COMPETITION RULES ORIENTEERING 2025

Valid from 1 January 2025

ORIENTEERING AUSTRALIA

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Preamble

~~Rules for the Australian Orienteering Championships~~

~~Rules for the Australian 3-Days~~

~~Rules for the State Championships~~

Valid from 1st January 2025

These rules apply to orienteering events on foot in Australia. These rules apply to all levels of events unless otherwise stated. A note in the margin (e.g. **AC** for Australian Championships) indicates that the rule only applies to that event/those events. An asterisk * in the margin indicates that this rule has changed substantively since 2024.

To be used in conjunction with:

- National Orienteering League Guidelines
- Australian Schools' Orienteering Championships Rules
- International Orienteering Federation Guidelines for World Ranking Events
- Rules for the Oceania Championships (OA and IOF versions)

1 Introduction

1.1 **Orienteering** is a sport in which the competitors navigate independently through the terrain. Competitors must visit a number of control points marked on the ground in the shortest possible time aided only by map and compass. The course, defined by the location of the controls, is not revealed to competitors until they start.

1.2 In ***individual interval start races*** the competitors navigate and run through the terrain independently.

1.3 In ***mass start and chasing start races***, competitors may often be running in close proximity to each other, but the formats still demand independent navigation.

1.4 The term ***competitor*** means an individual of either gender or a group of individuals, as appropriate.

1.5 Types of orienteering competition may be distinguished by:

- the time of the competition:
  - day - in daylight
  - night - in the dark
- the nature of the competition:
  - individual
    - the individual performs independently
  - relay
    - two or more team members run consecutive individual races
- the way of determining the competition result:

- single-race competition
  - the result of one single race is the final result
- multi-race competition
  - the combined results of two or more races, held during one day or several days, form the final result
- qualification race competition
  - the competitors qualify for a final race through one or more qualification races in which they may be allocated to different heats. The results of the qualification races may also determine the starting order in the final. The competition's result is that of the final only. There may be A- and B-finals and so on, with the placed competitors of the B-final placed after the placed competitors of the A-final and so on.

- the order in which controls are to be visited:
  - in a specific order
    - the sequence is prescribed
  - in no specific order
    - the competitor is free to choose the order
- the length of the race:
  - Long Distance
  - Middle Distance
  - Sprint Distance
  - Other distances
  - Knock-out Sprint ~~(There are one or more heats with an interval start to qualify for the knock-out section. In the knock-out section there are one or more rounds with several parallel heats and mass starts where the leading runners~~.

Commented [BT1]: This is superfluous as the format is defined elsewhere.

1.6 The term **event** embraces all aspects of an orienteering meeting including organisational matters such as start draws, meetings and ceremonies. An event, e.g. the Australian Championships, may include more than one competition. Reference to the event website may include websites set up specifically for the event, or event management systems endorsed by Orienteering Australia.

The term **State Association** means a full Member Association of Orienteering Australia. The term State refers to both a 'State' and a 'Territory' of the Commonwealth of Australia.

1.7 Events are divided into three groupings:

Group A events (A)

- Australian Championships (other than Schools), including Long Distance, Middle Distance, Sprint Distance and Relay Championships (AC) and the Australian 3-Days (3DAY).
- Oceania Championships in Sprint Distance, Middle Distance, Long Distance, and Relay.

- National Orienteering League events not included above.
- Such other events as are determined by Orienteering Australia.

Note that Group A events can commonly be designated World Ranking events and as such, are also subject to IOF requirements for Event Control and Organisation.

Group B events (B)

- Australian Schools Championships (Sprint Distance, Long Distance, and Relay).
- State Championships, including Long Distance, Middle Distance and Sprint Distance.
- Badge Events.
- Such other events as are designated by Orienteering Australia or a State Association.

Group C events

- Events on State Association fixture lists not included above.

~~For subclassifications A1/A2, B1/B2, C1/C2, see Appendix 5.~~

Commented [BT2]: This is now dealt with in the Controller Accreditation policy.

1.8 The ***Organising Body*** is defined as: the State Association, club, or group of individuals who take responsibility for hosting events covered by these rules. The Organiser is defined for the purpose of these Rules as being: either the individual responsible for administering the non- course related organisational aspects of the event, or a representative thereof. The Orienteering Australia Controller (OA Controller) is the representative of Orienteering Australia who oversees the event control.

1.9 For ***Group A*** events the Orienteering Australia Controller must be an OA- accredited Level 3 Event OA Controller and approved by Orienteering Australia.

For ***Group A2 and B*** events the OA Controller must be an OA- accredited Level 2 Event OA Controller and approved by the State Association.

For ***Group C*** events the organising body may determine the level of controlling required.

2 General Provisions

2.1 These rules, together with the Appendices, shall be binding at all Group A and B events, subject to the provisions of rules 2.10, 2.12 and 2.13. 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 For all Group A Events the National Orienteering League Organisers' guidelines (OA Operational Manual 2.2) shall also be followed. Any special rules for a particular National Orienteering League race must be approved by the OA Head Coach and advertised in the event bulletins.

2.3 The conduct of IOF events, including the World Orienteering Championships (WOC), the World Cup in Orienteering (WC), the Junior World Orienteering Championships

(JWOC), the World Masters Orienteering Championships (WMOC), the Oceania Orienteering Championships and IOF World Ranking Events (WRE), will be in accordance with the Competition Rules for IOF Foot Orienteering Events.

- Where WRE races are held in conjunction with, or as part of, a Group A event, the IOF Competition Rules and the Organisers' Guidelines for World Ranking Events shall take precedence where any contradiction with the OA rules occurs.
- The Oceania Championships for open, junior and youth classes (as defined in the IOF Competition Rules for the Oceania Orienteering Championships) shall be held in accordance with the Competition Rules for IOF Foot Orienteering Events and the Oceania Championships rules for IOF regional championships, while the Oceania Championships for all other age classes shall be held in accordance with OA Operations Guide 2.3 rules for Oceania Championships.
- The Australian Schools' Orienteering Championships competition also follows the Australian Schools Championship rules which can be found in the OA Operations Guide 2.6.

2.4 If not otherwise mentioned these rules are valid for individual day orienteering competitions on foot. In relays the rules for individual events are valid, unless otherwise stated.

2.5 Additional regulations which do not conflict with these rules may be determined by the organiser or by the High Performance Management Group. They require the approval of the OA Controller, and competitors must be advised of the regulations via event information bulletins.

2.6 These rules and any additional regulations are binding for all competitors, team officials and other persons connected with the organisation or in contact with the competitors. Any additional regulations must be published in the final event bulletin.

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

2.8 These rules are recommended as a basis for *State Association rules*.

2.9 Orienteering Australia may decide special rules or norms which must be followed, e.g. *Orienteering Australia Anti-Doping Rules, International Specification for Orienteering Maps, International Specifications for Sprint Orienteering Maps, Principles for Course Planning, IOF Control Descriptions: Australian Edition, IOF Standard Symbols for Orienteering Maps: Australian Edition.*

2.10 Deviations from these rules and guidelines may be allowed. Requests for permission to deviate from them must be made in writing at least 6 months prior to the event. Deviations from map norms need approval as specified in Rule 15.1.

For Group A events (see Rule 1.8), deviations from other rules need approval from the Director, Technical and requests can be submitted through the Orienteering Australia Technical Committee Chair.

For other events, such deviations need the approval of the relevant State Association Technical Committee Chair or equivalent. Any deviations, once approved, must be

advertised in advance of the event, i.e. competitors must be advised of the regulations via event information bulletins.

2.11 Orienteering Australia may amend these rules from time to time in accordance with its constitutional procedures. Such amendments will normally be proposed by the Director, Technical, after consultation with the OA Technical Committee.

2.12 Where annual Orienteering Australia rule updates become applicable to an event for which the planning is already advanced, event organisers, planners and controllers should consider whether these changes can be implemented at that stage of the planning or whether a rule ~~variation~~ deviation needs to be sought from the OA Director, Technical/IOF EA. In the latter case, the 6-month deadline stated in rule 2.10 does not apply.

3 Event Program

AC 3.1 The Australian Long Distance Championships, the Australian Middle Distance Championships, the Australian Sprint Championships and the Australian Relay Championships are organised every year.

3DAY 3.2 The Australian 3-Days shall be a competition based upon the cumulative results of 3 days of racing, usually conducted on the Saturday, Sunday, Monday of Easter each year. The Australian 3-Days Prologue shall be held on Good Friday.

AC 3DAY 3.3 Responsibility for the conduct of the Australian Championships (including the Australian 3 Days) will be allocated to a State Association by Orienteering Australia, acting on the advice of the Events Committee, at least four calendar years prior to the year of the event.

3.4 The Board of Orienteering Australia, acting on the advice of the High Performance Management Group, approves the National Orienteering League schedule for each year in accordance with the National Orienteering League Organiser's Guidelines (see OA Operations Guide 2.2).

3.5 The Australian Schools Championships, consisting of Long Distance and Sprint Distance formats and a Relay competition, shall be conducted annually. Where possible this event shall be conducted within 1 week of the Australian Long Distance Championships, or, if that event is hosted by Australia, the Oceania Orienteering Championships.

3.6 Events referred to in rules 3.1 to 3.5 are day events, except for any night events approved as part of the National Orienteering League schedule under rule 3.4.

Commented [BT3]: Added this because the rule deviation application for the 2025 Australian Relays revealed that we don't actually specify that our championship events are day events.

4 Event Applications

4.1 For Group A events, the event dates and program are proposed by the organising body and approved by Orienteering Australia.

A 4.2 Applications to host a round of the National Orienteering League must be submitted by the organising body to the OA High Performance Administrator as per the National Orienteering League Guidelines in the OA Operations Guide 2.2.

4.3 Orienteering Australia may impose a levy on any Orienteering Australia event in accordance with its constitution.

4.4 Orienteering Australia can void the sanctioning of an event if the organiser fails to comply with the rules, the norms or the OA Controller's directions. The organiser cannot claim damages in this case.

5 Classes

5.1 Competitors are divided into classes according to sex, age, course length and degree of difficulty (see Appendix 1). Women may compete in men's classes.

5.2 Competitors aged 20 or younger belong to each class up to the end of the calendar year in which they reach the given age. They are entitled to compete in older classes up to and including 21.

5.3 Competitors aged 21 or older belong to each class from the beginning of the calendar year in which they reach the given age. They are entitled to compete in younger classes down to and including 21.

5.4 The main competition classes are called W21 and M21, for women and men respectively.

5.5 M/W21E and M/W20E classes must be conducted at:

- Australian Championships
- the Australian 3-Days and
- National Orienteering League events

and may be conducted at:

- State Championship events.

Where an elite class is offered it becomes the championship class. Entry to elite classes may be subject to competitors' previous performances or to the requirements of a World Ranking Event.

5.6 Should a class have too many entrants, it may be split into parallel classes based on the competitors' previous performances.

AC 3DAY

5.7 The following classes must be offered for the **Australian Long Distance Championships** and the **Australian 3-Days**:

Elite classes:

M21, W21, M20 and W20.

A classes:

M10, M12, M14, M16, M18, M20, M21, M35, M40, M45, M50, M55, M60, M65, M70, M75, M80, M85, M90.

W10, W12, W14, W16, W18, W20, W21, W35, W40, W45, W50, W55, W60, W65, W70, W75, W80, W85, W90.

A Short (AS) classes (non-championship):

M20, M21, M35, M45, M55, W20, W21, W35, W45, W55.

B classes (non-championship):

M Open, W Open, Open Easy, M/W10N

Other A, AS and B classes may be offered.

Other non-championship non-gendered Open Classes of all navigational difficulty, including for novices, may be offered.

AC 5.8 The following classes must be offered for the **Australian Middle Distance Championships** and the **Australian Sprint Distance Championships**:

Elite classes:

M21, W21, M20 and W20.

A classes:

M10, M12, M14, M16, M18, M21, M35, M40, M45, M50, M55, M60, M65, M70, M75, M80, M85, M90. W10, W12, W14, W16, W18, W21, W35, W40, W45, W50, W55, W60, W65, W70, W75, W80, W85, W90.

B classes (non-championship) – Middle Distance Championships:

M Open, W Open, Open Easy, M/W10N

B classes (non-championship) – Sprint Distance Championships:

M Open W Open

Other A, AS and B classes may be offered, although AS classes are not required for middle distance and not recommended for sprint distance. Other non-championship non-gendered Open Classes of all navigational difficulty, including for novices, may be offered.

AC 5.9 The following classes must be offered for teams of 3 at the Australian **Relay** Championships:

Elite classes for National League teams:

M21, W21, M20, W20.

A classes for State teams:

M35, M45, M55, M65, M75+ W35, W45, W55, W65, W75+ M16, W16 (Hard degree of difficulty) M14, W14 (Moderate degree of difficulty) M/W12 (combined; Easy degree of difficulty).

A Short (AS) classes for State teams:

M21 and W21

Mixed Age Relay

For any competitors, comprising legs of differing length and difficulty equivalent to easy, moderate and hard (e.g. M/W12A, M14A and M55).

Non Championship B classes

M Open, W Open

Additional championship classes may be offered by adding extra age classes. Additional non-championship B classes may also be offered.

AC 5.10 All A and E classes must be conducted, provided there is at least one entrant.

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3DAY Other classes that have been offered must be conducted if there are at least 4 entries.

If fewer than 4 entries are received, the organisers may conduct the class or combine it with another class.

3DAY 5.11 The Australian 3-Days Prologue shall be conducted for M/W21E and M/W20E and M/W18A on Good Friday.

The prologue shall be a Sprint Distance competition.

3DAY 5.12 Organisers of the Australian Three days shall offer a Public Prologue event including a Family Teams event, to follow the Elite Prologue on Good Friday.

The results of the Prologue shall not count towards the overall results of the Australian 3-Days.

For details of the Prologue formats see Appendix 8.

5.13 The following age classes must be offered in the Australian Schools' Orienteering Championships:

M19, W19, M15, W15

5.14 The Australian University Championships Competition shall be held during a National Orienteering League sprint race to be agreed upon with Australian University Sport by the Manager, High Performance and the following classes must be offered:

Men, Women.

Competitors run either M18A, W18A, M20E, W20E, M21E, or W21E and the results are determined upon kilometre rates achieved. Ideally this will be a race where 18A, 20E and 21E age classes are on the same course as each other, e.g. the Elite Prologue at the Australian 3-Days.

6 Participation

6.1 Competitors participate at their own risk. Insurance against accidents must be their responsibility.

6.2 The organisers are entitled to refuse entries from persons whom they consider to be competing beyond their capabilities. A person whose entry has been refused shall be notified immediately and offered an alternative course, or refunded the entry fee.

6.3 To be eligible to compete officially for a State or club, unless determined otherwise by the rules for that specific competition, competitors must be a member of the relevant State Association or club and either:

- an Australian citizen or
- Resident in, or intending to be resident in, Australia for a period of at least four months.

AC 6.4 Official entries in the Australian Relay Championships may only be made by an Orienteering Australia State Association, Orienteering New Zealand or another IOF affiliated organisation.

AC 6.5 All members of an official team in the Australian Relay Championships must be fully registered members of the same State Association, Orienteering New Zealand or another IOF affiliated organisation.

AC 6.6 To be eligible for resident championships awarded under rule 25, a competitor must be a member of a State Association and either:

- An Australian citizen; or
- A permanent resident under Australian law; or
- A New Zealand citizen who has been resident in Australia for at least four years.

AC 6.7 The final composition of any competing team shall be confirmed with the organisers by 1700 hours on the day prior to the Australian Relay Championships. The official status of the team shall also be confirmed by this time.

A 6.8 Membership of a State Association or another IOF affiliated organisation must not be an absolute condition of entry.

A 6.9 To be eligible to score points for a state or territory's National Orienteering League team, a competitor must be a financial member of a club affiliated with that State Association and, if not an Australian citizen, be resident in, or intending to be resident in, Australia for a period of at least four months, or returning to compete in at least 2 race weekends. A competitor may only compete for one NOL team in any calendar year.

7 Costs

7.1 The costs of organising an event are the responsibility of the organising body unless agreed otherwise by OA or the organising State Association.

To cover the costs of the competition(s), the organiser may charge an entry fee. This fee shall be kept as low as possible and be approved by the OA Controller.

Competitors in M20 and W20 and younger classes should usually be required to pay a reduced entry fee; however, in the case of a NOL race it may be appropriate to charge the same fee for all elite age classes.

7.2 Each individual competitor, club or State Association 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.

7.4 Each individual competitor, club or State Association is responsible for defraying their 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 All reasonable costs of the OA Controller and approved assistants are to be paid by the organising body.

8 Information about the Event

AC 3DAY 8.1 Bulletin 1 shall be made available six months prior to the event.

The bulletin must include:

- the names of the event organiser(s) and OA Controller(s)
- contact telephone number and email address for enquiries
- website address
- sponsors
- approximate venue
- dates
- classes offered
- entry procedure and fees
- minimum number of entrants in each class, where applicable
- latest date for entries
- accommodation available
- ~~approximate course lengths and winning times~~
- opportunities for training
- embargoed areas
- information about how to obtain copies of any previous orienteering map(s) of the embargoed area(s)
- other information of interest.

Other information to be given may include:

- limitations on entry (e.g. number, previous experience)
- team sizes if a team competition is to be held

An online entry system must be used.

Information on approximate course lengths and winning times should be made available as soon as possible, and not later than one month before the closing date for entries. This may be done through Bulletin 1 or separately.

AC 3DAY 8.2 The organisers shall make available a program (Bulletin 2) to all entrants at least two weeks prior to the event.

The program must include:

- all information given in the invitation
- full details of venues and travel directions
- description of terrain, climate and any hazards
- scale, contour interval of maps and any other relevant mapping information
- start and finish procedures
- distances from parking to finish and finish to start(s)
- registration times, venue and procedure

- facilities available (changing, refreshments, etc)
- full start list for all classes
- any permitted deviations from the rules and additional regulations of the organiser
- the length, total climb, number of controls and number of refreshment controls on each individual course and, for relays, on each leg
- notes on competition clothing, if necessary
- method of marking out of bounds areas and marked routes
- jury members' names (if not confirmed, list of potential jurors)
- other information of interest.

These documents can be provided in hard copy or electronically.

8.3 The information package received by competitors upon registering for an event shall include:

- the event program if they have not received it electronically
- any changes or amendments to information given in the invitation and/or the program.

A 8.4 For other National Orienteering League events Bulletin 1 (as per 8.1) shall be made available through the event website at least three months before the event, and conveyed to National Orienteering League team managers.

Note that if these are also World Ranking events the information should meet the requirements for WRE Bulletin 1 which is to be made available 4 months beforehand, and entries should be possible through IOF Eventor although in practice the carnival's entry system is the preferred option.

If prior entry is required, information on how to enter should be made available at least 3 months prior to the closing date for entries, and the entries close no earlier than 2 weeks before the events.

A 8.5 For other National Orienteering League events Bulletin 2 (as per 8.2) must be published through the event website approximately 2 weeks before the event.

Note that if these are also World Ranking events the information should meet the requirements for WRE Bulletin 2.

B 8.6 For Group B events the information in 8.1 and 8.2 may be combined where appropriate, and the event information made available with a shorter timeline.

8.7 When the Australian Schools Championships is conducted as part of the Australian Championships program of events, the following information for spectators is to be included in the carnival program:

- full details of venues and travel directions
- distances from parking to arena, start and finish
- the length of each individual course and, for relays, each leg
- spectator controls and any other spectator facilities and arrangements.

The organisers may also produce a separate program for the Schools Championships which includes additional information for competitors. This program should also be made available online for spectators.

9 Entries

9.1 Entries shall be submitted according to the instructions given in the invitation. At least the following details shall be supplied for each competitor: family name and first name, SI-card number if applicable, sex, year of birth, club, State Association or Federation (for international entrants).

For World Ranking Events the competitor's IOF ID shall be supplied, and entry made possible through IOF Eventor.

9.2 A competitor may only enter one class in any one competition.

9.3 Late entries may be refused.

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

10 Travel and Transport

10.1 Each competitor is responsible for organising their own travel except where mandatory transport arrangements apply.

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

11 Training and Model Event

11.1 On the day prior to the first competition of an event, the organiser may arrange a model event to demonstrate the terrain type, map quality, control features and the set-up of the controls, refreshment points and marked routes.

11.2 If deemed appropriate by the OA Controller, the model event may be organised on the day of the competition prior to the first start.

12 Starting Order and Heat Allocation

12.1 In an interval start, the competitors in the same class 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 running the first leg.

12.2 Spaces to accommodate late entries shall be left at the beginning of the age class.

12.3 The start draw shall be approved by the OA Controller. The start draw may be public or private. It may be made by hand or by a computer.

12.4 The start list shall be published before the day of the competition, unless two or more races are being staged on the same day and the results of earlier races determine the start list of races later in the day. In such races, the start list for any given race shall be published at least one hour before the first start.

12.5 For an interval start, the start interval is not less than 2 minutes for Middle Distance and Long Distance, and 1 minute for Sprint Distance races.

For a Long Distance race, 3 minute starts may be used for all elite classes, and are preferred for M/W21E if the race is a World Ranking Event.

12.6 For an interval start in A or E classes other than finals of qualification race competitions, and in which the provisions of the IOF rules for World Ranking Events, ASOC rules or any special rules for NOL races are not being used, the starting order shall be drawn at random, except that:

- Competitors may be seeded on the basis of prior performance. Competitors likely to place should be separated where possible which can be done manually after the draw has been randomly performed.
- Seeded competitors (those likely to fill places) shall not start consecutively unless the number of seeded competitors is greater than one-half the total number of competitors. They should be spaced as evenly as possible throughout the start sequence.
- Consideration will be given to requests from competitors for a late or early start for child-minding purposes; however, this outcome may not be possible in a race with a narrow start window or where the start list is based on rankings or previous results.

Unseeded competitors from the organising group may be allotted early start times outside their class sequence, provided that the start time is within 90 minutes of the first normal start at the event. Such competitors may be timed with a manual start punch.

12.7 For an interval start in AS or B classes, the starting order shall be drawn at random.

12.8 In multi-race competitions, an interval start with a random draw (apart from any seeding which may be applied under rule 12.6) shall be used on all days other than the final day, unless otherwise determined by the provisions of the IOF rules for World Ranking Events or any special rules for NOL races.

On the final day, the starting order may be determined by a random draw, or by performances on previous days (e.g. chasing start or reverse finishing order).

12.9 In qualification race competitions, the start draw for the qualification races shall be made so that as far as possible 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
- seeded competitors (those anticipated to fill places) should be separated within their heats
- as far as possible, the heats shall be equally strong

- the allocation of competitors to the different heats shall be drawn so that the competitors of a team are distributed as equally as is mathematically possible among the heats.

12.10 In qualification race competitions (excluding the Knock-Out Sprint), 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. E.g. 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, i.e. 1, 2, 3...; the winner of the highest numbered heat therefore starts last.

12.11 In qualification race competitions, the number of qualifiers from each heat shall be equal except that, where two or more competitors are tied for the final qualifying place, all may participate in the A final.

The number of qualifiers in each heat should not exceed the smallest integer greater than half the number of competitors in the largest heat.

12.12 Before mass start draws, start numbers shall be allocated to each of the various course combinations. The course combinations must remain secret until after the last competitor has started.

12.13 In qualification races, the heat allocation of each competitor shall be drawn under the supervision of the OA Controller. The heat allocation of each competitor must be kept secret until after the competitor's start.

12.14 A start draw for each of the individual races at the Australian Schools' Orienteering Championships is to be conducted prior to the Sprint Distance and Long Distance races as per the ASOC rules (Refer OA Operations Guide 2.6 Australian Schools Championships Rules).

12.15 In relay events, incomplete teams or teams which do not meet the eligibility requirements of the event (e.g. teams with ~~runner~~competitors from more than one State in State team events) may take part unofficially, unless otherwise determined by the organising body.

12.16 The heat allocation, number of rounds and other rules relating to the Knock-Out Sprint, will be determined by the High Performance Management Group and advertised in the National Orienteering League Guidelines for that year, as well as the event bulletin for that race.

13 Reserved

This section is reserved to maintain rules section alignment with IOF rules.

14 Terrain

14.1 The terrain must be suitable for planning competitive orienteering courses. ~~The objectives of the Leibnitz convention (Appendix 6) must be considered when choosing the terrain and event arena, and in designing the courses.~~

A 14.2 The competition terrain shall not have been used for orienteering for as long as possible prior to the competition, so that no competitor has an unfair advantage.

A 14.3 The competition terrain must be embargoed as soon as it is decided; preferably the year before the event, but a minimum of 3 months is required. If that is not possible, then arrangements for access to the terrain must be published as soon as possible.

B 14.4 Areas to be used for events must be embargoed for a period of at least three months prior to the event.

14.5 Entry into embargoed terrain is not permitted unless authorised by the organiser (either specifically, or as part of the published conditions of the embargo).

14.6 Any rights of nature conservation, forestry, native title, etc in the area must be respected.

15 Map

15.1 Maps, course markings and additional overprinting must be drawn and printed according to the current approved IOF International Specification for Orienteering Maps (ISOM) or the IOF International Specification for Sprint Orienteering Maps (ISSprOM) and apply the IOF Printing and Colour Definitions.

For Group A events (see 1.8), deviations need the approval of the Orienteering Australia Mapping Chair.

For other events, deviations need the approval of the relevant State Mapping Officer or equivalent.

For World Ranking Events, the IOF Event Adviser and the OA Mapping Chair must both approve the print quality.

15.2 The map scale for Long Distance races must be 1:15000, or 1:10000 where approved by the Event Controller (and IOF Event Advisor where applicable). An enlargement to 1:7500 is permitted for M/W35 and over.

15.3 The map scale for ~~Long Distance races must be 1:15000, or 1:10000 where approved by the Event Controller (and IOF Event Advisor where applicable)~~Middle Distance races and for Relay (non-sprint) races must be 1:10000. An enlargement to 1:7500 is permitted for M/W35 and over.

15.4 The map scale for Sprint Distance races and Sprint Relay races must be 1:4000. An enlargement to 1:3000 is permitted for classes M/W14 and under and M/W35 and over, and any remaining Moderate, Easy or Very Easy courses.

Commented [BT4]: This appears to have been an error in the last rules update, this restores the previous version.

15.5 The map scale for classes running a Very Easy Middle Distance or Long Distance course may be 1:5000, 1:7500 or 1:10000. The map scale for classes running a Moderate or Easy course, and all AS classes, may be 1:7500 or 1:10000.

15.6 Errors on the map and changes which have occurred in the terrain since the map was printed must be marked on the map if they have a bearing on the event.

15.7 Maps shall be resistant to, or otherwise protected against, moisture and damage.

15.8 If a previous orienteering map of the competition area exists, colour copies of the most recent edition must be made available through the event website and may be displayed for all competitors at the competition venue. Competitors downloading maps must not use these for training if embargoes have been declared, and if training is permitted, they must comply with access restrictions.

15.9 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.

A 15.10 The competition map should not be significantly larger than required by a competitor to run the course.

15.11 Orienteering Australia and its State Associations 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 Orienteering Australia Principles for Course Planning (see Appendix 2) must be followed.

16.2 The standard of the courses must be worthy of the class of event. The navigational skill, concentration and running ability of the competitors shall be tested. All courses shall call upon a range of different orienteering techniques.

Special skills for different formats are listed in Appendix 5.

16.3 The course lengths must be given as the length of the straight line from the start via the controls to the finish deviating for, and only for, physically impassable obstructions (high fences, lakes, impassable cliffs etc.), prohibited areas and marked routes (refer to Appendix 5 for more details regarding buildings on sprint maps).

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 must run the same overall course, and most commonly the lengths and the winning times of each leg will be similar within an age class. 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 and all teams must run the different length legs in the same sequence.

16.7 In individual competitions, the controls may be combined differently for the competitors, but all competitors must run the same overall course except when "Course Choice" forking is used in Knock-Out Sprint (whereby each ~~runner~~competitor has 20 seconds, before the start, to choose one of three maps, each with a different course).

16.8 Courses must be pre-marked on the competitor's map.

16.9 Long distance races shall be set to give the following winning times in minutes and degree of difficulty (see Appendix 1) for A and E classes. For Easy and Very Easy courses reference should also be made to the guideline lengths in Appendix 1.

Class	Winning Time (mins)	Degree of Difficulty
M/W10	15-20	Very easy
M/W12	20-25	Easy
M/W14	35	Moderate
M/W16	50	Hard
M/W18	60	Hard
M/W20	see rule 16~~5~~.10	Hard
M/W21	see rule 16~~5~~.10	Hard
M/W35	70	Hard
M/W40	65	Hard
M/W45	60	Hard
M/W50	55	Hard
M/W55	50	Hard
M/W60	50	Hard
M/W65	50	Hard
M/W70	50	Hard
M/W75	50	Hard
M/W80	40 - 50	Hard
M/W85	40 - 50	Hard
M/W90	40	Hard

3DAY The Australian 3-Days may be run in those classes not covered by 16.10 either with three days of equal times, or with three days of different winning times. If equal winning times are used they should be 20% shorter than those given above. If different winning times are used they should be as follows:

Day 1: Middle distance winning times as specified in rule 16.15.

Day 2: Long distance winning times as specified in the table above (or below for M/W21A and M/W2018A).

Day 3: A winning time of 40-45 minutes or the time/distance specified in the table above, whichever is the shorter.

16.10 For classes: M/W21E, M/W21A (if no elite class offered) , M/W20E and M/W20A (if no elite class offered) the following winning times in minutes shall apply:

General Event Formats	M/W21E	M/W21A	M/W20E	M/W20A
Sprint Distance	12 - 15	12 - 15	12 - 15	12 - 15
Middle Distance	30 - 35	30 - 35	30 - 35	30 - 35
Long Distance	75 - 90	75	70	70
Sprint Relay	60	NA	60	NA
Australian 3-Days Prologue	12 - 15	NAsee 16.20	12 - 15	NAsee 16.20
Australian 3-Days Day 1	30	NAsee 16.20	25	NAsee 16.20
Australian 3-Days Day 2	85-90	NAsee 16.20	70	NAsee 16.20
Australian 3-Days Day 3	45	NAsee 16.20	45	NAsee 16.20
Australian Long Distance Championships	90	NAsee 16.20	75-80	NAsee 16.20

16.11 Winning times in National Orienteering League events (other than the Australian 3-Days or Australian Championships) may be varied from those specified in 16.10. Any such variation should be published as part of the season's National Orienteering League guidelines.

16.12 In multi-day events other than the Australian 3-Days the winning times should be 20-40% shorter than in 16.9 or 16.10.

16.13 In Relay races the winning times in A and E classes should be as per the table below. Both a fastest leg time and a winning total team time are shown; the courses should be set to meet whichever is the shorter of these specifications. The technical difficulty is the same as in 16.9. AS and B classes are as per 16.19.

- M/W18 to M/W50 (inclusive): fastest leg 35 minutes, total time 120 minutes.
- M/W16, M/W55 and older: fastest leg 30 minutes, total time 105 minutes.
- M/W14: fastest leg 25 minutes, total time 90 minutes.
- M/W12: fastest leg 15 minutes, total time 60 minutes (see also Appendix 1).

16.14 In Sprint Relays the winning time for each leg for each gender shall be approximately 12-15 minutes; i.e. a total winning time of approximately 60 minutes for a team of 2

male and 2 female competitors, or a team of 2 competitors who each run twice. Teams of 2 competitors who each run once are possible for non-elite classes.

16.15 For Middle Ddistance races, winning times for those classes not specified in 16.10 shall be 25-35 minutes, or the winning time in 16.9, whichever is the lesser.

16.16 For Sprint Distance races, the winning time is 12-15 minutes for all classes.

A 16.17 For the Knock-Out Sprint which may be offered for M/W20E and 21E, qualification races (parallel heats) have a winning time of 8-10 minutes and the mass start races a winning time of 6-8 minutes.

16.18 Where a winning time is expressed as a range, courses should be set so that the winning time on a majority of classes using that course is approximately in the middle of the range.

16.19 Night events (where the first start shall be at least one hour after sunset and the last start shall be at least twice the expected winning time before sunrise) may be organised for all classes, with winning times 20% shorter than in 16.9 or 16.10.

16.20 Where A, AS (A Short) and/or B classes are offered in an age class and an E class is not offered:

- The AS class course should be of the same technical difficulty as the corresponding A course and 45-55% of the distance, except for M/W20 and 35 in long distance events where it should be 40-50% of the distance.
- Where an E class is offered in an age class, the A class should be the same difficulty as the corresponding E class and 65-75% of the distance, and the AS class the same difficulty as the corresponding E class and 40-50% of the distance.
- The B class course should be technically easier than the A class course and not more than 30-40% of the distance.
- Where B classes are not linked to a specific age class, they should be no longer than the course for the oldest junior A class for that gender and level of difficulty.

16.21 During daylight events, the last start shall be at least twice the expected winning time before sunset.

16.22 For events in very hot or very cold conditions, anticipated winning times may be reduced with the approval of the OA Controller and this information conveyed to all competitors.

16.23 Courses at the Australian Schools' Championships shall be set to give the following winning times in minutes and degree of difficulty:

Class	Long Distance	Sprint Distance	Relay	Degree of Difficulty
M19	45-50	12 – 15	35	Hard
W19	45-50	12 – 15	35	Hard
M15	35-40	12 – 15	30	Moderate
W15	35-40	12 – 15	30	Moderate

17 Restricted Areas and Routes

17.1 Rules set by Orienteering Australia or the organising Association to protect the environment and any related instructions from the organiser must be strictly observed by all persons connected with the event (see OA Operations Guide 2.12 Environmental Code of Practice).

17.2 Out-of-bounds or dangerous areas, forbidden routes, line features that must not be crossed, etc. must be marked on the map. Where they are not obvious to the competitor, they must also be marked on the ground. Competitors must not enter, follow or cross areas, routes or features drawn with the following symbols*:*

Forest Formats

- ISOM 520 Area that must not be entered
- ISOM 708 Out-of-bounds boundary
- ISOM 709 Out-of-bounds area
- ISOM 711 Out-of-bounds route (Competitors are allowed to cross directly over an Out-of-bounds route)

Sprint Formats

- ISSprOM 201 Impassable cliff
- ISSprOM 301 Uncrossable body of water
- ISSprOM 307 Uncrossable marsh
- ISSprOM 411 Impassable vegetation
- ISSprOM 512.1 Bridge or tunnel entrance (Competitors may only pass under this feature)
- ISSprOM 515 Impassable wall
- ISSprOM 518 Impassable fence or railing
- ISSprOM 520 Area that must not be entered
- ISSprOM 521 Building
- ISSprOM 529 Prominent impassable line feature
- ISSprOM 708 Out-of-bounds boundary
- ISSprOM 709 Out-of-bounds area
- ISSprOM 714 Temporary construction or closed area

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

18 Control Descriptions

18.1 The precise location of the controls must be defined by control descriptions.

18.2 The control descriptions shall be in the form of symbols and in accordance with the IOF *Control Descriptions 2018*.

18.3 The control descriptions, given in the right order for each competitor's course, shall be fixed to or printed on the front side of the competition map. For M/W10, M/W12 and other Easy and Very Easy courses, control descriptions in English shall be provided in addition to IOF symbols. Control descriptions in English must be clearly distinguishable from other text on the map.

18.4 For interval start competitions, separate control description lists for each course shall be available at the pre-start for each competitor on the course. M/W10, M/W12, other Easy and Very Easy courses, M/W14 and all B classes shall be provided with control descriptions in English in addition to IOF symbols.

~~18.5 M/W10, M/W12, M/W14 and all B classes shall be provided with control descriptions in English in addition to IOF symbols.~~

Commented [BT5]: Some rearrangement and new wording to reflect the decision made to require English descriptions on the map for easy and very easy courses only.

19 Control Set-Up and Equipment

19.1 The control point given on the map must be clearly marked on the ground and be equipped to enable the competitors to prove their passage.

19.2 Each control shall be marked by a control flag consisting of three squares 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 The flag shall be hung at the feature indicated on the map in accordance with the control description. The flag must be visible to competitors when they can see the described position.

19.4 Controls (including the start control flag) must not be sited within 30 metres of each other. For Sprint (including Sprint Relay and Knock-Out Sprint), this may be reduced as follows. For map scales 1:4000 or 1:3000, the minimum running distance between controls is 25 metres and the minimum straight-line distance is 15 metres. (See also Appendix 2, #3.5.5). When the control features are similar (not distinctly different in the terrain and/or not distinctly different on the map), the minimum straight line distance between controls, other than in Sprint events, is 60 metres.

19.5 A control must be sited and the flag shall be hung so that the presence of a person punching does not significantly help nearby competitors to find the control.

19.6 Each control must be identified with a code number, which 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 must be black on white, and be between 2.5 and 10 cm in height. Horizontally displayed codes must be underlined if they could be misinterpreted by being read upside down (e.g. 161).

19.7 To prove the passage of the competitors, there must be a sufficient number of marking devices in the immediate vicinity of each flag.

19.8 If the estimated winning time is more than 30 minutes, refreshments must be available at least every 25 minutes at the estimated speed of the winner.

Refreshments should be at controls where feasible. If not at controls, they must be located such that refreshment points meeting the above requirements are available on any reasonable route choice without significant deviation.

19.9 At least pure water of suitable temperature must be offered as refreshment. If different refreshments are offered, they shall be clearly labelled (see also Appendix 4: Health and Safety Guidelines).

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

20 Punching Systems

A 20.1 Orienteering Australia approved electronic punching systems must be used as the primary system, as per Appendix 3. Most commonly, SportIdent cards are used.

20.2 For events where non-electronic systems as defined in Appendix 3 are used:

- the control cards for individual races must be available to competitors upon registration;
- for qualification races where finals are organised on the same day, the control cards for the finals must be available at least one hour before the first start; and for relays the control cards must be available at least 2 hours before the first start.

20.3 When non-electronic systems are used, competitors are allowed to prepare the control card, e.g. by writing on it, by reinforcing it or by putting it into a bag, but not by cutting-off parts of the control card or re-sequencing the boxes.

20.4 When electronic systems are used, the competitors may have the possibility of practising at the model event and/or prior to starting.

20.5 Competitors must be responsible for the marking of their card, electronic or otherwise, at each control using the marking device provided. Competitors are responsible for correct marking, even if at some controls the marking is made by the organiser.

20.6 The control card must clearly show that all controls have been visited – see Appendix 3.

20.7 A competitor with a control punch missing or unidentifiable must not be placed unless it can be established with certainty that the punch missing or unidentifiable is not the competitor's fault. In this exceptional circumstance, other evidence may be used to prove that the competitor visited the control, such as evidence from control officials or cameras or read-out from the control unit. In all other circumstances, such evidence is not acceptable and the competitor must be disqualified.

In the case of conventional 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 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).

In the case of SI Air being activated, there will be no record on the control unit and the only electronic proof of punching is on the SI Air card.

20.8 When systems with visible punch marks are used, at least a part of the marking must be in the appropriate box for this control or in an empty reserve box.

One mistake per competitor is acceptable, e.g. marking outside the correct box or jumping one box, provided all markings can be identified clearly.

A competitor who attempts to gain advantage by inaccurate marking may be disqualified.

20.9 The organiser has the right to have the control card checked by officials at appointed controls and/or to mark the card.

20.10 Competitors who lose their control card, omit a control or visit controls in the wrong order must be disqualified.

21 Equipment

21.1 Unless directed by the organisers in the invitation and/or the program, the choice of clothing and footwear shall be free.

21.2 Start number bibs shall be clearly visible and worn as prescribed by the organiser. The bibs must not be larger than 25 cm x 25 cm with name or running number legible at a reasonable distance. The number bibs may not be folded or cut.

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

21.4 A whistle must be carried if stated by the organiser in the event bulletin. This may only be used in cases of emergency, the distress signal being six blasts at ten second intervals, then a minute pause before repeating the pattern.

21.5 Competitors must carry an approved punching device according to the system which is in use by the organisers.

A 21.6 Competitors must not use or carry communication devices that can transmit or receive information, to or from a remote source, between entering the quarantine zone (or the start area if there is no quarantine zone) and reaching the finish in a race, unless the equipment is approved by the organiser.

GPS-enabled devices (watches etc.) can be carried provided that they are not used for communication or navigation. However, the organiser has the right to specifically forbid the use of such equipment. The organiser may require competitors to carry a tracking device and/or a GPS data logger.

22 Start

22.1 In individual competitions, the start is normally an interval start. In relay competitions, the start is normally a mass start.

22.2 In qualification race competitions other than the knock-out sprint, the first start in the finals shall be at least 2½ hours after the last start in the qualification races.

22.3 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 call-up time (i.e. next start time to be called forward; NOT the competition time currently displayed at the start) to competitors must be displayed there, and the competitor's names shall be called or displayed.

Beyond the pre-start, only starting competitors and media representatives guided by the organiser are allowed.

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

22.5 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.

There may be a marked route from the time start to the point where orienteering begins. The marked route must be shown on the map if it extends beyond the area occupied by the start triangle on the map.

22.6 Competitors take their map at or after their start time. The competitor is responsible for taking the right map.

22.7 The point where orienteering begins must 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.

22.8 Competitors who are late for their start time shall be permitted to start as soon as practicable. The start team will determine and must record the time at which they may start, considering the possible influence on other competitors. Their result will be shown as if they had started at their original start time, unless rule 22.9 is subsequently determined to be applicable.

22.9 Competitors who are late for their start time through the fault of the organiser shall be given a new start time in order to calculate their elapsed time, otherwise they must be timed from their originally allocated start time.

22.10 The changeover between the members of each relay team takes place by touch. The changeover may be organised so that the incoming team member collects the map of the outgoing team member and hands it over as the changeover touch.

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

22.12 With the approval of the OA Controller the organiser may arrange mass starts for the later legs for relay teams that have not changed over. Times for these should be

advertised in the event information and should not be scheduled before at least 80% of the competitors on that leg are anticipated to have passed through the changeover.

22.13 Drinks shall be provided at the start if it is more than ten minutes' walk from the registration area for the average competitor.

22.14 The organiser may define one or more quarantine zones to prevent those who have not started gaining information about the courses. A quarantine zone is defined as a secure area where communication with the outside world by any person in the quarantine zone is forbidden, except for officials authorised to do so by the event organiser. The organiser defines times when competitors and team officials must be inside the quarantine zone. The organiser must provide adequate facilities (toilets, refreshment, shelter etc.) for those waiting in the quarantine zone. If a person attempts to enter the quarantine zone after the deadline, they may be refused entry. Competitors and team officials must not take communication devices that can transmit or receive information into a quarantine zone other than a GPS device as set out in rule 21.6.

23 Finish and Time-Keeping

23.1 The competition ends for a competitor when crossing the finishing line.

23.2 The run-in to the finish shall be bounded by tape or by rope. The last 20 m must be straight.

23.3 The finish line must be at least 2 m wide and must be at right angles to the direction of the run-in. 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 must hand in the control card or download any recorded data. If required by the organiser, they shall also hand in the competition map; if not required to do so, they must keep it secret from competitors who have not yet competed.

23.5 The finishing time must be measured when the competitor's chest crosses the finish line or when the competitor punches at the finish line, or if a light beam is used for timing, when the competitor breaks the beam which must be mounted between 0.5 metres and 1 metre above the ground.

Times must be rounded down to whole seconds, Times must be given in hours, minutes and seconds or in minutes and seconds only.

A 23.6 Two independent time keeping systems, a primary and a secondary, shall be used
B 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 or better.

23.7 In competitions with mass or chasing starts, finish judges rule on the final placings based on the order that competitors' chests cross the finish line. If necessary, published finishing times may be altered, to the minimum extent possible, to preserve the finishing order.

23.8 With OA Controller approval, the organiser may set maximum running times for each class or relay leg and set a general course closure time for all classes. Competitors must be advised of these limits in the event information.

23.9 There must be medical facilities and personnel at the finish, who are also equipped to work in the competition terrain; in accordance with Appendix 4: Health and Safety Guidelines.

Group A events should always have first aid personnel in attendance unless they are in immediate proximity to medical facilities.

Group B events should have at a minimum an organiser or delegate present at all times, who is qualified in first aid.

23.10 The organisers must ensure that at the end of the competition all competitors have been accounted for using the start list that has been compiled.

A search party must be available at the end of the competition should a competitor be missing (see also Appendix 4: Health and Safety Guidelines).

24 Results

24.1 Provisional results shall be announced and displayed in the finish area or the arena, and/or be made available online, during the competition.

24.2 The results must be based on competitors' times for the whole course. It is forbidden to eliminate sections of the course on the basis of split times unless the section has been specified in advance (e.g. a short section containing a busy road crossing).

24.3 The official results shall be finalised no more than 4 hours after the latest allowable finishing time.

24.4 If the finals of a qualification race competition take place on the same day as the qualification races, the results of the qualification races shall be finalised no more than 30 minutes after the latest allowable finishing time.

24.5 The official results must include the following information:

- Class (and course if applicable)
- Length of course
- Number of controls
- The names of all participating competitors
- Each competitor's club, team, Association or Federation as appropriate
- Each competitor's time

In relays, the results shall include the competitors' names in running order and times for their legs.

24.6 If an interval start is used, two or more competitors having the same time must be given the same placing in the results list. The position(s) following the tie remain vacant.

24.7 If a mass start or chasing start is used, the placings are determined by the order in which the competitors finish. In relays this will be the team member running the last relay leg.

24.8 In relays where there are mass starts for later legs, the sum of the individual times of the team members must determine the placings of the teams that have taken part in such mass starts.

A team having started in the subsequent mass start may be permitted to have an official result ahead of a team that did not start in that mass start; the team with a faster combined time is placed higher.

24.9 Competitors or teams who exceed the maximum time (if one has been set) shall not be placed.

24.10 Competitors who correctly complete the course are placed in order in the results. Those who fail to correctly complete the course are shown at the end of the results with no placing and with a reason (e.g. mispunched, retired, disqualified).

24.11 The results of unofficial competitors or teams are not considered in determining placings and must be listed as "unofficial" in the results after all official competitors or teams.

24.12 Consideration should be given to availability of live results in the arena. The organiser must arrange for publication of all event results on the Orienteering Australia results database on the day of the event. Digital copies of results can be obtained from there by the Orienteering Australia General Manager and the Orienteering Australia Statistician as required.

24.13 Results of events with National Badge status must be made available to the Orienteering Australia Badge Scheme Secretary (see OA Operations Guide 5.7 Badge Scheme).

25 Awards and Prizes

25.1 Prizes for men and women must be equivalent.

25.2 If two or more competitors have the same placing, they will each receive the appropriate award and/or its equivalent.

A 25.3 The organisers must arrange for suitable awards to be presented in a dignified award ceremony to the first three placegetters in each age class in an individual race or the members of the first three teams in a relay. Such awards shall clearly indicate the event, the year, the age class and the placing. A, AS and B classes are to be treated equally.

AC 25.4 Certificates must be awarded to Resident Individual Champions in Australian Championships classes where the winner is not eligible for resident championships under 6.6. The Resident Individual Champion. Certificates are to be prepared by Orienteering Australia. The Resident Individual Champions shall be referred to as the "Australian Champions".

AC 25.5 Perpetual trophies are awarded to the M21E and W21E Resident Champions in each of the Australian Long, Middle and Sprint distance championships.

AC 25.6 ~~Teams races shall be conducted in the M21E and W21E classes for the "**Silva**" perpetual trophy and the "**Swedish Ambassador's**" perpetual trophy respectively at the Australian Long Distance Championships. The team's races shall be contested by teams representing each State Association, with the first 3 competitors to count.~~

25.~~6~~7 An Interstate competition for the "**OA Shield**" shall also be conducted at the Australian Long Distance Championships. Points shall be allocated in all classes as follows:

AC

	Elite and A Classes	A Short Classes	B Classes
1st	3 points	2 points	1 point
2nd	2 points	1 point	
3rd	1 point		

Orienteers who are not eligible to compete for a state under 6.3 shall be excluded when allocating points.

3DAY 25.~~7~~8 ~~An Interstate competition for the "**OA Shield**" shall also be conducted at the Australian Long Distance Championships.~~ An interclub competition for the "**Champion Club**" trophy shall be conducted at the Australian 3 Days. Points shall be allocated in all age classes at the conclusion of Day 2, based on cumulative results until that time, as follows:~~Points shall be allocated in all classes as follows:~~

	Elite and A Classes	A Short Classes	B Classes
1st	5 points	4 points	3 points
2nd	4 points	3 points	2 points
3rd	3 points	2 points	1 point
4th	2 points	1 point	
5th	1 point		

~~Unofficial and international teams shall be excluded when allocating points~~For the purposes of this competition, a competitor's club is that for which they are registered for the event, or, if they are registered for the event under a National Orienteering League affiliation, the primary club of their State Association membership.

AC 25.~~8~~9 An interstate competition to award the "**Xanthorrhoea Trophy**" will be conducted at the Australian Relay Championships. Points shall be allocated in each class (including M/W12A) except "Mixed Age Classes", as follows:

	A Classes	A Short Classes	B Classes
1st	3 points	2 points	1 point
2nd	2 points	1 point	
3rd	1 point		

Commented [BT6]: These competitions are no longer conducted.

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Unofficial and international teams shall be excluded when allocating points.

A 25.9~~10~~ After the final National League race of the season, the OA Head Coach must organise a ceremony to present awards to the winners of the **National League** Competition. The winners of the men's, women's and teams' divisions shall be presented with the perpetual trophies.

25.10~~1~~ The Orienteering Australia Badge Scheme operates according to the Orienteering Australia Badge Scheme Guidelines (refer 5.7 Badge Scheme in the OA Operations Guide).

26 Fair Play

26.1 All persons taking part in an orienteering event must behave with fairness, honesty and a spirit of friendship. Competitors must show respect for each other, for officials, journalists, spectators and the inhabitants of the competition area. The competitors must be as quiet as possible in the terrain. Competitors or spectators must not interfere with control equipment.

26.2 Except in the case of an accident, obtaining assistance or seeking to obtain assistance from other ~~runner~~competitors, or providing assistance to other competitors during a competition, is forbidden. It is the duty of all competitors to help injured ~~runner~~competitors.

26.3 Doping is forbidden. The *Improper Use of Drugs and Medicines Policy* applies to all Orienteering Australia events and Orienteering Australia may require doping control procedures to be conducted.

26.4 The organiser, with the consent of the OA Controller, will usually publish the venue of the competition and the relevant embargoes in advance. If the venue is not made public, all officials must maintain strict secrecy about the competition area and terrain. In any case, strict secrecy about the courses must be kept.

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

26.6 The organiser must bar from the competition any competitor who is so well acquainted with the terrain or the map, that the competitor would have a substantial advantage over other competitors.

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

26.8 Control officials must neither disturb nor detain any competitor, nor supply any information whatsoever. They must remain quiet, wear inconspicuous clothing in the forest and must not help competitors approaching controls. This also applies to all other persons in the terrain, e.g. media representatives.

26.9 Having crossed the finish line, a competitor may not re-enter the competition terrain without the permission of the organiser. A competitor who retires must announce

this at the finish immediately and must in no way influence the competition nor help other competitors.

26.10 A competitor who breaks any rule, or who benefits from the breaking of any rule, may be disqualified or otherwise sanctioned. The event organiser, or (as a result of a Protest) the jury, has responsibility for imposing sanctions during an event, defined as the event schedule in the event bulletin. All sanctions which are applied must be included in the OA Controller's report to the OA Technical Director after the event. Outside of an event, sanctions, which may include suspension from competition for a defined period, may be imposed in accordance with OA disciplinary procedures.

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

26.12 The organiser must stop, postpone or cancel a course if at any point it becomes clear that circumstances have arisen which make the race dangerous for the competitors, officials or spectators.

26.13 The organiser must void a course if circumstances have arisen which make the race significantly unfair, and it is not possible to rectify these circumstances. See Appendix 7; Guidelines regarding Responding to Problems, Complaints and Protests and Cancelling a Course.

26.14 Participation in betting relating to an orienteering event is prohibited for competitors in the event, the team officials and the event officials. They are also prohibited from supporting or promoting betting relating to the event. Additionally, they must not participate in any corrupt practices related to betting. Such practices include fixing the result, manipulating any aspect of the results, failing to perform in order to benefit, accepting or offering bribes and passing on inside information.

26.15 The organiser can prevent a competitor from continuing the competition on medical grounds if they believe that the competitor is at serious risk of harm by continuing e.g. through extreme exhaustion.

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 event or team officials, competitors or anybody else connected with the event.

27.3 Any complaint shall be made orally or in writing to the organiser or at the registration tent to a representative of the organi~~s~~zer as defined in the Event Bulletin as soon as possible after the results for an age class are complete. A complaint is adjudicated by the organiser. The complainant must 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 by the complainant.

27.6 The organiser's decision in relation to any complaint must be advised to all competitors affected by the decision.

28 Protests

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

28.2 Protests can only be made by team officials, competitors or event officials.

28.3 Any protest shall be made in writing to the organiser or at the registration tent to a representative of the organiser as defined in the Event Bulletin, no later than 15 minutes after the organiser has informed the complainant of the decision about the complaint. Protests received after this time limit may be considered at the discretion of the jury if there are valid exceptional circumstances which must be explained in the protest.

28.4 There is no fee for a protest.

28.5 The result of any protest must be advised to all competitors affected by the decision.

29 Jury

29.1 A jury must be appointed to rule on protests.

A 29.2 The jury members are appointed by the event organiser and approved by the OA Controller.

A 29.3 The jury consists of 3 members plus the OA Controller who leads the jury but has no vote. One, and only one, member shall come from the State Association of the organiser.

A minimum requirement for jury membership at Group A events is Level 3 Orienteering Australia Event Controller Accreditation.

B 29.4 The jury members for Group B events are appointed by the event organiser and approved by the state-appointed OA Controller. If possible, at least one member shall be from another State Association.

A minimum requirement for jury membership is Level 2 Orienteering Australia Event OA Controller Accreditation.

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

29.6 The organiser must act according to the jury's decisions, e.g. to reinstate a competitor disqualified by the organiser, to disqualify a competitor approved by the organiser, to void the results in a class approved by the organiser or to approve results declared invalid by the organiser.

29.7 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.

29.8 If a jury member declares him or herself prejudiced or if a jury member is unable to fulfil his or her task, the OA Controller must nominate a substitute.

29.9 Arising from its ruling on a protest, the jury—in addition to instructing the organiser—may recommend further disciplinary action against a person be taken, in accordance with OA disciplinary policies, in the case of a major violation of the rules.

29.10 Decisions of the jury are final.

30 Appeals

30.1 An appeal may be made against infringements of these rules, if the infringement is not related to a specific event or if a jury is not yet set up.

30.2 An appeal may be made by team officials, competitors, event officials or State Associations.

30.3 An appeal must be made in writing to the Orienteering Australia Board as soon as possible.

30.4 There is no fee for an appeal.

30.5 Decisions about an appeal are final.

30.6 The Orienteering Australia Board must deal with the appeal in accordance with its policy for addressing appeals.

31 Event Control

31.1 All events, for which these rules are binding, must be controlled by an accredited Orienteering Australia Event Controller.

31.2 For Group A events as defined in Rule 1.8 the Controller must be an accredited Level 3 Orienteering Australia Event Controller; for Group B events as defined in Rule 1.8 the Controller must be an accredited Level 2 Orienteering Australia Event Controller (see Appendix 5: Event Controller Accreditation).

AC 3DAY 31.3 Orienteering Australia, through the Director, Technical, shall endorse the Organising Body's recommendation for OA Controller at least 3 years prior to the event. In the first instance, this may be a Level 3 Controller who is technical coordinator for the entire carnival. This requirement applies also to Oceania Championships.

A 31.4 For National Orienteering League and all other Group A events the OA Controller must be appointed by the organising body as soon as possible after the event is announced and shall be endorsed by Orienteering Australia.

31.5 Once the OA Controller is endorsed by Orienteering Australia, they become the official representative of Orienteering Australia to the organiser, are subordinate to Orienteering Australia and communicates with the Orienteering Australia Board.

B 31.6 The State Association of the organiser must appoint a Level 2 Controller. The Controller appointed by the State Association must be a representative of the State Association as well as Orienteering Australia.

31.7 The OA Controller must ensure that rules are followed, mistakes are avoided and that fairness is paramount. The OA Controller has the authority to require adjustments to be made where necessary to satisfy the requirements of the event.

31.8 The OA Controller must work in close collaboration with the organiser and course planner, and must be given all relevant information. All official information issued, such as bulletins, must be approved by the OA Controller.

As a minimum, the following tasks shall be carried out under the authority of the OA Controller:

- to approve the venue and the terrain for the event
- to investigate the event organisation and assess the suitability of the proposed accommodation, food, transport, program, budget and training possibilities
- to check that land access has been granted
- to check that the map conforms with the IOF standards
- to approve the courses after assessing their quality, including degree of difficulty, control siting and equipment, control descriptions, chance factors and map correctness

- to check any course splitting method and course combinations
- 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 assess arrangements and facilities for the media
- to assess any planned ceremonies
- to assess, where necessary, arrangements and facilities for doping tests
- to ensure that control markers, equipment and officials are suitably positioned
- to be present during the event
- to ensure that results and reports are distributed promptly

31.9 The OA Controller shall make as many controlling visits as deemed necessary. The visits must be planned in agreement with the appointing authority and the organiser. The OA Controller shall where necessary, or as required, make written reports to the appointing body with copies sent to the organiser.

31.10 One or more assistants may be appointed by the OA Controller appointing body (state or national) to help the OA Controller, particularly in the fields of mapping, courses, financing, sponsoring and media.

31.11 Orienteering Australia, on the advice of the OA Director, Technical, has the authority to revoke the appointment of the OA Controller.

32 Event Reports

32.1 No more than 6 weeks after the event, the OA Controller must send a report to the OA Technical Committee Chair with copies to the OA Technical Director and OA General Manager. The report may be on a proforma made available from the Technical Chair (Appendix ~~10~~ 9 of these Rules) and include at a minimum:

- Details of complaints and protests.
- Details of issues that impacted the event.
- Deviations from the rules that applied to the event.
    - The OA Controller may include additional reporting material from the organiser and planner as necessary.

32.2 If requested the OA Controller shall submit a progress report to Orienteering Australia through the Technical Committee Chair with copies to the Technical Director, and OA General Manager.

32.3 For Group B events, similar reports should be submitted to the State Association's technical officer or equivalent.

33 Advertising and Sponsorship

33.1 Orienteering Australia may issue specific rules for advertising and sponsorship.

34 Media Service

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

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

Appendix 1 General Competition Classes

1 Age Classes

1.1 For competitors younger than 21, the classes W20 and M20 and so on with intervals of 2 years are used. For older competitors, the classes W35 and M35, W40 and M40 and so on with intervals of 5 years are used (although 10 year age classes are recommended for group B events - see 4.1 below).

1.2 Each class ***may*** be divided into subclasses according to the difficulty and/or length of the courses. Subclasses according to difficulty and course length are named E (Elite)-if applicable, A, B, and N (novice). Subclasses according to course lengths only are named S (short), M (medium) and L (long). Current rules assign S classes only as a variation from the standard A class.

2 Parallel Classes

If a class, because of too many entrants, is split into parallel classes, other classes than elite classes should be split so that competitors from the same club, district or Federation are equally distributed among the parallel classes.

3 Degree Of Difficulty

3.1 The degrees of navigational difficulty for **forest orienteering** are defined as follows:

Very Easy Course must follow drawn linear features (tracks, fences, etc.). A control site is needed at every turning point and all control markers must be visible on the approach side.

Large obvious features, visible from and close (<25m) to the linear feature may also be used as control sites.

Easy Control sites must be on or near drawn linear features but preferably not at turning points. This gives the opportunity to follow handrails or to cut across country.

Short distances along large linear features that are not drawn (such as large gullies or well-defined spurs) may be included in the course but then catching features are essential.

Control markers should be visible from the approach side by any reasonable route.

Moderate Course should have route choice with big attack points near control sites and catching features less than 100m behind. Control sites may be fairly small point features and the control markers need not necessarily be visible from the attack point.

Hard Navigation should be as difficult as possible with small contour and point features as the preferred control sites; there should be no handrails and no large attack points nearby.

3.2 The degrees of navigational difficulty for **sprint orienteering** are defined as follows:

Very Easy Course must follow strong linear features (paths, large buildings, etc.), or parkland with good visibility. Only one sensible route between controls. A control site is needed at every decision point and all control markers must be visible on the approach side, and straightforward to interpret on the map.

Large obvious features, visible from and close (<25m) to the linear feature may also be used as control sites.

Courses should avoid streets with traffic.

Easy The course may introduce legs with simple route choice (left/right) around strong features. Available routes will be easy to identify.

Control markers should be visible from the approach side by any reasonable route, and easily identified on the map.

Courses should avoid streets with traffic.

Moderate The course should aim to include legs with several possible route choices. Correct interpretation of the control description may be required to identify the control location.

Hard Where possible, the course should include complex route choices where the best/shortest option may be difficult to interpret. Legs may require many decision points and detailed navigation. Correct interpretation of the control description may be required to identify the control location.

3.3 Where offered, AS classes should have the same degree of difficulty as the corresponding A class (e.g. M21A = hard, M21AS = hard).

3.4 Where offered, B classes should have one degree of difficulty lower than the corresponding A class (e.g. W21A = hard, W21B = moderate; M12A = easy, M12B = very easy).

4 Course Groupings

As a guideline to course planners and controllers, the following tables list suggested groupings of classes on courses for the Australian Long, Middle and Sprint Distance Championships respectively. These groupings have been derived from:

- the relative running speeds of the fastest Australian competitors eligible to run in each age class;
- the target winning times specified in OA Competition Rule 16; and
- the likely number of competitors that can be reasonably accommodated within the total start block for each course in a national event.

The guidelines are advisory only and may be varied by the course planner and controller to reflect terrain differences between courses, likely numbers of competitors in each class, special requirements for National Orienteering League events or team selection trials, and other factors. In particular, if short courses only use a limited part of the mapped area, and that part is either significantly faster or significantly slower terrain than the remainder of the map, lengths for those courses should be adjusted accordingly. For moderate courses, the running speed ratio is notional as these courses will often be in simpler terrain than most hard-navigation courses, and optimal lengths for these courses should be assessed

independently. (In particular, experience shows that M14A courses in national events are often set too short for the recommended winning times).

The class groupings for the Australian Long Distance Championships, with percentages based on the length of a notional 72-minute course for M21E, should be suitable also for the Australian Three-Days, if it is run under the provision of winning times being 20% shorter for most classes (Rule 16.9) or as specified for elite classes in Rule 16.10. (One factor to consider for the Australian Three-Days is that the M16A and W16A classes are usually much smaller than they are at the Australian Championships, because of the absence of Schools Championships teams, and it may therefore be feasible to combine those classes with a greater number of classes on the same course). If the option of a middle, long and "relay distance" day is being taken, the Australian Long Championships groupings can be taken as a guide to groupings, but the percentage of the M21E distance will need to be recalculated for days 1 and 3 according to the winning times of those days (30-35 minutes for all hard navigation classes on day 1, 40-45 minutes on day 3) – the Middle Distance percentages can be used for this. It is recommended to retain the same course/class combinations on all three days even if lengths for some courses are very similar on days 1 and 3, both to prevent an excessive number of competitors on any individual course and because it is likely to be confusing to competitors to change course numbers between days. The M21AS (Sledge) course has special requirements at the Three-Days and should be a standalone course.

The class groupings for all types of courses should be suitable for other events of the same type held as part of a national carnival, subject to the anticipated number of competitors.

It is recommended that elite classes always be given top billing and are the lowest-numbered courses. It may be preferable that non-elite classes do not also run on these courses, depending on the required scale and starting interval.

5 Adapting the Course/Class Grouping to Smaller Events

For smaller events such as state championships, the number of courses identified may be excessive and classes may be moved up or down the course hierarchy to reduce the number of courses. This may mean some compromises in achieving the optimum winning time.

If an event is conducted using 10-year age classes, the age class with the longer course should generally be used as a basis for determining winning times in class groupings. Otherwise the winning time is likely to be less than that specified in the guidelines.

In this situation, however, the median time is likely to be increased due to the inclusion of slower competitors in the class. This should be taken into account in course planning, making it preferable to err on the short side rather than the long side if in doubt.

If elite courses are not offered, the factors specified for the elite classes should be applied to the corresponding A classes, which would then be assigned to the courses otherwise used for the elite classes. However, percentage lengths should be adjusted if the M21A winning time is different to that which applies to M21E in national events (e.g. if the M21A winning time is less than 90 minutes). Running speed ratios assume that the best in Australia are running each class; if, for example, the M21 length is adjusted downwards because a weak M21 field is expected by the host state, this should be done *after* other course lengths are derived, otherwise other courses will be too short.

6 Course/Class Groupings for Australian Championships

6.1 In the Long Distance Championships, elite classes M21E, W21E, M20E, W20E potentially have a 1:15 000 scale map and the possibility of 3-minute start intervals, therefore it may not be appropriate to include any other age classes on the same course. M20E and W21E have similar guideline lengths and, although shown as separate courses in the groupings, may be run on the same course if this does not result in an excessively long start window.

Note that the number of entrants in each class will influence whether a course may need to be split into two due to higher numbers, or some classes placed together to merge courses with low numbers.

Classes which usually attract a relatively large number of competitors (e.g. 15 or more) can be identified by observing results from previous events of similar format. The effect of the likely number of competitors on the total length of the start block should be considered if such classes are moved to a different course.

Also the actual km rate achieved in classes such as M/W21A and 35A may be lower than their projected speed if the majority of competitors of this age are primarily running 21E. Therefore the final course-class structure will depend somewhat on the competitor list as at close of entries.

In the tables below, where a winning time range is given, percentage length calculations are based on the midpoint of that range (as per rule 16.18). No relative speed or winning time is given for AS classes or A classes (where an E class is being run), as course lengths for these are based on a percentage of the length of the corresponding A/E class, as follows:

- AS classes: 40-50% of the E class length for M/W20 and 21, 40-50% of the A class length for M/W35, 45-55% of the A class length in all other classes.
- A classes (where E is offered): 65-75% of the E class length. (In National Orienteering League events, the A class may be branded as “Sport”).

The ‘percentage length for course’ is shown as the average of all classes on that course, except for courses which include M35A, where the fastest eligible competitors will almost always be running in M21E, and courses which include E classes, which are shown according to the value for the E class.

~~Classes which are not mandatory are shown in italics. Classes shown in yellow have moved compared with the 2023 guidelines, and those in green had not been included in the 2023 guidelines.~~

6.2 **Recommended course/class combinations for the Australian LONG Distance Championships**

	Course	Class	Technical Difficulty	Relative Speed	Winning Time (min)	Percentage length for class	Percentage length for course
	1	M21E	Hard	1.00	90	100	100
	2	M20E	Hard	0.93	75-80	80	80
	3	W21E	Hard	0.82	90	82	82
	4	W20E	Hard	0.71	75-80	61	61
	5	M40A M35A M21A	Hard	0.88 0.94	65 70	64 73 70	67
	6	M45A W35A W21A M18A M20A	Hard	0.84 0.76 0.88	60 70 60	56 59 58 59 56	58
	7	M50A W40A	Hard	0.79 0.72	55 65	48 52	50
	8	W18A M16A	Hard	0.68 0.79	60 50	45 44	45
	9	M55A W45A M21AS W20A	Hard	0.74 0.67	50 60	41 45 45 43	43
	10	M60A W50A M20AS	Hard	0.68 0.62	50 55	38 38 36	37
	11	M65A W16A W21AS	Hard	0.63 0.62	50 50	35 34 37	35
	12	M70A W55A M35AS	Hard	0.58 0.57	50 50	32 32 33	32

	13	M75A W60A W20AS W35AS M45AS	Hard	0.51 0.52	50 50	28 29 27 27 25	27
	14	W65A W70A W45AS M55AS	Hard	0.45 0.41	50 50	26 24 23 21	24
	15	M80A W75A W55AS *M65AS*	Hard	0.38 0.32	40-50 ~~45~~50	19 1~~8~~9 16 18	18
	16	M85A W80A *W65AS*	Hard	0.25 0.25	40-50 40-50	13 13 13	13
	17	M90A W85A W90A	Hard	0.15 0.18 0.15	40-50 40-50 40-50	7 9 7	8
	18	M14A M Open B *M Junior B*	Moderate	0.6	35	26	26
	19	W14A W Open B *W Junior B*	Moderate	0.5	35	23	23
	20	M12A W12A Open Easy	Easy		25	2-3 km	
	21	M10A W10A M/W10N *Open Very Easy*	Very Easy		20	1.5-2.5 km	

6.3 **Recommended course/class combinations for the Australian MIDDLE Distance Championships**

	Course	Class	Technical Difficulty	Relative Speed	Winning Time (min)	Percentage length for class	Percentage length for course
	1	M21E	Hard	1.00	30 - 35	100	100
	2	M20E	Hard	0.93	30 - 35	93	93
	3	W21E M35A M40A M18A	Hard	0.82 0.94 0.88 0.88	30-35 25-35 25-35 25-35	82 87 81 81	82
	4	M45A M16A	Hard	0.84 0.79	25-35 25-35	78 73	75
	5	W20E M50A M21A	Hard	0.71 0.79	30-35 25-35	71 73 70	71
	6	M55A W35A W40A	Hard	0.74 0.76 0.72	25-35 25-35 25-35	68 70 66	68
	7	M60A W18A W45A	Hard	0.68 0.68 0.67	25-35 25-35 25-35	63 63 62	63
	8	M65A W16A W21A	Hard	0.63 0.62	25-35 25-35	58 57 57	57
	9	M70A W50A W55A	Hard	0.58 0.62 0.57	25-35 25-35 25-35	54 57 53	55
	10	M75A W60A *M21AS*	Hard	0.51 0.50	25-35 25-35	47 48 45	47
	11	W65A W70A	Hard	0.45 0.41	25-35 25-35	43 40	41
	12	M80A W75A *W21AS*	Hard	0.38 0.35	25-35 25-35	35 32 38	35
	13	M85A W80A	Hard	0.25 0.25	25-35 25-35	23 23	23

	14	M90A W85A W90A	Hard	0.15 0.18 0.15	25-35 25-35 25-35	14 17 14	15
	15	M14A M Open B *M Junior B*	Moderate	0.6	25-35	55	55
	16	W14A W Open B *W Junior B*	Moderate	0.5	25-35	46	46
	17	M12A W12A Open Easy	Easy			2–3 km	
	18	M10A W10A M/W10N *Open V Easy*	Very Easy			1.5-2.5 km	

6.4	**Recommended course/class combination for Australian SPRINT Distance Championships**						
	Course	**Class**	**Technical Difficulty**	**Relative Speed**	**Winning Time (min)**	**Percentage length for class**	**Percentage length for course**
	1	M21E	Hard	1.00	12-15	100	100
		M20E		0.95	12-15	95	
		M18A		0.92	12-15	92	
	2	W21E	Hard	0.82	12-15	82	82
		W20E		0.78	12-15	78	
		W18A		0.76	12-15	76	
	3	M35A	Hard	0.94	12-15	94	86
		M40A		0.88	12-15	88	
		M45A		0.84	12-15	84	
		M16A		0.87	12-15	87	
	4	M50A	Hard	0.79	12-15	79	78
		W35A		0.76	12-15	76	
	5	M55A	Hard	0.74	12-15	74	72
		W40A		0.72	12-15	72	
		W16A		0.71	12-15	71	
		M21A		0.70	12-15	70	
	6	M60A	Hard	0.68	12-15	68	66
		M65A		0.63	12-15	63	
		W45A		0.67	12-15	67	
	7	M70A	Hard	0.58	12-15	58	59
		W50A		0.62	12-15	62	
		W55A		0.57	12-15	57	
		W21A		0.58	12-15	58	
	8	M75A	Hard	0.51	12-15	51	50
		W60A		0.52	12-15	52	
		W65A		0.47	12-15	47	
	9	M80A	Hard	0.38	12-15	38	39
		W70A		0.43	12-15	43	
		W75A		0.33	12-15	35	
	10	M85A	Hard	0.25	12-15	25	25
		W80A		0.22	12-15	25	
	11	M90A	Hard	0.15	12-15	15	16
		W85A		0.18	12-15	18	
		W90A		0.15	12-15	15	

	12	M14A M Open B *M Junior B*	Moderate	0.7	12-15	70	70
	13	W14A W Open B *W Junior B*	Moderate	0.6	12-15	60	60
	14	M12A W12A *Open Easy*	Easy			1.5-2 km	
	15	M10A W10A M/W10N *Open V Easy*	Very Easy			1.5-2 km	

6.5	**Recommended course/class combination for Australian RELAY Championships**					
	Course	**Class**	**Technical Difficulty**	**Relative Speed**	**Winning Time (average per leg/ total min)**	**Percentage length for course**
	1	M21E	Hard	1.00	35/120	100
	2	M20E M35A	Hard	0.93 0.94	35/120 35/120	93 94
	3	M45A W21E	Hard	0.84 0.82	35/120 35/120	84 82
	4	W20E M16A W35A	Hard	0.71 0.79 0.76	35/120 35/120 35/120	71 79 76
	5	M55A W45A Mixed Hard	Hard	0.74 0.67 NA	30/105 35/120	64 67
	6	M65A W16A W55A M21AS	Hard	0.63 0.62 0.57 NA	30/105 30/105 30/105 **	53 53 48 45
	7	M75A W65A M55AS W21AS	Hard	0.51 0.45 NA NA	30/105 30/105 ** **	44 39 32 37
	8	W75A W55AS	Hard	0.32 0.40	30/105 **	28 24
	9	M14A MOpenB Mixed Mod.	Moderate	0.6 NA NA	25/90	43
	10	W14A WOpenB	Moderate	0.5 NA	25/90	36
	11	M/W12 Mixed Easy	Easy	NA NA	15/45	1.5–2.5 km

(**) indicates classes where the distance is set as a proportion of the length of the corresponding A/E class (rule 16.19).

As per rule 16.13, relay winning times are defined as both a time for the fastest leg and a total time for the winning team; the course should be set according to whichever is the shorter of these. The table above is calculated on the basis of the fastest individual leg times. Classes where the winning team time is likely to be substantially longer than three times the fastest

leg time (and hence the total team time becomes relevant, and shortening the course should be considered) include those where:

- The field is likely to be small (e.g. W75A at present);
- The best competitors eligible for the class are likely to be running in another class (e.g. M35A);
- The class has one or two dominant individuals.

The course groupings above already factor this in for M35A and W75A.

Appendix 2 Principles for Course Planning

Overview

1 Introduction

1.1 Purpose

These principles aim to establish a common standard for the planning of foot orienteering courses in order to ensure fairness in competition and to safeguard the unique character of the sport of orienteering.

1.2 Application of these principles

Courses in all international foot orienteering events must be planned in accordance with these principles. They should also serve as general guidelines for the planning of other competitive orienteering events. The term 'orienteering' is used throughout to refer specifically to 'orienteering on foot'.

2 Basic Principles

2.1 Definition of orienteering

Orienteering is a sport in which competitors visit a number of points marked on the ground, controls, in the shortest possible time aided only by map and compass. Orienteering on foot may be characterised as running navigation.

2.2 Aim of good course planning

The aim of course planning is to offer competitors courses correctly designed for their expected abilities. Results must reflect the competitors' technical and physical ability.

2.3 Course planner's golden rules

The course planner must keep the following principles in mind:

- the unique character of foot orienteering as running navigation
- the fairness of the competition
- competitor enjoyment
- the protection of wildlife and the environment
- the needs of the media and spectators

2.3.1 *Unique character*

Every sport has its own character. The unique character of orienteering is to find and follow the best route through unknown terrain against the clock. This demands orienteering skills: accurate map reading, route choice evaluation, compass handling, concentration under stress, quick decision making, running in natural terrain, etc.

2.3.2 *Fairness*

Fairness is a basic requirement in competitive sport. Unless the greatest care is taken at each step of course planning and course planning, luck can easily become significant in orienteering competitions.

The course planner must consider all such factors to ensure that the contest is fair and that all competitors face the same conditions on every part of the course.

2.3.3 *Competitor enjoyment*

The popularity of orienteering can only be enhanced if competitors are satisfied with the courses they are given. Careful course planning is therefore necessary to ensure that courses are appropriate in terms of length, physical and technical difficulty, control siting, etc. In this respect it is particularly important that each course is suitable for the competitors doing that course.

2.3.4 *Wildlife and the environment*

The environment is sensitive: wildlife may be disturbed and the ground as well as the vegetation may suffer from overuse. The environment also includes people living in the competition area, walls, fences, cultivated land, buildings and other constructions, etc.

It is usually possible to find ways to avoid interference with the most sensitive areas without damage. Experience and research have shown that even large events can be

organised in sensitive areas without permanent damage if the correct precautions are taken and the courses are well planned.

It is very important that the course planner ensures that there is access to the chosen terrain and that any sensitive areas in the terrain are discovered in advance.

2.3.5 ***Media and spectators***

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

3 The Orienteering Course

3.1 T**errain**

The terrain must be chosen so that it can offer fair competition to all competitors.

To safeguard the character of the sport, the terrain should be runnable and suitable for testing the orienteering skills of the competitors.

3.2 **Definition of an orienteering course**

An orienteering course is defined by the start, the controls, and the finish. Between these points, which are given precise locations in the terrain and correspondingly on the map, are the course legs over which the competitor must orienteer.

3.3 **The start**

The start area should be so situated and organised that:

- There is a warm up area.
- Waiting competitors cannot see route choices made by those who have started.
- The point from which orienteering on the first leg begins is marked in the terrain by a control flag with no marking device and on the map by a triangle.
- The competitors should be faced with orienteering problems right from the start.

3.4 **The course legs**

3.4.1 ***Good legs***

The course legs are the most important elements of an orienteering course and will largely determine its quality.

Good legs offer competitors interesting map-reading problems and lead them through good terrain with possibilities for alternative individual routes.

Within the same course different types of legs should be offered, some of them based on intense map-reading and others containing more easily run route choices.

There should also be variations with regard to leg length and difficulty to force the competitor to use a range of orienteering techniques and running speeds.

The course planner should also endeavour to give changes in general direction for consecutive legs as this forces the competitors to reorient themselves frequently.

It is preferable for a course to have a few very good legs joined by short links designed to enhance the legs rather than a larger number of even but lesser quality legs.

3.4.2 ***Fairness of legs***

No leg should contain route choices giving any advantage or disadvantage which cannot be foreseen from the map by a competitor under competitive conditions.

Legs which encourage competitors to cross forbidden or dangerous areas must be avoided.

3.5 The controls

3.5.1 ***Control sites***

Controls are placed at features in the terrain that are marked on the map. These must be visited by the competitors in the given order, if the order is specified, but following their own route choices. This demands careful planning and checking to ensure fairness.

It is particularly important that the map portrays the ground accurately in the vicinity of the controls, and that the direction and distances from all possible angles of approach are correct.

Controls must not be sited on small features visible only from a short distance if there are no other supporting features on the map.

Controls must not be sited where the visibility of the control flag for ~~runner~~competitors coming from different directions cannot be evaluated from the map or control description.

3.5.2 ***The function of the controls***

The main function of a control is to mark the beginning and end of an orienteering leg.

Sometimes controls with other specific purposes need to be used as, for example, to funnel ~~runner~~competitors around dangerous or out of bounds areas.

Controls can also serve as refreshment, press and spectator points.

Some models of SI card cannot record a punch for a leg which is shorter than 6 seconds' running time, so this situation is best avoided when course planning.

3.5.3 ***The control flag***

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

As far as possible, a control flag should be placed in such a manner that competitors first see it only when they have reached the described control feature.

For fairness, the visibility of the control should be the same whether or not there is a competitor at the control site.

On no account should the control flag be hidden; when competitors reach the control they should not have to search for the flag.

3.5.4 ***Fairness of control sites***

It is necessary to choose control sites with great care and notably to avoid the 'acute angle' effect where incoming competitors can be led into the control by outgoing ~~runner~~competitors.

3.5.5 ***Proximity of controls***

Controls on different courses placed too close to one another can mislead ~~runner~~competitors who have navigated correctly to the control site, so minimum straight line distances between controls are defined in rule 19.4. It is essential that a~~n~~ competitor~~athlete~~ knows that the electronic feedback is from the control they have just visited and not from one that they have recently punched, either deliberately or accidentally. Therefore, the minimum running distance between controls (measured round buildings and other impassable features) is 25 metres.

3.5.6 ***The control description***

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

The exact control feature on the ground, and the point marked on the map, must be indisputable. Controls which cannot be clearly and easily defined by the IOF control symbols are usually not suitable and should be avoided.

IOF control descriptions have been updated for 2018 and a one-page printed version is available from Orienteering Australia.

3.6 **The finish**

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

3.7 **The elements of map-reading**

On a good orienteering course, competitors are forced to concentrate on navigation throughout the race. Sections requiring no map-reading or attention to navigation should be avoided unless they result from particularly good route choices.

3.8 **Route choices**

Alternative routes force competitors to use the map to assess the terrain and to draw conclusions from it. Route choices make competitors think independently and will split up the field, thus minimising 'following'.

3.9 **The degree of difficulty**

For any terrain and map, a course planner can plan courses with a wide range of difficulty. The degree of difficulty of the legs can be varied by making them follow line features more or less closely.

Competitors should be able to assess the degree of difficulty of the approach to a control from the information available on the map, and so choose the appropriate technique.

Attention should be paid to the competitors' expected skill, experience and ability to read or understand the fine detail of the map. It is particularly important to get the level of difficulty right when planning courses for novices and children.

3.10 **Competition types**

Course planning must account for specific requirements of the type of competition considered. For instance, course planning for Middle Distance orienteering must call on detailed map reading and on a high degree of concentration throughout the entire course. Course planning for relay competitions should consider the need for spectators to be able to follow closely the progress of the competition.

3.11 **What the course planner should aim for**

3.11.1 ***Know the terrain***

The course planner should be fully acquainted with the terrain before they plan to use any control or leg.

The planner should also be aware that on the day of the competition the conditions regarding map and terrain could be different from those which exist at the time the courses are planned.

3.11.2 ***Get the degree of difficulty right***

It is very easy to make courses for novices and children too difficult. The course planner should be careful not to estimate the difficulty just on their own skill at navigating or on his or her walking speed when surveying the area.

3.11.3 ***Use fair control sites***

The desire to make the best possible legs often leads a planner to use unsuitable control sites.

Competitors seldom notice any difference between a good and a superb leg, but they will immediately notice if a control leads to unpredictable loss of time due to a hidden control site or flag, ambiguity, a misleading control description etc.

3.11.4 ***Placing controls sufficiently far apart***

Even though the controls have code numbers they should not be so close to each other as to mislead competitors who navigate correctly to the control site on their course.

3.11.5 ***Avoid over-complicating the route choices***

The planner may see route choices which will never be taken and thereby may waste time by constructing intricate problems, whereas the competitors may take a 'next best' route, thus saving time on route planning.

3.11.6 ***Courses that are physically not too demanding***

Courses should be set so that normally fit competitors can run over most of the course set for their level of ability.

The total climb of a course should normally not exceed 4% of the length of the shortest sensible route.

The physical difficulty of courses should progressively decrease as the age of the competitors increases in Masters classes.

Special care must be taken that the courses for classes M70 and over and W65 and over are not too physically demanding.

4 The Course Planner

The person responsible for course planning must have an understanding and appreciation of the qualities of a good course gained from personal experience. They must also be familiar with the theory of course planning and appreciate the special requirements of different classes and different types of competition.

The course planner must be able to assess, on site, the various factors which can affect the competition, such as the conditions of the terrain, the quality of the map, the presence of participants and spectators, etc.

The course planner is responsible for the courses and the running of the competition between the start and the finish line.

The course planner's work must be checked by the OA Controller. This is essential because of the numerous opportunities for error which could have serious consequences.

Appendix 3 Approved OA Punching Systems

1 Electronic Punching

The only automatically approved electronic registering systems within Australia are:

- the Emit Electronic Punching and Timing system, and
- the Sportident system,
- the SPORTident Air+ system (range ~30cm).

1.1 Emit

- 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.
- If, and only if, no feedback signal is received, the competitor must use the back-up unit.

1.2 Sportident and SPORTident Air+ system

(see Appendix 9 for OA Position statement on use of SIAC)

- A back-up unit must be present at each control – either a second electronic unit or a needle punch. If an SI unit is not working, a competitor must use the backup punching method/s provided and will be disqualified if no punch is recorded.
- It is the competitor's responsibility to ensure that the electronic punch is in the SI - card by not removing the SI-card until the feedback signal has been received.
- 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).
- With SI Air, the control unit may not record the competitor's punch at all, so the onus is on the competitor to come close enough to record the punch on their card.
- Note that some models of SI card, depending on their feedback mode, cannot record a punch for a leg which is shorter than 6 seconds' running time.
- • In the case of SIAC battery failure, the SIAC can be used in manual punching mode.

2 Punching Evidence

The control card, electronic or otherwise, must clearly show that all controls have been visited.

A competitor with a control punch missing or unidentifiable or recorded using a backup needle punch shall not be placed unless it can be established with certainty that the punch missing or unidentifiable is not the competitor's fault and that the competitor visited the controls in the correct order.

If a competitor has failed to clear their electronic card in advance of the event or has lost their card on course and been obliged to punch multiple controls on the map, this is considered to be the competitor's fault as they did not take care of their equipment.

Appendix 4 Health and Safety Guidelines

1 General Hygiene

- It is the responsibility of all orienteers and event officials to maintain strict personal hygiene, as this is the best method of controlling the spread of infectious diseases.
- Social distancing, i.e. remaining 1.5 metres apart wherever possible, is recommended to minimise the transmission of respiratory diseases. Organisers should plan their arena layout, including start and finish, to allow for social distancing, and provide clear signage. One-way pedestrian traffic should be considered when planning routes to/from car parking, toilets etc.
- All orienteers with recent evidence of notifiable infectious diseases, or symptoms of infectious diseases currently the subject of health alerts, are requested not to attend the event.
- This may require organisers to consider their refund policy, as it will not always be possible for competitors to notify organisers of their cancellation in a timely fashion.
- It is the responsibility of the organisers of an event to ensure that toilets and hand washing facilities, if supplied at events, should be kept clean and tidy and that adequate supplies of toilet paper, fresh water for washing, soap, paper hand towels, refuse disposal bins and disinfectants should be available at all times.
- The organisers should provide alcohol hand gel for use in any communal areas (e.g. registration, at the start, at the toilets).
- All clothing, equipment and surfaces contaminated by blood may be treated as potentially infectious. Disposable surgical rubber or plastic gloves must be provided by the event organiser for use by anyone required to handle equipment which has also become contaminated with blood (e.g. control cards or maps).
- All common surfaces should regularly be wiped down with disinfectant or at least 70% alcohol.

2 Drinking Water

Competition Rule 19.8 states that:

"If the estimated winning time is more than 30 minutes, refreshments must be available at least every 25 minutes at the estimated speed of the winner."

Competition Rule 19.9 states that:

"At least pure water of suitable temperature must be offered as refreshment. If different refreshments are offered, they shall be clearly labelled"

In addition to these rules:

- The volume of water provided should allow for 200-300 ml per competitor passing through the drinks point – if they come twice to the one drinks point, then twice the amount should be allocated.
- The sharing of drink containers should not occur and water at events must be supplied in sealable containers. If large volume containers are used, either refillable kegs or cardboard casks, these must have taps.

- If large volume containers are used, then individual-use disposable cups must also be provided. The cups should be collected in such a way as to pose no environmental problems, or hygiene risks for the collectors, and discarded after use so that they cannot be reused.
- If a decision is made by organisers that officials should pour water into cups in order to avoid competitors handling the containers due to hygiene concerns, then consideration needs to be given to protection of the officials and providing them with personal protective equipment.
- If individual-use (250mL or 300mL) sealed bottles are supplied, then competitors may not discard these at any place other than a drinks point. The empty bottles should be collected in such a way as to pose no environmental problems, or hygiene risks for the collectors, and recycled wherever possible. Unused full bottles can be saved for use at future events.
- Competitors may be encouraged to carry their own water supply on courses, but this in no way diminishes the responsibility of organisers in safely supplying enough drinking water for all competitors passing through the drinks point.
- For those events at times of year where the temperature can reasonably be anticipated to exceed 20°C, organisers must plan to provide refreshments at more frequent intervals, appropriate to the expected event temperature.
- At races where there is a (spectator) control near the arena, organisers may encourage competitors to leave their own individually-labelled drinks for delivery to that control.

3 First Aid

Competition Rule 23.9 states that:

"There must be medical facilities and personnel at the finish, who are also equipped to work in the competition terrain"

- Organisers must ensure that adequate first-aid equipment is available at events and that any person who, on behalf of the organisers, treats a competitor with open cuts and abrasions, wears disposable rubber or plastic gloves. Consideration should be given to face masks if treating a competitor with respiratory symptoms.
- Qualified personnel should be available for the duration of the competition and until all competitors have finished.
- For Group A and B events which are part of major carnivals, the above statement means an external first aid provider must be contracted and in attendance.
- For Group B & C events and non-carnival races which are Group A by virtue of having NOL classes, the organisers should identify which members of the organising team have current senior first aid qualifications, as well as those with basic life support (CPR) training. Organisers should ensure that the first aid kit is up to date.
- Suitable transport (e.g. 4WD vehicle) should be available in case of an emergency in the terrain, however, depending on the nature of the injury, it may be more appropriate to contact emergency services than undertake a rescue/retrieval.
- The organisers should have the telephone number of an available local doctor or hospital. For competitions in urban areas, it is appropriate for competitors to be able to look this up themselves.

4 Search and Rescue

Competition Rule 23.10 states that:

"The organisers must ensure that at the end of the competition all competitors have been accounted for using the start list that has been compiled. A search party must be available at the end of the competition should a competitor be missing."

- The competition's Risk Management plan should include contingencies for search and rescue.
- The organisers should ensure that local authorities responsible for search and rescue have been notified about the event, and obtain an emergency telephone contact number.
- For Group A Events, a search & rescue coordinator should be nominated and a strategy prepared, in advance of the event. For Group B & C events the coordinator may be nominated on the day.
- Where possible the search party should consist of people with local knowledge (e.g. course planner, OA Controller). Control collection should not take priority over search & rescue but it may be appropriate for them to take place in parallel.
- Suitable transport (e.g. 4WD vehicle) should be available for use by the search party
- The members of the search party should be given clear instructions by the coordinator regarding an agreed return time & place, regardless of the success or otherwise of their search.

5 COVID-Safe Considerations

Orienteering Australia acknowledges that necessary behaviour changes as a result of the COVID-19 pandemic are ongoing, and this guideline is intended to assist event organisers, planners and controllers to safely deliver events in conjunction with the requirements placed upon them by state & federal regulations and local authorities where applicable, while still adhering to the Orienteering Australia rules and guidelines which are applicable to event management.

- Organisers of orienteering events at all levels may be subject to state and/or federal regulations relating to COVID-19, which will affect the conduct of their competitions.
- These regulations may include, but are not limited to: gathering limits, maximum group sizes, requirements for COVID-Marshals to be in attendance, prohibition of competitive sport, prohibition of community sport, use of QR codes or other contact tracing, social distancing and hygiene measures.
- State associations, clubs and individual event organisers may be required by authorities to submit a COVID-Safe plan before their event is approved to proceed.
- Competitors with symptoms which may be contingent with COVID-19 are requested not to attend the event.
- Where competitions' approval by authorities is contingent on their being run in compliance with respective federal, state or local government public health directives, these may overrule some aspects of the Orienteering Australia Rules.
- However, it is anticipated that for Group A events to proceed, the regulations would not be more stringent than permit the current OA rules for event organisation to be followed,

and therefore variations to the rules for a specific event must be dealt with as per OA Rule 2.10 which states in part:

- "For Group A events (see Rule 1.8), deviations from other rules need approval from the Director, Technical and requests can be submitted through the Orienteering Australia Technical Committee Chairperson"
- For Group B and C events to be run with modifications resulting from restrictions placed upon them by authorities, the states' technical directors should approve any relevant variations to state or national orienteering rules.
- Any deviations to the rules, once approved, must be advertised in advance of the event. This can be done in conjunction with notifying competitors of the events' COVID-Safe conditions of entry.
- Regarding contact tracing, online entry to events is recommended in order to capture the relevant details, but states can make their own decisions on whether to also accept enter on the day as long as they comply with regulations for obtaining and retaining contact details.

Appendix 5 Event Formats

The event format descriptions below are based on IOF guidance for high-level events. The general description of the formats is relevant to all levels of event but some of the specific provisions may be less relevant to lower-level events, particularly Group B and C events.

1 Sprint Distance

1.1 The Profile

The Sprint profile is **high speed**. It tests the ~~athlete~~competitor's ability to read and translate the map in complex environments, and to plan and carry out route choices running at high speed. The course must be planned so that the element of speed is maintained throughout the race. The course may require climbing but steepness forcing the competitors to walk should be avoided. Finding the controls should not be the challenge: rather the ability to choose and complete the best route to them. For example, the most obvious way out from a control should not necessarily be the most favourable one. The course should be set to require the ~~athlete~~competitors' full concentration throughout the race. An environment which cannot provide this challenge is not appropriate for the Sprint.

1.2 Course planning considerations

In Sprint spectators are allowed along the course. The course planning must consider this, and it may be necessary for controls to be manned. It may also be necessary to have guards at critical passages alerting spectators of approaching competitors and making sure the 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 having an on-course announcer. Both spectator sites and sites for media/photographers must be announced at the Arena.

The course must be planned to avoid tempting competitors to take shortcuts through private property and other out-of-bounds areas. If there is such a risk, a referee should be at such locations to prevent possible attempts.

Areas so complex that it is doubtful whether a competitor can interpret the map at high speed should be avoided (e.g. when there are complex three-dimensional structures).

Controls are to be placed a minimum of 25 metres apart (in running distance), as any lesser distance may lead to mispunches by competitors using SI Air Cards. Note that depending on their feedback mode, some SIAC cannot record a punch for a leg which is shorter than 6 seconds' running time.

Course planners of Group A events must *always* give the anticipated running distance for sprints rather than the straight line distance calculated by the course planning software. Although general practice in Australia in the past had been to measure sprint courses via the straight line distance for these maps as per Rule 16.3, this was designed for courses in a forest planning, Since urban sprint maps contain significant un-crossable areas (buildings etc), calculation of sprint course lengths by straight line distance results in significant error in course lengths.

1.3 **The map**

The ISSOM specification must be followed. The map scale is 1:4000 or 1:3000 as per Rule 15.4. It is crucial that the map is correct and possible to interpret at high speed, and that the mapping of features that affect route choice and speed are accurate.

In non-urban areas, the correct mapping of conditions reducing running speed, both to degree and extent, is important. In urban areas, barriers hindering passage must be correctly represented and drawn to size.

1.4 **Winning time, start interval and timing**

The winning time, for both women and men, must be 12-15 minutes.

The start interval is not less than 1 minute and a time-trial, individual format is used. Timing is to 1 second using electronic means.

The competitor must have actually started before having access to the map.

2 Middle Distance

2.1 **The profile**

The Middle Distance profile is **technical**. It takes place in a non-urban (mostly forested) environment with an emphasis on detailed navigation and where finding the controls constitutes a challenge. It requires constant concentration on map reading with occasional shifts in running direction out from controls. The element of route choice is essential but should not be at the expense of technically demanding orienteering. The route in itself must involve demanding navigation. The course must require speed-shifts, e.g. with legs through different types of vegetation.

2.2 **Course planning considerations**

The course should be set to allow competitors to be seen by spectators during the course of the race as well as when finishing. The start should be at the Arena and the course should preferably make ~~runner~~competitors pass the Assembly during the competition. The demand on section of the Arena is subsequently high, providing both suitable terrain and the opportunity to make ~~runner~~competitors visible to spectators. Spectators are not allowed along the course except for parts passing the Assembly (including controls in the Arena).

2.3 **The Map**

The standard ISOM specification must be followed. The preferred map scale is 1:10000. The terrain must be mapped for 1:15000 and then be strictly enlarged as specified by ISOM. An enlargement to 1: 7500 is permitted for age classes listed in Rule 15.3.

2.4 **Winning time, start interval and timing**

The winning times are as specified in Rule 16.13.

The start interval is not less than 2 minutes and a time-trial, individual format is used. Timing is to 1 second, by electronic means.

The competitor must have actually started before receiving the map.

3 Long Distance

3.1 The profile

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

3.2 Course planning considerations

The course should be set to allow competitors to be seen by spectators during the course of the race as well as when finishing. Preferably, the start should be at the Arena and the course should make competitors pass the Assembly during the competition.

A special element of the Long distance is the long legs, considerably longer than the average leg length. These longer legs may be from 1.5 to 3.5 km, depending on the type of terrain. The course should comprise two or more of such long legs, (still requiring full concentration on map reading along the route chosen).

Another important element of the Long distance is the use of course planning techniques which break up any grouping of ~~runner~~competitors, such as the use of butterflies and routing the course through technical or low visibility terrain. Spectators are not allowed along the course except for sections passing through the Assembly (including controls in the Arena).

3.3 The map

The standard ISOM specification must be followed. The map scale is as defined in Rule 15.2. The decision on map scale must be based on the complexity of the course design (e.g. short legs with controls close to each other may require the larger map scale).

3.4 Winning time, start interval and timing

The winning times are given in rules 16.9 and 16.10. The start interval is 2 minutes and a time-trial, individual format is used. Timing must be to 1 second using electronic means. The competitor must have actually started before having access to the map.

4 Relay

4.1 The profile

The Relay profile is **team competition**. It takes place in a non-urban (mostly forested) environment. The format is built on a technically demanding concept, more similar to the Middle than the Long distance. Some elements characteristic of the Long distance, such as longer, route choice legs, should be used, allowing competitors to pass each other without making contact.

Good Relay terrain has characteristics that make ~~runner~~competitors lose sight of one another, such as denser vegetation, many hills and depressions, and the like.

Terrain with continuous good visibility is not suitable for the Relay.

4.2 **Course planning considerations**

The Relay is a spectator friendly event in offering a competition between teams, head-to-head, and with the first to finish being the winner. The Assembly/Finish Area layout and the course planning must take this into consideration. The competitors should, on each leg, pass the Assembly/Finish, and if possible, ~~runner~~competitors should be visible as they approach the final control.

An appropriate number of intermediate times and possibly in forest commentary should be provided. The mass-start format requires that a course planning technique such as forking be used to separate ~~runner~~competitors from each other.

Where forking is used, the time differences between alternatives should be small to enhance the head-to-head nature of the race. For reasons of fairness, the very last part of a leg should be the same for all ~~runner~~competitors on that particular leg. Spectators are not allowed along the course except for parts passing the Assembly/Finish (including controls in the Assembly/Finish Area).

4.3 **The map**

The standard ISOM specification must be followed. The preferred map scale is 1:10000. The terrain must be mapped for 1:15000 and then be strictly enlarged as specified by ISOM. An enlargement to 1: 7500 is permitted for age classes listed in Rule 15.3.

4.4 **Winning time, start interval and timing**

The ~~Forest~~ Relay is a mass start format and consists of three legs for both women and men. The winning times are as specified in 16.13 and Appendix 1. Within the total time, the time for different legs may vary in some events but this is not standard and should be advertised in advance. Timing should preferably be by electronic means, but manual systems may be used.

5 Sprint Relay

5.1 **The profile**

The Sprint Relay profile is **high-speed head-to-head team competition**. It takes place in an urban and park environment. The format is a combination of the Sprint and Relay concepts. At the World Championships the team is mixed-gender; there are four legs and the first and last legs must be run by women. In Australia ideally at least one sprint relay per calendar year should have teams of 2 men and 2 women. Other sprint relays may have teams of 2 with each ~~athlete~~competitor running twice; these relays may be mixed or gender specific. Teams of 3 are possible also.

5.2 **Course planning considerations**

The Sprint 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 Assembly/Finish Area layout and the course planning must take this into consideration. A relatively small area is required for a competition. Ideally, this area will be traversed by the general public as little as possible. A spectator control or arena passage should be used, if possible without compromising course quality too much. Courses must be forked, and can each have 2 loops (before and after the spectator control/passage) if necessary. The event must be easy to understand for the spectators.

5.3 **The map**

See 1.3 Sprint Distance.

5.4 **Winning time, start interval and timing**

The Sprint Relay is a mass start format and the winning time (the total time for the winning team) must be 50-60 minutes.

The time for each leg must be 12-15 minutes, acknowledging that in a mixed team format the men's kilometre rates will be on average faster than the women's.

Timing should preferably be made by electronic means, but manual systems may be used.

6 Knock-Out Sprint

6.1 **The profile**

The Knock-Out Sprint profile is **an individual multiple-round high-speed competition with head-to-head racing in all but the first round**. It takes place in an urban and park environment. There are parallel heats with an interval start to qualify for the knock-out section. In this there are one or more knock-out rounds with several parallel heats and mass starts where the leading ~~runner~~competitors qualify for the next round. Finally, there is a single mass start race to determine the winner.

6.2 **Winning time, start interval and timing**

The winning time for the initial qualification race must be 8-10 minutes. The winning time for the knock-out rounds must be 6-8 minutes. At the finish line there must be judges and/or photo-finish equipment to assist in judging the placings. A relatively small area is required for a competition (especially with the use of an arena passage). The event must be easy to understand for the spectators. The courses for the knock-out rounds may be forked. As an alternative to standard forking, course choice forking may be used whereby each ~~runner~~competitor has 20 seconds, before the start, to choose one of three maps, each with a different course. Contactless punching is required and GPS-tracking may be considered.

6.3 **The map**

See 1.3 Sprint Distance.

6.4 **Winning time, start interval and timing**

The winning time for the initial qualification race must be 8-10 minutes. The winning time for the knock-out rounds must be 6-8 minutes. At the finish line there may be photo-finish equipment to assist in judging the placings.

SUMMARY TABLE	Sprint Distance and Sprint Relay	Knock-Out Sprint	Middle Distance	Long Distance	Relay
Controls	Technically easy, minimum 25m apart.	Technically easy, minimum 25m apart.	Consistently technically difficult.	A mixture of technical difficulties.	A mixture of technical difficulties.
Route Choice	Difficult route choice, requiring high level of concentration.	Difficult route choice, requiring high level of concentration.	Small and medium scale route choice.	Significant route choice including some large scale route choice.	Small and medium scale route choice.
Type of Running	Very high speed.	Very high speed.	High speed but requiring ~~runner~~competitors to adjust their speed for the complexity of the terrain.	Physically demanding, requiring endurance and pace judgement.	High speed often in close proximity to other ~~runner~~competitors who may, or may not, have the same controls to visit.
Terrain	Very runnable park, streets or forest. Spectators may be allowed along the course.	Very runnable park, streets or forest. Spectators may be allowed along the course.	Technically complex terrain.	Physically tough terrain allowing good route choice possibilities.	Some route choice possibilities and reasonably complex terrain.
Map (as per rule 14)	1:4000 or 1:3000.	1:4000 or 1:3000.	1:10000 or 1:7500.	1:15000, 1:10000 or 1:7500.	1:10000 or 1:7500.
Start Interval	1 minute (mass start for relay).	1 minute for qualification round. Mass start for knock-out rounds.	2 minutes.	2 minutes.	Mass start.
Timing	1 second (finish order for relay).	1 second for qualification round. Mass start for knock-out rounds so the finish order is the order across the line.	1 second.	1 second.	Finish order across the line.
Winning Time	12-15 minutes (per leg in the relay)	8-10 minutes for the qualification round. 6-8 minutes for the knock-out rounds.	30-35 minutes.	See rules 16.9 and 16.10 and 16.11.	40 minutes; See rules 16.10 and 16.13.
Summary	Sprint Distance orienteering is a fast, visible easy-to-understand format allowing orienteering to be staged within areas of significant population. The Sprint Relay is a competition for teams of four ~~runner~~competitors. Teams contain at least two women and the first and last legs are run by women.	In a Knock-Out Sprint, after initial qualification, there are a number of knock-out rounds with mass starts and first-past-the-post finishes. The races take place in a compact area. Exciting for spectators and competitors.	Middle distance orienteering requires fast, accurate orienteering for a moderately long period of time. Even small mistakes will be decisive.	Long distance orienteering tests all orienteering techniques as well as speed and physical endurance.	Relay orienteering is a competition for teams of three ~~runner~~competitors running on a virtually head-to-head basis with a first-past–the post winner. Exciting for spectators and competitors.

~~Appendix 6 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 6~~7~~ Guidelines for Responding to Problems, Complaints, Protests and Cancelling Courses

These guidelines are intended for competitors (and team officials), organisers and juries. They are based partly on the IOF Organisers' Guidelines document "Cancelling a competition: clarification of rules 26.12 and 26.13" and the principles outlined in IOF Competition Rule 19.13.

Where the organiser becomes aware of a problem which has the potential to compromise the event, they should endeavour to fix the problem as quickly as possible where it is practical to do so (for example, if it is reported that a control is incorrectly numbered, the number should be replaced/corrected if the control can be reached in a reasonable time). It is not good practice to leave a problem unaddressed on the basis that it is the "same for everyone" – fixing a problem quickly limits the number of people affected, and decreases the chance that the number of people significantly disadvantaged by the problem will be sufficient to warrant cancelling the course.

It should be noted that when IOF documents refer to decisions made and actions to be taken by the Event Organiser, this can mean whoever the organiser decides should carry out that function. At high-level international events the Event Organiser has something of a Controller role over the non-course aspects of the event. In Australia it may be more relevant to substitute the word OA Controller for organiser when reading this document, however, the organiser should be familiar with the rules and ready to implement processes to deal with issues which may arise.

1 Competitors and team officials

Rules 27.1 and 27.2 allow complaints to be made about infringements of the competition rules or the organiser's directions. Although rule 27.3 allows for a complaint to be made orally, competitors should consider making a complaint in writing. The reason for this is that it encourages the complainant to explicitly identify the rule or rules that they consider to have been infringed.

2 Organisers

Organisers should be conversant with the competition rules and have a copy of the rules readily available, and be ready and willing to discuss any relevant rules with a complainant.

In fairness to complainants, who may not be familiar with the rules, organisers should advise them of their right to protest the ruling of the organiser, and offer advice concerning the formalities for lodging protests.

It is important that organisers should not intimidate a complainant by overemphasising the formal requirements of a protest; however, in fairness to the complainant, they should be made aware that the protest jury can only assess the protest within the framework of the rules.

3 Protest juries

Protest juries should not be overly legalistic in their consideration of the protest.

Rule 28.3 requires that a protest be in writing, but as the rules are not prescriptive as to the format a written protest should take, juries should not dismiss a protest on the basis of a poorly written protest without giving the protestor the courtesy of addressing their protest.

If a potentially general problem is represented by a single protest, then the jury should consider that all the affected competitors had protested. If the protest pertains to a problem which may have affected more than one competitor, then the jury have three options:

- The jury may dismiss the protest if there are no grounds for a protest;
- The jury may agree that a problem exists, but find that it is not sufficient to warrant voiding courses, and therefore that no action be taken;
- The jury may elect to void the course.

If there has been a problem that has affected an individual, then the only options available are to reinstate or disqualify.

Protest decisions should be based on the merits of the evidence before the jury and the competition rules. Previous decisions made by any jury should not be considered as precedents for the protest being considered.

4 Voiding and Cancelling Courses

The following guidelines are based on the IOF document "Cancelling a Competition" (available on the IOF web site at www.orienteering.org)

4.1 Competitor Safety

The safety of competitors, organisers and spectators is paramount.

The image of the sport would suffer irreparable damage if organisers gambled with people's safety, even if the threat did not eventually materialise.

Hence the organiser has the responsibility under Rule 26.12 to Cancel a Course where they consider it is dangerous for competitors, officials or spectators.

Voiding a course is required where the organiser considers the course is significantly unfair.

The following additional guidance is provided.

4.1.1 Reason to void a competition

There can be no hard and fast rule determining when a course should be voided and when the results should be left to stand with those adversely affected by a problem regarded as unfortunate. However the key considerations should be:

Has the problem affected the results so badly that the race is no longer perceived by the competitors, the public and the media as reasonably fair with credible results?

- Is it probable that the results will be challenged and the challenge upheld?
- Does the perceived unfairness outweigh the requirement to declare a result and celebrate the winners?

4.1.2 **Who can void a race?**

The organiser should declare a course void if circumstances have arisen which make the course significantly unfair. If the organiser does not void the course but a competitor feels it should be voided then a complaint can be made to that effect. If the complaint is rejected but the competitor still feels that the course should be voided, then a protest can be made. The jury considers the protest and (if the protest is upheld) may instruct the organiser to void the course.

4.1.3 **Factors when considering whether to void a competition**

There are a number of factors which the organiser (and if necessary the jury) must consider.

• How many and what proportion of competitors were affected? A problem that adversely affected 10% or more of the field could be taken as an indication that the course may no longer be fair.

- Were the affected competitors potential medallists?
- Is it likely that the problem has seriously affected the placings of the leading competitors?
- How large and serious was the effect of the problem? A few seconds are more significant in a sprint than in a long distance race.
- What is the status of the competition (e.g. a WRE, Australian Championship)?
- What type of course is it (qualification, final, interval start, mass start, sprint, relay etc)?
- Is it fair to competitors not affected by the problem to void the course?
- Which outcome would do least harm to the image of the sport? How do the negative consequences of voiding the course compare to the negative consequences of not doing so?
- Could the competition be rescheduled at a time fair to the competitors, organizers?
- Was the problem an organiser error or was it something outside of the organiser's control? There may be a greater willingness to allow the results to stand if the problem could not easily have been prevented.

The above factors must be considered together. Often more than one is relevant and a balanced judgment has to be made.

Sometimes the relevant factors will be very finely balanced and there is likely to be criticism whatever decision is made.

4.1.4 **Anticipating the worst**

Competitions can be structured in manners that provide safeguards in cases where serious disruptions to competitions might arise. For example, with multi-race competitions, if one of the courses is cancelled the rules should allow for the competition to be decided on the basis of the other courses.

4.1.5 **Unacceptable alternatives to voiding.**

It is important that measures (tempting though they may be) are not taken which may simply aggravate the unfairness.

Many, probably the majority, of hypothetical situations involve problems with a single control or course leg. The IOF Recommendation is that the results must be based on competitors' times for the whole course and no changes may be made to these times on the basis of split times. This prevents a result being declared on the basis of part of a course only.

This has been introduced because analysis of what happens when you remove one or more legs from the times shows that it usually introduces as much unfairness as it solves.

4.1.6 **Implementing the decision**

It is important that decisions made by the organiser or jury are clearly explained to the competitors and the public. If it is recognised that there was a problem, even though it may have been deemed not to have affected the outcome of a course significantly enough to warrant any action, the problem should still be acknowledged.

In some cases, the course may be part of a league or ranking scheme. The organiser or jury should consider this and may make appropriate recommendations. For example, if a World Ranking course has to be voided, but the times of those ~~runner~~competitors who completed the course are valid, then it may be that it is still reasonable to calculate and issue World Ranking points

4.1.7 **Conclusions**

Voiding a course is an option that should be avoided if at all possible. Organisers should be very careful to avoid mistakes. They must try to prevent problems arising, check everything thoroughly (for example using pre-runners) and anticipate and plan contingencies for unusual circumstances.

However, an organiser must be aware if the course is obviously unfair or unsafe and the results are not credible, then it must be voided or postponed.

Appendix 7~~8~~ The Australian 3-Days and Good Friday Events

The required events on Good Friday as part of or as a precursor to the Australian Three Days are:

- the Elite Prologue, and
- a Public Prologue including a Family Team event open to all orienteers.

1 Elite Prologue

The Elite Prologue is sprint format and applies to classes M/W21E and M/W20E

Generally, each of Male Senior and Juniors, and Female Senior and Junior Elites run the same course.

2 Public Prologue

2.1 The aim of the Public Prologue is to:

1. Attract participants in order to increase the spectators for the Elite Prologue
2. Promote the image of orienteering as a sport that supports participation by families
3. Provide an opportunity for orienteers who are not running in the Elite Prologue to participate in an event on Good Friday
4. Promote the spectator aspect of orienteering by using the same or similar courses as the Elite Prologue

2.2 Details of the Public Prologue are as follows:

1. The Public Prologue will be held on the same area as the Elite Prologue and be open to any participants.
2. The Public Prologue event does not count towards the results of the Australian Three Days.
3. This event shall follow the Elite Prologue and shall include an individual event, and shall have a Family Teams competition, which may be a Relay format event. The details can be determined at the discretion of the organisers. If a traditional Relay event is held, the Relay may be run before, after or concurrently with the individual Public Prologue.
4. Group mini-mass starts may be held to reduce the overall event duration.
5. At least three courses to be offered in the public prologue. For example:
   a. same course as Men's elite,
   b. same course as Women's elite,
   c. and a Short Easy Navigation course.

3 Family Teams

3.1 Options for the Family Teams competition are either:

A **Family Teams event as part of the Public Prologue**, based on outright and handicap results from each of three courses as follows:

- Long course (same as the senior men's Elite Prologue).
- Medium course (same as the senior women's Elite Prologue).
- Short course (with easy navigation, winning time 10-15 mins).

Note also:

- Results of entrants who have participated in the Senior and Junior Elite Prologue may count towards a team's result.
- All courses are available for individual entry (i.e. entrants who are not part of a team).
- A single event is held for individual and team entrants i.e. all participants run concurrently, as part of the Public Prologue.

or **B** Traditional Family Relay event conducted over three legs at least one of which must be a short course with easy navigation.

The other legs may be the same courses as the men's and women's Elite Prologue, or other courses of similar length and navigational standard set at the discretion of the organiser to support a relay format.

- Participation in the (Elite) Prologue must not preclude participation in the such a relay event i.e. a relay member may have already run the Elite Prologue.
- Results are based on both outright and handicap times.
- Handicap for the Family Teams event shall be based on both age and gender.

3.2 For a team in the Family Teams event to be official, one member of the team must be directly related to each of the other two team members in one of the following categories:

- spouse or de facto spouse,
- parent, child, brother, sister,
- grandparent, grandchild,
- in laws (parent, brother, sister),
- adopted child, nephew, niece.

Appendix 89 Use of the SPORTident Air System at Major Events

Orienteering Australia recommends the use of the SPORTident Air+ system (SI Air) for major events, however its use adds organisational complexities that must be understood and tested. As with any complex system, the adage "If it isn't tested, it doesn't work" applies to the use of SI Air.

1 If SI Air is offered, it must be clearly advertised, with the advice that older SI cards will still work.

2 The manufacturer's current advice on the use of SI Air is available at https://docs.sportident.com/user-guide/en/airplus_system.html. The IOF website also provides manufacturers' documentation.

3 Control placement should consider the features of the SPORTident Active Card (SIAC) - this includes:

3.1 Placement of sprint controls so that punching through an impassable barrier or from different levels is impossible (for example, behind an impassable fence but still within the transmission range of the control for competitors on the other side of the fence; controls on stairs that can be reached from levels above or below the control).

3.2 Positioning control units so that interference does not occur. SIACs have a default feedback of 3 seconds when other controls are not recorded (although this can be changed in SPORTident's SI Config+ software), so controls must be placed a minimum of 25 metres running distance apart as per OA Rule 19.4, as any lesser distance may lead to mispunches by competitors using SIACs (for example competitors running past another course control which triggers a punch on their card).

3.3 Being aware that the SIAC's AIR+ feature is switched off by punching a FINISH station. It is therefore important to avoid having ~~runner~~competitors pass the finish area while they are racing (for example with an arena run-through). SIACs also can be switched off by SI units configured as SIAC OFF.

4 The finish layout and procedure should be clearly advertised and demonstrated in model events. It should be consistent between all events in multi-day events, multi-event carnivals, and events with qualification races and finals.

5 The layout of the finish chute should allow for different running speeds of competitors regardless of punching systems, and this is especially relevant to competitions where some competitors are able to finish at full speed (SIAC) while others using normal punching will have to stop to punch the finish control. Finish chutes should be wide enough so that those stopping are not run over by those running through. The finish requires at least 25 metres of straight running from the final control to the finish line (and possibly longer for downhill finishes – see 3.2 above).

6 IOF rule 20.7 states "If two contactless control cards are used, then both must be carried on the same arm. The punches from the two cards must be merged to form the punching record". For Australian events where IOF rules apply (world ranking events, regional championships), it is not anticipated that competitors will be required to carry 2 cards.

Appendix 9~~10~~ Event Report Form

SIMPLIFIED OA EVENT CONTROLLERS' REPORT FOR GROUP A EVENTS

Date of event:	Race format:
Venue:	Level:
Controller:	Organiser:
Course planner:	

IN THE LEAD-UP TO THE EVENT

Controllers should be satisfied that all of the following are carried out:

1 Initial event information distributed in a timely fashion
2 Organiser and course planner are familiarised with OA Rules and Guidelines
3 Course planner familiar with the required course requirement for the event format
4 Were Course/Class combinations clearly defined prior to course planning?
5 Event permissions and assembly area
6 Draft courses supplied in an adequate time frame
7 Control site identification in field adequate for the controller
8 Communication with course planner and organiser
9 Event organising team in place
10 Map corrections done as required
11 Map preparation – scale, legend etc
12 Course and event information detailed enough and available in enough time to participants
13 Did event information include notification of any rule deviations?
14 Supervising start draw; was enough lead time allowed?
15 Supervising map printing and course overprinting
16 Control placement and placement of SI units
17 Supervising numbering of controls in OCAD (or equivalent software) and OE/MT/OS
18 Start process planned
19 Finish process planned
20 Plan/Responsibilities for publishing results and news reports to Internet in place

Please comment on any issues with the above.

AFTER THE EVENT

1	Did courses meet winning times and was water on course adequate?	Y/N
2	Was map quality and course overprinting satisfactory?	Y/N
3	Any start issues, including maps & control descriptions?	Y/N
4	Any finish/timing issues?	Y/N
5	Any access/landowner/environmental issues?	Y/N
6	Complaints - if any occurred, document the nature of the complaint, how it was dealt with, and the outcome, i.e. resolution or progression to protest.	
7	Protests – as above.	
8	Document deviations from the rules which occurred; and the reasons why.	
9	What went well and is worth trying again.	
10	What didn't go according to plan, and is a lesson learned!	
11	Please comment on any other event issues that may be useful other controllers and event organisers.	

Please comment on the above as required

Summary of Significant Rule Updates January 2025

Rule/Item	Change
	"Runner" and "athlete" replaced with "competitor" throughout for consistency with IOF rules.
	(table to be completed once rule updates confirmed)
Appendix 6	Deleted following the IOF retirement of the Leibnitz Convention.

Changes expected to lead to substantive changes in the running of events (beyond existing practice) are shown in bold.