

Nordic - SECTION 3

COMPETITION RULES

GENERAL

3.1 This section provides the structure within which all AWSA competitions should be conducted; it is based on the 2008 IBU Event and Competition Rules, incorporating 2008 FIS Cross Country (XC) Ski Competition Rules where appropriate. The majority of those sections relevant to the AWSA are repeated verbatim; changes to the original wording in the included sections are shown *in italics*. The intent has been to state the minimum required by both competitors and officials to conduct AWSA competitions at established competition sites. Reference is made to sections of IBU and FIS Rules where more detailed information may be found when required for national competitions.

3.1.1 Paragraph numbering within this Section follows the IBU Rules (e.g. Para 3.4.1 is based on IBU Rule 4.1) and thus is not necessarily consecutive where IBU Rules have been excluded. The IBU paragraph number is highlighted in **bold**. Where appropriate and different, FIS rules have been included alongside the appropriate IBU Rule, with the FIS paragraph referenced.

3.1.2 National competitions hosted by the AWSA will be run according to the full IBU and FIS Rules.

3.1.3 TYPES OF COMPETITION. The types of competitions *recommended for AWSA meetings are shown at Annex A.*

3.1.3.8 Competition Specifications. The skiing and shooting specifications for AWSA classes of competitors and current types of competitions are shown *at Annex B.*

3.1.6 DRAW AND ASSIGNMENT OF START NUMBERS. *For the Draw and Seeding of individual competitors see AWSA Rules Section 2.*

3.1.6.5 Assignment of Start Numbers for Relay Competitions.

3.1.6.5.1 Method of Assigning Relay Start Numbers. See AWSA Rule 2.14.

3.1.6.5.2 Placement of Competitors in Relay Start Tracks. The assigned Start Number determines each team's start position.

3.1.6.5.2.1 Biathlon. Start positions are numbered from left to right, facing the direction of the start. Start Number 1 will be the left position and the highest number of the front row will be the right position. The lowest number in the second row will be placed behind Start Number 1 and so on. The assigned Start Number also determines, where possible, the shooting lane number on the range for the first bout of shooting only (see Rule 3.8.2.1).

3.1.6.5.2.2 XC. *Start Number 1 starts on the middle track, Number 2 to his right, Number 3 to the left of Number 1, and so on. The lowest number in the second row will be placed behind Start Number 1 and so on. (FIS art 372.2)*

3.1.7 TEAM CAPTAINS' MEETINGS. *As described in Section 1, it will be normal to hold a meeting of team captains and Championship Committee members each day to determine details of the following days' competitions. The Chief of Competition will chair the meetings. Start lists and start numbers for the following day's competitions should be available for collection by teams at the end of the meeting.*

3.1.8 PROHIBITIONS AND SANCTIONS FOR NON-COMPETING PERSONS

3.1.8.1 General. Unfair assistance or assistance not allowed by these Rules to competitors during a competition is prohibited.

3.1.8.2 Specific Prohibitions

3.1.8.2.1 On the Shooting Range. It is forbidden to give competitors any acoustic or visual information or advice, or to pass on any information to competitors by any communication method on the range, including 10 m to the left and right of the range. These prohibitions shall not apply to the general expressions of applause or disappointment by spectators.

3.1.8.2.2 On the Course. Pacing - running or skiing in front, beside or behind competitors - is forbidden. It is permitted to run without skis for up to 50 m beside competitors to give competition information or to offer beverages. It is forbidden to touch competitors in such a way as to assist their propulsion or to obstruct other competitors. Assistance to competitors to change the glide performance of their skis is prohibited during the competition, *except in XC classical technique (FIS art 340.1.2)*. In the area 100 m before and to 100 m after the range, in the handover zone and in the last 100 m before the finish, running beside competitors is forbidden.

3.1.8.3 Sanctions. Violation of these rules, or any behaviour that disrupts the event, may lead to spectators or other persons being removed from the venue by the Championship Committee.

3.2 ORGANIZATION BODIES AND APPOINTMENTS

3.2.3 COMPETITION JURY. See AWSA Rule 1.13.

3.2.3.5 Tasks of the Competition Jury. See Annex D.

3.2.5 TECHNICAL DELEGATE (TD). *Where possible, BANSC will appoint TDs to advise and assist organising committees, and encourage the development of officials, at all competitions held under the auspices of the AWSA. See Annex D, supplemented by IBU Rules Annex B and FIS art 304 for the TD's tasks and duties.*

3.3 COMPETITION VENUES AND FACILITIES

3.3.1 GENERAL. The competition venue is the site on which biathlon competitions and training are conducted, and consists of the stadium area and the course. Located in the stadium area are the start/finish areas, shooting range, penalty loop, relay hand-over zone, *additionally where possible* ski test area, team wax huts, team lounge, athlete changing area, spectator areas and parking spaces, as well as *the Championship Committee facilities*. The venue must be technically suitable, according to these Rules, to allow all the types of biathlon competitions to be held.

3.3.1.1 General Requirements. The start and finish areas, shooting range, penalty loop and relay hand-over zone shall be located on level ground and close together. These areas and critical parts of the course must be fenced off in order to prevent competitors from being impeded or going astray, and to prevent access by unauthorized persons.

3.3.2 START AND WARM-UP AREAS

3.3.2.1 General. The start area for all competitions must be level with the snow well packed and smoothly groomed. The start line shall be placed at right angles to the skiing direction and will be marked with a red line *in* the snow. The area must be well fenced. There *should* be a warm-up area immediately adjacent to the start *area* for competitors to perform their final, pre-competition warm-up, with enough room to store warm-up clothing.

3.3.2.2 Individual and Sprint Competition Start Areas. The start area for Individual and Sprint competitions *should* be approximately 8 - 10m long, a minimum of 2m wide and separated from the warm-up area by a fence with an opening to allow controlled access to the area.

3.3.2.3 Pursuit Competition Start Area. See IBU Rule 3.2.3 or FIS art 362-364.

3.3.2.4 Relay, Group and Mass Start Competition Start Area. The start area must be laid out in such a way that all the competitors will be required to ski the same distance until they reach the common course. Straight, parallel sets of tracks, with a minimum of 1.2m between each set of tracks (measured from centre to centre), must be set, *ideally* for a minimum of 35m (*Biathlon*) /100m (*XC*) from the start line. The number of start tracks will depend on the space available and the number of Relay teams entered, with the objective of having the fewest possible start rows. If there is more than one start row, the distance between rows *should* be 5m (*minimum 3m*). The end of the parallel tracks must be clearly marked. *Biathlon*: after the first parallel-tracked section there must be a further 50m of straight, level and smoothly groomed, trackless, gradually converging area that leads to the competition course; *XC*: after the parallel tracks there will be a zone where the tracks converge into the competition course (FIS art 315.6 & 372.1).

3.3.2.4.1 Start Position Boards. The start positions must be marked with numbers placed on the left of each position.

3.3.2.5 Course Information Board. *The course map, showing the track sequence for the competition, should be displayed to competitors at the competition site.*

3.3.2.7 Start Equipment/Material Inspection. The equipment/material inspection prior to the start must be located close to the start area, *designed and placed to facilitate the smooth, orderly and timely flow of competitors through to the start.*

3.3.3 COURSE AND ASSOCIATED SECTIONS

3.3.3.1 General. The course is the network of ski trails to be used for the competition. It shall consist of continuously changing flats, climbs and downhill sections. Extremely long and difficult climbs, dangerous descents and monotonous flats are not permitted. Changes in direction of the course must not occur so frequently that a competitor's ski rhythm is seriously disturbed. Detailed course specifications are given in *Annex B*.

3.3.3.2 Altitude, Width, Gradient and Length. The maximum altitude of any part of the course *should* not be higher than 1800 m above sea level, unless an exception is specifically authorized by the TD. *The trail should be wide enough to permit easy overtaking, particularly on difficult climbs; for IBU specified minimum widths see IBU Rule 3.3.2; for FIS see Annex B (FIS art 311 - 313).* The uphill gradient of course may not exceed 30%. The actual length of the course *should* not differ by more than 5% from the length specified for the competition.

3.3.3.3 Setting of Tracks. If required, tracks will be laid in downhill sections as directed by the TD. Tracks must not be set in such a way or in places where they may endanger or hinder competitors. The width and depth of tracks must be set so that all regular types of boots and bindings can be used without side friction.

3.3.3.4 Safety. The course must be prepared so that a competitor may ski it at full speed without undue risk of an accident.

3.3.3.5 Grooming. The course must be as level as possible, solidly packed and smoothly groomed. Downhill turns *may* be banked as necessary. All types of hindrances and obstacles must be cleared from the course, such as stumps, branches, stones and soil. Overhanging or protruding branches must be trimmed so that they do not obstruct or endanger competitors.

3.3.3.6 Marking. The course must be so clearly marked and defined so that at no time a competitor is in doubt how to follow the course. This applies especially to descents and other critical points; clear markings must be placed at such points. At 100m from the finish line there *should* be a sign board indicating "Finish - 100m".

3.3.3.6.1 Course Sequence Colours. The course must be uniformly marked on the most visible side in the ski direction by coloured sign boards *and/or flags*. *Colours for specific courses are detailed in the IBU Rule*. Junctions must be clearly marked.

3.3.3.7 Fencing. Trails that will not be used in the competition *should* be closed. Trails close to each other *should* be separated by fences or V-boards so that competitors cannot go on the wrong trail.

3.3.3.8 Forerunners. Immediately before the start of the competition the entire course *may* be skied before the first competitor's start by *official forerunners*. While on the course, they will clear it and correct the markings, if required. The TD will decide whether to use forerunners or not, *depending on the track conditions*.

3.3.3.9 Course Specifications for Competitions. *Annex B* details the required technical specifications for courses for each type of competition.

3.3.3.10 Relay Hand-over Zone. In Relay competitions there must be a well-marked hand-over zone, *ideally* 30m long and 8m wide, at the end of a straight trail section placed in such a way that incoming competitors will arrive at a controlled speed. The last 50m of the trail before the zone must be *straight and as wide as the hand-over zone*. The hand-over zone must begin at the timing line or at least close to it. The beginning and end of the zone must be marked with a red line and with a sign at the beginning: "Hand-over zone". The zone must be fenced along both sides, with one access gate for controlled entry by starting competitors. (*FIS art 347*)

3.3.3.10.1 The hand-over zone may only be entered by the incoming and outgoing competitors and by the officials responsible for control of the hand-over zone. At 100m before the hand-over zone there *should* be a sign board indicating "100m".

3.3.3.11 The Penalty Loop. For the Biathlon Sprint, Pursuit, Mass Start and Relay competitions, a penalty loop must be set up immediately after the shooting range – no further than 60m skiing distance from the right edge of the range to the entrance of the penalty loop. The loop should be an oval trail which is 150m (+/- 5m) long *and* must be so marked that competitors *cannot* mistake the entrance/exit. *There must be* no additional distance between the course and the penalty loop to be skied by competitors when they have to enter the penalty loop.

3.3.3.12 Ski Test Area. *See IBU Rule 3.3.12.*

3.3.3.13 Warm-up Course. *Where possible* there *should* be a separate course, in close proximity to the stadium and with easy access from the team huts, on which competitors can warm up. It should be approximately 600m long and prepared the same as the competition course. *In other situations competitors are allowed to warm-up on the competition course, but only in the direction taken by the competition (see AWSA Rule 3.5.4).*

3.3.4 SHOOTING RANGE

3.3.4.1 General. The shooting range is where all shooting takes place during a biathlon competition. The range must be flat and level and must be surrounded by adequate safety berms on the sides and behind the targets. The shooting range must be set up and placed with strict regard for safety in relation to the trails, stadium and the surrounding area.

3.3.4.1.1 The shooting range must conform *to* all local laws.

3.3.4.2 Specifications and Configurations

3.3.4.2.1 Shooting Distance. The distance between the front edge of the shooting ramp (firing-line) and the line of targets must be 50m +/- 1m.

3.3.4.2.2 Prone and Standing. *When the range is divided*, looking in the shooting direction, the right half of the range shall be for shooting in the prone position and the left half for shooting in the standing position. The division must be clearly indicated to the competitors by sign boards. During Pursuit, Mass Start and *the first leg of* Relay competitions, competitors fire from all lanes in both prone and standing positions.

3.3.4.2.3 Entrance and Exit. During both training and competition, competitors must enter the range from the left and exit on the right side.

3.3.4.3 Shooting Ramp. The shooting ramp is *a level area of 10 – 12m width, measured back from the front edge of the firing line*, at the rear of the range where the competitors lie or stand to fire. *The area is to be reserved for competitors, officials and members of the Competition Jury*. The ramp must be totally covered with snow, solidly packed, even, smoothly groomed and not icy. *The back of the shooting ramp must be entirely fenced off. Where there is room, a second fenced area of 2m width will be reserved for up to 3 coaches per team.*

3.3.4.3.1 Shooting Lanes. The shooting ramp is divided into shooting lanes from which one competitor at a time will shoot. Every shooting lane must be *between 2.7m and 3m* wide. The width of the lanes *is* marked on both sides on the shooting ramp from its front edge for a distance of 1.5m to the rear. Both sides of each lane must be marked from the *firing line* to the targets *ideally* with T-posts, in alternating colours matching the background colour of the target numbers, which clearly define the lanes but do not interfere with shooting.

3.3.4.3.2 Shooting Mats. For shooting in both the prone and standing positions, mats must be placed at the front part of each shooting lane on the shooting ramp. The mats *should* be 200cm x 150cm and 1 to 2cm thick, and must be made of synthetic or natural fibres with a non-slip surface.

3.3.4.4 Targets. There are two main kinds of targets used for biathlon - metal and paper. Only metal targets shall be used for competition and only paper targets shall be used for rifle zeroing. Both paper and metal targets may be used for training. *Only targets which conform to the IBU Material Catalogue will be used.*

3.3.4.4.1 The same type of target must be used for all competitors in one competition.

3.3.4.5 Numbering and Markings. The shooting lanes and the corresponding targets must each have the same number, easily visible, and beginning from the right with number 1. The target numbers must be mounted immediately above the targets. Both the target and firing point number signs *should* be in alternating colours – *ideally* black on yellow and yellow on black – starting at number 1 with black on yellow and matching the T-post lane markers.

3.3.4.5.1 Entrance and Exit Boundaries. At the entrance and exit of the range, 10m outward from the left and right hand shooting lanes, there must be a clear marking *to* indicate the outer edges of the information prohibition zone of the range.

3.3.4.6 Wind Flags. At competitions and official training, wind flags *should* be installed at the side of every second shooting lane beginning at the right side of lane 1, at 5m from the shooting ramp and 20m from the target. The flags must be placed so that the top edge of the flag is at the same level as the bottom edge of the targets and can not obstruct direct line of sight to the targets.

3.3.4.7 Relay Cups. At each *standing* firing point there must be a cup for spare rounds placed 1m above the ground. The cups must facilitate the easy picking-up of the spare rounds.

3.3.4.8 Rifle Racks. Suitably placed on the *rear of the shooting ramp*, there *should* be racks for reserve rifles for each team during competitions, training and zeroing.

3.3.5 FINISH AREA

3.3.5.1 General. The Finish Zone begins on the competition trail at the finish line and ends at the finish equipment/material and clothing inspection point; *it should* be at least 30m long and 8m wide without obstruction. The last 50m (*XC: 100m FIS art 315.3.4 & 315.4.2*) before the finish line must be straight and *should be* 9 m wide divided *if possible* into three equal lanes, with markers that do not interfere with skis. Only officials, finishing competitors and specially authorized *media* personnel under supervision of the Start/Finish are permitted in the Finish Zone. (*FIS art 353*)

3.3.5.1.1 The finish line must be marked by a sunken red line in the snow at a right angle to the incoming trail and clearly visible to the competitors. *The electronic timing measuring point should be at a height of 25cm above the snow surface (FIS art 353.1.2)*

3.3.5.2 Finish Equipment/Material Inspection. The finish equipment/material inspection must be located so that finishing competitors flow into it automatically and can pass through it under supervision. This is particularly important for relay competitions so that finished competitors do not obstruct the outgoing trail from the hand-over zone. The Finish Zone fencing and placement must be set up so that competitors are automatically led into, and have no way of evading, the finish equipment/material inspection.

3.3.5.4 Refreshment Point. There must be a Refreshment Point after the Finish Zone, its location agreed with the TD, to serve drinks, and to provide paper tissues and similar necessary services to competitors after they finish. Any beverages or foodstuffs provided there must be protected against any introduction of unauthorized substances.

3.3.6 TEAM WAX CABINS. See IBU Rule for details if required.

3.4 COMPETITION EQUIPMENT AND CLOTHING FOR EVENTS

3.4.1 GENERAL. The term competition materials/equipment and clothing includes all of the materials, equipment, competition gear and clothing which the competitor uses during an event, including advertising. The definitions and specifications of competition materials/equipment and clothing are regulated by the IBU Material Catalogue, *FIS art 222 and FIS Specifications for Competition Equipment and Common Markings*; and for advertising by the IBU Rules for Advertising, *FIS art 206 & 207 and FIS Advertising Guidelines*.

3.4.2 INSPECTIONS OF EQUIPMENT/MATERIAL AND CLOTHING

3.4.2.1 General. Competitors' materials/equipment and clothing shall be inspected before the start and after the finish of a competition.

3.4.2.2 Materials/Equipment and Clothing Inspection. Competitors shall report at the Materials/Equipment and Clothing Inspection Area not later than 15 minutes prior to their scheduled time of start to have their skis and rifle checked and marked, and their clothing inspected. Competitors whose materials, equipment or clothing do not conform will not be authorized to pass through the Start Materials/Equipment and Clothing Inspection until the discrepancies have been corrected. Equipment, rifles, materials and clothing which have been inspected and marked at start equipment inspection must not be modified in any way prohibited by these Rules. Team reserve rifles are to be brought to the Materials/Equipment and Clothing Checkpoint for inspection and marking, and then must be taken directly to the range and deposited in the reserve rifle racks. To facilitate the inspection of rifles, the Materials/Equipment and Clothing Checkpoint will be open before the start of zeroing. The early opening of the start equipment inspection shall be permitted and encouraged at all competitions in order to avoid time difficulties.

3.4.2.2.1 Specific Checks at Start Equipment Inspection. The following checks are to be made:

- a. That the competitor is wearing his start number and thigh numbers;
- b. The rifle shall be safety-checked to confirm it does not contain a live cartridge in the chamber or in its inserted magazine;
- c. The trigger resistance, (weight, dimensions and shape) of the rifle, (and the advertising on it) shall be checked for correctness. The rifle shall be marked with a small sticker affixed to the top front end part of the forestock that must be clearly visible to officials at the start and finish;
- d. Skis and poles shall be checked for correctness and the skis marked;
- e. Clothing and other materials/equipment shall be inspected for correctness, including advertising;
- f. Magazines may be spot checked to ensure that they contain only five rounds that can be fired directly from the magazine.

3.4.2.2.2 Markings. Marking of equipment shall be done to prevent unauthorized change of equipment during the competition by using the competitor's start number. Both skis and the rifle shall be marked. In Individual, Sprint, Pursuit and Mass Start competitions, only one colour shall be used to mark the skis with a coloured marker pen, and shall be unique for that competition. In Relay competitions, the skis must be marked according to the team start numbers and the colours or numbers of the start sequence within the team. The inspection sticker for the rifle must be placed on the top front end part of the forestock. *In XC Sprint competitions there is no ski marking; in XC pursuit competitions both pairs of skis must be marked (FIS art 342).*

3.4.2.2.3 Delayed Start. *Delayed* starting times because of late reporting at the Equipment Inspection Area, or *because of clothing or equipment* corrections that have to be made, shall be the responsibility of the competitor. The *organiser* must provide sufficient staff to ensure prompt equipment inspections for competitors who have reported in time.

3.4.2.2.4 Final Check Before Start. Between one to two minutes prior to the start, a check shall be made of the competitor by the Starter's Assistant(s) in order to ensure *that*:

- a. The competitor is wearing a start number and thigh numbers;
- b. The skis and rifle are properly marked;
- c. Advertising regulations are not being violated;
- d. By opening and closing the action of the rifle, that there is no round in the chamber or the inserted magazine;
- e. That the competitor has enough magazines;
- f. That the competitor is not in possession of any wireless communication device.

3.4.2.3 Finish Inspection. After arriving at the finish, and after the handover zone in Relay competitions, a check shall be made to confirm *that*:

- a. The rifle does not contain live ammunition in the chamber or the inserted magazine;
- b. Competitors have finished with at least one marked ski (*FIS art 353.1.7*) and their marked rifle, with *conforming* skis and poles;
- c. The rifle trigger resistance is at least 0.5kg (as a spot check);
- d. The advertising regulations were not violated.

3.5 TRAINING AND ZEROING

3.5.1 GENERAL. Competitors must be provided the opportunity and the facilities to prepare for the competitions. The *Organiser* must set Official Training times, provide ski testing facilities, and offer the opportunity for competitors to zero rifles and warm-up prior to the competition.

3.5.1.1 Exceptions. In extraordinary circumstances, the Competition Jury may close the entire facility or limit training on the facility to certain parts or to specific times.

3.5.1.3 Types of Training. Official Training is the period of time that the *Organiser* must provide for training on the facility. The facility must be prepared the same as for the competition. Unofficial Training is the time that the OC allows for training on the facility in addition to Official Training, when the facility does not have to be prepared as for the competition. *The Organiser* should allow as much time as is possible in the event program for Unofficial Training; if necessary, shooting lanes will be allocated for teams as for Official Training, as directed by the TD.

3.5.2 OFFICIAL TRAINING

3.5.2.1 General. The competition facility *should* be open for inspection and Official Training at least once before the first competition, prepared as for the competition and held at the same time of day as the competition itself. Each subsequent competition should also be preceded by Official Training unless it is not possible in the event program or due to other circumstances.

3.5.2.1.1 Skiing Training. The competition course for Official Training *should* be open at the times corresponding to the competition times, and *should* be groomed, marked and fenced or barricaded as for the competition. (*FIS art 338*)

3.5.2.1.2 Shooting Training. The shooting on the day prior to the competition should be organized at times corresponding to those of the competition day. Shooting *should* begin at the same time as the zeroing time of the competition day, with only paper targets in use and on designated shooting lanes. After 30 minutes, metal and paper targets will be used and the choice of shooting lanes will be free, until the end of the training period. When the metal targets are opened for Mass Start and Pursuit Official Training, the odd-numbered shooting lanes will be set to Prone and the even-numbered lanes will be set to Standing.

3.5.3 RIFLE ZEROING

3.5.3.1 Zeroing Time. Prior to the start of a competition, competitors must be given the opportunity to zero their rifles on the range, *ideally* for a period of 45 minutes, which should begin one hour before and end no later than 5 minutes before the first start. At Pursuit, Mass Start and Relay competitions, a shorter time may be used but it *should* be at least 30 minutes and end 15 minutes before the start, and without paper target change. If necessary, Men and Women may both zero prior to the first competition.

3.5.3.2 Rifle zeroing may take place only on the range and only paper targets will be used for zeroing. Paper targets for zeroing must be placed at the same level and the same distance from the firing point as the competition targets. When two rows of paper targets are placed, the second row shall be below the level of the competition targets. If the paper targets have to be changed during zeroing, the time required for the change will not be deducted from the time allocated for zeroing.

3.5.3.3 Allocation of Zeroing Lanes. Allocation of zeroing lanes is to be approved by TD.

a. For all individual competitions, each team should be allocated one zeroing lane on the range; the allocation of lanes will be determined by random draw. *If a team has more than 6 competitors entered, the additional competitors may share another, ideally adjacent, lane. If there are more teams than lanes on the range, 2 zeroing details will have to be programmed, with the allocation of teams to the first detail decided by category or lower standard.*

b. For Relay competitions, the team zeroing lane is to be the same as the start number, *where possible. If there are more teams entered than lanes on the range, 2 zeroing details will have to be programmed, with the HC and lesser seeded teams firing in the first detail.*

3.5.4 WARM-UP ON THE COURSE. The course shall be open for warming up for entered competitors and team staff until five minutes before the start, unless otherwise decided by the Jury. From five minutes before the start, skiing on the course *by competitors* is forbidden. *Warming-up on the ski competition course must always be done in the competition course direction. (FIS art 341.1.4)*

3.5.5 SKI TESTING. It is forbidden to use electronic timing equipment on the *biathlon* competition course. Electronic ski testing must be done in the area designated for ski testing or on sections of the course that are not in use. *When, in extraordinary circumstances, the biathlon TD authorizes ski testing on the competition course, and in XC competitions, electronic ski testing devices must be removed from the course at least 10 minutes before the start. (FIS art 341.1.4)*

3.6 START REGULATIONS (FIS art 351)

3.6.1 START TYPES AND INTERVALS

3.6.1.1 General. There are 5 types of starts: single; *pairs*; pursuit; group and simultaneous. The standard start intervals are 15, 20, 30 seconds or 1 minute.

3.6.1.2 Individual and Sprint Competitions. For all Individual and Sprint competitions single starts *at 30 second intervals will be the norm*; shorter or longer intervals shall be permitted if it is best for the competition. *XC competitions, particularly with a large entry, may be started in pairs.* For the Sprint competition, group starts can be used. The *Chief of Competition*, in consultation with the TD, will decide which start type and start interval is the best for the circumstances.

3.6.1.3 Pursuit Competitions. In *Biathlon and XC 'with a Break' (FIS art 363)* Pursuit competitions, no standard start interval will be used. Competitors shall start at the exact time listed in the start list as their start time, which is the length of time they finished behind the winner of the qualifying competition, rounded to the nearest second. *XC Pursuit Competitions 'without a Break' are started as a Mass Start.*

3.6.1.4 Mass Start Competitions. Start in the Mass Start competitions will be made in one single simultaneous start of all the competitors. *If there many entries, group starts may be used.*

3.6.1.5 Relay Competitions. Start in Relay competitions will be made in a simultaneous start of the first competitor of each team; *if there are many more teams than lanes on the range, group starts should be carefully planned to avoid congestion on the range and subsequent holding times.* Subsequent starts of other team members will be made with a tag by the incoming team member in the Relay hand-over zone.

3.6.1.6 Super Sprint Competition.

3.6.1.6.1 Start in the *biathlon* Super Sprint Qualification Competition will be made as a single or pairs start at 15 second intervals; *start in the XC Super Sprint qualification will be in groups.*

3.6.1.6.2 Start in the Super Sprint Final Competition will be made in one single simultaneous start of all the competitors.

3.6.2 STARTING POSITIONS AND STARTS. *Except at the Relay Handover, all competitors start from a stationary stance, feet behind the Starting Line/Gate, with poles stationary and placed in front of the Starting Line/Gate (FIS art 351.2.2).*

3.6.2.1 Single/Pairs Start with Electronic Timing. Competitors shall stand as close to the gate as possible and will pass through the gate at their starting time. *For Pairs Start, it is likely that only one competitor will pass through the gate, which will designate the starting time for both competitors; the other competitor is deemed to have a manual start at that time.*

3.6.2.2 Single/Pairs Start with Manual Timing. If only manual timing is used, competitors shall stand with both feet completely behind the Start Line and will cross the line at their starting time.

3.6.2.3 Pursuit Start. Competitors must arrive in the start area at the time directed by the Competition Jury for placement into their start lanes. They will be lined up sequentially in their start lanes. Each simultaneous start must be from a separate lane. Physical *control* of each start will be done by an official located at the Start Line of each lane; the officials will bar the crossing of the start line by holding their arm horizontally across the end of the lane, and quickly lowering the arm at the exact start time for that lane. Competitors will start when they are the next in line and when the arm is dropped. *Late starting competitors may start in a Group Start (FIS art 363.2.3).*

3.6.2.4 Relay Start. In relay competitions the first starters will stand in their assigned start tracks with both feet *behind* the line marking their start row, or *behind* their start position if no line is marked. *All rows* will cross the line when the designated start signal is given. Subsequent members of a relay team will stand in the Hand-Over Zone, according to the current competition's standing, and will start when tagged by the incoming team member. *For Placement of Competitors see Rule 3.1.6.5.2.1.*

3.6.2.5 Group Start. In group starts, the competitor with the lowest start number of that group shall take position 1, the second lowest position 2, etc. They shall stand as for the relay simultaneous start and will start when the designated signal is given. This process shall be repeated for each group.

3.6.2.6 Mass Start Competition Start. The Mass Start competition will start in the same way as the first starters in the relay simultaneous start. *In XC Mass Start the highest ranked competitor has the most favourable start position, followed by the next highest etc; the mass start should be carried out using a handicap start system with angled start lines (FIS art 351.3.2).*

3.6.2.7 Super Sprint Final Competition Start. For the Super Sprint Final competition, competitors will be assigned start numbers and start positions based on the results of the Super Sprint Qualification competition. They will start in the same order in which they finished the Qualification competition: the winner will start with start number 1, the second place with start number 2, and so on.

3.6.3 START SIGNALS

3.6.3.1 Single/Pairs Starts – Electronic Timing. The start command shall be given by the sound of the start clock (a loud beep) and by the visual time on the start clock. *The commands for the Manual Timing Start (AWSA Rule 3.6.3.2) may be given.* The starter must not touch the competitor.

3.6.3.2 Single/Pairs Starts – Manual Timing. The starter shall say "Ready" 10 seconds before the time of start and then count down loudly from 5 seconds before the start, saying "Five-four-three-two-one"; at the exact start time, the starter shall give the command "Go". The starter must not touch the competitor.

3.6.3.3 Pursuit Starts. The start signal will be the dropped arm of the lane official.

3.6.3.4 Simultaneous and Group Starts. In the Relay, Mass Start, Sprint with group starts and Super Sprint Final, the start signal shall be given by a shot from a starting pistol or other start device, or with a flag. Verbal warning signals will be given at 1 minute, 30 seconds and "Ready" prior to the start, with the start signal given within 5 seconds after "Ready".

3.6.3.5 Start in the Hand-over Zone. The relay hand-over must take place within the Hand-Over Zone in such a way that the arriving competitor touches the body (including torso, arms, legs, hands, feet and head) or the rifle of the outgoing competitor with his hand. *XC: any way of pushing the starting competitor is forbidden (FIS art 376.8).*

3.6.4 START TIME, EARLY START, LATE START AND FALSE START

3.6.4.1 Electronic Start Time. In single/pairs starts, the electronically recorded time of activating the gate shall be the start time if the competitor activates the gate within 3 seconds before or 3 seconds after the time designated in the start list. If a competitor starts more than 3 seconds before the scheduled time, it is an early start. If a competitor starts more than 3 seconds later than the scheduled start time, it is a late start and the time will begin from the scheduled time of start.

3.6.4.2 Manual Start Time. If only manual timing is used, the time of start shall be the time stated in the start list. If a competitor starts before the start signal, it shall be an early start *and time adjustments or time penalties may be made by the Competition Jury.* If the competitor starts too late, it shall be a late start.

3.6.4.2.1 Pursuit Competition. The time of start for each competitor shall be the time listed in the start list. In the event of an early start, time adjustments or time penalties may be made by the Competition Jury. If a competitor arrives too late at a start, the late competitor must be directed through a spare passage, and the official at that point will record the exact time when the competitor crosses the start line; *unless force majeure is claimed, his competition time and placement in the Pursuit will be calculated from his official start time in the start list.*

3.6.4.3 Relay, Mass Start and Sprint Competitions with Group Starts. The moment of start shall be at the time of the start signal.

3.6.4.4 Hand-over Zone Start Time. The start time for the relay team member taking over shall be the moment when the incoming team member enters the Hand-Over Zone by crossing the timing line at the beginning of the zone.

3.6.4.5 Early Start - Single and Relay Teams. If an early start occurs in a single competition or in the hand-over zone, the Starter's Assistant stops the competitor as quickly as possible after the Start Line or the Hand-Over Zone and sends him back. The competitor must return to behind the Start Line - or to the Hand-Over Zone in Relay competitions - and start again. If possible, except in a relay, the competitors will be restarted at their correct start time either through the gate or over the Start Line if using manual timing. If the correct start time has already expired, the time of start shall revert to the listed start time. Time thus lost will count against the competitor, *unless force majeure is claimed. A competitor or Relay Team will be considered as having not started if they have made an early start and do not return to start again, correctly.*

3.6.4.6 False Start - Simultaneous, Group and Hand-Over. If there is a false start during a simultaneous or group start, the officials in charge will stop the competitors at the end of the set parallel tracks. After a false start, there must be a new start. If the Relay hand-over occurs outside the hand-over zone, it shall be a false start and the procedure must be repeated within the zone. A competitor or Relay Team will be considered as having not started if they have made a false start and do not return to start again, correctly.

3.6.4.7 Late Start. If competitors are late to the start, they start at the first possible opportunity as directed by the Starter, without obstructing other competitors.

3.6.4.7.1 If the competitor was late due to his own fault, his start time will be the one on the start list. If the late start was due to force majeure, the Competition Jury will decide his start time.

3.6.5 START NUMBERS

3.6.5.1 General. All competitors must wear a bib which has their start number on it. Competitors must also wear their start number on both thighs *when issued for all Biathlon and XC Mass Start, Pursuit and Relay competitions*. Competitors are responsible to ensure that their start numbers remain attached to the required positions during a competition. The start number and sequence colour worn by a competitor must be the number and colour assigned for that competitor for that competition by the competition start list. *XC: the size and shape can not be changed (FIS art 337.1.1).*

3.6.5.2 Start Number Colours

3.6.5.2.2 Relay Competitions. The start number colours within the team shall be red for the starting member, green for the second, yellow for the third and blue for the fourth.

3.6.6 WEATHER CONDITIONS

3.6.6.1 Temperature. Competitions must not be started if the air temperature is colder than -20°C measured at the coldest part of the site (range or course), 1.5m above ground. (*FIS art 303.2.2*)

TABLE 1 -WIND CHILL TEMPERATURE EQUIVALENTS

Wind speed:	Temperature (°C): (1.5m above the ground at the coldest point in the competition area)												
	10 °C	5 °C	0 °C	-5 °C	-10 °C	-15 °C	-20 °C	-25 °C	-30 °C	-35 °C	-40 °C	-45 °C	-50 °C
10 km/h	8.6	2.7	-3.3	-9.3	-15.3	-21.1	-27.2	-33.2	-39.2	-45.1	-51.1	-57.1	-63
15 km/h	7.9	1.7	-4.4	-10.6	-16.7	-22.9	-29.1	-35.2	-41.4	-47.6	-53.7	-59.9	-66.1
20 km/h	7.4	1.1	-5.2	-11.6	-17.9	-24.2	-30.5	-36.8	-43.1	-49.4	-55.7	-62	-68.3
25 km/h	6.9	0.5	-5.9	-12.3	-18.8	-25.2	-31.6	-38	-44.5	-50.9	-57.3	-63.7	-70.2
30 km/h	6.6	0.1	-6.5	-13	-19.5	-26	-32.6	-39.1	-45.6	-52.1	-58.7	-65.2	-71.7
35 km/h	6.3	-0.4	-7	-13.6	-20.2	-26.8	-33.4	-40	-46.6	-53.2	-59.8	-66.4	-73.1
40 km/h	6	-0.7	-7.4	-14.1	-20.8	-27.4	-34.1	-40.8	-47.5	-54.2	-60.9	-67.6	-74.2
45 km/h	5.7	-1	-7.8	-14.5	-21.3	-28	-34.8	-41.5	-48.3	-55.1	-61.8	-68.6	-75.3
50 km/h	5.5	-1.3	-8.1	-15	-21.8	-28.6	-35.4	-42.2	-49	-55.8	-62.7	-69.5	-76.3
55 km/h	5.3	-1.6	-8.5	-15.3	-22.2	-29.1	-36	-42.8	-49.7	-56.6	-63.4	-70.3	-77.2
60 km/h	5.1	-1.8	-8.8	-15.7	-22.6	-29.5	-36.5	-43.4	-50.3	-57.2	-64.2	-71.1	-78

NOTES TO TABLE 1: (IBU Table 2)

1. This is only a guide - the decision to start or not will be made by the Competition Jury in consultation with the Competition Physician.
2. The thick line is the -20 degree Celsius equivalent boundary.
3. The shaded area indicates that exposed flesh freezes in one minute.
4. Wind speed is to be measured at height of 1.5m on the range.

3.6.6.2 Wind Chill. Regardless of temperature, wind chill must be considered *both* before starting and during the competition. In the case of a high wind chill factor, the Competition Jury, in consultation with *medical advice*, will decide whether to start or *to* continue the competition. Changing of the course to be skied may also be done to avoid windy areas. Table 1 shows wind chill temperature equivalents.

3.7 SKIING REGULATIONS

3.7.1 GENERAL

3.7.1.1 General Skiing Rules. Competitors must ski the entire distance of the stipulated competition course in the correct sequence and direction on skis, carrying their rifle and the required number of rounds, and following the marked course precisely. They may use no form of propulsion other than skis, poles and their own muscular force. *Help from pacemakers or pushing is not allowed (FIS art 340.1.1).* All skiing techniques are permitted in Biathlon competitions; where specified in XC competitions the Classical Technique must be used (see Definitions & FIS art 314.1.). As required for timing and other sensor purposes, competitors must carry the electronic transponder device(s) provided by the *Organiser*, during the competition, attached to one or both ankles as directed. The transponder may not be removed until the *Finish Inspection*.

3.7.1.1.1 Non-Finishers. If a competitor withdraws from the competition before the finish, he must inform the *Finish Officials* and is responsible for returning the transponders and the start number to the Finish Equipment/Material and Clothing Inspection Area as soon as possible.

3.7.1.2 Carrying the Rifle. The rifle must be carried on the back, with the barrel pointing up. If the rifle is so damaged during the competition that it can not be carried on the back, it must be safely carried in hand to the shooting range and *only there* must be exchanged for a team reserve rifle.

3.7.1.3 Wrong Course. If a competitor skis on a wrong course section, which would result in a time advantage or the wrong sequence, he must return to the point where he made the wrong turn, along the part of the course he skied in error. In order to do so, the competitor may have to ski against the correct ski direction and shall be totally responsible for ensuring that he does not obstruct or endanger other competitors. There will be no penalty for having committed the error as long as no time advantage has been gained and there has been no interference with other competitors.

3.7.1.4 Passing and Giving Way. A competitor, who is in position to pass another competitor and wishes to pass, will yell "Track". A competitor who is about to be overtaken must clear the course in front of the passing competitor at the first yell of "Track" or other voice signal, even if the *trail* is wide enough for both competitors or narrow enough for the slower competitor to have to restrict his skiing action; in XC Classical Technique competitions the slower competitor must clear the track in front of the faster competitor. This obligation does not apply to the last 50m (Biathlon)/100m (XC) before the Finish Line and before the Hand-Over Zone, or in XC Sprint competitions. *When overtaking, XC competitors must not obstruct each other. (FIS art 340.1.3) Once XC competitors enter a zone where corridors are marked (e.g. approaching Finish or Hand-Over) they must remain in their chosen corridor unless overtaking another competitor in the same corridor (FIS art 340.1.4).*

3.7.1.5 Skiing Penalty Loops. In all competitions in which the shot-penalty is the 150m penalty loop, the competitors must ski the loop once for every missed target immediately after the shooting bout.

3.7.1.5.1 Responsibility. Competitors themselves shall be responsible for skiing the required number of penalty loops immediately after the shooting bout. It is not permitted to complete penalty loops at a later time.

3.7.1.5.2 Penalty Loop Error. If competitors, due to a mistake by the *Organiser* or a target malfunction, ski too many penalty loops, the Competition Jury shall decide on an appropriate time allowance. The *Organiser* shall ensure, in each competition in which the penalty loop is used, that the average penalty loop ski time is recorded, based on at least five competitors.

3.7.1.6 Skating at Relay, Mass and Group Starts. The use of the skating technique (one or both legs sideways) is prohibited in the tracked portion *from* the start line in simultaneous or group starts.

3.7.2 OBSTRUCTION. It is strictly forbidden to impede other competitors in any way at any time during the competition. This prohibition includes the dropping of objects on the competition course or the shooting range in such a way that it obstructs other competitors. *XC competitors must behave in a fair manner towards other competitors (FIS art 340.1.1).*

3.7.3 EXCHANGING EQUIPMENT, REPAIRS, ASSISTANCE (FIS art 340.1.2)

3.7.3.1 Exchange of Skis and Poles. A competitor may exchange one of his skis, but only if it is broken or the binding is damaged. Broken poles and straps may be exchanged repeatedly. The replacement skis and poles must conform to AWSA Rule 3.4.1; *broken equipment must be proven to the XC Competition Jury after the competition.*

3.7.3.2 Glide Performance and Equipment Repairs.

3.7.3.2.1 **Biathlon.** Competitors may not change the glide performance of their skis by the application of any substances during a competition. They may repair their equipment during a competition, provided they receive no assistance from any person.

3.7.3.2.2 **XC.** *Waxing, scraping or cleaning of the competitors' skis during the competition is forbidden. Classical Technique competitors may scrape their skis to remove snow and ice, and add wax if necessary. Competitors can only be handed tools and materials that are available in retail stores (e.g. wax, scrapers, corks and not branches etc). The competitor must do this outside the track without assistance.*

3.7.3.3 Rifle Repairs, Exchange and Ammunition. Assistance to repair a rifle shall only be permitted on the shooting range, by the Competition Armourer or a competition official on the shooting range. A rifle may be exchanged only on the shooting range. Competitors *are* permitted to receive ammunition *both* on the course and *on* the shooting range.

3.7.3.4 Refreshments. Competitors may consume refreshments during the competition, *which* may be carried by the competitors or given to them.

3.7.3.5 Other Assistance. Competitors are not permitted to receive any assistance from any person, other than as expressly stated in these Rules.

3.8 SHOOTING REGULATIONS

3.8.1 GENERAL

3.8.1.1 Shooting Rules. All shooting during training and competition shall take place at the shooting range. In a competition competitors shall shoot after having completed each of the required sections of the course for the competition, except the last section which shall end at the finish or the relay hand-over. The shooting specifications for all competitions are given in Annex B. When a rifle is taken out of the stadium area, it must be in a case or a cover bag.

3.8.2 SPECIFIC SHOOTING RULES FOR TYPES OF COMPETITIONS

3.8.2.1 Selection of Shooting Lanes. In Individual and Sprint competitions, shooting lanes may be freely chosen by the competitor from among the targets that are ready in the correct sequence (prone or standing). In the Pursuit, Individual- and Sprint-with-group-start competitions, the competitors must go sequentially in the shooting lanes starting with Lane 1 and taking the lowest available number, until the last shooting lane is reached, at which time the next competitor must go to Lane 1 and the process begins again. For the Mass Start, *when there are sufficient lanes*, in the first shooting bout the competitors must shoot from the lane number designated by their start number; for subsequent bouts *and when there are more entrants than lanes*, competitors fill in the range sequentially from the right in the order of arrival on the range. In relay competitions, *when there are sufficient lanes*, the shooting lane designated by the team's start number must be used for the first shooting bout of the first competitor of each team; after that, *and when there are more teams than lanes*, the range will be filled in sequentially from the right in the order of arrival on the range.

3.8.2.2 Relay Competitions – Spare Rounds. In the relay competition, each competitor must fire the first 5 rounds and, if targets remain standing, he must use the 3 spare rounds until all 5 targets are hit or until all 8 rounds are fired. If the spare rounds are needed after having fired the first 5 rounds, the spare rounds must be hand loaded one by one – not loaded directly from a magazine.

3.8.3 SHOOTING POSITIONS

3.8.3.1 Prone Position. In the prone position the competitors must comply with the following regulations: the rifle may only be in contact with hands, shoulder and cheek. The lower side of the wrist of the arm supporting the rifle must be distinctly raised from the ground/snow surface. The other arm may touch the ground for a maximum length of 10cm from the elbow.

3.8.3.2 Standing Position. In the standing position the competitors must comply with the following regulations: they must stand without any support. Only hands, shoulder, cheek and the chest next to the shoulder may be in contact with the rifle. The arm supporting the rifle may be held against the chest or put onto the hip.

3.8.3.2.1 No Removal of Skis. It is prohibited to remove one or both skis while shooting, including training and zeroing, or to place any kind of objects under the skis.

3.8.3.3 Position in Shooting Lane. The competitor must ensure that no part of his body, clothing, materials or equipment protrudes over the 1.5m red lines marking the shooting lane or the extension of those boundaries while shooting. The competitor must also ensure that the rifle muzzle extends over the firing line.

3.8.3.4 Enforcement. If a competitor is warned by a Range Official that his shooting position or his position in the shooting lane is not according to the rules, the competitor must immediately make the correction.

3.8.4 SHOOTING AIDS

3.8.4.1 Use of Shooting Sling and Arm Cuff. The use of a shooting sling and arm cuff is permitted in both the prone and standing positions.

3.8.4.2 Use of Magazine. The 5 rounds required in each bout of shooting may be loaded with the use of a magazine. If rounds are lost from the magazine or fail to fire, a new magazine may not be inserted into the rifle. Such rounds must be loaded individually. However, if a magazine is lost or defective, it may be replaced with another magazine.

3.8.5 SAFETY REGULATIONS

3.8.5.1 General. Shooting shall be permitted only on the shooting range, during officially authorized times. It is forbidden to make movements with a rifle which might endanger persons, or which may be perceived by others as dangerous. The rifle muzzle must be over the forward edge of the shooting ramp (= firing line) from the beginning to the end of the shooting stage. When the range is open for shooting, no one shall be permitted to be forward of this line. At all times, the competitor shall be responsible for the safety of his actions and rifle.

3.8.5.2 Loading and Unloading. The rifle *must* be loaded and unloaded only with the barrel pointing in the direction of the targets or up. To insert a magazine containing bullets into the rifle is part of the loading procedure. When moving from one shooting lane to another, the competitor must first unload his rifle and place the rifle on his back in the normal carrying position.

3.8.5.2.1 Safety Check on the Range after Shooting. After each shooting bout the rifle must be unloaded – that is, no round may be left in the chamber or in the inserted magazine. However, it is permitted to leave the cartridge case in the chamber and the empty magazine in the rifle after the last shot. At the end of training and/or zeroing sessions, the competitor must perform a safety check before leaving the shooting range by opening the bolt and removing the inserted magazine, with the barrel pointed toward the target or upward.

3.8.5.3 Aimed Shots. All shots must be aimed and fired only at the targets.

3.8.5.4 Removal of Rifle on the Range. A competitor may not remove a strap of his rifle carrying harness from his shoulder before he has reached the firing lane from which he will shoot. He must cross the lane marking line with both feet and lay both ski poles on the ground prior to removing his rifle from the carrying position.

3.8.5.5 Safety at the Finish. There must be one or more official(s) at the end of the Finish Area who will open the rifle action of every competitor. This check may only be performed when the rifle is pointing upwards. At the same time, the official will inspect the cartridge case ejected from the chamber. If this safety check is not done, the competitor must do it himself.

3.8.6 MISFIRES, LOST ROUNDS/MAGAZINES AND DAMAGED RIFLES

3.8.6.1 Misfires and Lost Rounds/Magazines. Misfired or lost rounds, or magazines, may be replaced by a competitor if he is carrying spare rounds or magazines. If he is not carrying spare rounds or magazines, replacement rounds or magazines may be obtained by the competitor from a Range Official by raising a hand and saying "Bullets" and the name of his team loudly. The Range Official who responds will get the spare rounds from the team's reserve rifle or from the team's support staff behind the range and deliver them to the competitor. Competitors are permitted to receive ammunition and magazines on the course as well.

3.8.6.2 Damaged Rifles. If a rifle needs to be repaired, the competitor may do the repairs or may accept assistance, but only from the Competition Armourer or a Range Official. If the rifle cannot be made functional, it may be exchanged for the team's reserve rifle.

3.8.6.2.1 Reserve Rifle. A rifle which has been damaged during the competition or malfunctions for technical reasons to such an extent that it cannot be used to continue the competition may be exchanged for a team reserve rifle which has been inspected and marked at the equipment check and deposited in the designated reserve rifle rack on the range before the competition by the team. The competitor must then continue the competition with the reserve rifle.

3.8.6.2.2 Rifle/Magazine/Ammunition Exchange Procedure. If the rifle has been damaged or a magazine lost on the course, the competitor himself may ski to the team reserve rifle in the rack on the range, prior to going to the shooting lane, and exchange his rifle or replace his magazine, and then continue to his shooting lane. During shooting the competitor shall indicate that his rifle needs to be exchanged by raising his hand. When a Range Official responds, the competitor will point to his rifle and say "Rifle" and the name of his team loudly. The Range Official will obtain the team's spare rifle from the designated rifle rack and bring it to the competitor.

3.8.6.3 No Time Adjustment. There shall be no time adjustment for repairing or exchanging a rifle or obtaining a spare magazine or rounds.

3.8.6.4 Response by Range Officials. All Range Officials must be alert to observe a raised hand or a yell by a competitor to ask for spare rounds or rifle exchange. The Range Officials must react with a sense of urgency and move quickly to minimize the time required to bring the rounds or to exchange the rifle.

3.8.7 TARGET ERRORS AND MALFUNCTIONS

3.8.7.1 Incorrectly Set Target. If a competitor is confronted with an incorrectly set target, standing for the prone position or vice versa, the incorrect target shall be set to the correct position immediately. The competitor will then commence shooting from the beginning.

3.8.7.2 Target Malfunction. If a target fails to function, the competitor must be directed to another target and the defective target must be blocked off immediately. The range official will inform the competitor whether he should continue the shooting bout or recommence shooting from the beginning.

3.8.7.3 Cross-firing and Target Hit by Another Competitor. If the target on which a competitor is shooting is fired on by another competitor, the one shooting incorrectly must be stopped immediately. If no target plates have fallen, the correct competitor may continue shooting. If a target plate has been hit, the target must be reset immediately and the competitor shall then continue shooting.

3.8.7.3.1 Before such a target is reset, the hits and their positions must be recorded. In such a case in the Sprint, Pursuit, Mass Start or Relay competition, the competitor must be told by the Range Official how many penalty loops must be done.

3.8.7.3.2 If a competitor cross-fires onto a target not in his shooting lane, and no other competitor is shooting on that target, he shall be allowed to continue without the mistake being pointed out to him. The competitor's hits will be only those which are on the correct target.

3.8.7.4 Time Adjustments and Responsibility. In those cases where a competitor loses time due to a target error which is not his fault or a target malfunction, the Competition Jury shall make an appropriate time adjustment.

3.8.7.4.1 Own Error. If a competitor makes an error such as cross-firing or selecting a target which has been used and not reset, he shall be responsible and no time adjustment will be made.

3.8.7.5 Scoring of Shooting. For all shooting in competitions, a system of scoring the shooting must be put in place by the Organiser. Each shot that is fired in a competition must be observed by *at least 2* independent persons or methods.

3.9 THE FINISH, COMPETITION TIME AND RESULTS

3.9.1 THE FINISH (FIS art 353)

3.9.1.1 Moment of Finish. Finish is the moment when a competitor's or a Relay team's competition time ends. When electronic timing is used, the finish will occur when the beam of the electronic sensor at the Finish Line is broken by the competitor. When manual timing is used, the finish will occur when the competitor crosses the Finish Line with one or both feet. In Relay competitions the timing is to be taken from the last member to finish. *If competitors fall as they cross the Finish Line, they will be assigned their finish time if all parts of their bodies are moved across the Finish Line without any outside assistance (FIS art 353.1.3).*

3.9.2 COMPETITION TIME. The competition time is the period of elapsed time during the competition on which the placing of a competitor or Relay team in the results of the competition is based. The time always includes any penalties or adjustments imposed or awarded by the Competition Jury. *(FIS art 354).*

3.9.2.1 Individual Competitions. In Individual competitions, the competitor's time will be the elapsed time between start and finish plus any shot-penalty minutes imposed.

3.9.2.2 Sprint, Pursuit and Mass Start Competitions. In Sprint, Pursuit and Mass Start competitions the competitor's time will be the elapsed time between start and finish. In the Pursuit competition and the Mass Start competition, the first competitor to cross the finish line, subject to penalties and time adjustments, shall be declared the winner; this also applies to the rankings of subsequent finishers.

3.9.2.4 Relay Competitions. In relay competitions the competition time of a team member shall be the elapsed time from the start, or hand-over, to the next completed hand-over or from the hand-over to the finish. The total time of a relay team is the time elapsed between the start of the first member to the finish of the last member. The time of the incoming member stops when he crosses the Timing Line into the Hand-Over Zone and the time of the outgoing member begins at the same moment. *(FIS art 377)*

3.9.2.4.1 Placing in Relay Competition. The placing of relay teams in the results shall be decided by the order of finish of their respective last competitors, subject to time penalties or time adjustments.

3.9.2.5 Equal Time – Tie. If two or more competitors have the same competition time, they shall be placed in the results with equal (tie) rankings; *in XC competitions the competitor with the lower starting number shall be listed first (FIS art 354.1.2).* Equal placing (tie) in a competition shall *receive the same number of points and prizes or titles (FIS art 219.2).*

3.9.2.7 Intermediate Times. See IBU Rule 9.2.7 if required.

3.9.3 TIMING SYSTEMS (FIS art 352)

3.9.3.1 Requirements. Competition time must be measured electronically, backed by manual timing, *which* shall be used only if the electronic system fails during the competition.

3.9.3.2 Units of Measurement. Electronically and manually measured competition times must be registered to 1/10th (0.1) of a second.

3.9.4 THE COMPETITION RESULTS (FIS art 355)

3.9.4.1 General. Results are the record of the performance of the competitors or teams in a competition. The Organiser shall be responsible for producing and distributing the results on paper and electronically. *Official Results should* include the following information:

- a. Name and location of the *Championship*;
- b. Type, time and date of the competition;
- c. Course and weather data;
- d. Names of the Competition Jury members;
- e. Signature of the TD;
- f. Number of entered competitors and total ranked (*optional*);
- g. Number of those who did not start and did not finish (*optional*);
- h. Notes about imposed penalties: article, time adjustment *and* kind of penalty;
- i. Columns for:
 - placing, in ranking order from first to last;
 - start numbers;
 - *rank (as appropriate)*, last and first names of competitors;
 - *category of competitor (see Abbreviations and Rule 1.11)*;
 - team;
 - shooting penalties per bout and total;
 - ski times to 1/10th (0.1) second (*optional*);
 - total time, and team time in Relay, to 1/10th (0.1) second;
 - time behind (*optional*);
 - *BBU points (when appropriate)*;
 - *Inter Service and/or Inter Corps points (when appropriate)*.

For the *Biathlon Pursuit* Competition the times shown will be the time *from* the first starter for the winner, followed by the time behind the winner for the *other* competitors.

3.9.4.1.1 Ties. If there is an equal competition time, the tied competitors shall be given equal ranking and equal points in the results, however there shall be no next placing in the results. *In XC competitions the competitor with the lower starting number shall be listed first (FIS art 354.1.2)*

3.9.4.2 Types of Results. There are three types of results: *Provisional, Unofficial and Official.*

3.9.4.2.1 Provisional Results. *Provisional Results* reflect the competition situation during the competition and are for information only. They *may* be displayed on the score board *and/or* announced by the public announcer.

3.9.4.2.2 Unofficial Results. *Unofficial Results* are the first formal record of the competition produced by the *Organiser* after the last finish; *they must include all imposed penalties, time adjustments and Competition Jury decisions.* *Unofficial Results* are always subject to protest and must be published as soon as possible after the finish of the last competitor. *To allow for concurrent activity it will be normal to publish a "not before" time in advance for the publication of Unofficial Results; teams must be informed where the Unofficial Results will be posted.* The TD must sign and write the time of posting on the *Unofficial Results List* so that the end of the protest period will be clear.

3.9.4.2.3 Official Results. The *Official Results* are the uncontestable final record of the competition and will be published immediately after the deadline for protests has passed, or as soon as the Competition Jury has made its decisions on protests which were submitted.

3.9.4.3 Championship Results. The Final Results and other important information about all the competitions *in a Championship should be collated electronically and/or as a booklet. They should contain, on white paper only:*

- a. the event programme;
- b. participant list – teams and competitors;
- c. decisions of the Competition Jury;
- d. all Final Results, with applicable points lists and title page.

3.9.4.4 Distribution of Championship Results. *The Championship results should be sent electronically to the AWSA Nordic Secretary as soon as possible, but at least within 2 weeks of the end of the Championships.*

3.10 PROTESTS (FIS art 393)

3.10.1 GENERAL. Protests must be submitted in writing *by team captains* to the Competition Office or to any member of the Competition Jury, and must be accompanied by a fee of EUR 50. *Protests must be substantiated in detail with proof and include any evidence. If the protest is upheld, withdrawn before the Jury makes its decision or accepted by the Jury to be a justified query, the money shall be paid back. If the protest is rejected, the money will go to BANSC for development. Team captains are encouraged to discuss the cause of and basis for any protest with either the TD or Chief of Course before formally submitting it, in order to e.g. enable early resolution of the issue or to gain an understanding of prior Competition Jury decisions.*

3.10.2 PROTEST TYPES AND CONDITIONS

3.10.2.1 Eligibility Protests. Protests concerning the eligibility of a competitor may be submitted at any time up to the end of the protest time for the competition in question.

3.10.2.2 Protests During and After Competitions. Protests concerning violation of rules by competitors and team staff; mistakes made by officials; competition conditions and the *Unofficial Results, including Jury decisions*, must be submitted *during the competition day up until 60 minutes after posting of the Unofficial Results.*

3.10.2.3 Repetition or Annulment. If the examination of a protest reveals circumstances which are so serious that they make the sporting value of the competition doubtful, or if the Competition Jury from its own observation comes to the same conclusion, the Competition Jury may decide to repeat the competition or to annul the competition without repetition.

3.11 PENALTIES

3.11.1 For penalties, refer to Section 4.