



**PENTATHLON·GB**

## **DISCOVER LASER RUN SERIES**

### **COMPETITION RULES**

**Effective from 01 January 2022**

**Author: Pentathlon GB**



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

Tel: +44 (0)1225 386808

Fax: +44 (0)1225 386995

[admin@pentathlongb.org](mailto:admin@pentathlongb.org)

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

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## 1. INTRODUCTION

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

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.

The following Rules apply to Discover Laser Run Series events being held in 2022.

These Rules are intended only for the use of organisers of the events which make up the Discover Laser Run Series. 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. Adaptations made must be reported to Pentathlon GB. Pentathlon GB reserves the right to deem a Discover Laser Run Series 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 Discover Laser Finals ranking list.

## 2. GENERAL ASPECTS

### 2.1. Competition Format:

#### 2.2.1. Individual:

- 2.2.1.1. Discover Laser Run Series events are individual competitions.
- 2.2.1.2. Discover Laser Run Series events will be run in school years. Individuals who qualify for the Discover Laser Run Finals will compete in the same class as they competed in at their qualification event.
- 2.2.1.3. Athletes have the right to compete in one age group above their own (except Open and Masters athletes or where a minimum and/or maximum age restriction applies). The minimum age for all Discover Laser Run events will be Year 3 (age 7).
- 2.2.1.4. Similarly any Masters athlete wishing to compete down an age category in the Open category have the right to do so except where a minimum and/or maximum age restriction applies.
- 2.2.1.5. The class of the athlete will be based on their school year as of 1<sup>st</sup> September 2021.

<b>School Year 2021-2022</b>	<b>Age</b>	<b>Date of Birth</b>
Year 3	7 – 8	1 <sup>st</sup> September 2013 – 31 <sup>st</sup> August 2014
Year 4	8 – 9	1 <sup>st</sup> September 2012 – 31 <sup>st</sup> August 2013
Year 5	9 - 10	1 <sup>st</sup> September 2011 – 31 <sup>st</sup> August 2012
Year 6	10 - 11	1 <sup>st</sup> September 2010 – 31 <sup>st</sup> August 2011
Year 7	11 - 12	1 <sup>st</sup> September 2009 – 31 <sup>st</sup> August 2010
Year 8	12 - 13	1 <sup>st</sup> September 2008 – 31 <sup>st</sup> August 2009
Year 9	13 - 14	1 <sup>st</sup> September 2007 – 31 <sup>st</sup> August 2008
Year 10	14 - 15	1 <sup>st</sup> September 2006 – 31 <sup>st</sup> August 2007
Year 11	15 – 16	1 <sup>st</sup> September 2005 – 31 <sup>st</sup> August 2006
Year 12/13	16 – 18	1 <sup>st</sup> September 2003 – 31 <sup>st</sup> August 2005
Open	19 – 30	31 <sup>st</sup> August 2003 or earlier
Masters	30 +	31 <sup>st</sup> August 1991 or earlier

#### 2.2.2. Club Teams:

- 2.2.1.1. Teams are not pre-defined before the competition.
- 2.2.1.2. In order to have a Team represent them at the Discover Laser Run Finals, a school/club will need to hold a valid PGB membership at the time of the Finals taking place.
- 2.2.1.3. 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.

## **2.2. Entries:**

- 2.2.1. All athletes must enter the competition as individuals and pay the appropriate entry fee via the Sport80 platform.
- 2.2.2. Entries must be submitted prior to the official closing date.
- 2.2.3. The Organisers may amalgamate classes with low numbers of entries.
- 2.2.4. No refund is possible for withdrawal for any reason – other than those listed in our current competition terms and conditions – once the final closing date has passed. The full terms and conditions can be found [here](#).
- 2.2.5. Competition entries are not transferable between athletes.

## **2.3. Eligibility:**

- 2.3.1. To be eligible for the Discover Laser Run Series and to be entitled for their scores to count towards final placings and awards an individual must:
  - 2.3.1.1. Be legally resident in the United Kingdom of Great Britain and Northern Ireland.
  - 2.3.1.2. Or attend school in the UK.
  - 2.3.1.3. Athletes will need to attend a Laser Run safety briefing session at the start of the event (prior to the Discover Laser Run Series event commencing). Individuals who already hold a Laser Run competency certificate do not need to attend the on the day training at the event, provided this is uploaded to their Sport80 profile.
- 2.3.2. Athletes who are currently competing on the Pathway (ADP & Talent) or who have previously represented Great Britain in either the UIPM European or World Laser Run Championships **are not** permitted to take part in any Discover Laser Run Series events.

## **2.4. Cancellation:**

- 2.4.1. If a competition has to be cancelled by Pentathlon GB for any reason, notification will be posted on the PGB website as soon as the decision has been made.
- 2.4.2. If the competition is cancelled for reasons **within** our control, each athlete entered into that competition will be offered an alternative competition (where possible) and in default a full refund.
- 2.4.3. 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.

## **2.5. Substitution:**

Entries are not transferable between athletes.

## **2.6. Start List:**

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

**2.7. Results, DNS & DNF:**

- 2.7.1. 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).
- 2.7.2. An athlete who does not finish (DNF) will automatically be excluded from the results.
- 2.7.3. The Results for the Competition will be posted as soon as possible after the completion of the Competition in each Class. At the time of publication the results shall be considered PROVISIONAL until 15 minutes after publication at which time they become FINAL.

**2.8. Placings:**

- 2.8.1. 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. Presentation of Awards:**

- 2.9.1. 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.

- 2.9.2. The official prizes awarded at Discover Laser Run Championship Finals in each class are:

Individual competition with less than	10 athletes	1 <sup>st</sup> – 3 <sup>rd</sup>
	10 – 14 athletes	1 <sup>st</sup> – 4 <sup>th</sup>
	15 – 19 athletes	1 <sup>st</sup> – 5 <sup>th</sup>
	20 and over athletes	1 <sup>st</sup> – 6 <sup>th</sup>
Club team competition		1 <sup>st</sup> – 3 <sup>rd</sup>

**2.10. Elimination and Disqualification:**

- 2.10.1. Attention should be paid to the difference between elimination and disqualification;
  - 2.10.1.1. Elimination is a penalty for a serious infringement of the rules that may not have been committed deliberately.
  - 2.10.1.2. Disqualification is a punishment for a deliberate attempt to circumvent the rules.
- 2.10.2. The competition organisers' decision is final with no appeal or further recourse.

**2.11. Official Steward:**

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

- 2.11.1. To inspect and approve all the venues before the start of the competition, including provision for First Aid cover.
- 2.11.2. To insist on an alteration if, in his or her 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.
- 2.11.3. To ensure that the competition is run in accordance with current Pentathlon GB rules.
- 2.11.4. To be present and participate if necessary, in the briefing of the judges and to act as Chairman of the Jury of Appeal.
- 2.11.5. To give whatever guidance or help that may be required.

2.11.6. The Official Steward should not undertake any other duties.

## **2.12. Jury of Appeal:**

2.12.1. A Jury of Appeal will be appointed by the competition organiser and will consist of a minimum of three persons including the competition organiser and two other Individuals.

2.12.2. The members of the Jury of Appeal shall be independent of the event in issue.

## **2.13. Appeals:**

2.13.1. The competition organiser is responsible for appointing officials for the competition. These officials are responsible for enforcing the competition rules.

2.13.2. 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).

2.13.3. 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.

2.13.4. A verbal appeal is an oral expression of dissatisfaction, made by an athlete or his representative, regarding an action or decision of a competition official.

2.13.5. 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.

2.13.6. 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.

2.13.7. 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.

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

2.13.9. 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.

2.13.10. 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.

2.13.11. An appeal must be in writing and must summarise 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.

2.13.12. 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.

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

2.13.14. 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.

#### **2.14. 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.**

#### **2.15. Rules and Safety:**

2.15.1. **It is a prime responsibility of athletes to know and obey the rules and to take positive thought for their own safety and the safety of others.**

2.15.2. 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.

2.15.3. During the competition, athletes must wear clothing and use equipment specific to the laser run, in accordance with the rules.

2.15.4. Smoking is strictly forbidden at all competition sites.

2.15.5. Organisers must ensure that adequate first aid cover is provided.

2.15.6. Organisers should complete a written risk assessment. Templates of risk assessments for the Laser-Run are available from Pentathlon GB HQ

2.15.7. Pentathlon GB observes a strict child protection policy, the provisions of which must be observed at all times. Any individual wishing to use a camera, or other device which takes pictures, must consult with the competition organiser's procedure. Permission for the use of such equipment is at the discretion of the competition organiser, Pentathlon GB and the host venue. Copies of Pentathlon GB's Safeguarding and Child Protection Service and policies are available from the Pentathlon GB website.

2.15.8. 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

#### **2.16. 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 pentathlongb.org website.

#### **2.17. 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.

Athletes start with a short run into the shooting range and their allocated shooting bay.

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

After five successful hits or 50 seconds (whichever comes first), runners can leave the range and begin their first 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
Year 3	2 x 200m	400m	2 x 5 green lights	3m (two hands optional)
Year 4	2 x 200m	400m	2 x 5 green lights	3m (two hands optional)
Year 5	2 x 400m	800m	2 x 5 green lights	5m (two hands optional)
Year 6	2 x 400m	800m	2 x 5 green lights	5m (two hands optional)
Year 7	3 x 400m	1200m	3 x 5 green lights	5m
Year 8	3 x 400m	1200m	3 x 5 green lights	5m
Year 9	3 x 400m	1200m	3 x 5 green lights	5m
Year 10	3 x 400m	1200m	3 x 5 green lights	5m
Year 11	4 x 400m	1600m	4 x 5 green lights	5m
Year 12/13	4 x 400m	1600m	4 x 5 green lights	5m
Open	4 x 400m	1600m	4 x 5 green lights	5m
Masters	2 x 400m	800m	2 x 5 green lights	5m

#### 3.2. Clothing:

- 3.2.1. Athletes must wear athletic clothing that is in good taste and suitable for the laser run
- 3.2.2. The clothing must be made of material which is non-transparent even when wet.
- 3.2.3. 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.
- 3.2.4. A sports watch is permitted on the non-shooting hand.
- 3.2.5. 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.
- 3.2.6. 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.

### **3.3. Footwear:**

- 3.3.1. 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.
- 3.3.2. 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.
- 3.3.3. The penalty for wearing non-conforming footwear is 10 seconds. Officials will request that the competitor change into footwear that complies with the rules.

### **3.4. Numbers:**

- 3.4.1. 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.
- 3.4.2. The number must be worn on the chest and should be properly fastened, clearly visible and easy to read in all weather conditions.
- 3.4.3. If a competitor modifies the dimensions or appearance of the starting number given by the organisers, he shall be penalised by 10 seconds.

### **3.5. Laser Pistol:**

Pistols will be available for loan at many laser run competitions for athletes who do not possess their own. Competitors should check this with the competition organisers before entering. All pistols must comply with the specifications contained within the Pentathlon GB Equipment and Clothing Rules and Regulations available from the resources page of the Pentathlon GB website.

### **3.6. 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, Range Officers, Shooting Judges, Course Judges, Marshal, Starter, Starters Assistants, Arrivals Judges, Timekeepers, Announcer, Last Penalty Stop Area Judges, Penalty Co-ordinator Judge.

### **3.7. The Laser-Run Director:**

- 3.7.1. Is in overall charge of the Laser-Run and is responsible for the safety of the event, including the completion of a risk assessment.
- 3.7.2. 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.
- 3.7.3. Ensures that the discipline is properly carried out in accordance with the programme.
- 3.7.4. 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.
- 3.7.5. Decides on any verbal complaints received from athletes or team representatives relating to the competition in progress.
- 3.7.6. Permits the athletes to start their warm-up.

### **3.8. The Shooting Director:**

- 3.8.1. Appoints the Range Officers, Shooting Judges, and other range personnel and is responsible for:
- 3.8.2. Managing and co-ordinating the activities of all the officials appointed and instructing them regarding any special features or regulations related to the competition.
- 3.8.3. Ensures the correct conduct of the shooting phase.
- 3.8.4. 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.
- 3.8.5. 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.
- 3.8.6. Enforces all rules and decisions of Pentathlon GB and has the authority to disqualify, eliminate or impose penalty points in accordance with the rules.
- 3.8.7. Agrees, with the Range Officer the time to be deducted from the final run time as a result of a target malfunction.
- 3.8.8. Adjudicates, with the Laser-Run Director, all verbal protests related to the competition in progress.
- 3.8.9. Communicates all reported irregularities and penalties to the Laser-Run Director.

### **3.9. The Range Officer:**

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

- 3.9.1. Maintaining order on the range, with particular attention to safety.
- 3.9.2. Checking that the athletes use the correct firing point.
- 3.9.3. Checking the names and start numbers of the athletes to ensure that they agree with the laser run start list.
- 3.9.4. Co-ordinating with the Starters Assistant to ensure that the athletes' clothing complies with the rules.
- 3.9.5. Checking that the athletes assume the correct shooting position.
- 3.9.6. Checking that the athletes do not disturb any of the other athletes.
- 3.9.7. Applying and checking in collaboration with the Shooting Judge any penalty imposed on the athlete at their firing point. Before applying any penalty, the Range Officers should gain approval from the Shooting Director.
- 3.9.8. Supervising the correct operation of the targets.
- 3.9.9. If the athlete indicates by raising their hand that there is a target error or a target malfunction which is not the athlete's fault, the Range Officer shall:
  - 3.9.9.1. Take a note of the stopwatch time and number of green lights achieved from the Shooting Judge at the time that the malfunction was notified.

- 3.9.9.2. 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.
- 3.9.9.3. 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.
- 3.9.9.4. 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.
- 3.9.9.5. The 'delay' time should be deducted from the final run time.
- 3.9.10. Ensuring the recording of all irregularities, disturbances and penalties.
- 3.9.11. Communicating all irregularities and penalties to the Shooting Director.

### **3.10. The Shooting Judge:**

- 3.10.1. There will be one Shooting Judge per two firing points. They are responsible for:
  - 3.10.2. Observing all shots fired.
  - 3.10.3. Checking to see if the athlete touches the table with their pistol between each shot.
  - 3.10.4. Checking that no communication between coaches and athletes occurs outside of the designated coaches area during the warm-up period.
  - 3.10.5. 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).
  - 3.10.6. Informing the Range Officer immediately about any infringement of the rules.
  - 3.10.7. Enforcing and checking in collaboration with the Range Officer any penalty imposed on the athlete at their firing point.
  - 3.10.8. The Shooting Judge will implement the following procedure for each shooting series:
    - 3.10.8.1. Start the stopwatch at the first attempted shot (at the time the trigger is pulled).
    - 3.10.8.2. The shooting judge must inform the athlete if the target lights do not indicate that the first shot has been taken.
    - 3.10.8.3. If the athlete indicates by raising their hand there is a target error or a target malfunction which is not the athlete's fault, the Shooting Judge shall immediately note that time. The stopwatch will still be running.
    - 3.10.8.4. Inform the Range Officer of the shooting time that the target error or malfunction was first notified.
    - 3.10.8.5. Inform the athlete at 5 seconds before the 50 second time limit expires. Command 'position number xx, 5 seconds remaining'.
    - 3.10.8.6. Give the signal to 'GO' to the athlete when the 50 second time limit has expired.

### **3.11. The Running Director:**

- 3.11.1. Appoints the 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:
- 3.11.2. Managing and co-ordinating the activities of all the officials appointed and instructing them regarding any special features or regulations related to the competition.

3.11.3. The correct conduct of the running discipline.

3.11.4. Supervising the laying out of the running course.

3.11.5. Ensuring that the course or track and all equipment, including marketing banners, are in accordance with Pentathlon GB rules.

3.11.6. Enforcing all rules and decisions of Pentathlon GB and has the authority to disqualify, eliminate or impose penalty points in accordance with the Rules.

3.11.7. 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.

3.11.8. Adjudicating, with the Laser-Run Director, all verbal protests related to the competition in progress.

3.11.9. Communicating all reported irregularities and penalties to the Laser-Run Director.

**3.12. The Course Judges:**

3.12.1. Are assistants of the Running Director without authority to make final decisions.

3.12.2. 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.

**3.13. 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.

**3.14. The Starter:**

3.14.1. 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.

3.14.2. 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.

3.14.3. Will apply false start penalties if one occurs at the start.

**3.15. The Chief Timekeeper:**

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

**3.16. The Timekeepers:**

3.16.1. There should be three timekeepers (Including the Chief Timekeeper). Timekeepers can perform other functions, for example the Run Director could also have a stopwatch running.

3.16.2. Record the times of all the athletes, whether or not automatic timing is used.

3.16.3. The official time is from the Chief Timekeeper. In case of failure, the second timekeeper's stopwatch must be used as the official time and so on

**3.17. The Arrival Judges:**

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

### 3.18. Safety Regulations:

**Safety is paramount and is 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.**

- 3.18.1. 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).
- 3.18.2. Athletes must have signed the pre-competition laser safety document and been present for the Range Officer's safety briefing. The safety briefing must be given before every warm up.
- 3.18.3. The Shooting Director or Range Officer have the discretion to eliminate those who, in their opinion, are not safe to compete.
- 3.18.4. In the interests of safety, the Shooting Director with the agreement of the Range Officer may stop shooting at any time.
- 3.18.5. 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.

### 3.19. **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.**

- 3.19.1. The following three 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:
  - 3.19.1.1. **MUST KEEP THEIR PISTOLS IN A SECURELY FASTENED CASING AT ALL TIMES** except at the firing point. The case may only be opened at the firing point, even if it is only being opened to put in or take out other equipment. This should not be done in public areas.
  - 3.19.1.2. 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.
  - 3.19.1.3. 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**.

- 3.19.2. 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).
- 3.19.2.1. 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.**
  - 3.19.2.2. 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.
  - 3.19.2.3. **PISTOLS must NOT be TOUCHED when PERSONNEL are FORWARD of the FIRING LINE.**
  - 3.19.2.4. In the event of a **MALFUNCTION**, the athlete, must **MAINTAIN HOLD** of the pistol, keeping it **POINTED** towards the **TARGETS**, and raise a hand to inform the Range Officer.
  - 3.19.2.5. If the command **“STOP”** is given, athletes **MUST STOP SHOOTING IMMEDIATELY** and place the pistol **untouched, on the shooting table, pointing at the targets.**
  - 3.19.2.6. **THE RANGE OFFICER’S COMMANDS MUST ALWAYS BE OBEYED.**

### **3.20. Equipment Control and Clothing Checks:**

- 3.20.1. Officials have authority to spot check athletes’ pistols at the shooting range and can ask athletes to make modifications to it and its settings should they suspect it does not conform to the equipment rules.

### **3.21. Starting Order:**

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

### **3.22. Range Open:**

- 3.22.1. On arrival at the firing point for the warm-up, athletes may fix 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.
- 3.22.2. A minimum of 10 minutes must be given for warm-up on the range.
- 3.22.3. Warm-up may start only after the Laser-Run Director has given the specific command “Range Open” “Your 10 minute warm-up starts now”.
- 3.22.4. During the warm-up period the athletes can run and shoot as much as they like.
- 3.22.5. The use of constant beam is only authorised in the warm-up.
- 3.22.6. The firing point corresponds to the athlete’s starting number. Athlete No.1 will shoot from firing point No.1; athlete No. 2 will shoot from firing point No. 2 and so on.
- 3.22.7. Firing point No. 1 must be the one furthest from the start line.
- 3.22.8. 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.
- 3.22.9. At the firing point, athletes can use water and towels which must be kept under the table with any binoculars used during warm-up. Only essential equipment should be on the table.
- 3.22.10. 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.

- 3.22.11. The warm-up period must end three minutes before the start of the laser run competition and coaches must clear the field of play.
- 3.22.12. The Shooting Director will inform the athletes of the last five minutes and last minute and 30 seconds remaining of the warm-up.

### **3.23. The Start:**

- 3.23.1. 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. For example, where there are 20 athletes: they could be set off at one-second intervals; they could be set off in groups of five or 10 at a time. The competition organiser should make the necessary adjustment to the final times before publishing the results.
- 3.23.2. Athletes are responsible for being at the start line on time.
- 3.23.3. One minute before the start, all the athletes must be at the start line.
- 3.23.4. The Starter will announce - One minute to start, 30 seconds, 20 and 10 seconds to the Start.
- 3.23.5. Before the start signal, athletes must have both feet behind the start line.
- 3.23.6. 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.
- 3.23.7. All timing equipment will start at the start signal. Where available, there should be a start clock placed so that it is easily readable from the start line.

### **3.24. False Start:**

- 3.24.1. Before the start signal, both feet must be behind the start line.
- 3.24.2. 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.
- 3.24.3. 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.
- 3.24.4. Leaving the shooting range before the 50 seconds shooting time has expired, and with only having hit four green lights, will be penalised by a 10-second penalty.
- 3.24.5. If the athlete leaves the shooting range before 50 seconds and with only having hit three green lights the athlete can be eliminated by the competition organisers. The competition organisers do not have to eliminate the athlete and can apply a 30-second penalty instead.

### **3.25. Shooting Series:**

- 3.25.1. Each shooting series consists of hitting five 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 the athlete has not hit the valid zone five times, and registered five green lights, the athlete may make their pistol safe and start running the rest of their 400m lap.
- 3.25.2. Athletes 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.
- 3.25.3. Athletes are responsible for shooting on the correct target. Shooting on the incorrect target will be penalised by elimination.



- 3.25.4. 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. Year 5 and 6 athletes may use two hands but both hands must be behind the trigger guard.
- 3.25.5. 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.
- 3.25.6. Athletes are forbidden to use constant beam during the competition. Using constant beam during the competition will result in elimination.
- 3.25.7. 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.
- 3.25.8. If the athlete has a problem with their pistol, they may use a reserve pistol (if available) without interrupting their competition.
- 3.25.9. The 50 seconds starts at the first attempted shot (at the time the trigger is pulled).

### **3.26. Running Course:**

- 3.26.1. The running course must measure 400m. It can be on an athletics track, grass, concrete, AstroTurf or any other runnable surface. It should be free from obstructions and kept clear of spectators. The 400m distance includes running through the shooting range. Suggested layouts are included in the Laser Run Organisers Guide available from Pentathlon GB HQ.
- 3.26.2. 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.
- 3.26.3. 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.
- 3.26.4. An athlete must complete the course to register a finish time.
- 3.26.5. Jostling, running across or obstructing another athlete to deliberately impede their progress will result in elimination.
- 3.26.6. In the case of a target failure, the timekeepers' decisions will take precedence and reference must be made to the manual times recorded.
- 3.26.7. Athletes or coaches have five minutes after the competition has ended to return to the range to tidy up and remove their pistols.

### **3.27. Applying penalties:**

- 3.27.1. Penalties will be applied at the athletes' firing point or applied to the final finishing time.
- 3.27.2. The best way of applying penalties is by adding them to the final finishing time. In this way officials can consider penalties and apply them once competition has finished.
- 3.27.3. If an organiser wants to apply them during a race they should be applied on the shooting range. The Shooting Director or Range Officer will notify the athlete of the penalty when they arrive at their firing point. The official will ensure the athlete remains stationary and does not pick up their pistol until the time penalty has been served by the athlete. Once served the athlete can continue with their shooting series. Athletes disobeying officials and failing to stop at their firing point for a time penalty will be eliminated.

### **3.28. Pistol Malfunction:**

- 3.28.1. Should a pistol break down or cease to function during the warm-up period:
  - 3.28.1.1. The athlete may use a reserve pistol (if available from the organisers)
  - 3.28.1.2. The athlete may be allowed to repair the pistol. The repair should not disturb other athletes or delay the start of the competition.
- 3.28.2. 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.
- 3.28.3. In the GB Laser Run Series organisers can allow athletes to compete in a later heat with a different pistol so that competitors are able to complete a laser run and register a time. This does not need to be a heat of the same age group.

### **3.29. Target Malfunction:**

If there is a target error or a target malfunction which is not the athlete's 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.

The time taken for this can be deducted from the athlete's final finishing time.

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

- 3.30.1. The Competition Organiser should provide at least two spare targets (numbered: S1, S2, etc.). Both to be located before firing point No.1.
- 3.30.2. If there are an insufficient number of targets for all the athletes, the Laser-Run can be organised in two or more heats with athletes' times being combined in to a final results list for that age group.

### **3.31. Unauthorised Assistance:**

- 3.31.1. 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.
- 3.31.2. 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.
- 3.31.3. 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.

### **3.32. Infringement and Penalties:**

- 3.32.1. An athlete is penalised by a **warning** for the first occasion of:
  - 3.32.1.1. Contravening Safety Regulations.
  - 3.32.1.2. Uncasing or touching a pistol (if on the table already uncased) before instructed to do so.
  - 3.32.1.3. An athlete not adopting the correct shooting position.

- 3.32.1.4. The pistol is not left on the shooting table in the 'safe' condition after the warm-up or shooting series.
  - 3.32.1.5. The pistol is not brought into contact with the shooting table before each attempted shot.
  - 3.32.1.6. Unauthorised assistance.
- 3.32.2. An athlete is penalised by a time penalty **of Ten Seconds** for:
- 3.32.2.1. Contravening footwear or clothing regulations.
  - 3.32.2.2. Modifying the dimensions of the start numbers.
  - 3.32.2.3. False or early start.
  - 3.32.2.4. The second and subsequent contravention of the safety regulations
  - 3.32.2.5. The second and subsequent occasion where an athlete uncases or touches a pistol (if on the table already uncased) before instructed to do so.
  - 3.32.2.6. The second and subsequent occasions of not adopting the correct shooting position.
  - 3.32.2.7. The second and subsequent occasion that the pistol is not brought into contact with the shooting table before each shot.
  - 3.32.2.8. 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.
  - 3.32.2.9. Each occasion that the athlete (unintentionally) impedes another athlete by crossing the lines denoting the boundary of their firing point.
  - 3.32.2.10. Deviation from the course where a minor material advantage was gained.
  - 3.32.2.11. The 10-second penalty can be added to their final finishing time or served at their firing point (see 3.27.2 and 3.27.3) Applying penalties after the race decreases the chances of mix ups and allows conversations to be had in a calm manner.
- 3.32.3. An athlete is **eliminated** for:
- 3.32.3.1. Being found not safe to compete in the opinion of the Shooting Director or Range Officer.
  - 3.32.3.2. Beginning the discipline with a non-approved pistol.
  - 3.32.3.3. Shooting on a wrong target.
  - 3.32.3.4. Jostling, running across or obstructing another athlete so as to deliberately impede their progress.
  - 3.32.3.5. Deviation, deliberate or not, from the course which in the opinion of the Course Judge, the athlete gained a significant material advantage.
  - 3.32.3.6. Not completing the course.
  - 3.32.3.7. Not stopping for a time penalty at the firing point when instructed to do so by an official
  - 3.32.3.8. Persistent unauthorised assistance
  - 3.32.3.9. Being unable to continue the competition because of a pistol malfunction.

3.32.3.10. Blatantly starting before the start signal or starting the running leg before the shooting time has expired without having hit all 5 target valid zones.

3.32.3.11. Using constant beam during the competition.

3.32.4. Athletes are **disqualified** for:

3.32.4.1. Exchanging an approved pistol for one that contravenes the equipment regulations.

3.32.4.2. 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.

### 3.33. Penalty Table – Laser Run:

<b>The athlete infringes the rules and is penalised for:</b>	<b>Rule</b>	<b>Penalty 1st Occasion</b>	<b>Penalty Subsequent Occasions</b>
Contravening clothing or footwear or regulations	3.3. & 3.4 & 3.32.2.1.	10 second penalty	
Modifying dimensions of start numbers	3.4. & 3.32.2.2.	10 second penalty	
False or early start	3.24. 3.32.2.3.	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.	3.26.3. & 3.32.2.9.	10 Second Penalty for each occurrence	
Deviation from the course where a minor material advantage was gained	3.26.2. & 3.32.2.10.	10 Second Penalty for each occurrence	
When the pistol is not brought into contact with the shooting table before each shot.	3.25.5. & 3.32.1.5. & 3.32.2.7.	Warning	10 second penalty for each subsequent occurrence
Not placing pistol safely on the table after the warm-up or shooting series	3.19.2.1. & 3.22.8. & 3.25.7. & 3.40.2.8.	Warning	10 second penalty for each subsequent occurrence
Contravention of Safety Regulations	3.19. & 3.32.1.1. & 3.32.2.4.	Warning	10 second penalty for each subsequent occurrence
Uncasing a pistol or touching a pistol (if already uncased) before being instructed to do so	3.22.1 & 3.32.1.2. & 3.32.2.5.	Warning	10 second penalty
Not adopting the correct shooting position	3.25.4. & 3.32.1.3. & 3.32.2.6.	Warning	10 second penalty
Unauthorised assistance	3.31. & 3.32.1.6. & 3.32.3.8.	Warning	Elimination
Being found not safe to compete by the Shooting Director/Range Officer	3.18.3. & 3.32.3.1.	Elimination	
Beginning the discipline with a non-approved pistol	3.20. & 3.32.3.2.	Elimination	
Jostling, running across, obstructing another athlete to deliberately impede their progress.	3.26.4. & 3.32.3.4.	Elimination	
A blatant attempt to start too early	3.24. & 3.32.3.10.	Elimination	
Deviation from the course where a significant material advantage was gained	3.26.2. & 3.32.3.5.	Elimination	
Not completing the course	3.26.4. & 3.32.3.6.	Elimination	
Not stopping at the firing point when told to do so by an official	3.27.3. & 3.32.3.7.	Elimination	

<b>The athlete infringes the rules and is penalised for:</b>	<b>Rule</b>	<b>Penalty</b>
Shooting on a wrong target	3.25.3. & 3.32.3.3.	Elimination
Using constant beam during the competition.	3.22.5. & 3.25.6. & 3.32.3.11	Elimination
Being unable to continue the competition due to a pistol malfunction	3.28.3. & 3.32.3.9.	Elimination from heat in question but eligible for a later heat if pistol can be fixed or a different one can be borrowed
Modifying or adjusting an approved pistol so that it violates the Rules	3.20.1. & 3.32.4.2.	Disqualification
Exchanging an approved pistol for one that contravenes equipment recommendations	3.20.1. & 3.32.4.1	Disqualification