

**Competition Specifications - Skiing and shooting specifications of classes and types of competitions**

1 Course Length and Competition Type	2 Standard Start Types and Intervals	3 Ski Loops	4 Shooting Bouts and Shot Penalty (5 rounds per bout except relay)	5 Distance between and location of shooting bouts	6 Total Climb
<b>MEN (21+)-</b> Male competitors who have completed their 21 <sup>st</sup> year of life at the cut-off-date 31 December shall be called Men and henceforth shall start only in Men's competitions for the season starting on 1 November of the same year					
<b>20 KM INDIVIDUAL</b>	Single, 30 sec, 1 minute	5	P, S, P, S - 1 minute	4 km- 4, 8, 12, 16 km	600 – 800 m
<b>10 KM SPRINT</b>	Single, 30 sec, 1 minute	3	P, S – 150 m	3.3 km – 3 and 7km	300 – 450 m
<b>12.5 KM PURSUIT</b>	Pursuit	5	P, P, S, S -150 m	2.5 km – 2.5, 5, 7.5, 10 km	350 – 500 m
<b>15 MASS START</b>	Simultaneous	5	P,P, S, S - 150 m	3 km – 3, 6, 9, 12 km	400 – 600 m
<b>4 x 7.5 RELAY</b>	Simultaneous and Tag	3	P, S (each) + 3 spare rounds per bout- 150 m	2.5 km – 2.5 and 5	200 – 300 m
<b>2 x 7.5 KM (M) MIXED RELAY 2 x 6 KM (F)</b>	Simultaneous and Tag W, W, M, M	3	P, S (each) + 3 spare rounds per bout - 150 m	2 km – 2 and 4 (F) 2.5 km – 2.5 and 5 (M)	150-240 m (F) 200-300 m (M)
<b>4 – 6 KM SUPER SPRINT FINAL</b>	Simultaneous	5	P, P, S, S (each) + 3 spare rounds per bout – penalty = disqualification.	800 m – 4800m	60 – 125 m
<b>2.4 – 3.6 KM SUPER SPRINT QUALIFICATION</b>	Single, 15 sec.	3	P, S (each) + 3 spare rounds per bout – penalty = disqualification.	800 m – 2400m	45 – 75 m
<b>WOMEN (21+)-</b> Female competitors who have completed their 21 <sup>st</sup> year of life at the cut-off-date 31 December shall be called Women and henceforth shall start only in Women's competitions according for the season starting on 1 November of the same year					
<b>15 KM INDIVIDUAL</b>	Single, 30 sec, 1 minute	5	P, S, P, S - 1 minute	3 km – 3, 6, 9, 12 km	400 – 600 m
<b>7.5 KM SPRINT</b>	Single, 30 sec, 1 minute	3	P, S – 150 m	2.5 km – 2.5 and 5 km	200 – 300 m
<b>10 KM PURSUIT</b>	Pursuit	5	P, P, S, S -150 m	2 km – 2, 4, 6, 8 km	200 – 400 km
<b>12.5 KM MASS START</b>	Simultaneous	5	P, P, S, S - 150 m	2.5 km – 2.5, 5, 7.5, 10 km	350 – 500 m
<b>4 x 6 KM RELAY</b>	Simultaneous and tag	3	P, S (each) + 3 balles d'extra par tir - 150 m	2 km – 2 and 4 km	150 – 250 m
<b>2 x 7.5 KM (M) MIXED RELAY 2 x 6 KM (F)</b>	Simultaneous and Tag W, W, M, M	3	P, S (each) + 3 spare rounds per bout - 150 m	2 km – 2 and 4 (F) 2.5 km – 2.5 and 5 (M)	150-250 m (F) 200-300 m (M)
<b>4 - 6 KM SUPER SPRINT FINAL</b>	Simultaneous	5	P, S (each) + 3 spare rounds per bout – penalty = disqualification	800 m – 4800 m	60 – 125 m
<b>2.4 – 3.6 KM SUPER SPRINT QUALIFICATION</b>	Single, 15 sec.	3	P, S (each) + 3 spare rounds per bout – penalty = disqualification.	800 m – 2400 m	45 – 75 m
<b>JUNIOR MEN (19&amp;20) -</b> Male competitors who have completed their 19 <sup>th</sup> year of life at the cut-off-date of 31 December shall be called Junior Men and shall start only in Junior competitions for the season starting on 1 November of the same year. Separate competitions shall be organized for them. However, Junior Men shall be permitted to participate in Men's competitions.					
<b>15 KM INDIVIDUAL</b>	Single, 30 sec, 1 minute	5	P, S, P, S - 1 minute	3 km – 3, 6, 9, 12 km	400 – 600 m
<b>10 KM SPRINT</b>	Single, 30 sec, 1 minute	3	P, S – 150 m	3.3 km – 3 and 7 km	300 – 450 m
<b>12.5 KM PURSUIT</b>	Pursuit	5	P, P, S, S -150 m	2.5 km – 2.5, 5, 7.5, 10 km	350 – 500 m
<b>12.5 KM MASS START</b>	Simultaneous	5	P, P, S, S - 150 m	2.5 km – 2.5, 5, 7.5, 10 km	350 – 500 m
<b>4 x 7.5 KM RELAY</b>	Simultaneous and tag	3	P, S (each) + 3 spare rounds per bout - 150 m	2.5 km – 2.5 and 5 km	200 – 300m
<b>4 - 6 KM SUPER SPRINT FINAL</b>	Simultaneous	5	P, P, S, S (each) + 3 spare rounds per bout – penalty = disqualification.	800 m – 4800 m	60 – 125 m
<b>2.4 – 3.6 KM SUPER SPRINT QUALIFICATION</b>	Single, 15 sec.	3	P, S (each) + 3 spare rounds per bout – penalty = disqualification.	800 m - 2400 m	45 – 75 m
<b>2 x 7.5 KM (M) MIXED RELAY 2 x 6 KM (F)</b>	Simultaneous and Tag W, W, M, M	3	P, S (each) + 3 spare rounds per bout - 150 m	2 km – 2 and 4 (F) 2.5 km – 2.5 and 5 (M)	150-250 m (F) 200-300 m (M)
<b>JUNIOR WOMEN (19&amp;20) -</b> Female competitors who have completed their 19 <sup>th</sup> year of life at the cut-off-date of 31 December shall be called Junior Women and shall start only in Junior Women's competitions for the season starting on 1 November of the same year. Separate competitions shall be organized for them. However, Junior Women shall be permitted to participate in Women's competitions.					

<b>12.5 KM INDIVIDUAL</b>	Single, 30 sec, 1 minute	5	P, S, P, S - 1 minute	2.5 km – 2.5, 5, 7.5, 10 km	400 – 500 m
<b>7.5 KM SPRINT</b>	Single, 30 sec, 1 minute	3	P, S – 150 m	2.5 km – 2.5 and 5 km	200 – 300 m
<b>10 KM PURSUIT</b>	Pursuit	5	P, P, S, S -150 m	2 km – 2, 4, 6, 8 km	200 – 400 m
<b>10 KM MASS START</b>	Simultaneous	5	P, P, S, S - 150 m	2 km – 2, 4, 6, 8 km	200 – 400 m
<b>3 x 6 KM RELAY</b>	Simultaneous and tag	3	P, S (each) + 3 spare rounds per bout - 150 m	2 km – 2 and 4 km	150 – 240 m
<b>4 - 6 KM SUPER SPRINT FINAL</b>	Simultaneous	5	P, P, S, S (each) + 3 spare rounds per bout– penalty = disqualification.	800 m – 4800 m	60 – 125 m
<b>2.4 – 3.6 KM SUPER SPRINT QUALIFICATION</b>	Single, 15 sec.	3	P, S (each) + 3 spare rounds per bout– penalty = disqualification.	800 m - 2400 m	45 – 75 m
<b>2 x 7.5 KM (M) MIXED RELAY 2 x 6 KM (F)</b>	Simultaneous and Tag W, W, M, M	3	P, S (each) + 3 spare rounds per bout - 150 m	2 km – 2 and 4 (F) 2.5 km – 2.5 and 5 (M)	150-250 m (F) 200-300 m (M)
<b>YOUTH MEN (17&amp;18)-</b> Male competitors who completed their 17 <sup>th</sup> year of life at the cut-off-date of 31 December shall be called Youth Men and shall start only in Youth Men's competitions for the season starting on 1 November of the same year. Separate competitions shall be organized for them. However, Youth Men shall be permitted to take part in Junior Men's competitions.					
<b>12.5 KM INDIVIDUAL</b>	Single, 30 sec, 1 minute	5	P, S, P, S - 1 minute	2.5 km – 2.5, 5, 7.5, 10 km	350 – 500 m
<b>7.5 KM SPRINT</b>	Single, 30 sec, 1 minute	3	P, S – 150 m	2.5 km – 2.5 and 5 km	200 – 300 m
<b>10 KM PURSUIT</b>	Pursuit	5	P, P, S, S -150 m	2 km – 2, 4, 6, 8 km	200 – 400 m
<b>10 KM MASS START</b>	Simultaneous	5	P, P, S, S - 150 m	2 km – 2, 4, 6, 8 km	200 – 400 m
<b>3 X 7.5 KM RELAY</b>	Simultaneous	3	P, S (each) + 3 spare rounds per bout- 150 m	2.5 km – 2.5 and 5 km	200 – 300m
<b>4 - 6 KM SUPER SPRINT FINAL</b>	Simultaneous and tag	5	P, P, S, S (each) + 3 spare rounds per bout – penalty = disqualification.	800 m – 4800 m	60 – 125 m
<b>2.4 – 3.6 KM SUPER SPRINT QUALIFICATION</b>	Single, 15 sec.	3	P, P, S, S (each) + 3 spare rounds per bout– penalty = disqualification.	800 m - 2400 m	45 – 75 m
<b>2 x 7.5 KM (M) MIXED RELAY 2 x 6 KM (F)</b>	Simultaneous and Tag W, W, M, M	3	P, S (each) + 3 spare rounds per bout - 150 m	2 km – 2 and 4 (F) 2.5 km – 2.5 and 5 (M)	150-250 m (F) 200-300 m (M)
<b>YOUTH WOMEN (17&amp;18)-</b> Female competitors who completed their 17 <sup>th</sup> year of life at the cut-off-date of 31 December shall be called Youth Women, and shall start only in Youth Women's competitions for the season starting on 1 November of the same year. Separate competitions shall be organized for them. However, Youth Women shall be permitted to take part in Junior Women's competitions.					
<b>10 KM INDIVIDUAL</b>	Single, 30 sec, 1 minute	5	P, S, P, S - 1 minute	2 km – 2, 4, 6, 8 km	200 – 350 m
<b>6 KM SPRINT</b>	Single, 30 sec, 1 minute	3	P, S – 150 m	2 km – 2 and 4 km	150 – 250 m
<b>7.5 KM PURSUIT</b>	Pursuit	5	P, P, S, S -150 m	1.5 km – 1.5, 3, 4.5, 6 km	200 – 300 m
<b>7.5 KM MASS START</b>	Simultaneous		P, P, S, S - 150 m	1.5 km – 1.5, 3, 4.5, 6 km	150 – 240 m
<b>3 X 6 KM RELAY</b>	Simultaneous	3	P, S (each) + 3 spare rounds per bout - 150 m	2 km – 2 and 4 km	150 – 250 m
<b>4 - 6 KM SUPER SPRINT FINAL</b>	Simultaneous and tag	5	P, P, S, S (each) + 3 spare rounds per bout – penalty = disqualification.	800 m – 4800 m	60 - 125 m
<b>2.4 – 3.6 KM SUPER SPRINT QUALIFICATION</b>	Single, 15 sec.	3	P, P, S, S (each) + 3 spare rounds per bout – penalty = disqualification.	800 m – 2400 m	45 – 75 m
<b>2 x 7.5 KM (M) MIXED RELAY 2 x 6 KM (F)</b>	Simultaneous and Tag W, W, M, M	3	P, S (each) + 3 spare rounds per bout - 150 m	2 km – 2 and 4 (F) 2.5 km – 2.5 and 5 (M)	150-250 m (F) 200-300 m (M)
<b>SENIOR BOYS (15&amp;16)-</b> Male competitors who completed their 15 <sup>th</sup> year of life at the cut-off-date of 31 December shall be called Senior Boys, and shall start only in Senior Boy's competitions for the season starting on 1 November of the same year. Separate competitions shall be organized for them. However, Senior Boys shall be permitted to take part in Youth Men competitions.					
<b>7.5 KM INDIVIDUAL</b>	Single, 30 sec, 1 minute	5	P,S,P,S		
<b>6 KM SPRINT</b>	Single, 30 sec, 1 minute	3	P, S		

7.5 KM PURSUIT	Pursuit	5	P, P, S, S		
3 x 4.5 KM MIXED RELAY	Simultaneous and Tag	3	P, S		
4-6 KM SUPER SPRINT	Simultaneous	5	P,P,S,S (each) + 3 spare rounds per bout Penalty = disqualification		
<b>SENIOR GIRLS (15&amp;16)</b> - Female competitors who completed their 15 <sup>th</sup> year of life at the cut-off-date of 31 December shall be called Senior Girls, and shall start only in Senior Girl's competitions for the season starting on 1 November of the same year. Separate competitions shall be organized for them. However, Senior Girls shall be permitted to take part in Youth Women competitions.					
7.5 KM INDIVIDUAL	Single, 30 sec, 1 minute	5	P,S,P,S		
6 KM SPRINT	Single, 30 sec, 1 minute	3	P, S		
7.5 KM PURSUIT	Pursuit	5	P, P, S, S		
3 x 4.5 KM MIXED RELAY	Simultaneous and Tag	3	P, S		
4-6 KM SUPER SPRINT	Simultaneous	5	P,P,S,S (each) + 3 spare rounds per bout Penalty = disqualification		
<b>JUNIOR BOYS (13&amp;14)</b> - Male competitors who completed their 13 <sup>th</sup> year of life at the cut-off-date of 31 December shall be called Junior Boys, and shall start only in Junior Boys competitions for the season starting on 1 November of the same year.					
6 KM INDIVIDUAL	Single, 30 sec, 1 minute	4	P,P, P		
3-4.5 KM SPRINT	Single, 30 sec, 1 minute	3	P, P		
4KM PURSUIT	Pursuit	4	P, P, P		
<b>JUNIOR GIRLS (13&amp;14)</b> - Female competitors who completed their 13 <sup>th</sup> year of life at the cut-off-date of 31 December shall be called Junior Girls, and shall start only in Junior Girls competitions for the season starting on 1 November of the same year.					
6 KM INDIVIDUAL	Single, 30 sec, 1 minute	4	P,P, P		
3-4.5 KM SPRINT	Single, 30 sec, 1 minute	3	P, P		
4KM PURSUIT	Pursuit	4	P, P, P		
<b>MASTERS MEN (30+)</b> - Male competitors who have completed their 30 <sup>th</sup> year of life at the cut-off-date 31 December shall be called Master Men and henceforth shall start in Master Men's competitions for the season starting on 1 November of the same year. Masters Men are permitted to participate in the Men's competitions. Masters classes will be further sub-divided into age groups					
10 KM INDIVIDUAL	Single, 30 sec, 1 minute	5	P, S, P, S		
6 KM SPRINT	Single, 30 sec, 1 minute	3	P, S		
7.5 KM PURSUIT	Pursuit	5	P,P, S, S		
3 x 4.5 KM MIXED RELAY	Simultaneous and Tag	3	P, S		
4-6 KM SUPER SPRINT	Simultaneous	5	P,P,S,S (each) + 3 spare rounds per bout Penalty = disqualification		
<b>MASTERS WOMEN (30+)</b> - Female competitors who have completed their 30 <sup>th</sup> year of life at the cut-off-date 31 December shall be called Master Women and henceforth shall start in Master Women's competitions for the season starting on 1 November of the same year. Masters Women are permitted to participate in the Women's competitions. Masters classes will be further sub-divided into age groups					
7.5 KM INDIVIDUAL	Single, 30 sec, 1 minute		P, S, P, S		
6 KM SPRINT	Single, 30 sec, 1 minute		P, S		
7.5 KM PURSUIT	Pursuit		P,P, S, S		
3 x 4.5 KM MIXED RELAY	Simultaneous and Tag		P, S		

<b>4-6 KM SUPER SPRINT</b>	Simultaneous		P,P,S,S (each) + 3 spare rounds per bout Penalty = disqualification		
<b>PRE-BOYS</b> (includes Bears). Male competitors who are younger than Junior Boys as per the above definition. Competition distances and rifle types may vary from region to region (air rifle vs. 22cal).					
<b>PRE-GIRLS</b> (includes Bears). Female competitors who are younger than Junior Girls as per the above definition. Competition distances and rifle types may vary from region to region (air rifle vs. 22cal).					