

Special Rules for the 2010 World Cup in Orienteering

The World Cup in 2010 will consist of 12 competitions. The programme includes the European Orienteering Championships (EOC), the Nordic Orienteering Tour (NORT), the World Orienteering Championships (WOC), a competition in France, and finishes with two competitions in Switzerland.

The full programme is:

<u>Date</u>	<u>Type of competition</u>	<u>Event</u>	<u>Country</u>
1) Sun 30 May	Sprint	EOC	Bulgaria
2) Fri 4 June	Middle Distance	EOC	Bulgaria
3) Sat 5 June	Long Distance	EOC	Bulgaria
4) Thu 17 June	Middle and Sprint mix	NORT	Finland
5) Tue 22 June	Sprint, knock-out style	NORT	Sweden
6) Sat 26 June	Prolonged Middle chasing start	NORT	Norway
7) Sun 8 August	Sprint	WOC	Norway
8) Thu 12 August	Long Distance	WOC	Norway
9) Sat 14 August	Middle Distance	WOC	Norway
10) Sun 3 October	Long Distance	Pre-WOC 2011	France
11) Sat 9 October	Middle Distance	PostFinance	Switzerland
12) Sun 10 October	Sprint	PostFinance	Switzerland

The **Competition Rules for IOF Foot Orienteering Events** (as published on the IOF website www.orienteering.org on 1st June 2009) apply to all 2010 World Cup events.

In case of a tie for qualification in any of the following competitions, all tied runners qualify. (All number stated below, specifying how many competitors will be in finals, semi-finals or quarter-finals, are subject to increase in the case of ties). Where necessary, lots are drawn to resolve ties for the purpose of deciding heat allocation in competition 5. In the case of a tie for points or bonus seconds, the tied runners each receive the same as if they had all been placed in the highest of the tied positions.

Competitions 1, 2 & 3 European Orienteering Championships, Bulgaria

European Championship Rules apply (see IOF Competition Rules Appendix 7). Participation is open to all IOF full members. In each of the individual events a Federation may enter a maximum of 6 men and 6 women. The current European Champion shall be given a wild card for that distance in addition to the ordinary entries from his/her Federation, provided he/she is selected by his/her Federation.

Competitions 4, 5 & 6 Nordic Orienteering Tour, Finland, Sweden, Norway

Only entry for the whole tour is possible.

4) NORT day one: Middle distance and Sprint combination. There will be a map change at the arena with a change of scale and map standard. The overall winning time will be approximately 35 minutes. There is an individual interval start with no prior qualification. The 30 runners with the highest World Cup standings start last in reverse order (leader starts last); for the remaining competitors the start order is determined by the reverse standing of the World Rankings as published at the beginning of 16th June 2010. The start interval is 1 minute.

5) NORT day two: Sprint, knock-out style. The qualification race in the morning for all runners will be a normal sprint (12-15 minute winning time) with a 1 minute start interval. The

starting list is the NORT day one results in reverse order (winner starts last). Runners who were not placed on day one start first in random order.

The quarter-finals are for the top 30 athletes from the qualification race. There are 5 consecutive mass-start quarter-finals each running the same course with a 6-8 minute winning time. Quarter-final A: 1st, 10th, 11th, 20th, 21st and 30th of the qualification; quarter-final B: 4, 7, 14, 17, 24, 27; quarter-final C: 5, 6, 15, 16, 25, 26; quarter-final D: 2, 9, 12, 19, 22, 29; quarter-final E: 3, 8, 13, 18, 23, 28.

The semi-finals are for 12 athletes. The first two runners from each quarter-final, and the two overall next fastest times from the quarter-finals, qualify for the semi-finals. There are 2 consecutive mass start semi-finals each running the same course with a 6-8 minute winning time. Semi-final 1: 1st and 2nd of quarter-finals A and B plus 2nd of quarter-final C and the runner with the 11th fastest time in the quarter-finals; semi-final 2: 1st and 2nd of quarter-finals D and E plus 1st of quarter-final C and the runner with the 12th fastest time in the quarter-finals.

The final is for 6 athletes. The two fastest runners from each semi-final and the two runners with the next best times qualify for the final. The final will be a mass-start sprint with a 6-10 minute winning time.

The results of NORT day two do not count as a World Ranking Event.

6) NORT day three: Prolonged Middle distance chasing start (women 40 minutes, men 50 minutes) with the start times based on the NORT overall time standings after two days. Only runners who were placed on NORT day one and also in the qualification race on NORT day two may compete on day three. The NORT overall time standings after two days are calculated as the time on day one **plus** the time for the qualification race on day two **less** the following bonus seconds:

- NORT day one positions at the end of the middle distance section: First 60 bonus seconds, second 45 sec., third 30 sec., fourth 20 sec., fifth 10 sec. and sixth 5 sec.
- NORT day two: The 6 runners in the final will get bonus seconds 120-90-70-60-55-50. The other 6 runners in the semi-finals will get bonus seconds 40-38-36-34-32-30 according to their running times in the semi-finals. The other 18 runners in the quarter-finals will get bonus seconds 18-17-16-15-14-13-12-11-10-9-8-7-6-5-4-3-2-1 according to their running times in the quarter-finals. If one or more runners are not placed in the quarter-finals, semi-finals or finals, they will be regarded as being placed at the end of that group and are awarded bonus seconds accordingly.

The first runner to the finish is the NORT winner.

The results of NORT day three do not count as a World Ranking Event.

Competitions 7, 8 & 9 World Orienteering Championships, Norway

WOC rules apply.

Competition 10, France

10) Long distance, individual interval start. There is no prior qualification. The 40 runners with the highest World Cup standings start last in reverse order (leader starts last); for the remaining competitors the start order is determined by the reverse standing of the World Rankings as published at the beginning of 2nd October 2010. The start interval is 2 minutes.

Competitions 11 & 12 Post Finance, Switzerland

11) Day one: Middle distance, individual interval start. There is no prior qualification. The 40 runners with the highest World Cup standings start last in reverse order (leader starts last); for the remaining competitors the start order is determined by the reverse standing of the World Rankings as published at the beginning of 8th October 2010. The start interval is 2 minutes.

12) Day two: Sprint, individual interval start. The competition consists of one Final only, with 40 competitors. These 40 competitors are the 40 highest placed competitors in the World Cup Standings (the sum of the best 7 scores out of the first 10 competitions plus the score from competition 11) out of those competitors entered for competition 12. The start order is the reverse World Cup Standings (leader starts last). The start interval is 1 minute.

World Cup standings are defined as

After 1 to 7 competitions	the sum of all scores
After 8 competitions	the sum of the best 7 scores
After 9 competitions	the sum of the best 7 scores
After 10 competitions	the sum of the best 7 scores
After 11 competitions	the sum of the best 7 scores out of the first 10 competitions plus the score from competition 11
After 12 competitions	the sum of the best 7 scores out of the first 10 competitions plus the scores from competitions 11 and 12

National runners' quota for competitions 4 to 6, 10 and 11

There will be a maximum number of runners allowed for each Federation. This depends on the strength of each Federation as measured by performance in the IOF World Rankings list based on the total points of the leading 10 athletes from that Federation. The national quota will be based on the position of each Federation based on the ranking points of athletes as published at the beginning of 1st January 2010 in the World Rankings section of the IOF website. Separate quotas will apply for men and women.

The allocations will be:

- The top 6 nations get 8 places. The list of the top 6 nations (separately for men and women) will be published on the IOF website by 15th January 2010.
- All other nations get 6 places

A Federation may enter any runner irrespective of his/her position in the IOF World Rankings list.

All Individual World Champions shall be offered a wild card place in competitions 4 to 6 (World Champions 2009) and 10 and 11 (World Champions 2010) provided they are selected by their Federation. These wild card places shall be additional to the national quotas.

Special Invitations

The organisers of competitions 4 to 6, 10, 11 and 12 shall offer invitations to the three best male runners and three best female runners. These invited runners or their Federations shall pay the costs of the travel to and from the event venue, whereas local costs, i.e. accommodation, board, entry fee and local transport, shall be borne by the organising Federation. The "Best runners" are based on World Cup standings after 3 competitions for competitions 4 to 6, and World Cup standings after 9 competitions for competitions 10, and

11 and 12. If any of the three best runners will not be competing the invitations do not get passed on to lower-ranked runners.

Scoring System

The total score for each athlete shall be calculated by adding:

- a) The 7 best scores from competitions 1-10
- b) The scores from events 11 & 12

For competitions 1, 2, 3, 7, 8, 9 10 and 11, 100 points are awarded to the winner, 80 points to second place, 60 points to third place and so on as shown below:

1 st place	100 points
2 nd place	80 points
3 rd place	60 points
4 th place	50 points
5 th place	45 points
6 th place	40 points
7 th place	37 points
8 th place	35 points
9 th place	33 points
10 th place	31 points
11 th place	30 points
12 th place	29 points
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40 th place	1 point

For competition 4, the first 25 runners get “half” points (50-40-30-25-23-20-19-18-17-16-15-14-13-12-11-10-9-8-7-6-5-4-3-2-1).

For competition 5 the 6 runners in the final get points 50-40-30-25-23-20. The other 6 runners in the semi-finals get points 19-18-17-16-15-14 according to their running time in the semi-finals. The first 13 of the other 18 runners in the quarter-finals get points 13-12-11-10-9-8-7-6-5-4-3-2-1 according to their running time in the quarter-finals. If one or more runners are not placed in the quarter-finals, semi-finals or finals, they will be regarded as being placed at the end of that group and score points accordingly (even if they did not start).

For competition 6, the first 40 runners past the finish line (i.e. the NORT overall positions) get “double” points. The winner gets 200 points down to 2 points for the 40th place

In the World Cup Final, competition 12, the first 40 runners get “double” points. The winner gets 200 points down to 2 points for the 40th place

Prize money

The six World Cup competitions (excluding the EOC and WOC competitions) contribute 1000€ each making a total prize money “pot” of 6000€. This is divided amongst the overall World Cup leaders as follows:

Place	Men	Women
1 st	1000€	1000€
2 nd	750€	750€
3 rd	500€	500€
4 th	350€	350€
5 th	250€	250€
6 th	150€	150€