

## Rules

### **EUROPEAN MOUNTAIN BIKE ORIENTEERING CHAMPIONSHIPS**

**Valid from 1<sup>st</sup> January 2013**

The European Mountain Bike Orienteering Championship (in short EMTBOC) is the official event to award the titles of European Champions in Mountain Bike Orienteering. It is organised under the authority of the European Working Group (in short EWG), the IOF and the appointed Federation.

The event shall follow the IOF Competition Rules for Mountain Bike Orienteering Events unless otherwise stated in these Rules.

#### **1. Principles for the EMTBOC**

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 representatives of orienteering a possibility to meet.
- The cost of participation shall be kept low and accommodation of different standards and prices shall be offered.

#### **2. Event programme**

The event is organised every second year (in odd years). The programme shall be no longer than 7 days and include the following competitions: Relay, Long, Middle, Sprint and Mixed Sprint Relay. The mixed sprint relay shall be carried out as follows:

- There shall be 4 sprint-type legs ridden alternately by 1 woman and 1 man, the woman starting first;
- The 4 legs shall be approximately of equal length requiring a riding time of 10 to 15 minutes each;
- A Federation can be represented by only one team.

The dates of the EMTBOC shall be co-ordinated with other international events and finally approved by the IOF.

#### **3. Event application and appointment of organiser**

Any European Federation that is a member of IOF may apply to organise EMTBOC. Applications shall reach the IOF Office before January 1<sup>st</sup> two years prior to the year of the event. The Annual Meeting of the orienteering Federations in Europe appoints the organiser. The appointment is subject to approval by the IOF and the signing of an organiser's agreement. The Senior Event Adviser shall be appointed by the IOF.

#### **4. Participation**

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

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

In the individual events a Federation may enter a maximum of 6 riders in each class. In each event format the current World Champion and European Champion shall be given a wild card in addition to the entries from his/her Federation.

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

#### **5. Starting order**

The rules for World Championships apply with the exception that the Red start group shall include both the reigning World Champion and the reigning European Champion of the competition format.

#### **6. Results lists**

If any non-European riders participate in the competition two separate results lists shall be published. One results list showing the results of the European Orienteering Championship excluding any non-European riders and a second showing the results of the competition including non-European riders.

#### **7. Prizes**

The organiser shall pay for specially designed medals provided by the EWG for all the individual competitions (3 medals in each class / competition) and relay (9 medals in each class) and diplomas for places 1-6.

Representatives of the organising Federation and a representative of the EWG (preferably or the IOF shall perform the prize-giving ceremonies.

#### **8. Jury**

IOF Council appoints the jury. It shall consist of 3 voting members from different orienteering federations.

#### **9. World Cup**

If one or more of the competitions staged as part of the EMTBOC 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.