



Rules Highlights for Athletes

Version November 2014

This is a highlight of *some* of the rules, responsibilities, and rights of athletes in IPC Nordic competition. This is by no means complete. If you want a full version, clarification or context for any of these rules, you should refer to the full rulebook. Note that all rule numbers are noted on this handout and you can always refer to them in the full rulebook for more information (linked at footer).

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Ski Rules for All Athletes

Sprint

323.4.2.5 LW athletes are responsible themselves for leaving at the right time. The official shows the athlete the exact start time on a sticker attached to the hand of the official. B-Class athletes will be held back by the official until they can start.

323.4.2.7 Competitors are not allowed to change corridors/tracks within marked corridors the first 30-50m after the start line.

323.4.2.10 A false start in the heats means that the competitor has to stop the competition. The competitor will be ranked last of these final or semifinals heats.

315.7.1 For all competitions a competitor who makes a false start will not be recalled to the start line. False start infractions must be reported and sanctioned to the Jury.

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

343.3 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.

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

343.5 If transponders or GPS are used it is mandatory for the competitors to wear this equipment.

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



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343.6.1 If a competitor skis on a wrong section or leaves the marked course, they must return to the point where they made the error. In order to do so, the competitor may have to ski against the correct ski direction and shall be totally responsible for ensuring that they do not obstruct or endanger other competitors. There will be no penalty for having committed the error as long as no time/ranking advantage have been gained and there has been no interference with other competitors.

343.7.1 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.

343.7.2 LW10-12 athletes are not allowed to use one or both of their legs to steer or brake the sledge during competition.

343.9 In all competitions obstruction is not allowed. This behavior is defined as deliberately impeding, blocking (by not following best line), charging or pushing any competitor with any part of the body or ski equipment.

343.10.2 For all other competitions, when overtaking occurs, competitors must not cause any obstruction. The responsibility for a correct passing without obstruction is on the overtaking skier. The overtaking skier must have his/her skis in front of the skis of the overtaken skier before skiing his/her best line.

343.11 In sections with marked corridors, the competitors should choose a corridor. A competitor is allowed to leave the chosen corridor as long as the IPCNS art 343.9 is upheld. An athlete/guide should ski in the same corridor as their guide/athlete to avoid obstruction of other teams.

343.12.2 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.

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

343.12.5 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.

344.4 Wax testing and warming up on the ski competition course must always be done in the competition course direction.

Penalties for Rules Violations (Ski related)

352.2.2 In addition, a competitor should automatically be disqualified if they:

- participate in the competition under false pretenses (for example wrong bib, wrong name, gender, category etc)



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- 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
- violates the use of correct technique
- intentionally causes obstruction (incl. in the shooting range)
- receiving prohibited assistance (see art.) from a member of their team staff or non-competing athlete on their team
- taking part in a competition with a rifle that has not been inspected
- 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

352.2.3 A competitor who receives a second written reprimand in the same season will be automatically disqualified. Written reprimands given during the season are not valid in the WCH and PWG periods. Written reprimands given during WCH or PWG are valid until the end of the season.

352.4.1 Early start infractions should be sanctioned by time penalties:

- 352.4.1.1 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).
- 352.4.1.2 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.
- 352.4.2 Early start infractions in Relay competitions should be sanctioned by a time penalty of minimum 30 seconds. (added to the final result).

Biathlon Specific Rules for All Athletes

331.6.9 Position in Shooting Lane: The competitor must ensure that no part of his body or equipment protrudes over the 1.5 m red lines marking the 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.

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

331.8.3 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.

331.9.1 Damaged Rifles

- If a B-Class competitor loses time due to a rifle (provided by the Organizing Committee) that needs to be repaired or exchanged, a time adjustment will be made. There will be no time adjustment in the pursuit or sprint pursuit competition final.



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- Personal Rifles: If a competitor loses time due to a rifle (personal rifles) that needs to be repaired or exchanged, no time adjustment will be made.
- Assistance to repair an air rifle is only permitted on the shooting range, by an official or a coach.

331.9.4 No Time Adjustment: There shall be no time adjustment for repairing or exchanging a private rifle or obtaining a spare magazine or rounds.

331.10.1 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.

331.10.2 Target Malfunction: If a target fails to function, the competitor must be directed to another target.

331.10.3 Cross-firing and Target Hit by Another Competitor: If the target on which a competitor is shooting is fired on by another shooter, the incorrect shooter must be stopped immediately. If no target plates have fallen, the correct competitor may continue shooting. If a target plate has been hit, the target must be reset immediately and the competitor then continues shooting.

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

331.10.4 Time Adjustments and Responsibility: In those cases where a competitor loses time due to a target error or a problem with the B-Class shooting system, which is not his fault, the Competition Jury shall make an appropriate time adjustment.

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

343.18 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.

343.19 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.

Penalties for Rules Violations (Biathlon Related) *Note all ski rules/violation penalties still apply

352.2.2 In addition, a competitor should automatically be disqualified if they:

- 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;



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- violating any shooting safety regulations
 - 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.
 - 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.
 - At all times, the competitor shall be responsible for the safety of his actions and rifle.
 - 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.
 - All shots must be aimed and fired only at the targets.

352.4.3 Biathlon penalties: 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.

Rules for All Standing Athletes

The following rules are specific to standing athletes. Note that standing athletes are also compelled to uphold all previous rules in this document.

Classic Technique Definition

- 310.2.1.1 Classical technique includes the diagonal techniques, the double poling techniques, herringbone techniques without a gliding phase, downhill techniques and turning techniques.
- 310.2.1.2 Single or double-skating is not allowed.
- 310.2.1.3 Turning techniques comprise steps and pushes in order to change directions. Where there is a set track, turning techniques with pushing are not allowed. This will also apply to competitors skiing outside of the set track.

343.10 Overtaking

- 343.10.1 During an interval start competition a competitor who is being overtaken must give way on the first demand.
- 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 action.

343.12.6 Waxing, scraping or cleaning of the competitor's skis during the competition is forbidden.

Exception: In classical technique competitions competitors may scrape their skis to remove snow and ice, and add wax if necessary. Competitors may only be handed tools or materials and must do this outside of the track without help from any other person. (LW 5/7 and B1-3 athletes can be supported by a team official). It is not allowed to place branches, tools or materials on or adjacent to the groomed course.



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Rules for B Class Athletes

The following rules are specific to B class athletes and guides. Note that B class athletes are also compelled to uphold all previous rules in this document.

Sprint

323.4.2.5 LW athletes are responsible themselves for leaving at the right time. The official shows the athlete the exact start time on a sticker attached to the hand of the official. B-Class athletes will be held back by the official until they can start.

331.6.3 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.

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

331.6.5 All amplification systems used by the B classes are not allowed to be used inside the shooting range.

331.6.6 The shooting range is a "holding zone".

343.1.1 Guides: For reason of safety, the guide is allowed to hold a B Class athlete (one arm or one pole) on certain sections of the track which shall be clearly marked as described in IPCNS art.. 311.4.4

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

343.1.3 No physical contact between guides and visually impaired competitors during the race is allowed (except holding zones, see IPCNS art 311.4.4). It is forbidden to hold on, to hold up or pull the competitor even on the downhill sections. After a fall a guide or a marshal may hand the athlete their skis and/or poles.

343.1.4 During IPCNS sanctioned competitions all competitors in class B1 must wear their own opaque shades or glasses approved by the IPC Nordic Skiing Technical Committee. The glasses must be worn so that no light can be seen by the competitor (inside must be black). In the case that the B1 athlete's glasses are not approved, the IPC Nordic STC will provide glasses (if available) for the duration of the event.