



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 January 2026.
Subsequent amendments will be published on the official IOF web
site at <http://www.orienteering.sport/>

*A vertical line in the left margin indicates a major
change to the previous version (1 January 2025)*

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 sex 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 competitors 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 <i>Federation</i> means a member Federation of the IOF.
	1.7	The term <i>event</i> 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	<i>The World Games (TWG) Orienteering Event</i> 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	<i>The World Orienteering Championships (WOC)</i> 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	<i>The World Cup in Orienteering (WCup)</i> 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	<i>The Junior World Orienteering Championships (JWOC)</i> 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	<i>The World Masters Orienteering Championships (WMOC)</i> 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	<i>The Regional Orienteering Championships (ROC)</i> 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	<i>IOF World Ranking Events (WRE)</i> 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	<i>The IOF World Ranking Scheme</i> is a system to rank the World's Elite Orienteers based on their performances in the World Games, World Orienteering Championships, World Cups, Junior World Orienteering Championships, 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	<i>The IOF Event Adviser</i> 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 <i>IOF Senior Event Adviser</i> is used.

2. General provisions

- 2.1 These rules, together with the Appendices, are 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) take precedence.
- 2.3 These rules are recommended as a basis for national rules.
- 2.4 These rules are valid for 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 are binding for all competitors, team officials and other persons connected with the organisation or in contact with the competitors. Any additional regulations must be published in the final event bulletin.
- 2.7 Sporting fairness must be the guiding principle in the interpretation of these rules by competitors, organisers and the jury.
- 2.8 The English text of these rules must 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 must be followed, e.g. *IOF Anti-Doping Rules*, *IOF Transgender Policy*, *IOF Protocol Guide*, *International Specification for Orienteering Maps*, *International Specification for Sprint Orienteering Maps*, *Principles for Course Planning (Appendix 2)*, *World Ranking Scheme Rules* and *IOF Control Descriptions*.
- 2.11 The IOF Council may allow deviations from these rules and norms. Requests for permission to deviate from them must be sent to the IOF Office at least 6 months prior to the event.
- 2.12 The *IOF Manuals* for each event type must be followed. Significant deviations require the consent of the IOF Event Adviser.
- TWG 2.13 The World Games races must 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 must be organised in accordance with the following principles:
- The best junior orienteers of each Federation must be offered competitions of high technical quality.
 - The event must have a social, rather than a competitive atmosphere, accentuating exchange of experience.
 - The costs of participating must 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 includes 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 includes a qualification and a final race for the Middle distance competition and a single-race Long distance competition and a Relay. The schedule is: 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 includes a qualification and a final race for the Sprint distance competition, a Knock-Out Sprint competition and a Sprint Relay. The programme must be kept within no more than 5 days with at least one rest day.
- 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 and individual competitions.
- WCup 3.4 The IOF Council determines the number and types of World Cup events and any necessary special rules.
- JWOC 3.5 The Junior World Orienteering Championships is an annual event. The programme includes a single-race Sprint competition, a single-race Middle distance competition, a single-race Long distance competition, a Sprint Relay and a Relay as well as an opening ceremony, a closing ceremony and adequate rest and model events. The programme must be kept within no more than 7 days.
- WOC 3.6 In the Sprint, Knock-Out Sprint and Middle distance competitions, there are 3 parallel qualification race heats for both women and men.
- WMOC 3.7 The World Masters Orienteering Championships is an annual event. The programme includes 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 is: 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 3.8 Regional Orienteering Championships take place at least every two years.
- WRE 3.9 The events which are selected to be IOF World Ranking Events are chosen by Federations according to criteria determined by the IOF.

4. Event applications

- 4.1 Any Federation may apply to organise an IOF event.
- 4.2 Applications must be forwarded by the Federation to the IOF Office. The official application form must be used, and the applications must 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 the IOF Council have appointed an organiser. Such applications will be handled in the order they are received and appointed as soon as possible. The 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 must be announced at least six months before the closing date for applications for that event.

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| | 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 must 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 | The provisional appointment of organisers or organising Federations is made by the IOF Council. 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
WMOC | 4.7 | Applications must 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. |
| WRE | 4.8 | The criteria for WREs are stated in the <i>World Ranking Scheme Rules</i> . Applications for events due to take place in January, February or March must reach the IOF at least six months prior to the event date. Applications for other events are due no later than 30 September in the year prior to the event year. All applications must be approved or rejected by the IOF Council no later than two months after the deadline for application. |

5. Classes

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| | 5.1 | Competitors are divided into classes according to their sex 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 W21E and M21E, for women and men respectively. |
| WRE | 5.5 | The W21E and M21E classes may 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. The competition classes are then called W21E1, W21E2... and M21E1, M21E2... |
| WOC
WCup | 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. |
| 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 must be offered: W35, M35, W40, M40, W45, M45, W50, M50, W55, M55, W60, M60, W65, M65, W70, M70, W75, M75, W80, M80, W85, M85, W90, M90. Classes for older orienteers must be offered if there are entrants to these classes. |

6. Participation

- 6.1 A competitor may represent only one Federation at any one time. They must be a citizen of the country of that Federation. They must be able to provide either a passport or other valid documentation proving their citizenship. All competitors must ensure that the Federation they represent is correctly recorded in IOF Eventor.
- 6.2 Requests for change of Federation representation will be checked by the IOF Office and will come into effect on 15th April or 15th November. A competitor may not change their Federation representation more frequently than once every four years.
- | WRE 6.3 Competitors who are citizens of a country which does not have an IOF member, or who are citizens of a country where the IOF Member is suspended, or hold a certified refugee status, may apply to compete as an IOF Independent Athlete (IIA). They must satisfy the requirements for IIA status (including payment of an annual administration fee) as published by the IOF.
- WOC 6.4 Each participating Federation must 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.
- WCup 6.5 Competitors participate at their own risk. Insurance against accidents is the responsibility of their Federation or themselves, according to national regulations.
- JWOC 6.6 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 must be the same for each team and must be at least five.
- | WOC 6.7 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 each format and the current Regional Champions for each format may be entered into the respective competitions by their Federation(s). Where a Region does not hold a Knock-Out Sprint competition, the Regional Sprint Champion may be entered for both competitions. If a Regional Championship in the corresponding format was not held in the past 3 calendar years, then the corresponding World Rankings as at 2 months before the World Orienteering Championships must be used to allocate the extra regional spot to the highest ranked competitor from that region.
- | WOC 6.8 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 may be entered by their Federation(s). If a Middle distance Regional Championship was not held in the past 3 calendar years, then the corresponding World Rankings as at 2 months before the World Orienteering Championships must be used to allocate the extra regional spot to the highest ranked competitor from that region.
- WOC 6.9 For the Long distance competition, the number of competitors per Federation who may enter is limited and is based on results from the previous "forest" 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 the previous "forest" World Orienteering Championships.
- 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 “forest” WOC, only the best 3 (2 or 1) competitors can score points if the Federation is in Division 1 (2 or 3 respectively); any other competitors 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 “forest” 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 competitors to earn points (e.g. if the 2nd highest-scoring Federation in Division 2 outcores 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 place.
- The host Federation is entitled to 3 places irrespective of their division. In addition, the current World Champion for the distance and the current Regional Champions for the distance may be entered by their Federation(s). If a Long distance Regional Championship was not held in the past 3 calendar years, then the corresponding World Rankings as at 2 months before the World Orienteering Championships must be used to allocate the extra regional spot to the highest ranked competitor from that region.

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

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| WOC | 6.10 | 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 competitors from more than one Federation are not allowed. Under no circumstances may persons other than entered competitors participate in the competition. |
| WOC | 6.11 | 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 competitors from more than one Federation are not allowed. Under no circumstances may persons other than entered competitors participate in the competition. |

WCup	6.12	All competitors represent a Federation. 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	6.13	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	6.14	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. In the Sprint Relay, each Federation may enter up to 3 teams. With the approval of the IOF Event Adviser, the maximum number of teams per Federation in the Sprint Relay may be reduced due to course-planning constraints; the reduced number must be published in Bulletin 2.
JWOC	6.15	If a Federation is unable to make up full relay teams, it may form incomplete teams or teams with competitors from other Federations. Teams created under this rule must comply with the other requirements for the format such as sex composition. Under no circumstances may persons other than entered competitors participate in the competition.
JWOC	6.16	Relay teams containing competitors from a mixture of Federations must be named MIX1, MIX2 etc.
WOC WCup	6.17	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 must be kept as low as possible and must be approved by the IOF Event Adviser.
	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 must 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 must be accepted by the organiser if possible, and may be charged an additional fee.
WOC WCup JWOC	7.4	The following applies 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 name changes. Refunds must 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 must include these costs.
	7.6	The travelling costs of the IOF appointed Event Adviser and Assistant/s, to and from the venue, are 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.
WRE	7.7	All costs of IOF Event Advisers and Assistants appointed by a Federation must be paid by the organiser or the Federation according to national agreements.

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| WOC
JWOC | 7.8 | Unless there is good standard accommodation and food at a low price, different standards of accommodation and food must 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 must 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

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| | 8.1 | All information and ceremonies must be at least in English. Official information must 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 must be given in the form of bulletins. Bulletins must be published in PDF format via IOF Eventor. Notification that Bulletin 3 has been published must be sent by e-mail to all participating Federations. If further information is necessary, it must be given to all appropriate Federations. |
| WOC
WCup
JWOC | 8.3 | <p>Bulletin 1 (preliminary information) must include the following information:</p> <ul style="list-style-type: none"> • organiser and the names of the event director, IOF 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
WCup
JWOC | 8.4 | <p>Bulletin 2 (invitation) must include the following information:</p> <ul style="list-style-type: none"> • all information given in Bulletin 1 • details of entry procedure and accommodation booking • 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, if offered by the organiser. • 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 • directions for the registration of media representatives and any extra representatives of the Federations |
| WOC | | <ul style="list-style-type: none"> • maximum number of officials per team |

WOC WCup JWOC	8.5	Bulletin 3 (event information) must include the following information: • all information given in Bulletins 1 and 2 that is still relevant • any personal starting places that apply • 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 starting groups • details of the terrain • any permitted deviations from the rules • all Special Rules relevant to the event • location, telephone number and e-mail address of the event office • details of accommodation and food • any mandatory transport arrangements • the length, total climb, number of controls and number of refreshment controls on each individual course and, for relays, on each leg These details do not have to be included for Sprint format races. • team officials' meetings (online or in-person or hybrid) • the exact location of each competition area and finish arena
WOC WCup JWOC	8.6	Bulletin 4 (additional event information) must be published at least 3 days before the first race of the event and must include final details of event information including: • all information given in Bulletins 1, 2 and 3 that is still relevant • any anti-doping requirements • 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 (if set) • summary of entries received • names and Federations of jury members or Referees • how to reach the quarantine zones and the times when competitors and officials must be inside them • diagrams showing the arena layouts
WOC JWOC	8.7	Bulletin 1 must be published 24 months before the event, Bulletin 2 must be published 12 months before the event and Bulletin 3 must be published 3 months before the event.
WCup	8.8	Bulletin 1/2 must be published 12 months before the event and Bulletin 3 must be published 2 months before the event.
WMOC WRE	8.9	Information from the organiser must be given in the form of two bulletins. Bulletins must be available on the internet via the IOF web site. Bulletin 2 is made available to all competitors.
WMOC	8.10	Bulletin 1 must be available 18 months before the event. Bulletin 2 must be available 1 month before the event.
WRE	8.11	Bulletin 1 must be available 4 months before the event. Bulletin 2 must be available 1 week before the event.
WMOC WRE	8.12	Bulletin 1 (preliminary information and invitation) must include the following 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

- how to enter the event
 - latest date for entries
 - entry fee for competitors and how this fee should be paid
 - latest date for the payment of the entry fees
 - types and cost of any accommodation and food, if offered by the organiser
 - 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
 - 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
WMOC
- WMOC 8.13 WRE Bulletin 2 (event information) must include the following information:
- all information given in Bulletin 1 that is still relevant
 - a detailed programme of the event
 - where and when start lists will be published
 - details of the terrain
 - summary of entries received
 - any permitted deviations from the rules
 - location, telephone number and e-mail address of the event office
 - transport arrangements, parking etc.
 - the length, total climb, number of controls and number of refreshment controls on each course
 - 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 (if set)
 - names and Federations of jury members
- ROC 8.14 Bulletins for the European Orienteering Championships must follow the rules for World Cup bulletins.
Bulletins for other Regional Championships must follow the rules for World Ranking Event bulletins.

9. Entries

- 9.1 Entries must be submitted according to the instructions given in the Bulletins. At least the following details must be supplied for each competitor: family name and first name, sex, year of birth, Federation. The names of the team officials must be supplied. Late entries must be accepted by the organiser if possible, and may be charged an additional fee.
- 9.2 A competitor may only enter one class in any one competition.
- 9.3 The organiser may exclude competitors or teams from starting if their entry fee is not paid and no agreement has been reached about payment.
- WOC 9.4 Reservations and reservation fees for accommodation must reach the organiser at the times specified in Bulletin 2.
- JWOC
- WOC 9.5 Competitors may only be selected and entered by their Federation.
- WCup
- JWOC

WOC WCup JWOC	9.6	Entries giving the total number of competitors of each sex, 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 must reach the organiser by the <i>team size deadline</i> which must not be earlier than 2 months before the event.
WOC WCup JWOC	9.7	Each competitor's name and sex and the names of the team officials must reach the organiser by the <i>team names deadline</i> which must 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, must reach the organiser by the <i>competition entry deadline</i> which must 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 must reach the organiser by the <i>competition entry deadline</i> which must not be earlier than 12 noon on the day before a relay competition.
WOC WCup 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. If the competitor to be replaced was placed in the start list according to their previous performance (e.g. World Ranking, World Cup points, previous WOC placing) the new competitor must be placed in the start list in the least advantageous position, irrespective of their own previous performance. This is usually as the very first starter, or the very last starter for sprint and knock-out sprint qualification races. The start times of other competitors must not be changed, even if there are then gaps in the start list. 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 must 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 must 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 (other than Knock-Out Sprint) each Federation must allocate its competitors to 3 starting groups (early, middle, late).
JWOC	9.15	In each individual competition each Federation must allocate its competitors to 3 starting groups (early, middle, late)
WMOC	9.16	The final closing date for entries must be no earlier than 6 weeks before the start of the event.
WOC WCup JWOC	9.17	When Federations are asked to allocate their competitors to starting groups, a Federation must allocate its competitors as evenly as possible numerically across the starting groups. That means either each starting group has the same number of competitors from that Federation, or the number of competitors from that Federation in each group differs by at most one. If a Federation fails to allocate its competitors to starting groups, the organiser must decide the allocation.

10. Travel and transport

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|---------------------|------|--|
| WOC
WCup
JWOC | 10.1 | Each Federation is responsible for organising its own travel. |
| WOC
JWOC | 10.2 | On request, the organiser must 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 must 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

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|-----------------------------|------|---|
| WOC
WCup
JWOC
WMOC | 11.1 | Training opportunities must 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 must put on a model event to demonstrate the terrain type, map quality, control features, control set-up, refreshment points, special terrain features, layout of artificial barriers, marking of Out-of-Bounds areas and marked routes. |
| WOC
WCup
JWOC
WMOC | 11.3 | Competitors, team officials, IOF officials and media representatives must be offered the opportunity to participate in the model event. |
| WOC
WCup
JWOC
WMOC | 11.4 | If deemed necessary by the IOF Event Adviser, further model events must be organised. |
| WOC
WCup
JWOC
WMOC | 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 must be offered to all Federations. The organiser must 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. |
| WRE | 11.7 | There is no requirement for a model event to be organised. |

12. Starting order, heat allocation and qualification

- | | | |
|--|------|---|
| | 12.1 | In an <i>interval start</i> , the competitors start singly at equal start intervals. In a <i>mass start</i> , all competitors in a class start simultaneously; in relays this applies only to the team members running the first leg. In a <i>chasing start</i> , the competitors start singly at start times and intervals determined by their previous results. |
| | 12.2 | The starting order must 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 must be published on or before the day prior to the race 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 must be published at least one hour before the first start. |

- 12.4 The names of all competitors and teams correctly entered must be drawn, even if a competitor has not arrived. Entries without names (blanks) are not considered for the draw.
- WOC
WCup 12.5 For an interval start other than finals of qualification race competitions, the starting order must be drawn in groups.
Within each group the start order is randomised and Rule 12.7 applies. For a qualification race (other than Knock-Out Sprint) there must be three starting groups (early, middle, late).
For a single-race competition the groups will be based on the corresponding IOF Rankings as published at 12 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 competitors.
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 competitors.
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 competitors with the same World Ranking points is determined by the toss of a coin.
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.
In the Sprint and Knock-Out Sprint Qualification race, the starting order is based on the order of the Sprint World Ranking as published at 12 noon the day before first race of the event (best start first).
- JWOC 12.6 For an interval start other than finals of qualification race competitions, the starting order must be drawn at random. The draw must be made normally in three starting groups (early, middle, late). Rule 12.7 applies.
- WOC
WCup
JWOC 12.7 For an interval start, competitors from the same Federation must not start consecutively. If they are drawn to start consecutively, the next competitor drawn must 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 must be inserted between them. Where the starting order is not random but based on merit, then the draw is considered to start with the best competitor and end with the lowest-ranked competitor.
- WOC
WCup 12.8 In qualification race competitions, the start draw for the qualification races must be made so that each of the following requirements is satisfied:
- as far as possible, the heats must be equally strong
 - competitors from the same Federation must not start at consecutive times if they are in the same heat (Rule 12.7)
 - the allocation of competitors to the different heats must 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 must start at each start time, with the possible exception of the last start time
- or
- competitors must start at intervals in heat order (e.g. if there are three heats Heat 1, Heat 2, Heat 3, Heat 1, Heat 2 etc).

- 12.9 In qualification race competitions, if two or more competitors tie for a place in a final, all of them 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 competitor from Federations which do not have a competitor in the first 15 of any heat, considered in the order of their placing in the qualification race heats (If two competitors 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 competitors 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), a competitor must have been within 100% of the heat winner's time in their qualification race.
- 12.11 In qualification race competitions (other than Knock-Out Sprint), the starting order of the finals (other than chasing start finals) must be the reverse of the placings in the qualification race heats; the best competitors start last. Ties must be decided by drawing lots. e.g. if two competitors tie for 6th place in heat 1, a coin may 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 start in the sequence of the number of their heat, i.e. 1, 2, 3...; the winner of the highest numbered heat therefore starts last. For World Championship and World Cup competitions Rule 12.7 applies.
- 12.12 Before mass start draws, each of the various course combinations must be allocated to start numbers. The course combinations must remain secret until after the last competitor has started.
- WOC 12.13 In qualification races, the heat allocation of each competitor must be drawn under the supervision of the IOF Event Adviser.
- WOC 12.14 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 of the three-character IOF Federation code. Teams other than a Federation's first team must have a higher start number than all Federations' first teams. Third teams must have a higher start number than second teams, etc. Amongst the group of second, third and fourth teams, start numbers shall be allocated alphabetically according to the IOF 3-letter Federation code. Any incomplete and teams with a mixture of Federations must be given the highest start numbers. The allocation of the various course combinations to start numbers must be supervised by the IOF Event Adviser. The allocation must be kept secret until after the last competitor has started.
- WOC 12.15 In the Sprint Relay the first and last legs must be run by women.
- WOC 12.16 Incomplete relay teams and teams with competitors from more than one Federation start at the same time as the official relay start.
- 12.17 For an interval start, the start interval is 1 minute for Sprint, 2 minutes for Middle distance and 2 minutes or 3 minutes for Long Distance.

- WOC 12.18 The start interval in the Long distance competition is 3 minutes. The start interval in the Middle distance qualification is 3 minutes. The start interval in the Middle distance final is 2 minutes. The start interval in the Sprint qualification and Sprint final is 1 minute or 1.5 minutes. 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 12.19 The start interval in the Long distance and Middle distance competitions is 2 minutes, unless there are more than 180 competitors in a class, in which case the start interval may be 1.5 minutes.
- WMOC 12.20 For the qualification races, the competitors of each class are allocated to parallel heats by a random draw. The heats of one class must be as equal in size as is mathematically possible and no heat may have more than 80 competitors. There must 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 any competitors who have won any medal in any class in any format at any of the three most recent previous WMOCs, must be distributed as equally as possible among the heats.
- WMOC 12.21 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 must be equal and must 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 fewer than 20 competitors would be allocated to the lowest ranked final (regardless of any ties that might occur), they must be transferred to the next final up.
If, towards the bottom of the results, all the placed competitors in one or more heats have been allocated to a final, the allocation continues with placed competitors from the other heats, place by place, until that final has at least 80 or until all the placed competitors have been allocated.
 - If there are from 20 to 160 entrants, then they must 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 compete in the A-final.
- If two or more competitors tie for a place in a final, all of them must qualify for that final.
- Competitors who start but are not placed, or who did not start, in a qualification race must be allocated to the lowest ranked final of their class. They must all start in random order before the competitors in that final who were placed in their qualification race. If there is only one final, they appear in the result list for that final as not placed. If there is more than one final, they are competitive in the lowest ranked final.
- WMOC 12.22 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.
- First, any competitors who have not entered the Long distance competition 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 is 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	

For the purposes of this rule, any competitors who start but are not placed, or who did not start, in the Middle distance final are regarded as finishing last in that Middle distance final.

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 would otherwise have failed to qualify for the A-final are then added to the A-final as extra starters. If any did not start in the Middle distance final, their guaranteed place is simply lost.

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

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

WMOC 12.23 The start intervals for the races are:

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

However, 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).

| WOC
WCup
ROC
WRE

12.24 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 competitors in each heat will qualify for the quarter-finals. Quarter-finals: There are 6 quarter-finals with 6 competitors in each. They each have a mass start.

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

- a) The qualified competitors will be responsible for choosing their quarter-finals heat in the following order 7th → 12th (i.e. 3H3, 3H2, 3H1, 4H3, 4H2, 4H1), 6th → 1st (i.e. 2H1, 2H2, 2H3, 1H1, 1H2, 1H3) and 13th → 36th (i.e. 5H3, 5H2, 5H1, ... 12H1) based on the qualification results.
- b) Qualified competitors 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 must be approved by the IOF Event Adviser and must be published in the final Bulletin.

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

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

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

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

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

In the event of a tie for any qualification place in any round, the tied competitors will all be promoted to the next round. For the purposes of allocation to the next round, they must be ordered by a coin toss within each heat.

If there are fewer finishers in any round than there are places available in the succeeding round, the relevant place(s) must be left vacant in the succeeding round. The time schedule of all rounds must be agreed between the organisers and the SEA. 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. Where a competition only has Semi-Final and Final(s) Knock-Out rounds then the allocation to Semi-Finals is as below (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.

SF1	SF2	SF3
1H3 (1)	1H1 (2)	1H2 (3)
2H2 (6)	2H3 (5)	2H1 (4)
3H3 (7)	3H1 (8)	3H2 (9)
4H1 (12)	4H2 (11)	4H3 (10)
5H2 (13)	5H3 (14)	5H1 (15)
6H1 (18)	6H2 (17)	6H3 (16)

One or more extra competitors may be promoted to the next round due to ties or where their failure to qualify was due to something outside of their control. If automatic allocation is used, the extra competitors must be allocated randomly to the heats of the next round. If there is more than one extra competitor, they must be spread as evenly as possible across the heats of the next round.

If qualified competitors are responsible for choosing their quarter-finals heat and there are one or more extra competitors, then each heat will temporarily offer 7 starting spots instead of the usual 6. Once the number of extra spots taken equals the number of additional qualifiers, the remaining heats will revert to offering only 6 spots.

- | WRE 12.25 The following variations, to the Knock-Out Sprint competition format in 12.24, are permitted:
- Three Final races:
Competitors ranked 1 or 2 in each of the Semi-finals 1, 2 and 3 progress to the Final. Competitors ranked 3 or 4 in each of the Semi-finals 1, 2 and 3 progress to the B-Final. Competitors ranked 5 or 6 in each of the Semi-Finals 1, 2 and 3 progress to the C-Final.
 - An Individual Race with a timed start for competitors who did not qualify for the knock-out section.
 - Even if there are 45 or more entered, with the approval of the IOF Event Adviser, the number of qualification heats may be reduced and/or the quarter-final round may be omitted.

13. Team officials' meeting

- | WOC 13.1 The organiser must hold a team officials' meeting before each competition. This meeting must normally start no later than 19.00 hours. The IOF Event Adviser must lead or supervise the meeting. One meeting may cover several competitions.
- WCup
JWOC
- | WOC 13.2 The competition information (transport schedule, changes or additions to Bulletin 4 etc.) must be published before the meeting starts.
- WCup
JWOC
- | WOC 13.3 Team officials must have the opportunity to ask questions during the meeting. Any extra information given in the meeting must be published electronically soon afterwards.
- WCup
JWOC

WMOC 13.4 There are no team officials' meetings.
WRE

14. Terrain

- 14.1 The terrain must be suitable for setting competitive orienteering courses and must match the criteria described in Appendix 6.
- 14.2 The competition terrain must 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 must be embargoed as soon as it is decided. If that is not possible, then arrangements for access to the terrain must be published as soon as possible.
- 14.4 Permission for access into embargoed terrain must be requested from the organiser if needed.
- 14.5 Any rights of nature conservation, forestry, hunting, etc. in the area must be respected.

15. Maps

- 15.1 Maps, course markings and additional overprinting must 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 must be 1:15000. The map scale for Middle distance races and for Relays must be 1:10000. The map scale for Sprint (including Sprint Relays) must be 1:4000.
- 15.3 Maps must be protected against moisture and damage.
- 15.4 If a previous orienteering map of the competition area exists, links to a high-resolution version of the most recent edition must be made available for all competitors prior to the competition.
- 15.5 If there is no quarantine, the use of any map of the day's competition area by competitors or team officials is prohibited at the competition venue until permitted by the organiser. The organiser may make further restrictions of map usage which must be published in the final Bulletin.
- 15.6 The competition map must not be larger than required by a competitor to run the course. The map area must include all reasonable route choices.
- WMOC 15.7 The map scale for Middle and Long distance races must be 1:10000 or 1:7500, except for the classes M80 and W80 and older where (if approved by the IOF Event Adviser) 1:5000 may be used. The map scale for Sprint must be 1:4000 or 1:3000.
- ROC 15.8 For Long distance races the map scale must be 1:15000 or (if approved by the IOF Event Adviser) 1:10000.
- WRE 15.9 For Long distance races the map scale must be 1:15000 or (if approved by the IOF Event Adviser) 1:10000. For Middle distance races the map scale must be 1:10000 or (if approved by the IOF Event Adviser) 1:7500. For Sprints the map scale must be 1:4000 or (if approved by the IOF Event Adviser) 1:3000.
- WOC 15.10 The IOF and its member Federations have the right to reproduce the event maps with courses in their official magazines or on their websites without having to pay a fee to the organiser.
WCup
JWOC
WMOC

16. Courses

- 16.1 The IOF *Principles for Course Planning* (see Appendix 2), and the competition format descriptions (see Appendix 6) must be followed.
- 16.2 The standard of the courses must be worthy of an international orienteering event. The navigational skill, concentration and running ability of the competitors must be tested. All courses must call upon a range of different orienteering techniques.
- 16.3 The course lengths must 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.), out-of-bounds areas and marked routes.
- 16.4 The total climb must be given as the climb in metres along the shortest sensible route.
- 16.5 For qualification races, the courses for the parallel heats must be as nearly as possible of the same length and standard.
- WOC
WCup
JWOC 16.6 In relay competitions, the controls must be combined differently for the teams, but all teams must 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 must 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 must run the same overall course, except when “Course Choice” forking is used in Knock-Out Sprint (whereby each competitor 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 must be used for the women’s and the men’s courses in final races if the races are being run at the same time.
- 16.9 Where the winning time is expressed as an interval, the course must be planned with the aim of achieving a winning time at the middle point of the interval.
- | WOC
WCup 16.10 The courses must be set to give the following winning times in minutes:
- | women | men | |
|--------|--------|------------------------------------|
| 88-92 | 88-92 | 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, overall winning time |
| 30-40 | 30-40 | Relay for each leg |
| 90-105 | 90-105 | Relay, overall winning time |
| 8-10 | 8-10 | Knock-Out Sprint qualification |
| 5-8 | 5-8 | Knock-Out Sprint mass-start races |
- JWOC 16.11 The courses must be set to give the following winning times in minutes:
- | women | men | |
|--------|--------|-----------------------------|
| 70 | 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, overall winning time |
- WMOC 16.12 The courses must be set to give the following winning times in minutes:
- | Class | Middle/Long
qualification
race | Middle
final | Long
final |
|-------|--------------------------------------|-----------------|---------------|
| W35 | 50 | 30-35 | 70 |
| W40 | 50 | 30-35 | 65 |

W45	45	25-30	60
W50	45	25-30	55
W55	40	25-30	50
W60	40	25-30	50
W65	40	25-30	50
W70	35	25-30	50
W75	35	25-30	50
W80	35	25-30	45
W85	35	25-30	45
W90	30	25-30	40
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	35	25-30	50
M75	35	25-30	50
M80	35	25-30	45
M85	35	25-30	45
M90	30	25-30	40

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

- | WRE 16.13 The courses must be set to give the following winning times in minutes:

women	men	
88-92	88-92	Long distance
30-35	30-35	Middle distance
12-15	12-15	Sprint
8-10	8-10	Knock-Out Sprint qualification
5-8	5-8	Knock-Out Sprint mass-start races

17. Restricted areas and routes

- 17.1 Rules set by the organising Federation to protect the environment and any related instructions from the organiser must be strictly observed by all persons connected with the event.
- 17.2 Out-of-bounds or dangerous areas, forbidden routes, line features that must not be crossed, etc. must be marked on the map. Where they are not obvious to the competitor, they must also be marked on the ground. Competitors must 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 Uncrossable cliff

ISSprOM 301 Uncrossable body of water

ISSprOM 307 Uncrossable marsh

ISSprOM 411 Uncrossable vegetation

ISSprOM 512.1 Bridge or tunnel entrance (Competitors may only pass under this feature)

ISSprOM 515 Uncrossable wall

ISSprOM 518 Uncrossable fence or railing

ISSprOM 520 Area that shall not be entered
ISSprOM 521 Building
ISSprOM 529 Prominent uncrossable 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 must be marked clearly on the map and on the ground. Competitors must follow the entire length of any marked section of their course.

18. Control descriptions

- 18.1 The precise location of the controls is defined by control descriptions.
- 18.2 The control descriptions must 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, must be fixed to or printed on the front side of the competition map.
- 18.4 For interval start competitions, separate control descriptions for each competitor on each course must be available in the start lanes, but must not be available before that point.

19. Control set-up and equipment

- 19.1 The control point shown on the map must be clearly marked on the ground and be equipped to enable the competitors to prove their passage.
- 19.2 Each control must be marked by a control flag consisting of three squares, about 30 cm x 30 cm, arranged in a triangular form. Each square must be divided diagonally, one half being white and the other orange (PMS 165).
- 19.3 The flag must be hung at the feature indicated on the map in accordance with the control description. The flag must be visible to competitors when they can see the described position.
- 19.4 For map scales 1:15000, 1:10000 or 1:7500, controls (including the start control flag) must not be sited within 30 metres of each other. When the control features are similar (not distinctly different in the terrain and/or not distinctly different on the map), the minimum straight-line distance between controls is 60 metres.
For Sprint 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 must be sited so that the presence of a person punching does not significantly help nearby competitors to find the control.
- 19.6 Each control must be identified with a code number, which must be fixed to the control so that a competitor using the punching unit can clearly read the code. Numbers less than 31 must not be used. The figures must be black on white, between 1.5 and 10 cm in height and have a line thickness of at least 2 mm. Horizontally-displayed codes must 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 must be a sufficient number of punching units in the immediate vicinity of each flag.
- 19.8 If the estimated winning time is 30 minutes or more, refreshments must be available at least every 25 minutes at the estimated speed of the winner.
- 19.9 At least pure water of suitable temperature must be offered as refreshment. If different refreshments are offered, they must be clearly marked.

- WOC
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- 19.10 If the estimated winning time is 60 minutes or more, then WADA-compliant sports drink must be offered, in addition to pure water.
- 19.11 All controls for which there are security concerns must be guarded.
- WOC
- 19.12 All controls must be guarded.
- 19.13 If, during the race, the organiser is made aware of a problem with a control or a course (such as a failed punching unit, incorrect positioning of the control unit or a blocked passageway) the organiser should make every effort to correct the problem as quickly as possible. After the race has ended, the organiser must consider the effect of the problem on the fairness of the results and then take any necessary action. Such action could include voiding the results.

20. Punching systems

- 20.1 Only IOF approved electronic punching systems may be used, as per Appendix 4.
- 20.2 Competitors must have the possibility of practising with the electronic punching system at the model event or elsewhere.
- 20.3 Competitors are responsible for punching their control card at each control using the punching unit provided. If one unit is not working, or appears not to be working, a competitor must use the backup provided and will not be placed 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 must not be placed 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 not be placed.
- 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 not be placed, 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 must be recorded as having punched that control correctly and the fee will be returned; otherwise the fee is retained by the organiser.
- 20.6 Competitors who lose their control card, omit a control or visit controls in the wrong order must not be placed.
- 20.7 If two contactless control cards are used, then both must be carried on the same arm. If there are missing punches in the first card that is read out, then punches from the two cards must be merged to form the punching record.
- 20.8 A back-up punching method must 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 unit.
- 20.9 When contactless punching is used, the last control may have a punching unit with a longer-range than standard and this must be stated in the final bulletin.

21. Equipment

- 21.1 As long as the rules of the organising Federation do not specify otherwise, the choice of clothing and footwear is free.
- 21.2 The organiser may decide that competitors must wear start numbers. Start number bibs must be clearly visible and fixed as prescribed by the organiser. The bibs must not be larger than 25 cm × 25 cm. The number bibs must not be folded or cut.
- 21.3 During the competition the only navigational aids that competitors may use or carry are the map and control descriptions provided by the organiser, and a compass.
- 21.4 Competitors must not use or carry communication devices that can transmit or receive information, to or from a remote source, between entering the quarantine zone (or the start area if there is no quarantine zone) 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 are not used for communication or navigation. However, the organiser has the right to specifically forbid the use of such equipment.
The organiser may require competitors to carry a tracking device and/or a GPS data logger.
- 21.5 Competitors must wear the team clothing of their Federation.

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22. Start

- 22.1 In individual competitions, the start is normally an interval start. In relay competitions, the start is normally a mass start.
- 22.2 In qualification race competitions (other than Knock-Out Sprint), the first start in the finals must be at least 2.5 hours after the last start in the qualification races.
- 22.3 All competitors must have at least 45 minutes for undisturbed preparation and warm-up at the start area or quarantine. Between the Semi-Final and Final stages of a Knock-Out Sprint, this time may be reduced. Only competitors who have not started and team officials must 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 must be displayed there. 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 must be displayed.
- 22.6 The start must 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 must be a marked route from the time start to the point where orienteering begins.
- 22.7 Competitors take or open 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 must 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 must be shown on the map with the start triangle and marked in the terrain by a control flag but no punching unit.

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22.9 Competitors who are late for their start time must be permitted to start. Their new start time must be recorded.

- In a mass or chasing start, the competitor must 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 must 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 must start at the next available half start interval.

22.10 Competitors who are late for their start time through no fault of the organiser must 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 must be timed from their new start time.

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JWOC 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.

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WCup
JWOC 22.12 Correct and timely relay changeover is the responsibility of the competitors, even when the organiser arranges an advanced warning of incoming teams.

WOC
WCup
JWOC 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 must be allowed to start.

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

22.16 The organiser may define one or more quarantine zones to prevent those who have not started gaining information about the courses. A quarantine zone is defined as a secure area where communication with the outside world by any person in the quarantine zone is forbidden, except for officials authorised to do so by the event organiser. The organiser defines times when competitors and team officials must be inside the quarantine zone. The organiser must provide adequate facilities (toilets, refreshment, shelter etc.) for those waiting in the quarantine zone. If a person attempts to enter the quarantine zone after the deadline, they may be refused entry. Competitors and team officials must not take communication devices that can transmit or receive information into a quarantine zone other than a GPS device as set out in rule 21.4.

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 must be bounded by tape, by rope or by fence. The last 20 m must be straight.

23.3 The finish line must 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 must be at right angles to the direction of the run-in. The exact position of the finish line must be obvious to approaching competitors.

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

- 23.5 The finishing time must 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 must be mounted between 0.5 metres and 1.25 metres above the ground
 - when a transponder, carried by the competitor, crosses the finish line
- In interval start races, times must be rounded down to whole seconds. Times must be given in hours, minutes and seconds or in minutes and seconds only. In races with mass or chasing starts, the results may show tenths of a second in order to correctly represent how competitors crossed the finish line.
- 23.6 The timekeeping systems must measure times of competitors in the same class, relative to each other, with an accuracy of 0.5 seconds or better.
- WOC
WCup
JWOC 23.7 In interval start races, an electronic finish timing system must be used, allowing the competitor to finish by running across the finish line.
- 23.8 Two independent timekeeping systems, a primary and a secondary, must be used continuously throughout the competition.
- 23.9 In competitions with mass or chasing starts, finish judges must rule on the final placings based on the order that the competitors' chests cross 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 must be medical facilities and personnel at the finish, who are also equipped to work in the forest.
- WOC 23.12 The maximum running times are:
- Sprint, 50 minutes for women and men
 - Middle distance, 90 minutes for women and men
 - Long distance, 4 hours for women and 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 Competitors who correctly complete the course are placed in order in the results. Those who fail to correctly complete the course are shown at the end of the results with no placing and with a reason (e.g. mispunched, retired, disqualified).
- 24.2 Provisional results must be announced and published in the finish area or the assembly area during the competition.
- 24.3 The official results must be published on the internet no more than 4 hours after the latest allowable finishing time of the last starter. They must be electronically submitted to the IOF on the day of the race.
- 24.4 If the finals of a qualification race competition take place on the same day as the qualification races, the results of the qualification races must be published no more than 30 minutes after the latest allowable finishing time of the last starter.
- 24.5 The official results must include all participating competitors. In relays, the results must include the competitors' names in running order and times for their legs.
- 24.6 If an interval start is used, two or more competitors having the same time must be given the same placing in the results list. The position(s) following the tie must remain vacant.

	24.7	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.														
	24.8	In relays where there are mass starts for later legs, the sum of the individual times of the team members determines 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.														
	24.9	Competitors or teams who exceed the maximum time, are not placed.														
WCup	24.10	In the World Cup, competitors' results in their best competitions count for their total score. There is also a Team World Cup competition based on scores from the individual and relay competitions. The details of the scoring system are determined by the IOF Council at least 4 months prior to the first event.														
WCup JWOC	24.11	The results of incomplete teams and teams with competitors from more than one Federation (if allowed) are not considered in determining the placings in relay competitions and must appear at the end of the results with no placing.														
WCup JWOC	24.12	If a Federation is represented by more than one team in a relay class, only the team with the best result is considered in determining the placings. The second and subsequent teams to finish from a federation appear on the results in time order (i.e. as they crossed the line) but without a placing.														
JWOC	24.13	A <i>team score</i> is calculated for each Federation (to place the Federations in a <i>team competition</i>) by adding the placings of each Federation's three best competitors in all three individual competitions for men and women, the official placings—multiplied by three—of its placed men's and women's relay teams and the official placing—multiplied by six—of its best-placed sprint relay team. If a Federation has fewer than three finishers in any individual competition, every missing competitor is treated as though they finished one place behind the last finisher. If a Federation has no place in the relay competitions, it is treated as if they finished one place behind the last official placed team. The lowest score wins.														
	24.14	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).														
WOC WCup ROC WRE	24.15	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: <table><tr><td>1st – 6th rank</td><td>based on the finishing order in the Final and if required based on their respective ranking in the previous elimination rounds on count back.</td></tr><tr><td>7th – 9th rank</td><td>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.</td></tr><tr><td>10th - 12th rank</td><td>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.</td></tr><tr><td>13th – 15th rank</td><td>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.</td></tr><tr><td>16th – 18th rank</td><td>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.</td></tr><tr><td>19th rank</td><td>the 4th place finisher from each heat in the Quarter-final</td></tr><tr><td>25th rank</td><td>the 5th place finisher from each heat in the Quarter-final</td></tr></table>	1 st – 6 th 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.	7 th – 9 th rank	the 3 rd place finisher from each heat in the Semi-final and based on their respective ranking in the previous elimination round. Ties are possible.	10 th - 12 th rank	the 4 th place finisher from each heat in the Semi-final and based on their respective ranking in the previous elimination round. Ties are possible.	13 th – 15 th rank	the 5 th place finisher from each heat in the Semi-final and based on their respective ranking in the previous elimination round. Ties are possible.	16 th – 18 th rank	the 6 th place finisher from each heat in the Semi-final and based on their respective ranking in the previous elimination round. Ties are possible.	19 th rank	the 4 th place finisher from each heat in the Quarter-final	25 th rank	the 5 th place finisher from each heat in the Quarter-final
1 st – 6 th 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.															
7 th – 9 th rank	the 3 rd place finisher from each heat in the Semi-final and based on their respective ranking in the previous elimination round. Ties are possible.															
10 th - 12 th rank	the 4 th place finisher from each heat in the Semi-final and based on their respective ranking in the previous elimination round. Ties are possible.															
13 th – 15 th rank	the 5 th place finisher from each heat in the Semi-final and based on their respective ranking in the previous elimination round. Ties are possible.															
16 th – 18 th rank	the 6 th place finisher from each heat in the Semi-final and based on their respective ranking in the previous elimination round. Ties are possible.															
19 th rank	the 4 th place finisher from each heat in the Quarter-final															
25 th rank	the 5 th place finisher from each heat in the Quarter-final															

31 st rank	the 6 th place finisher from each heat in the Quarter-final
37 th rank	the 13 th place finisher from each qualification heat
40 th rank	the 14 th place finisher from each qualification heat
43 rd rank	the 15 th place finisher from each qualification heat
46 th rank	the 16 th place finisher from each qualification heat
etc.	etc.

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

Any ties for positions 13th onwards in the qualifications heat will make the immediate subsequent ranking lower than stated above.

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

Exceptionally, an issue in an earlier race may result in one or more extra competitors being promoted to the next round, so that there are 7 or more competitors in a Quarter-final, Semi-final or the Final. In that case those placed 7th or below in that round are given those finishing positions in the results of the race and have that finish position recorded on any diploma, but are awarded any prize money, any World Cup points and overall Knock-Out Sprint results as though they had finished equal 6th.

WRE 24.16 Where there are three final races in a Knock-Out Sprint, A, B and C, the final result list will be made as follows:

1 st – 6 th rank	based on the finishing order in the A-final and if required based on their respective ranking in the previous elimination rounds on count back.
7 th – 12 th rank	based on the finishing order in the B-final and if required based on their respective ranking in the previous elimination rounds on count back.
13 th – 18 th rank	based on the finishing order in the C-final and if required based on their respective ranking in the previous elimination rounds on count back.

Further positions are determined by positions in the Individual race for those who did not qualify for the knock-out section, or else on results from the Quarter finals and qualification heats (as in 24.15) if there was no extra Individual race.

25. Prizes

25.1 The organiser must arrange a dignified prize-giving ceremony.

25.2 Prizes for men and women must be equivalent.

25.3 If two or more competitors have the same placing, they must each receive the appropriate medal and/or diploma.

WOC 25.4 The title of World Champion is awarded in the following eleven separate competitions:

• women, Sprint	• men, Sprint
• women, Middle distance	• men, Middle distance
• women, Long distance	• men, Long distance
• women, Relay	• men, Relay
• women, Knock-Out Sprint	• men, Knock-Out Sprint
• Sprint Relay	

- JWOC 25.5 The title of Junior World Champion is 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
- ROC 25.6 The title of Regional Champion may 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
- WOC JWOC 25.7 The following prizes are awarded in all competitions:
- 1st place Gold medal (plated) and diploma
 - 2nd place Silver medal (plated) and diploma
 - 3rd place Bronze medal (plated) and diploma
 - 4th-6th place diploma
- Medals and diplomas are supplied by the IOF.
- WOC 25.8 The prize-giving ceremonies must be performed by the representatives of the organising Federation and the IOF.
- WOC WCup JWOC 25.9 In the relays, each individual member of the team must receive the appropriate medal and/or diploma.
- WOC JWOC 25.10 During the prize-giving ceremony, the national flags of the first 3 competitors or teams must be flown and the national anthem of the winner must be played.
- WCup 25.11 In each individual competition the first 3 competitors per class and in each relay competition the first 3 teams receive prizes provided by the organiser. The first 6 competitors and the first 6 teams receive diplomas provided by the IOF.
- WCup 25.12 The first competitors in both classes in the overall Individual World Cup score lists after the last event receive trophies provided by the IOF. The first 3 competitors receive medals provided by the IOF. The first 6 competitors receive diplomas provided by the IOF. The winning Federation of the Team World Cup receives a prize provided by the IOF.
- JWOC 25.13 The winning Federation of the overall team competition (according to rule 24.14) receives a prize provided by the IOF.
- WMOC 25.14 The title of World Masters Champion is awarded in each class of the Sprint, Middle Distance and Long Distance competitions. 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 must behave with fairness, honesty and a spirit of friendship. Competitors must show respect for each other, for officials, media, spectators and the inhabitants of the competition area. The competitors must 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 competitors or providing assistance to other competitors during a competition is forbidden. It is the duty of all competitors to help injured competitors.
- 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 must 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 must 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 must be discussed and decided after consultation with the IOF Event Adviser.
- 26.7 Team officials, competitors, media representatives and spectators must remain in the areas assigned to them.
- 26.8 Control officials must neither disturb nor detain any competitor, nor supply any information whatsoever. They must remain quiet, wear inconspicuous clothing and must 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 must not re-enter the competition terrain without the permission of the organiser. A competitor who retires must announce this at the finish immediately and hand in the map and control card. That competitor must 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 sanctioned.
The sanction that may be applied by the organiser, referee or jury is:
• Disqualification
The event organiser, referee, or (as a result of a Protest) the jury, has responsibility for imposing sanctions relating to an event.
Where there has been a major violation of the rules, the case may be referred to the IOF Disciplinary Panel to consider further sanctions including suspension from IOF competitions for a defined period.
- 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.
- 26.15 The organiser can prevent a competitor from continuing the competition on medical grounds if they believe that the competitor is at serious risk of harm by continuing e.g. through extreme exhaustion.
- 26.16 A competitor must not take any action intended to obstruct or impede another competitor.

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 must be made in writing to the organiser as soon as possible. A Complaint is decided by the organiser unless the Referee system is being used. The Complainant must be informed about the decision immediately. If the organiser is unable to make the decision, the IOF Event Adviser must decide in their place.
- 27.4 There is no fee for a Complaint.
- 27.5 The time limit for Complaints is 15 minutes after the result has been published for the competitor whose result is the subject of the complaint. The organiser may set a different time limit which must be published in the final Bulletin. 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 must be made to the organiser not later than 5 minutes after the corresponding heat results are published. A Complaint may initially be made orally but must subsequently be written down.
- 27.7 The IOF Event Adviser appointing body may decide that, due to short timescales and/or TV requirements, a Sprint competition will use the Referee system. That body must appoint a Referee and an Assistant Referee who are suitably experienced and independent. The IOF Event Adviser is not permitted to be a Referee in the same competition.
- 27.8 Where a competition is using the Referee system:
- Complaints must be made not later than 10 minutes after the official results have been published and, in the Knock-Out Sprint, not later than 5 minutes after the corresponding heat results are published
 - the Referees make the decision on Complaints
 - the Referees may investigate and consider any possible rule breach of which they are aware, without the need for a Complaint.
 - decisions of the Referees are final
 - a Referee can act even when there is a perceived conflict of interest.
 - the Referee and Assistant normally work together but may each act independently if necessary.
 - the organiser must implement any decision of the Referee.

28. Protests

- 28.1 A Protest may be made against the organiser's decision about a Complaint. No Protest may be made against the Referees' decisions.
- 28.2 A protest may only be made by the team official or competitor who made the Complaint.
- 28.3 Except in the Knock-Out Sprint, any Protest must 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.

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| TWG
WOC
WCup
JWOC
WMOC
ROC | 28.4 | A Protest fee of 50 EUR (or the equivalent in local currency) must be paid when making a Protest. The fee will be returned if the Protest is accepted by the jury, otherwise the fee must be sent to the IOF. |
| WRE | 28.5 | There is no fee for a Protest. |
| | 28.6 | In the Knock-Out Sprint, any Protest must 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

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| | 29.1 | A jury must be appointed to rule on Protests. There is no jury if the Referee system is used. |
| | 29.2 | The IOF Council decides for which events it will appoint the jury. If the IOF is not appointing the jury, the Federation of the organiser must appoint the jury. |
| | 29.3 | The jury consists of 3 voting members, according to Rules 29.9–29.11, from different Federations. The IOF Event Adviser leads 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 must 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 must nominate a substitute. The IOF Event Adviser must make the final decision regarding any potential conflict-of-interest. |
| | 29.8 | Decisions of the jury are final subject only to an Appeal made according to Rule 30.1. |
| TWG
WOC
WCup
JWOC
WMOC | 29.9 | The jury is appointed by the IOF Council. It consists of 3 voting members from different Federations. |
| WOC
JWOC | 29.10 | The jury must consist of both men and women. No jury member can come from the organising Federation. |
| WRE | 29.11 | The jury consists of 3 voting members, if possible from different Federations. |
| | 29.12 | If a jury is not yet set up, or if the event is over and the jury is no longer active, the IOF Disciplinary Panel acts as the jury. |

30. Appeals

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| | 30.1 | An appeal may only be made against a jury decision, a referee decision, or a sanction imposed by the IOF Disciplinary Panel if there has been a serious procedural error in reaching the decision or if the competition rules have clearly been incorrectly applied or interpreted. |
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- 30.2 An appeal may only be made by the protester, the complainant against a referee decision, or the recipient of a sanction.
- 30.3 An appeal must be made in writing to the IOF Office 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 Disciplinary Panel deals with the appeal. If the IOF Disciplinary Panel made the decision being appealed, the appeal will be considered by different members who were not involved in the previous decision.

31. Event control

- 31.1 All events, for which these rules are binding, must be controlled by an *IOF Event Adviser*. The IOF Event Adviser must be appointed within 3 months of the appointment of an organiser.
- 31.2 The IOF Council decides 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 must always appoint an independent national controller. This controller assists the IOF Event Adviser. If the IOF does not appoint an IOF Event Adviser for the event in question, the controller appointed by the Federation may also be the IOF Event Adviser. The controller appointed by the Federation need not come from the same Federation.
- 31.5 All IOF Event Advisers must 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 must 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 must work in close collaboration with the organiser, and must be given all relevant information. All official information sent to the Federations, such as bulletins, must be approved by the IOF Event Adviser.
- 31.8 As a minimum, the following tasks must 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 must make as many controlling visits as he or she deems necessary. The visits must be planned in agreement with the appointing authority and the organiser. Immediately after each visit, the IOF Event Adviser must 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, IT, 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 must 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 must send a report to the IOF Event Adviser appointing body. The report should include any significant features of the event and full details of any Complaints or Protests.
- WOC 32.2 A comprehensive report and a final statement of accounts must be sent to the IOF Office 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 must not exceed 300 cm². There is no restriction to the amount of advertising on the competitors' competition clothing or equipment except for the start number bibs.

34. Media service

- 34.1 The organiser must offer the media representatives attractive working conditions and favourable opportunities to observe and report on the event.
- 34.2 As a minimum, the organiser must 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 must 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 sex 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 may 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
- 1.3 Course planning for high-level events

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'.

1.3 Course planning for high-level events

When an event has a large number of spectators, media interest and TV coverage, there are many extra requirements which the course planner must seek to satisfy. These are discussed in the Manuals for the high-level events.

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
- the safety of competitors and the public

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.

2.3.6 Safety

Competitors are responsible for their own safety. Nevertheless, the course planner must choose control locations and plan the legs between them with safety in mind. For example, controls should not be placed very close to dangerous precipices and it would not be appropriate for the fastest route to involve swimming across a deep lake. Course planning and marshalling must aim to ensure the safety of the public, especially in urban settings.

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 punching unit 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 competitors 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 competitors 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 competitors.

3.5.5 Proximity of controls

Controls on different courses placed too close to one another can mislead competitors who have navigated correctly to the control site so minimum straight-line distances between controls are defined. It is essential that a competitor knows that the electronic feedback is from the control they have just visited and not from one that they have recently punched, either deliberately or accidentally. Therefore, the minimum running distance between controls (measured round buildings and other impassable features) is 25 metres. According to Rule 19.4, For map scales 1:15000, 1:10000 or 1:7500, controls (including the start flag) must not be sited within 30 metres of each other. When the control features are similar (not distinctly different in the terrain and/or not distinctly different on the map) the minimum straight-line distance between controls is 60 metres. For Sprint 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 with no further restriction for similar control features.

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.

Other resources: IOF Guidelines for Sprint Course Planning and for Forest Course Planning

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 2026) 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 punching 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 must not be placed 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 not be placed. 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 not be placed 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 not be placed (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 must be recorded as having punched that control correctly and the fee will be returned; otherwise the fee is retained by the organiser.

Appendix 5: Not used

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 competitors 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 competitors 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	2 minutes or 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.	88-92 minutes. Qualification races are shorter	30-40 minutes per leg Total 90-105 minutes	12-15 minutes per leg. Total 55-60 minutes	8-10 minutes for the qualification round. 5-8 minutes for the knock-out rounds.
Summary	Sprint orienteering is a fast, visible, easy-to-understand format, allowing orienteering to be staged within areas of significant population.	Middle distance orienteering requires fast, accurate orienteering for a moderately long period of time. Even small mistakes will be decisive.	Long distance orienteering tests all orienteering techniques as well as speed and physical endurance.	Relay orienteering is a competition for teams of three competitors running on a virtually head-to-head basis with a first-past-the-post winner. Exciting for spectators and competitors.	The Sprint Relay is a competition for teams of four competitors. 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.	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.

1. SPRINT

1.1 The profile

The Sprint profile is high speed. It tests the competitors' 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 competitors' 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 must 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 must 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 must 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, must 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 must 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 must involve demanding navigation. The course must 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 competitors pass the Arena during the competition. The demand on

selection of Arena is subsequently high, providing both suitable terrain and good possibilities to make competitors 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 must be followed. The map scale is 1:10000. The terrain must 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, must be 30 – 35 minutes. In WOC and World Cup the winning time in qualification races must be 25 minutes. The start interval is 2 minutes and a time-trial, individual format is used. The competitor must 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 competitors' 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 competitors 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 competitors. 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 must be followed. The map scale is 1:15000.

3.4 Winning time, start interval and timing

The winning time must be 88 – 92 minutes. In WOC and World Cup the winning times in qualification races must be 60 minutes. The start interval is 2 minutes or 3 minutes. A time-trial, individual format is used. The competitor must 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 competitors

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 - the competitors should, on each leg, pass the Arena, and if possible competitors 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 competitors from each other (e.g. forking). The best teams should be carefully allocated to different forking combinations. For fairness reasons the different variants of each forking should be equal in running time (assuming competitors are in equal shape and making no mistakes) and the very last part of the last leg must be the same for all competitors. 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 must be followed. The map scale is 1:15000 or 1:10000. The decision on map scale must 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 must 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) must 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 must preferably be made by electronic means, but manual systems may be used. At the finish line there must be photo-finish equipment to assist in judging the placings.

5 SPRINT RELAY

5.1 The profile

The Sprint Relay profile is mixed-sex 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 must 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 must 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) must be 55-60 minutes. The time for each leg must 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 must preferably be made by electronic means, but manual systems may be used. At the finish line there must 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 competitors 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 must 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 may be used whereby each competitor 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 must be 8-10 minutes. The winning time for the knock-out rounds must be 5-8 minutes. At the finish line there must 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 must 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 must be organised in accordance with the following principles:

- The participants must be offered competitions of the highest technical quality.
- The organiser must 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 must be kept low and accommodation of different standard and prices must be offered.

2. Event programme

The championship will be organised every year. In even years, the programme includes a qualification and final race for the Middle distance competition, a single race Long distance competition and a Relay. In odd years, the programme includes 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 must 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 must 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 Event Adviser is 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 allocations for the individual competitions will be:

- All Federations get 8 places.

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

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 are allowed, but appear at the end of the results with no placing.

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 competitors from more than one Federation are not allowed.

In the Middle distance final, only the competitors placed number 20 and better in each qualification race heat may participate.

In the Sprint final, only the competitors placed number 15 and better in each qualification race heat may participate.

In the Knock-Out Sprint, qualification for the Knock-Out rounds will be according to rule 12.24.

5. Results

If any non-European competitors participate in the competition two separate results lists must 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 is appointed by the IOF Council. It consists of 3 voting members from different Federations.

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

1. Principles for EYOC

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

- The best junior orienteers of each European Federation must be offered competitions of the highest technical quality.
- The event must have a social, rather than a competitive atmosphere, letting young people exchange experience and find new friends.
- The costs of participation must be kept low.

2. Event programme

The event is organised annually. The programme includes 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 must be kept within 3 days. The dates of the EYOC must be co-ordinated with other international junior events.

3. Event application and appointment of organiser

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

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

All entered competitors 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 competitors from other Federations. Under no circumstances may persons other than entered competitors participate in the competition. Mixed teams appear at the end of the results with no placing. All teams 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 must not start consecutively.

Winning times:

Class	Sprint	Long	Relay
W16	12 min	45 min	90 min
W18	12 min	55 min	105 min
M16	12 min	45 min	90 min
M18	12 min	55 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 are provided by the IOF.

The Federation having the highest team score must be awarded with a team prize.

Representatives of the organising Federation and the IOF must 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 results (in points) in each class.

In Long: 2 best results (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 must propose the 3 voting members who must 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 is organised by the appointed member federation(s) of the IOF under the auspices of the IOF through the Asian Region Working Group. The event must follow the IOF Competition Rules for IOF Foot Orienteering Events unless otherwise stated in these rules.

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

1. Principles for AsOC

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

- The participants must 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 must be kept low and accommodation of different standard and prices must be offered.
- The championship must aim to encourage more participation from member federations of the Asian region.

2. Event programme

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

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

The event must 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 must reach the IOF Office before 1 January 2 years prior to the event. The Asian Regional Meeting makes a recommendation of the organiser to the 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 must 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 sex category, but only the better-placed team will be counted in the result list.

There must be no limit on the number of officials.

5. Starting order

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

6. Jury

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

7. Prizes

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

1. Principles for AsJOC and AsYOC

The championships must be organised in accordance with the following principles:

- The best junior and youth orienteers of each Asian Federation must be offered competitions of the highest technical quality.
- The event must have a social, rather than a competitive, atmosphere letting young people exchange experience and find new friends.
- The costs of participation must be kept low.

2. Event programme

In even years the event must be incorporated in the Asian Championships. The programme includes

- 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.

In odd years the event must be organised as an independent event. The programme must include

- a Sprint distance final
- a Long distance final, a Middle distance final or a Knock-Out Sprint
- a Sprint Relay with 4 legs.

The programme must also include an opening ceremony, a closing ceremony and adequate model events. The programme must be kept within 4 days and take into account the health of the competitors and the climate of the venue. The dates must 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 must 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 must 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 competitors who are no more than 20 years old on 31st December of the year of the competition.
- M20: for competitors 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 competitors who are no more than 16 years old on 31st December of the year of the competition.

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

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

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

If the relay is a sprint relay with 4 legs, then there must be relays for M/W20, M/W18 and M/W16. Each team must 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 competitors from other Federations. Under no circumstances may persons other than entered competitors participate in the competition. Teams with competitors from more than one Federation appear at the end of the results with no placing.

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. In the individual competitions the starting order must be drawn at random. The draw must be made in 3 starting groups (early, middle, late). Competitors from the same Federation must not start consecutively.

Winning times:

Class	Knock-Out Sprint		Sprint	Middle	Long	Relay
	Qualification race	Knock-Out rounds				
W20	8-10 min	5-8 min	12-15 min	30-35 min	60-70 min	105 min
M20	8-10 min	5-8 min	12-15 min	30-35 min	60-70 min	105 min
W18	8-10 min	5-8 min	12-15 min	25-30 min	55-60 min	90 min
M18	8-10 min	5-8 min	12-15 min	25-30 min	55-60 min	90 min
W16	8-10 min	5-8 min	12-15 min	25-30 min	45-50 min	75 min
M16	8-10 min	5-8 min	12-15 min	25-30 min	45-50 min	75 min
M/W20						60 min
M/W18						45 min
M/W16						45 min

6. Results

If any non-eligible competitors participate in the competition, separate results lists must 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 must 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 must be provided by the IOF.

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

8. Jury

The jury is appointed by the IOF Council. The organiser must 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 is organised by the appointed member Federation under the auspices of the IOF.

The event must 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) must take precedence over these rules where any conflict exists.

1. Principles for OOC

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

- The participants must 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 must 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 must be kept affordable, whilst also covering the cost of event organisation, and accommodation of different standards and prices must be offered.
- For the Junior and Youth competitors in particular, the event must have a social and competitive atmosphere, letting young people exchange experience and find new friends, besides competing at a high technical level. It must 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 is organised every year. In odd years, the programme includes a Long Distance, Middle Distance, Sprint and Relay. In even years, the programme includes a Sprint for all classes, a Knock Out Sprint for W21 Elite and M21 Elite, and a Sprint Relay for OOC and OYOC. An event nominally allocated to a given year may alternatively be organised on any date after 1 September of the previous year if approved by IOF.

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

3. Event application and appointment of organiser

The OOC alternates between the Australian and New Zealand Federations until such time as other Federations have the resources to hold the competition, with Australia organising in two consecutive years followed by New Zealand in two consecutive years. The Federation which organises OOC, is also the organiser of OJOC and OYOC. Applications must 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 must be appointed by the IOF to

control the event. It is recommended that the Event Adviser be from a Federation other than the organising Federation.

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 competitors who are no more than 20 years old on 31st December of the year of the competition.
- M20: for competitors 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 competitors who are no more than 16 years old on 31st December of the year of the competition.
- W18: for female competitors who are no more than 18 years old on 31st December of the year of the competition.
- M16: for competitors who are no more than 16 years old on 31st December of the year of the competition.
- M18: for competitors who are no more than 18 years old on 31st December of the year of the competition.

The OYOC Sprint Relay has the class M/W18 only. If there are fewer than 6 teams entered for the event, the OYOC and OOC Sprint Relay events may, with the approval of the Event Adviser, be combined with the OYOC results determined by the placings of eligible teams in the combined event.

Other classes outside the IOF regional championships will be contested according to rules agreed between the participating Oceania federations.

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 competitors 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 must 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. This may be done by linking the IOF Eventor listing for the event with an alternative entry system providing that all event information and results required under the IOF Competition Rules is made available through IOF Eventor.

6. Starting order and start interval

For OOC individual races the start draw must be made in two groups. All non-eligible and non-ranked competitors must start in the first group and the order must be drawn at random. All ranked competitors must start in the second group. For the first race, in the second group the starting order must be according to the order of their IOF World Ranking with the highest ranked starting last in the group. The World Ranking list used must be the one published 10 days before the first race. On subsequent races the order in the second group must be drawn at random.

For OJOC and OYOC individual races the starting order must 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 must be used.

7. Maps

The maps used for OOC, OJOC and OYOC must 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 must be published, one list showing the results of all eligible competitors, a second with results for all competitors. For the Relays there must 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 competitors 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.

9. Prizes

The IOF provides 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 must propose the 3 voting members, at least one of whom must be from outside the host Federation.

11. Courses

The courses must 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	50-60 min	90-120 min
W18	12-15 min	30-35 min	60-70 min	105-135 min
W20	12-15 min	30-35 min	65-75 min	105-135 min
W21 Elite	12-15 min	30-35 min	88-92 min	105-135 min
M16	12-15 min	25-30 min	50-60 min	90-120 min
M18	12-15 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	88-92 min	105-135 min

In the Sprint Relay, the winning time (total of 4 legs) for M/W21 must be 55-60 minutes and for M/W18 must be 45-50 minutes.

12. Knock-out sprint

The knock-out sprint is contested in M/W21 Elite only. Except as specified below, the event must be staged in accordance with Rule 12.24 with courses as per Rule 16.10.

In addition to the Final, a B-final must be staged, unless all six competitors in the Final are eligible for OOC. This consists of the 6 highest-ranked competitors (plus ties) from the Semi-Finals who are eligible for OOC and did not qualify for the Final. First the three third-placed finishers in the semi-finals are considered, then the three fourth-placed finishers, then the three fifth-placed finishers and finally the three sixth-placed finishers. If there are fewer than 6 eligible competitors, the B-final includes only those competitors. The final placings for OOC are determined from the Final and B-final, with the winner of the B-final ranked behind the last OOC-eligible competitor in the Final. The B-final is not used for the calculation of World Ranking points.

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 must be organised by the appointed member Federation under the auspices of the IOF.

The event must 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) takes precedence over these rules where any conflict exists.

1. Principles for NAOC

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

- The participants must 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 must 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 must be kept low and accommodation of different standards and prices must be offered.
- For the Junior and Youth competitors in particular, the event must have a social and competitive atmosphere, letting young people exchange experience and find new friends, besides competing at a high technical level. It must 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 is organised every two years (in even years). The programme includes Long distance, Middle distance and Sprint competitions plus a Relay or Sprint Relay. A Knock-Out Sprint, for NAOC only, may also be included if the organiser decides that they have suitable resources and terrain.

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

3. Event application and appointment of organiser

The NAOC alternates 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 will rotate among those Federations. The Federation which organises NAOC, must also be the organiser of NAJOC and NAYOC. Applications must 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 must 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 competitors who are no more than 20 years old on 31st December of the year of the competition.
- M20: for competitors 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 competitors who are no more than 16 years old on 31st December of the year of the competition.
- W18: for female competitors who are no more than 18 years old on 31st December of the year of the competition.
- M16: for competitors who are no more than 16 years old on 31st December of the year of the competition.
- M18: for competitors 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 competitors 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 must 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 must be made in two groups. All non-eligible competitors must start in the first group and the order must be drawn at random. All eligible competitors must start in the second group. For the Sprint race, the start order of the second group must be according to the order of their IOF Sprint Orienteering World Ranking with the highest-ranked competitor starting last in the group. For the first non-Sprint race, the start order of the second group must be according to the order of their IOF Orienteering World Ranking with the highest-ranked competitor starting last in the group. For subsequent non-Sprint races, the start order of the second group must be according to the order of their IOF Orienteering World Ranking, but randomized in sub-groups of 15 competitors, with the highest-ranked competitor starting in the last sub-group. The World Ranking lists used must be the ones

published 10 days before the first race. Non-ranked eligible competitors are seeded using a point ranking of zero, and competitors with equal ranking are seeded randomly with those of their rank.

For NAJOC and NAYOC individual races the starting order must 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 must be used.

7. Maps

The maps used for NAOC, NAJOC and NAYOC must 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 must be published, one list showing the results of all eligible competitors, a second with results for all competitors. For the Relays there must 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 competitors 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 must 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 must propose the 3 voting members, at least one of whom must be from outside the host Federation.

11. Courses

The courses must 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)
W16	10-12 min	20-25 min	45-55 min	75-85 min
W18	10-12 min	25-30 min	55-65 min	100-110 min
W20	12-15 min	30-35 min	70-80 min	100-110 min
W21 Elite	12-15 min	30-35 min	88-92 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	88-92 min	105-135 min

If there is a Sprint Relay, the winning time (total of 4 legs) for M/W21 and M/W20 must be 55-60 minutes and for M/W16 and M/W18 must 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 must be organised by the appointed member Federation(s) under the auspices of the IOF.

The event must 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) takes precedence over these rules where any conflict exists.

1. Principles for SAOC

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

- The participants must 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 must 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 must be kept low and accommodation of different standards and prices must be offered.
- For the Junior and Youth competitors in particular, the event must have a social and competitive atmosphere, letting young people exchange experience and find new friends, besides competing at a high technical level. It must 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 must be organised every two years (in even years). The programme must 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 programme 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 consists of finals only. In the Relay competition, each team consists of 3 competitors from the same Federation. The dates of the SAOC must be co-ordinated with other international events. The SAJOC and SAYOC competitions must be staged together with SAOC.

3. Event application and appointment of organiser

The SAOC must alternate between the Federations of South America unless otherwise agreed by them for special cases. The Federation which organises SAOC must also be the organiser of SAJOC and SAYOC. Applications must 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 must 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 competitors who are no more than 20 years old on 31 December of the year of the competition.
- M20: for competitors 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 competitors who are no more than 16 years old on 31st December of the year of the competition.
- W18: for female competitors who are no more than 18 years old on 31st December of the year of the competition.
- M16: for competitors who are no more than 16 years old on 31st December of the year of the competition.
- M18: for competitors 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 competitors 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 must be made in two groups. All non-eligible and non-ranked competitors must start in the first group and the order must be drawn at random. All ranked competitors must start in the second group. For the first race, in the second group the starting order must be according to the order of their IOF World Ranking with the highest ranked starting last in the group. The World Ranking list used must be the one published 10

days before the first race. On subsequent races the order in the second group must be drawn at random.

For SAJOC and SAYOC individual races the starting order must 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 must be used.

7. Maps

The maps used for SAOC, SAJOC and SAYOC must 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 must be published, one list showing the results of all eligible competitors, a second with results for all competitors. For the Relays there must 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 competitors 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 provides 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 must propose the 3 voting members, at least one of whom must be from outside the host Federation.

11. Courses

The courses must 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	45-55 min	75-85 min
W18	10-12 min	25-30 min	55-65 min	100-110 min
W20	12-15 min	30-35 min	70-80 min	100-110 min
W21 Elite	12-15 min	30-35 min	88-92 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	88-92 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	8.1–8.6, 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	7.1–7.6, 7.8, 7.9	7.1–7.6, 7.9	2.14, 7.1–7.6, 7.8, 7.9	7.1–7.3, 7.5, 7.6, 7.9	7.1–7.3, 7.5–7.7, 7.9
Course planning	16.1–16.10	16.1–16.7, 16.9, 16.10	16.1–16.7, 16.9, 16.11	16.1–16.5, 16.7, 16.9, 16.12	16.1–16.4, 16.7, 16.9, 16.13
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, 9.2	6.1, 6.2, 9.2	6.1, 6.2, 9.2	6.1, 6.2, 6.3, 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	7.6	7.6	7.6	7.7
Finish Timing	23.5–23.8	23.5–23.8	23.5–23.8	23.5, 23.6, 23.8	23.5, 23.6, 23.8
Manuals	2.12	2.12	2.12	2.12	2.12
Heats-allocation	12.8	12.8	12.8	12.20	
Heats-courses	16.5	16.5	16.5	16.5	16.5
Heats-number	3.6, 12.24	12.24		12.20	12.24
Jury membership	29.3, 29.9, 29.10	29.3, 29.9	29.3, 29.9, 29.10	29.3, 29.9	29.3, 29.11
Maps	15.1–15.6, 15.10	15.1–15.6, 15.10	15.1–15.6, 15.10	15.1–15.7, 15.10	15.1–15.6, 15.9
Model event	11.1–11.6	11.1–11.5	11.1–11.5	11.1–11.5	11.7
Participants-number	6.6–6.9	6.12	6.13		
Prizes and titles	25.1–25.4, 25.7–25.10	25.1–25.3, 25.9, 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, 3.3–3.4	3.1, 3.5	3.1, 3.7	3.1
Qualifying for final	12.10			12.21, 12.22	

	WOC	WCup	JWOC	WMOC	WRE
Quarantine zones	22.16	22.16	22.16	22.16	22.16
Refreshments on courses	19.8–19.10	19.8–19.10	19.8–19.10	19.8, 19.9	19.8, 19.9
Relay teams – after disqualification	22.14	22.14			
Relay teams-incomplete and mixed	6.10, 6.11	12.16	6.15, 6.16, 12.16, 24.11		
Relay teams-number	6.10, 6.11		6..14		
Replacement of competitors	9.10–9.13	9.10-9.13	9.10–9.13		
Reports	32.1, 32.2	32.1	32.1	32.1	32.1
Scoring systems		24.10-24.12	24.11–24.13		
Start draw	9.17, 12.2–12.5, 12.7-12.10, 12.12-12.15	12.2–12.4, 12.7–12.9, 12.12	9.15, 12.2–12.4, 12.6, 12.7, 12.9, 12.11, 12.12, 12.14	12.2–12.4, 12.9	12.2–12.4, 12.9
Start interval	12.18	12.17	12.19	12.23	12.17
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, 12.8	12.2, 12.7, 12.8	12.2, 12.6–12.7	12.2	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	6.6	6.12	6.13		
Times-winning and maximum	16.9, 16.10, 23.12	16.9, 16.10, 23.10	16.9, 16.11, 23.10	16.9, 16.12, 23.10	16.9, 16.13, 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 published version (January 2025)

Rule references are to the new January 2026 rules (unless otherwise stated).

- 5.9 WMOC W90 and M90 classes added
- 6.3 WRE Previous rule 6.2a about IOF Independent Athlete (IIA) renumbered and subsequent rules renumbered. Competitors with certified refugee status may apply to compete as an IOF Independent Athlete (IIA).
- 6.7 6.8 6.9 WOC Clarification that extra regional spots are personal
- 6.15 JWOC Teams created under this rule must comply with the other requirements for the format such as sex composition.
- 6.16 JWOC Relay teams containing competitors from a mixture of Federations must be named MIX1, MIX2 etc. (Subsequent rule renumbered)
- 7.1 Requirement to offer a fee for individual competitions removed.
- 8.5 WOC WCup JWOC Course details do not need to be revealed for Sprint format races.
- 8.6 WOC WCup JWOC Bulletin 4 must be published at least 3 days before the first race of the event.
- 11.2 WOC WCup JWOC WMOC Extra requirements for the model event: special terrain features, layout of artificial barriers, marking of Out-of-Bounds areas
- 11.7 WRE There is no requirement for a model event to be organised.
- 12.14 WOC JWOC Extra detail about allocation of start numbers to relay teams.
- 12.24 WOC WCup ROC WRE Amended choice order for Knock-Out Sprint Quarter Finals. Extra instructions to deal with ties and additional competitors.
- 12.25 WRE In a Knock-Out Sprint, even if there are 45 or more entered, with the approval of the IOF Event Adviser, the number of qualification heats may be reduced and/or the quarter- final round may be omitted.
- 13.1 WOC WCup JWOC One team officials' meeting may cover several competitions.
- 13.3 WOC WCup JWOC Any extra information given in the team officials' meeting must be published electronically soon afterwards.
- 15.3 (2025 rule) Rule about map corrections deleted. Subsequent rules renumbered.
- 15.6 The map area must include all reasonable route choices.
- 16.10 WOC WCup Winning time for Knock-Out Sprint mass-start races changed to 5-8 minutes.
- 16.13 WRE Knock-Out Sprint winning times added.
- 18.4 Loose control descriptions must be available in the start lanes and not before.
- 22.10 Clarification – no start time adjustment for late starters unless the lateness is the organiser's fault.
- 24.10 WOC WCup JWOC (2025 rule) Rule about giving maps to accredited persons deleted. Subsequent rules renumbered.
- 24.11 Add WCup Mixed teams appear in the results at the end without placings
- 24.12 WCup JWOC The second and subsequent teams to finish from a federation appear on the results in time order (i.e. as they crossed the line) but without a placing.
- 26.10 Time penalty for jumping the start removed
- 26.16 A competitor must not take any action intended to obstruct or impede another competitor.
- 27.5 The time limit for complaints is 15 minutes after the result has been published for the competitor whose result is the subject of the complaint.
- 32.2 (2025 rule) WOC WCup JWOC ROC Rule deleted. No requirement for organiser to produce a report and send maps to IOF Office.
- 32.3 (2025 rule) WMOC Rule deleted and subsequent rule renumbered. No requirement for organiser to produce a report and send maps to IOF Office.
- Appendix 6 Correction: Start interval for Long Distance is 2 minutes or 3 minutes.
- Appendix 8 EYOC Restrictions on event dates removed.