

1. Class of Competitors	2. Course Length and Competition Type	3. Standard Start Types and Intervals	4. Ski Loops	5. Shooting Bouts and Shot Penalty 5 Rounds per Bout except Relay	6. Distance between and Location of Shooting Bouts	7. Total Climb
<b>JUNIOR MEN</b>	15 km <b>INDIVIDUAL</b>	Single, 30 sec, 1 minute	5	P, S, P, S - 1 minute	3 km - 3 / 6 / 9 / 12 km	400 - 600 m
	10 km <b>SPRINT</b>	Single, 30 sec, 1 minute	3	P, S - 150 m	3.3 km - 3.3 and 6.6 km	300 - 450 m
	12.5 km <b>PURSUIT</b>	Pursuit	5	P, P, S, S - 150 m	2.5 km - 2.5 / 5 / 7.5 / 10 km	350 - 500 m
	12.5 km <b>MASS START</b>	Simultaneous	5	P, P, S, S - 150 m	2.5 km - 2.5 / 5 / 7.5 / 10 km	350 - 500 m
	4 x 7.5 km <b>RELAY</b>	Simultaneous and Tag	3	P, S (each) + 3 Spare Rounds per Bout - 150 m	2.5 km - 2.5 and 5 km	200 - 300 m
	2.4 km <b>SUPER SPRINT QUALIFICATION</b>	Single, 15 sec	3	P, S (each) + 3 Spare Rounds per Bout - Penalty = Disqualification	800 m - 800 m and 1.6 km	45 - 75 m
<b>JUNIOR WOMEN MEN</b>	4 km <b>SUPER SPRINT FINAL</b>	Simultaneous	5	P, P, S, S, (each) + 3 Spare Rounds per Bout - Penalty = Disqualification	800 m - 800 m / 1.6 km / 2.4 km / 3.2 km	75 - 125 m
	2 x 6 km (W) / 2 x 7.5 km (M) <b>MIXED RELAY</b>	Simultaneous and Tag, W, W, M, M	3	P, S (each) + 3 Spare Rounds per Bout - 150 m	2 km - 2 and 4 km 2.5 km - 2.5 and 5 km	150 - 250 m 200 - 300 m
<b>JUNIOR WOMEN</b>	6 km (W) / 7.5 km (M) <b>SINGLE MIXED RELAY</b>	Simultaneous and Tag, W, M	W - 4 M - 5	P, S (each athlete twice) + 3 rounds per bout - 75m	1.5 km - 1.5 and 3 km (each athlete twice)	100 - 240 m 125 - 300 m
	12.5 km <b>INDIVIDUAL</b>	Single, 30 sec, 1 minute	5	P, S, P, S - 1 minute	2.5 km - 2.5 / 5 / 7.5 / 10 km	350 - 500 m
	7.5 km <b>SPRINT</b>	Single, 30 sec, 1 minute	3	P, S - 150 m	2.5 km - 2.5 and 5 km	200 - 300 m
	10 km <b>PURSUIT</b>	Pursuit	5	P, P, S, S - 150 m	2 km - 2 / 4 / 6 / 8 km	200 - 400 m
	10 km <b>MASS START</b>	Simultaneous	5	P, P, S, S - 150 m	2 km - 2 / 4 / 6 / 8 km	200 - 400 m
	3 x 6 km <b>RELAY</b>	Simultaneous and Tag	3	P, S (each) + 3 Spare Rounds per Bout - 150 m	2 km - 2 and 4 km	150 - 250 m
	2.4 km <b>SUPER SPRINT QUALIFICATION</b>	Single, 15 sec	3	P, S (each) + 3 Spare Rounds per Bout - Penalty = Disqualification	800 m - 800 m and 1.6 km	45 - 75 m
	4 km <b>SUPER SPRINT FINAL</b>	Simultaneous	5	P, P, S, S, (each) + 3 Spare Rounds per Bout - Penalty = Disqualification	800 m - 800 m / 1.6 km / 2.4 km / 3.2 km	75 - 125 m

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1. Class of Competitors	2. Course Length and Competition Type	3. Standard Start Types and Intervals	4. Ski Loops	5. Shooting Bouts and Shot Penalty 5 Rounds per Bout except Relay	6. Distance between and Location of Shooting Bouts	7. Total Climb
<b>YOUTH MEN</b>	12.5 km <b>INDIVIDUAL</b>	Single, 30 sec, 1 minute	5	P, S, P, S - 45 sec	2.5 km - 2.5 / 5 / 7.5 / 10 km	350 - 500 m
	7.5 km <b>SPRINT</b>	Single, 30 sec, 1 minute	3	P, S - 150 m	2.5 km - 2.5 and 5 km	200 - 300 m
	10 km <b>PURSUIT</b>	Pursuit	5	P, P, S, S - 150 m	2 km - 2 / 4 / 6 / 8 km	200 - 400 m
	10 km <b>MASS START</b>	Simultaneous	5	P, P, S, S - 150 m	2 km - 2 / 4 / 6 / 8 km	200 - 400 m
	3 x 7.5 km <b>RELAY</b>	Simultaneous and Tag	3	P, S (each) + 3 Spare Rounds per Bout - 150 m	2.5 km - 2.5 and 5 km	200 - 300 m
	2.4 km <b>SUPER SPRINT QUALIFICATION</b>	Single, 15 sec	3	P, S (each) + 3 Spare Rounds per Bout - Penalty = Disqualification	800 m - 800 m and 1.6 km	45 - 75 m
<b>YOUTH WOMEN MEN</b>	4 km <b>SUPER SPRINT FINAL</b>	Simultaneous	5	P, P, S, S, (each) + 3 Spare Rounds per Bout - Penalty = Disqualification	800 m - 800 m / 1.6 km / 2.4 km / 3.2 km	75 - 125 m
	2 x 6 km (W) / 2 x 7.5 km (M) <b>MIXED RELAY</b>	Simultaneous and Tag, W, W, M, M	3	P, S (each) + 3 Spare Rounds per Bout - 150 m	2 km - 2 and 4 km 2.5 km - 2.5 and 5 km	150 - 250 m 200 - 300 m
<b>YOUTH WOMEN</b>	6 km (W) / 7.5 km (M) <b>SINGLE MIXED RELAY</b>	Simultaneous and Tag, W, M	W - 4 M - 5	P, S (each athlete twice) + 3 rounds per bout - 75m	1.5 km - 1.5 and 3 km (each athlete twice)	100 - 240 m 125 - 300 m
	10 km <b>INDIVIDUAL</b>	Single, 30 sec, 1 minute	5	P, S, P, S - 45 sec	2 km - 2 / 4 / 6 / 8 km	200 - 350 m
	6 km <b>SPRINT</b>	Single, 30 sec, 1 minute	3	P, S - 150 m	2 km - 2 and 4 km	150 - 250 m
	7.5 km <b>PURSUIT</b>	Pursuit	5	P, P, S, S - 150 m	1.5 km - 1.5 / 3 / 4.5 / 6 km	125 - 300 m
	7.5 km <b>MASS START</b>	Simultaneous	5	P, P, S, S - 150 m	1.5 km - 1.5 / 3 / 4.5 / 6 km	125 - 300 m
	3 x 6 km <b>RELAY</b>	Simultaneous and Tag	3	P, S (each) + 3 Spare Rounds per Bout - 150 m	2 km - 2 and 4 km	150 - 250 m
	2.4 km <b>SUPER SPRINT QUALIFICATION</b>	Single, 15 sec	3	P, S (each) + 3 Spare Rounds per Bout - Penalty = Disqualification	800 m - 800 m and 1.6 km	45 - 75 m
	4 km <b>SUPER SPRINT FINAL</b>	Simultaneous	5	P, P, S, S, (each) + 3 Spare Rounds per Bout - Penalty = Disqualification	800 m - 800 m / 1.6 km / 2.4 km / 3.2 km	75 - 125 m

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