



**COMPETITION RULES
FOR
INTERNATIONAL ORIENTEERING FEDERATION (IOF)
MOUNTAIN BIKE ORIENTEERING (MTBO) EVENTS**

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

This version of the competition rules is valid from 1 January 2019.
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 January 2018)*

COMPETITION RULES FOR IOF MOUNTAIN BIKE ORIENTEERING EVENTS

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1. Definitions

- 1.1 Mountain Bike Orienteering is a sport in which the competitors, using cycles, 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. Mountain biking and navigational skills shall be tested in such a way that navigational skill is the decisive element. The course shall be completed by the cyclist riding, carrying or pushing his/ her mountain bike. Riding off tracks or trails is allowed only in areas shown on the map by the appropriate symbols.
- 1.2 In individual interval start races the competitors navigate and cycle through the terrain independently.
- 1.3 In mass start and chasing start races, competitors may often be cycling 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 team, as appropriate.
- 1.5 Types of MTBO competition may be distinguished by:
 - the nature of the competition:
 - *individual* (the individual performs independently)
 - *relay* (two or more team members cycle 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 results of the qualification races also determine the starting order in the final. 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. Where there is a single heat and all competitors who are placed in the heat qualify for the final, the qualification race is called a *prologue*)
 - the order in which controls are to be visited:
 - *Specific order*: the sequence is prescribed
 - *Free Order*: *all controls must be visited but in no specific order* (the competitor is free to choose the order)
 - *Score*: *controls are allocated values* (the competitor is free to choose the order and which they visit, within a specified time limit)
 - the length of the race:
 - *Long distance*
 - *Middle distance*
 - *Sprint*
 - the starting method for the race:
 - *an interval start* (the race is a time trial; the competitor with the fastest time is the winner)

- *a mass start* (the competitors start together; the first across the finish line is the winner)
 - *a chasing start* (the competitors start at intervals depending on results from previous race(s); the first across the finish line is the winner).
- 1.6 The term *Federation* means a member Federation of the IOF.
- 1.7 The term *event* embraces all aspects of an MTBO meeting including organisational matters such as start draws, team officials' meetings and ceremonies. An event, e.g. a World Championships, may include more than one competition.
- WMTBOC 1.8 *The World MTBO Championships (WMTBOC)* is the official event to award the titles of World MTBO Champions. It is organised under the authority of the IOF and the appointed Federation.
- WCup 1.9 *The World Cup in MTBO (WCup)* is the official series of events to find the world's best MTB 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.
- JWMTBOC 1.10 *The Junior World MTBO Championships (JWMTBOC)* is the official event to award the titles of Junior World MTBO Champions. It is organised under the authority of the IOF and the appointed Federation.
- WMMTBOC 1.11 *The World Masters MTB Orienteering Championships (WMMTBOC)* is the official event to find the world's best veteran MTB orienteers. It is organised under the authority of the IOF and the Federation of the organiser.
- ROC 1.12 *The Regional Orienteering Championships (ROC)* are the official events to award the titles of Regional Champions in MTB 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 1.13 *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 Federations of the organisers.
- 1.14 The IOF World Ranking Scheme is a system to rank the World's Elite MTB Orienteers based on their performances in the World MTB Orienteering Championships, World Cups, Regional Championships and World Ranking Events.
- 1.15 *The IOF Event Adviser* is the person appointed to control an IOF event. In the case of World MTB Championship, Junior World MTB Championship, World Masters MTB Championship, World Cup and Regional Championship events the title *IOF Senior Event Adviser* is used.

2. General provisions

- 2.1 These rules, together with the Appendices, shall be binding at the *MTBO Championships* and all other *IOF MTBO 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 part of the World Cup) the rules for the higher level event (as defined by the order in 1.8-1.13) 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 any pedal-powered cycle – normally mountain bikes.

- 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. Any additional regulations shall be published in the final event bulletin.
- 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, e.g. *IOF Anti-Doping Rules*, *IOF Protocol Guide*, *International Specification for MTB Orienteering Maps* and the *Leibnitz Convention*.
- 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 Office at least 6 months prior to the event.
- 2.12 *The Guidelines for Organisers of IOF MTB Orienteering Events* should be followed. Significant deviations require the consent of the IOF Event Adviser.
- JWMTBOC 2.13 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.
- ROC 2.14 The specific rules for Regional Championships are in Appendices 9-11.

3. Event programme

- 3.1 The event dates and programme are proposed by the organiser and approved by the IOF Council.
- WMTBOC 3.2 The World MTB Orienteering Championships is organised every year. The programme shall include single-race Sprint, Middle distance, Long distance and Mass start competitions, and a Relay as well as an opening ceremony, a closing ceremony and adequate model events and rest. Organisers are expected to provide Open International Events for spectators, and other competitors not in the national teams.
- WCup 3.3 The World Cup is organised every year. The Individual World Cup is based on the individual competitions. The Team World Cup is based on the relay competitions.
- 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 preferably be organised in conjunction with another event (e.g. national championships).
- JWMTBOC 3.6 The Junior World MTB Orienteering Championships is organised every year and is held in conjunction with the World MTB Orienteering Championships. The programme shall include Sprint, Middle distance, Long distance and Mass start competitions, and a Relay as well as an opening ceremony, a closing ceremony and adequate model events and rest.

- WMMTBOC 3.7 The World Masters MTB Orienteering Championships is an annual event. The programme shall include Sprint, Middle distance, Long distance and Mass start competitions.
- ROC 3.8 Regional MTB Orienteering Championships take place every year.
- WRE 3.9 The events which are selected to be IOF World Ranking Events are chosen by Federations according to criteria determined by the IOF.

4. Event applications

- 4.1 Any Federation may apply to organise an IOF MTBO event.
- 4.2 Applications shall be forwarded by the Federation to the IOF Office. The official application form shall be used, and the applications shall contain all requested information and guarantees. When there is no successful applicant, the application period will normally be extended further until a valid application has been received, evaluated and IOF Council have appointed an organiser. Such applications will be handled in the order they are received and appointed as soon as possible. IOF Council may decide not to organise an event if no suitable applications are received in appropriate time.
- 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.
- WMTBOC 4.5 Applications shall be received no later than 1 January three years prior to the
JWMTBOC championship year. The provisional appointment of the organising Federation is made by the IOF Council no later than 31 October the same year. Each appointment must be confirmed by the signing, within 6 months, of a contract to organise the event, else Council may make an alternative appointment.
- WCup 4.6 Invitations to apply to organise World Cup competitions will be sent to all Federations. Applications shall be received no later than 1 January two years prior to the competition year. The provisional appointment of organisers or organising Federations is made by the IOF Council no later than 31 October the same year. Each appointment must be confirmed by the signing, within 6 months, of a contract to organise the event, else Council may make an alternative appointment.
- WMMTBOC 4.7 Applications shall be received no later than 1 January two years prior to the championship year. The provisional appointment of organisers or organising Federations is made by the IOF Council no later than 31 October the same year. Each appointment must be confirmed by the signing, within 6 months, of a contract to organise the event, else Council may make an alternative appointment.
- WRE 4.8 The IOF Council shall indicate 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 no later than 31 October of 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 competition classes are called W21 and M21, for women and men respectively.
- WMTBOC
WCup 5.5 There is one class for women and one for men. There are no age restrictions.
- JWMTBOC 5.6 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.
- WMMTBOC 5.7 The following classes shall be offered: W40, M40, W45, M45, W50, M50, W55, M55, W60, M60, W65, M65, W70, M70, W75, M75, W80, M80, W85 and M85. Two adjacent classes in the same decade shall be merged if either or both have fewer than 5 entries. For example, if there are fewer than 5 entries in the W50 and/or W55 classes, the two classes shall be merged to make a single W50 class. The classes W70, M70, W75, M75, W80, M80, W85 and M85 shall always be offered in five-year age groups, regardless of the number of entries.

6. Participation

- WMTBOC
WCup
JWMTBOC
WRE 6.1 A competitor may represent only one Federation during any one calendar year.
- WMTBOC
WCup
JWMTBOC
WRE 6.2 Competitors who are representing a Federation shall have full passport-holding citizenship of the country of that Federation.
- WMTBOC
WCup
JWMTBOC 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. Third party insurance and personal injury insurance is compulsory and shall be the responsibility of their Federation or themselves, according to national regulations.
- WMTBOC 6.5 All competitors represent a Federation. Each Federation may enter a team of an unlimited number of competitors and a number of team officials. The organiser can set a limit on 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.
- WMTBOC 6.6 In the Mass start, Middle distance and the Sprint every Federation may enter up to 6 women and 6 men and, in addition, the current World Champions for the distance may be entered by their Federation(s). This number can be changed with the approval of the Event Adviser.
- WMTBOC 6.7 In the Relay, each Federation may enter two women's teams and two men's teams, each consisting of 3 team members. Incomplete teams and teams with cyclists from more than one Federation are not allowed. Under no circumstances may persons other than entered competitors participate in the competition.
- WMTBOC 6.8 For the Long distance competition, the number of competitors who may enter is limited. The qualification rules are published as Special Rules decided by IOF

- Council and published at the latest by 31 January in the year of the competition.
- WCup 6.9 The number of competitors that every Federation may enter in each individual event shall be published annually.
- WCup 6.10 In the Relay, the number of teams that each Federation may enter and the composition of the teams shall be published annually. Incomplete relay teams may compete in the Relay but must start at least 15 minutes later than the official teams.
- JWMTBOC 6.11 All competitors represent a Federation. Each Federation may enter a team of an unlimited number of competitors and a number of team officials. The organiser can set a limit on 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.
- JWMTBOC 6.12 In each competition every Federation may enter up to 6 women and 6 men.
- JWMTBOC 6.13 In the Relay, each Federation may enter two women's teams and two men's teams, each consisting of 3 team members. Incomplete teams and teams with cyclists from more than one Federation are not allowed. Under no circumstances may persons other than entered competitors participate in the competition.
- WMMTBOC 6.14 Participation in WMMTBOC is open to all competitors according to their age classes.
- WMTBOC 6.15 A competitor must have a valid IOF Athlete Licence.
WCup

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. Late payment may be subject to an additional fee.
- 7.3 Late entries and changes shall be accepted by the organiser if possible, and may be charged an additional fee.
- WMTBOC 7.4 The following shall apply for late entries and changes:
WCup
JWMTBOC
- After the team size deadline (see 9.6), additional entries may be made with a surcharge of 20% and withdrawals receive an 80% refund.
 - After the team names deadline (see 9.7), additional entries incur a surcharge of 50%, withdrawals receive a 50% refund, and name changes incur a 10 euro fee.
- The organiser can decide whether to impose the surcharges for additional entries and fee for names changes. Refunds shall always be given.
- 7.5 Each Federation or individual competitor is responsible for 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 compulsory, the entry fee shall include these costs.
- 7.6 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.

- 7.7 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.
- WMTBOC
JWMTBOC 7.8 Unless there is good standard accommodation and food at a 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 three separate amounts. In any case it shall not be compulsory to use the accommodation arranged by the organiser.
- 7.9 If the event (or part of the event) has to be cancelled, 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 orally only in response to questions at team officials' meetings or in urgent cases.
- WMTBOC
WCup
WMMTBOC 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.
- WMTBOC
WCup
JWMTBOC 8.3 Bulletin 1 (preliminary information) shall include the following information:
- organiser and the names of the event director, Event Adviser and controller(s)
 - telephone number, e-mail address and 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
 - a high-resolution colour copy of the most recent version of any previous orienteering map(s) of the embargoed areas
- WMTBOC
WCup
JWMTBOC 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 and any additional fees for late entries and changes (see 7.4)
 - latest date and address for the payment of the entry fees and any additional fees for late payment (see 7.2)
 - 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)
 - whether riding off the tracks is allowed – see rule 14.8
 - whether there are any controls not situated on paths
 - information on public transport options for carriage of competitors and cycles from the nearest airport to the event centre
 - details of opportunities for training

- description of terrain, climate and any hazards
 - scales and vertical contour intervals of the maps
 - the punching system to be used
 - event programme
 - notes on competition clothing, if necessary
 - winning time of each course
 - a recent sample map showing the type of terrain
 - maximum number of officials per team if limited
 - telephone number and e-mail address of the official responsible for the media
 - directions for the registration of media representatives and any extra representatives of the Federations
- WMTBOC 8.5 Bulletin 3 (event information) shall include the following information:
WCup
JWMTBOC
- 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
 - the allocation of start slots to Federations for the WMTBOC Long distance competition
 - summary of entries received
 - any permitted deviations from the rules
 - address, telephone number and e-mail address of the competition office
 - maps and timetable information to enable teams to travel by public transport or cycle from the nearest international airport or railway station to the event centre
 - 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
- WMTBOC 8.6 Bulletin 4 (additional event information) shall be given on arrival of the
WCup competitors and shall include final details of event information including:
JWMTBOC
- any anti-doping requirements
 - all Special Rules relevant to the event
 - any additional regulations and any Rule Deviations that have been granted
 - the location of quarantine zones and the time when competitors and officials must enter and may exit them
 - the time limits for Complaints
 - the location for making Complaints
 - maximum cycling times
 - names and federations of jury members
- WMTBOC 8.7 Bulletin 1 shall be published 24 months before the event, Bulletin 2 shall be
JWMTBOC published 12 months before the event and Bulletin 3 shall be published 2 months before the event.
- WCup 8.8 Bulletins 1 and 2 shall be published no later than 12 months before the event.
WMMTBOC Bulletin 3 shall be published 2 months before the event.
- WMMTBOC 8.9 Information from the organisers shall be given in the form of two bulletins.
WRE Bulletin 1/2 shall contain the relevant details in 8.3 and 8.4 and Bulletin 3 shall contain the relevant information in 8.5.

WRE 8.10 Bulletin 1/2 shall be available on the internet via the IOF web site at least 4 months before the event.

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 shall be accepted by the organiser if possible, and may be charged an additional fee.
- 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.
- WMTBOC 9.4 Reservations and reservation fees for accommodation shall reach the organiser at the times specified in Bulletin 2.
WCup
JWMTBOC
- WMTBOC 9.5 Competitors may only be selected and entered by their Federation.
WCup
JWMTBOC
- WMTBOC 9.6 Entries giving the total number of competitors of each gender, the number of competitors in each competition, the number of relay teams, the number of team officials and the team manager's name, e-mail address and mobile phone number shall reach the organiser by the *team size deadline* which shall not be earlier than 2 months before the event
WCup
JWMTBOC
- WMTBOC 9.7 Each competitor's name, gender and the competition in which they will compete plus the names of the team officials shall reach the organiser by the *team names deadline* which shall not be earlier than 10 days before the event. Changes may be made until 12 noon on the day before the event.
WCup
JWMTBOC
- WMTBOC 9.8 Names of the competitors and, if required, their starting group allocation or their cycling order within a relay team shall reach the organiser by the *competition entry deadline* which shall not be earlier than 12 noon on the day before the competition.
WCup
JWMTBOC
- WMTBOC 9.9 No competitor may be replaced within two hours of the first start. In relays, this also applies to the cycling order of the team members.
WCup
JWMTBOC
- WMTBOC 9.10 In individual competitions, between the competition entry deadline and two hours before the first start in the class, a competitor may be replaced for a valid reason (e.g. 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.
WCup
JWMTBOC
- WMTBOC 9.11 In relays, changes of names of the relay team members and/or their cycling order shall reach the organiser at least two hours before the start of the relay class.
WCup
JWMTBOC
- WMTBOC 9.12 Replacement of a competitor after the competition entry deadline may only be made from within the entered team.
WCup
JWMTBOC
- WMTBOC 9.13 In each individual competition each Federation shall allocate its competitors to 3 or 4 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.
WCup
JWMTBOC

10. Travel, transport and secure cycle storage

- WMTBOC
WCup
JWMTBOC
- 10.1 Each Federation is responsible for organising its own travel.
- WMTBOC
WCup
JWMTBOC
- 10.2 On request, the organiser shall arrange to transport teams with their bicycles from the nearest international airport or railway station to the event centre or accommodation. The teams may have to pay for this service.
- WMTBOC
WCup
JWMTBOC
- 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. The teams may have to pay for this service.
- 10.4 The use of official transport to a competition site may be declared compulsory by the organiser.
- 10.5 Organisers should provide a secure compound for the storage of cycles at the event centre, and at the competition area if appropriate.

11. Training and model event

- 11.1 Training opportunities shall be offered before the competition if requested.
- WMTBOC
WCup
JWMTBOC
WMMTBOC
- 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.
- WMTBOC
- 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

- 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 cycling 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.
- WMTBOC
WCup
- 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 in three or five starting groups. The three starting groups for qualification races are early, middle and late. The five starting groups for single-race competitions are early,

- middle, late, orange and red (see 12.15 and 12.16).
- JWMTBOC 12.6 For an interval start other than finals of qualification race competitions, the starting order shall be drawn at random. The draw shall be made in three starting groups, early, middle and late.
- WMTBOC
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JWMTBOC 12.7 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.
- 12.8 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
- 12.9 In qualification race competitions, the starting order of the 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. E.g. 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, i.e. 1, 2, 3...; the winner of the highest numbered heat therefore starts last.
- 12.10 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. E.g. 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.
- 12.11 In an individual Mass start race, the order of competitors in the start rows shall be determined by the IOF World Ranking list as published 10 days before the event. If no World Ranking is available for a category (juniors, masters), the order shall be determined by the results of the last competition of that type, while the order of remaining participants is drawn at random. In relays, the order of competitors in the start rows (and their start numbers) shall be determined by the results of the last relay of the same type in the previous event of the same level. Where more than one team per nation is allowed to start, the order is first determined by order of teams within the same nation, then by the order of nations. (e.g. CZE-1, FRA-1, FIN-1, etc, CZE-2, FRA-2, etc.). Those not being placed in the last respective event are given the subsequent start numbers in alphabetical order of Federation abbreviation.
- 12.12 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.
- WMTBOC 12.13 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.

12.14 For an interval start, the normal start interval is 3 minutes for Long distance, 2 minutes for Middle distance and 2 minutes for Sprint. The start interval for sprint events can be reduced to 1 minute subject to the approval of the Event Adviser.

WMTBOC
WCup 12.15 In individual competitions with no qualification races, for both women and men a fifth start group (Red Start Group) will consist of the following competitors, provided they are members of their Federation's team (as per Competition Rule 6.6) for this competition:

- the reigning World Champion of the format
- the 9 top-ranked competitors in the IOF World Ranking list as published 10 days before the event. In the case of a tie, all competitors concerned will be included in the Red Start Group.

If the above rules provide less than 10 riders, the Red Start Group will be increased to comprise 10 riders by adding the next-best ranked competitors from the IOF World Ranking list (in the case of a tie, all competitors concerned will be included in the Red Start Group).

For the last individual race of the World Cup Final, unless it is also a competition of WMTBOC, there will be just four start groups. The "Red Start Group" will be the fourth start group. It will consist of the 10 entered riders with the highest current World Cup ranking who shall start strictly in the reverse order of their World Cup ranking.

WMTBOC
WCup 12.16 In individual competitions with no qualification races, for both women and men a fourth start group (Orange Start Group) will consist of the following competitors, provided they are members of their Federation's team (as per Competition Rule 6.6) for this competition:

- the 10 highest-ranked competitors in the IOF World Ranking list as published 10 days before the event who are not in the Red Start Group. In the case of a tie, all competitors concerned will be included in the Orange Start Group
- The IOF MTBO Commission may provide one "wild card" to add a further top athlete without a sufficient number of ranking points into this group.

For the last individual race of the World Cup Final, unless it is also a competition of WMTBOC, there will be no "Orange Start Group".

WMTBOC
WCup 12.17 The Orange and Red Start Groups are compulsory for competitors who qualify for them. A list of the members of the Red and Orange Start Groups for each competition based on the entries received by that time shall be published at least 4 hours before the final deadline for entries for each competition. If an entry is subsequently received for a competitor who would have qualified for the Red or Orange Start Group, they shall be added to the respective group. However, vacant places occurring because competitors subsequently are withdrawn from a competition are not filled. The starting order within the Red and Orange Start Groups will be drawn at random (subject to the provisions of Competition Rule 12.7). The Red Start Group starts last and the Orange Start Group starts immediately before the Red Start Group.

WMTBOC 12.18 The starting orders are drawn at random unless specified otherwise in the special rules.

13. Team officials' meeting

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JWMTBOC 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.

WMTBOC
WCup 13.2 A maximum of 2 team officials per federation may take part in the meeting.

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13.3 The competition material (start number bibs, start lists, transport schedule, latest information, weather forecast etc) shall be handed out before the meeting starts.

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13.4 Team officials shall have the opportunity to ask questions during the meeting. If there are any changes decided at the meeting, they shall be published on the organiser's website by 22.00 hours.

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13.5 There are no team officials' meetings.

14. Terrain and care of the environment

14.1 The terrain shall be suitable for setting competitive MTBO courses. The competition area must contain a comprehensive network of tracks and paths of differing qualities. 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 either foot orienteering or MTBO 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. The MTBO Embargo Guidelines are detailed in Appendix 8.

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.

14.6 It is the responsibility of the organiser to consult with landowners and environment agencies to ensure that the competition causes the minimum disturbance to plants and wildlife.

14.7 Competitors have a responsibility to avoid damage to plants, wildlife, fences, walls and archaeology, and must keep out of any out of bounds areas.

14.8 Riding off the track or trail will normally be disallowed unless specifically agreed by the organiser and the IOF Event Adviser. This information shall be given at the latest in Bulletin 2

14.9 Riding outside the mapped area is not allowed.

15. Maps

15.1 Maps, course markings and additional overprinting shall be drawn and printed according to the IOF *International Specification for MTB Orienteering Maps*. Deviations need approval by the IOF Council.

15.2 The maps shall be drawn specifically for MTBO at an appropriate scale which will normally be:
Sprint: 1:5000, 1:7500 or 1:10000
Middle, Mass Start and Relay: 1:7500, 1:10000 or 1:15000
Long: 1:15000 (exceptionally 1:20000).

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 printed on water-resistant paper.

15.5 If a previous foot, MTB or ski orienteering map of the competition area exists, high-resolution colour copies of the most recent edition must be made available

for all competitors 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 should ideally be of A4 size, but in any case must not be larger than required by a competitor to complete the course.
- 15.8 On small competition areas, second or third maps may be used to complete the course.
- WMTBOC 15.9 The IOF and its member Federations shall have the right to reproduce the event
WCup maps with courses in their official magazines or on their websites without
JWMTBOC having to pay a fee to the organiser.
WMMTBOC

16. Courses

- 16.1 The valid technical specifications and standards for MTBO published by the IOF shall be followed when setting the courses. The format specifications (appendix 7) must be followed.
- 16.2 The standard of the courses shall be worthy of an international orienteering event. The navigational skill, concentration and cycling ability of the competitors shall be tested. All courses shall call upon a range of different orienteering techniques. Courses shall require a high level of concentration throughout the competition, involving detailed map reading and frequent decision making. All legs should be designed to provide a variety of route choices, and shall attempt to maximise competitor safety.
- 16.3 The course lengths shall be given as the shortest sensible route.
- 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 cycle 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 cycle the different length legs in the same sequence. Within each leg all parallel forks should require approximately the same riding time.
- 16.7 In individual competitions, the controls may be combined differently for the competitors, but all competitors shall cycle the same overall course.
- WMTBOC 16.8 The courses shall be set to give the following winning times in minutes:
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- | men and women | | |
|---------------|--|---------------------------|
| 105 - 115 | | Long distance |
| 75 - 85 | | Mass Start |
| 50 - 55 | | Middle distance |
| 20 - 25 | | Sprint |
| 40 - 45 | | Relay average per leg |
| 120 - 135 | | Relay, total winning time |
- The winning times for WMMTBOC are the same for all age classes.
- JWMTBOC 16.9 The courses shall be set to give the following winning times in minutes:

men and women

84 -92	Long distance
60 - 68	Mass Start
40 - 44	Middle distance
16 - 20	Sprint
30 - 35	Relay average per leg
90 - 105	Relay, total winning time

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 etc shall be marked on the map. If necessary, they shall also be marked on the ground. Competitors shall not enter, follow or cross areas, routes or features drawn with the following symbols:
- ISMTBOM 707 Uncrossable boundary
 - ISMTBOM 709 Out-of-bounds area
 - ISMTBOM 711 Forbidden route
 - ISMTBOM .844 Uncrossable barrier/forbidden to cross
- 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.
- 17.4 Riding off the track or trail will normally be disallowed unless specifically agreed by the organiser and the IOF Event Adviser. Any changes to this rule shall be clearly stated in Bulletin 2 and the event instructions.
- 17.5 Any crossing point over a vehicular road must be clearly signed to warn motorists and competitors, and should be marshalled if appropriate.

18. Control descriptions

- 18.1 No control descriptions are used in MTBO. Any off-path controls must be set so as not to require control descriptions.

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 All controls must be situated on paths shown on the competition map unless specified otherwise in Bulletin 2.
- 19.4 Controls shall not be sited within 50m of each other, measured in a straight line.
- 19.5 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 3 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).
- 19.6 Code numbers shall be clearly visible to competitors approaching the control from both directions.

WMMTBOC

- 19.7 The code number for each control shall be available to competitors as an overprint on the map adjacent to the control number.
- 19.8 To prove the passage of the competitors, there shall be a sufficient number of punching devices in the immediate vicinity of each flag.
- 19.9 If the estimated winning time is more than 60 minutes, there should be at least one refreshment point.
- 19.10 At least pure water of suitable temperature shall be offered as refreshment. If different refreshments are offered, they shall be clearly marked.
- 19.11 All controls for which there are security concerns shall be guarded.

20. Punching systems

- 20.1 Only IOF approved (electronic or other) punching systems may be used, as per Appendix 3.

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- 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 control 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 be disqualified 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 as an error punch)
- It is permitted for the organiser to read the backup from any control. A competitor can require the organiser to read the backup from a control, subject to a payment of 20 EUR (or the equivalent in local currency). If the control is found to contain a complete (non-error) punch; the competitor shall be recorded as having punched that control correctly and the fee will be returned; otherwise the fee shall be retained by the organiser.

- 20.6 Competitors who lose their control card, omit a control or visit controls in the wrong order shall be disqualified.

21. Equipment

- 21.1 Wearing a rigid safety helmet is compulsory during competitions and training sessions.

- 21.2 The bicycle shall be designed to be propelled solely through a chain set, by the legs moving in a circular movement, without electric or other assistance. The organiser has the right to inspect the competitors' bikes at any time to ensure compliance.

- 21.3 Each competitor shall ensure that his/her equipment (bicycle with accessories and other devices fitted, headgear, clothing, etc.) does not, by virtue of its

quality, materials or design, constitute any danger to himself or to others.

- 21.4 As long as the rules of the organising Federation do not specify otherwise, the choice of clothing and footwear shall be free.
- 21.5 Start numbers shall reflect the starting order in each race. Start numbers shall be clearly visible from the front and the back and fixed as prescribed by the organiser. The bibs shall not be larger than 25 cm × 25 cm with figures at least 7 cm high. The number bibs may not be folded or cut.
- 21.6 During the competition the only navigational aids that competitors may use are the map provided by the organiser, and a compass.
- 21.7 Riders must stay with their bike throughout a race from start to finish, whether they ride, push or carry it.
- 21.8 The organiser may define a zone where teams may place equipment such as spare parts and tools before the first start or at a time specified by the organiser. No assistance (e.g. from a coach) is permitted in the equipment zone or during the competition.
- 21.9 Competitors may carry tools and spare parts during the competition, but shall not (except in an equipment zone) use spares or tools other than carried by themselves or another competitor.
- 21.10 Competitors must finish the competition with the same cycle frame with which they started.
- 21.11 Competitors shall 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-enabled devices (watches, cycle computers etc.) can be carried provided that they have no map display and are not used for navigation purposes. However, the organiser has the right to specifically forbid the use of such equipment. The organiser may require competitors to carry a tracking device and/or a GPS data logger.
- 21.12 Competitors may not wear the team clothing of another Federation.

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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.
- 22.3 All competitors shall 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. If there is a pre-start, a clock showing the call-up 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 In an interval start race, competitors take their map one minute before their start

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time. In a chasing start race competitors take their map at 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. The bike must be stationary with the whole bike behind the start line and competitors shall keep at least one foot on the ground at the moment of the start signal.

- 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 shall be permitted to start. Their new start time must be recorded.
- In a mass or chasing start, the competitor shall be started as soon as possible.
 - In an interval start, if the competitor is at the start line less than half the start interval after their start time, they shall start immediately.
 - In an interval start, if the competitor is at the start line more than half the start interval after their start time, they shall start at the next available half start interval.
- 22.10 Competitors who are late for their start time through their own fault shall be timed as if they had started at their original start time. Competitors who are late for their start time through the fault of the organiser shall be timed from their new start time.
- 22.11 The changeover between the members of each relay team takes place by touch. Maps for outgoing riders shall be placed at least 50 m after the changeover zone.
- 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.
- 22.15 In the changeover area, outgoing team members shall have some advance warning of the arrival of their preceding team members
- 22.16 In a mass start race the start area must be sufficiently wide and long to provide a fair and safe start for riders. Competitors at the mass start will line up standing over their bikes in rows of 4 to 10, as allowed by the start area. They receive their maps at their bikes 15 seconds before the start. The bike must be stationary and competitors shall keep at least one foot on the ground until the start signal.
- 22.17 The organiser may define one or more quarantine zones in order to prevent those who have not started gaining information about the courses. The organiser defines times when competitors and team officials must be inside the quarantine zone. The organiser shall provide adequate facilities (toilets, refreshment, shelter etc.) for those waiting in the quarantine zone. If a competitor or team official attempts to enter the quarantine zone after the deadline, they may be refused entry. Competitors and team officials are not allowed to use telecommunication devices within the quarantine zone.

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23. Finish and time-keeping

- 23.1 The competition ends for a competitor when crossing the finishing line.
- 23.2 The route to the finish from the last control shall be bounded by tape or by rope. The last 50 m of the course before the finish, and before the changeover zone in relays, should be as straight as possible and at least 5m wide.

- 23.3 The finish line shall be at right angles to the direction of the finish lanes. The exact position of the finish line shall be obvious to approaching competitors.
- 23.4 After crossing the finish line, or completing the changeover, competitors shall hand in the control card or download recorded data. If required by the organiser, they shall also hand in their competition map.
- 23.5 The finishing time shall be measured at one of the following times:
- when the competitor's front tyre crosses the finish line
 - when the competitor punches at the finish line
 - if a light beam is used for timing, when the competitor breaks the beam which shall be mounted at a height of 30 cm above the ground
 - when a transponder, carried by the competitor, crosses the finish line.
- 23.6 Times shall be rounded down to whole seconds. So 89 minutes 13.98 seconds becomes 89 minutes 13 seconds. Times shall be given in hours, minutes and seconds or in minutes and seconds only.
- 23.7 Two independent timekeeping systems, a primary and a secondary, shall be used continuously throughout the competition. The timekeeping systems shall measure times of competitors in the same class, relative to each other, with an accuracy of 0.5 seconds.
- 23.8 In competitions with mass or chasing starts, finish judges shall rule on the final placings and a jury member shall be present at the finish line.
- 23.9 With the approval of the IOF Event Adviser, the organiser may set maximum times for each class.
- 23.10 There shall be medical facilities and personnel at the finish, who are also equipped to work in the forest.

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 cycling order and times for their legs as well as the course combinations that each cycled.
- 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 cycling 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 be disqualified.
- 24.9 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.

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- 24.10 If a Federation is represented by two or more teams in a relay class, only the team with the better result is considered in determining the placings.
- WMTBOC
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- 24.11 Every competitor, team official and accredited media representative shall be given an official results list and a competition map
- 24.12 Results shall be published on the internet and electronically submitted to the IOF on the day of the race.

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 diploma.
- WMTBOC
- 25.4 The title of World Champion shall be awarded in the following eight separate competitions:
- women, Sprint
 - women, Middle distance
 - women, Mass Start
 - women, Long distance
 - women, Relay
 - men, Sprint
 - men, Middle distance
 - men, Mass Start
 - men, Long distance
 - men, Relay
- JWMTBOC
- 25.5 The title of Junior World Champion shall be awarded in the following eight separate competitions:
- women, Sprint
 - women, Middle distance
 - women, Mass Start
 - women, Long distance
 - women, Relay
 - men, Sprint
 - men, Middle distance
 - men, Mass Start
 - men, Long distance
 - men, Relay
- ROC
- 25.6 The title of Regional Champion may be awarded in the following separate competitions:
- women, Sprint
 - women, Middle distance
 - women, Mass Start
 - women, Long distance
 - men, Sprint
 - men, Middle distance
 - men, Mass Start
 - men, Long distance
 - Mixed Relay
- WMTBOC
JWMTBOC
- 25.7 The following prizes shall be awarded in all competitions:
- 1st place Gold medal (plated) and diploma
 - 2nd place Silver medal (plated) and diploma
 - 3rd place Bronze medal and diploma
 - 4th-6th place diploma
- Medals and diplomas shall be supplied by the IOF.
- WMTBOC
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- 25.8 The prize-giving ceremonies shall be performed by the representatives of the organising Federation and a representative of the IOF.
- WMTBOC
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- 25.9 In the relay, each individual member of the team shall receive the appropriate medal and/or diploma.
- WMTBOC
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JWMTBOC
- 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 In each individual competition the first 3 competitors per class and in each relay competition the first 3 teams shall receive prizes provided by the organiser. The first 6 competitors and the first 6 teams receive diplomas provided by the IOF.
- WCup 25.12 The first competitors in both classes in the overall Individual World Cup score lists after the last event receive trophies provided by the IOF. The first 3 competitors receive medals provided by the IOF. The first 6 competitors receive diplomas provided by the IOF. The winning Federation of the Relay World Cup receives a trophy provided by the IOF.
- WMMTBOC 25.15 The first 3 competitors in each class in 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 or mechanical failure, seeking to obtain or obtaining assistance from other riders or providing assistance to other competitors during a competition is forbidden. It is the duty of all competitors to help injured riders.
- 26.3 The provision of mechanical (spares or repairs) assistance between competitors during a competition is permitted but is not compulsory. No outside mechanical assistance is permitted. It is the duty of all competitors to help injured competitors.
- 26.4 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. It is the responsibility of competitors to obtain any required TUE (therapeutic use exemption) certificate.
- 26.5 All officials shall maintain strict secrecy about the competition area and terrain before they are published. Strict secrecy about the courses must be maintained.
- 26.6 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.
- 26.7 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. Such cases shall be discussed and decided after consultation with the IOF Event Adviser.
- 26.8 Team officials, competitors, media representatives and spectators shall remain in the areas assigned to them.
- 26.9 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, e.g. media representatives.
- 26.10 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.
- 26.11 A competitor who breaks any rule, or who benefits from the breaking of any rule, may be disqualified.
- 26.12 Non-competitors who break any rule are liable to disciplinary action.

- 26.13 The organiser must stop, and postpone or cancel a race if at any point it becomes clear that circumstances have arisen which make the race dangerous for the competitor, officials or spectators.
- 26.14 The organiser must void a race if circumstances have arisen which make the race significantly unfair.
- 26.15 Participation in betting relating to an orienteering event is prohibited for competitors in the event, the team officials and the event officials. They are also prohibited from supporting or promoting betting relating to the event. Additionally, they must not participate in any corrupt practices related to betting. Such practices include fixing the result, manipulating any aspect of the results, failing to perform in order to benefit, accepting or offering bribes and passing on inside information.

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 the organiser no later than 15 minutes after the organiser has informed the complainant of the decision about the Complaint. Protests received after this time limit may be considered at the discretion of the jury if there are valid exceptional circumstances which must be explained in the Protest.
- WMTBOC 28.4 A Protest fee of 50 EUR (or the equivalent in local currency) shall be paid to the
WCup IOF Senior Event Adviser in cash when making a Protest. The fee will be
JWMTBOC returned if the Protest is accepted by the jury, otherwise the fee shall be sent to
WMMTBOC the IOF. Where a Protest is signed by more than one Federation, each of these
ROC Federations will pay the Protest fee.
- WRE 28.5 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 IOF Event Adviser shall lead the jury but has no vote.
- 29.4 A representative of the organiser may participate in jury meetings but may be asked to leave before the jury makes its decision. The representative of the organiser has no vote.
- 29.5 The organiser shall act according to the jury's decisions, e.g. 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. The IOF Event Adviser shall make the final decision regarding any potential conflict-of-interest.
- 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.
- WMTBOC
WCup
JWMTBOC
WMMTBOC
- 29.10 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
- 29.11 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. An appeal may only be made against a jury decision if there has been a serious procedural error in the operation of the jury.
- 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 Office.
- 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 MTBO 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
 - to approve the official results
- 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.
- WMTBOC 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.
- WMTBOC
WCup
JWMTBOC
ROC 32.3 No more than 3 weeks after the event, the organiser shall forward a short report, two sets of maps with course details and a complete results list to the IOF Office.
- WMTBOC 32.4 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 Office for the archives no more than 6 months after the event.
- WMMTBOC 32.5 No more than 3 weeks after the event, the organiser shall forward at least one of each map with course details and a complete results list to the IOF Office.

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 cyclists' competition clothing or equipment except for the start number bibs.

34. Media service

- WMTBOC
WCup
JWMTBOC
WMMTBOC
- 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.

35. Environmental Mandate

- 35.1 MTBO events take place using tracks and trails. Riding off the track or trail will normally be disallowed unless specifically agreed by the organiser and event controller.

Event organisers, in liaison with the IOF MTBO Commission, will:

- Strive to apply the principles of sustainable use, to meet the needs of the present, without compromising the needs of future generations.
- Aim to achieve the highest environment standards in the organisation of events, through informing and educating both organisers and competitors.
- Aim to minimise both the use and the waste of materials, using renewable or recycled materials when appropriate.
- Be committed to consulting with, and respect the wishes of the rural community in whose areas we hold events.
- Take into account public transport links when locating event centres, and encourage car sharing by competitors.
- Assess on a continuous basis, the environmental impact of MTBO activities on the countryside, and adopt systems and techniques which will minimise or eliminate any unacceptable adverse impacts.
- Identify and avoid if possible sensitive habitats through discussion with landowners and environmental agencies.

Appendix 1: General competition classes

Age classes

1. Competitors are divided into classes according to their gender and age. Women may compete in men's classes.
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.
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.
4. The main competition classes are called W21 and M21, for women and men respectively.
5. For competitors younger than 21, the classes W20 and M20, W17 and M17 are used. For older competitors, the classes W40 and M40, W45 and M45 and so on with intervals of 5 years are used.

Appendix 2: 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 3: Approved punching systems

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

- The only approved control punching systems (January 2018) are:
 - the *Emit* Electronic Punching and Timing system
 - the *Emit* Touch-Free Punching system
 - the *SPORTident* system
 - the *SPORTident* AIR+ system
- Details of the currently approved 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 be disqualified 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 as an error punch).
 - It is permitted for the organiser to read the backup from any control. A competitor can require the organiser to read the backup from a control, subject to a payment of 20 EUR (or the equivalent in local currency). If the control is found to contain a complete (non-error) punch; the competitor shall be recorded as having punched that control correctly and the fee will be returned; otherwise the fee shall be retained by the organiser.

Appendix 4: 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 5: Agenda for team officials' meeting

As much information as possible should be put in Bulletin 4, leaving the minimum of information to be transmitted verbally at the team officials' meeting.

- 1 Opening
- 2 Roll-call: max two representatives per federation
- 3 Presentation of officials
 - Organiser's officials
 - Jury members
- 4 Time schedule
 - If not according to programme
- 5 Transport to competition centre
- 6 Competition centre
 - Parking
 - Change facilities and showers
 - Secure cycle storage arrangements
 - Bike wash facilities
 - Bike repair facilities
 - Pre-start
 - Prohibited areas
 - Team bags to be delivered: where, when
 - Maybe: bottles with refreshment to be delivered: where, when
- 7 Courses
 - Length (shortest sensible route choice)
 - Number of controls
 - Total climb
 - Estimated winning times
 - Refreshment controls
- 8 Map type
 - Scale and contour interval
 - Size, trimmed down
 - Special symbols
 - When are they returned?
- 9 Control card or electronic punching
 - Example of use
 - Format for use of electronic punches
 - Only control cards handed out by the organiser are allowed!
- 10 Start procedure
 - Start method
 - Starting commands
 - Taking maps, when?
 - Distance time start to start point (where orienteering begins)
- 11 Map change procedure
 - Single maps or double-sided map
 - Place of map change:
 - at the arena: handing in used map, taking new map
 - during the competition (i.e. competitors get all maps at start): what to do with used map?
 - How is first control on next map shown (circle, triangle)?

- 12 Start draw: Latest time for handing in form with allocation to starting groups for competition on next day: where, when?
- 13 Closing

Appendix 6: The MTBO Competitors Code

1. Slow right down when passing members of the public on foot or on horseback.
2. Avoid damaging the path through aggressive riding such as skidding.
3. When two riders converge:
 - (i). riders should normally pass with their left shoulders
 - (ii). any rider travelling uphill must be given priority
 - (iii). at an intersection, the rider on the smaller path should give way to any rider on the larger path.
4. Generally, riders should overtake on the left. If necessary, overtaking riders should call out to say whether they want to overtake on the left or the right.
5. Slower riders should give way to overtaking riders.
6. When riding on public roads the traffic rules of the country must be observed

The Event Adviser may approve additions or changes to the above code to improve safety.

Appendix 7: Competition Formats

SUMMARY TABLE		Sprint	Middle	Mass Start	Long	Relay
Legs (all legs should have two or more options on the tracks)	long legs	1–2 long leg/s (0.8–2 km)	2–4 long legs (1–3 km)	4–6 long legs (1–3 km)	majority (1–4 km)	all legs between sprint and middle
	short legs	majority	majority	majority	3–5 short legs	
Profile		high speed, requires athletes' full concentration	technically demanding	<ul style="list-style-type: none"> - Physically and technically demanding - head to head competition 	<ul style="list-style-type: none"> - physical endurance - tests athletes' ability to make and plan efficient route choices 	<ul style="list-style-type: none"> - team competition - format more similar to Middle than Long distance - spectator-friendly
Terrain		<ul style="list-style-type: none"> - very dense track network - forested area and/or urban area/ parks 	<ul style="list-style-type: none"> - dense track network - non-urban (mostly forested) area 	<ul style="list-style-type: none"> - dense track network - non-urban (mostly forested) area 	<ul style="list-style-type: none"> - non-urban (mostly forested) area - rough, demanding - preferably hilly 	dense track network with different track categories
Route choice difficulty		low - medium	medium - high	medium - high	high	high and medium
Navigation difficulty (map reading)		high (constant contact with map is required)	<ul style="list-style-type: none"> - medium - high - technically demanding orienteering 	<ul style="list-style-type: none"> - medium – high - technically demanding orienteering 	low - medium	medium - high
Map	scale size	1:5000, 1:7500 or 1:10000 max. 25 x 30 cm	1:7500, 1:10000 or 1:15000 max. 30 x 42 cm	1:7500, 1:10000 or 1:15000 max. 30 x 42 cm	1:15000 or exceptionally 1:20000 max. 35 x 42 cm	1:7500, 1:10000 or 1:15000 max. 30 x 30 cm
Start intervals		2 minutes (could be reduced to 1' subject to approval by the EA)	2 minutes	mass start	3 minutes	mass start
Winning times		20-25 minutes	50-55 min.	75-85 min.	105-115 min.	40-45 min. average for

(JWMTBOC times 20% shorter)					each leg
Course planning		<p>In order to avoid accidents:</p> <ul style="list-style-type: none"> • Two different classes may not have the same leg in opposite directions • Two different classes having significantly different physical strengths may not have identical legs 			

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 riding at high speed. At best it takes place in a mixed urban and forested area. The course must be planned so that the element of speed is maintained throughout the race. 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.

1.2 Course planning considerations

In Sprint spectators are allowed along the course. The course planning shall consider this, and all controls must be easy to find (not hidden). 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. Special elements of the sprint distance are short legs between control points. But the course should also include some long legs between control points to give some route choice legs. These longer legs may be from 0.8 km to 2.0 km depending on the terrain type. A maximum of two long legs should form part of the course. If courses are planned across urban areas, the local population and local government need to be informed of the dates and times when the competitions will be organised.

1.3 The map

The ISSOM specifications shall be followed. The map scale must be 1:5000, 1:7500 or 1:10000. The map size should not exceed 25 x 30 cm. 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 riding speed, both to degree and extent, is important. In urban areas, stairs, 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 20-25 minutes, preferably in the lower part of the interval. The preferred start interval is 2 minutes; however the interval can be 1 minute subject to the approval of the Event Adviser. At WMTBOC it is desirable for women and men to have alternate start times (man, woman, man, woman...). Timing is normally to an accuracy of 1 second, preferably using electronic timing with start gates and a beam finish line. The competitors are given the map one minute before their start time.

2 MIDDLE DISTANCE

2.1 The profile

The Middle distance profile is technical with an emphasis on navigation. It takes place in a non-urban (mostly forested) environment with a dense track network and tracks of different categories. It requires constant concentration on map reading with occasional changes in riding 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 tracks.

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 riders pass the Arena during the competition. The demand on the selection of the Arena is consequently high, providing both suitable terrain and good possibilities to make riders visible to spectators. Spectators are not allowed along the course except for parts passing the Arena (including controls at the Arena). Special elements of the middle distance are short legs between control points. But the course should also include some long legs between control points to give some route choice legs. These longer legs may be from 1 km to 3 km depending on the terrain type. Two, or a maximum of four, long legs should form part of the course. Another important element of the middle distance is to use course planning techniques which break up the grouping of riders (e.g. butterflies).

2.3 The map

The standard ISOM specification shall be followed. The map scale must be 1:7500, 1:10000 or 1:15000. The map size should not exceed 30 x 42 cm.

2.4 Winning time, start interval and timing

The winning time shall be 50 - 55 minutes. The preferred start interval is 2 minutes. Timing is normally to an accuracy of 1 second, preferably using electronic timing with start gates and a beam finish line. The competitors are given the map one minute before their start time.

3 MASS START

3.1 The profile

The Mass Start profile is a head to head competition. The course is expected to be physically and technically challenging. It takes place in a non-urban (mostly forested) environment with a relatively dense track network and tracks of different categories to allow for multiple route choices. The format is built on a technically demanding concept, more similar to that of Middle than the Long distance. Some elements characteristic of the Long distance, such as longer route-choice legs, should occur allowing competitors to pass each other without having visual contact. Good Mass Start terrain has the characteristics that make riders lose eye contact with each other, (e.g. a dense track network with tracks of different categories). The element of route choice is essential, though the route in itself shall not necessarily involve demanding navigation.

3.2 Course planning considerations

The Mass Start is a spectator-friendly event in offering a competition between riders, head-to-head, and with the first to finish being the winner. A special element of the Mass Start is a long leg to the first control(s) to allow rider separation before the control. 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 pass the Arena and, if possible, riders 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 a screen in the Arena). The Mass Start format requires a course planning technique separating riders from each other (e.g. forking). The best riders should be carefully allocated to different forking combinations. For fairness reasons the very last part of the course shall be the same for all riders. 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 must be 1:7500, 1:10000 or 1:15000. The map size should not exceed 30 x 42 cm.

3.4 Winning time, start and timing

The winning time shall be 75 - 85 minutes. The start is a mass start for all competitors in the same class. Timing is normally to an accuracy of 1 second. There shall be photo-finish equipment on the finish line to assist in judging the correct placings.

4 LONG DISTANCE

4.1 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 choices 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.

4.2 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 riders pass the Arena during the competition. Special elements of the long distance are long legs, considerably longer than the average leg length. These longer legs may be from 3.5 to 6.5 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, which break up the grouping of riders, (e.g. 'one man relay' for mass starts, butterflies). 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 must be 1:15000 or exceptionally 1:20000. The map size should not exceed 35 x 42 cm.

4.4 Winning time, start interval and timing

The winning time shall be 105 - 115 minutes. The preferred start interval is 3 minutes. Timing is normally to an accuracy of 1 second, preferably using electronic timing with start gates and a beam finish line. The competitors are given the map one minute before their start time.

5 RELAY

5.1 The profile

The Relay profile is a team competition. It takes place in a non-urban (mostly forested) environment. The format is built on a technically demanding concept, more similar to that of the Middle than the Long distance. Some elements characteristic of the Long distance, such as longer route-choice legs, should occur allowing competitors to pass each other without having visual contact. Good Relay terrain has the characteristics that make riders lose eye contact with each other, (e.g. a dense track network with tracks of different categories).

5.2 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 riders 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 riders 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 riders. Spectators are not allowed along the course except for parts passing the Arena (including controls at the Arena).

5.3 The map

The standard ISOM specification shall be followed. The map scale must be 1:7500, 1:10 000 or 1:15000. The map size should not exceed 30 x 30 cm.

5.4 Winning time, start interval and timing

The winning time (the total time for the winning team) shall be 120-135 minutes. Within the total time, the time for different legs may vary. No leg should be longer than 50 minutes or shorter than 40 minutes. The Relay is a mass start format and consists of three legs. In WMTBOC timing shall preferably be made by electronic means, but manual systems may be used. There shall be photo-finish equipment on the finish line to assist in judging the correct placings.

Appendix 8: MTBO Embargo Guidelines

This Guideline shall be followed by all major event (WMTBOC, World Cup, JWMTBOC, WMMTBOC, ROC) organisers, athletes, teams etc. and is recommended for WREs.

1. At the time of event application, any and all possible competition terrains that form part of the application shall be embargoed.
 - a. All terrains shall be drawn onto an interactive internet document, such as Google Maps.
 - b. This document will then be freely available
2. As possible terrains are added or removed, the interactive document shall be updated immediately.
3. Four years shall be the minimum period of time for a terrain to remain unused for competition. This means a terrain should be unused for 1-2 years prior to application.
4. The embargo rule shall specify what is permitted or forbidden.
 - a. Travel on public roads by private or public transport; including by foot or by bike.
 - b. Use of public transport eg train
 - c. While forest terrains may be entirely forbidden, urban areas may be partially open. This must be shown on the interactive document accordingly (eg separate colours; red = forbidden, blue = open to travel through/along, green = open without restrictions.)
 - d. Drone use: the use of drones to film in or above an embargo is strictly forbidden.
 - e. No map survey in the terrain may be carried out but anyone except the event mapper and/or organising team.
5. Once a terrain is embargoed, no potential competitor, team, coach, manager or anyone associated with the team/individual may enter.
 - a. If a major domestic event is scheduled to be held in the terrain by another discipline after the MTBO embargo, this shall be publicised to the MTBO community. Foreign athletes may wish to participate.
 - b. Events such as XCO (and similar) which do not require use of the map, may be part of an embargo exception providing: the person remains solely on the race track and event arena and only enters the embargo on race day. These events shall also be publicised to the MTBO community. Foreign athletes may wish to participate.
 - c. Maps and results of such event shall be published and easily available as soon as possible.
6. If the embargo needs to be broken by a competitor, team, coach etc., PRIOR permission shall be sought from the organiser, detailing the reason for the proposed infraction e.g., medical, accommodation, domestic event, travel, XCO race etc.
 - a. If a competitor or team leader/coach lives locally the organiser shall pass their situation to the MTBO Commission to evaluate the eligibility of the competitor to compete/participate.
 - b. Details of those who have sought prior permission to enter an embargo shall be provided and accessible publicly: name, date(s), reason (private, appointment, travel to work, accommodation etc.).
 - c. Athletes/coaches who will not compete in a race due to prior knowledge, should respect the embargo and not train there without prior permission. This is in the interest of fairness, and reducing information transfer.

- d. Coaches should also abide by the embargo rule when training/travelling. A coach/team leader may also have prior knowledge that can be passed onto a team and effect the competition result.
7. Any competitor caught breaking the embargo without permission shall be disqualified or barred from competing. Their team may also be disqualified.
8. A competitor, team leader, or coach may not be both part of the national team, and the organising team.

Appendix 9: The European Mountain Bike Orienteering Championships

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 IOF and the appointed Federation.

The event shall follow the IOF Competition Rules for the World Mountain Bike Orienteering Championships (WMTBOC) 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.
- The event is organised every year as part of a World Cup Round

2. Event programme (rule 3.8 and deviation from rule 3.2)

The programme shall consist of 3 days and include the following competitions: Sprint or Middle distance, Long or Mass Start, and Mixed Relay. The Mixed Relay shall be carried out as follows:

- There shall be 3 legs;
- Relay teams must include at least one woman;
- The 3 legs shall be approximately of equal length requiring a riding time of 40 to 45 minutes each;
- A Federation can be represented by up to 4 teams.

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 (deviation from rule 4.5)

Any European Federation that is a member of IOF may apply to organise EMTBOC.

Applications shall reach the IOF Office before 1 January two years prior to the year of the event. The provisional appointment of organisers or organising Federations is made by the IOF Council no later than 31 October the same year. Each appointment must be confirmed by the signing, within 6 months, of a contract to organise the event, else Council may make an alternative appointment. The Senior Event Adviser shall be appointed by the IOF.

4. Participation (deviation from rules 6.5, 6.6 and 6.8)

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 competitions a Federation may enter a maximum of 6 riders in each class. In each competition 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 4 teams each consisting of 3 riders. Only the better-placed team will count in the prize list. Incomplete relay teams may compete in the Relay but must start at least 15 minutes later than the official teams. Under no circumstances may persons other than entered competitors participate in the competition.

5. Starting order (deviation from rule 12.14)

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 (deviation from rule 24.4)

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 (deviation from rule 25.4)

The title of European Champion may be awarded in the following separate competitions:

- women, Sprint
- women, Middle distance
- women, Mass Start
- women, Long distance
- men, Sprint
- men, Middle distance
- men, Mass Start
- men, Long distance
- Mixed Relay

8. Jury

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

Appendix 10: The European Junior Mountain Bike Orienteering Championships

The European Junior Mountain Bike Orienteering Championship (in short EJMTBOC) is the official event to award the titles of European Junior Champion in Mountain Bike Orienteering in the classes M20 and W20. It is organised under the authority of the IOF and the appointed Federation. The event shall follow the IOF Competition Rules for the Junior World Mountain Bike Orienteering Championship (JWMTBOC) unless otherwise stated in these Rules.

1. Principles for the EJMTBOC

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

- The best junior Mountain Bike orienteers of each European Federation shall be offered competitions of the highest technical quality in M20 and W20.
- The event shall have a social, rather than a competitive atmosphere, letting young people exchange experience and find new friends.
- The event is organised annually. The EJMTBOC in M/W20 should be arranged in conjunction with another major International Mountain Bike Orienteering event.
- The costs of participation shall be kept low.

2. Event programme

The programme normally shall include Sprint, Middle, Long distance competitions and a Relay for national teams with 3 legs, as well as an opening ceremony, a closing ceremony and adequate model events. The Sprint, Middle and Long distance competitions are single race competitions. The programme for the EJMTBOC races shall be kept within 6 days.

3. Event application and appointment of organiser

There is no separate application for the EJMTBOC: EMTBOC or WMMTBOC candidates are asked to express their interest to organise the EJMTBOC in the respective application form. Organisers of other major international MTBO events are asked to inform the IOF Office and/or the IOF MTBO Commission about their interest to organise the EJMTBOC. The deadline for EJMTBOC applications is 1 January two years prior to the event year. The provisional appointment of organisers or organising Federations is made by the IOF Council no later than 31 October the same year. Each appointment must be confirmed by the signing, within 6 months, of a contract to organise the event, else Council may make an alternative appointment. The Senior Event Adviser shall be appointed by the IOF.

4. Participation and Classes

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

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

For each individual competition a Federation may enter a maximum of 6 competitors in each class. The organising Federation may have two additional competitors as official EJMTBOC competitors in the individual competitions. These competitors shall start in the lowest ranked start group. A Federation may enter 2 teams in the Relay. 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. All competitors must have a valid passport of the country they are representing.

The EJMTBOC is divided into 2 classes for the following age categories:

W20 for female athletes who are no more than 20 years old on 31 December of the year of the competition.

M20 for male athletes who are no more than 20 years old on 31 December of the year of the competition.

5. Starting order, winning times

The start draw shall be made with 3 starting groups, each starting group being drawn at random. Competitors from the same Federation shall not start consecutively. In each individual competition each Federation shall allocate its competitors to specified starting groups. A Federation shall allocate one competitor to each group first (before allocating second competitor to the same group). If a Federation fails to allocate its competitors to starting groups, the organiser shall decide the allocation.

Winning times:

	Middle	Long	Sprint	Relay
W20	40-44 min	85-90 min	15-20 min	35-40 min/leg
M20	40-44 min	85-90 min	15-20 min	35-40 min/leg

6. Jury

The jury is the same as for the event with which EJMTBOC is combined.

Appendix 11: The European Youth Mountain Bike Orienteering Championships

The European Youth Mountain Bike Orienteering Championship (in short EYMTBOC) is the official event to award the titles of European Youth Champion in Mountain Bike Orienteering in the classes M17 and W17. It is organised under the authority of the IOF and the appointed Federation. The event shall follow the IOF Competition Rules for the Junior World Mountain Bike Orienteering Championship (JWMTBOC) unless otherwise stated in these Rules.

1. Principles for EYMTBOC

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

- The best youth Mountain Bike orienteers of each European Federation shall be offered competitions of the highest technical quality in M17 and W17.
- The event shall have a social, rather than a competitive atmosphere, letting young people exchange experience and find new friends.
- The event is organised annually. The EYMTBOC in M/W17 should be arranged in conjunction with another major International Mountain Bike Orienteering events.
- The costs of participation shall be kept low.

2. Event programme

The programme normally shall include Sprint, Middle, Long distance competitions and a Relay for national teams with 3 legs, as well as an opening ceremony, a closing ceremony and adequate model events. The Sprint, Middle and Long distance competitions are single race competitions. The programme for the EYMTBOC races shall be kept within 6 days.

3. Event application and appointment of organiser

There is no separate application for the EYMTBOC: EMTBOC or WMMTBOC candidates are asked to express their interest to organise the EYMTBOC in the respective application form. Organisers of other major international MTBO events are asked to inform the IOF Office and/or the IOF MTBO Commission about their interest to organise the EYMTBOC. The deadline for EYMTBOC applications is 1 January two years prior to the event year. The provisional appointment of organisers or organising Federations is made by the IOF Council no later than 31 October the same year. Each appointment must be confirmed by the signing, within 6 months, of a contract to organise the event, else Council may make an alternative appointment.. The Senior Event Adviser shall be appointed by the IOF.

4. Participation and Classes

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

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

For each individual competition a Federation may enter a maximum of 6 competitors in each class. The organising Federation may have two additional competitors as official EYMTBOC competitors in the individual competitions. These competitors shall start in the lowest ranked start group. A Federation may enter 2 teams in the Relay. 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. All competitors must have a valid passport of the country they are representing.

The EYMTBOC is divided into 2 classes for the following age categories:

W17 for female athletes who are no more than 17 years old on 31 December of the year of the competition.

M17 for male athletes who are no more than 17 years old on 31 December of the year of the competition.

5. Starting order, winning times

The start draw shall be made with 3 starting groups, each starting group being drawn at random. Competitors from the same Federation shall not start consecutively. In each individual competition each Federation shall allocate its competitors to specified starting groups. A Federation shall allocate one competitor to each group first (before allocating second competitor to the same group). If a Federation fails to allocate its competitors to starting groups, the organiser shall decide the allocation.

Winning times:

	Middle	Long	Sprint	Relay
W17	32-37 min	70-75 min	15-20 min	30-35 min/leg
M17	32-37 min	70-75 min	15-20 min	30-35 min/leg

6. Jury

The jury is the same as for the event with which EYMTBOC is combined.

Significant changes to the previous version (January 2018)

These rules represent a revision of the January 2018 rules. Significant changes are noted below. References are to the 2019 rule numbers.

- 4.2 Extra text to define what happens if no applications are received in time
- 8.1 Last sentence removed (“Any changes to information published in the last Bulletin must be given in writing”) – see new sentence in 13.4
- 12.16 WMTBOC WCup The IOF MTBO Commission may provide one “wild card” to add a further top athlete without a sufficient number of ranking points into the Orange start group.
- 13.2 A maximum of 2 team officials per federation may take part in the team officials meeting. Subsequent rules renumbered.
- 13.4 If there are any changes decided at the meeting, they shall be published on the organiser’s website by 22.00 hours.
- 19.6 WMTBOC JWMTBOC WCup WMMTBOC Code numbers shall be clearly visible to competitors approaching the control from both directions. Subsequent rules renumbered.
- 20.5 Clarify that organiser is permitted to read the backup from a SPORTident control box. And allow a competitor to require the backup to be read on payment of a fee
- 20.6 Obsolete rule about control card checking deleted. Subsequent rule renumbered
- 24.12 Results must be published on the day. Applies to all level of event
- Appendix 10 EJMTBOC may be combined with EMTBOC or another event
- Appendix 11 EYMTBOC may be combined with EMTBOC or another event