



Biathlon



COMPETITION MANUAL

Updated: August 2025



GUIDING BODIES

World Police and Fire Games Federation (WPFGF) 7944 Convoy Court, San Diego, CA
92111 USA Tel: (858) 571-9919; Email: 4info@cpaf.org

National Rifle Association, (NRA) (Police Pistol Combat Rules) Guidelines only: 11250
Waples Mills Rd., Fairfax VA 22031 USA.

International Amateur Athletic Federation (IAAF) Guidelines only 17 rue
Princesse Florestine, BP 359; MC 98007 Monaco

Tele: +37.7.93.10.88.88 FAX: +37.7.93.15.95.15

Website: www.iaaf.org E-Mail: headquarters@iaaf.org

PLEASE NOTE: WPFGF Rules supersede NRA and IAAF Rules.

[CLICK HERE FOR GOVERNING BODY FULL RULES](#)

International rules will be followed unless specified in WPFG Guidelines

EVENTS

This sport combines two events: Pistol shooting and running a one-mile course.

INDIVIDUAL

Men's and Women's Individual events will be offered in the following age categories:

Men's	Women's
18+	18+
30+	40+
40+	50+
50+	
60+	

2-PERSON TEAM: MEN, WOMEN and MIXED

Team events will be offered in the following age categories:

18+
40+
50+

Age as of Date: 12/31/2027

Entry Deadline: 2/28/2027

Team members must compete in Individual competition to be eligible to compete on a Team.
A competitor may enter both same gender and mixed team events.

Active-duty competitors from police and fire agencies may combine to form a team regardless of agency size **WITHIN THEIR COUNTRY OF EMPLOYMENT**. Retired competitors may combine to form a team in any manner they wish including across country lines with other eligible competitors regardless of police or fire agency.



Sequence of running and shooting

Start

1. One mile run
2. 12 rounds standing without support (Body target)
3. One mile run
4. 12 rounds standing without support (Body target)
5. One mile run

Finish

Total course: 3 miles and 24 rounds.

Starting Area:

The starting area and finish area of the running course shall be at the pistol range and shall be laid out in as close proximity as possible to the range so that it is easily visible to competitors and officials.

GENERAL SPORT RULES for Biathlon

BRACKETING

Point System Bracketing: Competitor time, plus/minus bonus or penalty points.

Equipment Check

All shooting equipment shall be inspected by the Equipment Control Official prior to the start of each relay.

Disqualification:

A competitor who arrives late for his/her relay or after the event is over shall be disqualified, unless there is an open relay at a later time. No extra relay shall be set up for late entries or arrivals.

FIREARM AND AMMUNITION SPECIFICATIONS

Only the following firearms are permitted to be used in the Biathlon event.

Semiautomatic pistols that comply with the NRA rules for Stock Duty pistol. Rule 3.7.

Revolvers that comply with the NRA rules for Stock Duty Revolver. Rule 3.6. The rules may be found here:

ALIBIS: This is a no alibi match (such as misfires, malfunctions of the firearm or firing on the wrong target).

EXCEPTION: If another competitor fires on your target, you will be awarded points for the highest scoring hits on your target unless the bullets holes from the other competitor may be clearly identified as different.

Loaning equipment: No competitor shall loan equipment if it will cause any type of delay.



SHOOTING SEQUENCE:

FIRST PHASE: TWELVE (12) ROUNDS

A competitor shall fire 6 rounds at the target then reload with 6 rounds and fire again. After firing this phase, they shall return to the running course for their second mile run.

SECOND PHASE: TWELVE (12) ROUNDS

A competitor shall fire 6 rounds at the target then reload with 6 rounds and fire again. After firing this final phase, they shall return to the running course for their third and final mile run.

Loading and Unloading:

As a competitor arrives at the designated shooting position, he/she shall, without command, and with total safety, with the barrel pointed down range at all times, load 6 rounds and fire at will. Upon completion of the first string of 6 rounds, he/she again shall load with 6 rounds and complete the second string. At this time the competitor will make sure the firearm is clear with the slide back and the magazine out and empty or cylinder open and placed on the table with the barrel pointing down range and then continue the next one-mile leg.

If a competitor fails to fire all 12 rounds of the first or second phase of the shooting sequence and leaves their firing position to start their next mile run, they may return to their firing position (except if they have run past the first or last numbered target on the range). If that happens, they must continue on the running course and shall receive penalty time for the rounds left in the firearm (fired or not fired) during each phase.

COMPETITORS' SAFETY EQUIPMENT, EYE AND EAR PROTECTION

No competitor will be allowed on the firing range without ear and eye protection authorized by the Equipment Control Official. Each competitor shall bring their own ear and eye protection, and they shall be checked by the Equipment Control Official. Each competitor shall wear their ear and eye protectors during each twelve (12) shot phase of the shooting portion of the Biathlon.

Penalty time for not using ear and eye protection

If a competitor is found not wearing their ear and eye protectors during any portion of a shooting phase of the Biathlon, they shall receive a sixty (60) second penalty for each infraction.

Penalty time for unsafe loading and unloading, and/or the taking of shooting gear onto the running portion of the Biathlon:

Competitor failing to adhere to any of the loading and unloading rules and/or take shooting gear (such as ammunition and/or magazines, etc.) onto the running portion of the Biathlon, shall receive a 60 second penalty. This will be added to their overall time, for each violation.

Magazines: All magazines shall have no more than 6 rounds in each at any one time.

Penalty time for magazines and hand loading: If a competitor is found to have loaded or is loading more than 6 rounds at any one time, a 60 second penalty will be added to their overall time for each violation.

Shooting one hand or two: A competitor may shoot either way.

Shooting Stance: All shots shall be fired from a standing position with both arms extended without support. If a competitor wishes to shoot one handed, they then may rest one elbow



against the stomach and chest cradling their shooting arm. Penalty time for taking the wrong shooting stance: If a competitor shoots from the wrong stance at any time during the shooting portion of the Biathlon, such as (prone, sitting, kneeling) or use of support other than their elbow while shooting one handed, they will receive a 60 second penalty for each violation.

Total Rounds Fired Per Competitor: No competitor shall fire more or less than 12 rounds during each of the two phases of the shooting portion in the Biathlon. No competitors shall have more than 24 rounds at their shooting position or on their person during any portion of their relay. Penalty time for firing more or less rounds: If a competitor fires more or less than 12 rounds during each of the two phases of the shooting portion of the Biathlon, they will have a 60 second penalty added to their overall time for each phase.

Placing Individual and Team Winners:

The fastest overall elapsed time (after penalty and bonus time) in each category shall determine first through third place.

Team:

The team event shall consist of 2 persons. Individual scores are used to determine team scores. Each team member must compete in the Individual event of the Biathlon to be eligible for the Team event. The aggregate time of both team members will determine each team's placement, after penalty and bonus time.

Example of Mixed Pairs Team Scoring:

Jane Doe 21.51

John Doe 20.16

Total 42.07

Total time: Forty-two (42) minutes and seven seconds.

Jim Jones 20.19

Jane Jones 20.06

Total 40.25

Total time: Forty (40) minutes and twenty-five seconds.

First place - The Jones

Second place - The Does

Scoring Shooting Portion of the Biathlon

1. For EACH round outside of the body target, (light area, paddle shape) but still inside the torso area of the silhouette, (black area) a 10 second penalty will be added to the overall time.
2. A round missing the black area of the full silhouette OR an unaccountable round will have a 30 second penalty per round added to the overall time.
3. For each round inside or breaking the line around the X ring a 30 second deduction will be taken from the overall time.

Breaking Ties

When two or more competitors or teams have the same numerical score scores will be



ranked in the following order:

1. By the greatest number of X hits on the target.
2. By the greatest number of “cricket bat” hits on the target.
3. By the fewest number of hits on the black area of the target.
4. By the fewest number of misses on the target.

AWARDING OF MEDALS TO ATHLETES

During the medal presentation, only athletes and eligible coaches are allowed to participate in this ceremony. Each athlete and one eligible coach **SHALL** present their Athlete’s Credential. If the athlete or coach does not present their Athlete’s Credential, they **SHALL NOT** receive a medal. This is a mandatory requirement to receive a medal.

Technical Support Personnel and children are not allowed on the podium with the teams during the medal presentation.

The sport coordinator SHALL have in their possession a copy of the CSE Report for verification of participation. This will determine and verify which event the athlete was entered into.