



Orienteering Men/Women Rules

1. Championship Programme

Day 1: arrival of the teams, opening ceremony and technical meeting

Day 2: Model Event, sprint competition; excursion,

Day 3: normal distance events (individual)

Day 4: relay events

Day 5: departure of the teams

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 (3 of whom in M45)	6
Orienteering runners women (1 of whom in M45)	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 - 3
M45	groups 1 - 3
W21	groups 1 + 2
W45	only group 1
M21	a total of 3 orienteering runners/men
M45	a total of 3 orienteering runners/men
W21	a total of 2 orienteering runners/women
W45	a total of 1 orienteering runner/woman

4.2 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 min

M45 50 - 60 min

W21 45 - 50 min

W45 40 - 45 min

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

4.3 Definitions of orienteering stations

International orienteering stations marked with symbols will be used during the championship.

4.4 Competition numbers

Each orienteering runner shall wear a competition number.

4.5 Event structure

The competition maps and definitions of orienteering stations shall be handed over at the starting line. An electronic post control system recognized by the IOF shall be used for the championship (e. g. Sportident or Emit).

4.6 Interim times and drinks stations

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

4.7 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 M45 class. The Women's class shall include at least one runner from the W45 class. Every nation may enter a maximum number of three teams, 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 definitions of orienteering stations and the course map shall be held in a waterproof document bag. Each team shall have their personal competition number.

5.3 Sections

During the relay race there will be three courses with forks 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

W21	
place	points
1	8
2	6
3	5
4	4
5	3
6	2

W45	
place	points
1	7
2	5
3	4
4	3
5	2

After position 9 there will given to the competitors in the categories H21 and M45 one point. In the category W21 from position 7, and category W45 from position 6 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
13	4
14	3
15	2

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
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	12
2	10
3	8
4	7
5	6
6	5
7	4
8	3
9	2

After position 16 there will given to the competitors in the categories H21 and M45 one point. In the category W21 from position 13, and category W45 from position 10 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