



# Nordic Skiing Rules and Regulations

**November 2013**

**International Paralympic Committee**

Adenauerallee 212-214 Tel. +49 228 2097-200  
53113 Bonn, Germany Fax +49 228 2097-209

[www.ipc-nordicskiing.org](http://www.ipc-nordicskiing.org)  
[ipcnordicskiing@paralympic.org](mailto:ipcnordicskiing@paralympic.org)

## Contents

<b>Section 1</b> .....	<b>5</b>
200 Regulations for IPC Nordic Skiing.....	5
201 IPCNS Competitions .....	6
202 IPCNS Calendar.....	7
203 IPC Nordic Skiing Race Licence .....	9
204 Race Licence Pre-requisites.....	10
205 Competitors Obligations and Rights.....	11
206 Sponsorships and Advertising .....	11
207 Advertising and Commercial Markings .....	11
208 Points System, Rankings and Trophies.....	12
210 Organisation of Competition.....	12
211 The Organisation.....	12
212 Insurance .....	13
213 Invitations/Programme.....	13
214 Announcements .....	14
215 Entries.....	14
216 Competition and Sanction Fees.....	15
217 Team Captain's Meeting .....	16
218 Draw.....	16
219 Publication of results .....	17
221 Prizes .....	17
222 Team officials, coaches, service personnel, suppliers and firm's representatives	18
223 Competitor Medical Examinations and Compliance with the IPC Anti-Doping Code	19
224 Competition Equipment .....	20
225 Sanctions .....	22
226 Procedural Guidelines.....	24
227 Appeals.....	26

228	Violation of sanctions .....	28
<b>Section 2</b> .....		<b>29</b>
300	Cross-Country Competitions .....	29
<b>A. Organisation</b> .....		<b>29</b>
301	The Organising Committee (OC) .....	29
302	The Competition Officials .....	29
303	The Jury and its duties .....	32
304	Reimbursement of expenses .....	37
305	Team Captain's Meeting .....	38
<b>B. IPC Nordic Skiing Competitions</b> .....		<b>40</b>
310	Competition Formants and Programmes .....	40
311	Cross-Country and Biathlon Competition Courses .....	43
312	The Cross-Country and Biathlon Stadium .....	47
313	Official entries for the organiser .....	49
314	Starting Order .....	51
315	Start Procedures .....	53
316	Timing .....	57
317	Results .....	60
<b>C. Competition Formats</b> .....		<b>64</b>
321	Interval Start Competitions .....	64
324	Pursuit .....	67
325	Individual Sprint Competitions .....	69
327	Relay Competitions .....	74
328	IPC Biathlon Competitions .....	79
	Specific Biathlon Regulations .....	91
<b>D. The Competition and the Competitors</b> .....		<b>103</b>
341	Requirements of the competitors .....	103
342	Medical examinations .....	103

343	Responsibilities of the competitors (including guides) .....	104
344	Responsibilities of officials and others.....	107
<b>E.</b>	<b>Not permitted to start, sanctions .....</b>	<b>108</b>
351	Not permitted to start .....	108
352	Sanctions .....	108
<b>F.</b>	<b>Protests and Appeals.....</b>	<b>112</b>
361	Protests.....	112

## Section 1

### 200 Regulations for IPC Nordic Skiing

#### 200.1 Applicability

All competitions on the IPC Nordic Skiing (IPCNS) Calendar must be organised in accordance with the IPC Handbook and IPC Nordic Skiing Rules and Regulations.

#### 200.2 Participation

Competitions listed in the IPCNS Calendar are only open to all properly licensed competitors entered by their National Paralympic Committees (NPC) or designated National Ski Association (NSA) or National Ski Federation (NSF) or in accordance with quotas established for the respective competition.

The IPC recognizes only one national organisation per nation to enter competitors in IPC competitions. However, the NPC will maintain the exclusive right and recognition to enter athletes from their nation in the Paralympic Winter Games and IPC Biathlon and Cross-Country Skiing World Championships.

#### 200.3 Special Regulations

The IPCNS Sport Technical Committee (STC) can authorise a National Paralympic Committee or their designated NSA/NSF to adopt rules and regulations to organise national or international competitions with different grounds for qualification but only provided that they do not go beyond the limits laid down in the present rules.

#### 200.4 Control

All sanctioned competitions must be supervised by a Technical Delegate of the IPC.

#### 200.5 Sanctions/Penalties

Every legal sanction imposed and published in respect of a competitor, official or trainer or Federation/Association will be recognised by the IPC and the National Paralympic Committee.

## **201 IPCNS Competitions**

201.1 The following Nordic Skiing competitions are sanctioned by the IPC and are subject to regulations regarding participation and/or qualification:

201.1.1 Paralympic Winter Games (PWG) and IPC Nordic Skiing World Championships (WCH),

201.1.2 IPC Nordic Skiing (Cross Country and Biathlon) World Cups.

201.2 The following Nordic Skiing competitions may be sanctioned by the IPC and when sanctioned are subject to regulations regarding participation and/or qualification:

201.2.1 IPC Nordic Skiing Continental Cups (COC)

201.2.2 European Cup (EC)

201.2.3 North American Cup (NAC) or NORAM

201.2.4 Asian Cup (AC)

201.2.5 Southern Hemisphere Cup (SHC)

201.2.6 International IPCNS Competitions (IPCNS)

201.2.7 Open National Championships (NC)

### **201.3 IPCNS Disciplines**

A discipline is a branch of a sport and may comprise one or several events. For example Cross-Country Skiing and Biathlon are IPCNS Disciplines, whereas the Cross-Country Sprint is an Event.

### **201.4 IPCNS Events**

An event is a competition in a sport or in one of its disciplines. It results in a ranking and gives rise to the award of medals and/or diplomas.

### **201.5 Types of Competitions**

International IPCNS competitions consist of:

#### **201.5.1 Cross Country Skiing Events**

Cross Country Sprint, Cross Country Short Distance, Cross Country Middle Distance, Cross Country Long Distance, Cross Country Relay.

201.5.2 Biathlon Events

Biathlon Short Distance, Biathlon Middle Distance, Biathlon Long Distance, Biathlon Pursuit.

201.6 IPCNS World Championship Programme

201.6.1 To be included in the programme of the IPCNS World Championships, events must have a recognised international standing both numerically and geographically, and have been included for at least one season in the World Cup before a decision about their admission can be considered.

201.6.2 A single event cannot simultaneously give rise to both an individual and a team ranking.

**202 IPCNS Calendar**

The competition year begins 1 July and runs to 30 June of the following year.

202.1 Bidding and Announcement

202.1.1 Any National Paralympic Committee, designated NSA/NSF or other authorised organisation (eg. Local Organizing Committee - LOC) is entitled to bid to organise the IPC Biathlon and Cross-Country Skiing World Championships in accordance with the IPC Bid Application Process for World Championships.

202.1.2 Any National Paralympic Committee, designated NSA/NSF or other authorised organisation is entitled to submit a Host Expression of Interest for any IPCNS Race (WC, COC, NC, IPCNS).

In order to achieve a fixed competition calendar at least two years in advance, the following deadlines apply for the receipt of the Host Expression of Interest.

Races	Preferred submission date	Deadline
WCH	4 or more years in advance	May 1
WC	2 or more years in advance	May 1
COC, NC, IPCNS	1 or more years in advance	Sept 1

The Interest Forms are published on the IPC Nordic Skiing website and must be sent to [ipcnordicskiing@paralympic.org](mailto:ipcnordicskiing@paralympic.org)

#### 202.1.2.1 Calendar Planning and Allocation of Competitions

Calendar planning is coordinated by the IPCNS STC in consultation with IPC Management. The allocation of the competitions will be communicated by IPCNS through electronic communication with the National Paralympic Committees, designated NSA/NSF or LOC. In the case of IPC World Cup and World Championship competitions, the calendars are subject to the approval of the IPCNS STC and IPC Management.

#### 202.1.2.2 Homologations

Courses used for Paralympic Winter Games and World Championships **must be homologated** by the IPCNS. Homologation should be completed by one year prior to the competition. Courses that are FIS homologated may be accepted for standing categories only. **Courses for sit-ski athletes** will require IPCNS homologation.

**World Cup venues and other sanctioned event venues will be subject to site inspection and course approval.**

Refer to the Homologation Guide for standards and procedures.

#### 202.1.2.3 Publication of the IPCNS Calendar

The IPC Nordic Skiing Calendar will be published by IPCNS on the website: [www.paralympic.org/NordicSkiing](http://www.paralympic.org/NordicSkiing). It will be continuously updated to reflect cancellations, postponements and other changes.

#### 202.1.2.4 Postponements

In the case of a postponement/cancellation of a listed race from the IPC Calendar, the LOC or hosting NPC or designated NSA/NSF must inform the IPC immediately and a new invitation or notification must be released on the IPCNS website.

#### 202.1.3 Appointment of Race Organiser

When an National Paralympic Committee, or designated NSA/NSF or an authorised organisation appoints a Race Organizer (LOC); the NPC/NSA/NSF shall send the IPC a copy of the written agreement between the NPC/NSA/NSF and this Race Organizer.

#### 202.1.4 An organizer and its NPC failing to comply with the requirements set in the Sanctioning Application and/or formal Contract or Agreement is subject to

sanctions by the IPC. This may result in deleting the races from the IPCNS calendar.

## 203 IPC Nordic Skiing Race Licence

- 203.1 All athletes and guides competing in IPCNS races are required to have a valid IPCNS Licence.
- 203.2 Each NPC must purchase the Licences for athletes and guides on a seasonal basis as detailed below:
- before 1 July (or before the first Southern Hemisphere races) if competing in Southern Hemisphere competitions
  - before 1 October for all other competitions.
- 203.2.1 Each athlete must pay a 60 € fee. Each visually impaired class athlete must also pay a 60 € fee for one guide. Additional guides (above 1 guide per athlete) must register and obtain a licence but do not have to pay a licence fee. When paying after the deadlines (rule 203.2), the fee will be 90€.
- 203.2.2 New athletes/guides, who have never held an IPCNS Licence, are allowed to purchase an IPCNS licence by paying a 60€ fee at any time during their first season.
- 203.2.3 These fees will be reviewed every 2 years by the IPC Governing Board.
- 203.2.4 Once the IPCNS Licence fee has been paid, and the athlete has signed and returned to IPC the Athletes' Eligibility Code Form, the competitor will be included in the IPCNS Rankings Points List
- 203.3 To compete at IPCNS sanctioned events, an athlete must be IPCNS Classified. Until an athlete has been Internationally (IPCNS) Classified, he/she will be designated N status (New). An athlete with N status may not compete at World Cup, World Championship, or Paralympic Winter Games.
- 203.3.1 Participation of N class athletes as fore runners or post runners at a WC or WCH event will be at the discretion of the jury. These athletes will not appear in the results list for the competition.
- 203.3.2 If competing at a sanctioned lower level event an athlete with N Status must compete in the class with the highest factor of his/her category (B3, LW 4, LW12).

- 203.4 By signing the Athletes Eligibility Code Form, the athlete/guide confirms possession of valid liability insurance for IPCNS events and assumes full responsibility, through his/her National Paralympic Committee.
- 203.5 The IPCNS Licence will only be issued to athletes/guides who meet the requirements of the IPC Athlete Nationality Code.
- 203.6 The IPCNS Licence will only be issued to athletes/guides who meet the requirements of the IPC Nordic Skiing minimum age limit requirements. In order to be eligible for IPCNS competitions, the athletes/guides must be 15 years old before the start of the competition event.
- 203.7 An athlete/guide whose licence has been suspended may have a new licence issued only after the IPCNS STC has verified that any sanctions imposed have been fulfilled.
- 204 Race Licence Pre-requisites**
- 204.1 The IPC shall not issue a licence to any athlete/guide who:
- 204.1.1 has conducted his or herself in a manner that violates the principles of Fair play or does not comply with the regulations outlined the IPC Anti-Doping Code,
- 204.1.2 accepts or has accepted, directly or indirectly, any money /payments for their participation at competitions,
- 204.1.3 has not signed the Athletes Eligibility Code Form,
- 204.1.4 does not meet the conditions outlined in the IPC Nationality Code or age limit requirement outlined in rule 203.6
- 204.1.5 is under suspension.
- 204.2 With the issuance of a licence and race entry the National Paralympic Committee assumes full responsibility and confirms that valid insurance (as per rule 205.6) for training and competition is in place for all its athletes and guides.

## **205 Competitors Obligations and Rights**

- 205.1 Athletes and guides must comply with the IPC Handbook, the IPC Nordic Skiing Rulebook and must comply with the instructions of the Jury.
- 205.2 Athletes and guides are not permitted to compete while under the influence of any substances or methods prohibited by the IPC Anti-Doping Code.
- 205.3 Athletes and Guides who do not attend the award ceremonies without prior notification may lose their claim to any prize granted including prize money (where applicable).
- 205.4 Athletes and guides must behave in an appropriate and sportsmanlike manner towards other competitors, members of the Organising Committee, officials and the public.
- 205.5 Athletes and guides are prohibited from betting on the outcome of competitions in which they are participating.

## **206 Sponsorships and Advertising**

- 206.1 Teams may enter into contracts with a commercial firm or organisation for financial sponsorship and or the supply of goods or equipment.
- 206.2 Display of Competition Equipment during Award Ceremonies
  - 206.2.1 Competitors are not permitted to take off skis before crossing the red line in the finish area set by the organiser.
  - 206.2.2 A competitor is not allowed to take equipment (skis, poles, ski boots, glasses) to the official ceremonies, which have anthems and/or flag raising. (For PWG specific regulations apply).
  - 206.2.3 Holding or carrying equipment on the victory podium for press photos, pictures, etc. is permitted after the conclusion of the ceremonies involving anthems/flag raising. (For PWG specific regulations apply).

## **207 Advertising and Commercial Markings**

- 207.1 Athletes/guides are forbidden to display any advertising or commercial markings of brands related to tobacco, alcohol products or drugs (narcotics).
- 207.2 Obscene names and/or symbols on clothing and equipment are forbidden.
- 207.3 The advertising on equipment that is used during IPC Paralympic Winter Games must conform to the IPC Manufacturing and Trademark Guidelines. These

guidelines apply equally to all NPC's, their teams, as well as service personnel and suppliers.

## **208 Points System, Rankings and Trophies**

### **208.1 IPCNS Points System**

The IPCNS point system will be used to rank athletes overall and is described in the IPC Nordic Skiing and World Cup Points Rules.

These rankings will be used for seeding according to rule 314.5.

### **208.2 IPCNS World Cup Point System**

The IPCNS World Cup point system shall be used to rank athletes participating in the IPC Nordic Skiing World Cup Series and is described in the IPC Nordic Skiing and World Cup Points Rules.

## **210 Organisation of Competition**

### **211 The Organisation**

#### **211.1 The Organiser**

211.1.1 The organiser of an IPC competition is the person or group of people who make the necessary preparations and directly carry out the running of the competition at the venue.

211.1.2 If the NPC or designated National Ski Association or National Ski Federation itself is not the competition organiser, it may appoint an affiliated club or organisation to be the organiser.

211.1.3 The organiser must ensure that accredited persons accept the regulations regarding the competition rules and Jury decisions.

#### **211.2 The Local Organising Committee (LOC)**

211.2.1 The Local Organising Committee consists of those members (physical or legal) who are delegated by the organiser and approved by the IPC. It carries the rights, duties and obligations of the organiser.

## 212 Insurance

- 212.1 The organizer must take out liability and accident insurance for all staff (IPC Personnel included), including volunteers, all other accredited staff and athletes and visitors to protect the LOC against any claim related to the activities of the Organising Committee. The IPC will additionally cover its employees and appointed officials, who are not members of the Organising Committee (e.g. TD, administrator personnel, medical supervisor, etc.), with liability insurance when they are acting on behalf of the IPC. Despite this coverage during the event, IPC staff is considered part of the LOC staff and the insurance coverage only will apply if the LOC insurance will decline a potential claim
- 212.2 Before the first training day or competition, the organiser must be in possession of a binder or cover notes issued by a recognised insurance company and present it to the Technical Delegate. The Organising Committee requires liability insurance with coverage of at least €700,000; whereby it is recommended that this sum is at least €2 million. Additionally, the policy must explicitly include liability insurance claims by any accredited participant, including athletes, against any other participant including but not limited to officials, course workers, coaches, etc.
- 212.3 All athletes and guides and **team officials** participating in IPC Nordic Skiing sanctioned events must carry accident insurance, in sufficient amounts to cover accident, transport and rescue costs including race risks and repatriation costs. The National Paralympic Committee's or the designated National Ski Association is responsible for adequate insurance coverage of all the athletes the license and enter into an IPCNS race or event.
- 212.4 The National Paralympic Committee or designated National Ski Association or their athletes/guides **or team officials** must be able to show proof of the respective insurance coverage at any time on request of the IPCNS STC, one of its representatives, or the organising committee.

## 213 Invitations/Programme

An invitation and programme (according to the standard template provided by IPCNS), must be published by the respective organisers for each competition listed in the IPC Calendar that must contain the following:

- 213.1 name, date and place of the competitions, together with information on the competition sites and the best ways of reaching them,
- 213.2 technical data on the individual competitions and conditions for participation,

- 213.3 names of principal officials,
- 213.4 time and place for the first team captains' meeting and the draw,
- 213.5 timetable for the beginning of the official training and the start times,
- 213.6 location of the official notice board,
- 213.7 time and place for the prize-giving,
- 213.8 final date of entry and address for entries, including telephone, telefax and e-mail address.
- 213.9 Cancellation / postponement policy.

## **214 Announcements**

- 214.1 The Organising Committee must publish an announcement for the event. It must contain the information required by art. 213. The announcement should be published a minimum of 90 days prior to the event.
- 214.2 Postponements or cancellations of competitions and programme alterations must be communicated immediately by telephone, e-mail or telefax to the IPC, all invited or entered NPC's or Teams and the appointed TD. Competitions moved to an earlier date must be approved by the IPC.

## **215 Entries**

- 215.1 For IPC WC and designated IPCNS competitions each NPC/NSF must submit its competition entries using the IPCNS online registration system ([Paralympic.org/entries](http://Paralympic.org/entries)) according to the dates published on the corresponding competition invitation.
  - 215.1.1 An LOC may request preliminary entry information for planning and accommodation purposes separate from the online registration.
- 215.2 Special entry timelines and procedures shall apply for the Paralympic Winter Games and World Championships.
- 215.3 At the request of an LOC, the IPCNS STC, the IPCNS Race Administrator will cancel a competitor's entry in a race/event if at the second Team captain's meeting his/her delegation has not covered the full costs of that competitor's participation.
- 215.4 IPCNS will provide the LOC access to the online registration system in order to monitor entry data.

215.5 Only National Paralympic Committees or authorised National Ski Federations are entitled to submit entries for IPCNS Races (WCH, PWG).

All entries will minimally include the following information:

- Athlete/Guide Registration Number, (IPCNS Code)
- Family Name
- Given Name
- Gender
- Date of Birth (DD/MM/YYYY),
- Name of National Paralympic Committee and/or designated NSA/NSF;
- Event (s) to be entered
- Sport Class

215.6 The IPC and the LOC may reject any entry/entries that do not comply with the above requirements.

## 216 Competition and Sanction Fees

### 216.1 Race Entry Fee (Athletes)

The race entry fee is the amount that must be paid per athlete (including guides) to the LOC, for each race on the programme.

The Race Entry Fee is non-refundable in the event that the Jury cancels the race.

The amount payable per competition type is as follows:

Competition Type	Race Fee Amount
Paralympic Winter Games	N/A
IPC Nordic Skiing World Championships	According to IPC Competition Fee
IPC Nordic Skiing competitions	15 €

### 216.2 Competition Sanction Fee (Organizing Committee)

An Organizing Committee must pay all competition sanction fees to the IPC according to the terms and conditions of the contract/agreement.

This Competition Sanction Fees are non-refundable.

The fees for each type of race are as follows:

Competition Type	Fee per Race [first 100 competitors]	Fee per Race [100+ competitors]
Paralympic Winter Games / WCH	<i>N/A</i>	N/A
World Cup	750 € x #entries/100 <sup>1</sup>	750 €
Continental Cup	350 € x #entries/100 <sup>1</sup>	350 €
NC and IPCNS level Races	150 €	150 €

## 217 Team Captain's Meeting

- 217.1 The time and location of the first team captains' meeting and of the draw must be shown in the programme. The invitations for all other meetings have to be announced to the team captains at their first meeting. Emergency meetings must be announced in good time.
- 217.2 Two representatives of each participating nation may attend the TCMs. More representatives may attend if space permits.
- 217.3 Representation by a substitute from another nation during discussions/voting at a team captains' meetings is not allowed.
- 217.4 Team Captains and coaches must comply with the IPC Rules and Regulations and the decisions of the Jury and respect the IPC Code of Ethics.

## 218 Draw

- 218.1 Competitors' starting order for each event and each discipline is decided according to a specific formula by draw and/or by points order. The method for determining start order for each event and discipline is defined in the Sections 314 and 315.
- 218.2 Competitors will only be drawn if their written entries have been received before the closing date.

---

<sup>1</sup> # entries means entries received by the organiser prior to the race, DNS cannot be deducted

- 218.3 Competitors who have been drawn and are not present during the competition must be listed as DNS in the results.
- 218.4 If a starting order has been drawn and the competition has to be postponed to a different date, the draw must be repeated.
- 219 Publication of results**
- 219.1 The unofficial and official results will be published in accordance with the rules for the specific event. Official Results will also be posted on the IPCNS website.
- 219.2 In the event of a change in an athletes sport classification following first appearance or as the consequence of a successful appeal, the unofficial results may be adjusted before official results are posted according to the IPC Classification Code Model of Best Practice for Sport Class Changes following First-Appearance. This policy can be found in Chapter 1.3 of Section 2 of the IPC Handbook.
- 221 Prizes**
- 221.1 At World Championships and Paralympic Winter Games **medals** will be awarded to the top three competitors in each event.
- 221.2 At World Cup competitions **prizes, titles or diplomas**, provided by the LOC, will be awarded to the top three competitors in each event.
- 221.3 If two or more competitors finish with the same rank or receive the same points, they shall be given the same placing. They will be awarded the same medal, prizes, titles or diplomas. The allocation of medals, titles or prizes by drawing lots or by another competition is not allowed.
- 221.4 For visually impaired categories, if the athlete skied with a guide, the guide will also be awarded the same medal, prize, title or diploma awarded to the athlete. Only one guide per athlete is entitled to receive the same medal, prize, title or diploma. In the event an athlete has more than one guide, the team manager must communicate the name to the IPC and LOC representatives at the last Team Captains Meeting before the award ceremony.
- 221.5 All prizes are to be awarded no later than the final day of a competition or event series.
- 221.6 World Cup Trophies

- 221.6.1 A World Cup Trophy for the winner and medals for the top three (3) ranked athletes/guides will be awarded in each category/discipline and in the individual overall ranking competition.
- 221.6.2 Gender Overall: An Overall World Cup Trophy for the top overall male and female athlete/guide will be awarded
- 221.6.3 For VI Categories, if the athlete skied with a guide only one guide per VI athlete will be awarded per discipline and overall trophies. In the event an athlete has more than one guide, the team manager must communicate the name to the IPC and LOC representatives at the last Team Captains Meeting before the award ceremony.
- 221.6.4 The IPC Nordic Skiing STC will provide the Trophies and Medals.
- 222 Team officials, coaches, service personnel, suppliers and firm's representatives**
- 222.1 Team officials (support staff, coaches, medical personnel, wax technicians) are required to register in the IPCNS SDMS. This registration will be valid for the entire season.
- 222.2 At competitions where accreditation controls are in place, the Organising Committee must provide the Technical Delegate with a list of persons accredited to the competition.
- 222.3 Accredited technical officials, team officials, service personnel and suppliers must perform their specified function. Individual organisers are free to accredit additional company representatives or other important persons.
- 222.4 Only the technical delegate, jury, and accredited persons with clearly visible accreditation have access to the field of play (course, start, finish, and biathlon range) according to their accreditation.
- 222.5 Gambling on Competitions
- Competitors, trainers, team officials and technical officials are prohibited from betting on the outcome of competitions in which they are involved.

## 223 Competitor Medical Examinations and Compliance with the IPC Anti-Doping Code

223.1 The National Paralympic Committee and/or the designated NSA/NSF are responsible for the fitness of their competitors to race. All competitors are required to undergo a thorough evaluation of their medical health. This evaluation is to be conducted within the competitor's own nation.

223.2 All competitors and guides must comply with and are subject to the rules and regulations outlined in the IPC Anti-Doping Code.

223.3 For the Visually Impaired category, guides can also be eligible for anti-doping controls.

### 223.4 Gender of the Competitor

If any question or protest arises as to the gender of the competitor, IPC shall assume responsibility for taking the necessary steps to determine the gender of the competitor.

### 223.5 Medical Services Required from Event Organisers

The health and safety of all those involved in an IPC competition is a primary concern and responsibility of all event Organisers. This includes the competitors as well as volunteers, course workers and spectators.

The specific composition of the medical support system is dependent on several variables:

- The size and level of the event being held (World Championships, World Cup, Continental Cup, National Championships, IPCNS level, etc.) together with the local medical standards of care and geographic locations and circumstances.
- The estimated number of competitors, support staff and spectators.

The scope of responsibility for the Event Medical Organisation (competitors, support staff, spectators) should also be determined.

The Organiser / The Chief of Medical and Rescue Services must confirm with the race director or technical delegate that the required rescue facilities are in place before starting the official training or competition. In the event of an incident, or issue that prevents the primary medical plan from being utilized, the backup plan must be in place before recommencing the official training or competition.

## 224 Competition Equipment

- 224.1 A competitor is responsible for the equipment that they use (skis, sit-skis, bindings, ski boots, suit, prostheses, goggles, ski poles, rifles etc). It is each competitor's responsibility to check that the equipment they use conforms to the specifications and general safety requirements and is in working order.
- 224.2 The term competition equipment encompasses all items of equipment which the competitor uses in competitions. This includes clothing as well as apparatus with technical functions. The entire competition equipment forms a functional unit.
- 224.3 A competitor may only take part in an IPC sanctioned competition with equipment that complies with the IPC Sport Equipment Policy (IPC Handbook S3.10), Sport Classification Rules, and specific equipment rules included here in section 224. Additionally, the FIS Specifications for Competition Equipment/Commercial Markings as published annually by the FIS Committee for Competition Equipment apply to skiing equipment, and the IBU Equipment Rules (Annexes to the IBU Event and Competition Rules) apply to biathlon equipment.
- 224.4 In the event of any conflict or inconsistency between IPC, FIS and IBU equipment rules, interpretation by the IPCNS STC will apply. The IPCNS STC may specify additional rules, guidelines or variances to the FIS and IBU requirements.
- 224.5 All new developments in the field of competition equipment must be approved by the IPC Nordic Skiing STC. The IPC does not take any responsibility for the approval of new technical developments, which at the time of introduction may contain unknown dangers to health or cause an increase in the risk of accidents.
- 224.6 New developments must be submitted to the IPC Nordic STC before 1st September for the following season. The first year new developments can only be approved provisionally for the following season and must be finally confirmed prior to the subsequent competitive season. It is the responsibility of the competitor to seek final approval.
- 224.7 In principle unnatural or artificial aids which modify the performance of the competitors and /or constitute a technical correction of the individual's physical predisposition to a defective performance, as well as competition equipment which impact the health of the competitors or increase the risk of accidents are to be excluded.
- 224.8 Equipment Controls
- 224.8.1 The IPCNS STC has full authority to control equipment.

- 224.8.2 Before and during the competition season or on submission of protests to the Technical Delegate at the competition concerned, various controls can be carried out by members of the IPCNS STC or Technical Delegate. This process will be coordinated by the STC Head of Technical Control and Officiating.
- 224.8.3 Should there be a clear violation of Equipment Regulations, the Jury will determine the sanction in accordance with Section 225.
- 224.8.4 Should there be a well-founded suspicion that regulations were violated, the equipment items must be confiscated immediately by the STC or Technical Delegates, in the presence of witnesses, and be forwarded sealed to the IPC, which will submit the items to a final control by the STC and/or an officially recognised laboratory as required.
- 224.8.5 No testing of equipment or material in independent laboratories may be requested at races where an IPC Equipment Controller or STC member or Technical Delegate has performed the controls, unless it can be demonstrated that the controls have not been carried out according to the rules.
- 224.8.6 In cases of protest against items of the competition equipment, the losing party will bear the investigation costs.
- 224.9 Equipment Rules
- 224.9.1 The Nordic sit-ski shall consist of a sitting device with a fixed seat, which is not adjustable during the race, mounted on a pair of cross-country skis or rolling devices (summer competition). No springs or flexible articulations are allowed in any segment of the sit ski, including the connection with the skis. The connection with the skis must be rigid.
- The maximum allowable height difference between the point of contact of the buttock with the seat and the top of the ski is 40cm (including the cushion segment without load).
- The sit-ski athlete shall be seated on the sit-ski at all times during the race, meaning that the athlete's buttocks shall remain in contact with the seat in accordance with the IPC Nordic Skiing Classification Rules & Regulations.
- To prevent movement of the buttocks off of the seat, the upper thigh (proximal femur) or hip must be strapped to the seat using a non-flexible material.

## 225 Sanctions

### 225.1 General Conditions

225.1.1 An offence for which a sanction may apply and a penalty be imposed is defined as conduct that:

- is in violation or non-observance of competition rules, or
- constitutes non-compliance with directives of the jury or individual members of the jury in accordance with 224.2 or
- constitutes unsportsmanlike behavior

225.1.2 The following conduct shall also be considered an offence:

- attempting to commit an offence
- causing or facilitating others to commit an offence
- counselling others to commit an offence

225.1.3 In determining whether conduct constitutes an offence consideration should be given to:

- whether the conduct was intentional or unintentional,
- whether the conduct arose from circumstances of an emergency

225.1.4 All affiliated NPC's and related associations, including their members registered for accreditation, shall accept and acknowledge these rules and sanctions imposed, subject only to the right to appeal pursuant to the IPC Handbook and IPC Nordic Skiing Biathlon and Cross Country Skiing Competition Rules.

### 225.2 Applicability

#### 225.2.1 Persons

These sanctions apply to:

- all persons who are accredited by the IPC or the organiser for an event published in the IPC calendar (an event) both within and without the confines of the competition area and any location connected with the competition, and
- all persons who are not accredited, within the confines of the competition area

### 225.3 Penalties

225.3.1 The commission of an offence may subject a person to the following penalties:

- Reprimand - written or verbal
- Withdrawal of accreditation
- Denial of accreditation
- Monetary fine not more than EUR 100'000.--
- A time penalty

- 225.3.1.1 NPC's or designated NSA/NSF's or affiliated organisation are liable to the IPC for the payment of any fines and incurred administrative expenses imposed on persons whose registration for accreditation they arranged.
- 225.3.1.2 Persons not subject 225.3.1.1 also are liable to the IPC for fines and incurred administrative expenses. If such persons do not pay these fines, they shall be subject to a withdrawal of any permission to apply for accreditation to IPC events for a period of one year.
- 225.3.2 All competing competitors may be subject to the following additional penalties:
- Disqualification
  - Impairment of their starting position
  - Forfeiture of prizes and benefits in favour of the organiser
  - Suspension from IPC events
- 225.3.3 A competitor shall only be disqualified if his mistake would result in an advantage for him **or disadvantage for others** with regard to the end result, unless the Rules state otherwise in an individual case.
- 225.4 A jury may impose the penalties provided in 225.3.1 and 225.3.2, however they may not impose a monetary fine of more than EUR 5000.-- or suspend a competitor beyond the IPC event at which the offence occurred.
- 225.5 The following Penalty decisions may be given verbally:
- reprimands
  - the withdrawal of accreditation for the current event from persons who had not been registered with the organiser through their NPC's or affiliated Associations
  - the withdrawal of the accreditation for the current event from IPC-accredited persons
  - the denial of accreditation to the current event from persons who are within the confines of the competition area or any other location connected with the competition.

- 225.6 The following Penalty decisions shall be in writing:
- monetary fines
  - disqualification
  - impaired starting position
  - competition suspensions
  - withdrawal of accreditation from persons who had been registered through their NPC or designated NSA or NSF.
  - withdrawal of accreditation of IPC accredited persons
- 225.7 Written Penalty decisions must be sent to the offender (if it is not a competitor), the offender's National Paralympic Committee and IPC Snow Sports Manager.
- 225.8 Any disqualification shall be recorded in the TD's Report.
- 225.9 All penalties shall be recorded in the TD's Report.
- 226 Procedural Guidelines**
- 226.1 Competence of Jury
- The Jury at the event (from their arrival on site until their departure) has the right to impose sanctions according to the above rules by majority vote. In the case of a tie, the chairman of the Jury has the deciding vote.
- 226.2 Within the location, especially during the training and the competition period, each voting Jury member is authorised to issue oral reprimands and withdraw the accreditation which is issued for the current event.
- 226.3 Collective Offences
- If several persons commit the same offence at the same time and under the same circumstances, the Jury's decision as to one offender may be considered binding upon all offenders. The written decision shall include the names of all offenders concerned, and the scope of the penalty to be assessed upon each of them. The decision will be delivered to each offender.
- 226.4 Limitation
- A person shall not be sanctioned if proceedings to invoke such sanction have not been commenced against that person within 72 hours following the offence.
- 226.5 Each person who is a witness to an alleged offence is required to testify at any hearing called by the Jury, and the Jury is required to consider all relevant evidence.

- 226.6 The Jury may confiscate objects that are suspected of being used in violation of equipment guidelines.
- 226.7 Prior to the imposition of a penalty (except in cases of reprimands and withdrawal of accreditation according to 225.5 and 226.2), the person accused of an offence shall be given the opportunity to present a defence at a hearing, orally or in writing.
- 226.8 All Jury decisions shall be recorded in writing and shall include:
- 226.8.1 The offence alleged to have been committed
- 226.8.2 The evidence of the offence
- 226.8.3 The rule (s) or Jury directives that have been violated
- 226.8.4 The penalty imposed.
- 226.9 The penalty shall be appropriate to the offence. The scope of any penalty imposed by the Jury must consider any mitigating and aggravating circumstances.
- 226.10 Remedies
- 226.10.1 Except as provided for in 226.11, a penalty decision of the Jury may be appealed in accordance with the provisions in the Competition Rules.
- 226.10.2 If an appeal is not filed within the deadline established in the Competition Rules, the penalty decision of the Jury becomes final.
- 226.11 The following decisions of the Jury are not subject to appeal:
- 226.11.1 Oral penalties imposed under 225.5 and 226.2
- 226.11.2 Monetary fines less than EUR 1'000.-- (One Thousand Euro) for single offence and a further EUR 2'500.-- for repeated offences by the same person.
- 226.12 In all remaining cases, appeals are to be directed to the IPC Board of Appeal as per section 227.
- 226.13 The Jury shall have the right to submit to the IPC Board of Appeal recommendations for penalties in excess of monetary fines of EUR 5'000.- and suspensions beyond the event in which the offence occurred (225.4).
- 226.14 The **IPC Governing Board** shall have the right to submit to the Board of Appeal comments with respect to any written penalty decisions by the Jury.

## 226.15 Costs of Proceedings

Fees and cash expenses, including travel expenses (costs of the proceedings) are to be calculated comparable to costs paid to TD's and are to be paid by the offender. In the case of a reversal of Jury decisions, in whole or in part, the IPC covers all costs.

## 226.16 Enforcement of Monetary Fines

226.16.1 The IPC oversees the enforcement of monetary fines and the costs of proceedings. Enforcement costs are considered costs of the proceedings.

226.16.2 Any outstanding monetary fines imposed on an offender is considered a debt of the National Association to which the offender is a member.

## 226.17 Disposition of Monetary Fines

All monetary fines are paid into the IPC Nordic Skiing STC budget.

226.18 These rules are not applicable to any violation of IPC Anti-Doping Rules.

## 227 Appeals

### 227.1 Appointments

227.1.1 Every year at the STC Meeting, the IPC Snow Sports Manager (“Manager”), in consultation with the STC Chair, shall appoint a 3-person panel to serve as the Board of Appeal (BoA), one of whom shall serve as chair.

227.1.2 If any member of the BoA will be unable to attend a major event (including by teleconference, if appropriate), the Manager may, for the sake of expediency, appoint a replacement to serve on the BoA for that event only.

227.1.3 No member of the BoA should sit if the circumstances of the Appeal are such that they may have a conflict of interest or may reasonably be seen as having a conflict or otherwise being biased either for or against the Appellant, or where they have been involved in the decision being appealed, including as a witness. Members of the Board of Appeal must disclose to the Chair any interest which could reasonably create the appearance of bias or prejudice. Such persons shall be recused at their own or the BoA Chair’s discretion. Generally, members of the same National Paralympic Committee or National Association as the offender whose case is under appeal shall be recused. Recused members may be replaced by the Manager in consultation with the STC Chair.

- 227.2 Responsibility
- 227.2.1 The BoA shall only hold hearings with respect to appeals by offenders from decisions of competition juries, or matters referred to it by competition juries recommending penalties in excess of those provided for in the Sanction rules.
- 227.2.2 Parties wishing to appeal must file a Notice of Appeal with the TD within 24 hours of their notice of the original decision. The Notice of Appeal must set out in full the grounds of the appeal, the evidence to be relied upon and the legal and other arguments. It must also contain the Appellant's contact information.
- 227.2.3 The Appellant must cover the cost of 300€ (or equivalent currency) when submitting the appeal to the IPC Staff person
- 227.2.4 If the Notice of Appeal does not comply with these Rules the Appeal Chairperson shall issue a written decision dismissing the Appeal and shall notify the appellant as soon as is practicable. The initial notification may be verbal. A fresh Notice of Appeal can be made within the applicable time limit for bringing appeals.
- 227.3 Procedures
- 227.3.1 The decisions of the BoA shall be final and shall be made by majority vote.
- 227.3.2 Appeals should be decided as expeditiously as possible after receipt of the Appeal by the BoA Chair.
- 227.3.3 The BoA Chair should, as quickly as practicable, inform all affected parties of the appeal and solicit responses or other evidence to assist the BoA in deciding the Appeal.
- 227.3.4 The BoA shall decide on the location and format for the Hearing, which may include teleconference. The BoA members are required to respect the confidentiality of the appeal until the decision is made public and to consult only with the other members of the panel during the deliberations.
- The BoA Chair may request additional evidence from any of the parties involved, providing this does not require disproportionate means.
- 227.3.5 The BoA shall allocate costs of the appeal pursuant to 226.15.
- 227.3.6 Decisions of the BoA may be announced orally at the conclusion of the hearing. The decision, together with its reasoning, shall be submitted in writing to the IPC, which shall deliver them to the parties involved, their National Paralympic

Committees or associations and all members of the Jury whose decision was appealed. In addition, the written decision shall be available at the IPC Office.

## **228 Violation of sanctions**

Where there is a violation of a sanction that has been imposed (according to Section 225 or the IPC Anti-Doping Rules), the Governing Board may impose such further and other sanctions that it considers appropriate.

### **228.1 Sanctions against individuals may include:**

- a written reprimand;
- a monetary fine not to exceed the sum of EUR 100,000.00;
- competition suspension at the next level of sanction - for example if a three month suspension for a doping offence was imposed, the next level is a two year suspension; if a two year suspension for a doping offense was imposed, the next level is a lifetime suspension;
- and/or
- withdrawal of accreditation from individuals involved.

### **228.2 Sanctions against a National Paralympic Committee, National Ski Association, or National Ski Federation may include:**

- cancellation of future IPC events in the country involved;
- and/or
- withdrawal of some or all IPC membership rights, including participation in all IPC calendar competitions.

## Section 2

### 300 Cross-Country Competitions

300.1 IPC sanctioned competitions are governed by the following IPC publications: IPC Handbook, IPC Nordic Skiing Rules – first section (200s), second section (300s), Homologation Guidelines, Jury Guidelines, IPC Nordic Skiing Classification Rules and Regulations, IPCNS Points Rules, IPCNS World Cup Rules approved by the IPC Governing Board.

#### A. Organisation

##### 301 The Organising Committee (OC)

301.1 An OC must be appointed for an international competition. The OC consists of members appointed by the NPC National Paralympic Committee, National Association or authorized organisation. The OC administers the rights, duties and obligations of the organiser. See article 210.

##### 302 The Competition Officials

###### 302.1 Appointment of the Competition Officials

###### 302.1.1 IPC appointed officials are:

- At **Paralympic Winter Games (PWG)** and **World Championships (WCH)**: the Technical Delegate (TD), two Assistant TD (Ass TD), the IPC Race director (RD) and one Jury Member. The International Referee Timing & Results (IR Timing & Results), the International Referee Biathlon (IR Biathlon) and the classifiers will be appointed by the IPC Nordic STC if needed.
- At **World Cup (WC)** the IPC TD, the International Referee Timing & Results (IR Timing & Results), the International Referee Biathlon (IR Biathlon) and the IPC Classifiers will be appointed by the IPC Nordic STC.
- At IPC Approved Regional Competitions, the NSA will appoint a TD in cooperation with the IPC NS STC.

###### 302.1.2 NSA appointed officials are:

- At WC competitions: National Assistant TD

###### 302.1.3 Organising Committee Appointed Members

302.1.3.1 The Organiser appoints all other members. For all Paralympic Winter Games (PWG) and World Ski Championships (WCH) the following key technical officials have to be submitted to the IPC for approval:

- Chief of Competition
- Ass. Chief of Competition
- Race Secretary
- Chief of Course
- Chief of Stadium
- Chief of Timing & Results
- Chief of range (BT)

302.1.3.2 The Chair of the OC or his/her Assistant represents the OC to the public and chairs the meetings of the OC. He/she cooperates before and after the competition closely together with the IPC. Within the OC there must be one person appointed as the Chief of Competition who is qualified to conduct the competition and to supervise the technical aspects of the competition as well as be the main interface with the jury. The Competition Officials are specialists who are particularly well qualified for their assigned duties. Each official is allowed to do only one job. Officials must be easily recognized by their uniforms, armbands or badges.

302.2 Competition Officials Appointed by the Chief of Competition

302.2.1 The Competition Officials are

- Competition secretary
- Chief of course
- Chief of timekeeping and data processing
- Chief of stadium
- Chief of competition control
- Chief of range (BT)

The chief of competition will appoint other officials as necessary.

302.3 The Competition Officials and their Duties

302.3.1 The chief of competition is responsible for all aspects of the competition and supervises the work of all other competition officials. He must periodically inform the jury about the preparatory work and about changes that may have to be made. He must provide course maps, course profiles, stadium plans, time-table etc. to the jury members in due time prior to their arrival to the competition site.

- 302.3.2 The competition secretary is responsible for all secretarial work concerned with the technical aspects of the competition: entries, team captains' meeting, minutes, publication of start lists and results, protests.
- 302.3.3 The chief of course is responsible for the preparation (grooming, markings, and fencing) of the competition course, ski testing areas, warm-up course as well as proper setup and safe placement of any commercial marketing frames and structures.
- 302.3.4 The chief of timekeeping and data processing is responsible for the direction and coordination of the officials working in the timing area (starter, finish referee, finish controller, manual timers, electronic timers, intermediate timekeepers and calculations officials' work).
- 302.3.5 The chief of stadium is responsible for all activities in the stadium "field of play" area. This includes the course preparation and markings in the stadium, proper setup and safe placement of any commercial marketing frames and structures in the stadium, safe and well-marked pathways for competitors to the start. The chief of stadium is responsible for ensuring sufficient areas for athletes clothing, coaches, equipment suppliers, anti-doping officials and medical staff in the finish area as well as good cooperation with media and ceremonies in the finish area.
- 302.3.6 The chief of control and competition security is responsible to organise together with the Jury the suitable placing of controllers, to collect all pertinent information and control cards after the competition and to report any incidents to the Jury.
- Two controllers are necessary for each post. The number and placing of the controllers is determined without notifying the competitors, coaches or other officials. The controllers at each post record violations and the passing of the competitors. They may use video equipment. After the competition they must inform the chief of control and competition security of any violations to the rules and be ready to testify before the Jury.
- 302.3.7 The chief of media is responsible for providing optimal working conditions for media, equipment suppliers and competition officials in the media areas. This includes responsibility for the layout, setup, signage and operation of the mix zone. The mix zone includes the interview positions for host broadcaster, TV stations, radio, and journalists, as well as an area for photographers. Rooms for press conferences and related media infrastructure must be provided. He is also responsible for the flow of pertinent information to the press, radio and TV.

302.3.8 The chief of medical and rescue services is responsible for the organisation of all medical and first aid arrangements and for the quick transport of patients to the nearest appropriate medical facility.

The first aid and medical services must be fully operational during all official training times.

302.3.9 The chief of range (BT) is responsible for all range matters including layout and configurations, specifications, targets and their operation, penalty loop, coaches enclosure, signage and numbering, lane markings, wind flags, rifle racks, grooming, scoring, control procedures, telecommunications and safety.

### 303 The Jury and its duties

#### 303.1 Members of the Jury

303.1.1 For all Paralympic Winter Games (PWG) and World Championships (WCH) the following will serve in the Jury:

- IPC TD, is chair of the Jury
- IPC Assistant TD (CC)
- IPC Assistant TD (BT)
- IPC Race Director
- the Chief of Competition
- Jury member appointed by the IPC Nordic Skiing Technical Committee.

303.1.2 For WC the Jury will consist of the following:

- the IPC TD, who is chair of the Jury (appointed by IPC Nordic STC)
- the National TD , BT or CC (appointed by IPC Nordic STC or NSA)
- the Chief of Competition
- the IPC IR Biathlon
- one (1) foreign member appointed at the Team Captains Meeting.

In case that only Cross Country races are held and no IPC BT IR is on site, a second foreign Jury member will be appointed at the Team Captains Meeting.

303.1.3 For all events the Chief Classifier or his/her designee shall give specific information to the Jury regarding classification matters as required.

303.2 The Role of the Technical Delegate (TD) and Assistant Technical Delegate (ATD) at WC, WCH, PWG, and other IPC competitions

### 303.2.1 Authority

The IPC TD is the delegate of the IPC to the organizing body, and is a guarantor for the IPC that the competition is conducted in accordance with the IPC Rules. The IPC TD must have a valid IPC TD license. The TD has the responsibility to involve and utilize the IPC appointed assistant TD and the NSA appointed National TD in the preparation, the carrying out and the follow up of the competition. The TD is responsible for organizing the work of the jury.

### 303.2.2 Appointment

303.2.2.1 For PWG, WCH and WC the TD must possess an IPC TD-license

303.2.2.2 For IPC sanctioned National competitions and Continental Cups the TD must be an IPC TD candidate or IPC licensed TD.

303.2.2.3 For all PWG and WCH competitions the IPC TD must not be from the host nation.

303.2.2.4 For the TD and the Race Director for PWG, the IPC NS STC will make a formal recommendation to the IPC Governing Board, who will make the final appointment.

303.2.2.5 For WCH and WC competitions the TD and the Race Director will be appointed by the IPC Nordic STC. For WC competitions the NSA must appoint a National TD who is supervised and instructed by the IPC TD.

303.2.2.6 Persons holding a position of responsibility for a Nations Team are not permitted to be nominated for the position of a TD or Jury member for PWG, WCH.

### 303.2.2.7 IPC Race Director (RD)

This official is nominated by the IPC for competitions of the highest category (PWG and IPC WCH). The IPC Race Director must possess an IPC TD-License.

The main duties of RD are:

- to represent the interests of the International Paralympic Committee
- to support the Jury and the Organizing Committee in the technical organization of the IPC WCH and the PWG.
- to schedule and conduct inspections of the PWG, WCH sites
- to oversee that all aspects of the organizer's contract are correctly fulfilled
- to do the homologation of the courses and the homologation of the Timing & Result System.

- to be the main representative from IPC who will interface with the Host Broadcaster and determine specific race schedules and contingencies.
- to arrive early enough at the site (minimum 8 days prior to the first competition) to oversee the preparation and be a helpful partner to the organizer.
- to monitor the proper operation of the event according to the regulations and guidelines of IPC and to report issues to the IPC Nordic STC as necessary
- to provide coordination and support to all Jury members by providing information and advice
- to serve in the Competition Jury
- to support the OC in the preparation of the Team Information Meeting and the Team Captains Meeting.
- to check branding / advertising on competition equipment & cloth.

### 303.3 Duties of the Jury

303.3.1 The Jury must ensure that the competition is organised and carried out according to the IPC Rules. The responsibilities begin when the Jury is appointed and are ended when protests from the final competition have been decided and the official results are produced. The first Jury meeting should be held before the first official training.

303.3.2 The Jury must clarify and decide:

- Whether a competition shall be postponed, interrupted or cancelled.
- Whether the competition course shall be adjusted due to safety reasons, or that additional safety measures (fences, protective material, etc.) shall be installed along the course
- Whether late entries and substitutions may be accepted.
- Whether protests should be accepted and sanctions or disqualification announced.
- Whether to apply for sanctions against an athlete or coach.
- Whether there will be a change of starting order and method of start in special cases.
- Any questions not covered by IPCNS Rules.
- If the temperature is below  $-20^{\circ}\text{C}$ , measured at the coldest point of the course, a competition will be postponed or cancelled by the Jury. With difficult weather conditions (e.g., strong wind, high air humidity, heavy

snowfall, or high temperature) the Jury may, in consultation with the team leaders of the participating teams and the doctor responsible for the competition, postpone or cancel the competition

303.3.3 Within the location, especially during the official training and competition times, each voting Jury member is authorized to issue verbal reprimands and withdraw the accreditation which is valid for the current event (see also IPC224.2).

303.4 Jury Duties before and during the Competition

303.4.1 All Jury members must arrive at the site in due time before the competition so that a check can be made before the beginning of the official training and that the correct preparations for training and competition are being carried out, and make any necessary improvements prior to the start of competition.

The TD is responsible that all Jury duties are carried out and should distribute tasks among Jury members according to their abilities and experience.

Jury members should be able to ski the course and make a judgment of the course preparations.

303.4.2 Jury duties before arrival to competition site:

- Invitation
- Competition program
- Entries and eligibility questions
- Course and stadium plans, including the BT range
- Snow conditions, contingency plans (in case of bad snow conditions)
- Site visits (if decided by IPC STC)

303.4.3 Jury duties on competition site before competition

- Liability insurance (IPC 212)
- Course:

Homologation, preparation (snow conditions, grooming, grooming equipment, forerunners, snow patrols, plans in case of extreme weather conditions), course marking, safety measures, coach/no coach areas, feeding stations, ski doo access paths (if applicable)

- Team area:

Waxing facilities, test area, warm-up courses

- Stadium:  
Detailed plans, markings, fencing, general logistics, information points, loudspeakers, safety requirements, range
- Medical service:  
First aid stations, rescue plans, doping control (facilities, chaperons)
- Team accommodation:  
Level, distance, pricing, meal arrangements and quality
- Race office:  
Location, organisation, equipment, opening hours, information for the teams, forms, lists (IPCNS Points, cup standings, written reprimand), entries (eligibility, quotas, IPCNS Codes, grouping – if applicable)
- Team Captains' meeting:  
Place, schedule, room equipment, refreshments, agenda, presentation, information for teams, test draw (if applicable), monitor the meeting and make decisions during the meeting if necessary
- Timing:  
Start and finish procedures, intermediate timing, photo finish, primary timing, backup timing, data processing, start list content and layout, result list content and layout, XML approved IPC format data transmission to IPC.
- Competition control:  
Posts, technique control, equipment, procedures, ski marking (if applicable)
- Jury:  
Working conditions, identification, communication
- Ceremonies:  
Schedule, award of prizes, protocol
- Media (if applicable):  
Press center, media information, press conferences

- Security:  
Accreditation system, identification, access points and access control
- Transportation and parking

#### 303.4.4 Jury duties during competition:

- All Jury members should be present on competition site in good time (normally 2 hours before first start)
- Can competitions start as scheduled (stadium and course preparation, weather conditions, teams on site?)
- Substitutions and late entries
- Changes to warm-up and ski test procedures on course
- Decide on re-grooming, rescheduling of forerunners and use of snow patrols if necessary
- Inform teams on Jury decisions
- Monitor the execution of competitions
- Decide on all reported infractions including IPC 207 and late starts (if force majeure was the reason for late start)
- Decide on valid protests
- Document Jury decisions along with used evidence to be used in case of appeal
- Check timing and results, calculate race penalty, declare official results
- Check that official results are published on IPC website
- TD must prepare his/her TD report within 3 days after the competition.

### 304 Reimbursement of expenses

#### 304.1 Requirements of the Organisers

304.1.1 The competition officials have a right to reimbursement for their travel expenses (highway taxes included), as well as free accommodation and meals during the assignment. This rule also applies to agreed inspections as well as the trip to the competition (train, first class; for longer distances air fare, tourist class; or payment of a per kilometer fee of € 0.60 or equivalent). In addition a fixed daily rate of € 80 is added for the travel days to and from, as well as each day of the assignment, which includes postage charges for mailing reports, etc. Double charges (e.g. travelling home on the same day as the last race) are not permitted. If overnight accommodation during the journey to and from the assignment is necessary, this must be justified and reimbursed separately.

The maximum payment for personal vehicle transportation cannot exceed the equivalent cost of an airfare in economy class.

304.1.2 Reimbursement applies as follows:

- at WCH for the IPC TD, IPC Assistant TD CC, IPC Assistant TD BT, IPC Race Di-rector, fixed Jury members, IR Timing & Results, IR Biathlon.
- at WC competition for the IPC TD and the National assistant TD
- at other international competitions for the TD.
- at PWG, the reimbursement will be according to the Memorandum of understanding (MOU).

## 305 Team Captain's Meeting

305.1 Procedure

305.1.1 Before each competition a Team Captains' meeting is carried out. It should take place one day before the competition.

305.1.2 The date, time and place of the Team Captains' meeting have to be published in the competition program (IPC 213). The Jury decides how many representatives per participating team and how many accredited officials are allowed to take part in the Team Captains' meeting.

305.1.3 At PWG, WCH the seating arrangements of the participating teams have to be marked.

305.1.4 At PWG, WCH and WC the Team Captains' meeting is held in English and also in the original language of the organiser if necessary.

305.1.5 The Team Captains' meeting is conducted by the chief of competition.

305.1.6 At the Team Captains' meeting, a majority of the voting members is enough for a Jury recommendation. Each team has one vote.

305.1.7 When necessary, the Jury may decide to interrupt the meeting in order to make a decision on recommendations and bring this result back to the meeting (IPC 303.3.2).

305.2 Agenda

305.2.1 A written agenda has to be distributed for the Team Captains' meeting. It is prepared by the competition secretary in cooperation with the chief of competition and the Jury.

- 305.2.2 At all international competitions the agenda normally contains the following items:
- Roll call
  - introduction of the members of the OC
  - introduction of the Jury, if necessary appointment of the Jury
  - weather forecast
  - checking of the entries or grouping of the competitors
  - draw or start list composition
  - description of the stadium (access, ski marking [if applicable], start, finish, exchange zone for relay, biathlon range, penalty loop, tents for clothes changing, exit etc.)
  - description of the course (access, profile, locations for intermediate timing and feeding, security problems, course markings etc.)
  - preparation of the course
  - time, locations and regulations for ski testing
  - times and courses for training
  - general information from the TD
  - general information from the IPC Race Director
  - general information from the Organiser
- 305.2.3 Minutes which contain all topics of discussion, Jury decisions and the recommendations made must be taken at the Team Captains' meeting.

## B. IPC Nordic Skiing Competitions

### 310 Competition Formants and Programmes

#### 310.1 Table for distances and course lengths

#### Cross Country

Competition	Class	Gender	Total Distance		Course	Loops	
<b>CC Sprint</b>	LW 10-12	men	800m (+/-200m)	sit ski	800m (+/-200m)	1	
	Qualification (all)	LW 10-12	women	800m (+/-200m)	sit ski	800m (+/-200m)	1
	Semifinal B1-3 (best 8)	LW 2-9	men	1200m (+/-400m)	standing	1200m (+/-400m)	1
	Semifinal LW (best 12)	B1-3	men	1200m (+/-400m)	standing	1200m (+/-400m)	1
	Final B1-3 (best 4)	LW 2-9	women	1200m (+/-400m)	standing	1200m (+/-400m)	1
	Final LW (best 6)	B 1-3	women	1200m (+/-400m)	standing	1200m (+/-400m)	1
<b>CC middle</b>	LW 10-12	men	10km	sit ski	2.5km	4	
	LW 10-12	women	5km	sit ski	2.5km	2	
	LW 2-9	men	10km	standing	2.5 or 5km	4 or 2	
	B1-3	men	10km	standing	2.5 or 5km	4 or 2	
	LW 2-9	women	5 km	standing	2.5 or 5km	2 or 1	
	B 1-3	women	5 km	standing	2.5 or 5km	2 or 1	
<b>CC long</b> sit ski	LW 10-12	men	15km	sit ski	3.0km	5	
	LW 10-12	women	12km	sit ski	3.0km	4	
<b>CC long</b> standing	LW 2-9	men	20km	standing	4 or 5km	5 or 4	
	B1-3	men	20km	standing	4 or 5km	5 or 4	
	LW 2-9	women	15km	standing	3 or 5km	5 or 3	
	B 1-3	women	15km	standing	3 or 5km	5 or 3	
<b>Relay</b> 2 x 2.5km classic + 2 x 2.5km free	mixed (330%)	classic	5km	sit ski	2.5km	2	
		free	5km	standing	2.5km	2	
	open (370%)	classic	5km	sit ski	2.5km	2	
		free	5km	standing	2.5km	2	

## Biathlon

Competition	Class	Gender	Total Distance		Course	Loops
<b>BT short</b>	LW 10-12	men	7.5km	sit ski	2.5km	3
	LW 10-12	women	6.0km	sit ski	2.0km	3
Penalty loop 150m	LW 2-9	men	7.5km	standing	2.5km	3
	B1-3	men	7.5km	standing	2.5km	3
2 shootings	LW 2-9	women	6.0km	standing	2.0km	3
	B 1-3	women	6.0km	standing	2.0km	3
<b>BT middle</b>	LW 10-12	men	12.5km	sit ski	2.5km	5
	LW 10-12	women	10km	sit ski	2.0km	5
Penalty loop 150m	LW 2-9	men	12.5km	standing	2.5km	5
	B1-3	men	12.5km	standing	2.5km	5
4 shootings	LW 2-9	women	10km	standing	2.0km	5
	B 1-3	women	10km	standing	2.0km	5
<b>BT middle Pursuit</b>	LW 10-12	men	12.5km	sit ski	2.5km	5
	LW 10-12	women	10km	sit ski	2.0km	5
Penalty loop 150m	LW 2-9	men	12.5km	standing	2.5km	5
	B1-3	men	12.5km	standing	2.5km	5
4 shootings	LW 2-9	women	10km	standing	2.0km	5
	B 1-3	women	10km	standing	2.0km	5
<b>BT 1 day Pursuit</b>	LW 10-12	men	2.4 - 3.0km	sit ski	800m (+/-200m)	3
	LW 10-12	women	2.4 - 3.0km	sit ski	800m (+/-200m)	3
Qualification + Final Penalty loop 80m	LW 2-9	men	3.6 - 4.8km	standing	1200m (+/-400m)	3
	B1-3	men	3.6 - 4.8km	standing	1200m (+/-400m)	3
2 shootings	LW 2-9	women	3.6 - 4.8km	standing	1200m (+/-400m)	3
	B 1-3	women	3.6 - 4.8km	standing	1200m (+/-400m)	3
<b>BT long</b>	LW 10-12	men	15km	sit ski	3.0km	5
	LW 10-12	women	12.5km	sit ski	2.5km	5
Penalty 1 minute	LW 2-9	men	15km	standing	3.0km	5
	B1-3	men	15km	standing	3.0km	5
4 shootings	LW 2-9	women	12.5km	standing	2.5km	5
	B 1-3	women	12.5km	standing	2.5km	5

### 310.2 Technique Definitions

#### 310.2.1 Classical Technique

310.2.1.1 Classical technique includes the diagonal techniques, the double poling techniques, herringbone techniques without a gliding phase, downhill techniques and turning techniques.

310.2.1.2 Single or double-skating is not allowed.

310.2.1.3 Turning techniques comprise steps and pushes in order to change directions. Where there is a set track, turning techniques with pushing are not allowed. This will also apply to competitors skiing outside of the set track.

310.2.2 Free Technique

Free technique includes all Cross-Country skiing techniques.

310.3 The Programmes for PWG, WCH, and WC Competitions

310.3.1 As a principle the number of competitions in the two techniques should be equal in WC every year, and the same for championships.

310.3.2 PWG and WCH

310.3.2.1 For the PWG and the WCH, the program is:

Cross country skiing:

standing men:	1200m, 10km and 20 km
sit-ski men:	800m, 10km and 15 km
standing women:	1200m, 5km and 15 km
sit-ski women:	800m, 5km and 12 km

Biathlon :

standing men:	7.5km, 12.5km and 15 km
sit-ski men:	7.5km, 12.5km and 15 km
standing women:	6km, 10km and 12.5 km
sit-ski women:	6km, 10km and 12.5 km

Biathlon

The IPC Nordic Skiing Sport Technical Committee (IPC NS STC) is authorized to decide what type of biathlon competition should be included in the program for PWG, WCH and WC. The decision shall be given prior to the season.

#### 310.3.2.2 Techniques

The techniques (Classical Technique / Free Techniques) will alternate from PWG to PWG and from WCH to WCH.

The relay competitions will be conducted using two legs classical (first and third leg) and two legs in free technique (second and fourth).

#### 310.3.3 World Cup

The program for the World Cup season is determined by the IPC STC every year. Distances and techniques are decided annually. To be able to support development of the Nordic skiing sport, test competitions can be a part of the WC program. Long distance competitions may be included.

### 311 Cross-Country and Biathlon Competition Courses

#### 311.1 Fundamental Characteristics

311.1.1 Cross-Country and Biathlon courses must be laid out so that they provide a technical, tactical and physical test of the competitors' qualifications. The degree of difficulty should be in accordance with the level of the competition. The course should be laid out as naturally as possible to avoid any monotony, with rolling undulating sections, climbs, and downhill sections.

Rhythm should not be broken by too many sharp changes in direction or steep climbs. The downhill sections must be laid out so that they create a challenge to the competitors. At the same time it should be possible to ski the course even under fast conditions.

See IPC Nordic Skiing Homologation Guide.

311.1.2 At PWG, WCH the courses may only be used in the direction established in the homologation certificates.

311.1.3 A ski glide testing area with testing tracks for all participating teams must be located close to the stadium. It should be close to the team wax cabins and warm up track. The testing tracks must be prepared to the same standard as the competition course.

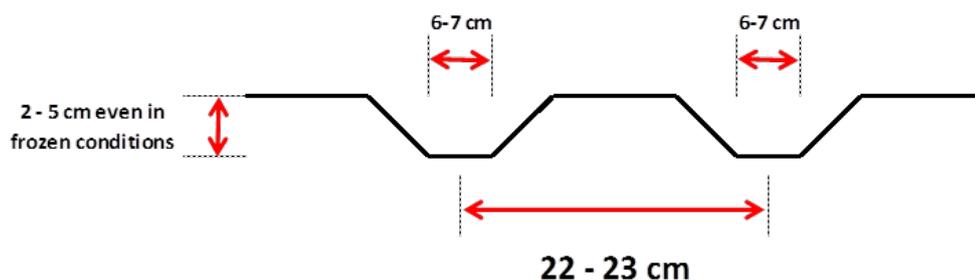
311.1.4 Warm up courses (also for sit ski) should be prepared as close as possible to the stadium.

#### 311.2 The Homologation

311.2.1 At PWG and WCH Cross-Country and Biathlon competitions must be carried out on homologated courses. See IPC Nordic Skiing Homologation Guide.

- 311.2.2 In competitions designed for IPC Nordic Skiing sport promotion it is possible to use courses outside of the homologation standards providing they have been approved by the IPC Nordic STC.
- 311.2.3 The organiser must supply copies of the approved course maps and the homologation certificate to **the appointed TD**. A graduated scale and a north direction arrow must be included.
- 311.2.4 At PWG, WCH, and WC competitions, the highest point of a Cross-Country and Biathlon course should not exceed 1800 m.
- 311.3 Preparation of the Course
- 311.3.1 Pre-Season Preparation
- The courses must be prepared before the winter so that they can be raced on even with very little snow. Rocks, stones, roots, stumps, brush and similar obstacles should be removed. Sections of the course that have drainage problems must be corrected. The summer preparations should be of a standard which allows for carrying out of competitions with approximately 30cm of snow. Special attention must be given to downhill sections and the need for banking the curves.
- 311.3.2 General Preparation for the competition
- 311.3.2.1 The course should be completely prepared with mechanical equipment. If heavy machines are used, they should follow the original configuration of the ground as much as possible in order to preserve the undulations of the terrain.
- 311.3.2.2 The course must be prepared to the recommended width according to the Homologation Guidelines and the competition format (see IPC Nordic Skiing Rules section B). The course must be prepared so that competitors can ski and pass unobstructed. On slopes where the courses traverse, they must be wide enough to allow for good preparation.
- 311.3.2.3 The courses, the warm up tracks and the shooting range (if needed) must be completely prepared before the official training, correctly marked and with the kilometer signs in place.
- 311.3.2.4 The same conditions must be ensured for all competitors during the competition. If it is snowing or blowing hard, a sufficient number of qualified forerunners and/or especially equipped patrols must be available and utilized in order to maintain constant conditions. An action plan has to be prepared in cooperation with the Jury.

- 311.3.2.5 All use of artificial means in order to improve the glide on the snow are forbidden. In special cases the use of chemicals to prevent a soft surface is allowed.
- 311.3.3 Preparation for Classical Technique
- 311.3.3.1 The number of tracks will be decided by the Jury according to the length, the width, the profile of the course, the competition format and number of entries.
- 311.3.3.2 The tracks should be in general set along the ideal skiing line of the competition course. The track is normally set in the middle of the course except through curves.
- 311.3.3.3 In curves there should only be set track where the skis can glide unrestrained in the set track. Where the curves are too sharp and the speed is considered to be too high for the skier to stay in the track, the track should be removed. In curves the track is to be set close to the fence to avoid the possibility to ski between the track and the fence.
- 311.3.3.4 To decide the proper course preparation and track setting, the best competitors and highest possible speed must be taken into consideration.
- 311.3.3.5 The ski tracks must be prepared so that ski control and gliding are possible without a lateral braking effect by any parts of the bindings. The two tracks should be set **22cm - 23cm** apart, measured from the middle of each track. The depth of the track should be 2-5cm, even in hard or frozen snow.



- 311.3.3.6 Where two or more tracks are used, they should be a minimum 1.20 meter apart measured from the middle of each pair of tracks.
- 311.3.4 Preparation for Free Technique
- 311.3.4.1 The course must be well-packed the entire width. The width of the course should be suitable with the competition format

- 311.3.4.2 The Jury determines where and how tracks will be set in the downhills.
- 311.3.4.3 One single track shall be set on **one side of the course** for athletes skiing in classical technique.
- 311.3.4.4 In sections where standing athletes and sitting athletes use the same course 2 classical tracks shall be set if possible.
- 311.4 Marking the Course
- 311.4.1 The marking of the course must be so clear that the competitor is never in doubt where the course goes. At PWG and WCH the colors of the markings have to be determined and described in the course descriptions.
- 311.4.2 Kilometer signs should mark the accumulated distance skied along the course.
- 311.4.3 Forks and intersections on the course must be clearly marked by visible signage, and fences or V-boards must be placed across unused parts of the course.
- 311.4.4 Holding zones for B competitors shall be determined by the jury and be clearly marked with visible signs/flags in contrasting colors for the beginning (green) and the ending (red) zones.
- 311.5 Refreshment Stations
- 311.5.1 The OC must at a minimum provide a refreshment station (in the finish area).
- 311.5.2 The Jury decides on positions or limitations on feeding stations on the competition course.
- 311.6 Course Protection
- 311.6.1 At PWG, WCH competitions the courses should be fenced along both sides at all places where spectators can potentially interfere with the competitors.
- 311.7 Training and Inspection of the Course
- 311.7.1 Competitors and team officials must be given the opportunity to train and inspect the course in competition conditions. When possible, the course should be open two days before the competition. The Jury may close the course or limit the use of the course to certain sections or hours.
- 311.7.2 At PWG and WCH all competitors who participate in Official Training must wear a training bib **provided by the organizer.**

## **312 The Cross-Country and Biathlon Stadium**

### **312.1 Stadium Area**

312.1.1 The stadium has to be prepared with a well-designed start/finish area.

312.1.2 The stadium arrangement should provide a functional entity divided and controlled as necessary by gates, fences and marked zones. It must be prepared in such a way that

- the competitors may pass through it several times,
- competitors, officials, media, service people and spectators may reach their respective areas easily,
- there is enough space to carry out all competition formats, including BT competition formats if needed. (incl. 150m penalty loop)

### **312.2 Start Zone**

312.2.1 The first 50m will be the start zone. This zone may be separated into corridors and classical tracks may be set. The number, width and length of corridors will be determined by the Jury according to the IPC Nordic competition formats and the stadium layout. The corridors should be as long as possible.

312.2.2 The starting positions will be set according to the competition formats

### **312.3 Finish Zone**

312.3.1 The last straight 50 to 100m will be the finish zone. This zone is normally separated into corridors. They must be clearly marked and highly visible but the markings must not interfere with the skis. The corridors should be as long as possible. The number, width and length of corridors will be determined by the Jury according to the competition formats and the stadium layout.

312.3.2 The finish line must be clearly marked with a colored line. The width of the finish line is maximum 10cm.

312.3.3 A control line is marked 10-15 meters after the finish line. Competitors are not allowed to take off their skis until after the control line (IPC 207.1). Violations will be reported to the Jury.

### **312.4 Exchange zone**

312.4.1 In the relay, the exchange zone should be sufficiently wide and long, clearly marked and located on flat or smoothly rising ground in the stadium.

- 312.4.2 The size (length and width) should be adapted to the competition format and the available space in the stadium.
- 312.5 Pit boxes
- 312.5.1 When ski exchange is allowed, the pit box area must be designed so that each nation has a designated box marked by their national flag / national code and an exit is provided that minimizes any chance for interference. A bypass corridor must be provided so that any competitors who do not enter their pit boxes will have the shortest skiing distance past this ski exchange area.
- The jury decides about the layout of the ski exchange zone and the number of boxes per nation, taking in consideration the total number of competitors and the available space in the stadium.
- 312.6 IPC Biathlon Range
- See IPC Nordic Skiing Rules 328.3
- 312.7 IPC Biathlon Penalty loop
- See IPC Nordic Skiing Rules 328.2
- 312.8 Working Conditions
- 312.8.1 Competition officials, Jury members, Coaches, media and service people must have proper working zones within the stadium area so that they can work without disturbing the process of start and finish. The access of these persons to the stadium area must be controlled.
- 312.8.2 Timekeeping and calculation should be located in a building with a good view of the start and finish.
- 312.8.3 At PWG and WCH competitions, IPC Officials and Jury members must be provided a working room with a good view of the stadium, and in the immediate vicinity of the stadium.
- 312.8.4 A heated room must be provided for the medical office near the stadium.
- 312.9 Additional Facilities
- 312.9.1 In the immediate vicinity of the stadium at PWG and WCH, a controlled (with fences or manual control) team preparation area with wax cabins must be installed. The cabins must be heated and well ventilated using forced air exchangers. Additional rules may apply for PWG, WCH, and WC.

- 312.9.2 Toilets and wash rooms (both accessible for wheelchairs) must be installed for competitors near the stadium. They must be easily reached from the start area.
- 312.10 Current Information Facilities
- 312.10.1 A notice board showing results, important information from the OC and the Jury, and the air and snow temperature should be located close to the wax cabins and the stadium. The temperatures must be displayed for the following times: two hours before the start, one hour before the start, half an hour before the start, at the start, half an hour after the start, one hour after the start.
- 312.10.2 Temperature measurements must be taken in the stadium area and at places where extreme temperatures (low point, high point) can be expected.
- 312.10.3 Loudspeakers must be used for announcing the competition and important information. The volume of the announcements must be modified for B Class competitors as required by the TD's.
- 312.10.4 In order to inform international competitors, trainers, spectators, English language must be used.
- 313 Official entries for the organiser**
- 313.1 Procedure
- 313.1.1 Official entry forms must be sent by the Organiser to all relevant Nations in an electronic or paper form. An online registration process can also be provided.
- 313.1.2 As a minimum, the required data fields shown in the Official IPC Entry Form must be included. See IPC rule 215.
- 313.1.3 For WC this entry process will be determined by the IPC Nordic STC.
- 313.1.4 In all B classes the competitor and his guide are a team. Therefore, the guide(s) name for each blind competitor must be included on the entry form prior to the start of each race.
- 313.2 Receiving official entry information for a specific competition
- 313.2.1 PWG and WCH: Official entries and grouping information (when required) must be received and checked by the competition secretary latest two hours before the Team Captains' meeting.
- WC: Official entries and grouping information (when required) must be received and checked by the competition secretary latest at the Team Captains' meeting.

### 313.3 Late Entries

313.3.1 Late entries can be admitted by the Jury before the draw.

313.3.2 Late entries are not admitted after the draw.

### 313.4 Substitution

313.4.1 After the creation of the start list at PWG and WCH with limited team entries a competitor can only be substituted if he cannot start due to force majeure (injury, illness, etc.) and if the Jury permits the substitution. This has to be certified by a medical doctor and communicated to the Jury until 2 hours before the start.

For other international competitions, the Jury can give the competitor permission to start in cases worthy of special consideration. The start time of any competitor thus entered must not give him any advantage over other competitors. If more than one competitor is entered late, the numbers will be drawn by lot.

313.4.2 In the event of an accident during warming up the Jury can permit a substitution later than 2 hours before the start if the accident is reported to and certified by the Chief of medical and rescue service of the OC.

313.4.3 If the withdrawn competitor was selected for doping control then this test must still be carried out and must also be carried out on the substitute competitor. If the withdrawn competitor produces a positive test, no substitute will be allowed.

313.4.4 The starting position of the substitute competitor will be according **the articles in section C „competition formats“**

313.4.5 Competitors, who are on the starting list and cannot take part in the competition because of illness or other reasons, must be reported by the team captain to the competition secretary at latest 30 min. before the start. If any of these competitors were selected for doping control, they must still be tested.

## 314 Starting Order

### 314.1 Principles

314.1.1 The start list can be created with a draw, using a point system, a cup standing, a stage event overall standing, a qualification system or other methods.

For PWG, IPC WCH and IPC WC the start list shall be created by using the IPCNS points.

314.1.2 The starting order shall be determined by the Jury in such a way as to avoid overtaking as much as possible. In principle men start before women.

314.1.3 The recommended start order of the different classes if the same track is being used for all is as follows:

Men	LW 10-12
Women	LW 10-12
Men	B 1-3
Men	LW 2-9
Women	B 1-3
Women	LW 2-9

### 314.2 Draw

314.2.1 Manual and computer methods are allowed for the draw.

314.2.2 The draw is carried out by using a random double selection.

314.2.3 If grouping is used, the start numbers will be drawn within each group. The normal starting order of the groups will be I, II, III and IV. The grouping of the competitors cannot be changed during the draw.

314.2.4 If a competition has to be postponed to a different date, the draw must be repeated (article 218.6).

314.2.5 It is possible to have the draw conducted before the Team Captains' Meeting under the supervision of the Jury.

### 314.3 Manual Draw

- 314.3.1 In this method, each competitor receives one number from a sequence determined by the number of competitors in his group (for instance, 23 competitors in the group, the competitor is assigned a number between 1 and 23). In the first random selection, one of the numbers 1-23, is drawn. At the same time, a start number that has been assigned to that group is drawn (for example, group II with 23 competitors will race with bibs 45-67 inclusive). This number that is drawn is the start number for the competitor whose number was drawn in the first random selection. For both random selections, balls with the appropriate numbers on them are usually drawn by hand from a closed box or container. After the two balls are drawn, the nameplates of the competitors are transferred from the board with the grouping to the board with the starting order.
- 314.4 Computer Draw
- 314.4.1 The computer draw procedures must be inspected by a member of the Jury in order to validate the process.
- 314.4.2 This method requires that the names and the grouping of the competitors will be entered into the computer. The program provides at least four stages of output on the monitor.
1. The list with the registered competitors and their sequential numbers within a group appears on the monitor.
  2. The computer randomly selects the name of one competitor and displays it on the monitor.
  3. The computer randomly selects a start number for this competitor. The start number and the name of the competitor now appear on the monitor.
  4. The monitor then shows the start list order with this competitor listed.
- 314.5 Using a Points System to Determine the Starting Order
- 314.5.1 Start order will be defined by using IPCNS points. Athletes without IPCNS points will be drawn.
- For interval start distance competitions competitors are starting in reverse order of their current IPCNS points standing (best are at the end). The overall WC leader is always assigned the last starting position.

For individual Sprint qualification round the competitors start in der order of their current IPCNS point standing (best start first). The overall WC leader is always assigned the first starting position.

#### 314.6 Bibs (Start Numbers)

##### 314.6.1.1 Design

Bibs must be readable from the back and the front. They must not hinder the competitor in any way. The size, the shape and the method of attachment cannot be changed. The Organiser is responsible for obtaining practical bibs. Bibs used in sprints and in competitions with pursuit start and mass starts should also have numbers on both sides under the arms; this is also possible for other competitions.

314.6.1.2 The guides will wear a yellow/orange bib printed with a “G” meaning the word “Guide”.

##### 314.6.2 Leg Numbers

314.6.2.1 For standing skiers leg bibs are not needed.

314.6.2.2 Sit-skiers must have start numbers on both sides of the sledge also.

#### 315 Start Procedures

##### 315.1 Types of Starts

315.1.1 For IPC competitions, interval start, mass start, pursuit start, and heat start will be used.

##### 315.2 Interval Start Procedure

315.2.1 Interval starts will normally use half-minute intervals and fifteen seconds for sprint qualifying round. The Jury may approve shorter or longer intervals.

315.2.2 The start command consists of a countdown starting 5 seconds before the start time ("5-4-3-2-1") and start signal ("GO!"). The command can be given verbally or by audible signals.

315.2.3 The competitor must have his feet/chest (LW 10-12) behind the start line and remain stationary before the starter gives his starting commands. The poles remain stationary and should be placed over the starting line and/or starting gate. B-class athletes are to be held back until the exact start time by an official (one hand on the shoulder of the athlete).

315.2.4 The competitor may start any time between three seconds before and three seconds after the start signal. If he/she starts more than three seconds before the start signal, it is a false start. If he/she starts more than three seconds after the start signal, it is late start and the start list time will count.

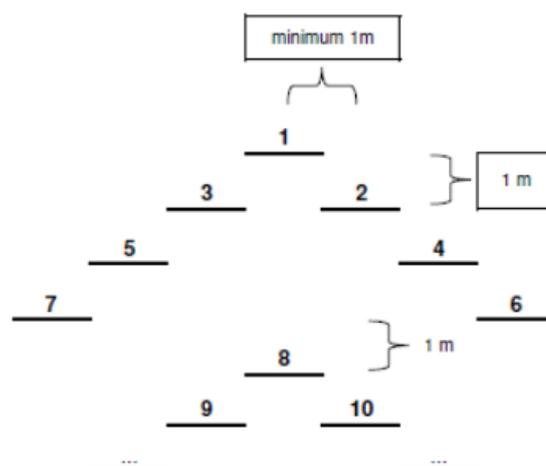
315.2.5 A competitor who starts late must not interfere with the start of others.

315.2.6 With both electric and hand-timing, the competitor's actual start time must be noted in case the Jury decides his late start was due to force majeure.

### 315.3 Mass Start Procedure

315.3.1 The mass start should be carried out using angled start lines in shape of an arrow. This means that the athlete with start number 1 has the most favorable start position followed by start number 2 etc. Each competitor should be separated by a fixed distance interval.

Number one will be in the middle position; even numbers are placed on the right and odd numbers on the left side of the arrow. The numbering mark should be placed to the right or in the middle of the track. To provide a fair start, modifications can be done if required due to the terrain and snow conditions.



315.3.2 The starting procedures for a Mass Start will begin two minutes before the start signal. At this time instructions about the start will be given to all competitors assembled in their start lanes. These instructions should end with the competitors

being instructed to stand at their start positions and a “one minute to start warning” is given. Next there will be the command “30 seconds to start”. When all competitors are motionless then the next sound will be the start command or signal.

315.3.3 The mass start should have 20-50 meters of parallel tracks, where each competitor is forbidden to leave the track. Then there will be a zone where the tracks converge into the competition course. There must be no factors along the course that cause congestion.

#### 315.4 Pursuit Start Procedure

315.4.1 The starting order and intervals are set according the calculation with the individual percentages and the results of a first competition. See IPC art. 316.6.2 The tenths of seconds will be deleted to establish the start list.

The start list should be prepared according to the following example:

Start number	Name	Country	Start time
1	SVENSSON, Lars	SWE	0:00
2	ARKJANOW, Nikolai	RUS	0:02
3	KRECEK, Jan	CZE	0:09

315.4.2 In order to avoid overlapping or competition taking too long, the Jury may allow a mass or heat start for the late starting competitors. The Jury is also allowed to reduce the number of starting competitors.

315.4.3 The Pursuit Start is carried out without an electronic start gate. A video camera should be used to record the entire start such that a review by the Jury can be done.

315.4.4 In order to guarantee an exact start, a large **digital** display clock must be used. The start must be prepared so that two or more competitors may start side by side.

315.4.5 **B-class athletes shall be held back until the exact start time by an official (one hand on the shoulder of the athlete).**

- 315.5 Heat Start procedure
- 315.5.1 The start area is prepared with a start line and a pre-start area
- 315.5.2 Competitors are organised on the pre-start area where instructions are given and start lanes designated.
- For specific start procedures see Section C
- 315.6 Duties of the Start Officials
- 315.6.1 Start officials must provide all competitors with the opportunity to start at their correct times. An assistant must be placed near the starter and is responsible for recording the details for any violations at the start.
- 315.7 False Start Consequences
- 315.7.1 For all competitions a competitor who makes a false start will not be recalled to the start line. False start infractions must be reported and sanctioned to the Jury.
- 315.8 Marking of Skis
- 315.8.1 Ski marking will not be used unless requested in advance by the sanctioning body of the competition. For purposes of control, both skis are marked shortly before the start. The competitor must come to the official marking place in person and in due time wearing his starting bib.
- 315.9 Temperature
- If the temperature is below -20° C, measured at the coldest point of the course, a competition will be postponed or cancelled by the Jury. With difficult weather conditions (e.g., strong wind, high air humidity, heavy snowfall, or high temperature) the Jury may, in consultation with the Team Captains of the participating teams and the Chief of medical and rescue service responsible for the competition, postpone or cancel the competition.

## 316 Timing

- 316.1 For all IPC sanctioned competitions, electronic timekeeping must be used. Electronic timing will always be supplemented by hand-timing as a backup system and the results cross-checked between the two systems.
- 316.2 If the electronic timing temporarily fails hand times will be used by correcting the average time difference which develops between the electronic timing and the hand-timing. If the electronic timing fails frequently or completely during the competition, the hand times will be used for all the competitors. When hand times are used to calculate results, the actual start times must be used.
- 316.3 When using hand-timing, the time is taken when the competitor's first foot (LW 10-12 torso) crosses the finish line.
- 316.4 Electronic Timing
- 316.4.1 The following electronic timing technologies can be used to identify the official finish times:
- Electronic timing system based on photo cells. The measuring point of the light or photo barrier must be at the same height as the barrier of the starting gate (approx. 60cm above the snow surface).
  - Electronic timing system based on transponders.
  - Photo finish system. The measuring point will be the toe of the first boot meeting the finish line.
- 316.4.2 For all B classes the chronometer will be started and stopped as the competitor and not the guide crosses the line. The time of the guide must not be recorded.
- 316.4.3 The ranking of athletes involved in a photo finish will be established according to the order they crossed the vertical plane of the finish line by the toe of the front foot.
- LW 10 – 12: In a photo finish, the competitor whose torso **first** crosses the finish line is ahead.
- 316.5 In the case of competitors falling as they cross the finish line, the competitors will be assigned their finish time as per articles 316.3 or 316.4 if all the parts of their bodies are moved across the finish line without any outside assistance.
- 316.6 For the calculation of results all start and finish times will be recorded to at least 1/100 (0.01) precision. The calculated net time for each competitor is determined by subtracting the recorded start time from the recorded finish time. The final

result for each skier will be determined to 1/10 (0.1) precision by truncating the calculated net time. For example, 38:24.38 becomes 38:24.3.

316.6.1 For PWG, WCH and WC sprint and pursuit qualifying round, start and finish times are recorded to 1/1000 precision and the real time is determined to 1/100 precision.

For example, 3:22.388 becomes 3:22.38

316.6.2 Start times based on the qualification or **previous competition**

Principle

The principle is that in the finals, the competitors with different disabilities (**different percentages**) shall have the same chance to win the heat.

This is done by using the winner's calculated time of the qualification/ **previous competition** as a basic time.

The relative start times are calculated by finding the real time the competitor has to achieve in order to get the basic time as his/her result, and then compare it to the winner's real time.

Competitors with lower percentages than the winner will start before the winner, and competitors with higher percentages will start after the winner in the finals.

Times in the qualification are measured in hundreds of a second. Calculation of start times are done relative to the winner of the qualification. The start times for the heats are rounded to seconds.

Example:

The winner's real time of the qualification/**previous competition** (wR) is 3:32.06, his percentage 94%.

The basic time B is 3:19.34.

The relative start time for a competitor with 98% (iP) is found by subtracting the competitor's needed time to equal the winner's result.

The formula is:

Winner's real time (wR) minus the time the competitor with 98% (iP) had to race to equal the winner in the qualification.

$$iT = wR - B \cdot 100 / iP = 3:32:06 - 3:19.34 \cdot 100 / 98 = 212.06 - 19934 / 98 = 212.06 - 203.41 = 8.65.$$

Rounded to nearest whole second gives 9 seconds.

Another example based on the result list from qualification:

Rank	Bib.	Name	NPC	Class	%	Real time	Delta	Cal. Time	iT	rT	S1	S2
1	20	ZARIPOV Irek	RUS	LW 12	100	2:06.61	0.00	2:06.61	0.00	0	8	
2	7	SHILOV Sergey	RUS	LW 10	86	2:30.55	3.33	2:09.47	-20.61	-21		0
3	26	LARSEN Trygve	NOR	LW 12	100	2:09.91	3.30	2:09.91	0.00	0		21
4	24	LOBAN Dzmity	BLR	LW 12	100	2:10.94	4.33	2:10.94	0.00	0	8	
5	6	ROSIQUE Romain	FRA	LW 11	94	2:19.77	5.08	2:11.38	-8.08	-8	0	
6	18	PETRUSHKOV R.	RUS	LW 12	100	2:11.53	4.92	2:11.53	0.00	0		21
7	15	HALSTED Sean	USA	LW 11.5	98	2:15.69	6.50	2:12.98	-2.58	-3		18
8	21	BETTEGA Georges	FRA	LW 11.5	98	02:16:41	7.22	2:13.68	-2.58	-3	5	

Delta time ( $\Delta$ ): is the time (in real time) the skier would have to ski faster in order to tie the winner's result (in adjusted time).

$$DELTA = r_i - \left( \frac{w}{p_i} \right)$$

$r_i$  Real time (for competitor i)  
 w: Calculated time of the winner  
 $p_i$  Percentage (for competitor i)

iT is calculated with two (rounded) decimals. rT is the relative start time for each competitor rounded to seconds. S1 and S2 show the start time for the two heats. The start time for the first competitor per heat is set to 0 (zero), and the start times of the other athletes have to be adjusted according to rT.

### 316.6.3 Calculation of start time in Biathlon 1 day Pursuit

The start time is calculated by taking the Basic time from the first race (not including shooting penalties) adding the Delta time and the Shooting Penalties (20 sec per miss from the first race. (Explanation Basic time and Delta time: See also 316.6.2 Calculation

Start times for the final race are calculated by adding three elements from the first race results:

- Difference in start time due to difference in percentage (% Diff.).  
 $iT = wR - B \cdot 100 / iP$
- DELTA - time from first race.
- Shooting penalty from first race: 20 sec per missed shot.

The result is rounded to seconds.

To make sure that the first athlete starts at 0:00, the smallest of these times (after rounding) is subtracted from all start times. This gives the final “Start Time”.

316.7 During the PWG, WCH, photo finish cameras must be used. If the photo-finish cannot decide the ranking, the competitors remain tied.

316.8 The finish referee is responsible for keeping a list of the order in which the competitors cross the finish line. He gives this list to the chief of timekeeping and data processing.

## 317 Results

### 317.1 Calculation of Results

317.1.1 The results in **interval start competitions** are calculated by taking the difference between the finish and start times. If classes are combined, the real time has to be multiplied with the individual percentages.

The result (calculated time) is rounded to 1/10th of a second.

**The results in Sprint and Pursuit start or Relay competitions are determined according to the order the athletes cross the finish line. For photo finish decisions see IPC art 316.4.3**

**The result list shows the time behind the winner (real time in 1/10th of a second)**

### 317.1.2 Individual Biathlon Competitions

**In all Individual competitions, the competitor's time is the elapsed time between start and finish plus any shot-penalty minutes imposed.**

**All time penalties shall be added to the calculated racing time. No Percentages shall be used for penalties.**

317.1.3 **Time adjustments (except time penalties) shall be added/subtracted to/from the real skiing time, before calculating with the individual percentages.**

- 317.1.4 The number of categories in total is three per gender:  
LW 10 – 12 (Sit ski), LW 2 – 9 (Standing), B 1 – 3. (Visually Impaired)
- 317.1.5 In the use of 3 categories with combined classes, the percentage system will be used. Each competitor has his own percentage according to his classification class or individual percentage.
- 317.1.6 Percentage System  
The percentages are subject to change. The valid percentages can be downloaded from the IPC website ([www.paralympic.org](http://www.paralympic.org))
- 317.1.7 Tie- Breakers:**  
If two or more competitors have the same time in a competition, the following tie-breaking rules shall apply:
- 317.1.7.1 Individual competition:**  
If two or more competitors have the same result (1/10 of a second), they shall have the same ranking in the result list, and the competitor with the lower starting number will be listed first.
- 317.1.7.2 Relay competition:**  
The ranking of standing athletes (LW 2-9/B1-3) involved in a photo finish will be established according to the order they crossed the vertical plane of the finish line by the toe of the front foot.  
The ranking of sitting athletes (LW 10-12) involved in a photo finish will be established according to the order they crossed the vertical plane of the finish line by the torso.
- 317.1.7.3 Sprint competition:**
- 317.1.7.3.1 Qualification:** If two athletes have the same result in the qualification round (calculated time in hundreds of a second) and none of them qualifies for the next round they shall be ranked on the same place in the result list and shall get the same amount of WC points.  
  
If two athletes have the same result in the qualification round (calculated time in hundreds of a second) and both or only one of them qualifies for the next round the following order of “tie breakers” shall be used:

1. Calculated time: All available digits of the calculated time shall be used
2. IPCNS points (current season, at first competition previous season)
3. Highest number of individual wins (current season, at first competition previous season)
4. Best result (current season, at first competition, previous season)

317.1.7.3.2 Semifinals: In case of a tie (“dead heat”) in semi-finals, the competitor with the better qualification time is ranked ahead.

317.1.7.3.3 Final: In case of a tie (“dead heat”) in the Final, the competitors are ranked on the same place in the final results. The competitor with the better qualification time is ranked ahead.

317.1.7.4 Pursuit competition:

317.1.7.4.1 First race

If two athletes have the same result in the first race (calculated time in hundreds of a second) and none of them qualifies for the next round they shall be ranked on the same place in the result list and shall get the same amount of WC points. The athlete with the higher start number is listed first.

If two athletes have the same result in the first race (calculated time in hundreds of a second) and both or only one of them qualifies for the next round the following order of “tie breakers” shall be used:

1. Calculated time: All available digits of the calculated time shall be used
2. IPCNS points (current season, at first competition previous season)
3. Highest number of individual wins (current season, at first competition previous season)
4. Best result (current season, at first competition previous season)

317.1.7.4.2 Second race: In case of a tie (“dead heat”) in the second race, the competitors are ranked on the same place in the final results. The competitor with the better result in the first race is ranked ahead.

317.2 Publication of Results

317.2.1 The unofficial result list will be posted on the official notice board as soon as possible after the competition, with the time of its publication noted.

- 317.2.2 The official result list must contain the final rank of the competitors, starting number, class, percentages, intermediate times, real time, missed shots, calculated time and the delta time. Skiing technique, the number of competitors, names of the competitors who started but did not finish, any disqualified competitors, the technical details of the course; length, HD, MC, TC, the weather, temperature data, and the composition of the Jury.
- 317.2.3 In countries where the Latin alphabet is not used, information and results should also be given in Latin characters.
- 317.2.4 The competition secretary and the TD sign the official result list and certify that it is correct.
- 317.2.5 The percent of each competitor must be printed on all entry, start and result lists.
- 317.2.6 The unofficial and official start and result lists shall include the last name and first initial of the race guide of each visually impaired racer.

## C. Competition Formats

### 321 Interval Start Competitions

#### 321.1 Definition

At interval start competition, each competitor starts at his/her designated starting time and final result is determined by difference between finish time and start time.

Short Distance:	LW 10-12	women	2.5 km
	LW 10-12	men	5 km
	LW 2-9	women	2.5 km
	LW 2-9	men	5 km
	B1-3	women	2.5 km
	B1-3	men	5 km

Course	Sit Ski	Standing
women	2.5 km	2.5 km
men	5 km	5 km
loops	1	1

Middle Distance:	LW 10-12	women	5 km
	LW 10-12	men	10 km
	LW 2-9	women	5 km
	LW 2-9	men	10 km
	B1-3	women	5 km
	B1-3	men	10 km

Course	Sit Ski	Standing
women	2.5 km	2.5 km
men	2.5 km or 5 km	2.5 km or 5 km
loops	2 or 4	2 or 4

Long Distance:	LW 10-12	women	12 km
	LW 10-12	men	15 km
	LW 2-9	women	15 km
	LW 2-9	men	20 km
	B1-3	women	15 km
	B1-3	men	20 km

Course	Sit Ski	Standing
women	3 km	3 km or 5 km
men	3 km	4 km or 5 km
loops	4 or 5	3 or 4 or 5

## 321.2 Courses and stadium

### 321.2.1 Norms for WCH and PWG. For WC the Jury is allowed to modify if needed.

Interval start	Sit ski only	Sit Ski + Standing	Standing only
	Classical Technique	Classical + Classical	Classical Technique
<b>COURSE</b>			
Width (minimum)	3 m	3 m	3 m
Classic tracks	2 tracks in ideal line	2 tracks in ideal line	2 tracks in ideal line
Distance between tracks	Minimum 1.2 m	Minimum 1.2 m	Minimum 1.2 m
<b>START</b>			
Width (minimum)	3 m	3 m	3 m
Organization/preparation	1 corridor	1 corridor	1 corridor
Classical tracks	1	1	1

<b>FINISH</b>			
Width (minimum)	12 m	12 m	12 m
Number of corridors	4	4	4
Number of tracks	4 in centre of corridor	4 in centre of corridor	4 in centre of corridor

<b>Interval start</b>	<b>Sit ski only</b>	<b>Sit Ski + Standing</b>	<b>Standing only</b>
	<b>Classical Technique</b>	<b>Classical + Free</b>	<b>Free Technique</b>
<b>COURSE</b>			
Width (minimum)	3 m	9 m	6 m
Classic tracks	2 tracks in ideal line	2 tracks on the side	1 track on the side
Distance between tracks	Minimum 1.2 m		
<b>START</b>			
Width (minimum)	3 m	5 m	4 m
Organization/preparation	1 corridor	1 corridor	1 corridor
Classical tracks	1	1	0
<b>FINISH</b>			
Width (minimum)	12 m	12 m	12 m
Number of corridors	4	3	3
Number of tracks	4 in centre of corridor	4 (2 on both sides of the finish corridor, 2 between corridors)	4 (2 on both sides of the finish corridor, 2 between corridors)

### 321.3 Entries - Substitution

321.3.1 Substitution is possible according to IPC art. 313.4.

321.3.2 The substitute athlete's start position will be determined by the Jury.

321.4 Starting Order and Start Procedure

321.4.1 Interval start procedure must be used (see IPC art. 315.2)

321.5 Timing and results

321.5.1 If two or more competitors have the same time, they shall have the same ranking in the result list, and the competitor with the lower starting number will be listed first (rule 317.1.7.1).

321.6 Jury and protests

No specific rules

**324 Pursuit**

324.1 Definition

Pursuit competitions are carried out as combined competitions where starting times of athletes are determined by the individual percentage and result(s) of previous competition(s) or a Qualification round. The final result is determined by finish arrival order of the last competition. (see also 316.6.2)

324.2 Courses and stadium

324.2.1 Norms for WCH and PWG. For WC the Jury is allowed to modify if needed.

<b>Pursuit Start</b>	<b>Sit ski only</b>	<b>Sit Ski + Standing</b>	<b>Standing only</b>
	<b>Classical Technique</b>	<b>Classical + Classical</b>	<b>Classical Technique</b>
<b>COURSE</b>			
Width (minimum)	5 m	5 m	5 m
Classic tracks	3 tracks in ideal line	3 tracks in ideal line	3 tracks in ideal line
Distance between tracks	Minimum 1.2 m	Minimum 1.2 m	Minimum 1.2 m
<b>START</b>			
Width (minimum)	5 m	5 m	5 m
Organization/preparation	3 corridor	3 corridor	3 corridor
Classical tracks	3	3	3

<b>FINISH</b>			
Width (minimum)	12 m	12 m	12 m
Number of corridors	4	4	4
Number of tracks	4 in centre of corridor	4 in centre of corridor	4 in centre of corridor

<b>Pursuit Start</b>	<b>Sit ski only</b>	<b>Sit Ski + Standing</b>	<b>Standing only</b>
	<b>Classical Technique</b>	<b>Classical + Free</b>	<b>Free Technique</b>
<b>COURSE</b>			
Width (minimum)	3 m	9 m	9 m
Classic tracks	3 tracks in ideal line	2 tracks on the side	1 track on the side
Distance between tracks	Minimum 1.2 m		
<b>START</b>			
Width (minimum)	6 m	14 m	14 m
Organization/preparation	3 corridor	3 corridor	3 corridor
Classical tracks	4	4	0
<b>FINISH</b>			
Width (minimum)	12 m	12 m	12 m
Number of corridors	4	3	3
Number of tracks	4 in centre of corridor	4 (2 on both sides of the finish corridor, 2 between corridors)	

### 324.3 Entries – Substitution

324.3.1 Substitution according to IPC 313.4 is only possible before the first part of a Pursuit competition.

### 324.4 Starting Order and Start Procedure

- 324.4.1 Pursuit start procedure must be used (see IPC art. 315.4).
- 324.5 Timing and Results: see IPC art 316/317
- 324.5.1 Overlapping Rules normally apply. For skiers who are lapped refer to IPC rule 343.14.1.
- 324.5.2 Under difficult weather conditions the Jury may decide to postpone the start or to cancel the competition. If it is cancelled the result from the first part of the competition will count as the final result.
- 324.6 Jury and protests  
No specific rules.

## 325 Individual Sprint Competitions

### 325.1 Definition

Individual sprint competitions begin with a qualification round, organised as an interval start competition. After the qualification, qualified athletes compete in the sprint finals using heats of different formats with pursuit start. **(IPC rule 315.4)**

Distance:	LW 10-12	women	800 m
	LW 10-12	men	800 m
	LW 2-9	women	1.2 km
	LW 2-9	men	1.2 km
	B1-3	women	1.2 km
	B1-3	men	1.2 km

Course	Sit Ski	Standing
Men + women	800m	1.2 km
loops	1	1

- 325.1.1 The categories in sprint competitions are: LW 10-12, LW 2-9, B 1-3 per gender.
- 325.2 Courses and stadium
- 325.2.1 Norms for WCH and PWG. For WC the Jury is allowed to modify if needed.

<b>Sprint</b>	<b>Sit ski only</b>	<b>Sit Ski + Standing</b>	<b>Standing only</b>
	<b>Classical Technique</b>	<b>Classical + Classical</b>	<b>Classical Technique</b>
<b>COURSE</b>			
Width (minimum)	6m	6 m	6 m
Classic tracks	2-3 tracks	2 - 3 tracks	2 - 3 tracks
Distance between tracks	Minimum 1.2 m	Minimum 1.2 m	Minimum 1.2 m
<b>START</b>			
Width (minimum)	12 m	12 m	12 m
Organization/preparation	6 corridor	6 corridor	6 corridor
Classical tracks	6	6	6
<b>FINISH</b>			
Width (minimum)	12 m	12 m	12 m
Number of corridors	4	4	4
Number of tracks	4 in centre of corridor	4 in centre of corridor	4 in centre of corridor

<b>Sprint</b>	<b>Sit ski only</b>	<b>Sit Ski + Standing</b>	<b>Standing only</b>
	<b>Classical Technique</b>	<b>Classical + Free</b>	<b>Free Technique</b>
<b>COURSE</b>			
Width (minimum)	6m	12 m	9 m
Classic tracks	2-3 tracks	2 tracks on the side	1 track on the side
Distance between tracks	Minimum 1.2 m		

<b>START</b>			
Width (minimum)	12 m	14 m	14 m
Organization/preparation	3 corridor	3 corridor	3 corridor
Classical tracks	4	4	0
<b>FINISH</b>			
Width (minimum)	12 m	12 m	12 m
Number of corridors	4	3	3
Number of tracks	4 in centre of corridor	4 (2 on both sides of the finish corridor, 2 between corridors)	4 (2 on both sides of the finish corridor, 2 between corridors)

- 325.2.2 The course used for the qualification round and the course used for the Finals heats should be the same.
- 325.2.3 Sections of the course must be designed straight, wide and long enough to make overtaking possible.
- 325.2.4 Technique: classic or free (to be decided by IPC Nordic Skiing Sport Technical Committee, **see also rule 310.3.2.1**)
- Free: There shall be one track **set along the side of the entire** course for LW 2-9 / B 1-3 whenever possible.
- On parts of the course that are also used by LW 10-12, there should be 2 tracks **set along the side of the** course.
- 325.2.5 The course must be sufficiently wide (6 – 12 m) and without sharp corners, so that the conditions are equal for all competitors.
- 325.2.6 Finish
- In classical technique (for all) there shall be 4 corridors with 4 tracks.
- In free technique there shall be 3 corridors (4m wide). The corridors shall be separated by 2 classic tracks for the sit skiers. The jury is allowed to modify the lay-out of the finish if needed.
- 325.3 Entries – Substitution

- 325.3.1 Substitution is possible before qualification according to IPC art. 313.4
- 325.3.2 The substitute athlete's start position will be determined by the Jury.
- 325.3.3 A minimum of 5 athletes per category is required to create the start list
- 325.4 Starting Order and Start Procedure
- 325.4.1 Qualification
- 325.4.1.1 Interval Start procedure must be used (see IPC Art. 315.2). Start intervals can be 15 or 30 seconds.
- 325.4.1.2 If two laps are used an interval block start can be used were several athletes start together at the same time. The jury decides about the number of athletes in one block.
- 325.4.1.3 Tie breaker rule: see IPC art 317
- 325.4.2 Finals Heats (Quarterfinals, Semi-finals and Finals)
- 325.4.2.1 In PWG, WCH and WC heats will start with the semi-finals, in other competitions as decided by the organizer.
- 325.4.2.2 The heats and the starting order for the finals are determined from the finish ranking in the qualification round.

Category	Number of athletes	Athletes per semi-final	Heats	Athletes in final
LW	13 or more	6	heat 1) 1,4,5,8,9,12	6
			heat 2) 2,3,6,7,10,11	
	9 - 12	4	heat 1) 1,4,5,8	6
			heat 2) 2,3,6,7	
7 or 8	no semi-final		6	
5 or 6	no semi-final		4	
B	9 or more	4	heat 1) 1,4,5,8	4
			heat 2) 2,3,6,7	

	7 or 8	3	heat 1) 1,4,6	4
			heat 2) 2,3,5	
	5 or 6	no semi-finals		4

- 325.4.2.3 New bibs and copies of start lists for the finals must be handed out at the same time. The bibs are assigned according to the start order for the semifinals.  
Athletes will keep the same bibs for the final.
- 325.4.2.4 Start lanes:  
Classic style: 6 tracks. At each track 1 official controls the start procedure.  
Free technique: Minimum 3 lanes (4m wide). At each lane 2 officials control the start procedure.
- 325.4.2.5 B-Class athletes will be **held** back by the official until they can start. LW athletes are responsible themselves for leaving at the right time. The official shows the athlete the exact start time on a sticker attached to the hand of the official.
- 325.4.2.6 All digits of the start time have to be visible on the start clock before the athlete is allowed to cross the start line with the binding.
- 325.4.2.7 Start time for pursuit start (%):  
The start time of each athlete **is based on the final calculated time** of the winner of the qualification round, per category / gender. (LW 10-12, LW 2-9, B1-3).  
See IPC art 316.6.2
- 325.4.2.8 If athletes start at the same time in the sprint finals (same percentage) the starting positions are chosen according to the following:
- Semi-finals – qualification rankings are used.
  - Finals - rankings from the semi-finals and qualification times are used.
- 325.4.2.9 A false start in the **heats** means that the competitor has to stop the competition. The competitor will be ranked last of these final or semifinals **heats**.
- 325.5 Timing and results: see IPC art. 316/317
- 325.5.1 In sprint competitions with 12 competitors in the semi-final, the result list will be made as follows:

\* 13th to last rank: all athletes will be assigned based their respective ranking in the qualifying round

\* 7th – 12th rank: all athletes not moving up to the final will be assigned based their respective ranking in the qualifying round.

\* 1st – 6th rank: based on the order of finish in the final

With a different number of competitors in the sprint finals the same principles apply.

325.5.2 If the competitor does not start or ski the entire course in each heat the competitor will be ranked in the last position of these semi-finals/final.

If in the same round there is a false start, a DNS and or a DNF the order of ranking shall be: DNF, false start, DNS.

325.6 Jury and Protest

325.6.1 In sprint heats at PWG, WCH, and WC the unanimous decision of minimum three Jury members (including TD) equates to a Jury decision.

325.6.2 Due to the timeline pressure of running successive heats it is not possible to allow protests during quarterfinals and semi-finals. Protests will only be accepted after the finals.

325.6.3 During quarter- and semi-finals, IPC rule 226.7 does not apply.

325.6.4 If an obstruction leads to disqualification, the obstructing athlete will not be ranked in the final result list. If the obstruction caused another athlete not to advance to the next round, the obstructed athlete will be allowed to proceed into the next round. This rule will only be applied in exceptional cases where the obstruction was intentional.

325.6.5 Obstructions can also be sanctioned by competition suspension (ranking the competitor in the last place of the relevant heat and relevant round) accompanied by a written reprimand.

## 327 Relay Competitions

327.1 Definition

327.1.1 At PWG and WCH, each nation can enter 1 team per relay competition. Any athlete can only participate in one relay competition. In other events the jury may decide to allow more than one team per nation, mixed nation teams, and athlete

participation in more than one relay competition. An athlete may not compete for more than one team per competition.

Distance:	Mixed relay and Open relay	4x 2.5 km
	1 <sup>st</sup> leg:	2.5km classical sit ski course 2.5km
	2 <sup>nd</sup> leg:	2.5km free standing course 2.5km
	3 <sup>rd</sup> leg:	2.5km classical sit ski course 2.5km
	4 <sup>th</sup> leg:	2.5km free standing course 2.5km

327.1.2 In Mixed Relay The combined percentage of each team must be 330 % or less, calculated by summing the individual percentages of the athlete in each leg with reductions of 18 % per leg for female athletes and 12% per leg for sit ski athletes (female sit ski athlete : minus 30%). There must be at least one woman taking part.

327.1.3 Open Relay The combined percentage of each team must be 370 % or less, calculated by summing the individual percentages of the athlete in each leg with reductions of 18 % per leg for female athletes and 12% per leg for sit ski athletes (female sit ski athlete : minus 30%).

327.1.4 Each team may consist of 2, 3 or 4 athletes. For examples of possible team compositions see **“Examples for composition of relay teams”**.

327.2 Course and Stadium

327.2.1 Norms for WCH and PWG. For WC the Jury is allowed to modify if needed.

The relay distance is based on two alternating courses each 2,5 km. Each course shall be used 2 times, giving a total distance of 10 km for the whole race. First and third stage is in classical technique (C), second and fourth stage is in free technique (F).

Relay	Sit ski only	Sit Ski + Standing	Standing only
	Classical Technique	Classical + Free	Free Technique
<b>COURSE</b>			
Width (minimum)	3m	9-12 m	6-9 m
Classic tracks	2 tracks	2 tracks on the side	1 track on the side
Distance between tracks	Minimum 1.2 m	Minimum 1.2 m	
<b>START</b>			
Width (minimum)		9 - 12 m	
Organization/preparation		Arrow start grid	
Classical tracks		5 or 7	
Distance between tracks		1.5 m	
<b>FINISH</b>			
Width (minimum)		12 m	
Number of corridors		3	
Number of tracks		4 (2 on both sides of the finish corridor, 2 between corridors)	

327.2.2 The length of the first relay leg can deviate +/- 5% from the other legs, according to the stadium layout.

327.2.3 Classical Technique

In principal, the course is prepared with two tracks, and homologated for sit-ski competitions.

#### 327.2.4 Free Technique

The course shall be prepared as wide as possible (6-9m).

One track has to be set along the side of the entire course.

#### 327.3 Entries - Substitution

327.3.1 The names of the competitors actually competing and their starting order must be delivered to the organiser latest 2 hours before the Team Captains' Meeting. In PWG and WCH, late entries are not allowed. In other competitions, the Jury makes the decision regarding late entries.

327.3.2 Substitution is possible according to IPC art. 313.4.

327.3.3 In case of substitution, the Team will lose its starting position and will have to start at the end of the field. The start order at the end of the field will be the same as the original starting order. The original start positions will be left empty.

#### 327.4 Starting order and Start Procedure

327.4.1 Mass start procedure must be used (see IPC art. 315.3).

327.4.2 Start numbers will be assigned to teams (using the modified percentage: LW 10-12 minus 12%, women minus 18% of the athletes starting in the first leg). Athletes with the higher percentage will be assigned the lower bib numbers. In cases where more than one athlete has the same percentage the lower bib number will be assigned to the athlete with the lower IPCNS points.

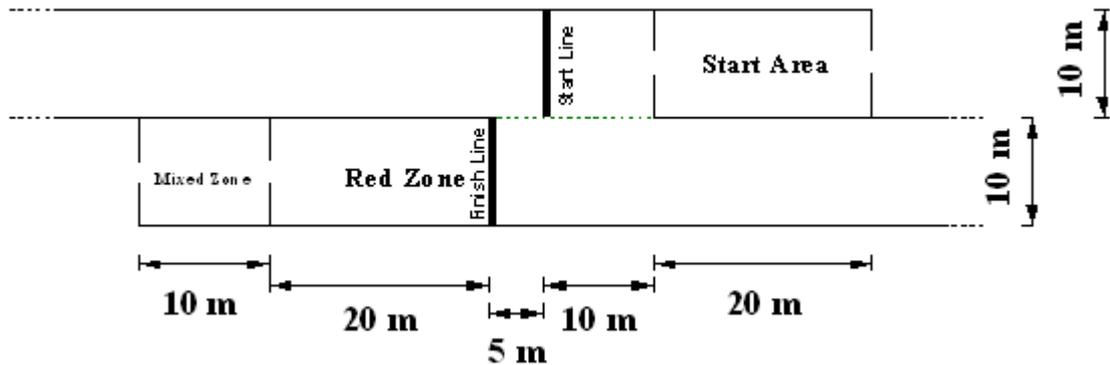
327.4.3 Unofficial teams should have the least favorable starting positions.

327.4.4 Colors: Separate colors shall be used for the start numbers for each relay leg. For PWG, WCH they will be: 1st leg=red; 2nd leg=green; 3rd leg=yellow and 4th leg=blue.

#### 327.4.5 Relay Exchange zone

The relay exchange zone should be clearly marked and roped off and located on flat or smoothly rising ground near to the start and finish

## Relay Exchange Zone



### 327.5 Relay exchange

327.5.1 As soon as the incoming competitor has passed the finish line in the exchange zone with the whole body, the next competitor can start.

B 1-3 competitors shall be held by marshals till they can start.

Marshals shall guide the incoming competitors out of the exchange zone so they do not interfere with the starting competitors.

327.5.2 **Early start infractions in Relay competitions shall be sanctioned by a time penalty of minimum 30 seconds, added to the final result. (Jury to decide).**

### 327.6 Timing and Results

327.6.1 Intermediate times for the individual legs of the course are taken when the competitor crosses the exchange line. This is also the starting time for the next competitor.

327.6.2 The total time of a relay team is the time which elapses between the start and team's final competitor crossing the finish line. The order in which the competitors finish the last relay leg determines the result list.

327.6.3 Lapping Rules normally apply. For teams/skiers that are lapped refer to IPC rule 343.14

327.7 Jury and Protest

327.7.1 The Jury appoints one of its own members as a relay referee to supervise the mass start and relay exchange.

**328 IPC Biathlon Competitions**

328.1 Competitions

328.1.1 Biathlon short

328.1.1.1 Definition

The Biathlon Short competition uses interval start with two shooting stages and three ski loops. For each missed shot the athlete must ski one 150 meter penalty loop.

Distance:	LW 10-12	women	6 km
	LW 10-12	men	7.5 km
	LW 2-9	women	6 km
	LW 2-9	men	7.5 km
	B1-3	women	6 km
	B1-3	men	7.5 km

Course	Sit Ski	Standing
women	2.0 km	2.0 km
men	2.5 km	2.5 km
loops	3	3

328.1.1.2 Courses and stadium

328.1.1.2.1 Norms for WCH and PWG. For WC the Jury is allowed to modify if needed.

<b>BT short</b>	<b>Sit ski only</b>	<b>Sit Ski + Standing</b>	<b>Standing only</b>
	<b>Classical Technique</b>	<b>Classical + Free</b>	<b>Free Technique</b>
<b>COURSE</b>			
Width (minimum)	3 m	9 m	6-9 m
Classic tracks	2 tracks in ideal line	2 tracks on the side	1 track on the side
Distance between tracks	Minimum 1.2 m		
<b>Shooting range</b>			
Shooting lanes	12 B / 12 LW ( WC 10 B / 10 LW)		
<b>Penalty loop</b>			
Length of Penalty loop	150 m		
<b>START</b>			
Width (minimum)	3 m	5 m	4 m
Organization/preparation	1 corridor	1 corridor	1 corridor
Classical tracks	1	1	0
<b>FINISH</b>			
Width (minimum)	12 m	12 m	12 m
Number of corridors	3	3	3
Number of tracks	4 (2 on both sides of the finish corridor, 2 between corridors)		

328.1.1.3 Entries - Substitution

328.1.1.3.1 All entries and substitution must follow IPC rules art. 313

328.1.1.4 Starting Order and Start Procedure

328.1.1.4.1 Interval start procedure shall be used, see IPC art. 315.2

328.1.1.5 Timing and results: see IPC art. 317

### 328.1.2 Biathlon Middle

#### 328.1.2.1 Definition

The Biathlon Middle competition uses interval start with 4 shooting stages and 5 ski loops. For each missed shot the athlete must ski one 150 meter penalty loop.

Distance:	LW 10-12	women	10 km
	LW 10-12	men	12.5 km
	LW 2-9	women	10 km
	LW 2-9	men	12.5 km
	B1-3	women	10 km
	B1-3	men	12.5 km

Course	Sit Ski	Standing
women	2.0 km	2.0 km
men	2.5 km	2.5 km
loops	5	5

#### 328.1.2.2 Courses and stadium

328.1.2.2.1 Norms for WCH and PWG. For WC the Jury is allowed to modify if needed.

BT middle	Sit ski only	Sit Ski + Standing	Standing only
	Classical Technique	Classical + Free	Free Technique
<b>COURSE</b>			
Width (minimum)	3 m	9 m	6-9 m
Classic tracks	2 tracks in ideal line	2 tracks on the side	1 track on the side
Distance between tracks	Minimum 1.2 m		

<b>Shooting range</b>			
Shooting lanes	12 B / 12 LW ( WC 10 B / 10 LW)		
<b>Penalty loop</b>			
Length of Penalty loop	150 m		
<b>START</b>			
Width (minimum)	3 m	5 m	4 m
Organization/preparation	1 corridor	1 corridor	1 corridor
Classical tracks	1	1	0
<b>FINISH</b>			
Width (minimum)	12 m	12 m	12 m
Number of corridors	4	3	3
Number of tracks	4 (2 on both sides of the finish corridor, 2 between corridors)		

### 328.1.2.3 Entries - Substitution

328.1.2.3.1 All entries and substitution must follow IPC rules art. 313.

### 328.1.2.4 Starting Order and Start Procedure

328.1.2.4.1 Interval start procedure shall be used, see IPC art. 315.2

328.1.2.5 Timing and results: see IPC art. 317

## 328.1.3 Biathlon Pursuit (2 days)

### 328.1.3.1 Definition

IPC Biathlon Pursuit (2days) competition uses the result of a previous race (not the same day) to create the start list for the second race. After the first race, selected athletes compete in the second race using the format of IPC Biathlon Pursuit Start.

328.1.3.2 First race (Qualification) one or more days before the Biathlon Pursuit race. Biathlon Short competition format (6,0km for women and 7,5km for men). See IPC art. 328.1.1

### Second Race (Final)

328.1.3.3 Composition: The best athletes per category (from first race).

The number of athletes in the final will be determined according to the available shooting lanes per class. If the final result of a competitor in the first race is more than 30% behind the winner of the first race, the athlete will not be allowed to start in the second race of the pursuit.

Distance:	LW 10-12	women	10 km
	LW 10-12	men	12.5 km
	LW 2-9	women	10 km
	LW 2-9	men	12.5 km
	B1-3	women	10 km
	B1-3	men	12.5 km

Course	Sit Ski	Standing
LW + B women	2.0 km	2.0 km
LW + B men	2.5 km	2.5 km
loops	5	5

328.1.3.4 Under certain condition, the jury may decide to arrange a normal Biathlon Middle distance race (10km for women and 12,5km for men) as replacement for the Pursuit.

328.1.3.5 Number of participants: Maximum twice the number of targets per category.

328.1.3.6 Courses and stadium

<b>BT Pursuit</b>	<b>Sit ski only</b>	<b>Sit Ski + Standing</b>	<b>Standing only</b>
	<b>Classical Technique</b>	<b>Classical + Free</b>	<b>Free Technique</b>

<b>COURSE</b>			
Width (minimum)	6 m	12 m	9 m
Classic tracks	2-3 tracks	2 tracks on the side	1 track on the side
Distance between tracks	Minimum 1.2 m		
<b>Shooting range</b>			
Shooting lanes	12 B / 12 LW ( WC 10 B / 10 LW)		
<b>Penalty loop</b>			
Length of Penalty loop	150 m		
Width of Penalty loop	9 m		
<b>START</b>			
Width (minimum)	9 m	9 m	9 m
Organization/preparation	2 corridor	2 corridor	2 corridor
Classical tracks	2	2	0
<b>FINISH</b>			
Width (minimum)	12 m	12 m	12 m
Number of corridors	4	3	3
Number of tracks	4 (2 on both sides of the finish corridor, 2 between corridors)		

- 328.1.3.7 Bib numbers: Bib numbers according to starting order.
- 328.1.3.8 Shooting range: 12 LW / 12 B shooting lanes (WC 10 LW / 10 B)
- 328.1.3.9 Lane assignment: No lane assignment for LW athletes.  
For B-class athletes IPC art. 328.10.1 applies.
- 328.1.3.10 Start lanes: At each lane minimum 3 officials have to control the start procedure.
- 328.1.3.11 LW athletes are responsible themselves for leaving at the right time.

The official shows the athlete the exact start time on a sticker attached to the hand of the official. B-Class athletes will be held back by the official (hand of the official on the shoulder of the athlete) until they can start.

- 328.1.3.12 All digits of the start time have to be visible on the start clock before the athlete is allowed to cross the start line with the binding.

The Start procedure has to be documented by video.

- 328.1.3.13 Start time for BT pursuit start (%):

The start time of each athlete is calculated out of the running time of the winner of the first race, per category / gender. (LW 10-12, LW 2-9, B1-3).

Version A:

The start time is calculated by taking the Basic time from the first race, multiplied by 5 and divided by 3. and then adding the Delta time.

The jury may decide to make the start list using a maximum Delta time of 3 or 4 minutes, and add the remaining Delta time from the first race to the result in the final race.

Version B:

The start time is calculated by taking the Basic time from the first race, multiplied by 5 and divided by 3. Without adding the Delta time.

The IPC Nordic STC decides which version shall be used.

- 328.1.3.14 Early start in the second race:

A time penalty of minimum 30 seconds (Jury decision) will be imposed at the end of the competition if the athlete doesn't return and cross the start line again. By doing this the athlete has to make sure not to interfere with the other athletes. In case of interference while returning to the start line, the competitor has to stop the competition and will be ranked at the last of this second race.

- 328.1.3.15 Penalty per missed shot: Penalty loop 80m

- 328.1.3.16 Results: see IPC art 317

- 328.1.3.17 WC point will be awarded according to the final result list.

## 328.1.4 Biathlon Pursuit (1 day)

#### 328.1.4.1 Definition

IPC Biathlon Pursuit (1day) competition begins with a first race (qualification), organized as an interval start. After the first race, selected athletes compete in the second race (final) using the format of IPC Biathlon Pursuit Start. Both races take part on the same day.

Under difficult weather conditions or in case of technical problems the jury may decide to postpone the start or to cancel the second race. If it is cancelled, the result from the first part of the competition will count as the final result and WC points will be awarded according to the result of the first race.

The categories in the BT pursuit competition are: LW 10-12, LW 2-9, B 1-3 per gender.

Distance:	LW 10-12	women	2.4 km
	LW 10-12	men	2.4 km
	LW 2-9	women	3.6 km
	LW 2-9	men	3.6 km
	B1-3	women	3.6 km
	B1-3	men	3.6 km

Course	Sit Ski	Standing
Men + women	800m	1.2 km
loops	3	3

#### 328.1.4.2 Courses and Stadium

<b>BT Pursuit</b>	<b>Sit ski only</b>	<b>Sit Ski + Standing</b>	<b>Standing only</b>
	<b>Classical Technique</b>	<b>Classical + Free</b>	<b>Free Technique</b>

<b>COURSE</b>			
Width (minimum)	6 m	12 m	9 m
Classic tracks	2-3 tracks	2 tracks on the side	1 track on the side
Distance between tracks	Minimum 1.2 m		
<b>Shooting range</b>			
Shooting lanes	12 B / 12 LW ( WC 10 B / 10 LW)		
<b>Penalty loop</b>			
Length of Penalty loop	80 m (oval)		
Width of Penalty loop	9 m		
<b>START</b>			
Width (minimum)	9 m	9 m	9 m
Organization/preparation	2 corridor	2 corridor	2 corridor
Classical tracks	2	2	0

<b>FINISH</b>			
Width (minimum)	12 m	12 m	12 m
Number of corridors	4	3	3
Number of tracks	4 (2 on both sides of the finish corridor, 2 between corridors)		

Sections of the course must be designed straight, wide and long enough to make overtaking possible. The course used for the qualification round and the course used for the finals must in principle be the same.

Final: 3 laps / 2 shooting rounds / penalty loop (80m)

328.1.4.3 First race (Qualification)

328.1.4.3.1 Interval start procedure shall be used, 30 sec interval. See IPC art. 315.2

328.1.4.3.2 Start order: Creation of start list according to IPCNS-Points. See IPC art. 314.5

328.1.4.3.3 Course and Stadium: see IPC art.325.2 CC Sprint

LW 10-12: 800m (+/- 200m)	3 laps	2 shooting rounds
---------------------------	--------	-------------------

LW 2-9 / B1-3: 1200m (+/- 400m)	3 laps	2 shooting rounds
---------------------------------	--------	-------------------

328.1.4.3.4 Shooting range: 12 LW / 12 B shooting lanes (WC 10 LW / 10 B)

328.1.4.3.5 Shooting lane assignment:

- The LW Class Athletes are free to choose the shooting lane.
- The B-Class Athletes entering the range for shooting in competition must use the furthest lane available. In most cases this will be the lane immediately to the left of the previous athlete in the range, except when the previous athlete uses the lane farthest to the left.

328.1.4.3.6 Penalty per missed shot: Time penalty of 20 seconds.

328.1.4.3.7 Results: see IPC art. 317

328.1.4.4 Second race (Final):

328.1.4.4.1 Composition: The best athletes per category (from first race).

All athletes per category who's final result in the first race isn't more than 30% behind the winner of the first race are allowed to take part in the second race. The jury is allowed to reduce the number of athletes in the second race if the number is more than 1.5 times the number of available shooting lanes.

328.1.4.4.2 Bib numbers in the final: New bib numbers shall be distributed for the final. The first athlete starting in the final per category has the 1 as the last digit on the bib, the second starter the 2 and so on. (21, 22, 23 ... ).

In case of equal start times, the athlete with a better result in the first race will have the lower bib number.

328.1.4.4.3 Course

LW 10-12: 800m (+/- 200m)	3 laps	2 shooting rounds
---------------------------	--------	-------------------

LW 2-9 / B1-3: 1200m (+/- 400m)	3 laps	2 shooting rounds
---------------------------------	--------	-------------------

328.1.4.4.4 Shooting range: 12 LW / 12 B shooting lanes (WC 10 LW / 10 B)

328.1.4.4.5 Lane assignment: Assigned lanes for LW Class athletes in the final will be according to their bib numbers. (WC: free lane choice in the final for LW athletes)

328.1.4.4.6 Start lanes: At each lane minimum 3 officials have to control the start procedure.

328.1.4.4.7 LW athletes are responsible themselves for leaving at the right time.

The official shows the athlete the exact start time on a sticker attached to the hand of the official. B-Class athletes will be held back by the official (hand of the official on the shoulder of the athlete) until they can start.

328.1.4.4.8 All digits of the start time have to be visible on the start clock before the athlete is allowed to cross the start line with the binding.

The Start procedure has to be documented by video.

328.1.4.4.9 Start time for BT pursuit start:

The start time of each athlete is calculated out of the running time of the winner of the first race, per category / gender. (LW 10-12, LW 2-9, B1-3).

See IPC art. 316.6.3

328.1.4.4.10 Early start in the second race:

A time penalty of minimum 30 seconds (Jury decision) will be imposed at the end of the competition if the athlete doesn't return and cross the start line again. By doing this the athlete has to make sure not to interfere with the other athletes. In case of interference while returning to the start line, the competitor has to stop the competition and will be ranked at the last of this second race.

328.1.4.4.11 Penalty per missed shot: Penalty loop 80m

328.1.4.4.12 Results: see IPC art 317.1.1

328.1.4.5 Jury & Protests

In Biathlon middle distance 1 day Pursuit at PWG, WCH, and WC the unanimous decision of minimum three Jury members (including TD) equates to a Jury decision.

Protests can be made after the Qualification-race and after the finals.

Obstructions can also be sanctioned by competition suspension (ranking the competitor in the last place) accompanied by a written reprimand.

328.1.5 Biathlon long

328.1.5.1 Definition

The Biathlon long competition uses interval start with 4 shootings, 5 ski loops and 1 minute time penalty per missed shot.

Distance:	LW 10-12	women	12.5 km
	LW 10-12	men	15 km
	LW 2-9	women	12.5 km
	LW 2-9	men	15 km
	B1-3	women	12.5 km
	B1-3	men	15 km

Course	Sit Ski	Standing
LW + B women	2.5 km	2.5 km
LW + B men	3 km	3 km
loops	5	5

328.1.6 Courses and stadium  
328.1.6.1 Recommended Norms

Biathlon long	Sit ski only	Sit Ski + Standing	Standing only
	Classical Technique	Classical + Free	Free Technique
<b>COURSE</b>			
Width (minimum)	3 m	9 m	6-9 m
Classic tracks	2 tracks in ideal line	2 tracks on the side	1 track on the side
Distance between tracks	Minimum 1.2 m		
<b>Shooting range</b>			
Shooting lanes	12 B / 12 LW ( WC 10 B / 10 LW)		
<b>Penalty loop</b>			
Length of Penalty loop	No penalty loop		

<b>START</b>			
Width (minimum)	3 m	5 m	4 m
Organization/preparation	1 corridor	1 corridor	1 corridor
Classical tracks	1	1	0
<b>FINISH</b>			
Width (minimum)	12 m	12 m	12 m
Number of corridors	4	3	3
Number of tracks	4 (2 on both sides of the finish corridor, 2 between corridors)		

### 328.1.7 Entries - Substitution

328.1.7.1 All entries and substitution must follow IPC rules art. 313.

### 328.1.8 Starting Order and Start Procedure

328.1.8.1 Interval start procedure shall be used (see IPC art. 315.2)

328.1.9 Penalty per missed shot: 1 minute (added to the calculated time)

328.1.10 Timing and results: see IPC art. 317

## Specific Biathlon Regulations

### 328.2 Penalty loop

328.2.1 In competitions where a penalty loop is used, the penalty loop must be set up immediately after the shooting range. The loop must be an oval trail which is at least 6m wide and 80m (Pursuit) /150m (individual) long, measured along the inside perimeter of the loop.

328.2.2 The penalty loop must be located in a level area in such a way that no additional distance between the course and the penalty loop has to be skied by the competitors when they have to enter the penalty loop.

### 328.3 Shooting range

(Examples can be found in the IPC Nordic Skiing Organizer's Manual)

### 328.3.1 General

The shooting range is where all shooting takes place during a Biathlon competition. It must be located in the central area of the stadium and both the targets and the shooting ramp must be visible to the majority of spectators. The range must be flat and level and must be surrounded by adequate safety terms on the sides and behind the targets. The placement and configuration of the range must be set up with strict regard for safety in relation to the trails, stadium and the surrounding area. The shooting direction should be generally north to enhance light conditions during competitions.

The shooting range is a “holding zone”.

The Shooting range must comply with all local laws.

### 328.3.2 Shooting Distance

The distance between the front edge of the shooting ramp and the line of targets must be 10 m (+ - 1 m).

### 328.3.3 Shooting Position

a) In all IPC Biathlon events, LW 10-12 athletes are free to choose between prone and sitting position. In prone positions no supports (such as pads cushions) are allowed. In case of shooting in sitting position, the surface touched by the elbows may be upholstered with compressible material of a maximum thickness of 2 cm. The surface on which the elbows make contact cannot be concave. It is not permitted to make a hollow in the contact surface or in the upholstered material.

b) LW 2-9 and B 1-3 athletes are required to shoot in the prone position.

### 328.3.4 Entrance and Exit

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

### 328.3.5 Levels

The surface of the shooting ramp and the surface on which the targets stand must be near the same level as possible. The firing ramp and the surface on which the targets are placed must be at a higher level than the ground between them by at least 30 cm, and more if required by local snow conditions.

### 328.3.6 Space Configurations

At the rear of the range there must be a fenced off area of 12 to 15 m width (shooting ramp), measured back from the front edge of the firing line, and extending along the entire back of the range. The area is reserved for competitors, officials and members of the Juries. However, if authorized by the TD, other persons such as TV camera crews may be allowed in this area. Directly behind that area there must be a second fenced area of at least 2 m width reserved for three team staff members per team. This area must be configured so that the team staff members have good visibility of the targets and the shooting ramp area.

The zone where the Guides of B-Class competitors have to wait while their athletes are shooting and the zone where the coaches that take care about the rifles of the LW athletes have to wait until the athlete is coming, has to be marked.

#### 328.3.7 The Shooting Ramp

The shooting ramp is the area at the rear of the range where the competitors lie or stand to fire. The ramp must be totally covered with snow, solidly packed, even, smoothly groomed and not icy, and the entire area used by competitors during the competition must be level.

#### 328.3.8 Shooting Lanes

The shooting ramp is divided into shooting lanes from which one competitor at a time will shoot. Every shooting lane for B-Class athletes must be 3m wide. For LW-athletes the minimum width is 2.75m. (For WC 2.75m for all can be accepted if it isn't possible to adjust the lanes). The width of the lanes must be marked on both sides on the shooting ramp from its front edge for a distance of 1.5 m to the rear with a red- colored board sunken into the snow so that it is level with the snow surface. Both sides of each lane must be marked from the ramp to the targets with flags, posts or similar markings, which clearly define the lanes, but do not interfere with shooting. There must be a distance of 3 m between the outer edge of the left and right lanes and the start of the safety berms they adjoin. This distance must be maintained from the ramp to the targets.

#### 328.3.9 Shooting Mats

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

### 328.3.10 Targets

There are two main kinds of targets used for Biathlon training and competitions - metal and paper. Only metal targets shall be used for competition and only paper targets shall be used for zeroing of rifles. Both paper and metal targets may be used for training.

328.3.11 A shooting range for PWG, WCH must have at least 12 shooting lanes for B-classes and 12 shooting lanes for LW-classes. A shooting range for WC must have at least 10 shooting lanes for B-classes and 10 shooting lanes for LW-classes.

328.3.12 The same type of targets must be used for all competitors in one competition.

### 328.3.13 Target Maintenance

Targets must be well maintained and adjusted, according to the manufacturer's instructions.

### 328.3.14 Target Placement

The targets must be set up in a level straight line, parallel to the front edge of the shooting ramp. They must be level in all directions. The targets must be placed so that the center aiming mark of the target is in the middle of the width of the lane. The targets must not deviate sideways more than 2 % from the right angle lines of their shooting lanes.

### 328.3.15 Target Background

The background behind the targets must be white from the bottom of the target to 1 m above the upper edge of the target.

328.3.16 LW-classes will shoot at mechanical targets. The hit area shall have a diameter of 15mm. The aiming area (black painted spot) shall have a diameter of 35mm. The IPC Nordic Skiing Technical Committee is allowed to modify the diameter of the bull's eye based on results. The modification shall be given prior to each season. The disposition of the 5 targets shall be placed on a white board at a height of 43cm (+ or - 5cm) from the ground.

328.3.17 B-classes will shoot on targets with a diameter of 28.0 mm. The IPC Nordic STC is allowed to modify the diameter of the bull's eye based on results. The modification shall be given prior to each season.

Each hit with the bull's eye shall be registered:

- on a set of lights (for officials, guides, trainers, spectators).
- as tone in the athletes' earphone.

#### 328.3.18 Numbering and Markings

The firing points and the corresponding targets must have the same number, easily visible, and beginning from the right with number 1. At PWG and WCH the shooting lanes must be numbered on the left and right side at the front edge of the shooting ramp. The numbers at the firing ramp must be placed so that they do not obstruct TV coverage of the shooting athletes and must be at least 20 cm and not more than 30 cm high and at least 3 cm in width. The size of the target numbers is 40 cm high with a line width of 4 cm and they must be mounted immediately above the targets.

#### 328.3.19 Entrance and Exit Boundaries

At the entrance and exit of the range, 10 m outward from the left and right hand shooting lanes, there must be a clear marking. These markings indicate the outer edges of the information prohibition zone of the range, and for Team competitions the entrance markings indicate the point that the Team must pass in closed formation.

#### 328.3.20 Wind Flags

At competitions and official training, wind flags must be installed at the side of every third shooting lane, 5 m from the shooting ramp.

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 cannot obstruct direct line of sight to the targets.

#### 328.3.21 Rifle Racks

Suitably placed on the range there must be racks for the private rifles of the participating team during competitions and training.

Special Rifle rests to place rifles on have to be located at each shooting lane for the LW – shooting.

### 328.3.22 Video Cameras on Range

For PWG and WCH video one camera must be installed on the shooting range so that the placement of the camera totally covers and records all actions of all competitors on the range.

### 328.3.23 All amplification systems used by the B classes are not allowed to be used in the shooting range.

### 328.4 Inspection of equipment and clothing

#### 328.4.1 Athletes using their own rifle must have their rifles checked and marked during the zeroing prior to the official training and competition.

Unchecked rifles are not allowed to be used.

### 328.5 Training and zeroing

#### 328.5.1 General

Competitors and team staffs must be provided the opportunity and the facilities to prepare for the competitions. For that purpose the organizer must provide Official Training times, ski testing facilities, the opportunity to zero rifles and warm-up for competitors prior to the competition.

#### 328.5.2 Shooting Training

The practice shooting on the day prior to the competition must be organized at times corresponding to the competition day, if possible. The practice will begin at the same time as the zeroing time of the competition day, with only paper targets in use and on assigned shooting lanes. After 25 minutes, metal targets will be used and the choice of shooting lanes will be free, until the end of the practice period. The organizer should also provide some paper targets during the free period, if possible.

#### 328.5.3 Zeroing of rifles

##### 328.5.3.1 Timing and Targets

Prior to the start of a competition, all competitors must be given the opportunity to zero their private rifles or to test the rifles provided by the organizer on the range for a period of 45 minutes, which must begin one hour before and end no later than 10 minutes before the first start. Each “testing round” for B-Class athletes is limited to 5 shots or 2 min.

In case of a small number of athletes participating, the Jury is allowed to shorten the zeroing time.

In Biathlon “One day Pursuit” competition athletes must have the right to re-zero before the final. Zeroing time before the finals will be a minimum of 20 minutes and max 30 minutes.

- 328.5.3.2 Rifle zeroing may take place only on the range and only paper targets will be used for zeroing. 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.
- 328.5.3.3 Placement of Paper Targets 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.
- 328.6 Exchanging equipment, repairs, assistance
- 328.6.1 Rifle Repairs and Ammunition
- Assistance to repair a rifle is only permitted on the shooting range, by an official or a coach.
- 328.7 Shooting regulations
- 328.7.1 General
- 328.7.2 Shooting Rules
- All shooting during training and competition takes 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.
- 328.7.3 Each competitor must stop at the shooting station at each shooting round and must fire all five shots per round.
- 328.7.4 The weapons shall be any type of air or CO2 rifle on conventional appearance with a five or one shot clip and in accordance with specifications of the International Union of Shooting’s (U.I.T.) rule.
- 328.7.5 B-Class shooting systems have to be provided by the Organizing Committee. LW-class athletes are responsible for providing their own rifles.
- 328.7.6 IPC Nordic STC is authorized to allow the use of own rifles for the B-classes compatible with the organizers shooting systems.

328.7.7 Sight apparatus:

A) For LW classes

1. No corrective lens must be fixed on the rifle, on the rise, etc. The shooter can wear corrective glasses.
2. Any sight apparatus containing neither lens, nor lens system, is authorized. Orthochromatic filters (color) can be adapted on the tunnel of the rise.
3. Telescopes are forbidden on rifles.
4. A prism or a mirror, except magnifying lenses, can be used in the case of a right-handed shooter with the link eye and vice versa.

328.7.8 The IPC Nordic STC has the permission to authorize another proven shooting system which is considered to be as good or better for B classes for use at European Championships, World Championships and Paralympic Games. This system can be subsequently assessed and, if suitable, adopted at a Sports Forum.

Approved systems:

EKO AIMS B – shooting system Salt Lake City Version 2002

EKO AIMS B - shooting system Vancouver Version 2010 (used in Mt. Washington 2007 / 09)

B-Class Athletes must shoot in prone position according to IBU Rule 8.3.1 without putting the rifle on a support.

The trigger resistance must be a minimum of 0.5 kg

328.7.9 Coaches have to hand the private rifle and the support to the athlete at the lane the athlete has chosen according to the instructions given by the TD. While transferring the rifle, the rifle must be unloaded.

328.8 Specific shooting rules for types of competitions

328.8.1 Selection of Shooting Lanes

For pursuit start see IPC art 328.1.3.6

Individual competitions

LW-Class: In individual competitions athletes are free to choose the lane.

B-Class: In individual competitions athletes entering the range for shooting in competition must use the farthest lane available. In most cases this will be the lane immediately to the left of the previous athlete in the range, except when the previous athlete uses the lane farthest to the left.

328.8.2 Once a B class competitor has been guided to an available shooting station, the race guide shall withdraw behind the marked line.

328.8.3 In the shooting range, a guide is only allowed to talk to the athlete for ski guiding.

328.9 Shooting positions

328.9.1 Prone Position

In the prone position the competitors must comply with the following. The rifle may only be in touch 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 10 cm from the elbow.

For LW 10-12 athletes shooting in sitting position, the elbows are allowed to touch the sledge or the body.

328.9.2 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.

328.9.3 Position in Shooting Lane

The competitor must ensure that no part of his body or equipment protrudes over the 1.5 m red lines marking the shooting lane, or the extension of those boundaries, while shooting.

In general poles do not have to be taken off. If the poles are interfering with other lanes, the athlete can be enforced by an official to take them off.

328.9.4 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.

328.10 Shooting aids

328.10.1 Use of Shooting Sling

The use of a shooting sling is permitted.

#### 328.10.2 Rifle support for LW classes 5/7 and 6/8

Athletes of the classes LW 5/7 and 6/8 are allowed to use a support. The supports to be used during the competition will be provided by IPC. Athletes aren't allowed to use their own support. Exceptions are only allowed in the LW 5/7 class. In case a LW 5/7 athlete has to use a private support due to physical limitation, this support has to be presented to the TD prior to the competition. Using a support that hasn't been presented and accepted by the TD prior to the competition can lead to disqualification. The athlete is responsible that the rifle touches the support in between the marked zone (5cm in front of / behind the balance point).

LW 6/8 Athletes using the rifle support are not allowed to touch the rifle with the second arm / hand. The support (spring) must remain in an upright position, pulling back or pushing forward is not permitted.

#### 328.11 Safety regulations

##### 328.11.1 General

Shooting is permitted only on the shooting range, during officially authorized timing. It is forbidden to make movements with a rifle which might endanger persons, or which may be perceived by others as dangerous. When the range is open for shooting, no one is permitted to be forward of the firing line.

##### 328.11.2 Loading and Unloading

The rifle may be loaded and unloaded only with the barrel pointing in the direction of the targets. To insert a magazine containing bullets into the rifle is part of the loading procedure.

##### 328.11.3 Aimed Shots

All shots must be aimed and fired only at the targets (paper or competition, as applicable). Athletes who do not try to hit the targets will be disqualified.

#### 328.12 Misfires, lost rounds and damaged rifles

##### 328.12.1 Damaged Rifles

A) If a B-Class competitor loses time due to a rifle (provided by the Organizing Committee) that needs to be repaired or exchanged, a time adjustment will be

made. There will be no time adjustment in the Sprint Relay and the pursuit competition final.

## B) Personal Rifles

### Damaged Rifles (personal rifles)

If a competitor loses time due to a rifle (personal rifles) that needs to be repaired or exchanged, no time adjustment will be made.

#### 328.12.2 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 reserve rifle which has been inspected at the equipment check.

#### 328.12.3 Rifle Exchange Procedure

During shooting the competitor shall indicate that his rifle needs to be exchanged by raising his hand.

#### 328.12.4 No Time Adjustment

There shall be no time adjustment for repairing or exchanging a private rifle or obtaining a spare magazine or rounds.

#### 328.12.5 Response by Range Officials

All Range Officials must be alert to observe a raised hand by a competitor 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.

### 328.13 Target errors and malfunctions

#### 328.13.1 Wrongly Set Target

If a competitor is confronted with a target, that isn't reset, the incorrect target shall be set to the correct position immediately.

#### 328.13.2 Target Malfunction

If a target fails to function, the competitor must be directed to another target.

#### 328.13.3 Cross-firing and Target Hit by Another Competitor

If the target on which a competitor is shooting is fired on by another shooter, the incorrect shooter 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 then continues shooting.

328.13.3.1 Before a target is reset, the hits and their positions must be recorded.

328.13.3.2 If a competitor cross-fire onto a target not in his shooting lane, and no other competitor is shooting on that target, he shall be allowed to continue without disturbance. The competitor's hits will be only those which are on the correct target.

328.13.4 Time Adjustments and Responsibility

In those cases where a competitor loses time due to a target error or a problem with the B-Class shooting system, which is not his fault, the Competition Jury shall make an appropriate time adjustment.

328.13.4.1 Own Error

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

328.13.5 Scoring of Shooting

For all shooting in competitions, a system of scoring the shooting must be put in place by the organizer. Each shot that is fired in a competition must be observed by three independent persons or methods.

328.13.6 The decision taken by the Control Committee about value of the number of impacts on a target are definitive and without appeal.

328.14 The competition time

The competition time is the period of elapsed time during the competition on which the placing of a competitor or team in the results of the competition is based. The time always includes any penalties or adjustments imposed or awarded by the Competition Jury.

The percentage system is only to be used, if classes are combined. If there is no combining of classes, the time will not be calculated with percentages. In case of combining classes by using the percentage system, the penalties will be added after the calculation of the time (percentage system).

328.14.1 Individual Competitions

In all Individual competitions, the competitor's time is the elapsed time between start and finish plus any shot-penalty minutes imposed.

## D. The Competition and the Competitors

### 341 Requirements of the competitors

341.1.1 At IPC Nordic Skiing WC and WCH an athlete must be 15 years or older before the start of the competition event.

341.1.2 For B1 athletes a guide is obligatory. For B2 and B3 athletes a guide is also allowed. A competitor may change guides if the guide has an accident or cannot keep up.

341.1.3 The role of the guide is to be responsible for the safety of the visually impaired competitor. He may lead or follow the visually impaired competitor in the same track or ski alongside the parallel track. (obstruction rule 343.9 also applies for guides)

341.1.4 The guide has to be treated as a competitor with respect to all rules governing.

### 341.2 IPCNS Points System

341.2.1 The IPCNS Points are used for establishing the qualification for PWG, WCH and World Cup competitions, grouping and start list creation.

See IPC art. 208

### 342 Medical examinations

#### 342.1 State of Health

342.1.1 The National Associations are responsible for the health of the competitors they enter. The Chief of medical and rescue service will only carry out a medical examination at the request of the competitor's Team Captain, competitor or the representative of the IPC Medical Committee (See IPC art. 223)

#### 342.1.2 Classification:

All rules and guidelines related to classification are set forth by the IPC Nordic Skiing Classification Guide which is attached to this rule book as an appendix.

See: IPC Nordic Skiing Classification Guide

- 343 Responsibilities of the competitors (including guides)**
- 343.1 In all training and competition situations the athlete must act with due care taking into account the course conditions, visibility and competitor congestion.
- 343.1.1 Guides: For reason of safety, the guide is allowed to hold a B Class athlete (one arm or one pole) on certain sections of the track which shall be clearly marked as described in IPC art. 311.4.4
- 343.1.2 Guiding must be by voice only. Radio communication between guide and competitor is accepted. The guide can also use an amplifier. No other means of communication is allowed. The amplifier must not disturb other competitors.
- 343.1.3 No physical contact between guides and visually handicapped competitors during the race is allowed (except holding zones, see IPC art 311.4.4). It is forbidden to hold on, to hold up or pull the competitor even on the downhill sections. After a fall a guide or a marshal may hand him his skis and/or poles.
- 343.1.4 During IPC sanctioned competitions all competitors in class B1 must wear their own opaque shades glasses approved by the IPC Nordic Skiing Technical Committee. The glasses must be worn so that no light can be seen by the competitor. In the case that the B1 athlete's glasses are not approved, the IPC Nordic STC will provide glasses (if available) for the duration of the event.
- 343.2 In all training and competition situations the athletes must always ski in the competition course direction.
- 343.3 Competitors must follow the instructions (course opening times, wearing bibs, training, ski testing, etc.) issued by the Jury or OC in order to ensure order on the course, in the stadium and in the team preparation area before, during and after the competition.
- 343.4 The competitor is responsible for arriving at the start and starting at the correct time.
- 343.5 If transponders or GPS are used it is mandatory for the competitors to wear these equipment.
- 343.6 Competitors must follow the marked course in correct sequence from start to finish and must pass all control points.
- 343.6.1 If a competitor skis on a wrong section or leaves the marked course, they must return to the point where they made the 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 they do not obstruct or endanger other competitors. There will be no penalty for having committed the error as long as no time / ranking advantage have been gained and there has been no interference with other competitors.

- 343.7 Competitors have to cover the whole distance on their skis using only their own means of propulsion
- 343.7.1 Fallen competitors in the LW 10 - 12 classes may be brought back to the track by official help. They have to re-enter the race at the same place.
- 343.7.2 LW10-12 athletes are not allowed to use one or both of their legs to steer or break the sledge during competition.
- 343.8 In classical technique competitions, the competitors must use classical technique only.
- 343.9 In all competitions obstruction is not allowed. This behavior is defined as deliberately impeding, blocking (by not following best line), charging or pushing any competitor with any part of the body or ski equipment.
- 343.10 Overtaking
- 343.10.1 During an interval start competition a competitor who is being overtaken must give way on the first demand.
- This applies in classical technique courses even when there are two tracks and in free technique courses when the skier being overtaken may have to restrict his/her skating action.
- 343.10.2 For all other competitions, when overtaking occurs, competitors must not cause any obstruction.
- The responsibility for a correct passing without obstruction is on the overtaking skier. The overtaking skier must have his/her skis in front of the skis of the overtaken skier before skiing his/her best line.
- 343.11 In sections with marked corridors, the competitors must choose and ski within the chosen corridor. A competitor is allowed to change corridors as long as the IPC art 343.9 is upheld (except in start corridors where competitors are not allowed to change).
- 343.12 Equipment exchange
- 343.12.1 In all competitions poles may be changed.
- 343.12.2 Skis may be changed only if:

- The skis or bindings are broken or damaged. The equipment failure must be proven to the Jury after the competition.
  - Equipment exchange boxes (pit boxes) are in place at the competition.
- 343.12.3 In the case of any ski exchange, the competitor must do it outside of the track. The athlete can be supported by a team official.
- 343.12.4 When ski exchange boxes (pit boxes) are provided for long distance competitions, the competitor is permitted to change skis at any time they pass through the pit box area. 2 officials are allowed in the exchange box to assist the athletes per nation. The jury may allow big teams to have additional officials in the exchange box if needed.
- 343.12.5 When ski exchange boxes (pit boxes) are provided, overtaking along the access corridors to the boxes is only allowed on the side that is farthest from the boxes.
- 343.12.6 Waxing, scraping or cleaning of the competitor's skis during the competition is forbidden. Exception: In classical technique competitions competitors may scrape their skis to remove snow and ice, and add wax if necessary. Competitors may only be handed tools or materials and must do this outside of the track without help from any other person. (LW 5/7 and B1-3 athletes can be supported by a team official). It is not allowed to place branches, tools or materials on or adjacent to the groomed course.
- 343.13 Lapping
- 343.13.1 In Pursuit competitions and Relay competitions, competitors or teams, who are lapped can be instructed by competition officials to stop the competition. In all competitions the competitors or teams will be ranked in the final results (no time) according to their ranking at their last intermediate timing point. The jury may decide to let all teams to finish the competition.
- 343.14 Communication devices that support wireless communication between coaches and athletes or between athletes are not allowed during competition. Radio communication between guide and competitor is accepted
- 343.15 The competitors must comply with the instructions of competition officials.
- 343.16 The competitor must comply with all aspects of the medical code (see 221).
- 343.17 Skiing Penalty Loops

In all competitions in which the shot-penalty is a penalty loop, the competitor must ski the loop once for every missed target immediately after the shooting bout.

**343.18 Responsibility**

Competitors are 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.

**343.19 Penalty Loop Error**

If competitors, due to a mistake by the organizer or a target malfunction, ski too many penalty loops, the Competition Jury shall decide on an appropriate time allowance.

**344 Responsibilities of officials and others**

**344.1** If required, the Jury will issue special regulations for officials, media and service people and any other non-competitors, to ensure order on the course, in the stadium and in the team preparation area before, during and after the competition.

**344.2** For order and control on the courses the following principles apply:

- from 5 minutes before the start until the time the course closers have passed, all officials, coaches, non-competitors and other accredited persons, are not permitted to ski on the course. During the competition, these persons must take fixed locations beside the course and must stand without skis on.
- while giving intermediate times and information to competitors, officials, coaches and others are not allowed to run more than 30 meters beside the competitors
- while doing this work officials and others have to ensure not to obstruct competitors
- while giving refreshments to the competitors the coaches must ensure not to obstruct competitors.

**344.3** In order to obtain clean TV coverage and for safety reasons parts of the competition course may be closed for all but the competitors taking part in the competition. The Jury can allow ski testing and warming up by competitors on

parts of the competition course before and during the competition. Athletes and service personnel, wearing special bibs may be allowed to ski on these parts of the competition course.

- 344.4 Wax testing and warming up on the ski competition course must always be done in the competition course direction. Anyone testing skis on the competition course must consider the safety of others on the course and the course preparation. Electronic timing devices used for testing skis will not be allowed on the course during the competition or official training.
- 344.5 For evaluation and further development of the classification systems, medical and technical, included the percentage system; the IPC Nordic STC has the authority to give permission to video recording the athletes during medical and technical classification and during training and competition at all IPC events if necessary.

## **E. Not permitted to start, sanctions**

### **351 Not permitted to start**

A competitor will not be permitted to start in any IPC Nordic ski competition who:

- 351.1 wears obscene names and/or symbols on clothing and equipment (rule 206.7) or behaves in an unsportsmanlike manner in the start area (rule 205.5)
- 351.2 violates the IPC rules in regard to equipment (rule 224) and commercial markings
- 351.3 refuses to undertake an IPC required medical examination (rule 221.2)
- 351.4 If a competitor has actually started in a competition and is later determined by the Jury to have been in violation of these rules the Jury must sanction the competitor.

### **352 Sanctions**

#### **352.1 Procedure**

When an infraction to the rules occurs, the Jury must meet and decide the appropriate sanction by taking into consideration:

- the specific circumstances
- the gain or advantage for the offender
- the negative impact on other competitors
- the impact on the final result or intermediate results (sprint heats or bonus sprints)
- the arguments from the athlete
- the level of the competition

- the age and experience of the competitors
- the guidelines for Jury work published on the FIS Website

## 352.2 Disqualification

352.2.1 Disqualification should be used only for major infractions and for infractions with a clear impact on the final result of a competition.

352.2.2 In addition, a competitor should automatically be disqualified if he:

- participates in the competition under false pretenses
- either jeopardizes the security of persons or property or actually causes injury or damage
- violates the use of correct technique
- intentionally causes obstruction (incl. the shooting range)
- modifies equipment or rifle which has been inspected in a prohibited way
- participates in a competition with a start number or start number sequence color which has not been assigned to them on the competition start list, regardless of whether this is deliberate or due to a mistake made by them or by their team
- fires more than five rounds in any shooting bout.
- remains in an incorrect shooting position or incorrect position in the shooting lane after having been warned
- violates any of the following shooting safety regulations

1. 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.

2. 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.

3. At all times, the competitor shall be responsible for the safety of his actions and rifle.

4. The rifle may 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 also part of the loading procedure.

5. All shots must be aimed and fired only at the targets.

- Doesn't lay in or isn't shooting from the assigned shooting lane.

- 352.2.3 A competitor who receives a second written reprimand in the same season will be automatically disqualified. Written reprimands given during the season are not valid in the WCH and PWG periods. Written reprimands given during WCH or PWG are valid until the end of the season.
- 352.2.4 During stage events, an offence that is normally sanctioned with a DSQ can instead be sanctioned by a time penalty. Using DSQ or time penalty will be the Jury's decision.
- 352.2.5 After disqualification, the competitor's name will be shown on a revised result list indicating his/her status as DSQ and no times must be printed for this competitor.
- 352.2.6 In Sprint and Team sprint competition, if an infraction leads to disqualification and that infraction caused another competitor (or team) not to advance to the next round, the Jury may allow the competitor (or team) to proceed into the next round. In this case the competitor or team concerned will start in the least favorable start position.
- 352.3 Competition suspension
- 352.3.1 Competition suspension can only be used for infractions during sprint heats.
- 352.3.2 In Sprint competitions, a competition suspension means that the competitor will be ranked last in the heat and last in the round (6th for final, 12th for 1/2 finals and 30th for 1/4 finals).
- 352.3.3 In Mass Start or Skiathlon competitions, a competition suspension means that the competitor will be relegated out of the result of a bonus sprint.
- 352.4 Time Penalty
- 352.4.1 Early start infractions should be sanctioned by time penalties:
- 352.4.1.1 In interval start competitions or sprint qualifications, early start infractions should be sanctioned by a minimum time penalty of 15 seconds (the competitor's actual skiing time + 15 seconds minimum penalty).
- 352.4.1.2 In competitions with pursuit start, early start infractions should be sanctioned by a time penalty equal to the time gained (posted start time minus actual start time) + 30 seconds minimum penalty.

- 352.4.2 Early start infractions in Relay competitions should be sanctioned by a time penalty of minimum 30 seconds. (added to the final result).
- 352.4.3 Two minutes Penalty
- A time penalty of two (2) minutes shall be imposed on athletes or teams for:
- Every penalty loop, as a result of shot-penalties, not done immediately after each prone shooting by an Athlete;
  - Every round not fired if the Athlete recommences skiing before he/she has fired all five shots in an Individual, Sprint, Pursuit or Mass Start competition.
- 352.5 Written Reprimand
- 352.5.1 Written reprimand should be used for all infractions of the rules that do not lead to a clear advantage for the offender.
- 352.6 Verbal Reprimand
- 352.6.1 Verbal reprimand should be used only to inform a competitor that his technique or behavior is very close to being in violation of the rules.
- 352.7 Monetary Fine
- 352.7.1 Monetary fines can be given to any accredited person.
- 352.7.2 Monetary fine should be used for infractions of advertising and commercial markings rules, for minor course discipline infractions, and for violation of restrictions on ski testing and warming up.
- 352.7.3 For competitors, a monetary fine may also be accompanied by a written reprimand.

## F. Protests and Appeals

### 361 Protests

#### 361.1 Types of Protests

- 361.1.1 Against admittance of competitors or their competition equipment,
- 361.1.2 Against the course or its condition,
- 361.1.3 Against another competitor or against an official during the competition,
- 361.1.4 Against timekeeping results,
- 361.1.5 Against decisions of the Jury. Also see exceptions 325.6.2 and 326.6.2.
- 361.1.6 Against clerical errors or violations of the IPC rules after the competition

#### 361.2 Place of Submission

The various protests are to be submitted as follows:

- 361.2.1 Protests according to the art. 310 – 344.4 at the location designated on the official notice board or at a place announced at a team captains' meeting.
- 361.2.2 Protests concerning clerical errors or violations of the IPC rules after the competition must be sent by registered mail through the competitor's National Ski Association to the IPC Office within one month of the competition.
- 361.3 Deadlines for Submission
  - 361.3.1 Against the admittance of a competitor
    - before the draw
  - 361.3.2 Against the course or its condition
    - not later than 15 minutes after the end of official training
  - 361.3.3 Against another competitor or competitor's equipment or against an official because of irregular behavior during the competition
    - within 15 minutes after the posting of the unofficial result list.
  - 361.3.4 Against the timekeeping
    - within 15 minutes after the posting of the unofficial result list.
  - 361.3.5 Against Jury decisions that are not sanctions
    - within 15 minutes after the posting of the unofficial result list.

- 361.3.6 Against clerical errors or violations of the IPC Rules after the competition
- within one month of the competition.
- 361.4 Form of Protests
- 361.4.1 Protests are to be submitted in writing.
- 361.4.2 Protests must be substantiated in detail. Proof must be submitted and any evidence must be included.
- 361.4.3 CHF 100.– or the equivalent in another valid currency must be deposited with the submittal of the protest. This deposit will be returned if the protest is up-held. Otherwise it goes to the account of the IPC.
- 361.4.4 A protest may be withdrawn by the protesting party before the publication of a decision by the Jury. In this case, the money deposit must be returned.
- 361.4.5 Protests not submitted on time or submitted without the protest fee are not to be considered.
- 361.5 Authorization
- The following are authorized to submit protests:
- the National Ski Associations
  - Team Captains.
- 361.6 Settlement of Protests by the Jury
- 361.6.1 The Jury meets to deal with the protests at a predetermined place and time fixed and announced by it.
- 361.6.2 At the vote on the protest, only the Jury members are to be present. The TD chairs the proceedings. Minutes of the proceedings are to be kept and signed by all voting members of the Jury. The decision requires a majority of all voting members of the Jury, not just of those present. In case of a tie, the TD's vote is decisive.
- The principle of a free evaluation of the evidence is maintained. The rules on which the decision is to be based shall be applied and interpreted in such a way that fair proceedings taking into account the maintenance of discipline are guaranteed.
- 361.6.3 The decision is to be made public immediately after the proceedings by posting on the official notice board with the publication time stated.