

United States Orienteering Federation (USOF)

USOF Rules for Orienteering

March 10, 2010

[Link to Changes](#)

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Preface

Purpose of revision

The purpose of this document is to update the December 2008 issue of the *USOF Rules for Orienteering as listed in the **Additions and reorganizations in this draft** section below.*

Process of collecting the rules

If you are aware of additional rules not listed in this draft , please send them to Steve Shannonhouse, using one of the following methods:

Address Line: USOF Rule *

*Note: if you know which section the rule should be listed under, replace the * in the address line with the section number. For example: USOF Rule 3. If you do not know the section, just include the *. For example: USOF Rule *. This will differentiate your message as one that actually contains a USOF rule, as opposed to a message that is talking about the USOF Rule project.*

Regular mail:

Steve Shannonhouse
4738 City View Dr.
Forest Park, GA 30297-1730

Email

Address: sshannonhouse@comcast.net

Document conventions**Additions and reorganizations in this draft**

Some very basic restructuring has occurred in this update. The bid event structure and the modification of the foot orienteering formats have been incorporated. These changes caused changes throughout the Rules. A separate section M has been created to collect all the foot orienteering formats in one section, Our Rules as originally written were for our classic format and all other formats and special events have been added over the years. Quite a few new sections have been added by cutting the patched in references and pasting them into the separate sections.

- 1) Change USOF National Bid events structure (USOF BOD Oct 2008)
- 2) Incorporate Format Descriptions (USOF BOD Jan 2009)
- 3) Reorganize document to have "Foot Orienteering" (Point to Point Formats)
- 4) Add Interscholastic JROTC JV team and individual awards (USOF BOD Aug 2008)
- 5) Reorganize Relay Rules to break out championship requirements to separate subsection.
- 6) Made corrections for spelling, grammar and editing problems based upon user submissions.
- 7) Made separate section **M** for individual point to point foot orienteering
- 8) Replaced Trail-O section with latest 2009 version of IOF Trail-O rules (From IOF website)
- 9.) Section **A.7** modified based upon changes to the USOF Bid events structure
- 10.) Section **I** created for Intercollegiate Rules (Cut & Paste with some editing)
- 11) Appendix Sanctioning Fees chart updated for 2010 (USOF BOD March 28, 2009)
- 12) Updated Section D Rules for Foot Orienteering Teams (USOF BOD Jan 18, 2010)
- 13) Updated Section D Rules for Interscholastic Competition (USOF BOD Jan 18, 2010)
- 14) References to combining classes eliminated. (Multiple inquires prompted this cleanup)
- 15) Numbering of main and interior sections corrected. (Corrected problems created by updates)
- 16) Numbered and updated appendix, It now appears in index.(Requested by USOF Webmaster)

Future projects for Rule:

USOF Rules of Orienteering

General provisions w/listing of formats

Make separate Rules for Organizers section

Make separate Rules for Competitors section

Make separate Technical regulations section

Sanctioning Package Update (Under consideration by the Sanctioning Committee)

Make separate section to describe each bid event format.

Add MBO Rules

Add winning time tables for foot-o formats

Stephen L. Shannonhouse

USOF Rules Committee Chairman

USOF Rules for Orienteering

A. GENERAL PROVISIONS

1. Application of the Rules

1.1 Competitions described as United States Orienteering Federation events and other orienteering events held in conjunction with USOF events shall be organized in accordance with these Rules.

1.2 These Rules shall be binding on all organizers, competitors, team officials and other persons connected with the organization or in contact with the competitors. The USOF Sanctioning Committee shall supervise the application of the Rules. The USOF Rules Committee shall interpret the Rules and any questions should be so addressed.

1.3 Event organizers, competitors and team officials must know these Rules and the Event Instructions. Ignorance of the Rules will not be accepted as a valid excuse for any infringement.

1.4 These Rules are supplemental to the "International Orienteering Federation (IOF) Rules for International Orienteering Events," and take precedence over them except:

- a) IOF sanctioned events hosted in the United States
- b) International events when so agreed by the participating nations

2. Definition and basic characteristics of orienteering

2.1 Orienteering is a sport in which the competitor independently aided by map and compass must visit in a prescribed order a number of features marked in the terrain (by control flags) and on the map. In a regular orienteering competition the task is to run this course in the shortest possible time.

2.2 In orienteering both the running and navigating skill of the competitor shall be tested, but in such a way that the navigating skill is decisive.

2.3 Orienteering competitions shall be held primarily in forested terrain, which, ideally, is unfamiliar to the competitors.

2.4 It shall be possible to solve the orienteering problems with the map, aided by the control descriptions and a compass.

2.5 Sporting fairness shall be the primary consideration when organizing an event and when interpreting these Rules.

3. Classification of USOF events

3.1 The term "USOF Orienteering Meet" shall refer only to events sanctioned by the USOF. The word event is used throughout these Rules refers to any activity conducted by USOF or its member clubs. Meet is used when the letter qualifier for category of event is used, such as "A"meet.

3.2. Categories of event

3.2.1 The term, (Orienteering “A” meet), shall refer only to events that are sanctioned by USOF through the USOF Sanctioning Committee or a Committee dedicated to the specific discipline to be used. The events shall comply with the provisions of these Rules. When the term “A” Meet is used throughout these Rules, on event Invitations without a qualifier, or when an event is referred to as a regular “A” meet the Form shall be a day event (section 3.3.1), and the type shall be an Individual Event. (Section 3.4.1) If it is a regular multi-day event (section 3.4.3) the number of days must be specified and the results shall be determined by adding each competitor’s total time for each and every race. The winner in each class will be the individual with the lowest combined time. Any variations must be prominently placed on the Event Invitation or be integral to category of event defined in these Rules.

3.2.2 Orienteering “B” meet shall refer only to events where the Meet Director and a Club Officer certify that the event will comply with the provisions for “B” meets in Section E.

3.2.3 Orienteering “C” meets are local events, which are not bound by these Rules.

3.2.4 The Term “United States Championship Orienteering “A” Meet” shall refer only to events that are sanctioned by the USOF Sanctioning Committee as “Orienteering “A” Meets” and are designated a U.S. Championship event by the USOF Board of Directors in one of the following categories: The following foot orienteering “A” events for individuals or relay teams will be accepted for Championship Bid by the board of directors.

- a) United States Individual Orienteering Championships
- b) United States Two Day Classic Orienteering Championships
- c) United States Relay Orienteering Championships

The following foot orienteering “A” events for schools competitions will be accepted for Championship Bid by the board of directors.

- d) United States Intercollegiate Orienteering Championships
- e) United States Interscholastic Orienteering Championships

The following categories of foot orienteering "A" events for individuals will not be accepted for Championship Bid by the board of directors unless they are held in conjunction with another sanctioned "A" event.

- f) United States Ultra Long Championships
- g) United States Night Orienteering Championships

The following categories of championships are sanctioned and awarded by their respective committees.

- h) United States Ski Orienteering Championships
- i) United States Rogaining Orienteering Championships
- j) United States National Trail Orienteering Championships

3.3 Time of day for events

3.3.1 Day: The course of a day event shall be run entirely in the light. The first start shall be at least 1 hour after sunrise, and the last at least the time limit plus 1 hour before sunset.

3.3.2 Night: The course of a night event shall be run entirely in the dark. The first start shall be at least 1 hour after sunset, and the last at least the time limit plus one hour before sunrise.

3.3.3 Both:

- a) One course is run in the light and another in darkness.

- b) If a course is begun in the dark and finished in daylight or visa versa, a mass start must be used.
- c) If the event is an endurance event such as a 24 hour event.

3.4 Types of events

- 3.4.1 Individual: The participants compete separately, and the results are based on each individual's performance. (Except as in section 4.1.1 non-competitive)
- 3.4.2 Team: The participants compete separately and the team result is the sum of the qualifying (for example; some team competitions use the top 3 results) individual results (times or place numbers or points based there on). Even if the team score is determined from the results of the qualifying members, there must be individual results as well.
- 3.4.3 Multi-day event: In a multi-day event a competitor's results (times or place numbers or points based thereon) from at least half of the competition days shall be combined. If the sum of the times for every competition day will not be used the organizer shall describe in the Invitation the precise procedures which will be used for the event.
- 3.4.4 Relay: A relay team has two or more runners. Each runner completes his/her course as in an individual event. Competitors may run different courses but each team as a whole must run the same set of legs and visit the same controls.
- 3.4.5 Group team event: The team has two or more runners, who together or partly separate complete the event.
- 3.4.6 Score event: Individuals or teams take the controls in any order in a fixed amount of time. Currently the only USOF sanctioned event that uses score is the Rogaine.
- 3.4.7 Elite event: Individual special purpose event with restricted selection of courses and classes section 4.1.2.1.

4. Classes

4.1 Division by gender and age

4.1.1 Individual competitors are divided into the following classes by gender (M for male, and F for female), and age as of December 31 of the current year. Eligibility (and ineligibility) for classes occurs at the beginning of the calendar year in which the competitor reaches a new age group. M or F categories followed by course color are competitive non-age specific. In addition to individual competition, Gr, groups may compete in a separate gender neutral categories on beginner through intermediate level courses.

4.1.2 The following USOF Standard Course Class structure is the minimum which a sanctioned "A" meet must offer, except as amended for Elite Meets. Competition formats other than individual foot orienteering competition may use different class structures as detailed in their respective sections. One non-competitive class is required, Map Hike, on the White course.

Classic 51 Classes							
White	Yellow	Orange	Brown		Green	Red	Blue
F-10	F-14	F-16	F-18	M65+	F-20	F21+	M21+
F-12	F-Yellow	F-Orange	F55+	M70+	F35+	M-20	
M-10	M-14	M-16	F60+	M75+	F40+	M35+	
M-12	M-Yellow	M-Orange	F65+	M80+	F45+	M40+	
M/F-White	Gr-Yellow	Gr-Orange	F70+	M85+	F50+	M45+	
Gr-White			F75+	M90+	F-Green	M-Red	
			F80+	M-Brown	M-18		
			F85+		M50+		
			F90+		M55+		
			F-Brown		M60+		
					M-Green		
Interscholastic 8 Classes							
White	Yellow	Orange		Brown	Green	Red	Blue
F-ISG	F-ISI	F-ISJV		F-ISV	M-ISV		
M-ISG	M-ISI	M-ISJV					
Intercollegiate 4 Classes							
White	Yellow	Orange		Brown	Green	Red	Blue
		F-ICJV			F-ICV	M-ICV	
		M-ICJV					
Age class ranges are indicated by a "-" and/or a "+". A "-" before the age means "and younger", the "+" after the age means "and older". Gender classes contain M for male and F for female. Classes containing the course color are age neutral. Classes containing Gr or M/F are age and gender neutral. Classes containing GR are groups. Recommended splits for Red and Green when participation warrants it: Red X(M-20,M35+,M40+), Red Y(F-21+,M45+), Green X(M-18,M50+,M55+), Green Y(F-20,F35+,M60+,F40+,F45+,F50+,F55+). Splits for individual classes may be used for when the competition window fills up for a course.							

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- 4.1.2.1 Elite Meets: An Elite Meet may have as few or as many classes as the Meet Director decides, but there shall be classes for both men and women.
 - 4.1.3 In USOF sanctioned meets this nomenclature shall be used to describe the classes and courses.
 - 4.1.4 No competitor shall be entered in more than one class at a time. (Exception Rogaine)
 - 4.1.4.1 Competitors may participate on a non-competitive course after finishing with their competitive course.
 - 4.2 Division by other grounds
 - 4.2.1 The age divisions are divided into classes by course difficulty and the competitor's skill.
 - 4.3 Non-competitive classes
 - a) Are announced on the meet invitations as such.
 - b) Are open to any age individuals or groups.
 - c) Have no competition times posted.
 - d) Have no competitive awards given. (This does not prohibit awards for the successful completion of the course.)
 - e) M/F WHITE is the only required non-competitive class.
 - 4.4 Deviations from the division into classes by age:
 - a) The dashes or pluses extend the age group beyond one year. If a dash is before an age then it means that anyone up to and including the age is eligible for the class. If a plus is after the age, then anyone that age and older is eligible.
 - b) Age is an automatic determinate in moving from one class to another. A competitor shall not compete in an age group in which he/she is not eligible as in Section 4.1.1.
 - c) Any age competitor may enter the M/F-White class or one of the gender specific classes which include the course color.
 - 4.5 Championship Classes:
 - 4.5.1 U.S. Champions shall be declared in all age classes represented at U.S. Orienteering Championships.
 - 4.6 Special Event Classes
 - The following special events have classes not in the standard USOF classes or have a reduced set of classes. The special classes are described in the section for that special event.
 - 4.6.1 Intercollegiate
 - 4.6.2 Interscholastic
 - 4.6.3 Ski
 - 4.6.4 Trail
 - 4.6.5 Rogaine
-

5. Eligibility

5.1 General

- a) Any person desiring to compete is eligible except as set forth below or in special cases designated by the Executive Committee.
- b) Persons with prior knowledge of the competition area that they or the meet organizers believe will give them unfair advantage are not eligible to compete for awards, titles, or national rankings. (see sections 19.4, 19.5 and 35.5)
- c) Persons not eligible for awards, titles or national rankings may participate.

5.2 Championship

The title of U.S. Champion in any class as determined at an officially designated U.S. Championship Orienteering "A" meet shall be limited to those who are USOF members in good standing and meet one or more of the following criteria:

- a) Meet one of the following citizenship requirements:
 - Are U.S. citizens and citizens of no other country
 - Are in a permanent residence status commonly referred to as "green card carriers".
 - Hold dual (U.S.) citizenship and reside primarily in the United States.
 - Hold dual (U.S.) citizenship, reside primarily outside the United States, and have not yet and agree not to compete for a championship title in another country during the current calendar year.
- b) Are full-time students in the U.S. holding a current student visa.

5.3 Exceptions

Additional eligibility requirements are imposed on the following competitions and are found in their respective sections.

5.3.1 Rogaine

5.3.2 Intercollegiate

5.3.3 Interscholastic

5.3.4 Trail Orienteering

5.4 Eligibility Questions and Rulings

Questions

Requests for clarifications based on eligibility criteria may be submitted to the USOF Headquarters in writing 30 days prior to a championship/s.

Rulings

Requests for eligibility rulings given special circumstances may be submitted to the USOF Office 30 days in advance of the event registration deadline and will be ruled upon by vote of the USOF Executive Committee prior to the entry deadline.

6. Duties of the Meet Director

- 6.1 The Meet Director of a USOF “A” meet shall observe these Rules, and insure that all the officials and assistants know and abide by these Rules.
- 6.2 The Meet Director shall obtain all necessary permission from landowners, and forestry, state, and other pertinent officials.
- 6.3 To promote an acceptance of, and favorable attitude toward orienteering the Meet Director should aim for a good relationship with other users of the forest and forest officials.

7. Applying for A-meet

- 7.1 Applications to hold USOF “A” Orienteering Meets shall be made directly to the USOF Sanctioning Committee Chairman. The Sanctioning Committee's primary responsibility is assisting the meet organizers to assure the USOF membership that the meet organizers are putting on an orienteering meet of the highest possible quality.
- 7.1.1 The hosting group must be a “Regular USOF Club” as defined in the USOF Bylaws.
- 7.2 The form and type of the event will be determined by the host club, except for those events that are designated a U.S. Championship or IOF event in Section A.3.2.4. These events must be the form and type as specified in the appropriate USOF or IOF Rules.
- 7.3 By applying for a USOF sanctioned “A” Meet the host club agrees to pay the necessary sanctioning fees (Section 20) within four weeks of the closing of the event.
- 7.4 Applications for meets not needing BOD approval must be received by the Sanctioning Committee 2 months prior to the event. For BOD approved meets listed in section A.3.2.4 a schedule of bid deadlines for USOF events will be announced by the Sanctioning Committee. IOF event deadlines are announced by the IOF
- 7.4.1 Applications must include at least:
- a) Name of host club
 - b) Name of the event
 - c) Category, form and type (Section 3)
 - d) Specific location of the event
 - e) Name, address, telephone number and or e-mail of the Meet Director, Course Setter, Registrar and person submitting the application.
 - f) Preferred and alternate date(s) of the meet
 - g) Status of the Map
- 7.6 Within 30 days of receiving the application the Sanctioning Committee will respond to the Meet Director. When the Sanctioning Committee determines that the applying club can successfully host an “A” meet coordinated into the USOF Orienteering Event Calendar (Section 8) it will sanction the meet.
- 7.7 If the club requests exceptions to these rules, or if after sanctioning is received the club does not follow these USOF Rules and the procedures of the Sanctioning Committee, then the Sanctioning Committee may deny or remove sanctioning as a USOF “A” meet, or in extenuating circumstances authorize exceptions to these rules or Sanctioning Committee procedures.
- 7.7.1 When the Sanctioning Committee authorizes an exception to these rules these exceptions shall be clearly stated in the Invitation. In addition the Chairperson of the Sanctioning Committee shall notify the Executive Committee and the Chairperson of the Rules Committee as to the exceptions that were authorized.

7.8 Decisions of the Sanctioning Committee may be appealed to the Executive Committee of USOF by sending a letter stating the reasons for the appeal to the President of USOF and a copy to the Chairperson of the Sanctioning Committee.

7.9 The USOF Map Committee will determine the suitability of the map, and will report to the Sanctioning Committee.

7.9.1 In the event the meet is sanctioned before the map is completed and approved by the Map Committee, the Map Committee will oversee and assist with the production of the map to assure it is suitable.

8. USOF Orienteering Event Calendar

8.1 The Sanctioning Committee will maintain the USOF Orienteering Event Calendar.

8.2 The USOF Orienteering Event Calendar shall list at least the "A" meets for the current and following year, and the "B" meets for the following 6 months. For each meet it shall contain at least the following:

- a) Date of the event
- b) Classification of the event
- c) Location of the event
- d) Hosting club
- e) Contact name, website, email address, mailing address and phone number

8.3 The USOF Sanctioning Committee will be responsible for distributing the USOF Orienteering Event Calendar to the members of USOF in a timely manner.

9. Competition leaders

9.1 The hosting club in connection with the Application to USOF shall nominate a competent Meet Director and Course Planner.

9.2 When the application is approved the Sanctioning Committee acknowledges the Meet Director, Course Planner, and Course Vetter. It also appoints an Event Consultant and possibly others such as a Map Consultant to assist with the meet.

9.2.1 A Course Consultant is appointed by the Course Consultant Committee.

10. Invitation

10.1 The Invitation shall be published at least three months before the event. Prior to publication a copy must be sent to the USOF Sanctioning Committee.

10.2 The Invitation shall contain the following information:

- a) Date, category, form and type of the event (Section 3)
- b) Host club, Meet Director, Course Planner, Event Consultant, and Course Consultant.
- c) Classes, when they are different from those in the table in section 4.1.2,
- d) Courses and course lengths, and/or lengths of relay legs. (section 24.5.6 Ultra Long Course)
- e) Address and final dates for entries.
- f) Address and final dates for entries.
- g) Entry fees, other fees, modes of payment.
- h) Location of the event and place and time for arrival.
- i) Descriptions of terrain, elements of risk, facilities for training, exceptions to the rules.

- j) Map scale, field checker, drafter, year of field checking.
- k) Time of first start, and type of start when not an individual start. (sections 34.1 mass start, 34.3 relay start) Walking time to the start from the parking area when possible, and details regarding baby-sitting.
- l) Name, address, and phone number where questions can be answered.

10.3 The club shall honor information published in the invitation unless extenuating circumstances necessitate a change.

10.4 If a club chooses to have a registration cutoff or late registration penalty deadline, the date may not be earlier than 21 days before the first day of the meet (or meet series if there is a common registration deadline). The effective date of registration shall be the postmark.

11. Entries

11.1 Competitors' entries shall be sent in writing to the address specified on the Invitation.

11.2 The entry fee shall be paid as specified in the Invitation.

11.3 Along with other data which may be required by the Invitation the entry must include at least:

- a) Class
- b) First and last name
- c) Address and phone (contact for emergencies or meet changes)
- d) Year of birth
- e) Status of membership in USOF or other IOF member federations and USOF membership number.
- f) Club affiliation if any
- g) For US Championship events--whether eligible for US Titles. (Section 5.6)

12. Training

12.1 The organizer should when possible offer training areas for the competitors. The terrain, map, course and control descriptions should be as similar as possible to the competition area.

12.2 When maps are available it should be possible to order in advance maps of terrain similar to that of the event. If and only if the competition map has previously been used at a public meet it shall be made available for inspection and when possible advance purchase. (Section 22.9 forbids the distribution of a new unused map prior to the event.)

12.3 The organizer may charge a reasonable fee for maps and training.

12.4 Adequate free instruction shall be provided for novices.

13. Draw and starting list

13.1 The start order shall be determined by the Meet Director or his/her designate with the principle of fairness kept in mind.

13.2 At US Championship events, the starting order shall be designed such that top ranked competitors and those with the same interests (same college or club) start as far apart as possible.

13.3 The starting list of registered competitors shall be officially declared at least 15 hours before the first start time.

13.4 For individual starts the runners in each class start one by one at intervals of no less than 2 minutes. In the event multiple classes are running the same course the intervals apply to every individual regardless of class. Ideally all starting intervals on a course are equal.

14. Event Information

14.1 All information shall be supplied in writing in at least English.

14.2 In extenuating circumstances information may be supplied orally.

14.3 Event Information shall be given to the competitor in a timely manner, ideally upon arrival and check in at the event.

14.4 The Event Information shall contain details regarding:

- a) Event official's descriptions of the terrain, unusual map characteristics, control flag and marking device arrangement, refreshment, controls, elements of risk, out of bounds areas, and dangerous areas,
- b) Map scale, vertical interval
- c) Course lengths for the individual classes, leg lengths of the relay legs, and climb on the optimum route.
- d) Safety bearings, instructions when one is lost.
- e) Starting times.
- f) Deviations from, and additions to the "Map symbols for International Orienteering Maps" of the IOF, overprinting that is not standard (not PMS Purple, or standard IOF symbols), and non standard colors of streamers marking out of bounds and dangerous areas.
- g) Dressing and washing facilities, toilets, first aid, housing and camping areas. Travel time and distance between check in, parking, and the start location. Time limit when not three hours, finish closing time.
- h) Location for results posting and the awards ceremony when not immediately at the finish, time of the awards ceremony, and the number of awards given per class when different than three.
- i) The procedure at the start and finish for distributing and collecting the maps, control descriptions, and control cards.
- j) The combining of classes if the classes were combined after the invitation was distributed.

15. Awards

15.1 Awards in the various classes shall be appropriate to the number of competitors in the class and the importance and nature of the event. Championship events have specific awards requirements as spelled out in their respective sections.

15.1.1 For all United States Individual Orienteering Championships:

- a) The top 3 finishers at the U.S. Championships in all age group classes, who are eligible for championship titles, shall receive an award regardless of overall place.
- b) The US Champion Club shall be declared and receive an award, at the U.S. Individual Championships, based on a system maintained by the USOF Rules Committee.

15.1.2 United States Intercollegiate Orienteering Championship awards

15.1.3 United States Interscholastics Orienteering Championships awards:

16. Results at an event

16.1 Within one hour of the close of the finish, provisional results shall be displayed in the vicinity of the finish or the announced location.

17. Jury

17.0.1 In the event of a protest the jury shall interpret these rules with regard to the specific situation surrounding the protest to determine whether the fairness of the event has been compromised and disqualifying conditions exist.

17.1 The Meet Director shall appoint a Jury of at least three people from widely separated clubs or foreign delegations as appropriate. Members of the Jury shall not be members of the USOF Grievance Committee or USOF Executive Committee.

17.2 The Course Consultant, Vetter, and a representative of the organizers may attend and participate at Jury meetings, but shall have no vote.

17.3 The duties of the Jury shall be to deal with infringements of the Rules and any other questions arising out of the competition.

17.4 The Jury forms a quorum when all members are present. If a member is prevented from attending the Meet Director must nominate a substitute member.

17.5 When in response to a protest the Jury determines that any of the following conditions have existed for a substantial group of competitors in a class, then the class or course shall be voided.

- a) A control flag is missing. (Section 29.1)
- b) A control flag, the start, or the finish is not within the marked circle or triangle.
- c) A control flag is on the wrong feature. (Section 29.3)
- d) The code at the control is different from that on the control description sheet. (Section 29.7)

17.6 When in response to a protest the jury determines that unfair conditions affected a substantial number of competitors and probably had an impact on the results then the class or course shall be voided.

17.7 When in response to a protest the Jury determines that a competitor has violated these rules it may disqualify the competitor. (Section 35 Fairness)

17.8 Decisions of the Jury may be appealed in writing to the USOF Grievance Committee within 5 days of the close of the event.

18. Protests

18.1 Protests against infringement of the Rules by the organizers or a competitor or accompanying parties, shall be made in writing to the Meet Director (or another meet official if the Meet Director is not available) within one hour of the previously announced time of closure of the finish, or of the actual closure of the finish, whichever is later.

18.2 If a protest is against a result in the provisional lists it shall be raised within one hour of those lists being displayed.

18.2.1 If a gross infringement in rule 2.5 (Fair Play) is discovered after a meet has disbanded the protest shall be filed directly with the USOF Board of Directors. The Board shall take whatever action it deems necessary.

18.3 No fee shall be charged to file a protest.

18.4 IOF existing rule

18.5 All protests filed before the meet has disbanded shall be dealt with by the Jury. (See section 17, Guidelines for juries)

18.6 The basis for the decisions by the Jury shall be these "USOF Rules for Orienteering Events".

19. Secrecy

19.1 All those who are involved with the organizing of the event shall maintain the strictest secrecy regarding aspects of the venue, terrain and courses not officially publicized.

19.2 Team officials and spectators shall not influence the competition, and shall remain in the areas which are assigned to them.

19.3 The organizers shall put up notices and rope off areas or otherwise inform people to ensure that unauthorized people stay out of areas where they would interfere with the competition.

19.4 When the venue for an event that requires BOD approval (7.2.1) is placed on the USOF Event Calendar and publicly announced, the area is closed to orienteering competitions and training until the event takes place. Individuals or groups visiting the closed venue will not be eligible for competition, awards, or rankings, but they may nevertheless participate in the event.

19.5 When the venue for an event that does not require BOD approval (7.2.1) is placed on the USOF Event Calendar and publicly announced, the area is closed to orienteering competitions and training for 4 months prior to the event, or longer at the discretion of the event director. If the embargo is to be longer than 4 months, it must be published in all announcements regarding the event. Any event that takes place on a new map shall be closed to orienteering training and competition for 12 months prior to the event. Individuals or groups training or orienteering in the closed venue will not be eligible for competition, awards, or rankings, but they may nevertheless participate in the event. The Sanctioning Committee may be approached to modify this embargo time.

20. Reports and Fees to USOF

20.1 Within 4 weeks the following reports shall be sent to the following persons as directed.

- a) Official results shall be sent to the USOF Sanctioning Committee Chairperson and the USOF Ranking Committee Chairperson or as otherwise directed by the Sanctioning Committee. The format for the results shall conform to the specifications set forth in the Appendix.
- b) A copy of each course on a separate map accompanied by the control descriptions shall be sent to the Sanctioning Committee Chairperson.

20.2 The following fees shall be remitted to USOF for each competitor, in each race on a competitive course. Multi-day events and events with multiple races on the same day will pay a fee for each race. For events that have multiple races as part of a single competition (e.g. a short course competition that has a qualifier and a final), the races can be considered as one for the purposes of fees, but this must be expressed on the sanctioning application. The fees will be remitted except as modified in section 20.3 below. A fee computation form is provided in the Appendix.

Total per-Race competitive entries, USOF and non-USOF, including DNS, DNF, DSQ, and OVT unless the entry fees were refunded.

adults \$4.00 (\$5.00 championships) , Juniors \$2.00 (\$2.50 championships)

Note: Championships are all USOF bid events and IOF events.

Non-member surcharge:

Total per-Race competitive entries, **excluding** members of USOF, COF, and IOF federations;

Adults \$4.00, Juniors \$2.00

20.3 The following events are exempted from the fees in section 20.1 and 20.2 unless held in conjunction with a USOF "A" meet. Fun activities that involve orienteering held for registered

participants at USOF "A" meets are also exempt. These events are subject to start fees that are assessed for the annual club re-charter.

- a) USOF "B" meets
- b) Club "C" meets

B. TECHNICAL REGULATIONS

21. Competition Area

21.1 The area shall be complex and varied enough to suit the requirements of the event. It shall offer adequate possibilities for setting the technically difficult as well as the novice courses represented at the event.

22. Maps

22.1 The IOF publication, "Drawing Specifications for International Orienteering Maps" shall be used. Deviant or additional symbols necessary because of local conditions are permissible, but they shall be published beforehand in the Event Information (section 14.4) 2

22.2 Maps for "A" meets shall conform to IOF map standards and shall be up to date in the opinion of the Map Committee.

22.4 For standard orienteering the scale shall be 1:15,000 and the vertical interval 5m. A scale of 1:10,000 may be substituted for non-elite classes. Special scales are required for some special races or non standard orienteering and are specified in their specific section of the Rules. A different scale or vertical interval may be used for standard orienteering if permission is obtained from the USOF Sanctioning Committee.

22.5 Terrain conditions which are not visible on the map and map corrections or amendments that may influence the outcome of the event must be clearly communicated in writing to the competitors. Overprinting on the competition map is preferred, but simple corrections may be drawn on a sample map when displaying of the competition map is permitted (section 22.9).

22.6 The map shall be printed on good quality and if possible waterproof paper. (80-120 g/sq.m)

22.7 When the quality of the map paper requires the use of a protective case this shall be provided by the organizer.

22.9 When the map for the event has not been used in competition it shall not be displayed, sold, or distributed prior to the event. (This does not prohibit display of sections of the map where the competition will not be held.)

22.9.1 When the competition map has been previously used in a competition or otherwise distributed to potential competitors it shall be posted in the competition center and shall be sold at a reasonable and customary price prior to and at the event. (Section 12.2)

22.9.2 When the competition map has not previously been used or distributed and an earlier map of the terrain exists the earlier map shall be posted in the competition center and if possible sold at a reasonable and customary price prior to and at the event.

23. Competition Courses

23.1 The IOF publication, "Principles of Course Setting", shall be followed for setting the courses.

23.2 The characteristics of the courses, in particular the map reading and route choice requirements, shall be appropriate to the classes for which they are intended. The navigating ability and concentration of the competitors shall be tested.

- a) 23.2.1 The progression from White, Yellow, Orange and Brown through Blue is one of increased length and technical difficulty; the technical difficulty of Brown, Green, Red, and Blue is to be equivalent, at the expert level, with only the length increasing.

23.3 The order of visiting the control locations shall be prescribed by the organizer and observed by the competitors. If visiting the control locations out of order is likely to be advantageous then the organizer shall check that they are visited in the proper order.

- b) 23.5 Any marked route or crossings included on a course shall be indicated on the map.
- c) 23.6 In connection with the course setting, the limitations mentioned in section 38.2 (areas to avoid) shall be especially observed.
- d) 23.7 When setting courses the following must be observed: There shall not be two control flags within 100m of each other on similar features.
- e) 23.8 Control locations shall be selected in such a manner that hazardous terrain is avoided.
- f) 23.9 Hazardous terrain features shall be marked with blue and yellow streamers (Section 28.2) and competitors shall be routed around them by the use of orange and white streamers (Section 28.1), or the use of special short legs if necessary. When it is not possible to use these colors different colored streamers may be used if the change is prominently included in the Event Information.
- g) 23.10 When legs cross deep water or dangerous gorges special control locations shall be located at safe crossing points. Courses shall be set so that swimming will not be necessary nor tempting as a route choice.

24. Course Length and Climb

24.1 When designing courses, besides factors affecting class such as sex, age, and the competitor's skill level, the difficulty of the terrain, the time of year, the possible effect of other competitions and the time of day must also be accounted for.

24.2 The course length shall be measured without regard for elevation change as the shortest possible route a runner could fairly take. I.e. around lakes and impassable and out of bounds areas as well as following any compulsory marked routes.

24.3 The closest possible approximation (based on an orienteer with a ranking score of 100) to the expected winning times given for each format shall be decisive in determining course lengths for all events. See the section that applies to each event for details. Until tables are fully developed, see section M. The Classic table is in section M under Classic format.

25. Course markings on the map

25.1 The competition map shall be marked as follows:

- a) The start or map issue point by an equilateral triangle 7mm per side.
- b) The control features by circles 5-6mm in diameter.
- c) The finish by two concentric circles 5 and 7mm in diameter.
- d) Marked routes by dashed lines.

25.2 The center of any triangle or circle indicates the precise position of the feature, but it shall not be actually marked.

25.3 The control circles shall be numbered showing the required sequence. (Section 23.3) The numerals shall be printed with their tops oriented exactly toward North. The numbers shall be placed in such a way that they do not conceal important map features.

25.4 Except where there is a marked route, the triangle and circles shall be joined in numerical order by straight lines.

25.5 The control circles and their connection lines shall be interrupted or drawn thinner when they obscure important objects on the map.

25.6 Transparent waterproof PMS purple color shall be used for printing the courses.

25.6.1 When the courses are drawn and PMS purple is not available, then red may be used but this alteration must be included in the Meet Information.

25.6.1.1 Competitors who can not properly see the red color used to mark their maps may have their courses redrawn in a color they can properly see by making their request to a registration official.

26. Additional overprinting

26.1 Areas which are out of bounds because they are dangerous or for any other reason shall be surrounded by a line and cross hatched obliquely.

26.2 Forbidden routes (i.e. expressways) shall be overprinted with a chain of crosses.

26.3 Important crossing points or passages relevant to the course (i.e. a log over a stream, or a tunnel under a road) shall be indicated with reversed parenthesis. ")("

26.4 The color of additional overprinting shall be the same as that of the courses. (Section 25.6)

27. Control descriptions

27.1 The control description serves to clarify the picture of the control site as it appears on the map. It shall describe the control site accurately, but as briefly as possible.

27.2 The control descriptions shall correspond to the "Control Descriptions" of the IOF on all but the White and Yellow courses.

27.2.1 On the White and Yellow courses English words approximating the meanings and order of the IOF symbols shall be used. When possible they should be adjacent to the IOF symbols.

27.8 All the refreshment controls on a course shall be indicated on the control description sheet.

28. Markings used on the ground

28.1 Required routes (i.e. those that runners must follow) shall be marked by the use of both orange and white ribbons, except in night "O" where white shall be used. When not practical to use these colors others may be substituted provided the information is included in the Event Information.

28.2 Danger areas shall be marked with both blue and yellow ribbons. When those colors are not possible others may be substituted if the change is included in the Event Information.

29. Control flags and equipment

29.1 Every control feature shall be marked by a control flag. Every control flag shall have a code card and marking device/s associated with it. The relative arrangement of the control flag, control code, and marking devices shall be the same for all the control locations on a course. To minimize

competitors waiting for a marker there shall be an ample number of marking devices at each control location. This is particularly important at the early controls when a mass start is used.

29.2 A Control Flag shall mark each control location. The control flag consists of three squares arranged in triangular form. Each square is a 30cm X 30cm and is divided diagonally, one half being white and the other half orange (ideally PMS 165). At least two of the white triangles shall be adjacent to the upper edge of the control flag. (Additional color of blue stripe 2.54 to 5.08 cm wide, centered, vertically or along the diagonal divide is allowed)

In night "O" a light or reflecting device may be included with or may substitute for the control flag.

The control flag shall be hung at the feature indicated on the map. The actual position shall be in accordance with the control description.

The control flag shall be visible by the competitor upon reaching the feature. Ideally control flags shall be situated so that the presence or absence of competitors does not make them easier or more difficult to locate.

29.3 A Control Code shall identify each control location. The control code shall be a number, not less than 31 or greater than 255. The same code shall be included on the control description sheet.

The figures shall be black; approximately 6-10cm high with a line width of approximately 6-10mm. Ideally the competitor will only be able to read the codes when immediately at the control flag.

There shall not be other confusing figures or marks on the control flag.

It is recommended that numbers or letters which can improperly be read upside down not be used. (i.e. 86 - 98) If, however, they are used they shall have a line drawn beneath them to indicate the proper stance.

29.4 Every Control shall have control card marking device/s. If only manual punching is used, then only a manual punching device is required. If electronic punching is used, the both a manual and electronic punching device shall be provided.

29.5 Any control location may be manned. When so manned, the number of each of the competitors visiting the control location and the time at which they punched may be recorded. The control official shall neither disturb nor retain any competitor nor supply any information as to time, position nor anything else. The official shall remain quiet, wear inconspicuous clothes and shall not help competitors approaching the control flag. These regulations apply also to all persons at media, communication, refreshment controls and spectator points.

29.6 On each course refreshments consisting of at least potable water shall be provided at least every 2.5 km. Refreshments shall be provided at the start and finish and at appropriate control flags and indicated on the description sheets as such. There shall be enough water for each competitor to have .25 liters (8 oz.) or more at each refreshment stop. In the event of hot weather additional refreshment locations are recommended. These additional locations need not be at control locations but must be indicated on the map. Water must be offered in a sanitary manner such that it is not practical for competitors to drink from "community drinking jugs".

30. Control card

30.1 Manual Punching

The control card may be attached to or printed on the map. (Section 31.2) Alternately the control card may be handed out separately at least 10 minutes before a competitor's start time.

Competitors shall be responsible for marking the control cards provided by the organizers clearly and in the correct box at each control location using the marking equipment provided, and handing in their control card at the finish. When competitors mark an incorrect box they should continue the correct sequence beginning in the next box. Disqualifications will be decided on by the Jury. (Sections 33.4 & 33.5 disqualification's)

The organizer may have the control card checked and/or marked by officials at the control locations.

When competitors lose their control cards, or a control mark is missing, or it is established that the control locations were not visited in the prescribed order the competitor shall be disqualified unless an alternate proof is provided and accepted by the Jury.

The control card when not printed on the map shall not exceed 10cm X 21cm and shall be made of an adequately sturdy material.

30.2 Electronic Punching

The organizers are responsible for directing the competitors to the clear and check stations provided in the call up area.

The competitor is responsible for bringing the e-card to the start. The competitor is responsible for clearing and checking the e-card, before being called up, in the stations provided by the organizers.

The competitor is responsible for punching the start, if provided and all controls on the course as well as the finish.

The competitor is responsible for downloading the e-card data in the station provided by the organizers.

The organizers are responsible for directing the competitors to the download station.

31. Start

31.1 The competitors take their competition maps at the starting time at the start location or after the starting time at the map issue point.

31.2 The start location and the map issue point shall be situated in such a way that before the starting time a competitor will not be able to see which route the previous runner takes. When possible the start location shall also be situated such that competitors arriving at the finish can not communicate with those waiting to start.

31.3 The type of start for an individual event shall be either an individual or mass start. The use of a mass start shall be announced in the Invitation and is to be used only when permitted elsewhere by these rules. (Sections 3.3.3, 31.6, 31.4)

31.4 The mass start shall be used when an event starts in the dark and ends in the daylight, or when an event starts in daylight and ends in twilight or darkness. A mass start may be used in Ultra Long Course and Relays.

31.5 If competitors are late for their start through their own fault they shall be started as soon as practically possible. The actual time of their start shall be noted on their map, or a start list at the start location. Their time will still be computed, however, from their original start time given in the official start list except as per section

31.5.1 At the discretion of the organizer late starters may have their actual start times substituted for their official start times when this can be done for all late starters within a class on the same day.

31.6 If through the fault of the organizer any competitors miss their start they shall be given a new one.

32. Finish

32.1 The run-in to the finish shall be bounded by two suitable tapes or ropes and shall narrow on approaching the finish line. The finish at the finish line shall be approximately 3m wide, and shall be at right angles to the direction of the run-in.

32.2 After crossing the finish line the competitors shall hand in their control cards or move to the download station. When required by the organizer, competitors may have to turn in their maps at the finish line.

32.3 At the finish there shall be first aid supplies and refreshments.

33. Timing and placing

33.1 The finishing time shall be measured at the finish line. The time shall be taken at the moment when the runner's chest crosses the finish line when manual punching is used and by the finish box when electronic punching is used. If manual punching is used, times will be truncated to full seconds, or hundredths of minutes. Times shall be given in minutes and seconds, or minutes and hundredths of minutes.

33.2 In the case of more than one competitor having the same running time, they shall be given the same finishing place, and the results should show the same place number for both. When practical they should be listed in the order in which they started.

33.3 Races with mass starts will place runners finishing together in finish order. If this occurs at a relay event, the position of the team is determined by the finish order of the last leg runner.

33.4 Competitors who omit one or more control marks shall be listed as "did not finish" (DNF). If the absence of a control mark is not the fault of the competitor (i.e. missing or broken punch) and the competitor states that he/she visited all the control locations in the proper sequence, in the absence of proof to the contrary the competitor will not be disqualified.

33.5 Competitors who mark at an incorrect control in place of the correct one shall be listed as "mispunch" (MSP).

33.6 Competitors who can be proved to have visited the control points in the wrong order shall be disqualified (DSQ).

33.7 Under special circumstances a competitor may have their results posted as "sporting withdrawal" (SPW) and will be able to use their attendance to qualify for ranking (Section 50.11) but will not be eligible for placing or awards at the meet. They may, however, be recognized when appropriate.

33.7.1 When in response to a protest the Jury determines that a rule has been broken and the effect on the results is minor and only a few competitors have been affected, then the Jury may allow, request or require a (SPW) by the affected competitors. Competitors may not elect a "Sporting Withdrawal" (as used in these rules) without the consent of the jury.

33.7.2 A. Meet director may give SPW to competitor who aborts a run to aid an injured runner.

33.8 All competitors shall be given equal amounts of competition time to complete their courses. Unless a longer or shorter time is declared in the Meet Information the competition time shall be three hours for all events except Ultra Long Course which shall be 5 hours and the Short Course which shall be 2 hours. Competitors completing a course in a time greater than the competition time will be recorded as overtime (OVT) and will not receive a time or place.

33.9 All competitors whether finished or not shall report to the finish by the announced closing time of the finish. (Section 14.4.j Meet Information)

35. Fairness

35.1 All persons who take part at an orienteering event (competitors, organizers, team managers and so on) shall demonstrate a high degree of fairness, a sporting attitude, a spirit of comradeship and honesty.

35.2 It is forbidden to obtain outside help or collaborate in running or navigation except in a non-competitive class.

35.3 A competitor shall not seek to obtain unfair advantage over fellow competitors, nor intentionally run with or behind other competitors during the event in order to profit from their skill.

35.4 Prior investigation of the competition area is forbidden.

35.5 Leaders of the event are obliged to bar entrants from competing (but not from participating in the event) when they are so well acquainted with the terrain that they would derive substantial advantage over others. In doubtful cases the matter is decided by the Jury.

35.6 A competitor wishing to retain eligibility shall not seek to obtain an unfair advantage by communicating with other competitors, team officials, event officials, journalists, spectators or others before or during the competition.

35.7 The competitor is obliged to show respect for other competitors, leaders, land owners or administrators, officials, journalists, spectators, and others as well as residents of the competition terrain and areas.

35.8 The use of drugs to obtain an advantage is forbidden. The IOF Anti-Doping rules are considered a part of this rules document. This does not prohibit the use of medically necessary drugs prescribed by a physician.

35.9 Competitors for whom the preponderance of evidence shows that they have broken these Rules may be disqualified from the event by the jury. (Sections 37 Conduct, 17.3.1 Appeal)

35.10 Competitors for whom the preponderance of the evidence shows that they have intentionally broken these Rules causing a course to be voided may be disqualified by the jury from the current event as well as future USOF events for a period of up to two years. (Section 17.3.1 Appeal)

36. Equipment and aids

36.1 So long as the particular conditions in the area (i.e. danger of infection) do not necessitate otherwise, choice of clothing shall be up to the individual. It is strongly recommended that the competitor's legs are completely covered. When particular clothing is required by the organizers it shall be announced in the Meet Invitation.

36.2 The organizers may require competitors to wear identifying numbers on a bib on the chest and/or the back. The competitor must not conceal any information on the bib. The bib shall not be larger than 20cm X 24cm. The numerals shall be at least 12cm high.

36.3 During the competition only a compass and the map provided by the organizer may be used for navigation.

36.3 Personal aids not used directly for navigation are permitted. (e.g. magnifying glass, flashlight, cane, eyeglasses)

36.4 The use of any navigation aid other than a compass is prohibited. (e.g. transport, electronic apparatus, radio, pedometer, altimeter)

37. Conduct during the event

37.1 The competitors take part at their own risk while traveling to the event, in the training event, and in the event itself.

37.2 The competitors shall move in the terrain as silently as possible and neither by shouting nor by sign give help or do harm to other competitors, nor intentionally draw their attention.

37.3 It is the duty of each competitor to help anyone who is injured.

37.4 Care will be taken when running along or crossing traffic routes.

37.5 Sections marked as required routes on the course must be followed by the competitor.

37.6 Once competitors cross the finish line their competition is over, and they shall not return to the competition area without permission from the organizer.

37.7 Competitors who do not finish (DNF) must report to the finish and return their control card and map. They shall in no way attempt to influence the competition or other competitors.

37.8 Competitors shall not drink from water jugs in such a way that they contaminate the water others must use, and they shall not waste the water. Each competitor shall avoid using more than 8oz of water at any one refreshment control unless they need additional water to drink.

38. Out of bounds areas

38.1 It is forbidden to cause damage in the competition terrain. The competitors are solely responsible for their damage.

38.2 The competitor shall not enter the following areas except when specific permission is included in the Event Information:

- a) Yards and gardens;
- b) Sown land and land with growing or standing crops
- c) Limited access highways or fenced railways;
- d) Areas marked "out of bounds";

38.3 In consideration of nature conservation, the land owners, and others, the crossing of fences and ditches, as well as passing across forest plantations, shall occur in such a way that no damage is done. Barriers and gates opened by the competitor shall be closed by same.

C. EVENT CONTROL

39. Event Consultant

- 39.1 The USOF Sanctioning Committee appoints an Event Consultant.
- 39.2 The Event Consultant shall be appointed when the organizers request USOF sanctioning.
- 39.3 The Event Consultant is the official representative of USOF.
- 39.4 The Event Consultant should be an experienced competitor, course setter, consultant and organizer.
- 39.5 The Event Consultant shall be in close confidential contact with the organizers and cooperate with them. The Event Consultant and the meet director are mutually responsible for keeping in contact with each other.

40. Duties of the Event Consultant

- 40.1 The main task of the Event Consultant is to ensure that these rules are followed. The Event Consultant is obliged to prepare reports for the Sanctioning Committee on any breaches of the rules that he can not work out with the organizers.
- 40.2 Further tasks of the Event Consultant are to:
- a) Check that the Map Committee is satisfied with the map as it progresses, and that the map is finally approved.
 - b) Determine that the Course Consultant is performing his/her duties properly.
 - c) Check that the proposed organization is coordinated in general, including the support functions (i.e. accommodation, food, child care, parking, etc.) as well as the competitive functions (i.e. vetting, timing, start, finish, results, water, etc.).

41. Course Consultant

- 41.1 The Course Consultant is appointed by the Course Consultant Committee.
- 41.2 The Course Consultant shall be appointed after the application is accepted.

42. Duties of the Course Consultant

- 42.1 The Course Consultant shall be in close communication with the Course Setter and the Event Consultant.
- 42.2 The duties of the Course Consultant are to advise the course setter:
- a) To make sure that the courses will be proper for their level and consistent with these rules.
 - b) As to the suitability of the courses for the particular event and area.
 - c) As to the suitability of the start, the map issue point, and the finish location.

43. Costs for Consultants

- 43.1 Consulting for events is done on a volunteer basis without reimbursement.

44. Reports from the Event and Course Consultant

- 44.1 The Event Consultant and Course Consultant will each send a short informal report to the Sanctioning Committee and Meet Director outlining any procedures that worked particularly well and

might have application at other events as well as pointing out any problems and how they could have been avoided.

45. Course Vetter

45.1 The Course Vetter is appointed by the Meet Director and approved by the Sanctioning Committee.

45.2 The Vetter should be an experienced Course Setter and Vetter.

45.3 The duties of the Vetter are to check all aspects of the course setting, including:

- a) Checking the quality of the map in relation to the specific courses and control locations and assisting with any over printing which may be required.
- b) Checking the correct position of the start, map issue point, control flags and finish location.
- c) Checking the correct codes on the control flags against the codes on the control description cards, and the location and visibility of the marking equipment (i.e. punches).
- d) Making sure that the control descriptions are appropriate and that they correctly describe the positions of the controls flags.
- e) Making sure that the courses and other information pre-printed on the maps are properly drawn.

45.3 When possible the Course Vetter should be present during the competition.

45.4 When possible the Course Vetter should sit as a non-voting member of the Jury.

50. National Rankings

50.1 The chairperson of the ranking committee will submit to the publication committee the annual rankings of all orienteers who meet all of the following conditions:

- a) Are USOF members at anytime between January 1 and November 15 of the ranking year.
- b) Earn daily ranking points on at least four days on the same color course in any class except M/F-White and Gr on color course.

50.2 Daily Ranking points from competition are earned by:

- a) Competing in one day of an individual USOF sanctioned class "A" meet with individual staggered starts (including elite meets), on a course proper for your age that is not invalidated by the Jury or Meet Officials, and completing the course or receiving a disqualifying designation as in section 50.2.1 below.
- b) Completing a course above the course that is proper for your age at a meet satisfying the criteria in 50.2a above.

50.2.1 Persons who are disqualified (except as in section 50.3c & 50.3d), do not finish the course, for any reason, including injury, or who are overtime are assigned a time equal to the competition time limit (usually 180 minutes), plus 20 minutes.

50.2.2 Daily Ranking points earned by competition are calculated as follows: The Course Difficulty is calculated from the average of the Personal Course Difficulty of each competitor, which are the competitor's ranking points for that race multiplied by their time in minutes.

- a) This calculation is circular, so the Iteration Method is used to determine each competitor's ranking points. All competitors start with 50 points, and the calculations are repeatedly performed until the results converge.

- b) The average Personal Course Difficulty is a harmonic mean, which is the reciprocal of the arithmetic mean of the reciprocals. This causes the results in (a) to converge and results in non-drifting (i.e., significant) results.

50.3 Daily ranking points can also be earned by:

- a) Completing a course at a Canadian national level "A" meet in a class equal to or higher than the USOF class in which the person will be ranked. Canadian events which will be accepted for USOF ranking will be listed at least 6 months before the event.
- b) Losing time or being disqualified, because of assisting in an emergency situation, as determined by the meet director.
- c) Being assigned a "Sporting Withdrawal", as in section 17.8.
- d) Starting a course that is voided by meet officials.
- e) Completing a course at a USOF sanctioned class "A" meet that does not meet the requirements of 50.2a, such as a Relay.
- f) Completing a course at a USOF sanctioned class "A" meet which has fewer than five finishers (three for white courses). These courses will not yield statistically significant ranking results so will not count numerically towards a ranking score.

50.4 Daily Ranking credits are only used to qualify for annual ranking by those otherwise unable to meet the required number of days. Daily ranking credits are obtained from: Administration of a day of a USOF sanctioned class "A" meet in such a capacity that, at the discretion of the meet director, the person cannot physically or fairly enter the event.

50.5 Calculation of annual ranking points are as follows:

- a) For each qualifying person, take their best 4 daily ranking point days plus 1/2 of the remaining ranking point days (i.e., if 6 races are run, the top 4 + $[1/2 \times 2] = 5$ races are ranked), and average them to the nearest tenth of a point. Competitors who need credits (Section 50.4) to meet their minimum requirements will have the points from all their point qualifying competitions (Sections 50.2 & 50.3) on courses of one color averaged for their ranking in their class on that color course.
- b) Next, determine the top three ranked individuals on the course for the year, average their annual ranking points, and divide the result into 100, calling the result the Normalization Factor (NF). Multiply the annual ranking points of everyone ranked on the course by NF to determine their final annual ranking points, to the nearest tenth of a point.
- c) Finally, separate the persons on the course into their classes and list them in order.

50.6 Persons who qualify for ranking on a course will be ranked in the class on the course that is nearest their own age, regardless of the class(es) they actually ran.

50.7 A person may receive annual rankings on two different courses, provided that on one of the courses, they obtain daily ranking points (no credits) for the full number of days needed for annual ranking, else they will only receive annual ranking on the course and class nearest their own USOF "A" class. If they meet these more stringent requirements on one course, the second course need only meet the normal requirements.

50.8 Persons failing to meet the minimum annual ranking requirements for any class may be listed at the bottom of the class (in the unofficial rankings), with their points and number of qualifying days, at the discretion of the Ranking Committee.

51. Ranking Awards

At the end of the orienteering year those competitors meeting the requirements of section 50.1 and appearing in the official ranking list will be eligible for awards as follows:

- a) The top three finishers in the rankings in each "A" class will be presented the gold award patch by USOF.
- b) Orienteers in each "A" class not receiving gold awards and acquiring points within 20% of the average of the gold award winners in their class shall receive silver awards.
- c) Orienteers in each "A" class not receiving gold or silver awards and within 30% of the average of the gold award winners in their class shall receive bronze awards.

D. US FOOT ORIENTEERING TEAMS

D.1 Senior Team

The US Senior Team is a designated group of advanced competitors which exists to promote and encourage the highest possible competitive standards among US orienteers and to represent the United States at international events.

D.1.1 Senior Team annual meeting

The senior team will hold an annual meeting to hold appropriate elections and vote on necessary team business.

D.1.2 Senior Team Staff

The team staff personnel are:

- a) The Executive Steering Committee (ESC) consists of up to seven members, who set policy for the Team. The ESC will be elected by the Team at its annual meeting. The ESC members will serve staggered two-year terms. The selections will be sent to the USOF Vice President in charge of teams.
- b) The Team Administrator, who is the administrative leader of the Team, will be appointed by the ESC for a 2 year term.
- c) The Team Coach is in charge of Team training and development. The team coach will be appointed by the ESC for a 1 year term with the option to renew after an annual review.
- d) Additional personnel may be appointed by the ESC.

D.1.3 Senior Team Selection Committee

Each year a three person committee composed of an ESC member chosen by the ESC, and two others approved by the ESC will initially select the members of the Team. This Team Selection Committee cannot include active Team members. The Team Selection Committee may add team members at any time during the year.

D.1.3.1 Senior Team selection is based on:

- a) The results of national and international competition.
- b) Dedication to the sport of Orienteering.
- c) Demonstration of sporting attitude.

D.1.3.2 Senior Team members must be members of USOF.

D.1.4 Senior Team reports

Reports on policy-setting activities from the Chairman of the ESC and reports on policy execution from the Team Administrator, Coach, and heads of any committees designated by the ESC should be sent to the USOF Vice President in charge of teams.

D.1.5 Senior Team Staff policy negotiation

If the Team Administrator, Coach or any committee head is in disagreement with policies set forth for him/her to execute, the USOF Vice President assigned for teams will, at last resort, act as an arbitrator while the two parties work out a compromise.

D.1.6 Senior Team Selection Rules

D.1.6.1 The Team Trials:

Designation of a meet as the Team Trials will be made jointly by the Team ESC and the Sanctioning Committee. The meet must be, at a minimum, open to all persons eligible to represent the USA at the WOC. The Team Trials will have either two or three races.

The makeup of the US Team to the World Orienteering Championships (the WOC Team) is based primarily on the results of a team selection competition (the Team Trials) held during the period 2 to 4 months before the WOC. This competition can be held as part of an A-meet, or it can be a separate event, subject to the regulations of a normal A-meet, except that only the M21 and F21 categories are required.

Team Trials Map Makers

No competitor shall be considered ineligible for the Team Trials due to having made the map(s) on which the competition is held. The ESC and Sanctioning Committee should take into account the people who made the map(s) when deciding where to hold the Team Trials.

Team Trials Scoring Method

The Team ESC will decide on the scoring method, which must be announced in the meet invitation. The scoring method will be based on the results (times, points, and/or place numbers) of the Team Trials, and, optionally, may also be based in part on USOF rankings, other USOF A-event results, or IOF World Rankings. The scoring method must generate an ordered list of competitors, hereafter called the scoring list. If no scoring method is announced, then the scoring will be the same as at the previous Team Trials.

Team Trials Review Panel

A Review Panel consisting of a minimum of three persons and a maximum of five persons will be named by the ESC and approved by the USOF Vice President assigned for teams. The members of the Review Panel will be listed in the meet registration information. The majority of the members of the Review Panel will have no direct affiliation with the US Standing Team (ESC members, Team members or coaching staff). The Review Panel members need not be in attendance at the Team Trials if suitable arrangements (e.g. telephone, internet) can be arranged for discussion.

D.1.6.2 Standing Team Selection

Standing Team selection is based on:

- a) The results of national and international competition.
Not including the results of any night-O' in the rankings
- b) Dedication to the sport of Orienteering.
- c) Demonstrating a sporting attitude.

D.1.6.2.1 Team Candidacy Declarations & Eligibility

Senior Team members must be members of USOF.

On the entry form for the Team Trials, each competitor will declare his/her candidacy. A competitor is a candidate for the WOC team if he/she is:

- a) Eligible to represent the USA at the WOC. This requires current USOF membership and United States Passport at least 48 hours before the first start on the first day of the Team Trials.
- b) Intending to participate in the WOC if he/she earns a slot on the WOC Team.

Competitors who are not candidates may, at the discretion of the meet organizers, be started in a separate start window from the team candidates. Competitors may revise their candidate status up until 48 hours before the first start on the first day of the Team Trials.

D.1.6.2.2 Number of Selections and Team Trial scoring

The WOC Team (for women, and similarly for men) will consist of the number of competitors required to make up a WOC relay team, plus one. (At the current time, this number is four (four men and four women). The maximum is 5 men and 5 women. The threshold for taking a 5th member will be determined by the ESC and announced in the Team Trials invitation. Under normal circumstances, these will be taken from the top (four) candidates from the scoring list at the Team Trials. If one of the members of the WOC Team is not able to attend, the next highest placed person on the scoring list will be substituted.

D.1.6.2.3 Exceptions to the Scoring List

The Review Panel will be allowed, under certain circumstances, to make a maximum of two exceptions to the scoring list (two men and two women). In such cases, these people will be inserted into the scoring list in positions designated by the Review Panel, and the rest of the names will be shifted down. A person already on the scoring list may be inserted (moved) into a higher place on the list, but may NOT be moved to a lower place on the list. One of the insertions may be (but need not be) in the top four. The second insertion (if made) must be below the top four. In order for a candidate to be eligible for one of these "discretionary berths", certain criteria must be met.

- a) The candidate must submit a petition to the ESC requesting consideration for an exception. For a candidate who competes at the Team Trials, this petition must be submitted within one hour of the competitor's reporting to the finish on the final day of the Team Trials, and explain the circumstances why he/she was not able to produce a representative result (e.g. illness, organizers error resulting in an unfair situation, etc.). For candidates who do not compete at the Team Trials, the petition must be submitted before the first start on the final day of the Team Trials, and explain why he/she was unable to attend. Specific information regarding to whom petitions should be submitted must appear in the meet invitation. Petitions must be signed by the petitioner, and may not be submitted on behalf of other people.
- b) The candidate must either:
 - Be ranked in the top 3 WOC-eligible people in M21/F21 for the most recent 12-month* USOF Rankings
 - OR
 - Be in the top 5 WOC-eligible people in M21/F21 of the most recent 12-month* USOF Rankings AND finished in the top five in M21/F21 at the most recent US (Classic Distance) Orienteering Championship,
 - OR
 - Be unranked or have no US Champs result due to living outside of North America for at least 6 of the previous 12 months preceding the team trials, and submit along with the petition a summary of his/her (foreign) competition results and world ranking (if available) for the preceding year.

* The 12-month rankings to be used are for the period from 0 to 12 months before the Team Trials.

Possible Prearranged Scoring List Exception for the Course Setter

A candidate who is in the top three in the USOF Rankings, and who finished in the top three at the most recent US Champs (at the time of the sanctioning of the Team Trials), may make an

arrangement to be named to the WOC Team if he/she is course setter for the Team Trials. A maximum of one person (one man or one woman) may be named to the WOC Team in this manner. The position of this candidate in the scoring list (probably, but not necessarily, in the top four) will be by mutual agreement of the candidate and the ESC, and will be announced in the meet invitation. In such a case, this would be considered one of the discretionary berths, and the Review Panel would be allowed to make no more than one additional exception of that gender.

D.1.6.2.5 WOC & Exception Eligibility Determination

The Team ESC has the responsibility of determining who is eligible for the US Team, based on citizenship requirements, and who is eligible to submit petitions, based on US Team eligibility, rankings, and championship results. Any questions about who is or is not eligible to submit a petition will be answered by the ESC. The ESC will forward all eligible petitions to the Review Panel.

D.1.6.3 Grievance Process

The evaluation of petitions and the circumstances described therein will be the sole decision of the Review Panel. In cases where malfeasance or corruption on the part of the Review Panel is alleged, a grievance may be filed with the USOF Grievance Committee, which may call for a new Review Panel to be convened.

D.2 Junior Development Team

The US Junior Development Team is a designated group which exists to recognize and support promising competitors 14-20 years of age and to promote and encourage the highest possible competitive standards among US orienteers.

D.2.1 The team staff personnel are:

- a) The Team Leader, who is the administrative and overall head of the Team.
- b) The Team Coach, who is in charge of Team training and development.
- c) Any additional subordinate personnel appointed by the Team Leader.

D.2.2 The Team Leader and Team Coach will be appointed each calendar year by the USOF VP in charge of competition.

D.2.3 Each year a three person committee composed of the Team Coach, the Team Leader or designate, and the USOF VP in charge of competition or designate will select the members of the Team. The selection is based on:

- a) Competitive Results and National Rankings
- b) Dedication to the sport of Orienteering.
- c) Demonstrating a sporting attitude.
- d) Nomination by Regional or Local USOF members.

D.2.4 Team members must be members of USOF, at least 14 years of age, and run at the Orange level or higher.

- a) The Team Coach may add or remove team members at any time except during the selection of the Team Leader and Team coach.
- b) US Junior Team Selection Rules for the JWOC

D.2.5 The makeup of the US Team to the Junior World Orienteering Championships (JWOC Team) will be determined by a selection committee using an objective scoring method as detailed below.

- a) Selections Committee: The selections will be made by a 3-person committee composed of the Junior Team Coach, Junior Team Leader or designate, and USOF VP in charge of competition or designate.

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- b) Scoring: The team selection committee will decide on the scoring method, which must be announced at least one month prior to the first event that will have an impact on scoring. The scoring method must be based primarily on 12-month rankings and may also include consideration of specific event results such as a team trials or championships. The scoring method must generate an ordered list of candidates, hereafter called the scoring list. If no scoring method is announced, then the scoring will be the same as for the previous year.
 - c) Rankings: The primary rankings used for selections will be the M-20 and F-20 classes. M-21+ and F-21+ or Classes outside of the standard USOF structure (e.g. Intercollegiate or Interscholastic Varsity) may also be included in the scoring method at the discretion of the selections committee. Only candidates with at least four days of ranking credit will receive a ranking based score. Candidates who wish to be considered on the basis of fewer days must petition for an exception as described below.
 - d) Cutoff date: As part of the scoring method announcement, the selection committee will announce a cutoff date. The rankings generated for selections will be based on A-meets held between one year prior to the cutoff date and the cutoff date. It is recommended that the cutoff be late enough that recent Intercollegiate Championships results will be included. In the event that rankings cannot be generated on the cutoff date, the most recently available 12-month rankings will be used, and the selection committee may make any exceptions to these rankings that they deem necessary to reflect competition results between when the rankings were generated and the cutoff date.
 - e) Number of Selections: As part of the scoring method announcement, the team size will also be announced. Minimum JWOC Team size will be the number of competitors required to make up a JWOC relay team, plus one (currently four men and four women). Maximum JWOC team size will be the maximum allowed by the IOF. Under normal circumstances, these will be taken from the top eligible candidates from the scoring list. If one of the members of the JWOC Team is not able to attend, the next highest placed eligible person on the scoring list will be substituted.
 - f) Eligibility: The selections committee has the responsibility of determining who is eligible for the JWOC Team, based on citizenship and age requirements, and who is eligible to submit petitions, based on JWOC Team eligibility and championship results.
 - g) Exceptions to the Scoring List: The selections committee will be allowed, under certain circumstances, to make exceptions to the scoring list. In such cases, these people will be inserted into the scoring list in positions designated by the selections committee, and the rest of the names will be shifted down. Exceptions who are already on the scoring list may be inserted (moved) into a higher place on the list, but may NOT be moved to a lower place on the list.
 - h) Limitations on who can be excepted: In order for a candidate to be eligible for one of these "discretionary berths", certain criteria must be met: The candidate must submit a petition to the selections committee requesting consideration for an exception. When the scoring list is generated it will be disseminated as possible to the USOF Board of Directors and to the USOF Clubnet. This message will also include detailed information on how petitions are to be submitted. Petitions must be submitted by the petitioner or their parent or legal guardian, and may not be submitted on behalf of other people.

- i) **Grievance Process:** The evaluation of petitions and the circumstances described therein will be the sole decision of the selections committee. In cases where malfeasance or corruption on the part of the selections committee is alleged, a grievance may be filed with the USOF Grievance Committee, which may call for a new selections committee to be convened. In such a case the new selections committee members will be appointed by the USOF Executive Committee.

D.3 Authorization for IOF Competition

D.3.1 The make-up of the U.S. Team to the World Orienteering Championships (the WOC Team) is based primarily on the results of a team selection competition held in the spring before the World Championships. This competition may be open to anyone, or it may be by invitation only. If it is by invitation only, invitations will be issued by the Team Coach, based largely on the current national rankings for F-18, F-20A, F-21+, M-18, M-20, and M-21+. Any individual not invited may petition the Team Coach for an invitation.

D.3.2 The Student Championship Team will be determined in part at the U.S. Intercollegiate Championships prior to the Student World Championships by automatically selecting the top 3 men and top 3 women from among the eligible senior competitors (from M-21+ and F-21+) The remaining 2 men and 2 women, and alternates, will be selected by the Team Selection Committee.

D.3.3 If the size of the teams allowed at the University World Championships changes from its current 5 men and 5 women, then approximately 60% of the team will be based strictly on the results of the Intercollegiate competition, with the remaining members selected by the Team Selection Committee.

D.3.4 **Other International Events:** Though the numbers may vary, these principles shall apply to the selection of teams to all other official international events (with the exception of Ski-Orienteering events) unless otherwise stated by the Executive Committee.

- a) **Team Selection Committee:** The Team Selection Committee will consist of the Team Coach, the Vice President for Competition, and a third member to be named by the Coach and the Vice President for Competition.
- b) An authorization to compete as an individual in IOF meets is not required by the USOF.
- c) When authorizations are required by other countries, they may be issued for individual competition in IOF meets below the elite level by the USOF Team Coach, a member of the Executive Committee, or a USOF chartered Regular Club.
- d) These authorizations should contain the competitor's name, year of birth and IOF class.
- e) When authorizations are required by other countries they may be issued to any USOF member for individual competition in IOF meets at the elite level by the USOF Team Coach or a member of the Executive Committee. A USOF Regular Club may issue an elite authorization to holders of Gold, Silver, or Bronze national ranking medals in the M-21-A class.
- f) These elite authorizations or licenses should contain the competitor's name, year of birth and IOF class as well as the competitors ranking.

E. Rules for SKI Orienteering Competition

1. Application of the Rules

1.1 Competitions described as USOF ski-orienteering “A” meets shall follow these rules. Other USOF rules described previously in Sections A through C are applicable to the conduct and administration of ski-orienteering events, as appropriate.

2. Definitions and basic characteristics

2.1 In ski-O the skiing and navigating skill of the competitor shall be tested, such that the navigating skill shall be decisive.

2.2 Ski-o competitions shall primarily be held in terrain unknown to the competitors. In the terrain there shall be several route choice options following tracks when possible.

2.3 In ski-O the competitors shall travel on skis. An ideal course should test experienced skiers with several skiing techniques, for example diagonal, skating and downhill. The competitors may travel on foot, but must transport their own skiing equipment at all times.

2.4 Bushwhacking is permitted in ski-O. For reasons of safety and fairness, the possibility of bushwhacking should be described in Event Information. In the design of ski-O courses, consideration should be given that the bushwhacking of early competitors does not give significant advantage to later competitors.

3. Classification

3.1. Categories of events

3.1.1 The term "Ski-Orienteering "A" Meet" shall refer only to meets that are sanctioned by the Ski-O Committee and which comply with the provisions of these Rules.

3.1.2 The term “United States Ski Orienteering Championship” shall refer only a meet which is designated a U.S. Championship event by the USOF Board of Directors and sanctioned as an “A” meet by the Ski-O Committee in one of the following categories:

- a) United States Sprint Ski-Orienteering Championships
- b) United States Long Ski-Orienteering Championships.

3.1.3 U.S. Ski-Orienteering Championship events will be held every other year, in years prior to the biannual World Ski-Orienteering Championships. Each championship will be determined based on the results of a one-day competition.

3.2. Types of events

3.2.1 A “sprint” ski-orienteering course is one which features many short legs, and where an intricate trail network is used to put a premium on navigating skills. An ideal sprint course might have 10-12 controls.

3.2.2 A “long” ski-orienteering course is one which features long legs and tends to test skiing stamina. An ideal long course might have 5-6 controls, though more might be required to present the optimum navigational challenge on a particular map.

4. Classes

4.1 A Class "A" meet should have a minimum of the following courses and classes:

Course	Sprint	Long	Classes
White	1.5-3 km	2-3 km	F-White, M-White
Orange	3-5 km	4-6 km	F-16, F-18, F40+, F55+ F-Orange, M-Orange
Red	5-7 km	7-9 km	F19+, M-16, M40+, M55+, M-Red
Blue	7-12 km	10-20 km	M19+

4.2 A competitor's age as of December 31st of the year of the event shall determine what class s/he may compete in.

4.3 A class may be combined with another if it has fewer than three competitors.

4.4 In a U.S. Ski-Orienteering Championship event the championship classes shall be limited to: F-16, F-18, F19+, F40+, F55+, M-16, M-18, M19+, M40+, M55+

4.5 In a U.S. Ski-Orienteering Championship event, at the discretion of the host club, the M40+ class may be held on the Blue course and the F40+ class may be held on the Red course. This would be appropriate when the elite courses are not too long, when the difficulty of the terrain is not excessive, and when the longer courses would offer greater navigating challenges.

5. Invitation

5.1 Sanctioning must be requested from the USOF Ski-O Committee by the November 1st prior to the meet.

5.2 The hosting group must be a "Regular USOF Club" as defined in the USOF Bylaws.

5.3 The sanctioning request should include the following information:

- a) Name of host club
- b) Name of event
- c) Type of event
- d) Specific location of the event
- e) Name, address, telephone number of Meet Director
- f) Preferred and alternate date(s) of the meet
- g) Status of the map.

5.4 For "A" meets which are not U.S. Championships, the type of the event (sprint race or long race) will be determined by the host club.

5.5 The following special events must receive BOD approval before sanctioning.

- a) United States Sprint Ski-Orienteering
- b) United States Long Ski-Orienteering Championships.

5.6 The sanctioning decision for any "A" meet will be made by the Ski-O Committee of the USOF.

5.7 The Ski-O Committee is ready to assist prospective Meet Directors in any way possible in organizing ski-O meets. Meet Directors are encouraged to contact the committee at an early stage of their planning process.

6. Calendar

6.1 The Ski-O Committee will make its decision on sanctioning a meet by the November 15th prior to the meet. The Ski-O Committee will communicate with the chair of the (foot-O) Sanctioning Committee in order to place an event on the USOF Event Calendar. If the Sanctioning Committee chair foresees potential problems with a particular "A" ski-O meet, s/he should try to work out the problem with the Ski-O chair. The USOF Vice President of Competition should be advised immediately of this discussion, and will decide what further action is necessary if the problem is not resolved at the lower level.

7. Event Information

7.1 In the preparation of Event Information, meet organizers should review:

- a) Section A, 14.4;
- b) Section D (ski-O): 2.6.1, 22.2, 26.5, 26.7, 28.3, 29.9, 38.4.

9. Jury, postponement and cancellation

9.1 In ski-O unfavorable snow and weather conditions may prevent a fair competition. The principle of sporting fairness (A.2.5) should be observed as guidelines in the following decisions of the jury:

- a) The event shall be postponed, canceled or temporarily interrupted when the circumstances put the skiers or officials in danger.
- b) The event shall be postponed when the temperature, one hour before the beginning of the event, is colder than -20C.
- c) The preliminary announcement of the possible postponement should be made at the latest 2 hours before the beginning of the event, and the announcement of the new beginning at the latest two hours in advance.
- d) Under exceptional circumstances, when the postponement of an event is out of the question, a mass start may be used. For example, a significant snowfall in the hours immediately prior to the event may make it impossible to regroup the tracks and trails before the event. In order to prevent later competitors from following the route of earlier competitors in the fresh snow (thereby negating navigating skill), and in order to assure that later competitors do not ski on significantly faster tracks than earlier competitors, a mass start may be appropriate.
- e) In the case of poor snow conditions, a preliminary decision on whether to hold the meet must be made by the meet organizer by 6:00 p.m. two evenings prior to the meet. A telephone number must be included in the entry form that competitors can call that evening to check if the meet will be held

10. Secrecy

10.1 When the venue is placed on the USOF Event Calendar and publicly announced, the area is closed to orienteering competitions and training for any purpose prior to the event for individuals or groups wishing to retain competition eligibility. An individual who skis at the venue during this period of time as a participant in a sanctioned (by a ski organization or educational institution) cross-country ski race will not lose eligibility for the upcoming ski-orienteering competition as long as such activity is limited to the official race course."

11. Reports and fees to USOF

11.1 Within four weeks the organizers will submit official results to the Ski-O Committee, USOF Headquarters and the editors of ONA. The Ski-O Committee will also be sent a copy of each course (other than White and recreational).

11.2 For fees refer to Section A 20.2 and 20.3

12. Maps

12.1 Symbols shall conform to the IOF "Symbols for Ski-Orienteering Maps" when possible. Deviant or additional symbols necessary because of local conditions are permissible, but they shall be published beforehand in the Event Information.

12.2 Maps should be in color. The scale can be in the range of 1:10,000 to 1:30,000. It is recommended that the scale of "sprint" race may be from 1:10,000 to 1:20,000. Contour intervals can be from 3 meters to 10 meters.

12.3 Mandatory one-way travel on some or all ski tracks should be indicated on the map with directional arrows on or beside the track(s) affected.

13. Course length and climb

13.1 Course measurements should be based on the shortest skiable route between controls not requiring bushwhacking.

13.2 The "sprint" Blue course shall be planned for a winning time of 40-50 minutes. The "sprint" Red course shall be planned for a winning time of 30-40 minutes.

13.3 The "long" Blue course shall be planned for a winning time of 70-90 minutes. The "long" Red course shall be planned for a winning time of 50-70 minutes.

14. Course markings on the map

14.1 The competitors' maps should have the course pre-marked in transparent waterproof PMS purple. Pre-marking of maps is done in a fashion very similar to that of foot-orienteering.

- a) The alternative, having competitors copy from master maps, is permissible within an indoor starting area. A sufficient number -- at least 3 per course -- of master maps must be available. Master maps are not appropriate for a U.S. Championship event.
- b) In either case, all competitors must be able to view the course for an equal amount of time (see Section 31.2) prior to when their starting time officially begins. Any event with more than 50 skiers should use pre-marked maps.

14.2 In ski-O the marker control number is printed on the map, next to each circle designating a control. No description sheet is required since the control descriptions are very simple (e.g. trail junction, bend of trail) and can be determined just from looking at the map.

15. Additional overprinting for denoting passability

15.1 All skiing tracks shall be indicated on the map. Other features which represent skiable routes (such as roads and paths) are assumed to be passable if nothing else appears on the map or in Event Information."

15.2 To indicate passability, skiable tracks and trails should be overprinted on the competition map in a green printing color with the following symbols:

- a) Skating track, 1.5 meters or wider--continuous line
- b) Diagonal track, 1-1.5 meters wide--dashed line
- c) Narrow, rough trail - caution--dotted line
- d) Sanded or snow-free road--V symbols.

15.3 When tracks and trails are not overprinted in green, all skiable tracks and trails must be printed on the map. Trails on the map which are not skiable should be marked with a series of purple or green perpendicular slashes through the trails. Trails or roads that are sanded should be marked with a series of purple or green V's."

15.4 All passability symbols, whether consistent with or varying from the symbols above, should be announced in Event Information. Event Information should also describe the trail network by listing approximate percentages of:

- a) skating track,
- b) diagonal track,
- c) narrow, rough trail,
- d) skiable road.

16. Markings used on the ground

16.1 Since a snowfall may obliterate indistinct connecting trails which are indicated in the map, colored ribbons may be placed at these places to aid the competitors. The use of such ribbons (including color used) should be described in Event Information.

17. Refreshments and aid stations on the course

17.1 Blue and Red courses should have an official aid station with liquids about halfway through the course. Cold liquids should always be included at this station. To ensure competitors' safety, hot liquids should also be provided if the weather is severe and it is anticipated that most competitors will take 90 minutes or longer to complete the course." Arrangements for an aid station should be described in Event Information.

18. Start

18.1 In ski-O the handing out of the map shall take place not less than 1 minute before the start. (A pre-marked map is usually handed out one minute before the start. When the competitor must cop the course from a master map, the map may be handed out up to three minutes before the start.)

19. Finish

19.1 The final 100 meters of the course shall be at least 5 meters wide, allowing sufficient space for two skating skiers to approach and cross the finish line simultaneously.

20. Timing and placing

20.1 The finishing time shall be measured at the finish line. The time is to be taken at the moment the competitor's front foot crosses the finish line. Fractions of seconds over the whole second will be omitted. On principle it will be rounded off to minutes and seconds, or minutes and hundredths of minutes.

21. Fairness

21.1 A competitor shall not seek to obtain unfair advantage over fellow competitors, nor intentionally ski with or behind other competitors during the event in order to profit from their skill. The jury may disqualify a competitor for "following" if it finds s/he cannot draw the route skied, or upon other evidence.

22. The competitors

- a) must not use outside help when waxing their skis or repairing their equipment during the competition (i.e. when skiing the course);
- b) may, however, use wax and waxing equipment offered by the control officials;
- c) may carry the means for waxing and repair;
- d) are obliged to give - if requested - the track to a passing competitor when only one ski track or narrow skiable route is available;
- e) may be offered drinks only at official refreshment controls;
- f) are permitted to bring their own refreshment supply and renew that supply at refreshment controls;

23. Equipment and aids

23.1 Clothing worn at ski-O events is optional, but shall be appropriate regarding safety for the weather conditions.

23.2 When required by the organizer, start numbers shall be worn clearly visible on the front side of the left thigh. Folding the start number is not allowed.

23.3 Each competitor must ski with the same skis and poles from the start via the controls to the finish, with exceptions as per Section 36.7.

23.4 At championship or international events, or otherwise when required by the organizers, the skis of the elite competitors shall be marked by the organizer. The competitors shall see to it that their skis are marked. No more than one pair of marked skis is allowed per competitor. The markings will be controlled at the start and finish.

23.5 At the option of the organizers, an equipment control(s) may be designated where competitors can deposit spare ski equipment, wax and waxing equipment for use during the competition. Arrangements for an equipment control should be described in Event Information. A competitor may change ski equipment only at a designated equipment control, and can change no more than one ski and one pole at a given equipment control. An original ski must accompany the competitor at all times on the course.

24. Out of bounds areas and one-way travel

24.1 The prohibition against entering sown land, or land with crops, does not apply to ski-O.

24.2 When possible, ski-O competitions should be held at sites where competitors can travel on tracks or trails in either direction. Sometimes, however, one-way travel is mandated on some or all tracks by local authorities. This restriction should be indicated on the map (Section E.15) and in Event Information. Competitors are not permitted to ski the wrong way on a track indicated as one-way by the organizers.

25. Event Control

25.1 Immediately upon the sanctioning of an "A" meet, the meet organizer shall select with the approval of the Ski-O Committee an Event Consultant and a Course Consultant.

26. U.S. Ski-Orienteering Team

26.1 A Coach will be selected by the Ski-O Committee on an annual basis. This selection must be approved by the USOF VP in charge of competition and the USOF Executive Committee. The Coach may be removed at any time by the Executive Committee; if that happens, the Ski-O Committee will then select a new Coach (again, subject to the approval of the USOF VP in charge of competition and the Executive Committee) as soon as possible thereafter.

F. Rules for USOF Sanctioned "B" events

1. Application of the Rules

1.1 Competitions described as "Club "B" Meets" where the club is chartered by USOF as a Regular or Associate Club shall be organized in accordance with these rules. It is only necessary to meet the provisions of this "B" meet Section, however it is recommended that the complete set of "A" meet rules be used as a guideline, and followed where practical or needed.

1.2 The club officials and the Meet Director will supervise the application of these rules.

2. Classes

2.1 Any division of classes may be used such that any competitor will be able to compete on the course of his/her choice. The minimum class structure shall be: M/F-White, M/F-Yellow, M/F-Orange, M/F-Red. It is further recommended that the following be included: M/F-Green, M/F-Blue.

3. Eligibility

3.1 Anyone desiring to compete is eligible.

4. Duties of the Meet Director

4.2 The club shall obtain all necessary permission from landowners, and forestry, state, and other pertinent officials.

4.3 To promote an acceptance of, and favorable attitude toward orienteering, the club should aim for a good relationship with other users of the forest and forest officials.

5. Applications to hold USOF "B" orienteering

5.1 At the time the meet is first publicly announced, and at least two months prior to the meet the Meet Director together with a club official will send to the Sanctioning Committee a copy of the event Invitation and a letter certifying that they understand the "B" meet rules and that the meet will conform to them.

6. Invitation

6.1 An Invitation shall be published at least 2 months prior to the event in a way suitable for the event in question, and a copy will be sent to the USOF publications committee.

6.2 The Invitation shall contain the following information:

- a) Date, category, form and type of the event.
- b) Organizer, Mapper, and Course Setter.
- c) Classes.
- d) Courses and course lengths.
- e) Address and final date of entry.
- f) Fees.
- g) Location of the event, and time for arrival.
- h) Description of terrain and elements of risk, unique characteristics of the event.
- i) Map type and scale, and year of field checking.
- j) First start, and type of start.

k) Address and/or phone number where questions can be answered.

7. Results at an event

7.1 Results shall be posted in an announced place as soon as possible after the event.

8. Maps

8.1 A five color map, ideally conforming to IOF map standards, must be used.

8.2 Only scales between and including 1:5,000 and 1:20,000 may be used.

8.3 Corrections to the map in so much as they will significantly affect the competitors shall be posted.

9. Course length and climb

9.1 The proper winning times and the approximate course lengths for the various classes are:
Course Optimum Winner's Time Approximate Course Length White 30 minutes 3km or less Yellow 40 minutes 3.5 - 4.5 km Orange 50 minutes 4 - 5 km Green 50 minutes 4 - 5 km Red 60 minutes 5 - 7 km Blue 60 - 80 minutes 7 - 12 km

9.2 Ultra Long Course orienteering for which the course lengths of the green, red, and blue courses will be increased, can be organized.

9.2.1 In Ultra Long Course events the winning times of the following courses may be increased to these lengths. Brown 60 min, Green 75 min, Red 100 min, Blue 145 min.

9.3 The course length for the different classes will be posted along with an explanation of the classes and the time permitted for the competition. (Section 33.6)

25. Course markings on the map

25.1 The competition map or master map shall be marked as follows:

Start location or map issue point by an equilateral triangle.

- a) The control location by circles.
- b) The finish location by two concentric circles.
- c) Marked routes by dashed lines.

25.2 The center of any triangle or circle shows the precise position of the feature, but it shall not be actually marked.

25.3 The control circles shall be numbered showing the required sequence. The numerals shall be printed with their tops oriented exactly toward North. The numbers shall be placed in such a way that they do not conceal important map features.

25.4 Except where there is a marked route, the triangle and circles shall be joined in numerical order by straight lines.

25.5 The control circles and their connecting lines shall be interrupted or drawn thinner when they obscure important objects on the map.

25.7 When pre-marking of maps is not practical the following procedures for the use of Master Maps at "B" meets shall be used.

25.8 An official will observe all activity at the master map area and will prevent distracting noise and unnecessary talking.

25.9 Removal of a master map by a competitor is cause for disqualification.

25.10 Persons may observe the master map area provided they are approved by the Meet Director and do not distract the competitors. The Meet Director may assign someone to observe these persons.

25.11 Red waterproof pens or pencils will be provided for the competitors at the master map area. In addition a black waterproof pen or pencil will be available if requested.

25.12 The minimum number of master maps will be determined by the start interval of each course at the following ratio:

6 master maps for 1 minute interval
4 master maps for 2 minute interval
2 master maps for 3 minute interval

25.13 If a master map is found to be in error at least two meet officials will meet to determine the seriousness of the error. If the error is determined to be serious the course will be voided. All master maps will be available for review after the competition

25.14 The master map area will be concealed from the view of all spectators and from all competitors who have not yet started.

29 Control flags and equipment

29.1 Every control feature shall be marked by a control flag.

29.2 If the usual control flags described in IOF rule 29.2 are not being used a sample flag must be on display.

29.3 The flag shall be hung on the feature indicated on the map. The actual position shall be in accordance with the control description.

29.4 The control flags shall be visible to the competitors when they have reached the features.

29.5 Ideally control flags shall be situated so that the presence or absence of competitors does not make them easier or more difficult to locate.

29.9 On each course refreshments consisting of at least potable water shall be provided at least every 2.5 km. Refreshments shall be provided at the start and finish and at appropriate control flags and indicated on the description sheets as such. There shall be enough water for each competitor to have .25 liters (8 oz) or more at each refreshment stop. In the event of hot weather additional refreshment locations are recommended. These additional locations need not be at control locations but must be indicated on the map, and the symbol used must be communicated to the competitors.

29.9.1 Water must be offered in a sanitary manner such that it is not practical for competitors to drink from "community drinking jugs".

33. Timing and placing

33.6 The time permitted for competition shall be posted when other than three hours, or 5 hours for Ultra Long Course.

35. Fairness

35.1 All persons which take part at an orienteering event, (competitors, organizers, team managers and so on) shall demonstrate a high degree of fairness, a sporting attitude, a spirit of comradeship and honesty.

37. Conduct during the event

37.3 It is the duty of each competitor to help anyone who is injured.

42. Duties of the Course Consultant

42.5 There should be sufficient personnel involved in the meet organization to provide effective starting, finishing and timing procedures. It is recommended that at least 4 people are involved.

45. Course Vetter

45.1 A vetter, someone other than the course setter, will be appointed. The vetter may be from the same club. The duties of the vetter are to:

- a) Check the suitability of the start, the map issue point, the controls and the finish as well as their correct position.
- b) Check the correct marking of the control flags, and the situating and visibility of the control flags and punches.
- c) Make sure that the control descriptions are appropriate and that they correctly describe the positions of the controls. Make sure that the courses pre-printed on the maps, or the master maps are properly drawn.

G. Rules for Rogaine competition

1. APPLICATION OF RULES

The rules in this section are in effect rather than those which are applicable to individual orienteering events.

2. Definition OF ROGAINE

- 2.1. Regains are classified by USOF as group team events that use a score course format.
- 2.2. Rogaine events are conducted as long distance cross-country navigation for teams traveling on foot. The object is to score points by finding checkpoints located in the Rogaine area within a specified time. Checkpoints may be visited in any order
- 2.3. Rogaine- type events are also sometimes organized with competition on skis, bicycles, etc., or even in urban areas where public transport might be permitted. Such events work well with the same rule structure.

3. ENTRIES

- 3.1. A team shall consist of two, three, four or five members.
- 3.2. A team that has a member less than fourteen years of age shall also have a member eighteen years of age or over.
- 3.3. Competition placing may be awarded in several categories based on the age and gender composition of teams. Each team shall be deemed to be entered for all categories of the competition for which it is eligible.
- 3.4. No member of a team shall have been involved with the organization of the Rogaine so as to have a prior familiarity with the Rogaine course, fieldwork or map.
- 3.5. Recreational entries will be open to people who are by virtue of one or more of these rules ineligible for placing in the competition. The organizers must determine that violating the rule/s will not disqualify or interfere with the eligible competitors. All other rules must be followed.

4. Respect for Land and Property

Unless stated specifically by the organizers, the following shall apply:

- 4.1. Competitors shall not cross newly sown ground, growing crops or any area deemed out-of-bounds by the organizers, without specific permission by the organizers.
- 4.2. Competitors shall keep a reasonable distance from dwellings and stock with young.
- 4.3. Competitors shall take due care when crossing fences, crossing at corner posts, solid posts or between wires wherever possible. Each team shall leave gates in the same state as they were found.
- 4.4. Competitors shall carry out or discard litter in appropriate containers.
- 4.5. Competitors shall not light fires on the course. Fires may be lit in the administration areas if expressly allowed by the organizers.
- 4.6. Competitors shall not smoke on the course.
- 4.7. Competitors shall not unduly damage or disturb native flora or fauna.
- 4.8. Dogs, firearms, and weapons of any kind are prohibited.

5. Conduct of Competitors

- 5.1. Competitors shall not enter the course, after obtaining map and checkpoint information, until the official start is signaled.
- 5.2. The only navigational aids that may be carried on the course are magnetic compasses, watches and copies of the competition map. The possession of other navigational aids, including pedometers, altimeters and GPS receivers on the course is prohibited. The use of relevant maps other than those expressly sanctioned by the organizers is prohibited.
- 5.3. Computers may not be used by competitors for planning their strategy.
- 5.4. Competitors shall travel only on foot unless otherwise specified by the organizers.
- 5.5. Members of a team shall remain within unaided verbal contact of one another at all times while on the course. A team shall demonstrate compliance with this requirement to any event official or other team on request.
- 5.6. A team shall surrender its score card to any event official, and shall advise their team number to any event official or other team, on request.
- 5.7. A team shall not accept assistance from, nor collaborate with, other people, nor deliberately follow another team.
- 5.8. No food nor equipment shall be left on the course before the event for a team's use, and any food or equipment cached on the course by the team during the event must be brought back by the team with them to the finish.
- 5.9. Each competitor shall carry a whistle at all times on the course.

6. Checkpoints

- 6.1. All team members shall simultaneously approach to within 20 meters, and within sight, of each checkpoint for which points are claimed.
- 6.2. In order to gain points for a checkpoint teams must punch the scorecard provided by the organizers in the correct square with the punch at the checkpoint marker and fill in any intention sheet at the checkpoint with the time of arrival, the team number and the number of the checkpoint that they intend to visit next. If a team punches an incorrect square, they must notify the organizers of the details of this immediately upon returning to the administration area to be eligible to be credited with that checkpoint.
- 6.3. In the event of the scorecard being lost, a team may record punch marks on any single sheet. The organizers will accept this so long as the punch marks are discernible, and the team can identify to the organizers the checkpoint number for each of the punch marks.
- 6.4. Competitors shall not deliberately rest within one hundred meters of a checkpoint unless the checkpoint is also a water drop.
- 6.5. Competitors shall not adversely interfere with a checkpoint, water drop or any other facility

7. Administration Areas

- 7.1. Whenever a team visits an administration area, all team members are required to report together to the organizers and surrender their team's scorecard. The team shall only collect its scorecard immediately prior to leaving that administration area.
- 7.2. A team shall finish by all of the members reporting together to the designated finish administration area and surrendering their scorecard.

- 7.3. If a competitor wishes to withdraw from a team for any reason the entire team shall return to an administration area and notify the organizers. The original team shall be deemed to have finished the event. If a new team is formed it may be admitted to the competition at the discretion of the organizers but no points shall be credited for checkpoints already visited.

8. Penalties and Protests

- 8.1. The penalty for breaching these rules is disqualification except for rules 5.2 and 5.4. Any team disqualified under this rule shall be recorded as disqualified (DSQ).
- 8.2. A team that breached any rule for any reason may voluntarily withdraw by advising the organizers immediately upon finishing. The team will be recorded as withdrawn (W/D).
- 8.3. Within forty-five minutes of finishing, a team may report in writing to the organizers about any team thought to have breached these rules, or may protest in writing to the organizers about any actions of the organizers that they consider made the competition unfair. Protests will be ruled on by a protest committee formed by the organizers.
- 8.4. A team that is not satisfied with any decision of the organizers protests committee may appeal in writing to the USOF grievance committee within seven days of the publication of the official results. This committee shall have the power to overrule the organizers and to amend the results accordingly. Appeal of the grievance committee's decision may be made to the USOF Board of Directors.

9. Scoring

- 9.1. The event shall end at precisely the set number of hours after the actual starting time, both times as defined by the organizers' clock. Teams finishing late will be penalized at the rate per minute or part thereof specified in advance by the organizers. Teams finishing more than thirty minutes late shall be deemed ineligible for a placing and their result shall be recorded as overtime (OVT).
- 9.2. A team score shall be the value of the checkpoints visited and correctly verified in accordance with these rules, less any penalties. The team with the greatest score or in the event of a tie the team that finished earlier shall be awarded the higher placing.
- 9.3. In the event of a checkpoint being damaged or deemed misplaced or missing by the organizers, teams shall be awarded the checkpoint score.
- 9.3.1. If the punch is missing or damaged but the team has a correct record on the intention sheet.
- 9.3.2. If the punch is missing and there is no intention sheet, but the team can satisfy the organizers that they visited the correct site.
- 9.3.3. If a checkpoint is missing or misplaced but the team can satisfy the organizers that they visited the correct site.
- 9.3.4. For a correctly recorded visit to a misplaced checkpoint.

10. Safety

- 10.1. In an emergency the distress signal is 3 short blasts of the whistle repeated at intervals.

- 10.2. In the event of an emergency, a team shall give any assistance asked for. In such a case the assisting team shall not be penalized for any rules broken in the course of giving assistance.

11. Organizers

11.1 Organizers are responsible for preparing for all aspects of conducting the event to permit compliance with all applicable USOF Rules and requirements specific to a Rogaine.

11.2 Questions about organizing a Rogaine shall be directed to the USOF Rogaining Committee.

11.3 The organizers shall at all times be guided by a sense of fair play.

12. Class structure for Rogaining Events

There is no class structure for Rogaine competition, only categories of teams. Teams are divided into categories of Men, Women, and Mixed for purposes of awards. Within each category, there is a division by age (on the first day of the event) into 4 subcategories.

Junior. All members of team 18 years of age or less.

Open. No age restrictions

12.3 Veteran. All members of team 40 years of age or greater.

12.4 Superveteran. All members of team 55 years of age or greater.

Some teams may fall into multiple age categories. In this case the team is eligible for awards in all categories in which they meet the criteria. It is normal to give awards to the first three places in all categories, but a single physical award may be used for a team which has achieved awards in multiple categories. The number of categories may be condensed (e.g. no Superveteran class).

13. Technical Requirements for Rogaining Events

13.1 Orienteering control markers are normally used to mark checkpoints. These must be supplemented with a sign-in sheet at which all teams must indicate their arrival time and intended next checkpoint as in accord with rule 16. In addition, it is usual in the US to provide some form of reflective marking at night (often a small PVC tube wrapped with reflective tape hung on the string for suspending the control flag, or small patches of reflective tape on the faces of the control markers), so that the range of visibility of the control flag is extended to a level similar to the daytime situation. This may not be necessary in low-vegetation parts of the country. As electronic punching becomes more standard, it is quite possible that the pin punch on a standard orienteering control may be substituted by an electronic device.

13.2 A Rogaine is traditionally 24-hour duration. For other events, shorter or potentially longer durations would be acceptable. It is common in the US to concurrently run two or more different duration events on the same course.

13.3 Maps for a rogaine may be specifically produced for the event, or may be modifications of an existing (typically USGS) map with the addition of magnetic north lines, possibly additions to reflect changes in trails, roads, out-of-bounds areas, etc. Usually the scale of map should be between 1:24,000 and 1:63,360. The mapped area needed for a 24-hour Rogaine is typically 150 square kilometers or greater, with an optimal route choice requiring somewhat over 100 km to reach all control locations. The actual area of terrain in use might be somewhat smaller, but it is undesirable for safety reasons to place controls right at the edge of the mapped area, as going off map may be harder for recovery than in a shorter orienteering event. Map scale must be announced to competitors well in advance of the

event, preferably on the publicity announcements. The map determines the suitability of control sites--the topographic information is usually much less detailed than on an orienteering map, and the control sites are necessarily placed on coarser features.

13.4 It is usual to have approximately 50 to 60 control locations for a 24- hour rogaine. Explanations for substantially larger or smaller numbers of controls should accompany a sanctioning request.

13.5 The most common scoring schemes use the number used as the control code of the checkpoint to give the score value for the control. Usually it is worth either the value of the control code rounded down to the next lower multiple of 10 (e.g. control 67 is worth 60 points), or else exactly the value of the control number. Points are deducted for being overtime. The most common deduction scheme is 10 points per minute late. Other schemes might be acceptable, but should be explicitly discussed and explained at the time of a sanctioning request... Other scoring methods could be submitted to the sanctioning committee for consideration, but different schemes tried in the past have generally met with competitor dissatisfaction.

13.6 There is no need to exclude the use of control codes under 32 as in traditional orienteering, unless electronic punching is used, then numbering restrictions apply.

13.7 It is usual to provide drinking water at several selected controls in the rogaine. If there are reliable sources of water (spring, lake or stream) naturally occurring at many places on the course which could be safely made drinkable with iodine or ultra filtration treatment could be substituted. It should be noted in a sanctioning request and all advance publicity about the event what approach will be taken towards the provision of water.

13.8 It is obligatory for the organizers of the event to provide food at the administrative headquarters for a stated period during the event. The food service should be continuous, and might typically last from 4 hours after the start until 1 hour after the finish. It is also standard for there to be camping facilities for the competitors also available at the event headquarters (for a 24-hour event).

13.9 It is normal to have a period of planning time after issuance of the maps before competitors are allowed on the course, and this time is not counted in the duration of the event. A typical time allowance is two hours for a 24-hour event. This time should be stated in the meet announcement.

13.3 It is worthwhile to review the rather detailed suggestions for organizing a rogaine on the International Rogaining Federation web site <http://www.rogaining.com/>

Rogaining Championships

United States Rogaine Championships are sanctioned and awarded by their respective committees.

Eligibility

Each member of the team must be a member of USOF.

No member of the team may compete in the same calendar year for the same category of championship in any other national championships.

Courses

For championship purposes, it is necessary to have a Rogaine of the traditional 24-hour duration.

Format

Championship bids must be of the format described by G 2.1 and 2.2.

Classes

All team categories will be offered for championships.

Awards

Awards will be given to the first three places in all categories, but a single physical award may be used for a team which has achieved awards in multiple categories.

H. Rules for Trail orienteering competition

USOF uses applicable portions of the IOF Trail Orienteering Rules.

Additional information is at the link for Technical Guidelines for Elite Trail Orienteering 2009'

http://www.orienteering.org/i3/index.php?/iof2006/document_library/rules_and_guidelines/trail_orienteering

INTERNATIONAL ORIENTEERING FEDERATION

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COMPETITION RULES

FOR

INTERNATIONAL ORIENTEERING FEDERATION (IOF)

TRAIL ORIENTEERING EVENTS

(Rules for the *World Trail Orienteering Championships*)

(Rules for *Regional Trail Orienteering Championships*)

This version of the competition rules is valid from 1 February 2009.

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

A vertical line in the left margin indicates a major change to the previous version (1 February 2006)

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COMPETITION RULES

FOR

INTERNATIONAL ORIENTEERING FEDERATION (IOF)

TRAIL ORIENTEERING EVENTS

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1. Definitions

1.1 Trail Orienteering is a sport involving map and terrain interpretation. Competitors visit control points marked in the terrain usually in a set sequence. Using the map provided, with aid of a compass, they choose which of a number of markers represents the one in the centre of a printed circle as defined by the control description. This decision must be recorded. The term competitor means an individual or a team.

1.2 The mode of movement may be:

- *on foot*
- *by wheelchair, either manual or electric*
- *on bicycle, tricycle or handcycle*
- *other modes, any recognised mobility aid.*

No combustion-engined vehicle, nor any battery driven vehicle designed for more than one occupant is permissible.

| 1.3 Types of trail 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)
- *team* (the scores for two or more individuals are combined)
- the way of determining the competition result:
 - *single-course competition* (the result of one course is the final result)
 - *multi-course competition* (the combined results of two or more courses, held during one day or several days, form the final result)
- the order in which the 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 competition:
 - *long, middle and short*
 - *TempO* (course consists of timed controls only).

1.4 The term *Federation* means a full member Federation of the IOF.

1.5 The term *event* embraces all aspects of an orienteering meeting including organisational matters such as start draws, team officials' meetings and ceremonies. An event, eg. the World Trail Orienteering Championships, may include more than one competition.

WTOC 1.6 *The World Trail Orienteering Championships (WTOC)* is the official event to award the titles of World Champions in Trail Orienteering. It is organised under the authority of the IOF and the appointed Federation.

| RTOC 1.7 *The Regional Trail Orienteering Championships (RTOC)* are the official events to award the titles of Regional Trail Orienteering Champions for each IOF Region.

They are organised under the authority of the IOF and the appointed Federation.

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2. General provisions

2.1 These rules, together with the Appendices, shall be binding at the *World Trail Orienteering Championships* and all other *IOF International Trail Orienteering Competitions*. Every rules point with no event abbreviation before its number is valid for all these events. A rules point valid only for the *World Trail Orienteering Championships* is marked with WTOC in the margin beside the rules point number. Such specific rules take precedence over any general rules with which they conflict.

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

2.3 If not otherwise mentioned these rules are valid for individual trail orienteering competitions.

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

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

2.6 Sporting fairness shall be the guiding principle in the interpretation of these rules by competitors, organisers and the jury.

2.7 The English text of these rules shall be taken as decisive in any dispute arising from a translation into any other language.

2.8 For team competitions the rules for individual competitions are valid, unless otherwise stated.

| 2.9 The IOF Council may decide special rules or norms which shall be followed, eg. *IOF Anti-Doping Rules, International Specification for Sprint Orienteering Maps, International Specification for Orienteering Maps, Trail Orienteering Technical Guidelines, Principles for Course Planning, Leibnitz Convention and IOF Control Descriptions.*

2.10 The IOF Council may on occasion allow deviations from these rules and norms. Requests for permission to deviate from them shall be sent to the IOF Secretariat at least 6 months prior to the event.

3. Event programme

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

WTOC 3.2 The World Trail Orienteering Championships (WTOC) are organised in every year ideally as part of the Foot Orienteering WOC summer programme.

| WTOC 3.3 The programme shall include a two-day World Championship Open class competition for individuals of any physical ability, with one course on each day. The programme shall also include, at the same time, a two-day World Championship Paralympic class competition for competitors with certification of Paralympic eligibility, with one course on each day. Competitors may only be entered for one class.

The second day of both competitions is also the World Team Championship competition in which the results of the best two competitors in a Federation's Open class team are combined with those of the best two competitors in the Federation's Paralympic class team.

WTOC 3.4 The programme shall include opening and closing ceremonies, adequate rest and model event(s). The programme shall be kept within no more than 5 days.

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WTOC 3.5 An associated public competition with no limit on numbers, unless specified by the organiser, shall be offered on as much of the championship course as possible. The public competitors should start after, and be kept separate from, the championship competitors.

4. Event applications

4.1 Any Federation may apply to organise an IOF event.

4.2 Applications shall be forwarded by the Federation to the IOF Secretariat. The official application form shall be used, and the applications shall contain all requested information and guarantees.

4.3 The IOF Council may impose a levy on any IOF event. The amount of the levy shall be announced at least six months before the closing date for applications for that event.

4.4 The IOF Council can 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.

| WTOC 4.5 Applications shall be received no later than January 31st four years prior to the

championship year. The organising Federation is appointed the same year. Prior to the appointment, the applicant must sign a contract with the IOF.

5. Classes

WTOC 5.1 All competitors, regardless of sex, age or physical ability/disability are eligible to be entered for the World Championship Open class competition.

| WTOC 5.2 Only competitors who have some permanent physical disability (including hidden disabilities), which gives a significant disadvantage in Foot Orienteering competitions, are eligible to be entered for the World Championship Paralympic class competition.

Competitors for the Paralympic class shall submit to the IOF Medical Commission an eligibility form (available at www.orienteing.org) completed by a doctor. When approved a certificate authenticating their Paralympic status will be issued, this must be available for inspection by competition organisers.

| WTOC 5.3 Only Federations entering teams with at least two Open competitors and at least two Paralympic competitors are eligible for the World Team Championship competition.

6. Participation

6.1 A competitor may represent only one Federation during any one calendar year.

6.2 Competitors who are representing a Federation shall have full passport-holding citizenship of the country of that Federation.

6.3 Each participating Federation shall appoint a team manager to act as a contact person between the team and the organiser. It is the team manager's duty to see that the team receives all necessary information.

6.4 Competitors participate at their own risk. Insurance against accidents shall be the responsibility of their Federation or themselves, according to national regulations.

| WTOC 6.5 All competitors represent a Federation. Each Federation may enter up to a maximum of three competitors of any physical ability for the World Championship Open class, and a maximum of three eligible competitors for the World Championship Paralympic class.

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| WTOC 6.6 Disabled competitors requiring physical assistance from an able-bodied escort shall inform the organiser when registering for the event. The organiser shall make arrangements for such assistance. It is not permitted for competitors to be accompanied by their personal or national team escorts in the competition area.

However, in exceptional cases with the agreement of the IOF Event Adviser, competitors may be accompanied by their own medical attendant or, for those with restricted communication, an 'interpreter' familiar with their speech. Escorts must not assist in any way with the map reading, control site identification, analysis or selection process, nor disturb the concentration of any competitor.

WTOC 6.7 Each Federation may have a number of officials in the team, in addition to the competitors and required escorts. The organiser shall fix the number of officials in accordance with the available facilities, but the maximum number shall be at least four. The maximum number shall be the same for each team.

7. Costs

| 7.1 The costs of organising an event are the responsibility of the organiser. To cover the

costs of the competition(s), the organiser may charge an entry fee for competitors and an accreditation fee for non-competitors (team officials, media etc). This fee shall be kept as low as possible and shall be approved by the IOF Event Adviser.

7.2 Each Federation or individual competitor is responsible for paying the entry fee as specified in the invitation. The time limit for paying the entry fee shall not be earlier than 6 weeks prior to the event.

7.3 Late entries can be charged an additional fee. The amount of the additional fee shall be approved by the IOF Event Adviser.

7.4 Each Federation or individual competitor is responsible for defraying 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 mandatory, the entry fee shall include these costs.

7.5 The travelling costs of the IOF appointed Event Adviser and Assistant/s, to and from the venue, shall be paid by the IOF. Local costs during controlling visits and the event days are paid by the organiser or the organiser's Federation according to national agreements.

7.6 All costs of IOF Event Advisers and Assistants appointed by a Federation shall be paid by the organiser or the Federation according to national agreements.

| WTOC 7.7 Different standards of wheelchair accessible accommodation and food shall be offered, allowing competitors a choice of price groups. The fees for the competition, the food and accommodation must be shown as separate amounts. It is not obligatory to use the accommodation arranged by the organiser.

| 7.8 If the event (or part of the event) has to be cancelled due to reasons outside of the organiser's control – eg weather conditions, destruction of terrain, the organiser may retain a minimum proportion of the entry fee in order to cover committed costs.

8. Information about the Event

8.1 All information and ceremonies shall be at least in English. Official information shall be given in writing. It may be given orally only in urgent cases and in response to questions at team officials' meetings.

WTOC 8.2 Information from the organiser or the IOF Event Adviser shall be given in the form of bulletins. Bulletins shall be published on, or by being linked to, the IOF Web Site.

Notification that Bulletin 3 has been published shall be sent by e-mail to all participating Federations. If further information is necessary, it shall be given to all appropriate Federations.

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WTOC 8.3 Bulletin 1 (preliminary information) shall include the following information:

- organiser and names of the event director, IOF Event Adviser(s), national controller(s)
- address and telephone/fax number/e-mail address/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 colour copy of the most recent version of any previous orienteering map(s) of the embargoed areas.

| WTOC 8.4 Bulletin 2 (invitation) shall include the following information:

- all information given in Bulletin 1
- official entry and accommodation forms
- latest date and address for entries
- entry fee for competitors, escorts/medical attendants and team officials
- latest date and address for the payment of the entry fees
- types and cost of accommodation and food
- accessibility of entrance hall, bedrooms, sanitary facilities and public rooms
- provision for recharging electric wheelchairs
- latest date for reservation of official accommodation
- description of any transport offered, including that adapted for wheelchairs with cost
- latest date for booking and payment of transport
- directions for obtaining entry permits (visas)
- details of opportunities for any training
- description of terrain, climate and any hazards
- accessibility for mobility impaired competitors
- provision of escorts, or need for them
- standard of the map (ISSOM or ISOM)
- scales and contour intervals of the maps
- event programme
- notes on competition clothing, if necessary
- approximate length and climb of each course
- address, telephone/fax number and e-mail address of the official responsible for the media
- a recent sample map showing the type of terrain
- the exact location of each competition area and finish arena (if they have been decided)
- maximum number of officials per team (if necessary)
- directions for registration of media representatives and any extra representatives of the Federations.

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| WTOC 8.5 Bulletin 3 (event information) shall include the following information:

- latest date for sending the exact number of participants
- latest date for submitting medical certificates to IOF for required eligibility
- latest date for sending the names of participants and confirmation of eligibility for Paralympic participants
- details of provision of escorts by organisers or unusually the need for participants to do so
- detailed programme of the event, including timetable for final name entries and

for the allocation of start times

- details of the terrain, especially accessibility
- summary of entries received
- any permitted deviations from the rules
- address, telephone/fax number and e-mail address of the competition office
- details of accommodation and food, access perimeters
- transport schedule, availability of vehicles booked to take wheelchairs
- the length (measured along the route to be followed), total climb, number of controls and number of refreshment controls on each individual course
- team officials' meetings
- the exact location of each competition area and finish arena.

| WTOC 8.6 Bulletin 4 (additional event information) shall be given on arrival of the competitors and shall include final details of event information including:

- any anti-doping requirements
- all Special Rules relevant to the event
- any additional regulations and any Rule Deviations that have been granted
- the time limits for complaints
- the location for making complaints
- maximum time allowed for each course
- names and Federations of jury members

WTOC 8.7 Bulletin 1 shall arrive 24 months before the event, Bulletin 2 shall arrive 12 months before the event and Bulletin 3 shall arrive 2 months before the event.

9. Entries

| 9.1 Entries shall be submitted according to the instructions given in Bulletin 2. At least the following details shall be supplied in order for each competitor: family name and first name, gender, Federation. The names of team officials shall be supplied. Late entries may be refused.

9.2 The organiser may exclude competitors or teams from starting if their entry fee is not paid and no agreement has been reached about payment.

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

WTOC 9.4 No competitor may be replaced within one hour of the first start.

| WTOC 9.5 Competitors may only be selected and entered by their Federation.

WTOC 9.6 Entries giving the number of competitors, the number of escorts/medical attendants, the number of team officials and the team manager's name, address, e-mail address and phone/fax numbers shall reach the organiser no later than 2 months before the event.

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WTOC 9.7 Each competitor's name, any required medical certificate, and the names of escorts and the team officials shall reach the organiser no later than 10 days before the event.

Changes are possible up 12 noon on the day before the event.

| WTOC 9.8 In individual competitions, between 12 noon on the day before the first competition and 1 hour before the first start, a competitor may be replaced for a valid reason (eg accident or illness). No replacement is possible after the first competition.

10. Travel and transport

WTOC 10.1 Each Federation is responsible for organising its own travel.

WTOC 10.2 On request, the organiser shall, on behalf of a Federation, arrange provision of adapted vehicles to transport teams from the nearest international airport or railway station to the event centre or accommodation. The Federation will pay for this service.

WTOC 10.3 Transport between the accommodation, event centre, competition sites, etc may either be arranged by the organiser or by the teams. On request and with agreed payment, the organiser shall arrange all necessary transport during the event, including transport with hoist for electric wheelchair users, on behalf of the teams.

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

11. Training and model event

11.1 Training opportunities may be offered before the competition.

| WTOC 11.2 On the day prior to the first competition of an event, the organiser shall put on a model event to demonstrate the terrain type, map quality, control features and the set-up of the controls, including a Time Control, refreshment points and marked routes. If the terrain for the two days of competition is very different, a second model event shall be put on.

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

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

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

12. Starting order

12.1 In an *interval start*, the competitors start singly at allocated start intervals.

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

12.3 The start list shall be published on or before the day prior to the competition and before any team officials' meeting which must be held according to Rule 13.1.

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

12.5 For an interval start, the start interval shall normally be 2 minutes, but may be varied with the approval of the IOF Event Adviser.

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| WTOC 12.6 For an interval start for all competitors on the same course, the starting order drawn at random shall be adjusted, as necessary, to allow for a separation of at least 8 minutes between competitors from the same Federation on the same course. The mechanism of adjustment is to bring forward the next available competitors in the draw to provide the required separation. If competitors are still to be separated at the end of the draw, the same process takes place in reverse from the bottom of the list to provide the necessary separations.

| WTOC 12.7 The starting order for the second day of the World Championship competitions shall be the reverse of the results order from the first day of competition, with the best competitor starting last, but adjusted, where necessary, to allow for a separation of at least 8 minutes for competitors from the same Federation. The mechanism of adjustment is as detailed in 12.6, beginning with the last starter.

13. Team officials' meeting

WTOC 13.1 The organiser shall hold a team officials' meeting on the day prior to the competition. This meeting shall normally start no later than 19.00 hours. The IOF Event Adviser shall lead or supervise the meeting.

| WTOC 13.2 The competition material (start number bibs, control cards or E-cards, start lists, transport schedule, latest information, etc) shall be handed out before the start of the meeting.

WTOC 13.3 Team officials shall have the opportunity to ask questions during the meeting.

14. Terrain

| 14.1 The terrain shall be suitable for setting competitive trail orienteering courses of the appropriate standard. The objectives of the Leibnitz convention shall be considered.

14.2 The terrain must be chosen so that the least mobile competitors, the person confined to and propelling a low fixed wheelchair and the person who walks slowly and with difficulty, can negotiate the course within the maximum time limit, using official assistance where provided.

14.3 The competition terrain shall not have been used for orienteering for as long as possible prior to the competition, so that no competitor has an unfair advantage.

14.4 The competition terrain shall be embargoed as soon as it is decided.

14.5 Permission for access into embargoed terrain shall be obtained from the organiser if needed.

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

15. Maps

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

| 15.2 The map scale shall normally be 1:5000 or 1:4000. All maps for a competition, including those for the timed controls, shall use the same scale.

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

15.4 Maps shall be protected against moisture and damage.

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15.5 If a previous orienteering map of the competition area exists, colour copies of the most recent edition must be displayed for all competitors on the day prior to the competition.

15.6 On the day of the competition, the use of any map of the competition area by competitors or team officials is prohibited until permitted by the organiser.

WTOC 15.7 The IOF and its member Federations shall have the right to reproduce the event maps

with courses in their official magazines or on their websites without having to pay a fee to the organisers.

16. Courses

| 16.1 The IOF *Principles for course planning for Trail Orienteering* (see Appendix 1) shall be followed, with reference to the current published issue of the IOF *Technical Guidelines for Trail Orienteering*.

| 16.2 The standard of the courses shall be worthy of an international trail orienteering event. The skills of map reading and terrain interpretation and the concentration of the competitors shall be tested, together with, at the timed controls, speed of decision making. The courses shall call upon a range of different orienteering techniques.

16.3 The course lengths shall be given as the length from the start, along the route to be followed, to the finish and should not normally exceed 3500m.

16.4 Any route not passable by all wheelchair users, because of width, protruding roots, fallen trees or other unsuitable surface must be banned to all and marked in the terrain by tapes.

16.5 The total climb shall be given as the climb in metres along the route.

16.6 The climb of a course should normally not exceed 14% for more than 20 metres. The cross slope should be no more than 8%.

16.7 At least pure water shall be offered as refreshment.

17. Timed Controls

| WTOC 17.1 At least two timed controls where the decision time is recorded should be included in the competition. These may be located at any part of the course; but it is desirable that at least one occurs both before the official start and another after a pre-finish. A separate, specially prepared map is used for each time control.

17.2 The terrain detail at a timed control shall not be shown on the competitor's maps, where this may be studied by competitors before they are called to the timed control.

| 17.3 At timed controls the competitor shall be seated in a position so that all the control markers are visible and their locations confirmed. A map unit containing a segment of the map oriented in the direction of view of the control, with clear indication of the direction of magnetic north above the map segment and description below the segment, shall be handed to, or placed for, the competitor as the timing starts. Timing can be with two stopwatches or electronic units, in which case the map is handed over on the feedback signal as the competitor punches.

| 17.4 At timed controls timing is stopped when a clear answer is indicated. This may be either by the use of a pointing board or orally using the International Phonetic Alphabet (Alpha, Bravo, Charlie, Delta, or Echo). With electronic units both the choice and time are automatically recorded as the competitor punches. The planner shall not set a None/Zero answer.

17.5 At timed controls a maximum of one minute is allowed. Both time and answer are recorded.

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17.6 Unless electronic recording is used there shall be 2 timekeepers with the times from both recorded. The times shall be rounded down to whole seconds.

18. Restricted areas and routes

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

| 18.2 All terrain off the tracks (trails) in the competition area is out-of-bounds unless otherwise indicated in the information, marked on the map and, where necessary, marked on the ground. Additionally, certain normally permitted routes and areas may be declared out of bounds, as described in the information and, where necessary, marked on the map and the ground. Competitors who deliberately enter a forbidden area will be disqualified.

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

19. Control descriptions

19.1 The precise location of the control point in the terrain shall be correctly defined by the centre of the circle on the map and the control description.

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

19.3 In column B, the number of control markers in any cluster, will be indicated by letters (e.g. A-C for 3 markers).

| 19.4 Where necessary, to indicate the approximate direction to view a control cluster, a standard compass direction arrow shall be placed in column H.

19.5 The control descriptions shall include the maximum time allowed for the course.

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

20. Control set-up and equipment

20.1 The control point given on the map shall be clearly marked on the ground by a cluster of control markers in the vicinity of the circle.

20.2 Control markers shall consist of three squares 30 x 30 cm arranged in a triangular form. Each square shall be divided diagonally, one half being white and the other orange (PMS 165).

20.3 The control markers shall be hung so that they are all visible (at least one third of any marker) to competitors from the close vicinity of the decision point. Normally a marker is positioned at the feature at the centre of the circle on the map and correctly described but it is permitted to have no marker so located in Elite class competitions.

20.4 The control markers shall be hung at a standard height in any one cluster.

20.5 A decision point will be marked in the terrain along the route, but not shown on the map.

20.6 Control markers are designated from left to right, regardless of depth of view, 'A', 'B'...'E' from a decision point. The decision as to which marker is which is made from this point.

20.7 All controls for which there are security concerns shall be guarded.

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21. Control cards and marking devices

21.1 Either an IOF licensed electronic punching system or the traditional manual pin

punch with control card may be used.

21.2 If a non-electronic punching system is used, the control card must satisfy the following specifications:

- it must be made of resistant material, or be protected
- each punch box must have a minimum side length of 13 mm
- a duplicate must be marked automatically with the main card.

21.3 If a non-electronic punching system is used, competitors shall be issued with a double card. The complete card shall be handed to officials at the finish, the second part being returned, after the last start time, to the competitor for reference.

21.4 If a non-electronic punching system is used, the whole card may be protected by reinforcing it or by putting it into a bag, but not by cutting-off parts of the control card.

| 21.5 Competitors record their choices at a punching station a short distance beyond each decision point. If a non-electronic punching system is used, a single punch shall be provided. If electronic punching is used, a backup punch must be provided. In both cases a different pin pattern to those at adjacent controls must be used.

| 21.6 Competitors shall record their choice at each control before moving on to the next control. With non-electronic punching the control card must be punched in the chosen box. With electronic punching, the choice is recorded in the chosen unit and the confirmation signal observed. If, after waiting, there is doubt that the punch has been recorded, the back-up pin punch should be used on blank boxes supplied with the map unit. See Appendix 4.

21.7 Competitors are responsible for the correct recording of their choice, whether doing so themselves or through an intermediary.

21.8 Any control with more than one, or no, selection recorded is deemed to be incorrect. Subject to confirmation by the Event Adviser.

21.9 No change in recorded selection is permitted.

| 21.10 Checks by the organiser to confirm that competitors are completing the controls in the correct order may be made either by scrutiny of control cards within the competition area or by interrogation of electronic units.

| 21.11 Competitors who lose their control card or electronic recording device (e-card) shall be disqualified.

| WTOC 21.12 The control cards or e-cards shall be handed out before the team officials' meeting except that, if qualification and finals are organised on the same day, those for the finals shall be handed out at least one hour before the first start.

| WTOC 21.13 If electronic punching is used, provision for competitors to punch in privacy shall be provided.

22. Equipment

22.1 The choice of clothing and footwear shall be free.

22.2 Start number bibs shall be clearly visible and worn as prescribed by the organiser. The bibs shall not be larger than 25 x 25 cm with figures at least 10 cm high. The number bibs may not be folded or cut.

22.3 During the competition the navigational aids that competitors may use are only the map and control descriptions provided by the organiser, and a compass.

22.4 No mechanical or electronic aids, other than an odometer and a watch are allowed.

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22.5 Telecommunication equipment may not be used in the competition area, except in an emergency by marshals. Any other use of telecommunication equipment during the competition period may result in disqualification of the competitor and team.

23. Start

23.1 In individual competitions, the start is normally an interval start.

23.2 All competitors shall have at least 20 minutes for undisturbed preparation at the start area. Only competitors who have not started and team officials shall be allowed into the start area.

23.3 The start may be organised with a pre-start before the time start. If there is a prestart, a clock showing the competition time to team officials and competitors shall be displayed there, and the competitors' names shall be called or displayed. Beyond the pre-start, only starting competitors, with their escorts and media representatives guided by the organiser are allowed.

23.4 At the start, a clock showing the competition time to the competitors shall be displayed. If there is no pre-start, competitors' names shall be called or displayed.

| 23.5 Competitors are responsible for checking that they have the right map. If there is variation in the course, the competitor's start number or name shall be indicated on the map so as to be visible to the competitor before starting.

23.6 The point where orienteering begins shall be shown on the map with the start triangle and, if it is not at the time start, marked in the terrain by a control marker.

23.7 Competitors who are late for their start time through their own fault shall be permitted to start. The organiser will determine at which time they may start, considering the possible influence on other competitors. They shall be timed as if they had started at their original start time.

23.8 Competitors who are late for their start time through the fault of the organiser shall be given a suitable new start time.

24. Finish and time-keeping

24.1 The competition ends for a competitor after crossing the finish line.

24.2 The time taken by the competitor over the timed section(s) of the course, unless over the declared time limit for the course, is not relevant to the competition result.

24.3 The finishing time may be measured either when the competitor crosses a pre-finish line, or at the finish line. Times shall be rounded down to whole seconds. Times shall be given in either hours, minutes and seconds or in minutes and seconds only.

24.4 The lead-in to the finish may be bounded by tape or other means.

24.5 The exact position of the finish line shall be obvious to approaching competitors.

| 24.6 After crossing the finish line competitors shall hand in control cards or download recorded data. If required by the organiser, they shall also hand in their competition maps.

| 24.7 The organiser shall set a maximum time for each course, calculated as 3 minutes for each control plus 3 minutes for each 100 metres of the course. At the discretion of the Event Adviser an extended time may be set to allow for exceptional climb, difficult surfaces or other factors. The Event Adviser may decide on an additional

time allowance for competitors with eligibility certificates.

24.8 Any delays to the competitor, at any point along the route, which are not the competitor's fault must be recorded and deducted from that competitor's overall time.

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24.9 If, after taking into account any recorded delay, the competitor has exceeded the time limit a penalty will be incurred. This shall be a deduction of one point for any part of each five minute unit.

24.10 There shall be first aid facilities and personnel at the finish, who are also equipped to work in the forest.

25. Results

25.1 Each correctly identified control (including Timed Controls) scores one point.

25.2 At the Timed Controls a correct answer in 0-60 seconds scores one point. A wrong answer scores no points and a penalty of 60 seconds which is added to the time taken to answer. No answer in 60 seconds scores no points and a penalty of 120 seconds.

| 25.3 The average of the two recorded times at each timed control is calculated with half seconds preserved. If electronic punching is used, the time is rounded down to the nearest second.

25.4 The recorded times for all timed controls in any one competition are cumulative. With manual timing the total times should show half seconds.

25.5 Competitors are ranked according to their points scores, with competitors on equal points being ranked according to their accumulated times.

| 25.6 Any control that is deemed to be unfair and voided by the IOF Event Adviser is deleted from the competition for all. The reason for voiding must be displayed on the results board.

| 25.7 Provisional results, consisting of points scored and accumulated times, shall be announced and displayed in the finish or assembly area during the competition.

| 25.8 The official results, including the correct and competitor selections for each control, shall be published no more than 5 hours after the latest allowable finishing time of the last starter. They shall be handed out on the day of the competition to each team manager and to accredited media representatives.

| 25.9 The official results shall include the point scores and accumulated times of all participating competitors. A shortened version may be made available for the media.

25.10 Two or more competitors having the same score and time at the timed controls shall be given the same placing in the results list. The position(s) following the tie shall remain vacant.

WTOC 25.11 Every competitor, team official and accredited media representative shall be given an official results list and a competition map, together with the solution map.

WTOC 25.12 In the individual World Championship competitions, the competitors are ranked according to their total point score and total accumulated time from the two courses.

| WTOC 25.13 In the Team competition, on Day 2, the best two results from each class of a Federation's teams are amalgamated.

| 25.14 The results shall be published on the internet and electronically submitted to the IOF on the day of the competition.

26. Prizes

26.1 The organiser shall arrange a dignified prize-giving ceremony.

26.2 If two or more competitors have the same placing, they shall each receive the appropriate medal and/or certificate.

| WTOC 26.3 The title of World Champion Open class shall be awarded to the competitor with the highest score (and shortest time in the event of a tie for highest score) in the World Championship Open class.

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| WTOC 26.4 The following prizes shall be awarded in the World Championship Open class:

- 1st place Gold medal (plated) and certificate
- 2nd place Silver medal (plated) and certificate
- 3rd place Bronze medal and certificate

Medals and certificates shall be supplied by the IOF.

| WTOC 26.5 The title of World Champion Paralympic class shall be awarded to the competitor with the highest score (and shortest time in the event of a tie for highest score) in the World Championship Paralympic class.

| WTOC 26.6 The following prizes shall be awarded in the World Championship Paralympic Class:

- 1st place Gold medal (plated) and certificate
- 2nd place Silver medal (plated) and certificate
- 3rd place Bronze medal and certificate

Medals and certificates shall be supplied by the IOF.

WTOC 26.7 The prize-giving ceremonies shall be performed by representatives of the organising Federation and the IOF.

| WTOC 26.8 In the Team competition, all individual members of the team shall receive: -

- 1st place Gold medal (plated) and certificate
- 2nd place Silver medal (plated) and certificate
- 3rd place Bronze medal and certificate

Medals and certificates shall be supplied by the IOF.

WTOC 26.9 During the prize-giving ceremony, the national flags of the first 3 competitors shall be flown and the national anthem of the winner shall be played.

27. Fair play

27.1 All persons taking part in an orienteering event shall behave with fairness and honesty. They shall have a sporting attitude and a spirit of friendship. Competitors shall show respect for each other, wheelchair users must have priority to the side of the track nearest to the controls and access to decision points in front of ambulant competitors. The competitors shall be as quiet as possible in the terrain.

27.2 Obtaining technical assistance from other competitors or escorts, or providing such assistance to other competitors during a competition is forbidden. However, it is the duty of all competitors to help any injured competitor, or anyone with physical need in the case of an accident.

| 27.3 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. The organiser may require information on prescribed medication. It is the responsibility of competitors to obtain any required TUE (therapeutic use exemption) certificate.

| 27.4 All officials shall maintain strict secrecy about the competition area and terrain

before they are published. In any case, strict secrecy about the courses must be kept.

27.5 Any attempt to survey or train in the competition terrain is forbidden. Attempts to gain any information related to the courses, beyond that provided by the organiser, is forbidden before and during the competition.

27.6 The organiser shall bar from the competition any competitor who is so well acquainted with the terrain or the map, that the competitor would have a substantial advantage over other competitors. In case of doubt, the matter shall be decided by the IOF Event Adviser.

27.7 Team officials, competitors, media representatives and spectators shall remain in the areas assigned to them.

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27.8 Officials and others (eg. media representatives) in the terrain shall neither disturb nor assist competitors, other than with legitimate physical assistance over difficult sections.

27.9 Having crossed the finish line, a competitor may not re-enter the competition terrain without the permission of the organiser. A competitor who retires shall announce this at the finish immediately and hand in the map and control card. That competitor shall in no way influence the competition nor help other competitors.

27.10 A competitor who breaks any rule, or who benefits from the breaking of any rule, may be disqualified.

27.11 Non-competitors who break any rule are liable to disciplinary action.

| 27.12 The organiser must void a competition if at any point it becomes clear that circumstances have arisen which make the competition unfair or dangerous for the competitors.

28. Complaints

28.1 A complaint can be made about infringements of these rules or the organiser's directions.

28.2 Complaints can be made by team officials or competitors.

28.3 Any complaint shall be made in writing to the organiser as soon as possible. A complaint is adjudicated by the organiser. The complainant shall be informed about the decision immediately.

28.4 There is no fee for a complaint.

28.5 The organiser may set a time limit for complaints. Complaints received after this time limit will only be considered if there are valid exceptional circumstances which must be explained in the complaint.

29. Protests

29.1 A protest can be made against the organiser's decision about a complaint.

29.2 Protests can be made by team officials or competitors.

29.3 Any protest shall be made in writing to a member of the jury no later than one hour after the organiser has announced the decision about the complaint.

29.4 There is no fee for a protest.

30. Jury

30.1 A jury shall be appointed to rule on protests.

30.2 The IOF Council decides for which events it shall appoint the jury. If the IOF is not

appointing the jury, the Federation of the organiser shall appoint the jury.

30.3 The jury shall consist of 3 voting members, if possible from different Federations. The IOF Event Adviser shall lead the jury but has no vote.

30.4 A representative of the organiser has the right to participate in the jury meetings but has no vote.

30.5 The organiser shall act according to the jury's decisions, eg. 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.

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30.6 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.

30.7 If a jury member declares him- or herself prejudiced or if a jury member is unable to fulfil his or her task, the IOF Event Adviser shall nominate a substitute.

30.8 Arising from its ruling on a protest, the jury — in addition to instructing the organiser — may recommend that the IOF Council excludes a person from some or all future IOF events in the case of a major violation of the rules.

30.9 Decisions of the jury are final.

WTOC 30.10 The jury is appointed or approved by the IOF Council. No jury member shall come from the organising Federation. The jury members shall be from different Federations.

WTOC 30.11 The jury shall include at least one eligible Paralympic member.

31. Appeals

31.1 An appeal may be made against infringements of these rules if a jury is not yet set up, or if the event is over and the jury has dispersed.

31.2 An appeal may only be made by Federations.

| 31.3 An appeal shall be made in writing to the IOF Event Adviser appointing body as soon as possible.

31.4 There is no fee for an appeal.

31.5 Decisions about an appeal are final.

31.6 The IOF Council shall deal with the appeal.

32. Event control

32.1 All events, for which these rules are binding, shall be controlled by an *IOF Event Adviser*. The IOF Event Adviser shall be appointed within 3 months of the appointment of an organiser.

32.2 The IOF Council shall decide for which events it will itself appoint the IOF Event Adviser.

32.3 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 Secretariat.

32.4 The Federation of the organiser shall always appoint an independent national controller. This controller shall assist the IOF Event Adviser appointed by the IOF. If the IOF does not appoint an IOF Event Adviser for the event in question, the

controller appointed by the Federation will be the IOF Event Adviser. The controller appointed by the Federation need not come from the same Federation.

32.5 All IOF Event Advisers shall hold the IOF Event Adviser's licence. No IOF Event Adviser or IOF Event Adviser's Assistant may have any responsibility for a participating team.

32.6 The IOF Event Adviser shall ensure that rules are followed, mistakes are avoided and that fairness is paramount. The IOF Event Adviser has the authority to require adjustments to be made if he or she deems them necessary to satisfy the requirements of the event.

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32.7 The IOF Event Adviser shall work in close collaboration with the organiser, and shall be given all relevant information. All official information sent to the Federations, such as bulletins, shall be approved by the IOF Event Adviser.

32.8 As a minimum, the following tasks shall be carried out under the authority of the IOF Event Adviser:

- to approve the venue and the terrain for the event
- to look into the event organisation and assess the suitability of the proposed accommodation, food, transport, programme, budget and training possibilities
- to assess any planned ceremonies and suitable access to them
- 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 siting and equipment, chance factors and map correctness
- to assess arrangements and facilities for the media
- to assess arrangements and facilities for doping tests

32.9 The IOF Event Adviser shall make as many controlling visits as he or she deems necessary. The visits shall be planned in agreement with the appointing authority and the organiser. Immediately after each visit, the IOF Event Adviser shall send a brief, written report to the IOF Event Adviser appointing body with a copy to the organiser.

32.10 One or more assistants may be appointed by the IOF Event Adviser appointing body to help the IOF Event Adviser, particularly in the fields of mapping, courses, financing, sponsoring and media.

| 32.11 The IOF Event Adviser appointing body has the authority to revoke the appointment of the IOF Event Adviser.

| WTOC 32.12 The IOF Event Adviser shall make 3 visits as a minimum: one early on with an associated technical clinic if required, one a year before the championships and one 3-4 months before the championships.

33. Event reports

33.1 No more than 3 weeks after the event, the organiser shall submit a short report to the IOF Event Adviser along with complete result lists.

33.2 No more than 4 weeks after the event, the IOF Event Adviser shall send a report to

the IOF Event Adviser appointing body. The report should include any significant features of the event and details of any complaints or protests.

WTOC 33.3 The Organiser shall forward two sets of maps with course details and solution maps, and a complete results list to the IOF.

WTOC 33.4 One copy of every bulletin, the final programme including start lists, a plan of the organisation and a final statement of accounts shall be sent to the IOF Secretariat for the archives no more than 6 months after the event.

34. Advertising and sponsorship

34.1 Advertising of tobacco and hard liquor is not permitted.

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

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35. Media service

35.1 The organiser shall offer the media representatives attractive working conditions and favourable opportunities to observe and report on the event.

35.2 As a minimum, the organiser shall make available to media representatives the following:

- hotel accommodation of medium standard, to be paid for by the users
- start lists, programme booklet and other information on the day prior to the competition
- opportunity to take part in the model event
- weather-protected, quiet working space in the finish area
- result lists and maps with courses immediately after the competition
- internet access to be paid for by the users.

35.3 The organiser shall make every effort to maximise media coverage as long as this does not jeopardise the fairness of the event.

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Appendix 1: Principles for course planning for Trail Orienteering

1. Introduction

1.1 Purpose

1.2 Application of these principles

2. Basic principles

2.1 Definition of orienteering

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2.3 Course planner's golden rules

3. The orienteering course

3.1 Terrain

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- 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 for

4. The course planner

5. Additional information and examples

1. Introduction

1.1 Purpose

These principles aim to establish a common standard for the planning of trail orienteering courses in order to ensure fairness in competition for people with widely differing physical abilities.

1.2 Application of these principles

Courses in all international trail orienteering events must be planned in accordance with these principles. They should also serve as general guidelines for the planning of other competitive trail orienteering events.

Developed for those unable to run in rough terrain, the need for speed is replaced by the need to relate the map to the terrain.

1.3 Technical Guidelines

Reference shall be made to the current edition of the IOF Technical Guidelines.

2. Basic principles

2.1 Definition of Trail Orienteering

Trail Orienteering is a sport in which competitors follow a navigable route passing a number of decision points marked on the ground, in a set sequence. At each point they interpret the map to choose which, if any, of a number of control markers in a cluster in the terrain represents the one defined by the centre of the printed circle and the control description. Both must be correct.

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the control description. Both must be correct.

Mappers, Planners and Controllers of major Foot Orienteering competitions have, in effect, experienced Trail Orienteering in preparing for such events. Trail orienteering takes these skills and makes them into a formal competition.

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 ability.

2.3 Course planner's golden rules

The course planner must keep the following principles in mind:

- the unique character of trail orienteering as map interpretation
- the answer at each control must be indisputable
- the fairness of the competition
- competitor enjoyment
- to work closely with other officials
- to achieve integration with other orienteering disciplines
- the protection of wildlife and the environment
- the needs of the media and spectators

2.3.1 Unique character

Every sport has its own character. The unique character of trail orienteering is to interpret the map and relate it to unknown terrain. This demands orienteering skills: accurate map reading, compass handling, concentration under stress, quick decision making, interpretation of natural terrain, and distance judgement.

2.3.2 Indisputable answer

The answer at each control must be indisputable! It must always be possible to determine the solution to the problem by interpreting the map and the terrain. The solution may not be based on what “I feel” or “I believe”.

2.3.3 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 trail 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.

2.3.4 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, whatever their physical ability.

2.3.5 Close co-operation of officials

The planner must work closely with the mapper and controller. As such a degree of integration is required it is recommended that the mapping, planning and controlling is best carried out on site at the same time. Communication with the organiser too needs to be increased due to the higher ‘in the forest’ involvement.

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2.3.6 Integration with other orienteering disciplines

The enjoyment of the competitors is greatly enhanced when the Trail O competition is associated with a Foot Orienteering event. Co-operation between the planners of the different courses can ensure that no conflict of interest occurs and that all competitors are informed of the others’ presence. Blue tapes can be added to the Trail O control markers to alert any lost foot orienteers that they are in the wrong place.

2.3.7 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.

As Trail O competitors remain on tracks it is often acceptable during times and in areas when and where Foot O competition is not allowed for reasons of ecological sensitivity.

2.3.8 Media and spectators

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

3. The trail orienteering course

3.1 Terrain

The terrain must be chosen so that the least mobile competitors, the person confined to and propelling a low fixed wheelchair and the person who walks slowly and with difficulty, can negotiate the course within the maximum time limit with ease.

Consideration must be given to the condition of the route to be followed and any route that is not accessible to all without a viable alternative must be banned to all. For example a path with steps or a fallen tree would not be passable by the majority of wheelchair users, but if an alternative parallel route is available the competitor may be left to choose. Paths must be checked for excessive mud, sand, roots and rocks, and built up if necessary to give a reasonably free surface for all.

In general the acceptable path width is 1m, (some plants may encroach on short sections but hands could be badly scratched by thorns or stung by nettles and these plants must be removed) however, it is essential that there is space for all possible wheelchairs/handcycles. They must be able to pass and to manoeuvre at control sites and if necessary areas of up to 3m wide must be created at intervals. Any unsuitable path can be indicated as out of bounds on the map, by overprinting hatching or crosses and/or, in the terrain by indicative tapes. In either case they must be observed by all competitors.

The maximum slope for unassisted wheelchairs is 14% for no more than 20 metres. The cross slope should be no more than 8%. Any route exceeding these limits must have assistants positioned to give help. The use of ropes, pulleys and a spare wheelchair for ambulant competitors unable to negotiate steep sections should be considered.

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

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.

3.2 The start

The start area should be so situated and organised that:

- there is a waiting area
- waiting competitors cannot see the detail of any control clusters

The point from which orienteering begins is marked in the terrain by a control

marker and on the map by a triangle.

3.3 The Course

The problems are the most important elements of a trail orienteering course and will largely determine its quality.

Good ones offer competitors interesting map-reading challenges.

Within the same course different types of problem should be offered.

It is preferable for a course to have a few (not less than 10) very good sites rather than a larger number of lesser quality ones.

3.3.1 Control sites

The centre of any control circle shall be on a mapped feature that can be accurately described in the control descriptions. Except in the case of a zero answer a control marker will be placed on this feature in the terrain. It should be visible, or its position inferred by other features and the height of control markers, from the route to be followed. The false control markers need not be on mapped features.

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 visibility are correct, including that behind the competitor.

3.3.2 Decision points

The decision points must be visited by the competitors in the given order

Decision points will be marked in the terrain, but not shown on the map.

No competitor must be tempted forward of this marker towards the control cluster, if deemed necessary tapes should be placed in the terrain.

Ambulant competitors must not be able to get closer to the marker than wheelchair users, nor should they be able to get a better view by climbing any feature behind the decision point. Such a feature should be taped off as out of bounds to enforce the rules.

It is most important that everything relevant to decision making for a control is visible to someone sitting in a low wheelchair and that this is tested.

3.3.3 Timed controls

At least two timed controls where the decision time is recorded should be included in the competition. No control circle giving information as to the location of these should be on the competitor's map. Additionally, all detail of the area in the vicinity of these controls should be removed from the map if they are located along the competition route.

Ideally for Elite level experienced competitors, this should be organised at both the beginning and the end of the competition, outside the maximum time allowance.

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3.4 The control marker

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

The position of all markers in the cluster must be carefully planned. It is not acceptable to choose the one in the centre of the circle and then just place the others randomly in the vicinity.

A control marker should be placed in such a manner that competitors can see at least one third of it.

In the terrain the markers must be hung at a standard height (the bottom of the marker at knee level or 0.5m is suggested) to show the ground shape as depicted on the map.

When hung, the planner and controller must be in complete agreement as to which of the markers is in the circle centre, and fits the control description. If, from the viewing point on the track there is any doubt as to which of the number of markers is correct, consensus must be obtained by moving one, or more, marker(s).

Enlarged versions of the 'solution maps' can be a valuable aid when placing the control markers.

3.4.1 Fairness of control sites

The control cluster must be equally visible for those sitting low on the ground (0.8m) or standing (up to 2.2m) and not obscured by vegetation. Planners should assess the site by getting down to ground level.

As a general rule the relative positions of the markers must not change when viewed from within a window, 1m x 1m, round the decision point post. The answer must remain the same when taking a step either side of the post and one pace backwards to allow for the positioning of wheelchairs.

Checks must be made on the effect on visibility of sun or rain at the same time of day as the competition is to be held. At timed controls it is essential for all the markers to be visible without movement along the track, but at others movement may be necessary to see all the markers. Indeed it may be essential to solve the problem.

3.4.2 Proximity of controls

Where control markers from adjacent clusters can be seen from a decision point, these are separated by tapes in the terrain or a taped viewing angle at the decision point.

There is no defined minimum separation distance for control markers. Where two or more markers have the same description, it must be possible, by reference to other features, to distinguish between them with precision.

3.4.3 The control description

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

The precise position of the control feature on the ground, as defined by the centre of the circle on the map and the control description, must be indisputable. Controls that cannot be clearly defined by the IOF control symbols are unlikely to be suitable.

Control descriptions should not be more detailed than necessary. It is not permitted to use compound descriptions with extra symbols which cannot be accommodated within allocated columns of the description list (for example, cliff face top, west part).

In Column B, the number of control markers in any cluster, will be indicated by letters (e.g. A-C for 3 markers).

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If the route is not obvious, an arrow in column H shall indicate the direction to view the control cluster. [An arrow pointing north indicates that the competitor shall view

the cluster to their north and therefore travel on a route to the south of the circle]. The arrow should not be a bearing from the DP to the centre of the circle. In open terrain where several control sites may be in view from the route travelled, or when control sites are very close to each other, an arrow in column H shall indicate the relevant cluster for the control.

3.5 The finish

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

3.6 The degree of difficulty

For any terrain and map, a course planner can plan courses with a wide range of difficulty.

With attention to the positioning of the control markers in a cluster and the decision point, courses of differing standard can be set.

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.

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 when dealing with competitors with widely differing mobility. 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. Because of the numerous opportunities for error, which could have serious consequences with Trail Orienteering it is best that the planning, mapping and controlling are carried out on site at the same time, ideally when vegetation is low. Essential pruning for improved visibility and access can be carried out in the days prior to the competition.

The course must be incorporated into the map prior to printing. Circles should be 6mm and the centering must be to 0.2mm or better to allow for the placing of a marker to within 1m or better in the terrain. With a map scale of 1:5000 or 1:4000 the symbol dimensions are 100% greater than for 1:15,000 foot O maps.

5. Additional information and examples

Much additional information applicable to all Officials and Competitors involved in Trail Orienteering competitions can be found on the websites www.orienteering.org and www.trailo.org

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Appendix 2: IOF resolution on good environmental practice

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

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

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Appendix 3: The Leibnitz Convention

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

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

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

We shall aim to:

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

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

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Appendix 4 - Approved Punching Systems

Only IOF licensed electronic punching systems may be used. Details of currently licensed versions are shown on the IOF web pages.

The systems and versions approved for Trail Orienteering are:

- the Emit Electronic Punching and Timing system with the Version 3 e-card.
- the SportIdent system, all versions. However for TempO the e-card holding 64 recordings is preferred.

For both the Emit and SportIdent systems, it is the competitor's responsibility to ensure that the electronic punch is in the e-card by:

- with respect to the Emit system, checking that the visual display on the e-card shows that the punch has been transferred. Note that it is important that the e-card is placed on the selected unit from exactly in front of that unit without passing over any other unit.
- with respect to the SportIdent system, not removing the e-card until the feedback signals have been received.

If after a repeated attempt, it appears that the punch has not transferred to the e-card, the competitor must use the backup pin punch. A card with some punch boxes will be issued with the map.

The e-card must clearly show that the competitor has made a selection at each of the controls. A competitor with a control punch missing or unidentifiable, and without a back-up punch, shall not score a point for that control, unless it can be established with certainty that the punch missing or unidentifiable is not the competitor's fault and that the competitor's selection can be retrieved by other means and confirmed as correct. In this exceptional circumstance, it may be possible to interrogate the control unit to obtain the competitor's selection, if present.

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Appendix 5 - European Trail Orienteering Championships

The European Trail Orienteering Championship (in short ETOC) is the official event to award the titles of European Champions in Trail Orienteering. It is organised under the authority of the European Presidents meeting, the IOF and the appointed Federation.

1. Principles for ETOC

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

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

2. Event programme

The event is organised every second year (in even years). The programme shall be kept within 5 days and include the following classes: Competition for those of any physical ability and competition for those eligible for the Paralympic class; together with a team competition

on one of the days.

The event shall follow the IOF Competition Rules as they would apply for the World Trail Orienteering Championships unless otherwise is stated in these Rules. The dates of the ETOC shall be co-ordinated with other international events and when possible be included in the programme with the EOC of other disciplines and finally approved by IOF.

3. Event application and appointment of organiser

Any European Federation that is a full member of IOF, may apply to organise ETOC. Applications shall reach the IOF Secretariat before January 31st three years prior to the event. The Meeting of European Presidents appoints the organiser. An IOF licensed Event Adviser from another Federation shall be appointed by the IOF to control the event.

4. Participation

Competitors representing full or associate member Federations of the IOF, defined by the International Paralympic Committee as belonging to the European continent, can compete in ETOC.

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

In the individual events a Federation may enter maximum 6 persons in each class.

In the team competition a Federation may enter 2 teams each consisting of three competitors from each class. The best two scores from each class are combined in the results but only the better-placed team will count in the prize list.

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5. Prizes

The organiser shall prepare and pay for specially designed medals (as decided by the European Working Group) for the individual events (3 medals in each class) and the team competition (6 medals for each team) and diplomas for places 1-6.

6. Jury

IOF Council appoints the jury. It shall consist of 3 voting members, one of whom is eligible for the Paralympic class.

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Significant changes to the previous version (Feb 2006)

Rule references are to the rules issued in February 2006
(Co-ordinated with Foot O rules as amended in July 2008.)

1.3 Inclusion of additional formats.

1.7 Reference to Regional Trail Orienteering Championships.

2.9 Reference to ISSOM and Trail Orienteering Technical Guidelines.

3.3 Change to two-day competitions for both the any physical ability and the Paralympic classes. Introduction of a competition for teams combining the class results.

4.5 WTOC applications to be received four years in advance. A contract must be signed before appointment is confirmed.

5.2 New eligibility form for the Paralympic class

5.3 To be eligible for the team competition Federations must have at least two competitors in each class.

6.5 Competitors represent a Federation, maximum of three in each class.

-
- 6.6 Personal or team escorts are not allowed. Organisers to normally provide escorts for wheelchair users.
- 7.1 Non competitors may be charged an accreditation fee.
- 7.7 The fees for the competition, the food and accommodation must be shown separately.
- 7.8 The organiser may retain part of the fee in the event of cancellation.
- 8.4 Bulletin 2 must include entry and accommodation forms, information on the provision of escorts and the location of competition areas and arenas.
- 8.5 Bulletin 3 must include the latest date for submitting medical certificates and the exact location of each competition area and finish arena
- 8.6 Bulletin 4 to include maximum time allowed for each course.
- 9.1 Bulletin 2 to give requirements for entry details.
- 9.5 Competitors may only be selected and entered by their Federations.
- 9.8 Details of replacement of a competitor.
- 11.2 Model event to include a timed control.
- 12.6 Mechanism for producing Day 1 start lists.
- 12.7 Mechanism for producing Day 2 start lists.
- 13.2 Include e-cards in competition material
- 14.1 Inclusion of Leibnitz convention.
- 15.2 Addition of map scale 1:4000.
- 16.1 Reference to the IOF Technical Guidelines for Trail Orienteering.
- 16.2 Rewording of course standards.
- 17.1 Suggested location of timed controls.
- 17.2 Changed wording about terrain detail at timed controls.
- 17.3 Changed to include reference to electronic punching.
- 17.4 Changed to include reference to electronic punching.
- 18.2 Reworded for clarification.
- 19.4 Reworded for clarification.
- 21.5 Changed to include reference to electronic punching.
- 21.6 Changed to include reference to electronic punching.
- 21.10 Changed to include reference to electronic punching.
- 21.11 Changed to include reference to electronic punching.
- 21.12 Changed to include reference to electronic punching.
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- 21.13 WTOC Privacy must be provided for electronic punching.
- 23.5 Provision for variation in a course.
- 24.6 Changed to include reference to electronic punching.
- 24.7 Setting of course time
- 25.3 Changed to include reference to electronic punching.
- 25.6 Details on display on results board of any voided control.
- 25.7 Provisional results must show points scored and accumulated times
- 25.8 Official results must show the correct and competitor selections at each control.
- 25.9 Official results must show points scored and accumulated times.

- 25.13 Results of the team competition based on best two from each class.
- 25.14 Publication of results on day of competition.
- 26.3 Reference to the Open Class
- 26.4 Reference to the Open Class
- 26.5 Reference to the Paralympic Class
- 26.6 Reference to the Paralympic Class
- 26.8 Details of medals for team competition.
- 27.3 Addition of need for competitors to obtain TUE certificate.
- 27.4 Officials to maintain secrecy about areas prior to publication.
- 27.12 The organiser must void a competition in unfair or dangerous circumstances.
- 31.3 Appeals to be made to the IOF Event Adviser appointing body.
- 32.11 The IOF Event Adviser appointing body has authority to revoke the appointment of the IOF Event Adviser.
- 32.12 Event Adviser to make a minimum of three visits and if required hold a technical clinic.

Appendix 5 New rules for the European Championships

I. RULES FOR NIGHT ORIENTEERING EVENTS

a. 1. APPLICATION OF THE RULES

1.1 Except where specifically noted in this section, the rules covered by the United States Orienteering Federation (USOF) RULES FOR ORIENTEERING shall apply to all NIGHT ORIENTEERING events sanctioned by USOF.

b. 2. DEFINITION

2.1 The competition is an individual timed event in which the competitor with the lowest elapsed time is declared the winner. At a sanctioned A event, awards shall be given for the winners in each age group category represented. At the Night Orienteering Championships a champion shall be declared for each age group category represented.. A night orienteering championships will not be accepted for Championship Bid by the board of directors unless they are held in conjunction with another sanctioned "A" event.

c. 3. HOURS OF COMPETITION, AND SITE LIGHTING.

3.1 The course of a night event shall be run entirely in the dark. The first start shall be at least 1 hour after sunset, and the last at least the time limit plus one hour before sunrise.

3.2 Ideally, area lighting in any area of the competition other than areas designated by the event organizers as necessary for the successful and safe completion of the event will not be used. The organizers shall make the competitors aware of such areas.

d. 4. COMPETITOR'S EQUIPMENT

4.1 Equipment for night orienteering includes that allowed by the USOF RULES FOR ORIENTEERING, SECTION B.36, plus the competitor is also required to carry a light source. A backup light source may be carried in case of failure.

4.2 In a NIGHT ORIENTEERING event, artificial illumination carried by the competitor shall be subject to the following limitations.

- a) If the light source is an incandescent bulb, its maximum wattage shall be 20 W.
- b) If the light source is a florescent lamp, its maximum wattage shall be 20W.
- c) If the light source is a chemiluminescent light source, any brightness may be carried by the competitor.
- d) A secondary light source that does not consume electric power greater than 1.0 VA, and may be used as needed to read the map and other associated materials and devices.
- e) A chemiluminescent source may be used for this function.
- f) No open or contained flame shall be used by a competitor , except in the case of emergency. In the event of such an emergency, the competitor will be given a SPW finish.

e. 5. SITE MARKING EQUIPMENT

5.1 The control site marker may be illuminated, carry a reflective device, or neither, as the event organizers shall decide and publicize.

5.2 No control site shall be placed in, or close enough for the control site to be affected by any area using fixed point, artificial lighting, when the fixed point, artificial lighting in that area varies in an unpredictable manner.

f. 6. SAFETY

6.1 In a NIGHT ORIENTEERING event, the event officials shall take due care to minimize the hazards and risks to the competitors, spectators, and those assisting with the event, and to publicize, in a suitable manner, those risks and hazards specific to the event site.

6.2 Any routes or crossings which require marking to direct the competitor along a fixed route or direction, or to warn them away from a hazard, shall not be part of a NIGHT ORIENTEERING course. Exceptions to this rule shall be the start and finish chutes.

6.3 Any hazardous, impassable, or uncrossable feature, other than fences, shall not be used as a control site, or probable route choice.

J. Rules for Intercollegiate competition

1. Application of the Rules

1.1 Except where specifically noted in this section, the rules covered by the United States Orienteering Federation (USOF) RULES FOR ORIENTEERING shall apply to all Intercollegiate events sanctioned by USOF.

2. Definition

2.1 Intercollegiate competition is an individual point to point format competition for eligible college students. Students compete for individual awards and can compete on teams for team awards.

3. Maps and Courses

3.1 Maps and courses must meet the requirements for “A” Meet competition

4. Course Class Structure

4.1 In addition to the standard course/class structure the following intercollegiate classes are added.

ICVM: Intercollegiate Varsity Males on the Red course

ICVF: Intercollegiate Varsity Females on the Green course

ICJVM: Intercollegiate Junior Varsity Males on the Orange course

ICJVF: Intercollegiate Junior Varsity Females on the Orange course

5. Eligibility

5.1 All standard course/class entrants are eligible based upon their age class.

5.2 Intercollegiate class eligibility is as follows:

a) Be a full-time college or university student.

(Undergraduate or graduate as defined by the college or university)

b) Be less than 28 years old as of December 31 of the current year.

5.3 Varsity class competitors must compete the a varsity class..

5.4 Junior Varsity competitors must have not competed in the intercollegiate varsity class.

5.3.2. Scoring

Teams

The winning Team is determined by adding the lowest three times from among the eligible team members each day. The team with the lowest total time over the day or days of competition is the winning team.

Individuals

The winning individuals will be those with the lowest total time over the day or days

5.3.2. Competitions

Team

The Intercollegiate events will have two school team competitions and one club team competition, Team structures are as follows:

School Teams

Varsity

An Intercollegiate School Varsity Team shall consist of up to 5 competitors made up of any combination of men and women who meet the following criteria:

- a) Are eligible for intercollegiate Varsity competition
- b) Attend school on the same campus.

Junior Varsity

An Intercollegiate School Junior Varsity Team shall consist of up to 5 competitors made up of any combination of men and women who meet the following criteria:

- a) Are eligible for intercollegiate junior varsity competition.
- b) Attend school on the same campus.

Club Teams

An Intercollegiate Club Team shall consist of up to 5 competitors made up of any combination of men and women who meet the following criteria:

- a) Are eligible for intercollegiate Varsity competition
- b) Are all primary members of the same USOF club.

Individual

The Intercollegiate events will have individual completion for the four intercollegiate class.

6. Intercollegiate Championships**6.1 Competition**

There will be team competition for every type of intercollegiate team and for every individual intercollegiate class..

6.2 Eligibility

Intercollegiate championship eligibility is as follows:

Individual

- a) Be current USOF members.
- c) Meet championship eligibility requirements in section A 5.2.
- d) Meet intercollegiate class requirements.
- e) Varsity class competitors must have competed as eligible competitors in less than 4 intercollegiate championships.
- f) Junior Varsity competitors must have not competed in the intercollegiate championships in the varsity class

Team

All team members must meet the individual eligibility requirements.

Teams must be made up according to the intercollegiate team structure.

6.3 Awards

- a) The top 3 eligible finishers in each of the intercollegiate individual classes shall receive an award.
- b) The top 3 intercollegiate teams shall receive an award.

K. Rules for Interscholastic competition

K.1. Application of the rules

Except where specifically noted in this section, the rules covered by the United States Orienteering Federation (USOF) RULES FOR ORIENTEERING shall apply to all interscholastic orienteering events sanctioned by USOF.

K.2. Definition

The Interscholastics team competition is defined as a modified team competition. Each member competes as an individual and some or all members contribute to a team score. Teams are gender neutral. Each team may consist of any combination of male and/or female from the eligible classes. The Interscholastics individual competition is defined as individual combined score in each interscholastic class.

K.3. Competition

K.3.1 Team

The Interscholastics will have eight team competitions. The team with the lowest score over the day or days competition is the winning team. Individual contribution to team score is determined by using the scoring methods in K7.

K.3.1.1 Varsity

Varsity teams consist of 3 to 5 students who are competing in the ISVM and/or ISVF classes.

K.3.1.2 Junior Varsity

Junior Varsity teams consist of 3 to 5 students who are competing in the ISJVM and/or ISJVF class.

K.3.1.3 Intermediate

Intermediate teams consist of 3 to 5 students who are competing in the ISIM and/or ISIF classes.

K.3.1.4 Club Varsity

Club Varsity teams consist of 3 to 5 students who are competing in the ISVM and/or ISVF classes.

K.3.1.5 Club Junior Varsity

Club Junior Varsity teams consist of 3 to 5 students who are competing in the ISJVM and/or ISJVF classes.

K.3.1.6 Club Intermediate

Club Intermediate teams consist of 3 to 5 students who are competing in the ISIM and/or ISIF classes.

K.3.1.7 JROTC Varsity

JROTC: team of 3 to 5 students who are competing in the ISVM and/or ISVF classes and meet the requirements in 4.1.4.

K 3.1.8 JROTC Junior Varsity

JROTC: team of 3 to 5 students who are competing in the ISJVM and/or ISJVF classes and meet the requirements in 4.1.4.

K.3.2 Individual

Individual competition will be held for each of the eight interscholastic classes. Each individual starter shall receive a calculated elapsed time or an incomplete designation (DNF, MP, and OT). The winning individuals are determined by lowest individual time over the day or days competition.

K.3.2.1 Interscholastic Varsity Male

K.3.2.2 Interscholastic Varsity Female

K.3.2.3 Interscholastic Junior Varsity Male

K.3.2.4 Interscholastic Junior Varsity Female

K.3.2.5 Interscholastic Intermediate Male

K.3.2.6 Interscholastic Intermediate Female

K.3.2.7 Interscholastic Primary Male

K.3.2.8 Interscholastic Primary Female

K.3.3 Championships

K.3, 3, 1 Interscholastics Team Championships

The Interscholastics Team Championships are awarded for each of the interscholastic team competitions.

K.3.3.2 Interscholastic Individual Championships

The Interscholastic Individual Championships are awarded for each interscholastic class. Additional Individual Championships are awarded for JROTC students in varsity and junior varsity classes.

K.4. Eligibility

K.4.1 Team

K.4.1.1. School Teams

- a. Members must be enrolled full-time at the same private or public school.
- b. Members must each be able to show school ID for the same school or, if the school does not issue IDs, a letter from the principal stating that the students are enrolled full-time at the school.
- c. School teams compete for Varsity, Junior Varsity, and Intermediate team standings.

K.4.1.2. Home School Teams:

- a. All team members must be from the same geographical area. This area would consist of their county or city of residence or the public school district in which they reside, whichever area is geographically larger.
- b. Individuals who are enrolled at a public or private school are not permitted to compete on a Home School Team but must compete with their school's team or as individuals.
- c. Home School teams compete for Varsity, Junior Varsity, and Intermediate School team standings.

K.4.1.3. Club Teams

- a. All team members must be primary USOF members of the same USOF sanctioned Orienteering Club.
- b. All team members must meet the grade requirements for the class in which they are competing.
- c. All team members must be enrolled in a public or private school or be home schooled.
- d. All team members who attend a public or private school must be able to show a school ID or, if the school does not issue ID, a letter from the principal stating that the student is enrolled full-time at the school. If home schooled, the student cannot be enrolled at a public or private school.
- e. Teams may not include more than two members who are enrolled full-time in the same school, and who are otherwise eligible for Varsity or Junior Varsity Team competition.
- f. Teams may not include any members who are enrolled full-time in a school for which a team is competing in the same Varsity or Junior Varsity team category.
- g. The Coach of the Club Team must provide a letter stating that all members meet the eligibility requirements.
- h. Club teams compete only for Club Varsity, Junior Varsity or Intermediate team standings.

K.4.1.4 JROTC Teams

- a. JROTC teams competing for the JROTC trophies must be made up of students who are enrolled in the same JROTC unit in accordance with the host military service requirements.
- b. JROTC teams compete for JROTC varsity and JROTC junior varsity team standings.
- c. JROTC teams may also compete for the School varsity and junior varsity team standings if they meet the school team requirements in 4.1.1.

K.4.2. Individual

Individuals at USOF sanctioned competitions must be competing in one of the interscholastic classes.

Individuals at USOF sanctioned **U. S. Individual Championships** must be competing in one of the interscholastic classes and meet eligibility for U. S. Champion Rule A.5.6.

K.4.3 Championship

Individuals at USOF sanctioned **U. S. Individual Championships** must be competing in one of the interscholastic classes and meet eligibility for U. S. Champion Rule A.5.6.

Every individual on a team at USOF sanctioned **U. S. Interscholastic Championship** must meet eligibility requirements for U.S. Champion Rule A.5.6

K.5. Courses & Classes**K.5.1 Classes**

The following eight classes will be added for Interscholastics competitions. These classes will be used in individual and team competition.

K.5.1.1 Interscholastic Varsity Males, (ISVM)

Interscholastic Varsity Males compete on the green course and are in any grade through twelve.

K.5.1.2 Interscholastic Varsity Females, (ISVF)

Interscholastic Varsity Females compete on the brown course and are in any grade through twelve.

K.5.1.3 Interscholastic Junior Varsity Males, (ISJVM)

Interscholastic Junior Varsity Males compete on the orange course and are in any grade through twelve.

K.5.1.4 Interscholastic Junior Varsity Females, (ISJVF)

Interscholastic Junior Varsity Females compete on the orange course and are in any grade through twelve.

K.5.1.5 Interscholastic Intermediate Males, (ISIM)

Interscholastic Intermediate Males compete on the yellow course and are in any grade through nine.

K.5.1.6 Interscholastic Intermediate Females, (ISIF)

Interscholastic Intermediate Females compete on the yellow course and are in any grade through nine.

K.5.1.7 Interscholastic Primary Males, (ISPM)

Interscholastic Primary Males compete on the white course and are in any grade through six.

K.5.1.8 Interscholastic Primary Females, (ISPF)

Interscholastic Primary Females are on the white course and are in any grade through six.

K.5.2 Courses

The following courses are used in interscholastic competition. It is recommended that separate courses for the interscholastic class should be prepared. See **START K 8.1**

K.5.2.1 Green

K.5.2.2 Brown

K.5.2.3 Orange

K.5.2.4 Yellow

K.5.2.5 White

K.6. Awards

K.6.1 Team

At regular USOF sanctioned competitions, team awards will be given to the top three teams in each team competition and/or each member will be given an individual award.

At the USOF sanctioned **U. S. Interscholastic Championship** competition each member of the first eligible team will receive an individual championship medal,

At the USOF sanctioned **U. S. Interscholastic Championship** competition, traveling Brunton Cups will be awarded to the first eligible School Varsity, School Intermediate, JROTC varsity teams. USOF traveling cups will be awarded to the first eligible school Junior Varsity and JROTC junior varsity teams,

K.6.2 Individual

For regular USOF sanctioned competitions, the top three finishers from each interscholastic class will receive an award.

For the **U. S. Interscholastic Championship** competition the first three eligible finishers in each interscholastic category will receive a championship award. The first three eligible JROTC finishers in ISVM, ISVF, ISJVM, and ISJVF will receive individual JROTC championship awards.

K.7. Scoring

K.7.1 Individual

For regular USOF sanctioned competitions and for sanctioned **U.S. Interscholastic Championship** competition, scoring for individuals in each of the eight interscholastic classes will be by two-day total time.

K.7.2 Team

Scoring for team awards in each of the six US Championship Interscholastic Team Categories (School Varsity, Club Varsity, JROTC, School Junior Varsity, Club Junior Varsity, and School Intermediate) will be done as follows:

- For each interscholastic class, define AWT (the average winning time) as the average of the times of the top three competitors in that class who are competing in a team category.
- For each competitor in each class with a valid result, their score is computed as $60 * (\text{competitor's time}) / (\text{AWT for the class})$.
- For competitors with an OT, MP, DNF or DSQ result, their score will be the larger of $10 + 60 * (\text{course time limit}) / (\text{AWT for the male class})$ and $10 + 60 * (\text{course time limit}) / (\text{AWT for the female class})$ for that team category.
- The best three scores each day for each team are combined for a team score.
- Lowest overall team score wins.

K.7.3 Calculation & Display of Scores

For calculation purposes the decimal should be carried as far as the used system will allow. For display purposes the decimal should be carried one or two places, or as far as necessary to indicate an order or tie. We recommend two decimals be the standard. This would accommodate 10,000 unique individual scores.

K.7.4 Tie Breaking

Initially - if two or more scores are exactly the same, break the tie by: considering the total times.

If that fails: – consider the positions of the teams Fourth members.

If that fails: – consider the time of the fourth positions.

If that fails: – consider the same as above for the fifth positions.

If that fails: – accept the tie. It must be valid.

K.8. Start

K 8.1 Intervals

Start intervals shall be 2 minutes. (Rule A.13.6) Special care needs to be taken when assigning start times for interscholastic classes. Students from the same school on the same course shall

be started a minimum of 6 minutes apart. All students from the same school should be started as close together as possible to assist their chaperones with logistics. In the event an Interscholastic competitors fill up the maximum start window on a course, (Rule A.3..3.1), make a separate course for the interscholastic competitors. In the event the start window fills up even with a separate course, a one minute start interval or a qualifier/final may be used.

K.9. Qualifier/Final

K.9.1 Qualification Races

Qualification races for interscholastic events may be used if offering separate courses because the start window fills does not solve the problem. First day will be a qualifier and second day a final

K.9.2 Courses

Two separate courses, A & B, are needed each day if qualifier/final races are used. Special care needs to be taken when vetting the two courses to insure that the winning times for each are as equal as possible.

K.9.3 Start intervals

Start intervals for the qualifier and final will be as explained in I.7.1.

K.9.4 Team scoring

K.9.4.1 Qualifier

Team scoring for the qualifier will be based upon the top three finishers from the team. Members of the same team will be evenly distributed between the two courses of the qualifier. In the event one of the qualifier races is thrown, out the times from the remaining course will be used. If a team does not have three members on the course, the average of the members on the remaining course will be used to bring the number of finishers up to three as needed.

K.9.4.2 Finals

For the finals, teams will be divided into A and B finalists. The highest scoring teams from the qualifier will be put on the A final course until the start window fills. All other teams will be put on the B final course. All members from a team will be on the same course with the winning team being determined by adding the lowest three times from among the eligible team members. The winners from the A final will be the winners of the competition.

L. Rules for Relay competition

L.1 Definition

EMPHASIS: Team competition, in a mass start format.

L.2 Course Class Structure

In the relay event the runners in each relay team complete their individual segments sequentially. A relay team has two or more runners. Each runner completes a course as in an individual event. Competitors may run different courses but each team as a whole must run the same set of legs and visit the same controls.

a. Relay Segments

Each relay team competing in the same category shall run the same combination of legs, whether in the same order or in a different order shall be at the discretion of the event organizers. Relays shall be made up of at least two segments.

b. Teams

Teams shall consist of at least at least two (2) competitors.

1 Teams shall be categorized by total points based on the orienteering age and gender of their members. The exact number of categories/points for a specific event shall be decided by the event organizers (see 34.5.3 below).

EXAMPLE:

Ages 17-20 or 35-49 receives 1 point

Ages 15, 16 or 50-59 receives 2 points

Under 15 years of age or 60 and older receives 3 points

A female orienteer receives 2 points, in addition to any age points.

[15-year old female = 4 points; 47 year old male = 1 point;
23 year old male = 0 points]

2 The point teams and categories for a specific relay event, as decided upon by the event organizer(s), must be published well in advance and made available to all interested parties.

3 Awards will be given to the three fastest club teams in the categories used at the event. For a mass start relay event, if the last leg runners finish together, the position of the team is determined by the finish order of the last leg runner.

4 There shall be a minimum of two team categories in any relay event. Other categories may be added at the discretion of the event organizers.

c. Courses

1 An example of categories/courses could be as follows:

A: Lowest point teams shall have no more than two segments of at least Orange (moderate) level difficulty, the remaining segments being equivalent to Brown through Red difficulty.

B: Medium (to High) point teams shall have no more than one segment of Yellow (easy) level difficulty, no more than one segment of Orange (moderate) level, any other segment equivalent to Brown through Red difficulty.

C: Optional - High point teams shall have no more than two segments of Yellow (easy) level difficulty, no more than two segments of Orange (moderate) level, any other segment equivalent to Brown through Red difficulty.

L.3 Technical Rules

a. Maps

MAP: Scale- For Relays, map scales of 1:10,000 or 1:15,000 for M/F21, 1:10,000 for all other classes. Contours of 5m or 2.5m, or other intervals if explicitly approved by Sanctioning Committee are allowed. ISOM standards apply.

b. Venue

TERRAIN SELECTION: For Relays, choosing terrain with an arena for the start, finish, exchange, and spectating is extremely important for the relay event. The terrain should provide a fair test of orienteering for all skill levels, and shall not be so extreme physically or technically, as to exaggerate team separation. Varying visibility conditions are desirable.

c. Courses

COURSE PLANNING: Relay courses should provide spectating opportunities, most typically at least one loop through the spectator area, in addition to the final approach to the Finish. The courses shall test all skills as the terrain allows, with a special attention to route choice and varied visibility to increase the competitive excitement. The course design may incorporate a forking system, provided that all teams ultimately run the same legs, and the last section of the last leg, roughly 1.0km, must be common for all teams.

L.4 Scoring and Timing

a. Start Interval

Start formats are at the discretion of the organizers. On the second and each of the subsequent legs a changeover between the runners on each team takes place by touching, either by way of direct physical contact or using an object (such as a stick, or a map) within a limited space immediately after the line where the elapsed time is measured. Competitors waiting for the return of their teammates may be started with a mass start at a time determined by the event organizers.

b. Time Limit

For mass starts the time limit must at minimum be the winning time, plus any mass start delays the organizers add for the legs after the first start. The organizers will have to announce the time limit before the start.

For a sequential start, the organizers will have to announce the time limit before the first start.

c. Winning Time

WINNING TIMES: 150 minutes (all current categories)

d. Scoring

The results are determined using the combined time of the competitors in a team.

L.4 United States Relay Orienteering Championships**a. Definition**

For any U.S. Championship competition, the Rules in the relay section apply, except as specified in this championship section. The United States Relay Orienteering Championship must be sanctioned by the Sanctioning Committee and then authorized as a championship by the USOF Board.

b. Course Class Structure

For any U.S. Championship category, the relay shall consist of at least four (4) segments.

U.S. Championship categories/courses shall be as follows:

a: Lowest point teams shall have no more than two segments of at least Orange (moderate) level difficulty, the remaining segments being equivalent to Brown through Red difficulty.

b: Medium (to High) point teams shall have no more than one segment of Yellow (easy) level difficulty, no more than one segment of Orange (moderate) level, any other segment equivalent to Brown through Red difficulty.

c: Optional - High point teams shall have no more than two segments of Yellow (easy) level difficulty, no more than two segments of Orange (moderate) level, any other segment equivalent to Brown through Red difficulty.

c. Teams

Teams shall consist of at least four (4) competitors for U.S. Championship categories

d. Scoring and Timing

For a Relay a mass start shall be used for the first leg of any U.S. Championship relay.

e. Eligibility

All team members must compete for their primary club.

All team members must meet U. S. champion eligibility requirements (A.5.2).

b. Awards

The U.S. Relay Championship will be awarded to the three fastest teams in the championship categories used at the event.

M. Rules for Individual Orienteering Foot Races

Unless otherwise stated, foot orienteering competitions are individual point to point races where all controls are taken in their ascending numeric sequence.

1. Rules for Sprint Format Orienteering

Application of the rules

Except where specifically noted in this section, the rules covered by the United States Orienteering Federation (USOF) RULES FOR ORIENTEERING shall apply to Sprint format orienteering events sanctioned by USOF.

a. Definition

EMPHASIS: Sprint format emphasizes high speed orienteering.

COMPETITON: Sprint races are individual competitions.

b. Course/Class structures

1. Standard events

Sprints may have three or more courses with the standard USOF classes spread reasonably among the courses offered. When offering the standard class structure, the sprint format must **be available to all advanced level classes. Courses for White/Yellow/Orange may be sprint or** an alternate format, clearly stated in the event announcement.

2. Elite events

Elite Sprint events may be organized. In this case all results will be reported as M-21+ or F-21+.

3. Championships

There is no separate Sprint Format Championship. Sprints will be included in the United States Individual Orienteering Championships.

c. Technical Rules

1. Maps

MAP: Sprints use map Scale- 1: 4,000 or 1: 5,000 with a proportional contour interval, typically 2.5m, or other intervals if explicitly approved by Sanctioning Committee. ISSOM (Sprint mapping) standards are encouraged for denser, urbanized settings. Otherwise ISOM standards shall be used.

2. Venue

TERRAIN SELECTION: Sprint terrain must be very runnable, with geometry that is complex at high speed. This can include urban, campus, parkland, and some forested terrains. Denser

and more urbanized settings can create additional concerns with mapping, permissions, and policing.

3. Courses

COURSE TYPE: A Sprint course will be a point to point course.

COURSE PLANNING: A Sprint course should combine high speed map reading and quick decision making with technically easy controls. The challenge should be in navigating through complex environments at high speed, to control sites which are technically easy for advanced level orienteers. Controls should be primarily on advanced beginner (Yellow) level, or Intermediate (Orange) level sites with nearby relocation options. Courses should include changes of direction, route choice as the terrain allows, and promote spectator opportunities. Unlike other formats, organizers may allow spectators throughout the course.

d. Scoring and timing

1. Start interval

The start interval for Sprints will be 1 minute.

2. Time limit

The time limit for Sprints will be 1 hour

3. Winning time

WINNING TIME*: Sprint winning time should be 12-18 minutes for M/F 21 , preferably in the lower end of this range, similar or less for other classes. If part of a multiple-course day, winning times for M/F21 should be reduced to 5 – 15 minutes.

4. Scoring

Lowest elapsed time determines a Sprint race winner.

2. Rules for Middle Format Orienteering

Application of the rules

Except where specifically noted in this section, the rules covered by the United States Orienteering Federation (USOF) RULES FOR ORIENTEERING shall apply to Middle format orienteering events sanctioned by USOF.

a. Definition

EMPHASIS: Middle format emphasizes technical orienteering.

COMPETITION: Middle format races are individual competitions.

b. Course/Class structures

1. Standard events

Middle format races will have the standard USOF course class structure.

2. Elite events

Elite middle format events may be organized.

3. Championships

There is no separate Middle Format Championship. Middle format will be included in the United States Individual Orienteering Championships.

c. Technical Rules

1. Maps

MAP: Middle format uses map Scale- 1:10,000 with Contours- 5m or 2.5m, or other intervals if explicitly approved by Sanctioning Committee. ISOM standards apply.

2. Venue

TERRAIN SELECTION: Middle course terrain should be very technical, or at least as technical as possible for a given region. Technical difficulty should be created by the presence and complexity of details, not the absence of features, or their lack of definition. Variety in the terrain character and vegetation conditions is desirable. Suitable terrain for beginner courses must still be provided.

3. Courses

COURSE TYPE: A Middle format course will be a point to point course.

COURSE PLANNING: The Middle course should be full of technical orienteering. Courses shall promote detail intensive navigation and use technically difficult, but fair, control sites. Variety in the terrain conditions, leg lengths, and changes in direction are desirable. Route choice is desirable, but not at the expense of reducing the technical challenge.

d. Scoring and timing

1. Start interval

The start interval for middle format will be 2 minutes.

2. Time limit

The time limit for middle format will be 3 hours

3. Winning time

WINNING TIME*: Winning time for Middle race is 30 – 40min for M/F21, similar or less for other classes. If part of a multiple-course day, the winning times for M/F21 should be reduced to 20 – 30min.

4. Scoring

Lowest elapsed time determines winner for Middle format races.

3. Rules for Long Format Orienteering

Application of the rules

Except where specifically noted in this section, the rules covered by the United States Orienteering Federation (USOF) RULES FOR ORIENTEERING shall apply to Long format orienteering events sanctioned by USOF.

a. Definition

EMPHASIS: The Long format emphasizes all orienteering skills.

COMPETITION: Long format races are individual competitions.

b. Course/Class structures

1. Standard events

Long format races will have the standard USOF course class structure.

2. Elite events

Long format elite events may be organized.

3. Championships

There is no separate Long Format Championship. The Long format will be included in the United States Individual Orienteering Championships.

c. Technical Rules

1. Maps

MAP: Scale- Long course uses map scale 1: 15,000 encouraged for M/F21 courses, but if not practical, 1:10,000 is acceptable. For all other classes, 1:10,000 is standard, with Contours- 5m or 2.5m, or other intervals if explicitly approved by Sanctioning Committee. ISOM standards apply.

2. Venue

TERRAIN SELECTION: Long course terrain can vary by region, but should contain some technical interest. Variety is always desirable. It is also desirable to have either pleasant vegetation, or route choice possibilities around thick vegetation. The terrain should not be excessively hilly, thick, or dangerous. It should be large enough to accommodate a suitable M21 course, but also must contain a section suitable for beginner courses.

3. Courses

COURSE TYPE: A Long format course will be a point to point course.

COURSE PLANNING: Long courses should provide as many challenges, and variety as the terrain allows. Route choice and long legs should be featured, as well as changing conditions and leg lengths. Technical difficulty should be generally high, but easier sections can contribute to change of pace.

d. Scoring and timing

1. Start interval

The start interval for Long will be 2 minutes.

2. Time limit

The time limit for Long will be 3 hours

3. Winning time

WINNING TIMES*: Long course winning time, 80 - 100 min. for M21, 70-90 min. for F21, less for other classes. If Long courses are conducted on consecutive days, winning times should be reduced to 70-80 min. for M21 and 60-70 min. for F21 with other classes proportionally shorter.

4. Scoring

Lowest elapsed time determines winner.

*estimated or target winning time for US 100 point M/F21 runner, other classes proportional. For all formats it is desirable to design the best course possible within the range, rather than striving for the exact middle of the time range.

3. Rules for Classic Orienteering

Application of the rules

Except where specifically noted in this section, the rules covered by the United States Orienteering Federation (USOF) RULES FOR ORIENTEERING shall apply to Classic format orienteering events sanctioned by USOF.

a. Definition

The Classic format emphasizes all orienteering skills.

COMPETITION: Classic format races are individual competitions

Classic courses are point to point courses..

b. Course/Class structures

1. Standard events

Classic format races will have the standard USOF course class structure.

2. Elite events

Classic format elite events may be organized.

3. Championships

United States Two Day Classic Orienteering Championships

c. Technical Rules

1. Maps

MAP: Scale- Classic course uses map scale 1: 15,000 encouraged for M/F21 courses, but if not practical, 1:10,000 is acceptable. For all other classes, 1:10,000 is standard, with Contours- 5m or 2.5m, or other intervals if explicitly approved by Sanctioning Committee. ISOM standards apply.

2. Venue

TERRAIN SELECTION: Classic course terrain can vary by region, but should contain some technical interest. Variety is always desirable. It is also desirable to have either pleasant vegetation, or route choice possibilities around thick vegetation. The terrain should not be excessively hilly, thick, or dangerous. It should be large enough to accommodate a suitable M21 course, but also must contain a section suitable for beginner courses.

3. Courses

COURSE TYPE: A Classic format course will be a point to point course.

COURSE PLANNING: Classic courses should provide as many challenges, and variety as the terrain allows. Route choice and long legs should be featured, as well as changing conditions and leg lengths. Technical difficulty should be generally high, but easier sections can contribute to change of pace.

COURSE LENGTH: See Winning time chart d.3 in this section.

d. Scoring and timing

1. Start interval

The start interval for Classic will be 2 minutes.

2. Time limit

The time limit for Classic will be 3 hours

3. Winning time

The competition times for an orienteer with a ranking score of 100, and the approximate lengths for the various courses at multi-day events are:

Course	Optimum Winner's Time	Course Length
White	25-30 min	2-3 km
Yellow	35-40 min	3-5 km
Orange	50-55 min	4.5-7 km
Brown	45-50 min	3-5 km
Green	50-55 min	4.5-7 km
Red	60-65 min	6-10 km
Blue	75-80 min	8-14 km

4. Scoring

Lowest elapsed time determines winner.

3. Rules for Ultra Long Orienteering

Application of the rules

Except where specifically noted in this section, the rules covered by the United States Orienteering Federation (USOF) RULES FOR ORIENTEERING shall apply to Ultra Long format orienteering events sanctioned by USOF. The Rules for Classic format courses apply, except as altered in this Ultra Long Course section.

a. Definition

The Ultra Long format emphasizes all orienteering skills. Ultra Long Courses are characterized by long legs with complex route choice problems. Ultra Long Course format is the same as the Classic but the winning times and course lengths for the brown, green, red, and blue courses are increased.

Other formats not described by USOF rules that maintain fairness in competition, minimize luck as a factor and adhere to the Ultra Long Course requirements may be approved by the Sanctioning Committee. Any change of format must be clearly explained on the Meet Invitation.

COMPETITON: Ultra Long format races are individual competitions.

b. Course/Class structures

1. Standard events

Ultra Long format races will have the standard USOF course class structure.

2. Elite events

Ultra Long format elite events may be organized.

3. Championships

United States Ultra Long Orienteering Championships will not be accepted for Championship Bid by the board of directors unless they are held in conjunction with another sanctioned "A" event..

c. Technical Rules

1. Maps

MAP: Scale- Ultra Long course uses map scale 1: 15,000 encouraged for M/F21 courses, but if not practical, 1:10,000 is acceptable. For all other classes, 1:10,000 is standard, with Contours- 5m or 2.5m, or other intervals if explicitly approved by Sanctioning Committee. ISOM standards apply.

2. Venue

TERRAIN SELECTION: Ultra Long course terrain can vary by region, but should contain some technical interest. Variety is always desirable. It is also desirable to have either pleasant

vegetation, or route choice possibilities around thick vegetation. The terrain should not be excessively hilly, thick, or dangerous. It should be large enough to accommodate a suitable M21 course, but also must contain a section suitable for beginner courses.

3. Courses

COURSE TYPE: Ultra Long format course is a point to point course

COURSE PLANNING: Ultra Long Course is characterized by long legs with complex route choice problems. Ultra Long courses should provide as many challenges, and variety as the terrain allows. Technical difficulty should be generally high, but easier sections can contribute to change of pace.

COURSE LENGTH: Ultra Long course lengths are the same as a classic format but the lengths of the brown, green, red, and blue courses are increased. See table d.3, winning time.

REFRESHMENTS: In addition to the normal refreshment controls, at approximately 2/3 of the way through the Ultra Long Course courses there shall be a manned aid station with clearly marked food, 2% sugar water, pure water, first aid supplies and evacuation facilities.

d. Scoring and timing

1. Start interval

The start interval for Ultra Long will be 2 minutes.

Mass starts are permitted at Ultra Long Course meets.

In addition to the procedures described in these USOF Rules this "individual relay" format may be used for Ultra Long Course. There is a mass start for each class or the whole group. The courses consist of several loops through the start/finish area where a map exchange is set up. The competitors will run the loops in various sequences, but all competitors in the same class will run the same loops.

2. Time limit

The time limit for Ultra Long Course shall be 5 hours.

3. Winning time

Ultra Long Courses are Brown, Green, Red, and Blue. All other courses, White, Yellow and Orange are the same as Classic format. Ultra Long Course should not exceed these lengths. The competition times for an orienteer with a ranking score of 100, are:

Course	Optimum Winner's Time	Course Length
White	25-30 min	2-3 km
Yellow	35-40 min	3-5 km
Orange	50-55 min	4.5-7 km
Brown	Maximum 60 min	
Green	Maximum 75 min	
Red	Maximum 100 min	
Blue	Maximum 145 min	

4. Scoring

Lowest elapsed time determines winner.

N. Rules for North American Orienteering Championships (NAOC) PROVISIONAL JAN 1, 2008

N.1 Application of the Rules

Except where specifically noted in this section, the United States Orienteering Federation (USOF) RULES FOR ORIENTEERING shall apply. These Rules are written so as to allow USOF organizers to convert their experience with USOF Rules into this international event.

N.2 Definition

This competition is held to provide a championship competition for members of IOF federations in North America.

N.3 Competition

The North American Championships shall consist of single sprint, middle, and long races. Under the customary IOF usages of the terms "sprint", "middle", and "long" (sometimes called "IOF classic"). For example, the term "long" means neither the present USOF Ultra Long Course nor the present USOF classic course. Example winning times for each format for M21 are: sprint 12-15 minutes, middle 25-35, long 90-100.

N.4 Eligibility

Competitions are open to everyone except as published by the host. To be eligible for championship competition, a competitor must be a member of an IOF federation in the North American region.

N.5 Courses & Classes

N.5.1 Sprint

N.5.1.1 Courses

Three sprint format courses. Additional courses will be added if the start window fills up.

- 1) Blue/Red, 2) Green/Brown/Orange, 3) Yellow/White

N.5.1.2 Classes

Standard USOF classes spread reasonably among the courses offered.

N.5.1.3 Winning Time

12-15 minutes.

N.5.2 Middle

N.5.2.1 Courses

Classic USOF color coded courses with reduced lengths to yield correct winning times.

N.5.2.2 Classes

Standard USOF classes distributed according to the USOF course/class structure.

N.5.2.3 Winning Time

25-35 minutes

N.5.3 Long

N.5.3.1 Courses

Classic USOF color coded courses lengthened to produce correct winning times.

N.5.3.2 Classes

Standard USOF classes distributed according to the USOF course/class structure.

N.5.3.3 Winning time

90-100 minutes

N.6 Scoring

Placing is determined by the competitor's elapsed time.

N.7 Awards

There are first, second and third place awards for all competitors in each class.

There is a **North American Orienteering Championship** award for the first eligible competitor in each class.

N.8 USOF BOARD

...BOD Meeting 12 November 2005

ACTION ITEM: Task the Rules Committee to make specific recommendations for the NAOC format using winning times or other appropriate means to accomplish the sprint/middle/long format

These Rules are provisional and based upon further input will be modified to match practice.

USOF Rules Chairman 31 December 2007

O. Appendix

1 Instructions for Choosing Course Difficulty and Competitive Class

At every "A" Meet sanctioned by the United States Orienteering Federation you will find at least six different courses varying in difficulty so that you -- whether you have never tried Orienteering or are a seasoned expert -- will have a course you can successfully finish yet still find challenging.

Orienteering Courses are Designated by a Color.

Color	Navigational Difficulty	Length in km	Winning Time
White	Beginner 2-3	25-30 Minutes	
Yellow	Advanced Beginner 3 - 5	35-40 Minutes	
Orange	Intermediate 4.5 - 7	50-55 Minutes	
Brown	Short Expert 3 - 5	45-50 Minutes	
Green	Short Expert 4.5 - 7	50-55 Minutes	
Red	Medium Expert 6 - 10	60-65 Minutes	
Blue	Long Expert 8 - 14	75 - 80 Minutes	

Use the above course descriptions to decide which color course is best for you. Then on the chart below look down the list of different age/sex classes under your course color to see which one you will fit into. Use your age as of the end of this year. So if your 19th birthday is Dec. 31 you will use the age 19 class for the whole year. Notice the classes start with an "M" for male, and an "F" female or "M/F" if gender neutral. Next are numbers or dashes, or dashes and course color. If a dash precedes a number it means "or younger" the, so -12 is for people up to and including age 12. If a plus is after a number it means "And Older" so 35+ is a class for people 35 and older. "Gr" followed by a dash and course color is for gender and age neutral competitive groups. There is M/F-White for non-competitive individuals. Within this system you can begin orienteering on an easy white course and advance one course at a time as you desire more challenge, finally reaching your championship class.

2 USOF Course Class Structure - competitive classes

Classic 51 Classes							
White	Yellow	Orange	Brown		Green	Red	Blue
F-10	F-14	F-16	F-18	M65+	F-20	F21+	M21+
F-12	F-Yellow	F-Orange	F55+	M70+	F35+	M-20	
M-10	M-14	M-16	F60+	M75+	F40+	M35+	
M-12	M-Yellow	M-Orange	F65+	M80+	F45+	M40+	
M/F-White	Gr-Yellow	Gr-Orange	F70+	M85+	F50+	M45+	
Gr-White			F75+	M90+	F-Green	M-Red	
			F80+	M-Brown	M-18		
			F85+		M50+		
			F90+		M55+		
			F-Brown		M60+		
					M-Green		
Interscholastic 8 Classes							
White	Yellow	Orange		Brown	Green	Red	Blue
F-ISG	F-ISI	F-ISJV		F-ISV	M-ISV		
M-ISG	M-ISI	M-ISJV					
Intercollegiate 4 Classes							
White	Yellow	Orange		Brown	Green	Red	Blue
		F-ICJV			F-ICV	M-ICV	
		M-ICJV					
<p>Age class ranges are indicated by a "-" and/or a "+". A "-" before the age means "and younger", the "+" after the age means "and older". Classes containing the course color are age neutral. Classes containing Gr and course color are age and sex neutral groups. Classes containing "F" are female and "M" are male, competitive but otherwise gender neutral. Recommended splits for Red and Green when participation warrants it: Red X(M-20,M35+,M40+), Red Y(F-21+,M45+), Green X(M-18,M50+,M55+), Green Y(F-20,F35+,M60+,F40+,F45+,F50+,F55+).</p>							

3 USOF A-MEET FEES COMPUTATION

In effect Jan 1, 2010

Name of Event _____ Hosting Club _____

Date(s) of Event _____ Total Competition Races _____

Person preparing this report _____ Phone _____

Email _____

Count all competitive entries for each USOF-Sanctioned Race. Do Not include map hikers or fun events held in conjunction with the event. Multi-part races on the same day constitute one Race. If more than 3 Sanctioned Races are included in the Event, compute the remaining Races on a separate sheet and add to totals. Juniors are those under age 21.

Sanctioning fees:

Total per-Race competitive entries, USOF and non-USOF, including DNS, DNF, DSQ, and OVT unless the entry fees were refunded.

Note: Championships are all USOF bid events and IOF events.

Race 1 adults _____ x \$4.00 (\$5.00 championships) = \$ _____

 Juniors _____ x \$2.00 (\$2.50 championships) = \$ _____

Race 2 adults _____ x \$4.00 (\$5.00 championships) = \$ _____

 Juniors _____ x \$2.00 (\$2.50 championships) = \$ _____

Race 3 adults _____ x \$4.00 (\$5.00 championships) = \$ _____

 Juniors _____ x \$2.00 (\$2.50 championships) = \$ _____

 Total _____ SubTotal \$ _____

Non-member surcharge:

Total per-Race competitive entries, **excluding** members of USOF, COF, and IOF federations.

Race 1 adults _____ x \$4.00 = \$ _____

 Juniors _____ x \$2.00 = \$ _____

Race 2 adults _____ x \$4.00 = \$ _____

 Juniors _____ x \$2.00 = \$ _____

Race 3 adults _____ x \$4.00 = \$ _____

 Juniors _____ x \$2.00 = \$ _____

 Total _____ SubTotal \$ _____

Total Amount Due USOF (sum of SubTotals) \$ _____

Make checks payable to USOF and mail to PO Box 1444, Forest Park GA 30298.
Payment is due 4 weeks after the event.

Revised 12/01/2009

4 Format for Reporting Meet Results

1. Format as required by Ranking Committee.
2. Information as required by Ranking Committee.
3. The following abbreviations are approved:

DNF -- Did not finish	DNS -- Did not start
DSQ -- Disqualified (other than time)	OVT -- Overtime
DNR -- Did not register	SPW -- Sporting withdrawal
MSP -- Mispunch	

5 Application of USOF and IOF Rules

USOF Meets not part of the IOF Calendar

When putting on a USOF "A" meet all the rules in sections A, B, and C apply and should be followed. When putting on a USOF Ski "O" meet the rules in section D should be followed, and when putting on a USOF "B" meet the rules in section E should be followed.

USOF Meets also on the IOF Calendar

When putting on USOF Meets that are also on the IOF calendar as "A", "B" or "C" meets the USOF rules should be followed except where there is a difference between the USOF and IOF rules, in which case the IOF rule is the rule that should be followed.

IOF "B" meets are not as strict as IOF "A" and "C" meets in these specific areas:

- 3.22 International entry may be restricted, classes needn't be open.

-
- | | |
|------|--|
| 14.1 | German and English need not be the official languages. |
| 22.3 | Variations from IOF map standards are permitted. |
| 29.6 | Controls don't need to have a minimum of two punches. |

6 Cross Reference of Meet Jobs to Rules

This cross reference is designed to assist workers at meets by outlining the specific rule sections they should know best when performing their job. It is highly recommended that each worker read the complete set of rules before starting work on a meet. This reading is best done prior to making your plans. Special care should be taken to understand fully the sections listed below that pertain to your areas of responsibility. In addition, you should re-read the sections listed in this cross reference as the date of the meet approaches so you can find any omissions and correct any errors in your area of responsibility.

Meet Director and Event Consultant

It is important that these people are familiar with the entire set of rules. Be sure that the proper planning is done to produce an accurate invitation, and that if exceptions to any rules are made they are included in the meet information. Course Setter, Course Consultant, and Vetter These jobs deal primarily with rules 23 - 32 and 34 and 38.

Field Supervisor -- Rules 10 - 14, and 21 - 38

Map Consultant -- Rules in section 22.

Publicity, Registration, and Check-in These rules deal mainly with information needed by the competitor. Since standardization between meets is impossible, (and in many cases not desirable), it is important that the competitor is properly informed about what to expect. The rules are quite specific as to the minimum information a competitor should have at and before a meet. Rules 4 - 5, 10 - 14, and 27.

Start

Take particular care to see that competitors waiting for their start cannot see the direction that starting competitors are taking. Rules 31, 36.

Finish -- Rules 32 - 33, and 36

Results -- Rules 4, 16, and 33.

Awards -- Rules 4 - 5, and 15.

Course Pre-Runners

This is the final check that everything is correct. You should be familiar with the technical and information rules to be sure that nothing has been omitted. If you catch an error fairness can be preserved by properly informing people of the situation at the start. Rules 14, and 25 - 32