



THE INTERNATIONAL SKI COMPETITION RULES (ICR)

JOINT REGULATIONS FOR PARA NORDIC

**PARA CROSS-COUNTRY SKIING
PARA BIATHLON**

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INTERNATIONAL
SKI AND SNOWBOARD
FEDERATION

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1st Section

200 Joint Regulations for all Competitions

200.1 All events in the FIS Calendar must be held under the applicable FIS Rules.

200.2 Organisation and Conduct

Rules and instructions for the organisation and conduct of the various competitions are to be found in their respective rules.

200.3 Participation

Competitions listed in the FIS Calendar are only open to all properly licensed competitors entered by their National Ski Associations in accordance with current quotas.

200.4 Special Regulations

The FIS Council can authorise a National Ski Association to adopt rules and regulations to organise national or international competitions with different grounds for qualification but only provided that they do not go beyond the limits laid down in the present rules.

200.5 Control

All competitions listed in the FIS Calendar must be supervised by a Technical Delegate of the FIS.

200.6 Every legal sanction imposed and published in respect of a competitor, official or trainer will be recognised by the FIS and the National Ski Associations respectively.

201 Classification and Types of Competitions

201.1 Competitions with Special Rules and/or Limited Participation

National Ski Associations affiliated with the FIS - or clubs belonging to these National Ski Associations with the approval of their association - may invite neighbouring National Ski Associations or their clubs to their own competitions. These competitions must not be promulgated or announced as international competitions, and the limitation must be made clear in the announcement.

201.1.1 Competitions with special rules and/or limited participation or including non-members may be held under special competition rules as approved by the FIS Council. Any such rules must be published in the announcement.

201.2 Competitions with Non-Members of the FIS

The FIS Council can authorise one of its member National Ski Associations to invite a non-member organisation (military etc.) to competitions, or accept invitations from such an organisation.

201.3 Classification of Competitions

- 201.3.1 Olympic Winter Games, Paralympic Winter Games, FIS World Ski Championships and FIS World Junior Ski Championships
- 201.3.2 FIS World Cups
- 201.3.3 FIS Continental Cups
- 201.3.4 International FIS Competitions (FIS Races)
- 201.3.5 Competitions with Special Participation and/or Qualifications
- 201.3.6 Competitions with Non-Members of the FIS

201.4 FIS Disciplines

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

- 201.4.1 *Recognition of Disciplines in the International Ski Federation*
New disciplines, comprising one or several events, widely practised in at least twenty-five countries and on three continents may be included as part of the programme of the International Ski Federation.
- 201.4.2 *Exclusion of Disciplines from the International Ski Federation*
If a discipline is no longer practised in at least twelve National Ski Associations on at least two continents the FIS Congress may decide to exclude the discipline from the programme of the International Ski Federation.

201.5 FIS Events

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

201.6 Types of Competitions

International competitions consist of:

- 201.6.1 *Nordic and Para Nordic Events*
Cross-Country, Roller Skiing, Ski-Jumping, Ski-Flying, Nordic Combined, Team Competitions in Nordic Combined, Nordic Combined with Roller Skiing or In-line, Team Ski-Jumping, Ski-Jumping on plastic jumping hills, Popular Cross-Country races, Para Cross-Country, Para Roller Skiing and Para Biathlon.
- 201.6.2 *Alpine and Para Alpine Events*
Downhill, Slalom, Giant Slalom, Super-G, Parallel, Combined, KO, Team Competitions
- 201.6.3 *Freestyle Ski Events*
Moguls, Dual Moguls, Aerials, Aerials Synchro, Ski Cross, Halfpipe, Slopestyle, Big Air, Rail, Team Competitions

- 201.6.4 *Snowboard and Para Snowboard Events*
Slalom, Parallel Slalom, Giant Slalom, Parallel Giant Slalom, Halfpipe, Snowboard Cross, Big Air, Slopestyle, Rail, Team Competitions, Banked slalom, Dual Banked Slalom
- 201.6.5 *Telemark Events*
- 201.6.6 *Firngleiten*
- 201.6.7 *Speed Skiing Events*
Speed 1 (S1), Speed 2 (S2), Speed 2 Junior (S2J)
- 201.6.8 *Grass Ski Events*
- 201.6.9 *Combined Events with other Sports*
- 201.6.10 *Youth, Masters, etc.*

201.7 FIS World Championship Programme

- 201.7.1 To be included in the programme of the FIS World Championships, events must have a recognised international standing both numerically and geographically, and have been included for at least two seasons in the World Cup before a decision about their admission can be considered.
- 201.7.2 Events are admitted no later than three years before specific FIS World Championships.
- 201.7.3 A single event cannot simultaneously give rise to both an individual and a team ranking.
- 201.7.4 Medals may only be awarded at the FIS World Championships and FIS Junior World Championships in all disciplines (Alpine, Nordic, Snowboard, Freestyle Ski, Grass Skiing, Rollerski, Telemark, Speed Skiing) when there are a minimum of 8 nations participating in team competitions and 8 nations represented in an individual event.
- 201.7.5 The article 201.7.4 shall not be applied to the Para Snow Sports events (all levels) until the competition season 2026/2027.

202 FIS Calendar

202.1 Candidature and Announcement

- 202.1.1 Each National Ski Association is entitled to present its candidature for the organising of the FIS World Ski Championships in accordance with the published “Rules for the Organisation of World Championships”
- 202.1.2 For all other competitions, the registrations for inclusion in the International Ski Calendar have to be made to FIS by the National Ski Association according to the Rules for the FIS Calendar Conference published by the FIS.

- 202.1.2.1 The applications of the National Ski Associations (NSA) are entered by using the FIS Calendar program in the members section of the FIS website: www.fis-ski.com by 31st August (31st May for the Southern Hemisphere).
- 202.1.2.2 *Allocation of competitions*
Allocation of the competitions to the National Ski Associations is made through the electronic communication process between FIS and the National Ski Associations. In the case of FIS World Cup competitions, the calendars are subject to the approval of the Council, on proposal of the respective Technical Committee.
- 202.1.2.3 *Homologations*
Competitions that appear in the FIS Calendar may only take place on competition courses or jumping hills homologated by the FIS. The homologation certificate number must be indicated when applying for the inclusion of competition in the FIS Calendar. In a number of Snowboard, Freestyle Skiing, Free Ski disciplines and events the course or facility is built up for each competition that therefore does not have a permanent homologation. The course or facility approval process is therefore defined in the respective rules.
- 202.1.2.4 *Publication of the FIS Calendar*
The FIS calendar is published by FIS on the FIS website www.fis-ski.com. It will be updated to reflect cancellations, postponements and other changes continuously by FIS.
- 202.1.2.5 *Postponements*
In case of the postponement of a competition listed in the FIS Calendar, the FIS has to be informed immediately and a new invitation must be sent to the National Ski Associations, otherwise the competition cannot be considered for FIS points.
- 202.1.2.6 *Calendar Fees*
In addition to the annual subscription, a calendar fee is set by the FIS Congress and is due for each year and for each event listed in the FIS Calendar. For additional events, a 50% surcharge will be made in addition to the regular calendar fee for applications submitted 30 days before the date of the competition. The calendar fee for a competition that has to be rescheduled remains the responsibility for payment in full of the original organising National Ski Association.

At the beginning of the season, each NSA will receive an invoice for 70 % of its total invoice from the previous season. This amount will be debited from its FIS account. At the end of the season each NSA will receive a detailed invoice for all registered competitions during the season. The balance will be subsequently debited or credited to the NSA account at FIS.
- 202.1.3 *Appointment of Race Organiser*
In the event that the National Ski Association appoints a race organiser, such as an affiliated ski club, it shall do so using the form

“Registration Form National Ski Association and Organiser” or by means of a similar written agreement. An application by a National Ski Association for inclusion of an event on the International Ski Calendar shall mean that the necessary agreement to organise the event has been established.

202.2 Organisation of Races in other Countries

Competitions which are organised by other National Ski Associations may only be included in the FIS Calendar when the National Ski Association of the country concerned where the competitions will be organised gives its approval.

203 Licence to participate in FIS Races (FIS Licence)

A licence to participate in FIS races is issued by a National Ski Association to competitors who fulfil the criteria for participation through registering the competitor with FIS in the respective discipline(s).

203.1 The FIS licence year begins on July 1st and finishes on June 30th of the following year.

203.2 To be eligible for participation in FIS events, competitors must have a licence issued by their National Ski Association. Such a licence shall be valid in the Northern and Southern hemispheres for the licence year only. The validity of a licence can be limited to participation in one specific country or in one or more specific events.

203.2.1 The National Ski Association must guarantee that all competitors registered with a FIS License to participate in FIS races accept the Rules of the International Ski Federation, in particular the provision which foresees the exclusive competence of the Court of Arbitration for Sport as the court of appeal in doping cases.

203.3 A National Ski Association may only issue a FIS licence to participate in FIS races when competitors have proven their nationality and therefore eligibility by submitting a copy of their passport and signed the [Athletes Declaration](#) in the form approved by the FIS Council and returned it to their National Ski Association. All forms from under-age applicants must be counter signed by their legal guardians. Both the copy of the passport and signed Athletes Declaration must be made available to FIS on request.

203.4 During the FIS licence year, a competitor may only participate in International FIS competitions with a FIS licence to participate in FIS races issued by one National Ski Association.

203.5 Application for a change of FIS Licence Registration

All applications to change licence registration from one member National Ski Association to another are subject to consideration by the FIS Council at its Meetings in the spring (applications may only be submitted by 1st May each year). In principle an application to change

licence registration will not be granted unless competitors demonstrate their personal association with the new nation.

Prior to submitting an application to change licence registration, competitors must possess the citizenship and passport of the country for which they wish to compete. In addition, competitors must have had their principal legal and effective place of residence in the new country for a minimum of two (2) years immediately prior to the date of the request to change registration to the new country/National Ski Association. An exception to the two year residency rule may be waived if the competitor was born in the territory of the new country, or whose mother or father is a national of the new country. Applications will not be accepted if a parent has obtained a passport for the new country, but is not resident, and/or there is no family ancestry.

Furthermore, competitors are required to submit a detailed explanation with the application about their personal circumstances and the reason for requesting a change of licence registration.

203.5.1 If competitors have already participated in FIS calendar events for a National Ski Association, they must have the written agreement to be released from the former National Ski Association in addition to the citizenship, passport and residency requirements in art. 203.5 before the new National Ski Association may submit a request to FIS for a change of registration.

If such a written agreement is not given, competitors may not participate in any FIS calendar events for a period of twelve months from the end of the last season in which they competed for their present National Ski Association, nor may they be issued with a licence to participate in FIS races by the new National Ski Association. These rules are also valid when a competitor has more than one nationality and would like to change National Ski Association licence registration.

203.5.2 The FIS Council reserves the right in its absolute discretion, to grant or to decline to grant, a change of licence notwithstanding the fulfilment of the aforementioned conditions where it deems it is contrary to the spirit of the rule and in the best interests of the International Ski Federation to do so (e.g. to decline to grant a change of licence if a member National Ski Association tries to "import" a competitor).

203.5.3 In the event that a competitor does not fulfil all the criteria required to apply for a change of National Ski Association licence registration, the onus shall be on the competitor to demonstrate in writing to the satisfaction of the FIS Council that exceptional circumstances exist and it is in the best interests of the International Ski Federation to grant the change.

203.5.4 Competitors will retain their FIS points if they change their National Ski Association under the condition that the former National Ski Association granted the release of the competitor.

203.5.5 In the event that any of the documents for an application to change licence registration submitted by the National Ski Association (letter of release from the former National Ski Association, passport, residency

papers) are found to be false, the FIS Council will sanction the competitor and the new National Ski Association.

204 Qualification of Competitors

- 204.1 A National Ski Association shall not support or recognise within its structure, nor shall it issue a licence to participate in FIS or national races to competitors who:
- 204.1.1 have conducted themselves in an improper or unsportsmanlike manner or has not respected the FIS medical code or anti-doping rules,
 - 204.1.2 accept or have accepted, directly or indirectly, any money-payments for the participation at competitions,
 - 204.1.3 accept or have accepted a prize of a higher value than fixed by article 219,
 - 204.1.4 permit or have permitted their names, titles or individual picture to be used for advertising, except when the National Ski Association concerned, or its pool for this purpose, is party to the contract for sponsorship, equipment or advertisements.
 - 204.1.5 knowingly compete or have competed against any skier not eligible according to the FIS Rules, except if:
 - 204.1.5.1 the competition is approved by the FIS Council, is directly controlled by the FIS or by a National Ski Association, and the competition is announced "open",
 - 204.1.6 have not signed the [Athlete Declaration](#),
 - 204.1.7 are under suspension.
- 204.2 With the issuance of a licence to participate in FIS competitions and entry the National Ski Association confirms, that valid and sufficient accident insurance for training and competition is in place for the competitor and assumes full responsibility.

205 Competitors Obligations and Rights

- Competitors whatever their age, gender, race, religion or belief, sexual orientation, ability or disability have the right to participate in snow sports in a secure environment and protected from abuse.
- FIS encourages all member nations to develop policies to safeguard and promote the welfare of children and young persons
- 205.1 The competitors are obliged to make themselves familiar with the appropriate FIS Rules and must comply with the additional instructions of the Jury. Competitors must also follow the FIS rules regulations.
 - 205.2 Competitors are not permitted to use doping. ([see FIS Anti-Doping Rules and Procedural Guidelines](#)).

205.3 As stated in the Athletes Declaration, competitors have the right to inform the Jury of safety concerns they may have regarding the training and competition courses. More details are given in the corresponding discipline rules.

205.4 Competitors who do not attend the prize-giving ceremonies without excuse lose their claim to any prize including prize money. In exceptional circumstances, competitors may be represented by another member of their team, but this person has no right to take their place on the podium.

205.5 Competitors must behave in a correct and sportsmanlike manner towards members of the Organising Committee, volunteers, officials and the public.

205.6 Support for the Competitors

205.6.1 *Competitors registered with FIS by their National Ski Association to participate in FIS races may accept:*

205.6.2 full compensation for travel cost to training and competition,

205.6.3 full reimbursement for accommodation during training and competitions,

205.6.4 pocket money,

205.6.5 compensation for loss of income according to decisions of their National Ski Association,

205.6.6 social security including insurance for training and competition,

205.6.7 scholarships.

205.7 A National Ski Association may reserve funds to secure their competitors' education and future career after retiring from active competitive skiing.

The competitors have no claim to these funds which shall be dispensed only according to the judgement of their National Ski Association.

205.8 Gambling on Competitions

Competitors, trainers, team officials and technical officials are prohibited from betting on the outcome of competitions in which they are involved. Reference is made to the [FIS Rules on the Prevention of the Manipulation of Competitions](#).

206 Advertising and Sponsorship

In the context of this rule advertising is considered as the presentation, of signage or other visibility at the venue informing the public of the name of a product or service to achieve awareness of a company or an organisation and its brand name, activities, products or service. On

the other hand Sponsorship provides a company with the opportunity to have a direct association with the competition or series of events.

206.1 Olympic Winter Games, Paralympic Winter Games and FIS World Championships

All Advertising and Sponsorship rights to the Olympic Winter Games, Paralympic Winter Games and FIS World Championships belong to the IOC, IPC and to the FIS respectively and are subject to separate contractual arrangements.

206.2 FIS Events

For all FIS Events the [FIS Advertising Rules](#) define the advertising opportunities in the competition area and are subject to the approval of the FIS Council. For the FIS World Cup Events the FIS Advertising Rules form an integral part of the FIS Organisers Agreement with the National Ski Associations and Organisers.

206.3 Member National Ski Associations

Each FIS affiliated National Ski Association that organises events in its country which are included in the FIS calendars, has the authority as the owner of the event advertising rights to enter into contracts for their sale. In the case of FIS World Cup competitions these rights shall be defined in the Organiser Agreement upon approval of the FIS Council and considering the National Ski Associations responsibilities. In cases where a National Ski Association organises events outside its own country these FIS Advertising rules also apply.

206.4 Title and Presenting Sponsorship Rights

In the case of FIS series approved by the FIS Council, FIS markets the rights of the title/presenting sponsor (alternative naming possible) package. For the FIS World Cup series these are marketed to appropriate sponsors that promote the image and values of the discipline concerned. The revenue generated from the sale of the title/presenting sponsor rights is invested by FIS to provide a professional organisation.

206.5 Use of Markings and supports

All Advertising and commercial markings and supports used shall comply with the technical specifications set forth in the applicable FIS Advertising Rules.

206.6 Advertising Packages

Location, number, size and form of the advertising are specified in the FIS Advertising Rules for each discipline. Detailed information including graphical illustrations is laid out in the discipline-specific Marketing Guides which are published on the FIS Website. The Marketing Guides are reviewed and updated as necessary by the Committee for Advertising Matters and approved by the FIS Council prior to their publication.

206.7 Sponsorships by commercial betting companies

- 206.7.1 FIS will not allocate Title / Presenting Sponsor rights to commercial betting companies.
- 206.7.2 Sponsorships of events by commercial betting companies is permitted subject to 206.7.4 below.
- 206.7.3 Advertising of betting companies is allowed on bibs after approval by FIS, valid for 3 years.
- 206.7.4 Approval by FIS will be given under the condition that the betting company/ies actively work/s against sport competition manipulation.
- 206.8 A National Ski Association or its pool may enter into contracts with a commercial firm or organisation for financial sponsorship and or the supply of goods or equipment if the specific company or organisation is acknowledged as an Official Supplier or Sponsor by the National Ski Association. Advertising using photographs, likeness or names of FIS competitors with any sportsman not eligible according to either the FIS eligibility rules or the eligibility rules of the IOC and IPC, is forbidden. Advertising with or on competitors with tobacco or alcohol products or drugs (narcotics) is forbidden.
- 206.9 All compensation under such contracts must be made to the National Ski Association or its ski pool which shall receive the compensation subject to the regulations of each National Ski Association. Competitors may not directly receive any part of such compensation except as stated in art. 205.6. The FIS may at any time call for a copy of the contract.
- 206.10 Equipment goods supplied to and used by the national team must, with reference to markings and trademarks, conform with the specifications stated in art. 207.

207 Competition Equipment and Commercial Markings

207.1 Competition Equipment at FIS Events

- Only the competition equipment, according to the FIS rules on advertising, provided by the National Ski Association, complete with the commercial markings approved by the National Ski Association, may be worn in FIS World Cup and FIS World Ski Championships competitions. Obscene names and/or symbols on clothing and equipment are forbidden.
- 207.1.1 At FIS World Ski Championships, FIS World Cup and all events on the FIS Calendar, a competitor is not allowed to take equipment (skis/board, poles, ski boots, helmet, glasses) to the official ceremonies involving anthems and/or flag raising. Holding/carrying equipment on the victory podium after conclusion of the whole ceremony (handing over trophies and medals, national anthems) for press photos, pictures, etc. is however permitted.

207.1.2 *Winners presentation / Equipment on the podium*

At FIS World Ski Championships and all events on the FIS Calendar, a competitor is allowed to take the following equipment on the podium:

- Skis / Snowboards
- Footwear: The athletes may wear their boots on their feet, but are not allowed to wear them anywhere else (such as around their neck). Other shoes cannot be taken on the podium during presentation except if they are worn on the feet.
- Poles: not on/around skis, normally in the other hand. Para athletes are exempt from this rule and may bring poles on/around the skis.
- Goggles: either worn or around the neck
- Helmet: if worn only on the head and not on another piece of equipment, e.g. skis or poles
- Ski straps: maximum of two with name of the producer of skis; eventually one can be used for a wax company
- Nordic Combined and Cross-Country Ski Poles Clips. A clip can be used to hold the two poles together. The clip can be the width of the two poles, though not wider than 4 cm. The length (height) can be 10 cm. The long side of the clip is to be parallel to the poles. The commercial marking of the pole manufacturer can cover the entire surface of the clip.
- All other accessories are prohibited: waist bags with belt, phones on neck-bands, bottles, rucksack/backpack, etc.

207.1.3 An unofficial presentation (flower ceremony) of the winner and the winner's ceremony immediately after the event in the event area with the national anthem even before the protest time has expired, is allowed at the organiser's own risk. Visible wearing of the starting bibs is mandatory.

207.1.4 Visible wearing of the starting bib of the event or other outerwear of the NSA is mandatory in the restricted corridor (including the leader board and TV interview locations).

207.2 **Commercial Markings**

Specifications about the size, the form and the number of commercial markings on equipment and clothing as well as the by-laws for commercial markings and for advertising are to be reviewed by the Committee for Advertising Matters and approved by the FIS Council each spring for the following competition season and published by the FIS.

207.2.1 The rules governing commercial markings and advertising on equipment and clothing as well as the relevant by-laws published in the [Specifications for Commercial Markings on Equipment](#), must be followed.

207.2.2 Any competitor who breaches the advertising rules is subject to sanction, as provided for in art. 223.1.1. An offence for which a sanction may apply and a penalty be imposed is defined as conduct that is in violation or non – observance of competition rules.

- 207.2.3 If a National Ski Association fails to enforce these rules with on their own competitor(s) or for any reason prefers to refer the case to the FIS, the FIS may take immediate steps to suspend a competitor's licence. The competitors concerned and/or their National Ski Association have the right to make an appeal before a final decision is taken.
- 207.2.4 If an advertiser uses the name, title or individual picture of a competitor in connection with any advertisement, recommendation or sale of goods without the approval or knowledge of the competitor, the competitor may give a "power of attorney" to their National Ski Association or to the FIS to enable them, if necessary, to take legal action against the company in question. If the competitor concerned fails to do so, the FIS shall judge the situation as if the competitor had given permission to the company.
- 207.2.5 The FIS Council shall be informed of infractions or breaches of these rules that have taken place with regard to the qualification of competitors, sponsorship and advertising and support for the competitors, and shall review what measures to take to deal with cases.

208 Exploitation of Electronic Media Rights

208.1 General Principles

- 208.1.1 *Olympic Winter Games, Paralympic Winter Games and FIS World Championships*
All Media rights to the Olympic Winter Games, Paralympic Winter Games and FIS World Championships belong to the IOC, IPC and to the FIS respectively, and are subject to separate contractual arrangements.
- 208.1.2 *Rights owned by the member National Ski Associations*
Each FIS affiliated National Ski Association that organises events in its country which are included in the annual FIS calendars, has the authority as the owner of the electronic media rights to enter into contracts for the sale of the electronic media rights on those events. In cases where a National Ski Association organises events outside its own country, these rules also apply, subject to bi-lateral agreement with the National Ski Association of the country where the event takes place.
- 208.1.3 *Promotion*
Contracts shall be prepared in consultation with the FIS with the intention of giving the widest promotion and exposure to the sports of skiing and snowboarding and considering the best interests of the National Ski Associations.
- 208.1.4 *Access to events*
For all competitions, admission of personnel and their equipment to the media areas will be limited to those having the necessary

accreditation and access passes. Priority access will be given to rights holders and the system of accreditation and access control must avoid possible abuse by non-rights holders.

208.1.5 *Control by the FIS Council*

The FIS Council exercises control over the adherence to the principles of this Rule by National Ski Associations and all organisers. Should a contract or individual clauses thereof, create a major conflict of interest for the FIS, a member National Ski Association or its organiser, then this will be evaluated by the FIS Council. Full information will be provided so that the appropriate solution can be found.

208.2 **Definitions**

In the context of this rule the following definitions will apply:

“Electronic Media Rights” means the rights for Television, Radio, Internet and Mobile devices.

“Television rights” means the distribution of television images, both analogue and digital, comprising video and sound, by means of terrestrial transmitters, satellite, cable, fibre or wire for public and private viewing on television screens. Pay-per-view, subscription, interactive TV, video on demand services, IPTV or similar technologies, are also included in this definition.

“Radio rights” means the distribution and reception of radio programmes, both analogue and digital, over the air, by wire or via cable to devices, both fixed and portable.

“Internet” means access to images and sound through interconnected computer networks.

“Mobile and portable devices” means the provision of images and sound through a telephone operator and receivable on mobile telephone or other non fixed devices, such as Personal Digital Assistants.

208.3 **Television**

208.3.1 *Standard of production and promotion of competitions*

In the agreements concerning production with a TV organisation or agency acting as host broadcaster, the quality of TV transmissions for ski and snowboard events published in the FIS Calendar – especially for FIS World Cup competitions – must be considered. Of particular importance, while taking into consideration applicable national laws and rules affecting broadcasting, are:

- a) Top quality and optimal production of a TV signal (for live or deferred transmission depending on the event) in which sport is the centrepiece;
- b) Adequate consideration and appearance of venue advertising and event sponsors;
- c) A standard of production in conformity with the FIS TV Production Guidelines and appropriate to current market conditions for the

discipline and to the level of the FIS competition series. This means live coverage of the entire event including the winner presentation for live transmission (unless circumstances determine that a live production is not provided). This coverage shall be produced in a neutral way, shall not concentrate on any athlete or nation and shall show all competitors

- d) The live international signal of the host broadcaster must include appropriate graphics in English, particularly the official FIS logo, timing and data information and results, and international sound.
- e) Where it is appropriate to the individual TV market, there should be live TV transmission in the country where the event takes place and in other countries with a high interest.

208.3.2 *Production and Technical costs*

Except when otherwise agreed between the National Ski Association and the agency/company managing the rights, the cost of producing the television signal for the exploitation of the different rights will be borne by the broadcaster having acquired the rights in the country where the competition takes place or a production company mandated to produce the signal by the company owning the rights. In certain cases, the organiser or the National Ski Association may assume these costs.

For each of the different rights granted under this rule the technical expenses that are to be paid for by those organisations that have acquired the rights and which are seeking to access the television signal (original picture and sound without commentary), have to be agreed between the producing company or the agency/company managing the rights, as applicable. This also applies to any other production costs that may be requested.

208.3.3 *Short extracts*

Short extracts granting news access for non-rights holders are to be provided to television companies according to the following rules. It is noted that in a number of countries national legislation governs the showing of short extracts in news programmes.

These extracts may only be used in regularly scheduled news programmes and cannot be kept for archive purposes

- a) In those countries where legislation exists regarding news access to sporting events then this legislation will always hold precedence for reporting on FIS events.
- b) In those countries where no legislation exists regarding news access by competing networks and provided that agreements between the company managing the rights and the primary rights holder take precedence then short extracts of a maximum of 90 seconds news access will be granted to competing networks by the agency/company managing the rights for transmission four hours after the rights holding network has shown the competition. The use of this material will cease 48 hours after the end of the competition. If the rights holding network delays its transmissions

by more than 72 hours from the end of the competition, then competing networks can show extracts of a maximum of 45 seconds commencing 48 hours after and ending 72 hours after the event itself. Any request to exploit short extracts shall be addressed to the agency/company managing the rights which shall grant to the broadcasters access to the short extracts subject to agreement regarding the technical costs incurred to receive the material.

- c) In those countries where no transmission rights have been purchased by a television company, all television organisations will be able to transmit short extracts of 45 seconds as soon as the material is available, subject to agreement with the agency/company managing the rights regarding the technical costs to be incurred to receive the material. Permission for the use of this material will expire after 48 hours.
- d) Short extracts will be produced by the host broadcaster or the agency/company managing the rights and distributed by that agency/company, taking into consideration 208.3.2 above.

208.4

Radio

The promotion of FIS events through radio programmes will be encouraged by making available accreditation to the principle radio station(s) in each interested country. Access to the venue will be granted solely to those radio organisations that have obtained the necessary contractual authorisation from the rights holder, and will be only for the production of radio (audio) programmes. If accepted by national practice and the authorisation is granted, these programmes can also be distributed on the internet site of the radio station.

208.5

Internet

Unless the contract for the sale of the Electronic Media Rights on FIS events states otherwise, each television rights holder that also acquires the internet rights, will ensure that video streams from its website other than short extracts are geoblocked against access from outside its own territory. Regularly scheduled news bulletins containing material of FIS events may be streamed on the rights holding broadcaster's website, provided no changes are made to the bulletin as transmitted in the original programme.

Video and audio material produced in public areas where accreditation, tickets or other permissions are not required to gain access must not contain race footage. It is recognised that new technology provides members of the public with the possibility to produce unauthorised video recordings that may be posted on websites. Appropriate information advising that the unauthorised production and use of video material is prohibited and that legal proceeding could be taken, will be shown at all entrances and printed on entrance tickets.

All National Ski Associations and the rights holders/agencies will give permission for short extracts to be placed on the FIS website for non-commercial use subject to the following conditions:

- a) When short extracts have not been acquired for Internet distribution the maximum duration of the news material from FIS competitions will be 30 seconds per discipline/per session and will be accessible on the FIS website until 48 hours after the end of the competition. The financial conditions relating to the provision of this material will be agreed between the FIS and the rights owner.
- b) The material will be provided by the rights owner or host broadcaster as soon as possible, but at the latest six hours after the end of the competition.

208.6 Mobile and portable devices

In the cases where the rights for distribution by mobile and portable devices have been awarded, the rights purchaser/operator will be free to produce from the television signal the content it considers best meets the needs of its customers. Any live streaming of television programmes on a national basis using these devices shall not be altered from that available through other distribution channels.

In countries where no mobile distribution rights have been sold, short extracts or clips of a maximum duration of 20 seconds will be offered to operators when the material has been produced and for a period of 48 hours on the condition that the operators pay all related technical costs to the agency/company managing the rights.

208.7 Future developments

The principles contained in this Rule 208 shall be the basis for the exploitation of Electronic Media Rights to FIS events in the future. The FIS Council, on the recommendation of the National Ski Associations, the relevant commissions and experts, will establish the conditions considered appropriate to each new development.

209 Film Rights

All agreements regarding film productions of FIS competitions will be between the film producer and the National Ski Association or the company managing the related rights. All contractual arrangements regarding the exploitation of other media rights will be respected.

210 Organisation of Competition

211 The Organisation

211.1 The Organiser

211.1.1 The Organiser of a FIS competition is the person or group of persons who make the necessary preparations and directly carry out the running of the competition in the resort.

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

211.1.3 The organiser must ensure that accredited persons accept the regulations regarding the competition rules and Jury decisions, and in World Cup races the organiser is obliged to obtain the signature of all persons who do not have a valid FIS season accreditation to this effect.

211.2 The Organising Committee

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

211.3 Organisers which hold competitions involving competitors not qualified under art. 203 - 204 have violated the International Competition Rules and measures are to be taken against them by the FIS Council.

212 Insurance

212.1 The organiser must take out liability insurance for all members of the Organising Committee. The FIS shall provide its employees and appointed officials, who are not members of the Organising Committee (e.g. equipment controller, medical supervisor, etc.), with liability insurance when they are acting on behalf of the FIS.

212.2 Before the first training day or competition, the organiser must be in possession of a binder or cover notes issued by a recognised insurance company and present it to the Technical Delegate. The Organising Committee requires liability insurance with coverage of at least CHF 1 million; whereby it is recommended that this sum is at least CHF 3 million; this sum can be increased according to decisions of the FIS Council (World Cup etc.).
Additionally, the policy must explicitly include liability insurance claims by any accredited participant, including competitors, against any other participant including but not limited to officials, course workers, coaches, etc.

212.3 All competitors participating in FIS events must carry accident insurance, in sufficient amounts to cover accident, transport and rescue costs including race risks as well as an appropriate third-party liability insurance. The National Associations are responsible for adequate insurance coverage of all their competitors sent and inscribed by them.
The National Ski Association or their competitors must be able to show proof of the respective insurance coverage at any time on request of the FIS, one of its representatives or the organising committee.

212.4 All trainers and officials inscribed and sent to FIS events by a National Association must carry accident and third-party liability insurance, in sufficient amounts to cover accident, transport and rescue costs from damages caused. The National Ski Association or their trainers and officials must be able to show proof of the respective insurance coverage at any time on request of the FIS, one of its representatives or the organising committee.

213 Programme

A programme must be published by the organisers for each competition listed in the FIS Calendar which must contain the following:

- 213.1 name, date and place of the competitions, together with information on the competition sites and the best ways of reaching them,
- 213.2 technical data on the individual competitions and conditions for participation,
- 213.3 names of principal officials,
- 213.4 time and place for the first team captains' meeting and the draw,
- 213.5 timetable for the beginning of the official training and the start times,
- 213.6 location of the official notice board,
- 213.7 time and place for the prize-giving,
- 213.8 final date of entry and address for entries, including telephone, telefax and e-mail address.

214 Announcements

- 214.1 The Organising Committee must publish an announcement for the event. It must contain the information required by art. 213.
- 214.2 Organisers are bound by the rules and decisions of the FIS in limiting the number of entries. A further reduction in entries is possible under art. 201.1 provided it is made clear in the announcement.
- 214.3 Postponements or cancellations of competitions and programme alterations must be communicated immediately by telephone, e-mail or telefax to the FIS, all invited or entered National Ski Associations and the appointed TD. Competitions moved to an earlier date must be approved by the FIS.

215 Entries

- 215.1 All entries must be sent so that the Organising Committee receives them before the final date of entry. The organisers must have a final and complete list not later than 24 hours before the first draw.
- 215.2 National Ski Associations are not permitted to enter and draw the same competitors in more than one competition on the same date.
- 215.3 Only National Ski Associations are entitled to make entries for international competitions. Every entry should include:
 - 215.3.1 code number, name, first name, year of birth, National Ski Association;
 - 215.3.2 an exact definition of the event for which the entry is made.

215.4 Entries for FIS World Championships (see Rules for the Organisation of FIS World Championships).

215.5 The entry of a competitor by the National Ski Association for a race shall constitute a contract solely between the competitor and the organiser and shall be governed by the Athletes Declaration.

216 Team Captains' Meetings

216.1 The time and location of the first team captains' meeting and of the draw must be shown in the programme. The invitations for all other meetings have to be announced to the team captains at their first meeting. Emergency meetings must be announced in good time.

216.2 Representation by a substitute from another nation during discussions at team captains' meetings is not allowed.

216.3 The team captains and trainers must be accredited by the organisers according to quota.

216.4 Team captains and trainers must obey the ICR and the decisions of the Jury and must behave in a proper and sportsmanlike manner.

217 Draw

217.1 Competitors' starting order for each event and each discipline is decided according to a specific formula by draw and/or point order.

217.2 The competitors entered by a National Ski Association will only be drawn if provided written entries have been received by the organiser before the closing date.

217.3 If competitors are not represented at the draw by a team captain or trainer, they will only be drawn if it is confirmed by telephone, telegram, e-mail or telefax by the beginning of the meeting that the competitors who are entered will participate.

217.4 Representatives of all the nations taking part must be invited to the draw.

217.5 If a competition has to be postponed by at least one day, the draw must be done again.

218 Creation and Distribution of Digital Content

218.1 Introduction

Information and data are an essential part of understanding and presenting sport, both as a means of measuring and reporting on athletic performance and communicating and promoting sport to the public. FIS, as the international body governing the sports of Skiing and Snowboarding, and with the cooperation of its National Ski Associations, is entrusted for the development, management and accuracy of data related to their common activities.

As an important part of the promotion of Skiing and Snowboarding, FIS encourages National Ski Associations to provide their members, stakeholders and fans with data and information related to FIS activities.

All National Ski Associations are encouraged to provide general information relating to the events and competitions on the FIS calendar, for use by interested parties,

The purpose of this Rule is to define digital content and identify how it can be exploited.

218.2 Definition of Digital Content

Digital Content shall mean all information related to FIS activities, which is made available in a digital form.

Digital Content is comprised of two elements:

- basic written digital content that is freely available, in the public domain and can be used without restriction. This includes documentary archives, reports, rules, official calendars, start and results lists including names of competitors, competition and venue information, running orders, statistics, rankings and standings and information regarding weather conditions, and
- specialist digital content which includes real time information provided by the Official Data and Timing Providers, athlete biographical information and performance data, event and other related content produced by stakeholders, including content on the social media sites of athletes, sponsors and officials

Also included are all video archives for which exploitation rights are available.

Digital content includes all formats, together with any graphical, textual, video or other representations of such data, information and statistics.

218.3 Ownership of Digital Content

The ownership of digital content is determined by the relevant permissions and the contractual relationship, if any, under which such content has been produced and the conditions to be applied for its exploitation.

218.4 Use of Specialist Digital Content

The development of digital technology has made it possible for the consumer to have instant access to specialist digital content that enhances the viewing experience and interest in sport.

Access to moving pictures can stimulate interest in FIS competitions, and the inclusion of live timing and data feeds adds to the attraction of any video production. Use of the live timing and data feeds on World Cup and World Championships competitions is subject to obtaining the agreement of the owner of these feeds.

218.5 Access to Specialist Digital Content

Each party seeking to access specialist digital content must find an agreement with the owner/rights holder of the digital content and defining the terms and conditions under which this content can be used. In all cases, and particularly with regard to personal data, a strict adherence to the GDPR or other equivalent law or regulation must be enforced.

The FIS shall advise anyone seeking to use specialist digital content, the name of the owner/rights holder and provide contact numbers.

Should individual owners/rights holders of specialist digital content consider it appropriate, their content could be bundled and offered centrally to the market using the FIS as their representative.

218.6 Review

In view of constant change and development in technology this rule will be kept under constant review and when appropriate updated on a regular basis.

219 Prizes

219.1 The detailed rules concerning the awarding of prizes will be published by the FIS. Prizes shall consist of mementos, diplomas, cheques or cash. Prizes for records are forbidden. The FIS Council decides in the autumn on the minimum respectively maximum values of the prize money approximately one and a half years before the competition season. The organisers have to inform the FIS by October 15th of the amount.

219.2 If two or more competitors finish with the same time or receive the same points, they shall be given the same placing. They will be awarded the same prizes, titles or diplomas. The allocation of titles or prizes by drawing lots or by another competition is not allowed.

219.3 All prizes are to be awarded no later than the final day of a competition or event series.

220 Team Officials, Coaches, Service Personnel, Suppliers and Firms' Representatives

In principle these regulations apply to all disciplines, taking into consideration the special rules.

220.1 The Organising Committee of an event must provide the Technical Delegate with a list of persons accredited to the competition.

220.2 It is forbidden for suppliers and for persons in their service to advertise inside the restricted area or to wear clearly visible commercial markings on their clothing or equipment which do not conform with art. 207.

220.3 Team officials accredited service personnel and suppliers receive from the FIS an official FIS accreditation in the Event concerned and must

perform their specified function. The individual organisers are free to accredit additional company representatives or other important persons.

220.4 Only persons who have the official FIS accreditation or a special accreditation from the organiser for course or jumping-hill have access to the courses and jumping-hills (according to special rules of the discipline).

220.5 The Different Types of Accreditation

220.5.1 Technical Delegates, the Jury, and the persons mentioned in art. 220 with clearly visible accreditation have access to the courses and jumping-hills.

220.5.2 Servicemen attached to teams are permitted entry to start area and service area at the finish. They are not allowed entry to the courses or jumping-hills.

220.5.3 Company representatives accredited at the discretion of the organisers who do not have FIS accreditation are not permitted entry to the courses and restricted service areas.

221 Medical Services, Examinations and Doping

221.1 National Ski Associations are responsible for the fitness of their competitors to race. All competitors, male and female are required to undergo a thorough evaluation of their medical health. This evaluation is to be conducted within the competitor's own nation.

221.2 If requested by the FIS Medical Committee or its representative, competitors must undergo a medical examination before or after the competition.

221.3 Doping is forbidden. Any offence under these FIS Anti-Doping Rules will be punished under the provisions of the [FIS Anti-Doping Rules](#).

221.4 Doping controls may be carried out at any FIS competition (as well as out of competition). Rules and procedures are published in the [FIS Anti-Doping Rules and FIS Procedural Guidelines](#).

221.5 Gender of the Competitor

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

221.6 Medical Services Required from Event Organisers

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

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

- The size, level, type of the event being held (World Championships, World Cup, Continental Cup, FIS-level, etc.) together with the local medical standards of care and geographic locations and circumstances.
- The estimated number of competitors, support staff and spectators
- The scope of responsibility for the Event Medical Organisation (competitors, support staff, spectators) should also be determined.

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

The specific requirements concerning facilities, resources, personnel and team physicians are contained in the respective discipline rules and the [FIS Medical Guide](#).

222 Competition Equipment

- 222.1 A competitor may only take part in a FIS competition with equipment which conforms to the FIS Regulations. Competitors are responsible for the equipment that they use (skis, snowboard, bindings, ski boots, suit, etc). It is their duty to check that the equipment they use conforms to the FIS specifications and general safety requirements and is in working order.
- 222.2 The term competition equipment encompasses all items of equipment which the competitor uses in competitions. This includes clothing as well as apparatus with technical functions. The entire competition equipment forms a functional unit.
- 222.3 All new developments in the field of competition equipment must be approved in principle by the FIS.
The FIS does not take any responsibility for the approval of new technical developments, which at the time of introduction may contain unknown risk to the health or cause an increase in the risk of accidents.
- 222.4 New developments must be submitted by May 1st, (Grass Ski August 1st) at the latest, 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 competition season.
- 222.5 The Committee for Competition Equipment publishes equipment by-laws after approval by the FIS Council (definitions or descriptions of the equipment items which are allowed).
In principle unnatural or artificial aids which modify the performance of the competitors and/or constitute a technical correction of the individual's physical predisposition to a defective performance, as well as competition equipment which impact the health of the competitors or increase the risk of accidents are to be excluded.

222.6

Controls

Before and during the competition season or on submission of protests to the Technical Delegate at the competition concerned, various controls can be carried out by members of the Committee for Competition Equipment or official FIS Equipment Controllers. Should there be a well-founded suspicion that regulations were violated, the equipment items must be confiscated immediately by the controllers or Technical Delegates in the presence of witnesses and be forwarded sealed to the FIS, which will submit the items to a final control by an officially recognised institution. In cases of protest against items of the competition equipment, the losing party will bear the investigation costs.

No testing of equipment or material in independent laboratories may be requested at races where a FIS Technical Expert has performed the controls, unless it can be demonstrated that the controls have not been carried out according to the rules.

222.6.1

At all FIS events where official FIS measurement experts using the official FIS measurement tools are appointed, the result of measurements carried out at the time are valid and final, irrespective of previous measurements.

222.7

Prohibited of scientific and medical Equipment at FIS Events

It is prohibited for any National Ski Association, its representative or team members to bring and/or use any of the following scientific or medical equipment ("Equipment") into/at any Event Venue during FIS World Championships, World Cups and other competitions registered in the FIS Calendar:

- Oxygen tanks, cylinders and related devices;
- Hypoxic or hyperoxic tents, chambers and related devices;
- Cryogenic chambers for whole body cryotherapy and related devices.

It is the responsibility of the National Ski Association to ensure compliance with this Article 222.7 by all its representatives or team members. Failure to respect this Article 222.7 will be subject to Penalties provided by Article 223.3. In case of recurrence, disqualification of an athlete shall be imposed irrespectively of whether the violation of this provision would result in an advantage for the Athlete(s) with regard to the end result of the competition. In addition to the sanctions listed above, the FIS may order the immediate removal of the Equipment from the Event Venue at the costs of the responsible NSA.

222.8

Fluorinated ski wax prohibition

Use of fluorinated wax or tuning products containing fluorine is prohibited

for all FIS disciplines and levels.

Fluorinated wax can be a competitive advantage and its use in competition will result in disqualification (see competition rules and equipment specifications).

223 Sanctions

223.1 General Conditions

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

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

223.1.2 *The following conduct shall also be considered an offence:*

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

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

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

223.1.4 All FIS affiliated associations, including their members registered for accreditation, shall accept and acknowledge these rules and sanctions imposed, subject only to the right to appeal pursuant to the [FIS Statutes](#) and ICR

223.2 Applicability

223.2.1 *Persons*

These sanctions apply to:

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

223.3 Penalties

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

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

223.3.1.1 FIS-affiliated associations are liable to the FIS for the payment of any fines and incurred administrative expenses imposed on persons whose registration or accreditation they arranged.

223.3.1.2 Persons not subject to art. 223.3.1.1 are also liable to the FIS for fines and incurred administrative expenses. If such persons do not pay

these fines, they shall be subject to a withdrawal of any permission to apply for accreditation to FIS events for a period of one year.

- 223.3.1.3 Payment of fines is due within 8 (eight) days following their imposition.
- 223.3.2 *All competing competitors may be subject to the following additional penalties:*
- Disqualification
 - Impairment of their starting position
 - Forfeiture of prizes and benefits in favour of the organiser
 - Suspension from FIS events
- 223.3.3 Competitors shall only be disqualified if their mistake would result in an advantage for them with regard to the end result, unless the Rules state otherwise in an individual case.
- 223.4 A jury may impose the penalties provided in art. 223.3.1 and 223.3.2, however they may not impose a monetary fine of more than CHF 5'000.-- or suspend a competitor beyond the series of FIS event at which the offence occurred.
- 223.5 The following Penalty decisions may be given verbally:**
- reprimands
 - the withdrawal of accreditation for the current event from persons who had not been registered with the organiser through their National Associations
 - the withdrawal of the accreditation for the current event from FIS-accredited persons
 - the denial of accreditation to the current event from persons who are within the confines of the competition area or any other location connected with the competition.
- 223.6 The following Penalty decisions shall be in writing:**
- monetary fines
 - disqualification
 - impaired starting position
 - competition suspensions
 - withdrawal of accreditation from persons who had been registered through their National Association
 - withdrawal of accreditation of FIS accredited persons
- 223.7 Written Penalty decisions must be sent to the offender (if it is not a competitor), the offender's National Association and the Secretary General of FIS.
- 223.8 Any disqualification shall be recorded in the Referee's and/or the TD's Report.
- 223.9 All penalties shall be recorded in the TD's Report.

224 Procedural Guidelines

224.1 Competence of Jury

The Jury at the event has the right to impose sanctions according to the above rules by majority vote. In the case of a tie, the Chair of the Jury has the deciding vote.

224.2 Within the location, especially during the training and the competition period, each voting Jury member is authorised to issue oral reprimands and withdraw the accreditation which is issued for the current event.

224.3 Collective Offences

If several persons commit the same offence at the same time and under the same circumstances, the Jury's decision as to one offender may be considered binding upon all offenders. The written decision shall include the names of all offenders concerned, and the scope of the penalty to be assessed upon each of them. The decision will be delivered to each offender.

224.4 Limitation

A person shall not be sanctioned if proceedings to invoke such sanction have not been commenced against that person within 72 hours following the offence.

224.5 Each person who is a witness to an alleged offence is required to testify at any hearing called by the Jury, and the Jury is required to consider all relevant evidence.

224.6 The Jury may confiscate objects that are suspected of being used in violation of equipment guidelines.

224.7 Prior to the imposition of a penalty (except in cases of reprimands and withdrawal of accreditation according to art. 223.5 and 224.2), the person accused of an offence shall be given the opportunity to present a defence at a hearing, orally or in writing.

224.8 All Jury decisions shall be recorded in writing and shall include:

224.8.1 The offence alleged to have been committed

224.8.2 The evidence of the offence

224.8.3 The rule (s) or Jury directives that have been violated

224.8.4 The penalty imposed.

224.9 The penalty shall be appropriate to the offence. The scope of any penalty imposed by the Jury must consider any mitigating and aggravating circumstances.

- 224.10 Remedies**
- 224.10.1 Except as provided for in art. 224.11, a penalty decision of the Jury may be appealed in accordance with the provisions in the ICR.
- 224.10.2 If an appeal is not filed within the deadline established in the ICR, the penalty decision of the Jury becomes final.
- 224.11 The following decisions of the Jury are not subject to appeal:**
- 224.11.1 Oral penalties imposed under art. 223.5 and 224.2
- 224.11.2 Monetary fines less than CHF 1'000.-- (One Thousand Swiss Francs) for single offence and a further CHF 2'500.-- for repeated offences by the same person.
- 224.11.3 Sanctions imposed on competitors in competition formats where 2 or more competitors simultaneously compete against one another in a field of play and where elimination heats lead to the determination of the final results.
- 224.12 In all remaining cases, appeals are to be directed to the Appeals Commission, as per the ICR.
- 224.13 The Jury shall have the right to submit to the Appeals Commission recommendations for penalties in excess of monetary fines of CHF 5'000.- and suspensions beyond the event in which the offence occurred (art. 223.4).
- 224.14 FIS Council shall have the right to submit to the Appeals Commission comments with respect to any written penalty decisions by the Jury.
- 224.15 Costs of Proceedings**
- Fees and cash expenses, including travel expenses (costs of the proceedings) are to be calculated comparable to costs paid to TD's and are to be paid by the offender. In the case of a reversal of Jury decisions, in whole or in part, the FIS covers all costs.
- 224.16 Enforcement of Monetary Fines**
- 224.16.1 The FIS oversees the enforcement of monetary fines and the costs of proceedings. Enforcement costs are considered costs of the proceedings.
- 224.16.2 Any outstanding monetary fines imposed on an offender is considered a debt of the National Association to which the offender is a member.
- 224.17 Benefit Fund**
- All monetary fines are paid into the FIS Youth Promotion Fund.
- 224.18 These rules are not applicable to any violation of FIS Doping rules.

225 Appeals Commission

225.1 Appointments

225.1.1 The FIS Council shall appoint from the Discipline Sub-Committee for Rules (or Discipline Committee if there is no Rules Sub-Committee) a Chair and a Vice Chair of the Appeals Commission. The Vice Chair shall preside when the Chair is either unavailable or is disqualified for bias and prejudice.

225.1.2 The Chair shall appoint 3 members, to the Appeals Commission from the Discipline Rules Sub-Committee or Discipline Committee for each case appealed or submitted to be heard, which may include the Chair, whose decisions shall be by majority vote.

225.1.3 To avoid either actual bias and prejudice or the appearance of bias and prejudice, members appointed to an Appeals Commission shall not be members of the same National Association as the offender whose case is under appeal. In addition, members appointed to an Appeals Commission must report voluntarily to the Chair any bias and prejudice they may hold for or against the offender. Persons who are biased and prejudiced shall be disqualified from serving on the Appeals Commission by the Chair or, in the event the Chair is disqualified, by the Vice Chair.

225.2 Responsibility

225.2.1 The Appeals Commission shall only hold hearings with respect to appeals by offenders or by the FIS Council from decisions of competition juries, or matters referred to it by competition juries recommending penalties in excess of those provided for in the Sanction rules.

225.3 Procedures

225.3.1 The Appeal must be decided within 72 hours of receipt of the Appeal by the Chair, unless all parties involved in the Appeal agree in writing to an extension of time for the hearing.

225.3.2 All appeals and responses must be submitted in writing, including any evidence the parties intend to offer in support of or in response to the Appeal.

225.3.3 The Appeals Commission shall decide on the location and format for the Appeal (phone conference, in person, e-mail exchanges). The Appeals Commission members are required to respect the confidentiality of the appeal until the decision is made public and to consult only with the other members of the panel during the deliberations. The Chair of the Appeals Commission may request additional evidence from any of the parties involved, providing this does not require disproportionate means.

225.3.4 The Appeals Commission shall allocate costs of the appeal pursuant to art. 224.15.

225.3.5 Decisions of the Appeals Commission may be announced orally at the conclusion of the deliberations or hearing should one take place. The decision, together with its reasoning, shall be submitted in writing to the FIS, which shall deliver them to the parties involved, their National Associations and all members of the Jury whose decision was appealed. In addition, the written decision shall be available at the FIS Office.

225.4 Further Appeals

225.4.1 Decisions of the Appeals Commission may be appealed to the Court of Arbitration for Sports (CAS) in accordance with Article 16.7.6 of the Statutes.

225.4.2 Appeals to the CAS shall be in accordance with the Code of Sports-related Arbitration.

225.4.3 An Appeal to the Appeals Commission or to the CAS will not delay the implementation of any penalty decision of the Competition Jury, Appeals Commission or Council.

226 Violation of Sanctions

Where there is a violation of a sanction that has been imposed (according to ICR art. 223 or the FIS Anti-Doping Rules, the Council may impose such further and other sanctions that it considers appropriate.

In such cases, some or all of the following sanctions may apply:

226.1 Sanctions against individuals involved:

- a written reprimand;
and/or
- a monetary fine not to exceed the sum of CHF 100'000.--
and/or
- competition suspension at the next level of sanction - for example if a three month suspension for a doping offence was imposed, a violation of the suspension will cause a two year suspension; if a two year suspension for a doping offence was imposed, a violation of the suspension will cause a lifetime suspension;
and/or
- withdrawal of accreditation from individuals involved.

226.2 Sanctions against a National Ski Association:

- withdrawal of FIS funding to the National Ski Association;
and/or
- cancellation of future FIS events in the country involved;
and/or
- withdrawal of some or all FIS membership rights, including participation in all FIS calendar competitions, voting rights at the FIS Congress, membership of FIS Committees.

2nd Section

12200 Joint Regulations for all Para Nordic Competitions

12200.1 Classification of Para Nordic Competitions

12200.1.1 Continental Cups (COC)

12200.1.2 International FIS Para Nordic Competitions

12200.1.3 Open National Championships (NC)

12200.2 **Types of Competitions**

International FIS Para Nordic competitions consist of:

12200.2.1 Cross-Country Skiing Event
Sprint, 5km, 10km, 20km, Mixed and Open Relay

12200.2.2 Biathlon Events
7.5km Sprint, 10km Middle, 12.5km Individual, Pursuit, Sprint Pursuit,
Team Sprint

12201 FIS Para Nordic Race Licence

12201.1 To compete at FIS Para Nordic sanctioned events and acquire Para Nordic points, an athlete must be internationally classified by FIS. Until an athlete has been Internationally (FIS) Classified, they will be designated N status (New). Athletes must be internationally classified to compete at Continental Cup, World Cup, World Championship or Paralympic Winter Games.

12201.1.1 If competing at a sanctioned lower level event an athlete with N Status must compete in the class with the highest factor of his/her category (B3, LW4, LW12).

12201.2 The FIS Para Licence will only be issued to athletes/guides who meet the requirements of the FIS Para Nordic minimum age limit requirements. In order to be eligible for FIS Para Nordic competitions, athletes/guides must have reached their 16th birthday before the end of the calendar year (1st January – 31st December) in which the season ends.

12201.3 In accordance with the IPC Classification Code, and general principles of classification, athletes will generally compete against athletes with the same Sport Class. In Para Nordic however, athletes in different Sport Classes are grouped together into three (3) different Categories as follows:

Category	Sport Classes
Vision Impaired	B1, B2, B3
Standing	LW2, LW3, LW4, LW5/7, LW6, LW8, LW9
Sitting	LW10, LW10.5, LW11, LW11.5, LW12

Athletes compete against other athletes from the same gender and category and the official results are determined as per art. 12317.

12202 Entries

For Para Nordic WSC, WC and designated Para Nordic competitions each NSA must submit its competition entries using the FIS Para Data Management System (FPDMS) online registration system (<https://profile.fis-ski.com/login>) according to the following dates:

- Entries by Number: 6 weeks prior to first competition
- Final Entries: 7 days prior to first competition
- Daily confirmation: 2 hours before team captains meeting or as directed by the jury.

12202.1 A LOC may request preliminary entry information for planning and accommodation purposes separate from the online registration.

12202.2 Special entry timelines and procedures shall apply for the Paralympic Winter Games

12202.3 FIS may provide the LOC access to the online registration system to monitor entry data.

12203 Competition and Calendar Fees

12203.1 Race Entry Fee (Athletes and Guides)

The race entry fee is the amount that must be paid per athlete and guides to the LOC, for each race entered on the event competition programme. The race fee is based on the final entries. In cases athletes and/or guides are added after the final entries it is on the discretion of the LOC to charge for late entries.

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

The amount payable per athlete and per guide per race is as follows:

Competition	Race Fee
Para Nordic sanctioned competitions (WC and below)	25 CHF

12203.2 Calendar Fee (Organizing Committee)

An Organizing Committee must pay all competition calendar fees to FIS according to art. 202.1.2.6 or as per the hosting agreement.

These calendar fees are published in the Rules for the FIS Calendar, FIS Calendar and Registration Fees are available on the FIS Website: <https://www.fis-ski.com/en/inside-fis/document-library/general-regulations>.

12204 Prizes

12204.1 At World Championships and Paralympic Winter Games medals will be awarded to the top three competitors in each event.

12204.2 At World Cup competitions prizes, titles or diplomas, provided by the LOC, will be awarded to the top three competitors in each event.

12204.3 For vision impaired categories, if the athlete skied with a guide, the guide will also be awarded the same medal, prize, title or diploma awarded to the athlete. Only one guide per athlete is entitled to receive the same medal, prize, title or diploma. In the event an athlete has more than one guide, the team manager must communicate the name to FIS and LOC representatives at the last Team Captains Meeting before the award ceremony.

12204.4 World Cup Trophies

12204.4.1 A World Cup Trophy for the winner and medals for the top three (3) (medals only for CC) ranked athletes/guides will be awarded in each category / discipline. A Nations Cup Trophy for the top ranked World Cup nation in a season.

12204.4.2 For VI Categories, if the athlete skied with a guide only one guide per VI athlete will be awarded per discipline and overall trophies. In the event an athlete has skied with more than one guide during the season, the team manager must communicate the name to FIS and

LOC representatives at the last Team Captains Meeting before the award ceremony.

12204.4.3 FIS and IBU will provide the Trophies and Medals.

12205 Team officials, coaches, service personnel, suppliers and firm's representatives

Team officials will be issued a personally numbered bib to be visibly worn in accredited areas at all WC and WSC competitions. Team officials are individually responsible for their bibs and a fee to be determined from time to time by FIS will apply for replacements in the event of lost bibs. Team bibs remain the property of FIS.

12300 Cross-Country Skiing and Biathlon Competitions

12300.1 FIS sanctioned competitions are governed by the following FIS publications: ICR - first section (200s), second section (12200s), third section (12300s), Homologation Guidelines, FIS Para Nordic Classification Rules and Regulations, Rules for the Para Nordic Points and Para Nordic World Cup Points, FIS Para Snow Sports Equipment Specifications, Para Nordic World Cup and Championships Manual, Biathlon Range and Equipment Certification Manual and Biathlon Operations Manual approved by the Para Snowsports Committee and/or FIS Council.

A. Organisation**12301 The Organising Committee (OC)**

12301.1 An OC must be appointed for an international competition. The OC consists of members appointed by the National Ski Association (NSA) and the OC. The OC administers the rights, duties and obligations of the organiser. See article 210.

12302 The Competition Officials

12302.1 Appointment of the Competition Officials

12302.1.1 FIS, in consultation with IBU, appointed officials are:

At **Paralympic Winter Games (PWG)** and **World Championships (WSC)**:

- FIS Para Nordic Race Director (RD),
- FIS Technical Delegate (TD),
- International Referee Shooting Range,
- FIS Assistant Technical Delegate Cross Country (TDA CC) (not applicable for PBT WSC),
- Jury Member,
- OVR Race Administrator (only for PWG),
- International Referee Material Control Biathlon,
- Adaptive Equipment Controller (Classification),
- FIS Equipment Controller

At **World Cup (WC)**:

- FIS Para Nordic Race Director,
- FIS Technical Delegate (TD),

- FIS Assistant Technical Delegate Cross Country (TDA CC),
- International Referee Shooting Range (in case when Para Biathlon races are scheduled),
- International Referee Material Control Biathlon (in case when Para Biathlon races are scheduled),
- Adaptive Equipment Controller (Classification),
- FIS Equipment Controller

At Continental Cup (COC) and other FIS Competitions:

- FIS Technical Delegate (TD) (in cooperation with the regional TD coordinator)
- FIS Para Nordic Race Director may be present on COC as part of the Jury
- In case of Para Biathlon competitions: National Biathlon officials as determined by IBU

12302.1.2 NSA appointed officials are:

- At WC competitions: National Assistant TD (at events where only Para Cross-Country races are scheduled)
- At FIS Para Sanctioned Regional Competitions: National Assistant TD (at events where only Para Cross-Country races are scheduled) and other NSA and Biathlon NF appointed officials)

12302.1.3 Organising Committee Appointed Members

12302.1.3.1 The Organiser appoints all other members. For all Paralympic Winter Games (PWG) and World Ski Championships (WSC) the following key technical officials must be submitted to the FIS Council for approval:

- Chief of Competition
- Ass. Chief of Competition
- Competition Secretary
- Chief of Course
- Chief of Stadium
- Chief of range (BT)

12302.1.3.2 The Chair of the OC or his/her Assistant represents the OC to the public and chairs the meetings of the OC. He/she cooperates before and after the competition closely together with the FIS. See art. 210.

Within the OC there must be one person appointed as the Chief of Competition who is qualified to conduct the competition and to supervise the technical aspects of the competition as well as be the main interface with the jury. The Competition Officials are specialists who are particularly well qualified for their assigned duties. Each

official can do only one job. Officials must be easily recognized by their uniforms, armbands or badges.

12302.2 Competition Officials Appointed by the Chief of Competition

12302.2.1 The Competition Officials are

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

The chief of competition will appoint other officials as necessary.

12302.3 The Competition Officials and their Duties

12302.3.1 The chief of competition is responsible for all aspects of the competition and supervises the work of all other competition officials. They must periodically inform the jury about the preparatory work and about changes that may have to be made. They must provide course maps, course profiles, stadium plans, time-table etc. to the jury members in due time prior to their arrival to the competition site.

12302.3.2 The competition secretary is responsible for all secretarial work concerned with the technical aspects of the competition: entries, team captains' meeting, minutes, publication of start lists and results, protests.

12302.3.3 The chief of course is responsible for the preparation (grooming including tracksetting, banking where required, markings, safety (crash) pads and fencing where required) of the competition course, ski testing areas, warm-up course as well as proper setup and safe placement of any commercial marketing frames and structures.

12302.3.4 The chief of timekeeping and data processing is responsible for the timing systems; providing electronic raw timing data to the Results system, and the direction and coordination of the officials working in the timing area (starter, finish referee, finish controller, manual timers, electronic timers, intermediate timekeepers work). The chief of timekeeping and data processing oversees the preparation of the Timing and Data Technical Report (TDTR) and xml file for the electronic transmittal to FIS following the competition. A copy of the report may also be printed (only if the TD has no access to their report)

for review prior to the transmission of the xml file. The TDTR Software can be found on the FIS website.

12302.3.5 The chief of stadium is responsible for all activities in the stadium “field of play” area. This includes the course preparation and markings in the stadium, proper setup and safe placement of any commercial marketing frames and structures in the stadium, safe and well-marked pathways for competitors to the start. The chief of stadium is responsible for ensuring enough areas for athletes clothing, coaches, equipment suppliers, anti-doping officials and medical staff in the finish area as well as good cooperation with media and ceremonies in the finish area.

12302.3.6 The chief of control and competition is responsible to organise together with the Jury the suitable placing of controllers, to collect and all pertinent information and to report any incidents to the Jury as soon as possible.

Two controllers are necessary for each post. The number and placing of the controllers are determined without notifying the competitors, coaches or other officials. The controllers at each post record violations and 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.

12302.3.7 The chief of media is responsible for providing optimal working conditions for media, equipment suppliers and competition officials in the media areas. This includes responsibility for the layout, setup, signage and operation of the mix zone. The mix zone includes the interview positions for host broadcaster, TV stations, radio, and journalists, as well as an area for photographers. Rooms for press conferences and related media infrastructure must be provided. They are also responsible for the flow of pertinent information to the press, radio and TV.

12302.3.8 The chief of medical and rescue services is responsible for the organisation of all medical and first aid arrangements and for the quick transport of patients to the nearest appropriate medical facility.

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

Details of the Medical Support Requirements are given in chapter 1 of the FIS Medical Guide containing Medical Rules and Guidelines.

12302.3.9 The chief of range (BT) is responsible for all range matters including layout and configurations, specifications, targets and their operation, penalty loop, coaches’ enclosure, signage and numbering, lane

markings, wind flags, rifle racks, grooming, scoring, control procedures, telecommunications and safety.

12303 The Jury and Its Duties

12303.1 Members of the Jury

12303.1.1 For all Paralympic Winter Games (PWG) and World Championships (WSC) the following will serve in the Jury:

- The FIS TD, who is chair of the Jury
- The FIS Assistant TD (CC) (not applicable for PBT WSC)
- International Referee Shooting Range
- FIS Para Nordic Race Director
- The Chief of Competition (subject to approval by the FIS Council)
- Jury member
- Adaptive Equipment Controller (Classification) – non voting Jury member
- FIS Equipment Controller – if appointed, non voting Jury member

The Officials mentioned above are appointed by the FIS Council on proposal by the Para Snowsports Committee.

12303.1.2 For WC the Jury will consist of the following:

- The FIS TD, who is chair of the Jury
- FIS Para Nordic Race Director
- FIS Assistant Technical Delegate Cross Country (TDA CC)
- International Referee Shooting Range (in case when Para Biathlon races are scheduled)
- National Assistant TD (appointed by the NSA in cooperation with the national TD coordinator; at events where only Para Cross-Country races are scheduled)
- The Chief of Competition
- Adaptive Equipment Controller (Classification) – non voting Jury member
- FIS Equipment Controller – if appointed, non voting Jury member

12303.1.3 For other Para Nordic sanctioned competitions the Jury will consist of the following:

- The TD, who is the chair of the jury (appointed by FIS in cooperation with the regional coordinator)
- the Chief of Competition

- National Assistant TD CC or Biathlon official in cases of Para Biathlon races
 - FIS Para Nordic Race Director (if present)
- 12303.1.4 For all events below World Cup the Chief Classifier or their designate shall provide information and/or interpretations regarding classification matters to the Jury as required.
- 12303.2** Role of the Technical Delegate (TD), Assistant Technical Delegate (ATD) and Race Director (RD), at WC, WSC, PWG, and other FIS competitions.
- 12303.2.1 Authority
- The TD is the delegate of FIS to the organizing body and is a guarantor for FIS that the competition is conducted in accordance with the Para Nordic Rules. The TD must have a valid FIS TD license and must be able to speak and write in the English language. The TD has the responsibility to involve and utilize the FIS 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.
- 12303.2.2 Appointment
- 12303.2.2.1 For PWG, WSC and WC the Assistant TD Cross Country and the Jury Member must possess a FIS TD licence.
- 12303.2.2.2 For all PWG and WSC competitions the TD must be from another nation. For other international competitions, TDs from the same nation may be appointed. Competitions which appear regularly in the FIS Calendar shall have a foreign TD at least every four years.
- 12303.2.2.3 For PWG, WSC and WC competitions the TDs are appointed by the FIS Para Snowsports Committee based on the nominations prepared by the FIS Para Nordic Race Director in consultation with the Sub-Committee Para Nordic and the Cross-Country Sub-Committee for Rules & Control. For other international competitions the TDs are appointed by the regional TD coordinators. For PWG and WSC the appointments must be confirmed by the FIS Council. For WC (where only Para Cross-Country races are scheduled), COC and FIS Competitions the NSA must appoint a National Assistant TD who is supervised and instructed by the TD.
- 12303.2.2.4 Persons holding a position of responsibility for a Nations Team are not permitted to be nominated for the position of a TD or Jury member for PWG, WSC and WC.
- 12303.3** Duties of the Jury
- 12303.3.1 The Jury must ensure that the competition is organized and carried out according to the FIS Para Nordic ICR. The responsibilities begin when

the Jury is appointed and end when protests from the final competition have been decided and the official results are published. The first Jury meeting should be held before the first official training.

- 12303.3.2 The Jury must clarify and decide:
- Whether a competition shall be postponed, interrupted or cancelled.
 - Whether the competition course shall be adjusted due to safety reasons, or that additional safety measures (fences, protective material, etc.) shall be installed along the course
 - Whether late entries and substitutions may be accepted.
 - Whether protests should be accepted, and sanctions or disqualification announced.
 - Whether to apply for sanctions against an athlete or coach.
 - Whether there will be a change of starting order and method of start in special cases.
 - Any questions not covered by FIS Rules.

- 12303.3.3 Within the location, especially during the official training and competition times, each voting Jury member is authorized to issue verbal reprimands and withdraw the accreditation which is valid for the current event (see also 224.2).

12303.4 Jury Duties before and during the Competition

- 12303.4.1 Normally jury members should arrive at the venue early enough to have 2 full working days before the first competition day.

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

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

- 12303.4.2 Jury duties before arrival to competition site are related but not limited to:
- Invitation
 - Competition program
 - Entries and eligibility questions
 - Course and stadium plans, including the BT range
 - Snow conditions, contingency plans (in case of bad snow conditions)
 - Site visits (if required)

12303.4.3

Jury duties on competition site before competition are related but not limited to

- Liability insurance (ICR 212.2)
- Course:
Homologation, preparation (snow conditions, grooming, grooming equipment, forerunners, snow patrols, plans in case of extreme weather conditions including salting plan), course marking, safety measures, coach/no coach areas, feeding stations, ski doo access paths (if applicable)
- Team area:
Waxing facilities, test area, warm-up courses
- Stadium:
Detailed plans, markings, fencing, general logistics, information points, loudspeakers, safety requirements, range
- Medical service:
First aid stations, rescue plans, doping control (facilities, chaperons)
- Team accommodation:
Level, distance, pricing, meal arrangements and quality
- Race office:
Location, organisation, equipment, opening hours, information for the teams, forms, lists (Points, cup standings, written reprimand), entries (eligibility, quotas, FPDMS Codes, grouping – if applicable)
- Team Captains' meeting:
Place, schedule, room equipment, refreshments, agenda, presentation, information for teams, test draw (if applicable), monitor the meeting and make decisions during the meeting if necessary
- Timing:
Start and finish procedures, intermediate timing, photo finish, primary timing, backup timing, data processing, start list content and layout, result list content and layout, XML data transmission to FIS, XML timing report data transmission to FIS
- Competition control:
Posts, technique control, equipment, procedures, ski marking (if applicable)
- Jury:
Working conditions, identification, communication
- Ceremonies:
Schedule, award of prizes, protocol
- Media (if applicable):
Press center, media information, press conferences
- Security:

Accreditation system, identification, access points and access control

- Transportation and parking

12303.4.4 Jury duties during competition are related but not limited to:

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

12304 Reimbursement of Expenses

12304.1 Requirements of the Organisers

12304.2 The competition officials have a right to reimbursement for all appointment related travel expenses (including but not limited to airfare, baggage fees, car rental or mileage, airport transfer, visa, health insurance, airport parking and highway taxes), 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 CHF 0.70 or equivalent). In addition, a fixed daily rate of CHF 125 net is added for the travel days to and from, as well as each day of the assignment, which includes postage charges for mailing reports, etc. Double charges (e.g. travelling home on the same day as the last race or inspection day) 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.

12304.2.1 Reimbursement applies as follows:

- For PWG special regulations apply.
- At WSC for the TD, Assistant TD CC (not applicable for BT WSC), International Referee Shooting Range, Jury member, International Referee Material Control Biathlon, further officials as required
- At WC for the TD, Assistant TD CC, International Referee Shooting Range (in case when Para Biathlon races are scheduled), and the National TD assistant (in case when only Para Cross-Country races are scheduled), International Referee Material Control Biathlon (in case Para Biathlon races are scheduled),
- at other international competitions for the TD and National Assistant TD,
- includes official site inspection and homologation visits.

12304.2.2 The right of reimbursement also applies in the event of race cancellation or postponement. Daily fees apply to the actual travel and assignment days. Travel expenses including non-refundable ticket costs or ticket change fees must also be reimbursed.

12304.2.3 In case of late protests or appeals against the jury decisions (ICR 12340), the TD has the right of reimbursement of one additional day.

12304.2.4 The reimbursement will be done by the organizer by bank transfer or cash (the OC has the right to choose) latest 1 week after the expenses sheet was received by the OC.

12305 Team Captain's Meeting

12305.1 Procedure

12305.1.1 Before each competition a Team Captains' meeting is carried out. It should take place one day before the competition.

12305.1.2 The date, time and place of the Team Captains' meeting have to be published in the competition program (ICR art. 213). The Jury decides how many representatives per participating team and how many

accredited officials are allowed to take part in the Team Captains' meeting.

12305.1.3 At PWG, WSC and WC the seating arrangements of the participating teams have to be marked.

12305.1.4 At PWG, WSC and WC the Team Captains' meeting is held in English and also in the original language of the organiser if necessary.

12305.1.5 The Team Captains' meeting is conducted by the chief of competition.

12305.1.6 At the Team Captains' meeting, a majority of the voting members is enough for a Jury recommendation. Each team has one vote.

12305.1.7 When necessary, the Jury may decide to interrupt the meeting in order to make a decision on recommendations and bring this result back to the meeting (art. 12303.3.2).

12305.2 Agenda

12305.2.1 A written agenda has to be distributed for the Team Captains' meeting. It is prepared by the competition secretary in cooperation with the chief of competition and the Jury.

12305.2.2 At all international competitions the agenda normally contains the following items:

- Roll call
- introduction of the members of the OC
- introduction of the Jury, if necessary, appointment of the Jury
- weather forecast
- checking of the entries or grouping of the competitors
- draw or start list composition
- description of the stadium (access, ski marking [if applicable], start, finish, exchange zone for relay, biathlon range, penalty loop, tents for clothes changing, exit etc.)
- description of the course (access, profile, locations for intermediate timing and feeding, security problems, course markings etc.)
- preparation of the course
- time, locations and regulations for ski testing and warmup
- times and courses for training
- general information from the TD
- general information from the FIS Para Nordic Race Director
- general information from the Organiser

12305.2.3 Minutes, which contain all topics of discussion, Jury decisions and the recommendations made must be taken at the Team Captains' meeting.

B. Para Nordic Competitions

12310 Competition Formats and Programs

12310.1 Table for distances and course lengths

12310.1.1 Cross-Country Skiing

Competition	Class	Gender	Total Distance		Course	Loops
CC Sprint Qualification (all) Semifinal B1-3 (best 8) Semifinal LW (best 12) Final B1-3 (best 4) Final LW (best 6)	LW 10-12	men	800 - 1000m	sit ski	400 - 1000m	1 or 2
	LW 10-12	women	800 - 1000m	sit ski	400 - 1000m	1 or 2
	LW 2-9	men	1200 - 1400m	standing	600 - 1400m	1 or 2
	B1-3	men	1200 - 1400m	standing	600 - 1400m	1 or 2
	LW 2-9	women	1200 - 1400m	standing	600 - 1400m	1 or 2
	B 1-3	women	1200 - 1400m	standing	600 - 1400m	1 or 2
CC 5 km	LW 10-12	men	5.0 km	sit ski	2.5 km	2
	LW 10-12	women	5.0 km	sit ski	2.5 km	2
	LW 2-9	men	5.0 km	standing	2.5 km	2
	B1-3	men	5.0 km	standing	2.5 km	2
	LW 2-9	women	5.0 km	standing	2.5 km	2
	B 1-3	women	5.0 km	standing	2.5 km	2
CC 10 km	LW 10-12	men	10 km	sit ski	2.5 km	4
	LW 10-12	women	10 km	sit ski	2.5 km	4
	LW 2-9	men	10 km	standing	2.5 km	4
	B1-3	men	10 km	standing	2.5 km	4
	LW 2-9	women	10 km	standing	2.5 km	4
	B 1-3	women	10 km	standing	2.5 km	4
CC 20 km	LW 10-12	men	18 - 20 km	sit ski	3.0 - 5.0 km	4 - 6
	LW 10-12	women	18 - 20 km	sit ski	3.0 - 5.0 km	4 - 6
	LW 2-9	men	18 - 20 km	standing	3.0 - 5.0 km	4 - 6
	B1-3	men	18 - 20 km	standing	3.0 - 5.0 km	4 - 6
	LW 2-9	women	18 - 20 km	standing	3.0 - 5.0 km	4 - 6
	B 1-3	Women	18 - 20 km	standing	3.0 - 5.0 km	4 - 6
Relay 2 x 2.5km classic + 2 x 2.5km free	mixed (335%)	classic	5km	sit ski	2.5km	2
		free	5km	standing	2.5km	2
	open (375%)	classic	5km	sit ski	2.5km	2
		free	5km	standing	2.5km	2

12310.1.2 Biathlon

Competition	Class	Gender	Total Distance		Course	Loops
BT 7.5 km Sprint Penalty loop sit ski: 100m standing: 150m 2 shootings	LW 10-12	men	7.5 km	sit ski	2.5 km	3
	LW 10-12	women	7.5 km	sit ski	2.5 km	3
	LW 2-9	men	7.5 km	standing	2.5 km	3
	B1-3	men	7.5 km	standing	2.5 km	3
	LW 2-9	women	7.5 km	standing	2.5 km	3
	B 1-3	women	7.5 km	standing	2.5 km	3
BT Middle Penalty loop sit ski: 100m standing: 150m 4 shootings	LW 10-12	men	10 km	sit ski	2.0 km	5
	LW 10-12	women	10 km	sit ski	2.0 km	5
	LW 2-9	men	10 km	standing	2.0 km	5
	B1-3	men	10 km	standing	2.0 km	5
	LW 2-9	women	10 km	standing	2.0 km	5
	B 1-3	women	10 km	standing	2.0 km	5
BT Individual Penalty 1 minute 4 shootings	LW 10-12	men	12.5 km	sit ski	2.5 km	5
	LW 10-12	women	12.5 km	sit ski	2.5 km	5
	LW 2-9	men	12.5 km	standing	2.5 km	5
	B1-3	men	12.5 km	standing	2.5 km	5
	LW 2-9	women	12.5 km	standing	2.5 km	5
	B 1-3	women	12.5 km	standing	2.5 km	5
BT 10 km Pursuit 2 day Pursuit Penalty loop sit ski: 100m standing: 150m 4 shootings	LW 10-12	men	10 km	sit ski	2.0 km	5
	LW 10-12	women	10 km	sit ski	2.0 km	5
	LW 2-9	men	10 km	standing	2.0 km	5
	B1-3	men	10 km	standing	2.0 km	5
	LW 2-9	women	10 km	standing	2.0 km	5
	B 1-3	women	10 km	standing	2.0 km	5
BT Sprint Pursuit Qualification + Final Penalty loop: 75 m 2 shootings	LW 10-12	men	2.4 - 3.0 km	sit ski	800 - 1000m	3
	LW 10-12	women	2.4 - 3.0 km	sit ski	800 - 1000m	3
	LW 2-9	men	3.6 - 4.2 km	standing	1200 - 1400m	3
	B1-3	men	3.6 - 4.2 km	standing	1200 - 1400m	3
	LW 2-9	women	3.6 - 4.2 km	standing	1200 - 1400m	3
	B 1-3	women	3.6 - 4.2 km	standing	1200 - 1400m	3
BT Team Sprint Qualification + Final Penalty loop: 75m 4 shootings	LW10-12	Mixed	800 - 1000m	sit ski	800 - 1000m	4
	LW 2-9 B1-3	Mixed	1200 - 1400m	standing	1200 - 1400m	4

- 12310.2** Technique Definitions
- 12310.2.1 The jury may ban or enforce the use of specific techniques on marked sections of the course. All infractions will be reported to the jury.
- 12310.2.2 Classical Technique
- 12310.2.2.1 Classical technique includes the Diagonal stride techniques, the double poling with or without diagonal kick, herringbone or half herringbone without a gliding phase and turning techniques.
- 12310.2.2.2 Diagonal Stride technique is comprised of alternating diagonal movements of the arms and legs and includes diagonal stride and herringbone technique without a gliding phase. In diagonal technique only one or no pole is in the ground at any time.
- 12310.2.2.3 In Para competitions, athletes with lower limb impairments that make diagonal stride and herringbone technique impossible in steep uphill, may use an adaptive half herring bone technique with one ski gliding in the direction of travel and one ski pushing without a gliding phase.
- 12310.2.2.4 Turning techniques comprise of steps with the inner ski and pushes with the outer ski in order to change skiing direction. The sections of the course where turning techniques are allowed must be clearly marked.
- 12310.2.3 Where there are one or more set track, repeatedly changing or stepping in and out of the tracks is not allowed.
- 12310.2.4 Single or double-skating is not allowed.
- 12310.2.5 Free Technique
- Free technique includes all Cross-Country skiing techniques.
- 12310.3** The Programs for PWG, WSC, WC and FIS Competitions
- 12310.3.1 As a principle the number of competitions in the two techniques should be equal in WC every year, and the same for championships.
- 12310.3.2 PWG and WSC
- 12310.3.2.1 For the PWG and the WSC, the programme is:
- Cross country skiing:
- | | |
|----------------------|----------------------------------|
| Standing & VI men: | Sprint, 10 km and 20 km |
| sit-ski men: | Sprint, 10 km and 20 km |
| standing & VI women: | Sprint, 10 km and 20 km |
| sit-ski women: | Sprint, 10 km, and 20 km |
| all | mixed & open relays (4 x 2.5 km) |

Biathlon:

Standing & VI men:	7.5 km, Sprint Pursuit and 12.5 km
sit-ski men:	7.5 km, Sprint Pursuit and 12.5 km
standing & VI women:	7.5 km, Sprint Pursuit and 12.5 km
sit-ski women:	7.5 km, Sprint Pursuit and 12.5 km

At Para Biathlon World Championships: Biathlon Team Sprint

Biathlon

The Sub Committee Para Nordic is authorized to decide what type of biathlon competition should be included in the program for PWG, WSC and WC. The decision shall be given prior to the season.

12310.3.2.2 Techniques

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

The composition of the programme can change due to the fact that there are more competition days available during the PWG than at the WSC. The TV coverage will be a major factor in these considerations.

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

12310.3.3 World Cup

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

12311 Cross-Country and Biathlon Competition Courses

12311.1 Fundamental Characteristics

12311.1.1 Cross-Country and Biathlon courses must be laid out so that they provide a technical, tactical and physical test of the competitors' qualifications. The degree of difficulty should be in accordance with the level of the competition. The course should be laid out as naturally as possible to avoid any monotony, with rolling undulating sections, climbs, and downhill sections.

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

See the Para Nordic Homologation Guide and FIS Cross-Country Course and Venue Design Guidelines.

12311.1.2 At PWG and WSC the courses may only be used in the direction established in the homologation certificates.

12311.1.3 A ski glide testing area with testing tracks for all participating teams must be located close to the stadium. It should be close to the team wax cabins and warm up track. The testing tracks must be prepared to the same standard as the competition course. These may include sections of the course not being used for competition or occur on wide sections of the course if they can be segregated.

12311.1.4 Warm up courses (also for sit ski) should be prepared as close as possible to the stadium.

12311.2 The Homologation

12311.2.1 All FIS Para Nordic competitions should be carried out on homologated courses. Exceptions are: popular competitions, Roller Skiing competitions, substitute courses if approved by the Jury and lower-level competitions (Continental Cup and below) if approved by FIS office and the jury, where the courses meet homologation criteria but where homologation is not yet available. The details on homologation procedure are described in the FIS Cross-Country Homologation Manual and the FIS Para Nordic Homologation Guide.

12311.2.2 The organiser must supply copies of the approved course maps and the homologation certificate (when applicable) to the appointed TD. A graduated scale and a north direction arrow as well as Height Difference (HD), Maximum Climb (MC), and Total Climb (TC) information must be included.

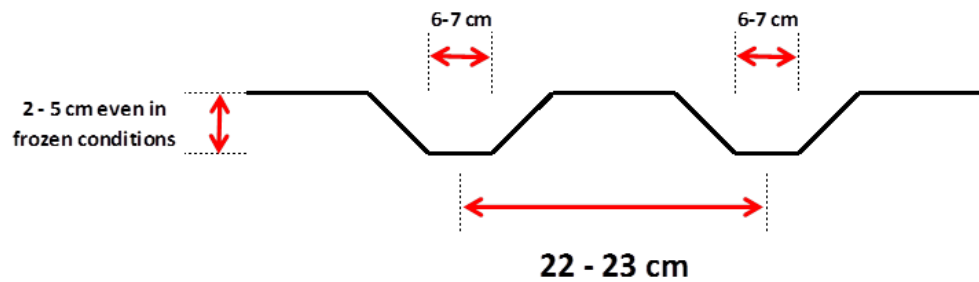
12311.2.3 At PWG, WSC, and WC competitions, the highest point of a Cross-Country and Biathlon course should not exceed 1800 m. For courses with highest point above 1,800 m elevation, the requirements for MC and TC described in the homologation manual should be reduced by 20 %.

12311.3 Preparation of the Course

12311.3.1 Pre-Season Preparation

The courses must be prepared before the winter so that they can be raced on even with very little snow. Rocks, stones, roots, stumps, brush and similar obstacles should be removed. Sections of the course that have drainage problems must be corrected. The summer preparations should be of a standard which allows for carrying out of competitions with approximately 30cm of snow. Special attention must be given to downhill sections and the need for banking the curves.

- 12311.3.2 General Preparation for the competition
- 12311.3.2.1 The course should be completely prepared with mechanical equipment. If heavy machines are used, they should follow the original configuration of the ground as much as possible in order to preserve the undulations of the terrain.
- 12311.3.2.2 The course must be prepared to the recommended width according to the Homologation Manual and the competition format (see ICR articles Section C). The course must be prepared so that competitors can ski and pass unobstructed. On slopes where the courses traverse, they must be wide enough to allow for good preparation.
- 12311.3.2.3 The courses, the warmup tracks and the shooting range (if needed) must be completely prepared before the official training, correctly marked and with the kilometer signs in place.
- 12311.3.2.4 The same conditions must be ensured for all competitors during the competition. If it is snowing or blowing hard, a sufficient number of qualified forerunners and/or especially equipped patrols must be available and utilized in order to maintain constant conditions. An action plan has to be prepared in cooperation with the Jury.
- 12311.3.2.5 All use of artificial means in order to improve the glide on the snow are forbidden. In special cases the use of chemicals to prevent a soft surface is allowed.
- 12311.3.3 Preparation for Classical Technique
- 12311.3.3.1 The number of tracks will be decided by the Jury according to the length, the width, the profile of the course, the competition format and number of entries (see ICR articles section C).
- 12311.3.3.2 The tracks should be in general set along the ideal skiing line of the competition course. The track is normally set in the middle of the course except through curves.
- 12311.3.3.3 In curves there should only be set track where the skis can glide unrestrained in the set track. Where the curves are too sharp and the speed is considered to be too high for the skier to stay in the track, the track should be removed. In curves the track is to be set close to the fence to avoid the possibility to ski between the track and the edge of the course.
- 12311.3.3.4 To decide the proper course preparation and track setting, the best competitors and highest possible speed must be taken into consideration.
- 12311.3.3.5 The ski tracks must be prepared so that ski control and gliding are possible without a lateral braking effect by any parts of the bindings. The two tracks should be set 22cm - 23cm apart, measured from the middle of each track. The depth of the track should be 2-5cm, even in hard or frozen snow.



12311.3.3.6 Where two or more tracks are used, they should be a minimum 1.20 meter apart measured from the middle of each pair of tracks.

12311.3.4 Preparation for Free Technique

12311.3.4.1 The course must be well-packed the entire width. The width of the course should be suitable with the competition format (see ICR articles section C).

12311.3.4.2 The Jury determines where and how tracks will be set in the downhills.

12311.3.4.3 One single track shall be set on one side of the course for athletes skiing in classical technique.

12311.3.4.4 In sections where standing athletes and sitting athletes use the same course 2 classical tracks shall be set if possible.

12311.4 Marking the Course

12311.4.1 The marking of the course must be so clear that the competitor is never in doubt where the course goes. At PWG and WSC the colors of the markings have to be determined and described in the course

descriptions. Hard material course markings and commercial markings should only be placed at the sides of the course.

12311.4.2 Kilometer signs should mark the accumulated distance skied along the course.

12311.4.3 Forks and intersections on the course must be clearly marked by visible signage, and fences or V-boards must be placed across unused parts of the course.

12311.5 Refreshment Stations

12311.5.1 The OC must at a minimum provide a refreshment station (in the finish area).

12311.5.2 The Jury decides on positions or limitations on feeding stations on the competition course.

12311.6 Course Protection

12311.6.1 At PWG, WSC competitions the courses should be fenced along both sides at all places where spectators can potentially interfere with the competitors.

12311.7 Training and Inspection of the Course

12311.7.1 Competitors and team officials should be given the opportunity to train and inspect the course in competition conditions. When possible, the course should be open two days before the competition. The Jury may close the course or limit the use of the course to certain sections or hours.

12311.7.2 At PWG all competitors and team staff who participate in Unofficial and Official Training must wear a training bib provided by the organizer. At WC and WSC the Para Nordic training bibs must be worn.

12312 The Cross-Country and Biathlon Stadium

12312.1 Stadium Area

12312.1.1 The stadium has to be prepared with a well-designed start/finish area.

12312.1.2 The stadium arrangement should provide a functional entity divided and controlled as necessary by gates, fences and marked zones. It must be prepared in such a way that

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

12312.2 Start Zone

12312.2.1 The first 50m will be the start zone. This zone may be separated into corridors and classical tracks may be set. The number, width and length of corridors will be determined by the Jury according to the competition formats (see ICR articles section C) and the stadium layout.

12312.2.2 The starting positions will be set according to the competition formats (see ICR articles section C).

12312.3 Finish Zone

12312.3.1 The last straight 50m or more will be the Finish Zone. This zone is normally separated into corridors. They must be clearly marked and highly visible but the markings must not interfere with the skis. The corridors should be as long as possible. The number, width and length of corridors will be determined by the Jury according to the competition formats (see ICR articles section C) and the stadium layout.

12312.3.2 The finish line must be clearly marked with a colored line. The width of the finish line is maximum 10cm.

12312.4 Exchange zone

12312.4.1 In team events, the exchange zone should be sufficiently wide and long, clearly marked and located on flat or smoothly rising ground in the stadium.

12312.4.2 The size (length and width) should be adapted to the competition format (see also ICR articles section C) and the available space in the stadium.

12312.5 Pit boxes

12312.5.1 When ski exchange is allowed, the pit box area must be designed so that each nation has a designated box marked by their national flag / national code and an exit is provided that minimizes any chance for interference. The minimum width of each exchange box shall be 2.5 metres. A bypass corridor must be provided so that any competitors who do not enter their pit boxes will have the shortest skiing distance past this ski exchange area.

The jury decides about the layout of the ski exchange zone and the number of boxes per nation, taking in consideration the total number of competitors and the available space in the stadium.

The course along the access to the boxes should be minimum 4 m wide. The width of the course on the exit side on the boxes should be minimum 6 m.

12312.6 Para Biathlon Range

See ICR articles 12332.1.1

- 12312.7** Para Biathlon Penalty loop
See ICR articles 12332.2
- 12312.8** Working Conditions
- 12312.8.1 Competition officials, Jury members, Coaches, media and service people must have proper working zones within the stadium area so that they can work without disturbing the process of start and finish. The access of these persons to the stadium area must be controlled.
- 12312.8.2 Timekeeping and calculation should be located in a building with a good view of the start and finish.
- 12312.8.3 At PWG, WSC, WC and COC competitions, FIS Officials and Jury members must be provided a working room with a good view of the stadium, and in the immediate vicinity of the stadium.
- 12312.8.4 A heated room must be provided for the medical office near the stadium.
- 12312.9** Additional Facilities
- 12312.9.1 In the immediate vicinity of the stadium at PWG, WSC and WC, a controlled (with fences or manual control) team preparation area with wax cabins must be installed. The cabins must be heated and well ventilated using forced air exchangers. Additional rules may apply for PWG, WSC, and WC.
- 12312.9.2 Toilets and washrooms (both accessible for wheelchairs) must be installed for competitors near the stadium. They must be easily reached from the start area.
- 12312.10** Current Information Facilities
- 12312.10.1 A notice board showing results, important information from the OC and the Jury, should be located close to the wax cabins and the stadium.
- 12312.10.2 Loudspeakers must be used for announcing the competition and important information. The volume of the announcements must be modified for B Class competitors as required by the TD's.
- 12312.10.3 In order to inform international competitors, trainers, spectators, English language must be used.
- 12313** **Official entries for the organiser**

- 12313.1** Procedure
- 12313.1.1 Official entry forms must be sent by the Organiser to all relevant Nations in an electronic or paper form. All sanctioned events must use the online FPDMS registration system.
- 12313.1.2 As a minimum, the required data fields shown in the Official FIS Entry Form must be included.
- 12313.1.3 In all B classes the competitor and their guide are a team. Therefore, the guide(s) name for each VI competitor must be included on the entry form prior to the start of each race.
- 12313.2** Receiving daily entry confirmation for a specific competition
- 12313.2.1 Daily entries and grouping information (when required) for each race must be received and checked by the competition secretary latest two hours before the Team Captains' meeting or the time specified by the jury at the first team captain's meeting.
- 12313.3** Late Entries
- 12313.3.1 Late entries can be admitted by the Jury before the draw.
- 12313.3.2 Late entries are not admitted after the draw.
- 12313.4** Substitution
- 12313.4.1 After the draw a competitor can only be substituted if they cannot start due to force majeure (injury, illness, etc.) and if the Jury permits the substitution. This has to be certified by a medical doctor and communicated to the Jury until 2 hours before the start.
- 12313.4.2 In the event of an accident during warming up the Jury can permit a substitution up to the start of the competition if the accident is reported to and certified by the Chief of medical and rescue service of the OC.
- 12313.4.3 If the withdrawn competitor was selected for doping control then this test must still be carried out and must also be carried out on the substitute competitor. If the withdrawn competitor produces a positive test, no substitute will be allowed.
- 12313.4.4 The starting position of the substitute competitor will be according the ICR articles section C "Competition Formats "
- 12313.4.5 Competitors, who are on the starting list and cannot take part in the competition because of illness or other reasons, must be reported by the team captain to the competition secretary at latest 30 min. before the start. If any of these competitors were selected for doping control, they must still be tested.

12314 Starting Order

12314.1 Principles

12314.1.1 The start list can be created with a draw, using a point system, a cup standing, a stage event overall standing, a qualification system or other methods.

For PWG, WSC and WC the start list shall be created by using the Para Nordic points. The jury may determine the grouping and group order. If a group with the best athletes will be used, this group shall include the top 1/3 of the field according to the points.

12314.1.2 The starting order, including grouping and group order when applicable shall be determined by the Jury in such a way as to avoid overtaking as much as possible. In principle faster classes start first when more than one class is racing at the same time.

12314.1.3 Competitors who appear on the start list and are not present during the competition must be listed as DNS in the results

12314.1.4 The recommended start order of different classes if the same track is being used 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

This is a recommended start order only, and different start orders may be considered on a case-by-case basis to provide all classes with an opportunity to start under the most favorable circumstances, depending on snow and weather conditions, and access to warm-up tracks before the start of their race.

12314.2 Draw

12314.2.1 Manual and computer methods are allowed for the draw.

12314.2.2 The draw is carried out by using a random double selection.

12314.2.3 If grouping is used, the start numbers will be drawn within each group. The normal starting order of the groups will be I, II, III and IV. The grouping of the competitors cannot be changed during the draw.

12314.2.4 If a competition must be postponed to a different date, the draw must be repeated (article 217.6). If points are used to create the start order and a competition must be postponed, the points list in effect at the

time of the postponed competition will apply for determining the start order.

12314.2.5 It is possible to have the draw conducted before the Team Captains Meeting under the supervision of the Jury.

12314.3 Manual Draw

12314.3.1 In this method, each competitor receives one number from a sequence determined by the number of competitors in their 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.

12314.4 Computer Draw

12314.4.1 The computer draw procedures must be inspected by a member of the Jury in order to validate the process.

12314.4.2 This method requires that the names and the grouping of the competitors will be entered into the computer. The program provides at least four stages of output on the monitor.

1. The list with the registered competitors and their sequential numbers within a group appears on the monitor.
2. The computer randomly selects the name of one competitor and displays it on the monitor.
3. The computer randomly selects a start number for this competitor. The start number and the name of the competitor now appear on the monitor.
4. The monitor then shows the start list order with this competitor listed.

12314.5 Using a Points System to Determine the Starting Order

12314.5.1 Start order will be defined by using the respective Para Nordic points. Athletes without points will be drawn.

For interval start distance competitions competitors will normally start in reverse order of their current points standing (best are at the end) unless a randomized order within a group is selected. The overall WC leader will normally always be assigned the last starting position.

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

The jury may also specify different grouping systems within the points order to determine order of start. In principle, the group with the best points will receive the most favorable starting position.

12314.6 Bibs (Start Numbers)

12314.6.1 Design

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

12314.6.2 The Guide bibs must meet the following specifications:

- Guide bibs must have a clearly visible “G” or “Guide” on the front. The colour needs to be yellow (Pantone 803) (preferred), orange (RAL 2005) or red (pantone 1795). Other colours may be approved by FIS.
- All Guides must use the Guide bib supplied to them.
- The back of the bib may be any colour and modified by adding a pattern with coloured tape or other coloured material which best accommodates the individual needs of vision impaired competitors. Any modifications must be affixed in such a way that the bib will stay secure during the race yet be able to be removed in order to return the bib back in its original condition.

12314.7 Leg and Sit Ski Bib Numbers

12314.7.1 For Para Mass Start, Pursuit, Individual Sprint competitions (heats only) it is required to affix bib numbers to the standing competitor’s leg or side of the sit ski that is closest to the finish line camera.

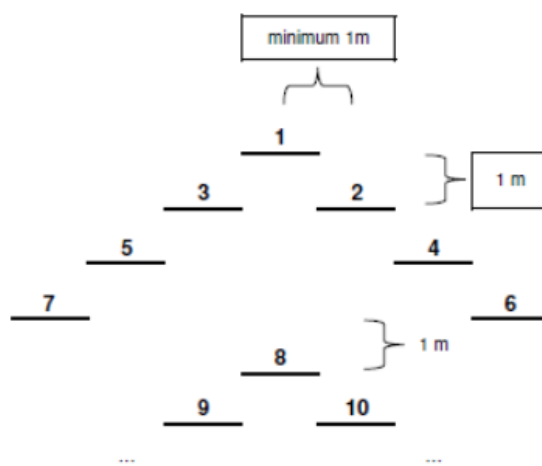
12314.7.2 For Team Sprint and Relay competitions it is required to affix bib numbers to the finishing competitor’s leg or side of the sit ski that is closest to the finish line camera.

12314.7.3 Bib numbers are required for all entered athletes on both legs and sides of the sit ski for all Biathlon Competitions.

- 12314.8** Start list
- 12314.8.1 Start list must contain the starting order of competitors, their start numbers, respective points, start time(s), the technical details of the course; length, HD, MC, TC, number of participating nations and composition of the jury.
- 12315 Start Procedures**
- 12315.1** Types of Starts
- 12315.1.1 For competitions on the International Ski Calendar, Interval Start, Mass Start, Pursuit Start, and Heat Start will be used.
- 12315.2** Interval Start Procedure
- 12315.2.1 Interval starts will normally use half-minute intervals and fifteen seconds for sprint qualifying round. The Jury may approve shorter or longer intervals.
- 12315.2.2 The start command consists of a countdown starting 5 seconds before the start time ("5-4-3-2-1") and start signal ("GO!"). The command can be given verbally or by audible signals.
- 12315.2.3 The competitor must have their feet (standing classes) or front binding (sitting classes) behind the start line and remain stationary before the starter gives their starting commands. The poles remain stationary and should be placed over the starting line and/or starting gate at the discretion of the starter. B-class athletes will be guided to the start gate and may be held back until the exact start time by an official by placing a hand on the shoulder of the athlete.
- 12315.2.4 The competitor may start any time between three seconds before and three seconds after the start signal. If he/she starts more than three seconds before the start signal, it is a False Start and must be reported to the jury. If he/she starts more than three seconds after the start signal, it is a late start and the start list time will count.
- 12315.2.5 The start gate shall be at a height of approx. 60 cm above the snow surface.
- 12315.2.6 Competitors who start late must not interfere with the start of others.
- 12315.2.7 With both electric and hand-timing, the competitor's actual start time must be noted in case the Jury decides their late start was due to force majeure.
- 12315.3** Mass Start Procedure
- 12315.3.1 The mass start should be carried out using angled start lines in shape of an arrow. This means that the athlete with start number 1 has the

most favorable start position followed by start number 2 etc. Each competitor should be separated by a fixed distance interval.

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



12315.3.2 The starting procedures for a Mass Start will begin two minutes before the start signal. At this time instruction about the start will be given to all competitors assembled in their start lanes. These instructions should end with the competitors being instructed to stand at their start positions and a “one minute to start warning” is given. Next there will be the command “30 seconds to start”. When all competitors are motionless then the next sound will be the start command or signal.

12315.3.3 The mass start should have 20-50 meters of parallel tracks or corridors, where each competitor is forbidden to leave the track or corridor. Then there will be a zone where the tracks or corridors converge into the competition course. There must be no factors along the course that cause congestion.

12315.4 Pursuit and Wave Start Procedure

12315.4.1 The starting order and intervals are set according the calculation with the applicable class percentages and the results of a first competition, see art. 12316.6.2. The tenths of seconds will be deleted to establish the start list.

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

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

- 12315.4.2 In order to avoid overlapping or competition taking too long, the Jury may allow a Mass, Wave or Heat start for the late starting competitors. The Jury is also allowed to reduce the number of starting competitors.
- 12315.4.3 The Pursuit Start is carried out without an electronic start gate. A video camera should be used to record the entire start such that a review by the Jury can be done.
- 12315.4.4 In order to guarantee an exact start, a large digital display clock must be used. The start must be prepared so that two or more competitors may start side by side.
- 12315.4.5 If there is a need (e.g. B-Class), athletes may be held by a team member or an official (on request by the team) with a hand on the shoulder of the athlete until they can start.
- 12315.5** Wave or Heat Start procedure
- 12315.5.1 The start area is prepared with a start line and a pre-start area that are 1 - 2.5 meter apart. This shall ensure adequate space for VI athletes.
- 12315.5.2 Electronic and/or mechanical start gates can be used if approved by the Jury.
- 12315.5.3 Competitors are organised in the pre-start area where instructions are given and start lanes designated.
- For specific start procedures see Section C
- 12315.6** Duties of the Start Officials
- 12315.6.1 Start officials must provide all competitors with the opportunity to start at their correct times. An assistant must be placed near the starter and is responsible for recording the details for any violations at the start.
- 12315.7** False Start Consequences
- 12315.7.1 For all competitions a competitor who makes a false start will not be recalled to the start line but may return to the start line and restart providing they do not obstruct other competitors. False start infractions must be reported to the Jury.
- 12315.8** Marking of Skis
- 12315.8.1 Ski marking will not be used unless requested in advance by the sanctioning body of the competition. For purposes of control, both skis are marked shortly before the start. The competitor must come to the official marking place in person and in due time wearing their starting bib.
- 12315.9** Temperature
- If the temperature is below -20° C, measured at the coldest point of the course, a competition will be postponed or cancelled by the Jury.

With difficult weather conditions (e.g., strong wind, high air humidity, heavy snowfall, or high temperature) the Jury may, in consultation with the Team Captains of the participating teams and the Chief of medical and rescue service responsible for the competition, postpone or cancel the competition.

12316 Timing

12316.1 For all competitions listed in the FIS Calendar, 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.

12316.2 If the electronic timing temporarily fails hand times will be used by correcting the average time difference which develops between the electronic timing and the hand-timing. If the electronic timing fails frequently or completely during the competition, the hand times will be used for all the competitors. When hand times are used to calculate results, the actual start times must be used.

12316.3 When using hand-timing, the time is taken when the competitor's first foot or for LW 10-12 the front binding crosses the finish line.

12316.4 Electronic Timing

12316.4.1 The following electronic timing technologies can be used to identify the official finish times:

- Electronic timing system based on photocells. The measuring point of the light or photo barrier must be at a height of 25 cm above the snow surface.
- Electronic timing system using Sub Committee Para Nordic approved timing applications (eg apps).
- Photo finish system. The measuring point will be the toe of the first boot meeting the finish line or for LW 10-12 the front binding.

12316.4.2 Transponder Timekeeping:

Transponders (active and passive systems) can be used as a supporting system to the official timing system to determine race times and ranking sequences at intermediate timing points, pre-timing points, and finish (unofficial result). The official result must be confirmed by using electronic timing systems in accordance with ICR 12316.4.1.

For LW 10-12: The transponder must not be fixed ahead of the front binding.

12316.4.3 For all B classes the chronometer will be started and stopped as the competitor (not the guide) crosses the line. The time of the guide must not be recorded.

12316.4.4 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 front binding first crosses the finish line is ahead.

12316.5 In the case of competitors falling as they cross the finish line, the competitors will be assigned their finish time as per articles 12316.3 or 12316.4 if all the parts of their bodies are moved across the finish line without any outside assistance.

12316.6 For the calculation of results all start and finish times will be recorded to at least 1/100 (0.01) precision. The real 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 real net time. For example, 38:24.38 becomes 38:24.3.

12316.6.1 For PWG, WSC 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

12316.6.2 Start times based on the qualification or previous competition

Principle

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

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

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

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

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

Example:

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

The basic time B is 3:19.34.

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

The formula is:

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

$$iT = wR - B \cdot 100 / iP = 3:32:06 - 3:19:34 \cdot 100 / 98 = 212.06 - 19934 / 98 = 212.06 - 203.41 = 8.65.$$

Rounded to nearest whole second gives 9 seconds.

Another example based on the result list from qualification:

Rank	Bib	Name	NPC	Class	%	Real time	Delta	Cal. Time	iT	rT	S1	S2
1	20	ZARIPOV Irek	RUS	LW12	100	2:06.61	0.00	2:06.61	0.00	0	8	
2	7	SHILOV Sergey	RUS	LW10	86	2:30.55	3.33	2:09.47	-20.61	-21		0
3	26	LARSEN Trygve	NOR	LW12	100	2:09.91	3.30	2:09.91	0.00	0		21
4	24	LOBAN Dmitry	BLR	LW12	100	2:10.94	4.33	2:10.94	0.00	0	8	
5	6	ROSIQUE Romain	FRA	LW11	94	2:19.77	5.08	2:11.38	-8.08	-8	0	
6	18	PETRUSHKOV R.	RUS	LW12	100	2:11.53	4.92	2:11.53	0.00	0		21
7	15	HALSTED Sean	USA	LW11.5	98	2:15.69	6.50	2:12.98	-2.58	-3		18
8	21	BETTEGA Georges	FRA	LW11.5	98	02:16:41	7.22	2:13.68	-2.58	-3	5	

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)

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

12316.6.3 Calculation of start time in Biathlon Sprint Pursuit

The start time is calculated by taking the Basic time from the first race (not including shooting penalties) adding the Delta time and the Shooting Penalties (20 secs per miss from the first race. (Explanation Basic time and Delta time: See also 12316.6.2 Calculation (Note that in Biathlon (2-day) Pursuit, penalty loops not time penalties apply to the first race and the start time is based on the basic time of the first race only - see 12328)

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

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

The result is rounded to seconds.

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

12316.7 During the PWG, WSC and WC photo finish cameras must be used. If the photo-finish cannot decide the ranking, the competitors remain tied.

12316.8 The finish referee is responsible for keeping a list of the order in which the competitors cross the finish line. They give this list to the chief of timekeeping and data processing.

12317 Results

12317.1 Calculation of Results

12317.1.1 The results in interval start competitions are calculated by taking the difference between the finish and start times as described in 12316.6. If classes are combined, the real time has to be multiplied by the applicable percentages.

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

The results of Sprint heats and Pursuit start or Relay competitions are determined according to the order the athletes cross the finish line and are recorded and presented in the results list in real time. For photo finish decisions see art 12316.4.4.

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

12317.1.2 Individual Biathlon Competitions

In all Individual competitions, the competitor's time is the elapsed time between start and finish as described in 12316.6 plus any shot-penalty minutes imposed.

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

- 12317.1.3 Time adjustments (except time penalties) shall be added/subtracted to/from the real skiing time, before calculating with their percentage according to their classification class.
- 12317.1.4 The number of categories in total is three per gender:
LW 10 – 12 (Sit ski), LW 2 – 9 (Standing), B 1 – 3. (Vision Impaired)
- 12317.1.5 In the use of 3 categories with combined classes, the percentage system will be used. Each competitor has their own percentage according to their classification class.
- 12317.1.6 Percentage System
The percentages are determined by the Factors Expert Group and are approved by the Sub Committee Para Nordic and subject to change. The valid percentages can be downloaded from the FIS Para Nordic website <https://www.fis-ski.com/en/para-snowsports/para-nordic/documents>.
- 12317.1.7 Tie- Breakers:
If two or more competitors have the same time in a competition, the following tie-breaking rules shall apply:
- 12317.1.7.1 Individual competition:
If two or more competitors have the same result (1/10 of a second), they shall have the same ranking in the result list, and the competitor with the lower starting number will be listed first.
- 12317.1.7.2 Relay competition:
The ranking of standing athletes (LW 2-9/B1-3) involved in a photo finish will be established according to the order they crossed the vertical plane of the finish line by the toe of the front foot.
The ranking of sitting athletes (LW 10-12) involved in a photo finish will be established according to the order they crossed the vertical plane of the finish line by the front binding.
- 12317.1.7.3 Sprint competition:
- 12317.1.7.3.1 Qualification: If two athletes have the same result in the qualification round (calculated time in hundreds of a second) and none of them qualifies for the next round they shall be ranked on the same place in the result list and shall get the same amount of WC points.
If two athletes have the same result in the qualification round (calculated time in hundreds of a second) and both or only one of them qualifies for the next round the following order of “tie breakers” shall be used:
1. Calculated time: All available digits of the calculated time shall be used

2. Points (current season, at first competition previous season)
3. Highest number of individual wins (current season, at first competition previous season)
4. Best result (current season, at first competition, previous season)

12317.1.7.3.2 Semifinals: In case of a tie (“dead heat”) or when more than one competitor ranked as last in semi-finals, the competitor with the better qualification time is ranked ahead.

12317.1.7.3.3 Final: In case of a tie (“dead heat”) in the Final, the competitors are ranked on the same place in the final results and the competitor with the better qualification time is ranked ahead. If more than one competitor is ranked as last in the final heat, the competitor with best semi-final result is ranked ahead, or in the case of same semi-final results, the competitor with the better qualification time is ranked ahead.

12317.1.7.4 Pursuit competition:

12317.1.7.4.1 First race

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

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

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

12317.1.7.4.2 Second race: In case of a tie (“dead heat”) in the second race, the competitors are ranked on the same place in the final results. The competitor with the better result in the first race is ranked ahead. Final results are presented and ranked according to real time.

- 12317.2** Publication of Results
- 12317.2.1 The unofficial result list will be posted on the official notice board as soon as possible after the competition, with the time of its publication noted.
- 12317.2.2 The official result list must contain the final rank of the competitors, their FPDMS Codes, starting number, class, percentages, intermediate times, real time, missed shots, calculated time and the delta time (where applicable see art 12317), points, Skiing technique, the number of competitors, names of the competitors who started but did not finish, any disqualified competitors, any written sanctions to competitors, time penalties, the technical details of the course; length, HD, MC, TC, the weather, temperature data, number of competitors (entered, ranked, DNS and DNF), number of participating nations and the composition of the Jury.
- 12317.2.3 In countries where the Latin alphabet is not used, information and results should also be given in Latin characters.
- 12317.2.4 When the 15 minutes protest period has expired, or if all protests have been resolved, or if there are no protests or requests for additional checking, the Jury will make results official. The competition secretary and the TD sign the official result list and certify that it is correct.
- 12317.2.5 The percent of each competitor must be printed on all entry, start and result lists.
- 12317.2.6 The unofficial and official start and result lists shall include the last name and first name of the race guide of each vision impaired racer.
- 12317.2.7 All official results must also be electronically transmitted to FIS in XML format.
- 12317.2.8 If changes are made to an athlete's Sport Class during competition (e.g. following Observation Assessment, IF Protest etc.), these changes come into effect from the next race in which the athlete is entered. A Sport Class change will not occur between different phases of the same race (e.g. Qualification and Finals). Results achieved by the athlete before the Sport Class change comes into effect remain valid.

C. Competition Formats

12320 Cross-Country Skiing Competitions

12321 Interval Start Competitions

12321.1 Definition

At interval start competition, each competitor starts at his/her designated starting time and the final result is determined by difference between finish time and start time and recorded in the results according to art. 12317

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

Course	Sit Ski	Standing
women	2.5 km	2.5 km
men	2.5 km	2.5 km
loops	2	2

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

Course	Sit Ski	Standing
Women	2.5 km	2.5 km
Men	2.5 km	2.5 km
Loops	4	4

20 km:	LW 10-12	women	18 - 20 km
	LW 10-12	men	18 - 20 km
	LW 2-9	women	18 - 20 km

LW 2-9	men	18 - 20 km
B1-3	women	18 - 20 km
B1-3	men	18 - 20 km

Course	Sit Ski	Standing
women	3 - 5 km	3 - 5 km
men	3 - 5 km	3 - 5 km
loops	4 - 6	4 - 6

12321.2 Courses and stadium

12321.2.1 Norms for WSC and PWG. For WC the Jury is allowed to modify if needed.

Interval start	Sit ski only	Sit Ski + Standing	Standing only
	Classical Technique	Classical + Classical	Classical Technique
COURSE			
Width (minimum)	3 m	3 m	3 m
Classic tracks	2 tracks in ideal line	2 tracks in ideal line	2 tracks in ideal line
Distance between tracks	Minimum 1.2 m	Minimum 1.2 m	Minimum 1.2 m
START			
Width (minimum)	3 m	3 m	3 m
Organization/preparation	1 corridor	1 corridor	1 corridor
Classical tracks	1	1	1
FINISH			
Width (minimum)	12 m	12 m	12 m
Number of corridors	4	4	4
Number of tracks	4 in center of corridor	4 in center of corridor	4 in center of corridor

Interval start	Sit ski only	Sit Ski + Standing	Standing only
	Classical Technique	Classical + Free	Free Technique
COURSE			
Width (minimum)	3 m	9 m	6 m

Classic tracks	2 tracks in ideal line	2 tracks on the side	1 track on the side
Distance between tracks	Minimum 1.2 m		
START			
Width (minimum)	3 m	5 m	4 m
Organization/preparation	1 corridor	1 corridor	1 corridor
Classical tracks	1	1	0
FINISH			
Width (minimum)	12 m	12 m	12 m
Number of corridors	4	3	3
Number of tracks	4 in center of corridor	4 (2 on both sides of the finish corridor, 2 between corridors)	4 (2 on both sides of the finish corridor, 2 between corridors)

12321.3 Entries - Substitution

12321.3.1 Substitution is possible according to ICR art. 12313.4.

12321.3.2 The substitute athlete's start position will be determined by the Jury.

12321.4 Starting Order and Start Procedure

12321.4.1 Interval start procedure must be used (see ICR art. 12315.2)

12321.5 Timing and results

12321.5.1 If two or more competitors have the same time (result), they shall have the same ranking in the result list, and the competitor with the lower starting number will be listed first (art. 12317.1.7.1).

12321.6 Jury and protests

No specific rules

12321.7 Competition interruption

In case of competition interruption while competitors are still competing, the competition will be cancelled.

12322 Pursuit Competitions

12322.1 Definition

Pursuit competitions are carried out as combined competitions where starting times of athletes are determined by the percentage according to the athletes classification class and result(s) of previous competition(s) or a Qualification round (in calculated time). The final

result (second race) is determined by finish arrival order of the last competition (in real time). (see art. 12316.6.2)

12322.2 Courses and stadium

12322.2.1 Norms for WSC and PWG. For WC the Jury is allowed to modify if needed.

Pursuit Start	Sit ski only	Sit Ski + Standing	Standing only
	Classical Technique	Classical + Classical	Classical Technique
COURSE			
Width (minimum)	5 m	5 m	5 m
Classic tracks	3 tracks in ideal line	3 tracks in ideal line	3 tracks in ideal line
Distance between tracks	Minimum 1.2 m	Minimum 1.2 m	Minimum 1.2 m
START			
Width (minimum)	5 m	5 m	5 m
Organization/preparation	3 corridors	3 corridors	3 corridors
Classical tracks	3	3	3
FINISH			
Width (minimum)	12 m	12 m	12 m
Number of corridors	4	4	4
Number of tracks	4 in center of corridor	4 in center of corridor	4 in center of corridor

Pursuit Start	Sit ski only	Sit Ski + Standing	Standing only
	Classical Technique	Classical + Free	FreeTechnique
COURSE			
Width (minimum)	3 m	9 m	9 m
Classic tracks	3 tracks in ideal line	2 tracks on the side	1 track on the side
Distance between tracks	Minimum 1.2 m		
START			
Width (minimum)	6 m	14 m	14 m
Organization/preparation	3 corridors	3 corridors	3 corridors
Classical tracks	4	4	0
FINISH			
Width (minimum)	12 m	12 m	12 m

Number of corridors	4	3	3
Number of tracks	4 in center of corridor	4 (2 on both sides of the finish corridor, 2 between corridors)	

12322.3 Entries – Substitution

12322.3.1 Substitution according to ICR 12313.4 is only possible before the first part of a Pursuit competition.

12322.4 Starting Order and Start Procedure

12322.4.1 Pursuit start procedure must be used (see ICR art. 12315.4).

12322.5 Timing and Results: see ICR art. 12316/12317

12322.5.1 Overlapping Rules normally apply. For skiers who are lapped refer to ICR art. 12335.14.1.

12322.5.2 Under difficult weather conditions the Jury may decide to postpone the start or to cancel the competition. If it is cancelled the result from the first part of the competition will count as the final result.

12322.6 Jury and protests

No specific rules.

12323 **Sprint Competitions**

12323.1 Definition

Cross Country skiing sprint competitions begin with a qualification round, organised as an interval start competition (ranking by calculated time). After the qualification, qualified athletes compete in the sprint finals using heats of different formats with pursuit start (ICR art. 12315.4) and finish ranking by order of finish / real time. (ICR art. 12317)

Distance:	LW 10-12	women	800 - 1000 m
	LW 10-12	men	800 – 1000 m
	LW 2-9	women	1.2 – 1.4 km
	LW 2-9	men	1.2 – 1.4 km
	B1-3	women	1.2 – 1.4 km
	B1-3	men	1.2 – 1.4 km

Course	Sit Ski	Standing
Men + women	800 – 1000 m	1.2 – 1.4 km
loops	1 - 2	1 - 2

12323.1.1 The categories in sprint competitions are: LW 10-12, LW 2-9, B 1-3 per gender.

12323.2 Courses and stadium

12323.2.1 Norms for WSC and PWG. For WC the Jury is allowed to modify if needed.

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

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

START			
Width (minimum)	12 m	14 m	14 m
Organization/ preparation	3 corridors	3 corridors	3 corridors
Classical tracks	4	4	0
FINISH			
Width (minimum)	9 m	9 m	9 m
Number of corridors	3	2	2
Number of tracks	3 in center of corridor	4 (2 on both sides of the finish corridor, 2 between corridors)	4 (2 on both sides of the finish corridor, 2 between corridors)

- 12323.2.2 The course used for the qualification round and the course used for the Finals heats should be the same.
- 12323.2.3 Sections of the course must be designed straight, wide and long enough to make overtaking possible.
- 12323.2.4 During the sprint heats, no waxing of skis is allowed. For exceptions see 12335.13.
- 12323.2.5 Technique: classic or free
- Free: There shall be one track set along the side of the entire course for LW 2-9 / B 1-3 whenever possible.
- On parts of the course that are also used by LW 10-12, there should be 2 tracks set along the side of the course. The course width should be maximized to allow for passing outside of the tracks.
- 12323.2.6 The course must be sufficiently wide (6 – 12 m) and without sharp corners, so that the conditions are equal for all competitors.
- 12323.2.7 Finish
- In classical technique (for all) there shall be 4 corridors with 4 tracks.
- In free technique, there shall be 4 corridors (3m wide). The corridors shall be separated by 3 classic tracks for the sit skiers. The jury can modify the lay-out of the finish if needed.

12323.3 Entries – Substitution

12323.3.1 Substitution is possible before qualification according to ICR art. 12313.4

12323.3.2 The substitute athlete’s start position will be determined by the Jury.

12323.3.3 For WSC and PWG a minimum of 5 athletes per category is required to create the start list. At WC or below a start list may be allowed if there are fewer than 5 athletes in a category.

12323.3.4 Starting Order and Start Procedure

12323.3.5 Qualification

12323.3.5.1 Interval Start procedure must be used (see ICR Art. 12315.2). Start intervals can be 10, 15, 20 or 30 seconds.

12323.3.5.2 If two laps are used an interval block start can be used were several athletes start together at the same time. The jury decides about the number of athletes in one block.

12323.3.5.3 Tie breaker rule: see ICR art. 12317.1.7

12323.3.6 Heats: Semi-finals and Finals

12323.3.6.1 In PWG, WSC and WC heats will start with the semi-finals, in other competitions as decided by the organizer.

12323.3.6.2 The allocation of athletes in the heats is determined from the finish ranking in the qualification round. Positions in subsequent heats are assigned based on rankings in the previous round of heats:

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

B	8 or more	4	heat 1) 1,4,5,8	4
			heat 2) 2,3,6,7	
	7	3 and 4	heat 1) 1,4,5	4

		heat 2) 2,3,6,7	
	3* to 6	no semi-finals	4

* applies to WC or below only as per 12323.3.3

12323.3.6.3 For PWG, WSC and WC new bibs and copies of start lists for the heats must be handed out at the same time. The bibs are assigned according to the ranking in the qualification.

Athletes will keep the same bibs for the final.

12323.3.6.4 Start lanes:

Classic style: 6 start corridors with tracks, the start is monitored by video.

Free technique: 6 start corridors, the start is monitored by video.

12323.3.6.5 Athletes are responsible for leaving at the right time. Start times for each heat will be posted in the start area.

Competitors are organised on the pre-start line where instructions are given and lanes are designated according to rule 12323.3.6.9.

If there is a need (e.g. B-Class), athletes may be held by a team member or an official (on request) with a hand on the shoulder of the athlete until they can start.

The starting procedure for sprint heat starts will begin one minute before the start of the heat at which point a "one minute to start" warning will be given and competitors must be standing in their start lanes at the prestart line. Next there will be a command to "Take your start positions" and the competitors will advance to the start line.

12323.3.6.6 In order to guarantee an exact start, a large display clock with running countdown time or time of day must be used. All digits of the start time must be visible on the start clock before the athlete is allowed to cross the start line with the binding.

12323.3.6.7 The competitors are not allowed to change corridors/tracks within marked corridor area. the first 15-30m after the start line.

12323.3.6.8 Start time for pursuit start (%):

The start time of each athlete is based on the final calculated time of the winner of the qualification round, per category / gender. (LW 10-12, LW 2-9, B1-3).

See ICR art 12316.6.2

12323.3.6.9 The starting positions are chosen by the athletes according to the following order:

Lane choice is determined by:

Semi-finals – qualification times (rankings) are used.

Finals - rankings from the semi-finals and qualification are used.

If fewer than 6 start lanes are available, and athletes are permitted to start in the same lane, lane choice is determined by:

Semi-finals – qualification times (rankings) are used.

Finals - rankings from the semi-finals and qualification times are used.

12323.3.6.10 A false start in the heats means that the competitor must stop the competition unless they return to the start and then restart the competition. In the case of a false start the competitor will be ranked last of these final or semifinals heats.

12323.4 Timing and results: see ICR art. 12316/12317

12323.4.1 In sprint competitions with 12 competitors in the semi-final, the result list will be made as follows:

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

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

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

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

12323.4.2 In the Qualification and Finals, competitors with IRM (RAL, DNF, DNS and NPS) are listed according to their ranking in their respective heat and their qualification times, below the competitors without IRM.

12323.5 Jury and Protest

12323.5.1 In sprint heats at PWG, WSC, and WC the unanimous decision of minimum two Jury members (including TD) equates to a Jury decision.

12323.5.2 Due to the timeline pressure of running successive heats it is not possible to allow protests during semifinals. Protests will only be accepted after the finals.

12323.5.3 During semi-finals, ICR art. 224.7 does not apply.

12323.5.4 If an obstruction leads to disqualification, the obstructing athlete will not be ranked in the final result list. If the obstruction caused another athlete not to advance to the next round, the obstructed athlete will be

allowed to proceed into the next round. This rule will only be applied in exceptional cases where the obstruction was intentional.

12323.5.5 Obstructions can also be sanctioned by competition suspension (ranking the competitor in the last place of the relevant heat and relevant round) accompanied by a written reprimand.

12324 Relay Competitions

12324.1 Definition

12324.1.1 At PWG and WSC, each nation can enter 1 team per relay competition. Any athlete can only participate in one relay competition. In other events the jury may decide to allow more than one team per nation, mixed nation teams, and athlete participation in more than one relay competition. An athlete may not compete for more than one team per competition.

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

12324.1.2 Mixed Relay: the combined percentage of each team must be 335% or less, calculated by summing the individual percentages of the athlete in each leg with reductions of 15% per leg for female athletes and 12% per leg for sit ski athletes (female sit ski athlete: minus 27%). There must be at least one-woman taking part.

12324.1.3 Open Relay: the combined percentage of each team must be 375% or less, calculated by summing the individual percentages of the athlete in each leg with reductions of 15% per leg for female athletes and 12% per leg for sit ski athletes (female sit ski athlete: minus 27%).

12324.1.4 Each team may consist of 2, 3 or 4 athletes. For examples of possible team compositions see "Examples for composition of relay teams" published on the FIS website under the rules section.

12324.1.5 Course and Stadium

12324.1.6 Norms for WSC and PWG. For WC the Jury is allowed to modify if needed.

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

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

12324.1.7 The length of the first relay leg can deviate +/- 5% from the other legs, according to the stadium layout.

12324.1.8 Classical Technique

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

12324.1.9 Free Technique

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

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

12324.2 Entries - Substitution

12324.2.1 The names of the competitors competing on each team, and their starting order must be delivered to the organiser latest 2 hours before the Team Captains' Meeting. In PWG and WSC, late entries are not

allowed. In other competitions, the Jury makes the decision regarding late entries.

12324.2.2 Substitution is possible according to ICR art. 12313.4.

12324.2.3 In case of substitution, the Team will lose its starting position and will have to start at the end of the field. The start order at the end of the field will be the same as the original starting order. The original start positions will be left empty.

12324.3 Starting order and Start Procedure

12324.3.1 Mass start procedure must be used (see ICR art. 12315.3).

12324.3.2 Start numbers will be assigned to teams (using the modified percentage: LW 10-12 minus 12%, women minus 15% of the athletes starting in the first leg). Athletes with the higher percentage will be assigned the lower bib numbers. In cases where more than one athlete has the same percentage the lower bib number will be assigned to the athlete with the lower points. At PWG and WSC the placing in the previous PWG and WSC will determine the starting order of the first team, with the remaining teams assigned as above.

12324.3.3 Unofficial teams should have the least favorable starting positions.

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

12324.3.4 Relay Exchange Zone

The exchange zone for Team Relay or Team Sprint should be a minimum of 10 m wide and 15 m in length.

The exchange zone must be clearly marked with a line at the beginning of the zone. When the front binding of the arriving competitor reaches this exchange line the corresponding team mate is allowed to depart the exchange zone. No physical contact between the competitors is required.

12324.4 Relay exchange

12324.4.1 As soon as the incoming competitor has passed the finish line in the exchange zone with the whole body, the next competitor can start.

If there is a need (eg B-Class), athletes may be held by a team member or an official (on request of the team) with a hand on the shoulder of the athlete until they can start.

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

12324.4.2 An early start in the relay will be sanctioned by a minimum time penalty of 30 seconds, added to the final result (Jury to decide), unless the competitor returns to the start and restarts their leg of the race.

12324.5 Timing and Results

12324.5.1 Intermediate times (real time) for the individual legs of the course are taken when the competitor crosses the exchange line. This is also the starting time for the next competitor.

12324.5.2 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. Results are recorded and presented in real time (ICR art. 12317).

12324.5.3 Lapping Rules normally apply. For teams/skiers that are lapped refer to ICR art. 12335.14.1

12324.5.4 Jury and Protest

12324.5.5 The Jury appoints one of its own members as a relay referee to supervise the mass start and relay exchange.

12325 Biathlon Competitions

12326 Biathlon 7.5 km Sprint Competition

12326.1 Definition

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

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

Course	Sit Ski	Standing
Women	2.5 km	2.5 km
Men	2.5 km	2.5 km
Loops	3	3

12326.1.1 Courses and stadium

12326.1.2 Norms for WSC and PWG. For WC the Jury is allowed to modify if needed.

BT 7.5 km Sprint	Sit ski only	Sit Ski + Standing	Standing only
	Classical Technique	Classical + Free	Free Technique
COURSE			
Width (minimum)	3 m	9 m	6-9 m
Classic tracks	2 tracks in ideal line	2 tracks on the side	1 track on the side
Distance between tracks	Minimum 1.2 m		
Shooting range			
Shooting lanes	PWG 12 B / 18 LW (WC/WSC 10-12 B / 14 LW)		
Penalty loop			
Length of Penalty loop	150 m (stand) / 100m (sit)		
START			
Width (minimum)	3 m	5 m	4 m
Organization/ preparation	1 corridor	1 corridor	1 corridor

Classical tracks	1	1	0
FINISH			
Width (minimum)	12 m	12 m	12 m
Number of corridors	3	3	3
Number of tracks	4 (2 on both sides of the finish corridor, 2 between corridors)		

12326.2 Entries - Substitution

12326.2.1 All entries and substitution must follow ICR rules. 12313.4

12326.3 Starting Order and Start Procedure

12326.3.1 Interval start procedure shall be used, see ICR art. 12315.2

Timing and results: see ICR art. 12317

12327 Biathlon Middle Competition

12327.1 Definition

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

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

Course	Sit Ski	Standing
Women	2.0 km	2.0 km
Men	2.0 km	2.0 km
Loops	5	5

12327.2 Courses and stadium

12327.2.1 Norms for WSC and PWG. For WC the Jury is allowed to modify if needed.

Biathlon Middle	Sit ski only	Sit Ski + Standing	Standing only
	Classical Technique	Classical + Free	Free Technique
COURSE			

Width (minimum)	3 m	9 m	6-9 m
Classic tracks	2 tracks in ideal line	2 tracks on the side	1 track on the side
Distance between tracks	Minimum 1.2 m		
Shooting range			
Shooting lanes	PWG 12 B / 18 LW (WC/WSC 10-12B / 14 LW)		
Penalty loop			
Length of Penalty loop	150 m (stand) / 100m (sit)		
START			
Width (minimum)	3 m	5 m	4 m
Organization/ preparation	1 corridor	1 corridor	1 corridor
Classical tracks	1	1	0
FINISH			
Width (minimum)	12 m	12 m	12 m
Number of corridors	4	3	3
Number of tracks	4 (2 on both sides of the finish corridor, 2 between corridors)		

12327.3 Entries - Substitution

12327.3.1 All entries and substitution must follow ICR rules art. 12313.4.

12327.4 Starting Order and Start Procedure

12327.4.1 Interval start procedure shall be used, see ICR art. 12315.2

Timing and results: see ICR art. 12317

12328 Biathlon 10 km Pursuit Competition

12328.1 Definition

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

12328.1.1 First race (Qualification) one or more days before the Biathlon Pursuit race. Biathlon sprint competition format (7.5km for women and men). See ICR art. 12326.

Second Race (Final)

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

The number of athletes in the final will be determined according to the available shooting lanes per class. If the final result of a competitor in

the first race is more than 30% behind the winner of the first race, the athlete will not be allowed to start in the second race of the pursuit.

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

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

12328.1.2 Under certain conditions, the jury may decide to arrange a normal Biathlon 10 km distance race (10km for women and men) as replacement for the Pursuit.

12328.1.3 Number of participants: Maximum twice the number of targets per category.

12328.2 Courses and stadium

BT 10 km Pursuit	Sit ski only	Sit Ski + Standing	Standing only
	Classical Technique	Classical + Free	Free Technique
COURSE			
Width (minimum)	6 m	12 m	9 m
Classic tracks	2-3 tracks	2 tracks on the side	1 track on the side
Distance between tracks	Minimum 1.2 m		
Shooting range			
Shooting lanes	PWG 12 B / 18 LW (WC/WSC 10-12 B / 14 LW)		
Penalty loop			
Length of Penalty loop	150 m (stand) / 100 m (sit)		
Width of Penalty loop	6 m		
START			

Width (minimum)	9 m	9 m	9 m
Organization/ preparation	2 corridors	2 corridors	2 corridors
Classical tracks	2	2	0
FINISH			
Width (minimum)	12 m	12 m	12 m
Number of corridors	4	3	3
Number of tracks	4 (2 on both sides of the finish corridor, 2 between corridors)		

- 12328.3** Bib numbers: Bib numbers according to starting order.
- 12328.4** Shooting range: PWG 18 LW / 12 B shooting lanes (WC/WSC 14 LW / 12 B)
- 12328.4.1 Lane assignment: No lane assignment for LW athletes.
For B-class athletes ICR art. 12332.5.2 applies.
- 12328.5** Start lanes: At each lane minimum 3 officials have to control the start procedure.
- 12328.5.1 LW athletes are responsible themselves for leaving at the right time.
If there is a need (eg B-Class), athletes may be held by a team member or an official (on request of the team) with a hand on the shoulder of the athlete until they can start.
- 12328.5.2 All digits of the start time must be visible on the start clock before the athlete is allowed to cross the start line with the binding.
The Start procedure must be documented by video.
- 12328.5.3 Start time for BT Pursuit Start (%):
The start time of each athlete is calculated out of the running time of the winner of the first race, per category / gender. (LW 10-12, LW 2-9, B1-3).
Version A:
The start time is calculated by taking the Basic time from the first race, multiplied by 5 and divided by 3 and then adding the Delta time.
The jury may decide to make the start list using a maximum Delta time of 3 or 4 minutes (wave starts) and add the remaining Delta time from the first race to the result in the final race.
Version B:
The start time is calculated by taking the Basic time from the first race, multiplied by 5 and divided by 3 without adding the Delta time.

The Sub Committee Para Nordic decides which version shall be used. This must be specified in the calendar.

12328.6 Early start in the second race:

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

12328.7 For each missed shot an athlete must ski one (1) penalty loop

12328.8 Results (order of finish in real time): see ICR art. 12317

WC points will be awarded according to the final result list.

12329 Biathlon Sprint Pursuit Competition

12329.1 Definition

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

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

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

Distance:	LW 10-12	women	2.4 – 3.0 km
	LW 10-12	men	2.4 – 3.0 km
	LW 2-9	women	3.6 – 4.2 km
	LW 2-9	men	3.6 – 4.2 km
	B1-3	women	3.6 – 4.2 km
	B1-3	men	3.6 – 4.2 km

Course	Sit Ski	Standing
Men + women	800 – 1000 m	1.2 – 1.4 km
Loops	3	3

12329.2

Courses and Stadium

BT Sprint Pursuit	Sit ski only	Sit Ski + Standing	Standing only
	Classical Technique	Classical + Free	Free Technique
COURSE			
Width (minimum)	6 m	12 m	9 m
Classic tracks	2-3 tracks	2 tracks on the side	1 track on the side
Distance between tracks	Minimum 1.2 m		
Shooting range			
Shooting lanes	PWG 12 B / 18 LW (WC/WSC 10-12 B / 14 LW)		
Penalty loop			
Length of Penalty loop	75 m (oval)		
Width of Penalty loop	6 m		
START			
Width (minimum)	9 m	9 m	9 m
Organization/ preparation	2 corridors	2 corridors	2 corridors
Classical tracks	2	2	0
FINISH			
Width (minimum)	12 m	12 m	12 m
Number of corridors	4	3	3
Number of tracks	4 (2 on both sides of the finish corridor, 2 between corridors)		

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

Final: 3 laps / 2 shooting rounds / penalty loop (75m)

- 12329.3** First race (Qualification)
- 12329.3.1 Interval start procedure shall be used, 30 sec intervals. See ICR art. 12315.2
- 12329.3.2 Start order: Creation of start list according to Points. See ICR art. 12314.5
- 12329.3.3 Course and Stadium: see ICR art.12323 CC Sprint
- | | | |
|-----------------------------|--------|-------------------|
| LW 10-12: 800 - 1000m | 3 laps | 2 shooting rounds |
| LW 2-9 / B1-3: 1200 - 1400m | 3 laps | 2 shooting rounds |
- Shooting range: PWG 18 LW / 12 B shooting lanes (WC/WSC 14 LW / 12 B)
- 12329.3.4 Shooting lane assignment:
- The LW Class Athletes are free to choose the shooting lane.
 - The B-Class Athletes entering the range for shooting in competition must use the furthest lane available. In most cases this will be the lane immediately to the left of the previous athlete in the range, except when the previous athlete uses the lane farthest to the left.
- 12329.3.5 Penalty per missed shot: Time penalty of 20 seconds.
- 12329.3.6 Results (calculated time): see ICR art. 12317
- 12329.4** Second race (Final)
- 12329.4.1 Composition: The best athletes per category (from first race).
- All athletes per category whose final result in the first race isn't more than 30% behind the winner of the first race are allowed to take part in the second race. The jury is allowed to reduce the number of athletes in the second race if the number is more than 1.5 times the number of available shooting lanes.
- 12329.4.2 Bib numbers in the final: New bib numbers shall be distributed for the final. The first athlete starting in the final per category has the 1 as the last digit on the bib, the second starter the 2 and so on. (21, 22, 23 ...).
- In case of equal start times, the athlete with a better result in the first race will have the lower bib number.
- 12329.4.3 Course
- | | | |
|-----------------------------|--------|-------------------|
| LW 10-12: 800 - 1000m | 3 laps | 2 shooting rounds |
| LW 2-9 / B1-3: 1200 - 1400m | 3 laps | 2 shooting rounds |

Shooting range: 18 LW / 12 B shooting lanes (WC/WSC 14 LW / 10-12 B)

12329.4.4 Start lanes: At each lane minimum 3 officials have to control the start procedure.

12329.4.5 LW athletes are responsible themselves for leaving at the right time.

If there is a need (eg B-Class), athletes may be held by a team member or an official (on request of the team) with a hand on the shoulder of the athlete until they can start.

12329.4.6 All digits of the start time have to be visible on the start clock before the athlete is allowed to cross the start line with the binding.

The Start procedure has to be documented by video.

12329.4.7 Start time for BT Sprint Pursuit start:

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

See ICR art. 12316.6.3

12329.4.8 Early start in the second race:

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

12329.4.9 Penalty per missed shot: Penalty loop 75m

12329.4.10 Results (real time/order of finish): see ICR art. 12317.1.1

12329.5 Jury & Protests

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

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

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

12330 **Biathlon Individual Competition**

12330.1 Definition

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

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

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

12330.2 Courses and stadium

Biathlon Individual	Sit ski only	Sit Ski + Standing	Standing only
	Classical Technique	Classical + Free	Free Technique
COURSE			
Width (minimum)	3 m	9 m	6-9 m
Classic tracks	2 tracks in ideal line	2 tracks on the side	1 track on the side
Distance between tracks	Minimum 1.2 m		
Shooting range			
Shooting lanes	PWG 12 B / 18 LW (WC/WSC 10-12 B / 14 LW)		
Penalty loop			
Length of Penalty loop	No penalty loop		
START			
Width (minimum)	3 m	5 m	4 m
Organization/ preparation	1 corridor	1 corridor	1 corridor
Classical tracks	1	1	0
FINISH			
Width (minimum)	12 m	12 m	12 m
Number of corridors	4	3	3
Number of tracks	4 (2 on both sides of the finish corridor, 2 between corridors)		

- 12330.3** Entries - Substitution
- 12330.3.1 All entries and substitution must follow ICR rules art. 12313.4.
- 12330.4** Starting Order and Start Procedure
- 12330.4.1 Interval start procedure shall be used (see ICR art. 12315.2)
- 12330.5** Penalty per missed shot: 1 minute (added to the calculated time)
Timing and results: see ICR art. 12317

12331 Biathlon Team Sprint

12331.1 Definition

- 12331.1.1 The Para Biathlon Team Sprint is a mixed 2-person team event. It includes a qualification round (interval start) and a final race (mass pursuit start) in which the top ten teams in the qualifier progress to the finals. Each team may be comprised of any combination of two athletes (2 male, 2 female or 1 male/1 female).

The categories in the Team Sprint are:

- a sit ski (LW10 - 12) event
- and a combined standing/VI (LW2 – 9/B1 – 3) event

Each event has a qualification race followed by a final race.

Distances: The team sprint has 4 legs. Each athlete skis 2 legs. Each leg involves one lap of the course and one shooting.

1st leg (Ath 1) Start – 1 lap – shooting – exchange,
2nd leg (Ath 2) Exchange – 1 lap – shooting – exchange,
3rd leg (Ath 1) Exchange – 1 lap – shooting – exchange,
4th leg (Ath 2) Exchange – 1 lap – shooting - Finish

Course: Regular Sprint Courses to be used:

- LW 10-12: Sitting Cross Country Sprint Course (~ 0.8km)
- LW 2-9 / B1-3: Standing Cross Country Sprint Course (~ 1.2km)

- 12331.1.2 Due to the mixed gender/class team compositions, the following percentage deductions will apply to the following classes and used to calculate qualification results and start times for the final races. These deductions are:

- 15% for women LW 2-9/B1-3
- 13% for women LW 10-12
- 2% for B1 athletes to account for shooting time.

12331.2 Course and Stadium

12331.2.1 Norms for WSC and PWG. For WC the Jury is allowed to modify if needed.

BT Team Sprint	Sit ski only	Sit Ski + Standing	Standing only
	Classical Technique	Classical + Free	Free Technique
COURSE			
Width (minimum)	6 m	12 m	9 m
Classic tracks	2-3 tracks	2 tracks on the side	1 track on the side
Distance between tracks	Minimum 1.2 m		
Shooting range			
Shooting lanes	PWG 12 B / 18 LW (WC/WSC 10-12 B / 14 LW)		
Penalty loop			
Length of Penalty loop	75 m (oval)		
Width of Penalty loop	6 m		
START			
Width (minimum)	9 m	9 m	9 m
Organization/preparation	2 corridors	2 corridors	2 corridors
Classical tracks	2	2	0
FINISH			
Width (minimum)	12 m	12 m	12 m
Number of corridors	4	3	3
Number of tracks	4 (2 on both sides of the finish corridor, 2 between corridors)		

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

12331.2.2 Exchange Zone

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

- 12331.3** Exchange
- 12331.3.1 As soon as the incoming competitor has passed the finish line in the exchange zone with the whole body, the next competitor can start.
- If there is a need (eg B-Class), athletes may be held by a team member or an official (on request of the team) with a hand on the shoulder of the athlete until they can start.
- Marshals shall guide the incoming competitors out of the exchange zone so they do not interfere with the starting competitors.
- 12331.4** First race (Qualification)
- There is no limit on the number of teams in the qualification race to encourage maximum participation.
- 12331.4.1.1 Interval start procedure shall be used, 30 sec intervals. See ICR art. 12315.2
- 12331.4.1.2 Start order: Creation of start list according to Points of the two athletes. See ICR art. 12314.5
- 12331.4.2 Course and Stadium: see ICR art.12323 CC Sprint
- | | | |
|-----------------------------|--------|-------------------|
| LW 10-12: 800 - 1000m | 4 laps | 4 shooting rounds |
| LW 2-9 / B1-3: 1200 - 1400m | 4 laps | 4 shooting rounds |
- Shooting range: PWG 18 LW / 12 B shooting lanes (WC/WSC 14 LW / 12 B)
- 12331.4.3 Shooting lane assignment:
- The LW Class Athletes are free to choose the shooting lane.
 - The B-Class Athletes entering the range for shooting in competition must use the furthest lane available. In most cases this will be the lane immediately to the left of the previous athlete in the range, except when the previous athlete uses the lane farthest to the left.
- 12331.4.4 Penalty per missed shot: Penalty loop 75m
- 12331.4.5 Results (calculated time): see ICR art. 12317
- 12331.4.6 Bib numbers: Bib colours to be used:
- 1st + 3rd stage - red, 2nd + 4th stage - green
- For PWG and WSC new bibs and copies of start lists for the finals must be handed out at the same time. The bibs are assigned according to the starting order.

12331.5 Second race (Final)

12331.5.1 Composition: The best ten teams per event (from first race).

12331.5.2 At WSC and PWG, only one team per Nation can advance to the finals. Nations may enter more than one team in the qualification heats, but only the top qualifying team will advance to the finals. On WC two teams per Nation can advance to the finals. If there are 10 or fewer teams in the qualification race then the number of teams in the finals will be as follows:

# teams in the qualification race at start	# teams in the final race
=>14	10
13	9
11 – 12	8
10	7
8 - 9	6
7	5
6	4
<5 teams – qualification race equals final race	

12331.5.3 Lane assignment: Assigned lanes for LW Class athletes in the final will be according to their bib numbers. (WC: free lane choice in the final for LW athletes)

12331.5.4 LW athletes are responsible themselves for leaving at the right time.
If there is a need (eg B-Class), athletes may be held by a team member or an official (on request of the team) with a hand on the shoulder of the athlete until they can start.

12331.5.5 All digits of the start time have to be visible on the start clock before the athlete is allowed to cross the start line with the binding.
The Start procedure has to be documented by video.

12331.5.6 Start time for BT Team Sprint start:
The qualifying race will provide the real time (including the range time) that will be used as the base for the calculated time used to determine the top 10 ranked teams who will proceed to the finals. The qualifying time will also be used to determine the start times for the final race according to article 12316.6.2 and 12316.6.3 (biathlon sprint pursuit).
The start time is calculated by using the Basic time and the Delta time from the qualification race.

- 12331.5.7 The start order of the two athletes must be the same in the finals as for the qualification round.
- 12331.5.8 Early start in the second race:
A time penalty of minimum 30 seconds (Jury decision) will be imposed at the end of the competition if the athlete doesn't return and cross the start line and start again. By doing this, the athlete must make sure not to interfere with the other athletes. In case of interference while returning to the start line, the competitor must stop the competition and will be ranked as last of this second race.
- 12331.5.9 Penalty per missed shot: Penalty loop 75m
- 12331.5.10 Results (real time/order of finish): see ICR art. 12317.1.1
- 12331.5.11 In case of a tie ("dead heat") in the final race, the competitors are ranked on the same place in the final results.
- 12331.6** Jury & Protests
In Biathlon team sprint at PWG, WSC, and WC the unanimous decision of minimum two Jury members (including TD) equates to a Jury decision.
Protests can be made after the Qualification-race and after the finals.
Obstructions can also be sanctioned by competition suspension (ranking the competitor in the last place) accompanied by a written reprimand.
- 12331.7** When transponders are used stadium set up must be designed such that athletes warming up between legs cannot interfere with transponder loops creating false times.

12332 Biathlon Rules

12332.1 Para Biathlon Competitions are carried out on a 10m range. LW classes use a 10m air rifle and B classes use a 10m electronic blind shooting system.

12332.1.1 Shooting range

The shooting range is where all shooting takes place during a Biathlon competition.

(Layout details can be found in the Para Biathlon Range and Equipment Certification Manual)

12332.1.2 General

The biathlon shooting range 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 protection 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 and must comply with local laws. The shooting direction should generally be north to enhance light conditions during competitions.

The shooting range for PWG must have 12 shooting lanes for vision impaired classes (electronic) and 18 shooting lanes for LW classes (air rifle). For World Cup and World Championships the range must have 10-12 shooting lanes for vision impaired classes and 14 shooting lanes for LW classes. In case of small number of athletes participating in World Cup competitions the Jury may reduce the number of shooting lanes, if doing so does not affect the quality and fairness of the competition.

12332.1.3 Shooting Distance

The distance between the front edge of the shooting ramp and the line of targets must be 10 m (+ - 20cm).

12332.1.4 Entrance and Exit

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

12332.1.5 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.

12332.1.6 The Shooting Ramp

The shooting ramp is the area to the rear of the firing line where the competitors arrive and depart and shoot from. 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. The shooting ramp must be a minimum of 10 m wide measured back from the front edge of the firing line.

There must be a solid piece of wood, 20cm wide, fixed along the entire front edge of the shooting ramp to allow for the installation of a base for LW and rifle supports, and for the installation of the B system control boxes.

12332.1.7 Levels

The surface of the shooting ramp and the surface on which the targets stand must be as near the same level as possible and should be at least 30cm higher (or more as required by local snow conditions) than the area of ground between the shooting ramp and the targets (the well).

12332.1.8 Team, Officials and Media Area

At the rear of the shooting ramp there must be an area at least 6m wide, measured from the back edge of the shooting ramp and extending along the entire back of the range. This area is divided onto three 2m wide zones normally separated by fences.

The front zone next to the shooting ramp is reserved for team staff who manage the air rifles for LW athletes (LW half of the range) and the Guides of B-Class competitors who have to wait in this zone while their athletes are shooting (B system half of the range). This zone has to be marked on the snow.

The middle zone is reserved for scoring officials. A scoreboard to display shooting results during the competition shall also be located in this zone between the LW and the B ranges.

The back zone may be used by media and/or accredited observers and must be fenced off from the two front zones.

12332.1.9 Shooting Lanes

The front of the shooting ramp is divided into shooting lanes from which one competitor at a time will shoot. The lane width should be 3.0m however a width down to 2.75m is acceptable when using existing biathlon ranges or if space is limited.

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 embedded 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 minimum distance of 3 m between the outer edge of the left and right lanes and the start of the safety fences or berms they adjoin. This distance must be maintained from the ramp to the targets.

12332.1.10 Shooting Mats

For shooting in both the prone and standing positions, mats must be placed at the front part of each shooting lane on the shooting ramp. The mats must be 200cm x 150 cm and 1 to 2 cm thick and must be made of synthetic or natural fibers with a rough, non-slip surface.

12332.1.11 Targets

There are three types of targets used for Biathlon training and competition: paper and metal for LW classes and electronic for VI classes. Only metal targets shall be used for competition and only paper targets shall be used for pre-competition zeroing of rifles. Both paper and metal targets may be used for LW class official training. Electronic targets may be used for testing during both VI class training and competition.

12332.1.12 The same type of targets must be used for all competitors in one competition.

12332.1.13 Target Maintenance

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

12332.1.14 Target Placement

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

The height of the center of the targets shall be 43cm (+ or - 5cm) above the level of the target base / level of firing line.

12332.1.15 Target Background

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

12332.1.16 LW-classes will shoot at mechanical targets. The hit area shall have a diameter of 13.0 mm. The aiming area (black painted spot) shall have

a diameter of 35mm. The face of the target surrounding the aiming area shall be white.

The Sub Committee Para Nordic is allowed to modify the diameter of the bull's eye based on analysis of shooting results. Any modification shall be given prior to each season.

- 12332.1.17 B-classes will shoot on targets with a diameter of 21.0 mm. The Sub Committee Para Nordic is allowed to modify the diameter of the bull's eye based on analysis of shooting results. Any modification shall be given prior to each season.

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

- visually (for officials, guides, trainers, spectators).
- as a tone in the athletes' earphone.

- 12332.1.18 Numbering and Markings

The shooting lanes and the corresponding targets must have the same number, easily visible, and numbered consecutively from the right side of the range beginning with lane/target number 1.

The lane number must be displayed on the left and right side of each lane and at the front edge of the shooting ramp and above each target.

The size of the numbers at the shooting ramp must be at least 20 cm and not more than 30 cm high and at least 3 cm wide. The numbers at the shooting ramp must be placed so that they do not obstruct TV coverage of the shooting athletes.

The size of the numbers above each target must be at least 40 cm high with a line width of 4 cm and they must be mounted immediately above the targets.

- 12332.1.19 Wind Flags

At competitions and official training, wind flags must be installed at the side of every second shooting lane starting on the right side of the 1st target 5 m from the shooting ramp.

The flags must be placed so that the top edge of the flag is at the same level as the bottom edge of the targets and cannot obstruct direct line of sight to the targets.

Where the LW and VI abut, a wind flag shall be installed between the two lanes. It is not necessary to install wind flags in the VI range area.

12332.1.20 Rifle Racks

There must be sufficient rifle racks provided in the range for the air rifles of the participating teams during competitions and training.

12332.1.21 Video Cameras on Range

Video cameras must be installed on the shooting range so that the placement of the cameras totally covers and records all actions of all competitors and team members on the range.

12332.2 Penalty loop

In competitions where a penalty loop is used, the penalty loop must be set up immediately after the shooting range and no further than 60m skiing distance from the right edge of the range to the entrance of the penalty loop. The loop must be at least 6m wide. The length of the loop shall be 75m long for the Sprint Pursuit and Team Sprint. For all other events (sprint, 10 km & pursuit) the loop shall be 150m long for standing and B classes and 100m long for sitting classes (if configuration permits). Length is measured along the inside perimeter of the loop. The opening must be at least 15m long. The penalty loop must be marked off with v-boards, set up so close enough together that competitors have no chance of mistaking the entrance/exit.

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.

12332.3 Shooting Equipment Rules

12332.3.1 B-Class shooting systems and LW air target systems have to be provided by the Organizing Committee. LW-class athletes are responsible for providing their own rifles.

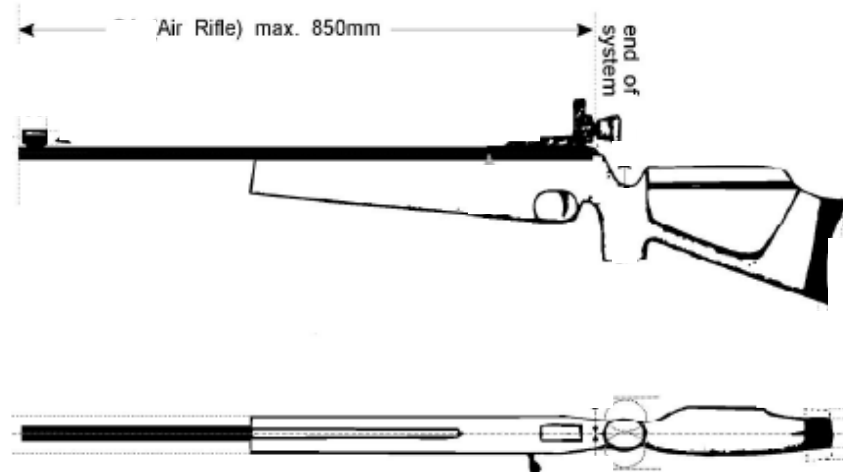
12332.3.2 Specifications for 10m air rifle

The biathlon air rifle shall be any type of compressed air or gas-powered rifle of conventional appearance with a five or one-shot clip and according to the following specifications:

- a) The total length of the air rifle system measured from the back end of the mechanism to the apparent muzzle must not exceed 850mm.
- b) The front sight may not extend beyond the apparent muzzle.
- c) The trigger weight should be set at a minimum of 0.5kg (500 grams).
- d) Caliber: .177 caliber. 4,5 mm
- e) Power: Not to exceed 560 ft/sec, 8.0 Joule (0.75grain pellet measured with a full air-cylinder).
- f) Air cylinder: No more than 10 years old

- g) Minimum height of the stock: 70 mm
- h) Maximum weight of the rifle: 5,5 kg
- i) There must be a trigger-guard for safety
- j) Maximum width of stock: 70 mm

Front sight not to extend beyond the apparent muzzle



12332.3.2.1 Sight apparatus (For LW classes)

1. No corrective lens must be fixed on the rifle, on the rise, etc. The competitor can wear corrective glasses.
2. Any sight apparatus containing neither lens, nor lens system, is authorized. Orthochromatic filters (color) may 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 competitor with the link eye and vice versa.

12332.3.3 Specifications for Vision Impaired (B-class) shooting system

The biathlon rifle used for vision impaired competition shall be an electronic rifle consisting of an aiming system that provides audible feedback to the athlete through a set of earphones. The dimensional specifications and characteristics of the rifle assembly shall be the same as for air rifles.

The shooting system for vision impaired shooting must be approved by the Sub Committee Para Nordic.

Approved systems:

EcoAims E00739 E-BSS2006 Biathlon Shooting System for Vision Impaired Athletes

12332.3.3.1 The trigger weight for all B-system rifles shall be set at 0.5kg (500grams)

12332.3.3.2 Audio (acoustic) levels of the headsets shall range from a minimum of 85db to a maximum of 95db.

12332.3.4 Rifle Inspection

Rifles must be checked and marked before the zeroing prior to the official training and competition.

As a part of the rifle inspection, all nations will be afforded an opportunity to complete their required comprehensive rifle inspection for all rifles that may potentially be used during competition prior to official training day and /or competition day.

Rifles presented at competition must correspond to the equipment inventory submission and been approved.

Unchecked rifles or rifles that do not correspond to the approved equipment inventory may not be used in competition.

In addition to the complete rifle inspection, random rifle inspections will be carried out on official training and on competition days. Typically, a random check will only include trigger weight confirmation, but may also incorporate a complete rifle inspection, including power. If a rifle fails inspection prior to a competition, the rifle may be adjusted to pass and then permitted to be used in competition. If the rifle fails an inspection during or immediately following competition, the jury may disqualify the athlete from that competition.

12332.4 Training and zeroing

12332.4.1 General

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

12332.4.2 Official Training

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

12332.4.3 Zeroing of rifles

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 or weather factors, the Jury is allowed to shorten the zeroing time.

In Biathlon Sprint Pursuit and Team Sprint 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.

12332.4.3.1 Rifle zeroing may take place only on the range and only paper targets will be used for zeroing. Zeroing target paper will be changed at 20 minutes. Paper change time may be adjusted if zeroing is shortened pursuant to 12332.4.3. The time required for the change may not be deducted from the time allocated for zeroing.

12332.4.3.2 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.

12332.5 Shooting rules

12332.5.1 General

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.

Each competitor must stop at the shooting position at each shooting round and must fire five times.

For LW classes, team staff must place the rifle and the support (when applicable) to the athlete at the lane the athlete has chosen or been assigned according to the instructions given by the TD. Following shooting team staff must wait until the athlete has left the mat before retrieving the rifle (exceptions may apply for some impairments but must be pre-approved by the TD, prior to the Team Captain's Meeting). While transferring the rifle to and from the shooting mat, the rifle must be unloaded. (also see 12332.7.1)

12332.5.2 Selection of Shooting Lanes

For pursuit start see ICR art. 12328.4.1

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 fill up the lanes by using 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.

12332.5.3 Once a B class competitor has been guided to an available shooting lane, the race guide shall withdraw behind the marked line at the back of the shooting ramp.

12332.5.4 In the shooting range, a guide is not allowed speak to the athlete except for the purpose of ski guiding.

12332.5.5 All amplification systems and radios used by the B classes are not allowed to be used inside the guide waiting area.

12332.5.6 Shooting positions

In all Para Biathlon events

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

LW 10-12 athletes are free to choose between prone and sitting position.

In the prone position the competitors must comply with the following. The rifle may only be in contact 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.

In prone positions supports (such as pads or cushions) are not allowed.

In case of shooting in sitting position, the elbows are allowed to touch the sledge or the body. The surface touched by the elbows may be upholstered with compressible material of a maximum thickness of 2 cm. The surface on which the elbows make contact cannot be concave. It is not permitted to make a hollow in the contact surface or in the upholstered material.

Competitors must also ensure that their rifle muzzle extends over the firing line.

12332.5.7 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.

- 12332.5.8 Position in Shooting Lane
- The competitor must ensure that no part of their body or equipment protrudes over the 1.5 m red lines marking the outside edges of 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.
- 12332.5.9 Enforcement
- If a competitor is warned by a Range Official that their shooting position or their position in the shooting lane is not according to the rules, the competitor must immediately make the correction.
- 12332.6** Shooting aids
- 12332.6.1 Use of Shooting Sling
- The use of a shooting sling is permitted.
- 12332.6.2 Rifle support for LW classes 5/7, 6, 8 and 9
- Athletes of the classes LW 5/7, LW 6, LW 8 and LW 9 are allowed to use a rifle support. The supports to be used during the competition will be provided by FIS. Athletes are not allowed to use their own support. Exceptions are only allowed in the LW 5/7 class. In case a LW 5/7 athlete has to use a private support due to physical limitation, this support has to be submitted to the FIS Adaptive Equipment Inventory and be approved. Using a support that has not been approved in this way prior to the competition may lead to disqualification.
- 12332.6.2.1 The athlete is responsible that the rifle only touches the support in between the marked zone (5cm in front of / behind the balance point). The base of the rifle within the marked zone must be smooth. No brackets, fixtures or adhesives applied to the rifle to hold it in place over the rifle support are allowed.
- 12332.6.2.2 LW 5/7, LW 6, LW 8 and LW 9 athletes using the rifle support are only allowed to touch the rifle with a second hand / arm for the purpose of reloading or activating the trigger mechanism and are not allowed to touch or stabilize the rifle with the second arm / hand while shooting.
- 12332.6.2.3 During shooting, the stock or any other parts of the rifle must not be in contact with the ground (mat). In addition, during VI shooting, no parts of the body or rifle shall be in contact with the fixed rifle support, display unit, and transponder/chip reader.
- 12332.6.2.4 The support (spring) must remain in an upright position, pulling back, or pushing forward or sideways is not permitted.

12332.7 Safety regulations

12332.7.1 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.

Movement of the rifle from the rifle rack to the firing line may only be done with the barrel pointed in the upright position.

When a rifle is taken to or out of the stadium area, it must be in a case or a cover bag.

Coaches and coaching staff are held to the same standards of rifle, shooting and range safety standards as the athlete. Failure to follow range and rifle safety rules may result in a monetary fine or removal of that person(s) from the range for that day or subsequent race day(s).

12332.7.2 Loading and Unloading

The rifle must only be loaded and unloaded at the mat. During loading or unloading, the barrel must be pointed up or in the direction of the targets. To insert a magazine containing ammunition into the rifle is part of the loading procedure.

12332.7.3 Aimed Shots

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

12332.8 Misfires, lost rounds and damaged rifles

12332.8.1 Damaged 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.

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

12332.8.2 Reserve Rifle

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

12332.8.3 Rifle Exchange Procedure

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

- 12332.8.4 No Time Adjustment
- There shall be no time adjustment for repairing or exchanging a private rifle or obtaining a spare magazine or rounds.
- 12332.8.5 Response by Range Officials
- All Range Officials must be alert to observe a raised hand by a competitor for spare rounds or rifle exchange. The Range Officials must react with a sense of urgency and move quickly to minimize the time required to bring the rounds or to exchange the rifle.
- 12332.8.6 Misfires due to rifle malfunction, or missing ammunition must be proven to a range official otherwise if a shot is taken it will be considered as a missed shot.
- 12332.8.6.1 A shot taken is defined as when the pellet enters the breech end of the barrel and the trigger is pulled. If there is a misfire because a pellet is missing, and this can be proven then an athlete is entitled to reload and take another shot. If a pellet is missing and it cannot be proven that the pellet fell out during loading, then if a shot is taken it will be considered as a missed shot.
- 12332.9** Target errors and malfunctions
- 12332.9.1 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.
- 12332.9.2 Target Malfunction
- If a target fails to function or is suspected of malfunction, the competitor must be directed to another target. The malfunctioning target must not be reset and must be taken out of service until it can be inspected by the IR and at least one jury member. Usually this will occur at the end of that specific category.
- 12332.9.3 Cross-firing and Target Hit by Another Competitor
- If the target on which a competitor is shooting is fired on by another competitor, the incorrect competitor 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.

- 12332.9.3.1 Before a target is reset, the hits and their positions must be recorded.
- 12332.9.3.2 If competitors cross-fire onto a target not in their shooting lane, and no other competitor is shooting on that target, the mistake should be pointed out to them by a range official immediately after discovering the mistake by saying "Cross-Fire" loudly. The competitor has the right to shoot all remaining shots onto the correct target. However, hits on the wrong target will not be scored. Only those of the competitor's hits that are on the correct target will be scored.
- 12332.9.4 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 their fault, the Competition Jury shall make an appropriate time adjustment.
- 12332.9.4.1 Own Error
- If, however, competitors make an error such as cross-firing or selecting a target that has been used and not reset, they themselves will be held responsible and no time adjustment will be made.
- 12332.9.5 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.
- 12332.9.6 The decision taken by the Control Committee about the number of impacts on a target are definitive and without appeal.
- 12332.10** 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, or in the second race in a pursuit competition, the time will not be calculated with percentages. In case of combining classes by using the percentage system, the penalties will be added to the calculated time.
- 12332.10.1 Individual Competitions
- In all Individual competitions, the competitor's time is the elapsed time between start and finish plus any missed shot-penalty minutes imposed.
- 12332.11** It is forbidden for any person to give competitors (athlete / guide) any acoustic or visual information or advice, or to pass on any information to competitors (athlete / guide) by way of radio or any other

communication method on the range including 10m to the left and right of the range.

D. The Competition and the Competitors

12333 Requirements of the competitors

12333.1 Age of the competitors: see art. 12201.2

12333.2 Medical examinations and classification

12333.2.1 State of Health

12333.2.1.1 The National Associations are responsible for the health of the competitors they enter. The Chief of medical and rescue service will only carry out a medical examination at the request of the competitor's Team Captain, competitor or the representative of the FIS Medical Committee (See art. 221)

12333.2.2 Classification:

All rules and guidelines related to classification as set forth by the FIS Para Nordic Classification Rules and published on the FIS Para Nordic website apply. This includes the use or prohibition of equipment and/or adaptive equipment as described for specific sport classes.

12333.2.3 Adaptive Equipment

During Para Nordic sanctioned competitions all competitors must comply with the FIS Para Snowsports Equipment Specification.

12333.2.4 B1 Athletes

During FIS Para Nordic sanctioned competitions all competitors in class B1 must wear their own opaque shades or glasses approved through the FIS Adaptive Equipment Inventory. The glasses must be worn so that no light can be seen by the competitor (inside must be black).

12334 Guides

12334.1 For B1 athletes a guide is obligatory. For B2 and B3 athletes a guide is also allowed. A competitor may change guides during the competition if the guide has an accident or cannot keep up.

12334.2 Guiding must be by voice only. Radio communication between guide and competitor is allowed. The guide may also use an amplifier. No other means of communication is allowed. The amplifier must not disturb other competitors.

12334.3 The role of the guide is to be responsible for the safety of the vision impaired competitor and assist the athlete to follow the rules. He/she may lead or follow the vision impaired competitor in the same track or

ski alongside the parallel track providing he/she does not obstruct another skier. (Obstruction rule 12335.9 also applies for guides)

12334.4 No physical contact between guides and vision impaired competitors during the race is allowed except according to 12334.5. After a fall a guide or a marshal may hand the athlete their skis and/or poles.

12334.5 For reasons of safety on course, the guide is allowed to hold a B Class athlete (one arm or one pole). During holding it is forbidden to actively pull or push the competitor or to be actively skating or striding.

12334.6 The guide is treated the same as a competitor with respect to all rules governing the sport.

12335 Responsibilities of the competitors (including guides)

12335.1 In all training and competition situations the athlete must act with due care taking into account the course conditions, visibility and competitor congestion available space, speed and skiing direction of other competitors etc.

12335.2 In all training and competition situations the athletes must always ski in the competition course direction.

12335.3 Competitors must follow the instructions (course opening times, wearing bibs, training, ski testing, etc.) issued by the Jury or OC in order to ensure order on the course, in the stadium and in the team preparation area before, during and after the competition.

12335.4 The competitor is responsible for arriving at the start and starting at the correct time.

12335.5 Competitors must wear/use all means of identification (bibs, leg bibs, transponders, GPS...) provided by the organiser.

12335.6 Competitors must follow the marked course in correct sequence from start to finish and must pass all control points.

12335.6.1 If a competitor ski on a wrong section or leaves the marked course, the competitor should return to the point where the error was made. In order to do so, the competitor may have to ski against the correct ski direction and shall be totally responsible for ensuring that there is no obstruction and that other competitors are not endangered.

- 12335.7** Competitors have to cover the whole distance on their skis using only their own means of propulsion. Help from outside pacemakers is not allowed.
- 12335.7.1 Fallen competitors in the LW 10 - 12 classes may be helped back to the track by officials or coaches. They have to re-enter the race at the same place.
- 12335.7.2 LW10-12 athletes are not allowed to use one or both of their legs to steer or brake the sledge during competition.
- 12335.8** In classical technique competitions, the competitors must use classical technique only.
- 12335.8.1 In Interval Start competitions and Sprint qualification any violation of classical technique (for example skating strides to maintain or increase the speed) will be considered to affect the results (due to improved time and better points caused by the skating), and the jury will apply the appropriate sanction regardless of the time difference between skiers.
- 12335.9** In all competitions obstruction is not allowed. This behavior is defined as deliberately: impeding, blocking (by not following best line), skiing between an athlete and their guide, charging or pushing any competitor with any part of the body or ski equipment.
- 12335.10** Passing of other competitors
- 12335.10.1 During an interval start competition competitors who are being passed must give way on the first demand. Exceptions may apply for sit ski classes.
- This applies in classical technique courses even when there are two tracks and in free technique courses when the skier being overtaken may have to restrict his/her skating movements.
- 12335.10.2 For all other competitions, when passing occurs, competitors must not cause any obstruction.
- The responsibility for a correct passing without obstruction is on the overtaking skier/guide. The overtaking skier/guide must have his/her skis in front of the skis of the overtaken skier before skiing his/her best line.

- 12335.11** Process of passing during other competitions
- 12335.11.1 Competitors in front have the right to choose their best line.¹
- 12335.11.2 Competitors in front shall not obstruct competitors coming from behind.²
- 12335.11.3 Competitors intending to pass shall do so without obstructing the competitor being passed.³
- 12335.11.4 When competitors are alongside, they have mutual duties not to obstruct each other's movements.⁴
- 12335.11.5 A process of passing is considered completed when the passing competitor has his/her body at the front of the ski-tips of the competitor being passed.⁵
- 12335.11.6 In sections with marked corridors, the competitors should choose a corridor. Competitors are allowed to leave the chosen corridor as long as the ICR art 12335.9 is upheld.
- 12335.11.7 An athlete/guide should ski in the same corridor/track as their guide/athlete to avoid obstruction of other teams.
- 12335.11.8 Skiing in between or outside corridors or tracks increases the risk of obstruction to athletes skiing inside corridors / tracks and should be avoided. In cases of obstruction involving competitors skiing between or outside of corridors / tracks, responsibility will normally be assessed against the competitor skiing outside of or between the corridor/track or in favor of the competitor skiing within the corridor/track.

¹ Explanatory note: The provision reflects the reality that competitors in front generally do not see competitors coming from behind, and that competitors behind generally direct their course according to the positioning of the competitor in front. However, this right is not unrestricted, see the next provisions.

² Explanatory note: The provision reflects restrictions in freedom of the competitor being front, meaning that this privilege shall not be abused to the detriment of other competitors, e.g. by abruptly changing the line or by unduly persisting in a line chosen.

³ Explanatory note: The provision reflects the spirit and intent of the preceding ones, meaning that a competitor intending to pass shall not initiate a pass if he/she realizes or ought to realize that there is not, or will not be, sufficient room to complete the pass without obstructing the competitor intended to be passed.

⁴ Explanatory note: The provision reflects the idea that when the competitors are skiing side by side, there is no privilege of anyone being in front, as set out in the preceding provisions. It is connected to 12335.11.3 e.g. in the sense that a skier coming from behind shall not be allowed to force his/her way into a situation of mutual duties.

⁵ Explanatory note: The process of passing needs some guideline as to when that process is completed so as to determine when the passing competitor obtains the position described in Rule 12335.11.1 and 12335.11.2. The decisive criterion is, as a main rule, the point in time when the body – if need be, measured at the position of the boots – is ahead of the ski tips of the competitor being passed.

- 12335.12** Equipment exchange
- 12335.12.1 In all competitions, pole exchange is only allowed in the case that a pole is broken or damaged.
- 12335.12.2 Skis may be changed only if:
- The skis or bindings are broken or damaged. The equipment failure must be proven to the Jury after the competition.
 - Equipment exchange boxes (pit boxes) are in place at the competition.
 - During classical individual sprint competition finals, when more than one pair of skis is allowed to go through the controls of fluorinated wax. Jury may add instructions or deadlines for changing pair of skis (among the controlled ones).
- 12335.12.3 Only skis that passed the controls of fluorinated wax (when present) can be left in the exchange (pit) boxes.
- 12335.12.4 In the case of any ski exchange, the competitor must do it outside of the track or range to avoid obstruction. The athlete can be supported by a team official.
- 12335.12.5 When ski exchange boxes (pit boxes) are provided for long distance competitions, the competitor is permitted to change skis inside the pit box. 2 officials are allowed in the exchange box to assist the athletes per nation. The jury may allow big teams to have additional officials in the exchange box if needed.
- 12335.12.6 When ski exchange boxes (pit boxes) are provided, overtaking along the access corridors to the boxes is only allowed on the side that is farthest from the boxes.
- 12335.13** Waxing, structuring or cleaning of the competitor's skis bases during the competition is forbidden, with the following exception: In classical distance competitions, competitors may scrape their skis to remove snow and ice, and add kick wax. They must make these adjustments without assistance from other persons and without interfering with other competitors. (LW 5/7 and B1-3 athletes can be supported by a team official). During classic individual sprint competitions, adjustments of the kick zone may be made between the rounds by the competitor or authorized personnel within the designed Control Area. Any adjustment of the glide zones is not allowed. It is not allowed to place branches, tools or materials on or adjacent to the groomed course.
- 12335.14** Overlapping
- 12335.14.1 In Pursuit competitions and Relay competitions, competitors, or teams, who are lapped or instructed by competition officials to stop the

competition, must abandon the competition. The competitors or teams who are stopped will be ranked in the final results (no time) according to their ranking at their last intermediate timing point. The jury may decide to let all teams to finish the competition.

12335.15 Communication devices that support wireless communication between coaches and athletes or between athletes are not allowed during competition. Radio communication between guide and competitor is accepted, except in the guide waiting area.

12335.16 The competitors must comply with the instructions of competition officials.

12335.17 The competitor must comply with all aspects of the medical code (see 223).

12335.18 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 round.

12335.19 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.

12335.20 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.

12336 Responsibilities of Officials and Others

12336.1 If required, the Jury will issue special regulations for officials, media and service people and any other non-competitors, to ensure order on the course, in the stadium and in the team preparation area before, during and after the competition.

12336.2 For order and control on the courses the following principles apply:

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

- while doing this work officials and others must ensure not to obstruct competitors
- while giving refreshments to the competitors the coaches must ensure not to obstruct competitors and must maintain a fixed position.

12336.3 In order to obtain clean TV coverage and for safety reasons parts of the competition course may be closed for all but the competitors taking part in the competition. The Jury can allow ski testing and warming up by competitors on parts of the competition course before and during the competition. Athletes and service personnel, wearing special bibs may be allowed to ski on these parts of the competition course.

12336.4 Wax testing and warming up on the ski competition course must always be done in the competition course direction. Anyone testing skis on the competition course must consider the safety of others on the course and the course preparation. Electronic timing devices used for testing skis will not be allowed on the course during the competition or official training.

12336.5 For evaluation and further development of the classification systems, medical and technical, including the percentage system; FIS has the authority to give permission to video recording the athletes during medical and technical classification and during training and competition at all FIS Para Nordic events if necessary.

12336.6 Unfair assistance or assistance not allowed by these rules to competitors during a competition is prohibited.

E. Not Permitted to Start, Sanctions

12337 Not Permitted to Start

Competitors will not be permitted to start in any FIS international ski competition who:

- 12337.1** wears obscene names and/or symbols on clothing and equipment (art. 207) or behaves in an unsportsmanlike manner in the start area (art. 205.5);
- 12337.2** violates the FIS rules in regard to equipment (art. 222) and commercial markings (art. 207);
- 12337.3** refuses to undertake a FIS required medical examination (rule 221.2)
- 12337.4** competitors
- whose skis have been positive at the controls of fluorinated wax before the start.
 - present skis to the control of fluorinated wax later than 5 minutes after the deadline.
- 12337.5** If a competitor has actually started in a competition and is later determined by the Jury to have been in violation of these rules the Jury must sanction the competitors.⁶

12338 Sanctions

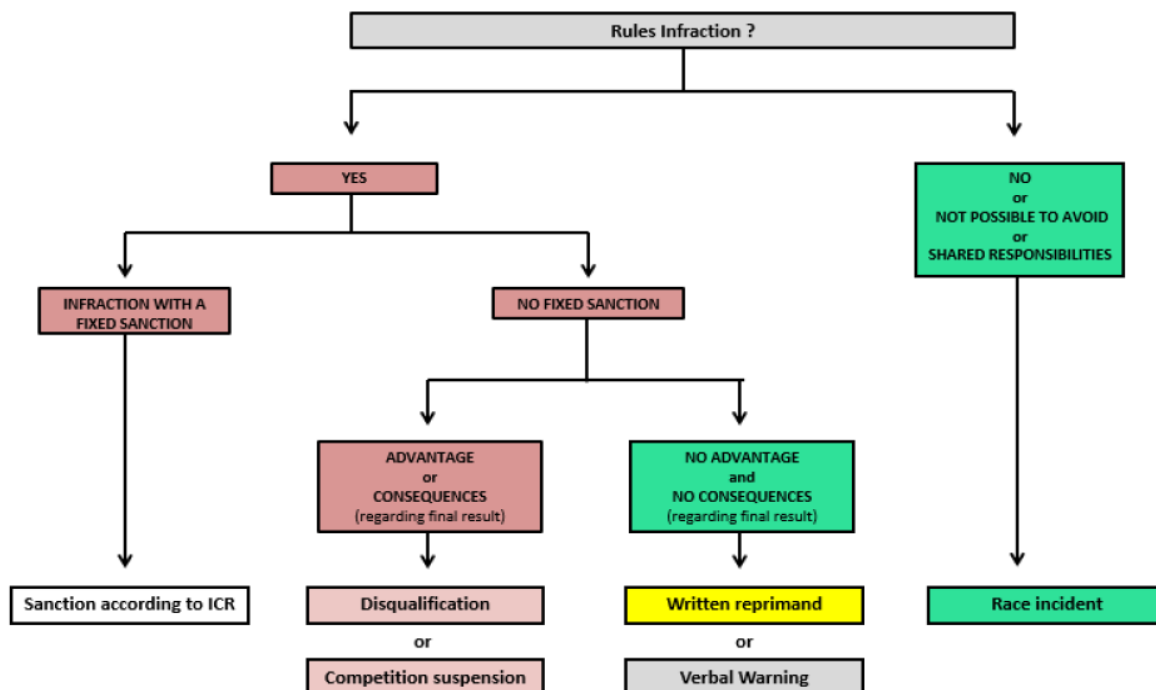
12338.1 Procedure

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

- the specific circumstances,
- the gain or advantage for the offender (see ICR art. 223.3.3),
- the negative impact on other competitors,
- the impact on the final result or intermediate results (sprint heats),
- the level of the competition,
- the age and experience of the competitors,
- the FIS jury decision chart and guidelines for Jury work.

⁶ Explanatory note: when skis for the ski exchange are positive for fluorinated wax before the skis are skied on, the athlete will be sanctioned with a DSQ.

12338.1.1 The following decision chart must be used when deciding on a sanction:



12338.1.2 A hearing of the offender (ICR 224.7) may be organised:

- on demand of the jury if necessary
- on demand of the offender in case of submission of a protest according to ICR 12339.

12338.1.3 Sanctions for the violation of technique rules can be given by a unanimous decision of two jury members (including TD) without video evidence.

12338.1.4 For PWG, WSC and WC competitions sanctions can be given by a unanimous decision of two jury members (including TD) providing that they are not from the same nation.

12338.1.5 The consequences of a sanction assessed on a guide during a competition automatically applies to the athlete/guide team. This includes the consequences of a second written reprimand regardless of team composition.

12338.2 Disqualification

12338.2.1 Disqualification should be used only for infractions with a clear impact on the final result of a competition.

In addition, a competitor shall automatically be disqualified if they:

- participate in the competition under false pretences

- either jeopardizes the security of persons or property or actually causes injury or damage;
- commits a serious violation of the principles of fair play or sportsmanlike behavior;
- intentionally causes obstruction (including in the shooting range);
- receives prohibited assistance (see art. 12332.11, 12336.6) from a member of their team staff or non-competing athlete on their team;
- takes part in a competition with a rifle that has not been inspected;
- participates in a competition using equipment that does not comply with competition equipment rules (art. 207);
- modifies equipment or rifle which has been inspected (in a prohibited way);
- participates in a competition with a start number or start number sequence color which has not been assigned to them on the competition start list, regardless of whether this is deliberate or due to a mistake made by them or by their team;
- fires more than five rounds in any shooting stage;
- does not lay in or is not shooting from the assigned shooting lanes;
- remains in an incorrect shooting position or incorrect position in the shooting lane after having been warned;
- violates any of the following shooting safety regulations:
 1. Shooting shall be permitted only on the shooting range, during officially authorized times. It is forbidden to make movements with a rifle which might endanger persons, or which may be perceived by others as dangerous.
 2. The rifle muzzle must be over the forward edge of the shooting ramp (= firing line) from the beginning to the end of the shooting stage.
 3. At all times, the competitor shall be responsible for the safety of his/her actions and rifle.
 4. The rifle may be loaded and unloaded only with the barrel pointing in the direction of the targets or up. To insert a magazine containing pellets into the rifle is also part of the loading procedure.
 5. All shots must be aimed and fired only at the targets.

- 12338.2.2 Competitors who receive a second written reprimand in the same season will be automatically disqualified. Written reprimands given during the season are not valid in the WSC and PWG periods. Written reprimands given during WSC or PWG are valid until the end of the season. If a competitor has two reprimands on file after games (one prior to WSC or PWG and one during WSC or PWG), then the next two written reprimands will each automatically result in disqualification. Written reprimands are applicable for the respective sport only (PCC or PBT), a list per sport is maintained and available under the Para Nordic document website.
- 12338.2.3 During stage events or first part of pursuit competitions, an offence that is normally sanctioned with a DSQ can instead be sanctioned by a time penalty. Using DSQ or time penalty will be the Jury's decision.
- 12338.2.4 After disqualification, the competitor's name will be shown on a revised result list indicating his/her status as DSQ and no times must be printed for this competitor.
- 12338.2.5 Competitors disqualified in Sprint heats at Sprint competitions will keep their qualification result and will not be disqualified from qualification result list.
- 12338.3** Competition suspension
- 12338.3.1 Competition suspension can only be used for ICR infractions during sprint heats.
- 12338.3.2 In Sprint competitions, a competition suspension means that the competitor will be ranked last in the heat and last in the round (6th for final, 12th for 1/2 finals and 30th for 1/4 finals).
- 12338.4** Competition suspension will always be accompanied by a written reprimand.
- 12338.5** In Team sprint competitions, a competition suspension means that the team will be ranked last in the heat and last in the round.
- 12338.6** Time Penalty
- 12338.6.1 The following false start infractions should be sanctioned by time penalties:

- 12338.6.1.1 In Interval Start competitions or Sprint qualifications, early start infractions should be sanctioned by a minimum time penalty of 15 seconds (the competitor's calculated time + 15 seconds minimum penalty).
- 12338.6.1.2 In competitions with Pursuit start, early start infractions should be sanctioned by a time penalty equal to the time gained (posted start time minus actual start time) + 30 seconds minimum penalty.
- 12338.6.1.3 In team sprint competitions or relay competitions, the Jury can decide to substitute a DSQ with a 3 minutes time penalty (see ICR art. 12338.2.3)
- 12338.6.2 Relay exchange infractions in relay and team sprint competitions will be sanctioned by time penalties as follows:
- relay competitions: minimum 30 seconds time penalty
 - team sprint competitions: minimum 15 seconds penalty
- 12338.6.3 Biathlon penalties:
- Two minutes Penalty
- A time penalty of two (2) minutes shall be imposed on athletes or teams for:
- every penalty loop, as a result of shot-penalties, not done immediately after each prone shooting by an Athlete;
 - every round not fired if the Athlete recommences skiing before he/she has fired all five shots in a competition.
 - if a competitor interferes with another competitor by extending outside of their lane.
- 12338.7** Written Reprimand
- 12338.7.1 Written reprimand should be used for all infractions of the rules that do not lead to a clear advantage for the offender

- 12338.8** Verbal Reprimand
- 12338.8.1 Verbal reprimand should be used to inform a competitor that their technique or behavior is very close to being in violation of the rules.
- 12338.9** Monetary Fine
- 12338.9.1 Monetary fines can be given to any accredited person.
- 12338.9.2 Monetary fine should be used for:
- infractions of advertising and commercial markings rules
 - minor course and range discipline infractions
 - for infractions to ICR 12335.5
 - violation of restrictions on ski testing and warming up
 - delayed skis delivery for equipment control up to 5 minutes (minimum 250 CHF)
- 12338.9.3 For competitors, a monetary fine may also be accompanied by a written reprimand.

F. Protests and Appeals

12339 Protests

- 12339.1** Types of Protests
- 12339.1.1 Against admittance of competitors or their competition equipment,
- 12339.1.2 Against the course or its condition,
- 12339.1.3 Against another competitor or against an official during the competition,
- 12339.1.4 Against timekeeping results,
- 12339.1.5 Against decisions of the Jury. Also see (See exception 12323.5.2).
- 12339.1.6 Against clerical errors of violations of the FIS rules after the competition
- 12339.2** Place of Submission
- The various protests are to be submitted as follows:

- 12339.2.1 Protests according to the art. 12310 – 12336.6 at the location or the email address designated in the official program on the official notice board or at the team captains' meeting.
- 12339.2.2 Protests concerning clerical errors or violations of the FIS rules after the competition must be sent by registered mail through the competitor's National Ski Association to the FIS Office within one month of the competition.
- 12339.2.3 Protests against Jury decisions that cannot be appealed (art. 224.11) will not be accepted.
- 12339.3** Deadlines for Submission
- 12339.3.1 Against the admittance of a competitor
- before the draw
- 12339.3.2 Against the course or its condition
- not later than 15 minutes after the end of official training
- 12339.3.3 Against another competitor or competitor's equipment or against an official because of irregular behavior during the competition
- within 15 minutes after the posting of the unofficial result list.
- 12339.3.4 Against the timekeeping
- within 15 minutes after the posting of the unofficial result list.
- 12339.3.5 Against Jury decisions that are not sanctioned
- within 15 minutes after the posting of the unofficial result list or the official communication.
- 12339.3.6 Against clerical errors or violations of the FIS Rules after the competition
- within one month of the competition.
- 12339.4** Form of Protests
- 12339.4.1 Protests are to be submitted in writing and in English language.
- 12339.4.2 Protests must be substantiated in detail. Proof must be submitted, and any evidence must be included.
- 12339.4.3 CHF 100.- or the equivalent in another valid currency must be deposited with the submittal of the protest. This deposit will be returned

if the protest is up-held. Otherwise it goes to the account of FIS and is used for the development of the sport.

12339.4.4 A protest may be withdrawn by the protesting party before the publication of a decision by the Jury. In this case, the money deposit must be returned.

12339.4.5 Protests not submitted on time or submitted without the protest fee are not to be considered.

12339.5 Authorization

The following are authorized to submit protests:

- the National Ski Associations
- Team Captains.

12339.6 Settlement of Protests by the Jury

12339.6.1 The Jury meets to deal with the protests at a predetermined place and time fixed and announced by it.

12339.6.2 At the vote on the protest, only the Jury members are to be present. The TD chairs the proceedings. Minutes of the proceedings are to be kept and signed by all voting members of the Jury. The decision requires a majority of all voting members of the Jury, not just of those present. In case of a tie, the TD's vote is decisive.

12339.6.3 The decision is to be made public immediately after the proceedings by posting on the official notice board with the publication time stated.

12340 Right of Appeal

12340.1 The Appeal

12340.1.1 It can be made

- against all decisions of the Jury (see also ICR 224.11)

- against the official result lists. This appeal has to be directed exclusively against an obvious and proven calculation mistake.

12340.1.2 Appeals must be submitted to the FIS by the NSA.

12340.1.3 FIS Office or respective competition Jury can start Appeal procedure also for other cases that could not be addressed before the publication of official result list.

12340.1.4 Deadlines

12340.1.4.1 Appeals against the decisions of the Jury are to be submitted within 48 hours of the publication of the official results list.

12340.1.4.2 Appeals against the official results are to be submitted within 30 days, including the day of the competition.

12340.1.4.3 Appeals filed according ICR 12340.1.3 are to be submitted within 48 hours after the publication of the official results list.

12340.1.4.4 The decision concerning the appeals are taken by
- the Appeals Commission
- the FIS Court.

12340.2 Postponing Effect

The evidence submitted (protest, appeal) may not cause a postponement of the appeal.

12340.3 Submission

All evidence must be in writing to be substantiated. Proof and evidence are to be included. Evidence submitted too late must be declined by the FIS (see 225.3). In order to file an appeal it must be accompanied with a deposit of CHF 500, which will be refunded if the appeal is upheld.