



VALOR GAMES
FAR WEST

Biathlon Rules

General Rules:

- Biathlon is an electronic shooting competition that also includes an element of fitness
- The athlete begins by using an indoor skiing machine and travels a distance of 200m
- The athlete takes aim at a target with an electronic rifle
- The shooter has the chance to hit 5 targets
- The entire series is timed
- For each missed target 10 seconds are added to the elapsed time
- Scores are based on time elapsed
- Athletes are divided into competition classes based on disability and gender: Standing, Seated, Visual Impairment (VI), and Open