



World Para
Nordic Skiing

World Para Nordic Skiing

Rules and Regulations 2018/2019

October 2018

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World Para Nordic Skiing Rules and Regulations

Cross Country Skiing and Biathlon

October 2018

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Section 1

200 Regulations for World Para Nordic Skiing

200.1 Applicability

All sanctioned competitions on the World Para Nordic Skiing (WPNS) Calendar must be organised in accordance with the IPC Handbook and World Para Nordic Skiing Rules and Regulations.

200.2 Participation

Sanctioned competitions listed in the WPNS Calendar are only open to all properly licensed competitors entered by their National Paralympic Committees (NPC) or designated National Ski Association (NSA) or National Ski Federation (NSF) or in accordance with quotas established for the respective competition.

The IPC recognizes only one national organisation per nation to enter competitors in Sanctioned WPNS competitions. However, the NPC will maintain the exclusive right and recognition to enter athletes from their nation in the Paralympic Winter Games and WPNS Biathlon and Cross-Country Skiing World Championships.

200.3 Special Regulations

The WPNS Sport Technical Committee (STC) can authorise a National Paralympic Committee or their designated NSA/NSF to adopt rules and regulations to organise national or international competitions with different grounds for qualification provided that they do not go beyond the limits laid down in the present rules.

200.4 Control

All sanctioned competitions must be supervised by a WPNS Technical Delegate of the WPNS STC or Governing Board.

200.5 Sanctions/Penalties

Every legal sanction imposed and published in respect of a competitor, official or trainer or Federation/Association will be recognised by the IPC and the National Paralympic Committee.

201 WPNS Competitions

201.1 The following World Para Nordic Skiing competitions are sanctioned by the IPC and WPNS and are subject to regulations regarding participation and/or qualification:

201.1.1 Paralympic Winter Games (PWG) and World Para Nordic Skiing Championships (WCH)

201.1.2 World Para Nordic Skiing (Cross Country and Biathlon) World Cups.

201.2 The following Para Nordic skiing competitions may be sanctioned by WPNS. When sanctioned they are subject to all WPNS Rules and Regulations including regulations regarding participation and/or qualification:

201.2.1 Continental Cups (COC)

201.2.2 European Cup (EC)

201.2.3 North American Cup (NAC) or NORAM

201.2.4 Asian Cup (AC)

201.2.5 Southern Hemisphere Cup (SHC)

201.2.6 International WPNS Competitions (WPNS)

201.2.7 Open National Championships (NC)

201.3 WPNS Disciplines

Cross-Country Skiing and Biathlon

201.4 WPNS Events

A competition in a sport disciplines that results in a ranking and gives rise to the award of points, medals and/or prizes.

201.5 Types of Competitions

International WPNS competitions consist of:

201.5.1 Cross Country Skiing Events

Sprint, Short Distance, Middle Distance, Long Distance, Mixed and Open Relay, Pursuit.

201.5.2 Biathlon Events

Sprint, Middle, Individual, Pursuit, Sprint Pursuit

201.6 WPNS World Championship Programme

- 201.6.1 To be included in the programme of the WPNS World Championships, events must have a recognised international standing both numerically and geographically, and have been included for at least one season in the World Cup before a decision about their admission can be considered.
- 201.6.2 A single event cannot simultaneously give rise to both an individual and a team ranking.

202 WPNS Calendar

The competition year begins 1 July and runs to 30 June of the following year.

202.1 Bidding and Announcement

- 202.1.1 Any National Paralympic Committee designated NSA/NSF or other authorised organisation (eg. Local Organizing Committee - LOC) is entitled to bid to organise the WPNS Biathlon and Cross-Country Skiing World Championships in accordance with the WPNS Bid Application Process for World Championships.
- 202.1.2 Any National Paralympic Committee, designated NSA/NSF or other authorised organisation is entitled to submit a Host Expression of Interest for any WPNS Race (WC, COC, NC, WPNS).

In order to achieve a fixed competition calendar at least two years in advance, the following deadlines apply for the receipt of the Host Expression of Interest.

Races	Preferred submission date	Deadline
WCH	4 or more years in advance	May 1
WC	2 or more years in advance	Sept 1
COC, NC, WPNS	1 or more years in advance	Sept 1

The Interest Forms are published on the WPNS Nordic Skiing website and must be sent to info@WorldParaNordicSkiing.org

202.1.2.1 Calendar Planning and Allocation of Competitions

Calendar planning is coordinated by the WPNS STC in consultation with WPNS Management. The allocation of the competitions will be communicated by WPNS through electronic communication with the National Paralympic Committees, designated NSA/NSF or LOC. In the case of WPNS World Cup and World Championship competitions, the calendars are subject to the approval of the WPNS STC and WPNS Management.

202.1.2.2 Homologations

Courses used for Paralympic Winter Games and World Championships must be homologated by the WPNS STC. Homologation should be completed by one year prior to the competition. Courses that are FIS homologated may be accepted for standing categories only. Courses for sit-ski athletes will require WPNS homologation.

World Cup venues and other sanctioned event venues will be subject to site inspection and course approval.

Refer to 311.2 for additional requirements and the WPNS Homologation Guide for standards and procedures.

202.1.2.3 Publication of the WPNS Calendar

The World Para Nordic Skiing Calendar will be published by WPNS on the website: <http://www.paralympic.org/nordic-skiing/calendar-results>. It will be continuously updated to reflect cancellations, postponements and other changes.

202.1.2.4 Postponements

In the case of a postponement/cancellation of a listed race from the WPNS Calendar, the LOC or hosting NPC or designated NSA/NSF must inform the WPNS immediately and a new invitation or notification must be released on the WPNS website.

202.1.3 Appointment of Race Organiser

When a National Paralympic Committee, or designated NSA/NSF or an authorised organisation appoints a Race Organizer (LOC); the NPC/NSA/NSF shall send the WPNS a copy of the written agreement between the NPC/NSA/NSF and this Race Organizer.

202.1.4 WPNS will issue contracts and sanctioning documents to the NPC/NSA/NSF and/or Race Organiser on July 1 prior to each season and these must be signed by October 15 prior to the season.

202.1.5 An organizer and its NPC failing to comply with the requirements set in the Sanctioning Application and/or formal Contract or Agreement is subject to sanctions by the IPC. This may result in deleting the races from the WPNS calendar.

203 World Para Nordic Skiing Race Licence

203.1 All athletes and guides competing in WPNS races are required to have a valid WPNS Licence, which is in accordance with the World Para Nordic Skiing Licensing Programme (located on the World Para Nordic Skiing website).

- 203.2 To compete at WPNS sanctioned events and acquire WPNS points, an athlete must be internationally classified by WPNS. Until an athlete has been Internationally (WPNS) Classified, he/she will be designated N status (New). An athlete with N status may not compete at World Cup, World Championship, or Paralympic Winter Games.
- 203.2.1 Participation of N class athletes, as fore runners or post runners at a WC or WCH event will be at the discretion of the jury. These athletes will not appear in the results list for the competition.
- 203.3 By signing the Athletes Eligibility Code Form, the athlete/guide confirms possession of valid liability insurance for WPNS events and assumes full responsibility, through his/her National Paralympic Committee.
- 203.4 The WPNS Licence will only be issued to athletes/guides who meet the requirements of the IPC Athlete Nationality Code.
- 203.5 The WPNS Licence will only be issued to athletes/guides who meet the requirements of the World Para Nordic Skiing minimum age limit requirements. In order to be eligible for WPNS competitions, the athletes/guides must be 14 years old during the calendar year (01.01 – 31.12) in which the ski season begins (see art. 202).
- 203.6 An athlete/guide whose licence has been suspended may have a new licence issued only after the WPNS STC has verified that any sanctions imposed have been fulfilled.
- 204 Race Licence Pre-requisites**
- 204.1 The IPC shall not issue a licence to any athlete/guide who:
- 204.1.1 has conducted his or herself in a manner that violates the principles of Fair play or does not comply with the regulations outlined the IPC Anti-Doping Code,
- 204.1.2 accepts or has accepted, directly or indirectly, any money /payments for their participation at competitions,
- 204.1.3 has not signed the Athletes Eligibility Code Form,
- 204.1.4 does not meet the conditions outlined in the IPC Nationality Code or age limit requirement outlined in art. 203.6, or
- 204.1.5 is under suspension.
- 204.2 With the issuance of a licence and race entry the National Paralympic Committee assumes full responsibility and confirms that valid insurance (as per art. 205.6) for training and competition is in place for all its athletes and guides.

205 Competitors Obligations and Rights

- 205.1 Athletes and guides must comply with the IPC Handbook, the World Para Nordic Skiing Rulebook and must comply with the instructions of the Jury.
- 205.2 Athletes and guides are not permitted to compete while under the influence of any substances or methods prohibited by the IPC Anti-Doping Code.
- 205.3 Athletes and Guides who do not attend the award ceremonies without prior notification may lose their claim to any prize granted including prize money (where applicable).
- 205.4 Athletes and guides must behave in an appropriate and sportsmanlike manner towards other competitors, members of the Organising Committee, officials and the public.
- 205.5 Athletes and guides are prohibited from betting on the outcome of competitions in which they are participating.

206 Sponsorships and Advertising

- 206.1 Teams may enter into contracts with a commercial firm or organisation for financial sponsorship and or the supply of goods or equipment.
- 206.2 Display of Competition Equipment during Award Ceremonies
 - 206.2.1 Competitors are not permitted to take off skis before crossing the red line in the finish area set by the organiser.
 - 206.2.2 A competitor is not allowed to take equipment (skis, poles, ski boots, glasses) to the official ceremonies, which have anthems and/or flag raising. (For PWG specific regulations apply).
 - 206.2.3 Holding or carrying equipment on the victory podium for press photos, pictures, etc. is permitted after the conclusion of the ceremonies involving anthems/flag raising. (For PWG specific regulations apply).

207 Advertising and Commercial Markings

- 207.1 Athletes/guides are forbidden to display any advertising or commercial markings of brands related to tobacco, alcohol products or drugs (narcotics).
- 207.2 Obscene names and/or symbols on clothing and equipment are forbidden.
- 207.3 The advertising on equipment that is used during IPC Paralympic Winter Games must conform to the IPC Manufacturing and Trademark Guidelines. These guidelines apply equally to all NPC's, their teams, as well as service personnel and suppliers.

208 Points System, Rankings and Trophies

208.1 WPNS Points System

The WPNS point system will be used to rank athletes overall and is described in the World Para Nordic Skiing and World Cup Points Rules.

These rankings will be used for seeding according to art. 314.5.

208.2 WPNS World Cup Point System

The WPNS World Cup point system shall be used to rank athletes participating in the World Para Nordic Skiing World Cup Series and is described in the World Para Nordic Skiing and World Cup Points Rules.

210 Organisation of Competition

211 The Organisation

211.1 The Organiser

211.1.1 The organiser of a WPNS competition is the person or group of people who make the necessary preparations and directly carry out the running of the competition at the venue.

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

211.1.3 The organiser must ensure that accredited persons accept the regulations regarding the competition rules and Jury decisions.

211.2 The Local Organising Committee (LOC)

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

212 Insurance

212.1 The organizer must take out liability and accident insurance for all staff (IPC Personnel included), including volunteers, all other accredited staff and athletes and visitors to protect the LOC against any claim related to the activities of the Organising Committee. The IPC will additionally cover its employees and appointed officials, who are not members of the Organising Committee (e.g. TD, administrator personnel, medical supervisor, etc.), with liability insurance when they are acting on behalf of the IPC. Despite this coverage during the event, IPC staff is considered part of the LOC staff and the insurance coverage only will apply if the LOC insurance will decline a potential claim

- 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 €700,000; whereby it is recommended that this sum is at least €2 million. Additionally, the policy must explicitly include liability insurance claims by any accredited participant, including athletes, against any other participant including but not limited to officials, course workers, coaches, etc.
- 212.3 All athletes and guides and team officials participating in World Para Nordic Skiing sanctioned events must carry accident insurance, in sufficient amounts to cover accident, transport and rescue costs including race risks and repatriation costs. The National Paralympic Committee's or the designated National Ski Association is responsible for adequate insurance coverage of all the athletes the license and enter into a WPNS race or event.
- 212.4 The National Paralympic Committee or designated National Ski Association or their athletes/guides or team officials must be able to show proof of the respective insurance coverage at any time on request of the WPNS STC, one of its representatives, or the organising committee.
- 213 Invitations/Programme**
- An invitation and programme (according to the standard template provided by WPNS), must be published by the respective organisers for each competition listed in the WPNS Calendar that 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,
- 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.
- 213.9 Cancellation / postponement policy.

214 Announcements

- 214.1 An event announcement should be published on the World Para Nordic Skiing Calendar website a minimum of 6 months prior to the event.
- 214.2 The Organising Committee must publish an invitation for the event. It must contain the information required by art. 213. The invitation should be published a minimum of 90 days prior to the event.
- 214.3 Postponements or cancellations of competitions and programme alterations must be communicated immediately by telephone, e-mail or telefax to the IPC, all invited or entered NPC's or Teams and the appointed TD. Competitions moved to an earlier date must be approved by the WPNS.

215 Entries

- 215.1 For WPNS WC and designated WPNS competitions each NPC/NSF must submit its competition entries using the WPNS online registration system (Paralympic.org/entries) according to the following dates:
- Preliminary Entries: 6 weeks prior to first competition
 - Final Entries: 10 days prior to first competition
 - Daily confirmation: 2 hours before team captains meeting or as directed by the jury.
- 215.1.1 An LOC may request preliminary entry information for planning and accommodation purposes separate from the online registration.
- 215.2 Special entry timelines and procedures shall apply for the Paralympic Winter Games and WPNS Championships.
- 215.3 At the request of an LOC, the WPNS STC, the WPNS Race Administrator will cancel a competitor's entry in a race/event if at the second Team captain's meeting his/her delegation has not covered the full costs of that competitor's participation.
- 215.4 WPNS will provide the LOC access to the online registration system to monitor entry data.
- 215.5 Only National Paralympic Committees or authorised National Ski Federations are entitled to submit entries for WPNS Races (WC, WCH, PWG).
- All entries will minimally include the following information:
- Athlete/Guide Registration Number, (WPNS Code)
 - Family Name
 - Given Name

- Gender
- Date of Birth (DD/MM/YYYY),
- Name of National Paralympic Committee and/or designated NSA/NSF;
- Event (s) to be entered
- Sport Class

215.6 The WPNS and the LOC may reject any entry/entries that do not comply with the above requirements.

216 Competition and Sanction Fees

216.1 Race Entry Fee (Athletes)

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

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

Competition	Race Fee
Paralympic Winter Games	N/A
WPNS Championships	According to IPC Competition Fee
WPNS sanctioned competitions (WC and below)	20€

216.2 Competition Sanction Fee (Organizing Committee)

An Organizing Committee must pay all competition sanction fees to the IPC according to the terms and conditions of the contract/agreement.

This Competition Sanction Fees are non-refundable.

The sanction fees are as follows:

Competition	Sanction Fee per Race
Paralympic Winter Games / WCH	N/A
World Cup	750 €

Competition	Sanction Fee per Event
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Continental Cup	250 €
WPNS Sanctioned Race	250 €

217 Team Captain's Meeting

- 217.1 Team Captain's meetings should be held prior to each day of competition but may be combined for more than one competition at the discretion of the jury.
- 217.2 The time and location of the first team captains' meeting must be shown in the event 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.
- 217.3 Two representatives of each participating nation may attend the TCMs. More representatives may attend if space permits.
- 217.4 Representation by a substitute from another nation during discussions/voting at a team captains' meetings is not allowed.
- 217.5 Team Captains and coaches must comply with the WPNS Rules and Regulations and the decisions of the Jury and respect the IPC Code of Ethics.

218 Starting Order

- 218.1 Competitors' starting order for each event and each discipline is decided according to a specific formula by draw and/or by points order. The method for determining start order for each event and discipline is defined in the Sections 314 and 315.
- 218.2 Competitors will only be drawn or assigned a starting order based on points and shown on the start list if their entries have been received (in SDMS) before the closing date.
- 218.3 Competitors who appear on the start list and are not present during the competition must be listed as DNS in the results.
- 218.4 If a starting order has been drawn and the competition has to be postponed to a different date, the draw must be repeated. If points are used to create the start order and a competition has to be postponed, the points list in effect at the time of the postponed competition will apply for determining start order.

219 Publication of results

- 219.1 The unofficial and official results will be published in accordance with the rules for the specific event. Official Results will also be posted on the WPNS website.

219.2 In the event of a change in an athlete's sport classification following first appearance or as the consequence of a successful appeal, the unofficial results may be adjusted before official results are posted according to the IPC Classification Code Model of Best Practice for Sport Class Changes following First-Appeal. This policy can be found in Chapter 1.3 of Section 2 of the IPC Handbook.

221 Prizes

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

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

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

221.4 For visually 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 the WPNS and LOC representatives at the last Team Captains Meeting before the award ceremony.

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

221.6 World Cup Trophies

221.6.1 A World Cup Trophy for the winner and medals for the top three (3) ranked athletes/guides will be awarded in each category / discipline.

221.6.2 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 more than one guide, the team manager must communicate the name to the WPNS and LOC representatives at the last Team Captains Meeting before the award ceremony.

221.6.3 The World Para Nordic Skiing STC will provide the Trophies and Medals.

- 222 Team officials, coaches, service personnel, suppliers and firm's representatives**
- 222.1 Team officials (support staff, coaches, medical personnel, wax technicians) are required to register in the WPNS SDMS. This registration will be valid for the entire season.
- 222.2 Registered team officials will be issued a personally numbered bib to be visibly worn in accredited areas at all WC and WCH competitions. Team officials are individually responsible for their bibs and a fee to be determined from time to time by the WPNS STC will apply for replacements in the event of lost bibs. Team bibs remain the property of WPNS.
- 222.3 At competitions where accreditation controls are in place, the Organising Committee must provide the Technical Delegate with a list of persons accredited to the competition.
- 222.4 Accredited technical officials, team officials, service personnel and suppliers must perform their specified function. Individual organisers are free to accredit additional company representatives or other important persons.
- 222.5 Only the technical delegate, jury, and accredited persons with clearly visible accreditation have access to the field of play (course, start, finish, and biathlon range) according to their accreditation.
- 222.6 **Gambling on Competitions**
Competitors, trainers, team officials and technical officials are prohibited from betting on the outcome of competitions in which they are involved.
- 223 Competitor Medical Examinations and Compliance with the IPC Anti-Doping Code**
- 223.1 The National Paralympic Committee and/or the designated NSA/NSF are responsible for the fitness of their competitors to race. All competitors are required to undergo a thorough evaluation of their medical health. This evaluation is to be conducted within the competitor's own nation.
- 223.2 All competitors and guides must comply with and are subject to the rules and regulations outlined in the IPC Anti-Doping Code.
- 223.3 For the Visually Impaired category, guides can also be eligible for anti-doping controls.
- 223.4 **Sex of the Competitor**
- 223.4.1 An athlete shall be eligible to compete in men's competition if he is:

- recognised as a male in law and in accordance with the WPNS regulations applicable at the time; and
- eligible to compete under these WPNS Rules and Regulations.

223.4.2 An athlete shall be eligible to compete in women's competition if she is:

- recognised as a female in law and in accordance with the WPNS regulations applicable at the time; and
- eligible to compete under these WPNS Rules and Regulations.

223.4.3 World Para Nordic Skiing will deal with any cases involving transgender athletes in accordance with the IOC's transgender guidelines (as amended by the IOC from time to time) and any applicable World Para Nordic Skiing regulations.

223.4.4 The eligibility of persons recognised as third gender in law will be determined by the IPC on a case-by-case basis, in accordance with any applicable World Para Nordic Skiing regulations.

223.5 **Anti-Doping**

223.5.1 The IPC Anti-Doping Code (located on the IPC website) applies to all IPC Games, IPC Competitions and World Para Nordic Skiing Sanctioned Competitions.

223.5.2 World Para Nordic Skiing Approved Competitions must be conducted in accordance with the anti-doping rules of the relevant governing body and the WADC International Standards. Random in-competition anti-doping testing (urine only or urine and blood) is also recommended at such Competitions but mandatory for world record performances at the Competition to be recognised by World Para Nordic Skiing.

223.6 **Medical Responsibilities**

223.6.1 In accordance with the IPC Medical Code, all athletes who compete in IPC Games, IPC Competitions and World Para Nordic Skiing Sanctioned Competitions are responsible for their own physical and mental health and for their own medical supervision.

223.6.2 By entering in an IPC Game, IPC Competition or a World Para Nordic Skiing Sanctioned Competition, an athlete releases the IPC and World Para Nordic Skiing from any liability to the extent permitted by law for any loss, injury or damage that he or she may suffer in relation to, or as a result of, his or her participation in Classification, the relevant Competition.

223.6.3 Notwithstanding the above Regulations 223.6.1 and 223.6.2, NPCs shall use best efforts to ensure the physical and mental health of all athletes under their

jurisdiction prior to their participation in IPC Games, IPC Competitions and World Para Nordic Skiing Sanctioned Competitions.

- 223.6.4 Every NPC is responsible to ensure that appropriate and continuous medical monitoring of its' athletes is undertaken. It is further recommended that NPCs organise for a periodic health evaluation of each athlete that it enters in an IPC Game, IPC Competition or World Para Nordic Skiing Sanctioned Competition and that NPCs appoint a team physician to attend all such Competitions.
- 223.6.5 The Technical Delegate (TD) will be entitled to prevent any athlete from competing where in his opinion it would be dangerous for the athlete to compete, including where the safety of other athletes, officials, spectators and/or the Competition itself is put at risk.
- 223.6.6 At all times, the overriding priority must be to safeguard the health and safety of athletes, officials and spectators. The outcome of the relevant Competition must never influence such decisions.
- 223.7 **Medical insurance**
- 223.7.1 NPCs are responsible to ensure suitable medical provision and medical insurance coverage for their respective delegations for World Para Nordic Skiing Sanctioned Competitions and (subject to Regulation 223.7.2 below) for the full duration of the relevant Competition, including travel to and from such Competitions. NPCs must provide a copy of this insurance to World Para Nordic Skiing if requested.
- 223.7.2 It shall be the responsibility of the LOC in each case to ensure on-site medical, emergency ambulance, first aid services and medical insurance coverage is provided at all IPC Games, IPC Competitions and World Para Nordic Skiing Sanctioned Competitions. The IPC Medical Committee shall issue and keep updated practical guidelines to assist LOCs in providing adequate medical services and taking appropriate safety measures at such Competitions.
- 223.8 **Medical and safety services at IPC Games, IPC Competitions and World Para Nordic Skiing Sanctioned Competitions**
- 223.8.1 The LOC shall be responsible for implementing the medical and safety services for IPC Games in accordance with the relevant host agreement.
- 223.8.2 LOCs shall be responsible for implementing the medical and safety services at IPC Competitions and World Para Nordic Skiing Sanctioned Competitions in accordance with the Scope of Event Medical Services for IPC Athletes (that forms part of the host agreement between the IPC and the LOC).
- 223.8.3 A Competition Medical Director shall be appointed by the LOC for each IPC Competition and World Para Nordic Skiing Sanctioned Competition to prepare

and co-ordinate the medical services and safety requirements during the relevant Competition. The IPC Medical and Scientific Director shall be the liaison person between World Para Nordic Skiing and the Competition Medical Director for all medical and safety-related matters. The IPC Medical and Scientific Director may delegate specific responsibilities to such person or persons at his discretion.

223.8.4 At all IPC Competitions and any other Competitions determined by World Para Nordic Skiing, World Para Nordic Skiing shall be responsible to ensure a medical representative to monitor implementation of these and any other competition specific medical and safety rules.

223.9 **Harassment**

The dignity of every individual must be respected. All forms of abuse and/or harassment are prohibited. The IPC Code of Ethics and the IPC Policy on Non-accidental Violence and Abuse (located on the IPC website) apply to all World Para Nordic Skiing Sanctioned Competitions.

223.10 **Autonomic dysreflexia**

The IPC Policy on Autonomic Dysreflexia (located on the IPC website at) applies to all World Para Nordic Skiing Sanctioned Competitions.

223.11 **Hypoxic or hyperoxic chambers or tents**

The use of hypoxic or hyperoxic chambers or tents is prohibited at all World Para Nordic Skiing Sanctioned Competitions.

223.12 **Smoking Ban**

Smoking is prohibited during competition at all venues of World Para Nordic Skiing Sanctioned Competitions.

224 **Competition Equipment and Technology**

224.1 A competitor is responsible for the equipment that they use (skis, sit-skis, bindings, ski boots, suit, prostheses, goggles, ski poles, rifles etc). It is each competitor's responsibility to check that the equipment they use conforms to the specifications and general safety requirements and is in working order.

224.2 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.

224.3 A competitor may only take part in an WPNS sanctioned competition with equipment that complies with the IPC Sport Equipment Policy (IPC Handbook

S3.10), Sport Classification Rules, and specific equipment rules included here in section 224.

Additionally, the FIS Specifications for Competition Equipment/Commercial Markings as published annually by the FIS Committee for Competition Equipment apply to skiing equipment.

- 224.4 In the event of any conflict or inconsistency between IPC and FIS equipment rules, interpretation by the WPNS STC will apply. The WPNS STC may specify additional rules, guidelines or variances to the FIS requirements.
- 224.5 All new developments in the field of competition equipment must be approved by the World Para Nordic Skiing STC. The WPNS does not take any responsibility for the approval of new technical developments, which at the time of introduction may contain unknown dangers to health or cause an increase in the risk of accidents.
- 224.6 New developments must be submitted to the World Para Nordic STC no later than 1st September 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 competitive season. It is the responsibility of the competitor to seek final approval.
- 224.7 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.
- 224.8 **Equipment Controls**
 - 224.8.1 The World Para Nordic Skiing Sport Technical Committee, Technical Delegate, or designate, will monitor the use of technology and equipment at World Para Nordic Skiing Sanctioned Competitions to ensure that it conforms to the principles outlined in the IPC Policy on Sport Equipment. This may include, but will not be limited to, the assessment of:
 - 224.8.1.1 whether or not equipment and/or prosthetic components are commercially available to all athletes (prototypes that are purpose built by manufactures exclusively for the use of a specific athlete shall not be permitted); and/or
 - 224.8.1.2 whether equipment contains materials or devices that store, generate or deliver energy and/or are designed to provide function to enhance performance beyond the natural physical capacity of an athlete.

- 224.8.1.3 whether equipment conforms with specific sport equipment rules referred to in 224.9
- 224.8.2 All adaptive equipment, including sit skis, prostheses, B1 goggles, corrective lenses, and air rifles must be registered by November 15 prior to each competition season using the WPNS Adaptive Equipment Form. An athlete will not be allowed to compete unless their adaptive equipment has been registered.
 - 224.8.2.1 All air rifles must also be submitted whether they have adaptations related to impairments or not.
 - 224.8.2.2 Changes, adjustments or modifications to equipment made during the season must be reported to the TD prior to a team captain's meeting and will be evaluated against the equipment rules by the jury and/or members of the STC.
 - 224.8.2.3 Before and during the competition season or on submission of protests to the Technical Delegate at the competition concerned, controls may be carried out by members of the WPNS STC and / or the Technical Delegate. The STC Head of Technical Control will coordinate this process.
- 224.8.3 Should there be a clear violation of Equipment Regulations, the Jury will determine the sanction in accordance with Section 225.
- 224.8.4 Should there be a well-founded suspicion that regulations were violated, the equipment items must be confiscated immediately by the STC or Technical Delegates, in the presence of witnesses, and be forwarded sealed to the WPNS, which will submit the items to a final control by the STC and/or an officially recognised laboratory as required.
- 224.8.5 No testing of equipment or material in independent laboratories may be requested at races where a WPNS Equipment Controller or STC member or Technical Delegate has performed the controls, unless it can be demonstrated that the controls have not been carried out according to the rules.
- 224.8.6 In cases of protest against items of the competition equipment, the losing party will bear the investigation costs.
- 224.9 **Equipment Rules**
 - 224.9.1 The Nordic sit-ski shall consist of a sitting device with a fixed seat, which is not adjustable during the race, mounted on a pair of cross-country skis or rolling devices (summer competition). No springs or flexible articulations are allowed in any segment of the sit ski, including the connection with the skis. The connection with the skis must be rigid.

- 224.9.1.1 The maximum allowable height difference between the point of contact of the buttock with the seat and the top of the ski is 40cm (including the cushion segment without load).
- 224.9.1.2 The sit-ski athlete shall be seated on the sit-ski at all times during the race, meaning that the athlete's buttocks shall remain in contact with the seat in accordance with the World Para Nordic Skiing Classification Rules & Regulations.
- 224.9.1.3 To prevent movement of the buttocks off the seat, the upper thigh (proximal femur) or hip must be strapped to the seat using a non-flexible material.
- 224.9.2 Biathlon air rifles must conform to art. 331.4. and 331.7.2.
- 224.9.2.1 Adaptations to rifles related to an athlete's impairment (such as loading and triggering mechanisms) must be identified in the inventory and approved by the WPNS STC.
- 224.9.3 Goggles worn by B1 athletes must conform to art. 341.3.1
- 224.10 **Prohibited Technology**
- 224.10.1 Use of the following technology is prohibited at World Para Nordic Skiing Sanctioned Competitions:
 - 224.10.1.1 equipment that breaches the fundamental principles outlined in the IPC Policy on Sport Equipment;
 - 224.10.1.2 equipment that results in athletic performance being generated by machines, engines, electronics, motors, robotic mechanisms or the like; and
 - 224.10.1.3 osteo-integrated prosthesis.
- 224.10.2 At any IPC Games, IPC Competition or World Para Nordic Skiing Sanctioned Competition the World Para Nordic Skiing Technical Delegate shall be entitled to prohibit the use of any equipment prohibited by these Regulations. In every case of a suspected breach the World Para Nordic Skiing Technical Delegate must report the matter to World Para Nordic Skiing. Upon receiving such a report World Para Nordic Skiing must refer the matter to the IPC Medical and Scientific Director. Any further investigation and/or action will be determined by the IPC on a case by case basis.
- 224.10.3 World Para Nordic Skiing shall be entitled to prohibit the use of equipment either permanently or on a temporary basis (to allow for further investigation) where it considers, acting reasonably, that any of the fundamental principles of equipment design and availability are breached.
- 225 **Sanctions**
- 225.1 General Conditions

- 225.1.1 The IPC Code of Ethics and the World Para Nordic Skiing Code of Conduct (both located on the IPC Website) shall apply to all participants of World Para Nordic Skiing Sanctioned Competitions
- 225.1.2 Any breach of these regulations shall be determined in accordance with the procedures outlined in the World Para Nordic Skiing Code of Conduct
- 225.1.3 All anti-doping rule violations, including any appeals regarding such violations, shall be determined in accordance with the IPC Anti-Doping Code.
- 225.1.4 Protests and appeals relating to Classification shall be determined in accordance with the World Para Nordic Skiing Classification Rules and Regulations.
- 225.1.5 An offence for which a sanction may apply and a penalty imposed is defined as conduct that:
- is in violation or non-observance of these WPNS Rules and Regulations. or
 - constitutes non-compliance with directives of the jury or individual members of the jury; in accordance with 226.2 and/or
 - constitutes unsportsmanlike behavior.
- 225.1.6 The following conduct shall also be considered an offence:
- attempting to commit an offence;
 - causing or facilitating others to commit an offence; and/or
 - counselling others to commit an offence.
- 225.1.7 In determining whether conduct constitutes an offence consideration should be given to:
- whether the conduct was intentional or unintentional, and/or
 - whether the conduct arose from circumstances of an emergency.
- 225.1.8 All affiliated NPC's and related 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 IPC Handbook and these WPNS Rules and Regulations.
- 225.2 **Applicability**
- 225.2.1 **Persons**
- These sanctions apply to:
- all persons who are accredited by the IPC or the organiser for an event published in the WPNS calendar (an event) both within and outside 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.

225.3 Penalties

225.3.1 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 EUR 100'000
- A time penalty

225.3.1.1 NPC's or designated NSA/NSF's or affiliated organisations are liable to the WPNS for the payment of any fines and incurred administrative expenses imposed on persons whose registration for accreditation they arranged.

225.3.1.2 Persons not subject to 225.3.1.1 are also liable to the WPNS 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 IPC events for a period of one year.

225.3.1.3 The payment of fines is due on receipt of an invoice from WPNS.

225.3.2 All competing competitors may be subject to the following additional penalties:

- Disqualification
- Impairment of their starting position
- Forfeiture of prizes and benefits in favor of the organiser
- Suspension from IPC events

225.3.3 A competitor shall only be disqualified if his rule violation would result in an advantage for him or disadvantage for others with regard to the end result, unless the rules state otherwise in an individual case (per 352.2.2).

225.4 A jury may impose the penalties provided in 225.3.1 and 225.3.2 however they may not impose a monetary fine of more than EUR 5000 or suspend a competitor beyond the WPNS event at which the offence occurred. WPNS may also impose penalties for breaches of these WPNS Rules and Regulations.

225.5 The following Penalty decisions may be given verbally:

- Reprimands

- the withdrawal of accreditation for the current event from any accredited person.

225.6 The following Penalty decisions shall be in writing:

- monetary fines
- disqualification
- impaired starting position
- competition suspensions
- withdrawal of accreditation from any accredited person.
- forfeiture of prizes and benefits in favor of the organizer or WPNS

225.7 Written penalty decisions must be sent to the offender, the offender's NPC and World Para Snow Sports Manager.

225.8 Any disqualification shall be recorded in the TD's Report.

225.9 All penalty decisions shall be recorded in the TD's Report.

226 Procedural Guidelines

226.1 Competence of Jury

The Jury at the event (from their arrival on site until their departure) has the right to impose sanctions according to the above rules by majority vote. In the case of a tie, the chairman of the Jury has the deciding vote.

226.2 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.

226.3 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.

226.4 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.

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

226.6 Prior to the imposition of a penalty (except in cases of reprimands and withdrawal of accreditation according to 225.5 and 226.2, during sprint quarter and semifinals according to 323.6.3 and for violations of classical technique according

to 352.1.2), the person accused of an offence shall be given the opportunity to present a defense at a hearing, orally or in writing.

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

226.7.1 The offence alleged to have been committed

226.7.2 The evidence of the offence

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

226.7.4 The penalty imposed.

226.8 The penalty shall be appropriate to the offence or according to the rules for specified violations. The scope of any penalty imposed by the Jury must consider the WPNS jury guidelines and any mitigating and aggravating circumstance.

226.9 Remedies

226.9.1 Except as provided for in 226.10, a penalty decision of the Jury may be appealed in accordance with these WPNS Rules and Regulations (art 227).

226.9.2 If an appeal is not filed within the deadline established in these WPNS Rules and Regulations, the penalty decision of the Jury becomes final.

226.10 The following decisions of the Jury are not subject to appeal:

226.10.1 Oral penalties imposed under 225.5 and 226.2

226.10.2 Monetary fines less than EUR 1'000. -- (One Thousand Euro) for single offence and a further EUR 2'500. -- for repeated offences by the same person.

226.12 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, WPNS covers all costs.

226.13 Enforcement of Monetary Fines

226.13.1 The IPC oversees the enforcement of monetary fines and the costs of proceedings. Enforcement costs are considered costs of the proceedings.

226.13.2 Any outstanding monetary fines imposed on an offender are considered a debt of the National Association to which the offender is a member.

226.14 Disposition of Monetary Fines

All monetary fines are paid into the WPNS STC budget and are used for the development of the sport.

226.15 These rules are not applicable to any violation of IPC Anti-Doping Rules.

227 Appeals

Board of Appeal

- 227.1. There shall be established a standing WPNS Board of Appeal (Standing BoA) that will be composed of 5 members appointed by the STC Nordic Skiing. The Standing BoA will be appointed during the spring meeting of the STC following the competition season. For the first BoA, the appointment shall take place as soon as practicable following the adoption of these WPNS Rules and Regulations. For each competition (WCH, WC, and below) 3 members of the Standing BoA will be nominated by WPNS, and for the PWG by the IPC, to act as the BoA for the event. Following receipt of a Notice of Appeal, the IPC Sport Staff will advise the BoA of that fact and will copy the notice to all BoA members.
- 227.2 No person shall sit on a BoA if the circumstances of the Appeal are such that they may have a conflict of interest or may reasonably be seen as having a conflict or otherwise be biased either for or against the Appellant, or where they have been involved in the decision being appealed, including as a witness.
- 227.3 The IPC Appointed Sport Staff person should advise all parties of the identity of the BoA members, and the email address for communication with the BoA as soon as the notice has been circulated to the BoA.

Right of Appeal

- 227.4 Subject to 226.10 (decisions of the Jury that are not subject to appeal), if a person considers there has been a procedural error(s) made in respect of the allocation of a penalty that person may submit a Notice of Appeal by filing with the TD or WPNS Sport Staff a written Notice of Appeal within 24 hours of notification of the decision being appealed.

Notice of Appeal

- 227.5 The Notice of Appeal must be endorsed by the Appellant's NPC or NSF (assuming the Appellant is not such a body, in which case they will be required to sign in their capacity as Appellant) and must set out the full grounds of the appeal, and evidence to be relied on and the legal and other arguments in support of the Appeal. The Notice must contain the Appellants email contact and/or mobile or other telephone contact number and must be dated and signed by the Appellant.
- 227.6 The Appellant must cover the cost of 500 Euro (or equivalent currency) when submitting the Notice of Appeal to the TD or WPNS Snow Sports Manager. The Appellant will be responsible for any additional costs if the Appeal is lost.

- 227.7 Upon receipt, the BoA shall immediately conduct a review of the Notice of Appeal to determine whether the content, timing and delivery of the Notice of Appeal complies with these WPNS Rules and Regulations.
- 227.8 If the Notice of Appeal does not comply with these WPNS Rules and Regulations the BoA shall be entitled to dismiss the Appeal and if it does so will notify the Appellant of its decision as soon as possible, which may be verbally or in writing. In this circumstance, a fresh Notice of Appeal can be made within the applicable time limit for bringing appeals.
- 227.9 If the Notice of Appeal complies with these WPNS Rules and Regulations then the Appeal will be forwarded to the Chair of the Jury that made the decision under appeal and any other party considered by the BOA to be relevant and affected by the Appeal. The Chair of the Jury and all affected parties shall be asked to submit a response to the Notice of Appeal within 12 hours.

Appeal Procedures

- 227.10 The Appeal should normally be decided within 72 hours of receipt of the Notice of Appeal however the BoA will have regard to the need to render its decision quickly and may announce its decision sooner than within 72 hours.
- 227.11 All appeals and responses must be submitted in writing in English, including any evidence the parties intend to offer in support of or in response to the Appeal.
- 227.12 The BoA shall decide on the location and detailed procedure for the Appeal.
- 227.13 The BoA 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 BoA will publish the decision once it is made.
- 227.14 The BoA must either affirm the penalty decision appealed or set aside the decision. Decisions of the BoA may be announced orally at the conclusion of the hearing and shall take effect from that time. In its written decision, the BoA must issue a ruling stating the reasons for its decision, including the evidence relied on and the actions that are required as a result. If the penalty decision is set aside, the BoA must specify the procedural error(s) committed. The written decision must will be delivered to the parties involved, including the Appellant's NPC, or NSF, and all members of the Jury whose decision was appealed, as soon as possible following the hearing of the Appeal.
- 227.15 There shall be no further appeal to challenge a decision of the BoA which shall be considered final and binding on all parties including the IPC and WPNS.

228

Violation of sanctions

Where there is a violation of a sanction that has been imposed (according to Section 225), WPNS may impose such further and other sanctions that it considers appropriate.

Section 2

300 Cross-Country Skiing and Biathlon Competition Rules

300.1 WPNS sanctioned competitions are governed by the following WPNS publications: IPC Handbook, World Para Nordic Skiing Rules first section (200s), second section (300s), Homologation Guidelines, Jury Guidelines, World Para Nordic Skiing Classification Rules and Regulations, WPNS Points Rules, WPNS World Cup Rules approved by the IPC Governing Board.

A. Organisation

301 The Organising Committee (OC)

301.1 An OC must be appointed for an international competition. The OC consists of members appointed by the NPC National Paralympic Committee, National Association or authorized organisation. The OC administers the rights, duties and obligations of the organiser. See article 210.

302 The Competition Officials

302.1 Appointment of the Competition Officials

302.1.1 WPNS appointed officials are:

- At Paralympic Winter Games (PWG) and World Championships (WCH):
 - WPNS Race director (RD),
 - Technical Delegate (TD),
 - TD Assistant Biathlon (TDA),
 - TD Assistant Cross Country (TDA),
 - one Jury Member.
 - International Referee Timing & Results (IR T&R),
 - one or more International Referee Biathlon (IR Bt),
 - the video controller, equipment controller, start/finish referee and the classifiers will be appointed by the World Para Nordic STC as required.
- At World Cup (WC):
 - WPNS TD,
 - International Referee Timing & Results (IR T&R),
 - International Referee Biathlon (IR Bt)

- WPNS Classifiers as required

302.1.2 National Federation (NF) appointed officials are:

- At WC competitions: National TD Assistant
- At WPNS Sanctioned Regional Competitions: a registered WPNS TD

All NF appointments are made in cooperation with the WPNS STC

302.1.3 Organising Committee Appointed Members

302.1.3.1 The Organiser appoints all other members. For all Paralympic Winter Games (PWG) and World Ski Championships (WCH) the following key technical officials have to be submitted to the WPNS for approval:

- Chief of Competition
- Ass. Chief of Competition
- Race Secretary
- Chief of Course
- Chief of Stadium
- Chief of Timing & Results
- Chief of range (BT)

302.1.3.2 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 WPNS. 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 is allowed to do only one job. Officials must be easily recognized by their uniforms, armbands or badges.

302.2 Competition Officials Appointed by the Chief of Competition

302.2.1 The Competition Officials are

- Competition secretary
- Chief of course
- Chief of timekeeping and data processing
- Chief of stadium

- Chief of competition control
- Chief of range (BT)

The chief of competition will appoint other officials as necessary.

302.3 The Competition Officials and their Duties

- 302.3.1 The chief of competition is responsible for all aspects of the competition and supervises the work of all other competition officials. He must periodically inform the jury about the preparatory work and about changes that may have to be made. He 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.
- 302.3.2 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.
- 302.3.3 The chief of course is responsible for the preparation (grooming, markings, and fencing) 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.
- 302.3.4 The chief of timekeeping and data processing is responsible for the direction and coordination of the officials working in the timing area (starter, finish referee, finish controller, manual timers, electronic timers, intermediate timekeepers and calculations officials' work).
- 302.3.5 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 sufficient 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.
- 302.3.6 The chief of control and competition security is responsible to organise together with the Jury the suitable placing of controllers, to collect all pertinent information and control cards after the competition and to report any incidents to the Jury.

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

- 302.3.7 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. He is also responsible for the flow of pertinent information to the press, radio and TV.
- 302.3.8 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.
- 302.3.9 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.
- 303 The Jury and its duties**
- 303.1 Members of the Jury
- 303.1.1 For all Paralympic Winter Games (PWG) and World Championships (WCH) the following will serve in the Jury:
- WPNS TD, is chair of the Jury
 - WPNS Assistant TD (CC)
 - WPNS Assistant TD (BT)
 - WPNS Race Director
 - the Chief of Competition
 - Jury member appointed by the World Para Nordic Skiing Technical Committee.
- 303.1.2 For WC the Jury will consist of the following:
- WPNS TD, who is chair of the Jury (appointed by World Para Nordic STC)
 - National TD, BT or CC (appointed by World Para Nordic STC or NSA)
 - Chief of Competition
 - WPNS IR Biathlon
 - one (1) foreign member appointed at the Team Captains Meeting.

In case that only Cross Country races are held and no WPNS BT IR is on site, a second foreign Jury member will be appointed at the Team Captains Meeting.

- 303.1.3 For other WPNS sanctioned competitions the Jury will consist of the following:
- the NF appointed WPNS registered TD
 - the chief of competition
 - other NF appointed officials and/or coaches appointed at the Team Captains Meeting
- 303.1.4 For all events the Chief Classifier or his/her designee shall give specific information to the Jury regarding classification matters as required.
- 303.2 The Role of the Technical Delegate (TD) and Assistant Technical Delegate (ATD) at WC, WCH, PWG, and other WPNS competitions
- 303.2.1 Authority
- The WPNS TD is the delegate of the IPC to the organizing body and is a guarantor for the IPC that the competition is conducted in accordance with the WPNS Rules. The WPNS TD must be approved by the WPNS STC and must be able to speak and write in the English language. The TD has the responsibility to involve and utilize the WPNS 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.
- 303.2.2 Appointment
- 303.2.2.1 For PWG, WCH and WC the TD must possess a WPNS TD-licence.
- 303.2.2.2 For WPNS sanctioned National competitions and Continental Cups the TD must be a WPNS approved National TD, a WPNS TD candidate or WPNS licensed TD.
- 303.2.2.3 For all PWG and WCH competitions the WPNS TD must not be from the host nation.
- 303.2.2.4 For the TD and the Race Director for PWG, the World Para NS STC will make a formal recommendation to the IPC Governing Board, who will make the final appointment.
- 303.2.2.5 For WCH and WC competitions the TD and the Race Director will be appointed by the World Para Nordic Skiing STC. For WC competitions, the NSA should appoint a National TD who is supervised and instructed by the WPNS TD.
- 303.2.2.6 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, WCH.
- 303.2.2.7 WPNS Race Director (RD)

This official is nominated by the IPC for competitions of the highest category (PWG and WPNS WCH). The WPNS Race Director must possess an WPNS TD-License.

The main duties of RD are:

- to support the IPC, WPNS, Jury and the Organizing Committee in the technical organization of the WPNS WCH and the PWG.
- to conduct sport technical inspections of the PWG, WCH sites
- to review and approve general plans according to WPNS technical requirements
- to oversee that technical aspects of the organizer's contract are correctly fulfilled
- to complete the homologation of the courses and the homologation of the Timing & Result System.
- to be the representative of WPNS who will oversee the development of the detailed competition and activity schedule (DCAS), and coordinate the competition activities with the Host Broadcaster, sport production, ceremonies, mixed zone and media coordinators.
- to arrive early enough at the site to oversee the preparation and be a helpful partner to the organizer.
- to monitor the proper operation of the event according to the regulations and guidelines of WPNS and to report issues to the World Para Nordic STC as necessary
- to provide coordination and support to the TD and IPC/WPNS staff by providing information and advice
- to serve in the Competition Jury
- to support the OC in the preparation of the Team Information Meeting
- to oversee branding / advertising checks on competition equipment & clothing.

303.3 Duties of the Jury

303.3.1 The Jury must ensure that the competition is organized and carried out according to the WPNS Rules. The responsibilities begin when the Jury is appointed and are ended when protests from the final competition have been decided and the official results are produced. The first Jury meeting should be held before the first official training.

- 303.3.2 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 WPNS Rules.
 - 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 leaders of the participating teams and the doctor responsible for the competition, postpone or cancel the competition
- 303.3.3 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 226.2).
- 303.4 Jury Duties before and during the Competition
- 303.4.1 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.
- 303.4.2 Jury duties before arrival to competition site:
- 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 decided by WPNS STC)

303.4.3 Jury duties on competition site before competition

- Liability insurance (WPNS art. 212)
- 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 (WPNS Points, cup standings, written reprimand), entries (eligibility, quotas, WPNS 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 approved WPNS format data transmission to WPNS.
- 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

303.4.4 Jury duties during competition:

- 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 WPNS art. 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 WPNS website
- TD must prepare his/her TD report within 3 days after the competition.

304 Reimbursement of expenses

304.1 Requirements of the Organisers

304.1.1 The WPNS appointed competition officials have a right to reimbursement for their travel expenses, as well as free accommodation and meals during the assignment

including travel days. This rule applies to agreed inspections as well as competition assignments. Travel expenses may include: train, first class; for longer distances, air fare in tourist/economy class; for short distances payment of a per kilometer fee of € 0.60 for use of a personal vehicle; highway taxes; airport taxi or parking fees; and extra baggage costs for skis. The maximum payment for personal vehicle transportation cannot exceed the equivalent cost of an airfare in economy class or the use of a rental vehicle. If overnight accommodation during the journey to and from the assignment is necessary, this must be justified in advance.

In addition, a fixed daily rate of € 80 is added for the travel days to and from, as well as each day of the assignment and includes any other incidentals. Double charges (e.g. travelling home on the same day as the last race or inspection day) are not permitted.

304.1.2 Reimbursement applies as follows:

- at WCH for the WPNS TD, WPNS Assistant TD CC, WPNS Assistant TD BT, WPNS Race Director, fixed Jury member, IR Timing & Results, IR Biathlon,
- at WC competition for the WPNS TD and the National TD assistant, IR Timing & Results, IR Biathlon,
- at other WPNS sanctioned competitions for the TD,
- includes official site inspection and homologation visits,
- at PWG, the reimbursement will be according to the Memorandum of understanding (MOU).

305 Team Captain's Meeting

305.1 Procedure

305.1.1 Before each competition a Team Captains' meeting is carried out. It should take place one day before the competition and may include one or more competitions at the discretion of the jury (also see art. 217).

305.1.2 The date, time and place of the Team Captains' meeting have to be published in the competition program (WPNS 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.

305.1.3 At PWG, WCH the seating arrangements of the participating teams have to be marked.

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

- 305.1.5 The Team Captains' meeting is conducted by the chief of competition.
- 305.1.6 At the Team Captains' meeting, a majority of the voting members is enough for a Jury recommendation. Each team has one vote.
- 305.1.7 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 (WPNS 303.3.2).
- 305.2 Agenda
- 305.2.1 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.
- 305.2.2 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 WPNS Race Director
 - general information from the Organiser
- 305.2.3 Minutes, which contain all topics of discussion, Jury decisions and the recommendations made must be taken at the Team Captains' meeting.

B. Competitions

310 Competition Formats and Programs

310.1 Table for distances and course lengths

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	800m (+/-300m)	sit ski	800m (+/-200m)	1
	LW 10-12	women	800m (+/-300m)	sit ski	800m (+/-200m)	1
	LW 2-9	men	1200m (+/-400m)	standing	1200m (+/-400m)	1
	B1-3	men	1200m (+/-400m)	standing	1200m (+/-400m)	1
	LW 2-9	women	1200m (+/-400m)	standing	1200m (+/-400m)	1
	B 1-3	women	1200m (+/-400m)	standing	1200m (+/-400m)	1
CC short	LW 10-12	men	5.0 km	sit ski	2.5 or 5km	2 or 1
	LW 10-12	women	2.5 km	sit ski	2.5 km	1
	LW 2-9	men	5.0 km	standing	2.5 or 5km	2 or 1
	B1-3	men	5.0 km	standing	2.5 or 5km	2 or 1
	LW 2-9	women	2.5 km	standing	2.5 km	1
	B 1-3	women	2.5 km	standing	2.5 km	1
CC middle	LW 10-12	men	7.5km	sit ski	2.5km	3
	LW 10-12	women	5.0km	sit ski	2.5km	2
	LW 2-9	men	10km	standing	2.5, 3.3, or 5km	4,3 or 2
	B1-3	men	10km	standing	2.5, 3.3, or 5km	4,3 or 2
	LW 2-9	women	7.5 km	standing	2.5	2 or 1
	B 1-3	women	7.5 km	standing	2.5	2 or 1
CC long sit ski	LW 10-12	men	15km	sit ski	3.0km	5
	LW 10-12	women	12km	sit ski	3.0km	4
CC long standing	LW 2-9	men	20km	standing	4 or 5km	5 or 4
	B1-3	men	20km	standing	4 or 5km	5 or 4
	LW 2-9	women	15km	standing	3 or 5km	5 or 3
	B 1-3	women	15km	standing	3 or 5km	5 or 3
Relay 2 x 2.5km classic +	mixed (330%)	classic	5km	sit ski	2.5km	2
		free	5km	standing	2.5km	2

2 x 2.5km free	open (370%)	classic	5km	sit ski	2.5km	2
		free	5km	standing	2.5km	2

Biathlon

Competition	Class	Gender	Total Distance	Course	Loops	
Bt Sprint Penalty loop 150m 2 shootings	LW 10-12	men	7.5km	sit ski	2.5km	3
	LW 10-12	women	6.0km	sit ski	2.0km	3
	LW 2-9	men	7.5km	standing	2.5km	3
	B1-3	men	7.5km	standing	2.5km	3
	LW 2-9	women	6.0km	standing	2.0km	3
	B 1-3	women	6.0km	standing	2.0km	3
Bt Middle Penalty loop 150m 4 shootings	LW 10-12	men	12.5km	sit ski	2.5km	5
	LW 10-12	women	10km	sit ski	2.0km	5
	LW 2-9	men	12.5km	standing	2.5km	5
	B1-3	men	12.5km	standing	2.5km	5
	LW 2-9	women	10km	standing	2.0km	5
	B 1-3	women	10km	standing	2.0km	5
Bt Pursuit 2 day Pursuit Penalty loop 150m 4 shootings	LW 10-12	men	12.5km	sit ski	2.5km	5
	LW 10-12	women	10km	sit ski	2.0km	5
	LW 2-9	men	12.5km	standing	2.5km	5
	B1-3	men	12.5km	standing	2.5km	5
	LW 2-9	women	10km	standing	2.0km	5
	B 1-3	women	10km	standing	2.0km	5
Bt Sprint Pursuit Qualification + Final Penalty loop 80m 2 shootings	LW 10-12	men	2.4 - 3.0km	sit ski	800m (+/-200m)	3
	LW 10-12	women	2.4 - 3.0km	sit ski	800m (+/-200m)	3
	LW 2-9	men	3.6 - 4.8km	standing	1200m (+/-400m)	3
	B1-3	men	3.6 - 4.8km	standing	1200m (+/-400m)	3
	LW 2-9	women	3.6 - 4.8km	standing	1200m (+/-400m)	3
	B 1-3	women	3.6 - 4.8km	standing	1200m (+/-400m)	3
Bt Individual Penalty 1 minute 4 shootings	LW 10-12	men	15km	sit ski	3.0km	5
	LW 10-12	women	12.5km	sit ski	2.5km	5
	LW 2-9	men	15km	standing	3.0km	5
	B1-3	men	15km	standing	3.0km	5
	LW 2-9	women	12.5km	standing	2.5km	5
	B 1-3	women	12.5km	standing	2.5km	5

310.2 **Technique Definitions**

310.2.1 Classical Technique

310.2.1.1 Classical technique includes the diagonal technique, the double poling techniques, herringbone technique without a gliding phase, downhill techniques and turning technique.

310.2.1.2 Single or double-skating is not allowed.

310.2.1.3 Turning technique comprises steps with the inner ski and pushes with the outer ski in order to change skiing direction.

310.2.1.4 Where there is one or more set track, repeatedly changing or stepping in and out of the tracks is not allowed.

310.2.1.5 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.

310.2.2 Free Technique

Free technique includes all Cross-Country skiing techniques.

310.3 The Programs for PWG, WCH, and WC Competitions

310.3.1 As a principle the number of competitions in the two techniques should be equal in WC every year, and the same for championships.

310.3.2 **PWG and WCH**

310.3.2.1 For the PWG and the WCH, the program is:

Cross country skiing:

Standing & VI men:	1200m, 10km and 20 km
sit-ski men:	800m, 10km and 15 km
standing & VI women:	1200m, 7.5km and 15 km
sit-ski women:	800m, 2.5km and 12 km
all	mixed and open relays (4 x 2.5km)

Biathlon:

Standing & VI men:	7.5km, 12.5km and 15 km
sit-ski men:	7.5km, 12.5km and 15 km
standing & VI women:	6km, 10km and 12.5 km
sit-ski women:	6km, 10km and 12.5 km

Biathlon

The World Para Nordic Skiing Sport Technical Committee (WPNS STC) is authorized to decide what type of biathlon competition should be included in the program for PWG, WCH and WC. The decision shall be given prior to the season.

310.3.2.2 Techniques

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

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

310.3.3 World Cup

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

311 Cross-Country and Biathlon Competition Courses

311.1 Fundamental Characteristics

311.1.1 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 World Para Nordic Skiing Homologation Guide.

311.1.2 At PWG and WCH the courses may only be used in the direction established in the homologation certificates.

311.1.3 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.

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

311.2 **The Homologation**

311.2.1 Refer to 202.1.2.2 for applicability to PWG, WCH, and WC courses.

311.2.2 In competitions designed for World Para Nordic Skiing sport promotion it is possible to use courses outside of the homologation standards providing they have been approved by the World Para Nordic STC.

311.2.3 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.

311.2.4 At PWG, WCH, and WC competitions, the highest point of a Cross-Country and Biathlon course should not exceed 1800 m.

311.3 **Preparation of the Course**

311.3.1 **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.

311.3.2 **General Preparation for the competition**

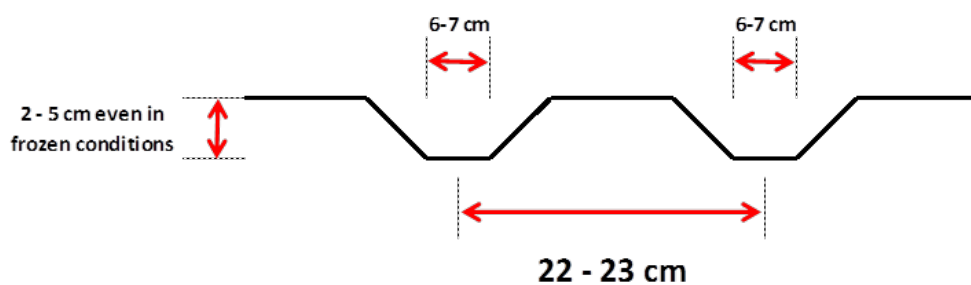
311.3.2.1 The course should be completely prepared with mechanical equipment. If heavy machines are used, they should follow the original configuration of the ground as much as possible in order to preserve the undulations of the terrain.

311.3.2.2 The course must be prepared to the recommended width according to the WPNS Homologation Guidelines and the competition format (see World Para Nordic Skiing Rules Section B). 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.

311.3.2.3 The courses, the warm up tracks and the shooting range (if needed) must be completely prepared before the official training, correctly marked and with the kilometer signs in place.

311.3.2.4 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.

- 311.3.2.5 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.
- 311.3.2.6 A test area should be prepared and clearly marked alongside or near to the competition course.
- 311.3.3 **Preparation for Classical Technique**
- 311.3.3.1 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.
- 311.3.3.2 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.
- 311.3.3.3 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 fence.
- 311.3.3.4 To decide the proper course preparation and track setting, the best competitors and highest possible speed must be taken into consideration.
- 311.3.3.5 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.



- 311.3.3.6 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.
- 311.3.4 **Preparation for Free Technique**
- 311.3.4.1 The course must be well-packed the entire width. The width of the course should be suitable with the competition format
- 311.3.4.2 The Jury determines where and how tracks will be set in the downhills.

- 311.3.4.3 One single track shall be set on one side of the course for athletes skiing in classical technique.
- 311.3.4.4 In sections where standing athletes and sitting athletes use the same course 2 classical tracks shall be set if possible.
- 311.4 **Marking the Course**
 - 311.4.1 The marking of the course must be so clear that the competitor is never in doubt where the course goes. At PWG and WCH the colors of the markings have to be determined and described in the course descriptions.
 - 311.4.2 Kilometer signs should mark the accumulated distance skied along the course.
 - 311.4.3 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.
- 311.5 **Refreshment Stations**
 - 311.5.1 The OC must at a minimum provide a refreshment station (in the finish area).
 - 311.5.2 The Jury decides on positions or limitations on feeding stations on the competition course.
- 311.6 **Course Protection**
 - 311.6.1 At PWG, WCH competitions the courses should be fenced along both sides at all places where spectators can potentially interfere with the competitors.
- 311.7 **Training and Inspection of the Course**
 - 311.7.1 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.
 - 311.7.2 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 WCH the WPNS training bibs must be worn.
- 312 The Cross-Country and Biathlon Stadium**
 - 312.1 Stadium Area**
 - 312.1.1 The stadium has to be prepared with a well-designed start/finish area.
 - 312.1.2 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)

312.2 **Start Zone**

312.2.1 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 World Para Nordic Skiing competition formats and the stadium layout. The corridors should be as long as possible.

312.2.2 The starting positions will be set according to the competition formats

312.3 **Finish Zone**

312.3.1 The last straight 50 to 100m 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 and the stadium layout.

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

312.4 **Exchange zone**

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

312.4.2 The size (length and width) should be adapted to the competition format and the available space in the stadium.

312.5 **Pit boxes**

312.5.1 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. 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.

312.6 **WPNS Biathlon Range**

See World Para Nordic Skiing Rules section 331.2

- 312.7 WPNS Biathlon Penalty loop
See World Para Nordic Skiing Rules 331.3
- 312.8 Working Conditions
- 312.8.1 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.
- 312.8.2 Timekeeping and calculation should be located in a building with a good view of the start and finish.
- 312.8.3 At PWG and WCH competitions, WPNS 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.
- 312.8.4 A heated room must be provided for the medical office near the stadium.
- 312.9 Additional Facilities
- 312.9.1 In the immediate vicinity of the stadium at PWG and WCH, 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, WCH, and WC.
- 312.9.2 Toilets and wash rooms (both accessible for wheelchairs) must be installed for competitors near the stadium. They must be easily reached from the start area.
- 312.10 Current Information Facilities
- 312.10.1 A notice board showing results, important information from the OC and the Jury, and the air and snow temperature should be located close to the wax cabins and the stadium. The temperatures must be displayed for the following times: two hours before the start, one hour before the start, half an hour before the start, at the start, half an hour after the start, one hour after the start.
- 312.10.2 Temperature measurements must be taken in the stadium area and at places where extreme temperatures (low point, high point) can be expected.
- 312.10.3 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.
- 312.10.4 In order to inform international competitors, trainers, spectators, English language must be used.
- 313 Official entries for the organiser**
- 313.1 Procedure

- 313.1.1 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 WPNS online SDMS registration system.
- 313.1.2 As a minimum, the required data fields shown in the Official WPNS Entry Form must be included. See WPNS art. 215.
- 313.1.3 In all B classes the competitor and his guide are a team. Therefore, the guide(s) name for each blind competitor must be included on the entry form prior to the start of each race.
- 313.2 Receiving daily entry confirmation for a specific competition
 - 313.2.1 PWG and WCH: Daily entries confirmation and grouping information (when required) for each race must be received and checked by the competition secretary two hours before the Team Captains' meeting or the time specified by the jury at the first team captain's meeting.
 WC: Daily entries confirmation and, grouping information, and changes (when required) should be received and checked by the competition secretary two hours before the Team Captains' meeting or the time specified by the jury at the first team captain's meeting.
- 313.3 Late Entries
 - 313.3.1 Late entries can be admitted by the Jury before the draw.
 - 313.3.2 Late entries are not admitted after the draw.
- 313.4 **Substitution**
 - 313.4.1 After the creation of the start list at PWG and WCH with limited team entries a competitor can only be substituted if he 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.
 For other international competitions, the Jury can give the competitor permission to start in cases worthy of special consideration. The start time of any competitor thus entered must not give him any advantage over other competitors. If more than one competitor is entered late, the numbers will be drawn by lot.
 - 313.4.2 In the event of an accident during warming up the Jury can permit a substitution later than 2 hours before the start if the accident is reported to and certified by the Chief of medical and rescue service of the OC.
 - 313.4.3 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.

313.4.4 The starting position of the substitute competitor will be according the articles in section C “Competition Formats “

313.4.5 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.

314 Starting Order

314.1 Principles

314.1.1 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, WPNS WCH and WPNS WC the start list shall be created by using the WPNS points.

314.1.2 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.

314.1.3 The recommended start orders of the different classes if the same track is being used for all 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

314.2 Draw Procedures

314.2.1 Manual and computer methods are allowed for the draw.

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

314.2.3 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.

- 314.2.4 If a competition has to be postponed to a different date, the draw must be repeated (article 218.4).
- 314.2.5 It is possible to have the draw conducted before the Team Captains Meeting under the supervision of the Jury.
- 314.3 **Manual Draw**
- 314.3.1 In this method, each competitor receives one number from a sequence determined by the number of competitors in his 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.
- 314.4 **Computer Draw**
- 314.4.1 When not using the WPNS results software, the computer draw procedures must be inspected by a member of the Jury in order to validate the process.
- 314.4.2 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 with-in 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.
- 314.5 **Using a Points System to Determine the Starting Order**
- 314.5.1 Start order will be defined by using WPNS points. Athletes without WPNS points will be drawn.
- For interval start distance competitions competitors will normally start in reverse order of their current WPNS 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 WPNS 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 principal, the group with the best points will receive the most favorable starting position.

314.6 Bibs (Start Numbers)

314.6.1.1 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 and mass starts should also have numbers on both sides under the arms; this is also possible for other competitions.

314.6.1.2 The guides will wear a yellow/orange bib printed with a "G" meaning the word "Guide".

314.6.2 Leg, Shoulder or Sit Ski Numbers

314.6.2.1 For standing skiers' leg or shoulder numbers are not required.

314.6.2.2 During biathlon competitions, sit-skiers must display start numbers on both sides of the sit ski or on both shoulders.

315 Start Procedures

315.1 Types of Starts

315.1.1 For WPNS competitions, interval start, mass start, pursuit start, and heat start will be used.

315.2 Interval Start Procedure

315.2.1 Interval starts will normally use half-minute intervals and fifteen seconds for sprint qualifying round. The Jury may approve shorter or longer intervals.

315.2.2 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.

315.2.3 The competitor must have his feet (standing classes) or torso (sitting classes) behind the start line and remain stationary before the starter gives his 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.

315.2.4 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.

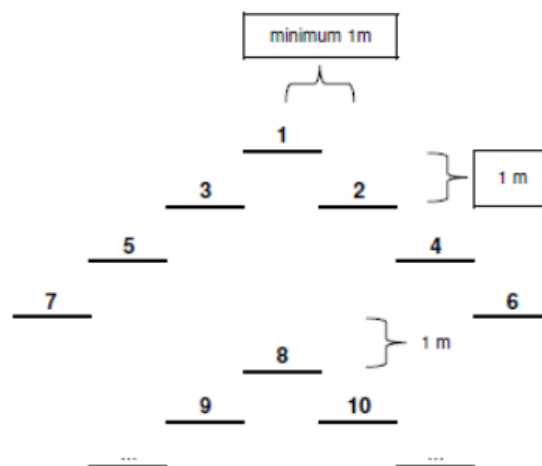
315.2.5 A competitor who starts late must not interfere with the start of others.

315.2.6 With both electric and hand-timing, the competitor's actual start time must be noted in case the Jury decides his late start was due to force majeure.

315.3 Mass Start Procedure

315.3.1 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 side of the arrow 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.



315.3.2 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.

315.3.3 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.

315.4 Pursuit and Wave Start Procedure

315.4.1 The starting order and intervals are set according the calculation with the applicable class percentages and the results of a first competition. See WPNS art. 316.6.2 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

315.4.2 In order to avoid overlapping or competition taking too long, the Jury may allow a mass or wave or heat start for the late starting competitors. The Jury is also allowed to reduce the number of starting competitors.

315.4.3 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.

315.4.4 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.

315.4.5 If there is a need (eg 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.

315.5 Wave or Heat Start procedure

315.5.1 The start area is prepared with a start line and a pre-start area

315.5.2 Competitors are organised in the pre-start area where instructions are given and start lanes designated.

For specific start procedures see Section C

315.6 Duties of the Start Officials

315.6.1 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.

315.7 False Start Consequences

315.7.1 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.

315.8 Marking of Skis

315.8.1 Ski marking will not be used unless requested in advance by the sanctioning body of the competition or requested by the jury. 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 his starting bib.

315.9 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.

316 Timing

316.1 For all WPNS sanctioned competitions, electronic timekeeping must be used. Electronic timing will always be supplemented by hand timing or equivalent as a backup system and the results cross-checked between the two systems.

316.2 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.

316.3 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.

316.4 Electronic Timing

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

- Electronic timing system based on start gates and photocells. The measuring point of the light or photo barrier must be at the same height as the barrier of the starting gate (approx. 60cm above the snow surface).
- Electronic timing system using STC 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.

316.4.2 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 316.4.1

316.4.3 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.

316.4.4 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.

316.5 In the case of competitors falling as they cross the finish line, the competitors will be assigned their finish time as per articles 316.3 or 316.4 if all the parts of their bodies are moved across the finish line without any outside assistance.

316.6 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.

316.6.1 For PWG, WCH 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

316.6.2 **Start times based on the qualification or previous competition**

Principle

The principle is that in the finals, the competitors with different disabilities (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, his 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.

316.6.3 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 316.6.2 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 328)

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.).
 $iT = wR - B \cdot 100 / iP$
- 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”.

316.7 During the PWG, WCH, photo finish cameras must be used. If the photo-finish cannot decide the ranking, the competitors remain tied.

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

317 Results

317.1 Calculation of Results

- 317.1.1 The results in interval start competitions are calculated by taking the difference between the finish and start times as described in 316.6. 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 WPNS art 316.4.3
- The result list shows the time behind the winner (real time in 1/10th of a second)
- 317.1.2 **Individual Biathlon Competitions**
- In all Individual competitions, the competitor's time is the elapsed time between start and finish as described in 316.6 plus any shot-penalty minutes imposed.
- All time penalties shall be added to the calculated racing time. No Percentages shall be used for penalties.
- 317.1.3 Time adjustments (except time penalties) shall be added/subtracted to/from the real skiing time, before calculating with the individual percentages.
- 317.1.4 The number of categories in total is three per gender:
- LW 10 – 12 (Sit ski), LW 2 – 9 (Standing), B 1 – 3. (Visually Impaired)
- 317.1.5 In the use of 3 categories with combined classes, the percentage system will be used. Each competitor has his own percentage according to his classification class or individual percentage.
- 317.1.6 **Percentage System**
- The percentages are determined by the STC and subject to change. The valid percentages can be downloaded from the World Para Nordic Skiing website <https://www.paralympic.org/nordic-skiing/downloads/race-documents>.
- 317.1.7 **Tie- Breakers:**
- If two or more competitors have the same time in a competition, the following tie-breaking rules shall apply:
- 317.1.7.1 **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.
- 317.1.7.2 **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.

317.1.7.3 Sprint competition:

317.1.7.3.1 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. WPNS 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)

317.1.7.3.2 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.

317.1.7.3.3 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.

317.1.7.4 Pursuit competition:

317.1.7.4.1 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. WPNS 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)

317.1.7.4.2 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.

317.2 **Publication of Results**

317.2.1 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.

317.2.2 The official result list must contain the final rank of the competitors, starting number, class, percentages, intermediate times, real time, missed shots, calculated time and the delta time (where applicable see art 317). Skiing technique, the number of competitors, names of the competitors who started but did not finish, any disqualified competitors, any written sanctions, time penalties, the technical details of the course; length, HD, MC, TC, the weather, temperature data, and the composition of the Jury.

317.2.3 In countries where the Latin alphabet is not used, information and results should also be given in Latin characters.

317.2.4 The competition secretary and the TD sign the official result list and certify that it is correct.

317.2.5 The percent of each competitor must be printed on all entry, start and result lists.

317.2.6 The unofficial and official start and result lists shall include the last name and first initial of the race guide of each visually impaired racer.

C. Competition Formats

320 Cross-Country Skiing Competitions

321 Interval Start Competitions

321.1 Definition

At interval start competition, each competitor starts at his/her designated starting time and the result is determined by difference between finish time and start time and recorded in the results according to art. 317

Short Distance:	LW 10-12	women	2.5 km
	LW 10-12	men	5 km
	LW 2-9	women	2.5 km
	LW 2-9	men	5 km
	B1-3	women	2.5 km
	B1-3	men	5 km

Course	Sit Ski	Standing
women	2.5 km	2.5 km
men	5 km	5 km
loops	1	1

Middle Distance:	LW 10-12	women	5 km
	LW 10-12	men	7.5 km
	LW 2-9	women	7.5 km
	LW 2-9	men	10 km
	B1-3	women	7.5 km
	B1-3	men	10 km

Course	Sit Ski	Standing
women	2 or 3 km	2.5 km
men	2.5 km	2.5 km or 5 km
loops	2 or 3	2, 3 or 4

Long Distance:	LW 10-12	women	12 km
	LW 10-12	men	15 km
	LW 2-9	women	15 km
	LW 2-9	men	20 km

B1-3 women 15 km
B1-3 men 20 km

Course	Sit Ski	Standing
women	3 km	3 km or 5 km
men	3 km	4 km or 5 km
loops	4 or 5	3 or 4 or 5

321.2 Courses and stadium

321.2.1 Norms for WCH 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)

321.3 Entries - Substitution

321.3.1 Substitution is possible according to WPNS art. 313.4.

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

321.4 Starting Order and Start Procedure

321.4.1 Interval start procedure must be used (see WPNS art. 315.2)

321.5 Timing and results

321.5.1 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. 317.1.7.1).

321.6 Jury and protests

No specific rules

322 Pursuit Competitions

322.1 Definition

Pursuit competitions are carried out as combined competitions where starting times of athletes are determined by the individual percentage 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. 316.6.2)

322.2 Courses and stadium

322.2.1 Norms for WCH 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	Free Technique
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)	

322.3 Entries – Substitution

322.3.1 Substitution according to WPNS 313.4 is only possible before the first part of a Pursuit competition.

322.4 Starting Order and Start Procedure

322.4.1 Pursuit start procedure must be used (see WPNS art. 315.4).

322.5 Timing and Results: see WPNS art. 316/317

322.5.1 Overlapping Rules normally apply. For skiers who are lapped refer to WPNS art. 343.14.1.

322.5.2 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.

322.6 Jury and protests

No specific rules.

323 Sprint Competitions

323.1 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 (WPNS art. 315.4) and finish ranking by order of finish / real time. (WPNS art. 317)

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

Course	Sit Ski	Standing
Men + women	800m	1.2 km
loops	1	1

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

323.2 Courses and stadium

323.2.1 Norms for WCH 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
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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)	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)

- 323.2.2 The course used for the qualification round and the course used for the Finals heats should be the same.
- 323.2.3 Sections of the course must be designed straight, wide and long enough to make overtaking possible.
- 323.2.4 Technique: classic or free (to be decided by World Para Nordic Skiing Sport Technical Committee, see also art. 310.3.2.1)
- 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.

323.2.5 The course must be sufficiently wide (6 – 12 m) and without sharp corners, so that the conditions are equal for all competitors.

323.2.6 Finish

In classical technique (for all) there shall be 4 corridors with 4 tracks.

In free technique, there shall be 3 corridors (4m wide). The corridors shall be separated by 2 classic tracks for the sit skiers. The jury can modify the lay-out of the finish if needed.

323.3 Entries – Substitution

323.3.1 Substitution is possible before qualification according to WPNS art. 313.4

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

323.3.3 For WCH 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.

323.4 **Starting Order and Start Procedure**

323.4.1 **Qualification**

323.4.1.1 Interval Start procedure must be used (see WPNS Art. 315.2). Start intervals can be 15 or 30 seconds.

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

323.4.1.3 Tie breaker rule: see WPNS art 317

323.4.2 Heats: Semi-finals and Finals (Quarterfinals may be used where time and numbers of athletes permit)

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

323.4.2.2 The allocation of athletes in the heats is determined from the finish ranking in the qualification round.

Category	Number of finishing athletes	Athletes per semi-final	Heats	Athletes in final
LW	13 or more	6	heat 1) 1,4,5,8,9,12	6
			heat 2) 2,3,6,7,10,11	

	9 - 12	4	heat 1) 1,4,5,8	6
			heat 2) 2,3,6,7	
	7 or 8	no semi-final		6
	5 or 6	no semi-final		4
	4* or 3*	no semi-finals		# finishers - 1

B	9 or more	4	heat 1) 1,4,5,8	4
			heat 2) 2,3,6,7	
	7 or 8	3	heat 1) 1,4,6	4
			heat 2) 2,3,5	
	5 or 6	no semi-finals		4
	4* or 3*	no semi-finals		# finishers - 1

* applies to WC or below only as per 323.3.3

323.4.2.3 For PWG and WCH 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.

323.4.2.4 Start lanes:

Classic style: 6 tracks.

Free technique: Minimum 3 lanes (4m wide). At each lane 2 officials control the start procedure.

323.4.2.5 Athletes are responsible for leaving at the right time. Start times for each heat will be posted in the start area. Each athlete will be provided with a sticker to be placed on their arm, glove or leg with their exact start time to use as reference at the start.

If there is a need (eg 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.

323.4.2.6 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.

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

323.4.2.8 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 WPNS art 316.6.2

323.4.2.9 If athletes start at the same time in the sprint finals (same percentage) the starting positions (lane choice) are determined according to the following:

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

323.4.2.10 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.

323.5 Timing and results: see WPNS art. 316/317

323.5.1 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.

323.5.2 If the competitor does not start or ski the entire course in each heat the competitor will be ranked in the last position of these semi-finals/final.

If in the same round there is a false start, a DNS and or a DNF the order of ranking shall be: DNF, false start, DNS.

323.6 **Jury and Protest**

323.6.1 In sprint heats at PWG, WCH, and WC the unanimous decision of minimum three Jury members (including TD) equates to a Jury decision.

323.6.2 Due to the timeline pressure of running successive heats it is not possible to allow protests during quarterfinals (if used) and semi-finals. Protests will only be accepted after the finals.

323.6.3 During quarter- and semi-finals, WPNS art. 226.6 does not apply.

323.6.4 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.

- 323.6.5 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.

324 Relay Competitions

324.1 Definition

- 324.1.1 At PWG and WCH, 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 4x 2.5 km

1 st leg:	2.5km classical	sit ski course	2.5km
2 nd leg:	2.5km free	standing course	2.5km
3 rd leg:	2.5km classical	sit ski course	2.5km
4 th leg:	2.5km free	standing course	2.5km

- 324.1.2 Mixed Relay: the combined percentage of each team must be 330 % or less, calculated by summing the individual percentages of the athlete in each leg with reductions of 18 % per leg for female athletes and 12% per leg for sit ski athletes (female sit ski athlete: minus 30%). There must be at least one-woman taking part.

- 324.1.3 Open Relay: the combined percentage of each team must be 370 % or less, calculated by summing the individual percentages of the athlete in each leg with reductions of 18 % per leg for female athletes and 12% per leg for sit ski athletes (female sit ski athlete: minus 30%).

- 324.1.4 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 WPNS website in the rules section.

324.2 Course and Stadium

- 324.2.1 Norms for WCH 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)	

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

324.2.3 **Classical Technique**

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

324.2.4 **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.

324.3 Entries - Substitution

324.3.1 The names of the competitors actually 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 WCH, late entries are not allowed. In other competitions, the Jury makes the decision regarding late entries.

324.3.2 Substitution is possible according to WPNS art. 313.4.

324.3.3 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.

324.4 Starting order and Start Procedure

324.4.1 Mass start procedure must be used (see WPNS art. 315.3).

324.4.2 Start numbers will be assigned to teams (using the modified percentage: LW 10-12 minus 12%, women minus 18% 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 WPNS points.

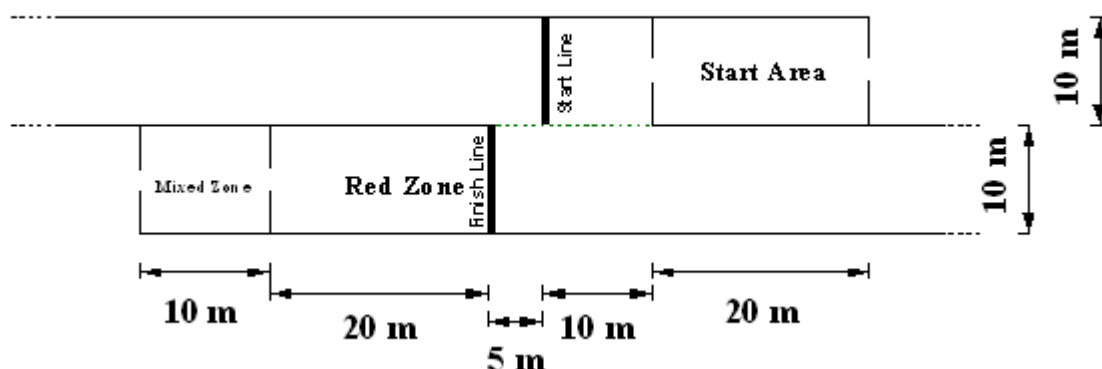
324.4.3 Unofficial teams should have the least favorable starting positions.

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

324.4.5 Relay Exchange Zone

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

Relay Exchange Zone



324.5 **Relay exchange**

324.5.1 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.

324.5.2 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.

324.6 **Timing and Results**

324.6.1 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.

324.6.2 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 (WPNS art. 317).

324.6.3 Lapping Rules normally apply. For teams/skiers that are lapped refer to WPNS art. 343.14

324.7 **Jury and Protest**

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

325 Biathlon Competitions

326 Biathlon Sprint Competitions

326.1 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	6 km
	LW 10-12	men	7.5 km
	LW 2-9	women	6 km
	LW 2-9	men	7.5 km
	B1-3	women	6 km
	B1-3	men	7.5 km

Course	Sit Ski	Standing
Women	2.0 km	2.0 km
Men	2.5 km	2.5 km
Loops	3	3

326.2 Courses and stadium

326.2.1 Norms for WCH and PWG. For WC the Jury is allowed to modify if needed.

BT 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	12 B / 12 LW （WC 10 B / 10 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)		

326.3 Entries - Substitution

326.3.1 All entries and substitution must follow WPNS rules. 313

326.4 Starting Order and Start Procedure

326.4.1 Interval start procedure shall be used, see WPNS art. 315.2

326.5 Timing and results: see WPNS art. 317

327 Biathlon Middle Competition

327.1 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	12.5 km
	LW 2-9	women	10 km
	LW 2-9	men	12.5 km
	B1-3	women	10 km
	B1-3	men	12.5 km

Course	Sit Ski	Standing
Women	2.0 km	2.0 km
Men	2.5 km	2.5 km
Loops	5	5

327.2 Courses and stadium

327.2.1 Norms for WCH and PWG. For WC the Jury is allowed to modify if needed.

BT 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	12 B / 12 LW (WC 10 B / 10 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)		

327.3 **Entries - Substitution**

327.3.1 All entries and substitution must follow WPNS rules art. 313.

327.4 **Starting Order and Start Procedure**

327.4.1 Interval start procedure shall be used, see WPNS art. 315.2

327.5 **Timing and results: see WPNS art. 317**

328 **Biathlon Pursuit Competition**

328.1 Definition

WPNS 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 WPNS Biathlon Pursuit Start. Order of finish determines the result in the second race.

328.1.1 First race (Qualification) one or more days before the Biathlon Pursuit race. Biathlon sprint competition format (6,0km for women and 7,5km for men). See WPNS art. 326.

328.1.2 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	12.5 km
	LW 2-9	women	10 km
	LW 2-9	men	12.5 km
	B1-3	women	10 km
	B1-3	men	12.5 km

Course	Sit Ski	Standing
LW + B women	2.0 km	2.0 km
LW + B men	2.5 km	2.5 km
loops	5	5

328.1.3 Under certain conditions, the jury may decide to arrange a normal Biathlon Middle distance race (10km for women and 12,5km for men) as replacement for the Pursuit.

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

328.2 Courses and stadium

BT 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	12 B / 12 LW （WC 10 B / 10 LW）		
Penalty loop			
Length of Penalty loop	150 m (stand) / 100 m (sit)		
Width of Penalty loop	9 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)		

- 328.3 Bib numbers: Bib numbers according to starting order.
- 328.4 Shooting range: 18 LW / 12 B shooting lanes (WC 14 LW / 12 B)
- 328.4.1 Lane assignment: No lane assignment for LW athletes.
For B-class athletes WPNS art. 328.10.1 applies.
- 328.5 Start lanes: At each lane minimum 3 officials have to control the start procedure.
- 328.5.1 LW athletes are responsible themselves for leaving at the right time.
Each athlete will be provided with a sticker with their exact start time to use as reference at the start. B-Class athletes will be held by a team member or an official (on request of the team) with a hand of the official on the shoulder of the athlete until they can start.
- 328.5.2 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.
- 328.5.3 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 World Para Nordic STC decides which version shall be used. This must be specified in the calendar.

328.6 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.

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

328.8 Results (order of finish in real time): see WPNS art. 317

328.9 WC point will be awarded according to the final result list.

329 Biathlon Sprint Pursuit Competition

329.1 Definition

In the WPNS 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 WPNS Biathlon Pursuit Start. Both races take part 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 km
	LW 10-12	men	2.4 km
	LW 2-9	women	3.6 km
	LW 2-9	men	3.6 km
	B1-3	women	3.6 km
	B1-3	men	3.6 km

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

329.2 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	12 B / 12 LW （WC 10 B / 10 LW）		
Penalty loop			
Length of Penalty loop	80 m (oval)		
Width of Penalty loop	9 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 (80m)

329.3 **First race (Qualification)**

329.3.1 Interval start procedure shall be used, 30 sec intervals. See WPNS art. 315.2

329.3.2 Start order: Creation of start list according to WPNS-Points. See WPNS art. 314.5

329.3.3 Course and Stadium: see WPNS art. 325.2 CC Sprint

LW 10-12: 800m (+/- 200m) 3 laps 2 shooting rounds

LW 2-9 / B1-3: 1200m (+/- 400m) 3 laps 2 shooting rounds

329.3.4 Shooting range: 18 LW / 12 B shooting lanes (WC 14 LW / 12 B)

329.3.5 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.

329.3.6 Penalty per missed shot: Time penalty of 20 seconds.

329.3.7 Results (calculated time): see WPNS art. 317

329.4 **Second race (Final)**

329.4.1 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.

329.4.2 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.

329.4.3 **Course**

LW 10-12: 800m (+/- 200m) 3 laps 2 shooting rounds

LW 2-9 / B1-3: 1200m (+/- 400m) 3 laps 2 shooting rounds

- 329.4.4 Shooting range: 12 LW / 12 B shooting lanes (WC 10 LW / 10 B)
- 329.4.5 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)
- 329.4.6 Start lanes: At each lane minimum 3 officials have to control the start procedure.
- 329.4.7 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 a team member or by an official (on request by the team) with a hand of the official on the shoulder of the athlete until they can start.
- 329.4.8 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.
- 329.4.9 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 WPNS art. 316.6.3
- 329.4.10 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 line 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 at the last of this second race.
- 329.4.11 Penalty per missed shot: Penalty loop 80m
- 329.4.12 Results (real time/order of finish): see WPNS art. 317.1.1
- 329.5 **Jury & Protests**
- In Biathlon middle distance 1-day Pursuit at PWG, WCH, and WC the unanimous decision of minimum three 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.

330 Biathlon Individual Competition

330.1 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	15 km
	LW 2-9	women	12.5 km
	LW 2-9	men	15 km
	B1-3	women	12.5 km
	B1-3	men	15 km

Course	Sit Ski	Standing
LW + B women	2.5 km	2.5 km
LW + B men	3 km	3 km
Loops	5	5

330.2 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	12 B / 12 LW (WC 10 B / 10 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)		

330.3 Entries - Substitution

330.3.1 All entries and substitution must follow WPNS rules art. 313.

330.4. Starting Order and Start Procedure

330.4.1 Interval start procedure shall be used (see WPNS art. 315.2)

330.5 Penalty per missed shot: 1 minute (added to the calculated time)

330.6 Timing and results: see WPNS art. 317

331 Biathlon Rules

331.1 WPNS 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.

331.2 Shooting range

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

(Layout details can be found in the World Para Nordic Skiing Technical Documents)

331.2.1 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.

Effective 2019/20 season, the shooting range for PWG must have 12 shooting lanes for B-classes and 18 shooting lanes for LW-classes. The shooting range for WCH and WC must have at least 10 to 12 shooting lanes for B-classes and 14 shooting lanes for LW-classes. Current standards apply until then.

331.2.2 Shooting Distance

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

331.2.3 Entrance and Exit

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

331.2.4 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.

331.2.5 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, 30cm 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.

331.2.6 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).

331.2.7 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.

331.2.8 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.

331.2.9 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.

331.2.10 Targets

There are two types of targets used for Biathlon training and competition: paper and metal. Only metal targets shall be used for competition and only paper targets shall be used for zeroing of rifles. Both paper and metal targets may be used for training.

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

331.2.12 Target Maintenance

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

331.2.13 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.

331.2.14 Target Background

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

331.2.15 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 World Para Nordic Skiing Technical Committee 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.

- 331.2.16 B-classes will shoot on targets with a diameter of 21.0 mm. The World Para Nordic STC 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.

331.2.17 **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.

331.2.18 **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.

331.2.19 **Rifle Racks**

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

331.2.20 **Video Cameras on Range**

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

331.3 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 80m long for the Sprint Pursuit. For all other events (sprint, individual, middle, & 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.

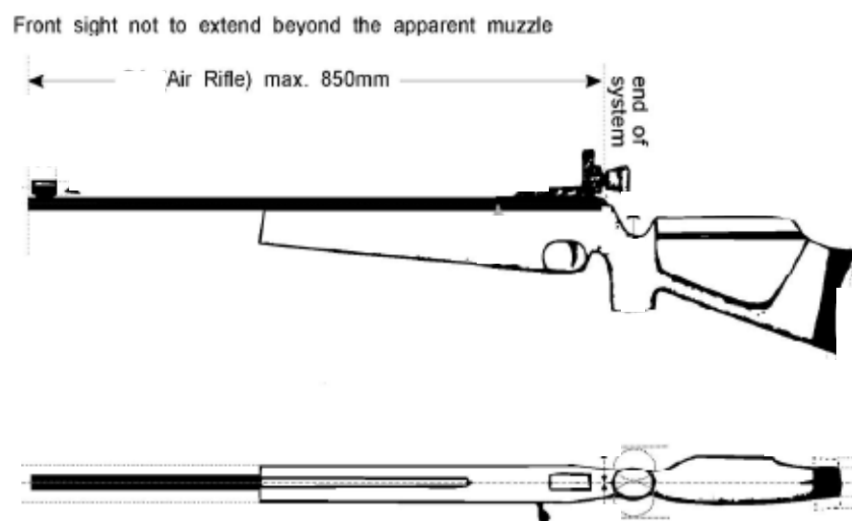
331.4 Shooting Equipment Rules

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

331.4.2 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:

- The total length of the air rifle system measured from the back end of the mechanism to the apparent muzzle must not exceed 850mm.
- The front sight may not extend beyond the apparent muzzle.
- The trigger weight should be set at a minimum of 0.5kg (500 grams).



331.4.2.1 Sight apparatus (For LW classes)

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

331.4.3 Specifications for Visually Impaired (B-class) shooting system

The biathlon rifle used for visually 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 visually impaired shooting must be approved by the STC.

Approved systems:

EKO AIMS B - shooting system

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

331.4.3.2 The World Para Nordic Skiing STC may authorize another proven shooting system, which is considered to be as good or better than the current shooting system. This system can be subsequently assessed and, if suitable, adopted at a Sports Forum.

331.4.3.3 The World Para Nordic Skiing STC may authorize the use of personal rifles for the B-classes compatible with the organizers shooting systems.

331.4.4 Rifle Inspection

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

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.

331.5 Training and zeroing

331.5.1 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.

331.5.2 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.

331.5.3 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 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.

331.5.3.1 Rifle zeroing may take place only on the range and only paper targets will be used for zeroing. If the paper targets have to be changed during zeroing, the time required for the change will not be deducted from the time allocated for zeroing.

331.5.3.2 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.

331.6 Shooting rules

331.6.1 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 all five shots per round.

For LW classes, team staff must hand the rifle and the support 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 331.8.1)

331.6.2 Selection of Shooting Lanes

For pursuit start see WPNS art. 328.1.3.6

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.

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".

331.6.7 Shooting positions

In all WPNS 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.

331.6.8 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.

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.

331.6.10 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.

331.7 Shooting aids

331.7.1 Use of Shooting Sling

The use of a shooting sling is permitted.

331.7.2 Rifle support for LW classes 5/7 and 6/8

Athletes of the classes LW 5/7 and 6/8 are allowed to use a rifle support. The supports to be used during the competition will be provided by WPNS. 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 presented to the TD prior to the competition. Using a support that has not been presented and accepted by the TD prior to the competition can lead to disqualification.

331.7.2.1 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.

331.7.2.2 Modifications or the addition of weights, tabs or other attachments designed to improve the stability of the rifle or change the natural balance point of the rifle are not allowed.

- 331.7.2.3 LW 5/7, LW 6 and LW 8 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.
- 331.7.2.4 During shooting, the stock or any other parts of the rifle must not be in contact with the ground (mat).
- 331.7.2.5 The support (spring) must remain in an upright position, pulling back or pushing forward or sideways is not permitted.
- 331.8 Safety regulations**
- 331.8.1 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).
- 331.8.2 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 bullets into the rifle is part of the loading procedure.
- 331.8.3 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.
- 331.9 Misfires, lost rounds and damaged rifles**
- 331.9.1 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.

331.9.2 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.

331.9.3 Rifle Exchange Procedure

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

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.

331.9.5 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.

331.9.6 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.

331.9.6.1 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.

331.10 Target errors and malfunctions

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 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 an official.

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.

331.10.3.1 Before a target is reset, the hits and their positions must be recorded.

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.

331.10.5 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.

331.10.6 The decision taken by the Control Committee about the number of impacts on a target are definitive and without appeal.

331.11 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.

331.11.1 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.

- 331.12 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. Responsibilities of the Competitors and Team Officials

341 Requirements of the competitors

341.1 Age of the competitors: see art. 203.6

341.2 Medical examinations and classification

341.2.1 State of Health

341.2.1.1 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 IPC Medical Committee (See WPNS art. 223)

341.2.2 Classification:

All rules and guidelines related to classification are set forth by the World Para Nordic Skiing Classification Guide as published on the World Para Nordic Skiing website.

341.3 B1 Athletes

341.3.1 During WPNS sanctioned competitions all competitors in class B1 must wear their own opaque shades or glasses approved by the World Para Nordic Skiing Technical Committee. The glasses must be worn so that no light can be seen by the competitor (inside must be black).

342 Guides

342.1 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.

342.2 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.

342.3 The role of the guide is to be responsible for the safety of the visually impaired competitor and assist the athlete to follow the rules. He may lead or follow the visually impaired competitor in the same track or ski alongside the parallel track providing he does not obstruct another skier. (Obstruction rule 343.9 also applies for guides)

342.4 No physical contact between guides and visually impaired competitors during the race is allowed except according to 342.5 and 331.6.6. After a fall a guide or a marshal may hand the athlete their skis and/or poles.

- 342.5 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.
- 342.6 The guide is treated the same as a competitor with respect to all rules governing the sport.
- 343 Responsibilities of the competitors (including guides)**
- 343.1 In all training and competition situations the athlete must act with due care taking into account the course conditions, visibility and competitor congestion.
- 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.
- 343.6.1 If a competitor skis 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.
- 343.7 Competitors have to cover the whole distance on their skis using only their own means of propulsion.
- 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.
- 343.8 In classical technique competitions, the competitors must use classical technique only.
- 343.9 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.

343.10 **Overtaking**

343.10.1 During an interval start competition a competitor who is being overtaken 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 action.

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/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.

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 WPNS art 343.9 is upheld.

343.11.1 An athlete/guide should ski in the same corridor/track as their guide/athlete to avoid obstruction of other teams.

343.11.2 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.

343.12 **Equipment exchange**

343.12.1 In all competitions, poles may be changed.

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 or range to avoid obstruction. The athlete can be supported by a team official.

343.12.4 When ski exchange boxes (pit boxes) are provided for long distance competitions, the competitor is permitted to change skis at any time they pass through the pit box area. 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.

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.

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.

343.13 **Lapping**

343.13.1 In Pursuit competitions and Relay competitions, competitors, or teams, who are lapped can be instructed by competition officials to stop 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.

343.14 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

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

343.16 The competitor must comply with all aspects of the medical code (see 221).

343.17 **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.

343.18 **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.

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.

344 Responsibilities of officials and others

- 344.1 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.
- 344.2 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 with-out 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.
- 344.3 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.
- 344.4 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.
- 344.5 For evaluation and further development of the classification systems, medical and technical, including the percentage system; the World Para Nordic Skiing STC has the authority to give permission to video recording the athletes during medical and technical classification and during training and competition at all WPNS events if necessary.
- 344.6 Unfair assistance or assistance not allowed by these rules to competitors during a competition is prohibited.

E. Not Permitted to Start and Penalties

351 Not permitted to start

A competitor will not be permitted to start in any World Para Nordic ski competition who:

- 351.1 wears obscene names and/or symbols on clothing and equipment (art. 206.7) or behaves in an unsportsmanlike manner in the start area (art. 205.5)
- 351.2 violates the WPNS rules regarding equipment (art. 224) and commercial markings
- 351.3 refuses to undertake an IPC required medical examination (art. 221.2)
- 351.4 If a competitor has started in a competition and is later determined by the Jury to have been in violation of these rules the Jury must sanction the competitor.

352 Penalties

352.1 Procedure

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

- the specific circumstances,
- the gain or advantage for the offender,
- the negative impact on other competitors,
- the impact on the final result or intermediate results (sprint heats or bonus sprints),
- the arguments from the athlete,
- the level of the competition,
- the age and experience of the competitors,
- the World Para NS jury decision chart and guidelines for Jury work.

352.1.2 Penalties for the violation of classical technique rules can be given by a unanimous decision of two jury members (including TD) without video evidence and a hearing from the athlete. Violation of classical technique rules are major infractions. For classical technique violations rule 226.6 does not apply.

352.1.3 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.

352.2 Disqualification

- 352.2.1 Disqualification should be used only for major infractions and for infractions with a clear impact on the final result of a competition (see 225.3.3).
- 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),
 - either jeopardizes the security of persons or property or causes injury or damage,
 - commits a serious violation of the principles of fair play or sportsmanlike behavior,
 - intentionally causes obstruction (incl. in the shooting range),
 - receiving prohibited assistance (see art. 331.12, 344.6) 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,
 - participates in a competition using equipment that does not comply with competition equipment rules (224),
 - 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,
 - violation of any of 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 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.

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. If a competitor has two reprimands on file after games (one prior to WCH or PWG and one during WCH or PWG), then the next two written reprimands will each automatically result in disqualification.

352.2.4 During stage events (such as pursuit competitions), an offence in an early stage 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.

352.2.5 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.

352.2.6 In Sprint and Team sprint competition, if an infraction leads to disqualification and that infraction caused another competitor (or team) not to advance to the next round, the Jury may allow the competitor (or team) to proceed into the next round. In this case the competitor or team concerned will start in the least favorable start position.

352.3 **Competition suspension**

352.3.1 Competition suspension can only be used for infractions during sprint heats.

352.3.2 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).

352.3.3 Competition suspension will always be accompanied by a written reprimand.

352.4 **Time Penalty**

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).
- 352.4.3 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.
- 352.5 **Written Reprimand**
- 352.5.1 Written reprimand should be used for all infractions of the rules that do not lead to a clear advantage for the offender, or minor infractions with an advantage to the offender.
- 352.6 **Verbal Reprimand**
- 352.6.1 Verbal reprimand should be used for minor infractions or to inform a competitor that his technique or behavior is very close to being in violation of the rules.
- 352.7 **Monetary Fine**
- 352.7.1 Monetary fines can be given to any accredited person.
- 352.7.2 Monetary fine should be used for infractions of advertising and commercial markings rules, for minor course and range discipline infractions, safety violations by coaches or team members and for violation of restrictions on ski testing and warming up.
- 352.7.3 For competitors, a monetary fine may also be accompanied by a written reprimand.

F. Protests and Appeals

- 361 **Protests**
- 361.1 **Types of Protests**
- 361.1.1 Against admittance of competitors or their competition equipment,
- 361.1.2 Against the course or its condition,
- 361.1.3 Against another competitor or against an official during the competition,
- 361.1.4 Against timekeeping results,

361.1.5 Against decisions of the Jury. (See exception 323.6.2).

361.2 **Place of Submission**

The various protests are to be submitted as follows:

361.2.1 Protests under 361.1 must be submitted at the location designated on the official notice board or at a place announced at a team captains' meeting held prior to each event.

361.3 **Deadlines for Submission**

361.3.1 Against the admittance of a competitor

- before the draw

361.3.2 Against the course or its condition

- not later than 15 minutes after the end of official training

361.3.3 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.

361.3.4 Against the timekeeping

- within 15 minutes after the posting of the unofficial result list.

361.3.5 Against Jury decisions

- within 15 minutes after the posting of the unofficial result list.

361.4 **Form of Protests**

361.4.1 Protests are to be submitted in writing.

361.4.2 Protests must be substantiated in detail. Proof must be submitted and credible evidence must be included. Specific event-related IPC media policies apply for the PWG and WCH regarding personal photography and filming of athletes during such competitions and whether or not the use of such photographs and video footage shall be permitted as evidence to defend a protest. For all other events, the use of personal photographs and video footage is admissible as evidence and may be relied on to lodge or defend a protest.

361.4.3 100 Euros (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 the WPNS and is used for the development of the sport.

361.4.4 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.

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

361.5 Authorization

The following are authorized to submit protests:

- the National Ski Associations or authorized NSF
- Team Captains.

361.6 Settlement of Protests by the Jury

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

361.6.2 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.

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

362 Appeals

362.1 The right of appeal, timelines and the appeal procedures are described in section 227.



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