

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:

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Recent changes - 2023

Changes of Categories to bring into line with Biathlon Canada

Dev categories now Train to Train 1, 2

Sport and Masters categories now Masters 1, 2, 3, and 4.

Time for invitations changed to 5 weeks

Eco Aim Eco Aim Open changed to Eco Aim U13

Temperature restriction for EcoAim added

Start intervals changed to reflect new Biathlon Canada hosting policy

Penalty loop lengths/times changed to reflect new categories.

Adjustment 3.4 Registration & Sanctioning Fees

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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 cover 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 the 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 5 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 online 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 \$75 for the weekend event. Train to Train categories shall be charged no more than \$55 and Ecoaims no more than \$50 for the weekend event. An additional transaction processing fee will be added.

Venues with high operational costs may apply for exemption to entry fee limits. The Organizing Committee must request and receive, in writing, permission from Biathlon Alberta to increase race entry fees. Proof of high operational costs and expenses will be required before approval is granted.

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 \$2000 will be levied by Biathlon Alberta for each sanctioned event. With 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 loop bibs and leg numbers
- Provision of medals

3.5 Cancellation or Postponement of Events

If it appears that an event will need to be canceled or postponed due to prevailing conditions (typically lack of snow or severely cold temperatures), organizers shall inform Biathlon Alberta of the cancellation by 11:00 am 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 a precipitous drop in temperature) events may be canceled 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 canceled prior to the day of competition, competitors will be guaranteed to receive a 50% refund of their registration fees. In the event of a cancellation on or before 11:00 am the Wednesday (3 days) prior to the event, a full refund, minus any overhead race costs already incurred by the Organizing Committee, will be given to registrants.

If a competition must be canceled 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 11:59 pm 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; Short Individual; Sprint; Pursuit/Alberta 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 Officials* standard. It is expected that other volunteers will complete the *Entry Level Officials* training in their functional area. The *Entry*

Level training is available online from [Biathlon Canada](#). Biathlon Alberta regularly offers Officials courses at the Entry and Advance Levels.

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 setup 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 centered), 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, and 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 backup, will be provided by Biathlon Alberta. **Reasonable Wi-Fi connection for data upload and cell service is necessary since timing chips now run on cell coverage. Internet hotspots 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 Staff

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 the 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, excluding Eco Aims, Masters 1, and Masters 4. Each finisher in the Eco Aims, Masters 1, and Masters 4 categories will receive a prize (Cookie medal or other chosen by the OC). Points will not be awarded for Eco-Aims. Results for the Eco Aim Races will be published in alphabetical order.

[Rationale Behind Eco Aim No Medals vs Prizes For All](#)

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 are 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 01, 2023** 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 Regulations:

Regulation: Fluoro waxes of any variety (high, medium, or low), 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, Train to Train 2, Train to Train 1, Masters 4, Masters 3, Masters 2, Masters 1

Biathlon Alberta Classes: Eco Aim U11, Eco Aim U13, Adult Recreational, Eco Aim 17+

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:

30 seconds: Senior Boys/Girls, All Masters categories, All Train to Train categories, Adult Rec. Eco Aim.

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

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

45 seconds: Junior Men/Women,

30 seconds: Youth Men/Women,

15 Seconds: Senior Boys/Girls, All Masters categories, Adult Rec, All Train to Train categories, Eco Aim.

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 classes will be started manually by a starter.

Start interval: The start interval will be 3 seconds for all athletes. At 3 minutes after the first starter, all remaining competitors will start as a wave (simultaneously).

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, except:

Start interval: 15 seconds; all categories.

Mass Start 30/60 (MS): as per IBU rules.

Alberta Pursuit (AB PS):

Specifically for categories: Eco Aim, Train to Train 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 classes will be started manually by a starter.

Start interval: The start interval will be 3 seconds for all athletes. At 3 minutes after the first starter, all remaining competitors will start as a wave (simultaneously).

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, all Masters categories, All Train to Train categories, Adult Rec Men/Women.

Exceptions can be made for a different-sized penalty loop with approval from Biathlon Alberta.

Eco Aims 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 U11	U11	-athletes shoot on targets Level 6 setting 10m + rest
Eco Aim U13	U13	-athletes shoot on targets Level 6 setting 10m + rest
Eco Aim 17+	17+	-athletes shoot on targets Level 6 setting 10m + rest
Train to Train 1	U17	-athletes shoot prone, 50m, rest permitted
Train to Train 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
Masters 1	17+	-athletes shoot prone + standing, rifle drill
Masters 2	17+	-athletes shoot prone + standing, optional carry
Masters 3	17+	-athletes shoot prone + standing, optional carry
Masters 4	17+	-athletes shoot prone + standing, optional carry
Adult Rec.	17+	-athletes shoot prone, 50m, no rest

Note: Dev categories are now Train to Train 1-2.

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

See notes at end of table.

Category	Competition Format	Competition Distance	Start Type	Skiing Loops	Loop length	Shooting Sequence	Penalty
Women (22+)	Individual	15km	Single, 15 sec	5	3km	PSPS	60 sec
	Short Individual	12.5km	Single, 15 sec	5	2.5km	PSPS	45 sec
	Mass Start 30	12.5km	Simultaneous	5	2.5km	PPSS	150m
	Mass Start 60	12km	Simultaneous	6	2km	PPSS	150m
	Pursuit	10km	Pursuit, 3 sec	5	2km	PPSS	150m
	Sprint	7.5km	Single, 15 Sec	3	2.5km	PS	150m
	Relay	6km	Simultaneous	3	2km	PS	150m
	Mixed Relay	6-7.5km	Simultaneous	3	2-2.5km	PS	150m
	Single Mixed Relay	6-7.5km	Simultaneous	4 or 5	1.5km	PSPS	75m
	Super Sprint Qualification	4.5km	Single 15 Sec	3	1.5km	PS	75m
	Super Sprint Final	7.5km	Simultaneous	5	1.5km	PPSS	75m
Men (22+)	Individual	20km	Single, 15 sec	5	4km	PSPS	60 sec
	Short Individual	15km	Single, 15 sec	5	3km	PSPS	45 sec
	Mass Start 30	15km	Simultaneous	5	3km	PPSS	150m
	Mass Start 60	15km	Simultaneous	6	2.5km	PPSS	150m
	Pursuit	12.5km	Pursuit, 3 sec	5	2.5km	PPSS	150m
	Sprint	10km	Single, 15 Sec	3	3.3km	PS	150m
	Relay	7.5km	Simultaneous	3	2.5km	PS	150m

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	Mixed Relay	6-7.5km	Simultaneous	3	2-2.5km	PS	150m
	Single Mixed Relay	6-7.5km	Simultaneous	4 or 5	1.5km	PSPS	75m
	Super Sprint Qualification	4.5km	Single 15 Sec	3	1.5km	PS	75m
	Super Sprint Final	7.5km	Simultaneous	5	1.5km	PPSS	75m
Junior Women (19-21)	Individual	12.5km	Single, 15 sec	5	2.5km	PSPS	60 sec
	Short Individual	10km	Single, 15 sec	5	2km	PSPS	45 sec
	Mass Start 30	10km	Simultaneous	5	2km	PPSS	150m
	Mass Start 60	9km	Simultaneous	6	1.5km	PPSS	150m
	Pursuit	10km	Pursuit, 3 sec	5	2km	PPSS	150m
	Sprint	7.5km	Single, 15 Sec	3	2.5km	PS	150m
	Relay	6km	Simultaneous	3	2km	PS	150m
	Mixed Relay	6-7.5km	Simultaneous	3	2-2.5km	PS	150m
	Single Mixed Relay	6-7.5km	Simultaneous	4 or 5	1.5km	PSPS	75m
	Super Sprint Qualification	4.5km	Single 15 Sec	3	1.5km	PS	75m
	Super Sprint Final	7.5km	Simultaneous	5	1.5km	PPSS	75m
Junior Men (19-22)	Individual	15km	Single, 15 sec	5	3km	PSPS	60 sec
	Short Individual	12.5km	Single, 15 sec	5	2.5km	PSPS	45 sec
	Mass Start 30	12.5km	Simultaneous	5	2.5km	PPSS	150m
	Mass Start 60	12km	Simultaneous	6	2km	PPSS	150m
	Pursuit	12.5km	Pursuit, 3 sec	5	2.5km	PPSS	150m
	Sprint	10km	Single, 15 Sec	3	3.3km	PS	150m
	Relay	7.5km	Simultaneous	3	2.5km	PS	150m
	Mixed Relay	6-7.5km	Simultaneous	3	2-2.5km	PS	150m
	Single Mixed	6-7.5km	Simultaneous	4 or 5	1.5km	PSPS	75m

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	Relay						
	Super Sprint Qualification	4.5km	Single 15 Sec	3	1.5km	PS	75m
	Super Sprint Final	7.5km	Simultaneous	5	1.5km	PPSS	75m
Youth Women (U19)	Individual	10km	Single, 15 sec	5	2km	PSPS	45 sec
	Short Individual	7.5km	Single, 15 sec	5	1.5km	PSPS	30 sec
	Mass Start 30	7.5km	Simultaneous	5	1.5km	PPSS	150m
	Mass Start 60	9km	Simultaneous	6	1.5km	PPSS	150m
	Pursuit	7.5km	Pursuit, 3 sec	5	1.5km	PPSS	150m
	Sprint	6km	Single, 15 Sec	3	2km	PS	150m
	Relay	6km	Simultaneous	3	2km	PS	150m
	Mixed Relay	6-7.5km	Simultaneous	3	2-2.5km	PS	150m
	Single Mixed Relay	6-7.5km	Simultaneous	4 or 5	1.5km	PSPS	75m
	Super Sprint Qualification	4.5km	Single 15 Sec	3	1.5km	PS	75m
	Super Sprint Final	7.5km	Simultaneous	5	1.5km	PPSS	75m
Youth Men (U19)	Individual	12.5km	Single, 15 sec	5	2.5km	PSPS	45 sec
	Short Individual	10km	Single, 15 sec	5	2km	PSPS	30 sec
	Mass Start 30	10km	Simultaneous	5	2km	PPSS	150m
	Mass Start 60	12km	Simultaneous	6	2km	PPSS	150m
	Pursuit	10km	Pursuit, 3 sec	5	2km	PPSS	150m
	Sprint	7.5km	Single, 15 Sec	3	2.5km	PS	150m
	Relay	7.5km	Simultaneous	3	2.5km	PS	150m
	Mixed Relay	6-7.5km	Simultaneous	3	2-2.5km	PS	150m
	Single Mixed Relay	6-7.5km	Simultaneous	4 or 5	1.5km	PSPS	75m
	Super Sprint	4.5km	Single 15 Sec	3	1.5km	PS	75m

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	Qualification						
	Super Sprint Final	7.5km	Simultaneous	5	1.5km	PPSS	75m
Senior Girls/Boys (U17)	Individual	7.5km	Single, 15 sec	5	1.5km	PSPS	30 sec
	Short Individual	6.25km	Single, 15 sec	5	1.25km	PSPS	15 sec
	Mass Start 30	7.5km	Simultaneous	5	1.5km	PPSS	75m
	Mass Start 60	9km	Simultaneous	6	1.5km	PPSS	75m
	Pursuit	7.5km	Pursuit, 3 sec	5	1.5km	PPSS	75m
	Sprint	6km	Single, 15 Sec	3	2km	PS	75m
	Relay, Mixed Relay	4.5km	Simultaneous	3	1.5km	PS	75m
	Single Mixed Relay	4-5km	Simultaneous	4 or 5	1km	PSPS	50m
	Super Sprint Qualification	3km	Single, 15 sec	3	1km	PS	50m
	Super Sprint Final	5km in	Single, 15 Sec	5	1km	PPSS	50m
Train to Train 2 (U17) (DEV 2)	Individual	6km	Single, 15 sec	4	1.5km	PPP	30 sec
	Short Individual	5km	Single, 15 sec	4	1.25km	PPP	15 sec
	Mass Start 30	6km	Simultaneous	4	1.5km	PPP	75m
	Mass Start 60	7.5km	Simultaneous	5	1.5km	PPP	75m
	Pursuit	6km	Pursuit, 3 sec	5	1.5km	PPP	75m
	Sprint	4.5km	Single, 15 Sec	3	1.5km	PP	75m
	Relay, Mixed Relay	3km	Simultaneous	3	1km	PP	75m
	Single Mixed Relay	4-5km	Simultaneous	4 or 5	1km	PPPP	50m
	Super Sprint Qualification	3km	Single, 15 sec	3	1km	PP	50m
	Super Sprint Final	4km	Single, 15 Sec	4	1km	PPP	50m

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Train to Train 1 (U17) (DEV1)	Individual	4km	Single, 15 sec	4	1km	PPP	30 sec
	Short Individual	3km	Single, 15 sec	4	750m	PPP	15 sec
	Mass Start 30	4km	Simultaneous	4	1km	PPP	75m
	Mass Start 60	5km	Simultaneous	5	1km	PPP	75m
	Pursuit	4km	Pursuit, 3 sec	5	1km	PPP	75m
	Sprint	3km	Single, 15 Sec	3	1km	PP	75m
	Relay, Mixed Relay	3km	Simultaneous	3	1km	PP	75m
	Single Mixed Relay	4-5km	Simultaneous	4 or 5	1km	PPPP	50m
	Super Sprint Qualification	2.2km	Single, 15 sec	3	750m	PP	50m
	Super Sprint Final	3km	Single, 15 Sec	4	750m	PPP	50m
Masters 4 (17+)	Individual	12.5km	Single, 15 sec	5	2.5km	PSPS	30 sec
	Short Individual	10km	Single, 15 sec	5	2km	PSPS	15 sec
	Mass Start 30	10km	Simultaneous	5	2km	PPSS	75m
	Mass Start 60	12km	Simultaneous	6	2km	PPSS	75m
	Pursuit	10km	Pursuit, 3 sec	5	2km	PPSS	75m
	Sprint	7.5km	Single, 15 Sec	3	2.5km	PS	75m
	Relay, Mixed Relay	6km	Simultaneous	3	2km	PS	75m
	Single Mixed Relay	6-7.5km	Simultaneous	4 or 5	1.5km	PSPS	50m
	Super Sprint Qualification	4.5km	Single, 15 sec	3	1.5km	PS	50m
	Super Sprint Final	5km	Single, 15 Sec	5	1km	PPSS	50m
Masters 3	Individual	10km	Single, 15 sec	5	2km	PSPS	30 sec

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(17+)	Short Individual	7.5km	Single, 15 sec	5	1.5km	PSPS	15 sec
	Mass Start 30	7.5km	Simultaneous	5	1.5km	PPSS	75m
	Mass Start 60	9km	Simultaneous	6	1.5km	PPSS	75m
	Pursuit	7.5km	Pursuit, 3 sec	5	1.5km	PPSS	75m
	Sprint	6km	Single, 15 Sec	3	2km	PS	75m
	Relay, Mixed Relay	4.5km	Simultaneous	3	1.5km	PS	75m
	Single Mixed Relay	6-7.5km	Simultaneous	4 or 5	1.5km	PSPS	50m
	Super Sprint Qualification	4.5km	Single, 15 sec	3	1.5km	PS	50m
	Super Sprint Final	5km	Single, 15 Sec	5km	1km	PPSS	50m
Masters 2 (17+)	Individual	7.5km	Single, 15 sec	5	1.5km	PSPS	30 sec
	Short Individual	5km	Single, 15 sec	5	1km	PSPS	15 sec
	Mass Start 30	5km	Simultaneous	5	1km	PPSS	75m
	Mass Start 60	6km	Simultaneous	6	1km	PPSS	75m
	Pursuit	5km	Pursuit, 3 sec	5	1km	PPSS	75m
	Sprint	4.5km	Single, 15 Sec	3	1.5km	PS	75m
	Relay, Mixed Relay	3km	Simultaneous	3	1km	PS	75m
	Single Mixed Relay	4-5km	Simultaneous	4 or 5	1km	PSPS	50m
	Super Sprint Qualification	2.2km	Single, 15 sec	3	500m	PS	50m
	Super Sprint Final	3km	Single, 15 Sec	5	500m	PPSS	50m
Masters 1 (17+)	Individual	7.5km	Single, 15 sec	5	1.5km	PSPS	30 sec
	Short Individual	5km	Single, 15 sec	5	1km	PSPS	15 sec

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	Mass Start 30	5km	Simultaneous	5	1km	PPSS	75m
	Mass Start 60	6km	Simultaneous	6	1km	PPSS	75m
	Pursuit	5km	Pursuit, 3 sec	5	1km	PPSS	75m
	Sprint	4.5km	Single, 15 Sec	3	1.5km	PS	75m
	Relay, Mixed Relay	3km	Simultaneous	3	1km	PS	75m
	Single Mixed Relay	4-5km	Simultaneous	4 or 5	1km	PSPS	50m
	Super Sprint Qualification	2.2km	Single, 15 sec	3	500m	PS	50m
	Super Sprint Final	3km	Single, 15 Sec	5	500m	PPSS	50m
Adult Rec (17+)	Individual	6.25km	Single, 15 sec	5	1.25km	PPPP	30 sec
	Short Individual	5km	Single, 15 sec	5	1km	PPPP	15 sec
	Mass Start 30	5km	Simultaneous	4	1.25km	PPP	75m
	Mass Start 60	6.25km	Simultaneous	5	1.25	PPP	75m
	Pursuit	5km	Pursuit, 3 sec	5	1km	PPP	75m
	Sprint	3.75km	Single, 15 Sec	3	1.25km	PP	75m
	Relay, Mixed Relay	3km	Simultaneous	3	1km	PP	75m
	Single Mixed Relay	4-5km	Simultaneous	4 or 5	1km	PPPP	50m
	Super Sprint Qualification	2.2km	Single, 15 sec	3	750m	PP	50m
	Super Sprint Final	3km	Single, 15 Sec	4	750m	PPP	50m
EcoAim (17+)	Individual	5km	Single, 15 Sec	4	1.25km	PPP	30 sec
	Short Individual	4km	Single, 15 Sec	4	1km	PPP	15 sec
	Mass Start 30	4km	Simultaneous	4	1km	PPP	50m
	Mass Start 60	5km	Simultaneous	5	1km	PPP	50m

	Pursuit	4km	Pursuit, 3 sec	4	1km	PPP	50m
	Sprint	3km	Single, 15 Sec	3	1km	PP	50m
EcoAim (U13)	Individual	5km	Single, 15 Sec	4	1.25km	PPP	30 sec
	Short Individual	4km	Single, 15 Sec	4	1km	PPP	15 sec
	Mass Start 30	4km	Simultaneous	4	1km	PPP	50m
	Mass Start 60	5km	Simultaneous	5	1km	PPP	50m
	Pursuit	4km	Pursuit, 3 sec	4	1km	PPP	50m
	Sprint	3km	Single, 15 Sec	3	1km	PP	50m
EcoAim (U11)	Individual	4km	Single, 15 Sec	4	1km	PPP	30 sec
	Short Individual	3km	Single, 15 Sec	4	750m	PPP	15 sec
	Mass Start 30	3km	Simultaneous	4	750m	PPP	50m
	Mass Start 60	4km	Simultaneous	5	750m	PPP	50m
	Pursuit	3km	Pursuit, 3 sec	4	750m	PPP	50m
	Sprint	2.25km	Single, 15 Sec	3	750m	PP	50m

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

Notes:

1. Senior Boys and Senior Girls do not carry rifles when skiing the course. All Competitors who do not carry rifles must conform to the appropriate section of the Range Procedures for Competitors Not Carrying Rifles contained in Annex F. Senior Boys and Girls may be required to carry their rifle for the duration of the competition in a Single Mixed Relay or Super Sprint depending on the available loop distance/profile/number of competitors.
2. Relay type will determine the distance and number of legs. Relays may be 2, 3, or 4 person relays, same gender or mixed. The formats will be determined after the registration deadline.
3. Except for the Individual Competition, for which the time shot penalty is noted above in the table, the shot penalty is a 150m penalty loop and 75m (SMR/SS) for all IBU classes. For Senior Boys and Girls, Train to Train, and Masters categories the shot penalty is 75m

penalty loop and 50m (SMR/SS). The shot penalty for all Ecoaim categories is 50m.

4. The penalty loop distance for Masters may be changed to match the other categories they are racing with with the permission of Biathlon Alberta. This change must be announced in the race invitation.
5. Course lengths or penalty loop distances that differ from the provisions of this Hosting Policy should be indicated in the invitation and be reviewed in the team captains meeting or in a communication prior to the event.
6. Train to Train 1 Category may use a rifle rest.
7. Masters 1 category will not carry their rifle on course and will follow the range procedures for Senior Boys and Girls.
8. Masters categories may be split into men/women/non-binary. The intention is that the masters categories race together with awards split by men/women/non-binary.
9. Train to train categories may be split into boys/girls/non-binary.
10. Masters 1 and Masters 4 are non-medal categories for Calforex Cup races.
11. It is recommended that the Ecoaim 17+ categories be run on Saturday only.

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	500m
IN	✓		✓	✓	✓	✓	✓	✓		
SP		✓	✓	✓	✓	✓	✓	✓	✓	
PS				✓	✓	✓	✓	✓	✓	
MS			✓	✓	✓	✓	✓	✓	✓	
SS						✓		✓	✓	✓
Colour	Brown	Blue	Yellow	Green	Red	Orange	Pink	Purple	Black	Brown

Penalty Loop Distances

- Except for the Individual Competition, for which the time shot penalty is noted above in the table, the shot penalty is a **150m** penalty loop and **75m (SMR/SS)** for all IBU classes.
- For Senior Boys and Girls, Train to Train, and Masters categories the shot penalty is **75m** penalty loop and **50m** (SMR/SS).
- The shot penalty for all Ecoaim categories is **50m**.

ANNEX F - Special Alberta Regulations

All Categories

1. Weather and Daylight

1.1 Weather

As per IBU rules.

1.1.1 The temperature cut off for the Ecoaim categories is -15°C

1.2 Daylight

Zero should not begin until 30 minutes after the published time of sunrise unless the range is equipped with a fully functional lighting system. Lighting needs to comply with IBU 3.1.2.4.

Rifle Carrying – .22 categories (Train to Train, Senior Boys and Senior Girls, Masters, Adult Recreational)

2. Train to Train 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 Train to Train categories are as detailed in Biathlon Canada's Hosting Policy: Annex B - Rule adjustments and Range Procedures for Competitors Not Carrying Rifles, section 1.

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 30 second penalty awarded by the Competition Jury to the competitor in question.

3. Senior Boys and Senior Girls shuttle their rifles only on the range following the Biathlon Canada range procedure for Senior Boys/Girls as detailed in Annex B - Rule adjustments and Range Procedures for Competitors Not Carrying Rifles Section 2.

Note: Rifle actions must be OPEN when placed in the rack. Any safety violation of the above procedure will lead to a 30 second 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.

4. Masters categories and Adult Recreational 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 B - Rule adjustments and Range Procedures for Competitors Not Carrying Rifles.

Note: Rifle actions must be OPEN when placed in the rack. Any safety violation of the above procedure will lead to a 30 second 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 categories

5. Penalties

Eco Aim categories – 30-second time penalty (IND) or ski a 50m penalty loop. 30 second time penalty for each penalty loop not skied immediately after the shooting bout.

6. 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 Categories

7. Senior Official

A Senior Official will be assigned to supervise the area of the range in which the Eco Aim 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.

8. 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.

9. 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.

10. 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.

11. Equipment malfunction

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

12. Course 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. Eco Aim Targets

Eco-aims will be set up on their own 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 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. This must be confirmed by an official with understanding of the system.

ANNEX G: Modifications and Additions to IBU Disciplinary Rules

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

9.2.4.1.2 may only be applied if necessary to start the next class of competitors and only after all other reasonable options to allow Competitors to finish have been exhausted.

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, 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

11.3.3 Two Minute Penalty

- d. The two minute penalty for crossfiring under IBU Event and Competition Rule 11.3.3.d shall not apply for the Train to Train, Senior Boys, Senior Girls, and Masters Classes.

11.3.4 Disqualification (DSQ)

Athletes or teams will be disqualified for:

h. Disqualification will not apply for all violations of section 11.3.4.h of the IBU Event and Competition Rules “deviating from the marked trail”. A one minute penalty will be applied per course loop deviated if no advantage is gained by the Competitor by deviating from the marked trail. Competitors will be disqualified if they have gained an advantage by deviating from the marked trail.

No penalty will be applied if a Competitor skis a longer penalty loop than prescribed. A thirty second time penalty will be imposed each time a Competitor skis a shorter penalty loop than prescribed.

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, Train to Train, Senior Boys / Girls and optional carry classes are exempt.

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

ANNEX H: WAX ROOM PROTOCOL

THE USE OF Fluorinated glide waxes or tuning products containing fluorine liquid are NOT permitted at Calforex Cups for ALL age categories. This includes all types of fluorinated glide wax (e.g., LF, HF, block, powder, liquid).

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.

ANNEX I: COVID PROTOCOL

Organizing Committees are expected to follow the recommendations and regulations from the Alberta Government and Alberta Health Services.

Biathlon Alberta strongly recommends the use of N-95 masks when indoors (Race office, Timing facility, wax rooms, etc.).