



Orienteering Men/Women Rules

1. Championship Programme

Day 1: arrival of the teams, opening ceremony, technical meeting and ID-Check*

Day 2: Model Event, sprint competition; excursion,

Day 3: normal distance events (individual)

Day 4: relay events and technical meeting

Day 5: departure of the teams

*Necessary documents from the Head of Delegation for the ID-Check: Signed form "Declaration of Participation" and personal legitimization from the participants

The opening ceremony will be held either on day 1 or day 2.

The excursion will be no more than half a day and will be held at the discretion of the organisers during the USIC championships.

2. Composition of Delegations

Each delegation will consist of a maximum number of 11 (12) participants:

Orienteering runners men (2 per category)	6
Orienteering runners women (1 per category)	3
Coach	1
Head of Delegation	<u>1</u>
Participants	11
Interpreter *	1

** for delegations who speak no English (only if required)*

3. Draws and Model Event

The official draw of sprint competition and of individual events order will be held on the 1st. technical meeting. Each country will decide beforehand in which group the national lots will be drawn.

The model Event could be achieved by the issue of small sections of map of the warm-up area beforehand the sprint or the individual competition. A small number of control flags would be hung in this area, each one shown and correctly described on the warm-up map.

4. Individual Events

4.1 There will be the following categories:

M21	Groups 1 + 2
M45	Groups 1 + 2
M55	Groups 1 + 2
W21	Only Group 1
W45	Only Group 1
W55	Only Group 1
M21	a total of 2 orienteering runners/men

M45	a total of 2 orienteering runners/men
M55	a total of 2 orienteering runners/men
W21	a total of 1 orienteering runner/women
W45	a total of 1 orienteering runner/woman
W55	a total of 1 orienteering runner/woman

Target times and orienteering courses

Sprint; all categories

12 – 15 min. The Sprint Event can be held in a forest, city or park.

Normal distance

M21	60 – 70 mn	W21	45 – 50 mn
M45	50 – 60 mn	W45	40 – 45 mn
M55	40 – 50 mn	W55	35 – 40 mn

The length and height (total inclination) of the orienteering course of every series shall be advised.

4.2 Definitions of orienteering controls

International orienteering stations marked with IOF international standards symbols will be used for the control descriptions during the championship.

4.3 Competition numbers

Each orienteering runner shall wear a competition number.

4.4 Event structure

The competition maps and control descriptions shall be handed over at the startingline. An electronic *post* (Take away “post”)control system recognized by the IOF shall be used for the championship(e. g. Sportident or Emit).

4.5 Interim times and drinks stations

Interim times and drinks stations shall be made available for the normal distance events.

4.6 Start interval

In every category from the first to the last competitor the start interval for the long distance competition is 3 min. In the sprint competition it is 1 min. If a participant is not attending the start, this starting slot will be empty

5. Relay Events

5.1 Relay teams

There will be two classes, one Men’s class and one Women’s class comprising three runners each. The Men’s class shall include at least one runner from the M55 class. Every nation may enter a maximum number of threeteams, except for the Women’s class, in which nations may only enter one team each.

5.2 Event structure

All relay events will be governed by the same event structure. The competition cards, the control descriptions and the course map shall be held in a waterproof document bag. Eachteam shall have their personal competition number.

5.3 Sections

During the relay race there will be three courses with gafflings along every course.

5.4 Sectional times

Men:

Courses I and III approx. 40 min.

Course II approx. 35 min.

Women:

Courses I and III approx. 35 min.

Course II approx. 30 min.

6. Evaluation

6.1 Points and USIC Champion

During the team and relay events the points awarded as follows. In the relay event all teams will count. The winner in the sprint events, the normal events and the relay in each category will be the USIC Champion.

Sprint

M21	
Place	Points
1	10
2	8
3	7
4	6
5	5
6	4
7	3
8	2

M45	
Place	Points
1	10
2	8
3	7
4	6
5	5
6	4
7	3
8	2

M55	
Place	Points
1	10
2	8
3	7
4	6
5	5
6	4
7	3
8	2

W21	
Place	Points
1	8
2	6
3	5
4	4
5	3
6	2

W45	
Place	Points
1	8
2	6
3	5
4	4
5	3
6	2

W55	
Place	Points
1	8
2	6
3	5
4	4
5	3
6	2

from position 9 there will given to the competitors in the categories M21, M45 and M55 one point. In the category W21, W45 and W55 from position 7 one point.

Normal distance

M21	
Place	Points
1	18
2	16
3	14
4	13
5	12
6	11
7	10
8	9
9	8
10	7
11	6
12	5

M45	
Place	Points
1	18
2	16
3	14
4	13
5	12
6	11
7	10
8	9
9	8
10	7
11	6
12	5

M55	
Place	Points
1	18
2	16
3	14
4	13
5	12
6	11
7	10
8	9
9	8
10	7
11	6
12	5

13	4
14	3
15	2

13	4
14	3
15	2

13	4
14	3
15	2

W21	
Place	Points
1	15
2	13
3	11
4	10
5	9
6	8
7	7
8	6
9	5
10	4
11	3
12	2

W45	
Place	Points
1	15
2	13
3	11
4	10
5	9
6	8
7	7
8	6
9	5
10	4
11	3
12	2

W55	
Place	Points
1	15
2	13
3	11
4	10
5	9
6	8
7	7
8	6
9	5
10	4
11	3
12	2

From position 16 there will be given to the competitors in the categories M21, M45 and M55 one point. In the category W21, W45 and W55 from position 13 one point.

Relay

Men

1	40
2	36
3	32
4	30
5	28
6	26
7	24
8	22
9	20
10	18
11	16
12	14
13	12
14	10
15	8
16	6
17	4

Women

1	30
2	26
3	22
4	18
5	14
6	10
7	6

After position 18 in the men's relay and after position 8 in the women's relay there will be given to the teams two points.

6.2 Total national evaluation

The total country evaluation shall take into account all competition results.

6.3 The same number of points

If several countries finish with the same number of points, the country with the most number of 1st and possibly 2nd places shall rank higher.

6.4 Country evaluation

There will be a separate country evaluation for men and women.

Change History

Approved	Date	Theme
PTC Svetlogorsk	19.Oct. 2012	New Sprint event, new points
Core technical team	25. Jan. 2016	Delegation Size, points
Board	Aug 2021	ID-Check and 2. technical meeting
General Meeting 2023	May 2023	Add category of M+55 and W+5; 2 runner per category; change of Table Points