

Nordic - SECTION 4

DISCIPLINARY RULES

GENERAL

- 4.1 Persons (competitors and others) who culpably i.e. wilfully or negligently commit an infringement of the Rules will be subject to penalties and/or disciplinary measures. An action or an omission (an 'offence') can only be penalised if it has been defined as one requiring penalty.
- 4.2 Penalties shall be imposed for:
- 4.2.1 Violation or non-observance of competition rules.
 - 4.2.2 Non-compliance with Competition Jury directives.
 - 4.2.3 Violations of the principles of fair play and for unsportsmanlike conduct.
- 4.3 Competition penal and disciplinary powers are exercised by the Competition Jury.

MILITARY DISCIPLINE

- 4.4 Powers of military discipline will be exercised by the senior officer of the Championship Committee present (normally the Championship Chairman or Exercise Director).
- 4.5 The Championship Committee is empowered to sanction military competitors, which may include disqualification from one or more subsequent competitions and suspension, for a breach of military discipline. A disqualified or 'Returned to Unit' competitor's team can be reconstituted to continue to compete in the competition or Championships. If the team cannot be reconstituted, for the purposes of Combination competitions they will be given the points score for not starting each competition.

ANTI-DOPING CODE

- 4.6 In addition to military regulations on the mis-use of drugs, all AWSA skiers are subject to the World Anti-Doping Code (http://www.wada-ma.org/rtecontent/document/code_v3.pdf). This has been adopted by UK Sport in order to protect an athlete's fundamental right to participate in doping-free sport and thus promote health, fairness and equality (http://www.ukssport.gov.uk/pages/drug_free_sport/). The similar BBU and SSGB Anti-Doping Rules (see 'Medical & Doping' on www.britishbiathlon.com and 'Anti-Doping Policy' on www.snowsportgb.com/Policies) apply to all competitors in biathlon and XC events at national championships.
- 4.7 In summary, athletes are responsible for any Prohibited Substance, its metabolites or markers found to be present in the bodily specimens; it is prohibited to use, attempt to use, possess or traffic a Prohibited Substance, or to evade, refuse or fail to submit to anti-doping sample collection. Use of a Prohibited Substance for medical reasons is possible within close strictures.
- 4.8 Prohibited Substances are those included in the World Anti-Doping Agency Prohibited List.
- 4.9 When AWSA Championships are hosting national competitions, all entered athletes are subject to any national anti-doping testing programme. All doping related offences will be handled in accordance with the UK's National Anti-Doping Policy.

PENALTIES AND DISCIPLINARY MEASURES

- 4.10 **Penalties.** A penalty (reprimand, impaired starting position, forfeiture of prizes, disqualification or suspension from event) will be assessed by the Competition Jury where the competitor or team:

4.10.1 Violates rules governing advertising on equipment (Rule 3.4.1).

4.10.2 Uses prohibited equipment or clothing (Rule 3.4.1).

Biath	XC
	X
	X

	Biath	XC
4.10.3 Alters the start number in a way that is not allowed (Rule 3.6.5.1).		X
4.10.4 Does not wear or carry the official start number (Rule 3.6.5.1).		X
4.10.5 Violates the rules of ski marking (Rule 3.4.2.2).		X
4.10.6 Violates the rules of the start procedure (Rule 3.6.4).		X
4.10.7 Violates the rules of restricted ski testing and warming up (Rules 3.5.4 & 3.5.5).		X
4.10.8 Demonstrates unsportsmanlike behaviour.		X
4.10.9 Violates the rules of responsibility of competitor during the competition:		X
4.10.9.1 Receiving help from pacemakers or being pushed (Rules 3.1.8.2.2 & 3.6.3.5).		X
4.10.9.2 Changing more than one ski, or changing a ski when it or the binding is not broken or damage (Rule 3.7.3.1).		X
4.10.9.3 Waxing, scraping or cleaning skis during competition except where allowed in classical technique (Rule 3.7.3.2.2).		X
4.10.9.4 Not giving way when being overtaken (Rule 3.7.1.4).		X
4.10.10 Contravenes the rules in the relay exchange/handover zone (Rule 3.6.3.5)		X

4.11 **Reprimands.** A written or verbal reprimand shall be imposed in the case of:

	Biath	XC
4.11.1 Jeopardising or defaming the honour or reputation of the AWSA or its interests.	X	X
4.11.2 Violations of rules for which there is not an expressly stated more severe penalty.	X	X
4.11.3 Mistakes that do not result in an advantage with regard to the end result, unless the Rules state otherwise.		X

4.12 **Start Prohibitions.** A competitor or team shall be prohibited from starting for:

	Biath	XC
4.12.1 Violation of the eligibility or entry requirements (Rules 1.4 – 1.11).	X	X
4.12.2 Appearing for start with prohibited equipment, clothing or advertising (Rule 3.4).	X	X
4.12.3 Appearing for start with the wrong start number, or no start number, due to a mistake by the athlete or his team (Rules 3.6.5.1 & 3.6.5.2).	X	X
4.12.4 Violating the rules regarding official training, zeroing, warm-up and ski-testing. The prohibition applies for the competition in which the violation occurred, or the next competition, as applicable (Rule 3.5).	X	
4.12.5 Unsportsmanlike behaviour in the start area.		X

4.13 **One Minute Penalties.** A time penalty of one minute shall be imposed on competitors or teams for:

	Biath	XC
4.13.1 Not giving way at the first valid request by an overtaking athlete (Rule 3.7.1.4).	X	
4.13.2 Committing a very minor violation of the principles of fair play or the requirements of sportsmanship.	X	

4.14 **Two Minute Penalties.** A time penalty of 2 minutes shall be imposed on competitors or teams for:

	Biath	XC
4.14.1 Every penalty loop, as a result of shot-penalties, not done immediately after each prone or standing shooting by an Athlete (Rule 3.7.1.5).	X	
4.14.2 Using the skating technique (one or both legs sideways) in the prepared start tracks after the start line in the Relay or Mass Start Competition or in a group start (Rule 3.7.1.6).	X	
4.14.3 Every round not fired if the athlete recommences skiing before he has fired all 5 shots in an Individual, Sprint, Pursuit or Mass Start competition, or all 8 shots in a Relay competition, having not hit all targets (Rule 3.8.1.1 & 3.8.2.2).	X	
4.14.4 Committing a minor violation of the principles of fair play or the requirements of sportsmanship.	X	

4.15 **Disqualifications.** Under FIS Rules a competitor shall only be disqualified if his mistake would result in an advantage for him with regard to the end result, unless the Rules specify otherwise. The Competition Jury must meet and decide if a competitor is to be disqualified. All relevant evidence must be carefully considered and the competitor must have the opportunity to defend himself (FIS art 223.3.3). A competitor or team will be considered to be disqualified for:

	Biath	XC
4.15.1 Taking part in a competition for which he is not eligible or under false pretences (Rules 1.4 – 1.11).	X	X
4.15.2 <i>Not correctly carrying out a relay handover despite being recalled to the Handover Zone (Rule 3.6.4.5).</i>	X	X
4.15.3 Taking part in a competition when doped (Rules 4.6 – 4.9).	X	X
4.15.4 Evading a doping control when ordered to attend (Rule 4.9).	X	X
4.15.5 Receiving prohibited assistance as defined in Rule 3.1.8.2 from his team staff or non-competing athletes of his team.	X	
4.15.6 Using equipment, rifle or clothing not in conformity with Rule 3.4.1.	X	
4.15.7 Avoiding start or finish inspections (Rule 3.4.2).	X	
4.15.8 Taking part in a competition with skis or rifle not correctly marked (Rule 3.4.2.2.2).	X	
4.15.9 Modifying equipment, rifle or clothing which has been inspected and marked at start inspection, in a prohibited way (Rule 3.4.2.2).	X	
4.15.10 Participating in a competition with a start number or start number sequence colour which has not been assigned to him by the competition start list, regardless of whether this is deliberate or due to a mistake by him or by his team (Rule 3.6.5.1).	X	
4.15.11 IBU: deviating from marked trail, or skiing a wrong trail, thus gaining a time advantage for himself or his team, or skiing the course loops in a wrong sequence or in the wrong direction; FIS: does not ski the entire marked course (Rule 3.7.1.3).	X	X
4.15.12 Using means of propulsion other than skis, poles and his own muscular force (Rule 3.7.1.1).	X	X
4.15.13 IBU: hindering another competitor on the course or at the shooting range by serious obstruction; FIS: intentionally causes obstruction (Rule 3.7.1.4 & 3.7.2).	X	X
4.15.14 Runs more than one leg of the course in a Relay competition (Rule 2.16)	X	X
4.15.15 Exchanging both skis during the competition (Rule 3.7.3.1).	X	

	Biath	XC
4.15.16 Accepting unauthorised assistance from any person when repairing equipment, or receiving assistance other than authorised (Rule 3.7.3.5).	X	
4.15.17 Applying any substances during a competition intended to change the glide performance of his skis (Rule 3.7.3.2.1).	X	
4.15.18 Not carrying his rifle while skiing during the competition, and for not carrying the rifle on the course, when it is not damaged, with the barrel pointing up (Rule 3.7.1.2).	X	
4.15.19 Exchanging his rifle for another rifle, after starting, anywhere other than the shooting range (Rule 3.7.3.3).	X	
4.15.20 Failing to shoot in the correct sequence of positions (Rule 3.8.1.1 & Annex B).	X	
4.15.21 Firing more than 5 rounds in any shooting bout of an Individual, Sprint, Pursuit or Mass Start competition, or more than 8 rounds in a Relay, Mixed Relay or Super Sprint (Rule 3.8.1.1 & Annex B).	X	
4.15.22 Remaining in an incorrect shooting position or incorrect position in the shooting lane after having been warned (Rule 3.8.3.4).	X	
4.15.23 Using a second magazine instead of hand loading lost rounds, replacement rounds for misfires, or spare rounds individually (Rule 3.8.2.2).	X	
4.15.24 Violating any shooting safety regulations as defined in Rule 3.8.5	X	
4.15.25 Committing a serious violation of the principles of fair play or the requirements of sportsmanship.	X	
4.15.26 Jeopardising the security of persons or property or actually causing injury or damage.		X
4.15.27 Violates the use of correct classical technique (Rule 3.7.1.1).		X
4.15.28 Receives a second written reprimand in the same season.		X
4.16 Suspensions. Competitors and other persons may have their participation in all AWSA Championships suspended by the senior officer of the Championship Committee for serious breaches of military discipline incurring Return to Unit, for criminal activity, civil disturbance or doping abuse. Returned to Unit persons are automatically suspended from the remaining AWSA Championships in that Competition Year.		