

Standardized Format and Distance for USBA National Events					2023/2024 Season
Age/Category	Format	Race Distance	Shooting	Penalty	Birth Years (calendar)
U11	Air rifle or .22. All shooting from prone position on standing targets with block support. Without cuff.	Sprint 2.0K Pursuit 2.5K Mass Start 2.5K Individual 2.5K	P PP PP PP	15 Seconds 15 Seconds 15 Seconds 15 Seconds	2013, 2014
U13/U15 - Rifle Support (e.g. block)	.22 with support. All shooting from prone position on prone targets (bout 1) and prone position on standing targets (bout 2). Without cuff.	Sprint 4.0K Maximum Pursuit 5.0K Maximum Mass Start 5.0K Maximum Individual 5.0K Maximum	PP PPPP PPPP PPPP Rifles staged on mat at point	75 Meters 75 Meters 75 Meters 30 Seconds	2009, 2010, 2011, 2012
U13/U15 - No Rifle Support	.22 (no support) with cuff. All shooting from prone position on prone targets (bout 1) and prone position on standing targets (bout2). Use of cuff is allowed.	Sprint 4.0K Maximum Pursuit 5.0K Maximum Mass Start 5.0K Maximum Individual 5.0K Maximum Relay 3x1.0K Maximum (total 9K) 3 person	PP PPPP PPPP PPPP Rifles racked at beginning and end of range	75 Meters 75 Meters 75 Meters 30 Seconds 75 Meters	2009, 2010, 2011, 2012
U17	.22 (no support) with cuff. Same format as Youth. Rifles racked at beginning and end of the range.	Sprint 6.0K Pursuit 7.5K Mass Start 7.5K Individual 7.5K Relay 3x1.5K (total 13.5K) 3 person	PS PPSS PPSS PSPS Rifles racked at beginning and end of range	150 Meters 75 Meters 75 Meters 30 Seconds 75 Meters	2007, 2008
Youth Women	As per IBU rules				2005, 2006, 2007, 2008
Youth Men	As per IBU rules				2005, 2006, 2007, 2008
Junior Women	As per IBU rules				2002, 2003, 2004
Junior Men	As per IBU rules				2002, 2003, 2004
Men (Senior)	As per IBU rules				2001 and older
Women (Senior)	As per IBU rules				2001 and older
Masters Men (30-39)	Same as Senior Women				1985 - 1994
Masters Women (30-39)	Same as Youth Women				1985 - 1994

Sr. Masters Men (40-49)	Same as Senior Women				1975 - 1984	
Sr. Masters Women (40-49)	Same as Youth Women				1975 - 1984	
Veteran Men (50-59)	Same as Senior Women				1965 - 1974	
Veteran Women (50-59)	Same as Youth Women				1965 - 1974	
Sr, Veteran Men (60-69)	Same as Senior Women				1955 - 1964	
Sr. Veteran Women (60-69)	Same as Youth Women				1955 - 1964	
Sr. Veteran Men II (70+)	Same as Youth Women				1954 and older	
Sr. Veteran Women II (70+)	Same as Youth Women				1954 and older	

Comments:

1. Race directors for regional races, should feel empowered to make reasonable changes to these formats based on the conditions, experience of the field, and the facilities available.
2. These formats may continue to evolve as we all gain experience and this direction evolves.
3. The formats and distances described are intended to provide a consistent race experience that fits with the USBA Athlete Development Model and serves to best prepare US athletes for success. It is hope that this direction promotes an enjoyment for the sport of biathlon at all ages, skill development, and an appropriate competitive experience.
4. The competitive season run from July1 to June 30. Competition class is based upon birth year (not age on July 1) as described above.
5. When in doubt, make race lengths shorter at the U13/U15 level!