

CHAPTER 10 – SKI-ARCHERY

1 SKI-ARCHERY

- 1.1 Ski-Archery is a discipline that combines cross-country skiing and archery.
In principle, all FITA rules apply, unless other regulations are detailed in this Chapter.

2 CLASSES OF ATHLETES

- 2.1 The following classes are authorized for FITA competitions:
- 2.1.1 Men and women
 On 1 November in the year of their 21st birthday, male and female athletes shall be called Men and Women respectively and according to gender shall start only in Men and Women’s competitions.
- 2.1.2 Junior Men and Junior Women
 Athletes who have not yet reached Men or Women’s age as defined above are Junior Men or Junior Women respectively.
 Separate competitions shall be organized for them. However, Junior Men are permitted to take part in Men’s competitions and Junior Women are permitted to take part in Women’s competitions.

3 EVENTS AND COMPETITIONS SPECIFICATIONS

- 3.1 The events and competition specifications for the discipline of Ski-Archery are as follows:

<u>1</u>	<u>2</u>	<u>3</u>	<u>4</u>	<u>5</u>
<u>Class of Competitors</u>	<u>Course Length and Competition Type</u>	<u>Ski Loops</u>	<u>Shooting Ends</u> 4 arrows per end	<u>Shot Penalty</u>
MEN	12.5 KM INDIVIDUAL	5 x 2.5 km	S, K, S, K	1 Minute
	7.5 KM SPRINT	3 x 2.5 km	S, K	150 m Penalty Loop
	10 KM PURSUIT	4 x 2.5 km	S, K, S	150 m Penalty Loop
	10 KM MASS START	5 x 2 km	S, S, K, K	150 m Penalty Loop
	3 x 6 KM RELAY	3 x 2 km each	S, K (each) + 1 spare arrow per end	150 m Penalty Loop
WOMEN	10 KM INDIVIDUAL	5 x 2km	S, K, S, K	1 Minute
	6 KM SPRINT	3 x 2 km	S, K	150 m Penalty Loop
	8 KM PURSUIT	4 x 2 km	S, K, S	150 m Penalty Loop
	7.5 KM MASS START	5 x 1.5 km	S, S, K, K	150 m Penalty Loop
	3 x 6 KM RELAY	3 x 2 km each	S, K (each) + 1 spare arrow per end	150 m Penalty Loop

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<u>1</u>	<u>2</u>	<u>3</u>	<u>4</u>	<u>5</u>
<u>Class of Competitors</u>	<u>Course Length and Competition Type</u>	<u>Ski Loops</u>	<u>Shooting Ends</u> 4 arrows per end	<u>Shot Penalty</u>
<u>JUNIOR MEN</u>	<u>10 KM INDIVIDUAL</u>	<u>5 x 2 km</u>	<u>S, K, S, S</u>	<u>1 Minute</u>
	<u>6 KM SPRINT</u>	<u>3 x 2 km</u>	<u>S, K</u>	<u>150 m Penalty Loop</u>
	<u>8 KM PURSUIT</u>	<u>4 x 2 km</u>	<u>S, K, S</u>	<u>150 m Penalty Loop</u>
	<u>7.5 KM MASS START</u>	<u>5 x 1.5 km</u>	<u>S, S, K, K</u>	<u>150 m Penalty Loop</u>
	<u>3 x 6 KM RELAY</u>	<u>3 x 2 km each</u>	<u>S, K (each) + 1 spare arrow per end</u>	<u>150 m Penalty Loop</u>
<u>JUNIOR WOMEN</u>	<u>8 KM INDIVIDUAL</u>	<u>4 x 2 km</u>	<u>S, K, S</u>	<u>1 Minute</u>
	<u>4 KM SPRINT</u>	<u>2 x 2 km</u>	<u>S</u>	<u>150 m Penalty Loop</u>
	<u>6 KM PURSUIT</u>	<u>3 x 2 km</u>	<u>S, K</u>	<u>150 m Penalty Loop</u>
	<u>6 KM MASS START</u>	<u>5 x 1.2 km</u>	<u>S, S, K, K</u>	<u>150 m Penalty Loop</u>
	<u>3 x 6 KM RELAY</u>	<u>3 x 2 km each</u>	<u>S, K (each) + 1 spare arrow per end</u>	<u>150 m Penalty Loop</u>

Notes:

- Column 1: Class of Competitor: according to these Rules.
- Column 2: Course Length and Type of Competition: the required length of the course and the type of competition according to these Rules.
- Column 3: Number and Length of Ski Loops required for the competition.
- Column 4: Shooting Ends: the number and sequence of shooting ends and shooting positions
- Column 5: Shot Penalty: the automatically imposed penalty for each target not hit.

4. REGISTRATION AND ENTRY

4.1 Participation at FITA Events: two separate notices that must be given:

Registration and entry

4.1.1 **Registration and Replacements**

Registration is an early notification of the intent to participate. The numbers of athletes and team staff members that may be registered for an event are detailed in the event specific rules. The registration for events must be made as follows:

- 1. SAWCH / SAJWCH

For the SAWCH / SAJWCH, the estimated number of athletes and team staff (registration by numbers) must be received by the organizer two months before the beginning of the SAWCH / SAJWCH.

At least 14 days before the start of the SAWCH / SAJWCH, a list of the names and gender of the intended participants (registration by names) must be received from each nation by the organizer.

The replacement of registered athletes must be notified to the organizers immediately after the changes have been made.

- 2. SAWC Events

For SAWC events, the estimated number of athletes and team staff (registration by numbers) must be received by the organizer one month before the beginning of the SAWC.

At least 14 days before the start of the SAWC, a list of the names and gender of the intended participants must be received from each nation by the organizer.

The replacements of registered athletes must be notified to the organizers immediately after the changes have been made.

- 3. Other Events

The registration for other events shall be as demanded in specific event rules.

4.1.2. **Entry**

The entry is the written notice of athletes or a team being entered to start in a specific competition. It must be submitted for all events at least four hours before the draw for the Individual, Sprint and Mass Start competitions.

The entry for team participation in the Relay competition must be made for all events not later than four hours before the draw.

The names of Relay athletes must be submitted in start order by 1600 hrs of the day before the Relay and Team competitions.

Entries for the Pursuit competition are not required as all athletes who qualify for the Pursuit in the qualifying competition are considered to be participants.

The numbers of athletes that may be entered for a competition are stated in the event rules.

4.2. **Registration Procedures**

- 1. Registration must be made in writing by post, fax or e-mail to the address indicated in the invitation and within the required deadline.

For SAWCH, SAJWCH and SAWC events registration must be made or approved by the MA.

- 2. By registering or approving an Athlete the MA confirms and tacitly guarantees that he is covered by accident and liability insurance and that the athlete is medically fit to compete.

4.3. **Late Entries**

- 1. The TD may approve a late entry due to extraordinary circumstances before the draw.
- 2. The Competition Jury may approve a late entry due to force majeure after the draw. The Competition Jury will direct in which position(s) the late athlete(s) will start. A separate draw may be used for this purpose.

4.4 **Replacement of Entry – Force majeure**

If an entered athlete cannot start due to force majeure, another registered athlete may take his place, but not later than 30 minutes before the listed start time of the entered athlete.

In Relay competitions, competitors may be replaced as follows: competitor for the first leg – 30 minutes before the simultaneous start, for the second – before the simultaneous start, for the third – before the first hand-over, and, for the fourth – before the second hand-over.

In case of such a replacement a valid reason preventing the start must be provided to the Competition Jury not later than 30 minutes before the listed start time in question or for the specified deadlines for the Relay.

5 DRAW AND ASSIGNMENT OF START NUMBERS

5.1 General

Athletes or teams are randomly selected from the entries for the competition, by manual or computer draw, and are assigned their start numbers based on that draw unless other rules regulate that competition. A draw will also be used to resolve any tie situation which can not be resolved using the specific rules for that issue.

5.1.1 The TD must approve the method of the draw.

5.2 Timings of Draw

The draw of any competition may be made not earlier than 24 hours before and not later than 15 hours before the start of the competition. However, if the majority of team captains agree, the draw for the Mass Start or Relay competitions may be made at the team captains meeting for the competition that will precede the Mass Start or Relay competition in the event program. If the Competition Jury decides to repeat a competition or to postpone a competition to a time, which is not within the 24 hours period of validity of the draw, a new draw must be made.

5.3. Place of Draws

The draw must be made during and at the place of the team captains meetings, and must be visible to all team captains. However, the TD may decide to have the draw outside the team captains meeting. Such an outside draws must be supervised by at least two Competition Jury members.

5.4 Assignment of Athletes into Draw Groups

When submitting their entries team captains must assign one athlete to each of the draw groups. If a team consists of fewer athletes than the number of draw groups, the team captain will decide in which groups he will place his athletes (one in each group chosen). If a team consists of more athletes than the number of draws groups, the extra athletes shall be added to the draw groups at the team captain's discretion, one on to each group.

5.4.1 Draw for Individual and Sprint Competitions

The start order shall be decided by randomly drawing the names of athletes from the four draw groups into which they have been assigned by their team captains and by randomly drawing the start number for each athlete. The draw will be made separately for each group in the following order:

Group 1 - Group 2 - Group 3 - Group 4.

Every athlete must be assigned a number; blank start numbers are not permitted.

If the draw in the Individual or Sprint competition has 60 or fewer athletes the draw will be made in 3 groups. If there are 40 or less then the draw will be made in 2 groups following the same principle as for the 4 draw groups.

The Team Captains of the teams with the top 15 athletes, based on the current SAWC Total Score standings, are allowed to place those athletes in any draw group regardless of the foregoing regulation.

5.4.2 Draw for Group Starts in Sprint Competitions

At international competitions other than the SAWCH, SAJWCH, SACCH and SAWC competitions, the start for the Sprint competitions may be individual or in groups.

If the start is made in groups, the draw groups shall be subdivided into start groups. The number of athletes in the start groups shall depend on the conditions of the competition facilities and on the total number of athletes.

Otherwise the draw shall be the same as for individual starts. For a group start, the start numbers drawn shall determine the athletes' positions at the start.

5.4.3 Assignment of Start-numbers and Start-times in Pursuit Competitions

A draw is not conducted for the Pursuit competition. Athletes are assigned start numbers and times based on the results of the Sprint Competition.

Athletes in the Pursuit will start in the same order in which they finished the Sprint competition: the winner of the Sprint competition will start first with start number 1, the second place of the qualifying competition will start second with start number 2, and so on.

The winner of the Sprint competition will have a start time of zero (0), which will be shown on the start list as the clock time for the start of the Pursuit Competition. The remaining athletes in the Pursuit Competition will have as their start-time the actual time by which they were behind the winner in the Sprint competition. Start lists are produced based on the foregoing and must show the assigned start lane for each athlete. If there is a tie for the last place in the Sprint Competition that qualifies for the Pursuit Competition, both of the tied athletes are allowed to start in the Pursuit competition.

All athletes whose start times are more than five minutes after the start time of the leader will be started simultaneously at five minutes after the first start, but their actual competition time will show their time calculated from their actual start times from Sprint Competition.

5.4.4 Assignment of Start Numbers and Tracks – Mass Start Competition

Start numbers at SAWCH and SAWC events shall be assigned according to the applicable event rules. At all other events, a single random draw shall be used to assign the start numbers for all athletes, who shall not number more than the number of targets available.

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5.5 Draw for Relay Competitions

5.5.1 The purpose of the Draw for Relay Competitions:

The draw for the relay competition determines each team's start number, which shall be the team's start track number and the team's shooting lane number on the range.

5.5.2 The method of Draw for Relay Competitions

For the relay competition, previous results will determine from which row a team will start in the mass start of the first athlete of each team. Start numbers are in numerical sequence and continue consecutively for all of the entered teams. The draw shall be made as follows.

1. If there are the same number or fewer teams entered than the number of front row start tracks, only one single draw will be done to assign the start numbers.

2. If it is necessary to start from more rows than one, the start numbers will be drawn for the teams entitled to start from the first row, then separately, based on entitlement, for each subsequent row.

5.5.3 Placement of Athletes in Relay Start Tracks

Start tracks will be numbered from left to right, facing the direction of the start.

Number 1 is the left track and the highest number of the front row will be the right track. The lowest number in the second row will be placed behind number 1 and the next consecutive number behind number 2, and so on.

5.5.4 Selection of Relay Teams for Start Rows

At SAWCH and SAWC events, relay teams entitled to start from the front and each subsequent row shall be in the order of the ranking from the results of the previous year's SAWC Nations Cup score final standings, with the best teams in front. The number of teams starting from each row shall depend on the number of start tracks available at the competition site, never less than eight.

For SAJWCH, the allocation of start tracks in the first row shall be determined by random draw among those nations that were placed highest in the previous year's SAJWCH Relay, according to the number of front row tracks available. The remaining SAJWCH teams shall be placed into subsequent rows by one random draw.

If teams entitled to the front row have not entered for the competition, the teams placed next highest based on the same criteria shall be allowed to be entered for the draw for the front row. The same procedure will be followed for the second row, and if necessary, for the third and subsequent rows.

5.5.5. Extra Relay Teams

Extra Relay teams are not permitted at SAWCH, SAJWCH or SAWC competitions. At other events, however, extra relay teams are permitted: they must start in rows behind the official teams and will not be awarded official prizes. Extra teams may consist of members of more than one nation.

6 AWARDS

Awards (Medals, Diplomas, Prizes and Scoring points) will only be given for competitions where five or more athletes or relay teams are competing.

7 TEAM CAPTAINS MEETINGS

7.1 General

At each Ski-Archery event, meetings must be held for the team captains to elect the Juries, conduct draws and to give information about the event and the competitions. The first meeting must be held at the latest on the day before the first day of Official Practice in order to elect the Jury of Appeal. For the remaining meetings of the event, the dates and time depend on the time required to conduct the draw.

The Competition Chief shall chair the meetings.

7.2 Attendance at Team Captains Meetings

The following persons shall attend the team captains meetings:

- The Official FITA representative;
- The T.D.(s) and SAIJ (s);
- All Competition and Appeal Jury members;
- At least one representative from each participating team;
- The Competition Chief;
- The Officials (Chief) of Range, Course, Timing, Stadium and the Competition Secretary or their representatives;
- The necessary meeting support staff and interpreters, if required.

7.3 Team Captains Meetings Agenda:

The agenda for a team captains meeting must include the following items, as appropriate:

- Call to order;
- Roll call of nations (or teams);
- Election of the Jury of Appeal;
- Draw(s);
- Technical briefing for the next competition (s);
- TD (s) comments;
- Weather report;
- Other business;
- Adjournment.

7.4 Start list and start numbers should be issued to the teams at the end of the meeting.

8 GENERAL ORGANIZATION AND APPOINTMENT

The following organization and persons shall be established or appointed for the preparation, conduct and control of Ski-Archery events and competitions:

- Organizing Committee;
- Competition Jury;
- TD (s) and SAIJ (s);
- Jury of Appeal;
- The official FITA representative (if applicable).

9 COMPETITION JURY**9.1 General**

A Competition Jury is established for Ski-Archery events to act as the authority on all matters related to the event, which are not specifically designated to be under the jurisdiction of other FITA organs. One Competition Jury is established for both the Men's and the Women's competitions. The Competition Jury will make decisions about the event, competitions and related arrangements and conditions to ensure fairness and correctness. The Competition Jury imposes penalties for violations of rules reported by the TD(s), SAIJ(s), competition officials and Competition Jury members, and imposes penalties and disciplinary measures on its own. Additionally, the Competition Jury decides on time adjustments and rules on competition situations not covered by these Rules or other FITA authority publications. The Competition Jury passes on all appeals submitted to it to the Jury of Appeal.

The procedures of the Competition Jury follow the FITA Jury procedure and the rules laid down in articles 29, 30 and 31.

9.2 Duration of Office

The Competition Jury established for an event remains in office throughout the event.

9.3 Chair

The Chairman of the Competition Jury is the Technical Delegate.

9.4 Competition Jury Composition

At SAWCH, SAJWCH and SAWC competitions the Competition Jury shall consist as follows:

- The TD,
- The 2nd TD,
- The Competition Chief.
- The Chairman of the Event Judges Commission (SAIJ).

9.5 Competition Jury Meetings and Decisions

The Competition Jury must assemble within a minimum of time whenever a meeting is required, as directed by the Competition Jury Chairman, and must remain readily available for CJ duties for 15 minutes after the publication of the Interim Results.

Meetings of the Competition Jury will normally be held as follows:

- 1. immediately after the first team captains meeting.
- 2. approximately one hour before the start of the competition.
- 3. at any time during the competition when called by the Competition Jury Chairman.
- 4. immediately before the last finish in the competition.
- 5. at any other time when a meeting is called by the Competition Jury Chairman.

Decisions of the CJ. are normally made with all its members present. However, in exceptional cases the CJ is entitled to pass a resolution if at least three members are present. The CJ Chair shall only vote in case of a tie vote.

Decisions are made by each member voting on the issue and a simple majority shall decide.

9.6 Tasks of the Competition Jury

9.6.1 Prior to the Competition:

- 1. to check if the competition facilities comply with the rules,
- 2. to check the eligibility of all athletes registered to the event,
- 3. to supervise the draw,
- 4. to determine if a competition has to be postponed or annulled due to serious difficulties (such as extreme weather conditions, cold, high winds, etc...),
- 5. to restrict or prohibit training on the competition facility due to circumstances such as very wet snow conditions or very little snow, which could jeopardize the conduct of the competitions,
- 6. to decide if, and under which conditions, a late entry may be accepted,
- 7. to decide if a competitor properly entered for participation may be replaced by a substitute in the case of force majeure.

9.6.2 During the competition:

- 1. to ensure that the competition is conducted according to these rules
- 2. to direct the necessary measures if difficulties occur such as heavy fog or a storm which seriously endanger the correct and fair conduct of the competition – an extreme option may be to stop the competition.
- 3. to decide on the admission of athletes who arrive late at the start due to force majeure.

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9.6.3 After the competition:

- 1. to authorize the award ceremony and the posting of interim results,
- 2. to impose or reject penalties on violations reported by the TDs, SAIJs, Competition Jury members and officials of the Organising Committee,
- 3. to determine necessary time adjustments,
- 4. to stop or cancel the competition if necessary,
- 5. to order the repetition of the competition, if justified and possible.

9.6.4 At all time, to decide on all matters which are not covered in these rules.

10 JURY OF APPEAL

10.1 An appeal may be made against a decision of the CJ. The appeal must be made to the Jury of Appeal established for the event, and in accordance with FITA Jury procedure and the FITA Ski archery Disciplinary Rules.

10.2 The Jury of Appeal for the event is composed of three members elected during the first team captains meeting. Nominations are requested from the team captains for candidates to be members of the Jury of Appeal. If there are three candidates, no vote is necessary and the candidates become Jury of Appeal members by acclamation. If there are more than three candidates, a vote must be taken from the team captains. Only one vote per nation is allowed. A simple majority will elect a Jury of Appeal. If no simple majority is obtained by any candidature, the person with the least vote is removed as candidate and the vote is repeated for the remaining candidates until the Jury of Appeal members are elected.

11 TECHNICAL DELEGATES

TDs are appointed by FITA and are official representatives of FITA. TDs are responsible to ensure that events are prepared and conducted in accordance with the FITA Rules.

12 SKI ARCHERY INTERNATIONAL JUDGES

12.1 General Regulations

SAIJs are persons who are appointed by FITA to officiate at FITA Ski Archery events. They are responsible for the correct performance of duties and tasks related to their area of responsibility, in cooperation with the Organising Committee and the TD. SAIJs are required to direct, advise and assist competition officials in their duties, and to intervene to prevent a mistake from being made. The SAIJs at an

event are subordinate to the Chairman of the Event Judges Commission, report to him in the performance of their duties and must follow his directions.

12.2 SAIJs Functions at Competitions

The functional areas where SAIJs will be employed at competitions are as follows:

- Start/Finish;
- Shooting range;
- Course;
- Equipment inspection.

The Chairman of the Event Judges Commission is SAIJ of the Shooting Range

12.3 Numbers of SAIJs for events

The following number of SAIJs shall be appointed for events:

- 1. SAWCH 4
- 2. SAJWCH 4
- 3. SAWC 4
- 4. SACCH 4
- 5. SACC 4

12.4 SAIJS tasks and duties

Details tasks and duties of SAIJs are given in Annex B to these rules

12.5 SAIJs Costs

Organizers of events and competitions are responsible for paying the accommodation and meal costs for the period of the duty.

13 COMPETITION FACILITIES AND ARRANGEMENTS

13.1 General

The competition facility is the site on which Ski-Archery competitions and practice are conducted, and consists of the stadium area and the course.

Located in the stadium area are the start/finish areas, shooting range, penalty loop, relay hand-over zone, , ski test area, team wax huts, spectators areas, the necessary Organizing Committee buildings, offices and parking spaces. The site must be technically suitable, according to these Rules, for facilitating all the types of Ski-Archery competitions and must offer the best possible viewing of the competitions to spectators and for the requirements of TV coverage.

13.2 General Requirements

The start and finish areas, shooting range, penalty loop and Relay hand-over zone shall be located on level ground and close together with good viewing of competition activities for the majority of the spectators. These areas and critical parts of the course must be fenced in order to prevent athletes from being impeded or going astray, and to prevent access by unauthorized persons. There must be sufficient

space for athletes and competition officials to conduct their required activities and adequate room for team support staff, press, photographers and spectators, and enough space for TV camera crews and transmission facilities without interfering with the competition.

13.3 Maximum Distance

The competition facility must be no more than 30 km or 30 minutes travel from the teams' accommodations, unless otherwise approved by the TD.

13.4 Competition Office

A Competition Office or sub-office must be located in or near the stadium area. The office shall be open during the event and will be the official interface between teams and the Organizing Committee.

Teams must be able to submit entries for competitions at the office and information about the event and competitions must be available in the office.

A mailbox for each participating team must be provided in the office.

14 START AREAS

14.1 General

The start area for all competitions must be level with the snow well packed and smoothly groomed, and must be visible to spectators.

The start line shall be placed at right angles to the skiing direction and will be marked with a red line sunken into the snow. The area must be well fenced and must be suitable for the traffic flow of athletes, team support staff and officials.

There must be a warm-up space immediately adjacent to the start area for athletes to perform their final, before competition warm-up and arrangements to take care of warm-up clothing, and must contain an adequate number of bow racks.

14.2 Individual and Sprint Competition Start Area

The start area for Individual and Sprint competitions must be approximately 8-10m long and a minimum of 4 m wide and must be separated from the warm-up area by a fence with an opening to allow controlled access.

14.3 Pursuit Competition Start Area

The start area for the Pursuit Competition must have a minimum of three start lanes and the actual number of start lanes is determined by the number of simultaneous start times in the start list. If there are four starts at the same second, then there must be four start lanes, etc.. A common start line, marked in the snow, must cross the end of the start lanes. The start lanes must be 1,5m - 2m wide and sufficiently long to hold the required number of athletes. The lanes must be immediately adjoining each other and must be separated by fencing.

There must be a spare passage or lane, which allows access to the start line in the case of late starts. This lane must be controlled by a start official with a stopwatch synchronized to the competition time.

14.4 Pursuit Start Boards

Separate boards, showing the start numbers and start times of each lane in large print readable by athletes and officials, must be positioned in front of the applicable start lanes.

14.5 Relay and Mass Start Competition Start Area

The start area must be laid out in such a way that all the athletes will be required to ski the same distance until they reach the common trail. A minimum of eight straight, parallel sets of tracks, with a minimum of 1,2 m between each set of tracks (measured from center to center), must be set for a minimum of 35m from the start line. The number of start tracks is to be based on the space available and the number of Relay teams entered, with the objective of having the fewest possible start rows. The end of the parallel tracks must be clearly marked.

After the first parallel tracked section there must be a further straight 50m to 100m of level and smoothly groomed, trackless, gradually converging area, which leads to the competition trail.

14.6 Start Track Number Boards - Relay and Mass Start competition

The start tracks must be marked with number boards showing the number of the tracks. There must be the same number of boards as the number of teams in the competition. The number boards are to be placed on the left of each track and must show the number to the front and the rear. The numbers on the boards must be at least 20cm high and must be highly visible to the athletes and TV.

14.7 Course Information Boards

There must be a board within the start area on which the course map is shown.

At the start line there must be a board, which show the trail colour sequence for the competition.

14.8 Start Clock

At the start area for Individual and Sprint competitions there must be a start timer placed so that it is easily readable from the start line. The display of the timer and the sound signal must be synchronized. For the Pursuit competitions, there must be a start clock for each start lane. In or near the start area there must also be a clock displaying the correct time of day, which must be clearly visible to athletes in the area.

14.9 Start Equipment Control

The start equipment control must be located in close proximity to the start. Its placement and design must facilitate the smooth, orderly and timely flow of athletes through to the start. The control station must have tables and the required equipment and forms to perform the checks.

15 COURSE AND ASSOCIATED PARTS**15.1 General**

The course is the network of ski trails to be used for the competition. It shall consist of continuously changing flats, climbs and downhill sections. Extremely long and difficult climbs, dangerous descents, monotonous flats and hills that must be side-stepped are not permitted. Changes in direction of a trail must not occur so frequently that an athlete's ski rhythm is seriously disturbed.

15.2 Altitude, Width and Length

The maximum altitude of any part of the course may not be higher than 1800 m above sea level, unless TD specifically authorize an exception in necessary circumstances. For SAWCH, SAJWCH and SAWC competitions, trails must have a minimum width of 6 m of groomed snow surface. If required in places like difficult climbs, the trail must be wider. If narrower section such as bridges or mountain passes is unavoidable, the narrow parts may not be less than 4 m wide or longer than 50m. The actual length of the course may not be more than 5% different from the length specified for the competition.

15.3 Use of Trails

Trails in a competition may be used several times during a competition if they are at least 6m wide. If trails are less than 6 m wide, they should not be used more than twice during a competition. For flexibility of usage there should be a minimum of two separate trail loops.

15.4 Setting of Tracks

If required by the competition circumstances, the TD will direct that a track be set on the right or left side of the trail. If required, downhill section will be tracked as directed by the TD. Tracks must not be in such a way or in places where they may endanger or hinder athletes. The width and depth of tracks must be set so that all regular types of boots and bindings can be used without side friction.

15.5 Safety

Athletes must be allowed to ski downhill at full speed without undue risk of an accident. When evaluating the risk, extremely fast trail conditions must be considered.

15.6 Grooming

Trails must be as level as possible, solidly packed and smoothly groomed. They must not be artificially frozen. Downhill turns must be banked as necessary. All types of hindrances and obstacles must be cleared from the trails, such as stumps, branches stones and soil. Overhanging or protruding branches must be trimmed so that they do not obstruct or endanger athletes.

15.7 Marking

The trails must be so clearly marked and defined so that at no time an athlete is in doubt how to follow the trail. This applies especially to descents and other critical points. Clear markings must be placed at such points. At 100 m from the finish line there must be a signboard indicating " Finish - 100m. "

15.8 Course Sequence Colours

The sequence of the trails must be uniformly marked on the right side in the ski direction by coloured signboards. The first trail must be marked red, the second green,

the third yellow, the fourth blue and the fifth brown. If a trail is to be used more than once, the colours must appear on the boards in the sequence of use from left to right or from top to bottom. Junctions must be clearly marked with trail colours. If only one trail loop is used for the competition, the marking colour shall be red.

15.9 Fencing

All trails that will not be used in the competition must be fenced or barricaded. Fences must separate trails close to each other so that athletes cannot go on the wrong trail.

15.10 Forerunners

Immediately before the start of the competition the entire course must be skied before the first athlete's start by at least ten forerunners who will not take part in the competition. While on the course, they will clear it and correct the markings, if required.

15.11 Course Specifications by Competitions

The following Table details the required technical specifications for courses for each type of competition.

Table

Distance between Shooting Ends	Height Difference	Maximum Climb	Total Climbs
2,5 km	100 m	75 m	210/300 m
2 km	100 m	75 m	200/350 m

15.12 Relay Hand-over Zone

In Relay competitions there must be a well-marked hand-over zone, 30m long and 8m wide, at the end of a straight section place in such a way that incoming athletes will arrive at a controlled speed. The last 50m of the trail before the zone must be at least 8m wide. The hand-over zone must begin at the timing line. The beginning and end of the zone must be marked with a red line in the snow and with a sign at the beginning: " Hand-over ". The zone must be fenced along both sides, with one access gate for controlled entry by starting athletes.

15.12.1 The last 50m of the course before the hand-over zone shall be straight.

The hand-over zone may only be entered by the incoming and outgoing athletes and the officials responsible for control of the hand-over zone. At 100m before the hand-over zone there must be a signboard indicating " 100m ".

15.13 The Penalty and Penalty Loop

For the Individual competition the penalty is one (1') minute for each missed arrow. For Sprint, Pursuit, Mass Start and Relay competitions, a penalty loop must be set up immediately after the shooting range – no further than 60 m of skiing distance from the right edge of the range to the entrance of the penalty loop. The loop must be an oval trail which is 5m wide and 150m (plus or minus 5 m) long, measured

along the inside perimeter of the loop. The entrance and the exit of the penalty loop must be clearly marked by means of boards to avoid mistakes.

If targets with paper target faces are used, there are not penalty loops. The penalties are as follow: 60 seconds for Individual Competitions and 30 seconds for Sprint, Pursuit and Relay Competition.

- 15.13.1 The penalty loop must be located in a level area in such a way that no additional distance between the course and the penalty loop has to be skied by the athletes when they have to enter the penalty loop.

15.14 **Ski Test Area**

At SAWCH, SAJWCH and SAWC a ski glide test area must be set up on slightly sloping terrain in or near the stadium area, large enough to accommodate all participating teams. The glide test downhill slope must be a 8 to 12 ° slope and a minimum of 30 m long. The test area must be prepared and groomed the same as the competition trails. In the ski test area there must be an information board on which the temperature of the air and the snow, at the highest and lowest points of the course profile, shall be shown and updated at three, two and one hours prior to the first start, and thereafter every 30 minutes until the last athlete has started.

15.15 **Warm-up Trail**

In proximity of the stadium and with easy access from the team huts, there should be a separate trail on which athletes can warm-up. The trail should be approximately 600 m long and must be prepared the same as the competition trails.

16 **SHOOTING RANGE**

16.1 **General**

The shooting range is where all shooting takes place during a Ski-Archery Competition. It must be located in the central area of the stadium and both the targets and the shooting ramp must be visible to the majority of spectators. The range must be flat and level and must be surrounded by adequate safety barrier on the sides and behind the targets. The placement and configuration of the range must be set up with strict regard for safety in relation to the trails, stadium and the surrounding area. The shooting direction should be generally north to enhance light conditions during competitions. Safety protection should not obstruct the view of the competition, neither by spectators nor by TV.

- 16.1.1 The range must conform to all local laws.

16.2 **Specifications and Configurations**

16.2.1 **Shooting Distance**

The distance between the front edge of the shooting ramp and the line of targets must be 18 m (+ / - 10 cm)

16.2.2 **Kneeling and Standing**

Looking in the shooting direction, the right half of the range is for shooting in standing position and the left half for shooting in the kneeling position.

The division must be clearly indicated to the athletes by signboards. An exception to the right and left configuration is made during Pursuit, Mass Start and Relay competitions when athletes shoot from all lanes in both kneeling and standing positions.

16.2.3 Entrance and Exit

During practice and competition, athletes must enter the range from the left and exit on the right side.

16.2.4 Levels

The surface of the shooting ramp and the surface on which the targets stand must be near the same level as possible.

16.2.5 Space Configurations

At the rear of the range there must be a fenced-off area of 10 to 12m width (shooting ramp), measured back from the front edge of the shooting line, and extending along the entire back of the range. The area is reserved for athletes, officials and members of the Juries. However, if authorized by the TD, other persons such as TV camera teams may be allowed in this area. Directly behind that area there must be a second fenced area of at least 2 m width reserved for three team staff members per team. This area must be arranged so that the team staff members have good visibility of the targets and the shooting ramp area.

16.3 The Shooting Ramp

The shooting ramp is the area at the rear of the range where the athletes stand or kneel to shoot. The ramp must be totally covered with snow, solidly packed, even, smoothly groomed and not icy, and the entire area used by athletes during the competition must be level.

16.3.1 Shooting Lanes

The shooting ramp is divided into shooting lanes from which one athlete at a time will shoot. Every shooting lane must be at least 2m but not more than 3m wide. The width of the lanes must be marked on both sides on the shooting ramp from its front edge for a distance of 1.5m to the rear with a red-coloured board sunken into the snow so that it is level with the snow surface. Both sides of each lane must be marked from the ramp to the targets with flags, posts or similar markings, which clearly define the lanes, but do not interfere with shooting.

There must be a distance of 3m between the outer edge of the left and right lanes and the start of the safety barriers they adjoin. This distance must be maintained from the ramp to the targets.

16.3.2 Shooting Mats

For shooting in both the standing and kneeling positions, mats must be placed at the front part of each shooting lane on the ramp. The mats must be 150 cm x 150 cm and 1 or 2cm thick, and must be made of synthetic or natural fibres with a rough, non-slip surface.

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16.4 Targets

There are two main kinds of targets used for Ski-Archery practice and competitions:

- Drop-down targets and
- targets with paper target faces.

Only drop-down targets shall be used for competition and only targets with paper target faces shall be used for the zeroing of bows. Both paper target faces and drop-down targets may be used for practice.

Only targets which are in conformity with the Material Catalogue (Annex A) may be used for the FITA competitions. A shooting range for SAWCH, SAJWCH and SAWC competitions must have a least 30 shooting lanes and targets. The targets used for WCH must have a remote reset capability.

16.4.1 The same type of targets must be used for all athletes in one competition.

16.4.2 Targets Maintenance

Targets must be well maintained and adjusted, according to the manufacture's instructions.

16.4.3 Targets Placement

The targets must be set up in a level straight line, parallel to the front edge of the shooting ramp. They must be level in all directions. The targets must be placed so that the center aiming mark of the target is the middle of the width of the lane. The targets must not deviate sideways more than 1% from the right angle lines of their shooting lanes. The target center must be 100cm higher than the surface of the shooting ramp.

16.4.4 Target Background and arrow stopper

Behind the targets there must be an arrow proof white net or a similar soft material arrow proof device to stop the arrows which have missed the targets.. The height of both the net or any similar device must be 1 meter above the upper edge of the target and not less than 2 m.

16.5 Numbering and Markings

The shooting points and the corresponding targets must have the same number, easily visible, and beginning from the right with number 1. At SAWCH, SAJWCH and SAWC competitions the shooting lanes must be numbered on the left and right side at the front edge of the shooting ramp. The numbers at the shooting ramp must be placed so that they do not obstruct TV coverage of the shooting athletes and must be 20 cm high and 3 cm in width. The size of the targets numbers is 40cm high with a line width of 4cm and they must be mounted immediately above the targets.

16.5.1 Entrance and Exit Boundaries

At the entrance and exit of the range, 10m outward from the left and right hand shooting lanes, there must be a clear marking. These markings indicate the outer edges of the information prohibition zone of the range.

16.6 Wind Flags

At competitions and official practice, wind flags must be installed at the side of every third shooting lane, on the target line.

The flags must be placed between the targets, at one (1) meter height.

16.7 Bows Racks

Suitably placed on the range in front of the team staff area, there must be racks for the spare bows for each participating team during competitions and an adequate number during practice. The racks must be clearly marked with the names of the participating nations or teams. The racks may be used by teams during competition, practice and zeroing.

16.8 Video Cameras on Range

For SAWCH, SAJWCH and SAWC competitions, video cameras must be installed on the shooting range so that the placement and number of cameras totally covers and records all actions of all athletes on the range.

17 FINISH AREA**17.1 General**

The finish area begins on the competition trail at the finish line and ends at the start of the finish equipment control point and must be at least 30 m long and 8m wide. The last 50m before the finish line must be straight and 8m wide. Only officials finishing athletes and specially authorized TV personnel are permitted in the finish area. In the finish area, the 10m distance immediately after the finish line must be clearly marked to indicate the zone in which athletes are not permitted to display their bows or skis for advertising.

17.1.1 The finish line must be marked by a sunken red line in the snow at a right angle to the incoming trail.

17.2 Finish Equipment Control

The finish equipment control must be located so that finishing athletes flow into it and through it naturally and under control. This is particularly important for relay competitions so that finished athletes do not obstruct the outgoing trail from the hand-over zone. The finish area fencing and placement must be set up so that athletes have no way of evading the finish equipment control.

17.3 Media Area

Adjacent to the finish area, a fenced-off area (Mixed Zone) has to be established for TV journalists and photographers to have close contact with the athletes for interviews and pictures after they finish.

17.4 Refreshment Point

There must be a refreshment point after the finish area, its location to be agreed with the TD, to serve drinks and to provide paper tissues and similar necessary services to athletes after they finish. Anything consumable served must be protected against introduction of unauthorized foreign substances.

18 TEAM WAXING AND WARMING CABINS

18.1 General

In or very near the stadium area, there must be a sufficient number of shelters, permanent buildings or good quality temporary structures (including tents), in which teams may store equipment, wax skis and keep warm.

18.1.1 The cabins must be provided with ventilation (adequate for exhausting wax fumes), lights and electric power outlets, and must be warmed to at least 20 degrees Celsius.

18.1.2 Each team should have its own cabin but combining of more than one team per cabin is allowed if workspace and security requirements permit.

18.1.3 Two rooms per team should be provided if possible to prevent breathing of waxing fumes by the athletes. If this is not possible, then a separate warming shelter must be provided to the athletes.

18.1.4 The cabins should be equipped with locking doors and teams are to be provided with keys. If the entrances cannot be locked, the Organizer must provide security for the cabins. Parking space for teams must be provided within a reasonable distance of the cabins.

18.1.5 A loudspeaker of the public address system should be placed near the cabins.

19 COMPETITION EQUIPMENT AND CLOTHING

19.1 General Rules

The term competition equipment and clothing includes all of the equipment, competition gear and clothing, which the athlete uses during a competition, including advertising. The definitions and specifications of competition equipment and clothing are regulated by the Material Catalogue (Annexe A) and advertising by C&R Book 1, chapter 2, articles 2.2.3-2.2.8.

19.2 Inspections of Equipment and Clothing.

19.2.1 General

Athlete's equipment and clothing are inspected at the start and finish of a competition. Additionally, a preliminary check is provided before the competition to ensure that no problems occur.

19.2.2 Start Equipment Control Inspection

Athletes shall report at the start equipment control area not later than 15 minutes prior to their scheduled time to have their skis and bow checked and marked, and their clothing inspected. Athletes whose equipment and clothing do not conform to FITA regulations will not be authorized to pass through the start equipment control until the discrepancies have been corrected. Equipment, bow and clothing which have been inspected and marked at start equipment control must not be modified in any way prohibited by these Rules or the Material Catalogue.

Team spare bows are to be brought to the equipment control for inspection and marking, and then must be taken directly to the range and deposited in the spare

bow racks, by the end of zeroing – the range staff will not permit the deposit of the bows after this time. To facilitate the inspection of the spare bows the equipment check point must be opened at least 15 minutes before the start of zeroing.

19.2.3 Specific Checks at Start Equipment Control

The following checks are made:

- 1 The athlete is wearing his start number;
- 2 The bow must be correctly placed on the back between the shoulders and tightened in such a way that it can neither fall or slide;
- 3. The draw weight must comply with the fixed restrictions;
- 4. The arrows must be correctly fixed at the bow or on the harness;
- 5. Skis and poles are checked for correctness and the skis are marked;
- 6. Clothing and other equipment is inspected for correctness, including advertising;
- 7. Spare bow, if provided, must be checked before it being carried to the shooting range;
- 8. The arrows must comply with the Annexe A of these rules;
- 9. The carrying system must be suitable to give the greatest safety against any possible damage both to the athlete and to the equipment.

19.2.4 Marking

Marking of equipment is done to prevent unauthorized change of equipment during the competition by using the athlete's start number and colours. Both skis and the bow are marked. In Individual, Sprint, Pursuit and Mass Start competitions one colour shall be used to mark skis. The marking shall be made with a coloured marker pen or stamp, unique for that competition. In Relay competitions the skis must be marked according to the team start numbers and the colours or numbers of the start sequence within the team.

19.2.5 Delayed Start

Delayed starting times because of late reporting at the equipment control area, or corrections that have to be made to clothing and equipment, shall be the responsibility of the athlete.

The organizer must provide sufficient staff to ensure correct control times and to prevent delayed starting times of athletes who have reported in time. The early opening of the start equipment control is permitted and encouraged at all competitions in order to avoid time difficulties.

19.2.6 Final Check Before Start

Between one to two minutes prior to the start, a check shall be made of the athlete by the start's assistants in order to ensure the following:

- 1. The athlete is wearing a start number;
- 2. The skis and bow are properly marked;
- 3. Advertising regulations are not being violated.

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19.3 Finish Control

After arriving at the finish and in Relay competitions after the hand-over zone, a check shall be made to confirm the following:

- 1. The bow must be in the required position;
- 2. Athletes have finished with at least one ski marked for them and their marked bow, with the skis and poles in accordance with the Material Catalogue;
- 3. The bow draw weight is the same as stated on the control mark;
- 4. The advertising regulations were not violated.

19.4 Preliminary Examination of Equipment and Clothing

At SAWCH, SAJWCH, SAWC and ACCH events, the Organizing committee in consultation with the TD shall conduct a preliminary inspection of equipment to confirm that the equipment and clothing to be used by teams is permitted by the rules. The check will normally be done at least two days before the first competition. The pre-examination does not relieve athletes of the obligations to pass equipment control at the start and finish.

19.4.1 Attendance

The responsible staff of the Organizing Committee will conduct the examination. Also in attendance must be the SAIJ for material control. The examination is voluntary but a team representative should attend with clothing or equipment that may be questionable. At the first AWC event of a season, it is mandatory that at least one representative of each team attend the examination.

20 PRACTICE AND ZEROING

20.1 General

Athletes and team staffs must be provided the opportunity and the facilities to prepare for the competition. For that purpose the organizer must provide Official Practice times, ski testing facilities, the opportunity to zero bows and warm-up for athletes prior to the competition.

20.1.1 Exceptions

In extraordinary circumstances, the Competition Jury may close the entire facility or limit practice on the facility to certain parts and timings.

20.1.2 Rights for Practice

Athletes who have registered for a FITA event may use the competition facility during the Official Practice. Men and Women may not participate in Official Practice and zeroing for the other gender. All athletes who participate in Official Practice must wear a practice bib.

20.1.3 Type of Practice

Official Practice is the period of time that the Organizer must provide for practice on the facility. During Official Practice the facility must be prepared the same as for

the competition. Unofficial Practice is the time that the Organizer allows for practice on the facility other than Official Practice, and the facility does not have to be prepared as for the competition. Organizers should allow as much time as is possible in the event program for Unofficial Practice.

20.2 Official Practice

20.2.1 General

At SAWCH, SAJWCH, SAWC, SACCH and SACC events the competition facility must be open for inspection and practice (Official Practice) at least once before the first competition, prepared as for the competition and at the same time of day as the competitions. Each subsequent competition should also be preceded by Official Practice unless it is not possible in the event program or due to other circumstances. The TD has the authority to permit mixed training on competition days when this is in the best interests of the athletes and the organisers.

20.2.2 Skiing Practice

The competition course for Official Practice must be open at the times corresponding to the competition, if possible, and must be groomed, marked and fenced or barricaded as for the competition.

20.2.3 Shooting Practice

The practice shooting on the day prior to the competition must be organized at times corresponding to the competition day, if possible. The practice will begin at the same time as the zeroing time of the competition day, with only paper targets in use and on assigned shooting lanes. After 30 minutes, drop-down targets will be used and the choice of shooting lanes will be free, until the end of the practice period. The organizer should also provide some paper targets during the free period, if possible.

20.3 Warming-up Practice (Zeroing of Bows)

20.3.1 Timing and Targets

Prior to the start of a competition, athletes must be given the opportunity to adjust (zero) their bows on the range for a period of 45 minutes, which must begin one hour before and end no later than 5 minutes before the first start. For the Pursuit, Mass Start and Relay competitions, a shorter time may be used but it must be at least 30 minutes, and without paper target change. If necessary, Men and Women may both be zeroed prior to the first competition but this must be done separately.

20.3.2 Bow adjustment (zeroing) may take place only on the range and only paper targets will be used for adjustment (zeroing). If the paper targets have to be changed during zeroing, the time required for the change will not be deducted from the time allocated for adjustment (zeroing).

20.3.3 Allocation of Warming-up Practice (Zeroing) Lanes

For Individual and Sprint competitions, if possible, each team must be allocated one warming-up (zeroing) lane on the range. The allocation of lanes will be determined by random draw conducted under supervision of the TD. For Relay competitions, the team-warming-up(zeroing) lane is the same as the start number. For the Pursuit and Mass Start competitions, the team-warming-up (zeroing) lane shall be the low-

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est start number of that team, but if a nation has more than 4 athletes starting, it shall be allocated 2 adjoining warming-up (zeroing) lanes. One reserve member of each team is permitted to zero before each competition, including the reserve relay team member.

20.3.4 Placement of Targets with Paper Target faces for Zeroing

Every target with paper target faces for Warming-up (zeroing) must be placed in the middle of two lanes, with the faces at the same level and the same distance as the competition targets.

21 WARMING-UP ON THE COURSE

21.1 General

Except at SAWCH, The parts of the competition trail directed by the TD may be used for warming-up before and during the competition. The trails may be used only by those athletes who will start in that particular competition and only in the competition ski direction. The TD will decide if the course may be used for warm-up prior to the competition, based on circumstances.

21.2 Other Use of Trails

Team support staff and athletes who are not entered to start in the competition may ski on the course up to five minutes before the first start. After this time, they may not ski on the competition trails but may walk along the side of the trails.

When skiing on the trails the non entered athletes and team staff members must wear practice bibs or course armbands respectively.

21.3 Ski Testing

It is forbidden to use the competition trails for the ski testing. Ski testing must be done in the area assigned for ski testing. In extraordinary circumstances the TD may authorize ski testing on the competition trails. In such a case, electronic measuring devices must be removed from the trails not later than 10 minutes before start.

22 START REGULATIONS

22.1 Start types and intervals

22.1.1 General

There are four types of starts: single start, pursuit start, group start and simultaneous start (mass and relay), and two standard start intervals: 1 minute or 30 seconds. At SAWCH, SAJWCH, SAWC, SACCH and SACC competitions the following regulations shall apply.

22.1.2 Individual competitions

For all individual competitions, only single starts will be made normally with 30 seconds intervals. However, 45 seconds or 1-minute intervals are permitted if it is

best for the competition. The TD in consultation with the organizer will decide which start interval is the best for the circumstances. A sufficient number of targets must be available for the numbers of athletes if the start interval is 30 seconds.

22.1.3 Sprint Competitions

For all Sprint competitions either single starts, normally with 30-second intervals, or group start will be made. Start intervals of 45 seconds or 1 minute are permitted if it is best for the competition. The TD in consultation with the organizer will decide which start type or interval is best for the circumstances.

22.1.4 Pursuit Competitions

In all Pursuit competitions, no start standard interval is used. Athletes start at the exact time listed in the start list as their start time, which is the time- behind- winner of the qualifying competition.

22.1.5 Mass Start Competitions:

Start in the Mass Start competitions will be made in one single simultaneous start of all the athletes.

22.1.6 Relay Competitions

Start in Relay competitions will be made in a simultaneous start of the first athlete of each team. Subsequent starts of the other team members will be made with a tag by the incoming team member in the Relay hand-over zone.

22.2 Starting positions and Starts

22.2.1 Single start with electronic timing

Athletes shall stand as close to the gate as possible and will pass through the gate at the starting time.

22.2.2 Single Start with manual timing

If only manual timing is used, athletes shall stand with both feet completely behind the start line and will cross the line at their starting time.

22.2.3 Pursuit Start

Athletes must arrive in the start area at the time directed by the Competition Jury for placement in to the start lanes. They will then be lined up in the start lanes in their start order, alternating between lanes. Each simultaneous start must be in a separate lane. Physical control of each start will be done by an official located at the start line at the end of each lane. The officials will bar the crossing of the start line by holding their arm horizontally across the end of the lane, and quickly lowering the arm at the exact start time for that lane. Athletes will start when they are the next in line and when the arm is dropped.

22.2.4 Relay Start

In the Relay competitions the first starters will stand in their assigned start tracks with both feet behind the line marking their start row, or behind their track number if no line is marked. They will cross the line when the designated start signal is given. Subsequent members of a Relay team will stand in the hand-over zone, according to their start sequence, and will start when tagged by the incoming team member.

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22.2.5 Group start

In group starts the athlete with the lowest start number of that group shall take track 1, the second lowest number track 2, etc.. They shall stand as for the relay simultaneous start and will start when the designated signal is given. The process is repeated for each group.

22.2.6 Mass Start Competition Start

The mass Start competition will start the same as the first starters in the Relay simultaneous start.

22.3 Start Signals

22.3.1 Single Start - Electronic gate

The start command is given by the electric sound of the start clock - a loud beep, and the visual time of the start clock. The starter must not touch the athlete.

22.3.2 Single Start - Manual timing

At single starts without an electronic start gate, the starter shall say “ Ready ” 10 seconds before the time of start and then count down loudly from 5 seconds before the start, saying “ five - four- three - two -one”. At the exact start time, he shall give the command “ Go”. The starter must not touch the athlete.

22.3.3 Pursuit Start

The start signal for each Pursuit start is the dropped arm of the lane official.

22.3.4 Simultaneous and Group starts

In Relay, Mass Start and Sprint competitions with group starts, the start signal shall be given by a shot from the start pistol or another start device, or with a flag.. Verbal warning signals will be given at 1 minute, 30 seconds and “Ready” prior to the start, with the Start signal given within 5 seconds after “ready”.

22.3.5 Start in the Hand-over zone

In Relay competitions, the Relay hand-over must take place within the hand-over zone in such a way that the arriving athlete touches the body (including torso, arms, legs, hands, feet and head) or the bow of the outgoing athlete with his hand.

22.4 Time of Start, Early start, Late start and False start

22.4.1 Electronic Start time

In single starts, the electronically recorded time of activating the gate shall be the start time if the athletes activate the gate within 3 seconds before or 3 seconds after the start list time. If an athlete starts more than 3 seconds before the scheduled time, it is an early start. If an athlete starts more than 3 seconds later than the scheduled time, it is a late start and the time will begin from the scheduled time of start.

22.4.2 Manual Start time

If only manual timing is used and the start is single, the time of start for individual athletes is the time stated in the start list. If an athlete starts before the start signal, it is an early start. If the athlete starts too late, it is a late start.

22.4.3 Pursuit Competition

The time of start of each athlete is the time listed in the start list. Early starts shall not be permitted to happen. If a late start occurs, the late athlete must be directed through the spare passage, and the official at that point will record the time that the athlete crosses the start line. If the athlete is late by his own or his team's fault his competition time will be calculated from his official start time in the start list. If the cause of the delay was force majeure or incorrect or accidental actions by someone outside his team, his competition time and placement in the pursuit will be calculated from the time recorded by the official.

22.4.4 Relay and Mass Start Competitions and Sprint Competitions with group starts

The moment of start is at the time of the start signal.

22.4.5 Hand-over Zone start time

The start time for Relay team member taking over shall be the moment when the incoming team member enters the hand-over zone by crossing the timing line at the beginning of the zone.

22.4.6 Early Start - Single

If an early start occurs in a Single competition or in the hand-over zone, the starter's assistant must stop the athlete as quickly as possible after the start line or the hand-over zone and send him back. The athlete must return to behind the start line or into the hand-over zone in Relay competitions, and start again. If possible, except in a Relay, the athlete will be restarted at his correct start time through the gate or over the start line in manual. If the corrected start time is expired, the time of start reverts to the listed start time. Time thus lost will count against the athlete. The foregoing does not apply to pursuit competitions.

22.4.7 False Start – Mass-start, Group start and in the Hand-over zone

If there is a false start during a mass or group start, the assigned SAJJ and officials will stop the athletes at the end of the set parallel tracks. After a false start, there must be a new start. If the Relay hand-over occurs before or after (outside) the hand-over zone it is a false start and the procedure must be repeated within the zone. An athlete or team will be considered as having not started if they have made an early start and do not return to start again correctly.

22.4.8 Late Start

If athletes are late at the start, they must start through the start gate at the first possible opportunity as directed by the starter, without obstructing other athletes.

22.4.8.1 If the athlete is late due to his own fault, his start time will be the one on the start list. If the late start was due to force majeure the Competition Jury will decide his start time.**22.5 Start Numbers****22.5.1 General**

At SAWCH, SAJWCH, SAWC, SACCH and SACC Competitions, all athletes must wear a bib, which has their start number on the front, back, and both sides. Athletes must also wear their starts number on both thighs. Athletes are responsible

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to ensure that their start numbers remain attached to the required positions during a competition. The start number and sequence colour, worn by an athlete must be the number and colour assigned for that athlete for that competition by the competition start list.

22.5.2 Numbering

At SAWCH, SAJWCH, SAWC, SACCH Competitions, the set of start numbers for Men, Women, Junior Men and Junior Women for each start must begin with the number one and must continue in numerical sequence to the last number.

22.5.3 Colour

The colour of the start number must clearly contrast against the base colour of the cloth.

22.5.4 Sizes of Start Numbers

The sizes that must be used for start numbers in FITA Competitions are detailed in the Material Catalogue.

22.5.5 Start Number Colours by Competitions

22.5.5.1 Individual, Sprint, Pursuit, Mass start Competitions

The start numbers of all athletes shall be the same colour.

22.5.5.2 Relay Competitions

The start number colours within the team shall be red for the starting member, green for the second, yellow for the third and blue for the fourth.

22.6 Weather Conditions

22.6.1 Temperature

Ski-Archery Competitions must not be started if the air temperature is colder than minus 20 degrees Celsius measured at the coldest part of the site (range or course), 1.5m above ground.

22.6.2 Wind Chill

Regardless of temperature, wind chill must be considered before starting and during the competition. In the case of high wind chill factor, the Competition Jury will decide whether to start or continue the competition. Changing of the course to be skied may also be done to avoid windy areas.

Wind chill temperature equivalents

Wind speed in km/h

<u>Temp °C</u>	<u>10</u>	<u>15</u>	<u>20</u>	<u>25</u>	<u>30</u>	<u>35</u>	<u>40</u>	<u>45</u>	<u>50</u>
<u>0</u>	<u>-3</u>	<u>-5</u>	<u>-8</u>	<u>-10</u>	<u>-11</u>	<u>-13</u>	<u>-14</u>	<u>-14</u>	<u>-15</u>
<u>-1</u>	<u>-4</u>	<u>-6</u>	<u>-9</u>	<u>-11</u>	<u>-12</u>	<u>-14</u>	<u>-15</u>	<u>-16</u>	<u>-17</u>
<u>-2</u>	<u>-5</u>	<u>-7</u>	<u>-9</u>	<u>-13</u>	<u>-14</u>	<u>-15</u>	<u>-17</u>	<u>-18</u>	<u>-18</u>
<u>-3</u>	<u>-6</u>	<u>-8</u>	<u>-11</u>	<u>-14</u>	<u>-15</u>	<u>-16</u>	<u>-18</u>	<u>-19</u>	<u>-19</u>
<u>-4</u>	<u>-7</u>	<u>-10</u>	<u>-12</u>	<u>-15</u>	<u>-16</u>	<u>-18</u>	<u>-19</u>	<u>-20</u>	<u>-21</u>
<u>-5</u>	<u>-8</u>	<u>-11</u>	<u>-13</u>	<u>-16</u>	<u>-18</u>	<u>-19</u>	<u>-21</u>	<u>-22</u>	<u>-22</u>
<u>-6</u>	<u>-9</u>	<u>-12</u>	<u>-14</u>	<u>-18</u>	<u>-19</u>	<u>-20</u>	<u>-22</u>	<u>-23</u>	<u>-24</u>
<u>-7</u>	<u>-10</u>	<u>-13</u>	<u>-15</u>	<u>-19</u>	<u>-20</u>	<u>-22</u>	<u>-24</u>	<u>-24</u>	<u>-25</u>
<u>-8</u>	<u>-11</u>	<u>-14</u>	<u>-17</u>	<u>-20</u>	<u>-22</u>	<u>-23</u>	<u>-25</u>	<u>-26</u>	<u>-27</u>
<u>-9</u>	<u>-12</u>	<u>-15</u>	<u>-18</u>	<u>-22</u>	<u>-23</u>	<u>-25</u>	<u>-27</u>	<u>-27</u>	<u>-28</u>
<u>-10</u>	<u>-13</u>	<u>-16</u>	<u>-19</u>	<u>-23</u>	<u>-24</u>	<u>-26</u>	<u>-28</u>	<u>-29</u>	<u>-30</u>
<u>-11</u>	<u>-14</u>	<u>-18</u>	<u>-20</u>	<u>-24</u>	<u>-26</u>	<u>-27</u>	<u>-29</u>	<u>-30</u>	<u>-31</u>
<u>-12</u>	<u>-15</u>	<u>-19</u>	<u>-22</u>	<u>-26</u>	<u>-27</u>	<u>-29</u>	<u>-31</u>	<u>-32</u>	<u>-33</u>
<u>-13</u>	<u>-17</u>	<u>-20</u>	<u>-23</u>	<u>-27</u>	<u>-28</u>	<u>-30</u>	<u>-32</u>	<u>-33</u>	<u>-34</u>
<u>-14</u>	<u>-18</u>	<u>-21</u>	<u>-24</u>	<u>-28</u>	<u>-30</u>	<u>-31</u>	<u>-34</u>	<u>-35</u>	<u>-36</u>
<u>-15</u>	<u>-19</u>	<u>-22</u>	<u>-25</u>	<u>-29</u>	<u>-31</u>	<u>-33</u>	<u>-35</u>	<u>-36</u>	<u>-37</u>
<u>-16</u>	<u>-20</u>	<u>-23</u>	<u>-27</u>	<u>-31</u>	<u>-32</u>	<u>-34</u>	<u>-36</u>	<u>-37</u>	<u>-38</u>
<u>-17</u>	<u>-21</u>	<u>-25</u>	<u>-28</u>	<u>-32</u>	<u>-34</u>	<u>-36</u>	<u>-38</u>	<u>-39</u>	<u>-40</u>
<u>-18</u>	<u>-22</u>	<u>-26</u>	<u>-29</u>	<u>-33</u>	<u>-35</u>	<u>-37</u>	<u>-39</u>	<u>-40</u>	<u>-41</u>
<u>-19</u>	<u>-23</u>	<u>-27</u>	<u>-30</u>	<u>-35</u>	<u>-36</u>	<u>-38</u>	<u>-41</u>	<u>-42</u>	<u>-43</u>
<u>-20</u>	<u>-24</u>	<u>-28</u>	<u>-32</u>	<u>-36</u>	<u>-38</u>	<u>-40</u>	<u>-42</u>	<u>-43</u>	<u>-44</u>

- Notes: 1. this is only a guide – the decision to start or not will be made by the Competition Jury in consultation with the Competition Physician
 2. Top shaded line is the -20°C equivalent boundary
 3. Bottom shaded area indicates that exposed flesh freezes in one minute.
 4. Wind speed is to be measured at height of 1,5 m on the range.

23 SKIING REGULATIONS

23.1 General

23.1.1 General Skiing Rules

Athletes must ski the entire distance of the stipulated competition course in the correct sequence and direction on skis, carrying their bow and at least the required number of arrows, and following the marked course precisely. They may use no other form of propulsion than skis, poles and their own muscular force.

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- All skiing techniques are permitted.
- 23.1.2 If an athlete observes that another athlete has an accident, he must report it to the next checkpoint.
- 23.1.3 If an athlete withdraws from the competition before the finish, he must inform the first official he meets.
- 23.1.4 Carrying the Bow
- Each athlete must use a harness to carry the bow in the required position vertically on the back between the shoulders and with the sight window turned towards the back. Each athlete may carry a small repair kit. If the bow is damaged during the competition so that it is not possible to carry it in the required position, it is permitted to carry the bow in hand to the shooting range and then must be immediately exchanged for the team spare bow. All the arrows, included the spare arrows, must be carried by the athlete himself.
- 23.1.5 Wrong Trail
- If an athlete takes the wrong trail which would result in a time advantage or the wrong sequence, he must return back to the point where he made the wrong turn, along the part of the trail he skied in error. In order to do so, the athlete may have to ski against the correct ski direction and is totally responsible for ensuring that he does not obstruct or endanger other athletes. There is no penalty for having committed the error as long as no time advantage has been gained and there has been no interference with other athletes.
- 23.1.6 Passing and Giving Way
- An athlete, who is in position to pass another athlete, and wishes to pass, will yell "Track". An athlete who is about to be overtaken must clear the track or trail in front of the passing athlete at the first yell of "Track ", even if the trail is wide enough. However, this obligation does not apply to the last 50 m before the finish line and the last 50 m before the hand-over zone.
- 23.1.7 Skiing Penalty Loops
- In all competitions in which the shot penalty is the 150 m penalty loop, the athletes must ski the loop once for every missed target immediately after the shooting end.
- 23.1.8 Responsibility
- Athletes are responsible for skiing the required number of penalty loops immediately after the shooting end. It is not permitted to complete penalty loops at a later time.
- 23.1.9 Penalty Loop Error
- If athletes due to a mistake by the organizer or a target malfunction, ski too many penalty loops, the Competition Jury shall decide on an appropriate time allowance. The organizer shall ensure that, in each competition the average penalty loop ski time is recorded, based on at least five athletes.
- 23.1.10 Skating at Relay, simultaneous and group starts
- The use of the skating technique (one or both legs sideways) is prohibited in the tracked portion after the start line in simultaneous or group starts.

23.2 Obstruction

It is strictly forbidden to impede other athletes at any time during the competition. This prohibition also includes the dropping of objects on the competition trails or the shooting range in such a way that it obstructs other athletes.

23.3 Exchanging Equipment, Repairs, Assistance

Athletes may repair their skiing equipment during a competition, provided they receive no assistance from any person.

23.3.1 Exchange of Skis and Poles

An athlete may exchange one of his skis, but only if it is broken or the binding is damaged. Broken poles and straps may be exchange repeatedly. The replacement skis and poles must be in conformity with the FITA Material Catalogue rules.

23.3.2 Glide Performance

The athletes may not change the glide performance of their skis by the application of any substances during a competition.

23.3.3 Refreshments

Athletes may consume refreshments during the competition. The refreshments may be carried by the athletes or be given to them.

23.3.4 Other Assistance

Athletes are not permitted to receive any assistance from any person, other than as stated in these rules.

24 SHOOTING REGULATIONS**24.1 General****24.1.1 Shooting Rules**

All shooting during practice and competition takes place at the shooting range only aiming on the target. In a competition athletes shall shoot after having completed each of the required sections of the course for the competition, except the last which ends at the finish or the Relay hand-over. The shooting specifications for all competitions are detailed in Article 3.1 of these rules and shall apply for shooting at all FITA Ski Archery competitions.

24.2 Specific Rules For Types of Competition**24.2.1 Selection of Shooting Lanes**

In Individual and Sprint competitions, the athletes may freely choose shooting lanes. In the Pursuit, Mass Start and Sprint with group start competitions, the athletes must go sequentially in the shooting lanes starting with lane 1 and taking the lowest available number and then for the Pursuit competition starting again at number 1. In Relay competitions, the shooting lane designated by the team's start number must be used.

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24.2.2 Relay Competitions - Spare Arrows

In the Relay competition, each athlete must shoot the first 4 arrows and if targets remain standing he must use the spare arrow (only one for each shooting). All the arrows, included the spare arrows, must be carried by the athlete himself.

24.3 Shooting Position

24.3.1 Kneeling Position

Athletes, while shooting in the kneeling position, shall only place one (1) knee on the ground and the chest should remain upright.

24.3.2 Standing Position

Athletes shall shoot from a standing position and without support, with both feet behind a rope or a ribbon marking the shooting line.

24.3.3. Disposal of Shot Arrows

The arrows shot by the athlete during the competition remain in the target or the ground until the end of the competition.

24.3.4 No Removal of Skis

It is prohibited to remove one or both skis while shooting, including practice and warming-up (zeroing), or to place any kind of objects under the skis.. While shooting in the kneeling position, it is allowed to unfasten one ski only, but the foot must rest on the ski

24.3.5 Position in Shooting Lane

The athlete must ensure that no part of his body or equipment protrudes the 1.5 meter red lines marking the shooting lane, or the extension of those boundaries while shooting.

24.3.6 Enforcement

If a Range Official warns an athlete that his shooting position or his position in the shooting lane is not according to the rules, the athlete must immediately make the correction.

24.4 Safety Regulations

24.4.1 General

Shooting is permitted only on the shooting range, during officially authorized timing. It is forbidden to make movements with a bow which might endanger persons, or which may be perceived by others as dangerous. When the range is open for shooting, no one is permitted to be in front of the shooting line. Shooting the bow is only allowed in the direction of his targets, not on the ground. At all times, the athlete is responsible for the safety of his actions and bow.

24.4.2 Placing an arrow on the bow

An arrow may be placed on the bow only with the arrow pointing in the direction of the targets. When moving from one shooting point to another, the athlete must first take his arrow from his bow and place the bow on his back in the normal carrying position.

24.4.3 Removal of Bow on the Range

An athlete may not remove a strap of his bow carrying harness from his shoulder before he has reached the shooting lane from which he will shoot. He must cross the lane marking line with both feet and place both ski poles horizontally on the ground prior to removing his bow from the carrying position.

24.5 Damaged Bows and Arrows**24.5.1 Bow Repair**

The athletes may repair their bows during a competition all along the course provided they receive no assistance from any person. Only the personal marked spare bow and spare arrows placed on the rack and marked are permitted on the shooting range.

24.5.2 Damaged Bows

If a bow needs to be repaired, the athlete may do the repairs himself without any assistance and using only the repair kit carried by himself. If the bow cannot be made functional, it may be exchanged for his personal marked spare bow placed in the rack on the shooting range.

24.5.3 Spare Bows

A bow, which as been damaged during the competition or malfunctions for technical reasons to such an extent that it cannot be used to continue the competition may be exchanged for a spare bow which has been inspected and marked at the equipment check and deposited in the designated spare bow rack on the range before the competition by the athlete himself. The athlete must then continue the competition with the person marked spare bow.

24.5.4 Bow Exchange Procedure

To exchange a bow damaged while skiing on the course the athlete himself may ski to his spare bow in the rack on the range, prior to going to the shooting lane, exchange his bow and then continue to his shooting lane. During shooting the athlete shall indicate that his bow needs to be exchanged by raising his hand. When a Range Official responds, the competitor will point to his bow and say “Bow” and the name of his nation and his personal number, loudly. The Range Official will get the personal marked spare bow from the designated bow rack and bring it to the athlete.

24.5.5 Damaged Arrows

An athlete who damages one or more arrows during a competition can replace them from the spare arrows in the rack at the entrance of the shooting range. If the athlete discovers a damaged arrow when on the shooting line, he may obtain replacement arrows from a Range Official by raising his hand and saying “Arrow”, the name of the nation and his personal number, loudly. The Range Official who responds will get the spare arrow from the athlete’s personal marked spare arrows placed behind the range and deliver it to the athlete.

24.5.6 No Time Adjustment

There shall be no time adjustment for repairing or exchanging a bow or obtaining spare arrows.

24.5.7 Response by Range Official

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All Range Officials must be alert to observe a raised hand by an athlete for spare arrows or bow exchange. The Range Officials must react with a sense of urgency and move quickly to minimize the time required to bring the arrows or to exchange the bow.

24.6 Target Errors And Malfunctions

24.6.1 Target Malfunctions

If a target fails to function, the athlete must be directed to another target.

24.6.2 Cross-shooting and Target Hit by Another Athlete

If a target on which an athlete is shooting is hit by another shooter, the incorrect shooter must be stopped immediately. If no target plates have fallen, the correct athlete may continue shooting. If a target plate has been hit, the target must be reset immediately and the athlete then continues shooting.

24.6.2.1 Before such a target reset, the hits and their position must be recorded. In such a case in the Sprint, Pursuit and Relay competition, the Range Official must tell the athlete how many penalty loops must be done.

24.6.2.2 If an athlete cross shoots onto a target not in his shooting lane, and no other athlete is shooting on that target, he shall be allowed to continue without disturbance. The athlete's hits will be only those that are on the correct target.

24.6.3 Time Adjustment and Responsibility

In those cases where an athlete loses time due to a target error, which is not his fault or a target malfunction, the Competition Jury shall make an appropriate time adjustment.

24.6.4 Own Error

If an athlete makes an error such as cross shooting or selecting a target which has been used and not reset, he is responsible and no time adjustment will be made.

24.6.5 Scoring of Shooting

For all shooting in competition, a system of scoring the shooting must be put in place by the organizer. Each arrow that is shot in a competition must be observed by three independent persons or methods.

25 THE FINISH, COMPETITION TIME AND RESULTS

25.1 The Finish

25.1.1 Moment of Finish

Finish is the moment when an athlete's or Team's competition time ends. When electronic timing is used, the finish occurs when the athlete breaks the beam of the electronic sensor at the finish line. When manual timing is used, the finish occurs when the athlete crosses the finish line with one or both feet. In Team competitions the timing is taken from the last member to finish.

25.2 The Competition Time

The competition time is the period of elapsed time during the competition on which the placing of an athlete or Relay team in the results of the competition is based. The time always includes any penalties or adjustments imposed or granted by the Competition Jury.

25.2.1 Individual Competitions

In all Individual competitions, the athlete's time is the elapsed time between start and finishing.

25.2.2 Sprint and Pursuit and Mass Start Competitions

In all Sprint, Pursuit and Mass Start competitions the athlete's time is the elapsed time between start and finish. In the Pursuit competition the first athlete to cross the finish line, subject to penalties, shall be declared the winner. This also applies to the rankings of subsequent finishers.

25.2.3 At SAWCH and SAWC in Pursuit competitions if the leading athlete laps an athlete, the overtaken athlete must withdraw from the competition immediately.

25.3 Relay Competitions

In all Relay competitions the competition time of a team member is the elapsed time from the start, or hand-over, to the hand-over or the finish. The total time of a Relay team is the time elapsed between the start of the first member to the finish of the last member. The time of the incoming member stops when he crosses the timing line into the hand-over zone and the time of the outgoing member begins at the same moment.

25.3.1 Placing in Relay Competition

The placing of Relay teams in the results shall be decided by the order of finish of their last athlete, except when the Competition Jury has imposed time penalties or made time adjustments.

25.4 Same time - tie

If two or more athletes in an individual or sprint competition have the same competition time, they shall be placed in the results with equal (tie) ranking. There shall be no ties in Pursuit, Mass Start and Relay competition.

25.5 Photo finish

At SAWCH, SAJWCH and SAWC in Pursuit competitions and Relay competition, a photo-finish camera must be installed at the finish line to record the finish. The camera must be placed exactly in line with the finish line and in such a position that the camera sees the entire finish line. If the photo-finish record is required to decide the order of finish, the order in the record shall determine the placing. The decision shall be based on the first part of the first foot crossing the finish line. The SAJ Start/Finish shall be the photo-finish judge and decide the finish order based on the photo-finish record. Photo finish is not mandatory at SACCH or SACC competitions but may be used.

25.5.1 Finish Video Camera

At all FITA events a video camera must be installed at the finish in such a way that it will record the start numbers of athletes as they cross the finish line.

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25.6 Intermediate Time

At SAWCH, SAJWCH and SAWC competitions, timings after each end of shooting must be available to the electronic information board, the media and teams. An intermediate timing line will be set after the penalty loop and the timing of each athlete shall be recorded at the line after each end of shooting.

26 TIMING SYSTEMS

26.1 Requirements

Competition time must be measured electronically, backed by manual timing. Manual timing is used only if the electronic system fails during the competition. Specifications of timing equipment are given in Annex A.

26.2 Units of Measure

Electronically and manually measured competition times must be registered by 1/10 of a second (0.1).

27 THE COMPETITION RESULTS

27.1 General

Results are the record of the performance of the athletes or teams in a competition. The organizer is responsible for producing and distributing the results on paper. At SAWCH, SAJWCH and SAWC competition English must be used in the results, however more than one language may be used in the same results. Interim and final results must include the following information:

- 1. Name and location of the event;
- 2. Type, time and date of the competition;
- 3. Course and weather data;
- 4. Names of the competition Jury members;
- 5. Signature of the T.D.;
- 6. Number of entered athletes and total ranked;
- 7. Number of those who did not start and did not finish;
- 8. Notes about imposed penalties;
- 9. Columns for:
 - Placing, in ranking order from first to last;
 - Start numbers;
 - Last and first names of the athletes;
 - Nation or team;
 - Shot penalties by bout;

- Ski times to 1/10 (0.1) seconds;
- Total time and team time (in Relay);
- Time behind;
- World Cup points (when appropriate).

For the Pursuit competition the times shown will be the qualification competition results by actual clock time of the start for the winner followed by the time behind for the remainder.

27.1.1 Ties

If there is a tied placing (equal competition time), the tied athletes shall be given equal ranking in the results, however, there shall be no next placing in the results.

27.2 Types of Results

There are three types of results: Intermediate, Interim and Final.

27.2.1 Intermediate

Intermediate Results reflect the competition situation during the competition and are for information only. They will be displayed on the scoreboard and announced by the public announcer.

27.2.2 Interim Results

Interim results are the first official record of the competition produced by the organizer after the last finish. Interim results are subject to appeal and must be published and posted at the finish area and competition office as soon as possible after the finish of the last athlete. The time posting of the Interim results must be marked on the Interim results and must be signed by the TD.

27.2.3 Final Results

The Final results are the final record of the competition and must be published immediately after the deadline for appeals has passed, or as soon as the Competition Jury has made its decisions on appeals that were submitted.

28 APPEALS

28.1 General

Appeals must be submitted in writing to the Competition Secretary, for the Jury of Appeal and must be accompanied by a fee of 50 USD, or host nation equivalent. If the appeal is upheld, the money shall be paid back. If the appeal is rejected, the money will go to FITA.

28.2 Appeals Types and Conditions

28.2.1 Eligibility Appeals

Appeals concerning the eligibility of an athlete may be submitted at any time up to the end of the appeal time for the competition in question.

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28.2.2 Appeals During and After Competitions

Appeals concerning violation of rules by athletes and team staffs, mistakes made by officials, competition conditions and the Interim Results must be submitted in the time period between the start of the competition to 15 minutes after the posting of the Interim Results. A clear announcement must be made by the organizer immediately after the posting of the Interim Results to inform everyone that they have been posted.

28.2.3 Repetition and Annulment

If the examination of an appeal reveals circumstances that are so serious that they make the sporting value of the competition doubtful, or if the Competition Jury from its own observation comes to the same conclusion, the Competition Jury may decide to repeat the competition or to annul the competition without repetition.

29 PENALTIES

29.1 Athletes are subject to penalties.

29.2 Kinds of Penalties

Penalties that may be imposed are:

29.2.1 Reprimands

A reprimand shall be imposed in case of:

- 1. Jeopardizing or defaming the honour or reputation of the FITA or its interests;
- 2. Insulting the FITA, its organs, its members, its member's organizations and organ or guests of the FITA;
- 3. Violations of rules for which there is not an expressly stated more severe penalty.

29.2.2 Start Prohibition

An athlete or team shall be prohibited from starting for:

- 1. Appearing for start with equipment or clothing not in accordance with the FITA Material Catalogue or advertising not in accordance with C&R book 1, chapter 2, articles 2.2.3-2.2.8.;
- 2. Appearing for start with the wrong start number, or no start number, due to a mistake made by the athlete or his team;
- 3. Violating the rules regarding official practice, zeroing, warm-up and ski testing.

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

29.2.3 One Minute Penalty

Per mistake in all individual competitions.

A time penalty of one minute shall be imposed on athletes for:

- 1. Not giving way at the first request by an overtaking athlete;
- 2. Committing a very minor violation of the principles of fair play or the requirements of sportsmanship.

29.2.4 Two Minutes Penalty

A time penalty of two minutes shall be imposed on athletes or teams for:

- 1. Every penalty loop, as the result of shot-penalties, not done immediately after each kneeling or standing shooting by an athlete or a team's shooting member;
- 2. Using the skating technique (one or both legs sideways) in the Relay competition in the prepared start tracks after the start line;
- 3. Every arrow not shot if the athlete recommences skiing before he has shot all four arrows in an Individual, Sprint, Pursuit and Mass Start competition and all five arrows in a Relay competition, having not hit all targets;
- 4. For every arrow shooting in the ground;
- 5. Committing a minor violation of the principles of fair play or the requirements of sportsmanship.

29.2.5 Disqualification

An athlete or team shall be disqualified for:

- 1. Taking part in a competition for which he or she is not eligible;
- 2. Receiving prohibited assistance from his team staff or non-competing athlete of his team;
- 3. Using equipment, bow or clothing not in conformity with FITA rules, including carrying unauthorized advertising in a FITA event or competition;
- 4. Avoiding start or finish controls;
- 5. Taking part in a competition with skis or bow not properly marked;
- 6. Modifying equipment, bow or clothing which has been inspected and marked at start control, in a prohibited way;
- 7. Participation in a competition with a start number or start number sequence colour which has not been assigned to him by the competition start list, deliberately or due to a mistake by him or his team;
- 8. Deviating from the marked trail, or skiing a wrong trail, thus gaining a time advantage for himself or his team, or skiing the course loops in a wrong sequence or in the wrong direction;
- 9. Using means of propulsion other than skis, poles and one's own muscular force;
- 10. Not carrying his bow while skiing during the competition, and for not carrying the bow on the course, when it is not damage, in the correct way;
- 11. Returning to the track, after the shooting, without replacing the bow between the shoulders in the correct manner;
- 12. Hindering another athlete on the course or at the shooting range by serious obstruction;

- 13. Exchanging both skis during the competition;
- 14. Accepting unauthorized assistance from any person when repairing equipment;
- 15. For applying any substances during a competition intended to change the glide performance of the skis;
- 16. Shooting more than the permitted number of arrows in any shooting end in Individual, Sprint, Pursuit and Relay competitions;
- 17. Remaining in an incorrect shooting position or incorrect position in the shooting lane after having been warned;
- 18. Not drawing the bow in the direction of the target;
- 19. Shooting an arrow in a direction that may create a hazard, shooting without aiming at the target;
- 20. Violation of any other shooting safety regulation;
- 21. Not following the shooting sequence specified for that competition;
- 22. Using an arrow of a length different from the recorded length.
- 23. Committing a serious violation of the principles of fair play or the requirement of sportsmanship.

29.2.6 Suspension

In case of a blood test (1 hour before the competition start) showing haemoglobin values exceeding 17.0 mg/mL for male athletes and 16.0 mg/mL for female athletes, the athletes in question will be suspended for health reasons with immediate effect from the respective competition for a period until a blood-re-test shows haemoglobin values below 17.0 mg/mL for male and 16.0 mg/mL for female athletes.

A blood re-control can be performed not earlier than five days after the initial blood control showing exceeded haemoglobin values. A blood re-control must take place at the latest before the next event, in the case the period between the initial blood control showing exceeded values and the next event is more than five days long.

29.2.7 Refusal of Blood Test or Doping Control

Athletes, who have been selected for blood test, doping control or gender verification, and refusing to do so will be treated in such a way as if evidence of exceeded haemoglobin values in the blood, doping, or of wrong gender had been established. In these cases culpability is legally assumed.

30 DISCIPLINARY MEASURES

- 30.1 Coaches, trainers, officials and staff of the FITA and its member associations, individual members of the FITA and members of competition committees are subject to disciplinary measures.

31 PROHIBITIONS AND SANCTIONS FOR NON-COMPETING PERSONS**31.1 General**

Unfair assistance or assistance not allowed by these Rules to athletes during a competition is prohibited.

31.2 Specific Prohibitions**31.2.1 On the Shooting Range**

It is forbidden for any persons to give athletes any oral or visual information, advice, information by radio or any other communication method on the range including 10m to the left and right of the range. This does not apply to the general expressions of applause or disappointment by the spectators.

The area of the range will be marked by clearly visible markings, 10m from the left and right shooting lanes.

31.2.2 On the Course

Pacing -running or skiing in front, beside or behind athletes is forbidden. It is permitted to run without skis up to 50m beside athletes to give competition information or to offer beverages. It is forbidden to touch athletes in such a way as to assist their propulsion or to obstruct other athletes.

Assistance to athletes to change the glide performance of their skis is prohibited during the competition.

In the area 100 m before and to 100 m after the range, the hand-over zone and in the last 100 m before the finish, running beside athletes is forbidden.

31.2.3 Sanctions

Spectators and other persons must be clearly informed of these rules by the official announcer before the beginning of the competition and warned that a violation of these rules may lead to spectators being removed from the area of the competition by the Organizing Committee.

32 ABBREVIATIONS

Abbreviations of words and terms used in these Rules are included in the following list:

SACC	- Ski-Archery Continental Cup
SACCH	- Ski-Archery Continental Championship
SAWC	- Ski-Archery World Cup
SAWCH	- Ski Archery World Championship
SAJWCH	- Ski-Archery Junior World Championship
CJ	- Competition Jury

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- SAIJ (s) - Ski-Archery International Judges
- K - Kneeling
- MA - Member Association
- S - Standing
- TD - Technical Delegate

ANNEXE A MATERIAL CATALOGUE

1 GENERAL

1.1 Purpose

The purpose of the FITA Material Catalogue is to regulate all aspect of FITA Ski Arc competition related material. Only the approved material can be used.

1.2 Types of Material

The term material is sub-divided into two major categories:

Competition equipment and Organization equipment.

1.2.1 Competition Equipment

Competition equipment refers to all items that an athlete wears or carries for a competition and official or unofficial practice during an event. Competition equipment includes e.g. skis, poles, bindings, boots, bow, arrows, harness, clothing; and accessory equipment such as gloves, goggles and earmuffs.

1.2.2 Organization Equipment

Organization equipment consist of all the other material that is required to conduct a FITA Ski Archery competition or practice during an event, that is not worn or carried by the athlete. Examples of organization equipment are: targets, timing equipment, mats, wind flags, signage and equipment measuring devices.

1.3 General Prohibitions

In principle all material is prohibited which:

- 1. Affects the natural movements of feet and arms during push-off action or those that enhance it (such as spring devices or other mechanism in skis, poles, bindings or boots).
- 2. Makes use of sources of energy not originating from the athlete such as artificial heating devices, chemical energy suppliers, electrical batteries, mechanical aids etc..
- 3. Affects the external conditions for the competition to the detriment of other athletes, such as changing the track or snow conditions.
- 4. Increases the risk factor for injury of athletes and other persons who are authorized to be present on the competition facility, when used normally.

2 MATERIAL SPECIFICATIONS

2.1 COMPETITION EQUIPMENT

2.1.1 Competition Skis

Competition skis must have the following characteristics:

- 1. Ski length: minimum length is the height of athlete minus 4cm; no maximum limit;
- 2. Ski width: minimum 40mm, maximum no limit;
- 3. Ski tip section: minimum width of the ski tip area is 30mm;
- 4. Curvature: measured under binding, minimum from ground must be 20mm; maximum from ground must be 35mm;
- 5. Ski tail section: when the unweighted ski is placed on a flat surface, the height of the ski tail from the surface must not exceed 3 cm;
- 6. Weight: the total weight of a pair of skis must be at least 750 grams;
- 7. Type of construction: no limit;
- 8. Shaping: both skis must have the same type of construction, so that there is no difference between the left and the right ski. There is no restriction on the types of lamination construction used. There are no limitations on rigidity in any dimension;
- 9. Gliding surface: the entire length of the running surface can either be smooth or slightly grooved in the longitudinal direction. Except for the guiding grooves, the entire length and width of the running surface must be flat. Engraved or impressed climbing aids such as scales or steps are permitted. Devices that are activated by other than the athlete's own muscular power are not permitted;
- 10. Top surface: no limitations;
- 11. Edges: the sidewalls may not be angled as they extend upwards so that the ski base becomes narrower than the upper surface (wedge form not allowed);
- 12. Stress properties: no limitations;
- 13. Ski bindings: no restrictions on the type of material used or its make;
- 14. Competition ski boots: no restrictions on the type of material used or its make.

2.1.2 Competition Ski Poles

2.1.2.1 Use of the Poles

In the competition, athletes must use two poles of equal length, one in each hand.

2.1.2.2 Specifications

- 1. The maximum length of the poles must not be longer than the athletes body height, measured by placing the pole tip on the ski in front of the binding;

- 2. The pole must have a fixed length: the shaft must not be telescoping or variable length;
- 3. The pole must not have any energy source to improve push, such as springs or other mechanical devices;
- 4. There is no upper or lower weight limit for poles;
- 5. The poles may be asymmetrical: there can be a distinct right and left hand pole;
- 6. The pole must not cause changes of the competition conditions such as changes of track or snow conditions;
- 7. The handgrip must be permanently fastened to the shaft. There are no restrictions concerning its geometry, construction or material;
- 8. The strap must be connected to the handgrip or the shaft. It can be adjustable both in length and width. There are no restrictions on materials;
- 9. There is no limitation on the shape or material of the shaft, or on the mass distribution;
- 10. Exchangeable baskets with different geometric features and materials to match different snow characteristics are allowed;
- 11. The tip may be connected at any angle to the shaft. One or more tips are allowed. There are no restrictions on materials.

2.1.3 Clothing

- 1. Advertising on the competition clothing must be in accordance with the current FITA regulation.
- 2. No adhesive material, such as textile texture, wax, resin, glue or extra stitching (except for fastening or padding) is allowed on the outside of the clothing.

2.1.4 Bow

2.1.4.1 The recurve bow is a tool consisting of a stiff central part and two peripheral flexible parts ending in a tip with a string nock. The bow shall be of a simple design, either take-apart (with wooden or metal riser) or of one-piece construction. The bow is braced for use by a single string attached directly between the two string nocks only, and in operation is held in one hand by its handle (grip) while the fingers of the other hand draw, hold back and release the string. Multi-coloured bow risers and trademarks located on the inside of the upper limb are permitted.

The draw weight must not exceed 35lbs.

2.1.4.2 Draw weight measurement

The arrow is marked 1,5" (3,8 cm) back from the point with a black mark. Then the bow is drawn with a bow scale until the black mark touches the center of the cushion plunger. The checked weight is recorded. The arrow length to be recorded is measured from the inside of the nock to the end of the point (full length).

2.1.5 The Bowstring

A bowstring of any number of strands of the material chosen for the purpose with a center serving to accommodate the drawing fingers, a nocking point to which may

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be added serving(s) to fit the arrow nock as necessary, and to locate this point one or two nock locators may be positioned, and at each end of the bowstring a loop to be placed in the string nocks of the bow when braced. In addition one attachment is permitted on the string to serve as a lip or nose mark. The serving on the string must not end within the archer's vision at full draw. It is possible to use a peep-hole.

2.1.6 The Arrowrest

An arrow rest, which can be adjustable, any moveable Pressure Button, Pressure Point or Arrowplate may all be used on the bow provided they are not electric or electronic and do not offer any additional aid in aiming. The Pressure Point shall be placed no further than 4 cm back (inside) from the throat of the handle (pivot point) of the bow.

2.1.7 Draw Check Device

A draw check device, audible and /or visual, other than electric or electronic, may be used.

2.1.8 Bowsight

A bowsight for aiming is permitted, but at no time may more than one such device be used. A bow sight attached to the bow for the purpose of aiming, which may allow for windage adjustment as well as elevation setting is subject to the following provisions:

- 1. It shall not incorporate a prism or lens or any other magnifying device, leveling or electric or electronic devices nor shall it provide for more than one sighting point.
- 2. A bow sight extension is permitted
- 3. A plate or tape with distance marking may be mounted on the bow as a guide for marking, but must not in any way offer any additional aid.
- 4. If the bow sight is attached to the bow riser, no screws may project into the bow window.

2.1.8.1 Bow sight, counter-weights or stabilizers are permitted provided that they do not project more than 5 cm from the most forward point of the back face of the bow.

2.1.8.2 The maximum horizontal projection of bow equipment is 5 cm to permit the use of a cushion plunger and a bowsight.

2.1.9 Arrows

An arrow consists of a shaft with head (point), nock, fletching and if desired, cresting. The arrows of each athlete shall be marked on the shaft with the athlete's name or initials, and all arrows used by any athlete shall carry the same pattern and colour(s) of fletching, nocks and cresting, if any.

Only fully aluminium arrows are allowed. When shooting at dropping targets, the arrows must have points that are hemispherical, the diameter of the points may be the same or up to 5 % larger than the diameter of the arrow shaft.

All arrows of a competitor are of the same length.

2.1.10 Finger Protection

Finger protection in the form of finger stalls or tips, gloves, shooting tab or tape (plaster) to draw, hold back and release the string is permitted, provided they do not incorporate any device that will assist the athlete to hold, draw and release the string. A separator between the fingers to prevent pinching the arrow may be used. An anchor plate or similar device attached to the finger protection (tab) for the purpose of anchoring is permitted. On the bow hand an ordinary glove, mitten or similar item may be worn but shall not be attached to the grip.

2.1.11 Carrying Harness

There are three permitted ways to carry the bow and the arrows

- 1. Straps attached directly to the bow and with a container of the arrows attached to the bow. The bow must be carried with the sight window turned toward the back of the athlete.
- 2. A soft harness which must firmly keep the bow in such a way that it can not slip off even in case of fall, with a container of the arrows attached to the bow. The bow must be carried with the sight window turned toward the back of the athlete.
- 3. A stiff harness which must firmly keep the bow in such a way that it can not slip off even in case of fall, with a container of the arrows which can be attached either to the bow or to the harness. The bow can be slipped into the harness at the discretion of the athlete.

The three carrying methods must comply with the rules and allow carrying the bow vertically on the back, between the shoulders, in such a way that the lower end of the bow does not exceed half the distance between the center of the knee and the rotation axis of the thigh-bone;

2.2 ORGANIZATION EQUIPMENT**2.2.1 Targets****2.2.1.1 Types of Targets and General Specifications**

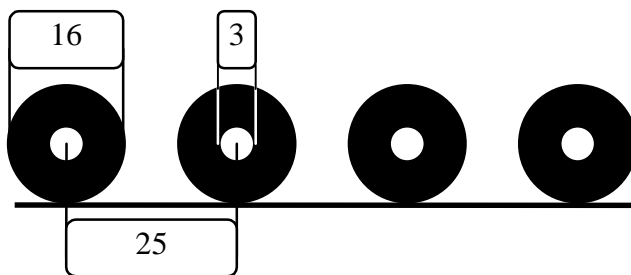
There are two main types of targets used for Ski -Archery competitions and practice:

- targets with paper target faces and
- drop-down targets.

The colour of the faces must be black with a white spot.

The 'hit' zone is of 16 cm in diameter.

The shape and dimensions for both targets are shown in the following diagram:



measured in cm

The height of the center of the target/target face shall be one meter above the level of the shooting line.

The release device of the dropping face must allow the fall of the face when hit on its lower end by a force of 1.10 Kgm (calculated on the bases of an arrow weight of 18 g and a speed of 130 km/h).

2.2.1.1.1 Targets with paper target faces

The paper target faces must be fixed to a soft support (target butt) fit for stopping the arrows. The faces must be arranged as mentioned above. Behind the targets there must be placed a white net or a similar device to stop the arrows that have missed the target. The height of the net and of any similar device must be 1 meter above the top of the target but at least two (2) meters.

2.2.1.1.2 Drop-down Targets

- 1. The drop-down targets are made up of fold-away elements made of material that does not cause any damage to the arrows.
- 2. The working mechanics must be made in such a way that they cannot be damaged by the hit of the arrows.
- 3. They must have a reset system that can be operated from the shooting line.
- 4. Any part of the target or its support likely to damage an arrow will be covered. The protective devices must be made of material that prevents the penetration and breaking of the arrows.
- 5. The entire target frame, except the drop-down faces, must be white.

2.2.2 Start Numbers

Start number pullover bibs must be used. The other two numbers must be placed on both thighs.

2.2.3 Timing Equipment

For SAWCH; SAJWCH and SAWC competition computer driven, electronic timing equipment must be used. The equipment must have an electric or electronic sensor at the start and the finish. Additionally the timing equipment system must be able to receive and process manually or automatically activated intermediate time signals.

For manual timing good quality professional stopwatches or manually activated electrical timing devices must be used.

ANNEXE B

TASKS AND RESPONSIBILITIES OF SKI ARCHERY INTERNATIONAL JUDGES

1 SKI ARCHERY INTERNATIONAL JUDGES' TASKS

1.1 Prior to the competitions

SAIJs must arrive at the event site in time to prepare prior to the first official practice. On arrival they must announce their presence to the Chairman of the Event Judges Commission and the TD. They attend the team Captains' Meeting. Also they must contact the Organizing Committee concerning their area of responsibility.

1.2 During the competitions

To prepare and control each competition, the SAIJs must:

- 1. Stay in their areas to supervise all activities to ensure the correct and orderly conduct of the part of the competition which is their responsibility;
- 2. Intervene to stop an error from being made;
- 3. Assist and advise the organizing officials if requested;
- 4. Ensure all safety precautions are being carried out;
- 5. Report to the Chairman of the Event Judges Commission when significant activities occur such as the first and the last start, the first and last athlete on the shooting range, first finish, etc., and if anything unusual occurs such as an injury, etc.;
- 6. Observe violations of the rules and report them to the Chairman of the Event Judges Commission;
- 7. Carry out any other tasks as directed by the Chairman of the Event Judges Commission and/or the TD.

1.3 After the competitions

At the end of each competition the SAIJs must:

- 1 Report to the Chairman of the Judges Commission that all is clear for their area or report the problems which have occurred and have not been previously reported: these reports must be made immediately when it is possible in order to assist the speedy posting of Interim Results and the conduct of the unofficial awards ceremony;
- 2. Report to the Competition Jury about the circumstances of penalties, when so directed;
- 3. Hold a short evaluation meeting about the competition for the chief and supervisor of the area

2 SKI ARCHERY INTERNATIONAL JUDGES' RESPONSIBILITIES

2.1. General

SAIJs are directed by the Chairman of the Event Judges Commission concerning the appropriate preparations and the correct and orderly conduct of competitions in their areas of responsibility. The Chairman of the Event Judges Commission is the liaison between the SAIJs, the TD and the Organizing Committee. He is responsible that all the necessary information from the judges reaches the TD and the Organizing Committee. SAIJs are not in charge of the conduct of activities in their areas, but are responsible to ensure that all operations are carried out correctly. The primary relationships for SAIJs within the Organising Committee is mentioned in brackets for each area of responsibility.

2.2 Specific areas of responsibility:

2.2.1 Course control (SAIJ ↔ Chief of Course):

All course matters including configurations of loops, technical specifications, grooming, signage and fencing, control and control points, access control, TV zones layout and enforcement, forerunners, communication, safety and first aid arrangements.

2.2.2 Range Control (SAIJ ↔ Chief of Range):

All range matters including layout and configurations, specifications, targets and their operations, penalty loop, coaches enclosure, signage and numberings, lane markings, wind flags, bow racks, grooming, scoring, control procedures, communication and safety.

2.2.3 Start/Finish Control (SAIJ ↔ Chief of Timing):

All start/finish area matters and timing system including layout, configurations, specifications, relay hand-over zone, start clock and course sequence board, photo-finish camera when appropriate, arrangements for athletes' clothing, grooming, signage and fencing, traffic flow and control, start and finish procedures, communication, timing procedures and equipment, and safety.

2.2.4 Material Control (SAIJ ↔ Timing Equipment and Material Control Supervisor):

All material control matters including timing, control equipment, preliminary examination of equipment, start and finish control, layouts in consultation with Start/Finish SAIJ, control procedures, traffic flow and control, communication and safety.