



INTERNATIONAL ORIENTEERING FEDERATION

**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 2020.
Subsequent amendments will be published on the official IOF web
site at <http://www.orienteeing.sport/>

*A vertical line in the left margin indicates a major
change to the previous version (1 January 2019)*

COMPETITION RULES FOR IOF FOOT ORIENTEERING EVENTS

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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 who 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)

- *a chasing start* (the competitors start at intervals depending on results from previous race(s); the first across the finish line is the winner)
- 1.6 The term *Federation* means a member Federation of the IOF.
- 1.7 The term *event* embraces all aspects of an orienteering meeting including organisational matters such as start draws, team officials' meetings and ceremonies. An event, e.g. a World Championships, may include more than one competition.
- TWG 1.8 *The World Games (TWG) Orienteering Event* is the official event to award the titles of World Games Champions in Orienteering. It is organised under the auspices of the International World Games Association (IWGA) and under the authority of the IOF and the appointed Federation.
- WOC 1.9 *The World Orienteering Championships (WOC)* is the official event to award the titles of World Champions in Orienteering. It is organised under the authority of the IOF and the appointed Federation.
- WCup 1.10 *The World Cup in Orienteering (WCup)* is the official series of events to find the world's best orienteers, based on several formats, over a season. The different events are organised under the authority of the IOF and the Federations of the organisers.
- JWOC 1.11 *The Junior World Orienteering Championships (JWOC)* is the official event to award the titles of Junior World Champions in Orienteering. It is organised under the authority of the IOF and the appointed Federation.
- WMOC 1.12 *The World Masters Orienteering Championships (WMOC)* is the official event to find the world's best veteran orienteers. It is organised under the authority of the IOF and the Federation of the organiser.
- ROC 1.13 *The Regional Orienteering Championships (ROC)* are the official events to award the titles of Regional Champions in Orienteering for each IOF Region. They are organised under the authority of the IOF and the appointed Federation. The IOF Regions are Africa, Asia, Europe, North America, Oceania and South America.
- WRE 1.14 *IOF World Ranking Events (WRE)* are international events which are accepted by the IOF Council into the official IOF Calendar. They are organised under the authority of the IOF and the Federation of the organiser.
- 1.15 *The IOF World Ranking Scheme* is a system to rank the World's Elite Orienteers based on their performances in the World Games, World Orienteering Championships, World Cups, Regional Championships and World Ranking Events. The Federation World Ranking League tables for women and men are based on the ranking points of the best competitors from each Federation.
- 1.16 *The IOF Event Adviser* is the person appointed to control an IOF event. In the case of World Games, World Championship, Junior World Championship, World Masters Championship, World Cup and Regional Championship events the title *IOF Senior Event Adviser* is used.

2. General provisions

- 2.1 These rules, together with the Appendices, shall be binding at the *World Games*, the *World Orienteering Championships*, the *World Cup in Orienteering*, the *Junior World Orienteering Championships*, the *World Masters Orienteering Championships* for W21 and M21 elite classes at *Regional Orienteering Championships*, *Regional Junior Orienteering Championships*, *Regional Youth Orienteering Championships* and for W21 and M21 elite classes at *IOF World Ranking Events*. Every rules point with no event abbreviation before its number is valid for all these events. A rules point valid only for one or more of these events is marked with the specific abbreviation(s) in the margin beside the rules point number. Such specific rules take precedence over any general rules with which they conflict.

- 2.2 Where an event is of two types (e.g. the World Championships may also form 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.
- 2.10 The IOF Council may decide special rules or norms which shall be followed, e.g. *IOF Anti-Doping Rules, IOF Protocol Guide, International Specification for Orienteering Maps, International Specification for Sprint Orienteering Maps, Principles for Course Planning, Leibnitz Convention* and *IOF Control Descriptions*.
- 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 shall 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.
- WOC 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 official name is The World Orienteering Championships and 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 official name is The Sprint World Orienteering Championships and 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.

- WCup 3.3 The World Cup is organised every year. The Individual World Cup is based on the individual competitions. The Team World Cup is based on the relay competitions.
- WCup 3.4 The IOF Council determines the number and types of World Cup events and any necessary special rules.
- WCup 3.5 A World Cup event should be organised in conjunction with another event.
- JWOC 3.6 The Junior World Orienteering Championships is an annual event. The programme shall include a single-race Sprint competition, a Middle distance qualification race, a Middle distance final, a single-race Long distance competition and a Relay as well as an opening ceremony, a closing ceremony and adequate rest and model events. The programme shall be kept within no more than 7 days.
From 2022 onwards, the programme shall also include a Sprint Relay but the Middle distance competition will be a single-race competition.
- WOC 3.7 In the Sprint, Knock-Out Sprint and Middle distance competitions, there shall be 3 parallel qualification race heats for both women and men.
- JWOC 3.8 In the Middle distance competition, there shall be 3 parallel qualification race heats for both women and men.
- WMOC 3.9 The World Masters Orienteering Championships is an annual event. The programme shall include a Middle/Long qualification race, final races for the Middle and Long distance competitions, and a qualification race and a final race for the Sprint competition. The schedule shall be: Day 1 Sprint qualification, Day 2 Sprint final, Day 3 rest day, Day 4 Middle/Long qualification, Day 5 Middle distance final, Day 6 rest day, Day 7 Long distance final.
- ROC 3.10 Regional Orienteering Championships take place at least every two years.
- WRE 3.11 The events which are selected to be IOF World Ranking Events are chosen by Federations according to criteria determined by the IOF.

4. Event applications

- 4.1 Any Federation may apply to organise an IOF event.
- 4.2 Applications shall be forwarded by the Federation to the IOF Office. The official application form shall be used, and the applications shall contain all requested information and guarantees. When there is no successful applicant, the application period will normally be extended further until a valid application has been received, evaluated and IOF Council have appointed an organiser. Such applications will be handled in the order they are received and appointed as soon as possible. IOF Council may decide not to organise an event if no suitable applications are received in appropriate time.
- 4.3 The IOF Council may impose a service fee on any IOF event. The amount of the service fee shall be announced at least six months before the closing date for applications for that event.
- 4.4 The IOF Council may void the sanctioning of an event if the organiser fails to comply with the rules, the norms, the IOF Event Adviser's directions or the information submitted in the application. The organiser cannot claim damages in this case.

- WOC 4.5 Applications shall be received no later than 1 January four years prior to the event year. The provisional appointment of the organising Federation is made by the IOF Council no later than 31 October the same year. Each appointment must be confirmed by the signing, within 6 months, of a contract to organise the event, else Council may make an alternative appointment.
- WCup 4.6 Invitations to apply to organise World Cup competitions will be sent to all Federations. Each Federation may submit 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.
- JWOC 4.7 Applications shall be received no later than 1 January 1st 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.
- WMOC
- WRE 4.8 The IOF Council shall indicate each Federation's allocation of WREs for the year in question and the criteria these events must meet. Applications shall be due no later than 30 September in the year prior to the event year and shall be approved or rejected by the IOF Council no later than 30 November the same year.

5. Classes

- 5.1 Competitors are divided into classes according to their gender and age. Women may compete in men's classes.
- 5.2 Competitors aged 20 or younger belong to each class up to the end of the calendar year in which they reach the given age. They are entitled to compete in older classes up to and including 21.
- 5.3 Competitors aged 21 or older belong to each class from the beginning of the calendar year in which they reach the given age. They are entitled to compete in younger classes down to and including 21.
- WRE 5.4 The competition classes are called W21 and M21, for women and men respectively.
- WRE 5.5 The W21 and M21 classes 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.
- WRE 5.6 Should a class have too many entries, it may be split into ranked, similar length courses based on the competitors' previous performances with the best competitors entered to the top ranked course.
- WOC 5.7 There is one class for women and one for men (except in the Sprint Relay). There are no age restrictions. The classes are called Women and Men.
- WCup
- JWOC 5.8 There is one class for women and one for men. Only competitors who are entitled to compete in the classes W20 or M20 may participate.
- WMOC 5.9 The following classes shall be offered: W35, M35, W40, M40, W45, M45, W50, M50, W55, M55, W60, M60, W65, M65, W70, M70, W75, M75, W80, M80, W85, M85. Classes for older orienteers shall be offered if there are entrants to these classes.

6. Participation

- WOC
WCup
JWOC
ROC
WRE
- 6.1 A competitor may represent only one Federation during any one calendar year.
- | WOC
WCup
JWOC
ROC
WRE
- 6.2 All competitors shall be citizens of the country of the Federation they are representing. They shall be able to provide either a passport or other valid documentation proving their citizenship.
- WOC
WCup
JWOC
- 6.3 Each participating Federation shall appoint a team manager to act as a contact person between the team and the organiser. It is the team manager's duty to see that the team receives all necessary information.
- 6.4 Competitors participate at their own risk. Insurance against accidents shall be the responsibility of their Federation or themselves, according to national regulations.
- WOC
- 6.5 All competitors represent a Federation. Each Federation may enter a team of an unlimited number of competitors and a number of team officials. The organiser can set a limit on the maximum number of officials per team, in accordance with the available facilities. This maximum number shall be the same for each team and shall be at least five.
- | WOC
- 6.6 In the Sprint and Knock-Out Sprint competitions, every Federation may enter up to 3 women and 3 men and, in addition, the current World Champions for the formats and the current Regional Champions for the formats and the current World Cup leader may be entered by their Federation(s).
- | WOC
- 6.7 In the Middle distance competition every Federation may enter up to 3 women and 3 men and, in addition, the current World Champion for the distance and the current Regional Champions for the distance and the current World Cup leader may be entered by their Federation(s).
- | WOC
- 6.8 For the Long distance competition, the number of competitors per Federation who may enter is limited and is based on results from the previous two World Championships. There are separate quotas for men and women for each Federation. Federations are placed into three men's divisions and three women's divisions and the number of places in the Long distance final depends on the Federation's division.
- Points for each Federation are calculated on the basis of their results at previous World Orienteering Championships. For WOC 2021 and subsequently, points are calculated from the results of the single preceding "forest" WOC.
- In the Middle distance competitions: 1st place scores 120 points, 2nd place scores 100, 3rd place scores 80, positions 4-10 score 70-65-60-57-55-53-51, positions 11-60 score 50-49-...-1.
 - In the Long distance competitions: 1st place scores 240 points, 2nd place scores 200, 3rd place scores 160, positions 4-10 score 140-130-120-114-110-106-102, positions 11-60 score 100-98-...-2
 - For the last WOC (e.g. WOC 2018 for the WOC 2019 qualification), only the best 3 (2 or 1) runners can score points if the Federation is in Division 1 (2 or 3 respectively); any other runners from the Federation do not score points but the points for their positions are not reallocated.
 - For the second last WOC (e.g. WOC 2017 for the WOC 2019 qualification), only the best 2 runners can score points if the Federation is currently in Division 1 and only the best (1) runner can score points 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.

- In the Relay: 1st place scores 240 points, 2nd place scores 160, 3rd place scores 130, 4th place scores 114, 5th place scores 106 and positions 6-30 score 100-96-...-8-4.

For each Federation, separately for men and women, the points are added to give the total men's score and total women's score. In the case of equal points overall, the Relay placing in the most recent World Championships determines which Federation 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, the current World Cup leader 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
JWOC | 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.
- JWOC 6.14 If a Federation is unable to make up full relay teams, it may form incomplete teams or teams with runners from other Federations. Under no circumstances may persons other than entered competitors participate in the competition.
- WOC
WCup 6.15 A competitor must have a valid IOF Athlete Licence.

7. Costs

- 7.1 The costs of organising an event are the responsibility of the organiser. To cover the costs of the competition(s), the organiser may charge an entry fee for competitors and an accreditation fee for non-competitors (team officials, media etc.). This fee shall be kept as low as possible and shall be approved by the IOF Event Adviser. For an event with several competitions, as an alternative to a total fee for the whole event, the organiser must offer competitors the option of an accreditation fee plus a fee for each competition entered.
- 7.2 Each Federation or individual competitor is responsible for paying the entry fee as specified in the invitation. The time limit for paying the entry fee shall not be earlier than 6 weeks prior to the event. Late payment may be subject to an additional fee.
- 7.3 Late entries and changes shall be accepted by the organiser if possible, and may be charged an additional fee.
- WOC
WCup
JWOC 7.4 The following shall apply for late entries and changes:
 - After the team size deadline (see 9.6), additional entries may be made with a surcharge of 20% and withdrawals receive an 80% refund.
 - After the team names deadline (see 9.7), additional entries incur a surcharge of 50%, withdrawals receive a 50% refund, and name changes incur a 10 euro fee.
The organiser can decide whether to impose the surcharges for additional entries and fee for names changes. Refunds shall always be given.
- 7.5 Each Federation or individual competitor is responsible for the expenses of travel to the event, accommodation, food and transport between the accommodation, event centre and competition sites. If the use of official transport to the competition sites is compulsory, the entry fee shall include these costs.
- 7.6 The travelling costs of the IOF appointed Event Adviser and Assistant/s, to and from the venue, shall be paid by the IOF. Local costs during controlling visits and the event days are paid by the organiser or the organiser's Federation according to national agreements.
- 7.7 All costs of IOF Event Advisers and Assistants appointed by a Federation shall be paid by the organiser or the Federation according to national agreements.
- WOC
JWOC 7.8 Unless there is good standard accommodation and food at a low price, different standards of accommodation and food shall be offered, allowing competitors a choice of price groups. The fees for the competition, the food and the accommodation must be shown as separate amounts. In any case it shall not be compulsory to use the accommodation arranged by the organiser.
- 7.9 If the event (or part of the event) has to be cancelled due to reasons outside of 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. It may be given orally only in response to questions at team officials' meetings or in urgent cases.
- WOC
WCup
JWOC
- 8.2 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.
- WOC
JWOC
- 8.3 Bulletin 1 (preliminary information) shall include the following information:
- organiser and the names of the event director, Event Adviser and controller(s)
 - telephone number, e-mail address and web page for information
 - venue
 - dates and types of the competitions
 - classes and any participation restrictions
 - opportunities for training
 - general map of the region
 - embargoed areas
 - any peculiarities of the event
 - a link to a high-resolution colour copy of the most recent version of any previous orienteering map(s) of the embargoed areas
- WOC
- 8.4 Bulletin 2 (invitation) shall include the following information:
- all information given in Bulletin 1
 - official entry and accommodation forms
 - latest date and address for entries (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 link to 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
- WOC
WCup
JWOC
WOC
WCup
JWOC

- WOC 8.5 Bulletin 3 (event information) shall include the following information:
WCup
JWOC
- latest date for sending the exact number of participants (see 9.6)
 - latest date for sending the names of participants (see 9.7)
 - detailed programme of the event, including timetable for final name entries and for the allocation of start groups
 - details of the terrain
 - any permitted deviations from the rules
 - address, telephone number and e-mail address of the competition office
 - details of accommodation and food
 - transport schedule
 - the length, total climb, number of controls and number of refreshment controls on each individual course and, for relays, on each leg
 - team officials' meetings
 - the exact location of each competition area and finish arena
- WOC 8.6 Bulletin 4 (additional event information) shall be given on arrival of the competitors
WCup and shall include final details of event information including:
JWOC
- any anti-doping requirements
 - all Special Rules relevant to the event
 - any additional regulations and any Rule Deviations that have been granted
 - 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
 - summary of entries received
 - names and Federations of jury members
 - the location of quarantine zones and the times when competitors and officials must be inside them
- WOC 8.7 Bulletin 1 shall be published 24 months before the event, Bulletin 2 shall be
JWOC published 12 months before the event and Bulletin 3 shall be published 3 months before the event.
- WCup 8.8 Bulletin 1/2 shall be published 12 months before the event and Bulletin 3 shall be
published 2 months before the event.
- WMOC 8.9 Information from the organiser shall be given in the form of two bulletins. Bulletin 1
WRE shall be available on the internet via the IOF web site. Bulletin 2 is provided to all competitors.
- WMOC 8.10 Bulletin 1 shall be available 18 months before the event. Bulletin 2 shall be available
1 month before the event.
- WRE 8.11 Bulletin 1 shall be available 4 months before the event. Bulletin 2 shall be available 1
week before the event.
- WMOC 8.12 Bulletin 1 (preliminary information and invitation) shall include the following
WRE information:
- organiser and the names of the event director 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
 - general map of the region
 - embargoed areas
 - any peculiarities of the event
 - official entry form
 - latest date and address for entries
 - entry fee for competitors
 - latest date and address for the payment of the entry fees
 - types and cost of accommodation and food

- 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
WMOC
- a recent sample map showing the type of terrain
 - information about how to obtain copies of any previous map(s) of the embargoed areas
- WMOC 8.13
WRE
- 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
JWOC
- Reservations and reservation fees for accommodation shall reach the organiser at the times specified in Bulletin 2.
- WOC 9.5
WCup
JWOC
- Competitors may only be selected and entered by their Federation.
- WOC 9.6
WCup
JWOC
- 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.

- | | | |
|---------------------|------|--|
| WOC
WCup
JWOC | 9.7 | Each competitor's name and gender and the names of the team officials shall reach the organiser by the <i>team names deadline</i> which shall not be earlier than 10 days before the first race of the event. Changes may be made to the team names until 12 noon on the day before the first race of the event. After that time, no further changes to the team are allowed under any circumstances. |
| WOC
WCup
JWOC | 9.8 | Names of the competitors and, if required, their starting group, shall reach the organiser by the <i>competition entry deadline</i> which shall not be earlier than 12 noon on the day before an individual competition. |
| WOC
WCup
JWOC | 9.9 | Names of the competitors and their running order shall reach the organiser by the <i>competition entry deadline</i> which shall not be earlier than 12 noon on the day before a relay competition. |
| WOC
JWOC | 9.10 | In individual competitions, between the competition entry deadline and two hours before the first start in the class, a competitor may be replaced for a valid reason (e.g. accident or illness). Change of starting group or qualification race heat is not permitted. No replacement is possible for finals of qualification race competitions or for multi-race competitions after the first race. |
| WOC
WCup
JWOC | 9.11 | In relays, after competition entry deadline changes of names of the relay team members and/or their running order may only be made with a valid reason (e.g. accident or illness) and shall reach the organiser at least two hours before the start of the relay class. |
| WOC
WCup
JWOC | 9.12 | In an individual race, no competitor may be replaced within two hours of the first start. In relays the team members and their running order may not be changed within two hours of the start of the relay class. |
| WOC
WCup
JWOC | 9.13 | Replacement of a competitor after the competition entry deadline may only be made from within the entered team. |
| WOC | 9.14 | In qualification race competitions each Federation shall 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 one competitor to each group. If a Federation fails to allocate its competitors to starting groups, the organiser shall decide the allocation. |
| JWOC | 9.15 | In each individual competition each Federation shall allocate its competitors to 3 starting groups with a maximum of 2 competitors to each group. Before allocating a second competitor to a group, a Federation shall allocate one competitor to each group. If a Federation fails to allocate its competitors to starting groups, the organiser shall decide the allocation. |
| WMOC | 9.16 | The final closing date for entries shall be no earlier than 6 weeks before the start of the event. |

10. Travel and transport

- | | | |
|---------------------|------|---|
| WOC
WCup
JWOC | 10.1 | Each Federation is responsible for organising its own travel. |
| WOC
JWOC | 10.2 | On request, the organiser shall arrange to transport teams from the nearest international airport or railway station to the event centre or accommodation. The teams may have to pay for this service. |
| WOC
WCup
JWOC | 10.3 | Transport between the accommodation, event centre, competition sites, etc. may either be arranged by the organiser or by the teams. On request, the organiser shall arrange all necessary transport during the event. The teams may have to pay for this service. |

- 10.4 The use of official transport to a competition site may be declared compulsory by the organiser.

11. Training and model event

- 11.1 Training opportunities shall be offered before the competition if requested.
- WOC
WCup
JWOC
WMOC
- 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.
- WOC
- 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.
- WOC
- 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 published in Bulletin 3 and cannot subsequently be changed.

Rule 9.10 does not apply to the WOC Long distance competition and late replacement of runners is not allowed.

- JWOC 12.6 For an interval start other than finals of qualification race competitions, the starting order shall be drawn at random. The draw shall be made normally in three starting groups (early, middle, late).
- WOC
WCup
JWOC 12.7 For an interval start, competitors from the same Federation may not start consecutively. If they are drawn to start consecutively, the next competitor drawn shall be inserted between them. If this happens at the end of the draw or at the end of a starting group, the competitor before them shall be inserted between them.
- | WOC
WCup
JWOC 12.8 In qualification race competitions, the start draw for the qualification races shall be made so that each of the following requirements is satisfied:
- as far as possible, the heats shall be equally strong
 - competitors from the same Federation shall not start at consecutive times if they are in the same heat
 - the allocation of competitors to the different heats shall be drawn so that the competitors of a Federation are distributed as equally as is mathematically possible among the heats.
- Either
- as many competitors as there are parallel heats shall start at each start time, with the possible exception of the last start time
- or
- competitors shall start at intervals in the order (if there are three heats) Heat 1, Heat 2, Heat 3, Heat 1, Heat 2 etc.
- 12.9 In qualification race competitions (other than Knock-Out Sprint), if two or more competitors tie for a place in a final, all of them shall qualify for that final.
- WOC 12.10 In the Sprint final, only the competitors placed number 15 and better in each qualification race heat may participate.
- In the Middle distance final, the competitors placed number 15 and better in each qualification race heat may participate.
- Further places up to a maximum of 60 (subject to clause b) are selected as follows:
- (a) The best placed runner from Federations which do not have a runner in the first 15 of any heat, considered in the order of their placing in the qualification race heats (If two athletes from the same country have the same place in different heats, the one who is the least time behind the winner of their heat is chosen).
 - (b) If two or more runners from different countries are tied for the last qualifying place under (a), all may participate in the final.
 - (c) In order to be selected for the final under (a) or (b), an athlete must have been within 100% of the heat winner's time in their qualification race.
- | JWOC 12.11 In the Middle distance competition, the competitors placed number 20 and better in each qualification race heat qualify for the A-final; the competitors placed number 40 to 21 qualify for the B-final and remaining competitors qualify for the C-final. Competitors who are not placed in the qualification race may start before the qualified runners in the lowest ranked final of their class, but shall appear in the result list as not placed.

- 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, ie. 1, 2, 3...; the winner of the highest numbered heat therefore starts last.
- 12.13 (Rule deleted)
- 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 competitor has started.
- WOC
JWOC 12.15 In qualification races, the heat allocation of each competitor shall be drawn under the supervision of the IOF Event Adviser.
- WOC
JWOC 12.16 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 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
WCup
JWOC 12.17 In the Sprint Relay the first and last legs shall be run by women.
- JWOC 12.18 Incomplete relay teams and teams with runners from more than one Federation shall start at the same time as the official relay start.
- 12.19 For an interval start, the normal start interval is 3 minutes or 2 minutes for Long distance, 2 minutes for Middle distance and 1 minute for Sprint.
- WOC 12.20 The start interval in the Long distance competition is 3 minutes. The start interval in the Middle distance competition is 2 minutes. The start interval in the Sprint qualification and Sprint final is 1 minute or 1.5. If, as a requirement of full live TV-production for Long distance and/or Middle distance, a shorter start interval is required, a 2 minute start interval for the Long distance and/or a 1.5 minute start interval for the Middle distance may be used.
- JWOC 12.21 The start interval in the Long distance competition is 2 minutes, unless there are more than 180 competitors in a class, in which case the start interval may be 1.5 minutes. The start interval for the Middle distance qualification race is 3 minutes.
- WMOC 12.22 For the qualification races, the competitors of each class are allocated to parallel heats by a random draw. The heats of one class shall be as equal in size as is mathematically possible and no heat shall have more than 80 competitors. There shall be as few heats as possible; if there are 80 competitors or fewer, there is only one heat for that class. Competitors from the same Federation and placegetters from recent WMOCs shall be equally distributed among the heats.

| WMOC 12.23 Qualification for the Sprint and Middle distance finals is based upon the placings in the qualification race. The best competitors from each qualification race heat qualify for the A-final of the class. The next best competitors from each qualification race heat qualify for the B-final and so on.

- If there are 161 or more entrants, the number of qualifiers from each heat to the A-final shall be equal and shall be calculated so that the total number of qualifiers is 80, or the lowest possible number above 80. Similarly for the B-final and so on except that if there are more than two finals and fewer than 20 competitors have qualified for the lowest ranked final, they may be transferred to the next final up. If, towards the bottom of the results, all the placed runners in one or more heats have been allocated to a final, the allocation continues with placed runners from the other heats, place by place, until that final has at least 80 or until all the placed runners have been allocated.
- If there are from 20 to 160 entrants, then they shall be split as equally as possible between an A-final and a B-final, with the A-final having at least half the total number of entrants.
- If there are fewer than 20 entrants, then all shall compete in the A-final.

If two or more competitors tie for a place in a final, all of them shall qualify for that final.

Competitors who start but are not placed, or who do not start, in the qualification race may start before the qualified runners in the lowest ranked final of their class, but shall appear in the result list as not placed.

| WMOC 12.24 The Long distance finals have the same composition as the Middle distance finals except that some competitors are promoted to a higher final and some are relegated to a lower final according to their result in the Middle distance final.

Purely for the determination of promotion and relegation in this rule, any competitors who successfully completed the lowest ranked Middle distance final are regarded as having been placed, even if they were not placed in the qualification race and hence appeared in the Middle distance result list as not placed.

First, any competitors who have not entered the Long distance are removed and all subsequent references are to the numbers after this has been done.

Promotion and relegation are carried out as follows:

- If there is a single Middle distance A-final in a class, there shall just be a single Long distance A-final with the same composition.
- If there are only two Middle distance finals (A and B) in a class
 - the bottom 10% (rounded down) of the A-final are relegated to the B-final.
 - The number in the A-final is brought back up to the number in the Middle distance A-final by promoting the next best-placed competitors from the B-final.
- If there are more than two Middle distance finals in a class the promotion and relegation is carried according to the table below:

		Middle final results				
		A	B	C	D	E
3 finals A,B,C	promotions		top 10 to A	top 2 to A; next 8 to B		

	relegations	bottom 12 to B	bottom 10 to C			
4 finals A,B,C,D	promotions		top 12 to A	top 1 to A; next 9 to B	top 2 to A; next 8 to C	
	relegations	bottom 15 to B	bottom 12 to C	bottom 10 to D		
5 finals A,B,C,D,E	promotions		top 14 to A	top 1 to A; next 10 to B	top 1 to A; next 9 to C	top 2 to A; next 8 to D
	relegations	bottom 18 to B	bottom 14 to C	bottom 12 to D	bottom 10 to E	

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 groups in reverse order of the Middle distance final in which the competitors ran. For example, where there are three Middle distance finals, in the Long B Final those promoted from the Middle C Final start earliest, those who ran the Middle B final start next and the latest group are those relegated from the Middle A 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.

| WMOC 12.25 The start interval for the races shall normally be:

Sprint Qualification	1 minute
Sprint Final	1 minute
Middle/Long qualification	1 minute
Middle A-Finals	2 minutes
Other Middle Finals	1 minute
All Long Finals	2 minutes

For heats and finals at all distances where there are few competitors, a longer start interval may be used provided that the overall start period for the heat or final is a maximum of 80 minutes (160 minutes for Middle A finals and Long finals).

| 12.26 The four stages of the Knock-Out Sprint are organised as follows:

- Qualification stage: There are 3 parallel heats with an interval start. The start interval is 1 minute with three competitors starting on each minute.
- The first 12 placed runners in each heat will qualify for the quarter-finals.

Quarter-finals: There are 6 quarter-finals with 6 runners in each. They each have a mass start.

Two options are possible for allocation of runners to the quarter-finals.

- a) The qualified runners will be responsible for choosing their quarter-finals heat in the following order 6th → 1st and 7th → 36th based on the qualification ranking.
- b) Qualified runners for the quarter- finals are allocated as follows (where 1H3 is the first placed in Heat 3). If only one qualification heat is used, the allocation is according to the ranks in brackets.

QF1	QF2	QF3	QF4	QF5	QF6
1H3 (1)	2H2 (6)	1H1 (2)	2H3 (5)	1H2 (3)	2H1 (4)
4H1 (12)	3H3 (7)	4H2 (11)	3H1 (8)	4H3 (10)	3H2 (9)
5H2 (13)	6H1 (18)	5H3 (14)	6H2 (17)	5H1 (15)	6H3 (16)
8H3 (24)	7H2 (19)	8H1 (23)	7H3 (20)	8H2 (22)	7H1 (21)
9H1 (25)	10H3 (30)	9H2 (26)	10H1 (29)	9H3 (27)	10H2 (28)
12H2 (36)	11H1 (31)	12H3 (35)	11H2 (32)	12H1 (34)	11H3 (33)

The choice of option shall be approved by the IOF Event Adviser and shall be published in Bulletin 4.

The 3 leading runners in each quarter-final will qualify for the semi-finals.

- Semi-finals: There are 3 semi-finals with 6 runners each. They each have a mass start.

The 3 leading runners in each of quarter-finals 1 and 2 are allocated to semi-final 1. The 3 leading runners in each of quarter-finals 3 and 4 are allocated to semi-final 2. The 3 leading runners in each of quarter-finals 5 and 6 are allocated to semi-final 3.

The 2 leading runners in each semi-final qualify for the final.

- Final: The final has 6 runners and is a mass start.

In the event of a tie for any qualification place in any round, tied runners will be ranked in the order of their Sprint World Ranking (as at midday before the first race of the event). Runners still tied will be separated by a random draw.

If there are fewer finishers in any round than there are places available in the succeeding round, the relevant place(s) shall be left vacant in the succeeding round.

The time schedule of all rounds shall be agreed between the organisers and the SEA. Runners may not be substituted after the start draw for the qualification race has been made.

If there are fewer than 45 entered for the competition, the number of qualification heats may be reduced and the number of knock-out stages may be reduced.

13. Team officials' meeting

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|---------------------|------|---|
| WOC
WCup
JWOC | 13.1 | The organiser shall hold a team officials' meeting before each competition. This meeting shall normally start no later than 19.00 hours. The IOF Event Adviser shall lead or supervise the meeting. |
| WOC
WCup
JWOC | 13.2 | The competition information (start lists transport schedule, changes or additions to Bulletin 4, weather forecast etc.) shall be handed out before the meeting starts. |
| WOC
WCup
JWOC | 13.3 | Team officials shall have the opportunity to ask questions during the meeting. |

WMOC 13.4 There are no team officials' meetings.
WRE

14. Terrain

- 14.1 The terrain shall be suitable for setting competitive orienteering courses and shall match the criteria described in Appendix 6. The objectives of the Leibnitz convention shall be considered when choosing the terrain and event arena, and in designing the courses.
- 14.2 The competition terrain shall not have been used for orienteering for as long as possible prior to the competition, so that no competitor has an unfair advantage.
- 14.3 The competition terrain shall be embargoed as soon as it is decided. If that is not possible, then arrangements for access to the terrain shall be published as soon as possible.
- 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 1:4000.
- 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, links to a high-resolution version of the most recent edition shall 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.
- WMOC 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.
- | ROC 15.9 For Long distance races the map scale shall be 1:15000 or (if approved by the IOF
WRE Event Adviser) 1:10000.
- WOC 15.10 The IOF and its member Federations shall have the right to reproduce the event maps
WCup with courses in their official magazines or on their websites without having to pay a
JWOC fee to the organiser.
WMOC

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.
- 16.6 In relay competitions, the controls shall be combined differently for the teams, but all teams shall run the same overall course. If the terrain and the concept of the courses permit it, the lengths of the legs may be significantly different. However, the sum of the winning times of the legs shall be kept as prescribed. All teams must run the different length legs in the same sequence.
- 16.7 In individual competitions, the controls may be combined differently for the competitors, but all competitors shall run the same overall course, except when “Course Choice” forking is used in Knock-Out Sprint (whereby each runner has 20 seconds, before the start, to choose one of three maps, each with a different course)..
- WOC 16.8 In most cases, separate controls shall be used for the women’s and the men’s courses in final races if the races are being run at the same time.
- WOC
WCup 16.9 The courses shall be set to give the following winning times in minutes:
- | women | men | |
|--------|--------|---|
| 45 | 60 | Long distance qualification race |
| 70-80 | 90-100 | Long distance final |
| 25 | 25 | Middle distance qualification race |
| 30-35 | 30-35 | Middle distance final |
| 12-15 | 12-15 | Sprint qualification race |
| 12-15 | 12-15 | Sprint final |
| 12-15 | 12-15 | Sprint Relay for each leg |
| 55-60 | | Sprint Relay, sum of fastest times for all legs |
| 30-40 | 30-40 | Relay for each leg |
| 90-105 | 90-105 | Relay, sum of fastest times for all legs |
| 8-10 | 8-10 | Knock-Out Sprint qualification |
| 6-8 | 6-8 | Knock-Out Sprint mass-start races |
- JWOC 16.10 The courses shall be set to give the following winning times in minutes:
- | women | men | |
|--------|--------|--|
| 55 | 70 | Long distance |
| 20-25 | 20-25 | Middle distance |
| 12-15 | 12-15 | Sprint |
| 30-40 | 30-40 | Relay for each leg |
| 90-105 | 90-105 | Relay, sum of fastest times for all legs |
- WMOC 16.11 The courses shall be set to give the following winning times in minutes:
- | Class | Middle/Long qualification race | Middle final | Long final |
|-------|--------------------------------|--------------|------------|
| W35 | 40 | 30-35 | 55 |
| W40 | 40 | 30-35 | 50 |
| W45 | 35 | 25-30 | 45 |
| W50 | 35 | 25-30 | 45 |

W55	35	25-30	45
W60	35	25-30	45
W65	35	25-30	45
W70	35	25-30	45
W75	35	25-30	45
W80	35	25-30	45
W85	35	25-30	45
M35	50	30-35	70
M40	50	30-35	65
M45	45	25-30	60
M50	45	25-30	55
M55	40	25-30	50
M60	40	25-30	50
M65	40	25-30	50
M70	40	25-30	50
M75	40	25-30	50
M80	40	25-30	50
M85	40	25-30	50

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

ISOM 520 Area that shall not be entered

ISOM 708 Out-of-bounds boundary

ISOM 709 Out-of-bounds area

ISOM 711 Out-of-bounds route (Competitors are allowed to cross directly over an Out-of-bounds route)

Sprint

ISSprOM 201 Impassable cliff

ISSprOM 301 Uncrossable body of water

ISSprOM 307 Uncrossable marsh

ISSprOM 410 Impassable vegetation

ISSprOM 515 Impassable wall

ISSprOM 518 Impassable fence or railing

ISSprOM 520 Area that shall not be entered

ISSprOM 521 Building

ISSprOM 529 Prominent impassable line feature

ISSprOM 708 Out-of-bounds boundary

ISSprOM 709 Out-of-bounds area

ISSprOM 714 Temporary construction or closed area.

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.
- 19.2 Each control shall be marked by a control flag consisting of three squares, about 30 cm x 30 cm, arranged in a triangular form. Each square shall be divided diagonally, one half being white and the other orange (PMS 165).
- 19.3 The flag shall be hung at the feature indicated on the map in accordance with the control description. The flag shall be visible to competitors when they can see the described position.
- 19.4 Controls (including the start control flag) shall not be sited within 30 metres of each other. For Sprint, this may be reduced. For map scales 1:4000 or 1:3000, the minimum running distance between controls is 25 metres and the minimum straight line distance is 15 metres. (See also Appendix 2, #3.5.5).
- 19.5 A control shall be sited so that the presence of a person punching does not significantly help nearby competitors to find the control.
- 19.6 Each control shall be identified with a code number, which shall be fixed to the control so that a competitor using the marking device can clearly read the code. Numbers less than 31 may not be used. The figures shall be black on white, between 3 and 10 cm in height and have a line thickness of 5 to 10 mm. Horizontally-displayed codes shall be underlined if they could be misinterpreted by being read upside down (e.g. 161).
- 19.7 To prove the passage of the competitors, there shall be a sufficient number of punching devices in the immediate vicinity of each flag.
- 19.8 If the estimated winning time is more than 30 minutes, refreshments shall be available at least every 25 minutes at the estimated speed of the winner.
- 19.9 At least pure water of suitable temperature shall be offered as refreshment. If different refreshments are offered, they shall be clearly marked.
- WOC 19.10 If the estimated winning time is more than 60 minutes, then WADA-compliant sports
WCup drink shall be offered, in addition to pure water.
JWOC
- 19.11 All controls for which there are security concerns shall be guarded.
- WOC 19.12 All controls shall be guarded.

20. Punching systems

- 20.1 Only IOF approved electronic punching systems may be used, as per Appendix 4.
- 20.2 Competitors shall have the possibility of practising with the electronic punching system at the model event.
- 20.3 Competitors shall be responsible for punching their control card at each control using the punching device provided. If one unit is not working, or appears not to be working, a competitor must use the backup provided and will be disqualified if no punch is recorded.

- 20.4 The control card must clearly show that all controls have been visited.
- 20.5 A competitor with a control punch missing or unidentifiable shall be disqualified unless it can be established with certainty that the punch missing or unidentifiable is not the competitor's fault. In this exceptional circumstance, other evidence may be used to prove that the competitor visited the control, such as evidence from control officials or cameras or read-out from the control unit. In all other circumstances, such evidence is not acceptable and the competitor must be disqualified.
- In the case of traditional (non-contactless) SportIdent, SFR and Learnjoy, this rule means that:
- If a competitor punches too fast and fails to receive the feedback signals, the card will not contain the punch and the competitor must be disqualified, even though the control unit may have recorded the competitor's card number as an error punch
 - It is permitted for the organiser to read the backup from any control. A competitor can require the organiser to read the backup from a control, subject to a payment of 20 EUR (or the equivalent in local currency). If the control is found to contain a complete (non-error) punch; the competitor shall be recorded as having punched that control correctly and the fee will be returned; otherwise the fee shall be retained by the organiser.
- 20.6 Competitors who lose their control card, omit a control or visit controls in the wrong order shall be disqualified.
- 20.7 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.
- 20.8 A back-up punching method shall be provided to allow a competitor to record their visit in the case of a failure of either a control card or of a punching device.

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 bibs shall not be larger than 25 cm × 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.
- WMOC
ROC
WRE 21.4 Competitors shall not use or carry telecommunication (voice or text) 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
 - they have no telecommunication ability
 - they 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.
- WOC
JWOC
WCup 21.5 Competitors shall not use or carry telecommunication (voice or text) 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.) shall not be carried unless the device has been provided by the organiser. The organiser may require competitors to carry a tracking device and/or a GPS data logger.

- | WOC
WCup
JWOC
- 21.6 Competitors shall wear the team clothing of their 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.
- WOC
JWOC
- 22.3 All competitors shall have at least 30 minutes for undisturbed preparation and warm-up at the start area. Only competitors who have not started and team officials shall be allowed into the warm-up area.
- 22.4 The start may be organised with a pre-start before the time start. If there is a pre-start, a clock showing the call-up time to team officials and competitors shall be displayed there, and the competitors' names shall be called or displayed. Beyond the pre-start, only starting competitors and media representatives guided by the organiser are allowed.
- 22.5 At the start, a clock showing the competition time to the competitors shall be displayed. If there is no pre-start, competitors' names shall be called or displayed.
- 22.6 The start shall be organised so that later competitors and other persons cannot see the map, courses, route choices or the direction to the first control. If necessary, there shall be a marked route from the time start to the point where orienteering begins.
- 22.7 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.
- 22.8 The point where orienteering begins shall be shown on the map with the start triangle and marked in the terrain by a control flag but no marking device.
- 22.9 Competitors who are late for their start time shall be permitted to start. Their new start time must be recorded.
- In a mass or chasing start, the competitor shall be started as soon as possible.
 - In an interval start, if the competitor is at the start line less than half the start interval after their start time, they shall start immediately.
 - In an interval start, if the competitor is at the start line more than half the start interval after their start time, they shall start at the next available half start interval.
- 22.10 Competitors who are late for their start time through their own fault shall be timed as if they had started at their original start time. Competitors who are late for their start time through the fault of the organiser shall be timed from their new start time.
- 22.11 The changeover between the members of each relay team takes place by touch. The changeover may be organised so that the incoming team member collects the map of the outgoing team member and hands it over as the changeover touch.
- 22.12 Correct and timely relay changeover is the responsibility of the competitors, even when the organiser arranges an advanced warning of incoming teams.
- 22.13 With the approval of the IOF Event Adviser the organiser may arrange mass starts for the later legs for relay teams that have not changed over.
- WOC
WCup
- 22.14 Once a relay team has accepted its disqualification no further members of that team shall be allowed to start.

WOC 22.15 In the changeover area, outgoing team members shall have some advance warning of
JWOC the arrival of their preceding team members

WOC 22.16 The organiser may define one or more quarantine zones in order to prevent those
WCup who have not started gaining information about the courses. The organiser defines
JWOC times when competitors and team officials must be inside the quarantine zone. The
organiser shall provide adequate facilities (toilets, refreshment, shelter etc.) for those
waiting in the quarantine zone. If a competitor or team official attempts to enter the
quarantine zone after the deadline, they may be refused entry. Competitors and team
officials are not allowed to use telecommunication devices within the quarantine
zone.

23. Finish and time-keeping

23.1 The competition ends for a competitor when crossing the finishing line.

23.2 The run-in to the finish shall be bounded by tape, by rope or by fence. The last 20 m shall be straight.

23.3 The finish line shall be at least 1.5 m wide for interval start races and at least 3 m wide for mass or chasing start races. The line shall be at right angles to the direction of the run-in. The exact position of the finish line shall be obvious to approaching competitors.

23.4 After crossing the finish line, or completing the changeover, competitors shall hand in the control card or download recorded data. If required by the organiser, they shall also hand in their competition map.

23.5 The finishing time shall be measured at one of the following times:

- when the competitor's 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.

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

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.

- WOC 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.
- 24.7 In relays where there are mass starts for later legs, the sum of the individual times of the team members shall determine the placings of the teams that have taken part in such mass starts. Teams taking part in mass starts for later legs are placed after all teams which have changed over and finished in the ordinary way.
- 24.8 Competitors or teams who exceed the maximum time, shall be disqualified.
- WOC 24.9 Every accredited person (competitors, team officials, media representatives etc.)
WCup shall be given a start list, an official results list and a competition map.
JWOC
- WCup 24.10 In the World Cup, competitors' results in their best competitions count for their total score. The details of the scoring system are determined by the IOF Council at least 4 months prior to the first event.
- JWOC 24.11 The results of incomplete teams and teams with runners from more than one Federation are not considered in determining the placings in relay competitions and shall not appear in the official results list.
- JWOC 24.12 If a Federation is represented by two teams in a relay class, only the team with the better result is considered in determining the placings.
- JWOC 24.13 For both classes, a *team score* is calculated for each Federation (to place the Federations in a *team competition*) by adding the placings of each Federation's three best competitors in all three individual competitions and the official placing—multiplied by three—of its placed relay team. If a Federation has fewer than three finishers in any individual competition, every missing runner is treated as though they finished one place behind the last finisher. If a Federation has no place in the relay competition, it is treated as if they finished one place behind the last official placed team. An overall team score is then calculated for each Federation by adding

together its men's and women's team scores. The lowest score wins.

24.14 Results shall be published on the internet and electronically submitted to the IOF on the day of the race.

24.15 The results must be based on competitors' times for the whole course. It is forbidden to eliminate sections of the course on the basis of split times unless the section has been specified in advance (e.g. a short section containing a busy road crossing).

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WCup

24.16 The final results for the Knock-Out Sprint are published as follows:

In a competition with 3 elimination rounds and 6 competitors in each heat (36 competitors), the result list will be made as follows:

1st – 6th rank based on the finishing order in the Final and if required based on their respective ranking in the previous elimination rounds on count back.

7th – 9th rank the 3rd place finisher from each heat in the Semi-final and based on their respective ranking in the previous elimination round. Ties are possible.

10th - 12th rank the 4th place finisher from each heat in the Semi-final and based on their respective ranking in the previous elimination round. Ties are possible.

13th – 15th rank the 5th place finisher from each heat in the Semi-final and based on their respective ranking in the previous elimination round. Ties are possible.

16th – 18th rank the 6th place finisher from each heat in the Semi-final and based on their respective ranking in the previous elimination round. Ties are possible.

19th rank the 4th place finisher from each heat in the Quarter-final

25th rank the 5th place finisher from each heat in the Quarter-final

31st rank the 6th place finisher from each heat in the Quarter-final

37th rank the 13th place finisher from each qualification heat

40th rank the 14th place finisher from each qualification heat

43rd rank the 15th place finisher from each qualification heat

46th rank the 16th place finisher from each qualification heat

etc.

etc.

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 eleven separate competitions:
- women, Sprint
 - women, Middle distance
 - women, Long distance
 - women, Relay
 - women, Knock-Out Sprint
 - Sprint Relay
 - men, Sprint
 - men, Middle distance
 - men, Long distance
 - men, Relay
 - men, Knock-Out Sprint
- JWOC 25.5 The title of Junior World Champion shall be awarded in the following eight separate competitions:
- women, Sprint
 - women, Middle distance
 - women, Long distance
 - women, Relay
 - men, Sprint
 - men, Middle distance
 - men, Long distance
 - men, Relay
- ROC 25.6 The title of Regional Champion may be awarded in the following nine separate competitions:
- women, Sprint
 - women, Middle distance
 - women, Long distance
 - women, Relay
 - Sprint Relay
 - men, Sprint
 - men, Middle distance
 - men, Long distance
 - men, Relay
- WOC 25.7 The following prizes shall be awarded in all competitions:
- JWOC
- 1st place Gold medal (plated) and diploma
 - 2nd place Silver medal (plated) and diploma
 - 3rd place Bronze medal and diploma
 - 4th-6th place diploma
- Medals and diplomas shall be supplied by the IOF.
- WOC 25.8 The prize-giving ceremonies shall be performed by the representatives of the organising Federation and the IOF.
- WOC 25.9 In the relays, each individual member of the team shall receive the appropriate medal and/or diploma.
- JWOC
- WOC 25.10 During the prize-giving ceremony, the national flags of the first 3 competitors or teams shall be flown and the national anthem of the winner shall be played.
- JWOC
- WCup 25.11 In each individual competition the first 3 competitors per class and in each relay competition the first 3 teams shall receive prizes provided by the organiser. The first 6 competitors and the first 6 teams receive diplomas provided by the IOF.
- WCup 25.12 The first competitors in both classes in the overall Individual World Cup score lists after the last event receive trophies provided by the IOF. The first 3 competitors receive medals provided by the IOF. The first 6 competitors receive diplomas provided by the IOF.
- JWOC 25.13 The winning Federation of the overall team competition (according to rule 24.13) receives a prize provided by the IOF.
- WMOC 25.14 The first 3 competitors in the final of each class for each competition receive medals provided by the IOF.

26. Fair play

- 26.1 All persons taking part in an orienteering event shall behave with fairness and honesty. They shall have a sporting attitude and a spirit of friendship. Competitors shall show respect for each other, for officials, journalists, spectators and the inhabitants of the competition area. The competitors shall be as quiet as possible in the terrain.
- 26.2 Except in the case of an accident, seeking to obtain or obtaining assistance from other runners or providing assistance to other competitors during a competition is forbidden. It is the duty of all competitors to help injured runners.
- 26.3 Doping is forbidden. The *IOF Anti-Doping Rules* apply to all IOF events and the IOF Council may require doping control procedures to be conducted. It is the responsibility of competitors to obtain any required TUE (therapeutic use exemption) certificate.
- 26.4 All officials shall maintain strict secrecy about the competition area and terrain before they are published. Strict secrecy about the courses must be maintained.
- 26.5 Any attempt to survey or train in the competition terrain is forbidden, unless explicitly permitted by the organiser. Attempts to gain any information related to the courses, beyond that provided by the organiser, is forbidden before and during the competition.
- 26.6 The organiser shall bar from the competition any competitor who is so well acquainted with the terrain or the map, that the competitor would have a substantial advantage over other competitors. Such cases shall be discussed and decided after consultation with the IOF Event Adviser.
- 26.7 Team officials, competitors, media representatives and spectators shall remain in the areas assigned to them.
- 26.8 Control officials shall neither disturb nor detain any competitor, nor supply any information whatsoever. They shall remain quiet, wear inconspicuous clothing and shall not help competitors approaching controls. This also applies to all other persons in the terrain, e.g. media representatives.
- 26.9 Having crossed the finish line, a competitor may not re-enter the competition terrain without the permission of the organiser. A competitor who retires shall announce this at the finish immediately and hand in the map and control card. That competitor shall in no way influence the competition nor help other competitors.
- 26.10 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 decided by the organiser. The Complainant shall be informed about the decision immediately. If the organiser is unable to make the decision, the Event Adviser shall decide in their place.
- 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.
- 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 3 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.
- 29.2 The IOF Council decides for which events it shall appoint the jury. If the IOF is not appointing the jury, the Federation of the organiser shall appoint the jury.
- 29.3 The jury shall consist of 3 or 5 voting members, according to Rules 29.10–29.14, from different Federations. The IOF Event Adviser shall lead the jury but has no vote.
- 29.4 A representative of the organiser may participate in jury meetings but may be asked to leave before the jury makes its decision. The representative of the organiser has no vote.
- 29.5 The organiser shall act according to the jury's decisions, e.g. to reinstate a competitor disqualified by the organiser, to disqualify a competitor approved by the organiser, to void the results in a class approved by the organiser or to approve results declared invalid by the organiser.

- 29.6 The jury is competent to rule only if all members are present. In urgent cases preliminary decisions may be taken if a majority of the jury members agree on the decision.
- 29.7 If a jury member declares him- or herself prejudiced or if a jury member is unable to fulfil his or her task, the IOF Event Adviser shall nominate a substitute. The IOF Event Adviser shall make the final decision regarding any potential conflict-of-interest.
- 29.8 Arising from its ruling on a Protest, the jury — in addition to instructing the organiser — may recommend that the IOF Council excludes a person from some or all future IOF events in the case of a major violation of the rules.
- 29.9 Decisions of the jury are final.
- WOC 29.10 The jury is appointed by the IOF Council. It shall consist of 5 voting members from different Federations.
- JWOC 29.11 The jury is appointed by the IOF Council. It shall consist of 3 voting members from WMOC different Federations.
- WOC 29.12 The jury shall consist of both men and women. No jury member shall come from the JWOC organising Federation.
- TWG 29.13 The jury shall consist of 3 voting members from different Federations. Two members WCup are appointed by the IOF Council. One member is appointed by the Federation of the organiser.
- WRE 29.14 The jury shall consist of 3 voting members, if possible from different Federations.

30. Appeals

- 30.1 An appeal may be made against infringements of these rules if a jury is not yet set up, or if the event is over and the jury has dispersed. An appeal may only be made against a jury decision if there has been a serious procedural error in the operation of the jury.
- 30.2 An appeal may only be made by Federations.
- 30.3 An appeal shall be made in writing to the IOF Event Adviser appointing body as soon as possible.
- 30.4 There is no fee for an appeal.
- 30.5 Decisions about an appeal are final.
- 30.6 The IOF Council shall deal with the appeal.

31. Event control

- 31.1 All events, for which these rules are binding, shall be controlled by an *IOF Event Adviser*. The IOF Event Adviser shall be appointed within 3 months of the appointment of an organiser.
- 31.2 The IOF Council shall decide for which events it will itself appoint the IOF Event Adviser.
- 31.3 If the IOF Event Adviser is appointed by the IOF, he or she is the official representative of the IOF to the organiser, is subordinate to the IOF Council and communicates with the IOF Office.
- 31.4 The Federation of the organiser shall always appoint an independent national controller. This controller shall assist the IOF Event Adviser appointed by the IOF. If the IOF does not appoint an IOF Event Adviser for the event in question, the controller appointed by the Federation will be the IOF Event Adviser. The controller appointed by the Federation need not come from the same Federation.

- 31.5 All IOF Event Advisers shall hold the IOF 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.
- WOC 31.12 The IOF Event Adviser shall make 3 visits as a minimum: one at an early stage, one a year before the championships and one 3-4 months before the championships.

32. Event reports

- 32.1 No more than 4 weeks after the event, the IOF Event Adviser shall send a report to the IOF Event Adviser appointing body. The report should include any significant features of the event and details of any Complaints or Protests.
- WOC 32.2 No more than 3 weeks after the event, the organiser shall forward a short report and two sets of maps with course details to the IOF Office.
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- WMOC 32.3 No more than 3 weeks after the event, the organiser shall forward a short report and a selection of maps, including all A-Final maps with course details to the IOF Office.
- WOC 32.4 A comprehensive report and a final statement of accounts shall be sent to the IOF Office (for the archives) no more than 6 months after the event.

33. Advertising and sponsorship

- 33.1 Advertising of tobacco and hard liquor is not permitted.
- 33.2 Advertising on track suits or other clothing which are worn by team members during the official ceremonies shall not exceed 300 cm². There is no restriction to the amount of advertising on the runners' competition clothing or equipment except for the start number bibs.

34. Media service

- 34.1 The organiser shall offer the media representatives attractive working conditions and favourable opportunities to observe and report on the event.
- 34.2 As a minimum, the organiser shall make available to media representatives the following:
- hotel accommodation of medium standard, to be paid for by the users
 - start lists, programme booklet and other information on the day prior to the competition
 - opportunity to take part in the model event
 - weather-protected, quiet working space in the finish area
 - result lists and maps with courses immediately after the competition
 - internet access to be paid for by the users.
- 34.3 The organiser shall make every effort to maximise media coverage as long as this does not jeopardise the fairness of the event.

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
- 1.2 Application of these principles

2. Basic principles

- 2.1 Definition of orienteering
- 2.2 Aim of good course planning
- 2.3 Course planner's golden rules

3. The orienteering course

- 3.1 Terrain
- 3.2 Definition of an orienteering course
- 3.3 The start
- 3.4 The course legs
- 3.5 The controls
- 3.6 The finish
- 3.7 The elements of map reading
- 3.8 Route choices
- 3.9 The degree of difficulty
- 3.10 Competition types
- 3.11 What the course planner should aim

4. The course planner

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 unique character of the sport of orienteering.

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' is used throughout to refer 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. Orienteering on foot may be characterised as *running navigation*.

2.2 Aim of good course planning

The aim of course planning is to offer competitors courses correctly designed for their expected abilities. Results must reflect the competitors' technical and physical ability.

2.3 Course planner's golden rules

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

- 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:

- there is a warm up area
- waiting competitors cannot see route choices made by those who have started

The point from which orienteering on the first leg begins is marked in the terrain by a control flag with no marking device and on the map by a triangle.

The competitors should be faced with orienteering problems right from the start.

3.4. The course legs

3.4.1 Good legs

The course legs are the most important elements of an orienteering course and will largely determine its quality.

Good legs offer competitors interesting map-reading problems and lead them through good terrain with possibilities for alternative individual routes.

Within the same course different types of legs should be offered, some of them based on intense map-reading and others containing more easily run route choices. There should also be variations with regard to leg length and difficulty to force the competitor to use a range of orienteering techniques and running speeds. The course planner should also endeavour to give changes in general direction for consecutive legs as this forces the competitors to reorient themselves frequently.

It is preferable for a course to have a few very good legs joined by short links designed to enhance the legs rather than a larger number of even but lesser quality legs.

3.4.2 Fairness of legs

No leg should contain route choices giving any advantage or disadvantage which cannot be foreseen from the map by a competitor under competitive conditions.

Legs which encourage competitors to cross forbidden or dangerous areas must be avoided.

3.5 The controls

3.5.1 Control sites

Controls are placed at features in the terrain that are marked on the map. These must be visited by the competitors in the given order, if the order is specified, but following their own route choices. This demands careful planning and checking to ensure fairness.

It is particularly important that the map portrays the ground accurately in the vicinity of the controls, and that the direction and distances from all possible angles of approach are correct.

Controls must not be sited on small features visible only from a short distance if there are no other supporting features on the map.

Controls must not be sited where the visibility of the control flag for runners coming from different directions cannot be evaluated from the map or control description.

3.5.2 The function of the controls

The main function of a control is to mark the beginning and end of an orienteering leg.

Sometimes controls with other specific purposes need to be used as, for example, to funnel runners around dangerous or out of bounds areas.

Controls can also serve as refreshment, press and spectator points.

3.5.3 The control flag

The control equipment must be in accordance with the rules for IOF events.

As far as possible, a control flag should be placed in such a manner that competitors first see it only when they have reached the described control feature. For fairness, the visibility of the control should be the same whether or not there is a competitor at the control site. On no account should the control flag be hidden: when competitors reach the control they should not have to search for the flag.

3.5.4 Fairness of control sites

It is necessary to choose control sites with great care and notably to avoid the 'acute angle' effect where incoming competitors can be led into the control by outgoing runners.

3.5.5 Proximity of controls

Controls on different courses placed too close to one another can mislead runners who have navigated correctly to the control site. According to Rule 19.4, controls shall not be sited within 30 metres of each other. For Sprint, this may be reduced. For map scales 1:4000 or 1:3000, the minimum running distance between controls is 25 metres and the minimum straight line distance is 15 metres. Only when the control features are distinctly different in the terrain as well as on the map, should controls be placed closer than 60 metres (30 metres for map scales 1:4000 or 1:3000). The distance between the controls is measured in a straight line.

3.5.6 The control description

The position of the control with respect to the feature shown on the map is defined by the control description.

The exact control feature on the ground, and the point marked on the map, must be indisputable. Controls which cannot be clearly and easily defined by the IOF control symbols are usually not suitable and should be avoided.

3.6 The finish

At least the last part of the route to the finish line should be a compulsory marked route.

3.7 The elements of map-reading

On a good orienteering course, competitors are forced to concentrate on navigation throughout the race. Sections requiring no map-reading or attention to navigation should be avoided unless they result from particularly good route choices.

3.8 Route choices

Alternative routes force competitors to use the map to assess the terrain and to draw conclusions from it. Route choices make competitors think independently and will split up the field, thus minimising 'following'.

3.9 The degree of difficulty

For any terrain and map, a course planner can plan courses with a wide range of difficulty. The degree of difficulty of the legs can be varied by making them follow line features more or less closely.

Competitors should be able to assess the degree of difficulty of the approach to a control from the information available on the map, and so choose the appropriate technique.

Attention should be paid to the competitors' expected skill, experience and ability to read or understand the fine detail of the map. It is particularly important to get the level of difficulty right when planning courses for novices and children.

3.10 Competition types

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.

4. The course planner

The person responsible for course planning must have an 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 competition, 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 start and the finish line. The course planner's work must be checked by the controller. This is essential because of the numerous opportunities for error, which could have serious consequences.

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:

- to continue to be aware of the need to preserve a healthy environment and to integrate this principle into the fundamental conduct of orienteering
- to ensure that the rules of competition and best practice in the organisation of events are consistent with the principle of respect for the environment and the protection of flora and fauna
- to co-operate with landowners, government authorities and environmental organisations so that best practice may be defined
- to take particular care to observe local regulations for environmental protection, to maintain the litter-free nature of orienteering and to take proper measures to avoid pollution
- to include environmental good practice in the education and training of orienteers and officials
- to heighten the national Federations' awareness of worldwide environmental problems so that they may adopt, apply and popularise principles to safeguard orienteering's sensitive use of the countryside
- to recommend that the national Federations prepare environmental good practice guidelines specific to their own countries.

Appendix 4: Approved punching systems

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

- The only fully approved control punching systems (January 2020) are:
 - the *Emit* Electronic Punching and Timing system
 - the *SPORTident* system
 - the *Emit* touch-free punching system (Version 2013 onwards)
 - the *SPORTident* Air+ system (range ~30cm)
 - the *SFR* system Classic (contact) version
 - the *Learnjoy* system

Details of the currently approved versions are shown on the IOF web pages along with any provisionally approved systems.

- The use of any other control punching system requires prior approval of the IOF Rules Commission.
- With respect to the EPT *Emit* system, the label attached to the competitor’s electronic control card for back-up marking must be such that it will survive the conditions likely to be encountered during a competition (including immersion in water). It is the competitor’s responsibility to ensure that the back-up card is marked so that it can be used if the electronic punch is missing.
- With respect to the original *SPORTident* system, a backup needle punch must be present at each control. It is the competitor's responsibility to ensure that the electronic punch is in the e-card by not removing the e-card until the feedback signal has been received. If, and only if, no feedback signal is received, the competitor must use the backup punch.
- The control card must clearly show that all controls have been visited. A competitor with a control punch missing or unidentifiable shall be disqualified unless it can be established with certainty that the punch missing or unidentifiable is not the competitor’s fault. In this exceptional circumstance, other evidence may be used to prove that the competitor visited the control, such as evidence from control officials or cameras or read-out from the control unit. In all other circumstances, such evidence is not acceptable and the competitor must be disqualified. In the case of traditional (non-contactless) SportIdent, SFR and Learnjoy, this rule means that:
 - If one unit is not working, a competitor must use the backup provided and will be disqualified if no punch is recorded.
 - If a competitor punches too fast and fails to receive the feedback signals, the card will not contain the punch and the competitor must be disqualified (even though the control unit may have recorded the competitor’s card number as an error punch).
 - It is permitted for the organiser to read the backup from any control. A competitor can require the organiser to read the backup from a control, subject to a payment of 20 EUR (or the equivalent in local currency). If the control is found to contain a complete (non-error) punch; the competitor shall be recorded as having punched that control correctly and the fee will be returned; otherwise the fee shall be retained by the organiser.

Appendix 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."

Appendix 6: Competition Formats

The specifications in this appendix are for standard Elite competition. They may need to be modified for older or younger classes or in special circumstances (e.g. to enhance live TV coverage).

SUMMARY TABLE	Sprint	Middle Distance	Long Distance	Relay	Sprint Relay	Knock-Out Sprint
Controls	Technically easy.	Consistently technically difficult.	A mixture of technical difficulties.	A mixture of technical difficulties.	Technically easy.	Technically easy.
Route Choice	Difficult route choice, requiring high concentration.	Small and medium scale route choice.	Significant route choice including some large-scale route choices.	Small and medium scale route choice.	Difficult route choice, requiring high concentration.	Difficult route choice, requiring high concentration.
Type of Running	Very high speed.	High speed, but requiring runners to adjust their speed for the complexity of the terrain.	Physically demanding, requiring endurance and pace judgement.	High speed, often in close proximity to other runners who may, or may not, have the same controls to visit.	Very high speed.	Very high speed.
Terrain	Predominantly in very runnable park or urban (streets/buildings) terrain. Some fast runnable forest may be included. Spectators are allowed along the course	Technically complex terrain.	Physically tough terrain allowing good route choice possibilities.	Some route choice possibilities and reasonably complex terrain.	Predominantly in very runnable park or urban (streets/buildings) terrain. Some fast runnable forest may be included. Spectators are allowed along the course	Predominantly in very runnable park or urban (streets/buildings) terrain. Some fast runnable forest may be included. Spectators are allowed along the course
Map	1:4000	1:10000	1:15000	1:10000	1:4000	1:4000
Start Interval	1 minute	2 minutes	3 minutes	Mass start	Mass start	1 minute for qualification round. Mass start for knock-out rounds,
Timing	1 second	1 second	1 second	Mass start so the finish order is the order across the line.	Mass start so the finish order is the order across the line.	1 second for qualification round. Mass start for knock-out rounds so the finish order is the order across the line.,
Winning Time (for Senior Elite competition)	12-15 minutes	30-35 minutes Qualification races are shorter.	Men 90-100 minutes Women 70-80 minutes Qualification races are shorter	30-40 minutes per leg Men Total 90-105 minutes Women Total 90-105 minutes	12-15 minutes per leg. Total 55-60 minutes	8-10 minutes for the qualification round. 6-8 minutes for the knock-out rounds.

<p>Summary</p>	<p>Sprint orienteering is a fast, visible, easy-to-understand format, allowing orienteering to be staged within areas of significant population.</p>	<p>Middle distance orienteering requires fast, accurate orienteering for a moderately long period of time. Even small mistakes will be decisive.</p>	<p>Long distance orienteering tests all orienteering techniques as well as speed and physical endurance.</p>	<p>Relay orienteering is a competition for teams of three runners running on a virtually head-to-head basis with a first-past-the-post winner. Exciting for spectators and competitors.</p>	<p>The Sprint Relay is a competition for teams of four runners. Teams contain 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.</p>	<p>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.</p>
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1. SPRINT

1.1 The profile

The Sprint profile is high speed. It tests the athletes' ability to read and translate the map in complex environments, and to plan and carry out route choices running at high speed. The course must be planned so that the element of speed is maintained throughout the race. The course may require climbing but steepness forcing the competitors to walk should be avoided. Finding the controls should not be the challenge; rather the ability to choose and complete the best route to them. For example, the most obvious way out from a control should not necessarily be the most favourable one. The course should be set to require the athletes' full concentration throughout the race. An environment that cannot provide this challenge is not appropriate for the Sprint.

1.2 Course planning considerations

In Sprint spectators are allowed along the course. The course planning shall consider this, and all controls must be manned. It may also be necessary to have guards at critical passages alerting spectators of approaching competitors and making sure that competitors are not hindered. The start should be at the Arena and spectator sites may be arranged along the course. The spectator value could be enhanced by building temporary stands and by having an on-course announcer. Both spectator sites and sites for media/photographers shall be announced at the Arena. The course must be planned to avoid tempting competitors to take shortcuts through private property and other out-of-bound areas. If there is such a risk, a referee should be at such locations to prevent possible attempts. Areas so complex that it is doubtful whether a competitor can interpret the map at high speed should be avoided (e.g. when there are complex three-dimensional structures).

1.3 The map

The ISSprOM specification shall be followed. The map scale is 1:4000. It is crucial that the map is correct and possible to interpret at high speed, and that the mapping of features that affect route choice and speed are accurate. In non-urban areas, the correct mapping of conditions reducing running speed, both to degree and extent, is important. In urban areas, barriers hindering the passage must be correctly represented and drawn to size.

1.4 Winning time, start interval and timing

The winning time, for both women and men, shall be 12 – 15 minutes, preferably in the lower part of the interval. In WOC and World Cup there is no difference between qualification and final races. The start interval is 1 minute and a time-trial, individual format is used. Timing is to 1 second accuracy. The competitor shall have passed the start gate before having access to the map.

2 MIDDLE DISTANCE

2.1 The profile

The Middle distance profile is technical. It takes place in a non-urban (mostly forested) environment with an emphasis on detailed navigation and where finding the controls constitute a challenge. It requires constant concentration on map reading with occasional shifts in running direction out from controls. The element of route choice is essential but should not be at the expense of technically demanding orienteering. The route in itself shall involve demanding navigation. The course shall require speed-shifts e.g. with legs through different types of vegetation.

2.2 Course planning considerations

The course should be set to allow competitors to be seen by spectators during the course of the race as well as when finishing. The start should be at the Arena and the course should preferably make runners pass the Arena during the competition. The demand on

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

lose eye contact with each other (such as denser vegetation, many hills/depressions etc.). Terrain with continuous good visibility is not suitable for the Relay.

4.2 Course planning considerations

The Relay is a spectator friendly event in offering a competition between teams, head-to-head, and with the first to finish being the winner. The Arena layout and the course setting must consider this (e.g. when forking is used, the time difference between alternatives should be small). The competitors should, on each leg, pass the Arena, and if possible runners should be visible from the Arena while approaching the last control. An appropriate number of intermediate times (possibly with in-forest commentators) should be provided (as well as TV-controls shown on screen in the Arena). The mass start format requires a course planning technique separating runners from each other (e.g. forking). The best teams should be carefully allocated to different forking combinations. For fairness reasons the very last part of the last leg shall be the same for all runners. Spectators are not allowed along the course except for parts passing the Arena (including controls at the Arena).

4.3 The map

The standard ISOM specification shall be followed. The map scale is 1:15000 or 1:10000. The decision on map scale shall be based on the complexity of the course design (e.g. short legs with controls close to each other may require the larger map scale). When 1:10000 is used the terrain shall be mapped for 1:15000 and strictly enlarged as specified by the ISOM.

4.4 Winning time, start interval and timing

The winning time (the total time for the winning team) shall be 90-105 minutes for both the women's relay and the men's relay. Within the total time, the time for different legs may vary. No leg should be longer than 40 minutes or shorter than 30 minutes. The Relay is a mass start format and consists of three legs for both women and men. 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.

5 SPRINT RELAY

5.1 The profile

The Sprint Relay profile is mixed-gender high-speed head-to-head competition. It takes place in an urban and park environment. The format is a combination of the Sprint and Relay concepts. There are four legs and the first and last legs must be run by women.

5.2 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 competition should be based on a 75 minute live broadcasting and arena production concept; 15 minutes should be allocated for broadcasting introductions, interviews and prize-giving ceremonies. An arena passage should be used, if possible without compromising course quality too much. When there is a comprehensive TV coverage on the course, the arena passage may not always be required. This also gives more flexibility for course planning and may enable better and more challenging courses. Two loops per leg should be used if there is an arena passage with one loop printed on each side of the map. Courses shall be forked. GPS-tracking is required and contactless punching should be considered.

5.3 The map

See 1.3 Sprint.

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.

Appendix 7: The European Orienteering Championships

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

The event shall follow the IOF Competition Rules for Foot Orienteering Events as they would apply for the World Orienteering Championships unless otherwise stated in these Rules.

1. Principles for EOC

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

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

2. Event programme

The championship will be organised every year. In even years, the programme shall include a qualification and final race for the Middle distance competition, a single race Long distance competition and a Relay. In odd years, the programme shall include a qualification and a final race for the Sprint distance competition, a Knock-Out Sprint and a Sprint Relay.

Each competition is a separate event. The dates of the EOC shall be co-ordinated with other international events and finally approved by the IOF.

3. Event application and appointment of organiser

Any European Federation that is a member of IOF may apply to organise EOC. Applications shall reach the IOF Office before 1 January three years prior to the championship. 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. The Senior Event Adviser shall be appointed by the IOF.

4. Participation

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

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

The national quotas are based on the total points of the leading 10 athletes from each Federation as shown in the IOF World Federation League Tables (combined Sprint/Middle/Long) published on 1st January. Separate quotas will apply for men and women.

The allocations for the individual competitions will be:

- The top 6 Federations get 8 places.
- The next 8 Federations get 6 places.

- The host Federation also get 8 places, irrespective of the Federation's standing in the IOF Federation League Table.
- All other Federations get 4 places

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

All reigning individual World Champions and the current World Cup leader, provided they are selected by their Federations, shall be offered a personal wild card place in all competitions. The reigning European Champions in each respective format, Long and Middle distance, shall be offered a wild card place in that format. These wild card places shall be additional to the national quotas.

In the Relay a Federation may enter 3 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 allowed, but are not included in the official results.

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

5. Results

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

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.

Appendix 8: EUROPEAN YOUTH ORIENTEERING CHAMPIONSHIPS

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

The event shall follow the IOF Competition Rules for the Junior World Orienteering Championship (JWOC) unless otherwise stated in these Rules.

1. Principles for EYOC

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

- The best junior orienteers of each European 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

The event is organised annually. The programme shall include a sprint distance final, a Long distance final and a relay for national teams with 3 legs as well as an opening ceremony, a closing ceremony and adequate model events. The programme shall be kept within 3 days (Friday-Sunday). The dates of the EYOC shall be co-ordinated with other international junior events. Normally the event shall be organised in the last part of June or first week of July.

3. Event application and appointment of organiser

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

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 European 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 European continent, can compete in EYOC.

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

In the individual competitions a Federation may enter a maximum of 4 competitors in each class. .

The EYOC is divided into four classes for the following age categories:

- **W -16:** for female athletes who are no more than 16 years old on 31 December of the year of the competition.
- **W -18:** for female athletes who are no more than 18 years old on 31 December of the year of the competition.
- **M -16:** for athletes who are no more than 16 years old on 31 December of the year of the competition.
- **M -18:** for athletes who are no more than 18 years old on 31 December of the year of the competition.

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:

Class	Sprint	Long	Relay
D16	10-12 min	35-40 min	75 min
D18	10-12 min	40-45 min	90 min
H16	10-12 min	40-45 min	90 min
H18	10-12 min	45-50 min	105 min

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 with 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:

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

7	49	22	34	37	19	52	4
8	48	23	33	38	18	53	3
9	47	24	32	39	17	54	2
10	46	25	31	40	16	55	1
11	45	26	30	41	15	56	1
12	44	27	29	42	14	etc.	1
13	43	28	28	43	13		
14	42	29	27	44	12		
15	41	30	26	45	11		

Relay Competition

Team points in each class.

All relay teams with position below 20th place get 5 points.

Teams with no placing get no points.

Points Table:

Place	Points	Place	Points	Place	Points
1	130	9	60	17	20
2	110	10	55	18	15
3	95	11	50	19	10
4	85	12	45	20	5
5	80	13	40	21	5
6	75	14	35	etc.	5
7	70	15	30		
8	65	16	25		

9. Jury

IOF appoints the jury. The organiser shall propose the 3 voting members who shall be from 3 different Federations.

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).

6. Jury

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

7. Prizes

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

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 6 competitors in each class. .

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

The classes for the Asian Youth Orienteering Championships are:

- W16: for female athletes who are no more than 16 years old on 31st December of the year of the competition.
- W18: for female athletes who are no more than 18 years old on 31st December of the year of the competition.
- M16: for athletes who are no more than 16 years old on 31st December of the year of the competition.

- M18: for athletes who are no more than 18 years old on 31st December of the year of the competition.

All entered runners may run in both individual competitions. Women may compete in men's classes.

If the relay has 3 legs, then there shall be relays for W20, M20, W18, M18, W16 and M16.

If the relay is a sprint relay with 4 legs, then there shall be relays for M/W20, M/W18 and M/W16. Each team shall contain at least two women. The first and final legs must be run by women.

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. Teams with runners from more than one Federation are not placed on the official result list.

5. Starting order, start interval, winning times

The start interval in the Long distance/Middle distance competition is 2 minutes and in the Sprint distance is 1 minute. Starting time is drawn randomly in 5 starting groups with no more than one competitor from any country in each group. Competitors from the same Federation shall not start consecutively.

Winning times:

Class	Sprint	Middle	Long	Relay
W16	12-15 min	25-30 min	35-40 min	75 min
W18	12-15 min	25-30 min	45-50 min	90 min
W20	12-15 min	30-35 min	55-60 min	105 min
M16	12-15 min	25-30 min	45-50 min	75 min
M18	12-15 min	25-30 min	55-60 min	90 min
M20	12-15 min	30-35 min	60-70 min	105 min
M/W16				45 min
M/W18				45 min
M/W20				60 min

6. 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 (Official Championship Results), a second with results for all competitors (Full Result List). 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.

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.

Representatives of the organising Federation and the IOF shall perform the prize-giving ceremonies.

8. Jury

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

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 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 odd years until 2021 and then in even years from 2022). 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

Competitors representing member Federations of the IOF, defined by the International Olympic Committee as belonging to the Oceania continent, can compete in the OOC, OJOC and OYOC. .

Competitors from Federations of the IOF outside of the Oceania continent can compete but will not be eligible for OOC, OJOC and OYOC titles or prizes.

The classes for OOC are W21 Elite and M21 Elite. There is no age limit.

The classes for OJOC are:

- W20: for female athletes who are no more than 20 years old on 31st December of the year of the competition.
- M20: for athletes who are no more than 20 years old on 31st December of the year of the competition.

The classes for OYOC are:

- W16: for female athletes who are no more than 16 years old on 31st December of the year of the competition.
- W18: for female athletes who are no more than 18 years old on 31st December of the year of the competition.
- M16: for athletes who are no more than 16 years old on 31st December of the year of the competition.
- M18: for athletes who are no more than 18 years old on 31st December of the year of the competition.

Other classes will be contested under the auspices and rules of the organising federation.

Women can compete in men's classes. All registered competitors can participate in all individual competitions. In the Relay competition, mixed teams of women and men may be registered for the "men's" relay. If a Federation is not able to form full relay teams (even mixed ones), it may register incomplete teams. Mixed teams with runners from different federations may also be registered but they will not be eligible for titles or prizes.

In a Sprint Relay the first and last legs shall be run by women.

5. Entries

The OOC, OJOC and OYOC are open-entry events in which competitors enter as individuals and/or relay teams, and there is no restriction on the number of competitors and/or relay teams.

The Long distance, Middle distance and Sprint OOC competitions have WRE status and therefore it is mandatory to manage entries for W21 Elite and M21 Elite classes with IOF Eventor.

6. Starting order and start interval

For OOC individual races the start draw shall be made in two groups. All non-eligible and non-ranked competitors shall start in the first group and the order shall be drawn at random. All ranked competitors shall start in the second group. For the first race, in the second group 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 OJOC and OYOC 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 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/ISSprOM. 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:

Classes	Sprint	Middle distance	Long distance	Relay (total of 3 legs)
W16	12-15 min	25-30 min	45-55 min	90-120 min

W18	12-15 min	30-35 min	50-60 min	105-135 min
W20	12-15 min	30-35 min	55-65 min	105-135 min
W21 Elite	12-15 min	30-35 min	70-80 min	105-135 min
M16	10-12 min	25-30 min	50-60 min	90-120 min
M18	10-12 min	30-35 min	60-70 min	105-135 min
M20	12-15 min	30-35 min	65-75 min	105-135 min
M21 Elite	12-15 min	30-35 min	90-100 min	105-135 min

If there is a Sprint Relay, the winning time (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.

Appendix 12: The North American Orienteering Championships incorporating the North American Junior Orienteering Championships and the North American Youth Orienteering Championships

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 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

Competitors representing member Federations of the IOF, defined by the International Olympic Committee as belonging to the North American continent, can compete in the NAOC, NAJOC and NAYOC.

Competitors from Federations of the IOF outside of the North American continent can compete but will not be eligible for NAOC, NAJOC and NAYOC titles or prizes.

The classes for NAOC are W21 Elite and M21 Elite. There is no age limit.

The classes for NAJOC are:

- W20: for female athletes who are no more than 20 years old on 31st December of the year of the competition.
- M20: for athletes who are no more than 20 years old on 31st December of the year of the competition.

The classes for NAYOC are:

- W16: for female athletes who are no more than 16 years old on 31st December of the year of the competition.
- W18: for female athletes who are no more than 18 years old on 31st December of the year of the competition.
- M16: for athletes who are no more than 16 years old on 31st December of the year of the competition.
- M18: for athletes who are no more than 18 years old on 31st December of the year of the competition.

Other classes will be contested under the auspices and rules of the organising federation.

Women can compete in men's classes. All registered competitors can participate in all individual competitions. In the Relay competition, mixed teams of women and men may be registered for the "men's" relay. If a Federation is not able to form full relay teams (even mixed ones), it may register incomplete teams. Mixed teams with runners from different federations may also be registered but they will not be eligible for titles or prizes.

In a Sprint Relay the first and last legs shall be run by women.

5. Entries

The NAOC, NAJOC and NAYOC are open-entry events in which competitors enter as individuals and/or relay teams, and there is no restriction on the number of competitors and/or relay teams.

The Long distance, Middle distance and Sprint NAOC competitions have WRE status and therefore it is mandatory to manage entries for W21 Elite and M21 Elite classes with IOF Eventor.

6. Starting order and start interval

For NAOC individual races the start draw shall be made in two groups. All non-eligible and non-ranked competitors shall start in the first group and the order shall be drawn at random. All ranked competitors shall start in the second group. For the first race, in the second group 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 NAJOC and NAYOC 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 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/ISSprOM. 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/W21E, 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:

Classes	Sprint	Middle distance	Long distance	Relay (total of 3 legs)
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W16	10-12 min	20-25 min	40-50 min	75-85 min
W18	10-12 min	25-30 min	50-60 min	95-105 min
W20	12-15 min	25-30 min	60-70 min	95-105 min
W21 Elite	12-15 min	30-35 min	70-80 min	105-135 min
M16	10-12 min	20-25 min	45-55 min	75-85 min
M18	10-12 min	25-30 min	55-65 min	100-110 min
M20	12-15 min	30-35 min	70-80 min	100-110 min
M21 Elite	12-15 min	30-35 min	90-100 min	105-135 min

If there is a Sprint Relay, the winning time (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.

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.

The provisional appointment of organisers or organising Federations is made by the South American Working Group Meeting and submitted as a recommendation to the IOF by 31 October the same year.

Each appointment must be confirmed by the signing of an organiser's agreement within 6 months, else a different Federation may apply to organise the event. An IOF licensed Event Adviser from another Federation shall be appointed by the IOF to control the event.

4. Eligibility and Classes

Competitors representing member Federations of the IOF and belonging to the South American region can compete in the SAOC, SAJOC and SAYOC. A competitor only may represent one Federation. Each federation is responsible for validating if a participant of its country is eligible or not. Competitors from Federations of the IOF outside of the South American continent can compete but will not be eligible for SAOC, SAJOC and SAYOC titles or prizes.

The classes for SAOC are W21 Elite and M21 Elite. There is no age limit.

The classes for SAJOC are:

- W20: for female athletes who are no more than 20 years old on 31 December of the year of the competition.
- M20: for athletes who are no more than 20 years old on 31st December of the year of the competition.

The classes for SAYOC are:

- W16: for female athletes who are no more than 16 years old on 31st December of the year of the competition.
- W18: for female athletes who are no more than 18 years old on 31st December of the year of the competition.
- M16: for athletes who are no more than 16 years old on 31st December of the year of the competition.
- M18: for athletes who are no more than 18 years old on 31st December of the year of the competition.

Other classes will be contested under the auspices and rules of the organising federation.

Woman can compete in men's classes. All registered competitors can participate in all individual competitions. In the Relay competition, mixed teams of women and men may be registered for the "men's" relay. If a Federation is not able to form full relay teams (even mixed ones), it may register incomplete teams. Mixed teams with runners from different federations may also be registered but they will not be eligible for titles or prizes.

5. Entries

The SAOC, SAJOC and SAYOC are open-entry events in which competitors enter as individuals and/or relay teams, and there is no restriction on the number of competitors and/or relay teams.

The Long distance, Middle distance and Sprint SAOC competitions have WRE status and therefore it is mandatory to manage entries for W21 Elite and M21 Elite classes with IOF Eventor.

6. Starting order and start interval

For SAOC individual races the start draw shall be made in two groups. All non-eligible and non-ranked competitors shall start in the first group and the order shall be drawn at random. All ranked competitors shall start in the second group. For the first race, in the second group 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 start interval in the Long and Middle distance competitions is 2 minutes and in the Sprint distance is 1 minute. For Relay competitions mass starts shall be used.

7. Maps

The maps used for SAOC, SAJOC and SAYOC shall be according to the IOF rules and international specification of ISOM/ISSprOM. 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 SAOC 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 SAJOC the title of South American Junior Orienteering Champion will be awarded in each class to the winning competitor in each competition.

For SAYOC the title of South 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 South American competitor, in minutes:

Classes	Sprint	Middle distance	Long distance	Relay (total of 3 legs)
W16	10-12 min	20-25 min	40-50 min	75-85 min
W18	10-12 min	25-30 min	50-60 min	95-105 min
W20	12-15 min	25-30 min	60-70 min	95-105 min
W21 Elite	12-15 min	30-35 min	70-80 min	105-135 min
M16	10-12 min	20-25 min	45-55 min	75-85 min
M18	10-12 min	25-30 min	55-65 min	100-110 min
M20	12-15 min	30-35 min	70-80 min	100-110 min
M21 Elite	12-15 min	30-35 min	90-100 min	105-135 min

12. Security

The organiser must observe all the safety rules necessary for the preservation of the physical integrity of the competitors. A Security Management Plan must be created for the event.

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

	WOC	WCup	JWOC	WMOC	WRE
Accommodation	7.8, 9.4		7.8, 9.4		
Advertising & sponsorship	33.1, 33.2	33.1, 33.2	33.1, 33.2	33.1, 33.2	33.1, 33.2
Application to organise	4.2, 4.5	4.2, 4.6	4.2, 4.7	4.2, 4.7	4.2, 4.8
Bulletins	8.1–8.7	8.1, 8.2, 8.4–8.6, 8.8	8.1–8.7	8.1, 8.9, 8.10, 8.12, 8.13	8.1, 8.9, 8.11, 8.12, 8.13
Classes	5.7	5.7	5.2, 5.8	5.3, 5.9	5.4, 5.5, 5.6
Control descriptions	18.1–18.4	18.1–18.4	18.1–18.4	18.1–18.4	18.1–18.4
Control proximity & security	19.4, 19.11, 19.12	19.4, 19.11	19.4, 19.11	19.4, 19.11	19.4, 19.11
Costs	7.1–7.9	7.1–7.7, 7.9	2.14, 7.1–7.9	7.1–7.3, 7.5–7.7, 7.9	7.1–7.3, 7.5–7.7, 7.9
Course planning	16.1–16.9	16.1–16.5, 16.7, 16.9	16.1–16.7, 16.10	16.1–16.5, 16.11	16.1–16.4, 16.7
Definition	1.9	1.10	1.11, 2.14	1.12	1.14
Deviations from rules	2.11, 2.12	2.11, 2.12	2.11, 2.12	2.11, 2.12	2.11, 2.12
Eligibility	6.1, 6.2, 9.2	6.1, 6.2, 6.12, 9.2	6.1, 6.2, 9.2	9.2	9.2
Entries	9.1–9.3, 9.5–9.9	9.1–9.3, 9.5–9.9	9.1–9.3, 9.5–9.9	9.1–9.3, 9.16	9.1–9.3
Event Advisers – no of visits	31.9, 31.12	31.9	31.9	31.9	31.9
Event Advisers – costs	7.6, 7.7	7.6, 7.7	7.6, 7.7	7.6, 7.7	7.6, 7.7
Finish Timing	23.5–23.8	23.5–23.8	23.5–23.8	23.5, 23.6	23.5, 23.6
Guidelines/Manuals	2.12	2.12	2.12, 2.14	2.12	2.12
Heats-allocation	12.8		12.8	12.22	
Heats-courses	16.5	16.5	16.5	16.5	16.5
Heats-number	3.7		3.8	12.22	
Jury membership	29.3, 29.10, 29.12	29.3, 29.13	29.3, 29.11, 29.12	29.3, 29.11	29.3, 29.14
Maps	15.1–15.7, 15.10	15.1–15.7, 15.10	15.1–15.7, 15.10	15.1–15.8, 15.10	15.1–15.7, 15.9
Model event	11.1–11.6	11.1–11.5	11.1–11.5	11.1–11.5	11.1–11.5
Participants-number	6.6–6.8	6.11	6.12		
Prizes and titles	25.1–25.4, 25.7–25.10	25.1–25.3, 25.11, 25.12	25.1–25.3, 25.5, 25.7, 25.9, 25.10, 25.13	25.1–25.3, 25.14	25.1–25.3,
Programme	3.1, 3.2	3.1, 3.3–3.5	3.1, 3.6	3.1, 3.9	3.1, 3.11
Qualifying for final	12.10		12.11	12.23, 12.24	

	WOC	WCup	JWOC	WMOC	WRE
Quarantine zones	22.16	22.16	22.16		
Refreshments on courses	19.8, 19.9	19.8, 19.9	19.8, 19.9	19.8, 19.9	19.8, 19.9
Relay teams – after disqualification	22.14				
Relay teams-incomplete and mixed	6.9, 6.10		6.14, 12.18, 24.11		
Relay teams-number	6.9, 6.10		6.13, 24.12		
Replacement of competitors	9.10–9.13	9.10-9.13	9.10–9.13		
Reports	32.1–32.3, 32.5	32.1–32.3,	32.1–32.3,	32.1, 32.2, 32.4	32.1, 32.2
Scoring systems		24.10	24.11–24.13		
Start draw	9.14, 12.2–12.5, 12.7-12.10, 12.12-12.15	12.2, 12.4, 12.9, 12.12	9.15, 12.2–12.4, 12.6-12.9, 12.11-12.15	12.2–12.4, 12.9, 12.12	12.2–12.4
Start interval	12.20	12.19	12.19, 12.21	12.25	12.19
Starting group allocation	9.8, 9.10, 9.14	9.8, 9.10	9.8, 9.10, 9.15		
Starting order	12.2, 12.5, 12.7–12.9, 12.12	12.2	12.2, 12.6–12.8	12.2, 12.9, 12.12	12.2
Team changes	9.7, 9.10-9.13	9.7, 9.10-9.13	9.7, 9.10-9.13		
Team officials’ meetings	13.1–13.3	13.1–13.3	13.1–13.3	13.4	13.4
Team size	6.5	6.11	6.12		
Times-winning and maximum	16.9, 23.12	16.9, 23.10	16.10, 23.10	16.11, 23.10	23.10
Transport	10.1–10.4	10.1, 10.3, 10.4	10.1–10.4	10.4	10.4

Significant changes to the previous printed version (January 2019)

Rule references are to the new January 2020 rules (unless otherwise stated).

- 2.12 IOF Guidelines shall be followed
- 4.8 WRE Approval date moved to 30 November
- 6.2 Reworded: All competitors shall be citizens of the country of the Federation they are representing. They shall be able to provide either a passport or other valid documentation proving their citizenship.
- 6.6 WOC Sprint and Knock-Out Sprint. Regional Champions and World Cup leader added.
- 6.7 WOC Middle distance World Cup leader added.
- 6.8 WOC Long distance World Cup leader added.
- 9.7 WOC JWOC WCup Clarification that “before the event” means before the first race of the event. Clarification that no late team changes are allowed
- 12.8 WCup added to qualification race rule
- 12.11 JWOC runners who do not start in the Middle qualification race may run non-competitively in the lowest final.
- 12.13 WOC JWOC Rule deleted. In the final of a qualification race competition, the starting order is strictly according to placings in the heats and competitors from the same Federation may start consecutively.
- 12.20 WOC Sprint final start interval may be 1 minute or 1.5 minutes.
- 12.23 WMOC Clarification of allocation to Middle distance final
- 12.24 WMOC Clarification of start time allocation for the Long distance final
- 12.25 WMOC 2 minute start interval for Middle A-finals. Wording clarification for heats/finals with few competitors
- 12.26 Rule for all Knock-Out Sprints. Sprint World Ranking (as at midday the day before the first race) is used to resolve ties in qualification heats
- 15.2 Standard map scale for sprint is 1:4000
- 15.9 ROC WRE 1:10000 may be used for Long Distance with the approval of the IOF Event Adviser.
- 17.2 Updated for ISSprOM
- 19.4 For map scales 1:4000 or 1:3000, the minimum running distance between controls is 25 metres and the minimum straight line distance is 15 metres.
- 20.3 Wording about use of backup punch moved here from 20.5.
- 20.5 Clarification that the wording about use of the back-up from the control unit refers to non-contactless IOF-approved punching systems with feedback.
- 20.8 A back-up punching method must be provided
- 21.4 Clarification that GPS watches must have no telecommunication ability
- 21.5 WOC WCup JWOC Competitors are not allowed to carry their own GPS device. Subsequent rule renumbered.
- 21.6 WOC WCup JWOC Competitors shall wear the team clothing of their Federation.
- 23.8 Some form of backup timing shall be used at all IOF events.
- 27.3 If the organiser is unable to make the decision on a complaint, the Event Adviser shall decide in their place
- 28.4 Final sentence about multiple protests removed
- 28.6 Knock-out Sprint Protest time changed to 3 minutes
- 32 Event reports Reporting requirements amended to reflect the fact that bulletins and results are published electronically.
- Appendix 4 Learnjoy punching system is Fully Approved
- Appendix 7 EOC National quotas based on IOF Federation League Table.
- Appendix 10 AsJOC and AsYOC Each Federation may enter a maximum of 6 competitors in each class (increased from 5).
- Appendix 11 OOC in odd years until 2021 and then in even years from 2022