

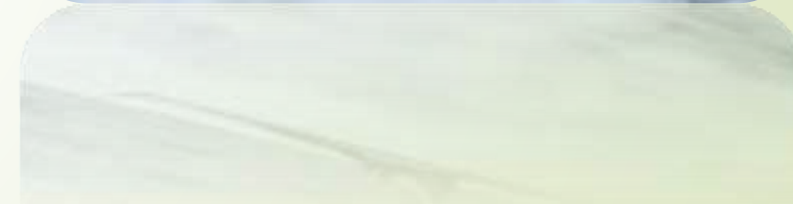


Rules of biathlon



Basic concepts

- Race in which contestants ski through a cross-country trail system
- Prone and standing position
- Extra distance or added time
- The shortest total time wins



Equipment

- Rifles
- Skis
- Lycra suits



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Equipment

- **Ski poles**
- Ammunition
- Arm sling
- Goggles
- Rifle harness



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Types of biathlon

- Individual
- Sprint
- Pursuit
- Mass start
- Relay



Individual

- **The oldest biathlon event:** the 20 km Individual race; 15 km for women
- Prone, standing, prone, standing = 20 targets
- **Missed target:** added one minute
- Competitors' starts are staggered: 30 seconds



Sprint

- **The sprint:** 10 km for men; 7.5 km for women
- **Two shoots:** once prone and once standing
total = 10 shot
- **Missed shot:** extra loop of 150 m



Pursuit

- Time differences from the previous race: mostly a sprint
- First one is the winner
- **Distance:** 12.5 km for men; 10 km for women
- **Four shooting bouts:** two prone, two standing, and each miss = a penalty loop of 150 m
- **World Cup Pursuits:** the 60 top ranking biathletes
- Shooting is at the lane corresponding to the position they arrived

Arrive at the range in 5th place, you shoot in lane five



Mass start

- Start at the same time and the first across the finish line wins
- **Distance:** 15 km (12.5 km for women) competition
- **Four bouts of shooting:** two prone, two standing
- **Missed shot:** extra loop of 150 m
- World Cup Mass starts are held with only the 30 top ranking athletes on the start line



Relay


- **Four biathletes** - each ski 7.5 km (men); 6 km (women)
- **Two shooting rounds:** one prone, one standing
- **Round of five targets** = eight bullets available
- **The last three** = single-loaded manually one at a time from spare round holders or bullets deposited by the competitor into trays or onto the mat at the firing line



Sources

- <http://www.biathlon.be/rules.html>
- <http://globalsportsdevelopment.org/2014/02/12/biathlon-explained/>
- https://www.tutorialspoint.com/biathlon/biathlon_rules.htm





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