



International Military Sports Council

CISM Sports Committee NAVAL PENTATHLON

## Rules and Regulations

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English Edition 2026

# **Content**

INTRODUCTION.....	5
Chapter I: General Regulations.....	6
1.1 Composition of a Naval Pentathlon mission.....	6
1.2 Additional Personnel.....	6
1.3 Visitors, Spectators and Supporters.....	6
1.4 Agenda of the Competitions.....	7
1.5 Sports Management.....	8
1.5.1 Organising Committee.....	8
1.5.2 Sections.....	8
1.5.3 The Technical (Naval Pentathlon) Section.....	9
1.6 Juries.....	9
1.7 Language.....	9
1.8 Antidoping.....	10
1.9 Titles and Awards.....	10
1.9.1 Naval Pentathlon permanent trophies.....	10
1.9.2 Medals, Badges and Certificates.....	10
1.10 Miscellaneous.....	11
1.10.1 Amendments of the Regulations.....	11
Chapter II: Management and Conduct of Naval Pentathlon Championships.....	13
2.1 Introduction.....	13
2.2 Competitors.....	13
2.3 Starting order.....	14
2.4 Determination of an Individual Champion.....	15
2.5 Determination of a Team Champion.....	15
2.6 Determination of Obstacle Relay Race Team Champion.....	16
2.7 Starting of races.....	16
2.7.1 False Starts.....	17
2.8 Time Keeping.....	17
2.9 World Record registration and result handling.....	17
2.10 Practising.....	18
2.11 Special Equipment.....	18
2.12 Working Dress.....	18
2.13 Fins.....	19

2.13.1	Heaving Lines.....	19
2.13.2	Grenades.....	19
2.13.3	Laser pistol.....	19
2.14	General Rules and Recommendations .....	20
2.15	Referee and Officials .....	20
2.16	Results and Documentation.....	20
2.17	Protests.....	21
2.18	Basis for Judgement.....	21
Chapter III: Obstacle Race.....		23
3.1	General Rules.....	24
3.2	Obstacles and Features .....	25
3.3	Scoring Table of Obstacle Race.....	39
Chapter IV: Lifesaving Swimming Race.....		40
4.1	Overview of Lifesaving Swimming Race .....	40
4.2	General Rules.....	41
4.3	Specific Rules.....	42
4.4	Duration Scoring Table of Lifesaving Swimming Race.....	43
Chapter V: Utility Swimming Race.....		44
5.1	Overview of Utility Swimming Race Male.....	44
5.2	General Rules.....	44
5.3	Specific Rules.....	45
5.4	Scoring table of Utility Swimming Race.....	48
Chapter VI: Seamanship Race.....		49
6.1	Overview of Seamanship Race .....	49
6.2	Seamanship Race .....	49
6.3	General Rules.....	49
6.4	Specific Rules.....	50
6.5	Scoring table of Seamanship Race .....	57
Chapter VII: Amphibious Cross Country Race .....		58
7.1	Overview Amphibious Cross-Country Race Course .....	58
7.2	General Rules.....	59
7.3	Specific Rules.....	60
7.4	Scoring table of Amphibious Cross-country Race.....	62
Chapter VIII: Obstacle Relay Race.....		63

8.1	General Rules.....	64
8.2	Specific Rules.....	64
8.2.1	Distances .....	65
8.2.2	Male Teams .....	65
8.2.3	Female Teams.....	65
8.2.4	Mix Team.....	66
	<b>8.2.5 Handing Over Zone .....</b>	<b>66</b>
8.3	Procedures.....	66
8.3.1	Qualification.....	66
8.3.2	Semi-Final.....	67
8.3.3	Finals .....	67
8.3.4	Sequence.....	67
8.4	Time keeping.....	68
8.5	Medals.....	68
8.6	Training.....	68
8.7	Penalties.....	68
Appendix 1: Invitation File .....		70
Appendix 2: Training schedule for Naval Pentathlon (Proposal).....		76
Appendix 3: Grenade .....		77
Appendix 4: Laser pistol .....		78
Appendix 5: Working Dress.....		79
Summary of Substantive Amendments – 2026 Edition .....		80
Annex B: Overview of substantive changes .....		81

# INTRODUCTION

## REFERENCIAS:

- a) CISM Regulations Ed. December 2025
- b) CISM Guidance to Organisers 2014
- c) CISM Anti-Doping Rules Ed. September 2025
- d) CISM Statues Ed. April 2024

The latest versions of CISM Reference Documents and CISM Sport Regulations Naval Pentathlon can be found on and downloaded from CISM web page: **[www.milsport.one](http://www.milsport.one)**.

Naval Pentathlon is an individual and team competition for male and female competitors, consisting of the following five events, in this sequence:

- a) Obstacle Race (OR)
- b) Life Saving Swimming Race (LSSR)
- c) Utility Swimming Race (USR)
- d) Seamanship Race (SR)
- e) Amphibious Cross-country Race (ACCR)
- f) Obstacle Relay Race (ORR)

An "Individual champion male and female" is determined by the overall result in the five events. The "team champion male" and the "team champion female" are determined by adding the individual results of a country's male team / female team.

The regulations prescribe the way a CISM World Military Championship shall be conducted. On continental, regional and national level, alterations can be made, if they meet the needs of the organiser and the participants. These alterations have to be approved by the President of CISM Sports Committee for Naval Pentathlon (PCSC) before the invitation is sent out to the participating countries.

## Chapter I: General Regulations

### 1.1 Composition of a Naval Pentathlon mission

A complete mission is composed as follows:

Chief of Mission	1
Team Captain / Manager	1
Coach for Naval Pentathlon male competitors	1
Coach for Naval Pentathlon female competitors	1
Medical Staff (optional)	1
Competitors Naval Pentathlon, male	5
Competitors Naval Pentathlon, female	5
Ad libitum* male	2
Ad libitum* female	2
<b>Total</b>	<b>19</b>

\* Ad libitum is a newcomer athlete to participate as unofficial competitor.

### 1.2 Additional Personnel

No additional personnel may be included in the mission without the specific authorisation of the sponsoring nation.

Additional personnel can only be brought to a competition after notifying and confirmation by the organiser. Such personnel are not included in the list above.

The President and Sports Committee (SC) members must be invited to the World Championship by the organiser together with the "Invitation File". They are considered as additional personnel for a country's mission.

### 1.3 Visitors, Spectators and Supporters

If a Mission wants to have visitors or spectators to watch the races during the competition days, this Mission must request the possibility in the Final entry. The Organiser decides to give the

authorisation to enter the area. Moreover, this Mission must hand in a written list of the visitors at their arrival in the Championship.

## 1.4 Agenda of the Competitions

The duration of a competition is up to ten days. The minimum days required for competitions at world level are six days (Travel days and cultural day not included). At regional and national level competitions the schedule may be compressed to less days at the discretion of the organiser. On the first day, the PCSC, or, in his absence or if unavailable, a member of the CISM Sports Committee for Naval Pentathlon previously appointed by the President, shall inspect all tracks and courses, the organization, the equipment, the boats and craft, in order to verify their compliance with these regulations. At the end of the inspections, a detailed inspection report shall be prepared and submitted to the President. The Organising Committee must support the inspection. For instance, a typical schedule is as follows:

Day	Time	Contents
01	00:00-24:00	Arrival
	08:00-12:00	Open training (if possible)
	13:00-16:30	SC inspections
02	8:00-17:00	Training according to the schedule
	9:00-10:00	Preliminary Conference (Technical Meeting)
	17:00-18:00	Opening Ceremony
	20:00	Starting order published
	20:00-22:00	Social event
03	8:00-17:00	Training according to the schedule
	19:00-21:00	Inspection of Working Dress
04	9:00-12:00	Obstacle Race
	15:00-17:00	Training according to the schedule
05	9:00-12:00	Lifesaving Swimming Race
	15:00-17:00	Utility Swimming Race
06	9:00-13:00	Seamanship Race
	20:00	Starting order ACCR published
07	9:00-11:00	Amphibious Cross-Country Race
	15:00-16:00	Starting order ORR published
08	9:00-12:00	Obstacle Relay Race
	14:00-15:30	SC enlarged meeting
	16:00-17:00	Medal Ceremony
	18:00-20:00	Social event
09	09:00-18:00	Friendship day (not mandatory)
10	00:00-24:00	Departure

The host nations team may not have any special arrangements or facilities (transportation, equipment, training schedule and so on) than others the participating nations.

## **1.5 Sports Management**

### **1.5.1 Organising Committee**

An Organising committee has to be established by the hosting country to prepare and run the championship. It should be established not later than two years before the championship and co-operate closely with the CISM secretariat in Brussels and the SC President.

The Organising committee is responsible for the management of the championship, which includes:

- a) Responsibility for all official actions taken for the task of organising this championship.
- b) Appointment of various commissions and definition of their duties.
- c) Stating a working schedule of preparations and work before, during and after the competitions.
- d) Organisation of a general secretariat of the competition.
- e) Continuously updating and informing the potential participating countries.
- f) Preparation and sending out of invitations (see "Invitation File" in Appendix 1).

General composition and duties of an Organising committee is stated in the references A and B. Chairman of the Organising committee is preferably the Commander of the base who organises the competition. During the championship the Chairman should co-operate closely with the CISM Official Representative (CISM OCR) and the SC President.

### **1.5.2 Sections**

The organising committee appoints sections for conducting various duties. The chairman of a section should be a member of the Organising committee. At least two management sections must be established: The General management section and The Technical (Naval Pentathlon) section. These (sub-) sections can also be established\*:

- a) Information and Public Relations
- b) Financial
- c) Logistics
- d) Transportation
- e) Sponsor
- f) Liaison office

\*Additional (sub-) sections may be appointed as necessary.

### **1.5.3 The Technical (Naval Pentathlon) Section**

To support the CISM campaign against violence and promote sportsmanship, a Fair Play Cup may be attributed to an individual or a team for an exceptional act during the championship.

#### **1) Composition**

The Technical section shall consist of qualified military or civilian personnel. The number of members is decided by the Chairman of the Organising Committee. It may include international officials and judges if deemed necessary.

#### **2) Function**

The Technical section shall be responsible for the technical preparation and direction of the Naval Pentathlon events. Technical preparations include:

- a) Arrangements, tracks, equipment, secretariat and installations in accordance with the Naval Pentathlon regulations.
- b) Provision of the special equipment, stopwatches, whistles, flags, markers etc.
- c) Schedule of training and demonstrations etc.
- d) Ensuring that anti-doping tests can be made.

Direction of the Naval Pentathlon events includes:

- a) Ensuring that CISM-Regulations are followed.
- b) Appointment and instruction of officials in charge of each of the Naval Pentathlon events and result service.
- c) Supervision of preparing the starting order and results for each event.
- d) Judging races and classifying the various questions / problems etc.

## **1.6 Juries**

- 1) Jury of Appeal: See Reference A.
- 2) Technical Jury for Naval Pentathlon (TJ): See Reference A.

## **1.7 Language**

English is the original and prevailing language used in these regulations. Any translations to other languages must refer to the latest edition written in English.

## **1.8 Antidoping**

CISM is fully committed to Fair Play and a clean sport environment. Doping is strictly prohibited as it undermines health, integrity, equal opportunities, and the fundamental values of sport.

The applicable rules are those of the World Anti-Doping Agency (WADA). CISM, the Naval Pentathlon community, National Anti-Doping Organizations, and Major Event Organizers are bound by the WADA Code and Standards.

The WADA Prohibited List, updated annually, specifies the substances and methods that are banned. The most recent version is published on WADA's website.

Athletes requiring the use of prohibited substances or methods for medical reasons must apply for a Therapeutic Use Exemption (TUE). The procedure is available on the CISM website.

At every CISM Naval Pentathlon World Championship, doping controls are mandatory in accordance with the WADA Code and International Standards. The number and type of tests are determined in the CISM Test Distribution Plan (TDP), which is established by the CISM Anti-Doping Manager and communicated to the Local Organizing Committee prior to the Championship.

A CISM Anti-Doping Commission (ADC) will be established for each Championship, composed of the Official CISM Representative (OCR) as chair, the PCSC Naval Pentathlon and an Anti-Doping representative of the Local Organizing Committee, where necessary supported by the Doping Control Officer of the appointed Sample Collection Authority.

Any participating athlete may be selected for doping control. The selection process is determined by the ADC.

## **1.9 Titles and Awards**

The official awards for World Military Naval Pentathlon Championships are as follows:

### **1.9.1 Naval Pentathlon permanent trophies**

There are two perpetual challenge trophies exist:

- 1) For the male pentathletes a silver cup is presented by the Italian Navy. The trophy is awarded to the winning male team - "CISM Team Champion Naval Pentathlon Male Competition".
- 2) For female pentathletes a cup is presented by the Norway Navy. The trophy is awarded to the winning female team - "CISM Team Champion Naval Pentathlon Female Competition".

The above challenge trophies are presented in addition to the CISM prizes. Nations holding these trophies for a year must perform any necessary upkeep, have the results of that year engraved and return the trophies in good condition to the host nation prior to the next competition.

### **1.9.2 Medals, Badges and Certificates**

The following CISM-medals (Gold, Silver and Bronze) shall be presented by the sponsoring nation:

- 1) Team medals

- Gold, silver and bronze medals shall be awarded to *all* athletes whose scores contribute to the determination of the official team result, as well as to the coach of the teams ranked first, second and third.

## 2) Individual medals

- Gold, silver and bronze medals shall be awarded to the athletes ranked first, second and third in the overall individual classification, both male and female, as well as to the coach of the athlete. If the same coach is responsible for more than one athlete from the same Nation ranked on the podium, he or she shall be awarded only one medal, corresponding to the highest placement achieved by his or her athletes.

## 3) Relay medals

- Gold, silver and bronze medals shall be awarded to all athletes who have effectively competed in the event that determined the podium placement, as well as to the coaches of the teams ranked first, second and third.

## 4) Fair-play Cup Trophy

- The PCSC shall award an individual or team “Fair Play” title during the award ceremony at the end of the Championship. The award is sponsored by the host Nation.

## 5) Other awards

- The organizing nation is also expected to supply the CISM champions and all participants in the missions with the certificates and badges in accordance with Reference A.
- When an official World Record is achieved, the Organizing Committee must issue an official certification to the athlete concerned.
- Other prizes or awards are optional and at the discretion of the organizing nation (for example to the winner of each event).

# 1.10 Miscellaneous

## 1.10.1 Amendments of the Regulations

During the Championship, a public enlarged meeting of the Sports Committee (SC) shall be held, as indicated in Reference A. The presence of at least one representative per participating Nation is required (e.g. the Chief of Mission, the Team Captain or a coach).

The SC may review and deliberate, by majority of its members, on matters of limited technical impact. Such deliberations shall be advisory and non-binding in nature.

In accordance with Article 2.17 of the CISM Regulations, the PCSC, as the ultimate sport authority of the discipline, shall introduce proposed amendments to the Regulations and shall, in all cases, retain the final and executive decision-making authority regarding their adoption or rejection, duly informing the CISM Secretary General.

Regulatory amendments of major significance, as they may have an impact on the discipline at international level, fall under the exclusive competence of the PCSC.

Such amendments, where they affect the structure, development or sustainability of the discipline, shall not be subject to prior deliberation by the SC and shall be assessed and adopted by the PCSC in the exercise of its institutional responsibilities, in full compliance with the CISM Regulations.

This revised version of the Regulations introduces a series of updates aimed at ensuring closer alignment with CISM policies and principles, as well as facilitating the inclusion and participation of new Nations, with particular attention to organizational and logistical aspects. The primary focus of these updates, however, concerns the regulatory provisions and the necessary adjustments to the discipline, introduced in order to ensure its sustainability, development and coherence at international level.

# Chapter II: Management and Conduct of Naval Pentathlon Championships

## 2.1 Introduction

These Regulations define the principles, rules and procedures governing Military Naval Pentathlon competitions within the CISM framework, with the aim of ensuring a coherent, uniform and sustainable application at international level. Any adaptations, variations or exemptions to the regulatory provisions, where required by specific organizational, logistical or structural conditions, shall be duly justified, formally documented and assessed in compliance with CISM policies and principles, so as not to compromise the balance, growth and development of the discipline. In this context, the PCSC, as the ultimate sport authority of the discipline, plays a central role in guidance, coordination and supervision, ensuring the consistency of activities with the CISM Regulations and with the international vision of the sport. The PCSC shall therefore be regularly informed and invited, whenever available, to attend all official competitions and events of the discipline, in order to ensure appropriate technical, institutional and regulatory support, as well as proper harmonization of activities at international level.

In these regulations specific regulations for female competitors are indicated after a slash with an F ( / F).

The measurements of the sketches are part of the regulations. Photos of obstacles and tracks are included for guidance and for information.

For the entire Naval Pentathlon, the following international federation regulations will be consulted as guidance for T.J. when necessary:

- **Union International de Pentathlon Moderne - UIPM** (Shooting);
- **Fédération Internationale de Natation - FINA** (Lifesaving Swimming Race and Utility Swimming Race).
- **International Association of Athletics Federations - IAAF** (Amphibious Cross Country Race, Obstacle Race).
- **International Canoe Federation – ICF** (Seamanship Race).

## 2.2 Competitors

Each Nation should be represented by a complete team composed of five male and five female competitors (5/5). For the purpose of the team classification, the three best male scores and the three best female scores (3/3) of each Nation shall be taken into account and shall constitute the scoring members of the team. Should a Nation participate with a team composed of a lower number of competitors, it shall nevertheless be considered a valid team for competition purposes.

For the determination of the Individual Champion, only competitors officially entered as members of their Nation's team shall be taken into consideration. Ad libitum / non-official competitors shall therefore not be admitted or considered in the official ranking of scores.

For the women’s team classification, the scores of the three best female competitors shall be considered valid only if at least four (4) Nations from at least two (2) different continents participate, each with a minimum of three (3) female competitors. Otherwise, for the women’s team classification, only the two best scores shall be taken into account. This condition shall be assessed and defined prior to the start of the competition, by mutual agreement between the LOC and the PCSC, and communicated to the participating Nations.

In competitions such as the Military World Summer Games (WMSG) and the Military World Games (MWG), ad libitum competitors shall not be accepted.

Exclusively for the WMSG and for new host Nations, or when the number of Nations registered for the competition exceeds twenty (20), the LOC may submit a formal request to the PCSC for a reduction in the total number of participants, down to the minimum quota required for the calculation of the team score.

Such a request may be submitted only in the presence of proven organizational or logistical difficulties, which shall be assessed and discussed with the PCSC. Once approved, any such reductions shall be communicated to the participating Nations no later than three (3) months prior to the start of the competition.

**2.3 Starting order**

Test runners and ad libitum competitors (non-official competitors) start first and before all official female and respectively male heats. All female heats (including female test runners and ad libitums) shall be started before male heats.

The order in which the athletes will start is based on the best results of each athlete. A starting list of the first four (5) events (OR, LSSR, USR, SR and ORR) will be prepared by the organiser, supervised by a SC member, based on the information given by the Chief of Mission of each nation. This information has to be based on the athlete’s previous result in a major championship (or, in the event of a first time competitor, the best accomplished results) following these regulations.

The organiser will then prepare a starting list where the athletes with the best performances will start in the end of each event (exceptions may be made in Seamanship Race and Amphibious Cross Country Race). The athlete with the best result will start on the centre lane in his heat. The athlete with the second best result will start on the left lane of the centre lane. The athlete with the third best result will start on the right lane of the centre lane and so on.

Example:

Race direction ↑

Result	4 1.02.5 min.	2 1.01.2 min.	1 1.00.0 min.	3 1.01.7 min.	5 1.03.3 min.
			Centre lane		
Lane	White	Red	Green	Blue	Yellow

In the USR the track is described as seen from the male competitors start. The numbers and colours of the lanes will not be changed between female and male competitions. This must be noted also when preparing the starting lists.

In SR the conditions may require that the athlete with the highest quality in performance starts in the beginning or in the middle of the competition. The organiser and the Technical Jury (TJ), under the supervision of the SC, shall decide this.

In the ACCR the starting order will be based upon the overall individual standings after four (4) events. The athletes with the most points will race in the last heat. If possible, the organiser can start the athletes of the final heats in ACCR by pursuit race/ "handicap start".

The starting order for the first four events must be published in the evening of the first scheduled day of training and the starting order for ACCR and ORR must be published in the evening before each the race.

The start time of a heat must be indicated in the starting list by a specific starting time for each heat.

## 2.4 Determination of an Individual Champion

In each event an individual competitor shall be given points based on his time, corrected with the eventual penalties (see scoring tables). After the completion of all events the individual's place shall be determined by adding up the points obtained in each event. The winner will be the one with the highest number of total points.

The individual competitor with the most points after five (5) events shall be declared the individual "CISM Champion in Naval Pentathlon in the year 20xx".

If there appears a situation of a tie with the points after all five races have been totalled, the individual with the best **time** in the Seamanship Race shall take precedence (the time must be corrected with the eventual penalties).

## 2.5 Determination of a Team Champion

At the end of all events, the men's team ranking shall be determined by summing the points obtained by the three (3) highest-ranked male athletes in the overall individual classification.

At the end of all events, the women's team ranking shall be determined by summing the points obtained by the three (3) highest-ranked female athletes in the overall individual classification, provided that the rule set out in Article 2.2 is applicable.

The men's team that achieves the highest total number of points after the five (5) events shall be declared "CISM Champion – Male Competition in Naval Pentathlon – Year 20XX."

The women's team that achieves the highest total number of points after the five (5) events shall be declared "CISM Champion – Female Competition in Naval Pentathlon – Year 20XX."

In the event of a tie in points between two or more teams, precedence shall be given to the team with the best overall cumulative time achieved by the three (3) athletes counted for the team classification.

## **2.6 Determination of Obstacle Relay Race Team Champion**

The competition shall be conducted according to an elimination system, consisting of qualifying rounds, semifinals and finals.

The following obstacle relay events shall be contested:

- men's relay, composed of three (3) male athletes;
- women's relay, the composition of which is governed by Article 2.2 of the Regulations;
- mixed relay, composed of two (2) male athletes and one (1) female athlete.

A team that has entered the full required number of athletes shall automatically qualify for the obstacle relay event.

The four (4) teams achieving the best performances in the qualification round shall advance to the semifinals.

The winning teams of the semifinals shall compete for the championship title, while the losing teams shall compete in the third-place final.

The top three teams shall be awarded medals.

## **2.7 Starting of races**

It is the competitor's responsibility to be ready for start when the start signal is given. Races shall be started in accordance with the following sequence:

At the "Final call" the competitor must be standing - ready for start - behind the "first" line or the start block. On the first whistle signal (long) the competitor moves to the "first" line or enters on the block. On the command "on your marks" the competitor moves forward to the starting line and takes immediately his starting position. Start will be given by a pistol shot or an acoustic signal device when the competitors are standing still.

The start may not be given before the preceding competitor or competitors have crossed the finish line or have left the track. Exemptions in the Amphibious Cross Country Race, the next heat may be started after the previous competitors have finished feature No. 3, paddling.

### **2.7.1 False Starts**

There will be not more than two (2) starts in one heat. The competitor who makes a false start at the second attempt will receive a **penalty of 50 points** in this event, but the start will be valid for all the competitors. The starter shall give a warning to any competitor who has made a false start.

## **2.8 Time Keeping**

It is preferred to use an electrical time keeping system with manual back-up from stop-watches. Otherwise, for each competitor, there must be three (3) separate time-keepers. If the time of two (2) timekeepers is the same, that will be the official time of the race. If all three (3) times are different, the middle time will be valid. Readings will be in 10ths of seconds. Readings in 100ds of a second will not be taken into account, nor rounded up and of no concern in the results. Neither should these 100ds of seconds be announced by the speaker. In case of same amount of points in a race the time will decide the individual placement in that race.

## **2.9 World Record registration and result handling**

Official world records shall be recognized and registered exclusively during the Military World Summer Games (WMSG) and the Military World Games (MWG).

Record validation during the competition shall be possible only if the minimum score of 5,600 points for men and 5,200 points for women is achieved.

The official list of world records, indicating the event, ranking position, athlete's name, competition, year, time and total score, shall be published on the official CISM website, within the Naval Pentathlon section.

All results, rankings and official documentation shall be prepared and disseminated exclusively in the English language.

At the end of the Championship, the Organiser shall provide each team with the complete results and shall submit the complete list of results in Word format to the CISM Headquarters and to the official PCSC email address, as part of the joint report, in accordance with References A and B.

## **2.10 Practising**

The Organiser shall establish a training schedule (see example in Appendix 2) applicable to all events and all participating Nations.

In the planning process, adequate consideration shall be given to the time required for transportation, meals, ceremonies, and other organizational activities.

Competitors shall be granted at least two (2) opportunities to test each course prior to the start of the competition, unless proven limitations arise due to adverse weather conditions. Each course shall be set up under the same conditions foreseen for the official competition.

Any demonstrations by test runners may be organized during training sessions, upon request, and immediately prior to the start of the official competition.

The Organiser shall provide the PCSC and each participating team, and shall also publish, at the end of each competition day, the results of each individual event, the partial individual rankings, and the partial team rankings, prepared in the English language.

## **2.11 Special Equipment**

**The use of spiked footwear is prohibited.**

**Swimwear must comply with FINA regulations.**

**Competitors may bring and use the following items as personal equipment**, provided they comply with the specifications of the present Regulations: **throwing lines, fins, laser pistols and paddles.**

The **corresponding spare equipment**, as well as **any other required equipment**, shall be **provided by the host Nation** and may be **freely used by the competitors.**

**Each competitor remains solely responsible for the proper functioning and compliance of the equipment used.**

The **identification card provided by the Organiser** must be **worn and presented upon request at the start of each event.**

## **2.12 Working Dress**

**Working suits shall comply with Appendix 5 and shall be used in the Lifesaving Swimming Race and the Amphibious Cross-Country Race.**

Such suits shall be **inspected by the Championship Organiser**. The **inspection shall take place prior to the competition**, under the **supervision of the Sports Committee (SC)** and a **member of the Technical Jury**.

**Team Captains may be present during the inspection** of their team's equipment.

**The availability of training sessions using these suits cannot be guaranteed**. Athletes may **use their own spare suit for training sessions**.

**Working suits shall not be provided by the host Nation**.

## 2.13 Fins

Bi fins (one separate fin on each foot) have to be used. Size and form are optional. Mono fins are not allowed.

### 2.13.1 Heaving Lines

**A traditional throwing line shall be used**, with **one weighted end** and the **remaining part placed in a bucket** (optional). The **dimensions and shape** of both the line and the weight are **optional**, as is the **overall length of the line**.

**The weight shall be manufactured or adequately covered in such a way that it does not present rigid parts or edges capable of damaging the surface on which it lands**, ensuring a safe impact. For this purpose, **weights made of metal or similar materials shall be appropriately covered or replaced with equivalent solutions** (e.g. bags or casings made of suitable materials).

**The throwing end of the line shall be free of any throwing aids**, such as, but not limited to, **rings, knots or other devices**.

**Any knots creating loops on the weight shall be removed**; the line shall be **free, straight and continuous**.

In the presence of any of the above-mentioned irregularities, the line shall be declared invalid unless immediately corrected before the start of the attempt.

**The end opposite the weight, intended for tying or gripping, shall have a minimum diameter of 5 mm and a minimum length of 1.5 meters**.

### 2.13.2 Grenades

The grenades are provided by the organising nation (See Appendix 3).

### 2.13.3 Laser pistol

The laser pistol and electronic targets used in the Amphibious Cross-Country Race shall comply with the technical specifications set out in Appendix 4. Any future amendments to UIPM standards shall automatically apply unless otherwise specified by the PCSC.

## **2.14 General Rules and Recommendations**

Tracks are built for right-handed people. The organiser should see to that only valid marker lines etc. for male respectively female competitors are visible during their races.

It is recommended that each race of the Naval Pentathlon is organised so that at least three (3), and in the case of the Obstacle Race two (2), competitors can compete at the same time.

Care must be taken so that the length and standard of the entire course for each competitor is the same.

Lanes should be marked with colours in red, green, white, blue, yellow and black.

No physical assistance from an outsider during a race is permitted. Pacing (pace making) is not permitted. Pacing is to run with or near a competitor. There are exemptions for support in the preparations for Seamanship Race and Amphibious Cross Country Race see Chapter 6 and 7.

## **2.15 Referee and Officials**

The referees and other officials should be clearly identified by vests/clothing in colours corresponding to their function/lane. Each referee must have the necessary training and experience before the competition starts. Referees must be stationed at places where rules specify an event has to be done in a particular way or penalty points or disqualification will result.

A referee will indicate a wrong passing or work by an immediate whistle blow (not in the swimming events) and rising of a red flag. This should be done in the most obvious possible way to ensure that the competitor easily can observe and understand the signals.

Decisions taken by a referee shall be put down in writing and handed over to the leader of current race. These protocols must be saved until the end of the championship.

Referees and officials should be present during the training so that corrections of the tracks, performances and judgements can be made.

## **2.16 Results and Documentation**

The preliminary results of each event shall be published, following verification and approval by the PCSC, or, in the event of his/her absence, by a member of his/her staff formally designated by the PCSC, in written form and in a clearly visible location within the competition area, so that they may be viewed by all.

The complete list of preliminary results shall be published no later than ten (10) minutes after the conclusion of the last women's or men's heat.

The final version of the results of an event shall first be verified and approved by the Organiser and subsequently by the Technical Jury. Only after this procedure shall the results become official.

The military ranks of the competitors should be indicated and clearly visible on both the start lists and the results lists.

## 2.17 Protests

**A protest may be submitted to any member of the Technical Jury (TJ) within twenty (20) minutes following the announcement that the preliminary results have been published and are visible in the competition area.**

**The start and end of the protest period shall be announced by the speaker.**  
By \_\_\_\_\_ way \_\_\_\_\_ of \_\_\_\_\_ example:  
*"It is 11:10. The preliminary results for the women's competition are now published. The protest period starts now and will end at 11:30."*

**The protest shall be submitted in writing, using the official form in the English language, and signed by the Chief of Mission or the Team Captain.**

**Protests not referring to specific articles shall be declared inadmissible.**

In accordance with the **CISM Internal Regulations**, the submission of a protest requires a **deposit of USD 100 or EUR 100 in cash**, to be paid by the protesting team. The deposit shall be **submitted together with the protest to a member of the Technical Jury (TJ)**.

**If the protest is rejected by the Technical Jury and no appeal is submitted**, the deposit shall be **forfeited and paid to CISM**.

**If the protest is upheld, the deposit shall be fully refunded.**

## 2.18 Basis for Judgement

If a competitor, without trying to follow these regulations, passes an obstacle or a feature there will be a **300 points penalty for this negligence**.

If a competitor unintentionally passes an obstacle or feature the wrong way he may try again without special penalty until he has succeeded or decides to leave it undone. Then there will be a specific time penalty for that obstacle or feature.

If a competitor does not start or is forced to abandon an event or fails to finish the event for any reason he shall receive zero (0) points in that event. However, he/she may be included in the general classifications and receive individual and team prizes.

If a competitor is disqualified for having broken the rules of good sportsmanship he/she may not be included in any classification. He/she cannot receive any prizes.

A competitor's performance will be judged in accordance to the following basis:

1) His / her performance is in accordance to the regulations.

➤ No action will be taken.

2) He / she makes an error in a feature (e.g. steps on a line):

A referee will indicate the mistake with a whistle blow and raising a red flag.

a) He / she corrects his / her error.

➤ No action will be taken.

b) He / she continues.

➤ He / she will have a penalty in accordance to the regulations.

**NOTE:** It is the competitor's responsibility to observe the signals given by the referee.

3) He / she is incapable of finishing the race.

➤ He / she will receive zero (0) points in this event.

4) He / she is not capable of finishing the race before his elapsed time equals 0 points.

➤ He / she will receive zero (0) points in this event.

**NOTE:** It is the competitor's responsibility to observe the signals given by the referee.

5) He / she has by ignorance performed the race in a way that is not in accordance to the regulations.

➤ He / she will receive zero (0) points in this event.

6) He / she is deliberately breaking "the rules of good sportsmanship".

➤ He / she will be disqualified and cannot compete more in these present championships.

Errors or / and mistakes done by the competitor, which are not foreseen in these regulations or effects depending on local circumstances will be judged by the TJ in the context of this regulation.

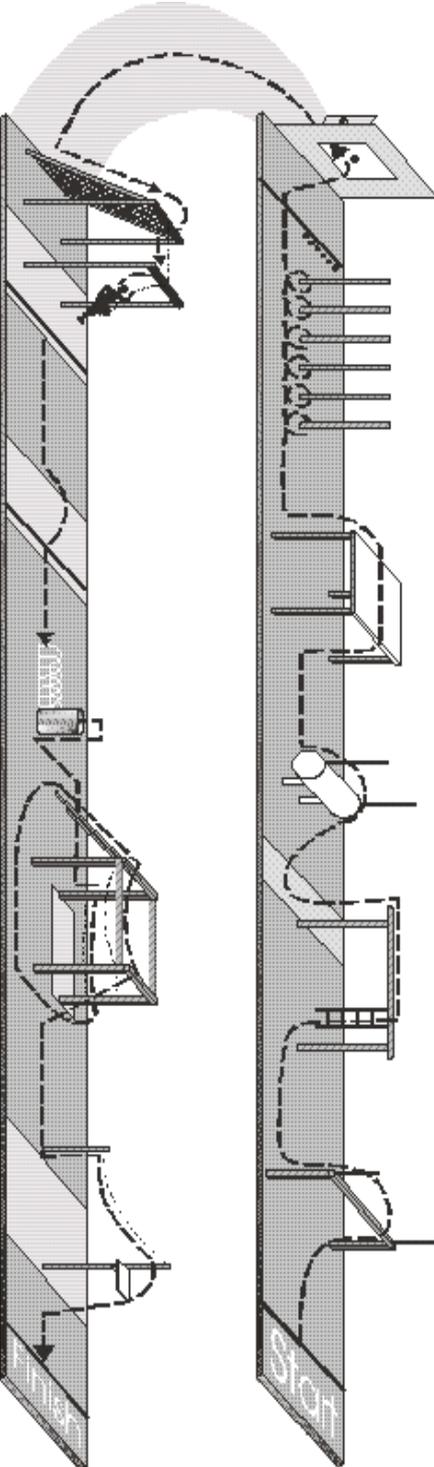
A competitor should not be punished two times for one singular mistake at the same incident.

An incorrect judgement or lack of judgement can and shall immediately be corrected by the race leader, by the competition leader or by the Technical Jury. The order of precedence if there are different opinions is:

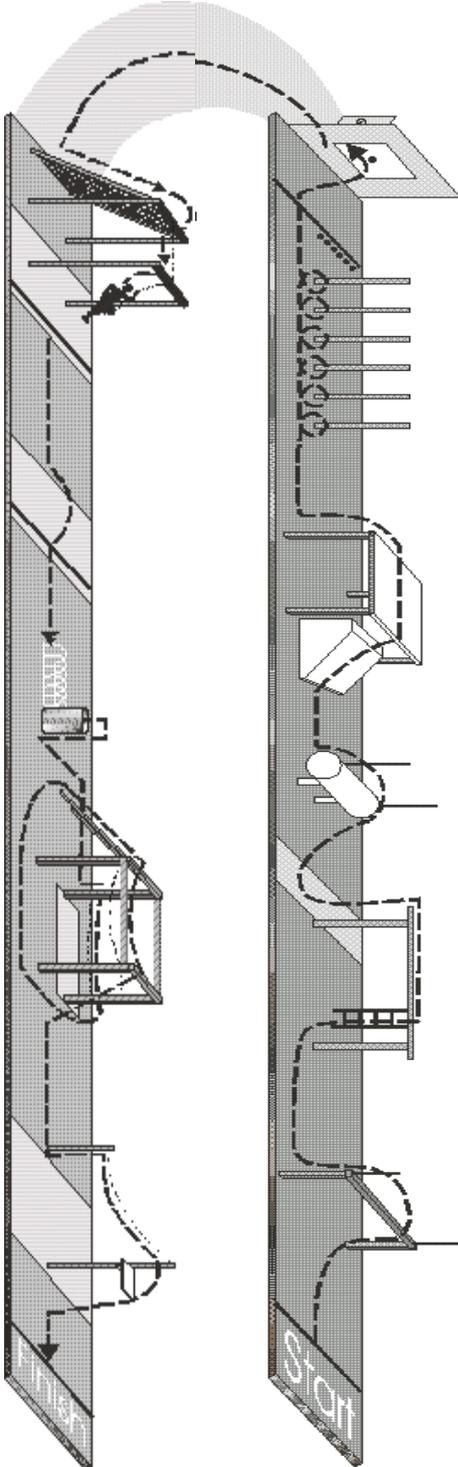
- Technical Jury
- Competition leader
- Race leader

# Chapter III: Obstacle Race

Overview obstacle course male



Overview obstacle course female



**The obstacle race distance is 305 m and includes ten (10) different obstacles.**

**The tolerance on the course distance may be  $\pm 0.15$  m.**

**The course should have a minimum width of 2.00 m.**

### **3.1 General Rules**

**The methods for overcoming the obstacles are defined by specific rules. The style of execution to be used for the various obstacles is optional.**

**If a competitor fails to correctly clear an obstacle, the athlete may repeat the attempt until the obstacle is successfully cleared or accept the specific penalty provided.**

**Any evident and intentional failure to attempt to clear an obstacle, as well as any behavior aimed at simulating an attempt without a real and concrete action to overcome the obstacle, shall be considered unsportsmanlike conduct and shall result in the immediate disqualification of the competitor.**

**If a competitor lands beyond a white marker after landing on the “correct” side, the athlete must repeat the obstacle in its entirety, as provided for in the present Regulations, or accept the specific penalty.**

**A competitor may accidentally step outside the track or his/her lane without disturbing other competitors in the same race, at any point except the inside line of a curve. If the inside line of a curve is crossed, the competitor must re-enter the track at the point of exit before continuing. Failure to correct this shall result in a penalty of ten (10) seconds.**

**An overstepping due to loss of balance, followed by an immediate correction, does not constitute grounds for re-entry.**

**Sportswear is optional; however, during the Military World Summer Games and the World Championships, competitors shall wear the competition uniform, which must allow for clear identification of nationality (e.g. identical colors or lettering) on the back (e.g. BRA, GER, FIN, ESP, etc.) and, preferably, also display the national flag on the left side of the chest.**

## 3.2 Obstacles and Features

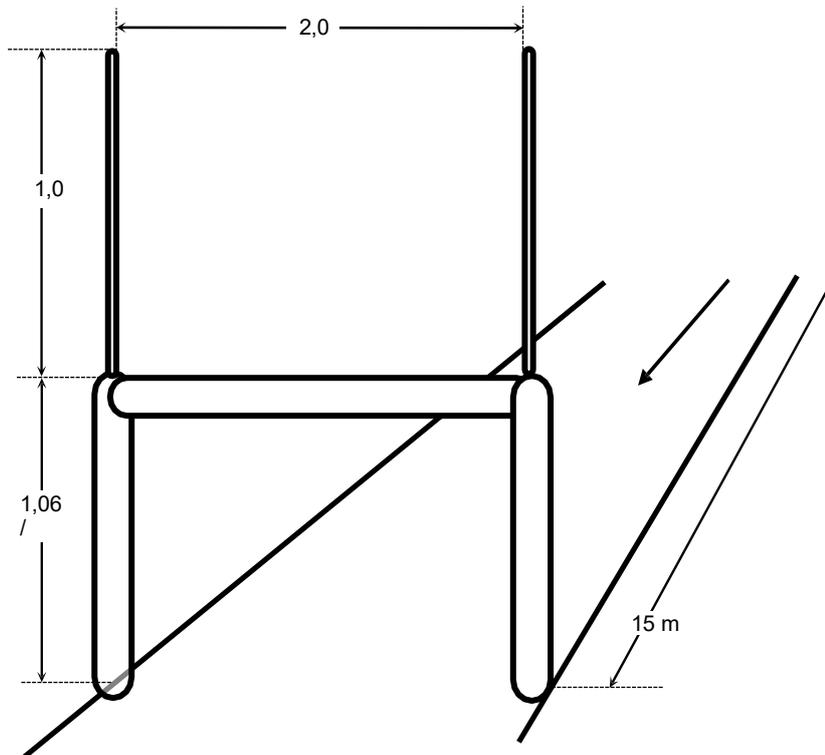
### Feature No. 1 – Start

Characteristics - Two posts and white markers on the ground marking a starting line.

Condition - Start and run.

### Obstacle No. 1 – The Hurdle. (Distance from the start - 15 m)

Characteristics - Wood or metal, 1.06 / F 0.84 m high, extend across the track completely with 1.00 m vertical bars on each side. The hurdle shall have a minimum width of 2.00 m (see sketch).

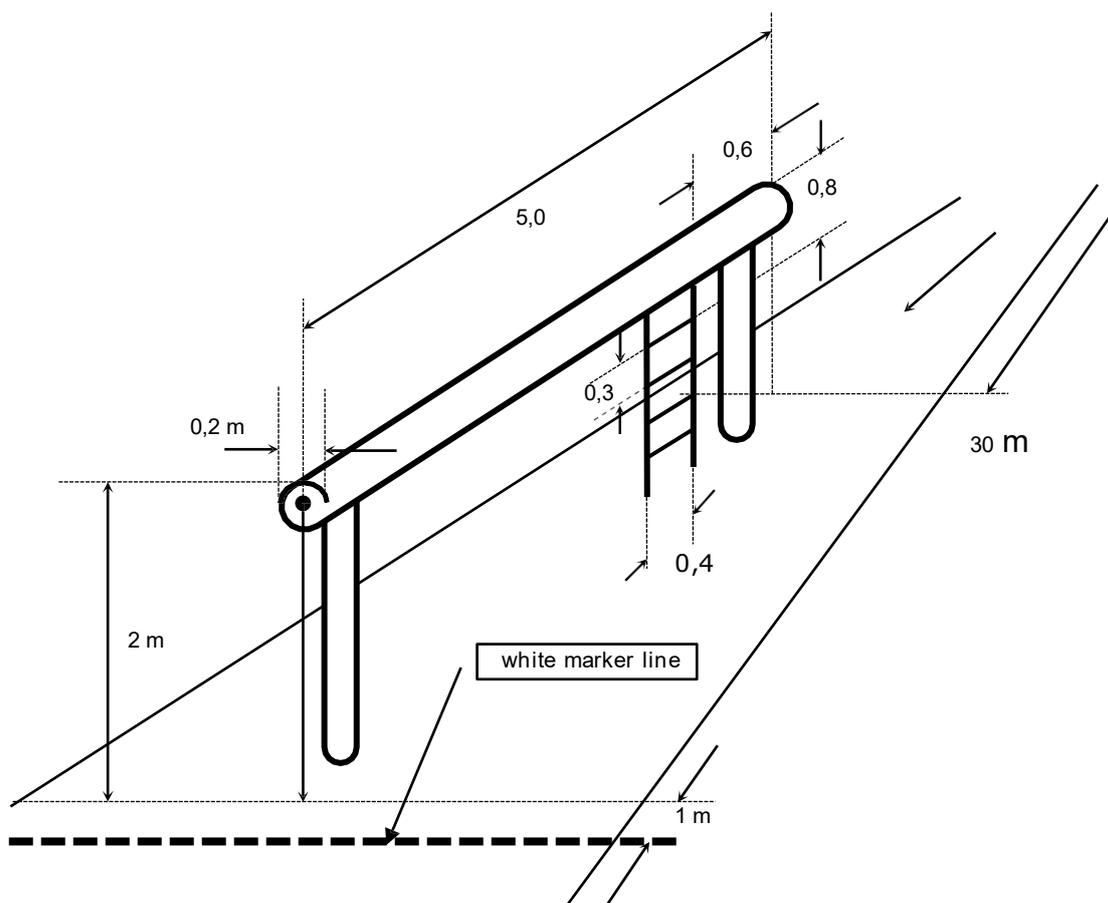


Method of clearing - Pass over the hurdle in free-style. Support with hands and / or feet are allowed. If the competitor fails to complete the obstacle correctly a penalty of twenty (20) seconds shall be applied.

### Obstacle No. 2 – Balance Team. (Distance from the start - 30 m)

**Characteristics** – A round beam (slip-proof on top) resting on two upright posts so that the distance to the top of the beam is 2.00 m. Beam is placed so that it runs in the direction of the race. Length of beam is 5.00 m, the diameter of the topside is 20 cm.

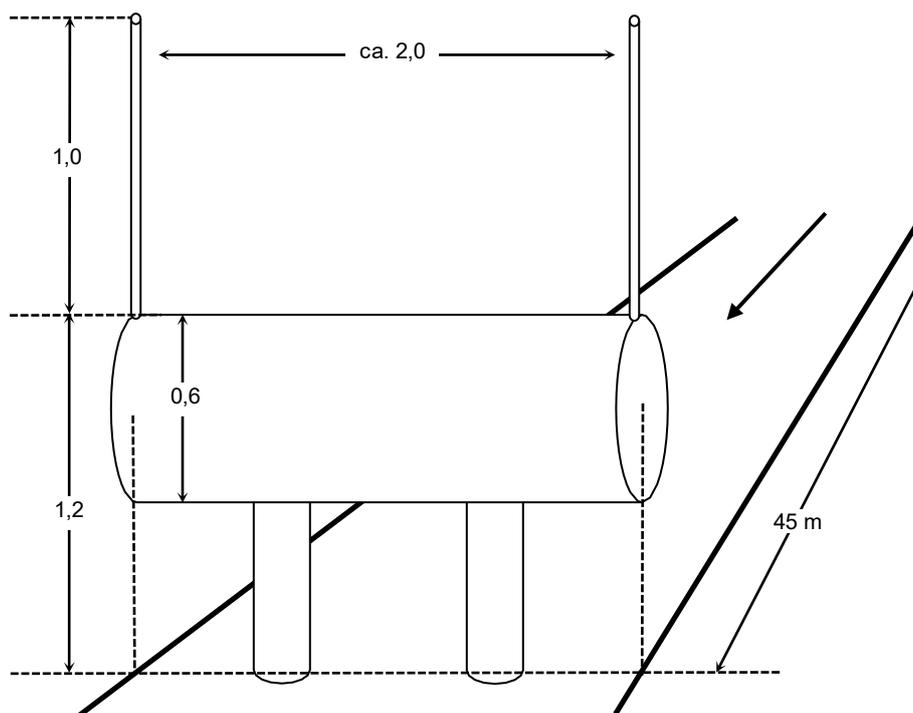
A white marker on the ground at 1.00 m from the end of the beam farthest from the start (see sketch). A ladder made of two 6 to 10 cm circumference fibre ropes, approximately 40 cm apart, ca 2.00 m long and suspended from a point about 60 cm from the end of the horizontal beam nearest the start, with rungs about 30 cm apart. The distance from the top of the beam to the first rung will be about 80 cm.



**Method of clearing** - Climb the ladder. Move forward and descend after the one metre line (white marker) on the ground. If the competitor fails to complete the obstacle correctly a penalty of twenty (20) seconds shall be applied.

**Obstacle No. 3 - Barrel.** (Distance from the start - 45 m)

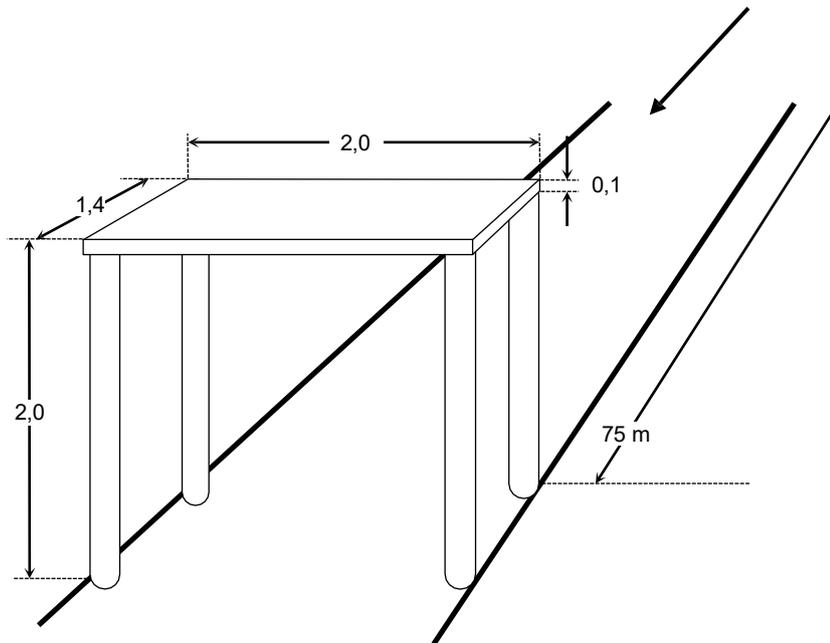
Characteristics - A barrel approx. 2.00 m wide and of 60 cm diameter mounted on a stand, with metal or wooden vertical bars 1.00 m above the top of the barrel on each side. Height from the ground is 1.20 m (see sketch).



Method of clearing - Pass over the barrel free-style. Support with hands and / or feet are allowed. If the competitor fails to complete the obstacle correctly a penalty of twenty (20) seconds shall be applied.

**Obstacle No. 4 - Irish table.** (Distance from the start - 75 m)

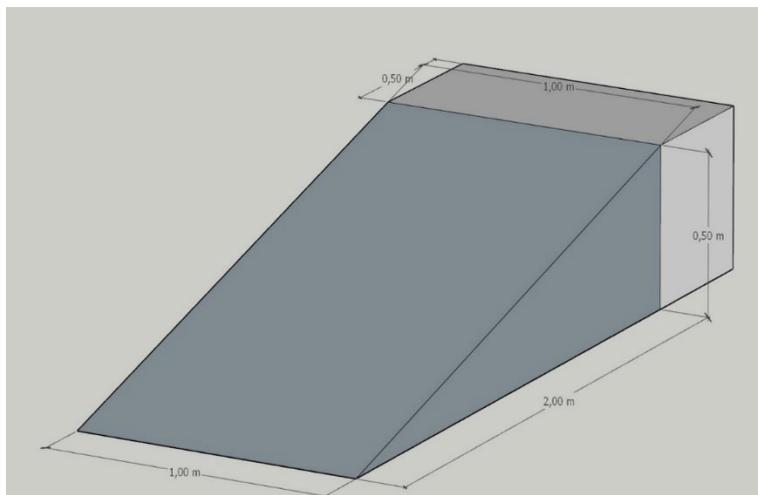
Characteristics - Height of table is 2.00 m, length 1.40 m, front edge not more than 10 cm in height (see sketch).



Method of clearing - Free-style. Use of posts will cause a time penalty. A competitor may unintentionally touch a post, but may not actively use it as a help to get up on the table. If the competitor fails to complete the obstacle correctly a penalty of twenty (20) seconds shall be applied.

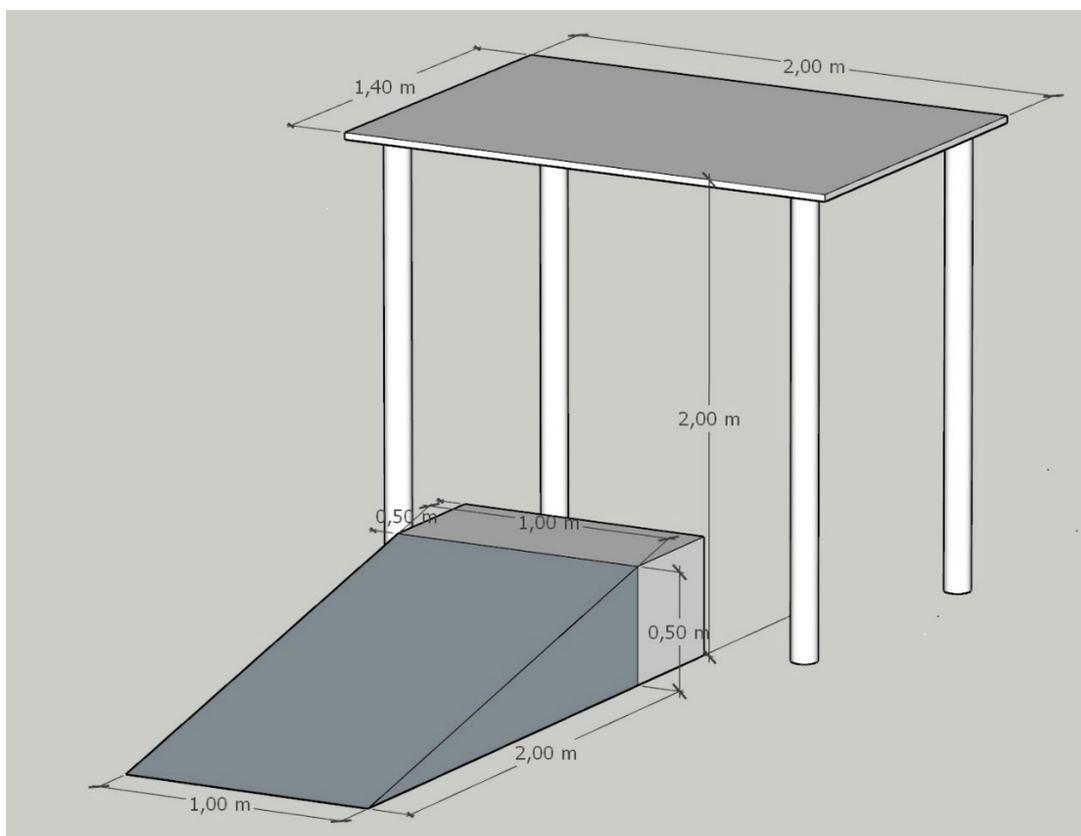
**Obstacle No. 4F - Irish table.** (Distance from the start - 75 m)

**Characteristics** - Inclined plane, slip proof, standing ahead of the obstacle, with its highest end directly underneath the beginning of the "Irish table" (see picture).



**Method of clearing** - Free-style. Run upwards on the sloping plane, over the table and jump down on the other side. Use of posts will cause a time penalty. A competitor may unintentionally touch a post, but may not actively use it as a help to get up on the table. If the competitor fails to complete the obstacle correctly a penalty of twenty (20) seconds shall be applied.

**Combined Obstacles** (seen in race direction).



**Obstacle No. 5 - Circling, grenade throwing, watertight door.** (Distance from the start - 120 m)

Characteristics - Six (6) poles with a height of 2.00 m, securely anchored to the ground, with a diameter of approximately 8 cm, made of metal or wood, shall be installed at a distance of 2.00 m from each other.

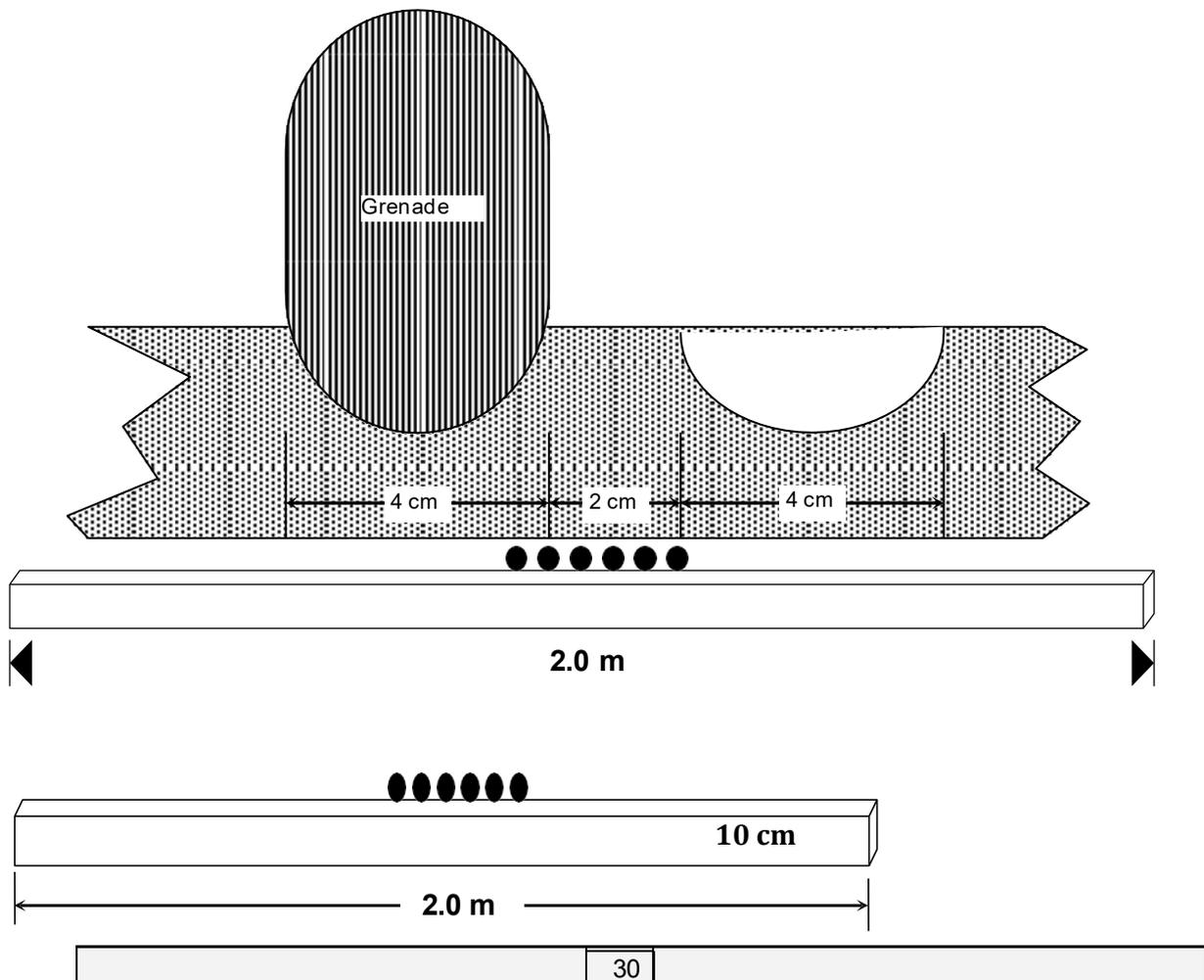
Six (6) grenades shall be placed on a board (indicative dimensions 2.00 m × 10 cm × 10 cm), laid on the ground and firmly fixed by the Organiser (see sketch), positioned 2.00 m from the last pole and 10 m from the watertight door.

The watertight door shall reproduce, as closely as possible, a shipboard watertight door. It shall be made of metal, with a height of 1.60 m, a width of 60 cm, and a threshold positioned 40 cm above ground level.

The door frame shall be positioned perpendicular to the direction of running, while the door leaf shall be open in a position parallel to the direction of running.

The wall on which the door is installed shall have a minimum width of 2.00 m and a height of 2.50 m.

During opening, the door shall move in the direction of travel and shall be hinged on the left side.



Sketch: Six holes, separated 2 cm apart, 4 cm in diameter and 1.5 cm deep, in the middle area and on top of the plank. One grenade in each hole.

Method of clearing - The competitor shall **move around the poles in free style**, either **clockwise or counterclockwise**, maintaining **the same direction for all poles**.

At each pole, the competitor shall **perform a complete 360° body rotation around the pole itself**.

**Grasping or holding the pole is permitted** during execution.

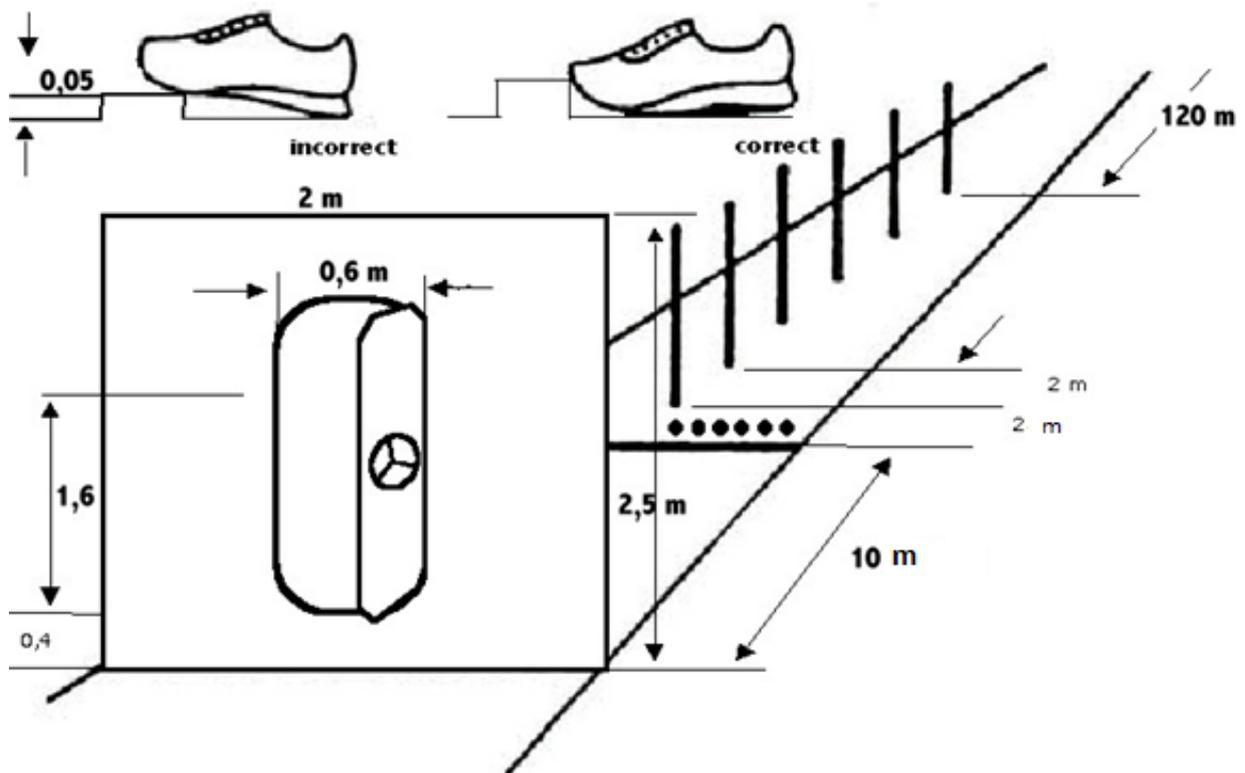
From the **10 m line** (distance from the watertight door), the competitor shall **throw a grenade through the watertight door**.

**Touching the board with the foot is permitted**; however, **stepping on the board during the throw is not permitted** (see sketch).

The **grenades shall be thrown over the shoulder, one at a time**.

After throwing a grenade through the door, the competitor shall **pass freely through the door, close it, and secure it completely**.

A penalty of fifteen (15) seconds shall be applied if the competitor fails to successfully throw at least one grenade through the watertight door. An additional penalty of fifteen (15) seconds shall be applied if the competitor fails to fully close and secure the watertight door.



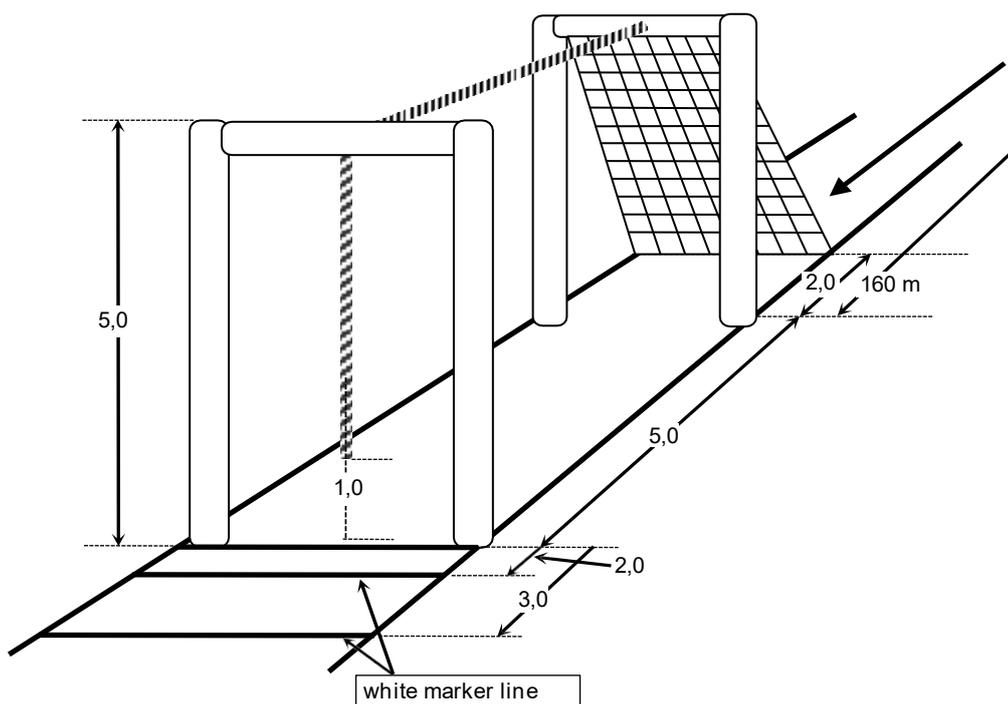
**Obstacle No. 6 - Climbing net.** (Distance from the start - 160 m)

Characteristics – A stand, 2.00 m wide and 5.00 m long \*) composed of two pairs of posts 5.00 m high, joined by two horizontal cross-bars, with the same diameter as the posts. A climbing net suspended from the first cross-bar laterally fastened between two steel wires or tubes and fastened to the ground 2.00 m from the side posts.

The net is 2.00m wide and made of rope of about 5 cm circumference and is secured as tightly as possible between the two wires, tubes and ground. The meshes, square-shaped with sides of about 25 cm, shall be arranged so that two sides are parallel to the ground.

A covered steel wire of about 8 cm circumference stretched tight from the centre of one cross-bar to the centre of the other by means of a turnbuckle placed opposite the cross-bar from which the net is suspended. A fibre rope of approximately 12 cm circumference is suspended from the centre of the cross-bar opposite the net, and extends to a point 1.00 m above the ground. A white marker line on the ground 3.00 / F 2.00 m from the second crossbar and between the posts underneath the crossbar.

A soft sandpit is placed under the obstacle and where the competitor jumps down in the landing area (see sketch).



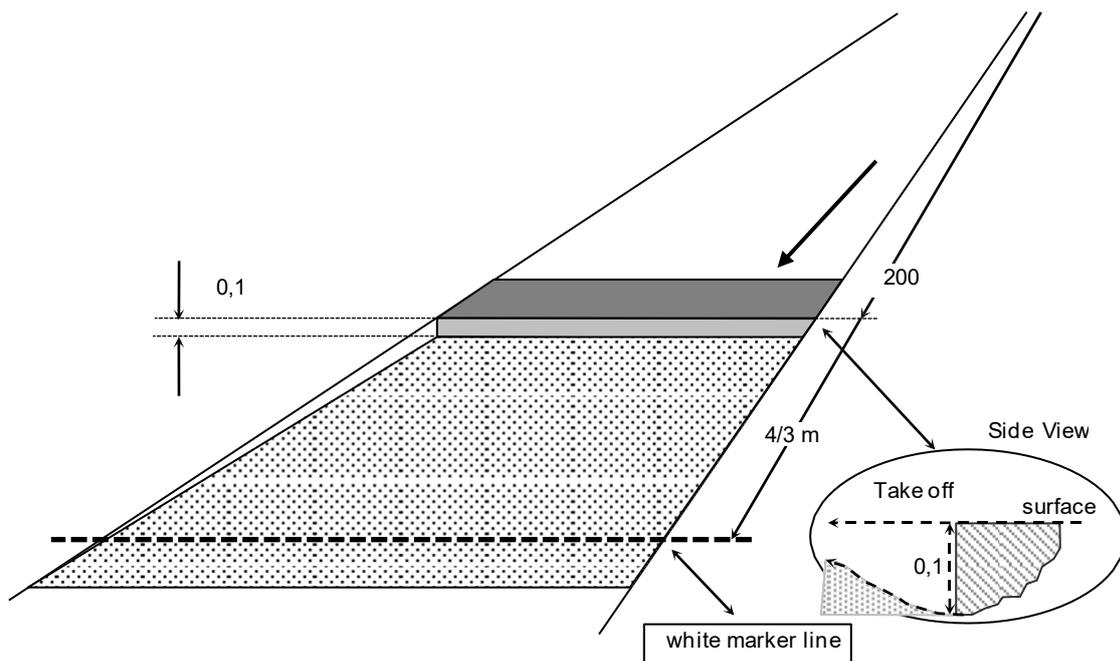
Method of clearing - Climb up the net. Move freestyle along the horizontal wire from the first crossbar and touch the second crossbar. Descend freestyle using the fiber rope, swing and land at least 3.00 / F 2.00 m from the second crossbar after the white marker-line. If a competitor, in the transition from the horizontal wire to the vertical fiber rope, fails to touch the second crossbar (as per the regulations) a penalty of ten (10) seconds shall be applied. If a competitor fails to jump

over the 3.00 / F 2.00 m marker line, he must repeat the swing jump only. If the competitor fails to complete the swing jump there a penalty of twenty (20) seconds shall be applied.

**Obstacle No. 7 - Long Jump.** (Distance from the start - 200 m)

Characteristics - Sand pit for long jump with a take-off plank. The level of the sand immediately beyond the take-off plank is 10 cm lower than the top of the plank. 4.00

/ F 3.00 m from the front edge of the take-off plank a white marker line (tape/rope) crosses the sandlot (see sketch).

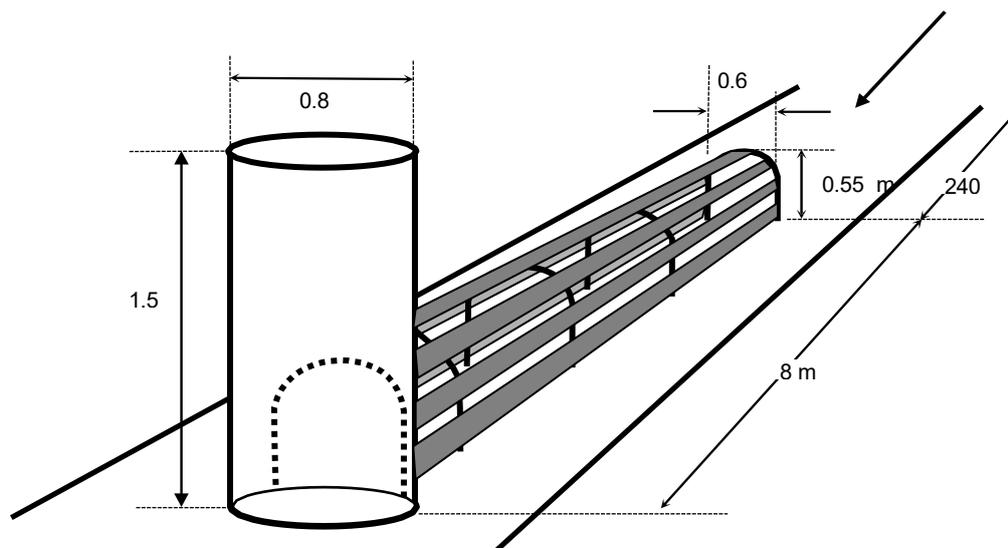


**Method of clearing** - Jump over the area (measured from the front edge of the take-off plank to the white marker line). Toes may cross the edge of the plank but may not touch the ground in front of the take-off plank. Successful completing of this obstacle means that at no time may the competitor's body, foot, hands etc. touch the tape or rope at the 4.00 / F 3.00 meter mark or the sand between the take-off plank and the tape. A small marker for run-up is allowed. If the competitor fails to complete the obstacle correctly a penalty of twenty (20) seconds shall be applied.

**Obstacle No. 8 – Tunnel.** (Distance from the start - 240 m)

Characteristics - Several arches and longitudinal crossbar forming a tunnel 55 cm high and 60 cm wide, with bedding of soft sand. The tunnel ends to a vertical centre-line cylinder 1.50 m high and 80 cm in diameter. Total length of the assembly is

8.00 m (see sketch). The tunnel front part hole must be padded. The inside of the tunnel must be such that the competitor won't hurt his head or back in the arches, screws etc. during the crawling.



Method of clearing - Enter in and pass through the tunnel free-style. Exit through the top of the cylinder.

**Obstacle No. 9 – Combination obstacle.** Parallel wire, climbing planks, yard and footrope. (Distance from the start - 260 m).

Characteristics - The obstacle consists of a **support structure composed of two pairs of poles**, each **3.50 m high**, spaced **1.50 m apart**, with an overall **length of 5.00 m**. Two **anti-slip planks** are placed on a **transversal bar** connecting the upper part of the first pair of poles, in a central position. The planks are **spaced 35 cm apart**; each plank is **6.00 m long** and **15 cm wide**.

Two **coated steel wire ropes** with a **circumference of approximately 8 cm** are installed: the **lower rope** is positioned **85 cm above ground level**, while the **upper rope** is positioned **2.50 m above ground level**. The ropes are **tensioned by turnbuckles** between the two vertical side uprights, **along the length of the obstacle, on the left side**.

A **sand pit, 1.00 m wide and 5.00 m long**, is provided, **centered beneath the vertical poles**, with a **take-off board 50 cm wide** positioned on the **left side of the first pole**. The **sand level**, immediately beyond the take-off board, shall be **10 cm lower than the top of the board** and shall **gradually rise to zero** at the **second pole**.

The end of the sand pit shall be **marked by a white demarcation line** positioned **beneath the second pole**.

A **rope traverse (“courtyard”)** made of **coated steel wire**, with a **circumference of approximately 5 cm**, is installed and **fixed to the poles themselves**. This traverse is **anchored to the upper ends of the right-side poles**. A **weight of approximately 75 kg** is suspended at the center and shall **hang 1.00 m below the top of the traverse** (see sketch).

If the Organiser installs **parallel lanes**, the **width of the obstacle may be reduced from 1.50 m to 1.00 m**. In such cases, the **minimum distance between obstacles shall be at least 1.00 m**.

Method of clearing - The competitor shall **cross the sand pit by running on the lower rope** and, if necessary, **holding onto the upper rope, without touching the sand** in the area between the **take-off board** and the **white demarcation line**, nor their **lateral extensions**.

Once the **first part of the obstacle** has been completed, the competitor may **pass between the two poles** to reach the planks, **keeping the outer plank on the right side before climbing** in order to perform the **second part of the obstacle**.

**Manual support on the poles is permitted.**

The competitor shall **climb onto the plank or planks in free style**, then **move laterally along the traverse using the rope** and **touch the crossbar opposite the planks**.

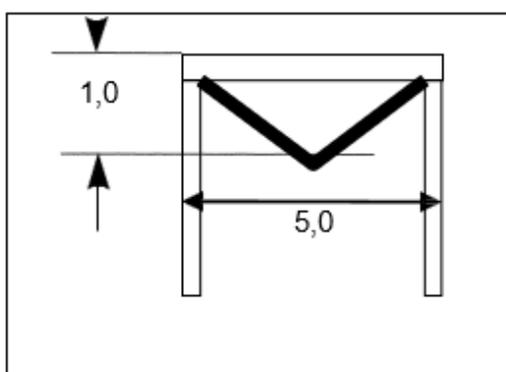
The **descent is free**, and **use of the side upright is permitted**.

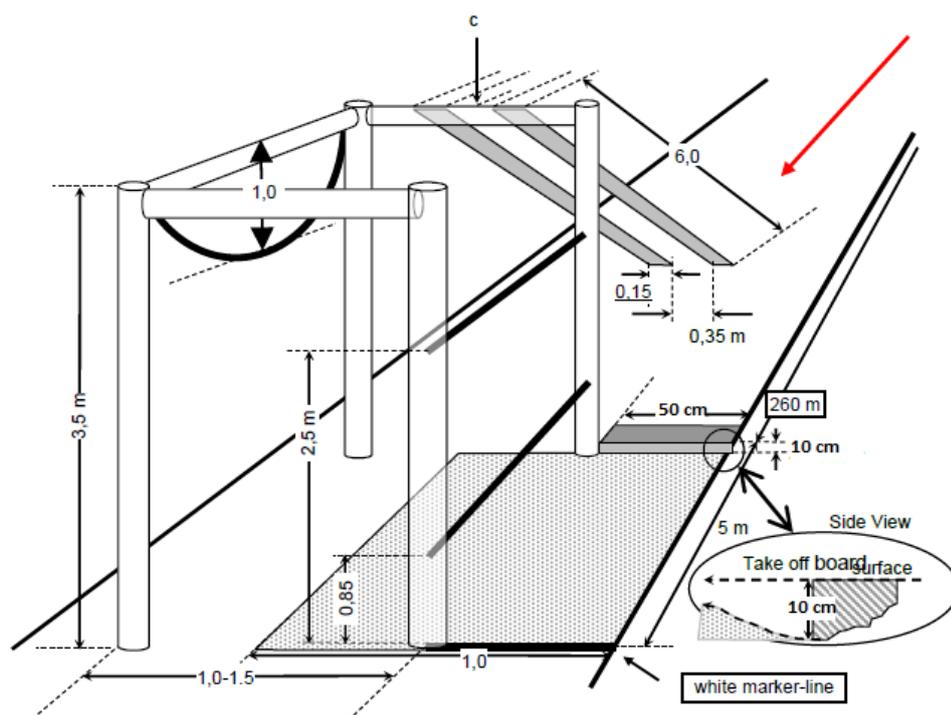
If a competitor **touches the sand** (within the area between the take-off board and the white demarcation line) or the **extended lateral area between the poles**, the competitor must **return to the start of the obstacle**.

If the competitor **fails to touch the crossbar**, the competitor shall **resume the attempt exclusively from the “plank climb” phase**.

If the competitor **does not correctly complete the obstacle** (for example, by **touching the sand** or **failing to touch the crossbar**), a **penalty of twenty (20) seconds shall be applied for each distinct fault**.

**Sketch of obstacle No 9**





**Obstacle No. 10 – Sloping wire.** (Distance from the start - 293 m).

Characteristics – The obstacle consists of a **structure composed of two poles**, firmly anchored to the ground, with heights of **4.00 m and 2.00 m respectively**, and an **overall length of 5.00 m**.

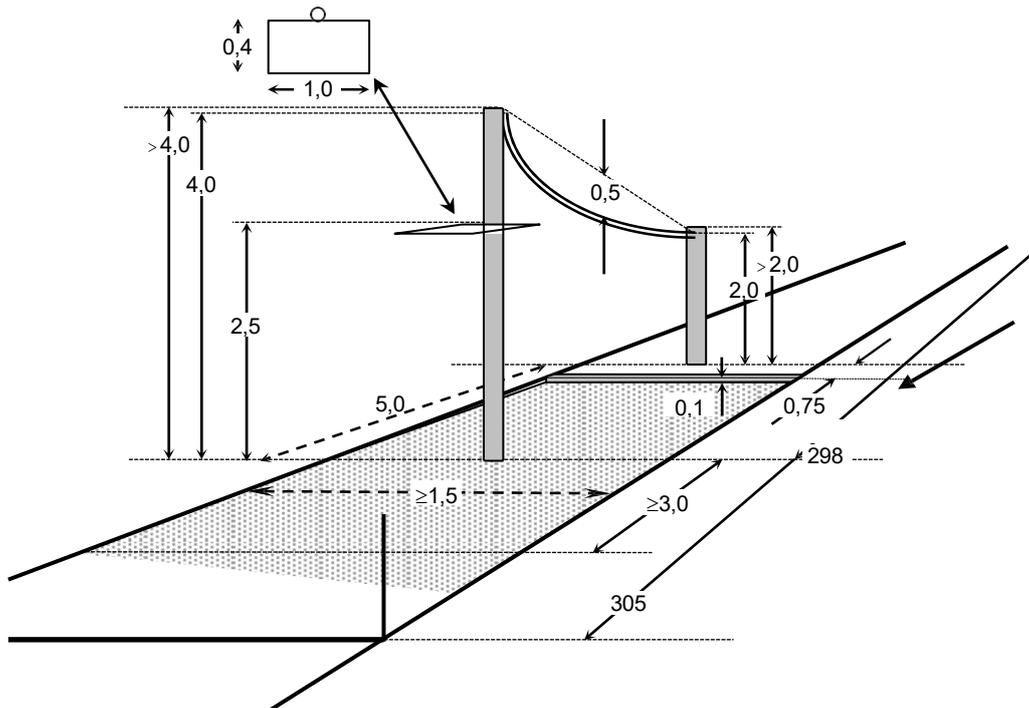
On the **higher pole**, at a height of **2.50 m above ground level**, a **square platform** is installed, with a **width of 1.00 m** and a **depth of 40 cm**.

Between the two uprights, a **coated steel wire rope** with a **circumference of approximately 8 cm** is fixed. The rope shall have a **length sufficient to create a vertical drop of 50 cm at the midpoint**, relative to an **imaginary straight line** between the two fixed points.

Beneath the rope, a **sand pit** is provided, equipped with a **take-off board** with a **minimum width of 1.50 m**.

The sand pit shall **begin 75 cm from the lower pole**, extend beyond it, and **terminate at least 3.00 m from the higher pole**.

The **sand level**, immediately beyond the take-off board, shall be **10 cm lower than the top of the board** and shall **gradually rise to zero at the higher pole**.



**Method of clearing** - The competitor shall climb the inclined rope in free style, without touching the sand pit.

Use of the poles is permitted as support.

The competitor shall pass over the platform while remaining in a standing position on the platform (one foot is permitted).

The competitor shall then jump down and continue to the finish line.

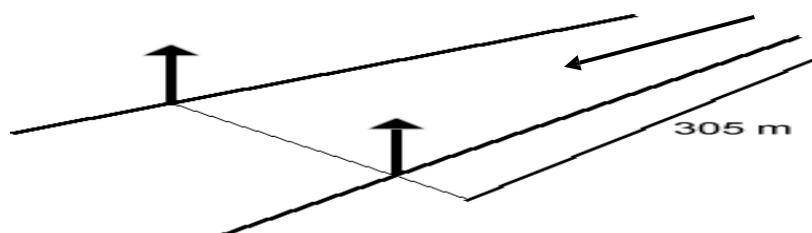
If the competitor touches the sand pit before climbing onto the platform, the competitor shall return to the start of the obstacle.

If the competitor fails to pass over the platform while standing, the competitor shall climb back onto the platform and repeat the action correctly.

If the competitor does not correctly complete the obstacle (for example, touches the sand pit or fails to remain standing on the platform), a penalty of twenty (20) seconds shall be applied for each fault.

**Feature No. 2 - Finish.** (Distance from the start - 305 m).

**Characteristics** - Two posts and a white marker on the ground marking a finish line.

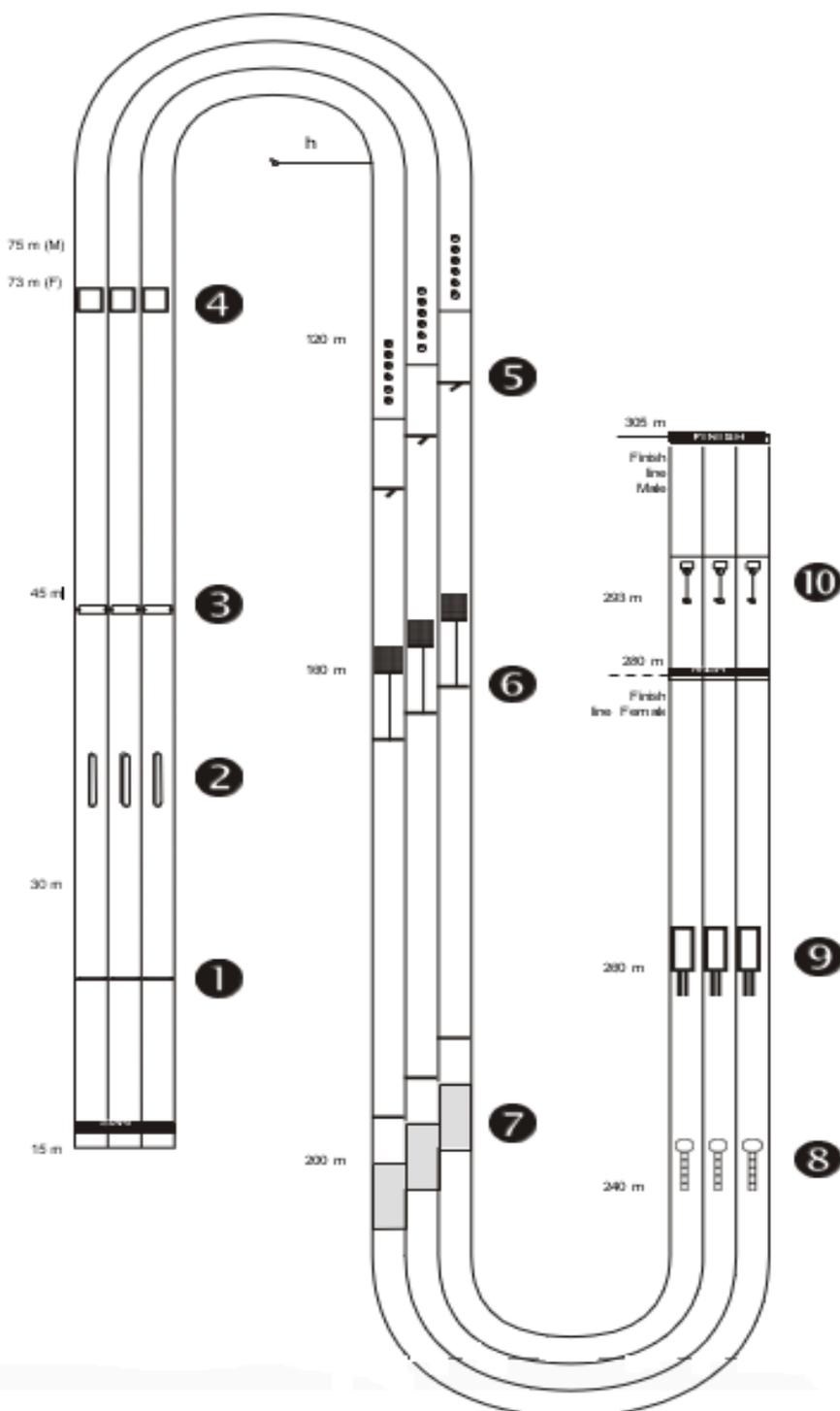


Method of clearing- The competitor must cross the finish line by running.

The race time shall be recorded at the moment the competitor crosses the finish line with any part of the body.

If electronic timing is used, the height of the sensor should be approximately 1.30 m.

### Overview of construction of obstacle course



### 3.3 Scoring Table of Obstacle Race

Time	Points								
1.20	1350	2.00	1150	3.00	850	4.00	550	5.00	250
.30	1300	.10	1100	.10	800	.10	500	.10	200
.40	1250	.20	1050	.20	750	.20	450	.20	150
.50	1200	.30	1000	.30	700	.30	400	.30	100
		.40	950	.40	650	.40	350	.40	50
		.50	900	.50	600	.50	300	.50	0

#### Correction table

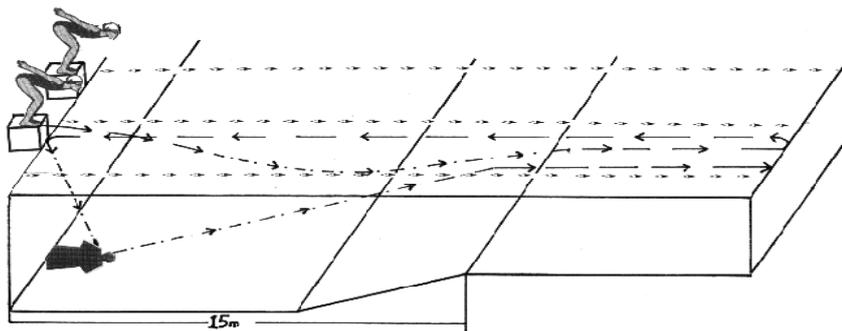
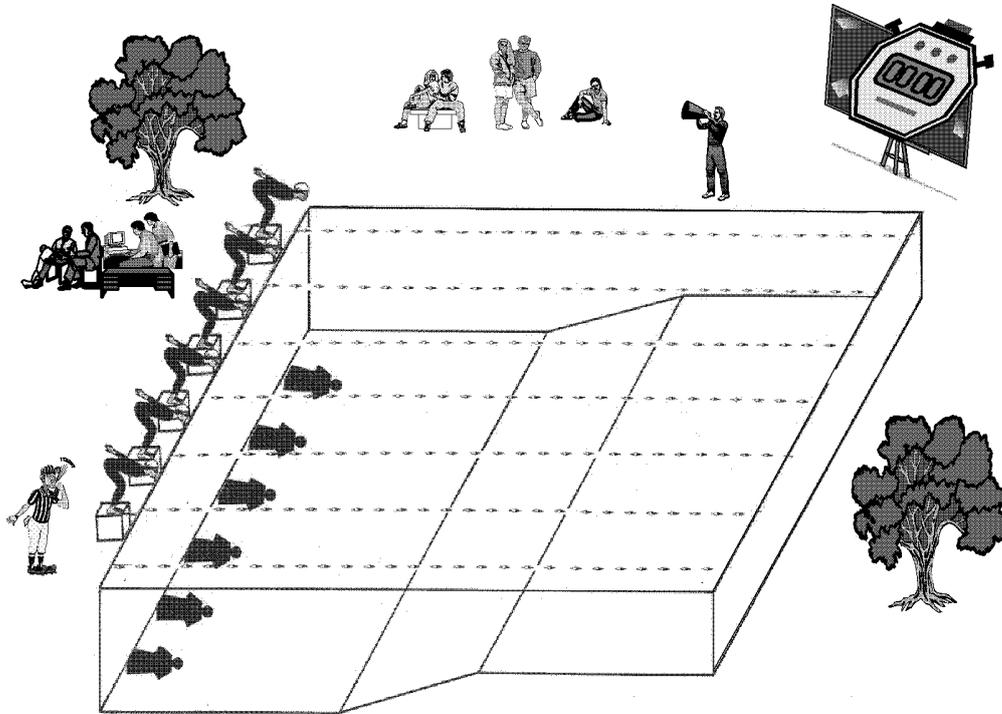
10ths of sec.	+0	+1	+2	+3	+4	+5	+6	+7	+8	+9
+ 0 sec	- 0	- 1	- 1	- 2	- 2	- 3	- 3	- 4	- 4	- 5
+ 1 sec	- 5	- 6	- 6	- 7	- 7	- 8	- 8	- 9	- 9	-10
+ 2 sec	-10	-11	-11	-12	-12	-13	-13	-14	-14	-15
+ 3 sec	-15	-16	-16	-17	-17	-18	-18	-19	-19	-20
+ 4 sec	-20	-21	-21	-22	-22	-23	-23	-24	-24	-25
+ 5 sec	-25	-26	-26	-27	-27	-28	-28	-29	-29	-30
+ 6 sec	-30	-31	-31	-32	-32	-33	-33	-34	-34	-35
+ 7 sec	-35	-36	-36	-37	-37	-38	-38	-39	-39	-40
+ 8 sec	-40	-41	-41	-42	-42	-43	-43	-44	-44	-45
+ 9 sec	-45	-46	-46	-47	-47	-48	-48	-49	-49	-50

Example:

2.01.3 minutes = 1150 points for 2 minutes (-) minus 5 points for one second (-) minus 2 points for 3 tenths of seconds = 1143 points

## Chapter IV: Lifesaving Swimming Race

### 4.1 Overview of Lifesaving Swimming Race



The Life-Saving Swimming Race is conducted in a swimming pool, which is preferably 25 m long and more than 2 m deep. The distance of the race is 75 m (3 x 25 m). There are five (5) separate features in the race. If the swimming pool is longer than 25 m a bulkhead must be put into the pool so that each leg of the course is 25 m. A pool shorter than 25 m cannot be used.

## 4.2 General Rules

**The clothing shall consist of a swimming suit, in accordance with FINA regulations, and a working dress.** The use of **goggles and a nose clip** is permitted.

**Any swimming stroke may be used** and may be **changed during the race**, if desired.

If a competitor **fails to correctly perform any part of the event**, he/she shall **repeat the action until it is correctly completed** or **accept the specific penalty provided**.

An **inspection of the dummy**, including all its characteristics and fitness for use, shall be **carried out by the Technical Jury prior to the start of the race**.

The **competitor's working dress** shall be **handed over at the first call**, immediately before the competitor's turn in the **Lifesaving Swimming Race**. The competitor shall **put on the working dress in front of a referee**, wearing it **in the same manner as verified during the fitting inspection**.

If a competitor wishes to **start with the working dress wet**, he/she may **enter the pool first** and then **mount the starting block**.

After the competitor has finished the race, the **working dress shall be collected, dried, and placed back into the bag and sealed** by the **Organiser's Technical Section**. The working dress shall then be **returned to the competitor** immediately before his/her turn in the **Amphibious Cross-Country Race**.

A competitor's **working dress may not be challenged by anyone** (except the **starter**) during dressing, nor **before or during the race**. However, it **may be examined by the Technical Jury after the race**. Any **intentional alteration, modification, or tear**, made **after the inspection**, shall constitute **grounds for a penalty**. The **loss of buttons** shall **not** constitute grounds for a penalty.

During **turns**, the competitor shall **touch the wall with any part of the body**. If the competitor performs a **flip turn** without touching the wall, he/she shall **return and touch the wall**. If the competitor **fails to touch the wall during a turn**, a **penalty of twenty (20) seconds** shall be applied.

The competitor shall **wear the complete working dress until reaching the 50 m turn**. If, during diving or swimming, the competitor **loses his/her trousers**, he/she shall **put them on immediately**. If this is not possible, the competitor shall **carry the trousers until the end of the 50 m distance**. If the competitor **fails to comply with the above requirements before touching the final pool wall**, a **penalty of twenty (20) seconds** shall be applied.

### 4.3 Specific Rules

#### Feature No. 1 – Start.

Characteristics - Start from the pool edge/ starting block, working dress on.

Condition – The competitor makes a start jump and dives / swims under the water.

#### Feature No. 2 – Underwater swimming. (Distance from the start - 15 m).

Characteristics - The 15 m distance shall be clearly marked, both on the pool bottom and above the water surface. In addition, a video recording of the 15 m finish line shall be provided by the Organiser. This video recording may be used by the Technical Jury, if necessary, for assessment and decision-making purposes.

Condition - The competitor shall **remain completely submerged for the entire 15 m distance**. After the competitor's **head has passed the 15 m mark**, the swimmer **may surface**.

**Breaking the water surface with any part of the body** before reaching the **15 m mark with the head** shall **result in a penalty**. If a competitor **surfaces or breaks the water surface before the 15 m finish line**, a **penalty of twenty (20) seconds** shall be applied.

#### Feature No. 3 – Swimming. (Distance from the start - 15 to 50 m).

Characteristics - Total distance of swimming on the surface is approximately 35 m.

Condition – The competitor swims free-style until he touches the end of the pool (at 50m) before diving. He may not undress before he has touched the end of the pool.

#### Feature No. 4 – Undress in the water. (Distance from the start - 50 m).

Characteristics – It is specified that, **when undressing, the jacket and trousers must not remain floating**. If even one item of clothing remains floating after completion of the undressing phase, a penalty of twenty (20) seconds shall be applied.

Condition – The competitor shall **begin undressing only after touching the pool wall**. It is permitted to **undress and submerge simultaneously**. If a competitor **starts undressing before touching the pool wall**, a **penalty of twenty (20) seconds** shall be applied.

**Feature No. 5 – Diving, underwater recovery and swimming with the dummy.** (Distance from the start - 50 m).

Characteristics - An F.I.S.S. standard plastic dummy 1.00m long with arm sections of 7cm, without legs, when submerged at 1.00 m depth weighting 1.50 kg. It shall be placed at 2.00 - 4.00 m depth. If the pool is deeper than 4.00 m the dummy must be placed on a platform. The dummy must be placed so that its head is in the race direction, the body close to the wall and the face of the dummy is upwards.

Condition - Dive and catch the dummy. Swim and bring the dummy to the other end of the pool. The method of carrying the dummy is optional.

**Feature No. 6 – Finish.** (Distance from the start - 75 m).

Condition - The event is finished when the swimmer touches the end of the pool with one of his hands, still carrying the dummy with the other hand. The competitor may not hit the end of the pool with the dummy before he hits the wall with his hand. If the dummy hits the wall earlier than the competitor a penalty of twenty (20) seconds shall be applied.

If a competitor finishes without having the dummy in his hand at the same time a penalty of twenty (20) seconds shall be applied.

#### 4.4 Duration Scoring Table of Lifesaving Swimming Race

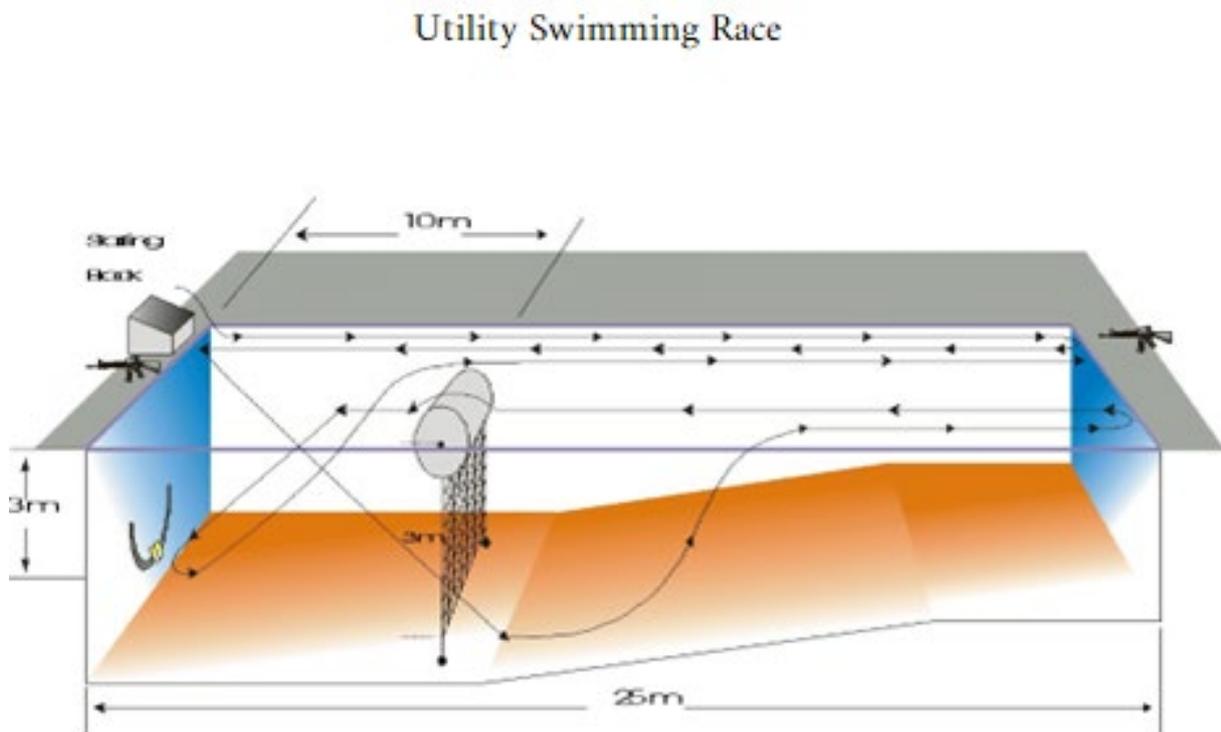
Time	Points								
0.30	1350	1.00	1200	2.00	900	3.00	600	4.00	300
0.40	1300	.10	1150	.10	850	.10	550	.10	250
0.50	1250	.20	1100	.20	800	.20	500	.20	200
		.30	1050	.30	750	.30	450	.30	150
		.40	1000	.40	700	.40	400	.40	100
		.50	950	.50	650	.50	350	.50	50

#### Correction table

sec/1 0 sec	+0	+1	+2	+3	+4	+5	+ .6	+7	+8	+9
+ 0 sec	- 0	- 1	- 1	- 2	- 2	- 3	- 3	- 4	- 4	- 5
+ 1 sec	- 5	- 6	- 6	- 7	- 7	- 8	- 8	- 9	- 9	-10
+ 2 sec	-10	-11	-11	-12	-12	-13	-13	-14	-14	-15
+ 3 sec	-15	-16	-16	-17	-17	-18	-18	-19	-19	-20
+ 4 sec	-20	-21	-21	-22	-22	-23	-23	-24	-24	-25
+ 5	-25	-26	-26	-27	-27	-28	-28	-29	-29	-30
+ 6	-30	-31	-31	-32	-32	-33	-33	-34	-34	-35
+ 7	-35	-36	-36	-37	-37	-38	-38	-39	-39	-40
+ 8	-40	-41	-41	-42	-42	-43	-43	-44	-44	-45
+ 9	-45	-46	-46	-47	-47	-48	-48	-49	-49	-50

## Chapter V: Utility Swimming Race

### 5.1 Overview of Utility Swimming Race Male



This race is preferably conducted in the same pool as the one used for the Lifesaving Swimming Race. The overall distance of the race is 125 m, during which the competitor shall perform six (6) separate features.

### 5.2 General Rules

Any swimming stroke may be used.

The dress shall consist of a swimsuit and fins. The use of goggles, a swimming cap, and a nose clip is optional.

If a competitor fails to correctly perform any of the features, the competitor shall repeat the action until it is successfully completed or accept the specified penalty.

The number and colors of the lanes shall remain the same for both women's and men's competitions. The course shall be set up using two (2) swimming lanes. Features Nos. 3, 4, and 5 shall be located in the right lane. The competitor shall start in the left lane. After Feature No. 2, the competitor shall move to the right lane. After Feature No. 5, the competitor shall return to the left lane.

Touching the wall with any part of the body or with the fins shall constitute a valid turn. If a competitor performs a flip turn without touching the wall, the competitor shall return and touch the wall. If a competitor fails to touch the wall during a turn, a penalty of twenty (20) seconds shall be applied.

### 5.3 Specific Rules

The starting order shall be determined on the basis of the times declared at the time of the athlete's registration by the Nation of affiliation.

#### Feature No. 1 – Start and Swim.

Characteristics - Dive from the starting block/edge of the pool.

Condition - Start and swim or dive 25 m, free style on the starting lane.

#### Feature No. 2 – Carrying the rifle. (Distance from the start is from 25 to 50 m).

Characteristics - A dummy rifle, which weighs about 3kg, is placed on the edge of the pool by the organiser in similar position for every competitor (see sketch).

Condition - The competitor shall take the rifle from the edge of the pool (at 25 m) and carry it unaided until he touches the other side of the pool (at 50 m), where he has to leave the rifle outside the pool after first touching the wall. If the competitor fails to leave the rifle outside the pool or leaves it before first touching the wall there a penalty of fifteen (15) seconds shall be applied for each fault.

#### Feature No. 3 – Passing under a net obstacle. (Distance from the start – 60 m).

Characteristics - A vertical net across the lane. The lower edge of the net must be placed at three (3) meters depth. However, if the depth of the pool is only (3) meters or less, the lower edge of the net must be placed 70 cm above the bottom. There must be chains reaching down to the bottom from each side of the net.

Condition – The competitor must change into the left lane, submerge and pass under the net. If the competitor fails to pass under the net, he/she must, without disturbing any other competitor, remain submerged and pass the net on the left side until the fins have completely cleared the imaginary lateral extension of the net. Failure to pass under the net shall result in a **fifteen (15) second penalty**. If a competitor accidentally becomes entangled in the net and, solely for the purpose of freeing himself/herself, temporarily lifts the net with the hands, no penalty shall be applied, provided that such action does not result in facilitated forward progression or irregular clearance of the obstacle.

#### Feature No. 4 – Pass over the barrel obstacle (Distance from the start – 90 m).

Characteristics - A cylindrical floating barrel, made of wood or metal, as shown in the sketch, shall be positioned across the lane and secured in place by the lane lines. The barrel shall be covered with neoprene or carpet material, shall rotate freely, and shall partially submerge when cleared by the competitor. The highest point of the barrel shall be positioned 25 cm above the water surface.

Condition - The competitor must pass over the barrel. If the competitor fails to do so, he must swim past the barrel in the right-hand lane (when facing the direction of swimming). Failure to pass over the barrel will result in a **penalty of fifteen (15) seconds**.

**Feature No. 5 – Underwater walk** (Distance from the start – 100 m).

Characteristics – Two hoses with couplings at the end of the pool. The joined ends of the hoses are 3.00 m deep from the surface. Should the pool be less than 3.00 m deep, the hoses must be placed as close as possible to the bottom. The hoses should be attached to the pool or weighted 50 cm from the ends to limit upward movement. The two hoses must be standard shipboard fire-fighting hoses and the two couplings of the fixed joint type. In the invitation the sponsoring nation shall provide participating nations with the specifications of the type of couplings to be used.

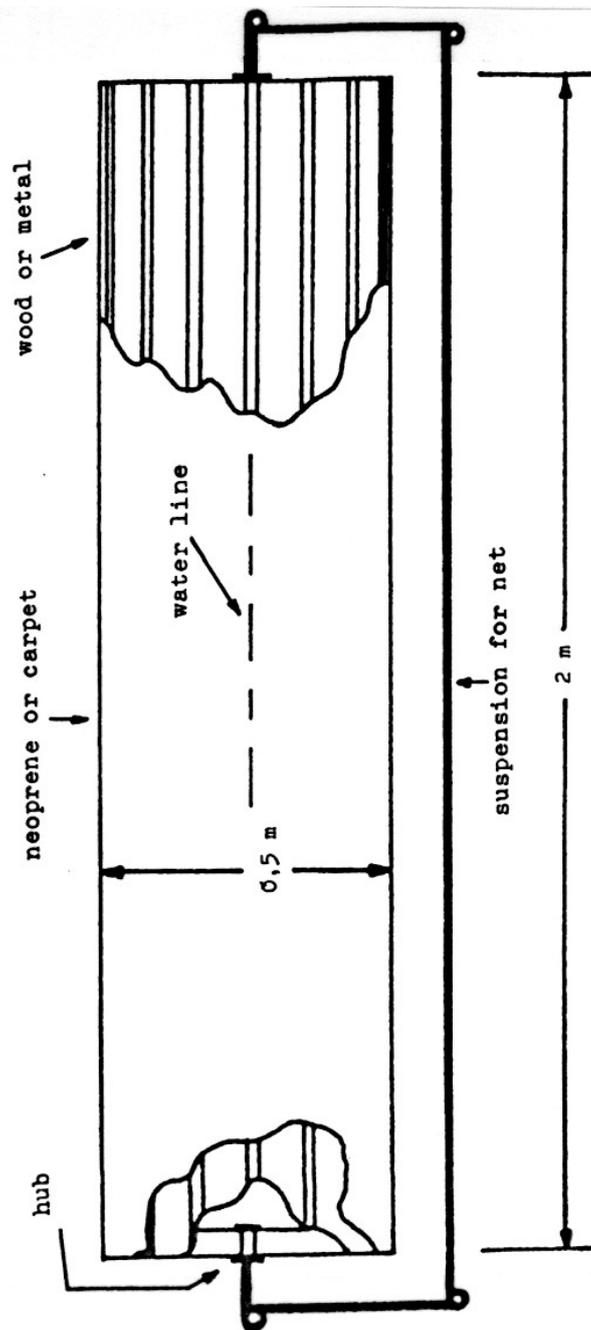
Condition - Uncouple the hoses and turn before continuing to feature no 6. If the competitor fails to uncouple the hoses a penalty of fifteen (15) seconds shall be applied.

**Feature No. 6 – Final sprint** (Distance from the start – 100 m).

Characteristics - Distance 25 m.

Condition – Swimming or diving free-style. The race is finished when the swimmer touches the end of the pool on the starting lane at 125 m. If the competitor, at the finish, touch the end of the pool on the wrong lane a penalty of fifteen (15) seconds shall be applied.

### The barrel of the Utility Swimming Race



#### 5.4 Scoring table of Utility Swimming Race

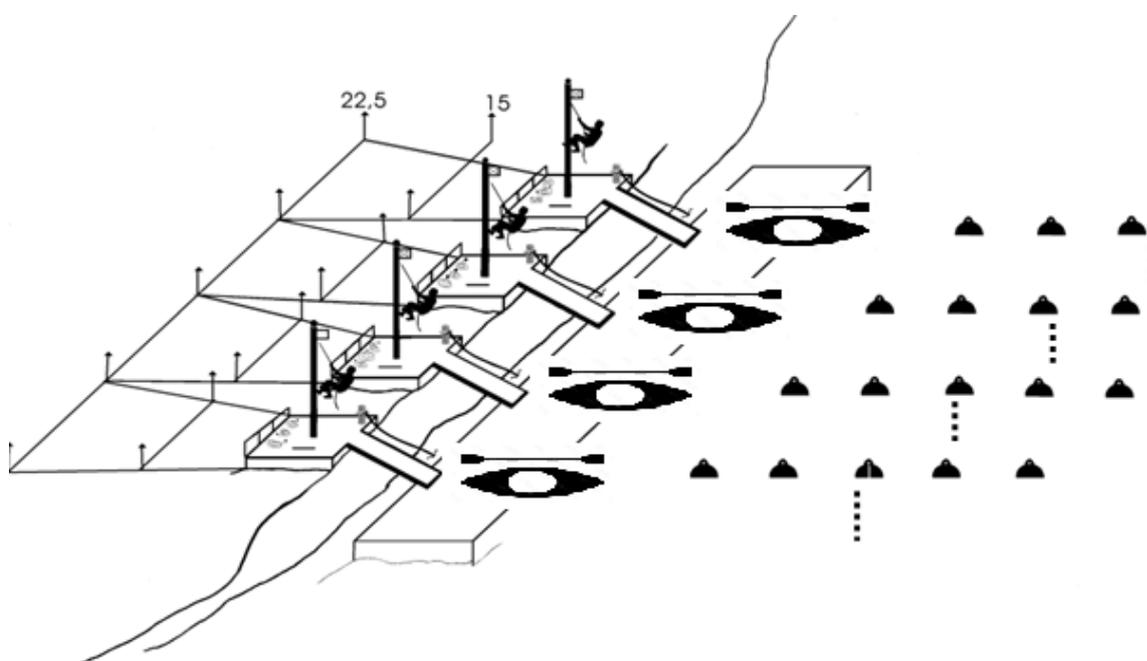
Time	Points	Time	Points	Time	Points	Time	Points
0.45	1500	1.00	1350	2.00	750	3.00	150
0.50	1450	.05	1300	.05	700	.05	100
0.55	1400	.10	1250	.10	650	.10	50
		.15	1200	.15	600	.15	0
		.20	1150	.20	550	.20	
		.25	1100	.25	500	.25	
		.30	1050	.30	450	.30	
		.35	1000	.35	400	.35	
		.40	950	.40	350	.40	
		.45	900	.45	300	.45	
		.50	850	.50	250	.50	
		.55	800	.55	200	.55	

#### Correction table

sec/ 10 sec	+0	+1	+2	+3	+4	+5	+6	+7	+8	+9
+0	- 0	- 1	- 2	- 3	- 4	- 5	- 6	- 7	- 8	- 9
+1	-10	-11	-12	-13	-14	-15	-16	-17	-18	-19
+2	-20	-21	-22	-23	-24	-25	-26	-27	-28	-29
+3	-30	-31	-32	-33	-34	-35	-36	-37	-38	-39
+4	-40	-41	-42	-43	-44	-45	-46	-47	-48	-49

## Chapter VI: Seamanship Race

### 6.1 Overview of Seamanship Race



### 6.2 Seamanship Race

The competition is conducted in two phases: a first phase on land or on a pier, within a working area of approximately  $5 \times 5$  m (see sketch), and a second phase in water, in a canoe polo kayak.

The water course, with a total distance of 245 m, is structured around five (5) buoys/floats and shall be completed according to a mandatory sequence comprising straight sections, a slalom, and specific technical operations.

### 6.3 General Rules

In the Seamanship Race, particular attention shall be given to wind, current and equipment factors in order to ensure equal racing conditions for all competitors. The lanes shall be separated by at least 6 m.

The boats used shall be canoe polo kayaks compliant with the technical specifications set out in the official ICF Canoe Polo Rules 2025, Chapter 16. The recommended boat size shall be size L.

The boats shall be equipped with an adjustable ratchet footrest system capable of ensuring full adaptability for athletes. The adjustment system shall allow use of the boat by athletes with an approximate height range between 1.40 m and 2.00 m. Any deviation from the above specifications shall be subject to prior authorization by the PCSC.

The boats shall be positioned on a neoprene surface or equivalent protective material suitable to allow sliding into the water without damage. Alternatively, the competitor may place the boat in the water before entering it.

The use of a neoprene spray deck shall be mandatory. The competitor may use his/her own spray deck or one provided by the Organiser if not in possession of one. Any such request shall be formally submitted by the concerned Nation prior to the start of the competition.

The Organiser shall provide at least two (2) boats per lane. These boats shall be numbered, assigned and listed in the starting list for each lane in a fixed manner by drawing of lots under the supervision of a member of the Technical Jury. The competitor shall have the right to choose the boat to be used within his/her own lottery group. Only in the event that all boats within the respective lottery group are damaged may the competitor use a reserve boat, which shall be provided and prepared by the Organiser under the same conditions as the others.

No preparation or modification of the boats by competitors shall be permitted (e.g. taping, use of sandpaper or glue); only adjustment of movable footrests shall be allowed.

## 6.4 Specific Rules

### Feature No. 1 – 4 – Land work.

Position - A working area of approximately 5 x 5 m situated on a pontoon, dock or quay, approximately 1 m above the surface.

### Feature No. 1 – Start.

Characteristics - Starting line drawn on the ground at least two (2) meters from the mast. Competitors shall receive pegs for feature No.2 before the start of their heat race is ordered.

Condition - Start and continue to feature No. 2.

### Feature No. 2 – Work on the mast. (Approximately 2 m from start (Boatswain's chair)).

Characteristics - A boatswain's chair shall be provided and used for hoisting along the mast by means of a rope with an approximate circumference of 7 cm and a pulley system.

At the top of the mast, a vertical plate measuring 50 × 40 × 5 cm shall be securely fixed. The lower edge of the plate shall be positioned at a height of 6.00 m above ground level.

A bell shall be installed at the base of the plate and must produce a clearly audible sound and allow visual confirmation by the referee when struck. For the men's category, the bell shall be fixed directly beneath the existing plate. For the women's category, the bell shall be positioned 2.00 m below the upper edge of the mast.

**Condition** - The competitor shall ascend using the boatswain's chair up to the level of the plate and shall touch the bell.

Failure to touch the bell in a clearly visible and audible manner shall result in a penalty of twenty-five (25) seconds.

### **Feature No. 3 – Hauling a cable.**

**Characteristics** - Cable of manila or nylon which circumference is between 15 and 20 cm and which is 10.00 m long. One end of the cable is fixed to the pier / pontoon. The other end has a bight (loop) of about 50-100 cm inside diameter. The organiser puts the entire length of the cable into the water immediately before start of each heat.

**Condition** - The competitor must haul the whole cable in and place it on the platform beside the heaving (throwing) lines at feature No.4. The loop of the cable may not be placed on any part of the heaving lines. If the loop is not correctly placed, the competitor has to correct it, otherwise, a penalty of ten (10) seconds shall be applied.

### **Feature No. 4 – Heaving lines.**

**Characteristics** - A 1.00 m high and about 1,5 – 2,00 m wide railing on the pontoon. A 10.00 m long barrier (floating marker) moored parallel 22.50 / F 15.00 m from the railing. Three heaving or throwing lines with one end weighted and prepared for throwing, possibly placed in a bucket.

**Condition** - Throw one heaving line over the shoulder from behind the railing. The **weight** of the heaving line must pass over and between the ends of the barrier. After the throw fasten the end of the heaving line to the bight of the Manila cable with a bowline knot (see sketch).

Three attempts are mandatory if the competitor fails the first two throws. If a competitor fails his third throw a penalty of twenty-five (25) seconds shall be applied. However, the competitor must still tie one of his heaving lines to the bight of the cable.

It is optional for the competitor to leave after tying the bowline or to wait for confirmation by the judge. If the knot is found not to be a bowline there a penalty of twenty-five (25) seconds shall be applied. If the judge gives confirmation and the knot is found to be invalid later, no penalty will be imposed.

If the judge indicates that the knot is invalid and yet the competitor is certain that it is correct, the competitor should continue. The race organisation must determine during that heat whether it is correct or not.

### **Feature No. 5 – Slalom rowing around buoys.**

**Position** - The canoe polo kayak shall be positioned on land on a pier or flat surface, placed on a neoprene mat or equivalent material to facilitate sliding into the water, with the paddle positioned alongside. The event shall not start more than 20 meters from the working area.

**Characteristics** - A canoe polo kayak of approximately 3.00 m in length, compliant with the ICF official regulations, and a carbon competition paddle (slalom, canoe polo or sprint model) shall be used. The competitor is permitted to use his/her own paddle and neoprene spray deck.

The competitor may choose to enter the kayak while it is still on the pier and then access the water, or alternatively place the kayak in the water first and enter it afterwards. Prior to the start, the spray deck must be properly secured to prevent water from entering the kayak during the race.

Five (5) buoys/floats of equal dimensions shall be positioned as follows:

- the first buoy positioned 5 m from the pier or shoreline;
- the subsequent buoys positioned 10 m apart from each other;
- the total distance between the first and the fifth buoy shall be 40 m;
- maximum buoy height: 0.50 m above the water surface.

The last three (3) buoys/floats in each line shall be equipped with an upper eyelet for attachment of chain and shackles.

Condition - The competitor must pass each of the five (5) buoys a total of six (6) times during the three laps of the race.

**First Lap:** The competitor shall paddle in a straight line passing the first buoy on its right-hand side (keeping the buoy on the competitor's left when facing the direction of travel) and continue to the fifth buoy, which shall be passed on its right-hand side and turned 180° counterclockwise.

The competitor shall then return to the first buoy, pass it on its right-hand side (when facing the reverse direction of travel), and turn it again 180° counterclockwise.

**Second Lap:** The competitor shall perform a slalom:

- pass the first buoy on its right-hand side (keeping it on the competitor's left);
- pass the second buoy on its left-hand side (keeping it on the competitor's right);
- and continue alternately in this manner up to the fifth buoy.

The fifth buoy shall be passed on its right-hand side and turned 180° counterclockwise. The slalom shall be repeated on the return course up to the first buoy, which shall again be passed on its right-hand side and turned 180° counterclockwise.

**Third Lap:** The competitor shall:

- transfer the chain fixed to buoy No. 3 to buoy No. 4 (see Characteristic No. 6);
- collect the handle from buoy No. 5 and carry it to the finish line (see Characteristic No. 7).

The technical method of passing the buoy is optional. During this phase, passing the fifth buoy is not mandatory.

If a competitor fails to correctly execute the required turn around a buoy or fails to perform the slalom in the correct direction, a penalty of twenty-five (25) seconds shall be applied unless the correct direction of execution is restored.

### **Feature No. 6 – Hauling of chain.**

Characteristics - A chain fastened to buoy No. 3 with a shackle. The chain is 3 m long and weighs approximately 5 kg. The diameter of the chain links can regulate the weight of the chain. The shackle pin is fully screwed in and unscrewed one (1) full turn at buoy No. 3. The shackle and the

end of the chain are so connected to each other that the shackle cannot fall from the chain. This should be checked frequently by the race organiser. The shackle pin must be turned in from the port side of the race direction but may look into any other direction due to possible swinging of the buoy. In case the shackle is in vertical position it will be turned in from the topside.

**Condition** - Loosen the shackle from buoy No. 3, haul the chain and move it to buoy No. 4 and fasten it there with the same shackle. If the competitor does not fasten the chain to buoy No. 4 a penalty of forty-five (45) seconds shall be applied. However, he has still to touch buoy No. 4 with one hand or otherwise he will receive another **15 sec. penalty**. If he fastens the chain without the same shackle or pin he will receive only a **15 sec. penalty** (in this feature).

**Feature No. 7 – Mooring.**

**Characteristics** – A shackle of the type used for mooring destroyers, weighing approximately 3 kg. The shackle shall be fastened to buoy No. 5. The pin shall be fully screwed in and then unscrewed by one full turn. This condition shall be checked regularly by a member of the Technical Jury..

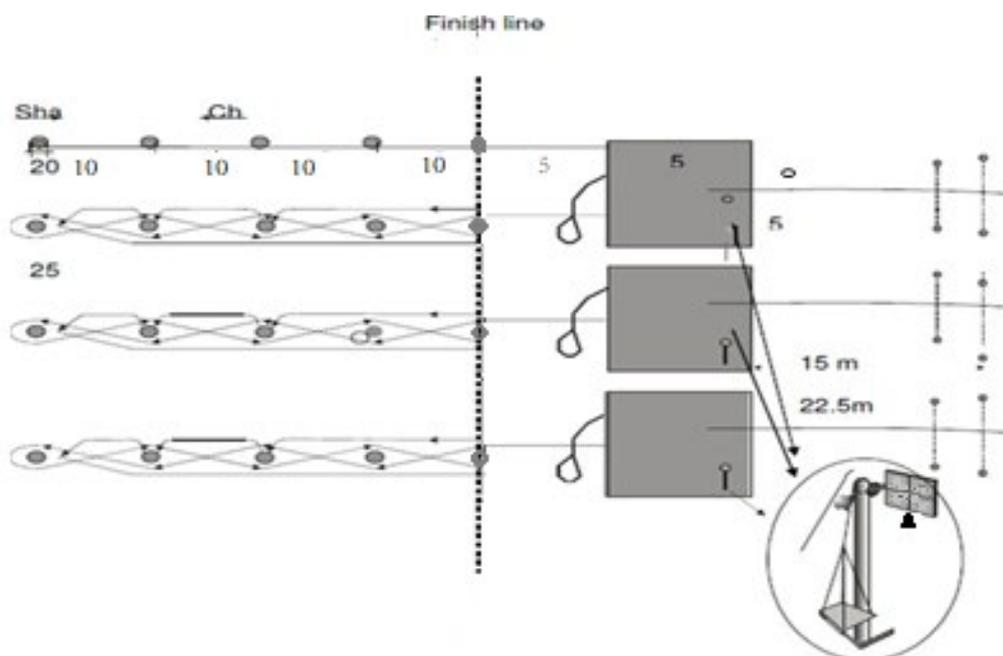
**Condition** – The competitor shall paddle to the buoy and loosen the shackle. He/she shall then retrieve the shackle and its pin into the boat and bring them to the finish line. It is not required to round buoy No. 5. At the end of the race, the competitor shall present the shackle and the pin to a race official. Failure to bring either the shackle or the pin to the finish line (for presentation to the official) shall result in a penalty of ten (10) seconds for each missing item.

**Feature No. 8 – Rowing and Finish.**

**Characteristics** - The finish line is determined by the line of all buoys No. 1 and is infinitely long.

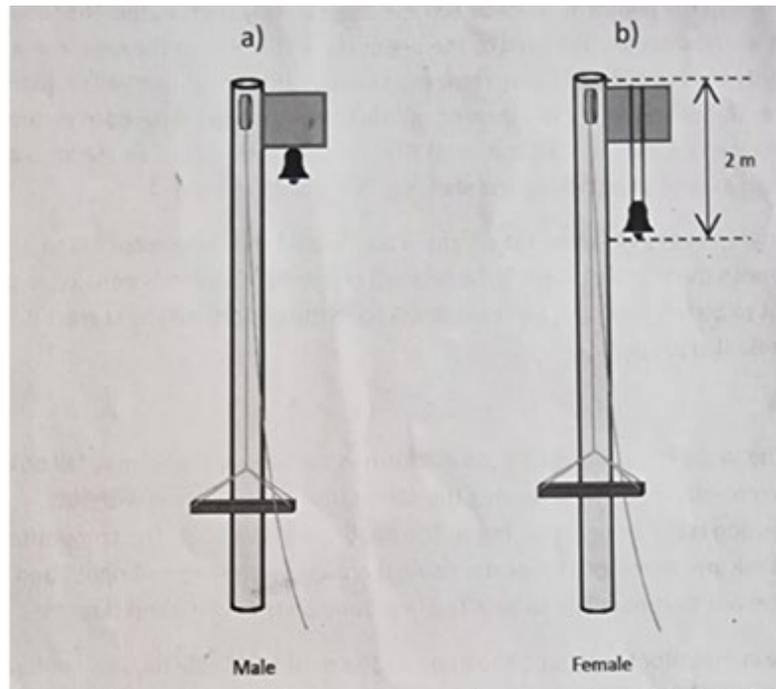
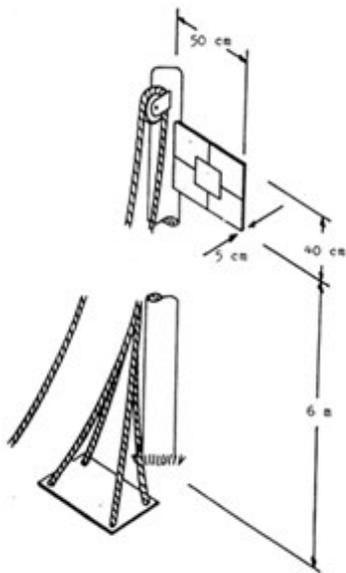
**Condition** - Row until any part of the boat reaches the finish line.

**Seamanship course**



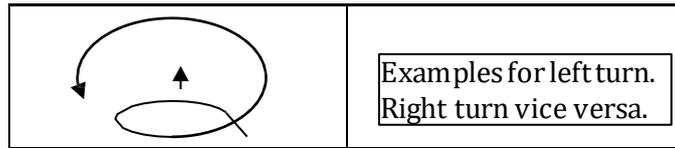
## Seamanship course, details, measurements

.....Mast.....



### Buoy passing

Correct	Incorrect



## Seamanship course, details, measurements

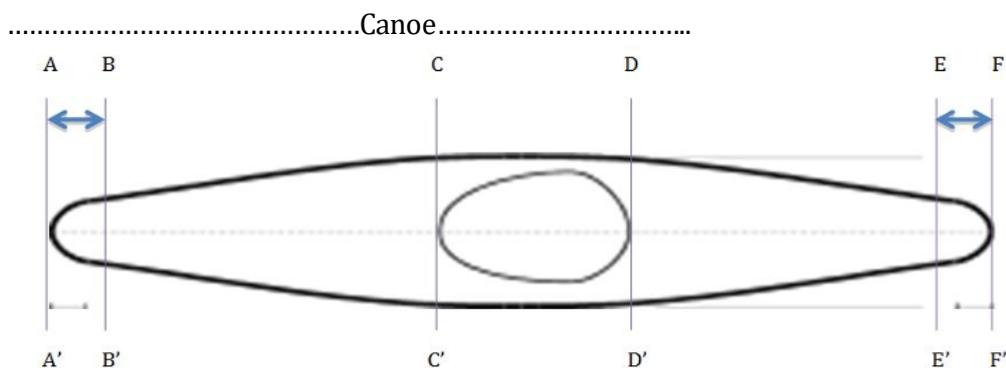
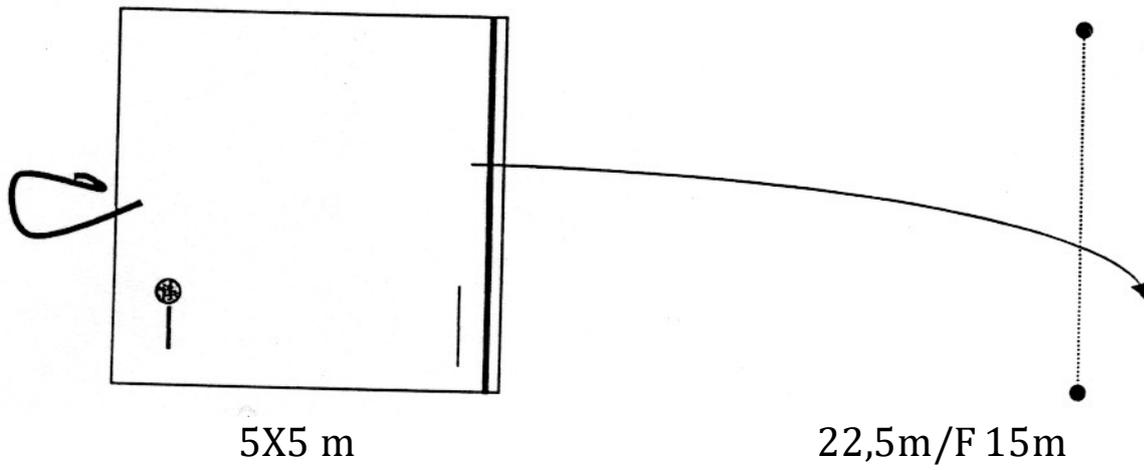


Figure 1 - KAYAK PLAN VIEW OF SECTIONS/ZONES

- Section AA' to BB' - Front Impact Zone - measured to the point 100mm down the length of the kayak 100 mm minimum radius at any point on B-A-B'
- Section BB' to CC' - Front Section -
- Section CC' to DD' - Cockpit Section -
- Section DD' to EE' - Rear Section -
- Section EE' to FF' - Rear Impact Zone - measured to the point 100mm up the length of the kayak 100mm minimum radius at any point on E-F-E'

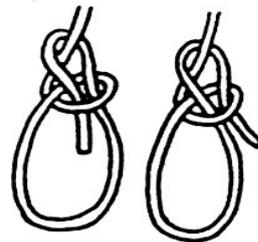


**Seamanship course, details, measurements**

Neoprene skirt



Correct bowlines



.....Paddle.....



### 6.5 Scoring table of Seamanship Race

Time	Points	Time	Points	Time	Points	Time	Points
3.00	1420	6.00	1060	9.00	700	12.00	340
.10	1400	.10	1040	.10	680	.10	320
.20	1380	.20	1020	.20	660	.20	300
.30	1360	.30	1000	.30	640	.30	280
.40	1340	.40	980	.40	620	.40	260
.50	1320	.50	960	.50	600	.50	240
4.00	1300	7.00	940	10.00	580	13.00	220
.10	1280	.10	920	.10	560	.10	200
.20	1260	.20	900	.20	540	.20	180
.30	1240	.30	880	.30	520	.30	160
.40	1220	.40	860	.40	500	.40	140
.50	1200	.50	840	.50	480	.50	120
5.00	1180	8.00	820	11.00	460	14.00	100
.10	1160	.10	800	.10	440	.10	80
.20	1140	.20	780	.20	420	.20	60
.30	1120	.30	760	.30	400	.30	40

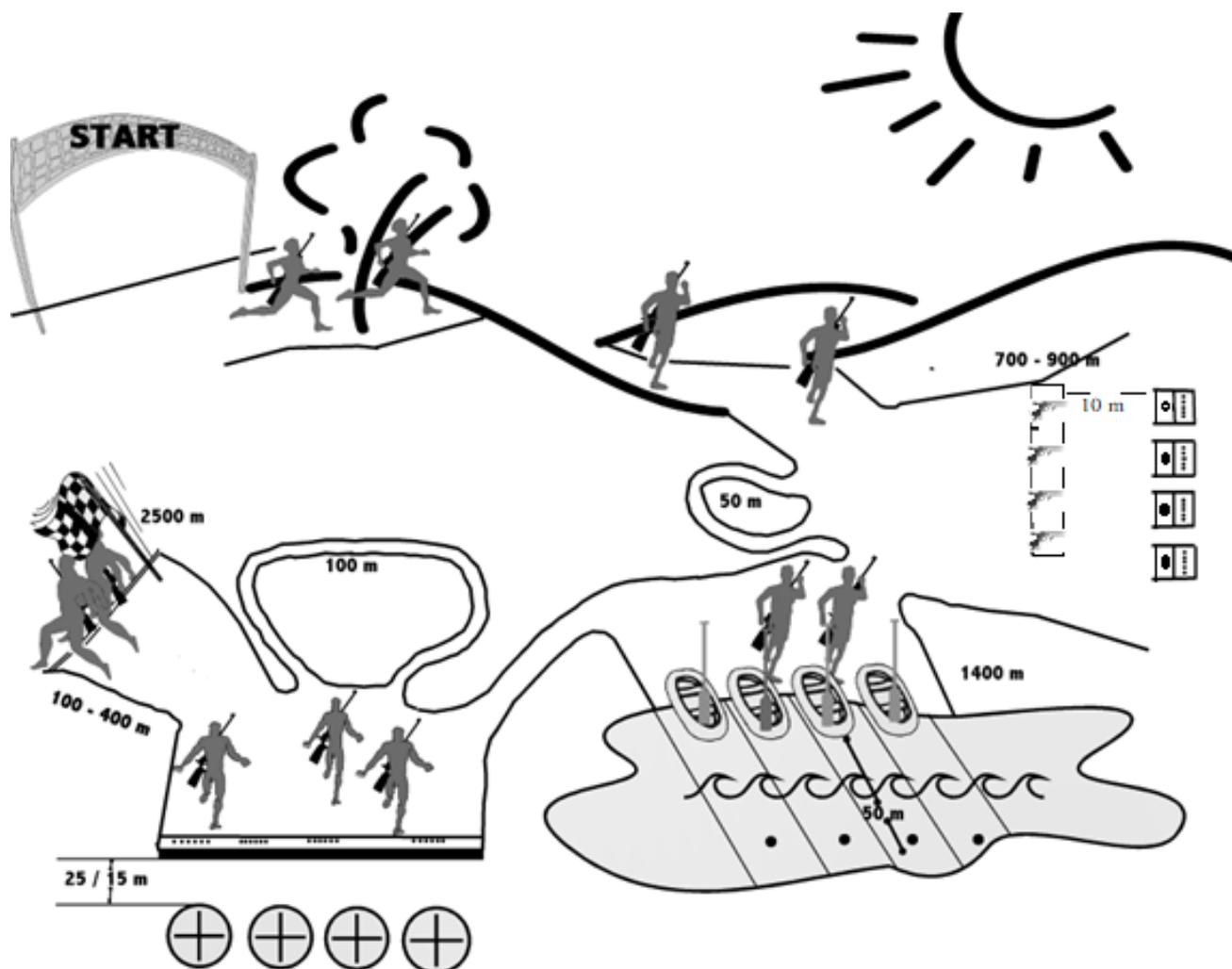
.40	1100	.40	740	.40	380	.40	20
.50	1080	.50	720	.50	360	.50	0

**Correction table**

sec/10 sec	.0 - 4.	.5 - 9.
+ 0	- 0	- 1
+ 1	- 2	- 3
+ 2	- 4	- 5
+ 3	- 6	- 7
+ 4	- 8	- 9
+ 5	-10	-11
+ 6	-12	-13
+ 7	-14	-15
+ 8	-16	-17
+ 9	-18	-19

**Chapter VII: Amphibious Cross Country Race**

**7.1 Overview Amphibious Cross-Country Race Course**



In this event, the competitor shall perform five (5) different features.

The competition shall take place in a location with suitable topographical conditions, in proximity to a body of water.

The total distance shall be 2,500 m (tolerance  $\pm 50$  m), including the paddling section but excluding any penalty laps.

Where possible, the course should be designed in such a way as to allow observation of all phases of the event (running, shooting, paddling and grenade throwing) from a single viewing point.

The start and finish areas should be located within the same zone.

## 7.2 General Rules

Course markers must properly delimit the track, with markings placed at least every 100 m. Left and right turns must be clearly indicated. The course must be set on easily runnable terrain, such as hard earth, sand, grass, concrete or asphalt. Sharp turns (greater than  $90^\circ$ ) and climbs exceeding a 30% gradient are not permitted.

Particular attention must be given to the shooting, paddling and grenade-throwing areas in order to organise the running track (entry and exit distances and angles) so as to ensure equivalent conditions for each lane, including the planning of penalty loops.

The competitor's dress is optional; however, the working dress must be worn (see Article 2.12 and Appendix 5). The working dress must be issued to the competitor immediately prior to his turn in this event. The use of a web belt is optional. The competitor must cross the finish line wearing the working dress.

Each male competitor must carry a dummy rifle during the race. The rifle shall weigh approximately 3 kg and shall be provided by the Organising Nation. The dummy rifle may be carried by hand or slung over the shoulder, without any additional fastening systems to the body. The addition of any extra padding or supplementary devices to the rifle is strictly prohibited.

If the rifle sling breaks during the race, the competitor shall not receive any external assistance. To ensure clear identification of each competitor, the Organiser must provide each athlete with a coloured marking (e.g., armllets) corresponding to the lane assigned in the heat.

For grenade specifications, refer to Appendix 3.

### **7.3 Specific Rules**

#### **Feature No. 1 – Start.**

Characteristics - Starting line drawn on the ground. The competitors are given the (dummy) rifles, working dresses and colour bands before the start of their heat is ordered.

Condition - Start and run along the marked course.

#### **Feature No. 2 – Shooting.** (Distance from the start at least 700 m, maximum 900 m).

Characteristics - Shooting shall be performed using a laser pistol compliant with the UIPM regulations (see technical specifications in Appendix 4). Electronic targets must comply with UIPM standards and be positioned at the official distance of 10 m. The competitor must hit exclusively the valid scoring zone (black area), which generates a green light signal on the indicators; otherwise, a red signal will be displayed.

The shooting station must consist of a flat platform equipped with a shooting table including a soft surface (cushion or equivalent material) in order to prevent damage to the weapon.

In the event of adverse environmental conditions (rain, direct sunlight, glare), the shooting area and targets must be properly covered or shielded to ensure equal conditions and correct functioning of the electronic system.

The shooting station must be prepared prior to the shooting phase and cleared immediately after completion by a team member of the competitor. Change of pistol during the shooting series is not permitted, except in the event of a proven technical malfunction verified by an official of the range and/or the Technical Jury. The Organising Nation shall provide an equivalent reserve laser pistol and electronic target system, compliant with UIPM standards, to ensure continuity of the competition under equal conditions.

**Condition** - Shooting shall be performed from the standing position. The competitor must achieve five (5) valid hits. An unlimited number of shots is permitted within a maximum time of fifty (50) seconds. If the competitor achieves five (5) valid hits before the expiration of the maximum time, he/she may immediately leave the shooting station and continue the race.

If the competitor fails to achieve five (5) valid hits within the fifty (50) seconds time limit, he/she must leave the shooting station upon expiration of the time.

For each missing valid hit (out of the required five), a **penalty of fifty (50) meters** of additional running shall be applied. After each shot, the competitor must visibly lower the pistol below the target line, clearly interrupting the line of aim, before raising it again for the next shot.

Any valid hit not executed in accordance with the above procedure shall result in a **penalty of fifteen (15) seconds** for each infringement, as determined by the Technical Jury. The assessment of any irregularities shall fall exclusively under the authority of the Technical Jury.

**Feature No. 3 – Water passage with rubber boat.** (Distance from the start at least 1500 m, maximum 1700 m).

**Characteristics** – An inflatable rubber inflatable boat of standard (not a one man rescue boat) type for one or two man but with a single paddle. The length of the paddling course is 100 m. If the local circumstances require, the course may be split into two 50 meters sections, interrupted by a short running part.

**Condition** - The rubber boat must be placed on land behind a marker line by a referee. It must be put in the water by the competitor. The competitor must carry the rifle during the water passage. The paddling is free-style.

Start and finish of the water passage are marked by marker lines. The competitor must pull and leave the boat and paddle up onto the marked finishing area of the paddling when he leaves this feature. No assistance is permitted. (In particular not between the possible two 50 m paddling sections, where the competitor must use the same boat and paddle).

If the competitor fails to bring the boat and paddle behind the marker line when finishing this feature, he/she have to correct it, otherwise a penalty of fifteen (15) seconds shall be applied.

**Feature No. 4 – Grenade throwing.** (Distance from the start is at least 2100 m, not more than 2400 m).

**Characteristics** – The target area is organised so that each competitor is throwing on his own lane from behind his throwing barrier, which is painted according to his lane. The target is a circular ring made of metal. The height of the ring is 5 cm and the diameter 2.00 m. The ring must be placed on the ground 25.00 / F 15.00 m from the throwing barrier. The ring must be filled with a material (e.g. sand) which indicates a hit. The number of grenades a competitor can throw is up to six (6). The size of the throwing barrier is approximately 200 x 10 x 10 cm. The grenades are placed on that barrier in a fixed way by the organiser (see sketch Obstacle Race No. 5).

**Condition** - The competitor throws the grenades in order to hit directly within the target ring. Hitting the ring does not constitute a hit, unless the grenade falls into the target area. Grenades

must be thrown over the shoulder one after another. The rifle shall be kept by the competitor, either in his/her hand or slung over his shoulder. The rifle may not be put on the ground.

The competitor must throw grenades from behind the barrier. Touching the barrier with the foot is permitted, but the competitor must not step on or over the barrier during grenade throwing (see sketch to Obstacle Feature No. 5). After hitting inside the ring the competitor continues running to the finish line. If the competitor fails to hit inside the target with one of the six (6) grenades there will be a **penalty of 100 m running**. A referee will hold up a flag and indicate a correct hit by immediately lowering the flag. A referee must control the penalty round and running.

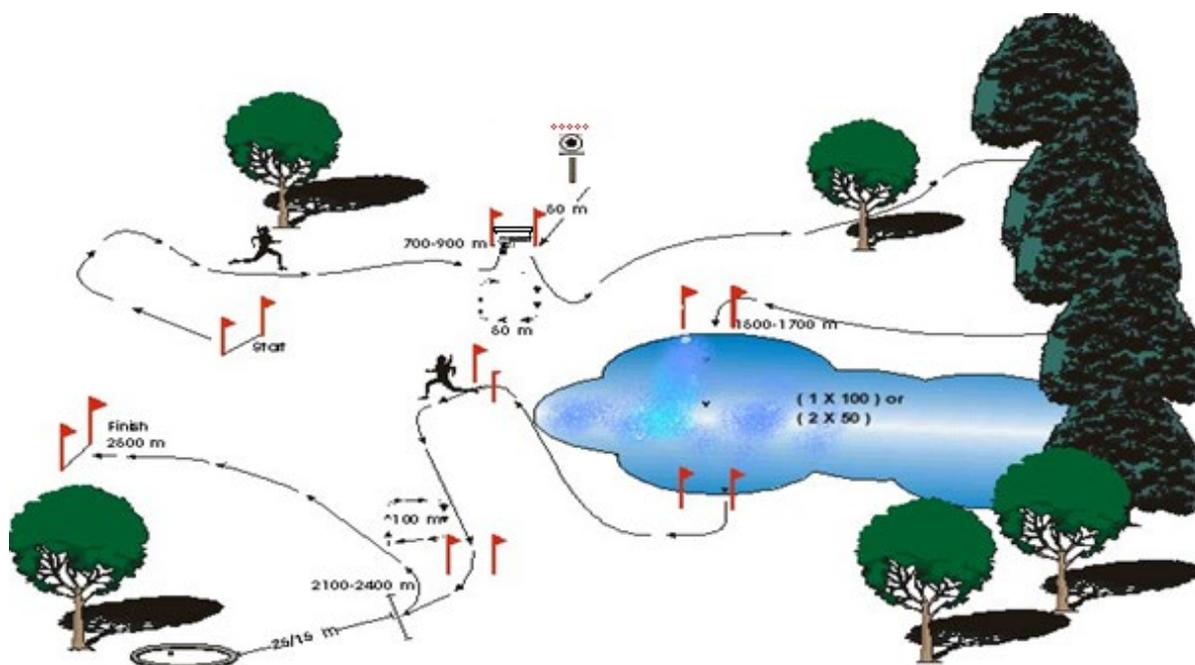
**Feature No. 5 – Finish.** (Distance from the start is 2500 m).

The finish line will be placed at least 100 m, but not more than 400 m from the hand grenade throwing.

Characteristics - A finish line marked with two posts and a white line on the ground.

Condition - Pass the finish line. The final time shall be taken at the moment when the competitor crosses the finish line.

### Amphibious Cross-country Race course



### 7.4 Scoring table of Amphibious Cross-country Race

Time	Points	Time	Points	Time	Points	Time	Points
8.00	1360	11.00	1000	14.00	640	17.00	280

.10	1340	.10	980	.10	620	.10	260
.20	1320	.20	960	.20	600	.20	240
.30	1300	.30	940	.30	580	.30	220
.40	1280	.40	920	.40	560	.40	200
.50	1260	.50	900	.50	540	.50	180
9.00	1240	12.00	880	15.00	520	18.00	160
.10	1220	.10	860	.10	500	.10	140
.20	1200	.20	840	.20	480	.20	120
.30	1180	.30	820	.30	460	.30	100
.40	1160	.40	800	.40	440	.40	80
.50	1140	.50	780	.50	420	.50	60
10.00	1120	13.00	760	16.00	400	19.00	40
.10	1100	.10	740	.10	380	.10	20
.20	1080	.20	720	.20	360	.20	0
.30	1060	.30	700	.30	340		
.40	1040	.40	680	.40	320		
.50	1020	.50	660	.50	300		

**Correction table**

sec/10 sec	.0 - 4	.5 - .9
+ 0	- 0	- 1
+ 1	- 2	- 3
+ 2	- 4	- 5
+ 3	- 6	- 7
+ 4	- 8	- 9
+ 5	-10	-11
+ 6	-12	-13
+ 7	-14	-15
+ 8	-16	-17
+ 9	-18	-19

**Chapter VIII: Obstacle Relay Race**

## 8.1 General Rules

The Participation is mandatory at the Military World Games and at Continental Championships; for other types of competitions, the decision rests with the Organiser.

Participation in this event is permitted provided that:

- a) the competitor has completed all five (5) disciplines of the Naval Pentathlon during the official Championship;
- b) the time achieved in the Amphibious Cross-Country Race during the official Championship does not exceed fourteen (14) minutes for male competitors or sixteen (16) minutes for female competitors.

It is permitted to:

- a) modify, between heats, the starting order of team members in their respective relay legs;
- b) exclusively in the case of injury or proven inability to continue of one or more athletes already fielded in the relay, replace them with another member of the team competing in the official classification.

Before the start of the event, the Organiser shall prepare a form, according to the example provided below, which the Team Captain must complete by indicating the initial order of his/her team prior to each round. The Organiser may attach this form to the official results list.

Example: Obstacle Relay starting sequence

Country	Surname	Given name	Qualification	Semi - final	Heat for 3 <sup>rd</sup> place	Final
XXX	Competitor A		1	2	2	2
	Competitor B		2	1	1	1
	Competitor C		3	3	3	3

- 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.

## 8.2 Specific Rules

### 8.2.1 Distances

The position of the handing over zones must be proposed by the Organizing Committee to the PCSC of Naval Pentathlon for the approval before the delivering of the championship invitation file

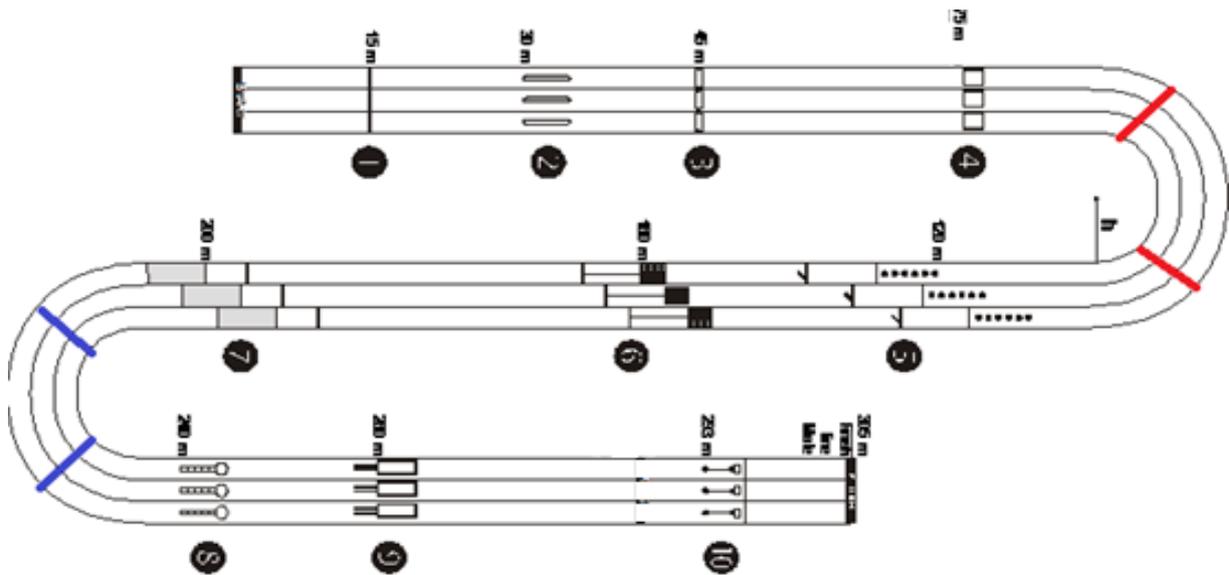


Figure: Overview of Obstacle Relay course and explanatory the handing over zones

### 8.2.2 Male Teams

The men's relay shall consist of three (3) competitors selected from among the athletes admitted to the official Championship classification. The obstacle course shall be divided into three legs.

Each competitor shall complete a clearly defined section of the course, comprising a predetermined number of obstacles (generally three to four), depending on the configuration of the course. By way of example: from obstacle No. 1 to No. 4; from obstacle No. 5 to No. 7; and from obstacle No. 8 to No. 10.

### 8.2.3 Female Teams

The women's relay shall consist of three (3) competitors selected from among the athletes admitted to the official Championship classification, provided that the conditions set out in Article 2.2 of the present Regulations are fulfilled. If these conditions are not met, the women's relay shall consist of two (2) competitors, in accordance with Article 2.2.

The obstacle course shall be divided into a number of legs corresponding to the number of competitors foreseen. Each competitor shall complete a clearly defined section of the course, comprising a predetermined number of obstacles (generally three to four), depending on the configuration of the course. By way of example: from obstacle No. 1 to No. 4; from obstacle No. 5 to No. 7; and from obstacle No. 8 to No. 10.

#### **8.2.4 Mix Team**

The mixed relay shall consist of three (3) competitors selected from among the athletes admitted to the official Championship classification: two (2) men and one (1) woman.

The obstacle course shall be divided into three legs. The allocation of the legs is mandatory and structured as follows:

- the legs comprising obstacles No. 1-4 and No. 7-10 shall be completed by male competitors;
- the leg comprising obstacles No. 5-6 shall be completed by a female competitor.

#### **8.2.5 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 (the next athlete) 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 and must be with both feet in within this area. If the competitor handing over don't comply this recommendations a penalty of twenty (20) seconds shall be applied.

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

If the position of the handing over zones can't to comply in accordance with the recommendations this regulations, the Organizing Committee must request authorization to the CSC of Naval Pentathlon to use a mat as handing over zones but with same lane`s width and minimum two meters of length.

### **8.3 Procedures**

The competition is divided into qualification, semi-final and final.

#### **8.3.1 Qualification**

The starting sequence in the qualification round will be determined by the place, the teams have achieved in the Obstacle Race team classification. The four best times will participate in the semi-final. If there are less than 12 participating teams, the qualification will be used for selecting the four teams for the semi-final.

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

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.

### 8.3.2 Semi-Final

The four best teams will go on in the sequence shown in the table below, determined by their running time in the qualification, and will compete in the semi- final in the following order.

<b>Semi-final</b>	<b>Lane 1</b>		<b>Lane 2</b>
<b>Semi-final 1</b>	1st place	versus	4th place
<b>Semi-final 2</b>	2nd place	versus	3rd place

### 8.3.3 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.

### 8.3.4 Sequence

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

	<b>Sequence</b>
<b>1</b>	Qualification female
<b>2</b>	Qualification male
<b>3</b>	Qualification mix
<b>4</b>	Semi-final female
<b>5</b>	Semi-final male
<b>6</b>	Semi-final mix
<b>7</b>	Heat for third place female
<b>8</b>	Final female
<b>9</b>	Heat for third place male
<b>10</b>	Final male
<b>11</b>	Heat for third place mix
<b>12</b>	Final mix

#### **8.4 Time keeping**

Taken time must be in 1/100

#### **8.5 Medals**

All competitors who have effectively competed in the relay and have placed first, second or third shall receive a medal. Accordingly, three (3) medals shall be awarded for each podium position, in addition to one (1) medal to the coach of the respective team.

#### **8.6 Training**

One training session for each nation should be provided after the Amphibious Cross-country Race.

#### **8.7 Penalties**

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

- a) Dress regulation not respected;
- b) Verified incorrect passing of obstacle;
- c) Verified incorrect handing over procedure; and
- d) 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.

## **Appendix 1: Invitation File**

Complex competitions such as Naval Pentathlon require invitation files containing detailed information on equipment and courses. In order to ensure the proper conduct of a World Championship, at least the following information is required:

### **Naval Pentathlon requires information about**

- The tracks (double, triple, etc.), the running surface, the swimming pool, the paddling course, the boat race course, type and layout.
- Equipment such as canoe polo boats, inflatable boats, hoses, rifles, shooting and throwing targets.
- Information useful for training sessions before the team enters the competition.
- A map showing the location of the different facilities, including distances and directions.
- Additional personnel
- Any changes to the duration and/or schedule of the competition.



**XXth MILITARY NAVAL PENTATHLON WORLD CHAMPIONSHIP (CISM)**

**Final entry**

**Nation:**\_\_\_\_\_

To be returned before ...(date)...

**To:** (address given by the organising country)

**Copy to:** Conseil International du Sport Militaire (CISM) Secrétariat Général Permanent  
16B Rue Maurice Liétart  
1150, Brussels - Belgium  
BELGIQUE

Date of arrival

Place of arrival

Time of arrival

Means of transportation

Date, time and place of departure

Date :..... Signature (Chief of Delegation)



COMPOSITION OF THE .....(nation).

MISSION

	Position	Name – Last Name	Rank	Previus Partecipation	Sex
1	Chief of Mission				
2	Team Captain/ Manager				
3	Coach Male				
4	Coach Female				
5	Medical Staff(opt)				

Athletes Naval Pentathlon female					
6					
7					
8					
9					
10					

Athletes Naval Pentathlon male					
11					
12					
13					
14					
15					

16	Ad Libitum Male			
17	Ad Libitum Male			
18	Ad Libitum Female			
19	Ad Libitum Female			

Note: Please notify if the ad libitum is to take part as unofficial competitor

	CISM Member			
	CISM Member			
	CISM Member			

Information to the organiser



## Appendix 2: Training schedule for Naval Pentathlon (Proposal)

The nations are organised into groups before the championship starts or latest on the day 1, supervised by a member of the SC.

**Day 1.** Open training if possible.

<b>Day 2.</b>	Obstacle	Swimming	Seamanship	Amphibious
0800-0930	a, b, c, d	e, f, g, h	i, j, k, l	m, n, o, p
1000-1130	m, n, o, p	a, b, c, d	e, f, g, h	i, j, k, l
1300-1430	i, j, k, l	m, n, o, p	a, b, c, d	e, f, g, h
1500-1630	e, f, g, h	i, j, k, l	m, n, o, p	a, b, c, d

<b>Day 3.</b>	Obstacle	Swimming	Seamanship	Amphibious
0800-0930	a, b, c, d	e, f, g, h	i, j, k, l	m, n, o, p
1000-1130	m, n, o, p	a, b, c, d	e, f, g, h	i, j, k, l
1300-1430	i, j, k, l	m, n, o, p	a, b, c, d	e, f, g, h
1500-1630	e, f, g, h	i, j, k, l	m, n, o, p	a, b, c, d
1830-2000	free training	free training	free training	free training

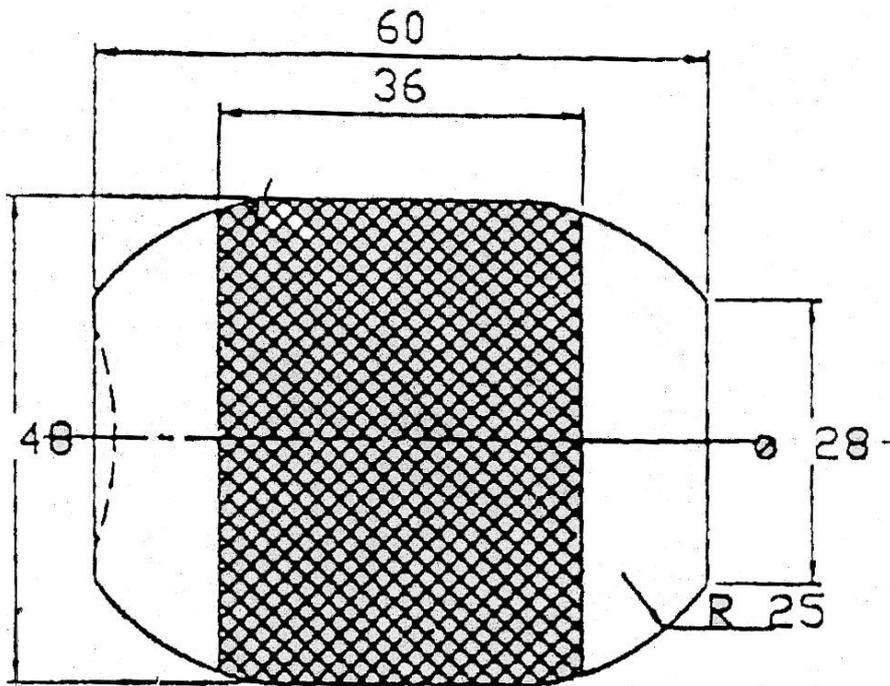
<b>Day 4.</b>	Swimming	Seamanship	Amphibious
(Optional)			
1300-1400	a, b, c, d, e,	f, g, h, i, j	k, l, m, n, o, p
1400-1500	k, l, m, n, o, p	a, b, c, d, e,	f, g, h, i, j
1500-1600	f, g, h, i, j	k, l, m, n, o, p	k, l, m, n, o, p

**Day 7.** If possible, it is recommended to organise a training opportunity for shooting during the morning before the Amphibious CC Race starts.

### Appendix 3: Grenade

The grenades used in Obstacle Race and Amphibious Cross Country Race are of international standards (the same as used for men in Military Pentathlon) and must meet the specified measurements. The grenades are specified in this appendix. Grenades are provided by the organiser.

Note: Weight 575 grams (Weight tolerance +/- 25 grams).



## Appendix 4: Laser pistol

The laser pistol used in the Amphibious Cross-Country Race (for shooting) shall comply with the current UIPM (Union Internationale de Pentathlon Moderne) regulations in force at the time of the Championship, as shall the electronic target system.

The shooting distance shall be 10 meters.

The electronic target shall include a valid black aiming area with a diameter of 59.5 mm. A valid hit must be registered exclusively within this black area.

Each valid hit shall be indicated by a green signal on one of the five (5) upper LED indicators. Any non-valid hit shall be indicated by a red signal.

The laser aiming system and target must be capable of accurately recording and displaying valid hits in accordance with UIPM technical standards in force at the time of the competition.

Any future amendments to UIPM laser shooting specifications shall automatically apply unless otherwise specified by the PCSC Naval Pentathlon.



## Appendix 5: Working Dress

The working dress is organised by the competitor. It must be or look like a uniform used in military service (e.g. no neon colours). It must consist of a jacket and trousers of the same colour and material. The material of the uniform is optional. However, the uniform must be sinking when put in water. The minimum weight restriction is 400 grams for the textile material and buttons. The working dress will conform to following criteria:

- When fitting of the clothes: the competitor is dressed and standing on the floor with his heels, arms, back, shoulders and head against a wall
- The trousers must extend from the top of the hipbone to 12cm above the floor.
- The jacket must extend 10 cm below the hipbone. Sleeves must reach the wrist bone with the arms in the down position. Maximum 4 (plastic) buttons are allowed and with a first button at the height of the lower end of the bone sternum
- Jacket must be marked with country identification back part (for example: BRA, GER, FIN, ESP, etc.) and too flag on the left chest side. No advertising or other markings are allowed.



After the inspection (that means that the clothing of the competitor is approved) the entire competitor's clothing will be locked up in one bag for each country and stored by the organiser. If the competitor fails the inspection it is up to him to have a spare working dress for the reinspection. The clothes must be worn in a similar way during the fitting and during the competition. The organiser is responsible for drying the working dress after the Lifesaving Swimming Race and ensuring that the dresses are completely dry before handed out at the Amphibious Cross Country Race.



## Summary of Substantive Amendments – 2026 Edition

The 2026 edition of the CISM Naval Pentathlon Regulations introduces the following major structural amendments compared to the 2020 edition:

- 1. Gender Equality Alignment**  
Structural harmonization of men’s and women’s events, ensuring equal participation numbers and comparable competitive relevance.
- 2. Team Composition Revision**  
Equalization of male and female team structure for title determination, with specific provisions linked to participation thresholds.
- 3. Mixed Relay Introduction and Adjustment**  
Formal integration and regulation of the Mixed Relay (2 men and 1 woman) within official championship scoring.
- 4. Medal Awarding Reform**  
Medals awarded exclusively to athletes who effectively competed and contributed to the final classification, and to the official team coach.
- 5. Boat Replacement in Seamanship Race**  
Replacement of rowing boats (Pioner 12 model) with canoe polo kayaks to reduce logistical, financial, and accessibility barriers.
- 6. Course Redesign and Organizational Flexibility**  
Revised buoy distances and structure (straight–slalom–technical operations) and conditional authorization for 50m pool usage in specific cases with PCSC approval.
- 7. Transition from Rifle to Laser Pistol**  
Replacement of the .22 caliber rifle with a UIPM-compliant laser pistol, eliminating mandatory shooting range requirements and enhancing safety and sustainability.
- 8. World Record Baseline Revision**  
Establishment of new record criteria aligned with structural changes, including adjusted thresholds and new women’s record baselines.
- 9. Enhanced Governance and Reporting**  
Strengthened coordination authority of the PCSC regarding activities, delegation changes, result validation, and competition authorization.
- 10. Removal of Historical Appendices from Regulations**  
Historical and narrative materials transferred to official website documentation for regulatory clarity.

## Annex B: Overview of substantive changes

This annex provides an overview of the substantial changes that occurred between the 2020 and 2026 editions of the CISM Naval Pentathlon Regulations. Only material changes were included. No editorial changes such as typos, grammar, or formatting corrections were listed.

Article	Change	Summary
1.1	Competition Structure	Reduction of activity levels from 19 to 8 categories. Variations permitted only for MWSG and newly appointed LOCs with PCSC approval.
1.4.	Naval Pentathlon Activities	All Naval Pentathlon-related activities must be communicated and coordinated with the PCSC.
1.8	Testing and WADA Certification	Increase of anti-doping tests to six (6). Mandatory WADA certification for all athletes and coaches.
1.9.2	Medals, Badges and Certificates	Medals awarded exclusively to athletes effectively classified. In relay events, only athletes who achieved the final team result are awarded. The official team coach receives a medal.
2.2	Competitor Structure	Equal number of male and female athletes. Revised team scoring structure. No ad libitum athletes allowed in MWSG and MWG. Delegation changes require PCSC approval.
2.5	Team Champion Determination	Revised number of competitors contributing to team classification for both men and women.
2.6	Obstacle Relay Team Champion	Adjustment of female participation and formal introduction of Mixed Relay (2M + 1F).
2.9	World Record Registration	World Records valid only if minimum total score achieved: 5200 points (Women), 5600 points (Men)
2.11	Special Equipment	Replacement of rifle and ammunition with laser pistol. Standardization of paddles.
2.16	Results and Documentation	Official results subject to validation and approval by the PCSC or designated representative.
3	Obstacle Race	Alignment of number of obstacles and total distance between men and women.
4.	Lifesaving Swimming	Working dress for women too

5.	Utility Swimming (Women)	Removal of differentiated distances. Harmonization with men's event.
6.	Seamanship Race	Replacement of rowing boat with canoe polo kayak. Revised buoy distances and three-section course structure (straight-slalom-technical).
7.	Amphibious Cross-Country	Replacement of rifle with UIPM-compliant laser pistol. Shooting area no longer restricted to fixed shooting ranges.
8.	Relay Structure	Introduction and regulation of Mixed Relay. Female team structure dependent on participation criteria (Art. 2.2).
<b>Appendix 6 - 10</b>	Removal of historical appendices from regulations	materials transferred to official website documentation