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

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

This version of the competition rules is valid from 1 February 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)
1. Definitions

1.1 Orienteering is a sport in which the competitors navigate independently through the terrain. Competitors must visit a number of control points marked on the ground in the shortest possible time aided only by map and compass. The course, defined by the location of the controls, is not revealed to competitors until they start.

1.2 In individual interval start races the competitors navigate and run through the terrain independently.

1.3 In mass start and chasing start races, competitors may often be running in close proximity to each other, but the formats still demand independent navigation.

1.4 The term competitor means an individual of either gender or a team, as appropriate.

1.5 Types of orienteering competition may be distinguished by:

- the time of the competition:
  - day (in daylight)
  - night (in the dark)
- the nature of the competition:
  - individual (the individual performs independently)
  - relay (two or more team members run consecutive individual races)
  - team (two or more individuals collaborate)
- the way of determining the competition result:
  - single-race competition (the result of one single race is the final result. The competitors may compete in different races: the A-race, the B-race and so on, with the placed competitors of the B-race placed after the placed competitors of the A-race and so on)
  - multi-race competition (the combined results of two or more races, held during one day or several days, form the final result)
  - qualification race competition (the competitors qualify for a final race through one or more qualification races in which they may be allocated to different heats. The results of the qualification races may 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 are placed in the heat qualify for the final, the qualification race is called a prologue)
  - knock-out sprint (There are one or more heats with an interval start to qualify for the knock-out section. In the knock-out section there are one or more rounds with several parallel heats and mass starts where the leading runners qualify for the next round. Finally, there is a single mass start race to determine the winner.)
- the order in which controls are to be visited:
  - in a specific order (the sequence is prescribed)
  - in no specific order (the competitor is free to choose the order)
- the length (or format) of the race:
  - Long distance
  - Middle distance
  - Sprint
  - other distances
- 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)
### 2. General provisions

#### 1. IOF Foot Orienteering Competition Rules 2019

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**Transport**

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The starting order in the case of World Championship events is the official event to award the titles. The starting order implies the order in which the results are to be taken into account in the course of the event. The starting order is determined by the Event Adviser.

**Starting order**

- 16.9, 23.10
- 16.10, 23.10
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- **Transport**
  - 10.1–10.4
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- **Scoring systems**
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- **Starting order**
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- **Relay teams**
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- **Starting order**
  - Starting order
  - Starting order

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

General rules

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2.2 Where an event is of two types (e.g. the World Championships may also form a part of the World Cup) the rules for the higher-level event (as defined by the order in 1.8–1.14) shall take precedence.

2.3 These rules are recommended as a basis for national rules.

2.4 If not otherwise mentioned these rules are valid for individual day orienteering competitions on foot.

2.5 Additional regulations which do not conflict with these rules may be determined by the organiser. They need the approval of the IOF Event Adviser.

2.6 These rules and any additional regulations shall be binding for all competitors, team officials and other persons connected with the organisation or in contact with the competitors. 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.


2.11 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 IOF Guidelines/Manuals for each event type should be followed. Significant deviations require the consent of the IOF Event Adviser.

TWG 2.13 The World Games races shall follow the rules for the World Orienteering Championships as far as this is possible with respect to IWGA rules and feasible with respect to the different format of the World Games races.

JWOC 2.14 The championships shall be organised in accordance with the following principles:
- The best junior orienteers of each Federation shall be offered competitions of high technical quality.
- The event shall have a social, rather than a competitive atmosphere, accentuating exchange of experience.
- The costs of participating shall be kept low.

ROC 2.15 The specific rules for Regional Championships are in Appendices 7-13.

3. Event programme

3.1 The event dates and programme are proposed by the organiser and approved by the IOF Council.

WO 3.2 The World Orienteering Championships is organised every year. The programme shall include an opening ceremony, a closing ceremony and adequate model events and rest. The competition programme will alternate.

In odd years, the programme shall include a qualification and a final race for the Middle distance competition and a single-race Long distance competition and a Relay. The schedule shall be: Day 1 Middle distance qualification, Day 2 Long distance competition, Day 3 rest day, Day 4 Middle distance final, Day 5 Relay competition.

In even years, the programme shall include a qualification and a final race for the Sprint distance competition, a Knock-Out sprint competition and a Sprint Relay.
Each competition shall be completed in one day. Days 1, 3 and 5 are competition days whereas Days 2 and 4 are rest days.

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 and any necessary special rules.

A World Cup event should be organised in conjunction with another event.

The Junior World Orienteering Championships is an annual event. The programme shall include a single sprint competition, a long distance competition, the Sprint Relay and Middle distance competition for both women and men.

The World Masters Orienteering Championships is an annual event. The programme shall include a single sprint competition, Middle distance competition, a Middle distance Relay, Long distance competition and a Long distance Relay. The Sprint Relay is an event for both men and women.

The World Orienteering Championships is an annual event. The programme shall include the Sprint Relay, Middle distance competition for both women and men, Long distance competition, and a Long distance Relay. A Sprint Qualification Round is included.

The World Cup competition shall be announced at least six months before the closing date for applications for that event. 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.

The IOF Council may make an alternative appointment.

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the starting order shall be according to the order of their IOF World Ranking with the highest ranked starting last in the group. The World Ranking list used shall be the one published 10 days before the first race. On subsequent races the order in the second group shall be drawn at random.

For SAJOC and SAYOC individual races the starting order shall be drawn at random. Depending on the number of entries in each class, the draw may be made in two or more starting groups with competitors from each participating country being divided as evenly as possible between the two groups.

In the Relays, the entered teams are given start numbers according to the sequence of their placings in the last relay championship in question. Those not being placed in the last championship are given the subsequent start numbers in alphabetical order.

The starting order shall be according to the order of their IOF Foot Orienteering Federation. Each Federation may submit no more than one application, ranked in priority order. Applications shall be received no later than 1 January three 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.

For WRE the starting order shall be according to the order of their IOF... to the highest ranking IOF shall provide

If any non-eligible competitors participate in the competition, separate results lists shall be published, one list showing the results of all eligible competitors, a second with results for all competitors. The start order shall be according to the order of their IOF... the starting order shall be alphabetical order.

For SAJOC the title of South American Orienteering Champion will be awarded in each class to the winning competitor in each competition. If other classes run the same course as M/W21E, then runners in those classes are also eligible to be overall South American Orienteering Champion.

For SAYOC the title of South American Junior Orienteering Champion will be awarded in each class to the winning competitor in each competition.

For Relay competitions only the better-placed relay team of each Federation will be counted in the result list.

Prizes

The IOF shall provide specially designed medals for individual competitions (medals for the first 3 places in each class and competition) and relay competitions (medals for each member of the first 3 teams in each class) and diplomas for places 1-6 for all competitions.

Jury

The jury is appointed by the IOF Council. The organiser shall propose the 3 voting members, at least one of whom must be from outside the host Federation.

Courses

The competition classes are called W21 and M21, for women and men respectively. 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.

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5. Entries

For the purpose of this rule, each entry shall be considered under the auspices of the respective Federation. If the Federation is currently in Division 2 or 3; any other runners from the Federation do not score points but the points for their positions are not reallocated.

For the last WOC (e.g. WOC 2018 and WOC 2017), for WOC 2021 and subsequently, competitors shall be registered for the "men's" race only, in accordance with the World Orienteering Federation (IOF) rules. The points for these races are calculated and added to give the total men's score and total women's score for each Federation. For the first race in the series of events, the points are added to give the total score for each Federation.

For WOC 2019, the points are calculated and added to give the total score for each Federation. For WOC 2019 and WOC 2021, the points are calculated and added to give the total score for each Federation. For WOC 2021 and subsequently, the points are calculated and added to give the total score for each Federation.

6.2 Competitors who are under 16 years old on 31st December of the year of the competition shall be drawn at random. All ranked competitors shall start in the second group. For WOC 2017 and WOC 2018, the points are calculated and added to give the total score for each Federation. For WOC 2019 and WOC 2021, the points are calculated and added to give the total score for each Federation. For WOC 2021 and subsequently, the points are calculated and added to give the total score for each Federation.

6.5 Competitors who are under 18 years old on 31st December of the year of the competition shall be drawn at random. All ranked competitors shall start in the second group. For WOC 2017 and WOC 2018, the points are calculated and added to give the total score for each Federation. For WOC 2019 and WOC 2021, the points are calculated and added to give the total score for each Federation. For WOC 2021 and subsequently, the points are calculated and added to give the total score for each Federation.

6.4 Competitors who are under 21 years old on 31st December of the year of the competition shall be drawn at random. All ranked competitors shall start in the second group. For WOC 2017 and WOC 2018, the points are calculated and added to give the total score for each Federation. For WOC 2019 and WOC 2021, the points are calculated and added to give the total score for each Federation. For WOC 2021 and subsequently, the points are calculated and added to give the total score for each Federation.

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Appendix 13: The South American Orienteering Championships incorporating the South American Junior Orienteering Championships and the South American Youth Orienteering Championships

The South American Orienteering Championships (in short SAOC) is the official event to award the titles of South American Champion in Orienteering. It incorporates the South American Junior Orienteering Championships (SAJOC) and the South American Youth Orienteering Championships (SAYOC). It shall be organised by the appointed member Federation(s) under the auspices of the IOF.

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

If one or more of the South American Championships competitions form part of the World Cup, the Competition Rules for the World Cup (including any Special Rules) shall take precedence over these rules where any conflict exists.

1. Principles for SAOC

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

- The participants shall be offered competitions of international technical standard.
- The aim of the competition is to encourage competitive orienteering and the development of Orienteering as a whole in the South American continent.
- In addition, the championships shall aim to encourage more participation from member Federations of the South American region giving 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 standards and prices shall be offered.
- For the Junior and Youth competitors in particular, the event shall have a social and competitive atmosphere, letting young people exchange experience and find new friends, besides competing at a high technical level. It shall aim to be a milestone in the development and training plans towards achieving more Elite orienteers in each member country.

2. Event programme

The event shall be organised every two years (in even years). The programme shall include Long distance, Middle distance and Sprint competitions. The organiser may include Relay competitions according to the situation and available resources of the Federation. The suggested event program should be:

a) Model Event – Day 0
b) Sprint and Relay (if included) – Day 1
c) Long distance – Day 2
d) Medium distance – Day 3

The Long distance, Middle distance and Sprint competitions shall consist of finals only. In the Relay competition, each team shall consist of 3 competitors from the same Federation. The dates of the SAOC shall be co-ordinated with other international events. The SAJOC and SAYOC competitions shall be staged together with SAOC.

3. Event application and appointment of organiser

The SAOC shall alternate between the Federations of South America unless otherwise agreed by them for special cases. The Federation which organises SAOC shall also be the organiser of SAJOC and SAYOC. Applications shall reach the IOF Office before 1 January two years prior to the event year.

is placed highest.

After a forest WOC the Federations are ordered within their current divisions by calculating their points.

- The highest-scoring Federation from Division 2 is promoted to Division 1 for the following year.
- The lowest-scoring Federation from Division 1 is relegated to Division 2 for the following year.
- The 2 highest-scoring Federations from Division 3 are promoted to Division 2 for the following year.
- The 2 lowest-scoring Federations from Division 2 are relegated to Division 3 for the following year.

If a Federation outside the automatically promoted group scores more, or as many, points as a Federation outside the automatically relegated group – despite having fewer runners to earn points (e.g. if the 2nd highest-scoring Federation in Division 2 outscores the 2nd lowest-scoring Federation in Division 1) – those Federations also swap divisions.

- Division 1 Federations have 3 places.
- Division 2 Federations have 2 places.
- Division 3 Federations have 1 places.
- The host Federation is entitled to 3 places irrespective of their division. In addition, the current World Champion for the distance and the current Regional Champions for the distance may be entered by their Federation(s).

The allocations for the Long distance final are published at the latest by 31 January in the year of the competition.

Any Long distance entrant must have achieved at least one World Ranking score (not Sprint) in excess of 600 in the previous three years. (This score could have been achieved at an earlier race in the same WOC).

WOC 6.9 In the Sprint Relay, each Federation may enter one team consisting of 4 team members of whom at least two must be women. Incomplete teams and teams with runners from more than one Federation are not allowed. Under no circumstances may persons other than entered competitors participate in the competition.

WOC 6.10 In the Relay, each Federation may enter one women’s team and one men’s team, each consisting of 3 team members. Incomplete teams and teams with runners from more than one Federation are not allowed. Under no circumstances may persons other than entered competitors participate in the competition.

WCup 6.11 All competitors represent a Federation. A competitor may not represent more than one Federation in one World Cup series of events. The number of competitors per Federation is limited according to annually published quotas based on the IOF World Rankings. If a World Cup Event is arranged in conjunction with a Regional Championships, the reigning regional champions of that region in each format are allowed to compete in the World Cup event of that format in addition to their Federation’s quotas.

JWOC 6.12 All competitors represent a Federation. Each Federation may enter a team of up to 12 competitors — up to 6 women and up to 6 men — and 4 team officials.

JWOC 6.13 All competitors may run in all three individual competitions. In the Relay, each Federation may enter up to 2 women’s and 2 men’s teams, each consisting of 3 team members.
If there is a Special Relay, the winning time (total of 4 legs for M/W21 and M/W20 will be 55-60 minutes and for M/W16 and M/W18 will be 45-50 minutes.)

6.14 If a Federation is unable to make up full relay teams, it may form incomplete teams or teams with runn...n and food shall be paid by the organiser or the organiser's Federation according to national agreements.

6.15 A competitor must have a valid IOF Athlete License.

7.1 The costs of organizing an event are the responsibility of the organiser. To cover the costs of the infrastructure, the organiser may change an entry fee for competitors who are entered after the deadline (see 9.6) to ensure that the competition is not subsidised by registration fees.

7.2 If 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.

7.3 Late entries and changes shall be accepted by the organiser if possible, and may be charged an additional fee.

7.4 Late entries shall apply for late entries and changes:
- After the team size deadline (see 9.6) additional entries may be made with a 50% refund, and name changes incur a 10 euro fee.
- After the team name deadline (see 9.7) additional entries incur a surcharge of 15 euros per competitor.

7.5 Each Federation or national organisation is responsible for the organisation of travel to the competition sites.

7.6 The travelling costs of the IOF appointed Event Adviser and Assistant(s) to and from the competition sites shall be paid by the IOF. Local costs during controlling visits and the contractors' costs shall be paid by the organiser or the organiser's Federation according to national agreements.

7.7 The travelling costs of the competition (for competitors and competitors' control) shall be paid by the organiser or the Federation according to national agreements.

7.8 Unless there is good standard accommodation and food shall be offered, allowing competitors a choice of price groups, for the competition, food and accommodation is not compulsory to use the accommodation arranged by the organiser.

7.9 If the event is cancelled due to reasons outside the organiser's control e.g. weather conditions, destruction of terrain, the organiser may retain a minimum proportion of the entry fee in order to cover committed costs.

8. Information about the Event

8.1 All information and ceremonies shall be at least in English. Official information shall be given in writing. If any be oral only in response to questions at team officials' meetings or urgent cases.
starting groups with competitors from each participating country being divided as evenly as possible between the two groups.

In the Relays, the entered teams are given start numbers according to the sequence of their placings in the last relay championship in question. Those not being placed in the last championship are given the subsequent start numbers in alphabetical order.

The start interval in the Long distance competitions is 3 minutes, in the Middle distance competitions it is 2 minutes and in the Sprint distance it is 1 minute. For Relay competitions mass starts shall be used.

7. Maps

The maps used for NAOC, NAJOC and NAYOC shall be according to the IOF rules and international specification of ISOM/ISSOM. The map scale for Long distance competitions may be 1:10000.

8. Results

If any non-eligible competitors participate in the competition, separate results lists shall be published, one list showing the results of all eligible competitors, a second with results for all competitors. For the Relays there shall be two result lists produced, one full result list and one that excludes non-eligible teams and teams that are not the best placed for the Federation. It is important that all entered individuals and teams for all competitions and classes are named and assigned with the right Federation.

For NAOC the title of North American Orienteering Champion will be awarded in each class to the winning competitor in each competition. If other classes run the same course as M/W2I, then runners in those classes are also eligible to be overall North American Orienteering Champion.

For NAJOC the title of North American Junior Orienteering Champion will be awarded in each class to the winning competitor in each competition.

For NAYOC the title of North American Youth Orienteering Champion will be awarded in each class to the winning competitor in each competition.

For Relay competitions only the better-placed relay team of each Federation will be counted in the result list.

9. Prizes

The IOF shall provide specially designed medals for individual competitions (medals for the first 3 places in each class and competition) and relay competitions (medals for each member of the first 3 teams in each class) and diplomas for places 1-6 for all competitions.

10. Jury

The jury is appointed by the IOF Council. The organiser shall propose the 3 voting members, at least one of whom must be from outside the host Federation.

11. Courses

The courses shall be set to give the following winning times, for the leading North American competitor, in minutes:

<table>
<thead>
<tr>
<th>Classes</th>
<th>Sprint</th>
<th>Middle distance</th>
<th>Long distance</th>
<th>Relay (total of 3 legs)</th>
</tr>
</thead>
<tbody>
<tr>
<td>WOC 8.2</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>WCup</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>JWOC</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>WOC 8.3</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>JWOC</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>WOC 8.4</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>JWOC</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

WOC: World Orienteering Championship
WCup: World Cup
JWOC: Junior World Orienteering Championship

Information from the organiser or the IOF Event Adviser shall be given in the form of bulletins. Bulletins shall be published in PDF format via IOF Eventor. 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.

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

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 (see 9.6)
- 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)
- details of opportunities for training
- description of terrain, climate and any hazards
- scales and vertical contour intervals of the maps
- event programme
- the punching system to be used
- notes on competition clothing, if necessary
- winning time and approximate length of each course
- telephone number and e-mail address of the official responsible for the media
- a recent sample map showing the type of terrain
- the exact location of each competition area and finish arena (if they have been decided)
- maximum number of officials per team
- a high-resolution colour copy of the most recent version of any previous orienteering map(s) of the embargoed areas
- directions for the registration of media representatives and any extra representatives of the Federations
8.5 Bulletin 3 (event information) shall include the following:
- names of the athletes who are registered with the highest points
- latest date and address for the payment of the entry fees
- types and cost of accommodation and food
- latest date and address for the payment of entry fees

Depending on the number of entries in each class, the draw may be made in two or more stages. The draw shall be run by women and shall start with the highest points. The draw may be made in different rooms, and any Rule Deviations that have been granted shall be noted in the minutes of the meeting. The minutes shall be signed by the members of the organizing committee and shall be published in the minutes of the meeting. The minutes shall include any permitted deviations from the rules and any Rule Deviations that have been granted. The minutes shall be published 2 months before the event.

8.6 The classes for WOC, WRE, WMC, and WMC Elite shall be drawn at random. Depending on the number of entries in each class, the draw may be made in two or more stages. The draw shall be run by women and shall start with the highest points. The draw may be made in different rooms, and any Rule Deviations that have been granted shall be noted in the minutes of the meeting. The minutes shall be signed by the members of the organizing committee and shall be published in the minutes of the meeting. The minutes shall include any permitted deviations from the rules and any Rule Deviations that have been granted. The minutes shall be published 2 months before the event.

The North American Orienteering Championships (in short NAOC) is the official event to award the titles of North American Champion in Orienteering. It incorporates the North American Junior Orienteering Championships (NAJOC) and the North American Youth Orienteering Championships (NAYOC). It shall be organised by the appointed member Federation under the auspices of the IOF.

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

If one or more of the North American Championships competitions form part of the World Cup, the Competition Rules for the World Cup (including any Special Rules) shall take precedence over these rules where any conflict exists.

1. Principles for NAOC

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

- The participants shall be offered competitions of international technical standard.
- The aim of the competition is to encourage competitive orienteering and the development of Orienteering as a whole in the North American region.
- In addition, the championships shall aim to encourage more participation from member Federations of the North American region giving 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 standards and prices shall be offered.
- For the Junior and Youth competitors in particular, the event shall have a social and competitive atmosphere, letting young people exchange experience and find new friends, besides competing at a high technical level. It shall aim to be a milestone in the development and training plans towards achieving more elite orienteers in each member country.

2. Event programme

The event shall be organised every two years (in even years). The programme shall include Long distance, Middle distance and Sprint competitions plus a Relay or Sprint Relay.

The Long distance, Middle distance and Sprint competitions shall consist of finals only. In the Relay competition, each team shall consist of 3 competitors from the same Federation. In the Sprint Relay competition, each team shall consist of 4 competitors from the same Federation. The dates of the NAOC shall be co-ordinated with other international events and finally approved by the IOF. The NAJOC and NAYOC competitions shall be staged together with NAOC.

3. Event application and appointment of organiser

The NAOC shall alternate between the Canadian and United States Federations until such time as other Federations have the resources to hold the competition. At that time the competition shall rotate among those Federations. The Federation which organises NAOC, shall also be the organiser of NAJOC and NAYOC. Applications shall reach the IOF Office before 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 application must be confirmed by the signing, within 6 months, of a contract to organise the event, else Council may make an alternative appointment. An IOF licensed Event Adviser from another Federation shall be appointed by the IOF to control the event.

4. Eligibility and Classes

- description of any transport offered
- directions for obtaining entry permits (visas)
- description of terrain, climate and any hazards
- scales and vertical contour intervals of the maps
- event programme
- the punching system to be used
- notes on competition clothing, if necessary
- winning time
- details of opportunities for training

WMOC

- a recent sample map showing the type of terrain

WMOC

- information about how to obtain copies of any previous map(s) of the embarged areas

WOC 8.13

Bulletin 2 (event information) shall include the following information:

- detailed programme of the event, including start lists
- details of the terrain
- summary of entries received
- any permitted deviations from the rules
- address, telephone number and e-mail address of the competition office
- transport schedule
- the length, total climb, number of controls and number of refreshment controls on each individual course and, for relays, on each leg
- the dimensions of the control descriptions to be issued at the pre-start
- the time limits for Complaints
- the location for making Complaints
- maximum running times
- names and Federations of jury members

ROC 8.14

Bulletins for the European Orienteering Championships shall follow the rules for World Cup bulletins.

Bulletins for other Regional Championships shall follow the rules for World Ranking Event bulletins.

9. Entries

9.1 Entries shall be submitted according to the instructions given in the Bulletin. 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.

WOC 9.4

Reservations and reservation fees for accommodation shall reach the organiser at the times specified in Bulletin 2.

WOC 9.5

Competitors may only be selected and entered by their Federation.

WOC 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.
9.1 Each competitor's name and gender and the names of the team officials shall reach the organiser by the team entry deadline which shall not be earlier than 10 days before the event. Changes may be made to the team names until 12 noon on the day before the event.

9.2 Names of the competitors and, if required, their starting groups, shall reach the organiser by the competition entry deadline which shall not be earlier than 12 noon on the day before an individual competition.

9.3 Names of the competitors and their running order shall reach the organiser by the qualification race competition entry deadline which shall not be earlier than 12 noon on the day before the start of the qualification race competition.

9.4 Each Federation shall allocate its competitors to 3 groups with a maximum of 2 competitors to each group. Before allocating a second competitor to a group, a Federation shall allocate its competitors to starting groups and decide the allocation.

9.5 In an individual race, no competitor may be replaced within two hours of the start of the relay team (total of 4 legs) for M/W21 and M/W20 shall be 55-60 minutes and for M/W16 and M/W18 shall be 45-50 minutes.

9.6 In relays, after competition entry deadline changes of names of the relay team shall not be permitted. In relays the team members and their running order may only be made with a valid reason (e.g. injury, accident or illness). Change of starting groups is possible for finals of qualification race competitions or for multi-race competitions as well as for WOC and WCup 2020.

9.10 In individual competitions, between the competition entry deadline and two hours before the start of the relay team (total of 4 legs) for M/W21 and M/W20 shall be 55-60 minutes and for M/W16 and M/W18 shall be 45-50 minutes.

9.11 In relays, after competition entry deadline changes of names of the relay team shall not be permitted. No replacement is possible for finals of qualification race competitions or multi-race competitions.

9.12 In an individual race, no competitor may be replaced within two hours of the first start. In relays, two hours after the start of the relay team (total of 4 legs) for M/W21 and M/W20 shall be 55-60 minutes and for M/W16 and M/W18 shall be 45-50 minutes.

9.13 Replacement of a competitor after the competition entry deadline may only be made 10 days before the entry deadline.

9.14 In qualification race competitions, each Federation may allocate its competitors to 3 starting groups (early, middle, late) with a maximum of 2 competitors to each group. Before allocating a second competitor to a group, a Federation shall allocate its competitors to starting groups and decide the allocation.

9.15 Replacement of a competitor after the competition entry deadline may only be made 10 days before the entry deadline.

9.16 The final closing date for entries shall be no earlier than 6 weeks before the start of the event.
starting groups with competitors from each participating country being divided as evenly as possible between the two groups.

In the Relays, the entered teams are given start numbers according to the sequence of their placings in the last relay championship in question. Those not being placed in the last championship are given the subsequent start numbers in alphabetical order.

The start interval in the Long distance competitions is 3 minutes, in the Middle distance competitions it is 2 minutes and in the Sprint distance it is 1 minute. For Relay competitions mass starts shall be used.

7. Maps
The maps used for OOC, OJOC and OYOC shall be according to the IOF rules and international specification of ISOM/ISSOM. The map scale for Long distance competitions may be 1:10000.

8. Results
If any non-eligible competitors participate in the competition, separate results lists shall be published, one list showing the results of all eligible competitors, a second with results for all competitors. For the Relays there shall be two result lists produced, one full result list and one that excludes non-eligible teams and teams that are not the best placed for the Federation. It is important that all entered individuals and teams for all competitions and classes are named and assigned with the right Federation.

For OOC the title of Oceania Orienteering Champion will be awarded in each class to the winning competitor in each competition. If other classes run the same course as M/W21E, then runners in those classes are also eligible to be overall Oceania Orienteering Champion.

For OJOC the title of Oceania Junior Orienteering Champion will be awarded in each class to the winning competitor in each competition.

For OYOC the title of Oceania Youth Orienteering Champion will be awarded in each class to the winning competitor in each competition.

For Relay competitions only the better-placed relay team of each Federation will be counted in the result list.

9. Prizes
The IOF shall provide specially designed medals for individual competitions (medals for the first 3 places in each class and competition) and relay competitions (medals for each member of the first 3 teams in each class) and diplomas for places 1-6 for all competitions.

10. Jury
The jury is appointed by the IOF Council. The organiser shall propose the 3 voting members, at least one of whom must be from outside the host Federation.

11. Courses
The courses shall be set to give the following winning times, for the leading Oceania competitor, in minutes:

<table>
<thead>
<tr>
<th>Classes</th>
<th>Sprint</th>
<th>Middle distance</th>
<th>Long distance</th>
<th>Relay (total of 3 legs)</th>
</tr>
</thead>
<tbody>
<tr>
<td>W16</td>
<td>12-15 min</td>
<td>25-30 min</td>
<td>45-55 min</td>
<td>90-120 min</td>
</tr>
</tbody>
</table>

11. Training and model event
11.1 Training opportunities shall be offered before the competition if requested.

11.2 On the day prior to the first competition of an event, the organiser shall put on a model event to demonstrate the terrain type, map quality, control features, control set-up, refreshment points and marked routes.

11.3 Competitors, team officials, IOF officials and media representatives shall be offered the opportunity to participate in the model event.

11.4 If deemed necessary by the IOF Event Adviser, further model events shall be organised.

11.5 If deemed appropriate by the IOF Event Adviser, the model event may be organised on the day of the competition.

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, heat allocation and qualification
12.1 In an interval start, the competitors start singly at equal start intervals. In a mass start, all competitors in a class start simultaneously; in relays this applies only to the team members running the first leg. In a chasing start, the competitors start singly at start times and intervals determined by their previous results.

12.2 The starting order shall be approved by the IOF Event Adviser. The start draw may be public or private. It may be made by hand or by a computer.

12.3 The start list shall be published on or before the day prior to the competition and before any team officials’ meeting that must be held according to Rule 13.1. If a qualification race is organised on the same day as the finals, the start list for the finals shall be published at least one hour before the first start.

12.4 The names of all competitors and teams correctly entered shall be drawn, even if a competitor has not arrived. Entries without names (blanks) are not considered for the draw.

12.5 For an interval start other than finals of qualification race competitions, the starting order shall be drawn in groups.

For a qualification race, there shall be three starting groups (early, middle, late). For a single-race competition the groups will be based on the IOF Rankings as published at noon on the day before the first WOC competition and also on previous WOC placings in that competition format.

Competitors who have been in the top 3 in that distance in any of the last 3 WOCs start in starting group 1. This group is made up to 10 with the top-ranked entered runners.

Other competitors who have been in positions 4-6 in that distance in any of the last 3 WOCs start in starting group 2. This group is made up to 15 with the next top-ranked entered runners.

Subsequent starting groups of 15 (or up to 29 for the final starting group) are filled on the basis of World Ranking positions. They are starting groups 3, 4 etc. If necessary, the order of the runners with the same World Ranking points is determined by the toss of a coin. Within each group the start order is randomised.

Normally, the starting sequence of the starting groups is that the highest numbered starting group starts first and then the others in descending order. Normally, starting group 1 starts last of all.

The SEA has the authority to vary the order of the starting groups if necessary to improve media coverage. Any variation to the order of the starting groups must be
For OIF Foot Orienteering Competition Rules 2019 published in Bulletin 3 and cannot subsequently be changed. The qualified runners in the lowest ranked final of their class shall appear in the result list as not placed.

For JWOC and OJOC, defined as parallel here is no restriction on entries.

For OOC and OJOC, the following order is to be drawn at random. Depending on the number of entries in each class, the draw may be made in two or more groups.

In the Mid-Distance competition, the competitors’ heats shall be drawn at random. Depending on the number of entries in each class, the draw may be made in two or more groups.

In order to be selected for the JOYOC and JOYOC-OFC, athletes of a Federation are distributed as equally as is mathematically possible among the competitors of a Federation.
Appendix 11: The Oceania Orienteering Championships incorporating the Oceania Junior Orienteering Championships and the Oceania Youth Orienteering Championships

The Oceania Orienteering Championships (in short OOC) is the official event to award the titles of Oceania Champion in Orienteering. It incorporates the Oceania Junior Orienteering Championships (OJOC) and the Oceania Youth Orienteering Championships (OYOC). It shall be organised by the appointed member Federation under the auspices of the IOF.

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

If one or more of the Oceania Championships competitions form part of the World Cup, the Competition Rules for the World Cup (including any Special Rules) shall take precedence over these rules where any conflict exists.

1. Principles for OOC

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

- The participants shall be offered competitions of international technical standard.
- The aim of the competition is to encourage competitive orienteering and the development of Orienteering as a whole in the Oceania region.
- In addition, the championships shall aim to encourage more participation from member Federations of the Oceania region giving 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 standards and prizes shall be offered.
- For the Junior and Youth competitors in particular, the event shall have a social and competitive atmosphere, letting young people exchange experience and find new friends, besides competing at a high technical level. It shall aim to be a milestone in the development and training plans towards achieving more Elite orienteers in each member country.

2. Event programme

The event shall be organised every two years (in odd years). The programme shall include Long distance, Middle distance and Sprint competitions plus a Relay or Sprint Relay.

The Long distance, Middle distance and Sprint competitions shall consist of finals only. In the Relay competition, each team shall consist of 3 competitors from the same Federation. In the Sprint Relay competition, each team shall consist of 4 competitors from the same Federation. The dates of the OOC shall be co-ordinated with other international events and finally approved by the IOF. The OJOC and OYOC competitions shall be staged together with OOC.

3. Event application and appointment of organiser

The OOC shall alternate between the Australian and New Zealand Federations until such time as other Federations have the resources to hold the competition. The Federation which organises OOC, shall also be the organiser of OJOC and OYOC. Applications shall reach the IOF Office before 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. An IOF licensed Event Adviser from another Federation shall be appointed by the IOF to control the event.

4. Eligibility and Classes

12.12 In qualification race competitions (other than Knock-Out Sprint), the starting order of the finals (other than chasing start finals) shall be the reverse of the placings in the qualification race heats; the best competitors shall start last. Ties shall be decided by drawing lots. 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.

WOC 12.13 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, D, E1, E2, E3 → A1, A2, A3, B, C, E2, D, E1 → (reverse procedure) → A1, B, A2, A3, E1, C, E2, D, E3 → A1, B, A2, A3, E1, A3, C, E2, D, E1.

12.14 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 competition has started.

WOC 12.15 In qualification races, the heat allocation of each competitor shall be drawn under the supervision of the IOF Event Adviser.

WOC 12.16 In the relays, the entered teams are given start numbers according to the placing of their placings in the last relay championship in question. Those not being placed in the last championship are given start numbers based on their ranking. The allocation of the various course combinations to start numbers shall be supervised by the IOF Event Adviser. The allocation shall be kept secret until after the last competitor has started.

WOC 12.17 In the Sprint Relay the first and last legs shall be run by women.
5. Promotion and relegation

Promotion and relegation are carried out as follows:

- If there are more than two Middle distance finals in a class, the promotion and relegation are carried out according to the table below:

<table>
<thead>
<tr>
<th>Class</th>
<th>Promotion</th>
<th>Relegation</th>
</tr>
</thead>
<tbody>
<tr>
<td>Sprint</td>
<td>top 1</td>
<td>bottom 2</td>
</tr>
<tr>
<td>M18-W16</td>
<td>top 2</td>
<td>bottom 3</td>
</tr>
<tr>
<td>M18-W18</td>
<td>top 3</td>
<td>bottom 4</td>
</tr>
<tr>
<td>M18-W20</td>
<td>top 4</td>
<td>bottom 5</td>
</tr>
<tr>
<td>M20-W16</td>
<td>top 5</td>
<td>bottom 6</td>
</tr>
<tr>
<td>M20-W18</td>
<td>top 6</td>
<td>bottom 7</td>
</tr>
<tr>
<td>M20-W20</td>
<td>top 7</td>
<td>bottom 8</td>
</tr>
</tbody>
</table>

6. Results

Results include both men and women. The results of the qualification race will be published, and lists of all qualified competitors (Official Results and the top 20) will be made available. The prize-giving ceremonies will follow the B final.

7. Jury

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

8. Promotion

Promotion shall be decided based on the results of the B final. Competitors who have not competed in the B final are not considered for promotion. The jury shall determine the promotion list.
Appendix 10: The Asian Junior and Youth Orienteering Championships

The Asian Junior Championship (in short AsJOC) and the Asian Youth Orienteering Championship (in short AsYOC) are the official IOF Championships to award the titles of Asian Junior Champion in Orienteering and Asian Youth Champion in Orienteering. The Championships are organised together as one event under the authority of the IOF and the appointed Federation.

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

1. Principles for AsJOC and AsYOC
   The championships shall be organised in accordance with the following principles:
   - The best junior and youth orienteers of each Asian Federation shall be offered competitions of the highest technical quality.
   - The event shall have a social, rather than a competitive, atmosphere letting young people exchange experience and find new friends.
   - The costs of participation shall be kept low.

2. Event programme
   In even years the event shall be incorporated in the Asian Championships. In odd years the event shall be organised as an independent event. The programme shall include:
   - a sprint distance final
   - a Long distance final or a Middle distance final
   - a relay with 3 legs or a sprint relay with 4 legs as well as an opening ceremony, a closing ceremony and adequate model events.
   The programme shall be kept within 4 days. The dates shall be co-ordinated with other international junior events.

3. Event application and appointment of organiser
   Any Asian Federation that is a member of IOF may apply to organise AsJOC and AsYOC. Applications shall reach the IOF Secretariat 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. An IOF Event Adviser from another Federation 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 Asian continent, can compete in AsJOC and AsYOC.
   Competitors representing other member Federations of the IOF can participate but will not be eligible for Asian titles, medals or diplomas.
   In the individual competitions a Federation may enter a maximum of 5 competitors in each class. All competitors must have a valid passport of the country they are representing.
   The classes for the Asian Junior Orienteering Championships are:
   - W20: for female athletes who are no more than 20 years old on 31st December of the year of the competition.
   - M20: for male athletes who are no more than 20 years old on 31st December of the year of the competition.
   - W16: for female athletes who are no more than 16 years old on 31st December of the year of the competition.
   - M16: for male athletes who are no more than 16 years old on 31st December of the year of the competition.

If there is a tie of two or more competitors in the Middle distance final and they are in the last qualifying place for promotion, they are all promoted. Where there is a tie in the last qualifying place for relegation, all are relegated.

The top 4 from each qualification heat are guaranteed personal places in the Long distance A final, if they start in the Middle distance final but regardless of their performance in that race. Any who fail to qualify for the A-final according to the criteria above are added to the A-final as extra starters. If any failed to start in the Middle distance final, the guaranteed place is simply lost.

Finally, any competitors who entered only the Long distance competition are added to the lowest final.

It is not necessary to have been placed in the Middle distance final in order to be placed in the Long distance final.

In each Long distance final, the start order is in reverse order of the Middle distance final in which the competitors ran. For example where there are two Middle distance finals, those in the Long A Final who ran the Middle A final start in a group later than those promoted from the Middle B final. Within those groups the order is the reverse of their positions in those finals, i.e. the fastest starts last. Any who were not placed in a Middle distance final start within their group in random order before those who were placed.

If any one of the Knock-Outs is not held, the Knock-Outs stages for the next Knock-Out are done in order of the Knock-Outs left.

The start interval for the qualification race shall normally be 1 minute. For heats with few competitors, a longer start interval may be used provided that the overall start period of the heat is a maximum of 80 minutes. The start interval for the Long distance final shall be 2 minutes. The start interval for the Middle distance final shall be 1 minute. For the Sprint, the start interval for the qualification races as well as for the finals shall be 1 minute.

If in a Knock-Out heat with 4 or 5 competitors, the second competitor to start is the owner of the Knock-Out heat. If in a Knock-Out heat with 3 competitors, the first competitor to start is the owner of the Knock-Out heat.

The Knock-Outs shall be in reverse order of the Knock-Outs left.

The Knock-Outs shall be in reverse order of the Knock-Outs left.

The Knock-Outs shall be in reverse order of the Knock-Outs left.
7. **Time of Start**

The times are indicated by the **IOF Central Time** and are visible on the course. The time is submitted by the IOF Central. This time is not visible on the course.

8. **Course Orientation**

Each participant must use the designated course orientation and no other course orientation is allowed.

9. **Course Description**

The course is described in the course description booklet and available on the LOC website.

10. **Course Follow-up**

At the end of the competition, the LOC shall provide an official course analysis and provide the follow-up course description.

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11. **Course Description**

The course shall be suitable for orienteering. It shall not have been used for orienteering in the past 12 months.

12. **Course Access**

The competition terrain shall not have been used for orienteering for a period of 12 months. If that is not possible, then arrangements for access to the terrain shall be announced as soon as possible.

13. **Course Publication**

The course will be published at least 60 days before the competition. The LOC will provide a detailed course description in the course description booklet.

14. **Course Control Point**

Each control point shall be marked with the IOF symbol and a number.
Appendix 9: The Asian Orienteering Championships

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

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

1. Principles for AsOC

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

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

2. Event programme

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

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

The event shall incorporate the Asian Junior and Youth Championships.

3. Event application and appointment of organiser

Any Asian Federation which is a Member Federation of the IOF may apply to organise the AsOC. Applications shall reach the IOF Office before 1 January 2 years prior to the event. The Asian Regional Meeting makes a recommendation of the organiser to IOF Council. 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. An IOF licensed Event Adviser from another federation shall be appointed by the IOF to control the event.

4. Participation

Competitors representing member Federations of the IOF, defined by the International Olympic Committee as belonging to the Asian continent, can compete in AsOC. Competitors representing other member Federations of the IOF can participate in AsOC but will not be eligible for Asian titles, medals or diplomas.

The classes are M21E and W21E. In the individual competitions, Federations may enter up to 10 women and up to 10 men.

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

There shall be no limit on the number of officials.

5. Starting order

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

14.4 Permission for access into embargoed terrain shall be requested from the organiser if needed.

14.5 Any rights of nature conservation, forestry, hunting, etc. in the area shall be respected.

15. Maps

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

15.2 The map scale for Long distance races shall be 1:15000. The map scale for Middle distance races and for Relays shall be 1:10000. The map scale for Sprint (including Sprint Relays) shall be 1:5000 or 1:4000.

15.3 Errors on the map and changes which have occurred in the terrain since the map was printed shall be overprinted on the map if they have a bearing on the event.

15.4 Maps shall be protected against moisture and damage.

15.5 If a previous orienteering map of the competition area exists, 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 must not be larger than required by a competitor to run the course.

15.8 The map scale for Middle and Long distance races shall be 1:10000 or 1:7500. The map scale for Sprint shall be 1:4000 or 1:3000.

15.9 The IOF and its member Federations shall have the right to reproduce the event maps with courses in their official magazines or on their websites without having to pay a fee to the organiser.

16. Courses

16.1 The IOF Principles for Course Planning (see Appendix 2), the competition format descriptions (see Appendix 6) and the Leibnitz Convention (see Appendix 5) shall be followed.

16.2 The standard of the courses shall be worthy of an international orienteering event. The navigational skill, concentration and running ability of the competitors shall be tested. All courses shall call upon a range of different orienteering techniques.

16.3 The course lengths shall be given as the length of the straight line from the start via the controls to the finish deviating for, and only for, physically impassable obstructions (high fences, lakes, impassable cliffs etc.), prohibited areas and marked routes.

16.4 The total climb shall be given as the climb in metres along the shortest sensible route.

16.5 For qualification races, the courses for the parallel heats shall be as nearly as possible of the same length and standard.
9. Jury

The organiser appoints the 3 voting members who shall be from 3 different Federations. The President appoints the Jury. The organiser shall propose the 3 voting members who shall be from 3 different Federations.

16.6 In relay competitions, the controls shall be combined differently for each leg of the competition. In each class, the following winning times in minutes shall be set to give the following winning times in minutes:

<table>
<thead>
<tr>
<th>Class</th>
<th>Winning Times</th>
</tr>
</thead>
<tbody>
<tr>
<td>WMOC 16.10</td>
<td>Middle distance finals</td>
</tr>
<tr>
<td>90-90</td>
<td>Long distance finals</td>
</tr>
<tr>
<td>75-75</td>
<td>Middle distance qualification race</td>
</tr>
<tr>
<td>60-60</td>
<td>Long distance final</td>
</tr>
<tr>
<td>45-45</td>
<td>Sprint qualification race</td>
</tr>
<tr>
<td>30-30</td>
<td>Sprint final</td>
</tr>
</tbody>
</table>

WOC 16.7 | Different maps used for the women’s and the men’s courses |

WOC 16.5 | The courses shall be set so as to give the following winning times in minutes:

<table>
<thead>
<tr>
<th>Class</th>
<th>Winning Times</th>
</tr>
</thead>
<tbody>
<tr>
<td>WOC 16.0</td>
<td>Middle distance finals</td>
</tr>
<tr>
<td>75-75</td>
<td>Long distance finals</td>
</tr>
<tr>
<td>55-55</td>
<td>Middle distance qualification race</td>
</tr>
<tr>
<td>40-40</td>
<td>Long distance final</td>
</tr>
<tr>
<td>30-30</td>
<td>Sprint qualification race</td>
</tr>
<tr>
<td>20-20</td>
<td>Sprint final</td>
</tr>
</tbody>
</table>

WOC 16.3 | The courses shall be set to give the following winning times in minutes:

<table>
<thead>
<tr>
<th>Class</th>
<th>Winning Times</th>
</tr>
</thead>
<tbody>
<tr>
<td>WOC 16.0</td>
<td>Middle distance finals</td>
</tr>
<tr>
<td>75-75</td>
<td>Long distance finals</td>
</tr>
<tr>
<td>55-55</td>
<td>Middle distance qualification race</td>
</tr>
<tr>
<td>40-40</td>
<td>Long distance final</td>
</tr>
<tr>
<td>30-30</td>
<td>Sprint qualification race</td>
</tr>
<tr>
<td>20-20</td>
<td>Sprint final</td>
</tr>
</tbody>
</table>

WOC 16.1 | The courses shall be set so as to give the following winning times in minutes:

<table>
<thead>
<tr>
<th>Class</th>
<th>Winning Times</th>
</tr>
</thead>
<tbody>
<tr>
<td>WOC 16.0</td>
<td>Middle distance finals</td>
</tr>
<tr>
<td>75-75</td>
<td>Long distance finals</td>
</tr>
<tr>
<td>55-55</td>
<td>Middle distance qualification race</td>
</tr>
<tr>
<td>40-40</td>
<td>Long distance final</td>
</tr>
<tr>
<td>30-30</td>
<td>Sprint qualification race</td>
</tr>
<tr>
<td>20-20</td>
<td>Sprint final</td>
</tr>
</tbody>
</table>

WOC 16.0 | The courses shall be set so as to give the following winning times in minutes:
All entered runners may run in both individual competitions. Women may compete in men’s classes.
If a Federation is unable to make up full relay teams (even with women running in men’s classes), it may form incomplete teams or mixed teams with runners from other Federations.
Under no circumstances may persons other than entered competitors participate in the competition. Mixed teams are not placed on the official result list.
All teams shall start together (mass start).

5. Starting order, start interval, winning times
The start interval in the Long distance competition is 2 minutes and in the Sprint distance is 1 minute.
Starting time is drawn randomly in 4 starting groups. Competitors from the same Federation shall not start consecutively.

Winning times:

<table>
<thead>
<tr>
<th>Class</th>
<th>Sprint</th>
<th>Long</th>
<th>Relay</th>
</tr>
</thead>
<tbody>
<tr>
<td>D16</td>
<td>10-12 min</td>
<td>35-40 min</td>
<td>75 min</td>
</tr>
<tr>
<td>D18</td>
<td>10-12 min</td>
<td>40-45 min</td>
<td>90 min</td>
</tr>
<tr>
<td>H16</td>
<td>10-12 min</td>
<td>40-45 min</td>
<td>90 min</td>
</tr>
<tr>
<td>H18</td>
<td>10-12 min</td>
<td>45-50 min</td>
<td>105 min</td>
</tr>
</tbody>
</table>

6. Maps
The map scale for Long distance may be 1:10000.

7. Prizes
Medals for all the competitions (3 medals in each class / competition, 3 sets of medals in each class in the Relay) and diplomas for places 1-6 shall be provided by the IOF.
The Federation having the highest team score shall be awarded a team prize.
Representatives of the organising Federation and the IOF shall perform the prize-giving ceremonies.

8. Team Score
The score is calculated as sum of points of three (3) competitions in all classes according to the following rules:

Individual Competitions:
In Sprint: 2 best result (in points) in each class.
In Long: 2 best result (in points) in each class.
All competitors having a position below 55th place get 1 point.
Competitors who are not placed get no points.

Points Table:

<table>
<thead>
<tr>
<th>Place</th>
<th>Points</th>
<th>Place</th>
<th>Points</th>
<th>Place</th>
<th>Points</th>
<th>Place</th>
<th>Points</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td>70</td>
<td>16</td>
<td>40</td>
<td>31</td>
<td>25</td>
<td>46</td>
<td>10</td>
</tr>
<tr>
<td>2</td>
<td>63</td>
<td>17</td>
<td>39</td>
<td>32</td>
<td>24</td>
<td>47</td>
<td>9</td>
</tr>
<tr>
<td>3</td>
<td>58</td>
<td>18</td>
<td>38</td>
<td>33</td>
<td>23</td>
<td>48</td>
<td>8</td>
</tr>
<tr>
<td>4</td>
<td>55</td>
<td>19</td>
<td>37</td>
<td>34</td>
<td>22</td>
<td>49</td>
<td>7</td>
</tr>
<tr>
<td>5</td>
<td>53</td>
<td>20</td>
<td>36</td>
<td>35</td>
<td>21</td>
<td>50</td>
<td>6</td>
</tr>
<tr>
<td>6</td>
<td>51</td>
<td>21</td>
<td>35</td>
<td>36</td>
<td>20</td>
<td>51</td>
<td>5</td>
</tr>
</tbody>
</table>

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

17. Restricted areas and routes
17.1 Rules set by the organising Federation to protect the environment and any related instructions from the organiser shall be strictly observed by all persons connected with the event.

17.2 Out-of-bounds or dangerous areas, forbidden routes, line features that shall not be crossed, etc. shall be marked on the map. If necessary, they shall also be marked on the ground. Competitors shall not enter, follow or cross areas, routes or features drawn with the following symbols:
- Forest
- ISSOM 520 Area that shall not be entered
- ISSOM 708 Out-of-bounds boundary
- ISSOM 709 Out-of-bounds area
- ISSOM 711 Out-of-bounds route

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

18. Control descriptions
18.1 The precise location of the controls shall be defined by control descriptions.

18.2 The control descriptions shall be in the form of symbols and in accordance with the IOF Control Descriptions.

18.3 The control descriptions, given in the right order for each competitor’s course, shall be fixed to or printed on the front side of the competition map.

18.4 For interval start competitions, separate control description lists for each competitor on each course shall be available at the pre-start or in the start lanes, but shall not be available before that point.

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.
• M-18: for athletes who are no more than 18 years old on 31 December of the year of the competition.

19.2 Each control shall be marked by a control flag consisting of three (3) vertical stripes of orange, white and green in that order. A control punch missing or unidentifiable shall be considered as an error. All punches shall be clearly marked.

19.6 In case of doubt, the competitor must stop and wait for the control to be checked.

20. Punching system.

Appendix 8: EUROPEAN YOUTH ORIENTEERING CHAMPIONSHIPS

The European Youth Orienteering Championships (EYO) are an annual event under the jurisdiction of the IOF, with the support of the EYO Organising Committee.

The European Youth Orienteering Championships are designed to provide young athletes with an opportunity to compete at an international level. The event is governed by the rules and regulations of the IOF, and all competitors must adhere to these guidelines to ensure a fair and safe competition.
In the Sprint and Middle distance competitions, only the competitors placed number 17 and better in each qualification race heat may run in the final.

In the Long distance competition the qualification criteria are based on national quotas as follows:

- For any Federation having 4 or more competitors in the top 30 of the World Ranking: the number of competitors the Federation has in the top 30 of the World Ranking are allowed to participate (up to a maximum of 6 per Federation);
- For any other Federation having at least 3 competitors in the top 200 of the World Ranking: 3 competitors per Federation are allowed to participate;
- For all other Federations: 2 competitors per Federation are allowed to participate;
- Personal place for the current European Champion in Long distance;
- The home country is allowed to have at least 4 athletes in each class;
- The World Ranking as of 1 January in the competition year will be used to identify the number of qualifiers for each country.

In the Relay a Federation may enter 2 teams each consisting of 3 competitors, but only the better-placed team will count in the result 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 the 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.

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.

- 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.
- Competitors who lose their control card, omit a control or visit controls in the wrong order shall be disqualified.
- If two contactless control cards are used, then both shall be carried on the same arm. The punches from the two cards shall be merged to form the punching record.

21. Equipment
21.1 As long as the rules of the organising Federation do not specify otherwise, the choice of clothing and footwear shall be free.
21.2 Start number bibs shall be clearly visible and worn as prescribed by the organiser. The bib shall not be larger than 25 cm x 25 cm with figures at least 10 cm high. The number bibs may not be folded or cut.
21.3 During the competition the only navigational aids that competitors may use or carry are the map and control descriptions provided by the organiser, and a compass.
21.4 Competitors 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 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.

21.5 Competitors may not wear the team clothing of another Federation.

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, the course shall be a marked route from the time start to the point where orienteering begins.
22.7 Competitors take their map at or after their start time. The competitor is responsible for taking the right map. The competitor’s start number or name or course shall be indicated on or near the map so as to be visible to the competitor before he/she starts.
proofreading

The European Orienteering Championships

\textbf{Appendix C: The European Orienteering Championships}

\textbf{Introduction}

The European Orienteering Championships (EOC) is an annual event that brings together the best orienteering athletes from European countries to compete against each other in a series of challenging courses. The championships are held in different locations across Europe, providing a unique opportunity for athletes to showcase their skills in a variety of terrains and conditions.

The EOC is governed by the European Orienteering Federation (EOF), which is a member federation of the International Orienteering Federation (IOF). The EOC is open to athletes from European countries and is considered one of the most prestigious events in the orienteering calendar.

The EOC comprises several competitions, including the Sprint, Relay, and Long Distance events, all of which are designed to test the athletes' skills, endurance, and strategic thinking.

\textbf{Event Program}

The event program is typically held in late summer or early fall, depending on the location and weather conditions. The program usually includes the following events:

- Sprint: A short-distance event that tests the athletes' speed, agility, and ability to navigate quickly.
- Relay: A team event where athletes take turns running separate segments of the course, with each team member responsible for completing their own section.
- Long Distance: A more physically demanding event that tests the athletes' endurance and ability to cover long distances efficiently.

Each event is designed to challenge athletes in different ways, testing their physical and mental abilities to the fullest.

\textbf{Competitor Requirements}

Athletes interested in participating in the EOC must meet the following requirements:

- Athletes must be members of an EOC-recognized national federation.
- Athletes must be at least 15 years of age on the date of the competition.
- Athletes must have completed a minimum of one EOC-recognized training session in the three months prior to the competition.
- Athletes must have completed a minimum of one EOC-recognized training session in the three months prior to the competition.

\textbf{Conclusion}

The EOC is a prestigious event that attracts some of the world's best orienteering athletes. It provides a platform for athletes to demonstrate their skills, compete against their peers, and share their passion for the sport. The EOC is an excellent opportunity for athletes to experience the excitement and challenge of orienteering on a global stage.
5.4 Winning time, start interval and timing
The winning time (the total time for the winning team) shall be 55-60 minutes. The time for each leg shall be 12-15 minutes so the first and last legs (which are run by women) should be a little shorter than the second and third legs. In WOC timing shall preferably be made by electronic means, but manual systems may be used. At the finish line there shall be photo-finish equipment to assist in judging the placings.

6 KNOCK-OUT SPRINT

6.1 The profile
The Knock-Out Sprint profile is an individual multiple-round high-speed competition with head-to-head racing in all but the first round. It takes place in an urban and park environment. There are parallel heats with an interval start to qualify for the knock-out section. In this there are one or more knock-out rounds with several parallel heats and mass starts where the leading runners qualify for the next round. Finally, there is a single mass start race to determine the winner.

6.2 Course planning considerations
A relatively small area is required for a competition (especially with the use of an arena passage). The event shall be easy to understand for the spectators. It should be possible to cover at least 70-80 % of the course with TV cameras. The courses for the knock-out rounds may be forked. As an alternative to standard forking, course choice forking shall be used whereby each runner has 20 seconds, before the start, to choose one of three maps, each with a different course. GPS-tracking is required and contactless punching should be considered.

6.3 The map
See 1.3 Sprint.

6.4 Winning time, start interval and timing
The winning time for the initial qualification race shall be 8-10 minutes. The winning time for the knock-out rounds shall be 6-8 minutes. At the finish line there shall be photo-finish equipment to assist in judging the placings.

23.5 The finishing time shall be measured at one of the following times:
• when the competitor’s chest 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 between 0.5 metres and 1.25 metres above the ground
• when a transponder, carried by the competitor, crosses the finish line
Times shall be rounded down to whole seconds. Times shall be given in hours, minutes and seconds or in minutes and seconds only.

23.6 The timekeeping systems shall measure times of competitors in the same class, relative to each other, with an accuracy of 0.5 seconds or better.

23.7 In interval start races, an electronic finish timing system shall be used, allowing the competitor to finish by running across the finish line.

23.8 Two independent timekeeping systems, a primary and a secondary, shall be used continuously throughout the competition.

23.9 In competitions with mass or chasing starts, finish judges shall rule on the final placings based on the order that the competitors’ chests cross the finish line. A jury member shall be present at the finish line.

23.10 With the approval of the IOF Event Adviser, the organiser may set maximum running times for each class.

23.11 There shall be medical facilities and personnel at the finish, who are also equipped to work in the forest.

23.12 The maximum running times shall be:
• Sprint, 50 minutes for women and men
• Middle distance, 120 minutes for women and men
• Long distance, 3 hours for women and 4 hours for men
• Relay, 4.5 hours for women and men
• Sprint Relay 120 minutes.
• Knock-Out Sprint qualification, 30 minutes
• Knock-Out Sprint mass-start races, 15 minutes

24. Results
24.1 Provisional results shall be announced and displayed in the finish area or the assembly area during the competition.

24.2 The official results shall be published no more than 4 hours after the latest allowable finishing time of the last starter. They shall be handed out on the day of the competition to each team manager and to accredited media representatives.

24.3 If the finals of a qualification race competition take place on the same day as the qualification races, the results of the qualification races shall be published no more than 30 minutes after the latest allowable finishing time of the last starter.

24.4 The official results shall include all participating competitors. In relays, the results shall include the competitors’ names in running order and times for their legs as well as the course combinations that each ran.

24.5 If an interval start is used, two or more competitors having the same time shall be given the same placing in the results list. The position(s) following the tie shall remain vacant.

24.6 If a mass start or chasing start is used, the placings are determined by the order in which the competitors finish. In relays this will be the team member running the last relay leg.
5.2 The map

5.3 The map

5.4 windy terrain

5.5 The map

5.6 windy terrain

5.7 The map

5.8 windy terrain

5.9 The map

5.10 windy terrain

5.11 The map

5.12 windy terrain

5.13 The map

5.14 windy terrain

5.15 The map

5.16 windy terrain

5.17 The map

5.18 windy terrain

5.19 The map

5.20 windy terrain

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5.25 The map

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5.29 The map

5.30 windy terrain

5.31 The map

5.32 windy terrain

5.33 The map

5.34 windy terrain

5.35 The map

5.36 windy terrain

5.37 The map

5.38 windy terrain

5.39 The map

5.40 windy terrain

5.41 The map

5.42 windy terrain

5.43 The map

5.44 windy terrain

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5.64 windy terrain

5.65 The map

5.66 windy terrain

5.67 The map

5.68 windy terrain

5.69 The map

5.70 windy terrain

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5.72 windy terrain

5.73 The map

5.74 windy terrain

5.75 The map

5.76 windy terrain

5.77 The map

5.78 windy terrain

5.79 The map

5.80 windy terrain

5.81 The map

5.82 windy terrain

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

2.3 The map
The standard ISOM specification shall be followed. The map scale is 1:10000. The terrain shall be mapped for 1:15000 and then be strictly enlarged as specified by ISOM.

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

3 LONG DISTANCE

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

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

3.3 The map
The standard ISOM specification shall be followed. The map scale is 1:15000.

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

4 RELAY

4.1 The profile
The Relay profile is team competition. It takes place in a non-urban (mostly forested) environment. The format is built on a technically demanding concept, more similar to the concept of the Middle than the Long distance. Some elements characteristic of the Long distance, like longer, route-choice legs should occur, allowing competitors to pass each other without making contact. Good Relay terrain has characteristics that make runners

31st rank
37th rank
40th rank
43rd rank
46th rank

the 6th place finisher from each heat in the Quarter-final
the 13th place finisher from each qualification heat
the 14th place finisher from each qualification heat
the 15th place finisher from each qualification heat
the 16th place finisher from each qualification heat

etc.
eetc.
eetc.

Where competitors are tied on the same placing they shall be given the same higher rank, except where the tied competitors were not placed in which case they shall be give the same lower rank.

A competitor who qualified for a heat or final, but is not placed in that race, is regarded as finishing last in that race for the purposes of this rule.

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.

| WOC | 25.4 The title of World Champion shall be awarded in the following nine separate competitions:
| WOC | women, Sprint | men, Sprint
| WOC | women, Middle distance | men, Middle distance
| WOC | women, Long distance | men, Long distance
| WOC | women, Relay | men, Relay
| WOC | women, Knock-Out Sprint | men, Knock-Out Sprint
| WOC | Sprint Relay |

| JWOC | 25.5 The title of Junior World Champion shall be awarded in the following eight separate competitions:
| JWOC | women, Sprint | men, Sprint
| JWOC | women, Middle distance | men, Middle distance
| JWOC | women, Long distance | men, Long distance
| JWOC | women, Relay | men, Relay

| ROC | 25.6 The title of Regional Champion may be awarded in the following nine separate competitions:
| ROC | women, Sprint | men, Sprint
| ROC | women, Middle distance | men, Middle distance
| ROC | women, Long distance | men, Long distance
| ROC | women, Relay | men, Relay
| ROC | Sprint Relay |

| WOC | 25.7 The following prizes shall be awarded in all competitions:
| WOC | 1st place | Gold medal (plated) and diploma
| WOC | 2nd place | Silver medal (plated) and diploma
| WOC | 3rd place | Bronze medal and diploma
| WOC | 4th-6th place | diploma

Medals and diplomas shall be supplied by the IOF.

| WOC | 25.8 The prize-giving ceremonies shall be performed by the representatives of the organising Federation and the IOF.
The course is made up of controls that are to be covered by the competitors. The course is made up of controls that are to be covered by the competitors. The course is made up of controls that are to be covered by the competitors.
Winning Time
(for Senior Elite competition)

<table>
<thead>
<tr>
<th>Time</th>
<th>Qualification races are shorter.</th>
<th>Qualification races are shorter.</th>
<th>Qualification races are shorter.</th>
<th>Qualification races are shorter.</th>
<th>Qualification races are shorter.</th>
</tr>
</thead>
<tbody>
<tr>
<td>12-15 minutes</td>
<td>30-40 minutes</td>
<td>12-15 minutes per leg</td>
<td>30-40 minutes</td>
<td>12-15 minutes per leg Total</td>
<td></td>
</tr>
<tr>
<td></td>
<td>Women 90-100 minutes</td>
<td>Men Total 90-105 minutes</td>
<td>Women Total 90-105 minutes</td>
<td>55-60 minutes</td>
<td></td>
</tr>
<tr>
<td></td>
<td>70-80 minutes</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Summary</td>
<td>Sprat orienteering is a fast, visible, easy-to-understand format, allowing orienteering to be staged within areas of significant population.</td>
<td>Relay orienteering is a competition for teams of four runners. Teams consist of at least two women and the first and last legs are run by women. This format provides exciting head-to-head competition with a first-past-the-post winner in an urban environment.</td>
<td>In a Knock-Out Sprint, after initial qualification, there are a number of knock-out rounds with mass starts and first-past-the-post finishes. The races take place in a compact area. Exciting for spectators and competitors.</td>
<td>Medium distance orienteering requires fast, accurate orienteering for a moderately long period of time. Even small mistakes will be decisive.</td>
<td>Long distance orienteering tests all orienteering techniques as well as speed and physical endurance.</td>
</tr>
</tbody>
</table>

26.10 A competitor who breaks any rule, or who benefits from the breaking of any rule, may be disqualified.
26.11 Non-competitors who break any rule are liable to disciplinary action.
26.12 The organiser must 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.
26.13 The organiser must void a race if circumstances have arisen which make the race significantly unfair.
26.14 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.
27.6 In the Knock-Out Sprint, any Complaint shall be made to the organiser not later than 3 minutes after the corresponding heat results are published. A Complaint may initially be made orally but must subsequently be written down.

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.
28.4 A Protest fee of 50 EUR (or the equivalent in local currency) shall be paid to the IOF Senior Event Adviser in cash when making a Protest. The fee will be returned if the Protest is accepted by the jury, otherwise the fee shall be sent to the IOF. Where a Protest is signed by more than one person or Federation, each shall pay the Protest fee.
28.5 There is no fee for a Protest.
28.6 In the Knock-Out Sprint, any Protest shall be made to the organiser no later than 2 minutes after the organiser has announced the decision about the Complaint. A Protest may initially be made orally but must subsequently be written down.

29. Jury
29.1 A jury shall be appointed to rule on Protests.
<table>
<thead>
<tr>
<th>Appendix 6: Competition Formats</th>
<th>WOC</th>
<th>JWOC</th>
<th>TWG</th>
<th>WRC</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Type of Running</strong></td>
<td>Mass start</td>
<td>Mass start</td>
<td>Mass start</td>
<td>Mass start</td>
</tr>
<tr>
<td><strong>Terrain</strong></td>
<td>Predominantly in very hilly terrain</td>
<td>Predominantly in very hilly terrain</td>
<td>Predominantly in very hilly terrain</td>
<td>Predominantly in very hilly terrain</td>
</tr>
<tr>
<td><strong>Map</strong></td>
<td>1:1000</td>
<td>1:1000</td>
<td>1:1000</td>
<td>1:1000</td>
</tr>
<tr>
<td><strong>Start Interval</strong></td>
<td>1 minute</td>
<td>1 minute</td>
<td>3 minutes</td>
<td>1 minute</td>
</tr>
<tr>
<td><strong>Timing</strong></td>
<td>1 second</td>
<td>1 second</td>
<td>1 second</td>
<td>1 second</td>
</tr>
</tbody>
</table>

### Decisions of the Jury are Final

- If the IOF Event Adviser finds a competitor guilty of an infraction, the jury shall declare the infringement. The IOF Event Adviser may make the final decision regarding any potential conflict-of-interest arising from its rules or any other matter.

### Appeals

- The IOF Council decides for which events it shall appoint the IOF Event Adviser. If the IOF Council is not appointing the jury, the Federation of the event is responsible for appointing the jury. If the IOF Council is appointing the jury, it shall appoint the IOF Event Adviser.

### Decisions about an Appeal Are Final

- If the IOF Event Adviser finds a competitor guilty of an infraction, the jury shall declare the infringement. The jury shall make the final decision regarding any potential conflict-of-interest arising from its rules or any other matter.

### Appeal Process

- A representative of the organiser may participate in jury meetings but may be asked to leave the room if the organiser is not represented. The representative of the organiser has no voting rights.

### Decisions about an Appeal Are Final

- Decisions of the IOF Council regarding appeals are final. The IOF Council shall deal with the appeal. Spectators are not allowed in the course.
Appendix 5: The Leibnitz Convention

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

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

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

We shall aim to:

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

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

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 FootO 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.
Appendix 4: Approved punching systems

WOC 31.12 The IOF Event Adviser shall make 3 visits as a minimum; one at an early stage, one 3 weeks after the event, the third 6 months after the event. The report may be used by the IOF to make decisions regarding the event. The report may also be used for other purposes, such as improving future events.

WOC 33.1 Advertising and sponsorship

WOC 33.2 Any advertising that is not permitted by the IOF or the event organiser is not permitted.

WOC 33.3 The advertising must be clearly visible and not obstruct the view of the competitor or any other person.

WOC 34.1 Media service

WOC 34.2 The media service shall include the following:

- TV and radio broadcasts
- Print media coverage
- Online and social media coverage
- Live streaming of the event

WOC 35.1 The results shall be published on the IOF website within 24 hours of the finish of the event.

WOC 35.2 The results shall also be published in a media release within 24 hours of the finish of the event.

WOC 35.3 The results shall be made available to the public on the IOF website.

WOC 35.4 The results shall be verified by the IOF Event Adviser.

36.2 The only fully approved punching systems are:

- The newly approved punching systems (January 2019) are:
  - the Earjet Electronic Punching System (Version 2018 onwards)
  - the Sportident Air System (Version 2013 onwards)

36.3 The case of any other control systems requires prior approval of the IOF Rules Committee.

36.4 The only fully approved electronic punching systems are:

- The newly approved punching systems (January 2018) are:
  - the Earjet Electronic Punching System (Version 2018 onwards)
  - the Sportident Air System (Version 2013 onwards)

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  - the Sportident Air System (Version 2013 onwards)

40.1 The only fully approved electronic punching systems are:

- The newly approved punching systems (January 2018) are:
  - the Earjet Electronic Punching System (Version 2018 onwards)
  - the Sportident Air System (Version 2013 onwards)

41.1 The only fully approved electronic punching systems are:

- The newly approved punching systems (January 2018) are:
  - the Earjet Electronic Punching System (Version 2018 onwards)
  - the Sportident Air System (Version 2013 onwards)

42.1 The only fully approved electronic punching systems are:

- The newly approved punching systems (January 2018) are:
  - the Earjet Electronic Punching System (Version 2018 onwards)
  - the Sportident Air System (Version 2013 onwards)
Appendix 3: IOF resolution on good environmental practice

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

1. to continue to be aware of the need to preserve a healthy environment and to integrate this principle into the fundamental conduct of orienteering
2. 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
3. to co-operate with landowners, government authorities and environmental organisations so that best practice may be defined
4. 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
5. to include environmental good practice in the education and training of orienteers and officials
6. 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
7. to recommend that the national Federations prepare environmental good practice guidelines specific to their own countries.

Appendix 1: General competition classes

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

2. Parallel classes
2.1 Should a class have too many entries, it may be split into parallel classes. Splitting of elite classes should be based on the competitors’ previous performances. Other classes than elite classes should be split so that competitors from the same club, district or Federation are equally distributed among the parallel classes.
Appendix 2: Principles for course planning

1. Introduction
1.1 Purpose

These principles aim to establish a common standard for the planning of foot orienteering courses in order to ensure fairness in competition and to safeguard the interests of both competitors and audiences.

1.2 Application of these principles

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

2. Basic principles

2.1 Definition of orienteering

Orienteering is a sport in which competitors visit a number of points marked on the ground, controls, in the shortest possible time aided only by map and compass.

2.2 Aim of good course planning

The aim of course planning is to offer competitors courses correctly designed for their expected ability.

2.3 Application of these principles

Course planner’s golden rules:

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

3. The orienteering course

3.1 Introduction

The course planner is responsible for the courses and the running of the competition between the course planner and the competitor. The course planner should have a good understanding and appreciation of the qualities of a good course gained from personal experience. He or she must also be familiar with the theory of course planning and appreciate the special requirements of different classes and different types of competition.

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

The course planner is responsible for the courses and the running of the competition between the course planner and the competitor. The course planner should have a good understanding and appreciation of the qualities of a good course gained from personal experience. He or she must also be familiar with the theory of course planning and appreciate the special requirements of different classes and different types of competition.

4. The course planner

4.1 Purpose

The course planner must keep the following principles in mind:

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

This is essential because of the numerous opportunities for error, which could have serious consequences.

This is essential because of the numerous opportunities for error, which could have serious consequences.
Course planning must account for specific requirements of the type of competition considered. For instance, course planning for Sprint and Middle distance orienteering must call on detailed map reading and on a high degree of concentration throughout the entire course. Course planning for relay competitions should consider the need for spectators to be able to follow closely the progress of the competition. Course planning for relays should incorporate a good and sufficient forking/splitting system.

3.11 What the course planner should aim for

3.11.1 Know the terrain

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

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

3.11.2 Get the degree of difficulty right

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

3.11.3 Use fair control sites

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

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

3.11.4 Placing controls sufficiently far apart

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

3.11.5 Avoid over-complicating the route choices

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

3.11.6 Courses that are not too physically demanding

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

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

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

• the needs of the media and spectators

2.3.1 Unique character

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

2.3.2 Fairness

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

2.3.3 Competitor enjoyment

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

2.3.4 Wildlife and the environment

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

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

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

2.3.5 Media and spectators

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

3. The orienteering course

3.1 Terrain

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

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

3.2 Definition of an orienteering course

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

3.3 The start

The start area should be so situated and organised that:
3.10 Competition types

The course can be an orienteering test or a race

3.11 Course planning

• The course planner must be familiar with the map and the route choices. There should be at least two alternative individual routes.

3.13 Route marking

• The controls should be marked in a distinctive manner.

3.15 Control features

• The control features should be visible and easily identifiable.

3.16 Proximity of controls

• Controls should be placed at a safe distance from each other. Controls should not be too close to each other or obstacles.

3.17 Proximity of control sites

• Control sites should be placed at a safe distance from each other. Control sites should not be too close to each other or obstacles.

3.18 Control sites

• Control sites should be placed at a safe distance from each other. Control sites should not be too close to each other or obstacles.

3.19 Control site presentation

• Control site presentation should be visible and easy to identify.

3.20 Route description

• The course planner must be familiar with the route description and be able to accurately describe the course.

3.21 Course description

• The course description should be clear and easy to follow.

3.22 Course planning

• The course planner must be familiar with the course plan and be able to accurately describe the course.

3.23 Course planning

• The course planner must be familiar with the course plan and be able to accurately describe the course.

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