

BIATHLON CANADA GUIDELINES FOR MOUNTAIN BIKE BIATHLON (July 2009)
IBU EVENT AND COMPETITION RULES:
ANNEX F RULES FOR SUMMER BIATHLON

***Please note that this is not a policy that covers mountain biking as a training mode. Please note the very strict rules on the type of terrain and equipment to be used as well as the sanctioning of any planned events by Biathlon Canada. Questions may be directed to Joanne Thomson (jthomson@biathloncanada.ca)**

SECTION 3. MOUNTAIN BIKE BIATHLON

3.1 DEFINITION

3.1.1 Mountain Bike Biathlon is a summer sport combining mountain biking and Small bore rifle shooting.

3.2 CLASSES OF COMPETITORS

Men and Women

15 - 20 years;

21 - 30 years;

31 - 40 years;

41 + years.

3.3 COMPETITIONS

Men 9 km (3-3-3) with two shootings (P, S);

Women 6 km (2-2-2) with two shootings (P, S).

3.3.1 Qualification if required by large entry numbers

Men 6 km (2-2-2) with two shootings (P, S);

Women 4.5 km (1.5-1.5-1.5) with two shootings (P, S).

3.4 DRAW OF START NUMBERS BY CLASSES

Group draw in every class; maximum of 4 draw groups per class.

3.5 COMPETITION JURY

1 TD appointed by IBU TC;

1 IBU International Referee;

1 UCI International Referee (*may not apply in Biathlon Canada sanctioned events; may be replaced by Competition Chief*);

2 Team Captains

3.6 COMPETITION VENUE AND FACILITIES

3.6.1 Start/finish

a. Individual start at 60 second intervals;

b. Mass start.

Finish zone minimum 6 meters wide followed by a 10 x 30 meter slowdown area.

3.6.2 Course

Minimum of 2 loops consisting of varying terrain.

Trails are to be "non-technical" in nature, cleared of trees, debris, big rocks, and obstacles.

Trails are to be 3 – 6 m in width, covered with grass, gravel, wood chips or similar material.

Trails are not to be narrower than 3 m, and should not have roots or rocks protruding. Any dangerous rocks or roots should be well marked with fluorescent spray paint
Trails at mountain bike facilities, or at downhill resorts are not to be used.

3.6.3 Penalty loop

A loop of mildly varying terrain to provide a handicap of 30 seconds.

3.6.4 Shooting range

Following IBU Event and Competition rules, with the addition of bike and rifle racks.

3.7 COMPETITION EQUIPMENT AND CLOTHING

Competition equipment and clothing must be in accordance with IBU and UCI rules (see bike specifications below).

3.7.1 Inspection of equipment and clothing

Prior to the start and following the finish, equipment and clothing will be inspected by the IBU and UCI International referees.

3.7.2 Required equipment

Athletes must wear a helmet, suitable bike clothing and footwear.

3.8 TRAINING AND ZEROING

3.8.1 The day prior to the competition, competitors will have the opportunity to train on the competition course and range.

3.8.2 Zeroing will take place beginning one hour and ending 10 minutes prior to the start.

3.9 SHOOTING REGULATIONS

After placing the bike in the rack provided, the competitor will retrieve his rifle from the rack, place the rifle on his back in the carrying position, proceed to the appropriate shooting lane (prone or standing), fire 5 rounds, replace the rifle on his back in the carrying position, return the rifle to the rack and resume the race on his mountain bike. For each target missed the athlete must complete one penalty loop.

3.10 PENALTIES

3.10.1 IBU [and UCI] rules will be applied where appropriate.

3.10.2 Disqualification

- a. For not carrying the rifle on the back in the carrying position;
- b. For violating safety regulations.

3.11 RANKING

Competitors will be ranked according to their time taken (to 1/10 second) to complete the course.

Biathlon Canada Regulations for Insurance Coverage

SANCTIONING

All events must submit a request for sanctioning of the event at least 30 days in advance of the planned date with a plan and description of the trails to be used. Requests are to be sent to the Executive Director at the National Office.

BICYCLE EQUIPMENT SPECIFICATIONS:

Standard Mountain bike (no road bikes or 'cyclocross' bikes)

Bicycles must have front and rear brakes in good working order

Bicycle tires size must be at least 26 x 1.5 – 2.35 wide and have a rubber tread

Bicycles must have flat or 'riser' style handlebar (no drop handlebars)

Mountain Bike Training: If you plan to participate in the sport of mountain biking, you are encouraged to join your local bike club and become a member of the Canadian Cycling Association.