

**COMPETITION RULES
FOR
INTERNATIONAL ORIENTEERING FEDERATION (IOF)
MOUNTAIN BIKE ORIENTEERING (MTB-O) EVENTS**

This version of the competition rules is valid from 1 July 2008.
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 August 2004)*

Appendix 8 Competition formats added May 2009

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1. Definitions

1.1 MTB-O is a sport in which the competitors, using cycles, visit a number of control points marked on the ground, in the shortest possible time aided by map and compass. Mountain biking and navigational skills shall be tested in such a way that navigational skill is the decisive element. The course shall be completed by the cyclist riding, carrying or pushing his/ her mountain bike. Riding off the track or trail will normally be disallowed unless specifically agreed by the organiser and the IOF Event Adviser. The term competitor means an individual of either sex or a team, as appropriate.

1.2 Types of MTB-O competition may be distinguished by:

- the nature of the competition:
 - *individual* (the individual performs independently)
 - *relay* (two or more team members cycle consecutive individual races)
 - *team* (two or more individuals collaborate)
- the way of determining the competition result:
 - *single-race competition* (the result of one single race is the final result. The competitors may compete in different races: the A-race, the B-race and so on, with the placed competitors of the B-race placed after the placed competitors of the A-race and so on)
 - *multi-race competition* (the combined results of two or more races, held during one day or several days, form the final result)
 - *qualification race competition* (the competitors qualify for a final race through one or more qualification races in which they may be allocated to different heats. The results of the qualification races also determine the starting order in the final. The competition's result is that of the final only. There may be A- and B-finals and so on, with the placed competitors of the B-final placed after the placed competitors of the A-final and so on. Where there is a single heat and all competitors who are placed in the heat qualify for the final, the qualification race is called a *prologue*)
- the order in which controls are to be visited:
 - *Specific order*: the sequence is prescribed
 - *Free Order*: all controls must be visited but in no specific order (the competitor is free to choose the order)
 - *Score*: controls are allocated values (the competitor is free to choose the order and which they visit, within a specified time limit)
- the length of the race:
 - *Ultra long distance*
 - *Long distance*
 - *Middle distance*
 - *Sprint*

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

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

WOC 1.5 *The World MTB-O Championships (WOC)* is the official event to award the titles of World MTB-O Champions. It is organised under the authority of the IOF and the appointed Federation.

- | JWOC 1.6 *The Junior World MTB-O Championships (JWOC)* is the official event to award the titles of Junior World MTB-O Champions. It is organised under the authority of the IOF and the appointed Federation.

2. General provisions

- 2.1 These rules, together with the Appendices, shall be binding at the *MTB-O Championships* and other *IOF MTB-O Events*. Every rules point with no event abbreviation before its number is valid for all these events. A rules point valid only for one or more of these events is marked with the specific abbreviation(s) in the margin beside the rules point number. Such specific rules take precedence over any general rules with which they conflict.
- 2.2 These rules are recommended as a basis for national rules.
- 2.3 If not otherwise mentioned these rules are valid for individual day orienteering competitions on any pedal-powered cycle – normally mountain bikes.
- 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 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 In relays 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 Orienteering Maps, Principles for MTB-O Course Planning* and the *Leibnitz Convention*.
- 2.10 The IOF Council may 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.
- | JWOC 2.11 The championships shall be organised in accordance with the following principles:
- The best junior orienteers of each Federation shall be offered competitions of high technical quality.
 - The event shall have a social, rather than a competitive atmosphere, accentuating exchange of experience.
 - The costs of participating shall be kept low.

3. Event programme

- 3.1 The event dates and programme are proposed by the organiser and approved by the IOF Council.
- | WOC 3.2 The World Orienteering Championships is organised every year. The programme shall include Sprint, Middle distance and Long distance competitions, and a Relay as well as an opening ceremony, a closing ceremony and adequate model events and rest. The Long distance competition shall include a qualification race and a final. Organisers are expected to provide Open International Events for spectators, and other competitors not in the national teams.
- WOC 3.3 In the Long Distance competition, no qualification race heat may have more than 100 riders. If there are more than 100 riders entered, then two or more heats will be required.

- | JWOC 3.4 The Junior World Orienteering Championships is organised every year. The programme shall include Sprint, Middle distance and Long distance competitions, and a Relay as well as an opening ceremony, a closing ceremony and adequate model events and rest.

4. Event applications

- 4.1 Any Federation may apply to organise an IOF MTB-O 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.
- | WOC 4.5 Applications shall be received no later than January 31st three years prior to the championship year. The organising Federation is appointed the same year. The appointment must be confirmed by the signing, within 12 months, of a contract to organise the event, else Council may make an alternative appointment.
- | JWOC 4.6 Applications shall be received no later than January 31st three years prior to the championship year. The organising Federation is appointed by the IOF Congress the same year. The appointment must be confirmed by the signing, within 12 months, of a contract to organise the event, else Council may make an alternative appointment.

5. Classes

- 5.1 Competitors are divided into classes according to their gender and age. Women may compete in men's classes.
- WOC 5.2 There is one class for women and one for men. There are no age restrictions.
- | JWOC 5.3 There is one class for women and one for men. Only competitors who are entitled to compete in the classes W20 or M20 may participate.

6. Participation

- WOC
JWOC 6.1 A competitor may represent only one Federation during any one calendar year.
- WOC
JWOC 6.2 Competitors who are representing a Federation shall have full passport-holding citizenship of the country of that Federation.
- WOC
JWOC 6.3 Each participating Federation shall appoint a team manager to act as a contact person between the team and the organiser. It is the team manager's duty to see that the team receives all necessary information.
- 6.4 Competitors participate at their own risk. Third party insurance and personal injury insurance is mandatory and shall be the responsibility of their Federation or themselves, according to national regulations.
- WOC 6.5 All competitors represent a Federation. Each Federation may enter a team of up to 16 competitors — up to 8 women and 8 men — and a number of team officials. The organiser shall fix the maximum number of officials per team, in accordance with the available facilities. This maximum number shall be the same for each team and shall be at least 5.

- WOC 6.6 In each qualification race (or final if there is no qualification race), every Federation may enter up to 6 women and 6 men and, in addition, the current World Champions for the distance may be entered by their Federation(s) provided they are members of the Federation's team.
- WOC 6.7 In the Relay, each Federation may enter two women's team and two men's team, each consisting of 3 team members. Incomplete teams and teams with cyclists from more than one Federation are not allowed. Under no circumstances may persons other than entered competitors participate in the competition.
- WOC 6.8 In the long distance competition, the best competitors from each qualification race heat qualify for the final of the class.
- The number of qualifiers from each heat to the final shall be equal and shall be calculated so that the total number of qualifiers is 60, or the lowest possible number above 60.
 - If two or more competitors tie for a place in a final, all of them shall qualify for that final.
 - Competitors who start, but are not placed, in the qualification race may not start in the final.
- | JWOC 6.9 All competitors represent a Federation. Each Federation may enter a team of up to 12 competitors — up to 6 women and 6 men — and a number of team officials. The organiser shall fix the maximum number of officials per team, in accordance with the available facilities. This maximum number shall be the same for each team and shall be at least 5.
- | JWOC 6.10 In each competition every Federation may enter up to 6 women and 6 men.
- | JWOC 6.11 In the Relay, each Federation may enter two women's team and two men's team, each consisting of 3 team members. Incomplete teams and teams with cyclists from more than one Federation are not allowed. Under no circumstances may persons other than entered competitors participate in the competition.

7. Costs

- | 7.1 The costs of organising an event are the responsibility of the organiser. To cover the costs of the competition(s), the organiser may charge an entry fee for competitors and an accreditation fee for non-competitors (team officials, media etc). This fee shall be kept as low as possible and shall be approved by the IOF Event Adviser. For an event with several competitions, as an alternative to a total fee for the whole event, the organiser must offer competitors the option of an accreditation fee plus a fee for each competition entered.
- 7.2 Each Federation or individual competitor is responsible for paying the entry fee as specified in the invitation. The time limit for paying the entry fee shall not be earlier than 6 weeks prior to the event.
- 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.
- WOC
JWOC 7.7 Unless there is good standard accommodation and food at a very low price, different standards of accommodation and food shall be offered, allowing competitors a choice of price groups. The fees for the competition, the food and the accommodation must be shown as three separate amounts. In any case it shall not be obligatory to use the accommodation arranged by the organiser.
- 7.8 If the event (or part of the event) has to be cancelled, 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 simply orally only in response to questions at team officials' meetings or in urgent cases.
- WOC 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.
- WOC
JWOC 8.3 Bulletin 1 (preliminary information) shall include the following information:
- organiser and the names of the event director, Event Adviser and controller(s)
 - 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
- | WOC
JWOC 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 and team officials
 - latest date and address for the payment of the entry fees
 - types and cost of accommodation and food
 - latest date for reservation of official accommodation
 - description of any transport offered
 - directions for obtaining entry permits (visas)
 - whether riding off the tracks is allowed – see rule 14.8
 - information on public transport options for carriage of competitors and cycles from the nearest airport to the event centre
 - details of opportunities for training
 - description of terrain, climate and any hazards

- scales and vertical contour intervals of the maps
 - event programme
 - notes on competition clothing, if necessary
 - winning time and approximate length of each course
 - address and telephone/fax number/e-mail address of the official responsible for the media
 - a recent sample map showing the type of terrain
 - maximum number of officials per team
 - a colour copy of the most recent version of any previous orienteering map(s) of the embargoed areas
 - directions for the registration of media representatives and any extra representatives of the Federations
- WOC 8.5 Bulletin 3 (event information) shall include the following information:
JWOC
- latest date for sending the exact number of participants
 - latest date for sending the names of participants
 - detailed programme of the event, including timetable for final name entries and for the allocation of start groups
 - details of the terrain
 - summary of entries received
 - any permitted deviations from the rules
 - address and telephone/fax number/e-mail address of the competition office
 - maps and timetable information to enable teams to travel by public transport or cycle from the nearest international airport or railway station to the event centre
 - details of accommodation and food
 - transport schedule
 - the length, total climb, number of controls and number of refreshment controls on each individual course and, for relays, on each leg
 - team officials' meetings
- WOC 8.6 Bulletin 4 (additional event information) shall be given on arrival of the competitors
JWOC 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 cycling times
 - names and federations of jury members
- WOC 8.7 Bulletin 1 shall be published 24 months before the event, Bulletin 2 shall be
JWOC published 12 months the event and Bulletin 3 shall be published 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 for each competitor: family name and first name, gender, year of birth, Federation. The names of the team officials shall be supplied. Late entries can be refused.
- 9.2 A competitor may only enter one class in any one competition.
- 9.3 The organiser may exclude competitors or teams from starting if their entry fee is not paid and no agreement has been reached about payment.

- WOC 9.4 Reservations and reservation fees for accommodation shall reach the organiser at the
JWOC times specified in Bulletin 2.
- WOC 9.5 Competitors may only be selected and entered by their Federation.
JWOC
- WOC 9.6 Entries giving the number of competitors of each gender, the number of relay teams,
JWOC 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 3 months before the event.
- WOC 9.7 Each competitor's name and gender and the names of the team officials shall reach
JWOC the organiser no later than 10 days before the event. Changes may be made to the team until 12 noon on the day before the event.
- WOC 9.8 Names of the competitors and, if required, their starting group allocation or their
JWOC cycling order within a relay team shall reach the organiser no later than 12 noon on the day before the competition.
- WOC 9.9 No competitor may be replaced within one hour of the first start. In relays, this also
JWOC applies to the cycling order of the team members.
- WOC 9.10 In individual competitions, between 12 noon on the day before the competition and
JWOC one hour before the first start in the class, a competitor may be replaced for a valid reason (eg. accident or illness). Change of starting group or qualification race heat is not permitted. No replacement is possible for finals of qualification race competitions or for multi-race competitions after the first race.
- WOC 9.11 In relays, changes of names of the relay team members and/or their cycling order
JWOC shall reach the organiser at least one hour before the start of the relay class.
- WOC 9.12 Replacement of a competitor after 12 noon on the day before the event may only be
JWOC made from within the entered team.
- WOC 9.13 In each individual competition each Federation shall allocate its competitors to 3
JWOC starting groups with a maximum of 2 competitors to each group. Before allocating a second competitor to a group, a Federation shall allocate one competitor to each group. If a Federation fails to allocate its competitors to starting groups, the organiser shall decide the allocation.

10. Travel, transport and secure cycle storage

- WOC 10.1 Each Federation is responsible for organising its own travel.
JWOC
- WOC 10.2 On request, the organiser shall arrange to transport teams with their bicycles from the
JWOC nearest international airport or railway station to the event centre or accommodation.
- WOC 10.3 Transport between the accommodation, event centre, competition sites, etc may
JWOC either be arranged by the organiser or by the teams. On request, the organiser shall arrange all necessary transport during the event.
- 10.4 The use of official transport to a competition site may be declared mandatory by the
organiser.
- 10.5 Organisers should provide a secure compound for the storage of cycles at the event
centre, and at the competition area if appropriate.

11. Training and model event

- 11.1 Training opportunities shall be offered before the competition if requested.
- 11.2 On the day prior to the first competition of an event, the organiser shall put on a
model event to demonstrate the terrain type, map quality, control features, control set-up, refreshment points and marked routes.

- 11.3 Competitors, team officials, IOF officials and media representatives shall be offered the opportunity to participate in the model event.
- 11.4 If deemed necessary by the IOF Event Adviser, further model events shall be organised.
- 11.5 If deemed appropriate by the IOF Event Adviser, the model event may be organised on the day of the competition.
- WOC 11.6 Equal opportunity for training shall be offered to all Federations. The organiser shall offer training opportunities in the 18 months before the Championships. Terrain and maps should as far as possible be similar to those of the championships.

12. Starting order

- 12.1 In an *interval start*, the competitors start singly at equal start intervals. In a *mass start*, all competitors in a class start simultaneously; in relays this applies only to the team members cycling the first leg. In a *chasing start*, the competitors start singly at start times and intervals determined by their previous results.
- 12.2 The starting order shall be approved by the IOF Event Adviser. The start draw may be public or private. It may be made by hand or by a computer.
- 12.3 The start list shall be published on or before the day prior to the competition and before any team officials' meeting that must be held according to Rule 13.1. If a qualification race is organised on the same day as the finals, the start list for the finals shall be published at least one hour before the first start.
- 12.4 The names of all competitors and teams correctly entered shall be drawn, even if a competitor has not arrived. Entries without names (blanks) are not considered for the draw.
- WOC 12.5 For an interval start other than finals of qualification race competitions, the starting order shall be drawn at random. The draw shall be made normally in three starting groups (early, middle, late).
- JWOC 12.6 For an interval start, competitors from the same Federation may not start consecutively. If they are drawn to start consecutively, the next competitor drawn shall be inserted between them. If this happens at the end of the draw or at the end of a starting group, the competitor before them shall be inserted between them.
- WOC 12.7 In qualification race competitions, the start draw for the qualification races shall be made so that each of the following requirements is satisfied:
- as many competitors as there are parallel heats shall start at each start time, with the possible exception of the last start time
 - competitors from the same Federation shall not start simultaneously
 - as far as possible, the heats shall be equally strong
 - if there are not more than two heats, competitors from the same Federation shall not start at consecutive times
 - if there are more than two heats, competitors from the same Federation shall not start at consecutive times in the same heat
 - the allocation of competitors to the different heats shall be drawn so that the competitors of a Federation are distributed as equally as is mathematically possible among the heats

- 12.8 In qualification race competitions, the starting order of the finals shall be the reverse of the placings in the qualification race heats; the best competitors shall start last. Ties shall be decided by drawing lots. Eg. if two competitors tie for 6th place in heat 1, a coin shall be tossed to determine who has placing 6 and who has placing 7 in heat 1 for the purposes of this rule. Competitors with the same placing in the different parallel heats shall start in the sequence of the number of their heat, ie. 1, 2, 3...; the winner of the highest numbered heat therefore starts last.
- WOC 12.9 If competitors from the same Federation get consecutive start times in a final of a qualification race competition, the following procedure is carried out commencing at the end of the start list (i.e. at the last starter). The latest starter from a different Federation starting before two competitors from the same Federation with consecutive start times is inserted between these two competitors in the start list. If two or more competitors from the same Federation are left with consecutive start times at the start of the start list, the reverse procedure is then carried out. Eg. A₁, A₂, A₃, B, C, D, E₁, E₂, E₃ → A₁, A₂, A₃, B, C, E₁, E₂, D, E₃ → A₁, A₂, A₃, B, E₁, C, E₂, D, E₃ → (reverse procedure) → A₁, B, A₂, A₃, E₁, C, E₂, D, E₃ → A₁, B, A₂, E₁, A₃, C, E₂, D, E₃.
- 12.10 Before mass start draws, each of the various course combinations shall be allocated to start numbers. The course combinations shall remain secret until after the last competitor has started.
- WOC 12.11 In qualification races, the heat allocation of each competitor shall be drawn under the supervision of the IOF Event Adviser. The heat allocation of each competitor shall not be revealed to the competitor until after the competitor's start.
- WOC
JWOC 12.12 In the relay, the entered teams are given start numbers according to the sequence of their placings in the last relay championship in question. Those not being placed in the last championship are given the subsequent start numbers in alphabetical order. The allocation of the various course combinations to start numbers shall be supervised by the IOF Event Adviser. The allocation shall be kept secret until after the last competitor has started.
- 12.13 For an interval start, the normal start interval is 3 minutes for Long distance, 2 minutes for Middle distance and 1 minute for Sprint.
- | WOC 12.14 In the WOC Middle Distance and Sprint competitions (for which there is no qualification race), for both women and men, the Red Start Group will consist of the following competitors, provided they are members of their Federation's team (as per Competition Rule 6.6) for this competition:
- the reigning World Champion for Middle Distance
 - the 9 top-ranked competitors in the IOF World Ranking list as published 10 days before the event. In the case of a tie, all competitors concerned will be included in the Red Start Group.
- If the above rules provide less than 10 runners, the Red Start Group will be increased to comprise 10 runners by adding the next-best ranked competitors from the IOF World Ranking list (in the case of a tie, all competitors concerned will be included in the Red Start Group).
- A draft list of the members of the Red Start Group shall be published with Bulletin 4 for WOC. The list shall contain at least 5 reserve names according to the filling procedure described above. The final members of the Red Start Groups shall be named by the Organiser after entries have closed and at least 1 hour before the team leader's meeting for the relevant competition begins.
- The start order within the Red Start Group will be drawn at random subject to the provisions of Competition Rule 12.6.
- The Red start group starts last.

13. Team officials' meeting

- WOC
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- 13.1 The organiser shall hold a team officials' meeting on the day prior to the competition. This meeting shall start no later than 19.00 hours. The IOF Event Adviser shall lead or supervise the meeting.
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- 13.2 The competition material (start number bibs, start lists, transport schedule, latest information, weather forecast etc) shall be handed out before the meeting starts.
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- 13.3 Team officials shall have the opportunity to ask questions during the meeting.

14. Terrain and care of the environment

- 14.1 The terrain shall be suitable for setting competitive MTB-O courses. The competition area must contain a comprehensive network of tracks and paths of differing qualities. The objectives of the Leibnitz convention shall be considered when choosing the terrain and event arena, and in designing the courses.
- 14.2 The competition terrain shall not have been used for either foot orienteering or MTB-O for as long as possible prior to the competition, so that no competitor has an unfair advantage.
- 14.3 The competition terrain shall normally be embargoed as soon as it is decided. If that is not possible, then arrangements for access to the terrain must be published as soon as possible.
- 14.4 Permission for access into embargoed terrain shall be requested from the organiser if needed.
- 14.5 Any rights of nature conservation, forestry, hunting, etc in the area shall be respected.
- 14.6 It is the responsibility of the organiser to consult with landowners and environment agencies to ensure that the competition causes the minimum disturbance to plants and wildlife.
- 14.7 Competitors have a responsibility to avoid damage to plants, wildlife, fences, walls and archaeology, and must keep out of any out of bounds areas.
- 14.8 Riding off the track or trail will normally be disallowed unless specifically agreed by the organiser and the IOF Event Adviser. This information shall be given at the latest in Bulletin 2

15. Maps

- 15.1 Maps, course markings and additional overprinting shall be drawn and printed according to the IOF *International Specification for MTB Orienteering Maps*. Deviations need approval by the IOF Council.
- 15.2 The maps shall be drawn specifically for MTB-O at an appropriate scale which will normally be: Sprint: 1:10000
Middle and Relay: 1:10000 or 1:15000
Long: 1:15000 or 1:20000.
- 15.3 Errors on the map and changes which have occurred in the terrain since the map was printed shall be overprinted on the map if they have a bearing on the event.
- 15.4 Maps shall be protected against moisture and damage.
- 15.5 If a previous foot, MTB or ski 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.

WOC
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- 15.7 The competition map should ideally be of A4 size, but in any case must not be larger than required by a competitor to complete the course.
- 15.8 On small competition areas, second or third maps may be used to complete the course.
- 15.9 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 organiser.

16. Courses

- 16.1 The valid technical specifications and standards for MTB-O published by the IOF shall be followed when setting the courses.
- 16.2 The standard of the courses shall be worthy of an international orienteering event. The navigational skill, concentration and cycling ability of the competitors shall be tested. All courses shall call upon a range of different orienteering techniques. Courses shall require a high level of concentration throughout the competition, involving detailed map reading and frequent decision making. All legs should be designed to provide a variety of route choices, and shall attempt to maximise competitor safety.
- 16.3 The course lengths shall be given as the direct route and the shortest sensible route.
- 16.4 The total climb shall be given as the climb in metres along the shortest sensible route.
- 16.5 For qualification races, the courses for the parallel heats shall be as nearly as possible of the same length and standard.
- 16.6 In relay competitions, the controls shall be combined differently for the teams, but all teams shall cycle the same overall course. If the terrain and the concept of the courses permit it, the lengths of the legs may be significantly different. However, the sum of the winning times of the legs shall be kept as prescribed. All teams must cycle the different length legs in the same sequence.
- 16.7 In individual competitions, the controls may be combined differently for the competitors, but all competitors shall cycle the same overall course.
- 16.8 The courses shall be set to give the following winning times in minutes:
- | women | men | |
|-----------|-----------|---------------------|
| 100 - 120 | 120 - 140 | Ultra long distance |
| 70 - 90 | 90 - 110 | Long distance |
| 40 - 50 | 50 - 60 | Middle distance |
| 20 - 30 | 20 - 30 | Sprint |
| 40 - 50 | 50-60 | Relay for each leg |

17. Restricted areas and routes

- 17.1 Rules set by the organising Federation to protect the environment and any related instructions from the organiser shall be strictly observed by all persons connected with the event.
- 17.2 Out-of-bounds or dangerous areas, forbidden routes etc shall be marked on the map. If necessary, they shall also be marked on the ground. Competitors shall not enter, follow or cross such areas, routes or features.
- 17.3 Compulsory routes, crossing points and passages shall be marked clearly on the map and on the ground. Competitors shall follow the entire length of any marked section of their course.

- 17.4 Riding off the track or trail will normally be disallowed unless specifically agreed by the organiser and the IOF Event Adviser. Any changes to this rule, such as the permitting of carrying or walking with the bike between paths, shall be clearly stated in the event instructions. Organisers may be required by the IOF Event Adviser to enforce this rule by the use of marshals. Planners should design courses so as to minimise any benefit gained from infringement of this rule. The penalty for breaking this rule is disqualification from the event.
- 17.5 Any crossing point over a vehicular road must be clearly signed to warn motorists and competitors, and should be marshalled if appropriate.
- 17.6 Any path crossings at which competitors could collide at high speed should carry a warning sign (!) on the map and/or on the ground.

18. Control descriptions

- 18.1 Control descriptions are not normally used in MTB-O except where off-path controls are used.
- 18.2 Control descriptions may be used to assist site identification if deemed desirable.
- 18.3 Any events using off-path controls must issue control descriptions.

19. Control set-up and equipment

- 19.1 The control point given on the map shall be clearly marked on the ground and be equipped to enable the competitors to prove their passage.
- 19.2 Each control shall be marked by a control flag consisting of three squares, about 30 cm x 30 cm, arranged in a triangular form. Each square shall be divided diagonally, one half being white and the other orange (PMS 165).
- 19.3 All controls must be situated on paths shown on the competition map unless specified otherwise in the event instructions.
- 19.4 Each control shall be identified with a code number, which shall be fixed to the control so that a competitor using the marking device can clearly read the code. Numbers less than 31 may not be used. The figures shall be black on white, between 5 and 10 cm in height and have a line thickness of 5 to 10 mm. Horizontally-displayed codes shall be underlined if they could be misinterpreted by being read upside down (e.g. 161).
- 19.5 The code number for each control shall be available to competitors, either by providing details before the start of the event for copying, or as an overprint on the map adjacent to the control number, at a reduced size and within brackets (..).
- 19.6 To prove the passage of the competitors, there shall be a sufficient number of marking devices in the immediate vicinity of each flag.
- 19.7 If the estimated winning time is more than 30 minutes, refreshments shall be available at least every 25 minutes at the estimated speed of the winner.
- 19.8 At least pure water of suitable temperature shall be offered as refreshment. If different refreshments are offered, they shall be clearly marked.
- 19.9 All controls for which there are security concerns shall be guarded.

20. Punching systems

- 20.1 Only IOF approved (electronic or other) punching systems may be used, as per Appendix 3.
- 20.2 Competitors shall have the possibility of practising with the electronic punching system at the model event.

- 20.3 Control cards or electronic punches must be connected to the cycle by a zip tie or other secure device. It is not permitted to remove the control card or electronic punch from the cycle during the event.
- 20.4 Competitors shall be responsible for punching their own card at each control using the punching device provided.
- 20.5 The control card must clearly show that all controls have been visited.
- 20.6 A competitor with a control punch missing or unidentifiable shall not be placed unless it can be established with certainty that the punch missing or unidentifiable is not the competitor's fault. In this exceptional circumstance, other evidence may be used to prove that the competitor visited the control, such as evidence from control officials or cameras or read-out from the control unit. In all other circumstances, such evidence is not acceptable and the competitor must be disqualified. In the case of SportIdent, this rule means that:
- If one unit is not working, a competitor must use the backup provided and will be disqualified if no punch is recorded
 - If a competitor punches too fast and fails to receive the feedback signals, the card will not contain the punch and the competitor must be disqualified (even though the control unit may have recorded the competitor's card number)
- 20.7 The organiser has the right to have the control card checked by officials at appointed controls.
- 20.8 Competitors who lose their control card, omit a control or visit controls in the wrong order shall be disqualified.

21. Equipment

- 21.1 Protective headgear of a hard / soft shell construction conforming to a recognised standard shall be worn at all times when competing.
- 21.2 It is the responsibility of the competitors and the team managers to ensure that cycles are roadworthy.
- 21.3 As long as the rules of the organising Federation do not specify otherwise, the choice of clothing and footwear shall be free.
- 21.4 Start numbers shall be clearly visible from the front and the back and fixed as prescribed by the organiser. The bibs shall not be larger than 25 cm × 25 cm with figures at least 10 cm high. The number bibs may not be folded or cut.
- 21.5 During the competition the only navigational aids that competitors may use are the map and control descriptions provided by the organiser, and a compass. A cycle computer may be used provided that it does not incorporate any satellite-based navigation aid.
- 21.6 Competitors shall ride, push or carry their cycles from the start via the controls to the finish.
- 21.7 Competitors may carry tools and spare parts during the competition, but shall not use spares or tools other than carried by themselves or another competitor.
- 21.8 Telecommunication equipment may only be used in the competition area with the permission of the organiser.

22. Start

- 22.1 In individual competitions, the start is normally an interval start. In relay competitions, the start is normally a mass start.
- 22.2 In qualification race competitions, the first start in the finals shall be at least 2.5 hours after the last start in the qualification races.

- WOC
JWOC
- 22.3 All competitors shall have at least 30 minutes for undisturbed preparation and warm-up at the start area. Only competitors who have not started and team officials shall be allowed into the warm-up area.
- 22.4 The start may be organised with a pre-start before the time start, situated at one edge of the warm-up area. If there is a pre-start, 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 and media representatives guided by the organiser are allowed.
- 22.5 At the start, a clock showing the competition time to the competitors shall be displayed. If there is no pre-start, competitors' names shall be called or displayed.
- 22.6 The start shall be organised so that later competitors and other persons cannot see the map, courses, route choices or the direction to the first control. If necessary, there shall be a marked route from the time start to the point where orienteering begins.
- 22.7 In an interval start race, competitors take their map one minute before their start time. In a mass start or chasing start race competitors take their map at their start time. The competitor is responsible for taking the right map. The competitor's start number or name or course shall be indicated on or near the map so as to be visible to the competitor before he/she starts.
- 22.8 The point where orienteering begins shall be shown on the map with the start triangle and, if it is not at the time start, marked in the terrain by a control flag but no marking device.
- 22.9 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.
- 22.10 Competitors who are late for their start time through the fault of the organiser shall be given a new start time.
- 22.11 The changeover between the members of each relay team takes place by touch.
- 22.12 Correct and timely relay changeover is the responsibility of the competitors, even when the organiser arranges an advanced warning of incoming teams.
- 22.13 With the approval of the IOF Event Adviser the organiser may arrange mass starts for the later legs for relay teams that have not changed over.
- 22.14 Once a relay team has accepted its disqualification no further members of that team shall be allowed to start.
- WOC
JWOC
- 22.15 In the changeover area, outgoing team members shall have some advance warning of the arrival of their preceding team members
- 22.16 The mass start area in relay events must be sufficiently wide to provide a fair and safe start for riders. Ideally this would be at least 20m wide with an uphill gradient. Competitors at the mass start will line up some 50m behind their cycles, with the maps on the ground in front of them. At the start signal, they will pick up the map and run to the cycle, following tapes to the start triangle. No spectators shall be allowed between the cycles and the competitors during a mass start.

23. Finish and time-keeping

- 23.1 The competition ends for a competitor when crossing the finishing line.
- 23.2 The route to the finish from the last control shall be bounded by tape or by rope. The last 200 m of the course before the finish, and before the changeover zone in relays, should be as straight as possible and at least 10m wide.

- 23.3 The finish line shall be at right angles to the direction of the finish lanes. The exact position of the finish line shall be obvious to approaching competitors.
- 23.4 When a competitor has crossed the finish line, the competitor shall hand in the control card and the competition map.
- 23.5 When using hand-timing, the time is taken when the competitor's front tyre crosses the finish line. When using a punching finish, the finish time is when the competitor uses an electronic punch at the finish line. When a light beam is used for finish timing, the time is taken when the contact is broken; the measuring point of the light or photo barrier should be at height of 15 cm above the ground.
- 23.6 Times shall be rounded down to whole seconds. So 89 minutes 13.98 seconds becomes 89 minutes 13 seconds. Times shall be given in hours, minutes and seconds or in minutes and seconds only.
- 23.7 Two independent timekeeping systems, a primary and a secondary, shall be used continuously throughout the competition. The timekeeping systems shall measure times of competitors in the same class, relative to each other, with an accuracy of 0.5 seconds.
- 23.8 In competitions with mass or chasing starts, finish judges shall rule on the final placings and a jury member shall be present at the finish line.
- 23.9 With the approval of the IOF Event Adviser, the organiser may set maximum times for each class.
- 23.10 There shall be medical facilities and personnel at the finish, who are also equipped to work in the forest.

24. Results

- 24.1 Provisional results shall be announced and displayed in the finish area or the assembly area during the competition.
- 24.2 The official results shall be published no more than 4 hours after the latest allowable finishing time of the last starter. They shall be handed out on the day of the competition to each team manager and to accredited media representatives.
- 24.3 If the finals of a qualification race competition take place on the same day as the qualification races, the results of the qualification races shall be published no more than 30 minutes after the latest allowable finishing time of the last starter.
- 24.4 The official results shall include all participating competitors. In relays, the results shall include the competitors' names in cycling order and times for their legs as well as the course combinations that each cycled.
- 24.5 If an interval start is used, two or more competitors having the same time shall be given the same placing in the results list. The position(s) following the tie shall remain vacant.
- 24.6 If a mass start or chasing start is used, the placings are determined by the order in which the competitors finish. In relays this will be the team member cycling the last relay leg.
- 24.7 In relays where there are mass starts for later legs, the sum of the individual times of the team members shall determine the placings of the teams that have taken part in such mass starts. Teams taking part in mass starts for later legs are placed after all teams which have changed over and finished in the ordinary way.
- 24.8 Competitors or teams who exceed the maximum time, shall not be placed.
- 24.9 The results must be based on competitors' times for the whole course. No changes may be made to these times on the basis of split times.

- WOC 24.10 If a Federation is represented by two teams in a relay class, only the team with the
JWOC better result is considered in determining the placings.
- WOC 24.11 Every competitor, team official and accredited media representative shall be given an
JWOC official results list and a competition map
- WOC 24.12 The results shall be published on the internet on the day of the event.
JWOC

25. Prizes

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

25.2 Prizes for men and women shall be equivalent.

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

WOC 25.4 The title of World Champion shall be awarded in the following eight separate competitions:

- | | |
|--------------------------|------------------------|
| • women, Sprint | • men, Sprint |
| • women, Middle distance | • men, Middle distance |
| • women, Long distance | • men, Long distance |
| • women, Relay | • men, Relay |

| JWOC 25.5 The title of Junior World Champion shall be awarded in the following eight separate competitions:

- | | |
|--------------------------|------------------------|
| • women, Sprint | • men, Sprint |
| • women, Middle distance | • men, Middle distance |
| • women, Long distance | • men, Long distance |
| • women, Relay | • men, Relay |

WOC 25.6 The following prizes shall be awarded in all competitions:

- | | |
|-----------------|---------------------------------------|
| • 1st place | Gold medal (plated) and certificate |
| • 2nd place | Silver medal (plated) and certificate |
| • 3rd place | Bronze medal and certificate |
| • 4th-6th place | Certificate |

Medals and certificates shall be supplied by the IOF.

WOC 25.7 The prize-giving ceremonies shall be performed by the representatives of the
JWOC organising Federation and a representative of the IOF.

WOC 25.8 In the relay, each individual member of the team shall receive the appropriate medal
JWOC and/or certificate.

WOC 25.9 During the prize-giving ceremony, the national flags of the first 3 competitors or
JWOC teams shall be flown and the national anthem of the winner shall be played.

26. Fair play

26.1 All persons taking part in a MTB-O event shall behave with fairness and honesty. They shall have a sporting attitude and a spirit of friendship. Competitors shall show respect for each other, for officials, journalists, spectators and the inhabitants of the competition area. The competitors shall be as quiet as possible in the terrain.

26.2 In an individual interval start race, competitors are expected to navigate and ride independently.

26.3 The provision of mechanical (spares or repairs) assistance between competitors during a competition is permitted but is not compulsory. No outside mechanical assistance is permitted. It is the duty of all competitors to help injured competitors.

- 26.4 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.
- 26.5 All officials shall maintain strict secrecy about the competition area and terrain before they are published. Strict secrecy about the courses must be maintained.
- 26.6 Any attempt to survey or train in the competition terrain is forbidden, unless explicitly permitted by the organiser. Attempts to gain any information related to the courses, beyond that provided by the organiser, is forbidden before and during the competition.
- 26.7 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.
- 26.8 Team officials, competitors, media representatives and spectators shall remain in the areas assigned to them.
- 26.9 Control officials shall neither disturb nor detain any competitor, nor supply any information whatsoever. They shall remain quiet, wear inconspicuous clothing and shall not help competitors approaching controls. This also applies to all other persons in the terrain, eg. media representatives.
- 26.10 Having crossed the finish line, a competitor may not re-enter the competition terrain without the permission of the organiser. A competitor who retires shall announce this at the finish immediately and hand in the map and control card. That competitor shall in no way influence the competition nor help other competitors.
- 26.11 A competitor who breaks any rule, or who benefits from the breaking of any rule, may be disqualified.
- 26.12 Non-competitors who break any rule are liable to disciplinary action.
- 26.13 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.

27. Complaints

- 27.1 A complaint can be made about infringements of these rules or the organiser's directions.
- 27.2 Complaints can be made by team officials or competitors.
- 27.3 Any complaint shall be made in writing to the organiser as soon as possible. A complaint is adjudicated by the organiser. The complainant shall be informed about the decision immediately.
- 27.4 There is no fee for a complaint.
- 27.5 The organiser may set a time limit for complaints. Complaints received after this time limit will only be considered if there are valid exceptional circumstances which must be explained in the complaint.

28. Protests

- 28.1 A protest can be made against the organiser's decision about a complaint.
- 28.2 Protests can be made by team officials or competitors.
- 28.3 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.
- 28.4 There is no fee for a protest.

29. Jury

- 29.1 A jury shall be appointed to rule on protests.
- 29.2 The IOF Council decides for which events it shall appoint the jury. If the IOF is not appointing the jury, the Federation of the organiser shall appoint the jury.
- 29.3 The jury shall consist of 3 voting members. The IOF Event Adviser shall lead the jury but has no vote.
- 29.4 A representative of the organiser has the right to participate in the jury meetings but has no vote.
- 29.5 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.
- 29.6 The jury is competent to rule only if all members are present. In urgent cases preliminary decisions may be taken if a majority of the jury members agree on the decision.
- 29.7 If a jury member declares him- or herself prejudiced or if a jury member is unable to fulfil his or her task, the IOF Event Adviser shall nominate a substitute.
- 29.8 Arising from its ruling on a protest, the jury — in addition to instructing the organiser — may recommend that the IOF Council excludes a person from some or all future IOF events in the case of a major violation of the rules.
- 29.9 Decisions of the jury are final.
- WOC 29.10 The jury shall consist of 3 voting members from different Federations. Two members are appointed by the IOF Council. One member is appointed by the Federation of the organiser.
- | JWOC 29.11 The jury is appointed by the IOF Council. It shall consist of 3 voting members from different Federations.

30. Appeals

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

31. Event control

- 31.1 All events, for which these rules are binding, shall be controlled by an *IOF Event Adviser*. The IOF Event Adviser shall be appointed within 3 months of the appointment of an organiser.
- 31.2 The IOF Council shall decide for which events it will itself appoint the IOF Event Adviser.
- 31.3 If the IOF Event Adviser is appointed by the IOF, he or she is the official representative of the IOF to the organiser, is subordinate to the IOF Council and communicates with the IOF Secretariat.

- 31.4 The Federation of the organiser shall always appoint a controller. This controller shall assist the IOF Event Adviser appointed by the IOF. If the IOF does not appoint an IOF Event Adviser for the event in question, the controller appointed by the Federation will be the IOF Event Adviser. The controller appointed by the Federation need not come from the same Federation.
- 31.5 All IOF Event Advisers shall hold the IOF Event Adviser's licence. No IOF Event Adviser or IOF Event Adviser's Assistant may have any responsibility for a participating team.
- 31.6 The IOF Event Adviser shall ensure that rules are followed, mistakes are avoided and that fairness is paramount. The IOF Event Adviser has the authority to require adjustments to be made if he or she deems them necessary to satisfy the requirements of the event.
- 31.7 The IOF Event Adviser shall work in close collaboration with the organiser, and shall be given all relevant information. All official information sent to the Federations, such as bulletins, shall be approved by the IOF Event Adviser.
- 31.8 As a minimum, the following tasks shall be carried out under the authority of the IOF Event Adviser:
- to approve the venue and the terrain for the event
 - to look into the event organisation and assess the suitability of the proposed accommodation, food, transport, programme, budget and training possibilities
 - to assess any planned ceremonies
 - to approve the organisation and layout of start, finish and changeover areas
 - to assess the reliability and accuracy of the time-keeping and results producing systems
 - to check that the map conforms with the IOF standards
 - to approve the courses after assessing their quality, including degree of difficulty, control sitings and equipment, chance factors and map correctness
 - to check any course splitting method and course combinations
 - to assess arrangements and facilities for the media
 - to assess arrangements and facilities for doping tests
- 31.9 The IOF Event Adviser shall make as many controlling visits as he or she deems necessary. The visits shall be planned in agreement with the appointing authority and the organiser. Immediately after each visit, the IOF Event Adviser shall send a brief, written report to the IOF Event Adviser appointing body with a copy to the organiser.
- 31.10 One or more assistants may be appointed by the IOF Event Adviser appointing body to help the IOF Event Adviser, particularly in the fields of mapping, courses, financing, sponsoring and media.
- 31.11 The IOF Event Adviser appointing body has the authority to revoke the appointment of the IOF Event Adviser.
- WOC 31.12 The IOF Event Adviser shall make 3 visits as a minimum: one at an early stage, one a year before the championships and one 3-4 months before the championships.

32. Event reports

- 32.1 No more than 3 weeks after the event, the organiser shall submit a short report to the IOF Event Adviser along with complete result lists.
- 32.2 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.
- WOC JWOC 32.3 The Organiser shall forward two sets of maps with course details and a complete results list to the IOF.

- WOC 32.4 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.

33. Advertising and sponsorship

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

34. Media service

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

35. Environmental Mandate

- 35.1 MTB-O events take place using tracks and trails. Riding off the track or trail will normally be disallowed unless specifically agreed by the organiser and event controller.

Event organisers, in liaison with the IOF MTB-O Commission, will:

- Strive to apply the principles of sustainable use, to meet the needs of the present, without compromising the needs of future generations.
- Aim to achieve the highest environment standards in the organisation of events, through informing and educating both organisers and competitors.
- Aim to minimise both the use and the waste of materials, using renewable or recycled materials when appropriate.
- Be committed to consulting with, and respect the wishes of the rural community in whose areas we hold events.
- Take into account public transport links when locating event centres, and encourage car sharing by competitors.
- Assess on a continuous basis, the environmental impact of MTB-O activities on the countryside, and adopt systems and techniques which will minimise or eliminate any unacceptable adverse impacts.
- Identify and avoid if possible sensitive habitats through discussion with landowners and environmental agencies.

Appendix 1: General competition classes

1. Age classes

- 1.1 Competitors are divided into classes according to their gender and age. Women may compete in men's classes.
- 1.2 Men's and women's classes in each of the age classes of Junior, Senior and Masters should be available.
- 1.3 Juniors: Competitors aged 20 or younger up to the end of the calendar year in which they compete in the event. They are entitled to compete in senior classes.
- 1.4 Seniors: Competitors aged between 21 and 39 up to the end of the calendar year in which they compete in the event.
- 1.5 Masters: Competitors aged 40 or older up to the end of the calendar year in which they compete in the event. They are entitled to compete in senior classes.
- 1.6 Classes for younger and older competitors may be included at the discretion of the organiser. These could include Youth 15-17 and Veterans 50+.

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

Appendix 3: Approved punching systems

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

- The only licensed control punching systems (January 2007) are:
 - the *Emit* Electronic Punching and Timing system
 - the *SportIdent* system
- Details of the currently licensed versions are shown on the IOF web pages
- The use of any other control punching system requires prior approval of the IOF Rules Commission.
- With respect to the *Emit* system, the label attached to the competitor’s electronic control card for back-up marking must be such that it will survive the conditions likely to be encountered during a competition (including immersion in water). It is the competitor’s responsibility to ensure that the back-up card is marked so that it can be used if the electronic punch is missing.
- With respect to the *SportIdent* system, a backup needle punch must be present at each control. It is the competitor’s responsibility to ensure that the electronic punch is in the e-card by not removing the e-card until the feedback signal has been received. If, and only if, no feedback signal is received, the competitor must use the backup punch.
- The control card must clearly show that all controls have been visited. A competitor with a control punch missing or unidentifiable shall not be placed unless it can be established with certainty that the punch missing or unidentifiable is not the competitor’s fault. In this exceptional circumstance, other evidence may be used to prove that the competitor visited the control, such as evidence from control officials or cameras or read-out from the control unit. In all other circumstances, such evidence is not acceptable and the competitor must be disqualified. In the case of *SportIdent*, this rule means that:
 - If one unit is not working, a competitor must use the backup provided and will be disqualified if no punch is recorded
 - If a competitor punches too fast and fails to receive the feedback signals, the card will not contain the punch and the competitor must be disqualified (even though the control unit may have recorded the competitor’s card number).

Appendix 4: The Leibnitz Convention

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

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

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

We shall aim to:

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

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

Appendix 5: Agenda for team officials' meeting

As much information as possible should be put in Bulletin 4, leaving the minimum of information to be transmitted verbally at the team officials' meeting.

- 1 Opening
- 2 Roll-call
 - max two representatives per federation
- 3 Presentation of officials
 - Organiser's officials
 - Jury members
- 4 Time schedule
 - If not according to programme
- 5 Transport to competition centre
- 6 Competition centre
 - Parking
 - Change facilities and showers
 - Secure cycle storage arrangements
 - Bike wash facilities
 - Workshop facilities
 - Pre-start
 - Prohibited areas
 - Team bags to be delivered: where, when
- 7 Courses
 - Length (shortest sensible route choice)
 - Number of controls
 - Total climb
 - Estimated winning times
 - Refreshment controls
- 8 Map type
 - Scale and contour interval
 - Size, trimmed down
 - Special symbols
 - When are they returned?
- 9 Control card or electronic punching
 - Example of use
 - Format for use of electronic punches
 - Only control cards handed out by the organiser are allowed!
- 10 Start procedure
 - Start method
 - Starting commands
 - Taking maps, when?
 - Distance time start to start point
- 11 Map change procedure
 - Marking of maps
 - Handing in used maps
 - Taking new map
- 12 Start draw
 - Latest time for handing in form with allocation to starting groups: where, when?
- 13 Closing

Appendix 6: Criteria for Selection of Host Country for MTB-O WOC events

1. The MTB-O /WOC will not normally be allocated to the country organising the previous MTB-O /WOC.
2. The applying National Federation must have organised National Championships over at least two years and will normally have previously organised a successful IOF event.
3. A minimum of four good quality maps with a good density and variety of trails must be available or planned, which should be within reasonable distance of the event centre.
4. Provision of a suitable Event Centre is essential - preferably a Sports Centre.
5. The event centre should be a maximum of 200 km from the nearest international airport.
6. Accommodation should be conveniently available for up to 300 persons, ranging from hotels & pensions to camping.
7. The MTB-O/WOC will be allocated on the basis that the event will be expected to rotate around all continents of the world.
8. Preferred dates, reflecting appropriate seasons, should be stated by the applying Federation.
9. Dates should not be in conflict with other high profile world class international sporting events.

Appendix 7: The MTB-O Competitors Code

1. Slow right down when passing members of the public on foot or on horseback.
2. Avoid damaging the path through aggressive riding such as skidding.
3. When two riders converge:
 - i. riders should normally pass with their left shoulders
 - ii. any rider travelling downhill should be given priority
 - iii. at an intersection, the rider on the smaller path should give way to any rider on the larger path.
4. Riders should overtake on the left.
5. Slower riders should give way to overtaking riders.
6. When riding on public roads the traffic rules of the country must be observed

Appendix 8: Competition formats

SUMMARY TABLE		Sprint	Middle	Long	Relay
Legs (all legs should have two or more options on the tracks)	long legs	1 – 2 long leg/s (0.8 – 2 km)	2 – 4 long legs (1 – 3 km)	majority (1 - 4 km)	all legs between sprint and middle
	short legs	majority	majority	3 – 5 short legs	
Profile		high speed, requires athletes' full concentration	technically demanding	- physical endurance - tests athletes' ability to make and plan efficient route choices	- team competition - format more similar to Middle than Long distance - spectator-friendly
Terrain		- very dense track network - forested area and/or urban area/ parks	- dense track network - non-urban (mostly forested) area	- non-urban (mostly forested) area - rough, demanding - preferably hilly	dense track network with different track categories
Route choice difficulty		low - medium	medium - high	high	high and medium
Navigation difficulty (map reading)		high (constant contact with map is required)	- medium - high - technically demanding orienteering	low - medium	medium - high
Map	scale size	1:10000 max. 25 x 30 cm	1:10000 or 1:15000 max. 30 x 42 cm	1:15000 or 1:20000 max. 35 x 42 cm	1:10000 or 1:15000 max. 30 x 30 cm
Start intervals		1 minute	2 minutes	- 3 minutes (or mass start for one-man relay)	mass start
Winning times		20-30 minutes	women 40-50 min., men 50-60 min.	women 70-90 min., men 90-110 min.	women 40-50 min., men 50-60 min. for each leg
Course planning		In order to avoid accidents: <ul style="list-style-type: none"> • Two different classes may not have the same leg in opposite directions • Two different classes having significantly different physical strengths may not have identical legs 			

1. SPRINT

1.1 The profile

The Sprint profile is high speed. It tests the athletes' ability to read and translate the map in complex environments, and to plan and carry out route choices riding at high speed. At best it takes place in a mixed urban and forested area. The course must be planned so that the element of speed is maintained throughout the race. Finding the controls should not be the challenge; rather the ability to choose and complete the best route to them. For example, the most obvious way out from a control should not necessarily be the most favourable one. The course should be set to require the athletes' full concentration throughout the race.

1.2 Course planning considerations

In Sprint spectators are allowed along the course. The course planning shall consider this, and all controls must be easy to find (not hidden). It may also be necessary to have guards at critical passages alerting spectators of approaching competitors and making sure that competitors are not hindered. The start should be at the Arena and spectator sites may be arranged along the course. The spectator value could be enhanced by building temporary stands and by having an on-course announcer. Both spectator sites and sites for media/photographers shall be announced at the Arena. Special elements of the sprint distance are short legs between control points. But the course should also include some long legs between control points to give some route choice legs. These longer legs may be from 0.8 km to 2.0 km depending on the terrain type. A maximum of two long legs should form part of the course. If courses are planned across urban areas, the local population and local government need to be informed of the dates and times when the competitions will be organised.

1.3 The map

The ISSOM specifications shall be followed. The map scale must be 1:10000. The map size should not exceed 25 x 30 cm. It is crucial that the map is correct and possible to interpret at high speed, and that the mapping of features that affect route choice and speed are accurate. In non-urban areas, the correct mapping of conditions reducing riding speed, both to degree and extent, is important. In urban areas, stairs, hindering the passage must be correctly represented and drawn to size.

1.4 Winning time, start interval and timing

The winning time, for both women and men, shall be 20-30 minutes, preferably in the lower part of the interval. The preferred start interval is 1 minute. At WOC it is desirable for women and men to have alternate start times (man, woman, man, woman...). Timing is normally to an accuracy of 1 second, preferably using electronic timing with start gates and a beam finish line. The competitors are given the map one minute before their start time.

2 MIDDLE DISTANCE

2.1 The profile

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

2.2 Course planning considerations

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

consequently high, providing both suitable terrain and good possibilities to make riders visible to spectators. Spectators are not allowed along the course except for parts passing the Arena (including controls at the Arena). Special elements of the middle distance are short legs between control points. But the course should also include some long legs between control points to give some route choice legs. These longer legs may be from 1 km to 3 km depending on the terrain type. Two, or a maximum of four, long legs should form part of the course. Another important element of the middle distance is to use course planning techniques which break up the grouping of riders (e.g. butterflies).

2.3 The map

The standard ISOM specification shall be followed. The map scale must be 1:10000 or 1:15000. The map size should not exceed 30 x 42 cm.

2.4 Winning time, start interval and timing

The winning time shall be 40 - 50 minutes for women and 50 - 60 minutes for men. The preferred start interval is 2 minutes. Timing is normally to an accuracy of 1 second, preferably using electronic timing with start gates and a beam finish line. The competitors are given the map one minute before their start time.

3 LONG DISTANCE

3.1 The profile

The Long distance profile is physical endurance. It takes place in a non-urban (mostly forested) environment, and aims at testing the athletes' ability to make efficient route choices, to read and interpret the map and plan the race for endurance during a long and physically demanding exercise. The format emphasises route choices and navigation in rough, demanding terrain, preferably hilly. The control is the end-point of a long leg with demanding route choices and is not necessarily in itself difficult to find. The Long distance may in parts include elements characteristic of the middle distance with the course suddenly breaking the pattern of route choice orienteering to introduce a section with more technically demanding legs.

3.2 Course planning considerations

The course should be set to allow competitors to be seen by spectators during the course of the race as well as when finishing. Preferably, the start should be at the Arena and the course should make riders pass the Arena during the competition. Special elements of the long distance are long legs, considerably longer than the average leg length. These longer legs may be from 3.5 to 6.5 km depending on the terrain type. Two or more such long legs should form part of the course (still requiring full concentration on map reading along the route chosen). Another important element of the Long distance is to use course setting techniques, which break up the grouping of riders, (e.g. 'one man relay' for mass starts, butterflies). Spectators are not allowed along the course except for parts passing the Arena (including controls at the Arena).

3.3 The map

The standard ISOM specification shall be followed. The map scale must be 1:15000 or 1:20000. The map size should not exceed 35 x 42 cm.

3.4 Winning time, start interval and timing

The winning time shall be 70 - 90 minutes for women and 90 - 110 minutes for men. In WOC the winning times in qualification races shall be 55 - 60 minutes for women and 75 - 80 minutes for men. The preferred start interval is 3 minutes. Timing is normally to an accuracy of 1 second, preferably using electronic timing with start gates and a beam finish line. The competitors are given the map one minute before their start time.

4 RELAY

4.1 The profile

The Relay profile is a team competition. It takes place in a non-urban (mostly forested) environment. The format is built on a technically demanding concept, more similar to that of the Middle than the Long distance. Some elements characteristic of the Long distance, such as longer route-choice legs, should occur allowing competitors to pass each other without having visual contact. Good Relay terrain has the characteristics that make riders lose eye contact with each other, (e.g. a dense track network with tracks of different categories).

4.2 Course planning considerations

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

4.3 The map

The standard ISOM specification shall be followed. The map scale must be 1:10 000 or 1:15000. The map size should not exceed 30 x 30 cm.

4.4 Winning time, start interval and timing

The winning time (the total time for the winning team) shall be 135 minutes for the women's relay and 165 minutes for the men's relay. Within the total time, the time for different legs may vary. No leg should be longer than 50 minutes or shorter than 40 minutes for women and longer than 60 minutes or shorter than 50 minutes for men. The Relay is a mass start format and consists of three legs for both women and men. In WOC timing shall preferably be made by electronic means, but manual systems may be used. There shall be photo-finish equipment on the finish line to assist in judging the correct placings.

Significant changes to the previous version (August 2004)

These rules represent a minor revision of the 2004 rules. Significant changes are noted below.

- IOF Event Advisor now spelt IOF Event Adviser
- Remove rules referring to non-electronic punching and to the officials punching the card.
- WOC Sprint competition added
- JWOC Junior World Championships to be held annually
- 4.5 Applications for WOC are made 3 years in advance
- 7.1 Non-competitors may be charged an accreditation fee. Competitors for events with several competitions must have the option of paying an accreditation fee plus a fee for each competition.
- 8.4 Bulletin 2 includes information about whether riding off tracks is allowed
- 12.14 WOC A Red Start group for the Middle Distance and Sprint competitions
- 13.2 WOC Remove requirement to hand out control cards and start number bibs at the team officials' meeting.
- 14.8 Information about whether riding off tracks is allowed shall be given at the latest in Bulletin 2
- 15.2 New map scale recommendations
- 16.3 Direct route to be given as well as shortest sensible route
- 21.4 Start numbers shall be clearly visible from the front and the back.
- 22.2 Reduction of minimum time interval between qualification race and final to 2.5 hours.
- 22.3 Reduction of minimum warm-up time to 30 minutes.
- 22.7 Competitors take their map one minute before their start time except in a mass or chasing start when they take their map at the start time.
- 23.4 The competitor must always hand in the map (of course the organiser may hand it back).
- 24.9 The results must be based on competitors' times for the whole course; it is not permitted to publish results based on only part of the course.
- 26.5 Rule simplified because the organiser should publish the venue in advance.
- 26.13 The organiser must void a competition if it is unfair or dangerous.
- 31.11 IOF Event Adviser appointing body has the authority to revoke that appointment.
- 33.2 Advertising limit increased from 200 cm² to 300 cm².
- Appendix 3 In the case of *SportIdent* a needle punch must be present as a back-up (a second electronic punch unit will not help if the e-card has stopped working).
- Appendix 7 When riding on public roads the traffic rules of the country must be observed
- (May 2009) Appendix 8 Competition formats added