



**THE SOUTH AFRICAN BIATHLON ASSOCIATION
TECHNICAL RULES**

21 April 2021

INDEX

No	Rules	Page
1	Introduction	3
2	Age Groups	3
3	Determination of Ages	4
4	Composition of Teams	4
5	Individual Participation	4
6	Points Tables	4
7	Bonus Points	4
8	Officials	5
9	Sequence and Distances of Participation	10
10	Attire	12
11	Numbers	12
12	Withdrawals and Replacements	12
13	Board of Appeal	12
14	Protests and Appeals	12
15	Start and Finish Points	13
16	Heats	13
17	Assistance to Athletes	13
18	Drawn results	13
19	Records	14
20	Substance Abuse and Anti-Doping	14
21	Trophies at National Championships	14
22	Results	15
23	Amendments of the Rules	15

RULE 1: INTRODUCTION

Biathlon is a unique and independent sport code where athletes compete both in running and swimming events and in doing so determining the versatility of the athletes by way of pre-determined points tables. The sport also enables athletes of all ages to compete at equal level. Biathlon does not endeavour to compete with Athletics or Swimming although many of the rules of these codes are incorporated in Biathlon. The distances that athletes compete in are unique and it has been proven over the years that athletes require a high level of versatility to achieve success.

RULE 2: AGE GROUPS

Athletes participate as boys/men and girls/women in the following age groups:

- Under 8.
- Under 9.
- Under 11.
- Under 13
- Under 15.
- Under 17.
- Under 19.
- Seniors (Open) (19 to 26 years).
- Junior Veterans (27 to 40 years).
- Veterans (41 to 49 years).
- Senior Veterans (50 to 59 years).
- Masters (60 to 69 years).
- Senior Masters (70+ years)

Note 1: Under 8's are currently not competing at National level. Under 8's are permitted to participate at Interprovincial meetings.

Note 2: Athletes will participate in their respective age groups, with the possible exception that athletes in the under 17 and older age groups, on condition that such athletes meet the qualified standards, be allowed to participate in the Senior (Open) category. This may only take place if the team in the original age category of the athlete has entered the maximum ranked number of athletes (five).

RULE 3: DETERMINING OF AGES

The age of an athlete on 31 December of the year of the SA Championship will determine the age group in which he/she will participate. The duration of a season is from day the after a SA Championships to the next year's SA Championship.

RULE 4: COMPOSITION OF TEAMS

- 4.1. National Championships. Each province is entitled to enter only one team, comprising of a maximum of 5 athletes per age group. In addition, provinces are entitled to enter 10 additional athletes which qualify, irrespective of the age groups. Five athletes with special needs may be entered. Athletes entered must have complete in at least 2 meetings during the season and must be affiliated to SA Biathlon.
- 4.2. Interprovincial meetings. Each province may enter an A, B and C team comprising of no more than 5 athletes per category for these meetings. Five athletes (or more if approved by the Meeting Manager) with special needs may be entered.

RULE 5: INDIVIDUAL PARTICIPATION INTERPROVINCIAL AND NATIONALS

- 5.1 Individual participation will not be allowed ~~as a rule~~. All athletes must be affiliated with a Province.
- 5.2 The National Executive may invite individual athletes who conform to especially high standards, to participate at selected meetings. Such athletes will not be eligible to receive medals or set records.

RULE 6: POINTS TABLE

Achievements of athletes will be determined by calculating the run and swim times by ways of the approved SA Modern Biathlon tables. 5 points are added or subtracted per second for the running events faster or slower than the norm for 1000 points and 10 seconds for the swimming events. The only exception is the 50m swim events where 16 points are added or deducted.

RULE 7: BONUS POINTS

Athletes who participate in the Veterans, Senior Veterans and categories receive 15 bonus points for every year that the athlete is older than the minimum age requirement for that category. The Junior Veterans will receive 8 bonus points per year and the Masters and Senior Masters as set out in Par 9.

RULE 8: OFFICIALS

8.1 Running. The following officials perform duties at meetings:

8.1.1. The Meeting Manager must:

8.1.1.1. take control over the meeting and ensure that the program runs smooth and according to schedule.

8.1.1.2. ensure that all officials report for duty and that they understand their responsibilities.

8.1.1.3. ensure that only authorised persons enter the competition area.

8.1.1.4. ensure that the track is correctly prepared for participation.

8.1.1.5. ensure that all equipment and resources are available and in working order.

8.1.1.6. ensure that the following aspects are available and correct on the computer:

8.1.1.6.1. records of the specific meeting; and

8.1.2.6.2. the times for the respective age groups.

8.1.3. The Referee must:

8.1.3.1. determine if additional referees should be appointed to the track and finish position.

8.1.3.2. ensure that all rules applicable to the specific meeting are adhered to.

8.1.3.3. rule in cases of technical disputes during competitions.

8.1.3.4. rule on the placement of athletes if judges are unable to do so.

8.1.3.5. deny athletes further participation where misconduct took place.

8.1.4. The Judges must:

8.1.4.1. rule on the sequence that an athlete has finished the race in and hand the athlete a disc indicating the position.

8.1.4.2. ensure that all athletes report to the place recorders.

8.1.4.3. ensure that a sufficient number of Judges are available to organise a successful meeting.

8.1.5. Assistant Judges (corner judges) Act as assistants to the Referee but they have no decision-making authority. It is their responsibility to point out all infringements of rule or problems to the referee by ways of lifting a red flag and to convey details verbally to the referee before the start of the next event.

8.1.6. Timekeepers:

- 8.1.6.1. A Chief Timekeeper and at least 2 Timekeepers (with serviceable stopwatches) must be appointed at meetings. At Interprovincial and National meetings 2 sets of timekeepers must be appointed. The Chief Timekeeper must ensure that the timekeeping of the Timekeepers is accurate. They will also act as standby timekeeper in case of a malfunction by one of the Timekeepers. When available, electronic time will serve as the official time.
- 8.1.6.2. Timekeepers are positioned on both sides of the track at the finishing line and record the individual time of every athlete who completes the event.
- 8.1.6.3. The times are then taken to the Time Recorders. In cases where times differ, the slowest time of the participant is taken into account.
- 8.1.6.4. Lap times may be shouted by one of the timekeepers to all the athletes upon completion of a lap, but not when crossing the finishing line.
- 8.1.6.5. Times are rounded off to one-hundredth of a second in the case where stopwatches provide one-hundreds of a second.
- 8.1.6.6. Final times will not be given to athletes or officials during a meeting.

8.1.7. The Starter must:

- 8.1.7.1. determine the validity of the start of every race.
 - 8.1.7.2. ensure that Timekeepers, Judges and Assistant Judges are ready before a race is started.
 - 8.1.7.3. use the command “on your marks” to place the athletes behind the starting line. Athletes must move to behind the starting line and their feet may not touch the line. As soon as the athletes are ready and the Assistant Starter has given the signal, the gun may be fired to signal the start of the race.
 - 8.1.7.4. in the event of a false start by an athlete, stop the race and give the athlete a warning.
 - 8.1.7.5. when athletes are in the “on your marks position” and he/she is not satisfied that all is in order, order the athletes to stand back and repeat the starting process.
 - 8.1.7.6. warn athletes who don't adhere to his/her commands and disqualify the athletes if the disobedience occurs again.
- 8.1.8. Athletes Official is responsible to place the athletes in the allocated heats and hand them over to the Assistant Starter.

- 8.1.9. Assistant Starters(s) must:
- 8.1.9.1. ensure that all athletes participate in the correct heats.
 - 8.1.9.2. where applicable ensure that the athletes' numbers are fitted correctly.
 - 8.1.9.3. ensure that all athletes start in the correct lanes.
 - 8.1.9.4. ensure that athletes line up 3 metres behind the starting line.
 - 8.1.9.5. give the signal to the Starter that the athletes are in the correct "on your marks" position.
 - 8.1.9.6. indicate any possible starting problem to the starter.
- 8.1.10. The Lap Counter is responsible to ensure that every athlete completes the required amount of laps and to indicate the remaining laps to be completed in a visual manner at the finishing line. The last lap to be completed is indicated by ringing of a bell.
- 8.1.11 Time Recorders are responsible to capture the times and positions/places of athletes and to hand these over to the Chief Recorder who in turn will determine the points. Close cooperation between the Judges and Timekeepers are important. Runners are used to take the times to the Results Official.
- 8.1.12. Chief Recorder is responsible to enter all times per athletes as received by the Time Recorders in the computer in order to determine results. The official Biathlon computer program is used and when not available, the results shall be determined by using the official points tables manually.
- 8.2. Swimming. The swimming events take place after the running events on the same day. Normally the events will be presented at a 50 m pool but in the event of a 25 m pool 0.8 seconds will be added to the time for each swimmer for every turn. Any of the four official swimming strokes may be used. Sufficient time must be allowed between the two disciplines to enable the officials to present a meeting of high standard. The following officials render service at the swimming:
- 8.2.1. The Meeting Manager is in total control of the meeting and must:
- 8.2.1.1. maintain total control over the execution of the rules and, when necessary, approve the appointment of additional officials in the case where officials are unable to fulfil their duties satisfactory.
 - 8.2.1.2. inspect the swimming pool prior to the meeting and ensure that it is safe to swim in.
 - 8.2.1.3. make ruling decisions when disputes arise amongst officials.

- 8.2.1.4. indicate to the Starter that it is ready to commence with the meeting.
- 8.2.1.5. ensure that the swimmers attire is in compliance with regulations.
- 8.2.1.6. make the discretionary decision to implement the “over the top” starting method to save time.
- 8.2.1.7. make the decision to allow a swimmer to start in the water whilst hanging on to the starting block or that the swimmer starts from a standing position next to the starting block.
- 8.2.2. The Starter must:
 - 8.2.2.1. execute full control over participants from the moment that they are handed over to him until the event has started.
 - 8.2.2.2. ensure that the distance of the swimming event is communicated to the swimmers.
 - 8.2.2.3. call back swimmers if deemed necessary.
 - 8.2.2.4. ensure that the start is valid.
 - 8.2.2.5. take up position so that swimmers can both see and hear the starting signal.
 - 8.2.2.6. ensure that the swimmers’ reaction to the whistle is correct, namely first whistle behind the starting blocks and the second whistle on the blocks.
 - 8.2.2.7. give the warning command “on your marks” where after the swimmers should take up the ready position. The Starter will then start the race with the firing of a starter’s pistol or a buzzer. (whistle may be used at domestic meetings) Electronic devices, if available, should be used for Interprovincial and National events.
 - 8.2.2.8. in the case of a swimmer/s starting/diving before the signal, report it to the Referee, in which case the swimmer will be penalised by 2 seconds.
 - 8.2.2.9. starter must be informed about false start rule before the event.
 - 8.2.2.10. false start must be reported to athlete immediately after the race.
- 8.2.3. Participants Official is responsible for the organizing of the swimmers into the appropriate heats and to hand the cards of the swimmers to the timekeepers.
- 8.2.4. Turn Judge will check that all swimmers correctly touch the side when turning and report any incidents to the referee for ruling
- 8.2.5. Chief Timekeeper must:
 - 8.2.5.1. ensure that all stopwatches are in perfect working order.

- 8.2.5.2. allocate lanes to Timekeepers.
- 8.2.5.3. ensure that at least two timekeepers per lane officiates at Interprovincial and National events.
- 8.2.5.4. keep stopwatches in reserve in the event of watches becoming faulty.
- 8.2.5.5. do regular spot checks in different lanes by also running a watch to ensure that accurate timekeeping is upheld throughout the meeting.
- 8.2.5.6. ensure that Timekeepers note the time on the cards and then collect it from them.
- 8.2.5.7. make rulings in cases when Timekeepers experience problems.
- 8.2.6. Timekeepers must:
 - 8.2.6.1. record the time of a swimmer that has been allocated to him/her by starting the stopwatch at the starters signal and stopping the watch when the swimmer touches the side on completion of the event.
 - 8.2.6.2. ensure that the name of the swimmer correlates with the name on the result card.
 - 8.2.6.3. write the time on the result card.
 - 8.2.6.4. be ready to record the time of the next event.
 - 8.2.6.5. report any faults or malfunctions to the Chief Timekeeper.
 - 8.2.6.6. not allow disorderly conduct in the competitors area.
- 8.2.7. Chief Recorder must enter the times from the result cards in the computer using the official Biathlon program to determine results for the meeting. Times are rounded off to the nearest hundredth of a second. When three Timekeepers record times the middle time, will be taken into account as the official time, except when two timekeepers times are the same. When two timekeepers record times, the average time is the official time. When electronic timing is used the electronic time will be regarded as the official time.
- 8.3. The Announcer is responsible adding a positive atmosphere to the meeting and to make suitable commentary throughout the meeting as well as to keep the athletes and spectators informed.
- 8.4. Runners are used to ensure the smooth execution of the meeting and will only be tasked by appointed officials.

RULE 9: SEQUENCES AND DISTANCES OF PARTICIPATION

9.1 The sequence for national and Interprovincial competitions may only be changed by the Meeting manager with the approval of the Executive Committee. At Provincial Championships and league meetings the Meeting Manager will have the final say on the sequence of events. Events may be combined to ensure continuity.

EVENT	RUNNING	EVENT	SWIMMING
1	Under 8 Girls (*)	28	Under 8 Girls (*)
2	Under 8 Boys (*)	29	Under 8 Boys (*)
3	Under 9 Girls	30	Special Needs
4	Under 9 Boys	31	Under 9 Girls
5	Under 11 Girls	32	Under 9 Boys
6	Under 11 Boys	33	Under 11 Girls
7	Special Needs	34	Under 11 Boys
8	Snr Master Ladies	35	Snr Master Ladies
9	Snr Master Men	36	Snr Master Men
10	Master Ladies	37	Master Ladies
11	Master Men	38	Master Men
12	Snr Vet Ladies	39	Under 13 Girls
13	Snr Vet Men	40	Under 13 Boys
14	Vet Ladies	41	Sen Vet Ladies
15	Vet Men	42	Sen Vet Men
16	Jnr Vet Ladies	43	Vet Ladies
17	Jnr Vet Men	44	Vet Men
18	Snr (Open) Ladies	45	Jnr Vet Ladies
19	Snr (Open) Men	46	Jnr Vet Men
20	Under 19 Boys	47	Sen (Open) Ladies
21	Under 17 Boys	48	Sen (Open) Men
22	Under 15 Boys	49	Under 19 Girls
23	Under 19 Girls	50	Under 19 Boys
24	Under 17 Girls	51	Under 17 Girls
25	Under 15 Girls	52	Under 17 Boys
26	Under 13 Girls	53	Under 15 Girls
27	Under 13 Boys	54	Under 15 Boys

(*) under 8 is not part of the National Championships

9.2 Distances and times:

Times needed for 1000 points effective 1 September 2019

AGE GROUP	RUNNING		SWIMMING		BONUS POINTS
Girls/Ladies	Distance	Time	Distance	Time	per year over base
u/08	400	1 min 58	25	0 min 35	0
u/09	800	3 min 32	50	0 min 49	0
u/11	800	3 min 16	50	0 min 46	0
u/13	1000	3 min 51	100	1 min 28	0
u/15	1000	3 min 44	100	1 min 25	0
u/17	1000	3 min 44	100	1 min 25	0
u/19	1000	3 min 45	100	1 min 26	0
Seniors	1000	3 min 45	100	1 min 29	0
Jnr Vets (27 - 39)	1000	3 min 45	100	1 min 30	8
Veterans (40 - 49)	1000	3 min 50	100	1 min 34	15
Snr Vets (50 - 59)	1000	4 min 08	100	1 min 40	15
Masters (60 - 69)	800	3 min 56	50	0 min 52	25
Snr Masters (70 +)	400	2 min 12	50	1 min 00	46
AGE GROUP	RUNNING		SWIMMING		BONUS POINTS
Boys/Men	Distance	Time	Distance	Time	per year over base
u/08	400	1 min 53	25	0 min 35	0
u/09	800	3 min 17	50	0 min 49	0
u/11	800	3 min 10	50	0 min 46	0
u/13	1200	4 min 21	100	1 min 26	0
u/15	1600	5 min 28	100	1 min 22	0
u/17	1600	5 min 09	100	1 min 21	0
u/19	1600	5 min 09	100	1 min 21	0
Seniors	1600	5 min 04	100	1 min 21	0
Jnr Vets (27 - 39)	1000	3 min 17	100	1 min 21	8
Veterans (40 - 49)	1000	3 min 24	100	1 min 26	15
Snr Vets (50 - 59)	1000	3 min 41	100	1 min 32	15
Masters (60 - 69)	800	3 min 07	50	0 min 49	25
Snr Masters (70 +)	400	1 min 40	50	0 min 57	46

Running:

For every 1 second slower, 5 point will be subtracted from your 1000 points, and for every 1 second faster, 5 points will be added to your 1000 points.

Swimming:

For every 1 second slower, 10 point will be subtracted from your 1000 points, and for every 1 second faster, 10 points will be added to your 1000 points. For athletes swimming 50m the adjustment will be 16 points per second. Swimming in a 25m pool: deduct 12.8 points for a 50m swim or 16 points for a 100m swim from the points total.

RULE 10: ATTIRE

- 10.1 Officials must be dressed in accordance with the Meeting Manager for Interprovincial and National meetings.
- 10.2. During domestic meetings athletes may wear attire as prescribed by the respective provinces. At Interprovincial and National meetings athletes must wear the official attire of the province they are representing. At the swimming event FINA rules apply which stipulate that only non-transparent one-piece swimsuits not longer than knee-length may be worn. It is not permitted to wear two swimming suits, one over the other. No plasters, bandages (strapping), rings, watches, arm, ankle or wrist bracelets may be worn by swimmers. If a swimsuit is used the Fina rules will apply. If a swimming costume is used, only one piece. In specific cases the referee may approve variations.
- Strapping may only be worn with the approval the Referee.
- 10.3 School athletes taking part at a national championships and is not part of the official provincial team, must take part in their schools clothing.

RULE 11: NUMBERS

The wearing of numbers shall be determined by the Meeting Manager.

RULE 12: WITHDRAWALS AND REPLACEMENTS

Withdrawals for Interprovincial meetings will be dealt with in accordance with procedures at the team managers meeting. During the National Championships withdrawals must be done at the latest at the team managers meeting. The host province will confirm the final date of entries. The entry fees of the withdrawn athlete are still payable to the host province. Withdrawals on the day of the National Championship must be communicated to the Meeting Manager by the applicable Team Manager of the athlete. Replacements will not be allowed.

RULE 13: BOARD OF APPEAL

A Board of Appeal, consisting of three members who have sound knowledge of the Biathlon Technical Rules, must be appointed for Interprovincial and National Championships. An Appeal Board member may not be a participant or Team Manager. The function of this Board is to handle all protests, appeals and other issues that is referred to in accordance with RULE 14.

RULE 14: PROTESTS AND APPEALS

- 14.1 Protests against the participation of an athlete must be handed in to the Referee by the Team Manager. If the Team manager is not satisfied with the

outcome of the Referee's decision, the protest can be referred to the Board of Appeal. The Board of Appeal must at all times act in a neutral manner.

14.2 Appeals. The following is applicable:

14.2.1. All appeals must be handed in in writing by the applicable Team Manager.

14.2.2. Appeals must be factual and based on the rules of Biathlon.

14.2.3. Must be accompanied by a cash amount of R100,00. The amount will be repaid if the appeal is successful and forfeited if unsuccessful.

14.2.4. All appeals must be lodged within 30 minutes after the alleged incident has taken place. Any deviation from this will be at the discretion of the Appeal Board.

14.2.5. The ruling by the Board of Appeal is final.

RULE 15: START AND FINISH POINTS

Start and finish lines must be clearly marked. At National Championship video recordings must be available at the finish of the running and at the start of the swimming.

RULE 16: HEATS

The Meeting Manager will determine the size of the respective heats.

RULE 17: ASSISTANCE TO ATHLETES

The only assistance that may be provided to athletes during events is the giving of lap times after completion of laps during the running and support from the spectators pavilion by supporters. Other than information given from the pavilion, no pacing or any other assistance may be provided. Athletes receiving illegal assistance will be disqualified. The assistance to athletes with special needs will be determined by the Meeting Manager.

RULE 18: DRAWN RESULTS

It is possible for athletes to end up in the same position after the run and swim times have been processed. Should there be drawn results in the top three placings, the following will apply to the awarding of medals:

18.1. Should two athletes share the first place, award two gold medals, no silver and one bronze.

18.2. Two athletes in the second place – awards one gold, two silver and no bronze.

18.3. Two athletes in the third place – award one gold, one silver and two bronze.

RULE 19: RECORDS

The following applies:

- 19.1. A Register containing the National records per age group must be kept by the Executive Committee. The name of the athlete, date of the record and total points must be indicated.
- 19.2. Only records achieved during official meetings that complied with the technical rules may be recognised. Should a record be improved at any meeting other than the National Championships, the applicable province must apply to the Executive Committee for recognition thereof. After such approval all provinces will be notified of the new record.
- 19.3. Interprovincial records are to be kept by organising bodies on a similar way that national records are kept.
- 19.4. Provincial records are to be kept by provincial committees.

RULE 20: SUBSTANCE ABUSE AND ANTI-DOPING

SAMBA shall accept and abide by the spirit and terms of the South African Institute for Drug Free Sport [SAIDS] and Anti-Doping Program and the Anti-Doping Rules including the application of its sanctions to individuals and shall respect the authority of and co-operate with SAIDS and the hearing bodies in all substance abuse and anti-doping matters which are not governed by the rules of the relevant International Federation.

RULE 21: TROPHIES AT NATIONAL CHAMPIONSHIPS

The original floating trophies will be stored in a central place and awards will be presented to the recipients. The following are awarded:

- 21.1. The *NATIONAL SHIELD* – Is awarded to the province that achieved the most points in the under 9,11, 13, 15, 17 and 19 Boys and Girls teams.
- 21.2. The *STAN WALTER* trophy – Is awarded to the province that achieved the most points in the Special Needs, Senior (Open), Junior Veterans, Veterans, Senior Veterans, Masters and Senior Masters teams.
- 21.3. The *LES COX* - Is awarded to the province that achieved the most points in the Boys/Men and Girls/Ladies sections.
- 21.4. The *CHRIS JANSEN* trophy is the Senior Victor Ludorum Trophy and is awarded to the Men's athlete who achieved the highest points during the championships.

- 21.5. The *ARCHIE MARKGRAAFF* trophy is the Senior Victrix Ludorum Trophy and is awarded to the Ladies athlete who achieved the highest points during the championships.
- 21.6 The *DEON VELTHUYSEN* trophy is the Junior Victor Ludorum Trophy and is awarded to the senior junior male athlete with the highest points total.
- 21.7. The *DAVE VAN DER WALT* trophy is the Junior Victrix Ludorum Trophy and is awarded to the junior female athlete with the highest points total.
- 21.8. The *VICTOR HESSE* trophy is awarded to the athlete with the highest running points total (including half of the bonus points).
- 21.9. The *KOTZENBERG* trophy is awarded to the athlete with the highest swimming points total (including half of the bonus points).
- 21.10. The *PRESIDENT* trophy is awarded to the province with the most points based on the number of medals awarded. Gold, silver and bronze medals are awarded 3, 2 and 1 points.
- 21.11 The first three athletes in every category will receive medals.
- 21.12 All special Need Athletes will receive a gold medal on completion of the event.

RULE 22: RESULTS

Individual and team results will be made available after the prize giving. Any protest against a result must be lodged with the Event Manager as soon as possible. Results of Interprovincial and National championships will be available on the website of SA Biathlon (www.sabiathlon.co.za) on the first working day following the meeting. The results of team competitions are determined by the total points of the first three athletes of each province, the combined Master and Snr Master category will only receive team points for the three highest points (males and females) and two special needs athletes with 2000 points per athlete.

RULE 23: AMENDMENT TO RULES

Any proposals for changes to the rules must be forwarded in writing by the respective provinces to the Executive Committee for consideration. Commentary will then be requested from all the provinces and amendments will then, after feedback has been received, be discussed and be approved by the Executive Committee.