

Age category	Format	Race Distance		Shooting	Penalty
U11	Air Rifle or .22  <i>All shooting from prone position on standing targets with support. Without cuff.</i>	Sprint	2.0 K	P	50 Meters
		Pursuit	2.5 K	PP	50 Meters
		Mass Start	2.5 K	PP	50 Meters
		Individual	2.5 K	PP	15 Seconds
				<i>Rifles staged on mat at shooting point.</i>	
U13	.22 with support  <i>All shooting from prone position on standing targets. Without cuff.</i>	Sprint	3.0 K	PP	50 Meters
		Pursuit	4.0 K	PPP	50 Meters
		Mass Start	4.0 K	PPP	50 Meters
		Individual	4.0 K	PPP	20 Seconds
				<i>Rifles staged on mat at shooting point.</i>	
U15	.22 (no support) With Cuff.	Sprint	4.5 K	PP	75 Meters
		Pursuit	5.0 K	PPPP	75 Meters
		Mass Start	5.0 K	PPPP	75 Meters
		Individual	5.0 K	PPPP	30 Seconds
		Relay	3x1.0 K (total 9 K) 3 Person	PP	75 Meters
				<i>Rifles staged on mat at shooting point.</i>	
U17	.22 (no support) With Cuff.		<u>Boys</u>	<u>Girls</u>	
		Sprint	6.0K	4.5K	150 Meters
		Pursuit	7.5K	5.0K	75 Meters
		Mass Start	7.5K	5.0K	75 Meters
		Individual	7.5K	5.0K	30 Seconds
		Relay	3x1.5 K (total 13.5 K) 3 person	PS	75 Meters
				<i>Rifles racked at beginning and end of the range. Moved by coach or volunteer.</i>	

### Notes

1. Not all events will offer races for kids 8-10 or 11-12. It is hoped that the 13-14 and 15-16 age groups can be offered at races on a more consistent basis.
2. Category should be determined by date of birth similar to Youth, Junior and Senior determination under IBU rules.
3. Rifles are not carried on course by any of these age groups.
4. A novice race class should be included at events for relatively new club biathletes in the 11 to 14 year age groups to give them a racing opportunity and positive experience early on. All shooting would be done from the prone position on standing targets.