

УДК 796.093.615

## CHANGES COMPETITION RULES IN MODERN PENTATHLON

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**ПОТЕНЦІЙНІ ЗМІНИ В ПРАВИЛАХ ЗМАГАНЬ ІЗ СУЧАСНОГО П'ЯТИБОРСТВА.** Сергій СТЕЦЬКОВИЧ, Мар'ян ПІТИН, Наталя СТЕЦЬКОВИЧ. *Львівський державний університет фізичної культури.*

**Анотація.** У статті розглядаються зміни правил змагань у сучасному п'ятиборстві за період розвитку цього виду спорту. Окреслено ключові зміни, які відбулися в 1964, 1996, 2008, 2009 і 2011 роках. Значено можливість подальших змін у правилах змагань: збільшення відстані для пострілу або зменшення діаметра мішені, введення обмежень щодо кількості пострілів у «комбайні»; підвищення нормативу або зміна стилю у плаванні; збільшення кількості або висоти бар'єрів, підвищення штрафних очок у верховній їзді; зменшення часу проведення поєдинків у фехтуванні.

**Ключові слова:** сучасне п'ятиборство, потенційні зміни, тенденції правила змагань.

**Introduction.** Changes in the rules of competition realization in a modern pentathlon have a substantial influence on competition activity, sporting results and training system of sportsmen in this kind of sport [11, 12]. The analysis of scientific-methodical literature shows that influence of present changes in the rules of modern pentathlon hadn't found the reflection in scientific researches, which forms the pressing questions for changes description of competition rules in a modern pentathlon and general progress determination in this kind of sport. Depending on this orientation of sportsmen system preparation is determined [6, 7, 8, 9, 11].

The work is executed according to a theme 2.6 «Theoretical-methodical bases improvement of training process and competition activity in the structure of long-term preparation of sportsmen» of the plan of editing of scientific-research work in the field of physical culture and sport in 2011-2015 by Ministries of Ukraine Ministry of family, youth and sport.

**Research purpose:** To define the changes of competition rules in a modern pentathlon.

**Research Tasks:**

1. To generalize the evolution of competition rules in a modern pentathlon.
2. To set the directions of possible changes of competition rules in a modern pentathlon.

**Materials and methods:** theoretical analysis and generalization of literary sources; documentary method; pooling (conversation).

**Results and discussion.** Changes in the competition rules (table. 1), which took place in a modern pentathlon, had a substantial value in development of this kind of sport and no less substantial correction in the results methods determination of winners and training system of high sportsmen class [4, 6, 8, 9, 11, 12].

The most influential changes in the rules of holding competitions in a modern pentathlon took place in: 1964, 1996, 2008, 2009 and 2011 years. In 1964, at congress of International federation modern pentathlon a number of changes were brought in to the system of winner's determination. «Qualifying standards» were fixed on the basis of new estimations. For every kind a certain qualifying standard for a receipt 1000 test points was set, except for riding, where this standard was made for a receipt 1100 points [6, 11, 12].

In 1996 key changes took place in a modern pentathlon, the competitions in all disciplines began to take place during one day. It caused aspiration for the International federation of modern pentathlon to do this kind of sport more compact and attractive for an audience and mass media [1, 2, 3, 4].

Revolutionary changes for the modern pentathlon took place in 2008 after the XXIX Olympic Games (Beijing, Chinese People's Republic). They concerned the unification of two disciplines of complex (firing and running) to a one combined kind. As a result, competitions on a modern pentathlon became actually conducted in four disciplines. These changes of competition rules were also directed on intensification and popularization of this kind of sport [1, 2, 10].

Table 1

## Changes in the rules of modern pentathlon for the period of development

Year		The content of changes
1948	before	Competitions were conducted exceptionally in the program of Games of Olympiads. Only soldiery (officers) took part.
	after	It was allowed all sportsmen participate. World Cups were introduced.
1962	before	Distance in riding (races with steeplechase of barriers) was 5000 or 2500m.
	after	Distance was 800-1200m.
1964	before	At determination of winners occupied by participants in the separate types of the program were taken considerations into account.
	after	The results of pentathlet's performances in every discipline were estimated in test points that were then summed up.
1984	before	All cycle of competitions lasted five days (on one discipline of the complex was taken one day).
	after	A decision to conduct firing and running in one day was made. Competitions were held during 4 days.
1992	before	Distance in swimming competitions was made 300m, running was 4km - thus had a character exceptionally "cross-country".
	after	Distance in swimming was shortened to 200m, and in running - to 3km. It was allowed to conduct a competition in running on stadiums.
1994	before	Firing was conducted from a small-bore weapon in the distance of 25m on a silhouette target. A fencing duel lasted 3 min. Distance in riding (races with overcoming of barriers) made 800-1200m.
	after	A weapon in firing was substituted by pneumatic and firing was conducted on an immobile target from a distance of 10m. Fencing duel was cut down at first to two, and later to one minute. Races in riding were substituted by show jumping; distance was diminished to 450 - 600m.
1996	before	From 1984 competitions were conducted during 4 days.
	after	Since the XXVI Olympic Games in 1996 (Atlanta, USA) competitions in all disciplines of complex were conducted in one day.
2001	before	A starting standard in riding made 1110 points.
	after	A standard was enlarged to 1200 points.
2008	before	Firing and running were conducted as separate disciplines.
	after	After the XXIX Olympic Games in 2008 (Beijing, Chinese People's Republic) firing and running were incorporated in one discipline - combined kind.
2009	before	Control time for getting 2000 points in the combined kind made 14,00min.
	after	Control time for getting 2000 points in the combined kind made 12,30min.
2010	before	Diving suits were used in swimming.
	after	It was forbidden to use diving suits in swimming.
2011	before	Firing as a component of the combined kind was conducted from a pneumatic pistol.
	after	Firing in the combined kind is conducted from a laser pistol.

Since creation of a new discipline the sporting results of sportsmen grew substantially. Accordingly, to normalize results and level the chances in each of disciplines, in 2009 norms were raised for the receipt of sum in 2000 test points, whereupon, results in the combined kind became objective to represent individual possibilities of sportsmen and answer ideas of modern pentathlon founded by Pierre de Coubertin [8, 12].

In 2011, shooting from pneumatic pistol in the combined type of the program was replaced by shooting from a laser weapon [6, 8]. These changed the rules substantially and influenced the shooting speed as compared to rules at 2008. So, on the 1-st stage of 2011 World Cup on «closing» of fifteen



targets (3 series for 5 shots) a sportsman expended 43 seconds. Thus, the system of sportsmen's preparation in the combined kind needs substantial correction of shooting and running background [9].

Analyzing changes and evolution of competitive activity in a modern pentathlon, it is possible to do suppositions of subsequent possible changes in the rules of holding competitions in this kind of sport:

Combined kind: increase shooting distance from 10m to 15-25m; decrease diameter of targets from 10,5m to 5-7m.; establishment limits on the amount of shots during every shooting-line: fixing penalty circles (100 – 200m) for misses and unclosed targets on every shooting-line; extra charge of additional (penalty) time (20 – 30sec) for every unclosed target; decrease temporal slat on closing of all targets (from 70sec to 40sec) and accordingly after untimely closing of five targets from sportsmen penalty points will be taken off; increase amount of shooting-lines from three to four, accordingly changing distributing of distance at run from three per 1km to four per 750m [7].

Swimming: increase of norms for a receipt 1000 points from 2min 30sec to 2min 00sec; change style of swimming on the distance 200m from free style to the complex swimming.

Riding (show jumping): increase amount of barriers to 20 on distance, or increase height of barriers to 2-2,5m.; increase penalty approvals for an unsuccessful action during overcoming distance of show jumping.

- Fencing: fixing hits by the wireless system; decrease time of holding duels from one minute to 30 seconds; retype weapon from a sword to a saber or foil (from example of the program of the Olympic Games in fencing).

The changes should also be in the general structure:

- Increase of amount kind of competitions in which the complete sets medals on Games of Olympiads is possible.

- Decrease time holding competitions, foremost due to reduction of break between disciplines or continuous realization of all kinds, from example of biathlon or triathlon.

**Conclusions.** Rules and program of competition activity in a modern pentathlon were repeatedly changed and corrected. The reason of changes in a modern pentathlon was a desire for popularization of this kind of sport, do it a more entertaining and promote intensity with the purpose of decreasing expenses and improvement conditions for TV broadcasting.

Further rules changes in a modern pentathlon can touch such aspects as: time reduction of holding competitions, complication conditions of competition activity and introduction new types of the program to the competition.

The prospects of further researches foresee research features of competition activity in a modern pentathlon taking into account the modern stage development of this kind of sport.

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**Annotation.** The article presents competition rules changes in modern pentathlon over the period of its development. The most important changes that occurred in 1964, 1996, 2008, 2009 and 2011 have been characterized. Possible further changes in the rules of competition are determined: the increase of the distance for shot or decrease of the target diameter, leading in the restrictions on the number of shots in the "processor"; increase of standard or change of style in swimming, increase of the number or height of barriers, increase of penalty points in riding, reducing the time of the matches in fencing.

**Key words:** Modern pentathlon, further changes, trends, rules of competition.