

# PENTATHLON GB<sup>+</sup>

## BRITISH LASER-RUN COMPETITION RULES

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### CONTENTS

#### 1. INTRODUCTION

1.1. - 1.5. Definitions

#### 2. GENERAL ASPECTS

2.1. Composition

2.2. Competition Format

2.3. Entries

2.4. Eligibility

2.5. Cancellation

2.6. Substitution

2.7. Start List

2.8. Results , DNS & DNF

2.9. Placings

2.10. Official Prizes

2.11. Elimination & Disqualification

2.12. Official Steward

2.13. Jury of Appeal

2.14. Appeals

2.15. The Intention of the Rules

2.16. Rules & Safety

2.17. Force Majeure and Calendar Change

2.18. Legal Liability

#### 3.

#### LASER-RUN

3.1.

Individual Competition

3.2.

Relay Competition

3.3.

Clothing

3.4.

Footwear

3.5.

Numbers

3.6.

Laser-Pistol

3.7. - 3.25.

Officials

3.26. - 3.27.

Safety Regulations

3.28.

Equipment Control & Clothing Checkpoint

3.29.

Starting Order

3.30.

Range Open

3.31.

The Start

3.32.

False Start

3.33.

Shooting Series

3.34.

Running Course

3.35.

Penalty Stop Areas

3.36.

Pistol Malfunction

3.37.

Target Malfunction

3.38.

Spare Targets & Insufficient Targets

3.39.

Unauthorised Assistance

3.40.

Infringements & Penalties

3.41.

Penalty Table – Laser-Run

# PENTATHLON GB<sup>+</sup>

## RULES FOR LASER RUN

### 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').

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 competitors will have the opportunity to take part in the disciplines for which safe provision can be made.

The following Rules apply to the BRITISH MODERN BIATHLON CHAMPIONSHIPS, THE BRITISH SCHOOLS' MODERN BIATHLON CHAMPIONSHIPS and their qualifying competitions, including HOME COUNTRY AND REGIONAL CHAMPIONSHIPS for Biathlon (Swimming and Running). These Rules are intended only for the use of CLUBS AND ORGANISATIONS which are affiliated to Pentathlon GB and/or who are organising Pentathlon GB Approved Competitions. These Rules are subject to change at any time, which if made will be posted on the Pentathlon GB website.

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. The amalgamation of classes and introduction of a younger age group is acceptable in club and regional competitions. 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 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. UIPM Laser-Run City Tour – means a competition supported by UIPM (Union Internationale de Pentathlon Moderne). They are promotional events designed to bring new athletes into the sport. All results will go onto the World Rankings List.
- 1.4. Competition: means the entire contest incorporating all classes as defined below.
- 1.5. Discipline: means a component part of the Competition such as the Laser-Run.

### 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.	Triathle	continuous shoot-swim-run
IV.	Laser-Run	combined run/shoot
V.	Modern Triathlon	swim – shoot – laser-run
VI.	Modern Tetrathlon	swim – fence – laser-run
VII.	Modern Pentathlon	swim – fence – ride – laser-run

#### 2.2. Competition Format:

##### 2.2.1. Individual:

- 2.2.1.1. Laser-Run City Tours, Local, Club, Regional and British Championships may be held in the following classes, for both male and female athletes: Organisers may amalgamate classes when appropriate.
- 2.2.1.2. Athletes have the right to compete in one age group above their own (except Senior and Masters athletes) or where a minimum and/or maximum age restriction applies. For all competitions, unless explicitly stated differently on the event entry information, the minimum age category and restriction for all athletes will be U9.
- 2.2.1.3. The age of the athlete will be counted by subtracting the year of birth from the year of the competition. Months and days will not be taken into account.
- 2.2.1.4. 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.

# PENTATHLON GB<sup>+</sup>

Class	Age on 31 Dec	Year of Birth		
		2021	2022	2023
Under 9	7 – 8	2013/2014	2015	2015/2016
Under 11	9 – 10	2011/2012	2014	2013/2014
Under 13	11 – 12	2009/2010	2013	2011/2012
Under 15	13 – 14	2007/2008	2012	2009/2010
Under 17	15 – 16	2005/2006	2011	2007/2008
Under 19	17 – 18	2003/2004	2010	2005/2006
Junior	19 – 21	2000/2002	2009	2002/2004
Senior	22 -39	1982 - 1999	2008	1984 - 2001
Masters	40 - 49	1972 - 1981	2007	1974 - 1983
Masters	50 - 59	1962 - 1971	2005/2006	1964 - 1973
Masters	60+	1952 - 1961	2002/2004	1954 - 1963
Masters	70+	1951 and earlier	2001 or earlier	1953 and earlier

## 2.2.2. Club Teams:

2.2.2.1. Teams are not pre-defined before the competition.

2.2.1.1. The three top scoring individuals from an affiliated Club in a class will count as a team. Schools/Clubs may have more than one team in a class.

## 2.3. Entries:

2.3.1. All athletes must enter the competition as individuals and pay the appropriate entry fee.

2.3.2. There is no direct team entry. In all competitions, the three top scoring individuals from an affiliated Club in a class will count as a team.

2.3.3. Entries must be submitted prior to the official closing date.

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

2.3.5. In exceptional circumstances Pentathlon GB reserve the right to offer a Wild Card entry to an individual which will be at the discretion of the Head of Operations and Events.

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

2.3.7. Competition entries are not transferable between athletes.

## 2.4. Eligibility:

2.4.1. To be eligible for the 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. For all other levels of competition (Regional, Laser-Run City Tours, Club and Local) please check the membership section of the website for options available.

2.4.3. 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.

2.4.4. Athletes must have attained the Pentathlon GB Laser shoot certificate before entering the British Championships.

2.4.5. The Pentathlon GB Laser shoot certificate is available for download and completion from the resources page of the website [www.pentathlongb.org](http://www.pentathlongb.org). The certificate must be signed by a suitably qualified person as outlined on the form and sent to the Competitions Office before the competition closing date.

2.4.6. For competitions other than the British Championships, if an athlete new to the sport does not have a Pentathlon GB Laser Shoot Certificate, then a 'shooting day permit' will be required. Athletes will be asked to attend a short safety session on the day of competition before participating. See entry forms for details.

## 2.5. Cancellation:

2.5.1. If a competition has to be cancelled by Pentathlon GB for any reason, notification will be posted on the website [www.pentathlongb.org](http://www.pentathlongb.org) as soon as the decision has been made.

2.5.2. 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, minus the relevant administration fees\*

2.5.3. 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, there will be no refund.

# PENTATHLON GB<sup>+</sup>

\*All event entries processed through the Sport:80 platform are subject to an administration fee deducted by Sport:800 and Stripe. These fees are non-refundable from the relevant parties.

## 2.6. Substitution:

Entries are not transferable between athletes.

## 2.7. Start List:

The Competition Organiser must publish a programme containing the athletes entered into each class for distribution before the start of the competition.

## 2.8. Results, DNS & DNF:

- 2.8.1. 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).
- 2.8.2. An athlete who does not finish (DNF) will automatically be excluded from the results.
- 2.8.3. 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. Any appeals of the results should be made immediately and directly to the event organiser or results team.

## 2.9. Placings:

- 2.9.1. Final positions are decided by times achieved, therefore the athlete with the lowest time is the winner; second place goes to the second lowest time etc.
- 2.9.2. 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.

## 2.10. Official Prizes:

- 2.10.1. 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.
- 2.10.2. The official prizes awarded at British Championships in each class are:

Individual competition with less than	10 athletes	1st – 3rd
	10 – 14 athletes	1st – 4th
	15 – 19 athletes	1st – 5th
	20 and over athletes	1st – 6th
Club team competition		1st – 3rd
- 2.10.3. Regional trophies may be awarded to the highest scoring Region. The scores of the highest placed Regional athlete in each class are added together to give the Regional scores.
- 2.11. Elimination and Disqualification:
  - 2.11.1. Attention should be paid to the difference between elimination and disqualification;
    - 2.11.1.1. Elimination is a penalty for a serious infringement of the Rules that may not have been committed deliberately.
    - 2.11.1.2. Disqualification is a punishment for a deliberate attempt to circumvent the Rules.
  - 2.11.2. The Competition Organisers' decision is final with no appeal or further recourse.

## 2.12. Official Steward:

- Pentathlon GB may appoint an Official Steward for each Competition. The duties of the Steward are:
- 2.12.1. To inspect and approve all the venues before the start of the competition, including provision for First Aid cover.
  - 2.12.2. 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.
  - 2.12.3. To ensure that the competition is run in accordance with current Pentathlon GB Rules.
  - 2.12.4. To be present and participate if necessary, in the briefing of the judges and to act as Chairman of the Jury of Appeal.
  - 2.12.5. To give whatever guidance or help that may be required.
  - 2.12.6. The Official Steward should not undertake any other duties.

## 2.13. Jury of Appeal:

- 2.13.1. 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.
- 2.13.2. The Members of the Jury of Appeal shall be independent of the event in issue.

## 2.14. Appeals:

- 2.14.1. The Competition Organiser is responsible for appointing Officials for the competition. These Officials are responsible for enforcing the competition Rules.
- 2.14.2. If an Official determines that a Rule has been violated in a material respect or that an athlete has sustained a penalty in connection with the discipline, he will notify the athlete 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).
- 2.14.3. An athlete or his representative, who believes a competition official's decision to be incorrect, may make a verbal appeal to the Laser-Run Director.
- 2.14.4. A verbal appeal is an oral expression of dissatisfaction, made by an athlete or his representative, regarding an

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action or decision of a competition official.

2.14.5. 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 and
- (b). is about a judgment or decision affecting events on the field of play.

2.14.6. A verbal appeal against participation of an athlete must be raised not later than one hour after the start of the competition. After considering the verbal appeal, the decision of the Competition Organiser is final with no further right of appeal or other recourse.

2.14.7. A verbal appeal in connection with a rule violation or imposed penalty must be made to the Laser-Run Director within 15 minutes of the decision being notified to the athlete or his representative.

2.14.8. A verbal appeal concerning an allegedly erroneous result should be made within 15 minutes of the result being displayed.

2.14.9. 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.

2.14.10. If the athlete or his representative believes the Laser-Run 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 Laser-Run Director.

2.14.11. 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.

2.14.12. 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.

2.14.13. The athlete or his representative will be informed of the Jury of Appeal's decision but not necessarily of the reasons for it.

2.14.14. 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 athlete or his representative given a receipt.

## 2.15. 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 or other recourse.

## 2.16. Rules and Safety:

2.16.1. 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.

2.16.2. The warm-up period for is an integral part of the competition. The Rules for safety and equipment are the same as for the competition itself.

2.16.3. During the competition, athletes must wear clothing and use equipment specific to the Laser-Run, in accordance with the Rules.

2.16.4. Smoking is strictly forbidden at all competition sites.

2.16.5. Organisers must ensure that adequate First Aid cover is provided.

2.16.6. Organisers should complete a written Risk Assessment. Templates of Risk Assessments for the Laser-Run may be downloaded from [www.pentathlongb.org/resources](http://www.pentathlongb.org/resources).

2.16.7. 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. Copies of Pentathlon GB's Safeguarding and Child Protection Service and policies are available from the safeguarding section of the website [www.pentathlongb.org](http://www.pentathlongb.org)

2.16.8. 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

## 2.17. Force Majeure and Calendar Change:

Pentathlon GB reserves the right to amend the Laser-Run 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.

## 2.18. 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.

## 3. LASER-RUN:

A two discipline event where athletes perform a number of run and shoot series.

For individuals, U19, Junior & Senior athletes (for both LRWCH & GLRCT) will start to run 1 lap without shooting and then will run 4 laps of normal Laser Run (running/shooting).

# PENTATHLON GB<sup>+</sup>

For relays, U19, Junior & Senior athletes will start to run 1 lap without shooting and then will run 2 laps of normal Laser Run (running/shooting)

Using a laser pistol, athletes shoot at their designated laser target as many times as it takes to register 5 successful hits. Each successful hit is represented by a green light.

After 5 successful hits or 50 seconds (whichever comes first), runners can leave the range and begin their second run before returning to the same range, shooting bay and pistol for their next shoot.

After their final shoot, competitors complete their last running loop before crossing the finish line.

Final positions are decided by times achieved, therefore the athlete with the lowest time is the winner; second place goes to the second lowest time etc.

The number of run/shoot sequences is below:

## 3.1. Individual Competition:

Class	Running Sequences	Total Distance	Shooting Sequences	Distance to Target
Under 9	2 × 300m	600m	2 × 5 hits	5m with 2 hands
Under 11	2 × 300m	600m	2 × 5 hits	5m with 2 hands
Under 13	3 × 300m	900m	3 × 5 hits	5m
Under 15	3 × 600m	1800m	3 × 5 hits	5m
Under 17	4 × 600m	2400m	4 × 5 hits	10m
Under 19	5 × 600m	3000m	4 × 5 hits	10m
Junior (19 - 21)	5 × 600m	3000m	4 × 5 hits	10m
Senior (22 - 39)	5 × 600m	3000m	4 × 5 hits	10m
Masters 40+	3 × 600m	1800m	3 × 5 hits	10m
Masters 50+	3 × 600m	1800m	3 × 5 hits	10m
Masters 60+	2 × 600m	1200m	2 × 5 hits	5m
Masters 70+	2 × 600m	1200m	2 × 5 hits	5m

## 3.2. Relay Competition (2 females or 2 males):

Class	Running Sequences (each athlete)	Total Distance	Shooting Sequences (each athlete)	Distance to Target
Under 9	2× 300m	600m	2 × 5 hits	5m both hands
Under 11	2× 300m	600m	2 × 5 hits	5m both hands
Under 13	2× 300m	600m	2 × 5 hits	5m
Under 15	2× 600m	1200m	2 × 5 hits	5m
Under 17	2× 600m	1200m	2 × 5 hits	10m
Under 19	3× 600m	1800m	2 × 5 hits	10m
Junior (19 - 21)	3× 600m	1800m	2 × 5 hits	10m
Senior (22 - 39)	3× 600m	1800m	2 × 5 hits	10m
Masters 40+	2× 600m	1200m	2 × 5 hits	10m
Masters 50+	2× 600m	1200m	2 × 5 hits	10m
Masters 60+	2× 600m	1200m	2 × 5 hits	5m
Masters 70+	2 × 600m	1200m	2 × 5 hits	5m

## 3.3. Clothing:

3.3.1. Athletes must wear athletic clothing that is in good taste and suitable for the laser-run

3.3.2. The clothing must be made of material which is non-transparent even when wet.

3.3.3. Compressed sleeves on the shooting hand, elbow and arm are prohibited. Bracelets, wristwatches, wristbands or similar items that might provide support are prohibited on the hand and arm holding the pistol.

3.3.4. A sports watch is permitted on the non-shooting hand.

3.3.5. Team relay members should if possible be identically dressed as far as style and colour of clothing is concerned.

3.3.6. The penalty for not being correctly dressed is 10 seconds. The Run Director will request that the athlete change into clothing that complies with the Rules.

3.3.7. Sound-reducing devices may be worn, however radios, tape recorders or any type of sound-producing or communication systems are prohibited outside of the warm-up period. Contravening this rule will result in a warning for the first infringement followed by elimination for a second infringement.

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## 3.4. Footwear:

- 3.4.1. Athletes 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.
- 3.4.2. The number and size of spikes is not limited. However the 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 within the written guidelines accompanying the published timetable.
- 3.4.3. The penalty for wearing non-conforming footwear is 10 seconds. The referee will request that the competitor change into footwear that complies with the Rules.

## 3.5. Numbers:

- 3.5.1. The Competition Organiser is responsible for providing every competitor with one start number which will be available on their shooting table prior to the warm-up.
- 3.5.2. The number must be worn on the chest and should be properly fastened, clearly visible and easy to read in all weather conditions.
- 3.5.3. If a competitor modifies the dimensions or appearance of the starting number given by the organisers, he shall be penalised by 10 seconds.

## 3.6. Laser Pistol:

Pistols will be available for loan at many Laser-Run competitions for athletes who do not possess their own. All pistols must comply with the specifications contained within the Modern Pentathlon Equipment and Clothing Rules and Regulations available from the resources page of the website [www.pentathlongb.org/resources](http://www.pentathlongb.org/resources).

## 3.7. Officials:

For all Competitions, the following officials are considered necessary, although the Competition Organiser may vary this where local circumstances dictate: Laser-Run Director, Shooting Director, Running Director, Equipment Control Officer, Range Officers, Target Officers, Shooting Judges, Course Judges, Marshal, Starter, Deputy Starters, Starters Assistants, Arrivals Judges, Timekeepers, Announcer, Last Penalty Stop Area Judges, Penalty Co-ordinator Judge.

## 3.8. The Laser-Run Director:

- 3.8.1. Is in overall charge of the Laser-Run and is responsible for the safety of the event, including the completion of a

### Risk Assessment.

- 3.8.2. Appoints the Running Director and Shooting Director, instructs them regarding any special features or regulations related to the competition and is responsible for managing and co-ordinating their activities.
- 3.8.3. Ensures that the discipline is properly carried out in accordance with the programme.
- 3.8.4. 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.
- 3.8.5. Decides on any verbal complaints received from athletes or Team representatives relating to the competition in progress.
- 3.8.6. Permits the athletes to start their warm-up.
- 3.8.7. Is responsible for the overall correct conduct of the competition;

## 3.9. The Shooting Director:

- 3.9.1. Appoints the Range Officers, Shooting Judges, , Equipment Control Officers and other Range Personnel and is responsible for:
- 3.9.2. Managing and co-ordinating the activities of all the officials appointed and instructing them regarding any special features or regulations related to the competition.
- 3.9.3. Ensures the correct conduct of the shooting phase.
- 3.9.4. Facilitates the rapid correction with the appointed Range Officers of any equipment failures and for ensuring that the necessary experts and material are available to operate the range.
- 3.9.5. Informs the athletes, their representatives and coaches of the final minute and 30 seconds remaining of warming up time on the shooting range, which ends 3 minutes before the competitions starts.
- 3.9.6. Enforces all Rules and decisions of Pentathlon GB and has the authority to disqualify, eliminate or impose penalty points in accordance with the Rules.
- 3.9.7. Agrees, with the Range Officer the time to be deducted from the final run time as a result of a target malfunction.
- 3.9.8. Adjudicates, with the Laser-Run Director, all verbal protests related to the competition in progress.
- 3.9.9. Communicates all reported irregularities and penalties to the Laser-Run Director.

## 3.10. The Range Officer:

There will be one Range Officer appointed per maximum of 10 firing points. (If there are 15 firing points, there should be two Range Officers). Each Range Officer shall be responsible for:

- 3.10.1. Maintaining order on the range, with particular attention to safety.
- 3.10.2. Checking that the athletes use the correct firing point.
- 3.10.3. Checking the names and start numbers of the athletes to ensure that they agree with the Laser-Run start list, event schedule, scorecards and range register
- 3.10.4. Co-ordinating with the Starters Assistant to ensure that the athletes' clothing after being inspected at Equipment Control, still complies with the Rules. (shirts with name, numbers, armband, headphone, etc.);
- 3.10.5. Verifying that the athletes' pistols have been inspected and approved by the Equipment Control Officers.
- 3.10.6. Checking that the athletes assume the correct shooting position.

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- 3.10.7. Checking that the athletes do not disturb any of the other athletes.
- 3.10.8. Applying and checking in collaboration with the Shooting Judge any 10 second penalty imposed on the athlete at their firing point. Before applying any penalty, the Range Officers should gain approval from the Shooting Director.
- 3.10.9. Supervising the correct operation of the targets.
- 3.10.10. If the athlete indicates by raising their hand that there is a target error or a target malfunction which is not the athletes fault, the Range Officer shall:
  - 3.10.10.1. Take a note of the stopwatch time and number of 'green lights' from the Shooting Judge at the time that the malfunction was notified.
  - 3.10.10.2. Take the stopwatch from the Shooting Judge and move the athlete to S1, S2 or a spare bay as quickly as possible in order not to disturb or delay the competition.
  - 3.10.10.3. Once the athlete has been moved to a reserve target, the Range Officer should note the time that the athlete makes their first attempted shot.
  - 3.10.10.4. The athlete should remain on the range for the remainder of the 50 seconds shown on the watch now held by the Range Officer or until a total of 5 green lights are shown.
  - 3.10.10.5. The 'delay' time should be deducted from the final run time.
- 3.10.11. Ensuring the recording of all irregularities, disturbances and penalties.
- 3.10.12. Communicating all irregularities and penalties to the Shooting Director.

### **3.11. The Chief Equipment Control Officer and The Equipment Control Officer:**

The Chief Equipment Control Officer and Equipment Control Officer are responsible for checking that the equipment and clothing of the athlete complies with Pentathlon GB Equipment and Clothing Rules and Regulations before the warm-up commences.

### **3.12. Target Officers:**

- 3.12.1. 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:
  - 3.12.2. Preparing the shooting targets before the competition.
  - 3.12.3. Assisting the Shooting Director during the competition.
  - 3.12.4. Assisting the Equipment Control Officers before the competition.

### **3.13. The Shooting Judge:**

- 3.13.1. There will be one Shooting Judge per 1 shooting station . They are responsible for:
  - 3.13.2. Observing all shots fired.
  - 3.13.3. Checking that no communication between coaches and athletes occurs outside of the designated Coaches area during the warm-up period.
  - 3.13.4. Checking to see if the athlete touches the table with their pistol between each shot.
  - 3.13.5. After each shooting series, checking if the pistols are safe (a pistol is safe when it is untouched, placed on the shooting table pointing at the targets).
  - 3.13.6. Informing the Range Officer immediately about any infringement of the Rules.
  - 3.13.7. Enforcing and checking in collaboration with the Range Officer any penalty imposed on the athlete at their firing point.
  - 3.13.8. The Shooting Judge will implement the following procedure for each shooting series:
    - 3.13.8.1. Start the stopwatch at the first attempted shot (at the time the trigger is pulled).
    - 3.13.8.2. The shooting judge must inform the athlete if the target lights do not indicate that the first shot has been taken.
    - 3.13.8.3. If the athlete indicates by raising their hand there is a target error or a target malfunction which is not the athletes fault, the Shooting Judge shall immediately note that time. The stopwatch will still be running.
    - 3.13.8.4. Inform the Range Officer of the shooting time that the target error or malfunction was first notified.
    - 3.13.8.5. Inform the athlete at 5 seconds before the 50 second time limit expires. Command 'position number xx, 5 seconds remaining'.
    - 3.13.8.6. Giving the command "Position XX GO", to the athlete when the 50 second time limit has expired.

### **3.14. The Running Director:**

- 3.14.1. Appoints the Running Officials, Course Judges, Marshal, Starter, Deputy Starters, Starter's Assistants, Arrival Judges, Timekeepers, Recorders, Announcers, Last Penalty Stop Area Judges and Penalty Co-ordination Judges and is responsible for:
  - 3.14.2. Managing and co-ordinating the activities of all the officials appointed and instructing them regarding any special features or regulations related to the competition.
  - 3.14.3. The correct conduct of the running discipline.
  - 3.14.4. Supervising the laying out of the running course.
  - 3.14.5. Ensuring that the course or track and all equipment, including marketing banners, are in accordance with Pentathlon GB Rules.
  - 3.14.6. Enforcing all Rules and decisions of Pentathlon GB and has the authority to disqualify, eliminate or impose penalty points in accordance with the Rules.
  - 3.14.7. May intervene in the competition at any stage to ensure that the Pentathlon GB Rules are observed and has the authority to penalise athletes or other persons who infringe these Rules.
  - 3.14.8. Adjudicating, with the Laser-Run Director, all verbal protests related to the competition in progress.
  - 3.14.9. Communicating all reported irregularities and penalties to the Laser-Run Director.



# PENTATHLON GB<sup>+</sup>

## **3.15. The Course Judges:**

- 3.15.1. Are assistants of the Running Director without authority to make final decisions.
- 3.15.2. Shall be placed by the Running Director in such positions that they may observe the running closely and in the case of a foul, deviation of the course, unauthorised assistance, or violation of these rules by other persons, immediately report the incident to the Running Director orally and later in writing.

## **3.16. The Marshal:**

Is responsible for keeping the start/finish area and the shooting range area clear of spectators and must not allow any person other than the officials and athletes to enter or to remain there. The Marshal can be assisted by one or more assistants.

## **3.17. The Announcer:**

- 3.17.1. Is responsible for informing the public of the names and numbers of the athletes taking part in the Laser-Run and other relevant information such as intermediate times.
- 3.17.2. Is charged with broadcasting the first part of the countdown to the start of the event up until one minute to departure, after which the countdown is under the control of the Starter.
- 3.17.3. The results (placing, times and points) should be announced at the earliest possible moment after receipt of the information.

## **3.18. The Starter:**

- 3.18.1. Has entire control of the athletes whilst on their marks and is the sole judge of any fact connected with the start of the race.
- 3.18.2. Is responsible for synchronising their own, the Timekeepers' and Deputy Starters' watches and for giving the start signal to the first athlete at the moment they are due to start the race.
- 3.18.3. Will apply false start penalties if one occurs at the start and informs the Announcer and/or Penalty Co-ordinator.

## **3.19. The Deputy Starters:**

- 3.19.1. The Deputy Starters (one for each start line ) are under the supervision of the Starter.
- 3.19.2. Their duty is to ensure that each athlete starts according to their start time.
- 3.19.3. The Deputy Starters must not have physical contact with the athletes.

## **3.20. The Starter's Assistants:**

- 3.20.1. There will be one Starter's assistant for each start line and their responsibility is to check the athletes in the start-lanes and make sure that the athletes are lined up in the correct order, at the right time, are still wearing clothing and shoes that conform with the Rules and the numbers are properly fastened on both chest and back. They should also check that the athlete isn't wearing any support that contradicts the Rules on the shooting arm.
- 3.20.2. Any violation of these rules must be reported immediately to the Running Director.

## **3.21. The Chief Timekeeper:**

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

## **3.22. The Timekeepers:**

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

## **3.23. The Arrival Judges:**

Are responsible for registering the arrival order and run times of the athletes at the finish line. Two groups of two judges working independently are needed.

## **3.24. The Last Penalty Stop Area Judges:**

Stay at the special penalty area located between 200m and 400m from the finish line ready to apply penalties that cannot be applied at the firing point.

## **3.25. The Penalty Co-ordinator Judge:**

Co-ordinates the penalties from the Starting Area, the shooting range, and the last penalty stop area.

## **3.26. Safety Regulations:**

Safety is paramount and everyone's responsibility. The safety of the athletes, 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 athletes and team officials to assist in such enforcement.

- 3.26.1. A notice must be displayed at the shooting venue referring to the laser shooting safety guidance document. A copy is available from the resources section of the website – [www.pentathlongb.org/resources/guidance](http://www.pentathlongb.org/resources/guidance).
- 3.26.2. Athletes must have a minimum of a Laser shooting Certificate or participate in a pre-competition training session and have been awarded the laser-run one day shooting permit before participating in any competition.
- 3.26.3. The Shooting Director or Range Officer have the discretion to eliminate those who, in their opinion, are not

# PENTATHLON GB<sup>+</sup>

safe to compete.

- 3.26.4. In the interests of safety, the Shooting Director with the agreement of the Range Officer may stop shooting at any time.
- 3.26.5. Athletes or their representatives must immediately notify The Shooting Director or Range Officer of any situation that may be dangerous or which may cause an accident.

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

- 3.27.1. The following 3 points do not apply where an athlete is loaning a Pentathlon GB pistol for the day of competition and where this is laid out on the shooting table ready for use. Athletes arriving at the range competing with their own pistols or where loan pistols are cased at the firing point:
  - 3.27.1.1. **MUST KEEP THEIR PISTOLS IN A SECURELY FASTENED CASING AT ALL TIMES** except at the firing point and equipment control (where applicable). 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.
  - 3.27.1.2. On arrival at the firing point and before the warm-up athletes **MUST WAIT** for the command 'UNCASE PISTOLS' before removing and placing the pistol or other contents on the table.
  - 3.27.1.3. After the competition and before leaving the range, the **PISTOL** must **ALWAYS** be rendered 'SAFE' before waiting for clearance to case the pistol. In this instance, a pistol is safe when it is untouched, on the shooting table, pointing at the targets and not re-charged.
- 3.27.2. The following applies to all athletes (irrespective as to whether they are using a loan pistol for the day or competing with their own pistols).
  - 3.27.2.1. When uncased and during the competition (ie before leaving the range to run), the **PISTOL** must **ALWAYS** be rendered 'SAFE'. A pistol is safe when it is untouched, on the shooting table, pointing at the targets.
  - 3.27.2.2. If a pistol is to be **MOVED OR CARRIED UNCASSED**, it should be held by the barrel and/or cylinder, rather than by the grip.
  - 3.27.2.3. **PISTOLS** must **NOT** be **TOUCHED** when **PERSONNEL** are **FORWARD** of the **FIRING LINE**.
  - 3.27.2.4. If the command 'STOP' is given, athletes **MUST STOP SHOOTING IMMEDIATELY** and place the pistol untouched, on the shooting table, pointing at the targets.
  - 3.27.2.5. **THE RANGE OFFICER'S COMMANDS MUST ALWAYS BE OBEYED.**

## **3.28. Equipment Control and Clothing Checkpoint:**

- 3.28.1. The Competition Organiser must provide a complete set of gauges and instruments for the Equipment Control Area for use before and during the discipline.
- 3.28.2. All athletes should go to registration to have their clothing approved. Athletes must be present and dressed in the same clothing they intend to compete in.
- 3.28.3. Athletes using their own pistols (or guardians of athletes under the age of 18) are responsible for presenting their pistols to equipment control in order that their pistol can be checked and approved to ensure that it conforms to the Equipment and Clothing Regulations (available from the Resources page of the website - [www.pentathlongb.org](http://www.pentathlongb.org)).
- 3.28.4. Loan pistols will have been checked and approved prior to the competition.
- 3.28.5. If an athlete begins the competition with a non-approved pistol they will be penalised by elimination.
- 3.28.6. All approved equipment should be marked with a seal or sticker.
- 3.28.7. 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. The athlete will be disqualified if any alterations take place. If there are any doubts regarding the alteration the pistol must be returned to equipment control for re-inspection and approval.
- 3.28.8. Approval of any equipment is valid only for the competition for which the inspection was made.
- 3.28.9. Exchanging an approved pistol for one that has not been approved by the Equipment Control Officer will result in disqualification.
- 3.28.10. During the Relay competition only the competing athlete's pistol can be laid on the shooting range table. Only the athletes are authorised to move their pistols from the pistol storage under the table to the shooting table.
- 3.28.11. Wherever possible, the competition organiser should make a compressed air supply available for the athletes to re-fill or top up their cylinders if necessary.
- 3.28.12. It is the responsibility of the athletes and team managers to ensure they fill their pistols and cylinders safely and efficiently.

## **3.29. Starting Order:**

The start order for each class will be by surname or by random draw.

## **3.30. Range Open:**

- 3.30.1. On arrival at the firing point for the warm-up, athletes may prepare themselves ie affix their run number to the front of their running top, but **MUST NOT UNCASE THEIR PISTOLS** until instructed to do so. Athletes using a loan pistol for the day **MUST NOT TOUCH THEIR PISTOL** until told to do so.
- 3.30.2. A minimum of 10 minutes must be given for warm-up on the range.
- 3.30.3. Warm-up may start only after the Laser-Run Director has given the specific command 'Range Open' 'Your xx minute warm-up starts now'.
- 3.30.4. During the warm-up period the athletes can run and shoot an unlimited number of shots.
- 3.30.5. The use of constant beam is only authorised in the warm-up.
- 3.30.6. The firing point corresponds to the athlete's starting number. Athlete No.1 will shoot from firing point

# PENTATHLON GB<sup>+</sup>

No.1; athlete No. 2 will shoot from firing point No. 2 and so on.

- 3.30.7. After the warm-up and before the start signal, the pistol must be on the shooting table at the assigned firing point in the 'safe' condition. A pistol is safe when it is untouched, on the shooting table, pointing at the targets.
- 3.30.8. At the firing point, athletes can use water and towels which must be kept under the table with and any binoculars used during warm-up. Only essential equipment should be on the table.
- 3.30.9. During the warm-up period, the coaches can assist and communicate with the athletes from a specially marked area for coaches outside of the Firing points and the running corridor.
- 3.30.10. The warm-up period must end 3 minutes before the start of the Laser-Run competition and coaches must clear the Field of Play.
- 3.30.11. The Shooting Director will inform the athletes of the last 5 minutes and last minute and 30 seconds remaining of the warm-up.

## **3.31. The Start:**

- 3.31.1. The athletes will normally start together in a pack, however where the Competition Organiser determines that it is unsafe or unsuitable for all athletes to start together, they may stagger the start as appropriate ie where there are 20 athletes, they could be set off at 1 second intervals or 10 start on 'go' and the remaining 10 at 5 seconds. The Competition Organiser should make the necessary adjustment to the final times before publishing the results.
- 3.31.2. Athletes are responsible for being at the start line on time.
- 3.31.3. The Announcer will announce '10 minutes' and '5 minutes' before the start of the Laser-Run.
- 3.31.4. The Announcer will declare that the warm-up period on the shooting range has finished. All the athletes must go to the start area and the Starter/Starter Assistants will begin lining up the athletes.
- 3.31.5. 5 minutes before the start of the race, athletes will be called to check that their pistol works with their assigned targets. After that and under the command of the LR Director, the Announcer will declare the warm up finished.
- 3.31.6. One minute before the start, all the athletes must be at the start line.
- 3.31.7. The Starter will announce - One minute to start, 30 seconds, 20 and 10 seconds to the Start.
- 3.31.8. Before the start signal, athletes must have both feet behind the start line.
- 3.31.9. After the OK has been given by the Timekeepers and the Laser-Run Director, the Starter will tell the first athlete 'Take your Marks', followed by the start signal.
- 3.31.10. All timing equipment will start at the start signal. At the start area, there must be a start clock placed so that it is easily readable from the start line.
- 3.31.11. In Relay competitions the start may use two gates but with two different starting lines (distance between the two lines 2.5m).

## **3.32. False Start:**

- 3.32.1. Before the start signal, both feet must be behind the start line.
- 3.32.2. A false start is deemed to have 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 Running Director will apply a 10 second penalty or elimination as appropriate.
- 3.32.3. Starting the running leg before the 50 seconds shooting time has expired without having successfully completed the shooting series (indicated by 5 green lights) will be penalised by a 10 second penalty for or elimination depending upon the material advantage gained.
- 3.32.4. If an athlete starts late, they will not be penalised, but their time will be taken from the moment they should have started according to the start list.

## **3.33. Shooting Series:**

- 3.33.1. Each shooting series consists of hitting 5 targets with an unlimited number of shots in a maximum time of 50 seconds on a target with a valid zone of dimension 59.5mm. If after 50 seconds one or more targets have not been hit (or the athlete has not hit the valid zone 5 times) the athlete may start running without being penalised (provided the pistol is made safe) after getting the signal from their allocated shooting judge
- 3.33.2. Athletes/team members must always use the same firing point for each series unless there is a target malfunction in which case the athlete will be instructed by the Range Officer to move to a spare bay, S1 or S2.
- 3.33.3. Athletes are responsible for shooting on the correct target. Shooting on the incorrect target will be penalised by elimination.
- 3.33.4. The athlete must stand free with both feet on the floor, without support from the shooting table, completely within the firing point. The pistol must be held and fired with one hand only. Under no circumstances may the barrel, armed hand or arm be supported by the non-shooting hand. Under 9 and Under 11 athletes may use two hands but both hands must be behind the trigger guard.
- 3.33.5. Athletes should ensure that the pistol touches the shooting table between shots. The pistol must be 'activated' by a loading lever which needs to be operated by the non-shooting hand.
- 3.33.6. Athletes are forbidden to use constant beam during the competition. Using constant beam during the competition will result in elimination.
- 3.33.7. After the warm up and after the last shot of each shooting series, the athlete must ensure that before leaving the range that the pistol is left in the 'safe' condition. A pistol is safe when it is untouched, on the shooting table, pointing at the targets.
- 3.33.8. If the athlete has a problem with their pistol, they may use a reserve pistol (if available) without interrupting their competition.
- 3.33.9. Firing point N° 1 must be the farthest away from the starting gates.
- 3.33.10. The 50 seconds starts at the first attempted shot (at the time the trigger is pulled).

# PENTATHLON GB<sup>+</sup>

## **3.34. Running Course:**

- 3.34.1. The athlete must follow the course from crossing the start line until crossing the finish line. Deviation from the course, which in the opinion of the Running Director gave the athlete a material advantage, will result in a 10 second penalty or elimination depending upon the severity of the infringement.
- 3.34.2. If an athlete (albeit unintentionally) impedes another athlete by crossing the lines denoting the boundary of other athletes shooting stations, they will be penalised by 10 seconds.
- 3.34.3. An athlete must complete the course to register a finish time.
- 3.34.4. Jostling, running across or obstructing another athlete to deliberately impede their progress will result in elimination.
- 3.34.5. When automatic judging and timing equipment is provided, it must be used to determine the winner, placing and times for each athlete. The results and time so determined has precedence over the decisions of Timekeepers.
- 3.34.6. In the case of a target failure, the timekeepers' decisions will take precedence and reference must be made to the manual times recorded.
- 3.34.7. Athletes or coaches have 5 minutes after the competition has ended to return to the range to tidy up and remove their pistols.

## **3.35. Penalty Stop Areas:**

- 3.35.1. The Penalty Stop Area will be located on the firing point.
- 3.35.2. A Last Penalty Stop Area, located between 200m and 400m from the finish line must be prepared in case there are penalties from the last shooting series that cannot be applied at the shooting station.
- 3.35.3. Penalties from the last shooting series that cannot be applied at the firing point and false start penalties will be applied here.
- 3.35.4. Athletes can be notified of a penalty by any of the Laser-Run Officials.
- 3.35.5. It is the athletes' responsibility to go to the penalty area having been instructed to do so.

## **3.36. Pistol Malfunction:**

- 3.36.1. Should a pistol break down or cease to function during the warm-up period:
  - 3.36.1.1. The athlete may use a reserve pistol (if available from the organisers) which must have also been approved by the Equipment Control Section.
  - 3.36.1.2. The athlete may be allowed to repair the pistol. The repair should not disturb other athletes or delay the start of the competition.
- 3.36.2. Malfunctions are not taken into consideration. Should a pistol cease to function, the athlete may use a reserve pistol (if available) which must have also been approved by the Equipment Control Section without interrupting their competition.
- 3.36.3. If a reserve pistol is not available or if the reserve pistol also malfunctions the athlete will be either eliminated or can wait at the firing point until the 50 seconds shooting time has expired before being given permission by the shooting judge to start the running leg. This will apply to each of the remaining shoot/run series.
- 3.36.4. There will be no time adjustment for pistol failure or malfunction.
- 3.36.5. The shooting judges must simultaneously manually time the athletes shooting time of 50 seconds.

## **3.37. Target Malfunction:**

If there is a target error or a target malfunction which is not the athletes fault, the athlete must raise their hand and ask the permission of the Range Officer to move to a reserve target. The Range Officer shall move the athlete to S1, S2 or another spare bay as quickly as possible in order not to disturb or delay the competition. This may require an athlete's equipment to be moved by the Range Officer whilst the athlete completes the next run series.

## **3.38. Spare Targets and Insufficient Targets:**

- 3.38.1. The Competition Organiser should provide at least two spare targets (numbered: S1, S2, etc.). Both to be located before firing point No.1.
- 3.38.2. If there are an insufficient number of targets for all the athletes, the Laser-Run can be organised in two or more heats with the top athletes competing in the last heat.

## **3.39. Unauthorised Assistance:**

- 3.39.1. The running of any other people with or behind an athlete for more than 50m (pacing) qualifies as unauthorised assistance. A warning will be given to the person concerned that they are giving unauthorised assistance to the athlete.
- 3.39.2. Persistent or unauthorised assistance involving a severe infringement of the principle of fair play will result in the elimination of the athlete. e.g. a coach or spectator continues to run alongside an athlete despite being advised that 'pacing' is considered unauthorised assistance.
- 3.39.3. A hands-on medical examination by official medical personnel during the competition and verbal or other communication from a person who is not inside the course is not considered as unauthorised assistance.

## **3.40. Infringement and Penalties:**

- 3.40.1. An athlete is penalised by a warning for the first occasion of:
  - 3.40.1.1. Contravening Safety Regulations.
  - 3.40.1.2. Uncasing or touching a pistol (if on the table already uncased) before instructed to do so.
  - 3.40.1.3. An athlete not adopting the correct shooting position. Not standing freely, without touching the table, with both feet on the ground within the shooting station.
  - 3.40.1.4. The pistol is not left on the shooting table in the 'safe' condition after the warm-up or shooting

# PENTATHLON GB<sup>+</sup>

## series

- 3.40.1.5. The pistol is not brought into contact with the shooting table before each attempted shot.
- 3.40.1.6. Unauthorised assistance.
- 3.40.2. An athlete is penalised by a time penalty of Ten Seconds for:
  - 3.40.2.1. Contravening footwear or clothing regulations.
  - 3.40.2.2. Modifying the dimensions of the start numbers.
  - 3.40.2.3. False or early start.
  - 3.40.2.4. The second and subsequent contravention of the safety regulations
  - 3.40.2.5. The second and subsequent occasion where an athlete uncases or touches a pistol (if on the table already uncased) before instructed to do so.
  - 3.40.2.6. The second and subsequent occasions of not adopting the correct shooting position. Not standing freely, without touching the table, with both feet on the ground within the shooting station
  - 3.40.2.7. The second and subsequent occasion that the pistol is not brought into contact with the shooting table before each shot.
  - 3.40.2.8. The second and subsequent occasions when the pistol is not left on the shooting table in the 'safe' condition after the warm-up or shooting series.
  - 3.40.2.9. Each occasion that the athlete (unintentionally) impedes another athlete by crossing the lines denoting the boundary of their firing point.
  - 3.40.2.10. Deviation from the course where a minor material advantage was gained.
  - 3.40.2.11. The 10-second penalty must be paid at the athlete's firing point or in the case of a false start or not placing the pistol safely on the table after the last shooting series, the penalty must be paid by the athlete at the last penalty stop area.
  - 3.40.2.12. If a coach during the warming up is outside the designated coaches' area and assists an athlete: for the first time, a warning. Any subsequent offence, a 10 second penalty for the athlete.
- 3.40.3. An athlete is eliminated for:
  - 3.40.3.1. Being found not safe to compete in the opinion of the Shooting Director or Range Officer.
  - 3.40.3.2. Beginning the discipline with a non-approved pistol.
  - 3.40.3.3. Shooting on a wrong target.
  - 3.40.3.4. Jostling, running across or obstructing another athlete so as to deliberately impede their progress.
  - 3.40.3.5. Deviation, deliberate or not, from the course which in the opinion of the Course Judge, the athlete gained a significant material advantage.
  - 3.40.3.6. Not completing the course.
  - 3.40.3.7. Not stopping at the last stop penalty area when instructed by an official.
  - 3.40.3.8. Persistent unauthorised assistance
  - 3.40.3.9. Being unable to continue the competition because of a pistol malfunction.
  - 3.40.3.10. Blatantly starting before the start signal or starting the running leg before the shooting time has expired with out having hit all 5 target valid zones.
  - 3.40.3.11. Using constant beam during the competition.
  - 3.40.3.12. Holding pistol with two hands or giving support to the armed arm.
  - 3.40.3.13. Not stopping at the last stop penalty area when instructed by an official
- 3.40.4. Athletes are disqualified for:
  - 3.40.4.1. Exchanging an approved pistol for one that has not been approved.
  - 3.40.4.2. 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 Area for re-inspection and approval.

### 3.41. Penalty Table – Laser-Run:

The athlete infringes the Rules and is penalised for:	Rule	Penalty 1st Occasion	Penalty Subsequent Occasions
Contravening clothing or footwear or regulations	3.3. & 3.4 & 3.40.2.1.	10 second penalty	
Modifying dimensions of start numbers	3.5. & 3.40.2.2.	10 second penalty	
False or early start	3.32. 3.40.2.3.	10 second penalty for each occurrence	
For each occasion that the athlete (unintentionally) impedes another athlete by crossing the lines denoting the boundary of their firing point.	3.34.2. & 3.40.2.9.	10 second penalty for each occurrence	
Deviation from the course where a minor material advantage was gained	3.34.1. & 3.40.2.10.	10 second penalty for each occurrence	
When the pistol is not brought into contact with the shooting table before each shot.	3.33.5. & 3.40.1.5. & 3.40.2.7.	Warning	10 second penalty for each subsequent occurrence
Not placing pistol safely on the table after the warm-up or shooting series	3.27.2.1. & 3.30.7. & 3.33.7. & 3.40.2.8.	Warning	10 second penalty for each subsequent occurrence
Contravention of Safety Regulations	3.27. & 3.40.1.1. & 3.40.2.4.	Warning	10 second penalty for each subsequent occurrence
Uncasing a pistol or touching a pistol (if already uncased) before being instructed to do so	3.30.1 & 3.40.1.2. & 3.40.2.5.	Warning	10 second penalty
Not adopting the correct shooting position	3.33.4. & 3.40.1.3. & 3.40.2.6.	Warning	10 second penalty
Unauthorised assistance	3.39. & 3.40.1.6. & 3.40.3.8.	Warning	Elimination
Being found not safe to compete by the Shooting Director/Range Officer	3.26.3. & 3.40.3.1.	Elimination	
Beginning the discipline with a non-approved pistol	3.28.5. & 3.40.3.2.	Elimination	
Jostling, running across, obstructing another athlete to deliberately impede their progress.	3.34.4. & 3.40.3.4.	Elimination	
A blatant attempt to start too early	3.32. & 3.40.3.10.	Elimination	
Deviation from the course where a significant material advantage was gained	3.34.1. & 3.40.3.5.	Elimination	
Not completing the course	3.34.3. & 3.40.3.6.	Elimination	
The athlete infringes the Rules and is penalised for:	Rule	Penalty 1st Occasion	
Not stopping at the last stop penalty area when instructed by an official	3.35.5. & 3.40.3.7.	Elimination	
Shooting on a wrong target	3.33.3. & 3.40.3.3.	Elimination	
Using constant beam during the competition.	3.30.5. & 3.33.6. & 3.40.3.11	Elimination	
Holding pistol with two hands or giving support to the armed arm.	3.40.3.12	Elimination	
Being unable to continue the competition due to a pistol malfunction	3.36.3. & 3.40.3.9.	Athletes choice to wait at shooting point for 50 seconds to elapse or Elimination	
Modifying or adjusting an approved pistol so that it violates the Rules	3.28.7. & 3.40.4.2.	Disqualification	
Exchanging an approved pistol for one that has not been approved	3.28.9. & 3.40.4.1	Disqualification	