

USPFC BIATHLON-2026

GUIDING BODIES

United States Police and Fire Championships (USPFC)
7944 Convoy Ct., San Diego CA 92111
Tele. 858-571-9919; E-mail: 4info@cpaf.org

National Rifle Association (NRA) PPC Rules
11250 Waples Mill Rd.
Fairfax, VA 22030
Tele: (317) 261-0500

U.S.A. Track & Field, 132 E. Washington St, Suite 800, Indianapolis, IN 46225
Tele: 317.261.0500 FAX: 317.261.0513; website: www.usatf.org

**PLEASE NOTE: USPFC RULES SUPERSEDE NRA AND THE U.S.A.
TRACK AND FIELD RULES.**

EVENTS

This sport combines two events: Pistol and Cross-Country Running.

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

18 +	50 +
30 +	60+
40 +	70+

2-person Team event will be offered in the following age categories for men, women and mixed (1 man 1 woman) teams:

18+ 35+ 50+

Competitors must enter in the Individual competition to be eligible for the Team event. If the number of teams entered warrant, more age groups may be added.

Entry Deadline: June 10, 2026

SEQUENCE OF RUNNING AND SHOOTING

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

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7. Finish

Total Course: 3 miles and 24 rounds

RANGE AND CROSS-COUNTRY EQUIPMENT:

- World Police & Fire Games Shooting Target SHALL be the only target used (see description)
- 4 stop watches (or USATF timing service)
- Starter pistol and ammo
- Official Biathlon scorecards
- One box of small pins
- 2 5-gallon bottles of drinking water with 200+ cups
- Maps to area of competition for all competitors
- Numbered bibs or shirts
- Removable Cross-Country ID tags
- Scorecards: arrange to pick up from USPFC Director for Biathlon
- Scoreboard: a location where 8x5 scorecards for each Individual and Team can be posted for viewing by competitors
- 2 sets of official trigger weights (2.5 lbs. each)
- Trigger (check tags)

Miscellaneous Items:

Pencils, chalk or grease pens for scorers and targets; ear protection for workers on or near the firing line; pocket calculators (2-4), any other items as specified by USPFC rules and regulations.

Biathlon Target Description:

The WPFG Shooting Target is a full torso silhouette, black in color. The actual target is a light-colored area within the torso, shaped like a BRITISH CRICKET BAT. This is a light-colored body target, four (4) inches wide at the widest part, and 1 $\frac{3}{4}$ inches wide at the narrowest part, and is thirty (30) inches high. The thinnest portion of the target is in the head area. In the center of the head area is an X-Ring, 1 $\frac{3}{4}$ inches wide.

You may obtain the targets from the Alco Target Company located at 2048 Central Avenue, Duarte, California 91010. (626) 358-4814.

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COMPETITORS' SAFETY EQUIPMENT, EYE AND EAR PROTECTION

No competitor will be allowed on the firing range without ear and eye protection authorized by the head official. Each competitor shall bring their own ear and eye protection and they shall be checked while their triggers are weighed by the head 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, they shall receive a sixty (60) second maximum penalty for each phase wherein the violation occurs.

COMPETITORS RUNNING GEAR

All competitors shall provide their own running gear.

BRACKETING

Point System Bracketing (Bracketing Rules).

SCORING

Placing Individual and Team Winners: The fastest overall elapsed time (after penalty and bonus time) in each category shall determine First through Third Place medals in both Individual and Team events.

Team: Individual scores are used to determine team scores.

The team event shall consist of two persons. Each team member must compete in the Individual portion 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 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

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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:

- For each round outside of the body of the 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.
- 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.
- For each round inside or breaking the line around the HEAD X-RING a 30-second reduction will be applied to the overall time.

SHOOTING PENALTIES AND BONUSES:

See SHOOTING SEQUENCE; Page 6-7.

GENERAL RULES

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

All competitors shall bring their own police service firearms and ammunition and shall be responsible for said items. Any competitor who may have a questionable weapon or ammunition shall submit them to the head official prior to use.

FIREARM SPECIFICATIONS

The spirit of this event is that the weapons used are meant to be totally stock police duty firearms such as would be issued to a police recruit in the academy. IT IS NOT A COMPETITION FIREARM. NRA PPC rules apply to all firearms.

Pistols and revolvers used in this competition must follow NRA Police Pistol Combat Rules for stock semi-automatic pistols or service revolvers chambered to fire center-fire cartridges 9mm (.38) caliber or larger.

No external modifications are permitted. No internal modifications may be used that would render the firearm less safe than originally designed by the

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manufacturer. All standard safety features of the firearm must operate properly. Specifically prohibited are full-length Bo-Mar type ribs on the slide, trigger shoes, any system of recoil control based on compensators, barrel venting or barrel porting.

The above prohibitions are to be broadly construed to the end of permitting only genuine Service Pistol and may be expanded to include other items not enumerated which are incompatible with a Service Pistol.

TRIGGERS:

When cocked for single action firing, the firing cycle must be completed in a single pull of the trigger in a normal manner.

Triggers shall be weighed and tagged by the Equipment Control Officer prior to the start of each competitor's relay. The trigger pull for semi-auto is 3.5 lbs. minimum and 2.5 lbs. minimum for a revolver.

SIGHTS:

Electronic Reflective Sights are allowed. The use of laser sights is strictly prohibited.

AMMUNITION:

Ammunition shall be inspected by a referee.

Competitors may use factory or reloaded ammunition. Only 9mm (.38) caliber or larger shall be used. No high speed or magnum ammunition will be allowed.

Reloaded ammunition shall conform to the requirements for factory ammunition and be subject to a minimum power factor test.

RELOADED AMMUNITION SPECIFICATIONS:

- All ammunition must meet or exceed the power factor as described when checked by chronograph using the formula:
 - Bullet weight x muzzle velocity > 120,000
- Any ammunition used must be loaded within safe limitations for the firearm used.
- All ammunition fired by the competitor must maintain identical bullet design, weight and velocity.
- Competitors' loads must be tested by firing loads for revolvers through a 6-inch barrel revolver; loads for semi-automatics through a 5-inch barrel. If a

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test barrel for the caliber to be tested is not available or the ammo fails to meet the power floor, the loads will be tested through the competitor's pistol.

No re-fires will be allowed for defective guns or ammunition or for other malfunctions of the shooters' equipment.

Alibis:

THIS IS A NO ALIBI MATCH (such as misfires, malfunctions of the weapon or firing on the wrong target).

EXCEPTIONS: If another competitor fires on your target, the line judge shall give you the lowest score.

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

SHOOTING SEQUENCE:

ALL COMPETITORS SHALL FIRE IN THIS SEQUENCE AND NO OTHER SEQUENCE.

FIRST PHASE: TWELVE (12) ROUNDS:

A competitor SHALL load and fire six (6) rounds at the TARGET then reload with six (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 load and fire six (6) rounds at the TARGET then reload with six (6) rounds and fire again. After firing this final phase, they SHALL return to the running course for their third (3rd) and final mile run.

If a competitor does not fire all (12) rounds of the FIRST or SECOND phase of the shooting sequence and leaves their firing position to start the 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 the running course and shall receive penalty time for the rounds left in the gun (fired or not fired) during each phase.

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SHOOTING PHASE ONE:

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 and NO support, EXCEPT 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 SHALL receive a sixty (60) second penalty for EACH VIOLATION.

Loading and Unloading:

As a competitor arrives at the designated shooting position, he/she SHALL, WITHOUT COMMAND, and with total safety, with the barrel always pointed down range, load six (6) rounds and fire at will. Upon completion of the first string of six (6) rounds, he/she again SHALL load with six (6) rounds and complete the second string. This SHALL end the first phase of the shooting part of the Biathlon. At this time, the competitor SHALL open the cylinder of their revolver, emptying the cases into a can or on a bench and with the barrel pointed down range and the cylinder open, he/she SHALL place the weapon on the bench or ground and WITHOUT COMMAND continue to the next one-mile leg of competition. If the competitor has a semi-automatic, he/she SHALL make sure the weapon is clear with the slide back and the magazine out and empty and placed on the bench or ground with the barrel down range and then continue to the next one-mile leg.

SHOOTING PHASE TWO:

Loading and Unloading:

As a competitor returns to the designated shooting position for the second and final time, he/she SHALL WITHOUT COMMAND and with total safety load six (6) rounds. Following all safety rules of PHASE ONE and all guidelines of the NRA he/she SHALL fire at will. Upon completion of the first string of six (6) rounds, he/she again SHALL load six (6) rounds and complete the second string of fire. After firing their final twelve (12) rounds and before returning to the final running phase of the Biathlon, all competitors SHALL adhere to all safety rules.

Penalty time for unsafe loading and unloading and/or the taking of shooting gear onto the running portion of the Biathlon: If a competitor does not

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adhere to any of the loading and unloading rules and/or takes shooting gear onto the running part of the Biathlon such as ammo and/or speed loaders etc. a competitor SHALL receive a sixty (60) second penalty. This SHALL be added to their overall time, for each violation.

Speed Loaders and Magazines:

Speed loaders may be used for revolvers and a person with a semi-auto may have extra loaded magazines at their shooting position.

All speed loaders and magazines SHALL have NO more than six (6) rounds in each at any one time.

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

Total Rounds Fired Per Competitor:

No competitor SHALL fire MORE OR LESS than twelve (12) rounds during each of the two phases of the shooting part in the Biathlon. No competitors shall have more than 24 rounds at their shooting position or on their person during any part of their relay.

Penalty time for firing more or less rounds: If a competitor fires more or less than twelve (12) rounds during each of the two phases of the shooting part of the Biathlon, they SHALL have a sixty (60) second penalty added to their overall time for each phase.

Penalty time for missing rounds: Each round that is unaccountable or a miss showing SHALL cause a thirty (30) second time penalty.

Bonus Time (Head X-Ring): For each round entering the head x-ring, a competitor SHALL receive a thirty (30) second reduction from their overall time.

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AWARDS

A maximum of 12 sets of medals (1st through 3rd place) will be required for Individual competition and 18 sets of medals (1st through 3rd place) for Team competition. USPFC will advise you of the number of sets needed based on total entries, plus a reasonable margin.

ATTENTION COORDINATORS

**THE GENERAL SPORTS RULES APPLY TO ALL SPORTS.
YOU MUST BE FAMILIAR WITH ITS CONTENTS.**

**PRECISE RESULTS MUST BE FORWARDED
TO THE HOST COMMITTEE IMMEDIATELY FOLLOWING THE
CONCLUSION OF THIS SPORT**

The USPFC Director assigned to your sport is knowledgeable and experienced in helping during the preparation and running of the sport. Questions, a detailed accounting of your preparations, and any area requiring approval of the USPFC shall be submitted in a timely manner to this USPFC Director.

The USPFC Directors want to work with you to make your sport a success.

PLEASE USE THE USPFC DIRECTORS AS A RESOURCE.