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

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

1. Principles for EOC
The championship shall be organised in accordance with the following principles:

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

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

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

3. Event application and appointment of organiser
Any European Federation that is a member of IOF may apply to organise EOC. Applications shall reach the IOF Office before January 1st three years prior to the championship. IOF Council appoints the organiser. The appointment is subject to approval by the IOF and the signing of an organiser’s agreement. The Senior Event Adviser shall be appointed by the IOF.

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

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

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

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

In the relay a Federation may enter 2 teams each consisting of 3 competitors, but only the better-placed team will count in the prize list. Incomplete teams and teams with runners from more than one Federation are not allowed.

In the Sprint Relay each Federation may enter one team each consisting of 4 competitors (of whom at least two must be women). Incomplete teams and teams with runners from more than one Federation are not allowed.

5. Results
If any non-European competitors 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 competitors and a second showing the results of the competition including non-European competitors.

In the Sprint final, times shall be rounded down to whole seconds.

6. Jury
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.

7. World Cup
If one or more of the competitions staged as part of the EOC is also designated by the IOF as part of the World Cup series of events, then in the event of any conflict between these rules and World Cup rules, World Cup rules have precedence.