



SOUTH AFRICAN MODERN PENTATHLON ASSOCIATION

Contact: Secretary General  secretarygeneral@sapentathlon.org.za  +27 82 457 5208

MODERN PENTATHLON, OBSATCLE LASER RUN AND OCR SELECTION CRITERIA 2026, 23 Feb 2026

South African Modern Pentathlon's selection criteria for UIPM world championship competitions, UIPM world cups, African championships and criteria for the awarding of protea colours, federation colours and participation requirements.

National Championships and an approved selection process will be conducted to select athletes and to ensure that fair and equal opportunity is provided to every athlete that attempts to qualify.

1. REQUIREMENTS FOR ATHLETE SELECTION

- a) Be a South African Citizen and hold a valid South African Identity Document or passport.
- b) Affiliated with the South African Modern Pentathlon Association (SAMPAPA) and their respective province.
- c) All amounts due and payable have been settled.
- d) Be a member in good standing with the National Federation, SASCOC and the UIPM.
- e) Adhere to and comply with all SAMPAPA rules and regulations and any other rules stipulated by SASCOC and the UIPM.
- f) Adhere to the Code of Conduct of SAMPAPA, SASCOC and the UIPM.
- g) Comply with the World Anti-Doping Code.
- h) Respect the spirit of fair play, non-violence and behave accordingly.
- i) Has competed at the South African National Championship unless the athlete has applied and been granted exemption by SAMPAPA due to international training and residence reasons. The athlete must compete at the South African Championships during the Olympic year and the preceding year.
- j) The athlete remains fit and able to represent South Africa. The SAMPAPA Selection Committee reserves the right to call for a fitness test, the result of which may lead to the de-selection of the athlete.
- k) An athlete who has represented another country in the Olympic Games, continental or regional games, world or regional championships recognised by UIPM, may compete as a South African, at a UIPM category A or UIPM category B competition, provided that at least 2 years have passed since the competitor last represented the former country. This period may be reduced or even cancelled by the UIPM Executive Board which considers the circumstances of each case with the agreement of SAMPAPA, the National Federation the athlete previous represented and SASCOC. With respect to representing South Africa at the Olympic Games, at least 3 years must pass since the competitor last represented the former country. This period may be reduced or even cancelled by the UIPM Executive Board which considers the circumstances of each case with the agreement of SAMPAPA, the National Federation the athlete previous represented and SASCOC.
- l) Athletes who have qualified for international events, may apply to SAMPAPA to be entered into an open international event min 60 days before the competition for entry by SAMPAPA.
- m) **AGE UP**



**Member of South African Sports Confederation and Olympic
Committee (SASCOC)
Member of Union Internationale de Pentathlon (UIPM)**





SOUTH AFRICAN MODERN PENTATHLON ASSOCIATION

Contact: Secretary General  secretarygeneral@sapentathlon.org.za  +27 82 457 5208

Once an athlete has achieved the qualifying points in their own age group, they may enter a higher age group at Provincial events. If the athlete qualifies in the higher age group and wishes to enter an international event in a higher age group, they must still compete in their own age group World Championships. Athletes may only enter one age group in an Interprovincial event.

Athletes must enter their own age group at the South Africa Championships.

2. REQUIREMENTS FOR MODERN PENTATHLETES TRAINING AND RESIDING ABROAD

- a) Be affiliated with their respective province.
- b) While athletes training and/or residing abroad are encouraged to compete at the National Championships, these athletes may make an annual application to SAMPA and their provinces via email to secretarygeneral@sapentathlon.org.za requesting that they be exempt from the requirement to compete at the provincial championships and/or national championships due to their training and/or residence abroad.
- c) Such athletes shall submit proof together with their application that they have met the performance criteria at events organised / recognised by a National Federation affiliated with the UIPM.
- d) The athlete will provide the province and SAMPA with proof of their performances prior to the relevant National Championships.
- e) With respect to consideration for Olympic Games, the athlete shall compete at the National Championships in the year of the games and the preceding year. It is preferred that athletes compete in their National Championships.

3. PROVINCIAL CHAMPIONSHIPS

Athletes are required to be registered and affiliated with SAMPA to compete at their Provincial Championships.

All provincial Championships are open championships so that athletes are allowed to use them for qualifications.

Other criteria to compete at the provincial championship shall be set by the respective provincial committee.

4. NATIONAL CHAMPIONSHIPS

Age restrictions

No athlete younger than 9 years of age may compete in U11. There will be no U9 category in Provincial and National Pentathlon Championships.

U11, U13 and U15 may compete in fencing and U13 may compete in Obstacle with assistance at the Provincial and SA Championships. These disciplines are optional.



**Member of South African Sports Confederation and Olympic
Committee (SASCOC)
Member of Union Internationale de Pentathlon (UIPM)**





SOUTH AFRICAN MODERN PENTATHLON ASSOCIATION

Contact: Secretary General  secretarygeneral@sapentathlon.org.za  +27 82 457 5208

SA Championship Medals will be awarded as follows:

U11 – Laser Run and Swimming with a special medal for the fencing winner.

U13 – Laser Run and swimming with a special medal for fencing and obstacle winners.

U15 – Obstacle, Swimming and Laser Run with a special medal for fencing winner.

Modern Pentathlon and Tetrathlon (4 events)

Athletes must compete in one Interprovincial/Provincial Championships to be entered for the SA Championships and meet their Provincial points criteria where applied.

Masters wanting to enter Horse Riding in Pentathlon, must present a video with completion time on a predetermined course at a recognised riding school prior to the SA Championships as well as a letter of competency as per UIPM rules.

5. ENTRIES TO INTERNATIONAL EVENTS

- a) All World Championships, World Cups, International Category A and B competitions require entry via the UIPM portal system. Entry via the UIPM portal system shall be managed by SAMPA. With respect to Category C, where athletes are representing South Africa, entry is managed via the hosting National Federation. No athlete may enter as a private entry.
- b) The points criteria for age groups (U15, U17, U19), junior and senior can be achieved at the Interprovincial competitions, National Championships, Continental Championships, UIPM World Cups, UIPM World Championships or any other event that SAMPA has approved for qualification.
- c) Pentathletes must meet the points criteria to be awarded Protea or Federation colours. Athletes may be entered by SAMPA to International events for development purposes.
- d) At world championships every national federation has the right to enter 8 participants per gender. The SAMPA Selection Committee shall select the top 8 athletes based on their highest points achieved during the season. If the athlete has not attended the SA National Championships, the athlete must have been issued an exemption to be considered for selection - refer to sections 2 which explains the exemption process. A roll-down process will take place to other athletes who have met the selection criteria should the selected athletes not accept their place.
- e) For an athlete to be awarded Junior or Senior Protea colours, the athletes must have competed in the South African Championships in that year and represent South Africa in the same season at an international event.
- f) SAMPA has the right to invite athletes to compete in international events for the development of the sport.
- g) Masters must be affiliated with SAMPA. If athletes do not do the SA Championships, they cannot be entered for Relay events or Team medals at the Masters world championships.



**Member of South African Sports Confederation and Olympic
Committee (SASCOC)
Member of Union Internationale de Pentathlon (UIPM)**





SOUTH AFRICAN MODERN PENTATHLON ASSOCIATION

Contact: Secretary General  secretarygeneral@sapentathlon.org.za  +27 82 457 5208

6. ATHLETE SELECTION PROCESS

Athletes will also be required to meet the qualifying points criteria.

1. NATIONAL RANKING

The U15, U17, U19, Junior and Senior Athletes will be ranked on their highest points achieved at Interprovincial competitions and SA Championships.

QUALIFYING POINTS

Athletes will be required to meet the qualifying points criteria as set out below with the following conditions.

U19, Juniors and Seniors will be allocated a maximum of 250 fencing points towards the points required.

U17 will be allocated a maximum of 225 fencing points towards the points required.

U19, Junior and Senior

Calculated on 5 disciplines as per the Pentathlon format of fencing, swimming, obstacle and laser run and are calculated on the average of the podium of the U19, Junior and Senior UIPM 2025 Pentathlon World Championships. **The fencing points allocation will be capped at 250 points at South African competitions. Fencing points will not be capped at UIPM International Category A, B or C competitions.**

The A standard reflects the points required to finish within 88% of the average U19, JNR and SNR podium. B standard remains unchanged from the 2025 U19 & Junior criteria. Athletes not achieving the below criteria, may be considered for development purposes at the discretion of the Selection Committee.

Male average points 1565	Female average points 1446	Colours
A standard: 1375 points B standard: 1302 points	A standard: 1272 points B standard: 1197 points	Protea Colours Federation Colours

U17

Calculated on 5 disciplines as per the Pentathlon format of fencing, swimming, obstacle and laser run and are calculated on the average of the podium of the UIPM 2025 Pentathlon World Championships. **The fencing points allocation will be capped at 225 points.**

The standard remains unchanged from 2025. Athletes not achieving below the below criteria may be considered for development purposes at the discretion of the Selection Committee.

Male average points 1496	Female average points 1424	Colours
Standard: 1262points	Standard: 1170 points	Federation Colours



Member of South African Sports Confederation and Olympic Committee (SASCOC)
Member of Union Internationale de Pentathlon (UIPM)





SOUTH AFRICAN MODERN PENTATHLON ASSOCIATION

Contact: Secretary General secretarygeneral@sapentathlon.org.za +27 82 457 5208

U15

Calculated on 4 disciplines as per the Tetrathlon format of obstacle, swimming and laser run and are calculated on the average of the podium of the UIPM U15 World Championships 2025.

The standard remains unchanged from 2025. Athletes not achieving the below the criteria may be considered for development purposes at the discretion of the Selection Committee.

Male average points 1242	Female average points 1143	Colours
Standard: 1013 points	Standard: 965 points	None as contested over 4 disc.

7. PARA QUALIFICATION refer to SASCOC RULING

- a) Athletes who are classified in the Para Category through SAMPA, are automatically qualified for the UIPM World Championships Para Division.
- b) Athletes must be registered with SAMPA.

8. OBSTACLE LASER RUN OCR times = Finalist either top 18 (Protea) or top 36 (B) LR = SAMPA WC QT

Male points							Female points				
		OCR Time	OCR points	LR Time	LR points	Total	OCR Time	OCR points	LR Time	LR points	Total
U15		56	278	7:05	535	813	62	259	7:40	500	759
U17		40	325	9:40	550	875	62	259	10:50	480	739
U19	Protea	36	337	12:06	574	911	45	310	13:30	490	800
	B QT	50	295	13:20	500	795	61	262	14:50	410	672
JNR	Protea	36	337	12:06	574	911	45	310	13:30	490	800
	B QT	50	295	13:20	500	795	61	262	14:50	410	672
SNR	Protea	36	337	12:06	574	911	45	310	13:30	490	800
	B QT	50	295	13:20	500	795	61	262	14:50	410	672
40+		40	325	9:40	550	875	62	259	10:50	480	739



Member of South African Sports Confederation and Olympic Committee (SASCOC)
Member of Union Internationale de Pentathlon (UIPM)





SOUTH AFRICAN MODERN PENTATHLON ASSOCIATION

Contact: Secretary General  secretarygeneral@sapentathlon.org.za  +27 82 457 5208

9. TEAM MANAGERS AND COACHES

Team managers and coaches appointed by SAMP Executive Board must comply with the following conditions:

9.1 Team managers

- a) Must be registered SAMP members (officials, Judges or coaches)
- b) Hold a UIPM Judges certification.
- c) Be safeguarded and have a SAMP profile with the Guardian.

9.2 Team Coaches

- a) Must be registered SAMP members (officials, Judges or coaches)
- b) Hold a UIPM Coaches certification.
- c) Be safeguarded and have a SAMP profile with the Guardian.

Protea colours are awarded to above officials if the above conditions are met and the UIPM world Championships is U19, Junior or Senior competition.

10. OCR

OCR World Championships includes U15 -50+ age categories. (QT's are still to be determined in consultation with OCR)

100m

400m

Long distance

23.02.2026



Member of South African Sports Confederation and Olympic Committee (SASCOC)
Member of Union Internationale de Pentathlon (UIPM)

