



IPC Nordic Skiing

Biathlon & Cross-Country Skiing Rules and Regulations

IPC Nordic Skiing Rules

The IPC Nordic Skiing Rules apply to all IPC sanctioned events in Biathlon and Cross-Country Skiing. These rules have been determined and supported by the IPC Sport Forum for Nordic Skiing. The below rules will from now on be the only valid means of reference for this sport, overruling any previously published rules on IPC Nordic Skiing.

This rulebook will remain in force until the publication of the next FIS (International Skiing federation)/IBU (International Biathlon Union) Rulebook, at which time a new edition can be published to take account of any new FIS/IBU rules coming into force at that time, and which affect IPC Nordic Skiing Rules.

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100 IPC Nordic Skiing

100.1 The rules are based on the current FIS ICR rules and the IPC Handbook. The numbering of the rules is according to the FIS rules. Modifications must be published on the IPC website www.paralympic.org prior to each season.

222 Competition Equipment

222.1 A competitor may only take part in an IPC competition with equipment which conforms to the FIS / IPC Regulations. A competitor is responsible for the equipment that he uses (skis, bindings, ski boots, suit, poles, etc). It is his duty to check that the equipment he uses conforms to the FIS / IPC specifications and general safety requirements and is in working order.

222.2 The term competition equipment encompasses all items of equipment which the athlete uses in competitions. This includes clothing as well as apparatus with technical functions. The entire competition equipment forms a functional unit.

222.3 All new developments in the field of competition equipment must be approved in principle by the IPC Nordic 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 the health or cause an increase in the risk of accidents.

222.4 New developments must be submitted to the IPC Nordic STC before **1 November**, 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.

222.7 The Nordic sit-ski shall consist of a sitting device mounted on a pair of cross-country skis **or rolling devices (summer competition).**

Cross-Country Competitions

A. Organisation

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 CC (TD CC), the Technical Delegate BT (TD BT) and two (2) Jury Members. Other officials (technical advisors) and classifiers will be appointed by the IPC Nordic STC in co-operation with the Organizing Committee.
- At **World Cup** (WC) the TD 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.

302.1.2 NSA appointed officials are:

- At WC competitions: National Assistant TD

302.1.3 Organizing Committee Appointed Members

The Organizer appoints all other members. 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. 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.

302.1.5 The TD must be constantly informed by the OC of progress in their preparatory work and of changes that may have to be made.

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 control and competition security

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
- informs the TD constantly about the preparatory work and about changes that may have to be made
- must check that all officials responsible for the organization of the competition are qualified enough to ensure that the competition is carried out in accordance with the IPC Nordic Rules.
- supervises the work of the competition officials
- is chair of the team captains' meetings, a member of the Jury and the OC's representative in dealings with the TD.
- is responsible for the control functions and the security aspects of the competition.
- provides for optimal TV coverage and media working conditions

302.3.2 The competition secretary:

- reports to the chief of competition
- is responsible for all secretarial work concerned with the technical aspects of the competition
- prepares all the forms for the start, timing, calculation, draw and controls
- checks that the entries are correct
- checks the classification and the percentages of each competitor

- organizes team captains' meetings
- prepares and distributes start lists
- prepares and distributes competition information (invitation, team communications and results package)
- records and distributes the minutes of the team captains' meetings and Jury meetings with the approval of the TD
- arranges for the earliest possible publication of unofficial results and for the distribution of the official results, including any possible disqualification
- must hand over protests immediately to the Jury.

302.3.3 The chief of course:

- reports to the chief of competition
- should be familiar with the course homologation requirements
- has the knowledge how to use the course preparation equipment related to different snow conditions to obtain the optimal course preparation.
- must be able to set the track in the ideal line and place it or remove it correctly in curves and in the down hills
- is responsible for the preparation of the ski-testing areas, warm-up tracks, the marking and fencing of the course, temperature measurements, first aid posts, feeding stations, and for providing the facilities for intermediate timing
- uses the course preparation groups and the forerunners to ensure the course is in the best possible condition.
- must send at least two course closers or a vehicle around the course after the last competitor
- is responsible for selecting courses to meet IPC norms in cooperation with the TD and the Chief of Competition.

302.3.4 The chief of timekeeping and data processing:

- reports to the chief of competition
- is responsible for the direction and coordination of the officials working in the timing area
- supervises manual timers, electronic timers, intermediate timekeepers and calculations officials' work

- coordinates the locations of intermediate timing with the host broadcaster.
- coordinates the work of the starter, the finish referee and the finish controller with the chief of stadium.
- Supervises the data processing services and provides media information support

302.3.5 The chief of stadium:

- reports to the chief of competition
- is responsible for all activities in the stadium area. This includes flow of competitors to the start, ski-marking, commercial markings, ski-marking control at the finish, flow from the finish area, support for anti-doping controllers
- provides fencing, course markings and signs in the stadium area
- coordinates the placement of the start and finish lines with the chief of timekeeping
- coordinates all course preparations on the stadium with the chief of course.
- coordinates with the chief of control and competition security for the effective stadium access and control for competitors, coaches, service personnel and the media.
- prepares mixed zone in the finish area

302.3.6 The chief of control and competition security:

- reports to the chief of competition
- coordinates his activities with the chief of stadium and the chief of course
- decides together with the chief of competition and the TD on the suitable placing of controllers
- informs controllers of their duties, particularly about the articles 314, 340 and 341
- equips controllers with control cards and other material that may be necessary and assigns them to their locations
- collects all pertinent information and control cards after the competition and reports any incidents to the Jury
- for PWG, WCH, WC competitions, is responsible for security and access into and along the course, in team preparation areas and in the stadium area.

- 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 Other Officials of the Competition are:

302.3.7.1 The chief of media information:

- in cooperation with the chief of competition and chief of course, chief of stadium, chief of control and competition security is responsible for providing optimal working conditions for media, equipment suppliers and competition officials in the media areas and the mixed zone. This includes the layout of the mixed zone, the positions for photographers, journalists and commentators. Rooms for press conferences and related media infrastructure must be provided.
- is also responsible for the flow of pertinent information to the press, radio and TV, and for the efficient functioning of the loudspeakers at the stadium area.

302.3.7.2 The chief of medical services:

- Is responsible for the organization of all medical and first aid arrangements and for the quick transport of patients to the nearest appropriate medical facility
- is responsible for providing facilities for medical testing and treatment.

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:

- the IPC TD, is chair of the Jury

- the assistant IPC TD
- the Chief of Competition
- two members appointed by the IPC Nordic Skiing Technical Committee.

The IPC BT TD will serve as the Assistant TD for CC Events and the IPC CC TD will serve as Assistant TD for BT Events.

- 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
 - two (2) foreign members 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 Duties of the Jury

- 303.2.1 The Jury must ensure that the competition is organized 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.

- 303.2.2 The Jury must clarify and decide:
- whether a competition shall be postponed, interrupted or cancelled. 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 leaders of the participating teams and the doctor responsible for the competition, postpone or cancel the competition
 - if "force majeure" was the reason for a competitor's late arrival at the start
 - whether reserves may be included and late entries 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, see article 334
- any questions not covered by IPCNS Rules

303.2.3 Within the location, especially during the official training and competition times, each voting Jury member is authorized to issue oral reprimands and withdraw the accreditation which is valid for the current event.

303.2.4 Decisions of the Jury are made by a majority vote. In the case of a tie, the chairman of the Jury has the casting vote.

304 The Role of the Technical Delegate (TD)

304.1 Authority

304.1.1 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 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.

304.2 Appointment

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

304.2.2 For WCH and WC competitions the TDs 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.

For the PWG the TDs, the IPC NS STC will make a formal recommendation to the IPC Governing Board, who will make the final appointment for those TDs.

304.3 TD Duties before the Competition

304.3.1 The TD 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.

304.3.2

Before the competition the TD is responsible for:

- being in touch with the OC from the time of his appointment
- visiting the site for PWG and WCH the summer prior to the competition.
- keeping the IPC Nordic STC informed of the preparations being made for the competition.
- ensuring that official training is organized according to article 338
- checking that the accommodation, meal and travel arrangements for the competitors are satisfactory and make recommendations for improvement when necessary
- deciding if a reserve course, or changes on parts of the homologated course, proposed by the organizer, should be used due to poor snow conditions, or conditions caused by force majeure.
- ensuring that sufficient equipment is available for the correct preparation of the courses
- checking that all documents (plans and profiles of the courses with all technical data, invitations, etc.) necessary for the information of the participating teams are available in due time
- deciding, in collaboration with the chief of competition and the chief of course, when the course shall be prepared, the optimal line, the width of the track, and safety precautions.
- reviewing the layout of the stadium with the chief of competition to ensure suitable working conditions in the start and finish area for the Jury, the competition officials and coaches, and controlled access to the start and from the finish for the competitors
- checking the arrangements for Jury and team captains' meetings
- checking with the competition secretary for the procedures for entries, grouping, the draw and the production of prompt start and result lists
- checking the quality and accuracy of information

- given to the teams
- performing a test draw prior to the actual draw when a computer draw is being used
- preparing the agenda together with the chief of competition
- supervising the team captains' meetings
- giving general information and clarify rule changes
- supervising, the grouping and the draw, and determining the place and time of Jury meetings
- supervising the location of the first aid service and the organization of the medical care
- reviewing the accreditation and authorization for entry to the competition courses and restricted zones.
- checking if the organizer is in possession of a valid rule book, a valid percentage list and a list of the permanent classifications.
- coordinating with the organizer the locations for technique control
- checking the liability insurance

The TD should be able to ski the course, and make a judgment of the course preparations. He can designate this responsibility to a Jury member

304.4 TD Duties during the Competition

304.4.1 During the competition the TD must:

- arrive at the race site two hours before the start of the first competition or earlier if weather conditions are difficult
- review, on arrival, a report from the chief of competition and the chief of course that provides a detailed update of all preparations for the competition
- ensure that competition equipment and commercial marking comply with the rules
- be present in the stadium area unless other arrangements have been communicated to the chief of competition
- supervise every aspect that might influence the success of the competition, and be present if difficulties arise
- try to stay in regular contact by radio with members

of the Jury or at least have permanent contact with the chief of competition and the chief of course

304.5 TD Duties after the Competition

- 304.5.1 After the competition the TD must:
- receive a final report from the chief of competition, the chief of course, the chief of control and competition security and others
 - meet with the Jury to make any necessary decisions
 - obtain the unofficial result list from the competition secretary and check it together with him
 - check that the official results are published, incl. official website
- 304.5.2 Within ten days after the competition, the IPC TD shall submit to the IPC Headquarters, the Organizer and the association of the Organizer, a detailed written report on the preparation, the organization and the carrying-out of the competition as well as the competence of the technical preparations.
- 304.5.3 If a disqualification or a sanction has occurred provide quality documentation sufficient for the appeal process.

305 Reimbursement of Expenses

305.1 Requirements of the Organizers

- 305.1.1 The TD has a right to reimbursement for his 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 0.40€ or equivalent). In addition a fixed daily rate of 60€ 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. traveling 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.

305.1.2 Reimbursement applies as follows:

- at WCH for the IPC TD CC, IPC TD BT and fixed Jury members
- at WC competition for the IPC TD and the assistant TD
- at other international competitions for the TD.
- at PWG, the fee will be according to the IPC policy for Technical Officials.

307 Team Captains' Meeting

307.1 Procedure

307.1.1 Before each competition a team captains' meeting is carried out. It should take place one day before the competition.

307.1.2 The date, time and place of the team captains' meeting has to be published in the competition program. The TD and the chief of competition decide how many representatives per participating team and how many accredited officials are allowed to take part in the team captains' meeting.

307.1.4 At PWG and WCH competitions the seating arrangements of the participating teams have to be marked.

307.1.5 At PWG, WCH and WC competitions the team captains' meeting is held in the original language of the Organizer and additionally in English. Supplementary translations should be provided.

307.1.6 The team captains' meeting is conducted by the chief of competition.

307.1.7 At the team captains' meeting, a majority of the voting members is enough for a jury recommendation. Each team has one vote.

307.1.8 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 (article 303.2.2).

307.2 Agenda

307.2.1 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 TD (article 304.3.2).

307.2.2 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 (article 333 and 334)
- draw (article 336)
- description of the stadium (access, ski marking, start, finish, exchange zone for relay, 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 Organizer

307.2.3 Minutes which contain all topics of discussion and the recommendations made must be taken at the team captains' meeting.

B. The Cross-Country Courses - Homologation - Technique Definitions - Preparations - Stadium

311 Competition Formats and Programs

311.1 Table for Distances and Course Lengths

| Race Format | Competition Distance (km) | Course Length (km) |
|------------------------------|---|------------------------|
| Individual start competition | 2.5, 5, 10, 15, 20 | 2.5, 5, 7.5, 10 |
| Popular competitions | no limitations | no limitations |
| Relay competition | women (3x2.5) men (1x4 sit-ski, 2x5 standing) | 2.5 2.0 2.5 or 5 |
| Individual Sprint | 900m (+/- 300m) | 900m (+/- 300m) |

311.2 The Programs for PWG, WCH and WC Competitions

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

311.3 PWG and WCH

311.3.1 standing men: 10 and 20 km
 sit-ski men: 10 and 15 km
 relay men: refer to article 376.1.2.5
 standing women: 5 or 10 and 15 km
 sit-ski women: 5 and 10 km
 relay women: refer to article 376.1.2.3
 CC Sprint refer to Appendix I

311.4 WC

The program for the World Cup season is determined by the IPC STC every year. The program is normally composed from the competition formats listed above. Distances and techniques are decided annually. To be able to make a further development of IPC Nordic Skiing, test competitions can be a part of the WC program.

312 Description of the Cross-Country Competition Courses

All rules and guideline related to the competition course design can be found in the IPC Nordic Skiing Homologation Guide, which is attached as an appendix to this rule book.

313 The Homologation

All rules and guideline related to the competition course design can be found in the IPC Nordic Skiing Homologation Guide, which is attached as an appendix to this rule book.

Appendix V: IPC Nordic Skiing Homologation Guide

314 Technique Definitions

314.1 Classical Technique

314.1.1 Classical technique includes the diagonal techniques, the double poling techniques, herringbone techniques without a gliding phase, downhill techniques and turning techniques. Single or double-skating is not allowed. Turning techniques comprise steps and pushes in order to change directions.

314.2 Free Technique

314.2.1 Free technique includes all Cross-Country skiing techniques.

315 Preparation of the Course

315.1 Pre-Season Preparation

315.1.1 Rocks, stones, roots, stumps, brush and similar obstacles should be removed. The courses must be prepared before the winter so that they can be raced even with very little snow. 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 30 cm of snow. Special attention must be given to downhill sections and the need for banking the curves.

315.2 General Preparation for the competition

There should be no turns just at the top of hills or small bumps. S-bends should be avoided. Curves in

downhill's and immediately after a downhill should be avoided. The classical tracks must be easy to follow. Sharp bends should be avoided.

The curves must be so made that the skier can follow the track through the curves without difficulty. A minimum of 30 m diameter per curve is recommended.

315.2.1 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.

315.2.2 The course must be prepared to the recommended width according to the Homologation Manual and the format of the competition. The course must be prepared so that competitors can ski and pass unobstructed. On slopes where the trails traverse, they must be wide enough to allow for good preparation.

315.2.3 The courses must be completely prepared before the official training, correctly marked and with the kilometer signs in place. The testing tracks should have the same preparation as the competition course.

315.2.4 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.

315.2.5 All use of artificial means in order to improve the glide on the snow is forbidden. In special cases use of chemicals to preserve a solid surface is allowed.

315.3 Preparation for Classical Technique

315.3.1 For individual competitions in classical technique a single track (IPC two) should be set along the ideal skiing line of the competition course. The track is normally set in the middle of the course except through curves. 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 to stay in the track, the track should be removed. To decide the proper course preparation and track setting, the best competitors and highest possible speed must be taken into consideration. In curves the track is to be set close to the fence to avoid the possibility to ski between the track and the fence.

315.3.2 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 17-30 cm apart, measured from the middle of each track. The depth of the track should be 2-5 cm, even in hard or frozen snow.

315.3.3 Where two tracks are used, they should be 1.20-1.50 meter apart measured from the middle of each pair of tracks.

315.3.4 The last straight 100 m will be the finish zone. The beginning of this zone must be clearly marked with a colored line. This zone is normally separated into 3 corridors with set tracks. They must be clearly marked and highly visible but not interfering with the skis.

315.4 Preparation for Free Technique

315.4.1 For individual competitions in free technique the course must be well-packed for a width of at least 4 meters. On downhill sections where the tracks are set they must follow the ideal line of the course.

315.4.2 The last straight 100 m will be the finish zone. The beginning of this zone must be clearly marked with a colored line. This zone is a minimum of 9 meters wide and is separated by set tracks into 3 corridors that must be clearly marked and highly visible but not interfering with the skis.

315.4.3 at Jury discretion an additional single track can be set for LW standing athletes.

315.4.4 In sections where standing athletes and sitting athletes use the same course 2 classical tracks shall be set if possible.

316 Marking the Course

- 316.1 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.
- 316.2 Kilometer signs must mark the accumulated distance skied along the course. At PWG and WCH, every kilometer must be marked. At other competitions, this should be done when possible; however, it is compulsory for the last 5 kilometers.
- 316.3 Forks and intersections on the course must be clearly marked by visible signage, and fences must be placed across unused parts of the course.
- 316.4 Holding zones for B competitors shall be determined by the Jury and be marked clearly with visible signs/flags in contrasting colours for the beginning (green or blue) and ending (red) zones.

317 Refreshment Stations

317.1 Locations

- 317.1.1 For races of 15 km or longer, at least one refreshment station must be provided.

318 Course Protection

- 318.1 At PWG and WCH the courses must be fenced along both sides at all places where spectators can potentially interfere with the competitors.

320 The Cross-Country Stadium

320.1 Stadium Area

- 320.1.1 A Cross-Country stadium has to be prepared for PWG and WCH, with a well-designed start/finish area.
- 320.1.2 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 individual starts, pursuit starts, mass starts and relay starts and the finish can be as long as required (article 315).

320.1.3 Competitors should be able to reach the following areas, without being disturbed:

- the team preparation area (wax cabins)
- the ski testing area and the warm-up tracks
- ski-marking and equipment control
- the storage for warm-up clothing
- the start
- the through lap or relay exchange (with exit)
- the finish
- the ski control after the finish line
- the immediate care area (tents for the exchange of clothes, refreshments etc.)
- the exit.

320.2 Working Conditions

320.2.1 Competition officials and Jury members must have proper working conditions. Coaches, officials, 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 regulated by accreditations.

320.2.2 Timekeeping and calculation should be located in a building with a good view of the start and finish.

320.2.3 With electronic timing the starting gate should be situated on the start line and the photo cells on the finish line. The timekeeping for intermediate lap times should be to the side of the start or finish and the start place should be secured and have a minimum width of 4 meters.

320.2.4 At PWG and WCH, IPC officials and Jury members must be provided a working room in the immediate vicinity of the stadium.

320.2.5 A heated room must be provided for the chief medical officer near the stadium.

320.3 Additional Facilities

320.3.1 Warm-up tracks must lead to the stadium. Outgoing tracks for competitors, coaches, and officials must be provided along the stadium to the course. The tracks must be fenced off and may only be used with special accreditation.

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.

320.3.3 Toilets (wheelchair accessible) and wash rooms must be installed for competitors near the stadium. They must be easily reached from the stadium.

320.4 Current Information Facilities

320.4.1 A notice board showing the air and snow temperature should be located close to the wax cabins and the stadium. These temperatures must be displayed for the following times: two hours before the start, one hour before the start, one-half hour before the start, at the start, one-half hour after the start, one hour after the start.

320.4.2 Temperature measurements must be taken in the stadium area and at places where extreme temperatures (low points, high points, windy, shady or sunny places) can be expected.

320.4.3 Notice boards must be used for intermediate times and unofficial results.

320.4.4 Loudspeakers must be used for announcing the competition and important information.

320.4.5 In order to inform competitors, trainers, spectators,

etc., at least one language (English, French or German) must be used in addition to the Organizer's language. Additionally the volume of the announcements must be modified for B Class competitors as required by the TD's.

C. The Competition and the Competitors

331 Requirements of the Competitors

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

332 Medical Examinations

332.1 State of Health

332.1.1 The National Associations are responsible for the health of the competitors they enter. The competition doctor will only carry out a medical examination at the request of the trainer or competitor.

332.2 Classification

332.2.1 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.

Appendix IV : IPC Nordic Skiing Classification Guide

333 Official Entries

333.1 Official IPCNS entry forms must be used.

333.2 Receiving Official Entry Information

333.2.1 Official entries and grouping must be received and checked by the competition secretary two hours before the team captains' meeting.

333.2.1.1 At PWG and WCH official entries and grouping must be received and checked by the competition secretary two hours before the Team Captains' Meeting (TCM). At WC competitions official entries and grouping will be finalized at the TCM prior to the competition.

333.2.2 If the team's written proposal for grouping has not been received two hours before the draw, the competition secretary will use the order of the written entry.

333.3 Grouping

333.3.1 Each team leader may propose the grouping of his competitors. Before the draw, the team leader must distribute his competitors evenly within the groups. If a nation enters more competitors than there are groups, the extra competitors may be distributed among the groups, one per group, at the option of the team leader. This rule also holds for teams with fewer competitors than groups.

Example:

| Teams: | Groups: | | | |
|------------------|---------|----|-----|----|
| | I | II | III | IV |
| Team A 8 entries | 2 | 2 | 2 | 2 |
| Team B 6 entries | 2 | 1 | 2 | 1 |
| Team C 3 entries | 1 | - | 1 | 1 |

With 20 competitors or less, use groups I and II; with 21 - 40 competitors, use groups I, II and III; with more than 40 competitors, use all four groups.

The normal starting order of the groups is Group I, II, III,IV

The grouping of the competitors can not be changed during the draw.

The start numbers will be drawn within each group.

334 Methods of Grouping

334.3 The seeded group will consist of the top 1/3 of the athletes for each category (LW10-12, LW2-9, B1-3) according to the World Cup Ranking list at the start of the series of competitions at each venue. For the first series of competitions of the season, the final ranking list of the previous season will be used. The red group will be seeded on the start list in the most advantageous position, according to the TD. All competitors not in the red group will be grouped and

seeded according to the rules above (333.3.1).

334.4 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, and the guide has to be treated as competitor with respect to all rules governing.

334.5 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.

334.6 All competitions will be held in the following 3 categories:
LW 10 – 12, LW 2 – 9, B 1 – 3.

334.7 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.

334.8 Percentage System

The percentages are subject to change. The valid percentages will be distributed to the NPC by the Nordic STC prior to each season or can be downloaded from the IPC website (www.paralympic.org)

334.9 The number of categories in total is three per gender (B-Classes, LW Standing – Classes, LW Sitting – Classes). The start numbers will be drawn within each group.

335 Entering Reserves and Late Entries

335.1 Exceptions

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.

335.1.2 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.

335.1.3 Competitors, who are on the starting list and can not 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.

336 Draw - Creating the Start List

336.1 Principles

336.1.1 Manual and computer methods are allowed for the draw.

336.1.3 If a competition has to be postponed to a different date, the draw must be repeated (article 217.6).

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

336.2 Manual Draw

336.2.1 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.

336.3 Computer Draw

336.3.1 The computer draw procedures must be inspected by a member of the Jury in order to validate the process.

336.3.2 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.

337 Start Numbers

337.1 Design

337.1.1 Start numbers must be legible from the back and the front. They must not hinder the competitor in any way. The size, the shape and the method of attachment can not be changed. The Organizer is responsible for obtaining practical start numbers. Start numbers used in sprints and in competitions with pursuit- and mass starts must also have numbers on both sides.

337.1.2 Sit-skiers are recommended to have start numbers on both sides of the sledge also.

337.1.3 The guides will wear a yellow/orange bib printed with a "G" meaning the word "Guide".

338 Training and Inspection of the Course

338.1 Training Opportunities

338.1.1 Competitors must be given the opportunity to train and inspect the course in competition conditions. When possible, the course must be open two days before the competition. In exceptional circumstances, the Jury may close the course or limit the competitors to certain sections or hours.

340 Competitors during the Competition

340.1 Responsibilities

340.1.1 The competitor is responsible for arriving at the start and starting at the correct time. Competitors must follow the marked course from start to finish and must pass all controllers and behave in a fair manner towards other competitors. They have to cover the whole distance on their marked skis using only their own means of propulsion. Help from pacemakers or pushing is not allowed.

340.1.1.1 Wrong Trail

If a competitor takes the wrong trail, he must return back to the point where he made the wrong turn, along the part of the trail he skied in error. In order to do so, the competitor may have to ski against the correct ski direction and is totally responsible for ensuring that he does not obstruct or endanger other competitors. There is no penalty for having committed the error as long as no time advantage has been gained and there has been no interference with other competitors.

340.1.2 In all competition poles may be changed. Skis may be changed only if :

1. The skis or bindings are broken or damaged. The equipment failure must be proven to the jury after the competition.
2. equipment exchange boxes are in place at the competition

In the case of any ski exchange, the competitor must do it outside the track.

Waxing, scraping or cleaning of the competitor's skis during the competition is forbidden. **Exception:** in classical technique competitors may scrape their skis to remove snow and ice, and add wax if necessary. The competitor must do this outside the track without help from any other people.

- 340.1.3 A competitor who is overtaken must give way on the first demand except in sprint competitions and in marked zones (see 340.1.4). 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 skating action. When overtaking competitors must not obstruct each other.
- 340.1.4 Once the competitors enter a zone where corridors are marked they must remain in their chosen corridor unless they are overtaking another competitor. B-Class athletes racing with a guide : The athlete and the guide must ski in the same corridor.
- 340.1.5 In Relay-Competitions, competitors, who are lapped, have to abandon the competition, but will be ranked in the results.
- 340.1.6 The competitors must comply with the instructions of competition officials.
- 340.1.7 The competitor must comply with all aspects of the IPC medical and Classification rules.
- 340.1.8 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 can not keep up.
- 340.1.9 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 Rule 316.4.
- 340.1.10 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.

- 340.1.11 No physical contact between guides and visually handicapped competitors during the race is allowed (except holding zones, see rule IPC 316.3.1). 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.
- 340.1.12 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.*
- 340.1.13 Should a visually impaired competitor wish to change his wax during a race due to changing snow conditions, the guide may apply the wax.
- 340.1.14 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.
- 340.1.15 LW10-12 athletes are not allowed to use one or both of their legs to steer or brake the sledge during competition.

341 Officials and Others during the Competition

341.1 Responsibilities

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

341.1.2 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 people are no longer permitted to ski on the course. At this time, these people must have taken 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.

341.1.3 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 restricts 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.

341.1.4 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.

341.2 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.

342 Marking of Skis

342.1 Procedure

342.1.1 For purposes of control, both skis are marked immediately before the start. The competitor must come to the official marking place in person and in due time wearing his starting bib.

342.1.2 At PWG and WCH the ski-marking must contain the starting number of the competitor.

D. Starts, Timing, Finish and Results

351 Starts

351.1 Types of Starts

351.1.1 Individual starts will normally use half-minute intervals. The TD may approve shorter or longer intervals in order to have fair conditions for the competitors.

351.1.2 **IPC Start Order**
The starting order shall be determined by the TD in such a way as to avoid overtaking as much as possible. In principle men start before women.

351.1.3 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 |

351.2 Individual Start Procedure

351.2.1 The starter gives every competitor the warning "Attention", ten seconds before the start. At five seconds before the start, he begins the countdown "5-4-3-2-1", followed by the start signal "Los", or "Allez", or "Go". With electronic timing, an audible electric start signal will be given simultaneously with the command to start. The start clock must be placed so that the competitor can see it clearly.

351.2.2 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.

351.2.3 When hand-timing is used, a competitor who starts early must be recalled and pass the starting line again.

In this case, his starting time will be the time on the start list.

351.2.4 If electronic timing is used, the competitor may start any time between three seconds before and three seconds after the start signal. If he starts more than three seconds before the start signal, it is a false start and he must be recalled and pass an extension of the start line outside the electric starting gate. If he starts more than three seconds late, the start list time will count.

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

351.2.6.1.1 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.

352 Timing

352.1 Procedure

352.1.1 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.

352.1.2 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

352.1.3 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

352.1.4 If transponders are used it is mandatory for the competitors to wear the transponders.

352.1.5 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.

352.2 Intermediate Times

352.2.1 On a 10 km course one intermediate time should be taken, and for 15 / 20 km one to two intermediate times.

353 Finish

353.1 Procedure

353.1.1 When using hand-timing, the time is taken when the competitor's first foot (LW 10 - 12 torso) crosses the finish line.

353.1.2 In case of electronic timing, the time is taken when the contact is broken. The measuring point of the light or photo barrier must be at the same height as the barrier of the starting gate. (approx. 60cm)

353.1.3 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. Concerning photo finish in relays competitions see also art. 377.2.3 - 377.2.4.

353.1.4 A control line (Red Zone) is marked 12-15 meters after the finish line.

Behind this line, the finish controller checks the competitor to ensure that he has crossed the finish line with at least one marked ski. Competitors are not allowed to take off their skis until after the control line

(article 206.5). Violations will be reported to the Jury

353.1.5 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.

353.1.6 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 crosses the finish line is ahead.

In case of a fall in crossing the finish line, the competitor is ranked if all the parts of his body have crossed the finish line without any outside help.

354 Calculations of Results

354.1 Procedure

354.1.1 The results 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.

354.1.2 If two or more competitors have the same time, they shall have the same placing on the result list, and the competitor with the lower starting number will be listed first (article 219.2).

For CC Sprint and BT Pursuit competition special rules apply, see appendix IPC CC Sprint competition format and appendix IPC BT Pursuit competition format.

355 Publication of Results

355.1 Procedure

355.1.1 The unofficial result list will be distributed and posted on the official notice board as soon as possible after the competition, with the time of its publication noted. The Jury must deal with any infractions or protests

within 15 minutes of the posting. The result list becomes official immediately following the Jury's decision.

- 355.1.2 The official result list must contain the final rank of the competitors, starting number, class, percentages, *intermediate times*, real time, 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.

Delta time (Δ): 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)

- 355.1.3 In countries where the Latin alphabet is not used, information and results should also be given in Latin characters.
- 355.1.4 The competition secretary signs after control by the TD the official result list and certifies that it is correct.
- 355.1.5 The percent of each competitor must be printed on all entry, start and result lists.
- 355.1.6 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.

F. Relay Competitions

371 Organization

371.1 Fundamental Rule

- 371.1.1 The organization of relay competitions is the same as for other Cross-Country competitions with the following

additions:

371.2 Special Officials

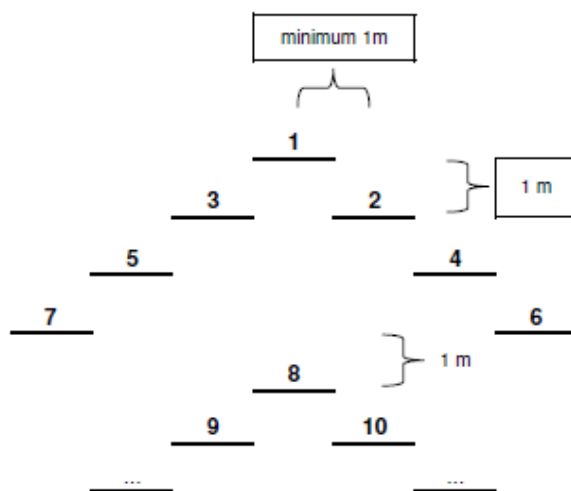
371.2.1 The Chief of Competition appoints a chief of the mass start and relay exchange who, with his assistants, starts the relay and then ensures that the handover in the relay exchange zone conforms to article 376.8.1. One of his assistants summons the competitors to the relay exchange zone and another recalls competitors after an incorrect exchange.

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

372 Technical Facilities and Preparations

372.1 The Start

372.1.2 The Start Line
The relay start line will be prepared as an arrowhead grid.



To provide a fair start, modifications can be done if required due to the terrain and snow conditions.

372.1.2 Preparation of the Start
The relay mass start should have 100 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.

372.2 Starting Positions

372.2.1 The competitors of the first relay section start on the start line. Start number 1 starts on the middle track, no. 2 to his right, no. 3 to the left of the middle track etc. On uneven terrain the starting line should be so situated that each starting competitor has the same conditions. The numbering mark should be placed to the right of the track.

372.2.2 In PWG and WCH, each nation can enter 1 team. In other events each nation can enter 2 official teams. The first team for each nation must be placed on the start grid before the second team. Unofficial teams should have the least favorable starting positions.

373 The Course

373.1 Distances

373.1.1 The relay distance for the women is 2.5 km, for the sitting men 4 km and for the standing men 5 km.

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

373.2 Classical Technique

373.2.1 In principle, the relay course is prepared with one track.

373.3 Free Technique

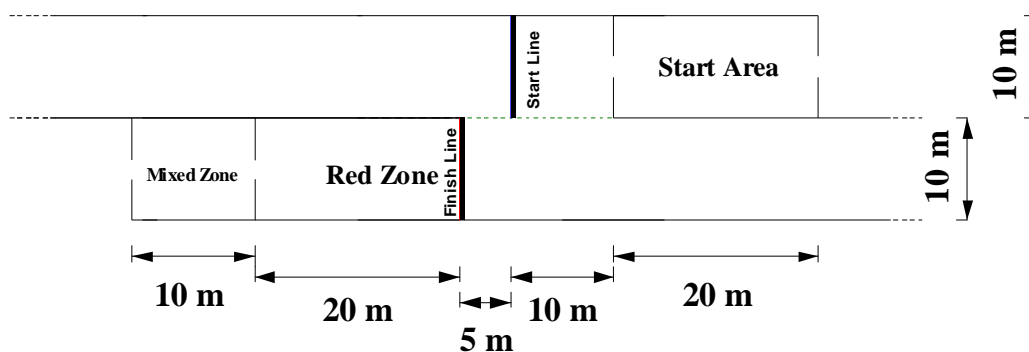
373.3.1 The course shall be prepared as wide as possible and necessary. For the preparation, see article 315.3.1.

374 Relay Exchange

374.1 Procedure

374.1.1

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.

375 Colors

375.1 Start Numbers

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

376 The Competition and the Competitors

376.1 Relay Team

376.1.2 Composition of the team

The Nordic STC shall be authorised to modify the composition of the relay in order to ensure sufficient numbers of countries to sustain the event. The modification shall be given prior to each season.

376.1.3 Composition of the team

376.1.3.1 At PWG and WCH, each nation can enter 1 team. In other events. In all other events, each nation is allowed to have two teams per event.

376.1.3.1.1 Women 3 x 2.5 km

Relays will use the sit-ski track; consist of 2 classical and 1 free technique legs. At least one skier from each team must be from Group I. B 1 skiers and their guides may hold in order to avoid danger with a sit-skier.

376.1.3.2 Women's Relay Groupings

| Group I | Group II |
|------------|----------|
| B 1 | B 2 |
| LW 3 | B 3 |
| LW 5/7 | LW 2 |
| LW 10 - 12 | LW 4 |
| | LW 6/8 |
| | LW 9 |

376.1.3.3 Men's relay
4 km (sitting), 5 km (standing CI), 5 km (standing FT)
Total percentage: Maximum of 288%

376.2 Entries

376.2.1 Entries for relay competitions must be submitted two hours before Team Captains Meeting. Final confirmation with names and stages must be submitted two hours before start.

376.3 The Draw

376.3.1 Start numbers will normally be drawn. At PWG and WCH the placing in the previous PWG and WCH will determine the starting order. This method can also be used at other competitions.

376.4 Late Entries

376.4.1 In PWG and WCH, late entries after the draw are not allowed. In other competitions, the Jury makes the decision regarding late entries.

376.5 Ski-Marking

376.5.1 The colors will be the same as for each relay leg at

PWG and WCH competitions 1=red, 2=green, 3=yellow (art. 375.1.1).

376.6 Start Procedure

376.6.1 The start is a mass start.

376.7 Start Signal

376.7.1 The starter must position him or herself at the start so that he can easily be heard by all competitors.

376.7.2 For Mass Start procedures, see rule 351.3.4. in the FIS International Competition Rules (ICR).

376.7.3 If there is a false start, the starter's assistant, who stands 100 meters in front of the start line, responds to the starter's signal by barring the way, whereupon the starter arranges a new start.

376.8 The Exchange

376.8.2 As soon as the incoming competitor has passed the finish line in the exchange zone with the whole body, the next competitor can start. A competitor who starts early must be recalled and pass the starting line again. 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.

377 Timekeeping and Results

377.1 Fundamental Rule

377.1.1 Timekeeping and calculations are the same as for other Cross-Country competitions. See articles 351-355 with the following additions:

377.2 Timekeeping

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

377.2.2 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.

377.2.3 In PWG and WCH one video camera is to be available, on the side of the finish line.

353.1.6 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 crosses the finish line is ahead.

In case of a fall in crossing the finish line, the competitor is ranked if all the parts of his body have crossed the finish line without any outside help.

378 Disqualification

378.1 The same rules apply as for the other Cross-Country events (see article 390) with the following additions:

A team will be disqualified by the Jury if:

- the same competitor runs more than one leg of the course - see article 376.1

- the exchange is not correctly carried out and not corrected - see article 376.8.

386 Medical and Safety

386.1 Medical Officer

386.1.1 A chief medical officer will be appointed for every PCCC. He will be a member of the Competition Committee. Whenever possible, the chief medical officer should be a licensed medical doctor.

386.2 Planning

386.2.1 The medical officer shall prepare an emergency first aid, evacuation, and notification plan for injuries, accidents, or deaths. Information regarding this plan and procedures to be followed in the event of injury, accident, or death should be provided to participants

and competition officials.

386.3 Training

386.3.1 The medical officer shall designate, inform and train a sufficient number of medical, safety and emergency personnel to provide for the safety and medical needs of the competitors.

386.4 First Aid Stations

386.4.1 The location of first aid stations shall be marked by appropriate signs along the course. There shall be heated first aid stations in the start and finish areas.

387 Cold Weather Precautions

387.1 Background:

387.1.1 There are three main factors to be considered by the Jury regarding cold weather safety: the temperature; the duration of the exposure; and, the clothing and other protection against cold weather. These factors together with any other relevant information such as the "wind chill factor" must be taken into consideration when a decision is made regarding cold weather.

387.2 Between minus 15° and minus 25° C

387.2.1 If the temperature level is forecast to be between minus 15° and minus 25° C at any point on the course, recommendations regarding cold weather protection should be made available to the participants. Under such conditions it is the responsibility of the participants to seek the information and to follow the recommendations given by the organizer.

387.3 Minus 25° C and below

387.3.1 If the temperature in a major portion of the course is minus 25° C or below, the competition shall be delayed or cancelled.

387.4 Warm Weather Precautions

387.4.1 If the temperature is forecast to rise above 5° C during

the course of the competition, and exposure to sunshine is expected, recommendations must be given to competitors concerning clothing, skin protection and the need to consume adequate liquid before and during the competition. Feeding stations must ensure that they have adequate drinks to meet the increased demand. First aid stations must be briefed to be alert for signs of dehydration or any damage from sun exposure, and be prepared to take necessary measures in cases of dehydration or sunburn.

388 Cancellation Procedure

388.1 Policy

388.1.1 Normally the factors to be considered for the cancellation or the postponement of a competition are: temperature, weather conditions, snow conditions and course conditions. If a competition is postponed, a new date should be arranged with the NSA concerned.

388.1.2 **Cancellation or Postponement more than Six Days Before the Competition:**
If a competition is to be postponed or cancelled, all competitors must be notified at least six days before the date of the original competition. Information regarding this should be immediately sent to NSAs and the media. The decision to cancel more than six days before the competition shall be made by the chief of competition and the TD.

388.1.3 **Short Notice Cancellation:**
A short notice cancellation is made six or fewer days before the date of the competition. However, a competition can not be cancelled less than three hours before the scheduled start time except for the competitors' and officials' safety. The cancellation procedure must be included in the information to the competitors (see article 382.2). The cancellation decision shall be made by the Jury.

388.1.4 **Refund Policy:**
If a competition is postponed, competitors who have paid the entry fee should be allowed to compete in the

postponed competition without additional charge. If a competitor decides not to compete in the postponed competition, the entry fee will not be refunded. The policy for refunds in a cancelled competition should be stated in the announcement for the competition (article 382.1).

H. Disqualifications, Protests, Sanctions and Appeals

390 General Conditions

390.1 An action or an omission (in short described as "offence") can only be penalised if prior to its enactment this offence had been defined as one requiring penalty.

Penalties are imposed for

- the violation or non-observance of competition rules
- non-compliance with Jury directives (in special cases: individual members of the Jury)
- unsportsmanlike behaviour

391 Disqualification

391.1 Violations of the following rules are the most common examples for the Jury to disqualify a competitor.

The competitor will be disqualified if he:

- violates the provisions of article 222
- enters the competition on false premises (article 333.1)
- does not follow the marked courses (by trying to take a shortcut) or does not pass all the controllers
- receives unauthorized assistance (see article 340)
- fails to give way to an overtaking competitor when so requested or obstructs another competitor (see article 340)
- covers a part of the course with unmarked skis; exception being a broken ski or binding, or without skis on the feet
- violates article 314.1.1
- ski testing and warming up on the competition course in the restricted areas or in the wrong direction
- refuses to wear a timing transponder when required.

- violates any of the established IPC Nordic rules

391.2 After disqualification, a competitor's name will be deleted from the result list and a new list will be prepared.

391.3 In case of major offenses (repeated disqualification, intended obstructing of competitors by other competitors, trainers, officials, other offenses), the Jury will inform the IPC Nordic STC, which will inform the IPC Governing Board.

391.4 The Jury is obliged to inform the competitor or team leader, the National Association of the competitor and the IPC Nordic STC of the disqualifications and the disciplinary procedures initiated.

391.5 All doping related offences shall be handled in accordance with the IPC Anti-Doping and Medical Code.

All athletes and guides are subject to doping control according to the IPC Anti-Doping Control Code.

392 Protests

392.1 Procedure

392.1.1 A protest shall be considered by the Jury or a higher tribunal provided that:

- the protest has been delivered within the time limit specified
- the protest has not been deliberately delayed to obtain an advantage
- the protest is accompanied by EUR 60 or an equivalent monetary value.

392.1.2 Protests against the admission of a competitor must be delivered in writing to the competition secretary before the competition begins.

392.1.3 Protests against the conduct of another competitor or an official must be delivered in writing to the competition secretary within 15 minutes after the publication of the unofficial result list. The jury can

shorten this time; if so, it has to be announced at the team captains' meeting.

392.1.4 Protests concerning timekeeping must be delivered in writing to the competition secretary within 15 minutes after the publication of the unofficial result list.

392.1.5 Protests concerning clerical errors or violations of the IPC Rules after the competition will be considered if sent by registered post through the competitor's NPC to the IPC Nordic STC (ipcnordicskiing@paralympic.org) within one month of the competition.

392.1.6 If an error is proved, the corrected results must be published and the prizes redistributed.

393 Sanctions

393.1 If the Jury determines that a violation of the rules has had no effect on the race result, then the Jury may decide not to disqualify the skier or relay team. The Jury may apply for a sanction at the IPC Governing Board against the skier who violates the rules, as approved by the IPC Governing Board.

393.2 Penalties

- Reprimand
- Withdrawal of the accreditation for the event/s
- Denial of accreditation

394 Appeals

394.1 Procedure

394.1.1 The competitor, his club, or association can appeal against a Jury decision through their NPC. At international competitions this appeal must be made to the IPC Nordic STC. Appeals which are not received by registered post within one month of the Jury's decision will not be considered.

At PWG this appeal is subject to review and consideration by the Jury of Appeal.

IPC Biathlon Rules

These are the combined technical rules of the IPC and IBU that will be followed at all IPC sanctioned competitions.

The rules are based on the current IBU rules and the IPC Cross-Country Skiing rules. The numbering of the rules is according to the IBU rules. Modifications are published on the IPC website www.paralympic.org prior to each season.

1. GENERAL REGULATIONS

1.1.1 The FIS/IPC rules are the basic rules concerning preparation of tracks and special ski technical matters for disabled.

1.1.2 Only those athletes who can comply with the following points are eligible to take part in IPC biathlon events:

The athlete must be physically able to load, aim, and pull the trigger of the rifle on their own. If an athlete is using a private rifle without a magazine, she/he can be assisted by a designated assistant to load the rifle. The rifle must only be loaded when the athlete is in shooting position (IPC Biathlon Rule 8.5.2)

1.3. TYPES OF COMPETITIONS

1.3.1. Event Descriptions

1.3.1.1 Individual competitions:

| | | |
|--------|---------------------|---------------------|
| 7,5km | all classes | (2 shooting rounds) |
| 10km | LW 10 - 12 women | (4 shooting rounds) |
| 12,5km | LW 10 - 12 men | (4 shooting rounds) |
| 12,5km | LW 2 - 9 men, women | (4 shooting rounds) |
| 12,5km | B1-3 men, women | (4 shooting rounds) |

1.3.1.2 BT Pursuit

The format of the BT Pursuit competition is described in appendix II:

IPC Biathlon Pursuit Competition Format

1.3.1.3 Sprint Relay

The format of the BT Sprint relay is described in the appendix III:

IPC Biathlon Sprint Relay Competition Format

- 1.3.2. 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.
- 1.3.3. The IPC Nordic STC is authorized to decide the use of a penalty loop in a competition instead of time penalty.

3.3 COURSE AND ASSOCIATED PARTS

3.3.12 Penalty Loop

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 5m wide and 80m /150m long, measured along the inside perimeter of the loop.

- 3.3.12.1. 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.

3.4. SHOOTING RANGE

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

3.4.1. 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”.

3.4.1.1. The Shooting range must comply with all local laws.

3.4.2. Specifications and Configurations

3.4.2.1. Shooting Distance

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

3.4.2.2. Shooting Position

a) In all IPC Biathlon events, LW 10-12 athletes are free to choose between prone and sitting position. 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 can not 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.

3.4.2.3. Entrance and Exit

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

3.4.2.4. 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.

3.4.2.5. 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 has to be marked.

3.4.3. 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.

3.4.3.1. Shooting Lanes

The shooting ramp is divided into shooting lanes from which one competitor at a time will shoot. Every shooting lane must be 3m wide. 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.

3.4.3.2. Shooting Mats

For shooting in both the prone and standing positions, mats must be placed at the front part of each 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.

3.4.4. 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.

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

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

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

3.4.4.3. 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.

3.4.4.4. 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.

3.4.4.5 LW-classes will shoot at mechanical targets. The hit area shall have a diameter of 15mm. The aiming area (black) 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.

3.4.4.6 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:

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

3.4.5. 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.

3.4.5.1. 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.

3.4.6. 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 can not obstruct direct line of sight to the targets.

3.4.8. 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.

3.4.9. 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.

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

4.2 INSPECTION OF EQUIPMENT AND CLOTHING

- 4.2.2.2 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.

5. TRAINING AND ZEROING

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.

5.1.1. Exceptions

In extraordinary circumstances, the Competition Jury may close the entire facility or limit training on the facility to certain parts and timing.

5.1.2. Rights for Training

Competitors who have registered for an IPC event may use the competition facility during the Official Training.
All competitors who participate in Official Training must wear a training bib.

5.1.3. Types of Training

Official Training is the period of time that the Organizer must provide for training on the facility. During Official Training the facility must be prepared the same as for the competition. Unofficial Training is the time that the Organizer allows for training on the facility other than Official Training, and the facility does not have to be prepared as for the competition. Organizers should allow as much time as is possible in the event program for Unofficial Training.

5.2. OFFICIAL TRAINING

5.2.1. General

At PWG, WCH, and WC - events the competition facility must be open for inspection and training (Official Training) at least once before the first competition, prepared as for the competition and at the same time of day as the competitions. Each subsequent competition should also be preceded by Official Training unless it is not possible in the event program or due to other circumstances.

5.2.1.1. Skiing Training

The competition course for Official Training must be open at the times corresponding to the competition, if possible, and must be groomed, marked and fenced or barricaded as for the competition.

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 45 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.

5.3. ZEROING OF RIFLES

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 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.

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.

5.3.4. 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.

6. START REGULATIONS

6.1. START TYPES AND INTERVALS

6.1.2. Individual Competitions
For all Individual competitions only single starts will be made normally with 30 second intervals. However, 45 seconds or 1 minute intervals are permitted if it is best for the competition. The TD in consultation with the organizer will decide which start interval is the best for the circumstances. A sufficient number of targets must be available for the numbers of competitors if the start interval is 30 seconds.

7. SKIING REGULATIONS

7.1. GENERAL

IBU Disciplinary Rules apply (see IBU Art.7) → Penalty use

7.1.1. General Skiing Rules

Competitors must ski the entire distance of the stipulated competition course in the correct sequence and direction on skis, and following the marked course precisely. They may use no other form of propulsion than skis, poles and their own muscular force. All skiing techniques are permitted.

In all IPC Biathlon events all rifles have to stay at the shooting range during the competition.

7.1.3 Wrong Trail

If a competitor takes the wrong trail, he must return back to the point where he made the wrong turn, along the part of the trail he skied in error. In order to do so, the competitor may have to ski against the correct ski direction and is totally responsible for ensuring that he does not obstruct or endanger other competitors. There is no penalty for having committed the error as long as no time advantage has been gained and there has been no interference with other competitors.

7.1.5. 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.

7.1.5.2. 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.

7.1.5.3. 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.

7.3. EXCHANGING EQUIPMENT, REPAIRS, ASSISTANCE

7.3.3. Rifle Repairs and Ammunition

Assistance to repair a rifle is only permitted on the shooting range, by an official or a coach.

8. SHOOTING REGULATIONS

8.1. GENERAL

8.1.1. 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.

8.1.1.1 Sprint-Relay:
3 athletes/ 3x 1.2km per athlete/ 2 shootings per athlete /Penalty loop

Standing

7,5km: 2 shootings/Shot-Penalty: 1 Minute/Penalty Loop

12,5km: 4 shootings/Shot-Penalty: 1 Minute

Pursuit: Qualification : 3x 900m / 2 shootings
Final : 3x 900m / 2 shootings

Sitting men

7,5km: 2 shootings/Shot-Penalty: 1 Minute/Penalty Loop

12,5km: 4 shootings/Shot-Penalty: 1 Minute

Pursuit: Qualification : 3x 900m / 2 shootings
Final : 3x 900m / 2 shootings

Sitting women

7,5km: 2 shootings/Shot-Penalty: 1 Minute/Penalty Loop

10km: 4 shootings/Shot-Penalty: 1 Minute

Pursuit: Qualification : 3x 900m / 2 shootings
Final : 3x 900m / 2 shootings

8.1.1.2 Each competitor must stop at the shooting station at each shooting round and must fire all five shots per round.

8.1.2 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.

8.1.3. B-Class shooting systems have to be provided by the Organizing Committee. LW-class athletes are responsible for providing their own rifles.

8.1.4 IPC Nordic STC is authorized to allow the use of own rifles for the B-classes compatible with the organizers shooting systems.

8.1.5 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.

8.1.7 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 / 2009)

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

8.1.8 **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.

8.2. SPECIFIC SHOOTING RULES FOR TYPES OF COMPETITIONS

8.2.1. Selection of Shooting Lanes

For pursuit start see appendix II: *IPC Biathlon Pursuit Competition Format*

For Sprint-Relay competitions the shooting lane designated by the team's start number must be used.

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.

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

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

8.3. SHOOTING POSITIONS

8.3.1. 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.

8.3.2.1. No Removal of Skis

It is prohibited to remove one or both skis while shooting, including training and zeroing, or to place any kind of objects under the skis.

8.3.3. 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.

8.3.4. Enforcement

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

8.4. SHOOTING AIDS

8.4.1. Use of Shooting Sling

The use of a shooting sling is permitted.

8.4.1.2 Riffle 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.

8.5. SAFETY REGULATIONS

8.5.1. 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.

8.5.2. 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.

If an athlete is using a private rifle without magazine, he can be helped by a coach to load the rifle. The rifle will be loaded only when the competitor is in the shooting position.

8.5.3. 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.

8.6. MISFIRES, LOST ROUNDS AND DAMAGED RIFLES

8.6.2 Damaged Rifles

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.

8.6.2.1. Reserve Rifle

A rifle which has been damaged during the competition or malfunctions for technical reasons to such an extent that it cannot be used to continue the competition may be exchanged for a reserve rifle which has been inspected at the equipment check.

8.6.2.2. Rifle Exchange Procedure

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

8.6.3. No Time Adjustment

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

8.6.4. 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.

8.7 TARGET ERRORS AND MALFUNCTIONS

8.7.1. 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.

8.7.2. Target Malfunction

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

8.7.3. Cross-firing and Target Hit by Another Competitor

If the target on which a competitor is shooting is fired on by another 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.

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

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

8.7.4. 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 or a target malfunction, the Competition Jury shall make an appropriate time adjustment.

8.7.4.1. Own Error

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

8.7.5. 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.

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

9.2 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).

9.2.1 Individual Competitions

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

9.2.2 Relay Competitions

In the Sprint Relay the competition time of a team member is the elapsed time from the start, or hand-over, to the hand-over or the finish. The total time of the relay team is the time elapsed between the start of the first member to the finish of the last member. The time of the incoming member stops when he crosses the timing line into the hand-over zone and the time of the outgoing member begins at the same moment.

9.2.2.1 The placing of Relay teams in the results shall be decided by the order of finish of their last competitors, except when the Competition Jury has imposed time penalties or made time adjustments.

9.4 THE COMPETITION RESULTS

9.4.1. General Results are the record of the performance of the competitors or teams in a competition. The organizer is responsible for producing and distributing the results on paper. At PWG, and WCH competitions, English must be used in the results, however, more than one language may be used in the same results. Interim and Final Results must include the following information.

The official result list must contain the final order of the competitors (incl. the name of the guides for B-Class),

starting number, class, percentages, intermediate times (% + penalties), times (%), penalties, result, real time and “Delta time”. 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.

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

9.5 DISCIPLINARY RULES

9.5.1 One Minute Penalty

A time penalty of one (1) minute shall be imposed on athletes or teams for:

- Not giving way at the first request by an overtaking Athlete;
- Committing a very minor violation of the principles of fair play or the requirements of sportsmanship

9.5.2 Two Minute 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 or standing shooting by an Athlete;
- Using the skating technique (one or both legs sideways) in the Relay or Mass Start Competition or in a group start, in the prepared start tracks after the start line.
- Every round not fired if the Athlete recommences skiing before he has fired all five shots in an Individual, Sprint, Pursuit or Mass Start competition, or all eight shots in a Relay competition, having not hit all targets;
- Committing a minor violation of the principles of fair play or the requirements of sportsmanship.