



Biathlon Rules

General Rules:

- Biathlon is an electronic shooting competition that also includes an element of fitness.
- The athlete begins by using an upright rowing machine that simulates the double pole motion used in cross-country skiing and travels a distance of 200m.
- Immediately after "skiing" participants will then take 5 shots from a seated supported/unsupported position.
- The athlete takes aim at a target with an electronic rifle 10m away.
- 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.