



BIATHLON ALBERTA – HOSTING POLICY FOR ALBERTA CUP AND PROVINCIAL CHAMPIONSHIPS

FOREWORD

Athletes in the sport of Biathlon undertake a tremendous level of effort and dedication to achieve excellence in competition. As the provincial governing body for the sport, Biathlon Alberta is responsible for establishing standards for hosting the Alberta Cup series and the Alberta Biathlon Championships.

Organizations and persons involved in hosting or conducting these provincial events are required to conform to the stipulations of the Hosting Policy.

Suggestions for corrections or changes to this document should be sent to:

Biathlon Alberta

#203, Bob Niven Training Centre
Canada Olympic Park
88 Canada Olympic Rd NW
Calgary, AB T2P 4R4
Phone – 403-202-6548

E-mail – info@biathlon.ca
Website – www.biathlon.ca

Table of Contents

1. General Regulations
2. Applications to Host
3. Invitations, Registrations, and Entry Fees
4. Classes and Types of Competitions
5. Hosting Standards and Requirements
6. Results and Awards
7. Juries and Technical Delegates
8. Financial Responsibilities and Sponsorships
9. Amendments and Coming Into Force
10. Waxing Protocol
 - Annex A: Calforex Cup Classes
 - Annex B: Calforex Cup Competition Formats and Specific Regulations
 - Annex C: Shooting Regulations AB Categories
 - Annex D: Calforex Cup Competition Classes, Types and Ski Loop Distances
 - Annex E: Calforex Cup Ski Loop and Penalty Loop Distances
 - Annex F: Special Alberta Regulations
 - Annex G: Modifications and Additions to IBU Disciplinary Rules
 - Annex H: Wax Room Health Policy
 - Annex I: COVID Protocol

Calforex Cup Hosting Policy

1. GENERAL REGULATIONS

1.1 Application Of This Policy

This Policy shall apply to the hosting of Alberta Cup and Alberta Provincial Championship events, unless otherwise authorized by Biathlon Alberta. When a Club bids to host an event to which this Policy applies, the Club agrees to abide by this Policy.

1.2 Rules

The International Biathlon Union (IBU) Event and Competition Rules as well as the Canadian Hosting Policy for Canadian Biathlon Championships, Eastern, and Western Championships apply to all aspects of the event unless otherwise stipulated in this Policy. (Refer to Annex F for special Alberta rules and modifications to IBU rules.) In cases where no specific rule exists for a situation and it is not covered in this Policy, the principle or the intent of the IBU Rules will be used to determine the resolution of the situation.

1.3 Intent And Nature Of Events

Alberta Cup events are intended and designed to provide a provincial competitive forum to engage athletes in meaningful competition and determine overall Cup winners in each competitor class. Alberta Cup events may be combined with other events such as regional competitions or events sanctioned by Biathlon Canada.

1.4 Sanctioning Of Events

The Alberta Cup is under the jurisdiction and control of Biathlon Alberta. No event or competition held in Alberta may be titled Alberta Cup, or any variation of that name, nor may use the title sponsor's name, unless it has been sanctioned by Biathlon Alberta. Currently, the title sponsor of the Alberta Cup is Calforex.

1.5 Eligibility To Host

Any Club in good standing with Biathlon Alberta is eligible to bid for and host an Alberta Cup event. Detailed instructions for bids, bid processing, awarding the right to host and conditions for hosting are stipulated later in this Policy.

1.6 Event Frequency And Time Frame

Alberta Cup events shall be scheduled at least five times each winter. The specific dates shall be set by Biathlon Alberta in consultation with the Local Organizing Committees (LOC's). Dates for the Alberta Cup series will be announced by September 30th.

2. APPLICATIONS TO *HOST*

[Application to Host Outline](#)

2.1 General

The application form is linked above. The process to host is outlined below. A proposed competition calendar will be circulated to all member clubs, with an open invitation to bid on hosting an event. The bid must be submitted under a covering letter signed by the Club President, indicating Club approval and support. The bid also must be accompanied by an Emergency Action Plan that will be in place for the event.

2.2 Bid Processing

Applications received by Biathlon Alberta will be assessed by the Board. A tentative schedule will be posted by May 15th. A final schedule will be confirmed following the publication of the Biathlon Canada domestic calendar.

2.3 Agreements

Upon approval by the Board of Biathlon Alberta, the application to host becomes the agreement by which the host Club will conduct the event according to this Policy and on the dates mutually agreed upon between Biathlon Alberta and the host Club.

3. INVITATIONS, REGISTRATIONS, and ENTRY FEES

[Invitation Example](#)

3.1 Invitations

The Local Organizing Committee is responsible for production of an electronic copy of the event invitation, which must be approved by the appointed Technical Delegate (TD) prior to submission. This document must be submitted to Biathlon Alberta **at least 6 weeks prior to the event**. Upon receipt, it shall be posted to the Biathlon Alberta website.

3.2 Competitor Eligibility

Any member of good standing from a Biathlon Canada Division or other National Biathlon Federation, may participate in a Biathlon Alberta event. Competitors may be asked to provide proof of current membership to obtain a race bib. Coaches and team staff must also have valid memberships.

All participants are eligible to win medals at Alberta Cup events; however, only members of Biathlon Alberta are eligible for Alberta Cup points and titles.

3.3 Registrations

Host clubs and competitors are required to use the Zone4 on-line registration system. Registrations must be paid by credit card. Biathlon Alberta will set up the Zone4 race registration and collect race registration fees on behalf of the LOC. Registration must not be opened before the Event Invitation has been approved by the TD and Biathlon Alberta.

3.4 Entry Fees/Sanction Fee

The entry fee for competitors in IBU classes, Senior Boys/Girls, Sport, and Masters shall not exceed \$65 for the weekend event. All other categories (Eco Aim, Air Rifle 1 and 2, Dev 1 and 2) shall be charged no more than \$50 for the weekend event. An additional transaction processing fee will be added.

Venues with snow storing and producing capacity are eligible to charge an additional \$5 for IBU Categories and \$2.50 for all other categories per race day.

A fee of \$1800 will be levied by Biathlon Alberta for each sanctioned event. In respect to the sanctioning fee, organizers can expect Biathlon Alberta to provide the following benefits and event services:

- Event promotion via the Biathlon Alberta calendar and website
- Registration and entry-fee collection services
- Provision of Timing Team and timing equipment
- Provision of Technical Delegate
- Provision of racing bibs and leg numbers
- Provision of medals

3.5 Cancellation or Postponement of Events

If it appears that an event will need to be cancelled or postponed due to prevailing conditions (typically lack of snow or severely cold temperatures), organizers shall inform Biathlon Alberta of the cancellation by 1100 the Wednesday (3 days) prior to the event. Biathlon Alberta will publicize the cancellation as soon as possible following the decision to cancel. Should weather conditions change suddenly (e.g. major snowstorm or precipitous drop in temperature) events may be cancelled or postponed as late as the day of the event. Every effort will be made to reschedule the event for a later date.

When events are cancelled prior to the day of competition, competitors will receive a 50% refund of their registration fees.

If a competition must be cancelled on the weekend of the event due to cold weather, course conditions, or other unforeseen circumstances, no refund of registration fees will be made.

Registration deadline will be Sunday at 11:59pm on the weekend prior to the race weekend.

4. CLASSES AND TYPES OF COMPETITIONS

4.1 Classes Of Competitors

The classes of competitors detailed in Annex D are established for all Alberta Cup events. Additional classes or types of competitions (e.g. Snowshoe Biathlon) may be offered by the LOC with approval from Biathlon Alberta.

4.2 Types Of Competitions

Five competition types are authorized to be conducted at events governed by this Policy: Individual; Sprint; Pursuit; Mass Start and Super Sprint. Additional competition classes or types may be offered by the LOC with approval from Biathlon Alberta. The distances and shooting bouts for each type of competition for each class of competitor are detailed in Annex D. The specific competitions held at an Alberta Cup event shall be decided upon by Biathlon Alberta in consultation with the LOC.

5. HOSTING STANDARDS AND REQUIREMENTS

Unless otherwise authorized by Biathlon Alberta, the hosting organization must meet the following competition requirements.

5.1 Organization

The LOC should be set up in general conformity with IBU Rules and must have sufficient numbers of members to conduct the event in an efficient and orderly manner. A minimum of 25 volunteers are required for an Alberta Cup event. In order to guarantee a good standard of technical expertise it is suggested that volunteers acting in the position of Chief be qualified to Biathlon Canada's *Advanced* standard. It is expected that other volunteers

will complete the *Entry Level* training in their functional area. This training is available on-line from [Biathlon Canada](#).

Biathlon Alberta will assign a qualified TD to oversee the event. The TD must not be part of the LOC. The LOC will be required to discuss the organizational set up of the event with the TD prior to the submission of the invitation to Biathlon Alberta.

5.2 Competition Facility

The competition facility for Alberta Cup events should conform as much as possible to IBU rules. The following requirements are the minimum acceptable standards:

5.2.1 Range

Sixteen (16) mechanical targets in good working order (level and centred), 2.5 - 3.0 meter marked lanes, range flags, wind flags, safe access & exit (left to right) and a penalty loop in proximity. At the discretion and approval of the LOC, Eco Aims may be allowed to be on a separate range if space and volunteer staff are available.

5.2.2 Course

Sufficient loops to conduct the required competitions (see Annex E), general conformity with IBU Rules specifications, no dangerous portions.

5.2.3 Stadium

Well configured to provide an unobstructed start/finish, a simultaneous start area having 3 lanes with sufficient length to accommodate 15 to 30 athletes, a public address system, and a results board easily accessed by athletes and coaches.

5.2.4 Warm-up Trail

A trail, approximately 600m in length, prepared the same as the competition course, with access from the central area.

5.2.5 Timing Systems

Electronic timing, supplemented by manual back-up, will be provided by Biathlon Alberta. **Reasonable Wifi connection for data upload and cell service is necessary since timing chips now run on cell coverage. Internet hotspot can be acquired for a fee.**

5.2.6 Bibs

Competition bibs and leg numbers will be supplied by Biathlon Alberta.

5.2.7 Warm-up Huts

A heated building or tent large enough to provide shelter for competitors and volunteers, preferably within 300 meters of the start/finish location, must be provided.

5.2.8 Toilets for Competitors and Team Staffs

At least four (two for men and two for women) indoor or outdoor toilets, within 250 meters of the stadium must be provided.

5.2.9 Parking

Sufficient space for spectators, coaches, competitors, and volunteers to park vehicles, ideally no more than 500 meters from the stadium site.

5.3 Medical

An Emergency Action Plan must be submitted with the application to host. [Link Here](#)
A suitable vehicle or snowmobile with a toboggan must be on the competition site for casualty evacuation. If a competition physician is not available, a person trained in first-aid must be designated for that role. The organizer must arrange onward evacuation from the stadium to a medical facility by ambulance or designated vehicle.

5.4 Accommodation Requirements

Sufficient accommodation must be available within a 50-km radius of the competition facility to house all competitors, team staff, and out-of-town officials. Eating facilities, commercial or otherwise, should be available within 10 km of the accommodation.

6. RESULTS AND AWARDS

6.1. Results

Results for Alberta Cup events will be compiled and distributed by the Biathlon Alberta timing team. Provisional and final results must be scrutinized and signed by the TD before being posted.

The LOC is encouraged to appoint a media relations volunteer to ensure that results are submitted to local and provincial media outlets by the end of each day of competition. A short article summarizing the weekend of competition should accompany results.

6.2 Awards And Prizes

Medals shall be provided by Biathlon Alberta for the Alberta Cup categories. Medals will be presented to the first three finishers in all categories, regardless of the number of competitors. The LOC may combine classes in which fewer than 3 competitors are registered. Presentations should occur each day as soon as possible after the last finisher.

The LOC must affix a sticker to the back of each medal, printed with the following information:

- **Class and Competition (e.g. Jr. Men 10 km Sprint)**
- **Municipality and Province**
- **Date**

Additional prizes or awards for any other classes are the sole responsibility of the LOC.

7. JURIES AND TECHNICAL DELEGATES

7.1 Competition Jury

Jury selection and duties shall be in accordance with IBU rules, as applicable and appropriate in Alberta. The Competition Jury shall be chaired by the TD and shall include the Competition Chief and 3 team captains selected at the pre-competition briefing.

When there are separate competitions in the morning and in the afternoon, a second jury will be established for the afternoon.

7.2 Jury Of Appeal

The Jury of Appeal for Alberta Cup events will operate according to the IBU Disciplinary Rules with one procedural change - the Jury of Appeal Chair or members will not be considered prejudiced should members of their own team be involved in a case before the Jury. The Jury of Appeal will be chaired by the President of Biathlon Alberta or his/her designate and will include any 4 members of the Biathlon Alberta Board. If insufficient Board

members are present, then elected Team Captains or Coaches will make up the balance of the Jury.

7.3 Technical Delegates

A Technical Delegate (TD) will be assigned by Biathlon Alberta for each Alberta Cup event. The TD's task is to assist the organizers and to ensure that the competitions are conducted in accordance with pertinent rules and regulations. Duties of the TD are in accordance with IBU rules, as applicable and appropriate in Alberta. The TD represents Biathlon Alberta and no other organization or agency. The TD must not be part of the LOC.

7.3.1 TD Inspections

If the host location has not previously conducted a provincial event, such as an Alberta Cup, the LOC is required to bring the designated TD to the competition venue for a site inspection. This visit must occur in a timely fashion to ensure that recommended changes be made prior to the event. The TD's expenses for this visit will be the responsibility of the host club.

For Clubs with previous hosting experience, the LOC must consult with the TD prior to submission of the formal invitation in order to receive TD approval.

8. FINANCIAL RESPONSIBILITIES AND SPONSORSHIPS

Funds for events are normally secured from grants, sponsorships, and entry fees. Even if a title sponsor for the series is in place, clubs may seek out additional sponsorships to support their local event. All costs for conducting an Alberta Cup event must be borne by the organizers, with the exception of the following items:

- TD expenses
- Medals for Alberta Cup classes
- Racing bibs and leg numbers
- Timing team and timing equipment expenses

The LOC must report on the financial performance of the event if requested by Biathlon Alberta. The financial performance of the event may be subject to an audit by Biathlon Alberta.

9. AMENDMENTS AND COMING INTO FORCE

9.1 Amendments

This policy may be amended from time to time by the Biathlon Alberta Board of Directors.

9.2 Coming Into Force

This Policy comes into force on **November 20, 2020** and at that time supersedes all other existing Biathlon Alberta policies in this context.

10. WAXING PROTOCOL

10.1 Waxing Protocol

In order to minimize the costs associated with waxing for clubs and families and to allow coaches to spend more time with their athletes on race weekends, all Alberta Cup and Alberta Provincial Championship events shall be subject to the following Waxing Regulation:

Regulation: Biathlon Alberta encourages the use of non-fluoro wax and anticipates that this will be the final season in which fluoro based waxes will be permitted as international governing bodies, FIS and IBU, move to ban them from competition. Medium to high fluoro waxes, high fluoro speed blocks and powders are not allowed. The use of hand structure on skis is allowed.

ANNEX A: Calforex Cup Classes

Organizers of Alberta Cup/Alberta Championship events are obliged to host the following Alberta Cup classes, comprised of IBU, Biathlon Canada, and Biathlon Alberta classes:

IBU Classes: Men/Women, Junior Men/Women, Youth Men/Women

Biathlon Canada Classes: Senior Boys/Girls, Master Men/Women (35+)

(note: Junior Boys/Girls are not Alberta Cup classes)

Biathlon Alberta Classes: Eco Aim, Air Rifle 1 Boys/Girls*, Air Rifle 2 Boys/Girls*, Dev 1 Boys/Girls*, Dev 2 Boys, Dev 2 Girls, Sport Men/Women, Adult Recreational

*Each of these classes compete together as one; however results, prizes, and Alberta Cup points are awarded separately to boys and girls. The exception to this rule is the Eco-Aim category in which athletes will be awarded only 1 set of medals whether female or male. Points will not be awarded for Eco-Aims.

ANNEX B: Calforex Cup Competition Formats and Specific Regulations

Individual (IN): as per IBU rules, except:

Missed-shot time penalties for the following categories will be:

45 seconds: Senior Boys/Girls, Master Men/Women, Sport Men/Women, Adult Rec Men/Women.

Missed-shot time penalties for the following categories will be:

40 seconds: Eco Aim, Air Rifle 1, Air Rifle 2, Dev 1, Dev 2.

Short Individual (SIN): as per IBU rules, except:

Missed-shot time penalties for the following categories will be:

45 seconds: Junior Men/Women, Youth Men/Women, Senior Boys/Girls, Master Men/Women, Sport Men/Women.

Missed-shot time penalties for the following categories will be:

40 seconds: Eco Aim, Air Rifle 1, Air Rifle 2, Dev 1, Dev 2.

Pursuit (PS): as per IBU rules, except:

Start-order: The start order will be determined either by the results of the previous day's competition, or by current Alberta Cup points standings. Athletes who did not compete in the previous day's competition, or who have no Alberta Cup points, will be seeded randomly behind those athletes who have been seeded according to the aforementioned criteria.

Athletes in Eco Aim, Air Rifle and Development classes will be started manually by a starter.

Start interval: The start interval will be 5 seconds for all athletes.

Timing: Final times for the competition will be calculated as per IBU rules (9.2.2.2) In the Pursuit competition and the Mass Start competition, the first competitor to cross the finish line, after penalties and time adjustments have been accounted for, will be declared the winner. This also applies to the rankings of subsequent finishers. The competitor's time is the time elapsed between the first start and the finish.

Sprint (SP): as per IBU rules

Mass Start (MS): as per IBU rules.

Alberta Pursuit (AB PS):

Specifically for categories: Eco Aim, Air Rifle, Dev 1 & 2.
as per IBU rules, except:

Start-order: The start order will be determined either by the results of the previous day's competition, or by current Alberta Cup points standings. Athletes who did not compete in the previous day's competition, or who have no Alberta Cup points, will be seeded randomly behind those athletes who have been seeded according to the aforementioned criteria.

Athletes in Eco Aim, Air Rifle and Development classes will be started manually by a starter.

Start interval: The start interval will be 5 seconds for all athletes.

Timing: Final times for the competition will be calculated as athlete finish time less athlete start time for athletes.

Super Sprint (SS): as per IBU rules, except:

Missed-shot penalty loop for the following categories will be:

75m: IBU Categories

50m: Senior Boys/Girls, Master Men/Women, Sport Men/Women, Adult Rec Men/Women, Dev 1, and Dev 2.

Eco Aim and Air Rifle are not eligible for this category.

Sprint rules apply for Super Sprint Qualification and Mass Start rules apply for Super Sprint Final, where no specific Super Sprint rules exist.

ANNEX C: Shooting Regulations AB Categories

<u>Category</u>	<u>Ages</u>	<u>Shooting Regulations</u>
Eco Aim	U15	-athletes shoot on targets Level 6 setting 10m + rest
Air Rifle 1	U15	-athletes shoot on big targets at 10m + rest
Air Rifle 2	U15	-athletes shoot on small targets at 10m + rest
Dev 1	U15	-athletes shoot prone, 50m, rest permitted
Dev 2	U17	-athletes shoot prone, 50m, no rest
Senior Boys	U17	-athletes shoot prone + standing, rifle drill
Senior Girls	U17	-athletes shoot prone + standing, rifle drill
Sport Men	17+	-athletes shoot prone + standing, optional carry
Sport Women	17+	-athletes shoot prone + standing, optional carry
Adult Rec.	17+	-athletes shoot prone, 50m, no rest

ANNEX D: Calforex Cup – Competition Classes, Types, and Ski Loop Distances

CLASS	AGE	IN	SIN	SP	PS or AB PS	MS	SS
IBU Classes							
Men	21+	20 km PSPS 4km x 5	15 km PSPS 3km x 5	10 km PS 3.3km x 3	12.5 km PPSS 2.5km x 5	15 km PPSS 3km x 5	Q 4.5 km PS 1.5km x 3 F 7.5 Km PPSS 1.5km x 5
Women	21+	15 km PSPS 3km x 5	12.5 km PSPS 2.5km x 5	7.5 km PS 2.5km x 3	10 km PPSS 2km x 5	12.5 km PPSS 2.5km x 5	Q 4.5 km PS 1.5km x 3 F 7.5 Km PPSS 1.5km x 5
Junior Men	U21	15 km PSPS 3km x 5	12.5 km PSPS 2.5km x 5	10 km PS 3.3km x 3	12.5 km PPSS 2.5km x 5	12.5 km PPSS 2.5km x 5	Q 4.5 km PS 1.5km x 3 F 7.5 Km PPSS 1.5km x 5
Junior Women	U21	12.5 km PSPS 2.5km x 5	10 km PSPS 2km x 5	7.5 km PS 2.5km x 3	10 km PPSS 2km x 5	10 km PPSS 2km x 5	Q 4.5 km PS 1.5km x 3 F 7.5 Km PPSS 1.5km x 5

BIATHLON ALBERTA HOSTING POLICY

Youth Men	U19	12.5 km PSPS 2.5km x 5	10 km PSPS 2km x 5	7.5 km PS 2.5km x 3	10 km PPSS 2km x 5	10 km PPSS 2km x 5	Q 4.5 km PS 1.5km x 3 F 7.5 Km PPSS 1.5km x 5
Youth Women	U19	10 km PSPS 2km x 5	7.5 km PSPS 1.5km x 5	6 km PS 2km x 3	7.5 km PPSS 1.5km x 5	7.5 km PPSS 1.5km x 5	Q 4.5 km PS 1.5km x 3 F 7.5 Km PPSS 1.5km x 5
Alberta Classes – .22 calibre							
CLASS	AGE	IN	SIN	SP	PS or AB PS	MS	SS
Master Men	35+	10 km PSPS 2km x 5	7.5 km PSPS 1.5km x 5	6 km PS 2km x 3	7.5 km PPSS 1.5km x 5	7.5 km PPSS 1.5km x 5	Q 4.5 km PS 1.5km x 3 F 7.5 Km PPSS 1.5km x 5
Master Women	35+	7.5 km PSPS 1.5km x 5	6.25 PSPS 1.25km x 5	6 km PS 2km x 3	6.25 km PPSS 1.25km x 5	6.25 km PPSS 1.25km x 5	Q 4.5 km PS 1.5km x 3 F 7.5 Km PPSS 1.5km x 5
Sport Men	17+	10 km PSPS 2km x 5	7.5 km PSPS 1.5km x 5	6 km PS 2km x 3	7.5 km PPSS 1.5km x 5	7.5 km PPSS 1.5km x 5	Q 4.5 km PS 1.5km x 3 F 7.5 Km PPSS 1.5km x 5
Sport Women	17+	7.5 km PSPS 1.5km x 5	6.25 km PSPS 1.25km x 5	6 km PS 2km x 3	6.25 km PPSS 1.25km x 5	6.25 km PPSS 1.25km x 5	Q 4.5 km PS 1.5km x 3 F 7.5 Km PPSS 1.5km x 5
Adult Rec. Men/ Women	17+	6.25 km PPPP 1.25km x 5	5 km PPP 1.25km x 4	3.75 km PP 2km x 3	5 km PPP 1.25km x 4	5 km PPP 1.25km x 4	Q 3 km PP 1000m x 3 F 4 km PPP 1000m x 4

BIATHLON ALBERTA HOSTING POLICY

Senior Boys/Girls	U17	7.5 km PSPS 1.5km x 5	6.25 km PSPS 1.25km x 5	6 km PS 2km x 3	6.25 km PPSS 1.25km x 5	6.25 km PPSS 1.25km x 5	Q 3 km PS 1000m x 3 F 5 km PPSS 1000m x 5
Dev 2 Boys/Girls	U17	6.25 km PPPP 1.25km x 5	5 km PPP 1.25km x 4	3.75 km PP 1.25km X 3	5 km PPP 1.25km x 4	5 km PPP 1.25km x 4	Q 3 km PP 1000m x 3 F 4 km PPP 1000m x 4
Dev 1 Boys/Girls	U15	5 km PPP 1.25km x 4	4 km PPP 1km x 4	3 km PP 1km x 3	4 km PPP 1km x 4	4 km PPP 1km x 4	Q 3 km PP 1000m x 3 F 4 km PPP 1000m x 4
Alberta Classes – Air Rifle and Eco Aim							
Air Rifle 2 Boys/ Girls	U15	5 km PPP 1.25km x 4	4 km PPP 1km x 4	3 km PP 1km x 3	4 km PPP 1km x 4	4 km PPP 1km x 4	
Air Rifle 1 Boys/ Girls & Eco Aim	U15	4 km PPP 1km x 4	3 km PPP 1km x 3	2.25 km PP 750m x 3	3 km PPP 1km x 3	3 km PPP 1km x 3	

Additional classes and types of competitions may be offered by the LOC with approval from Biathlon Alberta.

ANNEX E: Alberta Cup – Ski Loop and Penalty Loop Distances

Required Loops by Competition Type – recommended colour codes

Comp	4km	3.3km	3km	2.5km	2km	1.5km	1.25km	1km	750m
IN	✓		✓	✓	✓	✓	✓	✓	
SP		✓	✓	✓	✓	✓	✓	✓	✓
PS				✓	✓	✓	✓	✓	✓
MS			✓	✓	✓	✓	✓	✓	✓
SS						✓		✓	
Colour	Brown	Blue	Yellow	Green	Red	Orange	Pink	Black	Purple

Penalty Loop Distances

150m - Senior Men/Women, Junior Men/Women, Youth Men/Women.

100m - Senior Boys/Girls, Dev 2 Boys/Girls, Dev 1 Boys/Girls, Adult Rec Men/Women, Air Rifle/Eco Aims Boys/Girls, Master Men/Women, Sport Men/Women

If a super sprint or single mixed relay is run, the OC is required to have a 50m and 75m penalty loop available.

ANNEX F - Special Alberta Regulations

Rifle Carrying – .22 categories (Dev 1 and Dev 2, Senior Boys and Senior Girls, Sport Men and Sport Women, Adult Recreational, Master Men and Master Women)

1. Dev 1 and 2 rifles shall be pre-positioned on the firing point mats by their coaches, with the barrel pointing toward the targets and in such a way that the rifle can be picked up safely by the Competitor. They must not be placed before the athlete is in sight of the coach on the range. Range procedures for equivalent Junior Boy/Girl categories are as detailed in the Biathlon Canada's Hosting Policy: ANNEX A-2 IBU Rule Adjustments.

Note - The athletes must leave the rifle on the mat with the bolt open. If the action is not opened, the violation shall result in a two-minute penalty awarded by the Competition Jury to the competitor in question.

2. Senior Boys and Senior Girls carry their rifles only on the range following the Biathlon Canada range procedure for Senior Boys/Girls as detailed in ANNEX A-2 IBU Rule Adjustments of the Biathlon Canada Hosting Policy for the Canadian Championships and the Eastern and Western Canadian Championships.

Note: Rifle actions must be OPEN when placed in the rack. Any safety violation of the above procedure will lead to a 2-minute penalty by the Competition Jury. The

Competition Jury will rule according to applicable principles and common sense shall handle other issues arising from the procedures.

3. Sport Men and Sport Women, Adult Recreational, Master Men and Master Women are optional-carry categories. Athletes in these categories opting to carry their rifles only on the range will follow Biathlon Canada range procedures detailed in ANNEX A-2 IBU Rule Adjustments of the Biathlon Canada Hosting Policy for the Canadian Championships and the Eastern and Western Canadian Championships.

Note: Rifle actions must be OPEN when placed in the rack. Any safety violation of the above procedure will lead to a 2-minute penalty by the Competition Jury. The Competition Jury will rule according to applicable principles and common sense shall handle other issues arising from the procedures.

Special Alberta Regulations – Eco Aim, Air Rifle & Dev categories

4. Penalties

Eco Aim, Air Rifle and Dev categories – 40-second time penalty (IND) or ski a 100m penalty loop. 1-minute time penalty for each penalty not skied immediately after the shooting bout.

5. Zone of Silence

The Zone of Silence will not be enforced for these categories. Coaches, officials, parents and fans may talk to athletes at any time, provided the communication is positive and improves the competitive experience.

Special Alberta Regulations – Eco Aim and Air Rifle categories

6. Senior Official

A Senior Official will be assigned to supervise the area of the range in which these categories shoot, to maintain fair play, a positive atmosphere, and a level playing field while not interfering with competitors in other categories. A Senior Official must check the size of all Eco Aim targets prior to zero and start of the race to signify that all targets are set to Level 6 target size.

7. Positive atmosphere

Any person who is behaving in a way likely to endanger fair play, a positive atmosphere or a level playing field, will be asked to leave the area by the Senior Official.

8. Protests

Protests related to the competition will not be accepted from parents, coaches or athletes, except to correct mistakes in shooting scores made by officials.

9. Shared rifles

If a shared rifle is still in use, or not available due to technical difficulties resulting from previous use, coaches may request an alibi (time credit) from officials for equipment malfunction, to be awarded in 5-second increments.

10. Equipment malfunction

Coaches may request an alibi (time credit) from officials for equipment malfunction, to be awarded in 5-second increments.

11. Wrong Target

In ranges where there is both a standing air target and a prone air target in the same lane, a competitor who shoots on the wrong target by mistake (in the correct lane) may be given a fresh clip by a coach and directed to shoot on the correct target. Only five (5) shots are permitted on the correct size target. Only hits and misses on the correct target will count. No time credit will be awarded.

12. Loops skied out-of-sequence

No penalty.

13. Skiing a shorter distance

A 1-minute penalty for every 100m the skied distance was shorter than the competition distance, rounded *down* to the nearest 100m, i.e. 99m rounds down to zero.

14. Weather

14.1. Temperature

Competitions involving air rifles will be cancelled if the temperature is below -15C, including wind chill, on the range at Zero time.

14.2. Eco-Aims Cold Weather Plan

Should the competition have the equipment and capacity for it, the organizing committee may incorporate the Eco-Aims, Air Rifle 1 and Air Rifle 2 categories into one race category, using only the Eco-Aim rifles between -15C and -20C.

15. Targets

15.1. Air Rifle Targets

Under normal circumstances, there will be two targets per lane, one with prone apertures, one with standing apertures. Targets must be arranged consistently in each lane. Standing targets will be clearly marked by a bright red or orange stripe down the right-hand side. Targets will be painted before each competition.

15.2. Eco Aim Targets

Eco-aims will be set up on their own range separate from the Air Rifle range. Rifles must be with their paired target in each lane, and will remain on that lane for the duration of the competition. Rifles provided by ABC or any club, will be set up to allow for athletes from any club to utilize any rifle. Athletes will be expected to share rifles during the race. It is recommended the coaches or a competent adult zeroes the rifles prior to athlete use. Targets must be arranged consistently in each lane, at a distance of 10m from the firing line to the target and at a height that is directly horizontal from the mat. Targets must be set to a shooting Level 6 for all athletes in this category and this must be confirmed by an official with understanding of the system.

Eco Aim Disclaimer - While the standard standing target size on an Eco Aim is a Level 5, we found this setting to be too easy, resulting in athletes with extremely high shooting percentages, inaccurate to their typical shooting on Air or .22 Rifles. Since we see this category as a competitive category, we selected the Level 6 as a target size which allowed more accurate shooting rates. We expect this parameter to develop athletes who understand what is required to hit targets and ultimately provide them with a more meaningful competition.

ANNEX G: Modifications and Additions to IBU Disciplinary Rules

(Number references correspond to [IBU Disciplinary Rules](#). Only rules modified or added are listed below.)

10.1 Protest fee involving jury decision

The Biathlon Alberta protest fee shall be \$20, paid when the protest is filed. If the protest is upheld, the protest fee will be returned.

11.1 Reprimands

A reprimand will be imposed in the case of:

- a. jeopardizing or defaming the honor or reputation of the Biathlon Alberta in a very minor way;
- b. insulting Biathlon Alberta, its organs, its members, the organs of its members or their affiliates and relatives;

11.2 Start Prohibition

Athletes or teams will be prohibited from starting for:

- a. violation of the eligibility and qualification requirements of Biathlon Alberta

11.3.4 Disqualification (DSQ)

Athletes or teams will be disqualified for:

h. deviating from the marked trail, or skiing a wrong trail, or skiing the course loops in a wrong sequence or in the wrong direction. Athletes skiing a longer than required distance will not be penalized further.

j. not carrying their rifle while skiing during the competition, and for not carrying their rifle, when it is not damaged, on the course with the barrel pointing

up. Athletes in Eco Aim, Air Rifle, Development, and Senior Boys/Senior Girls classes are exempt.

Note: Competition juries are encouraged to substitute other types of penalties in disqualification cases wherever possible.

ANNEX H: WAX ROOM PROTOCOL

FOR SAFETY REASONS, THE FOLLOWING PROCEDURES MUST BE FOLLOWED:

1. Make sure you wear a filter mask and change the filter cartridges at least once a month or as recommended by the manufacturer of your mask.
2. Make sure your filter mask has a tight seal against your face.
3. Avoid spending any unnecessary time in the cabin.
4. Do not keep any food in the wax cabin.
5. Do not eat with any wax particles on your hands.
6. Ventilate the room if there is any dust or smoke in the room.
7. Keep athletes out of the room except when absolutely necessary.
8. Clean the cabin daily, wearing a mask while sweeping the particles.
9. Do not smoke with any wax particles on your hands.

These are preliminary recommendations based on the best health information available to us at this time. These recommendations are likely to change as we learn more and develop better ways to deal with wax fumes.
