

## THE 2026 AWSA NORDIC COMPETITION RULES – Effective 1 November 2025

### INTRODUCTION

1. The AWSA Army Ski Competition Rule Book is published in 2 disciplines – Alpine and Nordic - on the AWSA website: [www.awsa.org.uk](http://www.awsa.org.uk). The Nordic ski disciplines covered are Biathlon, Cross Country (XC) and the Military Patrol Race. This 2026 Nordic edition is effective from 1 November 2025.
2. In spite of the status of Army Nordic skiing as Individual Military Training (IMT), all UK Armed Forces (JSP 660) and Army (AGAI Ch 5) Sport policy applies to AWSA Nordic skiing competitions, other than when specifically stated in annual Defence Instructions & Notices (DINs), e.g. funding entitlements.
3. AWSA Nordic Ski Competition Rules are based on, and (except for some critical issues) do not repeat:
  - [International Biathlon Union \(IBU\) Event & Competition and Disciplinary Rules 2025](#).
  - [International Ski Competition Rules \(ICR\) of the International Ski and Snowboard Federation \(FIS\) – Book II Cross Country dated October 2025](#).
4. The full IBU and FIS rules have been modified principally to ensure that the ethos of Army Nordic ski racing remains based on team events, notably in Section 2 (Draw, Seeding and Assignment of Start Numbers).
5. The AWSA Management Committee has delegated ratification of the AWSA Nordic Ski Competition Rules to Chairman Army Nordic. The Nordic Competition Rules will be formally reviewed and promulgated annually. Proposed amendments should be sent to: [nordic@awsa.org.uk](mailto:nordic@awsa.org.uk).
6. This Rule Book ‘sets the standard’ for the Army and Qualifying Championships and is to be the goal of all Corps Championships. Due to the reduced infrastructure and resources available at Corps and even Qualifying Championships these standards may have to be relaxed; the competition procedures and conduct of competitions should be as close to these Rules as possible. Corps Championship races are to be conducted in the formats specified in Annex B, within 15% of the prescribed distances, in order to prepare for the Qualifying Championship races ([Para 1.3](#)). Safety, both personal and weapon, must never be compromised. Athletes and officials are to be thoroughly briefed when local conditions dictate that Rules are to be amended or that a lower standard is necessary. Chairman Army Nordic reserves the right to consider any lowering of standards at Qualifying Championships when qualifying teams and individuals for the Army Championships.
7. This Rule Book should enable Championship Committees and Juries to make informed and equitable decisions on incidents and questions raised to them. In case of any doubt, where an Army Nordic decision is required, or circumstances outside those explained herein, Secretary Army Nordic should be consulted by any Organiser: [nordic@awsa.org.uk](mailto:nordic@awsa.org.uk).
8. Navigate through the document using the page links in the Contents and the link in the header of each page back to Contents. Links in the annex or paragraph headings return to the original text.

## SIGNIFICANT REVISIONS IN THIS EDITION

9. Throughout this Rule Book main changes to the 2025 edition are shown in red. **The most significant are:**

- [1.6](#) Clarification of the principles for unit amalgamation.
- [3.6](#) Emphasis on how non-competing people are forbidden to assist competitors.
- [3.16.2](#) Change in IBU minimum ski length.
- [3.19-3.25](#) Reflecting the change in IBU Safety Regulations, incorporation of Safety Regulations in these Rules for the first time in order to ensure knowledge and understanding by all Army competitors and instructors. This includes the new use of Chamber Safety Markers.
- [4.17-4.19](#) Application of IBU penalties for rule violations in the finish corridors, Suspension and Fines (not applied).

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## DEFINITIONS

**ARMY SPORT:** Army Sport oversee all sport in the Army.

**ARMY NORDIC:** The AWSA organisation, formed of volunteers, that manages Nordic skiing in the Army.

**AWSA:** The Army Winter Sports Association – the body which controls competitive snow and ice sports in the Army; subordinate to Army Sport.

**BBU:** The British Biathlon Union – the National Governing Body (NGB) for the sport of Biathlon in the United Kingdom.

**BIATHLON:** A competition which combines cross country skiing and .22" rifle marksmanship.

**CHAMPIONSHIP:** A number of competitions grouped together within a specific period and organised by the same body; the results from all or some of the competitions may be combined to produce Championship Results. Normally organised at Army, Qualifying and Corps levels; Inter Service and Inter Corps Championships are held within the Army Championships.

**CHAMPIONSHIP COMMITTEE:** The officials responsible for the organisation of each championship.

**CHAMPIONSHIP COMPETITION:** A competition which counts for points towards team and/or individual Army or Inter Service prizes.

**CLASSICAL TECHNIQUE (FIS 310.2.2):** Classical technique includes the Diagonal Stride techniques, the double polling with or without diagonal kick, herringbone or half herringbone without a gliding phase, and turning techniques.

- Diagonal Stride technique is comprised of alternating diagonal movements of both arms and legs and includes diagonal stride and herringbone techniques without a gliding phase. In diagonal technique only one or no pole is in the ground at any time.
- Turning techniques comprise of steps with the inner ski and pushes with the outer ski in order to change skiing direction. The sections of the course where turning techniques are allowed should be clearly marked.
- Where there are one or more set tracks, repeatedly changing or stepping in and out of tracks is not allowed.
- Single- or double-skating is not allowed.

**COMPETITION:** A competition is a specific event or race for a stated class of competitor.

**COMPETITION JURY:** Supports the TD to adjudicate on any uncertainties during a competition.

**COMPETITION TEAM:** The team of up to 4 competitors chosen for a specific competition from the Unit /Corps Team of up to 6 athletes competing in a Championship.

**COMPETITOR:** Throughout these rules 'competitor' is a generic term and refers to men and/or women as appropriate.

**CROSS COUNTRY (XC):** A technical, tactical and physical test of competitors' abilities to ski across terrain with rolling undulating, climbing and downhill sections.

**ED:** Equipment Delegate (for the Military Patrol Race) who determines that patrols' dress and equipment conform to these Rules.

**EX PIPEDOWN (PDN) and EX SPARTAN HIKE (SH):** Qualifying (formerly “Divisional” or “Regional”) Championships for the Army Alpine and Nordic Championships.

**EX RUCKSACK (RS):** The British National, Inter Service and Army Nordic Ski Championships.

**FIS:** Federation Internationale de Ski (The International Ski Federation) - the International Governing Body (IGB) for many skiing disciplines, including alpine, cross country, snowboarding and telemark.

**FORCE MAJEURE:** Literally a ‘superior force’: an event leading to consequences that could not have been avoided through the exercise of all due care. Implies circumstances beyond one's control which may be pleaded as a reason for an outcome, e.g. for failure to arrive at the start of a competition on time.

**FREE TECHNIQUE:** Free technique includes all the different cross country skiing techniques.

**GBS:** GB Snowsport: the NGB for Cross Country and other FIS disciplines in the United Kingdom.

**HORS CONCOURS (HC):** An individual or team not entitled by the rules to enter a competition, but allowed to participate by the Championship Committee. They may not win the normal prizes or trophies, but special prizes may be set aside for them if the Committee so decides.

**IBU:** The International Biathlon Union - the IGB for Biathlon.

**MECHANICAL CLIMBING AID:** Any mechanism which has moving parts to enhance the competitor's own propulsion, i.e. telescopic poles, springs or mechanical devices in skis, poles, bindings or boots to create additional push-off, is not permitted. ‘Chemical’ skis, ‘fish scales’, ‘microfiche’ or ‘skins’ are not mechanical aids and are therefore permitted in all Nordic competitions.

**NORDIC:** Internationally ‘Nordic skiing’ comprises the competition disciplines of Cross Country (XC) Skiing and Ski Jumping. In the AWSA ‘Nordic’ implies the two separate disciplines of Cross Country skiing and Biathlon, as well as the Military Patrol Race.

**PARALYMPIC /ADAPTIVE SKIING:** Skiing for athletes with a physical disability or visual impairment. Biathlon and cross country skiing disciplines are included.

**QUALIFYING COMPETITION:** A Qualifying Championship competition, the results of which are used to qualify teams or individuals for the Army Championships.

**TD:** Technical Delegate - the official responsible, as applicable, to the BBU, GBS, UKAFWSA or AWSA for the correct technical application of these or IBU/FIS rules.

**TEAM CAPTAIN:** A Team Captain is an officer, or for Minor Units, Army Reserve and HC teams only, a SNCO, appointed by their Commanding Officer, who is responsible for all competition, administrative and disciplinary matters relating to their Unit's team. They are to attend Team Captains' Meetings and are particularly responsible for ensuring that these Rules are made known to, and understood by, the Unit, team members and any supporting staff.

**TO COMPETE:** A team or individual competes when they take part in a Competition in which they are eligible for any prizes.

**TO PARTICIPATE:** A team or individual participates when they take part in a Competition in which they are not eligible for any prizes. They will wear a race bib, be allocated a start time and have their race time/shooting record recorded, but not numerically ranked, in the results. See also *Hors Concours*.

**UKAFSB:** United Kingdom Armed Forces Sport Board - the body that regulates Tri-Service sport.

**UKAFWSA:** United Kingdom Armed Forces Winter Sports Association - subordinate to UKAFSB, regulating Armed Forces winter sport. This includes UKAF Nordic, the tri-service Nordic committee.

**UNIT/CORPS TEAM:** A Unit, or Corps, team competing in a Championship, of up to 6 athletes, from which the Competition Team of up to 4 competitors is chosen for a specific competition.

**VORLAUFER/FORERUNNER:** A skier who skis the course ahead of the competitors, immediately prior to the competition, in order to prove or improve the track or trail.

### **ABBREVIATIONS USED IN COMPETITION DETAILS**

CT	Classical Technique
F	Female competitor
FT	Free Technique
GBR	British National competition
HC	<i>Hors concours</i> – a participant, but not competing, in a competition
IC / IS	Inter Corps / Inter Service competition
J	Junior
M	Male competitor
N	Novice
S	Senior
R	Army Reservist
UKAF	UK Armed Forces
V	Veteran
Y	Youth
XC	Cross Country

(Example: FJNR = Female Junior Novice Reservist)

## **CONTACT INFORMATION**

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### **The British Biathlon Union (BBU)**

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### **The International Ski and Snowboard Federation (FIS)**

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### **UK Anti-Doping (UKAD)**

UK Anti-Doping, Fleetbank House, 2-6 Salisbury Square, London EC4Y 8AE

**Tel:** 0207 842 3450

**Web:** [www.ukad.org.uk](http://www.ukad.org.uk)

#### **[“Report Doping in Sport”](#)**

**Tel:** 08000 32 23 32

**Whatsapp:** +44 (0)7587 634711

**Email:** [intelligence@ukad.org.uk](mailto:intelligence@ukad.org.uk)

### **World Anti-Doping Agency (WADA)**

**Web:** [www.wada-ama.org](http://www.wada-ama.org)

## SECTION 1 - COMPETITIONS, ENTRY AND OFFICIALS

### COMPETITIONS, TROPHIES AND PRIZES

**1.1 Army Competitions.** The competitions that may be held at Ex RUCKSACK are listed at [Annex A](#). Competitions for Men and Women are held in all disciplines; they may be held concurrently or separately, and Women may race with the Men where there is a Unit Team Competition subject to the conditions in 1.7.4. Juniors may have to compete over the same distances as Seniors; Youths will compete over the same distances as Juniors unless specified otherwise. There may be separate Novice competitions.

**1.2 Trophies & Prizes.** National, Inter Service & AWSA trophies are listed at [Annex A](#).

1.2.1 The AWSA trophies for all individual competitions may only be won by serving members of the British Army.

1.2.2 In British National competitions run by the AWSA, any British national may compete for GBS titles and trophies and, if an individual member of the BBU, for BBU titles and trophies.

1.2.3 Only Unit teams of the British Army may compete for the Princess Marina, Duchess of Kent, Cup and for the Kentish Cup. Only teams of the British Armed Forces compete for the SAS Cup.

1.2.4 The Army Reserve Championships are held within Ex SPARTAN HIKE.

1.2.5 The Championship Committee may award special 'guest' prizes.

**1.3 Qualifying Competitions.** Qualifying Championships are to consist of the following **team** competitions, **based on individual results where appropriate**:

1.3.1 **Biathlon:** 4 x 7.5 km Relay.  
4 x 6 km Women's Relay.  
10 km Senior and Junior Sprint (Individual & Team).  
7.5 km Women's Senior and Junior Sprint (Individual & Team).

1.3.2 **Cross Country (XC):** 4 x 5 km Relay.  
(all Classical Technique) 4 x 5 km Women's Relay.  
10 km Senior and Junior (Individual & Team).  
10 km Women's Senior and Junior (Individual & Team).

1.3.3 **Military Patrol Race:** 20 km Military Patrol Race (Open & Women).

### ENTRY CONDITIONS

**1.4 Individual Eligibility.**

1.4.1 At the Qualifying and Army Championships all British Army competitors are to be Members of the AWSA; all foreign or allied soldiers competing for British Army Unit teams are to be Associate Members of the AWSA.

1.4.2 All competitors in AWSA competitions must hold a minimum of 3<sup>rd</sup> Party, medical and repatriation insurance cover to include cross country ski and biathlon racing. Competition Organisers are to see evidence before accepting entries.

1.4.3 All competitors in AWSA competitions are to have conducted technical ski race training prior to the start of any competition, specifically including certified weapon handling competence prior to biathlon events and the Military Patrol Race in accordance with AGAI Vol 1, Ch 13.

1.4.4 Competitor Waivers, e.g. FIS / IBU Waiver, may be required by Ex Directors.

1.4.5 Full definition of the eligibility rules for British National competitions is the responsibility of the BBU/GBS; in general, any British national may compete, but must be a current member of the BBU for biathlon competitions.

1.4.6 Non-members of the AWSA, including foreigners, may be allowed to participate as HC in any competition at the discretion of the Ex Director.

1.4.7 The eligibility of Reserve, Other Service and Foreign, Allied and Commonwealth personnel to participate in Representative Sport (Single Service events (unit, corps and formation/Qualifying), Single and Combined Service teams, is detailed in Annex A to Chapter 2 to JSP 660 Pt 1, [which is copied into Annex C to these Rules](#).

**1.5 Team Eligibility.** The ethos of Army Nordic ski racing is firmly based on team competition, to reflect the Army's Core Values and engender a valuable team spirit.

1.5.1 All Regular Army and Army Reserve officers and soldiers on the established strength of a Unit are eligible to represent it in Army and Qualifying Championships. The detailed eligibility rules, including Unit amalgamations and individual affiliations, authorised by Army Sport are laid down in the current versions of AGAI Vol 1, Ch 5, Pt 4: Participation, and JSP 660 Pt 1, Chapter 2 Paras 3-5 ([link to ASCB Policy page](#)). These are expanded in Annex C to these Rules, [Para C.17](#). There is no separate Minor Unit or Army Reserve competition at the Army Championships.

1.5.2 Unit teams are permitted to consist of both male and female competitors, when authorised by Chair Army Nordic, based on the following guiding principles:

1.5.2.1 Requests to include a female competitor in a male Unit Team must be made before PDN/SH Registration. If authorised and registered at PDN/SH, the male Unit Team cannot be changed at PDN/SH except for reasons of *force majeure*. Likewise, if registered at the Army Championships, the male Unit Team is to remain so formed throughout.

1.5.2.2 An individual can only be registered for one team throughout each Championship, at all levels of competition.

1.5.2.3 An individual can only compete in the race category entered, irrespective if the men's and women's race distances are the same. A woman racing for the male Competition Team does not also compete in the Women's category in the same race, except that:

1.5.2.3.1 Where Men's and Women's races are held concurrently over the same distance (currently only in XC) at the QCs, a woman competing in the

male unit competition will have their race time used as an individual **female** qualifying time for the Army Championships (see [Annex C](#)).

1.5.2.4 A woman registered as part of a male Unit Team may also enter other individual female races.

1.5.2.5 No men, except for Transgender personnel in their affirmed gender (Rule 1.14) may race for a Women's Unit or Corps Team or over Women's distances.

1.5.2.6 There is no requirement to apply 1.5.2.1 if the woman in question just wishes to compete in the Male Military Patrol Race.

**1.6 Qualifying Championships Eligibility.** At Qualifying Championships there are both Male and Women's Unit team competitions. Where it proves impractical to form Unit teams, Corps and amalgamated unit teams may be authorised to compete at the discretion of the Chair Army Nordic. **Bids should be submitted to Army Nordic<sup>1</sup> no later than 5-working days before the start of the Qualifying Championships. Amalgamated unit team bids should be based on location, formation or capability. Personnel from one unit are to be grouped *en bloc* and not spread over multiple unit teams. The intent is to increase participation in the sport. Individual affiliation to a local unit, primarily of the same corps for funding and training considerations, may be authorised in accordance with AGAI Ch5 Para 5.080f.**

1.6.1 Unit and, as necessary, corps teams and any other individuals are allocated to Qualifying Championships by the AWSA Alpine/Nordic Selection Committee during the preceding autumn, in accordance with issued Instructions. Entries are required before the end of August.

1.6.2 The Ex Director has the right to decline entries from competitors deemed not to have sufficient expertise to cope with the standard of the ski racecourse.

1.6.3 **"The Novice/Junior/Youth Rule" (The NJY Rule).** To compete at the Qualifying and Army Championships, and to be eligible to qualify for the Army Championships, competing teams must include a Novice, Junior or Youth skier from the British Army in at least one of the following races: XC Relay; Biathlon Relay; or Military Patrol Race. Note: this does not apply to the women's corps teams at the Army Championships.

1.6.3.1 The competitor may ski in any leg of a relay and may be a Novice or Junior/Youth or both.

1.6.3.2 If a NJY has not raced in one of the mandatory races prior to the Military Patrol Race and a NJY (from the nominated Unit Team) becomes unavailable, for whatever reason, to compete in the Military Patrol Race, *force majeure* will not be accepted, except to bring another NYJ into the Unit Team. The unit will be deemed to have failed to meet the correct composition of a patrol and be declared HC for the Military Patrol Race.

## 1.7 Army Championships Eligibility.

1.7.1 The qualification systems for the Army Championships for both teams and individuals are described in [Annex C](#). Exceptionally Chair Army Nordic may authorise

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additional Army individuals or teams on a case-by-case basis.

1.7.2 At the Army Championships the women's team championship is only between Corps teams formed from qualified individuals. These teams are to consist of four, five or a maximum of six individually qualified skiers. If eight or more skiers from the same Corps qualify, they may enter multiple teams e.g. 'A' and 'B' Corps Team. It is at the discretion of the corps to assign individuals to teams. For example: if 12 skiers qualified for a corps, they could enter three teams of four skiers or two teams of six skiers. Skiers cannot swap between teams.

1.7.3 Army Reserve teams and individuals may qualify for the Army Championships from the Qualifying Championships on the same basis as the Regular Army.

1.7.4 At the Army Championships, Qualified Teams are to participate in all the Team Championship (Kentish/SAS Cup & Women's Inter Corps) Competitions – see [Table 1](#).

1.7.5 AWSA Rule 1.6.3 (The NJY Rule) applies at the Army Championships, except for women's corps teams.

1.7.6 Only Unit teams with the correct Military Patrol Race rank structure will be authorised to compete at the Army Championships.

## **1.8 Competition Entries.**

1.8.1 Entries for each competition are to be submitted by Team Captains to the Championship Office, on the official competition entry form by the stipulated time. Late entries may be accepted after the Draw has been made at the discretion of the Championship Committee. Their names will be added to the start list so as to give no advantage over correctly entered competitors, normally at the end unless 'spare' start positions have been pre-allocated.

1.8.2 Team captains are to nominate a Unit Team of up to six eligible skiers prior to the first championship competition. Only these six skiers may compete in the unit's Competition Team in any competition - unless the Championship Committee accepts a *force majeure* replacement to the Unit Team.

1.8.3 Where a Unit/Corps Team nominates more than one Competition Team, these teams shall be called 'A' Team and 'B' Team etc. All teams shall be eligible to compete if they fulfil all eligibility requirements.

1.8.4 Other teams may be allowed to participate only as HC at the discretion of the Championship Committee. These are normally to be restricted to competitions that are exclusively for teams, such as relays and the Military Patrol Race.

**1.9 Inter Corps Championships.** The Inter Corps Championships are raced under these AWSA rules at the Army Championships.

1.9.1 The men's Inter Corps Championship competitions are the Biathlon Sprint and the 10 km XC Individual (CT), scored as described in [Annex A \(Para A.5\)](#). A men's Corps Competition Team is formed from the fastest four men for each competition. The four men need not be same four for each competition, but in each competition no more than two skiers are to be from the same Unit Team. Attached personnel e.g. RAPTC, REME form their own Corps teams, and do not compete for the Corps to which they are

attached.

1.9.2 The women’s Inter Corps Championship is the primary Army women’s team competition. Women’s Corps Teams are formed in accordance with Rule 1.7.6. Four women (not necessarily the same) from the maximum of six in the Corps Team form each Competition Team for: Biathlon Relay; Biathlon Sprint; XC Relay; 10 km XC Individual (CT); and Military Patrol Race. Scoring is as [Annex A \(Para A.3\)](#).

1.9.3 The competitions included in each unit team competition are shown in [Anx A \(Table 1\)](#).

**1.10 Inter Service Championships.** The Nordic Inter Service Championships (Men) are raced under these AWSA rules at the Army Championships. If there are sufficient women from the RN/RM & RAF, a Women’s Championships will also be held. The competitions are the Biathlon Sprint and the XC Individual (CT). Scoring is as [Annex A \(Para A.5\)](#). Each Service is to appoint a Team Manager who is to nominate a team of four, with three to count, for each competition, along with a number of reserves (in case of injury/withdrawal). The nominated four need not be the same for each competition. Team entries, including reserves, are to be made at the same time as competition entries close.

**1.11 United Kingdom Armed Forces (UKAF) Competition.** The Nordic UKAF Competition is an International event raced under these AWSA rules at the Army Championships; currently there is only a men’s competition. The Competition is open to foreign military or paramilitary (e.g. Police / Customs etc) teams. The competition is the Biathlon Sprint and/or the 10 km XC Individual (CT). Scoring is as [Annex A \(Para A.5\)](#). Chairman Army Nordic is to nominate a UKAF team of four, with three to count, for each race, along with reserves (in case of injury/withdrawal). The nominated four need not be the same for each race. Team entries, including reserves, are to be made at the same time as race entries close.

**CLASSES OF COMPETITORS**

**1.12 Competition Year.** The Competition Year or ‘season’ runs from the previous 1 July to 30 June inclusive (i.e. the **2026** season runs from 1 July **2025** to 30 June **2026**). A competitor remains in the same category i.e. ‘Senior’, ‘Junior’, ‘Youth’ etc, for the entire Competition Year. Age classes for the entire competition season are based on the calendar year **of birth** (1 January to 31 December) **not day of birth**:

**TABULAR DEFINITION OF COMPETITOR CATEGORIES**

An athlete is a:	<b>Veteran</b>	<b>Senior</b>	<b>Junior</b> <b>(Under 21)</b>	<b>Youth</b> <b>(Under 18)</b>
Season (years)	if born in or before		if born in	if born in
<b>2026</b> <b>(2025-2026)</b>	<b>1991</b>	<b>2003</b>	<b>2004 - 2006</b>	<b>2007 – 2010</b>

**1.13 Categories of Competitors.** AWSA Competitions may be held in the age classes shown in the table above. Separate races for men & women are the norm, however Championship Committees may decide that they compete in the same race, albeit with separate results, subject to Para 1.5.2 above. Youths can compete and win prizes in Junior competitions. Juniors and Youths can compete and win prizes in Senior

competitions. Veterans compete in Senior competitions but can also win Senior prizes. Veterans may also be termed “Masters” if the NGB awards such prizes at the National Championships. Novices compete in any appropriate age class.

1.13.1 **Novice.** A Nordic Novice is a competitor who has not skied on ‘Nordic skis’ on snow preceding the current season at any time, military and/or civilian, except as detailed below. Nordic skis are defined as any form of ski not having a fixed heel binding, e.g. classical or skating, Nordic touring, military etc. The exception is one period not exceeding 14 days on snow, conducting either: (a) Winter Warfare; (b) Adventurous Training; or (c) ski touring. This rule will be strictly enforced and specifically checked with team captains prior to the start of racing.

1.13.2 **Army Reserve.** A competitor who is a member of the Army Reserve (i.e. is a Reservist and not Regular Army attached), even if mobilised or on FTRS, is an Army Reserve competitor. See [Annex C.17](#).

**1.14 Transgender Personnel.** Transgender personnel are eligible to participate in Service sport in their affirmed gender, provided they meet the rules set by NGBs or IGBs (JSP 660 Pt 2, Ch 1, Para 25). These are:

1.14.1 **IBU (1.5.2):** “All competitors participating in IBU competitions are requested to certify their nationality, age and gender with their national passport or official photo identification document.”

1.14.2 **FIS (221.5):** “If any question or protest arises as to the gender of the competitor, FIS shall assume responsibility for taking the necessary steps to determine the gender of the competitor.”

## **CHAMPIONSHIP OFFICIALS**

### **1.15 Championship Committee.**

1.15.1 A committee of officials is responsible for the detailed organisation of every championship and the competitions within it. The Committee is to ensure that each competition is organised and run in accordance with the prescribed rules. They may adapt them to suit local / weather conditions provided that such alterations are within the spirit of the championships and are made known to team captains as soon as possible before the start of the competition.

1.15.2 The Championship Committee is to be chaired by the Ex Director and will normally consist of the following officials (the duties and responsibilities of the Committee are given in [Annex D](#)):

- Ex Director (may be delegated at PDN & SH)
- Ex Secretary / Chief of Staff
- Chief of Competition
- Technical Delegate (TD)
- Chief of Course
- Chief of Range (for Biathlon)

Other Committee Members (who may be double-hatted) may include, *inter alia*:

Stadium Manager; Starter; Finish Judge; Chief of Timing; Data & IT Manager; Chief of Military Patrol Race; Chief of Logistics / QM; Sponsorship / PR Manager

### 1.16 Competition Jury.

1.16.1 The Competition Jury is the authority to make decisions about the competition, related arrangements and conditions to ensure fairness and correct procedures. It shall impose penalties and disciplinary measures for rule violation; rule on competition situations not stipulated in AWSA, IBU or FIS Rules; and review and decide on all protests submitted to it.

1.16.2 The Competition Jury is to base its decisions on the IBU or FIS Rules supplemented by these AWSA Nordic Competition Rules. The Competition Jury has the authority to decide on all matters that are not covered in the Rules. Decisions are made by a majority vote; in the case of a tie, the TD has the casting vote.

1.16.3 Before a Competition Jury can impose a penalty, the competitor affected and/or his team captain is to be notified (in Unofficial Results) and must be given a hearing if requested, as far as possible and feasible.

1.16.4 The Competition Jury is chaired by the TD and consists of an odd number of members (at least three) drawn from the following officials, based on circumstances and post-holders' experience; in the case of a hearing, the selected Team Captain must be included:

Chair:	Technical Delegate
Member:	Chief of Competition / Military Patrol Race
Member:	Chief of Course
Member:	Starter or Finish Judge
Member:	Ex Secretary
Member:	Chief of Timing
Member (only for biathlon):	Chief of Range
Member:	A Team Captain
Reserve Member:	Another Team Captain

1.16.5 **Team Captain Members.** The Team Captain Member represents the competitors' interests on the Competition Jury; a Reserve Team Captain Member is required to replace the original selection, where the Competition Jury is to deliberate on an incident involving a competitor from the original Member's team. There should be a separate selection for each competition, or set of competitions run concurrently, but there is no limit on the number of times a Team Captain may be selected. Nominations of candidates may be made by the TD or Team Captains.

### 1.17 Team Captains' Meeting.

1.17.1 A meeting of team captains and race committee members should be held regularly to determine details of following days' competitions, training and administration.

1.17.2 Only in exceptional circumstances (e.g. an unexpected and considerable change in the weather) should the details laid down at this meeting be changed after the meeting.

1.17.3 **Attendance.** A representative from each participating team and members of the Competition Jury will attend Team Captains' meetings. The Chief of Range should attend prior to days of authorised shooting on the range.

1.17.4 **Agenda.** The following items should be covered in each Meeting:

- Roll Call.
- Selection of Team Captain Member for Competition Jury.
- Debrief from previous competition, highlighting good or bad points.
- Technical briefing for next competition, including TD's points.
- Weather forecast.
- General administrative points.

1.17.5 Start lists and start numbers for the following day's competitions should be available for collection by teams by the end of the meeting.

1.17.6 It is good practice to distribute material presented at the Meeting to attendees electronically after the Meeting.

## **SPONSORSHIP AND COMMERCIAL MARKINGS**

**1.18** The IBU Rules for Advertising and FIS Advertising Guidelines apply to both championship organisers and competitors. Competitors should take care that the display of private sponsorship does not breach these rules, but can be assured that commercial markings on equipment on sale to the general public will be compliant.

**1.19** Sponsorships accepted for various competitions or championships shall be published in the first bulletin of a meeting. Sponsors may provide bibs and start and finish banners displaying their company logo etc.

## SECTION 2 - DRAW, SEEDING AND START NUMBERS

### GENERAL

**2.1** The start numbers for competitors or teams entered in a competition will be randomly selected by electronic or manual draw, taking into account the requirements for grouping and/or seeding, unless otherwise stated in these Rules. The TD approves the method of draw.

**2.2** The draw will be held after entries close for the race and not later than 15 hours before the start of the competition. If a competition is to be repeated, or postponed more than 24 hours, the Competition Jury will decide whether a new draw is to be made.

**2.3** Where possible, female and male competitions will take place separately. Where not feasible for time or space reasons, careful consideration must be made as to the most equitable start arrangement for both team and individual competitions. There should be no default position, and, before determining the order for each event, the Championship Committee must take into account all factors, including e.g. safety, impact on the course/range, male/female equity across the Championship, effect on team competitions, time available, comparative male/female ski speeds.

**2.4** Spare/blank starts may be included in the Start List to accommodate any late entries or changes that are approved by the TD.

**2.5 Substitution of Skiers.** Team Captains may withdraw a skier from a team competition and substitute another entered skier from the Unit Team of six up to 30 minutes before the official start time (including any official delay), provided they report to the start officials with the details. They may not swap skiers between seeding groups nor change the running order in relays.

### INDIVIDUAL COMPETITIONS

**2.6 Groups.** There will be between four and eight (normally six) seeding groups for men and between two and six (normally four) for women. The groups need not be equal in size.

**2.7 Group Start Order.** The order in which groups start will be decided by the Competition Committee having regard to the anticipated snow conditions. This order will appear on the start list, but it may be changed up to 30 minutes before the start if the Competition Jury considers that changes in weather conditions so dictate. Allocated bib numbers do not change.

**2.8 Elite Group/Elite Athletes.** The Championship Committee may declare that certain athletes be classed as an elite group. These will normally be National Squad athletes and Inter-Service Team members, plus others of exceptional merit. There may also be occasions, particularly in non-Championship races (i.e. it may be a British National competition), when due to the nature of the competition the Competition Jury dictates that all athletes of the same category should be placed in the same group, e.g. all Novice athletes.

**2.9 Seeding.** To ensure that the ethos of Army ski racing remains based on team racing, team captains are to assign one member of each of their Competition Team to each of Groups 1 to 4. Any additional individuals are to be assigned as evenly as possible

to the remaining groups. In a solely individual competition (e.g. 20 km Biathlon), team captains are to list their athletes in the desired running order, albeit this may be changed by AWSA 2.11.

**2.10 Conflicting Demands.** It is neither easy, nor a precise art, to satisfy the conflicting demands of: the ethos of team racing / the merits of elite athletes / the requirement to produce National individual champions and Army or Inter Service team champions from the same competition / the quality of individual competitors not in official teams. The Start List may not be appealed, apart from omissions.

**2.11 Balance within Groups.** The Competition Committee is empowered to move athletes from the group requested by the team captain in AWSA 2.9. This is to meet the demands of AWSA Rule 2.10 and to ensure that there is a fair balance within groups of athletes from teams in contention for the major championships. This will normally not apply at Qualifying Championships.

**2.11.1 Example of AWSA Rule 2.11.** The 10 km XC is a National individual competition for Men and Junior Men and a team competition for the Inter Service, Marina, SAS, Kentish and Inter Corps Cups:

2.11.1.1 The Army team for the Inter Service (IS) Championship may have four athletes from four different Units who are all seeded in Group 1. If the RN and RAF teams each come from one Unit team and thus would normally be seeded throughout Groups 1 to 4, the Race Committee could assign all IS athletes to Group 1.

2.11.1.2 This decision could be unfair to an Army Unit team ("X") who are in close contention with the RN or RAF team for the SAS Cup; normally their athletes would be assigned throughout Groups 1 to 4. The Race Committee may thus decide to split equally all Inter Service athletes between Groups 1 and 2 and allow Army team "X" to have two athletes in Group 1 and their other two in Group 3 and Group 4.

2.11.1.3 There may then be a degree of unfairness in that Team "X" may be in close contention with another Army team ("Y") for the Kentish Cup or with a team ("Z") for the Marina. In this case changes to the Groups for teams "Y" and "Z" may be necessary to ensure a fair balance. Any imbalance to Inter Corps teams will not be considered.

2.11.1.4 Experience has shown that only the top four or five teams in any competition will have to have their seeding adjusted and that it will normally be to their advantage.

**2.12 Mass Start Competitions.** The Championship Committee will determine in advance whether the assignment of start numbers for an individual Mass Start will be made either by a standard random draw within seeding groups or by seeding based on the finishing place in a qualifying competition.

## **RELAY COMPETITIONS**

**2.13** Where there is comparative evidence available from earlier competitions or at previous Championships in the same season, teams should be seeded for the assignment of start numbers. Teams will either be seeded into groups, the same size as the number of

start lanes, within which a random draw will be made; or, if sufficiently detailed evidence is available, they will be seeded individually. Otherwise, a random draw will be made from all teams. HC, as opposed to Guest, teams should all start to the rear of competitive teams.

**2.14** The assigned start number designates each team's start position.

**2.15** A relay team consists of three or four competitors, according to the competition format, each of whom may only ski one leg.

## SECTION 3 – COMPETITION RULES

### INTRODUCTION

**3.1** This section provides the structure within which all AWSA Nordic competitions should be conducted; it follows the IBU / FIS Rules. IBU rules take precedence unless stated. The intent has been to state the minimum required by both competitors and officials to conduct AWSA competitions at established competition sites. Reference is made to paragraphs of IBU and FIS Rules where more detailed information will be found.

**3.2 Types of AWSA Competition.** See AWSA [Annex A](#).

**3.3 AWSA Competition Specifications.** See AWSA [Annex B](#).

**3.4 Draw and Assignment of Start Numbers.** See AWSA [Section 2](#).

**3.5 Competitors' Relay Start Positions.** Flat lines:

3.5.1 **Biathlon.** See *IBU 1.7.7*. Start positions positioned right to left, facing the direction of the start.

3.5.2 **XC.** See *FIS 315.3*. #1 in the most favourable position.

**3.6 Rules for Non-Competing Persons.** See *IBU 1.9 & FIS 344*.

3.6.1 **On the Range.** During competition it is forbidden for any person to give competitors any acoustic or visual information or advice.

3.6.2 **On the Course.** (Apart from in the stadium area and any other declared no-coaching zones) non-competing persons are permitted to run (but not ski) for up to 50m beside competitors to give them competition information or to offer them drinks. Obstruction of others, propulsion assistance and changing ski glide performance are prohibited.

**3.7 Start and Warm-Up Areas.** See *IBU 3.2 & FIS 315*.

**3.8 Course and Associated Sections.** See *IBU 3.3 and FIS 311*.

**3.9 Shooting Range.** See *IBU 3.4*.

**3.10 Finish Area.** See *IBU 3.5*.

**3.11 Competition Clothing & Equipment, Controls & Checks.** See *IBU Section 4, AWSA 3.16 below and FIS 222*.

**3.12 Training and Zeroing.** See *IBU 5*.

**3.13 Start Regulations.** See *IBU 6.3 & 6.4 and FIS 315*, plus [Table 5 Col \(c\)](#) and [Table 6 Col \(d\)](#).

**3.14 Weather Conditions.** See *IBU 6.6 and FIS 315.9*. Subject to JSP 375, taking into account the additional vulnerability of Junior/Youth competitors.

## SKIING REGULATIONS

**3.15 Skiing Regulations.** See *IBU 7 and FIS 310, 311, 343*.

3.15.1 These rules include: General Skiing Rules; Did Not Finish; Carrying Rifles; Wrong Course Selection; Passing & Giving Way; Skiing Penalty Loops: Responsibility; Penalty Loop Error; Starting at Relay, Mass & Group Starts; Obstruction; Exchanging Equipment, Repairs & Assistance.

**3.15.2 Finish and Competition Time.** These rules include: the Moment of Finish; Competition Time; Timing Systems. See *IBU 9 and FIS 316, 317*.

## EQUIPMENT REGULATIONS

**3.16** The detailed regulations for all items of equipment are contained in the relevant IBU and FIS publications. In particular, competitors should be aware of:

3.16.1 **Ski Length – Cross Country.** See Section B of [FIS Specifications for Competition Equipment](#). Minimum: height of skier minus 100 mm.

3.16.2 **Ski Length – Biathlon.** See Annex A 3.1.1.1 to *IBU Rules*. Minimum ski length is the competitor's height minus **10 cm** (~~4 cm~~).

3.16.3 **Ski Pole Length – Cross Country.** See *FIS 343.8.1*. In **classical technique** competitions, the maximum pole length must not exceed 83% of the competitor's body height. In **free technique** competitions, the maximum pole length must not exceed 100% of the competitor's height. The body height is measured with ski boots on, from a flat surface to the top of the uncovered head. The pole length is measured from the bottom of the pole to the highest attachment of the strap. All measurements will be rounded to the nearest centimetre as follows: less than 0.5 cm will be rounded down and 0.5 cm and above will be rounded up.

*AWSA organisers will measure poles at the start of a Championship and check poles as required for confirmation during all competitions.*

3.16.4 **Ski Pole Length – Biathlon.** See *IBU Rules Annex A 3.1.4.1*. The maximum length of the poles must not be longer than the competitor's body height, measured by placing the pole tip on the ski in front of the binding.

**3.16.5 Equipment Exchange.** *IBU 7.3 & FIS 343.12: skis & poles may only be changed mid-race when broken or damaged.*

**3.17 Fluor Waxes.** There is a worldwide IBU & FIS ban on the use of all fluorinated waxes or ski-tuning products, in order to reduce risks to the health of personnel and the environment (*IBU Anx A 1.3e; FIS 222.8*).

## SHOOTING REGULATIONS

**3.18** These rules include: Shooting Rules for Specific Competitions; Shooting Positions; Shooting Aids; Safety Regulations; Misfires, Lost Rounds / Magazines & Damaged Rifles; Target Errors & Malfunctions. See *IBU 8*.

## SAFETY REGULATIONS

**3.19 General.** See *IBU 8.5*. Outside the stadium area during Army Nordic competitions (SH, PDN and RS), rifles must be carried in a case or cover bag, with the chamber safety marker inserted if the bolt is mounted. At all times, competitors are responsible for the safety of their actions and rifles<sup>2</sup>.

**3.20 Chamber Safety Marker.** The chamber safety marker is an external visual indication that there is no round or empty case in the chamber with a closed bolt. The chamber safety marker is to be used at all times, except when biathlon training, zeroing or competing. It is to be present when: the rifle is carried to/from the stadium area, and within the stadium to/from the range; and when the rifle is presented to, and recovered from, the rifle control. It is to be in place, or the bolt clearly left open with no magazine in the magazine-well: until the rifle is placed on the competitor's back for training or zeroing; until the competitor arrives at the race start; when the competitor leaves the race finish. It is to be replaced on completion of training or zeroing, and as soon as possible after leaving the finish (when the bolt may then be closed). It may be removed when rifles are on official rifle racks, only if the bolt is clearly left open with no magazine in the magazine-well.

**3.21 Removing and shouldering of Rifle on the Range.** Competitors may not remove a strap of their rifle carrying harness from their shoulder before they have reached the shooting lane/mat from which they will be shooting. They must put the rifle back with both arms in the rifle carrying harness before leaving the shooting lane/mat. When required to move from one shooting lane to another, the rifle must be unloaded and placed on the competitor's back in the normal carrying position with both arms through the harness. (If the move is not due to the competitor's own error, a full time allowance will be granted.)

**3.22 Loading & Unloading.** Rifles may only be loaded (which includes inserting a loaded magazine into the magazine-well) and unloaded on the range with the barrel pointing in the direction of the targets. During competition it is forbidden to open the bolt or move a magazine except when stationary on the shooting mat. The rifle must be unloaded, and placed on the competitor's back, when moving from one lane to another.

**3.23 On the Firing Point.** The rifle muzzle must be over the forward edge of the firing point throughout the shooting bout. The rifle muzzle must never be pointed towards the competitor themselves or other people. All shots must be aimed and fired at the targets only – an Unintended Discharge must be penalised (**AWSA 4.16.21**).

**3.24 Safety Check after Shooting.** Rifles must be unloaded after each shooting bout – that is, no round may be left in the chamber or in the inserted magazine. Competitors are permitted to leave the empty cartridge case in the chamber and the empty magazine on the rifle. At the end of training and competitions, all rifles must be safety checked by opening the bolt and removing the inserted magazine, with the barrel pointed toward the target or upward. The bolt is left clearly open until the chamber safety marker is inserted. All ammunition must be removed from both the stock and all magazines.

**3.25 Safety at the Finish.** One or more officials will open the rifle action of every competitor. This check may only be performed when the rifles are pointing upwards, so if on the back of a competitor only whilst they are standing upright. The official will inspect

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<sup>2</sup> Chamber Safety Markers will be issued by Babcock at the point of unit collection or, if an early unit collection has taken place, upon arrival at the Qualifying Championships.

the cartridge case ejected from the chamber to ensure that it has been fired (if not, **AWSA 4.16.21** applies rather than **4.14.2**). The bolt is left clearly open until the chamber safety marker is inserted. If this safety check is not completed for any reason, the competitors must do it themselves. All ammunition must be removed from the stock and magazines.

## **AWSA COMPETITION RESULTS**

**3.26 General.** Results are the record of the performance of the competitors or teams in a competition. The Organiser will be responsible for producing and distributing the results on paper and electronically. *Official Results should* include the following information:

Name and location of the Championship.

Type-date of the competition.

Columns including:

Place; Bib; Rank & Name; Category; Team(s); Shooting Pens; Race

Times (indiv & Team) to 0.1 sec

Imposed penalties: bib, rule, time adjustment and type of penalty.

**3.27** For Pursuit Competition the times shown will be the time from the first starter for the winner, followed by the time behind the winner for the other competitors.

**3.28 Ties.** If there is an equal competition time, the tied competitors will be given equal ranking and equal points in the results; however there shall be no next placing in the results.

**3.29 Types of Results.** There are three types of results:

**3.29.1 Provisional Results.** Provisional Results reflect the situation during the competition and are for information only. They may be displayed on the score board and/or announced by the public announcer.

**3.29.2 Unofficial Results.** Unofficial Results are the first formal record of the competition produced by the Organiser after the last finish; they must include all imposed penalties, time adjustments and Competition Jury decisions. Unofficial Results are always subject to protest and must be published as soon as possible after the finish of the last competitor. To allow for concurrent activity it will be normal to publish a "not before" time in advance for the publication of Unofficial Results; teams must be informed where the Unofficial Results will be posted. The time of posting and end of the protest period must be clear.

**3.29.3 Official Results.** The Official Results are the incontestable final record of the competition and will be published immediately after the deadline for protests has passed, or as soon as the Competition Jury has made its decisions on protests that have been submitted.

**3.30 Championship Results.** The Official Results and other important information about all the competitions in a Championship should be published at [www.awsa.org.uk](http://www.awsa.org.uk).

## **PROTESTS**

**3.31 General.** Competitors or team captains may wish to comment on rule infringements or decisions made by Competition officials/Jury, concerning e.g. competitor eligibility or actions, course or range condition, timekeeping or clerical errors. The first

recourse must be to discuss concerns, including the cause and basis, with an appropriate official (e.g. Chief of Race, Chief of Range, TD) at the right time to enable rectification. In the event that there is still disagreement, the final recourse to try to achieve a change is to submit a Protest. This must be submitted in writing by a team captain to the Competition Office or to any member of the Competition Jury; it must be accompanied by a fee of EUR 50. Protests must be substantiated in detail with proof and include any evidence. If the protest is upheld, withdrawn before the Jury makes its decision or accepted by the Jury to be a justified query, the fee will be paid back. If the protest is rejected, the money will be used by Army Nordic for development.

## SECTION 4 – DISCIPLINARY RULES

### GENERAL

**4.1** Persons (competitors and others) who culpably, i.e. wilfully or negligently, commit an infringement of the Rules will be subject to penalties and/or disciplinary measures. An action or an omission (an ‘offence’) can only be penalised if it has been defined as one requiring penalty.

**4.2** Penalties shall be imposed for:

4.2.1 Violation or non-observance of competition rules.

4.2.2 Non-compliance with Competition Jury directives.

4.2.3 Violations of the principles of fair play and for unsportsmanlike conduct.

**4.3** Competition penal and disciplinary powers are exercised by the Competition Jury.

### MILITARY DISCIPLINE

**4.4** The Championship Committee is empowered to sanction military competitors, which may include disqualification from one or more subsequent competitions and suspension, for a breach of military discipline. A disqualified or ‘Returned to Unit’ competitor’s team may be reconstituted to continue to compete in the competition or Championships. If the team cannot be reconstituted, for the purposes of Combination competitions they will be given the points score for not starting each competition.

### ANTI-DOPING CODE

**4.5** In addition to MOD and Service regulations on the misuse of drugs, all military athletes are subject to UK Anti-Doping (UKAD) policy. Full information and education on doping can be found on the UKAD web site: [www.ukad.org.uk](http://www.ukad.org.uk).

**4.6** Use of a Prohibited Substance for medical reasons is possible within close strictures; however it is a personal matter for all athletes, whether they are an Olympian or a novice, to be aware of the current [Prohibited List](#) and the issues of drug, doping, blood and gene testing. Regimental & club athletes should consult their Regimental Medical Officer or civilian GP in the first instance.

**4.7** If anti-doping testing takes place at Ex RUCKSACK, it, and all doping related offences, will be handled in accordance with the UKAD Policy.

### PENALTIES AND DISCIPLINARY MEASURES

**4.8 Penalties.** A penalty (verbal or written reprimand, impaired starting position, time penalty, forfeiture of prizes, disqualification or suspension from event) will be assessed by the Competition Jury in accordance with IBU (Sect 11) / FIS rules.

**4.9 Reprimands.** A written or verbal reprimand shall be imposed in the case of:

- 4.9.1 Jeopardising or defaming the honour or reputation of the AWSA or its interests.
- 4.9.2 Violations of rules for which there is no penalty or not an expressly stated more severe penalty.
- 4.9.3 Infractions that do not lead to a clear advantage with regard to the end result, unless the Rules state otherwise.
- 4.9.4 A verbal reprimand shall inform a competitor that their technique or behaviour is very close to being in violation of the rules.

Biath	XC
X	X
X	X
	X
	X

**4.10 Start Prohibitions.** Competitors or teams shall be prohibited from starting for:

- 4.10.1 Violation of the eligibility or entry requirements.
- 4.10.2 Appearing for start with prohibited equipment, clothing or advertising.
- 4.10.3 Appearing for start with no transponder or leg number (if issued), the wrong start number, or no start number, due to a mistake by the athlete or their team.
- 4.10.4 Violating the rules regarding official training, zeroing, warm-up and ski- testing.
- 4.10.5 Unsportsmanlike behaviour in the start area.

Biath	XC
X	X
X	X
X	X
X	
	X

The prohibition applies for the competition in which the violation occurred, or the next competition, as applicable.

**4.11 Fifteen Seconds Penalty.** A time penalty of a minimum of 15 seconds will be imposed on competitors for:

- 4.11.1 Making an early start in interval start competitions: **FIS 352.4.1.1**

Biath	XC
	X

**4.12 Thirty Seconds Penalty.** A 30-second time penalty will be imposed on competitors for:

- 4.12.1 Starting in a Pursuit competition up to 3 seconds before the officially assigned start time: **IBU 11.3.1a**
- 4.12.2 Starting outside the start window in Sprint or Individual competitions without returning to the start (6.4.7.1): **IBU 11.3.1b**
- 4.12.3 Shooting from the wrong lane, position or sequence (plus missed target penalty): **IBU 11.3.1c & d**
- 4.12.4 Relay exchange infraction: **FIS 352.4.3**

Biath	XC
X	
X	
X	
	X

**4.13 One Minute Penalty.** A one-minute time penalty will be imposed on competitors or teams for:

- 4.13.1 Not giving way at the first valid request by overtaking competitors, **or impeding other competitors, including by dropping kit: IBU 11.3.2a & b**
- 4.13.2 Committing a very minor violation of the principles of fair play or the requirements of sportsmanship: **IBU 11.3.2c**

Biath	XC
X	
X	

**4.14 Two Minute Penalty.** A two-minute time penalty will be imposed for:

4.14.1 Every penalty loop, resulting from shot-penalties, not completed by competitors immediately after each prone or standing shooting: **IBU 11.3.3a**

4.14.2 Every round not fired if competitors recommence skiing before they have fired all 5 shots in an Individual, Sprint, Pursuit or Mass Start competition, or all 8 shots in a Relay competition, having not hit all targets: **IBU 11.3.3b**

4.14.3 Relay exchange infractions (IBU 6.4.4): **IBU 11.3.3c**

4.14.4 **Cross-firing onto targets in another lane: IBU 11.3.3d**

4.14.5 Committing a minor violation of the principles of fair play or the requirements of sportsmanship: **IBU 11.3.3e**

Biath	XC
X	
X	
X	
X	
X	

**4.15 Classical Technique Warning (Potential DSQ).** “Technique Control Zones” may be implemented at AWSA events. They are to be clearly marked and briefed for training, course inspection and the actual race. They will be sited in areas where competitors will be permitted to use only a limited range of Classical techniques (see Definitions).

4.15.1 If an athlete is warned by an official **during a classical technique race** of contravening the definitions of Classical Technique (FIS 310.2) – normally by skating rather than herring-boning up hill, or skating rather than side-stepping on a corner - and then receives a second warning during the same race, the Athlete will be DSQ, subject to Jury decision.

4.15.2 If there was no 2<sup>nd</sup> Warning, the Jury will consider the reported incident, and if upheld carry it forward as a “Reprimand” to all further **classical technique races** in the same Championships. If there is a repeat Warning in any race at the same Championships, the athlete will be DSQ, subject to Jury decision. Any outstanding Warning at the end of the Championships will **not** be carried forward to any future event.

4.15.3 If, after the conclusion of a race, a Protest (see AWSA 3.21) is made against any athlete concerning alleged contravention of Classical Technique and the Protest is upheld by the Jury, the Jury will issue a Warning which will then be carried forward as per AWSA 4.15.2.

XC
<b>Potential DSQ</b>

**4.16 Disqualifications.** Under FIS Rules competitors shall only be disqualified if their mistake would result in an advantage for them with regard to the end result, unless the Rules specify otherwise (FIS 223.3.3). Disqualification should only be used for infractions that have a clear impact on the final result of a competition (FIS 352.2.1). The Competition Jury must meet and decide if a competitor is to be disqualified. All relevant evidence must be carefully considered and competitors must have the opportunity to defend themselves. Competitors or teams may **(FIS) or will (IBU)** be disqualified for:

4.16.1 Taking part in a competition for which they are not eligible or under false pretences.

4.16.2 Running more than one leg of the course in a Relay competition.

4.16.3 Receiving prohibited assistance from their team staff or non-competing athletes of their team.

4.16.4 Avoiding start or finish inspections.

4.16.5 Modifying equipment, rifle or clothing which has been inspected and marked at start inspection, in a prohibited way.

Biath 11.3.4	XC 352.2
X	X
X	X
X	
X	
X	

- 4.16.6 Taking part in a competition with rifle not correctly marked.
- 4.16.7 Not correctly carrying out a relay handover despite being recalled to the Handover Zone; or starting more than 3 seconds earlier than the assigned start time in a pursuit competition; or starting outside the start window in the sprint or individual competition without returning to start.
- 4.16.8 Using means of propulsion other than skis, poles and their own muscular force.
- 4.16.9 Violates correct use of Classical Technique following Warning (**AWSA 4.15**)
- 4.16.10 Not carrying their rifle while skiing during the competition, and for not carrying the rifle on the course, when it is not damaged, with the barrel pointing up.
- 4.16.11 **IBU:** deviating from the marked trail, or skiing a wrong trail, not completing the entire course on skis, skiing the course loops in a wrong sequence or in the wrong direction without correction. **FIS:** does not ski the entire marked course (**FIS 343.6**).
- 4.16.12 **IBU:** hindering another competitor on the course or at the shooting range by serious obstruction; **FIS:** intentionally obstructs.
- 4.16.13 Accepting unauthorised assistance from any person when repairing equipment or receiving assistance other than authorised.
- 4.16.14 Exchanging Skis and or Poles during the competition (**IBU 7.3.1; FIS 343.12**)
- 4.16.14.1 Changing one or both skis unless they are broken, or the binding is damaged by accident.
- 4.16.14.2 Changing any pole that is not broken or damaged.
- 4.16.14.3 In classical technique races, changing both poles such that they are no longer compliant for length.
- 4.16.15 Applying any substances during a competition intended to change the glide performance of their skis.
- 4.16.16 Removing one or both skis while shooting or placing any kind of object under the skis while shooting (**IBU 8.3.2.1**)
- 4.16.17 Exchanging their rifle for another rifle, or ammunition and magazines, after starting, anywhere other than the shooting range.
- 4.16.18 Firing more than five rounds in any shooting bout of an Individual, Sprint, Pursuit or Mass Start competition, or more than eight rounds in a Relay or Super Sprint competition.
- 4.16.19 Using a second magazine instead of hand loading lost rounds, replacement rounds for misfires, or spare rounds individually.
- 4.16.20 Remaining in an incorrect shooting position or incorrect position in the shooting lane after having been warned.
- 4.16.21 Violating shooting safety regulations (including **AWSA 3.19-25**).
- 4.16.22 Taking part in a competition when doped
- 4.16.23 Evading a doping control when ordered to attend.
- 4.16.24 Committing a serious violation of the principles of fair play or the requirements of sportsmanship. (**FIS 352.2.4**)
- 4.16.25 Jeopardising the security of persons or property or actually causing injury or damage.
- 4.16.26 Receives a second written reprimand in the same season.

Biath 11.3.4	XC 352.2
X	
X	X
X	X
	X
X	
X	X
X	X
X	
X	
	X
	X
X	
X	
X	
X	
X	
X	
X	X
X	X
X	X
X	X
	X
	X

**4.17 Rule Violations in Finish Corridors (IBU 11.4).** Obstruction infringements (IBU 3.5.1.2) may be penalised by the Jury as:

Reprimand;  
Adjustment of finishing positions;  
Time penalty: 30 sec, 1 min, 2 min;  
Disqualification.

**4.18 Suspension (IBU 11.5).** If a competitor is found guilty of a gross violation of the Rules after the competition Official Results (3.20.4.3) have been published, the Race Jury may suspend that competitor from the next individual or team competition. Only the Exercise Director has the authority to suspend a competitor for longer than one competition, through ordering the competitor to Return To Unit (RTU).

**4.19 Fines (IBU 11.6).** No sport monetary fines may be imposed on individuals or teams in AWSA competitions.

## SECTION 5 – THE MILITARY PATROL RACE

### CONCEPT

**5.1** The Patrol Race is a core element of Individual Military training and a military race not included in civilian programmes. **It is the most prestigious event in the Army Nordic calendar and demands more team attention than any other race.** Special rules and conditions are listed below; in other situations FIS and IBU Rules may be used as guidance but do not automatically apply. It is to be skied using the classical technique.

**5.2** The Patrol Race is a cross country military ski race designed to test leadership, team cohesion, physical endurance and service rifle marksmanship. The format has matured throughout the existence of the AWSA; although aspects have been standardised to ensure commonality both between Qualifying Championships and between the Qualifying and Army levels, each venue will contribute its own character to the event.

**5.3** Quite apart from the importance of the race as a military activity, it is the blue-riband event of the AWSA. The Patrol Race is the deciding competition in the event of a tie in the overall Inter Unit Nordic Combinations at PDN & SH and in the Kentish and SAS Cups, and in the Alpine and Nordic Combinations at PDN & SH and in the Princess Marina Cup. Although not a qualifying Competition, participation in the PDN or SH Patrol Race is mandatory, regardless of patrol composition. Only unit teams with the correct Patrol Race rank structure will be qualified to compete at the Army Championships.

**5.4** As a trial of military expertise, patrols should expect to encounter a degree of ‘friction’ and ‘fog’ that would not be met in a normal race. Every endeavour will be made by the planners to ensure a fair competition, but it may not prove possible to provide identical conditions for all patrols, especially when there are a significant number of entries. Patrols will be expected to take the ‘rough’ with the ‘smooth’.

### COMPOSITION, ENTRIES, DRAW AND START LIST

**5.5 Composition of a Military Patrol.** The Patrol Commander (Comd) must be qualified or authorised to take a range practice. All ranks are substantive and imply equivalent ranks (e.g. Pte = AB, Mne, Tpr, Gnr, AC etc).

**5.5.1 The Military Patrol Race.** A patrol may consist of both men and women of the same Unit (see AWSA 1.5).

**5.5.1.1** Each competitive patrol is to consist of one officer (the Patrol Comd), a Patrol 2iC of any rank between LCpl and WO1, and two LCpls or Ptes.

**5.5.1.2 Minor & Reserve Units (less UOTC / OTR).** Each competitive patrol from a Minor or Reserve Unit (less UOTC / OTR) is to consist of one officer or warrant officer (the Patrol Comd), a Patrol 2iC of any rank between LCpl and WO1 – junior in rank to the Comd – and two LCpls or Ptes.

**5.5.1.3 UOTC, OTR, DTUS.** Each competitive patrol is to consist of one officer, SUO or JUO (the Patrol Comd) and three officer cadets of any rank, of whom the senior is appointed the Patrol 2iC.

**5.5.2 The Women’s Military Patrol Race.** A patrol may only consist of women of the same Unit/Corps Team.

**5.5.2.1 Qualifying Championships.** Each patrol is to consist of one officer or warrant officer (the Patrol Comd), a Patrol 2iC of any rank between LCpl and WO1 – junior in rank to the Comd – and two LCpls or Ptes. UOTC patrols are to consist of four officer cadets of any rank, of whom the senior is appointed the Patrol Comd and the next senior the Patrol 2iC.

**5.5.2.2 Army Championships.** Each Corps patrol is to consist of four military personnel of any rank, at least one of whom is to be an officer or warrant officer; the senior is appointed the Patrol Comd and the next senior the Patrol 2iC.

**5.5.3 Reserve Forces Patrols.** When fulfilling the composition criteria, patrols from Units of the Reserve Forces must consist of at least 3 members of the Reserve Forces (i.e. not attached Regular Force personnel) to be eligible for the Reserve Championships at SH. If competing at the Army Championships, this requirement is removed.

**5.5.4 Exceptions.** At Qualifying Championships, patrols from MOD, formation or command headquarters etc, whose establishments do not readily enable them to meet the required rank structure, or patrols from training establishments such as RMAS, Defence Academy, ATRs etc consisting solely of students, or equally solely of Permanent Staff, are to consist of four serving military personnel of any rank, striving to achieve equivalence to the normal rules from within their Unit Team; the senior is appointed the Patrol Comd and the next senior the Patrol 2iC. This does not apply at Army Championships and Rule C.5 must still be observed.

**5.5.5 Other Services.** The RM is to follow Army Unit rules; the RN, exempt RM, and RAF are to strive to achieve equivalency from within their teams.

**5.5.6 Hors Concours (HC) Patrols.** Guest entries may be accepted from HC patrols (see [Definitions](#)); they may be British Armed Forces patrols that cannot conform to the composition criteria, non-British Armed Forces patrols, or, on a case-by-case basis, *ad hoc* non-Unit patrols. If they are British Armed Forces patrols, they are to conform in full to the dress and equipment requirements. If patrols are from non-British Armed Forces, the Ex Director will agree their dress and equipment. Entries will only be accepted from teams who, in the opinion of the Ex Director, will complete the race safely, competently and in a reasonable time.

**5.6 Substitution of Skiers.** AWSA 2.5 applies.

**5.7 Draw.** The draw for the start is to take place by lot and is to be conducted in public between 60 and 12 hours prior to the Race, attended at a minimum by the Patrol Comds. The Chief of Race may place any Women's or HC patrol wherever deemed appropriate in the start list, prior to the draw.

## **COURSE SPECIFICATIONS**

**5.8 Course.** The intent is to provide a test of a patrol's ability to move across unseen natural, undulating winter terrain, mostly on ski tracks. The course should follow well-prepared tracks, but may include alpine and virgin snow sections. The whole course does not have to be skiable and removal of skis may be made mandatory for safety reasons, but significant stretches requiring footwear other than skis or ski-boots will be briefed to the Patrol Comds at least 12 hours prior to the Race. All or parts of the course may be

repeated, ideally not more than twice unless snow conditions so dictate. The course, including location of ranges, must be designed so that any holding time of a patrol will be kept to the minimum.

**5.8.1 Length.** The recommended length of the course for all patrols is 20 km for Qualifying and 30 km for Army championship races, with the fastest patrols skiing for about 2 and 3 hours respectively. Courses should be shortened in adverse weather conditions.

**5.8.2 Marking of the Course.** The course should be marked sufficiently to ensure that patrols remain on the correct route; repetitive signing where there is no room for error is discouraged. Patrols may be offered alternative routes between some controls, which should be marked on the map/sketch or briefed to the Patrol Comd at a Check Point.

**5.8.3 Map.** A map of the area should be issued to Patrol Comds prior to the start of the Race. It should show the route of the course and the location of Safety Controls.

**5.9 Range.** Each patrol is to fire two shooting practices on a Biathlon "competition" range. The practices may be fired on more than one range, but every patrol must fire the same practice on each range. If there is only one range, the practices should normally be fired on separate visits but may be fired consecutively during one visit to the range if required.

## **DRESS AND EQUIPMENT**

**5.10 General.** Dress and military issue equipment is to be uniform within the patrol; if it is not, the Senior Officer will take this into account at their Inspection. White is to be the predominant colour.

**5.11 Dress.** The following are to be worn by all patrol members:

**5.11.1 Suit/Jacket/Trousers.** All white suit or white jacket and trousers.

**5.11.2 Headdress.** All white ski hat or regimental headdress.

**5.11.3 Cap Badge.** Regimental or Corps cap badge or emblem.

**5.11.4 Rank Badge.** As worn by the Unit.

**5.11.5 Boots & Gloves.** Need not be military issue, camouflaged or uniform throughout the patrol.

**5.11.6 Skis, Ski Poles & Bindings.** Classical skis only (Rule 3.17.1); mechanical aids not permitted. Poles must conform to AWSA 3.17.3. Skis, poles & bindings need not be military issue, camouflaged or uniform throughout the patrol.

**5.11.7 Race Numbers.** Patrol Comds are to wear the first (red) bib; patrol 2iCs the second (green) bib etc.

**5.12 Patrol Comd's Equipment.** The Patrol Comd is to carry:

**5.12.1** A pair of Service binoculars.

5.12.2 A base-plate Silva-type Compass.

5.12.3 A map case.

5.12.4 A notebook and pen/pencil.

5.12.5 Maps and/or sketch maps issued during any Orders/Briefing/Inspection.

5.12.6 Transponder or Tracker (if issued).

**5.13 Patrol Members' Equipment.** All members of the patrol are to carry:

5.13.1 A rucksack (olive green or DPM), which may be camouflaged white and need not be a Service issue pattern, but should resemble it as far as possible. It is to be of a minimum of 30 litre capacity, capable of holding a 24-hr ration pack, a change of clothing and such other kit that a patrol would normally require. It must not be so compressed that it is incapable of accepting a standard issue Army sleeping bag.

5.13.2 As issued to units, either .22" SA80 or SA80A2 with HK .22" conversion kit; iron sights (no bipods) and removable muzzle cover. The rifle must be attached to the outside of the rucksack.

5.13.3 An **empty 5.56 mm blank firing attachment magazine** (yellow) in the SA80 magazine housing at all times when not on the firing point.

5.13.4 Ten rounds of .22" ammunition, five in each of **two .22" magazines**; these are only to be loaded when issued by the Marshal and checked at the Equipment Delegate's inspection. No other ammunition is to be carried.

5.13.5 Any Service issued Hearing Protection (Yellow Foamy, Peltor, THPS BU, SU or DCCU).

5.13.6 Each member of the patrol is to carry their own rifle at all times (unless directed otherwise during a Command Task). Other equipment may be redistributed within the patrol at any time after it has crossed the start line.

**5.14 Patrol Safety Equipment.** The following safety equipment must be carried by the Patrol as a minimum; **without it, patrols will not be allowed to start.**

5.14.1 A mobile telephone, which is to be used in emergencies only. It is to be shown working to the Marshal, before being switched off and sealed inside an envelope provided by the Marshal.

5.14.2 A First Aid Kit including two issued Field Dressings.

5.14.3 A Service issue bivvy bag; not a survival bag or blanket

5.14.4 A long-sleeved item of warm clothing per person.

**5.15 Refreshments.** Any refreshment required by the patrol on the course is to be carried by it from the start. If the conditions of the course or the weather are particularly severe, the Race Committee may decide to provide a refreshment point.

**5.16 Weight Carried.** The official scales will be made available to patrols, in an outdoor location, at least 36 hours prior to the start of the race.

5.16.1 The patrol is to carry a total weight of not less than 40 kg throughout the Race. This weight is made up of the four rucksacks, the rifles and magazines, safety and spare (e.g. skis and poles) equipment, plus anything put into the rucksacks to make up the required total weight. The total weight excludes personal clothing worn for the race and anything that may be expended during the Race, e.g. ammunition or refreshments, so that the patrol finishes carrying not less than 40 kg.

**5.17 Confirmatory Scrutiny.** Any Patrol Comd who has doubts that their patrol's equipment complies with the Rules may present the equipment/clothing to the Equipment Delegate (ED) for scrutiny, before the start of the race. Patrols will be penalised during the ED's inspections if dress and equipment does not comply with the rules.

## **REPORTING AND INSPECTIONS**

**5.18 Inspection Enclosure.** A suggested layout is given at [Annex E](#). Spectators are not allowed close to the Inspection or Start/Finish areas, nor are they allowed to assist any patrol or touch its equipment at any time between reporting to the Marshal and having been inspected by the ED after the Finish.

**5.19 Reporting to the Marshal.** The Patrol Race begins at the Patrol's first marshal report time. Patrols are not to leave the inspection area during Out Inspections. From here until completing the In Inspections, they are to be self-reliant on the resources that they have in possession. The Marshal's team should:

- 5.19.1 Ensure that the patrol reports on time; late arrival incurs penalties.
- 5.19.2 Confirm that the patrol members are wearing the correct Race Numbers.
- 5.19.3 Issue ammunition.
- 5.19.4 Check that all magazines are empty before ammunition is loaded.
- 5.19.5 Weigh the equipment carried by the patrol.
- 5.19.6 Mark all ski equipment, including spares, presented by the patrol.
- 5.19.7 Register rifle serial numbers by individual bib number.
- 5.19.8 Issue any maps and/or sketches (can be issued by the Starter at the Start).
- 5.19.9 Confirm that the patrol has a working mobile telephone and provide the envelope in which it is to be sealed.

**5.20 Equipment Out Inspection.** The Equipment Delegate (ED) is to inspect the patrol at the time laid down in the Start List to ensure that:

- 5.20.1 It is turned out in accordance with these Rules.
- 5.20.2 The weight carried is correct.

5.20.3 The Patrol Comd has received 40 rounds from the Marshal and that 5 rounds are loaded into each of two magazines carried by each member of the patrol.

5.20.4 Rifles are checked clear, with an empty 5.56 mm blank firing attachment magazine.

5.20.5 The patrol has uniformity of equipment where required. The ED will highlight any irregularities, for the guidance of the Senior Officer at their inspection, on the appropriate form at [Annex E](#), which is to be used for recording penalties.

5.20.6 No change of any kind is permitted after the ED's Inspection.

## **5.21 Senior Officer's Inspection.**

5.21.1 Immediately following the ED's Inspection, an Inspection will be carried out by the Senior Officer. They will inspect the uniformity of turnout, military bearing and smartness of the patrol.

5.21.2 Taking into account the points noted on the ED's inspection they will award bonuses/penalty to each patrol to be deducted/added from/to the running time:

5.21.2.1 For the standard of turnout of the patrol, the bonus/penalty will be in units of 15 or 30 seconds, up to a maximum of two minutes.

5.21.2.2 For responsiveness to questions, the bonus/penalty will be in units of 15 or 30 seconds, up to a maximum of 2 minutes. The questions will be standardised across all patrols.

5.21.3 Once inspected, the patrol is to move directly to the Start enclosure and await the Starter's orders without altering their dress, including headdress and gloves, or equipment.

## **START**

**5.22 Start Time.** Patrols start at 3-minute intervals under control of the Starter. The start of the patrol's running time will be as detailed on the Start List unless a late start is outside their control, in which case the Race Jury will determine their Start Time.

**5.23 Procedure.** The patrol may cross the start line in any order, but all members are to be dressed and equipped exactly as they were for the inspections.

**5.24 Early Start.** The patrol's first man may not cross the Start Line until the ordered Start Time. Any patrol member crossing the Start Line early will be recalled by the Starter and must return behind the Start Line to restart. The patrol's Start Time will not be adjusted.

## **CONDUCT ON THE COURSE**

**5.25 Running Time.** The patrol's running time is to be recorded from the Start Time until the last man to cross the Finish Line.

**5.26 Outside Assistance.** The four members of a patrol may assist each other in any

way. They may not receive physical assistance or equipment of any sort from anyone else. Verbal encouragement from spectators (or the PA system) is permissible.

**5.27 Removal of Skis.** Unless directed otherwise, a Patrol Comd may order the removal of skis at any time during the race. For technical or safety reasons it may be mandatory.

**5.28 Tracking.** A patrol overtaking another must be closed up within 20 m before the slower patrol must give way to the faster patrol, in response to the leader of the latter calling "track". The patrol or individual being overtaken must then immediately clear the track, unless it or they can outdistance the overtaking patrol without hindering it in any way. The penalty for not responding to a "track" call at the first valid request is one minute.

**5.29 Broken Ski Equipment.** Patrols are not to discard broken ski equipment during the race but are to retain it through to the Finish.

## **CONTROLS**

**5.30 Race Controls.** Race Controls must be marked on the map. Patrols are to pass through every Race Control, manned or not, in the correct order as part of the course. Manned Race Controls are to occupy a 20 m marked length of track and are to be marked so as to be easily identifiable on approach. A patrol's members may pass through a Race Control in any order, but must be closed up to 20 m between the first and last man when leaving a Manned Race Control. Controllers are to stop the leading man of any patrol that is not sufficiently closed up until the last man is within 20 m.

**5.31 Holding Point.** A Holding Point is to be established at the range or at a Command Task. This Point will have the additional task of holding any closed-up patrols that arrive when there is no room for them on the range or task. This Point must have ample space for waiting patrols and is to time any delay imposed. This holding time will later be deducted from the patrol's running time.

**5.32 Safety Controls.** All Manned Race Controls will act as Safety Controls, to assist patrols and to enable rapid evacuation in the event of an emergency. They should be equipped with radio/telephone communications to Race Control. Additional Safety Controls may be required, through which the course does not necessarily directly pass, to provide a centralised safety backup.

## **RANGE PROCEDURE**

**5.33** Each patrol member is to fire five rounds on each of two shooting practices. Military weapon handling procedures are to be followed. Issued Hearing Protection is to be worn on the firing point.

### **5.34 Targets and Firing Positions.**

5.34.1 Patrols will be instructed by a Firing Point Officer (FPO) to adopt specified firing positions for each practice. There may be a variety of positions within each practice, which are to be the same for all patrols, but the Patrol Comd can decide which member adopts which position.

5.34.2 The normal firing positions can be chosen from:

5.34.2.1 **Prone:** at least pelvis and stomach must be on the ground.

5.34.2.2 **Kneeling**: only one or both knees and below may be on the ground.

5.34.2.3 **Sitting**: only buttocks and below may be on the ground; legs crossed or apart.

5.34.2.4 **Squatting**: only feet on the ground, knees bent 90°+; arms may be rested on knees.

5.34.2.5 **Standing**: only feet/skis on the ground.

5.34.3 Firing positions may be supported or unsupported:

5.34.3.1 **Supported**: safely using anything carried by the patrol, or any natural or artificial assistance available on the range.

5.34.3.2 **Unsupported**: using no natural or artificial assistance, except the sling.

5.34.4 **Targets**. Targets, or target groups, must be identifiable by a number or letter, visible from the firing point using Service binoculars.

5.34.4.1 For the SA80 with iron sights, metal or paper standing biathlon targets (115 mm roundel) or military targets Fig 11A (378 x 150 mm) may be used in every firing position. The Fig 11A scoring area must be fully briefed to each Patrol Comd by the FPO.

## **5.35 Inspection of Weapons.**

5.35.1 On each arrival at a range, a FPO will inform the Patrol Comd which lanes and which firing positions the patrol is to adopt. The Patrol Comd orders the patrol to the lanes indicated.

5.35.2 On the firing point, firers are to wear issued Hearing Protection; prior to loading, the Patrol Comd is to order each firer to inspect their own rifle to ensure that the barrel is clear of snow and other obstructions. The patrol is responsible for providing a ramrod or other means of cleaning / clearing barrels if required. The Patrol Comd is to inspect their own rifle such that it is obvious to the FPO. Rifles may be inspected all at the same time before any firing commences or two at a time i.e. the two members firing on each detail. Loaded magazines are NOT to be placed on the rifle until ordered by the Patrol Comd.

5.35.3 While this inspection is going on, and without hindering the patrol, a FPO may check by the "dipstick principle" that one patrol member, selected at random, has only five rounds loaded.

## **5.36 The Range.**

5.36.1 On the range, two arrays of targets will be displayed. After the weapon inspection, the patrol is to split into two two-man fire teams - one commanded by the Patrol Comd, one by the Patrol 2iC. Only one fire team is to fire at a time. The Patrol Comd orders one fire team to adopt the firing positions indicated by the FPO and the other to retire to the rear of the firing point; here it must avoid obstructing the skiing lane through the range. It may assist in the "spotting" of targets or conduct any other

activity. It may not point its weapons towards spectators: i.e. it is not to adopt a position of all-round defence.

5.36.2 The Section Comd of the fire team that is shooting orders their fire team, with five rounds each, to engage the 10 targets indicated. Correct collective or individual fire orders are to be given. Both members may fire at the same time if the Comd so orders.

5.36.3 After each member of the first fire team has fired five rounds - regardless of how many targets have been hit - they are to unload, checking in a manner obvious to the FPO that the magazine, chamber, face of the bolt and body of the rifle are clear, contains no live rounds. When the Section Comd is satisfied that the weapons are clear, they order blank firing magazines (yellow) to be replaced on the rifles and the fire team to withdraw to the rear of the firing point. By this time the FPO will have recorded the number of targets hit; the Patrol Comd orders the second fire team of the patrol to adopt the firing positions indicated by the FPO and each to engage their targets.

5.36.4 After the second fire team has shot and cleared weapons, the Patrol Comd orders the patrol to leave the range and to continue their patrol.

5.36.5 An example scoring sheet for metal biathlon targets is in [Annex E](#).

**5.37 Misfires.** A round which is struck but misfires is to be replaced by the FPO after their inspection of the struck round. No time allowance will be given.

**5.38 Lost and Damaged Rounds.** Rounds lost during the race or damaged prior to being struck will not be replaced.

**5.39 Unused ammunition.** Any ammunition not used at each range practice must be handed to the FPO before leaving the firing point.

**5.40 Rifle Malfunctions.** If a rifle jams or malfunctions the Patrol Comd is to attempt to fix the problem. If it cannot be fixed, the FPO can authorise the use of the rifle of another member of the patrol. There is no time penalty or allowance for such a mechanical break.

## **COMMAND TASK**

**5.41 Command Task.** The Chief of Race may include a Command Task(s), other than shooting, in the Race. This is to involve the minimum of supervision, no subjective judgement and to be planned so as to impose minimum delay ("Holding Time") on patrols waiting to begin the Task. The emphasis of the Task is to be on leadership and teamwork, but may include practical or theoretical military skills tests up to ITRs standards, such as Battlefield Casualty Drills, Personal Weapon Training, CBRN or Navigation. The briefing time for the Task must be the same for each patrol and is included in its total running time. The maximum time allowed to complete the Task from the end of the briefing/questions is 10 minutes. The maximum bonus time awarded for the Task must not exceed 10 minutes; the scoring system must be explained in the briefing.

## **FINISH**

**5.42** The patrol may cross the finish line in any order, unless a transponder is issued to the Patrol Comd, who must then cross the line last, but must be closed up to 20 m. The

patrol's running time is recorded in whole seconds when the last person crosses the finish line. Within the Finish Holding Area, and without outside assistance, the patrol is to revert to its original dress and equipment.

**5.43 Equipment In-Inspection.** The patrol is to enter the Inspection Enclosure and remain there until all members have been inspected by the ED, in their original dress and equipment, and their equipment has been checked and weighed.

## **RUNNING TIME ADJUSTMENTS**

**5.44** Time will be added to or deducted from a patrol's running time, as shown at [Annex E](#).

**5.45** For any item of equipment missing at the ED's Out Inspection before the start, the penalty will be the same as, and additional to, that awarded when the equipment is missing at the end of the race.

**5.46** The Jury may award penalties for other violations as per AWSA Rules [Section 4](#).

## **DISQUALIFICATIONS**

**5.47** In addition to AWSA Rules in [Section 4](#), patrols will be disqualified for:

5.47.1 A gross breach of range safety e.g.:

5.47.1.1 Walking in front of a loaded rifle.

5.47.1.2 Clearing a loaded rifle of snow or obstruction unsafely.

5.47.1.3 Handling a loaded rifle so negligently as to endanger life.

5.47.1.4 For an "**unintended** discharge".

5.47.1.5 Not using issued Hearing Protection.

5.47.2 Carrying more than forty rounds of ammunition per patrol.

5.47.3 Finishing:

5.47.3.1 With a live round in the breach or any ammunition in magazines or equipment.

5.47.3.2 With anyone missing from the patrol.

5.47.3.3 Having received outside physical assistance (including by mobile telephone).

5.47.3.4 With less than the laid down 40 kg load or having lost a rucksack.

5.47.3.5 Not having used marked skis and equipment throughout.

5.47.3.6 Having gained an advantage by not following the indicated track, except where alternative routes between Controls have been authorised.

5.47.3.7 Each member not having carried their own rifle and ammunition at all times.

5.47.3.8 Without the Safety Equipment listed in AWSA 5.14.

## **PROTESTS**

**5.48** Protests are to be made by Patrol Comds only. Protests concerning target malfunction or an incident concerning the organisation of the range or a shooting practice are to be made orally to the FPO or Task Controller, at the time of occurrence. They are to be confirmed in writing at the end of the race. Subsequent to the decision made on any in-race protest, further Protests are to be conducted as per AWSA 3.21.

## **DUTIES OF OFFICIALS**

**5.49 Local Rules.** More Local Rules are normally necessary in the Patrol Race than any other race. The Patrol Race Briefing(s) are to leave Team Captains in no doubt over the Local Rules applicable.

**5.50 Simplicity.** The most successful races are those that have kept to a simple format. It is essential that: officials thoroughly understand their responsibilities; competitors can readily understand the instructions that they are given; the scoring system is tried, tested and understood; results are simple to score, simple to record, simple to communicate and simple to audit.

**5.51 Objectivity.** Apart from the Senior Officer's Inspection, there should be no aspect of subjective assessment or judgement.

**ANNEX A – CHAMPIONSHIPS, COMPETITIONS & TROPHIES**

**CHAMPIONSHIP COMPETITIONS**

**A.1 Race Programme.** Those competitions that are normally held at the Army Championships are shown in Table 1. Team events that are not relays will be held concurrently with individual competitions (e.g. the 10 km Biathlon Sprint is both a team and an individual competition).

**TABLE 1 – ARMY CHAMPIONSHIP COMPETITIONS**

DISC	CAT	RACE	Princess Marina Cup (Team)	SAS & Kentish Cups (Team)	Women's Champion Team (Inter Corps)	Inter Service (Team)	Inter Corps (Team)	Army Individual Champs
BIATHLON	MEN	20 km Individual						S V
		15 km Individual						SN J JN Y
		10 km Sprint	X	X		X	X	S V SN J JN Y
		12.5 km Mass Start						S V
		12.5 km Mass Start						SN
		10 km Mass Start						J JN Y
		4 x 7.5 km Relay	X	X				
	WOMEN	12.5 km Short Individual						F FN FJ FJN FY
		7.5 km Sprint			X			F FN FJ FJN FY
		10 km Mass Start						F FN FJ FJN FY
4 x 6 km Relay				X				
XC	MEN	10 km Individual (CT)	X	X		X	X	S V SN J JN Y
		10 km Mass Start FT						S V
		7.5 km Mass Start (FT)						SN J JN Y
		4 x 5 km Relay (CT)		X				
	WOMEN	10 km Individual (CT)			X			F FN FJ FJN FY
		10 km Mass Start (FT)						F
		7.5 km Mass Start (FT)						FN FJ FJN FY
		4 x 5 km Relay (CT)			X			
<b>MILITARY PATROL RACE</b>			X	X	X			
ALPINE	MIXED	Team Slalom	X					
		Team Giant Slalom	X					
		Team Super G	X					
		Team Downhill	X					

**A.2 Combination Competitions.** The competitions for each major Combination Championship trophy (e.g. Kentish Cup, Princess Marina Cup etc) are shown in Table 1. In relays and the Patrol Race the overall team time (all four skiers) is recorded. In team events based on individual competitions, the times of the best three skiers from a team of four give the team time. If only three skiers start the race, the times of all three are added together.

**A.3 Finishing Place.** Team combination championships are decided by allocating a point score to each competing team equal to its Finishing Place in each competition. The

Finishing Place is the position, relative only to those competing in each trophy, as recorded in the official race results. Any team that starts in a competition but fails to finish or is disqualified will be given the point score of the last team to finish the competition plus one. If a team does not start a competition, for any reason, it will be given a point score of the last team to finish plus two.

**A.4 Deciding Race.** In the event of a tie in a Combination Championship, the final order will be decided on the best place in each competition in the following order:

**Nordic Inter Unit Combination (i.e. Kentish & SAS Cups, Women's Champion Team and Qualifying Champs):** Military Patrol Race – Biathlon Relay – XC Individual (CT) – Biathlon Sprint – XC Relay.

A.4.1 **Nordic Individual Combination:** Biathlon Individual – XC Individual (CT).

A.4.2 **Nordic Inter Corps Championships:** Biathlon Sprint – XC Individual (CT).

A.4.3 **Nordic Inter Service Championships:** Biathlon Sprint – XC Individual (CT).

A.4.4 **Princess Marina Cup:** Military Patrol Race – Team Downhill – Biathlon Relay – XC Individual (CT) – Team Super G.

A.4.5 If one of the above races is not run, the substitutes (in priority) are:

- Biathlon Relay for Military Patrol Race;
- Super G for Downhill;
- Biathlon Sprint for Biathlon Relay;
- XC Relay for XC Individual (CT);
- Team Slalom for Team Super G.

**A.5 Inter Corps, Inter Service and UKAF Championships.** In the Inter Corps and Inter Service Championships (not SAS Cup) points are allocated relative to the finishing places of only those individuals counting for the team score; these points are then added together: e.g. if Team A's skiers finished 2<sup>nd</sup>, 4<sup>th</sup>, 5<sup>th</sup> & 6<sup>th</sup>, and Team B's finished 1<sup>st</sup>, 3<sup>rd</sup>, 7<sup>th</sup> & 8<sup>th</sup>, Team A would be awarded Points 2+4+5 and Team B would be awarded Points 1+3+6, as Team A's 4<sup>th</sup> finisher (in 6<sup>th</sup> place) does not count. The overall points would be Team A: 2+4+5 = 11, Team B: 1+3+6 = 10.

## **THE PRINCESS MARINA, DUCHESS OF KENT CUP**

**A.6** The Champion Skiing Team of the British Army is the Unit whose team finishing places in the following competitions total the least:

A.6.1 **Alpine:** Giant Slalom, Slalom, Super G, Downhill.

A.6.2 **Nordic:** XC Individual (CT), Biathlon Sprint, Biathlon Relay, Military Patrol Race.

A.6.3 The four races in each discipline are the Army Team "Championship Races".

**A.7** The Champion Skiing Team of the British Army is awarded The Princess Marina, Duchess of Kent Cup.

**A.8** The runner up to the Champion Skiing Team of the British Army is awarded The

Canadian Land Forces' Trophy.

**A.9** The first and second Units (ten competitors in each) will receive individual trophies.

**PRIZES AND TROPHIES**

**A.10 National Prizes.** The AWSA runs National competitions on behalf of BBU and GBS.

**A.11 Medals and Other Prizes.** In addition to the prizes listed in Tables 2 and 3 below, Gold, Silver and Bronze medals will be presented to all AWSA, Inter Corps, Inter Service and National prize winners.

**TABLE 2 – AWSA, INTER SERVICE & NATIONAL CHAMPIONSHIP TROPHIES & PRIZES – MEN**

<b>Race</b>	<b>Trophy</b>	<b>NSK No</b>	<b>Winner</b>
<b>Cross Country Individual (CT)</b>	The Ski Club of Great Britain Challenge Cup	NSK 02	British National
	The India Sports Board Cup	NSK 01	Army Individual
	The Taylor Trophy	NSK 16	British Civilian
	The Swedish Trophy	NSK 05	Army Veteran
	The James Terry Cup	NSK 109	HCav and RAC Individual
	The Duncan Cup	NSK 108	REME Individual
	The Winter Games Challenge Cup	NSK 04	RE Individual
	The Spencer Team Trophy	NSK 45	Service Team
	The Dayrell Browning Cup	NSK 03	Army Team
<b>Cross Country Mass Start (FT)</b>	The BAOR Sports Board Cup	NSK 48	Army Individual
<b>Cross Country Relay (CT)</b>	The Beresford Challenge Cup	NSK 37	Service Team
	The Younger Team Cup	NSK 07	Army Team
<b>20 km Biathlon Individual</b>	The Army Ski Association Salver	NSK 10	British National
	The Keightley Trophy	NSK 09	Army Individual
	The Whittock Trophy	NSK 11	RA Individual
<b>15 km Biathlon Junior Individual</b>	Clerical, Medical and General Salver	NSK 30	Army Junior
<b>10 km Sprint Biathlon</b>	The Colonel's Cup	NSK 51	Army Team
<b>12.5 km Biathlon Mass Start</b>	The Collin's Quaich	NSK 33	Army Individual
<b>4 x 7.5 km Biathlon Relay</b>	The Ostend Cup/Burge Trophy	NSK 38	Service Team
	The Duke of Wellington's Regiment Trophy	NSK 12	Army Team
<b>The Military Patrol Race</b>	The Colombo Cup	NSK 36	Service Team
	The Royal Engineers Trophy	NSK 08	Army Team
	The BAOR Trophy	NSK 39	Army Team Runner Up
	The Mark Goodson Cup	NSK 49	HCav and RAC Team
	The Strong Challenge Cup	NSK 17	RA Team
<b>The Military Combination (see Table 1)</b>	The SAS Cup	NSK 40	Service Team
	The Kentish Cup	NSK 13	Army Team
	The RAC Military Combination Cup	NSK 25	HCav and RAC Team
	94 Locating Trophy	NSK 111	Champion RA Team
	The Davidson Bowl	NSK 18	RE Team

<b>The Princess Marina, Duchess of Kent Cup</b> <i>(see Table 1)</i>	<b>The PRINCESS MARINA, DUCHESS OF KENT, CUP</b>	NSK 32	<b>Champion Skiing Unit of the British Army</b>
	The Canadian Land Forces Trophy	NSK 19	Army Unit Runner Up
	The RAC Team Championship Cup	NSK 31	HCav and RAC Unit
	The Isbell Trophy	NSK 47	RE Unit
	The Grosvenor Trophy	NSK 15	Infantry Unit
<b>Special Awards</b>	The Inter Service Nordic Trophy	NSK 22	Inter Service Team Champions
	The Royal Norfolk Cup	NSK 23	Inter Corps Nordic Champions
	BBU Team Challenge Cup	NSK 54	<i>(In abeyance)</i>
	The India Sports Board Cup	NSK 41	Army Nordic Champion (20 km Individual Biathlon and 15 km Individual XC)
	HRH The Duke of Kent's Trophy	NSK 46	Army Junior Nordic Champion (15 Km Individual Biathlon and 15 Km Individual XC)
	The Lake Trophy	NSK 44	Best RLC Skier (20 km Individual Biathlon and 15 km Individual XC)

**TABLE 3 – AWSA, INTER SERVICE & NATIONAL CHAMPIONSHIP TROPHIES & PRIZES – WOMEN**

<b>Race</b>	<b>Trophy</b>	<b>NSK No</b>	<b>Awarded For</b>
<b>10 km Cross Country (CT) Individual</b>	Inter Services Cadet Cup	NSK 106	Army Individual
	The Sapper Cup	NSK 101	Army Team
	The Aylwin-Foster Trophy	NSK 28	Service Team
	The Alan Blackshaw Trophy	NSK 29	British National
<b>10km Cross Country (FT)</b>	The Celle Cup	NSK 21	Army Individual
<b>Cross Country (CT) Relay</b>	The Pistra Cup	NSK 102	Army Team
<b>12.5 km Biathlon Individual</b>	The Neale Trophy	NSK 104	Army Individual
	The Army Ski Association Cup	NSK 43	British National (tbc)
<b>7.5 km Sprint Biathlon</b>	The Sapper Trophy	NSK 105	Army Individual
	The Bob Anderson Trophy	NSK 53	Army Team (tbc)
<b>Biathlon Mass Start Champion</b>	The Spencer Challenge Trophy	NSK 06	Army Individual
<b>4 x 6 km Biathlon Relay</b>	The Challenge Cup	NSK 103	Army Team
<b>Military Patrol Race</b>	The Point to Point Cup	NSK 107	Army Team
<b>Army Nordic Champions</b>	The Army Group Royal Artillery Cup	NSK 14	Army Team
<b>Nordic Champion</b>	The Berlin Cup	NSK 50	Army Individual (12.5 km Individual Biathlon and 10 km Individual XC)

**TABLE 4 – PROVENANCE OF AWSA, INTER SERVICE & NATIONAL TROPHIES**

Trophy	NSK #	Provenance
The India Sports Board Cup	NSK 01	
The Ski Club of Great Britain Challenge Cup	NSK 02	Former NGB prior to 1964.
The Dayrell Browning Cup	NSK 03	Brig, RA. CO 52 LAA Regt 43-45.
The Winter Games Challenge Cup	NSK 04	
The Swedish Trophy	NSK 05	70s/80s course setters were from the Swedish Army.
The Spencer Challenge Trophy	NSK 06	<a href="#">Col Jimmie; RA; OWG 56; early member (#7) of ASA.</a>
The Spencer Team Trophy	NSK 45	
The Younger Team Cup	NSK 07	First Chairman and later President ASA
The Royal Engineers Trophy	NSK 08	
The Keightley Trophy	NSK 09	<a href="#">Gen Sir Charles, 5 DG; CinC BAOR 49-51.</a>
The Army Ski Association Salver	NSK 10	
The Whittock Trophy	NSK 11	
The Duke of Wellington's Regiment Trophy	NSK 12	Became 3 YORKS in 2006, 1 YORKS in 2012.
The Kentish Cup	NSK 13	Brig R J, RSIGS WW1, also AFA Kentish Cup. Founded National Playing Fields Assn in 1925. IOC Member.
The Army Group Royal Artillery Cup	NSK 14	RA grouping in BAOR in 1950s.
The Grosvenor Trophy	NSK 15	
The Taylor Trophy	NSK 16	Mr BH Taylor competed in the 60s.
The Strong Challenge Cup	NSK 17	
The Davidson Bowl	NSK 18	
The Canadian Land Forces Trophy	NSK 19	Until 1970 a CA Bde was part of BAOR; the Royal 22e Régiment came 4 <sup>th</sup> in The Princess Marina Trophy in 1969.
The Celle Cup	NSK 21	Lower Saxony BAOR garrison town, 94 Loc Regt RA bks.
The Inter Service Nordic Trophy	NSK 22	
The Royal Norfolk Cup	NSK 23	<a href="#">9<sup>th</sup> Foot, formed into 1<sup>st</sup> East Anglian Regt in 1959.</a>
The RAC Military Combination Cup	NSK 25	
The Aylwin-Foster Trophy	NSK 28	Brig Peter; RE. Chmn Nordic 69-76, Vice-Ch ASA.
The Alan Blackshaw Trophy	NSK 29	<a href="#">RM 54-56, RMR 56-74; Chairman BSF 85-88.</a>
Clerical, Medical and General Salver	NSK 30	ASA Sponsors in 1980s; finance & investment firm.
The RAC Team Championship Cup	NSK 31	
The <a href="#">Princess Marina, Duchess of Kent</a> , Cup	NSK 32	<a href="#">Patron of ASA; presented Jul 57 on 10<sup>th</sup> Anniversary.</a>
The Collin's Quaich	NSK 33	
The Colombo Cup	NSK 36	
The Beresford Challenge Cup	NSK 37	
The Ostend Cup/Burge Trophy	NSK 38	
The BAOR Trophy	NSK 39	Formed 1945, disbanded 1994. First CinC was FM Viscount Montgomery, responsible for forming ASA.
The BAOR Sports Board Cup	NSK 48	
The SAS Cup	NSK 40	
The India Sports Board Cup	NSK 41	
The Army Ski Association Cup	NSK 43	Founded 1947, later to become AWSA.
The Lake Trophy	NSK 44	CO 10 Tank Tprr Regt RCT.

The Mark Goodson Cup	NSK 49	Lt Col, RTR. Chmn Nordic 91-95, Sec Gen BBU 98-17.
The Isbell Trophy	NSK 47	CO 35 Engr Regt: 13x Nordic, 12x PM Champs 77-01.
HRH The Duke of Kent's Trophy	NSK 46	Patron AWSA.
The Berlin Cup	NSK 50	
The Colonel's Cup	NSK 51	
The Bob Anderson Trophy	NSK 53	SSgt, RSIGS 77-01. IBU Referee 95-. Presented ??
BBU Team Challenge Cup	NSK 54	
The Sapper Cup	NSK 101	
The Pistra Cup	NSK 102	
The Challenge Cup	NSK 103	
The Neale Trophy	NSK 104	
The Sapper Trophy	NSK 105	
Inter Services Cadet Cup	NSK 106	
The Point to Point Cup	NSK 107	
The Duncan Cup	NSK 108	Brig Ian, REME; 1981-2015. Presented 2015.
The James Terry Cup	NSK 109	Cpl, 2RTR (Nordic Champs 93-94). IS Biathlete 2004.
94 Locating Trophy	NSK 111	RA unit, 13x PM Champs 66-84, 8x Nordic 59-84.

**ANNEX B – COMPETITION TECHNICAL SPECIFICATIONS**

**BIATHLON**

**B.1** The following Table sets out the desired skiing and shooting specifications for classes of Biathlon competitions that will be held at AWSA events (amended IBU Rule 1.3):

**TABLE 5 – AWSA BIATHLON COMPETITION SPECIFICATIONS**

CLASS	COMPETITION DISTANCE & TYPE	START TYPE & INTERVAL	SHOOTING BOUT ORDER (P = Prone, S = Standing); 5 Rounds per bout except Relay PENALTY FOR TARGETS NOT HIT	DISTANCE BETWEEN & LOCATION OF SHOOTING BOUTS	TOTAL CLIMB (TC)
(a)	(b)	(c)	(d)	(e)	(f)
SENIOR MEN	20 km INDIVIDUAL	Single, 20, 30 sec	P, S, P, S 1 minute added time	4 km 4, 8, 12, 16 km	600–800m
	10 km SPRINT	Single, 20, 30 sec	P, S 150 m penalty loop	3.3 km between 3 & 7 km	300–450m
	12.5 km MASS START	Simultaneous	P, P, S, S 150 m penalty loop	2.5 km 2.5, 5, 7.5, 10 km	350–500m
	4 x 7.5 km RELAY	Simultaneous and Tag	P, S (each) + 3 Spares per Bout 150 m penalty loop	2.5 km 2.5 and 5 km	200–300m
NOVICE MEN	15 km INDIVIDUAL	Single 20, 30 sec	P, S, P, S 1 minute added time	3 km 3, 6, 9, 12 km	400–500m
WOMEN	12.5 km SHORT INDIVIDUAL	Single, 20, 30 sec	P, S, P, S 45 seconds added time	2.5 km 2.5, 5, 7.5, 10 km	350–500m
	7.5 km SPRINT	Single, 20, 30 sec	P, S 150 m penalty loop	2.5 km 2.5 and 5 km	200–300m
	10 km MASS START	Simultaneous	P, P, S, S 150 m penalty loop	2 km 2, 4, 6, 8 km	200–400m
	4 x 6 km RELAY	Simultaneous and Tag	P, S (each) + 3 Spares per Bout 150 m penalty loop	2 km 2 and 4 km	150–240m
JUNIOR & YOUTH MEN	15 km INDIVIDUAL	Single 20, 30 sec	P, S, P, S 1 minute added time	3 km 3, 6, 9, 12 km	400–500m
	10 km SPRINT	Single 20, 30 sec	P, S 150 m penalty loop	3 or 4 km between 3 & 7 km	300–450m
	10 km MASS START	Simultaneous	P, P, S, S 150 m penalty loop	2 km 2, 4, 6, 8 km	200–400m

**B.1.1 Height Difference (HD).** The maximum permitted difference in altitude between the highest and lowest points on the competition course is to be 80 m for all competitions.

**B.1.2 Maximum climb (MC).** The maximum permitted height difference of an ascent, without either a flat part or a descent of at least 200 m in length, is to be 50 m for all Biathlon competitions.

**B.1.3 Maximum Grade (MG).** The maximum grade for all climbs on the course must not exceed 25%.

**CROSS COUNTRY**

**B.2** The following Table sets out the course specifications for classes of XC competitions that will be held at AWSA events (FIS 311 to 313):

**TABLE 6 – AWSA CROSS COUNTRY COMPETITION SPECIFICATIONS**

CLASS	COMPETITION DISTANCE & TYPE	TECHNIQUE	START TYPE & INTERVAL	COURSE LENGTH OPTIONS
(a)	(b)	(c)	(d)	(e)
SENIOR MEN	10 km INDIVIDUAL	Classical	Single or Pair 20, 30 or 60 sec	2.5, 3.75, 5, 7.5, 10 km
	10 km MASS START	Free	Simultaneous	2.5, 3.3, 5, 7.5 km
	4 x 5 km RELAY	Classical	Simultaneous and Tag	2.5, 5 km
WOMEN	10 km INDIVIDUAL	Classical	Single or Pair 20, 30 or 60 sec	2.5, 3.3, 5, 7.5, 10 km
	7.5 km MASS START	Free	Simultaneous	2.5, 3.75, 5 km
	4 x 5 km RELAY	Classical	Simultaneous and Tag	2.5, 5 km
JUNIOR MEN	10 km INDIVIDUAL	Classical	Single or Pair 20, 30 or 60 sec	2.5, 3.75, 5, 7.5, 10 km
	7.5 km MASS START	Free	Simultaneous	2.5, 3.75, 5 km
NOVICE MEN	7.5 km MASS START	Free	Simultaneous	2.5, 3.75, 5 km

**B.2.1** The Height Difference (HD) and Maximum Climb (MC) for Cross Country Races are more varied and complex than for Biathlon. Full details are contained in FIS Rules 3.11.2.5.

## [ANNEX C – QUALIFICATION FOR THE ARMY NORDIC CHAMPIONSHIPS](#)

### GENERAL

**C.1** Qualification criteria are subject to regular review.

### ELIGIBILITY

**C.2** Details concerning eligibility of individuals and teams wishing to race at the Army Nordic Ski Championships are contained in AWSA 1.4.

### QUALIFICATION – MALE TEAMS

**C.3** At least 22 Army Unit teams may qualify for the Army Championships (Ex RUCKSACK). All teams, except for 'Wild Cards', qualify for the Army Championships on the basis of the results in the Qualifying Races - at the two Qualifying championships (Exs PDN and SH). One 'Wild Card' (see para C.7 below) is selected from each Qualifying championship; a further one or more 'Wild Cards' are selected by Chair Army Nordic or his delegated representative.

**C.4** The Qualifying Races are: Biathlon Relay; Biathlon Sprint; XC Relay; XC Individual (Classical).

**C.5** The Military Patrol Race is not a Qualifying Race, but participation in this Race at the Championships is mandatory. No team will qualify for the Army Championships if it cannot fulfil the Military Patrol Race rank structure at Ex RUCKSACK.

**C.6** The top six placed Unit teams at both Ex PDN and SH after all the Qualifying Races will qualify as of right; this gives 12 qualified Unit Teams. The next seven Unit teams to qualify will be selected by Chairman Army Nordic, or his delegated representative, based on a comparison of percentages across both Ex PDN and SH.

C.6.1 In each Qualifying Competition the times of all competitive teams finishing all four Qualifying Races are added together and then averaged (i.e. divided by the number of teams). This establishes **the Ex PDN or SH Baseline Time**. (HC teams and teams not finishing or disqualified in any race will be excluded from the whole calculation.)

C.6.2 The times in the four Qualifying Races of each Unit team at Ex PDN and SH are added together and then calculated as a percentage against their respective **Ex PDN or SH Baseline Time** (Unit Time ÷ Baseline Time x 100).

C.6.3 The 7 teams, taken across both Ex PDN and SH, with the lowest percentages behind the already-qualified 12 teams will qualify for the Army Championships.

**C.7 The Ex Director's 'Wild Card'**. One additional Unit team from each Qualifying Championship may come forward to the Army Championships as the Ex Director's 'Wild Card'. This team may, for example, be:

C.7.1 A team that has unexpectedly failed to qualify on performance due to exceptional injury, compassionate or disciplinary reasons.

C.7.2 The best placed of two or more teams in the Military Patrol Race or overall Qualifying Nordic combination.

C.7.3 A team selected by the Ex Director for any other reason.

**C.8 Chair Army Nordic's 'Wild Card'.** One or more further Unit teams may come forward to the Army Championships as the Chair's 'Wild Card'. These teams, except in exceptional circumstances, will be selected by Chairman Army Nordic, or his delegated representative, from either Ex PDN or SH, based on an assessment of relative merits throughout the whole Qualifying Championship, including Qualifying Competitions and the Military Patrol Race. Ex PDN and SH are to each propose their recommended candidates with justifications as soon as their own 'Wild Card' has been determined.

**C.9 Notification of Results.** Qualification to the Army Championship will be made and promulgated in stages as soon as is possible after the results of the Qualifying Championship races are published officially.

**C.10** Unit Teams qualifying for the Army Championships do not have to consist of the same six team members that competed at the Qualifying Championships.

**C.11** Teams not wishing, or not able, to attend the Army Championships should notify Ex Directors at the earliest opportunity.

#### **QUALIFICATION – MALE INDIVIDUALS**

**C.12 National Squad Skiers.** All National athletes and military support staff, in the WC, IBU Cup and IBU Junior Cup teams, automatically qualify to compete in the Army Championships by right. If these athletes did not compete at the qualifying championships, they may displace some members of a Unit Team which had qualified by right for the Army Championships. Those displaced skiers also qualify for the Army Championships, although they may no longer be in the Unit Team. If a National athlete or support staff has to return to the GBR team during the Army Championships the "displaced" skier can return to the Unit Team without recourse to *force majeure*.

**C.13 Other Skiers.** Chair Army Nordic, or his delegated representative, may qualify additional skiers/officials for the Army Championships based upon their individual performance/attendance at the Qualifying Championships. Apart from those in AWSA C.12, other skiers who are unable to race at Qualifying Championships for military or personal reasons, may apply no later than the first day of the Qualifying Championships to Chair Army Nordic to be qualified exceptionally for the Army Championships. A full written justification is required. The decision on all additional qualified competitors will be published at the same time.

#### **QUALIFICATION – WOMEN**

**C.14** A minimum of 25 Army women will be selected to compete in the Army Championships. All National Squad athletes and military support staff, in the WC and IBU Cup teams, automatically qualify to compete in the Army Championships by right. For most others it is based on their performances in the Qualifying Championships (Ex PDN and SH). Other skiers who are unable to race at Qualifying Championships for military or personal reasons may apply no later than the first day of the Qualifying Championships to Chair Army Nordic to be qualified exceptionally for the Army Championships. A full written justification is required. The decision will be included in all Qualification Seeding

documentation. A skier qualified by Army Nordic for the Army Championships may compete for a corps or as an individual.

**C.15** The Qualifying Races are the Biathlon Sprint and the XC Individual (CT).

C.15.1 The first three Army women, discounting National Squad athletes, in each Qualifying Race qualify automatically. This qualifies between 6 (if the first 3 are the same in both race), and 12 (if none are the same) competitors.

C.15.2 The remaining qualifiers, up to the overall total minus the number of National Squad athletes, are selected based on a comparison of percentages across both Ex PDN and SH.

C.15.3 In each Qualifying Competition the times of any National Squad athletes are set aside. The times of all other women finishing each Qualifying Race are added together and then averaged (i.e. divided by the number of finishing competitors). This establishes the **Ex PDN or SH Female Baseline Time**.

C.15.4 The times in the two Qualifying Races of each other woman at Ex PDN and SH are added together and then calculated as a percentage against their respective **Ex PDN or SH Female Baseline Time** (Competitor's Time ÷ Baseline Time x 100).

**Except for those automatically qualified (Para C.15.1), other competitors** who complete only one Qualifying race will be allocated a default time in the other Qualifying race that is 1.2 times longer than their percentage of the Baseline Time in the completed race (i.e. if their successful race time was 90% of the Race Baseline Time, their default time in the incomplete race would be  $0.9 \times 1.2 = 108\%$  of that race's Baseline Time).

C.15.5 Competitors with the lowest percentage figure will qualify, up to the scope of Rule C.14.

**C.16** For the Army Championships, qualified women form Corps teams of four, five or six competitors ([Rule 1.7.2](#)). Additional qualified competitors will compete as individuals. Corps able to form a team of a minimum of four skiers must do so. Each Corps must be led by an officer or warrant officer, not only for supervision, discipline and organisation, but also in the spirit and structure of the Military Patrol Race. Therefore, if a Corps has at least 4 qualified competitors by right or performance, but not including an officer or warrant officer, the first available officer or warrant officer from that Corps ranked according to AWSA C.14.2 shall be selected; or exceptionally an officer may be selected who has not competed at either Ex PDN or SH. **Chair Army Nordic, or his delegated Representative, will consider many factors in selecting women's Corps teams in the spirit of encouraging maximum participation and competition.**

## **QUALIFICATION & ELIGIBILITY – ARMY RESERVE**

**C.17** Army Reserve Competitors (see [AWSA 1.13.2](#) for definition) qualify for the Army Championships on the same basis as Regular Army competitors, as described above, but their eligibility to participate in Representative Sport (Single Service events (unit, corps and formation/Qualifying), Single and Combined Service teams) is laid down in Chapter 2 to JSP 660 Pt 1 (see [AWSA 1.4.7](#) for link) which is repeated below (with this Annex C paragraph numbering):

## Eligibility

**C.18** All Service personnel on a regular Service, Full-time Reserve Service (FTRS) or Additional Duties Commitment (ADC) engagement are eligible to participate in authorised Service sport.

**C.19** Part-time Volunteer Reserve (PTVR) Forces personnel are also eligible to participate in authorised Service sport. As the Terms of Service for personnel in the Reserve Forces differ, reservist participation in representative sport requires additional eligibility criteria to prevent enlistment purely for sport. To be eligible, PTVR personnel:

C.19.1 **Must** have been attested and are actively participating in Phase 1 & 2 training or be suitably qualified and employed for the delivery of an operational output or essential support activity.

C.19.2 **Will** be liable for mobilisation or deployment on operations overseas or in UK.

C.19.3 **Must** meet the annual training requirements or maintain the necessary skills to conduct their military function.

C.19.4 **Participate** with duty status, compliant with MOD Regulations.

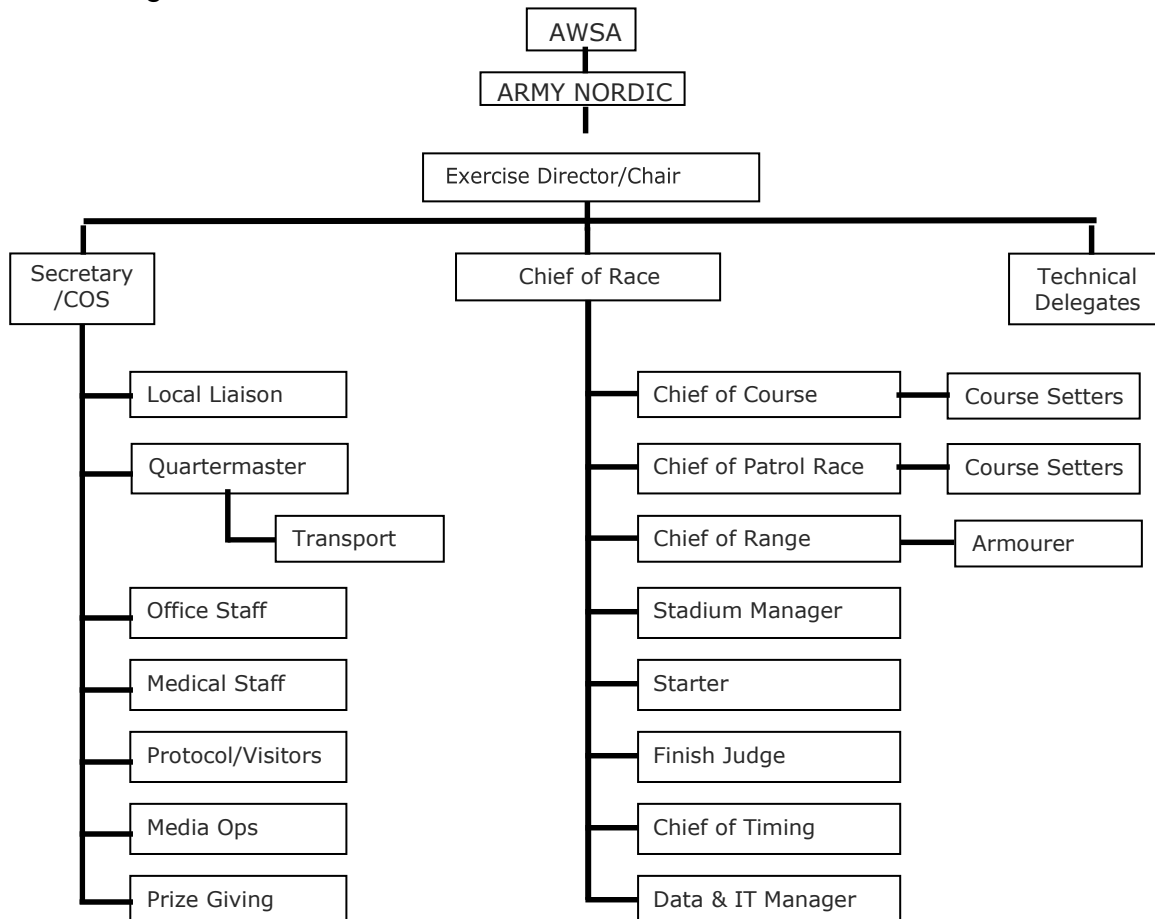
**C.20** The eligibility of Service personnel both regular and reserve to participate in representative sport is defined in the matrix at Annex A to Chapter 2 [to JSP 660 Pt 1](#). **It is important that Team Captains of any team potentially containing Reservists / Cadets / Foreign attached personnel read and understand this matrix.** This matrix draws distinction between the levels of Service sport from unit level to UKAF representation. Exceptionally and for the clear benefit of the Service, sport or championship, dispensation to include an ineligible participant at the Inter Service or UKAF level can be granted by the UK AFSB. At single Service level and below, the dispensation can be granted by single Service Sports Boards.

**ANNEX D – RESPONSIBILITIES OF CHAMPIONSHIP & COMPETITION OFFICIALS**

**GENERAL**

**D.1** Detailed duties for all officials have been developed as AWSA Nordic SOPs for Ex RUCKSACK and are adaptable for all championships. This annex provides merely an introduction to each official’s responsibilities in order to give a general overview of the range of tasks required to be undertaken and the experience expected. Some posts may be double-hatted. It also details the responsibilities of the Competition Jury.

**D.2** The organisation of officials is as follows:



**CHAMPIONSHIP OFFICIALS**

**D.3 Chair of the Championships/Ex Director.** Overall responsibility for each Championship must be vested in the Ex Director.

**D.4 Secretary/COS.** The Secretary/COS is responsible to the Chair for all pre-championship preparation and the administration during the championship. Their responsibilities, which may be delegated, include *inter alia*: running the Competition Office; the provision of transport and medical services; the coordination of support to senior visitors; organisation of media support; the provision of prizes and the coordination of prize-giving ceremonies.

**D.5 Technical Delegate (TD).** The TD is **an appointed/approved representative of Army Nordic. They are** responsible for advising the Ex Director on all safety and technical aspects. They are Chair of the Competition Jury and determine all necessary interpretation of the rules **in accordance with Army Nordic policy.**

**D.6 Chief of Race.** The Chief of Race is responsible for the conduct of each Race, from competitor registration and entry, through course and range layout, competition conduct, including safety, to the approval and publication of results.

**D.7 Chief of Course.** Supported by one or more Assistant Course Setters, the Chief of Course is responsible for all aspects of course design, planning, preparation, briefing and marking, inclusively from the start through to the finish, including the ski trail through the range and the range penalty loop. They are also to prepare a ski test area and warm-up tracks. They will be responsible for locating controls around the course in order to check that competitors ski the whole and correct course, including penalty loops.

**D.8 Chief of Range.** The Chief of Range is responsible for all firing practices and the preparation of the range for practice and competition. During the competition they are responsible for the correct presentation of targets to the competitors and the accurate recording of firing records. They must be qualified as a Range Conducting Officer (RCO).

**D.9 Stadium Manager.** The Stadium Manager is responsible for all activities in the stadium area, including the flow of competitors to the start and from the finish, the start and finish inspections, ski marking and post-race recuperation of competitors. They are responsible for the layout of fencing, course markings and signs in the stadium area.

**D.10 Starter.** The Starter is responsible for all aspects of starting the competitors, from laying out the start and hand-over area to ensuring that competitors start in the correct manner at the correct time with the correct dress and marked equipment; this includes overseeing the relay handover.

**D.11 Chief of Timing.** In conjunction with the Starter and Finish Judge, the Chief of Timing is responsible for the operation of the timing system to record each competitor's start and finish times to the nearest tenth of a second. The resulting running times are passed to the Data & IT Manager for processing into the results.

**D.12 Finish Judge.** The Finish Judge is responsible for all aspects of the competition finish, ensuring that it is laid out and marked correctly, that competitors are recorded as they finish, that all starters are accounted for and that the integrity of the finish area is maintained.

**D.13 Data & IT Manager.** The Data & IT Manager is responsible for maintaining a comprehensive list of competitors in the championship, from which they produce the start list for those entered in each competition; from the range records and competitors' running times they produce the required results, from which the prize-winners can be identified.

**D.14 Chief of Patrol Race.** The Chief of Patrol Race is responsible for the conduct of the Patrol Race, from competitor registration and entry, through course and range layout, competition conduct, including safety, to the approval and publication of results.

## **COMPETITION JURY**

**D.15** The role and composition of the Competition Jury are described in AWSA 1.14.

**D.16** The Tasks of the Competition Jury (IBU Competition Rules, [Annex B](#); FIS art 303.3) are to:

D.16.1 Prior to the Competition:

D.16.1.1 Supervise the Draw;

D.16.1.2 Decide if, and under which conditions, a late entry may be accepted;

D.16.1.3 Decide if a competitor properly entered for participation may be replaced by a substitute in the case of force majeure;

D.16.1.4 Decide on protests concerning eligibility of competitors.

D.16.2 During the Competition:

D.16.2.1 Ensure that the competition is conducted according to the AWSA Competition Rules;

D.16.2.2 Direct the necessary measures if difficulties occur that seriously endanger the correct and fair conduct of the competition: an extreme option may be to stop the competition;

D.16.2.3 Decide on the admission of competitors who arrive late at the start due to *force majeure*.

D.16.3 After the Competition:

D.16.3.1 Determine the outcome of protests;

D.16.3.2 Impose or reject penalties reported by competition officials;

D.16.3.3 Determine necessary time adjustments;

D.16.3.4 Verify the Unofficial Results;

D.16.3.5 Annul a competition, if necessary;

D.16.3.6 Order the repeat of a competition, if justified and possible.

D.16.4 Before, During and After the Competition:

D.16.4.1 Be prepared to decide on all matters that are not covered in the AWSA Rules;

D.16.4.2 Meet at times convened by the TD: normally 10 mins before the competition is due to start in order to confirm that everything is in place and so authorise it to start; and immediately after the last competitor has finished in order to report on any potential difficulties or concerns with the conduct of the competition.

**ANNEX E – PATROL RACE ORGANISATION**

**TIMETABLE**

**E.1** The time from reporting-in to the start of the race is to be kept to a minimum. Starts are at 3-minute intervals, thus reporting and inspection times are also at 3-minute intervals.

**E.2** Timings (for a 09:00 hrs start):

TEAM	REPORT TO MARSHAL	EQUIPMENT DELEGATE INSPECTION	SENIOR OFFICER INSPECTION	WARM UP	START
A	08:50	08:53	08:56	08:59	09:00
B	08:53	08:56	08:59	09:02	09:03
C	08:56	08:59	09:02	09:05	09:06

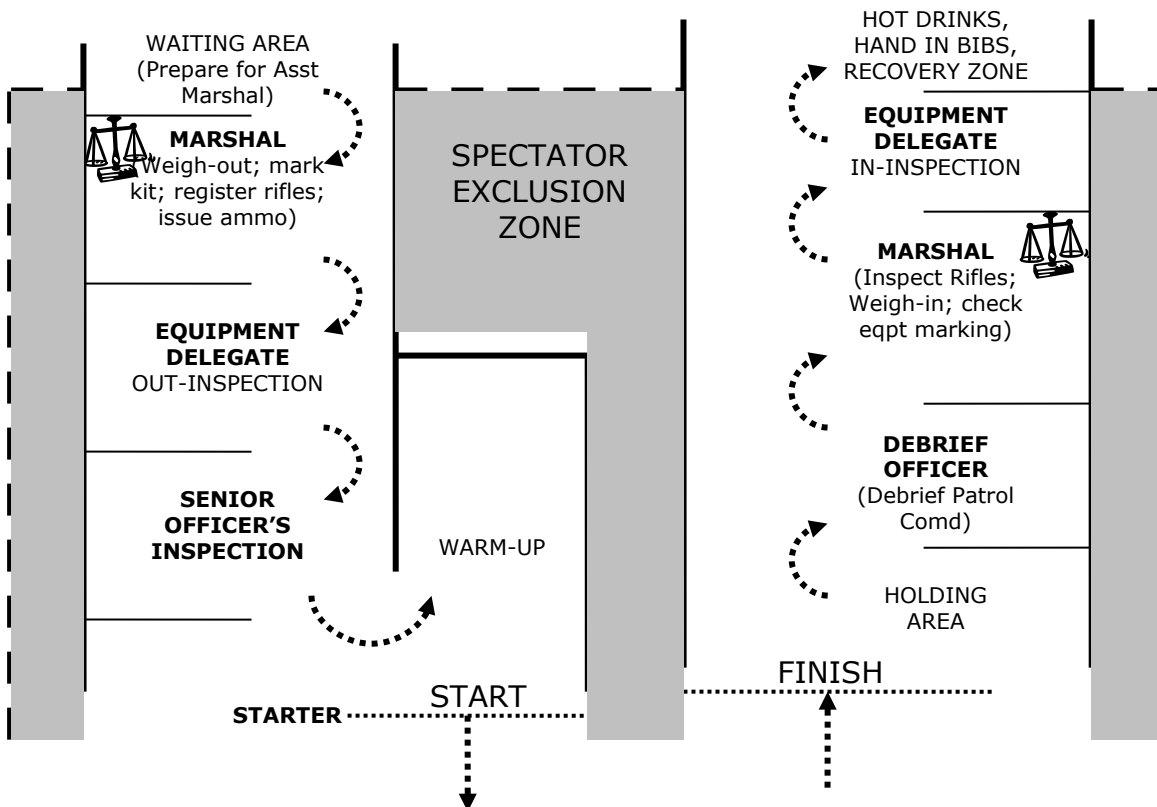
**INSPECTION PREPARATION AND ROUTINE**

**E.3** Patrols are to report to the Marshal fully prepared to have their equipment weighed, their ski equipment marked, to show empty magazines ready to load the issued ammunition, and to register weapon serial numbers. Weapons are not to be fixed to rucksacks until after the Marshal's inspection.

**E.4** Patrols are to report to ED fully prepared to show all the required dress and equipment.

**E.5** The Patrol Comd is to present the patrol to the Senior Officer wearing skis at attention and is to salute. The patrol cannot adjust dress or equipment until it crosses the Start Line.

**INSPECTION LAYOUT EXAMPLE**



**PATROL RACE – ED INSPECTION SHEET (ANNEX E – FORM 1)  
OUT- INSPECTION BEFORE START**

<b>BIB No</b> .....	<b>TEAM</b> .....
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ITEM	CORRECT & UNIFORM	MISSING	PENALTY (each)	PENALTY AWARDED
On Time			2 Mins per min	
Bib/Leg Numbers x 4			HC	
Weight Correct @ 40 kg			HC	
Eqpt Marked			HC	
4 x SA80A2 with HK .22" / .22" SA80			HC	
SA80 Serial Nos by Bib (Last 3):	1.	2.	3.	4.
4 x Muzzle Cover			1 Min each	
4 x Empty Blank Firing Attachment Magazine (yellow)			1 Min each	
8 x Magazines, loaded with 5 rounds each			1 Min each	
40 rounds Ammo			HC	
No additional Ammo			DSQ	
White Race Suit / Jacket & Trousers			HC	
White Headdress or Beret			1 Min each	
Cap Badge or Emblem			30 Secs each	
Rank Badges			30 Secs each	
Gloves			1 Min each	
Classical Skis			HC	
Service Binoculars			3 Mins	
Silva Compass			5 Mins	
Map Case			1 Min each	
Notebook & Pen(cil)			1 Min each	
Map(s) if issued before start			5 Mins	
4 x Rucksacks			HC	
Mobile Telephone			DNS	
First Aid Kit including 2x Field Dressings			DNS	
Spare long-sleeved warm clothing per person			DNS	
Service Issue Bivvy bag			DNS	
4 x Service issued Hearing Protection			DNS	
<b>Total to be added to Race Time:</b>				

Note:

**HC** = Patrol may only complete the race as HC. **DNS** = Patrol will not be allowed to start for safety reasons.

**PATROL RACE – ED INSPECTION SHEET (ANNEX E – FORM 2)  
IN - INSPECTION AFTER FINISH**

<b>BIB No</b> .....	<b>TEAM</b> .....
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ITEM	CORRECT & UNIFORM	MISSING	PENALTY (each)	PENALTY AWARDED
Weapons Clear			DSQ	
4 x SA80A2 with HK .22" / .22" SA80			DSQ	
SA80 Serial Nos by Bib (Last 3):	1.	2.	3.	4.
Not own rifles			DSQ	
4 x Muzzle Cover			1 Min each	
4 x Empty Blank Firing Attachment Magazine (yellow)			1 Min each	
8 x Magazines			1 Min each	
Any Ammunition in Magazines or Equipment			DSQ	
4 x Rucksacks & Weight Correct			DSQ	
Eqpt Marked			DSQ	
White Headdress or Beret			1 Min each	
Cap Badge or Emblem			30 Secs each	
Rank Badges			30 Secs each	
Gloves			1 Min each	
Classical Skis			HC	
Service Binoculars			3 Mins	
Silva Compass			5 Mins	
Map Case			1 Min each	
Notebook & Pen(cil)			1 Min each	
Map(s)			5 Mins	
4 x Service issued Hearing Protection			2 Min each	
First Aid Kit including 2x Field Dressings			DSQ	
Spare long-sleeved warm clothing per person			DSQ	
Service Issue Bivvy bag			DSQ	
All Personnel			DSQ	
<b>Total to be added to Race Time:</b>				

	RULE	EXPLANATION
<b>DSQ</b>		

**PATROL RACE BIATHLON TARGET SCORING SHEET (ANNEX E – FORM 3)**

**MAKE SURE YOU COMPLETE DETAIL WITHIN THE BOX!**

<b>OFFICIAL'S NAME:</b>		<b>OFFICIAL'S UNIT:</b>	
<b>TEAM BIB NUMBER:</b>			
<b>PATROL RACE PRACTICE (e.g. Stand / Prone / Kneel):</b>			
<b>SHOOT (delete as applicable):</b>	<b>FIRST</b>		<b>SECOND</b>
<b>LANE NUMBERS:</b>		and	

**MARK HITS WITH "X"**

BIB NO  -1	BIB NO  -2	BIB NO  -3	BIB NO  -4
X = HITS	X = HITS	X = HITS	X = HITS
○ ○ ○ ○ ○	○ ○ ○ ○ ○	○ ○ ○ ○ ○	○ ○ ○ ○ ○
COMMENTS/PENALTIES ..... .....	COMMENTS/PENALTIES ..... .....	COMMENTS/PENALTIES ..... .....	COMMENTS/PENALTIES ..... .....
MISSES:	MISSES:	MISSES:	MISSES:

<b>TOTAL TEAM MISSES =</b>	
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