

Rules and Regulations

Cross-Country Skiing & Biathlon

Organizer: MAKKABI Deutschland e.V.
in cooperation with the Ski Association Chiemgau

Competition Management: Bernhard Kübler;
Contact wintergames@makkabi.de

Age Categories: Junior 2007 – 2005 (male/female)
Open 2004 – 1988 (male/female)
Master 1987 – earlier (male/female)

Remark: Further subdivision of the competition class Master will be made in case of a number of at least 8 starters per decade.

Disciplines: 10 km *classic technique*
Sprint *free technique*
Biathlon Relay *free technique*

Equipment: Athletes will use their own or rented equipment. For the preparation of the skis, space for waxing blocks will be provided in the ski depot of the hotel.

In all competitions, no obstruction is allowed. This behavior is defined as intentionally obstructing, blocking, attacking or pushing another athlete with any part of the body or ski equipment.

If an athlete does not appear in time at the start, this will lead to defeat or this run will not be included in the scoring.

The judging panel takes the national rules of the German Ski Federation (DSV) as a basis for the execution and decision-making in case of protest.

Note: In the EU, the import, production and use of highly fluorinated ski waxes has been banned since 2019. EU Regulation 2019/1021 (POPs) and EC Regulation 1907/2006 (REACH).

Competition guide

10 km – classic technique

Depending on weather and snow conditions, the course will consist of a 2.5 km or 5 km loop and will be prepared with a double-track for classic cross-country skiing. The athletes have to complete the course 4 or 2 times.

Start:

- ★ Individual start
 - Every 30 - 60 seconds, depending on the number of athletes registered

Regulations on the track:

- ★ Changing skis during the competition is not allowed
 - In the unlikely event that a ski breaks, it can be replaced with one of the nation's supervisors
 - Broken sticks can be changed by a supervisor of the nation
- ★ Athletes may scrape snow and ice off the skis and apply wax if necessary. Materials may only be handed to them and they must do this outside the track and without outside help..
- ★ From the start to the finish line the use of the skate-step technique and half skate step technique (Siitonen/Finnstep) is not allowed
 - Violation leads to disqualification
 - The following is permitted: swerving to change tracks and stepping around curves.
- ★ An athlete in front is not obliged to clear the track
 - In order to avoid dangerous situations, this is explicitly recommended for the athletes in front
 - Overtaking athletes should shout "track" for the purpose of consistent communication

Sprint – free technique

The sprint course is a 400 - 600 m short loop, which is prepared with a skating track (without classic track). Free technique means that the athletes can ski both classic and skating technique. After a qualification run (prologue), final runs (heats) will be held. Thereby 4 athletes start together.

Qualification:

- ✳ A qualifying run in the individual start
- ✳ Ranking and draw after running time

Final runs:

- ✳ Up to four athletes per heat; first and second place in each heat will advance to the next round

Regulations on the track:

- ✳ Broken sticks can be changed with any supervisor
- ✳ Athletes are allowed to have their skis waxed between heats

4x6 km Biathlon Relay – free technique

The course consists of a 2 km loop, which will be prepared with a skating track. Each nation can form teams of four athletes who will compete against each other in the mass start. The first runners of each team will run the first lap before moving on to lying shooting. Five targets must be hit with the laser rifle during the shooting. If one or more targets are not hit, a short penalty loop must be completed for each shooting error. Once all targets have been hit or all penalty loops have been completed, the athletes move on to the second round. This is followed by the standing shooting. After the third round, the changeover to the second runners takes place. These and all the others of a team complete the competition exactly as described.

Shooting range:

- ✳ The laser rifles remain at the shooting range and are taken up only for shooting
- ✳ The fastest athlete at the shooting range will take the first lane
 - All following athletes fill up the lanes according to the order of their arrival at the shooting range

Runner change:

- ✳ The change must be completed within the marked change zone
 - The athletes must clearly touch the body of the next runner on the torso or hips before they leave the change zone
- ✳ Time penalty 20 seconds for incorrect change

Regulations on the track:

- ✳ Changing skis during the competition is not allowed
 - In the unlikely event that a ski breaks, it can be replaced with one of the nation's supervisors
 - Broken sticks can be changed by a supervisor of the nation
- ✳ It is not allowed to re-wax on the track
- ✳ An athlete in front is not obliged to clear the track
 - In order to avoid dangerous situations, this is explicitly recommended for the athletes in front
 - Overtaking athletes should shout "track" for the purpose of consistent communication