

Pentathlon GB Modern Biathlon Competition Rules.

Effective from September 2026.

Pentathlon GB.

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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) Modern Pentathlon in Great Britain and Northern Ireland ('Great Britain').

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

These Rules are intended only for the use of organisers of the events for a Modern Biathlon. These Rules are subject to change at any time, which if made will be posted on the Pentathlon GB website and notified via our communication channels.

Pentathlon GB insurance cover is available in accordance with policy terms to individual members of Pentathlon GB. Organisers are encouraged to follow these rules but may adapt a competition to take into consideration availability of venues and local conditions. Adaptations made must be reported to Pentathlon GB prior to any event sanction.

Pentathlon GB reserves the right to deem a Modern Biathlon event non-qualifying if the adaptations made cause the event to deviate too far from the norm. If the event is non-qualifying, performances by athletes at that event will not be eligible for the Modern Biathlon ranking list.

2. Modern Biathlon Format

The Modern Biathlon is a non-continuous swim-run event. The swim and run distances are determined by the athletes' competing age group. The swim is typically held within a 25m or 50m indoor swimming pool, and the run is typically held on an all-weather, athletic track or on grass.

3. Competition

Modern Biathlon events may be held in the following classes, for both male and female athletes: organisers may amalgamate classes when appropriate. Unless otherwise explicitly stated by Pentathlon GB for a specific competition, all age groups and classes for each competition must be followed in accordance with these regulations. For UIPM events, the athletes age group is their age on the 31st of December. For schools events the athletes age group is their current school year (age on 1st September).

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CLASS	Age on December 31 st	Year of Birth		
		2027 Events	2028 Events	2029 Events
Under 9	7 – 8	2019/2020	2020/2021	2021/2022
Under 11	9 – 10	2017/2018	2018/2019	2019/2020
Under 13	11 – 12	2015/2016	2016/2017	2017/2018
Under 15	13 – 14	2013/2014	2014/2015	2015/2016
Under 17	15 – 16	2011/2012	2012/2013	2013/2014
Under 19	17 – 18	2009/2010	2010/2011	2011/2012
Junior	19 – 21	2006 - 2008	2007 - 2009	2008 – 2010
Senior	22 -39	1988 – 2005	1989 - 2006	1990 – 2007
Masters 40+	40 – 49	1978 – 1987	1979 - 1988	1980 – 1989
Masters 50+	50 – 59	1968 – 1977	1969 - 1978	1970 – 1979
Masters 60+	60+	1958 – 1967	1959 - 1968	1960 – 1969
Masters 70+	70+	1957 and earlier	1958 and earlier	1959 and earlier

School Year Group	Age	Date of Birth		
		2027 Schools Biathlon	2028 Schools Biathlon	2029 Schools Biathlon
Year 3	7 – 8	1 Sept 2018 – 31 Aug 2019	1 Sept 2019 – 31 Aug 2020	1 Sept 2020 – 31 Aug 2021
Year 4	8 – 9	1 Sept 2017 – 31 Aug 2018	1 Sept 2018 – 31 Aug 2019	1 Sept 2019 – 31 Aug 2020
Year 5	9 - 10	1 Sept 2016 – 31 Aug 2017	1 Sept 2017 – 31 Aug 2018	1 Sept 2018 – 31 Aug 2019
Year 6	10 - 11	1 Sept 2015 – 31 Aug 2016	1 Sept 2016 – 31 Aug 2017	1 Sept 2017 – 31 Aug 2018
Year 7	11 - 12	1 Sept 2014 – 31 Aug 2015	1 Sept 2015 – 31 Aug 2016	1 Sept 2016 – 31 Aug 2017
Year 8	12 - 13	1 Sept 2013 – 31 Aug 2014	1 Sept 2014 – 31 Aug 2015	1 Sept 2015 – 31 Aug 2016
Year 9	13 - 14	1 Sept 2012 – 31 Aug 2013	1 Sept 2013 – 31 Aug 2014	1 Sept 2014 – 31 Aug 2015
Year 10	14 - 15	1 Sept 2011 – 31 Aug 2012	1 Sept 2012 – 31 Aug 2013	1 Sept 2013 – 31 Aug 2014
Year 11	15 – 16	1 Sept 2010 – 31 Aug 2011	1 Sept 2011 – 31 Aug 2012	1 Sept 2012 – 31 Aug 2013
Year 12/13	16 – 18	1 Sept 2008 – 31 Aug 2010	1 Sept 2009 – 31 Aug 2011	1 Sept 2010 – 31 Aug 2012
Teachers	To be determined by the competition organisers			

- Competitors have the right to compete in one class above their own except where a minimum and/or maximum age restriction applies.
 - A competitor who qualifies for a British Championship competition **MUST** compete in the same class in both competitions.
- For all competitions, unless explicitly stated differently on the event entry information, the minimum age category and restriction for all athletes will be U9 / Year 3.
- Competitors that are schooled in an academic school year one year younger than their prescribed / academic birth year, may have the option to compete down one age group at the discretion of the competition organiser.
 - Competitors require the approval of the competition director to compete a year group below.

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- Unless otherwise explicitly stated by Pentathlon GB for a specific competition, all age groups and classes for each competition must be followed in accordance with these regulations.
- For all BUCS Biathlon events, students must be affiliated and registered at a British University, as stipulated within the BUCS competition rules.
- BUCS Championships will be contested over male and female competition categories using the distances as stipulated below for BUCS / Student Championships.
- BUCS athletes must abide by Pentathlon GB membership regulations for their eligibility.

Individual Competition:

SCHOOL AGE GROUP	SWIM DISTANCES	RUN DISTANCES
Year 3	25m	400m
Year 4	25m	400m
Year 5	50m	800m
Year 6	50m	800m
Year 7	50m	800m
Year 8	100m	1500m
Year 9	100m	1500m
Year 10	100m	1500m
Year 11	100m	1500m
Year 12 & 13	100m	1500m
Teachers	50m	800m
BUCS / Students	100m	1500m

UIPM AGE GROUP	SWIM DISTANCES	RUN DISTANCES
Under 9	25m	400m
Under 11	50m	800m
Under 13	50m	1200m
Under 15	100m	1200m
Under 17	100m	1600m
Under 19	100m	2400m
Junior	100m	3000m
Senior	100m	3000m
Masters 40+	100m	1600m
Masters 50+	100m	800m
Masters 60+	50m	800m
Masters 70+	25m	400m

3.1. Club / School Teams

Teams are not pre-defined before the competition. The top three scoring individuals from a club/school in a class will count as a team. Clubs/schools may have more than one class in a team but only the first ranked team from that club/school is eligible for team prizes.

3.2. Schools Biathlon Events

This event is being run in school years with an individual and team event with the best 3 athletes making up the boys' teams and girls' teams. There will be individual and team prizes for each age group and sex.

Results of all the Qualifying Competitions, Pentathlon GB approved Competitions and Time Trials will be combined to produce a British Ranking List. If an athlete has competed in more than one competition, the best combined score from one singular qualifying competition will be included on the rankings list.

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Qualifying events will run within the qualifying window from 1 September to the 31 December. Any event taking place outside of the qualifying window will not be permitted to contribute to the National Rankings List.

Following the conclusion of the qualifying window the top percentage of athletes within each age group will be invited to compete at the Great British Biathlon Finals. There are not a defined number of places for each class. All competitors that qualify for the British Schools Championships will only be able to compete in the age group in which they record qualifying points, when competing at the championship competition.

If an individual qualifies for the British Championships but changes School following qualification, they may choose to represent the new School at the British Championships.

In exceptional circumstances, Pentathlon GB reserve the right to alter the qualification criteria.

3.3. Entries

All athletes must enter the competition as individuals and pay the appropriate entry fee. There is no direct team entry, the top three scoring competitors from an affiliated club/school will form a team. Entries must be submitted prior to the closing date. Late entries are at the discretion of the event organisers and may be subject to a late entry fee. The event organisers may amalgamate event classes with low numbers of entries. No refund is possible for withdrawal for any reason after the entry closing date has passed. Further information on refund eligibility is stated in our [event/competition terms and conditions](#). Competition entries are non-transferable between athletes. The closing date for the British Championships will be a minimum of three weeks before the competition itself and will be strictly observed.

3.4. Eligibility

To be eligible for the British Championships and to be entitled for their score to count towards the final placings/prizes, and individual must:

- Be a full member of Pentathlon GB before the start of the competition.
- Be a British Citizen and legally reside in the United Kingdom of Great Britain and Northern Ireland.
- For all other levels of competition please check the event entry information.
- Athletes 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.

3.5. Cancellation

If a competition is cancelled by Pentathlon GB for any reason, notification of this will be posted on the website and on our communication channels, as soon as the decision is made.

If the competition is cancelled for reasons within our control, each athlete entered into the relevant competition will be offered an alternative competition (where possible) and in default a refund, less the relevant administration fees*

If the decision to cancel is made because of circumstances beyond the control of Pentathlon GB, e.g. adverse weather conditions or the strong possibility of adverse weather conditions, no refund is permitted.

Competitors entering time trials or competitions organised by third parties should check the cancellation policy with the Competition organiser directly.

**All event entries processed through the Sport:80 platform is subject to administration fees deducted by Sport:80 and Stripe. These fees are non-refundable from the relevant parties.*

3.6. Start List / Event Information

The competition organiser should publish / distribute the event information at an appropriate moment after the entry window has closed and prior to the start of the event.

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3.7. Results, DNS and DNF

Athletes who, without prior notice and appropriate explanation, do not register or report to the start at the published time will automatically be excluded from the competition (DNS). An athlete who does not finish (DNF) will automatically be excluded from the competition. The Results for the competition will be published as soon as possible after the completion of the competition.

Final positions are decided by the total number of points achieved, therefore the athlete with the highest points score is the Winner, second place goes to the second highest score etc. If there is a tie, the competitors' placing in each discipline will be added together and the competitor with the lowest total will be declared the winner. If there is still a tie the competitor with the faster overall combined time will be declared the winner.

In the Team or Team Relay competition, the team with the highest combined points score will be declared the Winner. 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. If there is still a tie the scoring competitors will have their times added together and the team with the faster time will be declared the winner.

3.8. Age Handicap

Men and women competing in the Teachers classes are given or deducted bonus points +/- 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 deciding the places in each discipline, the actual time or score will be used.

AGE	MEN	WOMEN	AGE	MEN	WOMEN
23	-110	-134	47	+49	+62
24	-104	-126	48	+57	+71
25	-97	-118	49	+65	+81
26	-91	-110	50	+75	+95
27	-85	-102	51	+85	+109
28	-78	-94	52	+95	+122
29	-72	-86	53	+106	+136
30	-66	-79	54	+117	+151
31	-60	-71	55	+129	+167
32	-54	-64	56	+141	+184
33	-48	-56	57	+154	+201
34	-42	-49	58	+167	+219
35	-36	-41	59	+181	+238
36	-30	-34	60	+196	+259
37	-24	-26	61	+211	+280
38	-18	-18	62	+227	+302
39	-9	-9	63	+243	+325
40	0	0	64	+260	+350
41	+7	+9	65	+278	+375
42	+14	+17	66	+297	+402
43	+21	+26	67	+317	+429

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44	+28	+35	68	+337	+459
45	+35	+44	69	+358	+489
46	+42	+53	70	+380	+521

3.9. Prizes

There will be a 10-minute appeal window following the publication of the results of each discipline. After this appeal window has concluded, the published results will be final. The presentation of awards will strive to take place approximately 30 minutes after the conclusion of the event and the confirmation of the published results.

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

- Individual competition 1st – 3rd
- Team Competition 1st – 3rd

3.10. Elimination and Disqualification

Elimination is a penalty for a serious infringement of the Rules that may not have been committed deliberately. A competitor who abandons (DNF) or is eliminated in a discipline scores zero points in that discipline but is allowed to compete in the subsequent discipline.

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

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

3.11. Appeals

Appeals will be dealt with by the competition director and the individual discipline directors.

- If an Official determines that a rule has been violated, they will notify the competitor 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).
- A competitor who believes an official's decision to be incorrect, may make an appeal to the Discipline Director.
- Should an athlete wish to appeal a published result, they may do so in writing to the Competition Director which will either confirm or reverse the decision of the Discipline Director.
- The competitor or his representative will be informed of the Competition Director's decision but not necessarily of the reasons for it.

4. Rules and Safety

It is a prime responsibility of Athletes and Team Officials to know and obey the Rules and to take positive thought for their own safety and the safety of others.

- Smoking is strictly forbidden at all competition sites.
- Organisers must ensure that adequate First Aid cover is provided.
- Organisers should complete a written Risk Assessment.
- Pentathlon GB observes a strict Child Protection Policy, the provisions of which must be always observed. 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 the information desk on the appropriate form, before the start of the competition.

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- Permission for the use of such equipment is at the discretion of the Competition Organiser, Pentathlon GB and the Venue Management. Copies of Pentathlon GB's Safeguarding and Child Protection Service and policies are available on our website www.pentathlongb.org
- 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.

5. Swimming Rules.

5.1. The competition is a freestyle event, meaning competitors may swim any stroke or style.

5.2. 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.

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

5.4. Swim Competence:

- 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.
- 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. Swimmers who have not reached the standard must start in the water.
- If in the opinion of the Swim Director a competitor does not appear to be competent to dive safely, the competitor must start in the water. The Swim Director's decision is final.

5.5. Distances and Scoring Tables.

- The full scoring tables for the swim discipline can be found in the appendix.

5.6. Swimwear

- The swimwear (swimsuit, cap and goggles) shall be in accordance with FINA General Rules.
- 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 swimsuits must be made of textile materials. No zipper or fastening system is allowed.
- Any kind of tape on the body is not permitted unless approved by the Swim Director.
- No devices that may aid their speed, buoyancy or endurance during a competition (webbed gloves, flippers, fins etc) are permitted. Goggles and caps may be worn.
- All swimsuits must be non-transparent, in good taste and suitable for the swim discipline.
- Identification in the form of logos on swimwear, 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.
- The penalty for not being correctly dressed is 40 points. The referee will require that the competitor change into clothing that complies with the Rules.
- The referee may exclude and eliminate any competitor unable or unwilling to comply with the above Rules.

5.7. The swim director organises the swim element and appoints the necessary officials. They shall enforce the rules and has the authority to disqualify, eliminate or penalise competitors who infringed on these rules. They are in control of the swim and completing any relating risk assessment.

5.8. Starter

- They are responsible for the beginning of the swim element and for synchronising the timekeepers' watches. They will apply false start penalties and communicate these with the swim director.
- They will stand approximately 5m away from the start, where both timekeepers can see, as well as athletes can hear the commands.

5.9. Officials.

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- The roles of officials will be determined before the event; not limited to timekeepers, judges and marshals.
 - Timekeepers may be in control of timing all athletes either via an electronic clock or stopwatch.
 - o When timing chips are used there will be a manual time recorded as a failsafe.
 - The Chief timekeeper collects the time from each lane and records, and verifies with the results recorded by themselves, the referee and the swim director.
 - Judges may be responsible for registering the arrival of athletes in the call room.
 - Turns judges are assigned to the non-starting end of the pool and ensure that all competitors are compliant with the relevant rules. Any non-compliant athlete will be reported to the referee. Timekeepers act as turns judges on the starting end of the pool.
 - Marshals may be responsible for observing positions for the finish and for any penalty discretions. They will make these known to the swim director as soon as the race has concluded.
- 5.10. Health and Safety Announcements
- Read by the referee, starter, announcer or swim director to competitors
 - Include but not limited to:
 - o Shallow end depth, deep end depth, starting blocks height;
 - o Starting procedures and regulations of the ASA Competitive Start Award;
 - o Recall procedures;
 - o Fire and emergency exit protocols within the venue as applicable;
- 5.11. Heats
- Competitors will swim in heats seeded according to their swim time set for qualification, if not the time submitted on their entry form.
- 5.12. Start
- The start will be with a dive or the swimmer in the water, taking place at the deep end.
 - On the long whistle blast from the referee, competitors immediately stand on the starting blocks or at the end of the pool. Athletes starting in the pool enter the water.
 - On the starters command “take your marks”, competitors take up the starting position.
 - When competitors are stationary, the starter shall give the starting signal (using a starting pistol, horn, whistle or command).
- 5.13. False start
- If a competitor jumps or falls into the water before the command “take your marks” they will be eliminated.
 - If a competitor jumps or falls into the water after the command “take your marks” they will receive a 40-point penalty and the start will recommence.
 - If a competitor is moving when the starting signal is given, they will have committed a false start and they will be given a 40-point penalty. There will be no recall.
 - If a swimmer is given a false start, they will be informed immediately upon finishing the heat.
 - 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.
 - If, in the opinion of the Referee, there is an external occurrence which causes any competitor to move, false starter suffer an unfair disadvantage then the competitors will be recalled. This is not a false start, and competitors will not be penalised.
 - The recall signal will be the same as the starting signal. A rope shall be used for the purpose of stopping the competitors.
- 5.14. Turns
- 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.
- 5.15. Finish
- 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.

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- Swimmers must not leave the pool by climbing out over the end. Any competitor doing so will be penalised by 40 points.
 - As soon as the last heat is over, the Referee blows the whistle and the competitors must exit the pool.
 - The Referee can then confirm that the competition has concluded.
- 5.16. Timing
- Times shall be determined as follows:
 - o If automated timing equipment is available, the times recorded via the electronic timing mats are final. Should there be a malfunction, the timekeepers' times are used to award times to those athletes.
 - o If automated timing is not available/ applicable, manual timekeepers will record the times of competitors.
 - o 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.
 - o 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.
- 5.17. Penalties
- Rule infringements will be penalised by deduction of points, elimination or disqualification.
 - Competitors will be penalised by a **40-point deduction** for:
 - o Wearing non-conforming swimwear
 - o Having body advertisements/ swimsuit, or other aiding aerodynamic substance
 - o Using tape on the body without approval
 - o Any false start not penalised by elimination
 - o Propelling yourself using a lane rope or feet against the bottom of the pool
 - o Not touching the end of the pool when turning
 - o Leaving the lane before being instructed to do so
 - o Leaving the water before being instructed to do so
 - o Leaving the water from the front not the sides.
 - o Incorrect relay changeover.
 - Competitors will be **eliminated** for:
 - o Delaying the start of a race, wilfully disobeying an order or for any other misconduct taking place at the start.
 - o Jumping or falling into the water before the command 'take your marks'.
 - o Being unable or unwilling to change into swimwear that complies with the Rules.
 - o Pushing, swimming across or obstructing another competitor, impeding their progress.
 - o Using any device that may aid speed, buoyancy or endurance during the race, such as webbed gloves, flippers, fins, kickboards etc.
 - o If their dive or underwater swimming exceeds 15m.
 - 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.

5.18. Penalty Table

The Competitor infringes the Rules and is penalised for:	Penalty
Wearing non-confirming swimwear, having body advertisements or advertising tobacco or alcohol	40-point deduction
Using tape on the body without approval	40-point deduction

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Beginning starting movements before the start signal	40-point deduction
Jumping or falling into the water after the command “take your marks” and before the start signal	40-point deduction
Taking a step or more on the bottom of the pool, or by pulling themselves forward using the lane ropes	40-point deduction
Failure to touch the end of the pool when turning	40-point deduction
Leaving the water before the referees command, or climbing out the front of the pool	40-point deduction
Delaying the start, wilfully disobeying an order or the other misconduct at the start	Elimination
Jumping or falling into the water before the command “take your marks”	Elimination
If their dive or underwater swimming exceeds 15m	Elimination
Being unable or refusing to remove body advertising and/or change into clothing that complies with clothing regulations	Elimination
Pushing, swimming across or obstructing another competitors, impeding their progress	Elimination
Using any device to aid buoyancy, speed or endurance	Elimination
Wilfully and with intent, pushing, swimming across or obstructing another competitor as to impede their progress	Disqualification of competitor, elimination of team

6. Running Rules.

6.1. The competitions will start as a pack with the event being run in the form of a time trial.

6.2. Distances and Scoring Tables.

- The full scoring tables for the swim discipline can be found in the appendix.

6.3. Clothing

- Competitors must wear clothing and footwear that is suitable for the run discipline
- Logos/advertising are not permitted – the club/school code is not regarded as advertising.
- Competitors may wear spikes if permitted by the event venue. This will be declared on the entry form or within the event information.
- The penalty for not being correctly dressed is 40 points. The Run Director will request that the competitor change into clothing that complies with the Rules.
- The Run Director has the authority to exclude and eliminate any competitor unable or unwilling to change into clothing that complies with the Rules.

6.4. Competitors will be provided with a number and/or a timing chip.

6.5. If only one number is provided it must be worn on the front/chest.

- 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.

6.6. The run director organises the run element and appoints the necessary officials. They shall enforce the rules and has the authority to disqualify, eliminate or penalise competitors who infringed on these rules. They are in control of the run course and completing any relating risk assessment.

6.7. Starter – they are responsible for the beginning of the run element and for synchronising the timekeepers’ watches. They will apply false start penalties and communicate these with the run director.

6.8. Officials.

- The roles of officials will be determined before the event; not limited to timekeepers, judges and marshals.
- Timekeepers may be in control of timing all athletes either via an electronic clock or stopwatch.

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- When timing chips are used there will be a time recorded as a failsafe
 - Judges may be responsible for registering the arrival of athletes in the call room.
 - Marshals may be responsible for observing positions for the finish and for any penalty discretions. They will make these known to the run director as soon as the race has concluded.
- 6.9. Competitors will run in heats seeded on the times used in qualification.
- 6.10. Run course should be on a 400m track where possible
- Where this is not possible the course should be on surfaces to minimise risk of injury to competitors (i.e. no sharp turns or steep inclines)
 - The course can be made in one or more laps
 - The total course must be wide enough to permit two runners to pass each other at any point; including the start finish line
 - The course must be clearly marked with markings for the start and finish points
- 6.11. Start.
- A Single start line is used and will be clearly marked
 - Competitors are responsible for knowing their start time and for being in the call room and at the start line at the right time
 - Athletes will start in a pack and must obey the starter's orders
 - All timing equipment will begin on the start signal
- 6.12. False start
- A false start has occurred if the athlete crosses the start line before the start signal. Accidental false start (where the athlete realises and returns to the start line) will result in no penalty.
 - Depending upon the material advantage gained by a false start, The Starter with agreement from the Run Director will apply a 10 second penalty or elimination as appropriate.
- 6.13. Finish
- The finish line will be clearly marked for all competitors
- 6.14. Timing
- 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.
- 6.15. Infringements of these Rules will be penalised by deduction of points, by elimination or disqualification.
- Competitors will be penalised by deduction of **40 points** for:
 - Contravening footwear or clothing regulations.
 - Modifying the dimensions of the start numbers.
 - A false start which is not penalised by elimination.
 - A relay team will be penalised for an incorrect hand over.
 - A Competitor will be penalised by **elimination** for:
 - A blatant attempt to start too early held to be a severe infringement of the principle of fair play.
 - 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.
 - Not completing or voluntarily leaving the run course.
 - Improper jostling, running across or obstructing another competitor so as to impede their progress.
 - Being unable or refusing to change into footwear or clothing that complies with the rules.
 - Persistent unauthorised assistance.
 - A Competitor will be penalised by **disqualification** for deliberate deviation from the course irrespective of whether a material advantage was gained
- 6.16. Penalty Table

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The Competitor infringes the Rules and is penalised for:	Penalty
Contravening footwear or clothing regulations	Deduction of 40 points
Modification of start numbers	Deduction of 40 points
Starting after 'take your marks' but before the start signal is given	Deduction of 40 points
Incorrect relay hand-over	Deduction of 40 points
Unintentional deviation from the course if this resulted in a material advantage for the competitor	Elimination
Not completing the course	Elimination
Improper conduct by jostling, running across or obstructing another competitor	Elimination
Persistent Unauthorised assistance	Elimination
Being unable, or refusing to change into footwear or clothing that complies with the Rules	Elimination
A blatant attempt to start too early	Elimination
Deliberate deviation from the course	Disqualification

7. Force Majeure and Calendar Change

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

8. 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 athletes 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 an athlete or spectator to the extent imposed by law.

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Appendix 1.**Swim Scoring Tables**

25m – (1pts per 0.2s) (– benchmark calculated by PGB from UIPM Modern Pentathlon 50m Swim Points, adapted to 25m using historic Schools Biathlon Championships results data).

25m SWIM TIME	POINTS
00:12.00	295
00:21.00	250
00:31.00	200
00:41.00	150
00:51.00	100
01:01.00	50

50m – (1pts per 0.5s) (Points calculated from the 50m Swim Points from the UIPM Modern Pentathlon Rules and Regulations (*UIPM competition rules and Equipment Regulations 2026*))

50m SWIM TIME	POINTS
00:22.50	295
00:45.00	250
01:10.00	200
01:35.00	150
02:00.00	100
02:25.00	50

100m – (1pts per 0.2s) (Points calculated from the 100m Swim Points from the UIPM Modern Pentathlon Rules and Regulations (*UIPM competition rules and Equipment Regulations 2026*))

100m SWIM TIME	POINTS
00:45.00	375
01:00.00	300
01:05.00	275
01:20.00	200
01:25.00	175
01:40.00	100
01:45.00	75

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Appendix 2.**Run Scoring Tables**

400m – (1pts per 1s) (Points calculated directly from the U11 Laser Run Points (Individual) from UIPM Modern Pentathlon Rules and Regulations). (*UIPM competition rules and Equipment Regulations 2026*)

400M RUN TIME	POINTS
00:40.00	700
02:20.00	600
04:00.00	500
05:40.00	400
07:20.00	300
09:00.00	200
10:40.00	100

800m – (1pts per 1s) (Points calculated directly from the U13 Laser Run Points (Individual) from UIPM Modern Pentathlon Rules and Regulations). (*UIPM competition rules and Equipment Regulations 2026*)

800M RUN TIME	POINTS
02:00.00	700
03:40.00	600
05:20.00	500
07:00.00	400
08:40.00	300
10:20.00	200
12:00.00	100

1500m – (1pts per 1s) (Points calculated from the U15 Laser Run Points (Individual) from UIPM Modern Pentathlon Rules and Regulations; to form the basis of a standardised 'Bi-Score' within Pentathlon GB's data collection assessments). (*UIPM competition rules and Equipment Regulations 2026*)

1500m RUN TIME	POINTS
03:20.00	700
05:00.00	600
06:40.00	500
08:20.00	400
10:00.00	300
11:40.00	200
13:20.00	100

Pentathlon GB Modern Biathlon Competition Rules.

Effective from September 2026.

Pentathlon GB.

References

- 1 - *UIPM competition rules and Equipment Regulations* (2026) <https://www.uipmworld.org/>. Available at: https://www.uipmworld.org/sites/default/files/uipm_competition_rules_and_equipment_regulations.pdf (Accessed: 01 September 2026).