

# COMPETITION RULES FOR INTERNATIONAL BIATHLON ORIENTEERING FEDERATION (IBOF) BIATHLON ORIENTEERING EVENTS

Rules for the *World Championships*  
Rules for the *World Cup*



This version of the competition rules is valid from 1 May 2017.

*A vertical line in the left margin indicates a major change to the previous version (1 May 2014).*

*Current Section 2 and 3 were in the previous version Section 6 and 7.  
Appendix 2 is new.*

# Rules for Biathlon Orienteering

## CONTENTS

1	General .....	4
1.1	Steering regulations .....	4
1.2	Biathlon Orienteering disciplines .....	4
1.3	Athlete responsibility .....	4
1.4	Sporting fairness .....	4
1.5	Classification .....	5
1.6	Classes for World Biathlon Orienteering Championships and World Cup Biathlon Orienteering competitions .....	5
1.6.1	Classic Biathlon Orienteering .....	5
1.6.2	Sprint Biathlon Orienteering .....	5
1.6.3	Mass Start Biathlon Orienteering – not a World Championship discipline .....	5
1.6.4	Relay Biathlon Orienteering – not a World Cup discipline .....	5
1.7	Equipment .....	6
1.7.1	General .....	6
1.7.2	Clothing .....	6
1.7.3	Shooting equipment .....	6
1.7.4	Rifles and harness .....	6
1.7.5	Ammunition .....	6
1.7.6	Control of equipment .....	6
1.8	Anti doping .....	6
1.9	Safety and responsibility .....	6
2	Special rules for World Biathlon Orienteering Championships .....	7
2.1	General .....	7
2.2	Disciplines .....	7
2.3	Invitation .....	7
2.4	Participation in individual classes .....	7
2.5	Participation in relay classes and valid championship teams .....	8
2.6	Drawing the start list .....	8
2.7	Protests .....	8
3	Special rules for World Cup Biathlon Orienteering Competitions .....	9
3.1	General .....	9
3.2	Disciplines .....	9
3.3	Invitation .....	9
3.4	Participation .....	9
3.5	Protests .....	9
3.6	Results and World Cup Ranking .....	9
4	Classic Biathlon Orienteering Competition .....	10
4.1	Shooting .....	10
4.1.1	Adjustment shooting .....	10
4.1.2	Shooting elements, shooting positions, number of shots .....	10
4.1.3	Accomplishment .....	10
4.1.4	Faults .....	11
4.1.5	Evaluation .....	11
4.1.6	Penalty .....	11
4.2	Location orienteering .....	12
4.2.1	Map .....	12
4.2.2	Course distances, marking of the location course .....	12
4.2.3	Checkpoints and equipment .....	12
4.2.4	Accomplishment .....	12
4.2.5	Evaluation .....	13
4.3	Free orienteering .....	13
4.3.1	Control cards and control descriptions .....	13
4.3.2	Course distances for the free orienteering part .....	13

4.3.3	Flexibility in the distances .....	14
4.3.4	Refreshment.....	14
4.4	Final results .....	14
5	Sprint Biathlon Orienteering Competition.....	15
5.1	Shooting.....	15
5.1.1	Adjustment shooting.....	15
5.1.2	Shooting elements, shooting positions, number of shots, penalty course .....	15
5.1.3	Accomplishment .....	15
5.1.4	Other regulations.....	15
5.2	Free orienteering.....	16
5.2.1	Course distance.....	16
5.2.2	Current sprint competition rules.....	16
6	Mass Start Biathlon Orienteering Competition .....	17
6.1	Shooting.....	17
6.1.1	Adjustment shooting.....	17
6.1.2	Shooting elements, shooting positions, number of shots, penalty course .....	17
6.1.3	Accomplishment .....	17
6.1.4	Other regulations.....	18
6.2	Free orienteering.....	18
6.2.1	Course distance.....	18
7	Relay Biathlon Orienteering Competition.....	19
7.1	Relay classes.....	19
7.2	Shooting.....	19
7.2.1	Adjustment shooting.....	19
7.2.2	Shooting elements, shooting positions, number of shots, penalty course .....	19
7.2.3	Accomplishment .....	19
7.2.4	Changeover procedure .....	20
7.2.5	Other regulations.....	20
7.3	Free orienteering.....	20
7.3.1	Course distance.....	20
7.3.2	Forking system .....	20
7.4	Final results .....	20
APPENDIX 1:	Approved targets.....	21
1.	Board target.....	21
2.	Self-marking metal targets.....	21
APPENDIX 2:	Points calculation for World Cup Biathlon Orienteering.....	22

# 1 General

## 1.1 *Steering regulations*

These rules, together with the Appendices, shall be binding at World Biathlon Orienteering Championships, World Cup Biathlon Orienteering competitions and shall apply all other IBOF sanctioned international Biathlon Orienteering events.

An event, e.g. World Championships, may include more than one competition.

A competition may include more than one race (e.g. qualification races and final race).

The term Federation means a member Federation of the IBOF.

For details not defined by these rules, apply the current competition rules for foot orienteering of the International Orienteering Federation (IOF) and the current rules of International Biathlon Union (IBU) regarding the shooting part.

## 1.2 *Biathlon Orienteering disciplines*

These rules apply in following Biathlon Orienteering disciplines:

- Classic Biathlon Orienteering
- Sprint Biathlon Orienteering
- Mass Start Biathlon Orienteering
- Relay Biathlon Orienteering

Classic Biathlon Orienteering comprises the elements location orienteering, free orienteering and shooting.

Sprint Biathlon Orienteering comprises the elements free orienteering and shooting.

Mass Start Biathlon Orienteering comprises the elements free orienteering and shooting.

Relay Biathlon Orienteering comprises the elements free orienteering and shooting.

## 1.3 *Athlete responsibility*

During a competition, encourage the participants to complete the race, although there may be a suspicion that something is not right along the location and/or free orienteering course.

The organisers normally do their utmost to everything to be correct, but external factors and human error can cause problems. Since international championships normally are difficult to rearrange, the jury try as long as possible to find solutions to present fair results. This may mean that parts of the course can be deleted and the results based on the parts of the course that is not affected by the error.

It is therefore important that the competitor will continue in his race pace even after suspicion that there is an error along the path.

## 1.4 *Sporting fairness*

Sporting fairness shall be the guiding principle in the interpretation of these rules by competitors, organisers and the jury.

## 1.5 Classification

The competitor belongs to a certain class from the respective calendar year to the end of the year he or she reaches the age given below. Women may participate in a class for men. There is no limit in number of 5-years classes for older than 60 years.

Age	Class W/M								
	16	20	21	35	40	45	50	55	60
-16	<b>X</b>	p	p						
17-20		<b>X</b>	p						
21-34			<b>X</b>						
35-39			p	<b>X</b>					
40-44			p	p	<b>X</b>				
45-49			p	p	p	<b>X</b>			
50-54			p	p	p	p	<b>X</b>		
55-59			p	p	p	p	p	<b>X</b>	
60-			p	p	p	p	p	p	<b>X</b>

**X** = Belongs to a class

p = It is possible to compete in a class

## 1.6 Classes for World Biathlon Orienteering Championships and World Cup Biathlon Orienteering competitions

If there are few entered in a class, the organisers have the right to combine classes. The organiser can invite older individual classes than W/M70 as required.

### 1.6.1 Classic Biathlon Orienteering

W/M20, W/M21, W/M35, W/M40, W/M45, W/M50, W/M55, W/M60, W/M65, W/M70.

World Cup points only in classes W21 and M21.

Organiser can invite younger classes e.g. W/M-16, but not counted for the Championships.

### 1.6.2 Sprint Biathlon Orienteering

W/M20, W/M21, W/M35, W/M40, W/M45, W/M50, W/M55, W/M60, W/M65, W/M70.

World Cup points only in classes W21 and M21.

Organiser can invite younger classes e.g. W/M-16, but not counted for the Championships.

### 1.6.3 Mass Start Biathlon Orienteering – not a World Championship discipline

W/M20, W/M21, W/M35, W/M40, W/M45, W/M50, W/M55, W/M60, W/M65, W/M70

World Cup points only in classes W21 and M21.

Organiser can invite younger classes e.g. W/M-16.

### 1.6.4 Relay Biathlon Orienteering – not a World Cup discipline

All teams consist of two participants except M21-teams, which consists of three. Women can participate in men's classes. For more details, see section 7.1 and 2.5.

Junior: W/M20.

Senior: W/M21.

Master: W/M70, W/M95, W/M120.

All participants in the master classes must be 35 years or older. The total age of the team participants must at least achieve the class requirement of minimum total age 70, 95 and 120 years (based on year of birth).

Mix (not a Championships class): two participants, no restriction of age or nationality.

Organiser can invite younger classes e.g. W/M-16, but not counted for the Championships.

## **1.7 Equipment**

### **1.7.1 General**

Any bib-number must be worn and fastened so the bib-number is visible according to the organiser's instruction. Any bib-number advertisement may not be covered.

### **1.7.2 Clothing**

Fully covering clothing must be worn. However, the use of short-sleeved shirt is allowed unless otherwise stated by the organiser. The same clothing should be used during the whole competition.

### **1.7.3 Shooting equipment**

Only one strap stop - hook, loop, button or something alike - may be fastened on the outer side of the arm or in the shoulder seam of the arm carrying the strap to prevent the strap from slipping.

Only weapon, ammunition, arm strap and ear protection may be stored at the shooting range during the competition. If the arm strap and ear protection are stored at the shooting range when the competitor starts, this equipment also have to be stored there during the competitor's completed location and free orienteering, penalty loops running and until the competitor has passed the finish line.

The use of binoculars while accomplishing the shooting element is not allowed.

### **1.7.4 Rifles and harness**

The type of the rifle to be used is similar to the weapon used in the biathlon. The rifle specifications should be according the rules of International Biathlon Union. In Biathlon Orienteering competitions biathlon harness is not allowed.

### **1.7.5 Ammunition**

Only international standard .22 in. long rifle (calibre 5.6 mm) rimfire ammunition may be used. The bullets must be made of a uniform substance, lead or a similar soft material such as lead alloy. The muzzle velocity must not exceed 380 m/s, measured 1 m after leaving the muzzle.

### **1.7.6 Control of equipment**

It shall be possible to control the equipment before the start.

## **1.8 Anti doping**

Leaders and competitors have to follow the World Anti-Doping Code made by the World Anti-Doping Agency (WADA).

If an official from WADA attends, every competitor selected by the official has to report for control. If the result is positive, the competitor is disqualified.

## **1.9 Safety and responsibility**

The organiser explains all safety rules to the competitors and takes all necessary steps to guarantee the safety. A competitor violating these rules can be disqualified.

Competitors participate at their own risk. Insurance against accidents shall be the responsibility of their Federation or themselves, according to national regulations.

## **2 Special rules for World Biathlon Orienteering Championships**

### **2.1 General**

It is possible to win a World Biathlon Orienteering Championship title only in the W21 and M21 classes. There is also Junior (M/W 20) and Master (M/W 35 → M/W 70) World Biathlon Orienteering Championships, where the winners are champions of their own class. Only Federations can enter participants in all the championships classes. Competitors who are representing a Federation shall have full passport-holding citizenship of the country of that Federation.

There shall be a technical advisor to the competition leader accepted by IBOF.

If organiser does not follow IBOF rules, the deviation must be accepted by the technical advisor and announced in the invitation or at latest in the competition instructions.

An international jury must be pointed out before start off the competition. The jury consists of one representative from IBOF council and two team leaders. The team leaders shall be elected at the first team leader meeting during the WBOC, which means three countries are represented in the jury.

### **2.2 Disciplines**

The disciplines at World Biathlon Orienteering Championships event are sprint distance, classic distance and a relay. It is up to the organiser to decide in what order the disciplines shall take place.

### **2.3 Invitation**

The preliminary invitation for the World Biathlon Orienteering Championships should be sent at least six months before the event.

### **2.4 Participation in individual classes**

Only participants entered by national Federations are allowed to start and compete.

In each individual competition (sprint / classic distance) for the classes W21 and M21, each Federation may enter up to 10 women and 10 men.

The organizer is allowed to increase the number of participants in W21 and M21 after decision of IBOF council.

If a Federation registered more than 10 participants in the W21 and M21 must Federation clearly communicate which 10 included in the championship squad (these will be drawn in start groups). These excess competitors should start first in W/M21 Open and can not get a medals or titles.

In all other individual classes is no limitation in number of participants, but each participant must be entered by respective Federation.

The organiser can invite to "B" classes for learners. These classes have not status of World Championships.

Unless otherwise stated herein applies section 1.6, 1.6.1-2.

## **2.5 Participation in relay classes and valid championship teams**

Only teams entered by national Federations are allowed to start and compete.

In the Relay class for W21 and M21, each Federation may enter 5 women's team, each consisting of 2 team members, and 3 men's team, each consisting of 3 team members.

Teams with competitors from more than one Federation are not allowed, but incomplete teams may start. Under no circumstances may persons other than entered competitors participate in the competition.

Addition: this means that everyone entered by a Federation (competitors and team officials) can participate in a relay team (W21 and M21). If a nation wishes to use juniors or masters in a relay team, they must be included in the entered Federation total team. No participants representing a club is allowed to run in the relay.

In other relay classes than W/M21 is no limitation in number of relay teams per Federation, but each team must be entered by respective Federation.

If a Federation is unable to make full relay teams, it may form incomplete teams or teams with competitors from other federations (not W/M21 teams). Incomplete teams and teams represented by multiple federations can not compete for championship titles or medals.

Mix is not a Championships class.

Unless otherwise stated herein applies section 1.6.4.

## **2.6 Drawing the start list**

The drawing of the starting list should be executed latest at the team leader meeting.

In W21 and M21 there should be ten (10) start groups. Start group 1 starts first and start group 10 starts last.

The team leaders decide, latest at the team leader meeting, in which group his/her participants participate. There could only be one participant per Federation in each group.

The drawing performs in each start group if there are two or more runners in the group.

If there during the drawing the last runner in one start group and the first runner in next start group are from the same Federation the runner in the next start group should start as number two in the start group.

If there are only runners from one country in two or more start groups in a row they start after each other with the same start interval as in the rest of the class.

## **2.7 Protests**

Any mistake by the organiser or a competitor shall be handling by the competition leader. If any Federation is not satisfied with the competition leader decision, they can make a protest. The jury shall handle any protest. The jury is the highest instance for protests.



### **3 Special rules for World Cup Biathlon Orienteering Competitions**

#### **3.1 General**

There shall be a technical advisor accepted by IBOF.

If organiser does not follow IBOF rules, the deviation shall be accepted by the technical advisor and announced in the competitions instructions.

An international jury must be pointed out before start off the competition. The jury consists of one representative from IBOF council and two team leaders, which means three countries are represented.

#### **3.2 Disciplines**

The disciplines available for World Cup Biathlon Orienteering Competitions are sprint distance, classic distance and mass start distance. IBOF council can grant permission for other forms of competitions.

It is up to each organiser to suggest to IBOF Council what disciplines and in what order the disciplines shall take place.

The IBOF Council or its designated person should coordinate the overall World Cup program, so it will be a sensible distribution of disciplines throughout the year.

#### **3.3 Invitation**

Invitation and competition instruction must be in English.

#### **3.4 Participation**

There is no restriction in the number of participants per Federation. World Cup points are given only in the classes W21 and M21.

#### **3.5 Protests**

Any mistake by the organiser or a competitor shall be handling by the competition leader. If any Federation is not satisfied with the competition leader decision, they can make a protest. The jury shall handle any protest. The jury is the highest instance for protests.

#### **3.6 Results and World Cup Ranking**

The results must be sent to the IBOF designated person for World Cup ranking the day after the competition.

New ranking list must be published not later than 3 days after the competition.

Appendix 2 describes how World Cup points are distributed.

## 4 Classic Biathlon Orienteering Competition

Classic Biathlon Orienteering comprises the elements location orienteering, free orienteering and shooting. It is recommendable to carry out the elements in the order mentioned and without interruption. Depending on local conditions, deviations from the recommended order can be accepted, such as location orienteering - prone shooting - free orienteering - standing shooting.

Co-operation between the competitors is not allowed during the competition.

### 4.1 Shooting

#### 4.1.1 Adjustment shooting

The participants have to be offered adjustment shooting in the competition site where the shooting element in the prone position will take place.

Adjustment shooting shall be carried out on the day of competition before the competition. Before the adjustment shooting the targets shall be divided between the teams.

In adjustment shooting board targets shall be used.

#### 4.1.2 Shooting elements, shooting positions, number of shots

The shooting is carried out in two (2) elements according to the table below

Class	1st element		2nd element	
	Position	No of shots	Position	No of shots
W/M -16	Prone	10	Prone	10
W/M 18-	Prone	10	Standing	10

The shooting distance shall be 50 m (+/- 3 m). Only shooting targets stated in Appendix 1 shall be used.

There shall be wind flags at the shooting range. These flags should be placed at a distance 10 m and 30 m from the shooting ground and in the same height as the targets.

#### 4.1.3 Accomplishment

The shooting element is always carried out after running. The shooting is carried out as follows:

- 1) The participants shall run at least 300 m before the first shooting element and between the first and the second shooting element at least 100 m. The total running distance during the shooting must not exceed 1000 m.
- 2) The time of shooting is unlimited (the time is a part of the total running time).
- 3) The weapon must be kept at the shooting range all the time. When the participant pick up his or her weapon from the weapon-storage the weapon must be carried in the barrel and ammunition are brought along. The weapons breechblock has two alternatives a) with breechblock in the front and slacked percussion spring or b) with open breechblock. The loading is done at the place of shooting before the shooting.



The only way of carrying the weapon at the shooting range

- 4) If the participant does not fire ten (10) shots, in each position, this will result in disqualification of the participant from the competition.

The competitor is responsible for the weapon, ammunition and other equipment. The organiser provides space for handling and storing during the competition.

#### 4.1.4 Faults

The participant shall correct functional faults - concerning weapon or ammunition - but it does not give the right for reshooting. However, it is allowed manually to reload with a new cartridge as a replacement for a cartridge that did not work.

#### 4.1.5 Evaluation

	Additional time in minutes	
	Prone	Standing
Ring 1 (40 mm)	0	0
Ring 2 (110 mm)	2	0
Hit outside ring 2	2	2

The following is in force when shooting on a board target:

The board targets according to Appendix 1 must be used.

The evaluation must take place before the target is taken down. The evaluation must be done with the calibre used. Two (2) hits at the most are counted for a black bull's eye. If there are too many hits, the best ones are counted.

Closed marking. The result is shown to the competitor by distributing the competitor's target after the finish line has been crossed at the end of the competition.

The result of the shooting (running time + addition of time based on the shooting results) is included in the total competition time.

#### 4.1.6 Penalty

If the competitor doesn't handle the weapon correctly a penalty of at least one minute shall be adjudged by the competition leader.

## **4.2 Location orienteering**

### **4.2.1 Map**

The map must be protected from moist and glued on soft flexible board.

The map must include information about scale, contour intervals. The starting point must be marked and the north of the map must be given.

The backside of the map must be marked with figures (1-10) in a suitable order for signing. Sample map with the right positions shall be posted at the competition centre when all the competitors have started.

Location orienteering maps shall be distributed later as inspected, but not before everyone has started.

### **4.2.2 Course distances, marking of the location course**

The location course distance should be about 3 km.

The course shall be marked in the terrain with orange/white strips or red/white and a third colour-strips. The strips should be at least 4,5 cm wide.

### **4.2.3 Checkpoints and equipment**

The number of checkpoints shall be 10. The checkpoints shall be partly placed in and partly outside the course. The distribution shall be 5-5.

Checkpoints in and outside the course shall be chosen among terrain objects marked on the map. It must be possible to read the terrain objects chosen.

Checkpoints in the course is marked with a blue flag (or equivalent) placed in a square marked by blue strips on the ground in the checkpoints place.

For checkpoints outside the course, the checkpoints is marked with a yellow flag placed in a square marked by yellow strips on the ground. A direction indicator pointing towards the marked object out in the terrain. The indicator is completed with an IOF map symbol. The object outside the course (in the terrain) should be marked with an orienteering flag. If it is physical or legal impossible to put an orienteering flag at the terrain object and it is an obvious object, it is not necessary to put an orienteering flag on it.

Object outside the course shall be located not more than 400 m from the checkpoints place.

There shall be pins and pens for signing in every checkpoints place. It is allowed to carry your own pin.

### **4.2.4 Accomplishment**

The map is provided to the competitors at the starting moment.

The competitor have to follow the marking and not leave it more than five meter. The competitor are only allowed to go forward on the marked course.

In every checkpoint place, the competitors shall mark the position in question on the map with a pinprick and sign on the back. The signing is done so that the competitor draws a line from the pinprick to the corresponding number on the backside of the map with the signing pen belonging to the checkpoint. The competitor may not draw a circle at the pinprick. For every circle drawn around a pinprick a penalty of 10 min is added.

When the competitor has entered the checkpoint place, he or she shall not leave it before the pinpricking and signing have taken place.

It is absolutely forbidden to communicate with other participants during the competition.

#### 4.2.5 Evaluation

Every whole mm incorrect marked = additional time of 1 min. Parts of mm are not counted. At the most 10 mm per position is counted.

The correction measurement shall start from the centre of the map symbol (map sign) if a part of the terrain object has not been stated by the IOF map symbol. If part of the terrain object has been specified by the IOF map symbol, the correction measurement shall be started from this given point.

Only signed pinpricks are counted. If a pinprick is missing or a pinprick not signed, an additional time of 10 min is added to the positions in question.

Competitors who break the rules in item 4.2.4, and which is not regulated elsewhere, are punished with an additional time of 10 min for each mistake made. It can not be given more than 10 minutes in total additional time per checkpoint.

The result of the location orienteering (running time + additional time) is included in the total competition time.

### 4.3 Free orienteering

#### 4.3.1 Control cards and control descriptions

Control cards, any back-up labels and control descriptions shall be distributed to the competitors two (2) minutes before the start.

If the competition start with the location orienteering, the control description for the free orienteering shall be distributed 2 minutes before the start time for the location orienteering.

The organiser may print the control descriptions on the map.

After the location orienteering (or the free orienteering) there is a map-change (or a shooting before the map-change). The competitor drops his location-map (or free orienteering map) and takes a new map out of the box (or similar) for his/her category. The competitor is responsible for taking the correct map. The start of the free orienteering is at the map-change or at a new starting point, which is reached by following a marked route.

#### 4.3.2 Course distances for the free orienteering part

The winning time in women's classes must be in the lower part of the time interval according to the table below. Separate courses for women and men must be the aim.

Class	Winning time
W/M 16	30 - 40 min
W/M 20	40 - 55 min
W/M 21	45 - 60 min
W/M 35	40 - 55 min
W/M 40	35 - 50 min
W/M 45	35 - 50 min
W/M 50	35 - 50 min
W/M 55	30 - 45 min
W/M 60	30 - 40 min

### **4.3.3 Flexibility in the distances**

It is possible to organise the Classic Biathlon Orienteering with shorter free orienteering course distances. This shall be mentioned in the competition invitation.

In World Biathlon Orienteering Championships, the distance shall not be shortened.

### **4.3.4 Refreshment**

There must be liquid (water) available at the change between location orienteering and free orienteering and at least one additional refreshment point for the longer courses.

## **4.4 Final results**

Winner in the respective class is the competitor who has the lowest total time. Total time is the total running time + additional time from the shooting + additional time from the location orienteering.

## **5 Sprint Biathlon Orienteering Competition**

Sprint Biathlon Orienteering Competition comprises the elements free orienteering and shooting. The elements are possible to carried out in the order shooting prone – free orienteering – shooting standing. The organiser may change the order of elements. The elements must be carried out without interruption.

Co-operation between the competitors is not allowed during the competition.

### **5.1 Shooting**

#### **5.1.1 Adjustment shooting**

All participating competitors shall have a possibility to accomplish adjustment shooting according to section 4.1.1.

#### **5.1.2 Shooting elements, shooting positions, number of shots, penalty course**

Each competitor shall accomplish two (2) shooting elements. The first element takes place in a prone position and the second one in a standing position.

The competitor has in each element at his or her disposal five (5) cartridges to hit five (5) targets. All five cartridges has to be fired. However, it is allowed manually to reload with a new cartridge as a replacement for a cartridge that did not work.

In connection with the place of shooting, there must be a penalty course. The running time on the course should be between 30 – 45 seconds and the organisers should strive to have the same time for female and male runners.

Self-marking targets according to Appendix 1 must be used.

Unless otherwise stated herein applies section 4.1.

#### **5.1.3 Accomplishment**

If the first part of the competition not include free orienteering, the competitor shall run at least 300 m before the first shooting.

For every target that has not been hit after five (5) fired shots, the competitor shall run one (1) penalty loop.

If the competitor does not fire five (5) shots, in each position, this will result in disqualification of the competitor from the competition.

The competitor is responsible for the weapon, ammunition and other equipment. The organiser provides space for handling and storing during the competition.

#### **5.1.4 Other regulations**

Otherwise, the rules for Classic Biathlon Orienteering Competition apply.

## **5.2 Free orienteering**

### **5.2.1 Course distance**

In all classes, the orienteering course distance shall be applied so that the winning time is 18 – 20 min.

The possible extra running time caused of the shooting results, is not included in the calculated winning time.

### **5.2.2 Current sprint competition rules**

Normally, IOF sprint norm is not used at Sprint Biathlon Orienteering Competitions, although the map used is drawn according to IOF sprint norm.

If IOF sprint rules are applied, it must clearly be stated in the invitation and the competition instructions.



## **6 Mass Start Biathlon Orienteering Competition**

Mass Start Biathlon Orienteering Competition comprises the elements free orienteering and shooting. The elements has to contain at least three orienteering laps (preferred five laps), which are possible to carried out in the order free orienteering – shooting prone – free orienteering – shooting standing – free orienteering. The organiser may change the order of elements. The elements must be carried out without interruption.

Co-operation between the competitors is not allowed during the competition.

### **6.1 Shooting**

#### **6.1.1 Adjustment shooting**

All competitors shall have a possibility to accomplish adjustment shooting according to section 4.1.1.

#### **6.1.2 Shooting elements, shooting positions, number of shots, penalty course**

Each competitor shall accomplish two (2) – four (4) shooting elements. The first element takes place in a prone position and the second one in a standing position. If there are four shooting element the two first takes place in prone position and the third and fourth in standing position.

The competitor has in prone respective standing element at his or her disposal ten (10) cartridges to hit ten (10) targets. All cartridges has to be fired. However, it is allowed manually to reload with a new cartridge as a replacement for a cartridge that did not work.

In connection with the place of shooting, there must be a penalty course. The running time on the course should be between 50 – 60 seconds and the organisers should strive to have the same time for female and male runners.

Self-marking targets according to Appendix 1 must be used.

Unless otherwise stated herein applies section 4.1.

#### **6.1.3 Accomplishment**

The start shall be at the same time for all participants competing in the same class (mass start).

If the first part of the competition not include free orienteering, the competitor shall run at least 300 m before the first shooting.

For every target that has not been hit, the competitor shall run one (1) penalty loop.

If the competitor does not fire all shots, in each position, this will result in disqualification of the competitor from the competition.

The competitor is responsible for the weapon, ammunition and other equipment. The organiser provides space for handling and storing during the competition.

#### **6.1.4 Other regulations**

Otherwise, the rules for Classic Biathlon Orienteering Competition apply.

### **6.2 Free orienteering**

#### **6.2.1 Course distance**

The organiser should strive for five orienteering laps and it has to be at least three orienteering laps. A spreading (forking) system should be used. The last orienteering lap can be common for all competitors in the same class.

The winning time in women's classes must be in the lower part of the time interval according to the table below. Separate courses for women and men must be the aim. The possible extra running time caused of the shooting results, is not included in the calculated winning time.

Class	Winning time
W/M 16	30 – 40 min
W/M 20	50 – 70 min
W/M 21	60 – 80 min
W/M 35	50 – 70 min
W/M 40	45 – 60 min
W/M 45	40 – 55 min
W/M 50	35 – 50 min
W/M 55	30 – 45 min
W/M 60	30 – 40 min

## **7 Relay Biathlon Orienteering Competition**

Relay Biathlon Orienteering consists of the elements shooting and free orienteering. The relay is composed of a number of legs accomplished by the teams in a succession.

### **7.1 Relay classes**

In section 1.6.4 the relay classes is determined. Details regarding valid championships relay teams are determined in section 2.5.

The W21 relay teams consist of two (2) competitors who accomplish their own leg. The M21 relay teams consist of three (3) competitors who all accomplish their own leg. All other relay classes consist of two (2) competitors of whom both accomplish their own leg.

If there are few registered teams in a class, the organisers have the right to combine classes.

### **7.2 Shooting**

#### **7.2.1 Adjustment shooting**

All participating competitors should have a possibility to accomplish adjustment shooting according to section 4.1.1.

#### **7.2.2 Shooting elements, shooting positions, number of shots, penalty course**

Each competitor shall accomplish two (2) shooting elements. The first element takes place in a prone position and the second one in a standing position.

The competitor has in each element at his or her disposal 8 cartridges to hit 5 targets.

In connection with the place of shooting, there must be a penalty course. The running time on the course should be between 60 – 90 seconds and the organisers should strive to have the same time for female and male runners.

Self-marking targets according to Appendix 1 must be used.

Unless otherwise stated herein applies section 4.1.

#### **7.2.3 Accomplishment**

The start shall be at the same time for all teams competing in the same class.

Before the first shooting, the competitor shall run at least 300 m, or a part of the free orienteering. The second element of shooting can be accomplished after the orienteering, or in the middle of it. The organiser may divide the elements in different ways.

At the beginning of each shooting element, the competitor shall load the weapon with five (5) cartridges. If all targets are not hit with five (5) shots, the competitor have three (3) spare cartridges available. These may be manually loaded and fired one at a time until all targets have been hit or eight (8) shots have been fired. It is allowed manually to reload with a new cartridge as a replacement for a cartridge that did not work.

The organiser has to put up a place for spare cartridges for each shooting lane. The competitor decides if he or she will use the place for spare cartridges.

For every target that has not been hit after eight (8) shots, the competitor shall run one (1) penalty loop.

If the competitor does not fire eight (8) shots in each position, when there still are targets that has not been hit, this will result in disqualification of the competitor and thereby the team from the competition.

The competitor is responsible for the weapon, ammunition and other equipment. The organiser provides space for handling and storing during the competition.

#### **7.2.4 Changeover procedure**

The changeover procedure by competitor between legs performs either by "bodily contact" or by giving over a map, or given by the organiser's instructions.

#### **7.2.5 Other regulations**

Otherwise, the rules for Classic Biathlon Orienteering apply.

### **7.3 Free orienteering**

#### **7.3.1 Course distance**

In all classes except W/M120, the course distance shall be applied so the winning time per leg is 30 - 40 min. In W/M120 the winning time should be planned to be 25 - 35 min per leg.

The possible extra running time caused of the shooting results, is not included in the calculated winning time.

Class	Winning time
W/M 20	30 - 40 min
W/M 21	30 - 40 min
W/M 70	30 - 40 min
W/M 95	30 - 40 min
W/M 120	25 - 35 min
Mix	30 - 40 min

#### **7.3.2 Forking system**

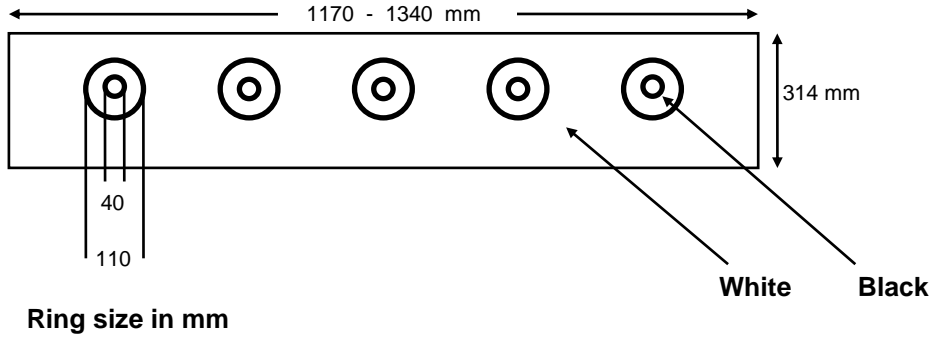
In relay competitions, the controls shall be combined differently for the teams, but all teams shall run the same overall course.

### **7.4 Final results**

The order, in which the finish line is crossed during the last distance, is also the final result for the respective class. Time is taken from the start of the teams to the moment the runner of the last leg crosses the finish line.

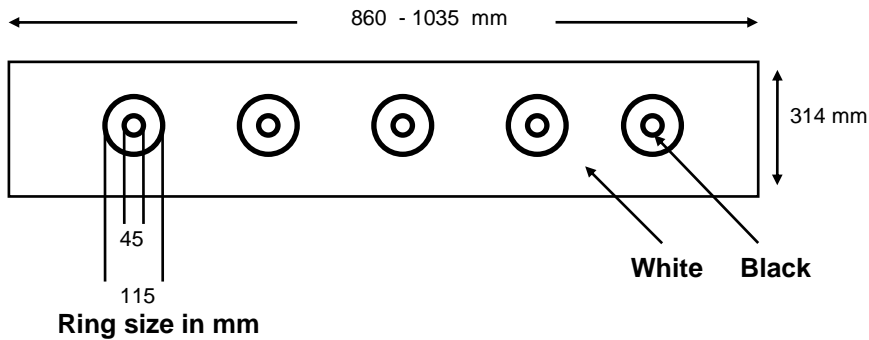
## APPENDIX 1: Approved targets

### 1. Board target



Other board targets with white background, black bull's eyes and the same rings size may be used.

### 2. Self-marking metal targets



Standard measures at mechanical and flap discs for approved targets types Kurvinen and Torsby.

Other mechanical targets with same performance may be used.

## APPENDIX 2: Points calculation for World Cup Biathlon Orienteering

The World Cup Biathlon Orienteering program consists of an annual number of competitions. The number of competitions may vary year after year depending on the availability of organisers. The ambition is a yearly World Cup program consisting of 10-12 competitions.

The disciplines available for World Cup Biathlon Orienteering Competitions are sprint distance, classic distance and mass start distance. IBOF council can grant permission for other forms of competitions. The ambition is to have a sensible distribution of different disciplines throughout the year.

For each World Cup competition, World Cup points are awarded according to the table below. World Cup points only in classes W21 and M21.

Ranking	World Cup points
1	30
2	27
3	25
4	24
5	23
6	22
7	21
8	20
9	19
10	18
11	17
12	16
13	15
14	14
15	13
16	12
17	11
18	10
19	9
20	8
21	7
22	6
23	5
24	4
25	3
26	3
27	3
28	3
29	3
30	3
31	3
and so on	

All participants who complete a competition get a minimum of 3 points.

The World Cup Biathlon Orienteering program consists of an annual number of individual competitions. Depending on the number of competitions for a particular year, each individual participant can count a certain number of competitions for the total score. For the calculation of the number of competitions that can be credited in the total score, a key of 2/3 of the total number of competitions is used in principle according to the table below. E.g. if the World Cup Biathlon Orienteering program consists of 12 individual competitions - a maximum of 8 competitions can be counted in the total score for each participant.

IBOF council decides for each year how many competitions to be counted (included) in the overall World Cup score (ranking).

If any of the competitions included in the World Cup program would be canceled (for whatever reason), then the number of competitions included in the total score calculation will be reduced in relation to the total number of competitions completed (according to the table below).

Total number of individual World Cup competitions	Maximum number of competitions that can be counted in the total score (statement)
14	9
13	9
12	8
11	7
10	6
9	6
8	5
and so on	