

# IPC Nordic Skiing Rules 2011-12

## Changes, clarification, adjustments

---

222.7 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 bottom 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. (See IPC Nordic Skiing Classification Handbook.) To prevent movement of the buttocks off of the seat, the hip joint must be strapped to the seat using a non-flexible material.

*Comment :* outcome of the classification seminar 2011, decided by IPC Nordic STC

---

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 IPC Results Supervisor, the classifiers and the biathlon staff person will be appointed by the IPC Nordic STC if needed.

*Comment :* see Sportsforum 2011 : inclusion of Race Director

---

303.1.1 For all Paralympic Winter Games (PWG) and World Championships (WCH) ...  
306. IPC Race Director (RD)  
306.1 The main duties of RD are ...

*Comment :* related to the inclusion of the Race Director

---

311.1 Table for Distances and Course Lengths  
311.3 PWG and WCH  
311.3.1 standing men: 1200m, 10km and 20 km  
sit-ski men: 800m, 10km and 15 km  
relay men: refer to article 376.1.2.5  
standing women: 1200m, 5km and 15 km  
sit-ski women: 800m, 5km and 12 km  
relay women: refer to article 376.1.2.3  
CC Sprint refer to Appendix I

*Comment :* adjustments according to decision at the Sports Forum 2011

---

- 315.3.3 Where two or more tracks are used, they should be minimum 1.20 meter apart measured from the middle of each pair of tracks.
- 320.2.4 At PWG and WCH, 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.
- 320.3.2 In the immediate vicinity of the stadium at PWG and WCH, a closed team preparation area with wax cabins must be installed. Equipment manufacturers may rent space or cabins in this area. The cabins must be heated and well ventilated using forced air exchangers.
- 335.1.1 After the draw at PWG, and WCH with limited team entries, reserves may only be substituted for a competitor if the originally drawn competitor can not start due to force majeure (injury, illness, etc., certified by a medical doctor) and if the Jury permits the entry. Late entries are not admitted. 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 OC's Medical Doctor or Medical Service.
- 340.1.4.1 In all competitions obstruction 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. When overtaking occurs, competitors must not cause any obstruction. In general it is the responsibility of the overtaking skier to avoid 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 a best line.
- 351.5.1 For competitions using interval starts or pursuit starts (for IPC CC Sprint see Appendix I, rule 360.3.8) any competitor who makes a false start will not be recalled to the start line by a race official or a Jury Member. These start infractions must be reported to the Jury and the Jury will decide on the appropriate sanction. Early start infractions will normally be sanctioned by minimum 15 seconds penalty added to the competitor's final result (finish time minus original start time plus penalty).

*Comment :* according to the changes in FIS rules (FIS ICR)

---

### 333.3 Grouping

Season 2011/12 no grouping and no draw will be used. Start order will be defined by using IPCNS points.

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.

*Comment :* Decision of the IPC Nordic STC to test this during the season 11-12

---

340.1.2      **The Jury shall decide about the layout of the ski exchange box.**

*Comment :*      *Discussed at the TD seminar 2011*

---

360.3.4      Start lanes:      **( Appendix CC Sprint)**  
Classic style : 4 tracks. At each track 1 official controls the start procedure.  
Free technique : Minimum 2 lanes (4m wide). At each lane 2 officials control  
the start procedure. B-Class athletes will be hold 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.  
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.**

*Comment :*      *Clarification ( Discussed in Jury at WCH 2011)*

---

387 - 388      deleted

*Comment :*      *According to FIS ICR this only applies for Popular races and is therefore  
deleted. Discussed in IPC Nordic STC*

---

# Biathlon Rules

1.2              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 IPC result supervisor, the classifiers and the  
biathlon staff person will be appointed by the IPC Nordic STC if needed.  
-At World Cup (WC) the TD, the IPC result supervisor and classifiers will be  
appointed by the IPC NS STC.  
-At IPC Approved Regional Competitions, the NSA will appoint a TD in  
cooperation with the IPC NS STC.

*Comment :*      *Clarification + inclusion of Race Director*

---

1.3.1.1      **Individual competitions:**

*Comment :*      *adjustments according to the decision at the Sports Forum 2011*

---

5.2.1.2.      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.

*Comment : adjustments according to decision at the Sports Forum 2011*

---

#### 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.

*Comment : clarification*

---

#### 8.1.1.1 ~~Competition formats :~~

*Comment : not needed any more, see 1.3.1.1*

---

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

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.**



*Comment : Clarification (Discussed at TD Seminar 2011)*

---

Seengen, 1.11.2011 HPN