

2010



TECHNICAL PACKAGE

BIATHLON - SNOWSHOE

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2010 ARCTIC WINTER GAMES

1. RULES: The International Biathlon Union (IBU) Event and Competition Rules in force during the Arctic Winter Games will apply fully for all aspects of the event, except as modified by the Arctic Winter Games International Committee. Where no specific rule exists for a situation, the principle or the intent of the IBU Rules will be used to determine the resolution of the situation.

2. CATEGORIES:

- a) Junior Male Born in 1992 or 1993 or 1994
- b) Junior Female Born in 1992 or 1993 or 1994
- c) Juvenile Male Born in 1995 or later
- d) Juvenile Female Born in 1995 or later

3. EVENTS

Individual Competitions for all Categories

Competition Class	Individual	Sprint	Mass Start
Junior Male	5.0 km PSPS	3.0 km PS	4.0 km PPSS
Junior Female	5.0 Km PSPS	3.0 km PS	4.0 km PPSS
Juvenile Male	3.0 km PPP	2.0 km PP	2.5 km PPP
Juvenile Female	3.0 km PPP	2.0 km PP	2.5 km PPP

Schedule – The schedule for Snowshoe Biathlon shall be:

- Monday: Individual Events
- Tuesday: Sprint Events
- Wednesday: Rest Day
- Thursday: Mass Start Events
- Friday: Relays

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Relay Competitions

- a. Mixed Junior Male/Female Competition – 3 x 2 km
- b. Mixed Juvenile Male/Female Competition – 3 x 2 km

Official Teams must be made up of three competitors from the same contingent, two of one gender and one of the other. Medals are awarded by team i.e. to the entire Junior or Juvenile team from the contingent will receive the medal (4 medals). If the Host society allows unofficial teams can be formed by joining contingents, these teams will not be entitled to a medal. Juvenile athletes may move up to compete in the Junior relay but if they do so they cannot compete in the Juvenile relay.

4. TEAM COMPOSITION:

Each Games Unit may enter a team comprising a maximum of eight (8) competitors and two (2) coaches as follows.

Each Games Unit may enter a team comprised of a maximum of ten (10) participants as follows:

Junior Male	-	2
Junior Female	-	2
Juvenile Male	-	2
Juvenile Female	-	2
Coaches	-	2

One coach must be female and one male. If a coach from one gender is not available a chaperon must be substituted.

5. MEDALS

Individually by event and individually by team for relay

Gold	-	20
Silver	-	20
Bronze	-	20

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6. Arctic Winter Games Rule Modifications

If a rule is not specified in this package then the IBU rules shall apply. With respect to the rules related to snowshoe equipment, see the Snowshoe Technical Package.

1. Shooting Positions, Carrying and Range Procedures

Shooting Positions

- a. Juvenile competitors shoot in the prone position only.
- b. Junior competitors shoot in the prone or standing position according to the sequences for each event.

Rifle Carrying

- a. Juvenile competitors shall have their rifles placed on and removed from the firing line (mats) by their coaches or range officials. Athletes must walk to and from the firing line, to and from the rifle racks.
- b. Junior competitors will carry their rifles only on the range and securely positioned on their back with the proper biathlon harness.

Range Procedure – Junior Category

- a. The competitor's bib number shall be placed on his rifle and on the entrance rack. There is no need to number the exit rack.
- b. The rifles corresponding to the bib number are to be picked up from the numbered racks at the entrance to the range and dropped off at the rack at the exit from the range. A mat will be placed at the rack to ensure a safe and stable location for the athlete to make the transition.
- c. The competitor must come to a full stop before either picking up the rifle at the entrance rack or dropping it off at the exit rack.
- d. The magazines are to be removed from the action of the rifle and placed in their storage slits on the rifle or on the mat.
- e. Bolts must be open and magazines in their storage slots (if provided) while the rifle is on the rack or on the athletes back.
- f. All other IBU rules and safety protocols will apply and be strictly enforced with respect to the rifle handling and range procedures.

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2. Equipment Check and Marking: Competitors must report to the equipment checkpoint at the designated time announced by the competition committee prior to the start of each race for the purpose of checking snowshoes and rifles for compliance with the rules.

The snowshoes and rifles shall be checked for compliance with the rules and marked as such under the supervision of the chief of competition. A spare pair of snowshoes and a spare rifle can also be checked and marked using the same procedures if requested by a competitor or his/her coach. Spare equipment may only be used if the original equipment malfunctions during the course of an event.

All snowshoes and rifles must also be checked after each race under supervision of the chief of competition for compliance with the rules.

Replacement: Competitors may replace a broken snowshoe during the course of a race. They must, however, finish each race with at least one (1) of the original snowshoes worn at the start of the race. Both snowshoes must be properly bound to the feet at the finish of the race. Any replacement snowshoes, which were put on during the course of the race, will be measured immediately after the race and the race committee shall ensure compliance with all rules respecting snowshoes.

Competitors may use their spare rifle if the original rifle malfunctions during a race.

In both cases above, the competitor's coach may provide the replacement equipment to the athlete during the course of the race provided they do not interfere with the progress of any other athlete.

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3 Penalty Loop:

- a. Penalty loops apply to the sprint, mass start and relay competitions only.
- b. The penalty loop distance for all categories and events shall be fifty (50) meters.
- c. One penalty loop shall be snowshoed for each target missed.
- d. The required number of penalty loops shall be snowshoed immediately after each round of shooting.
- e. A two (2) minute penalty shall be added to a competitor's time for each penalty loop not completed.
- f. Competitors are responsible for ensuring that they complete the correct number of penalty loops.
- g. Individual Event Penalties – The time penalty for individual events will be 40 seconds for each target missed.

4 Rifles and Ammunition

IBU rules shall be followed with the following clarifications:

- a. Only .22 calibre rifles are allowed.
- b. Magnification, telescopic or corrective sights are not allowed.
- c. Semi automatic or automatic actions are not allowed.
- d. The maximum capacity of ammunition magazines shall be five (5) rounds.
- e. The maximum number of rounds allowed in a rifle at any time is five (5).
- f. Lever or bolt-action rifles are allowed.
- g. High velocity or similar ammunition is not allowed.
- h. The maximum muzzle velocity of ammunition is 380 meters per second

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5 Targets

IBU rules shall be followed with the following clarifications:

- a. The five (5) bull metal target is the preferred target for competition.
- b. The distance shot is 50 meters.
- c. The size of the aligning sight picture is 115 millimetres.
- d. The scoring size of paper and metal targets is:
 - i. Prone – 45 millimetres
 - ii. Standing – 115 millimetres

6 **Snowshoe Equipment Regulations**

Snowshoe Equipment Regulations are extracted from the Snowshoe Technical Package. In the case of any discrepancy between the two documents, the Snowshoe Technical Package shall prevail.

- a. Equipment – Snowshoes

Dimensions

The snowshoe shall not be smaller than 220 by 813 millimetres (8 ¾” by 32”). The race committee shall construct a measuring box with inside dimensions of 222 millimetres width, 813 millimetres length and 222 millimetres height. Any shoe that falls through this box in either the vertical or horizontal position shall be deemed illegal and its use will be forbidden. Snowshoes shall be measured and marked by a designated sport official before the start of the first day’s events. Officials will check snowshoes for official markings during the weigh in procedure established in the section below (Weight).

Materials

Snowshoes shall be made of a wooden frame. The webbing shall be of leather or gut. Snowshoes shall not have any device(s) affixed to them, the purpose of which is the improvement of traction.

Weight

A pair of snowshoes complete with bindings shall weigh no less than 1.1 kilograms (2.5 pounds). Snowshoes shall be weighed prior to and after

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each competition. The weigh scale shall be of a mechanical balance type that is unaffected by cold temperatures.

Replacement Procedures

Athletes must finish the race with at least one (1) of the original snowshoes worn at the start of the race, and both snowshoes must be properly bound to the feet at the finish of the race. Any replacement snowshoes, which were put on during the course of the race, will be measured immediately after the race and the race committee shall ensure compliance with all rules respecting snowshoes.

Illegal Snowshoes

Any athletes completing the race with an illegal snowshoe(s) shall be disqualified from the race; any medals or points awarded shall be forfeited. It is the competitor's responsibility to ensure his/her snowshoes are legal as defined by these rules.

Marking

The Race Committee shall establish a procedure for "marking" snowshoes

b. Equipment – Bindings

Bindings must be made of soft leather or hide or lampwik. Metal buckles are allowed but may only be used to fasten one part of the binding to another part of the binding and not the binding to the snowshoe. Not allowed are:

- 3 pin cross-country ski bindings or other metal bindings that prevent the snowshoe from swinging sideways.
- Velcro or similar materials
- Nylon straps
- Buckles except as described above

Bindings may be affixed to the mukluks, moccasins or kamiks by using one toe loop that is sewn to the mukluks, moccasins or kamiks within 76 millimetres (3 inches) of the centre front part of the mukluks, moccasins or kamiks. The binding cannot be affixed to the mukluks, moccasins or kamiks in any other way. The loops must be of a natural material such as hide or leather.

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c. Equipment – Footwear

All athletes must wear mukluks, moccasins or kamiks when racing.

Footwear must be made of soft leather below the ankle including the sole. No commercial shoes, hard-soled shoes or rigid orthotics are to be worn inside the mukluks, moccasins or kamiks. Acceptable liners are felt, wool or foam. Rubber liners are not allowed. No cleats or track shoes or any kind, or part thereof, are allowed. Velcro or similar materials are not allowed. Duct tape or similar materials or cardboard or similar manufactured materials are not allowed.