



PHUKET 2014
Thailand

TECHNICAL HANDBOOK

4th Asian Beach Games
November 14-23, 2014
Phuket, Thailand



Beach Modern Pentathlon







PHUKET 2014
Thailand



Message from the Secretary-General

On behalf of the Phuket Asian Beach Games Organizing Committee (PABGOC), it is an honor for me to welcome you to the 4th Asian Beach Games to be held from November 14 to 23, 2014, in Phuket, Thailand.

Each edition is a testament that the Olympic Council of Asia, together with the Host Cities, have planned and worked hard to make the Asian Beach Games what it is right now – an exemplary Games platform across continents that mixes the elements of fun and intense competition. The fourth edition is bigger and better – a total of 32 disciplines in 23 Sports – which raises the bar for more individuals, teams and delegates to take part in the Asian Beach Games.

PABGOC is more than eager to welcome all participants to the pristine beaches of Phuket. The event definitely promises a perfect setting for the high-level of competition with a magnificent view of the island as the main backdrop.

Our Sports Technical Committee has prepared this Technical Handbook to set the guidelines and regulations pertaining to the sports competition program for the 4th Asian Beach Games. This handbook will serve as a guide to all participants of the fourth edition of the Asian Beach Games that covers the pertinent information about the Games and the technical aspect for each sport.

We wish everyone a productive endeavor in preparation for the 4th Asian Beach Games.

KANOKPHAND CHULAKASEM

Secretary-General

Phuket Asian Beach Games Organizing Committee

Chairman, Sport Technical Committee





OLYMPIC COUNCIL OF ASIA

President
Vice Presidents

Secretary General

Chairman of Information & Statistics Committee
Chairman of Rules Committee
Chairwoman of Women Committee
Chairman of International Relations Committee
Chairman of Advisory Committee
Chairman of Peace through Sport Committee
Chairman of Medical Committee
Chairman of Sports Environment Committee
Chairman of Athletes Committee
Chairman of Sports Committee
Chairman of Sports for All Committee
Chairman of Media Committee
Chairman of Finance Committee
Chairman of Culture Committee
Chairman of Education Committee
Chairman of Coordination Committee

Members

Director General & Technical Director

OCA Contact Information

Address
Tele
Fax
Email
Website

OCA EXECUTIVE BOARD

Sheikh Ahmad Al-Fahad Al-Sabah (Kuwait)
Maj. Gen. Charouck Arirachakaran (Thailand)
Mr. Timothy Fok Tsun Ting (Hong Kong, China)
Lt Gen. Syed Arif Hasan (Pakistan)
HE Sheikh Isa Bin Rashed Al Khalifa (Bahrain)
Mr. Temirkhan Dosmukhambetov (Kazakhstan)
Mr. Gofur-Arslonbek Rakhimov (Uzbekistan)
Mr. Hemasiri Fernando (Sri Lanka)
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Mr. Tsunekazu Takeda (Japan)
Mr. Yu Zaiqing (China)
Prof. Dr. Hoang Vinh Giang (Vietnam)
Mr. Yong-Sung Park (Korea)
Mr. Sapardurdy Toylyyev (Turkmenistan)
Mr. Kanokhpand Chulakasem (Thailand)
Raja Randhir Singh (India)
Mr. Bahram Afsharzadeh (Iran)
Sheikh Talal Fahad Ahmad J Al-Sabah (Kuwait)
Mrs. Natalya Sipovich (Kazakhstan)
Mrs. Rita Sri Wahyusih Subowo (Indonesia)
Mr. Ng Ser Miang (Singapore)
HRH Prince Faisal Bin Al-Hussein (Jordan)
Dr. Manikavasagam Jegathesan (Malaysia)
Mr. Kyung-Sun Yu (Korea)
Mrs. Yuko Arakida (Japan)
Mr. Zhang Jilong (China)
Brig Gen. Mowaffak Joumaa (Syria)
Mr. Charles King Chiu Lo (Macau, China)
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Dr. Rashed Hamed Al Heaiwel Al Sebaie (Saudi Arabia)
Mr. Tsunekazu Takeda

Mr. Manuel Silverio (Macau)
Gen. Souhail Khoury (Lebanon)
Mr. Habib Abdul Nabi Yousuf Macki (Oman)
Mr. Jose Cojuangco, Jr. (Philippines)
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Phuket Asian Beach Games Organizing Committee

Chairman of High Committee

Ms. Yingluck Shinawatra

Prime Minister of The Kingdom of Thailand

Chairman - Board of Directors of the 4th Asian Beach Games 2014

High Committee Members

Mr. Somsak Pureesrisak

Minister of Tourism and Sports of Thailand

Chairman - Organizing Committee

Mr. Kanokphand Chulakasem

Governor of Sports Authority of Thailand

Chairman - Secretariat Office

Chairman - Sports Technical Committee

Pol.Gen. Adul Saengsingkaew

Police Commissioner - General

Chairman - Security and Traffic Committee

Mr. Somsak Chotrattanasiri

Director of Bureau of the Budget

Chairman - Budgeting & Privileges Committee

Mr. Mitri Intusut

Governor of Phuket

Chairman - Accommodation, Transportation and Protocol Committee

Mr. Thawatchai Arunyik

Governor of Tourism Authority of Thailand

Chairman - Public Relations Committee

Mr. Narong Sahametapat, M.D.

Permanent Secretary of Ministry of Public Health

Chairman - Medical and Doping Control Committee

Maj. Gen Charouck Arirachakaran

Vice President & Secretary General of NOCT.

Chairman - Protocol and Ceremony Committee



Sport Federation

Union Internationale de Pentathlon Moderne (UIPM)

President	Dr. Klaus Schormann
Secretary General	Mrs. Shiny Fang
Address	Stade Louis II, entrée E, 13 Avenue des Castelans, 98000 Monte Carlo Monaco
Tel.	+377 9777 8555
Fax.	+377 9777 8550
Email	uipm@pentathlon.org development@pentathlon.org shinyfang@pentathlon.org
Website	http://www.pentathlon.org/

Triathlon Association of Thailand

President	Mr. Vijitr Sitinawin
Secretary General	Kanchanporn Pongdecha
Address	76/8 Soi 110/3, Senanicom 1 road, Ladpaow, Bangkok 10230, Thailand
Tel.	662 5784515,
Mobile phone	6681 4843335, 6681 6644533
Fax.	662 5780863
Email:	vijitrtriathlon@gmail.com vijitr_thailand@hotmail.com
Website	www.thaitri.org


PHUKET 2014
Thailand



Technical Officials

Technical Delegate

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Email

Director of Sports

Email

Deputy Cluster Director (Sports & Venues)

Email

Sports Competition Manager

Email

Competition Manager

Email

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












































Mr. Vijitr Sitinawin

vijitrtriathlon@gmail.com

vijitr_thailand@hotmail.com



Member Countries & Regions

No.	Country/Region	Country Code	Region Code
1	 Afghanistan	AFG	SA
2	 Bahrain	BRN	WA
3	 Bangladesh	BAN	SA
4	 Bhutan	BHU	SA
5	 Brunei Darussalam	BRU	SEA
6	 Cambodia	CAM	SEA
7	 China	CHN	EA
8	 D.P.R. Korea	PRK	EA
9	 Hong Kong, China	HKG	EA
10	 India	IND	SA
11	 Indonesia	INA	SEA
12	 Iran	IRI	WA
13	 Iraq	IRQ	WA
14	 Japan	JPN	EA
15	 Jordan	JOR	WA
16	 Kazakhstan	KAZ	CA
17	 Korea	KOR	EA
18	 Kuwait	KUW	WA
19	 Kyrgyzstan	KGZ	CA
20	 Laos	LAO	SEA
21	 Lebanon	LIB	WA
22	 Macau, China	MAC	EA
23	 Malaysia	MAS	SEA
24	 Maldives	MDV	SA
25	 Mongolia	MGL	EA
26	 Myanmar	MYA	SEA
27	 Nepal	NEP	SA
28	 Oman	OMA	WA
29	 Pakistan	PAK	SA
30	 Palestine	PLE	WA
31	 Philippines	PHI	SEA
32	 Qatar	QAT	WA
33	 Saudi Arabia	KSA	WA
34	 Singapore	SIN	SEA
35	 Sri Lanka	SRI	SA
36	 Syria	SYR	WA
37	 Chinese Taipei	TPE	EA
38	 Tajikistan	TJK	CA
39	 Thailand	THA	SEA
40	 Timor-Leste	TLS	SEA
41	 Turkmenistan	TKM	CA
42	 United Arab Emirates	UAE	WA
43	 Uzbekistan	UZB	CA
44	 Vietnam	VIE	SEA
45	 Yemen	YEM	WA



Quick Facts about Phuket

Introduction to Phuket

Phuket is an island connected by bridges to southern Thailand's Andaman Sea coast, in the Indian Ocean, lying between 7'45" and 8'15" north latitude, and from 98'15" to 98'40" west longitude on the map. Phuket, Thailand's largest islands, is surrounded by 32 smaller islands that form part of the same administration, with a total area of 570 square kilometers. Measured at its widest point, Phuket is 21.3 kilometers; at its longest, 48.7 kilometers.

Phuket's weather conditions are dominated by monsoon winds that blow year round. It is therefore always warm and humid. There are two distinct seasons, rainy and dry. The rainy season begins in May and lasts till October, during which the monsoon blows from the southwest. The dry season is from November through April, when the monsoon comes from the northeast.

Transportation / Getting Here

Phuket Airport is now an international airport, so Phuket can be reached directly from points all over the world.

Bangkok Airways and Phuket Air have daily flights connecting Phuket with Bangkok, Pattaya and Samui. Thai Airways has numerous daily flights servicing the Bangkok-Phuket route. In addition, they have regular flights connecting Phuket with Hat Yai, Surat Thani, and Narathiwat.

From Bangkok the total distance is about 867 kms. Bus transport includes both air and non-air conditioned coaches leaving from Bangkok's Southern Bus Terminal several times a day.

Recreation

Phuket offers an unrivalled selection of water sports, including deep-sea fishing, snorkeling and scuba diving. The area has become one of Asia's premier yachting destinations with yachts from every continent represented in Phuket's marinas.

There are four world-class golf courses on the island. Other activities include mountain biking, go carting, bungee jumping, horseback riding and shooting.

Spend a morning indulging in your favorite water sport, and then spend your afternoon on an elephant safari. Lie by the beach all day, or visit a spa and get thoroughly pampered. Choose to do nothing or everything - the opportunities are endless.

Attractions

Phuket is incredibly diverse, with rocky and sandy beaches, tall cliffs, forests, waterfalls and temples.

Of course, Phuket's limestone cliffs and palm-fringed tropical beaches are its biggest attractions. Each of Phuket's many beaches has a character and charm of its own and is separated from its neighbors by picturesque headlands. From busy fun beaches, to secluded coves of fine white sand, there is bound to be at least one to suit the mood and mindset of every visitor to the island.

Visitors to Phuket Province generally head for the sea, but the interior is worth exploring for its vivid patchwork of plantations and rice paddies. Take a trek into the island's jungles on an elephant's back or hike through the virgin forests of Khao Phra Thaew, the last remaining rain forest of the island.



Nightlife Shopping & Dining

Phuket offers so much for everyone. Walk through some bustling open-air markets laden with the freshest seafood, fruits, vegetables, and sample from vendors selling all manner of tasty treats. Visit some of Phuket's up market boutiques and antique stores situated in renovated Chinese shop houses, or Sino-Portuguese buildings.

Not only do most of the major hotels and resorts offer a wide selection of quality international restaurants and bars, featuring cabaret shows and live music, but every tourist centre has numerous other entertainment venues. Patong is undoubtedly the epicenter of the island's entertainment scene, boasting a wealth of bars, clubs, live music, and cabaret shows, yet there is still plenty to discover around the island, with Kata/Karon and Phuket town offering such a diverse range of clubs and nightspots that it's difficult to know where to start.

Weather and Climate of Phuket

Phuket has a tropical climate, more specifically a tropical monsoon climate, with a dry season from November to April and a rainy season from May to October. Average temperatures are consistent year-round. Average highs range from 29 °C (84 °F) to 33 °C (91 °F); average lows range from 23 °C (73 °F) to 26 °C (79 °F).



Climate data for Phuket

Month	Jan	Feb	Mar	Apr	May	Jun	Jul	Aug	Sep	Oct	Nov	Dec	Year
Average high °C (°F)	31.8 (89.2)	32.9 (91.2)	33.5 (92.3)	33.4 (92.1)	32.0 (89.6)	31.6 (88.9)	31.2 (88.2)	31.2 (88.2)	30.7 (87.3)	30.9 (87.6)	31.0 (87.8)	31.2 (88.2)	31.8 (89.2)
Daily mean °C (°F)	27.9 (82.2)	28.7 (83.7)	29.3 (84.7)	29.5 (85.1)	28.4 (83.1)	28.3 (82.9)	27.8 (82.0)	27.9 (82.2)	27.3 (81.1)	27.4 (81.3)	27.5 (81.5)	27.6 (81.7)	28.1 (82.6)
Average low °C (°F)	23.3 (73.9)	23.7 (74.7)	24.3 (75.7)	24.8 (76.6)	24.5 (76.1)	24.5 (76.1)	24.2 (75.6)	24.4 (75.9)	23.9 (75.0)	23.8 (74.8)	23.8 (74.8)	23.7 (74.7)	24.1 (75.4)
Precipitation mm (inches)	29.8 (1.17)	20.9 (0.82)	49.1 (1.93)	121.9 (4.79)	319.4 (12.57)	268.9 (10.58)	290.5 (11.43)	272.6 (10.73)	399.0 (15.70)	309.6 (12.18)	175.7 (6.91)	59.4 (2.33)	2,316.8 (91.21)
Avg. rainy days	4	3	5	11	21	19	19	19	23	22	16	8	170
Mean monthly sunshine hours	286.2	271.5	282.3	247.9	188.5	139.5	172.6	174.1	143.2	179.8	197.1	244.3	2,527.0



PHUKET 2014 Thailand

The emblem of the 4th Asian Beach Games was driven by Phuket's very own beauty and by one of Phuket's most mesmerizing sceneries of Laem Promthep with such beauty that Phuket possesses, Phuket is also widely recognized as the "Pearl of the Andaman and the Southern Paradise" where athletes, spectators and tourists could enjoy watching the ongoing game while at the same time allowing themselves to serenely sink into the spell-binding beauty of Phuket beaches and sceneries. The two palm trees standing side by side represents the coming together of athletes and of all participants from different nations and races, to unite and to participate together in the 4th Asian Beach Games.

As for the middle, the Asian Beach Games is the center of this beautiful bonding between the races in which the athletes represents. The ocean waves tinted in the color of the Thai flag symbolizes the qualities in which Thailand possesses; the Thai flag swirling could be understood as a representation of the determination of the athletes in participating in the competition.



"Sea turtle" is a symbol of endurance fertility, sustainability and growth. As Phuket is a home to many rare species of sea turtle, it is a chance to announce to the participants of the 4th Asian Beach Games and also to the public that Thailand pays great attention and an important role to the conservation of sea turtle.

As sea turtle are amphibious creatures, living both on land and in the sea, the 4th Asian Beach Games will have both beach sports and water sports which at the same time is an excellent symbol of the relationships of the different countries in Asia..

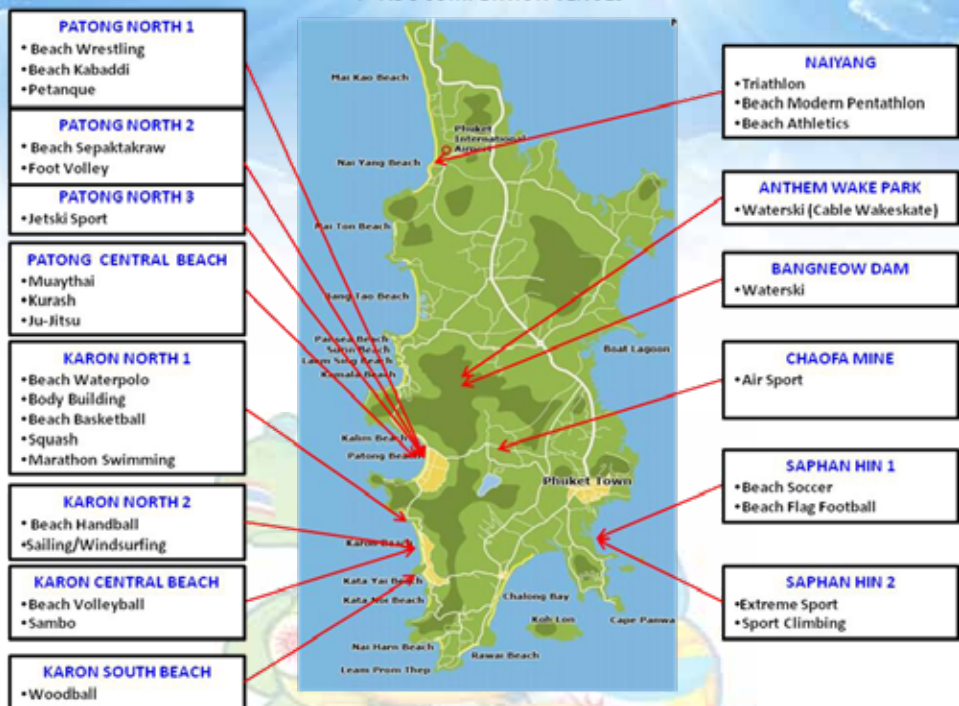
The name Sintu (สินธุ์), Sakorn (สาคร), Samut (สมุทร) shares the same meaning of water. Could be metaphorically be compared to the qualities of athletes which includes the qualities such as tolerance, tranquility, unity, acceptance, sportsmanship and friendship.



Competition Program for the 4th Asian Beach Games 2014 14 - 23 November 2014 in Phuket, Thailand

No.	Sports	Code	Day	No. of Events	November													Medals				
					11	12	13	14	15	16	17	18	19	20	21	22	23	G	S	B	TOTAL	
Opening Ceremony																						
Chaofa Mine																						
1	Air Sport																					
	<i>Paragliding</i>	APG	7	4															4	4	4	12
	<i>Power Paragliding</i>	APP	7	4															4	4	4	12
Karon Beach																						
2	Aquatics																					
	<i>Beach Water Polo</i>	ABW	5	1															1	1	1	3
	<i>Marathon Swimming</i>	AMS	2	4															4	4	4	12
3	Beach Handball	HBH	8	2															2	2	2	6
4	Sambo	SB	2	7															7	7	14	28
5	Beach Volleyball	VBB	8	2															2	2	2	6
6	Woodball	WO	6	8															8	8	12	28
7	Beach Basketball	BBK	4	2															2	2	2	6
8	Bodybuilding	BO	2	6															6	6	6	18
9	Sailing																					
	<i>Sailing</i>	SA	4	5															5	5	5	15
	<i>Windsurfing</i>	SWS	4	4															4	4	4	12
10	Squash	SQ	5	2															2	2	4	8
Patong Beach																						
11	Beach Kabaddi	KAB	4	2															2	2	4	8
12	Beach Wrestling	BWR	4	6															6	6	12	24
13	Ju-Jitsu	JJ	2	12															12	12	24	48
14	Kurash	KU	3	8															8	8	16	32
15	Muaythai	MY	6	16															16	16	32	64
16	Petanque	PQ	6	9															9	9	18	36
17	Beach Sepaktakraw	SBS	8	6															6	6	12	24
18	Foot Volley	FV	2	1															1	1	2	4
19	Jetski Sport	JS	3	6															6	6	6	18
Nai-Yang Beach																						
20	Beach Modern Pentathlon	BMP	3	3															3	3	3	9
21	Triathlon																					
	<i>Duathlon</i>	TRD	1	3															3	3	3	9
	<i>Triathlon</i>	TRD	1	3															3	3	3	9
22	Beach Athletics	BAT	4	13															13	13	13	39
Bangneow Dam/Anthem Wake Park																						
23	Waterski																					
	<i>Waterski/Wakeboard</i>	WSW	4	8															8	8	8	24
	<i>Cable Wakeboard/Wakeskate</i>	WSH	3	5															5	5	5	15
Saphan Hin Sport Center																						
24	Beach Flag Football	BFF	3	1															1	1	2	4
25	Beach Soccer	FBS	7	1															1	1	1	3
26	Extreme Sports																					
	<i>Inline Stunt</i>	EIS	4	3															3	3	3	9
	<i>Skateboard</i>	EXS	4	3															3	3	3	9
	<i>BMX Freestyle</i>	EXF	4	4															4	4	4	12
	<i>Sport Climbing</i>	ESC	2	4															4	4	4	12
Closing Ceremony																						
				168															168	168	242	578

4th ABG COMPETITION VENUES





**VENUE : CHAO-FAH MINE
BANG-NIEW DAM
NAI-YANG BEACH**



PARAGLIDING
POWER PARAGLIDING



CHAO-FAH MINE



WATER SKI
WAKE BOARDING



BANG-NIEW DAM



TRIATHLON
BEACH MODERN PENTATHLON



BEACH ATHLETICS



NAI-YANG BEACH





Technical Delegate Profile



Mr. BERNHARD PETRUSCHINSKI

Bernhard Petruschinski is the Vice-president for Sport of the German Modern Pentathlon Federation (Deutscher Verband für Modernen Fünfkampf e.V./ DVMF). Together with the President and Vice-president for Finance he is representing the Federation. He is responsible for the coordination of the sport while working closely with the employees of the DVMF, the national coaches and national federations.

ROLES and BOARD POSITIONS HELD as of Oct 2013

- **German Modern Pentathlon Association (DVMF)** Vice-president of Sport
- **UIPM Technical Committee Member** Since 2008
- **UIPM Technical Delegate** for the London 2012 Olympic Games
- **UIPM Jury Member** for the UIPM World Modern Beach Triathlon Championships 2013
- **UIPM International Judge** in a variety of International Championships and World Cup
- **Coach and Trainer** for the Sport Program of the DVMF Association
- **Former Army Force (Police Officer)** – Specialty shooting and tactics
- **Former Athlete** in Modern Pentathlon (specialty swimming and combined event)
- **Appointed Technical Delegate** - 1st Asian Beach Games 2014 for Modern Beach Triathlon

Competition Technical Information

The 4 th Asian Beach Games Phuket 2014 Beach Modern Pentathlon								
No.	Events	Number of Athletes		Maximum Number of Athletes	No. of Medals			
		Men	Women		Gold	Silver	Bronze	Totals
1	Men Individual	2	0	2	1	1	1	3
2	Women Individual	0	2	2	1	1	1	3
3	Mixed Team	2	2	4	1	1	1	3
Maximum Number of Athletes for each National Olympic Committee : 8								

1. Date and Place

Beach Modern Pentathlon (BMP) competition for the 4th Asian Beach Games Phuket 2014 will be held in Phuket, Thailand from 19 - 21 November 2014 at Nai yang Beach

2. Competition Venue

Beach Modern Pentathlon (BMP) Venue is located at The Sirinath National Park, Nai Yang Beach, and Phuket Island. The training Venue for this competition will be at Nai Yang Beach.

3. Events

Beach Modern Pentathlon (BMP) competition will comprise of 3 Events

Men Men Individual
Women Women Individual
Mixed Mixed Team

4. Competition Schedule

The daily Competition Schedule will be disclosed after the Entry by Number has been finalized.

5. Eligibility

5.1 Eligibility Code

To be eligible for participation in the 4th Asian Beach Games, a competitor must comply with the **OCA** and **UIMP** Rules

5.2 Participants' Age Limit

Athletes from 16 - 21 years are allowed to compete.

Athletes have to be in the above reported age limit at the date of the competition

5.2 Nationality of Competitor

Only citizens of the belonging NOC shall be qualified to represent the NOC in the games.

5.3 Participants

The 4th Asian Beach Games Beach Modern Pentathlon Competition is reserved for teams representing National Olympic Committees affiliated to the **UIMP**. Only competitor who complies with the conditions laid down in the **OCA** and **UIMP** can compete.



5.4 Number of Entries

The following numbers cannot be exceeded:

- a. For individual events there shall only be four (4) entries from each NOC.
- b. For team events, two (2) team per NOC, a team is composed of 2 athletes of 1 man & 1 woman

6. Entries

6.1 Entries of each participating NOC must be submitted in accordance with the regulations laid-out by **PABGOC**.

6.2 Deadline for Entry by Number Forms (Preliminary)

Each participating **OCA** member NOC must submit Entry by Number Forms to **PABGOC** by 24.00hrs Thailand local time (GMT +7) by **30 June 2014**. This form may be submitted by fax. Original form must be presented during the DRM. PABGOC's detailed address, telephone and fax may be found on the entry form.

6.3 Deadline for Entry by Name Forms (Final)

The Entry by Name Forms must be received by PABGOC no later than **31 August 2014** at 24.00hrs Thailand local time (GMT +7). The completed Entry by Name Forms must be submitted for each athlete and must include all necessary information including athlete's full name.

NOC may make changes or submit amended Entry by Name Forms up to and including the day of deadline, but no such amendments will be permitted after the deadline.

6.4 Both Entries by Number and Name Forms may be sent by fax and subsequently confirmed with stamped original by posting to the following address:

Sports Entries/4th ABG

c/o **Tatchanart Tongprakob**

Sports Directorate, Phuket Asian Beach Games Organizing Committee
13th Floor, SAT Building, 286 Ramkhamhaeng Road, Huamark, Bangkok,
Bangkok, Thailand 10240

Email: tatchanart.t@phuketthailand2014.com

Tel. No. +66 2186 7178 Fax No: +66 21867537

6.5 If forms are sent by e-mail or fax, the Chef de Mission must bring the original Sports Entry Forms during the Delegation Registration Meeting (DRM).

6.6 Any late entries will be decided by OCA for acceptance or rejection.

7. Technical Meetings

Technical Delegate and Technical Officials Meeting will be held at Race Operation Office on 18, 19, 20 November 2014 at 10:00 a.m.-1:00 p.m. depending on training session and semifinal. General Technical Meeting of Team Managers/Coaches will be held at Race Operation Office on 18, 19, 20 November 2014 at 1:00 p.m.

8. General Rules and Regulations

Rules

The 4th Asian Beach Games Beach Modern Triathlon Competition will be conducted in accordance with the UIPM Competition Rules. In case of a disagreement in the interpretation of rules from versions in different languages, the English text will prevail. Any unforeseen incident not covered by the rules shall be dealt with accordingly in the following manner: Technical questions shall be resolved in accordance with the UIPM Rules.

8.1.

The sequence of the competition, in continuous Modern Triathlon is:

- Pack Start – up to 25 m from the shooting station
- Shooting – 5 green lights
- Swimming
- Running
- Number of sequences according following charts
- Finish Line or transition in relay.

Events - Individual:

Groups	Shoot	Swim	Run
YA /Junior	4 series	4 x 100m	4 x 800m

Events – Team Relay and Mixed Relay (for each athlete, in teams of 2):

Groups	Shoot	Swim	Run
YA / Junior	2 series	2 x 50 m	2 x 800 m

8.2 Beach Modern Pentathlon is covered by the UIPM Rules, especially the UIPM Competition, Medical and Advertising and Media Rules, as far as not specified differently in the following.

9. Competition Rules

Technical Organization

The Beach Modern Triathlon competition of the 4th Asian Beach Games will be held in accordance with the **Union International de Pentathlon Moderne (UIPM)** Competition Rules and Regulations, in force during the Games time. In case of any disagreement in the language interpretation of the rules and regulation, the English version shall prevail.

9.1 General Training sessions for running and swimming shall be organized at the competition venue. For shooting, open training sessions shall be organized during the day preceding the competition at the competition range and a shooting warm up has to be allowed for 15' before the start of each competition as well.



9.2 The competition begins with a pack start, in which all competitors gather at the starting line. The firing of a start gun or a whistle commences the race. In case of a false start, a second start will be given. In case of a second false start, the respective athlete's start number will be called and the athlete will be penalized with 10 seconds on the starting line.

9.3 The competitors must stay inside the competition lane during the race. Competitors leaving the competition lane will be disqualified.

9.4 The athletes start in a line up to 25m from the shooting position. The shooting position is on a hard surface, athletes start the competition with shoes and the Transition Area must be placed before the swimming segment.

9.5 Transitioning back on to the running leg the athletes are not allowed to throw any of their personal items (including goggles, water bottles and cap) along the course and not even handing them over to any spectator, coach or official. Any violation will be sanctioned with a 10'' penalty.

9.6 At the shooting range, athletes must complete successfully 5 green lights before continuing to the next segment (the swimming). If after 50'' the athlete has not completed 5 green lights, they can continue to swimming.

9.7 Athletes are not allowed to stop shooting until the end of their 50'' or before reaching the 5 green lights otherwise they will incur in 10'' penalty to be given at the shooting range itself before proceeding to the next leg.

9.8 Then athletes dive into the water and swim free style the required swimming distance before exiting the water, putting back their shoes to start the running segment.

9.9 After finishing the running leg, athletes return to their dedicated shooting position for the next shooting series. After the last lap they will cross the finish line in Individual events or changeover zone in Relay. The last team member in the Relay crosses the finish line.

10. Technical Officials

The officials that will attend the Event are:

Technical Delegate who will ensure that all aspects of the UIPM Competition Rules and Operation Manuals are fulfilled.

OCA, with justified reason, may propose to **UIPM** some changes of International Technical Officials.

10.1 The organization of events is in accordance with current Modern Biathlon Rules as at 1 January 2014

10.2 Referees for each discipline must be appointed.



10.3 Concerning the equipment and their use during the course of the competition the current Modern Biathlon Rules will apply. Additionally for the Shooting leg(s) only, the competition organizer must provide shooting targets according to UIPM Modern Biathlon Rule 5.1.2 and respecting the information given in Annex A, stating in the invitation letter the type and number of targets that will be available for the competition.

10.4 In addition to any other Modern Biathlon rule applicable to Modern Triathlon, in the specific case of an event run on sand (Beach Triathlon), the course has to be cleaned and set up appropriately by the event organizer in such a way that will be not create a danger for the athletes (stones etc) and it has to be flat at the end of each 3 competition with sand flattening equipment.

10.5 Competition Authorities

10.5.1 The Competition Jury is composed of the Competition Director or his Deputy, the Event Director for Swimming, for Running and Shooting respectively, and an elected Team Representative. Referees for each discipline must be appointed.

10.5.2 The Jury of Appeal is composed of the Chairperson nominated by the UIPM Executive Board, one member nominated by the LOC and three further members elected from amongst the Team Representatives.

11. Protests and Appeals

All protests and appeals will be dealt with in accordance to the **UIPM** rules and regulations. Any non technical matter appealed to OCA should be in accordance with the **OCA** Constitution. The participating NOC has the right to appeal to CAS against **UIPM** decision.

12. Dress Codes

The same rules as for Modern Biathlon apply also to Modern Triathlon in all its forms. Footwear must be worn for Running, if not on soft sand surface. The competition invitation must state the surface type.

13. Sports Equipment

Equipment and facilities will be in accordance with the regulations and specifications set by UIPM

14. Penalties in Case of Fraud

A competitor proven to have fraudulently transgressed the Rules and Regulations of the Games Federation, shall be disqualified and lose any position he/she may have gained. If this competitor's member organization is proven to have been a party to the fraud, his/her NOC shall be disqualified in the sport involved, by decision of **OCA**.

15. Doping Control/Gender Verification

15.1 Doping Control for all event of the **PHUKET 2014, 4th Asian Beach Games** will be conducted according to OCA Medical Committee directions and will follow the procedures specified by the **World Anti Doping Agency (WADA)**

15.2 Gender Verification tests may be carried out in accordance with the **OCA** Constitution and Rules.

15.3 Competitors who are chosen to be tested will be notified after the match or out competition. When notified, the competitor must proceed to the Doping Centre in due time for examination. The competitor must bring an AD/ID Card along for verification. Those who are notified but do not arrive at the centre will be treated as testing positive. Competitor must be either accompanied by team manager, coach or team doctor. Gender examination will take place only when needed.

16. Victory Ceremonies

The ceremony will be in Thai and English. Medals, flowers and mascot bearers will enter the field-of-play and take position. Players will be escorted to the podium. The medals will be presented by the **OCA** President or his representative or by the UPIM representative. The national anthem of the gold medalist will be played and the flag of the winners will be hoisted. Winners must wear their NOC official sport uniform.

17. Media Interviews

Competitors should go through the mixed-zone after their contest whenever there is a mixed-zone set up. Competitors will be invited to attend press conferences/interviews when requested.

18. Approval of the Technical Handbook

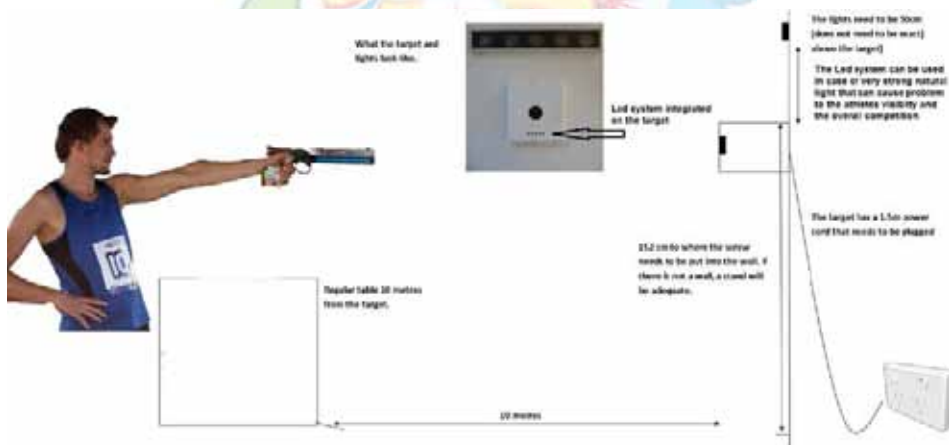
This Technical Handbook was approved by **UPIM**

General Clause:

Changes or revisions may be made after publication of this Technical Handbook. For reference and guidance, appropriate updates will be disseminated through the NOC.

For Annexes see below and for any other annexes please refer to the **Modern Biathlon Rules**.

ANNEX 1 (SHOOTING RANGE – HIT TARGET for LASER SYSTEM)





PHUKET 2014

Thailand





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