

2008



TECHNICAL PACKAGE

BIATHLON - SNOWSHOE

TECHNICAL PACKAGE
2008 ARCTIC WINTER GAMES

1. **RULES:** This competition will be conducted under the rules of the International Biathlon Union (IBU) where possible. All snowshoe related rules are approved / modified by the Arctic Winter Games International Committee.

2. **CATEGORIES:**

- a) Senior Male Born in 1990 or 1991 or 1992
- b) Senior Female Born in 1990 or 1991 or 1992
- c) Junior Male Born in 1993 or later
- d) Junior Female Born in 1993 or later

3. **EVENTS**

Individual Competitions for all Categories

Competition Class	Individual	Sprint	Mass Start
Senior Male	5.0 km PSPS	3.0 km PS	5.0 km PPSS
Senior Female	5.0 Km PSPS	3.0 km PS	5.0 km PPSS
Junior Male	3.0 km PPP	2.0 km PP	3.0 km PPP
Junior Female	3.0 km PPP	2.0 km PP	3.0 km PPP

Relay Competitions

Senior Competition 4 X 3.0 km (2 Senior Male and 2 Senior Female)

Junior Competition 4 X 2.0 (2 Junior Male and 2 Junior Female)

TECHNICAL PACKAGE
2008 ARCTIC WINTER GAMES

Shooting Positions

Junior competitors shoot in the prone position only.

Senior competitors shoot in the prone or standing position according to the sequences for each event.

Rifle Carrying:

Junior competitors shall have their rifles placed on and removed from the firing line by their coaches.

Senior competitors carry their rifles only on the range, securely positioned on their back. The rifles are picked up from the racks; at the entrance to the range and are dropped off at the rack at the exit from the range. The competitor must be completely stationary when picking up or dropping off the rifle at the rack and the firing line.

The competitors bib number is placed on his/her rifle and on the rifle rack at the entrance to the range.

All other IBU range rules and safety protocols will also be strictly enforced.

- 4. TEAM COMPOSITION:** Each Games Unit may enter a team comprising a maximum of eight (8) competitors and two (2) coaches as follows.

Each Games Unit may enter a team comprised of a maximum of ten (10) participants as follows:

Senior Male	-	2
Senior Female	-	2
Junior Male	-	2
Junior Female	-	2
Coaches	-	2

One coach must be female and one male. If a coach from one gender is not available a chaperon must be substituted.

TECHNICAL PACKAGE
2008 ARCTIC WINTER GAMES

5. MEDALS

Individually by event and individually by team for relay

Gold	-	20
Silver	-	20
Bronze	-	20

6. Arctic Winter Games Rule Modifications

If a rule is not specified in this package then the IBU rules shall apply. With respect to the rules related to snowshoe equipment, see the Snowshoe Technical Package, copy attached.

- a. Equipment Check and Marking: Competitors must report to the equipment checkpoint at the designated time announced by the competition committee prior to the start of each race for the purpose of checking snowshoes and rifles for compliance with the rules.

The snowshoes and rifles shall be checked for compliance with the rules and marked as such under the supervision of the chief of competition. A spare pair of snowshoes and a spare rifle can also be checked and marked using the same procedures if requested by a competitor or his/her coach. Spare equipment may only be used if the original equipment malfunctions during the course of an event.

All snowshoes and rifles must also be checked after each race under supervision of the chief of competition for compliance with the rules.

Replacement: Competitors may replace a broken snowshoe during the course of a race. They must, however, finish each race with at least one (1) of the original snowshoes worn at the start of the race. Both snowshoes must be properly bound to the feet at the finish of the race. Any replacement snowshoes, which were put on during the course of the race, will be measured immediately after the race and the race committee shall ensure compliance with all rules respecting snowshoes.

Competitors may use their spare rifle if the original rifle malfunctions during a race.

TECHNICAL PACKAGE
2008 ARCTIC WINTER GAMES

In both cases above, the competitor's coach may provide the replacement equipment to the athlete during the course of the race provided they do not interfere with the progress of any other athlete.

b. Penalty Loop:

The penalty loop distance for all categories and events shall be fifty (50) meters.

Competitors shall snowshoe one penalty loop for each target missed. Penalty loops must be completed immediately after each shooting session.

A two (2) minutes penalty will be added to a competitor's running time for each penalty loop they fail to complete.

In Individual events, a 40 second penalty shall apply for each shot missed.

7. Snowshoe Equipment Regulations

Snowshoe Equipment Regulations are extracted from the Snowshoe Technical Package. In the case of any discrepancy between the two documents, the Snowshoe Technical Package shall prevail.

a. Equipment – Snowshoes

Dimensions

The snowshoe shall not be smaller than 222 by 813 millimetres (8 $\frac{3}{4}$ " by 32"). The race committee shall construct a measuring box with inside dimensions of 222 millimetres width, 813 millimetres length and 222 millimetres height. Any shoe that falls through this box in either the vertical or horizontal position shall be deemed illegal and its use will be forbidden. Snowshoes shall be measured and marked by a designated sport official before the start of the first day's events. Officials will check snowshoes for official markings during the weigh in procedure established in the section below (Weight).

TECHNICAL PACKAGE
2008 ARCTIC WINTER GAMES

Materials

Snowshoes shall be made of a wooden frame. The webbing shall be of leather or gut. Snowshoes shall not have any device(s) affixed to them, the purpose of which is the improvement of traction.

Weight

A pair of snowshoes complete with bindings shall weigh no less than 1.1 kilograms (2.5 pounds). Snowshoes shall be weighed prior to and after each competition. The weigh scale shall be of a mechanical balance type that is unaffected by cold temperatures.

Illegal Snowshoes

Any athletes completing the race with an illegal snowshoe(s) shall be disqualified from the race; any medals or points awarded shall be forfeited. It is the competitor's responsibility to ensure his/her snowshoes are legal as defined by these rules.

Marking

The Race Committee shall establish a procedure for "marking" snowshoes

b. Equipment – Bindings

Bindings must be made of soft leather or hide or lampwik. Metal buckles are allowed but may only be used to fasten one part of the binding to another part of the binding and not the binding to the snowshoe. Not allowed are:

- 3 pin cross-country ski bindings or other metal bindings that prevent the snowshoe from swinging sideways.
- Velcro or similar materials

Bindings may be affixed to the mukluk or moccasin by using one toe loop that is sewn to the mukluk or moccasin within 76 millimetres (3 inches) of the centre front part of the mukluk. The binding cannot be affixed to the mukluk or moccasin in any other way. The loops must be of a natural material such as hide or leather.

TECHNICAL PACKAGE
2008 ARCTIC WINTER GAMES

c. Equipment – Footwear

All athletes must wear mukluks or moccasins when racing.

Footwear must be made of soft leather below the ankle including the sole. No commercial shoes, hard-soled shoes or rigid orthotics are to be worn inside the moccasin or mukluk. Acceptable liners are felt, wool or foam. Rubber liners are not allowed. No cleats or track shoes or any kind, or part thereof, are allowed. Velcro or similar materials are not allowed. Duct tape or similar materials or cardboard or similar manufactured materials are not allowed.