

**COMPETITION RULES
FOR
INTERNATIONAL ORIENTEERING FEDERATION (IOF)
FOOT ORIENTEERING EVENTS**

(Rules for the Orienteering event in the World Games)
(Rules for the World Orienteering Championships)
(Rules for the World Cup in Orienteering)
(Rules for the Junior World Orienteering Championships)
(Rules for the World Masters Orienteering Championships)
(Rules for the Regional Orienteering Championships)
(Rules for IOF World Ranking Events)

This version of the competition rules is valid from 1 March 2010.
Subsequent amendments will be published on the official IOF web
site at <http://www.orienteering.org/>

*A vertical line in the left margin indicates a major
change to the previous version (1 June 2009)*

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1. Definitions

- 1.1 Orienteering is a sport in which the competitors navigate independently through the terrain. Competitors must visit a number of control points marked on the ground in the shortest possible time aided only by map and compass. The course, defined by the location of the controls, is not revealed to competitors until they start.
- 1.2 In individual interval start races the competitors navigate and run through the terrain independently.
- 1.3 In mass start and chasing start races, competitors may often be running in close proximity to each other, but the formats still demand independent navigation.
- 1.4 The term competitor means an individual of either gender or a group of individuals, as appropriate.
- 1.5 Types of orienteering competition may be distinguished by:
- the time of the competition:
 - *day* (in daylight)
 - *night* (in the dark)
 - the nature of the competition:
 - *individual* (the individual performs independently)
 - *relay* (two or more team members run consecutive individual races)
 - *team* (two or more individuals collaborate)
 - the way of determining the competition result:
 - *single-race competition* (the result of one single race is the final result. The competitors may compete in different races: the A-race, the B-race and so on, with the placed competitors of the B-race placed after the placed competitors of the A-race and so on)
 - *multi-race competition* (the combined results of two or more races, held during one day or several days, form the final result)
 - *qualification race competition* (the competitors qualify for a final race through one or more qualification races in which they may be allocated to different heats. The competition's result is that of the final only. There may be A- and B-finals and so on, with the placed competitors of the B-final placed after the placed competitors of the A-final and so on)
 - the order in which controls are to be visited:
 - *in a specific order* (the sequence is prescribed)
 - *in no specific order* (the competitor is free to choose the order)
 - the control set-up:
 - *traditional* (the controls have codes and the competitor is disqualified for mispunching)
 - *micr-o* (the controls have no codes, there are extra nearby dummy controls, and the competitor receives a penalty for mispunching – see the separate IOF Micr-O rules on the IOF web site)
 - the length (or format) of the race:
 - *Long distance*
 - *Middle distance*
 - *Sprint*
 - *other distances*
- 1.6 The term *Federation* means a full member Federation of the IOF.
- 1.7 The term *event* embraces all aspects of an orienteering meeting including organisational matters such as start draws, team officials' meetings and ceremonies. An event, e.g. the World Orienteering Championships, may include more than one competition.

- WG 1.8 *The Orienteering event in the World Games (WG)* is the official event to award the titles of World Games Champions in Orienteering. It is organised under the auspices of the International World Games Association (IWGA) and under the authority of the IOF and the appointed Federation.
- WOC 1.9 *The World Orienteering Championships (WOC)* is the official event to award the titles of World Champions in Orienteering. It is organised under the authority of the IOF and the appointed Federation.
- WCup 1.10 *The World Cup in Orienteering (WCup)* is the official series of events to find the world's best orienteers, based on all formats, over a season. The different events are organised under the authority of the IOF and the Federations of the organisers.
- JWOC 1.11 *The Junior World Orienteering Championships (JWOC)* is the official event to award the titles of Junior World Champions in Orienteering. It is organised under the authority of the IOF and the appointed Federation.
- WMOC 1.12 *The World Masters Orienteering Championships (WMOC)* is the official event to find the world's best veteran orienteers. It is organised under the authority of the IOF and the Federation of the organiser.
- ROC 1.13 *The Regional Orienteering Championships (ROC)* are the official events to award the titles of Regional Champions in Orienteering for each IOF Region. They are organised under the authority of the IOF and the appointed Federation. The IOF Regions are Africa, Asia, Europe, North America, Oceania and South America.
- WRE 1.14 *IOF World Ranking Events (WRE)* are international events which are accepted by the IOF Council into the official IOF Calendar. They are organised under the authority of the IOF and the Federation of the organiser.
- 1.15 The IOF World Ranking Scheme is a system to rank the World's Elite Orienteers based on their performances in the World Games, World Orienteering Championships, World Cups, Regional Championships and World Ranking Events. The Federation World Ranking League tables for women and men are based on the ranking points of the best competitors from each Federation.

2. General provisions

- 2.1 These rules, together with the Appendices, shall be binding at the *World Games*, the *World Orienteering Championships*, the *World Cup in Orienteering*, the *Junior World Orienteering Championships*, the *World Masters Orienteering Championships* and for W21 and M21 elite classes at *Regional Orienteering Championships and IOF World Ranking Events*. Every rules point with no event abbreviation before its number is valid for all these events. A rules point valid only for one or more of these events is marked with the specific abbreviation(s) in the margin beside the rules point number. Such specific rules take precedence over any general rules with which they conflict.
- 2.2 Where an event is of two types (e.g. the World Championships may also form a part of the World Cup) the rules for the higher-level event (as defined by the order in 1.8-1.14) shall take precedence.
- 2.3 These rules are recommended as a basis for national rules.
- 2.4 If not otherwise mentioned these rules are valid for individual day orienteering competitions on foot.
- 2.5 Additional regulations which do not conflict with these rules may be determined by the organiser. They need the approval of the IOF Event Adviser.
- 2.6 These rules and any additional regulations shall be binding for all competitors, team officials and other persons connected with the organisation or in contact with the competitors.

- 2.7 Sporting fairness shall be the guiding principle in the interpretation of these rules by competitors, organisers and the jury.
- 2.8 The English text of these rules shall be taken as decisive in any dispute arising from a translation into any other language.
- 2.9 In relays the rules for individual competitions are valid, unless otherwise stated.
- 2.10 The IOF Council may decide special rules or norms which shall be followed, eg. *IOF Anti-Doping Rules, International Specification for Orienteering Maps, International Specification for Sprint Orienteering Maps, Principles for Course Planning, Leibnitz Convention* and *IOF Control Descriptions*.
- 2.11 The IOF Council may allow deviations from these rules and norms. Requests for permission to deviate from them shall be sent to the IOF Secretariat at least 6 months prior to the event.
- 2.12 The *IOF Guidelines* for each event type should be followed. Significant deviations require the consent of the IOF Event Adviser.
- WG 2.13 The World Games races shall follow the rules for the World Orienteering Championships as far as this is possible with respect to IWGA rules and feasible with respect to the different format of the World Games races.
- JWOC 2.14 The championships shall be organised in accordance with the following principles:
- The best junior orienteers of each Federation shall be offered competitions of high technical quality.
 - The event shall have a social, rather than a competitive atmosphere, accentuating exchange of experience.
 - The costs of participating shall be kept low.

3. Event programme

- 3.1 The event dates and programme are proposed by the organiser and approved by the IOF Council.
- WOC 3.2 The World Orienteering Championships is organised every year. The programme shall include a qualification and a final race for each of the Sprint, Middle and Long distance competitions, and a Relay as well as an opening ceremony, a closing ceremony and adequate model events and rest. Long and Middle distance qualification races shall take place in advance of any World Championships finals.
- WCup 3.3 The World Cup is organised every year. The Individual World Cup consists of a number of individual events.
- WCup 3.4 The IOF Council determines the number and types of World Cup events and any necessary special rules.
- WCup 3.5 A World Cup event should be organised in conjunction with another event.
- JWOC 3.6 The Junior World Orienteering Championships is an annual event. The programme shall include a Long distance race, a Middle distance qualification race, a Middle distance final, a Sprint race and a Relay as well as an opening ceremony, a closing ceremony and adequate rest and model events. The programme shall be kept within no more than 6 days.
- WOC 3.7 For each individual competition, there shall be 3 parallel qualification race heats for both women and men
- JWOC 3.8 In the Middle distance competition, there shall be 3 parallel qualification race heats for both women and men.

- WMOC 3.9 The World Masters Orienteering Championships is an annual event. The programme shall include 2 qualification races and a final race and adequate training or model events. From 2008 onwards, there shall also be a Sprint competition with one qualification race and one final race.
- ROC 3.10 Regional Orienteering Championships take place every two years.
- WRE 3.11 The events which are selected to be IOF World Ranking Events are chosen by Federations, each of which is allocated a certain number each year by the IOF, according to criteria determined by the IOF.

4. Event applications

- 4.1 Any Federation may apply to organise an IOF event.
- 4.2 Applications shall be forwarded by the Federation to the IOF Secretariat. The official application form shall be used, and the applications shall contain all requested information and guarantees.
- 4.3 The IOF Council may impose a levy on any IOF event. The amount of the levy shall be announced at least six months before the closing date for applications for that event.
- 4.4 The IOF Council may void the sanctioning of an event if the organiser fails to comply with the rules, the norms, the IOF Event Adviser's directions or the information submitted in the application. The organiser cannot claim damages in this case.
- WOC 4.5 Applications shall be received no later than January 31st four years prior to the championship year. The organising Federation is appointed the same year. Prior to the appointment, the applicant must sign a contract with the IOF.
- WCup 4.6 Invitations to apply to organise World Cup competitions will be sent to all Federations. Each Federation may submit more than one application, ranked in priority order.
- JWOC 4.7 Applications shall be received no later than January 31st three years prior to the event year. The provisional appointment of organisers or organising Federations is made by the IOF Council by October 31st the same year. Each appointment must be confirmed by the signing, within 6 months, of a contract to organise the event, else WMOC Council may make an alternative appointment.
- WRE 4.8 The IOF Council shall indicate each Federation's allocation of WREs for the year in question and the criteria these events must meet. Applications shall be due no later than 30 September in the year prior to the event year and shall be approved or rejected by the IOF Council by 31 October the same year.

5. Classes

- 5.1 Competitors are divided into classes according to their gender and age. Women may compete in men's classes.
- 5.2 Competitors aged 20 or younger belong to each class up to the end of the calendar year in which they reach the given age. They are entitled to compete in older classes up to and including 21.
- 5.3 Competitors aged 21 or older belong to each class from the beginning of the calendar year in which they reach the given age. They are entitled to compete in younger classes down to and including 21.
- WRE 5.4 The main competition classes are called W21 and M21, for women and men respectively.

- WRE 5.5 The W21 and M21 classes shall be restricted to competitors classified as elite competitors by their Federation or who are selected for the class based on their position in a Federation's ranking scheme.
- WRE 5.6 Should a class have too many entries, it may be split into parallel classes based on the competitors' previous performances.
- WOC
WCup 5.7 There is one class for women and one for men. There are no age restrictions.
- JWOC 5.8 There is one class for women and one for men. Only competitors who are entitled to compete in the classes W20 or M20 may participate.
- WMOC 5.9 The following classes shall be offered: W35, M35, W40, M40, W45, M45, W50, M50, W55, M55, W60, M60, W65, M65, W70, M70, W75, M75, W80, M80, W85, M85. Classes for older orienteers (eg. W90, M90) may be offered at the organiser's discretion.

6. Participation

- WOC
WCup
JWOC
WRE 6.1 A competitor may represent only one Federation during any one calendar year.
- WOC
WCup
JWOC
WRE 6.2 Competitors who are representing a Federation shall have full passport-holding citizenship of the country of that Federation.
- WOC
WCup
JWOC 6.3 Each participating Federation shall appoint a team manager to act as a contact person between the team and the organiser. It is the team manager's duty to see that the team receives all necessary information.
- 6.4 Competitors participate at their own risk. Insurance against accidents shall be the responsibility of their Federation or themselves, according to national regulations.
- WOC 6.5 All competitors represent a Federation. Each Federation may enter a team of up to 14 competitors — up to 7 women and 7 men — and a number of team officials. The organiser shall fix the maximum number of officials per team, in accordance with the available facilities. This maximum number shall be the same for each team and shall be at least 5.
- WOC 6.6 In each qualification race, every Federation may enter up to 3 women and 3 men and, in addition, the current World Champions for the distance may be entered by their Federation(s) provided they are members of the Federation's team. In the final, only the competitors placed number 15 and better in each qualification race heat may participate.
- WOC 6.7 In the Relay, each Federation may enter one women's team and one men's team, each consisting of 3 team members. Incomplete teams and teams with runners from more than one Federation are not allowed. Under no circumstances may persons other than entered competitors participate in the competition.
- WCup 6.8 All competitors represent a Federation. A competitor may not represent more than one Federation in one World Cup series of events. The number of competitors per Federation is limited according to annually published quotas based on the IOF World Rankings. If a World Cup Event is arranged in conjunction with a Regional Championships, the reigning regional champions of that region in each format are allowed to compete in the World Cup event of that format in addition to their Federation's quotas.
- JWOC 6.9 All competitors represent a Federation. Each Federation may enter a team of up to 12 competitors — up to 6 women and up to 6 men — and 4 team officials.

- JWOC 6.10 All competitors may run in all three individual competitions. In the relay, each Federation may enter up to 2 women's and 2 men's teams, each consisting of 3 team members.
- JWOC 6.11 The Sprint and Long distance competitions are single-race competitions.
- JWOC 6.12 In the Middle distance competition, the competitors placed number 20 and better in each qualification race heat may run in the A-final; the remaining competitors run in the B-final. Competitors who start, but are not placed, in the qualification race may start before the qualified runners in the lowest ranked final of their class, but shall appear in the result list as not placed.
- JWOC 6.13 If a Federation is unable to make up full relay teams, it may form incomplete teams or teams with runners from other Federations. A Federation may not enter more than 6 men and 6 women in the competition. Under no circumstances may persons other than entered competitors participate in the competition.
- WMOC 6.14 Only competitors who start in at least one qualification race may run in the associated finals. Based upon the combined times of the two qualification races (or for Sprint, the single qualification time), the best competitors from each qualification race heat qualify for the A-final of the class. The next best competitors from each qualification race heat qualify for the B-final and so on.
- If there are 161 or more entrants, the number of qualifiers from each heat to the A-final shall be equal and shall be calculated so that the total number of qualifiers is 80, or the lowest possible number above 80. Similarly for the B-final and so on except that if there are more than two finals and less than 20 competitors have qualified for the lowest ranked final, they may be transferred to the next final up.
 - If there are from 20 to 160 entrants, then they shall be split as equally as possible between an A-final and a B-final, with the A-final having at least half the total number of entrants.
 - If there are less than 20 entrants, then all shall compete in the A-final.
- If two or more competitors tie for a place in a final, all of them shall qualify for that final. Competitors who start, but are not placed, in either or both qualification races may start before the qualified runners in the lowest ranked final of their class, but shall appear in the result list as not placed.

7. Costs

- 7.1 The costs of organising an event are the responsibility of the organiser. To cover the costs of the competition(s), the organiser may charge an entry fee for competitors and an accreditation fee for non-competitors (team officials, media etc). This fee shall be kept as low as possible and shall be approved by the IOF Event Adviser. For an event with several competitions, as an alternative to a total fee for the whole event, the organiser must offer competitors the option of an accreditation fee plus a fee for each competition entered.
- 7.2 Each Federation or individual competitor is responsible for paying the entry fee as specified in the invitation. The time limit for paying the entry fee shall not be earlier than 6 weeks prior to the event.
- 7.3 Late entries may be charged an additional fee. The amount of the additional fee shall be approved by the IOF Event Adviser.
- 7.4 Each Federation or individual competitor is responsible for defraying the expenses of travel to the event, accommodation, food and transport between the accommodation, event centre and competition sites. If the use of official transport to the competition sites is mandatory, the entry fee shall include these costs.

- 7.5 The travelling costs of the IOF appointed Event Adviser and Assistant/s, to and from the venue, shall be paid by the IOF. Local costs during controlling visits and the event days are paid by the organiser or the organiser's Federation according to national agreements.
- 7.6 All costs of IOF Event Advisers and Assistants appointed by a Federation shall be paid by the organiser or the Federation according to national agreements.
- WOC
JWOC 7.7 Unless there is good standard accommodation and food at a very low price, different standards of accommodation and food shall be offered, allowing competitors a choice of price groups. The fees for the competition, the food and the accommodation must be shown as separate amounts. In any case it shall not be obligatory to use the accommodation arranged by the organiser.
- 7.8 If the event (or part of the event) has to be cancelled due to reasons outside of the organiser's control e.g. weather conditions, destruction of terrain, the organiser may retain a minimum proportion of the entry fee in order to cover committed costs.

8. Information about the Event

- 8.1 All information and ceremonies shall be at least in English. Official information shall be given in writing. It may be given simply orally only in response to questions at team officials' meetings or in urgent cases.
- WOC
WCup
JWOC 8.2 Information from the organiser or the IOF Event Adviser shall be given in the form of bulletins. Bulletins shall be published on, or by being linked to, the IOF Web Site. Notification that Bulletin 3 has been published shall be sent by e-mail to all participating Federations. If further information is necessary, it shall be given to all appropriate Federations.
- WOC
JWOC 8.3 Bulletin 1 (preliminary information) shall include the following information:
 - organiser and the names of the event director, Event Adviser and controller(s)
 - address and telephone/fax number/e-mail address/web page for information
 - venue
 - dates and types of the competitions
 - classes and any participation restrictions
 - opportunities for training
 - general map of the region
 - embargoed areas
 - any peculiarities of the event
- WOC 8.3 a colour copy of the most recent version of any previous orienteering map(s) of the embargoed areas
- WOC
WCup
JWOC 8.4 Bulletin 2 (invitation) shall include the following information:
 - all information given in Bulletin 1
 - official entry and accommodation forms
 - latest date and address for entries
 - entry fee for competitors and team officials
 - latest date and address for the payment of the entry fees
 - types and cost of accommodation and food
 - latest date for reservation of official accommodation
 - description of any transport offered
 - directions for obtaining entry permits (visas)
 - details of opportunities for training
 - description of terrain, climate and any hazards
 - scales and vertical contour intervals of the maps
 - event programme
 - notes on competition clothing, if necessary
 - winning time and approximate length of each course
 - address and telephone/fax number/e-mail of the official responsible for the media
 - a recent sample map showing the type of terrain

- the exact location of each competition area and finish arena (if they have been decided)
 - maximum number of officials per team
 - a colour copy of the most recent version of any previous orienteering map(s) of the embargoed areas
 - directions for the registration of media representatives and any extra representatives of the Federations
- WOC
WCup
JWOC
WOC
WCup
JWOC
- 8.5 Bulletin 3 (event information) shall include the following information:
- latest date for sending the exact number of participants
 - latest date for sending the names of participants
 - detailed programme of the event, including timetable for final name entries and for the allocation of start groups
 - details of the terrain
 - summary of entries received
 - any permitted deviations from the rules
 - address and telephone/fax number/e-mail address of the competition office
 - details of accommodation and food
 - transport schedule
 - the length, total climb, number of controls and number of refreshment controls on each individual course and, for relays, on each leg
 - team officials' meetings
 - the exact location of each competition area and finish arena
- WOC
WCup
JWOC
- 8.6 Bulletin 4 (additional event information) shall be given on arrival of the competitors and shall include final details of event information including:
- any anti-doping requirements
 - all Special Rules relevant to the event
 - any additional regulations and any Rule Deviations that have been granted
 - the dimensions of the control descriptions to be issued at the pre-start
 - the time limits for complaints
 - the location for making complaints
 - maximum running times
 - names and Federations of jury members
- WOC
JWOC
- 8.7 Bulletin 1 shall be published 24 months before the event, Bulletin 2 shall be published 12 months the event and Bulletin 3 shall be published 2 months before the event.
- WCup
- 8.8 Bulletin 1/2 shall be published 12 months the event and Bulletin 3 shall be published 2 months before the event.
- WMOC
WRE
- 8.9 Information from the organiser shall be given in the form of two bulletins. Bulletin 1/2 shall be available on the internet via the IOF web site. Bulletin 3 is provided to all competitors.
- WMOC
- 8.10 Bulletin 1/2 shall be available 18 months before the event, Bulletin 3 shall be available 1 month before the event.
- WRE
- 8.11 Bulletin 1/2 shall be available 4 months before the event, Bulletin 3 shall be available 1 week before the event.
- WMOC
WRE
- 8.12 Bulletin 1/2 (preliminary information and invitation) shall include the following information:
- organiser and the names of the event director and controller(s)
 - address and telephone/fax number/e-mail address/web page for information
 - venue
 - dates and types of the competitions
 - classes and any participation restrictions
 - general map of the region
 - embargoed areas

- any peculiarities of the event
 - official entry form
 - latest date and address for entries
 - entry fee for competitors
 - latest date and address for the payment of the entry fees
 - types and cost of accommodation and food
 - description of any transport offered
 - directions for obtaining entry permits (visas)
 - description of terrain, climate and any hazards
 - scales and vertical contour intervals of the maps
 - event programme
 - notes on competition clothing, if necessary
 - winning time
 - details of opportunities for training
 - a recent sample map showing the type of terrain
 - information about how to obtain copies of any previous map(s) of the embargoed areas
- WMOG
WMOG
- WMOG 8.13 Bulletin 3 (event information) shall include the following information:
WRE detailed programme of the event, including start lists
- details of the terrain
 - summary of entries received
 - any permitted deviations from the rules
 - address and telephone/fax number/e-mail address of the competition office
 - transport schedule
 - the length, total climb, number of controls and number of refreshment controls on each individual course and, for relays, on each leg
 - the dimensions of the control descriptions to be issued at the pre-start
 - the time limits for complaints
 - the location for making complaints
 - maximum running times
 - names and Federations of jury members

9. Entries

- 9.1 Entries shall be submitted according to the instructions given in Bulletin 2. At least the following details shall be supplied for each competitor: family name and first name, gender, year of birth, Federation. The names of the team officials shall be supplied. Late entries may be refused.
- 9.2 A competitor may only enter one class in any one competition.
- 9.3 The organiser may exclude competitors or teams from starting if their entry fee is not paid and no agreement has been reached about payment.
- WOC 9.4 Reservations and reservation fees for accommodation shall reach the organiser at the
JWOC times specified in Bulletin 2.
- WOC 9.5 Competitors may only be selected and entered by their Federation.
WCup
JWOC
- WOC 9.6 Entries giving the number of competitors of each gender, the number of relay teams,
WCup the number of team officials and the team manager's name, address, e-mail address
JWOC and phone/fax numbers shall reach the organiser no later than 2 months before the event.
- WOC 9.7 Each competitor's name and gender and the names of the team officials shall reach
WCup the organiser no later than 10 days before the event. Changes may be made to the
JWOC team until 12 noon on the day before the event.

- WOC
WCup
JWOC
- 9.8 Names of the competitors and, if required, their starting group, shall reach the organiser no later than 12 noon on the day before an individual competition.
- WOC
JWOC
- 9.9 Names of the competitors and their running order shall reach the organiser no later than 12 noon on the day before a relay competition.
- WOC
WCup
JWOC
- 9.10 In individual competitions, between 12 noon on the day before the competition and one hour before the first start in the class, a competitor may be replaced for a valid reason (eg. accident or illness). Change of starting group or qualification race heat is not permitted. No replacement is possible for finals of qualification race competitions or for multi-race competitions after the first race.
- WOC
JWOC
- 9.11 In relays, changes of names of the relay team members and/or their running order shall reach the organiser at least one hour before the start of the relay class.
- WOC
WCup
JWOC
- 9.12 No competitor may be replaced within one hour of the first start. In relays, this also applies to the running order of the team members.
- WOC
JWOC
- 9.13 Replacement of a competitor after 12 noon on the day before the event may only be made from within the entered team.
- WOC
JWOC
- 9.14 In each individual competition each Federation shall allocate its competitors to 3 starting groups with a maximum of 2 competitors to each group. Before allocating a second competitor to a group, a Federation shall allocate one competitor to each group. If a Federation fails to allocate its competitors to starting groups, the organiser shall decide the allocation.

10. Travel and transport

- WOC
WCup
JWOC
- 10.1 Each Federation is responsible for organising its own travel.
- WOC
JWOC
- 10.2 On request, the organiser shall arrange to transport teams from the nearest international airport or railway station to the event centre or accommodation.
- WOC
WCup
JWOC
- 10.3 Transport between the accommodation, event centre, competition sites, etc may either be arranged by the organiser or by the teams. On request, the organiser shall arrange all necessary transport during the event.
- 10.4 The use of official transport to a competition site may be declared mandatory by the organiser.

11. Training and model event

- 11.1 Training opportunities shall be offered before the competition if requested.
- 11.2 On the day prior to the first competition of an event, the organiser shall put on a model event to demonstrate the terrain type, map quality, control features, control set-up, refreshment points and marked routes.
- 11.3 Competitors, team officials, IOF officials and media representatives shall be offered the opportunity to participate in the model event.
- 11.4 If deemed necessary by the IOF Event Adviser, further model events shall be organised.
- 11.5 If deemed appropriate by the IOF Event Adviser, the model event may be organised on the day of the competition.
- WOC
- 11.6 Equal opportunity for training shall be offered to all Federations. The organiser shall offer training opportunities in the 18 months before the Championships. Terrain and maps should as far as possible be similar to those of the championships.

12. Starting order and heat allocation

- 12.1 In an *interval start*, the competitors start singly at equal start intervals. In a *mass start*, all competitors in a class start simultaneously; in relays this applies only to the team members running the first leg. In a *chasing start*, the competitors start singly at start times and intervals determined by their previous results.
- 12.2 The starting order shall be approved by the IOF Event Adviser. The start draw may be public or private. It may be made by hand or by a computer.
- 12.3 The start list shall be published on or before the day prior to the competition and before any team officials' meeting that must be held according to Rule 13.1. If a qualification race is organised on the same day as the finals, the start list for the finals shall be published at least one hour before the first start.
- 12.4 The names of all competitors and teams correctly entered shall be drawn, even if a competitor has not arrived. Entries without names (blanks) are not considered for the draw.
- WOC
JWOC 12.5 For an interval start other than finals of qualification race competitions, the starting order shall be drawn at random. The draw shall be made normally in three starting groups (early, middle, late).
- WOC
JWOC 12.6 For an interval start, competitors from the same Federation may not start consecutively. If they are drawn to start consecutively, the next competitor drawn shall be inserted between them. If this happens at the end of the draw or at the end of a starting group, the competitor before them shall be inserted between them.
- WOC
JWOC 12.7 In qualification race competitions, the start draw for the qualification races shall be made so that each of the following requirements is satisfied:
- as many competitors as there are parallel heats shall start at each start time, with the possible exception of the last start time
 - as far as possible, the heats shall be equally strong
 - competitors from the same Federation shall not start at consecutive times if they are in the same heat
 - the allocation of competitors to the different heats shall be drawn so that the competitors of a Federation are distributed as equally as is mathematically possible among the heats.
- 12.8 In qualification race competitions, the starting order of the finals (other than chasing start finals) shall be the reverse of the placings in the qualification race heats; the best competitors shall start last. Ties shall be decided by drawing lots. Eg. if two competitors tie for 6th place in heat 1, a coin shall be tossed to determine who has placing 6 and who has placing 7 in heat 1 for the purposes of this rule. Competitors with the same placing in the different parallel heats shall start in the sequence of the number of their heat, ie. 1, 2, 3...; the winner of the highest numbered heat therefore starts last.
- WOC
JWOC 12.9 If competitors from the same Federation get consecutive start times in a final of a qualification race competition, the following procedure is carried out commencing at the end of the start list (i.e. at the last starter). The latest starter from a different Federation starting before two competitors from the same Federation with consecutive start times is inserted between these two competitors in the start list. If two or more competitors from the same Federation are left with consecutive start times at the start of the start list, the reverse procedure is then carried out. Eg. A₁, A₂, A₃, B, C, D, E₁, E₂, E₃ → A₁, A₂, A₃, B, C, E₁, E₂, D, E₃ → A₁, A₂, A₃, B, E₁, C, E₂, D, E₃ → (reverse procedure) → A₁, B, A₂, A₃, E₁, C, E₂, D, E₃ → A₁, B, A₂, E₁, A₃, C, E₂, D, E₃.
- 12.10 Before mass start draws, each of the various course combinations shall be allocated to start numbers. The course combinations shall remain secret until after the last competitor has started.

- WOC 12.11 In qualification races, the heat allocation of each competitor shall be drawn under the supervision of the IOF Event Adviser. The heat allocation of each competitor shall not be revealed to the competitor until after the competitor's start.
JWOC
- WOC 12.12 In the relay, the entered teams are given start numbers according to the sequence of their placings in the last relay championship in question. Those not being placed in the last championship are given the subsequent start numbers in alphabetical order. The allocation of the various course combinations to start numbers shall be supervised by the IOF Event Adviser. The allocation shall be kept secret until after the last competitor has started.
JWOC
- JWOC 12.13 Incomplete relay teams and teams with runners from more than one Federation shall start at the same time as the official relay start.
- 12.14 For an interval start, the normal start interval is 3 minutes for Long distance, 2 minutes for Middle distance and 1 minute for Sprint.
- WOC 12.15 The start interval in the Long distance competition is 3 minutes. The start interval in the Middle distance competition is 2 minutes. The start interval in the Sprint competition is 1 minute.
- JWOC 12.16 The start interval in the Long distance competition is 2 minutes, unless there are more than 180 competitors in a class, in which case the start interval may be 1.5 minutes.
- WMOC 12.17 For the qualification races, the competitors of each class are allocated to parallel heats by a random draw. The heats of one class shall be as equal in size as is mathematically possible and no heat shall have more than 80 competitors. There shall be as few heats as possible; if there are 80 competitors or less, there is only one heat for that class. Competitors from the same Federation and placegetters from recent WMOCs shall be equally distributed among the heats. As many competitors as there are heats shall start at each start time, with the possible exception of the last start time.
- WMOC 12.18 The start interval for the qualification races as well as for the finals shall be 2 minutes. For the Sprint, the start interval for the qualification races as well as for the finals shall be 1 minute.

13. Team officials' meeting

- WOC 13.1 The organiser shall hold a team officials' meeting on the day prior to the competition. This meeting shall start no later than 19.00 hours. The IOF Event Adviser shall lead or supervise the meeting.
WCup
JWOC
- WOC 13.2 The competition information (start lists transport schedule, changes or additions to Bulletin 4, weather forecast etc) shall be handed out before the meeting starts.
WCup
JWOC
- WOC 13.3 Team officials shall have the opportunity to ask questions during the meeting.
WCup
JWOC
- WMOC 13.4 There are no team officials' meetings.
WRE

14. Terrain

- 14.1 The terrain shall be suitable for setting competitive orienteering courses and shall match the criteria described in Appendix 6. The objectives of the Leibnitz convention shall be considered when choosing the terrain and event arena, and in designing the courses.
- 14.2 The competition terrain shall not have been used for orienteering for as long as possible prior to the competition, so that no competitor has an unfair advantage.

- 14.3 The competition terrain shall normally be embargoed as soon as it is decided. If that is not possible, then arrangements for access to the terrain must be published as soon as possible.
- 14.4 Permission for access into embargoed terrain shall be requested from the organiser if needed.
- 14.5 Any rights of nature conservation, forestry, hunting, etc in the area shall be respected.

15. Maps

- 15.1 Maps, course markings and additional overprinting shall be drawn and printed according to the IOF *International Specification for Orienteering Maps* or the *IOF International Specification for Sprint Orienteering Maps*. Deviations need approval by the IOF Council.
- 15.2 The map scale for Long distance races shall be 1:15000. The map scale for Middle distance races and for Relays shall be 1:15000 or 1:10000. The map scale for Sprint shall be 1:5000 or 1:4000.
- 15.3 Errors on the map and changes which have occurred in the terrain since the map was printed shall be overprinted on the map if they have a bearing on the event.
- 15.4 Maps shall be protected against moisture and damage.
- 15.5 If a previous orienteering map of the competition area exists, colour copies of the most recent edition must be displayed for all competitors on the day prior to the competition.
- 15.6 On the day of the competition, the use of any map of the competition area by competitors or team officials is prohibited until permitted by the organiser.
- 15.7 The competition map must not be larger than required by a competitor to run the course.
- WMOC 15.8 The map for age classes 45 and above shall be at a scale of 1:10000, and this scale may be used for all classes with the approval of the IOF Event Adviser. For the Sprint, the scale shall be 1:4000 or 1:5000.
- WOC
WCup
JWOC
WMOC 15.9 The IOF and its member Federations shall have the right to reproduce the event maps with courses in their official magazines or on their websites without having to pay a fee to the organiser.

16. Courses

- 16.1 The IOF *Principles for Course Planning* (see Appendix 2), the competition format descriptions (see Appendix 6) and the Leibnitz Convention (see Appendix 5) shall be followed.
- 16.2 The standard of the courses shall be worthy of an international orienteering event. The navigational skill, concentration and running ability of the competitors shall be tested. All courses shall call upon a range of different orienteering techniques.
- 16.3 The course lengths shall be given as the length of the straight line from the start via the controls to the finish deviating for, and only for, physically impassable obstructions (high fences, lakes, impassable cliffs etc.), prohibited areas and marked routes.
- 16.4 The total climb shall be given as the climb in metres along the shortest sensible route.
- 16.5 For qualification races, the courses for the parallel heats shall be as nearly as possible of the same length and standard.

- 16.6 In relay competitions, the controls shall be combined differently for the teams, but all teams shall run the same overall course. If the terrain and the concept of the courses permit it, the lengths of the legs may be significantly different. However, the sum of the winning times of the legs shall be kept as prescribed. All teams must run the different length legs in the same sequence.
- 16.7 In individual competitions, the controls may be combined differently for the competitors, but all competitors shall run the same overall course.
- WOC 16.8 In most cases, separate controls shall be used for the women's and the men's courses in final races.
- WOC
WCup 16.9 The courses shall be set to give the following winning times in minutes:
- | women | men | |
|-------|--------|--|
| 45 | 60 | Long distance qualification race |
| 70-80 | 90-100 | Long distance final |
| 25 | 25 | Middle distance qualification race |
| 30-35 | 30-35 | Middle distance final |
| 12-15 | 12-15 | Sprint qualification race |
| 12-15 | 12-15 | Sprint final |
| 30-50 | 30-60 | Relay for each leg |
| 120 | 135 | Relay, sum of fastest times for all legs |
- JWOC 16.10 The courses shall be set to give the following winning times in minutes:
- | women | men | |
|-------|-------|--|
| 55 | 70 | Long distance |
| 20-25 | 20-25 | Middle distance |
| 12-15 | 12-15 | Sprint |
| 25-45 | 30-55 | Relay for each leg |
| 105 | 135 | Relay, sum of fastest times for all legs |
- WMOC 16.11 The courses shall be set to give the following winning times in minutes:
- | women | qualification
races | each
final | men | qualification
races | each
final |
|-------|------------------------|---------------|-----|------------------------|---------------|
| W35 | 45 | 55 | M35 | 60 | 70 |
| W40 | 40 | 50 | M40 | 55 | 65 |
| W45 | 35 | 45 | M45 | 50 | 60 |
| W50 | 35 | 45 | M50 | 45 | 55 |
| W55 | 35 | 45 | M55 | 40 | 50 |
| W60 | 35 | 45 | M60 | 40 | 50 |
| W65 | 35 | 45 | M65 | 40 | 50 |
| W70 | 35 | 45 | M70 | 40 | 50 |
| W75 | 35 | 45 | M75 | 40 | 50 |
| W80 | 35 | 45 | M80 | 40 | 50 |
| W85 | 35 | 45 | M85 | 40 | 50 |

The courses for all Sprint races shall be set to give winning times of 12 to 15 minutes

17. Restricted areas and routes

- 17.1 Rules set by the organising Federation to protect the environment and any related instructions from the organiser shall be strictly observed by all persons connected with the event.
- 17.2 Out-of-bounds or dangerous areas, forbidden routes, line features that shall not be crossed, etc shall be marked on the map. If necessary, they shall also be marked on the ground. Competitors shall not enter, follow or cross such areas, routes or features.

- 17.3 Compulsory routes, crossing points and passages shall be marked clearly on the map and on the ground. Competitors shall follow the entire length of any marked section of their course.

18. Control descriptions

- 18.1 The precise location of the controls shall be defined by control descriptions.
- 18.2 The control descriptions shall be in the form of symbols and in accordance with the *IOF Control Descriptions*.
- 18.3 The control descriptions, given in the right order for each competitor's course, shall be fixed to or printed on the front side of the competition map.
- WOC
WCup
JWOC
WMOC
- 18.4 For interval start competitions, separate control description lists for each course shall be available at the pre-start (for each competitor on the course), but shall not be available before that point.
- WRE
- 18.5 Separate control description lists for each course shall be available at the pre-start (for each competitor on the course) and may also be available in advance.

19. Control set-up and equipment

- 19.1 The control point shown on the map shall be clearly marked on the ground and be equipped to enable the competitors to prove their passage.
- 19.2 Each control shall be marked by a control flag consisting of three squares, about 30 cm x 30 cm, arranged in a triangular form. Each square shall be divided diagonally, one half being white and the other orange (PMS 165).
- 19.3 The flag shall be hung at the feature indicated on the map in accordance with the control description. The flag shall be visible to competitors when they can see the described position.
- 19.4 Controls shall not be sited within 30 metres of each other (15 metres for map scales 1:5000 or 1:4000). (see also Appendix 2, #3.5.5).
- 19.5 A control shall be sited so that the presence of a person punching does not significantly help nearby competitors to find the control.
- 19.6 Each control shall be identified with a code number, which shall be fixed to the control so that a competitor using the marking device can clearly read the code. Numbers less than 31 may not be used. The figures shall be black on white, between 5 and 10 cm in height and have a line thickness of 5 to 10 mm. Horizontally-displayed codes shall be underlined if they could be misinterpreted by being read upside down (e.g. 161).
- 19.7 To prove the passage of the competitors, there shall be a sufficient number of punching devices in the immediate vicinity of each flag.
- 19.8 If the estimated winning time is more than 30 minutes, refreshments shall be available at least every 25 minutes at the estimated speed of the winner.
- 19.9 At least pure water of suitable temperature shall be offered as refreshment. If different refreshments are offered, they shall be clearly marked.
- 19.10 All controls for which there are security concerns shall be guarded.

20. Punching systems

- 20.1 Only IOF licensed electronic punching systems may be used, as per Appendix 4.
- 20.2 Competitors shall have the possibility of practising with the electronic punching system at the model event.

- 20.3 Competitors shall be responsible for punching their own card at each control using the punching device provided.
- 20.4 The control card must clearly show that all controls have been visited.
- 20.5 A competitor with a control punch missing or unidentifiable shall not be placed unless it can be established with certainty that the punch missing or unidentifiable is not the competitor's fault. In this exceptional circumstance, other evidence may be used to prove that the competitor visited the control, such as evidence from control officials or cameras or read-out from the control unit. In all other circumstances, such evidence is not acceptable and the competitor must be disqualified. In the case of SportIdent, this rule means that:
- If one unit is not working, or appears not to be working, a competitor must use the backup provided and will be disqualified if no punch is recorded.
 - If a competitor punches too fast and fails to receive the feedback signals, the card will not contain the punch and the competitor must be disqualified (even though the control unit may have recorded the competitor's card number)
- 20.6 The organiser has the right to have the control card checked by officials at appointed controls.
- 20.7 Competitors who lose their control card, omit a control or visit controls in the wrong order shall be disqualified.

21. Equipment

- 21.1 As long as the rules of the organising Federation do not specify otherwise, the choice of clothing and footwear shall be free.
- 21.2 Start number bibs shall be clearly visible and worn as prescribed by the organiser. The bibs shall not be larger than 25 cm × 25 cm with figures at least 10 cm high. The number bibs may not be folded or cut.
- 21.3 During the competition the only navigational aids that competitors may use or carry are the map and control descriptions provided by the organiser, and a compass.
- 21.4 Competitors may not use or carry telecommunication equipment between entering the pre-start area and reaching the finish in a race, unless the equipment is approved by the organiser. GPS data loggers with no display or audible feedback can be used. The organiser may require competitors to wear a tracking device.

22. Start

- 22.1 In individual competitions, the start is normally an interval start. In relay competitions, the start is normally a mass start.
- 22.2 In qualification race competitions, the first start in the finals shall be at least 2.5 hours after the last start in the qualification races.
- WOC
JWOC 22.3 All competitors should have at least 30 minutes for undisturbed preparation and warm-up at the start area. Only competitors who have not started and team officials shall be allowed into the warm-up area.
- 22.4 The start may be organised with a pre-start before the time start, situated at one edge of the warm-up area. If there is a pre-start, a clock showing the competition time to team officials and competitors shall be displayed there, and the competitors' names shall be called or displayed. Beyond the pre-start, only starting competitors and media representatives guided by the organiser are allowed.
- 22.5 At the start, a clock showing the competition time to the competitors shall be displayed. If there is no pre-start, competitors' names shall be called or displayed.

- 22.6 The start shall be organised so that later competitors and other persons cannot see the map, courses, route choices or the direction to the first control. If necessary, there shall be a marked route from the time start to the point where orienteering begins.
- 22.7 Competitors take their map at or after their start time. The competitor is responsible for taking the right map. The competitor's start number or name or course shall be indicated on or near the map so as to be visible to the competitor before he/she starts.
- 22.8 The point where orienteering begins shall be shown on the map with the start triangle and, if it is not at the time start, marked in the terrain by a control flag but no marking device.
- 22.9 Competitors who are late for their start time through their own fault shall be permitted to start. The organiser will determine at which time they may start, considering the possible influence on other competitors. They shall be timed as if they had started at their original start time.
- 22.10 Competitors who are late for their start time through the fault of the organiser shall be given a new start time, considering the possible influence on other competitors.
- 22.11 The changeover between the members of each relay team takes place by touch. The changeover may be organised so that the incoming team member collects the map of the outgoing team member and hands it over as the changeover touch.
- 22.12 Correct and timely relay changeover is the responsibility of the competitors, even when the organiser arranges an advanced warning of incoming teams.
- 22.13 With the approval of the IOF Event Adviser the organiser may arrange mass starts for the later legs for relay teams that have not changed over.
- 22.14 Once a relay team has accepted its disqualification no further members of that team shall be allowed to start.
- WOC 22.15 In the changeover area, outgoing team members shall have some advance warning of
JWOC the arrival of their preceding team members

23. Finish and time-keeping

- 23.1 The competition ends for a competitor when crossing the finishing line.
- 23.2 The run-in to the finish shall be bounded by tape or by rope. The last 20 m shall be straight.
- 23.3 The finish line shall be at least 3 m wide and shall be at right angles to the direction of the run-in. The exact position of the finish line shall be obvious to approaching competitors.
- 23.4 When a competitor has crossed the finish line, the competitor shall hand in the control card and the competition map.
- 23.5 The finishing time shall be measured when the competitor's chest crosses the finish line, or when the competitor punches at the finish line, or if a light beam is used for timing when the competitor breaks the beam which shall be mounted between 0.5 metres and 1 metre above the ground. Times shall be rounded down to whole seconds. Times shall be given in hours, minutes and seconds or in minutes and seconds only.
- 23.6 The timekeeping systems shall measure times of competitors in the same class, relative to each other, with an accuracy of 0.5 seconds or better (or with an accuracy of 0.05 seconds if timing is to tenths of seconds).
- WOC 23.7 In interval start races, an electronic finish timing system shall be used, allowing the
WCup competitor to finish by running across the finish line.
JWOC

- WOC 23.8 In the sprint competition final, times shall be rounded down to whole tenths of a second. Suitable equipment, approved by the IOF, and suitable procedures shall be used.
- JWOC 23.8a In the sprint competition final, times may be rounded down to whole tenths of a second if suitable equipment, approved by the IOF, and suitable procedures are used.
- WOC
WCup
JWOC 23.9 Two independent timekeeping systems, a primary and a secondary, shall be used continuously throughout the competition.
- 23.10 In competitions with mass or chasing starts, finish judges shall rule on the final placings based on the order that the competitors' chests cross the finish line. A jury member shall be present at the finish line.
- 23.11 With the approval of the IOF Event Adviser, the organiser may set maximum running times for each class.
- 23.12 There shall be medical facilities and personnel at the finish, who are also equipped to work in the forest.
- WOC 23.13 The maximum running times shall be:
- Sprint, 50 minutes for women and men
 - Middle distance, 70 minutes for women and men
 - qualification race for Long distance, 110 minutes for women and 150 minutes for men
 - Long distance, 3 hours for women and 4 hours for men
 - Relay, 4 hours for women and 4.5 hours for men.

24. Results

- 24.1 Provisional results shall be announced and displayed in the finish area or the assembly area during the competition.
- 24.2 The official results shall be published no more than 4 hours after the latest allowable finishing time of the last starter. They shall be handed out on the day of the competition to each team manager and to accredited media representatives.
- 24.3 If the finals of a qualification race competition take place on the same day as the qualification races, the results of the qualification races shall be published no more than 30 minutes after the latest allowable finishing time of the last starter.
- 24.4 The official results shall include all participating competitors. In relays, the results shall include the competitors' names in running order and times for their legs as well as the course combinations that each ran.
- 24.5 If an interval start is used, two or more competitors having the same time shall be given the same placing in the results list. The position(s) following the tie shall remain vacant.
- 24.6 If a mass start or chasing start is used, the placings are determined by the order in which the competitors finish. In relays this will be the team member running the last relay leg.
- 24.7 In relays where there are mass starts for later legs, the sum of the individual times of the team members shall determine the placings of the teams that have taken part in such mass starts. Teams taking part in mass starts for later legs are placed after all teams which have changed over and finished in the ordinary way.
- 24.8 Competitors or teams who exceed the maximum time, shall not be placed.
- WOC
WCup
JWOC 24.9 Every accredited person (competitors, team officials, media representatives etc) shall be given a start list, an official results list and a competition map.

- WCup 24.10 In the World Cup, competitors' results in their best competitions count for their total score. The details of the scoring system is determined by the IOF Council at least 4 months prior to the first event.
- JWOC 24.11 The results of incomplete teams and teams with runners from more than one Federation are not considered in determining the placings in relay competitions and shall not appear in the official results list.
- JWOC 24.12 If a Federation is represented by two teams in a relay class, only the team with the better result is considered in determining the placings.
- JWOC 24.13 For both classes, a *team score* is calculated for each Federation (to place the Federations in a *team competition*) by adding the placings of each Federation's three best competitors in all three individual competitions and the official placing—multiplied by three—of its placed relay team. If a Federation has fewer than three finishers in any individual competition, every missing runner is treated as though they finished one place behind the last finisher. If a Federation has no place in the relay competition, it is treated as if they finished one place behind the last official placed team. An overall team score is then calculated for each Federation by adding together its men's and women's team scores. The lowest score wins.
- 24.14 Results shall be published on the internet and electronically submitted to the IOF on the day of the race.
- 24.15 The results must be based on competitors' times for the whole course. No changes may be made to these times on the basis of split times.

25. Prizes

- 25.1 The organiser shall arrange a dignified prize-giving ceremony.
- 25.2 Prizes for men and women shall be equivalent.
- 25.3 If two or more competitors have the same placing, they shall each receive the appropriate medal and/or certificate.
- WOC 25.4 The title of World Champion shall be awarded in the following eight separate competitions:
- | | |
|--------------------------|------------------------|
| • women, Sprint | • men, Sprint |
| • women, Middle distance | • men, Middle distance |
| • women, Long distance | • men, Long distance |
| • women, Relay | • men, Relay |
- JWOC 25.5 The title of Junior World Champion shall be awarded in the following eight separate competitions:
- | | |
|--------------------------|------------------------|
| • women, Sprint | • men, Sprint |
| • women, Middle distance | • men, Middle distance |
| • women, Long distance | • men, Long distance |
| • women, Relay | • men, Relay |
- ROC 25.6 The title of Regional Champion may be awarded in the following eight separate competitions:
- | | |
|--------------------------|------------------------|
| • women, Sprint | • men, Sprint |
| • women, Middle distance | • men, Middle distance |
| • women, Long distance | • men, Long distance |
| • women, Relay | • men, Relay |

- WOC
JWOC 25.7 The following prizes shall be awarded in all competitions:
- 1st place Gold medal (plated) and certificate
 - 2nd place Silver medal (plated) and certificate
 - 3rd place Bronze medal and certificate
 - 4th-6th place Certificate
- Medals and certificates shall be supplied by the IOF.
- WOC 25.8 The prize-giving ceremonies shall be performed by the representatives of the organising Federation and the IOF.
- WOC
JWOC 25.9 In the relay, each individual member of the team shall receive the appropriate medal and/or certificate.
- WOC
JWOC 25.10 During the prize-giving ceremony, the national flags of the first 3 competitors or teams shall be flown and the national anthem of the winner shall be played.
- WCup 25.11 The winners of each competition receive medals provided by the IOF. In each individual competition at least 6 competitors per class shall receive prizes provided by the organiser.
- WCup 25.12 The first 3 competitors in both classes in the overall Individual World Cup score lists after the last event receive medals provided by the IOF. At least the first 6 competitors in the overall score list after the last event receive prizes provided by the organiser of that event.
- JWOC 25.13 The winning Federation of the overall team competition (according to rule 24.13) receives a prize provided by the IOF.
- WMOC 25.14 The first 3 competitors in the final of each class for each competition receive medals provided by the IOF.

26. Fair play

- 26.1 All persons taking part in an orienteering event shall behave with fairness and honesty. They shall have a sporting attitude and a spirit of friendship. Competitors shall show respect for each other, for officials, journalists, spectators and the inhabitants of the competition area. The competitors shall be as quiet as possible in the terrain.
- 26.2 Except in the case of an accident, obtaining assistance from other runners or providing assistance to other competitors during a competition is forbidden. It is the duty of all competitors to help injured runners.
- 26.3 Doping is forbidden. The *IOF Anti-Doping Rules* apply to all IOF events and the IOF Council may require doping control procedures to be conducted.
- 26.4 All officials shall maintain strict secrecy about the competition area and terrain before they are published. Strict secrecy about the courses must be maintained.
- 26.5 Any attempt to survey or train in the competition terrain is forbidden, unless explicitly permitted by the organiser. Attempts to gain any information related to the courses, beyond that provided by the organiser, is forbidden before and during the competition.
- 26.6 The organiser shall bar from the competition any competitor who is so well acquainted with the terrain or the map, that the competitor would have a substantial advantage over other competitors.
- 26.7 Team officials, competitors, media representatives and spectators shall remain in the areas assigned to them.

- 26.8 Control officials shall neither disturb nor detain any competitor, nor supply any information whatsoever. They shall remain quiet, wear inconspicuous clothing and shall not help competitors approaching controls. This also applies to all other persons in the terrain, eg. media representatives.
- 26.9 Having crossed the finish line, a competitor may not re-enter the competition terrain without the permission of the organiser. A competitor who retires shall announce this at the finish immediately and hand in the map and control card. That competitor shall in no way influence the competition nor help other competitors.
- 26.10 A competitor who breaks any rule, or who benefits from the breaking of any rule, may be disqualified.
- 26.11 Non-competitors who break any rule are liable to disciplinary action.
- 26.12 The organiser must void a competition if at any point it becomes clear that circumstances have arisen which make the competition unfair or dangerous for the competitors.

27. Complaints

- 27.1 A complaint may be made about infringements of these rules or the organiser's directions.
- 27.2 Complaints may only be made by team officials or competitors.
- 27.3 Any complaint shall be made in writing to the organiser as soon as possible. A complaint is adjudicated by the organiser. The complainant shall be informed about the decision immediately.
- 27.4 There is no fee for a complaint.
- 27.5 The organiser may set a time limit for complaints. Complaints received after this time limit will only be considered if there are valid exceptional circumstances which must be explained in the complaint.

28. Protests

- 28.1 A protest may be made against the organiser's decision about a complaint.
- 28.2 Protests may only be made by team officials or competitors.
- 28.3 Any protest shall be made in writing to a member of the jury no later than one hour after the organiser has announced the decision about the complaint.
- 28.4 There is no fee for a protest.

29. Jury

- 29.1 A jury shall be appointed to rule on protests.
- 29.2 The IOF Council decides for which events it shall appoint the jury. If the IOF is not appointing the jury, the Federation of the organiser shall appoint the jury.
- 29.3 The jury shall consist of 3 or 5 voting members, according to Rules 29.10–29.14, from different Federations. The IOF Event Adviser shall lead the jury but has no vote.
- 29.4 A representative of the organiser has the right to participate in the jury meetings but has no vote.
- 29.5 The organiser shall act according to the jury's decisions, eg. to reinstate a competitor disqualified by the organiser, to disqualify a competitor approved by the organiser, to void the results in a class approved by the organiser or to approve results declared invalid by the organiser.

- 29.6 The jury is competent to rule only if all members are present. In urgent cases preliminary decisions may be taken if a majority of the jury members agree on the decision.
- 29.7 If a jury member declares him- or herself prejudiced or if a jury member is unable to fulfil his or her task, the IOF Event Adviser shall nominate a substitute.
- 29.8 Arising from its ruling on a protest, the jury — in addition to instructing the organiser — may recommend that the IOF Council excludes a person from some or all future IOF events in the case of a major violation of the rules.
- 29.9 Decisions of the jury are final.
- WOC 29.10 The jury is appointed by the IOF Council. It shall consist of 5 voting members from different Federations.
- JWOC 29.11 The jury is appointed by the IOF Council. It shall consist of 3 voting members from different Federations.
- WOC
JWOC 29.12 The jury shall consist of both men and women. No jury member shall come from the organising Federation.
- WG
WCup
WMOC 29.13 The jury shall consist of 3 voting members from different Federations. Two members are appointed by the IOF Council. One member is appointed by the Federation of the organiser.
- WRE 29.14 The jury shall consist of 3 voting members, if possible from different Federations.

30. Appeals

- 30.1 An appeal may be made against infringements of these rules if a jury is not yet set up, or if the event is over and the jury has dispersed.
- 30.2 An appeal may only be made by Federations.
- 30.3 An appeal shall be made in writing to the IOF Event Adviser appointing body as soon as possible.
- 30.4 There is no fee for an appeal.
- 30.5 Decisions about an appeal are final.
- 30.6 The IOF Council shall deal with the appeal.

31. Event control

- 31.1 All events, for which these rules are binding, shall be controlled by an *IOF Event Adviser*. The IOF Event Adviser shall be appointed within 3 months of the appointment of an organiser.
- 31.2 The IOF Council shall decide for which events it will itself appoint the IOF Event Adviser.
- 31.3 If the IOF Event Adviser is appointed by the IOF, he or she is the official representative of the IOF to the organiser, is subordinate to the IOF Council and communicates with the IOF Secretariat.
- 31.4 The Federation of the organiser shall always appoint an independent national controller. This controller shall assist the IOF Event Adviser appointed by the IOF. If the IOF does not appoint an IOF Event Adviser for the event in question, the controller appointed by the Federation will be the IOF Event Adviser. The controller appointed by the Federation need not come from the same Federation.
- 31.5 All IOF Event Advisers shall hold the IOF Event Adviser's licence. No IOF Event Adviser or IOF Event Adviser's Assistant may have any responsibility for a participating team.

- 31.6 The IOF Event Adviser shall ensure that rules are followed, mistakes are avoided and that fairness is paramount. The IOF Event Adviser has the authority to require adjustments to be made if he or she deems them necessary to satisfy the requirements of the event.
- 31.7 The IOF Event Adviser shall work in close collaboration with the organiser, and shall be given all relevant information. All official information sent to the Federations, such as bulletins, shall be approved by the IOF Event Adviser.
- 31.8 As a minimum, the following tasks shall be carried out under the authority of the IOF Event Adviser:
- to approve the venue and the terrain for the event
 - to look into the event organisation and assess the suitability of the proposed accommodation, food, transport, programme, budget and training possibilities
 - to assess any planned ceremonies
 - to approve the organisation and layout of start, finish and changeover areas
 - to assess the reliability and accuracy of the time-keeping and results producing systems
 - to check that the map conforms with the IOF standards
 - to approve the courses after assessing their quality, including degree of difficulty, control sitings and equipment, chance factors and map correctness
 - to check any course splitting method and course combinations
 - to assess arrangements and facilities for the media
 - to assess arrangements and facilities for doping tests
- 31.9 The IOF Event Adviser shall make as many controlling visits as he or she deems necessary. The visits shall be planned in agreement with the appointing authority and the organiser. Immediately after each visit, the IOF Event Adviser shall send a brief, written report to the IOF Event Adviser appointing body with a copy to the organiser.
- 31.10 One or more assistants may be appointed by the IOF Event Adviser appointing body to help the IOF Event Adviser, particularly in the fields of mapping, courses, financing, sponsoring and media.
- 31.11 The IOF Event Adviser appointing body has the authority to revoke the appointment of the IOF Event Adviser.
- WOC 31.12 The IOF Event Adviser shall make 3 visits as a minimum: one at an early stage, one a year before the championships and one 3-4 months before the championships.

32. Event reports

- 32.1 No more than 3 weeks after the event, the organiser shall submit a short report to the IOF Event Adviser along with complete result lists.
- 32.2 No more than 4 weeks after the event, the IOF Event Adviser shall send a report to the IOF Event Adviser appointing body. The report should include any significant features of the event and details of any complaints or protests.
- WOC 32.3 The Organiser shall forward two sets of maps with course details and a complete results list to the IOF.
WCup
JWOC
ROC
- WMOC 32.4 No more than 3 weeks after the event, the Organiser shall forward a selection of maps, including all A-Final maps with course details, and a complete results list to the IOF.
- WOC 32.5 One copy of every bulletin, the final programme including start lists, a plan of the organisation and a final statement of accounts shall be sent to the IOF Secretariat for the archives no more than 6 months after the event.

33. Advertising and sponsorship

- 33.1 Advertising of tobacco and hard liquor is not permitted.
- 33.2 Advertising on track suits or other clothing which are worn by team members during the official ceremonies shall not exceed 300 cm². There is no restriction to the amount of advertising on the runners' competition clothing or equipment except for the start number bibs.

34. Media service

- 34.1 The organiser shall offer the media representatives attractive working conditions and favourable opportunities to observe and report on the event.
- 34.2 As a minimum, the organiser shall make available to media representatives the following:
- hotel accommodation of medium standard, to be paid for by the users
 - start lists, programme booklet and other information on the day prior to the competition
 - opportunity to take part in the model event
 - weather-protected, quiet working space in the finish area
 - result lists and maps with courses immediately after the competition
 - internet access to be paid for by the users.
- 34.3 The organiser shall make every effort to maximise media coverage as long as this does not jeopardise the fairness of the event.

Appendix 1: General competition classes

1. Age classes

- 1.1 Competitors are divided into classes according to their gender and age. Women may compete in men's classes.
- 1.2 Competitors aged 20 or younger belong to each class up to the end of the calendar year in which they reach the given age. They are entitled to compete in older classes up to and including 21.
- 1.3 Competitors aged 21 or older belong to each class from the beginning of the calendar year in which they reach the given age. They are entitled to compete in younger classes down to and including 21.
- 1.4 The main competition classes are called W21 and M21, for women and men respectively.
- 1.5 For competitors younger than 21, the classes W20 and M20, W18 and M18 and so on with intervals of 2 years are used. For older competitors, the classes W35 and M35, W40 and M40 and so on with intervals of 5 years are used.
- 1.6 Each class may be divided into subclasses according to the difficulty and/or length of the courses. Subclasses according to difficulty and course lengths are named E (elite)—if applicable, A, B, C and N (novice). Subclasses according to course lengths only are named S (short) and L (long).
- 1.7 Elite (E) classes may only be provided for age classes 18, 20 and 21. They shall be restricted to competitors classified as elite competitors by their Federation or who are selected for the class based on their position in a Federation's ranking scheme.

2. Parallel classes

- 2.1 Should a class have too many entries, it may be split into parallel classes. Splitting of elite classes should be based on the competitors' previous performances. Other classes than elite classes should be split so that competitors from the same club, district or Federation are equally distributed among the parallel classes.

Appendix 2: Principles for course planning

1. Introduction

- 1.1 Purpose
- 1.2 Application of these principles

2. Basic principles

- 2.1 Definition of orienteering
- 2.2 Aim of good course planning
- 2.3 Course planner's golden rules

3. The orienteering course

- 3.1 Terrain
- 3.2 Definition of an orienteering course
- 3.3 The start
- 3.4 The course legs
- 3.5 The controls
- 3.6 The finish
- 3.7 The elements of map reading
- 3.8 Route choices
- 3.9 The degree of difficulty
- 3.10 Competition types
- 3.11 What the course planner should aim

4. The course planner

1. Introduction

1.1 Purpose

These principles aim to establish a common standard for the planning of foot orienteering courses in order to ensure fairness in competition and to safeguard the unique character of the sport of orienteering.

1.2 Application of these principles

Courses in all international foot orienteering events must be planned in accordance with these principles. They should also serve as general guidelines for the planning of other competitive orienteering events. The term 'orienteering' is used throughout to refer specifically to 'orienteering on foot'.

2. Basic principles

2.1 Definition of orienteering

Orienteering is a sport in which competitors visit a number of points marked on the ground, controls, in the shortest possible time aided only by map and compass. Orienteering on foot may be characterised as *running navigation*.

2.2 Aim of good course planning

The aim of course planning is to offer competitors courses correctly designed for their expected abilities. Results must reflect the competitors' technical and physical ability.

2.3 Course planner's golden rules

The course planner must keep the following principles in mind:

- the unique character of foot orienteering as running navigation
- the fairness of the competition
- competitor enjoyment
- the protection of wildlife and the environment

- the needs of the media and spectators

2.3.1 Unique character

Every sport has its own character. The unique character of orienteering is to find and follow the best route through unknown terrain against the clock. This demands orienteering skills: accurate map reading, route choice evaluation, compass handling, concentration under stress, quick decision making, running in natural terrain, etc.

2.3.2 Fairness

Fairness is a basic requirement in competitive sport. Unless the greatest care is taken at each step of course planning and course setting, luck can easily become significant in orienteering competitions. The course planner must consider all such factors to ensure that the contest is fair and that all competitors face the same conditions on every part of the course.

2.3.3 Competitor enjoyment

The popularity of orienteering can only be enhanced if competitors are satisfied with the courses they are given. Careful course planning is therefore necessary to ensure that courses are appropriate in terms of length, physical and technical difficulty, control siting, etc. In this respect it is particularly important that each course is suitable for the competitors doing that course.

2.3.4 Wildlife and the environment

The environment is sensitive: wildlife may be disturbed and the ground as well as the vegetation may suffer from overuse. The environment also includes people living in the competition area, walls, fences, cultivated land, buildings and other constructions, etc.

It is usually possible to find ways to avoid interference with the most sensitive areas without damage. Experience and research have shown that even large events can be organised in sensitive areas without permanent damage if the correct precautions are taken and the courses are well planned.

It is very important that the course planner ensures that there is access to the chosen terrain and that any sensitive areas in the terrain are discovered in advance.

2.3.5 Media and spectators

The need to give a good public image of the sport of orienteering should be a permanent concern for a course planner. The course planner should endeavour to offer spectators and the press the possibility to follow as closely as possible the progress of a competition without compromising sporting fairness.

3. The orienteering course

3.1 Terrain

The terrain must be chosen so that it can offer fair competition to all competitors.

To safeguard the character of the sport, the terrain should be runnable and suitable for testing the orienteering skills of the competitors.

3.2 Definition of an orienteering course

An orienteering course is defined by the start, the controls, and the finish. Between these points, which are given precise locations in the terrain and correspondingly on the map, are the course legs over which the competitor must orienteer.

3.3 The start

The start area should be so situated and organised that:

- there is a warm up area
- waiting competitors cannot see route choices made by those who have started

The point from which orienteering on the first leg begins is marked in the terrain by a control flag with no marking device and on the map by a triangle.

The competitors should be faced with orienteering problems right from the start.

3.4. The course legs

3.4.1 Good legs

The course legs are the most important elements of an orienteering course and will largely determine its quality.

Good legs offer competitors interesting map-reading problems and lead them through good terrain with possibilities for alternative individual routes.

Within the same course different types of legs should be offered, some of them based on intense map-reading and others containing more easily run route choices. There should also be variations with regard to leg length and difficulty to force the competitor to use a range of orienteering techniques and running speeds. The course planner should also endeavour to give changes in general direction for consecutive legs as this forces the competitors to reorient themselves frequently.

It is preferable for a course to have a few very good legs joined by short links designed to enhance the legs rather than a larger number of even but lesser quality legs.

3.4.2 Fairness of legs

No leg should contain route choices giving any advantage or disadvantage which cannot be foreseen from the map by a competitor under competitive conditions.

Legs which encourage competitors to cross forbidden or dangerous areas must be avoided.

3.5 The controls

3.5.1 Control sites

Controls are placed at features in the terrain that are marked on the map. These must be visited by the competitors in the given order, if the order is specified, but following their own route choices. This demands careful planning and checking to ensure fairness.

It is particularly important that the map portrays the ground accurately in the vicinity of the controls, and that the direction and distances from all possible angles of approach are correct.

Controls must not be sited on small features visible only from a short distance if there are no other supporting features on the map.

Controls must not be sited where the visibility of the control flag for runners coming from different directions cannot be evaluated from the map or control description.

3.5.2 The function of the controls

The main function of a control is to mark the beginning and end of an orienteering leg.

Sometimes controls with other specific purposes need to be used as, for example, to funnel runners around dangerous or out of bounds areas.

Controls can also serve as refreshment, press and spectator points.

3.5.3 The control flag

The control equipment must be in accordance with the rules for IOF events.

As far as possible, a control flag should be placed in such a manner that competitors first see it only when they have reached the described control feature. For fairness, the visibility of the control should be the same whether or not there is a competitor at the control site. On no account should the control flag be hidden: when competitors reaches the control they should not have to search for the flag.

3.5.4 Fairness of control sites

It is necessary to choose control sites with great care and notably to avoid the 'acute angle' effect where incoming competitors can be led into the control by outgoing runners.

3.5.5 Proximity of controls

Controls on different courses placed too close to one another can mislead runners who have navigated correctly to the control site. According to Rule 19.4, controls shall not be sited within 30 metres of each other (15 metres for map scales 1:5000 or 1:4000). Only when the control features are distinctly different in the terrain as well as on the map, should controls be placed closer than 60 metres (30 metres for map scales 1:5000 or 1:4000).

3.5.6 The control description

The position of the control with respect to the feature shown on the map is defined by the control description.

The exact control feature on the ground, and the point marked on the map, must be indisputable. Controls which cannot be clearly and easily defined by the IOF control symbols are usually not suitable and should be avoided.

3.6 The finish

At least the last part of the route to the finish line should be a compulsory marked route.

3.7 The elements of map-reading

On a good orienteering course, competitors are forced to concentrate on navigation throughout the race. Sections requiring no map-reading or attention to navigation should be avoided unless they result from particularly good route choices.

3.8 Route choices

Alternative routes force competitors to use the map to assess the terrain and to draw conclusions from it. Route choices make competitors think independently and will split up the field, thus minimising 'following'.

3.9 The degree of difficulty

For any terrain and map, a course planner can plan courses with a wide range of difficulty. The degree of difficulty of the legs can be varied by making them follow line features more or less closely.

Competitors should be able to assess the degree of difficulty of the approach to a control from the information available on the map, and so choose the appropriate technique.

Attention should be paid to the competitors' expected skill, experience and ability to read or understand the fine detail of the map. It is particularly important to get the level of difficulty right when planning courses for novices and children.

3.10 Competition types

Course planning must account for specific requirements of the type of competition

considered. For instance, course planning for Sprint and Middle distance orienteering must call on detailed map reading and on a high degree of concentration throughout the entire course. Course planning for relay competitions should consider the need for spectators to be able to follow closely the progress of the competition. Course planning for relays should incorporate a good and sufficient forking/splitting system.

3.11 What the course planner should aim for

3.11.1 Know the terrain

The course planner should be fully acquainted with the terrain before he or she plans to use any control or leg.

The planner should also be aware that on the day of the competition the conditions regarding map and terrain could be different from those which exist at the time the courses are planned.

3.11.2 Get the degree of difficulty right

It is very easy to make courses for novices and children too difficult. The course planner should be careful not to estimate the difficulty just on his or her own skill at navigating or on his or her walking speed when surveying the area.

3.11.3 Use fair control sites

The desire to make the best possible legs often leads a planner to use unsuitable control sites.

Competitors seldom notice any difference between a good and a superb leg, but they will immediately notice if a control leads to unpredictable loss of time due to a hidden control site or flag, ambiguity, a misleading control description etc.

3.11.4 Placing controls sufficiently far apart

Even though the controls have code numbers they should not be so close to each other as to mislead competitors who navigate correctly to the control site on their course.

3.11.5 Avoid over-complicating the route choices

The planner may see route choices which will never be taken and thereby may waste time by constructing intricate problems, whereas the competitors may take a 'next best' route, thus saving time on route planning.

3.11.6 Courses that are not too physically demanding.

Courses should be set so that normally fit competitors can run over most of the course set for their level of ability.

The total climb of a course should normally not exceed 4% of the length of the shortest sensible route.

The physical difficulty of courses should progressively decrease as the age of the competitors increases in Masters classes. Special care must be taken that the courses for classes M70 and over and W65 and over are not too physically demanding.

4. The course planner

The person responsible for course planning must have an understanding and appreciation of the qualities of a good course gained from personal experience. He or she must also be familiar with the theory of course planning and appreciate the special requirements of different classes and different types of competition.

The course planner must be able to assess, on site, the various factors which can affect the competition, such as the conditions of the terrain, the quality of the map, the presence of participants and spectators, etc.

The course planner is responsible for the courses and the running of the competition between the start and the finish line. The course planner's work must be checked by the controller. This is essential because of the numerous opportunities for error, which could have serious consequences.

Appendix 3: IOF resolution on good environmental practice

At its meeting on 12/14 April 1996, the Council of the International Orienteering Federation, acknowledging the importance of maintaining the environmentally friendly nature of orienteering, and in accordance with the GAISF Resolution on the Environment of 26 October 1995, adopted the following principles:

- to continue to be aware of the need to preserve a healthy environment and to integrate this principle into the fundamental conduct of orienteering
- to ensure that the rules of competition and best practice in the organisation of events are consistent with the principle of respect for the environment and the protection of flora and fauna
- to co-operate with landowners, government authorities and environmental organisations so that best practice may be defined
- to take particular care to observe local regulations for environmental protection, to maintain the litter-free nature of orienteering and to take proper measures to avoid pollution
- to include environmental good practice in the education and training of orienteers and officials
- to heighten the national Federations' awareness of worldwide environmental problems so that they may adopt, apply and popularise principles to safeguard orienteering's sensitive use of the countryside
- to recommend that the national Federations prepare environmental good practice guidelines specific to their own countries.

Appendix 4: Approved punching systems

[Competition Rule 20.1 states that ‘Only IOF licensed electronic punching systems may be used’.]

- The only licensed control punching systems (January 2007) are:
 - the *Emit* Electronic Punching and Timing system
 - the *SportIdent* system
- Details of the currently licensed versions are shown on the IOF web pages
- The use of any other control punching system requires prior approval of the IOF Rules Commission.
- With respect to the *Emit* system, the label attached to the competitor’s electronic control card for back-up marking must be such that it will survive the conditions likely to be encountered during a competition (including immersion in water). It is the competitor’s responsibility to ensure that the back-up card is marked so that it can be used if the electronic punch is missing.
- With respect to the *SportIdent* system, a backup needle punch must be present at each control. It is the competitor’s responsibility to ensure that the electronic punch is in the e-card by not removing the e-card until the feedback signal has been received. If, and only if, no feedback signal is received, the competitor must use the backup punch.
- The control card must clearly show that all controls have been visited. A competitor with a control punch missing or unidentifiable shall not be placed unless it can be established with certainty that the punch missing or unidentifiable is not the competitor’s fault. In this exceptional circumstance, other evidence may be used to prove that the competitor visited the control, such as evidence from control officials or cameras or read-out from the control unit. In all other circumstances, such evidence is not acceptable and the competitor must be disqualified. In the case of *SportIdent*, this rule means that:
 - If one unit is not working, a competitor must use the backup provided and will be disqualified if no punch is recorded
 - If a competitor punches too fast and fails to receive the feedback signals, the card will not contain the punch and the competitor must be disqualified (even though the control unit may have recorded the competitor’s card number).

Appendix 5: The Leibnitz Convention

We, the Members of the IOF, attending the 20th IOF General Assembly in Leibnitz, Austria, on the 4 August 2000, hereby declare that

"It is of decisive importance to raise the profile of the sport to further the spread of orienteering to more people and new areas, and to get orienteering into the Olympic Games. The main vehicles to achieve this are:

- to organise attractive and exciting orienteering events which are of high quality for competitors, officials, media, spectators, sponsors, and external partners
- to make IOF events attractive for TV and Internet

We shall aim to:

- increase the visibility of our sport by organising our events closer to where people are
- make our event centres more attractive by giving increased attention to the design and quality of installations
- improve the event centre atmosphere, and the excitement, by having both start and finish at the centre
- increase television and other media coverage by ensuring that our events provide more and better opportunities for producing thrilling sports programmes
- improve media service by better catering for the needs of media representatives (in terms of communication facilities, access to runners at start/finish and in the forest, continuous intermediate time information, food and beverages, etc)
- pay more attention to promoting our sponsors and external partners in connection with our IOF events

We, the Members of the IOF, expect that these measures shall be considered by all future organisers of IOF events."

Appendix 6: Competition Formats

SUMMARY TABLE	Sprint	Middle Distance	Long Distance	Relay
Controls	Technically easy.	Consistently technically difficult.	A mixture of technical difficulties.	A mixture of technical difficulties.
Route Choice	Difficult route choice, requiring high concentration.	Small and medium scale route choice.	Significant route choice including some large-scale route choices.	Small and medium scale route choice.
Type of Running	Very high speed.	High speed, but requiring runners to adjust their speed for the complexity of the terrain.	Physically demanding, requiring endurance and pace judgement.	High speed, often in close proximity to other runners who may, or may not, have the same controls to visit.
Terrain	Predominantly in very runnable park or urban (streets/buildings) terrain. Some fast runnable forest may be included. Spectators are allowed along the course	Technically complex terrain.	Physically tough terrain allowing good route choice possibilities.	Some route choice possibilities and reasonably complex terrain.
Map	1:4000 or 1:5000	1:10000 (or sometimes 1:15000)	1:15000	1:10000 (or sometimes 1:15000)
Start Interval	1 minute	2 minutes	3 minutes	Mass start
Timing	1 second (0.1 seconds in the WOC final)	1 second	1 second	Mass start so the finish order is the order across the line.
Winning Time (for Senior Elite competition)	12-15 minutes	30-35 minutes Qualification races are shorter.	Men 90-100 minutes Women 70-80 minutes Qualification races are shorter	30-60 minutes per leg Men Total 135 minutes Women Total 120 minutes
Summary	Sprint orienteering is a fast, visible, easy-to-understand format, allowing orienteering to be staged within areas of significant population.	Middle distance orienteering requires fast, accurate orienteering for a moderately long period of time. Even small mistakes will be decisive.	Long distance orienteering tests all orienteering techniques as well as speed and physical endurance.	Relay orienteering is a competition for teams of three runners running on a virtually head-to-head basis with a first-past-the-post winner. Exciting for spectators and competitors.

1. SPRINT

1.1 The profile

The Sprint profile is high speed. It tests the athletes' ability to read and translate the map in complex environments, and to plan and carry out route choices running at high speed. The course must be planned so that the element of speed is maintained throughout the race. The course may require climbing but steepness forcing the competitors to walk should be avoided. Finding the controls should not be the challenge; rather the ability to choose and complete the best route to them. For example, the most obvious way out from a control should not necessarily be the most favourable one. The course should be set to require the athletes' full concentration throughout the race. An environment that cannot provide this challenge is not appropriate for the Sprint.

1.2 Course planning considerations

In Sprint spectators are allowed along the course. The course planning shall consider this, and all controls must be manned. It may also be necessary to have guards at critical passages alerting spectators of approaching competitors and making sure that competitors are not hindered. The start should be at the Arena and spectator sites may be arranged along the course. The spectator value could be enhanced by building temporary stands and by having an on-course announcer. Both spectator sites and sites for media/photographers shall be announced at the Arena. The course must be planned to avoid tempting competitors to take shortcuts through private property and other out-of-bound areas. If there is such a risk, a referee should be at such locations to prevent possible attempts. Areas so complex that it is doubtful whether a competitor can interpret the map at high speed should be avoided (e.g. when there are complex three-dimensional structures).

1.3 The map

The ISSOM specification shall be followed. The map scale is 1:4000 or 1:5000. It is crucial that the map is correct and possible to interpret at high speed, and that the mapping of features that affect route choice and speed are accurate. In non-urban areas, the correct mapping of conditions reducing running speed, both to degree and extent, is important. In urban areas, barriers hindering the passage must be correctly represented and drawn to size.

1.4 Winning time, start interval and timing

The winning time, for both women and men, shall be 12 – 15 minutes, preferably in the lower part of the interval. In WOC and World Cup there is no difference between qualification and final races. The start interval is 1 minute and a time-trial, individual format is used. Timing is normally to 1 second accuracy, but in the WOC final, timing is to 0.1 second using electronic means of timing with start gates and a beam finish line. The competitor shall have passed the start gate before having access to the map.

2 MIDDLE DISTANCE

2.1 The profile

The Middle distance profile is technical. It takes place in a non-urban (mostly forested) environment with an emphasis on detailed navigation and where finding the controls constitute a challenge. It requires constant concentration on map reading with occasional shifts in running direction out from controls. The element of route choice is essential but should not be at the expense of technically demanding orienteering. The route in itself shall involve demanding navigation. The course shall require speed-shifts e.g. with legs through different types of vegetation.

2.2 Course planning considerations

The course should be set to allow competitors to be seen by spectators during the course of the race as well as when finishing. The start should be at the Arena and the course

should preferably make runners pass the Arena during the competition. The demand on selection of Arena is subsequently high, providing both suitable terrain and good possibilities to make runners visible to spectators. Spectators are not allowed along the course except for parts passing the Arena (including controls at the Arena).

2.3 The map

The standard ISOM specification shall be followed. The map scale is 1:10 000. The terrain shall be mapped for 1:15 000 and then be strictly enlarged as specified by ISOM.

2.4 Winning time, start interval and timing

The winning time, for both women and men, shall be 30 – 35 minutes. In WOC and World Cup the winning time in qualification races shall be 25 minutes. The start interval is 2 minutes and a time-trial, individual format is used. The competitor shall have passed the start gate before having access to the map.

3 LONG DISTANCE

3.1 The profile

The Long distance profile is physical endurance. It takes place in a non-urban (mostly forested) environment, and aims at testing the athletes' ability to make efficient route choices, to read and interpret the map and plan the race for endurance during a long and physically demanding exercise. The format emphasises route choices and navigation in rough, demanding terrain, preferably hilly. The control is the end-point of a long leg with demanding route choice, and is not necessarily in itself difficult to find. The Long distance may in parts include elements characteristic of the Middle distance with the course suddenly breaking the pattern of route choice orienteering to introduce a section with more technically demanding legs.

3.2 Course planning considerations

The course should be set to allow competitors to be seen by spectators during the course of the race as well as when finishing. Preferably, the start should be at the Arena and the course should make runners pass the Arena during the competition. A special element of the Long distance is the long legs, considerably longer than the average leg length. These longer legs may be from 1.5 to 3.5 km depending on the terrain type. Two or more such long legs should form part of the course (still requiring full concentration on map reading along the route chosen). Another important element of the Long distance is to use course-setting techniques to break up groups of runners. Butterfly loops are one such technique. The terrain itself should be used as a break-up method by putting the course through areas with limited visibility. Spectators are not allowed along the course except for parts passing the Arena (including controls at the Arena).

3.3 The map

The standard ISOM specification shall be followed. The map scale is 1:15 000.

3.4 Winning time, start interval and timing

The winning time shall be 70 – 80 minutes for women and 90 – 100 minutes for men. In WOC and World Cup the winning times in qualification races shall be 45 minutes for women and 60 minutes for men. The start interval is 3 minutes. A time-trial, individual format is used. The competitor shall have passed the start gate before having access to the map.

4 RELAY

4.1 The profile

The Relay profile is team competition. It takes place in a non-urban (mostly forested) environment. The format is built on a technically demanding concept, more similar to the concept of the Middle than the Long distance. Some elements characteristic of the Long distance, like longer, route-choice legs should occur, allowing competitors to pass each

other without making contact. Good Relay terrain has characteristics that make runners lose eye contact with each other (such as denser vegetation, many hills/depressions etc.). Terrain with continuous good visibility is not suitable for the Relay.

4.2 Course planning considerations

The Relay is a spectator friendly event in offering a competition between teams, head-to-head, and with the first to finish being the winner. The Arena layout and the course setting must consider this (e.g. when forking is used, the time difference between alternatives should be small). The competitors should, on each leg, pass the Arena, and if possible runners should be visible from the Arena while approaching the last control. An appropriate number of intermediate times (possibly with in-forest commentators) should be provided (as well as TV-controls shown on screen in the Arena). The mass start format requires a course planning technique separating runners from each other (e.g. forking). The best teams should be carefully allocated to different forking combinations. For fairness reasons the very last part of the last leg shall be the same for all runners. Spectators are not allowed along the course except for parts passing the Arena (including controls at the Arena).

4.3 The map

The standard ISOM specification shall be followed. The map scale is 1:15 000 or 1:10 000. The decision on map scale shall be based on the complexity of the course design (e.g. short legs with controls close to each other may require the larger map scale). When 1:10 000 is used the terrain shall be mapped for 1:15 000 and strictly enlarged as specified by the ISOM.

4.4 Winning time, start interval and timing

The winning time (the total time for the winning team) shall be 120 minutes for the women's relay and 135 minutes for the men's relay. Within the total time, the time for different legs may vary. No leg should be longer than 60 minutes or shorter than 30 minutes. The Relay is a mass start format and consists of three legs for both women and men. In WOC timing shall preferably be made by electronic means, but manual systems may be used. At the finish line there shall be photo-finish equipment to assist in judging the correct placings.

Appendix 7: The European Orienteering Championships

The European Orienteering Championship (in short EOC) is the official event to award the titles of European Champion in Orienteering. It is organised under the authority of the European Presidents meeting, the IOF and the appointed Federation.

1. Principles for EOC

The championship shall be organised in accordance with the following principles:

- The participants shall be offered competitions of the highest technical quality.
- The organiser shall follow the design of a compact championship model in order to minimise transport time and cost and give competitors, leaders and other representative of orienteering a possibility to meet outside the forest.
- The costs of participation shall be kept low and accommodation of different standard and prices shall be offered.

2. Event programme

The event is organised every second year (in even years). The programme shall be no longer than 7 days and include the following competitions: Relay, Long, Middle and Sprint.

The individual races shall be organised as a qualification race competition with A- and B-finals. The event shall follow the IOF Competition Rules as they would apply for the World Orienteering Championships unless otherwise stated in these Rules. The dates of the EOC shall be co-ordinated with other international events and finally approved by IOF.

3. Event application and appointment of organiser

Any European Federation which is a full member of IOF may apply to organise EOC. Applications shall reach the IOF Secretariat before January 31st three years prior to the event. The Meeting of European Presidents appoints the organiser. An IOF licensed adviser from another Federation shall be appointed by the IOF to control the event.

4. Participation

Competitors representing full or associate member Federations of the IOF, defined by the International Olympic Committee as belonging to the European continent, can compete in EOC.

Competitors representing other full member Federations of the IOF can participate in EOC but will not be eligible for European titles, medals or diplomas.

In the individual events a Federation may enter a maximum of 6 runners in each class. The current European Champion shall be given a wild card to enter the qualification in the next EOC in addition to the ordinary entries from his/her Federation (in which case one starting group may have three competitors from that Federation).

In each individual competition, the competitors placed number 17 and better in each qualification race heat may run in the A-final; the remaining competitors run in the B-final. Competitors who start, but are not placed, in the qualification race may start before the qualified runners in the B-final but shall appear in the result list as not placed.

In the relay a Federation may enter 2 teams each consisting of 3 competitors, but only the better-placed team will count in the prize list. Incomplete teams and teams with runners from more than one Federation are not allowed. Under no circumstances may persons other than entered competitors participate in the competition.

5. Prizes

The organiser shall prepare and pay for specially designed medals (as decided by the European Working Group) for all the individual events (3 medals in each class / race) and relay (9 medals in each class) and diplomas for places 1-6.

6. Jury

The jury is appointed by IOF Council. It shall consist of 3 voting members.

7. World Cup

If one or more of the races staged as part of the EOC is also designated by the IOF as part of the World Cup series of events, then the rules under which it/they are conducted are determined by the IOF.

Appendix 8: The Asian Orienteering Championships

The Asian Orienteering Championship (in short AsOC) is the official event to award the titles of Asian Champion in Orienteering. It shall be organised by the appointed member federation(s) of the IOF under the auspices of the IOF through the Asian Region Working Group.

These rules apply to the men's and women's Elite classes.

1. Principles for AsOC

The championship shall be organised in accordance with the following principles:

- The participants shall be offered competitions of international technical standard.
- The championship aims at the development of competitive orienteering as well as the development of orienteering as a whole in the Asian Region.
- The costs of participation shall be kept low and accommodation of different standard and prices shall be offered.
- The championship shall aim to encourage more participation from member federations of the Asian region.

2. Event programme

The event is organised in even years. The program shall include at least Relay, Long/Middle and Sprint competitions. The organizing federation may choose Long or Middle according to the situation and available resources of the federation.

The Long/Middle and Sprint competitions shall consist of finals only. In the relay competition, each team shall consist of 3 competitors. The event shall follow the IOF Competition Rules unless otherwise stated in these Rules. The dates of the AsOC shall be co-ordinated with other international events and finally approved by IOF.

3. Event application and appointment of organiser

Any Asian Federation which is a full or associate Member Federation of the IOF may apply to organise the AsOC. Applications shall reach the IOF Secretariat before January 31st 2 years prior to the event. The Asian Regional Meeting appoints the organiser. An IOF licensed Event Adviser from another federation shall be appointed by the IOF to control the event.

4. Participation

Competitors representing full or associate member Federations of the IOF, defined by the International Olympic Committee as belonging to the Asian continent, can compete in AsOC.

Competitors representing other full member Federations of the IOF can participate in AsOC but will not be eligible for Asian titles, medals or diplomas.

There is no limit to the number of competitors from each federation in the individual competitions

In the relay competition, a federation may enter maximum of 2 teams in each gender category, but only the better-placed team will be counted in the prize list.

There shall be no limit on the number of officials.

5. Starting order

In the individual competitions the starting order shall be drawn at random. The draw shall be made in three starting groups (early, middle, late).

6. Jury

The jury is appointed by IOF Council. The organiser shall propose the 3 voting members.

7. Prizes

The organiser shall prepare and pay for specially designed medals or similar formats for all the individual competitions (medals for the first 3 places in each class / competition) and relay (medals for each member of the first 3 teams in each class) and diplomas for places 1-6.

Index to major event rules

This index is provided as a guide to rules which, in general, apply only to the World Orienteering Championships (WOC), the World Cup in Orienteering (WCup), the Junior World Orienteering Championships (JWOC), the World Masters Orienteering Championships (WMOC) or World Ranking Events (WRE). The validity of the *Competition Rules* for these events is defined in rule 2.1 and is decisive if there are any contradictions with this index.

General rules

	WOC	WCup	JWOC	WMOC	WRE
Accommodation	7.7, 9.4		7.7, 9.4		
Advertising & sponsorship	21.2, 33.1, 33.2	21.2, 33.1, 33.2	21.2, 33.1, 33.2	21.2, 33.1, 33.2	21.2, 33.1, 33.2
Application to organise	4.2, 4.5	4.2, 4.6	4.2, 4.7	4.2, 4.7	4.2, 4.8
Bulletins	8.1–8.7	8.1, 8.2, 8.4–8.6, 8.8	8.1–8.7	8.1, 8.9, 8.10, 8.12, 8.13	8.1, 8.9, 8.11, 8.12, 8.13
Classes	5.7	5.7	5.2, 5.8	5.3, 5.9	5.4, 5.5, 5.6
Control descriptions	18.1–18.4	18.1–18.4	18.1–18.4	18.1–18.4	18.1–18.3, 18.5
Control proximity & security	19.4, 19.10	19.4, 19.10	19.4, 19.10	19.4, 19.10	19.4, 19.10
Costs	7.1–7.8	7.1–7.6, 7.8	2.14, 7.1–7.8	7.1–7.6, 7.8	7.1–7.6, 7.8
Course planning	16.1–16.9	16.1–16.5, 16.7, 16.9	16.1–16.7, 16.10	16.1–16.5, 16.11	16.1–16.4, 16.7
Definition	1.9	1.10	1.11, 2.14	1.12	1.14
Deviations from rules	2.11, 2.12	2.11, 2.12	2.11, 2.12	2.11, 2.12	2.11, 2.12
Eligibility	6.1, 6.2, 9.2	6.1, 6.2, 6.8, 9.2	6.1, 6.2, 9.2	9.2	9.2
Entries	9.1–9.3, 9.5–9.9	9.1–9.3, 9.5–9.8	9.1–9.3, 9.5–9.9	9.1–9.3	9.1–9.3
Event Advisers – no of visits	31.9, 31.12	31.9	31.9	31.9	31.9
Event Advisers – costs	7.5, 7.6	7.5, 7.6	7.5, 7.6	7.5, 7.6	7.5, 7.6
Finish Timing	23.5–23.9	23.5–23.7, 23.9	23.5–23.7, 23.9	23.5, 23.6	23.5, 23.6
Guidelines	2.12	2.12	2.12, 2.14	2.12	2.12
Heats-allocation	12.7, 12.11		12.7, 12.11	12.17	
Heats-courses	16.5	16.5	16.5	16.5	16.5
Heats-number	3.7		3.8	12.17	
Jury membership	29.3, 29.10, 29.12	29.3, 29.13	29.3, 29.11, 29.12	29.3, 29.13	29.3, 29.14
Maps	15.1–15.7, 15.9	15.1–15.7, 15.9	15.1–15.7, 15.9	15.1–15.9	15.1–15.7
Model event	11.1–11.6	11.1–11.5	11.1–11.5	11.1–11.5	11.1–11.5
Participants-number	6.6	6.8	6.10		
Prizes and titles	25.1–25.4, 25.7–25.10	25.1–25.3, 25.11, 25.12	25.1–25.3, 25.5, 25.7, 25.9, 25.10, 25.13	25.1–25.3, 25.14	25.1–25.3,
Programme	3.1, 3.2	3.1, 3.3–3.5	3.1, 3.6, 6.11	3.1, 3.9	3.1, 3.11
Qualifying for final	6.6		6.12	6.14	
Refreshments on courses	19.8, 19.9	19.8, 19.9	19.8, 19.9	19.8, 19.9	19.8, 19.9

	WOC	WCup	JWOC	WMOC	WRE
Relay teams-incomplete and mixed	6.7		6.13, 12.13, 24.11		
Relay teams-number	6.7		6.10, 24.12		
Replacement of competitors	9.10–9.13	9.10, 9.12	9.10–9.13		
Reports	32.1–32.3, 32.5	32.1–32.3,	32.1–32.3,	32.1, 32.2, 32.4	32.1, 32.2
Scoring systems		24.10	24.11–24.13		
Start draw	9.14, 12.2–12.12	12.2, 12.4, 12.8, 12.10	9.14, 12.2–12.12	12.2–12.4, 12.8, 12.17	12.2–12.4, 12.8
Start interval	12.15	12.14	12.14, 12.16	12.18	12.14
Starting group allocation	9.8, 9.10, 9.14	9.8, 9.10	9.8, 9.10, 9.14		
Starting order	12.5–12.9		12.5–12.9	12.8, 12.17	12.8
Team changes	9.7, 9.13	9.7	9.7, 9.13		
Team officials' meetings	13.1–13.3	13.1–13.3	13.1–13.3	13.4	13.4
Team size	6.5	6.8	6.9		
Times-winning and maximum	16.9, 22.13, 23.13	16.9, 23.11	16.10, 22.13, 23.11	16.11, 23.11	23.11
Transport	10.1–10.4	10.1, 10.3, 10.4	10.1–10.4	10.4	10.4

Significant changes to the previous printed version (June 2009)

Rule references are to the new March 2010 rules (unless otherwise stated).

- 1.1 Definition of orienteering rewritten
- 1.2 New definition for individual interval start races
- 1.3 New definition for mass and chasing start races. Subsequent rules renumbered.
- WOC 12.15 Long distance start interval changed to 3 minutes
- 21.4 GPS data loggers with no display or audible feedback can be used.
- 26.2 (June 2009 version) Rule removed. Subsequent rules renumbered.