification Officers (or one Classification Officer and one scoring machine) to determine the value of individual shots.

5.21.5. Each Classification Officer must certify his work by initialling the target and scorecard or results list.

5.22. Scoring:

5.22.1. All pellet holes are scored according to the highest value of the target scoring zone or ring that is touched by that pellet hole. If any part of the scoring ring (boundary line between the scoring zones) is touched by the pellet, the shot must be scored the higher value of the two scoring zones.

5.22.2. If the two Classification Officers (or one Classification Officer and one scoring machine) do not agree on the value of the shot, a decision by the Chief Classification Officer must be requested immediately.

5.22.3. If there is still doubt as to the target score, the score must be determined as to the value, by means of a plug gauge or other device that has been approved by the Pentathlon GB for accuracy, and executed by the Chief Classification Officer.

5.22.4. The plug gauge may be inserted only once in any pellet hole. The target must be marked to indicate the use of a plug gauge, the score and the Chief Classification Officers initials.

5.22.5. Hits outside the scoring rings of the competitor's own target are scored as misses.

5.22.6. Decisions made by the Classification Jury (Chief and two Classification Officers) on value or number of shots on a target are final and may not be appealed.

- 5.22.7. A competitor or his representative who considers that a shot was scored or recorded incorrectly may protest that score up to an hour following the availability of the scored targets. Decisions made regarding the value of shots by using plug gauges are final and cannot be protested. Scoring protest may only be made on scores which have been decided without using a plug gauge or when incorrect entries in the results list or scorecard have been made.
- 5.22.8. If a competitor wishes to disclaim a pellet hole in his target he must report this immediately to a Range Officer.
- 5.22.8.1. If the Range Officer confirms that the competitor did not fire the disputed shot(s) it must be noted in the range register and the shot must be annulled.
- 5.22.8.2. If the Range Officer cannot confirm beyond all reasonable doubt that the competitor did not fire the disputed shot, the shot must be credited to the competitor and recorded.
- 5.22.8.3. It is considered sufficient to justify the annulment if a missing shot is reported by another competitor from a neighbouring firing point.

5.23. Infringement and Penalties:

- 5.23.1. A competitor is given a **warning** for:
- 5.23.1.1. The first occasion of having additional shots on the target and the origin of the additional shots cannot be identified, in which case it is likely the competitor loaded two pellets.
- 5.23.1.2. The first occasion of communication with any person other than a shooting official after the end of the preparation and sighting period.
- 5.23.1.3. The first occasion of loading that takes place before the 'LOAD' command.
- 5.23.1.4. The first occasion of contravening any Safety Regulation (5.12.4. to 5.12.10. and 5.12.12. to 5.12.19.)
- 5.23.2. A competitor is penalised by **deduction of 20 points** for:
- 5.23.2.1. The second occasion of additional shots on the target when the origin of the additional shots cannot be identified, in which case it is likely the competitor loaded two pellets.
- 5.23.2.2. The second occasion and each further loading that takes place before the 'LOAD' command.
- 5.23.2.3. The second occasion and each time thereafter of an allowed malfunction in the course of the Individual or Relay Competition.
- 5.23.2.4. Unjustifiably claiming an incorrect command and/or action by the Range Officer.
- 5.23.2.5. Unjustifiably claiming a disturbance when not having finished his shot due to the claimed disturbance.
- 5.23.3. A competitor is penalised by **deduction of 40 points** for:
- 5.23.3.1. Contravening clothing regulations.
- 5.23.3.2. Exchanging an approved pistol for another approved pistol without asking permission of the Range Officer.

- 5.23.3.3. Each occasion that the pistol is loaded without being in contact with the shooting desk. This penalty applies to the competitor even if they have a loader.
- 5.23.3.4. The second and each further communication with any person other than a shooting official after the end of the Preparation and Sighting Period.
- 5.23.4. A competitor is penalised by **deduction of 200 points** for:
 - 5.23.4.1. The second contravention of the safety regulations (5.12.4. to 5.12.10. and 5.12.12. to 5.12.19.)
 - 5.23.4.2. Using a pistol which fails two weight control attempts by the Range Officer, competitor or his coach immediately after the last shot is fired, if a competitor is randomly selected for testing.
- 5.23.5. A competitor is **eliminated** for:
 - 5.23.5.1. Beginning the discipline with a non-approved pistol.
 - 5.23.5.2. The third occasion of having additional shots on the target when the origin of the additional shots cannot be identified, in which case it is likely the competitor loaded two pellets.
 - 5.23.5.3. The third contravention of any safety regulation (5.12.4. to 5.12.10. and 5.12.12. to 5.12.19.)
 - 5.23.5.4. Firing a shot before the command 'LOAD'.
 - 5.23.5.5. Dry-firing in a non-designated area.
 - 5.23.5.6. Being held not competent in the opinion of the Chief Range Officer/Range Officer.
 - 5.23.5.7. Handling or carrying an uncased pistol in a public area.
 - 5.23.5.8. Being unable or unwilling to change into clothing that complies with the Rules.
- 5.23.6. A competitor is **disqualified** for:
 - 5.23.6.1. Exchanging an approved pistol for one that has not been approved.
 - 5.23.6.2. Modifying or adjusting an officially approved pistol so that it violates the Rules. If there are doubts regarding any alteration, the pistol must be returned to the Equipment Control Section for re-inspection and approval.
 - 5.23.6.3. Having a loaded pistol ANYWHERE other than the firing point during the preparation and sighting period or competition.
- 5.23.7. A competitor **loses the shot** for:
 - 5.23.7.1. Firing a shot after the command 'LOAD' and before the command 'START'.
 - 5.23.7.2. Firing after the command 'STOP'
 - 5.23.7.3. In the case of a disallowed malfunction, a shot that did not fire.
- 5.23.8. Deductions from the score must always be made at the end of the discipline.

5.24. Incorrect Range Commands:

- 5.24.1. If due to an incorrect command and/or action by the Range Officer, the competitor is not ready to fire when the command 'START' is given, he must hold his pistol pointing down the range, raise his other hand and immediately report this to the Range Officer.
- 5.24.2. If the claim is considered justified, the competitor must be allowed to fire the shot.
- 5.24.3. If the claim is considered unjustified the competitor may fire the shot, but must be penalised by 20 points.
- 5.24.4. If the competitor has fired a shot after the incorrect command and/or action, the protest must not be accepted.

5.25. Disturbance:

- 5.25.1. Should a competitor consider he was disturbed when firing a shot, he must hold his pistol pointed down the range and immediately inform the Range Officer by raising his free hand. He must not disturb other competitors.
- 5.25.2. If the claim is considered justified, the shot must be annulled and the competitor may repeat the shot.
- 5.25.3. If the claim is not justified and if the competitor has finished the shot, it must be credited to the competitor, whereas if the competitor has not finished his shot due to the claimed disturbance, the competitor may repeat the shot but will be penalised by 20 points.

5.26. Interruption:

If for safety or technical reasons the shooting is interrupted through no fault of the competitor and if the time elapsed is more than 30 minutes, the Shooting Director and Chief Range Officer must allow at least 2 extra warming up shots within a time limit of 1 minute.

5.27. Recording:

All penalties, deductions, additional time etc., must be clearly and distinctly marked by the Jury and/or the Range Officer on the target or report sheet.

5.28. Scoring of Points:

COMPETITION	NO. OF SHOTS	POINTS GAINED OR LOST PER TARGET POINT	NO. OF TARGET POINTS TO ACHIEVE 1000 POINTS
Individual Youths E, D, C.	10	+/- 12	86
Relay	3 x 5	+/- 12	129
Individual Masters, Senior, Junior, Youth A, B.	20	+/- 12	172
Relay	3 x 10	+/- 12	258

5.29. Tie Break:

- 5.29.1. In the event of a tie for first place, the tie will be broken by:
 - 5.29.1.1. The total number of central 10's.
 - 5.29.1.2. The highest number of 10's, 9's etc. in the complete course. (Organisers must supply a score sheet capable of showing each target point separately together with the total score).

5.30. Penalty Table – Shooting:

The competitor infringes the Rules and is penalised for:	Rule	Penalty 1st Occasion	Penalty 2nd Occasion	Penalty 3rd Occasion
In the case of a disallowed malfunction, a shot that did not fire	5.19.11.7 & 5.23.7.3.	Loses the Shot		
Firing a shot after the command LOAD but before the command START	5.23.7.1.	Loses the Shot		
Firing after the command STOP	5.23.7.2.	Loses the Shot		
Having extra shots on the target when the origin of additional shots cannot be identified	5.23.1.1. & 5.23.2.1. & 5.23.5.2.	Warning	Deduction of 20 points	Elimination
Each communication between competitor and any other person except a Range Official	5.16.12. & 5.23.1.2. & 5.23.3.4.	Warning	Deduction of 40 points for each occurrence	
Each occasion of loading the pistol before the LOAD command	5.23.1.3. & 5.23.2.2.	Warning	Deduction of 20 points for each occurrence	
Second malfunction and thereafter of an allowed malfunction	5.19.10. & 5.23.2.3.		Deduction of 20 points	
Contravention of Safety Regulations	5.12.4. to 5.12.10. & 5.12.12. to 5.12.19. 5.23.1.4. & 5.23.4.1. & 5.23.5.3.	Warning	Deduction of 200 Points	Elimination
Unjustifiably claiming an incorrect command and/or action by the Range Officer	5.23.2.4. & 5.24.3.	Deduction of 20 points for each occurrence		
Unjustifiably claiming a disturbance when not having finished his shot due to the claimed disturbance	5.25.30 & 5.23.2.5.	Deduction of 20 points for each occurrence		
Exchanging an approved pistol for another approved pistol without seeking permission of the Range Officer	5.13.12. 5.19.3. & 5.23.3.2.	Deduction of 40 points for each occurrence		
Contravening clothing regulations	5.3. & 5.23.3.1.	Deduction of 40 points		
Loading the pistol without being in contact with the shooting table	5.12.11. & 5.17.3. & 5.23.3.3.	Deduction of 40 points for each occurrence		
Pistol fails trigger weight test after two attempts at the end of the discipline	5.23.4.2.	Deduction of 200 points		
Beginning the discipline with a non-approved pistol	5.13.7. & 5.23.5.1.	Elimination		
Firing a shot before the command LOAD	5.23.5.4.	Elimination		
Dry firing in a non-designated area	5.14.4. & 5.23.5.5.	Elimination		
Being held not competent by the Chief Range Officer/Range Officer	5.11.4. & 5.23.5.6.	Elimination		
Handling or carrying an uncased pistol in a public area.	5.12.1., 5.12.2. & 5.23.5.7.	Elimination		
Being unable or unwilling to change into clothing that complies with the Rules	5.3.8. & 5.23.5.8.	Elimination		
Modifying or adjusting an approved pistol so that it violates the Rules	5.13.9. & 5.23.6.2.	Disqualification		
Exchanging an approved pistol for one that has not been approved	5.13.9. & 5.23.6.1.	Disqualification		
Having a loaded pistol anywhere other than on the firing point during the preparation and sighting period or competition.	5.12.3. & 5.23.6.3.	Disqualification		

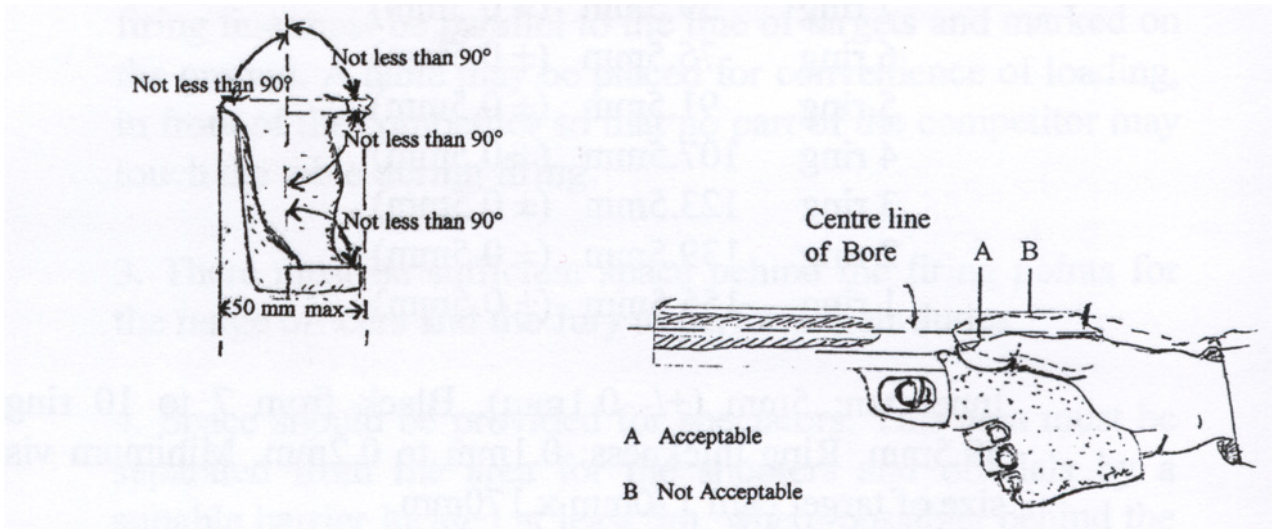
5.31. Equipment and Ammunition:

5.31.1. General Standards:

- 5.31.1.1. Only pistols which have been approved for the competition concerned may be used. The use of devices, clothing and equipment which are contrary to Pentathlon GB Rules and regulations are forbidden.
- 5.31.1.2. It is the responsibility of the competitors and team managers to ensure they fill their pistols and cylinders safely and efficiently.
- 5.31.1.3. The competitor must use the same pistol in all stages and series of the competition unless it ceases to function. The Range Officer may grant the competitor permission to continue with another pistol. It must comply with the Rules for the competition and must have been approved by the Equipment Control Section.
- 5.31.1.4. Only open sights are allowed. Optical, mirror, telescopic, laser beam and electronically projected dot sights and similar devices are prohibited. Any aiming device programmed to activate the firing mechanism is prohibited. No protective covering is permitted on front or rear open sights.
- 5.31.1.5. Corrective lenses and/or filters must not be attached to the pistol but may be worn by the competitor.
- 5.31.1.6. The competitor may use binoculars to observe his shot holes.
- 5.31.1.7. Neither the grip nor any part of the pistol may be extended or constructed in any way which would give any support beyond the hand. The wrist must remain visibly free from support when the pistol is held in the normal firing position.
- 5.31.1.8. Adjustable grips are permitted providing they conform to the Rules, even when adjusted for the competitor's hand. The adjustment must not change after the Equipment Control check and checks must be conducted before and after the competition.

5.31.2. The Air Pistol:

- 5.31.2.1. Any calibre 4.5mm (.177") single shot compressed air or CO₂ pistol may be used.
- 5.31.2.2. The weight of the pistol with all accessories must not exceed 1500 grams.
- 5.31.2.3. The weight of the trigger pull is a minimum of 500 grams.
- 5.31.2.4. The overall size of the pistol is limited to those dimensions which will permit it to be enclosed completely in a rectangular box having the inside dimensions of 420mm x 200mm x 50mm. A manufacturing tolerance of + 1.0mm – 0.0mm in the dimensions of the box is permitted.
- 5.31.2.5. Ported barrels and performance barrel attachments for attachment to air pistols are allowed providing the pistol complies with all other requirements, including dimensions.
- 5.31.2.6. No part of the grip may encircle the hand. The heel rest must extend at an angle not less than 90° to the grip. Any upward curvature of the heel and/or thumb rest and/or downward curvature of the side opposite the thumb is prohibited. The thumb support must allow the free upward vertical movement of the thumb. However, curved surfaces on the grip or frame, including the heel and/or thumb rest in the longitudinal direction of the pistol are permitted. (See diagram).



5.31.2.7. The centre line of the bore must pass above the web (between thumb and forefinger) of the hand holding the pistol in the normal firing position.

5.31.3. Ammunition:

Any 4.5mm (.177") wadcutter type projectile (flat headed), made of lead or other soft material is permitted.

5.31.4. General Target Standards and Requirements:

5.31.4.1. ISSF 10m air pistol targets will be used. They should be of ISSF approved quality.

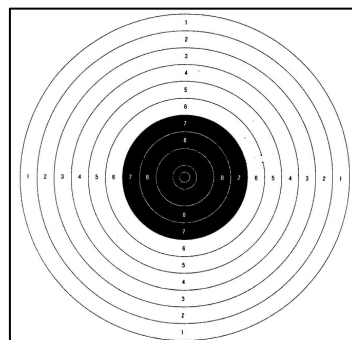


Figure 1 ISSF 10m air pistol target

5.31.4.2. Target paper must be of as non-reflecting colour and material, so that the black aiming area or bull's-eye (centre) is clearly visible under normal lighting conditions at the appropriate distance. The target paper and scoring rings must retain dimensional accuracy under all weather and climatic conditions without excessive tearing or distortion.

5.31.4.3. Inner tens are for the guidance of competitors and are scored only to enable ties to be broken in accordance with these Rules.

5.31.4.4. The scoring ring values 1 to 8 are printed in the scoring zones in vertical and horizontal planes, at right angles to each other. The 10 and 9 zones are not marked with a number. The zone numbers shall not be more than 2mm high and shall be easily read with a normal spotting telescope at the appropriate distance.

5.31.4.5. Targets are divided into scoring zones by scoring rings. Shots striking in a scoring zone receive the number of points designated for that scoring zone. Any shot which strikes or touches the outer edge of a scoring ring receives the score value for that zone.

5.31.4.6. The dimensions (diameter) of all scoring rings are measured from the outside edges (outside diameter) of the scoring rings.

10 ring	11.5mm	(± 0.1mm)
9 ring	27.5mm	(± 0.2mm)
8 ring	43.5mm	(± 0.2mm)
7 ring	59.5mm	(± 0.5mm)
6 ring	75.5mm	(± 0.5mm)
5 ring	91.5mm	(± 0.5mm)
4 ring	107.5mm	(± 0.5mm)
3 ring	123.5mm	(± 0.5mm)
2 ring	139.5mm	(± 0.5mm)
1 ring	155.5mm	(± 0.5mm)

Inner ten: 5mm (± 0.1mm). Black from 7 to 10 rings = 59.5mm.

Ring thickness: 0.1mm to 0.2mm.

Minimum visible size of target card 170mm x 170mm.

5.32. Range Standards:

- 5.32.1. The Shooting Director, with the Chief Range Officer must inspect the shooting range and equipment. They may approve small deviations from the specifications which do not conflict with the intent of the Pentathlon GB rules. No deviations in the shooting distance and target specifications are allowed.
- 5.32.2. Ranges must have a line of targets and a firing line. The firing line must be parallel to the line of targets and marked on the ground. A table may be placed for convenience of loading, in front of the competitor, but no part of the competitor may touch the table during firing. It is recommended that the rear edge of the table is 100mm forward of the firing line.
- 5.32.3. There must be sufficient space behind the firing points for range officers and the Jury to perform their duties.
- 5.32.4. Space should be provided for spectators. This area must be separated from the area for the competitors and officials by a suitable barrier located at least 5m, where possible behind the firing line.
- 5.32.5. Wherever possible, the range should be equipped with a large clock, indicating the countdown time, which can be seen by competitors and officials.
- 5.32.6. Target frames must be marked with numbers corresponding to their firing point number. The numbers must be large enough to be easily seen under normal shooting conditions with normal vision at the appropriate distance. The numbers must be alternating and contrasting colours and be clearly visible throughout the competition.
- 5.32.7. The targets must be fixed in such a manner that they have no appreciable movement.
- 5.32.8. Shooting distances must be measured from the firing point to the target face. Shooting distance must be as exact as possible, subject to the following tolerance +/- 0.05m.

- 5.32.9. Height of the target centre (centre of the black ring) must be within the following height measured from the level of the floor of the firing point. Standard height – 1.40m. Variation +/- 0.05m. Horizontal variation: target centre 0.25m.
- 5.32.10. The firing point must be constructed so that it does not vibrate or move when other persons are walking close by. From the firing line to approximately 1.2m rearward, the firing point must be level in all directions. The remainder of the firing point must either be level or may slope to the rear with a few centimetres drop.
- 5.32.11. The firing point should be equipped with:
- 5.32.11.1. A table or bench, 0.7m – 0.8m high.
 - 5.32.11.2. A chair or stool for the competitor.
- 5.32.12. Indoor 10 metre ranges must have artificial illumination providing an adequate amount of light without glare or distracting shadows on all targets or firing points.
- 5.32.13. The background area behind the targets must be a non-reflecting, medium, neutral colour.