



INTERNATIONAL MILITARY SPORTS COUNCIL  
CONSEIL INTERNATIONAL DU SPORT MILITAIRE  
CONSEJO INTERNACIONAL DEL DEPORTE MILITAR

المجلس الدولي للرياضة العسكرية

# MILITARY PENTATHLON



## PART A

## GENERAL REGULATIONS

**Edition 2017**

# REGULATIONS FOR MILITARY PENTATHLON

## PART A

### GENERAL REGULATIONS

#### TABLE OF CONTENTS

1	MILITARY PENTATHLON .....	3
1.1	PRESENTATION.....	3
1.2	HISTORY .....	3
2	APPLICABLE REGULATIONS.....	4
3	EXCEPTIONS .....	4
4	LANGUAGE.....	4
5	CSC MILITARY PENTATHLON WEBSITE .....	4
6	MILITARY PENTATHLON COMPETITIONS.....	5
7	COMPETITION CALENDAR – CONSTITUTION .....	5
7.1	WORLD AND CONTINENTAL CHAMPIONSHIPS .....	5
7.2	INTERNATIONAL TOURNAMENTS .....	5
8	ORGANISATION OF AND PARTICIPATION IN COMPETITIONS.....	5
9	MANAGEMENT OF CHAMPIONSHIPS AND INTERNATIONAL TOURNAMENTS .....	6
10	DURATION OF COMPETITIONS.....	7
11	TIME SCHEDULE OF CHAMPIONSHIPS .....	7
12	SIZE OF MISSIONS.....	8
13	PRELIMINARY INFORMATION.....	8
14	CISM SPORT COMMITTEE MILITARY PENTATHLON .....	8
15	TECHNICAL JURY .....	8
16	PROCEDURE WITH REGARD TO IRREGULARITIES.....	9
17	COMPLAINT .....	9
18	PROTEST .....	9
19	DISCIPLINE.....	9
20	AWARDS AND PRIZES.....	10
20.1	CHALLENGE CUPS .....	10
20.2	CISM OFFICIAL MEDALS .....	10
20.3	NEWCOMERS AWARDS.....	10
20.4	OTHER AWARDS.....	10
20.5	DISTRIBUTION OF AWARDS .....	10
21	MILITARY PENTATHLON IDENTIFICATION NUMBER (MILPIN).....	10
22	RESULTS BOOKLET .....	10

Note: Paragraph references that are given with numbers only refer to paragraphs in this regulation.

If the reference is to another rulebook it will be specified.

# 1 MILITARY PENTATHLON

## PRESENTATION

Military Pentathlon is a polyathletic competition sport consisting of 5 disciplines. Each competitor has to compete in 5 disciplines and is classified in the overall individual classification of Military Pentathlon. (see Part B par. 1.4.1)

The five disciplines are:

- ❖ Shooting with standard rifle
- ❖ Obstacle Run
- ❖ Obstacle Swimming
- ❖ Throwing
- ❖ Cross-country

An additional team competition is the Obstacle Relay held on occasion of World and Continentals Championships.

## HISTORY

In 1946, a French officer, Captain Henri DEBRUS (later promoted to Colonel and President of the CISM) conceived the idea of organising a sport competition reserved exclusively for the Army. His attention was drawn to a military physical training technique at that time practised by the Netherlands's Airborne Units. It consisted of parachute jumping, marching, crossing of obstacles and finally performing combat operations with small arms and grenades.

A trial competition organised by himself was held at the "Military Physical Training Centre" at Freiburg, in the French occupation zone in Germany, in August 1947 with the participation of Belgian, French and Dutch teams.

The improved regulations, resulting from this trial, were approved by the French military authorities and the disciplines included in the competition were widely adopted throughout the French Forces under the name Military Pentathlon.

The International Military Sports Council (CISM) became interested in this project and set about creating a spirit of incentive in the different services by organising an annual international championship.

After its modest start in 1950, when only three nations entered the competition, the Military Pentathlon has met each year with growing success.

The CISM World Championships has only been cancelled three times since 1950, mainly due to high political tension or war in the region, where the Championships were supposed to be organised.

In 1988 the Scandinavian Nations tested for the first time rules for female competitors at their Nordic Championship. Since the CISM World Championship 1991 in Oslo, Norway, female competitors have been participating on a world level.

Growing interest in Military Pentathlon led to the establishment of Continental Championships in Europe. The first took place in Munich, Germany, in 1992.

In 1993 for the first time a new event of Military Pentathlon was tested on the occasion of the Second CISM European Championship in Wiener Neustadt, Austria - the Obstacle Relay since 1995 this discipline has been part of the CISM World Championship programme annually.

In 1997 Military Pentathlon was invited to be a demonstration sport at the civilian World Games in Lahti, Finland.

Military Pentathlon is an integral sports discipline of the CISM World Games.

## **2 APPLICABLE REGULATIONS**

The Specific Regulations for Military Pentathlon consist of Part A (General Regulations), Part B (Contest Regulations) and Part C (Annexes). Last update January 2017. They are based on the CISM Regulations.

Amendments to the Regulations for Military Pentathlon will be proposed by the CISM Sport Committee Military Pentathlon (CSC) to the Secretary General after proper consultations with nations participating in Military Pentathlon. These amendments will be available at the official Military Pentathlon website annually ([www.military-pentathlon.info](http://www.military-pentathlon.info)).

All competitors, officials and organisers must be familiar with the regulations and fully respect them.

Cases not provided for as set forth in the Regulations for Military Pentathlon, or cases in dispute surfacing at World or Continental Championships will be decided by the CSC for that championship only. During International Tournaments or in cases when the CSC is not acting (i.e. not being present) the Technical Jury will decide for that competition only. In the event of discrepancies arising from interpretation of the rules the English text is decisive for the Regulations for Military Pentathlon

## **3 EXCEPTIONS**

Eventually necessary exceptions from the Regulations for Military Pentathlon will be presented by the sponsoring country to the CSC one year prior to the World or Continental Championship or at the CSC Enlarged Meeting of the preceding World Championship at the latest.

The CSC decides if the exceptions will be sanctioned and if the conditions (with exceptions) also are sanctioned for records. This decision will be made at least seven months before the actual Championship, thereby guaranteeing that in the invitation file - which must be sent out six (four) months prior the date of the World (Continental) Championship - information can be given about possible exceptions.

The President CSC (PCSC) may propose to the CISM Secretary General that an on-site inspection of the sports installations of the next CISM World or Continental Championship should be carried out by an appropriate official (e.g. a member of the CSC).

## **4 LANGUAGE**

The working language for official meetings at CISM World Championships or Continental Championships is English. The Organising Committee may provide interpretation into other languages than English to ensure proper understandings of the proceedings for participating missions.

## **5 CSC MILITARY PENTATHLON WEBSITE**

The information flow worldwide is fundamental for the development of military pentathlon. With this respect the CSC will take advantage from the internet by establishing and conducting an official website.

The updating of the website is based on the exchange of data between the CSC and the Team's Official Representatives (See Part C Annex 1).

## 6 MILITARY PENTATHLON COMPETITIONS

The competitions are divided into:

- ❖ World Games / World Championships
- ❖ Continental Games / Continental Championships
- ❖ Regional Championship / International Tournaments
- ❖ Bilateral Competitions

## 7 COMPETITION CALENDAR – CONSTITUTION

### WORLD AND CONTINENTAL CHAMPIONSHIPS

The competition calendar Military Pentathlon is established after consultations and in co-ordination with the CSC.

CISM World Championships in Military Pentathlon will be organised every year. They are an integral sports discipline of the CISM World Games. Normally they should be held during the period from August to October.

Military Pentathlon competitions will normally be organised for male and female competitors together.

### INTERNATIONAL TOURNAMENTS

The dates of such events should be fixed at least one year in advance to enable proper calendar planning. The CSC announces the calendar of the following year together with the calendar of world events normally at the CSC Enlarged Meeting of the CISM World Championship.

The chiefs of mission participating in such meetings should have full authority from their Ministry of Defence/General Staff to confirm the exact dates and places of competitions, their country is planning to organise and with regard to the participation of their missions at the competitions in question.

## 8 ORGANISATION OF AND PARTICIPATION IN COMPETITIONS

The World Championship has to be the competition with the highest standard during the competition year.

Therefore newcomer teams (nations starting with Military Pentathlon at international competitions) must have participated at International Tournaments before they are invited to participate at World or Continental Championships.

To ensure an appropriate level of performance at the World Championship the following qualification criteria must be met:

- Countries ranked among the top 15 teams with male competitors (respectively top 6 female teams) at least once during the previous 3 World Championships (**A-countries**) may participate with 5 male (respectively 4 female) competitors.
- All other countries (**B-countries**) are allowed to participate with up to 5 male (respectively 4 female) competitors, provided each competitor has met the following qualification requirements:

Overall individual classification	men:	4 750 pentathlon points
	women:	4 450 pentathlon points

The points limit for B-countries must have been met by each competitor individually, who takes part at the respective World Championship. All international competitions since the last but one World Championship (included) are valid for qualification purposes. National competitions will be accepted exceptionally only. They are valid for the forthcoming World Championship of the same year only.

Athletes not meeting the qualification criteria will not be allowed to compete at the World Championship.

However, in case a competitor could not meet the qualification criteria due to extraordinary circumstances (e.g. equipment malfunction, lack of starting possibilities) the nation may bring forward a request to the CSC explaining the reasons. On decision taken by the CSC starting possibility may be granted exceptionally.

B-countries have to certify the qualification of each competitor of their mission for the World Championship attached to the final entry form. The CSC in cooperation with the organiser of the World Championship will scrutinise the same.

A regularly updated World Championship Qualification List will be prepared by the CSC for the A and B-countries and displayed at the official Military Pentathlon website ([www.military-pentathlon.info](http://www.military-pentathlon.info)).

The organising country will always be allowed to participate with a team size according Part A par. 12.

For Continental Championships the same criteria can be applied, depending on the organiser's capacity.

Organisers of regional competitions and International Tournaments are strongly requested to give competitors of countries not automatically qualified for the World Championship the opportunity to compete.

To ensure a fair and balanced participation in the competitions prior to the world championships, upon request put forward by the organizing Delegation, the PCSC must recommend the participation coordination planning for to be considered before the establishment of the invitation list.

## **9 MANAGEMENT OF CHAMPIONSHIPS AND INTERNATIONAL TOURNAMENTS**

Sequence of disciplines:

The contests are conducted normally in the following order:

- ❖ Shooting
- ❖ Obstacle Run
- ❖ Obstacle Swimming
- ❖ Throwing
- ❖ Cross-country
- ❖ Obstacle Relay

At World and Continental Championships after the finalisation of the five disciplines for the Military Pentathlon individual and team classification, the Obstacle Relay will be organised the following day. The table in par. 11 shows the sequence of disciplines during competitions. For organisational reasons it can depart from the specified order, based on a decision of the CSC according to par. 3.

The software for the data management at World and Continental Championships must be provided - free of charge - by the CSC. Data management software courses may be organized – free of charge - by the CSC on demand. Costs related to trips, board and lodging must be paid by the participants.

## 10 DURATION OF COMPETITIONS

The contests are conducted on 6 days applying the modifications authorised in par. 3. Par. 11 shows well-established examples.

The duration of International Tournaments will be decided by the organiser and mentioned in the invitation file and will normally last five days.

During Championship or International Tournaments the social activities (e.g. guided tours, receptions) shall not run parallel to official meetings, competitions events or obstacle relay official trainings.

## 11 TIME SCHEDULE OF CHAMPIONSHIPS

Day	Contest during 6 days Overall 9 days	<del>Contest during 5 days Overall 8 days</del>	Contest during 3 days Overall 6 days
	World and Continental Championships	<del>World and Continental Championships</del>	International Tournaments
1 <sup>st</sup> Day	Arrival of missions CSC restricted meeting short	<del>Arrival of missions CSC restricted meeting short</del>	Arrival of missions
2 <sup>nd</sup> Day	Preliminary meeting Training Opening ceremony	<del>Preliminary meeting Training Opening ceremony</del>	Preliminary meeting Training Opening ceremony
3 <sup>rd</sup> Day	Shooting	<del>Shooting</del>	Shooting Obstacle Run
4 <sup>th</sup> Day	Obstacle Run CSC Enlarged Meeting	<del>Obstacle Run CSC Enlarged Meeting</del>	Obstacle Swimming Throwing
5 <sup>th</sup> Day	Obstacle Swimming Throwing women	<del>Obstacle Swimming Throwing</del>	Cross-country Closing ceremony
6 <sup>th</sup> Day	Throwing men	<del>Cross-country Social activity CSC restricted meeting long</del>	Departure of missions
7 <sup>th</sup> Day	Cross-country Social activity CSC restricted meeting long	<del>Obstacle Relay Closing ceremony</del>	
8 <sup>th</sup> Day	Obstacle Relay Closing ceremony	<del>Departure of missions</del>	
9 <sup>th</sup> Day	Departure of missions		

## 12 SIZE OF MISSIONS

For CISM World Championships or Continental Championships the mission generally may consist of 14 members, of whom 5 may be male and 4 female competitors applying the qualification limits according par. 8. If fewer competitors (less than the allowed 9) are in the mission, the overall number of the mission will be reduced accordingly. The number of officials must not exceed the number of participating competitors in any case.

A mission consisting of male competitors only will not exceed 9 persons. Missions consisting of female competitors only will not exceed 7 persons.

The Organising Committee of an International Tournament may grant exceptions.

The organising nation is permitted to nominate a second team (up to 4 male or 3 female competitors respectively) at Continental Championships, if technically feasible. However, they will not be ranked in the overall team or individual classification. Specifically no reduction of training periods for foreign teams below the standard laid down in Part B shall take place.

The PCSC (or another official tasked by him, preferably a member of the CSC) must attend the Military Pentathlon Continental Championship. This official will be officially invited by the organiser. The presence of other members of the CSC is recommended. They should also be invited officially, and may be included as extra members of their country's mission, if participating in that competition.

Participating countries will include nationals that are members of the CSC in their final entry.

## 13 PRELIMINARY INFORMATION

Organisers of next year's World or Continental Championships will present the general programme and give additional information about the competition facilities at the CSC Enlarged Meeting. On this occasion the organising country will also provide information on eventual exceptions from the Military Pentathlon Regulations, if applicable (see par. 3).

⇒ content of the invitation form: (see Part C Annex 2)

⇒ reply to the invitation: (see Part C Annexes 3, 4)

## 14 CISM SPORT COMMITTEE MILITARY PENTATHLON

Candidates for the CISM Sport Committee membership must present to the PCSC a project aimed to the development of the military pentathlon on international level approved by the respective Chief of Delegation.

In addition to what established with regards to composition, designation and obligations by CISM Regulations, membership in the CISM Sport Committee Military Pentathlon requires at least one participation at World Championship in the position as Technical Jury Member.

## 15 TECHNICAL JURY

At World and Continental Championships the PCSC appoints the President and additional 6 members of the Technical Jury, mainly from members of the CSC. If circumstances require, the number of the Technical Jury may exceed 7 persons.

At International Tournaments, the Technical Jury is appointed by the organising country during the Preliminary Conference.

The President of the Technical Jury is preferably a member of the CSC and should not be a national of the hosting nation.



Fair and friendly cooperation between the Organising Committee and the Technical Jury is recommended.

The Technical Jury has the following tasks:

- Prior to the competition, it ensures that the courses and the facilities conform to the standards required by the present regulations, including exceptions, if any, approved by the CSC.
- It supervises the drawing of lots for the starting order.
- It ensures that regulations are properly followed during the competition.
- In case of break of rules intervenes properly through the director of the event with the aim to establish the correct procedure.
- It supervises the examination of the weapons and the equipment.
- It supervises the conduct of the throwing discipline attentively.
- It supervises the scoring of each-discipline.
- It controls and approves the results.
- Its president signs the special certificates with regard to the CISM record acknowledgement procedure.

To ensure identification the members of the Technical Jury will wear special sign.

## **16 PROCEDURE WITH REGARD TO IRREGULARITIES**

Any occurrence or irregularity within the jurisdiction of the director of the discipline, which attracts the attention of the Technical Jury, must first be referred to the director, who will take action or make a decision preferably in accordance with the indication of the Technical Jury.

## **17 COMPLAINT**

A complaint may be verbal and delivered to the director of the discipline in a correct manner. The director informs the Technical Jury and makes a decision or takes measures. If the competitor (or team captain) is not satisfied with the decision (measure), a protest may be lodged.

## **18 PROTEST**

Any protest must be submitted in written form (see Part C Annex 5H, 5I) in English and signed by the Team Captain or the Chief of Mission.

Each deliver of protest will entail a deposit of 100 Euro or equivalent in local currency. If the protest is refused by the Technical Jury or/and by the Jury of Appeal, the 100 Euro or equivalent in local currency will be forfeited and delivered to the CISM General Secretariat by the President of the Technical Jury.

## **19 DISCIPLINE**

In case of severe and intolerable breaches of discipline CISM authorities may impose sanctions. The organiser may approach the CISM Representative respectively the Technical Jury at International Tournaments to take appropriate measures. If severe and intolerable breaches of discipline or unsportsmanlike behaviour (e.g. training during non-scheduled time, etc.) shows up to the attention of the Technical Jury respectively the CSC or the Jury of Appeal, the Technical Jury, in consultation with the CISM Representative takes appropriate measures such as reduction of points for the competitor concerned, disqualification or suspension from participation.

## 20 AWARDS AND PRIZES

### CHALLENGE CUPS

See Part C Annexes 14

The sponsoring delegation of a cup will provide the PCSC with a proposal of the statute and a photo of the cup. The CSC decides on the statutes. Between championships the winners who are responsible for the engraving and care of the awards will keep the challenge cups. The challenge cups are to be handed over to the organising country prior to the respective championship.

### CISM OFFICIAL MEDALS

The organising country provides official medals

- to the first three individuals in the general classification (gold, silver, bronze)
- to the first three individuals in the newcomers category (gold, silver, bronze)
- to the four members of each of the first three male teams in the general team classification (gold, silver, bronze)
- to the three members of each of the first three female teams in the general team classification (gold, silver, bronze)
- to the members of each of the first three male and female teams that have competed during the Obstacle Relay (gold, silver, bronze)

### NEWCOMERS

Newcomer is the athlete during his/her first competition season on international level.

### OTHER AWARDS

Other awards may be presented at the option of the host nation (e.g. cups, medals, souvenirs, etc.) with priority to the best individuals in the general classification.

If exceptional awards are presented to the best individuals in the five disciplines, the classification is based upon the Equivalence Table, which means no tiebreak.

For badges and certificates see CISM Regulations Edition 2011.

### DISTRIBUTION OF AWARDS

It is recommended to honour the ranks 1 to 10 for male competitors respectively, 1 to 6 for female competitors at CISM World and Continental Championships and the ranks 1 to 6 at lower level Championships.

The presentation of official medals, awards and champion certificates takes place during the closing ceremony.

## 21 MILITARY PENTATHLON IDENTIFICATION NUMBER (MILPENTIN)

Each athlete expected to participate in the international competitions must have a code (MilPentIN) based on individual data (Country, Given name, Surname and Date of Birth). Prior to the competition the team captains are requested to send the required data to which is responsible for the registration (copy to the CSC-Secretary).

**MilPentIN is mandatory for the participation in each Championship/Tournament.**

## 22 RESULTS BOOKLET

After the competition the organizing committee must send the official digitalized results to the CSC.



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# MILITARY PENTATHLON



## PART B

## CONTEST REGULATIONS

**Edition 2017**



# REGULATIONS FOR MILITARY PENTATHLON

## PART B

### CONTEST REGULATIONS

#### TABLE OF CONTENTS

<b>1</b>	<b>GENERAL REGULATIONS.....</b>	<b>7</b>
1.1	STARTING ORDER - GENERAL RULES.....	7
1.2	STARTING ORDER - SPECIFIC RULES FOR THE FIVE DISCIPLINES .....	8
1.2.1	STARTING ORDER FOR SHOOTING AND THROWING.....	8
1.2.2	STARTING ORDER FOR OBSTACLE RUN AND OBSTACLE SWIMMING.....	9
1.2.3	STARTING ORDER FOR CROSS COUNTRY.....	9
1.3	MILITARY PENTATHLON POINT SYSTEM .....	10
1.4	CLASSIFICATION.....	11
1.4.1	OVERALL INDIVIDUAL CLASSIFICATION.....	11
1.4.2	OVERALL TEAM CLASSIFICATION .....	11
1.5	RECORDS.....	11
1.6	PACING & TRAINING .....	12
1.7	DOPING .....	12
1.8	PENALTIES .....	12
<b>2</b>	<b>SHOOTING.....</b>	<b>13</b>
2.1	GENERAL.....	13
2.1.1	SAFETY .....	13
2.1.2	REGULATIONS .....	14
2.1.3	ELEMENTS OF THE SHOOTING DISCIPLINE.....	14
2.1.4	DISTANCE.....	14
2.1.5	RANGE .....	14
2.1.6	WEAPONS AND AMMUNITION.....	14
2.1.7	DRESS.....	14
2.1.8	EQUIPMENT CONTROL .....	14
2.1.9	TARGETS .....	15
2.1.10	POSITION.....	15
2.1.11	COACHING .....	16
2.2	COMPETITION REGULATIONS.....	16
2.2.1	SIGHTING FIRE.....	16
2.2.2	SLOW FIRE .....	16
2.2.3	RAPID FIRE.....	17
2.2.4	SHOOTING PROCEDURE (TIME SEQUENCE AND COMMANDS) .....	17



2.2.5	CONTROL .....	18
2.2.6	MARKING .....	18
2.2.7	FIRING MISHAPS.....	18
2.3	SCORING.....	19
2.3.1	GENERAL.....	19
2.3.2	CLASSIFICATION OFFICE OPERATIONS.....	19
2.3.3	DETERMINING THE VALUE .....	19
2.3.4	DISPLAY OF RESULTS OR PAPER TARGETS .....	20
2.4	CLASSIFICATION .....	20
2.5	TECHNICAL REGULATIONS - SHOOTING .....	20
2.5.1	GENERAL.....	20
2.5.2	WEAPONS .....	21
2.5.3	ACCESSORIES .....	23
2.5.4	CLOTHING REGULATION .....	24
2.5.5	SHOOTING STATION .....	28
2.5.6	TARGET SPECIFICATIONS .....	28
2.5.7	PIT TARGET MARKING.....	29
2.6	REGULATIONS FOR FEMALE COMPETITORS .....	30
<b>3</b>	<b>OBSTACLE RUN.....</b>	<b>31</b>
3.1	GENERAL.....	31
3.2	TRACK.....	31
3.3	OBSTACLES .....	31
3.4	STARTING PROCEDURE.....	31
3.5	TIME KEEPING .....	31
3.6	CLASSIFICATION .....	31
3.7	DRESS.....	31
3.8	TRAINING.....	32
3.9	EXPLANATORY FIGURES .....	32
3.9.1	OBSTACLE COURSE REQUIREMENTS .....	32
3.9.2	DESCRIPTIONS OF THE OBSTACLES AND REQUIREMENTS FOR CROSSING .....	32
3.10	REGULATIONS FOR FEMALES.....	53
<b>4</b>	<b>OBSTACLE SWIMMING .....</b>	<b>54</b>
4.1	GENERAL.....	54
4.1	POOL.....	54
4.2	COURSE .....	54
4.3	STYLE.....	54
4.4	DESCRIPTION OF OBSTACLES.....	54
4.5	DISTANCES BETWEEN OBSTACLES.....	58
4.5.1	50 m POOL.....	58
4.5.2	25 m POOL.....	59
4.6	STARTING REGULATIONS.....	60
4.6.1	REFEREE.....	60



4.6.2	STARTER .....	60
4.6.3	STARTING PROCEDURE .....	60
4.7	STARTING ORDER .....	60
4.8	TIME KEEPING .....	61
4.8.1	GENERAL.....	61
4.8.2	MANUAL TIMEKEEPING .....	61
4.8.3	CHIEF TIMEKEEPER .....	61
4.8.4	TIMEKEEPER .....	61
4.8.5	DETERMINATION OF TIMES AND PLACES .....	62
4.9	CLASSIFICATION .....	62
4.10	DRESS.....	62
4.11	TRAINING.....	62
4.12	DEMONSTRATION .....	62
4.13	REGULATIONS FOR FEMALES.....	62
<b>5</b>	<b>THROWING.....</b>	<b>63</b>
5.1	GENERAL.....	63
5.2	RANGES .....	63
5.3	PROJECTILES .....	63
5.4	OFFICIALS .....	64
5.5	STARTING PROCEDURE AND COMMANDS SEQUENCE .....	64
5.6	PRECISION THROWING .....	65
5.6.1	TARGETS .....	65
5.6.2	NUMBER OF PROJECTILES .....	65
5.6.3	SCORING.....	66
5.6.4	MARKING PROCEDURE – PRECISION THROWING.....	66
5.6.5	POINTS ASSESSMENT .....	67
5.7	DISTANCE THROWING .....	67
5.7.1	ATTEMPTS.....	67
5.7.2	MARKING PROCEDURE – DISTANCE THROWING .....	67
5.7.3	CONVERSION INTO THROWING POINTS.....	68
5.8	CLASSIFICATION .....	68
5.9	DRESS.....	68
5.10	TRAINING.....	68
5.11	EXPLANATORY FIGURES .....	68
5.11.1	THROWING RANGES.....	68
5.11.2	THROWING STAND .....	71
5.12	REGULATIONS FOR FEMALES.....	71
<b>6</b>	<b>CROSS COUNTRY .....</b>	<b>72</b>
6.1	GENERAL.....	72
6.2	STARTING PROCEDURE .....	72
6.3	COURSE .....	72
6.4	TIME KEEPING .....	72



6.5	CLASSIFICATION .....	73
6.6	DRESS.....	73
6.7	STARTING NUMBERS .....	73
6.8	TRAINING.....	73
6.9	PACING .....	73
6.10	REGULATIONS FOR FEMALES.....	73
<b>7</b>	<b>OBSTACLE RELAY .....</b>	<b>74</b>
7.1	GENERAL.....	74
7.2	DISTANCES .....	75
7.2.1	MALE TEAMS .....	75
7.2.2	FEMALE TEAMS.....	75
7.3	HANDING OVER ZONE .....	75
7.4	PROCEDURE.....	76
7.4.1	QUALIFICATION .....	76
7.4.2	QUARTERFINAL.....	76
7.4.3	SEMI-FINAL.....	77
7.4.4	FINALS .....	77
7.4.5	SEQUENCE .....	78
7.5	TIME KEEPING .....	78
7.6	MEDALS.....	78
7.7	TRAINING.....	78
7.8	PENALTIES .....	78

Note: Paragraph references that are given with numbers only refer to paragraphs in this regulation. If the reference is to another rulebook it will be specified.







# 1 GENERAL REGULATIONS

The following regulations govern the Military Pentathlon contests. All competitors, team leaders and officials must be familiar with them and ensure that they are enforced.

## 1.1 STARTING ORDER - GENERAL RULES

At the check-in the organiser provides for each participating nation a check-in form (see Part C Annex 5).

When checking in, the team captain has to enter the required data for his competitors by filling in the prepared check-in form. He will write down in which of the 5 starting groups the respective competitor should be entered by filling in the appropriate starting group number (1 - 5 for male respectively 1 - 4 for female competitors) separated for shooting and throwing.

Nations with less than 5 male (4 female competitors) may choose between the 5 respectively 4 starting groups. He also must announce at the check-in, if there are some left-handed shooters.

It is recommended that the organiser prepares the check-in form prior to the arrival of missions with the names as well as the ranking list results for obstacle run and obstacle swimming based on the final entries and the ranking list. Nevertheless, it remains the obligation of the team captain to check the data in any case.

If nations cannot provide the required information for the establishment of the starting list at the time set by the organiser, (e.g. late arrival of an expected mission or arrival of an unexpected mission) their competitors will be placed at the discretion of the organiser (see CISM Regulations Edition 2011– arrival of an expected/unexpected mission).

A second team of the same mission will be considered as a separate team. Training times for the second team are at the discretion of the organiser.

The starting lists with division into heats showing the order of individuals and considering the number of targets/lanes/tracks available, heats will be established by the Organising Committee in cooperation with the representative of the CISM Sport Committee (CSC MilPent) or 2 members from the Technical Jury. It should be finished and published after the Preliminary Meeting at World or Continental Championships.

Rules as explained in par. 1.1 are to be observed by the Organising Committee and the representative of the CSC MilPent or 1 member from the Technical Jury.

If a competitor must give up or break off his<sup>1</sup> competition because he is unable to start in the event and the starting list has already been established, his starting position should be left vacant.

If possible, divisions into heats should be adjusted to avoid competitors starting alone. Heats with fewer competitors than obstacle run tracks or swimming lanes available will be placed at the beginning of the respective event. Heats with fewer competitors than shooting targets or throwing stands available will be placed at the end of the event.

According to the starting order, the competitor with the lowest number in one heat is to be placed at the left track, the others subsequently to his right.

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<sup>1</sup> Throughout the whole text the male form of the personal pronoun is also valid for the female form



## 1.2 STARTING ORDER - SPECIFIC RULES FOR THE FIVE DISCIPLINES

### 1.2.1 STARTING ORDER FOR SHOOTING AND THROWING

The drawing will be done separately for shooting and throwing.

The establishment of the starting order consists of 3 steps:

- Drawing of lots per nation: all nations participating will be put in a “basket” to establish the sequence of nations for each starting group. Then the drawing will be done 5 times for nations with male competitors, four times for nations with female competitors (separately for each starting group), regardless how many competitors a nation consists of.
- Starting sequence per competitor: The organiser will then fill in the respective names in the starting order by nation according the sequence; the team captain has laid down in the check-in form. All places in the starting groups where no name has been inserted will be deleted consequently (for nations with less than 5 male respectively 4 female competitors of a mission, expected nations not arriving definitely). For late arrival of an expected mission and arrival of an unexpected mission see CISM Procedures Manual, Chapter III, art. 3.4 and art. 3.5.
- Establishments of heats

The drawing of lots per nation takes place at the arrival day according to the official invitation file, prior to the Preliminary Meeting (at World or Continental Championships completed latest before the opening of the Preliminary Meeting). At International Tournaments the drawing may take place latest at the Preliminary Meeting.

Extra drawings may be necessary for additional individual competitors, not starting in a team. Additional individual competitors, not starting in a team will be included in a separated starting group and start at the discretion of the organiser (either at the beginning or at the end of the event).

The drawing is done in the presence of a minimum of one representative of the Organising Committee and 2 members of the CSC MilPent. For International Competitions the presence of a minimum of one representative of the Organising Committee and one member of the CSC MilPent or 2 members from the Technical Jury.



### 1.2.2 STARTING ORDER FOR OBSTACLE RUN AND OBSTACLE SWIMMING

The competitors will start in obstacle run and obstacle swimming according to their ranking list results. Competitors with the best results in the ranking list will start last.

Ranking lists and list of best performances will be established by the CSC MilPent taking into consideration the best result already achieved by the athletes in the previous and in the current competition season during the official competitions (Penalties occurred do not affect the performances)

The Team Captain must report in the “Check-in form” the expected performances of his/her competitor to the Organizing Committee when:

- the announced competitor, due to missed participation in the previous international competitions, is not present in the ranking list;
- the announced competitor, due to lack of training, cannot match his/her results reported on the ranking list.

The expected performances must be in accordance with the most recent results achieved by the competitor.

### 1.2.3 STARTING ORDER FOR CROSS COUNTRY

The “Handicap Starting Method” will be applied.

The best individual after four disciplines will start as the first competitor. The other competitors will start according to their ranking after four disciplines.

The difference between the competitors' points after four disciplines will be used to determine the starting time difference between the best individual classified after four disciplines and the other competitors.

1 pentathlon point equals 1 second (0.1 point = 0.1 second) according to the scoring scheme for cross-country.

The starting list will be prepared according to the following example:

Starting number	Surname	Given name	Nation	Starting time
1	MILLER	Fred	SWE	0 min 00.0 sec
2	HUBER	Ron	GER	0 min 23.4 sec
3	FARSTAD	Olav	NOR	0 min 26.3 sec

In order to shorten the duration of the event, after 12 minutes (720 points) the starting interval is given each 5 seconds, regardless of the gap between the competitors.

The “Handicap Starting Method” will be applied only, if cross-country is organised as the last discipline. If the sequence of the disciplines has to be changed exceptionally the starting order will be determined by the list of results after four events in reverse order, with starting intervals of 30 seconds.

For details of the starting procedure see par. 6.2.



### 1.3 MILITARY PENTATHLON POINT SYSTEM

In every discipline, there is a base performance that yields 1000 points. For each unit of performance better (worse) than the base performance, a fixed number of points are added (subtracted) from 1000 (linear scoring scheme).

The base performance together with the incremental points and the performance increments are as shown in the table below.

#### Point system for men and women:

Discipline	Shooting 200m(50m)	Shooting 300m	Obstacle Run	Swimming	Throwing	Cross-country
Base Performance (=1000 points)	180 shooting points	170 shooting points	2:40.0 min	Men 31.5 sec  Women 35.0 sec	170 throwing points	Men 28:00.0 min  Women 16:00.0 min
Point increment  (performance increment)	$\pm 7$ pentathlon points  (for $\pm 1$ shooting point)	$\pm 5$ pentathlon points  (for $\pm 1$ shooting point)	$\pm 7$ pentathlon points  (for $\pm 1$ sec)	$\pm 24$ pentathlon points  (for $\pm 1$ sec)	$\pm 4$ pentathlon points  (for $\pm 1$ throwing point)	$\pm 1$ pentathlon points  (for $\pm 1$ sec)

Shooting Number of Mouches	Additional pentathlon points for inner tens (Mouches)									
	1x	2x	3x	4x	5x	6x	7x	8x	9x	10x
200m(50m)	0,3	0,7	1	1,4	1,7	2,1	2,4	2,8	3,1	3,5
300m	0,2	0,5	0,7	1	1,2	1,5	1,7	2	2,2	2,5
Number of Mouches	11x	12x	13x	14x	15x	16x	17x	18x	19x	20x
200m(50m)	3,8	4,2	4,5	4,9	5,2	5,6	5,9	6,3	6,6	7
300m	2,7	3	3,2	3,5	3,7	4	4,2	4,5	4,7	5



## 1.4 CLASSIFICATION

### 1.4.1 OVERALL INDIVIDUAL CLASSIFICATION

The result in each discipline gives points according to the scheme in par.1.3.

The overall individual classification will be obtained by adding the points achieved in the five disciplines.

The competitors will be classified according to the pentathlon point sums.

In case of a tie the competitors with equal sums will be placed on the same position, registered in alphabetical order and the following position number will be vacant. In case of a tie between medal winners, medals of the same value will be delivered. The following medal will be left vacant.

These principles will be applied to the classification (result list) in each discipline.

A competitor who does not present himself at the start or who retires in one of the five disciplines will not be excluded from the overall classification. He will receive 0 (zero) points in the discipline from which he has retired or not started.

### 1.4.2 OVERALL TEAM CLASSIFICATION

Each nation is represented by a team of five male (four female) competitors maximum. The best four male (three female) competitors count for the overall team classification.

Their points of the overall individual classification will be added. The teams will be ranked according to their pentathlon point sums.

In case of a tie, the same rules as in 1.4.1 are applicable to the team classification.

## 1.5 RECORDS

World records or Continental records can only be established according to CISM Regulations Edition 2011, Art. 8.36.

World records may only be acknowledged if doping tests according par. 1.7 have taken place.

In the overall classification records will be registered and certified for individual and team results. Records will also be registered and certified for the Obstacle Relay.

Any athlete or team establishing a CISM record is declared: "Holder of the CISM ... record"

Individual discipline records will be registered and certified provided the male pentathlete has obtained at least 5000 points (4800 points for female pentathletes) during the actual championship. In case of penalty the result cannot set any record.

If the competitor cannot complete all five disciplines of the competition for various reasons (e.g. an injury), it is a matter of judgement whether the record achieved in one discipline will be approved or not. The CSC MilPent will decide based upon former results in Military Pentathlon.

Equalising a record will be considered as establishing a new record. Equalised records will also be registered and certified.

The Organising Committee will present the valid records in the programme.



## 1.6 PACING& TRAINING

Pacing (pace making) is to run with or near a competitor or to give him physical help. Pacing (pace making) or to receive pace is forbidden and will be penalised (see Part A par. 18).

In all disciplines the Organising Committee barricades the range/tracks/lanes at a distance to prevent spectators, members of the team etc. from disturbing or pacing the competitors. Officials, members of the Technical Jury or any other persons authorised to be within the restricted area of the competition facilities are not allowed to coach or pace a competitor or communicate information on time to him.

Warming up or to train on the competition course/track/lane/etc except the officials training schedule is forbidden and will be penalized as intentional misconduct.

## 1.7 DOPING

Doping is forbidden.

The basic regulations of the Military Pentathlon doping control procedure are recorded in the CISM Regulations. The Military Pentathlon doping control methods are based on the IOC regulations.

Regarding the forbidden substances the respective latest edition of the IOC list published by the IOC's Medical Commission will be applied. Generally athletes shall be tested in all 5 disciplines and in the Obstacle Relay of Military Pentathlon during World and Continental Championships.

The exact number of tests as well as the decision which competitor shall be tested (doping control test plan) will be decided between the organiser, the President CSC (or his substitute according to Part A par. 5), the Official CISM Representative or the Continental Representative. Any discrepancy or conflict between different Anti-Doping Regulations (e.g. international federation's regulations and the CISM Anti-Doping Regulations) will be referred to the CISM Permanent Commission for Sport Medicine and the Discipline Commission.

All athletes setting a new world record must be tested.

## 1.8 PENALTIES

Competitor's misconduct is penalized by a reduction of 50 pentathlon points. Misconducts which affect the result have not to be penalized furthermore.

Penalties must be certified through a penalty form to be signed by one representative of the organizing committee and one TJ member (see Part C Annex 5B). Certified penalty forms must be delivered to the classification office right after the related race.

Severe and intolerable breaches of discipline and fairness will be penalized by disqualification. (Part A par. 19). Disqualification must be certified by the Technical Jury after consulting the Jury of Appeal. Disqualified competitor is not allowed to take part in the up-coming events of the competition.



## 2 SHOOTING

### 2.1 GENERAL

#### 2.1.1 SAFETY

The Organizing Committee must know the principles of range safety and take the necessary steps to apply them. The Organizing Committee bears the responsibility for safety. The Chief Range Officer is the highest authority at the shooting range. He is supported by range officers, responsible for several shooting lanes and the controllers at every firing point. The safety control after the shooting is conducted by the range officers.

The safety of shooters, range personnel and spectators requires continued and careful attention to rifle handling and caution in moving about the range. Self-discipline is necessary on the part of all. Where such self-discipline is lacking, it is the duty of range officials to enforce discipline and the duty of shooters and team officials to assist in such enforcement.

To ensure safety, all rifles must be handled with maximum care at all times. The rifle must not be removed from the firing line during the course of fire, except with the permission of the Chief Range Officer.

If a weapon has a safety system, the system must work. Otherwise this weapon cannot be used for the competition.

Dry fire and aiming exercises are permitted only on the firing line or in a designated area.

Rifles may only be loaded at the firing line and only after the command **"Load your weapons"** is given. At all other times the rifles must be kept unloaded. When not actually firing, all rifles must be unloaded and the bolt or action must be open. The action or breach must not be closed until the rifle is pointing down range in a safe direction.

During the competition the rifle may be laid down only with the action open.

Before the shooter leaves the firing point, the shooter must ascertain and the range officer must verify that the action is open and there are no cartridges in the chamber or magazine. In the interest of safety, a Technical Jury Member or a range officer may stop the shooting at any time. Shooters and team officials must notify range officers or Technical Jury Members immediately of any situation that may be dangerous or which may cause an accident.

In case of emergency or safety a signal (**long whistle blast**) and the emergency command **"Stop shooting, unload your weapons and open the action; dry fire is forbidden"** is given. The emergency command is also given when operating personnel are forward of the firing line (e.g. changing the targets).

Shooting must stop immediately and the shooters must unload their rifles, and make them safe. Shooting may only be resumed when the appropriate commands or signals "Load your weapons" and >>START<< are given again.

All competitors and other personnel in the immediate vicinity of the firing line are urged to wear earplugs, earmuffs, or similar ear protection. Ear protections incorporating any type of receiving devices are not permitted for shooters.

Smoking in the competition area is prohibited.

It is not permitted to use mobile telephones and flash photography in the competition area. The organiser shall also refrain from using such devices as they might disturb competitors.



### **2.1.2 REGULATIONS**

The following regulations govern the conduct of the shooting discipline of Military Pentathlon.

Cases not provided for as hereinafter set forth or cases in dispute will be decided by the Technical Jury.

### **2.1.3 ELEMENTS OF THE SHOOTING DISCIPLINE**

The shooting discipline consists of sighting shots and the competition shooting.

The competition shooting consists of:

- ❖ slow fire
- ❖ rapid fire

### **2.1.4 DISTANCE**

200 m or 300 m (+/- 0.75 m).

50 m distance (small bore rifle .22LR) may be adopted provided the weapons and ammunition supply by the organizer.

### **2.1.5 RANGE**

Open air or covered rifle range.

The range shall conform to the maximum extent with the range standards laid down in the respective ISSF General Technical Rules. (300 meters and 50 meters)

### **2.1.6 WEAPONS AND AMMUNITION**

300m Standard Rifle. Technical data, see par. 2.5.

The shooting event may be conducted with small bore rifle (.22LR) to be provided by the hosting country together with the ammunition. The weapons and ammunition shall conform to the maximum extent with the weapons and ammunition standards laid down in the respective ISSF General Technical Rules.

All types of ammunition can be used that may be fired without danger to competitors and range personnel. Tracer, armour-piercing and incendiary ammunition are prohibited. Weapons and ammunition must be provided by the team.

The organiser will facilitate entry of weapons and ammunition into the host country.

The organiser ensures the safekeeping of weapons and ammunition during the stay.

### **2.1.7 DRESS**

Dress and accessories have to comply with the regulations in par. 2.5.4.

The dress control of female competitors must be conducted by female referees.

### **2.1.8 EQUIPMENT CONTROL**

During training day prior to the competition each shooter's rifle and other equipment must be examined by the Equipment Control Section to ensure that it conforms to the rules. The shooter is responsible for presenting the rifle and equipment, including any questionable equipment and/or accessories for official inspection and approval.





The Organising Committee must inform team officials and shooters, in sufficient time prior to the competition, where and when they may have their equipment inspected.

Cases in question regarding equipment or dress will be brought to the attention of the Technical Jury.

The Equipment Control Section must register the name of the shooter, the make (manufacturer), serial number, and calibre of each weapon approved. All approved equipment must be marked with a seal or sticker.

Random checks of rifles and equipment must be made immediately after the heats. Verified incorrect requirement after the heat is penalized as misconduct. An equipment inspector, range officer or member of the Technical Jury (see par. 2.5.1) may pick up a shooter's equipment (including a rifle) for control without his permission, but in his presence and with his knowledge.

Approval of any equipment is valid only for the competition for which the inspection was made.

### **2.1.9 TARGETS**

Electronic targets are recommended. There must be a minimum of 1.20 m space between the targets. The unused targets must be covered or set in invisible position. The targets shall conform to the maximum extent with the targets standards laid down in the respective ISSF General Technical Rules. (300 meters and 50 meters)

#### **2.1.9.1 COMPETITION TARGET FOR SLOW FIRE AND RAPID FIRE**

The 300-metre/50-metre rifle target (according ISSF General Technical Rules) will be used. Separate targets will be used for slow and rapid fire.

For details see par. 2.5.6.

#### **2.1.9.2 ELECTRONIC SCORING SYSTEM**

The target must have the dimensions according ISSF General Technical Rules. The organiser is responsible for the proper functioning of the targets to prevent any malfunctions (e.g. because of already extensively used targets).

#### **2.1.9.3 SIGHTING TARGET**

Sighting targets must have the same dimensions as competition targets if paper targets are used. They must be clearly marked with a black diagonal stripe in the upper right hand corner of the target. The stripe must be clearly visible to the naked eye at 200 m under normal light conditions.

### **2.1.10 POSITION**

Prone.

The shooter may lie on the bare surface of the firing point or on the shooting mat, provided by the organizer, see par. 2.5.3.5. He may also use the mat by resting his elbows on it. The body is extended on the firing point with the head toward the target.

The rifle must be supported by both hands and one shoulder only. While aiming, the cheek may be placed against the rifle stock. The rifle may be supported by the sling, but the forend behind the left hand must not be supported by the shooting jacket. No part of the rifle must rest on the sling or its attachments. The rifle must not touch, or rest against,



any other point or object. Both forearms and sleeves of the shooting jacket forward of the elbow must be visibly raised from the surface of the firing point.

The shooter's sling (left) forearm must form an angle of not less than 30 degrees from the horizontal, measured from the axis of the forearm.

During sighting shots the Chief Range Officer should warn the competitor, no penalty is given to the competitor, however.

### **2.1.11 COACHING**

All types of coaching during the entire period of slow and rapid-fire are forbidden.

If a team official violates this rule the organizing committee or the technical jury will give him a warning. The team official displaying this lack of discipline for the second time must leave the vicinity of the firing line accompanied by one Technical Jury Member.

During the preparation period and the sighting shots one member of the mission (e.g. team captain or coach) is entitled to help his own shooter. He must be situated close to the shooter not disturbing other shooters by his activities (movement, voice).

While on the firing line during the slow and rapid-fire a shooter may only speak with range officials or members of the Technical Jury.

At least one member of the mission should be able to observe the shooter during the slow and rapid-fire in a designated area behind the range officials.

## **2.2 COMPETITION REGULATIONS**

All times given below refer to electronic scoring systems. Exceptions when using manual disk systems are mentioned explicitly.

Weapons may be loaded only after the command "Load your weapons" is given. The actual time of loading is at the discretion of the shooter.

### **2.2.1 SIGHTING FIRE**

Unlimited rounds in 5 minutes minimum up to 10 minutes maximum.

It takes place before the slow fire. After the announcement of "15 seconds remain" the signals >>START<< and >>STOP<< are given by short whistle blasts.

### **2.2.2 SLOW FIRE**

10 rounds in 10 minutes.

After the announcement of "15 seconds remain" the signals >>START<< and >>STOP<< are given by short whistle blasts. The slow fire will be started at the same time for all shooters participating in the same heat.



### 2.2.3 RAPID FIRE

10 rounds in 1 minute. When paper targets are used, the competitor will not get information on the result of the individual shots during the rapid fire series.

The rapid fire will be started at the same time for all shooters participating in the same heat.

After the announcement of "READY" the signals >>START<< and >>STOP<< are given by short whistle blasts.

### 2.2.4 SHOOTING PROCEDURE (TIME SEQUENCE AND COMMANDS)

Preparation: the monitors shall be ready; respectively the used targets shall be in a visible position.

After shooters have received permission from the Chief Range Officer to take position at the allocated firing point, they will have at least two minutes for preparation before the commands for the sighting shots are given. If a competitor is too late or if he does not take position at appropriate time he will not be allowed to shoot.

Time sequence and commands will be given by the Chief Range Officer.

0 time		"Shooters take position"
<i>Sighting fire</i>		
2 min 15 sec		"Sighting fire, unlimited shots in 10 min - Load your weapons"
2 min 25 sec	0 time	"Starting signal will come in 1 minute from - Now!"
3 min 15 sec	0 min 45 sec	"15 seconds remain"
3 min 30 sec	1 min	Signal >>START<< (short whistle blast)
13 min 15 sec	10 min 45 sec	"15 seconds remain"
13 min 30 sec	11 min	Signal >>STOP<< (short whistle blast)
13 min 35 sec	11 min 05 sec	"Shooters unload your weapons, coaches leave position"

*Coaches will leave the position without delay.*

#### *Slow fire*

14 min 15 sec		"Slow fire, 10 shots in 10 min - Load your weapons"
14 min 25 sec	0 time	"Starting signal will come in 1 minute from - Now!"
15 min 15 sec	0 min 45 sec	"15 seconds remain"
15 min 30 sec	1 min	Signal >>START<< (short whistle blast)
25 min 15 sec	10 min 45 sec	"15 seconds remain"
25 min 30 sec	11 min	Signal >>STOP<< (short whistle blast)
25 min 35 sec	11 min 05 sec	"Shooters unload your weapons"

#### *Rapid fire*

26 min 10 sec		"Rapid fire, 10 shots in 1 minute - Load your weapons"
26 min 25 sec	0 time	"Starting signal will come in 1 minute from - Now!"
27 min 15 sec	0 min 45 sec	"15 seconds remain"
27 min 25 sec	0 min 55 sec	"READY"
27 min 30 sec	1 min	Signal >>START<< (short whistle blast)
28 min 30 sec	2 min	Signal >>STOP<< (short whistle blast)
28 min 35 sec	2 min 05 sec	"Shooters unload your weapons, remove magazine and open the action!"
		Prepare for safety verification by the range officers -
		It is permitted to leave position after the safety control"



### **2.2.5 CONTROL**

A controller will be placed behind each shooter to count the number of shots fired and to control the marking. He observes if shots are fired before the signal >>START<< or after the signal >>STOP<<, and observes if competitors are not complying with the correct position. He will notify an incorrect position of a competitor to the Chief Range Officer.

When paper targets are used the sponsoring country will prepare arrangements to be able to differentiate hit marks in the same hole (especially for the rapid-fire). For example: A moveable sheet of cardboard (size approximately 80 x 70 cm) will be suspended behind the target sheet on the frame of the target. The cardboard shall be moved after each shot approx. 2-3 cm continuously from left to right, parallel to the target. During the sighting shots and the slow fire after each shot the target will be lowered and the bullet hole will be covered with a transparent, self-adhesive tape. A contrasting, self-adhesive tape to mark the location of the respective last shot will be overlaid. If in the course of the slow fire another shot hits the identical bullet hole, this bullet hole will not be covered with the tape.

### **2.2.6 MARKING**

#### **2.2.6.2 ELECTRONIC SCORING SYSTEMS**

The organiser must present the special conditions of the electronic scoring system being used. With regard to CISM World Championships or Continental Championships he will bring this to the notice of CSC MilPent (Part A, par. 3 will be applied). If any rule cannot be applied, CSC MilPent will act according to Part A par. 3. At International competitions the Technical Jury will act accordingly.

##### **2.2.6.2a NOT DISPLAYED SHOT ON THE MONITOR**

If during the slow fire a shot is not displayed on the monitor, the relevant competitor must immediately inform the nearest range officer which will ask for the presence of a technical jury member behind the interested shooting lane. Once having informed the range officer, the competitor must continue his/her slow fire session. In case of further missing shot on the screen, the range officer will take the decision on the prosecution of the fire session.

After the end of the involved heat, the classification office, in collaboration with the Technical Jury, will evaluate the data available in order to determine the fair score to the related competitor.

Upon request put forward by a Team Captain, the Organising Committee must provide clarification on not displayed shot on the monitor.

##### **2.2.6.3 PIT TARGET MARKING**

Sighting and slow fire shots will be indicated with value and position in accordance with par. 2.5.7.

### **2.2.7 FIRING MISHAPS**

Malfunctions, misfires, damage to weapons etc. caused by carelessness or mistakes are supported by the shooter. Allowable malfunctions are:

- cartridge failure
- firing pin failure
- extractor failure



If a shooter has a rifle or ammunition malfunction, he may have it repaired or continue shooting with another rifle, with the permission of the Chief Range Officer. If the repair or replacement is likely to take some time, the shooter, at his request, may be granted extra time by the Chief Range Officer.

If a substitute rifle is used it must be approved by the Equipment Control.

Extra time and additional sighting shots must only be granted if the interruption is not due to fault of the shooter.

If a shooter is interrupted for more than 5 consecutive minutes, he may have an additional 3 sighting shots at the sighting target at the beginning of his remaining shooting time together with any time extensions granted.

If a competitor has a malfunction or feels disturbed by the organisation, he must complain as soon as possible during the sighting shots or slow fire series by raising his hand or immediately after the rapid fire series.

If a competitor has a malfunction during the rapid fire, after being checked by the Technical Jury, he/she must leave the position immediately. The repetition of heat, provided the examination of the case, based on complains or protests, is decided by the Organizing Committee in cooperation with the Technical Jury. In such a case no coaching is permitted.

If the rapid fire series may be repeated, the score must be recorded as the total of the ten (10) lowest value hits on the target (see form Part C Annex 6A).

## **2.3 SCORING**

### **2.3.1 GENERAL**

The scoring of the targets will be done by the Classification Office.

When electronic scoring systems are used, the print out has to stay with the organiser until the end of the Military Pentathlon competition. Thereafter they may be handed over to the nations.

When paper targets are used the competition targets must be transported to the Classification Office immediately after each heat under suitable security (e.g. by using a locked container). One member of the Technical Jury supervises the scoring in the Classification Office, if paper targets are used.

### **2.3.2 CLASSIFICATION OFFICE OPERATIONS**

In the Classification Office the following scoring procedures must be undertaken:

- ◆ Determining the value of individual shots and the number of inner tens (mouches)
- ◆ Adding of shot values and deduction of shooting points from the slow and rapid fire results, if applicable
- ◆ Adding the individual series and determining the total result

Each official must certify his work by initialling the target, score card, or result list.

### **2.3.3 DETERMINING THE VALUE**

Shots in dispute on paper targets must be determined as to value by means of a gauge. The gauge may be inserted only once in any bullet hole. For this reason the use of a gauge must be marked on the target by the Classification Office Officials and the member of the Technical Jury, together with their initials. No appeal may be made against a result, which has been decided by means of the gauge. Such decisions on the value or number of shots are final and may not be appealed.

The bullet holes are scored according ISSF procedures, described in the ISSF General Technical Rules.



### 2.3.3.1 GAUGES FOR PAPER TARGETS

#### 300 m Standard Rifle:

measuring edge diameter:	8.00 mm (+0.05/-0.00 mm)
edge thickness:	0.50 mm approximately
spindle diameter:	according to the calibre being scored
spindle length:	10 mm to 15 mm

### 2.3.4 DISPLAY OF RESULTS OR PAPER TARGETS

The exact time when the display of the results board/paper targets commences will be marked on the result sheet or on the target sheet by an official of the Organising Committee.

## 2.4 CLASSIFICATION

The result for the shooting discipline is obtained by adding the shooting points for the slow fire and the rapid fire of the competitor. Also the number of inner tens (mouches) of the competitor must be notified. In case of equal shooting points all competitors who have recorded the same result shall be accorded the same place.

For conversion of shooting points and inner tens achieved into pentathlon points see par. 1.3 and Part C Annex 6B, 6C.

## 2.5 TECHNICAL REGULATIONS - SHOOTING

### 2.5.1 GENERAL

Shooters shall only use equipment and apparel that comply with the following rules. Anything (rifles, devices, equipment, accessories, etc.) which may give a shooter an advantage over others and which is not mentioned in these rules, or which is contrary to the spirit of the Military Pentathlon shooting regulations is prohibited. The shooter is responsible for submitting all equipment and apparel for official inspection and approval to the Equipment Control prior to the beginning of the competition.

The organizer must provide a complete set of gauges when paper targets are used and the necessary instruments for the different controls for the competitions.

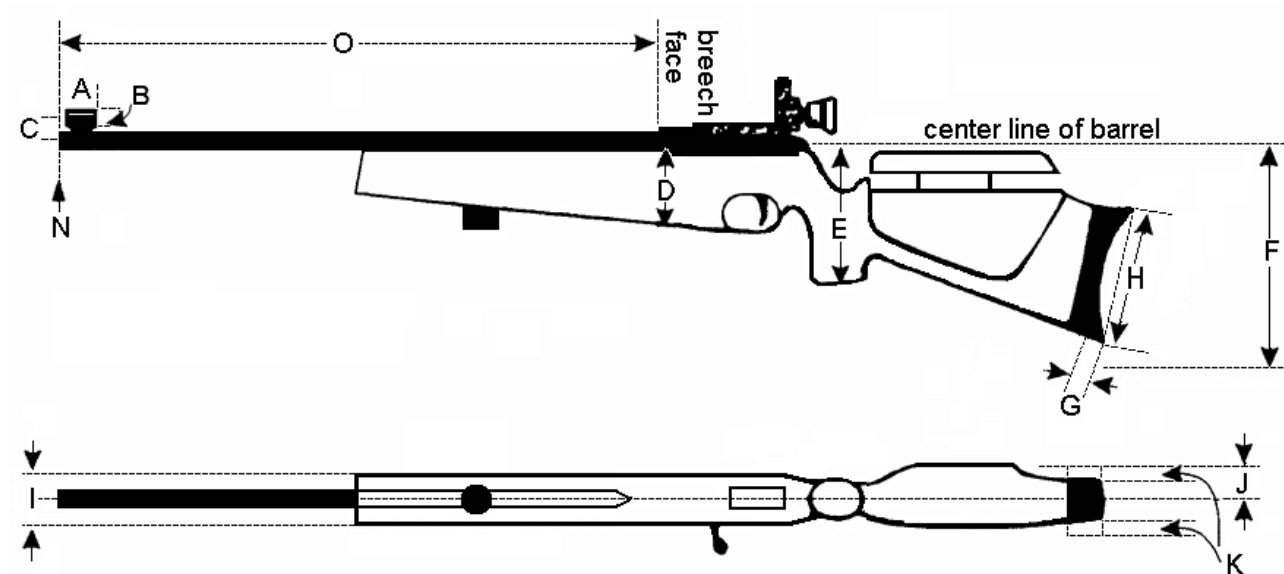
The Technical Jury has the right to examine a shooter's equipment and apparel at any time.



## 2.5.2 WEAPONS

### 2.5.2.1 SPECIFICATIONS

300m Standard Rifle, with 10 shots magazine maximum. The calibre must not exceed 8 mm.



**Figure 1:** Specifications for 300 m Standard Rifle

Measurements for dimensions C, D, E, F and J are from centreline of barrel.

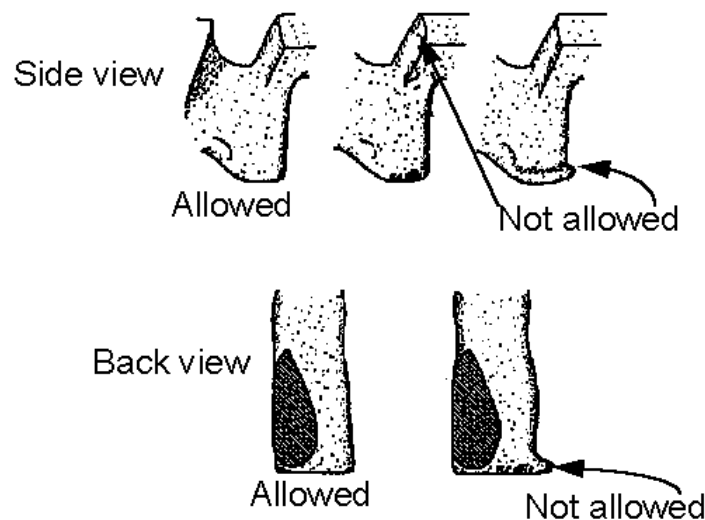
A	Length of front sight tunnel.....	50 mm
B	Diameter of front sight tunnel .....	25 mm
C	Distance from centre of the front sight ring or top of post to centre of bore either directly above or offset (except for those shooters firing from the right shoulder but using their left eye).....	40 mm
D	Depth of forend .....	90 mm
E	Lowest point of pistol grip .....	160 mm
F	Lowest point of stock or toe of butt plate with the butt plate in its maximum downward position.....	220 mm
G	Depth of curve of butt plate.....	20 mm
H	Heel to toe length of butt plate .....	153 mm
I	Total thickness (breadth) of forend .....	60 mm
J	Maximum distance of cheek piece from centre line of barrel .....	40 mm
K	Offset of butt plate parallel to the centre line of the normal end of the butt left or right.....	15 mm
L	Trigger weight, (must be measured with the barrel in a vertical position).....	min 1500 grams
M	Weight with sights and hand stop with empty magazine .....	max 5.50 kg
N	The front sight may not extend beyond the apparent muzzle of the rifle	
O	The overall length of the barrel including any extension tube, measured from the breach face to the apparent muzzle extension .....	max 762 mm



### 2.5.2.2 ADDITIONAL RESTRICTIONS

All conventional appearing 300 m rifles, which conform to the specifications shown in Figure 1 and with the following additional restrictions, are permitted:

- ◆ The use of compensators and muzzle brakes on rifles is prohibited.
- ◆ A set trigger is prohibited.
- ◆ The same rifle must be used for slow fire and rapid-fire (see par. 2.2.4).
- ◆ A thumb hole, thumb rest, palm rest, heel rest, and spirit level are prohibited (see Figure 2).
- ◆ If a stock is less than the maximum allowed in any dimension, it may be brought to the measurements shown in Figure 1. Any addition must conform to the existing form and in no case may the pistol grip or the forend be anatomically formed.
- ◆ The length of the stock and the position of the cheek piece must not be changed during the course of fire.
- ◆ Exterior weights are prohibited.
- ◆ Materials that give increased grip may not be added to the forend, pistol grip, butt plate, or lower part of the stock.
- ◆ Barrels and extension tubes must not be perforated in any way. Any construction or devices inside the barrel, or tubes, other than rifling and chambering for the cartridge are prohibited.
- ◆ Maximum width of mirage band 60 mm.



**Figure 2:** Pistol Grip - Heel rest

- ◆ A heel rest is any protrusion or extension on the front or side of the pistol grip designed to prevent the hand from slipping.
- ◆ A palm rest is any attachment or extension below the forend, which aids in the support of the rifle by the forward hand.





### **2.5.3 ACCESSORIES**

#### **2.5.3.1 SIGHTS**

Correcting lenses and telescopes must not be attached to the rifle. The shooter may wear correcting glasses.

Any sight not containing a lens or system of lenses is permitted. Light filters may be fitted to the front or rear sight.

A blinder may be attached to the rifle or the rear sight.

A prism or mirror device may be used when shooting from the right shoulder while aiming with the left eye or vice versa providing it does not have a magnifying lens or lenses. It must not be used when shooting from the right shoulder when using the right eye or from the left shoulder when using the left eye.

#### **2.5.3.2 SLINGS**

Maximum sling width is 40 mm. The sling must be worn only over the upper part of the left arm and from there be connected to the forend of the rifle stock for right hand shooters. The sling must pass along one side of the hand or wrist only. No part of the rifle may touch the sling or any of its attachments except at the sling swivel and hand stop. The hand stop is considered to be part of the rifle (see Figure 1, Point M, weight with sights and hand stop) but the sling is not.

#### **2.5.3.3 SPOTTING TELESCOPES**

The use of telescopes mounted off the rifle to locate shots is permitted.

#### **2.5.3.4 SHOOTING BOX OR BAG**

The shooting box or bag must not be placed forward of the shooter's forward shoulder on the firing line. The shooting box or bag must not be of such size or construction as to interfere with shooters on adjacent points or to constitute a windbreak.

#### **2.5.3.5 SHOOTING MATS**

Shooting mats provided by the organiser may be used provided they are not constructed or used in a manner to provide artificial rest or support.

The use of private ground cloths or private shooting mats is prohibited.

#### **2.5.3.6 CLOCK**

A clock (watch) for controlling the time is allowed.



## 2.5.4 CLOTHING REGULATION

### 2.5.4.1 GENERAL

The use of any special devices, means or garments which immobilise or unduly reduce the flexibility of the shooter's body or arms is prohibited in order to assure that the performance skills of the shooters are not artificially improved by special clothing.

All shooting clothing must be made of soft, flexible and pliable material, which does not materially change its physical characteristics under commonly accepted conditions in the shooting sport (for example become stiffer, thicker or harder).

All lining, padding and reinforcements must meet the same specifications. Any lining or padding must not be quilted, cross-stitched, glued, or otherwise affixed to the outer clothing layer other than at normal tailoring points.

All lining or padding must be measured as a part of the clothing.

Any item of clothing which fails to pass at the equipment control three times may not be resubmitted.

### 2.5.4.2 MEASURING DEVICE

The device used to measure the thickness of clothing must be capable of measuring to one-tenth (1/10) of a millimetre. Measurements will be taken with a 5-kilos-weight applied. The device must have two (2) round flat surfaces each 30 mm in diameter facing each other. The device must be calibrated in the presence of a member of the Technical Jury.

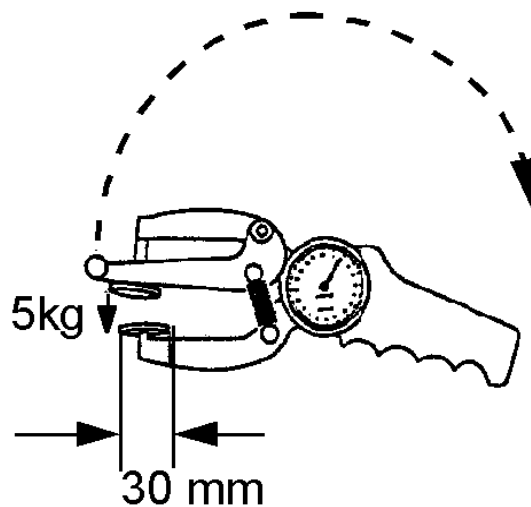


Figure 3: Device for measuring thickness



### 2.5.4.3 SHOOTING JACKET

All shooting jackets must be made of flexible material that does not materially change its physical characteristics, that is, become stiffer, thicker or harder, under commonly accepted shooting conditions. All lining, padding and reinforcements must meet the same specifications. Any lining or padding must not be quilted, cross-stitched, glued or otherwise affixed to the outer clothing layer other than at normal tailoring points. All lining or padding must be measured as a part of the clothing.

The body and sleeves of the jacket, including the lining, must not exceed 2.5 mm in single thickness and 5 mm in double thickness at any point where flat surfaces may be measured. The jacket must not be longer than the bottom of the balled fist shown in figure 4A.

Closure of the jacket may only be by non-adjustable means (e.g. buttons or zippers). This includes removable devices of any kind. The jacket must not overlap more than 100 mm at the closure.

The jacket must hang loosely on the wearer and to determine this, the jacket must be capable of being overlapped beyond the normal closure by at least 70 mm (the 70 mm are measured from the centre of the button to the outside edge of the button hole; figure 4B). The measurement will be taken with the arms at the sides.

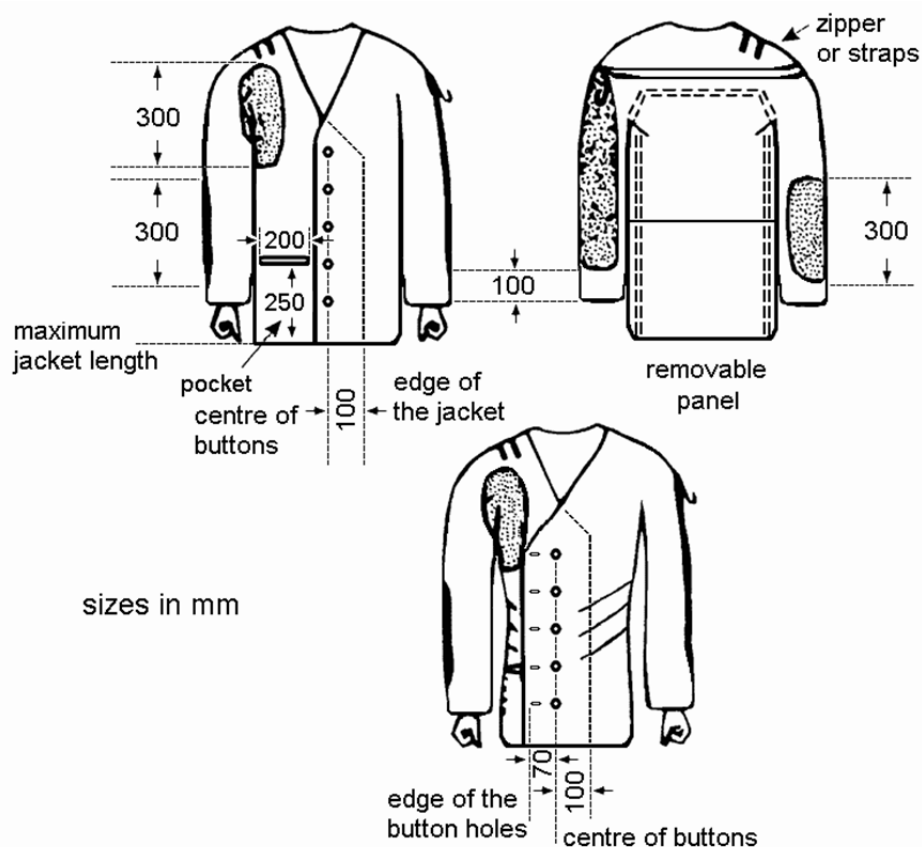
All straps, laces, bindings, seams, stitchings or devices that may be constructed as artificial support are prohibited. However it is permitted to have one zipper or not more than two straps to take up loose material in the area of the shoulder pad (figure 4A). No other zipper or other closing or tightening device is permitted other than those specified in these rules and figures.

The construction of the back panel may include more than one piece of material, including a band or strip on which the name or nation of the shooter may be affixed, provided that this construction does not materially stiffen or reduce the flexibility of the jacket.

An interchangeable back panel to give ventilation is permitted, provided that it is soft, flexible and pliable. The fastenings of this panel must be such that they do not stiffen the jacket or give additional support to the shooter. Each removable back panel must be approved by the Equipment Control. All panels for one jacket must be the same width and length.

In the prone position, the sleeve of the shooting jacket must not extend beyond the wrist of the arm on which the sling is attached. The sleeve must not be placed between the hand or glove and at the forend of the stock, when the shooter is in the shooting position.

No velcro, sticky substance, liquid or spray may be applied to the outside or inside of the jacket, pads or equipment. Roughening the material of the jacket is permitted.



**Figure 4:** Shooting Jacket

#### 2.5.4.4 TROUSERS

Long tracksuit trousers.

#### 2.5.4.5 SHOES

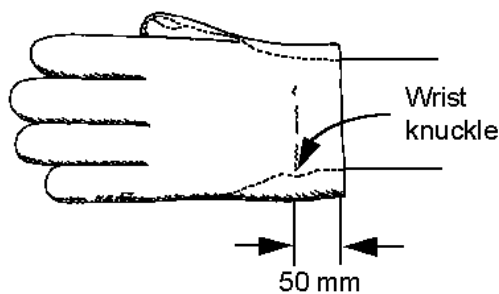
Free and compulsory.

#### 2.5.4.6 SHOOTING GLOVES

Material as specified in par. 2.5.4.3.

Total thickness must not exceed 12 mm measuring front and back materials together at any point other than on seams and joints.

The glove must not extend more than 50 mm above the wrist measured from the centre of the wrist knuckle (figure 5). Any strap or other closure device at the wrist is prohibited. However, a portion of the wrist may be elasticised to enable the glove to be put on, but it must leave the glove loose around the wrist.



**Figure 5:** Shooting Gloves



#### 2.5.4.7 DRESSING THE SHOOTER

Clothing worn under the shooting jacket must not be thicker than 2.5 mm single thickness or 5 mm double thickness. Only normal personal undergarments and/or training clothing that does not stabilise may be worn under the shooting jacket.

Any other undergarments are prohibited.

#### 2.5.4.8 REINFORCEMENTS AND PADDINGS

Jackets meeting the requirements in par. 2.5.4.3 may have reinforcement patches added only to their outside surfaces subject to the following limitations:

Maximum thickness, including jacket material and all linings: 10 mm single thickness or 20 mm doubled.

Reinforcements may be added on both elbows to one-half (1/2) the circumference of the sleeve. On the arm, which holds the sling, the reinforcement may extend from the upper arm to a point 100 mm from the end of the sleeve. The reinforcement on the opposite arm may have a maximum length of 300 mm.

Only one hook, loop, button or similar device may be fastened to the outside of the sleeve or shoulder seam on the sling arm to prevent the sling from sliding.

Reinforcement on the shoulder where the butt plate rests must not be longer than 300 mm in the longest dimension.

All inside pockets are prohibited.



### 2.5.5 SHOOTING STATION

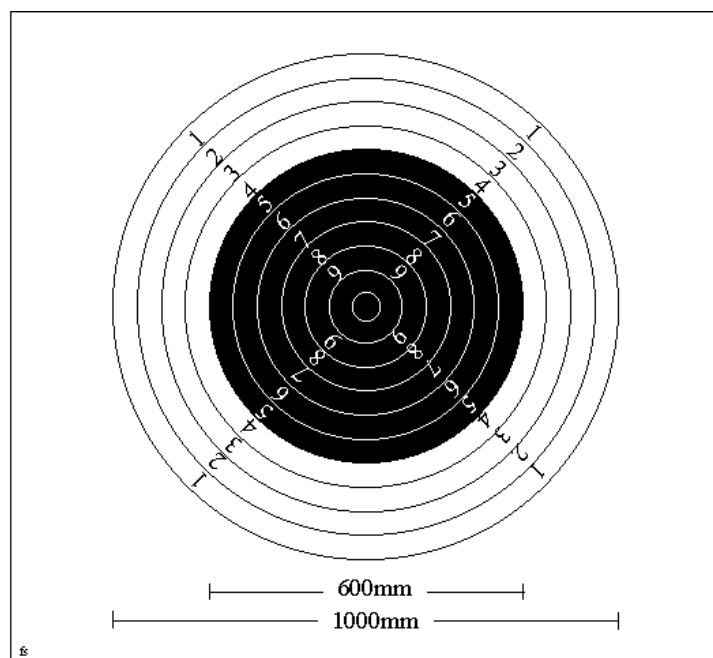
The size of the firing point shall normally not be less than 160 cm wide and 250 cm long. The width of the space may be reduced only if the dividing screens are so constructed that the shooter in prone position can put his left leg in his neighbour's firing point without disturbing him. Provision must be made for left handed shooters.

If the requirements mentioned above cannot be met, left handed shooters will be given due consideration by the Organising Committee when being allocated their firing position (be placed at the far right of the firing points).

### 2.5.6 TARGET SPECIFICATIONS

#### 2.5.6.1 TARGET DIMENSIONS 200 m and 300 m

300 m ISSF Rifle Target.



**Figure 6: 300 Metre Rifle Target**

10 ring	100 mm ( $\pm 0.5$ )	5 ring	600 mm
9 ring	200 mm ( $\pm 1.0$ )	4 ring	700 mm
8 ring	300 mm ( $\pm 1.0$ )	3 ring	800 mm
7 ring	400 mm	2 ring	900 mm
6 ring	500 mm	1 ring	1000 mm

Minimum visible size of the target card ..... 1300 mm x 1300 mm

Black from 5 to 10 rings ..... 600 mm

Inner Ten (X-ring) in diameter ..... 50 mm ( $\pm 0.5$  mm) (non-scoring)

Ring thickness..... 1 mm to 2 mm

Permitted deviation from specified dimensions for rings 1-7 ..... max  $\pm 3.0$  mm

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



#### 2.5.6.2 TARGET PAPER

The target paper must be of a non-reflecting colour or material so that the black aiming area or bull's eye (centre) is clearly visible under normal light conditions at 200 m. The target paper and scoring rings must retain dimensional accuracy under all weather and climate conditions. The target paper must register bullet holes without excessive tearing or distortion.

Scoring ring values 1-9 are printed in the scoring zones, in diagonal planes at right angles to each other.

The 10-point zone is not marked with a number.

Paper targets will be changed after each slow fire series and each rapid fire series.

#### 2.5.6.3 TARGET DIMENSIONS 50 m

50 m ISSF LR targets.

### 2.5.7 PIT TARGET MARKING

#### 2.5.7.1 GENERAL

Sighting and slow fire shots will be individually marked by value and location.

After each fired shot the marker will:

- lower the target
- determine the location of the shot, mark it and cover the hole with a transparent self-adhesive tape
- raise the target
- indicate the value and location of the hit

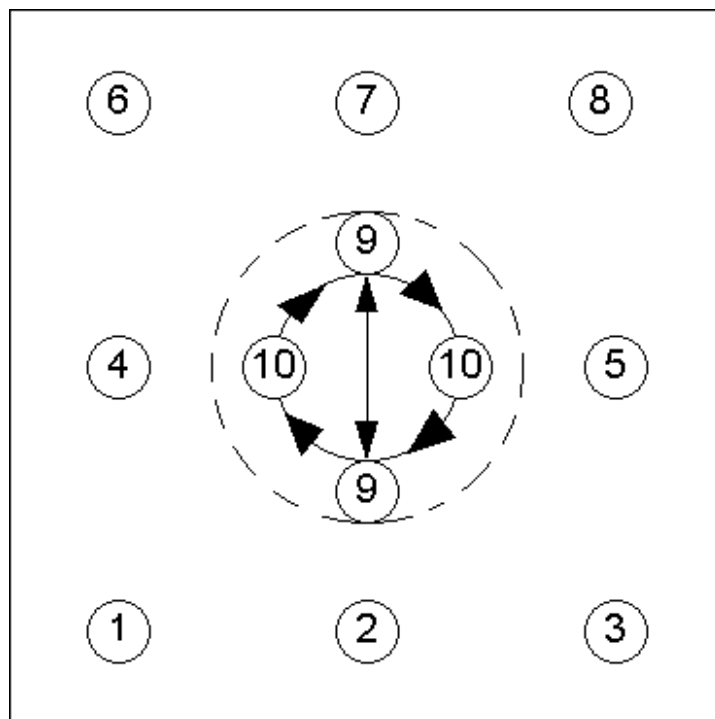
#### 2.5.7.2 DISKING SYSTEM

A disking system is used to indicate shot values. It shall be done by means of the thin circular disk 200 to 250 mm in diameter, painted black on one side and white on the other mounted on a thin staff.

- The marking will be done rapidly without unnecessary delay.
- The score value will be shown first, then the location of the hit.
- The value of hits shall be shown as follows:
  - The value of the 1, 2, 3, 4, 5, 6, 7 and 8 hits will be shown by placing the disk, dark side towards the firing line, on the appropriate spot on the target frame in the raised position as shown in Figure 7.
  - If the hit is in a nine, the disk is moved up and down several times over the black aiming mark on the target with the white side of the disk facing the firing line. If the hit is a ten, the disk, with the white side facing the firing line, is moved in a clockwise circle in front of the black aiming mark.
  - An inner-ten will be shown by waving the disk in front of the black field on the target.
  - A shot that does not hit the target is marked only by moving the black side of the marking disk three or four times sideways across the face of the target.



- If the hit is on the target card, but not in the scoring area, it is marked by first indicating a miss and then by showing the position of the hit.
- The location of the individual hit will be indicated by moving the disk twice from the outside of the target (coming from the direction of the hit hole) to the centre of the target.



**Figure 7: Shot signalling diagram**

## 2.6 REGULATIONS FOR FEMALE COMPETITORS

The same regulations will apply to male and female competitors. Male and female competitors are permitted to shoot together. For conversion of shooting points and inner tens achieved into pentathlon points see par. 1.3. and Part C Annex 6B, 6C.





### **3 OBSTACLE RUN**

#### **3.1 GENERAL**

The length of the course is 500 m and consists of 20 standardised obstacles.

#### **3.2 TRACK**

The contest will be held on one or several lanes, provided that all lanes are identical. Each competitor will run in his own lane. It is not permitted the trespassing of the lane between the obstacles.

#### **3.3 OBSTACLES**

The obstacles will be constructed and placed on the track in accordance with the descriptions and the sketches in par. 3.9.

The method of negotiating each obstacle is defined in par. 3.9.2. The style is left to the competitor's choice unless otherwise prescribed in par. 3.9.2.

Incorrect trespassing of obstacle is penalised as misconduct. In case of misconduct, the competitor is not requested to repeat the obstacle.

The organizing committee will adopt the most suitable equipment to allow the verification of the correct/incorrect passing of the obstacles.

#### **3.4 STARTING PROCEDURE**

The starting order is described in par. 1.2.2. The start will be given only when the preceding competitors have passed the finishing line. Command: "on your marks - go! (partez, los, signal)". If a competitor starts too early the heat will be stopped and a restart is made.

Crossing the starting line before the starting signal (procedure) is forbidden and will be penalized.

#### **3.5 TIME KEEPING**

For general procedure see par. 4.8.1. Manual timing or electronic equipment will be used. When timing to 1/100 sec or 1/1000 sec is used, only the first digit shall be recorded or used to determine the time.

The second digit will be used to round up the time to the next longer 1/10 sec.

Example: 2 min 23.20 sec = 2:23.2 min, 2 min 23.21 sec = 2:23.3 min, 2 min 23.25 sec = 2:23.3 min

#### **3.6 CLASSIFICATION**

In the event of equal times all competitors who have recorded the same time at 1/10 sec shall be accorded the same place. For conversion of times achieved into pentathlon points see par. 1.3 and Part C Annex 7.

#### **3.7 DRESS**

Minimum a coat or shirt with long sleeves, long trousers (ankle length), and shoes at the competitor's discretion (except nailed shoes) are required. Coat and trousers may be replaced by a one-piece-suit.

At World and Continental Championships competitors must wear competition dress, which allows identifying the nationality easily (e.g. identical colour or lettering).

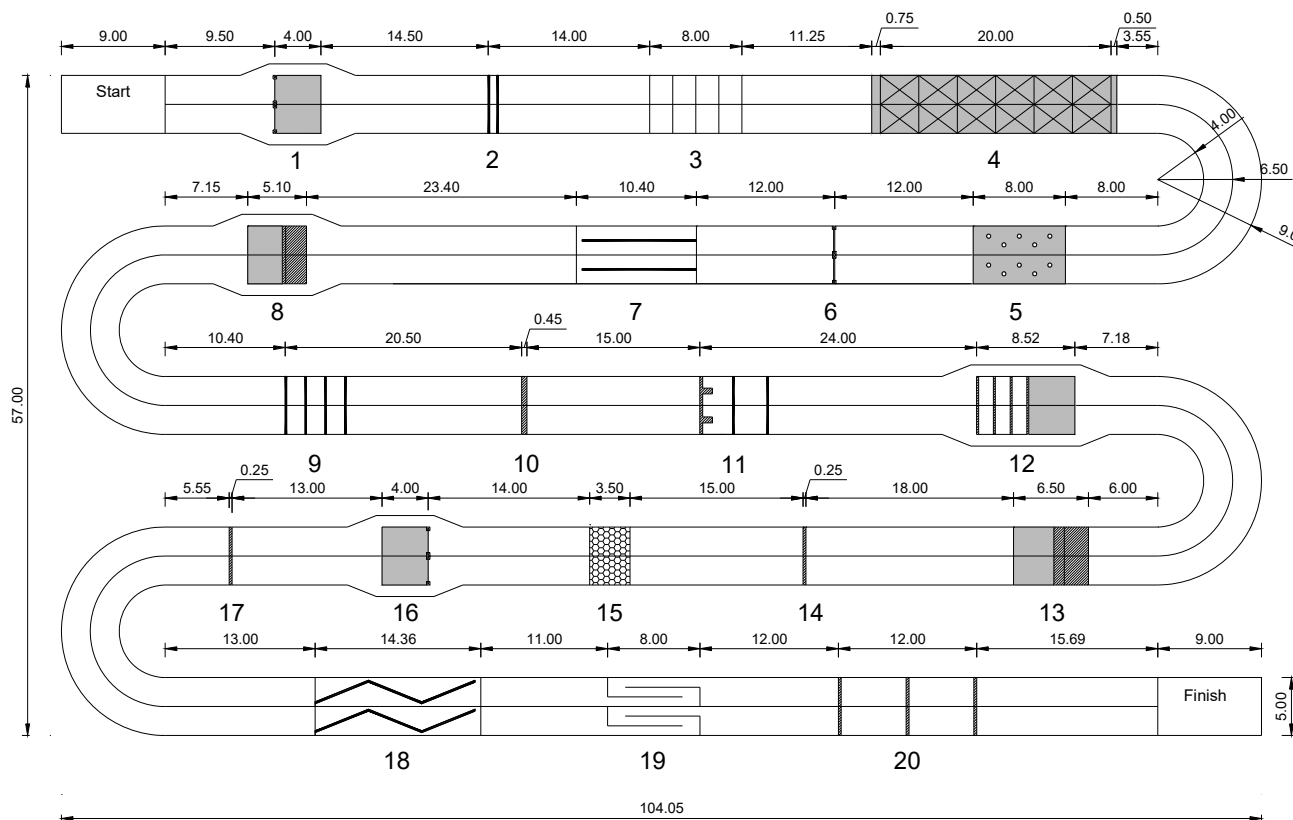


### 3.8 TRAINING

Each nation (max. 10 Athletes par lane) will have one opportunity to practise on the obstacle course prior to the actual contest, lasting not less than 30 minutes. The organiser may offer additional training opportunities, which must be given to all nations equally.

### 3.9 EXPLANATORY FIGURES

#### 3.9.1 OBSTACLE COURSE REQUIREMENTS



**Figure 8:** Obstacle course

The length of the obstacle course is 500 m. The track comprises 20 obstacles placed at 10 m intervals at least. Each lane should have a width of 2.50 m. The minimum width is 2 m. The course must be measured 0.3 m from the inner edge. The actual running distance is not taken into account (e.g. obstacle no. 19). The form of the course is left to the discretion of the organiser depending upon the area available. For World and Continental Championships a course with at least two lanes must be ensured. The surface must be firm. The prepared earth in the landing pits shall be flat. Heaped up sand should be avoided. Lines marking the beginning and the end of an obstacle are part of the obstacle. At least four identical cones will be placed in the curves.

#### 3.9.2 DESCRIPTIONS OF THE OBSTACLES AND REQUIREMENTS FOR CROSSING

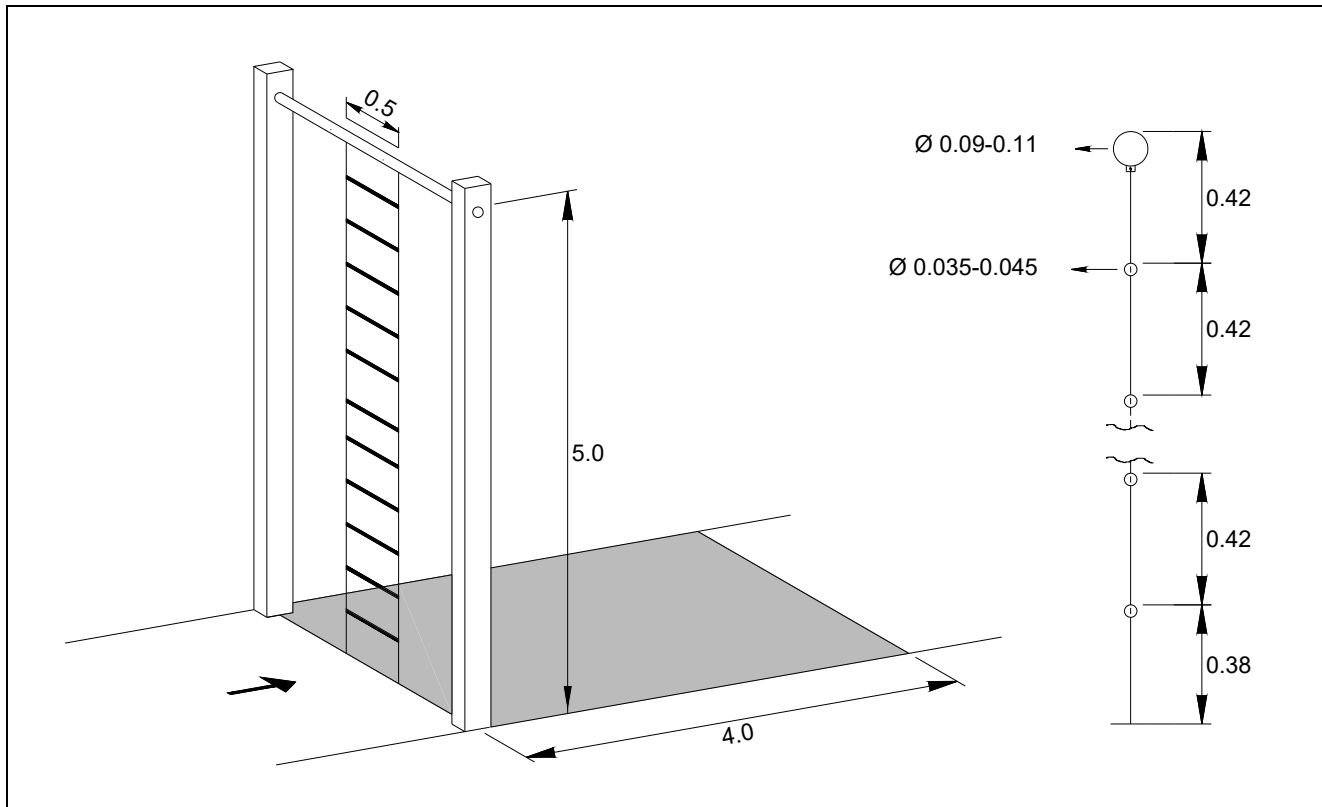
If the dimensions laid down hereinafter cannot be met at already existing obstacle courses, in the case of a World or Continental Championship this must be brought to the attention of the CSC MilPent according Part A par. 3.

All measurements which are not mentioned below explicitly (see characteristics) are according sketch. All dimensions in the sketches are given in metres.

Remark:

Within the tolerance permitted (9.0 – 11.0 cm) for the bars at obstacles no. 1, 6, and 16 standardised tubes are available internationally in the following dimensions: 9.3 cm; 10.16 cm; 10.40 cm; 10.80 cm.

Within the tolerance permitted (11.0 – 13.0 cm) for the beams at obstacles no. 2, 9, and 11 standardised tubes are available internationally in the following dimensions: 11.43 cm; 12.7 cm.

**OBSTACLE 1****ROPE LADDER**Characteristics

The ladder must be fixed to the earth.

Height ..... 5.0 m

Number of rungs ..... 11

Width of rungs ..... 0.5 m

Diameter of rungs ..... 3.5 - 4.5 cm

Diameter of crossbar (must be tubular) ..... 9.0 - 11.0 cm

Length of landing pit ..... 4.0 m

The distance between the upper side of the rungs as well as the distance between the last rung and the upper side of the crossbar must be equal (some flexibility because of reasons of construction is possible between ground and first rung only)

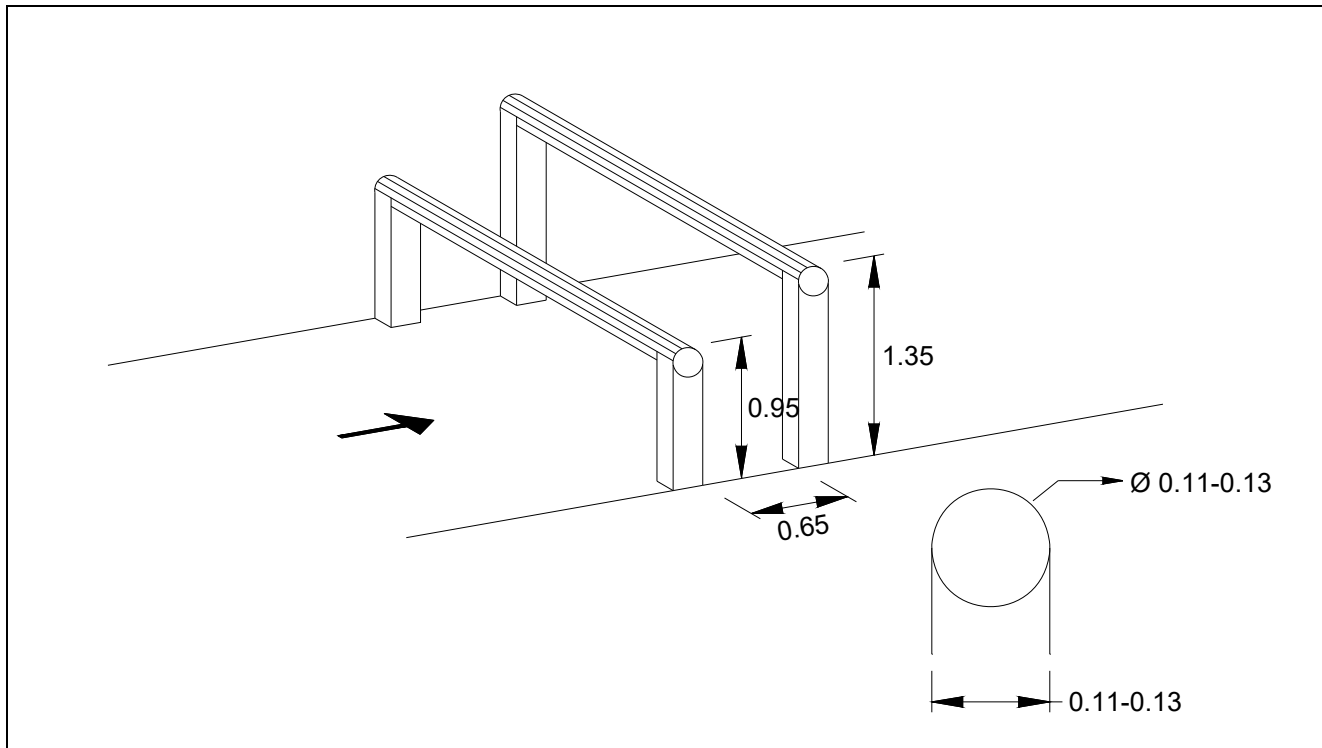
To ensure unhindered crossing of the crossbar the ladder must be fixed at the lower edge of the bar only.

It is recommended to expand the firm surface of the lanes on both sides of the obstacle (passages) to enable unhindered passing for female competitors (see par. 3.10 figure 9).

Crossing

Free style climbing.

Cross the bar and descend or jump down to the prepared ground on the opposite side.

**OBSTACLE 2****DOUBLE BEAM**Characteristics

Height of 1st beam (upper edge)..... 0.95 m

Height of 2nd beam (upper edge) ..... 1.35 m

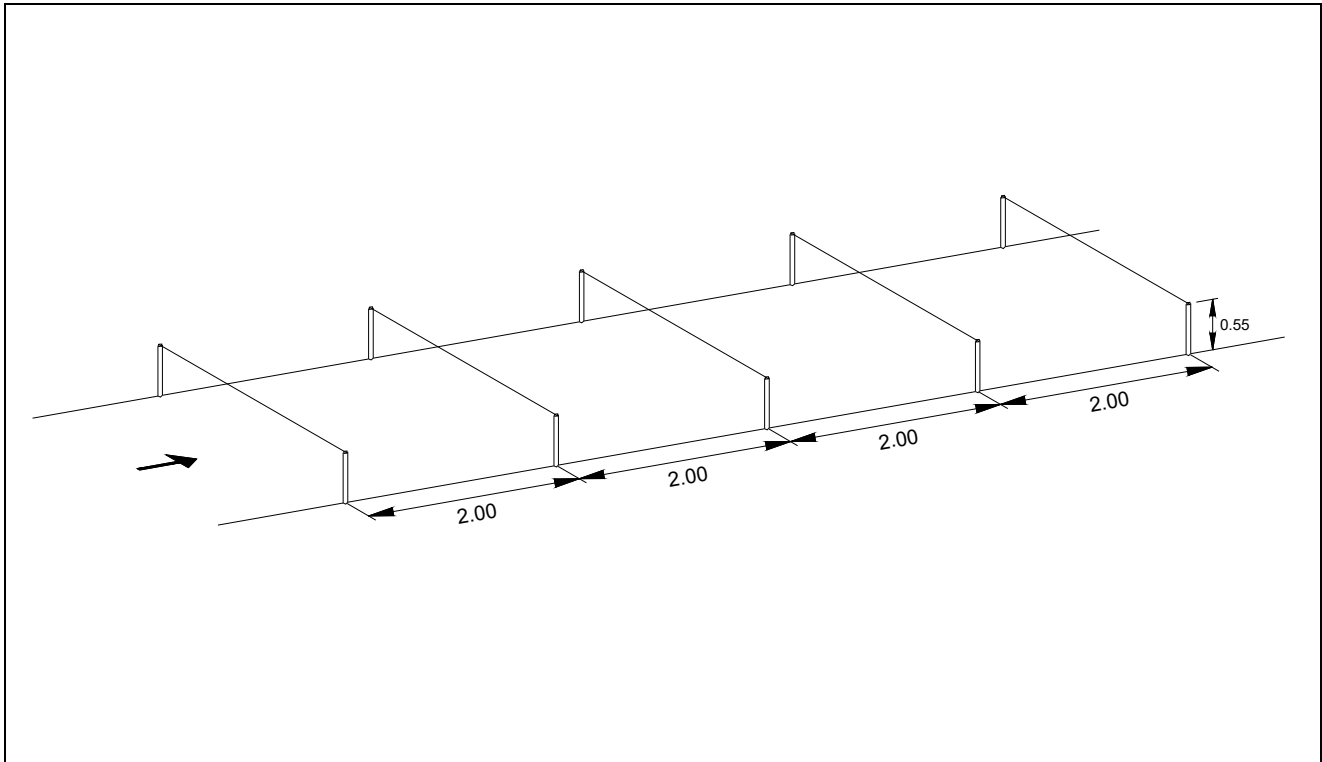
Distance between the beams (horizontal plane)..... 0.65 m

Dimensions of the beams:

Diameter of tubular beams ..... 11.0 - 13.0 cm

Crossing

Jump onto the first beam, make contact with the ground between the two beams, and then pass over the second beam.

**OBSTACLE 3****TRIP WIRE**Characteristics

5 elastic wires, coloured or marked to make them very visible and placed at an interval of..... 2.0 m

Height above ground..... 0.55 m

Diameter of the wire .....minimum 7 mm

Wires in one lane must be fixed independently from wires in other lanes.

Material with limited elasticity will be used. Maximum elasticity shall be 50 cm in running direction.

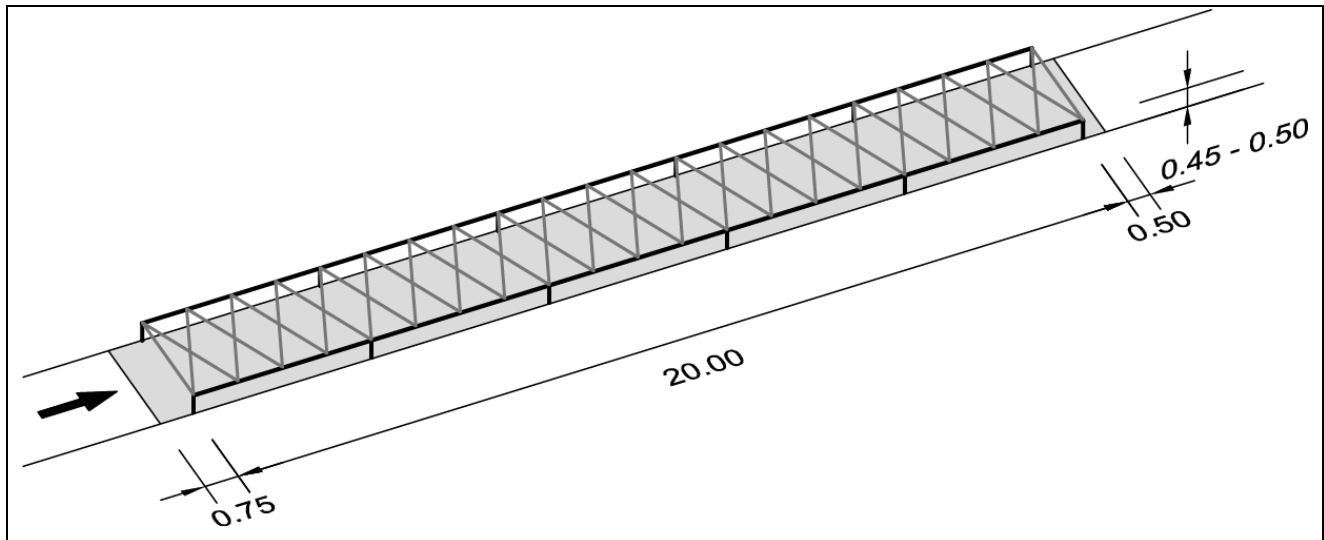
For safety reasons the wires must be absolutely securely fixed (e. g. snap hook).

Crossing

Wires to be hurdled.

Jump over each one of the 5 wires successively and in a free style.

Touching or stretching the wires is permitted whereas deliberately jumping on the wires is forbidden.

**OBSTACLE 4****NETWORK OF WIRES**Characteristics

Length of the network..... 20.0 m

Height ..... 0.45 - 0.5 m

The surface of the ground under the network must be supple and should commence 0.75 m in front of and end 0.50 m behind the network.

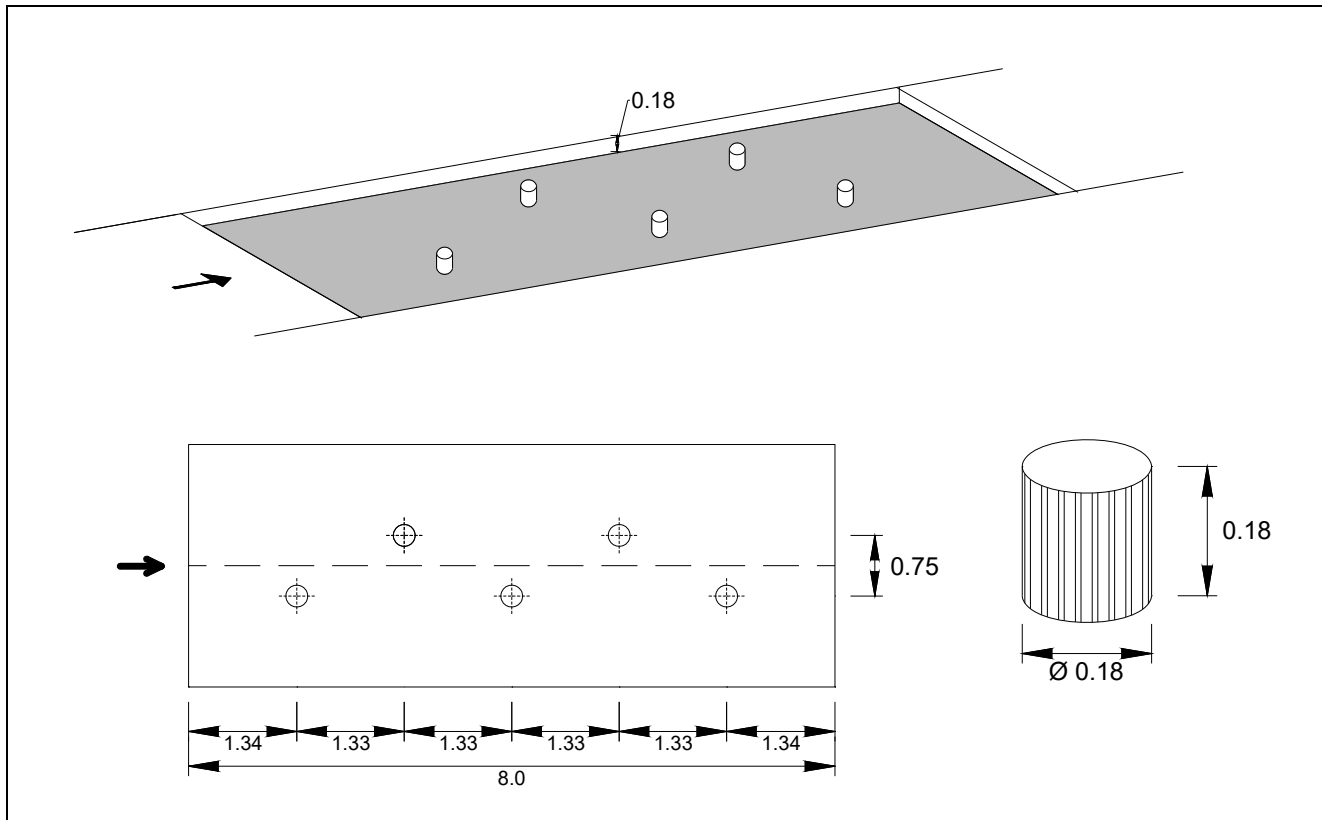
The network must be fixed and be of non-stretchable material.

The wires marking the beginning and the end of the network must be of material with some elasticity.

They must be absolutely securely fixed (e.g. snap hook).

Crossing

Free style crawling underneath the network.

**OBSTACLE 5****FORD**Characteristics

Length of the ford ..... 8.0 m

Depth of the ford ..... 0.18 m

5 cylindrical pots

Height ..... 0.18 m

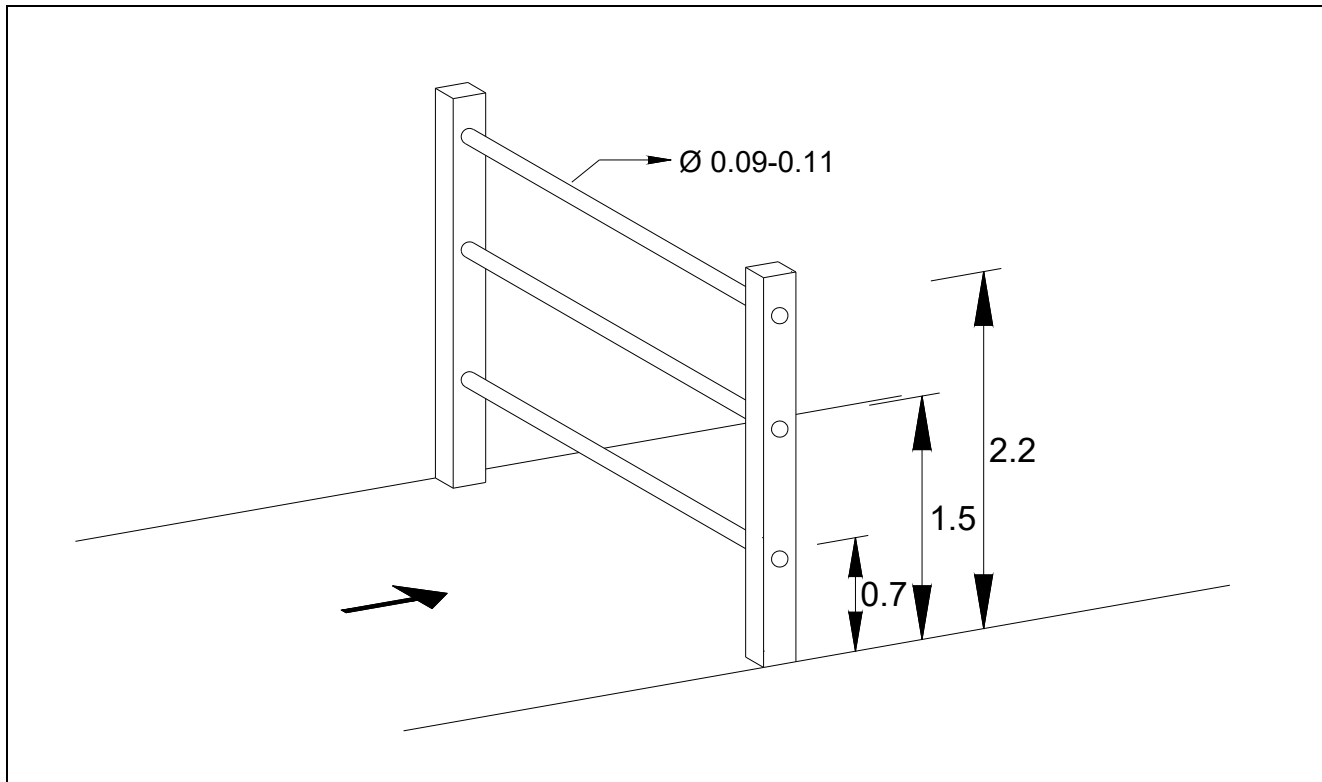
Diameter ..... 0.18 m

The position of the pots must be according sketch (all distances are measured from the centre).

The ground between the pots must be soft so that incorrect passing (stepping on the ground) is detectable.

Crossing

Cross the ford by stepping on the pots only. It is forbidden to have contact with the ground between the two lines, limiting the ford. There is no obligation to use all pots.

**OBSTACLE 6****ESPALIER**Characteristics

3 horizontal tubular bars

Height of highest bar (upper edge) ..... 2.2 m

Height of middle bar (upper edge)..... 1.5 m

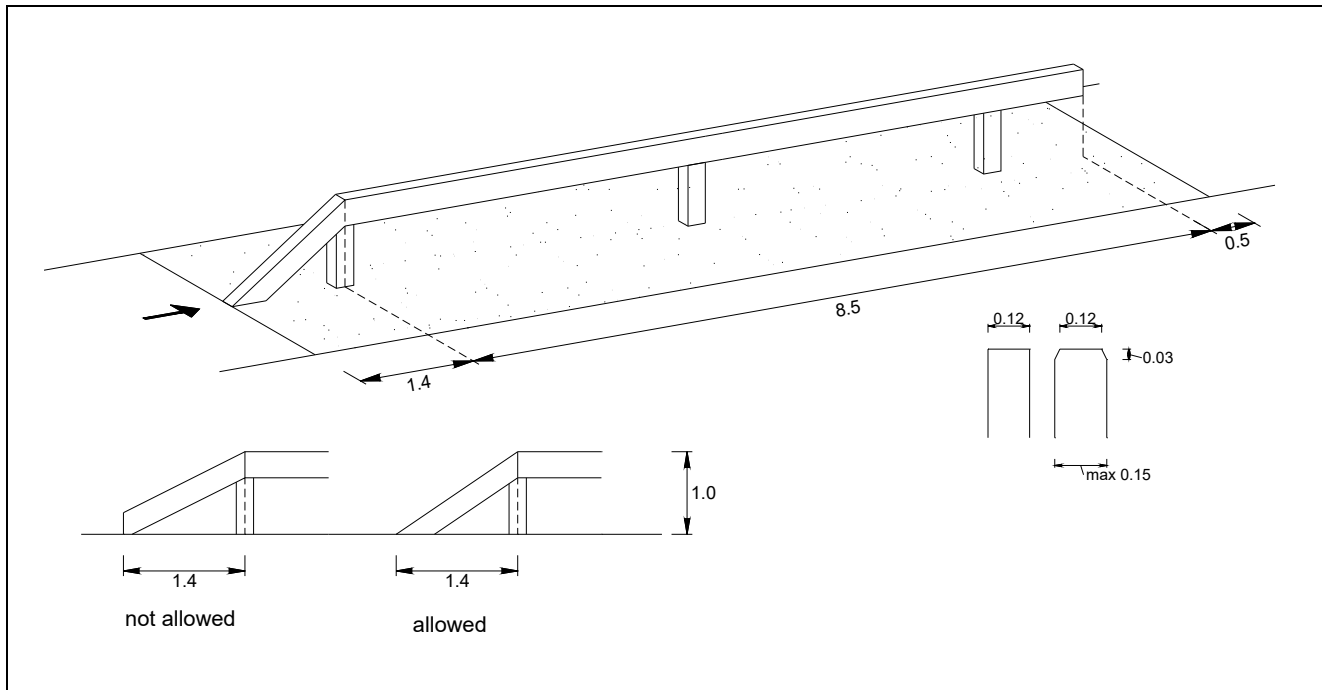
Height of lower bar (upper edge)..... 0.7 m

Dimensions of the bars ..... 9.0 - 11.0 cm

Crossing

All styles are permitted provided that the top bar is crossed.

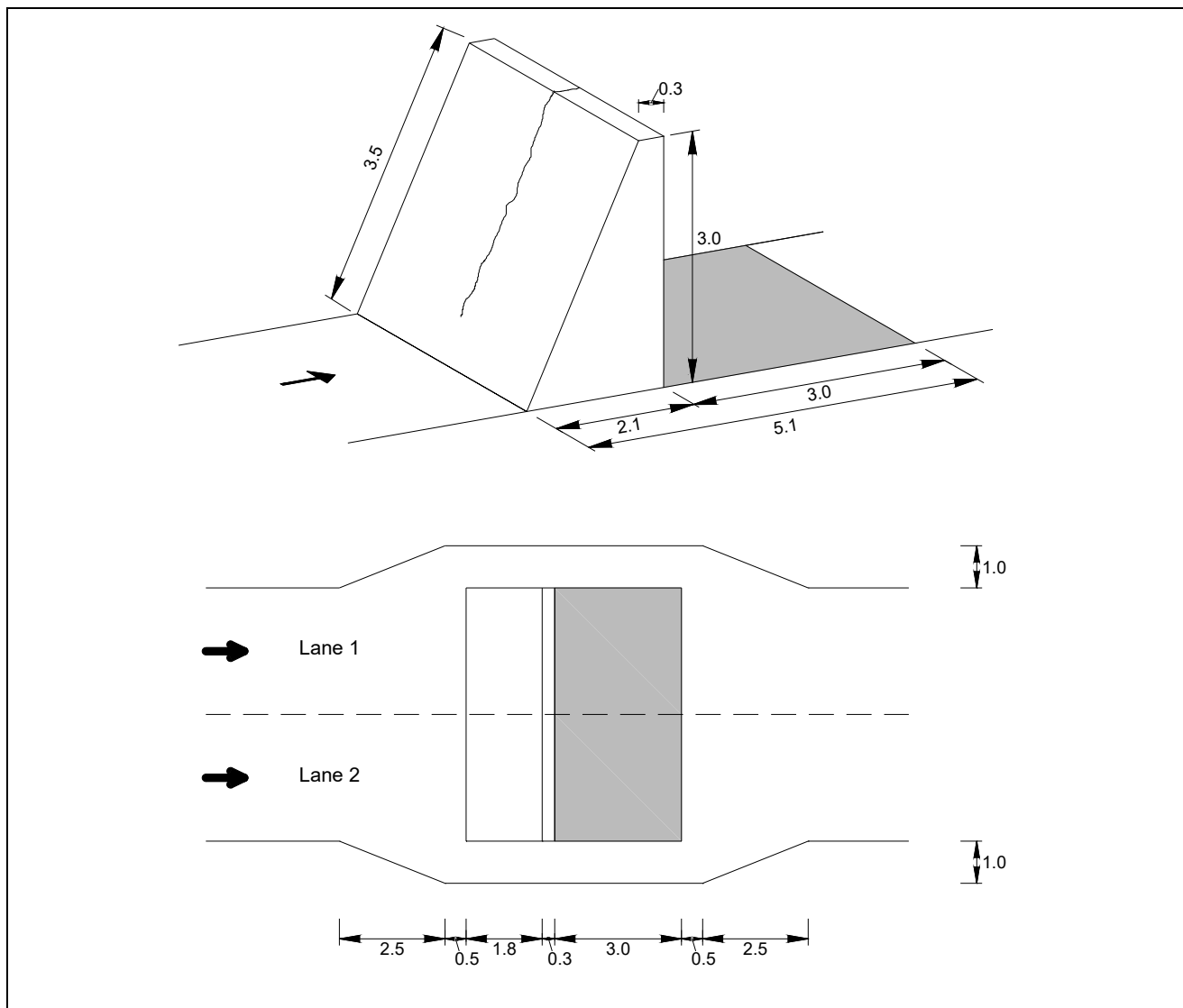


**OBSTACLE 7****BALANCE BEAM**Characteristics

Total length of the obstacle between the two limiting lines.....	10.4 m
Height of the horizontal beam (upper edge) .....	1.0 m
Length of the horizontal beam .....	8.5 m
Ground distance from the beginning of the sloping plank to the beginning of the horizontal beam .....	1.4 m
Width of the flat top side and of the sloping plank.....	12 cm
Two limiting lines (width 5 cm) are part of the obstacle. The first line is placed at the beginning of the obstacle (0 – 5 cm), the other 45 – 50 cm beyond the end of the horizontal beam.	

Crossing

Mount the beam ahead of the first line. Cross it lengthwise. At the far end jump to the ground beyond the limiting line. Between the two lines, loss of balance resulting in contact with the ground is considered a fault.

**OBSTACLE 8****SLOPING WALL WITH ROPE**Characteristics

Height ..... 3.0 m

Width of the flat top..... 0.3 m

Ground distance of the sloping side..... 1.8 m

Length of the sloping side of the wall..... 3.5 m

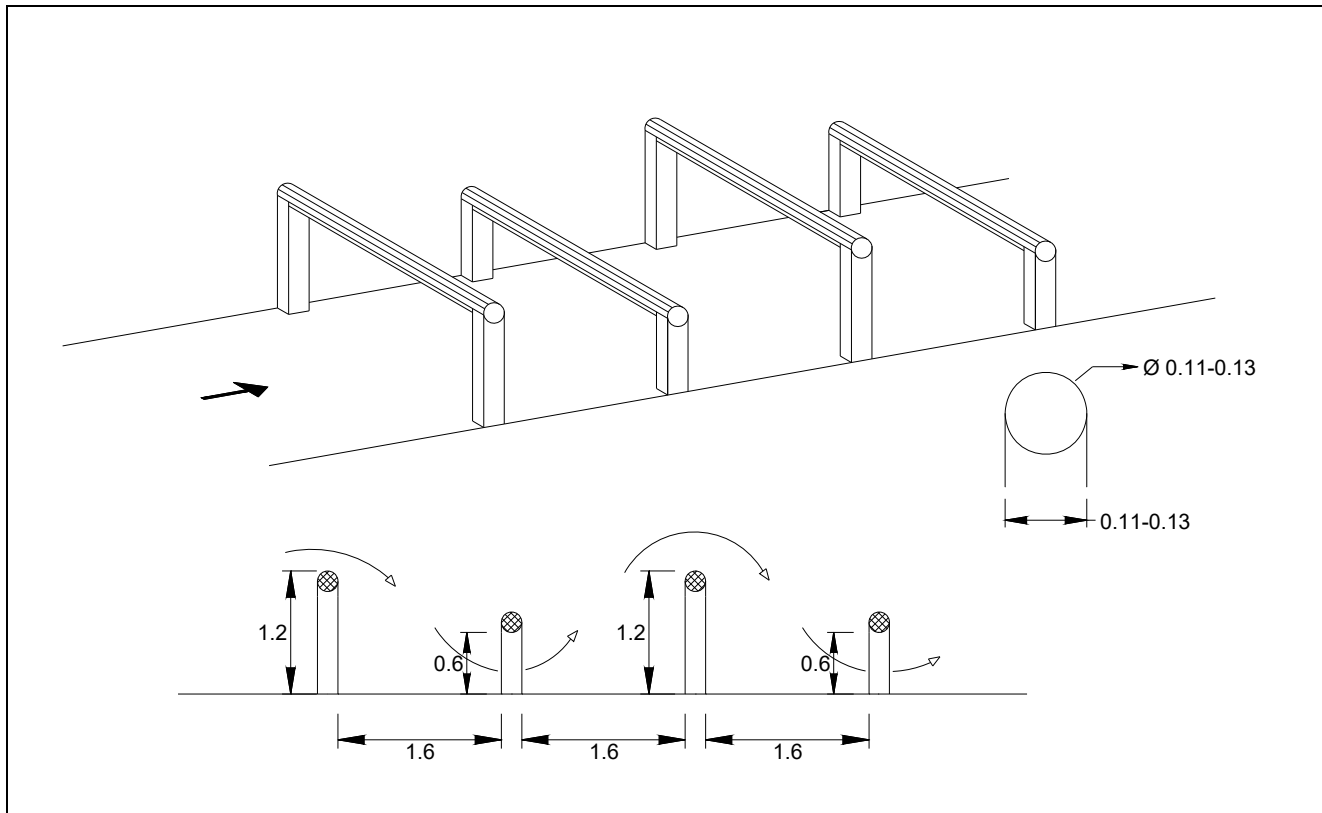
Length of the base of the wall..... 2.1 m

Length of landing pit ..... 3.0 m

It is recommended to expand the firm surface of the lanes on both sides of the obstacle (passages) to enable unhindered passing for female competitors.

Crossing

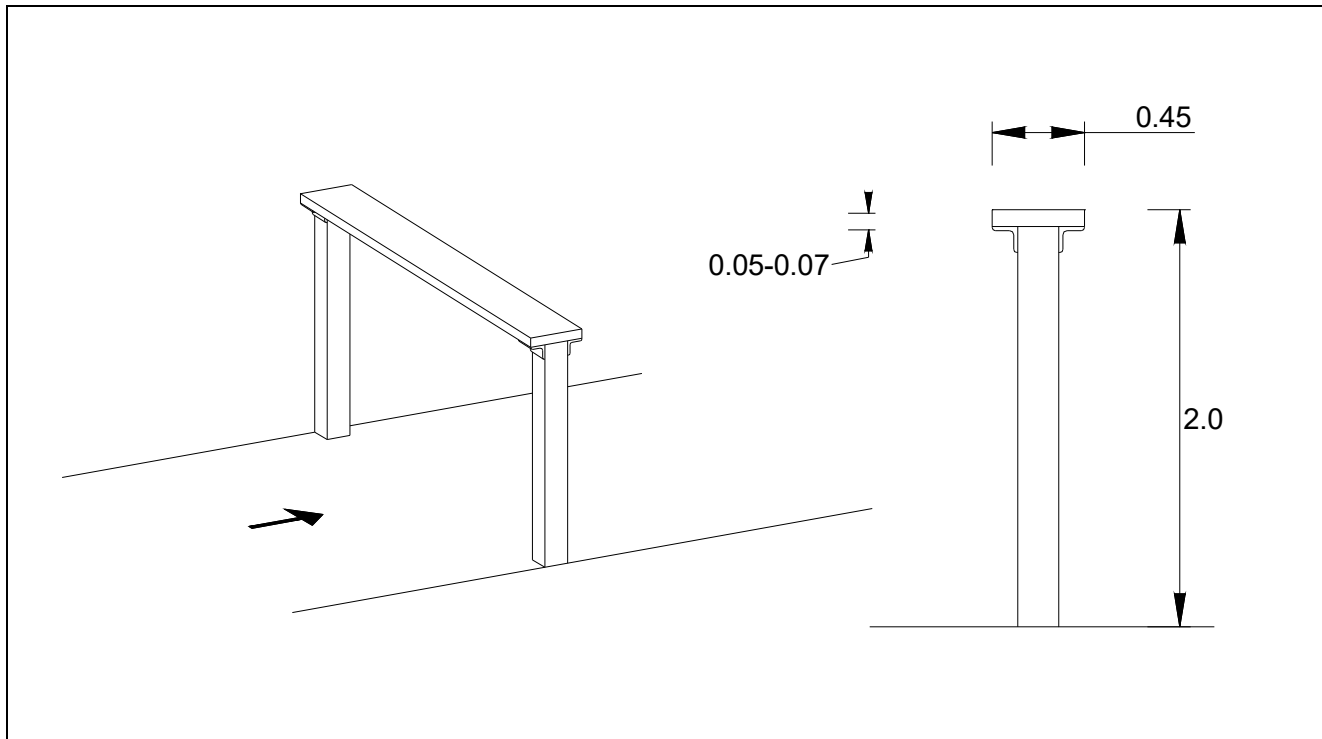
Free style climbing, with or without using the rope. Cross the top and jump down to the prepared ground on the opposite side.

**OBSTACLE 9****HORIZONTAL BEAMS (OVER-UNDER)****Characteristics**

Height of 1 <sup>st</sup> and 3 <sup>rd</sup> beam (upper edge).....	1.2 m
Free space under 2 <sup>nd</sup> and 4 <sup>th</sup> beam (lower edge) .....	0.6 m
Distance between the beams (horizontal plane).....	1.6 m
Dimensions of the beams:	
Diameter of tubular beams.....	11.0 – 13.0 cm

**Crossing**

Negotiate the beams in order over - under - over - under, in a style left to the competitor's choice.

**OBSTACLE 10****IRISH TABLE**Characteristics

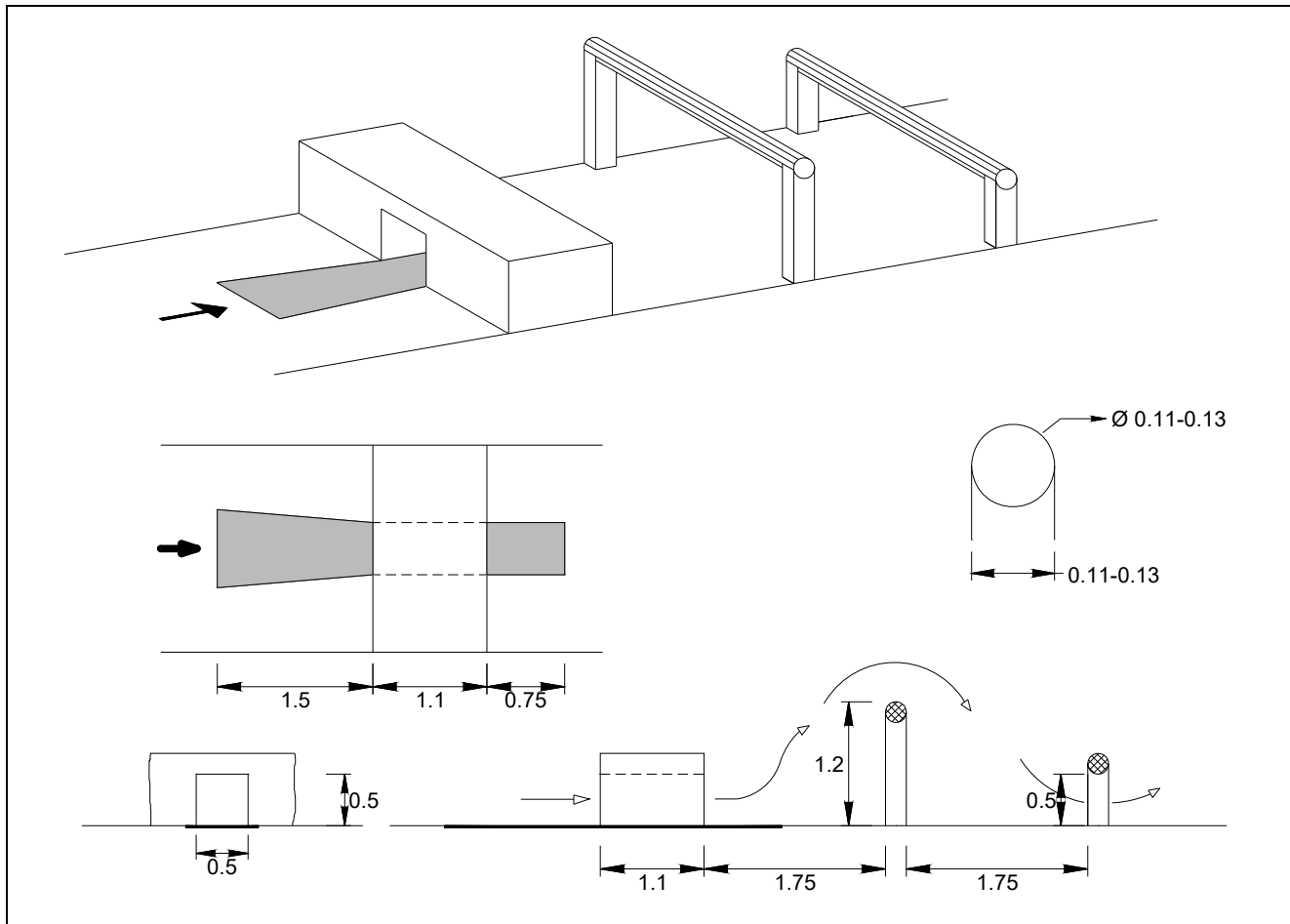
Height ..... 2.0 m

Width ..... 0.45 m

Thickness of the board ..... 5.0 – 7.0 cm

Crossing

Free style crossing of the board.

**OBSTACLE 11****TUNNEL AND TWIN BEAMS**Characteristics

Height and breadth of the tunnel.....	0.5 m
Length of the tunnel.....	1.1 m
Height of first beam (upper edge).....	1.2 m
Free space under the second beam (lower edge).....	0.5 m
Distance between the different parts of the obstacle (horizontal plane) .....	1.75 m

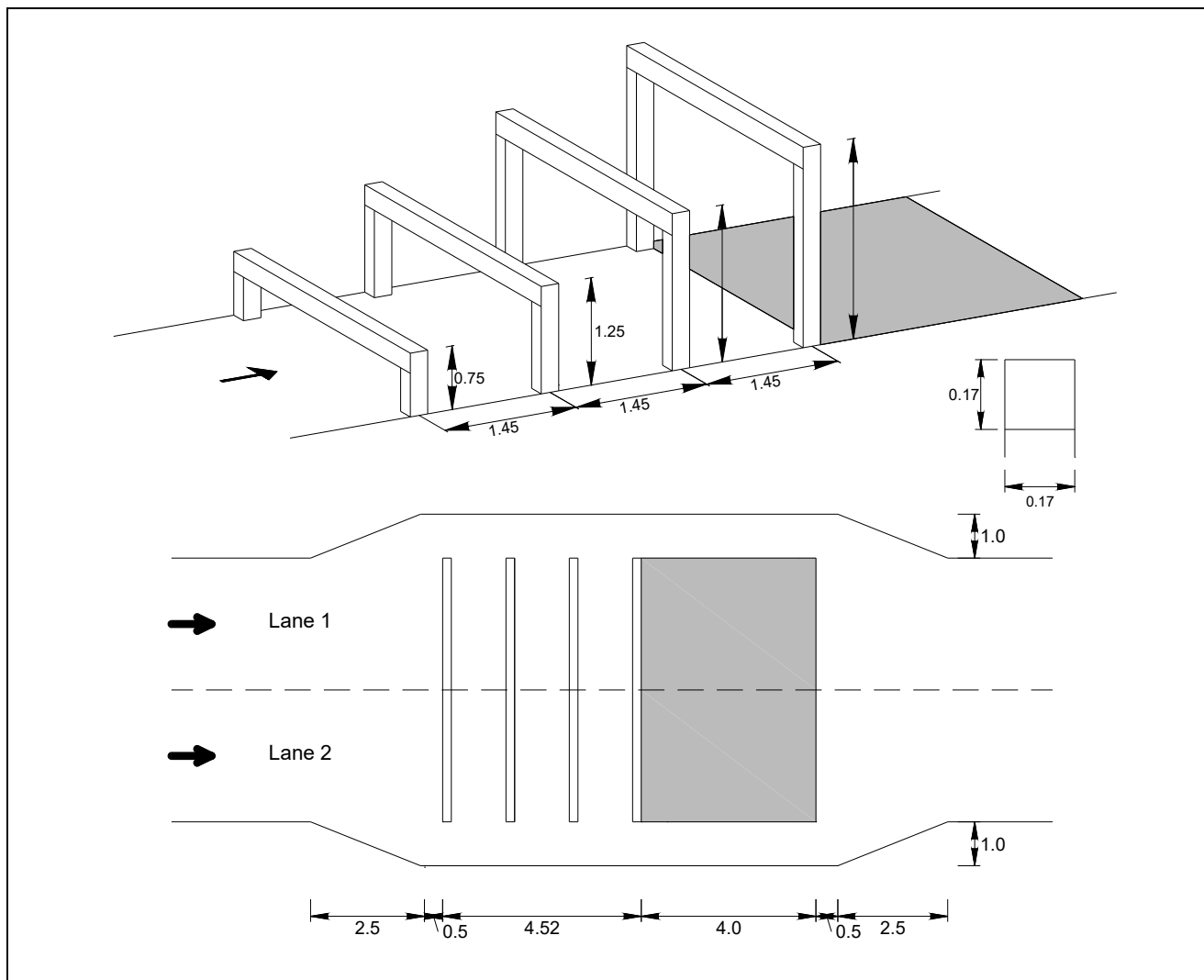
For diving through the tunnel the surface of the ground must have a slippery surface. This slippery surface must commence 1.5 m ahead of the tunnel and end 0.75 after the tunnel.

Dimensions of the beams:

Diameter of tubular beams .....	11.0 - 13.0 cm
---------------------------------	----------------

Crossing

Negotiate the obstacle in the following sequence: Dive through the tunnel, climb over the first beam and pass under the second beam.

**OBSTACLE 12****FOUR STEPS OF BEAMS**Characteristics

Four horizontal beams

Height of 1st beam..... 0.75 m

Height of 2nd beam ..... 1.25 m

Height of 3rd beam ..... 1.80 m

Height of 4th beam ..... 2.30 m

Distance between the beams (centre to centre - horizontal plane)..... 1.45 m

Length of landing pit ..... 4.00 m

Dimensions of the beams:

Flat surface ..... 17 cm

If tubular beams are used exceptionally – diameter of the beams ..... 16.5 – 19.5 cm

It is recommended to expand the firm surface of the lanes on both sides of the obstacle (passages) to enable unhindered passing for female competitors.

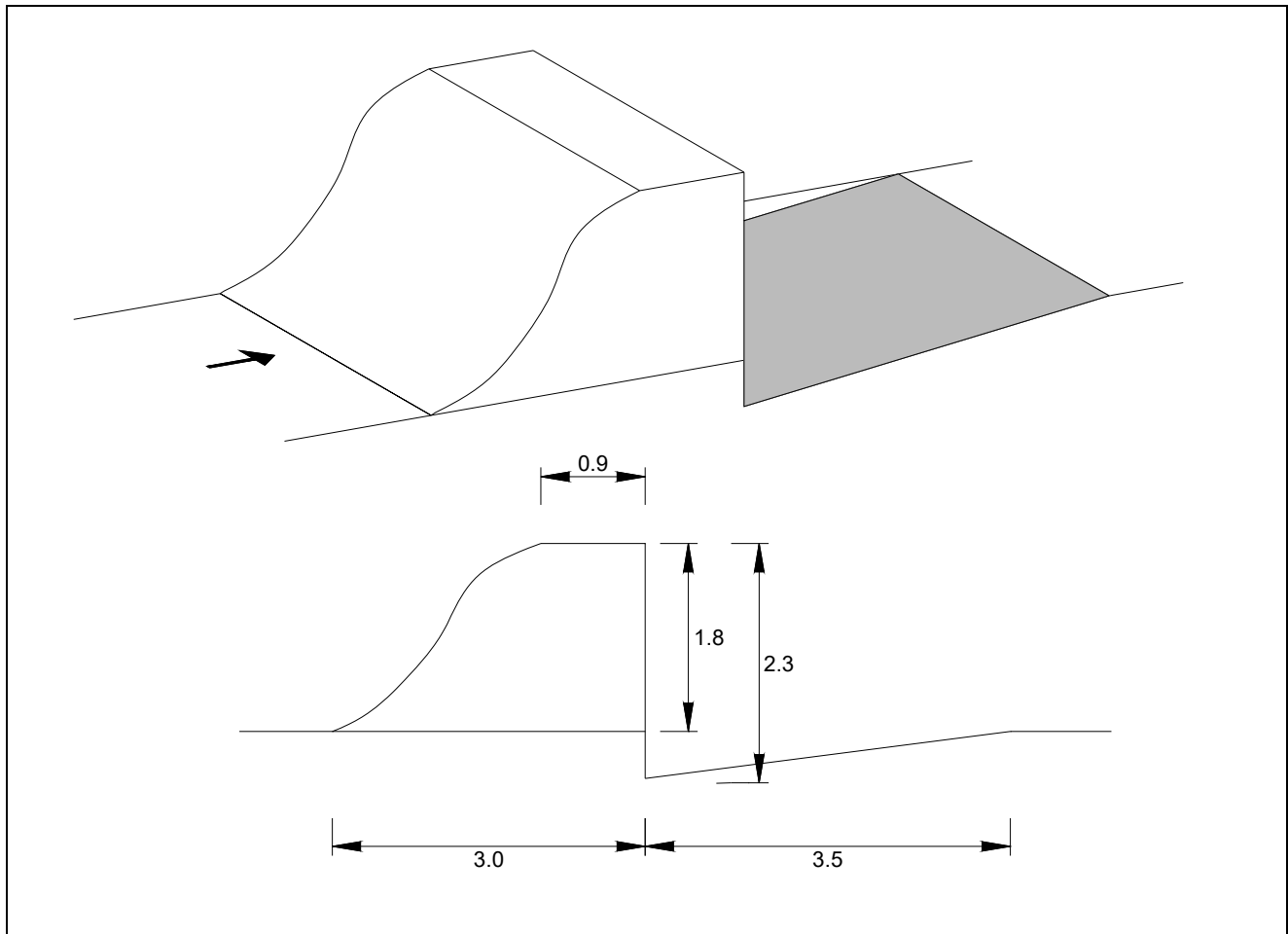
Crossing

Free style passing over all beams.



## OBSTACLE 13

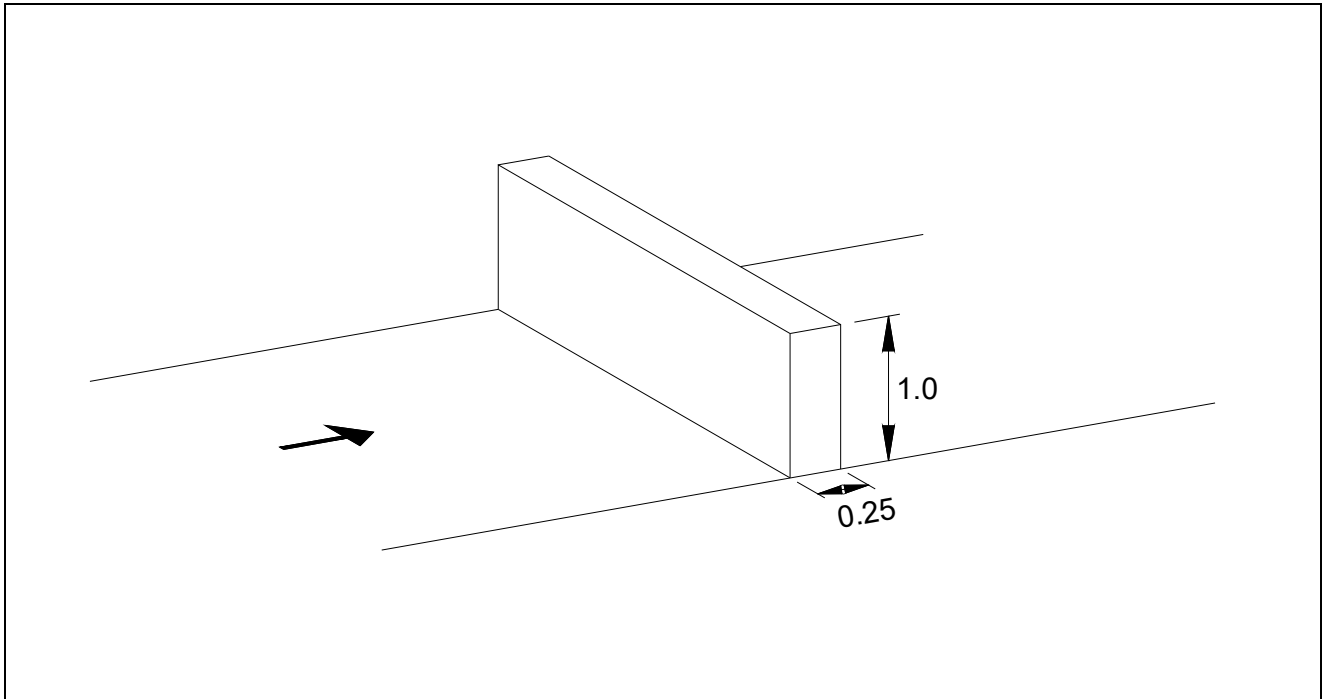
## BANQUETTE AND PIT

Characteristics

Height of embankment .....	1.8 m
Depth of pit.....	0.5 m
Length of pit .....	3.5 m
Width of the flat top.....	0.9 m
Length of the base of the embankment.....	3.0 m

Crossing

Free style crossing.

**OBSTACLE 14****ASSAULT WALL**Characteristics

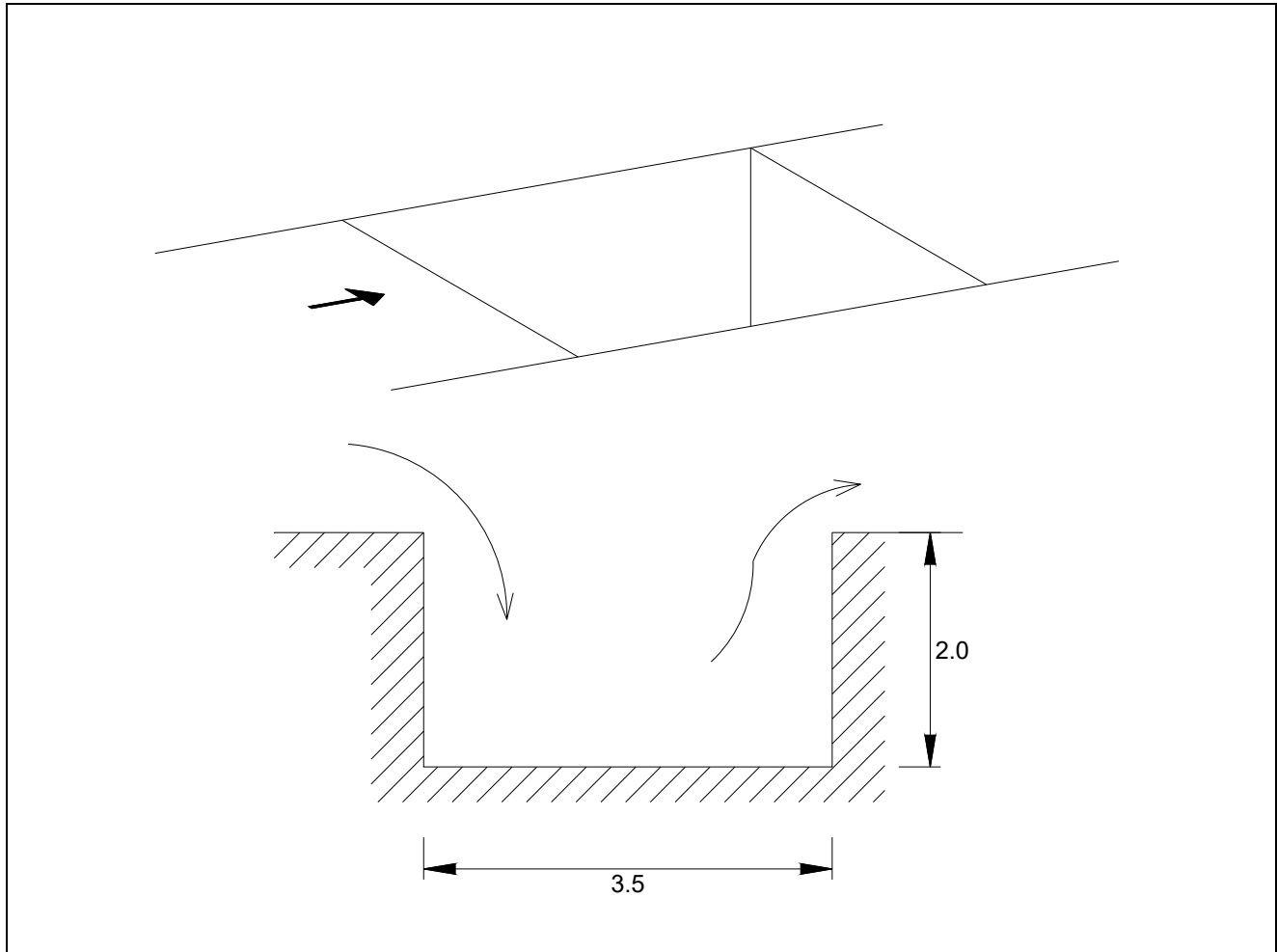
Height (upper edge) ..... 1.0 m

Width ..... 0.25 m

Crossing

Free style crossing.



**OBSTACLE 15****PIT**Characteristics

Depth ..... 2.0 m

Length..... 3.5 m

The parapets of the pit have to be vertical. The track at the end of the pit in running direction has to be horizontal and must not give aid to the competitor when climbing out of the pit (i.e. giving extra grip on it). For competitions the ground of the pit should be of hard surface.

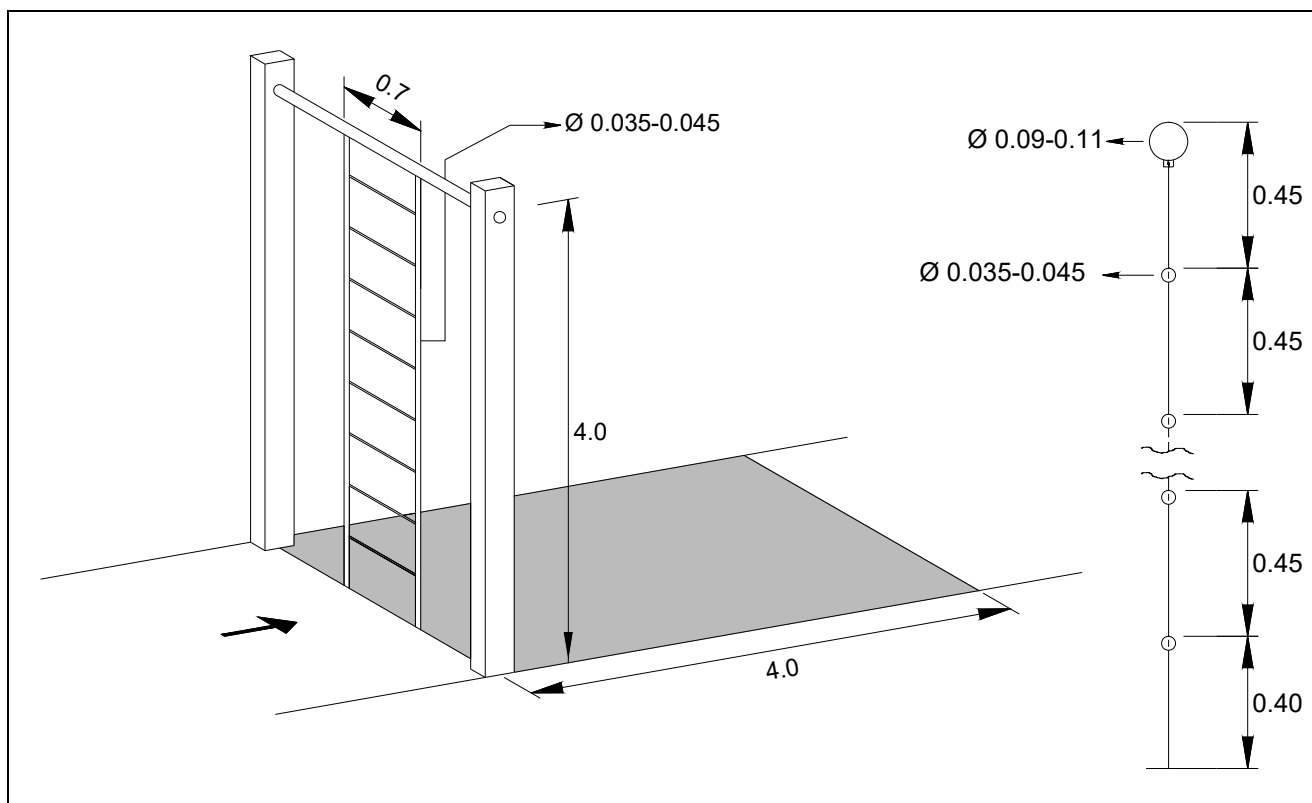
Crossing

Jump into the pit, and then climb the front parapet.



## OBSTACLE 16

## VERTICAL LADDER

Characteristics

Height ..... 4.0 m

Number of rungs ..... 8

Width of rungs ..... 0.7 m

Diameter of rungs..... 3.5 - 4.5 cm

Diameter of the ladder uprights..... 3.5 - 4.5 cm

Diameter of crossbar (must be tubular) ..... 9.0 - 11.0 cm

Length of landing pit ..... 4.0 m

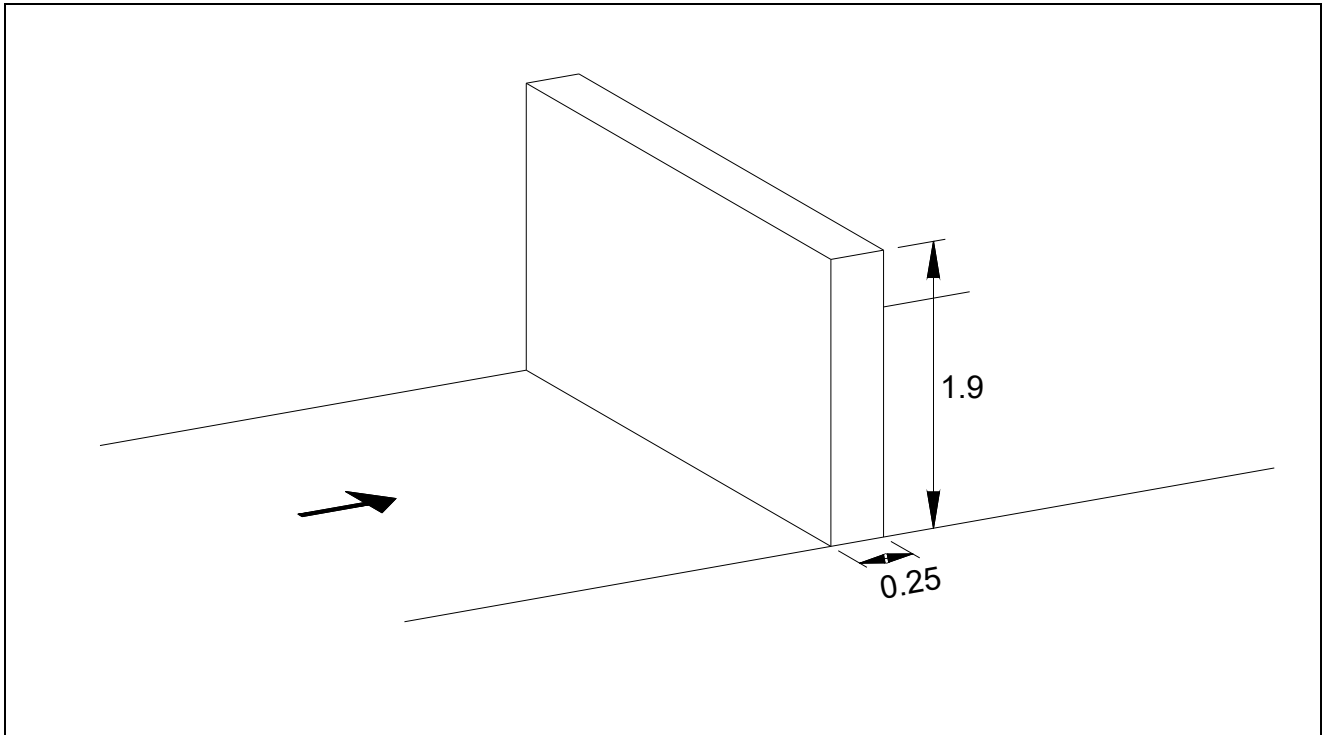
The distance between the upper side of the rungs as well as the distance between the last rung and the upper side of the crossbar must be equal.

To ensure unhindered crossing of the crossbar the ladder must be fixed at the lower edge of the bar only.

It is recommended to expand the firm surface of the lanes on both sides of the obstacle (passages) to enable unhindered passing for female competitors (see par. 3.10 figure 9).

Crossing

Free style climbing. Cross the bar and descend or jump down to the prepared ground on the opposite side.

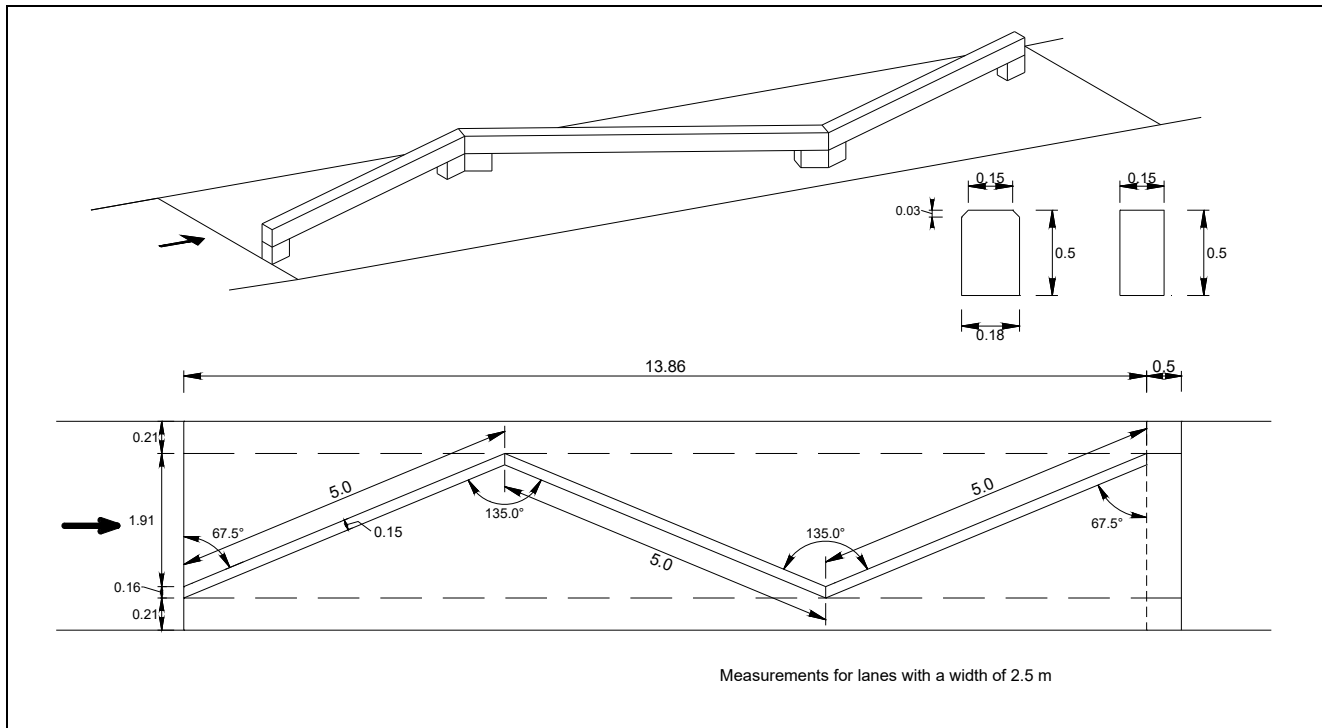
**OBSTACLE 17****ASSAULT WALL II**Characteristics

Height (upper edge) ..... 1.9 m

Width ..... 0.25 m

Crossing

Free style crossing.

**OBSTACLE 18****BALANCE BEAM (ZIGZAG)**Characteristics

Three horizontal beams fixed obliquely to one another

Total length..... 14.36 m

Angle between the beams ..... 135°

Angle of the first beam with the limiting line at the beginning of the obstacle ..... 67.5°

Length of each beam..... 5.0 m

Height of horizontal beam (upper edge) ..... 0.5 m

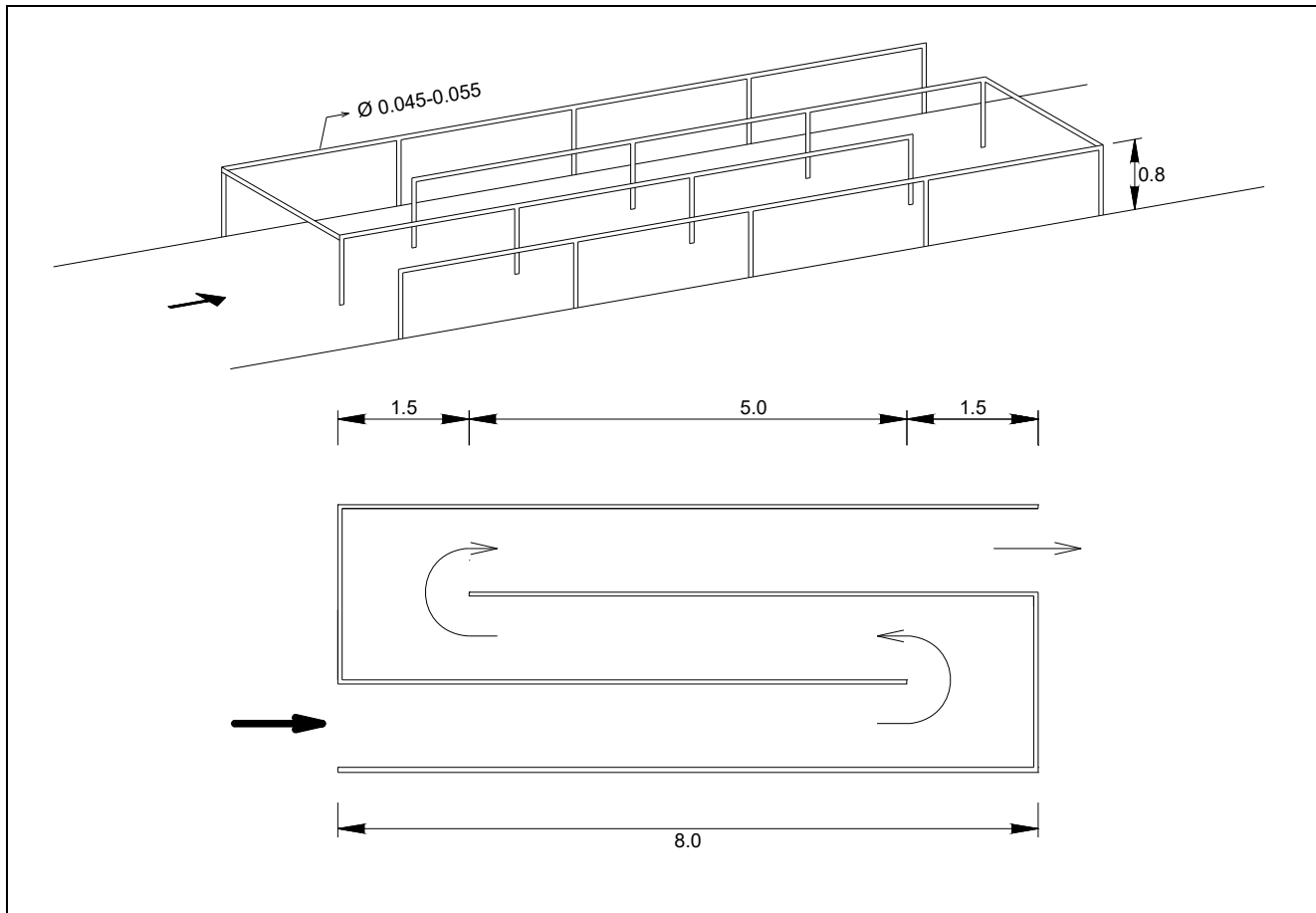
Width of the highest part of the flat beams ..... 15 cm

Two limiting lines (width 5 cm) are part of the obstacle. The first line is placed at the beginning of the obstacle (0 – 5 cm), the other 45 – 50 cm beyond the end of the third beam.

If lanes with a width of less than the recommended 2.5 m are used, the obstacle will expand beyond the track. However, the distance between the edge of the track or lane lines at the beginning and at the end of the obstacle must be 20 cm in any case.

Crossing

Mount the beam ahead of the first line. Cross it lengthwise. At the far end jump to the ground beyond the limiting line. Between the two lines, loss of balance resulting in contact with the ground is considered a fault.

**OBSTACLE 19****CHICANE**Characteristics

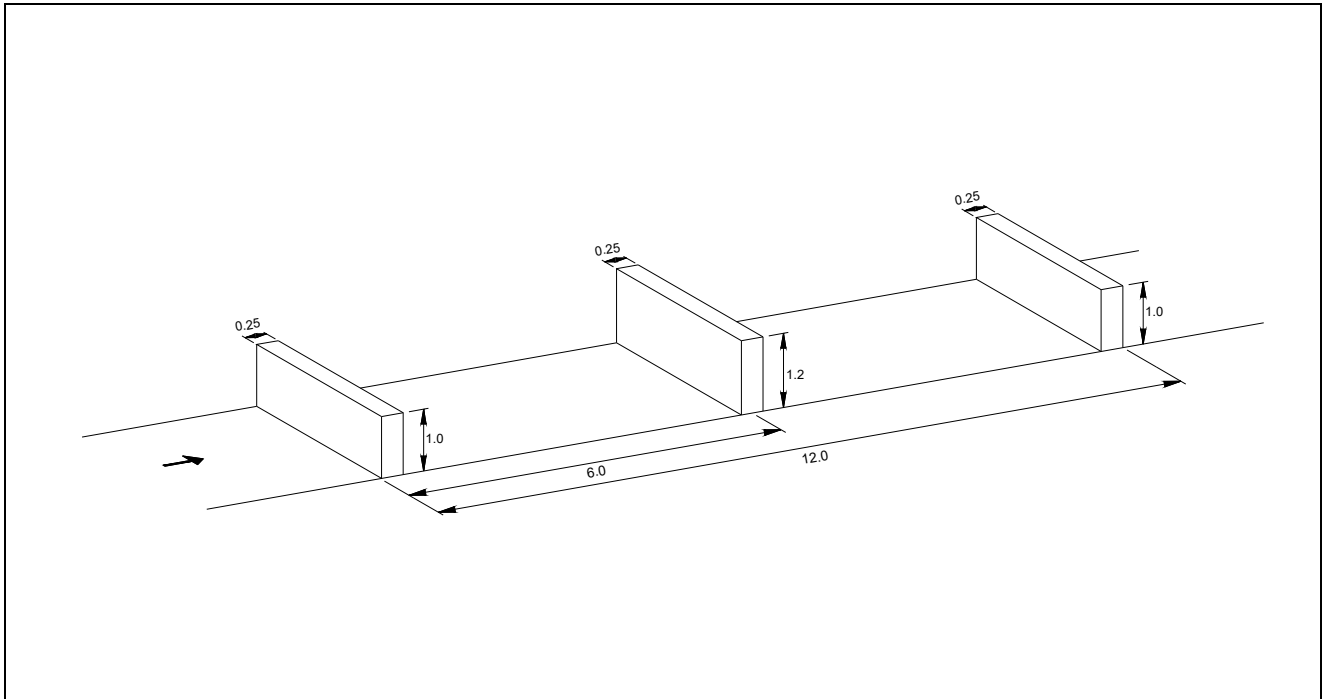
Length..... 8.0 m

Height of railing..... 0.8 m

Diameter of railing..... 4.5 – 5.5 cm

Crossing

Run through the chicane. The railing or the uprights may be used for support.

**OBSTACLE 20****3 ASSAULT WALLS IN SUCCESSION**Characteristics

Height of 1 <sup>st</sup> wall (upper edge) .....	1.0 m
Height of 2 <sup>nd</sup> wall (upper edge) .....	1.2 m
Height of 3 <sup>rd</sup> wall (upper edge) .....	1.0 m
Width of walls .....	0.25 m
Total length from the beginning of the first wall to the end of the third wall .....	12.0 m
Distance from the beginning of the first wall to the centre of the second wall .....	6.0 m

Crossing

Free style crossing.



### 3.10 REGULATIONS FOR FEMALES

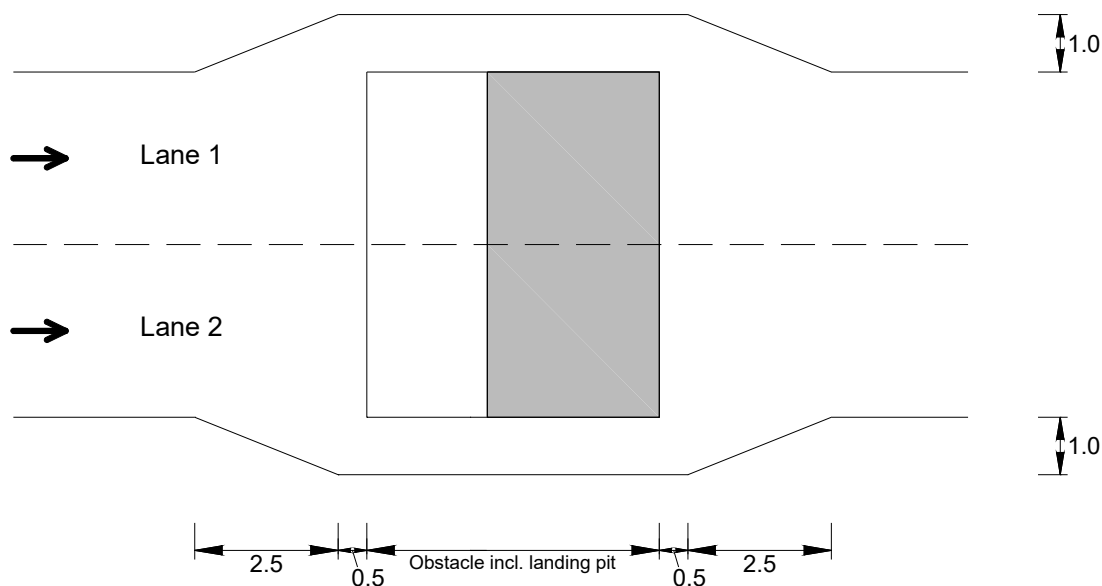
Same regulations as for male competitors, with following exceptions:

The following obstacles will not be negotiated:

Obstacle no. 1, 8, 12, and 16.

They must be passed outside the obstacle. The passages are supposed to be identical on both sides. If more than two lanes are available only the outer lanes will be used.

Dimensions of the passages:



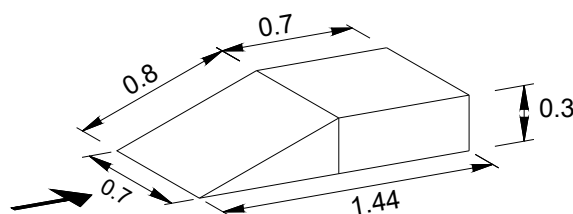
**Figure 9: Passages**

The surmounting of the following obstacles will be supported by removable boxes, one for each lane and obstacle:

Obstacle no. 10, 15, and 17.

The boxes are part of the track and must not be removed when female competitors are running. Boxes are placed in front of obstacle no. 10 (Irish table) in such a way that the rear side of the box is exactly beneath the front of the board projected vertically to the ground and can't scroll forward, in no way. At obstacles no. 15 and 17 boxes are placed with the rear side directly to the wall in running direction. The surface of the boxes must not be slippery.

Dimensions of the boxes:



**Figure 10: Box**

For conversion of times achieved into pentathlon points see par. 1.3 and Part C Annex 7



## 4 OBSTACLE SWIMMING

### 4.1 GENERAL

The course has a length of 50 m and consists of four standardised obstacles.

### 4.1 POOL

A covered or open-air 50 m swimming pool for CISM World Championships and Continental Championships.

A 25 m pool may be used for International Tournaments. If a 25 m pool is used in combination with par. 4.6.2 figure 13 the swimming discipline can be taken into account for the ranking list.

Obstacles and basic regulations will be identical for 50 m or 25 m pools.

### 4.2 COURSE

The race may take place in one or more lanes provided that they are parallel and identical.

### 4.3 STYLE

Free style. This means that the style is left to the discretion of the competitor. When finishing, the swimmer may touch the wall with any part of his body. Touching with his hand is not obligatory.

Crossing the timing equipment in order to leave the pool is forbidden and will be penalized.

### 4.4 DESCRIPTION OF OBSTACLES

Characteristics and methods of crossing:

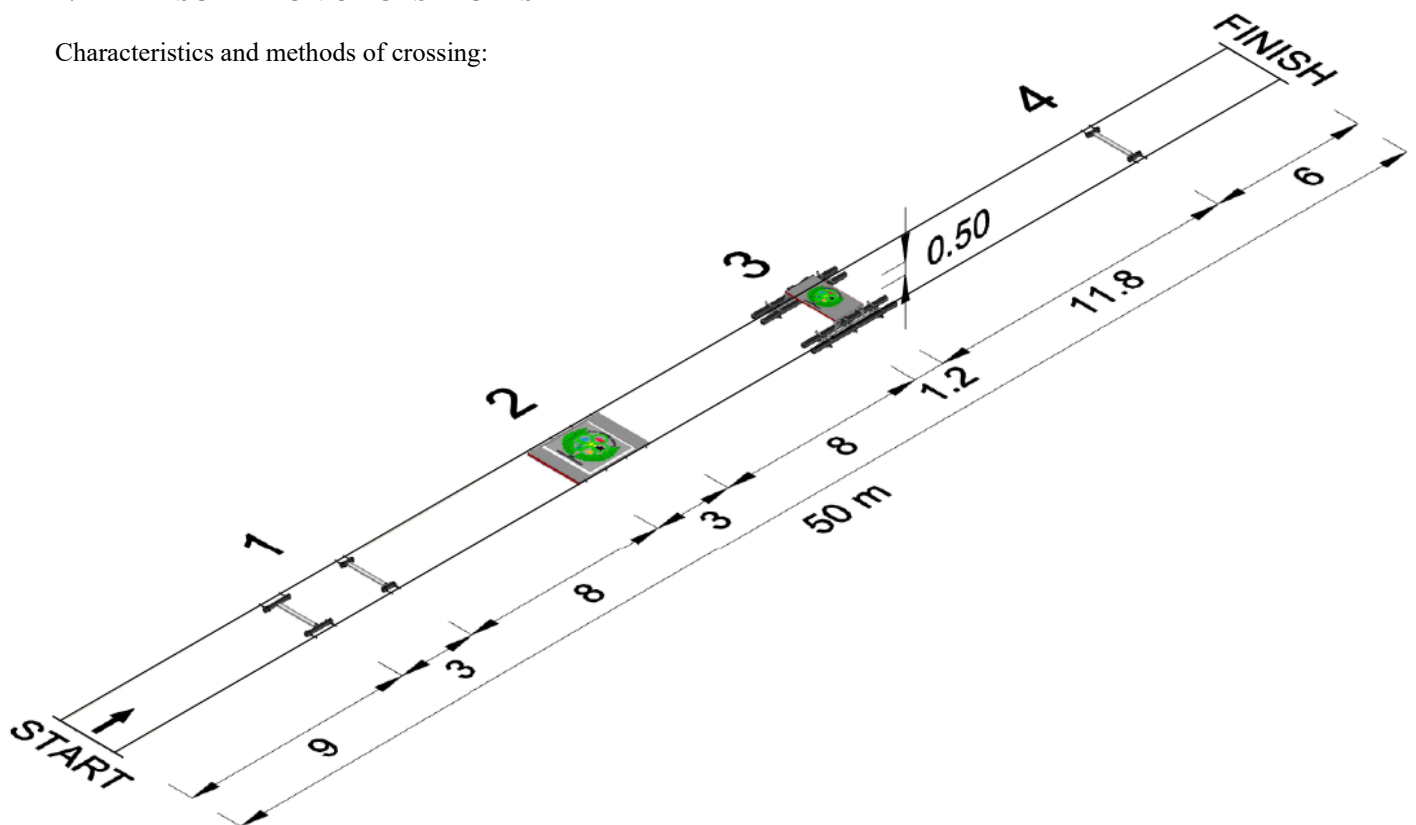
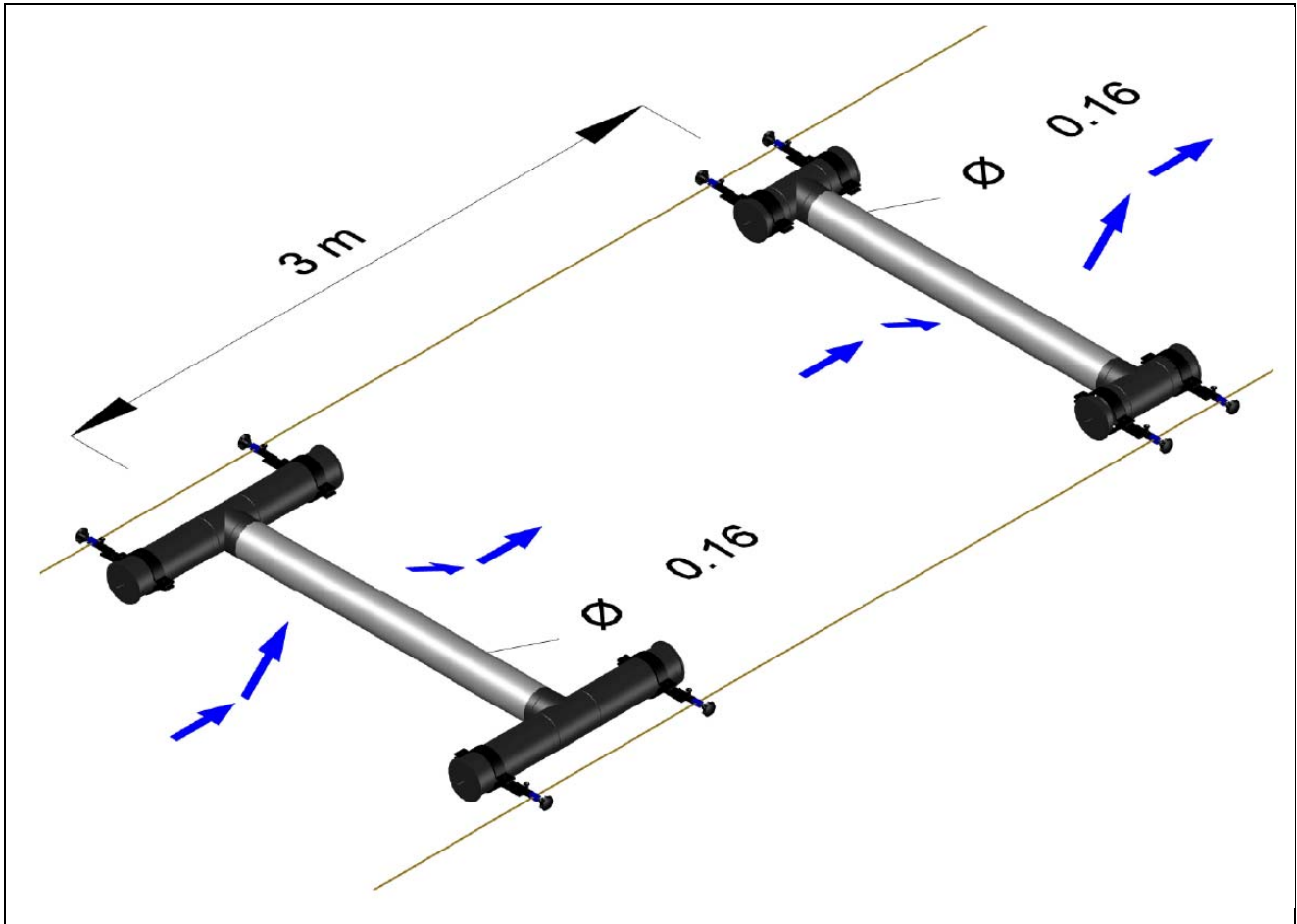


Figure 11: Obstacle swimming course



**OBSTACLE 1****TWO BEAMS**Characteristics

Two tubular beams (diameter 16 cm) at right angle to the lanes. The distance between the two beams is 3 m, measured from the centre of the first beam to the centre of the second beam.

The first beam must be sturdily fixed to the tightly secured lines at surface level. The second beam is securely fixed to the lines. The surface of the first beam should not be slippery.

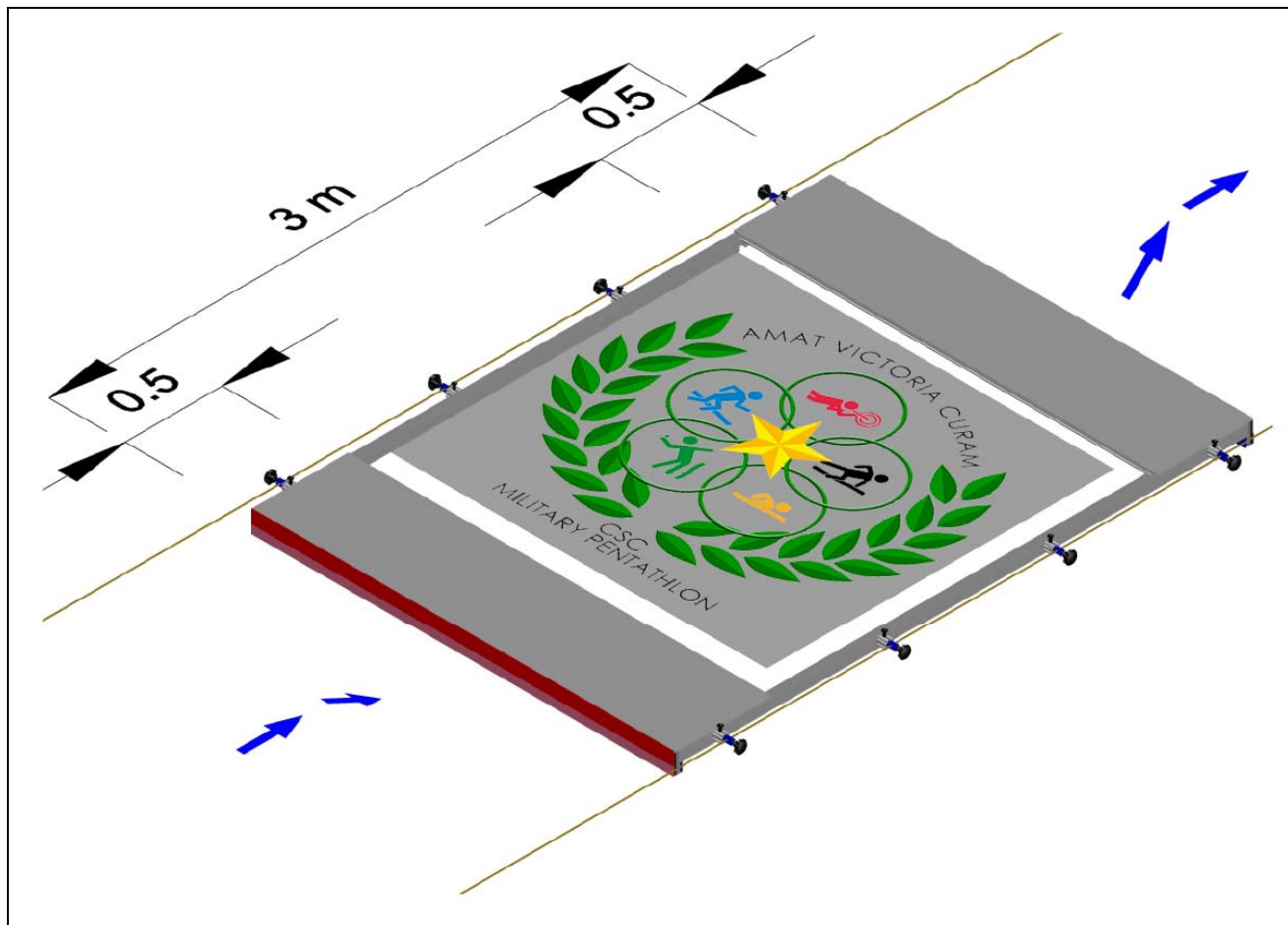
Crossing

Pass over the first beam and dive under the second one.



## OBSTACLE 2

## RAFT

Characteristics

A raft, 3 m long in a floating position. At the beginning and the end of the raft 50 cm must be completely covered, the rest may be covered.

At the beginning and at the end the obstacle must have a lath with an inner measure of 8 cm. See figure 12. The front side of the lath at the beginning of the obstacle must be clearly visible.

Crossing

Pass under the raft.

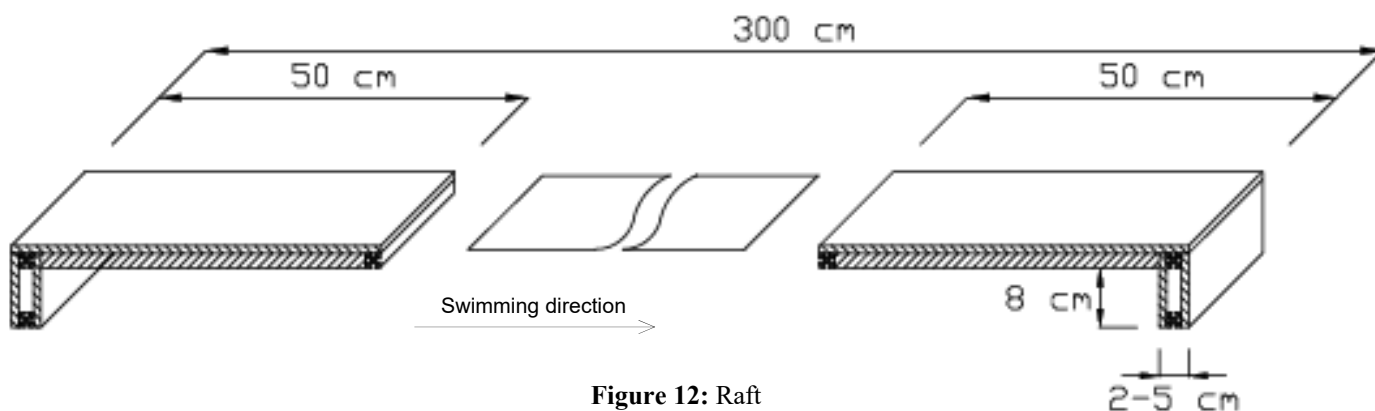
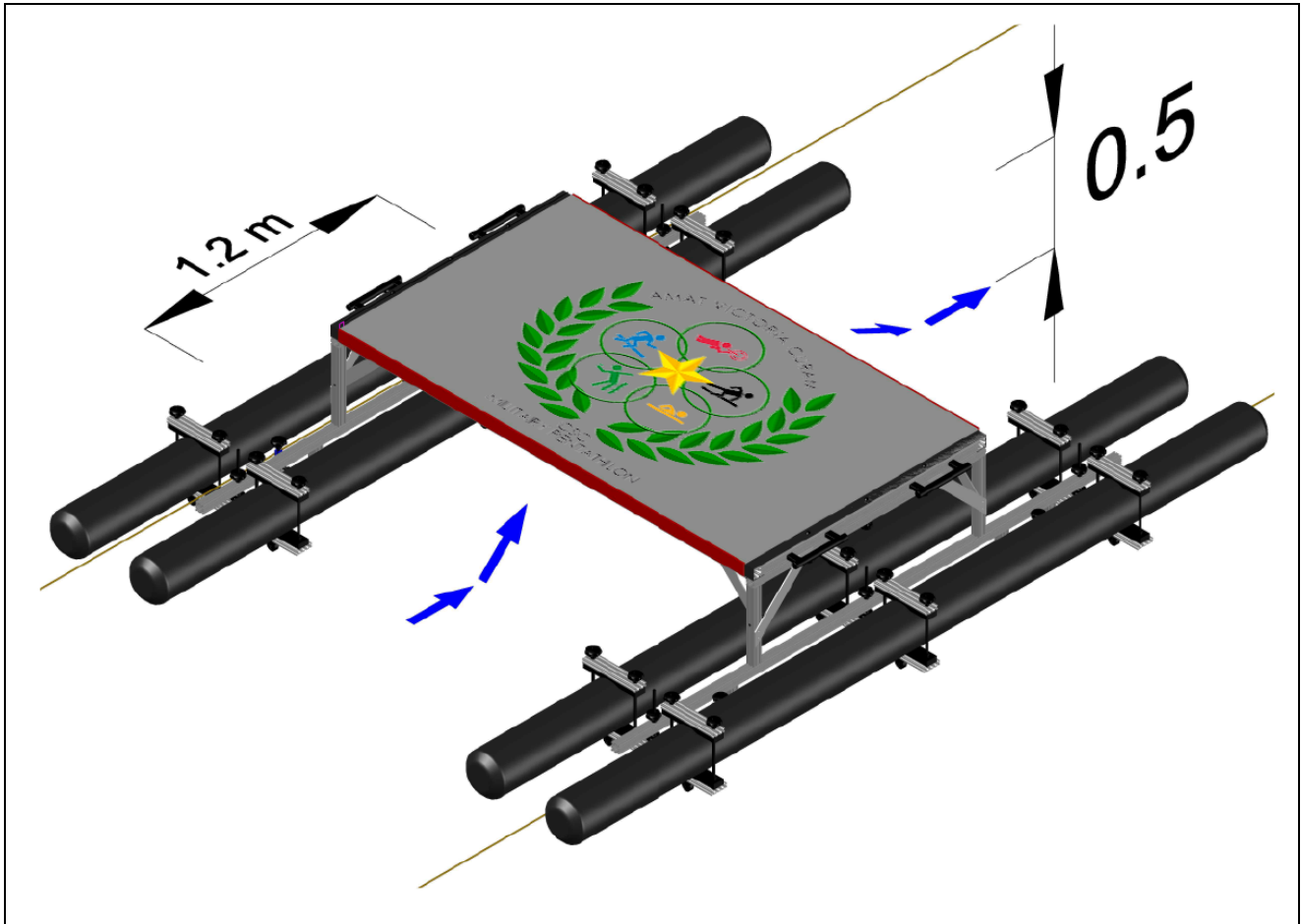


Figure 12: Raft



## OBSTACLE 3

## TABLE

Characteristics

A fixed platform on stays or floaters, carpet covered, placed 50 cm ( $\pm 1$  cm) above the water.

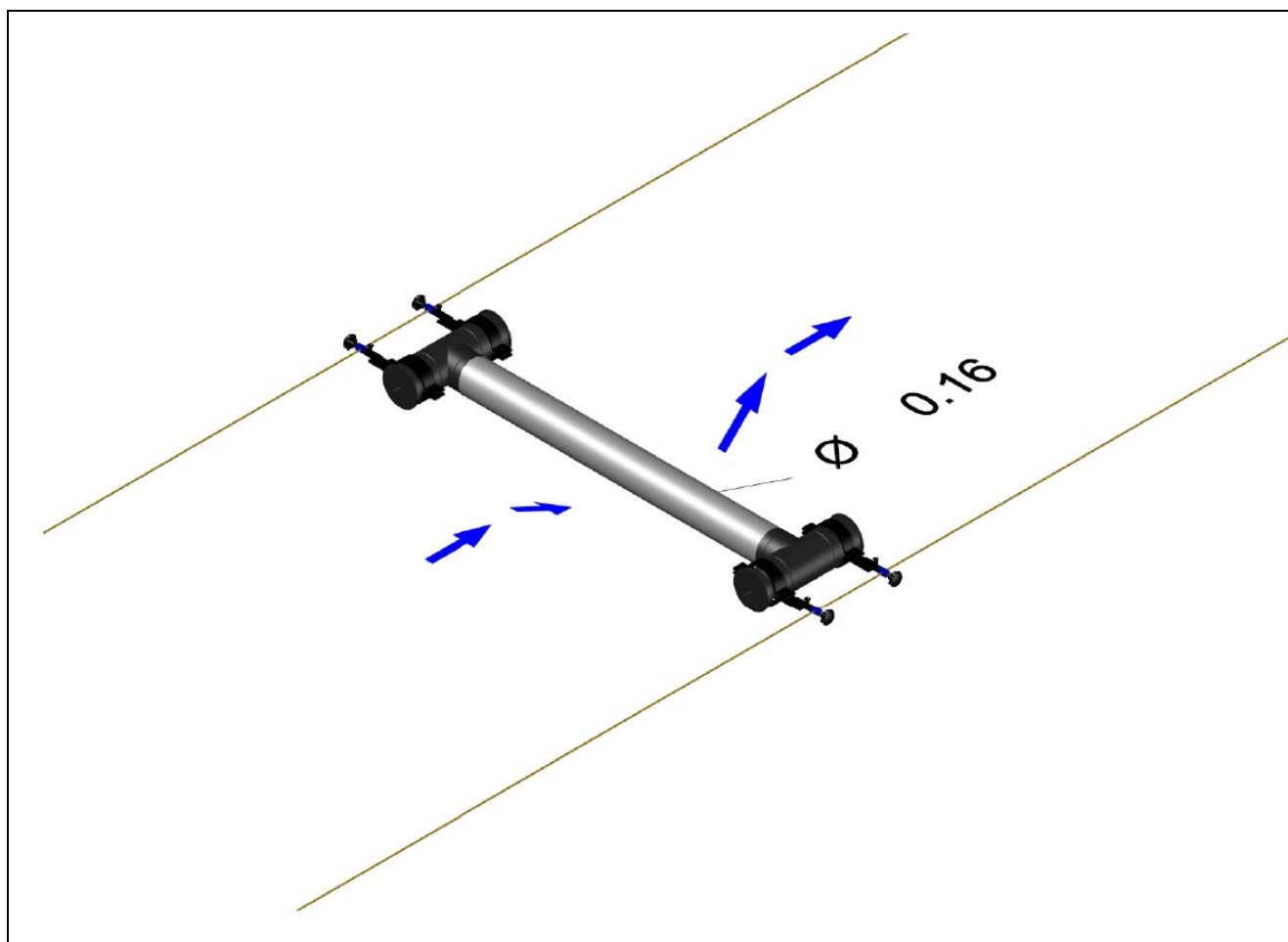
Length 120 cm ( $\pm 1$  cm). The width of the platform should cover the swimming lane.

Thickness of platform 5 to 8 cm.

The space between the platform and the water must be free.

Crossing

Surmount the platform without using the stays or floaters of the platform. Dive into the water from the far end side of the platform.

**OBSTACLE 4****BEAM**Characteristics

A tubular beam (diameter 16 cm) fixed to the tightly secured lines at surface level. The surface should not be slippery.

Crossing

Pass under the beam.

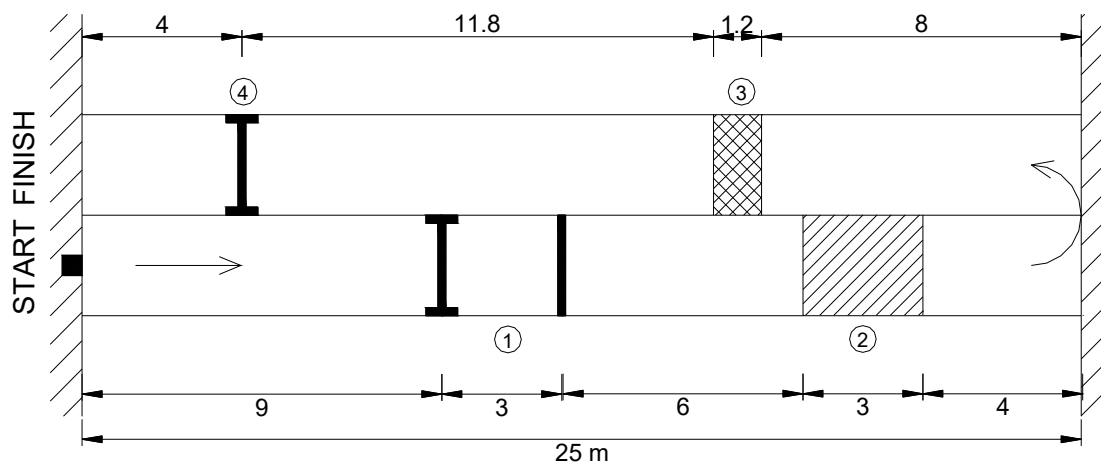
**4.5 DISTANCES BETWEEN OBSTACLES****4.5.1 50 m POOL**

Obstacle 1 (centre of the beam)	9 m from the start
Obstacle 2	20 m from the start
Obstacle 3	31 m from the start
Obstacle 4 (centre of the beam)	44 m from the start

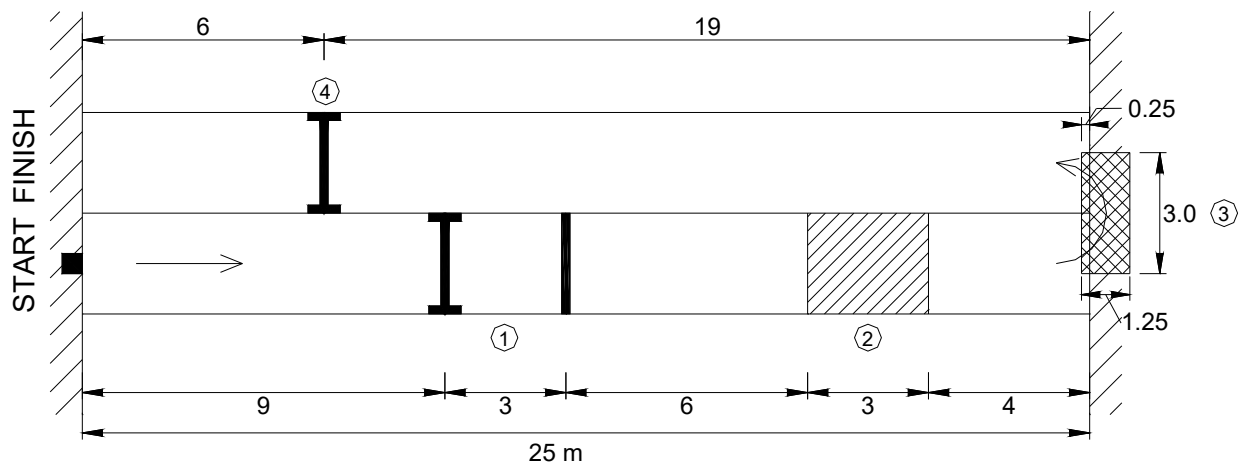


#### 4.5.2 25 m POOL

Obstacle 1	9 m from the start
Obstacle 2	18 m from the start
Obstacle 3	8 m from the turn
Obstacle 4	4 m from the finish



**Figure 13:** Obstacle swimming course for 25 m pool



**Figure 14:** Nordic/Dutch variant

(applied in Nordic countries and the Netherlands)



## **4.6 STARTING REGULATIONS**

### **4.6.1 REFEREE**

The referee is the official having full control and authority over all other officials necessary for the conduct of the competition. He shall instruct them regarding all special features or regulations related to the event. In International Tournaments the Organising Committee may decide that the starter assumes the function of the referee additionally.

The referee may intervene in the competition at any stage to ensure that the regulations are observed, and shall adjudicate on all complaints related to the competition. This will in no way prejudice the competence of the Technical Jury regarding ruling on protests.

### **4.6.2 STARTER**

The starter shall

- ◆ take a position when starting an event, on the side of the pool, within approximately 5 metres of the starting edge of the pool where the timekeepers can see the starting signal and the competitors can hear the signal.
- ◆ have full control of the competitors from the time the referee turns the competitors over to him until the race has commenced.
- ◆ report a swimmer to the referee for delaying the start, for wilfully disobeying an order or for any other misconduct taking place at the start, the starter after consultation with the referee or the referee only may impose a penalty (red card) to a swimmer for such delay, wilful disobedience or misconduct.

### **4.6.3 STARTING PROCEDURE**

Signal by the referee: "series of short whistles"

With this signal before the commencement of each heat the referee signals to the competitor(s), inviting them to remove all clothing except for swimwear and to prepare themselves for the start.

Signal by the referee: "long whistle"

The competitor(s) shall step onto the starting platform and remain there. On the starter's command "take your marks", they shall immediately take up a starting position with at least one foot at the front of the starting platforms. The position of the hands is not relevant. When all competitor(s) are stationary, the starter shall give the starting signal.

False start (before the starting signal) must be penalized as misconduct). If the starting signal sounds before the penalised is declared, the race shall continue and the competitor or competitor(s) shall be penalised after completion of the race. If the penalised is declared before the starting signal, the signal shall not be given, but the competitor(s) shall be called back and start again. The Referee repeats the starting procedure beginning with the long whistle.

## **4.7 STARTING ORDER**

See par. 1.2.



## **4.8 TIME KEEPING**

### **4.8.1 GENERAL**

Manual timing with 3 watches in each lane or timing with electronic equipment will be used. Electronic officiating equipment must be supplemented with manual timing.

Any timing device that is activated by an official shall be considered a watch.

The operation of electronic officiating equipment shall be under the supervision of appointed officials. Times recorded by electronic equipment shall be used to determine the winner, all placing and the time applicable to each lane. The placing and times so determined shall have precedence over the decisions of human judges and timekeepers. In the event of a break-down of the electronic equipment, or if it is clearly indicated that there has been an equipment failure, or that a swimmer has failed to activate the equipment, the recordings of the manual timekeeping will be considered official for that competitor.

When timing to 1/100 sec or 1/1000 sec is used, only the first digit shall be recorded or used to determine the time. The second digit will be used to round up the time to the next longer 1/10 sec.

Example:        27.20 sec = 27.2 sec,        27.21 sec = 27.3 sec,        27.28 sec = 27.3 sec

### **4.8.2 MANUAL TIMEKEEPING**

It must be carried out by three appointed timekeepers or personnel approved by the Organising Committee. All watches shall be certified as accurate to the satisfaction of the governing body concerned (e.g. Technical Jury, CSC MilPent).

### **4.8.3 CHIEF TIMEKEEPER**

He will:

- ◆ test the timekeepers' watches prior to the start of the competition
- ◆ put all 3 watches for each lane on a table after the completion of the heat
- ◆ read all 3 timekeepers' watches for each lane (all 3 times will be noted by the results office)
- ◆ decide the official time for each lane

### **4.8.4 TIMEKEEPER**

He will:

- ◆ take the time of the competitor in the lane assigned to him
- ◆ not clear his watch until he receives the "clear- watches" signal from the chief timekeeper



#### **4.8.5 DETERMINATION OF TIMES AND PLACES**

The official time will be determined as follows:

The official time for all swimmers having an electronic equipment time will be that time.

The official time for all swimmers **not** having an electronic equipment time will be the three digital watches or the semi-automatic equipment time.

Where no electronic equipment is used, official manual times shall be determined as follows:

- ◆ If two of the three watches record the same time and the third disagrees, the two identical times, after being rounded down or up according to par. 4.9.1 shall be the official time.
- ◆ If all three watches disagree, the watch recording the intermediate time shall be the official time.

#### **4.9 CLASSIFICATION**

In the event of equal times all competitors who have recorded the same time at 1/10 sec shall be accorded the same place.

For conversion of times achieved into points see par. 1.3 and Part C Annex 8.

#### **4.10 DRESS**

The swimwear (swimsuit, cap and goggles) of all competitors shall be in good moral taste and not to carry any symbol which may be considered offensive. All swimsuits shall be non-transparent.

The competitor must wear only one swimsuit in one or two pieces. No additional items, like arm bands or leg bands shall be regarded as parts of a swimsuit.

The swimwear for men shall not extend above the navel nor below the knee, and for women, shall not cover the neck, extend past the shoulder, nor shall extend below knee. All swimsuits shall be made from textile materials without zippers or other fastening system.

Taping on the body is not permitted unless approved by member of Technical Jury and will be penalized.

#### **4.11 TRAINING**

One training session lasting 30 minutes for each nation(max. 10 Athletes par Lane)should be provided as a minimum. It is at the discretion of the organiser to provide additional training possibilities, provided they are given equally to all nations participating.

#### **4.12 DEMONSTRATION**

If possible the starting procedure will be demonstrated by the starter during the training period or half an hour before the competition.

#### **4.13 REGULATIONS FOR FEMALES**

The same rules as for male competitors will be applied.

For conversion of times achieved into pentathlon points see par. 1.3 and Part C Annex 11.





## 5 THROWING

### 5.1 GENERAL

The contest consists of two parts, which are performed successively by each competitor.

First part: Precision throwing

Second part: Distance throwing

### 5.2 RANGES

The contest will normally take place at several ranges, which must face the same direction and be identical. See figures par. 5.11.1.

### 5.3 PROJECTILES

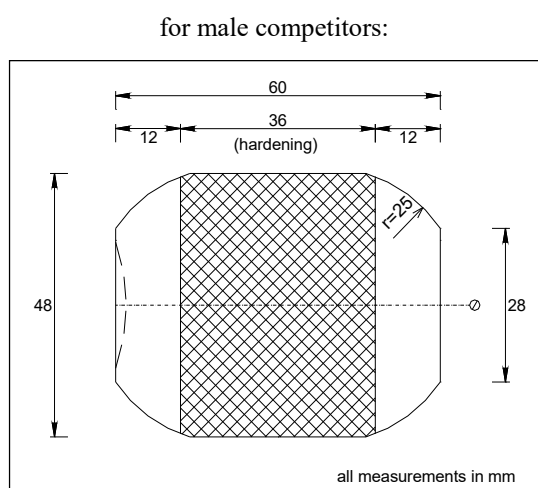
Standardised projectiles will be used for all countries. For construction see details in figure 15 and 16. Each country may furnish its own projectiles.

The organising nation will provide projectiles for training and competition. If the organiser can provide projectiles for the competition only he will inform the teams in advance.

For the competition only the projectiles provided by the organiser will be used. For training employing own or other nation's projectiles is authorised.

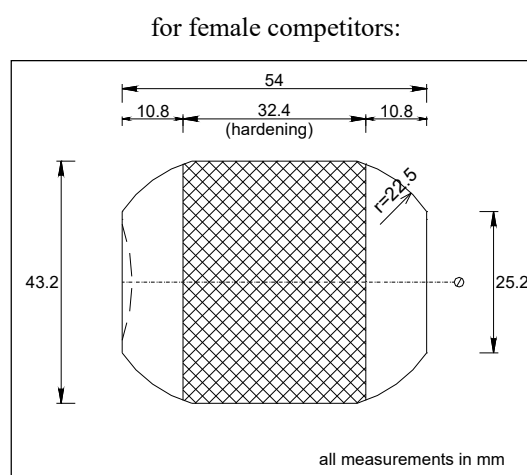
All projectiles must be checked by the Technical Jury prior to the contest. Additional checks may be made after a competitor has completed his series at the discretion of the Technical Jury.

#### Dimensions of the projectiles:



**Figure 15:** Throwing projectiles for male competitors

Weight: 575 grams (weight tolerance +/- 25 grams)



**Figure 16:** Throwing projectiles for female competitors

Weight: 375 grams (weight tolerance +/- 25 grams)



## 5.4 OFFICIALS

Personnel required for the throwing competition:

*Chief referee:*

- He is the official having full control over all other officials necessary for the conduct of the competition.

*Supervisor of the throwing stand:*

- He is the official having full authority over all other officials and the competitor at the respective throwing stand.

*Chief controller:*

- He is the official controlling the marking at the circles and registering the marking of the distance thrown.

*Marker:*

- He is indicating the value of each single hit with a flag by order of the chief controller.

## 5.5 STARTING PROCEDURE AND COMMANDS SEQUENCE

The competitor will prepare for the competition immediately after being granted access to the throwing stand.

All competitors will be started by one signal, given for all competitors of the same heat at the same time.

The organiser will keep the competitors informed about time table delays of more than 5 minutes.

Commands and signals for precision and distance throwing:

### Preparation

Supervisor of the throwing stand:	"Are you ready?"
Competitor:	"ready" (yes)
Supervisor of the throwing stand:	signals readiness of the competitor to the Chief referee

### Competition

Chief referee: 0 time	"precision throwing - 15 seconds remain"
0 min 15 sec	Signal >>START<< (short whistle blast or horn)
3 min 15 sec	Signal >>STOP<< (short whistle blast or horn)
3 min 25 sec	"distance throwing"
3 min 28 sec	"First attempt on Lane 1,3,5,7 - 10 seconds remain"
3 min 40 sec	Signal >>START<< (short whistle blast or horn)
3 min 45 sec	Signal >>STOP<< (short whistle blast or horn)
3 min 48 sec	"First attempt on Lane 2,4,6,8 - 10 seconds remain"
4 min 00 sec	Signal >>START<< (short whistle blast or horn)
4 min 05 sec	Signal >>STOP<< (short whistle blast or horn)
4 min 08 sec	"Second attempt on Lane 1,3,5,7 - 10 seconds remain"
4 min 20 sec	Signal >>START<< (short whistle blast or horn)
4 min 25 sec	Signal >>STOP<< (short whistle blast or horn)
4 min 28 sec	"Second attempt on Lane 2,4,6,8 - 10 seconds remain"
4 min 40 sec	Signal >>START<< (short whistle blast or horn)
4 min 45 sec	Signal >>STOP<< (short whistle blast or horn)
4 min 48 sec	"Last attempt on Lane 1,3,5,7 - 10 seconds remain"
5 min 00 sec	Signal >>START<< (short whistle blast or horn)
5 min 05 sec	Signal >>STOP<< (short whistle blast or horn)
5 min 08 sec	"Last attempt on Lane 2,4,6,8 - 10 seconds remain"
5 min 20 sec	Signal >>START<< (short whistle blast or horn)
5 min 25 sec	Signal >>STOP<< (short whistle blast or horn)



## **5.6 PRECISION THROWING**

### **5.6.1 TARGETS**

Four horizontal circles, each one has two concentric zones. The interior zone has a diameter of 2 m, the exterior zone a diameter of 4 m. Each zone is delimited by an iron circle. The targets shall be approximately 2 to 3 cm above the ground level, so that the ring surrounding the exterior zone is visible. The material in the target areas, as well as the iron ring delimiting the interior zone, must be on the same horizontal plane as the outer iron ring. A small flag, 15 to 20 cm high, will be placed in the centre of the circles. The target areas will be marked with different colours to make them visible from the throwing stand. The material should be of such quality, to show impacts with utmost precision.

The four circles will be spread according to par. 5.11.1.

The distance is measured from the circles' centres to the middle of the inner side of the parapet.

The 15 m circle used for female competitors (35 m circle used for male competitors) shall be covered so that competitors are not distracted.

It is not permitted to throw anything else from inside the throwing range, especially from the throwing stand, other than the projectiles allocated for precision or distance throwing. This is also applicable for the preparation for distance throwing.

### **5.6.2 NUMBER OF PROJECTILES**

Male competitors have 16 projectiles, four for each circle in the sequence 20, 25, 30, 35 m.

Female competitors have 16 projectiles, four for each circle in the sequence 15, 20, 25, 30 m.



### 5.6.3 SCORING

Any precision throw before the starting signal will be scored as a miss at 20 m (15 m for women).

Any precision throw after the cease signal will be scored as a miss at 35 m (30 m for women).

A projectile, which falls directly into the target area inside the circles or directly on the ring delimiting the target area, even if it then goes out due to rebound, ricochet or rolling, is considered good.

A projectile, which falls outside the target area or inside by rebound, ricochet or rolling, is considered bad.

A projectile, which falls into the inner target area or directly on the ring delimiting the inner target area, will be counted as hitting the interior zone.

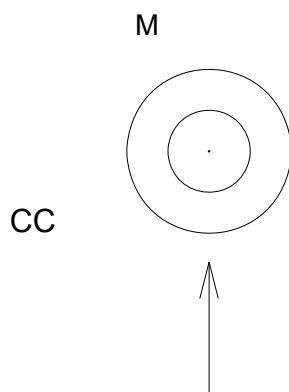
A projectile, which falls into the outer target area or directly at the ring delimiting the outer target area, will be counted as hitting the exterior zone.

If a competitor throws more than 4 projectiles at one target circle, the number of projectiles for the next circle will be reduced according the number of each extra projectile he has thrown at the previous circle.

Should a projectile be dropped beyond the parapet, this will not be considered as a throw.

### 5.6.4 MARKING PROCEDURE – PRECISION THROWING

At each stand there must be one or two markers and one chief controller, who controls and registers the individual hits.



**Figure 17:** Positions of marker (M) and chief controller (CC)

Each projectile thrown will be marked. The marker holding a small flag will hold the flag above his head to mark an interior zone hit. He will hold the flag horizontally for an exterior zone hit. For a hit outside the circle, he will twice wave the flag, pointing earthwards, from left to right.

Doubtful hits will be registered by the chief controller and then decided upon immediately after the respective competitor has finished his contest. Checking of doubtful hits is done by the chief controller, assisted by the marker. The time necessary to check doubtful hits shall not be prolonged unduly to avoid delay of the following heats.

Binding decision is made by the chief controller.

Impacts from the previous heats must be removed completely before the following heat starts.



### 5.6.5 POINTS ASSESSMENT

For male and female competitors the same basic procedure will be applied.

Circle	interior zone	exterior zone
1	7 throwing points	3 throwing points
2	8 throwing points	4 throwing points
3	9 throwing points	5 throwing points
4	10 throwing points	6 throwing points

The result of the precision throwing is formed by summing up the throwing points achieved with the 16 projectiles.  
Maximum: 136 throwing points

Example:

Objectives	1st projectile	2nd projectile	3rd projectile	4th projectile	Sum
Circle 1	7	-	3	7	17
Circle 2	4	8	8	8	28
Circle 3	5	9	9	9	32
Circle 4	-	10	6	10	26
Total					103

Result precision throwing: 103 throwing points

## 5.7 DISTANCE THROWING

### 5.7.1 ATTEMPTS

The competitor has three attempts to attain the maximum distance.

The throwing sector for each throwing stand must be limited by clearly visible lines.

Only impacts within or on the lines marking the boundary of the throwing sector are considered "good".

Any distance throw before the starting signal or after the cease signal will be declared invalid.

### 5.7.2 MARKING PROCEDURE – DISTANCE THROWING

All distance throws must be marked with a clearly visible sign (e.g. small flag on a stick), measured from the nearest mark made by the fall of the projectile to the measuring point at the inner side of the parapet (see par. 5.11.2 figure 20), and registered in written form. The chief controller will hand over the result to the supervisor of the throwing stand (result office) in written form.

When the competitor has finished the competition, the chief controller will crosscheck his written recordings with the registration, executed under the responsibility of the supervisor of the throwing stand.



The competitor must sign the recordings of his result before leaving the throwing area.

If he does not sign, the case in question must be dealt with by the chief referee. The Technical Jury may be consulted.

### 5.7.3 CONVERSION INTO THROWING POINTS

The distance in metres and centimetres will be rounded down by the result office and converted into throwing points as indicated by following examples:

53.21 m = 53.20 m = 53.2 throwing points

53.28 m = 53.20 m = 53.2 throwing points

53.30 m = 53.30 m = 53.3 throwing points

The centimetres will be rounded down to the next lower decimetres.

## 5.8 CLASSIFICATION

Classification for the entire contest (precision and distance throwing) is obtained by adding the points for the precision and the distance throwing of the competitor.

Example:

Precision:	103.0 throwing points
<u>Distance:</u>	<u>53.3 throwing points</u>
Total:	156.3 throwing points

In the event of equal throwing points all competitors who have recorded the same result shall be accorded the same place. For conversion of throwing points achieved into pentathlon points see par. 1.3 and Part C Annex 9.

## 5.9 DRESS

Minimum coat or shirt with long sleeves and long trousers. Shoes at the competitor's discretion (except nailed shoes). A one-piece suit may replace coat and trousers.

## 5.10 TRAINING

The organizing committee may provide one training session prior to the competition. The condition of this training must be equal for all nations. It is at the discretion of the organiser to provide additional training possibilities, provided they are given to all teams participating equally.

The Organising Committee arranges warming-up ranges near the competition throwing range, if possible in the same throwing direction.

## 5.11 EXPLANATORY FIGURES

### 5.11.1 THROWING RANGES

All measuring distances have a tolerance of  $\pm 5$  cm.

Lines showing the 40, 50, 60, 70 m distance and additional signs placed along the median line of the sectors, showing the same distance, shall be set up for the guidance of competitors and spectators.



## 5.11.1.1 COMBINED THROWING RANGE FOR MALE AND FEMALE COMPETITORS (A)

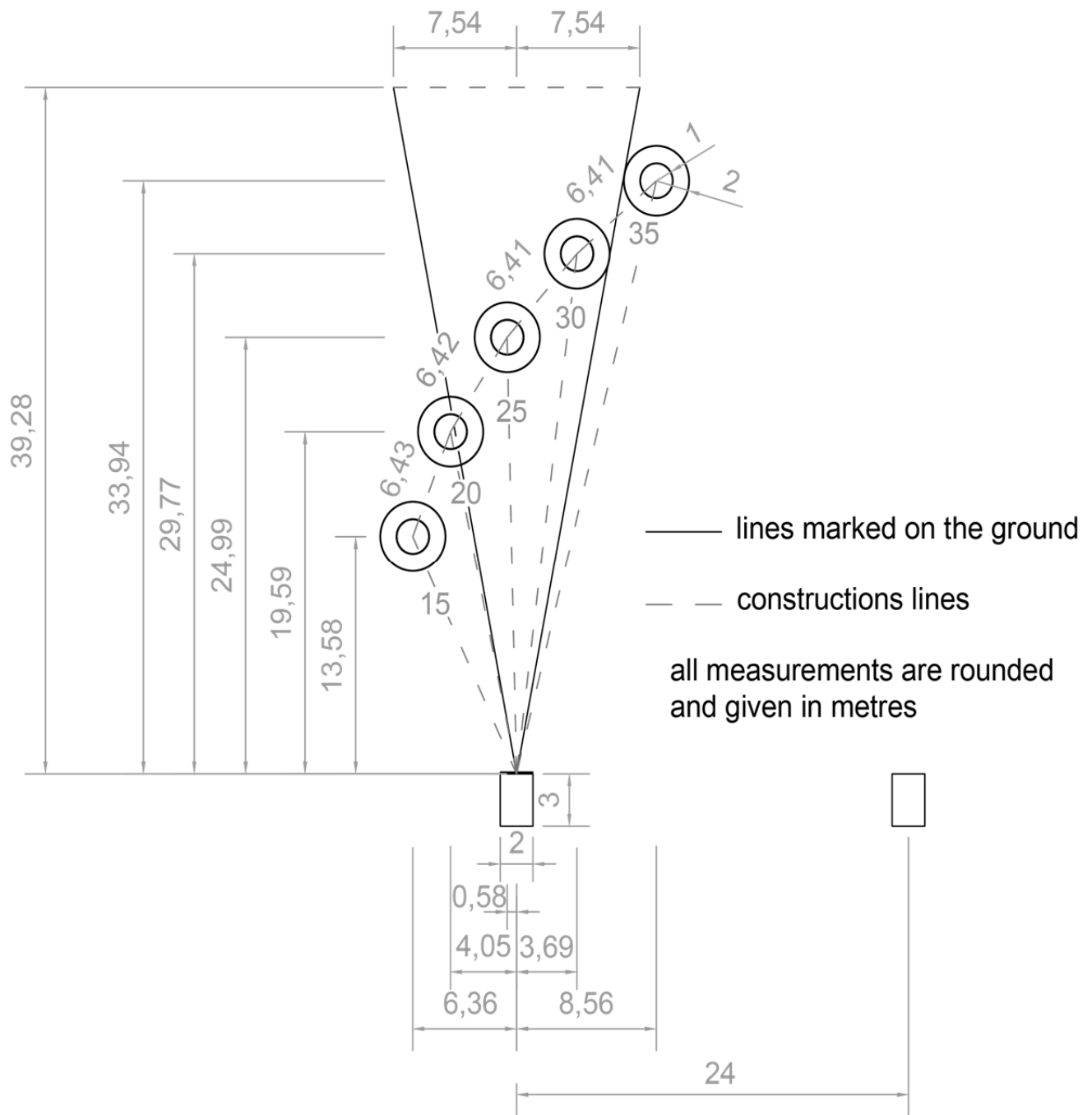


Figure 18: Combined throwing range "A"



## 5.11.1.2 COMBINED THROWING RANGE FOR MALE AND FEMALE COMPETITORS (B)

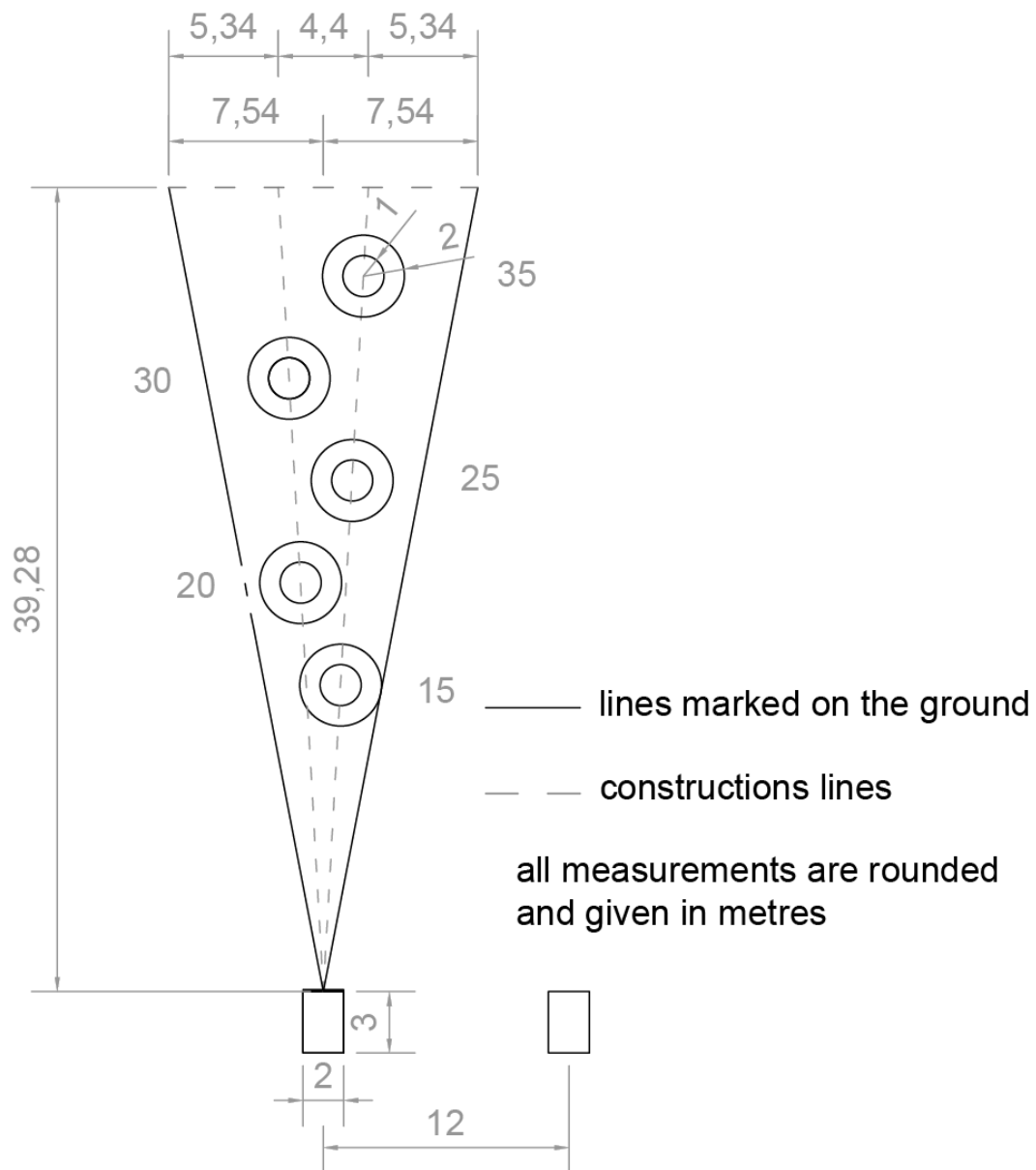


Figure 19: Combined throwing range "B"





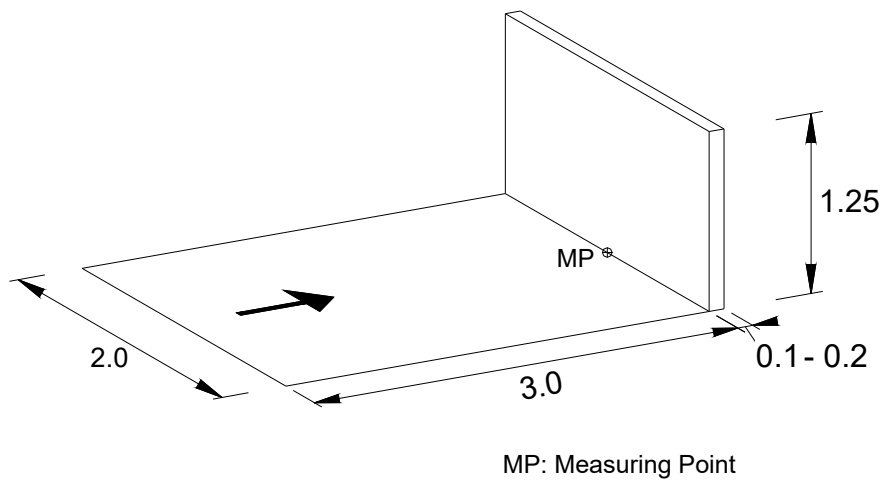
### 5.11.2 THROWING STAND

It consists of the parapet and the reserved area.

The measuring point (MP) is at the inner side of the parapet.

The parapet must allow for the placing of 16 projectiles on its top.

The competitor mustn't leave the throwing stand (reserved area) during the heat except in case of injury or when a projectile falls down from the parapet with explicit permission of the referee.



**Figure 20:** Throwing stand

### 5.12 REGULATIONS FOR FEMALES

Same regulations as for male competitors with the specifications outlined in par. 5.3 and par. 5.6.2. For conversion of throwing points achieved into pentathlon points see par. 1.3 and Part C Annex 9.



## 6 CROSS COUNTRY

### 6.1 GENERAL

The course will be in the terrain with variable ground and some gradient.

### 6.2 STARTING PROCEDURE

For starting order see par. 1.2.3.

To guarantee an exact starting procedure, a big starting clock or a monitor has to be used to ensure that competitors can prepare themselves for the start. Before the start an official of the Organising Committee will call the competitors to the starting area where they line up according to their ranking after four disciplines.

At World and Continental Championships for the handicap starting method at least 6 start gates must be available. The number of the start gates on lower level competitions must be approved by the Technical Jury.

The competitor will have the opportunity to see the starting clock or the monitor. The referees, one for each gate, control the accordance between the starting time and the starting list. The start "on time" is responsibility of the competitor.

Competitor not presents at the starting gate at his/her official starting time will not be allowed to start.

### 6.3 COURSE

The course must be of correct length of 8000 metres for male competitors (with a tolerance of  $\pm 40$  m), checked by tape measure along the ideal running line. The Organising Committee should strive to attain an optimal course. When choosing a suitable starting time, temperature, humidity, etc. should be considered.

The course must be clearly marked with a line along the ideal running track or with flags (strips, streamers) on the left, and on the right which should be visible from a distance of approximately 100 metres. If required the course may be roped off (especially in turns, curves, near the finish). Helpers must be located at the crucial points. The Organising Committee is responsible to place umpires or controllers at intricate parts of the course to see that the competitors keep to the course correctly. The competitor must follow the course inside the markings or roped off parts of the track. He may unintentionally leave the course for a short moment provided he does not shorten the running distance.

In case of the handicap starting method the course must be wide enough to enable overtaking without problems. It is recommended that the course shall be marked out in minimum of 2 laps, taking advantage of the terrain and maximising the spectators' field of vision, especially at the finish, when applying the handicap starting method. If the temperature is above 25 degrees Celsius, the organiser will provide water/refreshments at least at 2 different places. The running distance per kilometre must be marked with signs.

### 6.4 TIME KEEPING

Manual timing or electronic equipment will be used. When timing to 1/100 sec or 1/1000 sec is used, only the first digit shall be recorded or used to determine the time.

The second digit will be used to round up the time to the next longer 1/10 sec.

Example: 27 min 32.20 sec = 27:32.2 min, 27 min 32.21 sec = 27:32.3 min, 27 min 32.28 sec = 27:32.3 min



## **6.5 CLASSIFICATION**

The order of crossing the finishing line establishes the ranking in the individual total classification provided that no penalties according par. 6.6 have been imposed. In the event of equal times all competitors who have recorded the same time at 1/10 sec shall be accorded the same place.

For conversion of times achieved into pentathlon points see par. 1.3 and Part C Annex 10.

## **6.6 DRESS**

Sport shirts, trousers and shoes at the competitor's own choice. Running barefoot is permitted. Competitors must wear national competition dress, which allows identifying the nationality easily (e.g. identical colour or lettering).

## **6.7 STARTING NUMBERS**

The competitor has to wear the official starting number. The starting number shall not restrict the competitor. It has to be worn in a manner so that it can easily be read from the front and the back. Alteration of the official starting number is not permitted.

## **6.8 TRAINING**

The competitors will have opportunities to run on the course prior to the actual contest. The course should be marked out already from the beginning of the first training session.

## **6.9 PACING**

Pacing is forbidden. It is not considered as pacing (pace making) when two or more competitors of the same team are running together on the course.

## **6.10 REGULATIONS FOR FEMALES**

The length of the course is 4000 metres (with a tolerance of  $\pm 20$  m). The expected winning time should be about 14:30 minutes. For conversion of times achieved into pentathlon points see par. 1.3 and Part C Annex 12.



## 7 OBSTACLE RELAY

### 7.1 GENERAL

The Obstacle Relay will be organised at World and Continental Championships. At lower level competitions it is up to the decision of the organiser. Participation in this competition is possible when:

- The competitor has completed the 5 disciplines of the military pentathlon during the actual championship;
- The running time of the cross country of the actual championship does not exceed 36 minutes for male competitor or 20 minutes for female competitor.

If an invited nation does not plan to participate in the Obstacle Relay it will inform the organiser through the informal agreement (Part C, Annex 3) or through the final entry at the latest (Part C, Annex 4a).

The relevant paragraphs, par. 3 (Obstacle Run) and relevant subparagraphs will be applied.

To prevent accidents and to ensure a maximum of safety for competitors, the rope at obstacle number 8 (Sloping wall) shall be removed.

It is permitted:

- to change the allocation of running distances among the competitors between the heats
- to change the competitors among the competitors of a team between the heats

At the prestart the organiser will prepare a form according the example below, in which the team captain must fill in the starting sequence of his team prior to each round. The organiser may add it to the official result list.

Example: Obstacle Relay starting sequence

Country	Surname	Given name	Quali- fication	Quarter- final	Semi- final	Heat for 3 <sup>rd</sup> place	Final
XXX	Competitor A			2	2		2
	Competitor B		1	1	1		1
	Competitor C		2		3		4
	Competitor D		3	3			3
	Competitor E		4	4	4		

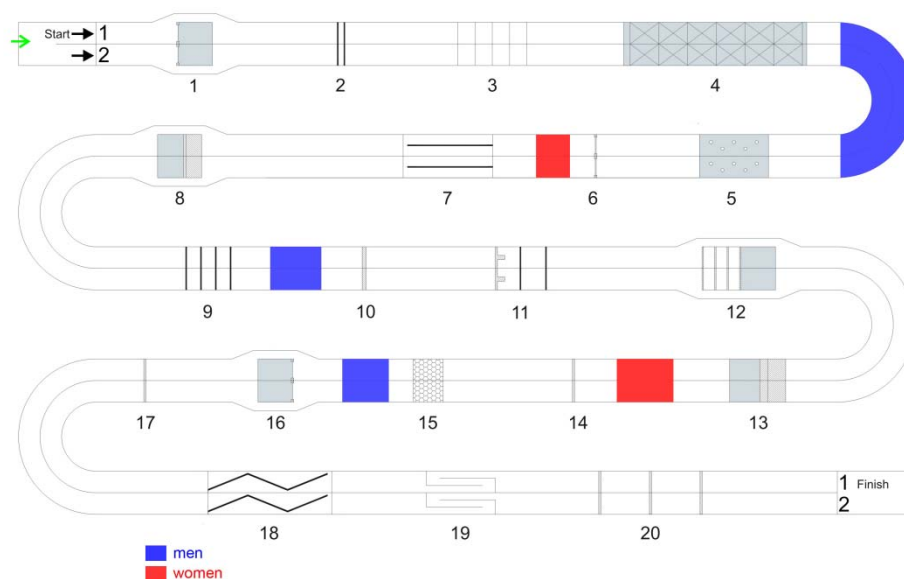
1 stands for the competitor running the first part of the obstacle course in the respective round

2 stands for the competitor running the second part of the obstacle course in the respective round, etc.



## 7.2 DISTANCES

The position of the handing over zones, must be proposed by the Organizing Committee to the CSC MilPent for the approval before the delivering of the championship invitation file.



**Figure 22:** Explanatory handing over zones

### 7.2.1 MALE TEAMS

A male team will consist of four competitors out of the five athletes that have participated in the actual championship. The obstacle course will be divided into four parts. Each of them competitor will run a clearly defined part of the obstacle course (normally 4 to 6 obstacles, depending on the form of the course).

### 7.2.2 FEMALE TEAMS

A female team will consist of three competitors out of the four athletes that have participated in the actual championship. The obstacle course will be divided into three parts. Each of them competitor will run a clearly defined part of the obstacle course (normally 6 to 8 obstacles, depending on the form of the course).

## 7.3 HANDING OVER ZONE

The competitors have to touch a part of the next competitor's body. This has to be done within a limited zone of the obstacle course, delineated by clearly visible lines. The beginning of a handing over zone shall be established in such a way that the handing-over-athlete is required to run some steps after he has passed the last obstacle of his running distance.

The competitors handing over must not touch or trespass the border lines of the handing over zones. The waiting competitors must be standing inside the handing over zones and it's not allowed to trespass nor touch the border lines of the handing over zones.

The length of the zone will be decided by the organiser after consultations with the CSC MilPent or the Technical Jury respectively. The length should be approximately 10 metres. However, the handing-over zone has to be limited in the running direction before the next obstacle. The zone must not comprise any obstacle.



## 7.4 PROCEDURE

### 7.4.1 QUALIFICATION

In case of 12 or more teams participating in the Obstacle Relay a qualification round is required to establish the eight teams for the quarterfinal.(Part C Annex 13a).

If there are less than 12 participating teams, the qualification will be used for selecting the four teams for the semi-final. In such a case no quarterfinal is held.(Part C Annex 13b).

The starting sequence in the qualification round will be determined by the place, the teams have achieved in the Obstacle Run team classification. The starting sequence will be in reverse order, with the best team of the Obstacle Run team classification running in the last qualification heat in lane 2. The opponent of this team will be the second of the Obstacle Run team classification running in lane 1. This system will be applied for the other heats accordingly (e.g. in lane 1 the team ranked 4 versus in lane 2 the team ranked 3 in the Obstacle Run team classification). In case of an uneven number of countries participating, in the first qualification heat only one team will compete starting in lane 2.

The selected teams for the next round will be determined by their running time only. In case of even result the team with the higher starting number (better result in the obstacle run team result) gets the better place.

### 7.4.2 QUARTERFINAL

The eight fastest teams out of the qualification round will compete.

The four best teams will be set in an order as shown in the following table. Their respective opponents will be established by drawing lots.

Quarterfinal No.:	Teams set due to the ranking		Teams drawn by lots
	Lane 1		Lane 2
Quarterfinal 1	1	versus	A
Quarterfinal 2	4	versus	B
Quarterfinal 3	3	versus	C
Quarterfinal 4	2	versus	D

The starting sequence for places 5 through 8 will be decided by drawing lots in the sequence A to D. A stands for opponent of the best after the qualification, B for the opponent of the fourth and so on. First team A is drawn, followed by team B out of the remaining three teams, etc..

The drawing is done in the presence of a minimum of one representative of the Organising Committee and 1 member of the CSC MilPent. The outcome of the drawing of lots must be made public prior to the Obstacle Relay competition.

The method applied in the quarterfinal will be the knockout system. The winning teams of the quarterfinal will proceed to the semi-final. In case of even results, the team with the better place in the qualification round wins the race. In case that both teams do not finish the race, no one of them participates in the semi-final.

The ranking for places five and below will be determined by the running time achieved in the qualification.



### 7.4.3 SEMI-FINAL

In case a quarterfinal was held, the winning teams will go on in the sequence shown in the table below.

<b>Semi-final No.:</b>	<b>Lane 1</b>		<b>Lane 2</b>
Semi-final 1	winner of Quarterfinal 1	versus	winner of Quarterfinal 2
Semi-final 2	winner of Quarterfinal 3	versus	winner of Quarterfinal 4

If there is no quarterfinal, due to less than 12 participating teams, the four best teams, determined by their running time in the qualification, will compete in the semi-final in the following order.

<b>Semi-final No.:</b>	<b>Teams set due to the ranking</b>		<b>Teams drawn by lots</b>
	Lane 1		Lane 2
Semi-final 1	1	versus	X
Semi-final 2	2	versus	Y

X and Y stand for the two teams established by the drawing of lots. The drawing will be done in the following sequence: first team X is selected from the teams ranked 3 and 4 after the qualification round.

The drawing is done in the presence of a minimum of one representative of the Organising Committee and 1 member of the CSC MilPent. The outcome of the drawing of lots must be made public prior to the Obstacle Relay competition.

The method applied in the semi-final will be the knockout system. In case of even results and also in case that both teams do not finish the race, the team with the better place in the qualification round wins the race.

### 7.4.4 FINALS

The winning teams of the semi-final will proceed to the final; the losing teams will compete for third place, which will take place before the final.

The method will be the knockout system. In case of even results, the both teams will be awarded. In case that both teams do not finish the race, the team with the better place in the qualification round wins the race.



### 7.4.5 SEQUENCE

To ensure some period of physical and mental recovery between heats, the female heats will take place after the corresponding male heats. The normal sequence of the Obstacle Relay is version 1 as shown in the table below.

If no quarterfinal for women is conducted, version 2 will be applied:

If no quarterfinals for both, men and women are conducted, version 3 will be applied

Version 1	Version 2	Version 3
Qualification women	Qualification men	Qualification women
Qualification men	Qualification women	Qualification men
Quarterfinal women	Quarterfinal men	Semi-final women
Quarterfinal men	Semi-final women	Semi-final men
Semi-final women	Semi-final men	Heat for third place women
Semi-final men	Heat for third place women	Heat for third place men
Heat for third place women	Heat for third place men	Final women
Heat for third place men	Final women	Final men
Final women	Final men	
Final men		

### 7.5 TIME KEEPING

Taken time must be in 1/100.

### 7.6 MEDALS

All competitors that have competed in the actual competition and have reached rank 1 to 3 with their team will receive a medal.

### 7.7 TRAINING

One training session for each nation should be provided after the cross country event.

### 7.8 PENALTIES

A penalty of 10 seconds will be added to the running time in the following cases:

- Dress regulation not respected;
- Verified incorrect passing of obstacle;
- Verified incorrect handing over procedure.
- Trespassing the respective lane.

The organizing committee will adopt the most suitable equipment to allow the verification of the correct/incorrect passing of the obstacles.





INTERNATIONAL MILITARY SPORTS COUNCIL  
CONSEIL INTERNATIONAL DU SPORT MILITAIRE  
CONSEJO INTERNACIONAL DEL DEPORTE MILITAR  
المجلس الدولي للرياضة العسكرية

# MILITARY PENTATHLON



## PART C

## ANNEXES

**Edition 2017**

# REGULATIONS FOR MILITARY PENTATHLON

## PART C

## ANNEXES

### TABLE OF CONTENTS

1	CSC MILITARY PENTATHLON WEBSITE ADDRESS .....	3
2	CONTENT OF THE INVITATION FORM .....	4
3	PRELIMINARY AGREEMENT .....	5
4	FINAL ENTRY .....	6
5	MILITARY PENTATHLON - CHECK-IN FORM .....	9
5	MILITARY PENTATHLON – PENALTY FORM .....	10
5	MILITARY PENTATHLON – THROWING FORM MEN .....	11
5	MILITARY PENTATHLON – THROWING FORM WOMEN .....	12
5	MILITARY PENTATHLON – STARTING SEQUENCE OBSTACLE RELAY MEN .....	13
6	MILITARY PENTATHLON – STARTING SEQUENCE OBSTACLE RELAY WOMEN .....	14
5	MILITARY PENTATHLON – MANUAL TIME FORM .....	15
5	MILITARY PENTATHLON – PROTEST FORM (PAGE 1) .....	16
5	MILITARY PENTATHLON – PROTEST FORM (PAGE 2) .....	17
6	SHOOTING – EQUIPMENT CONTROL FORM .....	18
6	SHOOTING – REPEATED RAPID SERIES FORM .....	19
6	EQUIVALENCE TABLE SHOOTING – MEN AND WOMEN (200M & 50M) .....	20
6	EQUIVALENCE TABLE SHOOTING – MEN AND WOMEN (300M) .....	21
7	EQUIVALENCE TABLE OBSTACLE RUN – MEN AND WOMEN .....	22
8	EQUIVALENCE TABLE OBSTACLE SWIMMING – MEN .....	23
9	EQUIVALENCE TABLE THROWING – MEN AND WOMEN .....	24
10	EQUIVALENCE TABLE CROSS-COUNTRY – MEN .....	25
11	EQUIVALENCE TABLE OBSTACLE SWIMMING – WOMEN .....	27
12	EQUIVALENCE TABLE CROSS-COUNTRY – WOMEN .....	28
13	SEQUENCE OF THE OBSTACLE RELAY – 1 <sup>ST</sup> ROUND .....	29
13	SEQUENCE OF THE OBSTACLE RELAY – FINAL ROUND .....	30
14	CHALLENGE CUPS .....	31
15	STATUTES FOR THE TEAM MEN CUP AND PHOTO .....	32
16	STATUTES FOR INDIVIDUAL MEN CUP AND PHOTO .....	33
17	STATUTES AND PHOTO FOR OBSTACLE RELAY MEN CUP .....	34
18	STATUTES AND PHOTO FOR THE TEAM WOMEN CUP .....	35
19	STATUTES FOR WOMEN INDIVIDUAL CUP PHOTO .....	36
20	STATUTES AND PHOTO FOR OBSTACLE RELAY WOMEN CUP .....	37
21	CHAMPIONS OF CISM WORLD CHAMPIONSHIPS .....	38
22	VENUES OF CISM WORLD CHAMPIONSHIPS .....	43
23	CISM WORLD RECORDS .....	46

**1 CSC MILITARY PENTATHLON WEBSITE ADDRESS**

[www.military-pentathlon.info](http://www.military-pentathlon.info)

## **2 CONTENT OF THE INVITATION FORM**

- 1) Title of the competition
- 2) Dates
- 3) Address of the organiser (including phone and fax number, as well as e-mail address)
- 4) Invited countries
- 5) Program of training, competitions, official events
- 6) Technical information
- 7) Composition of the mission
- 8) Additional info on board and lodging, medical treatment etc.
- 9) Travel arrangements and travelling expenses
- 10) Immigration requirements
- 11) Permit to wear uniform
- 12) Preliminary agreement form according to Annex 3
- 13) Final entry form according to Annex's 4

## 3 PRELIMINARY AGREEMENT



## INTERNATIONAL MILITARY SPORTS COUNCIL

.....  
 .....

## PRELIMINARY AGREEMENT

To be returned before .....

To

.....  
 .....  
 .....

CC

PCSC Military Pentathlon  
 E-mail: [axeltrono@libero.it](mailto:axeltrono@libero.it)  
 Fax: 0043 810 9554 073021

NATION

PARTICIPATION	YES	NO
Participation		

NUMBER OF PARTICIPANTS	MEN	WOMEN
Officials		
CISM CSC members		
Competitors		

DATE: .....

\_\_\_\_\_  
 Signature of Chief of Delegation

Rank/Name: .....

Your Contact	Rank/Name	
	Phone	
	Fax	
	E-Mail	

## 4 Final Entry



## INTERNATIONAL MILITARY SPORTS COUNCIL

.....

.....

## FINAL ENTRY

To be returned before .....

To

.....

.....

.....

CC

PCSC Military Pentathlon

E-mail: [axeltrono@libero.it](mailto:axeltrono@libero.it)

Fax: 0043 810 9554 073021

## 1. TRAVEL INFORMATION

NATION

	PLACE	DATE	FLIGHT NO.	TIME
ARRIVAL				
DEPARTURE				

Your Contact	Rank/Name	
	Phone	
	Fax	
	E-Mail	

**2. COMPOSITION OF MISSION****NATION****a. Officials**

Function	Rank	SURNAME	Given name	Passport, Date of Birth	Gender (male/female)
Chief of Mission					
Team Captain					
Coach (male)					
Coach (female)					
CSC Member					

**b. Competitors**

	Rank	SURNAME Given Name	Passport, Date of Birth	Weapon Manufacturer, Caliber, Serial Number	NC
MEN					
WOMEN					

NC....Newcomers

**Model, caliber and total number of ammunition** \_\_\_\_\_

*In strict compliance with applicable **CISM Regulations (Article 7.21)**, I, the undersigned Chief of the Delegation, hereby officially confirm that all athletes representing my nation in the CISM event are on active duty in my nation's Armed Forces. I understand that sanctions may be imposed against my nation, my mission, my team, individual athletes, or myself for violation of this provision (**Article 1.12 of CISM Regulations**).*

\_\_\_\_\_  
Signature of Chief of Delegation**Date:** .....**Rank/Name:** .....



## INTERNATIONAL MILITARY SPORTS COUNCIL

### FINAL ENTRY - COMMITMENT BY THE CHIEF OF MISSION

To be returned before .....

**NATION**

The undersigned, Chief of Mission declares that he has read the **Article 7.30 of CISM Regulations** and moreover understood the following prescriptions:

#### A. Chief of Mission

1. Chiefs of Mission shall be familiar with CISM regulations
2. Missions must not only participate or be present at sports events, they are also required to participate in information conferences on CISM, study days, commemorative and cultural events and ceremonies organized by the host nation.

#### B. Conduct of a Mission

1. The Chiefs of Mission is responsible for the behaviour of his team in sports and general discipline. The Chief shall ensure that members of his mission respect the rules and directives prescribed by CISM and organizers of the championship. The respect of schedules is particularly important as they form the basis for the effective conduct of competitions and ceremonies. Instances of indiscipline or poor sportsmanship will be handled by Championship officials and may result in the disqualification of individual athletes or teams.
2. The Chief of Mission shall also enforce the rules concerning behaviour and dress during the ceremonies. He plays an important role in promoting the CISM spirit among his mission, a spirit represented by friendly attitude towards other missions, courtesy towards organizers and fair-play in competition. The mission, who does not wear military uniforms during the opening ceremony of a Championship, will not be authorized to take part in the Championship. The Official CISM Representative will communicate this decision.
3. In conformity with the Statutes and traditions of CISM, any political or religious action during a CISM event, in particular the dissemination of propaganda documents, pictures, brochures, reviews, etc, is strictly forbidden. Any contravention shall result in the exclusion of the mission from further competition.


\_\_\_\_\_  
Signature of Chief of Mission

**Date:** .....

**Rank/Name:** .....




5 MILITARY PENTATHLON - CHECK-IN FORM











**MILITARY PENTATHLON**

**CHECK-IN FORM**

COUNTRY



**CISM**

Function	Nat	Rank	SURNAME <sup>1</sup>	Given Name	 <sup>2</sup>	 <sup>3</sup>	 <sup>3</sup>	 <sup>2</sup>	NEW COMER
Chief of Mission									
Team Captain									
Coach Men									
Coach Women									
Ad libitum									
CSC Member									
Competitor	MilPentIN (Date of Birth)	Rank	Surname <sup>1</sup>	Given Name	 <sup>2</sup>	 <sup>3</sup>	 <sup>3</sup>	 <sup>2</sup>	NEW COMER
MEN									<input type="checkbox"/>
MEN									<input type="checkbox"/>
MEN									<input type="checkbox"/>
MEN									<input type="checkbox"/>
MEN									<input type="checkbox"/>
WOMEN									<input type="checkbox"/>
WOMEN									<input type="checkbox"/>
WOMEN									<input type="checkbox"/>
WOMEN									<input type="checkbox"/>
MEN / WOMEN									<input type="checkbox"/>
MEN / WOMEN									<input type="checkbox"/>
MEN / WOMEN									<input type="checkbox"/>
MEN / WOMEN									<input type="checkbox"/>

\*)The team captain has to fill in the times for obstacle run and swimming according to the ranking list available at the check-in.

Signature of Team Captain

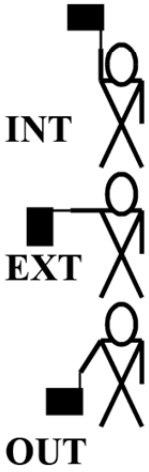
## 5 MILITARY PENTATHLON – PENALTY FORM

			
PENALTY-FORM			
EVENT			
NATION	STARTING-NR.	HEAT	LANE
NAME OF COMPETITOR		<input type="radio"/> WOMEN <input type="radio"/> MEN	
MOTIVATION FOR PENALTY		<div style="border: 2px solid yellow; padding: 5px; display: inline-block; color: red; font-weight: bold;">PENALTY</div>	
Date & Time			
Signature (Organising Committee)		Signature (Technical Jury)	

## 5 MILITARY PENTATHLON – THROWING FORM MEN

<b>Heat</b>	<b>MILITARY PENTATHLON Throwing men</b>						<b>Lane</b>	
	<b>Circle</b>	<b>Points</b>		<b>1.</b>	<b>2.</b>	<b>3.</b>	<b>4.</b>	<b>Sum</b>
		<b>INT</b>	<b>EXT</b>					
	20m	7	3					
	25m	8	4					
	30m	9	5					
	35m	10	6					
	<b>Throwing Points - Precision</b>							
(1: _____ m) (2: _____ m) (3: _____ m)								
<b>Throwing Points - Total</b>								
<b>Signature of competitor</b> _____								

## 5 MILITARY PENTATHLON – THROWING FORM WOMEN

<b>Heat</b>	<b>MILITARY PENTATHLON Throwing women</b>								<b>Lane</b>
	<b>Circle</b>	<b>Points</b>		<b>1.</b>	<b>2.</b>	<b>3.</b>	<b>4.</b>	<b>Sum</b>	
	<b>INT</b>	15m	7	3					
	<b>EXT</b>	20m	8	4					
		25m	9	5					
		30m	10	6					
	<b>Throwing Points - Precision</b>								
	<b>(1: _____ m) (2: _____ m) (3: _____ m)</b>								
<b>Throwing Points - Total</b>									
<b>Signature of competitor</b> _____									



## Obstacle Relay - Starting Sequence form

# MEN

ID	MilPentIN (Date of Birth)	Rank	Name	Quali- fication	Quarter- final	Semi- final	Heat for 3 <sup>rd</sup> place	Final

----- Signature of Team Captain    Signature of Team Captain    Signature of Team Captain    Signature of Team Captain    Signature of Team Captain

The Team Captain has to fill in the starting sequence of his team prior to each round, by filling in the numbers 1 - 4.

- 1 stands for the competitor running the first part
- 2 stands for the competitor running the second part
- 3 stands for the competitor running the third part
- 4 stands for the competitor running the fourth part

6 MILITARY PENTATHLON – STARTING SEQUENCE OBSTACLE RELAY WOMEN



Obstacle Relay - Starting Sequence form

WOMEN

ID	MilPentIN (Date of Birth)	Rank	Name	Quali- fication	Quarter- final	Semi- final	Heat for 3 <sup>rd</sup> place	Final

----- Signature of      Signature of      Signature of      Signature of      Signature of  
Team Captain      Team Captain      Team Captain      Team Captain      Team Captain

The Team Captain has to fill in the starting sequence of his team prior to each round, by filling in the numbers 1 - 3.

- 1 stands for the competitor running the first part
- 2 stands for the competitor running the second part
- 3 stands for the competitor running the third part

## 5 MILITARY PENTATHLON – MANUAL TIME FORM

**Event:** \_\_\_\_\_

[illegible]

## 5 MILITARY PENTATHLON – PROTEST FORM (Page 1)

	<h1>Military Pentathlon PROTEST FORM</h1>	
<b>PROTEST INFORMATION</b>		
Event/Discipline:		
Date	Time	
Description of the complain		
Protest Submitted By: (Rank/Name/Nation/Function) _____		
Signature _____		
<b>PROTEST RECEIPT (To be Completed by the TechJury President)</b>		
Protest received: Date:		Time:
Amount Fee Paid:	Received by: _____	
		Rank/Name/Nation
Signature: _____		



**5 MILITARY PENTATHLON – PROTEST FORM (Page 2)**

[illegible]

## 6 SHOOTING – EQUIPMENT CONTROL FORM



CISM

## EQUIPMENT CONTROL - SHOOTING

Country: 

	MilPentIN (Date of Birth)	Rank	Name	Weapon						Jacket		undergarments max. 2,5mm single	Glove thickness: max. 12 mm in total	Remarks / Signature of Controller
				Manufacture	Serialnumber	overall weight: max. 5.5 kg	trigger weight: min. 1.5 kg	sling width: max. 40 mm	Lenght of the barrel max. 762mm	check of sights	overlapping: min. 70 mm			
men						<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	
men						<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	
men						<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	
men						<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	
men						<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	
men						<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	
women						<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	
women						<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	
women						<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	
women						<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	



## 6 SHOOTING – REPEATED RAPID SERIES FORM



## MILITARY PENATHLON

## SHOOTING – REPEATED RAPID SERIES

Competitor :

Nation :

Shot	1	2	3	4	5	6	7	8	9	10	Total
Series											
Competition											
1st Repeat											
2nd Repeat											
FINAL SCORE											

(Final Score is the total of the lowest value shot-scores overall.)

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 SIGNATURE OF TECHNICAL JURY

## 6 EQUIVALENCE TABLE SHOOTING – MEN AND WOMEN (200m & 50m)

For **200m & 50m** Competition a result of **180** shooting points gives **1000** pentathlon points.

Every shooting point over (under) 180 gives 7 pentathlon points more (less, until 0 pentathlon points).

decade shooting points	unit shooting points									
	9	8	7	6	5	4	3	2	1	0
<b>20</b>										1140
<b>19</b>	1133	1126	1119	1112	1105	1098	1091	1084	1077	1070
<b>18</b>	1063	1056	1049	1042	1035	1028	1021	1014	1007	<b>1000</b>
<b>17</b>	993	986	979	972	965	958	951	944	937	930
<b>16</b>	923	916	909	902	895	888	881	874	867	860
<b>15</b>	853	846	839	832	825	818	811	804	797	790
<b>14</b>	783	776	769	762	755	748	741	734	727	720
<b>13</b>	713	706	699	692	685	678	671	664	657	650
<b>12</b>	643	636	629	622	615	608	601	594	587	580
<b>11</b>	573	566	559	552	545	538	531	524	517	510
<b>10</b>	503	496	489	482	475	468	461	454	447	440
<b>9</b>	433	426	419	412	405	398	391	384	377	370
<b>8</b>	363	356	349	342	335	328	321	314	307	300
<b>7</b>	293	286	279	272	265	258	251	244	237	230
<b>6</b>	223	216	209	202	195	188	181	174	167	160
<b>5</b>	153	146	139	132	125	118	111	104	97	90
<b>4</b>	83	76	69	62	55	48	41	34	27	20
<b>3</b>	13	6	0	0	0	0	0	0	0	0

Shooting Number of Mouches	Additional pentathlon points for inner tens (Mouches)									
	1x	2x	3x	4x	5x	6x	7x	8x	9x	10x
<b>200m(50m)</b>	0,3	0,7	1	1,4	1,7	2,1	2,4	2,8	3,1	3,5
Number of Mouches	11x	12x	13x	14x	15x	16x	17x	18x	19x	20x
<b>200m(50m)</b>	3,8	4,2	4,5	4,9	5,2	5,6	5,9	6,3	6,6	7

## 6 EQUIVALENCE TABLE SHOOTING – MEN AND WOMEN (300m)

For 300m Competition a result of 170 shooting points gives 1000 pentathlon points.

Every shooting point over (or under) 170 gives 5 pentathlon points more (or less).

decade shooting points	unit shooting points									
	9	8	7	6	5	4	3	2	1	0
20										1150
19	1145	1140	1135	1130	1125	1120	1115	1110	1105	1100
18	1095	1090	1085	1080	1075	1070	1065	1060	1055	1050
17	1045	1040	1035	1030	1025	1020	1015	1010	1005	1000
16	995	990	985	980	975	970	965	960	955	950
15	945	940	935	930	925	920	915	910	905	900
14	895	890	885	880	875	870	865	860	855	850
13	845	840	835	830	825	820	815	810	805	800
12	795	790	785	780	775	770	765	760	755	750
11	745	740	735	730	725	720	715	710	705	700
10	695	690	685	680	675	670	665	660	655	650
9	645	640	635	630	625	620	615	610	605	600
8	595	590	585	580	575	570	565	560	555	550
7	545	540	535	530	525	520	515	510	505	500
6	495	490	485	480	475	470	465	460	455	450
5	445	440	435	430	425	420	415	410	405	400
4	395	390	385	380	375	370	365	360	355	350
3	345	340	335	330	325	320	315	310	305	300
2	295	290	285	280	275	270	265	260	255	250
1	245	240	235	230	225	220	215	210	205	200
0	195	190	185	180	175	170	165	160	155	0

Shooting Number of Mouches	Additional pentathlon points for inner tens (Mouches)									
	1x	2x	3x	4x	5x	6x	7x	8x	9x	10x
300m	0,2	0,5	0,7	1	1,2	1,5	1,7	2	2,2	2,5
Number of Mouches	11x	12x	13x	14x	15x	16x	17x	18x	19x	20x
300m	2,7	3	3,2	3,5	3,7	4	4,2	4,5	4,7	5

## Annex 7

**7 EQUIVALENCE TABLE OBSTACLE RUN – MEN AND WOMEN**

A result of 2:40.0 min gives 1000 pentathlon points.

Every second (1/10 second) under (over) 2:40.0 min gives 7 (0.7) pentathlon points more (less, until 0 pentathlon points).

min decade sec	unit seconds									
	0	1	2	3	4	5	6	7	8	9
<b>2 min 0</b>	1280	1273	1266	1259	1252	1245	1238	1231	1224	1217
<b>2 min 1</b>	1210	1203	1196	1189	1182	1175	1168	1161	1154	1147
<b>2 min 2</b>	1140	1133	1126	1119	1112	1105	1098	1091	1084	1077
<b>2 min 3</b>	1070	1063	1056	1049	1042	1035	1028	1021	1014	1007
<b>2 min 4</b>	<b>1000</b>	993	986	979	972	965	958	951	944	937
<b>2 min 5</b>	930	923	916	909	902	895	888	881	874	867
<b>3 min 0</b>	860	853	846	839	832	825	818	811	804	797
<b>3 min 1</b>	790	783	776	769	762	755	748	741	734	727
<b>3 min 2</b>	720	713	706	699	692	685	678	671	664	657
<b>3 min 3</b>	650	643	636	629	622	615	608	601	594	587
<b>3 min 4</b>	580	573	566	559	552	545	538	531	524	517
<b>3 min 5</b>	510	503	496	489	482	475	468	461	454	447
<b>4 min 0</b>	440	433	426	419	412	405	398	391	384	377
<b>4 min 1</b>	370	363	356	349	342	335	328	321	314	307
<b>4 min 2</b>	300	293	286	279	272	265	258	251	244	237
<b>4 min 3</b>	230	223	216	209	202	195	188	181	174	167
<b>4 min 4</b>	160	153	146	139	132	125	118	111	104	97
<b>4 min 5</b>	90	83	76	69	62	55	48	41	34	27
<b>5 min 0</b>	20	13	6	0	0	0	0	0	0	0
<b>1/10 sec points</b>	<b>0</b> - 0.0	<b>1</b> - 0.7	<b>2</b> - 1.4	<b>3</b> - 2.1	<b>4</b> - 2.8	<b>5</b> - 3.5	<b>6</b> - 4.2	<b>7</b> - 4.9	<b>8</b> - 5.6	<b>9</b> - 6.3

## Annex 8

**8 EQUIVALENCE TABLE OBSTACLE SWIMMING – MEN**

A result of 31.5 sec gives 1000 pentathlon points.

Every second (1/10 second) under (over) 31.5 sec gives 24 (2.4) pentathlon points more (less, until 0 pentathlon points).

seconds	1/10 second									
	0	1	2	3	4	5	6	7	8	9
<b>23</b>	1204.0	1201.6	1199.2	1196.8	1194.4	1192.0	1189.6	1187.2	1184.8	1182.4
<b>24</b>	1180.0	1177.6	1175.2	1172.8	1170.4	1168.0	1165.6	1163.2	1160.8	1158.4
<b>25</b>	1156.0	1153.6	1151.2	1148.8	1146.4	1144.0	1141.6	1139.2	1136.8	1134.4
<b>26</b>	1132.0	1129.6	1127.2	1124.8	1122.4	1120.0	1117.6	1115.2	1112.8	1110.4
<b>27</b>	1108.0	1105.6	1103.2	1100.8	1098.4	1096.0	1093.6	1091.2	1088.8	1086.4
<b>28</b>	1084.0	1081.6	1079.2	1076.8	1074.4	1072.0	1069.6	1067.2	1064.8	1062.4
<b>29</b>	1060.0	1057.6	1055.2	1052.8	1050.4	1048.0	1045.6	1043.2	1040.8	1038.4
<b>30</b>	1036.0	1033.6	1031.2	1028.8	1026.4	1024.0	1021.6	1019.2	1016.8	1014.4
<b>31</b>	1012.0	1009.6	1007.2	1004.8	1002.4	<b>1000.0</b>	997.6	995.2	992.8	990.4
<b>32</b>	988.0	985.6	983.2	980.8	978.4	976.0	973.6	971.2	968.8	966.4
<b>33</b>	964.0	961.6	959.2	956.8	954.4	952.0	949.6	947.2	944.8	942.4
<b>34</b>	940.0	937.6	935.2	932.8	930.4	928.0	925.6	923.2	920.8	918.4
<b>35</b>	916.0	913.6	911.2	908.8	906.4	904.0	901.6	899.2	896.8	894.4
<b>36</b>	892.0	889.6	887.2	884.8	882.4	880.0	877.6	875.2	872.8	870.4
<b>37</b>	868.0	865.6	863.2	860.8	858.4	856.0	853.6	851.2	848.8	846.4
<b>38</b>	844.0	841.6	839.2	836.8	834.4	832.0	829.6	827.2	824.8	822.4
<b>39</b>	820.0	817.6	815.2	812.8	810.4	808.0	805.6	803.2	800.8	798.4
<b>40</b>	796.0	793.6	791.2	788.8	786.4	784.0	781.6	779.2	776.8	774.4
<b>41</b>	772.0	769.6	767.2	764.8	762.4	760.0	757.6	755.2	752.8	750.4
<b>42</b>	748.0	745.6	743.2	740.8	738.4	736.0	733.6	731.2	728.8	726.4
<b>43</b>	724.0	721.6	719.2	716.8	714.4	712.0	709.6	707.2	704.8	702.4
<b>44</b>	700.0	697.6	695.2	692.8	690.4	688.0	685.6	683.2	680.8	678.4
<b>45</b>	676.0	673.6	671.2	668.8	666.4	664.0	661.6	659.2	656.8	654.4
<b>46</b>	652.0	649.6	647.2	644.8	642.4	640.0	637.6	635.2	632.8	630.4
<b>47</b>	628.0	625.6	623.2	620.8	618.4	616.0	613.6	611.2	608.8	606.4
<b>48</b>	604.0	601.6	599.2	596.8	594.4	592.0	589.6	587.2	584.8	582.4
<b>49</b>	580.0	577.6	575.2	572.8	570.4	568.0	565.6	563.2	560.8	558.4
<b>50</b>	556.0	553.6	551.2	548.8	546.4	544.0	541.6	539.2	536.8	534.4
<b>51</b>	532.0	529.6	527.2	524.8	522.4	520.0	517.6	515.2	512.8	510.4
<b>52</b>	508.0	505.6	503.2	500.8	498.4	496.0	493.6	491.2	488.8	486.4
<b>53</b>	484.0	481.6	479.2	476.8	474.4	472.0	469.6	467.2	464.8	462.4
<b>54</b>	460.0	457.6	455.2	452.8	450.4	448.0	445.6	443.2	440.8	438.4
<b>55</b>	436.0	433.6	431.2	428.8	426.4	424.0	421.6	419.2	416.8	414.4
<b>56</b>	412.0	409.6	407.2	404.8	402.4	400.0	397.6	395.2	392.8	390.4
<b>57</b>	388.0	385.6	383.2	380.8	378.4	376.0	373.6	371.2	368.8	366.4
<b>58</b>	364.0	361.6	359.2	356.8	354.4	352.0	349.6	347.2	344.8	342.4
<b>59</b>	340.0	337.6	335.2	332.8	330.4	328.0	325.6	323.2	320.8	318.4

## 9 EQUIVALENCE TABLE THROWING – MEN AND WOMEN

A result of 170 throwing points gives 1000 pentathlon points.

Every throwing point (1/10) over (under) 170 gives 4 (0.4) pentathlon points more (less).

decade throwing points	unit throwing points									
	9	8	7	6	5	4	3	2	1	0
<b>21</b>	1196	1192	1188	1184	1180	1176	1172	1168	1164	1160
<b>20</b>	1156	1152	1148	1144	1140	1136	1132	1128	1124	1120
<b>19</b>	1116	1112	1108	1104	1100	1096	1092	1088	1084	1080
<b>18</b>	1076	1072	1068	1064	1060	1056	1052	1048	1044	1040
<b>17</b>	1036	1032	1028	1024	1020	1016	1012	1008	1004	<b>1000</b>
<b>16</b>	996	992	988	984	980	976	972	968	964	960
<b>15</b>	956	952	948	944	940	936	932	928	924	920
<b>14</b>	916	912	908	904	900	896	892	888	884	880
<b>13</b>	876	872	868	864	860	856	852	848	844	840
<b>12</b>	836	832	828	824	820	816	812	808	804	800
<b>11</b>	796	792	788	784	780	776	772	768	764	760
<b>10</b>	756	752	748	744	740	736	732	728	724	720
<b>9</b>	716	712	708	704	700	696	692	688	684	680
<b>8</b>	676	672	668	664	660	656	652	648	644	640
<b>7</b>	636	632	628	624	620	616	612	608	604	600
<b>6</b>	596	592	588	584	580	576	572	568	564	560
<b>5</b>	556	552	548	544	540	536	532	528	524	520
<b>4</b>	516	512	508	504	500	496	492	488	484	480
<b>1/10 throwing point pentathlon points</b>	<b>9</b>	<b>8</b>	<b>7</b>	<b>6</b>	<b>5</b>	<b>4</b>	<b>3</b>	<b>2</b>	<b>1</b>	<b>0</b>
	+ 3.6	+ 3.2	+ 2.8	+ 2.4	+ 2.0	+ 1.6	+ 1.2	+ 0.8	+ 0.4	+ 0.0



# 10 EQUIVALENCE TABLE CROSS-COUNTRY – MEN

A result of 28:00.0 min gives 1000 pentathlon points.

Every second (1/10 second) under (over) 28:00.0 min gives 1 (0.1) pentathlon points more (less, until 0 pentathlon points).

min decade sec	unit seconds									
	0	1	2	3	4	5	6	7	8	9
24 min 0	1240	1239	1238	1237	1236	1235	1234	1233	1232	1231
24 min 1	1230	1229	1228	1227	1226	1225	1224	1223	1222	1221
24 min 2	1220	1219	1218	1217	1216	1215	1214	1213	1212	1211
24 min 3	1210	1209	1208	1207	1206	1205	1204	1203	1202	1201
24 min 4	1200	1199	1198	1197	1196	1195	1194	1193	1192	1191
24 min 5	1190	1189	1188	1187	1186	1185	1184	1183	1182	1181
25 min 0	1180	1179	1178	1177	1176	1175	1174	1173	1172	1171
25 min 1	1170	1169	1168	1167	1166	1165	1164	1163	1162	1161
25 min 2	1160	1159	1158	1157	1156	1155	1154	1153	1152	1151
25 min 3	1150	1149	1148	1147	1146	1145	1144	1143	1142	1141
25 min 4	1140	1139	1138	1137	1136	1135	1134	1133	1132	1131
25 min 5	1130	1129	1128	1127	1126	1125	1124	1123	1122	1121
26 min 0	1120	1119	1118	1117	1116	1115	1114	1113	1112	1111
26 min 1	1110	1109	1108	1107	1106	1105	1104	1103	1102	1101
26 min 2	1100	1099	1098	1097	1096	1095	1094	1093	1092	1091
26 min 3	1090	1089	1088	1087	1086	1085	1084	1083	1082	1081
26 min 4	1080	1079	1078	1077	1076	1075	1074	1073	1072	1071
26 min 5	1070	1069	1068	1067	1066	1065	1064	1063	1062	1061
27 min 0	1060	1059	1058	1057	1056	1055	1054	1053	1052	1051
27 min 1	1050	1049	1048	1047	1046	1045	1044	1043	1042	1041
27 min 2	1040	1039	1038	1037	1036	1035	1034	1033	1032	1031
27 min 3	1030	1029	1028	1027	1026	1025	1024	1023	1022	1021
27 min 4	1020	1019	1018	1017	1016	1015	1014	1013	1012	1011
27 min 5	1010	1009	1008	1007	1006	1005	1004	1003	1002	1001
28 min 0	1000	999	998	997	996	995	994	993	992	991
28 min 1	990	989	988	987	986	985	984	983	982	981
28 min 2	980	979	978	977	976	975	974	973	972	971
28 min 3	970	969	968	967	966	965	964	963	962	961
28 min 4	960	959	958	957	956	955	954	953	952	951
28 min 5	950	949	948	947	946	945	944	943	942	941
29 min 0	940	939	938	937	936	935	934	933	932	931
29 min 1	930	929	928	927	926	925	924	923	922	921
29 min 2	920	919	918	917	916	915	914	913	912	911
29 min 3	910	909	908	907	906	905	904	903	902	901
29 min 4	900	899	898	897	896	895	894	893	892	891
29 min 5	890	889	888	887	886	885	884	883	882	881
1/10 sec points	0 - 0.0	1 - 0.1	2 - 0.2	3 - 0.3	4 - 0.4	5 - 0.5	6 - 0.6	7 - 0.7	8 - 0.8	9 - 0.9

min decade sec	unit seconds									
	0	1	2	3	4	5	6	7	8	9
30 min 0	880	879	878	877	876	875	874	873	872	871
30 min 1	870	869	868	867	866	865	864	863	862	861
30 min 2	860	859	858	857	856	855	854	853	852	851
30 min 3	850	849	848	847	846	845	844	843	842	841
30 min 4	840	839	838	837	836	835	834	833	832	831
30 min 5	830	829	828	827	826	825	824	823	822	821
31 min 0	820	819	818	817	816	815	814	813	812	811
31 min 1	810	809	808	807	806	805	804	803	802	801
31 min 2	800	799	798	797	796	795	794	793	792	791
31 min 3	790	789	788	787	786	785	784	783	782	781
31 min 4	780	779	778	777	776	775	774	773	772	771
31 min 5	770	769	768	767	766	765	764	763	762	761
32 min 0	760	759	758	757	756	755	754	753	752	751
32 min 1	750	749	748	747	746	745	744	743	742	741
32 min 2	740	739	738	737	736	735	734	733	732	731
32 min 3	730	729	728	727	726	725	724	723	722	721
32 min 4	720	719	718	717	716	715	714	713	712	711
32 min 5	710	709	708	707	706	705	704	703	702	701
33 min 0	700	699	698	697	696	695	694	693	692	691
33 min 1	690	689	688	687	686	685	684	683	682	681
33 min 2	680	679	678	677	676	675	674	673	672	671
33 min 3	670	669	668	667	666	665	664	663	662	661
33 min 4	660	659	658	657	656	655	654	653	652	651
33 min 5	650	649	648	647	646	645	644	643	642	641
34 min 0	640	639	638	637	636	635	634	633	632	631
34 min 1	630	629	628	627	626	625	624	623	622	621
34 min 2	620	619	618	617	616	615	614	613	612	611
34 min 3	610	609	608	607	606	605	604	603	602	601
34 min 4	600	599	598	597	596	595	594	593	592	591
34 min 5	590	589	588	587	586	585	584	583	582	581
35 min 0	580	579	578	577	576	575	574	573	572	571
35 min 1	570	569	568	567	566	565	564	563	562	561
35 min 2	560	559	558	557	556	555	554	553	552	551
35 min 3	550	549	548	547	546	545	544	543	542	541
35 min 4	540	539	538	537	536	535	534	533	532	531
35 min 5	530	529	528	527	526	525	524	523	522	521
1/10 sec points	0 - 0.0	1 - 0.1	2 - 0.2	3 - 0.3	4 - 0.4	5 - 0.5	6 - 0.6	7 - 0.7	8 - 0.8	9 - 0.9

**36 min:** Use table for 31 min and reduce with 300 pentathlon points

**37 min:** Use table for 32 min and reduce with 300 pentathlon points

**38 min:** Use table for 33 min and reduce with 300 pentathlon points

**39 min:** Use table for 34 min and reduce with 300 pentathlon points.

## Annex 11

**11 EQUIVALENCE TABLE OBSTACLE SWIMMING – WOMEN**

A result of 35.0 sec gives 1000 pentathlon points.

Every second (1/10 second) under (over) 35.0 sec gives 24 (2.4) pentathlon points more (less, until 0 pentathlon points).

seconds	1/10 second									
	0	1	2	3	4	5	6	7	8	9
<b>25</b>	1240.0	1237.6	1235.2	1232.8	1230.4	1228.0	1225.6	1223.2	1220.8	1218.4
<b>26</b>	1216.0	1213.6	1211.2	1208.8	1206.4	1204.0	1201.6	1199.2	1196.8	1194.4
<b>27</b>	1192.0	1189.6	1187.2	1184.8	1182.4	1180.0	1177.6	1175.2	1172.8	1170.4
<b>28</b>	1168.0	1165.6	1163.2	1160.8	1158.4	1156.0	1153.6	1151.2	1148.8	1146.4
<b>29</b>	1144.0	1141.6	1139.2	1136.8	1134.4	1132.0	1129.6	1127.2	1124.8	1122.4
<b>30</b>	1120.0	1117.6	1115.2	1112.8	1110.4	1108.0	1105.6	1103.2	1100.8	1098.4
<b>31</b>	1096.0	1093.6	1091.2	1088.8	1086.4	1084.0	1081.6	1079.2	1076.8	1074.4
<b>32</b>	1072.0	1069.6	1067.2	1064.8	1062.4	1060.0	1057.6	1055.2	1052.8	1050.4
<b>33</b>	1048.0	1045.6	1043.2	1040.8	1038.4	1036.0	1033.6	1031.2	1028.8	1026.4
<b>34</b>	1024.0	1021.6	1019.2	1016.8	1014.4	1012.0	1009.6	1007.2	1004.8	1002.4
<b>35</b>	<b>1000.0</b>	997.6	995.2	992.8	990.4	988.0	985.6	983.2	980.8	978.4
<b>36</b>	976.0	973.6	971.2	968.8	966.4	964.0	961.6	959.2	956.8	954.4
<b>37</b>	952.0	949.6	947.2	944.8	942.4	940.0	937.6	935.2	932.8	930.4
<b>38</b>	928.0	925.6	923.2	920.8	918.4	916.0	913.6	911.2	908.8	906.4
<b>39</b>	904.0	901.6	899.2	896.8	894.4	892.0	889.6	887.2	884.8	882.4
<b>40</b>	880.0	877.6	875.2	872.8	870.4	868.0	865.6	863.2	860.8	858.4
<b>41</b>	856.0	853.6	851.2	848.8	846.4	844.0	841.6	839.2	836.8	834.4
<b>42</b>	832.0	829.6	827.2	824.8	822.4	820.0	817.6	815.2	812.8	810.4
<b>43</b>	808.0	805.6	803.2	800.8	798.4	796.0	793.6	791.2	788.8	786.4
<b>44</b>	784.0	781.6	779.2	776.8	774.4	772.0	769.6	767.2	764.8	762.4
<b>45</b>	760.0	757.6	755.2	752.8	750.4	748.0	745.6	743.2	740.8	738.4
<b>46</b>	736.0	733.6	731.2	728.8	726.4	724.0	721.6	719.2	716.8	714.4
<b>47</b>	712.0	709.6	707.2	704.8	702.4	700.0	697.6	695.2	692.8	690.4
<b>48</b>	688.0	685.6	683.2	680.8	678.4	676.0	673.6	671.2	668.8	666.4
<b>49</b>	664.0	661.6	659.2	656.8	654.4	652.0	649.6	647.2	644.8	642.4
<b>50</b>	640.0	637.6	635.2	632.8	630.4	628.0	625.6	623.2	620.8	618.4
<b>51</b>	616.0	613.6	611.2	608.8	606.4	604.0	601.6	599.2	596.8	594.4
<b>52</b>	592.0	589.6	587.2	584.8	582.4	580.0	577.6	575.2	572.8	570.4
<b>53</b>	568.0	565.6	563.2	560.8	558.4	556.0	553.6	551.2	548.8	546.4
<b>54</b>	544.0	541.6	539.2	536.8	534.4	532.0	529.6	527.2	524.8	522.4
<b>55</b>	520.0	517.6	515.2	512.8	510.4	508.0	505.6	503.2	500.8	498.4
<b>56</b>	496.0	493.6	491.2	488.8	486.4	484.0	481.6	479.2	476.8	474.4
<b>57</b>	472.0	469.6	467.2	464.8	462.4	460.0	457.6	455.2	452.8	450.4
<b>58</b>	448.0	445.6	443.2	440.8	438.4	436.0	433.6	431.2	428.8	426.4
<b>59</b>	424.0	421.6	419.2	416.8	414.4	412.0	409.6	407.2	404.8	402.4

## Annex 12

## 12 EQUIVALENCE TABLE CROSS-COUNTRY – WOMEN

A result of 16:00.0 min gives 1000 pentathlon points.

Every second (1/10 second) under (over) 16:00.0 min gives 1 (0.1) pentathlon points more (less, until 0 pentathlon points).

min decade sec	unit seconds									
	0	1	2	3	4	5	6	7	8	9
13 min 0	1180	1179	1178	1177	1176	1175	1174	1173	1172	1171
13 min 1	1170	1169	1168	1167	1166	1165	1164	1163	1162	1161
13 min 2	1160	1159	1158	1157	1156	1155	1154	1153	1152	1151
13 min 3	1150	1149	1148	1147	1146	1145	1144	1143	1142	1141
13 min 4	1140	1139	1138	1137	1136	1135	1134	1133	1132	1131
13 min 5	1130	1129	1128	1127	1126	1125	1124	1123	1122	1121
14 min 0	1120	1119	1118	1117	1116	1115	1114	1113	1112	1111
14 min 1	1110	1109	1108	1107	1106	1105	1104	1103	1102	1101
14 min 2	1100	1099	1098	1097	1096	1095	1094	1093	1092	1091
14 min 3	1090	1089	1088	1087	1086	1085	1084	1083	1082	1081
14 min 4	1080	1079	1078	1077	1076	1075	1074	1073	1072	1071
14 min 5	1070	1069	1068	1067	1066	1065	1064	1063	1062	1061
15 min 0	1060	1059	1058	1057	1056	1055	1054	1053	1052	1051
15 min 1	1050	1049	1048	1047	1046	1045	1044	1043	1042	1041
15 min 2	1040	1039	1038	1037	1036	1035	1034	1033	1032	1031
15 min 3	1030	1029	1028	1015	1026	1025	1024	1023	1022	1021
15 min 4	1020	1019	1018	1017	1016	1015	1014	1013	1012	1011
15 min 5	1010	1009	1008	1007	1006	1005	1004	1003	1002	1001
16 min 0	1000	999	998	997	996	995	994	993	992	991
16 min 1	990	989	988	987	986	985	984	983	982	981
16 min 2	980	979	978	977	976	975	974	973	972	971
16 min 3	970	969	968	967	966	965	964	963	962	961
16 min 4	960	959	958	957	956	955	954	953	952	951
16 min 5	950	949	948	947	946	945	944	943	942	941
17 min 0	940	939	938	937	936	935	934	933	932	931
17 min 1	930	929	928	915	926	925	924	923	922	921
17 min 2	920	919	918	917	916	915	914	913	912	911
17 min 3	910	909	908	907	906	905	904	903	902	901
17 min 4	900	899	898	897	896	895	894	893	892	891
17 min 5	890	889	888	887	886	885	884	883	882	881
1/10 sec points	0 - 0.0	1 - 0.1	2 - 0.2	3 - 0.3	4 - 0.4	5 - 0.5	6 - 0.6	7 - 0.7	8 - 0.8	9 - 0.9

**18 min:** Use table for 13 min and reduce with 300 pentathlon points

**19 min:** Use table for 14 min and reduce with 300 pentathlon points

**20 min:** Use table for 15 min and reduce with 300 pentathlon points

**21 min:** Use table for 16 min and reduce with 300 pentathlon points

**22 min:** Use table for 17 min and reduce with 300 pentathlon points

**13 SEQUENCE OF THE OBSTACLE RELAY – 1<sup>st</sup> Round*****Obstacle Relay***

<b>WOMEN</b>					
<b>1<sup>st</sup> Round (running time decides)</b>					
Heat	Lane	Starting Time	Nation	Time	Place
1	1				
	2				
2	1				
	2				
3	1				
	2				
4	1				
	2				
5	1				
	2				
7	1				
	2				
8	1				
	2				
9	1				
	2				

<b>MEN</b>					
<b>1<sup>st</sup> Round (running time decides)</b>					
Heat	Lane	Starting Time	Nation	Time	Place
1	1				
	2				
2	1				
	2				
3	1				
	2				
4	1				
	2				
5	1				
	2				
6	1				
	2				
7	1				
	2				
8	1				
	2				
9	1				
	2				
10	1				
	2				
11	1				
	2				
12	1				
	2				
13	1				
	2				
14	1				
	2				

**13 SEQUENCE OF THE OBSTACLE RELAY – Final Round*****Obstacle Relay***

WOMEN						
QUARTERFINAL ( K.o. System )						
QF 1	1		1			
	2		A			
QF 2	1		4			
	2		B			
QF 3	1		3			
	2		C			
QF 4	1		2			
	2		D			

MEN						
QUARTERFINAL ( K.o. System )						
QF 1	1		1			
	2		A			
QF 2	1		4			
	2		B			
QF 3	1		3			
	2		C			
QF 4	1		2			
	2		D			

SEMIFINAL ( K.o. System )						
SF 1	1		W-QF1 (1)			
	2		W-QF2 (X)			
SF 2	1		W-QF3 (2)			
	2		W-QF4 (Y)			

SEMIFINAL ( K.o. System )						
SF 1	1		W-QF1			
	2		W-QF2			
SF 2	1		W-QF3			
	2		W-QF4			

3 <sup>rd</sup> Place Race						
	1		L-SF1			
	2		L-SF2			

3 <sup>rd</sup> Place Race						
	1		L-SF1			
	2		L-SF2			

FINAL						
	1		W-SF1			
	2		W-SF2			

FINAL						
	1		W-SF1			
	2		W-SF2			

WINNERS		
Place	Nation	Time
1		
2		
3		

WINNERS		
Place	Nation	Time
1		
2		
3		

## 14 CHALLENGE CUPS

The following challenge cups are presented to the winners on occasion of the World Military Championships:

- The men team cup donated by the Minister of the French Forces in the name of Colonel Henri Debrus, founder of the competition in 1950
- The men individual cup men donated by the Turkish Armed Forces in 2003.
- The Obstacle Relay Cup for male team donated by the Croatian Minister of Defence in 1999.
- The women team cup donated by the CISM Sport Committee in 2010.
- The women individual cup donated by the Danish Chief of Defence in 2000.
- The Obstacle Relay Cup for female team donated by the Dutch Delegation in 2010.

⇒ Statutes and photos of the challenge cups see Annexes 13A – 13F .

## 15 STATUTES FOR THE TEAM MEN CUP AND PHOTO

1. The Challenge Cup was donated by the Minister of the French Forces in the name of Colonel Henri Debrus, founder of Military Pentathlon in 1950.
2. The Challenge Cup is made of brass. It shows the CISM emblem with the inscription on the front:

### CONSEIL INTERNATIONAL DU SPORT MILITAIRE

On the bottom of the cup the five disciplines of Military Pentathlon are symbolised.

3. The Challenge Cup is awarded to the male team champion of the CISM Military Pentathlon World Championship.
4. The annual winner of the Challenge Cup will supply the base of the cup with an inscription including year and country.
5. The team champion of the Military Pentathlon World Championship will hold the Challenge Cup until the next CISM World Championship.
6. The Challenge Cup will be forwarded in due time to the country that organises the following World Championship.
7. The statutes were accepted by the CISM Executive Committee.





## 16 STATUTES FOR INDIVIDUAL MEN CUP AND PHOTO

1. The Challenge Cup is donated by the Turkish Armed Forces in 2003.
2. The Challenge Cup is a cup with the inscription:

on the front:

**CISM MILITARY PENTATHLON**

**INDIVIDUAL, MEN**

**FIRST PLACE**

**TURKISH ARMED FORCES**

**TURKEY, 2003**

8. The Challenge Cup is awarded to the male individual champion of the CISM Military Pentathlon World Championship.
9. The Delegation of the annual winner of the Challenge Cup will supply the base of the cup with an inscription including year and country.
10. The champion of the Military Pentathlon World Championship will hold the Challenge Cup until the next CISM World Championship.
11. The Challenge Cup will be forwarded in due time to the country that organises the following World Championship.
12. The statutes were accepted by the CISM Executive Committee.



## 17 STATUTES AND PHOTO FOR OBSTACLE RELAY MEN CUP

1. The Challenge Cup is donated by the Croatian Minister of Defence, Pavao Miljavac, in 1999.
2. The Challenge Cup is a relay baton, fixed on marble with a gold plated world globe on top, with the inscription:

**MILITARY PENTATHLON**  
**OBSTACLE RELAY-MEN**  
**DONATED BY THE MINISTRY OF DEFENCE**  
**OF THE REPUBLIC OF CROATIA,**  
**MINISTER PAVAO MILJAVAC,**  
**ZAGREB - CROATIA**  
**1999 YEAR**

3. The Challenge Cup is awarded to the male team champion of the CISM Military Pentathlon World Championship in the discipline Obstacle Relay.
4. The world champion winning the cup will hold the cup until the next Military Pentathlon World Championship where it will be given again to the male team winner of the Obstacle Relay.
5. The cup will become the property of the delegation winning the cup three times in a row, or the world champion who first gains 5 victories.
6. The cup will change hands every World Championship to the winning team of the Obstacle Relay men.
7. The annual winner will supply the base of the cup with an inscription including year and name of country.
8. The world champion of the Military Pentathlon World Championship in the Obstacle Relay men will hold the Challenge Cup until the next CISM World Championship.
9. The Challenge Cup will be forwarded in due time to the country that organises the following World Championship.
10. The statutes were approved by the Permanent Technical Committee of the Military Pentathlon at the proposal of the Committee of the Croatian delegation to CISM.



## 18 STATUTES AND PHOTO FOR THE TEAM WOMEN CUP

1. The Challenge Cup is donated by the CISM Sport Committee Military Pentathlon in 2010.
2. The Challenge Cup is a silver vase with the inscription:  
on the base:

**With the Compliments  
of the CSC Military Pentathlon  
August, 2010**

3. The Challenge Cup is awarded to the female team champion.
4. The annual winner will supply the base of the cup with an inscription including year and country.
5. The Delegation of the team champion will hold the Challenge Cup until the next CISM World Championship.
6. The Challenge Cup will be forwarded in due time to the country that organises the following championship.
7. The statutes are approved by the Sport Committee.



## 19 STATUTES FOR WOMEN INDIVIDUAL CUP PHOTO

1. The Challenge Cup is donated by the Danish Chief of Defence, General Christian Hvidt, in 2000.
2. The Challenge Cup is a pewter cup with the inscription:

on the front:

**CISM MILITARY PENTATHLON  
INDIVIDUAL, WOMEN**

on the reverse:

**CHIEF OF DEFENCE  
DENMARK 2000**

3. The Challenge Cup is awarded to the female champion of the CISM Military Pentathlon World Championship, for the first time in 2000.
4. The cup will become the property of the world champion winning the cup three times in a row, or the world champion who first gains 5 victories.
5. If, after 10 years, nobody has won the cup, the cup will become the property of the champion who has most inscriptions on the cup.
6. The annual winner will supply the cup with an inscription including year, name and country.
7. The champion of the Military Pentathlon World Championship will hold the Challenge Cup until the next CISM World Championship.
8. The Challenge Cup will be forwarded in due time to the country that organises the following championship.
9. The statutes are approved by the Permanent Technical Committee at the proposal of the Danish Delegation to CISM.



## 20 STATUTES AND PHOTO FOR OBSTACLE RELAY WOMEN CUP

1. The Challenge Cup is donated by the Dutch delegation to CISM
2. The Challenge Cup is a vase with the inscription:  
on the base:

**With the Compliments  
of the Dutch Delegation  
August, 2010**

3. The Challenge Cup is awarded to the female team champion.
4. The annual winner will supply the base of the cup with an inscription including year and country.
5. The Delegation of the team champion will hold the Challenge Cup until the next CISM World Championship.
6. The Challenge Cup will be forwarded in due time to the country that organises the following championship.
7. The statutes are approved by the Sport Committee at the proposal of the Dutch Delegation



**21 CHAMPIONS OF CISM WORLD CHAMPIONSHIPS****MEN**

<b>Year</b>	<b>Team</b>	<b>Individual</b>		
1950	France	Lt	Gueguen, E.	France
1951	Sweden	Lt	Lorichs, Bengt	Sweden
1952	Sweden	Lt	Lorichs, Bengt	Sweden
1953	Sweden	Lt	Moberg, Åke	Sweden
1954	Sweden	Lt	Moberg, Åke	Sweden
1955	Sweden	Lt	Rönnquist, Göran	Sweden
1956	France	Sgt	Abdesselem, Mohamed	France
1957	France	Sgt	Abdesselem, Mohamed	France
1958	France	Lt	Moore, James	USA
1959	Sweden	Sgt	Lekberg, Stig-Erik	Sweden
1960	Brazil	Capt	Ferreira da Silva, Nilo Jaime	Brazil
1961	Sweden	Sgt	Sahli, Mohamed	France
1962	Sweden	Lt	Christensson, Bengt Åke	Sweden
1963	Sweden	Sgt	Ooms, Michel	Belgium
1964	Sweden	Lt	Christensson, Bengt Åke	Sweden
1965	Brazil	Sgt	Bjerkhagen, Christer	Sweden
1966	France	Lt	Christensson, Bengt Åke	Sweden
1967	Sweden	Lt	Christensson, Bengt Åke	Sweden
1968	Sweden	Lt	Christensson, Bengt Åke	Sweden
1970	Sweden	Adj	Langbour, Jacques	France
1971	Sweden	Sgt	Nilsson, Rolf	Sweden
1973	Austria	Adj	Moreau, Vincent	France
1974	France	UO	Nienaber, Hartmut	FR Germany
1975	Sweden	Gren	Engeli, Ernst	Switzerland
1976	FR Germany	Sgt	Nienaber, Hartmut	FR Germany
1977	Sweden	Sgt	Nienaber, Hartmut	FR Germany
1978	FR Germany	Sgt	Nienaber, Hartmut	FR Germany
1979	FR Germany	Sgt	Nienaber, Hartmut	FR Germany

Year	Team	Individual		
1980	FR Germany	Sgt	Nienaber Hartmut (WR)	FR Germany
1981	Switzerland	Cpl	Engeli Ernst	Switzerland
1983	PR China	M.Sgt	Nienaber Hartmut	FR Germany
1984	PR China	M.Sgt	Nienaber Hartmut	FR Germany
1985	Brazil	Pte	Bandeira, Ribamar Juvino	Brazil
1986	PR China	M.Sgt	Nienaber Hartmut	FR Germany
1987	Brazil	M.Sgt	Nienaber Hartmut	FR Germany
1988	PR China	Lt	Yang Chunyi	PR China
1989	PR China	2.Lt	Liang Xifen	PR China
1990	Brazil	2.Sgt	Bandeira, Ribamar Juvino	Brazil
1991	Brazil	2.Sgt	Bandeira, Ribamar Juvino	Brazil
1992	PR China	2.Lt	Li Zhong	PR China
1993	PR China	Capt	Xinquiao Guo	PR China
1994	Brazil	2.Sgt	Bandeira, Ribamar Juvino	Brazil
1995	PR China	Lt	Li Zhong	PR China
1996	PR China	2.Lt	Zhao Min	PR China
1997	PR China	2.Lt	Silva, Carlos Alberto	Brazil
1998	PR China (WR)	LtCol	Li Zhong	PR China
1999	PR China	LtCol	Yang Chunyi	PR China
2000	PR China	Cad	Liu Wei	PR China
2001	PR China	2.Lt	Silva, Carlos Alberto	Brazil
2002	PR China	Cpl	Palma Stefano	Austria
2003	PR China	Cad	Feng Liwen	PR China
2004	PR China	1.Lt	He Shugan	PR China
2006	PR China	Cad	Yang, Shiwei	PR China
2007	PR China	WO	Kanafin, Maxim	Belarus
2008	PR China	1.Lt	Yang, Shiwei	PR China
2009	PR China	S.Serg.	Krawczyk Robert	Germany
2010	PR China	1Cpl	Dåsbjerg Brain	Denmark
2011	PR China	Maj	He Shugan	PR China
2012	PR China	1.Pvt	Stepe Dainis	Latvia
2013	PR China	1.Lt	Douglas Castro	Brazil
2014	Russian Federation	2.Lt	Guobao Gong	PR China
2015	Russian Federation	Lt	Alpatov Sergei	Russian Federation

2016	Brazil	Lt	Alpatov Sergei	Russian Federation
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**WOMEN**

<b>Year</b>	<b>Team</b>	<b>Individual</b>		
1991	Norway	2.Lt	Espeland, Helga	Norway
1992	PR China	Cad	Shao Wenfang	PR China
1993	Denmark	KS	Johansen, Charlotte	Denmark
1994	PR China	Lt	Wang Lianying	PR China
1995	PR China	Lt	Wang Lianying	PR China
1996	DPR Korea	Capt	Wang Lianying	PR China
1997	PR China	Mjr	Wang Lianying	PR China
1998	PR China	Mjr	Wang Lianying	PR China
1999	DPR Korea	Lt	Myong Gum Sui	DPR Korea
2000	PR China (WR)	2.Lt	Xu Lei (WR)	PR China
2001	PR China	2.Lt	Xu Lei	PR China
2002	PR China	2.Lt	Wang Ying	PR China
2003	PR China	2.Lt	Wang Ying	PR China
2004	PR China	Capt	Tiann Linna	PR China
2006	PR China	Capt	Tiann Linna	PR China
2007	PR China	Cad	Liu Kun	PR China
2008	PR China	Maj	Tiann Linna	PR China
2009	PR China	Maj	Tiann Linna	PR China
2010	PR China	2Lt	Liu Kun	PR China
2011	PR China	Cad	Yanyan Gong	PR China
2012	PR China	Cad	Xue Zhang	PR China
2013	PR China	2.Lt	Wang Tang Lin	PR China
2014	PR China	2.Lt	Wang Tang Lin	PR China
2015	PR China	2.Lt	Wang Tang Lin	PR China
2016	PR China	Cpl	Wu Qian	PR China

**OBSTACLE RELAY**

<b>Year</b>	<b>Men</b>	<b>Women</b>
1995*	PR China	DPR Korea
1996	PR China	Denmark
1997	PR China	DPR Korea
1998	Turkey	PR China
1999	Turkey	PR China
2000	Norway	DPR Korea
2001	PR China	PR China
2002	Turkey	PR China
2003	Venezuela	PR China
2004	Ecuador & Peru	PR China
2006	Austria	PR China
2007	Ecuador	Russia
2008	Turkey	PR China
2009	Venezuela (WR)	PR China (WR)
2010	Turkey	PR China
2011	Turkey	DPR Korea
2012	Turkey	DPR Korea
2013	Colombia	Brazil (WR)
2014	PR China	PR China
2015	Ecuador	Brazil
2016	Ecuador	DPR Korea

\* Demonstration competition on the occasion of the First CISM World Games in Rome

**22 VENUES OF CISM WORLD CHAMPIONSHIPS**

Number	Year	Venue	Organising Country
I	1947	FREIBURG	FRANCE *
	1948	NO World Championship	
	1949	NO World Championship	
II	1950	ANTIBES	FRANCE
III	1951	ANTIBES	FRANCE
IV	1952	BRUSSELS	BELGIUM
V	1953	STOCKHOLM	SWEDEN
VI	1954	ANTIBES	FRANCE
VII	1955	BREDA	NETHERLANDS
VIII	1956	ANTIBES	FRANCE
IX	1957	BRUSSELS	BELGIUM
X	1958	ATHENS	GREECE
XI	1959	KRISTIANSTAD	SWEDEN
XII	1960	RIO DE JANEIRO	BRAZIL
XIII	1961	PARIS	FRANCE
XIV	1962	BRUSSELS	BELGIUM
XV	1963	ROME	ITALY
XVI	1964	HASLEMOEN	NORWAY
XVII	1965	SCHAARSBERGEN	NETHERLANDS
XVIII	1966	BORDEAUX	FRANCE
XIX	1967	UPPSALA	SWEDEN
XX	1968	RIO DE JANEIRO	BRAZIL
	1969	NO World Championship	
XXI	1970	MORON	ARGENTINA
XXII	1971	ÖREBRO	SWEDEN
	1972	NO World Championship	
XXIII	1973	WIENER NEUSTADT	AUSTRIA
XXIV	1974	SKIVE	DENMARK
XXV	1975	EL PALOMAR	ARGENTINA
XXVI	1976	BORDEAUX	FRANCE
XXVII	1977	KRISTINEHAMN	SWEDEN

\* Trial competition in the French occupation zone in Germany

Number	Year	Venue	Organising Country
XXVII**	1978	WIENER NEUSTADT	AUSTRIA
XXVIII	1979	VATNELEIREN	NORWAY
XXIX	1980	MUNICH	GERMANY
XXX	1981	BREMGARTEN	SWITZERLAND
	1982	NO World Championship	
XXXI	1983	FARUM	DENMARK
XXXII	1984	STROE	NETHERLANDS
XXXIII	1985	RIO DE JANEIRO	BRAZIL
XXXIV	1986	WIENER NEUSTADT	AUSTRIA
XXXV	1987	STOCKHOLM	SWEDEN
XXXVI	1988	BEIJING	PR CHINA
XXXVII	1989	CARACAS	VENEZUELA
XXXVIII	1990	MUNICH	GERMANY
XXXIX	1991	OSLO	NORWAY
XL	1992	BREMGARTEN	SWITZERLAND
XLI	1993	SKIVE	DENMARK
XLII	1994	RESENDE	BRAZIL
XLIII	1995	ROME	ITALY (1.MWG)
XLIV	1996	WIENER NEUSTADT	AUSTRIA
XLV	1997	KRISTINEHAMN	SWEDEN
XLVI	1998	BEIJING	PR CHINA
XLVII	1999	ZAGREB	CROATIA (2. MWG)
XLVIII	2000	HOLSTEBRO	DENMARK
XLIX	2001	ARLON	BELGIUM
L	2002	SCHAARSBERGEN	NETHERLANDS
LI	2003	TOLEDO	SPAIN
LII	2004	SANTIAGO	CHILE
	2005	NO World Championship	
LIII	2006	WIENER NEUSTADT	AUSTRIA
LIV	2007	HYDERABAD	INDIA (4. MWG)
LV	2008	ANKARA	TURKEY

\*\* As from 1978 the numbers of the World Championships have been changed, due to the elimination of the trial competition in Freiburg, which could not be considered a CISM World Championship.

Number	Year	Venue	Organising Country
LVI	2009	MUNICH	GERMANY
LVII	2010	SCHAARSBERGEN	THE NETHERLANDS
LVIII	2011	RIO DE JANEIRO	BRAZIL (5. MWG)
LIX	2012	LAHTI	FINLAND
LX	2013	RIO DE JANEIRO	BRAZIL
LXI	2014	YEONGCHEON	KOREA, REP.
LXII	2015	MUNGYEONG	KOREA, REP. (6. MWG)
LXIII	2016	WIENER NEUSTADT	AUSTRIA
LXIV	2017	SALINAS	ECUADOR
LXV			

**23 CISM WORLD RECORDS**as of January 1<sup>st</sup>, 2017**MEN**

Discipline	Name		Result	Venue	Year
Shooting (200m)	TODAL Geir	NOR	200 pts	Vatneleiren	1979
	RHÖNNSTAD Krister	SWE	200 pts	Stockholm	1987
	STAAL JENSSEN B.	NOR	200 pts	Beijing	1998
	KALLMEIER Marco	GER	200 pts	Schaarsbergen	2002
	TAS Yasin	TUR	200 pts	Schaarsbergen	2002
	KUDZIN Andrei	BLR	200 pts	Toledo	2003
	VAN DE CLOOT Davy	BEL	200 pts	Toledo	2003
	LIU Wei	CHN	200 pts	Santiago	2004
Obstacle Run	WOLLBRECHT Daniel	DEN	2:10.5 min	Rio de Janeiro	2011
	PAN Yucheng	CHN			2013
Obstacle Swimming	KOIDL Harald	AUT	23.8 sec	Holstebro	2000
Throwing	NIENABER Hartmut	GER	136 + 80.3m = 216.3 pts	Farum	1983
Cross Country	CAPPIELLO Giuseppe	ITA	24:25.2 min	Moron	1970
Individual	NIENABER Hartmut	GER	5682.1 pts	Munich	1980
Team	CHINA: LI Zhong YANG Chunyi ZHAO Min GUO Xinqiao		22 052.5 pts	Beijing	1998
Obstacle Relay	VENEZUELA		1:46.30 min	Munich	2009

**WOMEN**

Discipline	Name		Result	Venue	Year
Shooting (200m)	WANG Lianying	CHN	199 pts	Resende	1994
	BERNTSEN Gunhild	NOR	199 pts	Hyderabad	2007
	FORSSTEN Ann-Sofies	FIN	199 pts	Hyderabad	2007
	LINDKVIST Jenny	SWE	199-8x pts	Wiener Neustadt	2016
Obstacle Run	FORSSTEN Ann-Sofie	FIN	2:12.4 min	Munich	2007
Obstacle Swimming	FREIRE Naiana	BRA	27.3 sec	Rio de Janeiro	2013
Throwing	XU Lei	CHN	136 + 62.7m = 198.7 pts	Toledo	2003
Cross Country	YIN Li	CHN	13:26.7 min	Holstebro	2000
Individual	XU Lei	CHN	5526.8 pts	Holstebro	2000
Team	CHINA: XU Lei YIN Li WANG Ying		16 437.2 pts	Holstebro	2000
Obstacle Relay	BRAZIL		1:53.45 min	Rio de Janeiro	2013