Pentathlon GB Schools Biathlon Competition Rules | Rules Summary Sheet

Effective from September 2026.

Pentathlon GB.

MODERN BIATHLON | GENERAL EVENT RULES

Quick-reference summary for athletes, parents, schools, clubs and event officials

Modern Biathlon is a NON-CONTINUOUS swim + run event. Final placing is determined by the combined points scored across both disciplines.

Who competes and how

- UIPM-style events use the athlete's age on 31 December. Schools events use the athlete's current school year (age on 1 September). Minimum category is normally U9 / Year 3 unless event information states otherwise.
- Athletes may compete one class above their own, subject to minimum/maximum age restrictions. An athlete qualifying for a British Championship must compete in the same class at the Championship.
- Club/school teams are formed automatically from the top three scoring individuals in a class. Only the highest placing team from each club/ school can be eligible for team awards.
- For British Championships, an athlete must be a full Pentathlon GB member before competition, be a British citizen and legally reside in the UK. Other athletes may compete as guests at the organiser's discretion but cannot win awards.

Entries, results and qualification

- Entries are individual, non-transferable and must be made by the closing date. Late entries are at the organiser's discretion. No refund is available for withdrawal after entries close.
- Schools qualifying events contributing to the British National Ranking List run from 1 September to 31 December. An athlete's best combined run and swim points score from one qualifying competition is used for their place on the Ranking List.
- The top percentage of athletes on the Rankings List for each competition age group, will be invited to the British Schools Biathlon Finals. The number of invited athletes is not pre-determined for each age group.
- DNS without prior notice/appropriate explanation, or DNF, excludes the athlete from the competition. Results will be published as soon as possible after the event.
- Highest combined points wins. Tie-break: lowest sum of discipline placings, then fastest overall combined time. Team ties use the same principle across the scoring athletes.

Penalties, appeals and safety

Topic	Quick rule
Elimination	Serious infringement. Athlete scores zero in that discipline but may continue to the next discipline.
Disqualification	Deliberate attempt to circumvent the rules. Athlete takes no further part and is excluded from final results.
Appeals	10-minute appeal window after discipline results. Appeal decisions are handled by discipline/competition directors; formal appeal requires written reasons and a £20 cash deposit.
Safety	Athletes/team officials must know the rules and consider their own and others' safety. No smoking. Organisers must provide adequate First Aid and should complete a written risk assessment.
Safeguarding	Pentathlon GB Child Protection Policy applies. Camera/video use must be registered and remains subject to organiser, Pentathlon GB and venue approval.
Venue rules	All venue-management rules and requirements must be followed by athletes and supporters.

Event changes

- Pentathlon GB may amend rules, dates or venues. Organisers may adapt events for venue/local conditions, but adaptations must be reported before sanction and may make performances non-qualifying.

Pentathlon GB ©: Sports Training Village, University of Bath, Claverton Down, Bath, BA2 7AY

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MODERN BIATHLON | SWIM

Distances, scoring guide and the rules athletes most need to know

Swim distances

Schools class	Distance
Year 3	25m
Year 4	25m
Year 5	50m
Year 6	50m
Year 7	50m
Year 8	100m
Year 9	100m
Year 10	100m
Year 11	100m
Year 12 & 13	100m
Teachers	50m
BUCS / Students	100m

Appendix points guide

Distance	Points adjustment
25m	1 point per 0.2 seconds
50m	1 point per 0.5 seconds
100m	1 point per 0.2 seconds

The appendix provides the points-per-time adjustment above, rather than a full time-to-points lookup table. Further points information can be found on the Rules document, and supporting references/ points tables.

Key swim rules

- Freestyle event: any stroke/style may be used. The swimmer must touch the wall with some part of the body at every turn and at the finish.
- Athletes must be able to swim their full race distance without touching the bottom and tread water unaided for at least 2 minutes. Competence may be checked before racing.
- Only swimmers meeting the ASA Competitive Start Award standard may make a shallow racing dive from the blocks. Others start in the water. The Swim Director may require an in-water start for safety.
- Start sequence: long whistle, “take your marks”, then start signal. After finishing, stay in the allocated lane until instructed to leave. Exit from the side, not over the end.
- No aids to speed, buoyancy or endurance. Goggles and caps are allowed. Body tape requires Swim Director approval. Dive/underwater swimming must not exceed 15m.

Swim penalty guide

Infringement	Penalty
Non-conforming swimwear; unauthorised tape; permitted-category false start; using lane rope/bottom to propel; missed turn touch; leaving lane/water early; climbing out at end	40-point deduction
Misconduct/delaying start; entering before “take your marks”; underwater >15m; refusing compliant swimwear; obstructing another swimmer; using prohibited aid	Elimination
Wilful/intentional obstruction or intentional false/early start	Disqualification; team eliminated if applicable

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MODERN BIATHLON | RUN

Distances, scoring guide and the rules athletes most need to know

Run distances

Schools class	Distance
Year 3	400m
Year 4	400m
Year 5	800m
Year 6	800m
Year 7	800m
Year 8	1500m
Year 9	1500m
Year 10	1500m
Year 11	1500m
Year 12 & 13	1500m
Teachers	800m
BUCS / Students	1500m

Appendix points guide

Distance	Points adjustment
400m	1 point per 1 second
800m	1 point per 1 second
1500m	1 point per 1 second

The appendix provides the points-per-time adjustment above, rather than a full time-to-points lookup table. Further points information can be found on the Rules document, and supporting references/ points tables.

Key run rules

- Races start as a pack and are run as a time trial. Heats are seeded using qualification times. A 400m track should be used where possible; alternatives should minimise injury risk and avoid sharp turns/steep inclines.
- The course may use one or more laps, must be clearly marked and must be wide enough for two runners to pass at any point, including at start/finish.
- Athletes are responsible for reporting to the call room/start on time and must obey the starter. Timing begins with the start signal and ends when the athlete's torso reaches the finish-line plane.
- Wear suitable clothing/footwear. Spikes may be used only if the venue permits. If one race number is issued it must be worn on the front/chest; do not alter its dimensions or appearance.
- A false start occurs when an athlete crosses the line before the signal. If accidental and the athlete returns, there is no penalty. Depending on advantage gained, the Starter/Run Director may apply a 10-second penalty or elimination.

Run penalty guide

Infringement	Penalty
Clothing/footwear breach; modified start number; non-eliminating false start; incorrect relay handover	40-point deduction
Material advantage from accidental course deviation; not completing/leaving course; obstruction; persistent unauthorised assistance; refusing compliant clothing; blatant early start	Elimination
Deliberate deviation from the course	Disqualification