



## **Regional Race Guidelines for Clubs**

### **Introduction**

The purpose of this document is to provide information to clubs on hosting regional races.

Biathlon BC has developed this framework:

- to ensure that there is a progression of competitive opportunities for athletes starting with the FUNDAMENTALS and Learn to Train stages of development.
- to encourage clubs to host fun races geared toward 'Community Sport' as well as provincial or national level results geared toward 'Competitive Sport'.
- to provide guidelines and ideas on organizing biathlon races for recreational or Active for Life participants.

### **Definitions**

Club race: a race where members of the host club participate

Regional Race: a club race where members from different clubs participate

Provincial Race: a race sanctioned by Biathlon BC. Example: BC cups, U13 Championships

National Race: a race sanctioned by Biathlon Canada. Example: Canadian Championships, World Youth/Junior Championships trials.

International Race: a race sanctioned by International Biathlon Union or Biathlon Canada and US Biathlon. Example: NorAm Open, Junior IBU cup

growth mindset: a mindset where challenges are seen as opportunities to learn and the belief that new skills and abilities can be developed through practice.

### **Goals of club and regional races**

The goals of club races and regional races are to:

- provide racing opportunities close to home for athletes in the region
- offer varying race formats to suit athletes needs
- provide training, experience and mentorship opportunities to developing officials and volunteers
- promote the sport of biathlon in the community
- make it easier for clubs and organizing committees to host biathlon races
- provide meaningful competition opportunities to athletes of all abilities
- provide opportunities for recreational athletes and new participants to try our sport

### **Meaningful Competition**

Meaningful competition means:

- competitions follow the 7 TRUE SPORT principals (see Appendix A)
- competitions are in the 'challenge zone', a level of competition where the athletes skill level matches the task difficulty
- results are relatively close and not predictable

- events are structured to reinforce the progress of the Long Term Development in Sport and Physical Activity.
- competitors are matched with others of similar ability
- competitors are challenged to be the best they can be at that moment in time
- individuals participate in competition that encourages them to learn and improve both during and after the event
- individuals test and perform skills they learned and practiced in a training environment
  
- Coaches play a role in meaningful competition by:
  - helping athletes choose appropriate competitions
  - preparing athletes for competition during practice
  - helping athletes set goals (both outcome and process)
  - track data and competition analysis
  - reflecting with athletes about their competition experience (what did you like, what did you learn?)
  - supporting the athlete through a seasonal plan that includes training opportunities and competition opportunities
  - contributing to a positive competitive experience by reinforcing a 'growth mindset' in participants where races and tests are seen as opportunities to learn and grow

## **Guidelines for Race Formats**

### Categories

- Supplement the competitive categories in the Biathlon Canada and Biathlon BC Hosting Policies with the following categories for younger athletes and recreational participants:
  - Novice: U11 athletes, or athletes in the FUNdamentals stage of long-term development
  - Juvenile: U13 athletes or athletes in the Learn to Train stage of long-term development
  - Recreational 1: all ages in the active for life stage of long-term development. Intended for new participants, featuring a short course, shooting only prone on standing size targets
  - Recreational 2: all ages in the active for life stage of long-term development. Intended for participants with prior shooting and skiing experience, featuring a short course, shooting only prone on standing size targets.
  - Recreational 3: all ages in the active for life stage of long-term development. Intended for participants with prior shooting and skiing experience, who want a longer ski loop than the Recreational 2 category.

### Starts and Timing

- use both individual starts and mass starts
- individual start intervals can be between 10-30 seconds
- try "Le Mans" starts where athletes start without skis and poles on and the race begins by the athletes putting them on

### Course

- the course should feature a variety of terrain
- consider adding ski play and agility course features
- suggested distances:
  - Novice / Recreational 1 category - 500m-700m
  - Juvenile / Recreational 2 category - 700m-900m
  - Recreational 3 category - 1km-1.5km

### Shooting Bouts

- between 2-4 shooting bouts
- suggested target sizes:
  - Novice / Recreational 1 category - standing size targets
  - Juvenile / Recreational 2 category - prone size targets
  - Open / Recreational 3 category - prone size targets

### Shot Penalties

- try a variety of different shot penalties:
  - 75m penalty loop
  - 15 second time penalty
  - physical activity (pushups, squats, somersaults)
  - penalty box (wait in designated area for 10-15 seconds)

### Relays

- 2-4 members per relay team
- consider creating teams with mixed ages, abilities or categories
- try different relay combinations:
  - one team member completes all their loops then tags
  - team members tag after each loop

### Timed Challenges

- set a time limit of between 10-30 minutes
- set a goal for the athletes:
  - how many targets hit
  - how many loops completed
  - count how many they get before time expires

### One Shots

- a challenge where athletes only get to take one shot per loop
- use a short loop in or around the stadium
- can be a timed challenge or a race to hit a certain number of targets
- can be done individually or as a relay team

### Patrols

- a team challenge where all athletes on the team must ski together in a pack at all times
- can be tried with all competition formats above

# True Sport Principles

## Go For It

Rise to the challenge - always strive for excellence.  
Discover how good you can be.

## Play Fair

Play honestly - obey both the letter and spirit of the rules.  
Winning is only meaningful when competition is fair.

## Respect Others

Show respect for everyone involved in creating  
your sporting experience, both on and off the field.  
Win with dignity and lose with grace.

## Keep It Fun

Find the joy of sport.  
Keep a positive attitude both on and off the field.

## Stay Healthy

Place physical and mental health above all other  
considerations - avoid unsafe activities.  
Respect your body and keep in shape.

## Include Everyone

Share sport with others.  
Ensure everyone has a place to play.

## Give Back

Find ways to show your appreciation for the community  
that supports your sport and helps make it possible.