



49th Bernese Triathlon

19 September 2026 – Reconvilier

General Regulations

Basis

Competition Regulations of the **Bernese Triathlon**, established by the **Bernese Association of Non-Commissioned Officers' Societies (BANCOS)**.

Approval

Approved by **BANCOS** and the **Swiss Association of Non-Commissioned Officers (SASNCO)** on **31 March 1998**.

Amendment

Amendment adopted by **BANCOS** on **18 March 2000**.

Participants

The Bernese Triathlon is an individual competition open to:

- all members of **BANCOS** and the **Swiss Association of Non-Commissioned Officers (SASNCO)**;
- members of affiliated military associations and sections;
- all members of the armed forces;
- juniors.

Insurance

Persons who are serving or have served in the armed forces are insured against accidents. The same applies to juniors registered with the **Swiss Association of Non-Commissioned Officers (SASNCO)** through their respective section.

Registration

The registration form is available on the website: www.asso-reconvilier.ch

Completed registration forms must be submitted no later than: **9 September 2026**

to:

Alexandre Grosjean

Technical Officer

ASSO Reconvilier & environs

chef.technique@asso-reconvilier.ch

The entry fee must be paid at the time of registration to the account indicated on the registration form.

Postal Account (PostFinance):

ASSO Section Reconvilier et environs

CH14 0900 0000 1652 8692 4



Entry Fees

- Military personnel, juniors, seniors and women: **CHF 35.–**
- Score Orienteering only: **CHF 12.–**
- 300 m Rifle Shooting only: **CHF 22.–**

Late Registration

Late registrations are accepted on the day of the competition at no additional charge.

Changes and Withdrawals

In the event of withdrawal supported by a medical certificate, **CHF 20.–** will be retained to cover administrative expenses. The remaining balance will be refunded.

Dress Code

Competitors

Camouflage Uniform 90 with rank insignia, where available.

Organising Committee and Staff

- Military personnel still liable for service and persons released from military obligations: Camouflage Uniform 90 with rank insignia, where available.
- Juniors: civilian clothing.
- Members of the societies assisting with the organisation: Camouflage Uniform 90 with rank insignia, where available.

Organisation of the Competition

Assembly

Assembly takes place at the Competition Centre.

Salle de gymnastique

Chemin du Stade 8
2732 Reconvilier

Participants must follow the event signage provided by the organisers.
Parking facilities and a marshalling service are available near the Competition Centre.

Race Number Collection

- First race numbers collection: **08:00**
- Final issue of race numbers: **10:30**

Competition Office

The Competition Office is located at the Competition Centre.

Military Performance Record Book

Where applicable, the Military Performance Record Book (Form 30.51) must be presented at registration before the start of the competition.



Catering

The restaurant at the Competition Centre is open from **07:15**.

Medical Service

A medical service is provided throughout the event, including along the Score Orienteering course.

Proclamation of Results

The prize-giving ceremony will take place at approximately **2:00 p.m.** at the Competition Centre. Special prizes not collected during the ceremony will not be sent by post.

Protests

Any protest concerning a competitor or a member of the organising staff must be submitted in writing to the President of the Organising Committee at the Competition Office within **30 minutes** after the end of the competition.

The Competition Jury shall make the final decision on all protests and may, where appropriate, disqualify a competitor.

Competition Jury

The Jury consists of:

- The President of the Organising Committee (Elie Rebetez);
- The Vice-President of the Organising Committee (Thierry Sommer);
- Two members of the Executive Committee of the **Bernese Association of Non-Commissioned Officers' Societies (BANCOS)**.

Prizes

The first, second and third placed competitors in each category will receive a special prize, provided that at least five competitors are classified in that category.

Prize-Giving

At the end of the competition, the official results will be compiled.

Category prizes will be presented during the Prize-Giving Ceremony at approximately 2:00 p.m.

The official results, including the category rankings and the overall ranking, will be sent to the participating sections after the event.

Technical Regulations

Disciplines

The competition consists of the following disciplines, which are completed in the order listed below:

- 300 m Rifle Shooting
- Hand Grenade Throwing
- Score Orienteering



Categories

- **Active I:** 20 to 30 years (born between 2006 and 1996)
- **Active II:** 31 to 40 years (born between 1995 and 1986)
- **Senior I:** 41 to 50 years (born between 1985 and 1976)
- **Senior II:** 51 years and over (born in 1975 or earlier)
- **Junior:** 16 to 20 years, who have not completed Swiss Recruit School
- **Schoolchildren I:** 12 to 15 years
- **Schoolchildren II:** 8 to 11 years
- **Women**
- **International Guests**
- **Score Orienteering only**
- **300 m Rifle Shooting only**

The applicable year-of-birth categories are determined according to the year in which the competition takes place.

Scoring

The results achieved in each discipline are converted into ranking points.

The total number of ranking points determines the final classification.

In the event of a tie, the better shooting score shall decide the ranking.

If the competitors remain tied, the greater number of **4-point hits** shall decide.

Should the tie still remain, the older competitor shall be ranked first.

Rankings

A separate ranking is established for each category.

The member of the **Bernese Association of Non-Commissioned Officers' Societies (BANCOS)** achieving the highest overall score shall be declared **Bernese Triathlon Champion**.

Information

Alexandre Grosjean

Technical Officer

ASSO Reconvilier & Environs

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300 m Rifle Shooting

Dress Code

Camouflage Uniform 90 with rank insignia, where available.

Distance: 300 metres, Field Target B4 (4-point scoring).

Shooting Programme

A total of **12 rounds** are fired, including **2 sighting shots** (1 minute per sighting shot).

The competition then consists of:

- **1st series:** 2 shots in 40 seconds
- **2nd series:** 3 shots in 40 seconds
- **3rd series:** 5 shots in 40 seconds

The results are announced after each series.



Range Commands and Procedure

All firing commands are given by the range personnel.
Competitors using the **Karabiner** (K31) must keep their rifle shouldered throughout the commands.

Shooting Positions

- **Assault rifle:** prone position using a front support or bipod.
- **Karabiner:** any shooting position or with support.

Scoring

Ranking points are calculated according to the official conversion table in force.

Special Provisions

Malfunctions attributable to the competitor's firearm are the responsibility of the competitor, except in cases of equipment failure.

Shots fired after the allotted time shall score **zero**.

If a competitor fires more shots than prescribed in a series, the highest scoring excess shots shall be cancelled.

The shooting programme may **not** be repeated.

If, through no fault of the competitor, more hits than prescribed appear on the target, only the highest scoring hits corresponding to the prescribed number of shots shall be counted.

Ammunition

Ammunition is issued to competitors after registration directly at the shooting range.

Transportation

A shuttle service operates between the Competition Centre, the shooting range and the start of the Score Orienteering course.

Safety Regulations

A weapon safety check is carried out before and after shooting.

The organiser, **ASSO Reconvilier & Environs**, and the **Reconvilier Rifle Club** accept no liability for accidents resulting from failure to comply with safety regulations or range commands.

Hand Grenade Throwing

Dress Code

Camouflage Uniform 90 with rank insignia, where available.

Competition Format

This discipline consists of two events, which must be completed consecutively:

- Precision Throwing
- Distance Throwing

Run-up

The run-up is limited to **5 metres** in each throwing direction.

The throwing line is marked by a wooden beam.



Practice Hand Grenades

Each competitor is issued **12 HG 85 practice hand grenades**.

- **Part 1:** 9 precision throws within **3 minutes**.
- **Part 2:** 3 distance throws within **90 seconds**.

Part 1 – Precision Throwing

Layout

As shown in the diagram on **page 7**.

Distances

Distance to the centre of each target:

- **Target 1:** 15 m
- **Target 2:** 20 m
- **Target 3:** 25 m

The centre of each target is marked by a reference point.

Time Limit

3 minutes, starting with the first throw.

Throws

Three throws are made at each target, beginning with the nearest target.

Scoring

The point of impact determines the score.

If the grenade lands on a scoring line, the higher score shall be awarded.

Point Values

If the grenade lands inside the scoring circles, points are awarded as follows:

Target	15 m	20 m	25 m
Inner Circle	6 pts	7 pts	8 pts
Outer Circle	3 pts	4 pts	5 pts

Distance Adjustments

Up to 60 years:

15 m – 20 m – 25 m

Up to 65 years:

10 m – 15 m – 20 m

(also applies to competitors aged 12 to 16 years)

70 years and over:

5 m – 10 m – 15 m

(also applies to children up to 11 years of age)



Part 2 – Distance Throwing

Throwing Sector

The valid landing area is defined by a **30° sector**.

Time Limit

90 seconds, starting with the first throw.

Scoring

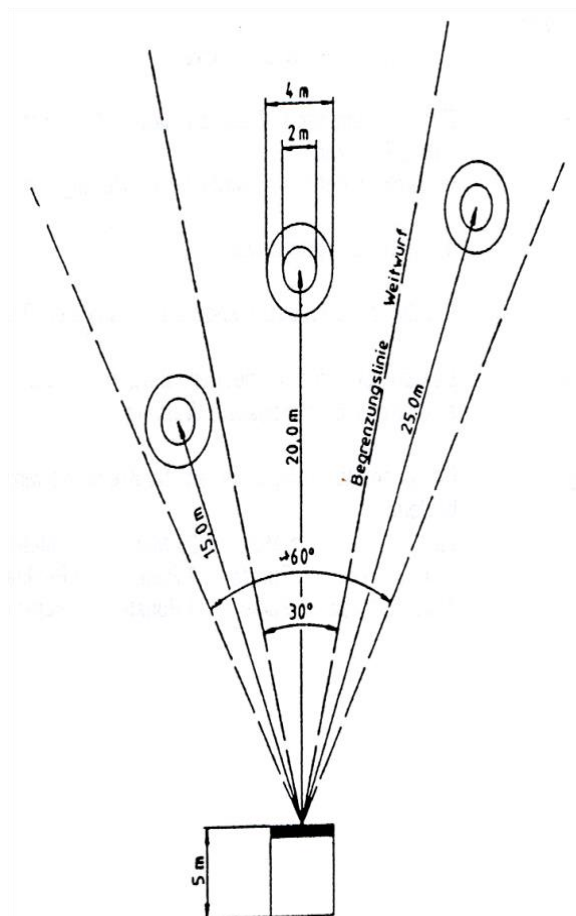
The best throw, measured in **metres and centimetres**, counts as the result for this event.

Example:

A throw of **35.23 m** is worth **35.3 points**.

Overall Result

The combined results of **Precision Throwing** and **Distance Throwing** are converted into ranking points according to the official conversion table.





Score Orienteering

Dress Code

Camouflage Uniform 90 with rank insignia, where available.

Map

Each competitor is provided with a **1:10,000 orienteering map**.
All control points are printed on the map.

Start

Competitors start individually at **one-minute intervals**.

Competition Format

In the Score Orienteering event, competitors must visit as many control points as possible within the allotted time, in any order they choose.
Depending on their distance from the start, control points are worth **10 to 150 points**.
The maximum attainable score is **1000 points**.

Control Points and Punching

Control points are marked with standard orienteering control markers (see the model control at the start).
Timing and punching are carried out using the **SportIdent electronic punching system**.

Time Limit

The maximum time allowed is **60 minutes**.

Time Penalty

For every **2 seconds** (or part thereof) beyond the maximum time limit, **1 point** will be deducted.

Scoring

The total number of points collected at the control points, minus any time penalties, constitutes the competitor's result in the Score Orienteering event.

Transportation

The start of the Score Orienteering course is located approximately **10 minutes' walk** from the Competition Centre.
A shuttle service is also provided.

Compass

No compass is provided by the organiser.