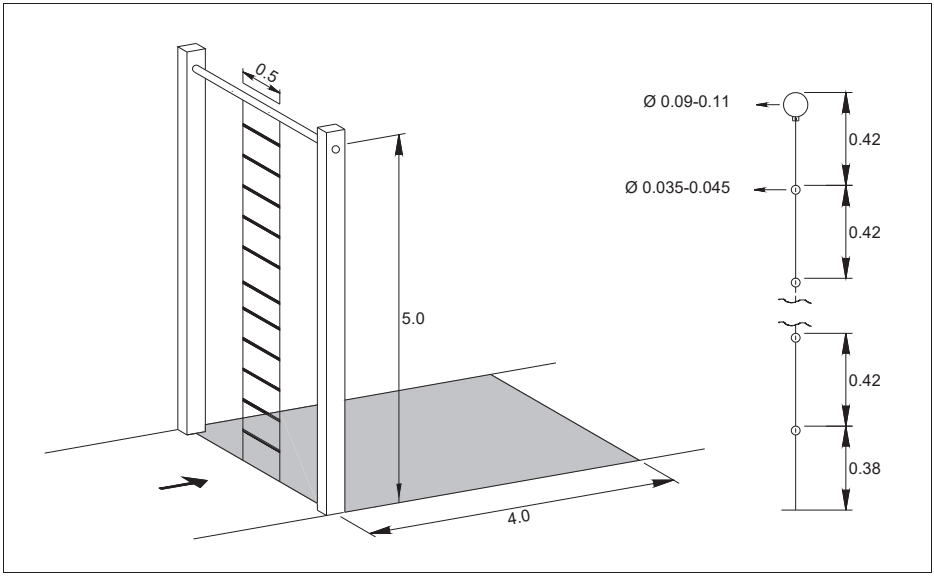
OBSTACLE 1 **ROPE LADDER**



Characteristics

The ladder must be fixed to the earth.

Height ..... 5.0 m

Number of rungs 11

Width of rungs ..... 0.5 m

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

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

Length of landing pit ..... 4.0 m

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

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

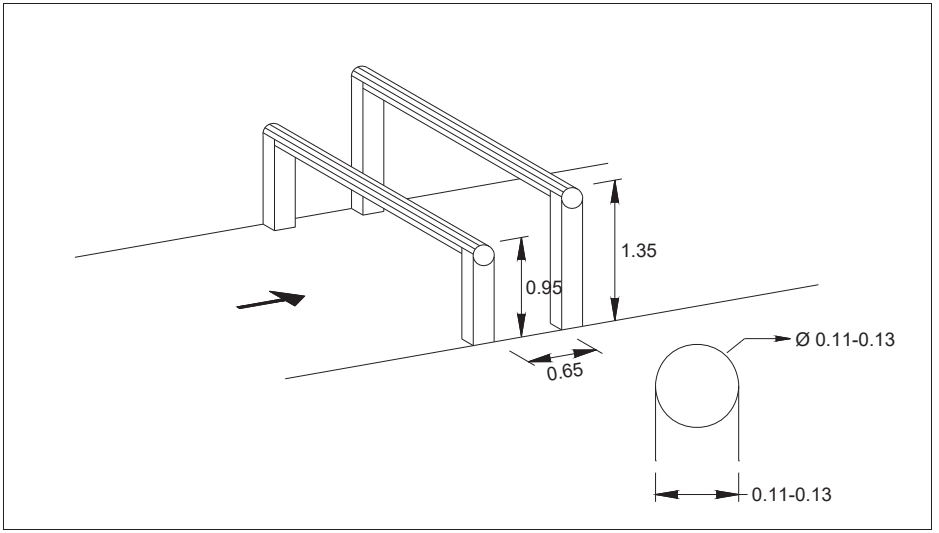
It is recommended to expand the firm surface of the lanes on both sides of the obstacle (passages) to enable unhindered passing for female competitors (see par. 3.10 figure 9).

Crossing

Free style climbing.

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

OBSTACLE 2 **DOUBLE BEAM**



Characteristics

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

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

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

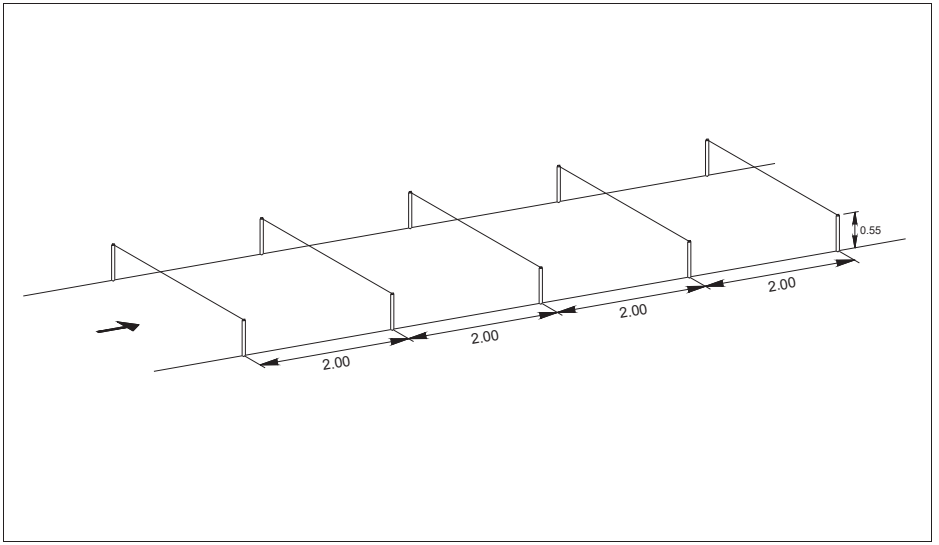
Dimensions of the beams:

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

Crossing

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

OBSTACLE 3 **TRIP WIRE**



Characteristics

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

Height above ground..... 0.55 m

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

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

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

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

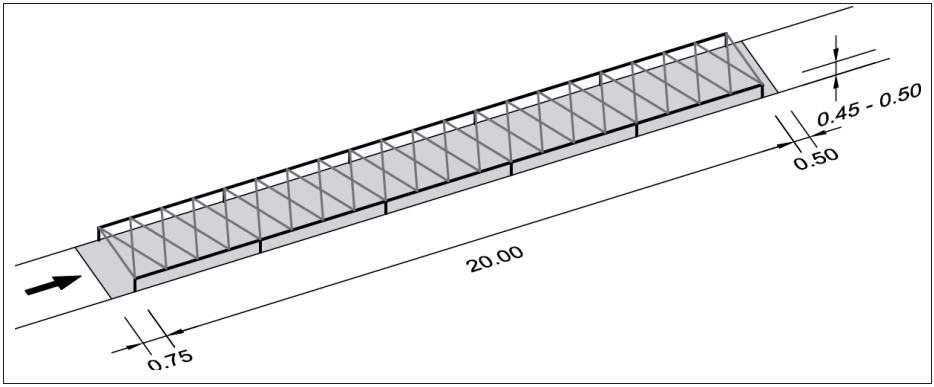
Crossing

Wires to be hurdled.

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

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

OBSTACLE 4 **NETWORK OF WIRES**



Characteristics

Length of the network..... 20.0 m

Height ..... 0.45 - 0.5 m

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

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

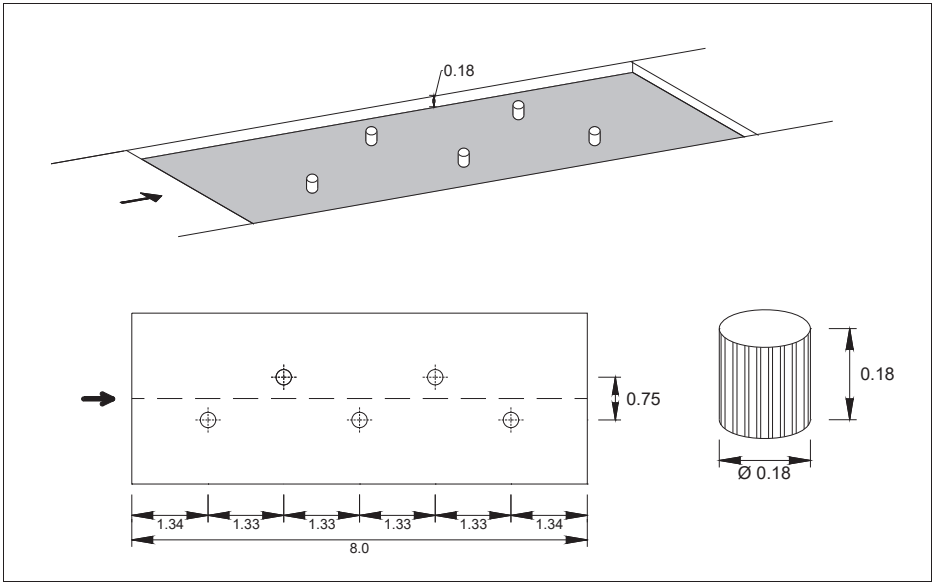
The wires marking the beginning and the end of the network must be of material with some elasticity.

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

Crossing

Free style crawling underneath the network.

OBSTACLE 5 **FORD**



Characteristics

Length of the ford ..... 8.0 m

Depth of the ford..... 0.18 m

5 cylindrical pots

Height ..... 0.18 m

Diameter ..... 0.18 m

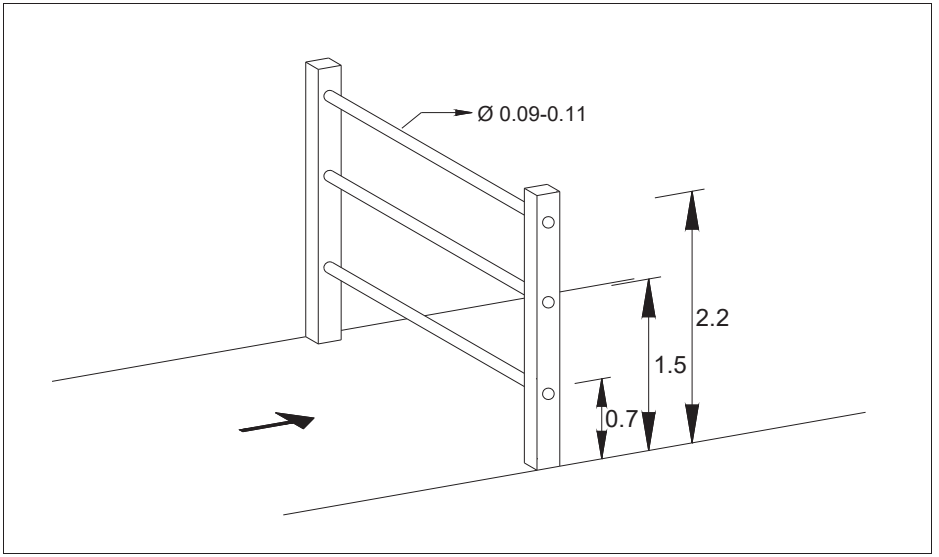
The position of the pots must be according sketch (all distances are measured from the centre).

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

Crossing

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

OBSTACLE 6 **ESPALIER**



Characteristics

3 horizontal tubular bars

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

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

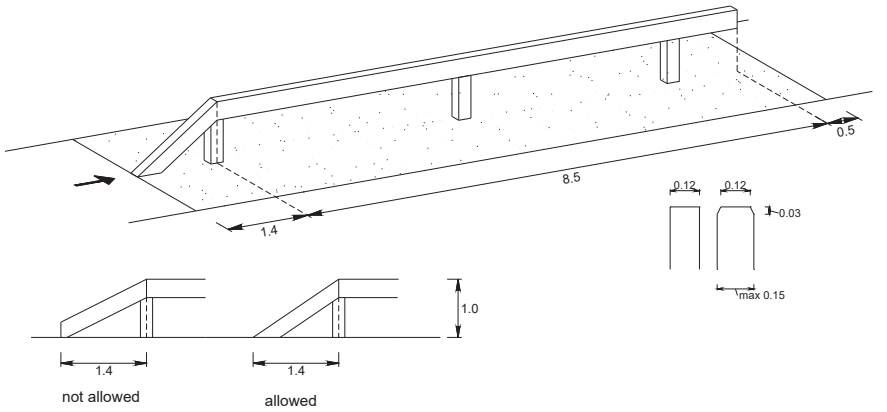
Height of lower bar (upper edge)..... 0.7 m

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

Crossing

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

OBSTACLE 7 **BALANCE BEAM**



Characteristics

Total length of the obstacle between the two limiting lines..... 10.4 m

Height of the horizontal beam (upper edge) ..... 1.0 m

Length of the horizontal beam ..... 8.5 m

Ground distance from the beginning of the sloping plank to the beginning of the horizontal beam ..... 1.4 m

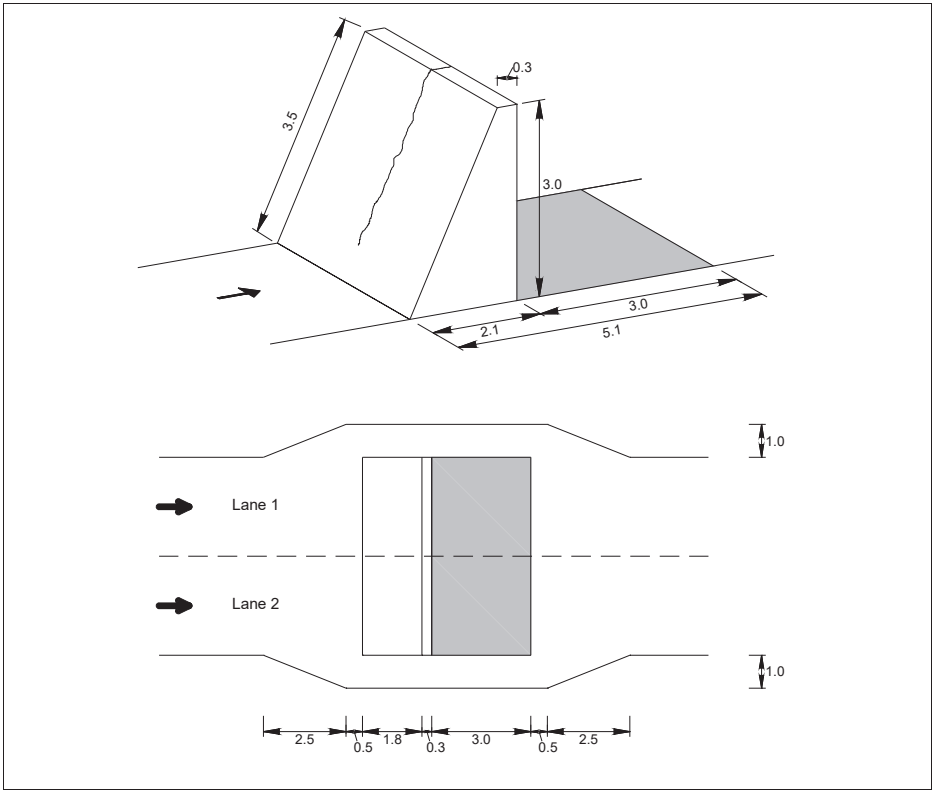
Width of the flat top side and of the sloping plank..... 12 cm

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

Crossing

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

OBSTACLE 8 **SLOPING WALL WITH ROPE**



Characteristics

Height ..... 3.0 m

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

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

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

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

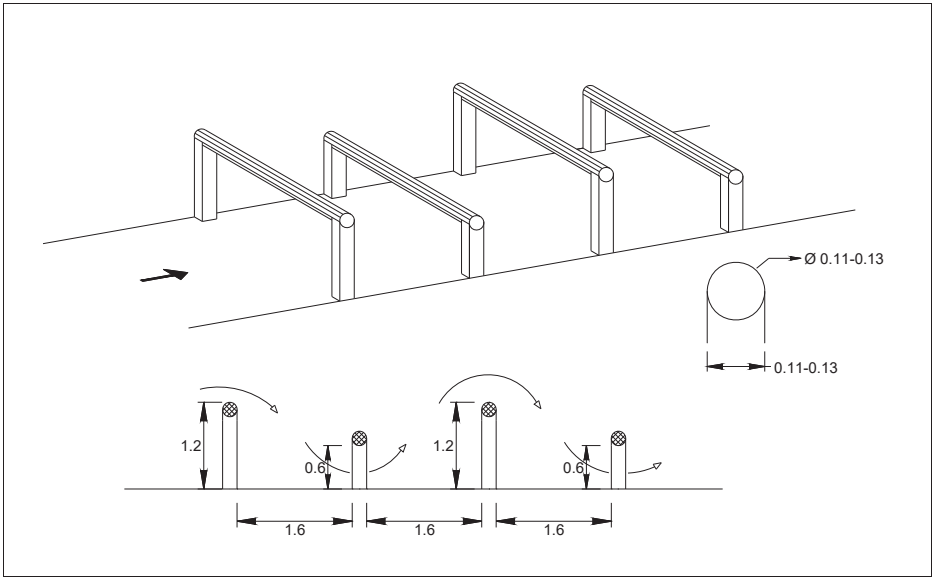
Length of landing pit ..... 3.0 m

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

Crossing

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

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



Characteristics

Height of 1st and 3rd beam (upper edge)..... 1.2 m

Free space under 2nd and 4th beam (lower edge) ..... 0.6 m

Distance between the beams (horizontal plane)..... 1.6 m

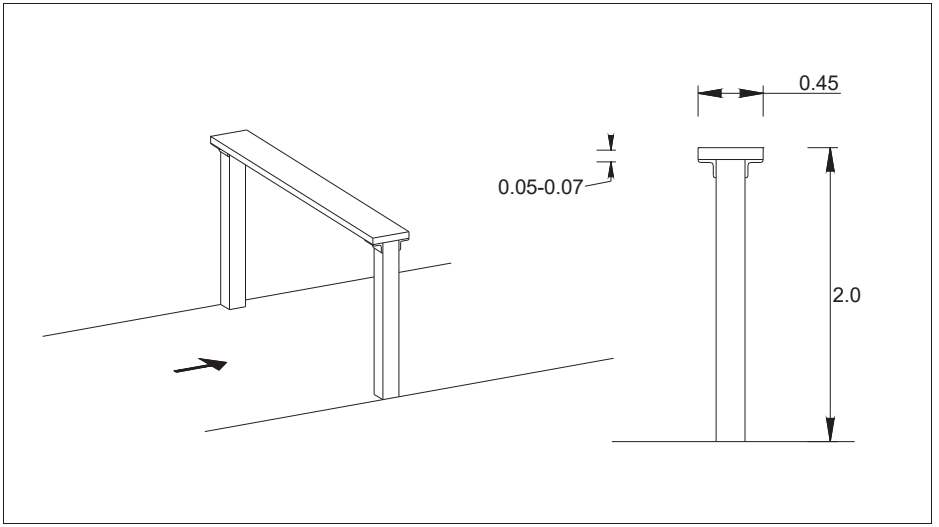
Dimensions of the beams:

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

Crossing

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

OBSTACLE 10 **IRISH TABLE**



Characteristics

Height ..... 2.0 m

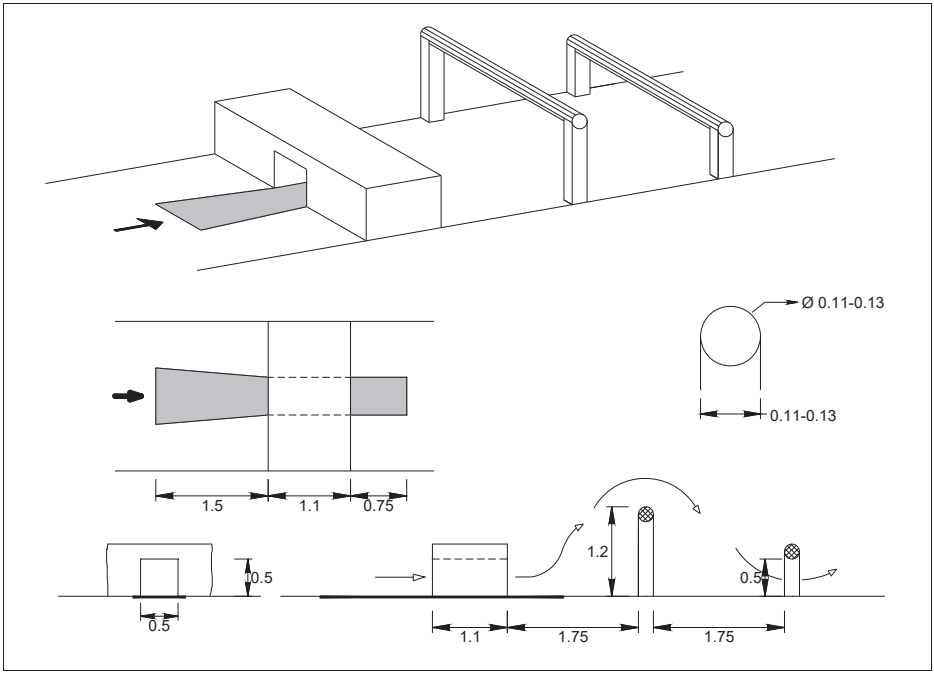
Width ..... 0.45 m

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

Crossing

Free style crossing of the board.

OBSTACLE 11 **TUNNEL AND TWIN BEAMS**



Characteristics

Height and breadth of the tunnel..... 0.5 m

Length of the tunnel..... 1.1 m

Height of first beam (upper edge)..... 1.2 m

Free space under the second beam (lower edge)..... 0.5 m

Distance between the different parts of the obstacle (horizontal plane) ..... 1.75 m

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

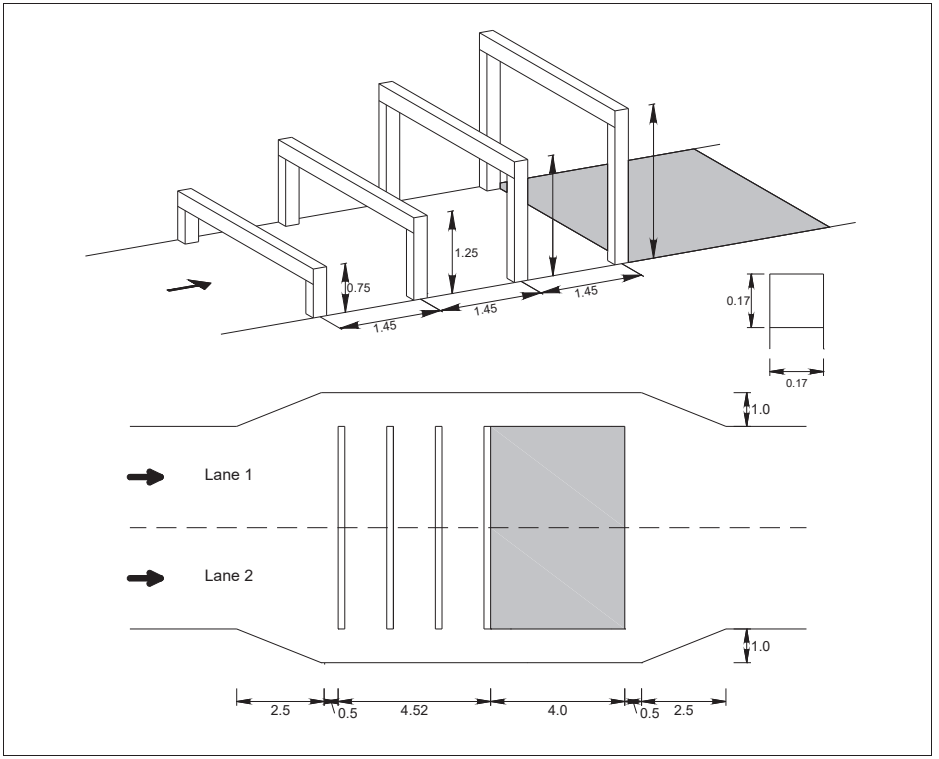
Dimensions of the beams:

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

Crossing

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

OBSTACLE 12 **FOUR STEPS OF BEAMS**



Characteristics

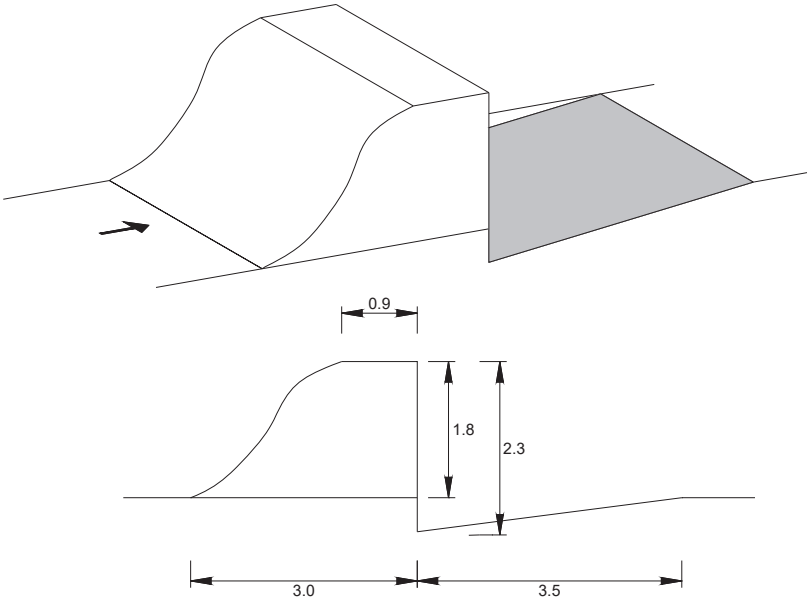
Four horizontal beams

Height of 1st beam..... 0.75 m
Height of 2nd beam ..... 1.25 m
Height of 3rd beam..... 1.80 m
Height of 4th beam ..... 2.30 m
Distance between the beams (centre to centre - horizontal plane)..... 1.45 m
Length of landing pit ..... 4.00 m
Dimensions of the beams:
Flat surface ..... 17 cm
If tubular beams are used exceptionally – diameter of the beams .....16.5 – 19.5 cm
It is recommended to expand the firm surface of the lanes on both sides of the obstacle (passages) to enable unhindered passing for female competitors.

Crossing

Free style passing over all beams.

OBSTACLE 13 **BANQUETTE AND PIT**



Characteristics

Height of embankment ..... 1.8 m

Depth of pit ..... 0.5 m

Length of pit ..... 3.5 m

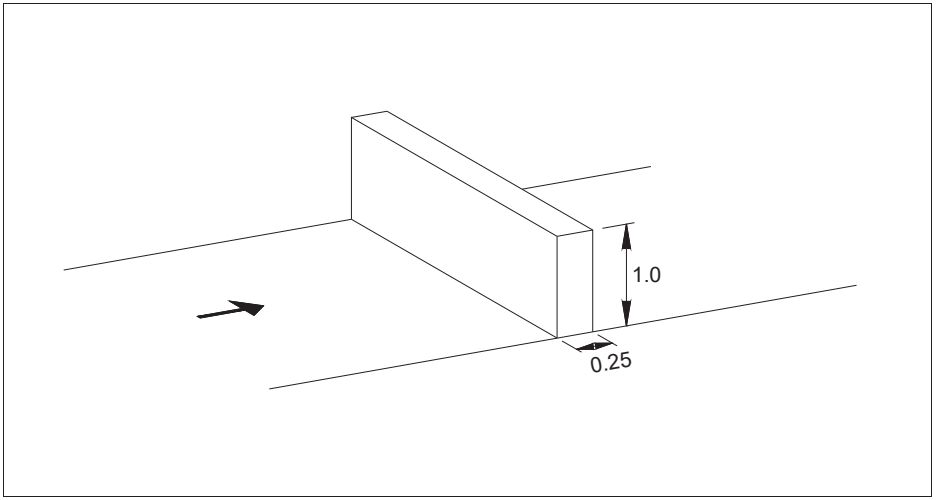
Width of the flat top ..... 0.9 m

Length of the base of the embankment ..... 3.0 m

Crossing

Free style crossing.

OBSTACLE 14 **ASSAULT WALL**



Characteristics

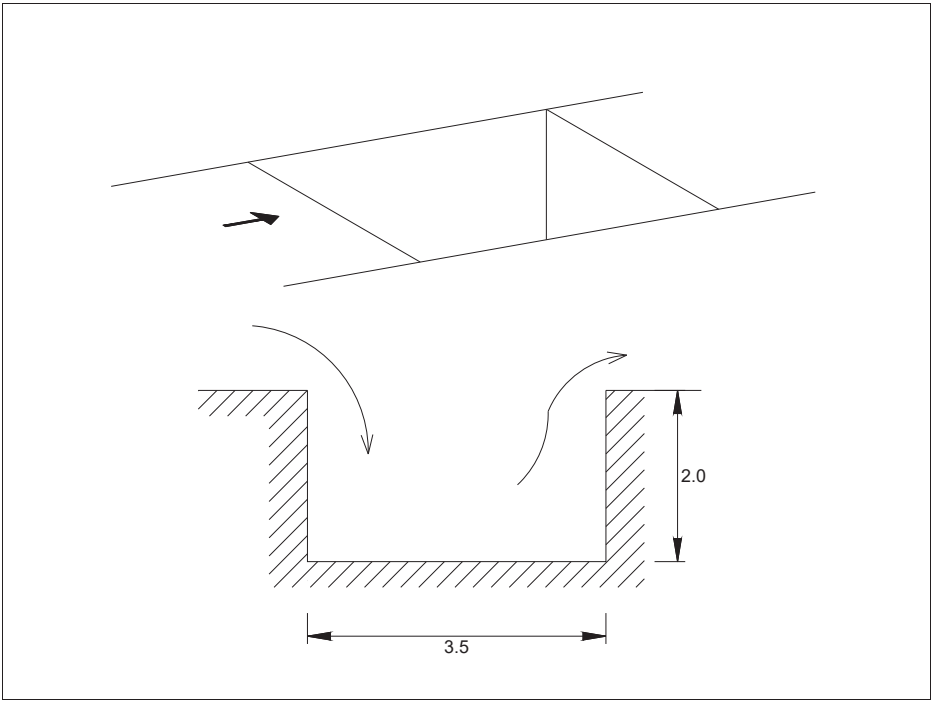
Height (upper edge) ..... 1.0 m

Width ..... 0.25 m

Crossing

Free style crossing.

OBSTACLE 15 **PIT**



Characteristics

Depth ..... 2.0 m

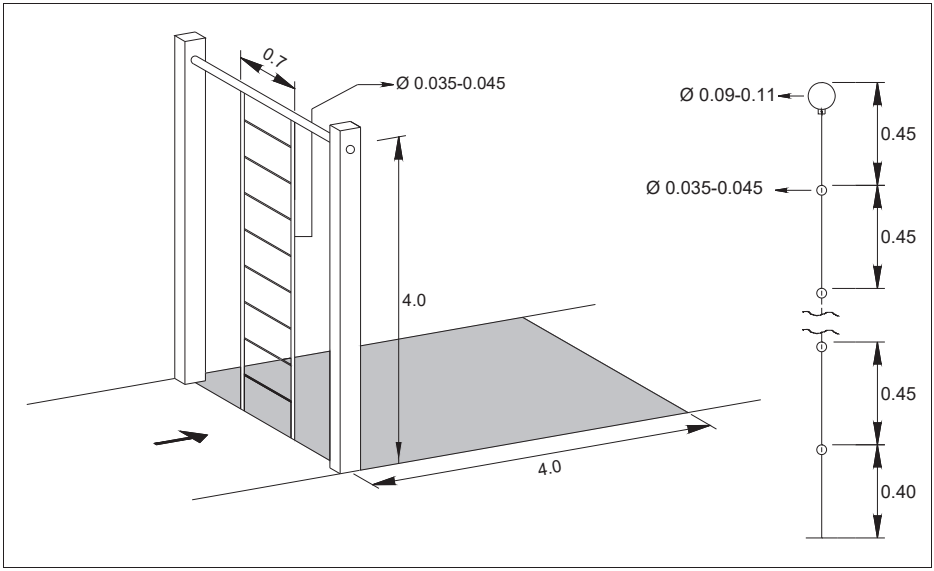
Length..... 3.5 m

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

Crossing

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

OBSTACLE 16 **VERTICAL LADDER**



Characteristics

Height ..... 4.0 m

Number of rungs 8

Width of rungs ..... 0.7 m

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

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

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

Length of landing pit ..... 4.0 m

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

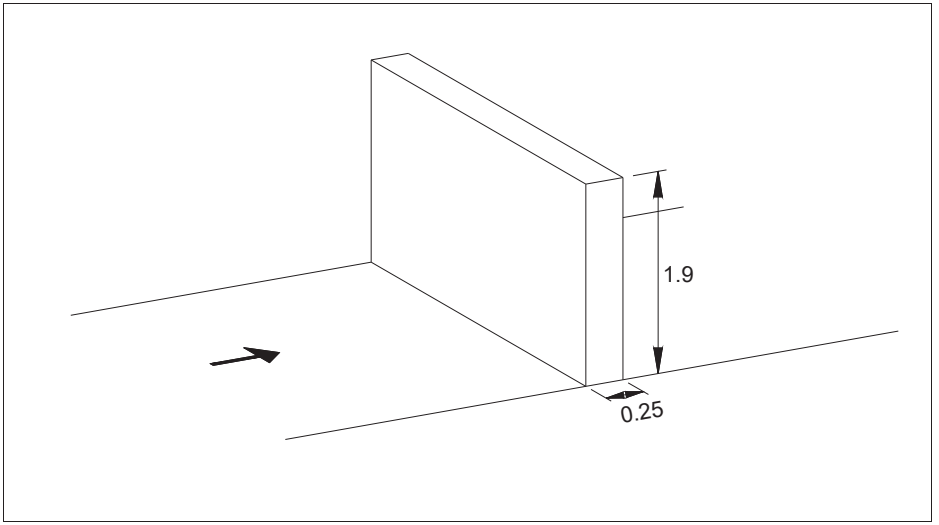
To ensure unhindered crossing of the crossbar the ladder must be fixed at the lower edge of the bar only.

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

Crossing

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

OBSTACLE 17 **ASSAULT WALL II**



Characteristics

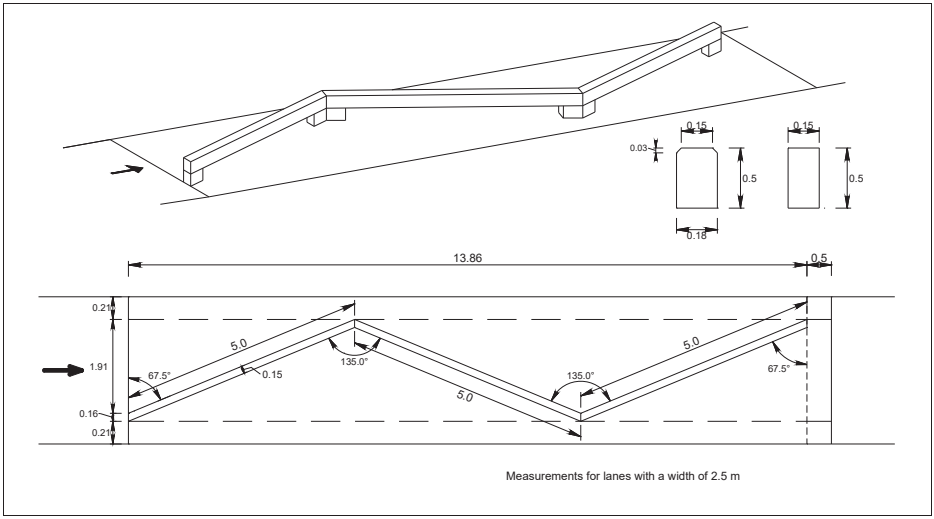
Height (upper edge) ..... 1.9 m

Width ..... 0.25 m

Crossing

Free style crossing.

OBSTACLE 18 **BALANCE BEAM (ZIGZAG)**



Characteristics

Three horizontal beams fixed obliquely to one another

Total length..... 14.36 m

Angle between the beams 135º

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

Length of each beam..... 5.0 m

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

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

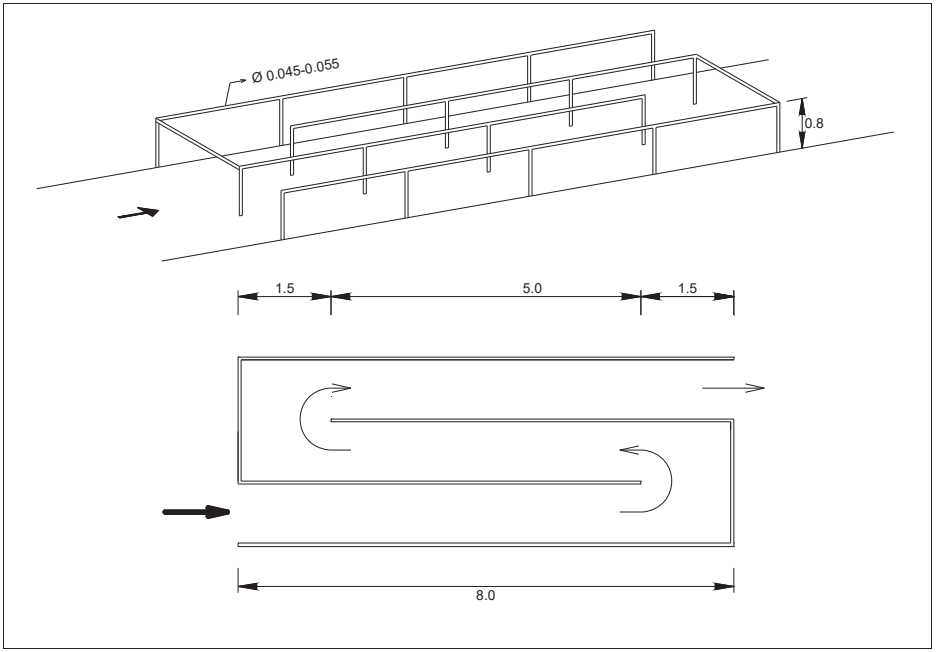
Two limiting lines (width 5 cm) are part of the obstacle. The first line is placed at the beginning of the obstacle (0 – 5 cm), the other 45 – 50 cm beyond the end of the third beam.

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

Crossing

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

OBSTACLE 19 **CHICANE**



Characteristics

Length..... 8.0 m

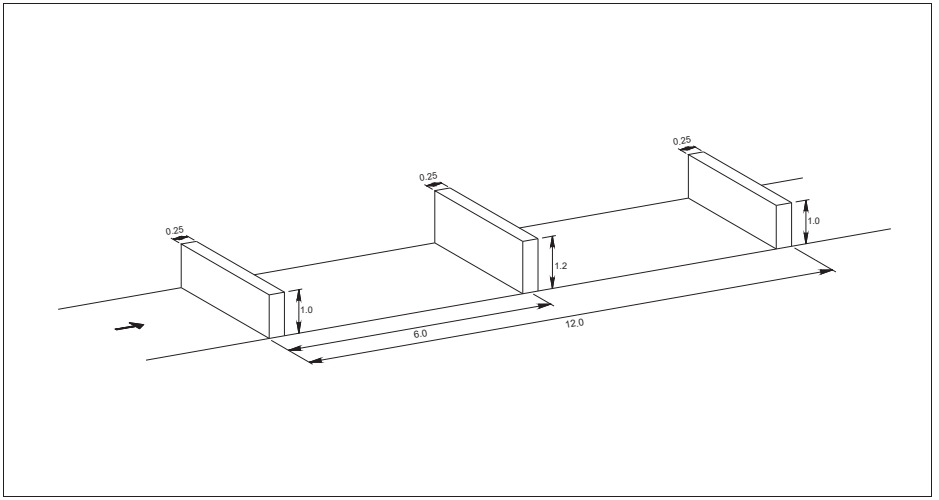
Height of railing..... 0.8 m

Diameter of railing.....4.5 – 5.5 cm

Crossing

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

OBSTACLE 20 **3 ASSAULT WALLS IN SUCCESSION**



Characteristics

Height of 1st wall (upper edge) ..... 1.0 m

Height of 2nd wall (upper edge) ..... 1.2 m

Height of 3rd wall (upper edge)..... 1.0 m

Width of walls ..... 0.25 m

Total length from the beginning of the first wall to the end of the third wall..... 12.0 m

Distance from the beginning of the first wall to the centre of the second wall..... 6.0 m

Crossing

Free style crossing.

3.10 REGULATIONS FOR FEMALES

Same regulations as for male competitors, with following exceptions:

The following obstacles will not be negotiated:

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

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

Dimensions of the passages:

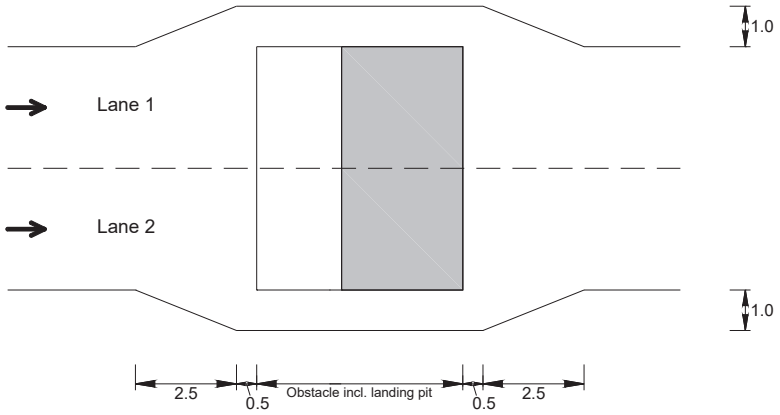


Figure 9: Passages

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

Obstacle no. 10, 15, and 17.

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

Dimensions of the boxes:

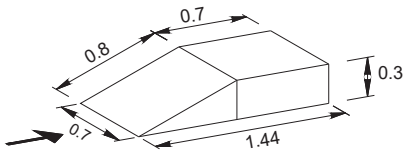


Figure 10: Box

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

4 OBSTACLE SWIMMING

4.1 GENERAL

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

4.1 POOL

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

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

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

4.2 COURSE

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

4.3 STYLE

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

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

4.4 DESCRIPTION OF OBSTACLES

Characteristics and methods of crossing:

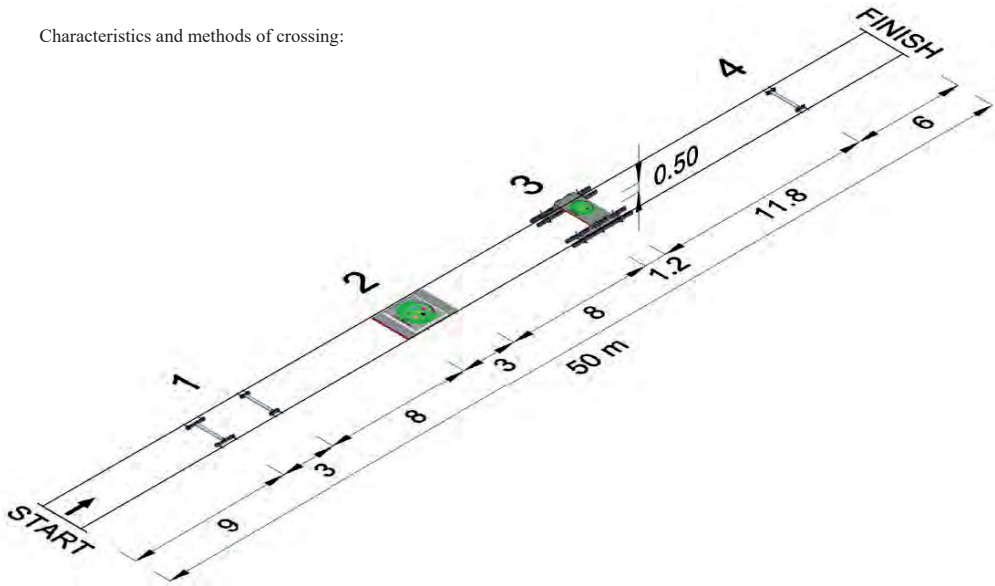


Figure 11: Obstacle swimming course